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**Miele**

COOKING WITH THE MIELE

Steam combi oven

# Steam

combi oven

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combi oven



**Miele**



## Dear Reader,

When families come together, it is often around the dining table. Get-togethers with friends, too, are made special by delicious food. Wherever people enjoy each others' company, food is at the centre of the occasion.

We are pleased to be able to contribute a little to this by making it our job to help people around the world to enjoy their love of cooking. Every day, knowledge, curiosity, routine and the unexpected all converge in our Miele Test Kitchen.

We have condensed all our experience, passion and pleasure in experimenting into this cookbook to create recipes that are as imaginative as they are successful. We hope you will enjoy the results as much as you will the cooking.

If you have any questions, comments or requests, please contact us on the telephone number shown on the back.

Happy cooking!

The Miele testing kitchen

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## A hobby for all the senses

Eating has become much more than a basic necessity with preparation and presentation being as important and interesting as the ingredients and method of cooking.

We no longer eat just to fill ourselves up. Eating has become “dining”, an expression of our lifestyle, an enjoyment, and an experience that is different every time.

And because the journey is as enjoyable as the destination, the preparation of food is an important part of the pleasure. Some people like to cook behind closed doors, then astound their friends when their creations come to the table. Others prefer to cook in company and throw open the doors of their kitchen so their friends can enjoy the process from the start.

Food also plays an important role in furthering international relations. Foreign restaurants, holidays abroad and the media have brought us closer to other food cultures and taught us to appreciate them. Cooking with steam is a tradition that dates back thousands of years. Its roots lie in China. The Chinese belief that a dish should satisfy all the requirements of health, colour, flavour, aroma and texture is as relevant now as it was then.

Today's cooks are delighted by all things new, and place high value on cooking appliances that offer user friendly technology. A Miele steam combi oven is an up-to-the-minute oven that has every feature you could wish for.



## Both healthy and delicious

With the Miele steam combi oven, you don't have to compromise on flavour in order to eat healthily.

Miele's steam combi oven makes a valuable contribution to healthy, tasty nutrition. As a manufacturer of top-class built-in kitchen appliances, we have a vested interest in your well-being and in sensible, careful food preparation, as well as in the perfect functioning and the design of the appliance.

The working principle of the steam combi oven is simple and effective. Unlike traditional steam ovens, a separate tank or water jug is filled with just the right quantity of water. An element heats the water, and the resultant steam is then injected into the oven cavity, gently surrounding the food from all sides.

Rapid heat conduction and the consequent steaming process ensure exact, even cooking and, with equal steaming power on all three levels, guarantee time and energy savings compared with cooking on a hob or in an oven.

As the food is not sitting in water, the goodness does not drain out, and the vitamins, minerals and trace elements that are essential to good health are almost fully retained. For example, steamed food contains up to 50% more vitamin C than traditionally cooked food.

The result is delicious food that requires little or no salt or seasoning, additional spices or fat, and which retains all of its natural goodness and flavour. The steam oven is therefore ideal for preparing light meals or baby food, as well as for those on low-sodium diets. Taste is not sacrificed in the interests of nutrition and calorie counting; to the contrary, your steam combi oven sweeps you away to a world of wonderful new delights.

## From the repertoire of a Connoisseur

With its temperature range of 30–225°C, the Miele steam combi oven offers a wealth of exciting possibilities.

### Steam cooking

Most dishes are cooked at 100°C. Vegetables and potatoes, soups and stews, soufflés and pulses can be cooked without affecting colour, shape, structure and taste. Rice cooks particularly well by this process, remaining light and fluffy.

Baby food can also be safely and easily prepared in the steam oven. The preparation of fish on the hob in the usual manner is not to everyone's taste. Often the fish becomes dry and tough, or it falls apart on serving, which spoils the enjoyment. The Miele steam combi oven offers an ideal solution. Steaming at temperatures between 75–100°C results in perfect fish and fish fillets and tasty seafood and shellfish – a taste of gourmet cooking at home. Poultry, meat and sausage are all easy to cook in the Miele steam combi oven too. When cooked at temperatures between 90 and 100°C, meat has a uniform and more tender consistency. Even lean poultry, which can easily dry out with conventional cooking methods, remains deliciously succulent. Please note that steamed meat does not brown.

If you want your meat to be brown, we recommend cooking it with a Combination programme, where a browning stage using Conventional heat, Fan plus or Grill is included either before or after the steaming stage.



## Automatic programmes – the sky's your limit!

You will be amazed just what a Miele steam combi oven is capable of! Eggs are boiled to perfection. Chocolate can be melted at 90°C without burning. Preserving jars and baby bottles can be disinfected at 100°C in just 15 minutes – making them as clean as they would be by traditional boiling.

Desserts such as light soufflés never fail.

At 40°C, you can also make yoghurt and prove dough.

And if you want to really pamper your guests, you can offer them steamed face flannels at the end of a perfect meal.

Further information on the versatility of the steam combi oven can be found at the end of this book, as well as in the operating instructions for the oven. We wish you much enjoyment as you experiment with your appliance.

The following fruit and vegetables can be blanched in the steam combi oven:

Apples  
Apricots  
Pears  
Cauliflower  
Green beans  
Broccoli  
Peas  
Cabbage  
Kohlrabi  
Carrots  
Asparagus  
Spinach  
Peaches  
Leeks

The following should NOT be blanched in the steam combi oven

Berries  
Herbs

## Menu cooking

In the Menu programme, the cooking time for each type of food is predetermined. The appliance tells you when to place each item in the steam combi oven. You can put up to three different types of food or dishes into the appliance at once to make up a whole meal.

You would normally select a temperature of 100°C to do this. However different the foods are, the constant fresh supply of steam ensures that there is no transfer of aroma or flavour. This means that you can cook sweet and heavily spiced foods together without the risk of contamination. The steam ensures an even cooking result on each level, and when the oven is full to capacity, the steam combi oven is both more economical and energy efficient than cooking on the hob or in the oven.

This is how to serve a complete main course hot and fresh:

Start with the food that takes longest to cook. During the cooking programme, you can add other foods. If, for example, your menu consists of fish with rice and broccoli, the rice will need to be cooked for 20 minutes, the fish for 6 minutes and the broccoli for 4 minutes. The rice goes into the steam combi oven first, and is cooked for 14 minutes. The fish is then placed in the appliance, and cooked alongside the rice for 2 minutes. Finally the container with the broccoli is added, and all 3 foods cook together for another 4 minutes.

With the steam combi oven, success is guaranteed, and everything is ready at the same time! Further information about cooking times is to be found in the tables at the back of this book, as well as in the operating instructions.



## The perfect programme for every type of dish

Every food has its own character. Recognising an ingredient's qualities and bringing them to the fore is the true art of the cook.

With the new Miele steam combi oven the highly developed electronics offer optimum functionality and are really easy to use. The appliance guides you intelligently through the programming process to ensure fast, precise setting of the required functions.

The Miele steam combi oven cooks everything to perfection by combining steam with functions such as Fan plus, Conventional heat, Top heat, Bottom heat and Grill: delicious fresh bread with a glossy crust; al dente vegetables with all their natural flavours; wonderfully moist fish that melts in the mouth; tender, juicy meat with a well browned crust, numerous side dishes and tempting puddings.

When roasting fatty meat, the hot steam at the start of the programme ensures that as much fat as possible melts away.

The combination of steam and fan heat is not suitable for mixtures that contain a high level of moisture such as choux pastry and meringue. Because these types of food need to lose their moisture they can only be cooked using fan heat.



## Combination cooking

When combination mode is selected, there are three things that must be programmed into the oven:

- Temperature (30°C–225°C)
- Moisture level (20%–100%)
- Cooking duration (1 minute–12 hours) or core temperature (30°C–99°C).

Up to 6 cooking stages can be combined within one cooking programme.

**Homemade bread** is baked to perfection thanks to the steam that is injected in the first few minutes. The dough rises more effectively to start with before being browned at a high temperature, and then dried at a high temperature and low moisture level. This gives the bread its attractive, glossy crust. If bread is baked with little or no steam, the starches do not swell to such an extent. The outer surface dries out, the crust becomes cracked and it will not stay crisp for long.

A moisture level of 95% makes **sweet pastry** particularly light and crumbly, so that it melts on the tongue.

Baking **moist dough-based items** with additional steam, does not allow them to dry out sufficiently, and as a result they collapse. Items that have a moist topping such as pizza will not cook through properly if steam is added, and the base will not brown properly. See the chapter on bread for further details.

Cook meat with crackling at a high temperature to begin with in order to render the fat and to brown the surface.

The temperature is then reduced and the moisture increased so that the meat cooks evenly. The proteins in the meat are released, making the meat tender. Finally, the temperature is raised again so that the outside of the meat crisps and blisters. If lean meat is cooked without steam, the outer surface has a tendency to dry out. In this instance it is advisable to roast the meat e.g. braised beef with steam. Meat can be roasted in Combination mode on the rack placed over the universal tray to catch the juices, which can then be made into a gravy.

## **Fan plus**

With this cooking method, the food is cooked in a flow of hot air. A top-quality heating element, which ensures excellent results with no transfer of aroma or flavour, gives the oven a big advantage over the more widely available fan-assisted oven. It is rarely necessary to pre-heat the oven. “Fan plus” is particularly useful for baking certain types of cake and soufflé, and the flow of air around the oven ensures that items are very evenly cooked and browned.

## **Cake plus**

### **Sponge cakes**

Moisture levels are controlled particularly well on the “Cake plus” programme, resulting in very successful sponge cakes.

### **Choux pastry**

The optimum way to prepare choux pastry is to let it rise and dry out simultaneously. To achieve this, only a very small amount of additional moisture is required. Cake plus is ideal for this. The very precise control of the moisture level makes this cooking method ideal for choux pastry.

## **Salt dough**

Typical salt dough items such as pretzels have a shiny crust and sprinkling of crystal salt. The “Cake plus” programme guarantees that the desired result will be achieved when cooking salt dough items from frozen.



## Automatic programmes

The automatic Roast programme has the optimum settings for the perfect roast, whether it is a joint of meat with crackling that needs to be browned and crisped, or a joint that should be brown on the outside and rare on the inside. Even a pot roast will succeed perfectly in the Miele steam combi oven.

The automatic Bake programme offers highly developed technology similar to that used in professional bakeries for top quality breads and rolls.

You can cook fish and vegetables to perfection using the Steam programme.

## Blanching

Fruit and vegetables can be blanched at 100°C and should take 1–2 minutes. After blanching, the food is ready for freezing. To avoid food continuing to cook, it should be plunged into ice-cold water immediately after blanching.

### Procedure:

Clean and trim the vegetables or fruit. Cut up larger vegetables (such as cauliflower and broccoli into florets, and leeks, carrots and kohlrabi into slices), then place them in a perforated container in the steam combi oven. Blanch for 1–2 minutes at 100°C. Plunge into ice-cold water immediately after blanching. Berries and herbs are not suitable for blanching.



## **Bottling**

Bottling is particularly easy in the Miele steam combi oven as this process also requires no supervision. Cakes, fruit, vegetables, fish and sausages are all well suited to preserving. Please use the following advice for a safe result:

- Prepare the ingredients as soon as possible after purchase or harvest. Longer storage reduces the vitamin content and can easily result in deterioration.
- Use only unblemished ingredients.
- Use only undamaged, clean and rinsed baking utensils. Check jars, lids, clips, springs and seals carefully.

## **Fruit**

Place the washed and chopped fruit, without squashing it, into the prepared jars. Fill with a solution of sugar and water, or layer with a sprinkling of sugar. The amount or concentration of sugar depends upon the ripeness and type of fruit and personal taste, and has no influence on the shelf life of the bottled fruit. Bottle the fruit on the day of purchase or harvest if possible.

## **Vegetables**

Bottle the vegetables on the day of purchase or harvest if possible. Layer the prepared and chopped raw vegetables in the preserving jars and fill with a salt or vinegar solution, to which herbs can be added if desired. Cooking time is less for soft vegetables, for example gherkins, than harder vegetables such as peas or broad beans.

## **Meat and sausages**

Roast or cook the meat just before bottling. Fill the jars with the gravy from the meat, which can be augmented either with water or the stock in which the meat was cooked. Ensure that the edge of the jar is free from fat. When bottling sausages, the jars should only be half-filled as the volume increases during cooking.

## **Cakes**

Follow the recipes as for preserving.

## Conventional heat

Heat generated from the top and bottom of the oven is the traditional oven function, and is ideal for baking traditional cakes and pies.

## Grill

Thin cuts of meat and fish such as steak and cutlets are cooked to perfection under the grill, offering a delicious alternative to frying on the hob. The grill is also good for making cheese on toast.

## Fan grill

The fan distributes the heat from the grill quickly and evenly to each part of the food, giving a juicy, crisp result even for large quantities of food – and without any significant odours or soiling to the oven.

## Intensive bake

With Intensive bake, Fan plus and Bottom heat work together. This saves the need to blind bake items which require an intensive bottom heat, such as flans, quiches, pizzas.

## Defrosting

Defrosting food in the steam combi oven takes considerably less time than at room temperature. Food also defrosts more evenly than in the microwave – partially cooked food or grey patches are things of the past. At 50–60°C frozen foods such as vegetables, fruit, fish, meat, poultry and ready meals defrost gently. Dairy products and baked goods are also quickly ready for serving again.

Please note:

- Using shallow freezer containers speeds up the defrosting process.
- Freeze food in small portions. These defrost more quickly and gently than large portions.
- Several portions of the same type of frozen food (e.g. several chicken drumsticks) can be defrosted together without altering the temperature setting or the defrosting time required for a single portion, providing they have been frozen singly.

- Remove the packaging from the food (except in the case of bread or baked goods), and place them on a plate or in a shallow cooking steam combi oven container.
- Turn the food halfway through the defrosting programme and separate pieces that have frozen together. This is particularly important in the case of large pieces of food, e.g. steak or portions of meat to roast.
- Once the defrosting programme has finished, let the food stand at room temperature for a while. This is necessary to ensure that the food has defrosted right through to its core.

## Reheating

Food can be reheated in either a perforated or solid container as well as in serving dishes or plates. Using serving dishes has the advantage of warming the crockery at the same time. The reheating time may require adjusting, depending on the type and thickness of the crockery.

Food that is reheated in the steam combi oven looks and tastes as if it has been freshly cooked. For this reason, professional chefs call this process “regeneration”. Heating food in the steam combi oven perfectly completes the cooking process.

When reheating food that is already cooked – including several plates or dishes at a time – we recommend the Reheating function. The recommended temperature and moisture levels are suggested.

- You can reheat plated meals (e.g. meat, vegetables, potatoes) or individual foods.
- A plate can be used to reheat small quantities, whilst larger quantities can be reheated in a steam combi oven container.
- A time of 10–15 minutes should be set for a single plate of food, whilst several plates or containers will require longer. If you are reheating several plates or containers in succession, you can reduce the reheating time for the second and subsequent cycles by approx. 10 minutes, as the oven cavity will still be warm.
- The more moist the food that is being reheated, the lower the moisture level setting required.
- Food does not need to be covered to reheat it. Do not heat large pieces of food such as joints of meat – it is better to slice it into portions. Cut compact items such as stuffed peppers or roulades in half. Breadcrumb-coated food such as fish does not stay crisp when reheated in the steam combi oven.

## **Automatic switch-off**

Your steam combi oven features intelligent electronics for your convenience. The fully automatic cooking programme does not need to be monitored as the set temperature will be maintained throughout the programme. Moreover, food being steamed will not burn or overcook, allowing you to sit back and relax. At the end of the cooking programme, the appliance switches off automatically.

## **Quantity does not matter**

The cooking time is not dependent on how much food is being cooked, or whether the food is fresh or frozen. The cooking time only starts counting down when the set temperature is reached. If, for example, you have not prepared quite enough vegetables for unexpected visitors, then there is no problem supplementing your fresh vegetables with some frozen – the cooking time remains the same. If the heating up time varies, the oven adjusts automatically so that you do not have to worry about it.

## **Exclusive to Miele – User programmes**

To cook your own recipes in the steam combi oven, refer to the tables at the end of this book. The following basic rule applies: when cooking food at 100°C in the Miele steam combi oven, the cooking time is the same as on the hob. This makes it very easy to adapt your favourite recipes. So – sit back and enjoy your steam combi oven! The food you cook in it will taste fabulous!

## Notes

A list of chapters is given at the beginning of the book. Individual recipes are listed alphabetically at the back.

Unless otherwise stated, all recipes serve four.

A range of temperatures is given for the temperature setting. In general, temperatures should be set in the middle of this, but they may need to be increased or reduced depending on the cooking dish, quantity of food and desired level of browning. The same goes for recommended temperatures. They are a general guide and can be altered to suit individual circumstances.

Careful handling of food can help protect one's health. For example, cakes, pizzas and chips should be cooked until golden, not dark brown.

The cooking times given apply to a non preheated oven. If baking several trays of small cakes one after another, the cooking time should be reduced.

The times are given as a guideline, but will be influenced by the temperature and consistency of the food before it is cooked. Small variations in cooking time can be made to suit individual preferences, e.g. on how golden a cake should be, or how well cooked meat or vegetables need to be.

## Measurement abbreviations:

- 1 tsp = teaspoon  
 = 3 g baking powder or  
 = 5 g salt or  
 = 5 ml liquid
- 1 tbsp = 1 tablespoon  
 = 10 g flour, breadcrumbs or  
 = 15 g sugar or  
 = 15 ml liquid

Please note that all the conversions given are only approximate.

## Weights

| Imperial | Metric |
|----------|--------|
| ½ oz     | 10 g   |
| ¾ oz     | 20 g   |
| 1 oz     | 25 g   |
| 8 oz     | 225 g  |
| 10 oz    | 275 g  |
| 1 lb     | 450 g  |

## Some useful substitute ingredients

| Stated ingredient     | Alternative ingredient/<br>name              |
|-----------------------|----------------------------------------------|
| Anis                  | Star anise                                   |
| Atlantic cod          | Blue eye trevella                            |
| Aubergine             | Eggplant                                     |
| Bramleys apples       | Granny Smith apples                          |
| Calves cheeks         | Beef cheeks                                  |
| Courgette             | Zucchini                                     |
| Haddock or cod        | Ling or perch                                |
| Knuckle of veal       | Beef shanks                                  |
| Loins of suckling pig | Belly pork                                   |
| Monkfish              | Firm white fish fillets,<br>e.g. ling, perch |
| Nile perch            | Barramundi                                   |
| Parma ham             | Ham or prosciutto                            |
| Pepper                | Capiscum                                     |
| Plaice                | Yellowbelly flounder or<br>other flounders   |
| Pollock               | Blue grenadier (hoki)                        |
| Saddle of lamb        | Rack or lamb                                 |
| Saddle of veal        | Veal backstrap                               |
| Saddle of venison     | Loin of venison                              |
| Salted ribs           | Pork ribs                                    |
| San Daniele ham       | Ham or prosciutto                            |
| Russet apples         | Granny Smith apples                          |

## Dimensions

| Imperial | Metric |
|----------|--------|
| ¼ inch   | 5 mm   |
| ½ inch   | 1 cm   |
| 1 inch   | 2.5 cm |
| 6 inch   | 15 cm  |
| 8 inch   | 20 cm  |
| 12 inch  | 30 cm  |

## Volume

| Imperial          | Metric |
|-------------------|--------|
| 2 fl oz           | 55 ml  |
| 3 fl oz           | 75 ml  |
| 5 fl oz (¼ pint)  | 150 ml |
| 10 fl oz (½ pint) | 275 ml |
| 1 pint            | 570 ml |

## Oven temperatures

| Gas Mark | °F    | °C    |
|----------|-------|-------|
| 1        | 275°F | 140°C |
| 2        | 300°F | 150°C |
| 3        | 325°F | 170°C |
| 4        | 350°F | 180°C |
| 5        | 375°F | 190°C |
| 6        | 400°F | 200°C |
| 7        | 425°F | 220°C |
| 8        | 450°F | 230°C |
| 9        | 475°F | 240°C |

## List of specialist terms

### **Barding**

Wrapping or laying rashers of bacon over meat, poultry or fish to avoid these drying out during cooking.

### **Blind baking**

Pre-baking a pastry or flan case lined with baking parchment and filled with dried beans or baking beans helps to avoid the pastry bubbling. Discard the beans before adding the filling.

### **Deglazing**

Adding liquid to the pan after braising meat or vegetables.

### **Folding**

Stiffly whipped cream or egg white can be folded into creamy desserts or cake mixtures with a spatula or large wire whisk. It should be folded in gently to maintain the light, airy texture of the cream or egg white.

### **Reducing**

Boil soups, sauces or the juices from the meat over a high heat. Water will evaporate, and the liquid becomes more concentrated.

### **Thickening with cream or corn flour**

Sauces and soups can be thickened by adding double cream, crème fraîche or corn flour mixed with a little cold water to a smooth paste. Always add these to cold liquids to avoid them becoming lumpy.



# Baking



## TRULY SCRUMPTIOUS

Home-made cakes and biscuits are as much a part of a sociable coffee morning or cosy afternoon tea as a beautifully laid table and sparkling conversation. If you want to spoil your guests with delicious home baking, your only problem will be to choose from among the wealth of different pastries, fillings and toppings. Should it be something fruity? Or creamy? Or crisp? Preferably a little bit of everything. And because sweet things are food for the soul, everyone will want another slice.

## Baking

There are certain basic rules that are important in baking. The cooking function and baking receptacle should be suited to each other. Ceramic, metal, glass and heat resistant plastic dishes are suitable for all of the standard oven functions. Plastic containers are not suitable for combination cooking, as they are not steam resistant.

Long loaf or rectangular tins should be placed lengthways on the wire rack. Never place a dish on the floor of the oven, always put it on a rack.

Grease all baking tins with fat. When working with pastry, dust with flour or dried breadcrumbs as well, or line the tin with baking parchment. When baking bread or rolls, grease and flour the baking tray.

Our PerfectClean universal trays do not require greasing. Cakes and biscuits will lift off them easily without being greased. The exception to this is anything baked with honey, egg white or sponge mixture such as meringues or Swiss rolls. For these, we recommend lining the tray with baking parchment.

When using Fan plus, it is not necessary to pre-heat the oven. Cakes and biscuits can be placed in the oven from cold.

If pastry is cooked with additional steam it will not dry out sufficiently and will collapse.

### Ingredients:

Yeast is a natural raising agent for making dough light. Either dried or fresh yeast can be used. In order to rise, yeast requires warmth (max. 50°C), time and nutrition (flour, sugar, liquid).

If using fast acting dry yeast follow package instructions on how to use it.

Baking powder is the best known chemical raising agent. The flavourless, sodium carbonate based powder is used extensively for various types of cake mixture.

Bicarbonate of soda is a white powder with a mild, slightly alkaline flavour. It is an ingredient in baking powder and also used to speed up the cooking of pulses.

## Bread

Bread and rolls should be light and crisp. The raising agents used to achieve this are yeast and sourdough. Light wheat flour doughs work well with yeast, heavier doughs made of wholemeal or rye flour require sourdough.

Sourdough is easy to prepare by stirring 200 ml lukewarm water into 250 g rye flour. Leave to stand for 48 hours, then proceed with the recipe.

Sourdough can be kept in a screw-topped jar in the refrigerator for several days. In the freezer it can be kept for 2–3 months.

Always knead dough well. Kneading gives dough the right consistency and the resulting bread is easy to slice and does not crumble.

Dough must be allowed to rise sufficiently, i.e. it should double in volume.

The flavour and therefore the enjoyment of a loaf are affected by the choice and combination of the ingredients.

Freshly ground or wholemeal flour contains more fibre, minerals and vitamins.

## Types of flour

Different types of flour contain varying amounts of whole grain.

The types are categorised according to how finely they are ground:

### Plain flour

Fine, white flour which is equally suitable for cooking and baking. It is composed primarily of starch and gluten.

### Self raising flour

This is a plain flour with raising agents added during manufacture. It is used in recipes where the mixture needs to expand during cooking to give light results, e.g. in cake-making.

### Strong white flour

Strong white flour is used for baking with yeast.

### Strong brown bread flour

A flour which gives a lighter bread dough than wholemeal flour.

### Wholemeal flour

This flour contains almost all the wheat germ. Excellent for bread.

### Wholegrain flour

This flour is made from the whole grain and contains all the goodness. It can be ground finely or coarsely and is particularly good for bread.

The steam combi oven does not need to be pre-heated for baking bread.

Flour contains no unwanted preservatives or additives. The dough can be made, flavoured and seasoned according to taste.

When bread is baked on the right steam setting, the starch will swell. The result is a light bread that smells delicious and has a shiny, crisp crust. You cannot use the normal skewer test to find out whether bread is completely cooked, as freshly baked bread will continue to feel sticky until it has cooled right down. Instead, tap on the underside of the loaf. If it sounds hollow, the bread is done and should be placed on a wire rack to cool.

## Yeast dough

Make the dough according to the recipe. Place in the steam combi oven at 30°C, 100% moisture, for 20 minutes to prove.

Once the dough has risen, follow the instructions in the recipe to complete the preparation process. First, knead the dough for approx. 1 minute by hand.

Once you have done this, proceed as follows:





Place the dough on a floured surface.



Knead briefly, working from the edges into the middle.



Turn the dough over and form it into a large ball, ensuring that the edges are underneath and that the rounded top is smooth.



Now let the dough rest for at least a minute before making it into a loaf or rolls.

The ball should rest for at least a minute before being formed into a loaf or placing it in a bread tin. The edges should be underneath the loaf, leaving the top smooth.

Bread that is not baked in a tin, but rather direct on a baking tray, needs to be 25–30 cm long and 8–9 cm across.

Loaves should then be slashed across the top in your chosen pattern. When making baguettes or rolls, first form the dough into a ball, then shape it according to your requirements. Baguettes should be made as long as possible – bearing in mind the size of the oven!

If you are making rolls, now is the time to divide the dough into the number of rolls required, and to form the dough into rolls by hand. As when making loaves, the edges should be on the base of the rolls.



When making a white loaf – slash the top 6 times diagonally before baking.



When making a baguette – slash the top 6–8 times in a zig-zag pattern as shown.



When making rolls – cut a star shape into a round roll or a split along the top of an oval one.

Some recipes may have special instructions about the best way to slash the top of the bread.

## Tips on baking bread and rolls

Bread and rolls contain yeast and/or sourdough to make them rise. Certain climatic conditions are required in order for the micro-organisms to be most effective in the different baking phases. With Combination mode, the steam combi oven allows you to regulate the climate in the oven by selecting the appropriate temperature and moisture level. In the proving phase, the temperature should be between 25 and 35°C.

### What to do if...

#### ... the dough is too hard or too dry.

– Either more moisture needs to be added to the dough, or the moisture level in the oven needs to be adjusted. Flour can vary in consistency so that more liquid is needed to achieve a pliable dough.

#### ... the dough is too wet or soft.

– Less moisture is required, and the moisture level in the oven needs to be adjusted accordingly. Flour can vary in consistency so that less liquid is needed to achieve a pliable dough.

**... the bread collapses (it does not keep its shape or it does not rise sufficiently).**

- An ideal cooking time is required for bread to keep its shape, as well as the optimum moisture level. If the dough collapses, it needs to be proved for a shorter time. If dough is proved for too long, there is a build-up of gas which the dough cannot sustain, resulting in its collapse.
- The dough needs to be kneaded thoroughly before baking, and left to rest for at least 1 minute before it is kneaded again. Kneading gives the dough stability which encourages it to keep its shape when formed into a loaf.
- Any liquid added to the bread should be under 37°C, otherwise it rises too quickly, the dough becomes too soft and becomes unstable.
- The ingredients for the dough should not be kneaded for longer than 7 minutes. Whilst kneading is necessary for the texture of the bread, kneading for too long makes the dough unstable.

**... the bread is not completely baked through or contains patches of moisture.**

- If this is the case, then the moisture setting for the first baking phase needs to be reduced. It is important that moisture is released from the dough during this phase, and if the moisture level inside the oven is too high, this will not happen.

**... the bread cracks.**

- There needs to be sufficient moisture in the proving phase for condensation to form on the surface of the dough to give it a flexible skin. This helps to prevent the loaf from splitting.
- Bread that is not baked in a tin needs to be slashed several times across the top in order to release moisture and avoid cracks developing.
- The loaf needs to be shaped so that the top surface is smooth, and any folds or edges are underneath.

**... the bread has a dull crust.**

- There needs to be sufficient moisture present during the proving phase and the first baking stage for the surface of the dough to become glutinous. This helps substances to develop which give the bread a shiny crust.



## **... the crust is too thick or dry, or has cracks in it.**

- In this case, the temperature and/or the baking duration need to be reduced, because too high a temperature and too long a baking duration cause the crust to dry out. It is also important for there to be sufficient moisture in the first baking phase so that the crust remains flexible and does not get too dry.

## **... the bread is too light or too dark.**

- A darker or lighter browning level needs to be selected in the Automatic programme.
- A chemical reaction takes place in the crust in which certain elements change when exposed to heat, causing the browning process. This is known as the Maillard reaction. If the crust is too dark or too light, the temperature needs to be adjusted by 5–10°C up or down in order to regulate this reaction.

## **Genoese sponge**

Genoese sponge mixture makes an extremely light cake. Its consistency is achieved by beating together egg yolks and whole eggs, and folding in stiffly whisked egg whites. Whisked egg whites should be as firm and voluminous as possible, and are better prepared with cold eggs than eggs at room temperature.

There are three methods of preparing Genoese sponge. The texture is the same once they are baked:

Whisk the egg whites with or without water until stiff. When they are nearly stiff, drizzle in the sugar slowly. Beat the egg yolks and fold in gently. Sieve flour and baking powder on top and fold in gently rather than stirring.

Beat the egg yolks with or without water into the sugar until light and creamy. Place the stiffly whisked egg whites on top. Sieve on the baking powder and flour. Combine gently without stirring.

Beat the whole eggs with or without water in a food processor until frothy. Drizzle in the sugar and beat to a pale, creamy mass. Sieve in the flour and baking powder and fold in gently without stirring.

Whichever method you choose, it is important that the mixture is airy and smooth. Bake immediately in a tin or universal tray lined with baking parchment.

Once the cake is baked, turn it out onto a wire rack. Remove the baking parchment. Brushing it with water helps it come off easily.

When making a gateau, bake the sponge the day before. This makes it easier to split the cake evenly. To split it, make little grooves around the edge of the cake at regular intervals with the point of knife. Place a thread around the cake in the grooves, cross the ends over, then pull.

The cake will be even lighter if cornflour is used instead of some of the normal flour. Genoese sponge normally contains no fat.

Viennese sponge, on the other hand, has around 50 g of melted butter added and stirred into the mixture.

Genoese sponge should be baked until golden. If it is overbaked, the surface will become rough and cracked, and could become so brittle that it will break and refuse to roll if making a Swiss roll. To make a roulade, turn the sponge out onto a damp tea towel as soon as it comes out of the oven. Brush the baking parchment with water and remove it, then roll the cake up along with the tea towel. Alternatively sprinkle the cloth with sugar.



## **Puff pastry**

Puff pastry consists of several layers that puff up during cooking – hence the name. When cutting the pastry to fit a tin, do not knead the leftover pieces together. Instead, place them on top of each other and roll out again. Kneading the pastry will prevent it from puffing up.

Puff pastry has a neutral flavour that makes it suitable for both sweet fillings (creams, fruit etc) or savoury ones (cheese, meat, vegetables).

Puff pastry can be cooked using combination mode.

The injected steam helps to give the pastry a shine, as well as to it puff up. The tin should not be rinsed with water.

## **Choux pastry**

This pastry is first cooked in a saucepan and then baked in the steam combi oven.

During the first 10 minutes of baking, the pastry is very sensitive. Opening the oven door during this period would prevent it from rising.

Choux pastry is flavour neutral and can be used with either sweet or savoury fillings.

To ensure perfect results, do not fill buns or éclairs until shortly before serving them.

## **Yeast dough**

A yeast dough makes a delicious base for deep-filled open fruit flans, tarts and pizza. Preparing it is much easier than it seems. To make it rise, the yeast requires nutrition in the form of flour, sugar and liquid, time and an ambient temperature of 37°C to 50°C.

The dough can be covered and put to rise in the pre-heated steam combi oven at 30°C and left until it has doubled in volume. Knead it briefly, then roll it out or knead in other ingredients such as raisins, citrus peel or almonds.

The dough can be made in a food processor by combining all the ingredients at once and processing them to a smooth dough, which must then rise before being placed in the baking tin.

Yeast dough can be frozen very successfully once baked. It will keep for around one month. Frozen yeast dough items can be defrosted in the steam combi oven and then baked using fan heat.

### **Sweet pastry**

Sweet pastry is very successful in the steam combi oven because the steam makes the pastry particularly light and crumbly.

Always use well-chilled butter or margarine.

To make pastry in a food processor, process all the ingredients together in the machine and only knead the dough briefly by hand at the end.

To make pastry by hand, put the flour and baking powder in a bowl, and make a well in the centre.

Pour the beaten

eggs into the well and scatter the sugar and diced fat round the edge. Stir the eggs into the flour in the centre with a wooden spoon; work in the fat and more of the flour, then knead to a smooth dough by hand. If the dough is sticky, add some more flour. Wrap in clingfilm and put in the fridge to chill, then proceed according to the recipe. Dust the work surface and rolling pin with flour before rolling out. If the pastry is very delicate or sticky, or needs to be rolled out especially thinly, it can be rolled between two sheets of baking parchment or clingfilm.

Any pieces of pastry left over from cutting out shapes can be kneaded together. If the pastry is crumbly, add a little egg yolk. Sweet pastry can be prepared well in advance. Well wrapped, it will keep in the fridge for two or three days.



## Sponge cake mixture

Sponge cakes rise particularly well on the “Cake plus” function.

The mixture is produced by blending the individual ingredients. It should be beaten until the mixture is smooth and creamy. If it is beaten too long or too hard, however, the mixture will become foamy and unstable and will collapse on baking.

All the ingredients (particularly the eggs and butter or margarine) should be the same temperature, ideally room temperature. If the temperatures are too different, the mixture will separate.

Sponge mix should be neither too runny nor too thick. It should drop heavily from a spoon. If it is too thick, add some liquid, e.g. milk, a spoonful at a time.

The traditional method for preparing a sponge mix is to beat the fat until creamy, then alternately add quantities of egg and sugar, beating well with each addition. Finally the flour and baking powder are sieved onto the mixture and stirred in. If using a food processor, add the ingredients as above, or place them all together in the bowl and process until smooth. Any liquid should be added with the flour.

Dried fruits (raisins, sultanas, apricots etc.) are added once the cake mixture has been made. Wash the fruit if necessary, dry it on kitchen paper, dust it with a little flour, and stir in. This helps the fruit to remain evenly distributed during baking and prevent it from sinking to the bottom. If it does sink, the cake mixture was probably beaten for too long or contained too much liquid.

At the end of the specified baking time, test to see if the cake is done by inserting a skewer into the middle. If it comes out clean, the cake is ready.

Leave the cake to cool in the tin for 10 minutes before turning it out. Loosen the edge from the tin with a knife, then turn it upside down onto a cooling rack. Cover with a damp cloth and leave for a few minutes, then remove the cloth and the tin. The build up of steam will help loosen the cake from the tin.

## Quark and oil dough

Quark and oil dough is a quick version of a yeast dough, and is very similar once baked. It is suitable for fruit and butter cakes, apple turnovers, Chelsea buns and similar small items, as well as for pizzas and onion tarts.

No sugar is required when preparing it for a savoury dish.

## Strudel pastry

Strudel pastry requires a little patience in the kneading. The longer you knead it, the more elastic the dough will become and the easier it will be to stretch it out.

It is vital that strudel pastry is rolled out paper thin. Place the dough on a well floured tea towel. Stretch it out to a square using a floured rolling pin. After a little practice, this won't seem hard. It is rolled out properly when you can see the pattern of the tea towel through the pastry.

Strudel pastry has a neutral flavour and is suitable for sweet and savoury fillings.

# Advocaat gateau

Serves 12

## Ingredients:

### Sponge base:

4 medium eggs  
100 g caster sugar  
100 g ground hazelnuts  
1 tsp baking powder  
100 g cornflour  
A pinch of salt

### Filling:

6 leaves of gelatine  
250 ml advocaat or egg liqueur  
250 ml milk  
500 ml double cream  
3 tsp vanilla sugar  
125 ml advocaat or egg liqueur  
(for decoration)  
50 g grated chocolate

## Method:

1. Mix together the sugar and salt in a bowl. Combine the cornflour, hazelnuts and baking powder in another bowl.
2. Separate the eggs, and beat the whites until stiff. Gradually add the yolks, beating them into the whites with a hand mixer. Drizzle the sugar and salt into the eggs a little at a time, blending them in with the hand mixer. Sift the flour mixture into the eggs, and fold them in using a balloon whisk.
3. Line a springform tin with baking parchment. Fill with the sponge mixture, then bake.
4. Meantime, make the filling by softening the gelatine in cold water. Mix together the advocaat and milk in a separate container.
5. Dissolve the gelatine in a saucepan over a gentle heat. Stir in a little of the liqueur/milk mixture, then pour this into the rest of the liqueur/milk mixture, stir, and set aside until the mixture has begun to set.
6. Whip the cream with the vanilla sugar until stiff. Gently fold  $\frac{2}{3}$  of the cream into the advocaat mixture.
7. When the sponge is cool, cut it horizontally through the middle and spread the cream over the bottom half. Place the second half of the sponge on top.
8. Spread the rest of the cream over the top of the cake, and create a swirly pattern using a large fork. Carefully drizzle the rest of the advocaat into the grooves created, and decorate the sides with grated chocolate.

**Setting:** Conventional heat

160–170°C

25–35 minutes

Shelf level: 2



## Tip

To make your own vanilla sugar, cut a vanilla pod in half lengthways, then snip each half into 4 or 5 pieces and place in a sealed jar with 500 g caster sugar for 3 days. For a stronger flavour, scrape out the seeds from the pod and stir into the sugar.





# Swiss roll with assorted fillings

Serves 15

## Ingredients:

### For vanilla cake mixture:

4 medium eggs  
4 tbsp hot water  
190 g sugar  
3 tsp vanilla sugar  
A pinch of salt  
125g self-raising flour  
70 g cornflour  
1 tsp baking powder  
Icing sugar

### For chocolate cake mixture:

4 medium eggs  
4 tbsp hot water  
190 g sugar  
3 tsp vanilla sugar  
A pinch of salt  
100 g self-raising flour  
70 g cornflour  
1 tsp baking powder  
25 g cocoa powder  
Icing sugar

### I. Advocaat filling:

150 ml advocaat  
3 leaves of gelatine  
500 ml double cream  
Icing sugar

## Method:

1. Separate the eggs, the whisk the egg whites with the vanilla sugar until very stiff.
2. Beat the egg yolks with the sugar, hot water and a pinch of salt until creamy. Fold in the egg whites. Mix together the flour, cornflour and baking powder, plus the cocoa powder if making the chocolate Swiss roll, and sieve into the egg mixture. Fold gently together.
3. Spread the mixture out onto a baking tray lined with baking parchment, and bake.
4. Moisten a tea towel. Turn the cake out of the tin onto the tea towel, carefully remove the baking parchment, and roll the cake up in the tea towel.
5. Once cool, fill with the filling of your choice, and dust with icing sugar before serving.

**Setting:** Automatic → Cakes/biscuits → Swiss roll  
→ Bake

Shelf level: 1

**Programme duration:** Approx. 30 minutes

- I. 1. Soften the gelatine in cold water, then heat on the hob until dissolved. Add the advocaat, stir, and leave to set in the fridge.
2. Whip the cream until stiff, then gently fold into the advocaat.
3. Spread over the cake, roll up and dust with icing sugar shortly before serving.

## Ingredients:

### II. Strawberries and cream:

400 g fresh strawberries  
500 ml double cream  
6 tsp vanilla sugar  
Icing sugar

### III. Mango cream:

Juice of 2 oranges  
Grated zest of 1 orange  
Juice of 1 lime  
2 ripe mangos  
7 leaves of gelatine  
120 g sugar  
500 ml double cream

## Method:

- II.** 1. Whip the cream with the vanilla sugar until stiff.
2. Scatter the strawberries over the cake, spread the cream on top and roll up.
3. Dust with icing sugar shortly before serving.
- III.** 1. Peel the mangos, cut the flesh off the stone, and purée with the juice, sugar and grated orange zest.
2. Soften the gelatine in cold water, then heat on the hob until dissolved. Stir a little of the fruit purée into the gelatine, then pour into the rest of the purée and stir well. Leave in the fridge until it has set enough for a spoon dragged through it to leave a mark.
3. Whip the cream until stiff and fold into the fruit mixture. Spread evenly over the cake.
4. Roll up and dust with icing sugar shortly before serving.



### Tip

The same cake mixture can be used to make a layer cake. Instead of rolling the cake up, cut it in half, spread the filling over one half and top with the other. Cut into approx. 10 squares to serve.

# Carrot torte

Serves 12

## Ingredients:

### Sponge base:

5 medium eggs  
200 g caster sugar  
A pinch of salt  
2 tsp vanilla sugar  
300 g finely grated carrot  
250 g ground hazelnuts  
80 g plain flour  
1 tsp baking powder  
Zest and juice of an orange  
  
Butter and breadcrumbs for greasing and lining the tin

### Icing:

2 tbsp orange liqueur or the juice of a lemon  
100 g icing sugar  
Pistachio nuts  
Marzipan carrots

## Method:

1. Mix together the sugar, vanilla sugar and salt in a bowl. Combine the flour, ground hazelnuts and baking powder in another bowl.
2. Separate the eggs, and whisk the egg whites with the orange juice until stiff. Gradually beat in the yolks with a hand whisk, then slowly drizzle in the sugar mixture, and continue to beat using the hand whisk. Sift the flour mixture into the egg and sugar, and fold in using a balloon whisk. Finally, fold in the finely grated carrot and the orange zest.
3. Grease a 26 cm springform tin with the butter, and sprinkle with breadcrumbs. Transfer the cake mixture into the tin, then bake.
4. Make icing from the icing sugar and orange liqueur. Once the cake is cool, spread the icing over it. Decorate with pistachio nuts and marzipan carrots.

**Setting:**      **Conventional heat**  
160–170°C

55–65 minutes

Shelf level: 2



## Tip

**Carrots** are an extremely versatile vegetable. Whether consumed raw, cooked or as juice, they play an important role in a balanced diet. They are rich in carotene, Vitamin C, calcium and iron, which are all essential to good health, and necessary for healthy circulation and teeth. It is also true that their high carotene content helps you to see in the dark!

# Raspberry tiramisu

Serves 12

## Ingredients:

### Sponge mixture:

- 3 medium eggs
- 2 tsp vanilla sugar
- 3 tbsp hot water
- A pinch of salt
- 150 g caster sugar
- 80 g plain flour
- 50 g cornflour
- 1 tsp baking powder
- 20 g cocoa powder

### Filling:

- 3 tbsp raspberry brandy
- 250 g low fat quark
- 250 g mascarpone cheese
- A pinch of salt
- 50 g icing sugar
- 3 tbsp lemon juice
- 1 tbsp lemon zest
- 500 g raspberries
- Cocoa powder



## Tip

**Mascarpone** is easily obtainable in good supermarkets. However, it is also simple to make yourself! Heat 1 litre of double cream to 90°C. Add 5 ml citric acid, cream of tartar or lemon juice, and stir for approx. 10 minutes over a low heat until the cream has curdled. Finally, strain through a cloth.

Low-fat mascarpone is known as **mascarino**.

## Method:

1. Mix together the sugar, vanilla sugar and salt in a bowl. Combine the flour, cornflour, baking powder and cocoa in another bowl.
2. Separate the eggs, and whisk the egg whites with the hot water until stiff. Gradually beat in the yolks with a hand whisk, then slowly drizzle in the sugar mixture, and continue to beat using the hand whisk. Sift the flour mixture into the egg and sugar, and fold in using a balloon whisk.
3. Line a springform tin with baking paper, and pour in the mixture, smoothing the top. Bake.
4. Let the sponge cool. Place on a serving plate, and drizzle with raspberry brandy.
5. Mix together the rest of the ingredients for the filling (except for the raspberries).
6. Spoon half of the filling over the sponge, scatter with raspberries, then spread over the rest of the filling.
7. Chill in the refrigerator for approx. 2 hours, and sprinkle with cocoa powder before serving.

**Setting:**      **Conventional**  
160–170 °C                      20–25 minutes

Shelf level: 2

# Cheesecake

Serves 12

## Ingredients:

### Sponge mixture:

6 medium eggs  
4 tbsp hot water  
150 g caster sugar  
2 tsp vanilla sugar  
120 g flour  
80 g cornflour  
2 tsp baking powder  
100 g ground almonds  
A pinch of salt

### Filling:

3 egg yolks  
150 g sugar  
2–3 tbsp lemon juice  
500 g low fat quark  
6 tbsp milk  
6 leaves of gelatine  
250 ml double cream  
750 sour cherries, mandarin  
oranges, apricots or  
gooseberries

Icing sugar for dredging

## Method:

1. Mix together the sugar, vanilla sugar and salt in a bowl. Combine the flour, cornflour, baking powder and ground almonds in another bowl.
2. Separate the eggs, and whisk the egg whites with the hot water until stiff. Gradually beat in the yolks with a hand whisk, then slowly drizzle in the sugar mixture, and continue to beat using the hand whisk. Sift the flour mixture into the egg mixture, and fold in using a balloon whisk.
3. Line a springform tin with baking paper, and pour in the mixture, smoothing the top. Bake. Turn out on a wire rack to cool, then slice in half horizontally.
4. To make the filling, beat together the egg yolks, sugar, lemon juice, quark and milk until creamy.
5. Dissolve the gelatine according to the instructions on the packet, and stir into the quark mixture. Beat the cream until stiff, and fold in.
6. Place one half of the sponge on a serving plate, and put the band from the springform tin around it.
7. Drain the cherries, scatter over the sponge, then spread the quark mixture over it. Place the other half of the sponge on top.
8. Chill the cheesecake for approx. 1 hour to allow the filling to set, then release and remove the springform tin.

### Setting:

### Conventional

160–170°C

40–45 minutes

Shelf level: 2



## Tip

Known for their cholesterol reducing properties, eating just 20 g **almonds** or other nuts every day can help to halve the risk of heart disease. Almonds are also high in folic acid, which is important during pregnancy.



# Strawberry gateau

Serves 12

## Ingredients:

### Sponge base:

- 3 medium eggs
- 2 tsp vanilla sugar
- 3 tbsp hot water
- A pinch of salt
- 150 g caster sugar
- 80 g plain flour
- 50 g cornflour
- 1 tsp baking powder

### Strawberry topping:

- 750 g strawberries
- 50 g sugar
- 8 tbsp strawberry liqueur
- 10 leaves white gelatine
- 750 ml double cream
- 2 medium eggs
- 3 level tsp vanilla sugar
- 1 pkt strawberry quick-jel
- 2 tsp sugar
- 400 g cooked rice pudding



## Tip

Botanically speaking, strawberries (like blackberries and raspberries) are not actually berries at all but “spurious” fruits. They are rich in folic acid and Vitamin B2, and have as much Vitamin C as lemons. A 150 g portion is sufficient to meet the daily recommended consumption of Vitamin C. The high folic acid content promotes optimism, relaxation, inner peace and a good night’s sleep!

## Method:

1. Mix together the sugar, vanilla sugar and salt in a bowl. Combine the flour, cornflour and baking powder in another bowl.
2. Separate the eggs, and whisk the egg whites with the hot water until stiff. Gradually beat in the yolks with a hand whisk, then slowly drizzle in the sugar mixture, and continue to beat using the hand whisk. Sift the flour mixture into the egg and sugar, and fold in using a balloon whisk.
3. Line a 26 cm springform tin with baking paper, pour in the mixture and bake.
4. Wash and hull the strawberries. Purée 200 g of the strawberries with 50 g sugar and the strawberry liqueur. Soften 4 leaves of gelatine in cold water, stir into the strawberry purée and chill until the mixture begins to set.
5. Whip 200 ml of the cream stiffly, then fold into the purée. Place the band from the springform tin around the sponge base, and spread the cream mixture on top.
6. Separate the eggs, and beat the yolks with the vanilla sugar until foamy. Dissolve the rest of the gelatine in cold water and fold into the egg yolk mixture. Place in the refrigerator until it begins to set. Whip 300 ml cream stiffly, and fold into the egg yolk mixture, then fold in the rice pudding. Spread over the gateau and chill for 4 hours.
7. Slice the rest of the strawberries, and arrange decoratively on top of the gateau. Mix the glaze with the sugar, and prepare according to the manufacturer’s instructions. Pour over the strawberries from the middle to the edges, smoothing it with a knife.
8. Whip the rest of the cream with the vanilla sugar until stiff. Spread some over the sides of the gateau, and pipe the remaining cream decoratively on top.

**Setting:** Conventional  
160–170°C

20–25 minutes

Shelf level: 2

# Nut horns

Makes 12

## Ingredients:

450 g frozen puff pastry  
100 g ground hazelnuts  
50 g sugar  
2–3 drops almond extract  
1 medium egg  
A pinch of salt  
1–2 tbsp water

## Method:

1. Defrost the pastry, roll out to a 30 x 40 cm rectangle. Trim the edges, cut into four quarters, and then cut each quarter diagonally to form 8 triangles.
2. Mix together the hazelnuts with the sugar, salt, water and almond extract. Separate the egg, mix the yolk into the nut mixture and place the egg white to one side.
3. Spread 1 tbsp of the mixture along the longest edge of each pastry triangle. Brush the edges with egg white, and roll up from the broad edge to the point.
4. Arrange on a universal tray lined with baking parchment, and bake.

| Setting: | Combination mode/Fan plus |              |         |
|----------|---------------------------|--------------|---------|
| Stage 1: | 100°C                     | 95% moisture | 9 mins  |
| Stage 2: | 190–210°C                 | 90% moisture | 10 mins |
| Stage 3: | 190–210°C                 | 75% moisture | 6 mins  |
| Stage 4: | 190–210°C                 | 20% moisture | 7 mins  |

Shelf level: 2



## Tip

**Almond extract** is used as a spice or aromatic oil and in the manufacture of liqueurs and perfume. It is an essential oil, and is usually made from the bitter kernel of the apricot stone.



# Palmier biscuits

## Ingredients:

- 1 x 450 g pack frozen puff pastry
- 5 tbsp vanilla sugar
- 1 egg white

## Method:

1. Defrost the pastry. Roll out to a rectangle measuring 30 x 20 cm.
2. Brush with the egg white and sprinkle with vanilla sugar.
3. Roll the longer sides into the middle.
4. Cut the roll into thin slices, dip in sugar, place on a greased, floured baking tray and bake.

### Setting: Combination mode Fan plus

|          |           |               |         |
|----------|-----------|---------------|---------|
| Stage 1: | 100°C     | 100% moisture | 7 mins  |
| Stage 2: | 170–190°C | 75% moisture  | 9 mins  |
| Stage 3: | 150–170°C | 20% moisture  | 15 mins |

|              |          |         |
|--------------|----------|---------|
| Shelf level: | 1 tray:  | 2       |
|              | 2 trays: | 1 and 2 |



# Choux buns and éclairs with a choice of fillings

Makes 12

## Ingredients:

250 ml water  
50 g butter  
A pinch of salt  
170 g flour  
4–5 medium eggs  
1 tbsp baking powder

## Mandarin cream

250 ml double cream  
3 tsp vanilla sugar  
A small tin of mandarin oranges  
Icing sugar

## Method:

1. Place the water, butter and salt in a pan, and bring to the boil, stirring all the time.
2. Add the flour to the boiling water, and mix until a smooth ball forms.
3. Transfer the mixture to a bowl, and mix in the eggs one at a time until the dough stands up in satiny peaks. Finally, mix in the baking powder.
4. Fill a large piping bag fitted with a no. 11 star nozzle with the mixture, and pipe rosettes for choux buns or strips for éclairs onto a universal tray. Bake till golden. Whilst still warm, cut the buns or éclairs in half horizontally with a pair of scissors and allow to cool. Remove and discard any of the centre that is still moist.

## Setting:

Automatic → Cakes/biscuits → Choux buns → Bake  
**Programme duration:** Approx. 50 minutes

1. Whip the cream with the vanilla sugar until stiff. Drain the fruit, and scatter some inside each bun/éclair. Fill a piping bag fitted with a no. 12 star nozzle with the cream, and pipe onto the fruit.
2. Place the lid on top, and dredge with icing sugar.

**Coffee cream**

750 ml double cream

100 g sugar

2 tsp instant coffee, dissolved  
in a little water  
Icing sugar

**Bailey's cream**

750 ml double cream

50 ml Baileys

**Cherry cream**

500 g bottled or tinned black  
cherries

50 g sugar

20 g cornflour

500 ml double cream

25 g icing sugar

3 tsp vanilla sugar

Icing sugar

**Roquefort crème**

125 g butter

100 g Roquefort

125 ml double cream

Chopped parsley

Caraway and poppy seeds

1. Whip the cream with the dissolved coffee until stiff and spoon into a piping bag.
  2. Pipe the coffee cream into the open éclairs, replace the lid and serve dredged with icing sugar.
1. Whip the cream stiffly.
  2. Fold in the Baileys, then continue to whip till stiff.
  3. Spoon into the éclairs/buns. Replace the lids.
1. Drain the cherries and retain the juice.
  2. Measure approx. 125 ml of the juice into a small pan (adding water if necessary), add the sugar and bring to the boil.
  3. Stir in the cornflour, bring to the boil again, then stir in the cherries, Remove from the heat and set to one side to cool.
  4. Whip the cream for half a minute, then sift in the icing sugar and vanilla sugar. Continue to whip until stiff.
  5. Fill the buns/éclairs with the cold cherries, and spoon some of the whipped cream on top. Place a lid on top of each, and served dredged in icing sugar.
1. Beat the butter until creamy. Crumble the Roquefort with a fork, and mix with the butter.
  2. Whip the cream until stiff, then stir into the butter/cheese mixture.
  3. Fill the buns with the mixture, retaining a little to spread over the lids. Sprinkle the lids with parsley, caraway or poppy seeds.

# Brioche plait

Makes 1 loaf

## Ingredients:

375 g flour  
40 g fresh yeast or 2 sachets of dried yeast  
125 ml lukewarm milk  
50 g sugar  
60 g softened butter  
A pinch of salt  
1 medium egg  
Grated zest of 1/2 lemon

## Method:

1. Place the flour in a bowl, then add the sugar, butter, egg, salt and milk. Dissolve the yeast in lukewarm milk and add it to the ingredients. Work to a smooth dough, then add the grated lemon zest.
2. Cover and leave in a warm place or in the oven at 30°C for 30 minutes to rise until the dough has doubled in volume. Cut into 3 evenly sized pieces and form each into a 40 cm long roll.
3. Plait the three rolls together to make a loaf and place on a greased, floured baking tray.
4. Raisins, almonds, hazelnuts, chocolate spread or poppy seeds can also be incorporated into the dough.

**Setting:** Automatic → Bread → Plaited loaf  
**Programme duration:** Approx. 35 minutes



# Butter cake

## Ingredients:

### Mixture:

375 g strong white flour  
40 g fresh yeast or 2 sachets of dried yeast  
125 ml lukewarm milk  
50 g sugar  
1 medium egg  
A pinch of salt  
2 tsp vanilla sugar  
50 g softened butter

### Topping:

50 g butter  
50 g sugar

## Method:

1. Sift the flour into a bowl and add the sugar, vanilla sugar, butter, egg and salt. Dissolve the yeast in lukewarm milk and add it to the ingredients. Knead all the ingredients together to a smooth dough, place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
2. Roll the dough out onto the universal tray and leave to rise for a further 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
3. Make small indentations in the dough with a spoon. Dot the butter evenly into the indentations and sprinkle with sugar.

**Setting:** Automatic → Cakes/biscuits → Butter cake

**Programme duration:** Approx. 25 minutes



## Tip

**Yeast** has exceptional nutritional properties, being high in Vitamins B1, B2 and B6 and niacin, which are important for a healthy digestion. Folic acid, pantothenic acid and biotin are essential for a healthy skin, hair and nails.

# Croissants

Makes 10–12

## Ingredients:

500 g strong white flour  
1 tsp salt  
50 g sugar  
50 g softened butter  
40 g fresh yeast or 2 sachets of  
dried yeast  
300 ml lukewarm milk  
150 g butter

## Method:

1. Sift the flour into a bowl and add the salt and sugar. Dissolve the yeast in the lukewarm milk and add to the flour along with the softened butter. Knead for 3–4 minutes to create a smooth dough. Place in an uncovered bowl and prove in the oven for 45 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
2. Roll the dough out to form a rectangle 60 x 40 cm. Spread a third of the butter over the dough, leaving a 2 cm wide border free around the edge.
3. Fold the longer sides into the middle, then fold the shorter sides into the middle in the same way. Place in the fridge for 10 minutes.
4. Repeat steps 2 and 3 times more.
5. Roll the chilled dough out thinly and cut in half to create 2 rectangles.
6. Make 10 triangles and roll the triangles up towards one point to form the croissants.
7. Place on the universal tray and bake.

**Setting:** Automatic → Rolls → Croissants

**Programme duration:** Approx. 30 minutes

# Swiss plait

Makes 1 loaf

## Ingredients:

675 g strong white flour  
75 g spelt flour  
2 tsp salt  
40 g fresh yeast or 2 sachets of  
dried yeast  
120 g softened butter  
400 ml lukewarm full cream milk

## Method:

1. Mix the flours, butter and salt and salt in a bowl. Dissolve the yeast in lukewarm milk and add it to the ingredients.
2. Mix these ingredients together and knead to a smooth dough. Cover with a damp cloth and leave to prove for approx. 1 hour.
3. Divide the dough into three evenly sized pieces, and form each into a roll. Plait them together and place on a greased baking tray to bake.

**Setting:** Automatic → Bread → Plaited Swiss loaf

**Programme duration:** Approx. 50 minutes

# Streusel cake

## Ingredients:

**Base:**  
480 g plain flour  
40 g fresh yeast or 2 sachets of  
dried yeast  
200 ml warm milk  
1 egg  
60 g sugar  
A pinch of salt  
3 tsp vanilla sugar  
50 g softened butter

**Streusel topping:**  
145 g melted butter  
220 g plain flour  
120 g sugar  
A pinch of cinnamon  
70 g ground almonds  
A pinch of salt

## Method:

1. Place the flour, sugar, salt, butter and egg in a mixing bowl. Dissolve the yeast in lukewarm milk and add it to the ingredients. Mix the ingredients together and knead to a smooth dough. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
2. Roll the dough out on the universal tray.
3. Mix together the dry ingredients for the streusel topping, then add the melted butter drop by drop. Rub the mixture by hand until you have a crumbly texture. Scatter over the dough, leave to rise for a further 30 minutes, then bake.

**Setting:** Automatic → Cakes/biscuits → Streusel cake

**Programme duration:** Approx. 40 minutes



# Raisin whirls

Makes 20

## Ingredients:

### Dough:

500 g strong white flour  
40 g fresh yeast or 2 sachets of  
dried yeast  
200 ml milk  
40 g sugar  
1 medium egg  
A pinch of salt  
40 g melted butter

### Filling:

50 g softened butter  
50 g sugar  
200 g raisins  
A pinch of salt  
2 tblsp rum  
1 tsp cinnamon

### Icing:

200 g icing sugar  
Water

## Method:

1. Sift the flour into a bowl. Gently heat the milk and dissolve the yeast in it. Pour into the flour and add the sugar. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture
2. Add the egg, salt and butter to the dough. Mix well and leave to prove for a further 30 minutes.
3. In the meantime, soak the raisins in the rum.
4. Roll the dough out into a rectangle and spread with butter. Mix the sugar and the cinnamon, add the soaked raisins and spread evenly over the dough.
5. Roll the dough up and cut into 1.5 cm slices. Arrange the slices on a greased, floured baking tray and bake.
6. Mix the icing sugar with some water to make a glaze. After baking, spread the glaze on the whirls whilst they are still hot.

**Setting:** Automatic → Cakes/biscuits → Raisin whirls  
**Programme duration:** Approx. 30 minutes



## Tip

Raisins are dark in colour, while sultanas are light. When soaked in water, rum or spirits before baking, they become juicier and will swell when baked.



# Cherry cheesecake tray bake

## Ingredients:

### Pastry:

470 g plain flour  
1 tsp baking powder  
220 g butter  
125 g sugar  
A pinch of salt  
2 medium eggs

### Filling:

1000 g quark  
1 packet of ready-mix custard powder  
A pinch of salt  
1 egg  
125 g sugar  
850 g sour cherries

### Crumble topping:

300 g flour  
A pinch of salt  
200 g butter  
200 g sugar

## Method:

1. Make a sweet pastry from the flour, baking powder, butter, sugar, salt and egg, and place in the fridge to chill. Grease and flour a baking tray, then roll the pastry out on the universal tray.
2. Beat together the quark, custard powder, egg, sugar and salt, and spread over the pastry. Scatter the cherries on top.
3. Rub the flour, sugar and salt into the butter to make a crumble topping. Scatter evenly over the cherries, and bake.

### Setting: Intensive bake

170–190°C  
35–45 mins

Shelf level: 1

# Cantuccini biscotti

## Ingredients:

375 g plain flour  
1 tsp baking powder  
250 g sugar  
A pinch of salt  
2 medium eggs  
2 egg yolks  
125 g whole almonds  
60 g ground almonds  
Milk

## Method:

1. Combine all the ingredients into a dough, form into rolls, brush with milk and bake.
2. While still warm, cut the rolls into 1 cm thick slices, then dry out in the oven.

### Setting: Fan plus

Baking 170–190°C 25–30 mins  
Drying 60°C 45–50 mins

Shelf level: Baking: 1  
Drying: 1 and 3



# Chocolate and vanilla spiral biscuits

## Ingredients:

250 g flour  
1 level tsp baking powder  
150 g caster sugar  
3 tsp vanilla sugar  
1 medium egg  
A pinch of salt  
125g butter  
20 g cocoa powder  
1 egg white

## Method:

1. Combine the sugar, flour, baking powder, sugar, vanilla sugar, salt, butter and egg yolk to make a sweet pastry. Knead the cocoa powder into one half of the pastry and put both halves in the fridge to chill.
2. Roll each piece of pastry out to 0.5 cm thick rectangle. Brush the plain piece with egg white and lay the chocolate piece on top.
3. Roll the pastry up tightly, cut into 5 mm thick slices and bake.

## Setting: Combination mode Fan plus

|          |       |              |            |
|----------|-------|--------------|------------|
| Stage 1: | 185°C | 50% moisture | 6 mins     |
| Stage 2: | 185°C | 20% moisture | 12–23 mins |

|              |          |         |
|--------------|----------|---------|
| Shelf level: | 1 tray:  | 2       |
|              | 2 trays: | 1 and 3 |



# Apple pie

## Ingredients:

### Pastry:

300 g plain flour  
 $\frac{1}{2}$  tsp baking powder  
200 g butter  
A pinch of salt  
100 g sugar  
2 tsp vanilla sugar  
1 medium egg

### Filling:

1250 g cooking apples  
50 g raisins  
10 ml calvados  
50 g sugar  
 $\frac{1}{2}$  tsp cinnamon

To glaze:

100 g icing sugar  
Water

## Method:

1. Mix the flour, baking powder, butter, sugar, salt, vanilla sugar and egg, and work to a smooth dough. Chill in the fridge. Grease a 26 cm diameter springform tin and line with  $\frac{2}{3}$  of the pastry to make the base. Prick all over with a fork.
2. Peel and core the apples, and cut into slices. Arrange the apple slices on the base, and add the raisins, sugar, calvados, lemon juice and cinnamon.
3. Roll out the rest of the pastry and place on top of the apples, then bake.
4. After baking, mix the icing sugar with water to create a glaze and spread over the cooled pie.

**Setting:** Automatic → Bake → Apple... → Pie

**Programme duration:** Approx. 55 minutes

# Cookies

## Ingredients:

200 g soft butter  
100 g caster sugar  
1 medium egg  
50 ml milk  
200 g plain flour  
100 g cornflour  
A pinch of salt

## Method:

1. Beat together the butter, sugar, salt, egg and milk until creamy. Fold in the flour and the cornflour, and chill for 30 minutes.
2. Spoon the mixture into a piping bag fitted with a no. 11 star nozzle, and pipe cookies directly onto the universal tray in circles, crescents or squiggles.

### Setting:

Automatic → Cakes/biscuits → Drop cookies → Bake

**Programme duration:** Approx. 25 minutes

# Fruit tart

## Base

150 g plain flour  
 $\frac{1}{4}$  tsp salt  
50–75 g butter  
40 ml water  
Ground nuts or breadcrumbs

## Filling

500 g cooking apples or pears

## Topping

200 ml double cream  
2 medium eggs  
50 g sugar

## Method:

1. Mix together the ingredients for the base and knead to a smooth, elastic dough. Place in the refrigerator to rest.
2. Roll out the pastry and line the flan dish. Prick the pastry with a fork and sprinkle the breadcrumbs or ground nuts on top.
3. Peel and core the fruit and cut into slices. Arrange the fruit slices on the pastry.
4. Beat together the cream, eggs and sugar, pour over the fruit and then bake.

## Setting:

Automatic → Cakes/biscuits → Flan

**Programme duration:** Approx. 40 minutes



## Tip

Spread the cream mixture over the flan shortly before baking, otherwise the pastry base can become soggy.

Alternative fillings: plums, apricots, berries





# Nut triangles

Makes 32

## Ingredients:

### For the base:

500 g plain flour  
2 tsp baking powder  
140 g brown sugar  
A pinch of salt  
250 g butter  
2 medium eggs

### For the nut topping:

250 g butter  
200 g brown sugar  
A pinch of salt  
6 tbsp water  
600 g ground hazelnuts

Half a jar of apricot jam  
200 g plain chocolate

## Method:

1. Rub the butter into the flour, baking powder and salt. Mix in the sugar, then stir in the eggs to make the pastry for the base. Chill for an hour.
2. To make the nut topping, melt the butter over a low heat, then stir in the sugar, salt and water, and bring to the boil. Remove from the heat, stir in the ground hazelnuts and set aside to cool down.
3. Roll the pastry out onto a universal tray, and spread with apricot jam. Spoon the nut mixture evenly on top, and bake.
4. Cut into triangles whilst still warm, and transfer them to a wire rack to cool.
5. Break the chocolate into a bowl and cover with foil, then place on the rack in the steam combi oven on Steam cooking/Universal at 90°C for 5–7 minutes to melt it.
6. Dip one corner of each triangle into the chocolate and place back on the rack to set.

## Setting:

**Intensive bake**

145–180°C

45 minutes

Shelf level 1



## Tip

**Hazelnuts** have a fat content of approx. 60%. 100 g contain 650 kcal. Nuts and oil are used a great deal to make cakes, sweets and ice cream, and they contain polyunsaturated fatty acids, Vitamins B and E, and magnesium, calcium and iron.



# Almond crumble cake

## Ingredients:

### For the pastry:

150 g quark  
5 tbsp milk  
6 tbsp oil  
1 medium egg  
80 g sugar  
A pinch of salt  
2 tsp vanilla sugar  
300 g plain flour  
3 tsp baking powder

### For the crumble topping:

350 g plain flour  
200 g sugar  
200 g butter  
A pinch of salt  
A pinch of cinnamon

### For the marzipan filling:

500 g white marzipan  
3 medium eggs

## Method:

1. Strain the quark through a sieve, and mix with the milk, oil, egg, sugar, salt and vanilla sugar. Mix the flour with the baking powder and stir in.
2. Roll the pastry out evenly on a floured surface and place on the universal tray.
3. To make the crumble topping, mix the flour with the sugar, salt and cinnamon. Melt the butter and stir into the flour to make a crumble mixture.
4. Knead the marzipan until soft, and roll out to the size of the baking tray. Place on top of the pastry.
5. Scatter the crumble topping evenly on top and bake.

### Setting: Conventional heat

160–180°C 45–55 minutes

Shelf level: 2



## Tip

An alternative filling is 250 g of poppy seed mixed with 3 eggs (see picture).



# Apple cake

Serves 12

## Ingredients:

150 g softened butter  
150 g sugar  
2 tsp vanilla sugar  
A pinch of salt  
3 medium eggs  
Grated zest of 1 lemon  
150 g self-raising flour  
 $\frac{1}{2}$  tsp baking powder  
Butter  
Lightly toasted breadcrumbs

## Topping:

500 g apples  
Icing sugar

## Method:

1. Beat together the butter, sugar, vanilla sugar, salt, lemon rind and eggs until foamy.
2. Fold in the flour along with the baking powder.
3. Line a 26 cm diameter springform tin with butter and breadcrumbs, and pour in the mixture.
4. Peel, quarter and core the apples, and make slits in the back of them. Press lightly into the cake mixture, with the curved side up. Bake.
5. Cool, then dust with icing sugar before serving.

**Setting:** Automatic → Cakes/biscuits → Apple sponge  
→ Bake

**Programme duration:** Approx. 50 minutes



## Tip

To make your own vanilla sugar, cut a vanilla pod in half lengthways, then snip each half into 4 or 5 pieces and place in a sealed jar with 500 g caster sugar for 3 days. For a stronger flavour, scrape out the seeds from the pod and stir into the sugar.



# Apricot streusel cake

Serves 12

## Ingredients:

### Cake mixture:

75 g butter  
110 g sugar  
2 tsp vanilla sugar  
2 medium eggs  
130 g self-raising flour  
50 g ground almonds  
120 g sour cream  
A pinch of salt  
Grated zest of 1 lemon

750 g fresh apricots

### Streusel topping:

50 g plain flour  
50 g sugar  
50 g ground almonds  
50 g cold butter, diced

26 cm diameter springform tin  
Butter  
Baking parchment

## Method:

1. Cream together the butter, sugar, lemon zest, vanilla sugar and eggs. Stir in the sour cream and then fold in the flour and the salt. Butter a springform cake tin and line with baking paper. Fill the tin with the cake mixture.
2. Wash and stone the apricots, quarter them and arrange on top of the cake mixture.
3. To make the streusel topping, sift the flour into a bowl and add the sugar and almonds. Add the diced butter, and rub the ingredients by hand until you have a coarse, crumbly texture. Scatter the streusel over the apricots and then bake.

**Setting:** Automatic → Cakes/biscuits → Fruit streusel  
**Programme duration:** Approx. 50 minutes



## Tip

**Apricots** are one of the most versatile fruits available, being used in baking, jams and puddings as well as to make liqueurs and gourmet apricot vinegar. The kernel of the apricot stone is used in the manufacture of almond extract.

# Pumpkin cake

Serves 12

## Ingredients:

350 g pumpkin  
100 g dried apricots  
150 g chopped almonds  
150 g softened butter  
150 g icing sugar  
2 tsp cinnamon  
2 tsp vanilla sugar  
A pinch of salt  
3 medium eggs  
250 g plain flour  
2 tsp baking powder  
150 g apricot jam

## Method:

1. Beat the butter with the icing sugar, cinnamon, vanilla sugar and salt, then gradually beat in the eggs.
2. Coarsely grate the pumpkin, finely chop the apricots, mix together with the almonds, and stir into the butter along with the flour and baking powder.
3. Transfer the mixture to a greased and floured 24 cm diameter springform tin, and bake.
4. Warm the apricot jam and spread over the finished cake.

**Setting: Cake plus**      160–180°C    45–55 mins

Shelf level: 1



## Tip

The **Hokkaido pumpkin** originates from the Japanese island after which it is named. With an orangey red or green skin, it is a smaller version of the better known giant pumpkin, weighing 1–2 kg. Unlike other types of pumpkin, the skin of the Hokkaido pumpkin becomes soft when cooked, and for this reason is edible. Its flesh has a nutty aroma and smooth texture, even though it contains fine fibres.



# Chocolate gugelhupf

## Ingredients:

5 medium eggs  
250 g sugar  
2 tsp vanilla sugar  
A pinch of salt  
125 ml hot water  
1 tbsp rum  
250 g flour  
1 level tsp baking powder  
125 ml oil  
100 g plain chocolate, grated

## Method:

1. Beat together the eggs, sugar, vanilla sugar, water and rum.
2. Add the flour, baking powder and oil and stir until smooth.
3. Stir in the grated chocolate.
4. Pour into a greased and floured gugelhupf tin and bake.

**Setting: Cake plus**      160–180°C    50–60 mins

Shelf level: 1

# Courgette cake

## Ingredients:

180 ml oil  
300 g brown sugar  
3 medium eggs  
2 tsp vanilla sugar  
A pinch of salt  
150 g ground hazelnuts  
300 g grated courgette  
1 tsp cinnamon  
330 g plain flour  
1 tsp baking powder  
1 tsp bicarbonate of soda  
1 pack chocolate cake covering

## Method:

1. Beat the oil with the eggs, sugar, vanilla sugar and salt until foamy. Stir in the hazelnuts, cinnamon and courgettes.
2. Mix the baking powder and bicarbonate of soda with the flour and fold into the courgette mixture. Pour into a greased loaf tin and bake.
3. Once the cake is done, melt the chocolate and spread over the cake.

**Setting: Cakes**      170–190°C      70 mins

Shelf level: 1



## Tip

The cake tastes best the day after it has been baked.



# Baguettes

Makes 2 baguettes

## Ingredients for 2 baguettes:

500 g strong white flour  
40 g fresh yeast or 2 sachets of  
dried yeast  
1 tsp sugar  
2 tsp salt  
2–3 tbsp oil  
300 ml lukewarm milk or water

## Method:

1. Dissolve the yeast and sugar in the lukewarm milk/water and add to the flour together with the salt and oil.
2. Knead the dough for 3–4 minutes, place in an uncovered bowl and prove in the oven for 30 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
3. On a floured surface, divide the dough in half and form into 2 baguettes. Place the baguettes onto the universal tray.
4. Score the top of the baguettes several times diagonally with a knife and then bake.

**Setting:** Automatic → Bread → Baguettes

**Programme duration:** Approx. 80–90 minutes

# Farmhouse bread

Makes 1 loaf

## Ingredients:

350 g strong white flour  
150 g rye flour  
1 tsp salt  
25 g yeast or 1 sachet  
of dried yeast  
300 ml lukewarm milk

## Method:

1. Mix the salt and flour in a bowl. Crumble the yeast into the milk and add to the flour. Knead for 10 minutes to a smooth dough.
2. Cover with a damp cloth and leave to prove for approx. 1 hour.
3. Shape the dough into a round loaf and dust with a little flour. Cut a 1 cm deep cross into the surface and leave to prove for a further 30 minutes.
4. Place the bread on the universal tray and bake it.

**Setting:** Automatic → Bread → Farmhouse bread

**Programme duration:** Approx. 50 minutes



# Flat bread

Makes 1 loaf

## Ingredients:

300 g strong white flour  
40 g fresh yeast or 2 sachets of dried yeast  
A pinch sugar  
2 tsp salt  
150 ml lukewarm water  
3 tbsp olive oil

## Topping:

2–3 tbsp olive oil  
Sesame seeds

## Method:

1. Sift the flour into a bowl, make a well in the centre and crumble the yeast into it. Sprinkle the sugar on top, add lukewarm water and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
2. Add the salt and oil and knead for 3–4 minutes to a smooth dough.
3. Shape the dough into a flat bread, and place in a round 28 cm Ø tin that has been greased and floured. Leave to prove for a further 30 minutes.
4. Brush with oil, sprinkle with the sesame seeds and then bake.

**Setting:** Automatic → Bread → Flat bread

**Programme duration:** Approx. 45 minutes

# Spelt bread

Makes 1 loaf

## Ingredients:

500 g spelt flour  
40 g fresh yeast or 2 sachets of dried yeast  
Approx. 260 ml lukewarm water  
100 g grated carrots  
3 tsp salt  
100 g whole almonds

## Method:

1. Place the flour in a bowl. Crumble in the yeast and add the salt and enough water to knead into a smooth dough.
2. Add the carrots and almonds. Knead for 3–4 minutes. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
3. Knead the dough again, form into an oval loaf and leave to rise for 15 to 20 minutes. Place on a greased and floured baking tray, make several diagonal slashes in the surface and bake.

## Setting: Combination mode

|          |           |               |         |
|----------|-----------|---------------|---------|
| Stage 1: | 100°C     | 100% moisture | 7 mins  |
| Stage 2: | 180–200°C | 70% moisture  | 40 mins |
| Stage 3: | 160°C     | 20% moisture  | 10 mins |

Shelf level: 3



# Herb rolls

Makes 8–10 rolls

## Ingredients:

375 g strong white flour  
75 g wheatmeal  
40 g fresh yeast or 2 sachets of dried yeast  
75 ml lukewarm milk  
20 g sugar  
1 chilli  
50 ml oil  
150 ml vegetable stock  
2 tbsp chopped parsley  
2 tbsp chopped chives  
1 tsp chopped coriander  
3 tsp salt

## Method:

1. Mix the flour and wheatmeal in a bowl, crumble in the yeast and stir in the sugar and lukewarm milk. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
2. Add the remaining ingredients and knead for 3–4 minutes. Cut into 8–10 pieces and form into rolls. Place the rolls onto the universal tray and make a slash across the top of each before baking.

## Setting: Combination mode Fan plus

|          |           |               |         |
|----------|-----------|---------------|---------|
| Stage 1: | 40°C      | 100% moisture | 10 mins |
| Stage 2: | 50°C      | 100% moisture | 2 mins  |
| Stage 3: | 210°C     | 70% moisture  | 6 mins  |
| Stage 4: | 210°C     | 20% moisture  | 6 mins  |
| Stage 5: | 145–180°C | 20% moisture  | 45 mins |

|              |          |         |
|--------------|----------|---------|
| Shelf level: | 1 tray:  | 1       |
|              | 2 trays: | 1 and 2 |

# Multigrain rolls

Makes 8–10 rolls

## Ingredients:

250 g spelt flour  
250 g strong wholemeal flour  
40 g fresh yeast or 2 sachets of dried yeast  
300 ml lukewarm water  
2 tsp sea salt  
100 g sunflower seeds

## Topping:

Poppy seeds  
Sesame seeds  
Sunflower seeds  
Millet

## Method:

1. Mix together the two types of flour. Dissolve the yeast in the lukewarm water and add to the flour. Knead for 3–4 minutes. Prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
2. Knead in the salt and sunflower seeds, form into rolls and sprinkle with your choice of seeds. Place on a greased, floured baking tray.
3. Leave to rise for a further 30 minutes, then bake.

**Setting:** Automatic → Bake → Multigrain rolls

**Programme duration:** Approx. 70 minutes





# Rye mix bread

Makes 1 loaf

## Ingredients:

250 g rye flour  
150 g strong white flour  
20 g fresh yeast or 1 sachet of dried yeast  
1 pack sourdough  
2 tsp salt  
Approx. 350 ml lukewarm water  
28 cm square tin

## Method:

1. Mix together the rye flour, wheat flour and sourdough.
2. Dissolve the yeast in 100 ml warm water, add to the flour and leave to rise until bubbles appear.
3. Add the salt and remaining water, knead to a smooth dough for 3–4 minutes. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
4. Knead the dough again and place in a loaf tin that has been greased and floured, then bake.

**Setting:** Automatic → Bread → Dark rye bread  
**Programme duration:** Approx. 55 minutes



# Rye bread

## Ingredients:

600 g rye sourdough  
450 g rye flour  
1 tsp salt  
150 ml lukewarm water  
(approx. 25°C)

## Utensil:

Rattan bread baking basket,  
35 cm long

## Method:

1. Place the flour in a bowl, add the rest of the ingredients and knead to a smooth dough. Transfer the dough to a floured rattan bread basket, and place in the steam combi oven on the Combination mode/Fan plus setting at 30°C, 100% moisture, for 60 minutes to prove.
2. After proving, turn the dough out onto the universal tray and bake.

**Setting:** Automatic → Bread → Rye bread

**Programme duration:** Approx. 75 minutes



## Tip

Instructions on how to make your own sourdough are given in the introduction to the baking section in this book.

# Mixed grain bread

Makes 1 loaf

## Ingredients:

375 g strong brown bread flour  
125 g rye flour  
40 g fresh yeast or 2 sachets of dried yeast  
 $\frac{1}{2}$  tsp sugar  
2–3 tsp salt  
1 tbsp oil  
300 ml lukewarm water

## Method:

1. Mix the crumbled yeast with the sugar and water. Stir in the flour, salt and oil and knead for approx. 7 minutes.
2. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
3. Knead the dough again and shape into a loaf. Place on the universal tray and score the surface diagonally several times before baking.

**Setting:** Automatic → Bread → White bread mix

**Programme duration:** Approx. 45 minutes

# Pumpkin bread

## Ingredients:

500 g spelt flour  
20 g fresh yeast  
250 ml lukewarm water  
100 g grated pumpkin  
3 tsp salt  
100 g pumpkin seeds

## Method:

1. Place the flour in a mixing bowl, crumble in the yeast, add the salt and water, and knead to a smooth dough.
2. Add the pumpkin seeds and grated pumpkin, and machine knead for 2 minutes on a medium setting. Place the bowl in the steam combi oven on the Combination mode/Fan plus setting at 30°C, 100% moisture, for 20 minutes to prove.
3. Meanwhile, grease and flour a 26 cm loaf tins.
4. After proving, transfer the dough into the loaf tin, score the top diagonally several times with the tip of a sharp knife, and place on the rack to bake.

## Setting:

## Combination mode/Fan plus

|         |           |               |         |
|---------|-----------|---------------|---------|
| Stage 1 | 50°C      | 100% moisture | 2 mins  |
| Stage 2 | 210°C     | 70% moisture  | 6 mins  |
| Stage 3 | 210°C     | 20% moisture  | 6 mins  |
| Stage 4 | 150–170°C | 20% moisture  | 60 mins |

Shelf level: 1



## Tip

For a nut bread alternative use: 500 g wholegrain flour, 40 g fresh yeast, 250–300 ml lukewarm water, 100 g grated courgettes, 3 tsp salt and 100 g chopped hazelnuts or walnuts. Follow the preparation instructions above for pumpkin bread.

# White bread

Makes 1 loaf

## Ingredients:

600 g strong white flour  
40 g fresh yeast or 2 sachets of dried yeast  
2 tsp sugar  
3 tsp salt  
30 g melted butter  
Approx. 320 ml lukewarm milk

## Method:

1. Stir the yeast into the milk. Add the flour, salt, sugar and butter and mix together. Knead the mixture for approx. 7 minutes to a smooth dough.
2. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
3. Shape the dough into a loaf, core it diagonally several times with a knife. Place the loaf in the universal tray and then bake.

**Setting:** Automatic → Bread → White bread

**Programme duration:** Approx. 50 minutes

# Wholemeal bread

Makes 1 loaf

## Ingredients:

500 g wholemeal flour  
40 g fresh yeast or 2 sachets of dried yeast  
 $\frac{1}{2}$  tsp sugar  
3–4 tsp salt  
2 tbsp oil  
Approx. 350 ml lukewarm water  
30 g linseeds  
30 g sunflower seeds

## Method:

1. Crumble the yeast and mix with the sugar and a little water.
2. Add the flour, salt, oil, linseeds, sunflower seeds and the remaining water, and knead for 3–4 minutes.
3. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
4. Knead again, then form the dough into a loaf. Place it in the universal tray and make several diagonal slashes in the surface before baking.

**Setting:** Automatic → Bread → Wholemeal bread

**Programme duration:** Approx. 85 minutes



# Seeded rolls selection

Makes 35

## Ingredients:

300 g strong white flour  
75 g spelt flour  
1½ tsp salt  
20 g fresh yeast  
½ tsp sugar  
60 g soft butter  
200 ml lukewarm milk

50 g sesame seeds  
50 g poppy seeds  
50 g sunflower seeds  
50 g linseeds

## Method:

1. Sift the flour into a bowl. Dissolve the yeast in the milk. Make a well in the flour, and add the milk, sugar, salt and butter. Work the ingredients to a smooth dough, then knead for 3–4 minutes.
2. Prove in an uncovered bowl in the oven on Combination mode/Fan plus at 30°C, 100% moisture for 20 minutes.
3. Knead the dough briefly, folding the edges into the middle. Form the dough into a ball, and leave it for approx. 1 minute to rest. Make 35 rolls out of the dough, and press the tops into the seed of your choice. Place on the universal tray, and bake.

## Setting:

## Combination mode/Fan plus

|         |           |               |         |
|---------|-----------|---------------|---------|
| Stage 1 | 40°C      | 100% moisture | 10 mins |
| Stage 2 | 50°C      | 100% moisture | 2 mins  |
| Stage 3 | 210°C     | 80% moisture  | 6 mins  |
| Stage 4 | 210°C     | 20% moisture  | 6 mins  |
| Stage 5 | 145–180°C | 20% moisture  | 25 mins |

Shelf level: 1



## Tip

**Sesame** is one of the oldest cultivated plants on earth. For thousands of years it has been grown in Mesopotamia, between the Euphrates and Tigris rivers, as well as in India and Africa. Now it is also grown in other parts of Asia and in South America. In Europe, sesame seeds are widely used in baking bread and rolls, but in Asiatic cooking, they give a crisp coating to meat, fish and poultry, and sesame oil is used for frying.

# Herby bread wreath

## Ingredients:

750 g strong white flour  
1 tsp honey  
80 g fresh yeast  
2–3 tsp salt  
A little freshly ground pepper  
Approx. 400 ml lukewarm milk  
50 g butter  
200 g onions  
1 pkt frozen dill  
1 pkt frozen chives  
1 pkt frozen parsley

## Method:

1. Heat the milk, dissolve the yeast and stir in 1 tsp honey.
2. Place the flour, salt and pepper in a bowl. Melt the butter, and stir into the flour together with the milk.
3. Knead the ingredients together thoroughly, then place in an uncovered bowl and prove in the oven on Combination mode/Fan plus at 30°C, 100% moisture, for 20 minutes.
4. In the meantime, dice the onions finely and fry gently in some sunflower oil. Finely chop the herbs. Knead thoroughly into the dough.
5. Place the dough onto a floured work surface, and divide into three equal parts. Roll each of these into a long sausage, plait the three strands together and form into a wreath shape. Placed on the universal tray, and bake.

## Setting:      **Combination mode/Conventional heat**

|         |           |               |         |
|---------|-----------|---------------|---------|
| Stage 1 | 90°C      | 100% moisture | 2 mins  |
| Stage 2 | 150°C     | 90% moisture  | 15 mins |
| Stage 3 | 155–195°C | 20 moisture   | 30 mins |

Shelf level: 2



## Tip

When **honey** crystallises and hardens, this has no bearing on its quality. The higher the sugar content, the more quickly it will solidify. It will become runny again by placing it in the steam combi oven and selecting the “Special” automatic programme.



# White rolls

Makes 8–10 rolls

## Ingredients:

500 g strong white flour  
2 tsp salt  
6 tbsp oil  
40 g fresh yeast or 2 sachets of dried yeast  
1 tsp sugar  
250 ml lukewarm milk or water

## Method:

1. Sift the flour into a bowl. Dissolve the yeast in the milk/water. Add this, together with the sugar, salt and oil, to the flour. Mix together, and knead for approx. 7 minutes to a smooth dough.
2. Place in an uncovered bowl and prove in the oven for 20 minutes using Combination mode/Fan plus at 30°C, 100% moisture.
3. Knead the dough well, then form into 8–10 rolls. Place them on the universal tray and make a small cut in the top of each one then bake.

**Setting:** Automatic → Rolls → White rolls

**Programme duration:** Approx. 70 minutes



# Soups and starters



## SMALL BUT SATISFYING

Tasty, imaginatively prepared, hearty and invigorating soups and starters make an appetising opening to every meal. These delicious and colourful recipes not only whet the appetite for the next course, but can be prepared as a light lunch or supper dish in their own right.

# Marinated vegetables

Serves 8

## Ingredients:

2 yellow peppers  
2 red peppers  
1 aubergine  
2 courgettes  
500 g mushrooms  
6 tbsp olive oil  
4 tbsp white wine vinegar  
4 tbsp white wine  
1 clove of garlic  
Salt and pepper  
A pinch of sugar  
2 tbsp finely chopped herbs

## Method:

1. Wash the peppers and cut into strips. Slice the aubergine, courgettes and mushrooms.
2. Place the vegetables in a perforated container and cook:

**Setting:**     **Steam cooking/Universal**  
100°C             3–4 minutes

3. Mix together the olive oil, white wine vinegar, white wine, crushed garlic, salt, pepper, sugar and herbs to make a marinade.
4. Transfer the vegetables into a serving dish, pour over the marinade and set to one side for several hours to allow the flavours to develop.
5. Serve with slices of fresh baguette or ciabatta.

# Beetroot salad

Serves 8

## Ingredients:

1 kg beetroot

### Marinade:

1 tbsp balsamic vinegar  
3 tbsp raspberry vinegar  
6 tbsp oil  
4–6 tbsp vegetable stock  
2 tsp honey  
Salt and pepper  
2 tbsp chopped herbs

## Method:

1. Wash the beetroot, place in a perforated container and cook:

**Setting:**     **Steam cooking/Universal**  
100°C             40–50 minutes

2. Mix together the balsamic vinegar, raspberry vinegar, oil, vegetable stock, honey, salt, pepper and chopped herbs to make a dressing.
3. Peel the beetroot and slice finely. Pour over the marinade and set to one side for several hours to allow the flavours to develop.



# Artichokes with a creamy tomato dip

Serves 4

## Ingredients:

4 artichokes  
Juice of a lemon

### For the dip:

300 g crème fraîche  
2 tbsp mayonnaise  
1 tbsp tomato ketchup  
Salt, pepper, sugar  
1 tbsp parsley  
Chives, dill and cress

## Method:

1. Remove the artichokes from their stalks. Then, using a pair of scissors, cut away approx one third of the outer leaves. Trim the tips with a sharp knife; bend the leaves back and drizzle with lemon juice.
2. Place in a perforated cooking container in the oven.

### Setting: Steam cooking/Universal

100°C      30–40 minutes

Remove the “scum” with a tsp.

Serve the artichokes in portions.

3. For the dip, mix the crème fraîche, mayonnaise and tomato ketchup, and flavour with salt, pepper and sugar. Stir in the chopped herbs.
4. Serve the artichokes with the dip and toast.



## Tip

### Home made mayonnaise:

Whisk 1 egg yolk and 1 tsp of hot mustard. When the consistency thickens, add sunflower oil or cold pressed olive oil (0.25 l in total) drop by drop into the egg yolk mixture. The rest of the oil can then be stirred in slowly. When the mayonnaise is thick enough, it can be flavoured with a couple of drops of wine vinegar or lemon juice and salt and pepper.

**The mayonnaise should only be made immediately prior to consumption – it will not keep.**

# Stuffed aubergines

Serves 4

## Ingredients:

4 aubergines  
1 onion  
1 green pepper  
1 chilli  
200 g minced beef  
200 g feta  
1 clove of garlic  
Salt  
Pepper  
Cayenne pepper  
Olive oil

## Method:

1. Cut the aubergines in half lengthways, scoop out the centre and cut 100 g of the scooped out flesh into small cubes.
2. Dice the onion and green pepper, finely chop the garlic and chilli.
3. Dice the feta and mix with the vegetables and minced beef.
4. Season generously with salt, pepper and cayenne pepper.
5. Fill the aubergines with the meat mixture and place in an ovenproof dish. Drizzle with olive oil and bake.

## Setting: Combination mode Fan plus

170–180°C 85% moisture 25–35 mins

Shelf level: 1



## Tip

Peppers are popular both fresh and as paprika for flavouring food. Green peppers taste slightly bitter, whilst the yellow, orange and red varieties are much sweeter.



# Veal in a tuna sauce

Serves 6

## Ingredients:

600 g veal  
750 ml water  
150 ml white wine  
2 bay leaves  
10 black peppercorns  
 $\frac{1}{2}$  tsp salt  
2 carrots  
1 onion

## For the sauce:

1 tin tuna  
1 tbsp oil  
2 egg yolks  
2 tbsp capers  
1 tbsp lemon juice  
100 ml oil  
Salt and pepper  
Capers  
Lemon slices

## Method:

1. Place the veal, water, white wine, bay leaves, peppercorns and salt in a solid cooking container.
2. Peel the carrots and chop into chunks. Peel and halve the onion, add to the meat with the carrots and cook.

## Setting: Steam cooking/Universal

90°C                      120–160 minutes

3. Drain the tuna and purée with 1 tbsp oil, the egg yolk and capers. Add the lemon juice and stir 100 ml oil in drop by drop until the sauce has the same consistency as mayonnaise. Season with salt and pepper.
4. Carve the cooked meat in thin slices across the grain and place on a serving dish. Pour the sauce over it and garnish with capers and lemon slices.
5. Serve with fresh white bread.



## Tip

Capers are the buds of the caper tree, which is indigenous to the Mediterranean region. The buds are dried and soaked in brine. The smaller the caper, the finer the taste.

# Courgette and goat's cheese rolls

Serves 4

## Ingredients:

1 courgette  
200 g goat's cheese  
Salt, Pepper  
Olive oil

## Method:

1. Cut courgette lengthways into thin slices and place in a perforated cooking container.

### Setting: Steam cooking/Universal

100°C      1 Minute

2. Cut the goat's cheese into strips 2 cm wide and season with salt and pepper.

3. Wrap the seasoned goat's cheese in the courgette slices and season with salt and pepper. Finally drizzle with olive oil and place in the oven

### Setting: Steam cooking/Universal

100°C      3 minutes

4. Serve the courgette and goat's cheese rolls on a bed of tomato and basil with crusty white bread.



## Tip

**Courgettes** or zucchini are a member of the squash family. They come in various shapes, and are available in a variety of colours from green to yellow. Small courgettes are more tender and aromatic than larger ones, and are best used before they reach 20 cm in length! They are highly versatile, and can be steamed, fried, grilled or baked.

# Jacket potatoes with a ham and sour cream filling

Serves 8

## Ingredients:

- 4 medium floury potatoes
- 100 g diced ham
- 100 g grated Edam
- 100 g sour cream
- 1 tbsp hot mustard
- Salt
- Pepper

## Method:

1. Wash the potatoes, cut in half lengthways and cook in a perforated cooking container with the cut surface upwards.

### Setting: Steam cooking/Universal

100°C 20–25 minutes

2. Mix together the diced ham, cheese, sour cream and mustard and season with salt and pepper.
3. Divide the filling between the potatoes and cook.

### Setting: Steam cooking/Universal

100°C 3 minutes

4. Serve with a mixed salad.



## Tip

Hollow the potatoes out a little before adding the filling.



# Cherry tomato and goat's cheese bites

## Ingredients:

20 cherry tomatoes, large  
100 g (3½ oz) goat's cheese  
1 tbsp dried oregano  
Olive oil  
Salt and pepper

## Method:

1. Remove the top of the cherry tomatoes and scoop out the seeds. Set to one side.
2. Cut the goat's cheese into very small pieces and place into a mixing bowl. Drizzle over a little olive oil and stir in the dried oregano, salt and pepper.
3. Spoon the mixture into the tomatoes. Place on a perforated container and steam for 1 minute at 100°C.
4. Allow to cool slightly before serving.



## Tip

Any seasonal tomatoes can be used instead of cherry tomatoes.

Tomatoes are one of Europe's favourite "vegetables". They are very healthy, containing large quantities of carotene and vitamin C, and negligible amounts of protein and fat. With only 17 kcal per 100 g, they are not only great for a healthy diet, but they also help to combat tiredness, relieve stress and maintain healthy skin and hair.

# Kohlrabi and carrot ramekins

Serves 6

## Ingredients:

300 g carrots  
400 g kohlrabi  
1 onion  
1 garlic clove  
20 g fresh parsley  
125 ml milk  
125 g crème fraîche  
250 g quark  
3 tbsp sesame seeds  
2 tbsp soy sauce  
 $\frac{1}{2}$  tbsp herb salt  
Freshly ground pepper  
Butter

## Method:

1. Clean and wash and roughly grate carrots and kohlrabi. Place in a perforated cooking container and put in the oven.

### Setting: Steam cooking/Universal

100°C      4–6 minutes

2. Finely chop onions, garlic & parsley. Mix the rest of the ingredients, except the butter, and season with pepper.

3. Grease 6 ramekins with butter. Divide the quark mixture between the dishes, place on the flat baking tray and place in the oven.

### Setting: Steam cooking/Universal

90°C      25–30 minutes



## Tip

**Carrots** are good for your eyesight. However this effect is only achieved when the carrots are served with fat (oil with raw carrots, butter with cooked carrots). The fat-solubility of carotene can be utilised to clean plastic vessels. Simply rub out the discoloured vessel with a drop of oil.

# Cabbage stuffed with prawns and rice

Serves 8

## Ingredients:

500 g savoy cabbage  
100 g short-grain rice  
150 ml vegetable stock  
150 g frozen prawns  
2 sticks celery  
2 garlic cloves  
30 g ginger  
2 tbsp sesame seeds  
1 tbsp sunflower oil  
2 tbsp sesame oil  
6 tbsp soya sauce  
2 tbsp lime juice  
Salt and pepper  
Sweet chilli sauce

## Method:

1. Remove the individual leaves from the cabbage. Cut out the thicker stalks and veins as necessary. Rinse 16 leaves and distribute between two perforated cooking containers and place in the oven.

### Setting: Steam cooking/Universal

100°C 1 Minute

2. Place the rice and vegetable stock in a covered solid cooking container and cook.

### Setting: Steam cooking/Universal

100°C 25 minutes

3. Defrost the prawns.

### Setting: Steam cooking/Universal

60°C 10 minutes

4. Wash the celery and dice finely. Press the garlic cloves. Finely chop the ginger. Add these and all the other ingredients to the rice and season with salt and pepper.

5. Place a good tbsp of the filling onto each cabbage leaf. Fold the sides over the filling and roll up tightly. Put the cabbage rolls into two perforated cooking containers and place in the oven.

### Setting: Steam cooking/Universal

100°C 10–12 minutes

6. Serve the rolls with sweet chilli sauce for dipping.







# Salmon pâté

Serves 6

## Ingredients:

1 small onion, finely chopped  
10 g butter  
750 g salmon fillets  
90 g white bread  
1 medium egg  
Seasoning  
Nutmeg  
350 ml double cream  
Chopped dill

## Method:

1. Place the chopped onion and the butter into a solid container, and cook at 100°C for 4 minutes.
2. Wash and dry the salmon, and remove the skin using a sharp knife. Chop two thirds of the salmon and mix with the onions.
3. Dice the bread and mix with the beaten egg, seasoning, nutmeg and cream, and stir.
4. Liquidise the mixture in a blender until smooth and creamy. Stir in the chopped dill.
5. Place half the mixture into a greased 1 lb loaf tin, ensuring there are no air bubbles. Place the remaining uncut salmon on top, then cover with the remaining mixture. Cover with foil and cook for 56–60 minutes at 80°C.



## Tip

For a different flavour, substitute some of the salmon with smoked salmon.

# Crevettes and asparagus salad

Serves 4

## Ingredients:

500 g white asparagus  
500 g green asparagus  
12 pre-cooked, peeled crevettes  
1 tbsp tarragon, chopped  
2 tbsp chervil, chopped  
1 bunch chives, chopped  
3 tbsp cress  
1/2 shallot, diced

## Sauce:

2 tbsp lemon juice  
4 tbsp white wine vinegar  
2 tbsp white wine  
4 tbsp groundnut oil  
Salt and white pepper

## Method:

1. Peel the asparagus and place in 2 perforated cooking containers. Cook the white asparagus first.

### Setting: Steam cooking/Universal

100°C      2 minutes

Then add the green asparagus and cook with the white asparagus.

### Setting: Steam cooking/Universal

100°C      8 minutes

2. Place the crevettes in a perforated cooking container and heat.

### Setting: Steam cooking/Universal

95°C      2 minutes

3. Mix the herbs with the diced shallot. Add the crevettes and allow to steep.

4. Mix the ingredients for the sauce and season with salt and pepper. Halve the asparagus, arrange on 4 plates with the crevettes and drizzle with the sauce.



## Tip

**Asparagus** differs not only in appearance but also in taste. Green asparagus, which grows in higher regions, has a stronger taste than white.

Asparagus has very few calories but is still very satisfying. 1 kg asparagus contains only 200 calories and is also relatively high in vitamin C.

# Asparagus with smoked salmon and cream cheese rolls

Serves 6

## Ingredients:

500 g white asparagus  
500 g green asparagus  
6 tbsp olive oil  
3 tbsp lemon juice  
1 bunch chives  
Salt and pepper  
400 g cream cheese  
100 ml cream  
Cayenne pepper  
12 slices smoked salmon  
1 head Lollo Rosso

## Method:

1. Peel the asparagus and cut into pieces 3 cm long.

Place the white and green asparagus in 2 separate perforated cooking containers.

2. Cook the white asparagus.

### Setting: Steam cooking/Universal

100°C      2 minutes

3. Put the green asparagus into the oven. Cook both types together.

### Setting: Steam cooking/Universal

100°C      8 minutes

4. Mix together the olive oil and lemon juice. Chop the chives and add to the oil. Season with salt and pepper. Allow the cooked asparagus to infuse in the mixture.
5. Stir the cream cheese with the cream and season with salt and pepper. Spread out the slices of smoked salmon and spread some of the cream cheese over each slice. Roll up the smoked salmon.
6. Wash and dry the lollo rosso. Arrange on a serving plate with the marinated asparagus and salmon rolls.
7. Serve with toast.



## Tip

**Asparagus** freezes very well, so you can enjoy this delicious and healthy vegetable all year round.

# Warm fennel salad

Serves 4

## Ingredients:

3–4 fennel bulbs  
150 ml white wine  
50 ml dry vermouth  
100 ml vegetable stock  
1 bay leaf  
4–6 peppercorns  
50 g walnuts  
1 medium egg  
1 tbsp white balsamic vinegar  
2 tbsp groundnut oil  
3 tbsp olive oil  
1 tsp mustard  
1 A pinch of salt  
1 tbsp chopped parsley  
1 tbsp chopped fennel herb

## Method:

1. Clean the fennel bulbs, quarter and chop away most of the stalk roots. Place in a solid cooking container.
2. Prepare a broth of white wine, vermouth and vegetable stock and add to the fennel. Flavour with bay leaves and peppercorns and cook.

## Setting: Steam cooking/Universal

100°C      12–15 minutes

3. Roast the walnuts on the hob and chop coarsely. Hard-boil and chop the egg.
4. Prepare a vinaigrette from all remaining ingredients and pour over the fennel. Sprinkle with walnuts and chopped egg. Serve warm.



## Tip

Balsamic vinegar has a low acidity level, which makes it ideal for use in salad dressings and sauces as well as in marinades for meat, fish and vegetables.

Made from fermented grape must, classic balsamic vinegar is dark brown in colour and has a sweet and mellow aroma.

White balsamic vinegar is a blend of white grape must and white wine vinegar, and is ideal for making a dressing when you don't want to colour the food. The most famous balsamic vinegar comes from Modena in Italy.

# Broccoli and romanesco salad

Serves 4

## Ingredients:

250 g (9 oz) romanesco  
250 g (9 oz) broccoli  
3 tbsp vinegar  
2 tbsp olive oil  
2 tsp mustard  
A small carton of cream or sour  
cream  
Salt and pepper  
A pinch of sugar  
Fresh chopped herbs to garnish

## Method:

1. Chop the romanesco into florets, and steam for 2 minutes at 100°C.
2. Chop the broccoli into florets, and add to the romanesco. Steam for a further 4–6 minutes at 100°C.
3. Mix the remaining ingredients together to make the sauce. Add the chopped herbs, and drizzle over the warm vegetables. Serve immediately.

# Vegetable terrine

Serves 8

## Ingredients:

500 g tomatoes  
2 green peppers  
2 red peppers  
300 g frozen peas  
3 garlic cloves  
100 g pitted black olives  
Salt  
Pepper  
Thyme  
Rosemary  
200 g garlic crème fraîche  
6 medium eggs

## Method:

1. Wash the tomatoes, place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C      1 Minute

Skin and dice the warm tomatoes and place in a bowl.

2. Wash and destalk the peppers and remove the inner walls and seeds. Cut into strips and place in a perforated cooking container. Put the peas into another perforated cooking container and place both cooking containers in the oven.

### Setting: Steam cooking/Universal

100°C      2 minutes

Add the cooked vegetables to the tomatoes.

3. Add the chopped garlic and halved olives to the vegetables and flavour with salt, pepper, thyme and rosemary.

4. Place the vegetables in a greased, solid cooking container. Mix the crème fraîche with the eggs and pour over the vegetables. Cover the cooking container and place in the oven.

### Setting: Steam cooking/Universal

100°C      30–35 minutes

5. Allow the terrine to cool, then turn it out of the tin, carve into thick slices and serve.

6. Tasty with remoulade sauce and crusty white bread

# Chicken breasts with shallots and peppers

Serves 8

## Ingredients:

- 2 large chicken breasts
- 8 small shallots
- 2 preserved, roasted peppers
- $\frac{1}{4}$  cup soya sauce
- 2 tbsp apple vinegar
- 2 tsp sugar

## Method:

1. Cut chicken breasts apart, remove skin and cartilage and flatten between two pieces of cling film.
2. Peel and halve or quarter (as necessary) the shallots, drain the peppers well and halve.
3. Distribute the shallots and peppers over the chicken breasts and roll up. Secure with cocktail sticks.
4. Prepare a marinade of soya sauce, apple vinegar and sugar, and steep the rolled up chicken breasts in it for 20 minutes.
5. Remove the rolls and wrap in heat resistant foil. Place in a perforated cooking container and cook.

## Setting: Steam cooking/Universal

100°C      16 minutes

6. Place the rolls in a refrigerator for 2 hours to chill, then remove the foil and cut diagonally. Arrange on a plate and garnish with shallots and strips of red pepper.



## Tip

The shallot belongs to the leek family and is milder than normal cooking onions. It has a more delicate spicy aroma, which tastes excellent when used raw.





# Chicken soup

Serves 6

## Ingredients:

1 chicken  
1 kg mixed vegetables, e.g. a carrot, a leek, a stick of celery  
120 g Chinese noodles  
Salt and pepper  
1000 ml water  
1 tbsp chopped herbs

## Method:

1. Wash and halve the chicken and place in a solid cooking container with 200 ml water.
2. Wash, peel and cut into large chunks half of the vegetables, add to the chicken and cook.

### **Setting: Steam cooking/Universal**

100°C      10 minutes

3. Chop up the remaining vegetables finely. Slice the leeks into rings and the carrots and celery into small sticks and place on one side.
4. At the end of the cooking time remove the chicken from the liquid. Pass the stock through a sieve and pour back into the solid cooking container.
5. Remove the meat and cut into bite-sized pieces and add to the solid cooking container with the finely chopped vegetables, the noodles and the remaining water, and cook.

### **Setting: Steam cooking/Universal**

100°C      10 minutes

6. Season with salt and pepper and serve sprinkled with herbs.

# Cream of carrot soup

Serves 4

## Ingredients:

500 g carrots,  
grated  
50 g onions, finely  
chopped  
40 g butter  
1 garlic clove, crushed  
750 ml vegetable stock  
1 tsp paprika  
150 ml sour cream  
Salt and pepper, freshly ground  
1 tbsp parsley, chopped

## Method:

1. Place the carrots, onions, butter, garlic, stock and paprika into a solid container and cook for 12–15 minutes at 100°C.
2. Allow to cool slightly, and then liquidise the soup in a food processor or blender.
3. Season well with salt and pepper and stir in the sour cream. Pour the soup back into a solid steam oven container and cook for a further 2 minutes at 100°C.
4. Garnish with chopped parsley, and serve.

# Potato and herb soup

Serves 4

## Ingredients:

1 leek (approx. 180 g)  
250 g floury potatoes  
500 ml vegetable stock  
Salt and pepper  
100 ml double cream  
2 tbsp fresh herbs  
(parsley, basil, chives)

## Method:

1. Wash the leek, and slice into rings. Peel the potatoes and dice roughly. Place in a solid container with the vegetable stock, and cook:

**Setting:**      **Steam cooking/Universal**  
100°C      16 minutes

2. Purée the soup, and season with salt and pepper. Stir in the cream and cook:

**Setting:**      **Steam cooking/Universal**  
95°C      2 minutes.

3. Chop the herbs and sprinkle over the soup before serving.

# French onion soup

Serves 4–6

## Ingredients:

750 g cooking onions  
20 g butter  
1250 ml vegetable stock  
White wine  
Pepper  
Paprika powder  
2 tbsp chopped parsley

## Method:

1. Peel and quarter the onions, cut into narrow strips and place in a solid cooking container. Chop flakes of butter onto the onions, cover and cook.

### Setting: Steam cooking/Universal

100°C 12–15 minutes

2. In the meantime bring the vegetable stock to the boil on the hob. Add the onions to the stock and flavour with white wine, pepper and paprika powder. Finally sprinkle with parsley.
3. The soup can also be topped with a layer of cheese. Pour the soup into flameproof soup bowls, spread toast with butter and sprinkle with grated Gouda. Halve (or quarter) the toast and place carefully on the surface of the soup. Bake immediately under the grill.



## Tip

**Parsley leaves** are generally used either raw or very slightly wilted, to maintain their unmistakable aroma. Parsley is an international herb and a kitchen stalwart in West Asia, Arabia, the Mediterranean and in the Caucases. It complements most dishes and is rich in Provitamin A, Vitamins C, B1 and B2 and calcium. Parsley stimulates the kidneys, purifies the blood and aids digestion.

# Pepper soup

Serves 4

## Ingredients:

500 g red peppers  
1 onion  
20 g butter  
500 ml vegetable stock  
Salt and pepper  
200 g herb cream cheese

## Method:

1. Dice the peppers and onions and place in a solid cooking container with the butter. Season with salt and pepper.

### Setting: Steam cooking/Universal

100°C 6–8 minutes

2. Purée the vegetables in the mixer. Add to the stock and heat.

### Setting: Steam cooking/Universal

100°C 2 minutes

3. Serve in 4 dishes. Using 2 tsp, scoop little balls of cream cheese and drop carefully into the soup.



## Tip

**Pepper** is a well-loved vegetable which is found in pod form as well as in powder. The pods differ not only in colour (green, yellow, red and orange) but also in taste. Green pepper tastes more bitter, whereas the others are a little sweeter. Summer is the best season for peppers.

# Pumpkin soup

Serves 8

## Ingredients:

900 g pumpkin  
2 onions  
2 garlic cloves  
Butter  
1500 ml vegetable stock  
Grated rind and juice of an  
orange  
150 ml cream  
2 tsp thyme  
Salt and pepper

## Method:

1. Peel and dice the pumpkin and cook in a perforated cooking container.

### Setting: Steam cooking/Universal

100°C 8 minutes

2. Dice the onions, press the garlic and place both in a solid cooking container with a little butter. Cover and sweat.

### Setting: Steam cooking/Universal

100°C 4 minutes

3. Place all ingredients in a pan, add the stock and the grated rind and juice of an orange and purée.

4. Stir in the cream. Add the thyme and season with salt and pepper.



## Tip

**Garlic** should always be used fresh. The garlic is fresh when the skin of the clove is tight and either white or transparent violet. It should be stored in a cool, dry and well-ventilated place, but not in the refrigerator.



# Celery soup

Serves 4

## Ingredients:

1 carrot  
1 stick celery  
1 small onion  
300 g floury boiling potatoes  
1 garlic clove  
700 ml vegetable stock  
1 potato  
1 pot sour cream  
Salt and pepper  
1 tbsp chopped parsley  
1 tbsp chopped marjoram  
Marjoram leaves

## Method:

1. Slice the carrot and celery, dice the onions, coarsely dice the potatoes and place in a solid cooking container. Press and add the garlic. Pour over 200 ml of vegetable stock. Grate the potato and sprinkle over the vegetables.

### Setting: Steam cooking/Universal

100°C 12–15 minutes

2. Add the sour cream and the rest of the stock to the soup and season with salt and pepper. Add herbs and warm through.

### Setting: Steam cooking/Universal

100°C 1 Minute

3. Garnish with whole marjoram leaves and serve with croutons, which are fried in a little butter on the hob.

# Quick Vegetable Soup

Serves 4

## Ingredients:

250 g mince (pork/beef mix)  
1000 ml vegetable stock  
40 g fine soup noodles  
250 g soup vegetables  
Salt and pepper

## Method:

1. Press mince into little meatballs and cook in the vegetable stock.

### Setting: Steam cooking/Universal

100°C 5 minutes

2. Add the soup noodles and vegetables and cook again.

### Setting: Steam cooking/Universal

100°C 10–12 minutes

3. Season with salt and pepper.





# Casseroles and savoury bakes



## THE PLEASURE OF YOUR COMPANY

Casseroles and savoury bakes offer an enormous amount of variety. You can be as creative as you like, combining different ingredients depending on what is in season or what you have stored in your larder. Simple to prepare, they make it easy to cook for lots of people and can be meat or vegetarian based. And any leftovers can simply be refrigerated or frozen, and reheated later!

# Vegetable bake

Serves 4

## Ingredients:

200 g carrots  
200 g courgettes  
150 g celery  
150 g broccoli  
150 g leeks  
150 g cauliflower  
150 ml double cream  
150 ml milk  
3 medium eggs  
200 g grated Cheddar  
20 g butter  
Salt  
Pepper  
Nutmeg

## Method:

1. Cut the vegetables into bite sized pieces. Place in a perforated container and blanch at 100°C for 2 minutes.
2. Beat together the cream, milk and eggs, and season with salt, pepper and nutmeg.
3. Grease a solid container or ovenproof dish and add the vegetables. Pour over the egg mixture, sprinkle with cheese, dot with butter and bake.

### Setting: Combination mode Fan plus

170–190°C      95% moisture      30–40 mins

Shelf level: 1



# Ratatouille with meatballs

Serves 4

## Ingredients:

250 g minced pork or beef  
1 red pepper  
1 yellow pepper  
1 aubergine  
1 courgette  
250 g beef tomatoes  
1 onion  
2 garlic gloves  
Salt and pepper  
Tabasco sauce  
1 tsp herbes de Provence  
100 ml tomato ketchup  
2 tbsp tomato purée

## Method:

1. Form the mince into small meatballs. Finely chop the peppers, aubergine, courgette, tomatoes, onion and garlic.
2. Arrange the meatballs in a solid container and scatter the vegetables over the top. Season with salt, pepper, Tabasco and herbs. Stir in the ketchup and tomato purée, and steam for 16–18 minutes at 100°C.
3. Add more seasoning to taste, if liked.
4. Serve as an accompaniment to rice, which may be cooked in the steam oven at the same time (see cooking charts at the back of the book for cooking times).





# Rosefish casserole

Serves 4

## Ingredients:

500 g rosefish fillets  
Lemon juice  
200 g carrots  
200 g peas  
100 g crème fraîche  
100 ml cream  
2 tbsp white wine  
1 tbsp cornflour  
Salt, pepper, sugar  
1 tbsp dill

## Method:

1. Sprinkle the rosefish fillets with lemon juice and season with salt. Place in a solid cooking container.
2. Dice the carrots, add to the fish with the peas and cook.

### Setting: Steam cooking/Universal

100°C 8 minutes

3. In the meantime stir all the other ingredients into a sauce and pour over the fish. Cook again.

### Setting: Steam cooking/Universal

100°C 4 minutes

4. Season with salt and pepper. Serve with rice or boiled potatoes.

# Gammon and cabbage casserole

Serves 4

## Ingredients:

350 g savoy cabbage  
250 g potatoes  
250 g gammon  
250 g pepperoni sausage  
200 g crème fraîche  
100 ml stock  
Fresh herbs  
Salt and pepper

## Method:

1. Clean the cabbage and cut into strips. Peel and quarter the potatoes, dice the gammon and slice the pepperoni sausage.
2. Stir all the ingredients into the cream and stock and cook in a solid cooking container.

### Setting: Steam cooking/Universal

100°C 18–20 minutes

3. Season with salt and pepper and sprinkle with fresh herbs.

# Hungarian bacon goulash

Serves 4

## Ingredients:

70 g rice  
200 ml vegetable stock  
3 tbsp tomato purée  
75 g bacon  
1 onion  
300 g red pepper  
250 g tomatoes  
250 g smoked sausage  
 $\frac{1}{4}$  cucumber  
 $\frac{1}{2}$  jar bottled red peppers  
Salt and pepper

## Method:

1. Place the rice with the vegetable stock and tomato purée in a solid cooking container and stir.
2. Chop all the other ingredients with the exception of the red peppers and place in the cooking container with the rice.
3. Add the peppers and season with salt and pepper. Place the cooking container in the oven and cook.

## Setting: Steam cooking/Universal

100°C      20–25 minutes

4. Stir at intervals during cooking and serve garnished with fresh herbs.



## Tip

You can use 250 g mince in place of the smoked sausage. Roll into small dumplings and add these to the other ingredients.



# Vegetable lasagne

Serves 6–8

## Ingredients:

12 sheets lasagne verde  
Salt  
4 kohlrabi, each 250 g  
60 g butter  
White pepper  
Nutmeg  
2–3 tbsp flour  
500 ml milk  
250 ml cream  
2 shallots  
500 g Swiss chard or leaf beet  
300 g tomatoes  
Butter  
200 g grated Gouda  
1 pot crème fraîche  
1 egg yolk

## Method:

1. Peel the kohlrabi and cut off the woody end. Cut into slices 2 mm thick and cut the leaves into strips.
2. Melt 30 g butter in a pan and allow the slices and leaves to sweat in it. Season with salt, pepper and nutmeg and dust with flour.
3. Add the milk and the cream. Simmer for 10 minutes, then pour into a bowl and allow to cool.
4. Peel the shallots and chop finely. Separate the chard stems from the leaves and cut into pieces 2 cm long. Melt the rest of the butter in a pan and allow the shallots and chard stems to sweat in it.
5. Remove the central ribs from the chard, cut the green parts into broad strips, blanch, rinse off with cold water and drain. Mix the stems and leaves with the kohlrabi.
6. Blanch the tomatoes. Skin them, remove the seeds and cut the flesh into strips.
7. Grease a baking dish with butter. Place the lasagne sheets, vegetable mixture, tomato strips and cheese in alternate layers. The last layer should be vegetables topped with cheese. Mix the crème fraîche and egg yolk and spread over the top.

## Setting:

160–170°C

## Combination mode/Fan plus

95% moisture

35–40 min

Shelf level: 1





# Lamb casserole

Serves 4

## Ingredients:

500 g lamb  
2 tbsp sunflower oil  
1 onion, chopped  
500 ml vegetable stock  
A sprig of rosemary  
200 g runner beans  
3 carrots  
400 g potatoes  
2 spring onions  
Salt and pepper

## Method:

1. Dice the lamb, and brown with the onion in the sunflower oil on the hob. Pour over 200 ml of the stock.
2. Transfer to a solid container. Chop the beans, carrots and potatoes, and add to the meat. Wash the rosemary and scatter over the meat and vegetables. Steam for 15 minutes at 100°C using Steam universal.
3. Add the remaining stock, season with salt and pepper and cook for another 2 minutes at 100°C using Steam universal. Finely slice the spring onions and scatter over just before serving.



## Tip

Beef, pork, meatballs or sausages can be used instead of lamb.

# Potato gratin

Serves 4

## Ingredients:

1 kg floury potatoes  
1 clove of garlic  
Butter to grease the baking dish  
200 g grated Cheddar  
100 ml double cream  
Salt, pepper and grated nutmeg

## Method:

1. Peel the potatoes, wash and slice finely.
2. Peel the garlic clove, cut in half and rub it around the inside of the baking dish. Smear the dish with butter.
3. Arrange the potatoes in the bottom of the dish, and sprinkle half of the cheese on top. Season with salt, pepper and grated nutmeg.
4. Pour over the cream, scatter with the rest of the cheese and bake.

**Setting:**      **Combination mode/Conventional heat**  
170–190°C 95% moisture 40–50 mins



# Vegetarian dishes



## VEGETABLES TOO CAN TAKE THE LEAD ROLE

Not eating meat in no way means you have to forgo the pleasures of variety and great tasting food. Where meat used to take centre stage, ingredients such as pulses and greens can play a major part in the culinary stage. Whether it's wheat or rye, oats or barley, or even spelt grain, pulses offer a wealth of benefits in terms of ballast and roughage, vitamins and minerals to keep your diet healthy and on track.

# Vegetable rolls

Serves 4

## Ingredients:

100 g spelt grain  
100 ml water  
1 red pepper  
1 green pepper  
1 onion  
1 Chinese cabbage  
100 g grated cheese  
2 tbsp chopped parsley  
1 pot crème fraîche  
1 medium egg  
Salt and pepper

## Method:

1. Place the spelt grain and water in a solid cooking container and cook.

**Setting: Steam cooking/Universal**

100°C      6 minutes

2. Dice the peppers and onions, place in a perforated cooking container and cook with the spelt grain.

**Setting: Steam cooking/Universal**

100°C      4 minutes

3. Blanch the large leaves of the Chinese cabbage in a perforated cooking container.

**Setting: Steam cooking/Universal**

100°C      2 minutes

4. Mix all the other ingredients and season with salt and pepper. Spread on the Chinese cabbage leaves, roll up and cook again.

**Setting: Steam cooking/Universal**

100°C      10 minutes

5. Serve with lamb's lettuce.



## Tip

When cooking with steam, you can use cooking containers on all levels at the same time, saving time and energy.





# Vegetarian stuffed peppers

Serves 4

## Ingredients:

100 g cracked spelt  
100 ml vegetable stock  
4 peppers  
100 g grated carrots  
100 g sweet corn  
2 tbsp diced pepper  
2 onions  
2 tbsp butter  
100 g crème fraîche  
4 tbsp chopped parsley  
2 tbsp grated cheese  
Salt, pepper, paprika

## Sauce:

125 ml vegetable stock  
2 tbsp tomato purée  
100 g crème fraîche  
Salt, pepper, paprika, sugar

## Method:

1. Place the grain and stock in a solid cooking container and cook.

### Setting: Steam cooking/Universal

100°C 10 minutes

2. Wash the peppers and cut the lids off at the stalk end. Place in a solid cooking container with the carrots, sweet corn, onions and butter. Cover with heat-resistant foil and steam.

### Setting: Steam cooking/Universal

100°C 4 minutes

3. Stir together the crème fraîche, parsley, cracked spelt and cheese and flavour with salt, pepper and paprika. Stir into the vegetables and fill the peppers with the mixture. Place a solid container underneath to catch the liquid for the sauce.

### Setting: Steam cooking/Universal

100°C 25–30 minutes

4. For the sauce, mix together the vegetable stock and tomato purée, fold in the crème fraîche and flavour with herbs.
5. Serve with rice and garnish with freshly chopped herbs.



# Rye, vegetable and goat's cheese bake

Serves 4

## Ingredients:

200 g rye  
200 ml water  
1 cooking onion  
200 g dried tomatoes  
1 pot sour cream  
1 packet frozen herbes de  
Provence  
3 tbsp tomato purée  
Salt and pepper  
1 pack goat's cheese (150 g)

## Method:

1. Place the rye and water in a solid cooking container.

### Setting: Steam cooking/Universal

100°C      30–35 minutes

2. Finely slice the onion and cut the tomatoes into narrow strips. Mix the sour cream with the vegetables and stir in the herbs and tomato purée. Season with salt and pepper.

3. Chop goat's cheese into small dice and fold in carefully. Spread the mixture over the rye, and cook.

### Setting: Steam cooking/Universal

100°C      10 minutes

# Wholemeal pasta with a Neapolitan sauce

Serves 4

## Ingredients:

500 g wholemeal pasta  
 $\frac{1}{2}$  tsp sea salt  
Water

### Sauce:

50 g onions  
250 g peeled tomatoes  
1–2 garlic cloves  
2 tbsp millet  
250 ml tomato juice  
 $\frac{1}{2}$  tsp sea salt  
1 pinch pepper  
1 pinch coriander  
A dash of Tabasco  
50 ml cream

## Method:

1. Place the pasta with the salt in a solid cooking container and fill with water up to 3 cm below the lip.

### Setting: Steam cooking/Universal

100°C      7–10 minutes

2. Dice the onions and tomatoes. Chop the garlic cloves finely. Grind the millet finely. Mix the ingredients together and pour in the tomato juice. Flavour with the remaining ingredients. Place all ingredients in a solid cooking container and cook with the pasta.

### Setting: Steam cooking/Universal

100°C      10 minutes

3. Serve with a mixed salad.

# Potatoes with a choice of dips

Serves 4

## Ingredients:

750 g potatoes (in their skins)

### Dip 1:

200 g vegetable spread

150 g low fat quark

50 g yoghurt (1.5%)

1 red pepper

1 yellow pepper

1 shallot

1 tbsp green peppercorns

$\frac{1}{2}$  bunch chives

2 tbsp mustard

Salt and pepper

### Dip 2:

250 g low fat quark

100 g crème fraîche

1 finely diced onion

1 pressed garlic clove

2 tbsp chopped herbs

Salt and pepper

### Dip 3:

200 g cream cheese

100 g crème fraîche

150 g smoked salmon

Salt and pepper

Chopped dill

## Method:

1. Wash and scrub the potatoes, place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C

28–30 minutes

### 2. Dip 1:

Chop the peppers, shallot and chives. Crush or grind the peppercorns. Mix all ingredients together and season with salt and pepper.

### 3. Dip 2:

Stir all the ingredients together and season with salt and pepper.

### 4. Dip 3:

Mix together the cream cheese and crème fraîche. Cut the smoked salmon into strips and stir in. Season with salt and pepper and sprinkle with dill.



## Tip

Prawns can be used in place of smoked salmon.



# Oriental vegetable casserole

Serves 4

## Ingredients:

- 1 aubergine
- 1 large courgette
- 2 medium cooking onions
- 200 g mushrooms
- 1 garlic clove
- 1 tbsp olive oil
- 1 tsp mixed herbs
- A pinch of cinnamon
- 1 tsp curry powder
- A pinch of thyme
- 1 tsp oregano
- 1 small tin chopped tomatoes
- 3 tbsp red wine
- 270 g Bulgur wheat
- 500 ml water
- A pinch of salt

## Method:

1. Halve the aubergine lengthways. Chop the aubergine halves, courgette and onions into slices approx. 1 cm thick.
2. Halve the mushrooms. Chop the garlic finely. Mix the olive oil, mixed herbs, cinnamon, curry powder, thyme and oregano, place in a solid cooking container and spread the chopped tomatoes over. Layer the chopped vegetables on top and pour in the red wine.
3. Place the bulgur wheat in another solid cooking container with water, season with salt and cook.

## Setting: Steam cooking/Universal

100°C      15 minutes



## Tip

**Bulgur** is pre-cooked, split wheat with a high protein and Vitamin B content. It can be used in place of rice.



# Savoury treats



## THE TASTIEST TREATS IN THE WORLD

Pizzas, tarts, patés etc are the favourite choice of many people for any occasion, be it a family celebration, a buffet party or a snack to savour at a sporting event or in front of the television. Some of the dishes have rich ingredients complemented by a light pastry; others are based on classical recipes. These savoury bites are designed to whet the appetite, and with a little ingenuity are open to endless variation.



# Chicken salad

Serves 4–6

## Ingredients:

1 chicken  
2 tbsp oil  
2 tsp salt  
3 tsp paprika  
2 tsp pepper  
1 small pineapple  
2 sticks of celery  
300 ml double cream  
Lemon juice  
Salt and pepper  
Curry powder  
Sugar  
1 small tin of mandarin oranges  
1 small tin of sweet corn  
50 g roasted cashew nuts

## Method:

1. Wash the chicken inside and out, removing the giblets if necessary. Pat dry.
2. Mix the oil with the salt, paprika and pepper, and brush over the chicken. Place breast side uppermost on the rack, and place the rack on top of the universal tray to roast.
3. Once cooked, remove the meat from the bones, and cut into bite-size pieces.
4. Peel the pineapple, and trim the celery. Chop both into small pieces.
5. Mix the cream with the lemon juice, salt, pepper, curry and sugar. Drain the mandarins and the sweet corn, and stir into the cream mixture. Pour over the chicken pieces, pineapple and celery, and mix well.
6. Chill, then just before serving season to taste and scatter with the cashew nuts.

## Settings:

|          |                           |              |         |
|----------|---------------------------|--------------|---------|
| Stage 1: | Combination mode Fan plus |              |         |
|          | 225°C                     | 20% moisture | 20 mins |
| Stage 2: | Combination mode Fan plus |              |         |
|          | 150°C                     | 80% moisture | 40 mins |
| Stage 3: | Combination mode grill    |              |         |
|          | 225°C                     | 20% moisture | 10 mins |

Shelf level: 1



## Tip

Serve with fresh ciabatta or baguette.



# Sausage puffs

Serves 4

## Ingredients:

375 g frozen puff pastry  
250 g sausage meat or minced pork  
1 bunch of chives  
1 bunch of flat leaf parsley  
1 egg white

## Method:

1. Chop the chives and parsley and mix with the meat.
2. Defrost the puff pastry, roll out and cut into 4 rectangles.
3. Spread 1 tbsp of the meat mixture along one edge of each piece of pastry. Brush the edges of the pastry with egg white and roll up.
4. Place on a greased, floured baking tray and bake.

## Setting: Combination mode

|          |           |               |         |
|----------|-----------|---------------|---------|
| Stage 1: | 100°C     | 100% moisture | 7 mins  |
| Stage 2: | 190–210°C | 90% moisture  | 10 mins |
| Stage 3: | 190–210°C | 75% moisture  | 5 mins  |
| Stage 4: | 190–210°C | 20% moisture  | 6 mins  |

|              |          |   |
|--------------|----------|---|
| Shelf level: | 1 tray:  | 1 |
|              | 2 trays: | 4 |

# Pizza

## Ingredients for the base:

400 g strong white flour  
40 g fresh yeast  
220 ml lukewarm water  
1 tsp sugar  
1 tsp salt  
2 tbsp oil  
Thyme and oregano

## Method:

1. Dissolve the yeast with 1 tsp sugar in the lukewarm water. Place the flour, salt, oil and herbs in a bowl, and add the dissolved yeast. Knead to a smooth dough, and place in the oven on Combination mode/Fan plus at 30°C, 100% moisture, for 20 minutes to prove.
2. Roll out the dough onto the universal tray, and leave for a further 15 minutes to prove. Then top with one of the following.

## Variation 1: Pizza Margherita

### Ingredients:

1 large onion, chopped  
1 clove of garlic, chopped  
1 tbsp olive oil  
600 g tinned chopped tomatoes  
2 tbsp tomato purée  
1 tsp sugar  
Oregano  
1 bay leaf  
Salt and pepper  
150 g mozzarella cheese  
200 g grated Cheddar

### Method:

1. Gently fry the onion and garlic in the oil on the hob until they're translucent. Stir in the tomatoes, tomato purée, sugar, oregano and bay leaf; season with salt and pepper.
2. Slowly bring the sauce to the boil, and simmer for a few minutes whilst continuing to stir. Remove the bay leaf, season to taste, then leave to cool before spreading over the pizza base.
3. Scatter the cheese over the top, and bake.

**Setting:** Automatic → Pizza & Quiche → Pizza → Yeast dough → Bake

**Programme duration:** Approx. 35 minutes

## Variation 2: Tuna pizza

### Ingredients:

800 g passata  
2 onions  
2 tins tuna fish (in brine)  
200 g grated Cheddar  
Fresh oregano

### Method:

Spread the passata over the pizza base. Slice the onions into fine rings, and arrange on the pizza. Drain the tuna, and scatter over the passata. Sprinkle with cheese and oregano, then bake.

**Setting:** Automatic → Pizza & Quiche → Pizza → Yeast dough → Bake

**Programme duration:** Approx. 35 minutes

## Variation 3: Mexican pizza

### Ingredients:

800 g passata  
Chilli powder  
Salt and pepper  
1 clove of garlic, crushed  
2 onions, finely diced  
1 green pepper, finely diced  
400 g minced beef  
1 tin kidney beans  
1 tin sweet corn  
200 g grated Cheddar  
Oil for frying

### Method:

1. Gently fry the onion and garlic in the oil on the hob until they are translucent. Add the minced beef and fry briefly.
2. Drain the kidney beans and sweet corn thoroughly.
3. Stir the passata into the minced beef, and season with chilli powder, salt and pepper to taste. Spread the mixture over the pizza base. Scatter the sweet corn, kidney beans and peppers over the top, sprinkle with the cheese, and bake.

**Setting:** Automatic → Pizza & Quiche → Pizza → Yeast dough → Bake

**Programme duration:** Approx. 35 minutes

## Variation 4: Vegetarian pizza

### Ingredients:

2 red onions  
1 red pepper  
1 yellow pepper  
1 aubergine  
800 g tinned chopped tomatoes  
Salt and pepper  
Paprika  
150 g goat's cheese  
200 g grated Cheddar

### Method:

1. Dice the onions, cut the peppers into thin slices and slice the aubergines.
2. Season the tomatoes with salt, pepper and paprika to taste, and spread over the pizza base. Scatter the vegetables over the top.
3. Dice the goat's cheese and scatter over the pizza. Sprinkle with grated Cheddar, and bake.

**Setting:** Automatic → Pizza & Quiche → Pizza → Yeast dough → Bake

**Programme duration:** Approx. 35 minutes



### Tip

Any seasonal tomatoes can be used instead of cherry tomatoes.

Tomatoes are one of Europe's favourite "vegetables". They are very healthy, containing large quantities of carotene and vitamin C, and negligible amounts of protein and fat. With only 17 kcal per 100 g, they are not only great for a healthy diet, but they also help to combat tiredness, relieve stress and maintain healthy skin and hair.

# Tomato mozzarella puffs

Serves 4

## Ingredients:

300 g frozen puff pastry  
250 g mozzarella  
2 beef tomatoes  
1 bunch of basil  
Salt  
Pepper

## Method:

1. Slice the tomatoes and mozzarella.
2. Defrost the pastry and roll out. Cut into squares measuring 10 x 10 cm.
3. Place a slice of tomato topped with a slice of mozzarella in the centre of each pastry square, and season with salt and pepper.
4. Place the squares on the universal tray lined with baking paper and bake until golden.
5. Garnish with basil leaves before serving.

## Setting: Combination mode

Stage 1: 100°C 100% moisture 7 mins  
Stage 2: 200°C 20% moisture 20–25 mins

Shelf level: 1 tray: 2  
2 trays: 1 and 3



## Tip

Serve with diced goat's cheese and olives sprinkled with chopped thyme.





# Ham and bacon quiche

1 pizza or quiche dish  
Serves 4

## Ingredients:

### Pastry:

125 g flour  
40 ml water  
50 g butter

### Filling:

25 g streaky bacon, diced finely  
75 g ham, diced small  
100 g cooked ham, diced finely  
1 small garlic clove  
25 g butter  
100 g grated Gouda  
100 g grated Emmental  
125 ml cream  
2 medium eggs  
Nutmeg  
1/2 packet frozen parsley  
1 pinch salt

## Method:

1. Knead the pastry ingredients until they form an elastic dough. Place in the refrigerator to relax.
2. Heat the butter in a frying pan and sweat the bacon, ham and cooked ham. Add the finely chopped garlic.
3. Mix the cream, eggs, nutmeg, salt and parsley together.
4. Roll the pastry out thinly and line the quiche or pizza dish. Draw the edges up high.
5. Distribute the ham over the pastry, sprinkle with cheese, pour the cream over it and bake.
6. Do not allow the quiche to stand with the cream mixture on it, as the pastry will become soggy.

### Setting:

Automatic → Pizza and Quiche → Quiche → Bake

**Programme duration:** approx. 40 minutes





# Pumpkin tart

Serves 4

## Ingredients:

175 g plain flour  
1 tsp salt  
50–60 ml water  
70 g butter

500 g Hokkaido pumpkin  
1 red chilli pepper  
2 tbsp olive oil  
25 g butter  
Salt and pepper  
2 tsp sugar  
1 tbsp chopped parsley

## Method:

1. Mix together the flour, salt, water and butter, and knead to a smooth dough. Roll out thinly onto a floured surface, and use it to line a pie dish.
2. Remove the seeds from the pumpkin, and slice thinly. Remove the seeds from the chilli and chop finely.
3. Heat the oil in a pan, and gently fry the pumpkin and chilli pepper. Add the butter, and season with salt, pepper and sugar. Arrange on the pastry base, and bake.
4. Garnish with chopped parsley before serving.

## Setting: Combination mode/Fan plus

190–210°C      85% moisture      35 mins

Shelf level: 1

# Smoked salmon quiche

Serves 4

## Ingredients:

**Base:**  
250 g plain flour  
80 ml water  
100 g butter  
1 tsp salt

**Filling:**  
300 g leeks  
1 tbsp butter  
200 g smoked salmon  
150 g sour cream  
1 tbsp cornflour  
2 medium eggs  
Salt  
Pepper  
A bunch of fresh dill, chopped

## Method:

1. Knead the flour, water, butter and salt into an elastic pastry, roll out and use to line the base and sides of a quiche dish.
2. Wash and slice the leeks and fry gently in the butter.
3. Cut the smoked salmon into strips. Mix the sour cream with the cornflour, eggs, salt, pepper and dill. Add the leeks and salmon and pour the mixture into the pastry case.
4. Pre-heat the oven at the setting given below. Then place the quiche in the oven and bake at the baking setting given below.

**Setting:**      Combination mode Conventional heat  
Pre-heating: 190°C 20% moisture  
15 mins  
Baking: 190°C 20% moisture  
25–35 mins

Shelf level: 1



# Cheese puffs

Makes 8

## Ingredients:

450 g frozen puff pastry  
250 g strong Cheddar

## Method:

1. Defrost the pastry, roll out to an oblong 30 x 40 cm, and cut into 8 squares.
2. Cut the cheese into 1 cm thick strips, and arrange on the pastry. Place the slices on the universal tray lined with baking parchment, and bake.

### Setting: Combination mode/Fan plus

|          |           |              |         |
|----------|-----------|--------------|---------|
| Stage 1: | 100°C     | 95% moisture | 9 mins  |
| Stage 2: | 190–210°C | 90% moisture | 10 mins |
| Stage 3: | 190–210°C | 75% moisture | 6 mins  |
| Stage 4: | 190–210°C | 20% moisture | 7 mins  |

Shelf level: 2

# Mushroom turnovers

Makes 12

## Ingredients:

450 g frozen puff pastry  
2 onions  
20 g butter  
500 g fresh mushrooms, sliced  
Salt and pepper  
A bung of parsley, chopped  
1 egg white

## Method:

1. Defrost the pastry. In the meantime, dice the onions and gently fry them in the butter. Add the sliced mushrooms, and continue to fry them together.
2. Season with salt and pepper, then stir in the parsley and set to one side to cool.
3. Roll out the pastry and cut into circles. Spoon a little filling into the middle of each, then brush the edge with egg white, and fold the pastry in half to form a semi-circle, pinching the sides together.

### Setting: Combination mode/Fan plus

|          |           |              |         |
|----------|-----------|--------------|---------|
| Stage 1: | 100°C     | 95% moisture | 9 mins  |
| Stage 2: | 190–210°C | 90% moisture | 10 mins |
| Stage 3: | 190–210°C | 75% moisture | 6 mins  |
| Stage 4: | 190–210°C | 20% moisture | 7 mins  |

Shelf level: 2

# Sausage rolls

Makes 12

## Ingredients:

500 g quark  
8 tbsp milk  
2 egg yolks  
1 egg white  
8 tbsp oil  
2 level tsp salt  
500 g plain flour  
4 level tsp baking powder  
1 egg white for brushing  
24 chipolatas (approx. 16 cm in length)

## Method:

1. To make the pastry, mix together the quark, milk, egg yolks, egg white, oil and salt.
2. Sift together the flour and baking powder, and mix half into the quark, then knead in the rest to make a smooth dough.
3. Roll the dough out to a thickness of 3 mm, and cut 12 rectangles 16 x 10 cm. Brush the edges with egg white.
4. Place a sausage along the length of each, and roll up so that the pastry totally covers the sausage. Place on the universal tray and bake.

### Setting: Combination mode/Fan plus

|          |           |               |         |
|----------|-----------|---------------|---------|
| Stage 1: | 90°C      | 100% moisture | 6 mins  |
| Stage 2: | 155–185°C | 20% moisture  | 20 mins |

Shelf level: 2

# Ham croissants

Makes 8

## Ingredients:

450 g frozen puff pastry  
30 g butter  
250 g cooked ham, diced  
1 onion, grated  
3–4 tbsp double cream  
Some fresh parsley  
1 egg white

## Method:

1. Defrost the pastry. Mix together the butter, the diced ham, grated onion, cream and parsley.
2. Roll out the pastry to a rectangle 30 x 40 cm, and cut into four quarters, then cut each oblong diagonally to make 8 triangles.
3. Spoon 1 tbsp of the ham mixture along the long edge of each triangle, and roll up towards the point.
4. Place the pastries on the universal tray lined with baking parchment, and bake.

## Setting: Combination mode/Fan plus

|          |           |              |         |
|----------|-----------|--------------|---------|
| Stage 1: | 100°C     | 95% moisture | 9 mins  |
| Stage 2: | 190–210°C | 90% moisture | 10 mins |
| Stage 3: | 190–210°C | 75% moisture | 6 mins  |
| Stage 4: | 190–210°C | 20% moisture | 7 mins  |

Shelf level: 2





# Meat



## THE MEAT OF THE MATTER

Those who enjoy pork, beef, lamb and game from time to time are eating a wholesome, varied diet. Poultry dishes are particularly healthy. Meat is extremely versatile, and prepared with different herbs, sauces and accompaniments, it takes on an endless variety of flavours, from the traditional to the exotic.

## Meat

You can use the food probe to determine the core temperature of a joint of meat. Meat becomes particularly tender if you reduce the cooking temperature after the initial browning period. Beef can be “pot roasted” by placing it directly on the wire rack above the condensate tray full of onions and vegetables. A casserole dish is not necessary because the injected steam creates the pot roasting effect. Meat should always be roasted with the help of the food probe to ensure optimum results. In the Automatic programme you can set the level of browning that you require. Using the food probe, you can decide the core temperature for a variety of meats to give results ranging from rare to well done.

Game is usually sold ready to cook. If necessary, remove outer membranes and sinews from the flesh with a long, sharp knife. Game is generally very lean and can easily dry out, so it is an advantage to add a little fat by wrapping it in bacon.

Wild boar and venison are delicious if marinated in butter milk or a mixture of vinegar, water, red wine, peppercorns and juniper berries. After a day or two in the marinade, the meat will be nice and tender. Drain and dry the meat before proceeding with the cooking.

**There is no need to pre-heat the oven when roasting. The meat can be placed in the oven from cold.**

The grease filter should always be in position when roasting to protect the components behind from soiling. It should also be used when baking pizza or deep open fruit flans.

For joints of meat that can be cooked rare (roast beef, fillet, venison), the degree of cooking is determined using the food probe (see temperature table).

Once the meat is cooked, wrap it in aluminium foil and leave it to rest for 10 minutes. This will prevent too much of the juice from being lost when you slice it.

**Meat should always be carved across the grain.**



To test whether the meat is done, press it with the back of a spoon. If the meat does not give, it is cooked. If it is elastic and gives under pressure, the centre is still not done.

Using the food probe allows you to roast very precisely. The sensor measures the temperature at the centre of the joint and indicates when the programmed temperature has been reached.

When using the food probe, ensure that the tip of the probe is not touching bone. The core temperature of the meat will rise by approximately a further 5°C during the resting period.

## Poultry

Always wash poultry under cold, running water before cooking, and dry it well with kitchen paper. Always pay great attention to hygiene when preparing poultry. Either defrost frozen poultry in the oven using the steam function at 50–60°C or in the fridge. Do not use any juices that appear as a result of defrosting.

Lean poultry such as pheasant, guinea fowl or partridge should be wrapped in bacon or smeared with butter. Oil can also be used for chicken. Duck and goose are much higher in fat and do not need any more to be added. Steaming is the ideal way to cook poultry.

Skim off any fat during cooking.

### Core temperatures

|                   |         |
|-------------------|---------|
| Roast beef        |         |
| – rare            | 60–65°C |
| – medium          | 70–75°C |
| – well done       | 80–85°C |
| Roast pork        | 80°C    |
| Pork fillet       | 80°C    |
| Gammon joint      | 75–80°C |
| Roast veal        | 75–80°C |
| Leg of lamb       | 70–90°C |
| Haunch of game    | 80–90°C |
| Saddle of venison | 65–75°C |

# Rack of lamb

Serves 4

## Ingredients:

1 rack of lamb (1.5 kg)  
1–2 tbsp oil  
Salt  
Pepper

## Method:

1. Cut the meat between the bones so that the bones protrude into the air. Do not cut through the meat as this would prevent the food probe from working properly. Tie the meat into a crown with kitchen string. You can ask the butcher to do this for you if you prefer.
2. Season the oil with salt and pepper and use this to baste the lamb.
3. Place the meat on the wire rack above the universal tray.

**Setting:** Automatic → Meat → Lamb → Roast

**Programme duration:** Approx. 20–30 minutes

# Swedish lamb hotpot in a wine and dill sauce

Serves 4

## Ingredients:

750 g lamb  
3 tbsp oil  
2 garlic cloves  
250 g onions  
Salt, pepper  
200 ml cream  
2 bay leaves  
2 bunches of dill  
White wine

## Method:

1. Dice the lamb and fry in the oil. Chop the garlic, dice the onions and fry with the meat. Season with salt and pepper.
2. Place the cream and bay leaves in a solid cooking container. Finely chop 1 ½ bunches of dill, add to the cream and cook with the lamb.

**Setting: Steam cooking/Universal**

100°C      12–14 minutes

3. Flavour with salt, pepper and white wine and decorate with the remainder of the dill.

Delicious served with boiled potatoes, baby carrots and cucumber salad.



# Meat loaf in puff pastry

Serves 4

## Ingredients:

- 500 g Savoy cabbage
- 1 onion
- 1 clove of garlic
- 30 g butter
- 1 packet frozen puff pastry
- 500 g minced lamb
- 2 medium eggs
- Thyme
- Oregano
- Salt
- Pepper
- 1 bunch of flat leaf parsley

## Method:

1. Remove the larger leaves from the cabbage and cut the ribs so that the leaves can be laid flat. Finely slice the inner leaves of the cabbage. Place the outer and inner leaves in separate perforated containers.
2. Chop the onion and garlic and put into a solid container with the butter. Cover. Cook everything simultaneously for 2 minutes at 100°C.
3. Chop the parsley. Mix the lamb with the eggs, thyme, oregano, salt, pepper, parsley, onion, garlic and sliced cabbage.
4. Roll out the pastry into a large, thin sheet. Cover with a layer of the large cabbage leaves, then spread the lamb filling evenly on top.
5. Roll up from the long side, prick all over with a fork and place on a greased, floured baking tray.

## Setting: Combination mode Fan plus

|          |           |               |         |
|----------|-----------|---------------|---------|
| Stage 1: | 100°C     | 100% moisture | 7 mins  |
| Stage 2: | 200–220°C | 50% moisture  | 20 mins |
| Stage 3: | 180–220°C | 30% moisture  | 20 mins |

Shelf level: 1



# Leg of lamb Provençale

Serves 4–6

## Ingredients:

1 leg of lamb, off the bone  
100 g Roquefort  
100 g walnuts  
100 g prunes, stoned  
Salt  
Herbes de Provence  
Some mixed vegetables, e.g. a carrot, stick of celery and a leek  
1 clove of garlic  
250 ml red wine  
250 ml stock  
1 tbsp cornflour  
Salt and pepper  
Cocktail sticks or kitchen string

## Method:

1. Chop the Roquefort, walnuts and prunes and mix well. Season with salt and herbs, and spread the mixture along the inside of the meat. Secure it with cocktail sticks or kitchen string, season the outside with salt and pepper and place on the rack.
2. Scatter the chopped vegetables and garlic into the universal tray, and pour in the red wine and stock.
3. Insert the food probe into the meat, avoiding the stuffing, and roast on the rack over the universal tray.
4. Strain the meat juices, thicken and season to taste.

| <b>Setting:</b> | <b>Combination mode/Conventional</b> |              |         |
|-----------------|--------------------------------------|--------------|---------|
| Stage 1:        | 200°C                                | 30% moisture | 20 mins |
| Stage 2:        | 130°C                                | 95% moisture |         |
|                 | Core temperature 70–85°C             |              |         |

Shelf level: 2 (for the rack)  
1 (for the universal tray)



## Tip

Classic Roquefort has the aroma of milk, nuts and raisins, a spicy flavour and has a fat content of 52%. A good quality Roquefort is characterised by its smooth rind and its “blueness”. The display of the “Surchoix” or “Selectionné par la Confrère des Chevaliers du Taste Fromage de France” labels is a further indicator of a top quality cheese.



# Beef roulades

Serves 8

## Ingredients:

8 steaks, e.g. silverside  
1 litre stock  
Some mixed vegetables, e.g. a  
carrot, stick of celery and a leek  
Aluminium foil  
1 tbsp cornflour  
50 ml water  
100 g crème fraîche  
Salt, pepper and sugar

### Filling 1

Salt and pepper  
Mustard  
3 onions, finely diced  
100 g diced pancetta  
8 gherkins

### Filling 2

Salt and pepper  
Paprika  
Tomato purée  
2 peppers, finely diced  
200 g feta cheese, diced

### Filling 3

Salt and pepper  
Sambal Oelek or chilli paste  
400 g minced beef  
4 spring onions, sliced in fine  
rings

## Method:

1. Season the meat, and spread with the filling of your choice. Roll the meat, and secure with cocktail sticks or kitchen string. Place on the universal tray, and cover with foil.
2. Wash the vegetables and chop finely. Add to the universal tray after 20 minutes, together with the stock.
3. After cooking, remove the foil, and strain the juices from the meat into a saucepan.
4. Bring to the boil on the hob, and thicken with cornflour. Stir in the crème fraîche, and season with sugar, salt and pepper to taste.

### Setting: Combination mode/Conventional

|          |       |              |            |
|----------|-------|--------------|------------|
| Stage 1: | 200°C | 20% moisture | 60 mins    |
| Stage 2: | 140°C | 50% moisture | 60–70 mins |

Shelf level: 1



# Braised beef

Serves 4–6

## Ingredients:

800 g braising beef  
Salt and pepper  
600 ml stock  
500 g onions  
1 tbsp cornflour  
50 ml water  
Salt and pepper  
Red wine to taste

## Method:

1. Season the meat with salt and pepper, place in a gourmet oven dish or the universal tray, and put this on shelf level 2 in the oven.
2. Meanwhile, peel and quarter the onions, and add them to the meat after the first 25 minutes of cooking time.
3. Once the meat is cooked, strain the juices from the meat into a saucepan.
4. Mix the cornflour with some water, and thicken the juices to make a gravy. Season with salt, pepper and red wine.

**Setting:** Automatic → Meat → Beef → Braised beef  
→ Roast

**Programme duration:** Approx. 130 minutes

# Fillet of beef

## Ingredients:

800 g fillet of beef, approx.  
6 cm thick  
Salt and pepper

## Method:

Trim the meat, place on the rack and roast. Season with salt and pepper to taste.

**Setting:** Automatic → Meat → Beef → Fillet of beef  
→ Piece → Roast

**Programme duration:** Approx. 170–320 minutes

# Fillet of veal in a morel mushroom sauce

Serves 4

## Ingredients:

1 fillet of veal, approx. 800 g

For the sauce:

20 g butter

1 onion

25 g dried morel mushrooms

100 ml water in which the mushrooms have been soaked

1 tbsp cornflour

200 ml double cream

Salt and pepper

Sugar

## Method:

1. Trim the meat, place on the rack and insert the food probe. Place the universal tray on shelf level 1 to catch the juices and the rack on shelf level 2, then roast.
2. Peel and finely dice the onions. Soak the morel mushrooms in cold water, then dice finely. Retain 100 ml of the water from the mushrooms.
3. Approx. 20 minutes before the end of the cooking time, melt the butter in a pan on the hob, and fry the onions until golden. Add the finely diced morel mushrooms, and continue to fry.
4. Stir in the cornflour, and add the water a little at a time to make a smooth sauce. Bring to the boil, simmer and stir in the cream. Season with salt, pepper and a pinch of sugar.

## Setting: Fan plus

225°C

Core temperature 55–75°C

Shelf level: 2 (for the rack)

1 (for the universal tray)



## Tip

**Fillet of veal** is a luxury meat that is excellent for roasting as a joint or cooking as individual steaks.

# Roast beef with sautéed potatoes and homemade remoulade

Serves 4–6

## Ingredients:

1 kg joint of beef  
Salt  
Pepper

### **Sautéed potatoes:**

1 kg boiled potatoes  
1 onion  
100 g diced bacon  
Clarified butter  
Salt  
Pepper

### **Remoulade:**

1 carton of natural yoghurt  
1–2 gherkins  
2 shallots  
5 tbsp mayonnaise  
Parsley  
Salt  
Pepper  
A pinch of sugar  
Lemon juice  
Chives

## Method:

1. Trim the meat, season with salt and pepper, and place on the wire rack. Start the programme.
2. Meanwhile, finely chop the gherkins, shallots, parsley and chives.
3. Mix together all the ingredients for the remoulade, and season with salt, pepper and sugar to taste.
4. Slice the boiled potatoes and the onion. Heat the clarified butter in a pan on the hob, and add the potatoes, onion and bacon. Fry until crispy and season with salt and pepper.

**Setting:** Automatic → Meat → Beef → Roast beef  
**Programme duration:** Approx. 80–125 minutes



## Tip

To obtain more juice, roll lemons vigorously between the palms of your hands or on a work top before squeezing.

# Poached fillet of beef served with a medley of vegetables

Serves 2

## Ingredients:

200 g cauliflower florets  
200 g carrots  
2 courgettes  
8 spring onions  
100 g sugarsnap peas  
250 ml beef stock  
500 g fillet of beef  
Fresh parsley

## Method:

1. Peel the carrots. Cut the cauliflower, carrots and courgettes into bite-sized pieces. Remove the outer dark green leaves from the spring onions.
2. Cook the stock with the carrots and cauliflower in a solid container:

**Setting: Steam cooking/Universal**

100°C                      8 minutes

3. Add the rest of the vegetables and continue to cook:

**Setting: Steam cooking/Universal**

100°C                      4 minutes

4. Remove the vegetables from the stock and keep warm.
5. Cut the meat into 1 cm thick slices and poach in the stock:

**Setting: Steam cooking/Universal**

100°C                      4 minutes

6. Serve the meat with the vegetables, and garnish with fresh chopped parsley.

# Beef casserole with apple horseradish sauce

Serves 4

## Ingredients:

200 g carrots  
200 g celery hearts  
50 g diced parsnips  
800 g beef  
Salt, pepper and peppercorns  
2 bay leaves  
250 g new potatoes  
250 g bunch of carrots  
250 g kohlrabi or turnip  
1 stock cube  
6 tbsp of the cooking liquid

### For the sauce:

2 cooking apples  
275 ml sour cream  
1 bunch chives, finely chopped  
1 tbsp horseradish, freshly grated

## Method:

1. Dice the carrots, celery and parsnips, and place with the beef, salt, peppercorns and bay leaves in a solid container. Steam for 120–160 minutes at 90°C.
2. Meanwhile, scrub the new potatoes, peel the carrots and kohlrabi/turnip, and chop into bite-sized pieces.
3. Spoon 6 tbsp of the liquid from the meat container into a second solid container. Add the vegetables and stock cube, and steam alongside the meat for a further 15 minutes at 100°C.
4. Peel the apples and grate coarsely. Mix into the sour cream. Add the chives and grated horseradish to the cream, and season with salt and pepper to taste.
5. Carve the meat thinly across the grain, and serve with the vegetables.







# Braised veal

Serves 4

## Ingredients:

800 g veal  
Salt, pepper and paprika  
250 ml stock  
250 g celery  
250 g carrots  
2 onions  
1 tbsp cornflour  
50 ml water  
125 ml double cream  
Port

## Method:

1. Season the meat with salt, pepper and paprika. Place in a gourmet oven dish or universal tray and place in the steam combi oven. Roast.
2. Meanwhile, trim the celery and peel the carrots, and cut these into sticks. After the first 25 minutes of roasting, add the vegetables and stock to the meat, and cover with a lid or with aluminium foil.
3. After roasting, strain the juices from the meat into a saucepan and heat on the hob.
4. Mix the cornflour with cold water, and stir into the juices from the meat to thicken. Add the cream, and season with salt, pepper and paprika to taste. Stir in some port.

**Setting:** Automatic → Meat → Beef → Braised veal  
→ Roast

Shelf level: 1

# Pork Wellington

Serves 4

## Ingredients:

1 piece of pork fillet  
(approx. 400 g)  
Salt  
Pepper  
1 tbsp clarified butter

## Pastry:

375 g pack of puff pastry  
4 slices of cooked ham

## Filling:

1 small carrot  
1 small courgette  
200 g good quality  
pork sausage meat  
4 tbsp cream  
60 g mature Cheddar, cubed  
4 sage leaves  
Salt, Pepper

## To glaze:

1 egg yolk  
A pinch of salt  
1 tbsp milk

## Method:

1. Season the meat with salt and pepper, and sear it on all sides in the clarified butter in a frying pan.
2. Peel and dice the carrot. Dice the courgette. Place the carrot and courgette in separate perforated containers and cook at 100°C for 2 minutes. Leave to cool.
3. Mix the sausage meat with the vegetables and add the cream and the cheese.
4. Finely chop the sage leaves and add to the mixture. Season with salt and pepper.
5. Roll out the pastry on a floured surface. Arrange the ham slices on top, and spread the sausage meat mixture evenly over the ham. Place the pork fillet on top.
6. Roll up the pastry to make a parcel, turn it over so that the seam is underneath, and place it on a greased baking tray.
7. Mix the egg yolk with the milk and a pinch of salt. Brush over the pastry and bake.

**Setting:** Automatic → Meat → Pork → Pork fillet → Fillet in puff pastry

**Programme duration:** Approx. 40 minutes



## Tip

**Courgettes** or zucchini are a member of the squash family. They come in various shapes, and are available in a variety of colours from green to yellow. Small courgettes are more tender and aromatic than larger ones, and are best used before they reach 20 cm in length! They are highly versatile, and can be steamed, fried, grilled or baked.

# Fillet of pork with shallots

Serves 4

## Ingredients:

### Meat:

3 x 300 g pork fillets  
Sprigs of rosemary  
Salt  
Pepper  
3 tbsp oil

### Sauce:

500 g shallots  
1 tbsp sugar  
2 tbsp butter  
100 ml white wine  
125 ml stock  
Salt  
Pepper  
1 tbsp cornflour

## Method:

1. Trim the meat, season with salt and pepper and brush with oil. Place a sprig of rosemary on each fillet and fix in place with kitchen string.
2. Place the meat on a wire rack and roast.
3. Peel the shallots and halve or quarter them. Fry in butter.
4. Sprinkle the sugar over the shallots and fry until they have caramelized. Pour in the white wine and stock, cook until the shallots are soft, then thicken the sauce with cornflour.
5. Slice the meat and serve with the sauce.

**Setting:** Automatic → Meat → Pork → Fillet of pork  
→ Roast

**Programme duration:** 95–215 minutes

# Gammon with herb pesto

Serves 4–6

## Ingredients:

1 kg boned gammon  
50 g pine nuts  
60 g sun-dried tomatoes  
1 bunch of flat leaf parsley  
1 bunch of basil  
2 cloves of garlic  
50 g grated Parmesan  
100 ml olive oil  
Salt  
Pepper

## Method:

1. Trim the meat, then wash it under running water and pat dry with kitchen paper. Place it on the wire rack above the universal tray on shelf level 2 and start the cooking process.
2. In the meantime, dry fry the pine nuts in a pan on the hob. Roughly chop the sun-dried tomatoes, parsley and basil, then purée the pine nuts, tomatoes, parsley, basil, garlic, Parmesan, salt, pepper and olive oil to make a pesto.
3. Once cooked, carve the gammon and serve with the pesto and crusty white bread or a baguette.

**Setting:** Automatic → Meat → Pork → Gammon joint  
→ Roast

**Programme duration:** Approx. 150 minutes



## Tip

**Parmesan** which is more than 2 years old can be stored for a long period of time in the refrigerator. Keep the cheese wrapped in waxed paper. Do not keep it in aluminium foil as this will cause the cheese to sweat and go mouldy. The true aroma of Parmesan develops when it is freshly grated just before it is eaten.

# Swiss chard rolls with an oriental filling

Serves 4

## Ingredients:

- 8 chard leaves
- 400 g mince
- 2 tbsp soya sauce
- 1 tsp grated root ginger
- Salt and pepper
- 6 dried shiitake mushrooms
- 60 g rice noodles

## Method:

1. Clean and blanch the chard leaves.

### **Setting: Steam cooking/Universal**

100°C      2 minutes

2. Mix together the mince with the soy sauce and root ginger, and season with salt and pepper.
3. Soak the mushrooms, chop finely and add to the mixture. Mix in the noodles.
4. Spread the mince over the blanched leaves, roll up tightly and cook.

### **Setting: Steam cooking/Universal**

100°C      10 minutes

5. Serve with rice and a sweet and sour dip.



## Tip

These rolls do not need to be tied up with string during cooking if you place them in the oven dish with the ends of the rolled-up leaves underneath.



# Pork joint in a mustard crust

Serves 4

## Ingredients:

1 kg joint of pork, boned  
Salt  
Pepper  
1 kg onions  
2 cloves of garlic  
3 tbsp Dijon mustard  
2 tbsp sweet, coarse  
grain mustard

## Method:

1. Trim the meat and season with salt and pepper.
2. Coarsely chop the onions and finely chop the garlic.
3. Mix the two types of mustard together and spread over the meat. Place the meat on a wire rack and insert the food probe into the centre. Place in the oven with the universal tray underneath.
4. After the meat has been cooking for half an hour, put the onions and garlic in the universal tray.

## Setting: Combination mode Conventional heat

|                          |           |              |         |
|--------------------------|-----------|--------------|---------|
| Stage 1:                 | 100°C     | 95% moisture | 15 mins |
| Stage 2:                 | 170–190°C | 50% moisture | 30 mins |
| Stage 3:                 | 130°C     | 30% moisture |         |
| Core temperature 80–90°C |           |              |         |

Shelf level: 1



## Tip

Deglaze the universal tray with water, stock and/or wine, and purée the contents to make a sauce. Season with salt, pepper and cream.





# Königsberg meatballs

Serves 4

## Ingredients:

500 g mince  
1 onion  
1 medium egg  
1 bread roll  
Salt and pepper  
40 g butter  
40 g flour  
400 ml stock  
1 tbsp capers  
1 tbsp chopped chives

## Method:

1. Soak the bread roll in hot water and mix with the mince, egg, and the finely chopped onion. Season with salt and pepper.
2. Make 12 meatballs with the mixture.
3. Rub together the butter and flour, and form dumplings from the mixture.
4. Place the meat and dumplings in a solid cooking container. Pour over the stock and cook.

## Setting: Steam cooking/Universal

100°C      10–12 minutes

5. Stir the sauce until it is smooth, add the capers and season. Sprinkle chopped chives on top.
6. Serve with rice.



## Tip

**Königsberg meatballs** are of unknown origin, but are thought to have been a traditional East Prussian celebratory meal. They have now become a national dish.

# Roast pork

Serves 4

## Ingredients:

750 g pork  
Salt  
Pepper  
Thyme  
1 carrot  
1 stick of celery  
 $\frac{1}{2}$  a leek  
2 tsp chopped parsley  
500 ml stock  
250 ml crème fraîche  
Cornflour

## Method:

1. Peel and dice the carrot. Wash and slice the celery and leek. Place the vegetables and chopped parsley in the universal tray with the stock.
2. Score the meat with a sharp knife. You may prefer to ask your butcher to do this. Season with salt, pepper and thyme and place on the wire rack and start the programme.
3. Add a little water to the juices in the universal tray and then sieve the stock into a pan.
4. Heat it up on the hob and thicken as required with crème fraîche and cornflour. Season with salt and pepper.

**Setting:** Automatic → Meat → Pork → Pork with crackling → Roast

**Programme duration:** Approx. 220–440 minutes



## Tip

For a more sophisticated flavour, replace half the stock with white wine.  
For a crisply crackling finish off under the grill.

# Fillet of pork on a bed of cabbage

Serves 4

## Ingredients:

10 g dried mu-err mushrooms  
1 tomato  
250–300 g cabbage  
100 g soya sprouts  
300 g pork fillet  
1 unwaxed lemon  
Salt, pepper  
Sesame and chilli oil  
1 tsp granulated vegetable stock  
1000 ml water

## Method:

1. Pour boiling water onto the mu-err mushrooms, and allow to soak for 30 minutes.
2. Make an incision crosswise on the stem flesh of the tomato and place in a perforated cooking container.

### Setting: Steam cooking/Universal

100°C 1 Minute

Skin the tomato and dice the flesh.

2. Clean the cabbage, wash and cut into finger width strips. Rinse 100 g of soya sprouts, drain the mushrooms and chop small. Mix all the ingredients, add the granulated vegetable stock and place everything together in a solid cooking container.
3. Cut the pork fillet into 8 equal large slices, rub with the lemon and season with salt and pepper. Add the meat slices to the vegetables and cook.

### Setting: Steam cooking/Universal

100°C 10–12 minutes

Mix the sesame and chilli oils and drizzle over the dish shortly before serving.



## Tip

Serve with Basmati rice, which can be cooked at the same time, saving time and energy.



# Roast chicken

Serves 2

## Ingredients:

1 x 1200 g chicken  
2 tbsp oil  
Salt  
Paprika  
Pepper

## Method:

1. Remove the giblets from the chicken if necessary, wash inside and out and pat dry.
2. Stir the seasoning into the oil and brush all over the chicken. Put the chicken breast side up in a suitable dish and place it on the wire rack, or put the chicken directly on the rack with the universal tray underneath it and roast.

## Settings:

|          |                           |              |         |
|----------|---------------------------|--------------|---------|
| Stage 1: | Combination mode Fan plus |              |         |
|          | 225°C                     | 20% moisture | 20 mins |
| Stage 2: | Combination mode Fan plus |              |         |
|          | 150°C                     | 80% moisture | 40 mins |
| Stage 3: | Combination model Grill   |              |         |
|          | 225°C                     | 20% moisture | 10 mins |

Shelf level: 2 (for the rack)  
1 (for the universal tray)

# Chicken breasts stuffed with mushrooms

Serves 4

## Ingredients:

4 chicken breast fillets  
50 g cream cheese  
20 g crème fraîche  
200 g jar of mixed mushrooms  
20 g mixed herbs  
Salt, pepper, coriander

## Method:

1. Wash the chicken fillets and pat dry, cut a pocket in the side and salt.
2. Mix the cream cheese, crème fraîche and mixed herbs and season with salt, pepper and coriander.
3. Drain the mushrooms well, chop finely and stir in.
4. Stuff the chicken breasts with the mushroom mixture and secure with a cocktail stick if necessary. Cook in a perforated cooking container.

**Setting: Steam cooking/Universal**  
100°C      8 minutes

Delicious served with potato rösti.



# Chicken curry

Serves 4

## Ingredients:

- 3 chicken breast fillets
- 3 tbsp oil
- 2 tps red paprika powder
- 3 tps curry powder
- 2 red peppers
- 100 ml cream
- 100 g crème fraîche
- Salt and pepper
- Curry powder

## Method:

1. Cut meat into strips approx. 1 cm wide.
2. Mix the oil, paprika powder and curry powder and marinate the meat in it for 15 minutes.
3. Cut the peppers into narrow strips and place with the meat in a solid cooking container.
4. Stir the cream and crème fraîche and season with salt and pepper. Pour over the meat and vegetables and cook.

## Setting: Steam cooking/Universal

100°C      12–14 minutes

5. Finally add more salt, pepper and curry powder to taste.



## Tip

**Marinade.** The word “marinade” comes from “mare”, meaning the sea. Originally, only fish was marinated, although in principle anything which comes from the sea can be marinated. Small fish are marinated whole, while larger fish are treated in wafer-thin carpaccio slices. Recently, however, it has become increasingly popular to marinate meat and vegetables too.





# Turkey roulade stuffed with spinach

Serves 4

## Ingredients:

300 g frozen spinach  
Salt, pepper, nutmeg  
2 garlic cloves  
4 thinly cut turkey fillets.  
125 ml chicken stock  
3 tbsp cream  
2 tbsp sauce thickener  
Sherry

## Method:

1. Defrost the spinach.

### Setting: Defrost

60°C                      20–25 minutes

2. Sprinkle salt, pepper and nutmeg on the defrosted spinach to taste. Finely chop the garlic cloves and stir in.

3. Spread the spinach mixture onto the turkey fillets, roll up tightly and tie up with kitchen yarn.

4. Pour the chicken stock into a solid cooking container, flavour with cream, salt, pepper and nutmeg. Add the roulades and cook.

### Setting: Steam cooking/Universal

100°C                      12–15 minutes

5. Pour the stock into a pan, thicken and flavour with sherry.

6. Pour some of the sauce over the roulade to serve. Best served with wild rice or boiled potatoes.



## Tip

For a distinctive flavour, finely chop 8 sardine fillets in with the spinach. Chicken fillet or veal can be substituted for turkey.

# Chicken kebabs with a balsamic sauce

Serves 4

## Ingredients:

- 4 chicken breasts
- 1 red pepper
- 1 green pepper

### For the sauce:

- 3 tbsp sugar
- 1 tbsp butter
- 4 tbsp chicken stock (instant)
- 4 tbsp chilli sauce
- 2 tbsp balsamic vinegar
- 1 tbsp sesame seeds
- Salt

## Method:

1. Rinse the chicken under running water, and pat dry. Cut each breast into approx. 3 x 3 cm chunks.
2. Wash the peppers and slice the tops off them. Remove the seeds and membranes. Chop into 3 x 3 cm chunks.
3. Spear the meat and peppers alternately onto 4 kebab skewers. Place the kebabs into an oiled perforated container, and steam for 7–10 minutes at 100°C.
4. Caramelise the sugar in a pan. Remove from the heat, and mix in the butter and chicken stock. Replace the pan on the hob, and bring to the boil. Simmer gently for 2–3 minutes, stirring all the time. Stir in the chilli sauce, balsamic vinegar and sesame seeds, and season with salt.

# Moroccan chicken

Serves 4

## Ingredients:

- 2 chicken breasts
- 4 pickling onions
- 2 sticks celery
- 2 plum tomatoes
- 1 courgette
- 2 tbsp raisins
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint
- 125 ml chicken stock
- 1 tsp grated fresh ginger
- 1 clove of garlic, crushed
- 1 tsp curry powder
- 1 tbsp mango chutney
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp chilli powder
- 1 tsp cornflour

## Method:

1. Cut the chicken into strips. Peel and quarter the pickling onions. Chop the celery into 1 cm wide pieces. Dice the tomatoes. Chop the courgettes into pieces.
2. Mix the chicken and chopped ingredients with the raisins, parsley and mint, and set to one side.
3. Combine the remaining ingredients, and then stir into the meat and vegetables. Transfer into a solid container and cook:

**Setting:**     **Steam cooking/Universal**  
100°C                             12–15 minutes

4. Serve with basmati rice, which may be cooked in the steam combi oven alongside the main dish. See the cooking chart for timings.

# Turkey fillets on a bed of vegetables

Serves 4

## Ingredients:

- 750 g turkey fillet
- Salt and pepper
- A little curry powder
- 284 ml pot double cream
- 2 leeks
- 3 carrots
- 1 portion of cream cheese with herbs

## Method:

1. Cut the turkey fillet into strips, flavour with salt, pepper and a little curry. Place with the cream in a solid cooking container.

**Setting:** **Steam cooking/Universal**  
100°C                             10 minutes

2. Meanwhile, cut the leeks and carrots into 4 cm long, thin strips. Add the vegetables to the sauce and cook.

**Setting:** **Steam cooking/Universal**  
100°C                             2 minutes

3. At the end of the combined cooking time, stir in the cream cheese to bind the sauce.

## Tip

For thin carrot strips, simply use a vegetable peeler to cut lengthwise strips and then slice with a sharp knife.





# Chicken breasts in a pepper sauce

Serves 4

## Ingredients:

3 red peppers  
200 ml chicken stock  
2 shallots  
1 tbsp butter  
4 chicken breasts  
Salt, pepper, cayenne pepper  
2 tbsp cornflour  
Basil leaves

## Method:

1. Finely chop the shallots. Place the butter in a solid cooking container and add the shallots. Halve the peppers and remove the stems, cut into strips, add to the shallots, cover and steam.

### **Setting: Steam cooking/Universal**

100°C      4 minutes

2. Wash the chicken breasts, pat dry and season with salt and pepper, place on top of the shallots and cook.

### **Setting: Steam cooking/Universal**

100°C      8–10 minutes

3. Sieve the resulting liquid and heat through on the hob. Flavour with salt and cayenne pepper to taste and thicken with cornflour if wished.

4. Slice the chicken breasts and place on top of the shallots. Pour the sauce over and decorate with basil leaves. Serve with wild rice.



# Fish



## FISHING FOR COMPLIMENTS

Fish benefits both the body and soul. Salt-water fish is rich in iodine, vitamins, protein, and omega 3 fatty acids, which boost physical fitness, concentration levels, powers of observation and general well-being. A low-calorie, versatile food, fish enjoys great popularity in many quarters, and we should all eat it twice a week as an aid to a healthy diet.



# Fillet of sole in a champagne sauce

Serves 4

## Ingredients:

500 g lemon sole fillets  
Juice of 1 lemon  
Salt and pepper

### For the sauce:

10 g butter  
1 shallot, finely diced  
200 ml champagne  
250 ml cream  
Salt and pepper  
A squeeze of lemon juice  
20 g butter

## Method:

1. Clean the fish, drizzle with lemon juice and season with salt and pepper. Place in a perforated steam container and steam for 4 minutes at 85°C.
2. Meanwhile, melt the butter in a pan. Gently fry the shallot until translucent in colour. Add the champagne and reduce by half. Pass the mixture through a sieve.
3. Stir in the cream and lemon juice and then season with salt and pepper. Add the butter and beat until smooth. Stir in the prawns and cook for a few minutes.
4. Serve the fish hot together with the sauce on a bed of seasonal steamed vegetables.



## Tip

Fillet of plaice can be used instead of sole.



# Thai fish curry on a bed of fragrant rice

Serves 4

## Ingredients:

1 onion, thinly sliced  
2 tbsp cornflour  
400 g can coconut milk  
2 tomatoes, roughly diced  
10 g pack fresh coriander leaves,  
roughly chopped (reserve some  
for garnish)  
1 tbsp Thai red or green curry  
paste  
 $\frac{1}{2}$ –1 tbsp Thai fish sauce  
Juice of  $\frac{1}{2}$  a lemon  
500 g boneless, skinless white  
fish, cubed  
200 g Thai fragrant rice

## Method:

1. Steam the onion for 3 minutes at 100°C.
2. Meanwhile, make up the cornflour paste with 2 tbsp taken from the coconut milk.
3. Add the tomato, coriander according to taste, the rest of the coconut milk, cornflour paste, curry paste, fish sauce and lemon juice to the onion. Steam for 2 minutes at 100°C.
4. Add the fish to the mixture and steam for a further 5 minutes.
5. The rice can also be cooked simultaneously in the steam oven. Allow 50 g of Thai fragrant rice per person and place in a solid container. Pour over boiling water until it is 1 cm above the rice. Cook for 8 minutes at 100°C.
6. When cooked, season the fish to taste and serve with the steamed Thai rice. Garnish with some fresh coriander leaves.



## Tip

Curry paste is readily available from supermarkets. Red curry paste is generally very hot!

# Rosefish served with spinach and hazelnut butter

Serves 2

## Ingredients:

200 g frozen spinach  
350 g rose fish fillet  
Lemon juice  
Salt and pepper  
3 tbsp oil  
1 tbsp butter  
3 tbsp chopped hazelnuts  
Nutmeg

## Method:

1. Defrost the spinach.

### Setting: Defrost

60°C      20–25 minutes

2. Chop the spinach leaves a little. Spread out in a perforated cooking container

3. Clean the fish and season with lemon juice, salt and pepper. Place on top of the spinach and cook.

### Setting: Steam cooking/Universal

100°C      10 minutes

4. Heat the oil and butter in a frying pan and gently brown the hazelnuts on a medium heat. Flavour with nutmeg, salt and pepper.

5. Place the fish on a warm plate. Flavour the spinach with the spices and place with the fish. Pour the hot hazelnut butter over the fish.

6. Serve with potatoes.



## Tip

**Plate warming.** Food is always served on warm plates in the best restaurants. To enjoy hot food at its best at home, we recommend a Miele built-in food or plate warming drawer. However the plates can also be warmed in the oven on the lowest heat.

# Rolled fillets of plaice in a piquant sauce

Serves 4

## Ingredients:

500 g plaice fillet  
Lemon juice  
Mustard and horseradish  
4 small pickled gherkins  
2 small onions  
150 ml fish stock  
100 ml white wine  
1 tbsp frozen dill  
20 g butter  
20 g flour  
50 g double cream  
Salt and pepper

## Method:

1. Clean the plaice fillets, season with salt, pepper and lemon juice and spread with mustard and horseradish.
2. Cut the pickled gherkins into strips. Finely chop the onions and place on the fillets. Roll up the fish and secure with a toothpick. Place in a perforated cooking container.
3. Put the fish stock, white wine and dill into a solid cooking container.
4. Knead the butter and flour into small balls, place in the sauce and cook.
5. Cook the fish and the sauce simultaneously.

## Setting: Steam cooking/Universal

85°C                      6–8 minutes

6. Stir in the double cream and flavour with salt, pepper and white wine to taste.



# Monkfish in a mushroom sauce

Serves 4

## Ingredients:

30 g mixed dried mushrooms, soaked in water overnight  
100 g shallots, finely diced  
20 g butter  
4 monkfish fillets, skinned, each approx. 150 g  
Juice of 1 lemon  
150 ml vegetable stock  
2 tbsp white wine  
150 ml sour cream  
4 tbsp double cream  
Salt and pepper

## Method:

1. Drain and chop the mushrooms into small pieces. Place to one side.
2. Place the shallots and butter into a solid container, cover with foil and steam for 4 minutes at 100°C. Add the mushrooms and allow to stand for 2 minutes.
3. Place the monkfish into a solid container. Drizzle with lemon juice and pour over the stock and white wine. Steam for 8–10 minutes at 90°C.
4. Stir the shallots, sour cream and cream into the fish stock.
5. To serve, pour over the fish stock. Serve with wild rice and broccoli.



## Tip

**Porcini** mushrooms have a particularly delicate flavour and are in season during the summer months. Because of their rarity they can be difficult to find fresh, however, dried porcini is readily available from supermarkets. Cover dried mushrooms with boiling water and steam at 65°C for the time stated on the packet.

# Moules marinières

Serves 3-4

## Ingredients:

900 g live mussels,  
washed, scrubbed and  
'beards' removed  
275 ml dry white wine  
570 ml fish stock  
1 bunch of spring onions  
2 bay leaves  
1 tsp peppercorns  
1-2 cloves of garlic, minced  
(optional)  
2 tbsp finely chopped leek  
5 tbsp double cream  
Large knob of butter  
A squeeze of lemon juice  
2 tbsp chopped parsley

## Method:

1. Place the mussels in a solid container. Add to them the wine, fish stock and the washed and finely chopped spring onions, followed by the bay leaves, peppercorns, garlic and the chopped leek.
2. Place the container into the oven and steam at 95°C for 10-12 minutes. (Any mussels that have not opened during cooking must be discarded.)
3. At the end of the cooking time drain the liquid from the mussels into a saucepan. Keep the mussels warm whilst making the sauce. Bring the liquid to the boil and reduce by approximately a third. Add 85 ml (3 fl oz) of double cream and a large knob of butter.
4. Place the mussels in a suitable serving dish, pour over the sauce, add a squeeze of lemon juice and garnish with chopped parsley.
5. Serve with brown bread and butter or a crusty French stick and a bottle of chilled white wine.



## Tip

There are several varieties of mussels. Make sure they are fresh when you buy them. The shells should be firmly closed, have a good strong colour and smell of sea water!





# Fillet of cod in a tarragon sauce

Serves 4

## Ingredients:

4 cod fillets  
3 stems tarragon  
1 shallot  
20 g butter  
100 ml dry vermouth  
1 pot cream  
1–2 tsp tarragon vinegar  
Salt  
Cayenne pepper

## Method:

1. Season the cod fillets with salt and cook in a solid cooking container.

### Setting: Steam cooking/Universal

100°C 4–6 minutes

2. Finely chop the tarragon and dice the shallot. Sweat half of the tarragon and the shallot in butter on the hob.

3. Add the vermouth and allow it to come to the boil. Sieve the sauce and pour back into the pan.

4. Add the cream and bring to the boil. Stir in the tarragon vinegar and flavour with salt and cayenne pepper.

5. Add the rest of the tarragon leaves before serving. Pour the sauce over the fish and serve.

# Fish fillets with honey brittle

Serves 4

## Ingredients:

4 fish fillets  
(Rosefish, Nile perch)  
4 tbsp lemon juice  
50 g honey  
50 g butter  
30 g brittle

## Method:

1. Clean the fish fillets, salt and drizzle with lemon juice. Place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C 4–8 minutes

2. Melt the honey and butter, add the brittle and pour over the cooked fish. Serve with rice and broccoli.

# Salmon steamed in white wine with garden vegetables

Serves 4

## Ingredients:

1 kg salmon fillet  
3 tbsp lemon juice  
300 g leeks  
300 g carrots  
200 g celery  
125 ml white wine  
Salt and pepper  
3 slices Gouda

## Method:

1. Wash and pat dry the salmon fillets and drizzle with lemon juice. Place in a solid cooking container.
2. Chop the leeks into rings, the carrots and celery into sticks and spread over the fish. Pour white wine over and season with salt and pepper. Place cheese on top and cook.

## Setting: Steam cooking/Universal

100°C      12–15 minutes

3. Season the sauce with salt and pepper to taste.
4. Serve with boiled potatoes.



## Tip

For this dish we recommend a Riesling. This light wine, famed for its fresh bouquet and subtle acidity, is an excellent accompaniment to all fish dishes.

# Trout in white wine sauce

Serves 4

## Ingredients:

### For the sauce:

450 ml white wine  
150 ml white balsamic vinegar  
150 ml water  
1 unwaxed lemon  
2 carrots  
1 tsp black peppercorns  
4 stems parsley  
4 stems thyme  
6–8 cloves  
4 trout  
Salt and pepper  
75 g butter  
6 tbsp stock  
Lemon slices

## Method:

1. Peel the lemon, slice the carrots and clean the trout.
2. Pour the white wine, vinegar, water over the trout, and add the lemon peel, carrot slices, herbs and spices and cook in a solid cooking container.

### Setting: Steam cooking/Universal

90°C 12–15 minutes

3. Heat the butter in 6 tbsp of the sauce, pour over the trout and garnish with lemon slices.
4. Serve with rice topped with chopped herbs.

# Trout stuffed with mushrooms

Serves 4

## Ingredients:

4 trout (approx 250 g,  
ready to cook)  
3 tbsp lemon juice  
Salt and pepper  
1 onion  
2 bunches parsley  
600 g chanterelle, flat or button  
mushrooms  
50 g butter

## Method:

1. Clean the trout, drizzle with lemon juice and season with salt and pepper.
2. Finely chop the onion and parsley. Slice or quarter the mushrooms and mix everything together.
3. Stuff the trout with the filling and place with the remainder of the filling in a solid cooking container. Stand the trout upright, dot with butter and cook.

### Setting: Steam cooking/Universal

90°C 20 minutes

Serve with parsley potatoes.

# Haddock in a mustard sauce

Serves 4

## Ingredients:

500 g haddock  
250 ml fish stock  
125 ml white wine  
200 g soup greens  
1 cube of fish stock

## Sauce:

3 egg yolks  
3 tbsp fish liquor  
3 tbsp white wine  
1 tsp hot mustard  
2 tbsp wholegrain mustard  
2 tbsp double cream  
Pepper, salt, sugar  
White wine

## Method:

1. Clean, and salt the fish sprinkle with wine.
2. Wash the soup greens and chop finely.
3. Place all ingredients in a solid cooking container and cook.

## Setting: Steam cooking/Universal

100°C      10–12 minutes

4. Beat the egg yolks, fish stock and white wine to a foam over a bain marie. Fold the mustard and cream into the mixture and flavour with salt, pepper, sugar and white wine to taste.
5. Serve with dill potatoes and cucumber salad.



## Tip

Rose fish can be used in place of haddock.

**Mustard.** Mustard grains are a European spice, used principally in the preparation of mustard sauces, marinades and salads, but can also be served with sausage, fish and meat.

# Salmon and leeks in a white wine sauce

Serves 4

## Ingredients:

2 leeks  
2 shallots  
1 tbsp butter  
500 g salmon fillet  
Salt and pepper

### White wine sauce:

125 ml white wine  
3–4 tbsp fish stock  
30 g cold butter  
1 tbsp dill

### Vermouth sauce:

200 ml fish stock  
100 ml dry vermouth  
2 egg yolk  
2 tbsp double cream  
1 tbsp dry vermouth  
Salt  
Lemon pepper  
1 tbsp finely chopped chervil

## Method:

1. Cut the leeks into thin strips. Dice the shallots. Place both in a solid cooking container with butter, cover and cook.

### Setting: Steam cooking/Universal

100°C      4 minutes

2. Divide the salmon fillet into 4 portions and place on top of the vegetables. Season with salt and pepper and cook.

### Setting: Steam cooking/Universal

100°C      6 minutes

3. Heat up the white wine with the fish stock on the hob, stir in flakes of butter and season with salt and pepper. Garnish with dill.
4. Place the salmon on a dish with the vegetables and the sauce. Serve with wild rice.

### Vermouth sauce:

Bring the fish stock to the boil with the vermouth. Mix together the egg yolk and double cream and 1 tbsp of Vermouth and stir into the sauce, which should be no longer boiling. Season with salt and lemon pepper. Add the chopped chervil.

# Coconut fish curry

Serves 4

## Ingredients:

50 g butter  
50 g flour  
400 ml coconut milk  
1 onion  
20 g butter  
2 tomatoes  
15 g curry paste  
Juice of half a lemon  
10 ml soya sauce  
1 tbsp coriander  
500 g fish fillet

## Method:

1. Heat the butter on the hob. Stir in the flour, add the coconut milk and bring to the boil.
2. Dice the onions, cover and steam in a solid cooking container with butter.

### Setting: Steam cooking/Universal

100°C      4 minutes

3. Dice the tomatoes and add to the steamed onions. Pour in the sauce. Flavour with curry paste, lemon juice, soy sauce and coriander.
4. Dice the fish fillet and place in a solid cooking container. Pour the sauce over, cover and steam.

### Setting: Steam cooking/Universal

100°C      7 minutes

5. Serve with rice.



## Tip

**Curry paste** can be found in any Asian grocer's shop and in many good supermarkets.

# Peppers stuffed with smoked trout

Serves 4

## Ingredients:

4 peppers  
10 g butter  
1 diced onion  
100 g cracked spelt grain  
100 ml vegetable stock  
1 small courgette  
100 g smoked trout fillets  
50 g grated Gouda  
Salt and pepper  
2 tbsp vegetable purée

## Method:

1. Wash the peppers, cut the lids off, remove the stem and dice the flesh of the lids.
2. Steam the butter and onions in a covered solid cooking container.

### Setting: Steam cooking/Universal

100°C 4 minutes

Add the diced peppers.

3. Place the cracked spelt and vegetable stock in a solid cooking container and cook.

### Setting: Steam cooking/Universal

100°C 10 minutes

4. Meanwhile dice the courgette, cut the trout fillets into small pieces and add to the cooked spelt with the gouda. Season with salt and pepper and spoon into the peppers.
5. Place the stuffed peppers in a perforated cooking container, position in the centre of the oven and place a solid container underneath with the onions and the diced pepper and cook.

### Setting: Steam cooking/Universal

100°C 25 minutes

6. Decant the juices into a pan and purée.
7. Add the vegetable purée, bring to the boil and season with salt and pepper.
8. Serve with whole grain rice.



## Tip

**Courgettes** originate from Mexico and the West Indies and belong to the marrow family. They are completely edible right up to the stalks, even the flowers can be eaten or used as garnish. As Antipasti they have been a staple of the Mediterranean kitchen for generations.





# Side dishes



## TASTY ACCOMPANIMENTS

Potatoes, rice, vegetables and breads – to complement your main course and to satisfy all appetites. With examples from different corners of the globe, you will find the ideal side dish to accompany your meat, fish or vegetarian course here.

By steaming your vegetables you will not lose any of the nutritional benefits which are destroyed when boiling, and they will also retain their texture and shape better. Steaming rice with exactly the right amount of water eradicates starchiness, and ensures perfect results every time.

# Dumplings

Serves 4

## Ingredients:

8 bread rolls  
500 ml milk  
1 onion  
20 g butter  
2 medium eggs  
1 tbsp chopped parsley  
A little butter for greasing

## Method:

1. Chop bread rolls into  $\frac{1}{2}$  cm dice.
2. Warm the milk in a solid cooking container.

### Setting: Steam cooking/Universal

100°C 2–3 minutes

Pour the warm milk over the diced bread rolls and soak for half an hour.

3. Dice the onions, cover and sweat with butter in a solid cooking container.

### Setting: Steam cooking/Universal

100°C 4 minutes

4. Add the onions, eggs and parsley to the diced bread and mix together. With damp hands make 12 dumplings with the dough, place in a greased perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C 15–18 minutes

5. The dumplings can be varied to taste using chopped cooked spinach or chopped herbs.





# Potato Dumplings

Serves 4

## Ingredients:

1 kg potatoes  
1–2 medium eggs  
Salt  
Nutmeg  
50 g wheat flour  
50 g potato starch  
Butter

## Method:

1. Wash the potatoes and cook in a perforated cooking container.

### Setting: Steam cooking/Universal

100°C 25–30 minutes

2. Peel and pass the potatoes through a potato ricer while still hot.

3. Add the eggs to the potato and flavour with salt and nutmeg. Stir in flour and potato starch.

4. Make a roll from the dough and divide into 12–14 pieces. Roll the pieces into dumplings and cook in a greased, perforated cooking container.

### Setting: Steam cooking/Universal

100°C 15–18 minutes

## Tip



Potato dumplings are delicious served with a hearty casserole on a winter's day.

# Plum sauce

Serves 4

## Ingredients:

30–50 g brown sugar  
60 ml balsamic vinegar  
150 ml dry red wine  
2 cloves  
2 cinnamon sticks  
Square of muslin,  
approx. 12 x 12 cm  
String  
500 g stoned plums  
1–2 tbs plum compote  
Salt  
Sugar

## Method:

1. Caramelize the sugar in a saucepan until light brown, then add the wine and vinegar. Stir until dissolved.

2. Place the cloves and cinnamon in the muslin and tie with string to form a bag. Put the bag in the saucepan and reduce the liquid until it has the consistency of syrup.

3. Quarter the plums, add them to the sauce and boil for 5 minutes. Remove the spice bag.

4. Add the plum compote and season with salt and sugar.

# Dauphinoise potatoes

Serves 4

## Ingredients:

750 g potatoes  
1 garlic clove  
10 g butter  
Salt  
Pepper  
100 g grated cheese  
1 pot cream  
Nutmeg

## Method:

1. Peel, halve and slice the potatoes thinly. Peel and finely chop the garlic clove.
2. Place the potatoes and garlic in a greased, solid cooking container and season with salt and pepper.
3. Add the cream and the cheese, flavour with nutmeg and cook.

**Setting: Steam cooking/Universal**

100°C      25–30 minutes

# Potato soufflé

Serves 4

## Ingredients:

300 g floury potatoes  
3 egg yolk  
1 bunch chervil  
150 g sour cream  
100 g frozen peas  
Salt  
Pepper  
Nutmeg  
3 egg whites  
1 tbsp cornflour  
10 g butter  
2 tbsp Parmesan cheese

## Method:

1. Peel and dice the potatoes and cook in a perforated cooking container.

**Setting: Steam cooking/Universal**

100°C      10 minutes

2. Pass the potatoes through a potato ricer.
3. Mix together the egg yolk, coarsely chopped chervil, cream and peas and flavour with salt, pepper and nutmeg.
4. Fold in the stiffly-beaten egg white and pour the mixture into a buttered and cornflour-dusted soufflé dish. Sprinkle Parmesan cheese over.
5. Cover the dish with aluminium foil, place in the cooking container and cook.

**Setting: Steam cooking/Universal**

90°C      30–35 minutes

# Potato purée

Serves 4

## Ingredients:

1 kg potatoes  
250 ml cream  
100 ml vegetable stock  
20 g butter  
Salt  
Pepper  
1 tbsp parsley

### Variation 1

25 g Flat mushrooms

### Variation 2

1 medium onion  
100 g streaky bacon

## Method:

1. Peel and quarter the potatoes and place in a perforated cooking container. Pour the cream and vegetable stock into a solid cooking container and place in the oven below the potatoes.

### Setting: Steam cooking/Universal

100°C 15–20 minutes

2. Purée the potatoes and stir with the cream and stock mixture until smooth. Fold in butter and season the purée with salt and pepper.

3. Finely chop the parsley and sprinkle over.

### 4. Variation 1

Soften the mushrooms in water and cook in the liquid in a solid oven dish.

### Setting: Steam cooking/Universal

100°C 4 minutes

Chop finely and stir into the purée.

### 5. Variation 2

Place finely chopped onions and diced bacon in a solid cooking container, cover and cook with potatoes.

### Setting: Steam cooking / Universal

100°C 4 minutes

Fold into the purée.

# Vegetable ravioli

Serves 4

## Ingredients:

450 g flour  
1 tsp salt  
4 medium eggs  
1 tbsp olive oil  
150 g broccoli  
150 g carrots  
100 g celery  
100 g double cream cheese  
50 ml cream  
80 g grated cheese  
Salt, pepper  
20 g butter

## Method:

1. Combine flour with salt, olive oil and the eggs to make a dough and allow to relax for 1 hour at room temperature.
2. Meanwhile chop the vegetables, place in a perforated cooking container and blanch.

### Setting: Steam cooking/Universal

100°C      3 minutes

Cool off in iced water to prevent further cooking.

3. Mix the cream cheese with the cream and grated cheese, season with salt and pepper and stir in the vegetables.
4. Thinly roll out half of the dough and cut into 8 cm squares with a pastry wheel. Place some of the vegetable mixture in the middle of each.
5. Melt the butter and grease the edges of the squares with it. Roll out the other half of the dough in the same way, cut and place on top of the filled squares. Press the edges together well.
6. Place the dough parcel in a greased, perforated cooking container and steam.

### Setting: Steam cooking/Universal

100°C      8–10 minutes

Salmon is an excellent accompaniment to vegetable ravioli.



## Tip

Serve pasta with melted butter and herbs. It is also a delicious and nutritious meal when cooked in stock.



# Spinach with a cheese soufflé topping

Serves 4

## Ingredients:

300 g frozen spinach  
1 onion  
100 g bacon  
10 g butter  
Salt  
Nutmeg  
250 g quark  
2 medium eggs  
30 g grated Parmesan  
1 tbsp chopped parsley  
Salt  
Pepper  
Parsley to garnish

## Method:

1. Defrost the spinach.

### Setting: Defrost

60°C 25–30 minutes

Allow the spinach to stand for 8–10 minutes after defrosting and press the liquid out through a sieve.

2. Dice the onion and bacon, cover and sweat in a solid cooking container.

### Setting: Steam cooking/Universal

100°C 4 minutes

3. Add the spinach and flavour with salt, pepper and nutmeg. Cook in a solid cooking container.

### Setting: Steam cooking/Universal

100°C 5 minutes

4. Meanwhile mix together the quark, eggs, Parmesan, parsley, salt and pepper.

5. Spread the quark mixture over the spinach and cook again.

### Setting: Steam cooking/Universal

100°C 5 minutes

6. Decorate with parsley and serve.



## Tip

Even though **spinach** is not very rich in iron, contrary to long-held popular belief, it is nevertheless good for you. Its iron content is 3–4 mg per 100 g spinach. It also contains significant amounts of potassium, calcium, and magnesium.

# Pancetta on a bed of vegetables

Serves 4

## Ingredients:

200 g herb cream cheese  
1 tbsp crème fraîche  
1/2 tbsp soup herbs  
500 g frozen peas and carrots  
200 g mushrooms  
1 small jar of asparagus tips  
300 g cooked ham  
Parsley

## Method:

1. Mix together the cream cheese, crème fraîche and soup herbs and spread in a solid cooking container.
2. Add the peas and carrots, wash and halve the mushrooms and add them to the container. Layer the asparagus on top.
3. Dice the ham, distribute over the vegetables and cook.

## Setting: Steam cooking/Universal

100°C      20 minutes

4. Stir carefully and then allow it to stand for it another 5 minutes in the oven.
5. Garnish with parsley. Delicious served with rice or baguette.

# Carrots with glazed shallots

Serves 4

## Ingredients:

500 g carrots  
2 shallots  
20 g butter  
Salt, pepper  
1 tbsp parsley

## Method:

1. Clean and slice the carrots and place in a perforated cooking container.
2. Place the shallots and butter in a covered solid cooking container and cook both together.

## Setting: Steam cooking/Universal

100°C      6 minutes

3. Add the carrots to the shallots, season with salt and pepper and serve garnished with chopped parsley.

# Asparagus with a choice of sauces

Serves 4

## Ingredients:

- 1 kg white asparagus, thumb thickness
- 1 kg green asparagus

## Method:

Peel the white asparagus from top to bottom, place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C 10–14 minutes

Snap off the woody ends of the green asparagus, place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C 8–10 minutes

## Sauces

Serves 4

## Ingredients:

### Parsley sauce

- 125 ml cream
- 1 bunch chopped parsley
- Salt, 1 pinch sugar

### Tuna Sauce

- 1 tin tuna
- 1 pot yoghurt (3.5% fat)
- 1 tsp lemon juice
- 2 tsps capers
- Salt
- Pepper
- Sugar
- 3 medium eggs

### Orange Sauce

- 250 ml orange juice
- 3 egg yolks
- Salt
- Pepper
- 200 g slightly warmed butter
- Zest of an orange

## Method:

1. Stir the parsley into the cream and flavour with salt and sugar.
2. Pour over the hot asparagus and serve.

1. Drain the tuna and fluff with two forks.
2. Mix the yogurt, lemon juice and capers and flavour with salt, pepper and sugar.
3. Add the tuna to the yoghurt and mix thoroughly.
4. Hard boil the eggs, peel and quarter. Pour the sauce over the asparagus and decorate with the eggs.

1. Mix the orange juice with the egg yolks and beat with salt and pepper until pink over a bain marie.
2. Fold in the butter a tbsp at a time and season again with salt and pepper.
3. Decorate with orange zest and serve.



# Pasta carbonara

Serves 4

## Ingredients:

250 g Farfalle or pasta shapes  
300 ml cream  
250 ml stock  
1 pack frozen herbs  
150 g diced ham

## Method:

Place all ingredients in a solid cooking container and cook, stirring occasionally.

## Setting: Steam cooking/Universal

100°C      20 minutes



## Tip

**There are two main types of pasta:** pasta secca (dried pasta) and pasta fresca (fresh pasta). Pasta secca is made from hard wheat and water and is then dried. It comes from the south of Italy. Pasta fresca is made with additional egg and is mostly used fresh. It comes from the north of Italy.

# Gherkins with bacon

Serves 4

## Ingredients:

2 onions  
200 g lean bacon  
5–6 pickled gherkins  
2 pots sour cream  
1 tbs chopped dill  
1 pinch sugar  
Salt  
Pepper

## Method:

1. Dice the onions, cover and steam with the bacon in a solid cooking container.

### Setting: Steam cooking/Universal

100°C      4 minutes

2. Slice thinly the gherkins and add with the cream to the bacon and onions.

3. Flavour with dill, sugar, salt and pepper and cook.

### Setting: Steam cooking/Universal

100°C      15–20 minutes

4. After cooking, season to taste with salt and pepper. Delicious served with boiled potatoes.



## Tip

**Dill** is one of the few herbs which was not only originally used in medicine, but has also always been used in the kitchen. It is important to use dill only in combination with “universal spices” such as salt, pepper, onions, parsley or garlic and not with others of stronger taste.

# Cauliflower soufflé

Serves 4

## Ingredients:

500 g cauliflower  
4 egg yolks  
Salt  
Pepper  
Nutmeg  
4 egg whites  
Butter

### Sauce

2 shallots  
20 g butter  
20 g flour  
20 ml white wine  
100 ml vegetable stock  
100 ml cream  
Salt  
Pepper

## Method:

1. Clean the cauliflower, cut into florets, place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C      10 minutes

2. Allow the cauliflower to cool, then purée it. Stir the egg yolks into the cauliflower purée and flavour with salt, pepper and nutmeg.

3. Beat the egg whites until stiff and fold in.

4. Pour the mixture into a buttered dish. Cover with aluminium foil and cook.

### Setting: Steam cooking/Universal

90°C      15–18 minutes

5. For the sauce, finely chop the shallots and sweat in butter. Add flour and gradually pour in white wine.

6. Stir in the vegetable stock until smooth. Fold in the cream and season with salt and pepper.

7. Serve the soufflé with the sauce poured over and garnished with chopped herbs.

8. Delicious with fish and meat dishes.



## Tip

This dish can also be made with broccoli or carrots.

# Mixed vegetables in a cream sauce

Serves 4

## Ingredients:

- 2 fennel bulbs
- Fennel leaves
- 2 carrots
- 1 small leek
- 2 sticks celery
- 1 tsp lemon juice
- Salt
- Sugar
- 2 onions
- 20 g butter
- 150 ml vegetable stock
- Salt
- Pepper
- 1 tsp instant vegetable stock (granules)
- 1 pot double cream

## Method:

1. Wash and quarter the fennel and cut out the root base in a wedge. Keep aside the leaves to decorate.
2. Cut the carrots into 0.5 cm thick slices. Cut the leek into 1 cm thick rings and the celery into 0.5 cm thick pieces. Place the vegetables in a perforated cooking container and lay the fennel on top.
3. Mix together the lemon juice, salt and sugar and pour over the fennel. Place the container in the oven with a solid cooking container underneath to catch the liquor.

## Setting: Steam cooking/Universal

100°C      10–12 minutes

4. Dice the onions, sweat in butter and pour over 150 ml vegetable stock. Flavour with salt, pepper and vegetable stock granules. Stir in the double cream and garnish with torn fennel leaves.



## Tip

**Fennel** is THE classic Italian vegetable. In Italy it is mostly eaten raw as a dessert, but it tastes better when cooked. In the steam oven all the vitamins are retained. It needs to be strongly spiced to avoid blandness.



# Potato celeriac purée

Serves 4

## Ingredients:

500 g celeriac  
400 g potatoes  
2 sticks celery  
1 tbsp butter  
150 ml cream  
Salt, pepper  
Celery leaves

## Method:

1. Peel and dice the celeriac and potatoes and place in a perforated cooking container and cook, placing a solid cooking container underneath to catch the cooking liquor.

### Setting: Steam cooking/Universal

100°C      10 minutes

2. Cut the celery into pieces and cook in a solid cooking container with the liquor resulting from cooking, the butter and cream.

### Setting: Steam cooking/Universal

100°C      6 minutes

3. Put everything into a pan, purée and season with salt and pepper. Finely chop the celery leaves and sprinkle over the purée.



## Tip

Garnish with a sprinkling of chopped roasted hazelnuts.

# Broccoli in a cream cheese sauce

Serves 4

## Ingredients:

500 g broccoli florets  
125 ml vegetable stock  
125 ml cream  
50 g Cheddar cheese  
30 g butter  
30 g flour

## Method:

1. Place broccoli in a perforated cooking container.
2. Knead the butter and flour into tiny dumplings and place in a solid cooking container with vegetable stock, cream and cheese and cook in the steam oven above the broccoli.

## Setting: Steam cooking/Universal

100°C      4–6 minutes

3. Pour the sauce over the vegetables and serve with roast meat and potatoes.



## Tip

This sauce can also accompany cauliflower, Romanesque, kohlrabi or sprouts.

# Red cabbage and apple

Serves 4

## Ingredients:

125 g diced onions  
50 g pork dripping  
700 g red cabbage  
150 ml apple juice  
50 ml wine vinegar  
1 bay leaf  
approx. 3 cloves  
25 g sugar  
Salt  
Pepper  
1 apple  
30 g cranberries or 30 g  
blackcurrant jelly  
50 ml red wine

## Method:

1. Place the diced onions and pork dripping in a solid cooking container, cover and steam.

### Setting: Steam cooking/Universal

100°C 4 minutes

2. Clean the red cabbage, cut into strips and add to the diced onions with the apple juice, wine vinegar, bay leaf, cloves and sugar. Season with salt and pepper and cook.

### Setting: Steam cooking/Universal

100°C 30 minutes

3. Cut the apples into pieces, add the cranberries or blackcurrant jelly to the other ingredients and cook.

### Setting: Steam cooking/Universal

100°C 6 minutes

4. Flavour with salt, pepper and sugar to taste.



## Tip

The **Cranberry** is a popular accompaniment to game dishes. It is rarely eaten raw due to its bitter flavour. Cranberries are rich in many vitamins such as A, B1, B2, B3 and C, in addition to minerals such as potassium, calcium, magnesium and phosphate.



# Desserts



## SWEET TEMPTATIONS

What would a meal be without a sumptuous finale? Regardless of whether a healthy fruit dessert is offered, or one with an alcoholic zing or something that is creamy and sweet, the dessert is a treat that can be full of surprises. The more creatively it is assembled and decorated, the more enthusiastically will its arrival be greeted. Allow yourself a little time to add those finishing touches to impress your guests.

# Apricot soufflé

Serves 6

## Ingredients:

1 large tin apricots  
150 g marzipan  
3 egg yolks  
75 g butter  
100 g grated almonds  
1 tbsp cornflour  
3 egg whites  
50 g sugar  
Butter  
Almond flakes  
Icing sugar

## Method:

1. Grease a soufflé dish with butter and place the apricots in it with the cut surface facing upwards.
2. Knead the marzipan with the butter and egg yolks. Mix the almonds with the cornflour and mix in.
3. Beat the egg whites and sugar until stiff, fold into the mixture and pour over the apricots.
4. Sprinkle with almond flakes and bake.
5. Dust with icing sugar after baking.

**Setting: Combination mode/Conventional heat**  
170–190°C 95% Moisture 25–35 minutes

Shelf level: 1





# Seasonal fruit soufflé

Serves 6

## Ingredients:

500 g plums  
For the dough:  
3 egg yolks  
60 g honey  
2 cl rum  
100 g butter  
100 g wholemeal flour  
50 g grated almonds  
125 ml milk  
3 egg whites  
30 g sugar  
1 pinch salt  
Butter  
Icing sugar for sprinkling

## Method:

1. Wash, halve and stone the plums, mix in the egg yolks, honey and rum melt the butter add to the mixture.
2. Beat the egg whites, sugar and salt until stiff. Mix the almonds and flour, add the milk and fold the stiffly beaten egg whites into the mixture.
3. Butter a soufflé dish, place the fruit in, pour the mixture over the top and bake.
4. Sprinkle with icing sugar after baking.

## Setting: Conventional heat

145–160°C 40–45 minutes

Shelf level: 2



## Tip

The soufflé can also be made with berries, apricots, peaches, apples or pears.

# Cherry quark soufflé

Serves 4

## Ingredients:

500 g cherries  
75 g butter  
125 g sugar  
3 egg yolks  
1 pinch salt  
Juice  $\frac{1}{2}$  lemon  
75 g cornflour  
500 g low fat quark  
3 egg whites  
50 g butter (flaked)  
25 g flaked almonds

## Method:

1. Stone the cherries and place in a greased soufflé dish.
2. Beat the butter, sugar, egg yolks, salt, lemon juice, cornflour and quark to a foam. Beat the egg whites until stiff and fold into the quark mixture.

Pour the mixture over the cherries, top with butter flakes and flaked almonds and bake.

## Setting: Combination mode/Conventional heat

160–180°C 95% Moisture 40–45 minutes

Shelf level: 2



## Tip

**Egg white which is to be used for meringue** will stiffen better if kept at fridge temperature. Adding a sprinkling of lemon juice will make it even stiffer.

# Chocolate brownies

Makes 8 puddings

## Ingredients:

100 g dark chocolate,  
70% cocoa solids  
5 eggs, separated  
80 g butter  
80 g sugar  
3 tsp vanilla sugar  
80 g walnuts, finely chopped  
80 g breadcrumbs  
Butter, for greasing  
Icing sugar

## Method:

1. Melt the chocolate and separate the eggs. Beat the butter, sugar and vanilla to a foam, add the egg yolks and beat again.
2. Fold in the walnuts, breadcrumbs and melted chocolate into the butter and egg mixture.
3. Beat the egg whites into stiff peaks, and fold into the mixture.
4. Grease the ramekins and dust with a layer of icing sugar. Divide the mixture equally between the dishes, cover with a piece of pleated foil and place into the steam oven. Steam for 30 minutes at 90°C.



## Tip

For the decoration, melt 150 g dark chocolate with 50 g white chocolate. Place the chocolate in a solid container, cover and steam for 1 minute at 100°C. Pour a little onto each serving plate, and place the puddings on top. Decorate with seasonal fresh berries.



# Sweet dumplings

Serves 8–10

## Ingredients:

500 g flour  
40 g fresh yeast  
1 tsp sugar  
125 ml warm milk  
50 g margarine  
125 ml milk  
1 pinch salt  
10 g butter  
4 tbsp plum purée  
250 ml cream  
Vanilla sugar  
 $\frac{1}{2}$  tsp cinnamon  
1 pinch salt

## Method:

1. Sieve the flour into a bowl, make a well in the middle and crumble in the yeast.
2. Sprinkle the sugar over, pour in the milk and mix everything together. Leave to prove for 20 minutes in a warm place.
3. Warm the margarine with the milk in a solid cooking container.

### Setting: Steam cooking/Universal

100°C      4 minutes

4. Add the milk and a pinch of salt to the dough and knead until the dough is smooth and shiny. Cover and allow to prove for a further 20 minutes.
5. Divide the dough into 8–10 pieces and shape into dumplings. Place in a perforated cooking container and cook.

### Setting: Steam cooking/Universal

100°C      14 minutes

6. Prepare a sauce on the hob using the plum purée, cream, vanilla sugar, cinnamon and salt and serve with the dumplings. A vanilla sauce is a delicious alternative.



## Tip

If using frozen dumplings, defrost for 15 minutes at room temperature then follow the recipe as above.

# Quark soufflé

Serves 8

## Ingredients:

280 g quark  
4 egg yolks  
1 tsp lemon zest  
4 egg whites  
80 g sugar  
Butter for greasing  
Sugar

## Method:

1. Mix the quark with the egg yolks and add the lemon zest.
2. Beat the egg whites and sugar until stiff and fold into the quark mixture.
3. Grease 8 ramekins and sprinkle with sugar. Pour in the quark mixture and cover with heat resistant foil and cook.

## Setting: Steam cooking/Universal

90°C

20–25 minutes



## Tip

Turn the soufflés out onto a dessert plate after cooking and serve with seasonal fruit purée.

# Green fruit compote

Serves 8

## Ingredients:

500 ml apple juice  
2 tbsp lemon juice  
100 g sugar  
50 g sago  
A little lemon peel  
Vanilla pod pulp  
200 g green seedless grapes  
200 g gooseberries  
200 g kiwi fruit

## Method:

1. Place the apple juice, lemon juice, sugar, sago, lemon peel and vanilla purée in a solid cooking container and cook.

### Setting: Steam cooking/Universal

100°C      20 minutes

Stir at intervals. Remove lemon peel when cooked.

2. Wash and halve the grapes. Wash the gooseberries, wash and peel the kiwis and cut into slices.
3. Add the fruit to the compote and cool.
4. Serve with vanilla sauce.

# Red fruit compote

Serves 4

## Ingredients:

450 g (1 lb) mixed red berries  
(e.g. redcurrants, blackcurrants,  
raspberries, strawberries,  
blackberries, cherries)  
Juice of  $\frac{1}{2}$  lemon  
3–4 tbsp crème de cassis  
50 g (2 oz) caster sugar  
1 cinnamon stick  
4 cloves  
A little arrowroot to thicken

## Method:

1. Wash and prepare the fruit. Place in a solid container and stir in the lemon juice, crème de cassis, sugar and spices. Cover with foil and cook for 12–15 minutes at 100°C. Remove the cinnamon stick and cloves.
2. Thicken with arrowroot if required.
3. Serve hot or cold, with ice cream or as an accompaniment to meringues, steamed sponge pudding or luxury rice pudding (see recipe on p. 170).





# Baked apples

Serves 4

## Ingredients:

4 medium cooking apples  
1 tbsp raisins  
2 tps Amaretto liqueur  
100 g marzipan  
1 tbsp chopped almonds  
Pinch cinnamon

## Method:

1. Wash and core the apples. Soak the raisins in the Amaretto liqueur.
2. Combine the marzipan, almonds and cinnamon together with the soaked raisins. Fill the cored apples with the mixture. Do not be tempted to over-fill the apples. Score around the middle of each apple.
3. Place in a solid container. Steam at 100°C for 8–12 minutes.

# Sauces for baked apples

Serves 4

## Sauces:

### **Cinnamon & cardamom Sauce**

2 tbsp white wine  
4 tps sugar  
 $\frac{1}{2}$  tsp cinnamon  
A pinch of cardamom  
A pinch of coriander

Mix all ingredients together.

### **Ginger & orange Sauce:**

2 tbsp white wine  
4 tps sugar  
A pinch of ground ginger  
 $\frac{1}{2}$  tsp grated orange peel  
A pinch of nutmeg flower

Mix all ingredients together.

### **Clove & cinnamon Sauce**

2 tbsp white wine  
4 tps sugar  
 $\frac{1}{2}$  tsp cinnamon  
A pinch of ground cloves  
 $\frac{1}{2}$  tsp grated orange peel

Mix all ingredients together.

# Apple dream

Serves 6

## Ingredients:

4 apples (approx. 600 g)  
30 g sugar  
150 g sponge finger biscuits  
40 ml Calvados  
200 g mascarpone  
250 g quark  
125 ml milk  
20 g sugar or honey  
250 ml cream  
1 packet vanilla sugar  
Chocolate powder or cocoa for  
dusting

## Method:

1. Peel, quarter and slice the apples. Place in a solid cooking container and sprinkle with sugar.

### Setting: Steam cooking/Universal

100°C      8 minutes

2. Put the sponge fingers in a bowl and drizzle with Calvados. Place the cooled apples on top of the sponge base.

3. Mix the mascarpone, quark, milk and sugar (or honey) until smooth and pour carefully over the apples.

4. Beat the cream and vanilla sugar until stiff and pour over the mixture. Dust with chocolate powder.



## Tip

Apples are Europe's favourite fruit and the third favourite in the world (behind citrus fruits and bananas). Apples are low in calories (50 kcal per 100 g) and are rich in fibre, pectin and vitamin C. An apple a day keeps the doctor away!

# Orange crème caramel

Serves 6

## Ingredients:

### Caramel

60 g Sugar  
3 tbsp orange liqueur  
(e.g. Cointreau)

### Flan

300 ml milk  
3 medium eggs  
3 egg yolks  
50 g sugar  
50 ml orange juice  
3 tbsp orange liqueur  
Shreds of orange peel to decorate

## Method:

1. Place the sugar in a saucepan and heat, stirring all the time, until caramelised golden brown. Carefully mix in the orange liqueur. Pour the caramel into 6 ramekins (or small cups) and allow to set.
2. Mix all other ingredients, distribute on top of the caramel and cover with heat-resistant foil.

### Setting: Steam cooking/Universal

100°C      16–18 minutes

3. After cooking remove the foil and allow to relax for a few minutes, then run a knife around the edge of the ramekins and turn the caramels out onto a plate. Garnish with shreds of orange peel.



## Tip

These cream caramels can be served hot or cold. Hardened caramel remains can be boiled off in a pan of hot water.



# Sweet dream

Serves 8

## Ingredients:

80 g butter  
4 egg yolk  
70 g ground almonds  
1 packet vanilla sugar  
80 g chocolate  
4 egg whites  
20 g sugar  
Butter for greasing  
Sugar for sprinkling  
8 Mon Chéri (Cherry pralines)

## Method:

1. Beat the butter to a foam. Stir the egg yolk in bit by bit. Add the almonds and vanilla sugar.
2. Melt the chocolate and fold into the mixture.
3. Beat the egg whites and sugar until stiff and fold into the mixture.
4. Grease 8 ramekins (or cups) with butter and sprinkle with sugar. Divide the mixture between the ramekins.
5. Place a Mon Chéri in each ramekin. Cover with heat resistant foil and cook.

## Setting: Steam cooking/Universal

90°C                      20–25 minutes

6. Turn out onto a plate. Serve with vanilla sauce or advocaat.



# Semolina pudding

Serves 4

## Ingredients:

150 ml milk  
20 g butter  
1 vanilla pod  
1 pinch salt  
20 g sugar

Butter and sugar for the ramekins

40 g semolina  
2 medium eggs  
1 squeeze of lemon  
1 tbsp brown rum

## Method:

1. Heat up the milk, butter, vanilla pod, salt and sugar on the hob. Stir the semolina into the hot milk, bring to the boil and allow to steep for about 10 minutes with the hob switched off. Remove the vanilla pod.
2. Meanwhile grease the ramekins with butter and sprinkle with sugar. Separate the eggs and beat the egg whites with a squeeze of lemon juice until stiff.
3. Mix the egg yolks and rum into the semolina mixture and fold in the stiffened egg whites.
4. Pour the mixture immediately into the ramekins and cook.

## Setting: Steam cooking/Universal

90°C

25 minutes

Shelf level: 2



## Tip

**Vanilla pods** are the fruit of a tropical type of orchid. The dried pods are generally packed in glass tubes at the factory to avoid further drying out and dissipation of the aroma. The pod is used to flavour sugar or liquids with its distinctive aroma; it is not consumed. The inside of the pod, the vanilla pulp, is an ingredient which brings flavour to many desserts and drinks.

# Black cherries with meringue floaters

Serves 4

## Ingredients:

750 g black cherries  
1000 ml cherry juice  
150 g sugar  
 $\frac{1}{2}$  tsp cinnamon  
1 pinch ground cloves  
40 g sago  
2 egg whites  
2 tbsp sugar

## Method:

1. Wash and pit the cherries and place in a solid cooking container. Pour in the cherry juice, add the sugar, cinnamon, cloves, and sago, stir and cook.

## Setting: Steam cooking/Universal

100°C      25 minutes

Stir occasionally.

2. Beat the egg whites and sugar until stiff. Scoop out balls with a tsp and place in the liquid. Put back into the oven and allow to stand for 5–6 minutes in the residual heat.
3. Place in the refrigerator to cool, and serve into individual portions.



## Tip

If using bottled cherries, do not add to the cherry juice mixture until the final stir.





# Orange rice pudding

Serves 4

## Ingredients:

150 g pudding rice  
6 tbsp orange juice  
250 ml milk  
2 tbsp sugar  
Pulp of half a vanilla pod  
1 pinch salt  
4 leaves gelatine  
1 orange  
1 pot cream  
1 tbsp sugar  
2 oranges  
Lemon grass or mint

## Method:

1. Place the rice and milk with the sugar, vanilla pulp and a pinch of salt in a solid cooking container and cook.

### Setting: Steam cooking/Universal

100°C      30 minutes

2. Soften the gelatine, add to the cooked rice and stir.
3. Grate the peel from an orange, add to the rice mixture with the orange juice and allow to cool.
4. Whip the cream and sugar until stiff. Segment two oranges and add to the rice with the whipped cream.
5. Serve garnished with lemon grass or mint.



## Tip

This rice pudding can also be made with a sauce base using other fruits, for example, apples, strawberries, peaches, plums, etc.



# Crème Catalana

Serves 6

## Ingredients:

450 ml cream  
1 tsp vanilla sugar  
4 egg yolks  
2 tbsp chopped almonds  
3 tbsp brown sugar (Muscovado)

## Method:

1. Heat the cream almost to boiling point on the hob.
2. Remove from the hob and stir in the vanilla sugar, egg yolks, and chopped almonds.
3. Pour the mixture into 6 ramekins, cover with heat resistant foil and cook.

### Setting: Steam cooking/Universal

90°C                      30–35 minutes

4. Allow to cool down then place in the refrigerator for approx. 4 hours.
5. Sprinkle with brown sugar and caramelize under a pre-heated grill.

### Setting: Full grill

225°C                      5 minutes

Shelf level: 2



## Tip

**Muscovado sugar** is brown sugar extracted from kandis syrup which contains lots of caramel. It has a stronger aroma than white sugar and improves browning quality in baking.



# Bottling & more



## ONE APPLIANCE, MANY TALENTS

The steam combi oven would not be worthy of the Miele name if it did not offer a plethora of different uses. It is an invaluable assistant in preserving, blanching prior to freezing, and in cooking. The steam combi oven comes into its own when defrosting frozen food. And when reheating precooked food, using short, gentle regenerating phases, the oven demonstrates yet another of its many talents.

# Apple cakes

Makes 5 x 250 ml preserving jars

## Ingredients:

150 g butter  
150 g sugar  
2 tsp vanilla sugar  
A pinch of salt  
3 medium eggs  
Grated zest of 1 lemon  
150 g self-raising flour  
 $\frac{1}{2}$  tsp baking powder  
Butter  
Lightly toasted breadcrumbs

## Topping:

500 g apples  
Icing sugar

## Method:

1. Beat together the butter, sugar, vanilla sugar, salt, lemon rind and eggs until foamy.
2. Fold in the flour along with the baking powder.
3. Grease the jars with butter and breadcrumbs and half fill with the mixture.
4. Peel, quarter, core and slice the apples. Press lightly into the cake mixture, with the curved side up. Place the jars on the rack and bake.
5. Once baked, seal with clamps immediately.

**Setting:** Automatic → Cakes/biscuits → Apple sponge  
→ Bottling

**Programme duration:** Approx. 45 minutes





# Marble cakes

Makes 6 x 250 ml preserving jars

## Ingredients:

250 g butter  
200 g caster sugar  
3 level tsp vanilla sugar  
4 medium eggs  
375 g plain flour  
125 g cornflour  
3 tsp baking powder  
125 ml milk  
A pinch of salt  
  
30 g cocoa powder  
2-3 tbsp milk  
50 g sugar  
1 tbsp rum

Butter to grease the jars

## Method:

1. Beat the butter, sugar, vanilla sugar and salt until creamy, then add the eggs a little at a time, and continue beating until creamy.
2. Mix together the flour, cornflour and baking powder, then stir in just enough milk until the mixture falls heavily from the spoon.
3. Grease the jars to 1 cm from the top. The jars will only be filled to the halfway point with the mixture.
4. Divide  $\frac{2}{3}$  of the mixture between the jars, and then mix the cocoa, milk, sugar and rum into the remaining  $\frac{1}{3}$ .
5. Spoon the chocolate mixture on top of the vanilla, and swirl with a fork to create a marble effect. Place the jars on the rack in the steam combi oven, and bake.
6. Immediately after baking, seal the jars with a rubber ring, glass lid and metal spring clamp.

**Setting:** Automatic → Cakes/biscuits → Marble cake  
→ Bottling

**Programme duration:** Approx. 35 minutes

# Walnut cakes

Makes 6 x 250 ml preserving jars

## Ingredients:

180 g butter  
150 g caster sugar  
2 tsp vanilla sugar  
3 medium eggs  
240 g plain flour  
A pinch of salt  
1½ tsp baking powder  
100 g walnuts, coarsely chopped  
2–3 drops almond extract  
30–35 ml milk

## Method:

1. Beat the butter, sugar, vanilla sugar, almond extract and salt until creamy, then add the eggs a little at a time, and continue beating until creamy.
2. Mix together the flour and baking powder, and fold into the butter, sugar and egg mixture. Fold in the walnuts, then if the mixture is too stiff add just enough milk so that it falls heavily from the spoon.
3. Grease the jars to 1 cm from the top.
4. Fill the jars full with the mixture, then place the jars on the rack and bake.
5. Immediately after baking, seal the jars with a rubber ring, glass lid and metal spring clamp.

**Setting:** Conventional heat

160°C

40–45 mins

Shelf level: 1

# Madeira cakes

Makes 5 x 250 ml preserving jars

## Ingredients:

200 g butter  
200 g sugar  
4 eggs  
Juice and zest of one lemon  
200 g cornflour  
50 g flour  
1 tsp baking powder  
Butter for greasing the jars

## Method:

1. Beat the butter, sugar and eggs together until creamy. Add the lemon juice and zest.
2. Sift together the flour with the cornflour and the baking powder, and fold into the mixture.
3. Grease the jars with butter and breadcrumbs to 1 cm from the top.
4. Half fill each jar with the mixture. Place the jars on the rack and bake.
5. Once baked, seal with clamps immediately.

**Setting:** Automatic → Cakes/biscuits → Sponge cake  
→ Bottling

**Programme duration:** Approx. 45 minutes

# Carrot cakes

Makes 8 x 250 ml preserving jars

## Ingredients:

4 egg yolks  
175 g caster sugar  
200 g carrots  
200 g ground almonds  
 $\frac{1}{2}$  tsp cinnamon  
1 tbsp kirsch  
Juice and zest of  $\frac{1}{2}$  a lemon  
15 g cornflour  
4 egg whites

Butter and flour to grease and  
flour the jars

## Method:

1. Beat the egg yolks with  $\frac{2}{3}$  of the sugar until creamy.
2. Peel and finely grate the carrots, then add to the egg yolks and beat for approx. 10 minutes. Add half the almonds, and beat for a further 10 minutes. Stir in the cinnamon, kirsch, lemon juice and zest, then the rest of the ground almonds, and finally sift in the cornflour.
3. Whisk the egg whites with a few drops of lemon juice until stiff, then drizzle in the sugar a little at a time, continuing to whisk until the egg whites are stiff and shiny.
4. Fold the egg whites into the rest of the cake mixture.
5. Grease and flour the jars to 1 cm from the top. Divide the mixture between the jars, filling them half full, then bake.
6. Immediately after baking, seal the jars with a rubber ring, glass lid and metal spring clamp.

**Setting:**      **Conventional heat**  
160°C

50–55 mins

Shelf level: 1



# Fruit cakes

Makes 8 x 250 ml preserving jars

## Ingredients:

500 g strong white flour  
Approx. 125 ml lukewarm milk  
3 medium eggs  
80 g caster sugar  
40 g fresh yeast  
A pinch of salt  
150 g melted butter  
200 g raisins  
1 tsp grated lemon zest

Butter for greasing the jars

## Method:

1. Sift the flour into a bowl. Dissolve the yeast and sugar in the milk, and stir into the flour.
2. Add the butter, eggs, lemon zest and salt, and knead thoroughly. Place uncovered in the oven, and leave to prove at 30°C, 100% moisture for 20 minutes.
3. Knead the dough briefly, then work in the raisins.
4. Grease the jars to 1 cm from the top. Fill the jars to the halfway point with the mixture, place on the rack and bake.
5. Immediately after baking, seal the jars with a rubber ring, glass lid and metal spring clamp.

### Setting: Combination mode/Conventional heat

|          |       |               |            |
|----------|-------|---------------|------------|
| Stage 1: | 30°C  | 100% moisture | 10 mins    |
| Stage 2: | 160°C | 30% moisture  | 30–35 mins |



## Tip

To make your own vanilla sugar, cut a vanilla pod in half lengthways, then snip each half into 4 or 5 pieces and place in a sealed jar with 500 g caster sugar for 3 days. For a stronger flavour, scrape out the seeds from the pod and stir into the sugar.

# Mixed berry spread

Makes 6–7 jars, each 250 ml

## Ingredients:

250 g strawberries  
250 g raspberries  
250 g blackcurrants  
250 g redcurrants  
1 vanilla pod  
Juice and zest from an unwaxed  
lemon  
3 tbsp raspberry brandy  
1 kg jam sugar

## Method:

1. Hull the strawberries, and wash carefully if required. Remove the stalks from the blackcurrants. Cut the vanilla pod along its length, and scrape out the pulp. Grate the lemon zest and squeeze the juice.
2. Mix together the fruit with the vanilla pulp, zest and juice, then purée.
3. Stir in the jam sugar and the raspberry brandy, and transfer the mixture into clean jars. Place the jars on the rack and cook.
4. At the end of the cooking time, use pot holders to remove the jars from the oven, and leave to stand for 1–2 minutes. Finally, fit the lids and leave to cool.

**Setting:**      **Combination mode/Fan plus**  
150°C      20% moisture      35 mins

Shelf level: 1

# Exotic fruit and limoncello spread

Makes 6–7 jars, each 250 ml

## Ingredients:

750 g mixed exotic fruits  
(frozen)  
Juice and zest from an unwaxed  
lemon  
3 tbsp limoncello  
1 kg jam sugar

## Method:

1. Defrost the fruit. Grate the lemon zest and squeeze the juice.
2. Mix together the defrosted fruit with the lemon zest and juice, and purée.
3. Stir in the jam sugar and the limoncello, and transfer the mixture into clean jars. Place the jars on the rack and cook.
4. At the end of the cooking time, use pot holders to remove the jars from the steam combi oven, and let them stand for 1–2 minutes. Finally, fit the lids and leave to cool.

**Setting:**      **Combination mode/Fan plus**  
150°C      20% moisture      35 mins

Shelf level: 1



## Steam cooking with the Miele steam combi oven

Cooking time is dependent upon the freshness of the food, region of origin and season and size of pieces, hence the variations in cooking time.

| Food                              | Temperature in °C | Cooking time in minutes | Perforated cooking container | Solid cooking container |
|-----------------------------------|-------------------|-------------------------|------------------------------|-------------------------|
| <b>Vegetables</b>                 | 100               |                         |                              |                         |
| Artichokes                        | 100               | 35-40                   | ●                            |                         |
| Cauliflower, whole                | 100               | 20-45                   | ●                            |                         |
| Cauliflower, florets              | 100               | 6-10                    | ●                            |                         |
| Beans, green,                     | 100               | 8-12                    | ●                            |                         |
| Broccoli, florets                 | 100               | 4-8                     | ●                            |                         |
| Chicory                           | 100               | 3-5                     | ●                            |                         |
| Chinese cabbage                   | 100               | 4-6                     | ●                            |                         |
| Peas                              | 100               | 3-8                     | ●                            |                         |
| Sugar snap peas                   | 100               | 3-8                     | ●                            |                         |
| Fennel, in strips                 | 100               | 6-10                    | ●                            |                         |
| Fennel, halved                    | 100               | 12-16                   | ●                            |                         |
| Kale, chopped                     | 100               | 20-30                   | ●                            |                         |
| Carrots, sliced                   | 100               | 6-10                    | ●                            |                         |
| Carrots, whole                    | 100               | 10-12                   | ●                            |                         |
| Potatoes, peeled, halved          | 100               | 20-40                   | ●                            |                         |
| Potatoes, peeled, quartered       | 100               | 12-15                   | ●                            |                         |
| Kohlrabi, in sticks               | 100               | 6-10                    | ●                            |                         |
| Pumpkin, diced                    | 100               | 3-6                     | ●                            |                         |
| Corn on the cob                   | 100               | 10-25                   |                              |                         |
| Swiss chard                       | 100               | 2-6                     | ●                            |                         |
| Pepper                            | 100               | 2-6                     | ●                            |                         |
| Potatoes in skins                 | 100               | 25-40                   | ●                            |                         |
| Leeks, chopped                    | 100               | 4-8                     | ●                            |                         |
| Leeks, halved                     | 100               | 8-12                    | ●                            |                         |
| Romanesque, whole                 | 100               | 15-30                   | ●                            |                         |
| Romanesque, florets               | 100               | 6-10                    | ●                            |                         |
| Sprouts                           | 100               | 12-16                   | ●                            |                         |
| Beetroot, whole                   | 100               | 40-50                   | ●                            |                         |
| Red cabbage, chopped,             | 100               | 20-30                   | ●                            |                         |
| Black salsify, whole, thumb thick | 100               | 8-12                    |                              |                         |
| Celeriac, in sticks               | 100               | 8-10                    | ●                            | ●                       |
| Asparagus, white, thumb thick     | 100               | 10-16                   | ●                            |                         |
| Asparagus, green                  | 100               | 7-12                    | ●                            |                         |
| Spinach                           | 100               | 2-4                     |                              | ●                       |
| Spring cabbage, chopped           | 100               | 8-10                    | ●                            |                         |
| Celery                            | 100               | 7-10                    | ●                            |                         |
| Swede, chopped                    | 100               | 7-12                    | ●                            |                         |
| White cabbage, chopped            | 100               | 15-20                   | ●                            |                         |
| Savoy Cabbage, chopped            | 100               | 6-10                    | ●                            |                         |
| Courgettes, sliced                | 100               | 2-4                     | ●                            |                         |

| Food                                      | Temperature in °C | Cooking time in minutes | Perforated cooking container | Solid cooking container |
|-------------------------------------------|-------------------|-------------------------|------------------------------|-------------------------|
| <b>Fruit</b>                              |                   |                         |                              |                         |
| Apple pieces                              | 100               | 3–5                     |                              | ●                       |
| Pear pieces                               | 100               | 3–5                     |                              | ●                       |
| Plums                                     | 100               | 2–4                     |                              | ●                       |
| Quince                                    | 100               | 6–10                    |                              | ●                       |
| Rhubarb                                   | 100               | 2–3                     |                              | ●                       |
| Cherries                                  | 90                | 2–4                     |                              | ●                       |
| Gooseberries                              | 90                | 2–4                     |                              | ●                       |
| <b>Boiled eggs, medium</b>                |                   |                         |                              |                         |
| Soft                                      | 100               | 4–5                     | ●                            |                         |
| Medium                                    | 100               | 5–7                     | ●                            |                         |
| Hard                                      | 100               | 8–10                    | ●                            |                         |
| <b>Soufflés</b>                           |                   |                         |                              |                         |
| Semolina soufflé                          | 100               | 25–30                   |                              | ●                       |
| Minced meat soufflé                       | 100               | 10–12                   |                              | ●                       |
| Quark soufflé                             | 100               | 20–30                   |                              | ●                       |
| Rice soufflé                              | 100               | 20–25                   |                              | ●                       |
| <b>Pulses</b>                             |                   |                         |                              |                         |
| Haricot beans, pre-soaked                 | 100               | 25–30                   |                              | ●                       |
| Green split peas, pre-soaked              | 100               | 20–25                   |                              | ●                       |
| Brown lentils, pre-soaked                 | 100               | 15–20                   |                              | ●                       |
| <b>Grain</b><br>(ratio of grain to water) |                   |                         |                              |                         |
| 1:1                                       |                   |                         |                              |                         |
| Bulgar                                    | 100               | 10                      |                              | ●                       |
| Green spelt, whole                        | 100               | 16–18                   |                              | ●                       |
| Green spelt, cracked                      | 100               | 10                      |                              | ●                       |
| Oats, whole                               | 100               | 16–18                   |                              | ●                       |
| Oats, rolled                              | 100               | 10                      |                              | ●                       |
| Millet, whole                             | 100               | 30–35                   |                              | ●                       |
| Rye, whole                                | 100               | 30–35                   |                              | ●                       |
| Rye, cracked                              | 100               | 10                      |                              | ●                       |
| Wheat, whole                              | 100               | 20–25                   |                              | ●                       |
| Wheat, cracked                            | 100               | 10                      |                              | ●                       |
| 1:2                                       |                   |                         |                              |                         |
| Amaranth                                  | 100               | 40                      |                              | ●                       |
| Quinoa                                    | 100               | 10                      |                              | ●                       |
| 1:3                                       |                   |                         |                              |                         |
| Polenta                                   | 100               | 10                      |                              | ●                       |



## Steam cooking with the Miele steam combi oven

| Food                                               | Temperature in °C | Cooking time in minutes | Perforated cooking container | Solid cooking container |
|----------------------------------------------------|-------------------|-------------------------|------------------------------|-------------------------|
| <b>Dumplings</b>                                   |                   |                         |                              |                         |
| Sweet dumplings/yeast dumplings                    | 100               | 12-15                   |                              | ●                       |
| Potato dumplings, in bag, covered with water       | 100               | 15-18                   |                              | ●                       |
| Bread dumplings, in bag, covered with water        | 100               | 15-18                   |                              | ●                       |
| <b>Rice</b><br>(ratio of rice to water)            |                   |                         |                              |                         |
| Parboiled 1:1                                      | 100               | 20                      |                              | ●                       |
| Wholegrain rice 1:1.5                              | 100               | 35-40                   |                              | ●                       |
| Wild rice 1:1.5                                    | 100               | 35-40                   |                              | ●                       |
| <b>Shortgrain rice</b><br>(ratio or rice to water) |                   |                         |                              |                         |
| Pudding rice 1:2                                   | 100               | 25                      |                              | ●                       |
| Risotto rice 1:2                                   | 100               | 25                      |                              | ●                       |
| <b>Binding Agents</b>                              |                   |                         |                              |                         |
| Gelatine                                           | 90                | 1                       |                              | ●                       |
| Flour                                              | 100               | 3                       |                              | ●                       |
| Sago (stir 1x)                                     | 100               | 20                      |                              | ●                       |
| <b>Meat and sausage</b>                            |                   |                         |                              |                         |
| Flank                                              | 100               | 60-70                   |                              | ●                       |
| Frankfurters                                       | 90                | 6-8                     | ●                            | ●                       |
| Knuckle of pork                                    | 100               | 90-95                   |                              | ●                       |
| Chicken breast fillet                              | 100               | 8-10                    | ●                            | ●                       |
| Veal casserole                                     | 100               | 3-4                     | ●                            | ●                       |
| Gammon slices                                      | 100               | 6-8                     | ●                            | ●                       |
| Lamb stew                                          | 100               | 12-16                   |                              | ●                       |
| Turkey roulades                                    | 100               | 12-15                   | ●                            | ●                       |
| Turkey steak                                       | 100               | 4-6                     | ●                            | ●                       |
| Chicken                                            | 100               | 50-60                   |                              | ●                       |
| Beef goulash                                       | 100               | 40-50                   |                              | ●                       |
| Boiling fowl                                       | 100               | 50-50                   |                              | ●                       |
| Boiled topside                                     | 90                | 90-120                  |                              | ●                       |
| Veal sausages                                      | 90                | 6-8                     |                              | ●                       |

| Food                           | Temperature in °C | Cooking time in minutes | Perforated cooking container | Solid cooking container | Rost |
|--------------------------------|-------------------|-------------------------|------------------------------|-------------------------|------|
| <b>Fish and shellfish</b>      |                   |                         |                              |                         |      |
| Eel                            | 100               | 5-7                     | ●                            |                         |      |
| Perch                          | 85                | 6-8                     | ●                            |                         |      |
| Seabream, fillet               | 85                | 3-5                     | ●                            |                         |      |
| Coral cod, whole               | 85                | 15-20                   | ●                            |                         |      |
| Trout 250 g                    | 90                | 10-12                   | ●                            |                         |      |
| Shark steak                    | 90                | 5-7                     | ●                            |                         |      |
| Halibut fillet                 | 85                | 3-5                     | ●                            |                         |      |
| Cod fillet                     | 100               | 4-6                     | ●                            |                         |      |
| Carp 1.5 kg                    | 100               | 18-25                   | ●                            |                         |      |
| Salmon                         | 100               | 4-8                     | ●                            |                         |      |
| Salmon trout                   | 100               | 13-15                   | ●                            | ●                       |      |
| Langoustines                   | 95                | 10-15                   | ●                            |                         |      |
| Mussels                        | 100               | 10-12                   | ●                            | ●                       |      |
| Pangasius fillet               | 85                | 3-5                     | ●                            |                         |      |
| Rose fish                      | 100               | 6-8                     | ●                            |                         |      |
| Haddock fillet                 | 100               | 6-8                     | ●                            |                         |      |
| Plaice fillet                  | 85                | 5-7                     | ●                            |                         |      |
| Monkfish fillet                | 85                | 8-10                    | ●                            |                         |      |
| Sole fillet                    | 85                | 2-3                     | ●                            |                         |      |
| Turbot fillet                  | 85                | 3-5                     | ●                            |                         |      |
| Tuna steak                     | 100               | 3-5                     | ●                            |                         |      |
| Nile perch, fillet             | 100               | 4-8                     | ●                            |                         |      |
| Pikeperch fillet               | 85                | 5-7                     | ●                            |                         |      |
| <b>Miscellaneous</b>           |                   |                         |                              |                         |      |
| Soufflé                        | 90                | 20-23                   | ●                            |                         | ●    |
| Melting chocolate              | 90                | 4-10                    |                              | ●                       |      |
| Blanching vegetables           | 100               | 1-2                     | ●                            |                         |      |
| Steaming onions                | 100               | 4                       |                              | ●                       |      |
| Rendering bacon fat            | 100               | 4                       |                              | ●                       |      |
| Heating liquids cup/beaker     | 100               | 2                       | ●                            | ●                       | ●    |
| Making yoghurt in yoghurt jars | 40                | 300                     | ●                            |                         | ●    |
| Proving dough                  | 40                | min. 15                 |                              | ●                       | ●    |
| Skinning tomatoes              | 100               | 1                       | ●                            |                         |      |
| Skinning peppers               | 100               | 4                       | ●                            |                         |      |
| Preserving apples              | 50                | 5                       | ●                            |                         | ●    |
| Warming damp cloths            | 70                | 2                       | ●                            |                         | ●    |
| Clarifying honey               | 60                | 90                      | ●                            |                         | ●    |

## Defrosting with the Miele steam combi oven

| Food                                         | Weight in grammes | Temperature in °C | Defrosting time in minutes | Standing time in minutes |
|----------------------------------------------|-------------------|-------------------|----------------------------|--------------------------|
| <b>Milk/Dairy Produce</b>                    |                   |                   |                            |                          |
| Cheese, sliced                               | 125               | 60                | 15                         | 10                       |
| Quark                                        | 250               | 60                | 20-25                      | 10-15                    |
| Cream                                        | 250               | 60                | 20-25                      | 10-15                    |
| Soft cheese                                  | 100               | 60                | 15                         | 10-15                    |
| <b>Fruit</b>                                 |                   |                   |                            |                          |
| Apple purée                                  | 250               | 60                | 20-25                      | 10-15                    |
| Apple pieces                                 | 250               | 60                | 20-25                      | 10-15                    |
| Apricots                                     | 500               | 60                | 25-28                      | 15-20                    |
| Strawberries                                 | 300               | 60                | 8-10                       | 10-12                    |
| Raspberries/Blackcurrants                    | 300               | 60                | 8                          | 10-12                    |
| Cherries                                     | 150               | 60                | 15                         | 10-15                    |
| Peaches                                      | 500               | 60                | 25-28                      | 15-20                    |
| Plums                                        | 250               | 60                | 20-25                      | 10-15                    |
| Gooseberries                                 | 250               | 60                | 20-25                      | 10-15                    |
| <b>Vegetables</b>                            |                   |                   |                            |                          |
| e.g. green/red cabbage, spinach frozen block | 300               | 60                | 20-25                      | 10-15                    |
| <b>Fish</b>                                  |                   |                   |                            |                          |
| Fish fillets                                 | 400               | 60                | 15                         | 10-15                    |
| Trout                                        | 500               | 60                | 15-18                      | 10-15                    |
| Lobster                                      | 300               | 60                | 25-30                      | 10-15                    |
| Prawns                                       | 300               | 60                | 4-6                        | 5                        |

| Food                          | Weight in grammes | Temperature in °C | Defrosting time in minutes | Standing time in minutes |
|-------------------------------|-------------------|-------------------|----------------------------|--------------------------|
| <b>Meat</b>                   |                   |                   |                            |                          |
| Roast                         | Sliced            | 60                | 8–10                       | 15–20                    |
| Mince                         | 250               | 50                | 15–20                      | 10–15                    |
| Mince                         | 500               | 50                | 20–30                      | 10–15                    |
| Stew                          | 500               | 60                | 30–40                      | 10–15                    |
| Stew                          | 1000              | 60                | 50–60                      | 10–15                    |
| Liver                         | 250               | 60                | 20–25                      | 10–15                    |
| Rabbit                        | 500               | 50                | 30–40                      | 10–15                    |
| Venison                       | 1000              | 50                | 40–50                      | 10–15                    |
| Escalope/chops/sausages       | 800               | 60                | 25–35                      | 15–20                    |
| <b>Poultry</b>                |                   |                   |                            |                          |
| Chicken                       | 1000              | 60                | 40                         | 15–20                    |
| Chicken drumsticks            | 150               | 60                | 20–25                      | 10–15                    |
| Chicken escalopes             | 500               | 60                | 25–30                      | 10–15                    |
| Turkey drumsticks             | 500               | 60                | 40–45                      | 10–15                    |
| <b>Ready meals</b>            |                   |                   |                            |                          |
| Meat, vegetables, side dishes | 480               | 60                | 20–25                      | 10–15                    |
| Stews, soups                  | 480               | 60                | 20–25                      | 10–15                    |
| <b>Baked Goods</b>            |                   |                   |                            |                          |
| Flaky pastry goods            |                   | 60                | 10–12                      | 10–15                    |
| Yeast goods                   |                   | 60                | 10–12                      | 10–15                    |
| Cakes                         | 400               | 60                | 15                         | 10–15                    |
| Bread rolls                   |                   | 60                | 30                         | 1–2                      |
| German rye bread, sliced      | 500               | 60                | 75                         | 20                       |
| German rye bread, sliced      | 250               | 60                | 40                         | 15                       |
| German rye bread, sliced      | 125               | 60                | 20                         | 10                       |
| Wholemeal bread, sliced       | 250               | 60                | 65                         | 15                       |
| White bread, sliced           | 150               | 60                | 30                         | 20                       |

## Preserving in the Miele steam combi oven

| Food                                   | Method                            | Temperature in °C                                     | Moisture in % | Time in minutes |
|----------------------------------------|-----------------------------------|-------------------------------------------------------|---------------|-----------------|
| <b>Berries</b>                         |                                   |                                                       |               |                 |
| Blackcurrants                          | Steam                             | 80                                                    |               | 50              |
| Gooseberries                           | universal                         | 80                                                    |               | 55              |
| Cranberries                            |                                   | 80                                                    |               | 55              |
| <b>Stoned Fruit</b>                    |                                   |                                                       |               |                 |
| Cherries                               | Steam                             | 85                                                    |               | 55              |
| Mirabelles                             | universal                         | 85                                                    |               | 55              |
| Plums                                  |                                   | 85                                                    |               | 55              |
| Peaches                                |                                   | 85                                                    |               | 55              |
| Greengages                             |                                   | 85                                                    |               | 55              |
| <b>Core Fruit</b>                      |                                   |                                                       |               |                 |
| Apples                                 | Steam                             | 90                                                    |               | 50              |
| Apple purée                            | universal                         | 90                                                    |               | 65              |
| Quince                                 |                                   | 90                                                    |               | 60              |
| <b>Vegetables</b>                      |                                   |                                                       |               |                 |
| Beans                                  | Steam                             | 100                                                   |               | 120             |
| Broad beans                            | Universal                         | 100                                                   |               | 120             |
| Gherkins                               |                                   | 90                                                    |               | 55              |
| <b>Meat</b>                            |                                   |                                                       |               |                 |
| Precooked                              | Steam                             | 90                                                    |               | 90              |
| Roasted                                | universal                         | 90                                                    |               | 90              |
| <b>Cakes</b>                           |                                   |                                                       |               |                 |
| Foamed mixture                         | Conventional heat                 | 160                                                   |               | 25–45           |
| Yeast dough                            | Combination mode/<br>Conventional | 1 <sup>st</sup> stage 30<br>2 <sup>nd</sup> stage 160 | 100<br>30     | 10<br>30–35     |
| <b>Spreads</b>                         |                                   |                                                       |               |                 |
| Berry jam                              | Combination mode/<br>Fan plus     | 150                                                   | 20            | 35              |
| Exotic fruit jam with<br>lemon liqueur | Combination mode/<br>Fan plus     | 150                                                   | 20            | 35              |



## Baking tables

When baking, the three parameters of temperature, steam and time have to be defined. Parameters given in the tables are standard values.

Generally speaking, start with high a moisture level and a low temperature and finish with low moisture and a high temperature to dry out. Try the recipes for yourself and establish your own individual values.

| Baked Goods         | Method                                 | Stage                 | Temp in °C | Moisture in % | Time in minutes |
|---------------------|----------------------------------------|-----------------------|------------|---------------|-----------------|
| <b>Cake mix</b>     |                                        |                       |            |               |                 |
| Tray bake           | Fan plus                               |                       | 150–180    |               | 25              |
| Baking tin          | Conventional heat                      |                       |            |               | 25–35           |
| <b>Flaky Pastry</b> |                                        |                       |            |               |                 |
| Individual pastries | Combination mode/<br>Fan plus          | 1 <sup>st</sup> stage | 100        | 100           | 7               |
|                     |                                        | 2 <sup>nd</sup> stage | 180        | 75            | 9               |
|                     |                                        | 3 <sup>rd</sup> stage | 160–180    | 20            | 15              |
| Filled              | Combigenaren<br>Heißluft plus          | 1 <sup>st</sup> stage | 100        | 100           | 7               |
|                     |                                        | 2 <sup>nd</sup> stage | 190–210    | 90            | 10              |
|                     |                                        | 3 <sup>rd</sup> stage | 190–210    | 75            | 5               |
|                     |                                        | 4 <sup>th</sup> stage | 190–210    | 20            | 6               |
| <b>Choux Pastry</b> |                                        |                       |            |               |                 |
| Profiteroles        | Cake plus                              |                       | 150        |               | 50              |
| Eclairs             | Cake plus                              |                       | 150        |               | 50              |
| <b>Yeast Dough</b>  |                                        |                       |            |               |                 |
| Baguettes           | Combination mode/<br>Fan plus          | 1 <sup>st</sup> stage | 40         | 100           | 10              |
|                     |                                        | 2 <sup>nd</sup> stage | 50         | 100           | 2               |
|                     |                                        | 3 <sup>rd</sup> stage | 210        | 80            | 6               |
|                     |                                        | 4 <sup>th</sup> stage | 210        | 20            | 6               |
|                     |                                        | 5 <sup>th</sup> stage | 155–190    | 20            | 60              |
| Croissants          | Combination mode/<br>Fan plus          | 1 <sup>st</sup> stage | 90         | 100           | 2               |
|                     |                                        | 2 <sup>nd</sup> stage | 175        | 90            | 10              |
|                     |                                        | 3 <sup>rd</sup> stage | 175–225    | 20            | 15              |
| Spelt bread*        | Combination mode/<br>Fan plus          | 1 <sup>st</sup> stage | 50         | 100           | 2               |
|                     |                                        | 2 <sup>nd</sup> stage | 210        | 80            | 6               |
|                     |                                        | 3 <sup>rd</sup> stage | 210        | 20            | 6               |
|                     |                                        | 4 <sup>th</sup> stage | 145–180    | 20            | 60              |
| Flat bread          | Combination mode/<br>Fan plus          | 1 <sup>st</sup> stage | 40         | 100           | 10              |
|                     |                                        | 2 <sup>nd</sup> stage | 50         | 100           | 2               |
|                     |                                        | 3 <sup>rd</sup> stage | 210        | 20            | 6               |
|                     |                                        | 4 <sup>th</sup> stage | 165–185    | 20            | 25              |
| Plaited loaf        | Combination mode/<br>Conventional heat | 1 <sup>st</sup> stage | 90         | 100           | 2               |
|                     |                                        | 2 <sup>nd</sup> stage | 150        | 90            | 15              |
|                     |                                        | 3 <sup>rd</sup> stage | 150–180    | 20            | 15              |
| Rolls               | Combination mode/<br>Conventional heat | 1 <sup>st</sup> stage | 40         | 100           | 10              |
|                     |                                        | 2 <sup>nd</sup> stage | 50         | 100           | 2               |
|                     |                                        | 3 <sup>rd</sup> stage | 210        | 70            | 6               |
|                     |                                        | 4 <sup>th</sup> stage | 210        | 20            | 6               |
|                     |                                        | 5 <sup>th</sup> stage | 145–180    | 20            | 45              |
| Pizza               | Intensive Bake                         |                       | 175–205    |               | 35              |
| Plum Tart           | Intensive Bake                         |                       | 175–205    |               | 35              |
| Stollen             | Combination mode<br>Fan plus           | 1 <sup>st</sup> stage | 150        | 100           | 30              |
|                     |                                        | 2 <sup>nd</sup> stage | 150–170    | 20            | 30              |

| Baked Goods                                 | Method                                | Stage                 | Temp in °C  | Moisture in % | Time in minutes |
|---------------------------------------------|---------------------------------------|-----------------------|-------------|---------------|-----------------|
| Rye mix (multigrain) bread*                 | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 50          | 100           | 2               |
|                                             |                                       | 2 <sup>nd</sup> stage | 210         | 60            | 6               |
|                                             |                                       | 3 <sup>rd</sup> stage | 210         | 20            | 6               |
|                                             |                                       | 4 <sup>th</sup> stage | 145–195     | 20            | 60              |
| Wholemeal Rolls                             | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 40          | 100           | 10              |
|                                             |                                       | 2 <sup>nd</sup> stage | 50          | 100           | 2               |
|                                             |                                       | 3 <sup>rd</sup> stage | 210         | 70            | 6               |
|                                             |                                       | 4 <sup>th</sup> stage | 210         | 20            | 6               |
|                                             |                                       | 5 <sup>th</sup> stage | 170         | 20            | 45              |
| White Bread*                                | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 40          | 100           | 10              |
|                                             |                                       | 2 <sup>nd</sup> stage | 50          | 100           | 2               |
|                                             |                                       | 3 <sup>rd</sup> stage | 210         | 80            | 6               |
|                                             |                                       | 4 <sup>th</sup> stage | 210         | 20            | 6               |
|                                             |                                       | 5 <sup>th</sup> stage | 155–190     | 20            | 60              |
| Wheat mix (multigrain) bread*               | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 40          | 100           | 10              |
|                                             |                                       | 2 <sup>nd</sup> stage | 50          | 100           | 2               |
|                                             |                                       | 3 <sup>rd</sup> stage | 210         | 80            | 6               |
|                                             |                                       | 4 <sup>th</sup> stage | 210         | 20            | 6               |
|                                             |                                       | 5 <sup>th</sup> stage | 145–180     | 20            | 60              |
| Wholemeal Wheat Bread                       | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 40          | 100           | 10              |
|                                             |                                       | 2 <sup>nd</sup> stage | 50          | 100           | 2               |
|                                             |                                       | 3 <sup>rd</sup> stage | 210         | 70            | 6               |
|                                             |                                       | 4 <sup>th</sup> stage | 210         | 20            | 6               |
|                                             |                                       | 5 <sup>th</sup> stage | 155–190     | 20            | 60              |
| Onion Bread                                 | Intensive bake                        |                       | 175–205     |               | 35              |
| <b>Short Pastry</b><br>Biscuits             | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 185         | 50            | 6               |
|                                             |                                       | 2 <sup>nd</sup> stage | 185         | 20            | 10–15           |
| Baking tin with dry content                 | Combination mode<br>Fan plus          |                       | 200         | 85            | 35              |
| Baking tin with moist content               | Combination mode<br>Conventional heat | 1 <sup>st</sup> stage | Preheat 210 | 20            | 15              |
|                                             |                                       | 2 <sup>nd</sup> stage | 190         | 20            | 20–30           |
| Tray bake                                   | Intensive Bake                        |                       | 170–190     |               | 35–45           |
| <b>Quark &amp; oil dough</b><br>Baking tray | Conventional heat                     |                       | 170–190     |               | 50              |
| <b>Sponge cake</b><br>Cake tin              | Cake plus                             |                       | 170–190     |               | 55              |
| Tray bake with fruit topping                | Intensive Bake                        |                       | 170–190     |               | 40              |
| Biscuits                                    | Combination mode<br>Conventional heat |                       | 150–190     | 95            | 25              |
| <b>Sour Dough</b><br>Rye Bread              | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage | 210         | 60            | 6               |
|                                             |                                       | 2 <sup>nd</sup> stage | 210         | 20            | 6               |
|                                             |                                       | 3 <sup>rd</sup> stage | 175         | 20            | 60              |

\* Values quoted apply to bread made with 500 g flour, irrespective of whether baked on a tray or in a tin





## Roasting tables

When roasting meat, the three parameters of temperature, steam and time or core temperature, have to be defined. Up to six stages can be combined into one process.

Parameters given in the tables are standard values and can be varied according to individual taste.

Try the recipes for yourself and establish your own optimum individual values.

| Roast                             | Method                                | Stage                                                                   | Temp in °C            | Moisture in %    | Time in min.      | Core temp. |
|-----------------------------------|---------------------------------------|-------------------------------------------------------------------------|-----------------------|------------------|-------------------|------------|
| <b>Poultry</b><br>Duck up to 3 kg | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage<br>3 <sup>rd</sup> stage | 100<br>130<br>200–220 | 95<br>30<br>30   | 30<br>75<br>20–30 |            |
| Goose up to 4 kg                  | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 100<br>140            | 95<br>30         | 60<br>180–210     |            |
| Goose legs                        | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 100<br>180            | 95<br>30         | 30<br>45–60       |            |
| Chicken thighs                    | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 200<br>200–225        | 95<br>30         | 15<br>25–35       |            |
| Turkey breast                     | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 225<br>120            | 20<br>70         | 40–50             | 85         |
| <b>Veal</b><br>Fillet             | Fan plus                              |                                                                         | 200–225               |                  |                   | 55–75      |
| <b>Veal</b><br>Braising cuts*     | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 200–225<br>145        | 20<br>50         | 30–35             | 75–80      |
| <b>Lamb</b><br>Leg*               | Combination mode<br>Conventional heat | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 200<br>130            | 30<br>95         | 20                | 70–85      |
| <b>Beef</b><br>Fillet             | Fan plus                              |                                                                         | 200–225               |                  |                   | 45–60      |
| Roast beef                        | Fan plus                              |                                                                         | 200–225               |                  |                   | 55–70      |
| Braising cuts*                    | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage                          | 200–225<br>145        | 20<br>50         | 30–35             | 85         |
| <b>Pork</b><br>Fillet             | Combination mode<br>Fan plus          |                                                                         | 220–225               | 30               |                   | 70–80      |
| Shank                             | Combination mode<br>Fan plus          |                                                                         | 190–210               | 30               | 120–130           |            |
| Gammon joint                      | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage<br>3 <sup>rd</sup> stage | 200<br>130<br>85      | 20<br>100<br>100 | 30<br>70<br>60    |            |
| Crackling roast                   | Combination mode<br>Fan plus          | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage<br>3 <sup>rd</sup> stage | 205<br>85<br>180      | 20<br>100<br>20  | 40–70<br>15       | 80         |

| Roast                             | Method                    | Stage                                          | Temp in °C     | Moisture in % | Time in min. | Core temp. |
|-----------------------------------|---------------------------|------------------------------------------------|----------------|---------------|--------------|------------|
| Pork tenderloin                   | Combination mode Fan plus | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage | 200–225<br>150 | 30<br>50      | 40           | 75         |
| Pot roast                         | Combination mode Fan plus | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage | 180–210<br>150 | 30<br>50      | 30           | 85         |
| <b>Game</b><br><b>Venison* **</b> | Combination mode Fan plus | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage | 225<br>100     | 30<br>95      | 20–30        | 80–90      |
| Venison haunch* **                | Combination mode Fan plus | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage | 225<br>100     | 30<br>95      | 20–30        | 80–90      |
| Wild Boar roast* **               | Combination mode Fan plus | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage | 200–220<br>150 | 30<br>50      | 30–35        | 80–90      |

\* If you are preparing a sauce, add some hot water or stock to the container at the start of the cooking time.

\*\* If the meat is marinated beforehand, it will have a browner appearance than meat which has not been marinated.



## Grilling table

| Food                                   | Shelf level | Method                                                                                                     | Stage                                                                                            | Temp in °C             | Moisture in %        | Time in min.          |
|----------------------------------------|-------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------|----------------------|-----------------------|
| <b>Fish</b><br>Trout*/**<br>250 g      | 2           | Fan grill                                                                                                  |                                                                                                  | 200                    |                      | 20–25                 |
| Trout*/**<br>250 g                     | 2           | Full grill                                                                                                 |                                                                                                  | 225                    |                      | 25–30                 |
| Trout*/**<br>500–600 g                 | 2           | Full grill                                                                                                 |                                                                                                  | 225                    |                      | 25–30                 |
| Salmon*/**<br>800–1000 g               | 2           | Full grill                                                                                                 |                                                                                                  | 190                    |                      | 40–45                 |
| Mackerel                               | 2           | Combination grill                                                                                          |                                                                                                  | 225                    | 20                   | 20–25                 |
| <b>Poultry</b><br>Duck breast,<br>pink | 3           | Combination grill<br>Combination grill/<br>Fan plus<br>Combination grill                                   | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage<br>3 <sup>rd</sup> stage                          | 225<br>30<br>225       | 20<br>20<br>20       | 15<br>20<br>7–13      |
| Duck breast*,<br>well done             | 3           | Combination grill<br>Combination grill/<br>Fan plus<br>Combination grill<br>Combination grill/<br>Fan plus | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage<br>3 <sup>rd</sup> stage<br>4 <sup>th</sup> stage | 225<br>30<br>225<br>30 | 20<br>20<br>20<br>20 | 15<br>20<br>7–13<br>5 |
| Chicken*,<br>whole                     | 1, 2***     | Combination grill/<br>Fan plus<br>Combination grill/<br>Fan plus<br>Combination grill                      | 1 <sup>st</sup> stage<br>2 <sup>nd</sup> stage<br>3 <sup>rd</sup> stage                          | 225<br>150<br>225      | 20<br>80<br>20       | 20<br>40<br>10        |
| <b>Meat/Sausage</b><br>Burgers         | 2           | Fan grill                                                                                                  |                                                                                                  | 225                    |                      | 25–30                 |
| Burgers                                | 3           | Full grill                                                                                                 |                                                                                                  | 225                    |                      | 25–30                 |
| Sausages<br>fine/coarse                | 3           | Full grill                                                                                                 |                                                                                                  | 225                    |                      | 15–20                 |
| Nürnberg<br>sausages                   | 3           | Fan grill                                                                                                  |                                                                                                  | 225                    |                      | 10–15                 |
| Nürnberg<br>sausages                   | 3           | Full grill                                                                                                 |                                                                                                  | 225                    |                      | 10–15                 |

| Food                            | Shelf level | Method     | Stage | Temp in °C | Moisture in % | Time in min. |
|---------------------------------|-------------|------------|-------|------------|---------------|--------------|
| Thüringer sausages              | 3           | Full grill |       | 225        |               | 15–20        |
| <b>Gratins</b><br>Peach halves* | 3           | Full grill |       | 225        |               | 5–10         |
| Tomato halves*                  | 3           | Full grill |       | 225        |               | 5–10         |
| <b>Miscellaneous</b><br>Toast   | 3           | Full grill |       | 225        |               | 5–8          |
| Hawaiian toast*                 | 2           | Full grill |       | 225        |               | 10–12        |

\* Do not turn

\*\* Place food on baking paper

\*\*\* Dependent on size

|                                                                |     |                                                     |     |
|----------------------------------------------------------------|-----|-----------------------------------------------------|-----|
| <b>A</b>                                                       |     |                                                     |     |
| Advocaat gateau                                                | 38  | <b>C</b>                                            |     |
| Almond crumble cake                                            | 66  | Cabbage stuffed with prawns and rice                | 102 |
| Apple cake                                                     | 68  | Cantuccini biscotti                                 | 58  |
| Apple cakes, bottled                                           | 262 | Carrot cakes, bottled                               | 266 |
| Apple dream                                                    | 249 | Carrot soup, cream of                               | 113 |
| Apple pie                                                      | 61  | Carrot torte                                        | 42  |
| Apricot soufflé                                                | 238 | Carrots with glazed shallots                        | 225 |
| Apricot streusel cake                                          | 70  | Cauliflower soufflé                                 | 230 |
| Artichokes with a creamy tomato dip                            | 94  | Celery soup                                         | 118 |
| Asparagus with a choice of sauces<br>(parsley, tuna or orange) | 226 | Cheese puffs                                        | 156 |
| Asparagus with smoked salmon rolls                             | 106 | Cheesecake                                          | 44  |
| Aubergines, stuffed                                            | 95  | Cherry cheesecake tray bake                         | 58  |
|                                                                |     | Cherry quark soufflé                                | 241 |
| <b>B</b>                                                       |     | Cherry tomato and goat's cheese bites               | 100 |
| Baguettes                                                      | 74  | Chicken breasts in a pepper sauce                   | 196 |
| Baked apples with a choice of sauces                           | 248 | Chicken breasts stuffed with mushrooms              | 188 |
| Baking – Tips on preparation                                   | 26  | Chicken breasts with shallots and peppers           | 110 |
| Beef, braised                                                  | 170 | Chicken curry                                       | 190 |
| Beef casserole with apple<br>horseradish sauce                 | 174 | Chicken kebabs with a balsamic sauce                | 193 |
| Beef, fillet of                                                | 170 | Chicken, Moroccan                                   | 194 |
| Beef, poached fillet of, served with a<br>medley of vegetables | 173 | Chicken, roast                                      | 188 |
| Beef, roast, with sautéed potatoes and<br>homemade remoulade   | 172 | Chicken salad                                       | 144 |
| Beef roulades                                                  | 168 | Chicken soup                                        | 112 |
| Beetroot salad                                                 | 92  | Chocolate and vanilla spiral biscuits               | 60  |
| Black cherries with meringue floaters                          | 254 | Chocolate brownies                                  | 242 |
| Braised beef                                                   | 170 | Chocolate gugelhupf                                 | 72  |
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