RECIPES FOR ANY COOKING PERSONALITY.

The cookbook for your Neff built-in oven.
THE COOKBOOK FOR YOUR BUILT-IN NEFF OVEN
An evening that turned out longer than planned. Having more time to cook in order to concentrate on the most important thing: the preparation of the food. A roast that is just simply delicious. An oven that becomes a hobby room. These things drive us every day to strive for innovations that make cooking easier. This in turn also means more enjoyment in the kitchen.

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

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

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

There's really only one thing left to say: enjoy your meal!
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INFORMATION ON YOUR APPLIANCE.

CIRCO THERM®

With CircoTherm®, you can cook simultaneously on several levels. A fan in the rear wall of the oven distributes the heat evenly through the cooking compartment. Dishes will always turn out perfectly, and you will save time and energy. You can place the most varied dishes on several levels in the oven and cook them together without mixing or spoiling the various aromas. A roast joint of meat will still taste like it should and muffins will still taste like muffins. If you want to cook biscuits, pizzas or other flat foods on a baking tray, this is possible on several levels.

TOP/BOTTOM HEATING

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

CIRCO-ROASTING

For roasting poultry, whole fish and larger pieces of meat. The grill element and the fan switch on and off alternately. The fan circulates the hot air around the food.
Mangoldtauflauf
Huhn sous Tisch mit Eis
Schwarzwild & Truf
Pavlova & Cure
COOKWARE

Ovenproof dish, oval
Cake mould, glass
Cake tin

Ovenproof dish, rectangular
Mini ring cake tin
Springform cake tin, square

Roaster, glass, without lid
Flan-base cake tin
Ring tin

Roaster with lid
Pizza tray, round
Bundt cake tin

Meat tray
Springform cake tin, round
Mini tart dishes

Ramekins/soufflé dishes
Tart dish
Preserving jars
SPECIAL ACCESSORIES

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

**Baking tray, non-stick**
For tray bakes and small baked products. The pastries can be removed more easily from the baking tray. It is not necessary to grease or line with greaseproof paper.

**Universal pan, non-stick**
For moist cakes, pastries, frozen meals and large roasts. It can be used to catch dripping fat when you are grilling directly on the wire rack. Pastries and roasts can be removed more easily from the universal pan. It is not necessary to grease or line with greaseproof paper.

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

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

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

**Profi pan**
Ideal for the preparation of large quantities.

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

**Pizza tray**
For pizzas and large round cakes.

**Glass roaster (1.5 litres)**
For stews and bakes.
ABBREVIATIONS AND QUANTITIES
### ABBREVIATIONS

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SIDE DISHES
AND VEGETABLES,
VEGETARIAN DISHES
AND BAKES
LEMON POTATOES WITH HERBS AND POINTED PEPPERS

For 4 servings
Universal pan

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

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

**IN ADDITION:**
- 3 tbsp olive oil for the baking tray

Per serving
- 501 kcal, 44 g carbs, 31 g fat, 7 g protein, 3.7 BU

**PREPARATION**

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

**Oven setting:**
Universal pan
CircoTherm
190 °C
Cooking time: 60 minutes
When using CircoTherm, you can place the accessories on any level from 1 to 3.

**Compact oven setting:**
CircoTherm
190 °C
Cooking time: 60 minutes
FILLED JACKET POTATOES

For 4 servings
Universal pan

**POTATOES:**
4 equally sized, floury potatoes, 200 g each

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

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

**PREPARATION**

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

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

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

**Oven setting:**
Universal pan
CircoTherm
160 °C
Cooking time: 55-65 minutes
When using CircoTherm, you can place the accessories on any level from 1 to 3.

**Grilling:**
Universal pan, level 4
Grill, large area
290 °C/intensive
Grilling time: 5-8 minutes

**Compact oven setting:**
CircoTherm
160 °C
Cooking time: 55-65 minutes

**Grilling:**
Universal pan, level 3
Grill, large area
290 °C/intensive
Grilling time: 5-8 minutes

**Tip:**
Other fillings: 125 g tuna, 1 tsp butter and chopped chives or 150 g sour cream and a crushed garlic clove or 75 g cooked, diced ham and 25 g grated cheese.
PEPPERY STEW WITH SWEET POTATOES AND PEPPERS

For 4 servings
Medium glass roaster with lid

STEW:

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

Per serving
404 kcal, 65 g carbs, 12 g fat, 7 g protein, 5.4 BU

PREPARATION

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

2. Add half the butter to the roaster. Briefly sweat the garlic and shallots in it. Add the sweet potatoes and diced pepper, briefly sweat them too and then season with sea salt, chilli salt and pepper. Add the bay leaves and cook everything as indicated in a roaster with lid.

3. After approx. 20 minutes, top up with the vegetable stock. Add the remaining butter and cook the stew until done.

4. Before serving, remove the garlic clove and the bay leaves. Add the parsley and green peppercorns and season well to taste again.

Oven setting:
Top/bottom heating
200 °C
Cooking time: 50-55 minutes

Compact oven setting:
Top/bottom heating
200 °C
Cooking time: 50-55 minutes
PUMPKIN AND CHILLI VEGETABLES WITH APPLES

For 4 servings
Universal pan

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

Per serving
234 kcal, 29 g carbs, 11 g fat, 4 g protein, 2.4 BU

PREPARATION

1. Peel the pumpkin and remove the core with the seeds. Cut into wedges approx. 4 cm wide.
2. Melt the butter, brush the universal pan with a thin layer of it, and sprinkle with chilli salt and mixed pepper.
3. Peel and quarter the garlic cloves and distribute in the universal pan. Arrange the pumpkin wedges on top.
4. Wash the apples, core them and cut them into quarters. Lay the apple wedges between or in the pumpkin wedges.
5. Wash the celery, cut it into cubes approx. 1 cm in size and scatter over the pumpkin and apple wedges. Season with chilli salt and mixed pepper once again and brush with the remaining butter. Add the water and cook the pumpkin as indicated.

Oven setting:
Top/bottom heating
180 °C
Cooking time: 30-35 minutes

Compact oven setting:
Top/bottom heating
180 °C
Cooking time: 30-35 minutes
POLENTA

For 6 servings
Medium ovenproof dish

POLENTA:

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

IN ADDITION:

Butter for greasing

Per serving
383 kcal, 33 g carbs, 24 g fat, 9 g protein, 2.7 BU

PREPARATION

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

Oven setting:
Top/bottom heating
200 °C
Cooking time: 40-50 minutes

Compact oven setting:
Top/bottom heating
200 °C
Cooking time: 40-50 minutes

Tip:
Serve the polenta as a side dish with ratatouille or with other Mediterranean meat dishes.
AUBERGINE TOWERS

For 4 servings
Medium ovenproof dish

PREPARATION

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

Oven setting:
Top/bottom heating
210 °C
Cooking time: 45-50 minutes

Compact oven setting:
Top/bottom heating
210 °C
Cooking time: 45-50 minutes

Tip:
Serve it with a fresh flatbread or baguette.
TOMATOES STUFFED WITH LENTILS, BULGUR WHEAT AND GOAT’S CHEESE

For 4 servings
Medium ovenproof dish

FILLING:

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

TOMATOES:

8 tomatoes
Sea salt
Pepper, freshly ground

IN ADDITION:

2 tbsp olive oil for the dish

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

PREPARATION

1. Leave the lentils to soften in cold water for approx. 60 minutes. Then drain off the water. Put the bulgur wheat in a sieve and rinse briefly.

2. Peel and finely dice the shallot. Put the butter and diced shallots in a saucepan and sweat them.

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

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

5. Wash the tomatoes. Cut off the tops of the tomatoes and dice them. Carefully scoop out the flesh of the tomatoes using a teaspoon. Season the inside of the tomatoes and fill them with the mixture of lentils, bulgur wheat and cheese.

6. Add the olive oil to the ovenproof dish. Add the diced tomatoes and the filled tomatoes to the dish and cook as indicated.

Oven setting:
Top/bottom heating
210 °C
Cooking time: 25-30 minutes

Compact oven setting:
Top/bottom heating
210 °C
Cooking time: 25-30 minutes
BAKED ASPARAGUS WITH SALSA

For 4 servings
Universal pan

SALSA:

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

ASPARAGUS:

1.5 kg fresh green asparagus
4 tbsp olive oil
Salt
Sugar

SERVE WITH:

Crema di Balsamico

Per serving
379 kcal, 11 g carbs, 34 g fat, 8 g protein, 0.9 BU

PREPARATION

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

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

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

Oven setting:
Top/bottom heating
200 °C
Cooking time: 25-30 minutes

Compact oven setting:
Top/bottom heating
200 °C
Cooking time: 25-30 minutes
Yorkshire pudding

For 12 servings

Muffin tin

MIXTURE:

200 ml milk
100 ml water
1 egg
125 g flour
Salt

IN ADDITION:

Lard for greasing the muffin tin

Per serving

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

PREPARATION

1. Place the milk, water and egg in a mixing bowl and whisk with an egg whisk. Slowly add the flour and a pinch of salt and continue whisking until you have a smooth mixture. Leave to stand for 30 minutes.

2. Put approx. ¼ tsp lard in each recess of the muffin tin. Place the dish into the oven and preheat.

3. Distribute the dough evenly in the hot muffin tin and bake as indicated.

Oven setting:
Top/bottom heating
200 °C
Preheat
Baking time: 30-40 minutes

Compact oven setting:
Top/bottom heating
200 °C
Preheat
Baking time: 30-40 minutes
**VEGETABLE BREAD MUFFINS**

For 12 servings
Muffin tin

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

**IN ADDITION:**
- Butter for the muffin tray and flour for dusting or paper moulds

**PREPARATION**

1. Peel the garlic and chop it finely, then sweat it briefly in 2 tbsp olive oil with the finely chopped herbs.
2. Trim, wash and, if necessary, peel the vegetables, then grate them roughly.
3. Mix the flour and the yeast. Add the lukewarm water and sugar. Knead together with the Parmesan, the mixed herbs, 4 tbsp olive oil and the grated vegetables. Season to taste with salt, pepper and freshly grated nutmeg. Leave to prove in a warm place whilst covered.
4. Split the dough into 12 pieces and form into balls. Place into a muffin tin which has been greased and covered in flour or lined with paper moulds and leave to prove for another 20 minutes. Bake as indicated.

**Oven setting:**
Muffin tin on the wire rack
CircoTherm
180 °C
Baking time: 40-45 minutes

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

**Compact oven setting:**
CircoTherm
180 °C
Baking time: 40-45 minutes

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

**Preparation**

1. Peel the garlic cloves and halve them. Rub the dish with the garlic and then grease it.
2. Wash, peel and slice the potatoes thinly and evenly into slices of approx. 3 mm thickness.
3. Layer half of the potato slices into the dish, season and sprinkle with approx. 50 g cheese. Layer the second half into the dish, sprinkle with the remaining cheese and season again.
4. Season the cream with salt and nutmeg. Pour the cream over the potatoes and add small flakes of butter. Bake the gratin as indicated.

**Oven setting:**
- Circo-roasting
- 170 °C
- Cooking time: 60-80 minutes

**Compact oven setting:**
- Circo-roasting
- 170 °C
- Cooking time: 60-80 minutes

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

For 4 servings
Medium ovenproof dish

LASAGNE:
- 1 small onion
- 70 g butter
- 600 g frozen spinach leaves
- Sea salt
- Pepper, freshly ground
- Nutmeg, freshly ground
- 50 g flour
- 500 ml vegetable stock, cold
- 100 ml cream
- 800 g ripe vine tomatoes
- 9 lasagne sheets, not pre-cooked
- 100 g Pecorino cheese, freshly grated
- Fresh basil

IN ADDITION:
- Butter for greasing

Per serving
- 567 kcal, 39 g carbs, 36 g fat, 23 g protein,
- 3.2 BU

PREPARATION

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

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

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

4. Grease the ovenproof dish.

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

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

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

Oven setting:
- Top/bottom heating
- 200 °C
- Cooking time: 35-40 minutes

Compact oven setting:
- Top/bottom heating
- 200 °C
- Cooking time: 35-40 minutes
SMALL CHEESE SOUFFLÉS

For 8 servings
Soufflé dishes and universal pan
75 g medium Gouda or mature Gouda
6 eggs
250 ml milk
50 g butter
Salt
Pepper, freshly ground
Nutmeg, freshly grated
75 g flour

IN ADDITION:
Butter for the ramekins

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

PREPARATION

1. Grate the cheese very finely. Evenly grease the dishes or cups. Separate the eggs and place 1 extra egg white to one side.

2. Add the milk to a pot. Add butter, salt, pepper and nutmeg and bring to the boil. Sieve the flour and pour into the milk in one go. Stir the mixture with a wooden spoon until it comes away from the sides and forms a ball, and until a white coating becomes visible on the base of the saucepan. Remove the pot from the hotplate and immediately fold the egg white placed aside into the hot mixture.

3. Place the dough ball into a bowl and gradually stir in the egg yolk until it forms a smooth mixture. Stir in the grated cheese evenly.

4. Beat the remaining egg white until stiff with a pinch of salt and carefully fold into the cheese mixture.

5. Carefully fill the dishes or cups with the mixture. Place the dishes into the universal pan. Pour approx. 1 litre of boiling water into the universal pan and cook the soufflés as indicated.

Oven setting:
Top/bottom heating
160 °C
Baking time: 45-50 minutes

Compact oven setting:
Top/bottom heating
160 °C
Baking time: 45-50 minutes
FISH
SEA BREAM IN A HERBY SALT CRUST

For 4 servings
Universal pan

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

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

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

PREPARATION

1. Remove the sea bream, rinse briefly under cold water and pat dry with kitchen towel. Drizzle the inside and outside with lemon juice.
2. Mix the sea salt well with the chilli salt.
3. Rinse the herbs and shake dry. Pluck the leaves from the lemon thyme and add to the salt.
4. Sprinkle a layer of the salt mixture appropriate to the size of the fish over the universal pan.
5. Place the sea bream on top, add a sprig of rosemary to each fish and cover the tops and sides with the remaining salt. Moisten the surface with water, and cook the fish as indicated.

Oven setting:
Top/bottom heating
180 °C
Cooking time: 40-50 minutes

Compact oven setting:
Top/bottom heating
180 °C
Cooking time: 40-50 minutes

Tip:
The sea bream is also called gilthead sea bream, and belongs to the perch family.
This fish is excellent for frying and grilling.
For 4 servings
Universal pan

**FISH:**
- 4 red mullet fillets, 200 g each
- 1 lemon
- Sea salt

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

**IN ADDITION:**
- Tin foil
- Olive oil

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

**PREPARATION**

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

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

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

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

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

**Oven setting:**
- Top/bottom heating
- 190 °C
- Cooking time: 20-25 minutes

**Compact oven setting:**
- Top/bottom heating
- 190 °C
- Cooking time: 20-25 minutes

**Tip:**
- In summer, the chopped tomatoes can be replaced by fresh, halved cherry tomatoes.
**TROUT WITH HERBS COOKED ON THE BAKING TRAY**

For 4 servings
Universal pan

**FISH:**
- 50 g fresh rosemary
- 50 g fresh lemon thyme
- 50 g fresh tarragon
- 50 g fresh oregano
- 5 tbsp olive oil
- Chilli salt
- 1 tbsp lemon pepper
- 3-4 tbsp mixed peppercorns
- 4 fresh trout, approx. 300 g each, oven-ready
- 1 organic lemon

**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.

**Per serving**
- 564 kcal, 5 g carbs, 32 g fat, 63 g protein, 0.4 BU

**Oven setting:**
Universal pan
CircoTherm
190 °C
Cooking time: 40-45 minutes
When using CircoTherm, you can place the accessories on any level from 1 to 3.

**Compact oven setting:**
CircoTherm
190 °C
Cooking time: 35-40 minutes

**Tip:**
The lemon zest will give the fish a fresh flavour that isn't sour.
PIKE—PERCH FILLET AU GRATIN WITH HORSERADISH SAUCE

For 4 servings
Large ovenproof dish

FISH:
4 pike-perch fillets, approx. 180 g each
½ lemon
Sea salt
Lemon pepper

SAUCE:
15 g butter
15 g flour
50 ml dry white wine
200 ml fish stock from a jar
200 ml cream
2-3 tbsp horseradish, freshly grated or 1 tsp wasabi paste
Salt
Pepper, freshly ground

IN ADDITION:
1 tbsp breadcrumbs
1 tsp sweet paprika
Per serving
389 kcal, 9 g carbs, 21 g fat, 38 g protein, 0,8 BU

PREPARATION

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

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

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

Oven setting:
Circo-roasting
180 °C
Cooking time: 25-30 minutes

Compact oven setting:
Circo-roasting
180 °C
Cooking time: 25-30 minutes
SALMON FILLET WITH SPINACH LEAVES AND TOMATOES

For 4 servings
Large ovenproof dish

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

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

FISH:
400 g salmon fillet, skinless

FOR SPRINKLING:
20 g pine nuts
3 tbsp Parmesan, freshly grated

IN ADDITION:
Butter for greasing

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

PREPARATION

1. Peel the shallots, dice them finely and sweat them in the butter. Add the spinach leaves and sweat for approx. 10 minutes in a saucepan with the lid on. Then season with sea salt.

2. Dice the Gorgonzola, mix in with the spinach leaves and season with pepper.

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

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

5. Rinse the salmon fillet briefly under cold water, pat dry with kitchen towel and cut into chunks 3 cm thick.

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

Oven setting:
Circo-roasting
180 °C
Roasting time: 30-35 minutes

Compact oven setting:
Circo-roasting
180 °C
Roasting time: 30-35 minutes
**ASPARAGUS AND FISH PARCELS**

For 6 servings
Universal pan

**ASPARAGUS:**
- 500 g white asparagus
- 500 g green asparagus
- Salt
- Sugar
- 2 tbsp lemon juice
- 1 tbsp basil, chopped
- 1 tbsp chervil, chopped
- 1 tbsp tarragon, chopped
- 1 tbsp tarragon vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- Sea salt
- White pepper freshly ground

**FISH:**
- 6 fresh spined loach fillets, 100 g each
- Salt
- Pepper, freshly ground
- 2 tbsp lemon juice
- 100 g prawns, fresh or frozen

**IN ADDITION:**
- Greaseproof paper
- Kitchen string
- Small bowls

Per serving
- 145 kcal, 3 g carbs, 3 g fat, 24 g protein, 0.3 BU

**PREPARATION**

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

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

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

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

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

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

Oven setting:
- Top/bottom heating
- 180 °C
- Cooking time: 25-30 minutes

Compact oven setting:
- Top/bottom heating
- 180 °C
- Cooking time: 25-30 minutes
FRIED FISH FILLET WITH SWEET AND SOUR ASIAN VEGETABLES

For 4 servings
Baking tray
FRIED FISH FILLET:

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

VEGETABLES:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

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

2. Preheat the oven.

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

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

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

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

Oven setting:
Top/bottom heating
210 °C
Preheat
Cooking time: 15-20 minutes

Compact oven setting:
Top/bottom heating
210 °C
Preheat
Cooking time: 15-20 minutes

Tip:
Lemongrass doesn’t cook and will not soften, it is only used as flavouring for a typically Asian taste element.
RED SNAPPER CURRY

For 4 servings
Large roaster with lid

FISH:
- 600 g red snapper fillet

MARINADE:
- ½ lemon
- 1 tsp mild red curry paste (from the Asian section of supermarkets)
- Sea salt
- 2 tbsp sunflower oil

CURRY:
- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 500 g floury potatoes
- 200 g yellow courgettes
- 100 g celery
- 60 g spring onions
- 200 g pak choi or Chinese cabbage
- 1 fresh red chilli
- 10 g coconut oil
- 4 shallots
- Sea salt
- Curry paste
- A little cayenne pepper
- 800 ml unsweetened coconut milk

Per serving
- 384 kcal, 33 g carbs, 12 g fat, 36 g protein, 2,8 BU

PREPARATION

1. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut into strips 1 cm wide.
2. For the marinade, squeeze half of the lemon, mix the juice with red curry paste, sea salt and 2 tbsp sunflower oil. Distribute over the strips of fish, mix well and leave to 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.

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

Oven setting:
- Top/bottom heating
- 200 °C
- Cooking time: 25-30 minutes

Compact oven setting:
- Top/bottom heating
- 200 °C
- Cooking time: 25-30 minutes
POULTRY AND MEAT
GRILLED CHICKEN FILLED WITH HERBS

For 4 servings
Universal pan with wire rack

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

FOR BRUSHING:
2 tbsp cooking oil
Salt
Pepper, freshly ground
Paprika

Per serving
555 kcal, 1 g carbs, 32 g fat, 65 g protein, 0.1 BU

PREPARATION

1. Rinse the chicken in cold water and pat dry with kitchen towel. Cut into two halves of equal size and remove the backbone.
2. Season the inside of each half of the chicken with salt and pepper. Rinse the herbs, shake dry and distribute in each half of the chicken. Drizzle lemon juice over them.
3. Place the halves of the chicken on the wire rack with the seasoned side facing down.
4. Mix the oil with the spices and baste each half of the chicken on the outside with the mixture.
5. Grill the chicken as indicated.

Oven setting:
Circo-roasting
200 °C
Grilling time: 45-50 minutes

Compact oven setting:
Circo-roasting
200 °C
Grilling time: 45-50 minutes

Tip:
If you halve the chicken before grilling, it won’t need to be turned.
SICILIAN CHICKEN

For 4 servings
Roaster with lid

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

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

Per serving
979 kcal, 14 g carbs, 64 g fat, 68 g protein, 1.2 BU

**PREPARATION**

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

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

Compact oven setting:
Top/bottom heating
210 °C
Roasting time:
1 hr. 10 min. - 1 hr. 20 min.
**CHICKEN SALTIMBOCCA**

For 4 servings
Universal pan

**SALTIMBOCCA:**

4 chicken breast fillets, 200 g each
Sea salt
Pepper, freshly ground
50 g medium-mature Pecorino cheese, freshly grated
150 g raw ham, sliced thinly
12 fresh sage leaves

**IN ADDITION:**

Kitchen string

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

**PREPARATION**

1. Rinse the chicken breast fillets briefly under cold water, pat dry with kitchen towel and cut each one into 3 pieces. Season with sea salt and pepper.

2. Roll the pieces in Pecorino cheese and wrap in a slice of ham, so that the meat is covered.

3. Securely tie one sage leaf to the ham with kitchen string. Place the chicken pieces into the universal pan and grill as indicated.

Oven setting:
Circo-roasting
230 °C
Roasting time: 20-25 minutes

Compact oven setting:
Circo-roasting
230 °C
Roasting time: 20-25 minutes

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

For 4 servings
Universal pan with wire rack

MARINADE:

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

CHICKEN:

16 chicken wings

Per serving
611 kcal, 7 g carbs, 48 g fat, 37 g protein, 0.6 BU

PREPARATION

1. Squeeze the lemons. Peel the garlic and crush into the lemon juice. Stir with the remaining ingredients to form a marinade.

2. Rinse the chicken wings briefly under cold water and pat dry with kitchen towel. Brush with the marinade and grill on the wire rack as indicated.

Oven setting:
Circo-roasting
220 °C
Roasting time: 30-40 minutes

Compact oven setting:
Circo-roasting
220 °C
Roasting time: 30-40 minutes
STUFFED TURKEY BREAST

For 6 servings
Medium roaster

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

**IN ADDITION:**
- Wooden skewers
- Kitchen string

Per serving
- 310 kcal, 5 g carbs, 8 g fat, 52 g protein, 0.4 BU

**PREPARATION**

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

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

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

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

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

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

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

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

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

**Oven setting:**
- Top/bottom heating
- 170 °C
- Roasting time: 1 hr. 15 min.

**Compact oven setting:**
- Top/bottom heating
- 170 °C
- Roasting time: 1 hr. 15 min.
**ORIENTAL-STYLE DUCK BREAST**

For 4 servings
Universal pan with wire rack

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

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

**IN ADDITION:**
¼ bunch fresh coriander
2 tbsp cashews, roasted

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

**PREPARATION**

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

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

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

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

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

**Oven setting:**
Circo-roasting
230 °C
Roasting time: 25-30 minutes

**Compact oven setting:**
Circo-roasting
230 °C
Roasting time: 25-30 minutes

**Tip:**
Dripping fat can cause smoke.
To prevent this, pour 125 ml water into the universal pan.
CRISPY DUCK WITH BAKED APPLE STUFFING

For 3 servings
Universal pan with wire rack

MEAT:
1 fresh duck, 2.4 kg, without giblets
Approx. 10 g fresh marjoram
Sea salt
Pepper, freshly ground
30 g orange marmalade

BAKED APPLE STUFFING:
2 sour apples, e.g. Santana or Braeburn
10 g raisins
1 fresh date, pitted
15 g marzipan
10 g chopped walnuts

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

IN ADDITION:
Cocktail sticks
Kitchen string

Per serving
1123 kcal, 31 g carbs, 77 g fat, 28 g protein, 2.6 BU

PREPARATION

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

Oven setting:
CircoTherm
170 °C
Roasting time: 70 minutes
then
Circo-roasting
170 °C
Roasting time: 40-50 minutes

Compact oven setting:
CircoTherm
170 °C
Roasting time: 70 minutes
then
Circo-roasting
170 °C
Roasting time: 40-50 minutes
GRILLED GOOSE WITH BREAD ROLL FILLING

For 6 servings
Universal pan with wire rack

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

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

IN ADDITION:
Cocktail sticks
Butter or salt water for brushing

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

PREPARATION

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

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

3. Place the goose onto the wire rack with the breast side down and roast as indicated. Turn the goose after approx. 90 minutes.

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

Oven setting:
CircoTherm
170 °C
Roasting time:
2 hr. - 2 hr. 30 min.

Compact oven setting:
CircoTherm
170 °C
Roasting time:
2 hr. - 2 hr. 30 min.

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

For 6 servings
Universal pan

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

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

Per serving
572 kcal, 8 g carbs, 35 g fat, 57 g protein, 0.7 BU

PREPARATION

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

Oven setting:
Circo-roasting
180 °C
Roasting time: 30-35 minutes

Compact oven setting:
Circo-roasting
180 °C
Roasting time: 30-35 minutes
TOPSIDE OF BEEF WITH PEARL ONION SAUCE

For 6 servings
Large roaster with lid

MEAT:
2 kg topside of beef, trimmed and skinned
Salt
Black pepper, freshly ground
1 tbsp flour
50 g clarified butter

SAUCE:
50 g sugar
4 tbsp tarragon vinegar
200 g shallots
80 g butter
340 g pearl onions from a jar
20 g cornflour
Salt
Pepper, freshly ground

Per serving
787 kcal, 22 g carbs, 48 g fat, 67 g protein, 1.8 BU

PREPARATION

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

2. Let the sugar 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.

Oven setting:
Top/bottom heating 190 °C
Roasting time:
3 hr. - 3 hr. 10 min.

Compact oven setting:
Top/bottom heating 190 °C
Roasting time:
3 hr. - 3 hr. 10 min.
VEAL ROULADES

For 4 servings
Medium roaster with lid

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

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

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

IN ADDITION:
Kitchen string or roulade pins

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

PREPARATION

1. Grate the Parmesan. Wash and trim the courgette, then cut lengthwise into wafer-thin slices. Wash, halve and de-seed the peppers. Cut the peppers or the dried tomatoes into very small cubes.

2. Rinse the sliced meat briefly under cold water and pat dry with kitchen towel. Carefully tenderise or flatten it a little. Season with salt and pepper on both sides.

3. Brush each slice with pesto on one side. Sprinkle with Parmesan and distribute the courgette slices lengthwise on top. Scatter the peppers or dried diced tomatoes onto the courgette and season them.

4. Roll the sliced meat up tightly and tie with kitchen string or fasten with roulade pins.

5. Heat up the cooking oil and clarified butter in the roaster and briefly sear the roulades all over. Then position them with the edge facing downwards and deglaze with 50 ml veal stock. Add the herbs and garlic. Cover the roaster and braise the roulades as indicated.

6. Remove the cooked roulades from the roaster and keep them warm. Add the remaining veal stock to the sauce. Remove the herb stems and garlic cloves and season the sauce once again with salt and pepper.

Oven setting:
Top/bottom heating
160 °C
Roasting time: 55-60 minutes

Compact oven setting:
Top/bottom heating
160 °C
Roasting time: 55-60 minutes

Tip:
Serve tagliatelle or a different kind of pasta as a side dish.
For 4 servings  
Roaster with lid  

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

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

Per serving  
- 432 kcal, 20 g carbs, 16 g fat, 43 g protein, 1.6 BU  

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**PREPARATION**  

1. Rinse the veal shank slices briefly under cold water, pat dry with kitchen towel, season and toss in flour.  
2. Peel the onions, carrots and garlic cloves. Cut the onions and carrots into pieces 1 cm thick. Finely chop the garlic. Wash the organic lemon in hot water, dry it and grate the zest.  
3. Heat the clarified butter in the roaster. Sear the shank slices. Remove from the roaster and place to one side.  
4. Fry the onions, carrots and garlic in the frying fat. Add the cherry tomatoes, veal stock, red wine, herbs and the grated zest of the organic lemon to the vegetables.  
5. Place the meat into the roaster, press into the sauce and braise as indicated.  
6. Season the ossobuco once again before serving.  

**Oven setting:**  
Top/bottom heating  
210 °C  
Cooking time:  
1 hr. 20 min. - 1 hr. 30 min.  

**Compact oven setting:**  
Top/bottom heating  
210 °C  
Cooking time:  
1 hr. 20 min. - 1 hr. 30 min.
JOINT OF PORK WITH A HONEY–THYME CRUST

For 6 servings
Universal pan

MEAT:
2.2 kg pork shoulder joint, with rind, have the butcher score the rind
Sea salt
Black pepper, freshly ground
3 garlic cloves
100 ml water

VEGETABLES:
250 g shallots
200 g celeriac
300 g carrots
200 g parsnips
200 g celery
250 g leeks
50 ml balsamic vinegar
250 ml water
Approx. 30 g fresh thyme
10 allspice berries

FOR BRUSHING:
1 lemon
3 tbsp honey
Fresh sprigs of thyme

Per serving
967 kcal, 24 g carbs, 68 g fat, 66 g protein, 2.0 BU

PREPARATION

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

2. Peel the shallots, celeriac, carrots and parsnips. Top and tail and then cut into pieces around 3 cm long. Wash the celery and leek, trim them both, cut them into pieces approx. 3 cm long and place them aside.

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

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

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

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

7. Brush the meat with the lemon honey and roast until done.

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

Compact oven setting:
Top/bottom heating
190 °C
Roasting time:
approx. 2 hr. 40 min.
For 4 servings  
Large ovenproof dish  

**MEAT:**  
Approx. 600 g pork fillet  
10 leaves fresh sage  
Pepper, freshly ground  

**SALT CRUST:**  
2 egg whites  
1 kg sea salt  
Approx. 30 ml water  

**SAUCE:**  
½ small shallot  
20 g butter  
1 tbsp fine sugar  
½ tsp tomato purée  
400 ml veal stock  
Pepper, freshly ground  
1 tsp cornflour  
1 tbsp honey mustard  
1 pinch sugar  

**IN ADDITION:**  
1 tbsp pink peppercorns  
Fresh herbs  

**PREPARATION**  

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

**Oven setting:**  
Top/bottom heating  
280 °C  
Preheat  
Roasting time: 20-25 minutes  

**Compact oven setting:**  
Top/bottom heating  
280 °C  
Preheat  
Roasting time: 20-25 minutes
SADDLE OF LAMB IN A HERB CRUST

For 4 servings
Universal pan with wire rack

MEAT:
800 g lamb saddle fillet
Salt
Pepper, freshly ground

HERB PASTE:
1 small garlic clove
3 sprigs thyme
3 sage leaves
1 tbsp rosemary leaves
2 tbsp medium-hot mustard
1 tbsp olive oil

Per serving
284 kcal, 1 g carbs, 13 g fat, 42 g protein, 0.1 BU

PREPARATION

1. Rinse the fillet briefly under cold water and pat dry with kitchen towel. Then completely remove the layers of fat and sinew. Season with salt and pepper.

2. Peel the garlic. Rinse the thyme sprigs, shake them dry and pluck the leaves. Finely chop the herbs and garlic, and mix with mustard and oil.

3. Preheat the oven.

4. Brush the lamb saddle all over with the paste and roast as indicated.

5. Before serving, cut into equally sized slices.

Oven setting:
Top/bottom heating
220 °C
Preheat
Roasting time: 15-25 minutes

Compact oven setting:
Top/bottom heating
220 °C
Preheat
Roasting time: 15-25 minutes

Tip:
On this setting, the meat will remain pink inside.
If you would prefer the lamb saddle fillet well-done, increase the roasting time by 5-10 minutes.
You can also line the universal pan with boiled and roughly sliced potatoes. These will become crispy when cooked and will absorb any dripping meat juices.
MEAT KEBABS, LAMB

For 4 servings
Wire rack and universal pan

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

IN ADDITION:
Cooking oil for brushing and for the wire rack
Metal skewers

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

PREPARATION

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

Oven setting:
Grill, large area
250 °C
Grilling time: 25-30 minutes

Compact oven setting:
Grill, large area
290 °C/intensive
Grilling time: 20-30 minutes

Tip:
If you do not have any skewers, you can also grill the small rissoles directly, as indicated.
JOINT OF VENISON IN A RED WINE AND JUNIPER SAUCE

For 8 servings
Large roaster with lid

MEAT:
1.5-2 kg joint of venison, from the haunch, boneless
Salt
Pepper, freshly ground
30 g clarified butter
30 g butter

SAUCE:
1 medium onion
2 small carrots
1 small piece celeriac
½ leek
2 small garlic cloves
A few juniper berries
30 g butter
20 g sugar
5 sprigs thyme
1 tbsp tomato purée
250 ml tart red wine
2-3 cloves
1 bay leaf
1 cinnamon stick
250 ml game stock from a jar
1 generous pinch strong mustard
Sugar
2 tbsp cranberries from a jar

Per serving
494 kcal, 12 g carbs, 23 g fat, 54 g protein, 1.0 BU

PREPARATION

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.
2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Chop the vegetables into pieces 1-2 cm in size.
3. Heat the clarified butter in the roaster and sear the meat well all over.
4. Remove the clarified butter in 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.

Oven setting:
Top/bottom heating
170 °C
Roasting time:
3 hr. - 3 hr. 10 min.

Tip:
You can bind the sauce by mixing together 1 tbsp cornflour with a little cold water, mixing it quickly into the hot sauce with a whisk and then letting the sauce come to the boil again.
RABBIT LEG WITH APPLE AND GINGER

For 4 servings
Large roaster with lid
RABBIT:
4 rabbit legs, 250 g each
3-4 red apples
2 onions
2 carrots
30 g fresh ginger
3 stems tarragon
Salt
Pepper, freshly ground
6 strips back bacon
200 ml vegetable stock

IN ADDITION:
2 tbsp cornflour as required

Per serving
624 kcal, 29 g carbs, 36 g fat, 46 g protein, 2.4 BU

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

Oven setting:
Top/bottom heating
230 °C
Roasting time: 70-80 minutes

Compact oven setting:
Top/bottom heating
230 °C
Roasting time: 70-80 minutes

Tip:
You could also use chicken legs instead of rabbit legs.
WILD BOAR JOINT WITH ELDERBERRY SAUCE AND CARAMELISED APPLES

For 6 servings
Large roaster with lid

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

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

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

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

PREPARATION

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.
2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Peel the garlic cloves. Cut the vegetables into pieces 1-2 cm in size. Wash the apple, core it, cut it into quarters and then cut it into wedges.
3. Heat the clarified butter in the roaster and sear the meat well all over.
4. Remove the meat from the roaster and place it to one side.
5. Briefly brown the vegetables and garlic cloves in the frying fat. Add the thyme sprigs, the zest of half of the orange and the apple wedges. Add the tomato purée and fry.
6. Add 30 g butter to the roaster, then add the sugar and leave to 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.

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

Compact oven setting:
Top/bottom heating
190 °C
Roasting time:
2 hr. 40 min. - 2 hr. 50 min.
CAKES AND SMALL BAKED ITEMS, DESSERTS AND SWEET DISHES
GERMAN-STYLE BUTTER CAKE — BASIC RECIPE FOR YEAST DOUGH

For approx. 16 servings
Baking tray

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

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

IN ADDITION:
Butter for greasing the baking tray

Per serving
271 kcal, 30 g carbs, 14 g fat, 5 g protein, 2.5 BU

PREPARATION

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

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

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

4. Then bake the cake as indicated.

Oven setting:
Top/bottom heating
170 °C
Baking time: 20-25 minutes

Compact oven setting:
Top/bottom heating
170 °C
Baking time: 20-25 minutes
**DAMSON CAKE**

To make approx. 20 servings

**Universal pan**

**YEAST DOUGH:**

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

**FRUIT FILLING:**

- Approx. 2.5 kg damsons
- 25 g breadcrumbs

**IN ADDITION:**

- Butter for greasing the baking tray

**Per serving**

- 216 kcal, 36 g carbs, 6 g fat, 4 g protein, 3.0 BU

**PREPARATION**

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

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

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

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

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

**Oven setting:**

- Universal pan
- CircoTherm
- 170 °C

**Baking time:** 40-50 minutes

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

**Compact oven setting:**

- CircoTherm
- 170 °C

**Baking time:** 40-50 minutes

**Tip:**

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

For approx. 20 slices
Baking tray

YEAST DOUGH:

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

FOR BRUSHING:

1 egg yolk
2 tbsp milk

IN ADDITION:

Greaseproof paper

Per slice
182 kcal, 28 g carbs, 6 g fat, 4 g protein, 2.3 BU

PREPARATION

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

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

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

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

Oven setting:
Top/bottom heating
190 °C
Baking time: 25-35 minutes

Compact oven setting:
Top/bottom heating
190 °C
Baking time: 25-35 minutes

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

For approx. 16 slices
Baking tray

**FRUIT MIXTURE:**

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

**YEAST DOUGH:**

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

**IN ADDITION:**

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

**PREPARATION**

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

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

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

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

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

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

**Oven setting:**
Top/bottom heating
170 °C
Baking time: 50-60 minutes

**Compact oven setting:**
Top/bottom heating
170 °C
Baking time: 50-60 minutes

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

Per slice
292 kcal, 32 g carbs, 15 g fat, 5 g protein, 2.7 BU
FRUITY RASPBERRY GATEAU — BASIC RECIPE FOR SPONGE MIXTURE

For 12 servings
Springform cake tin, diameter 28 cm

SPONGE MIXTURE:

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

TOPPING:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

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

Oven setting:
Springform cake tin on the wire rack
CircoTherm
170 °C
Preheat
Baking time: 35-40 minutes

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

Compact oven setting:
CircoTherm
170 °C
Preheat
Baking time: 35-40 minutes
SACHERTORTE

To make approx. 16 servings
Black springform cake tin, diameter 28 cm

MIXTURE:

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

FILLING:

250 g apricot jam

IN ADDITION:

200 g dark cooking chocolate
25 g coconut oil
Greaseproof paper

PER SERVING:

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

PREPARATION

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

Oven setting:
Top/bottom heating 180 °C
Baking time: 40-50 minutes

Compact oven setting:
Top/bottom heating 180 °C
Baking time: 40-50 minutes

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

For 16 servings
Springform cake tin, diameter 28 cm

SPONGE MIXTURE:

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

FILLING:

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

DECORATION:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

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

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

Compact oven setting:
CircoTherm
160 °C
Preheat
Baking time: 35-45 minutes
NUTTY SWISS ROLL WITH NOUGAT FILLING

For approx. 8 slices
Baking tray

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

FILLING:
100 g nut nougat
500 ml cream
2 sachets cream stiffener

IN ADDITION:
Greaseproof paper
Icing sugar for dusting
Sugar for the tea towel

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

PREPARATION

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

Oven setting:
Baking tray
CircoTherm
180 °C
Preheat
Baking time: 30-35 minutes

Compact oven setting:
CircoTherm
180 °C
Baking time: 30-35 minutes
GOOSEBERRY CAKE WITH ALMOND TOPPING – BASIC RECIPE FOR SPONGE MIXTURE

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

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

TOPPING:
- 400 g gooseberries
- 50 g flaked almonds
- 30 g sugar

IN ADDITION:
- Butter for greasing
- Icing sugar for dusting

Per serving
- 336 kcal, 36 g carbs, 19 g fat, 6 g protein, 3.0 BU

PREPARATION

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

Oven setting:
- Top/bottom heating
- 170 °C
- Baking time: 50-60 minutes

Compact oven setting:
- Top/bottom heating
- 170 °C
- Baking time: 50-60 minutes

Tip:
- Rhubarb, redcurrants, apples or apricots are all delicious alternatives to gooseberries.
SPONGE FLAN BASE

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

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

IN ADDITION:
Butter for greasing
Breadcrumbs for sprinkling

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

PREPARATION

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

Oven setting:
Top/bottom heating
170 °C
Baking time: 20-30 minutes

Compact oven setting:
Top/bottom heating
170 °C
Baking time: 20-30 minutes
APPLE CAKE WITH CARAMELISED WALNUTS

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

CARAMEL:
1 organic orange
300 g walnuts
30 g sugar

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

IN ADDITION:
Greaseproof paper
Butter for the edge of the tin

PREPARATION

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

Oven setting:
Top/bottom heating
180 °C
Baking time: 50-55 minutes

Compact oven setting:
Top/bottom heating
180 °C
Baking time: 50-55 minutes
RHUBARB TART WITH MERINGUE

To make approx. 20 servings
Universal pan

**Topping:**
- 1250 g rhubarb
- 100 g sugar

**Sponge mixture:**
- 225 g butter
- 200 g sugar
- 2 sachets vanilla sugar
- 4 eggs
- 500 g flour
- 1 sachet baking powder
- 1 pinch salt

**Meringue:**
- 6 egg whites
- 275 g sugar

**In addition:**
- Butter for greasing the baking tray

**Preparation**

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

Oven setting:
- Top/bottom heating
- 180 °C
- Baking time: 45-55 minutes

Tip:
This cake also works well with other sour fruit, such as gooseberries or redcurrants.
MARBLE CAKE IN A JAR

For 4 servings
4 preserving jars, 290 ml each

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

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

IN ADDITION:
Butter for the jars
1-2 tbsp breadcrumbs for sprinkling

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

PREPARATION

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

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

Compact oven setting:
CircoTherm
170 °C
Baking time: 45-50 minutes

Tip:
When making a marble cake in the 30 cm cake tin, use twice the quantity of mixture. Place the cake tin onto the wire rack and
For approx. 10 servings
Springform cake tin, diameter 24 cm

SPONGE MIXTURE:

175 g sugar
175 g butter
4 eggs
100 ml milk
30 ml rum
250 g flour
1 heaped tsp baking powder
125 g hazelnuts, finely ground
1 pinch salt

IN ADDITION:

Butter for greasing

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

PREPARATION

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

Oven setting:
Top/bottom heating
160 °C
Baking time: 50-60 minutes

Compact oven setting:
Top/bottom heating
160 °C
Baking time: 50-60 minutes
DELICATE POUND CAKE

To make approx. 15 servings
Cake tin, 30 cm

SPONGE MIXTURE:
- 250 g butter, soft
- 250 g sugar
- 1 sachet vanilla sugar
- 4 eggs
- 2 tbsp rum
- 125 g flour
- 125 g cornflour
- ½ tsp baking powder

IN ADDITION:
- Butter for greasing
- Breadcrumbs for sprinkling

Per serving
- 279 kcal, 31 g carbs, 16 g fat, 3 g protein, 2.6 BU

PREPARATION

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

Oven setting:
- Top/bottom heating 160 °C
- Baking time: 1 hr. - 1 hr. 20 min.

Compact oven setting:
- Top/bottom heating 160 °C
- Baking time: 1 hr. - 1 hr. 20 min.

Tip:
To prevent the cake from collapsing, only stir the mixture for a short time once you have added the eggs. Instead of rum, you can also use lemon or orange flavouring. You can also place two pound cakes with different flavourings next to each other on the wire rack and bake them at the same time. This will save energy.
FRUIT TART – BASIC RECIPE FOR SHORTCRUST PASTRY

For approx. 12 servings
Springform cake tin, diameter 26 cm

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

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

IN ADDITION:
Butter for greasing
Greaseproof paper
Dried pulses for blind baking

Per serving
259 kcal, 35 g carbs, 11 g fat, 4 g protein, 2.9 BU

PREPARATION

1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth mass using the kneading hook of a hand mixer or a food processor.

2. Grease the tin and line the base with two thirds of the pastry. Shape the remaining pastry into a roll and press around the edge of the tin, approx. 2 cm deep. Chill the pastry for 30-60 minutes.

3. Prick the pastry base several times with a fork. Line the pastry base and edge with greaseproof paper and fill with dried pulses. Bake as indicated.

4. Remove the pulses and paper and leave the cake base to cool. Then sprinkle it with almonds and decorate with fresh or drained fruit from a jar. Prepare the glaze with 2 tbsp sugar as per the manufacturer's instructions. Coat the fruit with it.

Oven setting:
Top/bottom heating
180 °C
Baking time: 30-40 minutes

Compact oven setting:
Top/bottom heating
180 °C
Baking time: 30-40 minutes

Tip:
Use the finest granulated sugar possible, so that it dissolves quickly in the mixture.
VANILLA CHEESECAKE

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

SHORTCRUST PASTRY:

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

QUARK MIXTURE:

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

IN ADDITION:

Butter for greasing

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

PREPARATION

1. Only grease the base of the springform cake tin.
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly until a fine, crumbly mixture is produced.
3. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Beat the egg with a fork, add to the crumble mixture with the vanilla pulp and quickly beat into a smooth mixture.
4. Line the base of the tin with two thirds of the pastry. Shape the rest into a roll and press around the edge of the tin, about 2-3 cm deep. Prick the pastry base several times with a fork, and leave the pastry to chill for approx. 40 minutes.
5. Wash the lemon with hot water, dry it and grate the zest. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Mix the lemon zest, vanilla pulp and all other ingredients for the quark mixture. Add to the tin and bake as indicated.

Oven setting:
Top/bottom heating
180 °C
Baking time: 60-80 minutes

Compact oven setting:
Top/bottom heating
180 °C
Baking time: 60-80 minutes
ENGLISH APPLE PIE

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

SHORTCRUST PASTRY:

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

FILLING:

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

IN ADDITION:

1 egg for brushing
Butter for greasing

Per serving
246 kcal, 32 g carbs, 11 g fat, 4 g protein, 2.7 BU

PREPARATION

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

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

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

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

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

Oven setting:
Top/bottom heating
200 °C
Baking time: 60-65 minutes

Compact oven setting:
Top/bottom heating
200 °C
Baking time: 60-65 minutes
PAVLOVA — MERINGUE WITH CREAM AND RASPBERRIES

For 6 servings
Baking tray

MERINGUE MIXTURE:
- 3 egg whites
- 175 g fine sugar
- 1 sachet vanilla sugar
- 2-3 drops vanilla essence
- 1 tsp light vinegar
- 1 tsp cornflour

FILLING:
- 250 ml cream
- 300 g raspberries

IN ADDITION:
- Greaseproof paper

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

PREPARATION

1. Whisk the egg white until stiff. Gradually mix in the sugar, vanilla sugar, vanilla essence and vinegar. Whisk the mixture for 10-20 minutes with a hand mixer or food processor. Fold in the cornflour quickly.

2. Preheat the oven as indicated.

3. Line a baking tray with greaseproof paper. Heap the meringue in the centre of the baking tray, use a spoon to shape it into a bowl around 20 cm in size and bake immediately as indicated.

4. Leave the meringue to cool.

5. Shortly before serving, whip the cream until stiff and use to top the meringue. Decorate with raspberries.

Oven setting:
- Top/bottom heating
- Preheat to 150 °C
- Baking with 100 °C
- Baking time: 1 hr. 40 min. - 2 hr.

Compact oven setting:
- Top/bottom heating
- Preheat to 150 °C
- Baking with 100 °C
- Baking time: 1 hr. 40 min. - 2 hr.
BAKLAVA

For 60 servings
Universal pan

MIXTURE:
10-12 sheets filo pastry
350 g butter

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

SYRUP:
675 g sugar
175 g honey
500 ml water

IN ADDITION:
Butter for the universal pan

Per serving
171 kcal, 19 g carbs, 10 g fat, 2 g protein, 1.5 BU

PREPARATION

1. Let the frozen filo pastry defrost as per the instructions on the packaging.
2. Heat the butter in a saucepan; skim the light-coloured foam little by little.
3. Chop the almonds, walnuts and pistachios very finely. Mix the almonds, walnuts and half of the pistachios with the seasonings.
4. Cut the pastry sheets to the size of the universal pan and cover with a damp cloth. Keep four pastry sheets for the final layer of pastry. Any remaining pastry will also be used for the layers.
5. Preheat the oven.
6. Grease the universal pan. Place a sheet of pastry into the universal pan and coat it with the melted butter. Repeat this process three times. Sprinkle the fourth layer with approx. 80 g of the nut mixture.
7. Place a sheet of pastry onto the nut mixture, brush with butter, place the next sheet of pastry on top, brush it with butter as well and then sprinkle the nut mixture on top. Repeat the process approx. four times. Use any remaining pastry for this too. Finally, also brush the pastry sheets placed to one side with butter and add them to the top.
8. Cut the baklava into strips approx. 3x5 cm long using a sharp knife, sprinkle with water and bake as indicated.
9. For the syrup, add the sugar, honey and water to a deep saucepan and heat up while stirring. Let the syrup simmer for approx. 20 minutes. Skim the light-coloured foam in the process. Pour the syrup evenly over the hot baklava and sprinkle with the remaining pistachios.
10. Leave the baklava to stand for at least an hour until the syrup has soaked in. The baklava can be kept for several days unrefrigerated.

Oven setting:
Top/bottom heating
170 °C
Preheat
Baking time: 35-40 minutes

Compact oven setting:
Top/bottom heating
170 °C
Preheat
Baking time: 35-40 minutes
BROWNIES WITH PISTACHIOS AND CASHEWS

For 20 servings
Square springform cake tin, 24x24 cm

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

IN ADDITION:
Butter for greasing
Flour for dusting

Per serving
266 kcal, 28 g carbs, 15 g fat, 5 g protein, 2.4 BU

PREPARATION

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

Oven setting:
Square springform cake tin on the wire rack
CircoTherm
170 °C
Baking time: 35-40 minutes
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:
CircoTherm
170 °C
Baking time: 35-40 minutes
CHOCOLATE MUFFINS WITH CHERRIES AND CHILLI

For 12 pieces
12-cup muffin tin

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

**IN ADDITION:**
Butter for the muffin tin or paper moulds

**Preparation**

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

**Oven setting:**
Top/bottom heating
190 °C
Baking time: 20-30 minutes

**Compact oven setting:**
Top/bottom heating
190 °C
Baking time: 20-30 minutes

Per serving
240 kcal, 27 g carbs, 13 g fat, 4 g protein, 2,3 BU
APRICOT BOATS

For 8 servings
Baking tray

MIXTURE:
8 slices frozen puff pastry, around 600 g
A little flour

FILLING:
1 tin apricots, drained weight around 500 g
50 g ground almonds
100 g raw marzipan
1 egg
A little milk

IN ADDITION:
Greaseproof paper

Per serving
444 kcal, 35 g carbs, 31 g fat, 7 g protein, 2.9 BU

PREPARATION

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

Oven setting:
Baking tray
CircoTherm
180 °C
Preheat
Baking time: 20-35 minutes
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:
CircoTherm
180 °C
Preheat
Baking time: 20-35 minutes

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

To make approx. 20 servings
Baking tray and universal pan

ALMOND MERINGUE:

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

FILLING:

250 g mascarpone
2 EL raspberry syrup
1 tsp lemon juice

IN ADDITION:

Greaseproof paper

Per serving
108 kcal, 9 g carbs, 7 g fat, 2 g protein, 0.7 BU

PREPARATION

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

Oven setting:
CircoTherm
130 °C
Preheat
Baking time:
approx. 15 minutes

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

Compact oven setting:
CircoTherm
130 °C
Preheat
Baking time:
approx. 15 minutes
**VANILLA CROISSANT**

For approx. 150 servings

Baking tray and universal pan

**SHORTCRUST PASTRY:**

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

**SUGAR MIXTURE:**

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

**IN ADDITION:**

- Greaseproof paper

Per serving

22 kcal, 2 g carbs, 1 g fat, 0 g protein, 0.2 BU

**PREPARATION**

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

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

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

**Oven setting:**
CircoTherm
140 °C
Baking time: 15-20 minutes

**Compact oven setting:**
CircoTherm
140 °C
Baking time: 15-20 minutes

**Tip:**
Cut the greaseproof paper to the size of the tray. Excess paper affects the browning.
BERRY TARTLETS WITH SOUR CREAM GLAZE

For 8 servings
Ramekins

SHORTCRUST PASTRY:
300 g flour
1 pinch salt
100 g icing sugar
200 g butter

TOPPING:
125 g fresh bilberries
125 g fresh redcurrants

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

IN ADDITION:
Butter for the ramekins

Per serving
483 kcal, 55 g carbs, 27 g fat, 5 g protein, 4.6 BU

PREPARATION

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

Oven setting:
Top/bottom heating
210 °C
Baking time:
approx. 25 minutes

Compact oven setting:
Top/bottom heating
210 °C
Baking time:
approx. 25 minutes
To make approx. 12 servings
Baking tray

CHOUX PASTRY:

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

SWEET FILLING:

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

IN ADDITION:

Greaseproof paper

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

PREPARATION

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

Oven setting:
Baking tray
CircoTherm
200 °C
Baking time: 30-40 minutes
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:
CircoTherm
200 °C
Baking time: 30-40 minutes

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

For 6 servings
Soufflé dishes
SOUFLÉ:
3 eggs
250 g low-fat quark
50 g flour
1 tsp lemon juice
1 pinch salt
50 g sugar
100 g fresh bilberries, or frozen as an alternative
25 g icing sugar
IN ADDITION:
Butter for greasing
Sugar for sprinkling
Per serving
176 kcal, 23 g carbs, 5 g fat, 10 g protein, 1.9 BU

PREPARATION

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

Oven setting:
Top/bottom heating
200 °C
Preheat
Baking time:
approx. 14 minutes

Compact oven setting:
Top/bottom heating
Preheat
200 °C
Baking time:
approx. 14 minutes

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

For 6 servings
Medium-sized, round glass dish

BAKE:

½ organic orange
½ organic lemon
400 ml unsweetened coconut milk
40 g butter
1 pinch salt
60 g sugar
60 g semolina
4 eggs
160 g dessicated coconut, lightly toasted

IN ADDITION:

Butter for greasing

Per serving
256 kcal, 21 g carbs, 27 g fat, 8 g protein, 1.7 BU

PREPARATION

1. Wash the organic lemon and organic orange with hot water, dry them and grate the peel. Bring the coconut milk to the boil with butter, salt and 2 tbsp sugar. Add the semolina and the peel of the citrus fruits and leave the mixture to cool down a little.

2. Separate the eggs. Mix the egg yolk into the semolina mixture together with the toasted dessicated coconut and leave to cool down more.

3. Whisk the egg white until stiff. Slowly add the remaining sugar and continue to whisk for 5 minutes. Fold the whipped egg white into the cooled semolina mixture.

4. Fill a greased baking dish with the mixture and bake as indicated.

Oven setting:
Round glass dish on the wire rack
CircoTherm
160 °C
Baking time: 40-50 minutes

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

Compact oven setting:
CircoTherm
160 °C
Baking time: 40-50 minutes
MERINGUE WITH CHOCOLATE—MASCARPONE CREAM AND EXOTIC FRUITS

For 6 servings
Baking tray

MERINGUE MIXTURE:
1 egg white
1 pinch salt
50 g fine sugar

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

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

IN ADDITION:
Greaseproof paper

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

PREPARATION

1. Whisk the egg white until stiff with a pinch of salt. Add half of the sugar. Once the egg white mixture is shiny, add the remaining sugar.

2. Line the baking tray with greaseproof paper. Pour the meringue mixture into a piping bag and pipe out 6 equally sized blobs. Raise the edges slightly at the side so that the meringues look like crowns. Bake as indicated.

3. Break the chocolate into small pieces for the cream topping. Allow to melt in a small saucepan with the milk. Stir the mascarpone with a whisk until light and fluffy, then fold in the chocolate mixture.

4. Wash and halve the mango and remove the stone. Cut out small balls of mango using a melon baller. Wash the cumquats and cut them into wedges. Rinse the berries if necessary and pat dry with kitchen towel.

5. Pour the mascarpone cream into the cooled meringues, decorate with the fruit and sprinkle with icing sugar.

Oven setting:
Baking tray
CircoTherm
90 °C
Cooking time: 1 hr. 30 min. - 1 hr. 35 min.
When using CircoTherm, you can place the accessories on any level from 1 to 3.

Compact oven setting:
CircoTherm
90 °C
Baking time:
1 hr. 30 min. - 1 hr. 35 min.

Tip:
Always prepare fresh meringues. They will taste much better this way.
BREAD AND ROLLS, PIZZA AND SAVOURY CAKES
HEARTY FOUR-GRAIN BREAD

For 1 tin loaf, approx. 25 slices
Universal pan

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

IN ADDITION:
Cooking oil for the baking tray
Flour for dusting

Per slice
113 kcal, 19 g carbs, 2 g fat, 5 g protein, 1.6 BU

PREPARATION

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

Oven setting:
Bread-baking
220 °C
Preheat
Partial baking: 10 minutes
then
180 °C
Baking time: 40-45 minutes

Compact oven setting:
Bread-baking
220 °C
Preheat
Partial baking: 10 minutes
then
180 °C
Baking time: 40-45 minutes

Tip:
If you are using wholemeal flour, you will need to add a little extra liquid and leave the dough to prove for slightly longer.
Toast the seeds and nuts in a frying pan without oil in advance.
RUSTIC FARMHOUSE BREAD WITH SOURDOUGH

For approx. 30 slices, 1 loaf
Universal pan

**BREAD DOUGH:**

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

**IN ADDITION:**

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

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

**PREPARATION**

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

**Oven setting:**
Universal pan
CircoTherm
220 °C
Preheat
Partial baking: 10-15 minutes
then
180 °C
Baking time: 40-50 minutes

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

**Compact oven setting:**
CircoTherm
220 °C
Preheat
Partial baking: 10-15 minutes
then
180 °C
Baking time: 40-50 minutes

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

For 1 flatbread, approx. 8 servings
Universal pan

**YEAST DOUGH:**
- 500 g flour
- 2 sachets dried yeast
- 1 tsp salt
- 350 ml water, lukewarm

**TOPPING:**
- 3 tbsp olive oil
- 1 tbsp fresh rosemary
- 2 tbsp pine nuts
- Sea salt

**IN ADDITION:**
Cooking oil for the baking tray

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

**PREPARATION**

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

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

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

Oven setting:
- Top/bottom heating
- 270 °C
- Baking time: 20-30 minutes

Compact oven setting:
- Top/bottom heating
- 270 °C
- Baking time: 20-30 minutes

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

For 16 pieces
Baking tray

**MIXTURE:**

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

**FOR BRUSHING:**

1 egg yolk
2 tbsp milk

**IN ADDITION:**

Butter for greasing the baking tray

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

**PREPARATION**

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

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

3. Grease the baking tray and preheat the oven.

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

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

**Oven setting:**
Top/bottom heating
210 °C
Preheat
Baking time: 15-25 minutes

**Compact oven setting:**
Top/bottom heating
210 °C
Preheat
Baking time: 15-25 minutes

**Tip:**
The scones stay light and fluffy if you only knead the dough for a short time.
Cheese scones: knead 150 g grated cheese into the mixture.
Sweet variant: knead 75 g finely chopped dried fruit, e.g. prunes, into the mixture.
PIZZA MARGHERITA

For 2 servings
Pizza tray, diameter 30 cm

YEAST DOUGH:
150 g flour
½ sachet dried yeast
1 pinch sea salt
Approx. 100 ml water, lukewarm

TOPPING:
150 g cherry tomatoes
125 g mozzarella
150 g tomato passata
Sea salt
Pepper, freshly ground
½ tsp sugar
3 tbsp basil, chopped
½ tsp salt
2 tbsp cooking oil

IN ADDITION:
1 tbsp cooking oil for the baking tray

Per serving
466 kcal, 62 g carbs, 16 g fat, 17 g protein,
5.2 BU

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

Oven setting:
Top/bottom heating
270 °C
Baking time: 20-25 minutes

Compact oven setting:
Top/bottom heating
270 °C
Baking time: 20-25 minutes

Tip:
Pizza Romana: instead of adding basil, top the pizza with 4 salted anchovies, which have been washed, de-boned and cut up. Season with salt and 2 tsp oregano and drizzle with oil.
Pizza al prosciutto: instead of basil, use 100 g cooked ham that is not too lean.
**PEPPER QUICHE**

For 6 servings
Pizza tray, diameter 30 cm

**SHORTCRUST PASTRY:**

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

**TOPPING:**

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

**GLAZE:**

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

**IN ADDITION:**

- Cooking oil for the baking tray

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

**PREPARATION**

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

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

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

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

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

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

**Oven setting:**
Top/bottom heating
180 °C
Baking time: 60-70 minutes

**Compact oven setting:**
Top/bottom heating
180 °C
Baking time: 60-70 minutes
ONION TART WITH APPLE

For 6 servings
Pizza tray, diameter 30 cm

SHORTCRUST PASTRY:

- 200 g flour
- A little salt
- 1 egg
- 1 tbsp water
- 100 g butter, cold

TOPPING:

- 150 g streaky bacon
- 700 g onions
- Salt
- Pepper, freshly ground
- 1 sour apple
- 200 g crème fraîche
- 30 g grated cheese

IN ADDITION:

- 4 tbsp cooking oil for the tray

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

PREPARATION

1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg and water, cut the cold butter into chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth dough using the kneading hook of a hand mixer or a food processor. Grease the pizza tray, line with the dough and pull it up a little at the edges. Pierce the pastry base several times with a fork and chill for at least 30 minutes.

2. Finely dice the bacon for the topping. Peel and halve the onions, then cut them into thin strips.

3. Render the bacon in a frying pan. Add the onions and sweat them. Season well with salt and pepper.

4. Peel the apple, grate it roughly and add it to the onions. Add the crème fraîche and cheese and mix everything together.

5. Distribute the onion mixture on the pastry base and bake the cake as indicated.

Oven setting:
Top/bottom heating
200 °C
Baking time: 40-45 minutes

Compact oven setting:
Top/bottom heating
200 °C
Baking time: 40-45 minutes

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

For 4 servings
Large ovenproof dish

YEAST DOUGH:

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

MINCED MEAT FILLING:

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

SAUERKRAUT FILLING:

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

IN ADDITION:

- Butter for brushing and for greasing

Per serving
- 949 kcal, 96 g carbs, 46 g fat, 31 g protein,
- 8.0 BU

PREPARATION

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

2. For the minced meat filling, soak the bread roll in water and squeeze out any excess liquid. Peel and dice the onion.

3. Sweat the diced onion and minced meat in oil for approx. 15 minutes. Leave to cool down a little. Mix with the bread roll, egg, salt and pepper and season with the herbs.

4. For the sauerkraut filling, wash, peel and core the apples. Peel the onion. Dice both, bring to the boil with the remaining ingredients and leave to simmer for 15 minutes.

5. Grease the dish. Roll out the pastry and cut out a lid the size of the dish. Use the remaining pastry to line the base and edges of the dish. Prick the pastry base several times with a fork.

6. Fill with alternate layers of sauerkraut and minced meat. Place the pastry lid on top, brush with butter and pierce several times with a cocktail stick. This allows the moisture to escape when baking. Bake as indicated.

7. Serve the meat pie hot in the dish.

Oven setting:
- Top/bottom heating
- 200 °C
- Baking time: 40-50 minutes

Compact oven setting:
- Top/bottom heating
- 200 °C
- Baking time: 40-50 minutes
**TURKISH BÖREK**

For 20 servings
Universal pan

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

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

**MIXTURE:**
- 900 g fresh or frozen filo pastry or ‘yufka’ dough, approx. 20 sheets

**IN ADDITION:**
- Cooking oil for the universal pan

**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.

**Oven setting:**
Top/bottom heating
210 °C
Baking time: 30-40 minutes

**Compact oven setting:**
Top/bottom heating
210 °C
Baking time: 30-40 minutes

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