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Cooking inspirations.

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

www.siemens-home.com/mysiemens

Inspiration for cooking

For the extraordinary things in life

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

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

Take a culinary journey with this exclusive collection of recipes, and you will not only learn how to prepare extraordinary taste sensations, but also how to make the best use of the innovations offered by your new iQ700 built-in oven with 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 oven with fullSteam 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

For the best baking results, regardless of the choice of rack level: 4D hot air.

You have the utmost flexibility in choosing which rack level you would like to use to prepare your food. The innovative technology featured by the fan motor permits ideal heat distribution in the oven interior. This means that your dish will always be cooked perfectly and exactly how you want it, regardless of the rack level you choose.

Top/ bottom heating

For traditional baking and roasting on one level.

Especially well-suited for cakes with a moist topping, either in tins or on a baking tray.

Circulated air grilling

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

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



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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

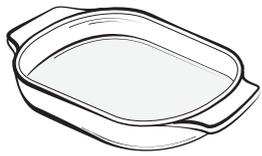
1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures

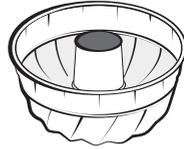
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2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

Cookware





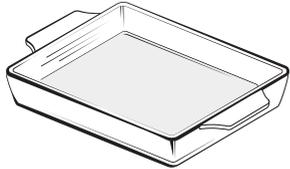
Ovenproof dish, oval



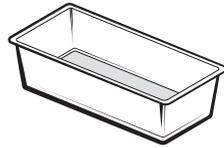
Bundt cake tin



Springform cake tin, square



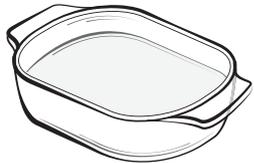
Ovenproof dish, rectangular



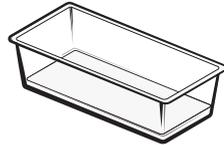
Cake tin



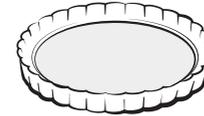
Springform cake tin, round



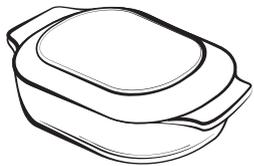
Roaster, glass, without lid



Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



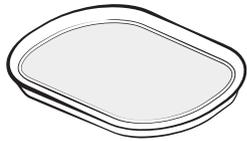
Mini tart dishes



Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

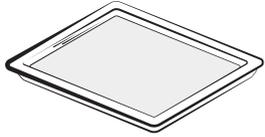


Pizza tray, round

Special accessories

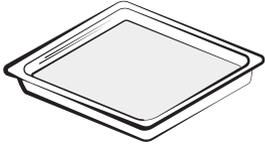


There is a comprehensive range of special accessories for your appliance. You can find information on these in our brochures or online.



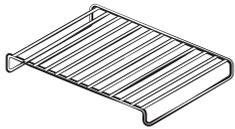
Baking tray, non-stick

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.



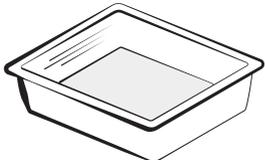
Wire insert

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



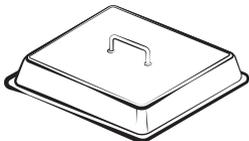
Grill tray

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



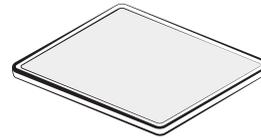
Profi pan

Ideal for the preparation of large quantities.



Lid for the Profi pan

The lid turns the Profi pan into a Profi roaster.



Baking stone

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



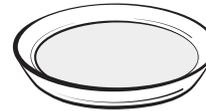
Glass roaster (1.5 litres)

For stews and bakes.



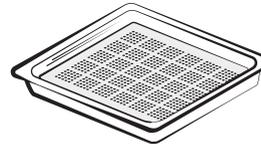
Glass pan

For bakes, vegetable dishes and baked items.



Pizza tray

For pizzas and large round cakes.



Large perforated steamer

For large quantities of vegetables or whole fish. The steamer is used as a base when preserving jams and chutneys.





Starters, soups and salads



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 with pine nuts and serve.

Setting procedure:

Small unperforated steamer on the wire rack, level 2
4D hot air
170 °C
Added steam, medium
Cooking time: 15-20 minutes

Tip:

Serve the baked figs with a baguette.



Fish terrine with spinach and salmon

For 8 servings

Terrine mould with lid

Fish terrine:

500 g pike-perch fillets or other fish fillets

1 tbsp lemon juice

Salt

White pepper freshly ground

300 ml cream

1 egg white

100 g fresh spinach leaves

180 g salmon fillet, from the thin tail end or salmon trout fillet

1 bunch chives, finely chopped

In addition:

Butter for greasing

Per serving

208 kcal, 2 g carbs, 14 g fat,

19 g protein, 0,1 BU

1. Rinse the pike-perch fillets briefly under cold water and pat dry. Dice, season with lemon juice, salt and pepper, and purée in a blender in batches with the cream and egg white. Refrigerate the fish mixture immediately.

2. Wash the spinach, pour boiling water over it then spread on kitchen paper and pat dry.

3. Rinse the salmon fillet briefly in cold water and pat dry, halve lengthways and season. Wrap each strip of fish in spinach leaves. Finely chop the remaining spinach.

4. Add the chives and chopped spinach to the fish mixture and combine well. Fill half into a greased terrine mould. Place the wrapped salmon strips on top and press down gently so that they are surrounded by the fish mixture.

5. Spread the rest of the fish mixture over the top. Cover the dish with the lid and then cook the fish terrine as indicated.

Setting procedure:

Terrine mould with lid on the wire rack, level 3

Steaming

80 °C

Cooking time: 45-50 minutes



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 steam container with the remaining sesame oil. Place the poultry parcels in the cooking container 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 3

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.



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 3

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.



Apulian rice salad

For 4 servings

Small unperforated steamer

Salad:

2 carrots
1 small leek
50 ml water
4-5 tbsp white balsamic vinegar
1 tsp sugar
1 yellow pepper
100 g frozen peas
200 g parboiled long grain rice
300 ml water or stock
Salt
40 g green and black olives, pitted
1 tin of tuna in water, drained weight
150 g
1 tbsp lemon juice
2-3 tbsp olive oil
Parsley leaves
25 g capers, drained

Per serving

397 kcal, 54 g carbs, 13 g fat,
16 g protein, 4,4 BU

1. Peel the carrots and cut up small. Prepare the leek and cut into fine slices. Mix the water, vinegar and sugar in a small unperforated steamer. Add the carrots and leek and cook as indicated.
2. In the meantime prepare the pepper and cut into fine strips. Place the pre-cooked vegetables with the vinegar broth in a dish. Add the strips of pepper and peas and leave to cool.
3. Place the rice in the small unperforated steamer. Add salted water or stock. Steam the rice as indicated until cooked and the liquid has evaporated.

Setting procedure:

Small unperforated steamer on the wire rack, level 3
Steaming
100 °C
Vegetables: 7 minutes
Rice: 15-20 minutes

Tip:

Instead of tuna, you can add chopped egg, small prawns, mussels, sea food, finely chopped mortadella or salami to the salad.

4. Leave the rice to rest for five minutes, then loosen with a fork.
5. Chop the olives finely. Drain the tuna and break up.
6. Drain the vegetables, but do not discard the vegetable stock. Stir the lemon juice and salt into the stock and mix in the olive oil.
7. Rinse the parsley and cut into fine strips. Mix everything with the capers and lemon sauce and leave to infuse for an hour.



Bean salad with tomato sauce and sheep's cheese

For 4 servings
Large perforated steamer

Beans:
700 g green bush beans
3 stems savoury

Tomato sauce:
150 g tomatoes
1-2 garlic cloves
2 dried tomatoes
1-2 tbsp balsamic vinegar
2-3 tbsp olive oil
Salt
Black pepper, freshly ground

In addition:
100 g sheep's cheese

Per serving
199 kcal, 13 g carbs, 13 g fat,
8 g protein, 1,1 BU

1. Wash and de-string the beans. Distribute in the perforated steamer and add the savoury. Steam the beans as indicated.

2. Meanwhile, wash the fresh tomatoes and slice them horizontally, remove the seeds and cut the tomatoes into chunks.

3. Peel the garlic. Purée the tomato chunks, dried tomatoes, garlic, vinegar and oil. Season with salt and pepper to taste.

4. Put the beans into a shallow dish or onto a plate and brush with the creamy tomato sauce while still warm. Leave to infuse for at least 10 minutes.

5. Cut the sheep's cheese into small cubes. Before serving, mix half of the cheese into the salad and arrange the rest on top.

Setting procedure:

Universal pan, level 1,
Large perforated steamer, level 3
Steaming
100 °C
Cooking time: 18-25 minutes

Tip:

The tomato sauce also goes well with Mediterranean vegetables or pasta salads. For a thinner sauce, stir in more olive oil.



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, core and cut up small.

2. Add the 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 unperforated steamer and steam as indicated.

4. In the meantime cut the pineapple into small pieces. Trim the pepper, core 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.

Setting procedure:

Small unperforated steamer on the wire rack, level 3
Steaming
100 °C
Cooking time: 12-14 minutes





Side dishes and vegetables,
vegetarian dishes and bakes



Asian leaf vegetables with coriander purée

For 4 servings
Large perforated steamer

Vegetables:
8 small pak choi

Coriander sauce:
1 bunch coriander
50 g cashews
100 ml olive oil
60 g Parmesan, freshly grated
Salt
Black pepper, freshly ground

Per serving
374 kcal, 7 g carbs, 35 g fat,
10 g protein, 0,5 BU

1. Trim, wash and drain the pak choi. Distribute in the perforated steamer and cook as indicated.
2. Rinse the coriander, shake dry and remove the leaves.
3. Toast the cashew nuts in a dry pan without fat until fragrant. Remove from the pan and leave to cool.
4. Purée the cashew nuts with coriander, olive oil and parmesan. Season with salt and pepper to taste.
5. Drain the prepared pak choi and arrange on a plate. Drizzle with the coriander sauce and serve immediately.

Setting procedure:

Universal pan, level 1,
Large perforated steamer, level 3
Steaming
100 °C
Cooking time: 5-8 minutes

Tip:

Leftover sauce goes well with shrimps or hot noodles.



Black salsify in mustard cream

For 4 servings

Large perforated steamer

Vegetables:

3 tbsp white wine vinegar

1 kg black salsify

Mustard cream sauce:

1 onion

30 g butter

2 tbsp mustard seeds

3 tbsp mustard

125 ml vegetable stock

250 ml cream

Salt

White pepper freshly ground

Nutmeg, freshly grated

1-2 tbsp light sauce thickener

Per serving

309 kcal, 17 g carbs, 24 g fat,

8 g protein, 1,4 BU

1. Mix the vinegar with 1 l water.

2. Peel the black salsify under running water, wash once more and then immediately place into the vinegar solution. Take the individual sticks out one at a time and cut into pieces 3 cm long. Put them back in the vinegar water to stop them discolouring.

3. Place the black salsify into the perforated steamer and steam as indicated.

4. To make the sauce, peel the onion, dice finely and sweat in the butter until translucent. Add the mustard seeds, mustard and stock and leave to infuse for 5 minutes.

5. Pour in the cream and season with salt, pepper and freshly grated nutmeg. Thicken with sauce thickener.

6. Add the black salsify to the sauce.

Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 3

Steaming

100 °C

Cooking time: 10-15 minutes

Tip:

Serve with boiled potatoes and grilled sausages.



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 zest from the half lemon and squeeze out the juice. Season to taste with lemon juice and lemon zest. 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 3
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.



Pumpkin and chilli vegetables with apples

For 4 servings
Universal pan

Pumpkin:

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

Per serving

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Lemon potatoes with herbs and pointed peppers

For 4 servings
Universal pan

Potatoes:

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

Pepper:

800 g red pointed peppers
5 tbsp olive oil
Salt
Black pepper, freshly ground
Nutmeg, freshly grated

In addition:

3 tbsp olive oil for the baking tray

Per serving

501 kcal, 44 g carbs, 31 g fat,
7 g protein, 3,7 BU

1. Wash the potatoes well and clean with a brush.
2. Rinse the herbs and shake dry. Wash the lemon in hot water and dry.
3. Add oil to the universal pan. Distribute the herbs evenly on it.
4. Halve the potatoes depending on size. Cut the lemons into wedges. Distribute the potato and lemon in the universal pan. Drizzle with a little oil and add salt. Bake as indicated.
5. Wash the pointed peppers, halve and de-seed. Cut into large pieces 3x3 cm. Drizzle with 5 tbsp oil and season.
6. After 40 minutes distribute the pieces of pepper over the potatoes, mix slightly and cook until done.

Setting procedure:

Universal pan, level 2
4D hot air
190 °C
Added steam, medium
Cooking time: 60 minutes

Alternative setting:

Universal pan
4D hot air
190 °C
Cooking time: 60 minutes
When using 4D hot air you can place the accessories on any level (1 to 4).



Spinach with raisins and pine nuts

For 4 servings

Large perforated steamer

Spinach:

40 g raisins

Dessert wine, e.g. Vin Santo

750 g spinach

Salt

1 tsp olive oil

2 tbsp pine nuts

Per serving

124 kcal, 10 g carbs, 4 g fat, 6 g protein,
0,8 BU

1. Marinate the raisins in wine for at least 2 hours.

2. Trim, de-stalk and wash the spinach. Distribute in the perforated steamer, season lightly with salt and drizzle with olive oil. Steam as indicated.

3. Toast the pine nuts in a dry pan without fat until golden brown and fragrant. Remove from the frying pan.

4. Remove the spinach with tongs, gently squeeze out excess water and place in a preheated dish. Mix in the drained raisins and the pine nuts.

5. Serve the spinach warm or cold.

Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 3

Steaming

100 °C

Cooking time: 2-5 minutes

Tip:

This spinach goes very well with roast beef.



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 steam container. Carefully place the dumplings into the container 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 warmed dish. Pour over the butter and sprinkle with the chopped parsley.

Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 3

Potatoes:

Steaming, 100 °C

Cooking time: 35-40 minutes

Dumplings:

Steaming, 95 °C

Cooking time: 20-25 minutes



Spinach serviette dumplings

For 20 slices

Perforated steamer

Dumplings:

150 g frozen spinach leaves

150 g onions

100 g butter

10-12 stale bread rolls

5 eggs

250 ml milk

Salt

Pepper, freshly ground

Nutmeg, freshly grated

1 bunch parsley, chopped

In addition:

Greaseproof paper

Per slice

142 kcal, 15 g carbs, 7 g fat, 5 g protein,
1,3 BU

1. Defrost the spinach. Finely dice the onions and sweat in the butter. Cut the bread rolls into cubes.

2. Mix the eggs together with the milk, spinach and seasoning. Then stir in the onions and parsley, and finally fold in the cubes of bread. Only stir for a short time, in order to maintain the shape and light texture of the dumpling.

3. Cut a piece of greaseproof paper to fit the steamer and place the dumpling mixture on the paper so that it fits diagonally on the sheet. Using the greaseproof paper, form into a roll and place into the perforated cooking container. The greaseproof paper should only be underneath the dumpling roll, cut off any excess paper. Cook as indicated.

4. After cooking, leave the serviette dumpling to cool. Cut into slices and serve immediately, or fry briefly on both sides in a frying pan with butter.

Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 3

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
4D hot air
130 °C
Cooking time: 25-30 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



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 3
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.



Parsley root mashed potato

For 4 servings
Large ovenproof dish

Purée:

750 g medium potatoes
120 g parsley roots
½ onion
3 tbsp butter
250 ml milk
Salt
Nutmeg, freshly grated

Per serving

258 kcal, 29 g carbs, 12 g fat,
8 g protein, 2,3 BU

1. Peel the potatoes, cut them into small chunks and distribute in a shallow dish.

2. Peel and finely dice the parsley roots and onion, then briefly sweat in hot butter. Add to the potatoes and pour in the milk. Cook until soft as indicated.

3. Then, while the potatoes and parsley root are still hot, press through a potato ricer into a bowl and stir with the whisk until smooth. Season with salt and freshly grated nutmeg and serve.

Setting procedure:

Ovenproof dish on the wire rack, level 3
Steaming
100 °C
Cooking time: 25-30 minutes



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 cooking container and cook as indicated.

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.

Setting procedure:

Universal pan, level 1,
Large perforated steamer, level 3
Steaming
100 °C
Boiled potatoes:
Cooking time: 20-25 minutes
Gnocchi:
Cooking time: 6-8 minutes

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.



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 about 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 3

Steaming

100 °C

Cooking time: 15-18 minutes

Tip:

Serve the puddings with fried mushrooms or a green salad.



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

For 4 servings
Medium ovenproof dish

Filling:

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

Tomatoes:

8 tomatoes
Sea salt
Pepper, freshly ground

In addition:

2 tbsp olive oil for the dish

Per serving

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

1. Leave the lentils to soften in cold water for approx. 60 minutes. Then drain off the water. Put the bulgur wheat in a sieve and rinse briefly.
2. Peel and finely dice the shallot. Put the butter and diced shallots in a saucepan and sweat them.
3. Add lentils and bulgur wheat, put the lid on and sweat them. Top up with the vegetable stock and cook. Stir while cooking.
4. Let the steam dissipate briefly from the lentils and bulgur wheat and stir the goat's cheese into the mixture. Add the parsley and season the filling generously with salt, pepper and sugar.

5. Wash the tomatoes. Cut off the tops of the tomatoes and dice them. Carefully scoop out the flesh of the tomatoes using a teaspoon. Season the inside of the tomatoes and fill them with the mixture of lentils, bulgur wheat and cheese.
6. Add the olive oil to the ovenproof dish. Add the diced tomatoes and the filled tomatoes to the dish and cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
160 °C
Added steam, high
Cooking time: 25-30 minutes

Alternative setting:

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



Baked asparagus with salsa

For 4 servings

Universal pan

Salsa:

400 g cherry tomatoes

1 tbsp fresh oregano

½ bunch fresh basil

1 small, red onion

6-8 tbsp olive oil

Chilli flakes

Salt

Pepper, freshly ground

Sugar

Asparagus:

1.5 kg fresh green asparagus

4 tbsp olive oil

Salt

Sugar

Serve with:

Crema di Balsamico

Per serving

379 kcal, 11 g carbs, 34 g fat,

8 g protein, 0,9 BU

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

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

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

Setting procedure:

Universal pan, level 2

Top/bottom heating

200 °C

Added steam, medium

Cooking time: 25-30 minutes

Alternative setting:

Universal pan, level 2

Top/bottom heating

200 °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 2

4D hot air

180 °C

Added steam, low

Baking time: 40-45 minutes

Alternative setting:

Muffin tin on the wire rack

4D hot air

180 °C

Baking time: 40-45 minutes

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

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.



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. 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 3

Steaming

100 °C

Rice mixture:

Cooking time: 45-50 minutes

Rice mixture with vegetables:

Cooking time: approx. 5 minutes



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 3
Steaming
100 °C
Cooking time: 35-45 minutes



Couscous with vegetable sauce

For 4 servings

Large perforated steamer and small unperforated steamer

Vegetable sauce:

200 g tomatoes

300 g potatoes

300 g carrots

1 small fennel bulb

1 onion

1 garlic clove

120 g celery

150 g green beans

2 tbsp olive oil

Salt

Black pepper, freshly ground

750 ml tomato juice

160 g chickpeas from a tin, drained weight

½ tsp ground allspice

½ tsp cardamom

½ bunch coriander or flat-leaf parsley

Couscous:

250 g couscous

400 ml chicken stock

2 tbsp cooking oil

Per serving

593 kcal, 80 g carbs, 20 g fat,

22 g protein, 6,6 BU

1. Make a cross incision in the tomatoes and steam in the perforated steamer as indicated.

2. Then peel, quarter and de-seed the tomatoes.

3. Trim the potatoes, carrots, fennel, onion and garlic and cut into large cubes. Wash the celery and cut into slices. Trim the beans and snap in half.

4. Heat 2 tbsp olive oil in a large pot. Fry the onions, garlic, potatoes and fennel over a high heat and season with salt and pepper. Add the carrots, celery, beans and tomato juice and cook on a low heat for 10-15 minutes.

5. Place the chickpeas in a sieve and rinse well.

5 minutes before the end of the cooking time, add the tomato quarters and chickpeas to the vegetables. Season the vegetable sauce with salt, pepper, allspice, cardamom and chopped coriander.

6. Distribute the couscous in the small, unperforated steamer and pour in the hot stock. Mix in 2 tbsp cooking oil and steam the couscous as indicated until it is hot.

7. Fluff the couscous with a fork and spread on a platter. Pour over the vegetable sauce.

Setting procedure:

Steaming, 100 °C

Tomatoes:

Universal pan, level 1,

Large perforated steamer, level 3

Cooking time: 2-3 minutes

Couscous:

Small unperforated steamer on the wire rack, level 3

Cooking time: 6-10 minutes



Vegetable curry with tofu

For 4 servings Universal pan

Curry:

60 g sultanas
250 g tofu
Soy sauce
1 onion
1 garlic clove
1 piece fresh ginger, approx. 3 cm
2 tbsp cooking oil
2 tsp curry powder
1 tsp cumin
1 tsp ground coriander
1 tsp turmeric
1 tsp salt
250 g carrots
1 chilli
250 g broccoli
250 g cauliflower
400 ml coconut milk
1 lemon
1 tsp brown sugar

In addition:

60 g cashews

Per serving

418 kcal, 39 g carbs, 19 g fat,
19 g protein, 3,2 BU

1. Soak the sultanas in lukewarm water for 15 minutes.

2. Drizzle the tofu with soy sauce, cover and allow to infuse for 10 minutes.

3. Peel and finely chop the onion and garlic. Peel and finely grate the ginger.

4. Dice the tofu and fry in a non-stick pan in 1 tbsp oil until crispy. Deglaze with soy sauce and place to one side on a plate.

5. Heat the remaining cooking oil in the frying pan. Add the onion, garlic and ginger and sweat for 5 minutes over a medium heat. Add the spices and continue to sweat for 5 minutes, stirring continuously. Add the mixture to the universal pan.

Setting procedure:

Universal pan, level 3
Steaming
100 °C
Cooking time: 15-20 minutes

6. Drain the sultanas and leave to dry off. Trim the vegetables. Dice the carrots and finely chop the chilli. Separate the broccoli and cauliflower into small florets. Add the vegetables and tofu to the onion and spice mixture. Pour over the coconut milk and cook as indicated until the vegetables are firm to the bite.

7. Season the curry with the juice of the lemon and brown sugar. Toast the cashew nuts in a dry pan, scatter over the vegetable curry and serve immediately.



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.

Setting procedure:

Small unperforated steamer on the wire rack, level 3

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.

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.



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 2
4D hot air
180 °C
Added steam, medium
Cooking time: 30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
180 °C
Cooking time: 30-35 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.



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 frying 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 2
4D hot air
140 °C
Added steam, high
Cooking time: 25-30 minutes

Alternative setting:

Muffin tin on the wire rack
4D hot air
140 °C
Cooking time: 25-30 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Spinach strudel

For 4 servings

Baking tray

Strudel pastry:

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

Filling:

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

In addition:

Cling film
Greaseproof paper
Butter for brushing

Per serving

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Aubergine and tomato lasagne

For 4 servings
Universal pan, large ovenproof dish

Lasagne:

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

Per serving

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

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

2. For the tomato sauce, heat up a little olive oil in a pot and sweat the diced onions in it. Add the garlic, tomatoes, salt, sugar, pepper and a little water. Reduce to a thick sauce at a low heat setting for approx. 20 minutes.

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

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

5. Do the same again with the other half.

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

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

Setting procedure:

Aubergines:
Universal pan, level 4
Grill, large area, setting 2
Grilling time: 5-7 minutes per tray

Lasagne:
Ovenproof dish on the wire rack, level 2
4D hot air, 180 °C
Added steam, medium
Cooking time: 30-35 minutes

Alternative setting:

Aubergines:
Universal pan, level 4
Grill, large area, setting 2
Grilling time: 5-7 minutes per tray

Lasagne:
Ovenproof dish on the wire rack
4D hot air, 180 °C
Cooking time: 30-35 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Lasagne tricolore

For 4 servings

Medium ovenproof dish

Lasagne:

1 small onion

70 g butter

600 g frozen spinach leaves

Sea salt

Pepper, freshly ground

Nutmeg, freshly ground

50 g flour

500 ml vegetable stock, cold

100 ml cream

800 g ripe vine tomatoes

9 lasagne sheets, not pre-cooked

100 g Pecorino cheese, freshly grated

Fresh basil

In addition:

Butter for greasing

Per serving

567 kcal, 39 g carbs, 36 g fat,

23 g protein, 3,2 BU

1. Peel the onion, dice finely and sweat in 20 g butter. Add the spinach and cook gently for approx. 10 minutes in a pot with the lid on. Season with sea salt, pepper and nutmeg. Squeeze the spinach lightly to remove the excess liquid and place to one side.

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

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

4. Grease the ovenproof dish.

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

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

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

Setting procedure:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

200 °C

Added steam, low

Baking time: 30-40 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2

Top/bottom heating

200 °C

Baking time: 35-40 minutes



Dauphinoise potatoes - potato gratin

For 4 servings
Large ovenproof dish

Gratin:

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

In addition:

1 clove garlic
Butter for greasing

Per serving

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

1. Peel the garlic cloves and halve them. Rub the dish with the garlic and then grease it.
2. Wash, peel and slice the potatoes thinly and evenly into slices of approx. 3 mm thickness.
3. Layer half of the potato slices into the dish, season and sprinkle with approx. 50 g cheese. Layer the second half into the dish, sprinkle with the remaining cheese and season again.

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

Setting procedure:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
170 °C
Added steam, medium
Cooking time: 60-70 minutes

Alternative setting:

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

Tip:

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





Fish



Trout in white wine

For 4 servings

Universal pan

Fish:

4 trout, 300 g each, gutted and ready to cook

½ lemon

Salt

White pepper freshly ground

Broth:

1 bunch soup vegetables

1 onion

1 organic lemon

1 tsp salt

5 juniper berries

A few sage leaves

125 ml dry white wine

5 white peppercorns

Cream of horseradish:

200 ml cream

1 sour apple

Approx. 2 cm fresh horseradish root

2-3 tbsp orange juice

Salt

Black pepper, freshly ground

1 pinch sugar

In addition:

1 organic lemon

1 box cress

Per serving

613 kcal, 12 g carbs, 32 g fat,
65 g protein, 1,0 BU

1. Rinse the trout briefly in cold water, trim them and pat dry with kitchen towel. Drizzle with the juice of the lemon. Season with salt and pepper inside and out.

2. Trim and finely chop the soup vegetables. Peel the onion, wash the lemon in hot water and dry off. Cut both into slices. Add the soup vegetables, onion and lemon to the universal pan with salt, juniper berries, sage, white wine and 125 ml water. Steam as indicated.

3. Then add the crushed peppercorns to the broth.

4. Slide the trout into the warm broth and steam as indicated.

5. To make the cream of horseradish, whip the cream until stiff. Peel the apple and horseradish, grate finely and mix with orange juice. Fold into the cream and season with salt, pepper and sugar.

6. Wash the lemon in hot water, dry and cut into slices. Cut off the cress leaves.

7. Carefully lift the trout out of the broth and arrange on warmed plates. Pour a little of the broth over the top and garnish with the slices of lemon and cress. Serve the cream of horseradish separately.

Setting procedure:

Universal pan, level 3

Steaming

Broth:

100 °C

Cooking time: 15 minutes

Trout:

90 °C

Cooking time: 15-20 minutes

Tip:

The trout is cooked when the fins can be gently pulled out.



Trout with herbs cooked on the baking tray

For 4 servings

Universal pan

Fish:

50 g fresh rosemary

50 g fresh lemon thyme

50 g fresh tarragon

50 g fresh oregano

5 tbsp olive oil

Chilli salt

1 tbsp lemon pepper

3-4 tbsp mixed peppercorns

4 fresh trout, approx. 300 g each, oven-ready

1 organic lemon

Sea salt

4 sprigs curly-leaf parsley

1 tsp cocoa powder

30 g butter

Per serving

564 kcal, 5 g carbs, 32 g fat,

63 g protein, 0,4 BU

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

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

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

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

Setting procedure:

With meat probe

Universal pan, level 2

4D hot air

190 °C

Core temperature 70 °C

Alternative setting:

Universal pan

4D hot air

190 °C

Roasting time: 40-45 minutes

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

Tip:

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



Sea bream in a herby salt crust

For 4 servings
Universal pan

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

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

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

1. Remove the sea bream, rinse briefly under cold water and pat dry with kitchen towel. Drizzle the inside and outside with lemon juice.
2. Mix the sea salt well with the chilli salt.
3. Rinse the herbs and shake dry. Pluck the leaves from the lemon thyme and add to the salt.

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

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

Setting procedure:

Universal pan, level 2
Top/bottom heating
180 °C
Cooking time: 40-50 minutes

Tip:

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



Pike-perch with bacon, potatoes and lentils

For 4 servings
Large ovenproof dish

Lentils:

2 onions
1 clove garlic
300 g parsley root
1 tbsp olive oil
200 g brown mountain lentils
3 tbsp Pernod or apple juice
2 bay leaves, 3 cloves
750 ml vegetable stock
2 tbsp balsamic vinegar

Fish:

1 oven-ready pike-perch, 1.1 kg
1 lemon
1 tbsp cooking oil
Salt
100 g bacon, very thinly sliced
3 sprigs sage

Potatoes:

500 g small potatoes
2 tbsp cooking oil
Salt

In addition:

1 bunch parsley
1 lemon
20 g butter
Salt, Pepper, freshly ground
Cooking oil for the dish

Per serving

733 kcal, 55 g carbs, 25 g fat,
67 g protein, 4,5 BU

1. Peel the onion, garlic and parsley roots and cut into slices. Heat 1 tbsp cooking oil in a saucepan and sweat the vegetables in it.

2. Add the washed lentils, Pernod, bay leaves and cloves. Pour in the stock and let it all simmer at a medium heat for approx. 30 minutes. Then add the vinegar.

3. In the meantime, briefly rinse the pike-perch on the inside and outside under cold water, pat dry and make several diagonal cuts into it on both sides. Drizzle the juice of a lemon and 1 tbsp oil over it and add salt. Wrap the fish in strips of bacon. Slide the sage leaves in under the strips of bacon.

4. Peel and quarter the potatoes, mix with 2 tbsp oil and add salt. Distribute the potatoes in the greased ovenproof dish.

5. Briefly sear the fish on one side. Add to the potatoes with the seared side underneath and cook as indicated.

6. Finely chop the parsley leaves. Mix the remaining lemon juice, parsley and small flakes of butter with the lentils. Season with salt and pepper to taste. Serve with the potatoes as an accompaniment to the fish.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
200 °C
Added steam, medium
Cooking time: 20-30 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
200 °C
Preheat
Cooking time: 25-35 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Pike-perch fillet au gratin with horseradish sauce

For 4 servings

Large ovenproof dish

Fish:

4 pike-perch fillets, approx. 180 g each

½ lemon

Sea salt

Lemon pepper

Sauce:

15 g butter

15 g flour

50 ml dry white wine

200 ml fish stock from a jar

200 ml cream

2-3 tbsp horseradish, freshly grated or

1 tsp wasabi paste

Salt

Pepper, freshly ground

In addition:

1 tbsp breadcrumbs

1 tsp sweet paprika

Per serving

389 kcal, 9 g carbs, 21 g fat,

38 g protein, 0,8 BU

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

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

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

Setting procedure:

With meat probe

Ovenproof dish on the wire rack, level 2

Circulated air grilling

180 °C

Core temperature: 65 °C

Alternative setting:

Ovenproof dish on the wire rack, level 2

Circulated air grilling

180 °C

Cooking time: 25-30 minutes



Red mullet on a bed of vegetables

For 4 servings

Universal pan

Fish:

4 red mullet fillets, 200 g each

1 lemon

Sea salt

Vegetables:

2 red onions

1 clove garlic

200 g aubergines

200 g courgettes

2-3 sprigs rosemary

½ bunch lemon thyme

½ bunch basil

3 tbsp olive oil

Salt

Pepper, freshly ground

1 pinch sugar

600 g chopped tomatoes

20 g pitted black olives

In addition:

Tin foil

Olive oil

Per serving

334 kcal, 8 g carbs, 15 g fat,

41 g protein, 0,7 BU

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

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

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

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

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

Setting procedure:

Universal pan, level 2

Top/bottom heating

190 °C

Cooking time: 20-25 minutes

Tip:

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



Salmon fillet with spinach leaves and tomatoes

For 4 servings
Large ovenproof dish

Spinach:

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

Tomatoes:

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

Fish:

400 g salmon fillet, skinless

For sprinkling:

20 g pine nuts
3 tbsp Parmesan, freshly grated

In addition:

Butter for greasing

Per serving

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

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Asparagus and fish parcels

For 6 servings

Universal pan

Asparagus:

500 g white asparagus

500 g green asparagus

Salt

Sugar

2 tbsp lemon juice

1 tbsp basil, chopped

1 tbsp chervil, chopped

1 tbsp tarragon, chopped

1 tbsp tarragon vinegar

1 tbsp olive oil

1 tsp Dijon mustard

Sea salt

White pepper freshly ground

Fish:

6 fresh spined loach fillets, 100 g each

Salt

Pepper, freshly ground

2 tbsp lemon juice

100 g prawns, fresh or frozen

In addition:

Greaseproof paper

Kitchen string

Small bowls

Per serving

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

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

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

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

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

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

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

Setting procedure:

Universal pan, level 2

Top/bottom heating

180 °C

Cooking time: 25-30 minutes



Plaice rolls on a bed of ratatouille

For 4 servings

Large ovenproof dish

Fish:

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

Ratatouille:

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

In addition:

8 wooden skewers

Per serving

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

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Sole rolls with a basil and salmon filling

For 4 servings

Large ovenproof dish

Filling:

125 ml cream

½ bunch basil

150 g salmon fillet or salmon trout fillet

Salt

White pepper freshly ground

Fish:

8 sole fillets, approx. 600 g

Salt

100 ml dry white wine

For the sauce:

150 ml cream

1 tsp butter

Salt

Pepper, freshly ground

In addition:

Butter for greasing

Wooden skewers

Per serving

426 kcal, 3 g carbs, 28 g fat,

36 g protein, 0,2 BU

1. To make the filling, reduce the cream by half. Rinse the basil briefly with cold water and shake dry. Pick the leaves and place a few of them to one side for the garnish. Rinse the salmon fillet briefly in cold water and pat dry with kitchen towel. Purée the basil leaves with the salmon fillet and cream to as smooth a consistency as possible. Season with salt and pepper and chill.

2. Rinse the sole fillets briefly in cold water, trim them, pat dry, spread them out and lightly salt them. Spread each fillet with the basil filling then roll them up. Fix in place with a wooden skewer.

3. Grease the ovenproof dish and lightly salt it. Add the fish rolls and pour over the wine. Steam as indicated.

4. Meanwhile, reduce the cream for the sauce by half.

5. After steaming, remove the fillets and add the fish broth to the cream. Season to taste with butter, salt and pepper. Arrange the sole rolls with the sauce and serve immediately.

Setting procedure:

Ovenproof dish on the wire rack, level 3

Steaming

80 °C

Cooking time: 12-14 minutes

Tip:

Serve with rice, boiled potatoes, fennel or salad.



Marinated prawns on a bed of colourful vegetables

For 4 servings Universal pan

Prawns:

400 g raw prawns, peeled
2 large courgettes
150 g carrots
1 red pepper
1 red chilli
2 tomatoes
1 piece fresh ginger, approx. 3 cm
1-2 garlic cloves
1 organic lime
2 tbsp olive oil
1 level tsp turmeric
1 level tsp ground coriander
1 level tsp ground cumin
75 ml coconut milk
1-2 tbsp soy sauce
Salt
250 g Chinese egg noodles
½ bunch fresh coriander

Per serving

453 kcal, 54 g carbs, 12 g fat,
32 g protein, 4,5 BU

1. Rinse the prawns briefly under cold water, trim them and pat dry with kitchen towel.

2. Trim the courgettes, carrots and pepper and cut into thin strips. Chop the chilli very finely. De-seed the tomatoes and dice finely.

3. Peel and grate the ginger. Finely chop the garlic cloves. Wash the lime in hot water, dry it and grate the zest. Squeeze out the juice. Stir the oil, ginger, garlic, lime juice and zest, spices, coconut milk and soy sauce together. Season the marinade with salt and mix into the prawns and vegetables. Cover and leave to marinate in the refrigerator for one hour. Stir frequently during this time.

4. Distribute prawns and vegetables in the universal pan.

5. Then steam as indicated.

6. Meanwhile, cook the noodles al dente according to the packaging directions. Then drain and divide onto warmed plates or bowls. Arrange the prawn mixture on top of the noodles. Garnish with coriander and serve immediately.

Setting procedure:

Universal pan, level 3
Steaming
100 °C
Cooking time: 8-10 minutes



Filled savoy cabbage balls

For 4 servings

Large perforated steamer

Savoy cabbage balls:

500 g sea bass fillet, sole fillet or lemon sole fillet

150 g salmon fillet

2-3 tbsp vermouth

8 large, tender savoy cabbage leaves or

16 small, savoy cabbage leaves

Salt

White pepper freshly ground

400 ml cream, ice-cold

1 egg white

Sauce:

250 ml fish stock from a jar

2 cl vermouth

200 ml cream

1 generous pinch saffron powder

Salt

White pepper freshly ground

Coriander

In addition:

Cooking oil for greasing

Per serving

666 kcal, 9 g carbs, 50 g fat,

41 g protein, 0,8 BU

1. Rinse the fish fillets quickly under cold water, trim them and pat dry with kitchen towel. Also wash the salmon briefly with cold water and pat dry. Cut into small cubes, pour over the vermouth, mix well and arrange on a plate. Put the diced salmon and fish fillet into the freezer for 15 minutes and allow to freeze slightly.

2. Trim the central vein of the cabbage leaves to flatten them. Blanch the leaves as indicated in the perforated steamer.

3. Spread out on a kitchen towel and leave to dry.

4. Purée the sea bass in the food processor to a fine consistency. Gradually stir in the cream. Whisk the egg white until stiff and fold into the fish mixture with the diced salmon. Season with salt and pepper.

5. Line a cup with a large savoy cabbage leaf or two small leaves. Add some of the fish mixture, fold the top of the leaf over and press firmly. Turn the ball out into the lightly oiled, perforated steam container. Cook the savoy cabbage balls as indicated.

6. To make the sauce, combine the fish stock, vermouth, cream and saffron in a pot and reduce to a thick consistency. Season with salt, pepper and a little coriander. Make a pool of sauce on each plate and arrange the savoy cabbage balls on top.

Setting procedure:

Universal pan, level 1,

Large perforated steamer, level 3

Steaming

100 °C

Savoy cabbage:

Cooking time: 8 minutes

Balls:

Cooking time: 8-10 minutes

Tip:

The balls will serve 8 as a starter.





Poultry and meat



Fruity turkey roulades

For 6 servings

Universal pan

Roulade:

250 g button mushrooms

3 onions

4 tbsp rapeseed oil

20 g butter

6 thin turkey escalopes, approx. 120 g each

Salt

Black pepper, freshly ground

1½ tsp ground paprika

12 thin slices bacon

Sauce:

20 g butter

1 tsp sugar

200 ml vegetable stock

100 ml white wine

5 dried apricots

Salt

Pepper, freshly ground

In addition:

Kitchen string or cocktail sticks

Per serving

345 kcal, 5 g carbs, 18 g fat,

38 g protein, 0,4 BU

1. Rinse the button mushrooms with cold water, pat them dry and trim them. Peel the onions and finely dice both ingredients. Heat up 1 tbsp cooking oil with the butter in a frying pan, and fry the button mushrooms with a third of the diced onions. Place the remaining diced onions to one side. Leave the mushroom mixture to cool down.

2. Rinse the turkey escalope briefly under cold water and pat dry with kitchen towel. If necessary, flatten it out a little more. To do so, place the escalope between 2 sheets of greaseproof paper and flatten using a meat tenderiser or a heavy saucepan. Brush the escalopes with oil, season with salt and pepper and sprinkle with paprika.

3. Cut the bacon into small pieces, place onto the turkey escalope and distribute the mushroom mixture on top. Roll the roulades up and seal each one using a wooden skewer or kitchen string.

4. Distribute half of the diced onions placed to one side with 2 tbsp oil in the universal pan and place the roulades on top.

5. Roast the roulades as indicated.

6. In the meantime, melt 20 g butter for the sauce, sweat the remaining diced onions and caramelise them with sugar. Deglaze with vegetable stock and wine, and add the diced apricots to the stock. Season with salt and pepper.

7. Deglaze the roulades with this sauce after 15 minutes of roasting and then roast until done.

8. Remove wooden skewers or kitchen string from the roulades. Serve the turkey roulades with the fruity sauce.

Setting procedure:

With meat probe

Universal pan, level 2

4D hot air

160 °C

Core temperature 85 °C

Alternative setting:

Universal pan

4D hot air

160 °C

Cooking time: 35-40 minutes

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



Stuffed turkey breast

For 6 servings
Medium roaster

Turkey:

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

In addition:

Wooden skewers
Kitchen string

Per serving

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

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

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

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

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Grilled chicken filled with herbs

For 4 servings

Universal pan with wire rack

Chicken:

2 chickens, 1.2 kg each

Pepper, freshly ground

Salt

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

2 tsp lemon juice

For brushing:

2 tbsp cooking oil

Salt

Pepper, freshly ground

Paprika

Per serving

555 kcal, 1 g carbs, 32 g fat,

65 g protein, 0,1 BU

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

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

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

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

5. Grill the chicken as indicated.

Setting procedure:

With meat probe

Universal pan with wire rack, level 2

Circulated air grilling

200 °C

Core temperature 85 °C

Alternative setting:

Universal pan on the wire rack, level 2

Circulated air grilling

200 °C

Grilling time: 45-50 minutes

Tip:

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



Marinated chicken skewers

For 4 servings

Universal pan

Chicken:

350 g chicken breast fillet
1 shallot
50 ml pumpkin seed oil or hazelnut oil
1 tbsp white balsamic vinegar
½ orange
1 tbsp honey
½ bunch basil
Salt
Black pepper, freshly ground
1 yellow pepper
12 button mushrooms
12 small cherry tomatoes

Salad dressing:

2 tbsp pumpkin seed oil or hazelnut oil
2 tbsp white wine vinegar
1 tsp mustard
1 tbsp honey
½ orange, squeezed
Salt
Black pepper, freshly ground

In addition:

1 bunch rocket
Kebab skewers

Per serving

318 kcal, 14 g carbs, 18 g fat,
23 g protein, 1,2 BU

1. Briefly rinse the chicken breast fillet under cold water, remove the sinew and pat dry with kitchen towel. Cut into cubes of approx. 3 cm and place in a shallow dish.

2. Peel and finely dice the shallots. Stir the pumpkin seed oil, balsamic vinegar, the juice of half an orange, honey, a few basil leaves and the diced shallots into a marinade. Season with salt and pepper and pour over the meat. Marinate the diced chicken for at least an hour in the refrigerator, turning frequently.

3. Trim and halve the pepper, remove the seeds and cut into cubes. Wipe the mushrooms and remove the stems. Wash the cherry tomatoes.

4. Remove the diced chicken from the marinade and wrap each cube individually in a basil leaf. Stick onto 4 large kebab skewers with the diced pepper, mushrooms and cherry tomatoes and place these into the universal pan. Steam as indicated.

5. Meanwhile, heat the ingredients for the salad dressing in a small pot, stirring continuously.

6. Wash the rocket and shake dry. Arrange on a platter and place the skewers on top. Drizzle the warm salad dressing over the skewers. Serve with freshly ground black pepper.

Setting procedure:

Universal pan, level 3
Steaming
100 °C
Cooking time: 15 minutes



Crispy ducks with baked apple stuffing

For 6 servings

Universal pan and wire rack

Meat:

2 fresh ducks without giblets, approx.

2.4 kg each

Approx. 15 g fresh marjoram

Sea salt

Pepper, freshly ground

60 g orange marmalade

Baked apple stuffing:

4 sour apples, e.g. Santana or Braeburn

20 g raisins

2 fresh dates, pitted

30 g marzipan

20 g chopped walnuts

Sauce:

500 ml duck stock from a jar or poultry stock

Sea salt

Pepper, freshly ground

1 tbsp orange marmalade

1 tbsp cornflour

In addition:

Cocktail sticks

Kitchen string

Per serving

1123 kcal, 31 g carbs, 77 g fat,

28 g protein, 2,6 BU

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

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

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

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

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

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

7. Remove the roasted ducks from the oven, place into a separate dish and keep warm.

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

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

Setting procedure:

Universal pan on the wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Added steam, medium

Roasting time: 30-40 minutes

Alternative setting:

Universal pan on the wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Roasting time: 40-50 minutes



Oriental-style duck breast

For 4 servings

Universal pan with wire rack

Duck:

2 duck breast fillets, 300 g each

Salt

Pepper, freshly ground

Vegetables:

300 g carrots

1 bunch spring onions

1 tbsp cooking oil

150 ml chicken stock

5 tbsp soy sauce

2 tbsp sherry

1 walnut-sized piece of fresh ginger

100 g bamboo shoots

150 g mung bean sprouts

2 tsp maple syrup

Chilli powder

In addition:

¼ bunch fresh coriander

2 tbsp cashews, roasted

Per serving

524 kcal, 14 g carbs, 36 g fat,

36 g protein, 1,1 BU

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

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

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

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

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

Setting procedure:

With meat probe

Universal pan on the wire rack, level 2

Circulated air grilling

230 °C

Core temperature 55 °C

Alternative setting:

Universal pan on the wire rack, level 2

Circulated air grilling

230 °C

Grilling time: 25-30 minutes

Tip:

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



Topside of beef with pearl onion sauce

For 6 servings

Large roaster with lid

Meat:

2 kg topside of beef, trimmed and skinned

Salt

Black pepper, freshly ground

1 tbsp flour

50 g clarified butter

Sauce:

50 g sugar

4 tbsp tarragon vinegar

200 g shallots

80 g butter

340 g pearl onions from a jar

20 g cornflour

Salt

Pepper, freshly ground

Per serving

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

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

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

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

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

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

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

Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

190 °C

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



Ossobuco

For 4 servings Roaster with lid

Meat:

4 veal shank slices, approx. 4 cm thick
Sea salt
Pepper, freshly ground
4 tbsp flour
20 g clarified butter

Sauce:

2-3 small onions
2 carrots
2-3 garlic cloves
1 organic lemon
1 small tin peeled cherry tomatoes
200 ml veal stock
200 ml dry red wine
1 sprig thyme
1 sprig rosemary
2 bay leaves
2 tbsp parsley, chopped

Per serving

432 kcal, 20 g carbs, 16 g fat,
43 g protein, 1,6 BU

1. Rinse the veal shank slices briefly under cold water, pat dry with kitchen towel, season and toss in flour.
2. Peel the onions, carrots and garlic cloves. Cut the onions and carrots into pieces 1 cm thick. Finely chop the garlic. Wash the organic lemon in hot water, dry it and grate the zest.
3. Heat the clarified butter in the roaster. Sear the shank slices. Remove from the roaster and place to one side.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 1 hr. 20 min. - 1 hr. 30 min.

4. Fry the onions, carrots and garlic in the frying fat. Add the cherry tomatoes, veal stock, red wine, herbs and the grated zest of the organic lemon to the vegetables.
5. Place the meat into the roaster, press into the sauce and braise as indicated.
6. Season the ossobuco once again before serving.



Veal fillet in a lime and lemon balm crust

For 6 servings

Baking tray

Meat:

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

Sauce:

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

In addition:

Greaseproof paper

Per serving

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

1. Place a sheet of greaseproof paper onto the work surface. Wash the limes in hot water, dry them off and grate the zest onto the greaseproof paper. Rinse the lemon balm, shake dry, then pluck and chop approx. 15 of the leaves finely. Place the rest to one side for the sauce. Grind the Sichuan pepper using a mortar. Scatter the chopped leaves onto the greaseproof paper with the Sichuan pepper.
2. Rinse the veal fillet briefly in cold water and pat dry with kitchen towel. Remove any fat, skin and sinew and season with pepper. Sear on all sides for approx. 4 minutes in the hot clarified butter.
3. Remove the meat from the frying pan and place on the prepared greaseproof paper. Roll up the fillet tightly, pressing the sides together when doing so, and leave rolled up in the greaseproof paper for approx. 25 minutes. Then unpack, place the meat onto the baking tray and roast as indicated.

4. Chop the shallot finely for the sauce. Fry in the hot butter, then top up with the stock and wine. Add two sprigs of lemon balm and let the mixture reduce to approx. 3 tbsp.
5. Strain through a sieve into a second saucepan. Bring to the boil with the cream and leave to simmer for approx. 15 minutes until the sauce becomes light and creamy. Season to taste with a little grated lime zest, 1-2 tsp lime juice, herb-flavoured salt and a little black pepper. Finely chop approx. 10 lemon balm leaves and add to the sauce.
6. Season the fillet with herb-flavoured salt and cut into slices. Garnish with a few lemon balm leaves and serve with the hot sauce.

Setting procedure:

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

Alternative setting:

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



Tender saddle of veal wrapped in savoy cabbage

For 4 servings
Medium roaster

Meat:

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

Per serving

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

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

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

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

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

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

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

Setting procedure:

With meat probe
Roaster on the wire rack, level 2
Circulated air grilling
190 °C
Core temperature 65 °C

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
190 °C
Roasting time: 50-55 minutes



Joint of pork with a honey-thyme crust

For 6 servings

Universal pan

Meat:

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

Sea salt

Black pepper, freshly ground

3 garlic cloves

100 ml water

Vegetables:

250 g shallots

200 g celeriac

300 g carrots

200 g parsnips

200 g celery

250 g leeks

50 ml balsamic vinegar

250 ml water

Approx. 30 g fresh thyme

10 allspice berries

For brushing:

1 lemon

3 tbsp honey

Fresh sprigs of thyme

Per serving

967 kcal, 24 g carbs, 68 g fat,

66 g protein, 2,0 BU

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

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

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

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

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

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

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

Setting procedure:

With meat probe

Universal pan, level 2

Top/bottom heating

200 °C

Core temperature 85 °C

Alternative setting:

Universal pan, level 2

Top/bottom heating

200 °C

Cooking time: approx. 2 hours 40 minutes



Roast pork

Cantonese style

For 4 servings
Medium glass roaster

Meat:

750 g pork shoulder, an oblong, narrow joint

Marinade:

30 g spring onions
20 g fresh ginger, peeled
1 tsp powdered five spice
1 tsp salt
1 tbsp sugar
100 ml Chinese char siu sauce or hoi sin sauce

For brushing:

2 tbsp honey

Per serving

468 kcal, 20 g carbs, 26 g fat,
39 g protein, 1,7 BU

1. Rinse the meat briefly in cold water, pat dry with kitchen towel and cut in half lengthwise.

2. Trim and wash the spring onions and cut them into pieces approx. 2 cm long. Cut the ginger into small cubes. Mix the spices and the sauce in a bowl. Add the spring onions and ginger. Leave the meat in the refrigerator to marinate in the sauce for at least 1 hour while covered over.

3. Place the meat into a roaster and roast uncovered as indicated.

4. After 20 minutes' roasting time, brush the meat with honey and turn it. In the remaining roasting time, turn once more and brush with honey again.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
4D hot air
200 °C
Core temperature 80 °C

Alternative setting:

Roaster without lid on the wire rack
4D hot air
200 °C
Cooking time: 45-50 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Pork loin with apricot sauce

For 4 servings
Medium roaster

Meat:

1.2 kg boneless pork loin, whole
Sea salt
Pepper, freshly ground
2 tbsp clarified butter
2 tbsp white wine vinegar

Apricot sauce:

500 g shallots
750 g fresh apricots
5 sprigs thyme
100 ml white wine
100 ml veal stock

In addition:

2 spring onions

Per serving

401 kcal, 13 g carbs, 17 g fat,
46 g protein, 1,1 BU

1. For the sauce, peel the shallots and cut into pieces. Wash the apricots, halve and pit.
2. Rinse the pork loin briefly in cold water and pat dry with kitchen towel. Season with sea salt and pepper.
3. Heat the clarified butter in the roaster and sear the meat all over. Deglaze with white wine vinegar and take out the the meat.
4. Sweat half of the shallots and apricots in the frying fat and add the sprigs of thyme.

5. Add the white wine and place the meat back into the roaster. Roast as indicated in the roaster without a lid.
6. After roasting for around 45 minutes, add the rest of the shallots and apricots as well as the veal stock.
7. Then roast the pork until done. Remove the sprigs of thyme and season the sauce to taste.
8. Wash the spring onions, cut the green part into small rings and sprinkle over the meat before serving.

Setting procedure:

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

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
190 °C
Cooking time: 60-65 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 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. Caramelize 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 on the wire rack, level 2

Circulated air grilling

180 °C

Core temperature 57 °C

Alternative setting:

Universal pan on the wire rack, level 2

Circulated air grilling

180 °C

Cooking time: 25-30 minutes



Lamb haunch stuffed with chilli pear

For 4 servings
Medium roaster

Filling:

1-2 garlic cloves
½ bunch flat-leaf parsley
2 pears, e.g. Williams or Abate, approx. 180 g each
1 fresh chilli
2 tbsp olive oil
1-2 tbsp pine nuts
60 g Pecorino cheese, freshly grated

Meat:

4 lamb haunches approx. 220 g each, order in advance from a butcher
Salt
Pepper, freshly ground
3 red onions
2 tbsp olive oil
20 g sugar
100 ml white wine
200 ml lamb stock from a jar

In addition:

Cocktail sticks

Per serving

757 kcal, 14 g carbs, 57 g fat, 45 g protein, 1,1 BU

1. Peel the garlic. Rinse the parsley and shake it dry. Finely chop the garlic and parsley.

2. Peel, halve and core the pears and chop them finely. Wash, halve and core the chilli, and chop it finely.

3. Heat the oil in a frying pan. Briefly sweat the garlic, parsley, pears and chilli. Add the pine nuts. Fill into a bowl and allow to cool. Mix the Pecorino cheese in.

4. Rinse the meat briefly under cold water, pat dry with kitchen towel and cut off a little of the thick fat layer if necessary. Cut a small pouch into each one and season with salt and pepper. Fill with 1-2 tbsp of the pear filling and seal the pouch with cocktail sticks.

5. Peel the onions and cut into wedges. Heat the olive oil in a frying pan, briefly sear the meat on all sides and place into a roaster. Briefly fry the onions in the frying pan and caramelise with the sugar. Deglaze with wine and lamb stock.

6. Pour the juices over the meat and roast the lamb haunch as indicated.

7. Serve the cooked lamb haunch together with the roasting juices.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
Circulated air grilling
180 °C
Core temperature 65 °C

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
180 °C
Roasting time: 25-30 minutes



Venison loin steaks au gratin

For 4 serving

Large roaster without lid

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 roaster with the seared root vegetables and roast as indicated.

4. Remove the cooked steaks from the roaster 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 roaster and spread the topping over them. Mix the breadcrumbs and hazelnuts, sprinkle over the steaks and cook as indicated on level 3.

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

Setting procedure:

With meat probe

Roaster without lid on the wire rack, level 2

Top/bottom heating

160 °C

Core temperature 60 °C

Gratins:

Roaster without lid on the wire rack, level 3

Grill, large area

Setting 3

Cooking time: 10-12 minutes

Alternative setting:

Roaster without lid on the wire rack, level 2

Top/bottom heating

160 °C

Cooking time: 25 minutes

Gratins:

Roaster without lid on the wire rack, level 3

Grill, large area

Setting 3

Cooking time: 10-12 minutes





Desserts, soufflés and sweet dishes



Bilberry soufflé

For 6 servings Soufflé dishes

Soufflé:

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

In addition:

Butter for greasing
Sugar for sprinkling

Per serving

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

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

Setting procedure:

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

Tip:

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



Chocolate tart with honey apricots and lavender

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

Mixture:

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

Apricots:

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

In addition:

Greaseproof paper
1 tbsp lavender

Per serving

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

1. Break the chocolate into small pieces, put in a bowl with the butter and melt with the butter in the water bath.

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

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

4. Preheat the oven.

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

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

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

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
250 °C
Preheat
Added steam, low
Baking time: approx. 10 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
250 °C
Preheat
Baking time: approx. 10 minutes



Mini chocolate and espresso cakes

For 6 servings

Small moulds

Chocolate mixture:

90 g dark cooking chocolate
80 g butter
1 tsp instant espresso powder
2 eggs
2 egg yolks
80 g sugar
80 g flour

In addition:

Butter for greasing
Flour for dusting

Per serving

306 kcal, 35 g carbs, 16 g fat,
6 g protein, 2,9 BU

1. Break the cooking chocolate into small chunks and place into a bowl. Add the butter and espresso powder, melt in the water bath and leave to cool a little.

2. Preheat the oven.

3. Meanwhile, use the hand mixer to beat the eggs, egg yolk, and sugar into a creamy mass. Stir in the melted cooking chocolate and the flour.

4. Grease 6 small moulds, dust with flour and fill with the chocolate mixture. Bake the mini cakes as indicated.

5. Turn the mini cakes out onto plates and leave to rest briefly. The cakes should almost still be liquid on the inside.

Setting procedure:

Small moulds on the wire rack

4D hot air

190 °C

Preheat

Baking time: 9-10 minutes

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

Tip:

You can freeze the mixture in the moulds; then the baking time will be 15-17 minutes in a preheated oven. However, the baking time depends on the thickness of the moulds. If you are unsure, cut into one of the mini cakes, check and taste.



Dumplings with caramelised pineapple

For 4 servings

Small unperforated steamer

Dumplings:

170 g white bread
30 g butter
30 g icing sugar
2 eggs
½ organic lemon
1 vanilla pod
250 g quark

Caramelised pineapple:

600 g pineapple
1 tbsp butter
2 tbsp sugar
2 cl orange liqueur, e.g. Cointreau
1 tbsp honey
100 g raspberries

In addition:

Butter for greasing

Per serving

478 kcal, 64 g carbs, 15 g fat,
17 g protein, 5,3 BU

1. Cut the crusts off the white bread, cut into small cubes and fry in a dry pan with no fat. Allow to cool.

2. Using a hand whisk, whisk together the butter and icing sugar until light and fluffy. Add the eggs one by one and continue to whisk.

3. Wash the half lemon in hot water and grate the zest. Slice the vanilla pod open lengthwise and scrape out the pulp. Mix the white bread cubes and egg mixture with the vanilla pulp and the lemon peel.

4. Squeeze out the quark in a cloth and stir into the mixture. Cover and leave in a cool place for 30 minutes.

Setting procedure:

Small unperforated steamer on the wire rack, level 3
Steaming
95 °C
Cooking time: 10-15 minutes

5. Form into small dumplings approx. 60 g in size. Lightly grease the small, unperforated steamer and steam the dumplings as indicated.

6. Peel the pineapple, cut into quarters and remove the stalk. Cut into flat pieces. Heat the butter and sugar in a frying pan. Allow the sugar to caramelize slightly. Place the pineapple in the frying pan and fry over a high heat. Add orange liqueur and honey to taste. Finish with raspberries and serve with the dumplings.



Spanish crème caramel and pear compote

For 6 servings

Small moulds and medium shallow dish

Crème caramel:

100 g sugar
250 ml cream
200 ml milk
1 vanilla pod
4 egg yolks
1 organic orange
50 ml cream sherry

Compote:

½ organic lemon
800 g fully ripe pears
500 ml white wine
100 g sugar

In addition:

Cling film
30 g pine nuts

Per serving

504 kcal, 54 g carbs, 22 g fat,
7 g protein, 4,5 BU

1. Heat 80 g sugar in a non-coated, heavy-bottomed saucepan over a medium heat until the sugar around the edge starts to melt. Using a wooden spoon, carefully stir from the outside in so that the sugar liquefies and caramelises. Distribute the caramel between 6 small moulds. Turn the moulds back and forth to ensure they are evenly coated with the caramel.

2. Slowly bring the cream and milk to the boil. Cut the vanilla pod in half lengthways, scrape out the pulp and add, together with the pod. Leave to infuse for 5 minutes. Mix the egg yolk and remaining sugar in a bowl. Bring the cream mixture to the boil again and, while still boiling hot, gradually stir into the egg yolk mixture.

3. Wash the orange in hot water, dry it, and grate the zest. Add the sherry and orange peel and pour into the moulds through a fine sieve. Place the small moulds into the perforated steamer and cover with cling film.

4. Wash the organic lemon with hot water and dry it. Peel, halve and core the pears. Cut into wedges, distribute in a shallow dish and drizzle with the juice of half a lemon. Add the wine, sugar and a little lemon zest and place into the oven above the crème caramel. Steam the crème caramel and the pears together as indicated.

5. Lift the fruit out of the liquid. Boil down the liquid until it forms a syrup, pour it over the fruit and chill the compote.

6. Ideally, allow the crème caramel to cool overnight. Place the moulds briefly in hot water and turn the crème caramel out onto plates. Toast the pine nuts in a frying pan without oil until golden brown and serve with the crème caramel.

Setting procedure:

Small moulds in the large perforated steamer, level 1,
Shallow baking dish on the wire rack, level 3
Steaming
95 °C
Cooking time: 20-25 minutes



Rhubarb and apple compote

For 4 servings
Shallow, medium baking dish

Compote:

800 g rhubarb
150 g sugar
2 small apples, 100 g each
1 cinnamon stick

Per serving

208 kcal, 47 g carbs, 0 g fat, 1 g protein,
3,9 BU

1. Wash and peel the rhubarb and trim both ends. Divide thick stalks lengthways, then cut into pieces.

2. Place the rhubarb into a baking dish, sprinkle with sugar and shake thoroughly.

3. Wash and peel the apples. Quarter the apples, core them and cut into slices only shortly before preparation. Add to the rhubarb along with the cinnamon stick.

4. Once some juice has formed, steam the rhubarb and apple mixture as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Steaming
100 °C
Cooking time: 10-15 minutes

Tip:

Instead of the cinnamon stick, add a piece of sliced vanilla pod to the rhubarb. To sweeten the dish and as an alternative to the apples, try a sliced banana or 300 g strawberries.





Cakes and small baked items



German-style butter cake - basic recipe for yeast dough

For approx. 16 servings

Universal pan

Yeast dough:

375 g flour

1 sachet dried yeast

75 g sugar

1 pinch salt

150 ml milk, lukewarm

75 g butter, soft

1 egg

Topping:

100 g butter

4 tbsp elderberry syrup or lime syrup

100 g sugar

100 g chopped almonds or flaked almonds

In addition:

Butter for greasing the baking tray

Per serving

271 kcal, 30 g carbs, 14 g fat,

5 g protein, 2,5 BU

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

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

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

4. Then bake the cake as indicated.

Setting procedure:

Baking with the bakingSensor

Universal pan, level 3

Select dishes

Category: cake, bread

Food: cake

Dish: cakes on trays

Alternative setting:

Baking tray, level 3

Top/bottom heating

170 °C

Baking time: 20-25 minutes

Tip:

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



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 3
Select dishes
Category: cake, bread
Food: cake
Dish: cakes on trays

Alternative setting:

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

Tip:

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

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



Gooseberry cake with almond topping - basic recipe for sponge mixture

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

Mixture:

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

Topping:

400 g gooseberries
50 g flaked almonds
30 g sugar

In addition:

Butter for greasing
Icing sugar for dusting

Per serving

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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

Tip:

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



Apple cake with caramelised walnuts

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

Caramel:

1 organic orange
300 g walnuts
30 g sugar

Sponge mixture:

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

In addition:

Greaseproof paper
Butter for the edge of the tin

Per serving

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

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

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

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 2
Select dishes
Category: cake, bread
Food: cake
Dish: cakes in tins

Alternative setting:

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



Damson cake with walnut crumble

For around 20 pieces

Universal pan

Topping:

Approx. 1.5 kg fresh damsons

Crumble:

250 g flour

150 g sugar

180 g butter, cold

1 pinch salt

1 tsp cinnamon

50 g walnuts, roughly chopped

Sponge mixture:

200 g butter, soft

250 g sugar

5 eggs

100 g quark

350 g flour

1 pinch salt

1 sachet baking powder

In addition:

Butter for greasing the baking tray

Per piece

424 kcal, 49 g carbs, 22 g fat,

6 g protein

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

2. Mix flour, sugar, butter, salt and cinnamon together to create the crumble. Finally, mix in the chopped walnuts.

3. For the sponge mixture, mix together butter and sugar until light and fluffy. Gradually add the eggs. Slowly stir the quark into the frothy mixture.

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

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

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

Setting procedure:

Baking with the bakingSensor

Universal pan, level 3

Select dishes

Category: cake, bread

Food: cake

Dish: cakes on trays

Alternative setting:

Universal pan, level 3

Top/bottom heating

180 °C

Baking time: 50-60 minutes



Linzertorte

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

Shortcrust pastry:

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

Filling:

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

In addition:

Butter for greasing

Per serving

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

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

2. Grease the dish.

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

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

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

Setting procedure:

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

Alternative setting:

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

Tip:

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

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



Vanilla cheesecake

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

Shortcrust pastry:

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

Quark mixture:

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

In addition:

Butter for greasing

Per serving

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

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

4. Line the base of the tin with two thirds of the pastry. Shape the rest into a roll and press around the edge of the tin, about 2-3 cm deep. Prick the pastry base several times with a fork, and leave the pastry to chill for approx. 40 minutes.

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

Setting procedure:

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

Alternative setting:

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



Fruity raspberry gateau - basic recipe for sponge mixture

For 12 servings

Springform cake tin, diameter 28 cm

Sponge mixture:

3 eggs

3 tbsp water, hot

150 g sugar

150 g flour

1 tsp baking powder

Topping:

900 g frozen raspberries

100 g sugar

200 ml cream

4 sheets gelatine

200 g yoghurt, 3.5 %

½ vanilla pod

3 sachets red glaze

In addition:

Greaseproof paper

Per serving

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

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

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

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

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

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

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

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

Setting procedure:

Baking with the bakingSensor

Springform cake tin on the wire rack, level 2

Select dishes

Category: cake, bread

Food: cake

Dish: cakes in tins

Alternative setting:

Springform cake tin on the wire rack

4D hot air

170 °C

Preheat

Baking time: 35-40 minutes

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



Black Forest gateau

For 16 servings

Springform cake tin, diameter 28 cm

Sponge mixture:

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

Filling:

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

Decoration:

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

In addition:

Greaseproof paper

Per serving

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

1. Line the base of the tin with greaseproof paper.
2. Beat the eggs with water and sugar until white and fluffy. Mix the flour, cocoa and baking powder together and stir into the mixture. Pour the mixture into the baking dish and bake as indicated.
3. Drain the sour cherries and catch the juice. Mix the cherry juice into the glaze. Add approx. two thirds of the cherries to the glaze and leave to cool. Place the rest to one side for the decoration.
4. Slice the cooled sponge into three layers. Set the top piece aside and sprinkle the remaining sponge layers with Kirsch.
5. Soak the gelatine in cold water and dissolve over a low heat. Whip the cream with the sugar until stiff and carefully stir in the gelatine.
6. Brush the first layer of sponge with half the cherry mixture and spread half the cream on top of this. Place the second layer of sponge on top and repeat the topping. Place the top sponge layer on top.
7. Prepare the cream for decorating as described above and spread over the gateau. Distribute the remaining cherries on top of the cream and decorate the gateau with chocolate shavings.

Setting procedure:

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

Alternative setting:

Springform cake tin on the wire rack
4D hot air
160 °C
Preheat
Baking time: 35-45 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Nutty Swiss roll with nougat filling

For approx. 8 slices
Baking tray

Sponge mixture:

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

Filling:

100 g nut nougat
500 ml cream
2 sachets cream stiffener

In addition:

Greaseproof paper
Icing sugar for dusting
Sugar for the tea towel

Per slice

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

1. Line the baking tray with greaseproof paper.

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

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

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

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

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

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

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

9. Sprinkle with icing sugar before serving.

Setting procedure:

Baking with the bakingSensor
Baking tray, level 3
Select dishes
Category: cake, bread
Food: cake
Dish: cakes on trays

Alternative setting:

Baking tray
4D hot air
180 °C
Preheat
Baking time: 30-35 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Choux pastry gateau with strawberry filling - basic recipe for choux pastry

To make approx. 12 servings
Baking trays and universal pan

Choux pastry:

150 ml water
30 g butter
1 pinch salt
100 g flour
25 g cornflour
4 eggs
½ level tsp baking powder

Filling:

500 g strawberries
8 sheets white gelatine
100 g quark, 20 % fat
300 g yoghurt
100 g icing sugar
50 ml elderberry syrup
200 ml cream

In addition:

Greaseproof paper
Butter for the baking trays
Icing sugar for dusting

Per serving

224 kcal, 24 g carbs, 11 g fat,
7 g protein, 2,0 BU

1. Lay a springform cake tin with a diameter of 26 cm onto the greaseproof paper and cut out 3 greaseproof paper bases. Grease the centre of the baking trays and the universal pan and line each with a greaseproof paper base.

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

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

4. Mix the baking powder into the cold mixture.

5. Use the mixture to bake 3 bases. To do so, spread a third of the mixture quantity onto each of the prepared trays and bake as indicated.

6. Wash the strawberries, let them drip dry and cut them into small chunks. Soak the gelatine in cold water.

7. Mix the quark and yoghurt with the sieved icing sugar and elderberry syrup. Prepare the gelatine as described on the packaging, stir into the quark mixture and chill until the cream starts to set. Whip the cream until it is stiff. Fold the strawberries and the whipped cream into the quark mixture.

8. Place one choux pastry base onto a serving tray. Distribute half of the quark filling onto it. Place the second base on top and distribute the remaining quark filling on top. Place the final base on top and press in place. Leave the gateau in the refrigerator for at least 2 hours.

9. Dust with icing sugar before serving.

Setting procedure:

Baking trays, level 1 and 5,
Universal pan, level 3
4D hot air
190 °C
Baking time: 20-30 minutes



Turkish basbousa

For approx. 32 servings
Large ovenproof dish

Syrup:

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

Mixture:

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

In addition:

Butter for greasing

Per serving

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

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

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

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

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

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

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

Setting procedure:

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

Alternative setting:

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



Baklava

For 60 servings
Universal pan

Mixture:
10-12 sheets filo pastry
350 g butter

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

Syrup:
675 g sugar
175 g honey
500 ml water

In addition:
Butter for the universal pan

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

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

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

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

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

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

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

7. Preheat the oven.

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

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

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

Setting procedure:

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

Alternative setting:

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



Puff pastry slices with mascarpone cream and rhubarb

For 15 servings

Baking tray

Puff pastry:

2 slices puff pastry
50 ml water
15 g sugar

Filling:

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

In addition:

Icing sugar for sprinkling

Per serving

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

1. Leave the puff pastry slices to defrost.

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

3. Preheat the oven.

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

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

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

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

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

Setting procedure:

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

Tip:

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



Mini rum cakes

For approx. 100 servings
Baking trays and universal pan

Shortcrust pastry:

300 g flour
2 level tsp baking powder
100 g sugar
1 sachet vanilla sugar
1 egg
150 g butter

Filling:

Approx. 300 g marmalade

Glaze:

150 g icing sugar
Rum
2 tbsp water, hot
Colourful sugar pearls, as desired

In addition:

Greaseproof paper

Per serving

33 kcal, 5 g carbs, 1 g fat, 0 g protein,
0,4 BU

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

Setting procedure:

Baking trays, level 1 and 5,
Universal pan, level 3
4D hot air
140 °C
Baking time: 15-30 minutes

Tip:

Cut the greaseproof paper to the size of the tray. Excess paper affects how the rum tartlets brown.

2. Line the baking trays with greaseproof paper. Roll out the pastry thinly, cut out biscuit rounds and distribute on the baking trays. Bake as indicated.

3. Brush each biscuit round with marmalade and place a second round on top.

4. Mix together the icing sugar, rum and water and use to brush the top of the biscuits. Decorate with sugar pearls as desired.



Yeast swirls

For 12 pieces

Baking tray

Yeast dough:

500 g flour
2 sachets dried yeast
60 g sugar
100 g butter, melted
Approx. 250 ml milk, lukewarm

Filling:

200 g marzipan
Approx. 50 ml cream
100 g dried figs
100 g dried apricots
2 pieces candied ginger

Coating:

60 g apricot jam
1 tbsp orange liqueur

In addition:

Greaseproof paper

Per serving

406 kcal, 57 g carbs, 15 g fat,
9 g protein, 4,7 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Cover and leave to prove for 30 minutes in a warm place.
2. Line the baking tray with greaseproof paper.
3. Mix the marzipan and cream until you have a spreadable mixture.
4. Cut the figs and apricots into small cubes approx. 5 mm in size. Finely dice the ginger and mix with the dried fruits.

5. Roll the pastry out on the flour-covered work surface so that it is approx. 1.5 cm thick. Spread the marzipan mixture onto the pastry. Distribute the fruit over the top. Starting at the long side, roll up the pastry. Cut into slices approx. 3 cm thick, place onto the baking tray and bake as indicated.
6. Heat up the apricot jam and stir together with the orange liqueur. Brush the warm yeast swirls with the jam.

Setting procedure:

Baking with the bakingSensor
Baking tray, level 3
Select dishes
Category: cake, bread
Food: small baked items
Dish: yeast-risen pastries

Alternative setting:

Baking tray, level 3
Top/bottom heating
190 °C
Baking time: 20-30 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 at 40 °C.



Chocolate muffins with cherries and chilli

For 12 pieces
12-cup muffin tin

Mixture:

12 fresh cherries, alternatively cherries
from a jar
125 g butter
75 g dark chocolate
3 eggs
175 g sugar
150 g flour
1 pinch salt
1 tsp baking powder
Chilli powder according to taste

In addition:

Butter for the muffin tin or paper
moulds

Per serving

240 kcal, 27 g carbs, 13 g fat,
4 g protein, 2,3 BU

1. Wash the cherries, pit and allow to drain.
2. Grease the muffin tin or fill with paper moulds.
3. Add the butter and broken-up chocolate to a dish and melt in a water bath.
4. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the mixture.
5. Mix the flour with salt and baking powder and fold into the frothy mixture. Add chilli powder to taste, taking care not to use too much.
6. Fill half of the mixture into the moulds, insert a cherry into each one and add the rest of the mixture. Bake the muffins as indicated.

Setting procedure:

Baking with the bakingSensor
Muffin tin on the wire rack, level 3
Select dishes
Category: cake, bread
Food: small baked items
Dish: muffins

Alternative setting:

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

Select dishes

Category: cake, bread

Food: small baked items

Dish: yeast-risen pastries

Alternative setting:

Muffin tin on the wire rack

4D hot air

170 °C

Baking time: 25-30 minutes

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

Tip:

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

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





**Bread and bread rolls,
pizza and savoury cakes**



Savoury rye sourdough bread

For 1 loaf, approx. 30 slices
Universal pan

Sourdough proliferation:

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

Bread dough:

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

Per slice

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

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

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

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

4. Bake the bread as indicated.

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

Setting procedure:

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

Alternative setting:

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

Tip:

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

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

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



Flatbread

For 1 flatbread, approx. 8 servings
Universal pan

Yeast dough:

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

Topping:

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

In addition:

Cooking oil for the baking tray

Per serving

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

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

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

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

Setting procedure:

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

Alternative setting:

Universal pan, level 3
Top/bottom heating
250 °C
Baking time: 20-30 minutes

Tip:

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

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



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 3

4D hot air

180 °C

Added steam, high

Baking time: 15-25 minutes

Alternative setting:

Baking tray

4D hot air

180 °C

Baking time: 15-25 minutes

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

Tip:

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



Scones

For 16 pieces

Baking tray

Mixture:

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

For brushing:

1 egg yolk
2 tbsp milk

In addition:

Butter for greasing the baking tray

Per serving

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

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

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

3. Grease the baking tray.

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

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

Setting procedure:

Baking with the bakingSensor
Baking tray, level 3
Select dishes
Category: cake, bread
Food: small baked items
Dish: muffins

Alternative setting:

Baking tray, level 2
Top/bottom heating
Preheat
210 °C
Baking time: 15-25 minutes

Tip:

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

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

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



Savoury muffins with blue cheese

For 12 servings

Muffin tin

Mixture:

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

In addition:

paper moulds

Per serving

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

1. Melt the butter in a small saucepan and leave to cool down. Peel and finely dice the onion. Heat the cooking oil in a frying pan and sweat the diced onion until it is soft. Allow to cool.

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

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

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

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

Setting procedure:

Baking with the bakingSensor
Muffin tin on the wire rack, level 3
Select dishes
Category: cake, bread
Food: small baked items
Dish: muffins

Alternative setting:

Muffin tin on the wire rack, level 3
Top/bottom heating
190 °C
Baking time: 20-25 minutes

Tip:

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



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. Cut up the mozzarella.

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

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

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

6. Cook the pizza as indicated.

Setting procedure:

Baking with the bakingSensor

Pizza tray on the wire rack, level 3

Select dishes

Category: cake, bread

Food: pizza, quiche, etc.

Dish: pizza

Alternative setting:

Pizza tray on the wire rack, level 2

Top/bottom heating

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 tbs 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

4D hot air

180 °C

Baking time: 40-45 minutes

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



Turkish börek

For 20 servings

Universal pan

Cheese:

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

Filling:

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

Mixture:

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

In addition:

Cooking oil for the universal pan

Per serving

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

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

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

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

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

Setting procedure:

Universal pan, level 3
4D hot air
180 °C
Added steam, medium
Baking time: 35-45 minutes

Alternative setting:

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

Tip:

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



Quiche Lorraine

For 12 servings

Tart dish, diameter 30 cm

Quiche pastry:

250 g flour
125 g butter
75 ml water
¼ tsp salt

Topping:

200 g streaky bacon
4 eggs
400 g crème fraîche

In addition:

Butter for greasing

Per serving

374 kcal, 18 g carbs, 31 g fat,
7 g protein, 1,5 BU

1. Add the flour and butter to a mixing bowl and mix into crumbs using the dough hook. Add the water and salt and mix everything into a smooth dough. Leave the dough to prove for at least an hour in the refrigerator while covered.

2. In the meantime, cut the bacon into small cubes.

3. Roll the dough out on the work surface so that it is approx. 2-3 mm thick and use this to line the tart dish. Cut off any excess pastry that sticks out over the edge.

4. Prick the pastry several times with a fork and distribute the bacon on top

5. Mix the eggs and crème fraîche together and distribute evenly over the bacon cubes. Bake the quiche as indicated.

Setting procedure:

Tart dish on the wire rack, level 1
Top/bottom heating
220 °C
Baking time: 35-50 minutes





Jams and preserves



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 2
Steaming
100 °C
Cooking time: 40-45 minutes



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 2

Steaming

100 °C

Cooking time: 25-30 minutes

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