

COOKING PASSION SINCE 1877

RECIPES FOR ANY COOKING PERSONALITY.

The cookbook for your Neff built-in oven with FullSteam.

To: His

THE COOKBOOK FOR YOUR BUILT-IN NEFF OVEN WITH FULL STEAM FUNCTION





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 with FullSteam function.

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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FULLS TEAM FUNCTION





INFORMATION ON YOUR APPLIANCE.

A TRUE ALL-ROUNDER.

Oven, steamer or combi-steam oven? The built-in Neff oven with FullSteam function combines an oven, steamer and combi-steam oven in one single appliance. For baking, steaming and even roasting with steam in combination mode.

Using steam ensures that your food is provided with the ideal level of moisture when being roasted, baked and heated up with added steam. Your meat will remain juicy in the middle but be crisp on the outside, and your home-made bread will turn out beautifully with a golden crust.

When cooking with steam, hot water vapour surrounds the food. This means that vegetables remain crisp and fresh when cooked, vitamins are retained and meat stays juicy on the inside while crisping the outside.

You can find the appropriate setting for all recipes in the cookbook which are suited for added steam. In the instruction manual for your oven, you can find a variety of tips and information on the FullSteam function in the chapter 'Steam'. Please ensure that you read the instruction manual carefully.

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 up to 3 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

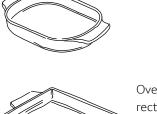
Use top/bottom heating for traditional baking and roasting on just one level. It is particularly well suited to cakes with a moist topping, either in tins or on a baking tray. With this setting, heat is emitted evenly from the top and bottom.

CIRCO-ROASTING

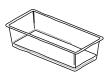
For roasting poultry, whole fish and larger pieces of meat. The grill element and the fan switch on and off alternately. The fan circulates the hot air around the food. This heating type is particularly well- suited for use in combination with steam.







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

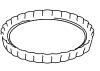


Preserving jars

Mini tart dishes



Ramekins/soufflé dishes



Tart dish





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.



Lid for the Profi pan The lid turns the Profi pan into a Profi roaster.



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.



Extra-deep pan Especially for large bakes, such as moussaka.

Baking stone

Pizza trav

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



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.



Large perforated steamer

For pizzas and large round cakes.

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



Profi pan

Ideal for the preparation of large quantities.



ABBREVIATIONS AND QUANTITIES



ABBREVIATIONS		SACHET MEASUREMENTS			WEIGHTS, CAPACITY MEASURES			
ml	Millilitres	-	powder	17 g	1 kg	1000 g	100 dg	2.22 lb
I	Litres	Vanilla sugar		9 g	11	1000 ml	100 cl	10 dl
g	Grams	Dry yeast		7 g				
kg	Kilograms	Cream stiffener		8 g				
cm	Centimetres							
mm	Millimetres							
tbsp	Tablespoon							
tsp	Teaspoon							
IvI	Level							
hpd	Heaped	NUTRITIONAL INFORMATION						
frzn	Frozen	NOTIX						
e.g.	For example	kcal	Kilocalories					
min.	Minutes	F	Fat					
hr.	Hours	carb	Carbohydrates					
min.	At least	Р	Protein					
approx.	Approximately	BU	Bread units					
pinch	Pinch							
Ø	Diameter							

SPOON MEASURES

	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 д	6 g	7 g	13 g
Butter	3 д	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 д	7 g	5 g	15 g
Oil	3 д	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



STARTERS, SOUPS AND SALADS



BAKED FIGS WITH GOAT'S CHEESE AND HAM

For 4 servings Small unperforated steamer MARINADE:

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

FIGS:

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

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

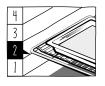
PREPARATION

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

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

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

Setting procedure: CircoTherm 170 °C Added steam, medium Cooking time: 15-20 minutes



Tip: Serve the baked figs with a baguette.



DELICATE SALMON TERRINE WITH PRAWNS

For 8 servings Glass cake mould, 30 cm FISH TERRINE:

600 g fresh salmon fillet Sea salt 400 ml cream ½ organic lemon ½ organic orange White pepper freshly ground 2 tsp honey mustard 100 g fresh prawns 2 tsp pickled green peppercorns

IN ADDITION:

4 tbsp herbs, chopped 2 tbsp pink pepper berries Butter for greasing

Per serving 255 kcal, 3 g carbs, 19 g fat, 19 g protein, 0,2 BU

PREPARATION

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

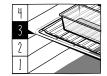
2. Then, purée the salmon fillet with ½ tsp sea salt and slowly pour the cream in. Wash the orange and lemon in hot water and dry them. Grate the lemon and orange peel. Squeeze the lemon. Add the lemon and orange peel to the salmon mixture and season to taste with pepper, 1 tsp lemon juice and honey mustard.

3. Grease the cake tin. Fill the tin with half of the salmon mixture. Arrange the prawns in a central layer lengthwise. Distribute the green peppercorns to the left and right. Add the remaining salmon mixture on top and cook the salmon terrine as indicated.

4. Leave to cool down a little after cooking. Tip out of the tin, sprinkle all over with the chopped herbs and leave to cool down fully.

5. Sprinkle with pink pepper berries before serving.

Setting procedure: Steaming 80 °C Cooking time: 45-50 minutes





SPICY POULTRY PARCELS

For 4 servings Large perforated steamer POULTRY PARCELS:

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

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

PREPARATION

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

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

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

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

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

Setting procedure: Steaming 100 °C Cooking time: 6-8 minutes



Tip:

Serve the poultry parcels with

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



SPICY COCONUT AND PUMPKIN SOUP

For 4 servings Large, shallow ovenproof dish SOUP:

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

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

PREPARATION

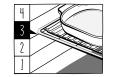
1. Quarter the pumpkin. Use a spoon to remove strings and seeds from the inside of the pumpkin slices. Cut the pumpkin into strips then roughly dice it with the skin. Trim and dice the soup vegetables. Distribute everything in the ovenproof dish and steam as indicated.

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

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

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

Setting procedure: Steaming 100 °C Cooking time: 20-25 minutes



Tip:

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



BEAN SALAD WITH TOMATO SAUCE AND SHEEP'S CHEESE

For 4 servings

Large perforated steamer BEANS:

700 g green bush beans 3 stems savoury

TOMATO SAUCE:

150 g tomatoes1-2 garlic cloves2 dried tomatoes1-2 tbsp balsamic vinegar2-3 tbsp olive oilSaltBlack pepper, freshly ground

IN ADDITION:

100 g sheep's cheese

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

PREPARATION

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

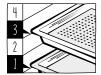
2. Meanwhile, wash the fresh tomatoes and slice them horizontally, remove the seeds and cut the tomatoes into chunks.

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

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

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

Setting procedure: Steaming 100 °C Cooking time: 18-25 minutes



Tip:

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



APULIAN RICE SALAD

For 4 servings Small unperforated steamer

SALAD:

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

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

PREPARATION

1. Peel the carrots and cut up small. Prepare the leek and cut into fine slices. Mix the water, vinegar and sugar in a small unperforated steamer. Add the carrots and leek and cook as indicated.

2. In the meantime, prepare the pepper and cut into fine strips. Place the pre-cooked vegetables with the vinegar broth in a dish. Add the strips of pepper and peas and leave to cool.

3. Place the rice in the small unperforated steamer. Add salted water or stock. Steam the rice as indicated until cooked and the liquid has evaporated.

4. Leave the rice to rest for five minutes, then loosen with a fork.

5. Chop the olives finely. Drain the tuna and break up.

6. Drain the vegetables, but do not discard the vegetable stock. Stir lemon juice and salt into the stock and mix in the olive oil.

7. Rinse the parsley and cut into fine strips. Mix everything with the capers and lemon sauce and leave to infuse for an hour.

Setting procedure: Steaming 100 °C Vegetables: Cooking time: 7 minutes Rice: Cooking time: 15-20 minutes

Tip:

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



THAI LENTIL SALAD

For 4 servings Small unperforated steamer SALAD:

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

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

PREPARATION

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

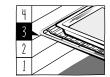
2. Add the oil to a frying pan. Sweat the onion, garlic, ginger and chilli while stirring. Add the curry paste, fish sauce, stock powder and water and briefly bring to the boil.

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

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

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

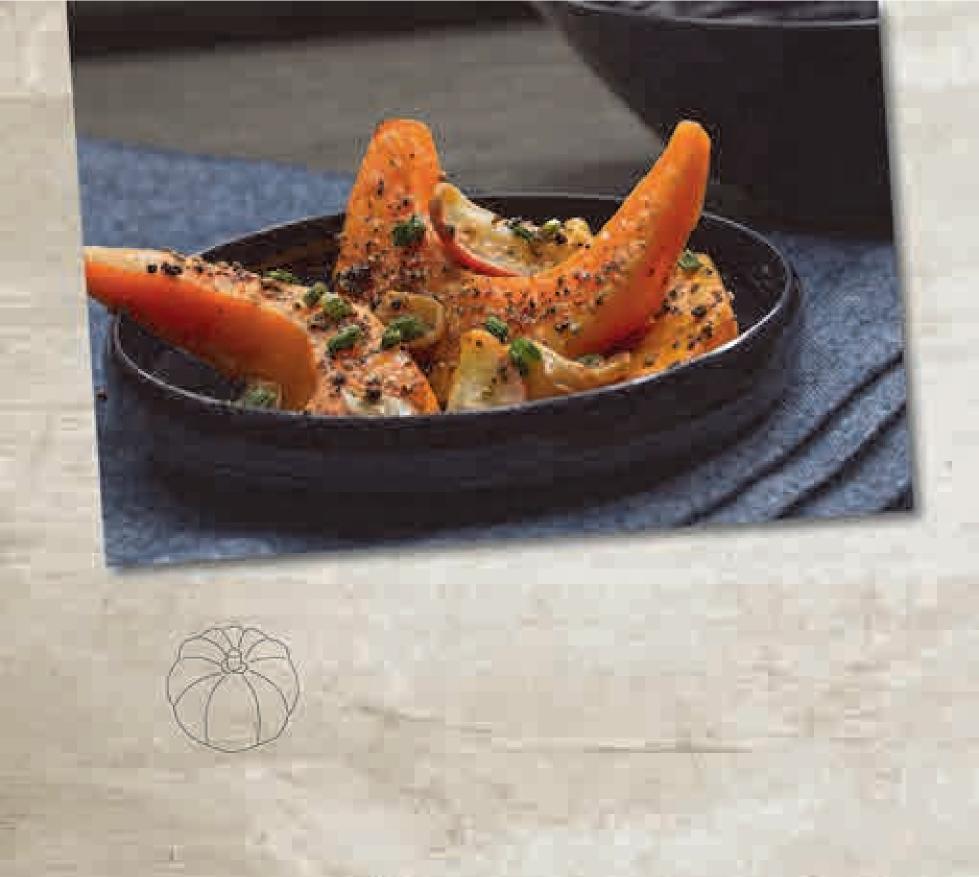
Setting procedure: Steaming 100 °C Cooking time: 12-14 minutes



Tip: Lentils cooked in steam become particularly soft.



SIDE DISHES AND VEGETABLES, VEGETARIAN DISHES AND BAKES



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.

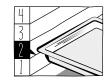
2. Melt the butter, brush the universal pan with a thin layer of it, and sprinkle with chilli salt and mixed pepper.

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.

Setting procedure: Top/bottom heating 180 °C Added steam, medium Cooking time: 30-35 minutes





LEMON POTATOES WITH HERBS AND POINTED PEPPERS

For 4 servings

Universal pan

POTATOES:

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

PEPPER:

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

IN ADDITION:

3 tbsp olive oil for the baking tray

Per serving

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

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PREPARATION

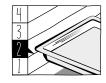
- 1. Wash the potatoes well and clean with a brush.
- 2. Rinse the herbs and shake dry. Wash the lemon in hot water and dry.
- **3.** Add oil to the universal pan. Distribute the herbs evenly on it.

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.

Setting procedure: CircoTherm 190 °C Added steam, medium Cooking time: 60 minutes





MEDLEY OF VEGETABLES WITH LEMON AND CREAM CHEESE CREME

For 4 servings Large perforated steamer

VEGETABLES:

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

CREMA:

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

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

PREPARATION

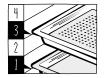
1. Peel the carrots and kohlrabi. Cut the carrots diagonally into thin slices and the kohlrabi into small pieces. Wash the courgettes and romanesco. Halve the courgettes lengthwise and cut diagonally into medium-sized triangles. Divide the romanesco up into florets.

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

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

- 4. Before serving, rinse the sprig of basil, remove the leaves, cut up and stir in.
- 5. Arrange the vegetables on plates or layer in glass dishes and serve with the creme.

Setting procedure: Steaming 100 °C Cooking time: 7-10 minutes



Tip:

So all vegetables are done at

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

cheese.



ASIAN LEAF VEGETABLES WITH CORIANDER PURÉE

For 4 servings Large perforated steamer VEGETABLES:	PREPARATION
8 small pak choi CORIANDER SAUCE:	 Trim, wash and drain the pak choi. Distribute in the perforated steamer and cook as indicated. Rinse the coriander, shake dry and remove the leaves.
1 bunch coriander 50 g cashews	 Toast the cashew nuts in a dry pan without fat until fragrant. Remove from the pan and leave to cool.
100 ml olive oil 60 g Parmesan, freshly grated Salt	4. Purée the cashew nuts with coriander, olive oil and parmesan. Season with salt and pepper to taste.
Black pepper, freshly ground Per serving	5. Drain the prepared pak choi and arrange on a plate. Drizzle with the coriander sauce and serve immediately.
374 kcal, 7 g carbs, 35 g fat, 10 g protein, 0,5 BU	Setting procedure: Steaming 100 °C Cooking time: 5-8 minutes

Tip: Leftover sauce goes well with shrimps or hot noodles.



BLACK SALSIFY IN MUSTARD CREAM

For 4 servings Large perforated steamer VEGETABLES:

3 tbsp white wine vinegar 1 kg black salsify

MUSTARD CREAM SAUCE:

1 onion 30 g butter 2 tbsp mustard seeds 3 tbsp mustard 125 ml vegetable stock 250 ml cream Salt White pepper freshly ground Nutmeg, freshly grated 1-2 tbsp light sauce thickener

Per serving 309 kcal, 17 g carbs, 24 g fat, 8 g protein, 1,4 BU

PREPARATION

1. Mix the vinegar with 1 l water.

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

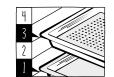
3. Place the black salsify into the perforated steamer and steam as indicated.

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

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

6. Add the black salsify to the sauce.

Setting procedure: Steaming 100 °C Cooking time: 10-15 minutes



Tip: Serve with boiled potatoes and grilled sausages.



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

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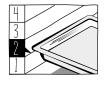
PREPARATION

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.

Setting procedure: CircoTherm 190 °C Added steam, high Cooking time: 25-30 minutes





SPINACH SERVIETTE DUMPLINGS

For 20 slices Perforated steamer DUMPLINGS:

150 g frozen spinach leaves 150 g onions 100 g butter 10-12 stale bread rolls 5 eggs 250 ml milk Salt Pepper, freshly ground Nutmeg, freshly grated 1 bunch parsley, chopped

IN ADDITION:

Greaseproof paper

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

PREPARATION

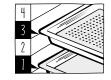
1. Defrost the spinach. Finely dice the onions and sweat in the butter. Cut the bread rolls into cubes.

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

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

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

Setting procedure: Steaming 95 °C Cooking time: 20-25 minutes





POTATO DUMPLINGS

For 12 pieces Large perforated steamer DUMPLINGS:

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

IN ADDITION:

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

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

PREPARATION

1. Wash the potatoes and steam as indicated without peeling.

2. Allow the steam to escape and peel the potatoes while still hot. Push the potatoes through a potato ricer.

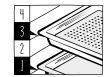
3. Add flour, eggs, salt, and some freshly grated nutmeg to the potatoes. Work the mixture into a smooth dough, first with a wooden spoon, then with your hands. With damp hands, shape the mixture into 12 balls.

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

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

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

Setting procedure: Potatoes: Steaming, 100 °C Cooking time: 35-40 minutes Dumplings: Steaming, 95 °C Cooking time: 20-25 minutes





PARSLEY ROOT MASHED POTATO

For 4 servings Large ovenproof dish PURÉE:

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

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

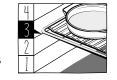
PREPARATION

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

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

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

Setting procedure: Steaming 100 °C Cooking time: 25-30 minutes





GNOCCHI WITH SAGE BUTTER

For 4 servings Large perforated steamer GNOCCHI:

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

SAGE BUTTER:

50 g butter 12 sage leaves

IN ADDITION:

1 tsp cooking oil for the steamer 30 g Parmesan, freshly grated

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

PREPARATION

1. Peel and quarter the potatoes, then steam in the perforated steamer as indicated.

2. Push the potatoes through the ricer while they are still hot. Mix with flour and add the eggs. Season with salt, pepper and nutmeg and knead into a malleable dough.

3. Shape into finger-width rolls and cut into pieces 3 cm long. Make grooves by pressing with the back of a fork. Grease the perforated steamer with cooking oil. Place the gnocchi close together in the cooking container and cook as indicated.

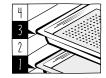
- 4. Allow the butter to froth in a deep pan and toss the sage leaves in the butter.
- 5. Briefly toss the well-drained gnocchi in the sage butter and serve sprinkled with parmesan.

Setting procedure: Steaming 100 °C Boiled potatoes: Cooking time: 20-25 minutes Gnocchi: Cooking time: 6-8 minutes

Tip:

Stuffed gnocchi: Use a tablespoon to cut the gnocchi from the dough. Make a well in the centre and fill with soft cheese with herbs. Seal with dough, reshape, and steam.

Toss the drained gnocchi in frothed butter and add tomato sauce.





LEMONGRASS RISOTTO

For 4 servings Large, shallow ovenproof dish RISOTTO:

1 shallot

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

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

PREPARATION

1. Peel and finely chop the shallot and garlic.

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

3. Stir once halfway through the cooking time.

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

Setting procedure:

Tip:

Steaming 100 °C Cooking time: 30-35 minutes



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



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

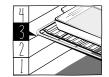
PREPARATION

1. Bring 1 I 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.

Setting procedure: Top/bottom heating 200 °C Added steam, low Cooking time: 35-45 minutes



Tip:

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



TAGLIATELLE WITH BEETROOT

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For 4 servings Large, shallow glass dish

BEETROOT:

3 beetroots, approx. 150 g each 2 bay leaves

PASTA:

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

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

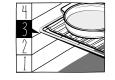
PREPARATION

1. Wash the beetroots, pierce them with a fork and add to a glass dish together with 50 ml water and the bay leaves. Cover with the lid and cook as indicated.

2. Boil the pasta until al dente according to the instructions on the packaging and drain it off.

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

Setting procedure: Steaming 100 °C Cooking time: 35-40 minutes





AUTUMNAL MUSHROOM FLAN

For 4 servings

Small moulds in the large perforated steamer FLAN:

5 g dried mushrooms, e.g. horns of plenty or porcini mushrooms 150 g chanterelles or chestnut mushrooms 1 small shallot 1 tbsp butter 100 ml milk 100 g mascarpone 2 eggs Salt Black pepper, freshly ground 1 pinch nutmeg, freshly ground 2 sprigs marjoram

IN ADDITION:

Butter for greasing Breadcrumbs for sprinkling

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

PREPARATION

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

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

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

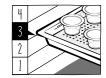
4. Grease 4 small moulds (150 ml each) and sprinkle with breadcrumbs. Fill with the mushroom mixture up to ½ cm under the rim and place the small moulds into the perforated steamer. Cook as indicated until the mixture is set.

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

Setting procedure: Steaming 100 °C Cooking time: 15-18 minutes

Tip: Serve the puddings with fried

mushrooms or a green salad.



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VEGETABLE PILAF

For 4 servings Universal pan

RICE MIXTURE:

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

VEGETABLES:

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

IN ADDITION:

2 tbsp parsley, chopped

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

PREPARATION

- 1. Soften the chickpeas in cold water overnight. Then strain and leave to dry well.
- 2. Peel and finely chop the onion and garlic.

3. Wash the rice under running cold water, leave to dry and fry until translucent in 1 tbsp cooking oil. Mix together the chickpeas and the diced onion and garlic and fry briefly, stirring continuously.

4. Distribute the mixture in the universal pan, pour over the vegetable stock and cook as indicated.

5. Meanwhile, wash the aubergine and courgette, remove the stalks and dice. Trim the carrot and cut into large cubes. Heat the cooking oil. On a high heat, first brown the diced aubergine and then the courgettes and carrots.

6. Season the diced vegetables with herb-flavoured salt and pepper and carefully mix into the rice. Cook as indicated.

7. Serve the vegetable pilaf sprinkled with parsley.

Setting procedure: Steaming 100 °C Rice mixture: Cooking time: 45-50 minutes Rice mixture with vegetables: Cooking time: approx. 5 minutes



Side dishes and vegetables, vegetarian dishes and bakes 65



BAKED CHEESE IN FOIL

For 4 servings Universal pan VEGETABLE AND OIL MIXTURE:

2 red peppers

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

CHEESE:

500 g feta or halloumi

IN ADDITION:

4 anchovies according to taste Tin foil

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

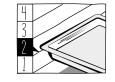
PREPARATION

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

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

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

Setting procedure: Top/bottom heating 200 ℃ Baking time: 20-25 minutes





UNPEELED BOILED POTATOES WITH TWO DIPS

For 4 servings

Large perforated steamer POTATOES:

1 kg mediumwaxy potatoes, preferably all of the same size

BACON DIP:

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

AVOCADO DIP:

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

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

PREPARATION

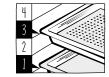
1. Wash and scrub the potatoes and distribute in the perforated steamer. Steam as indicated.

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

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

4. Serve the dips with the potatoes.

Setting procedure: Steaming 100 °C Cooking time: 35-45 minutes





PEPPERY STEW WITH SWEET POTATOES AND PEPPERS

For 4 servings Medium glass roaster with lid STEW:

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

Per serving

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

PREPARATION

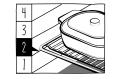
1. Wash and peel the sweet potatoes and cut into cubes approx. 2 cm in size. Wash, de-seed and dice the peppers. Peel the garlic clove and the shallots. Cut the shallots into small cubes, leave the garlic clove in one piece.

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.

Setting procedure: Top/bottom heating 200 °C Cooking time: 50-55 minutes





SPINACH WITH RAISINS AND PINE NUTS

For 4 servings Large perforated steamer SPINACH:

40 g raisins Dessert wine, e.g. Vin Santo 750 g spinach Salt 1 tsp olive oil 2 tbsp pine nuts

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

PREPARATION

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

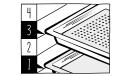
2. Trim, de-stalk and wash the spinach. Distribute in the perforated steamer, season lightly with salt and drizzle with olive oil. Steam as indicated.

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

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

5. Serve the spinach warm or cold.

Setting procedure: Steaming 100 °C Cooking time: 2-5 minutes



Tip: This spinach goes very well with roast beef.



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

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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.

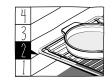
3. Add lentils and bulgur wheat, put the lid on and sweat them. Top up with the vegetable stock and cook. Stir while cooking.

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.

Setting procedure: CircoTherm 160 °C Added steam, high Cooking time: 25-30 minutes





SAVOURY FILLED YEAST DUMPLINGS WITH CHANTERELLES

For 4 servings

Small unperforated steamer YEAST DOUGH:

250 g flour

10 g yeast 14 tsp sugar 1⁄2 tsp salt Approx. 80 ml milk, lukewarm 1 egg 50 g butter

FILLING:

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

MUSHROOMS:

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

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

PREPARATION

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

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

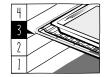
3. Knead the dough once more and divide into 8 portions. Form into small circles. Distribute the bacon filling on top, seal the dough, and shape into small balls. With the seam edge facing downwards, place the dumplings in the flour-coated, unperforated steamer and leave to prove again.

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

5. Steam the yeast dumplings as indicated.

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

Setting procedure: Steaming 100 °C Cooking time: 15-20 minutes



Tip:

You can also leave the dough

to prove in the oven. To do so, set cooking mode 1.



PASTA SNAILS

For 4 servings Medium ovenproof dish FILLING:

2 onions

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

PASTA:

300 g fresh pasta dough 350 ml stock

FOR SPRINKLING:

100 g grated cheese

IN ADDITION:

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

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

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PREPARATION

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

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

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

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

5. Heat the stock and pour into the dish.

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

Setting procedure: CircoTherm 180 °C Added steam, medium Cooking time: 30-35 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

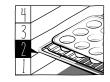
1. Peel the garlic and chop it finely, then sweat it briefly in 2 tbsp olive oil with the finely chopped herbs.

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.

Setting procedure: CircoTherm 180 °C Added steam, low Baking time: 40-45 minutes





AUBERGINE AND TOMATO LASAGNE

For 4 servings

Universal pan, large ovenproof dish LASAGNE:

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

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

PREPARATION

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

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

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

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

5. Do the same again with the other half.

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

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

Setting procedure: Aubergines: Universal pan, level 4 Grill, large area 250 °C Grilling time: 5-7 minutes per tray Lasagne: CircoTherm 180 °C

Added steam, medium Grilling time: 30-35 minutes





RIGATONI WITH TOMATO SAUCE

For 4 servings Large ovenproof dish RIGATONI:

250 g pasta, rigatoni or penne 1 red pepper, approx. 150 g 1 green pepper, approx. 150 g 250 g green asparagus 1 medium onion 20 g butter or olive oil Sea salt Pepper, freshly ground Sugar 400 ml tomato sauce 2 tbsp frozen herbs

FOR SPRINKLING:

60 g Pecorino cheese, freshly grated

IN ADDITION:

Butter or olive oil for the dish

Per serving 455 kcal, 46 g carbs, 19 g fat, 24 g protein, 3,8 BU

PREPARATION

1. Cook the pasta in plenty of salted water until almost 'al dente', rinse in cold water and leave to dry off well.

2. Wash, halve, core and trim the peppers. Cut them into cubes 1 cm in size. Peel the lower third of the asparagus and cut into pieces 2 cm long. Peel and finely dice the onion. Melt the butter and sweat the onions in it until translucent. Add the pepper cubes and asparagus and sweat them briefly too. Season with sea salt, pepper and sugar.

3. Mix the pasta with the sweated vegetables and the sauce. Add the frozen herbs and season to taste once again.

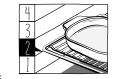
4. Grease the ovenproof dish, fill with half of the pasta mixture and sprinkle with half of the Pecorino cheese. Distribute the rest of the pasta on top and sprinkle with the remaining Pecorino cheese. Bake as indicated.

Setting procedure: Circo-roasting 160 °C Added steam, medium Cooking time: 25-30 minutes

Tip:

This dish is enough to serve 6 people as a side dish.

How to make tomato sauce yourself: finely dice 1 shallot and sweat in olive oil for 5 minutes with a clove of garlic. Wash 800 g fresh tomatoes, remove the stalks and cut the tomatoes into chunks. Leave to simmer uncovered for approx. 20 minutes in olive oil. Season with sea salt, freshly ground pepper and sugar. Pass through a sieve, add 3 tbsp of frozen Italian herbs and season to taste once again.





POTATO AND VEGETABLE CAKE

For 4 servings Pizza tray, diameter 30 cm POTATO AND VEGETABLE MIXTURE:

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

GLAZE:

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

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IN ADDITION:

Butter for greasing the baking tray

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

PREPARATION

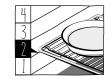
1. Peel and finely grate the potatoes and onions. Stir in the flour and eggs. Add the lemon juice and leave the mixture to stand for approx. 15 minutes.

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

3. Put the vegetable and potato mixture onto the greased pizza tray and smooth it out. Partially bake as indicated.

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

Setting procedure: Top/bottom heating 200 °C Added steam, low Initial baking: 20 minutes Final baking: 25-30 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.

Setting procedure: Circo-roasting 170 °C Added steam, medium Cooking time: 60-70 minutes



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







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

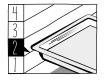
1. Prepare the herbs, rinse and shake dry. Chop half of the herbs finely and put to one side.

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.

Setting procedure: CircoTherm 180 °C Added steam, low Cooking time: 40-45 minutes



Tip:

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



ASIAN STEAMED FISH

For 4 servings

Small perforated steamer, universal pan FISH:

8 spring onions

8 Chinese dried mushrooms, e.g. shiitake or ludas's ear 1 piece fresh ginger, approx. 4 cm 3 garlic cloves 2 bunches glass noodles, cooked 1 kg sea bass or grouper, oven-ready, preprepared whole fish 2 tbsp peanut oil 4 tbsp soy sauce or fish sauce

1-2 tsp sugar

4 tbsp rice wine or dry sherry

Per serving

620 kcal, 65 g carbs, 13 g fat, 56 g protein, 5.4 BU

PREPARATION

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

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

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

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

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

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

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

Setting procedure: Steaming, 100 °C Spring onions: Universal pan, level 1, small perforated steamer on the wire rack, level 3 Cooking time: 1-2 minutes Fish: Cooking time: 20-25 minutes





RED MULLET ON A BED OF VEGETABLES

For 4 servings Universal pan

Universal

FISH:

4 red mullet fillets, 200 g each 1 lemon Sea salt

VEGETABLES:

2 red onions 1 clove garlic 200 g aubergines 200 g courgettes 2-3 sprigs rosemary ½ bunch lemon thyme ½ bunch basil 3 tbsp olive oil Salt Pepper, freshly ground 1 pinch sugar 600 g chopped tomatoes 20 g pitted black olives

IN ADDITION:

Tin foil Olive oil

Per serving 334 kcal, 8 g carbs, 15 g fat, 41 g protein, 0,7 BU

PREPARATION

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

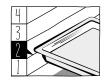
2. Peel the onions and garlic, then cut the onions into cubes approx. 1 cm in size. Wash and trim the aubergine and courgette, then also cut into cubes approx. 1 cm in size. Rinse the fresh herbs and shake them dry. Place a few sprigs of the lemon thyme to one side. Pluck the needles and leaves of the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

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

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

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

Setting procedure: Top/bottom heating 190 °C Cooking time: 20-25 minutes



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



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

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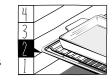
PREPARATION

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

2. For the sauce, heat the butter in a pot. Add the flour and sweat briefly. Deglaze with white wine and 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.

Setting procedure: 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

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PREPARATION

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

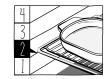
- 2. Cut the Gorgonzola into pieces, mix with the spinach leaves and season with pepper to taste.
- **3.** Toast the pine nuts in a pan without oil.

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

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

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

Setting procedure: Circo-roasting 180 °C Roasting time: 30-35 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, sugar 2-3 tbsp lime juice

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.

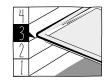
5. Heat up 1 tbsp peanut oil and sesame oil in a roaster. Fry the garlic, ginger and lemongrass in it. Add the vegetables gradually and fry them briefly. Finally, add the pineapple and braise the entire mixture for 10 minutes.

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

Setting procedure: 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.





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

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

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

Setting procedure: Top/bottom heating 180 ℃ Cooking time: 25-30 minutes





SOLE ROLLS WITH A BASIL AND SALMON FILLING

For 4 servings

Large ovenproof dish FILLING:

125 ml cream

1/2 bunch basil 150 g salmon fillet or salmon trout fillet Salt White pepper freshly ground

FISH:

8 sole fillets, approx. 600 g Salt 100 ml dry white wine

FOR THE SAUCE:

150 ml cream 1 tsp butter Salt Pepper, freshly ground

IN ADDITION:

Butter for greasing Wooden skewers

Per serving 426 kcal, 3 g carbs, 28 g fat, 36 g protein, 0,2 BU

PREPARATION

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

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

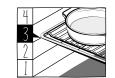
3. Grease the ovenproof dish and lightly salt it. Add the fish rolls and pour over the wine. Steam as indicated.

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

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

Setting procedure: Steaming 80 °C Cooking time: 12-14 minutes

Tip: Serve with rice, boiled potatoes, fennel or salad.





PLAICE ROLLS ON A BED OF RATATOUILLE

For 4 servings Large ovenproof dish

FISH:

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

RATATOUILLE:

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

IN ADDITION:

8 wooden skewers

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

PREPARATION

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

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

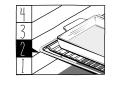
3. Wash and trim the aubergine and courgette. Cut the aubergine into cubes approx. 1 cm in size. Use a potato peeler to peel 8 very thin slices from the courgette and place them to one side for the fish rolls. Also dice the remaining courgette.

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

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

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

Setting procedure: Top/bottom heating 200 °C Added steam, low Cooking time: 30-35 minutes





FILLED SAVOY CABBAGE BALLS

For 4 servings Large perforated steamer SAVOY CABBAGE BALLS:

500 g sea bass fillet, sole fillet or lemon sole fillet 150 g salmon fillet 2-3 tbsp vermouth 8 large, tender savoy cabbage leaves or 16 small savoy cabbage leaves Salt White pepper freshly ground 400 ml cream, ice-cold 1 egg white

SAUCE:

250 ml fish stock from a jar2 cl vermouth200 ml cream1 generous pinch saffron powderSaltWhite pepper freshly groundCoriander

IN ADDITION:

Cooking oil for greasing

Per serving 666 kcal, 9 g carbs, 50 g fat, 41 g protein, 0,8 BU

PREPARATION

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

2.

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

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

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

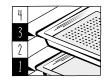
6. Line a cup with a large savoy cabbage leaf or two small leaves. Add some of the fish mixture, fold the top of the leaf over and press firmly. Turn the ball out into the lightly oiled, perforated steam container. Cook the savoy cabbage balls as indicated.

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

Setting procedure: Steaming 100 °C Savoy cabbage: Cooking time: 8 minutes Balls: Cooking time: 8-10 minutes



The balls will serve 8 as a starter.





RED SNAPPER CURRY

For 4 servings

Large roaster with lid

FISH:

600 g red snapper fillet

MARINADE:

1/2 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 marinade 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.

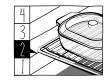
4. Trim and wash the courgettes, celery, spring onions, pak choi and chillies. Cut the courgettes into pieces approx. 2 cm long. Cut the celery and spring onions diagonally into slices approx. 1 cm wide. Cut the pak choi into strips.

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.

Setting procedure: 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.



MARINATED PRAWNS ON A BED OF COLOURFUL VEGETABLES

For 4 servings Universal pan

PRAWNS:

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

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

PREPARATION

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

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

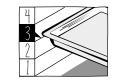
3. Peel and grate the ginger. Finely chop the garlic cloves. Wash the lime in hot water, dry it and grate the zest. Squeeze out the juice. Stir the oil, ginger, garlic, lime juice and zest, spices, coconut milk and soy sauce together. Season the marinade with salt and mix into the prawns and vegetables.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

4. Distribute prawns and vegetables in the universal pan.

5. Then steam as indicated.

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

Setting procedure: Steaming 100 °C Cooking time: 8-10 minutes





POULTRY AND MEAT



FRUITY TURKEY ROULADES

For 6 servings

Universal pan

ROULADE:

250 g button mushrooms
3 onions
4 tbsp rapeseed oil
20 g butter
6 thin turkey escalopes, approx. 120 g each
Salt
Black pepper, freshly ground
1½ tsp ground paprika
12 thin slices bacon

SAUCE:

20 g butter 1 tsp sugar 200 ml vegetable stock 100 ml white wine 5 dried apricots Salt Pepper, freshly ground

IN ADDITION:

Kitchen string or cocktail sticks

Per serving 345 kcal, 5 g carbs, 18 g fat, 38 g protein, 0,4 BU

PREPARATION

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

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

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

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

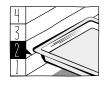
5. Roast the roulades as indicated.

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

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

8. Remove cocktail sticks or kitchen string from the roulades. Serve the turkey roulades with the fruity sauce.

Setting procedure: CircoTherm 160 °C Added steam, low Roasting time: 35-40 minutes



Tip:

If you prefer the roulades even fruitier, add a dried, de-stoned plum or apricot to the roulade as well.



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

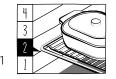
1. Rinse the chicken briefly under cold water and pat dry with kitchen towel. Cut up into 8 pieces; quarter the breast when doing so.

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.

Setting procedure: Top/bottom heating 210 °C Roasting time: 1 hr. 10 min. - 1 hr. 20 min.





MARINATED CHICKEN SKEWERS

For 4 servings

Universal pan

CHICKEN:

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

SALAD DRESSING:

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

IN ADDITION:

1 bunch rocket Kebab skewers

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

.

PREPARATION

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

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

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

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

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

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

Setting procedure: Steaming 100 °C Roasting time: 15 minutes





CRISPY DUCKS WITH BAKED APPLE STUFFING

For 6 servings

Universal pan and wire rack

MEAT:

2 fresh ducks without giblets, approx. 2.4 kg each Approx. 15 g fresh marjoram Sea salt Pepper, freshly ground 60 g orange marmalade

BAKED APPLE STUFFING:

4 sour apples, e.g. Santana or Braeburn20 g raisins2 fresh dates, pitted30 g marzipan20 g chopped walnuts

SAUCE:

500 ml duck stock from a jar or poultry stock Sea salt Pepper, freshly ground 1 tbsp orange marmalade 1 tbsp cornflour

.

IN ADDITION:

Cocktail sticks Kitchen string

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

PREPARATION

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

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

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

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

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

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

Tip:

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

Setting procedure: CircoTherm 170 °C Roasting time: 70 minutes then Circo-roasting 170 °C Added steam, medium Roasting time: 30-40 minutes



The fat you skimmed off can be used cold for bread and dripping or as an ingredient in red cabbage.

Garnish the ducks with slices of orange and fresh marjoram. Serve with red cabbage and potato dumplings or German-style serviette dumplings.



DUCK BREAST IN A HONEY AND BALSAMIC VINEGAR SAUCE

For 4 servings

Wire rack, large roaster

DUCK:

750 g duck breast fillet, 4 small or 2 large fillets Salt Pepper, freshly ground

.

SAUCE:

200 ml duck stock from a jar 200 ml cream 100 g crème fraîche 2-3 tbsp honey 2 tbsp white balsamic vinegar Salt Pepper, freshly ground

Per serving 685 kcal, 5 g carbs, 57 g fat, 39 g protein, 0,4 BU

PREPARATION

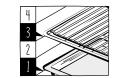
1. Rinse the duck breast fillets briefly under cold water and pat dry with kitchen towel. Score the fat with a criss-cross pattern using a sharp knife. Rub with salt and pepper. Place the fillets onto the wire rack with the skin facing up and roast as indicated. Turn after approx. 10 minutes and roast for a further 5 minutes.

2. Stir together the duck stock, cream, crème fraîche, honey and balsamic vinegar and season generously. Reduce for approx. 10 minutes in a saucepan on the hotplate and then add to a shallow roaster.

3. After approx. 15 minutes' roasting time, remove the duck breast fillets from the oven, place into the sauce with the skin side facing upwards and roast until done.

4. Keep the duck breast fillets warm for a while after roasting. Season the sauce once again. Cut the duck breast fillets open and serve with the sauce.

Setting procedure: Circo-roasting 200 °C Roasting time: 15 minutes then Roaster without lid on the wire rack Roasting time: 10 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 caramelise in the frying fat and deglaze by stirring thoroughly with tarragon vinegar. Peel the shallots. Add butter, shallots and the pearl onions with the onion broth. Place the meat on top, put the lid on the roaster and roast as indicated.

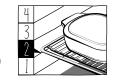
3. After approx. 40 minutes, remove the pearl onions and place them to one side. After this, pour the meat juices over the meat several times and turn it regularly. If required, top up with a little water.

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

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

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

Setting procedure: Top/bottom heating 190 ℃ Roasting time: 3 hr. - 3 hr. 10 min.





TENDER SADDLE OF VEAL WRAPPED IN SAVOY CABBAGE

For 4 servings

Medium roaster

MEAT:

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

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

PREPARATION

1. Carefully wash the pig's caul in lukewarm water and soak.

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

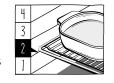
3. Rinse the meat briefly in cold water and pat dry with kitchen towel. Heat the clarified butter in the roaster and sear the meat all over. Add the sprigs of rosemary and the peeled clove of garlic. Take out the meat, season with salt and pepper and wrap in the Parma ham.

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

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

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

Setting procedure: Circo-roasting 190 °C Roasting time: 50-55 minutes





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.

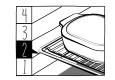
3. Heat the clarified butter in the roaster. Sear the shank slices. Remove from the roaster and place to one side.

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.

Setting procedure: Top/bottom heating 210 °C Cooking time: 1 hr. 20 min. - 1 hr. 30 min.





VEAL FILLET IN A LIME AND LEMON BALM CRUST

For 6 servings

Baking tray

MEAT:

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

SAUCE:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

1. Place a sheet of greaseproof paper onto the work surface. Wash the limes in hot water, dry them off and grate the zest onto the greaseproof paper. Rinse the lemon balm, shake dry, then pluck and chop approx. 15 of the leaves finely. Place the rest to one side for the sauce. Grind the Sichuan pepper using a mortar. Scatter the chopped leaves onto the greaseproof paper with the Sichuan pepper.

2. Rinse the veal fillet briefly in cold water and pat dry with kitchen towel. Remove any fat, skin and sinew and season with pepper. Sear on all sides for approx. 4 minutes in the hot clarified butter.

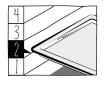
3. Remove the meat from the frying pan and place on the prepared greaseproof paper. Roll up the fillet tightly, pressing the sides together when doing so, and leave rolled up in the greaseproof paper for approx. 25 minutes. Then unpack, place the meat onto the baking tray and roast as indicated.

4. Chop the shallot finely for the sauce. Fry in the hot butter, then top up with the stock and wine. Add two sprigs of lemon balm and let the mixture reduce to approx. 3 tbsp.

5. Strain through a sieve into a second saucepan. Bring to the boil with the cream and leave to simmer for approx. 15 minutes until the sauce becomes light and creamy. Season to taste with a little grated lime zest, 1-2 tsp lime juice, herb-flavoured salt and a little black pepper. Finely chop around 10 lemon balm leaves and add to the sauce.

6. Season the fillet with herb-flavoured salt and cut into slices. Garnish with a few lemon balm leaves and serve with the hot sauce.

Setting procedure: Circo-roasting 180 °C Added steam, low Roasting time: 35-40 minutes





JOINT OF PORK WITH A HONEY-THYME CRUST

For 6 servings

Universal pan

MEAT:

2.2 kg pork shoulder joint, with rind, have the butcher score the rindSea saltBlack pepper, freshly ground3 garlic cloves100 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.

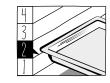
3. After cooking for around 40 minutes carefully detach the meat from the universal pan using a spatula and turn.

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.

Setting procedure: Top/bottom heating 200 °C Roasting time: approx. 2 hr. 40 min.





PORK LOIN WITH APRICOT SAUCE

For 4 servings

Medium roaster

MEAT:

1.2 kg boneless pork loin, wholeSea saltPepper, freshly ground2 tbsp clarified butter2 tbsp white wine vinegar

APRICOT SAUCE:

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

IN ADDITION:

2 spring onions

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

PREPARATION

1. For the sauce, peel the shallots and cut into pieces. Wash the apricots, halve and pit them.

2. Rinse the pork loin briefly in cold water and pat dry with kitchen towel. Season with sea salt and pepper.

3. Heat the clarified butter in the roaster and sear the meat all over. Deglaze with white wine vinegar and take out the the meat.

4. Sweat half of the shallots and apricots in the frying fat and add the sprigs of thyme.

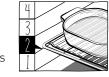
5. Add the white wine and place the meat back into the roaster. Roast as indicated in the roaster without a lid.

6. After roasting for around 45 minutes, add the rest of the shallots and apricots as well as the veal stock.

7. Then roast the pork until done. Remove the sprigs of thyme and season the sauce to taste.

8. Wash the spring onions, cut the green part into small rings and sprinkle over the meat before serving.

Setting procedure: Circo-roasting 190 °C Roasting time: 60-65 minutes





ROAST PORK CANTONESE STYLE

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For 4 servings

Medium glass roaster

MEAT:

750 g pork shoulder, an oblong, narrow joint

MARINADE:

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

FOR BRUSHING:

2 tbsp honey Per serving 468 kcal, 20 g carbs, 26 g fat, 39 g protein, 1,7 BU

PREPARATION

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

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

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

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

Setting procedure: Roaster without lid on the wire rack CircoTherm 200 °C Roasting time: 45-50 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.



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:

small garlic clove
 sprigs thyme
 sage leaves
 tbsp rosemary leaves
 tbsp medium-hot mustard
 tbsp olive oil

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

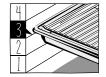
PREPARATION

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.

Setting procedure: 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 welldone, 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.



LAMB HAUNCH STUFFED WITH CHILLI PEAR

For 4 servings

Medium roaster

FILLING:

1-2 garlic cloves

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

MEAT:

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

.

IN ADDITION:

Cocktail sticks

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

PREPARATION

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

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

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

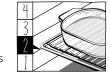
4. Rinse the meat briefly under cold water, pat dry with kitchen towel and cut off a little of the thick fat layer if necessary. Cut a small pouch into each one and season with salt and pepper. Fill with 1-2 tbsp of the pear filling and seal the pouch with cocktail sticks.

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

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

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

Setting procedure: Circo-roasting 180 ℃ Roasting time: 25-30 minutes





RABBIT WITH PEPPERS - CONIGLIO IN PEPERONATA

For 4 servings Small unperforated steamer RABBIT:

1.5 kg rabbit portions, ready to cook
4 shallots
1-2 garlic cloves
2 red peppers, 200 g each
2 yellow peppers, 200 g each
3-4 tbsp olive oil
1 tsp fennel seeds
Salt
White pepper freshly ground
3 sprigs rosemary
100 ml dry white wine
100 ml vegetable stock
Per serving

739 kcal, 6 g carbs, 42 g fat, 81 g protein, 0,5 BU

PREPARATION

1. Rinse the rabbit portions briefly under cold water and pat dry thoroughly with kitchen towel. Peel the shallots and garlic. Chop the shallots into quarters and the garlic into thin slices. Wash the peppers, trim them and cut into finger-width strips.

2. Heat the oil in a roaster and sear the meat on all sides over a medium heat. Briefly fry the shallots and garlic with the meat. Crush the fennel seeds slightly and add to the meat along with the strips of pepper. Season with salt and pepper.

3. Put the rabbit portions in the unperforated steamer with the pepper strips and rosemary. Deglaze by stirring in wine and vegetable stock. Season with salt and pepper and pour through a sieve over the meat. Steam the rabbit portions as indicated.

Setting procedure: Steaming 100 °C Cooking time: 50-55 minutes



Tip: Also fry 80 g of diced bacon in a frying pan until crispy and scatter over the rabbit before serving.



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, bonelessSaltPepper, freshly ground30 g clarified butter30 g butter

SAUCE:

1,0 BU

1 medium onion 2 small carrots 1 small piece celeriac 1/2 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,

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.

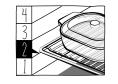
- 3. Heat the clarified butter in the roaster and sear the meat well all over.
- 4. Remove the meat from the roaster and place it to one side.
- 5. Briefly brown the vegetables, garlic cloves and juniper berries in the roasting juices.

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

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

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

Setting procedure: 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.



CAKES AND SMALL BAKED ITEMS, DESSERTS AND SWEET DISHES



GERMAN-STYLE BUTTER CAKE - BASIC RECIPE FOR YEAST DOUGH

For approx. 16 pieces 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 butter4 tbsp elderberry syrup or lime syrup100 g sugar100 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

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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.

Setting procedure: Top/bottom heating 170 ℃ Baking time: 20-25 minutes

4 3 2

Tip: You can also leave the dough to prove in the oven. To do so, set cooking mode 1.



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.

Setting procedure: CircoTherm 150 °C Added steam, medium Baking time: 25-35 minutes

Tip:



You can also leave the dough to prove in the oven. To do so, set cooking mode 1. To ensure the plait turns a lovely golden colour on the outside, brush it with the egg yolk and milk mixture.

Instead of raisins, you can also add chocolate chips to the dough.



GOOSEBERRY CAKE WITH ALMOND TOPPING - BASIC RECIPE FOR SPONGE MIXTURE

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

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

TOPPING:

400 g gooseberries 50 g flaked almonds 30 g sugar

IN ADDITION:

Butter for greasing Icing sugar for dusting

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

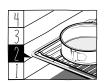
PREPARATION

- 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.

Setting procedure: Top/bottom heating 170 ℃ Baking time: 50-60 minutes



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



MARBLE CAKE IN A JAR

For 4 servings 4 preserving jars, 290 ml each SPONGE MIXTURE:

125 g flour

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

DARK SPONGE:

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

IN ADDITION:

Butter for the jars 1-2 tbsp breadcrumbs for sprinkling

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

PREPARATION

1. Grease the jars and sprinkle with breadcrumbs.

2. For the sponge mixture, mix flour, cornflour and baking powder and sieve in a deep mixing bowl.

3. Add the sugar, salt, soft butter, eggs and milk. Then beat the ingredients with a hand mixer or food processor, first on a low setting and then fast on a higher one, to produce a smooth mixture. Do not overbeat.

4. Wash the lemon in hot water and grate the zest. Flavour half of the mixture with the lemon zest and add to the jars.

5. Stir sugar, cocoa, almonds and milk into the remaining mixture and add to the light-coloured mixture. Cut the dark chocolate into small pieces and add to the dark mixture. Use a fork to create a spiral-shaped marble pattern in both mixtures.

6. Place the jars on the wire rack and bake the marble cake as indicated.

Setting procedure: Jars on the wire rack CircoTherm 170 °C Baking time: 45-50 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.

Tip:

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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.



MOIST CHOCOLATE CAKE FILLED WITH PEARS

For around 15 slices Cake tin 30 cm SPONGE MIXTURE:

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

GLAZE:

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

IN ADDITION:

Butter for greasing the tin Flour for dusting the tin

Per slice 363 kcal, 44 g carbs, 18 g fat, 7 g protein

PREPARATION

1. Cut up the chocolate and place in a dish. Add the milk and melt the chocolate mixture in a water bath. Add the soft butter and mix everything to produce a creamy consistency.

2. Place the flour, salt, baking powder, cocoa and sugar in a mixing bowl. Add the chocolate mixture, eggs, yogurt and pear juice. Then mix the ingredients with a hand mixer or food processor, first on the lowest setting and then fast on the highest one, to produce a smooth mixture.

- 3. Grease the cake tin and dust with flour.
- 4. Peel and halve the pears and remove the core. Cut the pears into wedges.

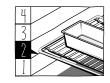
5. Add half of the mixture to the tin, arrange the pears in the middle, pour on the rest of the mixture and bake as indicated.

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

7. Cut up the chocolate, place in a dish with the cream and butter and melt in a water bath. Mix the syrup with the chocolate mixture and leave to cool.

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

Setting procedure: Top/bottom heating 170 °C Baking time: 50-55 minutes





APPLE CAKE WITH CARAMELISED WALNUTS

_ _ _ _ _ _ _ _

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

CARAMEL:

1 organic orange 300 g walnuts 30 g sugar

SPONGE MIXTURE:

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

IN ADDITION:

Greaseproof paper Butter for the edge of the tin

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

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.

Setting procedure: Top/bottom heating 180 °C Baking time: 50-55 minutes





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.

Setting procedure: 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 eqq

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.

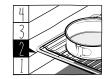
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly until a fine, crumbly mixture is produced.

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.

Setting procedure: Top/bottom heating 180 °C Baking time: 60-80 minutes



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

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

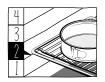
4. For the topping, purée the defrosted, sugared raspberries through a sieve. Whip the cream until stiff. Soak the gelatine, squeeze it out and dissolve. Mix the yoghurt with the remaining sugar and the pulp of half a vanilla pod. Quickly mix the dissolved gelatine in. Add the raspberry mixture and fold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

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

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

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

Setting procedure: CircoTherm 150 °C Added steam, low Baking time: 30-35 minutes, the first 10 minutes with added steam





CHOUX PASTRY GATEAU - BASIC RECIPE FOR CHOUX PASTRY

To make approx. 12 servings Baking trays and universal pan

CHOUX PASTRY:

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

FILLING:

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

IN ADDITION:

Greaseproof paper Butter for the baking trays Icing sugar for dusting

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

PREPARATION

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

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

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

4. Mix the baking powder into the cold mixture.

5. Use the mixture to bake 3 bases. Then spread a third of the mixture quantity onto each of the pre-prepared trays and bake as indicated.

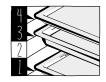
6. Wash the strawberries, let them drip dry and cut them into small chunks. Soak the gelatine in cold water.

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

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

9. Dust with icing sugar before serving.

Setting procedure: CircoTherm 190 °C Baking time: 20-30 minutes





PAVLOVA - MERINGUE WITH CREAM AND RASPBERRIES

For 6 servings Baking tray MERINGUE MIXTURE:

3 egg whites

175 g fine sugar1 sachet vanilla sugar2-3 drops vanilla essence1 tsp light vinegar1 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.

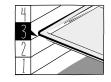
2. Preheat the oven as indicated.

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.

Setting procedure: 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.

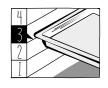
7. Place a sheet of pastry onto the nut mixture, brush with butter, place the next sheet of pastry on top, brush it with butter as well and then sprinkle the nut mixture on top. Repeat the process approx. four times. Use any remaining pastry for this too. Finally, also brush the pastry sheets placed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

Setting procedure: Top/bottom heating 170 °C Preheat Added steam, low Baking time: 35-40 minutes





LIME MUFFINS WITH WHITE CHOCOLATE

For 12 muffins Muffin tin MUFFINS:

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

IN ADDITION:

Butter for the tin or paper moulds

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

PREPARATION

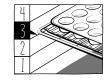
1. Wash the limes with hot water, dry them off, grate the zest and squeeze the juice from one lime.

2. Grease the muffin tin or fill with paper moulds.

3. Melt the butter and chocolate in a water bath. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the frothy mixture.

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

Setting procedure: Top/bottom heating 180 ℃ Baking time: 15-20 minutes





SMALL RING CAKES WITH LEMON CURD AND FRESH BERRIES

For 12 servings Tin for 12 mini ring cakes YEAST DOUGH:

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

LEMON CURD:

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

BERRIES:

125 g mixed fresh berries

IN ADDITION:

Butter for greasing Breadcrumbs for sprinkling Icing sugar for dusting

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

PREPARATION

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

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

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

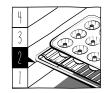
4. Even out the surface of the dough using your fingers so that the small cakes are even. Leave to stand for another 10 minutes and then bake as indicated.

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

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

Setting procedure: CircoTherm 170 °C Added steam, low Baking time: 20-30 minutes

Tip:



You can also leave the dough to prove in the oven. To do so, set cooking mode 1. You can also use the grated zest of an organic orange in place of orange liqueur or orange flower water.

Fill a clean jar with the lemon curd. The spread can be kept for up to 10 days in the refrigerator if well sealed.



MACAROONS

To make approx. 20 pieces

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

PREPARATION

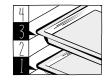
- 1. Separate the eggs the day before and store the weighed egg white in the refrigerator.
- 2. On the day you plan to do the baking, line the baking trays with greaseproof paper.
- **3.** Mix the almond flour and icing sugar and pass them through a fine sieve.
- **4.** Beat the egg white until stiff, 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.

Setting procedure: 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.



DUMPLINGS WITH CARAMELISED PINEAPPLE

For 4 servings Small unperforated steamer

DUMPLINGS:

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

CARAMELISED PINEAPPLE:

600 g pineapple1 tbsp butter2 tbsp sugar2 cl orange liqueur, e.g. Cointreau1 tbsp honey100 g raspberries

IN ADDITION:

Butter for greasing

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

PREPARATION

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

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

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

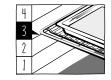
4. Squeeze out the quark in a cloth and stir into the mixture. Cover and leave in a cool place for 30 minutes.

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

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

Setting procedure: Steaming 95 ℃

Baking time: 10-15 minutes





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

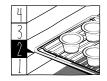
1. Preheat the oven.

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.

Setting procedure: Top/bottom heating 200 °C Preheat Baking time: approx. 14 minutes



Tip:

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



SPANISH CRÈME CARAMEL AND PEAR COMPOTE

For 6 servings

Small moulds and medium shallow dish CRÈME CARAMEL:

100 g sugar

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

COMPOTE:

¹⁄₂ organic lemon 800 g fully ripe pears 500 ml white wine 100 g sugar

IN ADDITION:

Cling film 30 g pine nuts

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

PREPARATION

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

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

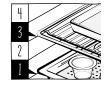
3. Wash the orange in hot water, dry it, and grate the zest. Add the sherry and orange peel and pour into the moulds through a fine sieve. Place the small moulds into the perforated steamer and cover with cling film.

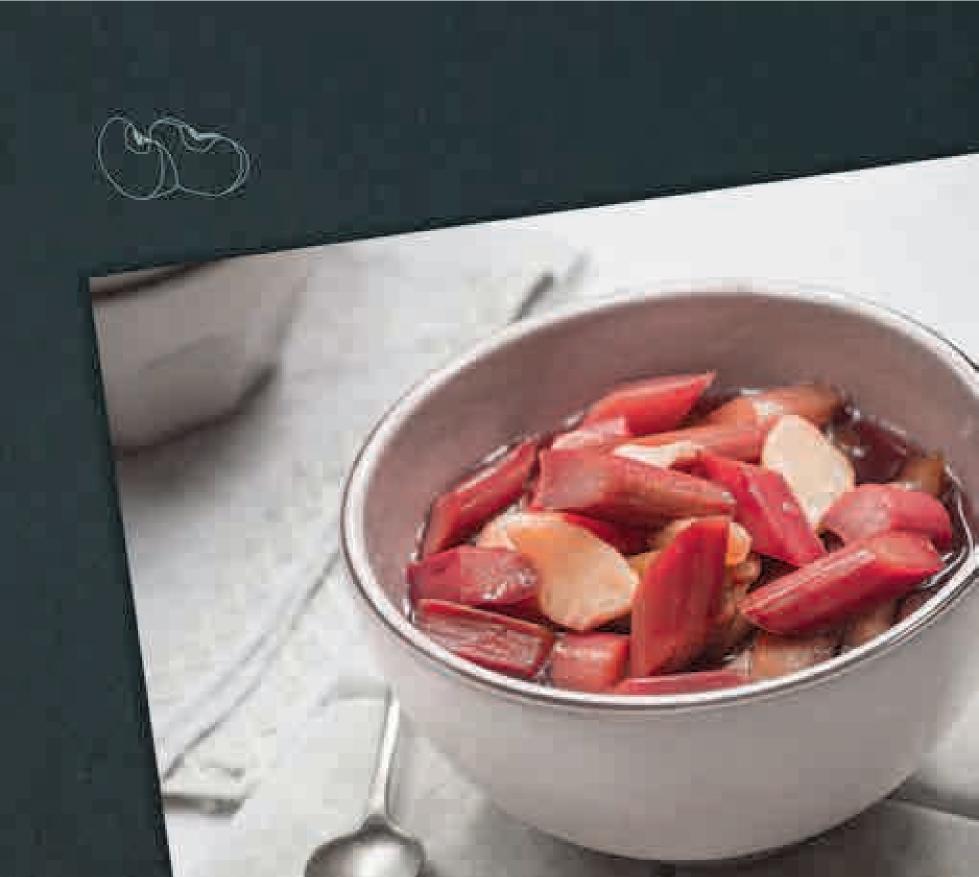
4. Wash the organic lemon with hot water and dry it. Peel, halve and core the pears. Cut into wedges, distribute in a shallow dish and drizzle with the juice of half a lemon. Add the wine, sugar and a little lemon zest and place into the oven above the crème caramel. Steam the crème caramel and the pears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

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

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

Setting procedure: Steaming 95 °C Cooking time: 20-25 minutes





RHUBARB AND APPLE COMPOTE

For 4 servings

Shallow, medium baking dish COMPOTE:

800 g rhubarb

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

Per serving

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

PREPARATION

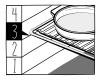
1. Wash and peel the rhubarb and trim both ends. Divide thick stalks lengthways, then cut into pieces.

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

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

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

Setting procedure: Steaming 100 °C Cooking time: 10-15 minutes



Tip:

Instead of the cinnamon stick,

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



CHOCOLATE TART WITH HONEY APRICOTS AND LAVENDER

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

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

APRICOTS:

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

IN ADDITION:

Greaseproof paper 1 tbsp lavender

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

PREPARATION

- 1. Break the chocolate into small pieces, put in a bowl with the butter and melt in the water bath.
- 2. Line the base and edges of the dish with greaseproof paper.

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

4. Preheat the oven.

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

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

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

Setting procedure: Top/bottom heating 250 °C Preheat Added steam, low Baking time: approx. 10 minutes





MOORISH FIG DESSERT WITH PORT WINE SYRUP

.

For 6 servings 6 ovenproof ramekins PORT WINE SYRUP:

1 organic orange 1 organic lemon 6 tbsp red port wine 1 sachet Bourbon vanilla sugar

EGG AND CREAM CHEESE MIXTURE:

8 green cardamom pods 2 eggs 60 g sugar 200 g double cream cheese 50 g pistachios 3 lady finger biscuits

FRUIT:

2.7 BU

6 fresh figs

IN ADDITION:

Icing sugar for dusting

Per serving 421 kcal, 33 g carbs, 26 g fat, 11 g protein,

PREPARATION

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

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

3. Place the eggs in a bowl with the sugar, grated orange zest and cardamom and beat until light and fluffy.

4. Add the remaining orange juice to the cream cheese and stir until smooth. Then gradually stir into the egg mixture.

5. Preheat the oven.

6. Grind the pistachio nuts finely in a mixer and put 1 tbsp to one side to use as a garnish. Mix the remaining pistachio nuts finely again with the lady fingers and stir into the egg mixture.

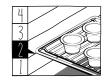
7. Distribute the mixture between 6 ovenproof ramekins.

8. Wash the the figs, dry them and cut crosses into the top. Place in the middle of the ramekins and sprinkle over the remaining pistachio nuts.

9. Bake as indicated.

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

Setting procedure: CircoTherm 160 °C Preheat Added steam, high Cooking time: 15-20 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.

Setting procedure: 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.



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

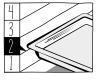
PREPARATION

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

Setting procedure: Bread-baking 220 °C Added steam, high Baking time: 8 minutes then 180 °C without added steam



Tip: If you are using wholemeal flour, you will need to add a little extra liquid and leave the dough to

Baking time: 35-45 minutes

prove for slightly longer.

You can also leave the dough to prove in the

oven. To do so, set cooking mode 1.

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



SAVOURY RYE SOURDOUGH BREAD

For 1 loaf, approx. 30 slices Universal pan SOURDOUGH PROLIFERATION:

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

BREAD DOUGH:

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

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

PREPARATION

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

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

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

- 4. Bake the bread as indicated.
- 5. Leave the baked bread to cool down on a wire rack.

Setting procedure: Bread-baking 200 °C Added steam, high 55-65 minutes the first 15 minutes with added steam

Tip:

You can also leave the dough to prove in the oven. To do so, set cooking mode 1. You can keep sourdough in the refrigerator for up to 2 weeks in a sealed jar.

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





FLATBREAD

For 1 flatbread, approx. 8 servings Universal pan YEAST DOUGH:

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

TOPPING:

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

IN ADDITION:

Cooking oil for the baking tray

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

PREPARATION

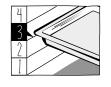
1. Mix the flour and yeast in a bowl. Add all other ingredients and knead to produce a soft dough. Leave dough to prove in a warm place for around 15-20 minutes.

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.

Setting procedure: Top/bottom heating 230 °C Added steam, high Baking time: 20-30 minutes

Tip:



Other tasty flavours: try kneading 3 tbsp Parmesan into the dough or adding finely chopped, dried tomatoes. You can also leave the dough to prove in the oven. To do so, set cooking mode 1.



CRUSTY POLENTA BREAD WITH ESPRESSO BUTTER

For 1 loaf, approx. 20 slices Universal pan MIXTURE:

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

ESPRESSO BUTTER:

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

IN ADDITION:

Greaseproof paper

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

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PREPARATION

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

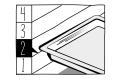
2. Turn the dough out onto a work surface which is covered in flour, dust the surface with flour, and roll the dough over three times around its longitudinal axis. Place onto a baking tray which has been lined with greaseproof paper and bake as indicated. Leave the baked bread to cool down.

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

Setting procedure: Bread baking setting 220 °C Added steam, high Baking time: 20-25 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set cooking mode 1. If twisted slightly, the crust will break open wonderfully when baked.





MULTIGRAIN ROLLS

For 12 bread rolls Baking tray MIXTURE:

Sourdough powder for 500 g flour 500 ml water 50 g rye flour, type 997 40 g cracked rye grain 450 g plain flour, type 550 1½ tsp salt 1½ sachets dried yeast 1 tbsp honey

FOR ROLLING:

40 g oat flakes 25 g linseeds 25 g pumpkin seeds 50 g sunflower seeds

IN ADDITION:

Butter for greasing the baking tray

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

PREPARATION

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

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

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

4. Mix the oat flakes, linseeds and other seeds. Moisten the bread rolls and press them carefully into the mixture.

Grease the baking tray and distribute the bread rolls on it. Leave to prove for another 60 minutes.
 10 minutes before the end, score the bread in a pattern of your choosing.

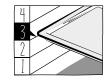
6. Bake the bread rolls as indicated and leave to cool on a wire rack.

Setting procedure: CircoTherm 180 °C Added steam, high Baking time: 15-25 minutes

Tip:

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You can also leave the dough to prove in the oven. To do so, set cooking mode 1.





SUS KERING - CHOUX PASTRY DISH FROM INDONESIA

To make approx. 160 pieces Baking trays and universal pan CHOUX PASTRY:

300 ml water

1/2 tsp salt 180 g margarine 180 g flour 4 eggs 75 g grated cheese, e.g. Emmental, Edam or Gouda

IN ADDITION:

Greaseproof paper

Per piece 16 kcal, 1 g carbs, 1 g fat, 0 g protein, 0,1 BU

PREPARATION

1. Bring the water, salt and margarine 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 dough cool down for approx. 10 minutes. Then mix in the cheese and let the dough cool down fully.

4. Line the baking trays with greaseproof paper. Preheat the oven.

5. Pour the choux pastry into a piping bag with a nozzle 1 cm in diameter and ice small blobs onto the baking trays. Bake the Sus Kering as indicated.

Setting procedure: CircoTherm 170 °C Preheat Bake: 170 °C, 15 minutes then 150 °C, 35-40 minutes



Tip:

Indonesia used to be a Dutch colony. For this reason, there are many recipes originating there which call for Gouda or other kinds of Dutch cheese.

Serve the Sus Kering as a party snack, with wine or beer.



PIZZA MARGHERITA

For 2 servings Pizza tray, diameter 30 cm YEAST DOUGH:

150 g flour½ sachet dried yeast1 pinch sea saltApprox. 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

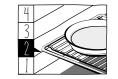
1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for 30 minutes.

- 2. In the meantime, wash the cherry tomatoes and halve them. Cut up the mozzarella into cubes.
- 3. Grease the pizza tray with oil. Roll out the dough evenly on it and prick several times with a fork.
- 4. Season the passata with sea salt, pepper and sugar. Add half of the basil, mixing well.

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

6. Cook the pizza as indicated.

Setting procedure: Top/bottom heating 250 °C Baking time: 25-30 minutes



Tip:

You can also leave the dough

to prove in the oven. To do so, set cooking mode 1.

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.



QUICHE LORRAINE

For 12 servings Tart dish, diameter 30 cm QUICHE PASTRY:

QUICHE PASTRY:

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

TOPPING:

200 g streaky bacon 4 eggs 400 g crème fraîche

IN ADDITION:

Butter for greasing

Per serving

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

PREPARATION

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

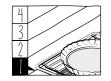
2. In the meantime, cut the bacon into small cubes.

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

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

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

Setting procedure: Top/bottom heating 220 °C Baking time: 35-50 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

.

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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

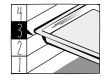
1. Rinse the fresh parsley and shake it dry. Remove the stalks and finely chop the leaves. Crumble the sheep's cheese and mix with the parsley.

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

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

Setting procedure: CircoTherm 180 °C Added steam, medium Baking time: 35-45 minutes



Tip:

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



JAMS AND PRESERVES



SPICED BLOOD ORANGE MARMALADE

For 6 jars, 250 ml each Large perforated steamer MARMALADE:

1 kg blood oranges 800 g oranges 500 g preserving sugar, 1:2 40 g fresh ginger 2 lemon thyme sprigs 1 vanilla pod ½ tsp cinnamon

Per jar

473 kcal, 109 g carbs, 1 g fat, 3 g protein, 9,1 BU

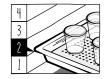
PREPARATION

1. Wash the oranges in hot water, rub them dry and peel over a bowl. Completely remove the white pith. Then break the oranges into segments, collect the juice and remove the pips. Cut the orange segments in half.

2. Weigh the orange segments and juice. Mix 500 g preserving sugar (1:2) with approx. 900 g of orange segments, including juice, in a large bowl. Peel the ginger, cut into small batons and add to the mixture. Rinse the lemon thyme and shake it dry. Halve the vanilla pod lengthwise and scrape out the pulp. Add the cinnamon, lemon thyme and vanilla pulp and leave everything to infuse for an hour.

- 3. Meanwhile, wash the jars out thoroughly with hot water.
- 4. Pour the marmalade into the clean jars and seal. Preserve as indicated.

Setting procedure: Steaming 100 °C Cooking time: 40-45 minutes



Tip:

To ensure that the orange

pieces do not all rise to the top of the jar, immediately after preserving, place the jars upside down for 5-10 minutes in a basin full of water. Afterwards, turn the jars repeatedly while they are cooling. Place in the refrigerator and leave the marmalade to set.



PINEAPPLE AND MANGO CHUTNEY WITH CHILLI

For 6 jars, 190 ml each Large perforated steamer CHUTNEY:

500 g pineapple, weighed in advance 250 g mango chunks, weighed in advance 50 ml port 50 ml white balsamic vinegar 50 ml mango juice 250 g preserving sugar 5-10 chilli threads

Per jar 266 kcal, 61 g carbs, 1 g fat, 1 g protein, 5,0 BU

PREPARATION

- **1.** Thoroughly clean and dry the jars.
- 2. Cut the pineapple and mango into small cubes of approx. 0.5 cm and place into a bowl.

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

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

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

Setting procedure: Steaming 100 °C Cooking time: 20-30 minutes

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JAM: SOUR CHERRY, PLUM AND ALMOND

For 4 small jars, 250 g each Perforated steamer JAM:

600 g sour cherries 400 g plums 500 g preserving sugar, 2:1 3-4 dropsbitter almond oil

Per jar

629 kcal, 150 g carbs, 1 g fat, 2 g protein, 12,5 BU

PREPARATION

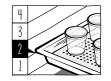
1. Wash the fruit and leave to drain in a sieve. Pit the fruit, quarter the cherries and finely dice the plums.

2. Place the fruit in a large, deep bowl, add the sugar and leave to stand for at least 2 hours to draw the juice.

3. Drizzle over bitter almond oil and stir well. Pour the jam into clean jars and seal.

4. Place the jars into the perforated steamer and cook as indicated. Leave the jam to cool in the appliance.

Setting procedure: Steaming 100 °C Cooking time: 40-45 minutes





SWEET AND SOUR PUMPKIN

For 4 one-litre jars Large perforated steamer PUMPKIN:

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

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

PREPARATION

1. The day before, cut the pumpkin flesh into even, bite-sized pieces. Mix the diced pumpkin with the white wine vinegar and add enough water to completely cover the pumpkin pieces. Leave to infuse for 24 hours, ideally in the refrigerator.

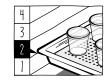
2. Drain the pumpkin in a sieve, reserving the liquid. Boil all of the sugar in some of the reserved liquid until syrupy.

3. Slice open the vanilla pod lengthways, scrape out the pulp and cut the pod into quarters. Wash the lemons, peel thinly, halve and squeeze out the juice.

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

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

Setting procedure: Steaming 100 °C Cooking time: 40-45 minutes



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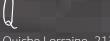
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