

Miele Company Ltd.

Fairacres, Marcham Road
Abingdon, Oxon OX14 1TW
Tel: 0845 365 0555
Fax: 0845 365 0777

Internet: www.miele.co.uk
E-Mail: info@miele.co.uk

Miele Australia Pty.Ltd.

A.C.N. 005 635 398
A.B.N. 96 005 635 398

Head Office

1 Gilbert Park Drive
Knoxfield, VIC, 3180
Tel: (03) 9764 7130
Fax: (03) 9764 7149

Internet: www.miele.com.au

Miele Ireland Ltd.

2024 Bianconi Avenue
Citywest Business Campus
Dublin 24
Tel. (1) 4610710
Fax: (1) 4610797

Internet: www.miele.ie
E-Mail: info@miele.ie

Miele

COOKING FOR PLEASURE WITH MIELE

baking & roasting

2nd edition

in the microwave combi oven



Miele

Dear Connoisseur,

Mealtimes are when families are most often together. Food is nearly always the focus when friends gather, be it for a casual evening or a more formal celebration. And whenever people meet to enjoy a meal, cooking takes a central role.



In the Miele Test Kitchen, we are in the privileged position of being able to practise professionally the hobby we share with many thousands of people across the world – cookery. We get the chance to experiment with both the traditional and the more exotic ingredients every day. Even after many years of experience, we never cease to be amazed by the new flavours and tastes we can create using our Miele appliances.

This book draws together our experience, excitement and passion for experimenting in the imaginative yet easy-to-prepare recipes we have created for you to try. Unless otherwise stated recipes are for 4 people. Please be aware that times quoted assume the use of standard trays and accessories as supplied with your oven. We wish you “bon appetit” and above all hours of successful cooking with your Miele oven.

If you have any questions or comments, please give us a call on the number on the back cover.

Kind regards,
Your Miele Home Economists



- 2 Foreword
- 4 Contents
- 8 Cooking functions
- 10 General tips
- 12 Containers

Baking

- 18 Orange slices
- 20 Apple pyramids
- 21 Amaretto almond gateau
- 21 Cherry and almond torte
- 22 Mango and coconut puffs
- 23 Choux buns
- 24 Pear cake with almond topping
- 25 Fresh fruit flan
- 26 Cappuccino crumble slices
- 26 Apricot crumble cake
- 27 Lemon tart
- 28 Quark and raisin slices
- 30 Apple cinnamon cake
- 31 Open apple tart
- 32 Iced Chelsea slices
- 34 Chocolate cake
- 34 Espresso slices
- 35 Apple tart
- 36 Gingerbread slices
- 36 Choc rum raisin squares
- 37 Mocha macaroons
- 37 Shortbread biscuits
- 38 Chocolate and advocaat cake
- 39 Walnut muffins
- 40 Olive bread
- 40 Yoghurt and nut bread
- 41 Quick herb ciabatta

Snacks and starters

- 42 Salmon terrine
- 44 Marinated peppers
- 45 Palermo style pastry puffs
- 45 Baked artichoke hearts

Soups

- 46 Viennese gardener's soup
- 46 Prawn curry soup
- 47 Tomato soup with basil cream
- 47 Pumpkin soup
- 48 Minestrone
- 48 Cream of sweetcorn soup

Casseroles and savoury bakes

- 50 Leek and potato bake
- 50 Pasta bake
- 52 Aubergine moussaka
- 53 Salmon lasagne
- 53 Chicken risotto

Vegetarian dishes

- 54 Cheese dumplings
- 54 Broccoli and mushroom bake
- 56 Vegetable lasagne
- 58 Spinach lasagne with goats' cheese
- 59 Mushroom lasagne

Fish

- 60 Salmon on a bed of spring vegetables
- 60 Tiger prawn kebabs
- 62 Fillet of plaice on a bed of spinach
- 63 Salmon in a horseradish crust
- 63 Salmon on a bed of vegetables

Meat

- 64 Pork fillet in a Roquefort sauce
- 64 Italian style roast pork
- 65 Roast veal
- 66 Pork steaks baked in cheese and cream sauce
- 66 Beef burgers
- 68 Curried chicken
- 68 Roast beef
- 69 Rack of lamb in a mustard and herb crust
- 70 Meat loaf
- 71 Lemon chicken breasts
- 71 Bistro style chicken
- 72 Coq au vin
- 72 Chicken wings
- 74 Chicken breasts in a mustard sauce
- 74 Chicken breasts à la Lisbon
- 76 Duck à l'orange
- 77 Roast breast of goose
- 77 Turkey roulade stuffed with cheese and pesto

Vegetables and side dishes

- 78 Herby roast potatoes
- 78 Gnocchi
- 80 Herby bacon and onion stuffing
- 80 Risotto
- 81 Brussels sprouts au gratin
- 81 Courgette bake
- 82 Stuffed aubergines
- 82 Chicory au gratin
- 83 French beans tossed in tomatoes and breadcrumbs
- 83 Spanish bean bake
- 84 Cucumber salad
- 84 Cauliflower in a mustard sauce

Sauces

- 86 Courgette and orange chutney
- 86 Red pepper and chilli sauce

Savouries

- 88 Grilled baguette slices
- 90 Pizza whirls
- 91 Ham and cheese muffins
- 91 Savoury cheese biscuits
- 92 Flat bread with yoghurt
- 92 Spicy oven baked nuts
- 93 Pizza and calzone

Desserts

- 94 Strawberry swirl
- 94 Chocolate sponge puddings
- 96 Lemon mousse
- 97 Red berry compote

Drinks

- 99 Iced mocha
- 99 Orange coffee

Jams, jellies and chutneys

- 101 Sour cherry and vanilla conserve
- 101 Plum chutney

Cooking methods

The perfect programme for every type of dish

Every food has its own character. Recognising an ingredient's qualities and bringing them to the fore is the true art of the cook. The Miele combination microwave oven is the perfect partner for this thanks to its wide range of cooking methods which offer the ideal way of cooking every dish.

The following short description and, more importantly, daily use of the appliance, will soon make you a master in the art of using the oven.

Everything about Miele's combination microwave oven has been designed for ease of use. The cleverly designed electronics offer optimum functionality and are really easy to use. The appliance guides you intelligently through the programming process to ensure fast, precise setting of the required functions (depending on model).

1. Conventional top and bottom heat

For baking conventional recipes such as fruit cakes, bread and baked dishes. This function uses the top and bottom heating elements at the same time.

2. Fan plus

Hot circulating air is used to cook on this function. A high performance element heats the air, which is then circulated by a fan to cook food on up to two levels to perfection without the transference of smells or flavours. Pre-heating is usually unnecessary. The Fan plus function is perfect for most cakes and bakes, and ensures an evenly cooked and browned result.

3. Intensive bake

This function uses a combination of Fan plus and Bottom heat to cook dishes which require a moist topping and a crisp base such as pizza and quiche lorraine.

4. Grill

The grill is ideal for grilling fish and thinner cuts of meat and offers a healthy alternative to the frying pan. It is also excellent for making cheese on toast.

5. Auto roast

Auto Roast sets the optimum temperature automatically so that your roast meats emerge from the oven crisp on the outside and tender and moist on the inside – just as they should be. Roasting starts at a high temperature, and then continues at a lower temperature.

6. Fan grill

The fan distributes the heat from the grill element quickly and efficiently to every part of the food, giving a moist but crispy result on grilled cuts, even with larger quantities.

7. Quick microwave

The electronics on this appliance are there to support your daily habits! Microwave functions that you use regularly, such as heating up milk for hot chocolate, can be programmed in with your own choice of time and wattage, and called up time after time with one press of a button.

8. Microwave solo

All foods contain water. The microwaves set these molecules in action, creating frictional heat which thaws, heats or cooks the food from the inside - healthily, economically and quickly.

9. Combination functions

The technical perfection of your Miele combination microwave oven is shown to best advantage by the combination functions. At a single setting the oven will automatically switch from the microwave function to the pre-selected oven function. For example, the microwave will heat up the food quickly and shorten the cooking time, while the additional oven functions such as Fan plus, Fan grill, Grill and Auto Roast ensure that the ingredients are cooked in the optimum way to suit their nature. Browning a bake or preparing a gratin or roast, for instance, are best done on Microwave + Grill which will cook and brown simultaneously. That's what we call clever use of the appliance's manifold talents.

Features / ease of use

Baking and roasting with Miele – pure pleasure

Your Miele combination microwave oven could be a member of your household for many years to come. There are numerous reasons for having such an appliance, just a few of which are listed here. You will discover others for yourself as you get to know it.

1. Intelligent cooking.

The top of the range Miele combination microwave ovens offer automatic programmes which are easy to use and guarantee optimum results. They are made possible by the intelligent electronics which control the different cooking methods and the temperatures, microwave outputs and timings that each dish requires.

You need only enter whether you would like your roast beef cooked rare, medium or well done, or whether your cake should be lightly or well browned.

2. User favourites

When you have worked out the optimum settings for your favourite dishes, you can store up to 30 recipes with their individual names and favoured cooking method, time and temperature.

3. Food probe.

Some models offer a food probe to monitor the core temperature continuously and achieve the perfect roast.

4. Rapid heat-up.

The rapid heat-up feature in the Auto Roast, Fan plus, Conventional heat, Microwave + Auto Roast and Microwave + Fan plus functions reduces the oven heating up time by up to 50%. It doesn't just save time, but also energy.

5. Easy to clean.

With a Miele the time and effort required to clean the oven, the door, the glass dishes and wire racks are reduced to a minimum. The stainless steel cavity is lined with PerfectClean, a unique non-stick finish from which daily soiling is easily removed. The oven door is made of a sealed, frameless sheet of glass which is simple to clean, right to the edge. The exterior of the oven is also made of high quality materials that make cleaning fast and easy.

A few useful tips

Various ingredients are mentioned in this recipe book which are not commonly available in the UK. Wherever possible we have tried to adapt the recipes using ingredients that we can get.

Vanilla sugar

Vanilla sugar is available in good supermarkets. However it is very easy to make your own:

Split a vanilla pod lengthwise and then cut each half into quarters. Place in a sealed jar with 500 g of caster sugar and leave for 3-4 days before using to allow the flavours to blend. The pulp can be scraped out of the pods for an even more intensive flavour.

Cream

If the cream is to be heated or cooked you should use double cream. Single cream will curdle or separate if subjected to heat. Many of the recipes call for whipped cream. You can use either whipping cream or double cream in these recipes.

If you wish to give the whipped cream more stability so that it holds its form for longer, dissolve $\frac{1}{2}$ tsp of unflavoured powdered gelatine in a tablespoon of cold water and beat it into the cream as you whip it. This quantity is sufficient for 250 ml of cream.

Sour cream, crème fraîche, quark

These ingredients are sometimes measured in ml and sometimes in g on the packaging. You can use them like for like. In other words if the tub states the contents are 150 ml this is the same as 150 g.

Instant custard powder

Many of the original German recipes call for a packet of vanilla pudding mix. We have substituted this with a packet of instant custard powder.

Yeast

Yeast is a natural raising agent for aerating dough. Either fresh or dried yeast can be used with equally good results. It requires warmth (max. 50°C), time and nutrients (flour, sugar and liquid) to rise. Fresh yeast is used in many recipes in this book. It can be sourced from bakery sections in larger supermarkets or local health food shops. If you cannot get fresh yeast, you could use dried yeast instead. We have quoted the equivalent number of sachets of dried yeast in the ingredients. Dried yeast can usually be added with the dry ingredients so you may have to adapt the recipes accordingly.

Tips on using the oven

A few useful tips

This oven offers you a range of tried and tested function combinations. You could use the oven to cook your favourite recipes in the usual way, or you could save time by combining functions such as Microwave + Fan plus. The individual functions can be used alone or in combination, depending on the dish you want to cook. Microwave, Fan plus, Auto Roast, Fan grill and Grill can be combined in the following ways:

- Microwave solo for fast defrosting, reheating and cooking
- Fan plus for cooking bakes and meat, and baking cakes and biscuits
- Auto Roast for roasting crispy joints and poultry
- Fan grill for even grilling of thicker items
- Grill for browning gratins, toasting and grilling thinner items
- Microwave + Fan plus for baking and cooking quickly
- Microwave + Auto Roast for the shortest route to the perfect roast
- Microwave + Fan grill for cooking rolled joints quickly
- Microwave + Grill for faster grilling times

Setting the function and temperature

Some of the following recipes give a choice of settings. **The recommended method in each case is printed in bold.** If the preferred method is not available on your oven, please use an alternative (eg. Fan plus instead of Auto Roast). A range of temperatures is given. In general, temperatures should be set in the middle of this, but they may need to be increased or reduced by approximately 10°C depending on the cooking dish, quantity or desired level of browning. The same goes for appliances with recommended cooking temperatures. The temperatures suggested can be altered to suit your individual requirements. If the temperature is set too high, it is likely to lead to unevenly browned cakes and biscuits. The recommended temperatures apply to a non pre-heated oven, with the exception of Conventional heat where recipes requiring less than 30 minutes to cook need the oven to be pre-heated.

Cooking times

Cooking times apply to a non pre-heated oven, except where stated. If you do pre-heat the oven when it is not necessary, the cooking time should be reduced to avoid overcooking. When baking several trays of biscuits in succession, remember to reduce the time for subsequent trays as the oven will already be hot. The times given serve as a guide, and much also depends on the temperature of the uncooked food as well as its quality. Small adjustments can be made to suit your own taste as to how well done, crisp or brown you like your cakes, meat or vegetables.

Combining functions

One of the great features of your oven is its ability to combine different functions. You can brown a roast on Fan plus or on Auto Roast, and shorten the cooking time by selecting Microwave. You have a choice of microwave output when combining functions. The maximum setting should be 150 W when baking; for roasting, grilling and fan grilling it should not be higher than 300 W. Cooking times will be reduced by 15–20% depending on the output chosen. Considerable time savings can be made when cooking bakes, roasts and cakes, however the microwave is not recommended for all types of baking. Genoese sponge, choux pastry, puff pastry and strudels are not suitable for microwaving. Sponge cake, on the other hand, does well on a combination setting.

Cooking times

Food	Weight/ quantity	Power level in Watts	Time in minutes (or seconds)	Notes
Melting butter or margarine	100 g	450	1–2	Do not cover.
Melting chocolate	100 g	450	2–3	Do not cover. Stir during cooking.
Dissolving gelatine	1 pkt + 5 tbsp water	450	15–20 seconds	Do not cover. Stir during cooking.
Flan topping	1 pkt + 250 ml liquid	450	4–5	Do not cover. Stir during cooking.
Yeast dough	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.
Popcorn	1 tbsp (20 g) popcorn	850	5–7	Place popcorn in a 1 litre container, cover, cook, and sprinkle with salt or sugar.
Making crystallised honey runny	500 g	150	2–3	Place uncovered jar in microwave. Stir during cooking.
Steeping oil for salad dressing	125 ml	150	1–2	Warm on a low heat.
Tempering citrus fruits	150 g	150	1–2	Place on a plate. Do not cover.
Marinating meat	1000 g	150	15–20	Marinate in a covered container, turning halfway through.
Bacon	100 g	850	2–3	Arrange rashers on kitchen paper. Do not cover.
Soaking dried fruit	250 g	80	20	Add a little water. Do not cover.
Softening ice cream	500 g	150	2	Do not cover.

Food	Weight/ quantity	Power level in Watts	Time in minutes	Notes
Warming plates	4 plates	850	2–3	Do not warm plates with any metal decoration.
Porridge	250 ml milk and 4 tbsp porridge oats	850 + 150	2–3 +2–3	Heat the milk in a covered bowl, stir in the oats and continue cooking.
Skinning tomatoes	3 tomatoes	450	7–8	Cut a cross in the top of each tomato, place in a covered dish with a little water and heat. The skins will then slip off easily. Be careful – they can get very hot!
Defrosting rolls	2 rolls	150 + Grill	1–2	Place on rack, do not cover.
Egg garnish	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.
Strawberry jam	300 g strawberries 300 g jam sugar	850	7–9	Mix the sugar into the fruit, cover and cook.

All quantities are for guidance only.

Please read the instruction booklet supplied with your microwave combi oven for more tips and information on how to get the most out of your appliance.

Containers

When selecting containers, make sure they are suitable for the temperature you are using, and are microwave safe when using a combined function. You can use the same metal tins and roasting dishes for combination cooking as for traditional functions, but never use a lid for combination cooking. Because microwaves cannot penetrate metal, they cannot reach food through a metal lid.

Suitable containers

- Microwaves can penetrate porcelain, ceramic, glass, cardboard and plastic. Containers made of any of these materials are suitable for microwave cooking.
- Porcelain can generally be used without a problem. Please ensure that any glaze or decoration does not contain metallic substances.
- Painted stoneware can be used provided the pattern is underneath the glaze. Stoneware can become very hot.
- Heatproof glass and ceramic dishes are very well suited to microwaving.
- Plastic containers must be heat resistant to 110 °C, otherwise they may melt. Disposable polystyrene containers can be used, but only for short reheating times at low temperatures.

- Roasting bags can be used. They should be tied with string. Never use ties containing metal.
- The material and shape of the container will influence heating and cooking times. Round and oval shallow dishes are particularly suitable. Heat is more evenly distributed around such shapes than around square sided dishes.

Unsuitable containers

- Metal containers, aluminium foil and cutlery cannot be used for functions using microwave heat as the metal will deflect the microwaves and prevent them from reaching the food. Food will not heat up inside a sealed metal container.
- Do not use containers with metal decoration such as gold leaf or cobalt blue. The metal will deflect the microwaves and could cause sparks.
- Crystal glass is not suitable because it contains lead. Hand-blown crystal should also be avoided as the microscopic bubbles in it will cause it to shatter when microwaved. The same applies to glass dishes and plates with fluted or curved edges.
- Wooden dishes contain water which will turn to steam during microwaving. The wood will dry out and crack, making wooden dishes unsuitable.

Exceptions to the rule

- Ready-meals in aluminium containers can be defrosted and reheated using microwave heat. Make sure the aluminium container does not touch the walls of the oven and remove the lid before placing it in the oven as the food is only heated from above. It is generally better to take ready-meals out of the aluminium container and place them in a microwave-safe container. In this way the food is heated through more evenly.
- Unevenly shaped items such as a roast chicken will defrost and cook more evenly if you cover the thinner parts (eg. wings and legs) with aluminium foil for part of the time. Never allow the foil to touch the walls of the oven as this could create sparks.
- To test whether a container is suitable for using with microwave power, place it on the turntable and switch the microwave on for 30 seconds at full power. If you hear cracking sounds or see sparks, the container is not suitable for the microwave.

General tips

- Leave food to stand for about 2 minutes after cooking to enable the temperature to spread evenly throughout the food.
- When cooking poultry, egg and fish dishes, always ensure that the food has reached a minimum temperature of 70 °C throughout. Turning or stirring the food and, if necessary, prolonging the cooking time will help.
- Never cook eggs in their shells in the microwave. The shell cannot withstand the sudden increase in pressure and will burst. Reheating eggs in the microwave after they have been hardboiled could also cause them to burst when removed from the oven.
- Pricking the skins of fruit and vegetables such as tomatoes and aubergines before they are cooked will prevent them from bursting. The same goes for sausages.
- When grilling, pre-heat the grill for around 5 minutes if the grilling time is less than 15 minutes. When cooking bakes with a longer cooking time or using Microwave + Grill it is not normally necessary to pre-heat the oven.

Orange slices

Serves 12

Ingredients:

50 g butter
 4 egg yolks
 4 egg whites
 120 g sugar
 80 g flour
 50 g cornflour
 2 pinches of baking powder
 Zest of one orange
 Sugar

Filling:

200 ml cream
 250 g low fat quark
 1 tbsp vanilla sugar
 2–3 tbsp marmalade
 2 cl orange liqueur
 (e.g. Grand marnier)
 3 leaves of white gelatine

Garnish:

2 oranges
 100 ml cream
 1 tsp vanilla sugar
 Lemon balm

Method:

1. Melt the butter and allow to cool. Beat the egg yolks and sugar with 4 tbsp luke warm water until fluffy. Mix in the butter. Fold in the flour, cornflour, baking powder and orange zest. Then carefully fold in the stiffly beaten egg whites. Spread the mixture evenly into the base of a glass tray lined with baking parchment and bake until golden. Sprinkle a clean tea towel with sugar and turn the biscuit base out onto it. Peel off the paper and leave to cool. Once cool, cut the base in half.
2. Beat the cream until stiff. Mix the quark with the vanilla sugar, marmalade and liqueur. Prepare the gelatine according to the instructions on the packaging. Stir the gelatine into the quark mixture and refrigerate. Fold in the cream as soon as this mixture starts to set.
3. Spread the mixture over one half of the biscuit base and place the other half on top. Press the top down a little and refrigerate for approx. two hours.
4. Peel the oranges, remove the pith and halve and slice them. Beat the cream and vanilla sugar until stiff. Carefully cut into slices and decorate with the cream, orange and lemon balm.

Function:	Fan plus	Conventional
Setting:	160–180°C	170–190°C
Shelf level:	2	2
Duration:	20–25 minutes	18–23 minutes + pre-heating



Apple pyramids

Serves 8

Ingredients:

300 g puff pastry
1–2 sharp dessert apples
30 g marzipan
30 g coarsely chopped hazelnuts
30 g raisins soaked in rum
2 tbsp sugar and cinnamon mixed

For the glaze:

1 egg white
1 egg yolk
1 tbsp milk

Method:

1. Roll the pastry out on a floured surface to a rectangle approx. 40 x 20 cm. Cut into 8 squares 10 x 10 cm.
2. Peel, core and dice the apples. Dice the marzipan, and scatter with the apples, hazelnuts and drained raisins over the pastry squares. Sprinkle the sugar and cinnamon over the top.
3. Brush the edges of the pastry with egg white, and fold up the corners to make pyramids, pinching the edges together to form a seal.
4. Arrange the apple pyramids on the glass tray rinsed in cold water, and brush with milk and beaten egg yolk. Bake until golden.

Function:	Fan plus	Conventional
Setting:	170-190°C	190-210°C
Shelf level:	2	2
Duration:	18–25 minutes	20–25 minutes + pre-heating



Tip

Apple pyramids are best made with sharp apples.

Amaretto almond gâteau

Serves 12

Ingredients:

4 egg yolks
The zest of one lemon
Pulp of 1 vanilla pod
100 g icing sugar
4 egg whites
50 g plain flour
1½ tsp baking powder
100 g almonds in their skins,
ground
10 tbsp amaretto

Topping:

50 g icing sugar
2 tbsp amaretto
40 g chopped almonds

Method:

1. Beat together the egg yolk, lemon zest, vanilla pod pulp and icing sugar until creamy. Fold in the stiffly whipped egg whites. Mix the baking powder, flour and ground almonds together, and fold into the mixture.
2. Grease and flour a 26 cm Ø springform tin, and pour in the mixture. Bake until golden.
3. After baking, drizzle with amaretto and leave to cool.
4. To make the topping, mix the icing sugar with amaretto, spread over the cake, and sprinkle the lightly toasted almonds on top

Function:	Fan plus	Conventional
Setting:	150–170°C	150–170°C
Shelf level:	1	1
Duration:	30–40 minutes	30–40 minutes

Cherry and almond torte

Serves 12

Ingredients:

Base:
150 g flour
1 tsp baking powder
100 g butter or margarine
50 g sugar
40 g ground almonds

Filling:
2 jars of sour cherries
(each approx. 680 g)

Topping:
1 egg
70 g sugar
2 tsp vanilla sugar
4 tbsp double cream
3 tbsp cornflour
3 drops almond essence
100 g flaked almonds

Method:

1. Mix together the flour, baking powder, butter or margarine and sugar, and knead to a smooth dough. Spread evenly over the base of a greased springform tin (Ø 26 cm), and create a 2 cm high rim around the sides.
2. Prick all over with a fork, and scatter with almonds. Drain the cherries well, and arrange over the pastry.
3. Combine all the ingredients for the topping, pour over the cherries, and bake until golden.

Function:	Fan plus	Conventional
Setting:	150–170°C	160–180°C
Shelf level:	1	1
Duration:	55–65 minutes	55–65 minutes

Mango and coconut puffs

Makes 16

Ingredients:

250 ml water
50 g butter
Pinch of salt
170 g flour
4 eggs
1 tsp baking powder

Filling:

1 ripe mango
150 ml coconut milk
5 leaves of white gelatine
400 ml cream
4 tsp of vanilla sugar
40 g sugar
2 tbs desiccated coconut

Method:

1. Place the water, butter and salt in a pan and bring to the boil. Stir in the flour and mix until a smooth ball has formed. When a white film begins to form on the bottom of the pan, remove the mixture from the pan and place in a mixing bowl. Beat the eggs into the mixture one at a time until shiny peaks begin to form. Finally fold in the baking powder.
2. Dust a glass tray with flour. Then using two teaspoons arrange approx. 16 little portions of mixture on the glass tray. Bake until golden.
3. Whilst still hot, use a pair of scissors to cut the puffs in two horizontally. Remove any small pieces of dough that have not cooked properly, and leave the puffs to cool.
4. To make the filling, peel the mango. Remove the flesh from the stone in sections, cut into cubes and purée. Prepare the gelatine according to the instructions on the packaging and dissolve it in a little gently warmed coconut milk. Add the rest of the coconut milk and refrigerate for a short while. Beat the cream with the sugar and vanilla sugar until stiff. When the refrigerated mixture begins to set, add the cream and desiccated coconut.
5. Spoon the mango cream mixture into the bottom halves of the puffs and cover with the top halves.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	1	1
Duration:	25–35 minutes	25–35 minutes + pre-heating

Choux buns

Serves 12

Ingredients:

250 ml water
50 g butter or margarine
A pinch of salt
170 g flour
4–5 eggs
1 tsp baking powder

Filling:

500 ml double or whipping cream
4 tsp vanilla sugar
1 x 300 g tin mandarin oranges
or 300 g fresh raspberries



Tip

The puffs can also be filled with 500 g of fresh strawberries, washed, hulled and cut into quarters. Fold the strawberries into the cream mixture, and spoon into the puffs.

To stabilise the whipped cream and help it hold its form for longer, dissolve $\frac{1}{2}$ tsp of unflavoured powdered gelatine in a tablespoon of cold water, and beat it into the cream as you whip it. This quantity is sufficient for 250 ml of cream.

Method:

1. Place the water, butter or margarine and salt in a pan, and bring to the boil. Add the flour, and mix until smooth. Transfer the dough from the pan into a large bowl.
2. Mix in the eggs one at a time, until the dough stands up in satiny peaks. Finally mix in the baking powder.
3. Grease and flour the glass tray. Using two teaspoons or a forcing bag, arrange mandarin-sized dollops of the mixture on the glass tray, and bake straight away until golden.
4. Whilst still warm, cut the puffs horizontally across the middle with a pair of scissors. Remove and discard any of the centre that is still moist.
5. Whilst the puffs are cooling to room temperature, beat the cream and vanilla essence with the caster sugar until stiff peaks are formed. Stir in the drained mandarins, raspberries or strawberries and then fill the puffs.

Function: **Fan plus**
Setting: **160–180°C**
Shelf level: **1 and 3**
Duration: **30–40 minutes**

Pear cake with almond topping

Serves 16

Ingredients:

Base:

375 g flour
100 g sugar
4 tsp vanilla sugar
200 g butter or margarine
1 egg

Filling:

3 tins of pears
(each approx. 460 g)

Topping:

450 g crème fraîche
2 tbsp cornflour
3 eggs
50 g sugar
4 tsp vanilla sugar
1¹/₂ tsp cinnamon
Approx 30 g flaked almonds

Method:

1. Combine the flour, sugar, vanilla sugar, butter or margarine and egg, and knead to a smooth dough. Roll out onto the glass tray.
2. Drain the pears well. If using fresh pears, stew them briefly. Cut into 1 cm slices, and arrange on top of the pastry base.
3. Mix together the crème fraîche, cornflour, eggs, sugar, vanilla sugar and cinnamon, and pour over the pears.
4. Scatter with flaked almonds, and bake until golden.

Function:	Fan plus	Microwave + Fan plus
Setting:	150–170°C	150 W + 160°C
Shelf level:	2	2
Duration:	55–65 minutes	45–55 minutes

Function:	Intensive bake
Setting:	170°C
Shelf level:	2
Duration:	50–60 minutes

Fresh fruit flan

Serves 20

Ingredients:

Cake mix:

375 g flour
40 g fresh yeast
or 2 sachets of dried yeast
Approx. 125 ml lukewarm milk
40 g sugar
75 g butter or margarine, melted
1 egg

Fruit:

Approx. 1500 g sharp apples,
plums or cherries

Topping:

200 g flour
125 g sugar
2 tsp vanilla sugar
125 g butter or margarine
 $\frac{1}{2}$ tsp cinnamon

Method:

1. Sift the flour into a large bowl, and make a well in the centre. Put the crumbled yeast, some sugar and milk into the well, and combine with the flour. Place in the oven at 50°C, and leave to rise for 20 minutes.
2. Add the rest of the cake ingredients to this mix, and knead to a smooth dough. Return to the oven for a further 30 minutes at 50°C to rise. Punch down, then roll onto the glass tray.
3. Arrange the prepared fruit (apples peeled and sliced in $\frac{1}{2}$ cm slices; stoned cherries or halved plums) evenly over the dough.
4. Rub the topping ingredients by hand until you get a crumbly texture, and scatter over the fruit. Place in the oven at 50°C for 30 minutes to rise again, and then bake as follows:

Function:	Fan plus	Microwave + Fan plus
Setting:	150–170°C	150 W + 170°C
Shelf level:	2	2
Duration:	35–45 minutes	30–40 minutes

Function:	Conventional	Fan heat
Setting:	170–190°C	150–170°C
Shelf level:	2	2
Duration:	35–45 minutes	35–45 minutes



Tip



Apples are Europe's most popular fruit, and rank third in the popularity charts worldwide – after citrus fruit and bananas. Apples are low in calories with only 50 kcal per 100 g, and contain plenty of fibre, pectin and vitamin C. "An apple a day keeps the doctor away!"

Cappuccino crumble slices

Makes 16

Ingredients:

Base:

350 g butter, melted
500 g flour
250 g sugar
2 tsp vanilla sugar
A pinch of salt
2 tsp baking powder

Filling:

25 g butter, melted
500 g quark
6 egg yolks
150 g sugar
2 tsp vanilla sugar
6 tsp instant cappuccino powder
3 tbsp almond liqueur
1 tbsp cornflour
6 egg whites

Method:

1. Mix together the flour, sugar, vanilla sugar, salt and baking powder. Pour in the melted butter, and rub together until you get a coarse crumble texture.
2. Transfer about $\frac{2}{3}$ of the mixture into the glass tray, and roll out to a smooth dough using a rolling pin.
3. To make the filling, combine the melted butter, quark, egg yolk, sugar, vanilla sugar, cappuccino powder, liqueur and cornflour. Beat the egg whites until stiff, and fold into the quark mixture. Spread over the pastry base.
4. Scatter the remaining third of the crumble mix over the quark mixture, and bake until golden.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	2	2
Duration:	45–55 minutes	45–55 minutes

Automatic → Baked goods → Streusel cake →
With filling

Apricot crumble cake

Serves 20

Ingredients:

Base:

200 g quark
6 tbsp milk
8 tbsp oil, 1 egg
100 g sugar
2 tsp vanilla sugar
Pinch of salt
400 g flour
3 tsp baking powder

Topping:

2 x 800 g tins of apricots

Crumble mixture:

200 g flour, 125 g sugar
2 tsp vanilla sugar
125 g butter, diced
 $\frac{1}{2}$ tsp cinnamon

Method:

1. Mix together the quark, milk, oil, egg, sugar, vanilla sugar and salt. Mix the flour with the baking powder. Mix half of the flour into the quark mixture and knead in the rest.
2. Roll out the dough on to a glass tray. Drain the apricot halves and arrange them on the dough.
3. Rub together the flour, sugar, vanilla sugar, butter and cinnamon to make a crumble mixture. Spread over the fruit and bake until golden.

Function:	Fan plus	Conventional
Setting:	150–170°C	180–200°C
Shelf level:	2	2
Duration:	30–40 minutes	35–45 minutes

Lemon tart

Serves 12

Ingredients:

Base:

150 g flour
A pinch of salt
100 g butter
1 egg

Filling:

150 g butter
100 g sugar
3 eggs
100 g ground almonds
3–4 lemons

Method:

1. Combine the flour, salt, butter and egg, and knead to a smooth dough. Leave in a cool place for 30 minutes.
2. Roll out on a floured surface to the size of a pizza or pie dish (Ø 28 cm), transfer into the dish and blind bake.
3. To make the filling, melt the butter. Beat the egg yolk with the sugar until creamy, add the butter, almonds and juice from 1–2 lemons, and mix thoroughly. Whip the egg whites until stiff, and fold in.
4. Peel 2 lemons, remove all the pith and cut into slices. Spread the lemon mixture over the pastry base. Arrange fresh or candied lemon slices on top, and bake until golden.

Function:	Fan plus	Intensive bake
Setting:	150–170°C	160°C
Shelf level:	1	1
Pre-baking:	20 minutes	–
Duration:	30–40 minutes	40–50 minutes

Function:	Conventional
Setting:	170–190°C
Shelf level:	1
Pre-baking:	20 minutes
Duration:	30–40 minutes + pre-heating



Tip

Candied lemon slices

Place 250 ml water in a pan with 200 g sugar, the squeezed juice of 1 lemon, and the two lemon halves, and simmer uncovered for approx. 45 minutes. Slice another lemon into about 12 very thin slices, and place in the lemon syrup. Set aside for about 30 minutes, then drain well.

When treated in this way, the lemon slices stay soft, and will not have a sugary coating. They will not keep for long, and are therefore unsuitable for decorations that are required to last.

Quark and raisin slices

Makes 20

Ingredients:

Base:

250 g butter or margarine
200 g sugar
2 tsp vanilla sugar
1 egg
A pinch of salt
500 g flour
3 level tsp baking powder

Topping:

1000 g quark
1 pkt custard powder
1 egg
200 g sugar
100 g raisins

Method:

1. Cream the butter or margarine, sugar, vanilla sugar, egg and salt. Sift the flour and baking powder, then fold half of it into the creamed mixture. Then mix in the rest of the flour to make a crumbly mixture.
2. Press or roll half of the mixture into the base of a glass tray.
3. Beat together the quark, custard powder, egg and sugar. Fold in the raisins, and spread over the base. Sprinkle the rest of the crumble mixture over the top, and bake until golden.
4. As an alternative, omit the raisins, and instead arrange bottled cherries or apricots on the quark mixture before scattering over the crumble topping.

Function:	Fan plus	Conventional
Setting:	150–170°C	160–180°C
Shelf level:	1	1
Duration:	50–60 minutes	50–60 minutes

Automatic → Baked goods → Streusel cake →
With filling



Tip

Quark is a soft white cheese made from skimmed milk, so it is very low in fat and ideal for slimmers or people requiring a low-fat diet. It can be spread on toast, used instead of full-fat curd cheese in cheese cakes and other desserts, or served as a topping for fruit instead of cream or yoghurt. It can also replace butter in scrambled eggs or mashed and baked potatoes.



Apple cinnamon cake

Serves 16

Ingredients:

225 g soft butter
200 g sugar
4 eggs
450 g flour
2 level tsp baking powder
1 tbsp cinnamon
600 g apples
150 g cranberries
Breadcrumbs

Method:

1. Beat the butter until creamy, and add the sugar and eggs a little at a time. Fold in the flour, cinnamon and baking powder.
2. Peel, core and finely slice the apples, and fold into the mixture with the cranberries.
3. Pour the mixture into a ring tin (Ø 26 cm) that has been greased and dusted with breadcrumbs and bake until golden.

Function:	Fan plus	Microwave + Fan plus
Setting:	150–170°C	80 W + 160°C
Shelf level:	1	1
Duration:	55–65 minutes	45–55 minutes

Function:	Fan heat	Conventional
Setting:	150–170°C	160–180°C
Shelf level:	1	1
Duration:	55–65 minutes	55–65 minutes

Open apple tart

Serves 12

Ingredients:

Base:

200 g flour
100 g butter
60 g icing sugar
A pinch of salt
1 egg

Filling:

600 g apples
Juice of half a lemon
15 g butter
100 g sugar
20 ml apple juice

Topping:

Icing sugar

Method:

1. Mix together the flour, butter, icing sugar, salt and egg, and knead to a smooth dough. Place the dough in the refrigerator for 30 minutes.
2. Roll the dough out onto a floured surface, and use it to line the base of a Ø 26 cm flan or pie dish. Peel, core and cut the apples in thick slices. Arrange in the pastry case and dot with butter. Bake for about 30 minutes.
3. Caramelise the sugar in a pan on the hob, stirring all the time. Add apple juice, and stir to make a syrup. Pour over the apples, and bake for a further 10 minutes.

Function:	Fan plus	Conventional
Setting:	170–190°C	170–190°C
Shelf level:	1	1
Duration:	40–50 minutes	40–50 minutes



Tip

As a variation, this tart can be baked using a filling made of 150 g crème fraîche, 2 eggs, 1 tbsp icing sugar and 2 tsp vanilla sugar instead of the caramel. Pour this mixture over the apples at the end of the first 30 minutes of baking, and then continue baking. This recipe will take about 10 minutes longer than the recipe above.

Iced Chelsea slices

Makes 16

Ingredients:

Base:

75 g quark
50 ml milk
40 ml oil
40 g sugar
2 tsp vanilla sugar
 $\frac{1}{2}$ tsp vanilla essence
A pinch of salt
200 g flour
4 tsp baking powder

Filling:

100 g marzipan, diced small
50 g soft margarine
1 egg
125 g raisins
50 g chopped hazelnuts
A pinch of cinnamon
1 tsp rum essence

Topping:

75 g icing sugar
1–2 tbsp rum

Method:

1. Combine the quark, milk, oil, sugar, vanilla sugar, vanilla essence and salt. Fold in half of it before kneading in the rest.
2. Roll out the dough on a floured surface to a rectangle $\frac{1}{2}$ cm thick (25 x 30 cm), and place on the glass tray.
3. For the filling, mix together the marzipan, margarine and egg thoroughly. Add the raisins, hazelnuts, cinnamon and rum essence. Spread over the dough.
4. Form a 2 cm rim along the long edges of the dough, and bake until golden.
5. Whilst still hot, brush over the rum icing topping. Cut in half lengthways, and then into 8 slices, approx. 3 cm wide.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	2	2
Duration:	25–30 minutes	20–25 minutes + pre-heating



Chocolate cake

Serves 12

Ingredients:

Cake:

300 g dark chocolate
150 g butter
5 eggs
100 g sugar
100 g flour

Topping:

100 g dark chocolate cake
covering

Method:

1. Melt the chocolate and butter in a saucepan on the hob, and allow to cool.
2. Mix in the egg yolk, sugar and flour; then fold in the stiffly beaten egg whites.
3. Transfer the mixture into a greased springform tin (Ø 26 cm), and bake. This cake will be moist due to the high chocolate content.
4. Spread the chocolate cake covering over the cooled cake.

Function:	Fan plus	Conventional
Setting:	150–170°C	150–170°C
Shelf level:	1	1
Duration:	30–40 minutes	35–40 minutes + pre-heating

Espresso slices

Makes 20

Ingredients:

Base:

250 g soft butter
180 g sugar
4 tsp vanilla sugar
4 eggs
150 g flour
1 tsp baking powder
100 ml espresso coffee, or 2 tsp
instant espresso powder
100 g chocolate drops
100 g hazelnuts, ground

Topping:

200 g icing sugar
4 tbsp espresso coffee
2 tbsp coffee, whiskey or
mocha liqueur

Method:

1. Beat the butter until creamy, gradually adding the sugar, vanilla sugar and eggs alternately. Sift the flour and baking powder, and fold in the espresso or espresso powder and nuts. Finally stir in the chocolate drops.
2. Spread the base onto the glass tray, and bake until light brown.
3. Mix together the icing sugar, espresso and liqueur until smooth, and spread over the cake whilst still warm.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	2	2
Duration:	25–30 minutes	20–25 minutes + pre-heating

Apple tart

Serves 12

Ingredients:

Cake mix:

150 g butter or margarine
150 g sugar
2 tsp vanilla sugar
3 eggs
Juice of half a lemon
150 g flour
 $\frac{1}{2}$ tsp baking powder

Filling:

750 g sharp dessert apples
Icing sugar or apricot jam

Method:

1. Cream together the butter or margarine, sugar, vanilla sugar and eggs.
2. Sift the baking powder and flour together, and add to the creamed mixture together with the lemon juice. Spoon into a greased and floured springform cake tin (Ø 26 cm).
3. Peel, quarter and core the apples. Make several cuts into the top of each quarter and gently press into the cake mixture. Bake until golden.
4. Leave to cool to room temperature, then dust with icing sugar or spread a little apricot jam over the top.

Function:	Fan plus	Conventional
Setting:	150–170°C	160–180°C
Shelf level:	1	1
Duration:	55–65 minutes	55–65 minutes

Automatic → Baked goods → Cakes → Apple tart



Tip

As an alternative to quartered apples, you could finely dice them and fold them into the mixture. 500 g sour cherries or apricots also go well with this tart.

Gingerbread slices

Makes 50

Ingredients:

Base:

250 g flour
 $\frac{1}{2}$ tsp baking powder
170 g soft butter
120 g sugar
2 tsp vanilla sugar
Zest of 1 orange
 $\frac{1}{2}$ tsp ground ginger

Topping:

75 g apricot jam
75 g preserved ginger,
finely chopped

Method:

1. Rub together the flour, baking powder, butter, sugar, vanilla sugar, orange zest and ginger to make a crumble mix.
2. Knead half of the crumbled mixture to a smooth dough, and roll out to about $\frac{2}{3}$ of the size of the glass tray to make a base.
3. Spread with apricot jam, scatter with the ginger, and sprinkle the rest of the crumble over the top. Bake until golden.
4. Whilst still warm, cut into 2 x 4 cm slices.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	2	2
Duration:	25–30 minutes	15–25 minutes + pre-heating

Choc rum raisin squares

Makes 90

Ingredients:

4 egg yolks
250 g sugar
4 tsp vanilla sugar
4 egg whites
Juice of $\frac{1}{2}$ a lemon
A pinch of salt
250 g flour
250 hazelnuts, roughly chopped
200 g raisins soaked in 40 ml rum
200 g dark chocolate, grated

Topping:

100 g dark chocolate cake covering

Method:

1. Drizzle the rum over the raisins, and steep for about 30 minutes.
2. Cream the egg yolks, sugar and vanilla sugar. Fold in the stiffly beaten egg whites.
3. Fold in the lemon juice, salt, flour, hazelnuts, rum/raisin mixture and grated chocolate.
4. Transfer the mixture into a glass tray, and bake until golden.
5. Spread with melted chocolate cake covering whilst still warm, and cut into 3 x 3 cm squares.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	2	2
Duration:	20–30 minutes	20–30 minutes + pre-heating

Mocha macarons

Makes 40

Ingredients:

2 egg whites
130 g caster sugar
125 g flaked almonds
125 g dark chocolate, grated
1 tsp espresso or instant coffee powder

Method:

1. Brown the almonds in the grill pan without fat, and leave to cool. Combine with the grated chocolate and espresso powder.
2. Beat the egg whites very stiffly, gradually adding the sugar towards the end. Carefully fold in the almond mixture.
3. Line the glass tray with baking parchment. Using 2 teaspoons, spoon little balls of the meringue mixture onto the baking tray, and bake until light and airy.

Function:	Fan plus	Conventional
Setting:	130–140°C	130–140°C
Shelf level:	2 and 3	2
Duration:	20–25 minutes	15–20 minutes + pre-heating

Shortbread biscuits

Makes 70

Ingredients:

250 g flour
85 g sugar
2 tsp vanilla sugar
 $1\frac{1}{2}$ tsp vanilla essence
175 g butter or margarine

Method:

1. Knead the flour, sugar, vanilla sugar, vanilla essence and butter or margarine to a smooth dough. Leave to stand for 30 minutes.
2. Roll out on a floured surface to a thickness of 3 mm and cut biscuits using shaped cutters. Transfer the biscuits to a glass tray, and bake until golden.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	2 and 3	2
Duration:	20–25 minutes	10–18 minutes + pre-heating

Chocolate and advocaat cake

Serves 20

Ingredients:

100 g plain chocolate
250 g butter
250 g sugar
4 eggs
250 g flour
3 tsp baking powder
250 ml advocaat
Butter and dried breadcrumbs for
the tin

Method:

1. Break the chocolate up. Beat the butter, sugar and eggs together until foamy. Mix the flour and baking powder and stir into the egg mixture along with the advocaat. Add the chocolate.
2. Grease a ring shaped cake tin and dust with breadcrumbs. Pour in the cake mixture and bake.
3. Once the cake has cooled it can be dusted with icing sugar.

Function:	Fan plus	Conventional
Setting:	140–160°C	160–180°C
Shelf level:	1	1
Duration:	55–65 minutes	55–65 minutes

Walnut muffins

Makes 9

Ingredients:

100 g raisins
5 tbsp rum
150 g butter
150 g sugar
2 tsp vanilla sugar
3 eggs
150 g flour
1 tsp baking powder
125 g walnuts, roughly chopped

18 muffin cases
(approx. Ø 7–8 cm)

Method:

1. Drizzle the rum over the raisins, and leave for approx. 30 minutes.
2. Cream the butter and then mix in the sugar, the vanilla sugar, and the eggs. Sift the flour with the baking powder, and fold into the mixture together with the walnuts. Stir in the rum-soaked raisins.
3. Arrange double layers of muffin cases, one inside the other, on the glass tray. Spoon the mixture into the muffin cases and bake until golden.

Function:	Fan plus	Conventional
Setting:	150–170°C	160–180°C
Shelf level:	2	2
Duration:	25–30 minutes	25–30 minutes, plus pre-heating

Automatic → Baked goods → Cookies / Muffins
→ Muffins → without fruit

Olive bread

Serves 12

Ingredients:

450 g flour
1 1/2 sachets (10 g) of dried yeast
150 ml white wine
50 ml olive oil
100 g ham, finely diced
100 g pecorino cheese, grated
4 eggs
1 tsp dried marjoram
1/2–1 tsp salt
100 g chopped walnuts
100 g black olives,
roughly chopped

Method:

1. Mix the flour, yeast, wine and oil, and knead to a smooth dough. Set aside for 1 hour to prove.
2. Combine the ham, cheese, eggs, marjoram, salt and walnuts, and knead into the dough. Finally knead in the olives.
3. Transfer the soft dough into a 32 cm long loaf tin, and prove in the oven at 50°C for 60 minutes, then bake.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	1	1
Duration:	65–75 minutes	65–75 minutes

Yoghurt and nut bread

Serves approx 15

Ingredients:

350 g flour
150 g wholemeal flour
1 tsp salt
2 tsp baking powder
1 tsp bicarbonate of soda
80 g chopped mixed nuts
80 g sunflower seeds
1 tbs oil
1 tbs apple butter
200 g yoghurt
300 ml milk
Sunflower seeds for sprinkling

Method:

1. Mix together the flours, salt, baking powder, bicarbonate of soda, nuts and sunflower seeds. Stir in the oil, apple butter, yoghurt and milk and knead to a dough. Place in a 30 cm long loaf tin lined with baking parchment.
2. Sprinkle sunflower seeds on top and bake until golden brown.

Function:	Fan plus	Conventional
Setting:	160–180°C	180–200 °C
Shelf level:	1	1
Duration:	55–65 minutes	45–55 minutes

Quick herb ciabatta

Serves 20

Ingredients:

Dough:

125 ml lukewarm milk
125 ml lukewarm water
20 g fresh yeast
or 1 sachet of dried yeast
475 g flour
2 tsp salt
1 tbsp oil

Filling:

1 onion, finely diced
1 clove garlic, finely diced
1 tbsp oil
3 tbsp chopped parsley
3 tbsp chopped dill
3 tbsp chopped chives
3 tbsp chopped basil
1 egg
1 tbsp crème fraîche
Salt and pepper

Method:

1. Mix together the milk, water and yeast. Add to the flour, salt and oil, and knead to a smooth dough. Leave to prove for 30 minutes at room temperature.
2. For the filling, sauté the onion and garlic in the oil. Then add the herbs, egg, crème fraîche, salt and pepper.
3. Knead the dough briefly, and roll out to a rectangle 30 cm x 40 cm. Spread over the filling, leaving a 2 cm border all the way round.
4. Roll up the dough along the shorter side. Transfer to the glass tray, and leave to rise for approx. 30 minutes. Bake until golden.

Function:	Fan plus	Conventional
Setting:	170–190°C	190–210°C
Shelf level:	1	1
Duration:	25–35 minutes	30–40 minutes

Automatic → Baked goods → Bread → Baguettes



Tip

Garlic should always be used fresh. To tell how fresh it is, look at the cloves. They should be nice and firm with a tight fitting skin. They will either be white in colour or have a purple tinge to them. Garlic should be stored somewhere cool and dry, but not in the refrigerator.

Salmon terrine

Serves 10

Ingredients:

1 small onion, diced
 1 tbsp butter
 750 g fresh salmon or trout fillet
 90 g white bread, cubed
 1 egg
 Salt, pepper, nutmeg
 350 ml double cream
 1 tbsp chopped dill

Method:

1. Fry the onion gently in the butter, add the chopped salmon and continue to fry gently. Cool slightly, then add the bread, egg, seasoning and cream. Leave to stand for 60 minutes.
2. Purée the mix in several batches in a food processor. Stir in the dill. Place in a greased glass dish (approx. 20 cm long). Tap the dish firmly on a soft surface several times to ensure that there are no gaps in the mixture. Cover and cook.
3. Allow to cool and pour off any liquid that appears. Turn out of the dish and cut into slices. Serve warm or cold with toast.

Function:	Fan plus	Conventional
Setting:	130–150°C	150–170°C
Shelf level:	1	1
Duration:	60–70 minutes	50–60 minutes



Tip

The terrine is equally delicious made with smoked or unsmoked salmon or trout.



Marinated peppers

Serves 4

Ingredients:

3 yellow peppers, 3 red peppers,
3 orange peppers

Marinade:

6 tbsp olive oil, 4 tbsp white wine,
4 tbsp white wine vinegar, 1 clove of
garlic, crushed, Salt and pepper,
3 tsp mixed herbs

Tip

As an alternative, use blanched
sliced zucchini and mushrooms.

Method:

1. Combine all the ingredients for the marinade in a jug.
2. Quarter the peppers, and remove the seeds and the pith. Place skin side up in the glass tray, and grill until the skin blisters and blackens.
3. Remove from the oven, and place the peppers in a polythene bag for about 10 minutes to sweat. Then peel off the skins.
4. Transfer to a serving dish, and pour over the marinade. Leave for several hours for the peppers to absorb the flavours, and serve with French bread.

Function:

Grill

Setting:

Grill level 3

Shelf level:

3

Duration:

6-8 minutes

+ 5 minutes' pre-heating



Palermo style pastry puffs

Serves 10

Ingredients:

1 pack ready rolled puff pastry
(= 450 g, 10 squares)

For the filling:

250 g mozzarella
50 g sundried tomatoes in oil
1 x 185 g tin tuna
10 green olives
1 tbsp chopped basil
Salt, freshly ground black pepper
1 egg

Method:

1. Lay the sheets of pastry out next to each other to defrost.
2. Drain the mozzarella, tomatoes and tuna fish. Chop into small cubes along with the olives. Mix with the basil and seasoning.
3. Separate the egg and brush the edges of the pastry with the egg white. Spread the filling evenly over the pastry squares, fold in half and seal the edges well.
4. Brush the pastry with beaten egg yolk, place on a glass tray rinsed with cold water, and bake until golden brown.

Function:	Fan plus	Conventional
Setting:	170–190°C	190–210°C
Shelf level:	2	2
Duration:	20–30 minutes	20–30 minutes + pre-heating

Baked artichoke hearts

Serves 3

Ingredients:

8–10 tinned artichoke hearts
200 ml double cream
100 g cream cheese with herbs
100 g Cheddar cheese, grated
75 g ham, diced
A little grated nutmeg
and seasoning, to taste

Method:

1. Gently heat together the cream, cream cheese and half of the Cheddar, stirring until smooth. Season with salt, pepper and nutmeg to taste. Add the diced ham.
2. Arrange the drained artichoke hearts in the bottom of a suitable dish, pour over the cheese sauce, and scatter the rest of the cheese over the top. Grill until golden.

Function:	Grill
Setting:	Grill level 3
Shelf level:	2
Duration:	8–10 minutes + 5 minutes' pre-heating

Prawn curry soup

Serves 2

Ingredients:

1 tbsp oil
 1 clove of garlic, finely chopped
 250 g prawns
 2 tbsp curry powder
 1/2 tsp ground coriander
 4 tbsp lemon juice
 50 g creamed coconut, or 100 ml
 coconut milk
 400 ml fish stock
 Salt and pepper
 Chilli powder
 1 tsp chillis, finely diced (optional)

Method:

1. Place the oil, garlic and prawns in a suitable container, cover and cook for 8 minutes at 850 Watts.
2. Add the curry powder, coriander, lemon juice, creamed coconut or coconut milk, stock, chilli powder to taste and seasoning. Cover, and cook for 5 minutes at 850 Watts, followed by 10 minutes at 450 Watts.

Function: **Microwave**
 Setting: **850 W + 850 W + 450 W**
 Shelf level: **1**
 Duration: **8 + 5 + 10 minutes**

Viennese gardener's soup

Serves 4

Ingredients:

30 g butter
 1 onion, diced
 100 g leeks, sliced in rings
 200 g potatoes, sliced
 250 g mixed vegetables, or
 approx. 80 g each of cauliflower,
 carrots and broccoli
 750 ml beef stock
 Salt, pepper and ground nutmeg
 250 ml double cream
 1 tsp each of chopped basil and
 parsley

Method:

1. Place the butter, onion, leeks, potatoes, vegetables, stock and seasoning in a suitable container. Cover, and cook for 10 minutes at 850 Watts, then for a further 15 minutes at 450 Watts.
2. Put some of the vegetables to one side. Purée the rest of the vegetables with the liquid, then add the cream and herbs.
3. Return the vegetables to the soup, and serve.

Function: **Microwave**
 Setting: **850 W + 450 W**
 Shelf level: **1**
 Duration: **10 + 15 minutes**

Automatic → Cook → Soup → 1.6 kg

Tomato soup with basil cream

Serves 6

Ingredients:

200 g carrots,
peeled and diced
1 onion, diced
10 g butter
1 tin (850 g) tomatoes
Salt and pepper
250 ml vegetable stock
 $\frac{1}{2}$ tsp sugar
4 tbsp basil, chopped
100 ml double cream

Method:

1. Place the carrots, onion and butter in a suitable container. Cover and cook for 8 minutes at 850 Watts.
2. Add the tomatoes with their juices, seasoning, stock and sugar, and cook covered for 6 minutes at 450 Watts. Purée the soup. If it is too thick, add a little more water or stock.
3. Purée the cream and basil, and then beat until it is thick but not too stiff. Pour the soup into bowls, and top with a tablespoon of the cream mixture. Decorate with fresh basil.

Function: **Microwave**
Setting: **850 W + 450 W**
Shelf level: **1**
Duration: **8 + 6 minutes**

Automatic → Cook → Soup → 1.7 kg

Pumpkin soup

Serves 6

Ingredients:

1 onion, diced
1 tbsp oil
500 g pumpkin flesh, diced
125 ml milk
375 ml vegetable or chicken stock
Salt and white pepper
1 tsp sugar
10 g butter
1 tbsp crème fraîche
6 tbsp double cream
1 tbsp pumpkin seeds, roughly
chopped

Method:

1. Sauté the onion in the oil in a suitable covered dish for approx. 4 minutes at 850 Watts.
2. Add the diced pumpkin, milk, stock and seasoning. Cover, and cook for 6 minutes at 850 Watts. Stir, and cook for a further 12 minutes at 450 Watts. Purée the soup, then stir in the butter and crème fraîche.
3. Pour the soup into 6 bowls. Spoon 1 tablespoon of cream into each, and scatter a few pumpkin seeds over the top

Function: **Microwave**
Setting: **850 W + 850 W + 450 W**
Shelf level: **1**
Duration: **4 + 6 + 12 minutes**

Automatic → Cook → Soup → 1.1 kg

Cream of sweetcorn soup

Serves 4

Ingredients:

1 tin sweetcorn (280 g)
1 onion, diced
20 g butter
20 g flour
500 ml vegetable stock
1 chilli, deseeded and
finely diced
Chilli powder, salt, pepper and
sugar
100 ml double cream
100 g bacon, diced

Method:

1. Drain the sweetcorn, and place about $\frac{3}{4}$ of it into a suitable container. Add the onion, stock, chilli and seasoning. Knead together the butter and flour, and add to the vegetables and stock. Cover, and cook for approx. 5 minutes at 850 Watts, then a further 8 minutes at 450 Watts.
2. Purée the soup and add the cream followed by the rest of the sweetcorn.
3. Place a sheet of kitchen paper on a plate, arrange the diced bacon on it and cook for 3 minutes at 850 Watts.
4. Heat the soup through, and scatter the bacon over the top before serving.

Function: **Microwave**
Setting: **850 W + 450 W + 850 W**
Shelf level: **1**
Duration: **5 + 8 + 3 minutes**

Minestrone

Serves 4

Ingredients:

50 g bacon lardons, diced
1 onion, diced
100 g green beans
100 g peas
100 g celery
100 g sliced carrots
150 g diced potatoes or
50 g thin noodles
1000 ml meat or vegetable stock
2 tsp italian herbs
(oregano, thyme, parsley)
1–2 tomatoes
100 g grated parmesan
Salt

Method:

1. Put the stock, bacon, onion, beans, peas, celery, carrots, potatoes or noodles and herbs into a bowl. Cover and cook for 10 minutes at 850 Watts, then for a further 15 minutes at 450 Watts. Stir regularly.
2. Skin and dice the tomatoes and add to the soup.
3. Sprinkle the parmesan generously over the finished soup or serve the cheese separately.

Function: **Microwave**
Setting: **850 W + 450 W**
Shelf level: **1**
Duration: **10 minutes + 15 minutes**

Automatic → Cook → Soup → 1.8 kg



Pasta bake

Serves 6

Ingredients:

300 g macaroni
 30 g butter
 3 onions, diced
 2 red peppers, diced
 200 g carrots, sliced
 600 g tomatoes, roughly chopped
 200 ml vegetable stock
 300 g crème fraîche
 150 ml milk
 Pepper and garlic salt
 200 g ham, raw or cooked, diced
 200 g goats' cheese with herbs,
 diced
 150 g Cheddar cheese, grated

Method:

1. Cook the macaroni in rapidly boiling salted water until al dente. Drain.
2. Fry the onions gently in the butter. Add the diced peppers and carrots, and continue to fry for a minute or two. Pour in the stock. Combine the crème fraîche with the milk, pepper and garlic salt, and mix into the vegetables. Bring to the boil, stirring all the time.
3. Transfer the macaroni, tomatoes, ham and goats' cheese into a suitable dish, stir in the vegetable mixture, sprinkle with grated Cheddar, and bake until golden.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	300 W + 180°C
Shelf level:	1	1
Duration:	40–50 minutes	35–45 minutes

Automatic → Cook → Bakes/Gratin → Pasta bake

Leek and potato bake

Serves 4

Ingredients:

350 g sliced potatoes, peeled
 weight
 350 g leeks, sliced in rings
 200 g ham or salami, cut into
 strips
 125 g crème fraîche
 250 ml double cream
 200 g cream cheese with chives
 Salt, pepper and grated nutmeg
 150 g Emmental cheese, grated

Method:

1. Place the potatoes, leeks and ham or salami in a suitable dish, and mix thoroughly. Combine the crème fraîche, cream cheese, cream and seasoning, and pour over the potato mixture.
2. Sprinkle with the grated cheese, and bake uncovered.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	300 W + 180°C
Shelf level:	1	1
Duration:	55–65 minutes	40–55 minutes



Aubergine moussaka

Serves 6

Ingredients:

1250 g aubergines
50 ml (3 tbsp) olive oil
1 onion, diced
30 g butter
750 g minced beef
125 ml white wine
1 tin tomatoes
(drained weight 480 g)
2 tbsp chopped parsley
Salt and pepper
3 tbsp breadcrumbs
2 egg whites
500 ml béchamel sauce
2 egg yolks
100 g grated Cheddar

Method:

1. Cut the aubergine into 1 cm thick slices, sprinkle with salt, and leave for 20 minutes to draw out the liquid.
2. Sauté the onion in the butter. Add the mince, and brown whilst stirring. Chop the tinned tomatoes roughly, and add with the parsley and wine to the meat. Season liberally with salt and pepper, and simmer for about 15 minutes. Fold in the breadcrumbs the egg whites.
3. Rinse the aubergines under cold water, pat dry and fry in olive oil until golden.
4. Arrange half of the aubergines in the bottom of a suitable dish (32 x 22 cm), and then add the meat mixture. Add the rest of the aubergines. Mix the egg yolk and about $\frac{2}{3}$ of the cheese into the béchamel sauce. Spread the sauce over the aubergines, and sprinkle with the rest of the cheese. Bake in the oven, uncovered until golden.

Function: **Fan plus**
Setting: **170–190°C**
Shelf level: **1**
Duration: **45–55 minutes**



Tip

To make your own Béchamel sauce gently fry 50 g of diced ham or bacon lardons in 30 g of butter. Stir in 40 g of flour and slowly add 250 ml of milk, stirring as you do so. Simmer for about 5 minutes then season with salt, pepper and nutmeg.

Salmon lasagne

Serves 4

Ingredients:

400 g lightly smoked or fresh salmon, thinly sliced
Approx. 12 sheets of dried lasagne, not pre-cooked
2 onions, diced
20 g butter
2 tbsp flour
600 ml milk
300 ml double cream
Salt and pepper
2 tbsp fresh dill, chopped
3 tbsp lemon juice
1 finely shredded fennel bulb
100 g Cheddar cheese, grated

Method:

1. Lightly fry the onions in the butter. Add the flour, mixing well. Keep stirring whilst you add the milk and cream. Season liberally with salt, pepper and lemon juice. Simmer for 10 minutes, then stir in the dill.
2. Spread some of the sauce over the bottom of an oven-proof dish, and place 4 sheets of lasagne on top, followed by a layer of fennel and salmon. Build up with a further layer of sauce, lasagne, fennel, and salmon. Top with the rest of the lasagne and finally the remaining sauce, and sprinkle with grated cheese before baking uncovered.

Function:	Fan plus	Microwave + Fan plus
Setting:	150–170°C	300 W + 160°C
Shelf level:	1	1
Duration:	40–50 minutes	35–45 minutes

Automatic → Cook → Bakes/Gratin → Lasagne

Chicken risotto

Serves 4

Ingredients:

600 g chicken or turkey breast
100 g each of carrots, leeks and mushrooms
20 g butter
1 tbsp curry powder
A pinch of saffron threads
Salt and pepper
150 g risotto rice (e.g. arborio)
600 ml chicken stock
50 g flaked almonds

Method:

1. Cut the chicken or turkey into strips, and thinly slice the carrots, leeks and mushrooms. Place in a suitable dish.
2. Add the butter, seasoning, rice and stock, and cover. Cook for 10 minutes at 850 Watts, and a further 15 minutes at 450 Watts. Scatter with almonds, and serve.

Function:	Microwave
Setting:	850 W + 450 W
Shelf level:	1
Duration:	10 + 15 minutes

Automatic → Cook → Stew → 1.6 g



Vegetable lasagne

Serves 6

Ingredients:

2–3 red peppers
2–3 yellow peppers
1 courgette
250 g Ricotta cheese
100 crème fraîche
35 g margarine
35 g flour
500 ml milk
3 tbsp chopped basil
50 ml oil
25 g pine nuts
Salt, pepper, grated nutmeg
12 lasagne sheets, pre-cooked

Method:

1. Quarter the peppers, and remove the seeds and pith. Place the peppers skin side up on the glass tray under the pre-heated grill for 6–8 minutes until the skin blisters and blackens. Place the peppers in a polythene bag to sweat for about 10 minutes, and then peel the skins off the peppers.
2. Slice the courgettes.
3. Whiz the basil, oil, pine nuts and salt into a paste in a blender or food processor. Stir into the ricotta and crème fraîche.
4. Heat the margarine over the hob, gradually add the flour and milk, stirring all the time to make a sauce. Bring gently to the boil, and season with salt, pepper and nutmeg.
5. Spoon some of the sauce into the bottom of a suitable dish. In layers, add lasagne sheets, some of the basil ricotta mixture, then half of the vegetables, and finally half of the sauce. Repeat this, finishing with a final layer of lasagne, and top with ricotta mixture. Bake uncovered in the oven.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	300 W + 180°C
Shelf level:	1	1
Duration:	50–60 minutes	35–45 minutes

Automatic → Cook → Bakes/Gratin → Lasagne



Tip

Pine nuts are the edible seeds of pine trees. They have been cultivated for over 6,000 years, and are an excellent source of protein and dietary fibre.



Spinach lasagne with goats' cheese

Serves 3–4

Ingredients:

450 g spinach (frozen)
9 sheets ready to cook lasagne
150 g goats' cheese
375 ml double cream
200 g sour cream
3 eggs
200 g grated gouda/cheddar
1 tsp salt
 $\frac{1}{2}$ tsp pepper
 $\frac{1}{2}$ tsp paprika
Garlic powder
3 tomatoes, sliced
25 g grated gouda/cheddar

Method:

1. Defrost the spinach and press out the water. Dice the goats' cheese. Beat together the cream, sour cream and eggs and season well with salt, pepper, paprika and garlic powder.
2. Pour $\frac{1}{4}$ of the egg mixture into the bottom of an ovenproof dish. Place 3 sheets of lasagne on top, then $\frac{1}{2}$ the spinach and $\frac{1}{3}$ each of the goats' cheese and gouda/cheddar, followed by another $\frac{1}{4}$ of the egg mixture. Place 3 more sheets of lasagne on top, then proceed with the remaining spinach, another $\frac{1}{3}$ of the goats' cheese and gouda/cheddar and another $\frac{1}{4}$ of the egg mixture. Place the final sheets of lasagne on top and finish with the remaining egg mixture and cheese. Bake uncovered in the oven.
3. After approx. 30 minutes place the sliced tomato on top of the lasagne and sprinkle with the remaining 25 g of cheese. Bake until golden brown.

Function: **Fan plus**
Setting: **160–180°C**
Shelf level: **1**
Duration: **60–70 minutes**

Function: Microwave + Fan plus
Setting: 150 W + 160°C
Shelf level: 1
Duration: 35–45 minutes



Tip

100 g of frozen spinach contains 40–50% of the daily recommended requirement of vitamin A, which fights against free radicals and strengthens the immune system.

Mushroom lasagne

Serves 6

Ingredients:

15 lasagne sheets,
not pre-cooked
400 g diced Gorgonzola cheese
1500 g sliced mushrooms
3 tbsp chopped parsley
150 g grated Parmesan cheese
or 250 g grated Cheddar cheese

Béchamel sauce:

90 g margarine
90 g flour
1400 ml milk
Salt, pepper, nutmeg

Method:

1. For the sauce, melt the butter on the hob, and stir in the flour. Add the milk, continuing to stir. Simmer for 5 minutes, and season with salt, pepper and nutmeg. Stir in the Gorgonzola, and beat until smooth. Stir in the mushrooms and parsley.
2. Spoon about $\frac{1}{4}$ of the sauce into the bottom of an oven-proof dish, and arrange 5 sheets of lasagne on top. Scatter over $\frac{1}{4}$ of the cheese. Repeat this twice.
3. Spread the rest of the sauce over the top, and scatter the rest of the cheese over the top. Bake uncovered until golden.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	300 W + 180°C
Shelf level:	1	1
Duration:	40–50 minutes	30–40 minutes

Automatic → Cook → Bakes/Gratin → Lasagne



Tip

White mushrooms are one of the most popular and readily available mushrooms. They are very low in calories, and rich in vegetable protein, Vitamin B1 and minerals. They should be stored in cool conditions, and used as fresh as possible. For a variation on the above recipe, experiment with an ordinary cheese and some more exotic mushrooms.

Salmon on a bed of spring vegetables

Serves 4

Ingredients:

4 x 125 g salmon fillets
Salt, coarsely ground mixed
peppercorns
Curry powder
1 unwaxed lemon
1 bunch of spring onions
1 bunch of carrots
250 g mushrooms
150 g crème fraîche
80 g herb butter

Method:

1. Wash and dry the salmon and season with salt, pepper and curry powder. Peel the lemon, removing all the pith, and cut the lemon into slices.
2. Wash the spring onions and slice diagonally. Peel the carrots and mushrooms and slice thinly.
3. Mix the vegetables together and fry gently in a little herb butter, stir in the crème fraîche and season with salt and pepper.
4. Transfer the vegetables to an ovenproof dish (approx. 20 x 30 cm) and place the salmon fillets on top. Dot with the remaining herb butter, place the lemon slices on top and cook uncovered. Delicious served with sautéed potatoes and a dill and mustard sauce.

Function:	Fan plus	Conventional
Setting:	160–180°C	180–200°C
Shelf level:	2	2
Duration:	20–30 minutes	20–30 minutes + pre-heating

Tiger prawn kebabs

Serves 4

Ingredients:

12–16 raw tiger prawns, de-veined
2 tbsp lemon juice
12–16 button mushrooms
12 slices of smoked salmon
75 g butter or herb flavoured
butter, melted
4 wooden kebab skewers,
pre-soaked in water

Method:

1. Drizzle the raw prawns with lemon juice. Wipe the mushrooms if necessary. Roll up the sliced smoked salmon.
2. Arrange the prawns, mushrooms and smoked salmon rolls alternately on the skewers. Brush with melted butter. Place the kebabs on the rack over the glass tray, and grill.

Function:	Grill
Setting:	Grill level 3
Shelf level:	2 or 3
Duration:	5 minutes each side + 5 minutes pre-heating



Fillet of plaice on a bed of spinach

Serves 2

Ingredients:

300 g plaice fillets
2 tbsp lemon juice
1 onion, diced
20 g butter
300 g leaf spinach (frozen)
20 g butter
20 g flour
250 ml vegetable stock
2–3 tbsp white wine
1 egg yolk
100 ml double cream
150 g grated Cheddar cheese
Salt, pepper and grated nutmeg

Method:

1. Drizzle the plaice with lemon juice, and set to one side for 10 minutes. Pat dry, and season with salt and pepper. Beat together the egg and the cream.
2. Defrost the spinach at 600 Watts for 6 minutes. Then drain thoroughly in a sieve or colander, pressing to remove excess liquid.
3. Sauté the onions in the butter until golden, add the spinach and cook for a further 5 minutes. Then set aside. In a separate dish, melt the rest of the butter and stir in the flour. Add the wine and the stock and bring to the boil, continuing to stir. Remove from the heat, and mix in the cheese and the egg and cream. Season with salt, pepper and grated nutmeg.
4. Spread the spinach over the bottom of a suitable shallow dish. Arrange the plaice on top, and pour the sauce over. Bake uncovered.

Function: **Microwave + Grill**
Setting: **450 W + Grill level 3**
Shelf level: **2**
Duration: **10–12 minutes**



Salmon in a horseradish crust

Serves 4

Ingredients:

400 g carrots
20 g butter
Salt and pepper
4 salmon fillets (150 g each)
1 egg
1 packet white sauce
4 tsp horseradish sauce

Method:

1. Cut the carrots into fine julienne strips, and fry gently in the butter for a few minutes. Arrange in the bottom of a suitable dish.
2. Season the fish with the salt and pepper, and arrange on top of the carrots.
3. Make up the sauce following the instructions on the packet, and mix with the egg yolk and grated horseradish. Fold in the stiffly whipped egg whites.
4. Pour the sauce over the fish, and bake uncovered until golden.

Function:	Fan plus	Conventional
Setting:	170–190°C	180–200°C
Shelf level:	1	1
Duration:	20–30 minutes	25–30 minutes + pre-heating

Salmon on a bed of vegetables

Serves 4

Ingredients:

300 g carrots, coarsely grated
300 g kohlrabi or white turnip,
coarsely grated
1 tbsp oil
A bunch of fresh mixed herbs,
e.g. parsley, chervil, dill and
marjoram, chopped
600 g salmon fillet
2 tbsp lemon juice
Salt
200 g cream cheese with chives
125 ml milk
125 ml double cream

Method:

1. Place the grated carrots and kohlrabi or turnip in a microwave-proof bowl with the oil and herbs. Cover, and cook for 6 minutes at 850 Watts. Meanwhile, drizzle the fish with lemon juice.
2. Arrange half of the vegetables in a suitable dish. Place the fish on the vegetables, sprinkle with salt, and scatter the rest of the vegetables over the top.
3. Blend together the cream cheese, the milk and the cream, and pour over the vegetables and fish. Cook uncovered.

Function:	Microwave / Microwave + Grill
Setting:	850 W / 450 W + Grill level 3
Shelf level:	2
Duration:	6 + 10 minutes

Pork fillet in a Roquefort sauce

Serves 2

Ingredients:

500 g pork fillet
 Salt and pepper
 3 tbsp oil
 2 onions, diced
 50 ml white wine
 125 ml cream
 200 g Roquefort cheese
 2 tbsp beurre manie (made from
 1 tbsp each of margarine and
 flour)
 2 tbsp chopped parsley

Method:

1. Place the onions and the oil in a suitable dish, cover and cook for 850 Watts for 5 minutes. Add the pork, coating it on all sides. Pour over the wine, cover and cook for 10 minutes at 450 Watts.
2. Crumble the cheese, and mix to a smooth paste with the cream and beurre manie. Add to the meat, and stir in the wine. Cook uncovered at 450 Watts for a further 5 minutes, stirring halfway through.
3. Slice the meat, pour over the sauce and scatter with parsley.

Function: **Microwave**
 Setting: **850 W + 450 W + 450 W**
 Shelf level: **1**
 Duration: **5 + 10 + 5 minutes**

Automatic → Cook → Meat → Microwave-Cook → 1.0 kg

Italian style roast pork

Serves 4–6

Ingredients:

1000 g pork (boned)
 Salt, pepper, paprika
 60 g sundried tomatoes in oil
 100 g goats' cheese
 10 green olives
 2 cloves of garlic
 1 tbsp capers

Method:

1. Pat the meat dry, make a cut in it to form a pocket and season with salt, pepper and paprika.
2. Drain the tomatoes, retaining the oil. Finely chop the tomatoes, goats' cheese and olives. Crush the garlic and mix with the tomatoes, cheese, olives and capers. Place the mixture inside the meat and seal with kitchen string or cocktail sticks.
3. Brush the meat with the reserved tomato oil and place on a wire rack with a glass dish underneath to catch the drips. Roast uncovered.

Function: **Auto Roast** **Fan grill**
 Setting: **170–190°C** **170–190°C**
 Shelf level: **1** **1**
 Duration: **75–85 minutes** **75–80 minutes**

Roast veal

Serves 6

Ingredients:

1000 g veal joint
Salt, pepper
2 tsp paprika
30 g soft butter
2 onions, roughly chopped
2 carrots, roughly chopped
2 tomatoes, roughly chopped
250 ml double cream

Method:

1. Season the veal with salt, pepper and paprika, smear it with butter and place in a roasting dish. Surround with the onions, carrots and tomatoes, cover and cook for 30 minutes.
2. Add the cream. Turn the meat and leave uncovered for the remaining cooking time.
3. Remove the meat, strain the cooking juices through a sieve to make a sauce. Slice the meat and serve with the sauce.

Function:	Auto Roast	Microwave + Fan plus
Setting:	160–180°C	150 W + 180°C
Shelf level:	1	1
Duration:	100–120 minutes	65–75 minutes

Function:	Conventional
Setting:	160–180°C
Shelf level:	1
Duration:	100–120 minutes

If using the food probe, the core temperature should be 80°C.

Automatic → Cook → Meat → Veal → Braised veal

Pork steaks baked in cheese and cream sauce

Serves 4

Ingredients:

- 2 pork fillets, about 350 g each
- 80 g streaky bacon rashers, stretched
- 20 g butter
- 2 tbsp English mustard
- Salt and pepper
- 2 onions, finely diced
- 100 g full fat cream cheese
- 50 g Cheddar cheese
- 200 ml double cream
- 1 tbsp chopped parsley
- 2 tsp pickled green peppercorns

Method:

1. Cut the pork into 3 cm thick slices. Wrap a rasher of bacon around the edge of each.
2. Season with salt and pepper, spread with mustard, and fry in the butter for a few minutes on each side. Transfer to a roasting pan or casserole dish.
3. Mix together the cheeses and the cream until smooth, and add the onions, parsley and drained peppercorns. Season with salt and pepper.
4. Spread the cream mixture over the meat, and bake uncovered in the oven.

Function:	Fan plus	Conventional
Setting:	180–200°C	190–210°C
Shelf level:	1	1
Duration:	20–25 minutes + pre-heating	15–20 minutes + pre-heating

Beef burgers

Serves 6

Ingredients:

- 500 g lean minced beef
- Salt and pepper
- 1 onion, finely diced
- 1 tsp grainy mustard
- 6 slices of Cheddar or Gouda cheese

Method:

1. Season the minced beef with the salt, pepper and mustard, and thoroughly knead with the onion. Form 6 burgers. Cover and place in the refrigerator for 30 minutes.
2. Place on the rack over the glass tray, and grill for 6–8 minutes on each side. Place a slice of cheese on each burger just before the end of grilling.
3. As an alternative, place a rasher of bacon or a few strips of thinly sliced pepper on the burgers under the cheese.

Function:	Grill
Setting:	Grill level 3
Shelf level:	2 or 3
Duration:	12–15 minutes + 5 minutes pre-heating



Curried chicken

Serves 4

Ingredients:

4 chicken pieces
Salt
1 tsp red curry paste
4 tbsp oil
2 each red and yellow peppers
2 onions
2 cloves of garlic
1 mango
200 ml coconut milk
Freshly ground pepper

Method:

1. Wash and dry the chicken. Mix the salt, curry powder and oil and brush over the chicken pieces. Place them in a glass dish and cook for 30 minutes.
2. Wash and halve the peppers and cut into large pieces. Peel the onions and garlic. Cut the onions into eighths and halve the garlic cloves. Peel and dice the mango. Add the vegetables and mango to the chicken.
3. Season the coconut milk with salt and pepper, pour over the vegetables and cook for a further 30 minutes.

Function:	Fan plus	Conventional
Setting:	170–190°C	190–210°C
Shelf level:	2	2
Duration:	50–60 minutes	50–60 minutes

Roast beef

Serves 6

Ingredients:

1000 g joint of beef
Salt and pepper
1 tbsp grainy mustard
75 g butter

Method:

1. Season the meat with salt and pepper, and spread the mustard over. Dot with butter, and place in a roasting pan or in the glass tray. Pre-heat the oven, and open roast until done.
2. After roasting, wrap in foil, and leave to stand for about 10 minutes before carving.

Function:	Auto roast	Fan plus
Setting:	190–210°C	200°C
Shelf level:	1	1
Duration:	35–45 minutes + pre-heating	25–35 minutes + pre-heating

When using the food probe, set the core temperature to: 60–65°C (rare), 70–75°C (medium) or 80–85°C (well done).

Automatic → Cook → Meat → Beef → Roast beef
→ Degree of doneness

Rack of lamb in a mustard and herb crust

Serves 6

Ingredients:

1200 g rack of lamb,
on the bone
Salt and pepper
20 g soft butter
125 ml red wine
125 g crème fraîche

For the herb crust:

3 slices of day-old bread
2 tbsp chopped parsley
1 tsp chopped thyme
1 egg
2 tbsp grainy mustard

Method:

1. To make the herb crust, remove the crusts from the bread, and make into fine breadcrumbs. Blend the breadcrumbs well with the herbs, mustard and egg.
2. Season the meat all over with the salt and pepper. Place the joint meat side facing upwards in a roasting pan, and brush with butter. Roast uncovered in the pre-heated oven for approx. 15 minutes.
3. Spread the herb mixture over the meat. Add the crème fraîche and half of the red wine to the meat, and continue to roast uncovered for a further 40 minutes.
4. To make the gravy: blend the pan juices with the rest of the wine and some water, and thicken with cornflour.
5. Carefully cut the meat off the bone with a sharp knife.

Function: **Fan plus**
Setting: **170–190°C**
Shelf level: **1**
Duration: **50–60 minutes**
+ pre-heating

Automatic → Cook → Meat → Lamb → Rack of lamb

Meat loaf

Serves 4

Ingredients:

300 g minced beef
300 g minced pork
1 bread roll
2 eggs
2½ tsp paprika
Salt and pepper
3 tbsp oil
2 onions, diced
50 g bacon, diced
1 red pepper, diced
1 tin of mushrooms, drained
(250 g drained weight)
125 g Cheddar cheese, diced

Method:

1. Fry the bacon in the oil. Add the onions, and fry gently, followed by the diced pepper and the mushrooms. Remove from the heat, and when the mixture has cooled stir in the cheese.
2. Soak the roll in cold water for about 10 minutes to soften. Squeeze out the water, and combine with the mince, eggs, paprika, salt and pepper.
3. Add the vegetable mixture to the meat, and mix thoroughly. Form an oval loaf shape, and transfer to a suitable roasting pan or the glass tray. Bake uncovered.

Function:	Fan plus	Microwave + Fan plus
Setting:	160–180°C	150 W + 160°C
Shelf level:	1	1
Duration:	60–70 minutes	45–55 minutes

Function:	Conventional
Setting:	170–190°C
Shelf level:	1
Duration:	60–70 minutes

Automatic → Cook → Meat → Meat loaf



Tip

The **pepper** is a popular vegetable available both as a whole vegetable or in a powder form as paprika. As a vegetable it comes in green, yellow, red and orange varieties, which vary in their flavours. The green ones tend to be a little bitter, whilst the other colours are sweet. The best season for peppers is summer time.

Lemon chicken breasts

Serves 6

Ingredients:

6 chicken breasts
(each weighing about 150 g)
6 tbsp lemon juice
2 tbsp brown sugar
 $\frac{1}{2}$ tsp salt
Pepper
3 tbsp oil
200 ml double cream
200 ml chicken stock
Cornflour

Method:

1. Combine the lemon juice, sugar, salt, pepper and oil. Brown the chicken breasts on the hob, then arrange in a roasting pan, and pour over the lemon marinade. Leave for about 20 minutes.
2. Roast the chicken breasts uncovered for about 20 minutes, then turn. Mix together half of the cream and half of the stock, and pour over the chicken. Continue to roast uncovered for a further 20 minutes, or until done. Transfer to a serving dish.
3. Stir the rest of the cream and the stock into the juices from the meat, add the cornflour and bring to the boil, stirring all the time. Serve with the chicken breasts.

Function: **Fan plus**
Setting: **170–190°C**
Shelf level: **1**
Duration: **35–45 minutes**

Bistro style chicken

Serves 4

Ingredients:

1 chicken (approx. 1000 g)
3 tbsp oil
Salt, paprika, curry powder
2 onions
2 cloves of garlic
200 g cherry tomatoes
1 sprig each of rosemary and thyme

Method:

1. Wash and dry the chicken. Mix the oil with the salt, paprika and curry powder, and brush over the chicken. Place the chicken on a glass dish and cook for 20 minutes.
2. Peel the onions and garlic. Cut the onions into eighths and halve the cloves of garlic. Wash the tomatoes and herbs. Distribute the herbs and vegetables around the chicken and finish cooking.

Function: Microwave **Fan grill**
+ Fan plus
Setting: 150 W + 180°C **170–190°C**
Shelf level: 1 **1**
Duration: 20 + 30–40 minutes **20 + 30–40 minutes**

Function: Auto Roast
Setting: 170–190°C
Shelf level: 1
Duration: 20 + 25–35 minutes

Automatic – Cook → Poultry → Chicken

Coq au vin

Serves 4

Ingredients:

4 chicken quarters
Salt and pepper
Cayenne pepper
40 g butter, melted
50 g streaky bacon, diced
5 onions, diced
1 garlic clove, crushed
2 bay leaves
250 ml red wine
250 ml chicken stock
2 tbsp brandy
Cornflour

Method:

1. Season the chicken with salt, pepper and cayenne pepper. Place in the glass tray with the skin uppermost, and dot with butter.
2. Add the bacon, onion, garlic, bay leaves, wine, stock and brandy, and cook uncovered in the oven for 30 minutes. Turn the meat, and continue roasting for a further 30 minutes.
3. Remove the meat, and thicken the sauce with a little cornflour paste.

Function: **Fan plus**
Setting: **160–180°C**
Shelf level: **2**
Duration: **50–60 minutes**

Chicken wings

Serves 4

Ingredients:

750 g chicken wings
(approx. 20 wings)

For the marinade:
3 tbsp oil
4 tbsp brown sugar
3 tbsp tomato purée
1 tbsp balsamic or white wine
vinegar
2 tsp mustard
 $\frac{1}{2}$ tsp salt
1 tsp sweet paprika
 $\frac{1}{2}$ tsp curry powder
1 tbsp Tabasco sauce
Freshly ground black pepper

Method:

1. Combine all the ingredients for the marinade thoroughly, and pour over the chicken wings, making sure each piece is well coated. Cover, and place in the refrigerator for approx. 12 hours.
2. Transfer the marinated chicken to a roasting pan or the glass tray, and roast uncovered in the oven until golden.

Function: **Fan plus**
Setting: **190–210°C**
Shelf level: **1**
Duration: **40–50 minutes**



Chicken breasts in a mustard sauce

Serves 4

Ingredients:

250 g crème fraîche
4 tbsp grainy mustard
1 garlic clove, crushed
Salt
 $\frac{1}{2}$ tsp chopped sage
4 chicken breasts (each weighing approx. 125 g)

Method:

1. Mix together the crème fraîche, mustard, garlic, salt and sage.
2. Coat the chicken breasts in the sauce, cover and cook for 4 minutes at 850 Watts, and then for a further 12 minutes at 450 Watts.
3. Turn the meat halfway through cooking, basting it with the sauce.

Function: **Microwave**
Setting: **850 W + 450 W**
Shelf level: **1**
Duration: **4 + 12 minutes**

Automatic → Cook → Poultry → Microwave-Cook → 0.8 kg

Chicken breasts à la Lisbon

Serves 4

Ingredients:

4 x 120 g chicken breast fillets
600 g cooked new potatoes
1 jar sundried tomatoes in oil
(= 340 g)
1 jar green olives (= 150 ml)
1 jar feta in oil (= 300 g)
1 tsp salt
1 tsp pink peppercorns
4 shallots
4 cloves of garlic
4 sprigs each of thyme and rosemary

Method:

1. Wash and dry the chicken breasts and place in a glass dish with the potatoes.
2. Drain the tomatoes, olives and feta, reserving 8 tbsp of the tomato oil. Season with salt and pepper. Peel the shallots and garlic. Slice the shallots and halve the cloves of garlic. Wash the herbs and add to the chicken along with the onions and garlic. Drizzle everything with tomato oil and bake in the oven.
3. Approximately 10 minutes before the end of the cooking time, add the tomatoes, olives and feta.

Function:	Fan plus	Conventional
Setting:	160–180°C	180–200°C
Shelf level:	2	2
Duration:	30–40 minutes	30–40 minutes

Function: **Auto Roast**
Setting: **170–190°C**
Shelf level: **2**
Duration: **30–40 minutes**



Duck à l'orange

Serves 4

Ingredients:

1 duck (2000 g)
Salt, pepper and thyme
3 oranges
2 apples
1 bay leaf
125 ml white wine
350 ml chicken stock
125 ml orange juice
Cornflour

Method:

1. Season the cleaned duck with salt, pepper and thyme. Peel and dice the oranges and peel, core and slice the apples. Place with the bay leaf inside the duck cavity.
2. Place the duck breast side down in a suitable roasting pan or casserole dish, add the wine, stock and orange juice, and roast uncovered. Half-way through the cooking time turn the bird over and baste with the juices in the pan. Then continue to cook until done.
3. Transfer the duck to a serving plate. Skim the fat off the cooking juices, then thicken the juices with cornflour paste to make a gravy.
4. If you would like the duck to be very crispy on the outside, brush the skin with some salted water and place under the grill on Level 3 before cutting it into portions.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	150 W + 190°C
Shelf level:	1	1
Duration:	80–100 minutes	65–75 minutes

Function:	Auto roast
Setting:	170–190°C
Shelf level:	1
Duration:	70–90 minutes

Automatic → Cook → Poultry → Duck

Roast breast of goose

Serves 4

Ingredients:

1 goose breast (1000 g)
Salt
 $\frac{1}{2}$ tsp each of marjoram
and thyme
50 ml water
Cornflour

Method:

1. Wash the goose and pat it dry. Season with salt, marjoram and thyme.
2. Roast in the oven breast side up, uncovered.
3. Transfer the meat to a serving dish. Skim the fat off the juices in the pan. Thicken the juices with some cornflour paste, and serve with the carved meat.
If you would like the goose to be very crispy on the outside, brush the skin with some salted water about five minutes before the end of cooking and set the grill to Level 3.

Function:	Auto roast	Conventional
Setting:	160–180°C	170–190°C
Shelf level:	1	1
Duration:	80–90 minutes	80–90 minutes

Turkey roulade stuffed with cheese and pesto

Serves 6

Ingredients:

6 turkey steaks
6 tsp basil pesto
6 rashers bacon
6 slices Emmentaler cheese
30 g margarine
2 onions, diced
400 g sliced mushrooms
400 g sliced carrots
250 ml double cream

Method:

1. Brush the pesto over the turkey steaks. Place a rasher of bacon and a slice of cheese on each. Roll up the steaks, and secure with a cocktail stick. Seal the turkey steaks by browning them in a frying pan with a little oil. Remove the steaks and place in a greased roasting pan or casserole dish.
2. Sauté the carrots and mushrooms in the pan juices. Pour over the cream and season with salt and pepper. Pour the sauce over the turkey steaks and roast uncovered in a pre-heated oven.

Function:	Fan plus	Microwave + Fan plus
Setting:	150–170°C	150 W + 160°C
Shelf level:	1	1
Duration:	30–40 minutes	25–35 minutes

Function:	Auto roast	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	1	1
Duration:	30–40 minutes	30–40 minutes



Tip

Home-made pesto

Blend together a handful of fresh basil with 2 tbsp pine nuts and a clove or two of garlic, 2–3 tbsp olive or grapeseed oil, $\frac{1}{2}$ tsp salt and 50 g grated Parmesan. Fresh pesto can be kept in a screw-top jar in the refrigerator for up to 2 weeks.

Herby roast potatoes

Serves 8

Ingredients:

1200 g waxy potatoes
 1 tsp rosemary, chopped
 2 tsp thyme, chopped
 1 tsp sage, chopped
 6 cloves of garlic (optional)
 Salt and pepper
 6 tbsp olive oil

Method:

1. Peel and quarter the potatoes, and place in the glass tray. Mix together the herbs, seasoning and garlic with the oil, and pour over the potatoes, making sure they are well coated. Place in the oven and roast until golden brown, turning during cooking.
2. Alternatively, roast with oil, salt and pepper, and serve with porcini mushroom pesto. To make the pesto, soak 50 g dried porcini mushrooms in 150 ml water for about 15 minutes, and then blend with 150 ml oil, 2 tbsp pumpkin seed oil, 2 tbsp chopped parsley, 75 g grated Pecorino or Parmesan cheese and 1 tsp salt.

Function:	Fan plus	Microwave + Fan plus
Setting:	150–170°C	300 W + 180°C
Shelf level:	1	1
Duration:	50–60 minutes	40–50 minutes

Gnocchi

Serves 4

Ingredients:

250 ml milk
 250 ml water
 $\frac{1}{2}$ tsp salt
 250 g semolina
 2 egg yolks
 20 g butter
 100 g grated Emmental or
 Cheddar cheese

Method:

1. Combine the milk, water, salt and semolina in a dish, and mix well. Cover, and cook for 850 Watts for 6 minutes, and then for a further 10 minutes at 150 Watts.
2. Fold in the egg yolks. Use 2 teaspoons that have been dipped in hot water to form gnocchi, and place these close together in a shallow, greased, microwave-proof dish.
3. Sprinkle with the grated cheese, dot with butter, and grill for approx. 10 minutes until golden.

Function:	Microwave + Microwave + Grill
Setting:	850 W + 150 W + Grill
Shelf level:	1
Duration:	6 + 10 + 10 minutes



Herby bacon and onion stuffing

Serves 8

Ingredients:

5 bread rolls, diced
250 ml milk
1 onions, finely diced
60 g bacon, finely diced
40 g butter or margarine
1 tbsp freshly chopped mixed
herbs, e.g. sage, parsley, thyme
4 eggs
Salt and pepper

Method:

1. Heat the milk at 850 Watts for 2 minutes. Add the diced bread rolls, and set to one side for 10 minutes.
2. Place the bacon, onion and butter or margarine in a separate dish, and cook for 3 minutes at 850 Watts.
3. Add the bacon mixture, eggs, herbs and seasoning to the bread and milk, and mix thoroughly. Press into a deep-sided microwave-proof dish 28 x 11 cm, leaving no air pockets. Cover with microwave-safe clingfilm, and pierce with the tip of a sharp knife.
4. Cook for 6 minutes at 600 Watts, and for a further 5 minutes at 450 Watts. Stand for 3 minutes before turning the stuffing out. Cut into 8 slices.

Function: **Microwave**
Setting: **850 W + 850 W + 600 W + 450 W**
Shelf level: **2**
Duration: **2 + 3 + 6 + 5 minutes**

Risotto

Serves 4

Ingredients:

250 g long grain or risotto rice
500 ml vegetable stock

Method:

Place the rice and stock in a suitable dish and mix well. Cover, and cook for 7 minutes at 850 Watts, then for a further 17 minutes at 450 Watts.

- I. Add a few strands of saffron and a finely chopped red pepper for an intensive colour.
- II. For a vegetable risotto, add approx. 150 g peas and 100 g diced carrot.
- III. Stir 200 g drained chanterelle mushrooms and 50 g grated Emmental cheese into the cooked rice.
- IV. A rich flavour is achieved by adding some fried onions and sliced mushrooms to the rice and stock before cooking, and scattering grated Parmesan over just before serving.

Function: **Microwave** Fan plus
Setting: **850 W + 450°C** 170–190°C
Shelf level: **1** 1
Duration: **5 + 17 minutes** 40–50 minutes

Brussels sprouts au gratin

Serves 4

Ingredients:

750 g Brussels sprouts,
washed and trimmed
250 g tomatoes,
diced and deseeded
200 ml vegetable stock
150 g cream cheese with herbs
Salt, pepper and ground nutmeg
100 g grated Cheddar
or Gouda cheese

Method:

1. Place the Brussels sprouts in a suitable microwave-proof dish, and add 5 tbsp water and a pinch of salt. Cover, and cook for 3 minutes at 850 Watts, then a further 9 minutes at 450 Watts.
2. Add the tomatoes to the sprouts, and mix well.
3. Bring the stock to the boil, and stir in the cream cheese until it has melted. Season with nutmeg and pepper, and pour over the sprouts. Sprinkle cheddar over the top, and bake uncovered until golden.

Function:	Microwave / Fan plus	Microwave / Grill
Setting:	850 W + 450 W / 170–190°C	850 W + 450 W / Grill
Shelf level:	1	2
Duration:	3 + 9 minutes / 35–45 minutes	3 + 9 minutes / 20–25 minutes

Courgette bake

Serves 4

Ingredients:

2 courgettes
1 onion, finely diced
10 g butter
1 tsp oregano or marjoram
1 slice of bread, cubed
200 g goats' cheese
1 tbsp sour cream
Salt and freshly ground black
pepper

Method:

1. Halve the courgettes lengthways, and scoop out the centres with a teaspoon. Chop the flesh roughly. Sauté the onion gently in the butter, and add the flesh of the courgette and the herbs.
2. Crumble the goats' cheese, and blend with the sour cream. Stir into the onion mixture with the bread cubes, and season with salt and pepper.
3. Arrange the courgette halves in a suitable microwave-proof dish, spoon in the filling, and bake uncovered.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	300 W + 180°C
Shelf level:	1	1
Duration:	25–30 minutes	20–25 minutes

Stuffed aubergines

Serves 4

Ingredients:

3–4 aubergines
Oil

For the filling:

2 onions, diced
20 g butter or oil
300 g minced beef
250 g sliced mushrooms
200 g tomato purée
250 ml double cream
Salt and pepper
150 g grated Cheddar cheese

Method:

1. Cut the aubergines lengthways into 1 cm slices, sprinkle with salt and set aside for 10 minutes. Pat dry with kitchen paper, and fry briefly in the hot oil. Arrange the slices in a suitable dish.
2. Fry the onions in oil, and add the meat, turning until it is browned. Add the mushrooms, and stir in the tomato purée, cream and seasoning.
3. Spread the mixture over the aubergine slices. Sprinkle with grated cheese, and bake until golden.

Function:	Fan plus	Microwave + Fan plus
Setting:	170–190°C	300 W + 180°C
Shelf level:	1	1
Duration:	20–25 minutes	15–18 minutes

Chicory au gratin

Serves 4

Ingredients:

8 small heads of chicory
Salt
8 slices ham
8 slices cheese
50 ml double cream
Salt, freshly ground pepper
50 g dried breadcrumbs
1 tbsp butter

Method:

1. Wash the chicory, remove the stalks and blanch for 5 minutes in boiling salted water. Cut the slices of ham and cheese in half. Cut the chicory in half and wrap each half in a piece of ham followed by a piece of cheese, and place in an ovenproof dish.
2. Season the cream with salt and pepper, pour over the chicory and bake.
3. Fry the breadcrumbs in butter until golden brown, scatter over the chicory and serve.

Function:	Fan plus	Conventional
Setting:	170–190°C	190–210°C
Shelf level:	1	1
Duration:	20–30 minutes	20–30 minutes + pre-heating

French beans tossed in tomatoes and breadcrumbs

Serves 6

Ingredients:

500 g French beans
3 tomatoes, diced
and de-seeded
2–3 tbsp oil
50 g breadcrumbs
Salt, black pepper
1 tsp chopped thyme

Method:

1. Place the beans in a dish with 3 tbsp water and season with salt. Cover and cook for 5 minutes at 850 Watts, and a further 8 minutes at 450 Watts. Drain, and arrange in the bottom of a shallow casserole dish.
2. Combine the tomatoes with the oil, breadcrumbs, thyme and seasoning and scatter over the beans. Grill until golden.

Function: **Microwave / Grill**
Setting: **850 W + 450 W / Grill Level 3**
Shelf level: **1 or 2**
Duration: **5 + 8 minutes /
10–15 minutes
+ 5 minutes pre-heating**

Spanish bean bake

Serves 4

Ingredients:

400 g green beans
Salt
2 small tins butterbeans (= 310 g)
1 tin kidney beans (= 400 g)
2 onions
2 cloves of garlic
300 g cherry tomatoes
10 green olives
1 tin chopped tomatoes (= 400 g)
3 tbsp olive oil
Coarsely ground pepper
Sugar
1 tbsp mixed chopped herbs
(eg. thyme, oregano, rosemary)
100 g manchego cheese, grated

Method:

1. Wash the green beans, put in a bowl with 100 ml salted water, cover and cook for 8 minutes at 850 W. Drain the green beans, butterbeans and kidney beans.
2. Peel the onions and garlic. Roughly chop the onions and crush the garlic. Wash the cherry tomatoes and drain the olives. Mix the tinned tomatoes with the oil, salt, pepper, sugar and herbs, stir into the vegetables and put everything in an ovenproof dish (approx. 20 x 30 cm).
3. Sprinkle with cheese and bake.

Function: Microwave Microwave /
Fan plus
Setting: 850 W 150 W / 160°C
Shelf level: 1 1
Duration: 8 minutes 25 minutes

Function: **Microwave / Conventional**
Setting: **850 W / 180°C**
Shelf level: **1**
Duration: **8 minutes / 30 minutes + pre-heating**

Cucumber salad

Serves 4

Ingredients:

2 cucumbers (300 g each)

Dill sauce:

100 g crème fraîche
2 tsp chopped dill
Salt

Tarragon sauce:

100 g crème fraîche
200 ml cream
200 ml vegetable stock
2 tsp chopped tarragon
Salt and pepper

Method:

1. Peel the cucumbers if preferred. Cut in half lengthways, and scoop out the seeds with a teaspoon if you wish. Cut into $\frac{1}{2}$ cm slices, and place in a suitable microwave-proof dish. Cover, and cook for 5 minutes at 850 Watts.
2. To make the dill sauce, mix together the crème fraîche, dill and salt, and pour over the cooked cucumber.
3. To make the tarragon sauce, combine the crème fraîche, cream, stock, tarragon and seasoning in a suitable microwave-proof dish, and cook uncovered for 5 minutes at 850 Watts. Cool, and pour over the cooked cucumber.

Function: **Microwave**
Setting: **850 W + 850 W**
Shelf level: **1**
Duration: **5 + 5 minutes**

Cauliflower in a mustard sauce

Serves 4

Ingredients:

1 cauliflower
250 ml vegetable stock
100 ml double cream
30 g butter
20 g flour
3 tbsp grainy or mild mustard
Salt, pepper and a little sugar

Method:

1. Cut the cauliflower into florets. Place in a suitable microwave-proof dish with the water, cover and cook for 6 minutes at 850 Watts, and then for a further 10 minutes at 450 Watts. Drain.
2. Knead together the flour and the butter until smooth. Place in a suitable microwave-proof dish with the stock, cream, mustard and seasoning, cover, and cook for 5 minutes at 850 Watts. Stir the sauce thoroughly until smooth.
3. Pour the sauce over the cauliflower, or serve separately in a jug.

Function: **Microwave**
Setting: **850 W + 450 W + 850 W**
Shelf level: **1**
Duration: **6 + 10 + 5 minutes**

Cooking chart for vegetables

Place the cleaned and peeled vegetables into a bowl. Depending on the degree of freshness and moisture content, add 3 – 4 tablespoons of water and some salt. Fresh vegetables contain more moisture; the lower moisture content of stored vegetables should be compensated by adding a little more water. Cover the vegetables and use the 850 W setting to bring to boiling point. Cooking should then be continued on the 450 W setting.

After cooking, let the vegetables stand for approximately 2 minutes, allowing for the heat to spread evenly.

All times are quoted for fresh vegetables. When cooking the same quantities of frozen vegetables, the initial heat-up times should be extended by approximately 3 minutes. All times and settings are meant as a guide only, which you may wish to modify depending on the original temperature at which the vegetables have been stored, as well as their degree of freshness and size.

Vegetable	Weight in g	Bring to boil		Continued cooking	
Broccoli	300	850 W	4 minutes	450 W	4 minutes
Cauliflower	500	850 W	6 minutes	450 W	10 minutes
Peas	450	850 W	5 minutes	450 W	10 minutes
Kohlrabi	500	850 W	3 minutes	450 W	8 minutes
Carrots	300	850 W	2 minutes	450 W	6 minutes
Asparagus	500	850 W	5 minutes	450 W	8 minutes
Snow peas	300	850 W	4 minutes	450 W	4 minutes
Leeks	500	850 W	5 minutes	450 W	8 minutes
Zucchini	500	850 W	5 minutes	450 W	6 minutes
Peppers	500	850 W	5 minutes	450 W	10 minutes
Brussels sprouts	300	850 W	3 minutes	450 W	9 minutes
Green beans	500	850 W	4 minutes	450 W	12 minutes
Peeled potatoes	500	850 W	4 minutes	450 W	8 minutes
Unpeeled potatoes	500	850 W	4 minutes	450 W	12 minutes

Courgette and orange chutney

Makes approx. 800 g

Ingredients:

1 courgette
1 onion
2 cloves of garlic
1 apple
1 orange
100 ml herb vinegar
200 g rock sugar
1 tsp salt
1 tsp mustard seeds
1 pinch of cinnamon
 $\frac{1}{2}$ tsp each curry powder and
pink peppercorns

Method:

1. Wash the courgette. Peel the onion and garlic. Crush the garlic. Peel the apple and orange and dice, along with the courgette and onion.
2. Put the vinegar and sugar in a glass dish and heat at 850 W for 5 minutes. Add the vegetables, fruit and spices, cover and cook for 10 minutes at 600 W.
3. Put the chutney into sterilised jars and seal.
4. The chutney goes well with grilled meat.

Function: **Microwave**
Setting: **850 W / 600 W**
Shelf level: **1**
Duration: **5 minutes / 10 minutes**

Red pepper and chilli sauce

Serves 4

Ingredients:

2 red peppers
1 small red chilli
200 g cherry tomatoes
2 onions
2 cloves of garlic
2 tbsp oil
1 tsp brown sugar
200 ml tomato juice
Salt, ground pepper
Paprika

Method:

1. Wash, halve and deseed the peppers and chilli. Cut the peppers into pieces and finely chop the chilli. Peel the onions and garlic. Dice the onions and crush the garlic. Mix everything with the oil and brown sugar, put in a bowl, cover and cook for 8 minutes at 850 W.
2. Pour in the tomato juice and cook for a further 6 minutes at 850 W.
3. Season the sauce with salt, pepper and paprika.
4. The sauce is delicious served with pasta or small roast potatoes.

Function: **Microwave**
Setting: **850 W**
Shelf level: **1**
Duration: **8 minutes / 6 minutes**



Grilled baguette slices

Ingredients:

- 1. Pesto** – serves 8
8 baguette slices
8 tsp basil pesto
8 slices of Mozzarella cheese

- 2. Tomato** – serves 6
6 baguette slices
50 g sun-dried tomatoes in oil
100 g goat s cheese, diced
50 g Ricotta cheese or butter
1 tsp chopped basil
Salt and freshly ground black pepper

- 3. Bruschetta** – serves 6
6 baguette slices
1 garlic clove, crushed
3 tbsps olive oil
3 tomatoes, diced
1 gherkin, diced
Salt and pepper
Chopped basil

- 4. Vegetable crostini** – serves 12
12 baguette slices
20 g butter
150 g courgettes, finely diced
120 g peppers, finely diced
150 g tomatoes, diced
1 clove of garlic, crushed
1 tbsp fresh mixed herbs
(parsley, basil, thyme),
finely chopped
Salt and pepper
200 g Mozzarella cheese, diced

Method:

- 1. Pesto:** Spread each slice of bread with a teaspoon of pesto. Arrange the Mozzarella on top. Pre-heat the grill, then place the slices on the rack, and grill for 2–4 minutes.

- 2. Tomato:** Dice the tomatoes finely, and using a fork mix in the Ricotta or butter, basil, salt and pepper. Toast the baguette slices on one side under the pre-heated grill for about 1 minute. Spread the tomato mixture over the untoasted side, and grill for a further 2–4 minutes.

- 3. Bruschetta:** Mix the garlic with the olive oil, and spread over the slices of bread. Pre-heat the grill, then place the bread on the rack, and grill for about 2–4 minutes. Mix the tomato and gherkin, and season well with salt and pepper. Spread over the toasted bread, scatter with fresh basil and serve immediately.

Function: **Grill**
 Setting: **Level 3**
 Shelf level: **3**
 Duration:
 Pesto: **2–4 minutes**
 Tomato: **1 minute**
 Bruschetta: **2–4 minutes**
+ pre-heating

- 4. Vegetable crostini:** Sauté the vegetables in the butter, and season well with the salt, pepper and herbs. Cool the mixture, then stir in the mozzarella. Arrange the sliced bread on the glass tray, and spread the vegetable and cheese mixture over. Bake until golden.

Function: **Fan plus** Conventional
 Setting: **160–180°C** 180–200°C
 Shelf level: **1** 1
 Duration: **10–12 minutes** 10–12 minutes
+ pre-heating + pre-heating



Pizza whirls

Makes 16

Ingredients:

Base:

120 g quark
4 tbsp oil
4 tbsp milk
1 tsp salt
1 egg
250 g flour
3 level tsp baking powder

Filling:

200 g salami, diced
3 tomatoes, diced
1 onion, diced
50 g quark
75 g Cheddar cheese, grated
Salt, pepper and oregano

For glazing and topping:

1 egg yolk
100 g Cheddar cheese,
coarsely
grated

Method:

1. Mix together the quark, oil, milk, salt and egg. Sift together the flour and baking powder, then add half of it to the quark before kneading in the rest to make a smooth dough. Divide the dough in half.
2. Roll the two halves of dough out on a floured surface to make rectangles measuring approx. 25 cm x 40 cm. Spread the filling over, and roll the rectangles up.
3. Cut each roll into 8 slices, and arrange the slices on the glass tray.
4. Brush the whirls with beaten egg yolk, sprinkle with cheese, and bake until golden.

Function:	Fan plus	Conventional
Setting:	150–170°C	170–190°C
Shelf level:	1 and 3	2
Duration:	30–40 minutes	30–40 minutes



Flat bread with yoghurt

Serves 8

Ingredients:

20 g fresh yeast
200 ml lukewarm milk
1 egg
100 g plain yoghurt
2 tbsp oil
2 tsp sugar
 $\frac{1}{2}$ tsp baking powder
450 g flour
1 tsp salt

Method:

1. Dissolve the yeast in the milk and mix together with the egg, yoghurt, oil, sugar, baking powder, flour and salt. Cover and leave in a warm place for 60 minutes to prove.
2. Divide the dough into 8 pieces and roll them out thinly. Place in a glass dish lined with baking parchment and bake until golden brown.

Function:	Fan plus	Conventional
Setting:	170–190°C	190–210°C
Shelf level:	2	2
Duration:	12–14 minutes + pre-heating	12–14 minutes + pre-heating

Spicy oven baked nuts

Serves 8

Ingredients:

400 g mixed whole nuts
eg. almonds, hazelnuts,
macadamia nuts, cashew nuts
1– $\frac{1}{2}$ tsp chilli flakes
 $\frac{1}{2}$ tsp coarse sea salt
1–2 tbsp olive oil

Method:

1. Spread the nuts out on a glass dish. Stir in the chilli flakes, salt and oil and roast until the nuts are golden brown.
2. Stir several times during cooking.

Function:	Fan plus	Conventional
Setting:	190–210°C	210–230°C
Shelf level:	2	2
Duration:	10–12 minutes + pre-heating	10–12 minutes + pre-heating

Pizza and calzone

1 Ø 30 cm pizza / calzone serves 2
1 pizza baked on the glass tray serves 4
(Double all quantities given below if using the glass tray.)

Ingredients:

Yeast based pizza dough

125 g flour
10 g fresh yeast
 $\frac{1}{4}$ tsp salt
1 tbsp oil
70–80 ml lukewarm water

Quark and oil based pizza dough

60 g quark
2 tbsp milk
2 tbsp oil
 $\frac{1}{2}$ tsp salt
1 egg yolk
125 g flour
1 $\frac{1}{2}$ tsp baking powder

Topping:

Approx. 100 ml tomato passata
Oregano

Hawaii

200 g ham, diced
1 small tin of pineapple chunks,
drained and chopped
 $\frac{1}{2}$ tsp oregano
100 g Cheddar cheese, grated

Ricotta and basil

Mix:
30 g ricotta or quark
50 ml cream
2 eggs
1 tbsp walnut oil
Salt and pepper
1 tbsp fresh basil, torn into strips
Spread over the pizza base
Top with 2 diced tomatoes,
and scatter 100 g crumbled
Gorgonzola over.

Method:

1. To make the yeast based dough, mix the flour, yeast, salt, oil and water together, and then knead until you have a smooth dough. Leave it to rise at room temperature for approx. 20 minutes.
2. To make the quark and oil based dough, mix together the quark, milk, oil, salt and egg yolk. Sieve together the flour and baking powder, and fold half into the quark mixture, then knead in the rest of the flour.
3. Roll the dough out on a floured surface to make a circular shape approx. 30 cm Ø, or roll to a rectangle to fit the glass tray (remember to double the quantities!).
4. Spread some tomato passata over the dough, and season with salt, pepper and oregano before adding the topping of your choice. Bake immediately.
5. To make a calzone, roll the dough out on a floured surface to a diameter of 30 cm. Spread the filling of your choice over half of the base, leaving a border of about 1 cm. Fold the other half of the base over the filling and pinch the edges to make a good seal. Place the calzone on a baking tray, and brush with milk. Bake until golden.

Function: **Fan plus**
Setting: **170–190°C**
Shelf level: **1**
Duration: **30–35 minutes**
+ pre-heating

Strawberry swirl

Serves 6

Ingredients:

300 g strawberries
 50 g sugar
 6 leaves of gelatine (or 2 x 11 g sachets of gelatine)
 200 g sour cream
 150 g natural yoghurt
 2 tsp vanilla sugar
 50 g sugar
 250 ml double cream

Method:

1. Soak the gelatine leaves in cold water for approx. 10 minutes. Purée the strawberries with the sugar. Remove 3 of the leaves from the water and gently squeeze. Warm the gelatine for 15 seconds at 450 Watts. Mix with a little strawberry purée until dissolved, and then stir into the rest of the fruit, ensuring that it is thoroughly mixed.
2. Combine the sour cream with the yoghurt, vanilla sugar and sugar. Take the remaining 3 leaves of gelatine and gently squeeze out the excess water. Warm for 15 seconds at 450 Watts. Mix with a little of the sour cream mixture until dissolved, and then stir into the rest of the sour cream. Refrigerate until the mixture begins to set.
3. Whip the cream into stiff peaks, and fold into the sour cream mixture. Spoon into serving dishes, and swirl some strawberry purée into each. Chill before serving.

Function: **Microwave**
 Setting: **450 W + 450 W**
 Shelf level: **1**
 Cooking time: **15 seconds + 15 seconds**

Chocolate sponge puddings

Serves 9

Ingredients:

70 g butter
 70 g sugar
 4 egg yolks
 70 g dark chocolate, melted
 70 g ground almonds
 20 g breadcrumbs
 4 egg whites

 9 individual pudding tins or ramekins (Ø 7 cm)
 500 ml home-made vanilla custard
 200 ml stiffly whipped cream
 Chocolate sauce
 Icing sugar

Method:

1. Beat the butter, sugar and egg yolk until creamy. Fold in the cooled, melted chocolate, almonds and breadcrumbs. Then carefully fold in the stiffly beaten egg whites.
2. Divide the mixture between the ramekins or individual tins. Stand in the glass tray filled with about 750 ml of water, and bake uncovered.
3. Mix the cream with the vanilla custard, and spoon a pool of this onto each dessert plate. Drizzle swirls of chocolate sauce onto each one, and use a cocktail stick to create a marbled effect.
4. Turn the puddings out, dust with icing sugar, and serve warm.

Function: **Fan plus**
 Setting: **140–160°C**
 Shelf level: **1**
 Duration: **30–35 minutes**



Lemon mousse

Serves 4

Ingredients:

250 g natural yoghurt
50 g crème fraîche
Juice of 2 lemons
2 tsp vanilla sugar
90 g sugar
4 leaves of gelatine
250 ml double cream
500 g summer berries
50 g sugar
Lemon balm and spirals of lemon
zest to decorate

Method:

1. Soak the gelatine in cold water for approx. 10 minutes. Squeeze out the water, and heat for 15 seconds at 450 Watts.
2. Combine the yoghurt, crème fraîche, lemon juice, vanilla sugar and sugar. Add the gelatine to approx. 1 tbsp of the yoghurt mixture, and then stir into the rest of the yoghurt mixture. Chill.
3. Beat the cream until stiff, and fold into the yoghurt mixture when it begins to set.
4. Sprinkle the fruit with sugar and, if using frozen fruit, place in a suitable microwave-proof dish and cook for 10 minutes at 150 Watts to defrost. Arrange the fruit on 4 dessert plates with scoops of the yoghurt mixture, and decorate with sprigs of lemon balm or spirals of lemon zest.

Function: **Microwave**
Setting: **450 W + 150 W**
Shelf level: **1**
Cooking time: **15 seconds + 10 minutes**



Tip

To get more juice from your lemons, roll the uncut lemons firmly with the palm of your hand on the worktop or a strong surface before squeezing.

Red berry compote

Serves 4

Ingredients:

400 g mixed berries
(eg. strawberries,
raspberries etc)
50 ml strawberry syrup
1–2 tbsp cornflour
2 cl crème de cassis

Method:

1. Put the berries in a glass dish with 100 ml water and the strawberry syrup, cover and cook for 5 minutes at 850 W.
2. Mix the cornflour to a smooth paste with 2 tbsp water and the crème de cassis, stir into the berries and cook for a further 2 minutes.
3. Delicious served with vanilla ice cream or home-made custard.

Function: **Microwave**
Setting: **850 W**
Shelf level: **1**
Duration: **5 minutes / 2 minutes**

Drinks

Do not cook these recipes for longer than the given times. It is better to undercook than overcook.

Do not heat high percentage proof alcohol undiluted as it could catch alight.

We strongly advise using the boiling rod supplied with your appliance in all of the following recipes. If liquids, milk, sauces, etc are heated in the microwave without the boiling rod, the boiling point of the liquid may be reached without the production of typical bubbles. The liquid does not boil evenly throughout. This so-called "boiling delay" can cause a sudden build-up of bubbles when the container is removed from the oven or shaken. This can lead to the liquid boiling over suddenly and explosively, with the danger of burning or scalding.

The formation of bubbles can be so strong that the pressure forces the oven door open. The user could be injured and the appliance damaged. The boiling rod ensures that the liquid boils evenly and that bubbles form at an early stage during the operation.

To heat drinks, a higher power setting of 1000 Watts can be selected. The re-heating time depends on the quantity.



Iced mocha

Serves 2

Ingredients:

250 ml freshly brewed coffee
20 g dark chocolate
A pinch of ground cinnamon
A pinch of ground cardamom
1 tsp brown sugar
2 tbsp rum
250 g vanilla or stracciatella
ice cream

Method:

1. Mix together the coffee, chocolate, cinnamon, cardamom, sugar and rum in a suitable jug, and warm for 4 minutes at 450 Watts, until the chocolate has melted. Cool slightly.
2. Pour into 2 glasses. Scoop the ice cream into the coffee mixture. Decorate with cream and grated chocolate.

Function: **Microwave**
Setting: **450 W**
Shelf level: **1**
Duration: **4 mins**



Tip

Cardamom is a member of the ginger family. The white or green pods contain seeds which are rich in aromatic oils. These are used whole in some dishes, or can be dried and ground into a powder.

Orange coffee

Serves 4

Ingredients:

375 ml strong coffee
4 tsp sugar
80 ml orange liqueur
125 ml double cream
2 tsp vanilla sugar

Method:

1. Mix together the coffee, sugar and orange liqueur. Pour into a suitable jug and heat uncovered for 4 minutes at 850 Watts. Divide the drink equally between 4 mugs.
2. Beat the cream with the vanilla sugar until stiff. Spoon onto the hot coffee, and serve immediately.

Function: **Microwave**
Setting: **850 W**
Shelf level: **1**
Duration: **4 mins**

Jams and preserves

Only use ripe, blemish-free fruit to make jam. If freezing fruit to make into jam, freeze it in quantities that are suitable for jamming. Weigh all of the ingredients carefully, and make sure your utensils are scrupulously clean.

Do not change the quantity given for the sugar. Use “Preserving sugar” for fruit with a high natural pectin content such as plums, red and blackcurrants, gooseberries, damsons and Seville oranges, and “Jam sugar” containing pectin for fruit with a low natural pectin content like strawberries, cherries, peaches, apricots and rhubarb.

To test the setting point of jam, place a few drops on a saucer and tip the saucer a little. If the jam is very runny, it needs to be cooked a little longer. If it runs for 2–3 cm before solidifying, it is ready. Use a large, high-sided container to make jam, and only fill it one third full. The contents will bubble up during cooking, and can easily boil over.

You can sterilise your jars by filling them a third full with water, placing them in the oven, and heating them using microwave power until the water is boiling, and a good amount of steam has built up. Tip the water out carefully, and fill the jars whilst still hot.

If using screw-top jars, fill whilst the jam is hot, screw the lids on tightly and stand the jars upside down on their lids for about 5 minutes. Then turn them the right way up again.



Sour cherry and vanilla conserve

Makes 1 x 500 g jar

Ingredients:

300 g sour cherries
150 g jam sugar
1 vanilla pod
2 tbsp kirsch (optional)

Method:

1. Place the cherries, jam sugar and vanilla pod in a suitable container, mix, cover and cook. Stir several times during cooking, and add the kirsch.
2. Ladle into sterilised jars whilst still hot, and seal immediately.

Function: **Microwave**
Setting: **850 W**
Shelf level: **1**
Duration: **8–10 minutes**

Plum chutney

Makes 2 x 500 g jars

Ingredients:

750 plums, stones removed
50 ml water
200 g brown sugar
 $\frac{1}{2}$ tsp ground ginger
 $\frac{1}{2}$ tsp ground mace
1 piece of stem ginger, removed
from syrup, rinsed and diced
50 g raisins
2 tbsp vinegar

Method:

1. Chop the plums roughly, and place with the water, sugar, spices, ginger and raisins in a suitable container. Cover, and cook for 10 minutes at 850 W, then for a further 30 minutes at 450 W until the mixture thickens.
2. Stir in the vinegar, cover and simmer for a further 10 minutes at 450 W.
3. When hot, the chutney should taste very spicy, as the flavour will mellow once it is cool.
4. Ladle into sterilised jars whilst still hot, and seal immediately.

Function: **Microwave**
Setting: **850 W + 450 W + 450 W**
Shelf level: **1**
Duration: **50–60 minutes**



Tip

This is the ideal spicy accompaniment for grilled beef, pork or poultry.

Drying (desiccating)

Drying or desiccating is a traditional way of preserving fruit, certain vegetables and herbs. It is particularly suited to apples, pears, plums and bananas, as well as mushrooms and herbs such as parsley and dill.

Important: fruit should be fresh, ripe and unbruised.

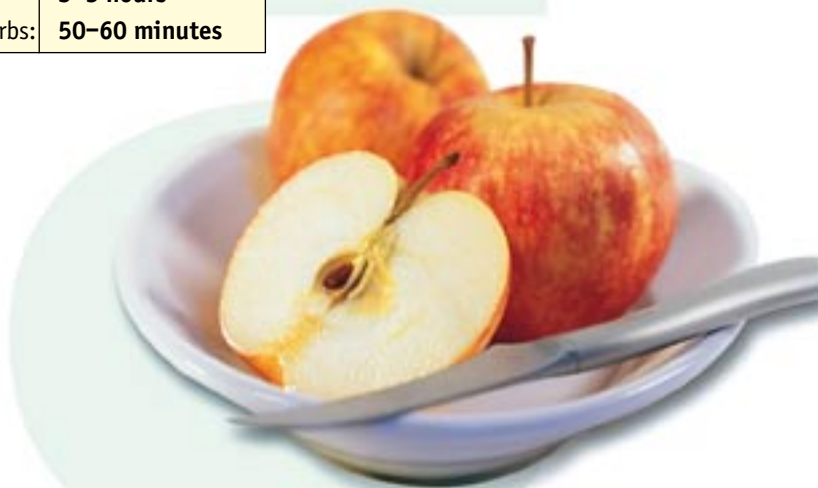
Preparation: Peel and core apples, and cut into $\frac{1}{2}$ cm thick slices. Remove the stones from plums. Peel, core and slice pears. Peel bananas, and cut into 2 cm thick pieces. Clean mushrooms, and halve or slice as preferred. Remove the

Oven settings

Function:	Fan plus
Setting:	80–100°C
Shelf levels:	1 and 3
Duration – fruit:	8–10 hours
Duration – vegetables:	3–5 hours
Duration – herbs:	50–60 minutes

leaves of parsley and dill from their stalks.

Spread the fruit or vegetables evenly on a rack or glass tray. If using Fan plus, two trays can be dried at the same time. If droplets of moisture form in the oven, lower the temperature. Desiccated fruit should be completely dried out, whilst remaining soft and elastic. To test whether it is ready, cut a piece of dried fruit or vegetable in half. If no juice runs out of it, it is ready. Allow the dried fruit or vegetables to cool thoroughly before storing in screw-top jars or air-tight tins.



Stewed plums

It is so simple to stew plums in the oven, and they taste delicious.

Remove the stones from about 2500 g ripe plums, chop them roughly and place in a roasting dish or on the glass tray. Sprinkle with approx. 125 g sugar, and set to one side for about 3 hours.

Oven settings

Function:	Fan plus
Temperature:	190–210°C/ 140–160°C
Shelf level:	1
Duration:	100–120 minutes

- Cook without a lid using 190–210°C until boiling. Then turn the oven temperature down to 140–160°C and simmer until done. Remember to stir several times during cooking.

- Do not allow the mixture to become too thick during cooking, as it will continue to thicken when it cools down.

- Transfer the stewed plums into sterilised jars, or freeze in suitable freezer containers. When stored in a cool place, the fruit will retain its colour and flavour particularly well.

A		
Amaretto almond gâteau	21	
Apple cinnamon cake	30	
Apple pyramids	20	
Apple tart	35	
Apricot crumble cake	26	
Aubergine moussaka	52	
B		
Baked artichoke hearts	45	
Beef burgers	66	
Bistro style chicken	71	
Broccoli and mushroom bake	54	
Brussels sprouts au gratin	81	
C		
Cappuccino crumble slices	26	
Cauliflower in a mustard sauce	84	
Cheesecake	24	
Cheese dumplings	54	
Cherry and almond torte	21	
Chicken breasts à la Lisbon	74	
Chicken breasts in a mustard sauce	74	
Chicken risotto	53	
Chicken wings	72	
Chicory au gratin	82	
Chocolate and advocaat cake	38	
Chocolate cake	34	
Chocolate sponge puddings	94	
Choc rum raisin squares	36	
Choux buns	23	
Coq au vin	72	
Courgette and orange chutney	86	
Courgette bake	81	
Cream of sweetcorn soup	48	
Cucumber salad	84	
Curried chicken	68	
D		
Duck à l'orange	76	
E		
Espresso slices	34	
F		
Fillet of plaice on a bed of spinach	62	
Flat bread with yoghurt	92	
French beans tossed in tomatoes and breadcrumbs	83	
Fresh fruit flan	25	
G		
Gingerbread slices	36	
Gnocchi	78	
Grilled baguette slices	88	
H		
Ham and cheese muffins	91	
Herby bacon and onion stuffing	80	
Herby roast potatoes	78	
I		
Iced Chelsea slices	32	
Iced mocha	99	
Italian style roast pork	64	
L		
Leek and potato bake	50	
Lemon chicken breasts	71	
Lemon mousse	96	
Lemon tart	27	
M		
Mango and coconut puffs	22	
Marinated peppers	44	
Meat loaf	70	
Minestrone	48	
Mocha macaroons	37	
Mushroom lasagne	59	
O		
Olive bread	40	
Open apple tart	31	
Orange slices	18	
Orange coffee	99	

D	
Palermo style pastry puffs	45
Pasta bake	50
Pear cake with almond topping	24
Pizza and calzone	93
Pizza whirls	90
Plum chutney	101
Pork fillet in a Roquefort sauce	64
Pork steaks baked in cheese and cream sauce	66
Prawn curry soup	46
Pumpkin soup	47

Q	
Quark and raisin slices	28
Quick herb ciabatta	41

R	
Rack of lamb in a mustard and herb crust	69
Red berry compote	97
Red pepper and chilli sauce	86
Risotto	80
Roast beef	68
Roast breast of goose	77
Roast veal	65

S	
Salmon in a horseradish crust	63
Salmon lasagne	53
Salmon on a bed of vegetables	63
Salmon on a bed of spring vegetables	60
Salmon terrine	42
Savoury cheese biscuits	91
Spinach lasagne with goats' cheese	58
Shortbread biscuits	37
Sour cherry and vanilla conserve	101
Spanish bean bake	83
Spicy oven baked nuts	92
Strawberry swirl	94
Stuffed aubergines	82

T	
Tiger prawn kebabs	60
Turkey roulade stuffed with cheese and pesto	77
Tomato soup with basil cream	47

V	
Vegetable lasagne	56
Viennese gardener's soup	46
W	
Walnut muffins	39
Y	
Yoghurt and nut bread	40



Notes

Editor:

Sigrid Langemeier, Oelde

Photography:

Martina Urban, Hamburg

Food styling:

Antje Kütke, Hamburg

Conception, design and production:

Miele Werbeabteilung, Gütersloh

English translation:

Translation Dept. and Training Kitchen,

Miele UK

Typesetting: Bösmann, Detmold

Lithography:

bkn das mediahaus AG, Bielefeld

Printers: Bösmann, Detmold

Reproduction in whole or in part may only be carried out with the express permission of Miele & Cie. KG, stating the source.

© Miele & Cie. KG, Gütersloh

Alteration rights reserved/44

2nd edition

M.-Nr. 7 247 570 (02/10)