



# KULINARISK

Recipe Book



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Subject to change without notice.

## Cooking tables

### Cooking times

Cooking times depend on the type of food, its consistency, and volume.

Initially, monitor the performance when you cook. Find the best settings (heat setting, cooking time, etc.) for your cookware, recipes and quantities when you use this appliance.

Follow the instructions on the packaging of the food first. If the instructions are not available, refer to the tables.

- i** The temperature and baking times in the tables are guidelines only. They depend on the recipes and the quality and quantity of the ingredients used.

### Advice for special heating functions of the oven

#### Keep Warm

The function allows you to keep food warm. The temperature is set automatically to 80 °C.

#### Plate Warming

The function allows you to warm plates and dishes before serving. The temperature is set automatically to 70 °C.

Place plates and dishes in stacks evenly on the wire shelf. Use the first shelf position. After half of the warming time switch their places.

#### Dough Proving

The function allows you to rise yeast dough. Put the dough into a big dish and cover it with a wet towel or plastic foil. Set function: Dough Proving and the cooking time.

#### Defrost

Remove the food packaging and put the food on a plate. Do not cover the food, as it can extend the defrosting time. Use the first shelf position.

## Baking and roasting

## Cakes

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Whisked recipes	170	2	160	3 (2 and 4)	45 - 60	In a cake mould
Shortbread dough	170	2	160	3 (2 and 4)	20 - 30	In a cake mould
Buttermilk cheese-cake	170	1	165	2	80 - 100	In a 26 cm cake mould
Strudel	175	3	150	2	60 - 80	In a baking tray
Jam-tart	170	2	165	2 (left and right)	30 - 40	In a 26 cm cake mould
Christmas cake / Rich fruit cake	160	2	150	2	90 - 120	In a 20 cm cake mould. Preheat the oven for 10 minutes
Plum cake	175	1	160	2	50 - 60	In a bread tin. Preheat the oven for 10 minutes
Biscuits / pastry stripes	140	3	140 - 150	3	25 - 45	In a baking tray
Meringues - one level	120	3	120	3	80 - 100	In a baking tray

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Meringues - two levels	-	-	120	2 and 4	80 - 100	In a baking tray. Preheat the oven for 10 minutes
Buns	190	3	190	3	12 - 20	In a baking tray. Preheat the oven for 10 minutes
Eclairs - one level	190	3	170	3	25 - 35	In a baking tray
Eclairs - two levels	-	-	170	2 and 4	35 - 45	In a baking tray
Plate tarts	180	2	170	2	45 - 70	In a 20 cm cake mould
Rich fruit cake	160	1	150	2	110 - 120	In a 24 cm cake mould
Victoria sandwich	170	1	160	2 (left and right)	30 - 50	In a 20 cm cake mould

## Bread and pizza

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
White bread	190	1	190	1	60 - 70	1 - 2 pieces, 0.5 kg per piece. Preheat the oven for 10 minutes
Rye bread	190	1	180	1	30 - 45	In a bread tin
Bread rolls	190	2	180	2 (2 and 4)	25 - 40	6 - 8 rolls in a baking tray. Preheat the oven for 10 minutes
Pizza	230 - 250	1	230 - 250	1	10 - 20	In a baking tray or a deep pan. Preheat the oven for 10 minutes
Scones	200	3	190	3	10 - 20	In a baking tray. Preheat the oven for 10 minutes

## Flans

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Pasta flan	200	2	180	2	40 - 50	In a mould

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Vegetable flan	200	2	175	2	45 - 60	In a mould
Quiches	180	1	180	1	50 - 60	In a mould. Preheat the oven for 10 minutes
Lasagne	180 - 190	2	180 - 190	2	25 - 40	In a mould. Preheat the oven for 10 minutes
Cannelloni	180 - 190	2	180 - 190	2	25 - 40	In a mould. Preheat the oven for 10 minutes

Meat


Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Beef	200	2	190	2	50 - 70	On a wire shelf
Pork	180	2	180	2	90 - 120	On a wire shelf
Veal	190	2	175	2	90 - 120	On a wire shelf
English roast beef, rare	210	2	200	2	50 - 60	On a wire shelf
English roast beef, medium	210	2	200	2	60 - 70	On a wire shelf

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
English roast beef, well done	210	2	200	2	70 - 75	On a wire shelf
Shoulder of pork	180	2	170	2	120 - 150	With rind
Shin of pork	180	2	160	2	100 - 120	2 pieces
Lamb	190	2	175	2	110 - 130	Leg
Chicken	220	2	200	2	70 - 85	Whole
Turkey	180	2	160	2	210 - 240	Whole
Duck	175	2	220	2	120 - 150	Whole
Goose	175	2	160	1	150 - 200	Whole
Rabbit	190	2	175	2	60 - 80	Cut in pieces
Hare	190	2	175	2	150 - 200	Cut in pieces
Pheasant	190	2	175	2	90 - 120	Whole

## Fish

Food	Conventional Cooking		True Fan Cooking		Time (min)	Comments
	Temperature (°C)	Shelf position	Temperature (°C)	Shelf position		
Trout / Sea bream	190	2	175	2	40 - 55	3 - 4 fish
Tuna fish / Salmon	190	2	175	2	35 - 60	4 - 6 fillets

## Grill

-  Preheat the empty oven for 3 minutes before cooking.



Food	Quantity		Temperature (°C)	Time (min)		Shelf position
	Pieces	Quantity (kg)		1st side	2nd side	
Fillet steaks	4	0.8	max.	12 - 15	12 - 14	4
Beef steaks	4	0.6	max.	10 - 12	6 - 8	4
Sausages	8	-	max.	12 - 15	10 - 12	4
Pork chops	4	0.6	max.	12 - 16	12 - 14	4
Chicken (cut in 2)	2	1.0	max.	30 - 35	25 - 30	4
Kebabs	4	-	max.	10 - 15	10 - 12	4
Breast of chicken	4	0.4	max.	12 - 15	12 - 14	4
Hamburger	6	0.6	max.	20 - 30	-	4
Fish fillet	4	0.4	max.	12 - 14	10 - 12	4
Toasted sandwiches	4 - 6	-	max.	5 - 7	-	4
Toast	4 - 6	-	max.	2 - 4	2 - 3	4

### Turbo Grilling

#### Beef

Food	Quantity	Temperature (°C)	Time (min)	Shelf position
Roast beef or fillet, rare <sup>1)</sup>	per cm of thickness	190 - 200	5 - 6	1 or 2
Roast beef or fillet, medium <sup>1)</sup>	per cm of thickness	180 - 190	6 - 8	1 or 2
Roast beef or fillet, well done <sup>1)</sup>	per cm of thickness	170 - 180	8 - 10	1 or 2

<sup>1)</sup> Preheat the oven.

## Pork

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Shoulder, neck, ham joint	1 - 1.5	160 - 180	90 - 120	1 or 2
Chop, spare rib	1 - 1.5	170 - 180	60 - 90	1 or 2
Meat loaf	0.75 - 1	160 - 170	50 - 60	1 or 2
Pork knuckle (pre-cooked)	0.75 - 1	150 - 170	90 - 120	1 or 2

## Veal

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Roast veal	1	160 - 180	90 - 120	1 or 2
Knuckle of veal	1.5 - 2	160 - 180	120 - 150	1 or 2

## Lamb

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Leg of lamb, roast lamb	1 - 1.5	150 - 170	100 - 120	1 or 2
Saddle of lamb	1 - 1.5	160 - 180	40 - 60	1 or 2

## Poultry

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Poultry portions	0.2 - 0.25 each	200 - 220	30 - 50	1 or 2
Chicken, half	0.4 - 0.5 each	190 - 210	35 - 50	1 or 2
Chicken, pou-lard	1 - 1.5	190 - 210	50 - 70	1 or 2
Duck	1.5 - 2	180 - 200	80 - 100	1 or 2
Goose	3.5 - 5	160 - 180	120 - 180	1 or 2
Turkey	2.5 - 3.5	160 - 180	120 - 150	1 or 2
Turkey	4 - 6	140 - 160	150 - 240	1 or 2

## Fish

Food	Quantity (kg)	Temperature (°C)	Time (min)	Shelf position
Whole fish	1 - 1.5	210 - 220	40 - 60	1 or 2

**Slow Cooking**

Use this function to prepare lean, tender pieces of meat and fish with core temperatures no more than 65 °C. This function is not applicable to such recipes as pot roast or fatty roast pork. You can use the core temperature sensor to guarantee that the meat has the correct core temperature (see the table for the core temperature sensor).

In the first 10 minutes you can set an oven temperature between 80 °C and 150 °C. The default is 90 °C. After the temperature is set, the oven continues to cook at 80 °C. Do not use this function for poultry.

 Always cook without a lid when you use this function.

1. Sear the meat in a pan on the hob on a very high setting for 1 - 2 minutes on each side.

2. Put the meat together with the hot roasting pan in the oven and on the wire shelf.
3. Put the core temperature sensor into the meat.
4. Select the function: Slow Cooking and set the correct end core temperature. Set the temperature to 120 °C.

Food	Time (min)	Shelf position
Roast beef, 1 - 1.5 kg	120 - 150	1
Fillet of beef, 1 - 1.5 kg	90 - 150	3
Roast veal, 1 - 1.5 kg	120 - 150	1
Steaks, 0.2 - 0.3 kg	20 - 40	3

**Defrost**

Food	Quantity (kg)	Defrosting time (min)	Further defrosting time (min)	Comments
Chicken	1.0	100 - 140	20 - 30	Place the chicken on an upturned saucer placed on a large plate. Turn halfway through.
Meat	1.0	100 - 140	20 - 30	Turn halfway through.
Meat	0.5	90 - 120	20 - 30	Turn halfway through.
Trout	1.50	25 - 35	10 - 15	-
Strawberries	3.0	30 - 40	10 - 20	-
Butter	2.5	30 - 40	10 - 15	-
Cream	2 x 2.0	80 - 100	10 - 15	Cream can also be whipped when still slightly frozen in places.
Gateau	1.4	60	60	-

**Preserving**

Use only preserve jars of the same dimensions available on the market.

Do not use jars with twist-off and bayonet type lids or metal tins.

Use the first shelf from the bottom for this function.

Put no more than six one-litre preserve jars on the baking tray.

Fill the jars equally and close with a clamp.

**Soft fruit**

<b>Food</b>	<b>Temperature (°C)</b>	<b>Cooking time until simmering (min)</b>	<b>Continue to cook at 100 °C (min)</b>
Strawberries / Blueberries / Raspberries / Ripe gooseberries	160 - 170	35 - 45	-

**Stone fruit**

<b>Food</b>	<b>Temperature (°C)</b>	<b>Cooking time until simmering (min)</b>	<b>Continue to cook at 100 °C (min)</b>
Pears / Quinces / Plums	160 - 170	35 - 45	10 - 15

**Vegetables**

<b>Food</b>	<b>Temperature (°C)</b>	<b>Cooking time until simmering (min)</b>	<b>Continue to cook at 100 °C (min)</b>
Carrots <sup>1)</sup>	160 - 170	50 - 60	5 - 10
Cucumbers	160 - 170	50 - 60	-
Mixed pickles	160 - 170	50 - 60	5 - 10
Kohlrabi / Peas / Asparagus	160 - 170	50 - 60	15 - 20

*1) Leave standing in the oven after it is deactivated.*

**Drying**

Cover trays with grease proof paper or baking parchment.

The jars cannot touch each other.

Put approximately 1/2 litre of water into the baking tray to give sufficient moisture in the oven.

When the liquid in the jars starts to simmer (after approximately 35 - 60 minutes with one-litre jars), stop the oven or decrease the temperature to 100 °C (see the table).

For a better result, stop the oven halfway through the drying time, open the door and let it cool down for one night to complete the drying.

**Vegetables**

For one tray use the third shelf position.

For 2 trays use the first and fourth shelf position.

<b>Food</b>	<b>Temperature (°C)</b>	<b>Time (h)</b>
Beans	60 - 70	6 - 8
Peppers	60 - 70	5 - 6
Vegetables for sour	60 - 70	5 - 6
Mushrooms	50 - 60	6 - 8
Herbs	40 - 50	2 - 3

**Fruit**


<b>Food</b>	<b>Temperature (°C)</b>	<b>Time (h)</b>	<b>Shelf position</b>	
			<b>1 position</b>	<b>2 positions</b>
Plums	60 - 70	8 - 10	3	1 / 4
Apricots	60 - 70	8 - 10	3	1 / 4
Apple slices	60 - 70	6 - 8	3	1 / 4
Pears	60 - 70	6 - 9	3	1 / 4

**Core temperature sensor table**

<b>Food</b>	<b>Food core temperature (°C)</b>
Roast veal	75 - 80
Veal knuckle	85 - 90
English roast beef, rare	45 - 50
English roast beef, medium	60 - 65
English roast beef, well done	70 - 75
Shoulder of pork	80 - 82

<b>Food</b>	<b>Food core temperature (°C)</b>
Shin of pork	75 - 80
Lamb	70 - 75
Chicken	98
Hare	70 - 75
Trout / Sea bream	65 - 70
Tuna fish / Salmon	65 - 70

## Automatic programmes

 **Warning!** Refer to Safety chapters.

### Automatic programmes

Menu: Assisted Cooking— gives the optimum settings for each type of a dish. You can adjust them according to your preferences.


Weight Automatic— automatically calculates the cooking time after you input the food weight.

Food Sensor Automatic— automatically calculates the cooking time after you input the core temperature.

Menu: Recipes — uses predefined settings for a dish. Prepare the dish according to recipe from this book.

### Assisted Cooking

Food Category: Fish/Seafood








Dish	
Fish	Fish, baked
	Fish Fingers
	Fish fillet, frozen
	Whole small Fish, grilled
	Whole Fish, grilled
	Whole Fish, grilled 
Whole Salmon	-




Food Category: Poultry

Dish	
Boned Poultry	-

Dish	
Chicken	Chicken Wings, fresh
	Chicken Wings, frozen
	Chicken Legs, fresh
	Chicken Legs, frozen
	Chicken, 2 half

Food Category: Meat

Dish	
Beef	Braised meat 
	Meat Loaf
Roast Beef	Rare
	Rare 
	Medium
	Medium 
	Well Done
Scandinavian Beef	Well Done 
	Rare 
	Medium 
	Well Done 

Dish	
Pork	Spare Ribs
	Pork Knuckle, pre-cooked
	Pork Joint
	Loin of Pork
	Pork Neck
Veal	Pork Shoulder
	Veal Knuckle
	Loin of Veal
Lamb	Roast Veal 
	Leg of Lamb
	Saddle of Lamb
Game	Lamb Joint, medium
	Hare <ul style="list-style-type: none"> <li>• Leg of Hare</li> <li>• Saddle of Hare</li> </ul>
	Venison <ul style="list-style-type: none"> <li>• Haunch of Venison</li> <li>• Saddle of Venison</li> </ul>
	Roast Game 
	Loin of Game 

Food Category: Oven Dishes

Dish	
Lasagne/Cannelloni, frozen	-
Vegetables au Gratin	-

Dish	
Sweet Dishes	-

Food Category: Pizza/Quiche

Dish	
Pizza	Pizza, thin
	Pizza, extra topping
	Pizza, frozen
	Pizza American, frozen
	Pizza, chilled
	Pizza Snacks, frozen
Baguettes au Gratin	-
Tarte Flambée	-
Swiss Tarte, savoury	-
Quiche Lorraine	-
Savory Flan	-

Food Category: Cake/Pastry

Dish	
Ring Cake	-
Apple Cake, covered	-
Sponge Cake	-
Apple Pie	-
Cheese Cake, Tin	-
Brioche	-
Madeira Cake	-
Tarte	-
Swiss Tarte, sweet	-

Dish	
Almond Cake	-
Muffins	-
Pastry	-
Pastry Stripes	-
Cream Puffs	-
Puff Pastry	-
Eclairs	-
Macaroons	-
Short Pastry Biscuits	-
Christmas Stollen	-
Apple Strudel, frozen	-
Cake on Tray	Sponge Dough
	Yeast Dough
Cheese Cake, Tray	-
Brownies	-
Swiss Roll	-
Yeast Cake	-
Crumble Cake	-
Sugar Cake	-
Flan Base	Short Pastry Flan Base
	Sponge Mixture Flan Base

Dish	
Fruit Flan	Short Pastry Fruit Flan
	Sponge Mixture Fruit Flan
	Yeast Dough

Food Category: Bread/Rolls

Dish	
Rolls	Rolls, frozen
Ciabatta	-
Bread	Bread Crown
	Yeast Plait
	Unleavened Bread

Food Category: Side Dishes

Dish	
French Fries, thin	-
French Fries, thick	-
French Fries, frozen	-
Croquettes	-
Wedges	-
Hash Browns	-

**i** When it is necessary to change the weight or the core temperature of the dish, use ^ or v to set the new values.

**Recipes**

The dishes are divided into several categories:

- Fish/Seafood
- Poultry
- Meat



- Oven Dishes
- Pizza/Quiche

- Cake/Pastry
- Bread/Rolls

## Fish/Seafood

### Cod Fish

#### Ingredients:

- 800 g dried cod
- 2 tablespoons olive oil
- 2 large onions
- 6 cloves of garlic, peeled
- 2 leeks
- 6 red peppers
- 1/2 tin chopped tomatoes (200 g)
- 200 ml white wine
- 200 ml court bouillon
- pepper, salt, thyme, oregano

#### Method:

Soak dried cod overnight. Drain the dried cod the next day and place in a saucepan with fresh water, place on a ring and bring to the boil. Then take from the ring and leave to cool.

Put olive oil in a pan and heat. Peel onions and slice finely, crush the peel garlic cloves and slice the leeks and wash. Put together into the hot fat and sauté briefly. Remove cores from the peppers and cut into strips. Then put into the pan with the chopped tomatoes.

Add white wine and court bouillon and leave to simmer for a while. Season with pepper, salt, thyme and oregano and leave to simmer in the pan for another 15 minutes.

Take the cooled dried cod out of the saucepan and pat dry with kitchen paper. Remove the skin, bones and all fins. Flake the fish and place in an ovenproof dish mixed with the vegetables.

- Time in the appliance: 30 minutes
- Shelf position: 1

### Fillet of Fish

#### Ingredients:

- 600 - 700 g perch-pike, salmon, or sea trout fillet
- 150 g grated cheese
- 250 ml cream
- 50 g breadcrumbs
- 1 teaspoon tarragon
- parsley, chopped
- salt, pepper
- lemon
- butter

#### Method:

Sprinkle fish fillets with lemon juice and leave to marinade for a while, then dab off surplus juice with kitchen paper. Season the fish fillets on both sides with salt and pepper. Then place fish fillets in a buttered ovenproof dish.

Mix together the grated cheese, cream, breadcrumbs, tarragon and chopped parsley. Spread the mixture immediately on the fish fillets and place small knobs of butter on the mixture.

- Time in the appliance: 35 minutes
- Shelf position: 3

### Fish in Salt

#### Ingredients:

- a whole fish, approximately 1.5 - 2 kg
- 2 unwaxed lemons
- 1 head of fennel
- 4 sprigs of fresh thyme
- 3 kg rock salt

#### Method:

Clean fish and rub in the juice of two unwaxed lemons.

Cut the fennel into thin slices and stuff together with the sprigs of fresh thyme into the fish.

Place half of the rock salt in a baking dish and place the fish on top. Place the other half of the rock salt on the fish and press down firmly.

- Time in the appliance: 55 minutes
- Shelf position: 1

### Salmon fillet

#### Ingredients:

- 400 g potatoes
- 2 bunches of spring onions
- 2 cloves of garlic
- 1 small tin chopped tomatoes (400 g)
- 4 salmon fillets
- juice of a lemon
- salt and pepper
- 75 ml vegetable stock
- 50 ml white wine
- 1 sprig of fresh rosemary
- 150 ml wine
- 1/2 bunch of fresh thyme

#### Method:

Wash potatoes, peel, quarter and boil in salted water for 25 minutes, then drain and cut into slices.

Wash spring onions and slice finely. Peel garlic cloves and cut into pieces. Mix onions and garlic with the chopped tomatoes.

Sprinkle salmon fillets with the juice of a lemon and leave to marinade. Then dry and season with salt and pepper.

Mix vegetables and potatoes and place in a greased ovenproof dish, season and place the salmon on top.

Pour vegetable stock and white wine over, distribute rosemary and thyme over the top.

- Time in the appliance: 35 minutes
- Shelf position: 3

### Stuffed Calamari

#### Ingredients:

- 1 kg medium-sized squid, cleaned
- 1 large onion
- 2 tablespoons olive oil
- 90 g cooked long grain rice
- 4 tablespoons pinenuts
- 4 tablespoons currants (raisins)
- 2 tablespoons chopped parsley
- salt, pepper
- juice of a lemon
- 4 tablespoons olive oil
- 150 ml wine
- 500 ml tomato juice

#### Method:

Rub squid intensively with salt and then wash off under running water.

Peel onion, chop finely and sweat with two tablespoons of olive oil until transparent. Add long grain rice, pinenuts, currants and chopped parsley to the onions and season with salt, pepper and the juice of a lemon. Stuff the squid loosely with the mixture, sew up the opening.

Put four tablespoons of olive oil in a roasting tin and sear the squid on the ring. Add wine and tomato juice.

Cover the roasting tin with a lid and put it in the appliance.

- Time in the appliance: 60 minutes
- Shelf position: 1

## Poultry

### Chicken Legs

#### Ingredients:

- 4 Chicken legs, 250 g each
- 250 g crème fraîche
- 125 ml cream

- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon curry
- 1/2 teaspoon pepper
- 250 g sliced tinned mushrooms
- 20 g corn starch

**Method:**

Clean the chicken legs and place in a roaster. Mix the rest of the ingredients together and pour over the chicken legs.

- Time in the appliance: 55 minutes
- Shelf position: 1

**Coq au Vin****Ingredients:**

- 1 chicken
- salt
- pepper
- 1 tablespoon flour
- 50 g clarified butter
- 500 ml white wine
- 500 ml chicken stock
- 4 tablespoons soya sauce
- 1/2 bunch of parsley
- 1 sprig of thyme
- 150 g bacon, diced
- 250 g chestnut mushrooms, cleaned and quartered
- 12 shallots, peeled
- 2 cloves of garlic, peeled and crushed

**Method:**

Clean the chicken and season with salt and pepper and sprinkle with the flour.

Heat the clarified butter in a roasting tin on the ring, brown the chicken on all sides. Pour in the white wine, chicken stock and soya sauce and bring to the boil.

Add parsley, thyme, diced bacon, mushrooms, shallots and garlic.

Bring to the boil again, cover with a lid and put in the appliance.

- Time in the appliance: 55 minutes
- Shelf position: 1

**Stuffed Chicken****Ingredients:**

- 1 chicken, 1.2 kg (with giblets)
- 1 tablespoon oil
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 50 g breadcrumbs
- 3 - 4 tablespoons milk
- 1 onion, chopped
- 1 bunch of parsley, chopped
- 20 g butter
- 1 egg
- salt and pepper

**Method:**

Clean chicken and dry. Mix oil, salt and paprika and rub into the chicken.

**Stuffing:** Mix together breadcrumbs and milk. Put chopped onion, parsley and butter into a pan and sweat. Finely chop heart, liver and stomach and add an egg. Then mix everything together and season with salt and pepper.

Place chicken breast down in a roasting tin, put into the appliance. Turn after 30 minutes. A signal sounds.

- Time in the appliance: 90 minutes
- Shelf position: 1

**Roast Duck with Orange****Ingredients:**

- 1 duck (1.6 – 2.0 kg)
- salt
- pepper
- 3 oranges, peeled, de-seeded and cut into cubes
- 1/2 teaspoon salt
- 2 oranges for juicing
- 150 ml sherry

**Method:**

Clean the duck, season with salt and pepper and rub with orange peel.

Stuff the duck with cubes of orange seasoned with salt and sew it up.

Place the duck in the roasting tin, breast down.

Squeeze the juice from the oranges, mix with the sherry and pour over the duck.

Put duck in the appliance. Turn after 30 minutes. A signal sounds.

- Time in the appliance: 90 minutes
- Shelf position: 1

## Meat

### Beef Casserole

#### Ingredients:

- 600 g beef
- salt and pepper
- flour
- 10 g butter
- 1 onion
- 330 ml dark beer
- 2 teaspoons brown sugar
- 2 teaspoons tomato paste
- 500 ml beef stock

#### Method:

Cut the beef into cubes, season with salt and pepper and sprinkle with a little flour.

Heat butter in a pan and brown the pieces of meat. Then place in a casserole dish.

Peel onion and chop finely, fry lightly in a little butter, then put in the dish on top of the meat.

Mix dark beer, brown sugar, tomato paste and beef stock, put into the frying pan and bring to the boil. Then pour over the meat (meat should be covered).

Cover and put into the appliance.

- Time in the appliance: 120 minutes
- Shelf position: 3

### Marinated Beef

#### To make the marinade:

- 1 l water
- 500 ml wine vinegar
- 2 teaspoons salt

- 15 peppercorns
- 15 juniper berries
- 5 bay leaves
- 2 bunches of soup vegetables (carrot, leek, celery, parsley)  
Bring everything to the boil and then leave to cool.
- 1.5 kg joint of beef  
Pour the marinade over the beef until it is covered and leave to marinate for 5 days.

#### Ingredients for the roast:

- salt
- pepper
- soup vegetables from the marinade

#### Method:

Take the joint of beef out of the marinade and dry. Season with salt and pepper and brown on all sides in a roasting pan and add some soup vegetables from the marinade.

Pour some marinade into the roasting pan. The bottom should be covered by 10 - 15 mm. Cover the roasting pan with a lid and put it in the appliance.

- Time in the appliance: 150 minutes
- Shelf position: 1

### Meat Loaf

#### Ingredients:

- 2 dry bread rolls
- 1 onion
- 3 tablespoons chopped parsley
- 750 g mince (a mixture of beef and pork)

- 2 eggs
- salt, pepper and paprika
- 100 g rashers of bacon

**Method:**

Soak dry rolls in water and then squeeze water out. Peel onion and chop finely, then sweat and add chopped parsley.

Mix together mince, eggs, the squeezed out rolls and the onion. Season with salt, pepper and paprika, place in a rectangular baking tin and cover with rashers of bacon. Add a little water and put in the appliance.

- Time in the appliance: 70 minutes
- Shelf position: 1

**Pork Knuckle****Ingredients:**

- 1 hind knuckle of pork 0.8 - 1.2 kg
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon sweet-noble paprika
- 1/2 teaspoon basil
- 1 small tin sliced mushrooms (280 g)
- soup vegetables (carrot, leek, celery, parsley)
- water

**Method:**

Cut into the rind all around the pork knuckle. Mix oil, salt, paprika and basil together and spread over the pork knuckle. Put the pork knuckle into a roasting tin and spread the mushrooms over it. Add soup vegetables and water. The bottom should be covered to a depth of 10 - 15 mm. Turn the roast after about 30 minutes.

- Time in the appliance: 160 minutes
- Shelf position: 1

**Pork Shoulder****Ingredients:**

- 1.5 kg shoulder of pork, skin on, from a young pig
- salt

- pepper
- 2 tablespoons olive oil
- 150 g finely sliced celery
- 1 leek, sliced
- 1 small tin tomatoes, finely chopped (400 g)
- 250 ml cream
- 2 cloves of garlic, peeled and crushed
- fresh rosemary and thyme

**Method:**

With a sharp knife cut diamonds into the skin. Season with salt and pepper and brown on all sides with the olive oil in a roasting pan on the ring, then remove. Sweat celery and leek with a little oil in a roasting tin, then add tomatoes, cream, garlic cloves, rosemary and thyme, stir and lay the pork shoulder on top. Put into the appliance.

- Time in the appliance: 130 minutes
- Shelf position: 1

**Swedish Festive Roast****Ingredients:**

- 200 g dried plums
- 150 ml white wine
- 1.5 kg loin of pork or saddle of veal (without bones)
- 1 medium onion
- apple
- salt, pepper and paprika

**Method:**

Soften the plums in white wine for two hours. Rinse the meat briefly with water, then dry. Cut notches into the underside of the meat and stick a plum into each notch, pushing them as far as possible into the meat. Season the meat and put into the roasting tin with the side without the plums facing uppermost. Peel the onions and apple, cut into eighths and place around the roast. Top the remains of the wine in which the plums were soaked up to a quarter of a liter with water and pour over

the roast. Suitable accompaniments are croquettes, potato gratin, broccoli, or similar.

- Time in the appliance: 60 minutes
- Shelf position: 1

### Veal Knuckle

#### Ingredients:

- 1 hind knuckle of veal 1.5 - 2 kg
- 4 slices cooked ham
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon sweet-noble paprika
- 1/2 teaspoon basil
- 1 small tin sliced mushrooms (280 g)
- soup vegetables (carrot, leek, celery, parsley)
- water

#### Method:

Cut 8 slits lengthwise all around the veal knuckle. Cut four slices of cooked ham in half and place in the slits. Mix oil, salt, paprika and basil together and spread over the veal knuckle. Put the veal knuckle into a roasting tin and spread the mushrooms over it. Add soup vegetables and water to the veal knuckle. The bottom should be covered to a depth of 10 - 15 mm. Turn the roast after about 30 minutes.

- Time in the appliance: 160 minutes
- Shelf position: 1

### Ossobuco

#### Ingredients:

- 4 tablespoons butter for browning
- 4 slices of veal shank, about 3 - 4 cm thick (cut across the bone)
- 4 medium-sized carrots, cut into small dice
- 4 sticks celery, cut into small dice
- 1 kg ripe tomatoes, peeled, halved, cores removed and cut into dice
- 1 bunch parsley, washed and roughly chopped

- 4 tablespoons butter
- 2 tablespoons flour for coating
- 6 tablespoons olive oil
- 250 ml white wine
- 250 ml meat stock
- 3 medium-sized onions, peeled and finely chopped
- 3 cloves of garlic, peeled and thinly sliced
- 1/2 teaspoon each of thyme and oregano
- 2 bay leaves
- 2 cloves
- salt, freshly ground black pepper

#### Method:

Melt 4 tablespoons butter in a roasting tin and sweat the vegetables in it. Take vegetables out of the roasting tin.

Wash veal shank slices, dry, season and then coat in the flour. Knock off surplus flour. Heat the olive oil and brown the slices over a medium heat until golden brown. Take meat out and pour the surplus olive oil out of the roasting tin.

Deglaze the meat juices in the roasting tin with 250 ml wine, put into a saucepan and leave to simmer for a while. Add 250 ml meat stock and add parsley, thyme, oregano and diced tomato. Season with salt and pepper. Then bring to the boil again.

Put vegetables into the roasting tin, put the meat on top and pour the sauce over the top. Cover the roasting tin with a lid and put it in the appliance.

- Time in the appliance: 120 minutes
- Shelf position: 1

### Stuffed Veal Breast

#### Ingredients:

- 1 bread roll
- 1 egg
- 200 g mince

- salt, pepper
- 1 onion, chopped
- parsley, chopped
- 1 kg breast of veal (with pocket cut into it)
- soup vegetables (carrot, leek, celery, parsley)
- 50 g bacon
- 250 ml water

**Method:**

Soak roll in water and then squeeze water out. Then mix with egg, mince, salt, pepper, chopped onion and parsley.

Season breast of veal (with pocket cut into it) and stuff the meat stuffing into the pocket. Then sew up the opening.

Place the breast of veal in a roasting tin, add soup vegetables, bacon and water. Turn the roast after about 30 minutes.

- Time in the appliance: 100 minutes
- Shelf position: 1

**Leg of Lamb****Ingredients:**

- 2.7 kg leg of lamb
- 30 ml olive oil
- salt
- pepper
- 3 cloves of garlic
- 1 bunch of fresh rosemary (or 1 teaspoon of dried rosemary)
- water

**Method:**

Wash the leg of lamb and then pat dry, rub in olive oil and make slashes in the meat. Season with salt and pepper. Peel the cloves of garlic and slice, push together with the sprigs of rosemary into the slashes in the meat.

Put the leg of lamb into a roaster and add water. The bottom should be covered to a depth of 10 - 15 mm. Turn the roast after about 30 minutes.

- Time in the appliance: 165 minutes
- Shelf position: 1

**Rabbit****Ingredients:**

- 2 saddles of hare
- 6 juniper berries (crushed)
- salt and pepper
- 30 g melted butter
- 125 ml sour cream
- soup vegetables (carrot, leek, celery, parsley)

**Method:**

Rub saddles of hare with the crushed juniper berries, salt and pepper and brush with melted butter.

Place saddles of hare in a roasting tin, pour sour cream over and add soup vegetables.

- Time in the appliance: 35 minutes
- Shelf position: 1

**Rabbit in mustard sauce****Ingredients:**

- 2 rabbits, each 800 g
- salt and pepper
- 2 tablespoons olive oil
- 2 roughly chopped onions
- 50 g diced bacon
- 2 tablespoons flour
- 375 ml chicken stock
- 125 ml white wine
- 1 teaspoon fresh thyme
- 125 ml cream
- 2 tablespoons Dijon mustard

**Method:**

Cut rabbits into 8 similarly sized pieces, season with salt and pepper and brown on all sides in a roasting pan on the ring.

Remove rabbit pieces and brown the onions and bacon. Sprinkle flour over and stir. Stir in chicken stock, white wine and thyme and bring to the boil.

Add cream and Dijon mustard, put meat back in, cover with a lid and then put it in the appliance.

- Time in the appliance: 90 minutes
- Shelf position: 1

### Wild Boar

#### To make the marinade:

- 1.5 l red wine
- 150 g celeriac
- 150 g carrots
- 2 onions
- 5 bay leaves
- 5 cloves
- 2 bunches of soup vegetables (carrot, leek, celery, parsley)

Bring everything to the boil and then leave to cool.

- 1.5 kg wild boar joint (shoulder)  
Pour the marinade over the meat until it is covered and leave to marinade for 3 days.

#### Ingredients for the roast:

- salt
- pepper
- soup vegetables from the marinade
- 1 small tin of chanterelles

#### Method:

Take the wild boar joint out of the marinade and dry. Season with salt and pepper and brown on all sides in a roasting pan on the ring. Add chanterelles and some of the soup vegetables out of the marinade.

Pour marinade into the roasting pan. The bottom should be covered by 10 - 15 mm. Cover the roasting pan with a lid and put it in the appliance.

- Time in the appliance: 140 minutes
- Shelf position: 1

## Oven Dishes

### Lasagne

#### Ingredients for the meat sauce:

- 100 g streaky bacon
- 1 onion
- 1 carrot
- 100 g celery
- 2 tablespoons olive oil
- 400 g mince (a mixture of beef and pork)
- 100 ml meat stock
- 1 small tin tomatoes, chopped (about 400 g)
- oregano, thyme, salt and pepper

#### Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

#### Put together with:

- 3 tablespoons butter

- 250 g green lasagne
- 50 g Parmesan cheese, grated
- 50 g mild cheese, grated

#### Method:

Using a sharp knife cut the bacon from the rind and gristle and cut into fine dice. Peel the onion and carrot, clean the celery, dice all vegetables finely.

Heat the oil in a casserole, sauté the bacon and the diced vegetables while stirring constantly.

Gradually add the mince, sauté while stirring constantly to break up and deglaze with the meat stock. Season the meat sauce with tomato purée, the herbs, salt and pepper and simmer with the lid on over a low heat for about 30 minutes.



In the meantime prepare the Béchamel sauce: Melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes.

Grease a large rectangular ovenproof dish with 1 tablespoon of butter. Layer alternately a layer of pasta sheets, meat sauce, Béchamel sauce and mixed cheese in the dish. The last layer should be a layer of Béchamel sauce sprinkled with cheese. Place the rest of the butter in small knobs on the top of the dish.

- Time in the appliance: 55 minutes
- Shelf position: 1

## Cannelloni

### Ingredients for the filling:

- 50 g onions, chopped
- 30 g butter
- 350 g leaf spinach, chopped
- 100 g crème fraîche
- 200 g fresh salmon, cubed
- 200 g Nile perch, cubed
- 150 g shrimps
- 150 g mussel meat
- salt, pepper

### Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

### Put together with:

- 1 packet cannelloni
- 50 g Parmesan cheese, grated
- 150 g cheese, grated
- 40 g butter

### Method:

Place chopped onions and butter in a pan and cook gently until transparent. Add chopped leaf spinach and briefly cook

gently. Add crème fraîche, mix and then leave to cool.

In the meantime prepare the Béchamel sauce: Melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes.

Add salmon, perch, shrimps, mussel meat, salt and pepper to the cooled spinach and mix.

Grease a large rectangular ovenproof dish with 1 tablespoon of butter.

Fill the cannelloni with the spinach mixture and place in the baking dish. Place Béchamel sauce between each row of cannelloni. The last layer should be a layer of Béchamel sauce sprinkled with cheese. Place the rest of the butter in small knobs on the top of the dish.

- Time in the appliance: 55 minutes
- Shelf position: 1

## Pasta Gratin

### Ingredients:

- 1 liter water
- salt
- 250 g tagliatelle
- 250 g cooked ham
- 20 g butter
- 1 bunch of parsley
- 1 onion
- 100 g butter
- 1 egg
- 250 ml milk
- salt, pepper and nutmeg
- 50 g grated Parmesan

### Method:

Bring water with a little salt to the boil. Put the tagliatelle into the boiling salted water and boil for about 12 minutes. Then drain.

Dice the ham.

Heat butter in a pan.

Chop parsley and peel the onion and chop this as well. Sweat both in the frying pan.

Grease a baking dish with a little butter. Mix tagliatelle, ham and sweated parsley and onions and put into the dish.

Mix egg and milk and season with salt, pepper and nutmeg and then pour onto the pasta mixture. Then distribute the Parmesan onto the dish.

- Time in the appliance: 45 minutes
- Shelf position: 1

### **Moussaka (for 10 persons)**

#### **Ingredients:**

- 1 chopped onion
- olive oil
- 1.5 kg minced meat
- 1 tin chopped tomatoes (400 g)
- 50 g grated cheese
- 4 teaspoons breadcrumbs
- salt and pepper
- cinnamon
- 1 kg potatoes
- 1.5 kg aubergines
- butter for frying

#### **Ingredients for the Béchamel sauce:**

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

#### **Put together with:**

- 150 g grated cheese
- 4 tablespoons breadcrumbs
- 50 g butter

#### **Method:**

Sweat chopped onion in a little olive oil, then add the mince and cook stirring.

Add chopped tomatoes, grated Emmental and breadcrumbs, stir well and bring to the

boil. Then season with salt, pepper and cinnamon and remove from the hotplate.

Peel the potatoes and cut into 1 cm thick slices, wash the aubergines and cut into 1 cm thick slices.

Dry all slices with kitchen paper. Then brown in a pan with lots of butter.

In the meantime prepare the Béchamel sauce: melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes.

Place the potato slices on the bottom of a greased baking dish, sprinkle with a little grated cheese. Place a layer of aubergines on top of this. On top of that put some of the mince mixture. On top of that put some of the Béchamel sauce.

Then do another layer of potatoes, followed by aubergines and then by mince mixture. The last layer should be Béchamel sauce. On the top distribute the rest of the cheese and the breadcrumbs. Melt the butter and pour over the top of the moussaka.

- Time in the appliance: 60 minutes
- Shelf position: 1

### **Potato Gratin**

#### **Ingredients:**

- 1000 g potatoes
- 1 teaspoon each of salt, pepper and nutmeg
- 2 cloves of garlic
- 200 g grated cheese
- 200 ml milk
- 200 ml cream
- 4 tablespoons butter

#### **Method:**

Peel potatoes, slice thinly, dry and then season.

Rub an ovenproof baking dish with a clove of garlic and then grease the dish with a little butter.

Spread half of the seasoned potato slices in the dish and sprinkle some of the grated cheese over them. Layer the rest of the potato slices over this and spread the rest of the grated cheese on top.

Crush the second clove of garlic and beat it together with the milk and the cream. Pour the mixture over the potatoes and spread the rest of the butter in small knobs on the gratin.

- Time in the appliance: 65 minutes
- Shelf position: 2

### Franconian Dumpling Pan

#### Ingredients:

- Approximately 1000 g turkey strips
- 1 small tin mushrooms (small heads)
- 500 g chopped onions
- 1 kg dumpling dough
- 400 g grated cheese
- 250 ml cream

#### Method:

Season the turkey strips with salt, pepper, paprika etc. Sauté the chopped onions. Drain the mushrooms thoroughly. Then mix together the meat, onions and mushrooms and put into an oven dish. Mix the dumpling dough and cheese together and put them on top of the turkey mixture. Then pour over the cream.

- Time in the appliance: 75 minutes
- Shelf position: 1

### Cabbage Casserole

#### Ingredients:

- 1 cabbage (800 g)
- marjoram
- 1 onion
- oil for sautéing

- 400 g minced meat
- 250 g long grain rice
- salt, pepper and paprika
- 1 liter meat stock
- 200 ml crème fraîche
- 100 g grated cheese

#### Method:

Cut the cabbage into quarters and cut out the stalk. Blanch in salted water seasoned with marjoram.

Peel onion and chop finely, fry gently in a little oil. Then add the minced meat and the long grain rice, sauté and season with salt, pepper and paprika. Add meat stock and leave to simmer for 20 minutes with a lid on the pan.

Place layers of the cabbage and the mixture of rice and mince in a dish.

Put crème fraîche on top of the dish and sprinkle cheese over the top.

- Time in the appliance: 60 minutes
- Shelf position: 3

### Chicory Gratin

#### Ingredients:

- 8 medium-sized chicories
- 8 slices cooked ham
- 30 g butter
- 1.5 tablespoons flour
- 150 ml vegetable stock (from the chicory)
- 5 tablespoons milk
- 100 g grated cheese

#### Method:

Halve the chicory and cut out the bitter core. Then wash carefully and steam for 15 minutes in boiling water.

Take chicory halves out of the water, refresh in cold water and put the halves together again. Then wrap each one in a slice of ham and place in a greased baking dish.

Melt the butter and add flour. Sauté briefly and then pour in vegetable stock and milk and bring to the boil.

Stir 50 g cheese into the sauce and pour over the chicory. Then sprinkle the rest of the cheese over the dish.

- Time in the appliance: 35 minutes
- Shelf position: 3

### Jansons Temptation

#### Ingredients:

- 8 - 10 potatoes
- 2 onions
- 125 g anchovy fillets
- 300 ml cream
- 2 tablespoons breadcrumbs
- pepper
- freshly chopped thyme
- 2 tablespoons butter

#### Method:

Wash potatoes, peel and cut into fine strips. Peel onions and cut into strips.

Grease an ovenproof baking dish with butter. Place a third of the potatoes and onions in the dish. On top place half of the anchovy fillets and cover with another third of the onions and potatoes. Distribute the rest of the anchovy fillets on top. On top place the rest of the onions and potatoes, with the top layer being potatoes.

Sprinkle with pepper and sprinkle the chopped thyme over the top.

Pour the brine from the anchovies over the bake and add the cream. Sprinkle over the breadcrumbs and place little knobs of butter on the top.

- Time in the appliance: 60 minutes
- Shelf position: 3

## Pizza/Quiche

### Pizza

#### Ingredients for the dough:

- 14 g yeast
- 200 ml water
- 300 g flour
- 3 g salt
- 1 tablespoon oil

#### Ingredients for the topping:

- 1/2 small tin tomatoes, chopped (200 g)
- 200 g cheese, grated
- 100 g salami
- 100 g cooked ham
- 150 g mushrooms (tinned)
- 150 g Feta cheese
- oregano

#### Other:

- Baking tray, greased

#### Method:

Crumble yeast into a bowl and dissolve in the water. Mix the salt into the flour and add it with the oil to the bowl.

Knead the ingredients until a workable dough that does not stick to the bowl is produced. Then leave the dough to rise in a warm place until it doubles in volume.

Roll out the dough and place on the greased baking tray, prick the bottom with a fork.

Place the ingredients for the topping on the base in the order given.

- Time in the appliance: 25 minutes
- Shelf position: 1

### Onion Tart

#### Ingredients for the dough:

- 300 g flour
- 20 g yeast

- 125 ml milk
- 1 egg
- 50 g butter
- 3 g salt

**Ingredients for the topping:**

- 750 g onions
- 250 g bacon
- 3 eggs
- 250 g crème fraîche
- 125 ml milk
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

**Method:**

Sieve the flour into a mixing bowl, make a well in the centre.

Cut up the yeast, put into the well, mix with the milk and a little flour from around the edge. Sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Place the egg and butter on the edge of the flour. Knead all ingredients into a workable yeast dough.

Leave the dough to rise in a warm place until it is about double the size.

In the meantime, peel and quarter the onions and then slice thinly.

Dice the bacon and cook gently with the onions without browning. Leave to cool.

Roll out the dough and place on a greased baking tray, prick the bottom with a fork and press the edges up. Leave to rise again.

Stir eggs, crème fraîche, milk, salt and pepper together. Spread the cooled onions and bacon on the dough base. Put the mixture over all and smooth out.

- Time in the appliance: 45 minutes
- Shelf position: 1

**Quiche Lorraine****Ingredients for the pastry:**

- 200 g flour
- 2 eggs
- 100 g butter
- 1/2 teaspoon salt
- a little pepper
- 1 pinch nutmeg

**Ingredients for the topping:**

- 150 g grated cheese
- 200 g cooked ham or lean bacon
- 2 eggs
- 250 g sour cream
- salt, pepper and nutmeg

**Other:**

- Black baking tin, greased, diameter 28 cm

**Method:**

Place flour, butter, eggs and spices in a mixing bowl and mix to a smooth pastry. Put the pastry in the fridge for a few hours.

Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork.

Spread the bacon on the pastry.

To make the filling, mix the eggs, the sour cream and the seasoning together. Then add the cheese.

Pour the filling over the bacon.

- Time in the appliance: 40 minutes
- Shelf position: 2

**Cheese Flan****Ingredients:**

- 1.5 sheets original Swiss flaky pastry or puff pastry (rolled out in a square)
- 500 g grated cheese
- 200 ml cream
- 100 ml milk
- 4 eggs
- salt, pepper and nutmeg

**Method:**

Place pastry on a well greased baking tray. Prick dough well all over with a fork.

Spread the cheese evenly on the pastry. Mix cream, milk and eggs and season with salt, pepper and nutmeg. Mix well again and pour over the cheese.

- Time in the appliance: 40 minutes
- Shelf position: 2

### Pierogi (30 small pieces)

#### Ingredients for the dough:

- 250 g spelt flour
- 250 g butter
- 250 g low fat quark
- salt

#### Ingredients for the filling:

- 1 small head of white cabbage (400 g)
- 50 g bacon
- 2 tablespoon clarified butter
- salt, pepper and nutmeg
- 3 tablespoons sour cream
- 2 eggs

#### Other:

- Baking tray with baking parchment

#### Method:

Knead spelt flour, butter, low fat quark and a little salt into a dough and place in the fridge.

Cut white cabbage into fine strips. Dice bacon and fry in the clarified butter. Add the cabbage and sauté until soft. Season with salt, pepper and nutmeg and fold in the sour cream.

Continue to braise until all liquid has evaporated.

Hard boil eggs, cool and then dice, mix into the cabbage and leave to cool.

Roll out the dough and cut out round circles with an 8 cm diameter.

Put a little filling in the middle of each one and fold over. Seal the edges by pressing together with a fork.

Place the pierogi on a baking tray lined with baking parchment and brush with egg yolk.

- Time in the appliance: 20 minutes
- Shelf position: 3

### Cheese Pastry

#### Ingredients:

- 400 g Feta cheese
- 2 eggs
- 3 tablespoons chopped flat leaf parsley
- black pepper
- 80 ml olive oil
- 375 g filo pastry

#### Method:

Mix together Feta, eggs, parsley and pepper. Cover filo pastry with a damp cloth, so that it does not dry out. Lay 4 sheets on top of one another, brushing each lightly with oil.

Cut into 4 strips, each about 7 cm long.

Place 2 heaped tablespoons of Feta mixture on one corner of each strip and fold this up diagonally into a triangle.

Place upside down on a baking tray and brush with oil.

- Time in the appliance: 25 minutes
- Shelf position: 3

### Goat's Cheese Flan

#### Ingredients for the pastry:

- 125 g flour
- 60 ml olive oil
- 1 pinch salt
- 3 - 4 tablespoons cold water

#### Ingredients for the topping:

- 1 tablespoon olive oil
- 2 onions
- salt and pepper

- 1 teaspoon chopped thyme
- 125 g ricotta
- 100 g goat's cheese
- 2 tablespoons olives
- 1 egg
- 60 ml cream

**Other:**

- Black baking tin, greased, diameter 28 cm

**Method:**

Place flour, olive oil and salt in a mixing bowl and combine until the mixture resembles breadcrumbs. Add the water and knead to a dough. Put the pastry in the fridge for a few hours.

Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork.

Put 1 tablespoon of olive oil in a pan. Peel onions, slice thinly and sweat in the oil for about 30 minutes with the lid on the pan. Season with salt and pepper and mix in 1/2 teaspoon of chopped parsley.

Let onions cool slightly, then spread on the pastry.

Then spread the ricotta and goat's cheese on top and add the olives. Sprinkle 1/2 teaspoon of chopped thyme over the top.

To make the filling, mix the eggs and the cream together. Pour the filling over the tart.

- Time in the appliance: 45 minutes
- Shelf position: 1

## Cake

### Almond Cake

**Ingredients for the mixture:**

- 5 eggs
- 200 g sugar
- 100 g marzipan
- 200 ml olive oil
- 450 g flour
- 1 tablespoon cinnamon
- 1 packet baking powder (approximately 15 g)
- 50 g chopped pistachios
- 125 g ground almonds
- 300 ml milk

**Ingredients for the topping:**

- 200 g apricot jam
- 5 tablespoons icing sugar
- 1 teaspoon cinnamon
- 2 tablespoons hot water
- flaked almonds

**Other:**

- 28 cm springform baking tin

**Method:**

Cream together eggs, sugar and marzipan for 5 minutes, then slowly add the olive oil to the egg mixture.

Sieve the flour, cinnamon and baking powder together, then mix the chopped pistachios and the ground almonds into the flour. Then carefully fold into the egg mixture together with the milk.

Put into the springform whose base has been sprinkled with breadcrumbs.

- Time in the appliance: 70 minutes
- Shelf position: 2

**After baking:**

Heat up the apricot jam and then spread on the cake using a brush. Then leave to cool. Mix together icing sugar, cinnamon and hot water and spread on the cake. Then sprinkle flaked almonds immediately onto the glazed surface of the cake.

**Brownies****Ingredients:**

- 250 g plain chocolate
- 250 g butter
- 375 g sugar
- 2 packet vanilla sugar (approximately 16 g)
- 1 pinch salt
- 5 tablespoons water
- 5 eggs
- 375 g walnuts
- 250 g flour
- 1 teaspoon baking powder

**Method:**

Break chocolate up into large pieces and melt in a bain marie.

Cream together butter, sugar, vanilla sugar, salt and water, add the eggs and the melted chocolate.

Roughly chop the walnuts, mix with the flour and baking powder and fold into the chocolate mixture.

Line a deep baking tray with baking parchment, put the mixture on top and smooth.

- Time in the appliance: 50 minutes
- Shelf position: 3

**After baking:**

Leave to cool, remove baking parchment and cut into squares.

**Carrot Cake****Ingredients for the mixture:**

- 150 ml sunflower oil
- 100 g brown sugar
- 2 eggs
- 75 g syrup
- 175 g flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon baking powder
- 200 g finely grated carrots

- 75 g sultanas
- 25 g grated coconut

**Ingredients for the topping:**

- 50 g butter
- 150 g cream cheese
- 40 g sugar crystals
- ground hazelnuts

**Other:**

- Round springform baking tin with 22 cm diameter, greased

**Method:**

Cream together sunflower oil, brown sugar, eggs and syrup. Fold in the rest of the ingredients for the mixture.

Put the mixture into the greased baking tin.

- Time in the appliance: 55 minutes
- Shelf position: 3

**After baking:**

Mix butter, cream cheese and sugar crystals (if necessary, add a little milk to make it spreadable).

Spread over the cake once it has cooled down and sprinkle ground hazelnuts over the top.

**Cheese Cake****Ingredients for the base:**

- 150 g flour
- 70 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 egg
- 70 g softened butter

**Ingredients for the cheese cream:**

- 3 egg whites
- 50 g raisins
- 2 tablespoons rum
- 750 g low fat quark
- 3 egg yolks
- 200 g sugar
- juice of one lemon
- 200 g crème fraîche



- 1 packet of custard powder, vanilla flavour (40 g or the corresponding amount of powder for making pudding of 500 ml milk)

**Other:**

- Black springform baking tin with 26 cm diameter, greased

**Method:**

Sieve flour into a bowl. Add the rest of the ingredients and mix with a hand-held mixer. Then put the mixture in the fridge for 2 hours.

Cover the greased bottom of the springform tin with about 2/3 of the mixture and prick several times with a fork.

Form an edge about 3 cm high with the rest of the mixture.

Beat the egg whites with a hand-held mixer until forming peaks. Wash the raisins, let them drain well, sprinkle with the rum and leave to soak.

Put low fat quark, egg yolks, sugar, lemon juice, crème fraîche and the custard powder in a mixing bowl and mix together well.

To finish, carefully fold the beaten egg whites and the raisins into the quark mixture.

- Time in the appliance: 85 minutes
- Shelf position: 1

**Fruit Cake****Ingredients:**

- 200 g butter
- 200 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 3 eggs
- 300 g flour
- 1/2 packet baking powder (approximately 8 g)
- 125 g currants

- 125 g raisins
- 60 g chopped almonds
- 60 g candied lemon peel or candied orange peel
- 60 g chopped candied cherries
- 70 g whole blanched almonds

**Other:**

- Black springform baking tin, 24 cm diameter
- Margarine for greasing
- Breadcrumbs for coating baking tin

**Method:**

Place butter, sugar, vanilla sugar and salt in a mixing bowl and cream together. Then add the eggs one at a time and cream the mixture again. Add the flour mixed with the baking powder to the creamed mixture and fold in.

Stir the fruit into the mixture as well.

Place the mixture in the prepared tin and pull the mixture up a little higher at the edge than in the centre. Decorate the edge and the centre of the cake with the whole blanched almonds. Put the cake into the appliance.

- Time in the appliance: 100 minutes
- Shelf position: 1

**Fruit Tart****Ingredients for the pastry:**

- 200 g flour
- 1 pinch salt
- 125 g butter
- 1 egg
- 50 g sugar
- 50 ml cold water

**Ingredients for the filling:**

- Fruit according to the season (400 g apples, peaches, sour cherries, etc.)
- 90 g ground almonds
- 2 eggs
- 100 g sugar
- 90 g softened butter

**Other:**

- Quiche tin with 28 cm diameter, greased

**Method:**

Sieve flour into a mixing bowl, mix salt and butter cut into small pieces into the flour. Then add egg, sugar and cold water and knead into a pastry.

Cool the pastry for 2 hours in the fridge. Roll out the refrigerated pastry and place in the greased quiche tin and prick with a fork. Clean fruit, remove cores, stones or pips and place in small pieces or slices on the pastry. Place ground almonds, eggs, sugar and softened butter in a bowl and cream together. Then put on top of the fruit and smooth out.

- Time in the appliance: 50 minutes
- Shelf position: 1

**Grandmas RoastApple Cake****Ingredients:**

- 250 g butter
- 250 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 100 g marzipan
- 5 eggs
- 500 g flour
- 1 packet baking powder (approximately 15 g)
- 1 sachet gingerbread spices (approximately 20 g)
- 50 g cocoa powder
- 150 ml red wine
- 1.2 kg apples

**Method:**

Put butter, sugar, vanilla sugar and salt into a mixing bowl and beat until fluffy. Add marzipan cut into small pieces and beat until smooth. Add eggs one by one and beat until fluffy. Add flour, baking powder, gingerbread spices and cocoa powder to

the mixture. Stir in red wine. Put the dough into a deep baking tray lined with baking parchment and smooth the surface. Peel and core apples and cut into 0.5 cm thick slices. Plum puree: Arrange the slices on top of the dough and fill the holes left by the cores with plum puree. Then put into the appliance.

- Time in the appliance: 50 minutes
- Shelf position: 3
- After baking leave the cake to cool and remove the baking parchment.

**Glaze:**

- 250 ml apple juice
- 1 sachet clear cake glaze
- After baking leave the cake to cool and remove the baking parchment.

Mix up the glaze using the apple juice and sachet of cake glaze and brush over the cake.

**Lemon Sponge Cake****Ingredients for the mixture:**

- 250 g butter
- 200 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 4 eggs
- 150 g flour
- 150 g cornflour
- 1 level teaspoon baking powder
- grated peel of 2 lemons

**Ingredients for the glaze:**

- 125 ml lemon juice
- 100 g icing sugar

**Other:**

- Square baking tin, 30 cm long
- Margarine for greasing
- Breadcrumbs for coating baking tin

**Method:**

Place butter, sugar, lemon peel, vanilla sugar and salt in a mixing bowl and cream

together. Then add the eggs one at a time and cream together again.

Add the flour and cornflour mixed with the baking powder to the creamed mixture and fold in.

Put the mixture into the greased and breadcrumbed baking tin, smooth out and put in the appliance.

After baking, mix lemon juice and icing sugar. Turn the cake out onto a piece of aluminium foil.

Fold up the aluminium foil against the sides of the cake so that the glaze cannot run out. Pierce the cake with a wooden chopstick and brush on the glaze. Then leave the cake for a while to soak up the glaze.

- Time in the appliance: 75 minutes
- Shelf position: 1

### Muffins

#### Ingredients:

- 150 g butter
- 150 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- zest of one unwaxed lemon
- 2 eggs
- 50 ml milk
- 25 g cornflour
- 225 g flour
- 10 g baking powder
- 1 jar of sour cherries (375 g)
- 225 g chocolate chips

#### Other:

- Paper cases, approximately 7 cm diameter

#### Method:

Cream together butter, sugar, vanilla sugar, salt and the zest of one unwaxed lemon. Add eggs and cream together again.

Mix the cornflour, flour and baking powder and fold into the mixture with the milk.

Drain sour cherries and fold into the mixture with the chocolate chips.

Put the mixture into the paper cases, put cases onto a baking tray and put in the appliance. Use muffin tray if available.

- Time in the appliance: 40 minutes
- Shelf position: 3

### Ring Cake

#### Ingredients for the base:

- 500 g flour
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 80 g icing sugar
- 150 g butter
- 3 eggs
- 2 level teaspoons salt
- 150 ml milk
- 70 g raisins (soak in 20 ml of kirsch for 1 hour beforehand)

#### Ingredients for the finish:

- 50 g whole peeled almonds

#### Method:

Put flour, dried yeast, icing sugar, butter, eggs, salt and milk into a mixing bowl and knead to a smooth yeast dough. Cover the dough in the bowl and leave to rise for 1 hour.

Knead the soaked raisins into the dough by hand.

Place the almonds individually into each hollow in a greased and floured gugelhupf tin.

Then shape the dough into a sausage shape, place in the gugelhupf tin. Cover and leave to rise again for 45 minutes.

- Time in the appliance: 60 minutes
- Shelf position: 1

**Savarin Cake****Ingredients for the dough:**

- 350 g flour
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 75 g sugar
- 100 g butter
- 5 egg yolks
- 1/2 teaspoon salt
- 1 packet vanilla sugar (approximately 8 g)
- 125 ml milk

**After baking:**

- 375 ml water
- 200 g sugar
- 100 ml plum brandy or 100 ml orange liqueur

**Method:**

Put flour, dried yeast, sugar, butter, egg yolks, salt, vanilla sugar and milk into a mixing bowl and knead to a smooth yeast dough. Cover the dough in the bowl and leave to rise for 1 hour. Then place the dough in a greased ring-shaped cake tin and cover and leave to rise again for 45 minutes.

- Time in the appliance: 35 minutes
- Shelf position: 1

**After baking:**

Bring water and sugar to the boil and leave to cool.

Add plum brandy or orange liqueur to the sugar water and mix together.

When the cake has cooled, pierce it several times with a wooden skewer and then let the mixture soak into the cake evenly.

**Sponge Cake****Ingredients:**

- 4 eggs
- 2 tablespoons hot water
- 50 g sugar

- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 100 g sugar
- 100 g flour
- 100 g cornflour
- 2 level teaspoons baking powder

**Other:**

- 28 cm round springform baking tin, black, bottom lined with baking parchment

**Method:**

Separate the eggs. Cream egg yolks with hot water, 50 g sugar, vanilla sugar and salt. Beat egg whites with 100 g sugar until forming peaks.

Sieve together flour, cornflour and baking powder.

Carefully mix egg whites and egg yolks together. Then carefully fold in flour mixture. Put the mixture into the baking tin, smooth and put in the appliance.

- Time in the appliance: 30 minutes
- Shelf position: 3

**Streusel Cake****Ingredients for the dough:**

- 375 g flour
- 20 g yeast
- 150 ml tepid milk
- 60 g sugar
- 1 pinch salt
- 2 egg yolks
- 75 g softened butter

**Ingredients for the crumble:**

- 200 g sugar
- 200 g butter
- 1 teaspoon cinnamon
- 350 g flour
- 50 g chopped nuts
- 30 g melted butter

**Method:**

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well, stir in with the milk and some of the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Put the sugar, egg yolks, butter and salt on the edge of the flour. Knead all ingredients into a workable yeast dough.

Leave the dough to rise in a warm place until it is about double the size. Then roll out the dough and place on a greased baking tray and leave to rise again.

Place sugar, butter and cinnamon in a mixing bowl and mix together.

Add the flour and the nuts and knead together so that you make a crumble mixture.

Spread the butter on the risen dough and spread the crumble mixture on it evenly.

- Time in the appliance: 35 minutes
- Shelf position: 3

### Swedish Cake

#### Ingredients:

- 5 eggs
- 340 g sugar
- 100 g melted butter
- 360 g flour
- 1 packet baking powder (approximately 15 g)
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 200 ml cold water

#### Other:

- 28 cm round springform baking tin, black, bottom lined with baking parchment

#### Method:

Place sugar, eggs, vanilla sugar and salt in a mixing bowl and cream together for 5 minutes. Then add the melted butter to the mixture and fold in.

Add the flour with the baking powder mixed into it into the creamed mixture and stir in.

Finally add the cold water and mix everything well. Put the mixture into the baking tin, smooth and put in the appliance.

- Time in the appliance: 55 minutes
- Shelf position: 1

### Sweet Tart

#### Ingredients:

- 2 sheets original Swiss flaky pastry or puff pastry (rolled out in a square)
- 50 g ground hazelnuts
- 1.2 kg apples
- 3 eggs
- 300 ml cream
- 70 g sugar

#### Method:

Place pastry on a well-greased baking tray and prick the bottom all over with a fork. Spread the hazelnuts evenly over the pastry. Peel apples, remove cores and cut into 12 slices. Spread slices evenly on the pastry. Mix eggs, cream, sugar and vanilla sugar together well and put over the apples.

- Time in the appliance: 45 minutes
- Shelf position: 2

### Swiss Carrot Cake

#### Ingredients for the mixture:

- 4 egg white
- 1 pinch salt
- 80 g icing sugar
- 120 g sugar
- 200 g finely grated carrots
- 200 g finely ground almonds
- 1 lemon, juice and grated skin

- 1 tablespoon cherry liquer
- 1/2 teaspoon cinnamon
- 60 g flour
- 1/2 teaspoon baking powder

**Ingredients for the topping:**

- 150 g icing sugar
- 1 tablespoon cherry liquer
- 12 decorative marzipan carrots
- ground hazelnuts

**Other:**

- Springform cake tin with 26 cm diameter, greased and the bottom lined with baking parchment.

**Method:**

Beat egg whites with salt until forming peaks, add the icing sugar and beat to a fest white of egg. Mix the egg yolke and sugar to a cream and add the other

ingredients. Add a quarter of the beaten white of egg with the egg yolk and then carefully mix the rest of the beaten white of egg with mixture. Pour the dough into the prepared baking tin and smooth.

- Time in the appliance: 55 minutes
- Shelf position: 3

**After baking:**

Let the cake cool. We recommend the preparation work to be carried out one to two days in advance and to keep covered in the fridge. For the overglaze, mix the icing sugar with the cherry liquer. Add water if necessary. Cover the cake with the overglaze and decorate with the marzipan carrots.

## Bread/Rolls

**Rolls, sweet****Ingredients:**

- 420 g flour
- 60 g butter
- 50 g sugar
- a pinch of vanilla sugar
- grated lemon peel
- a pinch of salt
- 200 ml lukewarm milk
- 30 g yeast
- 2 egg yolks
- 100 g raisins

**Method:**

Sieve the flour into a mixing bowl, press a hollow into the centre. Reduce the yeast and insert it into the hollow with milk and some sugar. Mix in some of the flour from the edge. Dust it with flour and leave it to stand in a warm place until the dusted flour starts to crack on the starter dough.

Add the remaining sugar, salt, vanilla sugar, lemon peel, egg and butter to the edge of

the flour. Knead all of the ingredients into a supple leavened dough.

Leave the dough to stand in a warm place until it has more or less doubled in size.

Then insert the washed raisins into the dough and form 12 uniformly-sized rolls.

Place them on a baking tray lined with baking paper and leave covered again for half an hour.

- Time in the appliance: 20 minutes
- Shelf position: 2

**Farmer Bread****Ingredients:**

- 500 g wheat flour
- 250 g rye flour
- 15 g salt
- 1 small packet dried yeast
- 250 ml water
- 250 ml milk

**Other:**

- Baking tray which has been greased or lined with baking parchment

**Method:**

Place wheat flour, rye flour, salt and dried yeast in a large bowl.

Mix water, milk and salt and add to the flour. Knead all ingredients into a workable dough. Leave the dough to rise until it doubles in volume.

Shape the dough into a long loaf and place on the baking tray which has been greased or covered with baking parchment.

Leave the loaf to rise again by half its volume. Before baking dust with a little flour.

- Time in the appliance: 60 minutes
- Shelf position: 2

**White Bread****Ingredients:**

- 1000 g flour
- 40 g fresh yeast or 20 g dried yeast
- 650 ml milk
- 15 g salt

**Other:**

- Baking tray which has been greased or lined with baking parchment

**Method:**

Place flour and salt in a large bowl. Dissolve the yeast in tepid milk and add to the flour. Knead all ingredients into a workable dough. Depending on the qualities of the flour, a little more milk may be required to achieve a workable dough.

Leave the dough to rise until it doubles in volume.

Cut the dough into two, make into two long loaves and place on the baking tray which has been greased or covered with baking parchment.

Leave the loaves to rise again by half their volume.

Before baking, dust them with flour and with a sharp knife cut 3 - 4 diagonal lines, at least 1 cm deep.

- Time in the appliance: 55 minutes
- Shelf position: 2

**Yeast Plait****Ingredients for the dough:**

- 650 g flour
- 20 g yeast
- 200 ml milk
- 40 g sugar
- 5 g salt
- 5 egg yolks
- 200 g softened butter

**Ingredients for the filling:**

- 250 g chopped walnuts
- 20 g breadcrumbs
- 1 teaspoon ground ginger
- 50 ml milk
- 60 g honey
- 30 g melted butter
- 20 ml rum

**Ingredients for the finish:**

- 1 egg yolk
- a little milk
- 50 g flaked almonds

**Method:**

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well and stir in with the milk and a little of the sugar and the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Put the rest of the sugar on the edge of the flour. Knead all ingredients into a workable yeast dough. Leave the dough to rise in a warm place until it is about double the size.

For the filling, mix all ingredients together. Divide the dough into three equal parts and roll out into long rectangles. Spread a third of the filling onto each rectangle and then roll up the pieces of dough.

Make a plait out of the three pieces of dough. Coat the surface of the plait with a mixture of egg yolk and milk and then sprinkle with flaked almonds.

- Time in the appliance: 55 minutes
- Shelf position: 3

### Rich Yeast Plait

#### Ingredients for the dough:

- 750 g flour
- 30 g yeast
- 400 ml milk
- 10 g sugar
- 15 g salt
- 1 egg
- 100 g softened butter

#### Ingredients for the finish:

- 1 egg yolk
- a little milk

#### Method:

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well, stir in with the milk and some of the sugar and some of the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks.

Put the rest of the sugar, salt, egg and butter on the edge of the flour. Knead all ingredients into a workable yeast dough.

Leave the dough to rise in a warm place until it is about double the size.

Then weigh out into three equally sized pieces of dough and shape each one into a rope. Plait the three ropes together.

Then cover and leave to rise for another half an hour. Coat the surface of the plait with a mixture of egg yolk and milk and then put in the oven.

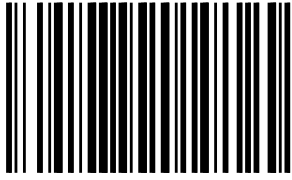
- Time in the oven: 50 minutes
- Shelf position: 3











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