



**Fissler**

*Your Favorites. Your Fissler.*

The most delicious recipes from all over the world

**Fissler.** Perfect every time.



## Enjoyment from the West to the far East

Travel the world with these Fissler recipes

To discover the countries of this Earth and their delicious cuisines, you don't need to pack your bags. You can enjoy a culinary tour around the world, standing comfortably in front of your own stove. All you need is a desire to experiment, some authentic recipes and of course all the necessary cooking utensils.

“Home cooking” around the globe has many faces and every country has its own favorite dish, from the mini-beef roulades of Germany to the tempura of Japan. To ensure that all these special dishes always turn out perfectly, Fissler offers every cook the right products for boiling, frying, roasting and preparing every dish – true to its motto “Your Favorites. Your Fissler”.

Now allow yourself to be tempted and inspired by our ten recipes from Germany, Turkey, China, Japan and Korea. Reflecting the multiple facets of our world, they will stimulate your appetite and your desire to experiment.

Turn the pages and start your journey by choosing the recipes you like best!

### Germany

Mini-roulades  
German potato pancakes



### China

Steamed wontons  
Five-color soup



### Tips and tricks



### Japan

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### Turkey

Lamb ragout  
Braised anchovies



### Tips and tricks



### Korea

Bulgogi  
Yaksik







Germany

Delicious  
16 pieces

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- 4 slices beef top-side, 180–200 g/6–7 oz each
- salt
- freshly ground pepper
- mustard
- 150 g/5 oz streaky bacon
- 1 medium gherkin, sliced
- 1 onion, diced
- 2 tbsp rapeseed oil
- 3 onions, quartered for sautéing

**For the sauce:**

- 200 ml/7 fl oz vegetable stock
- 200 ml/7 fl oz red wine
- 1 tbsp tomato paste
- 1 bay leaf

**Preparation time:** about 20 minutes

**Cooking time:** 15–20 minutes



## Mini-roulades

- 1 Pat the slices of beef dry, slice them once lengthways and once across to make each one into 4 pieces of meat of equal size. Place the slices of meat between two sheets of clingfilm and pound them with a rolling pin to flatten them.
- 2 Season the pieces of meat with salt and pepper and coat with mustard. Place 1/2 slice streaky bacon, a few gherkin slices and some diced onion on each piece of meat.
- 3 Now roll up each slice of meat and secure it with a wooden cocktail stick.
- 4 Stir together all the ingredients for the sauce.
- 5 Heat the rapeseed oil in the pressure cooker; add the beef roulades and brown all over. Add the quartered onions and continue sautéing. Then deglaze with the sauce.
- 6 Close the pressure cooker, following the instructions. Set the cooking display with traffic light system to cooking level 2 (speed setting) and heat the pan over high heat.
- 7 When the yellow ring begins to show, reduce the heat. As soon as the green ring appears, start the cooking time of 15–20 minutes.
- 8 Depressurise, following the instructions, and remove the lid.
- 9 Strain the sauce and season with salt and pepper.

**Accompaniment:** Serve with potatoes sprinkled with parsley.

**Tip:** If children are eating with you, replace the red wine with vegetable stock.

**Fissler recommendation:** For a smoother filling, simply put the ingredients in the Fissler finecut. Spread the resulting mixture on the slices of meat and continue as instructed above. Children will love these mini-roulades with a smooth filling.



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Germany

Vegetarian  
20–25 pieces

1 kg/2 1/4 lb waxy potatoes  
1 onion  
3 eggs (size M)  
1 level tsp salt  
40 g/1 1/2 oz plain flour  
100 ml/3 1/2 fl oz cooking oil, e.g.  
rapeseed oil

**6** Optional:  
chopped chives  
some roughly chopped  
parsley

Preparation time: about 45 minutes

Cooking time: 6–8 minutes



## German potato pancakes

- 1 Peel the potatoes, rinse and pat dry. Peel the onion. Grate the potatoes and onion finely. Add the eggs, salt and flour and mix well.
- 2 Heat a little of the oil in a pan. Add the mixture in portions and press flat immediately. Fry the pancakes on both sides over medium heat for 6–8 minutes until crispy brown.
- 3 Remove the cooked pancakes from the pan and put briefly on kitchen paper to drain. The pancakes can be served at once. Optionally, sprinkle with chopped chives or parsley and keep warm.
- 4 Make more pancakes with the remaining mixture in the same way.

**Accompaniment:** Serve the potato pancakes with apple compote, herb quark or smoked salmon with herb crème fraîche.

**Tip:** Your potato pancakes will be even crispier if you replace half the flour with 2–3 tablespoons of oat flakes.

**Fissler recommendation:** The Fissler cutting board should be maintained by rubbing regularly with a neutral oil, for instance rapeseed oil. This will prevent the wood from becoming brittle or cracking.







China

Aromatic  
20 pieces

- 20 frozen wonton wrappers
- 10 dried Chinese morels (Mu-Err)
- 2 spring onions
- 100 g/3 1/2 oz Chinese cabbage
- 100 g/3 1/2 oz chicken fillet
- 20 g/3/4 oz fresh ginger
- 3 tbsp soy sauce
- freshly ground pepper
- 1 pinch sugar
- 1 egg white

**Preparation time:** about 35 minutes, excluding soaking and thawing time

**Cooking time:** about 10 minutes



## Steamed wontons

- 1 Spread out the wonton wrappers and leave to thaw.
- 2 Rinse the morels under cold running water and soak in warm water for about 20 minutes. Trim the spring onions, rinse them and cut into thin rings. Trim the Chinese cabbage, wash and cut into thin strips.
- 3 Rinse the chicken fillets under running cold water, pat dry and cut into thin strips. Then mix them with the spring onions and Chinese cabbage.
- 4 Drain the morels and cut into small pieces, then stir them into the mixture.
- 5 Peel and finely chop the ginger. Stir the pepper and sugar into the soy sauce and add to the ginger. Add the other ingredients to this mixture and leave to marinate for 20–30 minutes.
- 6 Brush the wonton wrappers with beaten egg white. Spoon some filling in the middle of each square. Fold into triangles by pulling the opposite corners of each square towards each other, then press together to seal. Also press the edges together.
- 7 Cook the wontons in the wok on the steamer insert over steam for about 10 minutes.

**Accompaniment:** Wontons can be served in a chicken or vegetable broth, garnished with strips of vegetables.

**Fissler recommendation:** The Fissler original-pro collection® wok has many advantages. With its broadly rounded sides and deep lid, it is ideal for steaming. The circulating steam passes through the steamer insert and is ideal for cooking ravioli, fish or delicate vegetables. In Asia the wok is also used for frying. Because of its rounded shape very little oil is needed but the top of the wok is wide enough for the food being fried to be pushed up the sides, away from the oil, when it is done.







China

Colorful  
4 servings

20 g/3/4 oz dried Chinese morels (Mu-Err)  
8 quail's eggs, fresh or bottled  
4 chicken wings  
3 tbsp light soy sauce  
200 ml/7 fl oz cooking oil for deep-frying  
75 g/3 oz bamboo shoots  
150 g/6 oz Chinese cabbage  
1 leek  
2 tbsp cooking oil  
3 tbsp chicken stock  
750 ml/1 1/4 pt water  
8 scallops, loose salt  
freshly ground pepper

**Preparation time:** about 35 minutes  
excluding soaking and marinating time.

**Cooking time:** 15–20 minutes

## Five-color soup

- 1 Soak the mushrooms in water for about 20 minutes. Cut into thin strips and remove the thick stalks.
- 2 Boil the quail's eggs for 5 minutes, dip in cold water and remove the shells.
- 3 Rinse the chicken wings thoroughly under cold running water, chop off the ends and pat the wings dry with kitchen paper.
- 4 Sprinkle the soy sauce over the peeled eggs and chicken wings and leave to stand for 20 minutes.
- 5 Heat the cooking oil in the saucepan, add the quail's eggs you prepared earlier in two portions and deep-fry until light brown. Then deep-fry the chicken wings for 7–8 minutes. Pour the frying oil into another container and leave to cool. Re-use it later for frying as required.
- 6 Rinse the bamboo shoots and leave to drain. Wash the Chinese cabbage leaves and cut into thin strips. Trim and wash the leek, then cut diagonally into rings about 2 cm thick.
- 7 Heat 2 tablespoons of the cooking oil in the pan. Add the leek rings and fry lightly. Add the chicken stock and heat briefly. Now add the water and bring to the boil.
- 8 Add the bamboo shoots and Chinese cabbage, then simmer gently over low heat for about 10 minutes.
- 9 Rinse the scallops and add to the liquid with the chicken wings and quail's eggs. Leave to stand for a short time. Season with salt and pepper.







## Tips and tricks

### Oil – the correct temperature

It is important that the oil should be hot enough before adding the food to be fried. To check that it is the correct temperature, dip a wooden skewer into the oil. If little bubbles form round it, the oil is hot enough. This is true both for the wok and the frying pan.



### Preparing herbs

Only chop herbs with a knife just before adding them and do not cook with the other ingredients, since otherwise their aroma and essential oils will be lost. Herbs also lose some of their flavour and color when chopped.



### Quick thawing

Fissler pans with an aluminium base, for instance the protect alux comfort line, reduce thawing times considerably because of their very high heat conductivity. Just place the frozen food in the pan. The thawing process is accelerated and you can start preparing the product much sooner.



### Steaming in the pressure cooker

Using the pressure-free steam cooking function on the Fissler vitavit® edition and vitavit® premium pressure cookers, you can cook healthy, flavoursome foods such as fish and vegetables, placed in the perforated insert. Make sure you add enough liquid to the pan. You can also enrich the flavour by adding spices and herbs such as ginger and thyme. The heated, aromatic steam envelops the food and cooks it gently. In addition, the pressure-free steam setting is ideal for thawing food and reheating.



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### Preparing meat correctly

To brown meat not coated with breadcrumbs, preheat the oil in a Fissler stainless steel pan over medium heat. It has reached the correct temperature when a little drop of water added to the pan forms clear bubbles. To keep the pan at searing heat, the meat should not have come straight from the refrigerator. Frying can be carried out with or without oil. Frying without fat will create a so-called grill effect; in this way the meat will remain juicy and tender inside while being crisp and brown on the outside.



### Marinating in a freezer bag

For marinating a dish to be cooked in a wok, cut the meat into strips and put them in a freezer bag. Stir together the marinade ingredients, such as soy sauce, cornflour and brown sugar, add to the bag and seal it. Then

turn the freezer bag over from time to time, kneading it lightly to ensure that the marinade is distributed evenly.

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Japan



Quick  
4 servings

- 1 Hokkaido squash (1–1.2 kg/2–2½ lb)
- 1 tbsp groundnut oil
- 250 g/9 oz minced pork
- 1 tsp salt
- 5 tbsp soy sauce
- 8 tbsp sweet rice wine (mirin)
- 200 ml/7 fl oz water
- 1 tbsp cornflour
- 1–2 tbsp water

**Preparation time:** about 30 minutes  
**Cooking time:** about 5 minutes



## Squash with minced pork

- 1 Cut the squash in half and cut off the stalk. Remove the filaments and seeds, rinse and pat dry. Cut the squash into 3–4 cm/1¼–1½ in chunks.
- 2 Heat the groundnut oil in the pressure cooker, add the minced pork and fry while stirring to prevent it from sticking together. Add the chunks of squash and fry briefly. Season with salt, soy sauce and rice wine, then add the water.
- 3 Close the pressure cooker, following the instructions. Set the cooking display with traffic light system to cooking level 2 (speed setting) and heat the pan over high heat. As soon as the green ring appears, start the cooking time of about 5 minutes.
- 4 Depressurise, following the instructions, and remove the lid.
- 5 Mix together the cornflour and water and add to the squash and minced pork mixture to thicken it. Season to taste with a little salt.

**Accompaniment:** Rice.

**Tip:** The Japanese rice wine (mirin) is only used as a seasoning while cooking. On the other hand, warm sake is drunk to accompany the food.

**Fissler recommendation:** The squash is very easy to hollow out with the Fissler magic ice cream scoop.







Japan



Crispy

4 servings

- 3–4 carrots
- 4 onions
- 20 French beans
- 16 shiitake mushrooms (about 250 g/9 oz)

For the batter:

- 200 g/7 oz plain flour
- 1 pinch salt
- 1 egg
- 300 ml/10 fl oz very cold water

about 2 1/3 pt sunflower oil

- soy sauce
- grated radish
- salt

Preparation time: about 60 minutes



## Kakiage tempura

1 Peel the carrots, wash them and cut into 1.5-cm/1/2-in chunks. Peel the onions and cut each into six pieces. Top and tail the green beans and remove any stringy fibres. Rinse the beans, pat dry and cut into pieces 2–3 cm/3/4–1 1/4 in long.

2 Prepare the mushrooms, rub clean with kitchen paper, rinse if necessary, pat dry and cut in half.

3 Mix together the flour and salt. Stir the egg into the cold water and then gradually stir into the flour.

4 Heat the oil in the roaster (it should be about 2–3 cm/3/4–1 1/4 in deep) over medium heat until bubbles begin to form round the handle of a wooden spoon dipped in it (about 170 °C/340 °F). Using two spoons, turn the vegetables and mushrooms in the batter until well coated, then plunge them into the hot oil in portions. Fry the carrots for 3–4 minutes, the onions and beans for 2–3 minutes and the mushrooms for about 2 minutes.

5 Remove the deep-fried vegetables and deep-fried mushrooms from the oil using a strainer; place on several sheets of kitchen paper to drain and keep in a warm place.

6 Proceed in the same way with the rest of the vegetables and mushrooms.

7 Arrange the soy sauce, grated radish and salt in bowls as a dip for the tempura.

**Tip:** Prepare the dough just before using it, which will make it crispier when deep-fried.

**Fissler recommendation:** The Fissler black edition round roaster is ideal for this dish because of its non-stick protectal-plus coating. The advantage: it is incredibly easy to clean.



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Turkey

## Lamb ragout

Suitable for freezing

4 servings

3 onions  
2 cloves garlic  
5 tomatoes  
1 kg/2 1/4 lb lamb from the leg  
(without bone)  
2 tbsp olive oil  
300 ml/10 fl oz vegetable stock  
or water  
salt  
freshly ground  
pepper

**Preparation time:** about 35 minutes

**Cooking time:** 50–60 minutes

1 Peel the onions and cloves of garlic and cut into small dice.

2 Make a crossways cut in the tomatoes, plunge briefly in boiling water and dip into cold water. Peel the tomatoes, cut each in half, cut out the stalk and its base, then cut the tomatoes into chunks.

3 Remove any fat and sinews from the meat, rinse under running cold water, pat dry and cut into small pieces.

4 Heat the oil in the pan, add the meat in portions and fry. Then add the diced onions and cloves of garlic, stir well.

5 Put 2 tablespoons of the tomato chunks aside and add the rest to the pan. Add the vegetable stock or water, stir well and season generously with salt and pepper. Cover and braise in the pan for 50–60 minutes.

6 Shortly before serving, add the reserved tomato chunks and season again with the spices.

**Accompaniment:** Aubergine puree, rice or pitta bread.

**Tip:** Optionally, you can add 1–2 tablespoons tomato puree to the sauce. And if you like spicy foods, you can also add 1 teaspoon cumin to the ragout.

**Fissler recommendation:** The Fissler arcana® cast-iron line of cookware is ideally suited for braised dishes. As well as its excellent heating properties, it is worth mentioning the importance of the cast iron nubs on the inside of the lid. These increase the circulation of the liquid in the closed pot so that the food is braised in its own juices. As a result the rising braising juices are distributed evenly over the food being cooked. This keeps the meat beautifully juicy and produces a concentrated meat stock as the basis for an aromatic sauce.







Turkey

Spicy

4 servings

- 800 g/1¾ lb fresh anchovies
- salt
- plain flour
- 1 green pepper
- 2 tomatoes
- 1 organic lemon
- 2 onions
- 100 ml/3½ fl oz olive oil
- 3–4 bay leaves
- freshly ground pepper
- 200 ml/7 fl oz vegetable stock or water
- ½ bunch flat-leaved parsley

**Preparation time:** about 20 minutes

**Cooking time:** about 20 minutes.



## Braised anchovies

1 Clean and gut the fish, rinse under cold running water, pat dry, sprinkle with salt and turn in the flour.

2 Cut the peppers in half, remove the stalks, remove the seeds, rinse and cut into cubes.

3 Wash the tomatoes, cut out the stalks and base, then cut into slices.

4 Wash the lemon under hot running water and cut into slices. Peel and slice the onions.

5 Heat the oil in the pan. Add the fish, fry on both sides, then push them towards one end of the pan. Add the onion slices, then the diced peppers and tomato slices to the rest of the pan, next to the fish. Arrange the lemon slices and bay leaves on top of the fish. Season with salt and pepper.

6 Add the vegetable stock or water, cover and cook for 4–5 minutes. Rinse the parsley, pat dry, pull the leaves from the stalks and chop them finely.

7 Sprinkle the parsley over the fish just before serving.

**Accompaniment:** Pitta bread.

**Tip:** Anchovies are small fish which are available either fresh or preserved.

**Fissler recommendation:** The Fissler special fish pan can also be used on a round hot plate or burner. Because of its extra thick base, it has excellent heat conductivity (see Tips and tricks, page 13). It can also be used in the oven as a gratin dish.







## Tips and tricks

### Cleaning mushrooms

Cultivated mushrooms are seldom very dirty. Because mushrooms absorb water very quickly, thus losing flavour, it is best to rub them clean with kitchen paper, a brush or a scrubber and hold them only very briefly under running water if necessary. The stalks can also be used if they are not woody or dry. Carefully cut off any dry or dirty ends. The mushroom caps must not be peeled.



### Reheating mushrooms

In the past, people were advised to throw away left-over mushrooms, since it was thought that reheated mushroom dishes could be poisonous. But in fact leftover mushroom dishes can be reheated if they are refrigerated soon after cooking and kept at a temperature of between 2–6 °C/36–43 °F. When reheating mushrooms make sure that the temperature is not lower than 70 °C/160 °F.



### Stoning dates

When stored for a time, dates dry out and begin to crystallise, making it hard to remove the stone. To make this process easier, warm the dates briefly in the microwave (200 g/7 oz dates at about 180 watts for about 2 minutes).

Then cut the dates lengthways. This will make it easier to remove the stone. Dates can be used plain for cooking, baking or in desserts.

### Oversalted soup

If a soup, stew or sauce is too salty, peel two potatoes, slice them and add to the pan. Cook the sliced potatoes for about 10 minutes, then remove from the pan. If the dish is still too salty, stir in some milk or cream.



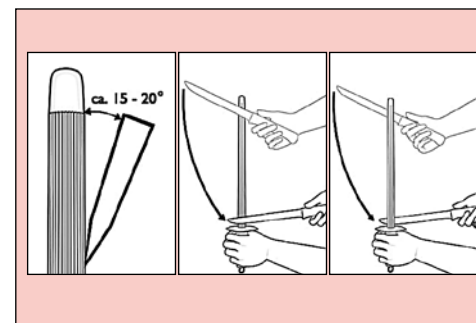
### “Pricked” onion

A “pricked” onion will give any soup or sauce a very pleasant aroma. To prick an onion, peel it, make a cut in it with a knife and insert a bay leaf in the cut. Then stick 3 cloves into the onion, stalk end first. Add the pricked onion to the soup or sauce after skimming it.



### Sharpening a knife like a pro

To sharpen knives, Fissler recommends using a sharpening steel. This should be held at arm's length from the body. To sharpen, draw the blade from the handle to the tip down each side of the sharpening steel, maintaining an angle of 20° between the blade and the steel. Repeat this several times. You will then be able to slice or cut items of food very easily. Preferably knives should be sharpened after each time they are used.







Korea



Sophisticated  
4 servings

600 g/1 1/4 lb fillet of beef  
3 level tbsp sugar  
50 ml/2 fl oz rice wine  
1 bunch spring onions  
2 cloves garlic  
6 tbsp soy sauce  
1 tbsp ground sesame seeds  
1 level tsp ground pepper  
4 tbsp sesame oil  
200 g/7 oz mushrooms  
1 tbsp rice wine

**Preparation time:** about 35 minutes,  
excluding marinating time

**Cooking time:** 3–4 minutes per  
portion

## Bulgogi

- 1 Pat the beef fillet dry with kitchen paper and remove any skin and sinews if necessary. Slice the meat thinly.
- 2 Stir together the sugar and rice wine, pour over the meat and leave to marinate for about 30 minutes.
- 3 Trim the spring onions, rinse and cut into thin rings. Peel the cloves of garlic and dice them finely. Mix together the spring onions and diced garlic with the soy sauce, ground sesame seeds, pepper and 2 tablespoons sesame oil. Pour this mixture over the meat and make sure that it is evenly distributed.
- 4 Trim the mushrooms, rub clean with kitchen paper and slice.
- 5 Heat 1 tablespoon sesame oil in the pan. Add half the meat mixture, making sure that each slice of meat is in contact with the bottom of the pan, and fry for 3–4 minutes over medium heat. After 1 1/2 minutes add half the mushrooms and fry with the meat mixture. Remove the bulgogi from the pan and put in a warm place.
- 6 Again, heat 1 tablespoon sesame oil in the pan. Add the rest of the meat mixture and the mushrooms and cook in the same way. Add to the bulgogi you were keeping in a warm place. Sprinkle rice wine over the meat just before serving.

**Accompaniment:** Rice.

**Tip:** To make bulgogi you should use the thin end of the beef fillet. A sharp knife makes it easier to cut thin slices. We recommend the Fissler carving knife in the profession line.

**Fissler recommendation:** Use the Fissler crispy steelux premium fry pan to make this dish. Its outstanding heat conductivity, specially designed for plain fried meat dishes, is ideal for this recipe. The meat will be crisp on the outside and tender and juicy on the inside.







Korea



Sweet  
4 servings

8 sweet chestnuts  
or water chestnuts  
about 4 dates  
3 tbsp sesame oil  
400 g/14 oz sticky rice  
750 ml/1 1/4 pt water  
75 g/3 oz brown sugar  
2–3 tbsp dark soy sauce  
1/2 tsp ground cinnamon  
about 25 g/1 oz pine nuts

**Preparation time:** about 15 minutes

**Cooking time:** about 20 minutes

## Yaksik

- 1 Peel the chestnuts (see tip) and pour boiling water over them. Remove the membranes. Stone the dates. Chop both ingredients coarsely.
- 2 Pour two tablespoons sesame oil into the pressure cooker, add the rice and sweat, then add the water. Stir together the sugar and soy sauce and add the chopped chestnuts and dates.
- 3 Close the pressure cooker, following the instructions. Set the cooking display with traffic light system to cooking level 2 (speed setting) and heat the pan over high heat.
- 4 When the yellow ring begins to show, reduce the heat. As soon as the green ring appears, start the cooking time of 20 minutes.
- 5 Depressurise, following the instructions, and remove the lid.
- 6 Add the rest of the sesame oil, cinnamon and pine nuts and stir well.
- 7 Use an ice cream scoop to form the mixture into little balls.

**Tip:** To make it easier to open and peel fresh chestnuts, make a cross-shaped cut on the round end with a knife. Then put 4 chestnuts at a time in the microwave and heat at full power for about 1 minute. Peel immediately while still hot.

**Fissler recommendation:** You will find it easier to chop chestnuts using a Fissler Santoku knife with hollow edge. The hollow edge consists of an alternation of indentations on each side of the blade. These create a cushion of air between the blade and the food to be cut, enabling the pieces to be removed very easily from the blade. This knife is also ideal for cutting vegetables and pastry cases.







Perfect every time.