



Microwave combination oven cookbook





Dear Reader

When families come together, it is often around the dining table and so often when people enjoy each others' company, food is at the centre of the occasion.

We are privileged in being able to contribute to this by helping you enjoy your love of cooking. Every day, knowledge, curiosity, routine and the unexpected all converge in our Miele test kitchen.

This booklet draws together our experience, excitement and passion for experimenting in the imaginative yet easy-to-prepare recipes we have created for you to try. 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 at the back of this booklet.

Happy cooking from

The Miele test kitchen

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Introduction


Functions

A variety of oven functions are used in the recipes. Depending on model, your microwave combination oven has further Functions/Special applications which are not used in the following recipes.

For information on their use, please refer to the Operating and installation instructions.

Automatic programmes

Depending on model, your microwave combination oven has a variety of Automatic programmes.

They are all listed under Automatic programmes .

Even if the appropriate Automatic programme is not available, you can still make all the recipes by using the alternative settings.

Food probe

A food probe is supplied with some microwave combination ovens depending on model.

Further details on its use can be found in the Operating and installation instructions.

If your oven does not have a food probe, use the alternative settings.

Dishes

Depending on function, the dishes used must be microwave safe and heat resistant. Please follow the guidance given in the Operating and installation instructions about suitable cooking containers.

Temperatures

Temperatures are given in degrees Celsius (°C).

As a general rule, select the middle temperature given in the chart.

You may need to increase or reduce the temperature to suit the cooking dish, quantity or desired level of browning. Eating food which has been cooked correctly is important for good health. Only bake cakes, pizza, chips etc. until they are golden. Do not overcook them.

Durations

Durations are quoted in minutes. It is best to use the shorter duration quoted to start with.


Shelf level

Shelf levels are numbered from the lowest to the top shelf level.

- 1 = lowest shelf level
- 2 = middle shelf level
- 3 = top shelf level

Pre-heating

Most dishes can be placed in a cold oven. They will then make use of the heat produced during the heating-up phase.

If pre-heating is necessary instructions to do so will be given in the settings charts for the recipe. The time required for pre-heating is not included in the overall baking or cooking duration. Pre-heating is however included in the programme durations for the Automatic programmes .

Heating-up phase/Rapid heat-up

With some functions, if a temperature of over 100 °C is set, all heating elements are switched on to bring the oven up to the desired temperature as rapidly as possible.

During the Heating-up phase, Rapid heat-up appears in the display. If a recipe requires for Rapid heat-up to be switched off, this will be mentioned in the settings for that recipe. Depending on model, select the "Heating-up phase – normal" or "Rapid heat-up – Off" option.

Quantities and weights

Abbreviations

- tsp = teaspoon
- tbsp = tablespoon
- g = gram
- kg = kilogram
- ml = millilitre

1 teaspoon is approx.

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

1 tablespoon is approx.

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

1 packet equals


- 8 g / 2 tsp vanilla sugar
- 16 g / 5 tsp baking powder
- 7 g dried yeast
- 37 g custard powder

1 pinch equals

- the amount that can be pinched between the thumb and forefinger.

Microwave function

Practical tips

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

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

Microwave function

Food	Quantity/Weight	Power level: [W]	Duration [in minutes]	Notes
Bacon	100 g	850	2–3	Place on kitchen paper, do not cover
Marinating meat	1000 g	150	15–20	Marinate in a covered container, turning halfway through.
Softening ice cream	500 g	150	2	Place open container in the appliance
Soaking dried fruit	250 g	80	20	Add a little water. Do not cover.
Porridge	250 ml milk + 4 tbsp porridge oats	850 + 150	2–3 + 2–3	Heat up in milk in a covered bowl. Stir and continue cooking.
Skinning tomatoes	Qty 3	450	7–8	Cut a cross into the top of each tomato, cover, and heat in a little water. The skins will slip off easily. Take care, as the tomatoes may get very hot.
Bread rolls	Qty 2			Place on the rack. Do not cover, turn halfway through.
Defrosting		150	1–2	
Baking		Grill Level 3	3–4	
Making eierstich	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 fruit and sugar in a deep container, cover and cook

Accessories and care products available to order

Original Miele accessories will help you get the best out of your appliance.

Miele accessories are designed specifically for Miele appliances and are tested intensively to Miele standards.

All products can be ordered via the internet at www.miele-shop.com or from Miele.



Round baking tray HBF27-1



The round baking tray is suitable for cooking pizza, shallow cakes made with yeast or whisked mixtures, sweet and savoury tarts, baked desserts, flat bread, and can also be used for frozen cakes and pizzas.

The surface has been treated with PerfectClean, eliminating the need for baking parchment or greasing the tray with many recipes. This surface is also very resistant to cutting and scratching.

The round baking tray is placed on either the rack or the glass tray. Do not use it with microwave cooking functions.

HUB Gourmet oven dishes and HBD Gourmet oven dish lids

The Miele Gourmet oven dish is suitable for bakes, stews, gratins, pasta dishes, soups and casseroles, as well as for roasts and roulades. The larger dish can take a whole goose, the smaller a duck.

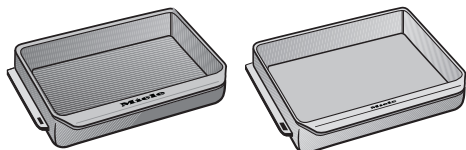
The Gourmet oven dish has a non-stick coating, reducing the amount of fat needed in cooking and making cleaning quicker and easier.

Accessories and care products available to order

Gourmet oven dishes are either 22 cm or 35 cm deep. The width and height are the same.

HUB 61-22
HUB 62-22*

HUB 61-35



* suitable for use on induction hobs

The dish is used on the rack on shelf level 1.

Gourmet oven dish lids in high quality, heat resistant stainless steel are available for both dishes.

HBD 60-22

HBD 60-35



Gourmet oven dish HBD 60-35 cannot be used in conjunction with its lid because the total height of these two items exceeds the height of the cavity.

Do not use the Gourmet oven dishes or lids with microwave cooking functions.

Original Miele care products

Miele have developed and tested a variety of cleaning and care products, such as the Miele oven cleaner, to help you get the best out of your Miele appliances and to keep them in good condition for years to come.

Miele oven cleaner

The Miele oven cleaner ensures optimum cleaning results and is suitable for removing the most stubborn soiling. The gel formula is even suitable for vertical surfaces and dissolves persistent and burnt-on residues. This oven cleaner is particularly suitable for quick and easy cleaning of PerfectClean surfaces.

Baking

Truly scrumptious

Home-made cakes and biscuits are as much a part of a sociable coffee morning or cosy afternoon tea as a beautifully laid table and sparkling conversation. If you want to spoil your guests with delicious home baking, your only problem will be to choose from among the wealth of different pastries, fillings and toppings. Should it be something fruity? Or creamy? Or crisp? Preferably a little bit of everything. And because sweet things are food for the soul, everyone will want another slice.

Tips on preparation and general information

When baking cakes, insert a skewer into the centre of the cake after the shorter cooking duration has elapsed to check whether the cake is baked. If the skewer comes out clean, the cake is ready, but if crumbs or moist cake residues cling to the skewer, carry on baking it until it is done.

Leave cakes baked in tins for approx. 10 minutes before turning out. Run around the edge with a knife and tap the tin gently. If the cake is still sticking, place a damp cloth over the tin. The resulting steam will cause the cake to dislodge from the tin.

If the cake mixture rises too much and then collapses at the end of the cooking duration, it was probably beaten for too long or too much liquid was added to it.

Cake mixture ingredients, particularly eggs and fats, should be kept at an even temperature of approx. 20°C.

Chilled butter is best for pastry, achieving a smooth dough.

Sponge cake mixture should be baked immediately. For gateau bake a day in advance. It is then easier to divide the layers. Swiss roll should be turned out immediately onto a damp tea towel, or a tea towel sprinkled with sugar, then rolled up with the help of the cloth.

If you are baking in combination mode with MW + Fan plus, microwave power will not switch on until the heating-up phase has finished. Select a microwave power level of 80 W or a maximum of 150 W.

A variety of different baking containers can be used in combination mode. Containers made of heat resistant glass, ceramic, plastic, soft plastic and metal are suitable. Metal containers can occasionally cause sparking. In this case, place the container in a different position on the rack or on the glass tray. If sparking continues, or if crackling noises can be heard, the container is unsuitable.

Baking

Amaretto almond gâteau

Preparation time: 55–65 minutes

Serves 12

Dough ingredients

4 egg yolks

Zest of one lemon

Pulp of 1 vanilla pod

100 g icing sugar

4 egg whites

50 g plain flour

1 1/2 tsp baking powder

100 g ground almonds, unblanched

10 tbsp Amaretto

Topping ingredients

50 g icing sugar

2 tbsp Amaretto

To sprinkle on top

40 g chopped almonds

Accessories

26 cm Ø springform cake tin

Method

Beat together the egg yolk, vanilla pulp, lemon zest and caster sugar until creamy. Fold in the stiffly beaten egg whites. Sift the baking powder with the flour, add the ground almonds and fold into the mixture.

Grease and flour a springform tin and pour in the mixture. Level the surface and bake until golden.

After baking, drizzle with Amaretto and leave to cool.

To make the topping, mix the icing sugar with Amaretto and drizzle over the cake.

Dry roast the chopped almonds lightly in a pan and sprinkle over the topping.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 1

Duration: 30–40 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 150–170 °C

Shelf level: 1

Duration: 30–40 minutes

Apple pyramids

Preparation time: 40–50 minutes

Makes 8

Ingredients

300 g puff pastry

1 - 2 sharp dessert apples, finely chopped

30 g marzipan, finely diced

30 g coarsely chopped hazelnuts

30 g raisins soaked in rum

2 tbsp sugar and cinnamon mixed

For glazing

1 egg white

1 egg yolk

1 tbsp milk

Accessories

Glass tray

Method

Roll the pastry out on a floured surface and cut into 8 squares (each approx. 15 x 15 cm).

Spread the apple and marzipan over the squares along with the hazelnuts and the drained raisins. Sprinkle with the sugar-cinnamon mixture.

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.

Rinse the glass tray in cold water and then arrange the apple pyramids on the tray. Brush with milk and beaten egg yolk and bake until golden.

Recommended settings

Oven function: Conventional heat

Temperature: 190–210 °C

Shelf level: 2

Duration: 20–25 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 2

Duration: 18–25 minutes

Tip

Apple pyramids are best made with sharp apples.

Baking

Apple tart

Preparation time: 80–90 minutes

Serves 12

Dough ingredients

200 g plain flour

100 g butter

60 g icing sugar

A pinch of salt

1 egg

Topping ingredients

600 g apples, peeled and sliced

Caramel

100 g caster sugar

20 ml apple juice

Juice of 1/2 a lemon

For dusting

Icing sugar

Accessories

Flan tin Ø 26 cm

Method

Mix the flour, butter, icing sugar, salt and egg together and knead to a smooth dough. Chill the dough for about 30 minutes.

Dust the worktop with flour, roll the dough out and place in the flan tin. Layer the apple slices over the dough, overlapping them a little as you go.

Heat the caster sugar in a pan on the hob using a high setting and constantly stir until you have a golden brown caramel. Deglaze the pan with apple juice and lemon juice then pour the caramel over the apples and place the tart in the pre-heated oven.

After cooking leave to cool then dust with icing sugar.

Recommended settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 40–50 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 1

Duration: 40–50 minutes

Tip

Instead of using caramel this tart can be topped with a mixture made from: 150 g crème fraîche, 2 eggs, 2 tsp of vanilla sugar and 1 tbsp of icing sugar. Mix well and pour over the apples. Increase the baking duration by about 10 minutes.

Apple sponge

Preparation time: 90–100 minutes

Serves 12

Dough ingredients

150 g butter

150 g caster sugar

2 tsp vanilla sugar

3 eggs

Juice of 1/2 a lemon

150 g plain flour

1/2 tsp baking powder

Topping ingredients

750 g sharp dessert or cooking apples

For dusting or glazing

Icing sugar or apricot jam

Accessories

26 cm Ø springform cake tin

Method

Cream together the butter, caster sugar and vanilla sugar, then mix in the eggs one at a time.

Sift the baking powder and flour together and beat into the creamed mixture together with the lemon juice. Spoon into a greased springform cake tin.

Peel, quarter and core the apples. Make several cuts into the top of each quarter and gently press into the cake mixture with the cut side up. Bake until golden.

Leave to cool to room temperature, then dust with icing sugar or spread a little apricot jam over the top.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Apple sponge

Duration: approx. 60 minutes

Alternative settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 1

Duration: 55–65 minutes

Oven function: MW + Fan plus

Power level/temperature: 80 W + 160 °C

Shelf level: 1

Duration: 45–55 minutes

Oven function: Conventional heat

Temperature: 160–180 °C

Shelf level: 1

Duration: 55–65 minutes

Tip

As an alternative, the apples can be chopped into small pieces and folded into the cake mixture. This cake is also delicious with 500 g sour cherries, blueberries or apricots.

Baking

Apple pie

Preparation time: 90–100 minutes

Serves 12

Dough ingredients

300 g plain flour
1/2 tsp baking powder
200 g butter
100 g caster sugar
2 tsp vanilla sugar
1 egg

Topping ingredients

1000 g sharp dessert or cooking apples
50 g raisins
50 g sugar
1/2 tsp cinnamon
3 tbsp water

For glazing

1 egg yolk beaten into a little milk

Accessories

26 cm Ø springform cake tin

Method

Mix together the flour, baking powder, butter, caster sugar and vanilla sugar, and knead to a smooth dough.

Press about 2/3 of the dough evenly into the base of a greased springform tin and about 2 cm up the sides of the tin and blind bake if using Conventional heat (not necessary with Intensive bake or the Automatic programme).

Peel, quarter, core and coarsely dice the apples. Place in a saucepan together with the raisins, sugar, cinnamon and water and gently heat for 1 minute. Scatter evenly over the pie base.

Dust the worktop with flour and roll out the remaining dough. Place it over the top of the apples and bake.

With the Automatic programme: glaze the top of the pie with the egg and milk mixture before it goes in the oven.

With all other functions: Glaze the top of the pie with the egg and milk mixture approx. 10 minutes before the end of baking.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Apple pie
Duration: approx. 75 minutes

Alternative settings

Oven function: Intensive bake
Temperature: 150–170 °C
Shelf level: 1
Duration: 60–70 minutes

Oven function: Conventional heat
Temperature: 170–190 °C
Shelf level: 1
Duration:
Pre-bake duration: 20–25 minutes + pre-heating
Baking duration: 30–35 minutes

Apple streusel with hazelnut brittle

Preparation time: 100–110 minutes

Serves 12

Dough ingredients

200 g melted butter

350 g plain flour

1 tsp baking powder

150 g caster sugar

2 tsp vanilla sugar

60 g hazelnut brittle

Topping ingredients

1000 g sharp apples (e.g. Granny Smiths)

50 g sugar

Zest of one lemon

Juice of one lemon

Accessories

26 cm Ø springform cake tin

Method

Mix the flour, baking powder, caster sugar and vanilla sugar. Add the slightly cooled melted butter and knead to a coarse crumbly texture.

Press about 2/3 of the streusel (crumble) mixture into the base of a springform tin and about 2 cm up the sides of the tin. Mix the hazelnut brittle into the rest of the streusel mix.

Peel, quarter, core and dice the apples. Mix with the sugar, lemon zest and lemon juice and arrange over the streusel mixture. Sprinkle the streusel-brittle mix over the top and bake.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Apple streusel

Duration: approx. 63 minutes

Alternative settings

Oven function: Fan plus

Temperature: 160 °C

Shelf level: 1

Duration: 65–75 minutes

Oven function: Conventional heat

Temperature: 160–180 °C

Shelf level: 1

Duration: 55–65 minutes

Baking

Apple cinnamon cake

Preparation time: 90–100 minutes

Serves 16

Ingredients

225 g softened butter

200 g caster sugar

4 eggs

450 g plain flour

5 tsp baking powder

1 tbsp cinnamon

600 g apples, peeled and finely sliced

150 g cranberries

For the cake tin

Butter

Breadcrumbs

Accessories

Ring tin Ø 26 cm

Method

Beat the butter until creamy and add the sugar and eggs a little at a time. Sift the flour, cinnamon and baking powder together and beat into the mixture.

Then fold the apples and cranberries into the mixture.

Spoon the mixture into a greased and floured ring tin and bake until golden.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 1

Duration: 55–65 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 80 W + 160 °C

Shelf level: 1

Duration: 45–55 minutes

Oven function: Conventional heat

Temperature: 160–180 °C

Shelf level: 1

Duration: 55–65 minutes

Apricot streusel cake

Preparation time: 55–65 minutes

Serves 16

Dough ingredients

200 g quark
6 tbsp milk
8 tbsp oil
1 egg
100 g caster sugar
2 tsp vanilla sugar
A pinch of salt
400 g plain flour
6 tsp baking powder

Topping ingredients

2 tins apricots (each approx. 800 g),
drained

Streusel ingredients

200 g plain flour
125 g caster sugar
2 tsp vanilla sugar
125 g butter, diced
1/2 tsp cinnamon

Accessories

Glass tray

Method

Mix together the quark, milk, oil, egg, caster sugar, vanilla sugar and salt. Sift the baking powder into the flour and stir half into the mixture. Then knead in the remainder.

Roll the mixture out on the glass tray and then place the apricots on top.

Knead the flour, caster sugar, vanilla sugar, butter and cinnamon to a coarse crumbly texture and scatter over the apricots. Bake until golden.

Recommended settings

Oven function: Fan plus
Temperature: 150–170 °C
Shelf level: 2
Duration: 30–40 minutes

Alternative settings

Oven function: Conventional heat
Temperature: 180–200 °C
Shelf level: 2
Duration: 35–45 minutes

Tip

This cake can also be made with plums, sour cherries or gooseberries.

Baking

Belgian sponge cake

Preparation time: 75 minutes

Serves 12

Ingredients

4 eggs

250 g caster sugar

1 level tsp salt

250 g plain flour

3 level tsp baking powder

250 g butter

Optional

100 g chocolate drops

100 g finely chopped dried fruit

100 g chopped nuts

1 tsp vanilla essence

1 tsp ground cinnamon

Accessories

26 cm Ø springform cake tin

Method

Separate the eggs. Beat the sugar, salt and egg yolks until creamy.

Beat the egg whites until stiff. Carefully fold half of the beaten egg whites into the sugar and egg yolk mixture. Then sift the flour and baking powder and fold into the remaining beaten egg white.

Fold in additional chocolate, cinnamon, vanilla, dried fruit or nuts if desired.

Then pour into the greased springform tin and bake in a pre-heated oven until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Cup measured cakes

Shelf level: see display

Duration: approx. 60 minutes

Alternative settings

Pre-heat: yes

Oven function: Fan plus

Temperature: 190 °C

Cooking stage 1

Oven function: Fan plus

Temperature: 150 °C

Duration: 57–63 minutes

Shelf level: 2

Tip

For a stronger taste substitute 200 g sugar with 50 g honey.

Pear cake with almond topping

Preparation time: 90–100 minutes

Serves 16

Dough ingredients

375 g plain flour

100 g caster sugar

4 tsp vanilla sugar

200 g butter

1 egg

Topping ingredients

3 tins of pears (each approx. 460 g)

Filling ingredients

450 g crème fraîche

2 tbsp cornflour

3 eggs

50 g sugar

4 tsp vanilla sugar

1 1/2 tsp cinnamon

30 g flaked almonds

Accessories

Glass tray

Method

Combine the flour, caster sugar, vanilla sugar, butter and egg and knead to a smooth dough. Roll out onto the glass tray.

Drain the pears well. If using fresh pears, stew them briefly. Cut into 1 cm thick slices and arrange evenly on top of the dough base.

Mix together with the crème fraîche, cornflour, eggs, sugar, vanilla sugar and cinnamon and pour over the pears.

Scatter with flaked almonds and bake until golden.

Recommended settings

Oven function: Intensive bake

Temperature: 170 °C

Shelf level: 2

Duration: 50–60 minutes

Alternative settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 2

Duration: 55–65 minutes

Oven function: MW + Fan plus

Power level/temperature: 150 W + 160° C

Shelf level: 2

Duration: 45–55 minutes

Baking

Gateau

Preparation time: 70–80 minutes

Serves 16

Basic mixture

4 egg whites
4 tbsp hot water
175 g caster sugar
4 egg yolks
200 g plain flour
2 tsp baking powder

Luxury mixture

6 egg whites
180 g caster sugar
2 tsp vanilla sugar
6 egg yolks
90 g plain flour
90 g cornflour

Accessories

26 cm Ø springform cake tin

Method

Beat the egg whites with the hot water until stiff. Slowly add the caster sugar, beating after each addition and then fold in the beaten egg yolk.

Sift together the baking powder and flour (or cornflour without baking powder) and gently fold into the egg white mixture.

Lightly grease a springform tin and line with baking parchment. Pour the mixture into the tin, level the surface and bake until golden.

After baking, loosen around the edges using a sharp knife. Turn the cake out and remove the baking parchment. Cut horizontally through the cake twice to make 3 layers. Fill with your choice of pre-prepared filling.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Gateau \ 4 eggs or
5-6 eggs
Duration:
– Basic mixture: approx. 29 minutes
– Luxury mixture: approx. 45 minutes

Alternative settings

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 170–190 °C
Shelf level: 1
Duration:
– Basic mixture: 20–25 minutes + pre-heating
– Luxury mixture: 35–40 minutes + pre-heating

Oven function: Fan plus
Rapid heat-up: off
Temperature: 160–180 °C
Shelf level: 1
Duration:
– Basic mixture: 30–35 minutes
– Luxury mixture: 40–50 minutes

Tip

If you want to make a cake with a fresh fruit topping use half of the ingredients for the basic gateau recipe above. Using the same temperature the cooking duration will be about 5 minutes shorter. For a chocolate gateau add 1-2 tsp of cocoa powder to the flour mixture.

Baking

I. Quark filling

Ingredients

500 g quark
100 g caster sugar
100 ml milk
2 tsp vanilla sugar
Juice of one lemon
12 leaves of white gelatine
500 ml double cream

For dusting

Icing sugar

Method for the filling

Mix the quark with the caster sugar, milk, vanilla sugar and lemon juice. Soak the gelatine in cold water then squeeze the water out and microwave for 20 seconds using 450 W, or dissolve in a pan on the hob over a low heat. Stir a little of the quark mixture into the gelatine.

Then stir this mixture into the quark mixture and place in the fridge to chill. Stir from time to time. As soon as you can draw a fork through the mixture and leave a trail fold in the stiffly whipped cream.

Place the first layer of the gateau on a cake platter and cover with half of the quark mixture. Place the second layer of the gateau on top and cover with the rest of the quark mixture. Leave to chill and dust with icing sugar before serving.

Tip

For a fruity variation, add about 300 g of bottled and drained sour cherries, apricots or mandarin orange segments to the quark mixture.

II. Cappuccino filling

Ingredients

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

For dusting

Cocoa powder

Method for the filling

Melt the chocolate and beat the cream until stiff. Soak the gelatine in cold water, then squeeze out the water and microwave for 20 seconds using 450 W, or dissolve it in a pan on the hob over a low heat. Leave to cool slightly. Then add about half of the espresso and coffee liqueur to the gelatine and then fold this mixture into the whipped cream. Put about 3 tbsp of this mixture to one side. Halve the remaining cream mixture and stir the vanilla sugar into one half and the chocolate and cocoa into the other half.

Place one layer of the gateau on a cake platter and drizzle with a little coffee liqueur and espresso. Spread the chocolate cream over this and top with another layer of the cake. Drizzle with the remaining liqueur and espresso. Spread this with the vanilla-flavoured cream, then top it with the final layer of cake. Spread the cream that you put to one side over the top and dust with a little cocoa powder before serving.

Baking

Butter cake

Preparation time: 90–100 minutes

Serves 16

Dough ingredients

30 g fresh yeast
150–200 ml lukewarm milk
400 g strong white flour
50 g caster sugar
A pinch of salt
40 g butter
1 egg yolk

Topping ingredients

125 g butter
150 g flaked almonds
100 g sugar
2 tsp vanilla sugar

Accessories

Glass tray

Method

Place the flour, butter, crumbled yeast, caster sugar, salt and egg yolk in a mixing bowl. Add enough milk to blend into a smooth dough using dough hooks.

Leave to prove for about 20 minutes at room temperature. Punch down, then roll out on the greased glass tray and leave to prove for another 20 minutes. When risen, make indentations in the top with your fingers.

To make the topping, mix the butter with the vanilla sugar and half of the sugar. Using two teaspoons, drop small balls of the mixture into the indentations. Sprinkle the remaining sugar and flaked almonds over the top.

With the Automatic programme:
place the cake in the oven and start the Automatic programme.

With all other oven functions:
Prove the cake again for about 10 minutes and then bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Butter cake \
Glass tray
Duration: approx. 28 minutes

Alternative settings

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 160–180 °C
Shelf level: 1
Duration: 20–25 minutes + pre-heating

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 2
Duration: 25–30 minutes

Tip

Homemade vanilla sugar:
Cut a vanilla pod in half lengthways and cut each half into 4-5 pieces. Place in a lidded glass jar with 500 g of caster sugar and leave for 3 days to absorb the flavour. For an even more intensive flavour scrape the pulp out of the vanilla pod and add this to the sugar.

Cappuccino crumble slices

Preparation time: 75–85 minutes

Serves 16

Dough ingredients

350 g melted butter

500 g plain flour

250 g caster sugar

2 tsp vanilla sugar

A pinch of salt

2 tsp baking powder

Topping ingredients

25 g melted butter

500 g quark

6 egg yolks

150 g caster sugar

2 tsp vanilla sugar

6 tsp instant cappuccino powder

3 tbsp almond liqueur

1 tbsp cornflour

6 egg whites

Accessories

Glass tray

Method

Mix the flour, caster sugar, vanilla sugar, baking powder and salt together. Add the butter and rub together to make a crumbly mixture.

Transfer about 2/3 of the mixture into the greased glass tray and roll out to a smooth dough using a rolling pin.

To make the topping, combine the butter, quark, egg yolk, caster sugar, vanilla sugar, cappuccino powder, liqueur and cornflour. Beat the egg whites until stiff, then fold into the quark mixture. Spread over the pastry base.

Scatter the remaining third of the crumble mix over the quark mixture and bake until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Streusel cake \

With filling

Duration: approx. 50 minutes

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 2

Duration: 45–55 minutes

Oven function: Conventional heat

Temperature: 170–190 °C

Rapid heat-up: off

Shelf level: 2

Duration: 45–55 minutes

Baking

Espresso slices

Preparation time: 50–60 minutes

Serves 16

Dough ingredients

250 g softened butter

180 g caster sugar

4 tsp vanilla sugar

4 eggs

150 g plain flour

1 tsp baking powder

100 ml espresso coffee or 2 tsp instant espresso powder

100 g chocolate drops

100 g hazelnuts, ground

Topping ingredients

200 g icing sugar

4 tbsp espresso

2 tbsp coffee, mocha or whisky liqueur

Accessories

Glass tray

Method

Beat the butter until creamy, gradually adding the caster sugar, vanilla sugar and eggs alternately. Sift the flour and baking powder and stir into the butter mixture together with the espresso or espresso powder and nuts. Finally stir in the chocolate drops.

Spread the mixture onto the glass tray and bake until golden.

Mix together the icing sugar, espresso and liqueur until smooth and spread over the cake whilst still warm.

Recommended settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 2

Duration: 25–30 minutes

Alternative settings

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 170–190 °C

Shelf level: 2

Duration: 20–25 minutes + pre-heating

Lemon drizzle loaf

Preparation time: 50 minutes

Ingredients

225 g softened butter
225 g caster sugar
4 eggs
Grated zest of 2 lemons
225 g plain flour
2 tsp baking powder

Topping ingredients

Juice of 2 lemons
90 g caster sugar

Accessories

1 glass baking dish, 25 cm long
Glass tray

Method

Grease the baking dish and line with baking parchment.

Beat the butter and sugar until creamy. Gradually stir in the eggs.

Sift together the flour and baking powder and fold in together with the lemon zest.

Pour the mixture into the baking dish and level the mixture. Pre-heat the oven first, (Cooking stage 1) if using the Alternative settings. Place on the glass tray and bake until golden.

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

Prick the cake a number of times while still warm with a wooden skewer and brush with the glaze. Leave in the glass dish to cool.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Lemon drizzle loaf
Duration: approx. 35 minutes

Alternative settings

Cooking stage 1 (pre-heating)
Oven function: Fan plus
Temperature: 160 °C

Cooking stage 2
Oven function: MW + Fan plus
Power level/temperature: 80 W + 160 °C
Shelf level: 1
Duration: 20 minutes

Cooking stage 3
Oven function: MW + Fan plus
Power level/temperature: 150 W + 160 °C
Shelf level: 1
Duration: 10 minutes

Baking

Upside-down plum pudding

Preparation time: 50 minutes

Serves 10

Topping ingredients

6 plums
2 pieces stem ginger
4 tbsp syrup from the stem ginger

Caramel sauce

150 g brown sugar
60 g butter
150 g double cream

Dough ingredients

175 g plain flour
2 tsp baking powder
150 g butter
125 g brown sugar
2 large eggs
2 tbsp milk
 $\frac{1}{2}$ tbsp ground ginger
 $\frac{1}{2}$ tsp mixed spice

Accessories

Saucepan
Flan dish \varnothing 25 cm (microwave safe)

Method

Wash, stone and chop the plums.

For the caramel sauce, place the brown sugar, butter and cream into a pan, bring to the boil and simmer for 2 more minutes. Pour into a bowl and leave to cool.

Chop the stem ginger into small pieces.

Grease the flan dish and line with baking parchment. Spread 8 tbsp of the caramel sauce over the base and arrange the plums, stem ginger and syrup evenly on top.

For the cake, sift together the flour and baking powder. Beat the sugar and butter until creamy and alternately stir in the eggs, flour, milk and spices.

Spread the mixture over the plums, flatten with the back of a spoon and bake until golden.

Turn the cake out while still warm and pour over the rest of the caramel sauce.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Plum upside down
pudding
Duration: approx. 35 minutes

Alternative settings

Cooking stage 1 (pre-heating)
Oven function: Fan plus
Temperature: 170 °C

Cooking stage 2
Oven function: MW + Fan plus
Power level/temperature: 80 W +
170 °C
Shelf level: 1
Duration: 15 minutes

Cooking stage 3
Oven function: MW + Fan plus
Power level/temperature: 150 W +
170 °C
Shelf level: 1
Duration: 10 minutes

Tip

To make your own mixed spice, mix together the following ground spices:
4 tsp coriander, 4 tsp cinnamon, 1 tsp
allspice, 4 tsp nutmeg, 2 tsp ginger,
1 tsp cloves.

Baking

Orange and yoghurt syrup cake

Preparation time: 60–75 minutes

Makes 6–8 slices

Dough ingredients

250 g caster sugar

250 g softened butter

Zest of 1 orange

4 eggs

180 g semolina

150 g plain flour

3 tsp bicarbonate of soda

250 g Greek yoghurt

Glaze ingredients

450 ml freshly squeezed orange juice

250 g caster sugar

Accessories

24 cm Ø springform cake tin

Method

Separate the eggs. Beat the butter, sugar and orange zest until creamy, then gradually add the egg yolks. Combine the flour, baking powder, semolina and bicarbonate of soda and mix with the yoghurt.

Beat the egg whites until stiff and carefully fold into the mixture. Pour the mixture into a springform tin and bake.

For the glaze, bring the orange juice and sugar to the boil in a pan, then simmer for approx. 5 minutes on a low heat until the orange juice thickens.

Prick the cake several times with a wooden skewer while still warm, spread the glaze evenly over it and leave to cool. Serve with whipped cream.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Orange & yoghurt syrup cake

Duration: approx. 30-40 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 80 W + 150 °C

Shelf level: 1

Duration: 30–40 minutes

Cheesecake

Preparation time: 95–105 minutes

Serves 12

Dough ingredients

200 g plain flour
1 tsp baking powder
100 g caster sugar
100 g butter
1 egg

Topping ingredients

1000 g quark
2 packets instant custard powder
4 tbsp oil
200 g caster sugar
1 egg
125 ml milk
250 g double cream

Accessories

28 cm Ø springform cake tin

Method

A springform tin is required for this cake as the topping will overflow if a smaller tin is used.

Mix together the flour, baking powder, caster sugar, butter and egg and knead to a smooth dough. Spread evenly over the base of the greased springform tin and create a rim around the sides.

Mix together the quark, custard powder, oil, sugar, egg and milk. Beat the cream until stiff and fold into the quark mixture.

Spread the mixture over the base and bake.

Allow the cake to cool in the tin for a short while after baking.

Recommended settings

Oven function: Intensive bake
Temperature: 160 °C
Shelf level: 1
Duration: 75–85 minutes

Alternative settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 1
Duration: 75–85 minutes

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 160–180 °C
Shelf level: 1
Duration: 75–85 minutes

Oven function: MW + Fan plus
Power level/temperature: 150 W + 160 °C
Shelf level: 1
Duration: 55–65 minutes

Baking

Gugelhupf

Preparation time: 80–90 minutes

Serves 16

Ingredients

60 g butter

50 g caster sugar

1 egg

1/2 cube of fresh yeast (21 g)

375 ml lukewarm milk

Zest of half a lemon

A pinch of salt

500 g strong white flour

50 g raisins

For dusting

Icing sugar

Accessories

24 cm Ø Gugelhupf cake tin

Method

Cream the butter and add the sugar and egg yolk. Mix well. Dissolve the yeast in lukewarm milk. Then add to the lemon zest, salt and flour and knead all the ingredients together until you get a smooth dough.

Fold the stiffly beaten egg white into the mixture, together with the raisins. Grease and flour a Gugelhupf tin and pour the mixture into it.

With the Automatic programme: place the cake in the oven and start the Automatic programme.

With all other functions: Cover the cake tin containing the mixture and leave to prove at room temperature for approx. 30 minutes or in the oven using Conventional heat at

35 °C for approx. 15 minutes until the dough has doubled in size. Then bake until golden.

After baking turn the cake out of the tin and dust with icing sugar.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Gugelhupf

Duration: approx. 60 minutes

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 2

Duration: 50–60 minutes

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 160–180 °C

Shelf level: 2

Duration: 50–60 minutes

Cherry and almond cake

Preparation time: 75–85 minutes

Serves 12

Dough ingredients

150 g plain flour
1 tsp baking powder
100 g butter
50 g caster sugar
40 g ground almonds

Topping ingredients

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

Filling ingredients

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

Accessories

26 cm Ø springform cake tin

Method

Mix together the flour, baking powder, sugar and butter and knead to a smooth dough. Spread evenly over the base of a greased springform tin and create a 2 cm high rim around the sides.

Prick all over with a fork and scatter with ground almonds. Drain the cherries well and arrange over the dough.

Combine all the ingredients for the filling, pour over the cherries and bake until golden.

Recommended settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 1
Duration: 55–65 minutes

Alternative settings

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 160–180 °C
Shelf level: 1
Duration: 55–65 minutes

Baking

Marble cake

Preparation time: 85–90 minutes

Serves 18

Ingredients

250 g butter

200 g caster sugar

2 tsp vanilla sugar

4 eggs

4 tbsp rum

150 ml milk

500 g plain flour

5 tsp baking powder

3 tbsp cocoa powder

Accessories

Ring tin Ø 26 cm

Method

Cream together the butter, caster sugar, vanilla sugar and eggs. Stir in the rum and 120 ml of milk. Then sift the flour and baking powder and mix into the creamed butter mix.

Stir the cocoa powder and remaining milk into about 1/3 of the mixture.

Add half of the light mixture to a ring tin. Pour the cocoa mixture on top of this and then finish off with the rest of the light mixture.

Swirl a fork through the mixture to give a marbled effect, and bake.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Marble cake \ Ring cake tin

Duration: approx. 65 minutes

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 1

Duration: 60–70 minutes

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 160–180 °C

Shelf level: 1

Duration: 60–70 minutes

Fruit streusel cake

Preparation time: 110–120 minutes

Serves 16

Dough ingredients

375 g strong white flour
1 cube of fresh yeast (42 g)
125 ml lukewarm milk
40 g caster sugar
75 g melted butter
1 egg

Topping ingredients

1000 g fruit (apples, peeled and sliced;
plums and cherries stoned)

Streusel ingredients

200 g plain flour
125 g sugar
2 tsp vanilla sugar
1/2 tsp cinnamon
125 g butter

Accessories

Glass tray

Method

Sift the flour into a large bowl and make a well in the centre. Crumble the yeast into the well together with a little sugar and some of the milk, and combine these ingredients with some of the flour. Place in the oven and prove using Conventional heat at 50 °C for approx. 20 minutes.

Mix the rest of the ingredients for the dough to this starter dough and knead until smooth. Return to the oven and prove for approx. 30 minutes using Conventional heat at 50 °C. Punch down, then roll out onto the greased glass tray.

Arrange the prepared fruit evenly over the base.

Rub the topping ingredients together until you get a crumbly texture, and scatter over the fruit. Place in the oven and prove for approx. 30 minutes using Conventional heat at 50 °C and then bake until golden.

Recommended settings

Oven function: Cakes

Programme: Cakes \ Streusel cake \
With filling

Duration: approx. 50 minutes

Alternative settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 2

Duration: 40–50 minutes

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 2

Duration: 40–50 minutes

Oven function: MW + Fan plus

Power level/temperature: 150 W +
170 °C

Shelf level: 2

Duration: 35–45 minutes

Tip

For a plain streusel cake:

Make the cake without fruit. Use the Automatic programme Cakes \ Streusel cake \ Plain or reduce the cooking duration in the alternative settings by 5 - 10 minutes.

Baking

Orange slices

Preparation time: 70–80 minutes

Serves 12

Dough ingredients

50 g butter

4 eggs

4 tbsp lukewarm water

120 g caster sugar

80 g self-raising flour

50 g cornflour

1/2 tsp baking powder

Zest of 1 orange

Sugar for sprinkling

Filling ingredients

200 ml double cream

250 g low fat quark

1 tsp vanilla sugar

80–90 g orange marmalade

20 ml orange liqueur (e.g. Grand Marnier)

3 leaves of white gelatine

Garnish

2 oranges

100 ml double cream

1 tsp vanilla sugar

Lemon balm

Accessories

Baking parchment

Glass tray

Method

Melt the butter and allow to cool.

Separate the eggs. Beat the egg yolks and sugar with 4 tbsp lukewarm 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 onto the base of a glass

tray lined with baking parchment and bake until golden. Sprinkle a clean tea towel with sugar and turn the sponge out onto it. Peel off the paper and leave to cool. When it has cooled, cut it in half.

Whip 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.

Spread the mixture over half of the sponge base and place the other half on top. Press the top down a little and refrigerate for approx. 2 hours.

Peel the oranges, remove the pith and halve and slice them. Beat the cream and vanilla sugar until very stiff. Carefully cut the cake into slices and garnish each with cream, a slice of orange and a sprig of lemon balm.

Recommended settings

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 170–190 °C

Shelf level: 2

Duration: 18–23 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 160–180 °C

Shelf level: 2

Duration: 20–25 minutes

Raisin and quark slices

Preparation time: 90–100 minutes

Serves 16

Dough ingredients

250 g butter
200 g caster sugar
2 tsp vanilla sugar
1 egg
A pinch of salt
500 g plain flour
5 tsp baking powder

Topping ingredients

1000 g quark
1 packet instant custard powder
1 egg
200 g caster sugar
100 g raisins

Accessories

Glass tray

Method

Cream together the butter, caster sugar, vanilla sugar, egg and salt. Sift together the flour and baking powder, then fold half of it into the creamed mixture. Then mix in the rest of the flour to form a crumbly mixture.

Press or roll half of the crumble mixture into the base of the greased glass tray.

Mix together the quark, custard powder, egg and caster sugar, fold in the raisins and spread over the base. Sprinkle the rest of the crumble mixture on top, then bake until golden.

As an alternative, omit the raisins and instead arrange stoned bottled cherries or plums over the quark mixture, top with crumble and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Streusel cake \
With filling
Duration: approx. 50 minutes

Alternative settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 1
Duration: 50–60 minutes

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 160–180 °C
Shelf level: 1
Duration: 50–60 minutes

Tip

Quark is a fresh cheese that is available with a fat content of 10%, 20% or 40%. It can be spread on toast, used instead of full-fat curd cheese in cheesecakes and other desserts, or served as a topping for fruit instead of yoghurt. It can also replace butter in scrambled eggs or mashed and baked potatoes.

Baking

Iced Chelsea slices

Preparation time: 45–55 minutes

Serves 16

Dough ingredients

75 g quark

50 ml milk

40 ml oil

40 g caster sugar

2 tsp vanilla sugar

1 tsp. vanilla essence

A pinch of salt

200 g plain flour

4 tsp baking powder

Filling ingredients

100 g marzipan, finely diced

50 g softened butter

1 egg

125 g raisins

50 g chopped hazelnuts

A pinch of cinnamon

1 tsp rum essence

Topping ingredients

75 g icing sugar

1–2 tbsp rum

Accessories

Glass tray

Method

Mix together the quark, milk, oil, caster sugar, vanilla sugar, vanilla essence and salt. Sift the baking powder into the flour and stir half into the mixture. Then knead in the remainder.

Roll out the dough on a floured surface to a rectangle 1/2 cm thick (25 x 30 cm) and place on the greased glass tray.

For the filling, mix together the marzipan, butter and egg thoroughly. Add the raisins, hazelnuts, cinnamon and rum essence. Spread over the dough.

Form a 2 cm rim along the edges of the dough and bake until golden.

Whilst still hot, brush over the rum icing. Cut in half lengthways and then 8 times to make 16 slices.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 2

Duration: 25–30 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 2

Duration: 20–25 minutes + pre-heating

Sponge cake

Preparation time: 100–110 minutes

Serves 12

Ingredients

200 g butter

200 g caster sugar

4 eggs

Zest of one lemon

Juice of one lemon

125 g cornflour

125 g self-raising flour

1 tsp baking powder

For dusting

Icing sugar

For glazing

200 g icing sugar

20 ml lemon juice

Accessories

Loaf tin

Method

Cream together the butter and sugar. Add the eggs, lemon juice and lemon zest.

Sift the flour with the cornflour and baking powder and fold into the mixture.

Grease a loaf tin and line it with baking parchment. Add the mixture and make a 1 cm deep cut into the surface. Bake until golden.

When ready, turn the cake out onto a wire rack, and peel off the paper. Dust with icing sugar or make lemon icing with the icing sugar and lemon juice and drizzle it over the cake.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Sponge cake

Duration: approx. 85 minutes

Alternative settings

Oven function: Fan plus

Temperature: 140–160 °C

Shelf level: 1

Duration: 65–80 minutes

Oven function: Conventional heat

Temperature: 150–170 °C

Shelf level: 1

Duration: 60–80 minutes

Tips

- Variation 1:
Top with orange icing made with 20 ml orange juice and 200 g of icing sugar.
- Variation 2:
Once baked prick the cake several times with a wooden skewer and drizzle a little Grand Marnier or Cointreau into the holes.

Baking

Chocolate and advocaat cake

Preparation time: 75–85 minutes

Serves 16

Ingredients

100 g plain chocolate

250 g butter

250 g caster sugar

4 eggs

250 g plain flour

5 tsp baking powder

250 ml advocaat

Butter and dried breadcrumbs for the tin

For dusting

Icing sugar

Accessories

Ring-shaped cake tin

Method

Break the chocolate up. Beat the butter, sugar and eggs together until light and fluffy. Sift the flour and the baking powder and stir into the egg mixture along with the advocaat. Add the chocolate.

Grease a ring shaped cake tin and dust with breadcrumbs. Pour in the cake mixture and bake.

Once the cake has cooled it can be dusted with icing sugar.

Recommended settings

Oven function: Fan plus

Temperature: 140–160 °C

Shelf level: 1

Duration: 55–65 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 160–180 °C

Shelf level: 1

Duration: 55–65 minutes

Chocolate cake

Preparation time: 65–75 minutes

Serves 12

Dough ingredients

300 g dark chocolate

150 g butter

5 eggs

100 g caster sugar

100 g self-raising flour

Glaze ingredients

100 g dark chocolate glaze

Accessories

Saucepan

26 cm Ø springform cake tin

Method

Melt the chocolate and butter in a saucepan on the hob and allow to cool.

Mix in the egg yolks, sugar and flour, then fold in the stiffly beaten egg whites.

Transfer the mixture into a greased springform tin and bake.

When the cake has cooled, spread the chocolate covering over it. This cake will be moist due to the high chocolate content.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 1

Duration: 30–40 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 150–170 °C

Shelf level: 1

Duration: 35–40 minutes + pre-heating

Baking

Streusel cake

Preparation time: 70–80 minutes

Serves 16

Dough ingredients

400 g plain flour
2 tsp baking powder
125 g caster sugar
2 tsp vanilla sugar
200 g butter
1 egg
1 tsp rum essence

Filling ingredients

200 g apricot conserve

Streusel ingredients

350 g plain flour
175 g caster sugar
2 tsp vanilla sugar
1/2 tsp cinnamon
200 g melted butter

Accessories

Glass tray

Method

For the dough, rub the butter into the dry ingredients, add the egg and rum essence and knead lightly.

Roll out the dough into the greased glass tray and prick several times with a fork.

Spread the apricot conserve over the dough.

For the streusel topping, mix together the flour, sugar, vanilla sugar and cinnamon. Add the slightly cooled butter. Rub together to make a crumbly mixture. Scatter over the cake and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Streusel cake \ Plain
Duration: approx. 38 minutes

Alternative settings

Oven function: Fan plus
Temperature: 150–170 °C
Shelf level: 2
Duration: 40–50 minutes

Oven function: Conventional heat
Temperature: 160–180 °C
Shelf level: 1
Duration: 35–45 minutes

Lemon tart

Preparation time: 90–100 minutes

Serves 12

Dough ingredients

150 g plain flour

A pinch of salt

100 g butter

1 egg

Topping ingredients

150 g butter

100 g caster sugar

3 eggs

100 g ground almonds

Juice of 1-2 lemons

2 lemons, peeled and sliced

Accessories

Flan dish Ø 28 cm

Method

Mix the flour, salt, butter and egg together and knead to a smooth dough. Chill the dough for about 30 minutes.

Roll out onto a floured surface to the size of the flan dish, transfer into the dish and blind bake.

To make the topping, melt the butter, beat the egg yolk with the sugar until creamy, add the butter, almonds and lemon juice and mix thoroughly. Whip the egg whites until stiff and fold in.

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.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 1

Pre-baking: 20 minutes

Duration: 30–40 minutes

Alternative settings

Oven function: Intensive bake

Temperature: 160 °C

Shelf level: 1

Duration: 40–50 minutes

Function: Conventional heat

Temperature: 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 caster sugar, the 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.

Baking

Chocolate cherry muffins

Preparation time: 70–80 minutes

Makes 12

Dough ingredients

100 g mocha or dark chocolate
100 g butter
3 eggs
80 g icing sugar
10 g instant cappuccino powder
100 g plain flour
1 tsp baking powder

Filling ingredients

200 g cream cheese
70 g icing sugar
1 egg
10 g plain flour
200 g jar of sour cherries, drained

Accessories

12 muffin cases (7 cm Ø)

Method

Melt the chocolate (microwave setting 450 W, 2–3 minutes). Beat the butter until creamy, stir in the eggs and sugar alternately, a little at a time. Fold in the cooled, melted chocolate, the cappuccino powder, the flour and the baking powder.

Make the filling by mixing the cream cheese, icing sugar, egg and flour.

Spoon half the chocolate mixture into the muffin cases, then add half of the sour cherries followed by the cream cheese mixture. Then add the rest of the chocolate mixture and the cherries and bake.

Melt some dark or light chocolate cake covering and use to glaze the muffins.

Recommended settings

Oven function: Automatic programmes
Programme: Cookies/Muffins \ Muffins \
With fruit
Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus
Temperature: 150 W + 160 °C
Shelf level: 2
Duration: 25–30 minutes

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 2
Duration: 30–40 minutes

Tips

- The mixture can be baked in a large cake tin instead of muffin cases. Double the quantity of fruit and increase the baking duration to approx. 50 minutes.
- Apricots can be used instead of cherries.

Walnut muffins

Preparation time: 85–95 minutes

Makes 12

Ingredients

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

Accessories

12 muffin cases (7-8 cm Ø)

Method

Drizzle the rum over the raisins and steep for approx. 30 minutes.

Beat the butter until creamy, then gradually mix in the caster sugar, the vanilla sugar and the eggs. Sift the flour with the baking powder and fold into the mixture together with the walnuts. Finally add the rum-soaked raisins.

Using two spoons drop the mixture into muffin cases, place on the rack in the oven and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Cookies/Muffins \ Muffins \ Without fruit
Duration: approx. 36 minutes

Alternative settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 2
Duration: 25–35 minutes

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 160–180 °C
Shelf level: 2
Duration: 25–30 minutes + Pre-heating

Baking

Butter biscuits

Preparation time: 30–40 minutes

Makes 40

Dough ingredients

150 g softened butter

140 g caster sugar

$\frac{1}{2}$ egg

Zest of one lemon

180 g plain flour

For glazing

Rest of the egg

Accessories

Glass tray

Method

Beat the butter and sugar until creamy. Beat the egg and stir half into the mixture, then add the flour and lemon zest.

Spread the mixture over $\frac{2}{3}$ of the glass tray. Brush with the rest of the egg and bake until golden.

Cut into diamond shapes, taking care not to break the biscuits as they are very crumbly.

Recommended settings

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 170–190 °C

Shelf level: 2

Duration: 10–18 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 2

Duration: 20–25 minutes

Gingerbread

Preparation time: 45–55 minutes

Makes 50 slices

Dough ingredients

250 g plain flour
1/2 tsp baking powder
170 g softened butter
120 g caster sugar
2 tsp vanilla sugar
Zest of 1 orange
1/2 tsp ground ginger

Topping ingredients

75 g apricot jam
75 g stem ginger, finely chopped

Accessories

Glass tray

Method

Work together the flour, baking powder, butter, caster sugar, vanilla sugar, orange zest and stem ginger with dough hooks to form a crumble mix.

Knead half of the crumble mixture to a smooth dough and roll out with a rolling pin to about 2/3 of the glass tray to form a base.

Brush the base with apricot jam, scatter with the ginger and sprinkle the rest of the crumble over the top. Bake until golden.

Whilst still warm, cut into 2 x 4 cm slices.

Recommended settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 2
Duration: 25–30 minutes

Alternative settings

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 170–190 °C
Shelf level: 2
Duration: 15–25 minutes + Pre-heating

Tip

For plain crumble slices, omit the apricot jam and ginger.

Baking

Almond macaroons

Preparation time: 35 minutes

Makes 30–35

Ingredients

100 g bitter almonds

200 g sweet almonds

600 g caster sugar

3 - 4 medium egg whites

Salt

Accessories

Baking parchment

Glass tray

Method

Process the almonds in two batches in a food processor with 150 g caster sugar.

Mix with the remaining sugar, a little salt and sufficient egg white to form a semi-liquid paste.

Using a piping bag with a flat nozzle, pipe the mixture in little balls onto the glass tray covered with baking parchment.

Gently spread out the macaroons using the back of a moistened spoon and bake until golden.

Allow the macaroons to cool before removing from the baking parchment.

Recommended settings

Oven function: Automatic programmes
Programme: Cookies/Muffins \ Almond macaroons

Shelf level: see display

Duration: approx. 24 minutes

Alternative settings

Pre-heat: yes

Oven function: Fan plus

Temperature: 200 °C

Heating-up phase: rapid

Shelf level: 2

Cooking stage 1

Oven function: Fan plus

Temperature: 190 °C

Duration: 12 minutes

Cooking stage 2

Oven function: Fan plus

Temperature: 180 °C

Duration: 1–7 minutes

Tip

The bitter almonds can be replaced with sweet almonds and ½ tsp bitter almond essence.

Mango and coconut puffs

Preparation time: 50–60 minutes

Makes 16

Dough ingredients

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

Filling ingredients

1 ripe mango
150 ml coconut milk
5 leaves of white gelatine
400 g double cream
4 tsp vanilla sugar
40 g caster sugar
2 tbsp dessicated coconut, toasted

Accessories

Glass tray

Method

Place the water, butter and salt in a pan and bring to the boil. Add the flour and mix to a smooth ball. As soon as the base of the pan turns white, transfer the dough from the pan into a large bowl. Beat the eggs into the mixture one at a time until shiny peaks begin to form. Finally stir in the baking powder.

Dust the glass tray with flour, then using two teaspoons arrange approx. 16 small portions of mixture on the glass tray. Bake until golden.

Whilst still warm, cut the choux buns horizontally across the middle with a pair of scissors. Remove and discard

any of the centre that is still moist. Wait until the buns have cooled down before filling them.

To make the filling, peel the mango. Remove the flesh, dice and purée. Prepare the gelatine according to the instructions on the packet and dissolve it in a little warmed coconut milk. Add the rest of the coconut milk, fold in the mango purée and refrigerate for a short while. Beat the cream with the caster sugar and vanilla sugar until stiff. When the refrigerated mixture begins to set, add the cream and dessicated coconut.

Spoon the mango cream mixture into the bottom halves of the choux buns and cover with the top halves

Recommended settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 150–170 °C
Shelf level: 1
Duration: 25–35 minutes

Alternative settings

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 170–190 °C
Shelf level: 1
Duration: 25–35 minutes + pre-heating

Baking

Mocha macaroons

Preparation time: 35–45 minutes

Makes 40

Ingredients

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

Accessories

Baking parchment
Glass tray

Method

Dry roast the almonds in a pan and leave to cool. Combine with the grated chocolate and espresso powder.

Beat the eggs whites until very stiff, then gradually add the sugar. Carefully fold in the almond mixture.

Using two teaspoons, spoon little balls of the mixture onto glass trays lined with baking parchment and bake until light and airy.

Recommended settings

Oven function: Fan plus
Rapid heat-up: off
Temperature: 130–140 °C
Shelf level: 1 and 3
Duration: 20–25 minutes

Alternative settings

Oven function: Conventional heat
Rapid heat-up: off
Temperature: 130–140 °C
Shelf level: 2
Duration: 15–20 minutes + pre-heating

Choc rum raisin squares

Preparation time: 50–60 minutes

Makes 90

Dough ingredients

4 egg yolks

250 g caster sugar

4 tsp vanilla sugar

4 egg whites

1 tsp lemon essence

A pinch of salt

250 g plain flour

250 g chopped hazelnuts

200 g raisins

40 ml rum

200 g grated dark chocolate

Glaze ingredients

100 g dark chocolate glaze

Accessories

Glass tray

Method

Drizzle the rum over the raisins and steep for approx. 30 minutes.

Cream the egg yolk, caster sugar and vanilla sugar and then fold in the stiffly beaten egg whites.

Stir in the lemon essence, salt, flour, hazelnuts, raisins and grated chocolate. Spread the mixture over the base of the glass tray and bake until golden. Brush with chocolate coating immediately after baking and cut into 3 x 3 cm squares.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 2

Duration: 20–30 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 2

Duration: 20–30 minutes + pre-heating

Baking

Vanilla biscuits

Preparation time: 100–120 minutes

Makes 90

Dough ingredients

280 g plain flour

210 g butter

70 g caster sugar

100 g ground almonds

For dredging

70 g vanilla sugar

Accessories

Glass tray

Method

Mix the flour, butter, almonds and caster sugar, and knead to a smooth dough. Leave to cool for 30 minutes.

Break off pieces of dough, roll them out and then make crescent shapes from them.

Arrange on the greased glass tray and bake until golden.

Dredge with vanilla sugar whilst still warm.

Recommended settings

Oven function: Automatic programmes
Programme: Cookies/Muffins \ Vanilla biscuits

Duration: approx. 25 minutes

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 140–160 °C

Shelf level: 2

Duration: 20–30 minutes

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 160–180 °C

Shelf level: 2

Duration: 15–20 minutes + pre-heating

Flat bread

Preparation time: 80–90 minutes

Ingredients

1 cube of fresh yeast (42 g)
200–220 ml lukewarm water or
buttermilk or 280 g natural yoghurt
375 g strong white flour
1/2 tsp salt
2 tbsp oil

For drizzling

2–3 tbsp oil

Accessories

Glass tray

Method

Dissolve the yeast in lukewarm water, buttermilk or yoghurt. Then add to the flour, salt and oil and knead for 3–4 minutes until you get a smooth dough.

Leave the dough to prove for approx. 20 minutes, punch down and flatten or roll out into a flat bread shape (Ø 30 cm). Place the bread on the greased glass tray or on a Miele round baking tray, brush with oil and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bread \ Flat bread \ Home made

Duration: approx. 48 minutes

Alternative settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 30–35 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 25–30 minutes + Pre-heating

Tips

- You can vary the flat bread by working in 50 g fried onions, 2 tsp rosemary or a mixture of 40 g chopped black olives and 1 tbsp chopped pine nuts or 1 tsp chopped herbes de Provence after proving.
- You can also sprinkle black sesame seeds on the flat bread before baking it.
- Flat bread is delicious sliced horizontally and filled. Spread both halves with cream cheese, top the lower half with lettuce, sliced tomatoes, finely sliced onion rings and slices of cucumber and then place the other half on top. Serve with Tzatziki, (make by mixing together 500 g finely grated cucumber, 250 g natural yoghurt, 250 g soured cream, 1 finely diced clove of garlic, 2 tbsp olive oil, salt and pepper).

Baking

Plaited loaf

Preparation time: 140–150 minutes

Makes 16 slices

Ingredients

1 1/2 cubes of fresh yeast (60 g)

200–250 ml lukewarm milk

750 g strong white flour

A pinch of salt

100 g caster sugar

125 g softened butter

2 eggs

75 g raisins

Zest of one lemon

For glazing

1 egg yolk

2 tbsp milk

Top with

30 g crystal sugar

50 g flaked almonds

Accessories

Glass tray

Method

Dissolve the yeast in lukewarm milk. Then add to the flour, salt, caster sugar, butter and eggs and knead for 3–4 minutes until you have a smooth dough. Then knead in the raisins and lemon zest.

Cover the dough and leave to prove in the oven at 35 °C using Conventional heat for 20 - 30 minutes, until the dough has doubled in size.

Shape the dough into three 40 cm long rolls. Then plait the three rolls and place on the greased glass tray.

Brush with the beaten egg yolk/milk mixture and sprinkle with the crystal sugar and almonds.

With the Automatic programme:
Place the plaited loaf in the oven and bake.

With all other functions:
Place the plaited loaf in the oven, cover and leave to prove at 35 °C using Conventional heat for a further 15 - 20 minutes, then bake until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Cakes \ Plaited loaf

Duration: approx. 50 minutes

Alternative settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 2

Duration: 35–45 minutes

Oven function: Conventional heat

Rapid heat-up: off

Temperature: 160–180 °C

Shelf level: 1

Duration: 30–40 minutes

Tip

10 g of dried yeast can be used instead of fresh yeast. This dough can also be made into a crown instead of a loaf. Place 4–6 hard boiled painted eggs in the centre for a colourful Easter celebration.

Yoghurt and nut bread

Preparation time: 70–80 minutes

Serves 15

Dough ingredients

350 g plain flour
150 g strong wholemeal flour
1 tsp salt
2 tsp baking powder
1 tsp bicarbonate of soda
80 g chopped mixed nuts
80 g sunflower seeds
1 tbsp light vegetable oil
1 tbsp apple butter
200 g natural yoghurt
300 ml milk

Top with

Sunflower seeds

Accessories

Baking parchment
30 cm long loaf tin

Method

Mix together the flours, salt, baking powder, bicarbonate of soda, nuts and sunflower seeds.

Mix the oil, apple butter, yoghurt and milk, knead together with the flour mixture and place in a greased loaf tin lined with baking parchment.

Sprinkle with sunflower seeds and bake until golden.

Recommended settings

Oven function: Conventional heat
Temperature: 180–200 °C
Shelf level: 1
Duration: 45–55 minutes

Alternative settings

Oven function: Fan plus
Temperature: 160–180 °C
Shelf level: 1
Duration: 55–65 minutes

Tip

Golden syrup can be used instead of apple butter.

Baking

White bread in tin

Preparation time: 90–100 minutes

12 slices

Ingredients

1 kg strong white flour

1 cube of fresh yeast (42 g)

2 tsp salt

4 tsp sugar

40 g melted butter

600-700 ml lukewarm milk

For glazing

3 tbsp milk

Accessories

Large 15 cm wide loaf tin

Method

Stir the yeast into a little lukewarm milk until it has dissolved. Mix with the flour, salt, caster sugar, melted butter and the rest of the milk and knead to a smooth dough using dough hooks.

Transfer the dough into a large loaf tin. Make a 1/2 cm cut down the centre of the loaf and brush with milk.

Prove in the oven at 50 °C using Conventional heat for approx. 30 minutes until the loaf has doubled in size, then bake until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Bread \ White bread in tin

Duration: approx. 60 minutes

Alternative settings

Oven function: Fan plus

Temperature: 160–180 °C

Shelf level: 1

Duration: 40–50 minutes

Oven function: Conventional heat

Temperature: 160–180 °C

Shelf level: 1

Duration: 35–45 minutes

Herb ciabatta

Preparation time: 100–110 minutes

20 slices

Dough ingredients

125 ml lukewarm milk
125 ml lukewarm water
1/2 cube of fresh yeast (21 g)
475 g strong white flour
2 tsp salt
1 tbsp oil

Filling ingredients

1 onion, finely diced
1 clove of garlic, finely diced
1 tbsp oil
3 tbsp parsley, chopped
3 tbsp fresh dill, chopped
3 tbsp chives, chopped
3 tbsp fresh basil, chopped
1 egg
1 tbsp crème fraîche
Salt
Pepper

Accessories

Glass tray

Method

Mix together the milk, water and crumbled yeast. Add to the flour, salt and oil and knead to a smooth, soft dough with dough hooks. Leave to prove for approx. 30 minutes at room temperature.

For the filling, sauté the onion and garlic in the oil. Then add the herbs, egg, crème fraîche, salt and pepper.

Punch down the dough, then roll it out into a rectangle 30 x 40 cm. Spread the herb mixture onto it, leaving a 2 cm strip around the edge.

Roll up the dough along the shorter side. Transfer to the greased glass tray and leave to prove for approx. 30 minutes. Bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bread \ Baguettes \ Home made

Duration: approx. 48 minutes

Alternative settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 25–35 minutes

Oven function: Conventional heat
Temperature: 190–210 °C
Shelf level: 1
Duration: 30–40 minutes

Tip

For a plain ciabatta, simply omit the herb filling.

Baking

Olive bread

Preparation time: 160–175 minutes

Ingredients

450 g strong white flour
1/2 cube of fresh yeast (21 g) or 1 1/2 sachets (10 g) of dried yeast
150 ml white wine
4 eggs
50 g olive oil
100 g ham, finely diced
100 g grated pecorino cheese
1 tsp dried marjoram
1/2 – 1 tsp salt
100 g chopped walnuts
100 g black olives, coarsely chopped

Accessories

Loaf tin (30 cm long)

Method

Mix the flour, yeast, wine, eggs and oil and knead to a smooth dough. Set aside to prove for approx. 1 hour at room temperature.

Then mix the ham, cheese, marjoram and salt and knead into the dough with the chopped walnuts. Finally knead in the coarsely chopped olives.

Place the very soft dough into a greased loaf tin and place in the oven. Prove for approx. 60 minutes using Conventional heat at 50 °C. Slash the top of the loaf lengthways and then bake until golden.

Recommended settings

Oven function: Conventional heat
Temperature: 170–190 °C
Shelf level: 1
Duration: 65–75 minutes

Alternative settings

Oven function: Fan plus
Temperature: 150–170 °C
Shelf level: 1
Duration: 65–75 minutes

Raisin loaf

Preparation time: 90–100 minutes

Ingredients

1 cube of fresh yeast (42 g)
150-200 ml lukewarm buttermilk
500 g strong white flour
100 g caster sugar
A pinch of salt
20 g melted butter
125 g low fat quark
250 g raisins

For glazing

Water

Accessories

30 cm loaf tin

Method

Stir the yeast into the lukewarm buttermilk until it has dissolved. Then add to the flour, salt, sugar, melted butter and quark and knead to form a smooth dough.

Wash the raisins and drain well.
Carefully knead into the dough.

With the Automatic programme:
Place the dough in the greased loaf tin, brush the top with water and then bake until golden.

With all other functions:
Place the dough in the greased loaf tin, place in the oven and allow to prove at 50 °C using Conventional heat for approx. 30 minutes, until the dough has doubled in size. Brush the top with water and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Cakes \ Sweet bread
Duration: approx. 75 minutes

Alternative settings

Oven function: Fan plus
Temperature: 160–180 °C
Shelf level: 1
Duration: 40–50 minutes

Oven function: Conventional heat
Temperature: 170–190 °C
Shelf level: 1
Duration: 40–50 minutes

Baking

Bacon or herb baguettes

Preparation time: 80–110 minutes

Makes 2

Ingredients

1 cube fresh yeast (42 g) or 1 packet dried yeast (7 g)

250 ml lukewarm water

250 g strong white flour

250 g strong wholemeal flour

1 tsp sugar

2 tsp salt

1/2 tsp pepper

3 tbsp oil

150 g finely diced cooked ham or bacon, or 1 tbsp each of chopped parsley, dill and chives

For glazing

2–3 tbsp milk

1 egg yolk

Accessories

Glass tray

Method

Dissolve the yeast in lukewarm water. Then add to the white flour, wholemeal flour, sugar, salt, pepper and oil and knead for 3–4 minutes until you get a smooth dough. Fold in the diced ham or bacon or the herbs.

Place the dough in the oven and prove at 50 °C using Conventional heat for approx. 40 minutes, then knead again briefly.

Shape the dough into two approx. 35 cm long baguettes and place them on the greased glass tray.

Mix the egg yolk and the milk together and brush the baguettes with it.

With the Automatic programme:

Place the baguettes in the oven and bake until golden.

With all other functions:

Place the dough in the oven and prove at 50 °C using Conventional heat for approx. 20 minutes, then bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bread \ Baguettes \ Home made

Duration: approx. 48 minutes

Alternative settings

Oven function: Fan plus

Temperature: 160–180 °C

Shelf level: 1

Duration: 20–25 minutes + pre-heating

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 1

Duration: 20–25 minutes + pre-heating

Tip

12 rolls can be made instead of the baguettes. Cut a cross in the top of each, and brush with beaten egg yolk. Bake until golden.

White bread

Preparation time: 80–95 minutes

Ingredients

1/2 cube of fresh yeast (21 g)
250 ml lukewarm water
500 g strong white flour
1 1/2 tsp salt
1 1/2 tsp sugar
20 g softened butter

For glazing

Milk

Accessories

Glass tray

Method

Dissolve the yeast in lukewarm water. Then add to the flour, salt, sugar and butter and knead for 4–5 minutes until you get a smooth dough.

Shape the dough into a ball and cover the bowl with cling film. Leave to prove for 15 minutes at room temperature.

With the Automatic programme:
Lightly knead the dough and shape into a loaf approx. 25 cm long. Place on the greased glass tray then make a few diagonal cuts about 1 cm deep in the top using a sharp knife. Brush the top with milk then place in the oven immediately to bake.

With all other functions:
Lightly knead the dough and shape into a loaf approx. 25 cm long. Place on the greased glass tray then make a few diagonal cuts about 1 cm deep in the top using a sharp knife. Cover with a

damp cloth and leave to prove for a further 30 minutes. Then brush the top with milk and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bread \ White bread
Duration: approx. 60 minutes

Alternative settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 40–50 minutes

Baking

Ginger loaf

Preparation time: 120 minutes

Makes 1 loaf

Ingredients

500 g strong white flour
1 pinch salt
90 g butter
100 ml milk
25 g fresh yeast
2 eggs
3 tbsp ginger juice
40 g finely chopped stem ginger
1 tsp cinnamon
100 g rock sugar

Accessories

25 cm loaf tin

Method

Put the flour and salt in a bowl. Melt the butter in a pan. Stir the yeast into lukewarm milk to dissolve, add to the flour together with the cooled butter, eggs and the ginger juice and knead for 3-4 minutes to a smooth dough. Leave the dough to prove for an hour in a warm place.

Meanwhile chop the ginger, grease the loaf tin with butter and sprinkle with sugar.

Knead the chopped ginger, cinnamon and rock sugar into the dough, shape the dough into a loaf and place in the loaf tin to prove for a further 15 minutes.

Sprinkle with sugar and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bread \ Ginger loaf
Shelf level: see display
Duration: approx. 35 minutes

Alternative settings

Pre-heating:
Oven function: Fan plus
Temperature: 200 °C
Heating-up phase: rapid
Shelf level: 1

Cooking stage 1
Oven function: Fan plus
Temperature: 190 °C
Duration: 25 minutes

Cooking stage 2
Oven function: Fan plus
Temperature: 170 °C
Duration: 5–10 minutes

Light and delicious

Anticipation is the purest pleasure, they say, and this is never more true than with an exquisite appetiser. A small, dainty starter stirs the gastronomic senses and sets the scene for the main course. And if these light and sumptuous treats are simply too good to play the understudy, simply make a little more and enjoy them as a satisfying meal in their own right. Bon appetit!

Tips on preparation

The recipes in this section are ideal for a starter as well as for a light meal. A starter should always complement the main meal to follow and should not be too filling.

Make several of these small dishes for a rich variety of flavours. There's bound to be something delicious for everyone.

Starter and main course should always complement each other, so don't team a meaty starter with a meaty main course, or a hearty soup with a lighter one.

Snacks and starters

Palermo style pastry puffs

Preparation time: 45–55 minutes

Makes 10

Ingredients

1 pack ready-rolled puff pastry (450 g)

Filling ingredients

250 g mozzarella

50 g sundried tomatoes in oil

1 x 185 g tin tuna

10 green olives

1 tbsp chopped basil

Salt

Pepper, freshly ground

1 egg

Accessories

Glass tray

Method

Roll the pastry out and cut into 10 squares.

Drain the mozzarella, tomatoes and tuna. Finely dice along with the olives. Mix with the basil and season with salt and pepper.

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.

Brush the pastry with beaten egg yolk, place on a glass tray rinsed with cold water and bake until golden.

Recommended settings

Oven function: Conventional heat

Temperature: 190–210 °C

Shelf level: 2

Duration: 20–30 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 2

Duration: 20–30 minutes

Salmon terrine

Preparation time: 150–170 minutes

Serves 10

Ingredients

1 small onion, diced
1 tbsp butter
750 g fresh salmon or trout fillet,
unsmoked and diced
90 g white bread, diced
1 egg
Salt
Pepper
Nutmeg
350 ml double cream
1 tbsp fresh dill, chopped

Accessories

Frying pan
1 glass baking dish, 20 cm long
or a terrine dish

Method

Fry the onion in the butter, add the diced salmon and continue to fry gently. Cool slightly, then add the bread, egg, seasoning and cream. Leave to stand for approx. 60 minutes.

Purée the mix in several batches in a food processor. Stir in the dill. Place in a greased glass dish or a terrine dish. Tap the dish firmly on a soft surface several times to ensure there are no gaps in the mixture. Cover and cook.

Allow to cool and pour off any liquid that appears. Turn out of the dish and cut into slices. Serve hot or cold with toast and a mustard or horseradish sauce.

Recommended settings

Oven function: Fan plus
Temperature: 130–150 °C
Shelf level: 1
Duration: 60–70 minutes

Alternative settings

Oven function: Conventional heat
Temperature: 150–170 °C
Shelf level: 1
Duration: 50–60 minutes

Tip

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

Snacks and starters

Marinated peppers

Preparation time: 40–50 minutes

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

Pepper

3 tsp mixed herbs

Accessories

Glass tray

Method

Mix together all the ingredients for the marinade.

Quarter the peppers and remove the seeds and the pith. Place skin side up in the glass tray and place in the oven.

Grill the peppers until the skin blisters and browns in places.

Remove from the oven and cover the peppers with a tea towel moistened with cold water for about 10 minutes. Then remove the skins.

Transfer to a serving dish, pour over the marinade and leave for several hours. Serve with French bread.

Recommended settings

Oven function: Grill

Temperature: Level 3

Shelf level: 3

Grilling duration: 6–8 minutes + 5 minutes pre-heating

Tip

As an alternative, use blanched sliced courgettes and mushrooms. The vegetables should be "al dente".

Baked artichoke hearts

Preparation time: 20–25 minutes

Serves 3

Ingredients

8–10 tinned artichoke hearts
200 ml double cream
100 g cream cheese with herbs
100 g grated Cheddar cheese
75 g ham, diced
Nutmeg
Pepper

Accessories

Saucepan
Shallow ovenproof dish

Method

Gently heat together the cream, cream cheese and half the Cheddar, stirring until smooth. Season with pepper and nutmeg to taste. Add the diced ham.

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.

Recommended settings

Oven function: Grill
Temperature: Level 3
Shelf level: 2
Duration: 8–10 minutes + 5 minutes pre-heating

Soups and stews

A clear case of good taste

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

Tips on preparation and general information

Puréeing is a delicious and low-calorie method of thickening vegetable soups. Simply cook all ingredients as described in the recipe and then purée using a mixer or a hand blender. Some vegetable chunks can be removed before puréeing and then added again afterwards. The result is a creamy soup without the addition of flour, fats or other thickening.

Soups which are thickened by adding egg yolk mixed with a little hot liquid should not be heated further after the egg yolk has been added, otherwise it will curdle.

Beurre manié is a traditional method of thickening soups. Knead together 40 g butter with 40 g flour. Whisk a small amount of the beurre manié into the soup, adding more as necessary until the soup is of the required consistency.

If soups are thickened with rice or cornflour, the soup should be stirred constantly during cooking to prevent it from sticking to the bottom of the saucepan.

Adding fresh herbs gives a delicious aroma and increases the vitamin content.

The cooking duration can be reduced by adding warm liquid (not suitable for beurre manié).

Apart from a few exceptions, soups and stews should be cooked covered to minimise the loss of moisture.

Stir soups and stews during cooking to equalise temperature variations between the different ingredients.

If dishes are being cooked using an Automatic programme, this needs to be considered during preparation. In general, all ingredients are mixed together in the cooking container at the beginning. Any exceptions to this (e.g. the addition of egg or cream) are noted in the relevant recipe.

When cooking with Automatic programmes, only enter the weight of the food. Do not include the weight of the cooking container. Cooking durations for Automatic programmes will vary to some extent from cooking durations with manual power and duration input.

Generally speaking, place the cooking vessel containing the soup or stew on the glass tray on shelf level 1.

Soups and stews

Prawn curry soup

Preparation time: 40–50 minutes

Serves 2

Ingredients

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

Method

Place the oil, garlic and prawns in a suitable cooking container, cover and cook at 850 W for approx. 8 minutes.

Add the curry powder, coriander, lemon juice, creamed coconut or coconut milk, stock, chilli powder to taste and seasoning. Cover and cook at 850 W for approx. 5 minutes and then at 450 W for approx. 10 minutes.

Recommended settings

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

Cooking stage 2
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 5 minutes

Cooking stage 3
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 10 minutes

Chicken risotto

Preparation time: 40–50 minutes

Serves 4

Ingredients

600 g chicken or turkey fillet
100 g carrots
100 g leeks
100 g mushrooms
20 g butter
1 tbsp curry powder
1 pinch saffron
Salt
Pepper
150 g risotto rice (Vialone or Arborio)
600 ml chicken stock
50 g flaked almonds

Method

Cut the chicken or turkey fillet into strips, thinly slice the carrots, leeks and mushrooms and place in a microwave safe dish.

Add the butter, spices, rice and liquid, cover and cook using the Automatic programme, or for approx. 10 minutes at 850 W and then for approx. 15 minutes at 450 W. Scatter with almonds and serve.

Recommended settings

Oven function: Automatic programmes
Programme: Cook with microwave \ Casserole \ 1600 g
Duration: approx. 30 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 10 minutes
Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 15 minutes

Soups and stews

Pumpkin soup

Preparation time: 50–60 minutes

Serves 6

Ingredients

1 onion, diced

1 tbsp oil

500 g pumpkin flesh, diced

125 ml milk

375 vegetable or chicken stock

Salt

White pepper

1 tsp sugar

10 g butter

1 tbsp crème fraîche

6 tbsp double cream

1 tbsp pumpkin seeds, coarsely chopped

Method

Place the onions and oil in a microwave safe dish. Cover and cook for 4 minutes at 850 W.

Add the diced pumpkin, milk, stock and spices. Cover and bring to the boil at 850 W in approx. 6 minutes, then cook for a further 12 minutes at 450 W.

Purée the soup and add the butter and crème fraîche.

Divide the soup between 6 bowls. Garnish each one with 1 tbsp cream and chopped pumpkin seeds.

Recommended settings

Oven function: Automatic programmes

Programme: Cook with microwave \

Soup \ 1100 g

Duration: approx. 22 minutes

Alternative settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 4 minutes

Cooking stage 2

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 6 minutes

Cooking stage 3

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 12 minutes

Cream of sweetcorn soup

Preparation time: 35–45 minutes

Serves 4

Ingredients

1 tin sweetcorn (approx. 280 g)
1 onion, diced
20 g butter
20 g plain flour
500 ml vegetable stock
1 chilli pepper
Chilli powder
Salt
Pepper
Sugar
100 ml double cream
100 g bacon, diced

Method

Drain the sweetcorn and place about 3/4 of it in a suitable container. Add the onion, stock, chilli pepper and seasoning. Knead together the butter and flour until a smooth dough is formed and add to the vegetables and stock. Cover and cook for approx. 5 minutes at 850 W and then for a further 8 minutes at 450 W.

Purée the soup and add the cream.

Then add the rest of the sweetcorn.

Place a sheet of kitchen paper on a plate, distribute the diced bacon on it and cook uncovered at 850 W for 3 minutes.

Heat the soup through and scatter the bacon over the top before serving.

Recommended settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 5 minutes

Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 8 minutes

Cooking stage 3
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 3 minutes

Soups and stews

Minestrone

Preparation time: 50–60 minutes

Serves 4

Ingredients

1 litre beef or vegetable stock
50 g bacon, diced
1 onion, diced
100 g green beans (frozen)
100 g peas (frozen)
100 g celery
100 g sliced carrots
150 g diced potatoes or 50 g thin
noodles
2 tsp italian herbs (oregano, thyme,
parsley)
1–2 tomatoes
100 g grated Parmesan cheese
Salt to taste

Method

Place the bacon, onions, beans, peas, celery, carrots, potatoes or noodles and the herbs in a dish together with the stock, cover and cook for approx. 10 minutes at 850 W. Reduce the power level to 450 W and continue cooking for another 15 minutes. Stir occasionally.

Skin or finely peel the tomatoes, dice them and add to the soup.

Sprinkle the soup generously with Parmesan or serve the cheese separately.

Recommended settings

Oven function: Automatic programmes
Programme: Cook with microwave \
Soup \ 1800 g
Duration: approx. 32 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 10 minutes
Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 15 minutes

Borscht

Preparation time: 60–70 minutes

Serves 4

Ingredients

1 onion, diced

20 g butter

200 g finely diced beef

250 ml beef stock

200 g potatoes, diced

250 g white cabbage, shredded

200 g beetroot, grated

75 g leeks, finely sliced

1-2 tbsp red wine vinegar

Salt

150 g crème fraîche

1 tbsp chopped parsley

Method

Place the onions, butter, beef and stock in a dish. Cover and cook for 5 minutes at 850 W.

Add the potatoes, cabbage, beetroot, leeks, vinegar and salt to taste. Cook for 5 minutes at 850 W and then for a further 20 minutes at 450 W.

Swirl in the crème fraîche, scatter with parsley and serve.

Recommended settings

Oven function: Automatic programmes

Programme: Cook with microwave \

Casserole \ 1200 g

Duration: approx. 23 minutes

Alternative settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Cooking stage 2

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Cooking stage 3

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 20 minutes

Soups and stews

Tomato soup with basil cream

Preparation time: 35–40 minutes

Serves 6

Ingredients

200 g carrots, peeled and quartered

1 onion, diced

10 g butter

1 tin tomatoes (850 g)

Salt

Pepper

250 ml vegetable stock

1/2 tsp sugar

4 tbsp fresh basil, chopped

100 g double cream

Method

Place the carrots, onions and butter in a dish. Cover and cook for 8 minutes at 850 W.

Add tomatoes and their juices, salt, pepper, stock and sugar and cook covered at 450 W for 6 minutes. Purée the soup. If it is too thick, add some more water or stock.

Purée the cream and the 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.

Garnish with fresh basil.

Recommended settings

Oven function: Automatic programmes

Programme: Cook with microwave \

Soup \ 1700 g

Duration: approx. 31 minutes

Alternative settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 8 minutes

Cooking stage 2

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 6 minutes

Viennese gardener's soup

Preparation time: 40–50 minutes

Serves 4

Ingredients

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

Method

Place the butter, onion, leeks, potatoes, vegetables, stock and seasoning in a suitable container. Cover and place the container on the glass tray. Cook for 10 minutes at 850 W, then for a further 15 minutes at 450 W.

Once cooked, take some of the vegetables out. Purée the rest together with the liquid, then add the cream and the herbs.

Return the remaining vegetables to the soup and serve.

Recommended settings

Oven function: Automatic programmes
Programme: Cook with microwave \ Soup \ 1600 g
Duration: approx. 29 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 10 minutes
Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 15 minutes

Bakes

The pleasure of your company

Savoury bakes offer an enormous amount of variety. You can be as creative as you like, combining different ingredients depending on what is in season or what you have stored in your larder. Simple to prepare, they make it easy to cook for lots of people and can be meat or vegetarian based. And any leftovers can simply be refrigerated or frozen, and reheated later!

Tips on preparation

Bakes should be cooked uncovered for a crispy golden topping.

Chop the ingredients, e.g. vegetables into even pieces.

Let dishes stand for approx. 5 minutes after cooking to allow the temperature to spread evenly throughout.

For appliances with Automatic programmes, only enter the weight of the food. Do not include the weight of the cooking container.

Cooking durations for Automatic programmes will vary to some extent from cooking durations with manual power and duration input.

Aubergine moussaka

Preparation time: 100–110 minutes

Serves 6

Ingredients

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

Topping

100 g grated Cheddar cheese

Accessories

Ovenproof dish (20 x 30 cm)

Method

Cut the aubergines into 1 cm thick slices, sprinkle with salt and leave for 20 minutes to draw out the liquid.

Sauté the onion in the butter. Add the mince and brown whilst stirring. Drain the tomatoes, chop roughly and add to the meat along with the parsley and the wine. Season liberally with salt and pepper, and simmer for about 15 minutes. Fold in the breadcrumbs and the egg whites.

Rinse the aubergines under cold water, pat dry and fry in olive oil until golden.

Arrange half of the aubergines in the bottom of the ovenproof dish and then add the meat mixture. Add the rest of the aubergines. Lightly whisk the egg yolks, then fold into the Béchamel sauce with about 2/3 of the cheese. Spread the sauce over the aubergines, and sprinkle with the rest of the cheese. Bake in the oven uncovered until golden.

Recommended settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 45–55 minutes + pre-heating

Alternative settings

Oven function: Gentle bake
Temperature: 170–190 °C
Shelf level: 1
Duration: 50–60 minutes + pre-heating

Bakes

Chicken and mushroom pie

Preparation time: 65 minutes

Serves 4–6

Ingredients

1 shallot
2 cloves of garlic
1 small leek
200 g button mushrooms
150 g oyster mushrooms
2 chicken breasts
4 chicken thighs (skinned and boned)
8 slices streaky bacon
1 tbsp oil
1 1/2 tsp coarse grained mustard
1 1/2 tsp dried thyme
150 ml white wine
50 g butter
60 g plain flour
250 g double cream
500 ml chicken stock
2 egg yolks
250 g puff pastry
Salt
Pepper

Accessories

Frying pan
Tall, round, microwave safe dish,
approx 26 Ø

Method

Peel and finely chop the shallots and garlic cloves. Slice and wash the leek. Clean the button mushrooms and oyster mushrooms and chop into approx. 1 cm dice. Dice the chicken into approx. 1 cm pieces, cut the bacon into strips and finely chop the parsley.

Sauté the shallots in the oil, then add the garlic, leek and bacon and cook until the bacon is cooked. Add the mushrooms and continue cooking. Transfer to a suitable dish, add the herbs and mustard, season with salt and pepper and set to one side.

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

Cut the pastry so that it covers the dish. Pre-heat the oven.

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

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

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Chicken
and mushroom pie
Duration: approx. 35 minutes

Alternative settings

Cooking stage 1
Oven function: Fan plus
Temperature: 200 °C

Cooking stage 2
Oven function: MW + Fan plus
Power level/temperature: 300 W +
200 °C
Shelf level: 1
Duration: 25 minutes

Bakes

Chicory gratin

Preparation time: 50–60 minutes

Serves 8

Ingredients

8 heads of chicory

8 slices of cooked ham (3 - 4 mm thick)

50 g butter

1 tsp nutmeg

1 tsp sugar

Salt

Pepper

For the cheese sauce

750 ml semi-skimmed milk

250 g grated cheese

30 g butter

40 g plain flour

1 egg yolk

1 dash of lemon juice

Salt

Pepper

Accessories

Frying pan

Ovenproof dish

Saucepan

Method

Cut off approx. 5 mm of the chicory stalk and remove the hard, bitter part.

Melt the butter in the frying pan. Fry the chicory until golden, then reduce the temperature and cook for a further 25 minutes at a low heat. Season with sugar, salt and pepper.

Wrap each chicory head in a slice of cooked ham and lay them side by side in the gratin dish.

For the cheese sauce, melt the butter in a pan. Stir in the flour and brown gently. Now add the milk, stirring vigorously, bring to the boil and add half of the cheese, egg yolk, nutmeg, salt, pepper and lemon juice.

Pour the cheese sauce over the chicory, scatter with the remaining cheese and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Chicory gratin

Shelf level: see display

Duration: approx. 40 minutes

Alternative settings

Pre-heat: yes

Oven function: Conventional heat

Temperature: 200 °C

Cooking stage 1

Oven function: Conventional heat

Temperature: 180 °C

Duration: 25–40 minutes

Salmon lasagne

Preparation time: 90–100 minutes

Serves 4

Ingredients

400 g smoked salmon, thinly sliced

12 sheets of uncooked lasagne

2 onions, diced

20 g butter

2 tbsp flour

600 ml milk

300 g double cream

Salt

Pepper

2 tbsp fresh dill, chopped

3 tbsp lemon juice

1 fennel bulb

100 g grated Cheddar cheese

Accessories

Saucepan

Ovenproof dish

Method

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.

Peel the fennel and shred thinly. Pour boiling water over it and drain well.

Spread some sauce over the bottom of an ovenproof dish and place four sheets of lasagne on top, followed by a layer of fennel and salmon. Build up a further layer of sauce, lasagne, fennel and salmon. Top with the rest of the lasagne and finally the remaining sauce, then sprinkle with grated cheese before baking uncovered.

Recommended settings

Oven function: Automatic programmes

Programme: Bakes & gratins \ Lasagne \ Depth ...

Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 300 W + 160 °C

Shelf level: 1

Duration: 35–45 minutes

Oven function: Gentle bake

Temperature: 150–170 °C

Shelf level: 1

Duration: 45–55 minutes

Bakes

Pasta bake

Preparation time: 80–90 minutes

Serves 6

Ingredients

300 g macaroni
30 g butter
3 onions, diced
2 red peppers, diced
200 g carrots, sliced
600 g beef tomatoes, coarsely diced
200 ml vegetable stock
300 g crème fraîche
150 ml milk
Garlic salt
Pepper
200 g ham, diced
200 g goats' cheese with herbs, diced

Topping

150 g grated Cheddar cheese

Accessories

Saucepan
Ovenproof dish

Method

Cook the macaroni in boiling salted water on the hob until al dente. Drain well.

Fry the onions gently in the butter. Add the peppers and carrots, and fry briefly with the onions, then pour over the stock.

Mix together the crème fraîche, milk, pepper and garlic salt. Stir into the vegetables, and bring to the boil briefly.

Transfer the macaroni, tomatoes, ham and goats' cheese into an ovenproof dish, mix in the vegetable sauce, sprinkle with Cheddar and bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Pasta bake \ Depth ...
Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 300 W + 180 °C
Shelf level: 1
Duration: 35–45 minutes

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 40–50 minutes

Oven function: Gentle bake
Temperature: 170–190 °C
Shelf level: 1
Duration: 45–55 minutes

Courgette moussaka

Preparation time: 70–80 minutes

Serves 4–6

Ingredients

2 1/2 tbsp olive oil
5 large courgettes
1 large onion
2 peppers
1 clove of garlic
1 tin whole tomatoes (400 g)
2 tbsp tomato purée
35 g chopped mint
Salt
Pepper
150 g sliced Swiss cheese (e.g. Gruyère)
3 heaped tbsp plain flour
500 g natural yoghurt
2 eggs
180 g cheese, grated

Accessories

Frying pan
Ovenproof dish

Method

Peel the onions and garlic. Halve and slice the onions and finely chop the garlic. Slice the courgettes lengthways. De-seed the peppers and cut into thin strips.

Heat the oil in a frying pan, fry the courgette slices in batches until golden and place on one side.

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

Grease an ovenproof dish, arrange half of the courgettes in the bottom, then add half of the tomato sauce, followed by the cheese slices, cover with tomato sauce and finally arrange the remaining courgettes evenly on top.

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

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Vegetable moussaka
Duration: approx. 30 minutes

Alternative settings

Oven function: MW + Fan grill
Power level/temperature: 300 W + 180 °C
Shelf level: 1
Duration: 30 minutes

Tip

For an alternative, the courgettes can be replaced with aubergine, pumpkin or sweet potato.

Vegetarian dishes

Neither meat nor fish

Not eating meat does not mean you have to forgo the pleasures of variety and great tasting food. The focus does not always need to be on meat, pulses and greens can also play a major part on the culinary stage. Whether it's wheat or rye, oats or barley, or even spelt grain, pulses offer a wealth of benefits in terms of ballast and roughage, vitamins and minerals to keep your diet healthy and on track.

Tips on preparation

In this section you will find a wide variety of dishes, from tasty snacks to substantial main courses.

A nutritious meal consists of protein, fat, carbohydrates and sufficient vitamins and minerals. Protein, the body's fuel, can easily be obtained from milk, cheese, quark and pulses.

A vegetarian diet is not a recent concept. The philosophers of ancient Greece spoke of the benefits of a meat-free diet and the Vegetarian Society was founded in London in 1811. Since then the term "vegetarian" has applied to anyone who does not consume meat or fish.

Broccoli and mushroom bake

Preparation time: 75–85 minutes

Serves 3

Ingredients

300 g broccoli (fresh or frozen)
300 g mushrooms (fresh or frozen)
400 g potatoes (peeled weight, finely diced)
125 g crème fraîche
100 g double cream
1 tbsp cornflour
1 tsp salt
1/2 tsp black pepper
150 g grated Cheddar cheese

Accessories

Ovenproof dish

Method

If using fresh broccoli, wash and chop into florets; if using frozen broccoli, do not defrost. Place in an ovenproof dish. If using fresh mushrooms, clean and slice them; if using frozen sliced mushrooms, do not defrost. Place in the ovenproof dish and add the potatoes.

Mix the crème fraîche with the cream, cornflour, salt, pepper and 1/3 of the cheese.

Add to the potato and vegetables and mix them together. Sprinkle with the rest of the cheese and bake uncovered until golden.

Recommended settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 55–65 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 300 W + 180 °C
Shelf level: 1
Duration: 40–50 minutes

Vegetarian dishes

Mushroom lasagne

Preparation time: 80–90 minutes

Serves 6

Ingredients

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

For the Béchamel sauce

90 g butter
90 g plain flour
1400 ml milk
Salt
Pepper
Nutmeg

Accessories

Saucepan
Ovenproof dish

Method

For the sauce, melt the butter on the hob and stir in the flour. Add the milk, continuing to stir. Simmer for approx. 5 minutes and season with salt, pepper and nutmeg. Stir in the Gorgonzola and beat until smooth. Stir in the mushrooms and parsley.

Spoon about 1/4 of the sauce into the bottom of an ovenproof dish and arrange 5 sheets of lasagne on top. Scatter over 1/3 of the cheese. Repeat this once, then add another 1/4 of the sauce plus the remaining 5 sheets of lasagne.

Spread the rest of the sauce over the top and scatter with the rest of the cheese. Bake uncovered until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Lasagne \ Depth ...

Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 30–40 minutes

Oven function: Gentle bake

Temperature: 170–190 °C

Shelf level: 1

Duration: 45–55 minutes

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 different cheeses and mushrooms.

Cheese dumplings

Preparation time: 50–60 minutes

Serves 4

Ingredients

300 g white bread
200 ml lukewarm milk
1 onion, diced
10 g butter
150 g Cheddar cheese, coarsely grated
150 g Emmental cheese, coarsely
grated
3 tbsp parsley, chopped
25 g plain flour
3 eggs
Salt
Pepper

Accessories

Frying pan

Method

Dice the bread, place in a bowl, pour over the milk and set to one side for 30 minutes. Sauté the onions in the butter until golden.

Add the onions, cheese, parsley, flour, eggs and seasoning to the bread and mix well.

Form 8-10 dumplings from the mixture and arrange in a microwave safe dish. Cover and cook for 6 minutes at 600 W and then for a further 5 minutes at 450 W.

Pour some of the melted butter over the dumplings if you wish. They are delicious served with a tomato salad or a tomato sauce.

Recommended settings

Cooking stage 1
Oven function: Microwave
Power level: 600 W
Shelf level: 1
Duration: 6 minutes
Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 5 minutes

Vegetarian dishes

Spinach lasagne with goats' cheese

Preparation time: 90–100 minutes

Serves 3-4

Ingredients

450 g frozen spinach
9 sheets of lasagne, not pre-cooked
150 g goats' cheese
375 g double cream
200 g soured cream
3 eggs
200 g grated Cheddar cheese
1 tsp salt
1/2 tsp pepper
1/2 tsp paprika
Garlic powder (optional)
3 sliced tomatoes
25 g grated cheddar cheese

Accessories

Ovenproof dish

Method

Defrost the spinach and press out the water. Dice the goats' cheese. Beat together the cream, soured cream and eggs and season well with salt, pepper, paprika and garlic powder (if desired).

Pour 1/4 of the egg mixture into the bottom of an ovenproof dish. Place 3 sheets of lasagne on top, then 1/2 the spinach and 1/3 each of the goats' cheese and the Cheddar cheese, followed by another 1/4 of the egg mixture. Place 3 more sheets of lasagne on top, then proceed with the remaining spinach, another 1/3 of the goats' cheese and the Cheddar cheese and another 1/3 of the egg mixture. Place the last 3 sheets of lasagne on top and

finish with the remaining egg mixture and cheese. Bake uncovered in the oven.

After approx. 30 minutes place the sliced tomatoes on top of the lasagne and sprinkle with 25 g grated Cheddar cheese. Bake until golden.

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Lasagne \ Depth ...

Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 150 W + 180 °C

Shelf level: 1

Duration: 35–45 minutes

Oven function: Gentle bake

Temperature: 160–180 °C

Shelf level: 1

Duration: 65–75 minutes

Vegetable lasagne

Preparation time: 120–130 minutes

Serves 6

Ingredients

2–3 red peppers
2–3 yellow peppers
1 courgette
250 g ricotta cheese (or quark or cream cheese)
100 g crème fraîche
35 g butter
35 g plain flour
500 ml milk
3 tbsp fresh basil, chopped
50 ml oil
25 g pine nuts
Salt
Pepper
Nutmeg
12 sheets of lasagne

Accessories

Glass tray
Saucepan
Ovenproof dish

Method

Quarter the peppers and remove the seeds and pith. Place the peppers skin side up on the glass tray under the pre-heated grill (Grill level 3, Shelf level 3) for 6–8 minutes until the skin blisters and turns dark brown. Remove the glass tray from the oven, and cover with a damp tea towel. Leave to sweat for about 10 minutes and then peel the skins off the peppers.

Slice the courgettes.

Whizz the basil, oil, pine nuts and salt into a paste in a blender or food processor. Stir into the ricotta and crème fraîche.

Heat the butter over the hob and gradually add the flour and the milk, stirring all the time to make the sauce. Bring to the boil and season with salt, pepper and nutmeg.

Spoon some of the sauce into the bottom of an ovenproof 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. Finish with a layer of lasagne and top with the ricotta mixture. Bake uncovered in the oven.

Recommended settings

Oven function: Automatic programmes
Programme: Bakes & gratins \ Lasagne
\ Depth ...

Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 300 W +
180 °C

Shelf level: 1

Duration: 35–45 minutes

Vegetarian dishes

Tip

Pine nuts are normally only available in small quantities as they are relatively expensive due to the amount of effort required to obtain them. The pine cones must be stored for 7-9 months to allow the pine nuts to ripen sufficiently to be released from the cones.

Come to the table!

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

Tips on preparation and general information

Fish is an excellent source of protein and is also rich in vitamins A, B and D as well as minerals such as iron, iodine, calcium and phosphorus. It is easily digestible and therefore suitable for those who prefer a light or low calorie diet.

A whole fish is cooked when the pupils of the eyes have turned white and when the backbone can be easily removed. Fried, steamed or grilled fish is cooked when it falls readily off the bones.

When cooking fish fillet in a thickened sauce, reduce the amount of liquid you add as the fish will give off liquid during cooking.

When cooking fish, ensure that a core temperature of at least 70 °C is reached.

Fish

Quantity per person

Whole fish: 250–300 g per person

Fish fillet: 200–250 g per person

Cleaning fish

Whole fish: gut the fish and scrape off the scales if necessary. Rinse the fish under running water and pat dry with paper kitchen towel.

Fish fillet: rinse the fish under running water and pat dry with paper kitchen towel.

Acidifying fish

After cleaning the fish drizzle it with lemon juice or vinegar about 10 minutes before you do anything else with it. Because fish has little connective tissue, it can fall apart during cooking. Drizzling lemon juice or vinegar over raw fish helps keep the flesh firm. Acidifying the fish in this way will not affect its taste.

Seasoning fish

Season fish with salt, herbs or spices just before cooking. Do not leave fish to stand for any length of time after salting it. Salt will draw out the moisture and with it the valuable minerals, and make the fish dry when it is cooked.

"Blue" fish

Certain types of fish such as trout, tench, eel and carp can be served "blue". The skin of these fish contains a pigment which turns blue when it comes into contact with acid such as vinegar. Be careful not to damage the slimy coating on the skin when cleaning the fish, as this will prevent the fish turning blue in the damaged places. Pour hot water with vinegar in it over the fish and leave for about 10 minutes. Then proceed with the recipe, salting the fish only on the inside.

Fish curry

Preparation time: 45–55 minutes

Serves 4

Ingredients

400 g pineapple chunks (tinned)

1 red pepper

1 banana, sliced

600 g firm white fish

3 tbsp lemon juice

40 g butter

125 ml white wine

125 ml pineapple juice

Salt

Sugar

Chilli powder

2 tbsp curry powder

2 tbsp cornflour

Method

Quarter the peppers, remove the seeds and pith, and cut into narrow strips.

Cut the fish into chunks, and place in a suitable dish. Drizzle with lemon juice.

Add the pineapple chunks, red pepper, banana, butter, wine, juice, spices and cornflour to the fish, and stir well.

Cover and cook for 5 minutes at 850 W and then for a further 12 minutes at 450 W.

Recommended settings

Oven function: Automatic programmes

Programme: Cook with microwave \

Fish \ 1600 g

Duration: approx. 35 minutes

Alternative settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Cooking stage 2

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 12 minutes

Fish

Fish on a bed of vegetables

Preparation time: 45–55 minutes

Serves 4

Ingredients

300 g carrots, grated

300 g kohlrabi, grated

1 tbsp oil

Fresh mixed herbs (parsley, chervil, dill, marjoram)

600 g filleted white fish, e.g. cod

2 tbsp lemon juice

Salt

200 g cream cheese with chives

125 ml milk

125 g double cream

Accessories

Dish with lid

Ovenproof dish

Method

Place the grated carrot and kohlrabi in the dish with the oil and herbs, cover and cook at 850 W for approx. 6 minutes.

Arrange half of the vegetables in a suitable dish. Sprinkle the fish with lemon juice, place the fish on top of the vegetables, season with salt and scatter the rest of the vegetables over the top.

Blend together the cream cheese, milk, and cream and pour over the vegetables and fish. Cook uncovered.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 2

Duration: 7 minutes

Cooking stage 2

Oven function: Microwave with Grill

Power level/grill setting: 450 W + Level 3

Shelf level: 2

Duration: 11 minutes

Salmon on a bed of spring vegetables

Preparation time: 55–65 minutes

Serves 4

Ingredients

4 salmon fillets (approx. 125 g each)

Salt

Pepper, mixed, coarsely ground

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

Accessories

Frying pan

Ovenproof dish 20 x 30 cm

Method

Season the salmon with salt, pepper and curry powder. Peel the lemon, removing all the pith and cut into slices.

Wash the spring onions and slice diagonally. Peel the carrots and mushrooms and slice thinly.

Mix the vegetables together and fry gently in a little herb butter, stir in the crème fraîche and season with salt and pepper.

Transfer the vegetables into an ovenproof dish and place the salmon fillets on top. Dot with the remaining herb butter, place the lemon slices on top and cook uncovered.

Recommended settings

Oven function: Conventional heat

Temperature: 180–200°C

Shelf level: 2

Duration: 20–30 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 160–180 °C

Shelf level: 2

Duration: 20–30 minutes

Tip

Delicious served with sautéed potatoes and a dill and mustard sauce.

Fish

Fish casserole

Preparation time: 60–70 minutes

Serves 4

Ingredients

750 g filleted white fish, e.g. cod

3 sliced tomatoes

50 g ham, diced

1–2 apples, diced

1 pickled gherkin, diced

1 tsp capers

20 g butter

100 g grated Cheddar cheese

1 tbsp chopped parsley

Accessories

Ovenproof dish Ø 30 cm

Method

Arrange the sliced tomatoes in the base of the ovenproof dish. Place the fish fillets on top.

Mix together the ham, apples, gherkin and capers, and spread over the fish. Mix the parsley with the cheese, and sprinkle over the top.

Dot with butter, and bake uncovered until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Fish \ Fish fillet

Duration: approx. 35 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 30–35 minutes

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 40–45 minutes

Paella

Preparation time: 120–130 minutes

Serves 8

Ingredients

6 tbsp olive oil
 300 g chicken breast
 2 cloves of garlic, finely diced
 2 onions, diced
 300 g long grain rice
 200 g peas
 1 red pepper
 2 very ripe tomatoes or 4 tbsp tomato purée
 1 litre stock
 Salt
 Pepper
 1 tsp paprika
 1/2 tsp ground saffron
 300 g octopus rings
 200 g mussels (shelled)
 300 g prawns

Accessories

Glass tray

Method

With the Automatic programme:
 Place all ingredients except the stock in the glass tray.

Start the Automatic programme.

Add 500 ml stock after 30 and 60 minutes (follow instructions in display).

With all other functions:

Place the oil in the glass tray. Heat for approx. 10 minutes using Fan plus at 160 °C or using Conventional heat at 180 °C. Add the diced chicken breasts,

onions and garlic, and cook for approx. 20 minutes, turning halfway through cooking.

Stir in the rice, peas, pepper strips, sliced tomatoes or tomato purée and half of the stock. Season with salt, pepper and saffron, and cook uncovered for 30 minutes, stirring occasionally.

Add the rest of the stock, the octopus rings, mussels and prawns. Stir thoroughly, and cook uncovered for a further 20 minutes.

Recommended settings

Oven function: Automatic programmes
 Programme: Bakes & gratins \ Paella \ Fresh

Duration: approx. 90 minutes

Alternative settings

Oven function: Fan plus
 Temperature: 150–170 °C
 Shelf level: 1
 Duration: 70–80 minutes

Oven function: Conventional heat
 Temperature: 170–190 °C
 Shelf level: 1
 Duration: 70–80 minutes

Tip

The cooking duration will be increased by 20 - 30 minutes if wholegrain rice is used.

Fish

Prawn kebabs

Preparation time: 20–25 minutes

Serves 4

Ingredients

12–16 peeled prawns

2 tbsp lemon juice

12–16 button mushrooms

12 slices smoked ham

75 g melted butter or herb butter

4 long wooden skewers

Recommended settings

Oven function: Grill

Grill setting: Level 3

Shelf level: 2 or 3

Duration: 5 minutes each side +

5 minutes pre-heating

Accessories

Rack

Glass tray

Method

Drizzle the prawns with lemon juice.

Wipe the mushrooms if necessary. Roll up the sliced smoked ham.

Arrange the prawns, mushrooms and smoked ham rolls on the skewers.

Brush with melted butter. Place the kebabs on the rack over the glass tray and grill.

Fillet of plaice on a bed of spinach

Preparation time: 30–40 minutes

Serves 2

Ingredients

300 g plaice fillet
 2 tbsp lemon juice
 1 onion, diced
 20 g butter
 300 g frozen spinach
 20 g butter
 20 g plain flour
 250 ml vegetable stock
 2–3 tbsp white wine
 1 egg yolk
 100 g double cream
 150 g grated Cheddar cheese
 Salt
 Pepper
 Nutmeg

Accessories

Saucepan
 Ovenproof dish

Method

Drizzle the plaice fillets with lemon juice and set to one side for 10 minutes. Pat dry and season with salt and pepper.

Defrost the spinach at 600 W for approx. 6 minutes, then drain thoroughly, pressing to remove excess liquid.

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, continuing to stir.

Remove from the heat and mix in the cheese and the egg and cream. Season with salt, pepper and grated nutmeg.

Spread the spinach over the bottom of a suitable shallow dish. Arrange the plaice on top and pour the sauce over. Bake uncovered.

Recommended settings

Cooking stage 1
 Oven function: Microwave
 Power level: 600 W
 Shelf level: 1
 Duration: 6 minutes

Cooking stage 2
 Oven function: Microwave
 Power level: 600 W
 Shelf level: 1
 Duration: 5 minutes

Cooking stage 3
 Oven function: Microwave with Grill
 Power level/Grill setting: 450 W +
 Level 3
 Shelf level: 2
 Duration: 10–12 minutes

Fish

Pollock in a horseradish crust

Preparation time: 50–60 minutes

Serves 4

Ingredients

400 g carrots

20 g butter

Salt

Pepper

4 pollock or coley fillets (150 g each)

1 egg

1 packet white sauce

4 tsp horseradish

Accessories

Saucepan

Ovenproof dish

Method

Cut the carrots into fine julienne strips and fry gently in the butter for a few minutes. Arrange in the bottom of the dish.

Season the fish with salt and pepper and arrange on top of the carrots.

Make up the sauce following the instructions on the packet and mix with the egg yolk and horseradish. Fold in the stiffly beaten egg white.

Pour the sauce over the fish and bake until golden.

Recommended settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 20–30 minutes

Alternative settings

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 25–30 minutes + pre-heating

Pikeperch in a herb and cream sauce

Preparation time: 70–80 minutes

Serves 6

Ingredients

1 pikeperch (approx. 1500 g)

Juice of one lemon

5 onions, sliced

50 g butter

Salt

Freshly ground black pepper

60 g softened butter

1 carrot, diced

30 g anchovy paste

1 tbsp lemon juice

2 tbsp breadcrumbs

250 g soured cream

2 egg yolks

5 tbsp parsley, chopped

2 tbsp fresh dill, chopped

Extra strong aluminium foil

Accessories

Saucepan

Aluminium foil

Glass tray

Method

Sprinkle a little salt on the outside and inside of the skinned and cleaned fish. Fry the onions in the butter until golden, then season with salt and pepper.

Transfer the onions along with the melted butter, the carrots and 2 tbsp parsley onto a large sheet of aluminium foil, and place the fish on top.

Beat together the butter and anchovy paste. Spread the paste over the top side of the fish, drizzle with lemon juice

and sprinkle with breadcrumbs. Wrap the fish loosely in the foil, folding the edges to seal.

Place the parcel on the glass tray, and cook. Stir the cream, egg yolk, salt, the rest of the parsley and the dill together.

Open the parcel after approx. 30 minutes, pour over the cream sauce and continue cooking uncovered.

Serve with boiled potatoes and a fresh green salad with a yoghurt lemon dressing.

Recommended settings

Oven function: Auto roast

Temperature: 160–180 °C

Shelf level: 1

Duration: 40–50 minutes

Alternative settings

Oven function: Fan plus

Temperature: 160–180 °C

Shelf level: 1

Duration: 40–50 minutes

Core temperature when using the food probe: 70–75 °C

Let's have meat!

Meat and poultry are healthy components to anyone's diet, as well as adding a wealth of variety. They can be prepared in a range of different ways, and by using diverse seasonings and serving them with interesting sauces and side dishes, they can constantly be presented in new guises, uniting cultures – both exotic and traditional – with their versatility.

Meat: preparation tips and information

Automatic programmes

Meat weighing less than 1000 g is not suitable for cooking in an Automatic programme as it is likely to dry out.

Meat can be cooked covered or uncovered in a glass oven dish or on the glass tray. The Automatic programme you select will guide you.

Some Automatic programmes require the addition of extra liquid part way through the cooking time, and sometimes the lid needs to be removed. This will be indicated in the display.

Remove any excess fat, membranes and sinews before roasting. Season to taste and dot with butter or, in the case of game, bard with rashers of streaky bacon. Game can be marinated overnight, e.g. in buttermilk, to tenderise it.

Using the food probe (if available)

If you are using the food probe, make sure that the metal tip is inserted into the thickest part of the meat and that the handle is angled upwards as much as possible.

If you are cooking several pieces of meat together, select pieces that are similar in size. The food probe should be inserted in the largest piece.

When using the food probe you will be given an estimated cooking duration. This will fluctuate during the course of cooking.

Meat and poultry

Poultry: preparation tips and information

Automatic programmes

Poultry weighing less than 900 g is not suitable for cooking using an Automatic programme as it is likely to dry out.

Rub poultry with oil and season to taste before putting it in the oven.

Always place poultry in the oven with the breast uppermost. Some programmes require the addition of extra liquid part way through the cooking time, and sometimes the lid needs to be removed. This will be indicated in the display.

Using the food probe (if available)

With poultry, insert the food probe into the thickest part of the breast. Make sure that the metal tip is inserted as deeply as possible into the thickest part of the bird, and that the handle is angled upwards as far as possible.

If you are cooking several birds together, select ones that are similar in size. Insert the food probe into the largest bird.

When using the food probe you will be given an estimated cooking duration. This will fluctuate during the course of cooking.

Sirloin joint / Fillet of beef

Preparation time: 50–70 minutes

Serves 6

Ingredients

1 kg joint of beef (sirloin or fillet)

Salt

Pepper

1 tbsp coarse grained mustard

75 g butter

Accessories

Gourmet oven dish (or a glass dish)

Aluminium foil

Method

Season the meat with salt and pepper and spread the mustard over. Dot with butter and place in the Gourmet oven dish or the glass tray. Pre-heat the oven and open roast.

After roasting, wrap in foil and leave to stand for about 10 minutes. Carve and serve.

Recommended settings

Oven function: Automatic programmes
Programme: Meat \ Beef \ Fillet of beef or Sirloin joint \ Roast or Low temperature cooking

Duration:

Roast: approx. 40 minutes (medium)

Low temperature cooking: approx. 100 minutes (medium)

Alternative settings

Oven function: Auto roast

Temperature: 190–210 °C

Shelf level: 1

Duration: 35–45 minutes + pre-heating

Oven function: Conventional heat

Temperature: 200–220 °C

Shelf level: 1

Duration: 35–60 minutes + pre-heating

Core temperature when using the food probe:

Rare: 40–45 °C

Medium: 50–55 °C

Well done: 60–65 °C

Meat and poultry

Braised beef

Preparation time: 130–140 minutes

Serves 6

Ingredients

1 kg beef fillet

Salt

Pepper

Paprika

1 onion, diced

1 bay leaf

50 g softened butter

250 ml meat stock

250 ml water

125 g crème fraîche

Cornflour

Accessories

Gourmet oven dish with lid

Method

Season the meat with salt, pepper and paprika, brush with butter and place in the Gourmet oven dish. Add the onions and bay leaf, cover and cook.

After 30 minutes, add some beef stock and crème fraîche, and continue to cook. After 80 minutes, remove the lid and continue to cook uncovered until done.

Deglaze the roasting juices with the rest of the stock, crème fraîche and the water. Make the cornflour into a paste with a little water and stir into the stock to thicken. Carve the meat and serve with the gravy.

Recommended settings

Oven function: Automatic programmes

Programme: Meat \ Beef \ Braised beef

Duration: approx. 120 minutes

Alternative settings

Oven function: Auto roast

Temperature: 170–190 °C

Shelf level: 1

Duration: 100–120 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 100–120 minutes

Core temperature when using the food probe: 85–90 °C

Hash

Preparation time: 250 minutes

Serves 6–8

Ingredients

500 g onions
30 g butter
30 g oil
1.2 kg diced beef
Pepper
Salt
1 tbsp brown sugar
2 tbsp flour
1.2 litres beef bouillon
2 bay leaves
4 cloves
70 ml vinegar

Accessories

Frying pan
Gourmet oven dish

Method

Peel and finely dice the onions. Heat the butter in the frying pan until it begins to bubble, then add some oil and heat up.

Season the meat with salt and pepper, then place it in the pan and sear it on all sides.

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

Dust the meat with flour and fry for a further 2-3 minutes.

Add the beef bouillon and vinegar, stirring constantly to form a smooth sauce.

Add the meat to the Gourmet oven dish and cook uncovered in the oven.

Season with salt and pepper after cooking.

Recommended settings

Oven function: Automatic programmes
Programme: Meat \ Beef \ Hash
Shelf level: see display
Duration: approx. 220 minutes

Alternative settings

Pre-heat: yes
Oven function: Fan plus
Temperature: 180 °C
Heating-up phase: rapid
Shelf level: 1

Cooking stage 1

Oven function: MW + Fan plus
Temperature: 300 W + 180 °C
Duration: 210 minutes

Meat and poultry

Ham roast

Preparation time: 130–140 minutes

Serves 6

Ingredients

1 kg gammon joint

Salt

Pepper

Paprika

1 tsp mustard

30 g butter

100 ml double cream or crème fraîche

Cornflour

Accessories

Gourmet oven dish

Method

Season the meat with salt, pepper and paprika, and spread over the mustard. Dot with butter, place in the Gourmet oven dish, cover and cook for about 30 minutes.

Add the cream/crème fraîche or a little water and continue to roast uncovered until done.

Transfer the meat to a serving dish. Deglaze the roasting juices with water. Make a paste from the cornflour and a little water and stir into the sauce to thicken it.

Slice the meat and serve with the sauce.

Recommended settings

Oven function: Automatic programmes

Programme: Meat \ Pork \ Ham roast

Duration: approx. 100 minutes

Alternative settings

Oven function: Auto roast

Temperature: 160–180 °C

Shelf level: 1

Duration: 100–130 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 100–130 minutes

Tip

Core temperature when using the food probe: 80–85 °C

Pork fillet in a Roquefort sauce

Preparation time: 40–50 minutes

Serves 2

Ingredients

500 g pork fillet
Salt
Pepper
3 tbsp oil
2 onions, diced
50 ml white wine
125 g double cream
200 g Roquefort cheese
Roux made from 1 tbsp butter and 1
tbsp flour
2 tbsp parsley, chopped

Method

With the Automatic programme:
Mix together all the ingredients except
the meat in a suitable dish.

Put the meat into the mixture and cook.

With all other functions:
Place the onions in a dish with the oil,
cover and cook for 5 minutes at 850 W.
Toss the pork in the onions. Add the
wine, cover and cook for 10 minutes at
450 W.

Crush the cheese a little, and mix with
the cream and roux until smooth. Add
to the meat, and mix in the wine. Cook
uncovered for 5 minutes at 450 W,
stirring occasionally.

Slice the meat, pour over the sauce and
sprinkle with chopped parsley.

Recommended settings

Oven function: Automatic programmes
Programme: Cook with microwave \
Meat \
1000 g
Duration: approx. 22 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 5 minutes

Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 10 minutes

Cooking stage 3
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 5 minutes

Meat and poultry

Pork en croûte

Preparation time: 90–100 minutes

Serves 4

Ingredients

2 pork fillets (300 g each)

Salt

Pepper

Paprika

50 g butter

75 g streaky bacon, diced

1 onion, diced

400 g sliced white mushrooms

4 tomatoes (tinned)

1 tbsp chopped parsley

450 g puff pastry

For glazing

1 egg yolk

4 tbsp milk

Accessories

Frying pan

Glass tray

Method

Season the pork with salt, pepper and paprika. Fry in the butter to seal, then remove from the pan.

Sauté the onions and bacon in the same pan. Add the sliced mushrooms and the chopped, drained tomatoes. Simmer and season with salt, pepper, parsley and paprika.

Roll the pastry out on a floured surface, and make 2 rectangles each measuring 30 cm x 20 cm. Place a piece of pork in the middle of each one. Spoon the mushroom mixture onto the meat. Wrap the pastry around the meat to make a

parcel, pinching the edges to seal it. Make leaf shapes out of the scraps of pastry to decorate.

Place the parcels on a damp glass tray, and glaze them with a mixture of egg yolk and milk. Bake until golden.

To serve, cut each parcel in half or slice them.

Recommended settings

Oven function: Automatic programmes

Programme: Meat \ Meat \ Pork en croûte

Duration: approx. 30 minutes

Alternative settings

Oven function: Fan plus

Temperature: 180–200 °C

Shelf level: 1

Duration: 30–35 minutes + pre-heating

Core temperature when using the food probe: 70 °C

Meat loaf

Preparation time: 80–90 minutes

Serves 6

Ingredients

300 g minced beef
300 g good quality pork sausage meat
1 bread roll
2 eggs
2 tbsp sweet paprika
1/2 tsp sharp paprika
Salt
Pepper
3 tbsp oil
2 onions, finely diced
50 g bacon, diced
1 red pepper, finely diced
1 tin sliced white mushrooms (drained weight 250 g)
125 g Gouda or Cheddar cheese (diced)
250 ml stock

Accessories

Frying pan
Glass tray

Method

Heat the oil in a frying pan and fry the bacon, then add the onions and fry gently. Add the diced pepper and drained sliced mushrooms. When the mixture has cooled a little, mix in the diced cheese.

Soften the bread roll in cold water for approx. 10 minutes. Squeeze it out well and mix with the minced beef, sausage meat, eggs, sweet paprika, sharp paprika, salt and pepper.

Add the vegetable mixture to the meat. Mix thoroughly, and form into an oval loaf. Transfer onto the greased glass tray and cook uncovered.

After 20 minutes, pour the stock over the loaf.

Recommended settings

Oven function: Automatic programmes
Programme: Meat \ Meat loaf
Duration: approx. 45 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 150 W + 160 °C
Shelf level: 1
Duration: 55–65 minutes

Oven function: Fan plus
Temperature: 160–180 °C
Shelf level: 1
Duration: 55–65 minutes

Core temperature when using the food probe: 75–85 °C

Meat and poultry

Belgian meat loaf

Preparation time: 70–80 minutes

Serves 6–8

Ingredients

1 kg minced beef

3 eggs

200 g breadcrumbs

1 tsp paprika powder

Salt

Pepper

Accessories

Universal tray

Method

Mix the minced beef together with the eggs, breadcrumbs, paprika, salt and pepper.

Shape into a loaf and cook.

Recommended settings

Oven function: Automatic programmes

Programme: Meat \ Meat loaf

Shelf level: see display

Duration: 65 minutes

Alternative settings

Cooking stage 1

Oven function: Fan plus

Temperature: 220 °C

Duration: 12 minutes

Cooking stage 2

Oven function: MW + Fan plus

Power level/temperature: 150 W + 160 °C

Duration: 45 minutes

Cooking stage 3

Oven function: Grill

Temperature: Level 3

Duration: 5–10 minutes

Roast veal in a cream sauce

Preparation time: 130–140 minutes

Serves 6

Ingredients

1 kg veal
1 level tsp salt
1/2 tsp white pepper
2 level tsp paprika
1 tsp butter
2 onions
2 carrots
2 tomatoes
2 calf's bones
750 ml stock or meat juices
250 g double cream
Cornflour

Accessories

Gourmet oven dish

Method

Season the meat with salt, pepper and paprika, brush with butter and place in the Gourmet oven dish. Chop the peeled carrots, the onions and the tomatoes and add to the meat together with the bones.

Add approx. 1/4 litre of liquid after about 30 minutes. Repeat this every 30 minutes. Add the cream at the end.

Transfer the meat to a serving dish. Deglaze the roasting juices with water. Make a paste from the cornflour and a little water and stir into the sauce to thicken it.

Slice the meat and serve with the sauce.

Recommended settings

Oven function: Automatic programmes
Programme: Meat \ Veal \ Braised veal
Duration: approx. 90 minutes

Alternative settings

Oven function: Auto roast
Temperature: 160–180 °C
Shelf level: 1
Duration: 90–120 minutes

Oven function: Conventional heat
Temperature: 160–180 °C
Shelf level: 1
Duration: 90–120 minutes

Core temperature when using the food probe: 75–80 °C

Tip

This recipe can also be used to make a veal roulade. To do this, select the Automatic programme Meat \ Veal \ Veal roulade.

Meat and poultry

Veal knuckle

Preparation time: 120–130 minutes

Serves 5

Ingredients

1 knuckle of veal (approx. 1.5 kg)

Salt

Freshly ground black pepper

40 g melted butter

2 carrots

100 g celery

1 onion

3 cloves

250 ml hot water

Handful of parsley

2 tbsp soured cream

Cornflour

Accessories

Glass tray

or Gourmet oven dish

Method for Automatic programme

Wash the meat and pat it dry. Season with salt and pepper, and brush with melted butter. Place in the Gourmet oven dish or the glass tray.

Clean and chop the vegetables. Pierce the onion with the cloves, and add to the meat together with the chopped vegetables, the water and the parsley, and cook until done.

Transfer the meat and vegetables to a serving dish. Deglaze the roasting juices with water and add the soured cream. Make a paste from the cornflour and a little water and stir into the sauce to thicken it.

With all other functions

Wash the meat and pat it dry. Season with salt and pepper, and brush with melted butter. Place in the Gourmet oven dish or the glass tray. Roast for approx. 60 minutes.

Clean and chop the vegetables. Pierce the onion with the cloves, and add to the meat together with the chopped vegetables, the water and the parsley, and cook until done.

Transfer the meat and vegetables to a serving dish. Deglaze the roasting juices with water and add the soured cream. Make a paste from the cornflour and a little water and stir into the sauce to thicken it.

Recommended settings

Oven function: Automatic programmes

Programme: Meat \ Veal \ Veal knuckle

Duration: approx. 70 minutes

Alternative settings

Oven function: Auto roast

Temperature: 160–180 °C

Shelf level: 1

Duration: 100–130 minutes

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 1

Duration: 100–130 minutes

Core temperature when using the food probe: 80–85 °C

Leg of lamb

Preparation time: 130–140 minutes

Serves 6

Ingredients

Leg of lamb, approx. 1.5 kg

Salt

Pepper

3 tsp herbes de Provence

2 cloves of garlic, crushed

30 g melted butter

100 ml red wine

50 g soured cream

150 ml meat stock

Cornflour

Accessories

Gourmet oven dish

Method

Remove any outer membrane from the meat, and rub with salt, pepper, herbes de Provence and crushed garlic. Brush with melted butter and place in the Gourmet oven dish. Cover and roast for approx. 30 minutes.

Add the red wine, stock and soured cream and continue to roast without a lid.

Transfer the meat to a serving dish. Deglaze the roasting juices with water. Make a paste from the cornflour and a little water and stir into the sauce to thicken it.

Slice the meat and serve with the sauce.

Recommended settings

Oven function: Automatic programmes

Programme: Meat \ Lamb \ Leg of lamb

Duration: approx. 80 minutes

Alternative settings

Oven function: Auto roast

Temperature: 170–190 °C

Shelf level: 1

Duration: 90–120 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 90–120 minutes

Core temperature when using the food probe : 80–85 °C (or 70–75 °C if you want the meat to be pink)

Meat and poultry

Saddle of lamb baked in a mustard and herb crust

Preparation time: 80–90 minutes

Serves 6

Ingredients

1200 g saddle of lamb (on the bone)

Salt

Pepper

20 g softened butter

125 ml red wine

125 g crème fraîche

For the herb crust:

3 slices of white bread

2 tbsp parsley, chopped

1 tsp thyme, chopped

1 egg

2 tbsp coarse grained mustard

Accessories

Gourmet oven dish

Method

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.

With the Automatic programme:
Spread the herb mixture over the meat. Add the crème fraîche, half of the red wine and all of the stock to the meat, and cook without a lid.

With all other functions:
Rub the leg of lamb all over with salt and pepper. Place in a roasting dish with the meat side up and brush with butter. Roast uncovered for approx. 15 minutes in a pre-heated oven. Then spread the herb crust over the meat,

add the crème fraîche, half of the red wine and the stock and cook uncovered for 40 minutes.

Blend the juices from the meat together with the rest of the wine and some water and thicken with cornflour.

Carve the herb crust lengthways and carefully cut the meat from the bone with a sharp knife.

Recommended settings

Oven function: Automatic programmes
Programme: Meat \ Lamb \ Saddle of lamb

Duration: approx. 45 minutes

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 50–60 minutes + pre-heating

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 50–70 minutes + pre-heating

Core temperature when using the food probe: 70–80 °C

Duck à l'orange

Preparation time: 130–140 minutes

Serves 4

Ingredients

1 duck (2 kg)

Salt

Pepper

Thyme

3 oranges, peeled and diced

2 apples, peeled and diced

1 bay leaf

125 ml white wine

350 ml chicken stock

125 ml orange juice

Cornflour

Garnish

1 orange, unpeeled and thinly sliced

Accessories

Gourmet oven dish

Method

Season the duck with salt, pepper and thyme. Place the oranges and apples inside the duck cavity together with the bay leaf.

Place breast side down in the Gourmet oven dish, and roast uncovered. Turn halfway through cooking, add a little wine and stock, and continue to roast uncovered.

Transfer the duck to a serving dish. Deglaze the roasting juices with wine, stock and orange juice, and thicken with cornflour.

Carve the duck into portions. Garnish with slices of orange, and serve with the sauce.

Recommended settings

Oven function: Automatic programmes

Programme: Poultry \ Duck \ 1.5 kg - 2.5 kg

Duration: approx. 70 minutes

Alternative settings

Oven function: Fan plus

Power level/temperature: 170–190 °C

Shelf level: 1

Duration: 80–100 minutes

Oven function: MW + Fan plus

Power level/temperature: 150 W + 190 °C

Shelf level: 1

Duration: 60–75 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 90–110 minutes

Core temperature when using the food probe: 85–90 °C

Meat and poultry

Chicken

Preparation time: 70–80 minutes

Serves 2

Ingredients

Chicken, approx. 1 kg

Salt, paprika, curry powder

2–3 tbs oil

100 ml double cream or crème fraîche

Cornflour

Accessories

Gourmet oven dish

Method

Mix the oil with the salt, paprika and curry powder. Brush over the chicken. Place breast side down in the Gourmet oven dish and roast uncovered. After 20 minutes, turn the meat, add some cream or crème fraîche, and continue to roast uncovered.

Deglaze the juices from the meat with the rest of the cream/crème fraîche and some water, and thicken with cornflour paste. Carve the chicken and serve with the sauce.

Recommended settings

Oven function: Automatic programmes

Programme: Poultry \ Chicken \ Whole \ 0.8 kg - 1.2 kg

Duration: approx. 50 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 35–45 minutes

Oven function: Fan grill

Temperature: 180–200 °C

Shelf level: 1

Duration: 60–70 minutes

Core temperature when using the food probe: 85–90 °C

Spicy chicken breast with aubergine

Preparation time: 70–80 minutes + marinate for 4 hours

Serves 4

Ingredients

1 onion
2 cloves of garlic
10 g fresh ginger
1 small aubergine
8 fresh dates
1 bunch of parsley
4 chicken breasts
2 1/2 tbsp olive oil
1 1/4 tsp caraway seeds
1 tsp cumin
1 1/4 tsp sweet paprika
2 1/2 tbsp olive oil
2 1/2 tbsp honey
2 1/2 tbsp lemon juice
Salt
Pepper
125 ml yoghurt

Top with

2 1/2 tbsp fresh parsley, chopped

Accessories

Ovenproof dish

Method

Halve the chicken breasts. Place in the oil, garlic, ginger, caraway, cumin and paprika to marinate and refrigerate for at least 4 hours.

Peel the onions and garlic. Halve and slice the onions and finely chop the garlic. Finely grate the ginger, dice the aubergine, stone and quarter the dates and chop the parsley.

Place the onions, aubergine and olive oil into a suitable dish and cook uncovered.

Add the honey, dates and chicken, stir well and continue to cook uncovered.

Before serving, add half of the lemon juice, season with salt and pepper and leave to steep for 5 minutes.

Mix the yoghurt with the rest of the lemon juice and pour over the chicken. Garnish with parsley and serve with couscous or rice.

Meat and poultry

Recommended settings

Oven function: Automatic programmes
Programme: Poultry \ Chicken \ Spiced
chicken and aubergine
Duration: approx. 28 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 600 W
Shelf level: 1
Duration: 8 minutes

Cooking stage 2
Oven function: MW + Fan plus
Power level/temperature: 300 W +
180 °C
Shelf level: 1
Duration: 17–23 minutes

Chicken in a mustard cream sauce

Preparation time: 30–35 minutes

Serves 2

Ingredients

250 g crème fraîche
4 tbs coarse grained mustard
1 clove of garlic, crushed
Salt
1/2 tsp sage leaves, chopped
4 chicken breasts (each approx. 125 g)

Method

Mix together the crème fraîche, mustard, garlic, salt and sage in a microwave safe dish.

Place the chicken in the dish and coat with the sauce. Cover and cook for 4 minutes at 850 W and then for a further 12 minutes at 450 W.

Turn halfway through cooking, and baste with the sauce.

Recommended settings

Oven function: Automatic programmes
Programme: Cook with microwave \ Poultry \ 800 g
Duration: approx. 11 minutes

Alternative settings

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

Cooking stage 2
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 12 minutes

Meat and poultry

Stuffed turkey

Preparation time: 190–200 minutes

Serves 8

Ingredients

1 oven-ready turkey (approx. 3.5 kg)

Salt

Soured cream or crème fraîche

Cornflour

Filling ingredients

30 ml oil

3 onions, diced (150 g)

125 g rice

150 g pistachio nuts

150 g raisins

2 tbsp Madeira

Sauce

125 g double cream

125 ml stock

3 tbsp cornflour

Accessories

Saucepan

Glass tray

Method

Cook the rice. Whilst it is cooking, soak the raisins in the Madeira. Gently fry the diced onions in the oil. Add the rice, nuts and Madeira raisins and mix well.

Stuff the prepared turkey with the mixture. Rub the outside of the turkey with salt, and place breast side down on the glass tray.

Turn after one hour and baste with fat. Continue to baste every 30 minutes with the juices from the meat.

Make a gravy from the meat juices, water, soured cream or crème fraîche and some cornflour paste, and season to taste.

Recommended settings

Oven function: Automatic programmes
Programme: Poultry \ Turkey \ Whole, stuffed

Duration: approx. 160 minutes

Alternative settings

Oven function: Auto roast

Temperature: 160–180 °C

Shelf level: 1

Duration: 150–180 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 150–180 minutes

Core temperature when using the food probe: 85 °C

Tip

An unstuffed turkey can be cooked using the Automatic programme Poultry \ Turkey \ Whole.

Stuffed turkey breast

Preparation time: 95–105 minutes

Serves 4

Ingredients

1 kg turkey breast

Filling ingredients

100 g mascarpone cheese

3 tbsp buckwheat

3 tbsp crème fraîche

1 egg yolk

1 small onion, finely chopped

2 tbsp parsley, chopped

2 tbsp fresh dill, chopped

Salt

White pepper

Paprika

2 tbsp oil

1 clove of garlic

Sauce

125 g double cream

125 ml stock

3 tbsp cornflour

Accessories

Gourmet oven dish

Method

Cut a pocket into the side of the turkey breast.

To make the filling, mix the mascarpone with the buckwheat, crème fraîche, egg yolk, onion and herbs. Season with salt and pepper.

Insert the mixture into the pocket. Secure with cocktail sticks or kitchen string.

Crush the garlic with a little salt, then mix with pepper, paprika and oil to make a paste. Brush the turkey generously with the paste. Place in the Gourmet oven dish and roast uncovered, turning occasionally.

Deglaze the roasting juices with cream and stock, thicken with cornflour, and serve with the sliced turkey.

Recommended settings

Oven function: Automatic programmes
Programme: Poultry \ Turkey \ Turkey breast

Duration: approx. 60 minutes

Alternative settings

Oven function: Auto roast

Temperature: 170–190 °C

Shelf level: 1

Duration: 70–80 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 70–80 minutes

Core temperature when using the food probe: 80–85 °C

Meat and poultry

Turkey drumsticks with chutney

Preparation time: 120–130 minutes

Serves 2-3

Ingredients

1 turkey drumstick (approx. 1.2 kg)
Salt
Pepper
30 g butter
200 ml double cream
200 g apricot or mango chutney
250 ml water
1 tin of apricots or mango slices (280 g)

Accessories

Gourmet oven dish

Method

Season the turkey with salt and pepper, and place in the Gourmet oven dish. Dot with butter, and roast uncovered for 60 minutes. Pour over the cream, and roast for a further 15 minutes.

Add the chutney, and continue to roast for a further 15 minutes. Remove the turkey from the oven dish.

Deglaze the roasting juices with water and thicken with some cornflour paste if required (the sauce will already have been thickened by the chutney).

Add the apricot halves or mango slices to the sauce, heat it through and serve with the sliced turkey.

Recommended settings

Oven function: Automatic programmes
Programme: Poultry \ Turkey \ Turkey drumsticks
Duration: approx. 80 minutes

Alternative settings

Oven function: Auto roast
Temperature: 170–190 °C
Shelf level: 1
Duration: 90–120 minutes

Core temperature when using the food probe: 85–90 °C

Tip

A recipe for home-made mango (or apricot) chutney can be found in "Sauces and chutneys".

Haunch of hare

Preparation time: 75–85 minutes + marinate for 12 hours

Serves 2

Ingredients

2 haunches of hare (total weight approx. 750 g)
500 ml buttermilk
Salt
Pepper
6 juniper berries
2 bay leaves
50 g streaky bacon, sliced
50 ml red wine
100 ml double cream or soured cream
150 ml water
Cornflour

Accessories

Gourmet oven dish with lid

Method

Marinate the hare for about 12 hours in the buttermilk, turning several times.

Peel off any outer membranes, then season with salt and pepper, wrap in the slices of bacon and place in the Gourmet oven dish. Scatter over the juniper berries and bay leaves. Cover and roast for approx. 15 minutes. Turn the meat and add some of the red wine, water and cream. Continue roasting without the lid, then transfer to a serving dish.

Add the rest of the wine, cream and water to the juices and thicken with cornflour paste. Serve with the meat.

Recommended settings

Oven function: Automatic programmes
Programme: Game \ Haunch of hare
Duration: approx. 55 minutes

Alternative settings

Oven function: Auto roast
Temperature: 180–200 °C
Shelf level: 1
Duration: 50–60 minutes

Oven function: Conventional heat
Temperature: 200–220 °C
Shelf level: 2
Duration: 50–60 minutes

Core temperature when using the food probe: 75–80 °C

Meat and poultry

Saddle of hare

Preparation time: 70–80 minutes

Serves 4

Ingredients

1 saddle of hare (approx. 750g)

Salt

Pepper

50 g streaky bacon, sliced

2 bay leaves

6 juniper berries

100 g double cream

3 tbsp red wine

150–400 ml meat stock

Cornflour

Accessories

Gourmet oven dish with lid

Method

Remove any outer membrane from the hare and season with salt and pepper. Wrap in slices of bacon, and place in the Gourmet oven dish. Scatter the berries and bay leaves over the top. Cover and roast for approx. 20 minutes.

Turn the meat over, add the cream and the stock and finish roasting without the lid.

Transfer the meat to a warm serving dish, and carve, removing the bones. Deglaze the juices from the meat with the red wine and water and thicken with a little cornflour.

Recommended settings

Oven function: Automatic programmes

Programme: Game \ Saddle of hare

Duration: approx. 50 minutes

Alternative settings

Oven function: Auto roast

Temperature: 180–200 °C

Shelf level: 1

Duration: 45–55 minutes

Oven function: Conventional heat

Temperature: 200–220 °C

Shelf level: 2

Duration: 45–55 minutes + pre-heating

Core temperature when using the food probe: 72–78 °C

Rabbit in a mustard sauce

Preparation time: 95–105 minutes

Serves 4–6

Ingredients

1.3 kg rabbit (saddle or haunch)

Salt

Freshly ground black pepper

3 tbsp Dijon mustard

100 g bacon, diced

30 g butter

1 tbsp flour

2 onions, diced

250 ml white wine

1 tsp dried thyme

3 tbsp crème fraîche

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 30–35 minutes

Accessories

Gourmet oven dish with lid

Method

Season the rabbit with salt and pepper, and spread over 2 tbsp mustard.

Fry the bacon in the butter in the Gourmet oven dish, then add the rabbit and continue to fry, turning the meat until it is nicely browned. Sprinkle in the flour. Add the onions, thyme and wine, stirring to blend the ingredients. Roast uncovered.

Transfer the meat to a serving dish. Add the rest of the mustard, the crème fraîche and, if required, some water or stock to the juices and thicken with cornflour. Pour the sauce over the meat.

Recommended settings

Oven function: Automatic programmes

Programme: Game \ Rabbit pieces

Duration: approx. 35 minutes

Meat and poultry

Saddle of roebuck or venison

Preparation time: 100–120 minutes + marinate for 24 hours

Serves 6

Ingredients

2 kg saddle of roebuck or venison
1 1/2 – 2 l buttermilk
8 juniper berries
2 bay leaves
3 peppercorns, crushed
Salt
Pepper
30 g melted butter
100 g streaky bacon, sliced
125 ml red wine
500 ml water
125 g soured cream or crème fraîche
Cornflour
6 pear halves
6 tsp cranberry sauce

Accessories

Gourmet oven dish

Method

Trim the meat of any outer membranes and marinate for 24 hours in buttermilk, turning frequently. Rinse the meat in cold water and pat dry. Season with salt and pepper, brush with melted butter and wrap in the slices of bacon.

Place in the Gourmet oven dish, and scatter the crushed peppercorns, juniper berries and bay leaves over the top. Cover and roast for 15 minutes. Add some of the red wine, the water and crème fraîche and continue to roast uncovered.

Blend the juices from the meat with the rest of the red wine, crème fraîche and water, and thicken with some cornflour paste. Carve the meat, and place on a serving dish. Serve with the sauce.

Warm the pears, and arrange around the carved meat with the rounded side downwards. Fill with a spoonful of cranberry sauce and serve.

Recommended settings

Oven function: Automatic programmes
Programme: Game \ Roebuck saddle or Venison saddle
Duration: approx. 50 minutes

Alternative settings

Oven function: Auto roast
Temperature: 170–190 °C
Shelf level: 1
Duration: 40–70 minutes

Oven function: Conventional heat
Temperature: 180–200 °C
Shelf level: 1
Duration: 40–70 minutes

Core temperature when using the food probe: 70–78 °C

The unsung heroes

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

Tips on preparation and general information

The microwave is perfect for cooking fresh and frozen vegetables. Vegetables retain their fresh appearance and natural colour. They also retain their unique taste with minimal loss of vitamins.

Amount per person:

- 200 g cleaned vegetables.
- 150 g peeled potatoes
- 40–50 g rice (dry weight)
- 50–60 g pasta (dry weight)

Vegetables are rich in vitamins and minerals and important for a healthy diet. They are also a valuable source of carbohydrates and dietary fibre. The most nutritious part is often directly under the skin, therefore vegetables should be peeled as thinly as possible, if at all. To avoid unnecessary loss of nutrients, wash vegetables before chopping them; cutting vegetables increases their surface area, with a consequent greater loss of nutrients and breakdown of fibre.

Vegetables should not be immersed in water as vitamins B and C are water soluble and are dispersed when soaked.

Vegetables and side dishes

Vitamins from the groups A, D, E and K are fat soluble. This means that for example, carrots, which are very rich in vitamin A, must be served with a little fat (e.g. oil or butter) so that the vitamin A can be processed by the body.

Potatoes, pasta, rice are excellent side dishes to accompany a main dish. Potatoes are available in a wide range of firm, fairly firm and floury varieties. The firm ones are used for salads, boiling and roasting.

Fairly firm potatoes lend themselves to bakes and gratins. Floury potatoes are starchier than other types and are especially good for mashed potatoes, dumplings, soups, purées and for grating.

When cooked, rice expands to about 3 times its dry volume. Whole grain rice and wholemeal pasta takes 5-10 minutes longer to cook than white rice and pasta.

Cooking vegetables with microwave power

Place cleaned, prepared vegetables in a dish. Add 3-4 tbsp water and a little salt according to freshness and moisture content. Fresh vegetables contain more moisture; for vegetables which have been stored for a while, add a little more water to balance out the lower moisture content. Cover vegetables and bring to the boil at 850 W, then reduce to 450 W and continue cooking. Allow the vegetables to stand for approx. 2 minutes after cooking to allow the temperature to equalise.

Cooking durations for different types of vegetables can be found in the cooking charts in the Operating and installation instructions.

The cooking durations given are for fresh vegetables. When cooking the same quantities of frozen vegetables, the time required to bring them to the boil should be increased by approx. 3 minutes. All values are for guidance purposes and can be affected by initial temperature and condition (freshness, size).

Stuffed aubergines

Preparation time: 50–60 minutes

Serves 4

Ingredients

3–4 aubergines

Oil

Filling ingredients

2 onions, diced

20 g butter or oil

300 g minced beef

250 g white mushrooms, sliced

200 g tomato purée

250 g double cream

Salt

Pepper

150 g grated Cheddar cheese

Accessories

Frying pan

Ovenproof dish

Method

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 hot oil. Arrange the slices in the oven dish.

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.

Spread the mixture over the aubergine slices. Sprinkle with grated cheese and bake until golden.

Recommended settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 20–25 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 15–18 minutes

Vegetables and side dishes

Jacket potatoes

Preparation time: 35 minutes

Serves 4

Ingredients

4 baking potatoes (each approx. 190 g)

1 tbsp oil

Salt

Pepper

Accessories

Glass tray

Method

Mix the salt and pepper with the oil, rub into the potatoes and prick them several times with a fork.

Place the potatoes on the glass tray in the pre-heated oven and bake.

Slice the potatoes lengthways and serve with butter.

Recommended settings

Oven function: Automatic programmes

Programme: Side dishes \ Potatoes \

Jacket potatoes

Duration: approx. 30 minutes

Alternative settings

Pre-heating:

Oven function: Fan plus

Temperature: 200 °C

Cooking stage 1

Oven function: MW + Fan plus

Power level/temperature: 300 W +
200 °C

Shelf level: 1

Duration: 25–30 minutes

Cauliflower in a mustard sauce

Preparation time: 35–45 minutes

Serves 4

Ingredients

1 cauliflower
250 ml meat stock
100 g double cream
30 g butter
20 g plain flour
3 tbsp coarse grained or mild mustard
Salt
Pepper
A little sugar

Method

Cut the cauliflower into florets. Place in a suitable microwave safe dish with 3 tbsp water, cover and cook for 6 minutes at 850 W, then for a further 10 minutes at 450 W. Drain.

Knead together the flour and butter until smooth. Place in a suitable microwave safe dish with the stock, cream, mustard and seasoning, cover and cook for 5 minutes at 850 W. Stir the sauce until smooth.

Pour the sauce over the cauliflower or serve separately in a jug.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 6 minutes

Cooking stage 2

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 10 minutes

Cooking stage 3

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Vegetables and side dishes

French beans tossed in tomatoes and breadcrumbs

Preparation time: 35–45 minutes

Serves 6

Ingredients

500 g green beans (frozen)

3 tomatoes, diced

2–3 tbsp oil

2 tbsp breadcrumbs

Salt

Freshly ground black pepper

1 tsp dried thyme

Accessories

Shallow gratin dish

Method

Place the beans in a suitable microwave safe dish with 3 tbsp water and a little salt, cover and cook for approx. 5 minutes at 850 W and then cook for a further 8 minutes at 450 W, taking care not to overcook them. Drain and arrange in the bottom of an ovenproof dish.

Combine the diced tomatoes with oil, breadcrumbs and seasoning. Add to the beans and bake until golden.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Cooking stage 2

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 8 minutes

Cooking stage 3

Oven function: Grill

Temperature: Level 3

Shelf level: 2

Duration: 10–15 minutes + 5 minutes pre-heating

Baked chicory

Preparation time: 50–60 minutes

Serves 4

Ingredients

8 small heads of chicory

Salt

8 slices of ham

8 slices of cheese

50 ml double cream

Salt

Pepper, freshly ground

2 tbsp breadcrumbs

1 tbsp butter

Accessories

Saucepan

Ovenproof dish

Method

Wash the chicory, remove the stalks and blanch for approx. 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.

Season the cream with salt and pepper, pour over the chicory and bake.

Fry the breadcrumbs in butter until golden, scatter over the chicory and serve.

Recommended settings

Oven function: Conventional heat

Temperature: 190–210 °C

Shelf level: 1

Duration: 20–30 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 20–30 minutes

Vegetables and side dishes

Gnocchi

Preparation time: 35–45 minutes

Serves 4

Ingredients

250 ml milk

250 ml water

1/2 tsp salt

250 g semolina

2 egg yolks

20 g butter

100 g Emmental or Cheddar cheese,
grated

Accessories

Shallow gratin dish

Method

Combine the milk, water, salt and semolina in a suitable microwave safe dish and mix well. Cover and cook for 6 minutes at 850 W and then for a further 10 minutes at 150 W.

Fold in the egg yolks. Use two spoons which have been place in hot water to break off gnocchi from the dough. Place the gnocchi close to one another in a greased ovenproof dish.

Sprinkle with the grated cheese, dot with butter and grill for approx. 10 minutes until golden.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 6 minutes

Cooking stage 2

Oven function: Microwave

Power level: 150 W

Shelf level: 1

Duration: 10 minutes

Cooking stage 3

Oven function: Grill

Temperature: Level 3

Shelf level: 1

Duration: 10 minutes + 5 minutes pre-heating

Spätzle au gratin

Preparation time: 45–55 minutes

Serves 4-5

Ingredients

500 g plain flour

200 ml water

5 eggs

Salt

3 tbsp chopped mixed herbs (e.g. parsley, chives, chervil)

3 onions

2 tbsp oil

200 g cheese, grated

Accessories

Saucepan

Ovenproof dish

Method

Stir together the flour, eggs, water, salt and herbs to form a light dough.

Scrape the dough from the board into boiling salted water. Allow the spätzle to cook for 3-5 minutes depending on size, then drain well.

Peel, slice and fry the onions in oil.

Arrange the spätzle, onions and cheese in layers in a greased gratin dish, finishing with cheese as the top layer. Bake until golden.

Recommended settings

Oven function: Conventional heat

Temperature: 190–210 °C

Shelf level: 1

Duration: 15–20 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 20–25 minutes

Vegetables and side dishes

Cucumber salad with a choice of sauces

Preparation time: 20–25 minutes

Serves 4

Ingredients

2 cucumbers (300 g each)

Dill sauce

100 g crème fraîche

2 tsp fresh dill, chopped

Salt

Tarragon sauce

100 g crème fraîche

200 ml double cream

200 ml vegetable stock

2 tsp tarragon, chopped

Salt

Pepper

Recommended settings

Cucumbers:

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Tarragon sauce:

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Method

Peel the cucumbers if preferred. Cut in half lengthways and scoop out the seeds with a teaspoon. Cut into 1/2 cm thick slices and place in a suitable microwave safe dish. Cover and cook for 5 minutes at 850 W.

To make the dill sauce, mix together the crème fraîche, dill and salt and pour over the cooked cucumber.

To make the tarragon sauce, combine the crème fraîche, cream, stock, tarragon and seasoning in a suitable microwave safe dish and cook uncovered for 5 minutes at 850 W. Cool and pour over the cooked cucumber.

Potato cheese bake

Preparation time: 60–70 minutes

Serves 4

Ingredients

500 g peeled, floury potatoes

250 g double cream

125 g crème fraîche

150 g grated Cheddar cheese

1 clove of garlic

Salt

Freshly ground black pepper

Nutmeg

Accessories

Ovenproof dish Ø 24 cm

Method

Slice the potatoes thinly and mix with 2/3 of the cheese.

Grease an ovenproof dish and rub with the garlic clove. Arrange the potatoes and the cheese in the dish.

Blend together the cream, crème fraîche, salt, pepper and nutmeg and pour evenly over the potatoes. Scatter the rest of the cheese over the top and bake uncovered in the oven until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Bakes & gratins \ Potato gratin \ Depth ...

Duration: approx. 44 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 35–45 minutes

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 45–55 minutes

Tip

For a low-calorie variation, arrange 750 g sliced potatoes in a greased ovenproof dish. Season with salt and pepper, and pour over 250 ml of vegetable stock. Bake as above. About 10 minutes before the end of baking, scatter 3 tbsp grated Parmesan over the top.

Vegetables and side dishes

Kohlrabi and cress gratin

Preparation time: 70–80 minutes

Serves 4

Ingredients

800 g kohlrabi
Butter for greasing
2 shallots, diced
100 g bacon
2 tbsp oil
200 ml vegetable stock
150 g crème fraîche
Pepper, freshly ground
Nutmeg, freshly ground
80 g cheese, grated
1 tub cress

Accessories

Ovenproof dish
Saucepan

Method

Peel the kohlrabi, cut into slices approx. 1 cm thick and arrange in a fan shape in the base of a greased gratin dish.

Dice the bacon and fry with the shallots. Add the stock and crème fraîche and season with pepper and nutmeg.

Pour the sauce over the kohlrabi, scatter with cheese and bake until golden.

Garnish with cress and serve.

Recommended settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 40–50 minutes

Alternative settings

Oven function: Conventional heat
Temperature: 190–210 °C
Shelf level: 1
Duration: 40–50 minutes

Tip

This gratin is an ideal accompaniment to schnitzels, sausages or potatoes.

Brussels sprouts au gratin

Preparation time: 75–85 minutes

Serves 4

Ingredients

750 g Brussels sprouts, cleaned

250 g tomatoes, diced

250 ml vegetable stock

150 g cream cheese with herbs

Salt

Pepper

Nutmeg

100 g grated Cheddar cheese

Accessories

Ovenproof dish

Saucepan

Method

Place the Brussels sprouts in a suitable microwave safe dish with 5 tbs water and a little salt, cover and cook for approx. 3 minutes at 850 W and then cook for a further 9 minutes at 450 W, taking care not to overcook them. Drain well.

Mix the Brussels sprouts and tomatoes in a shallow gratin dish.

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.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 3 minutes

Cooking stage 2

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 9 minutes

Cooking stage 3

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 1

Duration: 35–45 minutes

Vegetables and side dishes

Gourmet potatoes

Preparation time: 65–75 minutes

Serves 8

Ingredients

1.2 kg firm potatoes, peeled

1 tsp dried rosemary

2 tsp dried thyme

1 tsp dried sage

6 cloves of garlic (optional)

Salt

Pepper

6 tbsp olive oil

Accessories

Glass tray

Method

Peel and quarter the potatoes and arrange in the bottom of the glass tray. Mix the herbs, spices and garlic (if desired) with the oil. Pour over the potatoes and bake uncovered until golden, turning occasionally.

Recommended settings

Oven function: Fan plus

Temperature: 150–170 °C

Shelf level: 1

Duration: 50–60 minutes

Alternative settings

Oven function: MW + Fan plus

Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 40–50 minutes

Tip

Cook the potatoes simply with oil, salt and pepper and serve with porcini mushroom pesto. To make this, place 50 g dried porcini mushrooms in water to soak for approx. 15 minutes, drain and purée with 150 ml oil, 2 tbsp pumpkin seed oil, 2 tbsp chopped parsley, 75 g grated Pecorino or Parmesan and 1 tsp salt.

Spanish bean bake

Preparation time: 65–75 minutes

Serves 4

Ingredients

400 g green beans
Salt
2 small tins large white beans (310 g)
1 tin kidney beans (400 g)
2 onions, coarsely diced
2 cloves of garlic, crushed
300 g cherry tomatoes
10 green olives
1 tin chopped tomatoes (400 g)
3 tbsp olive oil
Coarsely ground black pepper
Sugar
1 tbsp mixed chopped herbs (e.g. thyme, oregano, rosemary)
100 g grated Manchego cheese

Accessories

Ovenproof dish 20 x 30 cm

Method

Wash and trim the green beans, place in a bowl with 100 ml salted water, cover and cook for 8 minutes at 850 W. Drain the green beans, white beans and kidney beans.

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.

Sprinkle with grated cheese and bake.

Recommended settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 8 minutes
Cooking stage 2
Oven function: Fan plus
Temperature: 160 °C
Shelf level: 1
Duration: 25–30 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 8 minutes
Cooking stage 2
Oven function: Conventional heat
Temperature: 180 °C
Shelf level: 1
Duration: 20–25 minutes + pre-heating

Vegetables and side dishes

Tomato risotto

Preparation time: 60 minutes

Serves 4–6

Ingredients

1 red onion
125 g Chorizo (Spanish salami)
1 courgette
100 g Kalamata olives, (black) pitted
2 1/2 tbsp olive oil
1 tin chopped tomatoes (400 g)
375 ml chicken stock
200 g Arborio rice
30 g butter
50 g grated Parmesan cheese
2 tbsp parsley, chopped
2 tbsp chives, chopped
60 g goats' cheese
50 g basil leaves
Olive oil

Accessories

Microwave safe oven dish with lid

Method

Peel and finely dice the onions, finely dice the chorizo and courgettes. Finely chop the olives. Place the onions, chorizo and olive oil in a microwave safe oven dish and cook.

Add the tomatoes, stock and rice, cover and continue cooking.

Add the courgettes, stir well and continue cooking.

Allow the risotto to stand for 2 minutes after cooking, then add the butter and Parmesan. Before serving stir in the parsley, olives and chives and garnish with goats' cheese and basil.

Recommended settings

Oven function: Automatic programmes
Programme: Side dishes \ Rice \ Risotto
Duration: approx. 30 minutes

Alternative settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 3 minutes

Cooking stage 2
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 8 minutes

Cooking stage 3
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 8–10 minutes

Courgette bake

Preparation time: 45–55 minutes

Serves 4

Ingredients

2 courgettes
1 onion, finely diced
10 g butter
1 tsp oregano or marjoram, finely chopped
1 slice of white bread, finely diced
200 g goats' cheese
1 tbsp soured cream
Salt
Freshly ground black pepper

Accessories

Saucepan
Ovenproof dish

Method

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 from the scooped out courgettes and the herbs.

Crumble the goats' cheese and blend with the soured cream. Stir into the onion mixture with the diced bread and season with salt and pepper.

Arrange the courgette halves in a suitable microwave safe oven dish, spoon in the filling and bake uncovered.

Recommended settings

Oven function: Fan plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 25–30 minutes

Alternative settings

Oven function: MW + Fan plus
Power level/temperature: 300 W + 180 °C
Shelf level: 1
Duration: 20–25 minutes

Sauces and chutneys

Good things come from above

Asparagus demands it, it gives a dessert a completely different twist, and meat and fish both benefit from something "on top": we're talking about sauce. Whether it's a classic such as a Hollandaise, or a new and imaginative creation, a tasty sauce is the finishing touch for many dishes. Bring a different characteristic to a meal every time: creamy today, peppery tomorrow, maybe fruity, maybe with a "shot" of something - the choice is yours.

Many dishes require a spicy accompaniment and hot or cold sauces of all kinds can be served with meat, poultry or fish. Sweet and spicy or milder chutneys which originate from India go well with grilled or flash-fried food. Countless variations of sauces and chutneys give favourite dishes the final flourish.

Red pepper and chilli sauce

Preparation time: 40–55 minutes

Serves 4

Ingredients

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

Cooking stage 2

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 6 minutes

Method

Wash, halve and de-seed the peppers and chilli pepper. 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.

Pour in the tomato juice and cook for a further 6 minutes at 850 W.

Season the sauce with salt, pepper and paprika.

The sauce is delicious served with pasta or small roast potatoes.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 8 minutes

Sauces and chutneys

Mango chutney

Preparation time: 60–70 minutes

Makes 2 jars, each approx. 400 ml

Ingredients

4 firm, unripe mangos (approx. 1.5 kg)

1 piece fresh ginger (approx. 40 g)

4 small red chilli peppers

3 limes

100 ml apple vinegar

150 g cane sugar

Method

Peel the mangos and remove the stone.

Chop 750 g fruit flesh into 1/2 cm dice.

Peel the ginger and cut into narrow strips. Halve and de-seed the chilli peppers and cut into very fine strips.

Squeeze the limes, and mix 75 ml of the juice with the vinegar.

Place the mango flesh and the sugar in a bowl, cover and cook for 8 minutes at 850 W.

Add the ginger and chilli peppers and continue to cook for 30 minutes at 450 W.

Add the vinegar and lime juice mixture and cook for a further 10 minutes at 450 W. If the mixture is still not thick enough, continue to cook uncovered for a further 5-8 minutes.

Transfer into jars while still warm and when cooled, store in the refrigerator.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 8 minutes

Cooking stage 2

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 30 minutes

Cooking stage 3

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 10–18 minutes

Tip

This chutney can also be made with apricots or with a mixture of mango and apricots.

Plum chutney

Preparation time: 60–70 minutes

Makes 2 jars, each approx. 400 ml

Ingredients

750 g plums, stoned

50 ml water

200 g brown sugar

1/2 tsp ground ginger

1/2 tsp mace

1 piece diced stem ginger

50 g raisins

2 tbs vinegar essence

Method

Chop the plums into pieces, place in a bowl with the water, sugar, spices, stem ginger and raisins, cover and cook for approx. 10 minutes at 850 W and then for a further 30–40 minutes at 450 W, until the mixture has thickened.

Add the vinegar, cover and cook gently for a further 10 minutes at 450 W.

Chutney should taste very spicy when hot, as the taste becomes milder as it cools down.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 10 minutes

Cooking stage 2

Oven function: Microwave

Power level 450 W

Shelf level: 1

Duration: 30–40 minutes

Cooking stage 3

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 10 minutes

Tip

A spicy accompaniment for stir fries, grilled beef or pork or for chicken.

Sauces and chutneys

Courgette and orange chutney

Preparation time: 40–50 minutes

Makes 2 jars, each approx. 400 ml

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 seed
A pinch of ground cinnamon
1/2 tsp curry powder
1/2 tsp pink peppercorns

Method

Wash the courgette. Peel the onion and garlic. Crush the garlic. Peel the apple and orange and dice, along with the courgette and onion.

Put the vinegar and sugar in a glass dish and heat for 5 minutes at 850 W. Add the vegetables, fruit and spices, cover and cook for 10 minutes at 600 W.

Transfer the chutney into sterilised jars and seal.

Recommended settings

Cooking stage 1
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 5 minutes

Cooking stage 2
Oven function: Microwave
Power level: 600 W
Shelf level: 1
Duration: 10–12 minutes

Tip

Delicious with grilled meat and stir fries.

The tastiest treats in the world!

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

Tips on preparation

Some of the recipes in this section are complete courses and others are tasty snacks to accompany a glass of wine.

Spicy treats can be conjured up with just a few ingredients from the cupboard.

Many can be made in advance and do not require last-minute attention just as the first guests arrive.

Savoury dishes

Flat bread with yoghurt

Preparation time: 130–140 minutes

Serves 8

Ingredients

1/2 cube of fresh yeast (21 g)

200 ml lukewarm milk

1 egg

100 g natural yoghurt

2 tbsp oil

2 tsp sugar

1/2 tsp baking powder

450 g strong white flour

1 tsp salt

Accessories

Baking parchment

Glass tray

Method

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.

Divide the dough into 8 pieces and roll them out thinly. Place on the glass tray lined with baking parchment and bake until golden.

Recommended settings

Oven function: Conventional heat

Temperature: 190–210 °C

Shelf level: 2

Duration: 12–14 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 2

Duration: 12–14 minutes + pre-heating

Savoury cheese biscuits

Preparation time: 15–35 minutes

Makes 100

Dough ingredients

150 g plain flour

125 g grated Cheddar cheese

2 egg yolks

125 g butter

For glazing

Egg white

Top with

Caraway

Grated cheese

Poppy seeds

Sesame seeds

Paprika powder

Accessories

Baking parchment

Glass trays

Method

Knead together the flour, cheese, egg yolk and butter to make a smooth dough.

Put in the refrigerator for 1 hour. Then roll out on a floured surface to a thickness of 3 mm.

Using different shaped cutters, cut biscuits out and place on the glass trays lined with baking parchment.

Brush with egg white and scatter caraway, poppy seeds, sesame seeds or paprika over, or sprinkle with grated cheese. Bake until golden.

Recommended settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 2 and 3

Duration: 12–17 minutes + pre-heating

Alternative settings

Oven function: Conventional heat

Temperature: 190–210 °C

Shelf level: 2

Duration: 12–17 minutes + pre-heating

Tip

Variation: cheese whirls. To make these, roll the dough out and cut into approx. 10 cm wide strips. Sprinkle the strips with caraway or chopped almonds and cheese or chopped almonds, cheese and oregano or chopped almonds, finely diced cheese and ham or chopped pistachios and grated cheese. Roll up the strips tightly with the filling, chill in the freezer and cut into approx. 1 cm slices. Place the slices on the glass tray lined with baking parchment and bake as described above.

Savoury dishes

Ham and cheese muffins

Preparation time: 40–50 minutes

Serves 8

Ingredients

50 g butter

2 eggs

1 tsp paprika

150 g natural yoghurt

220 g plain flour

3 tsp baking powder

60 g ham, diced

2 tbsp chopped chives

75 g grated Cheddar cheese

Accessories

8 muffin cases (Ø 7cm)

Method

Beat the butter until creamy. Stir in the eggs, paprika and yoghurt and mix well.

Sift together the flour and baking powder and fold into the mixture. Then add the ham, chives and cheese.

Arrange a double layer of muffin cases on a baking tray, divide the mixture between the cases and bake until golden.

Recommended settings

Oven function: Fan plus

Rapid heat-up: off

Temperature: 150–170 °C

Shelf level: 1

Duration: 20–25 minutes

Pizza variations

Preparation time: 70–80 minutes

Sufficient for 1 x 30 cm pizza

Dough ingredients

125 g strong white flour
10 g fresh yeast
1/4 tsp salt
1 tbsp oil
70–80 ml lukewarm water

Margherita pizza

250 g sliced tomatoes
150 g Mozzarella cheese, sliced
Olive oil
Oregano

Onion pizza

300 g finely sliced onions
Salt
Rosemary
4 tbsp olive oil

Vegetarian pizza

150 g broccoli florets, pre-cooked
150 g sliced white mushrooms
50 g sliced leeks, pre-cooked
150 g Mozzarella cheese, diced

Pepper pizza

One half each of a red, yellow and green pepper, washed and cut into strips
2 sliced tomatoes
100 g Emmental cheese, coarsely grated

Salmon pizza

200 g salmon, chopped
2–3 slices smoked salmon, cut into strips
3 hard-boiled eggs, quartered
1/2 tsp oregano
100 g grated Cheddar cheese

Leek and Gorgonzola pizza

2 tbsp walnut oil for gently frying the leeks
Salt
Pepper
100 ml white wine, added to the fried leeks
150 g Gorgonzola cheese, diced

Ricotta and basil pizza

30 g Ricotta or quark mixed with 50 ml double cream
2 eggs
1 tbsp walnut oil
Salt
Pepper
1 tbsp chopped basil, shredded and scattered over the dough
2 tomatoes, diced and scattered over
100 g Gorgonzola cheese, diced and scattered over the cream/egg mixture

Accessories

Glass tray
or a round baking tray Ø 27 cm

Method

Mix the flour, yeast, salt, oil and water together and knead until you have a smooth dough. Leave to prove at room temperature for approx. 20 minutes.

Punch down briefly, then roll out on a floured surface to make a circular shape approx. Ø 27–30 cm. Transfer to the greased glass tray or a Miele round baking tray.

Savoury dishes

Spread some passata over the pizza, and season with salt, pepper and oregano.

Arrange the topping of your choice on the pizza and bake immediately.

To make a calzone, roll the pizza base out on a floured surface to make a Ø 30 cm circle. Spread the filling of your choice over one half of the base. Fold the other half of the circle over to create a semi-circle. Press the edges together firmly. Place the calzone on the greased glass tray or a Miele round baking tray, brush the surface with milk and bake until golden.

Recommended settings

Oven function: Automatic programmes

Programme: Pizza, Quiche & Co. \

Fresh \ Glass tray or Round baking tray

\ Normal topping or Deep topping

Glass tray:

Duration:

Normal topping: approx. 52 minutes

Deep topping: approx. 62 minutes

Round baking tray:

Duration:

Normal topping: approx. 42 minutes

Deep topping: approx. 55 minutes

Alternative settings

Oven function: Fan plus

Temperature: 170–190 °C

Shelf level: 2

Duration: 30–35 minutes + pre-heating

Oven function: Conventional heat

Temperature: 170–190 °C

Shelf level: 1

Duration: 25–30 minutes + pre-heating

Tip

Double the quantities if you want to make enough dough to cover the entire glass tray and then bake using Fan plus or Conventional heat for 30–40 minutes.

Grilled baguette slices

Preparation time: 15–35 minutes

Serves 4–8

Pesto

8 baguette slices
8 tsp basil pesto
8 slices Mozzarella cheese

Tomato

6 baguette slices
50 g sundried tomatoes in oil
100 g diced goats' cheese
50 g Ricotta cheese or butter
1 tsp chopped basil
Salt
Freshly ground black pepper

Bruschetta

6 baguette slices
1 clove of garlic, finely diced
3 tbs olive oil
3 tomatoes, diced
1 diced gherkin
Salt
Pepper
Chopped basil

Vegetable crostini

12 baguette slices
20 g butter
150 g courgettes, finely diced
120 g peppers, finely diced
150 g tomatoes, diced
1 clove of garlic, diced
1 tbs fresh mixed herbs (e.g. parsley, basil, thyme)
Salt
Pepper
200 g diced Mozzarella

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.

Tomato

Finely dice the tomatoes 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 continue grilling.

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 until golden. Mix the diced tomatoes and gherkin and season well with salt and pepper. Spread over the toasted bread, scatter with fresh basil and serve immediately.

Vegetable crostini

Sauté the vegetables in the butter and season well with salt, pepper and herbs. Cool the mixture slightly, then stir in the Mozzarella. Arrange the sliced bread on the glass tray and spread the vegetable and cheese mixture over. Bake until golden.

Savoury dishes

Recommended settings

For pesto, tomato and bruschetta:

Oven function: Grill

Temperature: Level 3

Shelf level: 3

Duration: 10–12 minutes + pre-heating

For vegetable crostini:

Oven function: Fan plus

Temperature: 160–180 °C

Shelf level: 1

Duration: 10–12 minutes + pre-heating

Alternative settings

For vegetable crostini:

Oven function: Conventional heat

Temperature: 180–200 °C

Shelf level: 1

Duration: 10–12 minutes + pre-heating

Pizza whirls

Preparation time: 55–65 minutes

Makes 16 slices

Dough ingredients

120 g quark
4 tbsp oil
4 tbsp milk
1 tsp salt
1 egg
250 g plain flour
5 tsp baking powder

Filling ingredients

200 g salami, diced
3 tomatoes, diced
1 onion, diced
50 g quark
75 g grated Cheddar cheese
Salt
Pepper
Oregano

For glazing

1 egg yolk

Top with

100 g coarsely grated Cheddar cheese

Accessories

Baking parchment
Glass trays

Method

Mix together the quark, milk, oil, egg, and salt. Sift the baking powder into the flour and stir half into the mixture. Then knead in the remainder. Divide the dough in half.

Roll the two halves of dough out on a floured surface to make rectangles measuring approx. 40 x 25 cm. Spread half of the filling onto one rectangle.

Roll the dough up, then cut into 8 slices. Arrange the slices on the glass tray lined with baking parchment.

Spread the second rectangle with the rest of the filling, roll up and slice as before. Brush the whirls with egg yolk, scatter with cheese and bake until golden.

Recommended settings

Oven function: Fan plus
Temperature: 150–170 °C
Shelf level: 1 and 3
Duration: 30–40 minutes

Alternative settings

Oven function: Conventional heat
Temperature: 170–190 °C
Shelf level: 2
Duration: 30–40 minutes

Savoury dishes

Spicy baked oven nuts

Preparation time: 20–25 minutes

Serves 8

Ingredients

400 g mixed whole nuts (e.g. almonds, hazelnuts, macadamia nuts, cashew nuts)

1–1 1/2 tsp chilli flakes

1 1/2 tsp coarse sea salt

1–2 tbsp olive oil

Accessories

Glass tray

Method

Spread the nuts out on a glass tray. Stir together the chilli flakes, salt and oil and mix with the nuts. Roast until golden.

Stir several times during cooking.

Recommended settings

Oven function: Conventional heat

Temperature: 210–230 °C

Shelf level: 2

Duration: 10–12 minutes + pre-heating

Alternative settings

Oven function: Fan plus

Temperature: 190–210 °C

Shelf level: 2

Duration: 10–12 minutes + pre-heating

All's well that ends well

No-one can resist a delicious dessert. An ice cream, soufflé or fruity confection is the perfect end of a meal, yet requires relatively little effort to make. Indeed, the most successful desserts are often those that need the least preparation.

A luxury pudding is the crowning glory of a delicious meal, and a fine main course should always be followed by an exotic dessert.

The dessert should be a contrast in terms of colour and texture to the rest of the meal, so that if you are serving a creamy-coloured soup or white sauce, for example, then vanilla ice cream should be avoided. Similarly a tomato sauce is best not followed by strawberries!

Tips on preparation

Stir sweet dishes with custard powder, cornflour, semolina, sago or rice frequently during cooking to prevent a starch layer and lumps forming.

Always use a high-sided dish when making desserts, so that the milk cannot not boil over.

Rice and sago require time to swell, which cannot be reduced by using the microwave.

Always dissolve gelatine and chocolate on a reduced power setting (450 W).

The calorie count of some cream desserts can be reduced by substituting cream with stiffly beaten egg white.

Desserts

Red berry compote

Preparation time: 15–20 minutes

Serves 4

Ingredients

400 g mixed berries (e.g. strawberries, raspberries), fresh or frozen

50 ml strawberry syrup

1-2 tbsp cornflour

2 tbsp cold water

20 ml crème de cassis

Method

Put the berries in a glass dish with 100 ml water and the strawberry syrup, cover and cook for 5 minutes at 850 W.

Mix the cornflour with 2 tbsp water and the crème de cassis to a smooth paste. Add to the berries and cook for a further 2 minutes.

Delicious with vanilla ice cream or home-made custard.

Recommended settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 5 minutes

Cooking stage 2

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 2 minutes

Fruit crumble

Preparation time: 45–60 minutes

Serves 6–8

Ingredients

750-800 g sharp dessert or cooking apples

65 g sugar (optional)

200 g fresh blueberries

75 g plain flour

90 g brown sugar

2 tsp ground cinnamon

60 g butter

50 g oat flakes

50 g pecan nuts

Accessories

Dish Ø 25 cm, heat resistant, microwave safe

Glass tray

Method

Peel, quarter and slice the apples. Arrange in a greased, microwave safe and heat resistant dish. Sprinkle with sugar if desired, place on the glass tray and cook.

In the meantime, mix together the brown sugar and cinnamon. Add the flour, butter, oat flakes and pecan nuts and knead to a crumble mixture.

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

Allow the crumble to cool for 10 minutes, then serve with whipped cream or Greek yoghurt.

Recommended settings

Oven function: Automatic programmes

Programme: Dessert \ Fruit crumble

Duration: approx. 20 minutes

Alternative settings

Cooking stage 1

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 7–13 minutes

Cooking stage 2

Oven function: MW + Fan grill

Power level/temperature: 300 W + 180 °C

Shelf level: 1

Duration: 7–13 minutes

Tip

Pears, apricots or peaches can be used instead of apples. The blueberries can be substituted with raspberries, blackcurrants or sliced bananas.

Desserts

Quark soufflé

Preparation time: 20–25 minutes

Serves 4

Ingredients

500 g quark
100 g caster sugar
2 eggs
2 tsp vanilla sugar
2 packets of custard powder or 125 g semolina
Juice of 1/2 a lemon
1/2 tsp baking powder
125 g raisins
2 tbsp breadcrumbs
30 g butter

Accessories

Ovenproof dish

Method

Mix the quark with the caster sugar, vanilla sugar, eggs, custard powder or semolina, lemon juice and baking powder. Stir in the raisins and pour into a greased oven dish.

Scatter with breadcrumbs, dot with butter and cook uncovered.

Recommended settings

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 10–12 minutes

Tip

You can use 500 g pitted cherries or chopped apricots or peaches.

Strawberry swirl

Preparation time: 40–50 minutes

Serves 6

Ingredients

300 g strawberries

50 g sugar

3 leaves of red gelatine

3 leaves of white gelatine

200 g soured cream

150 g natural yoghurt

2 tsp vanilla sugar

50 g sugar

250 ml double cream

Method

Soak the red and white gelatine separately in cold water for approx. 10 minutes. Purée the strawberries with the sugar. Remove the red gelatine from the water and gently squeeze out the excess water. Dissolve the gelatine for approx. 15 seconds at 450 W. Mix with a little strawberry purée, then stir into the rest of the fruit, making sure it is thoroughly mixed.

Combine the soured cream with the yoghurt, vanilla sugar and sugar. Remove the white gelatine from the water and gently squeeze out the excess water. Dissolve for approx. 15 seconds at 450 W. Mix with a little of the soured cream mixture, then stir into the rest of the soured cream mixture. Refrigerate until the mixture begins to set.

Whip the cream into stiff peaks and fold into the soured cream mixture. Spoon into serving dishes and swirl some strawberry purée into each one. Chill before serving.

Recommended settings

Dissolving gelatine:

Oven function: Microwave

Power level: 450 W

Shelf level: 1

Duration: 15 seconds

Desserts

Bread and butter pudding

Preparation time: 60 minutes

Serves 10

Ingredients

14 slices white bread
80 g softened butter, unsalted
8 egg yolks
150 g caster sugar
1 vanilla pod
300 ml milk
300 ml double cream
100 g raisins

Top with

Sugar

Accessories

Shallow ovenproof dish
Saucepan

Method

Grease the oven dish with a little butter.

Cut the crusts off the bread, spread the rest of the butter on the bread slices and halve diagonally.

Mix the egg yolk and sugar together in a bowl.

Halve the vanilla pod lengthways and heat up in a pan with the milk and cream. Remove the vanilla pod and slowly add the milk to the egg and sugar mixture, stirring constantly.

Arrange half of the bread in the dish, scatter the raisins over it and top with the remainder of the bread.

Pour the warm egg and milk mixture evenly over the bread and allow to soak for 20 minutes. Then scatter with a little sugar and place in the pre-heated oven.

Recommended settings

Oven function: Automatic programmes
Programme: Dessert \ Bread and butter pudding
Duration: approx. 35 minutes

Alternative settings

Cooking stage 1
Oven function: Fan plus
Temperature: 190 °C

Cooking stage 2
Oven function: MW + Fan plus
Power level/temperature: 80 W + 190 °C
Shelf level: 1
Duration: 25 minutes

Lemon mousse

Preparation time: 40–50 minutes

Serves 4–6

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 g double cream
500 g mixed fruits of the forest, frozen
50 g caster sugar

Method

Soften the gelatine in cold water for approx. 10 minutes, squeeze gently to remove excess water and dissolve for approx. 15 seconds at 450 W.

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.

When the mixture begins to stiffen, fold in the whipped cream.

Sprinkle the fruit with sugar and if using frozen fruit, place in a suitable microwave safe dish and defrost for approx. 10 minutes at 150 W. Arrange the fruit on 4 dessert plates with scoops of the yoghurt mixture and garnish with sprigs of lemon balm or spirals of lemon zest.

Recommended settings

Dissolving gelatine:
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 15 seconds
Defrosting fruit:
Oven function: Microwave
Power level: 150 W
Shelf level: 1
Duration: 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 firm surface before squeezing.

Drinks

Relaxing moments

What do thirst quenchers, pick-me-ups, warming drinks and cool refreshing drinks which lift the mood all have in common? Their comforting effect streams through even as we are enjoying them and they have a more rapid impact on our wellbeing than any meal. Drinks lift the mood in a way that requires no explanation - especially when they are made either with aromatic coffee or a "drop" of something.

Tips on preparation

Do not heat liquids for much longer than the times given. If necessary, heat for slightly longer when the cooking duration has elapsed.

Do not heat alcohol neat as this can ignite.

When heating liquids, milk, sauces etc, using microwave power, 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, which can lead to the liquid boiling over suddenly and explosively. To avoid this, always wait a minimum of 20 seconds before removing the container from the oven and place a suitable glass rod or utensil into the cup or glass when heating liquids.

When heating drinks, you can also select a higher microwave power setting of 1000 W, depending on the type of drink. Heating times are reduced for smaller quantities.

Orange coffee

Preparation time: 10–15 minutes

Serves 4

Ingredients

375 ml strong coffee

4 tsp caster sugar

80 ml orange liqueur

125 g double cream

2 tsp vanilla sugar

Recommended settings

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 4 minutes

Method

Mix together the coffee, sugar and orange liqueur. Pour into a suitable jug and heat uncovered for 4 minutes on 850 W. Divide the drink equally between four cups.

Beat the cream with the vanilla sugar until stiff. Spoon onto the hot coffee and serve immediately.

Drinks

Iced mocha

Preparation time: 10–15 minutes

Serves 2

Ingredients

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

Method

Mix together the coffee, chocolate, cinnamon, cardamom, sugar and rum in a suitable jug and heat for 4 minutes at 450 W, until the chocolate has melted. Cool slightly.

Pour into 2 glasses. Scoop the ice cream into the coffee mixture. Top with cream and grated chocolate.

Recommended settings

Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 4 minutes

Tip

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

Making jam

Making your own jams and preserves is an excellent way of using up surplus homegrown fruit so you and your family can enjoy delicious jams at any time, regardless of seasonal availability.

Tips on preparation

Only use ripe, blemish-free fruit to make jam. Weigh all of the ingredients carefully.

Do not change the quantity given for the sugar.

Special sugars or agents are available for low-sugar preserves. Their shelf life is slightly shorter than jams made with normal jam sugars.

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 for 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.

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 5 minutes. Then turn them the right way up again.

If you are freezing fruit in the summer, it is a good idea to freeze it in suitable quantities for making jam later in the year.

Jams and preserves

Peach jam

Preparation time: 15–20 minutes

Makes 2 jars, each approx. 400 ml

Ingredients

500 g peach flesh

500 g jam sugar

1 sachet citric acid

3 tbsp apricot liqueur or Campari

Recommended settings

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 12–15 minutes

Method

Cut the peach flesh into chunks.

Put the peach chunks in a bowl with the jam sugar and citric acid, purée coarsely, cover and cook.

Stir frequently.

Add the apricot liqueur or Campari.

Pour the hot conserve into sterilised screw-top jars and seal immediately. Stand the jars upside down on their lids for approx. 5 minutes, then turn them the right way up again.

Plum compote

Preparation time: 300–360 minutes

Makes 4-5 screw-top jars, each approx. 400 ml

Ingredients

2.5 kg ripe plums
125 g caster sugar

Accessories

Gourmet oven dish
or glass tray

Method

Stone the plums, chop them up roughly and place them in an oven dish or in the glass tray. Sprinkle with sugar, allow to stand for approx. 3 hours, then cook uncovered. Once bubbling, turn the temperature down and continue to cook.

Stir frequently during cooking. The plum compote should only cook very gently.

Do not allow it to become too thick, as it continues to thicken as it cools.

When cooled transfer the plum compote into sterilised screw-top jars and seal immediately.

Stand the jars upside down on their lids for approx. five minutes, then turn them upright again.

Recommended settings

Oven function: Fan plus
Boiling temperature: 190–210 °C
Cooking temperature: 140–160 °C
Shelf level: 1
Duration: 100–120 minutes

Tip

Plum compote can also be frozen in suitable containers. Colour and flavour are both well retained at low temperatures.

Jams and preserves

Sour cherry and vanilla conserve

Preparation time: 15–20 minutes

Makes 1 jar, approx. 400 ml

Ingredients

300 g sour cherries (frozen)

150 g jam sugar

1 vanilla pod

2 tbsp kirsch (optional)

Recommended settings

Oven function: Microwave

Power level: 850 W

Shelf level: 1

Duration: 8–10 minutes

Method

Place the cherries, jam sugar and vanilla pod in a suitable container, mix, cover and cook.

Stir frequently.

Stir in the kirsch if desired.

Pour the hot conserve into sterilised screw-top jars and seal immediately. Stand the jars upside down on their lids for approx. 5 minutes, then turn them the right way up again.

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