



SIEMENS

# Cooking inspirations.

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

[www.siemens-home.com/mysiemens](http://www.siemens-home.com/mysiemens)



Inspiration for cooking

# For the extraordinary things in life

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

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

Take a culinary journey with this exclusive collection of recipes, and you will not only learn how to prepare extraordinary taste sensations, but also how to make the best use of the innovations offered by your new iQ700 built-in compact oven with fullSteam function, roastingSensor Plus and bakingSensor. By doing so, you will be able to offer your guests a perfect menu that is simple and enjoyable to prepare, and guaranteed to turn out brilliantly. All the details in the recipes have been tested numerous times and tailored precisely to your oven. This means that preparing them is fun, and that the evening will be a memorable one for you and your guests.

Bon appétit!

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Useful information about your  
iQ700 compact oven with steam-cooking  
function, roastingSensor Plus and  
bakingSensor

# Information on your appliance

## **fullSteam function**

With the help of the fullSteam function, moisture is constantly and automatically added to your food in the form of water vapour when preparing it using a classic heating type.

Use the fullSteam function to prepare a wide range of dishes without using oil or fats.

By doing so, you can cook vegetables or potatoes in a way which is healthy and tasty without them losing any flavour, colour or vitamins.

You can also use our combi-steam ovens for the classic steaming of vegetables and fish.

## **bakingSensor**

The oven automatically recognises when the baking process is complete.

All you have to do when baking is prepare the dough and select the required dish. The innovative sensor automatically controls the baking process. The bakingSensor measures the moisture content of the oven interior and thereby recognises when the dish is cooked.

You can find the appropriate setting for all recipes in the cookbook which are suited to the bakingSensor. If you prefer to continue to set the heating type, temperature and cooking time yourself, we have an alternative setting for you as well.

## **roastingSensor Plus**

Achieve the best roasting results: it's easier than ever before with the roastingSensor Plus.

Thanks to three measuring points, the innovative meat probe is able to precisely and reliably measure the internal temperature of your food.

It is suitable for a wide range of dishes.

You can find the appropriate setting for all recipes in the cookbook which are suitable for the roastingSensor Plus. If you do not wish to use the meat probe, we have also provided an alternative setting for you.

## **4D hot air**

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

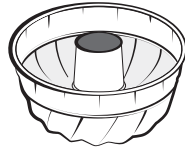
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2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

# Cookware





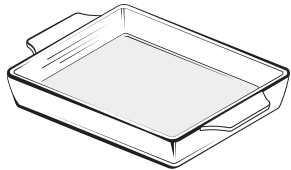
Ovenproof dish, oval



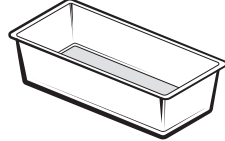
Bundt cake tin



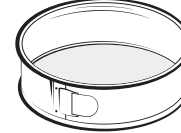
Springform cake tin, square



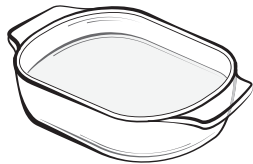
Ovenproof dish, rectangular



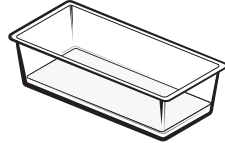
Cake tin



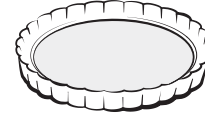
Springform cake tin, round



Roaster, glass, without lid



Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



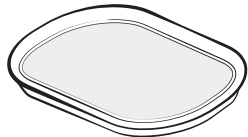
Mini tart dishes



Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

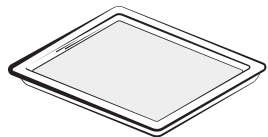


Pizza tray, round

# Special accessories



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

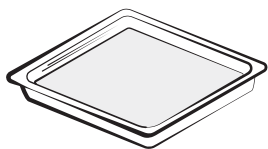


#### **Baking tray, non-stick**

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.



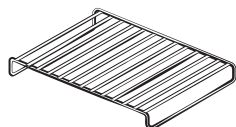
#### **Universal pan, non-stick**

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.

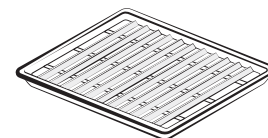
It is not necessary to grease or line with greaseproof paper.



#### **Wire insert**

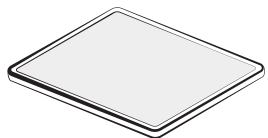
For meat, poultry and fish.

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



# Vegetable terrine

## For 8 servings

Large perforated steamer,  
medium terrine mould with lid

## Vegetable terrine:

300 g carrots

300 g celeriac

300 g broccoli

3 eggs

6 egg yolks

150 ml cream

Nutmeg, freshly grated

Salt or vegetable stock granules

## In addition:

Butter for greasing

Cling film

## Per serving

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

1. Wash the vegetables. Peel the carrots and celeriac and finely dice them. Divide the broccoli into small florets, peel the stalk and cut into small pieces.

2. Place the carrots and celeriac into the cooking compartment alongside each other in the perforated steamer and steam as indicated.

3. Then add the broccoli and steam as indicated. The cooking time depends very much on the size of the vegetable cubes. The vegetables must be very soft to allow the puréed mixture to reach a smooth consistency.

4. Drain the vegetables. Purée each variety of vegetable in a separate mixing cup. Then add 1 egg, 2 egg yolks, 50 ml cream and some nutmeg to each variety. Purée again briefly and season with salt or stock granules.

5. Line a terrine mould (1.2 l) with cling film and then grease.

6. Layer the different purées in the mould by the spoonful, one after the other. Cover with cling film and put the lid on. Cook the vegetable terrine as indicated.

## Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 2

Vegetables:

Steaming, 100 °C

Cooking time: 25 minutes

Add the broccoli after 10 minutes

Terrine mould with lid on the wire rack, level 2

Terrine:

Steaming, 100 °C

Cooking time: 40 minutes



# Baked cheese in foil

## For 4 servings

### Universal pan

#### Vegetable and oil mixture:

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

#### Cheese:

500 g feta or halloumi

#### In addition:

4 anchovies according to taste  
Tin foil

#### Per serving

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

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

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

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

#### Setting procedure:

Universal pan, level 1  
Top/bottom heating  
200 °C  
Cooking time: 20-25 minutes



# Baked figs with goat's cheese and ham

**For 4 servings**  
**Small unperforated steamer**

**Marinade:**

100 ml ruby port wine  
2 tbsp honey  
6 tbsp balsamic vinegar  
2 bay leaves  
1 cinnamon stick  
1 star anise  
2 cloves  
½ vanilla pod

**Figs:**

8 small figs  
200 g goat's cheese  
75 g raw ham, e.g. Parma ham  
2 tbsp pine nuts

**Per serving**

279 kcal, 22 g carbs, 12 g fat,  
12 g protein, 1,8 BU

1. Place all the ingredients for the marinade in a small pot and bring to the boil. Leave to infuse for at least 3 hours. Then remove the spices.

2. Cut a cross down to the middle of the figs and squeeze out any excess moisture. Generously drizzle marinade into the middle of each fig and insert a piece of goat's cheese.

3. Place the figs into the small, unperforated steamer and cook as indicated.

4. When the cheese begins to melt, remove the figs from the oven and wrap each one in a piece of ham. Scatter the figs with pine nuts and serve.

**Setting procedure:**

Small unperforated steamer on the wire rack, level 1  
4D hot air  
170 °C  
Added steam, medium  
Cooking time: 15-20 minutes

**Tip:**

Serve the baked figs with a baguette.



# Spicy poultry parcels

**For 4 servings**  
**Large perforated steamer**

**Poultry parcels:**  
4 large or 8 small rice paper sheets,  
approx. 80 g  
16 fresh spinach leaves  
150 g chicken breast fillet  
2 tsp sesame oil  
1-2 tsp light soya sauce  
Salt  
Black pepper, freshly ground  
1 tsp fresh ginger, finely diced  
1 garlic clove  
1 dried chilli

**Per serving**  
152 kcal, 18 g carbs, 3 g fat,  
12 g protein, 1,5 BU

1. Soak the rice paper sheets in between damp tea towels and halve or quarter them, depending on size. Wash the spinach.

2. Rinse the well-chilled chicken breast fillet briefly in cold water, pat dry and roughly dice. Purée to a coarse texture with 1 tsp sesame oil, the soy sauce and spices.

3. Place one spinach leaf on the centre of each rice paper sheet. Place one teaspoon of the filling on each spinach leaf and wrap into small parcels. The parcels must be completely sealed, so that none of the filling escapes.

4. Grease the perforated steamer with the remaining sesame oil. Place the poultry parcels in the steamer with the seam face down and steam as indicated.

5. Remove the poultry parcels and arrange on a plate.

## **Setting procedure:**

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
100 °C  
Cooking time: 6-8 minutes

## **Tip:**

Serve the poultry parcels with chopsticks. Serve with a soy sauce dip seasoned with chilli sauce and a few drops of lemon juice.



# Broccoli and cauliflower salad with anchovy dressing

**For 4 servings**  
**Large perforated steamer**

**Salad:**

400 g broccoli  
400 g cauliflower  
2 eggs

**Dressing:**

1-2 garlic cloves  
6 tbsp olive oil  
2-3 anchovies  
3 tbsp red wine vinegar  
Salt  
Pepper, freshly ground

**In addition:**

½ bunch chives

**Per serving**

263 kcal, 6 g carbs, 22 g fat,  
11 g protein, 0,5 BU

1. Separate the broccoli into medium-sized florets and the cauliflower into small florets. This will achieve an even cooking result.

2. Arrange the vegetables in the perforated steamer. Place the eggs into the universal pan. Cook the vegetables and eggs at the same time, as indicated.

3. Carefully remove the eggs and run them under cold water.

4. For the dressing, peel the garlic and purée with the olive oil and anchovies. Season with vinegar, salt and pepper.

5. Peel the eggs and chop coarsely.

6. Arrange the warm vegetables on a plate and drizzle with the dressing. Leave to infuse for at least 10 minutes.

7. Rinse the chives, shake dry and cut into little rolls. Arrange over the vegetables together with the chopped eggs.

**Setting procedure:**

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
100 °C  
Cooking time: 8-12 minutes

**Tip:**

Instead of olive oil, you could also use sunflower oil or pumpkin seed oil. These have a more neutral taste. Lemon juice could also be used instead of red wine vinegar.



# Salmon salad with button mushrooms

**For 4 servings**  
**Large perforated steamer**

**Salad:**

200 g carrots  
200 g button mushrooms  
200 g salmon fillet, cut into thin slices  
100 g cress

**Dressing:**

1 lemon  
4 tbsp cream  
1 tbsp horseradish from a jar  
Salt  
White pepper freshly ground  
2 tbsp cooking oil

**In addition:**

100 g gravlax, sliced

**Per serving**

243 kcal, 5 g carbs, 16 g fat,  
19 g protein, 0,4 BU

1. Wash the carrots, peel and cut into fine strips with the vegetable peeler. Prepare the button mushrooms and cut into thin slices. Distribute everything in the perforated steamer. Place the thin slices of salmon fillet on top and steam as indicated.

2. In the meantime rinse the cress and shake dry.

3. For the dressing squeeze the lemon and mix with the other ingredients.

4. Arrange the button mushrooms, carrots and salmon fillet on 4 plates and drizzle with the dressing.

5. Add the gravlax and sprinkle with cress.

**Setting procedure:**

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
80 °C  
Cooking time: 2 minutes

**Tip:**

Instead of cress you could also use a bunch of washed rocket. Arrange the rocket on 4 plates. Pour over  $\frac{2}{3}$  of the dressing, place the salmon, vegetables and mushrooms on top and then drizzle over the rest of the dressing.



# Asparagus salad

**For 4 servings**  
**Large perforated steamer**

**Asparagus:**  
500 g white asparagus  
500 g green asparagus  
Salt

**For the salad dressing:**  
1 tsp honey mustard  
2 tbsp white wine vinegar  
3 tbsp olive oil  
1 tbsp pumpkin seed oil  
Salt  
Black pepper, freshly ground

**In addition:**  
1 bunch rocket  
200 g cherry tomatoes  
40 g Parmesan

**Per serving**  
212 kcal, 7 g carbs, 16 g fat,  
10 g protein, 0,6 BU

1. Peel the white asparagus and cut off the hard bottom quarter. Put the peelings in the unperforated steamer. Cut off the bottom third of the green asparagus.
2. Cut the white and green asparagus diagonally into thirds. Add the white asparagus to the perforated steamer and slide into the cooking compartment. Slide the universal pan with the peelings in underneath. Cook as indicated.
3. After 3-5 minutes, place the green asparagus next to the white and cook as indicated until firm to the bite.

4. To make the salad dressing, stir together the mustard, vinegar and oil and season with salt and pepper.

5. Wash the rocket and drain well. Halve or quarter the cherry tomatoes, depending on size.

6. After steaming, place the asparagus in a shallow dish. Add 2 tbsp of the asparagus liquor to the salad dressing and drizzle the dressing over the asparagus.

7. Arrange the rocket and tomatoes on 4 plates. Place the asparagus on top and drizzle with the salad dressing. Use a potato peeler to make Parmesan shavings. Scatter them over the salad and serve.

## Setting procedure:

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
80 °C  
White asparagus:  
Cooking time: 8-12 minutes  
Green asparagus:  
Cooking time: 6-9 minutes



# Thai lentil salad

## For 4 servings

### Small unperforated steamer

#### Salad:

1 red onion, approx. 60 g  
1 garlic clove  
1 piece fresh ginger, approx. 2 cm  
1 small, red chilli  
1 tbsp cooking oil  
1 tbsp red curry paste  
1 tbsp fish sauce  
1 tsp vegetable stock powder  
250 ml water  
200 g red lentils  
250 g pineapple pulp  
1 yellow pepper  
½ bunch chives  
5 tbsp chopped tomato  
Salt

#### Per serving

247 kcal, 36 g carbs, 5 g fat,  
14 g protein, 3,0 BU

1. Peel the onion and garlic. Peel the ginger thinly and chop everything finely. Halve the chilli pepper, de-seed and cut up small.

2. Add the cooking oil to a frying pan. Sweat the onion, garlic, ginger and chilli while stirring. Add the curry paste, fish sauce, stock powder and water and briefly bring to the boil.

3. Add the rinsed lentils. Pour the mixture with the liquid into the small unperforated steamer and steam as indicated.

#### Setting procedure:

Small unperforated steamer on the wire rack, level 1  
Steaming  
100 °C  
Cooking time: 12-14 minutes

#### Tip:

Lentils cooked in steam become particularly soft.

4. In the meantime, cut the pineapple into small pieces. Trim the pepper, de-seed and cut into fine strips. Rinse the chives, shake dry and cut into little rolls.

5. Mix the lentils and chopped tomato and season with salt. Add the pineapple, pepper and chives and serve the salad.



# Spicy coconut and pumpkin soup

**For 4 servings**  
**Large, shallow ovenproof dish**

**Soup:**

500 g Hokkaido pumpkin  
1 bunch soup vegetables  
1 onion  
1 garlic clove  
2-3 cm fresh ginger  
1 tbsp olive oil  
250 ml strong vegetable stock  
1-2 tsp red curry paste  
400 ml coconut milk  
Salt  
½ bunch flat-leaf parsley or coriander,  
roughly chopped

**Per serving**

108 kcal, 12 g carbs, 5 g fat, 4 g protein,  
1,0 BU

1. Quarter the pumpkin. Use a spoon to remove strings and seeds from the inside of the pumpkin slices. Cut the pumpkin into strips then roughly dice it with the skin. Trim and dice the soup vegetables. Distribute everything in the ovenproof dish and steam as indicated.

**Setting procedure:**

Ovenproof dish on the wire rack, level 1  
Steaming  
100 °C  
Cooking time: 20-25 minutes

**Tip:**

You can halve small pumpkins and then remove the strings and seeds.

2. Peel and dice the onion and garlic, peel and grate the ginger. Sweat in olive oil in a saucepan then deglaze with the stock. Add the red curry paste.

3. Add the pumpkin mixture to the stock and purée finely. Pour in the coconut milk and briefly heat the mixture.

4. Add salt to taste and serve with chopped herbs.





Side dishes and vegetables,  
vegetarian dishes and bakes



# Aubergine towers

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

**Rice:**

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

**Aubergines:**

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

**Per serving**

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

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

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

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

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

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

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

**Setting procedure:**

Ovenproof dish on the wire rack, level 1  
Top/bottom heating  
210 °C  
Added steam, low  
Cooking time: 45-50 minutes

**Alternative setting:**

Ovenproof dish on the wire rack, level 1  
Top/bottom heating  
210 °C  
Cooking time: 45-50 minutes

**Tip:**

Serve it with a fresh flatbread or baguette.



# Medley of vegetables with lemon and cream cheese creme

**For 4 servings**  
**Large perforated steamer**

**Vegetables:**

200 g carrots  
200 g kohlrabi  
200 g courgettes  
200 g romanesco

**Crema:**

50 g butter  
250 g cream cheese  
125 ml vegetable stock  
½ organic lemon  
Salt  
White pepper freshly ground  
1 sprig basil

**Per serving**

228 kcal, 11 g carbs, 15 g fat,  
12 g protein, 0,9 BU

1. Peel the carrots and kohlrabi. Cut the carrots diagonally into thin slices and the kohlrabi into small pieces. Wash the courgettes and romanesco. Halve the courgettes lengthwise and cut diagonally into medium-sized triangles. Divide the romanesco up into florets.

2. Distribute the vegetables in the perforated steamer and steam as indicated.

3. For the cream cheese creme, heat the butter in a pot and on a low heat gradually spoon in the cream cheese. Pour over the vegetable stock. Grate the peel from the half lemon and squeeze out the juice. Season to taste with lemon juice and lemon peel. Season with salt and pepper.

4. Before serving, rinse the sprig of basil, remove the leaves, cut up and stir in.

5. Arrange the vegetables on plates or layer in glass dishes and serve with the creme.

**Setting procedure:**

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
100 °C  
Cooking time: 7-10 minutes

**Tip:**

So all vegetables are done at the same time, cut up the vegetables with the longest cooking time very small – here the carrots and kohlrabi – and chop the vegetables with a short cooking time – the courgettes – into large pieces. Always insert the universal pan under the perforated steamer. The collected liquid makes a nice vegetable stock. You can also use other vegetables and make the creme with mascarpone instead of with cream cheese.



# Roasted vegetables with balsamic sauce

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

**Vegetables:**

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

**Sauce:**

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

**Per serving**

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

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

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

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

**Setting procedure:**

Ovenproof dish on the wire rack, level 1  
4D hot air  
230 °C  
Added steam, high  
Cooking time: 20-25 minutes

**Alternative setting:**

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



# Pumpkin and chilli vegetables with apples

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

**Pumpkin:**

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

**Per serving**

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

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

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

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

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

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

**Setting procedure:**

Universal pan, level 1  
Top/bottom heating  
180 °C  
Added steam, medium  
Cooking time: 30-35 minutes

**Alternative setting:**

Universal pan, level 1  
Top/bottom heating  
180 °C  
Cooking time: 30-35 minutes



# Oriental potato bake

## For 6 servings Universal pan

### Potatoes:

1 kg red-skinned, predominantly waxy potatoes  
2 aubergines, approx. 700 g  
3 onions  
1 clove garlic  
4 tbsp olive oil  
2 tbsp raisins  
1 tbsp honey  
¼ tsp cumin  
20 g ras el hanout  
Salt

### In addition:

½ bunch flat-leaf parsley  
3 sprigs peppermint  
Greaseproof paper

### Per serving

254 kcal, 37 g carbs, 9 g fat, 6 g protein,  
3,1 BU

1. Peel the potatoes and cut into small cubes. Wash the aubergines, halve and cut into half-moons. Peel the onions and the clove of garlic and chop finely. Place all chopped ingredients into a bowl. Add the olive oil, raisins, honey, cumin and ras el hanout. Season to taste with salt.

2. Line the universal pan with greaseproof paper, distribute the potato mixture on it and cook as indicated.

3. Rinse the parsley and peppermint, shake dry and chop coarsely. Sprinkle the herbs over the cooked potato bake.

### Setting procedure:

Universal pan, level 1  
4D hot air  
190 °C  
Added steam, high  
Cooking time: 30-35 minutes

### Alternative setting:

Universal pan, level 1  
4D hot air  
190 °C  
Cooking time: 30-35 minutes

### Tip:

It is the combination of hot spices, honey and raisins that makes this such a special dish.  
If you like it hot, then sprinkle some finely chopped red chilli pepper over the bake. Or add a little pul biber and sumac to the potatoes.



# Exotic lentil curry

**For 4 servings**  
**Small unperforated steamer**

**Curry:**

250 g red lentils  
400 ml vegetable stock  
1 bay leaf  
1 bunch spring onions  
½-1 red chilli  
1 red pepper  
2 garlic cloves  
2 tbsp clarified butter  
2-3 tbsp curry powder  
Salt  
Black pepper, freshly ground

**Per serving**

312 kcal, 35 g carbs, 11 g fat,  
17 g protein, 2,9 BU

1. Wash the lentils, distribute them in the small unperforated steamer and top up with the vegetable stock. Add the bay leaf and cook the lentils as indicated, ensuring they do not become too soft.

2. Meanwhile, chop the spring onion into thin rings. Halve the chilli, remove the seeds and thinly slice. Trim and de-seed the peppers and dice finely. Chop the garlic.

3. Heat the clarified butter in a pot and fry the spring onions, chilli, diced pepper and garlic for approx. 2 minutes whilst stirring. Sweat the curry powder briefly and then add the cooked lentils. Stir everything together and heat through.

4. Season with salt and pepper and serve hot.

**Setting procedure:**

Small unperforated steamer on the wire rack, level 1  
Steaming  
100 °C  
Cooking time: 8-10 minutes



# Filled kohlrabi

## For 4 servings

Large perforated steamer, universal pan

## Vegetables:

4 kohlrabi

## Filling:

400 g fresh spinach

100 g ricotta or low-fat quark, well-drained

25 g Parmesan

1 egg yolk

1 small garlic clove

Salt

White pepper freshly ground

Lemon juice

## Per serving

118 kcal, 7 g carbs, 4 g fat, 11 g protein, 0,6 BU

1. Peel the kohlrabi and steam as indicated in the perforated steamer.
2. Meanwhile, trim and wash the spinach for the filling. Remove the steamed kohlrabi and steam the spinach as indicated in the perforated steamer.
3. Cut off the top third of the kohlrabi for the lid. Hollow out each kohlrabi with a teaspoon.

4. Squeeze the excess moisture from the spinach, chop coarsely and mix with the ricotta, Parmesan, egg and finely chopped garlic. Season with salt, pepper and lemon juice.

5. Stuff the kohlrabi with the mixture and put the kohlrabi lids on top. Cook in the universal pan as indicated.

## Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 2

Steaming, 100 °C

Kohlrabi:

Cooking time: 25-30 minutes

Spinach:

Cooking time: 2-3 minutes

Filled kohlrabi:

Universal pan, level 1

Steaming, 100 °C

Cooking time: 10 minutes

## Tip:

This goes well with cherry tomatoes: Halve 250 g tomatoes, sweat gently with 2 spring onions in a little olive oil, and season with salt and pepper. Serve with basil leaves as an accompaniment to the kohlrabi.



# Lemongrass risotto

**For 4 servings**  
**Large, shallow ovenproof dish**

**Risotto:**

1 shallot  
1-2 garlic cloves  
3 tbsp olive oil  
250 g risotto rice  
50 g lemongrass in pieces  
100 ml white wine  
500-600 ml vegetable stock  
20 g butter  
50 g Parmesan, freshly grated  
Salt  
White pepper freshly ground

**Per serving**

434 kcal, 51 g carbs, 20 g fat,  
10 g protein, 4,5 BU

1. Peel and finely chop the shallot and garlic.

2. Fill the diced shallots, garlic, olive oil, risotto rice, lemongrass, white wine and the hot vegetable stock into the ovenproof dish. Mix together thoroughly and cook as indicated.

3. Stir once halfway through the cooking time.

4. After cooking, stir in the butter and grated Parmesan. Season with salt and pepper and serve immediately.

**Setting procedure:**

Ovenproof dish on the wire rack, level 1

Steaming

100 °C

Cooking time: 30-35 minutes

**Tip:**

Instead of lemongrass, the risotto can be made with finely chopped vegetables (carrots, celery and leek), dried mushrooms, finely sliced radicchio or sundried tomatoes.



# Vegetable pilaf

## For 4 servings Universal pan

### Rice mixture:

50 g chickpeas  
1 onion  
2 garlic cloves  
350 g brown long grain rice  
1 tbsp cooking oil  
1 l vegetable stock

### Vegetables:

1 aubergine  
1 courgette  
1 large carrot  
4 tbsp cooking oil  
Herb-flavoured salt  
Black pepper, freshly ground

### In addition:

2 tbsp parsley, chopped

### Per serving

544 kcal, 75 g carbs, 22 g fat,  
11 g protein, 6,2 BU

1. Soften the chickpeas in cold water overnight. Then strain and leave to dry well.
2. Peel and finely chop the onion and garlic.
3. Wash the rice under running cold water, leave to dry and fry until translucent in 1 tbsp cooking oil. Mix together the chickpeas and the diced onion and garlic and fry briefly, stirring continuously.
4. Distribute the mixture in the universal pan, pour over the vegetable stock and cook as indicated.

5. Meanwhile, wash the aubergine and courgette, remove the stalks and dice them. Trim the carrot and cut into large cubes. Heat the cooking oil. On a high heat, first brown the diced aubergine and then the courgettes and carrots.
6. Season the diced vegetables with herb-flavoured salt and pepper and carefully mix into the rice. Cook as indicated.
7. Serve the vegetable pilaf sprinkled with parsley.

### Setting procedure:

Universal pan, level 1

Steaming

100 °C

Rice mixture:

Cooking time: 45-50 minutes

Rice mixture with vegetables:

Cooking time: approx. 5 minutes



# Roasted Brussels sprouts with potatoes

**For 4 servings as a side dish**  
**Large glass dish**

**Vegetable mixture:**

500 g Brussels sprouts  
500 g small potatoes  
4 shallots  
100 g bacon lardons  
1 tbsp olive oil  
1 tsp coarse salt  
Pepper, freshly ground

**In addition:**

1 tsp butter for greasing  
1 tbsp lemon juice

**Per serving**

207 kcal, 24 g carbs, 6 g fat,  
12 g protein, 2,0 BU

1. Trim the Brussels sprouts, pinch out a few leaves if necessary and cut in half.
2. Thoroughly wash the unpeeled potatoes using a brush, and cut in half lengthways. The potatoes should be the same size as the Brussels sprouts pieces. If they are not, cut the potatoes again.
3. Peel the shallots and cut into quarters.

4. Preheat the oven.

5. Mix the Brussels sprouts, potatoes, shallots and diced bacon together with the olive oil in a large bowl. Season with salt and pepper and mix. Grease a glass dish with butter and spread the vegetable mixture evenly in the dish. Cook as indicated. Stir the mixture halfway through cooking.

6. Drizzle with lemon juice before serving.

**Setting procedure:**

Ovenproof dish on the wire rack, level 2  
4D hot air  
190 °C  
Preheat  
Added steam, low  
Cooking time: 30-35 minutes

**Alternative setting:**

Ovenproof dish on the wire rack, level 2  
4D hot air  
190 °C  
Preheat  
Cooking time: 30-35 minutes

**Tip:**

For a vegetarian variant, try using pine nuts instead of bacon.



# Gnocchi with sage butter

**For 4 servings**  
**Large perforated steamer**

**Gnocchi:**  
800 g floury potatoes  
120 g flour  
2 eggs  
Salt  
White pepper freshly ground  
Nutmeg, freshly grated

**Sage butter:**  
50 g butter  
12 sage leaves

**In addition:**  
1 tsp cooking oil for the steamer  
30 g Parmesan, freshly grated

**Per serving**  
423 kcal, 54 g carbs, 17 g fat,  
13 g protein, 4,5 BU

1. Peel and quarter the potatoes, then steam in the perforated steamer as indicated.
2. Push the potatoes through the ricer while they are still hot. Mix with flour and add the eggs. Season with salt, pepper and nutmeg and knead into a malleable dough.
3. Shape into finger-width rolls and cut into pieces 3 cm long. Make grooves by pressing with the back of a fork. Grease the perforated steamer with cooking oil. Place the gnocchi close together in the steamer and cook as indicated.

## Setting procedure:

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
100 °C  
Boiled potatoes:  
Cooking time: 20-25 minutes  
Gnocchi:  
Cooking time: 6-8 minutes

4. Allow the butter to froth in a deep pan and toss the sage leaves in the butter.
5. Briefly toss the well-drained gnocchi in the sage butter and serve sprinkled with Parmesan.

## Tip:

Stuffed gnocchi: Use a tablespoon to cut the gnocchi from the dough. Make a well in the centre and fill with soft cheese with herbs. Seal with dough, reshape, and steam.  
Toss the drained gnocchi in frothed butter and add tomato sauce.



# Unpeeled boiled potatoes with two dips

**For 4 servings**  
**Large perforated steamer**

**Potatoes:**

1 kg medium, waxy potatoes, preferably all of the same size

**Bacon dip:**

100 g bacon rashers  
150 g blue cheese  
250 g crème fraîche  
½ bunch chives

**Avocado dip:**

1 ripe avocado  
2 tbsp lemon juice  
250 g crème fraîche  
1 small red chilli  
½ bunch coriander or dill  
Salt  
Pepper, freshly ground

**Per serving**

899 kcal, 51 g carbs, 69 g fat,  
19 g protein, 4,2 BU

1. Wash and scrub the potatoes and distribute in the perforated steamer. Steam as indicated.

2. To make the bacon dip, cut the bacon widthways into strips approx. 1 cm wide. Fry in a frying pan over a medium heat until crispy, then drain on kitchen paper. Purée the blue cheese and stir in the crème fraîche. Cut the chives into rings and fold into the cheese mixture with the bacon strips.

3. To make the avocado dip, halve the avocado and remove the stone. Purée the flesh with the lemon juice and stir in the crème fraîche. Slice the chilli pepper open lengthways and remove the seeds. Finely chop the chilli pepper and coriander and fold into the dip. Season with salt and pepper to taste.

4. Serve the dips with the potatoes.

**Setting procedure:**

Universal pan, level 1,  
Large perforated steamer, level 2  
Steaming  
100 °C  
Cooking time: 35-40 minutes



# Potato dumplings

**For 12 pieces**  
**Large perforated steamer**

**Dumplings:**  
750 g floury potatoes  
125 g flour  
2 small eggs  
Salt  
Nutmeg, freshly grated

**In addition:**  
1 tsp cooking oil for the steamer  
40 g butter  
½ bunch flat-leaf parsley

**Per serving**  
126 kcal, 18 g carbs, 4 g fat, 4 g protein,  
1,5 BU

1. Wash the potatoes and steam as indicated without peeling.
2. Allow the steam to escape and peel the potatoes while still hot. Push the potatoes through a potato ricer.
3. Add flour, eggs, salt, and some freshly grated nutmeg to the potatoes. Work the mixture into a smooth dough, first with a wooden spoon, then with your hands. With damp hands, shape the mixture into 12 balls.

4. Grease the perforated steamer. Carefully place the dumplings into the steamer and cook as indicated until done.

5. Melt the butter. Rinse the parsley, shake it dry and chop it roughly.

6. Place the dumplings in a pre-warmed dish. Pour over the butter and sprinkle with the chopped parsley.

## **Setting procedure:**

Universal pan, level 1,  
Large perforated steamer, level 2  
Potatoes:  
Steaming, 100 °C  
Cooking time: 35-40 minutes  
Dumplings:  
Steaming, 95 °C  
Cooking time: 20-25 minutes



# Herb polenta

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

**Polenta:**

250 ml vegetable stock  
250 ml milk  
150 g polenta  
1 tsp herbs, chopped, e.g. thyme, sage  
or rosemary  
100 ml cream  
60 g Parmesan, freshly grated

**In addition:**

1 tsp olive oil for the dish

**Per serving**

327 kcal, 32 g carbs, 17 g fat,  
12 g protein, 2,7 BU

1. Use the oil to grease a heat-resistant ovenproof dish.  
2. Add vegetable stock and milk to the dish and stir in the polenta. Add the chopped herbs and cook the polenta as indicated.

3. Mix the cream and Parmesan into the polenta and leave to rest in the oven for another 10 minutes.

**Setting procedure:**

Ovenproof dish on the wire rack, level 2  
4D hot air  
130 °C  
Added steam, high  
Cooking time: 25-30 minutes

**Alternative setting:**

Ovenproof dish on the wire rack, level 2  
4D hot air  
130 °C  
Cooking time: 25-30 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

4D hot air

170 °C

Added steam, low

Cooking time: 20-25 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. Alternatively, bake the puddings one day in advance and reheat as necessary.



# Autumnal mushroom flan

## For 4 servings

### Small moulds in the large perforated steamer

#### Flan:

5 g dried mushrooms, e.g. horns of plenty or porcini mushrooms

150 g chanterelles or chestnut mushrooms

1 small shallot

1 tbsp butter

100 ml milk

100 g mascarpone

2 eggs

Salt

Black pepper, freshly ground

1 pinch nutmeg, freshly ground

2 sprigs marjoram

#### In addition:

Butter for greasing

Breadcrumbs for sprinkling

#### Per serving

167 kcal, 3 g carbs, 14 g fat, 8 g protein, 0,2 BU

1. Soak the dried mushrooms in plenty of water for approx. 20 minutes. Squeeze out the excess moisture and chop roughly. Chop the fresh mushrooms into small cubes of roughly the same size.

2. Finely chop the shallot and sweat in hot butter over a medium heat until light gold in colour. Turn up the heat, add all the mushrooms and fry well. If they release water, allow this to evaporate completely. Then set aside to cool.

3. In a bowl, whisk together the milk, mascarpone and eggs. Season with salt, pepper and nutmeg. Rinse the marjoram, shake it dry, chop it finely and add to the cooled mushrooms.

4. Grease 4 small moulds (150 ml each) and sprinkle with breadcrumbs. Fill with the mushroom mixture up to ½ cm under the rim and place the small moulds into the perforated steamer. Cook as indicated until the mixture is set.

5. Leave to stand for another 10 minutes before serving. Loosen the flans from the sides of the mould with a knife and carefully turn them out.

#### Setting procedure:

Small moulds in the large perforated steamer, level 1

Steaming

100 °C

Cooking time: 15-18 minutes

#### Tip:

Serve the puddings with fried mushrooms or a green salad.



# Savoury filled yeast dumplings with chanterelles

**For 4 servings**  
**Small unperforated steamer**

**Yeast dough:**

250 g flour  
10 g yeast  
¼ tsp sugar  
½ tsp salt  
Approx. 80 ml milk, lukewarm  
1 egg  
50 g butter

**Filling:**

20 g walnuts  
2 shallots  
1 tbsp butter  
20 g bacon, finely diced  
½ bunch thyme, leaves  
Salt  
Pepper, freshly ground

**Mushrooms:**

300 g chanterelles  
1 shallot  
1 garlic clove  
1 bunch flat-leaf parsley  
1 tbsp cooking oil  
150 ml vegetable stock  
2-3 tbsp sour cream  
1 tsp sweet paprika

**Per serving**

527 kcal, 52 g carbs, 29 g fat,  
16 g protein, 4,3 BU

1. Sieve the flour, yeast, sugar and salt into a bowl. Add the lukewarm milk to the flour. Add the egg and the butter, knead vigorously and work into a smooth dough. If necessary, add a little more flour. Allow the dough to prove in a warm place while covered until the volume of dough has doubled.

2. For the filling, chop the walnuts. Peel the shallots, dice them finely and sweat them in the butter. Fry the bacon cubes, walnuts and thyme too. Season with salt and pepper.

3. Knead the dough once more and divide into 8 portions. Form into small circles. Distribute the bacon filling on top, seal the dough, and shape into small balls. With the seam edge facing downwards, place the dumplings in the flour-coated, unperforated steamer and leave to prove again.

4. Trim the chanterelles and cut the larger ones in half. Peel and finely dice the shallot and garlic. Finely chop the parsley, placing a little to one side for the garnish. Heat the cooking oil. Sweat the chanterelles, shallots, and garlic until translucent. Add the parsley and vegetable stock and leave to simmer over a medium heat for 10 minutes. Stir in the sour cream. Season with paprika, salt and pepper.

5. Steam the yeast dumplings as indicated.

6. Arrange on pre-warmed plates. Sprinkle with chopped parsley and serve with the chanterelles.

**Setting procedure:**

Small unperforated steamer on the wire rack, level 1  
Steaming  
100 °C  
Cooking time: 15-20 minutes

**Tip:**

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



# Pasta snails

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

**Filling:**

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

**Pasta:**

300 g fresh pasta dough  
350 ml stock

**For sprinkling:**

100 g grated cheese

**In addition:**

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

**Per serving**

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

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

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

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

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

5. Heat the stock and pour into the dish.

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

**Setting procedure:**

Ovenproof dish on the wire rack, level 1  
4D hot air  
180 °C  
Added steam, medium  
Cooking time: 30-35 minutes

**Alternative setting:**

Ovenproof dish on the wire rack, level 1  
4D hot air  
180 °C  
Cooking time: 30-35 minutes



# Strudel with potatoes and savoy cabbage

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

**Strudel:**

750 g unpeeled potatoes, boiled  
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. Peel the boiled, 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. Blanch in boiling salted water with the baking powder for 3-4 minutes. Rinse in cold water and leave to dry thoroughly.

3. Stir the crème fraîche together with the 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 onto a baking tray lined with greaseproof paper with the joined side facing downwards. Brush with the remaining butter and bake as indicated.

**Setting procedure:**

Universal pan, level 1  
4D hot air  
170 °C  
Added steam, low  
Cooking time: 55-60 minutes

**Alternative setting:**

Universal pan, level 1  
4D hot air  
170 °C  
Cooking time: 55-60 minutes



# Spaghetti mushroom nests

**For 4 servings**  
**12-cup muffin tin**

**Spaghetti:**  
300 g spaghetti  
2 tbsp olive oil

**Mushroom mixture:**  
5 g dried porcini mushrooms  
100 g fresh button mushrooms  
1 shallot  
15 g butter  
1 clove garlic  
2 eggs  
Salt  
Pepper, freshly ground  
50 ml cream  
Nutmeg, freshly grated

**In addition:**  
2 tbsp parsley, chopped  
Butter for greasing

**Per serving**  
455 kcal, 54 g carbs, 20 g fat,  
15 g protein, 4,5 BU

1. Cook the spaghetti until 'al dente', drain, and immediately stir in 2 tbsp olive oil.
2. Let the porcini mushrooms soften in lukewarm water.
3. Rinse the button mushrooms, trim them and finely dice them. Peel and finely dice the shallot. Drain the porcini mushrooms and cut into small pieces.
4. Heat the butter in the frying pan. Add and sweat the shallot and crushed garlic. Add the button mushrooms and porcini mushrooms to the pan and sweat. After cooking, allow to cool.

5. Mix the eggs with salt, pepper, cream and nutmeg and mix into the cooled mushroom mixture. Then mix with the spaghetti.

6. Grease the muffin tin with a little butter. Use a meat fork to twist the spaghetti into small nests and place in the muffin tin.

7. Add the remaining mushroom mixture to the nests and distribute the remaining liquid evenly into the moulds. Bake as indicated.

8. After cooking, remove the mushroom nests from the tin and serve sprinkled with parsley.

## **Setting procedure:**

Muffin tin on the wire rack, level 1  
4D hot air  
140 °C  
Added steam, high  
Cooking time: 25-30 minutes

## **Alternative setting:**

Muffin tin on the wire rack, level 1  
4D hot air  
140 °C  
Cooking time: 25-30 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  
4D hot air  
180 °C  
Added steam, low  
Baking time: 40-45 minutes

### Alternative setting:

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

### Tip:

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



# Tagliatelle with beetroot

**For 4 servings**  
**Large, shallow glass dish**

**Beetroot:**  
3 beetroots, approx. 150 g each  
2 bay leaves

**Pasta:**  
500 g tagliatelle  
400 g cream  
75 g Grana Padano, according to taste  
2 tbsp lemon juice  
Salt  
Black pepper, freshly ground  
Sugar

**Per serving**  
977 kcal, 100 g carbs, 41 g fat,  
27 g protein, 8,3 BU

1. Wash the beetroots, pierce them with a fork and add to a glass dish together with 50 ml water and the bay leaves. Cover with the lid and cook as indicated.
2. Boil the pasta until al dente according to the instructions on the packaging and drain it off.

3. Carefully peel the hot beetroots and cut into thin slices. Add to the pot in which the pasta was cooked along with the cream and heat up. Add the pasta and Grana Padano and bring to the boil while stirring continuously. Season to taste with lemon juice, salt, pepper and sugar.

## Setting procedure:

Glass dish on the wire rack, level 1

Steaming

100 °C

Cooking time: 35-40 minutes





# Fish



# Sea bream in a herby salt crust

## For 4 servings Universal pan

### Fish:

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

### Crust:

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

### Per serving

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

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

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

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

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

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

### Setting procedure:

Universal pan, level 1  
Top/bottom heating  
180 °C  
Cooking time: 40-50 minutes

### Tip:

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



# 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



# Asian steamed fish

## For 4 servings

Small perforated steamer, universal pan

### Fish:

8 spring onions  
8 Chinese dried mushrooms,  
e.g. shiitake or Judas's ear  
1 piece fresh ginger, approx. 4 cm  
3 garlic cloves  
2 bunches glass noodles, cooked  
1 kg sea bass or grouper, oven-ready,  
pre-prepared whole fish  
2 tbsp peanut oil  
4 tbsp soy sauce or fish sauce  
1-2 tsp sugar  
4 tbsp rice wine or dry sherry

### Per serving

620 kcal, 65 g carbs, 13 g fat,  
56 g protein, 5,4 BU

1. Wash the spring onions and chop lengthwise into fine strips. Place half of the spring onions into the perforated steamer. Blanch as indicated and set aside.

2. Put the mushrooms into a bowl, pour over boiling water and soak for 15 minutes. Drain and finely chop the mushrooms.

3. Peel the ginger and cut into very thin slices. Peel the garlic cloves and crush with a garlic press.

4. Distribute the noodles and mushrooms in the universal pan.

5. Rinse the fish briefly under cold water, trim it and pat dry with kitchen towel. Stuff the fish with the ginger, garlic and remaining spring onions and place diagonally on the noodles. Brush the skin with peanut oil

6. Stir together the soy sauce, sugar and rice wine and drizzle over the fish. Steam as indicated.

7. Arrange the blanched spring onions over the fish and serve with the noodles and mushrooms.

### Setting procedure:

Spring onions:

Universal pan, level 1,

Small perforated steamer on the wire rack, level 2

Steaming, 100 °C

Cooking time: 1-2 minutes

Fish:

Universal pan, level 1

Steaming, 80 °C

Cooking time: 30-35 minutes



# Salmon fillet with spinach leaves and tomatoes

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

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

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

**Fish:**  
400 g salmon fillet, skinless

**For sprinkling:**  
20 g pine nuts  
3 tbsp Parmesan, freshly grated

**In addition:**  
Butter for greasing

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

1. Peel the shallots, dice finely and sweat in the butter. Add the spinach and cook gently for approx. 10 minutes in the pot with the lid on. Then season with sea salt.

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

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

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

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

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

## Setting procedure:

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  
Grilling time: 30-35 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



# Fried fish fillet with sweet and sour Asian vegetables

## For 4 servings

### Baking tray

#### Fried fish fillet:

4 fresh cod fillets, 160 g each

½ lemon

Sea salt, Lemon pepper

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

1 egg yolk, 1 tbsp milk

100 g butter

A few coriander leaves

#### Vegetables:

1 small clove garlic

2 slices fresh ginger

2 sticks lemongrass

2 spring onions

2 stalks celery

200 g pak choi or Chinese cabbage

1 red pepper, 1 yellow pepper

400 g fresh pineapple

2 tbsp peanut oil

1 tbsp sesame oil, toasted

10 g cornflour

100 ml pineapple juice

100 ml mild vegetable stock

Salt, Pepper, freshly ground

2-3 tbsp lime juice

Sugar

#### In addition:

Greaseproof paper

#### Per serving

631 kcal, 43 g carbs, 35 g fat,

35 g protein, 3,6 BU

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

2. Preheat the oven.

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

#### Setting procedure:

Baking tray, level 1

Top/bottom heating

210 °C

Preheat

Cooking time: 15-20 minutes

#### Tip:

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

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

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

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



# Asparagus and fish parcels

## For 6 servings Universal pan

### Asparagus:

500 g white asparagus

500 g green asparagus

Salt

Sugar

2 tbsp lemon juice

1 tbsp basil, chopped

1 tbsp chervil, chopped

1 tbsp tarragon, chopped

1 tbsp tarragon vinegar

1 tbsp olive oil

1 tsp Dijon mustard

Sea salt

White pepper freshly ground

### Fish:

6 fresh spined loach fillets, 100 g each

Salt

Pepper, freshly ground

2 tbsp lemon juice

100 g prawns, fresh or frozen

### In addition:

Greaseproof paper

Kitchen string

Small bowls

### Per serving

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

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

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

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

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

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

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

### Setting procedure:

Universal pan, level 1

Top/bottom heating

180 °C

Cooking time: 25-30 minutes



# Lemongrass fish kebabs with bulgur wheat

## For 4 servings

**Small unperforated steamer and small perforated steamer**

### Bulgur wheat:

250 g bulgur wheat  
3 tomatoes  
1 onion  
1 tbsp parsley  
1 tbsp mint  
500 ml vegetable stock  
Salt  
Pepper, freshly ground

### Fish kebabs:

2 sticks lemongrass  
300 g salmon fillet  
300 g sea bass fillet  
8 small prawns  
A little olive oil  
Salt  
Pepper, freshly ground

### Per serving

446 kcal, 47 g carbs, 11 g fat,  
38 g protein, 3,9 BU

1. Fill the small unperforated steamer with the bulgur wheat. Dice the tomatoes. Finely chop the onion, parsley and mint, and add to the bulgur wheat together with the diced tomatoes. Next, pour the vegetable stock over the bulgur mixture and stir all together. Season to taste and steam the bulgur wheat as indicated.

2. Wash the lemongrass, halve it lengthwise and crosswise and place it to one side. Rinse the fish and prawns briefly under cold water and pat dry. Trim the fish and peel the prawns. Cut the fish into approx. 4x4 cm pieces and create a kebab using the lemongrass as a skewer, alternating the pieces of fish with prawns.

3. Heat the olive oil in a pan and sear the kebabs on both sides over a high heat. Place into the small perforated steamer and steam as indicated.

### Setting procedure:

Small unperforated steamer on the wire rack, level 2

Steaming, 100 °C

Bulgur wheat:

Cooking time: 20 minutes

Fish:

Universal pan, level 1 and small perforated steamer on the wire rack, level 2

Cooking time: 7 minutes



# Red perch on a bed of Mediterranean vegetables

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

**Vegetables:**

250 g cherry tomatoes  
1 medium-sized courgette,  
approx. 160 g  
1 jar artichoke hearts, drained weight  
180 g  
2-3 tbsp olive oil  
6 sprigs thyme  
Salt  
Black pepper, freshly ground

**Fish:**

600 g red perch fillet  
1 level tsp chilli, coarse-ground

**Per serving**

372 kcal, 12 g carbs, 19 g fat,  
37 g protein, 1,0 BU

1. Halve the tomatoes. Trim the ends off the courgette. Halve the courgette and dice finely. Drain the artichoke hearts in a sieve and then cut into quarters.

2. Stir olive oil into the vegetables. Pluck the leaves from 3 sprigs of thyme and add to the vegetables. Season with salt and pepper and distribute in the universal pan.

3. Rinse the fish briefly under cold water and pat dry with kitchen towel. Cut into 8 pieces of equal size. Season with salt.

4. Add the pieces of fish to the vegetables in the universal pan and sprinkle with chilli. Steam as indicated.

5. Arrange the red perch fillets on the vegetables and garnish with the remaining thyme.

**Setting procedure:**

Universal pan, level 1  
Steaming  
80 °C  
Cooking time: 10-12 minutes



# Fish ragout with fennel

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

**Fish ragout:**  
500 g halibut fillet  
Salt  
White pepper freshly ground  
½ lemon  
3 fennel bulbs, 400 g each  
300 ml fish stock or vegetable stock  
100 ml white wine  
200 ml cream  
2-3 tbsp light sauce thickener

**Per serving**  
391 kcal, 18 g carbs, 20 g fat,  
31 g protein, 1,5½ BU

1. Briefly rinse the fish under cold water, trim it, pat it dry and cut into pieces. Season with salt and pepper. Squeeze the juice of the half lemon and drizzle the fish with 1-2 tbsp lemon juice.
2. Trim the fennel, rinse and cut lengthways into eight. Set a few fennel leaves aside.
3. Add the fish stock, wine and ¼ tsp salt to the ovenproof dish. Add the fennel and steam as indicated.

4. Bring the cream and sauce thickener to the boil in a small saucepan, stirring continuously, pour in the fennel stock and stir until smooth. Season with salt, pepper and some lemon juice.
5. Add the sauce and fish fillets to the fennel and steam the ragout as indicated.
6. Finely chop the fennel fronds and sprinkle into the ragout before serving.

## **Setting procedure:**

Ovenproof dish on the wire rack, level 1

Fennel:

Steaming

100 °C

Cooking time: 13-16 minutes

Ragout:

Steaming

85 °C

Cooking time: 6-10 minutes

## **Tip:**

Serve with green tagliatelle or a wild rice mix.



# 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  
Added steam, low  
Cooking time: 30-35 minutes

## **Alternative setting:**

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



# Blue mussels in a white wine broth

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

**Mussels:**  
1.5 kg blue mussels

**Vegetable and wine mixture:**  
2 onions  
1-2 garlic cloves  
120 g carrots  
60 g parsley root  
100 g celery  
1 organic lemon  
3 tbsp olive oil  
200 ml dry white wine  
2 tbsp herbs, (parsley, celery leaves)  
chopped  
Salt  
Black pepper, freshly ground

**Per serving**  
420 kcal, 16 g carbs, 17 g fat,  
41 g protein, 1,3 BU

1. Wash the blue mussels thoroughly under cold, running water. Brush them as necessary to remove sand and calcium residues. Pull the beards off with your fingers. Discard any open mussels that do not close when you tap on one of the shells. These may be spoiled. Shake the mussels in a sieve, rinse again thoroughly and drain well.

2. Peel and finely chop the onion and garlic. Trim and peel the carrots, parsley root and celery and cut into pieces approx. 1 cm in size. Wash the lemon in hot water, dry it, grate the peel finely and squeeze the juice.

3. Heat the olive oil in a pot. Sweat the onions and garlic until clear. Add the vegetable pieces and sweat for 4-5 minutes, stirring continuously. Pour in the white wine and lemon juice, sprinkle herbs on top and season all the ingredients with salt and pepper.

4. Arrange the mussels in the universal pan. Pour the vegetable and wine mixture along with the lemon peel over the mussels. Cook as indicated.

5. After 6 minutes' cooking time, mix the mussels once with a large spatula or briefly remove the universal pan and shake it. Then finish cooking as indicated.

## **Setting procedure:**

Universal pan, level 1  
Steaming  
100 °C  
Cooking time: 10-12 minutes





## Poultry and meat



# Stuffed turkey breast

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

**Turkey:**

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

**In addition:**

Wooden skewers  
Kitchen string

**Per serving**

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

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

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

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

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

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

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

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

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

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

**Setting procedure:**

With meat probe  
Roaster without lid on the wire rack, level 1  
Top/bottom heating  
170 °C  
Core temperature 80 °C

**Alternative setting:**

Roaster with lid on the wire rack, level 1  
Top/bottom heating  
170 °C  
Cooking time: 75 minutes



# Chicken breast fillet with vegetable filling

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

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

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

**For pouring:**  
250 ml poultry stock from a jar  
1 tsp honey

**Mange tout:**  
250 g mange touts  
1 tsp butter

**In addition:**  
Cocktail sticks

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

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

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

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

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

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

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

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

## Setting procedure:

With meat probe  
Ovenproof dish on the wire rack, level 1  
Circulated air grilling  
180 °C  
Core temperature 75 °C

## Alternative setting:

Ovenproof dish on the wire rack, level 1  
Circulated air grilling  
180 °C  
Grilling time: 50-55 minutes

## Tip:

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



# 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:**

With meat probe  
Ovenproof dish on the wire rack, level 1  
Circulated air grilling  
180 °C  
Core temperature 90 °C

**Alternative setting:**

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



# Goose breast with a chocolate and pepper sauce

## For 4 servings

### Universal pan and wire rack

#### Goose breast:

2 fresh goose breasts, 500 g each

Sea salt

Pepper, freshly ground

#### Sauce:

400 ml goose stock or poultry stock from a jar

100 g sour cherries from a jar, drained

1-2 tbsp pickled green peppercorns

75 g dark chocolate or cooking chocolate

1-2 tbsp cornflour for thickening

Salt

Pepper, freshly ground

#### Per serving

699 kcal, 12 g carbs, 59 g fat,

31 g protein, 1 BU

1. Rinse the goose breast briefly in cold water, clean well and pat dry. Score the fat with a criss-cross pattern using a sharp knife. Rub with sea salt and pepper. Place the goose breasts on the wire rack, with the skin side up.

2. Pour half of the goose stock in the universal pan and cook with the goose breasts on the wire rack as indicated.

3. At the end of the cooking time keep the goose breasts warm. Pour the sauce from the universal pan into a saucepan, add the rest of the goose stock and bring to the boil.

4. Add the sour cherries and the green pepper and simmer for around 3 minutes. Melt the chocolate in the sauce.

5. Mix the cornflour with cold water and thicken the sauce with it.

6. Season the sauce once again and taste. Carve the goose breasts into slices and serve with the sauce.

#### Setting procedure:

Universal pan, level 1,

Wire rack, level 2

4D hot air

120 °C

Added steam, medium

Cooking time: 30 minutes

then

Circulated air grilling

210 °C

Grilling time: 25-35 minutes



# Crispy duck with baked apple stuffing

## For 3 servings

### Universal pan with wire rack

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

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

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

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

#### Setting procedure:

Universal pan with wire rack, level 1

4D hot air

170 °C

Roasting time: 70 minutes

Followed by circulated air grilling

170 °C

Added steam, medium

Roasting time: 30-40 minutes

#### Alternative setting:

Universal pan with wire rack, level 1

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Roasting 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.



# Breast of veal with colourful stuffing

## For 4 servings Universal pan

### Breast of veal:

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

### Filling:

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

### Sauce:

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

### In addition:

cocktail sticks

### Per serving

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

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

5. Stuff the meat with the paste and hold closed with cocktail sticks. With the seam facing the side, place into the universal pan lined with rosemary and thyme and roast as indicated. Top up with veal stock and a little liquid stock if necessary.

6. Remove the meat and keep warm. Top up the juices with the remaining liquid stock and bring to the boil. Thicken with the cornflour stirred into cold water and season to taste.

### Setting procedure:

With meat probe  
Universal pan, level 1  
Circulated air grilling  
180 °C  
Core temperature 80 °C

### Alternative setting:

Universal pan, level 1  
Circulated air grilling  
190 °C  
Roasting time: 1 hr. 10 min.-1 hr. 20 min.

### Tip:

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



# 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



# Grilled fillet of veal

## For 4 servings

### Universal pan

#### Meat:

4 veal fillet steaks, approx. 160 g each  
2 tbsp clarified butter  
3 fresh sprigs thyme  
3 fresh rosemary sprigs  
Pepper, freshly ground  
Salt

#### Topping:

70 g butter, soft  
2 slices bread  
1 bunch fresh, mixed herbs  
Salt  
1 pinch of cayenne pepper or chilli flakes  
1-2 tbsp white port wine

#### Per serving

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

1. Rinse the fillets briefly in cold water and pat dry with kitchen paper. Heat the clarified butter in a pan and sear the fillets.

2. Cover the universal pan with the herbs. Season the fillets with pepper and add to the pan together with the frying fat. Cook as indicated.

3. Beat the soft butter to produce a fluffy white foam. Cut the sliced bread into very small cubes. Chop the herbs coarsely and add to the butter with the pieces of bread. Season to taste with salt, cayenne pepper and port.

4. As soon as the core temperature is reached, take the meat and meat probe out of the oven.

5. Season the meat with salt. Season the topping again to taste, spread over the 4 steaks and grill as indicated until golden brown.

#### Setting procedure:

With meat probe  
Universal pan, level 1  
Top/bottom heating  
140 °C  
Core temperature 60 °C  
Grilling:  
Universal pan, level 2  
Grill, large area  
Setting 3  
Grilling time: 6-8 minutes

#### Alternative setting:

Universal pan, level 1  
Top/bottom heating  
140 °C  
Roasting time: 15-17 minutes  
Grilling:  
Universal pan, level 2  
Grill, large area  
Setting 3  
Grilling time: 6-8 minutes



# Fillet of pork wrapped in pepper ham with rosemary

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

**Meat:**

600 g fillet of pork  
Sea salt  
100 g pepper ham, cut wafer-thin  
20 g clarified butter  
2 fresh sprigs rosemary

**Per serving**

299 kcal, 0 g carbs, 9 g fat, 38 g protein,  
0 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with sea salt and cut in half.
2. Completely wrap the filleted pieces in pepper ham.
3. Heat the clarified butter in the roaster and on a low heat sear the meat all over.

4. Add the sprigs of rosemary and cook the fillet as indicated.

5. To serve cut the pieces of meat in half.

**Setting procedure:**

With meat probe  
Roaster without lid on the wire rack, level 1  
Top/bottom heating  
130 °C  
Core temperature 62 °C

**Alternative setting:**

Roaster with lid on the wire rack, level 1  
Top/bottom heating  
130 °C  
Roasting time: 40-45 minutes

**Tip:**

Serve with salad and baguette.



# Joint of pork with a honey-thyme crust

## For 6 servings Universal pan

### Meat:

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

Sea salt

Black pepper, freshly ground

3 garlic cloves

100 ml water

### Vegetables:

250 g shallots

200 g celeriac

300 g carrots

200 g parsnips

200 g celery

250 g leeks

50 ml balsamic vinegar

250 ml water

Approx. 30 g fresh thyme

10 allspice berries

### For brushing:

1 lemon

3 tbsp honey

Fresh sprigs of thyme

### Per serving

967 kcal, 24 g carbs, 68 g fat,

66 g protein, 2,0 BU

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

2. Peel the shallots, celeriac, carrots and parsnips. Top and tail and then cut into pieces approx. 3 cm long. Wash the celery and leek, cut into pieces approx. 3 cm long and put to one side.

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

4. Arrange the vegetables – apart from the leek and celery – around the meat, deglaze with balsamic vinegar and add water. Rinse the thyme and shake dry. Add to the vegetables with the allspice berries and cook for another 60 minutes or so.

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

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

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

### Setting procedure:

With meat probe

Universal pan, level 1

Top/bottom heating

190 °C

Core temperature 85 °C

### Alternative setting:

Universal pan, level 1

Top/bottom heating

190 °C

Cooking time: 2 hr. 40 min.



# Glazed loin of pork

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

**Meat:**

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

**In addition:**

cocktail sticks  
Kitchen string

**Per serving**

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

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

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

5. Take out the joint and keep warm.

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

**Setting procedure:**

With meat probe  
Roaster without lid on the wire rack, level 1  
Circulated air grilling  
190 °C  
Core temperature 85 °C

**Alternative setting:**

Roaster without lid on the wire rack, level 1  
Circulated air grilling  
190 °C  
Roasting time: 80-85 minutes



# Racks of lamb in a lavender and honey marinade

## For 4 servings

### Universal pan with wire rack

#### Meat:

600-700 g lamb racks with ribs

2 fresh sprigs thyme

1½ tsp lavender

2 garlic cloves

½ lemon

3 tbsp lavender honey

Salt

Black pepper, freshly ground

#### Lemon and thyme butter:

1 organic lemon

40 g sugar

40 ml lemon juice

2-3 tbsp fresh thyme leaves

70 g butter

#### Per serving

452 kcal, 25 g carbs, 31 g fat,

219 g protein, 2 BU

1. Rinse the lamb racks briefly under cold water and pat dry with kitchen towel. Rinse the thyme, shake it dry and strip the leaves. Mix with the lavender. Peel the garlic and cut into thin slices. Squeeze half the lemon and stir the juice together with honey, herbs, garlic, salt and a generous pinch of pepper. Brush the racks with this mixture and leave to marinate in the refrigerator for an hour.

2. Place the meat onto the wire rack and roast as indicated.

3. For the lemon and thyme butter, wash the lemon under hot water and dry it off. Cut into quarters lengthwise and then into slices 1 cm wide.

4. Caramelise the sugar in a pot. Reduce the heat. Add the sliced lemon, lemon juice, 50 ml water, thyme leaves and butter, and simmer for approx. 3 minutes.

5. Serve the lemon and thyme butter with the lamb racks.

#### Setting procedure:

With meat probe

Universal pan with wire rack, level 1

Circulated air grilling

180 °C

Core temperature 57 °C

#### Alternative setting:

Universal pan with wire rack, level 1

Circulated air grilling

180 °C

Grilling time: 25-30 minutes



# Leg of lamb with rosemary potatoes

**For 4 servings**  
**Large plate or platter**

**Marinade:**

1 sprig rosemary  
3 garlic cloves  
3-4 sprigs thyme  
100 ml olive oil

**Meat:**

1.5 kg boneless leg of lamb

**Potatoes:**

1 kg potatoes  
2 garlic cloves  
2 tbsp olive oil  
2-3 sprigs rosemary  
Salt

**In addition:**

Kitchen string

**Per serving**

973 kcal, 138 g carbs, 31 g fat,  
33 g protein, 11,5 BU

1. For the marinade, remove the rosemary leaves and peel the garlic. Chop finely with the thyme and mix with the oil.

2. Rinse the leg of lamb in cold water and pat dry with kitchen paper. Trim, removing fat and sinews.

3. Leave the lamb in the marinade for at least 4 hours. Then truss into shape.

4. Heat a frying pan or casserole dish. Sear the leg of lamb on all sides over a medium heat, taking care not to burn the garlic and herbs.

5. Place a meat tray into the oven on the wire rack and preheat the oven.

6. Place the leg of lamb on the warm platter into the preheated oven and slow-cook as indicated.

7. Peel the potatoes and cut into quarters. Crush the garlic cloves with the flat side of a knife. Do not use a garlic press.

8. Heat the oil in the pan. Add the potatoes, garlic and rosemary and fry over a medium heat for 30-40 minutes until golden brown on all sides. Remove the garlic and rosemary before serving.

9. Slice up the leg of lamb and place onto a thoroughly preheated platter. Add salt to the potatoes to taste and arrange around the meat.

**Setting procedure:**

Meat tray on the wire rack, level 1

Slow cooking

Preheat

90 °C

Cooking time: 4 hr. 30 min.

**Tip:**

This dish can also be served with red lentils or braised shallots.



# Meat kebabs, lamb

**For 4 servings**  
**Wire rack and universal pan**

**Meat kebabs:**

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

**In addition:**

Cooking oil for brushing and for the wire rack  
Metal skewers

**Per serving**

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

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

**Setting procedure:**

Universal pan, wire rack, level 2  
Grill, large area  
Setting 3  
Grilling time: 20-30 minutes

**Tip:**

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

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



# Venison loin steaks au gratin

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

**Meat:**

1 small carrot  
40 g celeriac  
1 shallot  
4 venison loin steaks, approx. 180 g each, with skin and sinew removed  
2 tbsp sunflower oil  
Salt  
Pepper, freshly ground  
200 ml game stock or veal stock from a jar

**Topping:**

1 slice bread  
1 sour apple, e.g. Braeburn or Topaz  
1 pear, e.g. Williams or Forelle  
2 tbsp crème fraîche  
Salt  
Pepper, freshly ground  
1 tbsp breadcrumbs  
1 tbsp ground hazelnuts

**Per serving**

397 kcal, 22 g carbs, 16 g fat,  
41 g protein, 1,9 BU

1. For the topping, remove the crust of the bread and cut into small cubes. Toast in a coated frying pan and place to one side.

2. Trim the root vegetables and cut into thin slices using a peeler. Peel the shallot and cut into thin strips.

3. Rinse the steaks briefly under cold water and pat dry with kitchen towel. Heat the oil in a frying pan and sear the steaks on both sides. Add the root vegetables and fry with the steaks. Season the steaks with salt and pepper, add to the ovenproof dish with the seared root vegetables and roast as indicated.

4. Remove the cooked steaks from the ovenproof dish and keep warm.

5. Infuse the juices with game stock, season them and pass through a fine sieve into a saucepan. Thicken as required and season to taste again.

6. For the topping, wash the apple and pear and grate finely, including the skin. Mix with crème fraîche, add the toasted bread cubes and season with salt and pepper.

7. Return the steaks to the ovenproof dish and spread the topping over them. Mix the breadcrumbs and hazelnuts, sprinkle over the steaks and cook as indicated on level 2.

8. Serve the venison loin steaks together with the sauce.

**Setting procedure:**

With meat probe  
Ovenproof dish on the wire rack, level 1  
Top/bottom heating  
170 °C  
Core temperature 60 °C  
Gratins:  
Ovenproof dish on the wire rack, level 2  
Grill, large area  
Setting 3  
Cooking time: 10-12 minutes

**Alternative setting:**

Ovenproof dish on the wire rack, level 1  
Top/bottom heating  
170 °C  
Cooking time: 25 minutes  
Gratins:  
Ovenproof dish on the wire rack, level 2  
Grill, large area  
Setting 3  
Cooking time: 10-12 minutes





## Desserts, soufflés and sweet dishes



# Panettone soufflé

## For 4 servings 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 2  
Top/bottom heating  
180 °C  
Added steam, medium  
Baking time: 25-30 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



# Moorish fig dessert with port wine syrup

**For 6 servings**  
**6 ovenproof ramekins**

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

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

**Fruit:**  
6 fresh figs

**In addition:**  
Icing sugar for dusting

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

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

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

3. Place the eggs in a bowl with the sugar, grated orange peel and cardamom and beat until light and fluffy. Add the remaining orange juice to the cream cheese and stir until smooth. Then gradually stir into the egg mixture.

4. Preheat the oven.

5. Grind the pistachio nuts finely in a mixer and put 1 tbsp to one side to use as a garnish. Mix the remaining pistachio nuts finely again with the lady fingers and stir into the egg mixture. Distribute the mixture between 6 ovenproof ramekins. Wash the figs, dry them and cut crosses into the top. Place in the middle of the ramekins and sprinkle over the remaining pistachio nuts. Bake as indicated.

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

## Setting procedure:

Ramekins on the wire rack, level 1  
4D hot air  
160 °C  
Preheat  
Added steam, high  
Baking time: 15-20 minutes

## Alternative setting:

Ramekins on the wire rack, level 1  
4D hot air  
160 °C  
Preheat  
Baking time: 15-20 minutes



# Bunet

**For 6 servings**  
**Large glass dish**

**Crème caramel:**  
3 tbsp unsweetened cocoa  
300 ml milk  
180 g amaretti  
160 g sugar  
100 ml water  
6 egg yolks  
4 cl rum  
2 egg whites

**In addition:**  
200 ml cream  
Heat-resistant foil

**Per serving**  
467 kcal, 59 g carbs, 19 g fat,  
11 g protein, 4,9 BU

1. Mix the cocoa with 6 tbsp cold milk. Heat the rest of the milk.
2. Crumble 150g amaretti, add to the hot milk and mix with the cocoa paste.
3. Dissolve 80g sugar in 100 ml water in a saucepan and allow to reduce over a high heat, stirring continuously. Pour into a warmed glass dish (1.5 l) and spread evenly by rapidly tilting the dish from side to side. Caution! The caramel is very hot.
4. Cream the egg yolks, rum and 50 g sugar. Whisk the egg whites with the remaining sugar until stiff. Stir the soaked amaretti into the egg mixture and carefully fold in the egg whites.

5. Fill the dish with the mixture, smooth out the surface and cover with heat-resistant foil or aluminium foil. Cook as indicated.

6. Chill the covered pudding for 4 hours. Before serving, place the dish briefly in hot water and then turn out onto a large plate. Whip the cream until stiff, spoon into a piping bag with a star-shaped nozzle and decorate the pudding. Decorate with the remaining amaretti.

## Setting procedure:

Glass dish on the wire rack, level 1  
Steaming, 100 °C  
Cooking time: 50-55 minutes  
Chilling time: 4 hours



# Espresso crème caramel

**For 4 servings**  
**Small moulds**

**Crème caramel:**

3 eggs  
2 tbsp sugar  
1 sachet vanilla sugar  
250 ml milk  
100 ml espresso  
1 generous pinch cinnamon  
½ tsp cocoa powder

**In addition:**

Berries according to taste  
Mint leaves

**Per serving**

145 kcal, 14 g carbs, 7 g fat, 8 g protein,  
1,1 BU

1. Thoroughly combine all the ingredients in a bowl and pour through a sieve.
2. Divide the mixture between 4 small moulds or heat resistant cups (150 ml). Cover with baking foil.

**Setting procedure:**

Small moulds in the large perforated steamer, level 1  
Steaming, 85 °C  
Cooking time: 20-22 minutes

3. Place the moulds into the perforated steamer and cook the crème caramel as indicated. The dessert is ready when the surface feels springy to the touch.
4. Serve garnished with berries and mint leaves, as desired.



# Home-made yoghurt with maple syrup, pear and hazelnuts

**For 4 cups**  
**Large perforated steamer**

**Yoghurt:**  
1 l full-fat milk  
100 g live yoghurt (same fat content as the milk)

**Fruit yoghurt per serving:**  
½ soft pear  
1-2 tbsp maple syrup  
1 tbsp ground hazelnuts  
200 g home-made yoghurt

**Per serving**  
313 kcal, 28 g carbs, 17 g fat,  
11 g protein, 2,4 BU

1. Heat the full-fat milk in a saucepan to 90 °C. Do not allow the milk to boil. Then leave to cool down to 38-45 °C. Use a cooking thermometer to measure the temperature. The bacteria will remain inactive outside this temperature range.

2. Mix the milk and yoghurt and fill into the thoroughly rinsed cups. Cover with heat-resistant foil and place into the perforated steamer.

3. Leave to culture in the cooking compartment as indicated.

4. Allow the yoghurt to cool then place into the refrigerator. The yoghurt will only set completely when it is thoroughly chilled.

5. To make the fruit yoghurt, peel the pear halves, remove the pips and cut into small cubes. Then pour over maple syrup and hazelnuts. Stir into the yoghurt and serve in a glass bowl.

## **Setting procedure:**

Cups in the large perforated steamer, level 1  
Prove dough  
40 °C  
Cooking time: 5 hours





## 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 with the bakingSensor  
Baking tray, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes on trays

### **Tip:**

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



# Plaited raisin loaf

**For approx. 20 slices**  
**Baking tray**

**Yeast dough:**

500 g flour  
1½ sachets dried yeast  
100 g sugar  
1 sachet vanilla sugar  
1 pinch salt  
100 g butter  
2 eggs  
Approx. 125 ml milk, lukewarm  
100 g raisins

**For brushing:**

1 egg yolk  
2 tbsp milk

**In addition:**

Greaseproof paper

**Per slice**

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

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

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

3. Line the baking tray with greaseproof paper. Place the plait on top and leave to prove again for 20 minutes. The plait should have risen well and its volume should have increased by about half again.

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

**Setting procedure:**

Baking with the bakingSensor  
Baking tray, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes on trays

**Alternative setting:**

Baking tray, level 1  
Top/bottom heating  
190 °C  
Baking time: 25-35 minutes

**Tip:**

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

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



# Gooseberry cake with almond topping - basic recipe for sponge mixture

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

**Mixture:**

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

**Topping:**

400 g gooseberries  
50 g flaked almonds  
30 g sugar

**In addition:**

Butter for greasing  
Icing sugar for dusting

**Per serving**

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

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

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

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

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

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

**Setting procedure:**

Baking with the bakingSensor  
Springform cake tin on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes in tins

**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.



# Marble cake in a jar

**For 4 servings**  
**4 preserving jars, 290 ml each**

**Sponge mixture:**

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

**Dark sponge:**

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

**In addition:**

Butter for the jars  
1-2 tbsp breadcrumbs for sprinkling

**Per jar**

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

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

**Setting procedure:**

Baking with the bakingSensor  
Jars on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes in tins

**Alternative setting:**

Jars on the wire rack, level 1  
Top/bottom heating  
170 °C  
Baking time: 45-50 minutes

**Tip:**

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



# Moist chocolate cake filled with pears

**For approx. 15 slices**  
**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 chocolate and place in a dish. Add the milk and melt the chocolate mixture in a bain marie. 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 batter.

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, place in a dish with the cream and butter and melt in a bain marie. Mix the syrup with the chocolate mixture and leave to cool.

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

**Setting procedure:**

Baking with the bakingSensor  
Cake tin on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes in tins

**Alternative setting:**

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



# Apple cake with caramelised walnuts

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

**Caramel:**

1 organic orange  
300 g walnuts  
30 g sugar

**Sponge mixture:**

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

**In addition:**

Greaseproof paper  
Butter for the edge of the tin

**Per serving**

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

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

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

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

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

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

6. Bake the cake as indicated.

**Setting procedure:**

Baking with the bakingSensor  
Springform cake tin on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes in tins

**Alternative setting:**

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



# 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  
Baking with the bakingSensor  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes in tins

**Alternative setting:**

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



# Damson and poppy seed cake

**For 12 pieces**  
**Springform cake tin, diameter 26 cm**

**Shortcrust pastry:**

150 g flour  
75 g butter, soft  
30 g sugar  
50 g sour cream

**Sponge mixture:**

130 g butter, soft  
125 g brown sugar  
3 eggs  
200 g flour  
2 tsp baking powder  
250 g poppy seed mixture (ready to bake)  
3 tbsp balsamic vinegar

**Topping:**

600 g damsons, washed and de-stoned

**In addition:**

2 tbsp balsamic vinegar  
2 tbsp cinnamon sugar  
Butter for greasing

**Per serving**

458 kcal, 45 g carbs, 26 g fat,  
10 g protein, 3,7 BU

1. Make a fine and crumbly mixture from the flour, butter and sugar. Add the sour cream, quickly work into a dough with your hands and then form into a ball.

2. Grease the springform cake tin. Roll out the dough, line the base of the springform cake tin with it, pierce several times with a fork and chill for approx. 30 minutes.

3. Then partially bake as indicated until light gold in colour.

4. For the sponge mixture, mix together butter and sugar until light and fluffy. Gradually stir in the eggs. Mix the flour and baking powder, sieve and fold into the frothy mixture alternately with the poppy seed mixture. Stir in the balsamic vinegar.

5. Distribute the sponge mixture on top of the pastry base, arrange the damsons on top and then finish baking the cake as indicated.

6. After baking, brush with balsamic vinegar and sprinkle with cinnamon sugar.

**Setting procedure:**

Springform cake tin on the wire rack, level 1  
Top/bottom heating  
180 °C

Initial baking for the base:

Baking time: 13 minutes

Final baking for the cake:

Baking time: 55-60 minutes



# Fruity raspberry gateau - basic recipe for sponge mixture

**For 12 servings**

**Springform cake tin, diameter 28 cm**

**Sponge mixture:**

3 eggs

3 tbsp water, hot

150 g sugar

150 g flour

1 tsp baking powder

**Topping:**

900 g frozen raspberries

100 g sugar

200 ml cream

4 sheets gelatine

200 g yoghurt, 3.5 %

½ vanilla pod

3 sachets red glaze

**In addition:**

Greaseproof paper

**Per serving**

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

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

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

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

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

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

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

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

**Setting procedure:**

Baking with the bakingSensor

Springform cake tin on the wire rack, level 1

Select dishes

Category: cake, bread

Food: cake

Dish: cakes in tins

**Alternative setting:**

Springform cake tin on the wire rack, level 1

4D hot air

170 °C

Preheat

Baking time: 35-40 minutes



# Black Forest gateau

## For 16 servings

Springform cake tin, diameter 28 cm

### Sponge mixture:

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

### Filling:

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

### Decoration:

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

### In addition:

Greaseproof paper

### Per serving

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

1. Line the base of the tin with greaseproof paper.
2. Beat the eggs with water and sugar until white and fluffy. Mix the flour, cocoa and baking powder together and stir into the mixture. Pour the mixture into the baking dish and bake as indicated.
3. Drain the sour cherries and catch the juice. Mix the cherry juice into the glaze. Add approx. two thirds of the cherries to the glaze and leave to cool. Place the rest to one side for the decoration.
4. Slice the cooled sponge into three layers. Set the top piece aside and sprinkle the remaining sponge layers with Kirsch.

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

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

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

### Setting procedure:

Baking with the bakingSensor  
Springform cake tin on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes in tins

### Alternative setting:

Springform cake tin on the wire rack, level 1  
4D hot air  
160 °C  
Preheat  
Baking time: 35-45 minutes



# Redcurrant cake with almond crumble

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

**Crumble:**

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

**Quark and oil dough:**

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

**Topping:**

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

**In addition:**

Butter for greasing the baking tray

**Per serving**

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

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

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

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

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

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

**Setting procedure:**

Baking with the bakingSensor  
Universal pan, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes on trays

**Alternative setting:**

Universal pan, level 1  
Top/bottom heating  
180 °C  
Baking time: 50-55 minutes



# Turkish basbousa

**For approx. 32 servings**  
**Large ovenproof dish**

**Syrup:**

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

**Mixture:**

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

**In addition:**

Butter for greasing

**Per serving**

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

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

2. Wash the lemon in hot water, dry it, grate the peel 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  
Added steam, low  
Baking time: 30-35 minutes

**Alternative setting:**

Ovenproof dish on the wire rack, level 1  
Top/bottom heating  
180 °C  
Baking time: 30-35 minutes



# Baklava

**For 60 servings**  
**Universal pan**

**Mixture:**  
10-12 sheets filo pastry  
350 g butter

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

**Syrup:**  
675 g sugar  
175 g honey  
500 ml water

**In addition:**  
Butter for the universal pan

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

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

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

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

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

5. Grease the universal pan. Place a sheet of pastry into the universal pan and coat it with the melted butter. Repeat this process three times. Sprinkle the fourth layer with approx. 80 g of the nut mixture.

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

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

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

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

**Setting procedure:**  
Baking with the bakingSensor  
Universal pan, level 1  
Select dishes  
Category: cake, bread  
Food: cake  
Dish: cakes on trays

**Alternative setting:**  
Universal pan, level 1  
Top/bottom heating  
170 °C  
Preheat  
Baking time: 35-40 minutes



# Puff pastry slices with mascarpone cream and rhubarb

## For 15 servings

### Baking tray

#### Puff pastry:

2 slices puff pastry  
50 ml water  
15 g sugar

#### Filling:

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

#### In addition:

Icing sugar for sprinkling

#### Per serving

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

1. Leave the puff pastry slices to defrost.

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

3. Preheat the oven.

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

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

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

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

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

#### Setting procedure:

Baking tray, level 1  
Top/bottom heating  
220 °C  
Preheat  
Baking time: approx. 12 minutes

#### Tip:

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



# 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. Preheat the oven.

6. 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.

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

8. 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  
210 °C  
Preheat  
Added steam, low  
Baking time: 25-35 minutes

**Alternative setting:**

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.



# Mini chocolate cakes with a creamy centre and pistachios

**For 6 servings**  
**Soufflé dishes**

**Mixture:**

100 g dark chocolate  
100 g butter  
1 tbsp milk  
4 eggs  
150 g sugar  
60 g flour  
40 g pistachios

**In addition:**

Butter for greasing

**Per serving**

373 kcal, 17 g carbs, 31 g fat,  
9 g protein, 1,4 BU

1. Break the dark chocolate into small pieces and melt with the butter and milk in the water bath.
2. Whisk the eggs and sugar until light and fluffy. Carefully stir in the chocolate mixture and fold in the flour.
3. Chop the pistachios very finely.

**Setting procedure:**

Ramekins on the wire rack, level 1  
Top/bottom heating  
160 °C  
Preheat  
Baking time: 20-25 minutes

**Tip:**

For a more peppery version of this recipe, add a little freshly ground black pepper or allspice to the mixture.

4. Preheat the oven.

5. Carefully grease the dishes and sprinkle with the finely chopped pistachios. Fold the remaining pistachios into the chocolate mixture and distribute the mixture between the dishes. Bake as indicated.



# Lime muffins with white chocolate

## For 12 servings Muffin tin

### Muffins:

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

### In addition:

Butter for the tin or paper moulds

### Per serving

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

1. Wash the limes with hot water, dry them off, grate the zest and squeeze the juice from one lime.
2. Grease the muffin tin or fill with paper moulds.
3. Melt the butter and chocolate in a water bath. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the frothy mixture.

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

### Setting procedure:

Baking with the bakingSensor  
Muffin tin on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: small baked items  
Dish: muffins

### Alternative setting:

Muffin tin on the wire rack, level 1  
Top/bottom heating  
180 °C  
Baking time: 15-20 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:

Baking with the bakingSensor  
Muffin tin on the wire rack, level 1  
Select dishes  
Category: cake, bread  
Food: small baked items  
Dish: yeast-risen pastries

### Alternative setting:

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



# Amaretto kisses

**For approx. 180 servings**  
**Baking tray and universal pan**

**Mixture:**

40 g chopped almonds  
125 g fine sugar  
3 egg whites  
125 g icing sugar  
1 pinch salt  
1 tsp lemon juice  
1 tbsp Amaretto

**In addition:**

Greaseproof paper

**Per serving**

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

1. Line the baking tray and universal pan with greaseproof paper.

2. Chop the almonds very finely and toast in a coated frying pan until their aroma develops fully. Sprinkle 1 tsp sugar over the almonds and toast briefly as well. Then leave to cool down.

3. Beat the egg white until stiff, add the icing sugar, slowly pour in the remaining sugar and continue to beat for approx. 5 minutes. Add the salt, lemon juice and Amaretto and beat for a little while longer.

4. Preheat the oven.

5. Fold in the cooled almonds. Fill the mixture into a piping bag. Pipe blobs onto the baking trays and bake the Amaretto kisses as indicated.

**Setting procedure:**

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

**Tip:**

Even pre-chopped almonds must be chopped more finely so that the mixture can be piped easily. The almonds should not be ground, however.





Bread and bread rolls,  
pizza and savoury cakes



# Hearty four-grain bread

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

**Yeast dough:**

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

**In addition:**

Cooking oil for the baking tray  
Flour for dusting

**Per slice**

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

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

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

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

**Setting procedure:**

Universal pan, level 2  
4D hot air  
220 °C  
Added steam, high  
Partial baking: 15 minutes  
then  
190 °C without added steam  
Baking time: 45-50 minutes

**Alternative setting:**

Universal pan, level 1  
4D hot air  
230 °C  
Preheat  
Partial baking: 8 minutes  
then:  
200 °C  
Baking time: 40-45 minutes

**Tip:**

If you are using wholemeal flour, you will need to add a little extra liquid and leave the dough to prove for slightly longer.

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

Toast the seeds and nuts in a frying pan without oil in advance.



# Crusty polenta bread with espresso butter

**For 1 loaf, approx. 20 slices**  
**Baking tray**

**Mixture:**

310 g wheat flour, type 550  
70 g rye flour, type 1150  
70 g polenta  
2½ tsp dried sourdough extract,  
approx. 10 g  
1 tsp dried yeast  
1 tsp sugar  
Approx. 270 ml water  
1 tbsp olive oil  
1 tsp lemon juice  
Approx. 1½ tsp salt

**Espresso butter:**

100 g butter, soft  
3 tbsp espresso, strong, cold  
A few drops Worcester sauce  
A few drops Tabasco  
1 pinch ground cardamom  
1 pinch nutmeg, freshly ground  
1 pinch cinnamon  
Pepper, freshly ground  
Herb-flavoured salt

**In addition:**

Greaseproof paper

**Per slice**

115 kcal, 15 g carbs, 15 g fat,  
2 g protein, 1,3 BU

1. For the dough, add all the ingredients to a mixing bowl and knead into a smooth, soft dough. Shape into a rectangle of 20x30 cm, place into a tin which has been greased with oil and cover with cling film. Leave the dough to rest in the refrigerator for 12 hours. Then allow it to prove in a warm place until the volume has doubled.

2. Turn the dough out onto a work surface which is covered in flour, dust the surface with flour, and roll the dough over three times around its longitudinal axis. Place onto a baking tray which has been lined with greaseproof paper and bake as indicated. Leave the baked bread to cool down.

3. For the espresso butter, stir the butter until light and fluffy. Mix in all the other ingredients and season with pepper and herb-flavoured salt.

**Setting procedure:**

Baking tray, level 1  
4D hot air  
220 °C  
Added steam, high  
Baking time: 20-25 minutes

**Alternative setting:**

Baking tray, level 1  
4D hot air  
220 °C  
Baking time: 20-25 minutes

**Tip:**

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.  
If twisted slightly, the crust will break open wonderfully when baked.



# Flatbread

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

**Yeast dough:**

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

**Topping:**

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

**In addition:**

Cooking oil for the baking tray

**Per serving**

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

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

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

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

**Setting procedure:**

Universal pan, level 1  
Top/bottom heating  
230 °C  
Added steam, high  
Baking time: 20-30 minutes

**Alternative setting:**

Universal pan, level 1  
Top/bottom heating  
240 °C  
Baking time: 25-35 minutes

**Tip:**

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

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



# 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 serving

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

Added steam, high

Baking time: 15-25 minutes

#### Alternative setting:

Baking tray, level 1

4D hot air

180 °C

Baking time: 15-25 minutes

#### Tip:

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



# 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 into cubes.

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

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

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

6. Cook the pizza as indicated.

### Setting procedure:

Baking with the bakingSensor

Pizza tray on the wire rack, level 1

Select dishes

Category: cake, bread

Food: pizza, quiche, etc.

Dish: pizza

### Alternative setting:

Pizza tray on the wire rack, level 1

Top/bottom heating

250 °C

Baking time: 25-30 minutes

### Tip:

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

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

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



# Pie with minced meat and kidney beans

**For 12 servings**  
**Pie dish, diameter 26 cm**

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

**Filling:**  
1 potato, approx. 250 g  
50 ml vegetable stock  
2 onions  
1 clove garlic  
4 tbsp olive oil  
1 small tin kidney beans, drained weight 125 g  
750 g mixed minced meat  
Sea salt  
Black pepper, freshly ground  
2 small sprigs rosemary  
2 stems oregano  
1 small bunch flat-leaf parsley

**In addition:**  
Butter for greasing  
Egg yolk for brushing

**Per serving**  
410 kcal, 27 g carbs, 26 g fat,  
17 g protein, 2,2 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. Add the cold water to the flour mixture and briefly knead it in. Form the dough into a ball, press flat and chill for approx. 30 minutes.

2. Wash and peel the potatoes, then cut them into small cubes. Place them in a pot, add the vegetable stock and parboil the potato cubes. Then mash them using a fork or potato masher.

3. Peel the onions and the clove of garlic and chop finely. Heat the olive oil in a frying pan and briefly sweat the onions and garlic. Pour the kidney beans into a sieve. Briefly rinse them and let them dry off. Add the minced meat to the onions and fry it. Season with salt and pepper. Rinse the herbs, shake them dry and chop them finely.

4. Place the potatoes into a large bowl. Add the minced meat mixture, kidney beans and herbs and then mix well. Season with salt and pepper.

5. Grease the pie dish. Halve the pastry and roll out onto the lightly flour-covered work surface until it is slightly larger than the pie dish. Place the pastry in the dish. The pastry should protrude over the rim. Prick with a fork several times and distribute the filling evenly inside it.

6. Roll out the remaining pastry. Only brush the uppermost edge of the pastry in the dish with water. Place the pastry lid on top and seal the edges of the pastry together.

7. Whisk the egg yolk and brush the pastry lid with it. Draw a pattern in the lid using a fork and pierce several holes with a wooden skewer. Bake the pie as indicated.

## **Setting procedure:**

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



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

### Alternative setting:

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.



# 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:

Baking with the bakingSensor

Pizza tray on the wire rack, level 1

Select dishes

Category: cake, bread

Food: pizza, quiche, etc.

Dish: savoury cakes, quiche

### Alternative setting:

Pizza tray on the wire rack, level 1

Top/bottom heating

180 °C

Baking time: 60-70 minutes



# Fine vegetable tartelettes

## For 8 servings Mini tart dishes

### Shortcrust pastry:

250 g flour  
1 pinch salt  
1 egg  
5 tbsp milk  
125 g butter

### Topping:

100 g courgettes  
100 g carrots  
100 g celery  
2 spring onions  
Sea salt  
Pepper, freshly ground

### Glaze:

150 ml cream  
3 eggs  
150 g cheese, e.g. Gruyère, finely  
grated  
Nutmeg, freshly grated  
Sea salt  
Pepper, freshly ground  
2 tbsp herbs, e.g. parsley, chives, finely  
chopped

### In addition:

Butter for greasing

### Per serving

421 kcal, 27 g carbs, 29 g fat,  
14 g protein, 2,2 BU

1. Grease the dishes well.

2. For the shortcrust pastry, pour the flour and salt onto the work surface and make a well in the centre. Beat the egg with a fork and pour into the well with the milk. 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 dishes. Prick the pastry bases with a fork several times and chill the pastry in the refrigerator for approx. 45 minutes.

### Setting procedure:

Mini tart dishes on the baking tray, level 1  
Top/bottom heating  
210 °C  
Baking time: 35-40 minutes

4. Wash the vegetables, trim and cut up very small. Add water and salt to a pan, bring to the boil and blanch the vegetables for 1-2 minutes.

5. Whisk the ingredients for the filling and season for a spicy flavour.

6. Add the vegetables to the dishes, pour the filling in and bake as indicated.





## Jams and preserves



# Pineapple and mango chutney with chilli

**For 6 jars, 190 ml each**  
**Large perforated steamer**

**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 pan.

3. Add the port, balsamic vinegar, mango juice and preserving sugar and mix everything together thoroughly.

4. Heat the chutney on the hotplate while stirring continuously, add the chilli threads and leave to boil for approx. 5 minutes.

5. Fill the jars with the chutney while it is still hot and preserve as indicated.

**Setting procedure:**

Jars in the large perforated steamer, level 1

Steaming

100 °C

Cooking time: 25-30 minutes



# Sweet and sour pumpkin

**For 4 one-litre jars**  
**Large perforated steamer**

**Pumpkin:**  
2 kg pumpkin, e.g. French muscat  
pumpkin, peeled and de-seeded  
650 ml white wine vinegar  
650 g sugar  
1 vanilla pod  
2 organic lemons

**Per jar**  
832 kcal, 188 g carbs, 1 g fat,  
7 g protein, 15,7 BU

1. The day before, cut the pumpkin flesh into even, bite-sized pieces. Mix the diced pumpkin with the white wine vinegar and add enough water to completely cover the pumpkin pieces. Leave to infuse for 24 hours, ideally in the refrigerator.
2. Drain the pumpkin in a sieve, reserving the liquid. Boil all of the sugar in some of the reserved liquid until syrupy.
3. Slice open the vanilla pod lengthways, scrape out the pulp and cut the pod into quarters. Wash the lemons, peel thinly, halve and squeeze out the juice.

4. Thoroughly clean and dry the jars. Boil the rubber rings in water for several minutes and then put into cold water.

5. Add the rest of the liquid, vanilla pulp, vanilla pod, lemon juice and zest to the syrup mixture. Place the pumpkin into the syrup in batches and boil until the pumpkin pieces are translucent. Remove with a slotted spoon. Distribute between the jars and fill up with the syrup. Preserve as indicated.

## **Setting procedure:**

Jars in the large perforated steamer, level 1  
Steaming  
100 °C  
Cooking time: 40-45 minutes

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## Notes



## Notes



## Notes



## Notes



## Notes



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