

COOKBOOK

For Built-in Steam and Convection Ovens

Thermador[®]

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Steaming, baking and roasting - all in one appliance

This cookbook offers you a variety of easy and inexpensive tasty recipes which you can make in your new combination steam oven.

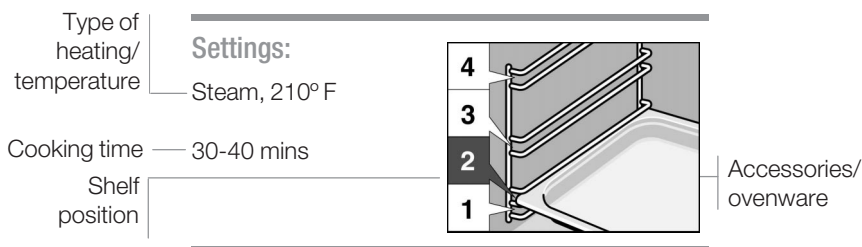
Sophisticated starters, tasty soups and salads, simple and elaborate side dishes, delicious fish and meat dishes, delectable desserts, moist cakes, sweet and savoury pastries and bread that's as good as your baker's - all this is quick and easy to prepare with your combination steam oven.

All recipes serve 4, unless otherwise indicated. If you wish to cook for a larger or smaller number of people, you can easily adjust the quantities accordingly. The steam cooking time given in the recipe will not be affected.

With all other types of heating, the cooking time will increase or decrease according to the quantity.

The settings for each recipe are presented clearly and simply. This makes it very easy to use your new combination steam oven.

Example:



All the recipes in this cookbook will turn out well because they are specially adapted for this appliance. The recipes were prepared in our cooking studio by a team of professional consumer scientists and have been thoroughly tested.

Please also read the Use and Care Manual carefully so that you can get the best use from your combination steam oven.

Try our recipes and prepare many delicious treats for yourself, your family and guests.

We wish you all the best and hope you enjoy your meals.

Why cook with steam?

Cooking with steam is one of the healthiest cooking methods of all. The steam envelops the food and exerts no pressure on it, so the vitamins and minerals are largely preserved.

Such delicate, tender and delicious fish and vegetables can only be achieved with steam. Custard, terrines and dumplings are wonderfully simple to make. Meat stays moist and tender.

The advantages:

- **Almost no loss of nutrients**

When steaming, the food is not immersed in water, so the vitamins and minerals do not leach out. Studies have shown that steamed broccoli, for example, contains 50 % more vitamin C than boiled broccoli.

- **Low-fat cooking**

Food can be cooked with low amounts of fat or, depending on taste, with no fat at all. When steaming meat, the fat separates itself from the meat and drips into the baking pan.

- **Appetising appearance**

By cooking with steam, foods retain their natural colour. Cooked vegetables look like they have been freshly harvested.

You hardly need to stir or turn the food. Therefore, even delicate fish dishes retain their shape. Foods do not dry out.

- **Flavorful enjoyment**

Steaming provides naturally flavorful food that needs hardly any salt.

- **Cooking a menu**

With steam you can cook several components of a menu at the same time, without the different flavours mixing.

Steaming

How does steaming work in your combination steam oven?

- The water tank is filled with fresh tap water.
- When the appliance is switched on, a valve opens. Water from the tank is delivered into the evaporator dish at the bottom of the cooking compartment.
- Under the evaporator dish there is a heating element, which heats up.
- The water in the evaporator dish begins to boil and evaporates.
- The food is enveloped by the steam and cooked very gently without pressure.

True Convection

During True Convection Mode, a heating element on the back panel of the cooking compartment is heated. The fan then circulates the hot air around the food.

True Convection is most suitable for making sweet and savoury pastries, pot roasts and various cakes.

For the slow cooking setting, the True Convection is specially adjusted so that all tender pieces of meat are particularly juicy and cooked to perfection.

True Convection is also used for dish warming and keeping food warm. This enables you to keep food warm for a short time and to warm porcelain dishes.

For all types of heating that use only True Convection, there is no need for any water in the tank.

True Convection and Steam combined

With this function, Steam and True Convection are used together.

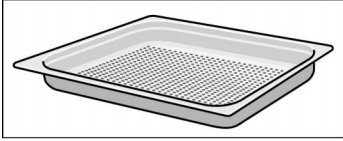
This combination is particularly suitable for cooking meat and baking bread and rolls.

Thanks to the combination of True Convection and Steam, joints get crispy on the outside and juicy on the inside. Pastries get a nice, shiny surface and do not dry out.

For the reheating, proofing and defrosting settings, True Convection and Steam are specially adjusted to the relevant type of heating.

Accessories

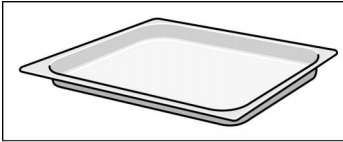
Perforated Cooking Pan – Full Size:



Ideal for steaming fish or large quantities of vegetables, for extracting juice from berries and much more.

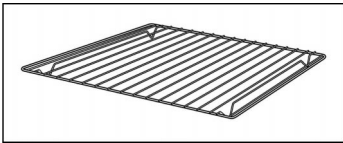
Note: Always insert the baking pan underneath. The dripping liquid is then collected here and the oven is kept clean.

Baking Pan – Full Size:



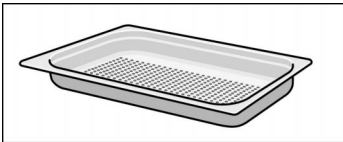
Use the baking pan for traybakes and for collecting dripping liquid.

Wire rack:



Place ovenware on the wire rack. Place your roast on the wire rack with the baking pan underneath and insert both together into one level. Ideal for baking pans and casseroles.

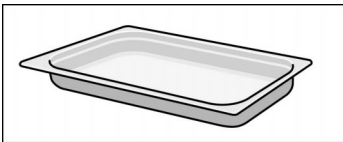
Perforated Cooking Pan – Half Size:



Ideal for steaming vegetables, extracting juice from berries, defrosting, and smaller quantities of food.

Note: Always insert the cooking pan underneath.

Cooking Pan – Half Size:



Use for smaller quantities, rice and cereals.

Information and tips

Ovenware

Always use steam and heat-resistant ovenware. Silicone baking moulds are not suitable for use when combining True convection and steam.

Cooking times

Unless indicated otherwise, the cooking times in the recipes apply for food inserted into a cold oven.

Shelf position

When steaming, you can insert the pans at any shelf position. Note: If you are using the perforated cooking pan, you must always place a baking pan underneath. This will catch any dripping liquid.

Preparing dishes with automatic programmes

The benefit for you is that you only set the programme, everything else is automatic. So, for example, you place quartered potatoes in the perforated cooking pan and select the P7 programme for “Boiled potatoes”. That's all. You can find a table showing all the programmes in the Use and Care Manual.

Several recipe ideas and recipes that have been specially designed for the programmes can also be found in this cookbook.

The following dishes can be prepared with the automatic programmes:

- Bean salad with creamy tomato sauce and sheep*s cheese
- Potatoes boiled in their skins, with two dips
- Lemongrass–risotto
- Gnocchi with sage butter
- Asian steamed fish
- German-style pot-roasted beef
- Peppered sirloin
- Leg of lamb with juniper sauce
- Rice pudding
- Multigrain bread
- White bread

Menu cooking

With steam you can cook a whole meal, without the different flavours mixing. The food with the longest cooking time should be put into the steam first.

Example: Salmon (10 minutes) with boiled potatoes (25 minutes) and broccoli (10 minutes). First put the potatoes into the appliance, as they take the longest. Set a cooking time of 25 minutes. After 15 minutes add the salmon and broccoli. All foods in your meal will be ready at the same time.

Blanching vegetables for freezing

The extremely short steam time for blanching means that maximum colour, flavour and vitamins are preserved.

Wash, clean and chop the vegetables. Preheat the oven. Place the vegetables in the perforated cooking pan. Insert the baking pan underneath. Steam the vegetables for only approx. 1 to 2 minutes. Then briefly immerse the vegetables in ice-cold water so that the cooking process is interrupted.

Regenerating food

During regeneration, food is gently reheated – it does not dry out and tastes as though it were freshly prepared. Place the food in the dish on the wire rack.

Dough proofing

Yeast or sourdough rises significantly more quickly in the oven than at room temperature. Try it out for yourself.

Fresh or frozen vegetables

The recipes use predominantly fresh vegetables.

If you need to cook quickly or the relevant vegetables are out of season, you can also use frozen vegetables.

Frozen vegetables have already been blanched before freezing. Therefore, spinach leaves only need defrosting.

Vegetables such as broccoli or cauliflower are used in exactly the same way as fresh vegetables. However, the specified cooking times may have to be changed.

Fresh herbs

The recipes usually indicate fresh herbs. They contain many vitamins and minerals. If you have no fresh herbs, use frozen herbs. Dried herbs have a stronger taste, therefore adjust the seasoning accordingly.

General setting values

In the Use and Care Manual you will find appropriate setting values and information for many different foods.

Abbreviations and quantities

Abbreviations

lb	=	pound	sl.	=	slice
oz	=	ounce	lvl	=	level
tbsp	=	tablespoon	hpd	=	heaped
tsp	=	teaspoon	grnd	=	ground
pkt	=	packet	frzn	=	frozen
pn	=	pinch	e.g	=	for example

Savoury coconut and pumpkin soup

Serves 4

Ingredients:

1 lb pumpkin or butternut squash

1 bunch of soup vegetables

1 onion

1 garlic clove

1 piece of root ginger, ¾-1 inch

1 tbsp olive oil

1 cup strong vegetable broth

1-2 tsp red curry paste

1½ cups coconut milk

Salt

3-4 stalks of flat-leaf parsley or ½ bunch cilantro, roughly chopped

Per serving approx.

133 kcal, 4 g fat, 18 g carbohydrates, 5 g protein

1 Quarter the pumpkin. Use a spoon to remove strings and seeds from the pumpkin's inner cavity. Cut the pumpkin into strips then roughly dice it with the skin. Wash and dice the soup vegetables. Place it all in the baking pan and steam as indicated.

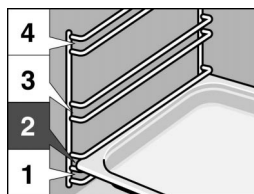
2 Peel and dice the onion and garlic. Peel and grate the ginger. Sweat in olive oil in a pan then add the broth. Add red curry paste.

3 Add the pumpkin mixture to the broth and purée finely. Pour in the coconut milk and briefly heat the mixture. Add salt to taste and serve with chopped herbs.

Settings:

Steam, 210° F

20 minutes



Cook's tip:

You can halve small pumpkins and then remove the strings and seeds.

Savoury poultry parcels

Serves 4

Ingredients:

4 large or 8 small wonton skins

16 spinach leaves

1 chicken breast fillet

2 tsp sesame oil

1-2 tsp light soy sauce

Salt

Freshly ground black pepper

1 tsp finely diced ginger

1 garlic clove

chili flakes

Per serving approx.

140 kcal, 2 g fat, 16 g carbohydrates, 13 g protein

1 Soak the wonton skins in between damp tea towels and halve or quarter them, depending on size. Wash the spinach.

2 Roughly dice the well-chilled chicken breast fillet. Purée to a coarse texture with 1 tsp sesame oil, soy sauce and seasoning.

3 Place one spinach leaf on the centre of each wonton skin. Place one teaspoon of the filling on each spinach leaf and wrap into small parcels. The parcels must be completely sealed, so that none of the filling escapes.

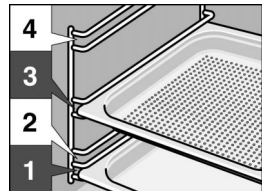
4 Grease the perforated cooking pan with the remaining sesame oil. Place the poultry parcels in the cooking pan with the seam face down and steam as indicated.

5 Remove the poultry parcels from the pan and arrange on a plate.

Settings:

Steam, 210° F

5 minutes



Cook's tip:

Serve the poultry parcels with chopsticks. Serve with a soy sauce dip seasoned with chili sauce and a few drops of lemon juice.

Thai lentil salad

Serves 4

Ingredients:

1 red onion

1 garlic clove

1 piece root ginger,
approx. ¾ inch

1 small red chili

1 tbsp oil

1 tbsp red curry paste

1 tbsp fish sauce

1 tsp vegetable stock
granules

1 cup water

½ lb red lentils

10 oz pineapple

1 yellow pepper

½ bunch of chives

5 tbsp diced tomatoes

Salt

Per serving approx.
268 kcal, 5 g fat,
41 g carbohydrates,
14 g protein

1 Peel the onion and garlic. Thinly peel the ginger and finely chop these three ingredients. Halve the chilli, remove the seeds and chop finely.

2 Pour the oil into a pan. Sweat the onion, garlic, ginger and chili, stirring continuously. Add the curry paste, fish sauce, stock granules and water and bring to a brief boil.

3 After rinsing, add the lentils. Tip the mixture with the liquid into the baking pan and steam as indicated.

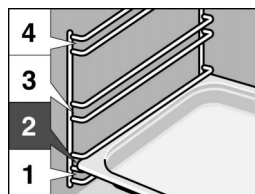
4 Meanwhile, peel the pineapple, remove the hard core and cut the pineapple into small pieces. Clean the pepper, remove the seeds and cut into thin strips. Rinse the chives, pat dry and cut into small rings.

5 Stir together lentils and tomatoes and season with salt. Add the pineapple, pepper and chives and serve.

Settings:

Steam, 210° F

12-14 minutes



Cook's tip:

Lentils cooked in steam become particularly soft.

Red beet salad

Serves 4

Ingredients:

5 small red beets

2 small shallots

3 tbsp white balsamic vinegar

1 tbsp Dijon mustard

5 tbsp olive oil

1 pinch sugar

1 cup walnuts

3 tbsp fresh watercress

3 tbsp walnut oil

Salt and pepper

Per serving approx.
450 kcal, 40 g fat,
17 g carbohydrate,
7 g protein

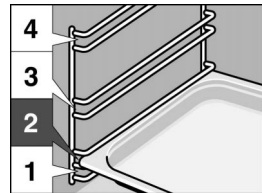
1 Wash the red beets and remove the beets and leaves. Using disposable gloves, peel and slice the red beets. Peel the shallots and cut into thin rings.

2 Mix together the vinegar, mustard, olive oil and sugar to make a sauce. Add the red beets, shallot rings and sauce to the baking pan and mix well. Cook as indicated.

3 Roughly chop the walnuts. Wash the watercress and spin dry. After cooking, sprinkle the walnuts and watercress over the salad. Season with walnut oil, salt and pepper.

Settings:

Combination,
325° F
approx. 40 minutes



Apulian rice salad

Serves 4

Ingredients:

2 carrots

1 small leek

3 tbsp water

4-5 tbsp white balsamic vinegar

1 tsp sugar

1 yellow pepper

4 oz frozen peas

1 cup parboiled long grain rice

1¼ cup water or stock

Salt

3 tbsp green and black olives, pitted

1 can tuna in water, drained

1 tbsp lemon juice

2-3 tbsp olive oil

Parsley leaves

2 tbsp capers, drained

Per serving approx.

460 kcal, 19 g fat,

54 g carbohydrates,

17 g protein

1 Peel and finely dice the carrots. Clean the leek and cut into fine slices. Stir together water, vinegar and sugar in the baking pan. Add the carrots and leeks and cook as indicated.

2 Meanwhile, clean the pepper and cut into thin strips. Place the pre-cooked vegetables into a dish with the vinegar broth. Fold in the strips of pepper and the peas and leave it all to cool.

3 Place the rice in the baking pan. Add salted water or stock. Steam the rice as indicated until it is cooked and the liquid has evaporated. Leave the rice to rest for five minutes, then fluff with a fork.

4 Finely chop the olives. Drain and flake the tuna. Drain the vegetables, retaining the vegetable broth. Stir lemon juice and salt into the vegetable broth and beat in the olive oil.

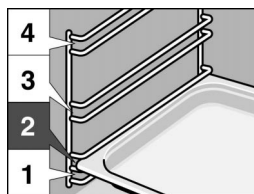
5 Rinse the parsley and slice thinly. Mix everything together with the capers and lemon sauce and leave to infuse for one hour.

Settings:

Steam, 210° F

Vegetables: 7 minutes

Rice: 15-20 minutes



Variation:

Instead of tuna, add chopped egg, small sea food, finely chopped mortadella or salami.

Bean salad with creamy tomato sauce and sheep's cheese

Serves 4

Ingredients:

1½ lb haricot vert or green beans

3 sprigs of savory

1 medium tomato

2 dried tomatoes

1-2 garlic cloves

1-2 tbsp balsamic vinegar

2-3 tbsp olive oil

Salt and black pepper

3½ oz sheep's cheese

Per serving approx.

195 kcal, 14 g fat,
7 g carbohydrates,
9 g protein

1 Wash the beans and remove ends. Spread out in the perforated cooking pan and add the savory. Steam the beans as indicated.

2 Meanwhile, slice the tomato horizontally, remove the seeds and cut the tomato into pieces.

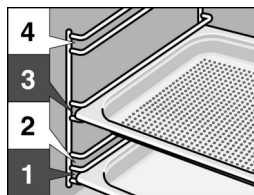
3 Purée the tomato pieces, dried tomatoes, garlic, vinegar and oil. Season with salt and pepper.

4 Put the beans into a shallow dish or onto a plate and brush with the creamy tomato sauce while still warm. Leave at least 10 minutes to infuse.

5 Cut the sheep's cheese into small cubes. Before serving, mix half of the cheese into the salad and arrange the rest on top.

Settings:

Automatic program:
P2
"Steam green beans"
approx. 27 minutes



Cook's tip:

The creamy tomato sauce also goes well with mediterranean vegetables or pasta salads. For a thinner creamy sauce, stir in some olive oil.

Asparagus salad

Serves 4

Ingredients:

2¼ lb green asparagus

Salt

Salad dressing:

1 tsp honey mustard

2 tbsp white wine vinegar

3 tbsp olive oil

1 tbsp pumpkin seed oil

Black pepper

1 bunch arugula

½ lb cherry tomatoes

3 tbsp Parmesan cheese,
fresh

Per serving approx.

293 kcal, 24 g fat,

7 g carbohydrates,

12 g protein

1 Cut away the bottom third of the green asparagus.

2 Preheat the oven.

3 Cut the asparagus diagonally into thirds. Place in the perforated cooking pan and cook as indicated until firm to the bite.

4 To make the salad dressing, stir together the mustard, vinegar and oil and season with salt and pepper.

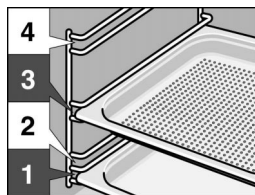
5 Wash the arugula and drain well. Halve or quarter the cherry tomatoes, depending on size.

6 After steaming, place the asparagus in a shallow dish. Add two tablespoons of the asparagus broth to the salad dressing and drizzle the dressing over the asparagus. Place the arugula and tomatoes on plates. Arrange the asparagus on top and drizzle with the salad dressing. Use a potato peeler to make Parmesan shavings. Scatter them over the salad and serve.

Settings:

Steam, 210° F
preheat

Asparagus
7-10 minutes



Asian leafy vegetables with cilantro pesto

Serves 4

Ingredients:

8 small bok choy

1 bunch cilantro

1/3 cup cashew kernels

1/3 cup + 2 tbsp olive oil

2 oz freshly grated
Parmesan

Salt and black pepper

Per serving approx.

381 kcal, 37 g fat,
5 g carbohydrates,
9 g protein

1 Clean, wash and drain the bok choy. Place in the perforated cooking pan and cook as indicated.

2 Wash the cilantro, shake dry and pick off the leaves. Toast the cashew kernels in a dry pan, until fragrant. Remove from the pan and leave to cool.

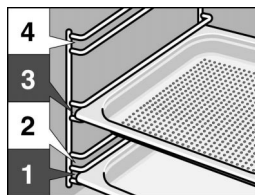
3 Purée the cashew kernels with cilantro, olive oil and Parmesan. Season with salt and pepper.

4 Drain the prepared bok choy and arrange on a plate. Drizzle with cilantro pesto and serve immediately.

Settings:

Steam, 210°F

5-7 minutes, depending
on size of bok choy



Cook's tip:

Leftover pesto tastes great with shrimps or hot noodles.

Potatoes boiled in their skins, with two dips

Serves 4

Ingredients:

2.2 lbs medium-sized potatoes, preferably of a similar size

Bacon dip:

4 oz sliced bacon

5 oz blue cheese

½ lb crème fraîche

½ bunch of chives

Avocado dip:

1 ripe avocado

2 tbsp lemon juice

½ lb crème fraîche

1 small red chili pepper

½ bunch cilantro or dill

Salt and pepper

per serving approx.
909 kcal, 73 g fat,
42 g carbohydrates,
20 g protein

1 Wash and scrub the potatoes and place in the perforated cooking pan. Steam as indicated.

2 Bacon dip: Cut the bacon across its width into strips about ½ inch wide. Fry in a pan over a medium heat until crispy. Leave to drain on paper towels. Purée the blue cheese and stir in the crème fraîche. Cut the chives into rings and fold into the cheese mixture with the bacon strips.

3 Avocado dip: Halve the avocado and remove the stone. Purée the flesh with the lemon juice and stir in the crème fraîche. Slice the chili pepper lengthways and remove the seeds. Finely chop the chilli pepper and cilantro and fold into the dip. Season with salt and pepper.

4 Serve the dips with the potatoes.

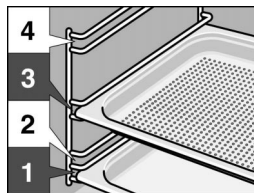
Settings:

Automatic program:

P6

“Unpeeled boiled potatoes”

approx. 47 minutes



Spinach with raisins and pine nuts

Serves 4

Ingredients:

¼ cup raisins

Vin Santo or another dessert wine

1½ lbs spinach

Salt

1 tsp olive oil

2 tbsp pine nuts

Per serving approx.

112 kcal, 4 g fat,

9 g carbohydrates,

6 g protein

1 Marinate the raisins in wine for at least 2 hours.

2 Preheat the oven. Clean, de-stalk and wash the spinach. Place in the perforated cooking pan, salt lightly and drizzle with olive oil. Steam as indicated.

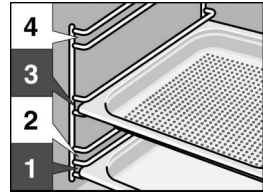
3 Toast the pine nuts in a dry pan until golden brown and fragrant. Remove from the pan.

4 Remove the spinach with tongs, gently squeeze out excess water and place in a preheated dish. Mix in the drained raisins and the pine nuts. Serve hot or cold.

Settings:

Steam, 210° F
preheat

Spinach: 3-5 minutes



Cook's tip:

The spinach goes very well with roast beef.

Parsnips and potato mash

Serves 4

Ingredients:

6 medium-sized potatoes

3 parsnips

½ onion

3 tbsp butter

1 cup milk

Salt

Nutmeg

Per serving approx.

212 kcal, 3 g fat,

36 g carbohydrates,

9 g protein

1 Peel and finely dice the potatoes. Place in the perforated cooking pan.

2 Peel and finely dice the parsnips and onion, then briefly sweat in the hot butter. Transfer into the baking pan and pour the milk over. Cook until soft with the potatoes, as indicated.

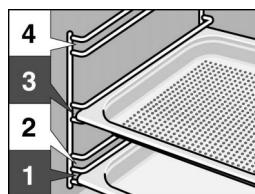
3 Then, while the potatoes and parsnips are still hot, press through a ricer into a bowl and stir with a whisk until smooth. Season with salt and freshly grated nutmeg and serve.

Settings:

Steam, 210° F

Potatoes: 25-30 minutes

Parsnips:
20-25 minutes



Lemongrass-risotto

Serves 4

Ingredients:

1 shallot

1-2 garlic cloves

3 tbsp olive oil

1¼ cups risotto rice

3 stems lemongrass, in pieces

⅓ cup and 3 tbsp white wine

2-2½ cups hot vegetable broth

4 tsp butter

2 oz Parmesan

Salt, white pepper

Per serving approx.

417 kcal, 18 g fat,

50 g carbohydrates,

9 g protein

1 Peel and finely chop the shallot and garlic.

2 Add the diced shallot, garlic, olive oil, risotto rice, lemongrass, white wine and hot vegetable broth to the baking pan. Mix together thoroughly and cook as indicated.

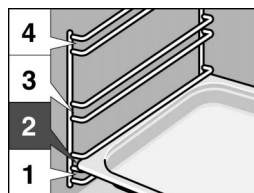
3 Stir once halfway through the cooking time.

4 After cooking, stir in the butter and grated parmesan. Season with salt and pepper and serve immediately.

Settings:

Steam, 210°F

30-35 minutes



Variation:

Instead of lemongrass, the risotto

can be made with finely chopped vegetables (carrots, celery and leek), adding dried mushrooms, finely sliced radicchio or sundried tomatoes.

Cook's tip:

The risotto can also be prepared using the P12 program. Enter the total weight.

Baked vegetables in a balsamic sauce

Serves 4

Ingredients:

Sauce:

1 small onion

1 garlic clove

2 tbsp olive oil

3 tbsp white balsamic vinegar

2 tsp honey

2½ tbsp cream

6 sage leaves, finely chopped

Salt and pepper

Vegetables:

1 medium sweet potato

1 potato

1 carrot

1 turnip

¼ butternut squash

2 tbsp olive oil

Salt

Per serving approx.
251 kcal, 16 g fat,
24 g carbohydrates,
4 g protein

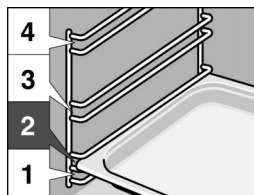
1 To make the sauce, finely slice the onion and garlic clove and sweat the onions in 2 tbsp olive oil. Season with balsamic vinegar, honey, cream, sage and the spices, and leave to cook for two minutes. Finally, add the garlic.

2 For the vegetables, peel all the ingredients and cut into very thin slices. Spread in the baking pan and drizzle with olive oil, season with salt and bake as indicated.

3 Pour the sauce over the baked vegetables and serve immediately.

Settings:

Combination,
450° F
20 minutes



Stuffed eggplant

Serves 4

Ingredients:

4 medium-sized eggplants

5 tbsp olive oil

5 medium-sized tomatoes

¾ lb ground beef

2 small onions, finely chopped

1 tbsp tomato purée

4 oz Feta, crumbled

Salt and black pepper

6-8 stalks of flat-leaf parsley, stemmed and finely chopped

2 red hot chillies

3 oz red wine or vegetable broth

Per serving approx.
433 kcal, 31 g fat,
12 g carbohydrates,
24 g protein

1 Wash the eggplants. Peel off the greenery around the stalk, but do not remove the stalks. Peel the eggplants lengthways in ½ inch width strips about ¾ inch apart, until the eggplants are striped all over. Make a long, deep incision in one of the peeled strips on each eggplants. This will later act as a pocket. Dry off the fruit. Heat 3 tbsp olive oil in the pan. Fry the eggplants on high heat for 5 mins until golden brown all over, then remove from the pan.

2 Preheat the oven. Make a cross incision in 4 tomatoes and insert into the oven in the perforated cooking pan. Insert the baking pan underneath. Steam as indicated. Pull off the skin and dice the tomatoes. Cut the remaining tomato into four slices.

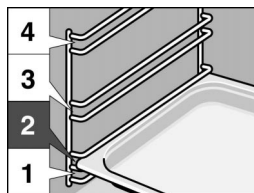
3 Heat 2 tbsp olive oil in the pan. Brown the ground beef, stirring continuously. Sweat the onions until translucent, stir in the diced tomatoes and tomato purée and braise on a low heat for 1 minute. Fold in the cheese and season with salt and pepper. Add the parsley.

4 Place the eggplants in the baking pan with the incision facing upwards. Fill the pockets with the ground beef mixture and distribute the rest over the eggplants. Halve the chillies lengthways and remove the seeds. Rinse out and place one half on each eggplant with a slice of tomato. Pour over the red wine and bake as indicated.

Settings:

Steam at 210° F
Tomatoes: 2 minutes

Bake at:
Combination, 350° F
25-30 minutes



Herbed polenta

Serves 4

Ingredients:

1 tsp olive oil for greasing

1 cup vegetable broth

1 cup milk

1 cup polenta

1 tsp chopped herbs
(thyme, sage or rosemary)

3 oz cream

2 oz grated Parmesan

Per serving approx.

331 kcal, 18 g fat,

32 g carbohydrates,

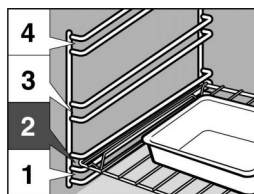
11 g protein

1 Grease a heat-resistant baking dish 8" x 9". Pour in vegetable broth and milk and stir in the polenta. Add the chopped herbs. Cook as indicated.

2 Mix cream and Parmesan into the polenta and leave to sit in the oven for an additional 10 minutes.

Settings:

Combination,
275° F
30 minutes



Cook's tip:

This polenta tastes great as an accompaniment to duck with a honey and balsamic sauce.

Roasted vegetables

Serves 4

Ingredients:

2 medium tomatoes

1 tbsp olive oil

1 lb potatoes

3 cloves garlic

1 sprig oregano

Salt and pepper

2 sprigs rosemary

1 red pepper

2 zucchini about 1 lb

1 large fennel bulb

3 tbsp olive oil

Per serving approx.

247 kcal, 13 g fat,

25 g carbohydrates,

6 g protein

1 Preheat the oven. Make a cross incision in the tomatoes and put them in the perforated cooking pan. Insert the baking pan underneath. Steam as indicated. Pull off the skin and slice the tomatoes.

2 Grease the baking pan or a glass ovenproof dish with one tablespoon olive oil.

3 Peel and slice the potatoes, then spread the slices out in the baking pan.

4 Peel and slice the garlic cloves. Tear off the oregano leaves, chop coarsely and scatter over the potato slices with the garlic. Season with salt and pepper. Place whole rosemary sprigs on top.

5 Cut the pepper into pieces, the unpeeled zucchini into slices and the fennel into thin strips. Mix it all together, add salt and spread over the potatoes.

6 Cover the vegetables with the tomato slices, season with salt and drizzle with oil. Bake as indicated.

Settings:

Steam at 210° F

preheat

Tomatoes: 1-2 minutes

Bake at:

Combination, 400° F

30 minutes



Cook's tip:

Serve with a cream cheese and olive paste sauce, pesto or simply some grated Parmesan.

Grilled Zucchini

Serves 4

Ingredients:

2 medium tomatoes

3-4 zucchini

Filling:

4 spring onions

2 carrots

7 oz soft goats cheese

1 clove garlic

4 sprigs fresh thyme

Salt and pepper

1-2 tbsp lemon juice

1 oz grated Parmesan

2-3 tbsp olive oil

Per serving approx.

337 kcal, 28 g fat,

9 g carbohydrates,

12 g protein

1 Preheat the oven. Make a cross incision in the tomatoes and put them in the perforated cooking pan. Insert the baking pan underneath. Steam as indicated. Then, skin and dice the tomatoes.

2 Halve the zucchini lengthways and hollow out with a teaspoon. Grease the baking pan. Finely chop the zucchini flesh, mix together with the diced tomatoes and place in the baking pan. Season with salt and pepper.

3 To make the stuffing, chop the spring onions into thin rings, coarsely grate the carrots, mash the cheese and mix everything together with crushed garlic and thyme leaves. Season with salt and pepper and add lemon juice to taste.

4 Stuff the zucchini and place them on top of the tomato mixture. Sprinkle with Parmesan and drizzle with the remaining oil. Grill as indicated.

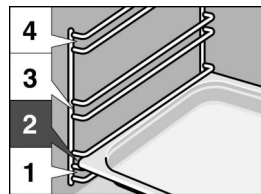
Settings:

Steam, 210° F
preheat

Tomatoes: 2-3 minutes

Grill:

Combination, 350° F
20 minutes



Twice baked potatoes

Serves 4

Ingredients:

4 large potatoes

Filling:

1 tsp butter

¼ lb blue cheese

Chopped parsley

Salt

Black pepper

Per serving approx.
259 kcal, 14 g fat,
24 g carbohydrates,
9 g protein

1 Wash and scrub the potatoes and place, unpeeled, in the baking pan. Cook as indicated.

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

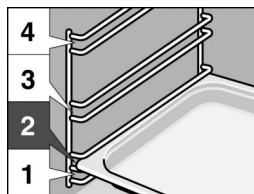
3 Place the potatoes back in the baking pan and bake as indicated for another 8 minutes.

Settings:

True Convection
300-350° F

Potatoes:
55-60 minutes

Potatoes with stuffing:
8 minutes



Roasted quinoa with a cream sauce

Serves 4

Ingredients:

1 onion, 2 carrots, 1 leek

3 tbsp butter

1¼ cup quinoa

1⅔ cups vegetable broth

½ cup ground nuts

2 eggs

1½ oz grated Emmental cheese

⅔ cup bread crumbs

Sea salt, pepper

Nutmeg

Several sprigs of thyme and tarragon

Cream sauce:

1 onion

3-4 stalks of parsley

1 tsp cooking oil

1 cup vegetable broth

1 tbsp cold butter

1 tbsp wheat flour

1 cup cream

Herb-flavoured salt, pepper

Juice of half a lemon

Per serving approx.

792 kcal, 53 g fat, 59 g

carbohydrates, 21 g protein

1 Peel and finely dice the onion and carrots. Wash the leek and cut into thin rings.

2 Warm the butter in a pan and sweat the quinoa in it. Add the vegetables and bring to the boil with the vegetable broth. Boil for 15 minutes over a low heat, stirring frequently. Switch off the heating element and leave to soak, covered, for another 15 minutes.

3 Add the nuts, eggs, cheese and bread crumbs to the quinoa. Season generously with the spices and finely chopped herbs.

4 Grease the baking pan. Form the quinoa mixture into the shape of a roast and bake as indicated in the baking pan. Allow the roast to rest for a while before starting to cut.

5 To make the sauce, peel and finely dice the onion. Tear off the parsley leaves and chop coarsely. Sweat the onion and parsley in the hot oil. Pour in the vegetable broth and leave to simmer for 15 minutes.

6 Strain the sauce through a sieve. Knead the cold butter into the flour and add to the sauce. Add the cream and season with the spices and lemon juice.

Settings:

Combination, 350° F
35-40 minutes



Mixed vegetables with lemon cream cheese sauce

Serves 4

Ingredients:

½ lb each of carrots, butternut squash, zucchini, romanesco

Sauce:

8 oz cream cheese

4 tbsp butter

¼ cup vegetable broth

Salt and white pepper

Juice and zest of half an unwaxed lemon

1 sprig of basil

Per serving approx.
356 kcal, 31 g fat, 9 g carbohydrates, 11 g protein

Variation:

You can also use other types of vegetables and prepare the sauce with mascarpone instead of cream cheese.

1 Peel the carrots and butternut squash. Cut the carrots diagonally into thin slices and chop the butternut squash into cubes.

2 Halve the zucchini lengthways then cut diagonally into medium-sizes triangles. Separate the romanesco into florets.

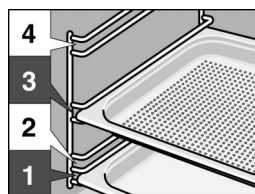
3 Place the vegetables into the perforated cooking pan and steam as indicated.

4 To make the sauce, heat the butter in a pan and, on a low setting, add the cream cheese one spoon at a time. Pour in the vegetable broth. Add lemon juice and zest to taste. Season with salt and pepper. Stir in the chopped basil leaves before serving.

5 Arrange the vegetables on plates or layer them in glasses and serve with the sauce.

Settings:

Steam, 210° F
7-10 minutes



Cook's tip:

In order to achieve a uniform cooking time, chop the vegetables with the longest cooking time - in this case carrots - into small pieces. Chop vegetables with a short cooking time - in this case zucchini- into large pieces. Always insert the baking pan underneath the perforated pan. The collected liquid makes a nice vegetable broth.

Gnocchi with sage butter

Serves 4

Ingredients:

5 medium potatoes

1 cup flour

2 eggs

Salt, white pepper

Nutmeg

1 tsp cooking oil

4 tbsp butter

12 sage leaves

1 tbsp freshly grated
parmesan

Per serving approx.
315 kcal, 17 g fat,
29 g carbohydrates,
10 g protein

1 Peel and quarter the potatoes and steam them in the perforated cooking pan, as indicated. Press the potatoes through the ricer while they are still hot. Mix with flour and add the eggs. Season with salt, pepper and nutmeg and knead together into a malleable dough.

2 Shape into finger-width rolls and cut into pieces 1 inch long. Make grooves in the dough pieces by pressing them with the back of a fork. Grease the perforated cooking pan with oil. Place the gnocchi close together in the perforated pan and cook as indicated.

3 Allow the butter to froth in a deep pan and toss the sage leaves in the butter.

4 Briefly toss the well-drained gnocchi in the sage butter and serve sprinkled with parmesan.

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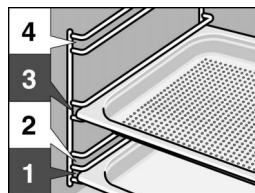
Automatic program:

P7

“Boiled potatoes”
approx. 34 minutes

Steam, 210° F

gnocchi: 6-8 minutes



Variation:

Stuffed gnocchi: Using a tablespoon, cut the gnocchi from the dough, make a hollow in the middle and fill with soft cheese with herbs. Seal with dough and reshape. Steam, then drain and toss in frothed butter. Serve with tomato sauce.

Asparagus in mustard cream sauce

Serves 4

Ingredients:

2.2 lb green asparagus

1 onion

2 tbsp butter

2 tbsp mustard seeds

3 tbsp mustard

½ cup vegetable broth

1 cup cream

Salt, white pepper

Nutmeg

1-2 tbsp cornstarch

blended with water

Per serving approx.

315 kcal, 27 g fat,

12 g carbohydrates,

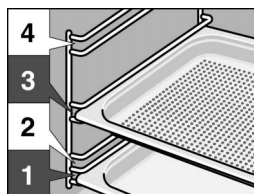
6 g protein

- 1 Cut away the bottom of the asparagus.
- 2 Cut the asparagus into 1 inch long pieces.
- 3 Place the asparagus in the perforated cooking pan and steam as indicated.
- 4 Peel the onion, dice finely and sweat in the butter until translucent. Add the mustard seeds, mustard and broth and leave to infuse for 5 minutes.
- 5 Pour in the cream and season with salt, pepper and freshly grated nutmeg. Thicken with cornstarch.
- 6 Add the asparagus to the sauce.

Settings:

Steam, 210° F

7-10 minutes



Cook's tip:

Serve with boiled potatoes and grilled sausages.

Couscous with vegetable sauce

Serves 4

Ingredients:

1 large tomato

2 medium potatoes

3 carrots

1 small fennel bulb

1 onion

1 garlic clove

2 sticks celery

1 cup green beans

2 tbsp olive oil

Salt and black pepper

3 cups tomato juice

5 oz canned chick peas,
drained

1¼ cups couscous

1⅔ cups hot chicken stock

2 tbsp olive oil

½ tsp each of allspice and
cardamom

½ bunch cilantro or

3-4 stalks of flat-leaf parsley

Per serving approx.

388 kcal, 19 g fat,

37 g carbohydrates,

17 g protein

1 Preheat the oven. Make a cross incision in the tomato and put the tomato in the perforated cooking pan. Insert the baking pan underneath. Steam as indicated. Then, skin, quarter and deseed the tomato.

2 Clean the carrots, fennel, onion and garlic and cut into large cubes. Rinse and slice the celery. Clean the beans and break in half.

3 Heat the oil in a large pot. Sear the onions, garlic, potatoes and fennel and season with salt and pepper. Add the carrots, celery, beans and tomato juice and cook on a low heat for 10-15 minutes.

4 Tip the chick peas into a sieve and rinse. Five minutes before the end of the cooking time, add the tomato quarters and chick peas to the vegetables.

5 Put the couscous in the baking pan and pour over the hot stock. Stir in the olive oil and steam as indicated, until the couscous is hot.

6 Season the vegetable sauce with salt, pepper, allspice, cardamom and chopped cilantro. Fluff the couscous with a fork and spread on a platter. Pour over the vegetable sauce.

Settings:

Steam, 210° F
preheat

Tomato: 2-3 minutes

Couscous: 5-7 minutes



Potato dumplings

To make 12

Ingredients:

5 medium potatoes

¾ cup flour

2 small eggs

Salt

Nutmeg

1 tsp cooking oil

3 tbsp butter

3-4 stalks of flat-leaf parsley

Per serving approx.

124 kcal, 4 g fat,

17 g carbohydrates,

4 g protein

1 Wash the potatoes and steam, unpeeled, as indicated. Allow the steam to escape and peel while still hot.

2 Push the potatoes through a ricer. Add flour, eggs, salt and some freshly grated nutmeg to the potatoes. Work the mixture into a smooth dough, first with a wooden spoon, then with your hands. With moist hands, form the dough into about 12 dumplings.

3 Grease the perforated cooking pan. Carefully place the dumplings in the pan and allow to infuse when cooked, as indicated.

4 Melt the butter. Rinse the parsley, shake dry and chop coarsely. Place the dumplings in a warmed dish. Pour over the butter and sprinkle over the chopped parsley.

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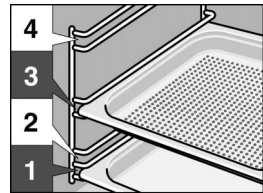
Steam

Potatoes:

210° F, 30-40 minutes

Dumplings:

200° F, 20-25 minutes



Vegetable curry with tofu

Serves 4

Ingredients:

¼ cup golden raisins

½ lb tofu

Soy sauce

1 onion

1 garlic clove

1 pc. root ginger approx.

1 inch

2 tbsp olive oil

2 tsp curry powder

1 tsp cumin

1 tsp ground cilantro

1 tsp turmeric

1 tsp salt

½ lb carrots

1 jalapeño pepper

½ lb broccoli

½ lb cauliflower

1⅓ cups coconut milk

Juice of one lime

1 tsp brown sugar

⅓ cup cashew nuts

Per serving approx.

384 kcal, 20 g fat,

33 g carbohydrates,

18 g protein

1 Soak the golden raisins in lukewarm water for 15 minutes.

2 Drizzle the tofu with soy sauce and allow to infuse, covered, for 10 minutes.

3 Peel and finely chop the onion and garlic. Peel and finely grate the ginger.

4 Dice the tofu and fry in a non-stick pan in 1 tablespoon oil until crispy. Pour on the soy sauce and set aside on a plate.

5 Heat the remaining oil in the pan, add the onion, garlic and ginger and sweat for 5 minutes over a medium heat. Add the spices. Continue to sweat for 5 minutes, stirring continuously. Tip the mixture into the baking pan.

6 Drain the golden raisins. Wash the vegetables. Dice the carrots and finely chop the jalapeño pepper. Separate the broccoli and cauliflower into small florets. Add the vegetables and tofu to the onion/spice mix. Pour on the coconut milk. Cook as indicated, until the vegetables are firm to the bite.

7 Season the curry with lime juice and brown sugar. Toast the cashew nuts in a dry pan, scatter over the vegetable curry and serve immediately.

Settings:

Steam, 210° F

15 minutes



Exotic lentil curry

Serves 4

Ingredients:

½ lb lentils

1 ⅔ cups vegetable broth

1 bay leaf

1 bunch spring onions

½-1 red jalapeño pepper

1 red pepper

2 cloves garlic

2 tbsp clarified butter

2-3 tbsp curry powder

Salt and black pepper

Per serving approx.

304 kcal, 10 g fat,

36 g carbohydrates,

16 g protein

1 Wash the lentils and place them in the baking pan. Fill with the vegetable broth. Add the bay leaf and cook as indicated – not too soft.

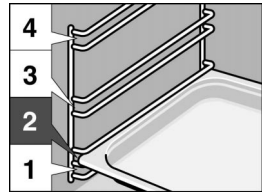
2 Meanwhile, chop the spring onions into thin rings. Wash the jalapeño pepper, halve lengthways, deseed and slice into thin slices. Cut the pepper into small cubes. Chop the garlic.

3 Heat the clarified butter in a pan and cook the spring onions, jalapeño pepper, pieces of pepper and garlic for approximately 2 minutes, stirring continuously. Sweat the curry briefly and then add the cooked lentils. Stir everything and heat. Season with salt and pepper. Serve the lentil curry hot.

Settings:

Steam, 210° F

8-10 minutes



Spicy butternut squash bake

Serves 4

Ingredients:

7 oz bulgur wheat

1 small butternut squash,
approx. 1½ lb

3 onions

1 garlic clove

2-3 tbsp olive oil

¾ lb ground lamb

Salt and black pepper

2 tbsp flour

1 tsp five-spice powder
(star-anise, white pepper,
fennel, cinnamon and
cloves)

3-4 stalks of flat-leaf parsley

Per serving approx.

416 kcal, 15 g fat,

47 g carbohydrates,

22 g protein

1 Leave the bulgur wheat in sufficient water for absorption.

2 Wipe and wash the squash and then chop into thick cubes of approx. ¾ inch. Place in the perforated cooking pan and insert into the oven. Insert the baking pan underneath. Steam as indicated.

3 Peel and finely dice the onion and garlic cloves. Heat 1 tablespoon of oil in a pan and sweat the onions and garlic until translucent. Stir in the ground lamb, add salt and pepper and season with five-spice powder. Continue to fry for five minutes and stir in the parsley.

4 Drain the bulgur wheat. Knead the bulgur wheat, squash, salt and pepper with the flour into a dough. Grease an ovenproof 8" x 8" baking dish and line with half of the dough.

5 Add the ground lamb. Cover with dough. Drizzle the bake with the remaining oil and bake as indicated.

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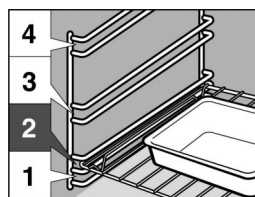
Steam at 210° F

Squash: 15 minutes

Bake at:

Combination 350° F

20 minutes



Cook's tip:

A mixed salad is an ideal side dish. Serve a rosé wine with the bake.

Try using ground meatloaf mixture instead of ground lamb.

Potato and porcini mushroom gratin

Serves 4

Ingredients:

1 oz dried porcini mushrooms

2.2 lb potatoes

1 garlic clove

1 tbsp butter

¾ cup cream

¾-1 cup milk

Salt and black pepper

Nutmeg

1-2 tbsp of grated

Parmesan or Sprinz cheese

Per serving approx.

435 kcal, 24 g fat,

42 g carbohydrates,

12 g protein

1 Leave the mushrooms to soak in warm water for an hour. Squeeze the mushrooms and chop roughly.

2 Wash, peel and slice the potatoes thinly and evenly into slices of approximately ⅛ inch.

3 Halve the garlic cloves and rub a 10 inch diameter ovenproof dish with the garlic. The gratin will then have a slight garlic flavour.

4 Then grease the dish with butter and layer the half of the potatoes. Distribute the mushrooms and then layer the remaining potatoes on top.

5 Mix the cream and milk, season with salt, pepper and nutmeg and pour over the potatoes.

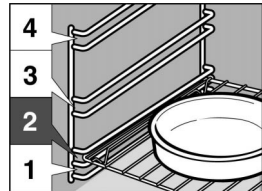
6 Sprinkle the cheese over the gratin. Bake as indicated.

Settings:

True Convection

350° F,

40-45 minutes



Spinach and eggplant lasagne

Serves 4

Ingredients:

1 eggplant, ¼ lb

7 oz ricotta

¾ lb spinach

Sauce:

1 clove garlic

¼ cup flour

3 tbsp butter or margarine

2 cups vegetable broth

1 cup milk

Salt

Black pepper

1 tsp lemon juice

Fat for greasing

8 light lasagne noodles, not precooked

2 medium tomatoes

5 sprigs of thyme

3 oz grated Parmesan

3 sprigs of basil, cut into strips

Per serving approx.

495 kcal, 24 g fat,

45 g carbohydrates,

24 g protein

1 Wash the eggplant, cut off the ends and slice lengthways. Place in the perforated cooking pan in the oven and insert the baking pan underneath. Steam as indicated.

2 Leave the slices to drain thoroughly. Dab with paper towels and spread ricotta on top.

3 Wash and rinse the spinach and steam in the perforated cooking pan as indicated. Then squeeze out the excess moisture.

4 For the sauce, peel and chop the garlic and sweat briefly in hot butter or margarine together with the flour. Mix the broth and milk and pour in slowly while stirring continuously. Bring the sauce to the boil once while stirring. Add plenty of salt, pepper and lemon juice to taste.

5 Grease an ovenproof dish. Add some sauce. In alternate layers, add the lasagne noodles, spinach, eggplant and slices of tomatoes, sauce, thyme leaves and half of the Parmesan. The last layer should be lasagne noodles and sauce.

6 Finally, sprinkle over the remaining Parmesan and bake the lasagne as indicated. Sprinkle basil on top and serve hot.

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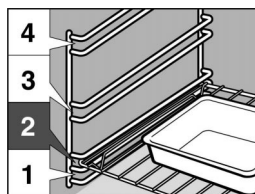
Steam at 210° F

Eggplant: 5-7 minutes

Spinach: 3 minutes

Grill:

Combination, 350° F
30-40 minutes



Trout in white wine

Serves 4

Ingredients:

4 trout, read to cook,
¾ lb each

Juice of half a lemon

Salt, white pepper

1 bunch of soup vegetables

1 onion

1 unwaxed lemon

1 tsp salt

5 juniper berries

a few sage leaves

2 oz dry white wine

5 white peppercorns

Cream of horseradish:

¾ cup cream

1 cooking apple

approx. ¾ inch fresh
horseradish root

2-3 tbsp orange juice

Salt and black pepper

1 pinch sugar

1 lemon

1 bunch of watercress

Per serving approx.
608 kcal, 26 g fat,
17 g carbohydrates,
67 g protein

1 Wash the trout under cold, running water and pat dry. Sprinkle lemon juice over the top and season with salt and pepper inside and out.

2 Wash the soup vegetables and dice finely. Peel the onion. Wash the lemon in hot water and dry. Cut into slices. Place the vegetables, onion and lemon into the baking pan with salt, juniper, sage, white wine and 2 oz water and steam for 15 minutes as indicated. Then add the crushed peppercorns to the broth.

3 Slide the trout into the warm broth and steam as indicated.

4 For the cream of horseradish, whip the cream until stiff. Peel the apple and horseradish, grate finely and mix with orange juice. Fold into the cream and season with salt, pepper and sugar. Wash the lemon in hot water, dry and cut into slices. Snip off the watercress leaves.

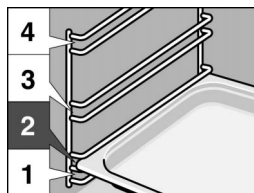
5 Carefully lift the trout out of the broth and place on warmed plates. Pour a little of the broth over the top and garnish with slices of lemon and watercress. Serve the cream of horseradish separately.

Settings:

Steam

Broth: 210° F,
15 minutes

Trout: 195° F
15-20 minutes



Cook's tip:

The trout is cooked when the fins can be gently pulled out.

Asian steamed fish

Serves 4

Ingredients:

8 spring onions

8 Chinese dried mushrooms, e.g. shiitake mushrooms

2 handfuls of glass noodles, cooked

2.2 lb sea bass or grouper, pan-ready, gutted whole fish

1 piece of ginger, approx. 1½ inch

3 garlic cloves

2 tbsp peanut oil

4 tbsp soy or fish sauce

1-2 tsp sugar

4 tbsp rice wine or dry sherry

Per serving approx.
618 kcal, 9 g fat,
82 g carbohydrates,
51 g protein

1 Wash the spring onions and chop into fine strips. Put half of the spring onions into the perforated cooking pan in the oven. Insert the baking pan underneath. Blanch as indicated and set aside.

2 Place the mushrooms in a dish, pour over boiling water and leave to soak for 15 minutes. After pour out the water. Finely chop the mushrooms.

3 Peel the ginger and cut into very thin slices. Peel the garlic cloves and crush with a garlic press.

4 Put the cooked noodles in the baking pan with the mushrooms. Clean the fish and pat dry with paper towel. Stuff the fish with the ginger, garlic and remaining spring onions and place diagonally on the noodles. Brush the skin with peanut oil.

5 Stir together the soy sauce, sugar and rice wine and drizzle over the fish. Steam the fish as indicated.

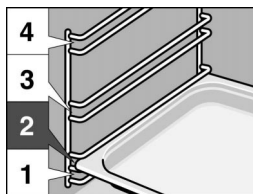
6 Arrange the blanched spring onions over the fish and serve with noodles and mushrooms.

Settings:

Steam, 210° F

Blanching spring onions:
1-2 minutes

Fish: 20-25 minutes



Cook's tip:

The fish can also be prepared with the P20 program, "Steaming whole fresh fish".

Fish stew with fennel

Serves 4

Ingredients:

1 lb halibut

Salt, white pepper

Juice of half a lemon

3 fennel bulbs, ¾ lb each

1¼ cups fish or vegetable
broth

scant ½ cup white wine

⅔ cup heavy cream

Per serving approx.

370 kcal, 18 g fat,

18 g carbohydrates,

34 g protein

1 Rinse the fish, dab dry and cut into pieces. Season with salt and pepper and drizzle with 1 or 2 tablespoons of lemon juice.

2 Clean the fennel, rinse and cut lengthways into eighths. Set a few fennel fronds aside.

3 Put the fish stock, wine and ¼ teaspoon of salt into the baking pan. Add the fennel and steam as indicated.

4 Boil cream and broth to reduce slightly to thicken. Season with salt, pepper and some lemon juice.

5 Add the sauce and fish fillets to the fennel and steam as indicated.

6 Finely chop the fennel fronds and sprinkle into the stew before serving.

Settings:

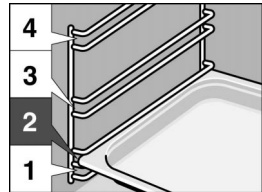
Steam

Fennel: 210° F

13-16 minutes

Stew: 185° F

6-10 minutes



Cook's tip:

Serve with wild rice.

Sole rolls with a basil and salmon stuffing

Serves 4

Ingredients:

Stuffing:

½ cup cream

5 oz salmon fillet or trout fillet

½ bunch of basil

Salt, white pepper

Fish:

8 sole fillets, 1 ⅓ lb

Salt

Scant ½ cup dry white wine

Butter for greasing the dish

Sauce:

⅔ cup cream

1 tsp butter

Salt and pepper

Per serving approx.

410 kcal, 27 g fat,

2 g carbohydrates,

35 g protein

1 To make the stuffing, reduce the cream by half. Set a few basil leaves aside for the garnish. Purée the remaining leaves with the salmon fillet and cream to as smooth a consistency as possible. Season with salt and pepper and chill.

2 Spread out the sole fillets and salt lightly. Spread each fillet with the basil stuffing then roll them up. Secure with a toothpick.

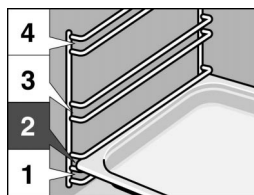
3 Grease and lightly salt the baking pan. Place the fish rolls inside and pour over the wine. Steam as indicated.

4 Meanwhile, reduce the cream for the sauce by half. After steaming, remove the fillets and add the fish broth to the cream. Season with butter, salt and pepper. Arrange the sole rolls with the sauce and serve immediately.

Settings:

Steam, 175° F

12-14 minutes



Cook's tip:

Serve with rice, boiled potatoes, fennel or salad.

Summer Fish Bake

Serves 4

Ingredients:

6 medium-sized potatoes

1 unwaxed lemon

2 large tomatoes

¼ cup black pitted olives

6-8 stalks of flat-leaf parsley

1½ lbs fish fillet, e.g. pollock

Butter for greasing the dish

3-5 tbsp olive oil

Salt and pepper

Per serving approx.

517 kcal, 24 g fat,

39 g carbohydrates,

34 g protein

1 Wash and peel the potatoes and cut into slices. Place in the perforated cooking pan, insert at level 3 and steam as indicated. Insert the baking pan at level 1.

2 Rinse the lemon in hot water. Cut the tomatoes and lemon into slices. Roughly chop the olives. Wash and chop the parsley.

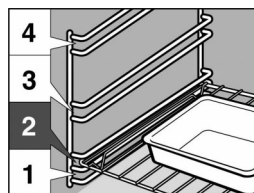
3 Grease a baking dish of approx. 9" x 13" in size. Place the cooked potato slices in the dish in layers. Place the olives and tomato slices on top of the potatoes. Place the fish fillets on top. Season with salt and pepper and sprinkle with the chopped parsley. Finally, cover with the lemon slices.

4 Drizzle generously with olive oil and cook as indicated.

Settings:

Potatoes:
Steam, 210° F
20 minutes

Bake:
Combination, 275° F
16-20 minutes



Marinated prawns on a bed of colourful vegetables

Serves 4

Ingredients:

1 lb raw prawns (washed)

2 large zucchini

¼ lb carrots

1 red pepper

1 red jalapeño pepper

2 tomatoes

1 piece of ginger
approx. 1 inch

1-2 garlic cloves

2 tbsp olive oil

Juice and zest of an
unwaxed lime

1 level tsp each turmeric,
ground cilantro and ground
cumin

⅓ cup coconut milk

1-2 tbsp soy sauce

Salt

½ lb Chinese egg noodles

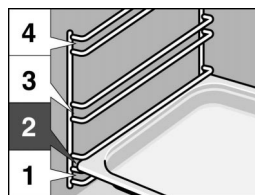
½ bunch of fresh cilantro

Per serving approx.
442 kcal, 11 g fat,
54 g carbohydrates,
30 g protein

- 1 Wash the prawns under running water and dry.
- 2 Cut the zucchini, carrots and pepper into thin strips. Chop the jalapeño pepper very finely. Deseed the tomatoes and dice finely.
- 3 Place the prawns and vegetables in the baking pan.
- 4 Peel and grate the ginger. Finely chop the garlic cloves. Stir the oil, ginger garlic, lime juice and zest, spices, coconut milk and soy sauce together. Season the marinade with salt and mix into the prawns and vegetables. Cover and leave to marinate in the refrigerator for one hour. Stir frequently during this time.
- 5 Then steam as indicated.
- 6 Meanwhile, cook the noodles al dente according to the package directions. Drain and divide among warmed plates or bowls. Arrange the prawn mixture on top of the noodles. Garnish with cilantro and serve immediately.

Settings:

Steam, 210° F
8-10 minutes



Cook's tip:

Shrimp may be used instead of the prawns.

Fillet of fish with mustard sauce au gratin

Serves 4

Ingredients:

4 fish fillets, 6 oz each (cod, hake or haddock)

Salt, white pepper

Juice of half a lemon

1 tbsp butter

¾ cup cream

2 tbsp crème fraîche

2 egg yolks

3 tbsp finely-spiced Dijon mustard

1 tbsp finely chopped dill

2 tbsp chopped parsley

2 tbsp freshly grated white bread crumbs

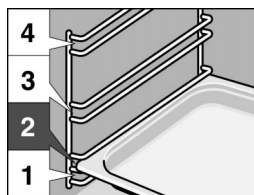
Per serving approx.
441 kcal, 29 g fat,
8 g carbohydrates,
36 g protein

- 1** Preheat the oven. Wash the fillets, dab dry, cut into strips and season with salt and pepper.
- 2** Grease the baking pan with butter and place the fillets inside.
- 3** Stir the remaining ingredients together and spread over the fish fillets.
- 4** Bake as indicated until golden brown.

Settings:

Combination, 400° F
preheat

12-15 minutes



Cook's tip:

Serve the fish with boiled potatoes or wild rice.

German-style pot-roasted beef

Serves 6

Ingredients:

2½ lb beef shoulder roast

1 tbsp medium-hot mustard

Salt and black pepper

2 tbsp clarified butter

2 onions

3 carrots

1 small celeriac

1 tsp tomato purée

1 cup strong red wine

2½ cups beef stock

3 juniper berries

2 bay leaves

10 white peppercorns

2 tbsp cornstarch mixed
with water

Per serving approx.
478 kcal, 27 g fat,
9 g carbohydrates,
42 g protein

1 Spread a thin layer of mustard over the meat and season with salt and pepper.

2 Peel and finely dice the onions, carrots and celeriac.

3 Preheat the oven. Heat the clarified butter in a roasting dish. Sear the meat over a medium heat until brown on all sides, then remove it from the pan. Put the vegetables into the fat and sear, turning frequently. Add the tomato purée and sweat briefly. Gradually pour in the red wine and reduce slightly. Add the meat and pour over the beef stock. Add the juniper berries, bay leaves and peppercorns and bring to the boil. Place the meat in the baking pan with the vegetables and stock and roast as indicated. Turn the meat once or twice during cooking.

4 Remove the roast and keep warm. Strain the meat juices into a saucepan through a fine sieve and reduce by half. Stir in the cornstarch. Season with salt and pepper.

5 Slice the roast beef and serve with the sauce.

Settings:

Combination, 300° F
preheat

Roast: 1¾-2 hours



Cook's tip:

The beef can also be prepared with the P16 program, "Pot roast, fresh".

Autumn Roast Pork

Serves 4-6

Ingredients:

Stuffing:

1 onion finely sliced

1 tsp of oil

4 oz fresh breadcrumbs

1 egg

2 tbsp sage freshly chopped

Salt and pepper

3¼ lb pork loin

2.2 lb potatoes, peeled and in chunks

1 tbsp of oil

Vegetables:

4-6 carrots, 1 inch lengths

4-6 baby parsnips halved lengthways

1 butternut squash, deseeded and cut into 1 inch cubes

2 red onions quartered

1 tbsp of olive oil

4-6 sprigs of rosemary

4-6 small apples

Per serving (by 6 servings) approx.

692 kcal, 23 g fat,
55 g carbohydrates,
64 g protein

1 Make the stuffing by softening onion in the oil and combining with breadcrumbs, egg, sage and season.

2 Cut a slit in the centre of the pork roast to fill with half of the stuffing mix.

3 Place pork roast on baking pan and roast as indicated below. After 15 minutes, add the potatoes.

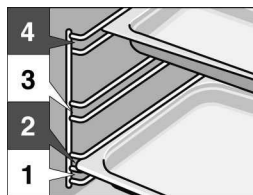
4 Meanwhile, prepare vegetables and toss in oil. Core the apples and pack with remaining stuffing.

5 For last 25 minutes of roasting time, place the apples on the half size cooking pan and insert into the oven at level 4. Add the vegetables to the pork roast and continue to cook.

6 At the end of the roasting time, turn the vegetables and garnish with the rosemary.

Settings:

Combination, 350° F
Roasting time
90-100 minutes



Peppered sirloin

Serves 4

Ingredients:

2.5 lb sirloin

1 tsp each of white, black, freeze-dried green and sichuan peppercorns

5 allspice berries

2 tsp coarse salt

2 tbsp clarified butter

1 tbsp whole grain mustard

6 tbsp butter, ice-cold

Freshly ground pepper

Per serving approx.
598 kcal, 39 g fat,
0 g carbohydrates,
62 g protein

1 Take the meat out of the refrigerator one hour before cooking.

2 Coarsely pound the peppercorns and allspice in the mortar. Rub the salt and pepper mixture into the meat. Sear the meat in clarified butter in a skillet on medium heat for about 10 minutes, turning frequently. Remove the meat. Deglaze the drippings in the skillet with a little water and set aside.

3 Place the sirloin in the baking pan and cook as indicated. After the cooking has stopped leave the meat in the oven (switched off) for about 10 minutes.

4 Remove the sirloin and collect the meat juices. Slice the meat.

5 Stir together the drippings from the roasting dish, the meat juices and mustard. Bring to a boil and bind with small flakes of ice-cold butter. Season the sauce with pepper and serve with the sirloin.

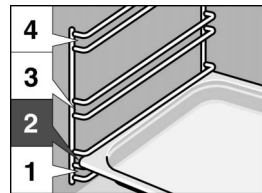
Settings:

Automatic program:

P15

“Sirloin, fresh, slow cook, medium”

approx. 2 hours, depending on weight



Cook's tip:

You can cut leftover sirloin into thin slices and use as a sliced meat for sandwiches or salad.

Cabbage Rolls

Serves 4

Ingredients:

1 stale bread roll

3 tbsp milk

8 leaves of white cabbage

1 shallot

1 garlic clove

1 tbsp clarified butter

2 oz diced bacon

½ lb ground beef

½ lb ground pork

1 egg

½ tsp finely chopped
marjoram

Salt and black pepper

Nutmeg

1 cup vegetable broth

Scant ½ cup heavy cream

Kitchen string

Per serving approx.

611 kcal, 47 g fat,
15 g carbohydrates,
34 g protein

1 Cut the bread into cubes and soak in hot milk.

2 Wash the cabbage leaves and put them into the oven in the perforated cooking pan. Insert the baking pan underneath. Steam as indicated. Then plunge the leaves into cold water and dab dry. Remove coarse leaf veins.

3 Peel and dice the shallots and garlic. Sweat the shallots and diced bacon in a pan in the hot clarified butter. Add to the bread cubes and mix well with the ground beef and pork, egg, garlic and marjoram. Generously season with salt, pepper and nutmeg.

4 Lay out the cabbage leaves in slightly overlapping pairs, put some stuffing on each pair, roll them up and tie with kitchen string.

5 Sear the rolls in a skillet with a little clarified butter and then place in the baking pan. Pour over the vegetable broth and steam as indicated for approximately 40 minutes.

6 Remove the cabbage rolls and keep warm. Allow the cooking juices to reduce a little in a pan with heavy cream. Season as desired.

Settings:

Steam, 210° F

Cabbageleaves:
3 minutes

Rolls: 40 minutes



Meat Loaf

Serves 6

Ingredients:

1 stale bread roll

Milk

2 cups mushrooms

1 small onion

1 clove garlic

6-8 stalks of parsley

1½ lbs ground meatloaf mixture

1 cup grated cheese

6 slices diced bacon

1 tsp Dijon mustard

1 tsp tomato purée

2 eggs

Salt and pepper

Nutmeg

Thyme, oregano, rosemary

Sweet paprika, hot paprika

Breadcrumbs for binding, if necessary

Per serving approx.

474 kcal, 32 g fat,

8 g carbohydrates,

39 g protein

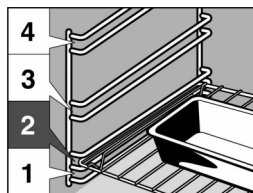
- 1** Cut the bread roll into slices and soak in milk.
- 2** Wash and finely dice the mushrooms. Peel and finely dice the onion and garlic. Wash the parsley, spin dry and chop.
- 3** Squeeze out the soaked bread roll and mix thoroughly with the ground meat, mushrooms, cheese, bacon, parsley, onion, garlic, mustard, tomato purée, and eggs to form a dough. Season with the spices to taste.
- 4** Transfer the meat mixture to a 12" loaf pan and smooth. Cook as indicated.
- 5** Cut the meat loaf into slices and serve.

Settings:

True Convection

350° F

45-55 minutes



Cook's tip:

Serve the meat loaf with a fresh tomato sauce.

Marinated chicken skewers

Serves 4

Ingredients:

1 lb chicken breast fillet

1 shallot

3 tbsp pumpkin seed oil or hazelnut oil

1 tbsp white balsamic vinegar

Juice of half an orange

1 tbsp honey

½ bunch of basil

Salt and black pepper

1 yellow pepper

12 small mushrooms

12 small cherry tomatoes

1 bunch of arugula

Salad dressing:

2 tbsp pumpkin seed oil or hazelnut oil

2 tbsp white wine vinegar

1 tsp mustard

1 tbsp honey

Juice of half an orange

Salt and black pepper

Per serving approx.

339 kcal, 20 g fat,

17 g carbohydrates,

23 g protein

1 Rinse the chicken fillet, remove the skin and dab dry. Cut into cubes of 1 inch and put into a shallow dish.

2 Peel and finely dice the shallots. Stir together the pumpkin seed oil, balsamic vinegar, orange juice, honey, a few basil leaves and the diced shallots to make the marinade. Season with salt and pepper and pour over the meat. Marinate the diced chicken for at least an hour in the refrigerator, turning frequently.

3 Halve, deseed and dice the pepper. Wipe the mushrooms and remove the stems. Wash the cherry tomatoes.

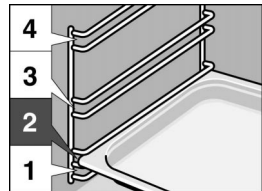
4 Remove the diced chicken from the marinade and wrap each cube individually in a basil leaf. Slide the wrapped cubes onto 4 large skewers with the diced pepper, mushrooms and cherry tomatoes and place in the baking pan. Steam as indicated.

5 Meanwhile, heat the ingredients for the salad dressing in a small pan, stirring continuously. Wash and dry the arugula. Arrange on a platter and place the skewers on top. Drizzle the warm salad dressing over the skewers. Serve with freshly ground black pepper.

Settings:

Steam, 210° F

15 minutes



Roast chicken with lemon, thyme stuffing and pistachio

Serves 4-6

Ingredients:

2 oz white bread

3 tbsp chopped parsley

large sprig thyme, stalks removed

zest of 1 lemon

½ cup pistachio nuts, finely chopped

salt and black pepper to taste

1 tbsp sunflower oil

1 onion, finely chopped

8 black olives, pitted and finely chopped

1 small egg, beaten

4-4.5 lb whole chicken

3 garlic cloves, peeled and cut into slivers

1 lemon, cut into wedges

8 whole black olives

Per serving (by 6 servings)
approx.

538 kcal, 34 g fat,

6 g carbohydrates,

53 g protein

1 Place the bread, parsley and half the thyme in a blender and whisk to a fine breadcrumb mix. Stir in the lemon zest and chopped pistachio nuts. Season well.

2 Heat the sunflower oil in a pan and fry the onion until golden. Add the chopped olives and beaten egg to the breadcrumb mix and combine well.

3 Slide the garlic slivers and small sprigs of the remaining thyme under the chicken skin. Fill the breast cavity with the stuffing and tuck the flap under the chicken.

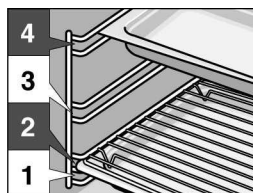
4 Place the chicken on the wire rack over the baking pan and cook as indicated for 30 minutes.

5 Place the lemon wedges and whole olives on the half size cooking pan and insert into the oven at level 4. Continue to cook for 30-40 mins.

Settings:

Combination, 350° F

60-80 minutes



Cook's tip:

Serve with roasted and steamed vegetables.

Roasted cornish game hens

Serves 4

Ingredients:

2 cornish game hens,
approx. 2 lb each

Pepper and herb salt

2-3 tbsp olive oil

Salt

Sweet paprika

1 tbsp fresh rosemary,
chopped finely

1 tbsp fresh sage,
chopped finely

Per serving approx.
610 kcal, 40 g fat,
0 g carbohydrates,
64 g protein

1 Rinse the cornish hens briefly under cold water and pat dry with paper towels. Divide into two halves of equal size.

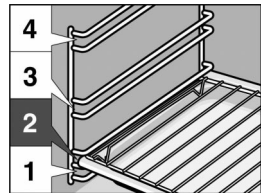
2 Season the insides of the cornish hens halves with pepper and herb salt.

3 Mix the seasoning and herbs into the oil and use to coat the outside of the cornish hens halves.

4 Place on the wire rack, skin side up. Slide into the oven together with the baking pan. Roast the cornish hens as indicated.

Settings:

Combination,
350-375° F
40-50 minutes



Variation:

Instead of herb salt you could also use coarse sea salt.

Duck breast in a honey and balsamic vinegar sauce

Serves 4

Ingredients:

3-4 duck breast fillets,
approx. 1½ lb

2 tbsp honey

6 tbsp balsamic vinegar

½ lb chestnut mushrooms

2 slices bacon

3 garlic cloves

1 large sprig of rosemary

Salt and black pepper

3 tbsp olive oil

¾ cup white wine

2 tbsp cornstarch mixed
with water

Per serving approx.

284 kcal, 9 g fat,

16 g carbohydrates,

29 g protein

1 Preheat the oven with the baking pan in it.

2 Remove the skin and fat from the fillets and cut the meat into strips ½ inch wide. Stir together the honey and balsamic vinegar. Marinate the strips of duck breast in this mixture for 15 minutes.

3 Meanwhile, clean the mushrooms and halve or quarter them, according to size. Cut the bacon into strips and the garlic into thin slices. Strip the rosemary leaves from the sprig.

4 Thoroughly drain the strips of duck breast and set the remaining marinade aside. Dab the meat dry and season with salt and pepper. Sear the meat in batches in hot olive oil for 1 minute. Place in the preheated baking pan and braise for 5-7 minutes.

5 Sear the bacon slightly in the remnants in the pan. Add the mushrooms, garlic and rosemary and fry briefly. Pour in the white wine and marinade. Reduce to approx. 3 tbsp of liquid.

6 Stir the cornstarch into the simmering sauce and season with salt and pepper. Pour over the strips of duck breast and serve immediately.

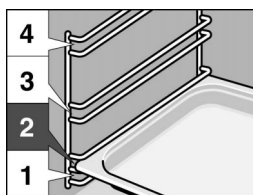
Settings:

Slow Cook

170° F

preheat

5-7 minutes



Cook's tip:

Serve with mashed potato.

Mexican chicken and vegetable wraps

Serves 2

Ingredients:

2 tbsp soy sauce

¼ tsp tabasco

2 chicken breast fillets, ½ lb

1 small, ripe avocado

1 tbsp lime juice

1 tbsp chopped chives

¼ cup sour cream

Salt and pepper

1 red pepper

Iceberg and romaine lettuce
or arugula

8 mushrooms

1 red onion

4 tortillas about 8" diameter

Per serving approx.

306 kcal, 16 g fat,
18 g carbohydrates,
23 g protein

1 Stir together the soy sauce and tabasco and marinate the chicken breast fillets, covered, for 30 minutes. Turn once during this time.

2 Halve the avocado and remove the pit. Scoop out the flesh with a spoon and drizzle with lime juice immediately. Mash with a fork. In a second bowl, mix together the sour cream and chives. Season both the avocado and the sour cream with salt and pepper.

3 Chop the pepper and lettuce into strips and the mushrooms into thick slices. Peel the onion and cut into eighths.

4 Place the marinated chicken breasts in the baking pan. Add the pepper, mushrooms and onion, but do not mix them together.

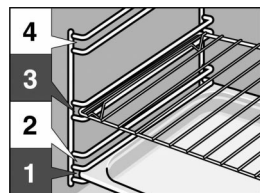
5 Tightly wrap the tortillas in parchment paper. Put the tortillas on the wire rack and insert into the oven at level 3. Insert the chicken breast fillets and vegetables underneath. Cook as indicated.

6 Cut the steamed chicken breast fillets into strips. Spread the avocado dip over each tortilla. Put lettuce, mushrooms, pepper, chicken and onion onto each tortilla. Put the sour cream on top. Roll up the tortillas and serve immediately.

Settings:

Steam, 210° F

15 minutes



Stuffed chicken breast fillets

Serves 4

Ingredients:

4 chicken breast fillets,
approx. 1.5 lb

8 dried tomatoes

1 garlic clove

½ bunch of basil for the
stuffing

Salt and black pepper

1 tbsp olive oil

3 tbsp dry white wine or
vermouth

3 tbsp chicken stock or
vegetable broth

3 oz mascarpone

3 oz gorgonzola

½ bunch of basil for the
sauce

1 pinch cayenne pepper

Some lemon juice

Per serving approx.
312 kcal, 15 g fat,
2 g carbohydrates,
41 g protein

1 Make an incision along the side of the chicken fillet to make a pouch. Finely chop the preserved tomatoes, garlic and basil in the blender, season with salt and pepper. Fill the chicken pouches with the tomato mixture. Season the outside of the fillets with salt and pepper.

2 Grease the base of the baking pan with olive oil. Place the fillets in the baking pan and drizzle with white wine and chicken stock. Cook as indicated.

3 Keep the chicken breast fillets warm.

4 Pour the cooking juices into a small pot and reduce to about 3 oz. Finely chop the basil. Add the mascarpone and gorgonzola to the cooking juices and allow to melt. Stir in the basil and season the sauce with cayenne pepper, salt and lemon juice.

5 Cut the chicken fillets diagonally into slices. Arrange on warmed plates and pour sauce over.

Settings:

Steam, 210° F

14-16 minutes



Pears in red wine

Serves 4

Ingredients:

$\frac{2}{3}$ cup red wine

$\frac{1}{2}$ cup brown sugar

2 tbsp blackberry or cherry jam

$\frac{1}{2}$ tsp cinnamon

Grated zest of an unwaxed orange

4 medium-sized pears

Per serving approx.
204 kcal, 0 g fat,
44 g carbohydrates,
1 g protein

1 Heat the red wine, sugar, jam, cinnamon and orange zest in a saucepan until the sugar and jam have dissolved.

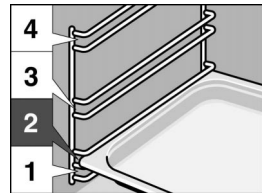
2 Peel the pears, halve lengthways and remove the core with a melon baller or knife.

3 Spread out the fruit in the baking pan, pour over the red wine mixture immediately and carefully turn the pear halves in the sauce. Cook as indicated until the pears are soft, but not falling apart.

4 Remove the pears and arrange on plates. Reduce the red wine mixture in a saucepan over a low heat. Pour the red wine sauce over the pears and serve warm.

Settings:

Steam, 210° F
approx. 20 minutes



Rice pudding

Serves 4

Ingredients:

1 ⅓ cup rice

3 cups milk

2 tbsp sugar

½ tsp vanilla

2 nectarines

3 tbsp blueberries

¾ cup strawberries

Per serving approx.

434 kcal, 7 g fat,

79 g carbohydrates,

11 g protein

1 Cook the rice, milk, sugar and vanilla in the baking pan as indicated.

2 Meanwhile, wash the fruit. Halve the nectarines, remove the stones and cut into pieces. Sort through the blueberries. Remove the stalks from the strawberries and halve them. At the end of the cooking time, mix the fruit into the rice and steam for another 5 minutes.

Settings:

Automatic program:

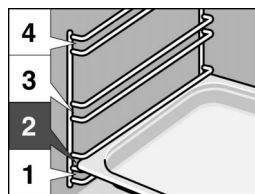
P25

“Rice pudding”

approx. 41 minutes

Rice with fruit: Steam,

210° F 5 minutes



Cook's tip:

Instead of fresh fruit, try folding in deep-frozen berries and steaming them briefly with the pudding.

Rhubarb and apple compote

Serves 4

Ingredients:

1¾ cups rhubarb

1¼ cups sugar

2 small apples

1 cinnamon stick

Per serving approx.

211 kcal, 0 g fat,

47 g carbohydrates,

1 g protein

1 Wash the rhubarb, peel and cut off both ends. Divide thick stalks lengthways, then cut into pieces.

2 Place the rhubarb in the baking pan, sprinkle with sugar and shake thoroughly.

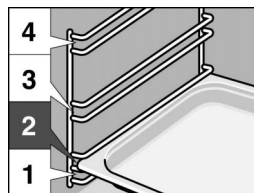
3 Wash, core and peel the apples. Quarter the apples and cut into slices only shortly before preparation. Add to the rhubarb along with the cinnamon stick.

4 Steam the rhubarb/apple mixture as indicated once some juice has formed.

Settings:

Steam, 210° F

3-5 minutes



Variation:

Instead of the cinnamon stick, try slicing open a vanilla pod and adding it. To sweeten the dish and as an alternative to the apples, try a sliced banana or 1½ cups strawberries.

Baked apples

Serves 4

Ingredients:

-
- 1 cup gingerbread

 - 2 dried apricots

 - 2 tbsp raisins

 - 3 tbsp apricot liqueur

 - 4 fragrant apples

 - 3 tbsp butter

 - ¼ cup walnuts

 - 1 cup white wine, medium dry
-

Per serving approx.
372 kcal, 15 g fat,
33 g carbohydrates,
3 g protein

- 1** Chop the gingerbread and apricots into small cubes and add the raisins. Pour over the apricot liqueur and leave for 15 minutes to infuse.
- 2** Preheat the oven.
- 3** Wash the apples, cut off the top as a lid and cut out the core with a corer. Grease the baking pan with butter. Place the apples side by side in the pan.
- 4** Coarsely chop the walnuts and mix into the gingerbread mixture. Fill the apples with the mixture. Distribute the remaining filling around the apples. Put the lids on the apples.
- 5** Cut the remaining butter into small pieces and place on top of the apples. Pour over the wine. Bake the apples as indicated.

Settings:

Combination, 400° F
preheat
15-20 minutes



Chocolate almond pudding

Serves 4

Ingredients:

2 squares dark chocolate

1 slice of white bread

2 tbsp milk

4 tbsp butter

2 tbsp sugar

3 egg yolks

1/3 cup ground almonds

3 egg whites

2 tbsp sugar

In addition:

cream

Per serving approx.

414 kcal, 34 g fat,

18 g carbohydrates,

10 g protein

1 Melt the chocolate. Cut the crust off the bread. Finely crumble the bread and mix together with the milk.

2 Grease small ramekins or custard cups with some of the butter and sprinkle with sugar.

3 Beat the remaining butter and sugar until light and fluffy. Gradually stir in the egg yolks. Add the chocolate, breadcrumbs and almonds.

4 Whisk the egg whites with the sugar and fold into the mixture.

5 Fill the ramekins with the mixture until they are two thirds full and cover well with heatproof foil.

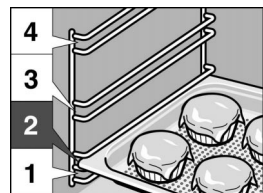
6 Place in the perforated cooking pan and cook as indicated.

7 Carefully turn them out and serve with lightly whipped cream.

Settings:

Steam, 210° F

40-45 minutes



Red currant tart

10" springform cake pan, approx. 12 slices

Ingredients:

1 2/3 cups flour

1 tsp baking powder

3/4 cup sugar

1 pinch salt

1 stick, 8 tbsp butter

1 egg

Topping:

1 lb red currants

1 cup ground hazelnuts

1 tbsp bread crumbs

5 egg whites

1 tbsp lemon juice

1 1/2 cups sugar

Per slice approx.
336 kcal, 16 g fat,
42 g carbohydrates,
6 g protein

1 Put the flour, baking powder and sugar in a bowl. Add the salt, butter and egg and knead into a dough ball using the dough hook on the hand mixer, first on a low setting and then on the highest. Wrap in foil and chill for half an hour to an hour.

2 Wash the red currants, remove the stems and leave to dry thoroughly.

3 Grease the pan and line with two thirds of the dough. Shape the remaining dough into a roll and use to make a 1" high edging. Prick the pastry base all over with a fork. Mix the hazelnuts and bread crumbs together and spread over the pastry base.

4 Beat the egg whites, lemon juice and sugar until stiff. Mix the drained red currants with half the egg white mixture and place in the pan. Spread the rest of the egg white mixture over the berries. Bake as indicated.

Settings:

True Convection,
325° F
65-70 minutes



Eclairs with a mocha cream

Makes 10 eclairs

Ingredients:

6 oz water

2 tbsp, 1 tsp butter

1 tsp vanilla

1 pinch salt

¾ cup flour

2 medium eggs

Filling:

¾ cup whipping cream

1½ tsp instant coffee powder

1-2 tsp sugar

Coating:

¾ cup sugar

1-2 tsp instant coffee powder

1 tsp rum

Per eclair approx.
184 kcal, 10 g fat,
21 g carbohydrates,
3 g protein

1 Preheat the oven.

2 Bring the water, butter, vanilla and salt to the boil in a saucepan. Remove from heat. Add the flour all at once and stir in well. Reduce the heat and continue to stir the dough on the hotplate until it comes away from the bottom of the pan. Remove the pan from the hotplate, stir in one egg and gradually mix in the remaining eggs.

3 Line the baking pan with paper parchment. Put the dough into a piping bag with a large star-shaped nozzle. Pipe out finger-length strips, leaving space in between. Start close to the edge, as the eclairs rise very well in the steam. Bake the eclairs as indicated until golden brown.

4 To make the filling, beat the cream, coffee powder and sugar until stiff and spoon into a piping bag.

5 Immediately after baking, slice open the eclairs with a serrated knife and leave to cool.

6 To make the glaze, stir together the sugar, a teaspoon of hot water, the coffee powder and rum. Spread over the top half of each eclair.

7 Pipe the filling into the bottom half and replace the top.

Settings:

Combination, 400° F
preheat
20 minutes



Marble cake

**12" loaf pan makes
approx. 15 slices**

Ingredients:

2¾ cups flour

⅔ cup cornflour

4 tsp baking powder

1 cup sugar

½ tsp vanilla

1 pinch salt

⅓ cup butter

4 eggs

2 tbsp rum

⅓ + 2 tbsp milk

⅓ cup sugar

1 tbsp cocoa

⅓ cup ground almonds

2 - 3 tbsp milk

Butter and 1 - 2 tbsp bread
crumbs for the cake pan

Per slice approx.

308 kcal, 15 g fat,

36 g carbohydrates,

5 g protein

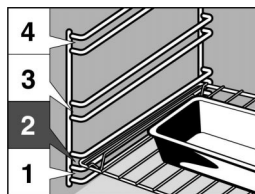
- 1** Grease the cake pan and sprinkle with bread crumbs.
- 2** To make the sponge mixture, mix the flour, cornflour and baking powder together and sift into a deep mixing bowl.
- 3** Add the sugar, vanilla, salt, softened butter, eggs, rum and milk. Mix the ingredients with a hand mixer or a food processor, initially on a slow setting. Once the flour has been incorporated, quickly beat the mixture on the highest setting until smooth. Do not overbeat.
- 4** Place half the mixture into the pan.
- 5** Stir the sugar, cocoa, almonds and milk into the remaining mixture and add to the plain mixture in the pan.
- 6** Working in a spiral action, use a fork to marble the two mixtures together, then bake as indicated.

Settings:

True Convection

300-325° F

60-65 minutes



Cook's tip:

If the cake pan is too small the cake will collapse or remain soggy inside.

Braided loaf

Serves approx. 15 slices

Ingredients:

4⅓ cups all-purpose flour

1 packet dry yeast

1 tsp sugar

approx. 1 cup lukewarm milk

½ cup golden raisins

1 stick butter

½ cup sugar

¼ tsp salt

Per slice approx.
226 kcal, 7 g fat,
36 g carbohydrates,
5 g protein

1 Put the flour into a mixing bowl and stir in the dried yeast until evenly distributed. Add 1 tsp sugar and lukewarm milk to the flour. Knead everything into a smooth dough. Place the bowl on the wire rack at level 1 in the oven and allow the dough to proof for 10 minutes.

2 In the meantime, rinse the raisins and blanch them in boiling water.

3 Add butter, sugar and salt to the dough. Knead the dough thoroughly. Add the raisins and continue to knead until the dough comes away from the side of the bowl.

4 Thoroughly knead the prepared dough again and divide it into three equal pieces. Roll these pieces into evenly sized strands and braid. Place into the greased baking pan. Allow to proof in the oven for another 30 minutes then bake as indicated.

Settings:

Proof, 100° F
leaven: 10 minutes
braided loaf: 30 minutes

Bake at:
Combination 325° F
30-35 minutes



Cook's tip:

Garnish the braid with flaked almonds or sprinkle with sugar crystals before baking. You could replace the raisins with finely chopped dried apricots.

Apricot Sponge Cake

1 springform cake pan
dia. 12", approx.

12 slices

Ingredients:

14 tbsp softened butter

1 cup sugar

4 eggs

1¾ cups flour

1 tsp baking powder

Fruit filling:

2 lbs apricots, fresh or
tinned

2 tbsp butter

½ cup sugar

1 pinch ground cinnamon

1 pinch grated nutmeg

1 pinch ground ginger

1 pinch ground coriander

2 bay leaves

Per piece approx.
363 kcal, 18 g fat,
44 g carbohydrates,
5 g protein

Variation:

Try using fresh figs instead of
apricots.

1 In a bowl, mix the butter and sugar with a hand mixer on the lowest setting until light and fluffy. Add the eggs one by one and stir.

2 Mix the flour with baking powder and stir into the mixture.

3 Wash the apricots, remove the stones and cut in half. Steam the fruit in a pan with the butter, sugar, spices and bay leaves for 15-20 minutes.

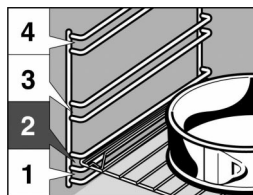
4 When the apricots begin to release juice, remove the bay leaves.

5 Place half the cake mixture into the springform cake pan, spread the apricots on top and cover with the remaining cake mixture.

6 Bake as indicated.

Settings:

Combination,
325° F
35-45 minutes



Cook's tip:

Serve lukewarm with whipped cream.

Cheese twists

Makes approx.
10 pieces

Ingredients:

1 sheet frozen puff pastry

8 oz aged Gouda

Freshly ground coarse
pepper

1 egg yolk

A little milk

Caraway, sesame and/or
poppy seeds for sprinkling

Per cheese twist approx.

141 kcal, 11 g fat,
7 g carbohydrates,
3 g protein

1 Defrost the puff pastry. Sprinkle the pastry sheets with a little water, place them on top of each other and roll out on a floured work surface to a 14" x 14" square.

2 Grate the cheese and sprinkle half of it over one half of the pastry. Season with pepper and fold the other half of the pastry over. Roll out flat with a rolling pin.

3 Beat the egg yolk and milk together and use to glaze the pastry. Sprinkle with caraway, sesame or poppy seeds and the remaining cheese. Then cut the pastry using a pastry wheel into strips approx. 3/4 inch wide.

4 Line the baking pan with parchment paper. Twist the strips into a spiral and place in the baking pan. Preheat the oven.

5 Leave the cheese twists in the refrigerator for at least 10 minutes and then bake as indicated.

Settings:

Combination

400° F

preheat

20-25 minutes



Tomato quiche

Serves 4

Ingredients:

1¼ cups flour

5 tbsp butter or margarine

1 small egg

Salt

Margarine or butter for greasing the pan

Topping:

2 tomatoes

¼ lb mushrooms

1 cup crème fraîche

2 eggs

1 tbsp tomato purée

Freshly ground pepper

¼ lb cubes of sheep's cheese marinated in herbs

Pro serving approx.

586 kcal, 40 g fat,

39 g carbohydrates,

18 g protein

1 To make the dough, knead together the flour, butter, egg and a small pinch of salt in the food processor with the dough hook. Knead the dough again with your hands and make into a ball shape. Leave to stand for 30 minutes.

2 Roll out the dough on a floured work surface and use it to line a greased 9" square baking dish. Place in the refrigerator until the topping is ready to be added.

3 Preheat the oven. To make the filling, make a cross incision in the tomatoes. Place in the perforated cooking pan in the oven. Insert the baking pan underneath. Steam as indicated. Peel off the skin. Cut the tomatoes into eighths and remove the seeds.

4 Wipe and slice the mushrooms.

5 Thoroughly mix the crème fraîche, eggs and tomato purée and season with salt and pepper. Spread the filling evenly over the dough and lay the tomato slices, mushrooms and well-drained cheese cubes on top. Bake the quiche as indicated.

Settings:

Steam, 210° F

preheat

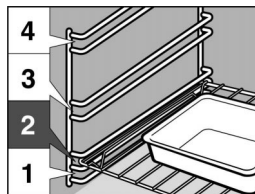
Tomatoes: 2-3 minutes

Bake at:

Combination,

350° F

35-40 minutes



Cook's tip:

Serve with a green salad.

Multi-grain bread

Loaf pan 12", 20 slices

Ingredients:

2¼ cups rye flour

3¾ cups wheat flour

2 packets dry yeast

1 tbsp honey

approx. 1 cup lukewarm water

approx. 1 cup lukewarm buttermilk

2 tbsp flax seeds

2 tbsp sesame seeds

2 tbsp sunflower seeds

1 tbsp pumpkin seeds

1 tbsp salt

1 tbsp bread spice

Per slice approx.
143 kcal, 3 g fat,
23 carbohydrates,
6 g protein

1 Mix the flours in a large mixing bowl. Make a well in the centre, add the yeast and stir in the honey and a little lukewarm water. Leave to proof for about 15 minutes as indicated.

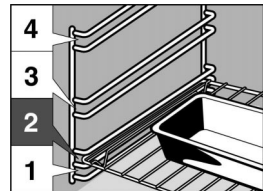
2 Gradually add the remaining ingredients to the dough, work it all into an elastic dough and form into a loaf. Place the loaf in a greased loaf pan and leave to proof for another 15 minutes as indicated.

3 Using a sharp knife, score diamond shapes in the risen loaf and prick all over with a cocktail stick. Sprinkle with water and bake as indicated.

Settings:

Proof, 115° F
2 x 15 minutes

Bake at:
Combination, 450° F
15 minutes and
350° F
30-35 minutes



Cook's tip:

The P 29 program, "Multi-grain bread, proof and bake" can also be used. Enter the total weight of the bread. The bread cooking time is approx. 45 minutes.

You can buy ready-made bread spice. For home-made bread spice, mix equal quantities of ground anise, fennel, cilantro and caraway seeds.

White bread

Loaf pan 12",
approx. 20 slices

Ingredients:

6 $\frac{2}{3}$ cups plain flour

1 packet dry yeast

1 heaped tsp sugar

1 level tsp salt

1 tbsp butter

1 $\frac{2}{3}$ -2 cups water

Margarine or butter for
greasing the pan

Per slice approx.

136 kcal, 1 g fat,

27 g carbohydrates,

4 g protein

1 Sift the flour into a mixing bowl and stir in the dried yeast with a fork until evenly distributed.

2 Add the remaining ingredients. Work the mixture into a smooth dough for about 5 minutes, using the dough hook on an electric hand mixer, starting on the lowest setting and then moving to the highest setting. Leave to proof for 20 minutes as indicated.

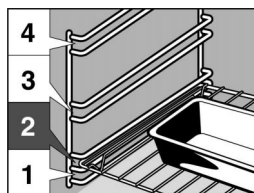
3 Knead the dough and place it in the greased pan. Leave to proof for another 20 minutes.

4 Then bake as indicated.

Settings:

Proof, 105° F
2 x 20 minutes

Bake at:
Combination,
350° F
30-40 minutes



Cook's tip:

The P27 program "White bread, proof and bake" can also be used. Enter the total weight of the bread. The bread cooking time is approx. 47 minutes.

Try using milk instead of water.

Cheese Scones

Serves 6

Ingredients:

3¼ cups self-raising flour
plus extra for rolling

pinch of salt

¼ tsp dried mustard powder

6 tbsp butter

2 oz grated Cheddar

½ cup milk

¼ cup natural yoghurt

Per roll approx.
348 kcal, 16 g fat,
41 g carbohydrates,
8 g protein

1 Mix the flour, salt and mustard powder in a bowl and rub in the butter until the mixture resembles fine breadcrumbs.

2 Stir in half the grated cheese. Combine the milk and yoghurt and stir into the mixture, working the ingredients together until they form a soft dough.

3 Turn out onto a lightly floured surface and knead gently to get a smooth dough. Roll out to an even thickness of about ¾ inch.

4 Using a 2 inch cutter, mark out 12-14 scones and place on a greased baking pan. Gather any trimmings and reshape to make extra scones.

5 Sprinkle the remaining cheese over each scone and bake as indicated until golden brown. Remove, butter and eat while the scones are still warm.

Settings:

Combination, 400° F
10-12 mins



Mini Bagels

Makes 10 small bagels

Ingredients:

1 tsp sugar

1 tsp dried yeast

$\frac{2}{3}$ cups flour

$\frac{3}{4}$ cup lukewarm water

$\frac{1}{2}$ tsp salt

1 tbsp oil

In addition:

1 whisked egg white for brushing

Sesame or poppy seeds for coating

Per bagel approx.

145 kcal, 4 g fat,

23 g carbohydrates,

4 g protein

1 Stir the sugar, dried yeast and 1 tbsp flour into $\frac{3}{4}$ cup warm water and dissolve. Mix the remaining flour with salt. Add the runny leaven and the oil to the flour and knead to form an elastic dough. Leave to proof on the wire rack on level 2 as indicated.

2 Thoroughly knead the dough once more and divide into 10 pieces. Make a small ball from each piece of pastry and push a hole into the centre. Using circular movements, increase the size of the hole to approx. $\frac{3}{4}$ inch. Bake as indicated.

3 Preheat the oven. Steam the bagels in the perforated cooking pan at level 3 as indicated. Insert the baking pan at level 1. After cooking, remove from the oven and pat dry.

4 Brush the bagels with whisked egg white and coat one side with sesame or poppy seeds. Line the baking pan with parchment paper, place the bagels inside and bake as indicated. Place on a wire rack to cool.

Settings:

Proof, 105° F

1. 20 minutes

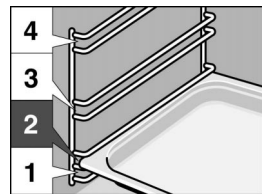
2. 10 minutes

Steam, 210° F

Preheat, 3-5 minutes

Bake:

Combination, 350° F, 20-25 minutes



Variation:

Savoury bagels: Knead some roasted onions into the dough.

To make cinnamon and raisin bagels, add approx. $\frac{1}{2}$ cup raisins and 1 tbsp each of sugar and cinnamon.

Cook's tip:

Cut the bagels in half and spread with soft cheese containing herbs. Place small slices of smoked salmon on top. Sprinkle with diced onions and small capers to serve.

Cornbread

Serves 6
9" springform cake pan

Ingredients:

- 1 onion
 - 2 sprigs rosemary
 - 1-2 red chillies
 - 2 cups cornmeal
 - 2 tbsp flour
 - 1 tsp baking powder
 - 1 tsp salt
 - 1 cup buttermilk
 - 2 eggs
 - ½ cup grated Parmesan
 - 1 ½ tbsp melted clarified butter
-

Per serving approx.
290 kcal, 11 g fat,
37 g carbohydrates,
11 g protein

1 Peel and finely dice the onion. Remove the needles from the rosemary and chop finely. Halve, de-seed and dice the chili pepper.

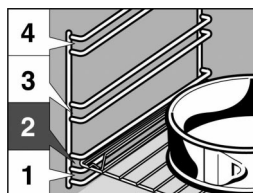
2 Mix the cornmeal, flour, baking powder and salt in a bowl. Mix the buttermilk and eggs together and then add to the bowl. Add the diced onion, rosemary, chili and Parmesan.

3 Stir all ingredients well. Grease the cake pan. Mix the rest of the clarified butter into the dough and place the dough in the cake pan.

4 Bake the cornbread as indicated until the surface is golden brown.

Settings:

True Convection
325° F
30-40 minutes



Cook's tip:

This bread also tastes excellent toasted.

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