



COOKING PASSION SINCE 1877

RECIPES FOR ANY COOKING PERSONALITY.

The cookbook for your Neff built-in oven.







THE COOKBOOK FOR YOUR BUILT-IN NEFF OVEN





IMAGINATIVE RECIPES FOR BOLD COOKS

An evening that turned out longer than planned. Having more time to cook in order to concentrate on the most important thing: the preparation of the food. A roast that is just simply delicious. An oven that becomes a hobby room. These things drive us every day to strive for innovations that make cooking easier. This in turn also means more enjoyment in the kitchen.

Whether refined starters, tasty soups and salads, delicious side dishes, fine fish, poultry and meat dishes, deliciously moist cakes, delectable desserts, sweet and savoury baked items or bread that tastes like it is fresh from the bakery. You can prepare all of the above quickly and easily using your built-in Neff oven.

The recipes in this cookbook will always provide you with new ideas. Let yourself be inspired by these recipes and by the possibilities offered by your Neff oven. All the recipes will consistently turn out well, as they have been specially tailored to this appliance. All the specifications have been developed and tested in our cooking studio.

The following recipes are just like your favourite roast: simply delicious

There's really only one thing left to say: enjoy your meal!



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CIRCO THERM®





Swiss donut
Gingerbread

INFORMATION ON YOUR APPLIANCE.

CIRCO THERM®

With CircoTherm®, you can cook simultaneously on several levels. A fan in the rear wall of the oven distributes the heat evenly through the cooking compartment. Dishes will always turn out perfectly, and you will save time and energy.

You can place the most varied dishes on several levels in the oven and cook them together without mixing or spoiling the various aromas. A roast joint of meat will still taste like it should and muffins will still taste like muffins. If you want to cook biscuits, pizzas or other flat foods on a baking tray, this is possible on several levels.

TOP/BOTTOM HEATING

Use top/bottom heating for traditional baking and roasting on just one level. It is particularly well suited to cakes with a moist topping, either in tins or on a baking tray.

With this setting, heat is emitted evenly from the top and bottom.

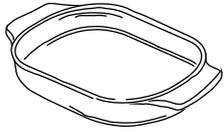
CIRCO-ROASTING

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

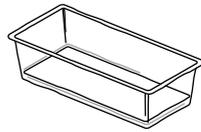
Fennelschiffchen
Mangoldauflauf
Hedonisten Fisch mit Eis
Schwarzwild & Trüffel
Pavlova & Co.



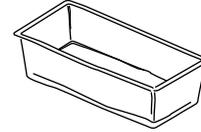
COOKWARE



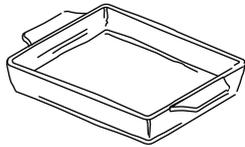
Ovenproof dish, oval



Cake mould, glass



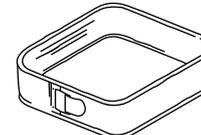
Cake tin



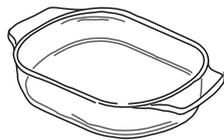
Ovenproof dish, rectangular



Mini ring cake tin



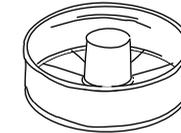
Springform cake tin, square



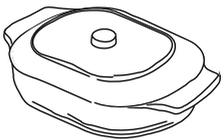
Roaster, glass, without lid



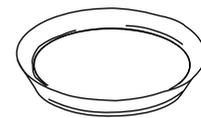
Flan-base cake tin



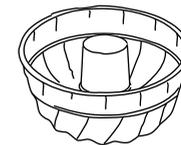
Ring tin



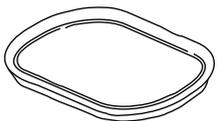
Roaster with lid



Pizza tray, round



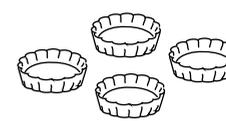
Bundt cake tin



Meat tray



Springform cake tin, round



Mini tart dishes



Ramekins/soufflé dishes



Tart dish

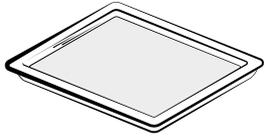


Preserving jars



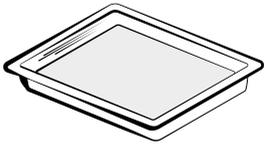
SPECIAL ACCESSORIES

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.



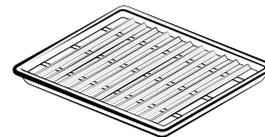
Universal pan, non-stick

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.



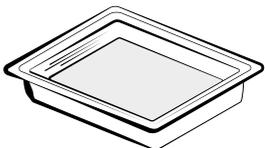
Wire insert

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



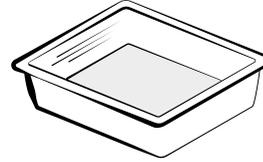
Grill tray

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



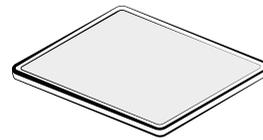
Extra-deep pan

Especially for large bakes, such as moussaka.



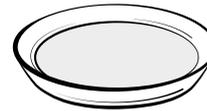
Profi pan

Ideal for the preparation of large quantities.



Baking stone

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



Pizza tray

For pizzas and large round cakes.



Glass roaster (1.5 litres)

For stews and bakes.

ABBREVIATIONS AND QUANTITIES



ABBREVIATIONS

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

SACHET MEASUREMENTS

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

WEIGHTS, CAPACITY MEASURES

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

NUTRITIONAL INFORMATION

kcal	Kilocalories
F	Fat
carb	Carbohydrates
P	Protein
BE	Bread units

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	36 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





SIDE DISHES
AND VEGETABLES,
VEGETARIAN DISHES
AND BAKES



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

PREPARATION

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 core them. Cut into large pieces 3x3 cm. Drizzle with 5 tbsp oil and season.
6. After 40 minutes, scatter the pieces of pepper over the potatoes and bake until done.

Oven setting:

Universal pan

CircoTherm

190 °C

Cooking time: 60 minutes

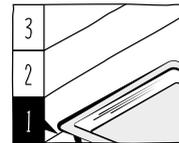
When using CircoTherm, you can place the accessories on any level from 1 to 3.

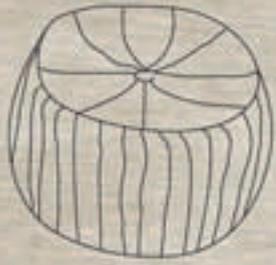
Compact oven setting:

CircoTherm

190 °C

Cooking time: 60 minutes





FILLED JACKET POTATOES

For 4 servings

Universal pan

POTATOES:

4 equally sized, floury potatoes, 200 g each

FILLING:

20 g butter

125 g grated Emmental or blue cheese

Salt

Pepper, freshly ground

Nutmeg, freshly grated

Parsley, chopped

Per serving

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

PREPARATION

1. Wash and brush the potatoes, then pierce each one several times with a fork. Place onto the tray with the skin on and cook as indicated.
2. Afterwards, halve the potatoes and carefully scoop out the potato from the skin. Mix the potato in a bowl with butter, cheese, seasonings and the parsley. Then put the mixture back into the potato skins.
3. Place back onto the baking tray, slide in at level 3 or 4 and grill as indicated.

Oven setting:

Universal pan

CircoTherm

160 °C

Cooking time: 55-65 minutes

When using CircoTherm, you can place the accessories on any level from 1 to 3.

Grilling:

Universal pan, level 4

Grill, large area

290 °C/intensive

Grilling time: 5-8 minutes

Compact oven setting:

CircoTherm

160 °C

Cooking time: 55-65 minutes

Grilling:

Universal pan, level 3

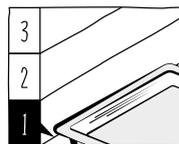
Grill, large area

290 °C/intensive

Grilling time: 5-8 minutes

Tip:

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





PEPPERY STEW WITH SWEET POTATOES AND PEPPERS

For 4 servings

Medium glass roaster with lid

STEW:

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

Per serving

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

PREPARATION

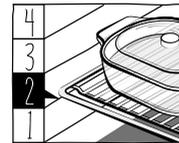
1. Wash and peel the sweet potatoes and cut into cubes approx. 2 cm in size. Wash, de-seed and dice the peppers. Peel the garlic clove and the shallots. Cut the shallots into small cubes, leave the garlic clove in one piece.
2. Add half the butter to the roaster. Briefly sweat the garlic and shallots in it. Add the sweet potatoes and diced pepper, briefly sweat them too and then season with sea salt, chilli salt and pepper. Add the bay leaves and cook everything as indicated in a roaster with lid.
3. After approx. 20 minutes, top up with the vegetable stock. Add the remaining butter and cook the stew until done.
4. Before serving, remove the garlic clove and the bay leaves. Add the parsley and green peppercorns and season well to taste again.

Oven setting:

Top/bottom heating

200 °C

Cooking time: 50-55 minutes

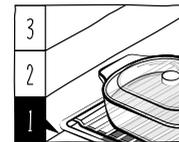


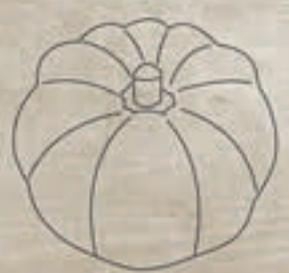
Compact oven setting:

Top/bottom heating

200 °C

Cooking time: 50-55 minutes





PUMPKIN AND CHILLI VEGETABLES WITH APPLES

For 4 servings

Universal pan

PUMPKIN:

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

Per serving

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

PREPARATION

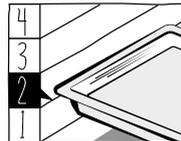
1. Peel the pumpkin and remove the core with the seeds. Cut into wedges approx. 4 cm wide.
2. Melt the butter, brush the universal pan with a thin layer of it, and sprinkle with chilli salt and mixed pepper.
3. Peel and quarter the garlic cloves and distribute in the universal pan. Arrange the pumpkin 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.

Oven setting:

Top/bottom heating

180 °C

Cooking time: 30-35 minutes

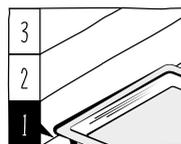


Compact oven setting:

Top/bottom heating

180 °C

Cooking time: 30-35 minutes





POLENTA

For 6 servings

Medium ovenproof dish

POLENTA:

1 tsp salt
250 g coarse polenta
50 g grated Emmental
200 ml cream
Sea salt
Pepper, freshly ground
30 g butter
60 g pine nuts or flaked almonds

IN ADDITION:

Butter for greasing

Per serving

383 kcal, 33 g carbs, 24 g fat, 9 g protein, 2,7 BU

PREPARATION

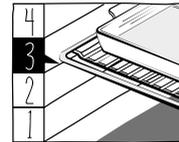
1. Bring 1 l water to the boil with 1 tsp salt. Sprinkle in the polenta, stirring continuously.
2. Boil over a low heat for 5 minutes while stirring. When doing so, place a towel over the pot (so that it does not splash).
3. Add the cheese and cream, stir thoroughly and season with sea salt and pepper.
4. Leave the polenta to stand for 15 minutes. Stir it from time to time in between. Then leave to cool.
5. Lightly grease the ovenproof dish. Use a tablespoon to remove scoops from the polenta mixture and place them into the ovenproof dish.
6. Heat the butter in a frying pan. Fry the pine nuts or flaked almonds until golden brown and scatter over the polenta. Bake the polenta as indicated.

Oven setting:

Top/bottom heating

200 °C

Cooking time: 40-50 minutes

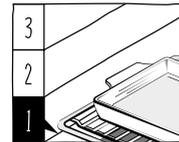


Compact oven setting:

Top/bottom heating

200 °C

Cooking time: 40-50 minutes



Tip:

Serve the polenta as a side dish with ratatouille or with other Mediterranean meat dishes.



AUBERGINE TOWERS

For 4 servings

Medium ovenproof dish

RICE:

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

AUBERGINES:

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

Per serving

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

PREPARATION

1. Melt the butter in a pot and briefly sweat the rice in it. Top up with water. Peel the onion. Fix the bay leaf to the onion with the clove, add to the rice and cook whilst covered.
2. Wash the aubergines and cut off the stem. Cut each aubergine into 4 round, equally thick slices. Scoop out the inside of the aubergine using a tablespoon. Leave a border of approx. 1 cm around the edge when doing so. Cut the flesh into cubes approx. ½ cm in size and season with salt. Score the skin of the aubergine pieces and season the aubergines on the inside and outside with salt.
3. Rinse the herbs, shake them dry and chop them roughly. Cut the sheep's cheese into small cubes and mix with the herbs. Finely dice the cherry tomatoes and add them.
4. Mix the eggs together with the olive oil, season with sea salt and pepper and mix together with the cheese and tomato mixture. Add the rice and season to taste once again.
5. Dry off the aubergine pieces with kitchen towel. Pour the tomato chunks into an ovenproof dish, position the aubergine towers and fill them with the rice mixture.
6. Cut the mozzarella into 8 slices, top the aubergine towers with them and cook as indicated.

Oven setting:

Top/bottom heating

210 °C

Cooking time: 45-50 minutes

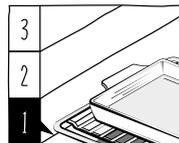


Compact oven setting:

Top/bottom heating

210 °C

Cooking time: 45-50 minutes



Tip:

Serve it with a fresh flatbread
or baguette.



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

PREPARATION

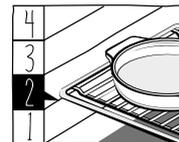
1. Leave the lentils to soften in cold water for approx. 60 minutes. Then drain off the water. Put the bulgur wheat in a sieve and rinse briefly.
2. Peel and finely dice the shallot. Put the butter and diced shallots in a saucepan and sweat them.
3. Add lentils and bulgur wheat, put the lid on and sweat 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.

Oven setting:

Top/bottom heating

210 °C

Cooking time: 25-30 minutes

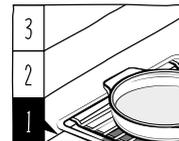


Compact oven setting:

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

PREPARATION

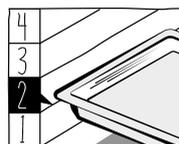
1. For the salsa, wash the tomatoes and finely chop them. Roughly chop the herbs. Peel the onions and cut into strips. Mix the tomatoes, herbs and onions with the oil and season well.
2. Peel the lower third of the asparagus and cut into pieces 3-4 cm long. Add to the universal pan and drizzle with olive 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.

Oven setting:

Top/bottom heating

200 °C

Cooking time: 25-30 minutes

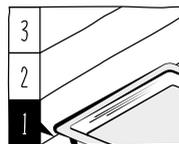


Compact oven setting:

Top/bottom heating

200 °C

Cooking time: 25-30 minutes





YORKSHIRE PUDDING

For 12 servings

Muffin tin

MIXTURE:

200 ml milk

100 ml water

1 egg

125 g flour

Salt

IN ADDITION:

Lard for greasing the muffin tin

Per serving

176 kcal, 20 g carbs, 9 g fat, 5 g protein, 1,6 BU

PREPARATION

1. Place the milk, water and egg in a mixing bowl and whisk with an egg whisk. Slowly add the flour and a pinch of salt and continue whisking until you have a smooth mixture. Leave to stand for 30 minutes.
2. Put approx. ¼ tsp lard in each recess of the muffin tin. Place the dish into the oven and preheat.
3. Distribute the dough evenly in the hot muffin tin and bake as indicated.

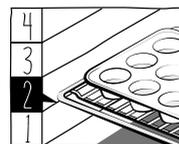
Oven setting:

Top/bottom heating

200 °C

Preheat

Baking time: 30-40 minutes



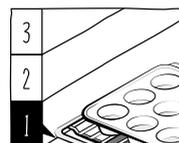
Compact oven setting:

Top/bottom heating

200 °C

Preheat

Baking time: 30-40 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

PREPARATION

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.

Oven setting:

Muffin tin on the wire rack

CircoTherm

180 °C

Baking time: 40-45 minutes

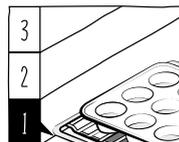
When using CircoTherm, you can place the accessories on any level from 1 to 3.

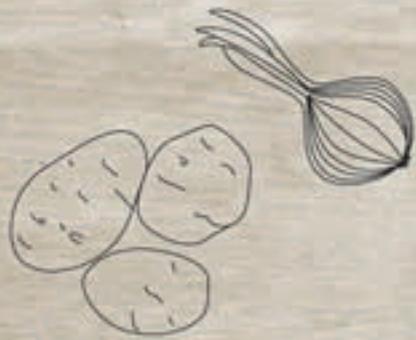
Compact oven setting:

CircoTherm

180 °C

Baking time: 40-45 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

PREPARATION

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.

Oven setting:

Circo-roasting

170 °C

Cooking time: 60-80 minutes

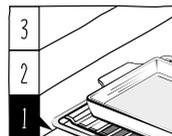


Compact oven setting:

Circo-roasting

170 °C

Cooking time: 60-80 minutes



Tip:

Layer the gratin no deeper than 2 cm in the dish.

If you are using larger quantities, use the universal pan. For deep gratins, you should use top/bottom heating instead of circulated air grilling. Try varying the dish by adding layers of courgette or apple slices in alternation with the potatoes.



LASAGNE TRICOLORE

For 4 servings

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

PREPARATION

1. Peel the onion, dice finely and sweat in 20 g butter. Add the spinach and steam for around 10 minutes in the 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 around 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.

Oven setting:

Top/bottom heating

200 °C

Cooking time: 35-40 minutes

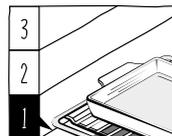


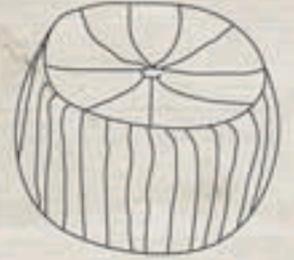
Compact oven setting:

Top/bottom heating

200 °C

Cooking time: 35-40 minutes





SMALL CHEESE SOUFFLÉS

For 8 servings

Soufflé dishes and universal pan

75 g medium Gouda or mature Gouda

6 eggs

250 ml milk

50 g butter

Salt

Pepper, freshly ground

Nutmeg, freshly grated

75 g flour

IN ADDITION:

Butter for the ramekins

Per serving

213 kcal, 9 g carbs, 16 g fat, 9 g protein, 0,7 BU

PREPARATION

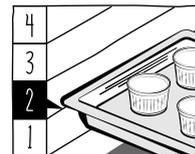
1. Grate the cheese very finely. Evenly grease the dishes or cups. Separate the eggs and place 1 extra egg white to one side.
2. Add the milk to a pot. Add butter, salt, pepper and nutmeg and bring to the boil. Sieve the flour and pour into the milk in one go. Stir the mixture with a wooden spoon until it comes away from the sides and forms a ball, and until a white coating becomes visible on the base of the saucepan. Remove the pot from the hotplate and immediately fold the egg white placed aside into the hot mixture.
3. Place the dough ball into a bowl and gradually stir in the egg yolk until it forms a smooth mixture. Stir in the grated cheese evenly.
4. Beat the remaining egg white until stiff with a pinch of salt and carefully fold into the cheese mixture.
5. Carefully fill the dishes or cups with the mixture. Place the dishes into the universal pan. Pour approx. 1 litre of boiling water into the universal pan and cook the soufflés as indicated.

Oven setting:

Top/bottom heating

160 °C

Baking time: 45-50 minutes

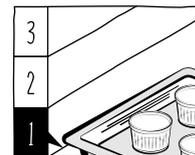


Compact oven setting:

Top/bottom heating

160 °C

Baking time: 45-50 minutes





A white rectangular card with the word "FISH" printed in a simple, black, sans-serif font. The card is placed on a dark, weathered wooden table. To the left of the card, a portion of a white plate is visible, containing a piece of breaded fish, some green herbs, and a small garnish. The background is slightly blurred, focusing attention on the card and the food.

FISH



SEA BREAM IN A HERBY SALT CRUST

For 4 servings

Universal pan

FISH:

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

CRUST:

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

Per serving

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

PREPARATION

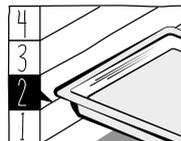
1. Remove the sea bream, rinse briefly under cold water and pat dry with kitchen towel. Drizzle the inside and outside with lemon juice.
2. Mix the sea salt well with the chilli salt.
3. Rinse the herbs and shake dry. Pluck the leaves from the lemon thyme and add to the salt.
4. Sprinkle a layer of the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

Oven setting:

Top/bottom heating

180 °C

Cooking time: 40-50 minutes

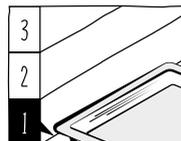


Compact oven setting:

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.



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 rosemary springs

½ bunch lemon thyme

½ bunch basil

3 tbspolive oil

Salt

Pepper, freshly ground

1 pinch sugar

600 g chopped tomatoes

20 g black, pitted olives

IN ADDITION:

Tin foil

Olive oil

Per serving

334 kcal, 8 g carbs, 15 g fat, 41 g protein, 0.7 BU

PREPARATION

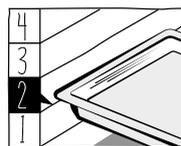
1. Rinse the fish fillets briefly under cold water and pat dry with kitchen towel. Squeeze the lemon, season the fish with salt and drizzle the lemon juice over it.
2. Peel the onions and garlic, then cut the onions into cubes approx. 1 cm in size. Wash and trim the aubergine and courgette, then also 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.

Oven setting:

Top/bottom heating

190 °C

Cooking time: 20-25 minutes

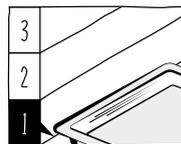


Compact oven setting:

Top/bottom heating

190 °C

Cooking time: 20-25 minutes



Tip:

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



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

PREPARATION

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.

Oven setting:

Universal pan

CircoTherm

190 °C

Cooking time: 40-45 minutes

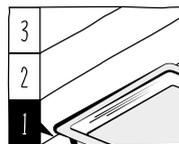
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

190 °C

Cooking time: 35-40 minutes



Tip:

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



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

PREPARATION

1. Rinse the pike-perch fillet briefly in cold water and pat dry with kitchen towel. 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 top up with 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.

Oven setting:

Circo-roasting

180 °C

Cooking time: 25-30 minutes

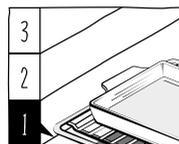


Compact oven setting:

Circo-roasting

180 °C

Cooking time: 25-30 minutes





SALMON FILLET WITH SPINACH LEAVES AND TOMATOES

For 4 servings

Large ovenproof dish

SPINACH:

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

TOMATOES:

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

FISH:

400 g salmon fillet, skinless

FOR SPRINKLING:

20 g pine nuts
3 tbsp Parmesan, freshly grated

IN ADDITION:

Butter for greasing

Per serving

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

PREPARATION

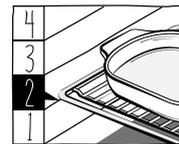
1. Peel the shallots, dice them finely and sweat them in the butter. Add the spinach leaves and sweat for approx. 10 minutes in a saucepan with the lid on. Then season with sea salt.
2. Dice the Gorgonzola, mix in with the spinach leaves and season with pepper.
3. Toast the pine nuts in a frying pan without oil.
4. Wash the tomatoes, remove the stems and halve the tomatoes. Heat the olive oil in a frying pan. Roll the tomatoes around a little in the oil and season with salt, pepper and sugar.
5. Rinse the salmon fillet briefly under cold water, pat dry with kitchen towel and cut into chunks 3 cm thick.
6. Distribute the spinach leaves in the greased ovenproof dish. Place the salmon slices on top and season with salt and pepper. Distribute the halved tomatoes on top of the salmon. Sprinkle the pine nuts and Parmesan over the top and grill as indicated,.

Oven setting:

Circo-roasting

180 °C

Roasting time: 30-35 minutes

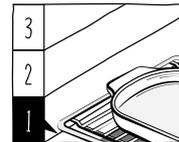


Compact oven setting:

Circo-roasting

180 °C

Roasting 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

PREPARATION

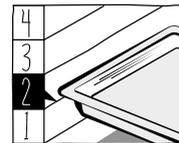
1. Peel the whole of the white asparagus, peel the lower third of the green asparagus and cut off the ends. Cut the asparagus into chunks approx. 5 cm in size.
2. Bring the water to the boil. Season to taste with salt, sugar and lemon juice. Add the asparagus and part-cook for approx. 5 minutes.
3. Mix the herbs with vinegar, olive oil and mustard in a large bowl. Add the asparagus, season with sea salt and pepper and leave to infuse for approx. 10 minutes.
4. Rinse the fish briefly under cold water and pat dry with kitchen towel. Season with salt and pepper and drizzle with lemon juice.
5. For every fish fillet, cut a piece of greaseproof paper to 30x30 cm and place into a small bowl. Distribute the marinated asparagus, fish fillet and prawns evenly between the little bowls. Twist the greaseproof paper into a parcel and seal at the top with kitchen string. Cut off any loose edges at the top.
6. Place the parcels into the universal pan and cook as indicated.

Oven setting:

Top/bottom heating

180 °C

Cooking time: 25-30 minutes

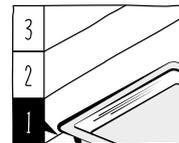


Compact oven setting:

Top/bottom heating

180 °C

Cooking time: 25-30 minutes





FRIED FISH FILLET WITH SWEET AND SOUR ASIAN VEGETABLES

For 4 servings

Baking tray

FRIED FISH FILLET:

4 fresh cod fillets, 160 g each
½ lemon
Sea salt, Lemon pepper
4 sheets filo pastry or 'yufka' dough,
approx. 160 g, frozen or fresh
1 egg yolk, 1 tbsp milk
100 g butter
A few coriander leaves

VEGETABLES:

1 small clove garlic
2 slices fresh ginger
2 sticks lemongrass
2 spring onions
2 stalks celery
200 g pak choi or Chinese cabbage
1 red pepper, 1 yellow pepper
400 g fresh pineapple
2 tbsp peanut oil
1 tbsp sesame oil, toasted
10 g cornflour
100 ml pineapple juice
100 ml mild vegetable stock
Salt, Pepper, freshly ground
2-3 tbsp lime juice
Sugar

IN ADDITION:

Greaseproof paper

Per serving

631 kcal, 43 g carbs, 35 g fat, 35 g protein,
3,6 BU

PREPARATION

1. Rinse the cod fillets briefly under cold water and pat dry with kitchen towel. Squeeze the lemon and drizzle the juice over the fish. Season with salt and lemon pepper.
2. Preheat the oven.
3. Leave the filo pastry to defrost as per the instructions on the packaging. Whisk the egg yolk and milk together. Melt the butter. Roll out one sheet of pastry, brush it with butter and fold it together into a size of approx. 30x20 cm. Place a coriander leaf onto one fish fillet, wrap it in the dough, press in the sides, brush with butter and form it into a parcel. Wrap each fish fillet in a sheet of pastry and brush with the egg yolk mixture. Place the fish parcels onto a baking tray lined with greaseproof paper and bake as indicated.
4. Peel the garlic clove and ginger for the vegetables. Crush the lemongrass slightly using the back of a knife blade and halve lengthwise. Trim the spring onions, celery, pak choi, peppers and pineapple and cut into pieces around 2 cm in size.
5. Heat up 1 tbsp peanut oil and sesame oil in a roaster. Fry the garlic, ginger and lemongrass in it. Add the vegetables gradually and fry them briefly. Finally, add the pineapple and braise the entire mixture for 10 minutes.
6. Sprinkle cornflour on the vegetables. Add 1 tbsp peanut oil, pineapple juice and vegetable stock and season generously to taste with salt, pepper, lime juice and sugar. Remove the lemongrass from the vegetables. Serve the fish parcels together with the vegetables.

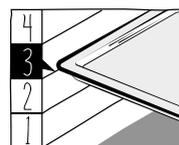
Oven setting:

Top/bottom heating

210 °C

Preheat

Cooking time: 15-20 minutes



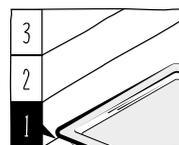
Compact oven setting:

Top/bottom heating

210 °C

Preheat

Cooking time: 15-20 minutes



Tip:

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



RED SNAPPER CURRY

For 4 servings

Large roaster with lid

FISH:

600 g red snapper fillet

MARINADE:

½ lemon

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

Sea salt

2 tbsp sunflower oil

CURRY:

1 green pepper

1 red pepper

1 yellow pepper

500 g floury potatoes

200 g yellow courgettes

100 g celery

60 g spring onions

200 g pak choi or Chinese cabbage

1 fresh red chilli

10 g coconut oil

4 shallots

Sea salt

Curry paste

A little cayenne pepper

800 ml unsweetened coconut milk

Per serving

384 kcal, 33 g carbs, 12 g fat, 36 g protein,

2,8 BU

PREPARATION

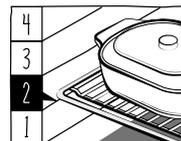
1. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut into strips 1 cm wide.
2. For the marinade, squeeze half of the lemon, mix the juice with red curry paste, sea salt and 2 tbsp sunflower oil. Distribute over the strips of fish, mix well and leave to marinate in the refrigerator for around 30 minutes while covered.
3. Wash, halve and core the peppers. Peel the potatoes. Cut the peppers and potatoes into cubes of approx. 2 cm.
4. Trim and wash the courgettes, celery, spring onions, pak choi and chillies. Cut the courgettes into pieces approx. 2 cm long. Cut the celery and spring onions diagonally into slices approx. 1 cm wide. Cut the pak choi into strips.
5. Heat up the coconut oil in the roaster. Briefly sear the marinated strips of fish in the hot oil, remove and place to one side.
6. Peel the shallots, dice them finely and fry them in the coconut oil. Sweat the celery and spring onions with them. Add the peppers, courgettes, potatoes, pak choi and the chillies. Season generously to taste with sea salt, curry paste and cayenne pepper.
7. Deglaze with the coconut milk and add the fish once again. Put the lid on and cook the curry in the oven as indicated.

Oven setting:

Top/bottom heating

200 °C

Cooking time: 25-30 minutes

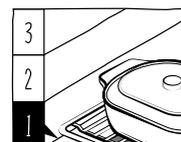


Compact oven setting:

Top/bottom heating

200 °C

Cooking time: 25-30 minutes



Tip:

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





POULTRY
AND
MEAT



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

PREPARATION

1. Rinse the chicken in cold water and pat dry with kitchen towel. 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.

Oven setting:

Circo-roasting

200 °C

Grilling time: 45-50 minutes

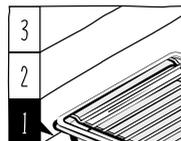


Compact oven setting:

Circo-roasting

200 °C

Grilling time: 45-50 minutes



Tip:

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



SICILIAN CHICKEN

For 4 servings
Roaster with lid

MEAT:

1 roasting chicken, approx. 1.4 kg
Salt
Pepper, freshly ground
Cooking oil for frying

SAUCE:

150 g streaky bacon or coppa ham
1 clove garlic
Oil
100 g tomato purée
500 ml red wine
800 g passata with herbs
Rosemary
Thyme
Sage
2 bay leaves
1 piece organic lemon peel
500 ml poultry stock

Per serving
979 kcal, 14 g carbs, 64 g fat, 68 g protein,
1,2 BU

PREPARATION

1. Rinse the chicken briefly under cold water and pat dry with kitchen towel. Cut up into 8 pieces; quarter the breast when doing so.
2. Season the chicken pieces. Heat the oil in a roaster, sear the chicken pieces all over and then place them onto a plate.
3. Finely dice the bacon, add to the roaster with the crushed garlic clove and fry in oil. Add the tomato purée and fry briefly. Deglaze with a little red wine.
4. Add the tomatoes, herbs and lemon peel to the sauce. Add the chicken pieces as well. Top up with red wine and poultry stock. Place the lid on top and braise the chicken pieces as indicated.

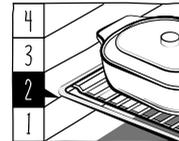
Oven setting:

Top/bottom heating

210 °C

Roasting time:

1 hr. 10 min. - 1 hr. 20 min.



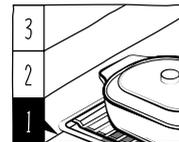
Compact oven setting:

Top/bottom heating

210 °C

Roasting time:

1 hr. 10 min. - 1 hr. 20 min.





CHICKEN SALTIMBOCCA

For 4 servings

Universal pan

SALTIMBOCCA:

4 chicken breast fillets, 200 g each

Sea salt

Pepper, freshly ground

50 g medium-mature Pecorino cheese, freshly
grated

150 g raw ham, sliced thinly

12 fresh sage leaves

IN ADDITION:

Kitchen string

Per serving

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

PREPARATION

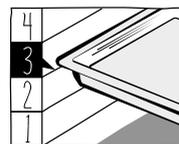
1. Rinse the chicken breast fillets briefly under cold water, pat dry with kitchen towel and cut each one into 3 pieces. Season with sea salt and pepper.
2. Roll the pieces in Pecorino cheese and wrap in a slice of ham, so that the meat is covered.
3. Securely tie one sage leaf to the ham with kitchen string. Place the chicken pieces into the universal pan and grill as indicated.

Oven setting:

Circo-roasting

230 °C

Roasting time: 20-25 minutes

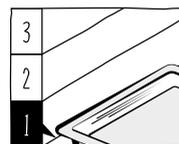


Compact oven setting:

Circo-roasting

230 °C

Roasting time: 20-25 minutes



Tip:

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



CHICKEN WINGS

For 4 servings

Universal pan with wire rack

MARINADE:

2 lemons
3 garlic cloves
50 ml olive oil
1 tbsp oregano
1 tbsp paprika
1 tsp black pepper, freshly ground
Salt

CHICKEN:

16 chicken wings

Per serving

611 kcal, 7 g carbs, 48 g fat, 37 g protein, 0,6 BU

PREPARATION

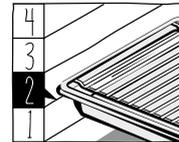
1. Squeeze the lemons. Peel the garlic and crush into the lemon juice. Stir with the remaining ingredients to form a marinade.
2. Rinse the chicken wings briefly under cold water and pat dry with kitchen towel. Brush with the marinade and grill on the wire rack as indicated.

Oven setting:

Circo-roasting

220 °C

Roasting time: 30-40 minutes

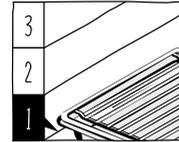


Compact oven setting:

Circo-roasting

220 °C

Roasting time: 30-40 minutes





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

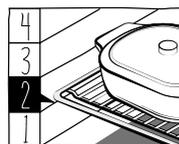
PREPARATION

1. Rinse the turkey breast briefly under cold water and pat dry with kitchen towel. Create a small pocket from the thick side using a sharp knife.
2. Cut the bread rolls into cubes approx. 1 cm in size.
3. Peel the shallot and garlic. Finely dice the shallot and sweat in butter. Add the garlic clove and sweat as well. Add the spinach leaves, put on the lid and leave to cook for approx. 5 minutes.
4. Remove the garlic clove. Season the spinach with sea salt, pepper and nutmeg. Add the blue cheese and mix everything together.
5. Warm the milk, pour over the bread cubes and leave to soak briefly. Then add the spinach and mix together well.
6. Season the meat on the inside and outside with sea salt and pepper and fill with the spinach mixture. Seal the opening with cocktail sticks and tie up with kitchen string.
7. Heat the clarified butter in a roaster and sear the turkey breast all over.
8. Peel the shallots, cut them into quarters and briefly fry them too. Add the poultry stock and roast the turkey breast as indicated. Turn once after approx. 45 minutes.
9. After the end of the roasting time, keep the turkey breast warm. Bring the meat juices to the boil, season to taste and thicken as required with cornflour.

Oven setting:

Top/bottom heating
170 °C

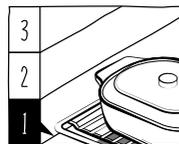
Roasting time: 1 hr. 15 min.



Compact oven setting:

Top/bottom heating
170 °C

Roasting time: 1 hr. 15 min.





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

PREPARATION

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

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

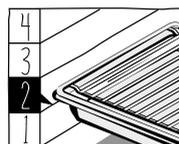
5. Cut the duck breast fillets into thin strips and arrange on top of the vegetables. Rinse the coriander, shake dry and remove the leaves. Garnish the fillets with coriander leaves and cashews.

Oven setting:

Circo-roasting

230 °C

Roasting time: 25-30 minutes

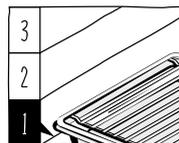


Compact oven setting:

Circo-roasting

230 °C

Roasting time: 25-30 minutes



Tip:

Dripping fat can cause smoke.

To prevent this, pour 125 ml water into the universal pan.



CRISPY DUCK WITH BAKED APPLE STUFFING

For 3 servings

Universal pan with wire rack

MEAT:

1 fresh duck, 2.4 kg, without giblets

Approx. 10 g fresh marjoram

Sea salt

Pepper, freshly ground

30 g orange marmalade

BAKED APPLE STUFFING:

2 sour apples, e.g. Santana or Braeburn

10 g raisins

1 fresh date, pitted

15 g marzipan

10 g chopped walnuts

SAUCE:

250 ml duck stock from a jar or poultry stock

Sea salt

Pepper, freshly ground

1 tbsp orange marmalade

1 tbsp cornflour

IN ADDITION:

Cocktail sticks

Kitchen string

Per serving

1123 kcal, 31 g carbs, 77 g fat, 28 g protein,
2,6 BU

PREPARATION

1. Rinse the duck briefly in cold water, clean well inside and pat dry with kitchen towel.
2. Rinse the marjoram, shake dry and remove the leaves. Season the duck inside and out with sea salt, pepper and marjoram. Apply orange marmalade liberally to the inside of the duck.
3. Wash the apples and remove the core to create a good-sized hole. Chop the raisins, date and marzipan and mix with the walnuts. Fill the apples with the raisin mixture.
4. Fill the duck with 2 apples, seal the opening with cocktail sticks and tie up in a criss-cross pattern with kitchen string.
5. Place the duck onto the wire rack with the breast side down and roast as indicated.
6. Turn after approx. 40 minutes. 10 minutes before the end of the cooking time, brush with the meat juices and finish roasting as indicated.
7. Take the cooked duck out of the oven, place on a separate dish and keep warm.
8. For the sauce, skim off the excess fat and put to one side. Add the duck stock to the universal pan. Use a brush to detach the solids in the juices adhering to the frying pan, add to a pot and heat on the hotplate. Season the sauce with sea salt, pepper and orange marmalade to taste. Mix the cornflour with cold water and thicken the sauce with it.
9. Divide up the duck into portions and serve with the sauce.

Oven setting:

CircoTherm

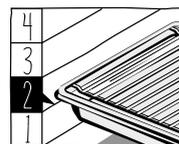
170 °C

Roasting time: 70 minutes
then

Circo-roasting

170 °C

Roasting time: 40-50 minutes



Compact oven setting:

CircoTherm

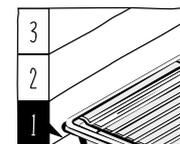
170 °C

Roasting time: 70 minutes
then

Circo-roasting

170 °C

Roasting time: 40-50 minutes





GRILLED GOOSE WITH BREAD ROLL FILLING

For 6 servings

Universal pan with wire rack

GOOSE:

1 young goose, approx. 3 kg, fresh or defrosted
Salt
Pepper, freshly ground
Mugwort

FILLING:

3 stale bread rolls
100 ml milk
3 eggs
Goose liver
Goose heart
1 onion
1 bunch flat-leaf parsley, freshly chopped
30 g butter
Nutmeg, freshly grated

IN ADDITION:

Cocktail sticks
Butter or salt water for brushing

Per serving

757 kcal, 13 g carbs, 52 g fat, 60 g protein,
1,1 BU

PREPARATION

1. Remove the goose, discard the fat and cut out the rump gland. Rinse the goose under cold water and pat dry with kitchen towel. Season with salt and pepper and rub inside with mugwort.
2. Slice the bread rolls thinly and pour the hot milk over them. Mix together the eggs and bread rolls. Chop the giblets. Chop the onions, fry in butter with the giblets and the parsley, season to taste. Mix with the bread roll mixture. Fill the goose with it and seal the cavity with cocktail sticks.
3. Place the goose onto the wire rack with the breast side down and roast as indicated. Turn the goose after approx. 90 minutes.
4. To make the skin crispier, brush the goose with butter or salted water approx. 10 minutes before the end of the roasting time.

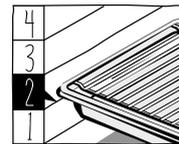
Oven setting:

CircoTherm

170 °C

Roasting time:

2 hr. - 2 hr. 30 min.



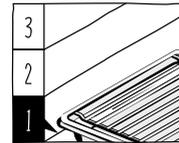
Compact oven setting:

CircoTherm

170 °C

Roasting time:

2 hr. - 2 hr. 30 min.



Tip:

You can seal the bird using the 'shoelace method'. Pierce the opening with cocktail sticks and wrap string around these in a criss-cross pattern.

You can grill the goose in exactly the same way even if you have not stuffed it. In this case, the cooking time will be reduced by approx. 15 minutes.



BEEF TENDERLOIN WITH MEDITERRANEAN VEGETABLES

For 6 servings

Universal pan

MEAT:

1 kg beef tenderloin, centre-cut
6-8 fresh rosemary sprigs
4 tbsp olive oil

VEGETABLES:

2 red peppers, approx. 400 g
1-2 courgettes, approx. 220 g
1 aubergine, approx. 250 g
Salt
Black pepper, freshly ground
Nutmeg, freshly grated
Sugar
300 g cherry tomatoes
1 clove garlic

Per serving

572 kcal, 8 g carbs, 35 g fat, 57 g protein, 0,7 BU

PREPARATION

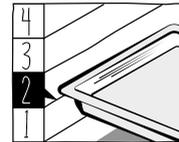
1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Using a larding needle, stick the rosemary sprigs through the meat diagonally. Alternatively, use a metal skewer or a kebab skewer.
2. Heat the cooking oil in a roaster and fry the meat in it.
3. Wash and trim all the vegetables except the cherry tomatoes, de-seed the pepper and cut everything roughly. Add to the meat, season and fry for 5 minutes too.
4. Transfer the vegetables and meat to the universal pan. Peel the garlic clove. Wash the cherry tomatoes. Add the cherry tomatoes and garlic cloves to the meat and cook as indicated.

Oven setting:

Circo-roasting

180 °C

Roasting time: 30-35 minutes

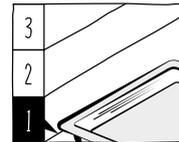


Compact oven setting:

Circo-roasting

180 °C

Roasting time: 30-35 minutes





TOPSIDE OF BEEF WITH PEARL ONION SAUCE

For 6 servings

Large roaster with lid

MEAT:

2 kg topside of beef, trimmed and skinned

Salt

Black pepper, freshly ground

1 tbsp flour

50 g clarified butter

SAUCE:

50 g sugar

4 tbsp tarragon vinegar

200 g shallots

80 g butter

340 g pearl onions from a jar

20 g cornflour

Salt

Pepper, freshly ground

Per serving

787 kcal, 22 g carbs, 48 g fat, 67 g protein,

1,8 BU

PREPARATION

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.

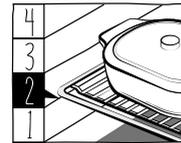
Oven setting:

Top/bottom heating

190 °C

Roasting time:

3 hr. - 3 hr. 10 min.



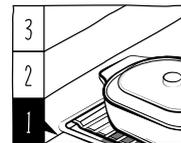
Compact oven setting:

Top/bottom heating

190 °C

Roasting time:

3 hr. - 3 hr. 10 min.





VEAL ROULADES

For 4 servings

Medium roaster with lid

FILLING:

40 g medium-mature Parmesan
1 medium courgette
100 g red pepper or dried tomatoes in oil
3 tbsp pesto à la Calabrese
Salt
Pepper, freshly ground

MEAT:

4 thin veal roulades, 160-180 g each
Salt
Pepper, freshly ground
1 tbsp olive oil
2 tbsp clarified butter

SAUCE:

100 ml veal stock
2 sprigs thyme
2 sprigs rosemary
2 garlic cloves

IN ADDITION:

Kitchen string or roulade pins

Per serving

386 kcal, 2 g carbs, 23 g fat, 42 g protein, 0,2 BU

PREPARATION

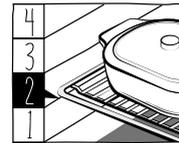
1. Grate the Parmesan. Wash and trim the courgette, then cut lengthwise into wafer-thin slices. Wash, halve and de-seed the peppers. Cut the peppers or the dried tomatoes into very small cubes.
2. Rinse the sliced meat briefly under cold water and pat dry with kitchen towel. Carefully tenderise or flatten it a little. Season with salt and pepper on both sides.
3. Brush each slice with pesto on one side. Sprinkle with Parmesan and distribute the courgette slices lengthwise on top. Scatter the peppers or dried diced tomatoes onto the courgette and season them.
4. Roll the sliced meat up tightly and tie with kitchen string or fasten with roulade pins.
5. Heat up the cooking oil and clarified butter in the roaster and briefly sear the roulades all over. Then position them with the edge facing downwards and deglaze with 50 ml veal stock. Add the herbs and garlic. Cover the roaster and braise the roulades as indicated.
6. Remove the cooked roulades from the roaster and keep them warm. Add the remaining veal stock to the sauce. Remove the herb stems and garlic cloves and season the sauce once again with salt and pepper.

Oven setting:

Top/bottom heating

160 °C

Roasting time: 55-60 minutes

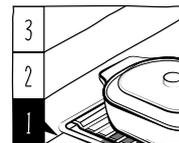


Compact oven setting:

Top/bottom heating

160 °C

Roasting time: 55-60 minutes



Tip:

Serve tagliatelle or a different kind of pasta as a side dish.



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

PREPARATION

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.
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.

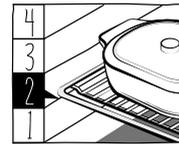
Oven setting:

Top/bottom heating

210 °C

Cooking time:

1 hr. 20 min. - 1 hr. 30 min.



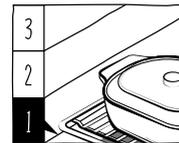
Compact oven setting:

Top/bottom heating

210 °C

Cooking time:

1 hr. 20 min. - 1 hr. 30 min.





JOINT OF PORK WITH A HONEY-THYME CRUST

For 6 servings

Universal pan

MEAT:

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

Sea salt

Black pepper, freshly ground

3 garlic cloves

100 ml water

VEGETABLES:

250 g shallots

200 g celeriac

300 g carrots

200 g parsnips

200 g celery

250 g leeks

50 ml balsamic vinegar

250 ml water

Approx. 30 g fresh thyme

10 allspice berries

FOR BRUSHING:

1 lemon

3 tbsp honey

Fresh sprigs of thyme

Per serving

967 kcal, 24 g carbs, 68 g fat, 66 g protein,

2,0 BU

PREPARATION

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 around 3 cm long. Wash the celery and leek, trim them both, cut them into pieces approx. 3 cm long and place them aside.
3. After cooking for around 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 little 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. Brush the meat with the lemon honey and roast until done.

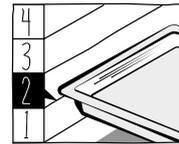
Oven setting:

Top/bottom heating

200 °C

Roasting time:

approx. 2 hr. 40 min.



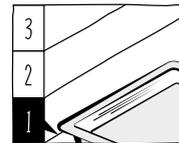
Compact oven setting:

Top/bottom heating

190 °C

Roasting time:

approx. 2 hr. 40 min.





PORK FILLET IN A SALT CRUST

For 4 servings

Large ovenproof dish

MEAT:

Approx. 600 g pork fillet

10 leaves fresh sage

Pepper, freshly ground

SALT CRUST:

2 egg whites

1 kg sea salt

Approx. 30 ml water

SAUCE:

½ small shallot

20 g butter

1 tbsp fine sugar

½ tsp tomato purée

400 ml veal stock

Pepper, freshly ground

1 tsp cornflour

1 tbsp honey mustard

1 pinch sugar

IN ADDITION:

1 tbsp pink peppercorns

Fresh herbs

Per serving

231 kcal, 7 g carbs, 8 g fat, 34 g protein, 0,5 BU

PREPARATION

1. Rinse the meat under cold water and pat dry with kitchen towel.
2. Rinse the sage, shake it dry and chop it finely. Season the pork fillet with pepper and roll in the sage.
3. Preheat the oven.
4. Whisk the egg white lightly. Gradually add salt and water while stirring continuously, so that the mixture becomes doughy.
5. Add a little of the salt mixture to the dish. Place the fillet on top and coat with the remaining salt mixture. Roast as indicated.
6. Meanwhile, peel and finely chop the shallots, then sweat them until translucent in the butter. Add the sugar and caramelise while stirring continuously. Add the tomato purée and boil down into a dark mixture. Deglaze with approx. 100 ml veal stock and continue to simmer. Reduce the sauce down to a minimum to give it a darker colour once again. Top up with the remaining veal stock and season with pepper.
7. Mix the cornflour with cold water. Bring the sauce to the boil and thicken with cornflour. Stir in the honey mustard and season the sauce with sugar.
8. Remove the meat from the bed of salt, remove any salt which sticks to it, and serve with the sauce, pink pepper and fresh herbs.

Oven setting:

Top/bottom heating

280 °C

Preheat

Roasting time: 20-25 minutes



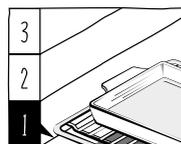
Compact oven setting:

Top/bottom heating

280 °C

Preheat

Roasting time: 20-25 minutes





SADDLE OF LAMB IN A HERB CRUST

For 4 servings

Universal pan with wire rack

MEAT:

800 g lamb saddle fillet

Salt

Pepper, freshly ground

HERB PASTE:

1 small garlic clove

3 sprigs thyme

3 sage leaves

1 tbsp rosemary leaves

2 tbsp medium-hot mustard

1 tbsp olive oil

Per serving

284 kcal, 1 g carbs, 13 g fat, 42 g protein, 0,1 BU

PREPARATION

1. Rinse the fillet briefly under cold water and pat dry with kitchen towel. Then completely remove the layers of fat and sinew. Season with salt and pepper.
2. Peel the garlic. Rinse the thyme sprigs, shake them dry and pluck the leaves. Finely chop the herbs and garlic, and mix with mustard and oil.
3. Preheat the oven.
4. Brush the lamb saddle all over with the paste and roast as indicated.
5. Before serving, cut into equally sized slices.

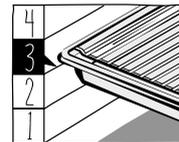
Oven setting:

Top/bottom heating

220 °C

Preheat

Roasting time: 15-25 minutes



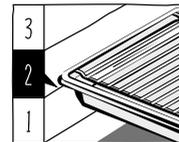
Compact oven setting:

Top/bottom heating

220 °C

Preheat

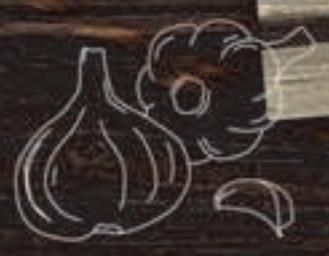
Roasting time: 15-25 minutes



Tip:

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

You can also line the universal pan with boiled and roughly sliced potatoes. These will become crispy when cooked and will absorb any dripping meat juices.



MEAT KEBABS, LAMB

For 4 servings

Wire rack and universal pan

MEAT KEBABS:

1 kg lamb mince

1 large onion

3 garlic cloves

2 tbsp cooking oil

Salt

Black pepper, freshly ground

1 level tsp ground cumin (cumin seeds)

1 level tsp ground coriander

½ tsp cinnamon

1 tsp harissa or chilli paste

1 egg

3 tbsp breadcrumbs

IN ADDITION:

Cooking oil for brushing and for the wire rack

Metal skewers

Per serving

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

PREPARATION

1. Ask your butcher to run the minced meat through the mincer twice.
2. Peel and very finely dice the onion and garlic. Briefly sweat in the oil.
3. Add the seasonings, egg, breadcrumbs and onion and garlic mixture to the meat and knead everything together thoroughly.
4. Brush the wire rack with oil. Shape the mixture into small, oblong rissoles and divide them between 8 metal skewers.
5. Brush with oil and grill as indicated.

Oven setting:

Grill, large area

250 °C

Grilling time: 25-30 minutes

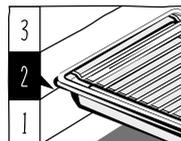


Compact oven setting:

Grill, large area

290 °C/intensive

Grilling time: 20-30 minutes



Tip:

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



JOINT OF VENISON IN A RED WINE AND JUNIPER SAUCE

For 8 servings

Large roaster with lid

MEAT:

1.5-2 kg joint of venison, from the haunch, boneless

Salt

Pepper, freshly ground

30 g clarified butter

30 g butter

SAUCE:

1 medium onion

2 small carrots

1 small piece celeriac

½ leek

2 small garlic cloves

A few juniper berries

30 g butter

20 g sugar

5 sprigs thyme

1 tbsp tomato purée

250 ml tart red wine

2-3 cloves

1 bay leaf

1 cinnamon stick

250 ml game stock from a jar

1 generous pinch strong mustard

Sugar

2 tbsp cranberries from a jar

Per serving

494 kcal, 12 g carbs, 23 g fat, 54 g protein,

1,0 BU

PREPARATION

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.
2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Chop the vegetables into pieces 1-2 cm in size.
3. Heat the clarified butter in the roaster and sear the meat well all over.
4. Remove the meat from the roaster and place it to one side.
5. Briefly brown the vegetables, garlic cloves and juniper berries in the roasting juices.
6. Add 30 g butter to the roaster, then add the sugar and leave to caramelize. Add the thyme to flavour the juices. Add the tomato purée, fry it with the other ingredients and then deglaze with approx. 100 ml red wine. Add the cloves, bay leaf and cinnamon stick and let the juices reduce. Top up with the game stock.
7. Place the meat into the roaster once again and baste with 30 g butter. Cover over with the lid and roast the meat as indicated. Turn after 1 hour and 20 minutes, and pour the meat juices over several times after this point.
8. After the end of the cooking time, remove the meat from the roaster and keep it warm. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine and season with salt and pepper. Thicken the sauce as desired and season to taste with mustard, sugar and cranberries.

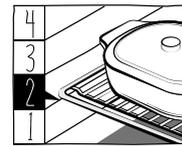
Oven setting:

Top/bottom heating

170 °C

Roasting time:

3 hr. - 3 hr. 10 min.



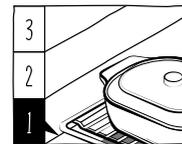
Compact oven setting:

Top/bottom heating

170 °C

Roasting time:

3 hr. - 3 hr. 10 min.



Tip:

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



RABBIT LEG WITH APPLE AND GINGER

For 4 servings

Large roaster with lid

RABBIT:

4 rabbit legs, 250 g each

3-4 red apples

2 onions

2 carrots

30 g fresh ginger

3 stems tarragon

Salt

Pepper, freshly ground

6 strips back bacon

200 ml vegetable stock

IN ADDITION:

2 tbsp cornflour as required

Per serving

624 kcal, 29 g carbs, 36 g fat, 46 g protein,

2,4 BU

PREPARATION

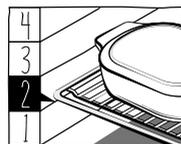
1. Rinse the rabbit legs briefly under cold water and pat dry with kitchen towel.
2. Wash and core the apples and cut into rings. Peel and finely dice the onions. Peel and dice the carrots. Peel the ginger and cut into thin slices. Layer everything in a roaster together with the tarragon.
3. Season the rabbit legs with salt and pepper and place onto the vegetables. Place the back bacon strips onto the legs and pour over the vegetable stock. Cover the dish with a lid and braise the legs as indicated.
4. At the end of the cooking time, thicken the stock with 2 tbsp cornflour as required.

Oven setting:

Top/bottom heating

230 °C

Roasting time: 70-80 minutes

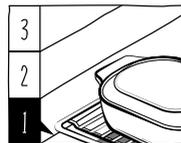


Compact oven setting:

Top/bottom heating

230 °C

Roasting time: 70-80 minutes



Tip:

You could also use chicken legs instead of rabbit legs.



WILD BOAR JOINT WITH ELDERBERRY SAUCE AND CARAMELISED APPLES

For 6 servings

Large roaster with lid

MEAT:

1.5 kg wild boar joint from the leg, boneless
Salt
Pepper, freshly ground
30 g clarified butter

SAUCE:

1 medium onion
2 small carrots
1 small piece celeriac
½ leek
2 small garlic cloves
1 sour apple, e.g. Braeburn or Topaz
5 sprigs thyme
½ organic orange
1 tbsp tomato purée
60 g butter
20 g sugar
250 ml tart red wine
A few juniper berries
250 ml game stock
60 g elderberry jam

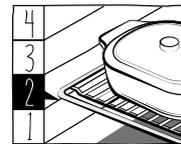
APPLES:

2 sour apples, e.g. Braeburn or Topaz
40 g butter
20 g sugar
Per serving
728 kcal, 28 g carbs, 43 g fat, 52 g protein,
2,3 BU

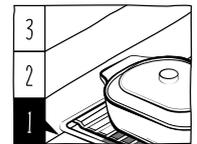
PREPARATION

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.
2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Peel the garlic cloves. Cut the vegetables into pieces 1-2 cm in size. Wash the apple, core it, cut it into quarters and then cut it into wedges.
3. Heat the clarified butter in the roaster and sear the meat well all over.
4. Remove the meat from the roaster and place it to one side.
5. Briefly brown the vegetables and garlic cloves in the frying fat. Add the thyme sprigs, the zest of half of the orange and the apple wedges. Add the tomato purée and fry.
6. Add 30 g butter to the roaster, then add the sugar and leave to caramelize. Deglaze with approx. 100 ml red wine. Press the juniper berries and add them to the mixture. Let the juices reduce and top up with the game stock.
7. Place the meat into the roaster once again and baste with 30 g butter. Cover over with the lid and roast the meat as indicated. Turn after 1 hour and 20 minutes, and pour the meat juices over several times after this point.
8. After the end of the cooking time, remove the meat from the roaster and keep it warm. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine, bring to the boil and season with salt and pepper. Thicken the sauce as desired. Stir in the elderberry jam and season the sauce to taste once again.
9. Prepare the apple for caramelisation by washing and coring it, cutting it into quarters and then into wedges. Melt the butter in the frying pan and fry the apple briefly. Scatter the sugar over the top and leave to caramelize.

Oven setting:
Top/bottom heating
190 °C
Roasting time:
2 hr. 40 min. - 2 hr. 50 min.



Compact oven setting:
Top/bottom heating
190 °C
Roasting time:
2 hr. 40 min. - 2 hr. 50 min.







CAKES
AND
SMALL BAKED ITEMS,
DESSERTS
AND SWEET DISHES



GERMAN-STYLE BUTTER CAKE – BASIC RECIPE FOR YEAST DOUGH

For approx. 16 servings

Baking tray

YEAST DOUGH:

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

TOPPING:

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

IN ADDITION:

Butter for greasing the baking tray

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

PREPARATION

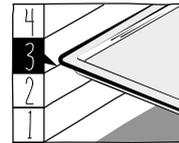
1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well for around 10 minutes with the dough hook of the hand mixer or the food processor. Allow the dough to prove in a warm place until the volume has doubled.
2. Grease the baking tray and roll out the dough. Prick several times with a fork, cover and allow to prove again.
3. For the topping, mix the butter with the syrup. Distribute the butter mixture over the rolled-out dough in servings using a small spoon. Sprinkle half of the sugar and then the almonds with the remaining sugar over the cake.
4. Then bake the cake as indicated.

Oven setting:

Top/bottom heating

170 °C

Baking time: 20-25 minutes

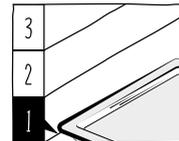


Compact oven setting:

Top/bottom heating

170 °C

Baking time: 20-25 minutes





DAMSON CAKE

To make approx. 20 servings

Universal pan

YEAST DOUGH:

500 g flour

1 sachet dried yeast

1 organic lemon

100 g sugar

Approx. 125 ml milk, lukewarm

1 sachet vanilla sugar

1 pinch salt

100 g butter

1 egg

FRUIT FILLING:

Approx. 2.5 kg damsons

25 g breadcrumbs

IN ADDITION:

Butter for greasing the baking tray

Per serving

216 kcal, 36 g carbs, 6 g fat, 4 g protein, 3,0 BU

PREPARATION

1. To make the yeast dough, mix the flour and yeast in a bowl. Wash the lemon with hot water, dry it and grate the peel. Add with all the remaining ingredients and knead the dough thoroughly.
2. Leave to prove in a warm place for 30 minutes. The dough should almost double in volume.
3. Wash, de-stone and halve the damsons.
4. Grease the universal pan. Roll out the yeast dough on it and prick several times with a fork. Leave to prove again.
5. Sprinkle the breadcrumbs over the dough base. Distribute the damsons evenly onto the dough and bake the cake as indicated.

Oven setting:

Universal pan

CircoTherm

170 °C

Baking time: 40-50 minutes

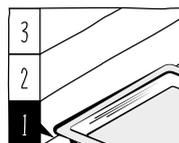
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

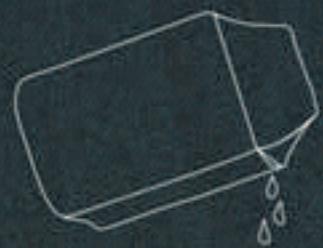
170 °C

Baking time: 40-50 minutes



Tip:

Instead of breadcrumbs, you could also sprinkle the pastry with ground almonds or hazelnuts. If you sprinkle the pastry with toppings, it will not soak up so much.



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

PREPARATION

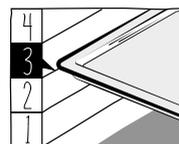
1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for 20-30 minutes.
2. Knead the dough thoroughly once again and split into 3 equally sized pieces. Shape each piece into a roll and make a loose plait with 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.

Oven setting:

Top/bottom heating

190 °C

Baking time: 25-35 minutes

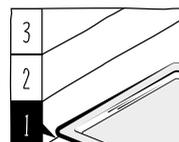


Compact oven setting:

Top/bottom heating

190 °C

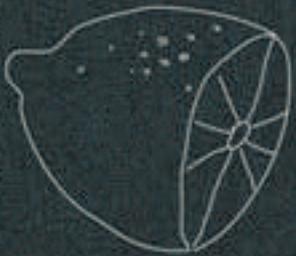
Baking time: 25-35 minutes



Tip:

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.



SPICED STOLLEN WITH MARZIPAN

For approx. 16 slices

Baking tray

FRUIT MIXTURE:

½ organic lemon
20 ml rum or cognac
20 ml water
40 g currants
60 g raisins
25 g orange peel, very finely chopped
25 g lemon peel, very finely chopped
¼ tsp ground ginger
¼ tsp cinnamon
¼ tsp cardamom
¼ tsp nutmeg

YEAST DOUGH:

40 g chopped almonds
350 g flour
1 sachet dried yeast
100 ml milk, lukewarm
20 g sugar
1 sachet vanilla sugar
1 egg
½ tsp salt
100 g butter
125 g marzipan

IN ADDITION:

50 g flour for the work surface
Greaseproof paper
100 g butter
20 g fine sugar

Per slice

292 kcal, 32 g carbs, 15 g fat, 5 g protein, 2,7 BU

PREPARATION

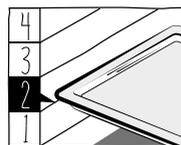
1. On the day before, wash the half lemon in hot water, dry it and grate the zest. Add to a bowl together with the remaining ingredients for the fruit mixture and leave to infuse overnight while covered.
2. Lightly toast the chopped almonds in a frying pan until you can smell them cooking. Then leave to cool.
3. To make the yeast dough, mix the flour and yeast in a bowl. Add the milk, sugar, vanilla sugar, egg, salt and butter and knead everything into a smooth dough. Cut or pull the marzipan into small pieces and then knead together with the almonds and the fruit mixture. Leave the yeast dough to prove in a warm place until the volume has doubled.
4. Knead the dough once again on the flour-covered work surface and form into a rectangle. Fold the sides of the dough in so that you get the classic Stollen shape.
5. Place the Stollen on a tray lined with greaseproof paper and leave to prove again at room temperature for approx. 30 minutes. Bake as indicated.
6. Heat the butter and brush the warm Stollen with it. Sprinkle with the sugar.

Oven setting:

Top/bottom heating

170 °C

Baking time: 50-60 minutes

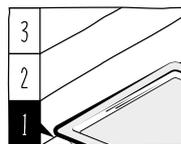


Compact oven setting:

Top/bottom heating

170 °C

Baking time: 50-60 minutes



Tip:

The Stollen tastes best when fresh. Wrap it tightly in tin foil to store it.



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

PREPARATION

1. Cover the base of the springform cake tin with greaseproof paper. Leave a third of the raspberries to defrost with 50 g sugar.
2. Preheat the oven.
3. Separate the eggs. Whisk the egg white until stiff with 3 tbsp hot water. Add the sugar gradually. Continue to whisk the mixture until it is creamy and glossy. Beat the egg yolk with a fork and fold into the egg white mixture. Mix the flour and baking powder, sieve onto the mixture and stir in briefly. Pour the mixture into the baking dish and bake as indicated.
4. Turn the cooked cake onto a wire rack and carefully remove the greaseproof paper. Leave the cake to cool down completely.
5. For the topping, purée the defrosted, sugared raspberries through a sieve. Whip the cream until stiff. Soak the gelatine, squeeze it out and dissolve. Mix the yoghurt with the remaining sugar and the pulp of half a vanilla pod. Quickly mix the dissolved gelatine in. Add the raspberry mixture and fold in the cream.
6. Cut the cake into two layers and place the bottom half onto a serving tray. Place a tall cake ring around the base of the gateau. Spread half of the raspberry cream mixture over it and place the top half onto it. Spread the remaining raspberry cream mixture on top.
7. Distribute the remaining frozen raspberries evenly on top of the cake. Prepare the glaze according to the instructions on the packaging, leave it to cool briefly and pour over the raspberries.
8. Leave the gateau to cool down for at least 3-4 hours before cutting to serve.

Oven setting:

Springform cake tin on the wire rack

CircoTherm

170 °C

Preheat

Baking time: 35-40 minutes

When using CircoTherm, you can place the accessories on any level from 1 to 3.

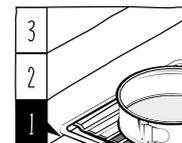
Compact oven setting:

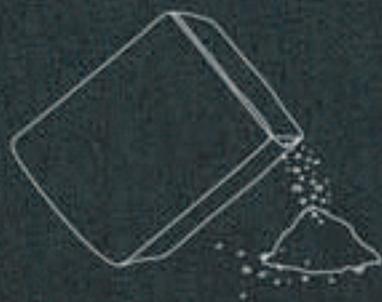
CircoTherm

170 °C

Preheat

Baking time: 35-40 minutes





SACHERTORTE

To make approx. 16 servings

Black springform cake tin, diameter 28 cm

MIXTURE:

150 g dark chocolate
150 g butter
150 g sugar
2 tbsp water
6 eggs
150 g flour
1 sachet baking powder

FILLING:

250 g apricot jam

IN ADDITION:

200 g dark cooking chocolate
25 g coconut oil
Greaseproof paper

Per serving
320 kcal, 39 g carbs, 16 g fat, 6 g protein, 3,2 BU

PREPARATION

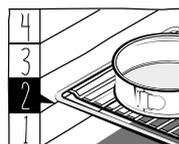
1. Line the base of the tin with greaseproof paper.
2. Melt the chocolate, butter, sugar and water in a water bath, do not heat.
3. Add the chocolate mixture to a mixing bowl.
4. Separate the eggs. Add the egg yolk to the chocolate mixture one by one and stir thoroughly.
5. Mix the flour together with the baking powder, sift onto the mixture and mix everything well.
6. Beat the egg whites until stiff and fold into the chocolate mixture.
7. Pour the mixture into the prepared tin and bake as indicated.
8. When cold, cut the cake into two layers. Brush each with warmed apricot jam, and join together again. Melt the dark cooking chocolate and coconut oil in the water bath. Coat the cake with this mixture.

Oven setting:

Top/bottom heating

180 °C

Baking time: 40-50 minutes

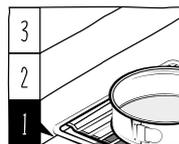


Compact oven setting:

Top/bottom heating

180 °C

Baking time: 40-50 minutes



Tip:

You can also prepare the chocolate mixture in a microwave oven. To do so, set the microwave to 360 watts and heat for approx. 4 minutes. Stir from time to time in between.



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

PREPARATION

1. Line the base of the tin with greaseproof paper. Preheat the oven.
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 tin 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.

Oven setting:

Springform cake tin on the wire rack

CircoTherm

160 °C

Preheat

Baking time: 35-45 minutes

When using CircoTherm, you can place the

accessories on any level from 1 to 3.

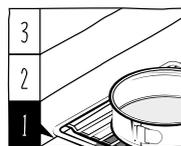
Compact oven setting:

CircoTherm

160 °C

Preheat

Baking time: 35-45 minutes





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

PREPARATION

1. Line the baking tray with greaseproof paper.
2. Preheat the oven.
3. Beat the eggs until light and fluffy. Gradually add the sugar and salt.
4. Mix the flour and baking powder and fold into the egg mixture using a whisk. Also fold in the walnuts.
5. Pour the mixture onto the baking tray, spread evenly and bake as indicated.
6. 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.
7. Melt the nut nougat in the water bath or in the microwave and then stir until smooth with 100 ml cream.
8. Whip the remainder of the cream until semi-stiff. Add the cream stiffener and the nougat mixture and whip until very stiff.
9. Roll the cooled sponge roll out of the tea towel. Coat with the nougat and cream mixture and then roll up again.
10. Sprinkle with icing sugar before serving.

Oven setting:

Baking tray

CircoTherm

180 °C

Preheat

Baking time: 30-35 minutes

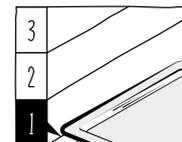
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

180 °C

Baking time: 30-35 minutes





GOOSEBERRY CAKE WITH ALMOND TOPPING – BASIC RECIPE FOR SPONGE MIXTURE

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

MIXTURE:

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

TOPPING:

400 g gooseberries
50 g flaked almonds
30 g sugar

IN ADDITION:

Butter for greasing
Icing sugar for dusting

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

PREPARATION

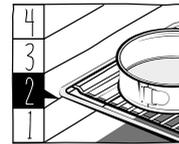
1. Beat the butter and sugar until light and fluffy. Gradually stir in the eggs.
2. Mix the flour with the baking powder and fold into the frothy mixture.
3. Pour the mixture into a greased springform cake tin. Briefly rinse the gooseberries, pat them dry and scatter them over the mixture.
4. Sprinkle the almonds and sugar over the top and then bake the cake as indicated.
5. Dust the cooked, warm cake with icing sugar.

Oven setting:

Top/bottom heating

170 °C

Baking time: 50-60 minutes

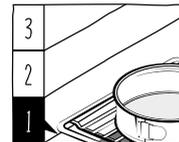


Compact oven setting:

Top/bottom heating

170 °C

Baking time: 50-60 minutes



Tip:

Rhubarb, redcurrants, apples
or apricots are all delicious alternatives to goose-
berries.



SPONGE FLAN BASE

For 12 servings

Flan-base cake tin, diameter 30 cm

SPONGE MIXTURE:

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

IN ADDITION:

Butter for greasing
Breadcrumbs for sprinkling

Per serving

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

PREPARATION

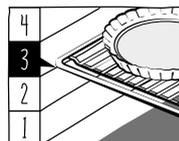
1. Grease a dark flan-base cake tin and sprinkle with breadcrumbs.
2. Wash the orange or lemon with hot water, dry it and grate 1 tsp zest.
3. Beat the butter until light and fluffy. Add the sugar, vanilla sugar and eggs and continue to beat.
4. Mix the flour and baking powder together. Stir into the mixture together with the milk, salt and 1 tsp grated orange or lemon zest.
5. Spread the mixture evenly in the tin. Bake as indicated.
6. After baking, tip the flan base onto a wire rack and leave to cool.

Oven setting:

Top/bottom heating

170 °C

Baking time: 20-30 minutes

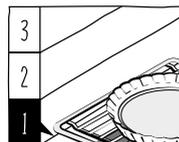


Compact oven setting:

Top/bottom heating

170 °C

Baking time: 20-30 minutes





APPLE CAKE WITH CARAMELISED WALNUTS

For approx. 12 servings

Springform cake tin, diameter 28 cm

CARAMEL:

1 organic orange
300 g walnuts
30 g sugar

SPONGE MIXTURE:

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

IN ADDITION:

Greaseproof paper
Butter for the edge of the tin

Per serving

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

PREPARATION

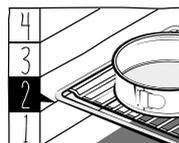
1. Wash the orange in hot water and dry it. Peel off a thin layer of the peel using a zester or a potato peeler and cut into wafer-thin strips. Do not peel the pith off as well.
2. Chop the walnuts roughly and toast them in a coated frying pan without oil. Toast the strips of orange briefly as well with them. Sprinkle the sugar over the top and let the ingredients caramelise.
3. Line the base of the springform cake tin with greaseproof paper and grease the edge of the tin. Distribute the caramelised walnuts in it.
4. Wash, peel and core the apples, then cut them into cubes approx. 2 cm in size.
5. Whisk the butter and sugar until light and fluffy. Stir the eggs in individually and add the orange marmalade. Mix the flour with the baking powder, sieve, and stir into the frothy mixture. Add the apples to the mixture, fold in and distribute the mixture over the walnuts.
6. Bake the cake as indicated.

Oven setting:

Top/bottom heating

180 °C

Baking time: 50-55 minutes

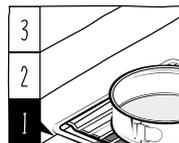


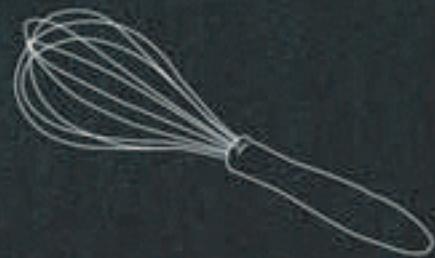
Compact oven setting:

Top/bottom heating

180 °C

Baking time: 50-55 minutes





RHUBARB TART WITH MERINGUE

To make approx. 20 servings

Universal pan

TOPPING:

1250 g rhubarb
100 g sugar

SPONGE MIXTURE:

225 g butter
200 g sugar
2 sachets vanilla sugar
4 eggs
500 g flour
1 sachet baking powder
1 pinch salt

MERINGUE:

6 egg whites
275 g sugar

IN ADDITION:

Butter for greasing the baking tray

Per serving

201 kcal, 22 g carbs, 11 g fat, 3 g protein, 1,8 BU

PREPARATION

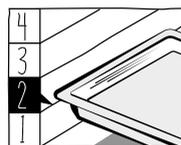
1. Wash and trim the rhubarb and cut into chunks approximately 3 cm long, then place into a bowl. Sprinkle with the sugar.
2. For the sponge mixture, mix together butter, sugar and vanilla sugar until light and fluffy. Gradually stir in the eggs.
3. Mix the flour, baking powder and salt and fold into the frothy mixture.
4. Grease the universal pan. Add the sponge mixture and spread evenly.
5. Pat the rhubarb dry and distribute on the mixture. Bake the topped sponge mixture for 20 minutes as indicated.
6. Meanwhile, beat the egg whites for the meringue until they are stiff, then gradually add the sugar.
7. Spread the egg white mixture over the partially baked rhubarb cake and finish baking as indicated.

Oven setting:

Top/bottom heating

180 °C

Baking time: 45-55 minutes

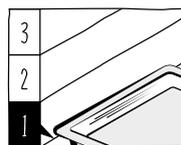


Compact oven setting:

Top/bottom heating

180 °C

Baking time: 45-55 minutes



Tip:

This cake also works well with other sour fruit, such as gooseberries or redcurrants.



MARBLE CAKE IN A JAR

For 4 servings

4 preserving jars, 290 ml each

SPONGE MIXTURE:

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

DARK SPONGE:

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

IN ADDITION:

Butter for the jars
1-2 tbsp breadcrumbs for sprinkling

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

PREPARATION

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

Oven setting:

Jars on the wire rack

CircoTherm

170 °C

Baking time: 45-50 minutes

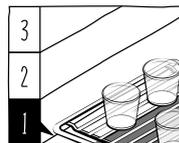
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

170 °C

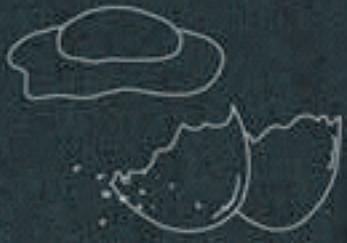
Baking time: 45-50 minutes



Tip:

When making a marble cake in the 30 cm cake tin, use twice the quantity of mixture. Place the cake tin onto the wire rack and

make the following settings: CircoTherm, 170 °C, baking time 60-65 minutes.



NUT CAKE

For approx. 10 servings

Springform cake tin, diameter 24 cm

SPONGE MIXTURE:

175 g sugar

175 g butter

4 eggs

100 ml milk

30 ml rum

250 g flour

1 heaped tsp baking powder

125 g hazelnuts, finely ground

1 pinch salt

IN ADDITION:

Butter for greasing

Per serving

422 kcal, 37 g carbs, 26 g fat, 8 g protein, 3,1 BU

PREPARATION

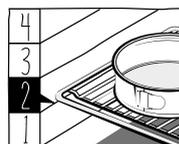
1. Grease the dish.
2. Beat the butter and sugar until light and fluffy. Gradually stir in the eggs. Add the milk and rum.
3. Mix the flour and baking powder and fold into the mixture with the hazelnuts. Add the salt.
4. Pour the mixture into the tin and bake the cake as indicated.

Oven setting:

Top/bottom heating

160 °C

Baking time: 50-60 minutes

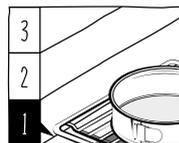


Compact oven setting:

Top/bottom heating

160 °C

Baking time: 50-60 minutes





DELICATE POUND CAKE

To make approx. 15 servings

Cake tin, 30 cm

SPONGE MIXTURE:

250 g butter, soft

250 g sugar

1 sachet vanilla sugar

4 eggs

2 tbsp rum

125 g flour

125 g cornflour

½ tsp baking powder

IN ADDITION:

Butter for greasing

Breadcrumbs for sprinkling

Per serving

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

PREPARATION

1. Grease the tin and sprinkle with breadcrumbs.
2. Beat the butter with the sugar and vanilla sugar until light and fluffy. Gradually stir in the eggs and rum.
3. Mix the flour, cornflour and baking powder, sieve and briefly stir into the mixture.
4. Pour the mixture into the tin and bake as indicated.

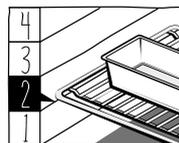
Oven setting:

Top/bottom heating

160 °C

Baking time:

1 hr. - 1 hr. 20 min.



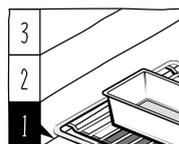
Compact oven setting:

Top/bottom heating

160 °C

Baking time:

1 hr. - 1 hr. 20 min.



Tip:

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

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

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



FRUIT TART – BASIC RECIPE FOR SHORTCRUST PASTRY

For approx. 12 servings

Springform cake tin, diameter 26 cm

SHORTCRUST PASTRY:

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

TOPPING:

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

IN ADDITION:

Butter for greasing
Greaseproof paper
Dried pulses for blind baking

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

PREPARATION

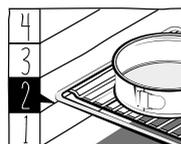
1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth mass using the kneading hook of a hand mixer or a food processor.
2. Grease the tin and line the base with two thirds of the pastry. Shape the remaining pastry into a roll and press around the edge of the tin, approx. 2 cm deep. Chill the pastry for 30-60 minutes.
3. Prick the pastry base several times with a fork. Line the pastry base and edge with greaseproof paper and fill with dried pulses. Bake as indicated.
4. Remove the pulses and paper and leave the cake base to cool. Then sprinkle it with almonds and decorate with fresh or drained fruit from a jar. Prepare the glaze with 2 tbsp sugar as per the manufacturer's instructions. Coat the fruit with it.

Oven setting:

Top/bottom heating

180 °C

Baking time: 30-40 minutes

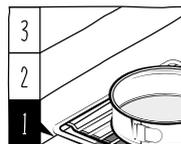


Compact oven setting:

Top/bottom heating

180 °C

Baking time: 30-40 minutes



Tip:

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



VANILLA CHEESECAKE

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

SHORTCRUST PASTRY:

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

QUARK MIXTURE:

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

IN ADDITION:

Butter for greasing

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

PREPARATION

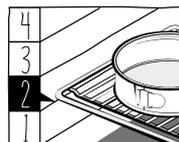
1. Only grease the base of the springform cake tin.
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly until a fine, crumbly mixture is produced.
3. Slice 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.

Oven setting:

Top/bottom heating

180 °C

Baking time: 60-80 minutes

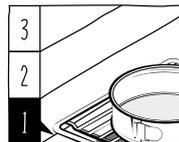


Compact oven setting:

Top/bottom heating

180 °C

Baking time: 60-80 minutes





ENGLISH APPLE PIE

To make approx. 12 servings

Tart dish, diameter 27 cm

SHORTCRUST PASTRY:

350 g flour

½ tsp salt

150 g butter

Approx. 75 ml water, ice-cold

FILLING:

1 organic lemon

750 g sour apples

4 dried apricots

1 small piece candied ginger

1 pinch cinnamon

50 g sugar

IN ADDITION:

1 egg for brushing

Butter for greasing

Per serving

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

PREPARATION

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

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

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

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

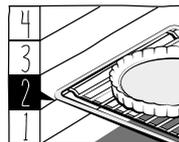
5. Whisk the egg with a fork and use it to brush the pastry lattice. Bake as indicated.

Oven setting:

Top/bottom heating

200 °C

Baking time: 60-65 minutes

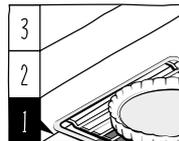


Compact oven setting:

Top/bottom heating

200 °C

Baking time: 60-65 minutes





PAVLOVA – MERINGUE WITH CREAM AND RASPBERRIES

For 6 servings

Baking tray

MERINGUE MIXTURE:

3 egg whites

175 g fine sugar

1 sachet vanilla sugar

2-3 drops vanilla essence

1 tsp light vinegar

1 tsp cornflour

FILLING:

250 ml cream

300 g raspberries

IN ADDITION:

Greaseproof paper

Per serving

285 kcal, 37 g carbs, 13 g fat, 4 g protein, 3,0 BU

PREPARATION

1. Whisk the egg white until stiff. Gradually mix in the sugar, vanilla sugar, vanilla essence and vinegar. Whisk the mixture for 10-20 minutes with a hand mixer or food processor. Fold in the cornflour quickly.
2. Preheat the oven as indicated.
3. Line a baking tray with greaseproof paper. Heap the meringue in the centre of the baking tray, use a spoon to shape it into a bowl around 20 cm in size and bake immediately as indicated.
4. Leave the meringue to cool.
5. Shortly before serving, whip the cream until stiff and use to top the meringue. Decorate with raspberries.

Oven setting:

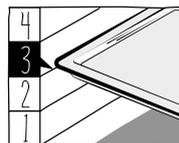
Top/bottom heating

Preheat to 150 °C

Baking with 100 °C

Baking time:

1 hr. 40 min. - 2 hr.



Compact oven setting:

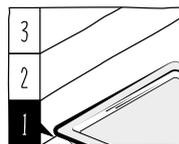
Top/bottom heating

Preheat to 150 °C

Baking with 100 °C

Baking time:

1 hr. 40 min. - 2 hr.





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

PREPARATION

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. Preheat the oven.
6. 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.
7. 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.
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.

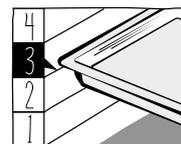
Oven setting:

Top/bottom heating

170 °C

Preheat

Baking time: 35-40 minutes



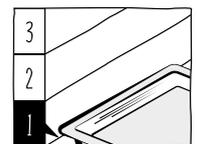
Compact oven setting:

Top/bottom heating

170 °C

Preheat

Baking time: 35-40 minutes





BROWNIES WITH PISTACHIOS AND CASHEWS

For 20 servings

Square springform cake tin, 24x24 cm

MIXTURE:

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

IN ADDITION:

Butter for greasing
Flour for dusting

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

PREPARATION

1. Grease the springform cake tin and lightly dust with flour.
2. Break the chocolate into small pieces and melt with the butter in the water bath.
3. Finely chop the pistachios and cashews.
4. Stir the eggs and sugar together well until light and fluffy. Slowly stir the melted butter and chocolate into the frothy mixture.
5. Mix the flour, baking powder and salt and fold into the frothy mixture.
6. Add the finely chopped pistachios and cashews, pour the mixture into the tin and bake as indicated.

Oven setting:

Square springform cake tin on the wire rack

CircoTherm

170 °C

Baking time: 35-40 minutes

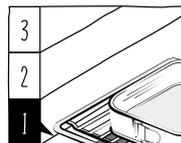
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

170 °C

Baking time: 35-40 minutes





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

PREPARATION

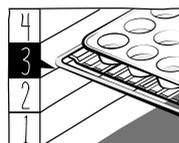
1. Wash the cherries, pit and allow to drain.
2. Grease the muffin tin or fill with paper moulds.
3. Add the butter and broken-up chocolate to a dish and melt in a bain marie.
4. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the frothy mixture.
5. Mix the flour with salt and baking powder and fold into the frothy mixture. Add 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.

Oven setting:

Top/bottom heating

190 °C

Baking time: 20-30 minutes

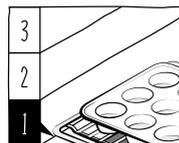


Compact oven setting:

Top/bottom heating

190 °C

Baking time: 20-30 minutes





APRICOT BOATS

For 8 servings

Baking tray

MIXTURE:

8 slices frozen puff pastry, around 600 g

A little flour

FILLING:

1 tin apricots, drained weight around 500 g

50 g ground almonds

100 g raw marzipan

1 egg

A little milk

IN ADDITION:

Greaseproof paper

Per serving

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

PREPARATION

1. Defrost the puff pastry according to the instructions on the packaging.
2. Allow the apricots to drain thoroughly.
3. Line the baking tray with greaseproof paper. Dust the work surface with flour and roll out the sheets of puff pastry into pieces around 12x10 cm in size.
4. Sprinkle the almonds diagonally over each piece of puff pastry. Cut the marzipan into wafer-thin slices. Place 2 slices each on the almonds. Place 2 apricot halves diagonally on each slice of marzipan.
5. Preheat the oven.
6. Separate the egg. Brush the two free, opposite corners of the pastry with egg white, fold over and press down firmly.
7. Whisk the milk and egg yolk, brush the 'boats' with the mixture and bake at once as indicated.

Oven setting:

Baking tray

CircoTherm

180 °C

Preheat

Baking time: 20-35 minutes

When using CircoTherm, you can place the accessories on any level from 1 to 3.

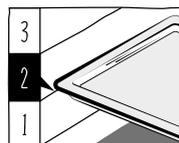
Compact oven setting:

CircoTherm

180 °C

Preheat

Baking time: 20-35 minutes



Tip:

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



MACAROONS

To make approx. 20 servings
Baking tray and universal pan

ALMOND MERINGUE:

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

FILLING:

250 g mascarpone
2 EL raspberry syrup
1 tsp lemon juice

IN ADDITION:

Greaseproof paper

Per serving

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

PREPARATION

1. Separate the eggs the day before and store the weighed egg white in the refrigerator.
2. On the day you plan to do the baking, line the baking trays with greaseproof paper.
3. Mix the almond flour and icing sugar and pass them through a fine sieve.
4. Beat the egg white until stiff, gradually add the sugar and beat into a firm mixture. Add the food colouring and mix well.
5. Fold the almond and icing sugar mixture into the whipped egg white using a spatula. The mixture should be smooth and viscous.
6. Pour the mixture into a piping bag with a nozzle and ice 40 blobs approx. 2 cm in size onto the baking trays. Leave to stand for at least 30 minutes. Preheat the oven.
7. Bake the macaroons as indicated.
8. Leave to cool down on the baking trays.
9. Mix together the ingredients for the filling. Shortly before serving, add a blob of the filling to the base of each macaroon and stick them together in pairs.

Oven setting:

CircoTherm

130 °C

Preheat

Baking time:

approx. 15 minutes

Compact oven setting:

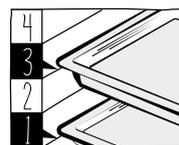
CircoTherm

130 °C

Preheat

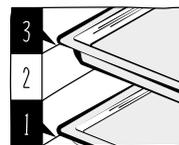
Baking time:

approx. 15 minutes



Tip:

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





VANILLA CROISSANT

For approx. 150 servings
Baking tray and universal pan

SHORTCRUST PASTRY:

280 g flour
70 g ground almonds
70 g sugar
1 sachet Bourbon vanilla sugar
210 g butter

SUGAR MIXTURE:

2 vanilla pods
2-3 tbsp icing sugar
100 g fine sugar

IN ADDITION:

Greaseproof paper

Per serving

22 kcal, 2 g carbs, 1 g fat, 0 g protein, 0,2 BU

PREPARATION

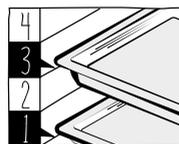
1. For the shortcrust pastry, mix all dry ingredients together in a mixing bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then at a faster speed setting. Shape into a roll, wrap in foil and chill for at least 1 hour.
2. Line the baking trays with greaseproof paper. Shape the pastry into a roll and cut into even slices. Form the slices into crescents by hand. Place them onto the baking trays and bake as indicated.
3. Cut the vanilla pods open lengthwise and scrape out the pulp. Mix the icing sugar well with the sugar and vanilla pulp. Roll the croissants in the sugar mixture while they are still hot.

Oven setting:

CircoTherm

140 °C

Baking time: 15-20 minutes

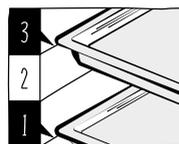


Compact oven setting:

CircoTherm

140 °C

Baking time: 15-20 minutes



Tip:

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



BERRY TARTLETS WITH SOUR CREAM GLAZE

For 8 servings

Ramekins

SHORTCRUST PASTRY:

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

TOPPING:

125 g fresh bilberries
125 g fresh redcurrants

GLAZE:

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

IN ADDITION:

Butter for the ramekins

Per serving

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

PREPARATION

1. Grease the mini tart dishes well.
2. For the shortcrust pastry, add the flour, salt and icing sugar to the work surface. Cut the cold butter into pieces and distribute at the edges. Knead into a smooth dough quickly with cold hands.
3. Divide the pastry into 8 pieces of equal size, roll out individually on a little flour and line the dishes. Prick the pastry bases with a fork several times and chill the pastry in the refrigerator for around 45 minutes.
4. Sort the berries, rinse them briefly and let them drip dry on kitchen towel. Strip the redcurrants from the stalks.
5. Slice the halved vanilla pod open lengthwise and scrape out the pulp. Whisk together with the other ingredients for the glaze.
6. Distribute the berries in the dishes, pour the glaze over them and bake the tartlets as indicated.

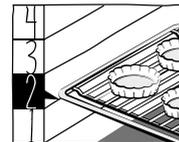
Oven setting:

Top/bottom heating

210 °C

Baking time:

approx. 25 minutes



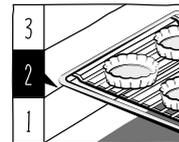
Compact oven setting:

Top/bottom heating

210 °C

Baking time:

approx. 25 minutes





CREAM PUFFS WITH SWEET FILLING – BASIC RECIPE FOR CHOUX PASTRY

To make approx. 12 servings

Baking tray

CHOUX PASTRY:

250 ml water

1 pinch salt

50 g butter

150 g flour

4 eggs

1 level tsp baking powder

SWEET FILLING:

500 ml cream

2-4 tsp sugar

1 sachet vanilla sugar

1 sachet cream stiffener

1 tin mandarins, drained weight 190 g

IN ADDITION:

Greaseproof paper

Per serving

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

PREPARATION

1. Bring the water, salt and butter to the boil in a saucepan.
2. Pour the sifted flour into the saucepan in one go. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to reduce the liquid. To do so, beat the mixture until it comes away from the sides and forms a soft ball, and until a white coating becomes visible on the base of the saucepan.
3. Place the ball in a deep mixing bowl. Mix the eggs in one by one at the highest setting. Let the mixture cool down.
4. Mix the baking powder into the cold mixture.
5. Preheat the oven.
6. Line the baking tray with greaseproof paper. Using two teaspoons, make equal-sized balls of pastry and place them on the baking tray. Leave plenty of room between them, as the mixture will double in size as it bakes. Bake as indicated.
7. Immediately after baking, cut open with kitchen scissors and leave to cool.
8. For the sweet filling, whip the cream until very stiff with sugar, vanilla sugar and cream stiffener. Let the mandarins drain well and fill them into the cream puffs with the cream before serving.

Oven setting:

Baking tray

CircoTherm

200 °C

Baking time: 30-40 minutes

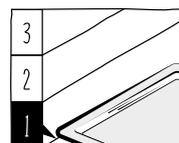
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

200 °C

Baking time: 30-40 minutes



Tip:

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



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

PREPARATION

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.

Oven setting:

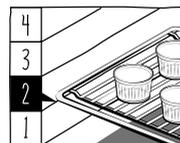
Top/bottom heating

200 °C

Preheat

Baking time:

approx. 14 minutes



Compact oven setting:

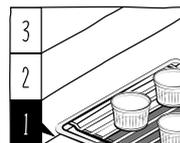
Top/bottom heating

Preheat

200 °C

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.



COCONUT BAKE

For 6 servings

Medium-sized, round glass dish

BAKE:

½ organic orange

½ organic lemon

400 ml unsweetened coconut milk

40 g butter

1 pinch salt

60 g sugar

60 g semolina

4 eggs

160 g dessicated coconut, lightly toasted

IN ADDITION:

Butter for greasing

Per serving

256 kcal, 21 g carbs, 27 g fat, 8 g protein, 1,7 BU

PREPARATION

1. Wash the organic lemon and organic orange with hot water, dry them and grate the peel. Bring the coconut milk to the boil with butter, salt and 2 tbsp sugar. Add the semolina and the peel of the citrus fruits and leave the mixture to cool down a little.
2. Separate the eggs. Mix the egg yolk into the semolina mixture together with the toasted dessicated coconut and leave to cool down more.
3. Whisk the egg white until stiff. Slowly add the remaining sugar and continue to whisk for 5 minutes. Fold the whipped egg white into the cooled semolina mixture.
4. Fill a greased baking dish with the mixture and bake as indicated.

Oven setting:

Round glass dish on the wire rack

CircoTherm

160 °C

Baking time: 40-50 minutes

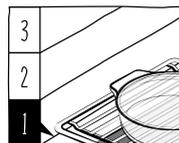
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

160 °C

Baking time: 40-50 minutes





MERINGUE WITH CHOCOLATE-MASCARPONE CREAM AND EXOTIC FRUITS

For 6 servings

Baking tray

MERINGUE MIXTURE:

1 egg white
1 pinch salt
50 g fine sugar

CREMA:

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

TOPPING:

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

IN ADDITION:

Greaseproof paper

Per serving

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

PREPARATION

1. Whisk the egg white until stiff with a pinch of salt. Add half of the sugar. Once the egg white mixture is shiny, add the remaining sugar.
2. Line the baking tray with greaseproof paper. Pour the meringue mixture into a piping bag and pipe out 6 equally sized blobs. Raise the edges slightly at the side so that the meringues look like crowns. Bake as indicated.
3. Break the chocolate into small pieces for the cream topping. Allow to melt in a small saucepan with the milk. Stir the mascarpone with a whisk until light and fluffy, then fold in the chocolate mixture.
4. Wash and halve the mango and remove the stone. Cut out small balls of mango using a melon baller. Wash the cumquats and cut them into wedges. Rinse the berries if necessary and pat dry with kitchen towel.
5. Pour the mascarpone cream into the cooled meringues, decorate with the fruit and sprinkle with icing sugar.

Oven setting:

Baking tray

CircoTherm

90 °C

Cooking time: 1 hr. 30 min. - 1 hr. 35 min.

When using CircoTherm, you can place the accessories on any level from 1 to 3.

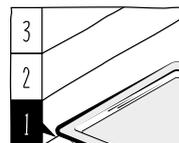
Compact oven setting:

CircoTherm

90 °C

Baking time:

1 hr. 30 min. - 1 hr. 35 min.



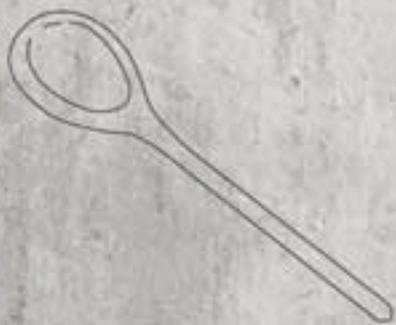
Tip:

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





BREAD AND ROLLS,
PIZZA
AND SAVOURY CAKES



HEARTY FOUR-GRAIN BREAD

For 1 tin loaf, approx. 25 slices

Universal pan

YEAST DOUGH:

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

IN ADDITION:

Cooking oil for the baking tray
Flour for dusting

Per slice

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

PREPARATION

1. Mix the two types of flour with the yeast in a large mixing bowl. Add all the other ingredients and knead the dough well. Leave the dough to prove in a warm place until the volume has doubled.
2. Grease the universal pan in the size of the bread loaf and dust with flour. Place the loaf into the universal pan and leave to prove for another 15-20 minutes whilst covered.
3. Preheat the oven as indicated.
4. Using a sharp knife, score diamond shapes into the risen loaf and prick all over with a cocktail stick. Sprinkle with water and bake as indicated.

Oven setting:

Bread-baking

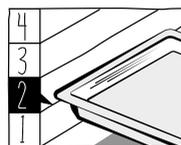
220 °C

Preheat

Partial baking: 10 minutes
then

180 °C

Baking time: 40-45 minutes



Compact oven setting:

Bread-baking

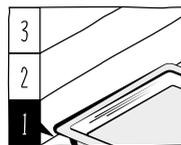
220 °C

Preheat

Partial baking: 10 minutes
then

180 °C

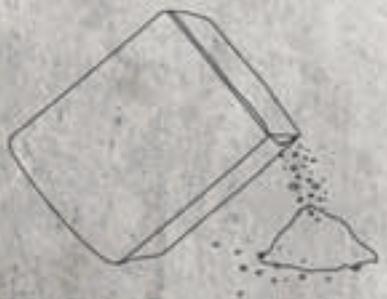
Baking time: 40-45 minutes



Tip:

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

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



RUSTIC FARMHOUSE BREAD WITH SOURDOUGH

For approx. 30 slices, 1 loaf

Universal pan

BREAD DOUGH:

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

IN ADDITION:

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

Per slice

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

PREPARATION

1. Mix the flour and yeast in a bowl. With salt, bread spice, honey. Mix in the sunflower seeds and sourdough.
2. Gradually add the water and mix into a smooth dough using the food processor. Knead thoroughly again by hand and form into a ball.
3. Thoroughly cover a bread basket, approx. 25 cm in diameter, with flour. Add the dough ball to it and cover in flour once again. Cover and leave to prove in a warm place for approx. 20-30 minutes.
4. In the meantime, preheat the oven. Grease the baking tray with oil and dust with a little flour.
5. Turn the loaf out onto the tray and pierce it several times. Bake as indicated.

Oven setting:

Universal pan

CircoTherm

220 °C

Preheat

Partial baking: 10-15 minutes

then

180 °C

Baking time: 40-50 minutes

When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:

CircoTherm

220 °C

Preheat

Partial baking: 10-15 minutes

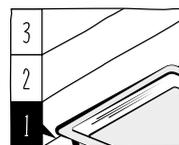
then

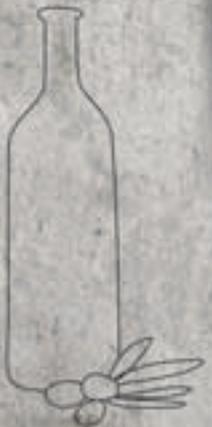
180 °C

Baking time: 40-50 minutes

Tip:

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





FLATBREAD

For 1 flatbread, approx. 8 servings

Universal pan

YEAST DOUGH:

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

TOPPING:

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

IN ADDITION:

Cooking oil for the baking tray

Per serving

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

PREPARATION

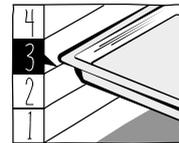
1. Mix the flour and yeast in a bowl. Add all other ingredients and knead to produce a soft dough. Leave dough to prove in a warm place for around 15-20 minutes.
2. Spread the dough on the greased tray to create a flat piece around 1.5 cm thick, prick with a fork and allow to prove again for another 15 minutes.
3. Use your knuckles to make small indentations in the bread and then drizzle olive oil over the top. Sprinkle with rosemary, pine nuts and sea salt to taste. Bake as indicated.

Oven setting:

Top/bottom heating

270 °C

Baking time: 20-30 minutes

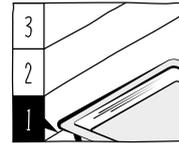


Compact oven setting:

Top/bottom heating

270 °C

Baking time: 20-30 minutes



Tip:

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



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

PREPARATION

1. Sift the flour and baking powder into a bowl. Add the salt. Add the small flakes of butter and rub together with the flour mixture until it resembles breadcrumbs.
2. Add the sugar and milk. Stir in with a spoon and then knead carefully.
3. Grease the baking tray and preheat the oven.
4. On a lightly flour-covered work surface, roll out the pastry to a thickness of approx. 1 cm. Cut out circles 5 cm in diameter and place on the baking tray.
5. Whisk the egg yolk and milk together and brush the top of the pastry with the mixture. Bake as indicated.

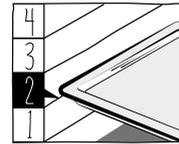
Oven setting:

Top/bottom heating

210 °C

Preheat

Baking time: 15-25 minutes



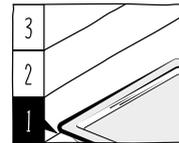
Compact oven setting:

Top/bottom heating

210 °C

Preheat

Baking time: 15-25 minutes

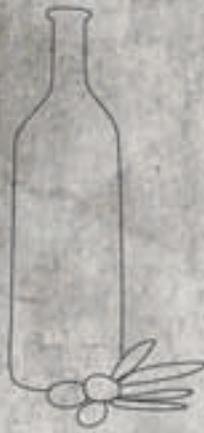


Tip:

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.



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

PREPARATION

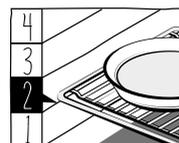
1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Allow dough to prove in a warm place for 30 minutes.
2. In the meantime, wash the cherry tomatoes and halve them. Cut up the mozzarella.
3. Grease the pizza tray with oil. Roll out the dough evenly on it and prick several times with a fork.
4. Season the passata with sea salt, pepper and sugar. Add half of the basil, mixing well.
5. Spread the tomato topping on the dough. Arrange the cherry tomatoes on the pizza. Distribute the mozzarella evenly over the cherry tomatoes. Sprinkle the remaining basil over the pizza, add salt and drizzle with olive oil.
6. Cook the pizza as indicated.

Oven setting:

Top/bottom heating

270 °C

Baking time: 20-25 minutes

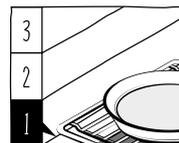


Compact oven setting:

Top/bottom heating

270 °C

Baking time: 20-25 minutes



Tip:

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

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



PEPPER QUICHE

For 6 servings

Pizza tray, diameter 30 cm

SHORTCRUST PASTRY:

200 g flour
2 pinches salt
1 egg
100 g butter, cold

TOPPING:

150 g green peppers
150 g yellow peppers
150 g red peppers
1 red onion, approx. 100 g
200 g courgettes
30 g butter
Salt
Black pepper, freshly ground

GLAZE:

200 ml cream
4 eggs
150 g Gruyère cheese, freshly grated
Salt
Black pepper, freshly ground
Nutmeg, freshly grated

IN ADDITION:

Cooking oil for the baking tray

Per serving
577 kcal, 30 g carbs, 43 g fat, 19 g protein,
2,5 BU

PREPARATION

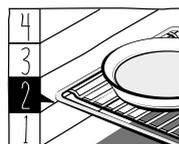
1. For the shortcrust pastry, pour the flour and salt onto the work surface and make a well in the centre. Beat the egg using a fork and then pour into the well. Cut the cold butter into small pieces and distribute around the edge of the flour. Quickly knead into a dough with cold hands. Form into a ball, press flat, wrap in foil and chill for approx. 30 minutes.
2. In the meantime, wash, halve and core the peppers and remove the white pith from the inside. Peel the onion. Cut the peppers and onion into cubes approx. 1 cm in size. Wash the courgettes and cut diagonally into thin slices.
3. Heat the butter in a frying pan and fry the chunks of pepper and onion in it first of all. Season the vegetables with salt and pepper, remove from the frying pan and place to one side. Briefly fry the sliced courgettes and also season them with salt and pepper.
4. Grease the pizza tray. Roll the dough out into a circular form and place onto the tray. Pull the edge up by approx. 3 cm and press down firmly. Prick the pastry base several times with a fork.
5. Distribute the courgette slices on the dough base and add the remaining vegetables on top.
6. Stir the cream, eggs and cheese and season generously with salt, pepper and nutmeg. Pour the mixture evenly over the vegetables and bake the quiche as indicated.

Oven setting:

Top/bottom heating

180 °C

Baking time: 60-70 minutes

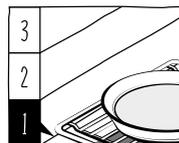


Compact oven setting:

Top/bottom heating

180 °C

Baking time: 60-70 minutes





ONION TART WITH APPLE

For 6 servings

Pizza tray, diameter 30 cm

SHORTCRUST PASTRY:

200 g flour

A little salt

1 egg

1 tbsp water

100 g butter, cold

TOPPING:

150 g streaky bacon

700 g onions

Salt

Pepper, freshly ground

1 sour apple

200 g crème fraîche

30 g grated cheese

IN ADDITION:

4 tbsp cooking oil for the tray

Per serving

581 kcal, 36 g carbs, 44 g fat, 11 g protein,
3,0 BU

PREPARATION

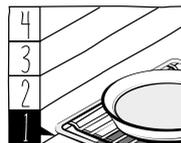
1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg and water, cut the cold butter into chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth dough using the kneading hook of a hand mixer or a food processor. Grease the pizza tray, line with the dough and pull it up a little at the edges. Pierce the pastry base several times with a fork and chill for at least 30 minutes.
2. Finely dice the bacon for the topping. Peel and halve the onions, then cut them into thin strips.
3. Render the bacon in a frying pan. Add the onions and sweat them. Season well with salt and pepper.
4. Peel the apple, grate it roughly and add it to the onions. Add the crème fraîche and cheese and mix everything together.
5. Distribute the onion mixture on the pastry base and bake the cake as indicated.

Oven setting:

Top/bottom heating

200 °C

Baking time: 40-45 minutes

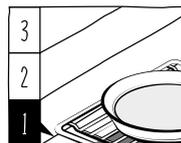


Compact oven setting:

Top/bottom heating

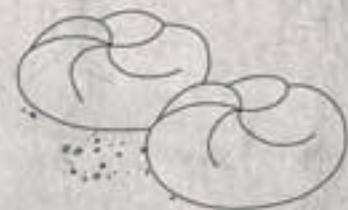
200 °C

Baking time: 40-45 minutes



Tip:

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



MEAT PIE

For 4 servings

Large ovenproof dish

YEAST DOUGH:

400 g flour
1 sachet dried yeast
1 pinch salt
1 pinch sugar
125 ml milk
1 egg
80 g butter

MINCED MEAT FILLING:

1 bread roll
1 onion
250 g mixed minced meat
2 tbsp olive oil
1 egg
Salt
Pepper, freshly ground
Herbes de Provence

SAUERKRAUT FILLING:

3 apples
1 onion
250 g sauerkraut
125 ml white wine
2 tbsp olive oil
2 juniper berries
Sugar, Salt

IN ADDITION:

Butter for brushing and for greasing

Per serving

949 kcal, 96 g carbs, 46 g fat, 31 g protein,
8,0 BU

PREPARATION

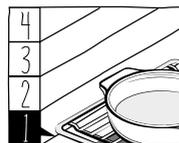
1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place.
2. For the minced meat filling, soak the bread roll in water and squeeze out any excess liquid. Peel and dice the onion.
3. Sweat the diced onion and minced meat in oil for approx. 15 minutes. Leave to cool down a little. Mix with the bread roll, egg, salt and pepper and season with the herbs.
4. For the sauerkraut filling, wash, peel and core the apples. Peel the onion. Dice both, bring to the boil with the remaining ingredients and leave to simmer for 15 minutes.
5. Grease the dish. Roll out the pastry and cut out a lid the size of the dish. Use the remaining pastry to line the base and edges of the dish. Prick the pastry base several times with a fork.
6. Fill with alternate layers of sauerkraut and minced meat. Place the pastry lid on top, brush with butter and pierce several times with a cocktail stick. This allows the moisture to escape when baking. Bake as indicated.
7. Serve the meat pie hot in the dish.

Oven setting:

Top/bottom heating

200 °C

Baking time: 40-50 minutes

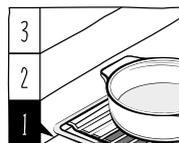


Compact oven setting:

Top/bottom heating

200 °C

Baking time: 40-50 minutes





TURKISH BÖREK

For 20 servings

Universal pan

CHEESE:

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

FILLING:

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

MIXTURE:

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

IN ADDITION:

Cooking oil for the universal pan

Per serving

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

PREPARATION

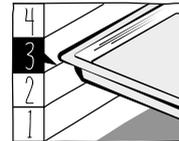
1. Rinse the fresh parsley and shake it dry. Remove the stalks and finely chop the leaves. Crumble the sheep's cheese and mix with the parsley.
2. Mix all the ingredients for the filling and stir until smooth. Season generously with salt and pepper.
3. Grease the universal pan. Place one sheet of pastry 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.

Oven setting:

Top/bottom heating

210 °C

Baking time: 30-40 minutes

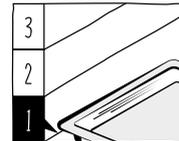


Compact oven setting:

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.

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