

COOKING PASSION SINCE 1877

RECIPES FOR ANY COOKING PERSONALITY.

The cookbook for your Neff built-in oven with VarioSteam®.

To: His

THE COOKBOOK FOR YOUR BUILT-IN NEFF OVEN WITH VARIO STEAM®





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 VarioSteam[®].

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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VARIO STEAM®



INFORMATION ON YOUR APPLIANCE.

SMART STEAM-ASSISTED COOKING

Using VarioSteam[®] ensures that food is provided with the ideal level of moisture when being roasted, baked and heated up with added steam. Your joint of 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 VarioSteam[®], always use uncovered, heat- and steam-resistant cookware on one level.

Steam will be generated in the cooking compartment at varying intervals and with varying intensity depending on the selected steam setting.

You can find the appropriate setting for all recipes in the cookbook which are suited for steam injection.

In the instruction manual for your oven, you can find a variety of tips and information on VarioSteam[®] in the chapter 'Steam'. Please ensure that you read the instruction manual carefully.

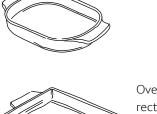
CIRCO THERM®

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.

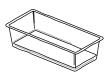
You can place the most varied dishes on up to 3 levels in the oven and cook them together without mixing or spoiling the various aromas. A roast joint of meat will still taste like it should and muffins will still taste like muffins. If you want to cook biscuits, pizzas or other flat foods on a baking tray, this is possible on several levels.







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

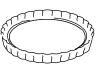


Preserving jars

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.



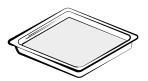
Baking tray, non-stick

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.

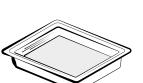


Universal pan, non-stick

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

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.

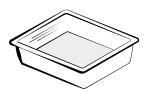


System steamer

For unpressurised steam cooking in the oven. The system steamer is perfectly suited to cooking vegetables, fish and ready-to-eat meals.

Pizza tray

For pizzas and large round cakes.



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 s	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		FIONAL 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



SIDE DISHES AND VEGETABLES, VEGETARIAN DISHES AND BAKES



ORIENTAL POTATO BAKE

For 6 servings

Universal pan

POTATOES:

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

IN ADDITION:

1/2 bunch flat-leaf parsley 3 sprigs peppermint Greaseproof paper

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

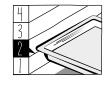
PREPARATION

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

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

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

Setting procedure: CircoTherm 190 °C Added steam, high Cooking time: 30-35 minutes



Tip:

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



FILLED JACKET POTATOES

For 4 servings

Universal pan

POTATOES:

4 equally sized, floury potatoes, 200 g each

FILLING:

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

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

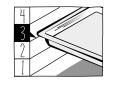
PREPARATION

1. Wash and brush the potatoes, then pierce each one several times with a fork. Place onto the tray with the skin on and cook as indicated.

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

3. Place back onto the baking tray, slide in at level 4 and grill as indicated.

Setting procedure: CircoTherm 160 °C Added steam, low Cooking time: 55-65 minutes and Grill, large area Intensive Grilling time: 5-8 minutes



Tip:

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



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

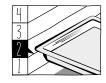
- 1. Wash the potatoes well and clean with a brush.
- 2. Rinse the herbs and shake dry. Wash the lemon in hot water and dry.
- **3.** Add oil to the universal pan. Distribute the herbs evenly on it.

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





ROASTED VEGETABLES WITH BALSAMIC SAUCE

For 4 servings Medium ovenproof dish VEGETABLES:

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

SAUCE:

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

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

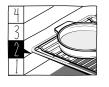
PREPARATION

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

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

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

Setting procedure: Bread-baking 230 °C Added steam, high Cooking time: 20-25 minutes





BAKED ASPARAGUS WITH SALSA

For 4 servings Universal pan SALSA:

400 g cherry tomatoes 1 tbsp fresh oregano ½ bunch fresh basil 1 small red onion 6-8 tbsp olive oil Chilli flakes Salt Pepper, freshly ground Sugar

ASPARAGUS:

1.5 kg fresh green asparagus 4 tbsp olive oil Salt Sugar

SERVE WITH:

Crema di Balsamico

Per serving 379 kcal, 11 g carbs, 34 g fat, 8 g protein, 0,9 BU

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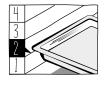
PREPARATION

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





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.

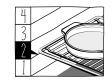
3. Add lentils and bulgur wheat, put the lid on and sweat them. Top up with the vegetable stock and cook. Stir while cooking.

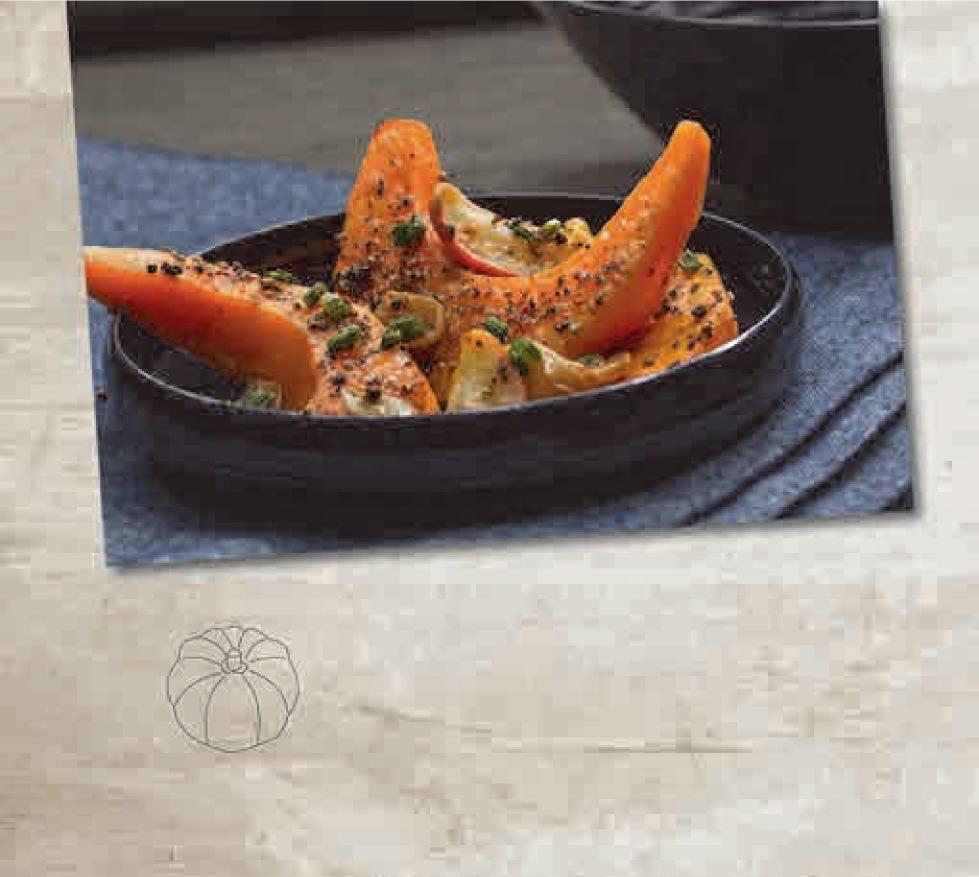
4. Let the steam dissipate briefly from the lentils and bulgur wheat and stir the goat's cheese into the mixture. Add the parsley and season the filling generously with salt, pepper and sugar.

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





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.

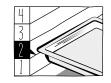
2. Melt the butter, brush the universal pan with a thin layer of it, and sprinkle with chilli salt and mixed pepper.

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





HERB POLENTA

For 4 servings

Medium ovenproof dish

POLENTA:

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

IN ADDITION:

1 tsp olive oil for the dish

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

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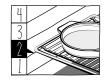
PREPARATION

1. Use the oil to grease a heat-resistant ovenproof dish.

2. Add vegetable stock and milk to the dish and stir in the polenta. Add the chopped herbs and cook the polenta as indicated.

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

Setting procedure: CircoTherm 130 °C Added steam, high Cooking time: 25-30 minutes





VEGETABLE BREAD MUFFINS

For 12 servings Muffin tin MIXTURE:

2-3 garlic cloves

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

IN ADDITION:

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

Per serving

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

PREPARATION

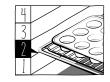
1. Peel the garlic and chop it finely, then sweat it briefly in 2 tbsp olive oil with the finely chopped herbs.

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





YORKSHIRE PUDDING

For 12 servings Muffin tin <mark>MIXTURE</mark> :	PREPARATION
200 ml milk 100 ml water 1 egg 125 g flour Salt	 Place the milk, water and egg in a mixing bowl and whisk with an egg whisk. Slowly add the flour and a pinch of salt and continue whisking until you have a smooth mixture. Leave to stand for 30 minutes.
	2. Put approx. ¼ tsp lard in each recess of the muffin tin. Place the dish into the oven and preheat.
IN ADDITION:	3. Distribute the dough evenly in the hot muffin tin and bake as indicated.
Lard for greasing the muffin tin	Setting procedure:
Per serving 176 kcal, 20 g carbs, 9 g fat, 5 g protein, 1,6 BU	Muffin tin on the wire rack CircoTherm 200 °C Preheat Baking time: 25-30 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.



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





SPAGHETTI MUSHROOM NESTS

For 4 servings

12-cup muffin tin

SPAGHETTI:

300 g spaghetti 2 tbsp olive oil

MUSHROOM MIXTURE:

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

IN ADDITION:

2 tbsp parsley, chopped Butter for greasing

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

PREPARATION

1. Cook the spaghetti until 'al dente', drain, and immediately stir in 2 tbsp olive oil.

2. Let the porcini mushrooms soften in lukewarm water.

3. Rinse the button mushrooms, trim them and finely dice them. Peel and finely dice the shallot. Drain the porcini mushrooms and cut into small pieces.

4. Heat the butter in the frying pan. Add and sweat the shallot and crushed garlic. Add the button mushrooms and porcini mushrooms to the frying pan and sweat. After cooking, allow to cool.

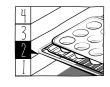
5. Mix the eggs with salt, pepper, cream and nutmeg and mix into the cooled mushroom mixture. Then mix with the spaghetti.

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

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

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

Setting procedure: CircoTherm 140 °C Added steam, high Cooking time: 25-30 minutes





COURGETTE GRATIN WITH BLACK OLIVES

For 2 servings Medium ovenproof dish GRATIN:

250 g pasta, penne or rigatoni 30 g pine nuts 40 g shallots 40 g spring onions 500 g small courgettes 250 g cherry tomatoes 30 g pitted black olives 5 tbsp olive oil 2 small garlic cloves 1 sprig rosemary 1 sprig thyme Sea salt Black pepper, freshly ground A little sugar 50 g Parmesan

IN ADDITION:

Olive oil for the dish

Per serving 1037 kcal, 83 g carbs, 58 g fat, 50 g protein, 6,9 BU

PREPARATION

1. Bring plenty of salted water to the boil and cook the pasta until almost 'al dente'. Pour into a sieve and catch 200 ml of the water used to cook the pasta. Rinse the pasta with cold water. Place the pasta and the water used to cook it to one side.

2. Toast the pine nuts in a frying pan without oil, remove and also place to one side.

3. Peel and finely dice the shallots. Wash the spring onions and cut into fine rings. Wash, trim and halve the courgettes lengthwise. Cut into thin slices lengthwise using a potato peeler. Wash the cherry tomatoes and cut them into quarters. Chop the olives finely.

4. Heat the olive oil in the frying pan. Add the garlic cloves and herbs to it and sweat them. Remove the garlic cloves and herbs once more.

5. Add the courgette slices, shallots and spring onions to the frying pan and sweat them briefly. Season with salt, pepper and sugar.

6. Add the drained pasta, olives, quartered tomatoes, pine nuts and water used to cook the pasta, stir together and season well to taste.

7. Grease the base of the ovenproof dish and fill with the pasta mixture. Scatter the grated Parmesan over it and bake the gratin as indicated.

Setting procedure: CircoTherm 190 °C Added steam, medium Cooking time: 20-25 minutes





SALMON LASAGNE

For 2 servings Medium ovenproof dish LASAGNE:

1 onion 20 g butter 1 heaped tbsp flour 300 ml milk, cold 150 ml cream, cold Salt Pepper, freshly ground 2 tbsp lemon juice 1 large kohlrabi ½ bunch dill 200 g smoked salmon, sliced 6-8 lasagne sheets 50 g Emmental, finely grated

IN ADDITION:

Butter for greasing

Per serving 797 kcal, 63 g carbs, 35 g fat, 56 g protein, 5,2 BU

PREPARATION

1. For the Béchamel sauce, finely dice the onion and sweat in the butter until translucent. Add the flour and sweat. Pour in the milk and cream. Season the sauce generously with salt, pepper and lemon juice and boil down for about 10 minutes.

2. Trim, wash, peel and halve the kohlrabi. Cut it crosswise into very thin slices. Blanch in boiling salt water.

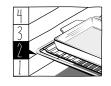
3. Grease the dish.

4. Rinse the dill. Set a couple of nice sprigs aside and finely chop the rest and stir into the sauce.

5. Cover the base of the dish with Béchamel sauce. Then alternately layer kohlrabi slices, sliced smoked salmon and lasagne sheets on top of each other. Pour the Béchamel sauce between the layers. Finally, pour the remaining sauce over the top, sprinkle with the Emmental cheese and bake the lasagne as indicated.

6. Garnish the cooked lasagne with the remaining dill sprigs.

Setting procedure: Top/bottom heating 180 °C Added steam, medium Cooking time: 40-50 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.

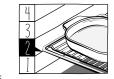
4. Grease the ovenproof dish, fill with half of the pasta mixture and sprinkle with half of the Pecorino cheese. Distribute the rest of the pasta on top and sprinkle with the remaining Pecorino cheese. Bake as indicated.

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

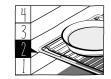
1. Peel and finely grate the potatoes and onions. Stir in the flour and eggs. Add the lemon juice and leave the mixture to stand for approx. 15 minutes.

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





CAULIFLOWER BAKE

For 6 servings Large ovenproof dish

VEGETABLES:

600 g potatoes 1 small floret cauliflower, approx. 1 kg Salt 20 g butter 1 red pepper or 1 bunch spring onions

BÉCHAMEL SAUCE:

1 onion 40 g butter 40 g flour 300 ml milk 300 ml cream Salt Black pepper, freshly ground Nutmeg, freshly grated

FOR SPRINKLING:

100 g bacon 150 g cheese, e.g. medium mature Gouda

IN ADDITION:

Butter for greasing

Per serving 556 kcal, 30 g carbs, 41 g fat, 17 g protein, 2,5 BU

PREPARATION

1. Wash and peel the potatoes, and cut into slices approx. 5 mm thick. Wash and trim the cauliflower and divide into small florets. Put both into a saucepan, fill with water so that it just covers the vegetables and add salt. Add the butter and allow to boil for 5 minutes. Then strain and leave to dry well.

2. Wash the peppers or spring onions. Halve and core the peppers, then cut them into strips, or remove the stalk from the spring onions and cut them into rings.

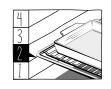
3. For the sauce, peel the onions and dice them. Heat the butter in a saucepan and sweat the diced onions in it for approx. 3 minutes. Add the flour and stir well. Deglaze with milk and cream and bring to the boil whilst stirring. Let the sauce simmer until it starts to thicken. Season to taste with salt, pepper and nutmeg.

4. Grease the ovenproof dish. Add the sliced potatoes, cauliflower and peppers or spring onions to the dish and pour the Béchamel sauce over it.

5. Cut the bacon into strips and cut the cheese into cubes. Scatter both over the bake. Bake as indicated.

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

Tip:



The Béchamel sauce will become less substantial if you only use 100 ml cream and 500 ml milk.



ASPARAGUS TORTILLA

For 4 servings Pizza tray, diameter 30 cm ASPARAGUS MIXTURE:

2 shallots

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

EGG MIXTURE:

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

IN ADDITION:

Olive oil for the baking tray

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

PREPARATION

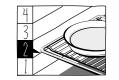
1. Peel and finely dice the shallots. Cut the ham into strips.

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

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

- 4. Grease the pizza tray with olive oil and distribute the asparagus mixture on it.
- 5. Whisk the eggs and season them well with mustard, sea salt and pepper.
- 6. Pour over the asparagus mixture and bake the tortilla as indicated.

Setting procedure: Top/bottom heating 190 °C Cooking time: 30-35 minutes



Tip:

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When served as a main meal, the tortilla is enough for two servings. Try using Spanish chorizo sausage, cut into small cubes instead of serrano ham to give a different taste.



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.







SEA BREAM IN A HERBY SALT CRUST

.

For 4 servings

Universal pan

FISH:

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

CRUST:

2.5-3 kg coarse sea salt50 g chilli salt30 g fresh lemon thyme2 sprigs rosemary

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

PREPARATION

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

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

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

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

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

Setting procedure: Top/bottom heating 180 °C Cooking time: 40-50 minutes



Tip:

The sea bream is also called

gilthead sea bream, and belongs to the perch family.

This fish is excellent for frying and grilling.



PIKE-PERCH WITH BACON, POTATOES AND LENTILS

For 4 servings Large ovenproof dish LENTILS:

2 onions

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

FISH:

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

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POTATOES:

500 g small potatoes 2 tbsp cooking oil, Salt

IN ADDITION:

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

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

PREPARATION

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

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

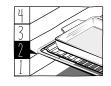
3. In the meantime, briefly rinse the pike-perch on the inside and outside under cold water, pat dry and make several diagonal cuts into it on both sides. Drizzle the juice of a lemon and 1 tbsp oil over it and add salt. Wrap the fish in strips of bacon. Slide the sage leaves in under the strips of bacon.

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

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

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

Setting procedure: CircoTherm 180 °C Added steam, high Cooking time: 20-30 minutes





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.

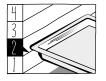
2. Add olive oil to the universal pan to cover the bottom. Sprinkle chilli salt, lemon pepper and mixed pepper over the top. Sprinkle all the herbs evenly on top.

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.



FISH PARCELS IN CHARD LEAVES WITH A WINE SAUCE

For 4 servings Medium ovenproof dish FISH PARCELS:

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

SAUCE:

100 ml dry white wine100 ml fish stock100 g double cream2 generous pinches saffron powder1 generous pinch allspice1 generous pinch nutmeg, freshly ground

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

PREPARATION

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

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

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

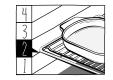
4. Lay 2 chard leaves on top of each other. Season the scallops and roll them in chopped parsley. Wrap each scallop in a quarter of the salmon mixture and roll up in the chard leaves. Place the fish parcels into the ovenproof dish.

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

Setting procedure: CircoTherm 160 °C Added steam, high Cooking time: 30-35 minutes

Tip:

Add a little baking powder to the blanching water. This will ensure that the colour of the vegetables remains more vibrant and intense.





FILLED SALMON FILLET

For 2 servings Medium ovenproof dish FILLING:

2 shallots

organic orange
 g butter, melted
 g fresh breadcrumbs, e.g. the inside of
 toasted sliced bread
 tbsp fresh dill, chopped
 tbsp fresh parsley, chopped
 Salt
 Pepper, freshly ground

FISH:

2 salmon fillets, 250 g each Pepper, freshly ground

IN ADDITION:

20 g butter, melted Kitchen string

Per serving 264 kcal, 9 g carbs, 13 g fat, 27 g protein

PREPARATION

1. For the filling, peel the shallots and dice finely. Wash the orange in hot water, dry it, and grate the zest. Heat the butter and sweat the diced shallots. Add the breadcrumbs, herbs, salt, pepper and orange zest.

2. Rinse the salmon fillets briefly in cold water and pat dry.

3. Season one salmon fillet, place with the side with the skin facing down and add the filling. Place the second fillet on top with the side with the skin facing up. If you wish, you can remove the skin first.

4. Carefully tie the fillets together with kitchen string and brush all over with melted butter. Place the salmon into the dish and cook as indicated.

5. Remove kitchen string before serving.

Setting procedure: Ovenproof dish on the wire rack CircoTherm 200 °C Cooking time: 45-50 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.

Tip: Serve with Hollandaise sauce, seasoned with zest.



SUMMERY FISH BAKE

For 4 servings Medium ovenproof dish FISH BAKE:

6 medium-sized waxy potatoes 1 organic lemon 2 tomatoes 80 g pitted black olives 1 bunch flat-leaf parsley 600 g fish fillet, e.g. pollock Salt Pepper, freshly ground 3-5 tbsp olive oil

IN ADDITION:

Butter for greasing

Per serving 512 kcal, 35 g carbs, 25 g fat, 35 g protein, 2,9 BU

PREPARATION

1. Wash and peel the potatoes and cut into slices. Heat salted water in a saucepan and parboil the potatoes.

2. Wash the lemon under hot water and rub dry. Wash the tomatoes. Cut the lemon and tomatoes into slices. Roughly chop the olives. Rinse the parsley, shake it dry and chop it up.

3. Grease the ovenproof dish.

4. Place the parboiled potato slices in the dish in layers. Place the olives and tomato slices onto the potatoes.

5. Rinse the fish fillets briefly under cold water and place onto the tomatoes. Season the whole dish with salt and pepper and sprinkle parsley on top. Finally, cover with the lemon slices.

6. Drizzle the bake generously with olive oil and cook as indicated.

Setting procedure: CircoTherm 140 °C Added steam, medium Cooking time: 20-25 minutes





RED SNAPPER CURRY

For 4 servings

Large roaster with lid

FISH:

600 g red snapper fillet

MARINADE:

½ lemon1 tsp mild red curry paste (from the Asian section of supermarkets)Sea salt2 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.

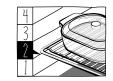
4. Trim and wash the courgettes, celery, spring onions, pak choi and chillies. Cut the courgettes into pieces approx. 2 cm long. Cut the celery and spring onions diagonally into slices approx. 1 cm wide. Cut the pak choi into strips.

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.



FRIED FISH FILLET WITH SWEET AND SOUR ASIAN VEGETABLES

For 4 servings Baking tray FRIED FISH FILLET:

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

VEGETABLES:

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

IN ADDITION:

Greaseproof paper

Per serving

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

PREPARATION

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

2. Preheat the oven.

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

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

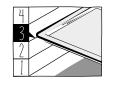
5. Heat up 1 tbsp peanut oil and sesame oil in a roaster. Fry the garlic, ginger and lemongrass in it. Add the vegetables gradually and fry them briefly. Finally, add the pineapple and braise the entire mixture for 10 minutes.

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

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.





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.

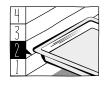
5. Roast the roulades as indicated.

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.



TURKEY BREAST WITH RED ONION SAUCE

For 6 servings

Medium roaster

MEAT:

Approx. 1.4 kg turkey breast, skin-on, boneless Sea salt Black pepper, freshly ground 20 g clarified butter

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SAUCE:

250 g red onions 2 thin slices fresh ginger ½ organic orange 20 g icing sugar 50 ml balsamic vinegar 50 ml ruby port wine 500 ml poultry stock from a jar 20 g cornflour Salt Pepper, freshly ground A little sugar 2 tbsp parsley, chopped

Per serving 598 kcal, 18 g carbs, 15 g fat, 93 g protein, 1,5 BU

PREPARATION

1. Rinse the turkey breast briefly under cold water, pat dry with kitchen towel and season with sea salt and pepper.

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

3. Peel and quarter the onions. Finely dice the ginger. Wash the organic orange in hot water, dry it and also finely dice the peel of half of the organic orange.

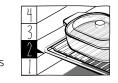
4. Remove the meat from the roaster and place it to one side. Fry the onions, ginger and orange peel, sprinkle with icing sugar and caramelise them. Deglaze with balsamic vinegar and port. Leave to reduce briefly and top up with 150 ml poultry stock.

5. Add the meat to the juices and braise as indicated.

6. Remove the meat after the end of the cooking time. Bring the sauce to the boil and pour in the rest of the poultry stock.

7. Mix the cornflour with cold water and thicken the sauce with it. Season to taste with salt, pepper, sugar, balsamic vinegar and parsley. Serve the sauce with the meat.

Setting procedure: Top/bottom heating 190 °C Cooking time: 65-75 minutes



Tip:

If the piece of meat is too

unevenly shaped, you can bind it together using kitchen string. To do so, first stretch the kitchen string over the meat lengthwise and tie it in a knot, without cutting it. Then tie the meat into a roll with approx. 2 cm between the strings, and tie the ends to each other.



CHICKEN BREAST FILLET WITH VEGETABLE FILLING

For 4 servings

Large ovenproof dish MEAT:

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

VEGETABLE MIXTURE:

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

FOR POURING:

250 ml poultry stock from a jar 1 tsp honey

MANGE TOUT:

250 g mange touts 1 tsp butter

IN ADDITION:

Cocktail sticks

Per servina 453 kcal, 18 g carbs, 17 g fat, 55 g protein, 1.5 BU

PREPARATION

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

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

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

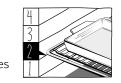
4. Fill each chicken breast fillet with 2 tbsp of the vegetable mixture, seal with a cocktail stick and place into the ovenproof dish. Pour in half of the poultry stock and cook as indicated.

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

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

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

Setting procedure: Circo-roasting 180 °C Roasting time: 50-55 minutes



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



GRILLED CHICKEN BREAST FILLETS IN A COURGETTE CRUST

For 4 servings

Universal pan

MEAT:

4 chicken breast fillets, approx. 200 g each Fine sea salt Pepper, freshly ground 50 g medium mature Pecorino cheese, freshly grated

COURGETTE CRUST:

50 ml olive oil Coarse sea salt 2 large courgettes

FOR DRIZZLING:

1 lemon 1 pinch sugar 1 clove garlic

IN ADDITION:

Olive oil Coarse sea salt Fresh sprigs of rosemary

Per serving 361 kcal, 3 g carbs, 15 g fat, 54 g protein, 0,2 BU

PREPARATION

1. Brush the universal pan with the remaining olive oil and sprinkle with coarse sea salt. Pluck the needles from the sprigs of rosemary and scatter in the universal pan.

2. Rinse the chicken breast fillets briefly under cold water, pat dry with kitchen towel and cut each one into 3 pieces. Season with salt and pepper and roll in Pecorino cheese.

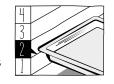
3. Mix 50 ml olive oil with coarse sea salt.

4. Wash the courgettes and slice them lengthwise into wafer-thin slices.

5. Lay the courgette slices lengthwise next to each other, and carefully brush each slice with salted olive oil. Position the courgette slices so that they overlap one another. Place one piece of chicken onto the short side of the courgette, wrap it and place it into the universal pan. Prepare the remaining chicken breast fillet pieces in the same way and grill as indicated.

6. To serve, mix the juice of one lemon with a good pinch of sugar and press one clove of garlic into the mixture. Drizzle the mixture over the grilled chicken breast fillets.

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





GRILLED CHICKEN FILLED WITH HERBS

For 4 servings Universal pan with wire rack

CHICKEN:

2 chickens, 1.2 kg each Pepper, freshly ground Salt 2 small bunches fresh herbs, e.g. rosemary, sage, thyme, marjoram 2 tsp lemon juice

FOR BRUSHING:

2 tbsp cooking oil Salt Pepper, freshly ground Paprika

Per serving

555 kcal, 1 g carbs, 32 g fat, 65 g protein, 0,1 BU

PREPARATION

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

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

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

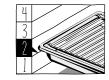
4. Mix the oil with the seasonings and baste each half of the chicken on the outside with the mixture.

5. Grill the chicken as indicated.

Setting procedure: CircoTherm 200 °C Added steam, medium Roasting time: 15 minutes then Circo-roasting 200 °C Grilling time: 30-35 minutes

Tip:

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





MOROCCAN CHICKEN DRUMSTICKS WITH BATONNET POTATOES

For 6 servings Baking tray and universal pan MARINADE AND MEAT:

1 shallot

1-2 garlic cloves
1 fresh red chilli
1 organic lemon
2 tbsp coriander leaves, cut up fine
1 tbsp peppermint leaves, cut up fine
1 tsp cumin
1 tsp ground paprika
1 pack of ground saffron, 0.1 g
4 tbsp olive oil
1-2 tsp rose water
1 tsp sugar
Salt
12 chicken legs (chicken drumsticks), approx. 120 g each

POTATOES:

600 g blue potatoes 4 tbsp olive oil Salt

IN ADDITION:

2 organic limes Greaseproof paper

Per serving 574 kcal, 18 g carbs, 35 g fat, 46 g protein, 1,5 BU

PREPARATION

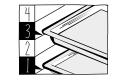
1. For the marinade, peel the shallot and the cloves of garlic and chop finely. Wash the chilli pepper, prepare and slit lengthwise. Then core and cut up small. Wash the lemon in hot water, dry, grate the zest finely and squeeze out the juice. Mix together with the remaining ingredients for the marinade. Cover and leave the chicken drumsticks in the marinade for at least 2 hours.

2. For the batonnet potatoes wash the potatoes, peel and cut into small sticks. Mix with olive oil and add salt. Cover the baking tray with greaseproof paper and distribute the batonnet potatoes over it.

3. Arrange the marinated chicken drumsticks in the universal pan and cook as indicated together with the batonnet potatoes.

4. Wash the lime in hot water, dry and cut into wedges. Garnish the chicken drumsticks with the lime wedges before serving.

Setting procedure: Circo-roasting 210 ℃ Grilling time: 30-35 minutes





CHICKEN PÂTÉ WITH PISTACHIOS

For 6 servings Glass cake mould, 30 cm

PÂTÉ:

500 g chicken breast, from free-range chickens 250 g turkey breast ham, unsmoked 25 g shelled pistachios 2 eggs 50 ml cream 5 ml cognac ½ tsp sea salt A little mixed pepper 200 g thinsmoked pork belly slices A few small herb leaves, e.g. lemon balm

IN ADDITION:

Butter for greasing

Per serving 397 kcal, 1 g carbs, 24 g fat, 44 g protein, 0,1 BU

PREPARATION

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

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

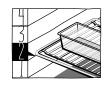
3. Grease the cake tin slightly and sprinkle the pistachios you placed aside over it. Scatter the herb leaves over the base of the tin. Line the tin with the slices of pork belly. The slices must overlap evenly and protrude over the edge of the tin by half its height.

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

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

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

Setting procedure: CircoTherm 160 °C Added steam, low Cooking time: 45-50 minutes



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



CHICKEN BOUILLABAISSE

For 4 servings Large ovenproof dish BOUILLABAISSE:

1 free-range chicken, approx. 1.3 kg 4 tomatoes or 1 pack chopped tomatoes 4 shallots 4 garlic cloves 1 small chilli pepper 3 fennel bulbs 5 sprigs parsley 1 bunch fresh thyme 3 tbsp olive oil 100 ml aniseed liqueur 1 pinch saffron 4 bay leaves 250 ml chicken stock Salt Pepper, freshly ground Per serving

796 kcal, 11 g carbs, 44 g fat, 77 g protein, 0,9 BU

PREPARATION

- 1. The bouillabaisse must be prepared at least 9 hours before cooking.
- 2. First rinse the chicken under cold water, pat dry and cut into 10 pieces.

3. Remove the stalks from the tomatoes. Finely dice the tomatoes and shallots. Crush the garlic cloves. Cut the chilli pepper into small pieces. Tear the fennel into small pieces. Rinse the parsley and thyme and shake dry.

4. Mix all the ingredients together in a large ovenproof dish. Leave to infuse covered in the refrigerator for at least 8 hours.

5. Take the dish out of the refrigerator and allow to stand for another 1 hour. Then cook the bouillabaisse as indicated without a lid.

6. Remove the parsley and thyme before serving.

Setting procedure: CircoTherm 150 °C Added steam, medium Cooking time: 45-50 minutes

Tip:

Excellent served with white bread or rice. White bread can be placed onto the wire rack with the bouillabaisse for the last 15 minutes of cooking time to bake.





GRILLED GOOSE WITH BREAD ROLL FILLING

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For 6 servings

Universal pan with wire rack GOOSE:

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

FILLING:

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

IN ADDITION:

Cocktail sticks Butter or salt water for brushing

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

PREPARATION

1. Remove the goose, discard the fat and cut out the rump gland. Rinse the goose under cold water and pat dry with kitchen towel. Season with salt and pepper and rub inside with mugwort.

2. Slice the bread rolls thinly and pour the hot milk over them. Mix together the eggs and bread rolls. Chop the giblets. Chop the onions, fry in butter with the giblets and the parsley, season to taste. Mix with the bread roll mixture. Fill the goose with it and seal the cavity with cocktail sticks.

3. Place the goose onto the wire rack with the breast side down and roast as indicated. Turn the goose after approx. 2 hours.

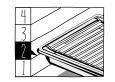
4. To make the skin crispier, brush the goose with butter or salted water approx. 10 minutes before the end of the roasting time.

Setting procedure: CircoTherm 150 °C Added steam, low Roasting time: 2 hr. 30 min. then Circo-roasting

180 °C Roasting time: 30-40 minutes

Tip:

You can seal the bird using the 'shoelace method'. Pierce the opening with cocktail sticks and wrap string around these in a criss-cross pattern. You can grill the goose in exactly the same way even if you have not stuffed it. In this case, the cooking time will be reduced by approx. 15 minutes.





CORN-FED CHICKEN WITH HERB BUTTER

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For 4 servings

Universal pan

HERB BUTTER:

60 g butter, soft 1 tbsp olive oil 3 tbsp frozen Italian herbs without onions Salt Pepper, freshly ground Sweet paprika powder

MEAT:

1 corn-fed chicken, 1.6 kg Salt Pepper, freshly ground

Per serving 811 kcal, 0 g carbs, 67 g fat, 53 g protein, 0 BU

PREPARATION

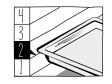
1. Beat the butter with an egg whisk until creamy. Add the olive oil and herbs and mix. Season well with salt, pepper and paprika.

2. Rinse the chicken briefly in cold water and pat dry with kitchen towel. Season with salt and pepper both inside and out. Carefully detach the skin from the meat on the breast. Insert the herb butter between the skin and breast meat.

3. Place the chicken into the universal pan with the breast facing down and cook as indicated.

4. Turn after 30 minutes or so and roast until done.

Setting procedure: Circo-roasting 190 °C Added steam, medium Roasting time: 70-80 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.



ORIENTAL-STYLE DUCK BREAST

For 4 servings

Universal pan with wire rack DUCK:

2 duck breast fillets, 300 g each Salt Pepper, freshly ground

VEGETABLES:

300 g carrots 1 bunch spring onions 1 tbsp cooking oil 150 ml chicken stock 5 tbsp soy sauce 2 tbsp sherry 1 walnut-sized piece of fresh ginger 100 g bamboo shoots 150 g mung bean sprouts 2 tsp maple syrup Chilli powder

IN ADDITION:

¹/₄ bunch fresh coriander 2 tbsp cashews, roasted

Per serving 524 kcal, 14 g carbs, 36 g fat, 36 g protein, 1,1 BU

PREPARATION

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

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

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

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

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

Setting procedure: Circo-roasting 230 °C Roasting time: 25-30 minutes



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



RIB EYE

For 4 servings Universal pan

MARINADE:

60 ml water 25 ml dark soy sauce 1 tbsp water 75 ml bourbon whiskey 2 tbsp Worcester sauce 2 tsp lemon juice 1 tbsp brown sugar

MEAT:

2 rib eye steaks, 500 g each 2 tbsp clarified butter

FOR SEASONING:

Salt Black pepper, freshly ground Nutmeg, freshly grated

Per serving 523 kcal, 6 g carbs, 26 g fat, 56 g protein, 0,5 BU

PREPARATION

1. Mix all the ingredients for the marinade together the day before.

2. Rinse the steaks briefly under cold water and pat dry with kitchen towel. Leave in the marinade for at least 24 hours. Turn several times.

3. Remove the meat the next day and place the marinade to one side.

4. Heat the clarified butter in a frying pan and sear the meat in the hot fat for approx. 3 minutes on each side.

5. Place the meat into the universal pan and roast as indicated.

6. For the sauce, take the remaining marinade and let it simmer in a small saucepan until it becomes syrup-like. When the meat is done, add the meat juices to the sauce, season to taste once again and serve with the meat.

Setting procedure: Top/bottom heating 140 °C Roasting time: 30-35 minutes





SIRLOIN WITH BÉARNAISE SAUCE

For 8 servings Large meat tray MEAT:

2 kg sirloin Mustard seeds Salt Pepper, freshly ground 30 g clarified butter

SAUCE:

125 ml water 4 tbsp white wine vinegar 3 shallots 1 tbsp tarragon leaves 1 small bay leaf Pepper, roughly crushed 125 ml white wine 4 egg yolks 1 tsp cornflour 75 g butter Salt Sugar according to taste

Per serving 451 kcal, 2 g carbs, 23 g fat, 58 g protein, 0,1 BU

PREPARATION

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

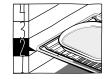
2. Rinse the meat briefly in cold water and pat dry with kitchen towel. Rub in the mustard seeds, salt and pepper evenly all over. Heat some clarified butter in a frying pan or saucepan and sear the meat all over for 8-10 minutes over a high heat. Place on the preheated tray and slow-cook as indicated.

3. For the sauce, place the water, vinegar, finely chopped shallots, herbs and pepper in a saucepan. Cook for approx. 5 minutes on the hotplate and then leave to cool down a little. Strain and then return the liquid to the saucepan.

4. Add wine, egg yolk, cornflour, butter and salt to the saucepan and mix with the liquid. Whisk with an egg whisk over a medium heat until you have a syrup-like, frothy mixture. Warning! Do not boil the sauce or it will curdle.

5. Season the sauce and add to the sirloin while still very hot.

Setting procedure: Slow cooking 90 °C Preheat Cooking time: 4 hr. 30 min.





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.

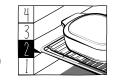
3. After approx. 40 minutes, remove the pearl onions and place them to one side. After this, pour the meat juices over the meat several times and turn it regularly. If required, top up with a little water.

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.





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

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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.

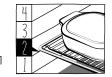
3. Heat the clarified butter in the roaster. Sear the shank slices. Remove from the roaster and place to one side.

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 ℃ Cooking time: 1 hr. 20 min. - 1 hr. 30 min.





HERB-STUFFED BREAST OF VEAL

For 6 servings Universal pan

MEAT WITH FILLING:

1.2 kg breast of veal with a pouch cut into it (order from butcher in advance)200 g veal bones, chopped up Salt

Pepper, freshly ground

½ bunch mixed herbs for Frankfurt green sauce (chervil, borage, lemon balm, burnet, parsley, sorrel and chives, in equal parts, total approx.
100 g)
4 slices bread
125 ml milk, warm
½ organic lemon
3 shallots
3 egg yolks
25 g clarified butter
1 bunch soup vegetables
600 ml meat stock
150 ml cream

IN ADDITION:

Kitchen string Needle

Per serving 286 kcal, 1,4 g carbs, 13 g fat, 40 g protein, 0,1 BU

PREPARATION

1. Rinse the breast of veal briefly in cold water and pat dry. Rub salt and pepper into the meat both inside and out.

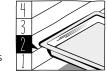
2. Rinse the mixed herbs, shake dry and chop finely. Cut the bread into pieces and soak in milk. Wash the half lemon in hot water and grate the zest.

3. Peel the shallots and cut into very small pieces. Squeeze out the excess liquid from the softened bread and mix with the chopped herbs, diced shallots, egg yolk and lemon zest. Season with salt and pepper to taste. Stuff the breast of veal with the mixture and sew up. Sear the meat and bone in hot clarified butter on all sides.

4. Trim the soup vegetables and cut into pieces around 2 cm in size. Add the diced vegetables to the universal pan, place the meat and bone on top and pour over the remaining frying fat. Add half of the stock and cook as indicated.

5. Take out the cooked joint, cover and leave to rest for 5 minutes. In the meantime, pass the meat juices with the vegetables through a sieve into a saucepan, add the rest of the stock and reduce by boiling with the cream. Cut the meat into slices and serve with the sauce.

Setting procedure: Circo-roasting 180 °C Roasting time: 70-80 minutes





VEAL FILLET IN A LIME AND LEMON BALM CRUST

For 6 servings

Baking tray

MEAT:

2 organic limes 1⁄2 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.

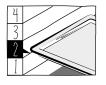
3. Remove the meat from the frying pan and place on the prepared greaseproof paper. Roll up the fillet tightly, pressing the sides together when doing so, and leave rolled up in the greaseproof paper for approx. 25 minutes. Then unpack, place the meat onto the baking tray and roast as indicated.

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.



ROAST LAMB WITH MINT AND GARLIC

For 6 servings

Universal pan and wire rack

MEAT:

1.2 kg leg of lamb, boneless

MARINADE:

1 organic lemon
 10 sprigs fresh mint
 ½ bunch parsley
 4 tbsp olive oil
 4 garlic cloves, finely chopped
 ½ tsp cracked black peppercorns

IN ADDITION:

Tin foil

Per serving

286 kcal, 1 g carbs, 13 g fat, 40 g protein, 0,1 BU

PREPARATION

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

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

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

- 4. Roast the leg of lamb as indicated.
- 5. Wrap aluminium foil around the cooked joint and leave to rest for 10 minutes.

Setting procedure: Circo-roasting 180 °C Added steam, low Grilling time: 35-45 minutes



Tip:

On this setting the meat will remain pink inside. Serve the meat with a salad, roasted vegetables and flatbread.



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.

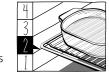
4. Rinse the meat briefly under cold water, pat dry with kitchen towel and cut off a little of the thick fat layer if necessary. Cut a small pouch into each one and season with salt and pepper. Fill with 1-2 tbsp of the pear filling and seal the pouch with cocktail sticks.

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





MEAT KEBABS, LAMB

For 4 servings Wire rack and universal pan MEAT KEBABS:

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

IN ADDITION:

Cooking oil for brushing and for the wire rack Metal skewers

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

PREPARATION

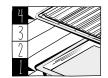
- 1. Ask your butcher to run the minced meat through the mincer twice.
- 2. Peel and very finely dice the onion and garlic. Briefly sweat in the oil.

3. Add the seasonings, egg, breadcrumbs and onion and garlic mixture to the meat and knead everything together thoroughly.

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

5. Brush with oil and grill as indicated.

Setting procedure: Grill, large area 250 °C Grilling time: 25-30 minutes



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



VENISON LOIN STEAKS AU GRATIN

For 4 serving Large roaster without lid

MEAT:

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

TOPPING:

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

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

PREPARATION

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

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

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

4. Remove the cooked steaks from the roaster and keep warm.

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

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

7. Return the steaks to the roaster and spread the topping over them. Mix the breadcrumbs and hazelnuts, sprinkle over the steaks and cook as indicated on level 3.

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

Setting procedure: Top/bottom heating 160 °C Roasting time: 25 minutes Gratins: Uncovered roaster on the wire rack, level 3 Grill, large area 290 °C (intensive) Grilling time: 10-12 minutes





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.

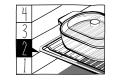
- 3. Heat the clarified butter in the roaster and sear the meat well all over.
- 4. Remove the meat from the roaster and place it to one side.
- 5. Briefly brown the vegetables, garlic cloves and juniper berries in the roasting juices.

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.



WILD BOAR JOINT WITH ELDERBERRY SAUCE AND CARAMELISED APPLES

For 6 servings Large roaster with lid

MEAT:

1.5 kg wild boar joint from the leg, bonelessSaltPepper, freshly ground30 g clarified butter

SAUCE:

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

APPLES:

2 sour apples, e.g. Braeburn or Topaz 40 g butter 20 g sugar

Per serving 728 kcal, 28 g carbs, 43 g fat, 52 g protein, 2,3 BU

PREPARATION

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

2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Peel the garlic cloves. Cut the vegetables into pieces 1-2 cm in size. Wash the apple, core it, cut it into quarters and then cut it into wedges.

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

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

5. Briefly brown the vegetables and garlic cloves in the frying fat. Add the thyme sprigs, the zest of half of the orange and the apple wedges. Add the tomato purée and fry.

6. Add 30 g butter to the roaster, then add the sugar and leave to caramelise. Deglaze with approx. 100 ml red wine. Press the juniper berries and add them to the mixture. Let the juices reduce and top up with the game stock.

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

8. After the end of the cooking time, remove the meat from the roaster and keep it warm. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine, bring to the boil and season with salt and pepper. Thicken the sauce as desired. Stir in the elderberry jam and season the sauce to taste once again.

9. Prepare the apple for caramelisation by washing and coring it, cutting it into quarters and then into wedges. Melt the butter in the frying pan and fry the apple briefly. Scatter the sugar over the top and leave to caramelise.

Setting procedure: Top/bottom heating 190 °C Roasting time: 2 hr. 40 min. - 2 hr. 50 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 servings Baking tray YEAST DOUGH:

375 g flour

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

TOPPING:

100 g 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

Tip:



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



DAMSON CAKE

To make approx. 20 servings Universal pan YEAST DOUGH:

500 g flour

1 sachet dried yeast 1 organic lemon 100 g sugar Approx. 125 ml milk, lukewarm 1 sachet vanilla sugar 1 pinch salt 100 g butter 1 egg

FRUIT FILLING:

Approx. 2.5 kg damsons 25 g breadcrumbs

IN ADDITION:

Butter for greasing the baking tray

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

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PREPARATION

1. To make the yeast dough, mix the flour and yeast in a bowl. Wash the lemon with hot water, dry it and grate the peel. Add with all the remaining ingredients and knead the dough thoroughly.

2. Leave to prove in a warm place for 30 minutes. The dough should almost double in volume.

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

4. Grease the universal pan. Roll out the yeast dough on it and prick several times with a fork. Leave to prove again.

5. Sprinkle the breadcrumbs over the dough base. Distribute the damsons evenly onto the dough and bake the cake as indicated.

Setting procedure: Universal pan CircoTherm 170 °C Baking time: 40-50 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.

Tip:

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



RING CAKE WITH WALNUTS AND MARZIPAN

To make approx. 12 servings Ring cake tin MIXTURE:

100 g butter
100 g sugar
2 egg yolks
1 egg
500 g flour
2 sachets dried yeast
1 pinch salt
250 ml milk
A few drops of bitter almond oil
2 tbsp rum
50 g raisins or 100 g dried cranberries
25 g lemon peel, very finely chopped
25 g orange peel, very finely chopped
100 g walnuts, roughly chopped
100 g marzipan, finely chopped

IN ADDITION:

Butter for greasing Breadcrumbs for sprinkling Icing sugar for dusting

Per serving 409 kcal, 50 g carbs, 19 g fat, 9 g protein, 4,1 BU

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PREPARATION

- 1. Grease the tin well and sprinkle with breadcrumbs.
- 2. Beat the butter and sugar until light and fluffy. Add the egg yolk and egg.

3. Mix flour and yeast in a bowl and add 1 pinch of salt. Stir into the egg mixture using milk and bitter almond oil alternately. Add the rum.

4. Knead the dough well until it is smooth and glossy. Add the remaining ingredients and knead them in briefly.

5. Then, roll up on the flour-covered work surface, place into the prepared tin and leave to prove for approx. 50 minutes in a warm place.

6. Bake the cake as indicated.

7. Turn the ring cake out of the tin and leave to cool down. Sprinkle with icing sugar.

Setting procedure: CircoTherm 180 °C Added steam, low Baking time: 60-70 minutes



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



SPICED STOLLEN WITH MARZIPAN

For approx. 16 slices Baking tray FRUIT MIXTURE:

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

YEAST DOUGH:

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

IN ADDITION:

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

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

PREPARATION

1. On the day before, wash the half lemon in hot water, dry it and grate the zest. Add to a bowl together with the remaining ingredients for the fruit mixture and leave to infuse overnight while covered.

2. Lightly toast the chopped almonds in a frying pan until you can smell them cooking. Then leave to cool.

3. To make the yeast dough, mix the flour and yeast in a bowl. Add the milk, sugar, vanilla sugar, egg, salt and butter and knead everything into a smooth dough. Cut or pull the marzipan into small pieces and then knead together with the almonds and the fruit mixture. Leave the yeast dough to prove in a warm place until the volume has doubled.

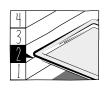
4. Knead the dough once again on the flour-covered work surface and form into a rectangle. Fold the sides of the dough in so that you get the classic Stollen shape.

5. Place the Stollen on a tray lined with greaseproof paper and leave to prove again at room temperature for approx. 30 minutes. Bake as indicated.

6. Heat the butter and brush the warm Stollen with it. Sprinkle with the sugar.

Setting procedure: CircoTherm 170 °C Added steam, low Baking time: 35-40 minutes

Tip:



You can also leave the dough to prove in the oven. To do so, set cooking mode 1. The stollen tastes best when fresh. Wrap it tightly in tin foil to store it.



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 lcing sugar for dusting

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

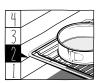
PREPARATION

- 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.



SPONGE FLAN BASE

For 12 servings Flan-base cake tin, diameter 30 cm SPONGE MIXTURE:

organic orange or organic lemon
 g butter
 g sugar
 sachet vanilla sugar
 eggs
 g flour
 level tsp baking powder
 ml milk
 pinch salt

IN ADDITION:

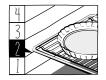
Butter for greasing Breadcrumbs for sprinkling

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

PREPARATION

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

Setting procedure: CircoTherm 160 °C Added steam, low Baking time: 20-30 minutes





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.



RHUBARB TART WITH MERINGUE

To make approx. 20 servings Universal pan

TOPPING:

1250 g rhubarb 100 g sugar

SPONGE MIXTURE:

225 g butter200 g sugar2 sachets vanilla sugar4 eggs500 g flour1 sachet baking powder1 pinch salt

MERINGUE:

6 egg whites 275 g sugar

IN ADDITION:

Butter for greasing the baking tray

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

PREPARATION

1. Wash and trim the rhubarb and cut into chunks approximately 3 cm long, then place into a bowl. Sprinkle with the sugar.

2. For the sponge mixture, mix together butter, sugar and vanilla sugar until light and fluffy. Gradually stir in the eggs.

- 3. Mix the flour, baking powder and salt and fold into the frothy mixture.
- 4. Grease the universal pan. Add the sponge mixture and spread evenly.

5. Pat the rhubarb dry and distribute on the mixture. Bake the topped sponge mixture for 20 minutes as indicated.

- 6. Meanwhile, beat the egg whites for the meringue until they are stiff, then gradually add the sugar.
- 7. Spread the egg white mixture over the partially baked rhubarb cake and finish baking as indicated.

Setting procedure: Top/bottom heating 180 °C Baking time: 45-55 minutes



Tip:

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



SPICED ESPRESSO AND CHOCOLATE TART

For 12 servings

Springform cake tin, diameter 26 cm MIXTURE:

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

TOPPING:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

1. Cut the dark chocolate into small pieces and place in a heat-resistant bowl. Add the butter and milk and melt in the water bath. Pour in the espresso and stir well.

- 2. Finely sieve the cocoa. Add the ground seasonings and vanilla sugar.
- 3. Preheat the oven.

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

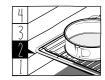
5. Line the base of the springform cake tin with greaseproof paper. Pour in the mixture and bake as indicated. Let the tart cool down in the tin a little, then remove and leave to cool down completely.

6. Whip the cream until stiff and then spread over the tart. Mix the sugar and ground seasonings and scatter over the cream.

Setting procedure: Top/bottom heating 210 °C Preheat Added steam, high Baking time: approx. 25 minutes

Tip:

You can also melt the chocolate in the microwave.





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.



DOUBLE-CRUSTED APPLE PIE

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

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

FILLING:

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

IN ADDITION:

1 egg for brushing Butter for greasing

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

PREPARATION

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

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

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

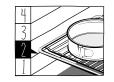
4. Spread the filling evenly over the dough. Roll out a lid using the remaining pastry. Cover the apple mixture with the pastry lid and seal the edges well.

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

6. Bake the cake as indicated.

Setting procedure: Top/bottom heating 190 °C Baking time: 60-70 minutes

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





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.

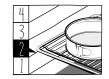
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly until a fine, crumbly mixture is produced.

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





ENGLISH APPLE PIE

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

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

FILLING:

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

IN ADDITION:

1 egg for brushing Butter for greasing

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

PREPARATION

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

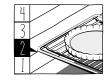
2. Wash the lemon in hot water and dry it. Grate the zest and place to one side. Peel and core the apples. Grate the apples roughly and drizzle with a little lemon juice.

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

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

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

Setting procedure: Top/bottom heating 200 °C Baking time: 60-65 minutes





FRUITY RASPBERRY GATEAU - BASIC RECIPE FOR SPONGE MIXTURE

For 12 servings

Springform cake tin, diameter 28 cm SPONGE MIXTURE:

3 eggs

3 tbsp water, hot 150 g sugar 150 g flour 1 tsp baking powder

TOPPING:

900 g frozen raspberries 100 g sugar 200 ml cream 4 sheets gelatine 200 g yoghurt, 3.5 % ½ vanilla pod 3 sachets red glaze

IN ADDITION:

Greaseproof paper

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

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.

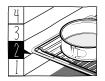
4. For the topping, purée the defrosted, sugared raspberries through a sieve. Whip the cream until stiff. Soak the gelatine, squeeze it out and dissolve. Mix the yoghurt with the remaining sugar and the pulp of half a vanilla pod. Quickly mix the dissolved gelatine in. Add the raspberry mixture and fold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





NUTTY SWISS ROLL WITH NOUGAT FILLING

For approx. 8 slices Baking tray SPONGE MIXTURE:

6 eggs

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

FILLING:

100 g nut nougat 500 ml cream 2 sachets cream stiffener

IN ADDITION:

Greaseproof paper lcing sugar for dusting Sugar for the tea towel

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

PREPARATION

- 1. Line the baking tray with greaseproof paper.
- 2. Preheat the oven.
- **3.** Beat the eggs until light and fluffy. Gradually add the sugar and salt.

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

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

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

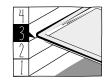
7. Melt the nut nougat in the water bath or in the microwave and then stir until smooth with 100 ml cream.

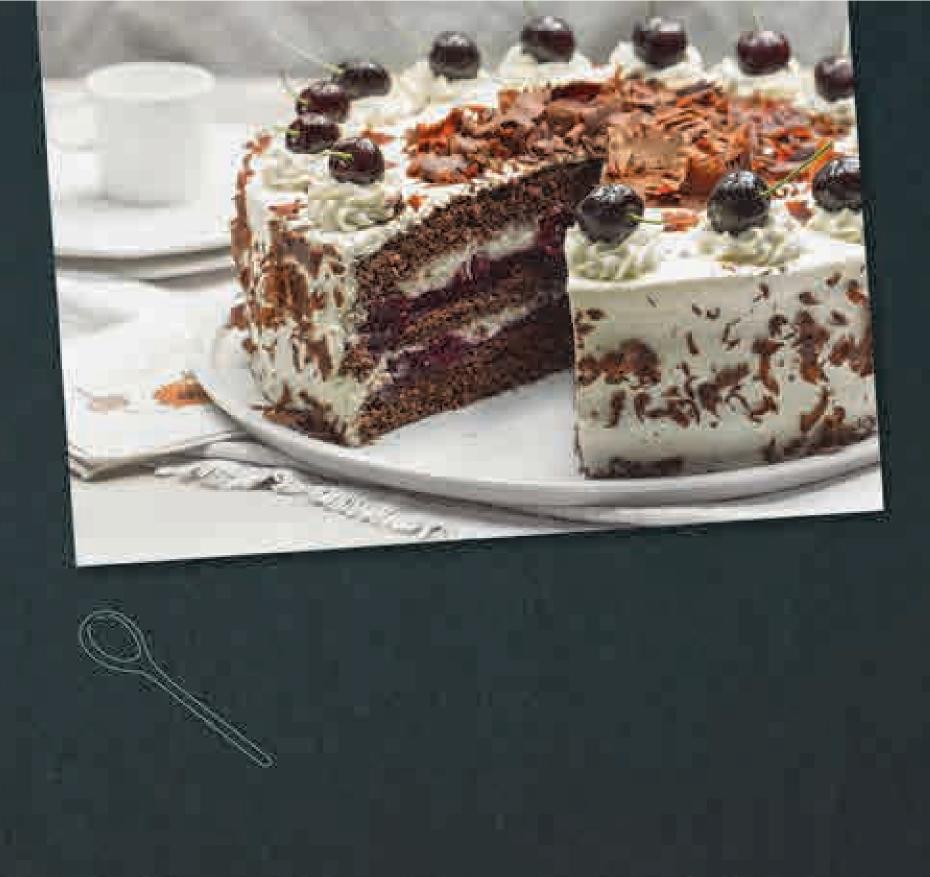
8. Whip the remainder of the cream until semi-stiff. Add the cream stiffener and the nougat mixture and whip until very stiff.

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

10. Sprinkle with icing sugar before serving.

Setting procedure: Top/bottom heating 180 °C Preheat Added steam, low Baking time: 25-30 minutes





BLACK FOREST GATEAU

For 16 servings Springform cake tin, diameter 28 cm

SPONGE MIXTURE:

5 eggs

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

FILLING:

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

DECORATION:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

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

2. Beat the eggs with water and sugar until white and fluffy. Mix the flour, cocoa and baking powder together and stir into the mixture. Pour the mixture into the baking dish and bake as indicated.

3. Drain the sour cherries and catch the juice. Mix the cherry juice into the glaze. Add approx. two thirds of the cherries to the glaze and leave to cool. Place the rest to one side for the decoration.

4. Slice the cooled sponge into three layers. Set the top piece aside and sprinkle the remaining sponge layers with Kirsch.

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

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

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

Setting procedure: Springform cake tin on the wire rack CircoTherm 160 °C Preheat Baking time: 35-45 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.



CHOUX PASTRY GATEAU WITH STRAWBERRY FILLING - BASIC RECIPE FOR CHOUX PASTRY

To make approx. 12 servings Baking trays and universal pan CHOUX PASTRY:

150 ml water

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

FILLING:

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

IN ADDITION:

Greaseproof paper Butter for the baking trays Icing sugar for dusting

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

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.

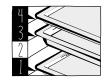
6. Wash the strawberries, let them drip dry and cut them into small chunks. Soak the gelatine in cold water.

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





TURKISH BASBOUSA

For approx. 32 servings Large ovenproof dish SYRUP:

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

MIXTURE:

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

IN ADDITION:

Butter for greasing

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

PREPARATION

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

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

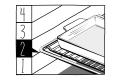
3. For the cake mixture, beat the eggs and sugar together until light and fluffy, and until the sugar has dissolved. Add the remaining ingredients and stir until it becomes a smooth mixture.

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

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

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

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





BAKLAVA

For 60 servings Universal pan MIXTURE:

.

10-12 sheets filo pastry 350 g butter

NUT MIXTURE:

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

SYRUP:

675 g sugar 175 g honey 500 ml water

IN ADDITION:

Butter for the universal pan

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

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.

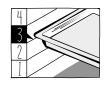
7. Place a sheet of pastry onto the nut mixture, brush with butter, place the next sheet of pastry on top, brush it with butter as well and then sprinkle the nut mixture on top. Repeat the process approx. four times. Use any remaining pastry for this too. Finally, also brush the pastry sheets placed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





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.

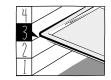
2. Preheat the oven as indicated.

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.





CREAM PUFFS WITH SWEET FILLING

To make approx. 12 servings Baking tray CHOUX PASTRY:

250 ml water 1 pinch salt 50 g butter 150 g flour 4 eggs 1 level tsp baking powder

SWEET FILLING:

500 ml cream 2-4 tsp sugar 1 sachet vanilla sugar 1 sachet cream stiffener 1 tin mandarins, drained weight 190 g

IN ADDITION:

Greaseproof paper

Per serving

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

PREPARATION

1. Bring the water, salt and butter to the boil in a saucepan.

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

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

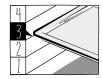
4. Mix the baking powder into the cold mixture.

5. Line the baking tray with greaseproof paper. Using two teaspoons, make equal-sized balls of pastry and place them on the baking tray. Leave plenty of room between them, as the mixture will double in size as it bakes. Bake as indicated.

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

7. For the sweet filling, whip the cream until very stiff with sugar, vanilla sugar and cream stiffener. Let the mandarins drain well and fill them into the cream puffs with the cream before serving.

Setting procedure: CircoTherm 210 °C Preheat Added steam: low Baking time: 25-35 minutes



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



MINI CHOCOLATE CAKES WITH A MELTED CENTRE

For 4 servings

Soufflé dishes

MIXTURE:

130 g dark chocolate 50 g butter 10 g candied ginger 30 g flour 100 g fine sugar 3 eggs

IN ADDITION:

Butter for greasing Sugar for sprinkling

Per serving 477 kcal, 60 g carbs, 24 g fat, 5 g protein, 5,0 BU

PREPARATION

1. Place 4 pieces of the dark chocolate to one side. Break the remainder into small pieces, put in a bowl with the butter and melt with the butter in the water bath.

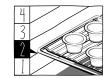
- **2.** Finely dice the candied ginger.
- 3. Preheat the oven.
- 4. Mix the flour and sugar and sieve into a bowl.

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

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

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

Setting procedure: Top/bottom heating 170 °C Preheat Baking time: approx. 20 minutes with 5 minutes resting time





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.

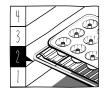
4. Even out the surface of the dough using your fingers so that the small cakes are even. Leave to stand for another 10 minutes and then bake as indicated.

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.



LIME MUFFINS WITH WHITE CHOCOLATE

For 12 servings Muffin tin MUFFINS:

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

IN ADDITION:

Butter for the tin or paper moulds

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

PREPARATION

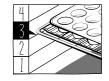
1. Wash the limes with hot water, dry them off, grate the zest and squeeze the juice from one lime.

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





CORIANDER AND ORANGE BRIOCHES

For 12 servings Muffin tin MIXTURE:

organic orange
 tsp coriander seeds
 g flour
 sachet dried yeast
 pinch salt
 fm milk, lukewarm
 g sugar
 eggs, whisked
 g butter

IN ADDITION:

Butter for greasing Butter, melted, for brushing

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

PREPARATION

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

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

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

4. Then bake as indicated until golden brown.

Setting procedure: Muffin tin on the wire rack CircoTherm 170 °C Baking time: 25-30 minutes When using CircoTherm, you can place the accessories on any level from 1 to 3.

Tip:

Measure out all the ingredients in advance to allow them to warm to room temperature. You can also leave the dough to prove in the oven. To do so, set cooking mode 1.



BERRY TARTLETS WITH SOUR CREAM GLAZE

For 8 servings

Ramekins

SHORTCRUST PASTRY:

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

TOPPING:

125 g fresh bilberries 125 g fresh redcurrants

GLAZE:

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

IN ADDITION:

Butter for the ramekins

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

PREPARATION

1. Grease the mini tart dishes well.

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

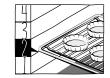
3. Divide the pastry into 8 pieces of equal size, roll out individually on a little flour and line the dishes. Prick the pastry bases with a fork several times and chill the pastry in the refrigerator for around 45 minutes.

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

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

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

Setting procedure: Top/bottom heating 210 °C Baking time: approx. 25 minutes





APRICOT BOATS

For 16 servings

Baking tray and universal pan MIXTURE:

16 slices frozen puff pastry, approx. 1.2 kg A little flour

FILLING:

2 tins apricots, drained weight approx. 1 kg 100 g ground almonds 200 g raw marzipan 1 egg A little milk

IN ADDITION:

Greaseproof paper

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

PREPARATION

1. Defrost the puff pastry according to the instructions on the packaging.

2. Allow the apricots to drain thoroughly.

3. Line the baking trays with greaseproof paper. Dust the work surface with flour and roll out the sheets of puff pastry into pieces around 12x10 cm in size.

4. Preheat the oven. Sprinkle the almonds diagonally over each piece of puff pastry. Cut the marzipan mixture into wafer-thin slices. Place 2 slices each on the almonds. Place 2 apricot halves diagonally on each slice of marzipan.

5. Separate the egg. Brush the two free, opposite corners of the pastry with egg white, fold over and press down firmly.

6. Whisk the milk and egg yolk, brush the 'boats' with the mixture and bake at once as indicated.

Setting procedure: CircoTherm 180 °C Preheat Baking time: 35-40 minutes

Tip:

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





VANILLA CROISSANT

For approx. 150 croissants Baking tray and universal pan SHORTCRUST PASTRY:

280 g flour70 g ground almonds70 g sugar1 sachet Bourbon vanilla sugar210 g butter

SUGAR MIXTURE:

2 vanilla pods2-3 tbsp icing sugar100 g fine sugar

IN ADDITION:

Greaseproof paper

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

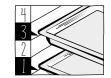
PREPARATION

1. For the shortcrust pastry, mix all dry ingredients together in a mixing bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then at a faster speed setting. Shape into a roll, wrap in foil and chill for at least 1 hour.

2. Line the baking trays with greaseproof paper. Shape the pastry into a roll and cut into even slices. Form the slices into crescents by hand. Place them onto the baking trays and bake as indicated.

3. Cut the vanilla pods open lengthwise and scrape out the pulp. Mix the icing sugar well with the sugar and vanilla pulp. Roll the croissants in the sugar mixture while they are still hot.

Setting procedure: CircoTherm 140 °C Baking time: 15-20 minutes



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



PISTACHIO BISCUITS WITH FIG JAM

For 35 biscuits Baking tray and universal pan SHORTCRUST PASTRY:

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

FILLING:

250 g fig jam

TOPPING:

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

IN ADDITION:

Greaseproof paper

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

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PREPARATION

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

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

3. Line the baking trays with greaseproof paper.

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

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

6. Melt the chocolate coating. Add a dollop of chocolate coating in the centre of each biscuit and decorate with a whole pistachio.

Setting procedure: CircoTherm 140 °C Baking time: approx. 25 minutes



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



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.

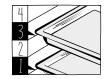
5. Fold the almond and icing sugar mixture into the whipped egg white using a spatula. The mixture should be smooth and viscous.

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.



MOORISH FIG DESSERT WITH PORT WINE SYRUP

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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.

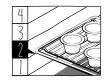
7. Distribute the mixture between 6 ovenproof ramekins.

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





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





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



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.





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 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.

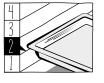
2. Grease the universal pan in the size of the bread loaf and dust with flour. Place the loaf into the universal pan and leave to prove for another 15-20 minutes whilst covered.

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

Baking time: 35-45 minutes

Tip:



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

oven. To do so, set cooking mode 1.

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



CRUSTY POLENTA BREAD WITH ESPRESSO BUTTER

For 1 loaf, approx. 20 slices 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.

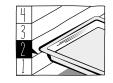
2. Turn the dough out onto a work surface which is covered in flour, dust the surface with flour, and roll the dough over three times around its longitudinal axis. Place onto a baking tray which has been lined with greaseproof paper and bake as indicated. Leave the baked bread to cool down.

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.





BAGUETTES WITH OLIVES

For 2 baguettes, 10 slices each Baking tray MIXTURE:

500 g flour

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

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

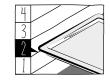
- 2. Cut the olives into quarters.
- **3.** Knead the dough thoroughly once more and then knead the chopped olives into the dough.

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

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

6. Bake as indicated.

Setting procedure: Top/bottom heating 250 °C Baking time: 20-25 minutes



Tip:

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



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

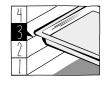
1. Mix the flour and yeast in a bowl. Add all other ingredients and knead to produce a soft dough. Leave dough to prove in a warm place for around 15-20 minutes.

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.



ONION BREAD ROLLS

For 30 small bread rolls Springform cake tin, diameter 28 cm MIXTURE:

1 onion

tsp butter
 tsp butter
 250-300 g flour
 tbsp sugar
 tsp baking powder
 tsp salt
 tsp dried marjoram or lovage
 Approx. 200 g sourdough, see tip
 tbsp clarified butter

IN ADDITION:

Butter for greasing

Per serving 54 kcal, 9 g carbs, 2 g fat, 1 g protein, 0,7 BU

PREPARATION

1. Peel and finely dice the onion. Heat the butter in a small saucepan and sweat the diced onion in it.

2. Mix 250 g flour with the sugar, baking powder, salt and marjoram in a bowl and fold in the sourdough.

3. Add the clarified butter and diced onion. Knead thoroughly until the dough eases away from the edge of the bowl. If necessary, add more flour.

4. Grease the springform cake tin. Divide the dough into 30 walnut-sized pieces and roll each piece in a little flour to form smooth balls. Place in a circle in the springform cake tin with a gap between each roll. Leave to prove in a warm place.

5. Then bake the bread rolls as indicated.

Setting procedure: CircoTherm 180 °C Added steam, medium Baking time: 20-25 minutes



Tip:

Sourdough: mix 10 g fresh yeast with 250 ml lukewarm water until smooth. Add 1 tsp sugar and gradually stir in 125 g flour. Cover and leave to stand in a warm place for 24 hours. This results in a sticky sourdough which can be covered and stored in the refrigerator for 8-10 days. This quantity (approx. 390 g) is sufficient for 60 onion bread rolls.

For sweet rolls, replace the onion and marjoram with 50 g finely chopped dried apricots. You can also leave the dough to prove in the oven. To do so, set cooking mode 1.



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 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.

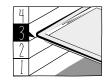
6. Bake the bread rolls as indicated and leave to cool on a wire rack.

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.





SAVOURY MUFFINS WITH BLUE CHEESE

For 12 servings Muffin tin MIXTURE:

130 g butter

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

IN ADDITION:

paper moulds

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

PREPARATION

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

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

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

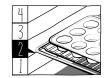
4. Place the paper moulds into the muffin recesses and then pour in the mixture. Bake the muffins as indicated.

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

Setting procedure: CircoTherm 180 °C Added steam, medium Baking time: 20-25 minutes

Tip:

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





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.

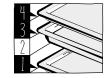
2. Pour the sifted flour into the saucepan in one go. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to 'reduce' the liquid. To do so, beat the mixture until it comes away from the sides and forms a soft ball, and until a white 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

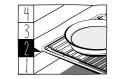
1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for 30 minutes.

- 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 270 °C Baking time: 20-25 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.



PEPPER QUICHE

For 6 servings Pizza tray, diameter 30 cm SHORTCRUST PASTRY:

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

TOPPING:

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

GLAZE:

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

IN ADDITION:

Cooking oil for the baking tray

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

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PREPARATION

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

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

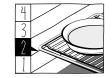
3. Heat the butter in a frying pan and fry the chunks of pepper and onion in it first of all. Season the vegetables with salt and pepper, remove from the frying pan and place to one side. Briefly fry the sliced courgettes and also season them with salt and pepper.

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

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

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

Setting procedure: Top/bottom heating 180 °C Baking time: 60-70 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

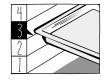
1. Rinse the fresh parsley and shake it dry. Remove the stalks and finely chop the leaves. Crumble the sheep's cheese and mix with the parsley.

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.

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