



Recipes for the Combi-Steam SL/XSL

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Combi-Steam SL/XSL

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Delicious recipes



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General information

Healthy cooking is part of modern life

Ever more health-conscious people are choosing gentle methods of cooking, because being sporty and fit is part of the modern lifestyle. Part and parcel with this are culinary delights, for the steamer satisfies both requirements. A steamer makes healthy food even tastier and as if prepared by a master chef. Steaming also eliminates constant watching. Nothing is overcooked, nothing burns. Head and hands are free for other tasks.

PerfectSense

Over the entire cooking bandwidth the fully automatic PerfectSense offers you support you've never known before. At the press of a button the most demanding master chef delicacies and your individual recipes are prepared fully automatically. Meat is ready to serve, as tender as butter at precisely the desired time. Thanks to the unique guarantee of success you stay always relaxed whilst cooking and can enjoy the compliments of your guests.

Function principle of operating modes using steam

The principle of your appliance is very simple. Water is brought to the boil in a boiler. The steam produced is fed into the cooking space where it condenses on the colder surface of the food to water and the energy is transferred to the food. The bigger the surface area of the food, the quicker it will cook. Simply cut the food into smaller pieces to increase the surface area. For steaming, use the perforated cooking tray so that the steam reaches all parts of the food uniformly. The energy transfer of steam is very efficient, with the food being heated evenly as more steam condenses on the thicker parts and energy in the form of heat is transferred into the food.

Important note

The operating instructions contain important safety information. Please read this carefully before you use the appliance. The operating instructions also contain detailed information for using the appliance.

Accessories

Accessories	
Perforated cooking tray	
Wire shelf	
Stainless steel tray	
Unperforated cooking tray	
Porcelain dish	
Terrine mould	

The perforated and unperforated cooking tray is supplied in Gastronorm (GN) sizes 1/3 and 2/3 and the porcelain dish in sizes 1/3, 1/2 and 2/3 GN.

Operating the appliance

Selecting a recipe

Below are brief operating instructions for quick reference. Additional and more detailed information is to be found in the operating instructions.

- Fill the water tank with fresh, cold drinking water and slot into position in the water tank compartment.
- Press the OK adjusting knob to activate the plain text display.
- Turn the OK adjusting knob until «Recipes» appears in the plain text display and then press to confirm.
- Turn the OK adjusting knob until the desired recipe appears in the plain text display and then press to confirm.

The recipes are numbered (e.g. R33) to enable speedy selection. The numbers of the recipes can be found in the recipe book in the top left-hand corner of the individual recipes. Recipes can be changed and saved under «Own recipes». You can also save recipes you have created yourself under «Own recipes».

- If the appliance has to be preheated, start the recipe before introducing the food.
- Introduce the food and then press the OK adjusting knob to start or continue the recipe.
- An acoustic signal is emitted when the programme duration is up.
- Take the cooked food out of the cooking space.
- Leave the appliance door open in the at-rest position to enable the cooking space to cool down.

No delayed start is possible for recipes requiring the appliance to be preheated.

Saving energy – Menu preparation

When steaming, a variety of food can be cooked at the same time. For example, rice or pulses can be prepared at the same time as vegetables with similar cooking times, saving energy and the washing-up. A continuous fresh supply of steam from the external boiler prevents transfer of flavours between foods. Where food has different cooking times, place it staggered in the cooking space.

Uses and tips

Regeneration

Prepared dishes and convenience foods can be heated up directly on a heat-resistance plate using steam without any loss of quality and be served as if freshly prepared. The food does not have to be covered and can be regenerated on several levels at the same time. Stale bread can be «freshened» using the setting Regeneration 150 °C and will taste as if it's fresh from the baker.

Baking

Perfect baking results are ensured whether it is pizza, bread, pastry or gratin. Consult the detailed information in «Tips on settings».

Defrosting

Deep frozen meat, fish and poultry can be gently defrosted with Steam 40 °C. Deep frozen vegetables can be prepared with Steam 100 °C, just like fresh vegetables.

Preserving

With steam, food can be prepared for preserving in glass containers and infant feeding bottles can be sterilised. The food is preserved by killing any microorganisms and then hermetically sealing it in jars. See the «Tips on settings» section for details.

Blanching

Blanching refers to the preparation of food by putting it briefly into plenty of boiling water. Blanch food in the steamer by steaming it briefly at 100 °C. The enzymes are deactivated by the heat, while the colour of the vegetables is retained. Similarly, leafy vegetables (e.g. white cabbage) are softened, making them easier to prepare and freeze. After blanching, plunge the vegetables straight into ice-cold water and then dry.

Juice extracting

Steam juicing is a very gentle method of extracting juice from berries and fruits, for instance cherries, blackcurrants, etc. The energy-rich steam bursts the cell walls, allowing the juice to escape.

Desiccating / drying

Food is dried and prepared for preserving by using hot air. Consult the detailed information under Tips on settings.

Soft roasting

Soft roasting is a patented roasting method whereby seared meat is gently cooked at a relatively low temperature. The main advantage is that it is possible to select when the roast is to be ready, irrespective of the weight and thickness of the cut of meat. The cooking time can be set between 2.5 and 4.5 hours.

The temperature of the cooking space is regulated in relation to the core temperature of the meat, which is continuously monitored by the food probe. The temperature of the cooking space is automatically and optimally regulated so that the meat is ready by the set time. The temperature reading of the food probe plays an important role, which is why the food probe must be positioned carefully.

Lean, quality cuts of meat are best for Soft roasting. The meat should weigh between 500 g and 2000 g, and be no thinner than 4 cm. Sinewy or fatty cuts of meat are less suitable for Soft roasting. Marinate or season the meat with herbs and spices according to taste.

Season the meat with salt immediately before searing. Remove any marinade made with herbs, mustard, etc from the meat before searing, as it can easily and leave a bitter taste.

Uses and tips

Preparations

Heat some fat in a pan.
Sear the meat on all sides (for no more than 5 minutes).
Next place the meat on the original baking tray or in a glass or porcelain dish.
Insert the food probe into the meat so that the tip is in the centre of the thickest part. The food probe must as far as possible be completely covered by the meat in order to get a correct reading.
Place the original baking tray or the wire shelf at level 2 and cover with the mould.
Plug the food probe into the socket.
The suggested cooking time is 3.5 hours. This can be adjusted to between 2.5 to 4.5 hours.

Selecting and starting Soft roasting

- Press the OK adjusting knob to activate the plain text display.
- Turn the adjusting knob OK until Soft roasting appears in the plain text display.
- Confirm by pressing the OK adjusting knob.
- Turn the adjusting knob OK until the desired cut of meat appears in the plain text display; confirm by pressing.
- Turn the adjusting knob OK until the desired degree of doneness is selected; confirm by pressing and start the programme.

Cut of meat	Degree of doneness	Recommended value food probe temperature °C
Fillet of veal	rare medium	58 62
Topside of veal thick end, loin of veal		67
Shoulder of veal		80
Veal neck		81
Fillet of beef	rare medium	53 57
Sirloin of beef, roast beef	rare medium	52 55
Chuck of beef, topside of beef		67
Shoulder of beef		72
Middle or chump end of loin of pork		67
Neck of pork		85
Leg of lamb	rare medium	63 67

Uses and tips

GourmetSteaming

The GourmetSteaming programme brings the know-how of maitres de cuisine right into your home. Celebrity chef Stefan Meier has created special recipes for you, tailored to this appliance and guaranteed to be successful. Select a recipe, press the OK adjusting knob and the appliance performs in exactly the way as the celebrity chef in his kitchen. The cooking process is optimally adapted to the food and comprises several steps which proceed automatically and reliably after the start.

Do you want even more integrated recipes to choose from? The supplementary GourmetSteam recipe book offers an extra 35 delicious recipes which can be called up at the touch of a button. You can use the codes specified in the recipe book to activate the relevant configuration for your appliance.

Type of food	Weight	Approximate amount of liquid to be added (depending on desired consistency)
Rice	100g	1.5 dl (salted water, bouillon, etc.)
Risotto	100g	2.5 dl (water, wine, etc.)
Maize semolina (polenta)	100g	3 dl (water / milk mixture)
Semolina	100g	2 to 3 dl water
Lentils	100g	2 to 3 dl water
Ebly wheat	100g	1 to 1.5 dl water
Millet	100g	1.5 to 2 dl water
Chickpeas, soaked	100g	0.5 to 1 dl water

Steaming

Vital vitamins, minerals and flavours are retained during the process of being gently steamed in the steamer. No matter the food, there is an operating mode to steam it to perfection. Grains (e.g. rice and millet) and pulses (e.g. lentils), adding an appropriate amount of liquid, can be cooked directly in suitable tableware.

Notes and abbreviations

Ingredients

The recipes serve four, unless stated otherwise.

Cooking time

The cooking times given are based on the stated accessories. The cooking time may vary slightly depending on the type of cookware being used. The cooking times given serve as a guide. The duration can be shortened for firmer or lengthened for more well cooked food, according to individual preference.

The following abbreviations are used in the recipes:

g	gram
kg	kilogram
dl	decilitre
l	litre
tsp	teaspoon
tbsp	tablespoon

Quantities

Ingredients	Flat teaspoon	Flat tablespoon	Heaped teaspoon	Heaped tablespoon
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	36 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Water, milk	5 g	15 g	-	-
Cinnamon	2 g	3 g	4 g	11 g
Sugar	3 g	9 g	6 g	17 g



Aperitif
Starters

Aperitif nibbles

- 1 Cover the tray with baking parchment and lay the puff pastry on to it. Brush with a little water, then lay the second sheet of pastry on top and press down lightly. Brush with olive oil. Put the herbs and Parmesan onto the pastry and spread them out evenly. Use a pastry cutter to cut the puff pastry into strips or triangles.
- 2 Put the stainless steel tray into the cold cooking space at level 1 (levels 1 and 3 if two trays are being used). Start the recipe. Professional baking 200 °C, 20–25 minutes.

Stainless steel tray

2 rolls of puff pastry

2 tbsp olive oil

Oregano, leaves pulled off

Thyme, leaves pulled off

30 g grated Parmesan



Salmon curls

Stainless steel tray

1 roll of puff pastry

Filling

200 g smoked salmon, sliced

1 bunch of dill, tips of leaves pulled off

- 1 Spread the salmon out on the puff pastry, leaving a 2 cm gap along one of the longer edges, then sprinkle the dill over the top. Brush the uncovered edge of the pastry with a little water, then roll the pastry up from the other side and press the end down. Cut the roll into slices 2 cm thick and put the curls on to the tray after covering it with baking parchment.
- 2 Put the stainless steel tray into the cold cooking space at level 1 (levels 1 and 3 if two trays are being used). Start the recipe. Professional baking 200 °C, 20–25 minutes.

Tip

Replace the salmon with air-dried ham, boiled ham or bacon.

Ham palmiers

Stainless steel tray

1 roll of puff pastry

Filling

2 tbsp ricotta

1 tbsp pesto

1 tbsp grated cheese

6 slices of ham

- 1 Mix the ricotta, pesto and grated cheese together.
- 2 Put the ham on to the pastry and spread the ricotta mixture over the top. Roll the pastry up loosely from both long ends and cut into slices 1 cm thick. Cover the tray with baking parchment and put the palmiers on it.
- 3 Put the stainless steel tray into the cold cooking space at level 1 (levels 1 and 3 if two trays are being used). Start the recipe. Professional baking 200 °C, 20–25 minutes.

Sweet palmiers

Stainless steel tray

1 roll of puff pastry

Filling

1 egg white, beaten

4 tbsp sugar

- 1 Brush the pastry with the egg white and sprinkle with sugar. Roll the pastry up loosely from both long ends and cut into slices 1 cm thick. Cover the tray with baking parchment and put the palmiers on it.
- 2 Put the stainless steel tray into the cold cooking space at level 1 (levels 1 and 3 if two trays are being used). Start the recipe. Professional baking 200 °C, 20–25 minutes.

Tip

Scatter chocolate sprinkles, grated almonds, hazelnuts, cinnamon or other spices over the sugar as you wish.

Nut Danish pastries

Stainless steel tray

1 roll of puff pastry

Filling

1 dl cream

50 g sugar

200 g ground almonds

½ tsp ground cinnamon

- 1 Mix the double cream, sugar, almonds and cinnamon together.
- 2 Spread the mixture onto the puff pastry, leaving a 2 cm gap along one of the longer edges. Brush the uncovered edge of the pastry with a little water, then roll the pastry up from the other side and press the end down. Cut the roll into slices 2 cm thick and put the curls on to the tray after covering it with baking parchment.
- 3 Put the stainless steel tray into the cold cooking space at level 1 (levels 1 and 3 if two trays are being used). Start the recipe. Professional baking 200 °C, 20–25 minutes.

Stuffed rolls with ham

- 1 Mix all the ingredients for the filling together.
- 2 Cut the ready to bake rolls open horizontally.
- 3 Spread the filling on one half of the roll, then put the other half on top.
- 4 Cover the tray with baking parchment and put the rolls on it.
- 5 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air with steaming 220 °C, 8 minutes.

Tip

Use croissants instead of rolls and add 3–5 minutes to the cooking time.

Stainless steel tray

12–16 small ready to bake rolls

Filling

½ egg

120 g ham, finely diced

2 tbsp grated cheese

½ bunch of chives, finely chopped

Paprika powder

Salt

Pepper



Stuffed rolls with quark

Stainless steel tray

12–16 small ready to bake rolls

75 g low-fat quark
50 g grated cheese
50 g mozzarella, roughly grated
½ red pepper, stalk and seeds removed,
finely diced (brunoise)
Basil leaves, shredded
Oregano leaves, chopped
Salt
Pepper

- 1 Mix all the ingredients for the filling together.
- 2 Cut the ready to bake rolls open horizontally.
- 3 Spread the filling on one half of the roll, then put the other half on top.
- 4 Cover the tray with baking parchment and put the rolls on it.
- 5 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air with steaming 220 °C, 8 minutes.

Tip

Use croissants instead of rolls and add 3–5 minutes to the cooking time.

Stuffed rolls with salami

Stainless steel tray

12–16 small ready to bake rolls

½ egg
2 tbsp grated cheese
½ bunch of chives, finely chopped
Paprika powder
Basil leaves, shredded
100 g salami, finely chopped
2 tbsp ricotta
Salt
Pepper

- 1 Mix all the ingredients for the filling together.
- 2 Cut the ready to bake rolls open horizontally.
- 3 Spread the filling on one half of the roll, then put the other half on top.
- 4 Cover the tray with baking parchment and put the rolls on it.
- 5 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air with steaming 220 °C, 8 minutes.

Tip

Use croissants instead of rolls and add 3–5 minutes to the cooking time.



Cabbage salad with bacon and croutons

- 1 Cover the stainless steel tray with baking parchment, place the cabbage on it and season with a little salt and pepper. Add the bacon strips and drizzle with olive oil.
- 2 Soak the cubes of white bread in a mixture of olive oil, salt and pepper and put them on top of the cabbage too.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air with steaming 190 °C, 20 minutes.
- 4 Allow the salad to cool for around 10 minutes. Season with Balsamic vinegar, salt and pepper to taste, stir everything together and serve lukewarm.

Tip

Replace the croutons with diced peppers.

Stainless steel tray

800 g white cabbage, finely chopped
100 g bacon, in strips
2 tbsp olive oil
4 slices of white bread, diced into cubes
3 tbsp olive oil
3 tbsp white Balsamic vinegar
Salt
Pepper



Leek, feta and raisin salad

Stainless steel tray

800 g leeks, finely chopped
3 tbsp raisins
200 g feta, diced
2 tbsp olive oil
2 tbsp white Balsamic vinegar
Salt
Pepper

- 1 Cover the stainless steel tray with baking parchment, place the leeks and raisins on it and season with salt and pepper. Sprinkle with feta and olive oil.
- 2 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air with steaming 190 °C, 20 minutes.
- 3 Allow the salad to cool for around 10 minutes. Season with Balsamic vinegar, salt and pepper to taste, stir everything together and serve lukewarm.

Courgette, almond and ham salad

Stainless steel tray

800 g courgettes, cut in half lengthways, then into slices around 4 mm thick
1 small packet of saffron powder
Salt
Pepper
100 g ham, cut into strips
3 tbsp almond slivers
Several saffron threads
3 tbsp white wine vinegar
2 tbsp sunflower oil

- 1 Cover the stainless steel tray with baking parchment, place the courgettes on it and season with salt, pepper and saffron powder. Put the ham, almonds and saffron threads on top.
- 2 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air with steaming 190 °C, 20 minutes.
- 3 Allow the salad to cool for around 10 minutes. Season with vinegar, oil, salt and pepper to taste, stir everything together and serve lukewarm.



Zander and salmon terrine

- 1 Put the diced zander into the freezer for 30 minutes.
- 2 Line the terrine mould with cling film, leaving enough spare to cover the terrine, once filled. Lay the basil leaves in the bottom of the terrine mould.
- 3 Puree the double cream with the frozen diced zander in a blender or using a hand-held mixer, add the herbs and season with salt and pepper.
- 4 Put half of the zander mixture into the mould. Lay the salmon strips across the centre, lengthways. Spread the rest of the zander mixture on top. Cover the terrine with cling film.
- 5 Put the terrine mould on to the stainless steel tray at level 2 of the cold cooking space. Start the recipe. Steam 100 °C, 20 minutes.
- 6 Remove the cling film from the top of the terrine. Allow the terrine to stand for at least 20 minutes, before turning it out.

Tip

The terrine can be eaten hot or cold.

Half-round terrine mould, 0.7 l
Stainless steel tray

**300 g fresh fillet of zander,
diced**

5–6 basil leaves

**1 bunch of chives or dill,
finely chopped**

1 ½ dl cream

Salt

Pepper

100 g salmon fillet, in strips



Game terrine

- 1 The day before you want to cook the dish, put all ingredients for the marinade into the porcelain dish, along with the diced venison, cover and leave in the refrigerator to marinate for 12 hours.
- 2 Mix the lingonberries with 2 tbsp of Williams pear liqueur, cover and leave to marinate at room temperature for 12 hours.
- 3 Take the diced venison out of the marinade and pat it dry. Sieve the marinade and put it to one side.
- 4 Put the marinated venison and the bacon into the porcelain dish. Cover and put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 10 minutes.
- 5 Put the venison strips into a frying pan with the oil and sear well, then remove them from the pan. Pour the game stock into the pan to deglaze the fond, add the Williams pear liqueur and allow the stock to reduce by half over a low heat.
- 6 Take the porcelain dish out of the cooking space and pour the liquid over it. Puree small batches of the meat in a blender, adding a little crème fraîche each time. Stir the reduced game stock, lingonberries and parsley into the meat mixture and season well with salt and pepper.
- 7 Line the terrine mould with cling film, leaving enough spare to cover the terrine, once filled. Put half of the meat mixture into the mould, lay the strips of venison over the top, cover with the remaining meat mixture and smooth off. Cover the terrine with the cling film.
- 8 Put the terrine mould on to the stainless steel tray at level 2 of the warm cooking space. Press OK to continue. Steam 90 °C, 20 minutes.

Porcelain dish, ⅓ GN
Half-round terrine mould, 0.7 l
Stainless steel tray

Marinade

1 dl red wine
1 shallot, quartered
½ tbsp red pepper corns
2 bay leaves

400–500 g venison,
cut into 3–4 cm cubes

25 g dried lingonberries or
cranberries
2 tbsp Williams pear liqueur

The next day

50 g bacon, in thin strips
100 g streaky bacon, finely diced
70–100 g venison shoulder steak,
in strips 2 cm thick
1 tbsp oil
½ dl game stock
1 ½ tbsp Williams pear liqueur
50 g crème fraîche
2–3 stalks of flat-leaf parsley,
leaves pulled off and finely
chopped
Salt
Pepper



Vegetable terrine

- 1 Cut the stalks off the courgettes, then use a potato peeler to cut the vegetables into strips.
- 2 Line the terrine mould with cling film then lay the courgette strips into the mould crossways, two at a time, so that they overlap slightly on the bottom of the mould and up the sides. Leave sufficiently long strips hanging over the sides of the mould so that you can wrap them over the top of the terrine once it is filled.
- 3 Put beans, carrot sticks, spring onions and peas in the perforated cooking tray and put the tray into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 15-20 minutes.
- 4 Mix the eggs with the double cream and Parmesan, then season with salt and pepper.
- 5 Put the steamed vegetables into the terrine mould, pour the sauce over them, then cover the terrine with the courgette strips you left hanging over the sides of the mould.
- 6 Put the terrine mould on to the stainless steel tray at level 2 of the warm cooking space. Press OK to continue. Steam 100 °C, 20 minutes. The terrine is cooked when, if pressed with a finger, it will still «give» a little.

Tip

Eat the terrine hot or cold.

Half-round terrine mould 0.7 l

Perforated cooking tray

Stainless steel tray

1-2 courgettes

**100 g sweet green beans,
stalks cut off**

**1 carrot, peeled,
in sticks 5 mm thick**

**1-2 spring onions, including
the sweet green parts,
quartered lengthways,
or baby leeks**

50 g frozen green peas

3 eggs, each at least 63 g, beaten

1 ½ dl cream

1 tbsp grated Parmesan

Salt

Pepper





Fish
Poultry
Meat

Fish in puff pastry

- 1 Cut the pepper in half, remove the stalk, seeds and white membranes, then cut into strips lengthways. Cut the stalk off the top of the courgette, then cut it into slices lengthways.
- 2 Cut the puff pastry into four equal-sized rectangles.
- 3 Lay the pepper and courgette diagonally across the pastry pieces, sprinkle with the plucked coriander or parsley, season with salt and pepper, then place the fish on top. Pull the two free corners of the pastry over the fish.
- 4 Cover the stainless steel tray with baking parchment and put the puff pastry parcels on it.
- 5 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 220 °C, 25 minutes.

Stainless steel tray

1 roll of puff pastry

1 red pepper

1 courgette

Coriander or flat-leaf parsley

Salt

Pepper

**4 small portions of firm fish,
around 50 g each**



Fish rolls

- 1 Season the lemon sole fillets with salt and pepper. Spread the rocket and pine nuts on the fish fillets, roll the fillets up from the pointed end, then secure them with toothpicks. Grease the perforated cooking tray and put the fish rolls in it.
- 2 Put the perforated cooking tray into the cold cooking space at level 2. Start the recipe. Steam 80 °C, 10 minutes.

Tips

Greasing the cooking tray prevents the fish rolls from sticking to it.

To make the dish more colourful, use 4 red and 4 white fish fillets.

Toothpicks
Perforated cooking tray

8 lemon sole fillets
Salt
Pepper
100 g rocket
20 g pine nuts



Veal fillet coated in herbs

- 1 Pull the parsley, chervil, thyme, marjoram and tarragon leaves off the stalks and chop them; finely chop the chives. Mix the herbs with a little olive oil.
- 2 Put a piece of cling film 20 cm longer than the fillet on to the work surface and lay the herbs along the middle of the cling film, in a row that is the same length as the veal. Season the fillet with salt and pepper, turn it over in the herbs and wrap it in the cling film. Wrap this parcel in aluminium foil, sealing the ends up well. Put the wrapped fillet on to the stainless steel tray.
- 3 Put the stainless steel tray into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 40 minutes.
- 4 For the herb jus, sweat the onions and herbs in the butter, pour in the port and allow to reduce by half, then add the veal stock, bring to the boil and leave to simmer for 10 minutes. Pour the sauce through a sieve.
- 5 Take the fillet out of the cooking space, leave to rest for a few minutes, remove the foil and film, slice the fillet up.
- 6 Pour a little of the herb jus on to the plate and arrange the fillet on top.

Stainless steel tray

50 g mixed herbs: parsley, chervil, thyme, marjoram, tarragon, chives
Olive oil
600 g fillet of veal, centre cut
Salt
Pepper

Herb jus

1 small onion, finely diced
2 tbsp mixed herbs: parsley, chervil, thyme, marjoram, tarragon, chives
1 tbsp butter
1 dl port wine
2 dl brown veal stock



Beef stroganoff

- 1 Season the meat with salt and pepper.
- 2 Cut the peppers in half, remove the stalks, seeds and white membranes, then cut into strips.
- 3 Put the meat in the porcelain dish and scatter the beef bouillon powder, peppers and onions over the top.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 40 minutes.
- 5 Pour out and collect the juices from the porcelain dish, stir the gravy powder, tomato puree, the thickened cream and paprika into the juices, then add this sauce to the meat.
- 6 Put the porcelain dish into the warm cooking space at level 2. Press OK to continue. Regenerate 140 °C, 6-8 minutes. Season to taste before serving.

Tip

Serve with polenta.

Porcelain dish, ½ GN

800 g shoulder of beef,
in strips 1 cm thick
Salt
Pepper
1 tsp beef bouillon powder
2 yellow peppers
2 red peppers
2 green peppers
2 onions, finely diced

Sauce
3-4 tbsp gravy powder
2 tbsp tomato puree
180 g thickened cream
for making sauces
Paprika powder



Stewing meat

- 1 Put the meat, vegetables and spices in the cooking tray, then add the vegetable bouillon. The bouillon must cover the meat.
- 2 Put the cooking tray into the cold cooking space at level 2. Steam 100 °C, 90–120 minutes (depending on the thickness of the meat).

Tip

If you are serving potatoes as an accompaniment, they can be cooked along with the meat.

Cooking tray unperforated, 10 cm high, ⅓ GN

1 kg beef, brisket flat cut or brisket point cut
2 carrots, peeled, quartered
½ small celeriac, peeled, quartered
2 small onions
1 bay leaf
2 cloves
4 black pepper corns
½–1 l vegetable bouillon



Lime chicken breast

- 1 Mix all the stuffing ingredients together.
- 2 Use a sharp, pointed knife to cut a pocket into each chicken breast (or ask your butcher to do this for you), season and stuff with the ricotta mixture. Close the chicken breasts with a toothpick. Put the chicken into the perforated cooking tray.
- 3 Put the perforated cooking tray into the cold cooking space at level 2. Start the recipe. Steam 90 °C, 20 minutes.

Tip

Garnish with slices of lime and kaffir lime leaves as you wish.

Perforated cooking tray
Toothpicks

4 chicken breasts,
around 120 g each

Salt

Pepper

Stuffing

½ lime, zest and juice

75 g ricotta

1 tsp lemon pepper

2 tbsp grated Parmesan

Salt

Paprika powder



Fillet of veal in puff pastry

- 1 Soak the ceps in water as per the packet instructions, squeeze all the water out and finely dice them.
- 2 Sear the fillet of veal in a frying pan with the oil, season it with salt and pepper, then remove the fillet and leave it to cool.
- 3 Sweat the onion and ceps in the frying pan, add the sage and stir briefly, then pour in the white wine and leave to reduce a little. Add the double cream and leave on a low heat to reduce down until not much liquid is left.
- 4 Lay the air-dried ham out on your work surface, overlapping the slices, until you get a rectangular shape in which you can wrap the fillet. Spread two thirds of the cep mixture onto the air-dried ham. Lay the fillet on the air-dried ham, cover with the remaining cep mixture and wrap the air-dried ham around the fillet. Place the fillet on the puff pastry, fold the shorter edge over the fillet (around 3 cm), then roll it up lengthways, brush the edge of the pastry with water and press it down to seal.
- 5 Cover the stainless steel tray with baking parchment and lay the fillet on to it with the pastry seam facing down. Decorate with any remaining pastry as you wish.
- 6 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 210 °C, 35 minutes.

Stainless steel tray

1 roll of puff pastry
1 fillet of veal, approx. 650 g
2 tbsp oil
Salt
Pepper
150 g air-dried ham, sliced

Stuffing

1 onion, finely diced
60 g dried ceps
4 sage leaves, shredded
1 dl white wine
2½ dl cream



Fillet of pork in puff pastry

- 1 Sear the pork fillet in a frying pan with the oil, season it with salt and pepper, then remove the fillet and leave it to cool.
- 2 Pull the parsley and thyme leaves off the stalks, strip the rosemary leaves and chop all the herbs up. Slice the dried tomatoes into strips.
- 3 Lay the bacon out on the work surface, overlapping the slices, until you get a rectangular shape in which you can wrap the fillet. Spread the herbs and tomatoes over the bacon and press down. Place the fillet on top and wrap it in the bacon. Place the fillet on the puff pastry, fold the shorter edges over the fillet (around 3 cm), then roll it up lengthways. Brush the edge of the pastry with water and press it down to seal.
- 4 Cover the stainless steel tray with baking parchment and lay the fillet on to it, with the pastry seam facing down. Decorate with any remaining pastry.
- 5 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 210 °C, 30 minutes.

Stainless steel tray

1 roll of puff pastry
1 pork fillet, approx. 450 g
150 g bacon, sliced
2 tbsp oil
Salt
Pepper

Stuffing

1 bunch of flat leaf parsley
2 thyme sprigs
2 rosemary sprigs
100 g dried tomatoes in oil



Bernese platter

- 1 Put the bacon, smoked pork loin and saucisson vaudoise into the cooking tray. Spread the sauerkraut over the meat and lay the potatoes on top.
- 2 Put the cooking tray into the cold cooking space at level 2. Start the recipe. Steam, 100 °C, 40-50 minutes.

Tip

Cook raw sauerkraut for an additional 30-60 minutes.
Soak some dried beans and cook them on top of the sauerkraut.

Cooking tray unperforated,
10 cm high, ⅓ GN

150 g smoked bacon
250 g smoked pork loin
200 g saucisson vaudoise
½-1 kg cooked sauerkraut
1 kg waxy potatoes, peeled





Accompaniments
Gratins

Oriental rice

- 1 Peel the carrots and grate them roughly.
- 2 Put all the ingredients in the porcelain dish and mix together.
- 3 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 25 minutes.
- 4 When the appliance switches off, leave the rice inside to rest for 5-10 minutes. Garnish with coriander.

Porcelain dish, ⅓ GN

2 carrots
200 g parboiled rice
50 g raisins
1 small piece of ginger,
around 2 cm, peeled,
finely diced (brunoise)
3 dl vegetable bouillon
Coriander



Risotto variations

- 1 Put the risotto rice, white wine, bouillon, lemongrass and lemon thyme sprigs in the porcelain dish and mix together.
- 2 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 35 minutes.
- 3 Once the dish is cooked, take out the lemongrass and lemon thyme. Add the chives, lemon juice, mascarpone, butter and Parmesan and stir.

Tips

Replace the lemongrass, lemon juice and mascarpone with fromage frais, herbs and diced vegetables. Cook the diced vegetables together with the rice.

Porcelain dish, ⅓ GN

200 g risotto rice, such as carnaroli
1 dl dry white wine
4½ dl bouillon
2 sticks of lemongrass, halved lengthways
2–3 lemon thyme sprigs
1 bunch of chives, finely chopped
1 lemon, juice
1 tbsp mascarpone
1 tbsp butter
50 g grated Parmesan



Polenta with vegetables

- 1 Put the maize semolina, vegetable bouillon and milk in the cooking tray and stir.
- 2 Cut the peppers in half, remove the stalk, seeds and white membranes, then cut into 1 cm cubes.
- 3 Put the plum tomatoes, kidney beans, peppers, chilli, garlic and thyme in the other cooking tray, mix everything together and season with salt.
- 4 Put the cooking trays into the cold cooking space at levels 1 and 3. Start the recipe. Steam 100 °C, 40 minutes.

Tips

You can also cook the vegetables with meat. Brown 250g minced meat in a frying pan and mix into the vegetables. To make the polenta creamy, add around 1 dl single cream.

Cooking trays unperforated, ⅓ GN,
2 trays

Polenta

200 g Bramata maize semolina
2 dl vegetable bouillon
4 dl milk

Vegetables

**1 small tin of kidney (red) beans,
drained**
**240 g tinned plum tomatoes,
stalks removed**
2 green peppers
**1 red chilli, sliced open, deseeded,
cut into strips**
1 clove of garlic, crushed

Thyme
Salt



Lentils with semolina gnocchi

- 1 For the gnocchi, mix the milk, salt and durum wheat semolina together in the smaller porcelain dish.
- 2 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 15 minutes.
- 3 Stir the Parmesan, egg yolks, butter and nutmeg into the hot semolina. Leave to cool.
- 4 Peel the carrots and celery and cut them into sticks about 4 cm long and 5 mm thick. Remove the fibrous parts of the leek, cut it in half lengthways and then into strips. Cut the onions into thin rings.
- 5 Put the vegetables, ginger, garlic, lentils, plum tomatoes and olive oil into the larger porcelain dish, mix well and season.
- 6 Put the porcelain dish into the cooking space, which has by now cooled down a little, at level 2. Press OK to continue. Steam 100 °C, 20 minutes.
- 7 Use a tablespoon to scoop gnocchi out of the semolina and put it on top of the lentils and vegetables. Sprinkle the Parmesan over the top.
- 8 Put the porcelain dish into the warm cooking space at level 2. Press OK to continue. Hot air 200 °C, 10 minutes.

Porcelain dish, ⅓ GN
Porcelain dish, ⅔ GN

Gnocchi

7 dl milk
½ tsp salt
200 g durum wheat semolina
50 g grated Parmesan
2 egg yolks
25 g butter
Nutmeg

Lentil dish

2 large carrots
200 g celeriac
200 g leek
2 onions
240 g tinned plum tomatoes,
stalks removed
2 cm root ginger,
peeled, sliced
3 cloves of garlic, sliced
100 g red lentils
2 tbsp olive oil
Salt
Pepper
50 g grated Parmesan
to sprinkle over the top



Ebly wheat with peppers and courgettes

- 1 Cut the stalk off the top of the courgette, cut the rest into quarters lengthways and then into 2 cm cubes.
- 2 Cut the pepper in half, remove the stalk, seeds and white membranes, then cut into 2 cm squares.
- 3 Put all the ingredients in the porcelain dish and mix together.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 20 minutes. When the appliance switches off, leave the dish inside to rest for 5-10 minutes.

Porcelain dish, ⅓ GN

1 courgette
1 red pepper
200 g Ebly wheat
3 dl vegetable bouillon



Pasta gratin

- 1 Put the pasta, onions, mushrooms, air-dried ham and parsley into the greased porcelain dish and mix together.
- 2 For the sauce, stir the vegetable bouillon and single cream together and season. Pour the sauce over the pasta. Sprinkle with cheese.
- 3 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Hot air with steaming 180 °C, 30 minutes.

Porcelain dish, ½ GN

300–350 g uncooked pasta
(shells or elbow macaroni)
2 onions, cut into rings
250 g mushrooms, sliced
100 g air-dried ham, in strips
1 bunch of flat-leaf parsley,
leaves pulled off from stalks and
chopped

Sauce

4½ dl vegetable bouillon
2½ dl single cream
Salt
Pepper
Nutmeg

150 g grated cheese



Aubergine gratin

- 1 Crush the plum tomatoes in a bowl with a fork. Mix the tomatoes with the garlic, herbs and olive oil, then season with salt and pepper.
- 2 Remove the stalk and leaves from the top of the aubergine, then cut the vegetable into slices 1 cm thick.
- 3 Spread a little tomato sauce over the base of the greased porcelain dish. Lay half of the aubergine slices in the dish, then cover with the remaining tomato sauce. Lay the rest of the aubergine slices on top. Sprinkle with cheese.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Hot air with steaming at 180 °C, 30 minutes.

Porcelain dish, ⅓ GN

2 aubergines
400 g tinned plum tomatoes,
stalks removed
1 clove of garlic, crushed
Oregano
Thyme
1 tbsp olive oil
Salt
Pepper
100 g grated cheese



Vegetable gratin

- 1 Peel the carrots and celeriac and cut them into sticks about 4 cm long and 5 mm thick. Remove the fibrous parts of the leek, cut it in half lengthways and then into strips. Cut the stalks off the top of the courgettes, then cut the vegetables into sticks 4 cm long and 8 mm thick.
- 2 For the sauce, beat the eggs, stir in the vegetable bouillon and single cream, then season with salt, pepper and nutmeg.
- 3 Put the vegetables in the greased porcelain dish, pour over the sauce and sprinkle with the cheese.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Hot air with steaming 180 °C, 30 minutes.

Porcelain dish, ½ GN

300 g carrots
1 small celeriac
1 large leek
2 courgettes

Sauce
2 eggs
1 dl vegetable bouillon
2 dl single cream
Pepper
Salt
Nutmeg

100 g grated cheese





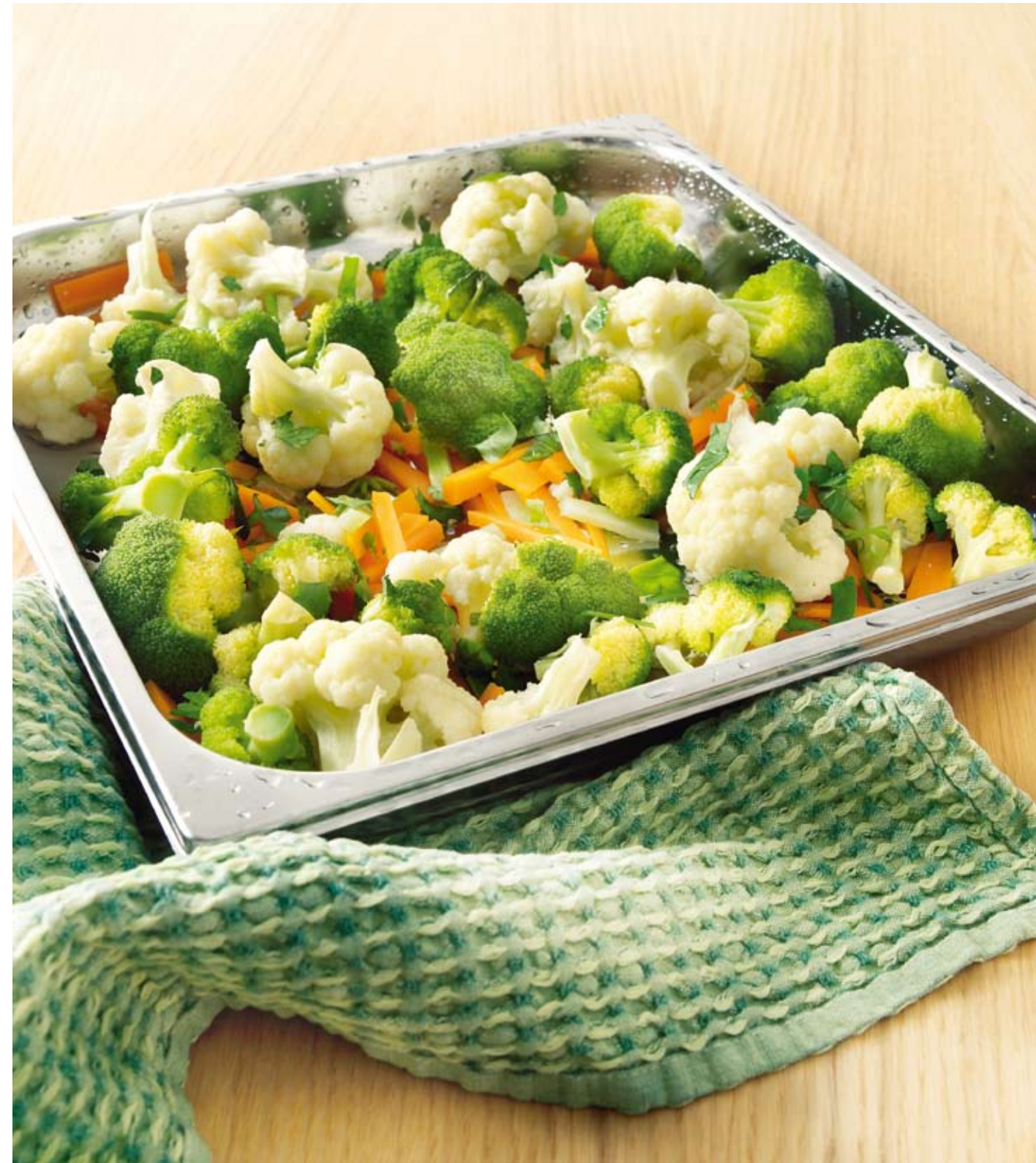
Vegetable

Vegetable patch

- 1 Separate the cauliflower into small florets. Chop off the broccoli stalk, peel it and cut it into sticks about 1 cm thick. Separate the broccoli head into small florets. Peel the carrots and cut them into sticks about 5 cm long and 1 cm thick.
- 2 Put the vegetables into the perforated cooking tray.
- 3 Put the perforated cooking tray into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 15 minutes.
- 4 Season the vegetables with salt and pepper to taste, then sprinkle on the herbs and a little olive oil.

Perforated cooking tray

1 small cauliflower
1 small head of broccoli or Romanesco broccoli
2 carrots
Salt
Pepper
½ bunch of finely chopped flat-leaf parsley or finely chopped basil leaves
Olive oil



Colourful bean platter

- 1 Cut the stalks off the beans and remove the stringy threads. Cut the cherry tomatoes in half. Cut the mushrooms in half or in quarters.
- 2 Put all the vegetables into the perforated cooking tray and sprinkle the savory on top.
- 3 Put the perforated cooking tray into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 40 minutes. Season with salt and pepper to taste.

Perforated cooking tray

500 g green bush beans
250 g cherry tomatoes
200 g mushrooms
Savory, finely chopped
Salt
Pepper



Stuffed kohlrabies

- 1 Mix the bulgur with the vegetable bouillon in the porcelain dish.
- 2 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 10 minutes.
- 3 Peel the kohlrabies, cut off the bottom root section and use a melon ball scoop to hollow out the bulbs from the root end until the outside wall of the kohlrabies is around 8 mm thick. Put the hollowed-out kohlrabi flesh to one side. Peel the carrots and cut them into sticks about 3 cm long and 1 cm thick. Cut the stalks off the mange-tout and remove the stringy threads.
- 4 Mix the bulgur with three quarters of the Gorgonzola, stuff it into the kohlrabies and press down. Sprinkle the remaining Gorgonzola over the top.
- 5 Put the stuffed kohlrabies into the perforated cooking tray. Spread the hollowed-out kohlrabi flesh, carrots and mange-tout around the kohlrabies.
- 6 Put the perforated cooking tray into the still-warm cooking space at level 2. Press OK to continue. Steam 100 °C, 30 minutes.

Porcelain dish, ½ GN
Perforated cooking tray

100 g bulgur
1 ½ dl vegetable bouillon
4 large kohlrabies
3 carrots
200 g mange-tout
150 g Gorgonzola,
finely diced



Zucchini boats

- 1 Halve the courgettes lengthways and hollow them out.
- 2 Cut the courgette flesh up into small pieces. Peel the carrots and kohlrabi, then chop into small cubes. Finely dice the onion. Sweat the vegetables and onion in the olive oil.
- 3 Beat the egg, mix in the ricotta, cream, herbs and vegetables, then season with salt and pepper to taste.
- 4 Pour the vegetable bouillon into the greased porcelain dish. Put the courgette halves into the dish and fill them with the vegetable mixture.
- 5 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Hot air with steaming 200 °C, 20 minutes.

Porcelain dish, ½ GN

4 courgettes
2 small carrots
1 small kohlrabi
1 small onion
1 tbsp olive oil
1 egg
250 g ricotta
1 tbsp cream
Parsley, leaves pulled off
from stalks and finely chopped
Chives, finely chopped
Salt
Pepper

1 dl vegetable bouillon





Desserts
Pastries

Orange and caramel flan

- 1 For the sauce, caramelise the sugar in a pan so that it turns light brown in colour, pour in the orange juice and allow to reduce by half.
- 2 Cover the bases of the flan dishes with the orange and caramel sauce.
- 3 Put the milk, sugar, scraped out vanilla seeds and vanilla pod in a pan and heat to 40 °C. Take out the vanilla pod. Slowly stir the milk into the eggs. Pour into the dishes.
- 4 Put the dishes on to the perforated cooking tray, then put the tray into the cold cooking space at level 2. Start the recipe. Steam 90 °C, 25 minutes. Leave to cool.
- 5 Run a knife carefully around the edge of each dish and turn the flans out on to a plate, then pour over the orange sauce.

Tips

For a classic crème caramel, replace the orange juice in the sauce with water.
You can also buy ready-made caramel sauce.

Flan dishes, Ø 7 cm, 6 pieces
Perforated cooking tray

Sauce

60 g sugar
1 dl orange juice

Flan

5 dl milk
50 g sugar
1 vanilla pod, cut open
3 eggs, beaten



Chocolate and gingerbread flan

Flan dishes, Ø 7 cm, 6 pieces
Perforated cooking tray

100 g dark chocolate, crumbled
½ tsp gingerbread spices
5 dl milk
50 g sugar
3 eggs, beaten

- 1 Put the chocolate, gingerbread spices, milk and sugar in a pan and heat to 40 °C, allowing the chocolate to melt. Slowly stir the chocolate milk into the eggs. Pour into the dishes.
- 2 Put the dishes on to the perforated cooking tray, then put the tray into the cold cooking space at level 2. Start the recipe. Steam 90 °C, 25 minutes. Leave to cool.
- 3 Run a knife carefully around the edge of each dish and turn the flans out on to a plate.

Coconut flan

Flan dishes, Ø 7 cm, 6 pieces
Perforated cooking tray

4 eggs, beaten
80 g sugar
5 dl coconut milk

- 1 Mix the eggs with the sugar and coconut milk. Pour into the dishes.
- 2 Put the dishes on to the perforated cooking tray, then put the tray into the cold cooking space at level 2. Start the recipe. Steam 90 °C, 25 minutes. Leave to cool.
- 3 Run a knife carefully around the edge of each dish and turn the flans out on to a plate.

Tip

Serve with fresh pineapple.



Plums in red wine

- 1 Cut the plums in half and remove the stones.
- 2 Mix the red wine and sugar together in the porcelain dish, then add the scraped-out vanilla seeds and the vanilla pod. Put the plums in the porcelain dish.
- 3 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Hot air with steaming 150 °C, 15 minutes.

Tips

Serving suggestion: garnish the cooled plums with whipped cream and toasted flaked almonds. The plums also go well with dumplings.

If frozen plums are used, 10–15 minutes must be added to the cooking time.

Porcelain dish, ½ GN

750 g plums
2 dl robust red wine
50 g sugar
1 vanilla pod, cut open



Fruit compote

- 1 Peel the apples and pears, cut them into eight pieces and de-seed them. Halve the plums and remove the stones, then halve the halves. Put the prepared fruit into the porcelain dish. Scoop out the pomegranate seeds and sprinkle them over the top, then drizzle with Cointreau.
- 2 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Steam 100 °C, 10–15 minutes.

Tips

Sweeten the compote with sugar to taste.
Replace the pomegranate seeds with redcurrants.

Porcelain dish, ⅓ GN

2 apples
2 pears
3 plums
½ pomegranate
3 tbsp Cointreau



Dumplings

- 1 Mix the flour, sugar and yeast together in a bowl, add the lukewarm milk, butter and salt, then knead to a smooth dough. Put the dough into a bowl, cover it with a damp cloth and leave it at room temperature until it has doubled in volume (1 – 1 ½ hours).
- 2 Divide the dough into 8 equal portions, shape them into balls and put them in the greased porcelain dish. Leave to rise for another 5–10 minutes.
- 3 For the glaze, heat the milk, sugar and butter together, then pour half of the liquid around the dough balls.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Professional baking 180 °C, 30 minutes.
- 5 After 15 minutes, a single acoustic signal is emitted and the cooking process is interrupted. Pour the remaining glaze around the dumplings. Press OK to continue. Hot air humid 180 °C, 15 minutes.

Porcelain dish, ½ GN

Dough

500 g white flour
30 g sugar
1 cube of yeast, crumbled
2½ dl lukewarm milk
50 g melted butter
1 tsp salt

Glaze

2 dl milk
3 tbsp sugar
30 g butter



Apple pastries

- 1 Cut the sheet of puff pastry into 8 equal rectangles. Brush 8 of the rectangles with a little water and place another rectangle on top of each one. Cover the stainless steel tray with baking parchment and place the pastry rectangles on it.
- 2 Peel, quarter and de-seed the apples, then cut the quarters into slices. Arrange the slices of apple on the top of the puff pastry in an overlapping fashion leaving a 1 cm border from the edge.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 210 °C, 25 minutes.

Tips

The advantage to using ripe apples is that they become soft after only a short baking time. You can also use other fruit. After baking, dust the apple pastries with cinnamon or icing sugar or brush with apricot jam.

Stainless steel tray

1 roll of puff pastry
2 ripe apples



Crispy figs

- 1 Use a toothpick to prick the figs all over.
- 2 Bring the sugar, water, lemon juice and liqueur to the boil, put the figs into the syrup and simmer on a low heat for around 15 minutes. Remove the figs from the syrup and leave them to cool.
- 3 Fold the sheets of pastry over once and brush with melted butter. Wrap the figs up in the pastry like sweets, cover the tray with baking parchment and place the pastry parcels on it. Brush the fig «sweets» with the remaining butter.
- 4 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 200 °C, 20 minutes.

Tip

Replace the lemon juice with orange juice and the Amaretto with crème de cassis.



2



3



3

Stainless steel tray

4 sheets of filo or strudel pastry
2 tbsp melted butter
4 fresh figs
50 g sugar
½ dl water
1 tsp lemon juice
2 tbsp liqueur (such as Cointreau or Amaretto)



Lemon muffins

- 1 Beat the butter, sugar and vanilla sugar until pale and fluffy, then add the eggs and lemon zest and continue to beat until the mixture has a creamy consistency. Mix the flour, baking powder and salt together and incorporate into the mixture. Stir in the yoghurt.
- 2 Put the mixture into the muffin cases, filling them only around half full, as the mixture will rise.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air 160 °C, 35 minutes.

Tip

With paper muffin cases, use three cases, one inside the other, for each muffin for greater atability.

Stainless steel tray
12 Muffin cases, Ø approx. 6 cm

100 g soft butter
175 g sugar
1 packet of vanilla sugar
2 eggs
1 unwaxed lemon, a little zest
250 g white flour
2 tsp baking powder
1 pinch of salt
180 g yoghurt



Blueberry muffins

Stainless steel tray
12 Muffin cases, Ø approx. 6 cm

- 100 g soft butter
- 175 g sugar
- 1 packet of vanilla sugar
- 2 eggs
- 250 g white flour
- 2 tsp baking powder
- 1 pinch of salt
- 1 ½ dl milk
- 200 g frozen blueberries or bilberries

- 1 Beat the butter, sugar and vanilla sugar until pale and fluffy, then add the eggs and continue to beat until the mixture has a creamy consistency. Mix the flour, baking powder and salt together and incorporate into the mixture. Stir in the milk and blueberries.
- 2 Put the mixture into the muffin cases, filling them only around half full, as the mixture will rise.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air 160 °C, 35 minutes.

Chocolate and banana muffins

Stainless steel tray
12 Muffin cases, Ø approx. 6 cm

- 100 g soft butter
- 175 g sugar
- 1 packet of vanilla sugar
- ½ tsp ground cinnamon
- 2 eggs
- 250 g white flour
- 2 tsp baking powder
- 1 pinch of salt
- 2 ripe bananas
- 50 g mini chocolate cubes
- 50 g nuts, chopped

- 1 Beat the butter, sugar, vanilla sugar and cinnamon until pale and fluffy, then add the eggs and continue to beat until the mixture has a creamy consistency. Mix the flour, baking powder and salt together and incorporate into the mixture. Chop and puree the bananas, then stir them into the mixture, together with the mini chocolate cubes and nuts.
- 2 Put the mixture into the muffin cases, filling them only around half full, as the mixture will rise.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air 160 °C, 35 minutes.

Apricot and marzipan muffins

Stainless steel tray
12 Muffin cases, Ø approx. 6 cm

- 100 g soft butter
- 175 g sugar
- 1 packet of vanilla sugar
- 2 eggs
- 250 g white flour
- 2 tsp baking powder
- 1 pinch of salt
- 30 g chocolate powder
- 1 ½ dl milk
- 12 frozen apricot halves
- 80 g marzipan

- 1 Beat the butter, sugar and vanilla sugar until pale and fluffy, then add the eggs then continue to beat until the mixture has a creamy consistency. Mix the flour, baking powder, salt and chocolate powder together and incorporate into the mixture. Stir the milk in.
- 2 Put the mixture into the muffin cases, filling them only around half full, as the mixture will rise. Put the apricot halves on to the mixture, skin side down, and place a small ball of marzipan into the hollow of each apricot.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air 160 °C, 35 minutes.

Carrot muffins

Stainless steel tray
12 Muffin cases, Ø approx. 6 cm

- 100 g soft butter
- 175 g sugar
- 1 packet of vanilla sugar
- 2 eggs
- 250 g grated almonds
- 150 g white flour
- 2 tsp baking powder
- 1 pinch of salt
- 100 g carrots, finely grated
- 100 g yoghurt
- 12 marzipan carrots

- 1 Beat the butter, sugar and vanilla sugar until pale and fluffy, then add the eggs and continue to beat until mixture has a creamy consistency. Mix the grated almonds, flour, baking powder and salt together and incorporate into the butter mixture. Stir the yoghurt and carrots in.
- 2 Put the mixture into the muffin cases, filling them only around half full, as the mixture will rise. Put a marzipan carrot on top of each muffin.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Hot air 160 °C, 35 minutes.

Lemon cake

- 1 Line the cake mould with baking parchment or grease it with butter.
- 2 Beat the butter, sugar and salt until pale and fluffy, then add the eggs and lemon zest and continue to beat until the mixture has a creamy consistency. Mix the flour and baking powder and incorporate into the mixture.
- 3 Put the mixture into the lined or buttered mould.
- 4 Start the recipe. Appliance preheats. Put the cake mould on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 160 °C, 60 minutes.

Tip

After baking, for a stronger lemon taste pierce the cake several times with a skewer, then drizzle sweetened lemon juice over it and allow to soak.

Cake mould, 25–28 cm
Wire shelf

200 g soft butter
200 g sugar
1 pinch of salt
4 eggs
1 unwaxed lemon, zest
200 g white flour
2 tsp baking powder



Chocolate and red wine cake

Cake mould, 25–28 cm
Wire shelf

200 g soft butter
200 g sugar
1 pinch of salt
3 eggs
1 dl red wine
200 g white flour
2 tsp baking powder
1 pinch of cinnamon
½ tsp cocoa powder
60 g chocolate sprinkles
80 g mini chocolate cubes

- 1 Line the cake mould with baking parchment or grease it with butter.
- 2 Beat the butter, sugar and salt until pale and fluffy, then add the eggs and continue to beat until the mixture has a creamy consistency. Stir in the red wine. Fold in the flour, baking powder, cinnamon, cocoa powder, chocolate sprinkles and mini chocolate cubes.
- 3 Put the mixture into the lined or buttered mould.
- 4 Start the recipe. Appliance preheats. Put the cake mould on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 160 °C, 60 minutes.

Tutti Frutti cake

Cake mould, 25–28 cm
Wire shelf

200 g soft butter
180 g cane sugar
1 pinch of salt
4 eggs
1 unwaxed orange, zest and juice
200 g white flour
2 tsp baking powder
50 g dried cranberries
100 g dried apricots, in strips
100 g almond slivers

- 1 Line the cake mould with baking parchment or grease it with butter.
- 2 Beat the butter, cane sugar and salt until pale and fluffy, then add the eggs and continue to beat until the mixture has a creamy consistency. Stir the orange zest and juice into the mixture. Mix the flour and baking powder, then fold into the mixture. Stir the dried fruit and almond slivers into the mixture.
- 3 Put the mixture into the lined or buttered mould.
- 4 Start the recipe. Appliance preheats. Put the cake mould on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 160 °C, 60 minutes.



Cheesecake

- 1 Beat the butter and sugar together to give a light, fluffy mixture, add the eggs then continue to beat until you achieve a creamy consistency. Mix the flour, cocoa powder and baking powder together and fold into the butter mixture. Leave the dough in a cool place for 2 hours.
- 2 Grease the base and side of the spring form tin with butter. Divide the dough into 2 equal portions. Roll one portion out across the base of the spring form tin. Place the ring on top. Divide the remaining dough into 2 equal portions, then roll one portion out so that it is the same length as the circumference of the tin, place it on the dough base around the edge of the tin and shape to a height of around 6 cm.
- 3 For the filling, beat the butter, sugar and vanilla sugar together to give a light, fluffy mixture. Stir in the egg yolks, quark, Maizena (cornflour) and cognac. Beat the egg whites until they are stiff, then gently fold them into the mixture.
- 4 Put the quark mixture into the tin and smooth off. Scatter pieces of the remaining dough over the quark mixture.
- 5 Start the recipe. Appliance preheats. Put the tin on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 160 °C, 70 minutes.

Spring form tin, Ø 26 cm
Wire shelf

Dough

200 g soft butter
200 g sugar
2 eggs
400 g white flour
50 g unsweetened cocoa powder
1 packet of baking powder

Quark filling

125 g soft butter
150 g sugar
3 packets of vanilla sugar
3 egg yolks
500 g low-fat quark
300 g full-fat quark
30 g Maizena (cornflour)
4 tbsp cognac
3 egg whites





Bread
Flans

Walnut focaccia

- 1 Mix the flour and yeast together in a bowl, add the yoghurt, lukewarm water and salt, then knead to a smooth dough. Next, knead the walnuts into the dough. Put the dough into a bowl, cover with a damp cloth, leave at room temperature until it has doubled in volume (1 – 1 ½ hours).
- 2 On a floured work surface, roll the dough out into a rectangle about 2 cm thick. Cover the tray with baking parchment and put the dough on it. Use a sharp knife to make a crosswise cut, about 5 mm deep, in the surface of the dough. Cover the dough with a damp cloth and leave it to rise again for 5–10 minutes.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 210 °C, 40 minutes.

Stainless steel tray

500 g semi-white flour
1 packet of dried yeast
180 g yoghurt
1 ½ dl lukewarm water
1 tsp salt
100 g walnuts, roughly chopped



Italian ring loaf

- 1 Mix the flour and yeast together in a bowl, add the luke-warm water and salt, then knead to a smooth dough. Put the dough into a bowl, cover with a damp cloth and leave at room temperature until it has doubled in volume (1 – 1 ½ hours).
- 2 Mix the olives, tomatoes and oregano together.
- 3 On a floured work surface, roll the dough out into a rectangle about 40 cm × 30 cm. Put the mozzarella sticks along the long side of the piece of dough. Spread the tomato and olive mixture over the remainder of the dough, leaving a 2 cm gap along the opposite edge to the mozzarella sticks. Start at the end where the mozzarella is and roll up the dough. Shape the roll of dough into a ring. Cover the tray with baking parchment and put the ring on it. Use a pair of scissors to cut crosses into the dough, around 3 cm apart from one another. Cover the ring with a damp cloth and leave it to rise again for 5–10 minutes.
- 4 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 220 °C, 40–45 minutes.

Tip

Parmesan or Sbrinz cheese can be used instead of mozzarella.

Stainless steel tray

750 g dark wheat flour or farmhouse flour
1 cube of yeast, crumbled
4¾ dl lukewarm water
1 tbsp salt
100 g pitted black olives, drained, diced
100 g dried tomatoes in oil, drained, diced
2 tbsp chopped oregano leaves or 1 tbsp dried oregano
3 mozzarella sticks, 30 g each



Exotic bread

- 1 Mix the flour and yeast together in a bowl, add the coconut milk, mango and salt, then knead to a smooth dough. Next, knead the cashew nuts into the dough. Put the dough into a bowl, cover with a damp cloth and leave at room temperature until it has doubled in volume (1 – 1 ½ hours).
- 2 Divide the dough into two equal portions and, on a lightly floured work surface, shape into two rolls 25 cm long. Twist the two lengths of dough together. Cover the tray with baking parchment and put the bread on it. Cover the bread with a damp cloth and leave it to rise again for 5–10 minutes.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 210 °C, 40 minutes.

Stainless steel tray

**500 g white flour or
wheat and spelt flour**
1 packet of dried yeast
3½–4 dl coconut milk
**50 g dried mango,
roughly diced**
1 tsp salt
**50 g cashew nuts,
roughly chopped**



Wholemeal bread rolls

- 1 Mix the flour, sugar and yeast together in a bowl, add the lukewarm milk, butter and salt, then knead to a smooth dough. Next, knead the raisins and hazelnuts into the dough. Put the dough into a bowl, cover with a damp cloth and leave at room temperature until it has doubled in volume (1 - 1 ½ hours).
- 2 Divide the dough into 12 equal portions and, with lightly floured hands, shape them into balls. Cover the tray with baking parchment. Put the dough balls on the tray and cut a cross, around 1 cm deep, into each one. Cover the rolls with a damp cloth and leave to rise again for 5-10 minutes.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Professional baking 190 °C, 35 minutes.

Stainless steel tray

500 g wholemeal flour
4 tbsp sugar
½ cube of yeast, crumbled
3 dl lukewarm milk
50 g soft butter
1 tbsp of salt
50 g raisins
50 g hazelnuts,
roughly chopped



Leek and cheese flan

- 1 Remove the fibrous parts of the leeks and cut it into rings 5 mm thick. Also cut the onions into rings.
- 2 Sweat the leeks and onions in the oil, add the ham and stir briefly, season, then leave to cool.
- 3 For the topping, beat the eggs, add the single cream, garlic, Gruyere and thyme, then season with salt, pepper and nutmeg to taste.
- 4 Cover the round baking tray with baking parchment and put the pastry on it. Prick it several times with a fork. Put the onion and leek mixture on to the pastry and pour the topping over it.
- 5 Start the recipe. Appliance preheats. Put the baking tray on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 170 °C, 50 minutes.

Tip

Using pizza dough instead of short crust pastry. Reduces the baking time by around 5–10 minutes.

Round baking tray, Ø 29 cm
Wire shelf

1 short crust pastry, rolled out into a circle, 400–500 g

200–300 g leeks
2 onions
2 tbsp oil
100 g ham, in strips

Topping

2 eggs
2½ dl single cream
1–2 cloves of garlic, crushed
100 g grated Gruyere
1 bunch of thyme, leaves pulled off
Salt
Pepper
Nutmeg



Mushroom flan

Round baking tray, Ø 29 cm
Wire shelf

1 short crust, rolled out into a circle,
400–500 g

500 g mushrooms
1–2 carrots
120 g Roquefort, crumbled

Topping
1 egg
1 dl cream
1 bunch of thyme, leaves pulled off
Salt
Pepper
Nutmeg

- 1 Slice the mushrooms. Peel and grate the carrots.
- 2 For the topping, beat the egg, add the double cream and thyme, then season with salt, pepper and nutmeg to taste.
- 3 Cover the round baking tray with baking parchment and put the pastry on it. Prick it several times with a fork. Put the mushrooms, carrots and Roquefort on to the pastry and pour the topping over it.
- 4 Start the recipe. Appliance preheats. Put the baking tray on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 170 °C, 50 minutes.

Asparagus flan

Round baking tray, Ø 29 cm
Wire shelf

1 short crust, rolled out into a circle,
400–500 g

500 g green asparagus
100 g air-dried ham, in strips

Topping
2 eggs
2½ dl single cream
100 g grated Gruyere
Salt
Pepper
Nutmeg

- 1 Peel the bottom third of the asparagus and cut the ends off. Cut the asparagus into pieces about 3 cm long.
- 2 For the topping, beat the eggs, add the single cream and Gruyere together, then season with salt, pepper and nutmeg to taste.
- 3 Cover the round baking tray with baking parchment and put the pastry on it. Prick it several times with a fork. Put the asparagus and ham on to the pastry and pour the sauce over it.
- 4 Start the recipe. Appliance preheats. Put the baking tray on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 170 °C, 50 minutes.

Pumpkin flan

Round baking tray, Ø 29 cm
Wire shelf

1 short crust, rolled out into a circle,
400–500 g

500 g pumpkin, peeled and diced
2–3 tbsp pumpkin seeds

Topping
2 eggs
2½ dl single cream
100 g grated Gruyere
Salt
Pepper
Nutmeg

- 1 For the topping, beat the eggs, add the single cream and Gruyere, then season with salt, pepper and nutmeg to taste.
- 2 Cover the round baking tray with baking parchment and put the pastry on it. Prick it several times with a fork. Put the pumpkin on to the pastry and pour the sauce over it. Sprinkle the pumpkin seeds over the top.
- 3 Start the recipe. Appliance preheats. Put the baking tray on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 170 °C, 50 minutes.

Chicory flan with Gorgonzola

Round baking tray, Ø 29 cm
Wire shelf

1 short crust, rolled out into a circle,
400–500 g

2–3 white chicory
50 g cherry tomatoes
150 g Gorgonzola, crumbled

Topping
1 egg
1 dl cream
½ bunch of flat-leaf parsley, leaves pulled off from stalks and finely chopped
Salt, pepper

- 1 Remove the outer leaves of the chicory and cut the vegetables lengthways into four or eight equal-sized pieces. Cut the cherry tomatoes in half.
- 2 For the topping, mix the egg, add the cream and parsley, season with salt and pepper to taste.
- 3 Cover the round baking tray with baking parchment and put the pastry on it. Prick it several times with a fork. Arrange the chicory on the pastry, in a shape resembling the spokes of a bicycle wheel, place the cherry tomatoes and Gorgonzola between the chicory pieces, pour the topping over.
- 4 Start the recipe. Appliance preheats. Put the baking tray on to the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Hot air 170 °C, 50 minutes.



GourmetSteam

Farmhouse soup

- 1 Put the vegetables, borlotti beans and potatoes in the porcelain dish, season with salt and pepper, scatter the onions, bacon, garlic and herbs over the top, then add the vegetable bouillon.
- 2 Put the cooking tray into the cold cooking space at level 2. Start the recipe. Cooking time 47 minutes.
- 3 Take the bay leaf and clove out. Serve the farmhouse soup.

Porcelain dish, ½ GN

100 g white cabbage, shredded
 100 g carrots, peeled, sliced
 100 g celeriac, peeled, cut into sticks
 50 g leeks, white parts, cut into rings
 100 g fennel, shredded
 100 g tomatoes, stalks cut out, quartered, de-seeded, diced
 70 g borlotti beans, soaked overnight
 50 g waxy potatoes, peeled, diced
 Salt
 Pepper
 50 g onions, finely diced
 80 g bacon, in strips
 1 clove of garlic, finely diced
 1 bay leaf
 1 clove
 Ground thyme
 6 dl vegetable bouillon



Jerusalem artichoke soup

- 1 Use a brush to clean the Jerusalem artichokes under running water, then cut them into small pieces.
- 2 Put the Jerusalem artichokes in the porcelain dish, add the garlic and chilli, pour in the milk and the vegetable bouillon, then season with salt and pepper.
- 3 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Cooking time 55 minutes.
- 4 Take the porcelain dish out of the cooking space. Stir the cream into the Jerusalem artichoke soup. Heat the soup up again. Season with salt and pepper to taste. Serve.

Note

Jerusalem artichoke: depending on the variety, the skin is beige, reddish brown or violet in colour. The flesh is whitish and will turn brown when cut open. When eaten raw, the Jerusalem artichoke has a fresh, nutty taste; when cooked, its flavour is reminiscent of a regular artichoke.

Porcelain dish, ½ GN

500 g Jerusalem artichokes
1 clove of garlic, finely sliced
½–1 chilli, sliced open, de-seeded
1 ½ dl milk
3 dl vegetable bouillon
1 ½ dl cream
Salt
Pepper



Asparagus strudel

- 1 Cut the ends off the asparagus, peel the lower half of the spears, then cut them in half crossways.
- 2 Cut the puff pastry into 4 equal-sized rectangles and make 12 slits in each as follows: starting 1 cm from the long edge of the pastry, cut into each rectangle as far as the middle, working your way across until you have made 12 slits. Place a slice of air-dried ham on to the uncut half of each pastry rectangle, spread a little fromage frais over the ham, put the asparagus on top, then cover with the remaining fromage frais and air-dried ham. Fold the half of the pastry that has been slit over the top of the filling and press the edge down to seal.
- 3 Cover the stainless steel tray with baking parchment and put the asparagus strudel on to it.
- 4 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Cooking time 25 minutes.

Stainless steel tray

1 pack of puff pastry

8 green asparagus spears

8 slices of air-dried ham

100 g fromage frais with pepper,
such as Cantadou



Lamb stew

- 1 Mix the stewing lamb, vegetables, potatoes, garlic and caraway seeds in the porcelain dish, season with salt and pepper, then pour the white wine over.
- 2 Start the recipe. Appliance preheats. Put the porcelain dish into the preheated cooking space at level 2. Press OK to continue. Cooking time 50 minutes.
- 3 Take the stew out of the cooking space, stir well and serve.

Porcelain dish, ½ GN

800 g stewing lamb
600 g white cabbage,
in wide strips
200 g carrots, peeled,
cut into large pieces
200 g waxy potatoes,
peeled, in large cubes
1 clove of garlic, crushed
1 tsp caraway seeds
Salt
Pepper
½ dl white wine



Chicken casserole

- 1 Put the chicken legs in the porcelain dish. Arrange the onions, vegetables and potatoes around the chicken, spread the garlic and plum tomatoes over the top, then season with salt and pepper.
- 2 Start the recipe. Appliance preheats. Put the porcelain dish into the preheated cooking space at level 2. Press OK to continue. Cooking time 30 minutes.
- 3 Divide the chicken legs between 4 plates. Add the olives and parsley to the fennel mixture and stir everything together well until the sauce thickens. Pour the fennel mixture over the chicken legs.

Porcelain dish, ½ GN

4 chicken legs, thighs separated from drumsticks
1 onion, finely sliced
300 g fennel, in strips
400 g waxy potatoes, peeled, cut into 1 cm cubes
2 cloves of garlic, sliced
240 g tinned plum tomatoes, sieved
Salt
Pepper

60 g black olives
1 small bunch of flat leaf parsley, leaves pulled off from stalks and finely chopped



Veal shanks

- 1 Use scissors to make 3 cuts around the edge of each veal shank (this prevents the shank from rolling up). Season with salt and pepper. Put the shanks into the pan with the peanut oil and sear well on both sides. Put the shanks into the greased porcelain dish. Pour the oil from the pan over the top.
- 2 Sweat the onions in a pan, add the plum tomatoes and simmer until they are almost caramelised, then pour in the red wine and leave to reduce. Add the vegetable bouillon, chilli, bay leaf, clove and crushed pepper, bring to the boil and season with salt and pepper.
- 3 Scatter the herbs over the veal shanks and pour the sauce on top.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Cooking time 65 minutes.
- 5 Take the porcelain dish out of the cooking space. Remove the veal shanks and keep warm.
- 6 Remove the bay leaf and clove from the sauce, then puree the sauce in a blender or using a hand-held mixer. Pour the sauce into the pan, heat and add butter, flour and cream to give the sauce a thick, creamy texture.
- 7 Arrange the veal shanks on plates and pour over the sauce.

Porcelain dish, ½ GN

4 veal shanks,
around 350 g each
Salt
Pepper
2–3 tbsp peanut oil
250 g onions, finely chopped
150 g tinned plum tomatoes, sieved
1 ½ dl red wine
1 ½ dl vegetable bouillon
1 red chilli
1 bay leaf
1 clove
5 black pepper corns, crushed
3 sage leaves, shredded
1 rosemary sprig,
leaves stripped off
Several thyme leaves
A little butter, flour and cream
to thicken the sauce

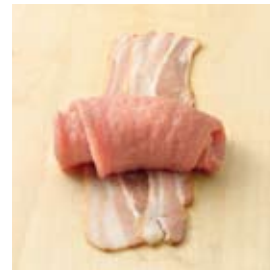


Veal rolls in puff pastry

- 1 For the stuffing, mix the soft cream cheese and Parmesan together until smooth, stir in the basil, then season with salt, pepper and paprika.
- 2 Season the veal escalopes, spread the cream cheese stuffing on top, roll the escalopes up tightly, then wrap each roll in two rashers of bacon.
- 3 Cut the puff pastry into 4 rectangles and wrap a veal roll inside each, first folding the short edges over the veal, then rolling them up lengthways. Dampen the edge of the pastry with a little water and press it down to seal. Cover the stainless steel tray with baking parchment and lay the parcels on to it, with the pastry seams facing down.
- 4 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Cooking time 32 minutes.



2



2



3

Stainless steel tray

Veal roll

1 pack of puff pastry

**4 veal escalopes,
70 g each, beaten flat**

Salt

Pepper

8 rashers of bacon

Stuffing

**125 g soft cream cheese
with horseradish**

1 tbsp grated Parmesan

2–3 basil stalks, shredded

Salt

Pepper

Paprika powder



Potato gratin

- 1 For the sauce, stir the milk, double cream and garlic together, then season with salt, pepper and nutmeg.
- 2 Peel the potatoes and cut them into small pieces, then strew them in the porcelain dish. Pour the sauce over the potatoes.
- 3 Start the recipe. Appliance preheats. Put the porcelain dish into the preheated cooking space at level 2. Press OK to continue. Cooking time 35 minutes.

Porcelain dish, ½ GN

900 g waxy potatoes

Sauce

2½ dl milk

2½ dl double cream

2 cloves of garlic, crushed

Salt

Pepper

A little nutmeg



Vegetable pesto lasagne

- 1 For the vegetable sauce, cut the stalks and leaves off the top of the aubergines and courgettes, then chop the vegetables into 1 cm cubes. Cut the peppers in half, remove the stalks, seeds and white membranes, then dice the peppers up. Put the vegetables, onions and garlic in the porcelain dish. Use a fork to crush the plum tomatoes up, stir in the herbs and the olive oil, season with salt and pepper, then spread the tomato sauce over the vegetables.
- 2 Start the recipe. Appliance preheats. Put the porcelain dish into the preheated cooking space at level 2. Press OK to continue. Cooking time 20 minutes. Leave the vegetables to rest for 5 minutes, then stir well.
- 3 For the pesto, pull the basil leaves off the stalks, then use a hand-held mixer to blend the basil leaves, pine nuts, Parmesan and olive oil into a coarse paste and season it with salt and pepper to taste.
- 4 For the Béchamel sauce, melt the butter in a pan, add the flour and cook gently, stirring, for a short while, then remove the pan from the heat, add the milk and stir the sauce until smooth. Bring the Béchamel sauce to the boil, stirring continuously, simmer until the sauce thickens slightly, then season.
- 5 Grease the porcelain dish with a little olive oil. Put a layer of lasagne sheets on the base of the dish. Spread one fifth of the vegetable mixture over the pasta. Scatter a few mozzarella cubes and spread a little pesto over the vegetables. Drizzle a little Béchamel sauce over. Lay another layer of (differently coloured) lasagne sheets on top. Repeat the layering process 4 times. Finish with lasagne sheets, spread the remaining Béchamel sauce over the top so that the pasta is completely covered. Sprinkle the Parmesan over the top.
- 6 Put the porcelain dish into the warm cooking space at level 2. Press OK to continue. Cooking time 40 minutes.

Porcelain dish, ½ GN

Vegetables

200 g aubergines
 200 g courgettes
 200 g red peppers
 1 onion, finely diced
 1 clove of garlic, finely chopped
 240 g tinned plum tomatoes, sieved
 Thyme
 3 sage leaves
 1 sprig of rosemary
 1 bay leaf, 1 clove
 1 dl olive oil
 Salt, pepper

Pesto

1 bunch of basil
 30 g pine nuts
 50 g grated Parmesan
 1 dl olive oil
 Salt, pepper

Béchamel sauce

35 g butter
 35 g flour
 ½ l milk
 Salt, pepper
 A little nutmeg

3 fresh white lasagne sheets
 3 fresh green lasagne sheets
 200 g mozzarella, diced
 50 g grated Parmesan



Savoy cabbage gratin, Bolognese-style

- 1 Heat the olive oil in a pan, sweat the onions and garlic, add the minced meat and brown. Stir in the oregano and tomato puree, season with salt and pepper, and cook briefly. Add the red wine, plum tomatoes and vegetable bouillon, then leave to reduce a little.
- 2 Cut the Savoy cabbage into quarters, remove the stalk, then cut the quarters into strips.
- 3 Cover the base of the greased porcelain dish with the Bolognese sauce, then add a layer of cabbage strips, followed by more Bolognese sauce and a layer of grated cheese, continuing in this way until all the ingredients have been used. Finish with a layer of cheese and sprinkle with paprika.
- 4 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Cooking time 55 minutes.

Tips

Serve with penne pasta or potatoes.

Alternatively: replace the Savoy cabbage with white cabbage. If you do so, 5 to 10 minutes must be added to the cooking time, and the temperature setting must be lowered by 10 °C.

Porcelain dish, ½ GN

1 small Savoy cabbage
200 g mixed cheese
Paprika powder

Bolognese sauce

1 tbsp oil
1 small onion, finely diced
1 clove of garlic, finely sliced
400 g minced beef or
mixed minced meat
Dried oregano
140 g tomato puree
Salt
Pepper
1 dl red wine
240 g tinned plum tomatoes, sieved
1 dl vegetable bouillon



Ratatouille

- 1 Cut the stalks and leaves off the top of the aubergines and courgettes, then cut the vegetables into small cubes. Cut the peppers in half, remove the stalks, seeds and white membranes, then cut into small squares.
- 2 Put the plum tomatoes in the dish, then spread the aubergines, then the courgettes and then the peppers over the top, scatter with the onions and garlic, then season with salt, peppers and thyme. Scatter the chilli, bay leaf, clove, sage leaves and stripped rosemary leaves over the top, then drizzle with the olive oil. To achieve the best result, follow this order when layering the ingredients.
- 3 Start the recipe. Appliance preheats. Put the porcelain dish into the preheated cooking space at level 2. Press OK to continue. Cooking time 20 minutes.
- 4 Take the porcelain dish out of the cooking space. Take out the bay leaf and the clove. Leave to rest for 5 minutes. Stir well and serve.

Porcelain dish, ½ GN

250 g aubergines
250 g courgettes
250 g red peppers
400 g tinned plum tomatoes,
stalks removed and crushed
100 g onions, finely diced
2 cloves of garlic, sliced
Salt
Pepper
Thyme
½ red chilli, de-seeded,
cut into strips
1 bay leaf
1 clove
3 sage leaves
1 rosemary sprig
1 ½ dl olive oil



Aubergine tartar

- 1 Cut the stalks off the top of the aubergines, then cut the vegetables into 4 slices lengthways.
- 2 Cover the stainless steel tray with baking parchment and put the aubergine slices on it. Use a pointed knife to make small cuts in the aubergine flesh, brush the slices generously with olive oil, then season with salt and pepper.
- 3 Start the recipe. Appliance preheats. Put the stainless steel tray into the preheated cooking space at level 1. Press OK to continue. Cooking time 32 minutes.
- 4 Once cooked, remove the skin from the aubergine slices, chop the flesh up, mix it together with the shallots and garlic, and add the herbs.

Tip

This dish goes well with grilled foods, risotto and roasted salt-water fish.

Stainless steel tray

2 aubergines

Olive oil

Salt

Pepper

1 tsp shallots, finely diced

1 clove of garlic, crushed

1 tsp basil leaves, finely chopped

1 tsp parsley, leaves pulled off from stalks and roughly chopped

1 tsp chives, finely chopped



Beans wrapped in bacon

- 1 Cut the stalks off the beans and remove the stringy threads.
- 2 Tightly wrap 7 to 10 beans in each rasher of bacon.
- 3 Put the beans in the perforated cooking tray.
- 4 Put the cooking tray into the cold cooking space at level 2.
Start the recipe. Cooking time 25 minutes.

Perforated cooking tray

500 g sweet green beans
8 slices of bacon



Carrots wrapped in bacon

Perforated cooking tray

500 g carrots
8 slices of bacon

- 1 Peel the carrots and cut them into small sticks.
- 2 Tightly wrap about 6 sticks in each rasher of bacon.
- 3 Put the carrots in the perforated cooking tray.
- 4 Put the cooking tray into the cold cooking space at level 2. Start the recipe. Cooking time 25 minutes.

Leeks wrapped in ham

Perforated cooking tray

500 g leeks
4 slices of ham, halved lengthways

- 1 Remove the fibrous parts of the leeks, cut the leeks into pieces 10 cm long, then cut these pieces into quarters lengthways.
- 2 Tightly wrap about 6 pieces of leek in half a slice of ham, until all the ham has been used.
- 3 Put the leeks in the perforated cooking tray.
- 4 Put the cooking tray into the cold cooking space at level 2. Start the recipe. Cooking time 25 minutes.

Asparagus wrapped in air-dried ham

Perforated cooking tray

12 green asparagus
12 slices of air-dried ham

- 1 Peel the bottom third of the asparagus and cut the ends off.
- 2 Wrap a slice of air-dried ham around each asparagus spear.
- 3 Put the asparagus in the perforated cooking tray.
- 4 Put the cooking tray into the cold cooking space at level 2. Start the recipe. Cooking time 25 minutes.

Chicory wrapped in ham

Perforated cooking tray

2 chicories, halved lengthways
4 slices of ham, halved lengthways

- 1 Tightly wrap each chicory half in half a slice of ham.
- 2 Put the chicories in the perforated cooking tray.
- 3 Put the cooking tray into the cold cooking space at level 2. Start the recipe. Cooking time 25 minutes.

Stuffed vegetables

- 1 Cut off the top «lids» of the peppers, then remove the seeds and white membranes. Remove the stalks from the lids, then cut the lids up into small cubes.
- 2 Mix the uncooked rice with the vegetable bouillon and the double cream, stir in the diced pepper, two thirds of the Parmesan and the herbs, then season with pepper to taste.
- 3 You may have to cut some of the base of the peppers off so that they will stand up properly (do not cut the base right off though). Fill the peppers with the rice mixture. Sprinkle the remaining cheese over the top.
- 4 Put the peppers in the porcelain dish.
- 5 Put the porcelain dish into the cold cooking space at level 2. Start the recipe. Cooking time 35 minutes.

Porcelain dish, ⅓ GN

4 peppers
200 g long-grain rice
2½ dl vegetable bouillon
½ dl double cream
75 g grated Parmesan
Thyme, finely chopped
Parsley, leaves pulled off from stalks
and roughly chopped
Pepper



Ice cream encased in crispy pastry

- 1 Use an ice cream scoop with a diameter of 4 cm to scoop out 4 portions of vanilla ice cream or, alternatively, use a large spoon to scoop out 4 portions, then shape the ice cream into balls. Put the ice cream portions in the freezer.
- 2 Melt the butter in a small pan, but do not allow it to colour.
- 3 Cut the stalks out of the strawberries, then slice them.
- 4 Start the recipe. Appliance preheats.
- 5 Put both sheets of strudel pastry on to the work surface and brush them with a thin layer of the melted butter, then fold them along the diagonal to create large triangles. Cut both these triangles in half to create 4 smaller triangles.
- 6 Cover the stainless steel tray with baking parchment and put the triangles on top. Put a few strawberry slices into the middle of each triangle, then set the scoops of vanilla ice cream on top. Fold the right-angled corner of the pastry up on to the top of the ice cream, then bring the other two corners up and over the ice cream, gently twisting them together. Brush the pastry parcels with the remaining butter.
- 7 Put the stainless steel tray into the preheated cooking space at level 1 straight away. Press OK to continue. Cooking time 3 minutes.
- 8 Serve the dessert immediately.

Important

You will need to work quickly to achieve the best result. The faster the thin pastry is put into the cooking space, the better the result will be. Do not omit the fruit, as it is important for the success of the dish. You can replace the strawberries with other fruit such as kiwi, bananas or apples.

Stainless steel tray

**2 sheets of strudel pastry,
37 cm × 39 cm
50 g butter**

**4 scoops of vanilla ice cream
50 g strawberries**



Chocolate surprise

- 1 Break the chocolate up into pieces and put it in a small pan with the butter, stirring continuously over a low heat until the chocolate melts. Leave to cool.
- 2 Start the recipe. The appliance preheats.
- 3 Beat the eggs and sugar to give a frothy mixture. Stir the melted chocolate and butter into the eggs and sugar. Gently fold the flour in. Put the mixture into the greased dishes and put them on to the stainless steel tray.
- 4 Put the stainless steel tray and dishes into the preheated cooking space at level 1 straight away. Press OK to continue. Cooking time 15 minutes.
- 5 Leave the chocolate surprises to rest for a short time, then turn them out while they are still warm, and serve.

Tip

Serve with a fruit sorbet, fruit compote or fresh fruit.

Stainless steel tray
Flan dishes, Ø 7 cm, 4 to 6 pieces

**100 g chocolate crémant
(dark Swiss chocolate)**
120 g butter
4 eggs
180 g sugar
90 g white flour



Schenkeli – Swiss speciality

- 1 Mix the flour, sugar, baking powder, salt and lemon zest together in a bowl. Combine the eggs with the milk and butter, add to the flour mixture and stir into a velvety dough. Wrap the dough in cling film and leave in a cool place for 1 hour.
- 2 Divide the dough into portions, shape them into rolls with a diameter of 2 cm and cut them along the diagonal into pieces 4 cm long.
- 3 Cover a stainless steel tray with baking parchment and brush with peanut oil. Put the Schenkeli on the tray and brush these with peanut oil too.
- 4 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Cooking time 14 minutes.
- 5 After 7 minutes, a single acoustic signal will sound and the cooking process will be interrupted. Brush the Schenkeli with more peanut oil. Press OK to continue.

Stainless steel tray

400 g white flour
140 g sugar
1 ½ tsp baking powder
1 pinch of salt
½ unwaxed lemon, zest
2 eggs
50 g milk
50 g butter, melted
Peanut oil to brush on top



Potato fruit cake

- 1 Steam the potatoes, unpeeled, to soften them, then leave to cool. When the potatoes are cool, peel and finely grate them.
- 2 Cover the base of the tin with baking parchment and grease the side with butter.
- 3 Stir the sugar and the egg yolks together until frothy, then add the lemon and orange zest.
- 4 Beat the egg whites.
- 5 Mix the potatoes, maize semolina, hazelnuts and baking powder together.
- 6 Fold a little of the beaten egg whites into the egg yolk mixture, followed by a little of the potato mixture, continuing in this way until all the egg whites and potatoes have been folded in. Put half of the mixture into the spring form tin. Spread the raspberries on top and pour over the remaining mixture.
- 7 Start the recipe. Appliance preheats. Put the spring form tin onto the wire shelf at level 1 of the preheated cooking space. Press OK to continue. Cooking time 30 minutes.
- 8 Allow the cake to cool. Carefully loosen the edge of the cake. Sprinkle the cake with icing sugar.

Tips

In the spring you could use 150 to 200 g of sweetened, diced rhubarb, in late summer around 6 halved plums, with their stones removed and cut into slices, and in winter 100 g of mini dark chocolate cubes.

Spring form tin, Ø 22 cm
Wire shelf

150 g floury potatoes
100 g sugar
2 egg yolks
½ unwaxed lemon, zest
½ unwaxed orange, zest
2 egg whites
40 g maize semolina, fine
50 g ground hazelnuts
1 tip of knife baking powder
125 g raspberries

Icing sugar to sprinkle over the top



Plaited bread

- 1 Mix the flour, sugar and yeast together in a bowl, add the lukewarm milk, butter, honey, egg and salt, then knead to a smooth dough. Put the dough into a bowl, cover with a damp cloth and leave at room temperature until it has doubled in volume (1–2 hours).
- 2 Divide the dough into 2 equal portions, roll them out into two strips of equal length, both strips of dough a little thicker in the middle than at the ends. Lay the two dough ropes across one another and weave into a plait. Cover the tray with baking parchment and put the plaited bread on to it. Beat the egg yolk and milk together, then brush on to the plaited bread. Leave to rise for 30 minutes.
- 3 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Cooking time 29 minutes.

Tip

If kneading the dough by hand, use a little more flour to stop the dough sticking to your hands.

Stainless steel tray

500 g white flour
1 tsp sugar
½ yeast cube, crumbled
2½ dl lukewarm milk
75 g soft butter
1 tsp honey
1 egg
2 tsp salt

For the egg wash

1 egg yolk
1 tbsp milk



Vanilla bread rolls

- 1 Mix the flour, sugar, grated lemon zest and yeast together in a bowl, add the milk, butter, egg and salt, then knead to a smooth dough. Put the yeast dough into a bowl, cover it with a damp cloth and leave it at room temperature until it has doubled in volume (1 to 1½ hours).
- 2 For the vanilla cream, stir the egg yolks, Maizena (cornflour) and a little cream together until smooth. Heat the remaining cream in a pan with the sugar and the scraped-out vanilla seeds. Add the vanilla cream to the egg yolk mixture, stirring continuously. Pour the vanilla cream into the pan and bring to the boil, stirring continuously. Leave the vanilla cream in a bowl to cool, stirring occasionally.
- 3 Divide the dough into 60 g portions and shape them into balls. Cover and leave to rise for 10 minutes on a floured work surface. On a lightly floured work surface, roll the dough balls out into long oval shapes. Spread the vanilla cream on to the ovals, then roll the dough up from one of the narrow edges. Cover the stainless steel tray with baking parchment and lay the bread rolls on to it, with the dough seams facing down. Use a pair of scissors to make a deep cut along the length of each bread roll, cutting through all the layers, and brush with the egg yolk.
- 4 Put the stainless steel tray into the cold cooking space at level 1. Start the recipe. Cooking time 18 minutes.
- 5 Heat up the apricot jam and strain through a sieve.
- 6 Take the stainless steel tray out of the cooking space, put the vanilla bread rolls on a wire rack and brush them with the apricot jam while they are still hot.



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Stainless steel tray

Dough

- 400 g white flour**
- 40 g sugar**
- ½ unwaxed lemon, zest**
- 30 g diced yeast, crumbled**
- 2 dl milk**
- 40 g soft butter**
- 1 egg**
- 1 tsp salt**
- 1 egg yolk, to brush on top**

Apricot jam

Vanilla cream

- 3 egg yolks**
- 10 g Maizena (cornflour)**
- 2½ dl double cream**
- 40 g sugar**
- 1 vanilla pod, cut open**



