

Miele

Microwave combination ovens

The cookbook



Dear connoisseurs,

Shared meals lead to good conversation and memorable occasions. Enjoying time with each other in this way connects us – especially when everything comes together perfectly. But surely this is something for everyday life and not just for those special moments.

Your new microwave combination oven has been designed to achieve this very thing. This perfect all-rounder is not only ideal for preparing quick and healthy favourites but also for conjuring up the kinds of culinary delights you might expect from a top class restaurant.

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We hope that this book will inspire you and give you a genuine helping hand. Day in, day out, our Miele test kitchen is a hot pot of knowledge, curiosity, routine and the unexpected. From these ingredients, we have put together some handy tips and reliable recipes for you to use. For even more recipes, inspiration and exciting topics, have a look at our Miele@mobile app.

If you have any questions or requests, we would love to hear from you. Our contact details can be found at the end of this book.

We hope you enjoy many happy hours in the kitchen and around the table.

Kind regards, The Miele test kitchen team

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Before you begin, please take a few moments to read the hints we have put together on how to use this cookbook.

For each automatic programme, there is a suitable recipe that will help you get to grips with your microwave combination oven quickly.

Many of the automatic programmes allow you to select the end results that are just right for you – e.g. how well browned you want your bread and pastries to be or how well done you would like your meat.

For the sake of simplicity, your microwave combination oven will be referred to simply as the “oven” throughout the rest of this book.

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About the automatic programmes

- The automatic programmes are not available on every model. However, you can still cook all the recipes listed even if your oven does not feature the relevant automatic programmes. Simply refer to the manual settings instead. Any differences will be pointed out in the recipe method.
- Whenever a recipe involves the use of an automatic programme, you will find the path for selecting the programme listed in the settings section of the recipe.
- The programme duration specified for the automatic programmes is the average time determined in our test kitchen. However, the actual duration of many programmes will depend on how well done you want the food to be. You must select this level of cooking before starting the automatic programme.

About this book

About the ingredients

- Unless stated otherwise, the weight indicated for meat is the trimmed, uncooked weight.
- The weight stated for fruit and vegetables always refers to the weight prior to peeling/shelling and pitting/coring.
- Prior to cooking, fruit and vegetables should always be cleaned/washed or, if necessary, shelled/peeled. Please note that this instruction will not be repeated as part of the recipe methods.

Special points concerning individual oven models

- If your oven does not feature the Conventional heat function, select Fan plus instead.
- If the special application “Prove dough” is not available on your oven, select the Fan plus function and a temperature of 35 °C instead. Cover the dough with a damp cloth (as described in the recipe).

About the settings

- Times and temperatures: the recipes state time and temperature ranges. As a basic principle, allow yourself to be guided by the lower settings. You will then have the option of increasing the cooking time slightly if you feel this is necessary or if a test reveals that the food is not yet done.
- Levels: the shelf levels for inserting trays and racks are numbered from lowest to highest.
- Dishes: depending on which oven function is selected, the dishes used must be microwave safe and heat resistant. Please follow the guidance given in the operating and installation instructions about suitable cooking containers.

Overview of functions

Functions which do not use microwave energy

Fan plus

For baking and roasting. You can cook on several shelf levels at the same time. Because the fan distributes the heat to food straight away, it allows you to use a lower temperature than you would with “Conventional heat”.

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Conventional heat

For baking and roasting traditional recipes, cooking soufflés and cooking at low temperatures. If using an older recipe or cookbook, set the oven temperature 10 °C lower than the recommended one. This will not change the cooking duration.

For baking and roasting traditional recipes, cooking soufflés and cooking at low temperatures. If using an older recipe or cookbook, set the oven temperature 10 °C lower than the recommended one. This will not change the cooking duration.

Intensive bake

For baking items with a moist topping which require a crisp base. This function is not suitable for baking thin items or for roasting, as the items/juices will become too dark.

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Auto roast

For roasting. First, the oven compartment is automatically heated to a high searing temperature. As soon as this temperature has been reached, the oven automatically drops back down to the pre-selected cooking temperature. This browns the food beautifully on the outside and it can then finish cooking without you having to adjust the function.

For roasting. First, the oven compartment is automatically heated to a high searing temperature. As soon as this temperature has been reached, the oven automatically drops back down to the pre-selected cooking temperature. This browns the food beautifully on the outside and it can then finish cooking without you having to adjust the function.

Bottom heat

Use this function towards the end of cooking to brown the base of the food. Use this function towards the end of cooking to brown the base of the food.

Grill

For grilling thin cuts in large quantities and for browning large baked dishes. The whole of the top heating/grill element glows red to provide the required heat.

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Fan grill

For grilling thicker cuts of meat (e.g. chicken). Because the fan distributes the heat to food straight away, it allows you to use a lower temperature than you would with the Grill function.

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Eco Fan heat

Suitable for small amounts, e.g. frozen pizzas, bake-off rolls and biscuits as well as meat dishes and roasts. You can save up to 30 % energy compared to cooking with a standard oven function – provided you keep the door shut during cooking.

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Microwave function

For defrosting, reheating or cooking. The cooking durations are shorter than with a hob or standard oven. In addition, food can generally be cooked without having to add any/very much extra liquid or fat. The higher the water content of the food, the faster the cooking/reheating process because microwaves penetrate from all sides.

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Overview of functions

Combination functions

By combining conventional and microwave functions, you can shorten the cooking time by up to 30 %.

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MW + Fan plus

For rapid reheating and cooking of food, browning it at the same time. This combination programme saves the most time and energy.

For rapid reheating and cooking of food, browning it at the same time. This combination programme saves the most time and energy.

MW + Auto roast

For searing food at a high temperature and then continuing at a lower temperature. The oven is automatically heated to a high initial temperature, browning the food to perfection. The food can then finish cooking at a pre-selected lower temperature. Using the microwave function simultaneously cooks the food more quickly.

For searing food at a high temperature and then continuing at a lower temperature. The oven is automatically heated to a high initial temperature, browning the food to perfection. The food can then finish cooking at a pre-selected lower temperature. Using the microwave function simultaneously cooks the food more quickly.

MW + Grill

For grilling thin cuts of meat and browning food. The grill turns the outside of the food an appetising brown. The microwave ensures that the food is heated thoroughly from all sides.


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MW + Fan grill

For grilling thicker cuts of meat (e.g. chicken). Because the fan distributes the heat to food straight away, it allows you to use a lower temperature than you would with the Microwave + Grill function.

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Practical tips

Food	Quantity/Weight	Power level [W]	Duration [min]	Notes
Melting butter/ margarine	100 g	450	1–2	Do not cover
Melting chocolate	100 g	450	2–3	Do not cover, stir halfway through melting
Dissolving gelatine	1 sachet + 5 tbsp water	450	00:15–00:20	Do not cover, stir halfway through dissolving
Preparing a flan topping/jelly glaze	1 sachet + 250 ml liquid	450	4–5	Do not cover, stir halfway through heating
Proving dough	Starter dough with 100 g flour	80	5–7	Cover and leave to prove
	Dough with 500 g flour	80	8–10	Cover and leave to prove
Blanching almonds	100 g	850	1–2	Cover and heat with a little water
Making popcorn	1 tbsp (20 g) pop- corn kernels	850	5–7	Place popcorn in a 1 l con- tainer, cover and cook, sprinkle with icing sugar or salt after cooking
Making microwave popcorn	Approx. 100 g		Max. 4	Do not leave unattended
Tempering citrus fruits	150 g	150	1–2	Place on a plate, do not cover
Chocolate-coated marshmallows	20 g	600	00:15–00:20	Place on a plate, do not cover
De-crystallising honey	500 g	150	2–3	Heat uncovered in jar, stir halfway through heating
Steeping oil for salad dressing	125 ml	150	1–2	Heat uncovered on a gentle heat

The information given in this chart is intended only as a guide.
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Overview of functions

Food	Quantity/Weight	Power level [W]	Duration [min]	Notes
Cooking bacon	100 g	850	2–3	Place on kitchen paper, do not cover
Marinating meat	1000 g	150	15–20	Marinate in a covered container, turning halfway through, then cook
Softening ice cream	500 g	150	2	Place open container in the appliance
Soaking dried fruit	250 g	80	20	Add a little water, do not cover
Making porridge	250 ml milk + 4 tbsp porridge oats	850 + 150	2–3 + 2–3	Heat up in milk in a covered bowl, stir and continue cooking
Skinning tomatoes	3	450	7–8	Cut a cross into the top of each tomato, cover, and heat in a little water. The skins will slip off easily. Take care, as the tomatoes may get very hot.
Bread rolls	2			Place on the rack. Do not cover, turn halfway through
Defrosting		150	1–2	
Baking		Grill level 3	3–4	
Making custard royale	150 g from 2 eggs, 4 tbsp cream, salt and grated nutmeg	450	3–4	Beat together the eggs, cream, salt and nutmeg. Cover and cook
Making strawberry jam	300 g strawberries 300 g jam sugar	850	7–9	Mix the fruit and sugar, cover and cook

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Auto switch-off

Your oven features an intelligent electronic unit for maximum user convenience. At the end of the cooking duration, the oven will switch off automatically.

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Delay start

Enter a specific cooking duration or a time for “Ready at” or “Start at” to control what happens in advance. These settings will then switch off the oven automatically or cause it to come on and go off at the appropriate times.

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Cooking durations

You can set the required cooking duration in advance. The oven heating will switch off automatically once this duration has elapsed. If you select the “Pre-heating” function as well, the cooking duration will not commence until the selected temperature has been reached and the food has been placed in the oven.

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lected temperature has been reached and the food has been placed in the oven.

General notes

Pre-heating

It is only necessary to pre-heat the oven in a few instances. Most dishes can be placed in a cold oven. They will then make use of the heat produced during the heating-up phase. Further details are usually provided in the recipe. The pre-heating function should be used for the following dishes:

It is only necessary to pre-heat the oven in a few instances. Most dishes can be placed in a cold oven. They will then make use of the heat produced during the heating-up phase. Further details are usually provided in the recipe. The pre-heating function should be used for the following dishes:

- Cakes, pastries and biscuits with a short cooking duration (approx. 30 minutes or less)
- Dark bread dough
- Beef sirloin joints and fillet

Booster

To get the oven compartment up to the required temperature as quickly as possible, your oven has a Booster function. If you set a temperature higher than 100 °C with the Booster function enabled, the top heat/grill element and the ring heating element will come on together with the fan. This causes the oven to heat up much more quickly.

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Crisp function

For dishes that need that extra bit of crunch, use the Crisp function. By reducing the level of moisture inside the oven, this produces chips, pizzas and quiches that are beautifully crisp. And if you are cooking poultry, you can use it to make the skin nice and crispy while keeping the meat inside nice and succulent. The Crisp function can be used with any oven function and enabled whenever you need it.

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User programmes

You can create, save and name up to 20 user programmes. Combine up to 10 cooking stages for perfect results when making your favourite recipe. Or simply save your most frequent settings to make life easier for yourself. For each of the stages, you can select settings such as oven function, cooking temperature and duration, or core temperature. You can create, save and name up to 20 user programmes. Combine up to 10 cooking stages for perfect results when making your favourite recipe. Or simply save your most frequent settings to make life easier for yourself. For each of the stages, you can select settings such as oven function, cooking temperature and duration, or core temperature.

Food probe

The food probe enables precise temperature-controlled roasting so that you can tell exactly when the food is done.

Below are a few tips for using the food probe correctly:

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- Make sure that the metal tip is fully inserted right into the middle of the thickest part of the meat.
- If the piece of meat is too small or thin, place a raw potato on the exposed area of the probe.
- Do not allow the tip of the food probe to come into contact with bones, sinews and fatty layers.
- With poultry, the food probe should be inserted deep into the thickest part of the breast meat at the front.
- A rough cooking duration is indicated during initial cooking and this time is then adjusted towards the end.
- If cooking several pieces of meat together, you must insert the food probe into the thickest piece.

Special applications

Your oven offers a variety of special applications, depending on which features have been included. A few of these are presented below.

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Defrost

For the gentle defrosting of frozen food. The temperature can be set between 25 °C and 50 °C. The food is defrosted thoroughly and evenly.

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Reheat

For heating up food. You can choose from various food categories. Based on the selected category and the weight entered, the microwave combination oven will then identify the optimum settings. All other operations – such as turning or stirring – will also be identified and shown on the display.

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General notes

Prove dough

For proving dough easily and reliably. The temperature can be set between 30 °C and 50 °C. Leave the dough to prove until it has doubled in volume.

For proving dough easily and reliably. The temperature can be set between 30 °C and 50 °C. Leave the dough to prove until it has doubled in volume.

Low temp. cooking

For the cooking of particularly tender meat. The low temperature and extra-long cooking duration produce meat that is cooked to perfection and beautifully tender.

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Sabbath programme

The Sabbath programme is for religious observance. Select the Sabbath programme and then select the oven function and temperature. The programme will only start after the door is opened and closed.

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The ABC of cooking

Term	Explanation
Boned/filleted	Fish or meat that has had the bones removed.
Ready to cook	Food that has been trimmed/prepared but not yet cooked. Examples include meat that has had the fat and sinews removed; fish that has been scaled, gilled and gutted; or fruit and vegetables that have been washed and peeled/shelled.

Quantities and weights

tsp = teaspoon

tbsp = tablespoon

g = gram

kg = kilogram

ml = millilitre

Pinch = a small amount

1 teaspoon is approx.

1 teaspoon is approx.

- 3 g baking powder
- 5 g salt/sugar/vanilla sugar
- 5 g flour
- 5 ml liquid

1 tablespoon is approx.

1 tablespoon is approx.

- 10 g flour/cornflour/breadcrumbs
- 10 g butter
- 15 g sugar
- 10 ml liquid
- 10 g mustard

Miele accessories

Accessories

With our extensive range of accessories, we can help you achieve the best possible results. Each component has been designed specifically for Miele ovens in terms of size and functionality. All have undergone rigorous testing to ensure that they meet exacting Miele standards. All products can be easily purchased from the Miele online shop, from Miele directly or from specialist retailers.

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PerfectClean

Cleaning has never been easier! Thanks to the unique PerfectClean finish that has been applied to the oven compartment, freshly deposited soiling can be effortlessly removed.

This special technology is also used on Miele baking trays and dishes, which means that there is generally no need for baking parchment. Bread, rolls and biscuits will slide off as if by magic instead of getting stuck to the base, sides and edges.

The surface is so resistant that you can even cut pizza and cake etc. directly on the tray/base without damaging it. And once you have finished, everything wipes clean in a flash.

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Round baking tray

The round baking tray is ideal for cooking anything circular, such as pizzas, quiches and tarts.

The PerfectClean finish generally eliminates the need to grease the tray or line it with baking parchment.

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Miele Gourmet oven dish

The Miele Gourmet oven dish has been designed to close the gap between cooking on the hob and cooking inside the oven.

The Gourmet oven dish has a non-stick coating and is suitable for cooking stews, meat, soups, sauces, bakes and even desserts. Matching lids are also available.

The Gourmet oven dish has a non-stick coating and is suitable for cooking stews, meat, soups, sauces, bakes and even desserts. Matching lids are also available.

Glass tray

The glass tray is suitable for use with all functions of the microwave combination oven. Use the glass tray for all cooking processes that rely purely on the microwave function. You can also use it in conjunction with the rack for searing meat or cooking meat at low temperatures as well as for baking tray cakes.

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Care products

Regular cleaning and care will help you get the most from your oven by keeping it in good working order and maximising its lifespan. Original Miele care products have been designed to be perfectly compatible with Miele ovens. These products can be easily purchased from the Miele online shop, from Miele directly or from specialist retailers.

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Miele oven cleaner

The stand-out features of Miele oven cleaner are that it is extremely tough on grease and is very easy to use. Thanks to its gel-like consistency, it also clings to the oven walls. Its special formula makes for effortless cleaning and a short contact time without any need for heating.

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Miele MicroCloth Kit

This set of cloths effortlessly removes finger marks and light soiling. Included in the kit are a universal cloth, a glass cloth and a polishing cloth. The hard-

Miele accessories

wearing cloths are made from finely woven microfibres and offer high cleaning performance.

This set of cloths effortlessly removes finger marks and light soiling. Included in the kit are a universal cloth, a glass cloth and a polishing cloth. The hard-wearing cloths are made from finely woven microfibres and offer high cleaning performance.

Truly scrumptious

A beautifully set table and stimulating discussions are some of the ingredients you will need for an enjoyable coffee morning or a cosy afternoon tea. The others – of course – are delicious cakes and gateaux. If you want to spoil your guests (and yourself!) with delicious homemade treats, your only problem will be choosing between the vast array of options. Do you want it to be fruity? Or creamy? Or do you like a bit of crunch? Perhaps the best course of action is to offer a bit of everything. After all, sweet treats are the ideal comfort food and will have everybody coming back for more.

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Cakes

Apple sponge

Total time required: 95 minutes

Serves 12

For the topping

500 g apples, tart/sour

2 tbsp lemon juice

For the batter

150 g softened butter

150 g caster sugar

1 tsp vanilla paste

3 medium eggs

150 g self-raising white flour

½ tsp baking powder

For greasing

1 tsp butter

For dusting

1 tbsp icing sugar

Accessories

Springform cake tin, Ø 26 cm

Wire rack

Fine sieve

Method

Peel and quarter the apples. Cut into the outside of each apple quarter (opposite side to the core), making cuts approximately 1 cm apart. Mix with the lemon juice and put to one side.

Grease the springform tin.

Cream together the butter, sugar and vanilla paste for approximately 2 minutes. Stir in the eggs one at a time (½ minute each).

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven.

Sift together the flour and baking powder and mix with the other ingredients.

Pour the mixture into the springform tin, spreading it evenly. Press the apples gently into the mixture with the core side down.

Place the springform tin in the oven and bake until golden.

Allow to cool in the tin for 10 minutes. Then release the sides of the tin and leave the cake to cool on the wire rack. Dust with icing sugar.

Automatic programme settings

Cakes | Apple sponge

Programme duration: approx.

62 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 165–175 °C

Booster: Off

Pre-heat: On

Crisp function: Off

Duration: 50–60 minutes

Shelf level: 1

Tip

As an alternative to dusting the cake with icing sugar, try an apricot glaze instead. To create the glaze, gently heat some apricot jam and stir it until smooth.

Apple pie

Total time required: 140 minutes

Serves 12

For the dough

200 g softened butter
100 g caster sugar
2 tsp vanilla paste
1 medium egg
350 g plain white flour
1 tsp baking powder
A pinch of salt

For the topping

1.25 kg apples
50 g raisins
1 tbsp Calvados
1 tbsp lemon juice
½ tsp ground cinnamon
50 g caster sugar

For greasing

1 tsp butter

For glazing

100 g icing sugar
2 tbsp warm water

Accessories

Springform cake tin, Ø 26 cm
Cling film
Wire rack

Method

To make the dough, cream together the butter, sugar, vanilla paste and egg. Sift in the flour, baking powder and salt and knead together. Chill the dough for 60 minutes.

Peel the apples and slice them into wedges. Mix them together with the raisins, Calvados, lemon juice and cinnamon.

Grease the springform tin.

Divide the dough into 3 portions. Roll out the first portion on the base of the springform tin. Assemble the springform tin. Make the second portion into a long roll and press it around the edge of the tin so that it is around 4 cm high. Prick the base several times with a fork. Place the third portion of the dough between 2 layers of cling film and roll it out to the size of the springform tin.

Mix the sugar with the apples and then spread them over the pastry base. Put the prepared pastry lid on top and pinch the edges to seal.

Place the springform tin on the wire rack inside the oven and bake.

Allow to cool in the tin for 10 minutes. Then remove from the tin and allow to cool on the wire rack.

Mix the icing sugar with the water and brush on.

Automatic programme settings

Cakes | Apple pie
Programme duration: approx.
70 minutes

Manual settings

Oven functions: Intensive bake
Temperature: 150–160 °C
Pre-heat: Off
Crisp function: Off
Duration: 70–80 minutes
Shelf level: 1

Cakes

Belgian sponge cake

Total time required: 80 minutes

Serves 12

Ingredients

4 medium eggs
250 g butter
250 g caster sugar
1 tsp salt
250 g plain white flour
3 tsp baking powder
100 g chocolate chips
1 tsp ground cinnamon

For greasing

1 tsp butter

Accessories

Springform cake tin, Ø 26 cm
Wire rack

Method

Separate the egg whites from the yolks. Cream together the butter, sugar, salt and egg yolks.

Beat the egg whites until stiff. Carefully fold half of the egg white mixture into the sugar and egg yolk mixture. Mix the flour and baking powder together and add them to the main mixture. Fold in the rest of the egg white mixture.

Fold in the chocolate chips and cinnamon.

Grease the springform tin and fill with the mixture.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Manual settings:

Adjust settings as indicated for cooking stage 2.

Place the springform tin in the oven and bake until golden brown.

Automatic programme settings

Cakes | Belgian sponge cake
Programme duration: approx.
60 minutes

Manual settings

Cooking stage 1
Oven functions: Conventional heat
Temperature: 190 °C
Booster: On
Pre-heat: On
Crisp function: Off

Cooking stage 2
Temperature: 150–180 °C
Duration: 60–65 minutes
Shelf level: 1

Tip

For a more intense taste, replace 50 g of the sugar with honey. You can enhance the flavour of the mixture by adding dried fruit, chopped nuts or vanilla extract to taste.

Sponge cake base

Total time required: 75 minutes

Serves 12

For the batter

4 medium eggs

4 tbsp hot water

175 g caster sugar

200 g plain white flour

1 tsp baking powder

For greasing

1 tsp butter

Accessories

Fine sieve

Springform cake tin, Ø 26 cm

Baking parchment

Wire rack

Method

Separate the egg whites from the yolks. Beat the egg whites with the water until very stiff. Slowly add the sugar, beating after each addition. Then fold in the beaten egg yolk.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven.

Mix the flour and baking powder, sieve into the egg mixture and fold in with a large whisk.

Grease the base of the springform tin and line with baking parchment. Pour the mixture into the tin and spread it out evenly.

Place the cake in the oven and bake until golden.

After baking, allow to cool in the tin for 10 minutes. Then remove from the tin and allow to cool on the wire rack. Slice the cake horizontally to make three separate layers.

Spread with the prepared filling.

Cakes

Automatic programme settings

Cakes | Sponge base

Programme duration: approx.

38 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 170–180 °C

Booster: Off

Pre-heat: On

Crisp function: Off

Duration: 25–35 minutes

Shelf level: 1

Tip

To make a chocolate sponge, add 2–3 teaspoons of cocoa powder to the flour mixture.

Layered sponge cake fillings

Total time required: 30 minutes

For the quark and cream filling

500 g quark
100 g caster sugar
100 ml whole milk
1 tsp vanilla paste
Juice of 1 lemon
6 leaves of white gelatine
500 ml double cream

For dusting

1 tbsp icing sugar

For the cappuccino filling

100 g dark chocolate
500 ml double cream
6 leaves of white gelatine
80 ml espresso
80 ml coffee liqueur
2 tsp vanilla paste
1 tbsp cocoa powder

For dusting

1 tbsp cocoa powder

Accessories

Cake platter
Fine sieve

Method for the quark and cream filling

To make the quark and cream filling, stir together the quark, sugar, milk, vanilla paste and lemon juice. Soak the gelatine in cold water, then squeeze the water out and dissolve it in the microwave or on the hob on low.

Stir a little of the quark mixture into the gelatine.

Stir this mixture into the remaining quark mixture and chill. Whip the cream until stiff and stir it into the quark mixture.

Place the first layer of sponge on a cake platter and cover it with the quark mixture. Place the second layer on top and cover with the quark mixture too. Then place the third layer on top of that.

Cool the cake thoroughly. Dust with icing sugar before serving.

Cakes

Method for the cappuccino filling

To make the cappuccino filling, start by melting the chocolate. Whip the cream until stiff and set a small portion aside to spread on the top layer. Soak the gelatine in cold water, then squeeze the water out and dissolve it in the microwave or on the hob on low. Then leave it to cool slightly.

Stir half of the espresso and coffee liqueur into the gelatine. Then fold this mixture into the whipped cream.

Divide the coffee and cream mixture in half. Stir the vanilla paste into one half and the chocolate and cocoa powder into the other half.

Place the first layer of sponge on a cake platter, drizzle some of the coffee liqueur and espresso over the top and then coat with the dark cream mixture. Place the second sponge layer on top of the first, drizzle the remaining liquid over it and then coat with the light cream mixture. Place the third layer on top, coat it with the cream you set aside and dust with cocoa powder.

Tip

For a fruity variation, add some grated lemon zest and 300 g tinned apricots or mandarin segments (drained) to the quark and cream filling.

Swiss roll sponge

Total time required: 55 minutes

Serves 16

For the batter

150 g caster sugar
1 tsp vanilla paste
A pinch of salt
100 g plain white flour
55 g cornflour
1 tsp baking powder
3 medium eggs
3 tbsp hot water

For greasing

1 tsp butter

Accessories

Fine sieve
Baking parchment
Glass tray
Kitchen towel

Method

Mix together the sugar, vanilla paste and salt in a bowl. In a separate bowl, sift together the flour, cornflour and baking powder.

Start the automatic programme or pre-heat the oven.

Separate the egg whites from the yolks. Beat the egg whites with the hot water until stiff. Slowly add the sugar mixture, stirring after each addition. Slowly beat in the egg yolks.

Sift the flour mixture over the egg and sugar mixture. Fold it in with a large whisk.

Grease the glass tray and line it with baking parchment. Spread the mixture evenly over the parchment.

Place the Swiss roll sponge in the oven compartment and bake.

If you intend to use the sponge to make a Swiss roll, turn it out onto a damp kitchen towel as soon as it has finished baking, pull off the baking parchment and roll up. Allow to cool.

Unroll it, spread with the prepared filling and roll it up again.

Cakes

Automatic programme settings

Cakes | Swiss roll

Total time required: approx. 28 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 170–180 °C

Booster: Off

Pre-heat: On

Crisp function: Off

Duration: 15–25 minutes

Shelf level: 2

Tip

To make a dark chocolate Swiss roll sponge, replace 20 g of the flour with 20 g of cocoa powder.

Swiss roll fillings

Total time required: 30 minutes

For the advocaat and cream filling

2 leaves of white gelatine
125 ml advocaat
400 ml double cream

For the cranberry and cream filling

400 ml double cream
12 g vanilla or caster sugar
200 g cranberries from a jar

For the mango and cream filling

2 ripe mangoes (300 g each)
½ unwaxed orange | just the zest |
grated
100 g caster sugar
2 oranges | just the juice (100 ml from
each orange)
3 tbsp lime juice
6 leaves of white gelatine
400 ml double cream

For sprinkling

1 tbsp icing sugar

Accessories

Cake platter
Fine sieve

Method for the advocaat and cream filling

Soak the gelatine in cold water, then squeeze the water out and dissolve it in the microwave or on the hob on low. Then leave it to cool slightly.

Stir a little of the advocaat into the gelatine. Add this entire mixture to the rest of the advocaat, stirring it in. Leave the mixture to thicken in the fridge.

Whip the cream until stiff. Once the advocaat mixture has set sufficiently (stir marks remain clearly visible when you test it), carefully fold in the whipped cream. Leave the cream mixture to thicken in the fridge for approx. 30 minutes.

Then spread the cream mixture over the Swiss roll sponge. Roll up the sponge lengthways and chill until ready to serve.

Dust with icing just before serving.

Cakes

Method for the cranberry and cream filling

Whip the cream and vanilla or caster sugar together until stiff.

Spread the cranberries over the Swiss roll sponge. Then spread the cream over the top. Roll up the sponge lengthways and chill until ready to serve.

Dust with icing just before serving.

Method for the mango and cream filling

Purée the mangoes with the orange zest, sugar, orange juice and lime juice.

Soak the gelatine in cold water, then squeeze the water out and dissolve it in the microwave or on the hob on low. Then leave it to cool slightly. Add a little of the mango purée to the gelatine and mix together. Add this entire mixture to the rest of the mango purée, stirring it in. Leave the mixture to thicken in the fridge.

Whip the cream until stiff. Once the mango mixture has set sufficiently (stir marks remain clearly visible when you test it), carefully fold in the whipped cream. Leave the cream mixture to thicken in the fridge for approx. 30 minutes.

Then spread the cream mixture over the Swiss roll sponge. Roll up the sponge lengthways and chill until ready to serve.

Dust with icing just before serving.

Butter cake

Total time required: 95 minutes

Serves 16

For the dough

42 g fresh yeast
160 ml lukewarm whole milk
400 g plain white flour
40 g caster sugar
A pinch of salt
40 g butter
1 medium egg

For the topping

80 g softened butter
1 tsp vanilla paste
100 g caster sugar
80 g flaked almonds

For greasing

1 tbsp butter

Accessories

Glass tray

Method

Stir the yeast into the milk to dissolve it. Mix together with the remaining ingredients and knead for 3–4 minutes until you have a smooth dough.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the settings indicated for proving phase 1.

Grease the glass tray. Lightly knead the dough, then roll it out on the glass tray. Cover the dough with a damp cloth and prove it using the settings indicated for proving phase 2.

To make the topping, mix together the butter, vanilla paste and half of the sugar. Make little wells in the dough

with your fingers. Pour the butter and sugar mixture into the wells. Spread the remaining sugar and flaked almonds over the dough.

Automatic programme:

Start the automatic programme and place the cake inside the oven.

Manual settings:

Leave to prove at room temperature for 10 minutes. Then place the cake in the oven and bake until golden.

Settings

Prove dough

Proving phases 1 and 2

Special applications | Prove dough

Temperature: 30 °C

Proving time: 20 minutes for each phase

Baking

Automatic programme settings

Cakes | Butter cake

Programme duration: approx.

34 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 175–185 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 20–30 minutes

Shelf level: 1

Cakes

Orange and yoghurt syrup cake

Total time required: 60 minutes

Serves 10

For the batter

4 medium eggs
250 g softened butter
250 g caster sugar
Grated zest of 1 unwaxed orange
180 g fine semolina
150 g self-raising white flour
8 g bicarbonate of soda
250 g Greek yoghurt

For the topping

Juice of 5 oranges (450 ml)
250 g caster sugar

Accessories

Springform cake tin, Ø 24 cm
Glass tray
Wooden skewer

Method

Separate the egg whites from the yolks. Cream together the butter, sugar and orange zest. Stir in the egg yolks one by one. Mix together the flour, semolina and bicarbonate of soda. Stir into the rest of the mixture together with the yoghurt.

Whisk the egg white until stiff and carefully fold into the mixture. Pour the mixture into the springform tin. Place the springform tin on the wire rack inside the oven and bake.

To make the glaze, bring the orange juice and sugar to the boil in a saucepan, then simmer for approximately 5 minutes on a low heat until the orange juice thickens.

Prick the cake several times with a wooden skewer while still warm. Spread the glaze evenly over the top.

Automatic programme settings

Cakes | Orange & yoghurt cake
Programme duration: approx.
40 minutes

Manual settings

Oven functions: MW + Fan plus
Temperature: 150 °C
Power level: 80 W
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 40 minutes
Shelf level: 1

Tip

Once the cake has cooled, serve it with whipped cream.

Cheesecake

Total time required: 160 minutes

Serves 12

For the dough

150 g self-raising white flour
2 tsp baking powder
80 g caster sugar
1 medium egg, yolk only
80 g butter

For the topping

2 medium eggs
1 medium egg, white only
200 g caster sugar
1½ tsp vanilla paste
34 g custard powder (vanilla)
1 tsp lemon extract or butter-vanilla flavouring
1 kg low-fat quark

For greasing

1 tsp butter

Accessories

Springform cake tin, Ø 26 cm
Wire rack

Method

Sift together the flour, baking powder and sugar. Add the rest of the ingredients and quickly knead to form a smooth dough. Chill for approximately 60 minutes.

Grease the springform tin.

Roll out two thirds of the dough on the base of the springform tin. Assemble the springform tin. Make the rest of the dough into a long roll and press it around the edge of the tin so that it is around 2 cm high.

To make the topping, stir together all the ingredients. Pour the mixture onto the base, levelling it with a spoon.

Place the springform tin in the oven compartment on the wire rack. Bake.

Settings

Oven functions: Intensive bake
Temperature: 150–160 °C
Pre-heat: Off
Crisp function: Off
Duration: 90–100 minutes
Shelf level: 1

Cakes

Marble cake

Total time required: 80 minutes

Serves 18

For the batter

250 g softened butter
200 g caster sugar
1 tsp vanilla paste
4 medium eggs
200 g soured cream
400 g plain white flour
16 g baking powder
A pinch of salt
3 tbsp cocoa powder

For greasing

1 tsp butter

Accessories

Ring tin, Ø 26 cm
Wire rack

Method

Cream together the butter, sugar and vanilla paste. Add the eggs one by one, stirring for ½ minute each time. Add the soured cream. Mix together the flour, baking powder and salt. Then stir into the other ingredients.

Grease the ring tin and put half of the mixture into it.

Stir the cocoa powder into the other half of the mixture. Pour the dark mixture over the light mixture. Swirl a fork through the mixture to give a marbled effect.

Place the ring tin on the wire rack in the oven and bake.

Leave the cake in the tin for 10 minutes. Then remove from the tin and allow to cool on the wire rack.

Automatic programme settings

Cakes | Marble cake
Programme duration: approx.
60 minutes

Manual settings

Oven functions: Fan plus
Temperature: 150–160 °C
Booster: On
Pre-heat: Off
Crisp function: Off
Duration: 45–55 minutes
Shelf level: 1

Plum upside-down cake

Total time required: 50 minutes

Serves 10

For the topping

6 plums, cut into eighths
2 pieces preserved stem ginger, cut into small chunks
2 tbsp syrup from the preserved stem ginger

For the caramel sauce

150 g brown sugar
60 g butter
150 ml double cream

For the batter

175 g plain white flour
2 tsp baking powder
150 g butter
125 g brown sugar
2 large eggs
2 tbsp whole milk
½ tbsp ground ginger
½ tsp mixed spice

For greasing

1 tsp butter

Accessories

Microwave-safe flan dish, Ø 25 cm
Baking parchment
Wire rack

Method

To make the caramel sauce, place the sugar, butter and cream in a saucepan, bring to the boil and simmer for 2 more minutes. Pour into a bowl and leave to cool.

Grease the flan dish and line with baking parchment. Spread 4 tbsp of the caramel sauce over the base and arrange the plums, stem ginger and syrup evenly on top.

To make the cake mixture, mix the flour with the baking powder. Cream the butter and sugar, alternately stirring in the eggs, flour, milk and spices.

Spread the mixture over the plums, levelling it with a spoon.

Automatic programme:

Place the flan dish on the wire rack inside the oven and bake.

Manual settings:

Place the flan dish on the wire rack inside the oven and bake using the settings indicated for cooking stages 1 to 3.

Turn the cake out onto a serving plate while still warm and pour over the rest of the caramel sauce.

Cakes

Automatic programme settings

Cakes | Ginger and plum pudding
Programme duration: approx.
30 minutes

Manual settings

Cooking stage 1
Oven functions: Fan plus
Temperature: 170 °C
Booster: On
Pre-heat: On
Crisp function: Off

Cooking stage 2
Oven functions: MW + Fan plus
Temperature: 170 °C
Power level: 80 W
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 15 minutes
Shelf level: 1

Cooking stage 3
Temperature: 170 °C
Power level: 150 W
Duration: 10 minutes

Tip

Mixed spice consists of 4 tsp coriander, 4 tsp cinnamon, 1 tsp allspice, 4 tsp nutmeg, 2 tsp ginger and 1 tsp cloves. Alternatively, you can use a gingerbread spice mix instead.

Madeira cake

Total time required: 100 minutes

Serves 18

For the batter

250 g softened butter

250 g caster sugar

1 tsp vanilla paste

4 medium eggs

2 tbsp rum

200 g plain white flour

100 g cornflour

2 tsp baking powder

A pinch of salt

For greasing

1 tsp butter

1 tbsp breadcrumbs

Accessories

Loaf tin, 30 cm long

Wire rack

Method

Grease the tin and sprinkle with breadcrumbs.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven.

Beat the butter with the sugar and vanilla paste until fluffy. Stir in the eggs and rum one after another.

Mix together the flour, cornflour, baking powder and salt. Then fold into the other ingredients.

Fill the loaf tin with the mixture and place it lengthways on the wire rack in the oven. Bake.

Leave the cake in the tin for 10 minutes. Then remove from the tin and allow to cool on the wire rack.

Automatic programme settings

Cakes | Madeira cake

Programme duration: approx.

85 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 155–165 °C

Booster: Off

Pre-heat: On

Crisp function: Off

Duration: 60–70 minutes

Shelf level: 1

Cakes

Streusel cake with fruit

Total time required: 150 minutes

Serves 16

For the dough

42 g fresh yeast
150 ml lukewarm whole milk
450 g plain white flour
50 g caster sugar
90 g softened butter
1 medium egg

For the topping

1.25 kg apples

For the streusel crumble

240 g plain white flour
150 g caster sugar
2 tsp vanilla paste
1 tsp cinnamon
150 g softened butter

For greasing

1 tbsp butter

Accessories

Glass tray

Method

Stir the yeast into the milk to dissolve it. Add to the flour, sugar, butter and the egg, and knead to form a smooth dough.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the indicated settings.

Peel and core the apples and slice them into wedges.

Grease the glass tray.

Lightly knead the dough, then roll it out on the glass tray. Arrange the apples evenly across the dough. Mix together

the flour, sugar, vanilla paste and cinnamon. Then knead in the butter to create a crumble mix. Scatter over the apples.

Place the cake in the oven and prove the dough using the settings indicated for proving phase 2. Then bake the cake until golden brown.

Settings

Prove dough

Proving phases 1 and 2
Special applications | Prove dough
Temperature: 30 °C
Proving time: 30 minutes

Baking

Automatic programme settings

Cakes | Streusel cake with fruit
Programme duration: approx.
30 minutes

Manual settings

Oven functions: MW + Fan plus
Temperature: 170–180 °C
Power level: 150 W
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 30–40 minutes
Shelf level: 2

Tip

Instead of the apples, try using 1 kg stoned plums or cherries.

Lemon drizzle cake

Total time required: 50 minutes

Serves 16

For the cake

225 g softened butter

225 g caster sugar

4 medium eggs

225 g plain white flour

2 tsp baking powder

Grated zest of 2 unwaxed lemons

For the topping

Juice of 2 lemons

90 g caster sugar

For greasing

1 tsp butter

Accessories

Glass baking dish, 25 cm long

Baking parchment

Glass tray

Wooden skewer

Method

Grease the glass baking dish and line with baking parchment.

Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Cream the butter and sugar. Gradually stir in the eggs.

Sift together the flour and baking powder and fold into the egg mixture together with the lemon zest.

Pour the mixture into the glass baking dish and level it with a spoon.

Automatic programme:

Place the glass baking dish on the glass tray inside the oven. Bake.

Manual settings:

Place the glass baking dish on the glass tray inside the oven. Bake using the settings indicated for cooking stages 2 and 3.

Mix the lemon juice and sugar together to form a thick glaze.

Prick the cake several times with a wooden skewer while still warm and brush with the lemon drizzle topping.

Leave to cool in the glass dish.

Cakes

Automatic programme settings

Cakes | Lemon drizzle cake

Programme duration: approx.
30 minutes

Manual settings

Cooking stage 1

Oven functions: Fan plus

Temperature: 160 °C

Booster: On

Pre-heat: On

Crisp function: Off

Cooking stage 2

Oven functions: MW + Fan plus

Temperature: 160 °C

Power level: 80 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 20 minutes

Shelf level: 1

Cooking stage 3

Temperature: 160 °C

Power level: 150 W

Duration: 10 minutes

Melt-in-your-mouth treats

From muffins and biscuits through to choux buns, everyone will try these tasty morsels of fun. As they say, “good things come in small packages”.

From muffins and biscuits through to choux buns, everyone will try these tasty morsels of fun. As they say, “good things come in small packages”.

Baked goods

Biscuits

Total time required: 135 minutes

Makes 70 biscuits (2 glass trays)

For the biscuits

250 g plain white flour

½ tsp baking powder

80 g caster sugar

1 tsp vanilla paste

½ tsp rum essence

3 tsp water

120 g softened butter

For greasing

1 tsp butter

Accessories

Rolling pin

Biscuit cutters

Glass tray

Method

Mix together the flour, baking powder and sugar. Add the rest of the ingredients and quickly knead to form a smooth dough. Chill for at least 60 minutes.

Grease the glass tray. Roll out the dough to a thickness of approximately 3 mm, cut out the biscuits and place them on the glass tray.

Place the biscuits in the oven compartment and bake.

Automatic programme settings

Cookies/ Muffins | Biscuits

Programme duration: approx. 5 minutes

Manual settings

Oven functions: Fan plus

Temperature: 140–150 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 25–35 minutes

Shelf level: 2

Tip

The quantities for the ingredients are for 2 glass trays. For 1 glass tray, halve the quantities or bake the biscuits one batch after the other.

Blueberry muffins

Total time required: 50 minutes

Makes 12

Ingredients

225 g plain white flour
110 g caster sugar
8 g baking powder
1 tsp vanilla paste
A pinch of salt
1 tbsp honey
2 medium eggs
100 ml buttermilk
60 g softened butter
250 g blueberries
1 tbsp plain white flour

Accessories

12-cup muffin tin with cup \varnothing 5 cm
12 paper cases, \varnothing 5 cm
Wire rack

Method

Mix together the flour, sugar, baking powder and salt. Add the vanilla paste, honey, eggs, buttermilk and butter, and stir briefly.

Mix together the blueberries and flour and carefully fold into the mixture.

Line the muffin tin with the paper cases. Using 2 tablespoons, distribute the mixture evenly between the muffin cups.

Place the muffin tin on the wire rack in the oven and bake.

Automatic programme settings

Cookies/ Muffins | Blueberry muffins
Programme duration: approx.
35 minutes

Manual settings

Oven functions: Conventional heat
Temperature: 160–170 °C
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 35–45 minutes
Shelf level: 1

Tip

Highbush blueberries are best. Use frozen blueberries straight from the freezer without defrosting them.

Baked goods

Almond macarons

Total time required: 35 minutes
Makes 30 biscuits (2 glass trays)

Ingredients

100 g bitter almonds, blanched
200 g sweet almonds, blanched
600 g caster sugar
A pinch of salt
4 medium eggs, white only

Accessories

Glass tray
Baking parchment
Piping bag with plain nozzle

Method

Blitz the almonds in batches in a food processor, adding approximately one third of the sugar.

Mix together the almonds, the remaining sugar, the salt and enough egg white to create a paste.

Line the glass tray with baking parchment. Using a piping bag, pipe little balls of the mixture onto the glass tray.

Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Moisten the back of a spoon and use it to spread out the macarons.

Automatic programme:

Place the almond macarons in the oven compartment and bake until golden brown.

Manual settings:

Place the almond macarons in the oven and bake using the settings indicated for cooking stages 2 and 3.

Allow the macarons to cool, then remove them from the baking parchment.

Automatic programme settings

Cookies/ Muffins | Almond macarons
Programme duration: approx.
17 minutes

Manual settings

Cooking stage 1
Oven functions: Fan plus
Temperature: 200 °C
Booster: On
Pre-heat: On
Crisp function: Off

Cooking stage 2
Temperature: 190 °C
Duration: 12 minutes
Shelf level: 2

Cooking stage 3
Temperature: 180 °C
Duration: 1–7 minutes

Tip

You can replace the bitter almonds with sweet almonds and half a teaspoon of bitter almond essence.

Shortbread biscuits

Total time required: 35 minutes
Makes 50 biscuits (2 glass trays)

For the dough

160 g softened butter
50 g brown sugar
50 g icing sugar
1 tsp vanilla paste
A pinch of salt
200 g plain white flour
1 medium egg, white only

For greasing

1 tsp butter

Accessories

Piping bag
Star nozzle, 9 mm
Glass tray

Method

Beat butter until creamy. Add the sugar, icing sugar, vanilla paste and salt and beat until soft. Then fold in the flour followed by the egg white.

Grease the glass tray. Put the dough in a piping bag and pipe it onto the glass tray in strips measuring approximately 5–6 cm in length.

Place the shortbread biscuits in the oven compartment and bake until golden.

Automatic programme settings

Cookies/ Muffins | Drop cookies
Programme duration: approx.
25 minutes

Manual settings

Oven functions: Fan plus
Temperature: 150–160 °C
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 20–30 minutes
Shelf level: 2

Tip

The quantities for the ingredients are for 2 glass trays. For 1 glass tray, halve the quantities or bake the biscuits one batch after the other.

Baked goods

Vanilla biscuits

Total time required: 110 minutes
Makes 90 biscuits (2 glass trays)

For the dough

280 g plain white flour
210 g softened butter
70 g caster sugar
100 g ground almonds

For coating

70 g vanilla or caster sugar

For greasing

1 tbsp butter

Accessories

Glass tray

Method

Knead together the flour, butter, sugar and almonds until you have a smooth dough. Chill the dough for approximately 30 minutes.

Grease the glass tray. Divide the dough into small pieces weighing approximately 7 g each. Roll the pieces and then shape them into crescents, and place them on the glass tray.

Place the vanilla biscuits in the oven and bake until pale yellow.

Coat with vanilla or caster sugar while still warm.

Automatic programme settings

Cookies/ Muffins | Vanilla biscuits
Programme duration: approx.
30 minutes

Manual settings

Oven functions: Fan plus
Temperature: 140–150 °C
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 25–35 minutes
Shelf level: 2

Walnut muffins

Total time required: 95 minutes

Makes 12

Ingredients

80 g raisins

40 ml rum

120 g softened butter

120 g caster sugar

1 tsp vanilla paste

2 medium eggs

140 g plain white flour

1 tsp baking powder

120 g roughly chopped walnuts

Accessories

12-cup muffin tin with cup Ø 5 cm

Paper cases, Ø 5 cm

Wire rack

Method

Drizzle the rum over the raisins and leave to soak for approximately 30 minutes.

Beat butter until creamy. Gradually mix in the sugar, vanilla paste and eggs. Sift together the flour and baking powder and mix in. Stir in the walnuts. Finally, add the rum and raisins.

Line the muffin tin with the paper cases. Distribute the mixture evenly between the muffin cases.

Place the muffin tin on the wire rack in the oven and bake.

Automatic programme settings

Cookies/ Muffins | Walnut muffins

Programme duration: approx.

40 minutes

Manual settings

Oven functions: Fan plus

Temperature: 150–160 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 30–40 minutes

Shelf level: 2

Bread

A soft crumb wrapped in a crispy crust

Freshly baked bread still warm from the oven is one of the easiest things to make. Whether enjoyed as a weekend breakfast treat with lashings of butter and jam or as a hearty snack after a hard day's work, bread is loved by everyone. Freshly baked bread still warm from the oven is one of the easiest things to make. Whether enjoyed as a weekend breakfast treat with lashings of butter and jam or as a hearty snack after a hard day's work, bread is loved by everyone.

Baguettes

Total time required: 100 minutes

Makes 2 loaves of 10 slices each

For the dough

21 g fresh yeast

270 ml cold water

500 g strong white flour

2 tsp salt

½ tsp caster sugar

1 tbsp softened butter

For glazing

1 tbsp water

For greasing

1 tsp butter

Accessories

Glass tray

Method

Stir the yeast into the water to dissolve it. Add to the flour, salt, sugar and butter and knead for 6–7 minutes until you have a smooth dough.

Form the dough into a ball, cover with a damp cloth and place in the oven. Prove the dough using the settings indicated for proving phase 1.

Grease the glass tray. Divide the dough in half. Shape each half into a baguette measuring 35 cm in length and then place the baguettes lengthways across the glass tray. Make several diagonal cuts about 1 cm deep in the loaves. Cover the dough with a damp cloth and prove it using the settings indicated for proving phase 2.

Brush the dough with water. Place the baguettes in the oven compartment and bake.

Settings

Prove dough

Proving phase 1

Special applications | Prove dough

Temperature: 30 °C

Proving time: 30 minutes

Proving phase 2

Special applications | Prove dough

Temperature: 30 °C

Proving time: 15 minutes

Baking

Automatic programme settings

Bread | Baguettes

Programme duration: approx.

30 minutes

Manual settings

Oven functions: Fan plus

Temperature: 190–200 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 30–40 minutes

Shelf level: 2

Bread

Flatbread

Total time required: 85 minutes
Makes 1 flatbread with 8 servings

For the dough

42 g fresh yeast
200 ml cold water
375 g strong white flour
1½ tsp salt
2 tbsp olive oil

For glazing

Water
½ tbsp olive oil

For sprinkling

½ tbsp nigella seeds

For greasing

1 tsp butter

Accessories

Glass tray

Method

Stir the yeast into the water to dissolve it. Add to the flour, salt and oil and knead for 6–7 minutes until you have a smooth dough.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the indicated settings.

Grease the glass tray. Roll the dough out flat to a diameter of approximately 25 cm and place it on the glass tray.

Brush with a thin layer of water, sprinkle on the nigella seeds and gently press them into the flatbread dough. Brush with olive oil.

Leave to prove at room temperature for another 10 minutes.

Automatic programme:

Start the automatic programme and place the bread dough inside the oven.

Manual settings:

Place the bread dough in the oven and prove using the settings indicated for proving phase 2. Then bake the bread according to the settings.

Settings

Prove dough

Special applications | Prove dough
Temperature: 30 °C
Proving time: 30 minutes

Baking

Automatic programme settings

Bread | Flat bread
Programme duration: approx.
35 minutes

Manual settings

Oven functions: Conventional heat
Temperature: 200–210 °C
Booster: On
Pre-heat: Off
Crisp function: Off
Duration: 25–35 minutes
Shelf level: 1

Tip

Try kneading the following into the dough: 50 g roasted onions and 2 tsp Herbes de Provence or 50 g chopped black olives, 1 tbsp chopped pine nuts and 1 tsp rosemary.

Plaited loaf

Total time required: 140 minutes

Makes one 16-slice loaf

For the dough

42 g fresh yeast
150 ml lukewarm whole milk
500 g strong white flour
70 g caster sugar
100 g butter
1 medium egg
1 tsp lemon zest
2 pinches of salt

For glazing

2 tbsp whole milk

For sprinkling

20 g flaked almonds
20 g crystal sugar

For greasing

1 tbsp butter

Accessories

Glass tray

Method

Stir the yeast into the milk to dissolve it. Add to the flour, sugar, butter, egg, lemon zest and salt and knead for 6–7 minutes until you have a smooth dough.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the settings indicated for proving phase 1.

Grease the glass tray. Divide the dough into 3 strands, each weighing 300 g and measuring 40 cm in length. Plait the 3 strands and place the dough on the glass tray.

Brush the plaited dough with milk and then sprinkle over the almonds and sugar crystals.

Automatic programme:

Start the automatic programme and then place the plaited dough in the oven.

Manual settings:

Prove the dough using the settings indicated for proving phase 2. Then bake the loaf.

Bread

Settings

Prove dough

Proving phase 1

Special applications | Prove dough

Temperature: 30 °C

Proving time: 30 minutes

Proving phase 2

Special applications | Prove dough

Temperature: 30 °C

Proving time: 15 minutes

Baking

Automatic programme settings

Bread | Plaited loaf

Programme duration: approx.

50 minutes

Manual settings

Oven functions: Fan plus

Temperature: 160–170 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 35–45 minutes

Shelf level: 2

Tip

Knead 100 g of raisins into the dough if you wish.

Seeded loaf

Total time required: 110 minutes

Makes one 25-slice loaf

For the dough

42 g fresh yeast
420 ml cold water
400 g strong rye flour
200 g strong white flour
3 tsp salt
1 tsp honey
150 g liquid sourdough
20 g linseeds
50 g sunflower seeds
50 g sesame seeds

For sprinkling

1 tbsp sesame seeds
1 tbsp linseeds
1 tbsp sunflower seeds

For glazing

1 tsp water

For greasing

1 tsp butter

Accessories

Loaf tin, 30 cm long
Wire rack

Method

Stir the yeast into the water to dissolve it. Add to the flour, salt, honey and sourdough and knead for 3–4 minutes until you have a soft dough.

Add the linseeds, sunflower seeds and sesame seeds and knead for another 1–2 minutes.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the settings indicated for proving phase 1.

Grease the loaf tin. Lightly knead the dough and transfer it to the loaf tin. Level the top with a wet rubber spatula, brush with water and sprinkle on the mixed seeds.

Place the dough in the oven compartment. Prove the dough using the settings indicated for proving phase 2.

Then take the dough out of the oven. Start the automatic programme or pre-heat the oven.

Place the dough in the oven compartment and bake.

Once baked, remove the bread from the tin and leave to cool on a cooling rack.

Bread

Settings

Prove dough

Proving phase 1

Special applications | Prove dough

Temperature: 30 °C

Proving time: 30 minutes

Proving phase 2

Special applications | Prove dough

Temperature: 30 °C

Proving time: 10–15 minutes

Baking

Automatic programme settings

Bread | Seeded loaf

Programme duration: approx.

80 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 220 °C, 190 °C after

15 minutes

Booster: On

Pre-heat: On

Crisp function: Off

Duration: 55–65 minutes

Shelf level: 1

White loaf (in loaf tin)

Total time required: 140 minutes

Makes one 25-slice loaf

For the dough

21 g fresh yeast

290 ml cold water

500 g strong white flour

2 tsp salt

½ tsp caster sugar

1 tbsp butter

For glazing

Water

For greasing

1 tsp butter

Accessories

Loaf tin, 30 cm long

Wire rack

Method

Stir the yeast into the water to dissolve it. Add to the flour, salt, sugar and butter and knead for 6–7 minutes until you have a smooth dough.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the settings indicated for proving phase 1.

Grease the loaf tin. Lightly knead the dough, shape into a roll measuring approximately 28 cm in length and place in the loaf tin. Score lengthways to a depth of approximately 1 cm.

Cover the dough with a damp cloth and prove it using the settings indicated for proving phase 2.

Brush the dough with water. Place the bread in the oven compartment and bake according to the settings.

Once baked, remove the bread from the tin and leave to cool on a cooling rack.

Settings

Prove dough

Proving phase 1

Special applications | Prove dough

Temperature: 30 °C

Proving time: 30 minutes

Proving phase 2

Special applications | Prove dough

Temperature: 30 °C

Proving time: 15 minutes

Baking

Automatic programme settings

Bread | White bread | Baking tin

Programme duration: approx.

70 minutes

Manual settings

Oven functions: Conventional heat
Temperature: 190–200 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: 50–60 minutes

Shelf level: 1

Bread

White bread (free-form)

Total time required: 130 minutes

Makes one 20-slice loaf

For the dough

21 g fresh yeast

260 ml cold water

500 g strong white flour

2 tsp salt

½ tsp caster sugar

1 tbsp butter

For glazing

Water

For greasing

1 tsp butter

Accessories

Glass tray

Method

Stir the yeast into the water to dissolve it. Add to the flour, salt, sugar and butter and knead for 6–7 minutes until you have a smooth dough.

Shape the dough into a ball and place it in a bowl in the oven compartment. Cover with a damp cloth. Prove the dough using the settings indicated for proving phase 1.

Grease the glass tray. Lightly knead the dough, shape it into a loaf measuring approximately 25 cm in length and place it lengthways across the glass tray. Score several times to a depth of 1 cm.

Cover the dough with a damp cloth and prove it using the settings indicated for proving phase 2.

Brush the dough with water. Place the bread in the oven compartment and bake.

Settings

Prove dough

Proving phase 1

Special applications | Prove dough

Temperature: 30 °C

Proving time: 30 minutes

Proving phase 2

Special applications | Prove dough

Temperature: 30 °C

Proving time: 15 minutes

Baking

Automatic programme settings

Bread | White bread | On tray

Programme duration: approx.

45 minutes

Manual settings

Oven functions: Fan plus

Temperature: 190–200 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: 35–45 minutes

Shelf level: 1

Ginger loaf

Total time required: 120 minutes

Makes one 15-slice loaf

For the bread

25 g fresh yeast

100 ml lukewarm whole milk

500 g strong white flour

A pinch of salt

90 g butter

2 medium eggs

3 tbsp ginger syrup

40 g preserved stem ginger, chopped

1 tsp cinnamon

100 g crystal sugar

For greasing

1 tbsp butter

1 tbsp caster sugar

Accessories

Loaf tin, 25 cm long

Wire rack

Method

Stir the yeast into the milk to dissolve it. Add to the flour, salt, butter, eggs and ginger syrup, and knead to a smooth dough. Shape the dough into a ball and leave it to prove in a bowl for 60 minutes at room temperature.

Grease the tin and sprinkle with sugar.

Knead the chopped ginger, cinnamon and crystal sugar into the dough. Shape the dough into a loaf, place it in the loaf tin and leave to prove for a further 15 minutes.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Sprinkle the sugar over the bread dough.

Automatic programme:

Place the bread dough in the oven and bake until golden brown.

Manual settings:

Place the bread dough in the oven compartment and bake until golden brown using the settings indicated for cooking stages 2 and 3.

Automatic programme settings

Bread | Ginger loaf

Programme duration: approx.
30 minutes

Manual settings

Cooking stage 1

Oven functions: Fan plus

Temperature: 200 °C

Booster: On

Pre-heat: On

Crisp function: Off

Shelf level: 1

Cooking stage 2

Temperature: 190 °C

Duration: 25 minutes

Cooking stage 3

Temperature: 170 °C

Duration: 5–10 minutes

Pizza and Co.

The tastiest treats in the world!

Pizzas, tarts and pies are great favourites for all occasions – as a satisfying family supper, as part of a buffet or as a snack when playing a board game or watching TV. Whether it is the combination of mild flavoured pastry and a hearty filling, or the imaginative twist on traditional dishes, these savoury recipes will whet your appetite and inspire you to try other variations.

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Pizza (yeast-based dough)

Total time required: 85 minutes

4 servings (glass tray) or 2 servings (round baking tray)

For the dough (glass tray)

21 g fresh yeast
140 ml lukewarm water
250 g strong white flour
1 tsp caster sugar
1 tsp salt
½ tsp dried rubbed thyme
1 tsp dried rubbed oregano
1 tsp oil

For the topping (glass tray)

2 onions
1 clove of garlic
400 g tinned tomatoes, peeled and chopped
2 tbsp tomato purée
1 tsp caster sugar
1 tsp dried rubbed oregano
1 bay leaf
1 tsp salt
Pepper
100 g mozzarella
100 g gouda, grated

For frying

1 tbsp olive oil

For the dough (round baking tray)

10 g fresh yeast
70 ml lukewarm water
130 g strong white flour
½ tsp caster sugar
½ tsp salt
Dried rubbed thyme
½ tsp dried rubbed oregano
1 tsp oil

For the topping (round baking tray)

1 onion
½ clove of garlic
200 g tinned tomatoes, peeled and chopped
1 tbsp tomato purée
½ tsp caster sugar
½ tsp dried rubbed oregano
½ bay leaf
½ tsp salt
Pepper
60 g mozzarella
60 g gouda, grated

For frying

1 tsp olive oil

For greasing

1 tsp butter

Accessories

Glass tray or round baking tray with glass tray

Pizza and Co.

Method

Stir the yeast into the water to dissolve it. Add to the flour, sugar, salt, thyme, oregano and oil and knead for 6–7 minutes until you have a smooth dough.

Shape the dough into a ball, place in a bowl and cover with a damp cloth. Leave to prove for 20 minutes at room temperature.

To make the topping, finely dice the onion(s) and garlic. Heat the oil in a pan. Sauté the onions and garlic until translucent. Add the tomatoes, tomato purée, sugar, oregano, bay leaf and salt.

Bring the sauce to the boil and simmer on a gentle heat for a few minutes.

Remove the bay leaf, then season with salt and pepper to taste. Slice the mozzarella.

Grease the glass tray. Roll out the dough and place it on the glass tray or in the round baking tray. Cover with a damp cloth and leave to prove for 10 minutes at room temperature.

Spread the sauce over the dough, leaving a gap of approximately 1 cm all the way round the edge. Top with the mozzarella and sprinkle on the gouda.

Start the automatic programme or pre-heat the oven if necessary (only required if the pizza is on the round baking tray). Place the pizza in the oven compartment and bake.

Automatic programme settings

Pizza & Co. | Pizza | Yeast dough | Glass tray/Round baking tray
Programme duration: 38 minutes

Manual settings

Round baking tray
Oven functions: Conventional heat
Temperature: 210–220 °C
Power level: 150 W
Booster: On
Pre-heat: On
Crisp function: Off
Duration: 20–30 minutes
Shelf level: 1

Glass tray
Oven functions: MW + Fan plus
Temperature: 160–170 °C
Power level: 80 W
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 25–35 minutes
Shelf level: 2

Tip

As an alternative, try topping the pizza with ham, salami, mushrooms, onions or tuna.

Pizza (quark dough)

Total time required: 60 minutes

4 servings (glass tray) or 2 servings (round baking tray)

For the dough (glass tray)

100 g quark
3 tbsp whole milk
3 tbsp oil
2 medium eggs, yolks only
1 tsp salt
1 tsp baking powder
200 g plain white flour

For the topping (glass tray)

2 onions
1 clove of garlic
400 g tinned tomatoes, peeled and chopped
2 tbsp tomato purée
1 tsp caster sugar
1 tsp dried rubbed oregano
1 bay leaf
1 tsp salt
Pepper
100 g mozzarella
100 g gouda, grated

For frying

1 tbsp olive oil

For the dough (round baking tray)

50 g quark, 20 % fat in dry matter
2 tbsp whole milk
2 tbsp oil
½ tsp salt
1 medium egg, yolk only
1 tsp baking powder
110 g plain white flour

For the topping (round baking tray)

1 onion
½ clove of garlic
200 g tinned tomatoes, peeled and chopped
1 tbsp tomato purée
½ tsp caster sugar
½ tsp dried rubbed oregano
½ bay leaf
½ tsp salt
Pepper
60 g mozzarella
60 g gouda, grated

For frying

1 tsp olive oil

For greasing

1 tsp butter

Accessories

Glass tray or round baking tray with glass tray

Pizza and Co.

Method

To make the topping, finely dice the onions and garlic. Heat the oil in a pan. Sauté the onions and garlic until translucent. Add the tomatoes, tomato purée, sugar, oregano, bay leaf and salt.

Bring the sauce to the boil and simmer on a gentle heat for a few minutes.

Remove the bay leaf. Season with salt and pepper to taste. Slice the mozzarella.

To make the dough, start by mixing together the quark, milk, oil, egg yolk and salt. Sift together the flour and baking powder. Mix half the amount into the dough. Then knead in the rest.

Grease the glass tray. Roll out the dough and place it on the glass tray or in the round baking tray.

Spread the sauce over the dough. Leave a gap of approximately 1 cm all the way round the edge. Top with the mozzarella and sprinkle on the gouda.

Start the automatic programme or pre-heat the oven (only required if the pizza is on the baking dish). Place the pizza in the oven compartment and bake.

Automatic programme settings

Pizza & Co. | Pizza | Quark dough |
Glass tray/Round baking tray
Programme duration: 45 minutes

Manual settings

Round baking tray
Oven functions: Conventional heat
Temperature: 190–200 °C
Booster: On
Pre-heat: On
Crisp function: Off
Duration: 20–30 minutes
Shelf level: 2

Glass tray
Oven functions: Fan plus
Temperature: 170–180 °C
Booster: On
Pre-heat: Off
Crisp function: Off
Duration: 25–35 minutes
Shelf level: 2

Tip

As an alternative, try topping the pizza with ham, salami, mushrooms, onions or tuna.

Quiche Lorraine

Total time required: 65 minutes

Serves 4

For the dough

125 g plain white flour

40 ml water

50 g butter

For the topping

25 g smoked streaky bacon

75 g back bacon

100 g cooked ham

1 clove of garlic

25 g fresh parsley

100 g gouda, grated

100 g grated Emmental

For the topping

125 ml double cream

2 medium eggs

Nutmeg

Accessories

Round baking tray Ø 27 cm

Wire rack

Method

Knead the flour, butter and water together until you have a smooth dough.

Allow to rest in the fridge for 30 minutes.

To make the topping, dice the two types of bacon and the ham. Chop the clove of garlic and parsley. Sauté the streaky bacon in a non-stick pan. Add the back bacon and ham and continue cooking. Stir in the garlic and parsley and allow to cool.

To make the filling, mix together the cream, eggs and nutmeg.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven.

Roll out the pastry and place it in the round baking tray. Pull up the edges. Spread the ham and bacon mixture over the dough and scatter cheese on top. Pour the filling over the top.

Place the quiche in the oven compartment and bake.

Automatic programme settings

Pizza & Co. | Quiche Lorraine

Programme duration: 42 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 210–220 °C

Booster: On

Pre-heat: On

Crisp function: On

Duration: 30–40 minutes

Shelf level: 1

Meat

Let's have meat!

Meat such as pork, beef, lamb and game are healthy components of anyone's diet, and add a wealth of variety and enjoyment to it. Poultry is particularly recommended for our well-being. Meat can be prepared and cooked in a range of different ways, and by using diverse seasonings and serving it up with interesting sauces and side dishes, it can constantly be presented in new guises, uniting cultures – both exotic and traditional – through its versatility.

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Stuffed duck

Total time required: 135 minutes

Serves 4

For the duck

1 duck (2 kg), ready to cook

1 tsp salt

Pepper

1 tsp thyme

For the stuffing

2 diced oranges

1 apple, diced

1 onion, diced

½ tsp salt

Pepper

1 tsp dried rubbed thyme

1 bay leaf

For the sauce

350 ml chicken stock

125 ml white wine

125 ml orange juice

1 tsp cornflour

1 tbsp cold water

Salt

Pepper

Accessories

4 wooden skewers

Kitchen twine

Glass oven dish

Food probe

Wire rack

Method

Season the duck with the salt, pepper and thyme.

To make the stuffing, mix together the diced orange, apple and onion. Season with the salt, pepper, thyme and bay leaf.

Fill the duck with the stuffing and seal it with the wooden skewers and kitchen twine.

Place the duck, breast side up, in the glass oven dish. Insert the food probe. Place the glass oven dish on the wire rack inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the duck.

Manual settings:

Cook the duck according to the settings. After 30 minutes, pour over ¼ l of liquid and cook until done.

At the end of the cooking duration, remove the duck from the oven. Skim off any fat and pour the juices into a saucepan. Add the rest of the chicken stock, the white wine and the orange juice to make the sauce.

Stir the cornflour into the water and then add it to the sauce to aid thickening. Then bring to the boil. Season with salt and pepper to taste.

Automatic programme settings

Meat | Poultry | Duck

Programme duration: approx.

110 minutes

Manual settings

Oven functions: MW + Auto roast

Temperature: 170–180 °C

Power level: 80 W

Core temperature: 95 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: approx. 110–120 minutes

Shelf level: 1

Meat

Goose (unstuffed)

Total time required: 100 minutes

Serves 4

Ingredients

1 goose (4.5 kg), ready to cook

2 tbsps salt

500 ml vegetable stock

Accessories

Gourmet oven dish

Food probe

Glass tray

Method

Rub the goose inside and out with salt.

Place the goose breast side up in the Gourmet oven dish. Insert the food probe. Place the Gourmet oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the goose.

Manual settings:

Cook the goose. After 30 minutes, pour chicken stock over the bird. Baste with the juices every 30 minutes and cook until done.

Automatic programme settings

Meat | Poultry | Goose | unstuffed

Programme duration: approx.

85 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 160–170 °C

Power level: 80 W

Core temperature: 95 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: approx. 140–160 minutes

Shelf level: 1

Roast chicken

Total time required: 75 minutes

Serves 2

Ingredients

1 chicken (1.2 kg), ready to cook

2 tbsp oil

1½ tsp salt

2 tsp sweet paprika

1 tsp curry powder

Accessories

Kitchen twine

Food probe

Wire rack

Glass tray

Method

Mix the oil with the salt, paprika and curry powder, then coat the chicken with the mixture.

Tie the legs together with kitchen twine and put the chicken, breast side up, on the wire rack. Insert the food probe.

Place the wire rack on the glass tray and slide it into the oven with the legs of the bird pointing towards the door. Roast the chicken.

Automatic programme settings

Meat | Poultry | Chicken | Whole

Programme duration: approx.

50 minutes

Manual settings

Oven functions: MW + Auto roast

Temperature: 170–180 °C

Power level: 150 W

Core temperature: 85 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: approx. 40–50 minutes

Shelf level: 1

Meat

Chicken breast in mustard sauce

Total time required: 30 minutes

Serves 4

Ingredients

250 ml crème fraîche
1 clove of garlic, crushed
4 tbsp sweet mustard
1½ tsp salt
½ tsp dried rubbed sage
4 chicken breast fillets (200 g each),
ready to cook

Accessories

Glass oven dish with lid
Glass tray

Method

To make the sauce, mix together the crème fraîche, garlic, mustard, salt and sage.

Place the chicken breast fillets in the glass oven dish and spread the sauce over the top.

Place the covered glass oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the chicken breast fillets.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the sauce and turn the chicken breast fillets over. Cook the chicken breasts using the settings indicated for cooking stage 2.

Automatic programme settings

Meat | Poultry | Mustard chicken
Programme duration: approx.
21 minutes

Manual settings

Cooking stage 1
Oven functions: Microwave
Power level: 850 W
Duration: 4 minutes
Shelf level: 1

Cooking stage 2
Power level: 450 W
Duration: 17 minutes

Tip

As an alternative, try using wholegrain mustard instead.

Chicken breast with aubergine

Total time required: 70 minutes + 4 hours for marinating

Serves 4

For the chicken breasts

4 chicken breast fillets, ready to cook
 5 tbsp olive oil
 2 cloves of garlic, finely chopped
 10 g fresh root ginger, finely grated
 1¼ tsp cumin
 1 tsp turmeric
 ¼ tsp sweet paprika
 1 onion, finely sliced
 1 small aubergine, diced
 2½ tbsp honey
 8 fresh dates, quartered
 2½ tbsp lemon juice
 Salt
 Pepper
 125 g plain yoghurt

For sprinkling

2½ tbsp fresh parsley, finely chopped

Accessories

Glass tray
 Microwave-safe ovenproof dish

Method

Halve the chicken breast fillets. Mix half of the oil with the garlic, ginger, cumin, turmeric and paprika. Add the chicken breasts and marinate in the fridge for at least 4 hours.

Place the onions, aubergine and the rest of the oil in an ovenproof dish.

Place the ovenproof dish on the glass tray inside the oven compartment.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the chicken breasts.

Manual settings:

Cook using the settings indicated for cooking stage 1. Add the honey, dates and chicken; stir and cook, uncovered, using the settings indicated for cooking stage 2.

Before serving, add half of the lemon juice. Season with salt and pepper to taste. Leave to stand for 5 minutes.

Mix the yoghurt with the rest of the lemon juice and pour over the chicken. Garnish with the parsley.

Automatic programme settings

Meat | Poultry | Chicken breast and aubergine

Programme duration: approx.
 30 minutes

Manual settings

Cooking stage 1
 Oven functions: Microwave
 Power level: 600 W
 Duration: 10 minutes
 Shelf level: 1

Cooking stage 2
 Oven functions: MW + Fan grill
 Temperature: 180 °C
 Power level: 300 W
 Booster: Off
 Pre-heat: Off
 Crisp function: Off
 Duration: 20 minutes

Tip

Serve with couscous or rice.

Meat

Chicken thighs

Total time required: 75 minutes

Serves 4

For the chicken thighs

2 tbsp oil

1½ tsp salt

Pepper

1 tsp paprika

4 chicken thighs (200 g each), ready to cook

For the vegetables

4 tbsp oil

1 red pepper, roughly chopped into equal sized pieces

1 yellow pepper, roughly chopped into equal sized pieces

1 aubergine, roughly chopped into equal sized pieces

1 courgette, roughly chopped into equal sized pieces

2 red onions, roughly diced

2 cloves of garlic, lightly crushed

2 sprigs of fresh rosemary

4 sprigs of fresh thyme

200 g cherry tomatoes, halved

200 ml tomato passata

100 ml vegetable stock

½ tsp salt

Pepper

1 tsp caster sugar

Hot paprika

Accessories

Wire rack

Glass tray

Gourmet oven dish

Method

Mix together the oil, salt, pepper and paprika, then coat the chicken thighs with the mixture. Place the chicken thighs on the glass tray and slide into the oven compartment to cook.

To cook the vegetables, heat the oil in the Gourmet oven dish on the hob on a medium to high heat. Sauté the peppers and aubergine for around 4 minutes, stirring frequently. Add the courgette, onions and garlic and fry on a medium heat for around 5 minutes, stirring frequently.

Tie together the rosemary and thyme. Add the herbs, halved tomatoes, tomato passata and stock; briefly bring to the boil on a medium to high heat. Simmer on a medium heat for approximately 15 minutes, stirring several times.

Season with salt, pepper, sugar and paprika to taste.

Automatic programme settings

Meat | Poultry | Chicken | Chicken thighs

Programme duration: approx. 35 minutes

Manual settings

Oven functions: MW + Auto roast

Temperature: 190–200 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: 30–40 minutes

Shelf level: 2

Turkey (stuffed)

Total time required: 200 minutes

Serves 8

For the stuffing

125 g raisins
2 tbsp fortified wine (Madeira)
3 tbsp oil
3 onions, diced
100 g parboiled rice
150 ml water
½ tsp salt
100 g pistachio nuts, shelled
Salt
Pepper
Curry powder
Garam masala

For the turkey

1 turkey (5 kg), ready to cook
1 tbsp salt
2 tsp pepper
500 ml chicken stock

For the sauce

250 ml water
150 ml crème fraîche
2 tbsp cornflour
2 tbsp cold water
Salt
Pepper

Accessories

6 wooden skewers
Kitchen twine
Gourmet oven dish
Food probe
Glass tray

Method

To make the stuffing, drizzle the fortified wine over the raisins. Sauté the onions in oil. Add the rice, sauté briefly and deglaze with the water. Add the salt. Briefly bring to the boil and allow the rice to swell on a gentle heat. Add the pistachio nuts and steeped raisins and mix them in. Season with salt, pepper, curry powder and garam masala to taste.

Season the turkey with salt and pepper. Fill the turkey with the stuffing and seal it with the wooden skewers and kitchen twine. If necessary, loosely tie the legs together. Place the turkey breast side up in the Gourmet oven dish and insert the food probe.

Place the Gourmet oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the turkey.

Manual settings:

Cook the turkey. After 30 minutes, pour the chicken stock over the bird. Baste with the juices every 30 minutes and cook until done.

Remove the turkey from the oven and dilute the juices with water. Add the crème fraîche. Stir the cornflour into the water and then add it to the sauce to aid thickening. Then bring to the boil. Season with salt and pepper to taste.

Meat

Automatic programme settings

Meat | Turkey | Whole

Programme duration: approx.

160 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 150–160 °C

Power level: 80 W

Core temperature: 85 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: approx. 180–220 minutes

Shelf level: 1

Turkey thigh

Total time required: 125 minutes

Serves 4

For the turkey thigh

2 tbsp oil

1 tsp salt

Pepper

1 turkey thigh (1.2 kg), on the bone, ready to cook

250 ml water

For the sauce

150 ml water

200 ml double cream

200 g mango chutney

1 tin apricot halves (280 g), drained and cut into pieces

Salt

Pepper

Accessories

Glass tray

Gourmet oven dish

Food probe

Method

Mix together the oil, salt and pepper, then coat the turkey thigh with it. Place the turkey thigh, skin side up, in the Gourmet oven dish and insert the food probe. Place the Gourmet oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the turkey thigh.

Manual settings:

Cook the turkey thigh. Pour on water after 45 minutes and cook until done.

Remove the turkey thigh from the oven. To make the sauce, dilute the juices with water. Add the cream and chutney and briefly bring to the boil.

Add the apricot pieces to the sauce. Season with salt and pepper to taste. Bring back to the boil.

Automatic programme settings

Meat | Poultry | Turkey | Turkey drumsticks

Programme duration: approx. 120 minutes

Manual settings

Oven functions: MW + Auto roast

Temperature: 170–180 °C

Power level: 80 W

Core temperature: 85 °C

Booster: On

Pre-heat: Off

Crisp function: Off

Duration: approx. 60–80 minutes

Shelf level: 1

Meat

Fillet of veal (low temperature cooking)

Total time required: 100 minutes

Serves 4

For the fillet of veal

2 tbsp oil

1 tsp salt

Pepper

1 kg fillet of veal, ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Mix together the oil, salt and pepper, then coat the veal fillet with the mixture.

Heat the oil in a pan and sear the veal fillet all over (approximately 1 minute per side).

Remove the veal fillet from the pan and insert the food probe.

Place the veal fillet on the wire rack and cook.

Automatic programme settings

Meat | Veal | Fillet of veal | Low temp. cooking

Programme duration: approx. 100 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 80–100 °C

Core temperature: 45 °C (pink), 57 °C (medium), 66 °C (well-done)

Duration: approx. 40–

60 minutes (pink),

70–80 minutes (medium),

90–120 minutes (well-done)

Shelf level: 1

Roast fillet of veal

Total time required: 65 minutes

Serves 4

For the fillet of veal

2 tbsp oil

1 tsp salt

Pepper

1 kg fillet of veal, ready to cook

For frying

2 tbsp oil

For the sauce

30 g dried morels

300 ml boiling water

1 onion

30 g butter

150 ml double cream

30 ml white wine

3 tbsp cold water

1 tbsp cornflour

Salt

Pepper

Sugar

Accessories

Wire rack

Glass tray

Food probe

Fine sieve

Method

Start the automatic programme or pre-heat the oven.

Heat the oil in a pan and sear the veal fillet all over (approximately 1 minute per side).

Remove the fillet of veal. Mix together the oil, salt and pepper, then coat the veal fillet with the mixture.

Place the veal fillet on the wire rack and insert the food probe. Place the wire rack on the glass tray inside the oven and cook the fillet of veal.

To make the sauce, pour the boiling water on the morels and leave to soak for 15 minutes.

Dice the onion. Drain the morels with a sieve, keeping the water for later. Squeeze the water out of the morels and dice finely.

Sauté the onions in butter for 5 minutes. Add the morels and sauté for another 5 minutes.

Add the water from the mushrooms, the cream and the wine, and bring to the boil. Stir the cornflour into the cold water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt, pepper and sugar to taste.

Meat

Automatic programme settings

Meat | Veal | Fillet of veal | Roast
Programme duration: approx.
40 minutes

Manual settings

Oven functions: Conventional heat
Temperature: 180–190 °C
Core temperature: 45 °C (pink),
57 °C (medium), 75 °C (well-done)
Booster: On
Pre-heat: On
Crisp function: Off
Duration: approx. 25–35 minutes (pink),
35–45 minutes (medium),
45–55 minutes (well-done)
Shelf level: 1

Tip

Porcini mushrooms can be used instead
of dried morels.

Veal knuckle

Total time required: 150 minutes

Serves 4

For the veal knuckle

2 tbsp oil
 1½ tsp salt
 ½ tsp pepper
 1 veal knuckle (1.5 kg), ready to cook
 1 onion
 1 clove
 2 carrots
 80 g celery
 1 tbsp tomato purée
 800 ml veal stock

For the sauce

75 ml double cream
 1½ tbsp cornflour
 2 tbsp cold water
 Salt
 Pepper

Accessories

Gourmet oven dish
 Wire rack
 Food probe
 Hand-held blender
 Fine sieve

Method

Mix together the oil, salt and pepper, then coat the veal knuckle with the mixture.

Quarter the onion and stick the clove into it. Peel and roughly dice the celery and carrots.

Place the vegetables, tomato purée and veal knuckle in the Gourmet oven dish. Insert the food probe. Place the Gourmet oven dish on the wire rack inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the veal knuckle.

Manual settings:

Cook the veal knuckle. Pour on veal stock after 30 minutes and cook until done.

Remove the veal knuckle and vegetables from the oven. Take the clove out of the onion.

Place the vegetables and juices in a saucepan and blend to make a purée. Pass the purée through a sieve, pour in the cream and bring to the boil.

Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt and pepper to taste.

Automatic programme settings

Meat | Veal | Veal knuckle
 Programme duration: approx.
 100 minutes

Manual settings

Oven functions: Conventional heat
 Temperature: 190–200 °C
 Core temperature: 76 °C
 Booster: On
 Pre-heat: Off
 Crisp function: Off
 Duration: approx. 90–100 minutes
 Shelf level: 1

Meat

Roast saddle of veal

Total time required: 60 minutes

Serves 4

For the saddle of veal

2 tbsp oil

1 tsp salt

Pepper

1 kg saddle of veal, ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Heat the oil in a pan and sear the saddle of veal all over (approximately 1 minute per side).

Remove the saddle of veal from the pan. Mix together the oil, salt and pepper, then coat the saddle of veal with the mixture.

Insert the food probe. Place the saddle of veal on the wire rack. Place the wire rack on the glass tray inside the oven and cook.

Automatic programme settings

Meat Veal | Loin of veal | Roast

Programme duration: approx.

50 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 180–190 °C

Core temperature: 45 °C (pink),

57 °C (medium), 75 °C (well-done)

Booster: On

Pre-heat: On

Crisp function: Off

Duration: approx.

40–50 minutes (pink),

50–60 minutes (medium),

60–70 minutes (well-done)

Shelf level: 1

Saddle of veal (low temperature cooking)

Total time required: 150 minutes

Serves 4

For the saddle of veal

2 tbsp oil

1 tsp salt

Pepper

1 kg saddle of veal, ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Mix together the oil, salt and pepper, then coat the saddle of veal with the mixture.

Heat the oil in a pan and sear the saddle of veal all over (approximately 1 minute per side).

Remove the saddle of veal from the pan and insert the food probe.

Place the saddle of veal on the wire rack and cook.

Automatic programme settings

Meat | Veal | Loin of veal | Low temp. cooking

Programme duration:
approx. 80 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 80–100 °C

Core temperature: 45 °C (pink),
57 °C (medium), 66 °C (well-done)

Duration:

approx. 70–90 minutes (pink),

100–130 minutes (medium),

130–150 minutes (well-done)

Shelf level: 1

Meat

Braised veal

Total time required: 150 minutes

Serves 4

For the joint

2 tbsp oil

1 tsp salt

Pepper

1 kg veal (leg or flank), ready to cook

2 carrots, roughly diced

2 tomatoes, roughly diced

2 onions, roughly diced

2 marrow bones (veal or beef)

500 ml veal stock

250 ml water

For the sauce

250 ml double cream

1 tsp cornflour

1 tbsp cold water

Salt

Pepper

For frying

2 tbsp oil

Accessories

Wire rack

Gourmet oven dish with lid

Glass tray

Hand-held blender

Fine sieve

Method

Start the automatic programme or pre-heat the oven. Heat the oil for frying in the Gourmet oven dish and sear the veal all over (approximately 1 minute per side).

Remove the veal. Mix together the oil, salt and pepper, then coat the veal with the mixture. Mix the veal stock and water.

Sauté the vegetables in the Gourmet oven dish. Add the marrow bones and meat. Pour on the water and half of the veal stock. Cover the Gourmet oven dish, then place on the glass tray inside the oven and cook.

Automatic programme:

Follow the instructions on the display and cook the veal.

Manual settings:

Remove the lid after 95 minutes. After another 5 minutes, pour on ½ l of liquid and cook until done.

Remove the veal, bones and half of the vegetables. Place the remaining vegetables and juices in a saucepan and blend to make a purée. Pass the purée through a sieve, add the cream and bring to the boil.

Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt and pepper to taste.

Automatic programme settings

Meat | Veal | Braised veal

Programme duration:

approx. 90 minutes

Manual settings

Oven functions: Fan plus

Temperature: 160–170 °C

Booster: On

Pre-heat: On

Crisp function: Off

Duration: 120–130 minutes

Shelf level: 1

Leg of lamb

Total time required: 110 minutes

Serves 6

For the leg of lamb

3 tbsp oil
1½ tsp salt
½ tsp pepper
2 cloves of garlic, crushed
3 tsp Herbes de Provence
1 leg of lamb (1.5 kg), ready to cook

For pouring over

100 ml red wine
400 ml vegetable stock

For the sauce

50 ml crème fraîche
3 tbsp cold water
3 tsp cornflour
Salt
Pepper

Accessories

Glass oven dish with lid
Food probe
Wire rack

Method

Mix the oil with salt, pepper, garlic and herbs; then coat the leg of lamb with it.

Place the leg of lamb in the glass oven dish and insert the food probe.

Cover the glass oven dish and place on the wire rack inside the oven.

Automatic programme:

Start the automatic programme. Follow the instructions on the display and cook the leg of lamb.

Manual settings:

Cook the leg of lamb. After 30 minutes, remove the lid. Pour over the red wine and vegetable stock, and cook until done.

Take the leg of lamb out of the oven. To make the sauce, dilute the juices with water. Add the crème fraîche and briefly bring to the boil. Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt and pepper to taste.

Automatic programme settings

Meat | Lamb | Leg of lamb
Programme duration: approx.
100 minutes

Manual settings

Oven functions: MW + Auto roast
Temperature: 170–180 °C
Power level: 80 W
Core temperature: 76 °C
Booster: On
Pre-heat: Off
Crisp function: Off
Duration: approx. 90–110 minutes
Shelf level: 1

Meat

Roast saddle of lamb

Total time required: 55 minutes

Serves 4

For the saddle of lamb

2 tbsp oil

1 tsp salt

Pepper

3 loins of lamb (300 g each), ready to cook

For frying

1 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Start the automatic programme or pre-heat the oven.

Heat the oil in a pan and sear the loins of lamb all over (approximately 1 minute per side).

Remove the loins of lamb from the pan. Mix the oil, salt and pepper, then coat the loins of lamb with the mixture.

Place the loins of lamb on the wire rack and insert the food probe. Place the wire rack on the glass tray inside the oven. Cook.

Automatic programme settings

Meat | Lamb | Saddle of lamb | Roast

Programme duration: approx.

45 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 180–190 °C

Core temperature: 53 °C (pink),

65 °C (medium), 80 °C (well-done)

Booster: On

Pre-heat: On

Crisp function: Off

Duration: approx. 10–15 minutes (pink),

15–20 minutes (medium),

20–25 minutes (well-done)

Shelf level: 1

Saddle of lamb (low temperature cooking)

Total time required: 110 minutes

Serves 4

Ingredients

2 tbsp oil

1 tsp salt

Pepper

3 loins of lamb (300 g each), ready to cook

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Mix the oil with the salt and pepper, then coat the loins of lamb with it.

Heat the oil in a pan. Sear the loins of lamb all over (approximately 1 minute per side).

Remove the loins of lamb from the pan and insert the food probe.

Place the loins of lamb on the wire rack and cook.

Automatic programme settings

Meat | Lamb | Saddle of lamb | Low temp. cooking

Programme duration: approx. 100 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 95–105 °C

Core temperature: 53 °C (pink), 65 °C (medium), 68 °C (well-done)

Duration: approx.

35–45 minutes (pink),

75–85 minutes (medium),

90–100 minutes (well-done)

Shelf level: 1

Meat

Roast fillet of beef

Total time required: 65 minutes

Serves 4

For the beef fillet

2 tbsp oil

1 tsp salt

Pepper

1 kg beef fillet, ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Start the automatic programme or pre-heat the oven.

Remove the beef fillet. Heat the oil in a pan and sear the beef fillet all over (approximately 1 minute per side).

Mix together the oil, salt and pepper, then coat the beef fillet with the mixture.

Place the beef fillet on the wire rack and insert the food probe. Place the wire rack on the glass tray inside the oven. Cook the beef fillet.

Automatic programme settings

Meat | Beef | Fillet of beef | Roast

Programme duration: approx.

50 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 180–190 °C

Core temperature: 45 °C (rare),

54 °C (medium), 75 °C (well-done)

Booster: On

Pre-heat: On

Crisp function: Off

Duration: approx. 20–30 minutes (rare),

35–45 minutes (medium),

50–60 minutes (well-done)

Shelf level: 1

Fillet of beef (low temperature cooking)

Total time required: 95 minutes

Serves 4

For the beef fillet

2 tbsp oil

1 tsp salt

Pepper

1 kg beef fillet, ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Mix together the oil, salt and pepper, then coat the beef fillet with the mixture.

Heat the oil in a pan and sear the beef fillet all over (approximately 1 minute per side).

Remove the beef fillet from the pan and insert the food probe.

Place the beef fillet on the wire rack and cook.

Automatic programme settings

Meat | Beef | Fillet of beef | Low temp. cooking

Programme duration: approx.

60 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 80–100 °C

Core temperature: 45 °C (rare),

54 °C (medium), 66 °C (well-done)

Duration: approx. 50–70 minutes (rare),

70–90 minutes (medium),

100–120 minutes (well-done)

Shelf level: 1

Meat

Beef hash

Total time required: 250 minutes

Serves 8

Ingredients

30 g butter

3 tbsp oil

1.2 kg diced beef, ready to cook

Salt

Pepper

500 g onions, finely diced

2 bay leaves

4 cloves

1 tbsp brown sugar

2 tbsp plain white flour

1.2 l beef stock

70 ml vinegar

Accessories

Glass oven dish

Wire rack

Method

Heat the butter in a pan. As soon as it begins to bubble, add a dash of oil and heat.

Season the beef with salt and pepper and sear it on all sides.

Add the onions, bay leaves, cloves and brown sugar and cook for a further 3 minutes.

Dust the beef with flour and fry for a further 2–3 minutes.

Add the beef stock and vinegar, stirring constantly until you have a smooth sauce.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Place the beef hash in the glass oven dish.

Manual settings:

Adjust settings as indicated for cooking stage 2.

Place the glass oven dish inside the oven and cook. Stir halfway through cooking.

Before serving, season again with salt and pepper.

Automatic programme settings

Meat | Beef | Beef hash

Programme duration: approx.

210 minutes

Manual settings

Cooking stage 1

Oven functions: Fan plus

Temperature: 180 °C

Booster: On

Pre-heat: On

Crisp function: Off

Shelf level: 1

Cooking stage 2

Oven functions: MW + Fan plus

Temperature: 180 °C

Power level: 300 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 180 minutes

Braised beef

Total time required: 145 minutes

Serves 4

For the joint

2 tbsp oil

1 tsp salt

Pepper

1 kg beef (leg or shoulder), ready to cook

200 g carrots, roughly diced

2 onions, roughly diced

50 g celery, roughly diced

1 bay leaf

500 ml beef stock

250 ml water

For frying

2 tbsp oil

For the sauce

250 ml water

125 ml crème fraîche

1 tsp cornflour

1 tbsp cold water

Salt

Pepper

Accessories

Gourmet oven dish with lid

Glass tray

Fine sieve

Hand-held blender

Method

Start the automatic programme or pre-heat the oven.

Heat the oil in the Gourmet oven dish. Sear the beef all over (approximately 1 minute per side).

Remove the beef from the dish. Mix together the oil, salt and pepper, then coat the beef with this.

Sauté the vegetables in the Gourmet oven dish. Add the beef and bay leaf. Pour on the water and half of the beef stock.

Place the Gourmet oven dish on the glass tray inside the oven.

Automatic programme:

Follow the instructions on the display and cook the beef.

Manual settings:

After 105 minutes, pour over $\frac{1}{2}$ l of liquid. After a further 10 minutes, remove the lid and cook the beef until done.

Remove the beef and bay leaf. Add water as required. To make the sauce, place the vegetables and juices in a saucepan and blend to make a purée. Pass the purée through a sieve, add the crème fraîche and bring to the boil.

Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt and pepper to taste.

Meat

Automatic programme settings

Meat | Beef | Braised beef

Programme duration: approx.

120 minutes

Manual settings

Oven functions: Fan plus

Temperature: 150–160 °C

Booster: On

Pre-heat: On

Crisp function: Off

Duration: approx. 120–130 minutes

Shelf level: 1

Roast sirloin joint

Total time required: 95 minutes

Serves 4

For the sirloin

2 tbsp oil

1 tsp salt

Pepper

1 kg sirloin joint, ready to cook

For frying

2 tbsp oil

For the remoulade

150 g plain yoghurt

150 g mayonnaise

2 gherkins

2 tbsp capers

1 tbsp parsley

2 shallots

1 tbsp chives

½ tsp lemon juice

Salt

Sugar

Accessories

Wire rack

Glass tray

Food probe

Method

Start the automatic programme or pre-heat the oven.

Heat the oil in a pan and sear the sirloin joint all over (approximately 1 minute per side).

Remove the sirloin joint from the pan. Mix together the oil, salt and pepper, then coat the beef joint with the mixture.

Place the sirloin joint on the wire rack and insert the food probe. Place the wire rack on the glass tray inside the oven. Cook.

To make the remoulade, mix together the yoghurt and mayonnaise until smooth. Finely chop the gherkins, capers and parsley. Finely dice the shallots and finely chop the chives. Add all of this to the yoghurt and mayonnaise mixture.

Season the remoulade with lemon juice, salt and sugar to taste.

Automatic programme settings

Meat | Beef | Sirloin joint | Roast

Programme duration: approx.

50 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 180–190 °C

Core temperature: 45 °C (rare),

54 °C (medium), 75 °C (well-done)

Booster: On

Pre-heat: On

Crisp function: Off

Duration: approx. 35–45 minutes (rare),

45–55 minutes (medium),

55–65 minutes (well-done)

Shelf level: 1

Meat

Roast sirloin joint (low temperature cooking)

Total time required: 130 minutes

Serves 4

For the sirloin

2 tbsp oil

1 tsp salt

Pepper

1 kg sirloin joint, ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Mix together the oil, salt and pepper, then coat the beef joint with the mixture.

Heat the oil in a pan and sear the sirloin joint all over (approximately 1 minute per side).

Remove the sirloin joint from the pan and insert the food probe.

Place the sirloin joint on the wire rack and cook.

Automatic programme settings

Meat | Beef | Sirloin joint | Low temp. cooking

Programme duration: approx. 100 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 80–100 °C

Core temperature: 45 °C (rare), 54 °C (medium), 66 °C (well-done)

Duration: approx.

50–60 minutes (rare),

75–100 minutes (medium),

115–130 minutes (well-done)

Shelf level: 1

Meat loaf

Total time required: 75 minutes

Serves 10

Ingredients

1 kg pork mince
3 medium eggs
200 g breadcrumbs
1 tsp paprika
Salt
Pepper

Accessories

Glass tray

Method

Mix the mince with the eggs, breadcrumbs, paprika, salt and pepper.

Form the mince into a loaf shape and place it on the glass tray.

Automatic programme:

Place the glass tray inside the oven and cook the meat loaf.

Manual settings:

Place the glass tray inside the oven and cook the meat loaf using the settings indicated for cooking stages 1, 2 and 3.

Automatic programme settings

Meat | Pork | Meat loaf
Programme duration: approx.
62 minutes

Manual settings

Cooking stage 1
Oven functions: Fan plus
Temperature: 220 °C
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 12 minutes
Shelf level: 2

Cooking stage 2
Oven functions: MW + Fan plus
Power level: 150 W
Temperature: 160 °C
Crisp function: Off
Duration: 45 minutes

Cooking stage 3
Oven functions: Grill
Level: 3
Crisp function: Off
Duration: 5–10 minutes

Meat

Roast gammon

Total time required: 90 minutes

Serves 4

For the gammon

1 kg gammon (loin), ready to cook

For the pesto

50 g pine nuts

60 g sundried tomatoes in oil

30 g flat leaf parsley

30 g basil

1 clove of garlic

50 g hard cheese (Parmesan), grated

5 tbsp sunflower oil

5 tbsp olive oil

Accessories

Glass tray

Food probe

Hand-held blender

Method

Place the gammon joint on the glass tray and insert the food probe. Place the glass tray inside the oven and cook.

To make the pesto, toast the pine nuts in a pan. Roughly chop the tomatoes, parsley, basil and garlic. Blend them together with the pine nuts, Parmesan and sunflower oil to make a purée. Stir in the olive oil.

Automatic programme settings

Pork | Gammon joint | Roast

Programme duration: approx.

40 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 150–160 °C

Power level: 80 W

Core temperature: 63 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: approx. 45–55 minutes

Shelf level: 1

Tip

If your sundried tomatoes are dry-packed, 30 g will be enough. Before using them, pour boiling water over them and leave to soak for approximately 10 minutes. Then drain off the water.

Gammon (low temperature cooking)

Total time required: 170 minutes

Serves 4

For the gammon

1 kg gammon (loin), ready to cook

For frying

1 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Heat the oil in a pan. Sear the gammon joint all over (approximately 1 minute per side).

Remove the gammon joint from the pan and insert the food probe.

Place the gammon joint on the wire rack and cook.

Automatic programme settings

Pork | Gammon joint | Low temp. cooking

Programme duration: approx. 110 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 95–105 °C

Core temperature: 63 °C

Duration: approx. 140–160 minutes

Shelf level: 1

Meat

Meatballs

Total time required: 40 minutes

Serves 4

For the meatballs

40 g breadcrumbs

110 ml water

1 onion

250 g pork mince

250 g beef mince

1 medium egg

1 tsp salt

Pepper

For the sauce

40 g softened butter

40 g plain white flour

500 ml meat stock, cold

2 tbsp double cream

1 tbsp capers

1 tsp caster sugar

Accessories

Glass oven dish with lid

Glass tray

Method

Mix together the water and breadcrumbs and leave to soak.

Finely dice the onions. Add the mince and onions to the breadcrumbs. Add the egg, salt and pepper, and knead into a meat dough. Shape into 8 meatballs and place in the glass oven dish.

To make the sauce, mix together the butter and flour. Divide this mixture into small portions and place next to the meatballs. Add the meat stock.

Place on the glass tray inside the oven compartment. Start the automatic programme or cover and cook using the settings indicated for cooking stage 1.

Place the covered glass oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the meatballs.

Manual settings:

Cook as indicated for cooking stage 1. Add the cream, capers and sugar. Stir the sauce and cook the meatballs using the settings indicated for cooking stage 2.

Automatic programme settings

Meat | Pork | Meatballs in caper sauce

Programme duration: approx.

14 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 10 minutes

Shelf level: 1

Cooking stage 2

Power level: 450 W

Duration: 4 minutes

Roast ham

Total time required: 150 minutes

Serves 4

For the joint

2 tbsp oil

2 tbsp mustard

1 tsp salt

½ tsp pepper

½ tsp paprika

1 kg ham joint (topside or silverside), ready to cook

250 ml vegetable stock

For the sauce

250 ml vegetable stock

100 ml crème fraîche

1 tsp cornflour

1 tbsp cold water

Salt

Pepper

Sugar

Accessories

Glass oven dish with lid

Food probe

Wire rack

Method

Mix together the mustard, salt, pepper and paprika and then coat the ham joint with the mixture.

Place the uncooked ham in the glass oven dish and insert the food probe. Cover the glass oven dish and place on the wire rack inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the ham.

Manual settings:

Cook the ham. After 30 minutes, remove the lid. After another 10 minutes, pour on ¼ l of liquid and cook until done.

Remove the ham from the oven. Dilute the juices with water and put them in a saucepan. Add the crème fraîche and bring to the boil. Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt, pepper and sugar to taste.

Automatic programme settings

Meat | Pork | Ham roast

Programme duration: approx.

95 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 150–160 °C

Power level: 80 W

Core temperature: 85 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: approx. 85–105 minutes

Shelf level: 1

Meat

Roast pork tenderloin

Total time required: 60 minutes

Serves 4

For the pork tenderloin

2 tbsp oil

1 tsp salt

Pepper

3 pork tenderloins (350 g each), ready to cook

For frying

2 tbsp oil

For the sauce

500 g shallots

20 g butter

1 tbsp caster sugar

100 ml white wine

400 ml vegetable stock

4 tbsp balsamic vinegar

3 tsp honey

½ tsp salt

Pepper

1½ tsp cornflour

2 tbsp cold water

Accessories

Wire rack

Glass tray

Food probe

Method

Start the automatic programme or pre-heat the oven.

Heat the oil in a pan. Sear the pork tenderloins all over (approximately 1 minute per side).

Mix together the oil, salt and pepper, then coat the pork tenderloins with the mixture.

Place the pork tenderloins on the wire rack and insert the food probe. Place the wire rack on the glass tray inside the oven. Cook the pork tenderloins.

To make the sauce, halve the shallots lengthways and slice finely. Heat the butter in a pan. Sweat the shallots in the butter on a medium heat until they are lightly browned.

Sprinkle the sugar over the shallots and caramelize on a low heat. Deglaze with the wine, vegetable stock and balsamic vinegar. Simmer on a medium heat for approximately 30 minutes.

Season the sauce with honey, salt and pepper to taste. Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil.

Automatic programme settings

Pork | Pork tenderloin | Roast

Programme duration: approx.

45 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 150–160 °C

Core temperature: 60 °C (pink),

66 °C (medium), 75 °C (well-done)

Booster: On

Pre-heat: On

Crisp function: Off

Duration: approx. 25–35 minutes (pink),

35–45 minutes (medium),

45–55 minutes (well-done)

Shelf level: 1

Pork tenderloin (low temperature cooking)

Total time required: 130 minutes

Serves 4

For the pork tenderloin

2 tbsp oil

1 tsp salt

Pepper

3 pork tenderloins (350 g each), ready to cook

For frying

2 tbsp oil

Accessories

Wire rack

Glass tray

Food probe

Method

Place the wire rack on the glass tray inside the oven. Start the automatic programme or special application.

Mix together the oil, salt and pepper, then coat the pork tenderloins with the mixture.

Heat the oil in a pan. Sear the pork tenderloins all over (approximately 1 minute per side).

Remove the pork tenderloins from the pan and insert the food probe.

Place the pork tenderloins on the wire rack and cook.

Automatic programme settings

Pork | Pork tenderloin | Low temp. cooking

Programme duration: approx. 110 minutes

Manual settings

Special applications | Low temp. cooking

Temperature: 90–100 °C

Core temperature: 60 °C (pink), 66 °C (medium), 69 °C (well-done)

Duration: approx. 60–75 minutes (pink), 75–85 minutes (medium), 85–95 minutes (well-done)

Shelf level: 1

Meat

Pork tenderloin in a Roquefort sauce

Total time required: 45 minutes

Serves 4

Ingredients

200 g blue cheese (Roquefort)
2 onions, diced
2 tbsp parsley, chopped
125 ml double cream
50 ml white wine
3 tbsp oil
½ tsp salt
Pepper
1 kg pork tenderloin, ready to cook

Accessories

Glass oven dish with lid
Glass tray

Method

Break up the blue cheese with a fork.
Add the onions and parsley.

Add the cream, wine and oil. Season with salt and pepper.

Place the pork tenderloins in the glass oven dish and pour the sauce over the top.

Place the glass oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the pork tenderloins.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the sauce and turn the pork tenderloins over. Cook the pork tenderloins using the settings indicated for cooking stage 2.

Automatic programme settings

Meat | Pork | Pork tenderloin with Roquefort
Programme duration: approx. 19 minutes

Manual settings

Cooking stage 1
Oven functions: Microwave
Power level: 850 W
Duration: 8 minutes
Shelf level: 1

Cooking stage 2
Power level: 450 W
Duration: 11 minutes

Haunch of hare

Total time required: 150 minutes + 12 hours for marinating

Serves 6

Ingredients

2 hare haunches (400 g each), ready to cook

500 ml buttermilk

Salt

Pepper

2 tbsp clarified butter

50 ml red wine

200 ml double cream

6 juniper berries

2 bay leaves

50 g back or streaky bacon, sliced

250 ml stock

150 ml water

2 tbsp cornflour

2 tbsp water

Accessories

Gourmet oven dish with lid

Glass tray

Method

Trim any membranes from the hare haunches and place in buttermilk. Leave in the fridge to marinate for at least 12 hours.

Remove the hare haunches from the buttermilk, pat dry and trim the meat fully. Season with salt and pepper.

Start the automatic programme or pre-heat the oven.

Place the clarified butter in the Gourmet oven dish and heat on the hob. Sear the hare haunches all over. Deglaze with the red wine and half of the cream. Add the juniper berries and bay leaves. Top the haunches with the slices of bacon.

Automatic programme:

Follow the instructions on the display and cook the haunches.

Manual settings:

After 20 minutes, pour on $\frac{1}{4}$ l of liquid and cook the haunches until done.

Cover the Gourmet oven dish, then place on the glass tray inside the oven and cook.

After 15 minutes, add the stock; then cover the dish again and continue cooking.

Remove the hare haunches from the oven; add the rest of the cream and water to the juices. Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil.

Automatic programme settings

Meat | Game | Haunch of hare

Programme duration: approx.

60 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 140–150 °C

Booster: Off

Pre-heat: On

Crisp function: Off

Duration: 120–130 minutes

Shelf level: 1

Meat

Rabbit

Total time required: 100 minutes

Serves 4

For the rabbit

1.3 kg rabbit, ready to cook

1 tsp salt

Pepper

2 tbsp Dijon mustard

30 g butter

100 g bacon, diced

2 onions, diced

1 tsp dried rubbed thyme

125 ml white wine

125 ml water

For the sauce

1 tbsp Dijon mustard

100 ml crème fraîche

1 tbsp cornflour

2 tbsp water

Salt

Pepper

Accessories

Gourmet oven dish with lid

Glass tray

Method

Cut the rabbit into 6 pieces. Season with salt and pepper, and brush with mustard.

Start the automatic programme or pre-heat the oven.

Heat the butter in the gourmet oven dish. Sear the bacon and rabbit pieces all over. Add the onions and thyme and continue frying. Deglaze with the white wine and water.

Cover the Gourmet oven dish, then place on the glass tray inside the oven and cook the rabbit.

Remove the rabbit pieces from the oven dish. To make the sauce, add the mustard and crème fraîche and bring to the boil on the hob.

Stir the cornflour into the water and then add it to the sauce to aid thickening. Briefly bring back to the boil. Season with salt and pepper to taste.

Automatic programme settings

Meat | Game | Rabbit

Programme duration: approx.

82 minutes

Manual settings

Oven functions: Conventional heat

Temperature: 140–150 °C

Booster: Off

Pre-heat: On

Crisp function: Off

Duration: 60–70 minutes

Shelf level: 1

Saddle of venison

Total time required: 110 minutes + 24 hours for marinating

Serves 4

For the marinade

500 ml red wine

250 ml water

1 carrot, diced

3 onions, diced

For the saddle of venison

1.2 kg saddle of venison, ready to cook

1 tsp salt

1 tsp coarsely ground pepper

½ tsp ground sage

½ tsp thyme

60 g streaky bacon, sliced

500 ml stock or game stock

For the sauce

350 g morello cherries from a jar
(drained weight)

200 ml morello cherry juice (from the
jar)

200 ml double cream

150 ml water or marinade

1 tbsp cornflour

1 tbsp water or marinade

Salt

Pepper

Sugar

Accessories

Wire rack

Glass tray

Kitchen twine

Food probe

Gourmet oven dish

Method

To make the marinade, place the wine, water, carrots and onions in a pan and bring to the boil. While the liquid is still lukewarm, pour it over the saddle of venison; leave to marinate in the fridge for 24 hours.

Remove and dry the saddle of venison. Put the marinade to one side. Mix together the salt, pepper and herbs, then rub them into the saddle of venison. Wrap the saddle of venison in bacon, securing it with kitchen twine if necessary.

Place the saddle of venison in a Gourmet oven dish and insert the food probe. Place the Gourmet oven dish on the wire rack inside the oven. Cook.

After 30 minutes, pour over the stock or game stock, then continue cooking.

To make the sauce, add some game stock to the Gourmet oven dish to dilute the juices. Drain the morello cherries, collecting the juice. Remove the saddle of venison; add the morello cherry juice, cream and water (or marinade) to the juices.

Stir the cornflour into the water and then add it to the sauce to aid thickening. Bring everything to the boil and add the morello cherries. Season with salt, pepper and sugar to taste, plus the marinade if desired.

Meat

Automatic programme settings

Meat | Game | Saddle of venison
Programme duration: approx.
50 minutes

Manual settings

Oven functions: Conventional heat
Temperature: 160–170 °C
Core temperature: 60 °C (pink),
72 °C (medium), 81 °C (well-done)
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: approx. 55–65 minutes (pink),
65–75 minutes (medium),
75–85 minutes (well-done)
Shelf level: 1

Saddle of roebuck

Total time required: 80 minutes + 24 hours for marinating

Serves 6

For the saddle of roebuck

1.2 kg saddle of roebuck, boned
1½ l buttermilk
1 tsp game seasoning (mixed spices)
1 tsp salt
Pepper

For frying

30 g clarified butter

For the sauce

125 ml red wine
800 ml game stock
125 ml crème fraîche
1 tbsp cornflour
2 tbsp cold water
Salt
Pepper
Game seasoning (mixed spices)

Accessories

Gourmet oven dish
Wire rack
Glass tray
Food probe

Method

Trim any membranes from the saddle and leave in buttermilk for 24 hours. Turn over several times throughout this period.

Remove the saddle from the buttermilk, pat dry and trim the meat fully. Season with game seasoning, salt and pepper.

Start the automatic programme or pre-heat the oven.

Heat the clarified butter in the Gourmet oven dish and sear the saddle of roebuck all over. If necessary, trim off any excess meat.

Remove the saddle of roebuck from the dish, place it on the wire rack and insert the food probe. Place the wire rack on the glass tray inside the oven. Cook.

To make the sauce, add the red wine and game stock to the Gourmet oven dish to dilute the juices. Add the crème fraîche. Stir the cornflour into the water and then add it to the sauce to aid thickening. Bring to the boil. Season with salt, pepper, sugar and game seasoning to taste.

Meat

Automatic programme settings

Meat | Game | Roebuck saddle
Programme duration: approx.
35 minutes

Manual settings

Oven functions: Conventional heat
Temperature: 140–150 °C
Core temperature: 60 °C (pink),
72 °C (medium), 81 °C (well-done)
Booster: Off
Pre-heat: On
Crisp function: Off
Duration: approx.
30–40 minutes (pink),
40–50 minutes (medium),
50–60 minutes (well-done)
Shelf level: 1

Tip

Serve with 6 pear halves. Remove these from the tin and heat them gently. Then arrange them, core side up, around the saddle of roebuck, filling each one with 1 tsp cranberry sauce.

Come to the table!

Many tasty meals flatter the taste buds far more than the figure, so it's comforting to know that fish dishes are notable exceptions to this and are every bit as healthy as they are tasty. In this chapter you will find a variety of fish specialities from around the world to enjoy.

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Fish

Fish curry

Total time required: 50 minutes

Serves 4

Ingredients

1 fresh pineapple (400 g)
1 red pepper
1 banana
600 g rose fish or other firm white fish fillets, ready to cook
3 tbsp lemon juice
125 ml white wine
125 ml pineapple juice
1½ tsp cornflour
½ tsp cayenne pepper
2 tbsp curry powder
1½ tsp salt
1 tsp caster sugar

Accessories

Glass oven dish with lid
Glass tray

Method

Peel and quarter the pineapple, remove the core and dice the flesh. Thinly slice the pepper and slice the banana.

Roughly dice the fish and place in the glass oven dish. Drizzle with lemon juice. Add the pineapple, pepper and banana, and mix well.

Mix the white wine and pineapple juice together with the cornflour, cayenne pepper, curry powder, salt and sugar. Spread the sauce over the fish.

Place the covered glass oven dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the fish curry.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the sauce and continue cooking the fish curry using the settings indicated for cooking stage 2.

Automatic programme settings

Fish | Fish curry
Programme duration: approx.
25 minutes

Manual settings

Cooking stage 1
Oven functions: Microwave
Power level: 850 W
Duration: 9 minutes
Shelf level: 1

Cooking stage 2
Power level: 450 W
Duration: 16 minutes

Tip

Serve with rice.

Trout

Total time required: 45 minutes

Serves 4

For the fish

4 trout (250 g each), ready to cook

2 tbsp lemon juice

Salt

Pepper

For the stuffing

200 g fresh mushrooms

½ onion

1 clove of garlic

25 g parsley

Salt

Pepper

3 tbsp butter

For greasing

1 tsp butter

Accessories

Glass tray

Food probe

Method

Drizzle the lemon juice over the trout.

Season with salt and pepper inside and out.

To make the stuffing, clean the mushrooms. Finely chop the onion, garlic, mushrooms and parsley, and mix well. Season the mixture with salt and pepper.

Grease the glass tray. Stuff the trout with the mixture and place them side by side on the glass tray. Insert the food probe. Dot with small chunks of butter.

Place the glass tray inside the oven and cook.

Automatic programme settings

Fish | Trout

Programme duration: approx.

20 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 160–170 °C

Power level: 150 W

Core temperature: 75 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: approx. 15–25 minutes

Shelf level: 1

Tip

Serve with slices of lemon and browned butter.

Fish

Carp

Total time required: 65 minutes

Serves 6

Ingredients

450 ml water

50 ml vinegar

50 ml white wine

1 farmed carp, gutted, with scales (1.5 kg), ready for cooking

Salt

1 bay leaf

5 peppercorns

Accessories

Glass oven dish

Wire rack

Food probe

Method

Mix the water with the vinegar and white wine, and bring to the boil on the hob.

Carefully wash the carp under water with the scales still on, taking care not to damage the protective layer of slime.

Salt the inside of the carp and pour half of the vinegar mixture over the top.

Place the carp in the glass oven dish. Insert the food probe. Add the rest of the vinegar mixture along with the bay leaf and peppercorns.

Place the glass oven dish on the wire rack inside the oven and cook the carp.

Automatic programme settings

Fish | Carp

Programme duration: approx.

40 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 160–170 °C

Power level: 150 W

Core temperature: 75 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: approx. 45–55 minutes

Shelf level: 1

Tip

Serve with slices of lemon and browned butter.

Salmon trout

Total time required: 65 minutes

Serves 4

For the fish

1 salmon trout (1 kg), whole, ready to cook
Juice of 1 lemon
Salt

For the stuffing

2 shallots
2 cloves of garlic
2 slices of white bread
50 g small capers
1 medium egg, yolk only
2 tbsp olive oil
Chilli powder
Pepper

For greasing

1 tsp butter

Accessories

Wooden skewers
Glass tray
Food probe

Method

Drizzle the lemon juice over the salmon trout. Season with salt inside and out.

To make the stuffing, finely dice the shallots, garlic and bread. Mix together the capers, egg yolk, olive oil, shallots, garlic and bread. Season with salt, pepper and chilli powder.

Stuff the salmon trout with the mixture. Seal the opening with small wooden skewers.

Grease the glass tray. Place the salmon trout on the glass tray and insert the food probe. Place the glass tray inside the oven and cook the salmon trout.

Automatic programme settings

Fish | Salmon trout
Programme duration: approx.
40 minutes

Manual settings

Oven functions: MW + Fan plus
Temperature: 160–170 °C
Power level: 150 W
Core temperature: 75 °C
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: approx. 35–45 minutes
Shelf level: 1

Fish

Salmon fillet

Total time required: 40 minutes

Serves 4

For the fish

4 salmon fillets (200 g each), ready to cook

2 tbsp lemon juice

Salt

Pepper

3 tbsp butter

1 tsp dill, chopped

For greasing

1 tsp butter

Accessories

Glass tray

Food probe

Method

Grease the glass tray.

Place the salmon fillets on the glass tray. Drizzle with lemon juice. Season with salt and pepper. Dot the salmon pieces with small chunks of butter and sprinkle with dill. Insert the food probe.

Place the glass tray inside the oven and cook.

Automatic programme settings

Fish | Salmon fillet

Programme duration: approx.

20 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 160–170 °C

Power level: 150 W

Core temperature: 75 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: approx. 20–30 minutes

Shelf level: 1

The pleasure of your company

When it comes to bakes and gratins, there are so many possibilities – you will struggle to find a dish with so many variations. The choice of ingredients is endless and you can combine them with seasonal produce and store-cupboard staples. What's more, they are incredibly easy to prepare and extremely popular with guests. And if you happen to have leftovers, they taste great after reheating.

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Bakes and gratins

Chicory gratin

Total time required: 70 minutes

Serves 5

For the chicory

8 heads of chicory

50 g butter

5 tsp sugar

Salt

Pepper

8 slices of cooked ham (3–4 mm thick)

For the cheese sauce

30 g butter

40 g plain white flour

750 ml semi-skimmed milk

125 g cheese, grated

1 medium egg, yolk only

Nutmeg

Salt

Pepper

A dash of lemon juice

For sprinkling

125 g cheese, grated

Accessories

Ovenproof dish

Wire rack

Method

Remove the hard, bitter part from each head of chicory.

Melt the butter in a pan. Sauté the chicory until golden brown. Then steam on a low heat for 25 minutes.

Season with sugar, salt and pepper.

Wrap each chicory head in a slice of cooked ham. Lay them side by side in the ovenproof dish.

To make the cheese sauce, melt the butter in a saucepan. Stir in the flour and brown gently. Now add the milk,

stirring vigorously, bring to the boil and add the cheese, egg yolk, nutmeg, salt, pepper and lemon juice.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Pour the cheese sauce over the chicory and scatter cheese over the top.

Manual settings:

Adjust settings as indicated for cooking stage 2.

Place inside the oven and bake until golden brown.

Automatic programme settings

Bakes & gratins | Chicory gratin

Programme duration: approx.

30 minutes

Manual settings

Cooking stage 1

Oven functions: Conventional heat

Temperature: 200 °C

Booster: On

Pre-heat: On

Crisp function: Off

Shelf level: 1

Cooking stage 2

Temperature: 180 °C

Duration: 25–40 minutes

Chicken and mushroom pie

Total time required: 60 minutes

Serves 4

For the pie

1 shallot, finely chopped
2 cloves of garlic, finely chopped
1 small leek, sliced into rings
8 slices of streaky bacon, cut into strips
200 g mushrooms, diced roughly into 1 cm pieces
150 g oyster mushrooms, diced roughly into 1 cm pieces
1½ tsp dried thyme
Parsley, finely chopped
1½ tsp wholegrain mustard
Salt
Pepper
150 ml white wine
50 g butter
60 g plain white flour
250 ml double cream
500 ml chicken stock
250 g puff pastry
2 chicken breast fillets, ready to cook, diced roughly into 1 cm pieces
4 chicken thighs (skinless and boneless), ready to cook, diced roughly into 1 cm pieces
2 medium eggs, yolks only

For frying

1 tbsp oil

For greasing

1 tsp butter

Accessories

Tall round pie dish, microwave safe, Ø 26 cm
Wire rack

Method

Heat the oil in a pan. Sauté the shallots. Add the garlic, leek and bacon, and cook until the bacon is golden brown.

Add both types of mushrooms and continue cooking.

Spoon into a bowl. Add the herbs and mustard. Season with salt and pepper.

To make the sauce, pour the white wine into a saucepan and reduce over a low heat. Add the butter and let it melt. Stir in the flour to make a smooth paste. Add the cream and stock and bring to the boil, stirring constantly until the sauce is thick and smooth. Pour the sauce into a bowl.

Cut the pastry so that it covers the dish.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Mix the mushroom and shallot mixture with the sauce and season to taste. Stir in the diced chicken and transfer into the dish.

Brush the edge of the dish with egg yolk and lay the pastry on it. Trim off any excess pastry and cut a small cross in the top with a sharp knife to allow steam to escape during cooking. Brush with egg yolk.

Manual settings:

Adjust settings as indicated for cooking stage 2.

Bakes and gratins

Place the chicken and mushroom pie in the oven and cook.

Automatic programme settings

Bakes & gratins | Chicken and mushroom pie

Programme duration: approx.

25 minutes

Manual settings

Cooking stage 1

Oven functions: Fan plus

Temperature: 200 °C

Booster: On

Pre-heat: On

Crisp function: On

Shelf level: 1

Cooking stage 2

Oven functions: MW + Fan plus

Temperature: 200 °C

Power level: 300 W

Duration: 25 minutes

Potato and cheese gratin

Total time required: 55 minutes

Serves 4

For the gratin

600 g floury potatoes

75 g gouda, grated

For the topping

250 ml double cream

1 tsp salt

Pepper

Nutmeg

For sprinkling

75 g gouda, grated

For greasing

1 clove of garlic

Accessories

Ovenproof dish, Ø 26 cm

Wire rack

Method

Rub the ovenproof dish with the garlic clove.

To make the topping, mix together the cream, salt, pepper and nutmeg.

Peel the potatoes and cut them into slices 3–4 mm thick. Mix the potatoes with the cheese and the cream mixture, and transfer to the ovenproof dish.

Sprinkle with the gouda.

Place the potato and cheese gratin on the wire rack in the oven and cook until golden brown.

Bakes and gratins

Automatic programme settings

Bakes & gratins | Potato & cheese
gratin
Programme duration: approx.
28 minutes

Manual settings

Oven functions: MW + Fan plus
Temperature: 170–180 °C
Power level: 300 W
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 25–35 minutes
Shelf level: 1

Lasagne

Total time required: 100 minutes

Serves 4

For the lasagne

8 lasagne sheets (not pre-cooked)

For the bolognese sauce

50 g smoked streaky bacon, finely diced

2 onions, diced

375 g mince, half beef and half pork

800 g tinned tomatoes, skinned

30 g tomato purée

125 ml stock

1 tsp fresh thyme, chopped

1 tsp fresh oregano, chopped

1 tsp fresh basil, chopped

Salt

Pepper

For the mushroom sauce

20 g butter

1 onion, diced

100 g fresh mushrooms, sliced

2 tbsp plain white flour

250 ml double cream

250 ml whole milk

Salt

Pepper

Nutmeg

2 tbsp fresh parsley, chopped

For sprinkling

200 g gouda, grated

Accessories

Ovenproof dish, 32 cm x 22 cm

Wire rack

Method

To make the bolognese sauce, start by heating the pan. Fry the diced bacon, add the mince and continue to fry, stirring constantly. Add the onions and sauté them. Chop the tomatoes. Add the tomatoes, tomato juice, tomato purée and stock. Season with herbs, salt and pepper. Allow the sauce to simmer for approximately 5 minutes.

To make the mushroom sauce, sauté the onions in butter. Add the mushrooms and sauté briefly. Sprinkle with flour and stir. Deglaze with the cream and milk. Season with nutmeg, salt and pepper. Allow the sauce to simmer for approximately 5 minutes. Finally, add the parsley.

To make the lasagne, layer up the ingredients in the ovenproof dish in the order listed below:

- One third of the bolognese sauce
- 4 lasagne sheets
- One third of the bolognese sauce
- Half of the mushroom sauce
- 4 lasagne sheets
- One third of the bolognese sauce
- Half of the mushroom sauce

Sprinkle the lasagne with the gouda and place it on the wire rack in the oven; cook until golden brown.

Bakes and gratins

Automatic programme settings

Bakes & gratins | Lasagne

Programme duration: approx.
30 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 170–180 °C

Power level: 300 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 30–40 minutes

Shelf level: 1

Pasta bake

Total time required: 80 minutes

Serves 4

For the pasta

150 g pasta (penne),
cooking instructions indicated on pack:

11 minutes

1½ l water

3 tsp salt

For the bake

1½ tbsp butter

2 onions, diced

1 pepper, diced into 1 cm pieces

2 small carrots, sliced

150 ml crème fraîche

75 ml whole milk

Salt

Pepper

300 g beef tomatoes, roughly diced

100 g cooked ham, diced

150 g feta cheese with herbs, diced

For sprinkling

100 g gouda, grated

Accessories

Ovenproof dish, 24 cm x 24 cm

Wire rack

Method

Cook the pasta in salted water for

5 minutes.

Sauté the onions in butter. Add the pepper and carrots and sauté for a further 5 minutes.

Mix together the crème fraîche and milk, then add to the vegetables. Season liberally with salt and pepper.

Place the pasta, tomatoes, ham and feta cheese in the ovenproof dish. Stir in the vegetable sauce.

Sprinkle the pasta bake with gouda.

Place the pasta bake on the wire rack in the oven. Bake until golden brown.

Automatic programme settings

Bakes & gratins | Pasta bake

Programme duration: approx.

30 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 170–180 °C

Power level: 300 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 30–40 minutes

Shelf level: 1

Tip

You can also make the bake with 350 g of cooked pasta left over from the previous day.

Bakes and gratins

Paella

Total time required: 120 minutes

Serves 8

For the paella

300 g long grain rice

2 onions

2 cloves of garlic

1 red pepper

2 tomatoes

300 g chicken breast, diced and ready to cook

200 g peas, frozen

300 g calamari rings, frozen

300 g shrimps, frozen

200 g shelled mussels, frozen

Ingredients

750 ml stock

6 tbsp olive oil

1 tsp sweet paprika

½ tsp ground saffron

Salt

Pepper

Accessories

Glass tray

Method

Spread the rice over the glass tray.

Finely dice the onion and garlic cloves.

Cut the pepper into strips and the tomatoes into rough chunks. Spread the vegetables over the rice.

Place the chicken breast, peas, calamari rings, shrimps and mussels over the vegetables.

To make the sauce, mix together the stock, olive oil, paprika and saffron. Season with salt and pepper to taste. Place the glass tray in the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the paella.

Manual settings:

Cook the paella according to the settings. Stir every 30 minutes and cook until done.

Automatic programme settings

Bakes & gratins | Paella

Programme duration: approx.

75 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 120–130 °C

Power level: 150 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 60–70 minutes

Courgette moussaka

Total time required: 65 minutes

Serves 4

For the moussaka

5 courgettes, sliced
1 onion, sliced
2 peppers, thinly sliced
1 clove of garlic, finely chopped
1 tin of whole tomatoes (400 g)
2 tbsp tomato purée
35 g mint, chopped
Salt
Pepper
150 g Swiss cheese
(e.g. Gruyère), sliced
3 tbsp plain white flour
500 g yoghurt, 3.5 % fat
2 medium eggs
180 g cheese, grated

For frying

2½ tbsp olive oil

For greasing

1 tbsp butter

Accessories

Microwave-safe ovenproof dish
Wire rack

Method

Heat the oil in a pan. Sauté the courgette slices in batches until golden brown and put to one side.

Sauté the onions, garlic and sliced peppers for 4 minutes in the same pan. Add the tomatoes, tomato purée and mint. Season with salt and pepper.

Grease the ovenproof dish. Arrange half of the courgette slices in the bottom, then add half of the tomato sauce, fol-

lowed by the cheese slices. Cover with tomato sauce and finally arrange the remaining courgette slices evenly on top.

Combine the flour, yoghurt, eggs and cheese, then pour over the moussaka.

Place the ovenproof dish on the wire rack inside the oven. Cook.

Automatic programme settings

Bakes & gratins | Courgette moussaka
Programme duration: approx.
35 minutes

Manual settings

Oven functions: MW + Fan grill
Temperature: 180 °C
Power level: 300 W
Booster: Off
Pre-heat: Off
Crisp function: Off
Duration: 35 minutes
Shelf level: 1

Tip

Aubergine, squash or sweet potato make good alternatives to the courgettes.

Vegetables and side dishes

The unsung heroes

The very fact that we consume potatoes, rice or pasta almost daily without tiring of them is testament to the influence they have, both on our well-being and as part of a healthy, balanced and tasty diet. With countless preparation methods, they are so much more than just a supporting act. Just like fresh vegetables, which come to the market in a delicious plethora of colours and tastes, they complement and enhance any main dish in many different ways.

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Jacket potatoes

Total time required: 35 minutes

Serves 4

For the potatoes

4 baking potatoes (200 g each)

1 tbsp oil

Salt

Pepper

To serve

4 tsp butter

Accessories

Glass tray

Method

Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Prick the potatoes several times with a fork. Mix the salt and pepper, and rub into the potatoes.

Place the potatoes on the glass tray.

Manual settings:

Adjust settings as indicated for cooking stage 2.

Place the glass tray in the oven. Cook.

Slice the potatoes lengthways and serve with butter.

Automatic programme settings

Side dishes and vegetables | Potatoes | Jacket potatoes

Programme duration: approx.

27 minutes

Manual settings

Cooking stage 1

Oven functions: Fan plus

Temperature: 200 °C

Booster: On

Pre-heat: On

Crisp function: Off

Cooking stage 2

Oven functions: MW + Fan plus

Temperature: 200 °C

Power level: 300 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 25 minutes

Shelf level: 1

Vegetables and side dishes

Beans in a thyme sauce

Total time required: 35 minutes

Serves 4

Ingredients

750 g green beans, frozen

50 ml water

150 ml double cream

150 ml crème fraîche

2 tsp mustard

1½ tsp salt

1 tsp cornflour

1 tbsp dried rubbed thyme

Pepper

Accessories

Glass dish with lid, Ø 23 cm

Glass tray

Method

Place the beans in the glass dish.

Mix together the water, cream, crème fraîche, mustard, salt, cornflour and thyme. Season with pepper to taste.

Add the sauce to the vegetables and mix. Cover the glass dish and place on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the beans.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the beans and cook using the settings indicated for cooking stage 2.

Automatic programme settings

Side dishes and vegetables | Beans in thyme sauce

Programme duration: approx. 30 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 10 minutes

Shelf level: 1

Cooking stage 2

Power level: 450 W

Duration: 10 minutes

Carrots in a chervil cream sauce

Total time required: 35 minutes

Serves 4

Ingredients

1 kg carrots, sliced
1 tbsp butter
100 ml vegetable stock
150 ml double cream
2 tbsp white wine
1 tsp caster sugar
1½ tsp salt
1 tsp cornflour
1 tsp mustard
1 tbsp chervil, chopped
Pepper

Accessories

Glass dish with lid, Ø 23 cm
Glass tray

Method

Place the carrots in the glass dish along with the butter and vegetable stock.

To make the sauce, mix together the cream, white wine, sugar, salt, cornflour, mustard and chervil. Season with pepper to taste. Add the sauce to the vegetables and stir. Place the glass dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the carrots.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the carrots and cook until done using the settings indicated for cooking stage 2.

Automatic programme settings

Side dishes and vegetables | Carrots in chervil cream

Programme duration: approx. 18 minutes

Manual settings

Cooking stage 1
Oven functions: Microwave
Power level: 850 W
Duration: 6 minutes
Shelf level: 1

Cooking stage 2
Power level: 600 W
Duration: 12 minutes

Vegetables and side dishes

Potatoes in the skin

Total time required: 35 minutes

Serves 4

For the potatoes in the skin

800 g waxy potatoes

160 ml water

For the herb dip

1 onion, finely diced

1 clove of garlic, finely diced

250 g low-fat quark

100 ml crème fraîche

2 tbsp chopped herbs

Salt

Pepper

For the salmon dip

150 g smoked salmon

200 g full-fat cream cheese

100 ml crème fraîche

½ tsp dried dill

Salt

Pepper

Accessories

Glass dish with lid, microwave safe,

Ø 23 cm

Glass tray

Method

Place the potatoes in the glass dish along with the water. Cover the glass dish and place on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the potatoes.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the potatoes and cook using the settings indicated for cooking stage 2.

To make the herb dip, mix the diced onion and garlic into the quark, crème fraîche and herbs. Season with salt and pepper to taste.

To make the salmon dip, cut the salmon into strips. Mix together the cream cheese, crème fraîche and dill. Fold in the salmon strips. Season with salt and pepper to taste.

Automatic programme settings

Side dishes and vegetables | Unpeeled potatoes

Programme duration: approx.

26 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 9 minutes

Shelf level: 1

Cooking stage 2

Power level: 300 W

Duration: 17 minutes

Rice

Total time required: 25 minutes

Serves 4

Ingredients

200 g parboiled rice

400 ml water

1 tsp salt

Accessories

Glass dish with lid, microwave safe,

Ø 23 cm

Glass tray

Method

Place the rice in the glass dish along with the water and salt. Cover the glass dish and place on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the rice.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the rice and cook using the settings indicated for cooking stage 2.

Automatic programme settings

Side dishes and vegetables | Rice

Programme duration: approx.

20 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 5 minutes

Shelf level: 1

Cooking stage 2

Power level: 150 W

Duration: 15 minutes

Vegetables and side dishes

Boiled potatoes

Total time required: 35 minutes

Serves 4

Ingredients

900 g waxy potatoes

120 ml water

1 tsp salt

Accessories

Glass dish with lid, microwave safe,

Ø 23 cm

Glass tray

Method

Peel and wash the potatoes. Place in the glass dish along with the water and salt.

Cover the glass dish and place on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the potatoes.

Manual settings:

Cook as indicated for cooking stage 1.

Stir the potatoes and cook using the settings indicated for cooking stage 2.

Automatic programme settings

Side dishes and vegetables | Peeled potatoes

Programme duration: approx.

21 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 8 minutes

Shelf level: 1

Cooking stage 2

Power level: 300 W

Duration: 14 minutes

Tomato risotto

Total time required: 60 minutes

Serves 4

For the risotto

1 red onion, finely diced
125 g Spanish salami (chorizo), finely diced
2½ tbsp olive oil
1 tin chopped tomatoes (400 g)
375 ml chicken stock
200 g risotto rice
1 courgette, finely diced
30 g butter
50 g hard cheese (Parmesan), grated
2 tbsp parsley, chopped
100 g pitted black olives (Kalamata), finely chopped
2 tbsp chives, chopped

To serve

60 g goat's cheese
50 g basil leaves, freshly picked

Accessories

Microwave safe oven dish with lid
Glass tray

Method

Place the onion, salami and olive oil in the ovenproof dish.

Place the ovenproof dish on the glass tray inside the oven. Start the automatic programme or cook using the settings indicated for cooking stage 1.

Automatic programme:

Add the tomatoes, chicken stock and rice; continue cooking.

Manual settings:

Add the tomatoes, chicken stock and rice; cook using the settings indicated for cooking stage 2.

Automatic programme:

Add the courgettes, stir well and continue cooking.

Manual settings:

Add the courgettes and stir well; cook using the settings indicated for cooking stage 3.

Leave the risotto to stand for 2 minutes. Add butter and Parmesan cheese.

Before serving, stir in the parsley, olives and chives. Garnish with the goat's cheese and basil.

Automatic programme settings

Side dishes and vegetables| Tomato risotto

Programme duration: approx.
21 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 3 minutes

Shelf level: 1

Cooking stage 2

Power level: 850 W

Duration: 8 minutes

Cooking stage 3

Power level: 850 W

Duration: 10 minutes

Soups and stews

A clear case of good taste

A light soup is the ideal start to either a sumptuous feast or a tasty low-calorie main meal. Potatoes, vegetables, fish, etc. – almost everything which enriches our diet, can be brought together in a stock, with spices and seasoning, with cream for added luxury if you wish, to create a delicious and versatile soup.

What's more, psychologists claim that soup is uplifting and soothes the soul.

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What's more, psychologists claim that soup is uplifting and soothes the soul.

Custard royale

Total time required: 35 minutes

Serves 6

For the custard royale

6 medium eggs

300 ml whole milk

¼ tsp salt

For greasing

1 tsp butter

Accessories

Microwave safe oven dish,

20 cm x 20 cm

Heat-resistant cling film

Wire rack

Method

Mix the eggs and milk together but do not beat until fluffy. Then add the salt.

Grease the ovenproof dish. Fill with the egg mixture and cover with cling film.

Place the ovenproof dish on the wire rack inside the oven. Cook.

Automatic programme settings

Soups and casseroles | Egg royale

Programme duration: approx.

19 minutes

Manual settings

Oven functions: MW + Fan plus

Temperature: 95 °C

Power level: 150 W

Booster: Off

Crisp function: Off

Pre-heat: Off

Duration: 17–22 minutes

Shelf level: 1

Soups and stews

Pumpkin soup

Total time required: 40 minutes

Serves 6

For the soup

750 g diced pumpkin (Hokkaido), flesh only

1 onion, diced

125 ml whole milk

375 ml vegetable stock

1½ tsp salt

2 tsp sugar

1 tbsp butter

1 tbsp crème fraîche

Pepper

For decorating

6 tbsp double cream

1 tbsp pumpkin seeds, coarsely chopped

Accessories

Glass dish with lid, microwave safe, Ø 23 cm

Glass tray

Hand-held blender

Method

Place the pumpkin flesh and diced onion in the glass dish.

Add the milk, vegetable stock, salt and sugar, then stir. Cover the glass dish and place on the glass tray. Place inside the oven compartment.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the pumpkin soup.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the pumpkin soup and cook using the settings indicated for cooking stage 2.

Purée the soup, adding the butter and crème fraîche. Season with pepper to taste.

Before serving, decorate the soup with the cream and pumpkin seeds.

Automatic programme settings

Soups and casseroles | Pumpkin soup

Programme duration: approx.

22 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 10 minutes

Shelf level: 1

Cooking stage 2

Power level: 450 W

Duration: 12 minutes

Minestrone

Total time required: 45 minutes

Serves 4

For the minestrone

50 g bacon, diced
1 onion, diced
150 g celery, diced
2 tomatoes, diced
150 g carrots, sliced
100 g green beans, frozen
100 g peas, frozen
50 g pasta (small shells)
1 tbsp mixed Italian herbs, frozen
1 l vegetable stock

For sprinkling

100 g hard cheese (Parmesan), whole piece

Accessories

Glass dish with lid, microwave safe,
Ø 23 cm
Glass tray

Method

Put the bacon, onion, celery, tomatoes and carrots into the glass dish.

Add the beans, peas, pasta and herbs along with the stock and stir. Cover the glass dish and place on the glass tray.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the minestrone.

Manual settings:

Cook as indicated for cooking stage 1. Stir the minestrone and cook using the settings indicated for cooking stage 2.

Grate the Parmesan and sprinkle it over the top.

Automatic programme settings

Soups and casseroles | Minestrone
Programme duration: approx.
25 minutes

Manual settings

Cooking stage 1
Oven functions: Microwave
Power level: 850 W
Duration: 10 minutes
Shelf level: 1

Cooking stage 2
Power level: 450 W
Duration: 15 minutes

Tip

Instead of pasta, you could also use 150 g diced potatoes.

Soups and stews

Tomato soup

Total time required: 45 minutes

Serves 4

For the soup

250 g carrots, sliced

1 onion, diced

1 tbsp butter

850 g tinned tomatoes (drained weight)

350 ml vegetable stock

1 tsp salt

1 tsp caster sugar

Pepper

For decorating

100 ml double cream

12 basil leaves

Accessories

Glass dish with lid, microwave safe,
Ø 23 cm

Glass tray

Hand-held blender

Method

Place the sliced carrots, diced onion, butter, tomatoes, vegetable stock, salt and sugar in the glass dish. Place the glass dish on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the tomato soup.

Manual settings:

Cook the tomato soup as indicated for cooking stage 1. Stir the soup and cook using the settings indicated for cooking stage 2.

Purée the soup. Season with pepper to taste.

Whip the cream until almost stiff and chop the basil. Before serving, decorate with the cream and basil.

Automatic programme settings

Soups and casseroles | Tomato soup

Programme duration: approx.

35 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 11 minutes

Shelf level: 1

Cooking stage 2

Power level: 450 W

Duration: 24 minutes

White cabbage stew

Total time required: 50 minutes

Serves 4

Ingredients

200 g beef mince

½ tsp salt

½ tsp sweet paprika

Pepper

1 onion

250 g potatoes

100 g leeks

250 g white cabbage

250 g beetroot

250 ml beef stock

1½ tsp salt

150 ml crème fraîche

1 tbsp parsley, chopped

2 tbsp red wine vinegar

Accessories

Grater, coarse

Glass dish with lid, microwave safe,
Ø 23 cm

Glass tray

Method

Knead together the mince, paprika, salt and pepper. Form into small minced meat balls and place in the glass dish.

Dice the onion and potatoes. Cut the leek into rings. Finely slice the white cabbage. Coarsely grate the beetroot.

Layer the vegetables on top of the meatballs. Add the beef stock and salt. Cover the glass dish and place on the glass tray inside the oven.

Automatic programme:

Start the automatic programme, follow the instructions on the display and cook the white cabbage stew.

Manual settings:

Cook using the settings indicated for cooking stage 1. Stir the white cabbage stew and cook using the settings indicated for cooking stage 2.

Stir in the crème fraîche and parsley. Season with the red wine vinegar to taste.

Automatic programme settings

Soups and casseroles | White cabbage stew

Programme duration: approx.
30 minutes

Manual settings

Cooking stage 1

Oven functions: Microwave

Power level: 850 W

Duration: 10 minutes

Shelf level: 1

Cooking stage 2

Power level: 450 W

Duration: 20 minutes

Dessert

All's well that ends well

It's true what they say – no one can resist a delicious dessert. An ice cream, soufflé or fruity confection is the perfect end to a meal, yet requires relatively little effort to make. Indeed, the most successful desserts are often those that need the least preparation.

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Sweet bread and butter pudding

Total time required: 60 minutes

Serves 10

Ingredients

14 slices of white bread
70 g unsalted butter, softened
8 medium eggs, yolks only
150 g caster sugar
1 vanilla pod
300 ml whole milk
300 ml double cream
100 g raisins

For sprinkling

1 tbsp caster sugar

For greasing

1 tbsp butter

Accessories

Shallow ovenproof dish
Wire rack

Method

Grease the ovenproof dish.

Cut off the bread crusts. Spread the butter on the bread slices and halve diagonally.

Mix together the egg yolk and sugar.

Halve the vanilla pod lengthways and heat up in a saucepan with the milk and cream.

Remove the vanilla pod and slowly add the milk to the egg and sugar mixture, stirring constantly.

Take half of the bread and arrange it evenly in the ovenproof dish. Scatter the raisins over it and top with the remainder of the bread.

Pour the warm egg and milk mixture evenly over the bread and allow to soak for 20 minutes.

Place the wire rack in the oven compartment. Start the automatic programme or pre-heat the oven using the settings indicated for cooking stage 1.

Sprinkle sugar over the pudding.

Manual settings:

Adjust settings as indicated for cooking stage 2.

Place the bread and butter pudding inside the oven and cook.

Automatic programme settings

Dessert | Bread and butter pudding

Programme duration: approx.

30 minutes

Manual settings

Cooking stage 1

Oven functions: Fan plus

Temperature: 190 °C

Booster: On

Pre-heat: On

Crisp function: Off

Shelf level: 1

Cooking stage 2

Oven functions: MW + Fan plus

Temperature: 190 °C

Power level: 80 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 25 minutes

Dessert

Crème caramel

Total time required: 65 minutes + 4–5 hours for chilling

Serves 10

For the caramel

150 g caster sugar

80 ml water

For the crème

1 vanilla pod

500 ml whole milk

75 g caster sugar

250 ml double cream

2 medium eggs

4 medium eggs, yolks only

Accessories

Glass ovenproof dish, Ø 22 cm

Heat-resistant cling film

Wire rack

Method

To make the caramel, simmer the sugar with water in a pan and stir until the mixture starts to thicken and turn a golden yellow colour. Do not let it get too dark as this will taste bitter.

Pour the caramel into the ovenproof dish and leave to cool.

For the crème, split the vanilla pod and scrape out the seeds with a knife. Bring the milk to the boil with the sugar, the vanilla seeds and the pod.

Add the cream and leave the mixture to cool down to approximately 60 °C.

Beat the eggs and the egg yolks, and stir into the milk and cream. Remove the vanilla pod.

Pour the mixture into the ovenproof dish and cover with cling film. Place the ovenproof dish on the wire rack inside the oven. Cook.

Leave the crème to cool for 4–5 hours and, if possible, chill in the fridge overnight.

To make it easier to turn out, stand the dish in hot water for approximately 2–3 minutes. Carefully loosen the crème around the edge and turn out onto a serving plate.

Settings

Oven functions: MW + Fan plus

Temperature: 95 °C

Power level: 150 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 22–26 minutes

Shelf level: 1

Tip

Serve the crème with a spoonful of whipped cream and fresh berries.

Fruit crumble

Total time required: 40 minutes

Serves 6

For the bake

800 g apples, sliced

65 g caster sugar

200 g fresh blueberries

For the streusel crumble

75 g plain white flour

90 g brown sugar

2 tsp ground cinnamon

60 g butter

50 g rolled oats

50 g pecan nuts

For greasing

1 tbsp butter

Accessories

Microwave safe ovenproof dish,

Ø 25 cm

Glass tray

Method

Grease the ovenproof dish.

Place the sliced apple in the ovenproof dish and sprinkle with sugar. Place the ovenproof dish on the glass tray. Start the automatic programme or cook using the settings indicated for cooking stage 1.

Meanwhile, mix together the flour, sugar and cinnamon. Add the butter, rolled oats and pecan nuts, and knead to a crumble mixture.

Automatic programme:

Arrange the blueberries, then the crumble mixture on top of the apples, and continue cooking.

Manual settings:

Arrange the blueberries, then the crumble mixture on top of the apples, and cook using the settings indicated for cooking stage 2.

Allow the fruit crumble to cool for 10 minutes before serving.

Automatic programme settings

Dessert | Fruit crumble

Programme duration: approx.

24 minutes

Manual settings

Cooking stage 1

Oven functions: MW + Fan grill

Power level: 300 W

Temperature: 180 °C

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 10 minutes

Shelf level: 1

Cooking stage 2

Power level: 300 W

Temperature: 180 °C

Duration: 14 minutes

Tip

Pears, apricots, peaches or similar fruit can be used instead of apples. Try replacing the blueberries with raspberries, blackcurrants, strawberries or sliced banana. Serve the fruit crumble with whipped cream or Greek yoghurt.

Dessert

Quark soufflé

Total time required: 20 minutes

Serves 4

Ingredients

500 g low-fat quark
2 medium eggs
100 g caster sugar
1 tsp vanilla paste
4 tbsp lemon juice
125 g raisins
37 g instant custard powder (vanilla)
½ tsp baking powder
30 g butter

For sprinkling

2 tbsp breadcrumbs

For dotting

30 g butter

Accessories

Microwave safe ovenproof dish,
Ø 22 cm
Glass tray

Method

Mix together the quark, eggs, sugar, vanilla paste, lemon juice and raisins.

Sift together the custard powder and baking powder and mix in. Place the mixture in the ovenproof dish, sprinkle with breadcrumbs and dot with chunks of butter.

Place the ovenproof dish on the glass tray inside the oven compartment.
Cook.

Automatic programme settings

Dessert | Quark soufflé

Programme duration: approx.

10 minutes

Manual settings

Oven functions: Microwave

Power level: 850 W

Duration: 10 minutes

Shelf level: 1

Tip

Variation: Replace the custard powder with 125 g semolina.

Chocolate sponge puddings

Total time required: 70 minutes

Serves 8

For the batter

70 g dark chocolate
70 g butter
70 g caster sugar
4 medium eggs
70 g ground almonds
20 g breadcrumbs

For the sauce

500 ml vanilla custard
200 ml double cream

For dusting

20 g icing sugar

For greasing

1 tsp butter

Accessories

8 ramekins, Ø 6 cm
Glass tray

Method

Melt the chocolate over a low heat on the hob and then leave to cool slightly.

Grease the ramekins. Separate the egg whites from the yolks. Beat the butter, sugar and egg yolks until creamy. Stir in the chocolate, the almonds and the breadcrumbs.

Beat the egg whites to stiff peaks, then carefully fold into the chocolate mixture.

Fill the ramekins with the chocolate mixture.

Place the ramekins on the glass tray inside the oven. Cook the chocolate sponge puddings.

To make the sauce, whip the cream until stiff and fold into the custard. Divide evenly between the dessert plates.

As soon as they have finished baking, turn the chocolate sponge puddings out on to the dessert plates. Pour the vanilla custard over the puddings and dust with icing sugar. Serve warm.

Settings

Oven functions: MW + Fan plus

Temperature: 150 °C

Power level: 80 W

Booster: Off

Pre-heat: Off

Crisp function: Off

Duration: 17 minutes

Shelf level: 1

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