Speed oven cookbook
Dear Gourmet,

When families come together, it is often around the dining table and so often when people enjoy each other's 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.

We have condensed our experience, passion and pleasure of experimenting with food into this cookbook by creating recipes that are as imaginative as they are successful. We hope that you will enjoy the results as much as you do the cooking.

If you have any questions or comments, please give us a call on the number at the back of this booklet.

Happy cooking from

Your Miele Test Kitchen
## Contents

**Foreword** ......................................................................................................................... 3

**Introduction** ..................................................................................................................... 10

**Microwave function** ....................................................................................................... 12

- Practical tips ..................................................................................................................... 12

**Accessories and care products available to order** .......................................................... 14

**Baking** ............................................................................................................................. 16

- Tips on preparation and general information .................................................................... 16

- Apple pyramids .................................................................................................................. 19

- Apple tart ........................................................................................................................... 20

- Apple sponge ..................................................................................................................... 21

- Apple pie ........................................................................................................................... 22

- Apple hazelnut streusel ..................................................................................................... 23

- Apple cinnamon cake ....................................................................................................... 24

- Apricot streusel cake ........................................................................................................ 25

- Belgian sponge cake ......................................................................................................... 26

- Pear cake with almond topping ......................................................................................... 27

**Gateau** .............................................................................................................................. 28

  - I. Quark and cream filling .............................................................................................. 30

  - II. Cappuccino filling .................................................................................................... 31

**Yeast butter cake** ............................................................................................................ 32

**Cappuccino crumble slices** ............................................................................................. 33

**Espresso slices** ............................................................................................................... 34

**Lemon drizzle cake** .......................................................................................................... 35

**Plum upside down pudding** ............................................................................................ 36

**Orange and yoghurt syrup cake** ...................................................................................... 38

**Cheesecake** .................................................................................................................... 39

**Gugelhupf** ....................................................................................................................... 40

**Cherry and almond cake** ............................................................................................... 41

**Marble cake** ................................................................................................................... 42

**Fruit streusel cake** .......................................................................................................... 43

**Orange slices** .................................................................................................................. 45

**Raisin and quark slices** .................................................................................................. 46

**Iced Chelsea slices** ......................................................................................................... 47

**Sand cake** ....................................................................................................................... 48

**Chocolate and advocaat cake** ......................................................................................... 49

**Chocolate cake** ............................................................................................................... 50

**Streusel cake** .................................................................................................................. 51

**Lemon tart** ....................................................................................................................... 52

**Chocolate cherry muffins** ............................................................................................... 53
Walnut muffins .......................................................... 54
Butter biscuits .......................................................... 55
Gingerbread .............................................................. 56
Almond macaroons ..................................................... 57
Mango and coconut puffs ............................................ 58
Mocha macaroons ...................................................... 59
Choc rum raisin squares ........................................... 60
Vanilla biscuits .......................................................... 61
Flat bread ................................................................. 62
Plaited loaf ............................................................... 63
Yoghurt and nut bread .............................................. 64
White bread in tin ..................................................... 65
Quick herb ciabatta ................................................... 66
Olive bread ............................................................... 67
Raisin loaf ............................................................... 68
Bacon or herb baguettes ............................................ 69
White bread ............................................................. 70
Ginger loaf ............................................................... 71

**Snacks and starters** .................................................. 72
Palermo style pastry puffs .......................................... 73
Salmon terrine .......................................................... 74
Marinated capsicums ............................................... 75
Baked artichoke hearts ............................................. 76

**Soups and stews** ....................................................... 77
Tips on preparation and general information .............. 77
Prawn curry soup ..................................................... 79
Chicken risotto ........................................................ 80
Pumpkin soup .......................................................... 81
Cream of sweetcorn soup ....................................... 82
Minestrone ............................................................... 83
Borscht ................................................................. 84
Tomato soup with basil cream ................................ 85
Viennese gardener’s soup ...................................... 86

**Bakes** ................................................................. 87
Eggplant moussaka .................................................. 88
Chicken and mushroom pie ..................................... 89
Chicory gratin .......................................................... 91
Salmon lasagne ........................................................ 92
Pasta bake ............................................................... 93
Zucchini moussaka .................................................. 94
Contents

Vegetarian dishes........................................................................................................... 95
Broccoli and mushroom bake.................................................................................. 96
Mushroom lasagne ..................................................................................................... 97
Cheese dumplings ..................................................................................................... 98
Spinach lasagne with fetta ...................................................................................... 99
Vegetable lasagne .................................................................................................... 100

Fish .............................................................................................................................. 102
Tips on preparation and general information ......................................................... 102
Fish curry .................................................................................................................. 104
Fish on a bed of vegetables ..................................................................................... 105
Salmon on a bed of spring vegetables ..................................................................... 106
Fish casserole ............................................................................................................ 107
Paella ......................................................................................................................... 108
Prawn kebabs ............................................................................................................ 109
Flounder fillet on a bed of spinach ........................................................................ 110
Salmon in a horseradish crust ............................................................................... 111
Pikeperch in a herb and cream sauce .................................................................... 112

Meat and poultry ...................................................................................................... 113
Meat: preparation tips and information .................................................................. 114
Poultry: preparation tips and information ............................................................... 115
Sirloin joint / Fillet of beef ..................................................................................... 116
Braised beef .............................................................................................................. 117
Hash ............................................................................................................................ 118
Roast pork ................................................................................................................ 119
Pork fillet in a Roquefort sauce .............................................................................. 120
Pork fillet in puff pastry .......................................................................................... 121
Meat loaf .................................................................................................................. 122
Belgian meat loaf .................................................................................................... 123
Roast veal in a cream sauce ................................................................................... 124
Veal knuckle ............................................................................................................. 125
Leg of lamb ............................................................................................................... 126
Saddle of lamb baked in a mustard and herb crust ............................................. 127
Duck with oranges .................................................................................................. 128

Chicken ...................................................................................................................... 129
Spicy chicken breast with eggplant ....................................................................... 130
Chicken in a mustard cream sauce ....................................................................... 132
Stuffed turkey .......................................................................................................... 133
Stuffed turkey breast .............................................................................................. 134
Turkey drumsticks with chutney .......................................................................... 135
Haunch of hare ....................................................................................................... 136
Saddle of hare ........................................................................................................ 137
Contents

Rabbit in a mustard sauce ................................................................. 138
Saddle of venison ........................................................................... 139
Vegetables and side dishes .............................................................. 140
Tips on preparation and general information ............................... 140
Stuffed eggplants ........................................................................... 142
Jacket potatoes ................................................................................ 143
Cauliflower in a mustard sauce ...................................................... 144
French beans tossed in tomatoes and breadcrumbs .................... 145
Chicory bake .................................................................................... 146
Gnocchi .............................................................................................. 147
Herby spätzle au gratin .................................................................... 148
Cucumber salad with a variety of sauces ....................................... 149
Potato cheese gratin ........................................................................ 150
Kohlrabi and cress gratin ................................................................. 151
Brussels sprouts au gratin ................................................................. 152
Gourmet potatoes ............................................................................ 153
Spanish bean bake .......................................................................... 154
Tomato risotto .................................................................................. 155
Zucchini bake ................................................................................... 156
Sauces and chutneys ....................................................................... 157
Red capsicum and chilli sauce ....................................................... 158
Mango chutney .................................................................................. 159
Plum chutney .................................................................................... 160
Zucchini and orange chutney ........................................................ 161
Savoury snacks ................................................................................. 162
Flat bread with yoghurt .................................................................. 163
Savoury cheese biscuits .................................................................. 164
Ham and cheese muffins ................................................................. 165
Pizza variations ................................................................................ 166
Grilled baguette slices .................................................................... 168
Pizza whirls ...................................................................................... 170
Spicy baked oven nuts ..................................................................... 171
Desserts ............................................................................................... 172
Red berry compote ......................................................................... 173
Fruit crumble .................................................................................... 174
Quark soufflé .................................................................................... 175
Strawberry swirl ............................................................................... 176
Bread and butter pudding .............................................................. 177
Lemon mousse .................................................................................. 178
## Contents

### Drinks

- Orange coffee ................................................................. 180
- Iced mocha ................................................................. 181

### Jams and preserves

- Peach jam ................................................................. 183
- Plum conserve ........................................................... 184
- Sour cherry and vanilla conserve ................................ 185
Introduction

Oven functions
A variety of oven functions are used in the recipes. Depending on model, your speed oven has further Oven 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 speed 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 speed 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.

Cooking containers
Depending on function, the cooking containers used must be microwave safe and heat resistant. Please follow the instructions 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 menu option "Heating-up phase – normal" or "Rapid heat-up – Off".

Quantities and weights

Abbreviations

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

1 teaspoon is approx.

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

1 tablespoon is approx.

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

1 packet equals

- 8 g vanilla sugar
- 8 g whipped cream stiffener
- 16 g 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

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity/Weight</th>
<th>Power level [W]</th>
<th>Duration [min.]</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melting butter and margarine</td>
<td>100 g</td>
<td>450</td>
<td>1–2</td>
<td>Do not cover</td>
</tr>
<tr>
<td>Melting chocolate</td>
<td>100 g</td>
<td>450</td>
<td>2–3</td>
<td>Do not cover, stir halfway through melting.</td>
</tr>
<tr>
<td>Dissolving gelatine</td>
<td>1 packet + 2 ½ tbsp. water</td>
<td>450</td>
<td>00:15–00:20</td>
<td>Do not cover, stir halfway through dissolving.</td>
</tr>
<tr>
<td>Preparing flan topping/jelly glaze</td>
<td>1 packet + 250 ml liquid</td>
<td>450</td>
<td>4–5</td>
<td>Do not cover, stir halfway through heating</td>
</tr>
<tr>
<td>Proving yeast dough</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starter dough with 100 g flour</td>
<td></td>
<td>80</td>
<td>5–7</td>
<td>Cover and leave to prove</td>
</tr>
<tr>
<td>Dough with 500 g flour</td>
<td></td>
<td>80</td>
<td>8–10</td>
<td>Cover and leave to prove</td>
</tr>
<tr>
<td>Blanching almonds</td>
<td>100 g</td>
<td>850</td>
<td>1–2</td>
<td>Cover and heat with a little water</td>
</tr>
<tr>
<td>Popcorn</td>
<td>1 tbsp. (20 g) popcorn</td>
<td>850</td>
<td>5–7</td>
<td>Place popcorn in a 1 litre container, cover and cook, sprinkle with icing sugar or salt after cooking</td>
</tr>
<tr>
<td>Microwave popcorn</td>
<td>Approx. 100 g</td>
<td>max. 4</td>
<td></td>
<td>Do not leave unattended</td>
</tr>
<tr>
<td>Tempering citrus fruits</td>
<td>150 g</td>
<td>150</td>
<td>1–2</td>
<td>Place on a plate, do not cover</td>
</tr>
<tr>
<td>Chocolate marshmallow</td>
<td>20 g</td>
<td>600</td>
<td>00:15–00:20</td>
<td>Heat uncovered on a plate</td>
</tr>
<tr>
<td>Decrystallising honey</td>
<td>500 g</td>
<td>150</td>
<td>2–3</td>
<td>Heat uncovered in jar, stir halfway through heating</td>
</tr>
<tr>
<td>Steeping oil for salad dressing</td>
<td>125 ml</td>
<td>150</td>
<td>1–2</td>
<td>Heat uncovered on a gentle heat</td>
</tr>
</tbody>
</table>

The information given in this chart is intended only as a guide.
<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity/Weight</th>
<th>Power level [W]</th>
<th>Duration [min.]</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>100 g</td>
<td>850</td>
<td>2–3</td>
<td>Cover with kitchen paper</td>
</tr>
<tr>
<td>Marinating meat</td>
<td>1000 g</td>
<td>150</td>
<td>15–20</td>
<td>Marinate in a covered container, turning halfway through</td>
</tr>
<tr>
<td>Softening ice cream</td>
<td>500 g</td>
<td>150</td>
<td>2</td>
<td>Place open ice cream container in microwave</td>
</tr>
<tr>
<td>Soaking dried fruit</td>
<td>250 g</td>
<td>80</td>
<td>20</td>
<td>Add a little water, do not cover</td>
</tr>
<tr>
<td>Porridge</td>
<td>250 ml milk + 4 tbsp. porridge oats</td>
<td>850 + 150</td>
<td>2–3 + 2–3</td>
<td>Heat the milk in a covered bowl, stir in the oats and continue cooking</td>
</tr>
<tr>
<td>Skinning tomatoes</td>
<td>Makes 3</td>
<td>450</td>
<td>7–8</td>
<td>Cut a cross shape 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.</td>
</tr>
<tr>
<td>Bread rolls</td>
<td>Makes 2</td>
<td>150 Grill setting 3</td>
<td>1–2 3–4</td>
<td>Place on the rack. Do not cover, turn halfway through defrosting.</td>
</tr>
<tr>
<td>Preparing custard royale</td>
<td>150 g from 2 eggs, 4 tbsp. cream, salt and grated nutmeg</td>
<td>450</td>
<td>3–4</td>
<td>Beat together the eggs, cream, salt and nutmeg, cover and cook</td>
</tr>
<tr>
<td>Strawberry jam</td>
<td>300 g strawberries 300 g jam sugar</td>
<td>850</td>
<td>7–9</td>
<td>Mix the fruit and sugar in a deep container, cover and cook</td>
</tr>
</tbody>
</table>
Accessories and care products available to order

Original Miele accessories will help you get the best out of your appliance. Miele accessories are designed in form and function 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 HBF 27-1

This circular pan is suitable for cooking pizzas, flat cakes made with yeast or whisked mixtures, sweet and savoury tarts, baked desserts, and can also be used for frozen cakes.

The surface has been treated with PerfectClean, eliminating the need for baking paper or greasing the tray in most cases. 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 oven dishes and HBD oven dish lids

The Miele Gourmet dishes are 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 dishes have 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

The oven dishes have depths of 22 cm or 35 cm. They have the same width and height.

HUB 61-22/ HUB 62-22* HUB 61-35

* Suitable for induction cooktops

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

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

HBD 60-22 HDB 60-35

The oven dish HUB 61-35 cannot be used in conjunction with its lid because the total height of these two items exceeds the height of the oven cavity.

Do not use the dish or the lid with microwave cooking functions.

Original Miele care products

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

Original Miele oven cleaner

The Original Miele oven cleaner gives best 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.
Truly scrumptious
Homemade cakes and biscuits are as much a part of a sociable coffee morning or cozy 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 crispy? 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 baking time 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 are clinging to the skewer, carry on baking it until it is done.

Cakes baked in a tin should be left to stand for approx. 10 minutes before turning out. Loosen the edges with a knife and turn out the cake. If the cake is still sticking to the tin, place a damp cloth over the tin and wait until the resulting steam separates the cake from the tin.
If the cake mixture rises too much and then collapses at the end of the cooking time, 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 better for working into a smooth, non-sticking kneaded dough.

Sponge cake mixture should be baked immediately. Bake flan cases a day before filling to allow the sponge base to settle more evenly. 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, silicone 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.
Amaretto almond gateau

Preparation time: 55–65 minutes
Serves 12

Dough ingredients
4 egg yolks
Zest of 1 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
5 tbsp. Amaretto

Ingredients for the topping
50 g icing sugar
1 tbsp. Amaretto

To sprinkle on top:
40 g chopped almonds

Accessories
Ø 26 cm springform cake tin

Preparation
Beat together the egg yolk, vanilla pulp, lemon zest and icing sugar until creamy. Beat the egg whites until stiff and then fold them in. Mix the baking powder, flour and ground almonds together 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 spread over the cake.

Lightly dry roast the almonds in a pan and sprinkle on top.

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: 40–50 minutes
Apple pyramids

Preparation time: 40–50 minutes  
Makes 8

Ingredients
8 sheets puff pastry (approx. 300 g, frozen)  
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

To glaze:
1 egg white  
1 egg yolk  
½ tbsp. milk

Accessories
Glass tray

Preparation
Defrost and roll the pastry out on a floured surface to 8 squares (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.

Arrange the apple pyramids on the glass tray rinsed in cold water and brush with a mixture of milk and beaten egg yolk. 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

Useful tip
Sharp apples provide a fruitier flavour than sweet apples.
Baking

Apple tart

Preparation time: 80–90 minutes
Serves 12

Dough ingredients
200 g plain flour
100 g softened butter
60 g icing sugar
A pinch of salt
1 egg

Topping ingredients
600 g apples, peeled and sliced

Caramel ingredients
100 g sugar
20 ml apple juice
Juice of ¹⁄₂ a lemon

To dust:
Icing sugar

Accessories
Flan tin Ø 26 cm

Preparation
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 sugar in a pan on the cooktop 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

Useful 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 or margarine
150 g sugar
8 g 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
Ø 26 cm springform cake tin

Preparation
Cream together the butter or margarine, sugar and vanilla sugar. Beat 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. Score the top of each quarter and gently press into the cake mixture with the scored 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
Programme 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

Useful 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 morello cherries, blueberries or apricots.
Apple pie

Preparation time: 90–100 minutes
Serves 12

Dough ingredients
300 g plain flour
1/2 tsp. baking powder
200 g butter or margarine, softened
100 g sugar
8 g vanilla sugar
1 egg

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

For dusting or glazing
1 egg yolk beaten into a little milk

Accessories
Ø 26 cm springform cake tin

Preparation
Rub the butter into the dry ingredients, add the egg and mix to form a smooth dough.

Press approx. 2/3 of the dough evenly into the bottom of a greased and floured springform tin to make the base. Form a rim about 2 cm high around the edges of the tin and blind bake (not necessary with Intensive bake and 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. Leave to cool and then place in the (blind-baked) pastry case.

Roll the remaining pastry out on a floured surface and place it over the apples. Press the edges together, then 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
Programme 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-baking: 20–25 minutes + pre-heating
Baking: 30–35 minutes
Apple hazelnut streusel

Preparation time: 100–110 minutes
Serves 12

Dough ingredients
200 g melted butter
350 g plain flour
1 tsp. baking powder
150 g sugar
8 g vanilla sugar
60 g hazelnut brittle, crushed

Topping ingredients
1000 g sharp dessert or cooking apples
50 g sugar
Zest of 1 lemon
Juice of 1 lemon

Accessories
Ø 26 cm springform cake tin

Preparation
Mix the flour, baking powder, sugar and vanilla sugar together. Add the slightly cooled butter. Rub together to make a crumbly mixture.

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
Programme 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 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

Preparation
Beat the butter until creamy and add the sugar and eggs a little at a time. Fold in the flour, cinnamon and baking powder.

Then fold the apples and cranberries into the mixture.

Pour the mixture into a ring tin dusted with breadcrumbs 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
- 3 tbsp. milk
- 4 tbsp. oil
- 1 egg
- 100 g sugar
- 8 g 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**
- 200 g plain flour
- 125 g sugar
- 8 g vanilla sugar
- 125 g butter, diced and softened
- 1/2 tsp. cinnamon

**Accessories**
- Glass tray

**Preparation**
Mix together the quark, milk, oil, egg, 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 dough out on the glass tray and then place the apricots on top.

Combine the flour, sugar, vanilla sugar, butter and cinnamon to produce 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

**Useful tip**
This cake can also be made with plums, morello cherries or gooseberries.
**Belgian sponge cake**

**Preparation time:** 75 minutes  
**Serves 12**

**Ingredients**  
4 eggs  
250 g sugar  
1 level tsp. salt  
250 g plain flour  
3 level tsp. baking powder  
250 g softened butter  

**Optional:**  
100 g plain chocolate drops  
100 g finely chopped dried fruit  
100 g chopped nuts  
1 tsp vanilla essence  
1 tsp. ground cinnamon

**Accessories**  
Ø 26 cm springform cake tin

**Preparation**

Separate the eggs. Beat the butter, sugar, salt and egg yolk mixture until creamy. Beat the egg whites until stiff. Carefully fold half of the beaten egg whites into the sugar and egg yolk mixture. Sift the flour and baking powder and fold through the egg mixture. Lastly, fold through the remaining egg whites.

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 \ Belgian sponge cake  
Shelf level: see display  
Programme 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

**Useful 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 sugar  
16 g vanilla sugar  
200 g butter or margarine, softened  
1 egg  

**Topping ingredients**  
3 tins of pears (each approx. 460 g)  

**Ingredients for the topping**  
450 g crème fraîche  
2 tbsp. cornflour  
3 eggs  
50 g sugar  
16 g vanilla sugar  
1 ½ tsp. cinnamon  
30 g flaked almonds  

**Accessories**  
Glass tray  

**Preparation**  
Combine the flour, 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 slices and arrange on top of the pastry base.  

Mix together the crème fraîche, cornflour, eggs, sugar, vanilla sugar and cinnamon.  

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
Gateau

Preparation time: 70–80 minutes
Serves 16

**Basic mixture**
- 4 egg whites
- 2 tbsp. hot water
- 175 g sugar
- 4 egg yolks
- 200 g plain flour
- 2 tsp. baking powder

**Luxury mixture**
- 6 egg whites
- 180 g sugar
- 8 g vanilla sugar
- 6 egg yolks
- 90 g plain flour
- 90 g cornflour

**Accessories**
- Ø 26 cm springform cake tin

**Preparation**

Beat the egg whites (with the hot water if using the basic recipe) until stiff. Slowly add the sugar (and the vanilla sugar if using the luxury recipe), beating after each addition and then fold in the beaten egg yolk.

Sift together the baking powder or cornflour (depending on recipe) with the flour and gently fold into the egg white mixture.

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

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

**Useful tip**  
If making a sponge flan to fill with fruit, halve the quantities given above for the basic recipe and, using the same temperature, reduce the duration by approx. 5 minutes. To make a chocolate sponge base, add 1-2 teaspoons of cocoa powder to the flour mixture.
Baking

I. Quark and cream filling

**Ingredients**
- 500 g quark
- 100 g sugar
- 100 ml milk
- 8 g vanilla sugar
- Juice of 1 lemon
- 12 leaves of white gelatine
- 500 ml cream

**To dust:**
Icing sugar

**Preparation**
Mix together the quark, sugar, milk, vanilla sugar and lemon juice. Soak the gelatine in cold water for about 10 minutes. Squeeze the gelatine, then dissolve it for 20 seconds using 450 W microwave power or in a pan on a very low cooktop setting.

Stir a little of the quark mixture into the gelatine and when cool, add this mixture to the remainder of the quark mixture. Stir several times as it thickens. When visible traces are left in the mixture after running a fork through it, fold in the semi-whipped cream.

Place one layer of cake on a serving platter and spread half of the quark mixture over it. Top it with another layer of the cake. Add the other half of the mixture, then top it with the final piece of the cake. Place in the refrigerator to chill and then dust with icing sugar before serving.

**Useful tip**
For a fruity variation, add about 300 g of bottled and drained morello cherries, mandarin segments or apricot pieces to the quark mixture.
II. Cappuccino filling

Ingredients
100 g dark chocolate
6 leaves of white gelatine
80 ml espresso
500 ml cream
16 g vanilla sugar
80 ml coffee liqueur
1 tbsp. cocoa powder

To dust:
Cocoa powder

Preparation
Melt the chocolate and beat the cream until semi-whipped. Soak the gelatine in cold water for about 10 minutes. Squeeze the gelatine, then dissolve it for 20 seconds using microwave power at 450 W or in a pan on a very low cooktop setting. Leave to cool slightly. Stir half the espresso and half the coffee liqueur into the gelatine and add to the whipped cream. Put about 2 tbsp. of the cream to one side. Divide the rest of the cream in half and stir the vanilla sugar into one half and the melted chocolate and cocoa powder into the other.

Place one layer of cake on a serving 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 piece of cake. Spread the cream you put to one side over the top of the cake and dust with a little cocoa powder before serving.
Baking

Yeast butter cake

Preparation time: 90–100 minutes
Serves 16

Dough ingredients
30 g fresh yeast
150–200 ml lukewarm milk
400 g plain flour
50 g sugar
A pinch of salt
40 g softened butter
1 egg yolk

Topping ingredients
125 g softened butter
150 g flaked almonds
100 g sugar
8 g vanilla sugar

Accessories
Glass tray

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

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 \ Yeast butter cake \ Glass tray
Programme 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

Useful 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 sugar and leave for 3 days to absorb the flavour. For an even more intense 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 or margarine
500 g plain flour
250 g sugar
8 g vanilla sugar
A pinch of salt
2 tsp. baking powder

Topping ingredients
25 g melted butter or margarine
500 g quark
6 egg yolks
150 g sugar
8 g vanilla sugar
6 tsp. instant cappuccino powder
1 ½ tbsp. almond liqueur
1 tbsp. cornflour
6 egg whites

Accessories
Glass tray

Preparation
Mix the flour, 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 filling, combine the butter, quark, egg yolks, 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 mixture over the quark mixture and bake until golden.

Recommended settings
Oven function: Automatic programmes
Programme: Cakes \ Streusel cake \ With filling
Programme 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 sugar  
16 g 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

**Ingredients for the topping**  
200 g icing sugar  
2 tbsp. espresso  
1 tbsp. coffee, mocha or whisky liqueur

**Accessories**  
Glass tray

**Preparation**

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

Spread the dough onto the greased 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 cake
Preparation time: 50 minutes

**Ingredients**
- 225 g softened butter
- 225 g sugar
- 4 eggs
- Grated zest of 2 lemons
- 225 g plain flour
- 2 tsp. baking powder

**Ingredients for the topping**
- Juice of 2 lemons
- 90 g sugar

**Accessories**
- 1 glass baking dish, 25 cm long
- Glass tray

**Preparation**
1. Grease a loaf tin and line with baking paper.
2. Beat the butter and caster sugar until creamy. Gradually beat in the eggs.
3. Sift together the flour and baking powder and fold in together with the lemon zest.
4. Pour the mixture into the cake tin, flatten the mixture with the back of a spoon and place in the pre-heated oven on the glass tray and bake until golden.
5. While the cake is baking, mix the lemon juice and caster sugar together to form a thick glaze.
6. When the cake is baked, prick the warm cake all over with a skewer and spoon over all of the drizzle. Leave in the tin until completely cool, then remove and serve cut into slices.

**Recommended settings**
- Oven function: Automatic programmes
- Programme: Cakes \ Lemon drizzle loaf
- Programme duration: approx. 35 minutes

**Alternative settings**
1. **Cooking stage 1:**
   - Oven function: Fan Plus
   - Temperature: 160 °C
   - Shelf level: 1
   - Duration: 20 minutes

2. **Cooking stage 2:**
   - Oven function: MW + Fan Plus
   - Power level/Temperature: 80 W + 160 °C
   - Shelf level: 1
   - Duration: 10 minutes
**Plum upside down pudding**

Preparation time: 50 minutes  
Serves 10

**Topping ingredients**  
6 plums  
2 pieces preserved stem ginger  
2 tbsp. syrup from the stem ginger

**Caramel sauce ingredients**  
150 g brown sugar  
60 g softened butter  
150 ml cream

**Dough ingredients**  
175 g plain flour  
2 tsp. baking powder  
150 g butter or margarine  
125 g brown sugar  
2 large eggs  
1 tbsp. milk  
½ tbsp. ground ginger  
½ tsp. mixed spice

**Accessories**  
Saucepan  
Flan dish Ø 25 cm (microwave safe)

---

**Preparation**

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 ginger into small pieces.

Grease the flan dish and line with baking paper. Spread 4 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
Programme duration: approx. 35 minutes

Alternative settings
Cooking stage 1:
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

Useful 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.
Orange and yoghurt syrup cake

Preparation time: 60–75 minutes
Makes 12–16 slices

**Dough ingredients**
- 250 g sugar
- 250 g softened butter
- Grated zest of 1 orange
- 4 eggs
- 180 g fine semolina
- 150 g plain flour
- 4 g bicarbonate of soda
- 250 g Greek styled natural yoghurt

**Ingredients for the topping**
- 450 ml freshly squeezed orange juice
- 250 g sugar

**Accessories**
- 24 cm Ø springform cake tin

**Preparation**
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 into the egg mixture. Then mix in 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 syrup, 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 slightly.

Prick the cake several times with a wooden skewer while still warm, pour the syrup over the cake and allow to soak in. Repeat several times, allowing the cake to absorb as much as possible. Serve with whipped cream and any remaining syrup.

**Recommended settings**
Oven function: Automatic programmes
Programme: Cakes \ Orange and yoghurt syrup cake
Programme 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 sugar
100 g softened butter
1 egg

Topping ingredients
1000 g quark
75 g custard powder
2 tbsp. oil
200 g sugar
1 egg
125 ml milk
250 ml cream

Accessories
Ø 28 cm springform cake tin

Preparation

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, sugar, butter and egg and knead to a smooth dough. Press evenly into the base of a greased springform tin and create a high rim around the sides.

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

Spread the mixture onto 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
Gugelhupf

Preparation time: 80–90 minutes
Serves 16

Ingredients
60 g softened butter
50 g sugar
1 egg, separated
½ cube of fresh yeast (21 g)
375 ml milk, lukewarm
Zest of half a lemon
A pinch of salt
500 g plain flour
50 g raisins

To dust:
Icing sugar

Accessories
Ø 24 cm Gugelhupf cake tin

Preparation
Beat the butter until creamy. Add the sugar and egg yolk and mix well. Stir the crumbled yeast into lukewarm milk, add the lemon zest, salt and flour, and mix all the ingredients to 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
Programme 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 softened butter
50 g sugar

To sprinkle on top:
40 g almond meal

Topping ingredients
2 jars of morello cherries (each approx. 680 g)

Ingredients for the topping
1 egg
70 g sugar
8 g vanilla sugar
2 tbsp. cream
3 tbsp. cornflour
3 drops of almond essence
100 g flaked almonds

Accessories
Ø 26 cm springform cake tin

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

Preparation
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 almond meal. Drain the cherries well and arrange over the pastry.

Combine all the ingredients for the topping, pour over the cherries and bake until golden.
Marble cake

Preparation time: 85–90 minutes
Serves 18

Ingredients
250 g softened butter
200 g sugar
8 g vanilla sugar
4 eggs
2 tbsp. rum
150 ml milk
500 g plain flour
5 tsp. baking powder
3 tbsp. cocoa powder

Accessories
Ring tin Ø 26 cm

Preparation
Cream together the butter, sugar and vanilla sugar. Gradually beat in the beaten 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
Programme 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 plain flour
1 cube of fresh yeast (42 g)
125 ml milk, lukewarm
40 g sugar
75 g melted butter
1 egg

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

Streusel
200 g plain flour
125 g sugar
8 g vanilla sugar
½ tsp. cinnamon
125 g softened butter

Accessories
Glass tray

Preparation
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 at 50 °C using Conventional Heat to prove for approx. 20 minutes.

Add the rest of the ingredients for the base to this mix, and knead to a smooth dough. Return to the oven at 50 °C using Conventional Heat to prove for approx. 30 minutes. 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 at 50 °C using Conventional Heat to prove again for approx. 30 minutes, and then bake until golden.

Recommended settings
Oven function: Automatic programmes
Programme: Cakes \ Streusel cake \ With filling
Programme 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
Useful 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.
Orange slices

Preparation time: 70–80 minutes
Serves 12

Dough ingredients
50 g softened butter
4 eggs
2 tbsp. lukewarm water
120 g sugar
80 g plain flour
50 g cornflour
1 g baking powder
Grated zest of 1 orange
Sugar for sprinkling

Filling ingredients
200 ml cream
250 g low-fat quark
3 g vanilla sugar
3 g vanilla sugar
80–90 g orange marmalade
20 ml orange liqueur
3 leaves of white gelatine

Garnish
2 oranges
100 ml cream
3 g vanilla sugar
3 g vanilla sugar
Lemon balm

Accessories
Baking paper
Glass tray

Preparation
Melt the butter in a saucepan and leave to cool. Separate the eggs, and beat the egg yolks, sugar and water until fluffy. Then fold in the butter. Add the flour, cornflour, baking powder and orange zest. Beat the egg whites until stiff and then carefully fold into the mixture. Spread the mixture over a glass tray lined with baking paper and bake until golden. Turn the sponge base out onto a tea towel sprinkled with sugar, peel off the baking paper, and leave to cool. Then cut the sponge 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 decorate with cream and slices of orange.

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 softened butter
200 g sugar
8 g vanilla sugar
1 egg
A pinch of salt
500 g plain flour
5 tsp. baking powder

Topping ingredients
1000 g quark
40 g vanilla custard powder
1 egg
200 g sugar
100 g raisins

Accessories
Glass tray

Preparation
Cream together the butter, 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 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
Programme 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

Useful 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 sugar
8 g 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

Ingredients for the topping
75 g icing sugar
½–1 tbsp. rum

Accessories
Glass tray

Preparation
Mix together the quark, milk, oil, egg, 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 ½ cm thick (25 x 30 cm) and place on the greased glass tray.

For the filling, mix together the marzipan, margarine 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 and then cut into lengths, making 16 slices in total.

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
Sand cake

Preparation time: 100–110 minutes
Serves 12

**Ingredients**
200 g butter or margarine, softened
200 g sugar
4 eggs
Zest of 1 lemon
Juice of 1 lemon
125 g cornflour
125 g plain flour
1 tsp. baking powder

**To dust:**
Icing sugar

**To glaze:**
200 g icing sugar
20 ml lemon juice

**Accessories**
Rectangular tins

**Preparation**

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

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

Grease a loaf tin and line it with baking paper. 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 \ Sand cake
Programme 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

**Useful tips**

– **Variation 1:**
  Top with orange icing made with 20 ml of 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.
Chocolate and advocaat cake

Preparation time: 75–85 minutes
Serves 16

Ingredients
100 g plain chocolate, chopped
250 g softened butter
250 g sugar
4 eggs
250 g plain flour
5 tsp. baking powder
250 ml advocaat
Butter and dried breadcrumbs for the tin

To dust:
Icing sugar

Accessories
Ring-shaped cake tin

Preparation
Beat the butter, sugar and eggs together until foamy. Mix 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
Baking

Chocolate cake

Preparation time: 65–75 minutes
Serves 12

**Dough ingredients**
- 300 g dark chocolate
- 150 g butter or margarine
- 5 eggs, separated
- 100 g sugar
- 100 g plain flour

**Ingredients for the topping**
- 100 g dark chocolate icing

**Accessories**
- Saucepan
- Ø 26 cm springform cake tin

**Preparation**

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

Mix in the egg yolk, 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 icing 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
Streusel cake

Preparation time: 70–80 minutes
Serves 16

Dough ingredients
400 g plain flour
2 tsp. baking powder
125 g sugar
8 g vanilla sugar
200 g butter or margarine, softened
1 egg
1 tsp. rum essence

Filling ingredients
200 g apricot conserve

Streusel
350 g plain flour
175 g sugar
8 g vanilla sugar
½ tsp. cinnamon
200 g melted butter

Accessories
Glass tray

Preparation
For the dough, rub the butter or margarine into the dry ingredients, add the egg and rum essence and knead lightly to make pastry.

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

Spread the apricot conserve over the pastry.

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 the crumble over the pastry base and bake until golden.

Recommended settings
Oven function: Automatic programmes
Programme: Cakes \ Streusel cake \ Plain
Programme 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
Baking

Lemon tart

Preparation time: 90–100 minutes
Serves 12

Dough ingredients
150 g plain flour
A pinch of salt
100 g softened butter
1 egg

Topping ingredients
150 g butter or margarine
100 g sugar
3 eggs
100 g almond meal
Juice of 1–2 lemons
2 lemons, peeled and sliced

Accessories
Flan dish Ø 28 cm

Preparation
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 (This is not necessary if using Intensive bake).

To make the topping, first melt the butter. Beat the egg yolk with sugar until creamy, then add the butter, almond meal and lemon juice and mix together. Beat the egg whites until stiff and fold into the mixture.

Peel 2 lemons, remove all 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

Oven function: Conventional Heat
Temperature: 170–190 °C
Shelf level: 1
Pre-baking: 20 minutes
Duration: 30–40 minutes + pre-heating

Useful tip
Candied lemon slices:
Add 250 ml water, 200 g sugar, the juice of one lemon and two lemon halves to a saucepan and simmer uncovered on a low heat for 45 minutes. Cut a lemon into 12 thin slices. Place in the lemon syrup and leave for approx. 30 minutes. Then take out the slices and leave to dry. 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.
Chocolate cherry muffins

Preparation time: 70–80 minutes
Makes 12

Dough ingredients
100 g mocha or dark chocolate
100 g softened butter
3 eggs
80 g icing sugar
10 g instant coffee 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 morello cherries, drained

Accessories
12 muffin cases (Ø 7 cm)

Preparation

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 coffee 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.

Ice with chocolate icing or melted chocolate if desired.

Recommended settings
Oven function: Automatic programmes
Programme: Cookies/Muffins \ Muffins \ With fruit
Programme 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

Useful 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
2 ½ tbsp. rum
150 g butter or margarine
150 g sugar
8 g vanilla sugar
3 eggs
150 g plain flour
1 tsp. baking powder
125 g walnuts, roughly chopped

Accessories
12 muffin cases (Ø 7–8 cm)

Preparation
Drizzle the rum over the raisins and leave for approx. 30 minutes.

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

Place the muffin cases in a muffin tin. Using two spoons, divide the mixture between the cases and bake until golden.

Recommended settings
Oven function: Automatic programmes
Programme: Cookies/Muffins \ Muffins \ Without fruit
Programme 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
**Butter biscuits**

Preparation time: 30–40 minutes
Makes 40

**Dough ingredients**
150 g softened butter
140 g sugar
\(\frac{1}{2}\) egg
Zest of 1 lemon
180 g plain flour

**To glaze:**
Rest of the egg

**Accessories**
Glass tray

**Preparation**
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 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

Dough ingredients
250 g plain flour
1/2 tsp. baking powder
170 g softened butter
120 g sugar
8 g vanilla sugar
Grated zest of 1 orange
1/2 tsp. ground ginger

Topping ingredients
75 g apricot conserve
75 g stem ginger, finely chopped

Accessories
Glass tray

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

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

Useful tip
For crumble slices, omit the apricot jam and ginger.
Almond macaroons

Preparation time: 35 minutes
Makes 30–35

Ingredients
100 g bitter almonds
200 g sweet almonds
600 g sugar
3–4 medium egg whites
Salt

Accessories
Baking paper
Glass tray

Preparation
Process the almonds in two batches in a food processor with 150 g sugar.
Add to the remaining sugar with a little salt and sufficient egg white to mix into a paste.
Using a piping bag with a flat nozzle, pipe the mixture in little balls onto the glass tray covered with baking paper.
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 paper.

Recommended settings
Oven function: Automatic programmes
Programme: Cookies/Muffins \ Almond macaroons
Shelf level: see display
Programme 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

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

Mango and coconut puffs

Preparation time: 50–60 minutes
Makes 16

Dough ingredients
250 ml water
50 g softened 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 ml cream
16 g vanilla sugar
40 g sugar
2 tbsp. desiccated coconut

Accessories
Glass tray

Preparation

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.

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 from the stone in sections, cut into cubes and purée. Prepare the gelatine according to the instructions on the packet and dissolve it in a little gently 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 sugar and vanilla sugar until stiff. When the refrigerated mixture begins to set, fold in the cream and desiccated 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
Mocha macaroons

Preparation time: 35–45 minutes
Makes 40

**Ingredients**
2 egg whites
130 g sugar
125 g sliced almonds
125 g grated dark chocolate
1 tsp. espresso or instant coffee powder

**Accessories**
Baking paper
Glass tray

**Preparation**

Brown the almonds in a pan without fat and leave to cool. Combine with the grated chocolate and espresso powder.

Beat the eggs whites until very stiff, gradually adding the sugar at the end. Carefully fold in the almond mixture.

Using a teaspoon, spoon out small balls onto glass trays covered with baking paper.

**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
Baking

Choc rum raisin squares

Preparation time: 50–60 minutes
Makes 90

Dough ingredients
4 egg yolks
250 g sugar
16 g 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

Ingredients for the topping
100 g dark chocolate icing

Accessories
Glass tray

Preparation
Drizzle the rum over the raisins and leave for approx. 30 minutes.

Cream the egg yolk, 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 the chocolate icing 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
Vanilla biscuits

Preparation time: 100–120 minutes
Makes 90

**Dough ingredients**
- 280 g plain flour
- 210 g softened butter
- 70 g sugar
- 100 g almond meal

**To dust:**
- 70 g vanilla sugar

**Accessories**
- Glass tray

**Preparation**
Mix the flour, butter, almond meal and sugar, and knead to a smooth dough. Leave to cool for 30 minutes.

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

Arrange on the greased glass tray and bake until golden.

Dust with vanilla sugar whilst still warm.

**Recommended settings**
Oven function: Automatic programmes
Programme: Cookies/Muffins \ Vanilla biscuits
Programme 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
Baking

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 plain flour
½ tsp. salt
1 tbsp. oil

To drizzle:
1–2 tbsp. oil

Accessories
Glass tray

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

Set the dough aside in a warm place for approx. 20 minutes, or until doubled in size. Then punch down and roll out into a circle (Ø 30 cm). Place the bread on the greased glass tray or on the round baking tray, brush with oil and bake until golden.

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

Useful tips
– For variety, add 50 g roasted onions, or 2 tsp. of rosemary or a mixture of 40 g chopped black olives and 1 tbsp. chopped pine nuts or 1 tsp. chopped herbes de Provence.

– 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 sour cream, 1 finely diced clove of garlic, 1 tbsp. olive oil, salt and pepper).
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 plain flour
A pinch of salt
100 g sugar
125 g softened butter
2 eggs, beaten
75 g raisins
Zest of 1 lemon

To glaze:
1 egg yolk
1 tbsp. milk

To sprinkle on top:
30 g course sugar
50 g sliced almonds

Accessories
Glass tray

Preparation
Dissolve the yeast in lukewarm milk. Combine with the flour, salt, 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 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.

Beat the egg yolk and milk together and brush the dough with the mixture. Then sprinkle with the sugar and almonds.

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

With all other programmes:
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
Programme 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

Useful 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
Makes 15 slices

Dough ingredients
350 g plain flour
150 g wholemeal flour
1 tsp. salt
2 tsp. baking powder
1 tsp. bicarbonate of soda
80 g chopped mixed nuts
80 g sunflower seeds
½ tbsp. oil
1 tsp. concentrated apple purée
200 g natural yoghurt
300 ml milk

To sprinkle on top:
Sunflower seeds

Accessories
Baking paper
30 cm loaf tin

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

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

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

Useful tip
Golden syrup can be used instead of apple purée.
White bread in tin

Preparation time: 90–100 minutes
Makes 12 slices

**Ingredients**
- 1000 g plain flour
- 1 cube of fresh yeast (42 g)
- 2 tsp. salt
- 4 tsp. sugar
- 40 g melted butter or margarine
- 600–700 ml lukewarm milk

**To glaze:**
- 2 tbsp. milk

**Accessories**
- Large 15 cm wide loaf tin

**Preparation**

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

Transfer the dough into a large loaf tin (15 cm wide). Make a ½ cm deep cut down the centre of the loaf and brush with milk.

Prove in the oven at 50 °C on 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
Programme 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
Quick herb ciabatta

Preparation time: 100–110 minutes  
Serves 20

**Dough ingredients**
125 ml milk, lukewarm  
125 ml lukewarm water  
½ cube of fresh yeast (21 g)  
475 g plain flour  
2 tsp. salt  
½ tbsp. oil

**Filling ingredients**
1 onion, finely diced  
1 clove of garlic, finely diced  
½ tbsp. oil  
3 tbsp. parsley, chopped  
3 tbsp. fresh dill, chopped  
3 tbsp. chives, chopped  
3 tbsp. chopped basil  
1 egg  
1 tbsp. crème fraîche  
Salt  
Pepper

**Accessories**  
Glass tray

**Preparation**
Mix together the milk, water and crumbled yeast. Add to the flour, salt and oil and knead to a smooth, soft dough. 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, oil, 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 \ Homemade  
Programme 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

**Useful tip**  
For a plain ciabatta, simply omit the herb filling.
Olive bread

Preparation time: 160–175 minutes

**Ingredients**
450 g plain 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**
30 cm loaf tin

**Preparation**
Knead the flour, yeast, wine, eggs and oil to a smooth dough. Leave to prove at room temperature for approx. 60 minutes.

Mix the ham, cheese, marjoram and salt and knead into the dough with the walnuts. Finally, knead the chopped olives into the dough.

Place the soft dough in a greased loaf tin, cover and place in the oven at 50 °C on Conventional Heat for approx. 60 minutes. Score the bread lengthways and 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
Baking

Raisin loaf

Preparation time: 90–100 minutes

**Ingredients**
- 1 cube of fresh yeast (42 g)
- 150–200 ml buttermilk, lukewarm
- 500 g plain flour
- 100 g sugar
- A pinch of salt
- 20 g melted butter or margarine
- 125 g low-fat quark
- 250 g raisins

**To glaze:**
- Water

**Accessories**
- 30 cm loaf tin

**Preparation**
Stir the yeast into the lukewarm buttermilk until it has dissolved. Mix with the flour, salt, sugar, melted butter/margarine and quark 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: Bread \ Sweet bread
Programme 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
**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 water, lukewarm  
250 g strong white flour  
250 g wholemeal flour  
1 tsp. sugar  
2 tsp. salt  
¹⁄₂ tsp. pepper  
2 tbsp. oil  
150 g finely diced grilled bacon or 1 tbsp. each of chopped parsley, dill and chives

**To glaze:**  
1–2 tbsp. milk  
1 egg yolk

**Accessories**  
Glass tray

**Preparation**

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. Then knead in the bacon or herbs.

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

Punch down, then divide the dough in half, and roll into two 35 cm long loaves.

Beat together the milk and egg yolk and brush over the two baguettes.

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  
Programme duration: approx. 48 minutes

**Alternative settings**  
Oven function: Fan Plus  
Temperature: 160–180 °C  
Shelf level: 1  
Duration: 20–25minutes + pre-heating

Oven function: Conventional Heat  
Temperature: 170–190 °C  
Shelf level: 1  
Duration: 20–25minutes + pre-heating

**Useful 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.
Baking

White bread

Preparation time: 80–95 minutes

Ingredients
1/2 cube of fresh yeast (21 g)
250 ml water, lukewarm
500 g plain flour
1 1/2 tsp. salt
1 1/2 tsp. sugar
20 g softened butter

To glaze:
Milk

Accessories
Glass tray

Preparation

Crumble the yeast into lukewarm water and stir until it dissolves. Add to the dry ingredients and butter and knead to a smooth dough for 4–5 minutes.

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
Programme duration: approx. 60 minutes

Alternative settings
Oven function: Fan Plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 40–50 minutes
Ginger loaf

Preparation time: 50–60 minutes
Makes 1 loaf

**Ingredients**
500 g plain flour
A pinch of salt
90 g softened butter
100 ml milk
25 g fresh yeast
2 eggs
1 ½ tbsp. ginger juice
40 g finely chopped stem ginger
1 tsp. cinnamon
100 g crystal sugar

**Accessories**
25 cm loaf tin

**Preparation**

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 crystal 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 \ Sweet bread
Shelf level: see display
Programme 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
Snacks and starters

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.
Palermo style pastry puffs

Preparation time: 45–55 minutes
Makes 10

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

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

Preparation
Lay the sheets of pastry out next to each other to defrost.

Drain the mozzarella, tomatoes and tuna. Chop into small cubes 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
Snacks and starters

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 cream
- 1 tbsp. fresh dill, chopped

**Accessories**

- Saucepan
- 1 glass tray, 20 cm long
  or a terrine dish

**Preparation**

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

**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

**Useful tip**

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

Preparation time: 40–50 minutes
Serves 4

Ingredients
3 yellow capsicums
3 red capsicums
3 orange capsicums

Marinade
3 tbsp. olive oil
2 tbsp. white wine
2 tbsp. white wine vinegar
1 clove of garlic, crushed
Salt
Pepper
3 tsp. mixed Italian herbs

Accessories
Glass tray

Preparation
Mix together all the ingredients for the marinade.

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

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

Remove from the oven, moisten a cloth with cold water and cover the capsicums for about 10 minutes. Then remove the skins.

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

Recommended settings
Oven function: Grill
Temperature: Setting 3
Shelf level: 3
Grilling duration: 6–8 minutes + 5 minutes pre-heating

Useful tip
As an alternative, use blanched sliced zucchini and mushrooms. The vegetables should be "al dente".
Snacks and starters

Baked artichoke hearts

Preparation time: 20–25 minutes
Serves 3

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

Accessories
Saucepan
Shallow ovenproof dish

Preparation

Gently heat together the cream, cream cheese and half the Cheddar, stirring until smooth. Season with salt, 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: Setting 3
Shelf level: 2
Duration: 8–10 minutes + 5 minutes pre-heating
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. Larger vegetable chunks should be removed before puréeing and then added again afterwards. The result is a creamy soup without the addition of flour, fats or other binding agents.

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

Dumplings are a tried and true means of thickening soups: Knead together 40 g butter with 40 g flour. Place the dumpling in 1000 ml cold liquid and cook. The flour in the dumpling does not clump together in the cold liquid, cooks from the beginning and stirs well with the soup after cooking to achieve an even consistency.
If soups are being thickened by stirring in rice or cornflour, the soup should be stirred constantly during cooking to prevent it from sticking to the bottom of the saucepan during cooking.

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 on an Automatic programme, this needs to be considered during preparation. In general, all prepared 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. The weight of the cooking container does not count. 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.
Prawn curry soup

Preparation time: 40–50 minutes
Serves 2

**Ingredients**

½ tbsp. oil
1 clove of garlic, finely diced
250 g prawns, peeled
2 tbsp. curry powder
½ tsp. coriander, ground
2 tbsp. lemon juice
50 g unsweetened creamed coconut or
100 ml coconut milk
400 ml fish stock
Salt
Pepper
Chilli powder
1 tsp. chilli, finely diced (optional)

**Preparation**

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
Soups and stews

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 softened butter
- 1 tbsp. curry powder
- A few threads of saffron
- Salt
- Pepper
- 150 g risotto rice (Vialone or Arborio)
- 600 ml chicken stock
- 50 g flaked almonds

**Preparation**

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

Add the butter, spices, rice and stock and cook at 850 W for approx. 10 minutes, and then at 450 W for approx. 15 minutes. Sprinkle over the almonds and serve.

**Recommended settings**

Oven function: Automatic programmes
Programme: Cook with microwave \ Casserole \ 1600 g
Programme 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
Pumpkin soup

Preparation time: 50–60 minutes
Serves 6

Ingredients
1 onion, diced
½ tbsp. oil
500 g pumpkin flesh, diced
125 ml milk
375 vegetable or chicken stock
Salt
White pepper
1 tsp. sugar
10 g softened butter
1 tbsp. crème fraîche
3 tbsp. cream
1 tbsp. pumpkin seeds, coarsely chopped

Preparation

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 seasoning. 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.

Serve the soup into 6 bowls. Garnish each one with ½ tbsp. cream and chopped pumpkin seeds.

Recommended settings

Oven function: Automatic programmes
Programme: Cook with microwave
Soup \ 1100 g
Programme 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 softened butter
20 g plain flour
500 ml vegetable stock
1 chilli, finely chopped
Chilli powder
Salt
Pepper
Sugar
100 ml cream
100 g bacon, diced

Preparation
Drain the sweetcorn. Place ¾ of the corn in a bowl, and add the onion, stock, chilli and spices. Mix together the butter and flour and add to the other ingredients. Cover and cook at 850 W for 5 minutes, and then at 450 W for 8 minutes.

Purée the soup and add the cream.

Then add the rest of the sweetcorn.

Place some paper towelling on a plate, distribute the diced bacon over the paper towelling and cook uncovered at 850 W for 3 minutes.

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

Preparation
Place the bacon, onion, 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.
Soups and stews

Borscht

Preparation time: 60–70 minutes  
Serves 4

Ingredients

- 1 onion, diced
- 20 g softened 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
- ½–1 tbsp. red wine vinegar
- Salt
- 150 g crème fraîche
- 1 tbsp. parsley, chopped

Preparation

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
- Programme 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
Tomato soup with basil cream

Preparation time: 35–40 minutes
Serves 6

Ingredients
200 g carrots, peeled and quartered
1 onion, diced
10 g softened butter
1 can of tomatoes (850 g)
Salt
Pepper
250 ml vegetable stock
1/2 tsp. sugar
4 tbsp. chopped basil
100 ml cream

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

Add tomatoes and their liquid, 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 basil, pour into the cream and then beat until it is thick but not too stiff. Pour the soup into bowls and top with a tablespoon of the cream mixture. Decorate with fresh basil.

Recommended settings
Oven function: Automatic programmes
Programme: Cook with microwave \ Soup \ 1700 g
Programme 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
Soups and stews

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 ml cream
1 tsp. chopped basil
1 tsp. chopped parsley

Preparation

Place the butter, onions, leek, potatoes, vegetables and seasoning in a suitable dish together with the stock, cover and cook on the glass tray for approx. 10 minutes at 850 W. Reduce the power level to 450 W and continue cooking for another 15 minutes.

Put some of the vegetables to one side. Purée the rest of the vegetables with the liquid, then add the cream and the herbs.

Return the vegetables to the soup and serve.

Recommended settings
Oven function: Automatic programmes
Programme: Cook with microwave \ Soup \ 1600 g
Programme 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
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 pantry. Simple to prepare, they make it easy to cook for lots of people and can be meat or vegetarian based. 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 large, even pieces.

Let dishes stand for approx. 5 minutes after cooking to allow the temperature to even out.

For appliances with Automatic programmes, only enter the weight of the food. The weight of the cooking container does not count.

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

Eggplant moussaka

Preparation time: 100–110 minutes
Serves 6

Ingredients
1250 g eggplants
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

For browning:
100 g grated Cheddar cheese

Accessories
Ovenproof dish 20 x 30 cm

Preparation

Cut the eggplants 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.

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

Arrange half of the eggplants in the bottom of the ovenproof dish and then add the meat mixture. Add the rest of the eggplants. Lightly whisk the egg yolks, then fold into the Béchamel sauce with about 2/3 of the cheese. Spread the sauce over the eggplants, 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
Chicken and mushroom pie

Preparation time: 65 minutes
Serves 4–6

Ingredients
1 shallot
2 cloves of garlic
1 small leek
200 g mushrooms
150 g oyster mushrooms
2 chicken breast fillets
4 chicken drumsticks (skinned and boned)
8 slices streaky bacon
½ tbsp. oil
1 ½ tsp. coarse grained mustard
1 ½ tsp. dried thyme
150 ml white wine
50 g softened butter
60 g plain flour
250 ml cream
500 ml chicken stock
2 egg yolks
250 g puff pastry
Salt
Pepper

Accessories
Frying pan
Tall, round, microwave safe dish, approx. Ø 26 cm

Preparation

Peel and finely chop the shallots and garlic cloves. Slice and wash the leek. Clean the mushrooms and oyster mushrooms and chop into approx. 1 cm cubes. Rinse the chicken under running water and pat dry. 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 golden. Add the mushrooms and continue cooking. Transfer to a 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 into 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 pastry topping 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
Programme 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
Chicory gratin

Preparation time: 50–60 minutes
Serves 8

**Ingredients**
- 8 chicory
- 8 slices of cooked ham (3–4 mm thick)
- 50 g softened butter
- 1 tsp. nutmeg
- 1 tsp. sugar
- Salt
- Pepper

**For the cheese sauce**
- 750 ml low-fat 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

**Preparation**

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 using 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 ovenproof 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
Programme 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, finely diced
20 g softened butter
2 tbsp. flour
600 ml milk
300 ml cream
Salt
Pepper
2 tbsp. fresh dill, chopped
2 tbsp. lemon juice
2 kohlrabi, shredded
100 g grated Cheddar cheese

**Accessories**
Saucepan
Ovenproof dish

**Preparation**
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 kohlrabi 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 kohlrabi and salmon. Build up a further layer of sauce, lasagne sheets, kohlrabi 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 ...
Programme 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
Pasta bake

Preparation time: 80–90 minutes
Serves 6

Ingredients
300 g macaroni
30 g butter
3 onions, finely diced
2 red capsicums, diced
200 g carrots, diced
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 fetta cheese with herbs, diced

For browning:
150 g grated Gouda or Cheddar cheese
150 g grated Cheddar cheese

Accessories
Saucepan
Ovenproof dish

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

Fry the onions gently in the butter. Add the capsicums 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.

Mix in the macaroni, tomatoes, ham and fetta cheese and transfer to an ovenproof dish, sprinkle with Cheddar and bake until golden.

Recommended settings
Oven function: Automatic programmes
Programme: Bakes/Gratins \ Pasta bake \ Depth ...
Programme 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
Zucchini moussaka

Preparation time: 70–80 minutes
Serves 4–6

Ingredients
1 ¹/₂ tbsp. olive oil
5 large zucchini
1 large onion
2 capsicums
1 clove of garlic
1 tin whole tomatoes (400 g)
1 tbsp. tomato paste
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

Preparation
Peel the onions and garlic. Halve and slice the onions and finely chop the garlic. Slice the zucchini lengthways. Seed the capsicums and cut into thin strips.

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

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

Grease an ovenproof dish, arrange half of the zucchini in the bottom, then add half of the tomato sauce, followed by the cheese slices, cover with tomato sauce and finally arrange the remaining zucchini 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
Programme duration: approx. 30 minutes

Alternative settings
Oven function: MW + Fan Grill
Power level/Temperature: 300 W + 180 °C
Shelf level: 1
Duration: 30 minutes

Useful tip
For an alternative the zucchini can be replaced with eggplant, pumpkin or sweet potato.
Neither meat nor fish
Not eating meat in no way means you have to forgo the pleasures of variety and great tasting food. Where meat used to take centre stage, ingredients such as pulses and greens can play a major part in 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 of our times. 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 products.
Vegetarian dishes

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 ml cream
1 tbsp. cornflour
1 tsp. salt
½ tsp. black pepper
150 g grated Gouda or Cheddar cheese
150 g grated Cheddar cheese

Accessories
Ovenproof dish

Preparation

If using fresh broccoli, wash and chop into florets; if using frozen, do not defrost, just break into florets. Place in a gratin dish. If using fresh mushrooms, wash and slice; if using frozen, do not defrost, just slice. Place in the gratin 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 tbsp. parsley, chopped
- 150 g grated Parmesan or 250 g grated Cheddar

**Béchamel sauce**
- 90 g softened butter
- 90 g plain flour
- 1400 ml milk
- Salt
- Pepper
- Nutmeg

**Accessories**
- Saucepan
- Ovenproof dish

**Preparation**

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

Pour 1/4 of the sauce into an ovenproof dish. Place 5 lasagne sheets on top and sprinkle over 1/3 of the cheese. Repeat with another 1/4 of the sauce, 5 more lasagne sheets and 1/3 of the cheese. Then add another 1/4 of the sauce and the remaining lasagne sheets.

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 ...
Programme 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

**Useful 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.
Vegetarian dishes

Cheese dumplings

Preparation time: 50–60 minutes
Serves 4

**Ingredients**

- 300 g white bread
- 200 ml milk, lukewarm
- 1 onion, diced
- 10 g softened 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

**Preparation**

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
Spinach lasagne with fetta

Preparation time: 90–100 minutes
Serves 3–4

**Ingredients**
- 450 g frozen spinach leaves
- 9 sheets of lasagne, not pre-cooked
- 150 g fetta cheese
- 375 ml cream
- 200 g sour cream
- 3 eggs
- 200 g grated Cheddar cheese
- 1 tsp. salt
- ½ tsp. pepper
- 1 tsp. sweet paprika
- Garlic powder (optional)
- 3 sliced tomatoes
- 25 g grated Cheddar cheese

**Accessories**
- Ovenproof dish

**Preparation**

Defrost the spinach and press out the water. Dice the fetta cheese. Beat together the cream, sour 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 fetta 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 fetta 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 the remaining cheese. Bake until golden.

**Recommended settings**

Oven function: Automatic programmes
Programme: Bakes/Gratins \ Lasagne \ Depth ...
Programme 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
Vegetarian dishes

Vegetable lasagne

Preparation time: 120–130 minutes
Serves 6

**Ingredients**
- 2–3 red capsicums
- 2–3 yellow capsicums
- 1 zucchini
- 250 g ricotta cheese (or quark or cream cheese)
- 100 g crème fraîche
- 35 g softened butter
- 35 g plain flour
- 500 ml milk
- 3 tbsp. chopped basil
- 50 ml oil
- 25 g pine nuts
- Salt
- Pepper
- Nutmeg
- 12 sheets of lasagne

**Accessories**
- Glass tray
- Saucepan
- Ovenproof dish

**Preparation**

Quarter the capsicums and remove the seeds and pith. Place the capsicums skin side up on the glass tray under the pre-heated grill (Grill setting 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 capsicums.

Slice the zucchini.

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 cooktop and gradually add the flour and stir over the heat for a few minutes. Add 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. Add a layer of lasagne sheets, a third 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 ...
Programme 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
Useful 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, C and D, as well as minerals such as iron, iodine, calcium and phosphorus. Its light structure makes it easily digestible and therefore very suitable for a lighter 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.
Quantity per person

Whole fish: 250–300 g per person
Fish fillet: 200–250 g per person

Cleaning

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

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

Acidifying the 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 in any way.

Salting the 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. Do not scale the fish. 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 pieces (tinned)
- 1 red capsicum
- 1 banana, sliced
- 600 g firm white fish
- 2 tbsp. lemon juice
- 40 g softened butter
- 125 ml white wine
- 125 ml pineapple juice
- Salt
- Sugar
- Chilli powder
- 2 tbsp. curry powder
- 2 tbsp. cornflour

**Preparation**
Quarter the capsicums, remove the seeds and pith, and cut into narrow strips.

Cut the fish into pieces, and place in a dish. Drizzle with lemon juice. Add the pineapple pieces, red capsicum, 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
- Programme duration: approx. 25 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 on a bed of vegetables

Preparation time: 45–55 minutes
Serves 4

**Ingredients**
- 300 g carrots, grated
- 300 g kohlrabi, grated
- ½ tbsp. oil
- Fresh parsley, chervil, dill and marjoram
- 600 g filleted white fish, e.g. rosefish or sea perch
- 1 tbsp. lemon juice
- Salt
- 200 g cream cheese with chives
- 125 ml milk
- 125 ml cream

**Accessories**
- Dish with lid
- Ovenproof dish

**Preparation**

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. Place the fish on top of the vegetables, sprinkle 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 + Setting 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 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

Preparation
Wash the salmon and pat it dry. 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 + pre-heating

Useful tip
Delicious served with sautéed potatoes and a dill and mustard sauce.
Fish casseroles

Preparation time: 60–70 minutes
Serves 4

Ingredients
750 g filleted white fish, e.g. rosefish or sea perch
3 sliced tomatoes
50 g ham, diced
1–2 apples, diced
1 pickled gherkin, diced
1 tsp. capers
20 g softened butter
100 g grated Cheddar cheese
1 tbsp. parsley, chopped

Accessories
Ovenproof dish ø 30 cm

Preparation
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 until golden.

Recommended settings
Oven function: Automatic programmes
Programme: Fish \ Fish fillet
Programme 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
3 tbsp. olive oil
300 g chicken breast fillets, diced
2 cloves of garlic, finely diced
2 onions, finely diced
300 g long grain rice
200 g peas
1 red capsicum
2 very ripe tomatoes or 2 tbsp. tomato paste
1000 ml stock
Salt
Pepper
1 tsp. sweet paprika
½ tsp. ground saffron
300 g calamari rings
200 g mussels (shelled)
300 g prawns

Accessories
Glass tray

Preparation

With the Automatic programme:
Place all ingredients except the stock in the glass tray.
Start the Automatic programme.
Pour over 500 ml stock after 30 minutes and then another 500 ml after 60 minutes (according to prompts in the 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, capsicum strips, sliced tomatoes or tomato paste 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 calamari 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
Programme 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

Useful tip
The cooking duration will be increased by 20–30 minutes if wholegrain rice is used.
Prawn kebabs

Preparation time: 20–25 minutes
Serves 4

**Ingredients**
12–16 peeled prawns
1 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: 3
Shelf level: 2 or 3
Duration: 5 minutes each side + 5 minutes pre-heating

**Accessories**
Rack
Glass tray

**Preparation**

Drizzle the scampi with lemon juice. Wipe the mushrooms if necessary. Roll up the sliced smoked ham.

Arrange the scampi, mushrooms and smoked ham rolls on the skewers. Brush with melted butter. Place the kebabs on the rack over the glass tray and grill.
Flounder fillet on a bed of spinach

Preparation time: 30–40 minutes
Serves 2

**Ingredients**

- 300 g flounder fillet
- 1 tbsp. lemon juice
- 1 onion, diced
- 20 g softened butter
- 300 g frozen spinach leaves
- 20 g softened butter
- 20 g plain flour
- 250 ml vegetable stock
- 1–2 tbsp. white wine
- 1 egg yolk
- 100 ml cream
- 150 g grated Gouda or Cheddar cheese
- Salt
- Pepper
- Nutmeg

**Accessories**

- Saucepan
- Ovenproof dish

**Preparation**

Drizzle the flounder 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 flounder 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 + Setting 3
- Shelf level: 2
- Duration: 10–12 minutes
Salmon in a horseradish crust

Preparation time: 50–60 minutes
Serves 4

**Ingredients**
400 g carrots  
20 g softened butter  
Salt  
Pepper  
4 salmon fillets (150 g each)  
1 egg, separated  
1 packet white sauce  
4 tsp. horseradish

**Accessories**
Saucepan  
Ovenproof dish

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

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
Fish

Pikeperch in a herb and cream sauce

Preparation time: 70–80 minutes
Serves 6

**Ingredients**
1 pikeperch (approx. 1500 g)
Juice of 1 lemon
5 onions, sliced
50 g softened butter
Salt
Freshly ground black pepper
60 g softened butter
1 carrot, diced
30 g anchovy paste
½ tbsp. lemon juice
2 tbsp. breadcrumbs
250 g sour cream
2 egg yolks
5 tbsp. parsley, chopped
2 tbsp. fresh dill, chopped
Extra strong aluminium foil

**Accessories**
Saucepan
Aluminium foil
Glass tray

**Preparation**
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 from sautéing, 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 sour cream, egg yolks, 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 and poultry

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. Make sure the tip of the food probe is not touching any bone.

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

When using the food probe you will be given an estimated cooking duration. This will fluctuate during the course of cooking.
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, if using a lid, 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. Make sure the tip of the food probe is not touching any bone.

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 fillet
Salt
Pepper
1 tbsp. coarse grained mustard
75 g softened butter

Accessories
Gourmet oven dish (or glass tray)
Aluminium foil

Preparation
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: 55–60 °C
Medium: 65–70 °C
Well done: 70–75 °C
**Braised beef**

Preparation time: 130–140 minutes  
Serves 6

**Ingredients**  
1000 g beef fillet  
Salt  
Pepper  
Paprika  
1 onion, diced  
1 bay leaf  
50 g softened butter  
250 ml beef stock  
250 ml water  
125 g crème fraîche  
Cornflour

**Accessories**  
Gourmet oven dish with lid

**Preparation**

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 and transfer to a saucepan. 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  
Programme 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
**Meat and poultry**

**Hash**

Preparation time: 250 minutes  
Serves 6–8

**Ingredients**

- 500 g onions
- 30 g butter
- 30 g oil
- 1200 g 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

**Preparation**

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

Season the meat with salt and pepper, place it in a pan with the clarified butter 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
Programme 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

Roast pork

Preparation time: 130–140 minutes
Serves 6

Ingredients
1 kg joint of pork
Salt
Pepper
Paprika
1 tsp. mustard
30 g butter
100 ml double cream or crème fraîche
Cornflour

Accessories
Gourmet oven dish

Preparation
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 and transfer to a saucepan. 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
Programme 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

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

Pork fillet in a Roquefort sauce

Preparation time: 40–50 minutes
Serves 2

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

Preparation

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 with 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
Programme 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
Pork fillet in puff pastry

Preparation time: 90–100 minutes
Serves 4

**Ingredients**
2 pork fillets (300 g each)
Salt
Pepper
Paprika
50 g softened butter
75 g streaky bacon, diced
1 onion, diced
400 g sliced white mushrooms
4 tomatoes (tinned)
1 tbsp. parsley, chopped
450 g puff pastry

**To glaze:**
1 egg yolk
2 tbsp. milk

**Accessories**
Frying pan
Glass tray

**Preparation**
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 tomatoes. Simmer and season with salt, pepper, parsley and paprika.

Roll the pastry out on a floured surface, and make 2 rectangles 30 x 20 cm. Place a fillet 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.

Cut each parcel in half or in slices, then serve.

**Recommended settings**
Oven function: Automatic programmes
Programme: Meat \ Meat \ Pork fillet in pastry
Programme 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: 70–75 °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  
½ tsp. sharp paprika  
Salt  
Pepper  
2 tbsp. oil  
2 onions, finely diced  
50 g bacon, diced  
1 red capsicum, finely diced  
1 tin sliced mushrooms (drained weight 250 g)  
125 g Cheddar cheese, diced  
250 ml stock

Accessories  
Frying pan  
Glass tray

Preparation  
Heat the oil in a frying pan and fry the bacon, then add the onions and fry gently. Add the diced capsicum and drained 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, 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 shape. 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  
Programme 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
Belgian meat loaf

Preparation time: 70–80 minutes
Serves 6–8

Ingredients
1000 g minced beef
3 eggs
200 g breadcrumbs
5 g paprika
Salt
Pepper

Accessories
Universal tray

Preparation
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
Programme 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: Setting 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  
½ tsp. white pepper  
2 level tsp. sweet paprika  
1 tsp. butter  
2 onions  
2 carrots  
2 tomatoes  
2 veal bones  
750 ml stock or meat juices  
250 ml cream  
Cornflour

**Accessories**

Gourmet oven dish

**Preparation**

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. ¼ litre of liquid after about 30 minutes. Repeat this every 30 minutes. Add the cream at the end.

Transfer the meat and vegetables to a serving dish. Deglaze the roasting juices with water and transfer to a saucepan. 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  
Programme 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

**Useful tip**

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

Preparation time: 120–130 minutes
Serves 5

Ingredients
1 knuckle of veal (approx. 1500 g)
Salt
Freshly ground black pepper
40 g melted butter or margarine
2 carrots
100 g celery
1 onion
3 cloves
250 ml hot water
Handful of parsley
1 tbsp. sour cream
Cornflour

Accessories
Glass tray
or Gourmet oven dish

Preparation with the 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. 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, transfer to a saucepan, and add the sour 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
Programme 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
Meat and poultry

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 or mixed herbs
2 cloves of garlic, crushed
30 g melted butter or margarine
100 ml red wine
50 g sour cream
150 ml beef stock
Cornflour

Accessories
Gourmet oven dish

Preparation

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 sour cream and continue to roast without a lid.

Transfer the meat to a serving dish. Deglaze the roasting juices with water and transfer to a saucepan. 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
Programme 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)
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

**Preparation**

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.

After cooking, 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
Programme 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
Meat and poultry

Duck with oranges

Preparation time: 130–140 minutes
Serves 4

Ingredients
1 duck (2 kg)
Salt
Pepper
Thyme
3 oranges, peeled and chopped
2 apples, peeled and diced
1 bay leaf
125 ml white wine
350 ml chicken stock
125 ml orange juice
Cornflour

To decorate:
1 orange, unpeeled and thinly sliced

Accessories
Gourmet oven dish

Preparation
Wash the duck, pat dry and season 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, transfer to a saucepan 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
Programme duration: approx. 70 minutes

Alternative settings
Oven function: Fan Plus
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
Chicken
Preparation time: 70–80 minutes
Serves 2

Ingredients
1 chicken, approx. 1 kg
Salt, paprika, curry powder
1–2 tbsp. oil
100 ml double cream or crème fraîche
Cornflour

Accessories
Gourmet oven dish

Preparation
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, transfer to a saucepan 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
Programme 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: 78–85 °C
Spicy chicken breast with eggplant

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

**Ingredients**
- 1 onion
- 2 cloves of garlic
- 10 g fresh ginger
- 1 small eggplant
- 8 fresh dates
- 1 bunch of parsley
- 4 chicken breast fillets
- 1 ½ tbsp. olive oil
- 1 tsp. cumin
- 1 ¼ tsp. sweet paprika
- 1 ½ tbsp. olive oil
- 1 ½ tbsp. honey
- 1 ½ tbsp. lemon juice
- Salt
- Pepper
- 125 ml yoghurt

**To sprinkle on top:**
- 2 ½ tbsp. fresh parsley, chopped

**Accessories**
- Ovenproof dish

**Preparation**

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

Place the chicken in the oil, garlic, ginger, cumin and paprika to marinate and leave in a cold place for at least 4 hours.

Place the onions, eggplant and olive oil in 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 stand 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.
**Recommended settings**
Oven function: Automatic programmes
Programme: Poultry \ Chicken \ Spiced chicken and eggplant
Programme 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 tbsp. coarse grained mustard
- 1 clove of garlic, crushed
- Salt
- ½ tsp. sage leaves, chopped
- 4 chicken breasts (each approx. 125 g)

**Preparation**
Mix together the crème fraîche, mustard, garlic, salt and sage in a bowl.

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
- Programme 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. 3500 g)
Salt
Sour cream or crème fraîche
Cornflour

Filling ingredients
30 ml oil
3 onions, finely diced
125 g rice
150 g pistachio nuts
150 g raisins
1 tbsp. Madeira

Sauce
125 ml cream
125 ml stock
3 tbsp. cornflour

Accessories
Saucepan
Glass tray

Preparation
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, sour cream or crème fraîche and some cornflour paste, and season to taste.

Recommended settings
Oven function: Automatic programmes
Programme: Poultry \ Turkey \ Whole, stuffed
Programme 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: 80 °C

Useful tip
An unstuffed turkey can be cooked using the Automatic programme Poultry \ Turkey \ Whole.
**Meat and poultry**

**Stuffed turkey breast**

Preparation time: 95–105 minutes  
Serves 4

**Ingredients**  
1000 g 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  
1 tbsp. oil  
1 clove of garlic

**Sauce**  
125 ml cream  
125 ml stock  
3 tbsp. cornflour

**Accessories**  
Gourmet oven dish

**Preparation**  
Cut a pocket into the side of the turkey breast.

To make the stuffing, 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, transfer to a saucepan, thicken with cornflour, and serve with the sliced turkey.

**Recommended settings**  
Oven function: Automatic programmes  
Programme: Poultry \ Turkey \ Turkey breast  
Programme 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
Turkey drumsticks with chutney

Preparation time: 120–130 minutes
Serves 2–3

**Ingredients**
1 turkey drumstick (approx. 1200 g)
Salt
Pepper
30 g butter
200 ml cream
200 g apricot or mango chutney
250 ml water
1 tin of apricots or mango slices (280 g)

**Accessories**
Gourmet oven dish

**Preparation**
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 roasting pan.

Deglaze the roasting juices with water, transfer to a saucepan 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.

**Alternative settings**
Oven function: Auto Roast
Temperature: 170–190 °C
Shelf level: 1
Duration: 90–120 minutes
Core temperature when using the food probe: 80–85 °C

**Useful tip**
A recipe for homemade apricot or mango chutney can be found in "Sauces and chutneys".

**Recommended settings**
Oven function: Automatic programmes
Programme: Poultry \ Turkey \ Turkey drumsticks
Programme duration: approx. 80 minutes
Meat and poultry

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 sour cream
150 ml water
Cornflour

Accessories
Gourmet oven dish with lid

Preparation
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 in the pan, transfer to a saucepan and thicken with cornflour paste. Serve with the meat.

Recommended settings
- Oven function: Automatic programmes
  - Programme: Game \ Hare legs
  - Programme 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
**Saddle of hare**

Preparation time: 70–80 minutes  
Serves 4

**Ingredients**  
1 saddle of hare (approx. 750 g)  
Salt  
Pepper  
50 g streaky bacon, sliced  
2 bay leaves  
6 juniper berries  
100 ml cream  
1 ½ tbsp. red wine  
150–400 ml beef stock  
Cornflour

**Accessories**  
Gourmet oven dish with lid

**Preparation**

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 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, transfer to a saucepan and thicken with a little cornflour.

**Recommended settings**

Oven function: Automatic programmes  
Programme: Game \ Saddle of hare  
Programme 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
Meat and poultry

Rabbit in a mustard sauce

Preparation time: 95–105 minutes
Serves 4–6

Ingredients
1300 g 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, finely diced
250 ml white wine
1 tsp. dried thyme, ground
3 tbsp. crème fraîche

Accessories
Gourmet oven dish with lid

Preparation

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

Fry the bacon in the butter in a roasting pan, 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. Transfer to a suitable roasting pan and roast uncovered in the oven.

Transfer the meat to a serving dish. Add the rest of the mustard, the crème fraîche and, if required, some water to the juices in the pan, transfer to a saucepan and thicken with cornflour.

Recommended settings
Oven function: Automatic programmes
Programme: Game \ Rabbit pieces
Programme duration: approx. 35 minutes

Alternative settings
Oven function: Fan Plus
Temperature: 170–190 °C
Shelf level: 1
Duration: 30–35 minutes
Saddle of venison

Preparation time: 110–120 minutes + marinate for 24 hours
Serves 6

**Ingredients**
- 2000 g saddle of venison
- 1 1/2 – 2 l buttermilk
- 8 juniper berries
- 2 bay leaves
- 3 peppercorns, crushed
- Salt
- Pepper
- 30 g melted butter or margarine
- 100 g streaky bacon, sliced
- 125 ml red wine
- 500 ml water
- 125 g sour cream or crème fraîche
- Cornflour
- 6 pear halves
- 6 tsp. cranberry sauce

**Accessories**
- Gourmet oven dish

**Preparation**

Trim the meat of any outer membranes and marinade 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, transfer to a saucepan and thicken with some cornflour paste. Carve the meat, and place on a serving dish. Pour the sauce over.

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 Saddle of venison
- Programme 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
Vegetables and side dishes

The unsung heroes

The very fact that we consume potatoes, rice or pasta almost daily without tiring of them is testament to the influence they have, both on our 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 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 for a healthy diet. They are also a valuable source of dietary fibre from carbohydrates. 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.
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 all side dishes which can accompany a main dish. Potatoes are available in a wide range of waxy, semi waxy and floury varieties. The waxy ones are used for salads, boiling and roasting.

Semi waxy varieties lend themselves to bakes and gratins. Floury potatoes are starchier than other types and are especially good for dumplings, soups, purées and for grating.

Rice swells to three times its size when cooked. Brown rice and wholegrain pasta require about 5–10 minutes longer to cook than dishes made from white rice or white flour.

Cooking vegetables with microwave power

Place cleaned, prepared vegetables in a dish. Add 2-3 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 enable 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).
Vegetables and side dishes

Stuffed eggplants

Preparation time: 50–60 minutes
Serves 4

Ingredients
3–4 eggplants
Oil

Filling ingredients
2 onions, finely diced
20 g butter or oil
300 g minced beef
250 g sliced white mushrooms
200 g tomato paste
250 ml cream
Salt
Pepper
150 g grated Gouda or Cheddar cheese

Accessories
Frying pan
Ovenproof dish

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

Preparation
Cut the eggplants lengthways into 1 cm slices, sprinkle with salt and set aside for 10 minutes. Pat dry with kitchen paper and fry briefly in the hot oil. Arrange the slices in a suitable dish.

Fry the onions in oil and add the meat, turning until it is browned. Add the mushrooms and stir in the tomato paste, cream and seasoning.

Spread the mixture over the eggplant slices. Sprinkle with grated cheese and bake until golden.
Jacket potatoes

Preparation time: 35 minutes
Serves 4

**Ingredients**
- 4 baking potatoes (each approx. 190 g)
- ½ tbsp. oil
- Salt
- Pepper

**Accessories**
- Glass tray

**Preparation**
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
- Programme duration: approx. 30 minutes

**Alternative settings**
- Pre-heat
- 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
Vegetables and side dishes

Cauliflower in a mustard sauce

Preparation time: 35–45 minutes
Serves 4

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

Preparation
Cut the cauliflower into florets, place in a bowl with 2 tbsp. water, cover and cook for 6 minutes at 850 W, and then for a further 10 minutes at 450 W. After cooking, pour out the water.

Mix flour and butter together to make a smooth dumpling. Place in a dish with stock, cream, mustard and seasoning, cover and cook for 5 minutes at 850 W.

Stir well and 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
French beans tossed in tomatoes and breadcrumbs

Preparation time: 35–45 minutes
Serves 6

**Ingredients**
- 500 g green beans
- 3 tomatoes, diced
- 1–2 tbsp. oil
- 50 g breadcrumbs
- Salt
- Freshly ground black pepper
- 1 tsp. dried thyme, ground

**Accessories**
- Shallow ovenproof dish

**Preparation**

Place the beans in a suitable microwave safe dish with 2 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: Setting 3
- Shelf level: 2
- Duration: 10–15 minutes + 5 minutes pre-heating
Vegetables and side dishes

Chicory bake

Preparation time: 50–60 minutes
Serves 4

Ingredients
8 small heads of chicory
Salt
8 slices of ham
8 slices of cheese
50 ml cream
Salt
Pepper, freshly ground
50 g breadcrumbs
1 tbsp. butter

Accessories
Saucepan
Ovenproof dish

Preparation
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
Gnocchi

Preparation time: 35–45 minutes
Serves 4

**Ingredients**
- 250 ml milk
- 250 ml water
- ½ tsp. salt
- 250 g semolina
- 2 egg yolks
- 20 g softened butter
- 100 g Emmental or Cheddar cheese, grated

**Accessories**
- Shallow ovenproof dish

**Preparation**
Mix together 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 placed 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: Setting 3
  - Shelf level: 1
  - Duration: 10 minutes + 5 minutes pre-heating
Herby 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
1 tbsp. oil
200 g cheese, grated

Accessories
Saucepan
Ovenproof dish

Preparation
Stir together the flour, eggs, water, salt and herbs to form a light dough. Press the dough through a spätzle maker or a large holed sieve or ricer.

Place the spätzle in salted boiling 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
Cucumber salad with a variety 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 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

Preparation

Peel the cucumbers if preferred. Cut in half lengthways and scoop out the seeds with a teaspoon. Cut into ¼ 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, mix together the crème fraîche, cream, vegetable stock, tarragon, salt and pepper. Cook uncovered for 5 minutes at 850 W, and then pour over the cooked cucumber.
Vegetables and side dishes

Potato cheese gratin

Preparation time: 60–70 minutes
Serves 4

Ingredients
500 g peeled, floury potatoes
250 ml cream
125 g crème fraîche
150 g grated Gouda or Cheddar cheese
150 g grated Cheddar cheese
1 clove of garlic
Salt
Freshly ground black pepper
Nutmeg

Accessories
Ovenproof dish Ø 24 cm

Preparation
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 ...
Programme 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

Useful tip
For a low-calorie variation, arrange 750 g sliced potatoes in an 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.
Kohlrabi and cress gratin

Preparation time: 70–80 minutes
Serves 4

Ingredients
800 g kohlrabi
Butter for greasing
2 shallots, diced
100 g bacon
1 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

Preparation
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, flavour with crème fraîche and season with pepper and nutmeg.

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

Scatter 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 + pre-heating

Useful 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

Preparation
Place the Brussels sprouts in a bowl with 3 tbsp. water and a little salt, cover and cook for 3 minutes at 850 W. Then cook for a further 9 minutes at 450 W or until al dente, and 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
Gourmet potatoes

Preparation time: 65–75 minutes
Serves 8

**Ingredients**
- 1200 g waxy potatoes, peeled
- 1 tsp. dried rosemary, ground
- 2 tsp. dried thyme, ground
- 1 tsp. sage, ground
- 6 cloves of garlic (optional)
- Salt
- Pepper
- 3 tbsp. olive oil

**Accessories**
- Glass tray

**Preparation**
Peel and quarter the potatoes and arrange in the bottom of the glass tray. Mix the herbs, spices and garlic (if desired) 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

**Useful tip**
Cook the potatoes with only oil, salt and pepper and serve with porcini mushroom pesto. For the pesto steep 50 g dried porcini mushrooms in 150 ml water for 15 minutes, drain and purée with 150 ml olive oil, 1 tbsp. pumpkin seed oil, 2 tbsp. chopped parsley, 75 g Pecorino or Parmesan cheese, and 1 tsp. salt.
Vegetables and side dishes

Spanish bean bake

Preparation time: 65–75 minutes
Serves 4

Ingredients

400 g green beans
Salt
2 small cans large white beans (310 g)
1 can kidney beans (400 g)
2 onions, coarsely diced
2 cloves of garlic, crushed
300 g cherry tomatoes
10 green olives
1 can chopped tomatoes (400 g)
2 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

Preparation

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
Tomato risotto

Preparation time: 60 minutes
Serves 4–6

Ingredients
1 red onion
125 g chorizo (Spanish salami)
1 zucchini
100 g kalamata olives, (black) pitted
1 ¹/₂ tbsp. olive oil
1 can 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 goat's cheese
50 g basil leaves
Olive oil

Accessories
Microwave safe oven dish with lid

Preparation
Peel and finely dice the onion, finely dice the chorizo and zucchini. Finely chop the olives. Place the onion, chorizo and olive oil in a microwave safe oven dish and cook.

Add the tomatoes, stock and rice, cover and continue cooking.

Add the zucchini, 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 goat's cheese and basil.
Vegetables and side dishes

Zucchini bake

Preparation time: 45–55 minutes
Serves 4

**Ingredients**
2 zucchini
1 onion, finely diced
10 g softened butter
1 tsp. oregano or marjoram, finely chopped
1 slice of white bread, finely diced
200 g fetta cheese
1 tbsp. sour cream
Salt
Freshly ground black pepper

**Accessories**
Saucepan
Ovenproof dish

**Preparation**
Halve the zucchini lengthways and scoop out the centres with a teaspoon. Chop the flesh roughly. Sauté the onion gently in the butter and add the flesh of the zucchini and the herbs.

Crumble the fetta and blend with the sour cream. Stir into the onion mixture with the bread cubes and season with salt and pepper.

Arrange the zucchini halves in a suitable microwave safe 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
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 capsicum and chilli sauce

Preparation time: 40–55 minutes
Serves 4

Ingredients
2 red capsicums
1 small red chilli
200 g cherry tomatoes
2 onions
2 cloves of garlic
1 tbsp. oil
1 tsp. brown sugar
200 ml tomato juice
Salt
Pepper, freshly ground
Paprika

Preparation
Wash, halve and seed the capsicums and chilli. Cut the capsicums 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
Mango chutney

Preparation time: 60–70 minutes
Makes 2 jars, each approx. 400 ml

Ingredients
4 firm, unripe mangoes (approx. 1.5 kg)
1 piece fresh ginger (approx. 40 g)
4 small red chillies
3 limes
100 ml apple vinegar
150 g cane sugar

Preparation
Peel the mangos and remove the stone. Chop 750 g fruit flesh into ½ cm cubes.

Peel the ginger and cut into narrow strips. Halve and seed the chillies, rinse carefully and cut into very fine strips.

Squeeze the limes, and mix 75 ml of the juice with the vinegar.

Place the mango and sugar in a dish. Cover, and cook for 8 minutes at 850 W.

Add the ginger and chillies 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

Useful tip
This chutney can also be made with apricots or with a mixture of mango and apricots.
Sauces and chutneys

Plum chutney

Preparation time: 60–70 minutes
Makes 2 jars, each approx. 400 ml

Ingredients
750 g plums, stones removed
50 ml water
200 g brown sugar
½ tsp. ground ginger
½ tsp. mace
1 piece diced candied ginger
50 g raisins
1 tbsp. vinegar essence

Preparation
Cut the plums into pieces, place in a dish with water, sugar, spices, candied ginger and raisins, cover and cook for 10 minutes at 850 W. Then cook 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

Useful tip
A spicy accompaniment for stir fries, grilled beef, pork or for chicken.
**Zucchini and orange chutney**

Preparation time: 40–50 minutes  
Makes 2 jars, each approx. 400 ml

**Ingredients**
- 1 zucchini  
- 1 onion  
- 2 cloves of garlic  
- 1 apple  
- 1 orange  
- 100 ml herb vinegar  
- 200 g rock sugar  
- 1 tsp. salt  
- 1 tsp. mustard seeds  
- 1 pinch of ground cinnamon  
- ½ tsp. curry powder  
- ½ tsp. pink peppercorns

**Preparation**

Wash the zucchini. Peel the onion and garlic. Crush the garlic. Peel the apple and orange and dice, along with the zucchini 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

**Useful tip**

Delicious with grilled meat and stir fries.
Savoury snacks

The most delicious things in the world

Pizzas, tarts and pies are great favourites for all occasions - as a satisfying family meal, 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 bites to accompany a glass of wine or beer.

Spicy treats can be conjured up with just a few ingredients from the cupboard.

Many can be prepared in advance and do not require last-minute attention just as the first guests arrive.
Flat bread with yoghurt

Preparation time: 130–140 minutes
Serves 8

**Ingredients**
- ½ cube of fresh yeast (21 g)
- 200 ml milk, lukewarm
- 1 egg
- 100 g natural yoghurt
- 1 tbsp. oil
- 2 tsp. sugar
- ½ tsp. baking powder
- 450 g plain flour
- 1 tsp. salt

**Accessories**
- Baking paper
- Glass tray

**Preparation**
Dissolve the yeast in the milk and mix together with the egg, yoghurt, oil, sugar, baking powder, flour and salt. Cover and prove in a warm place for 60 minutes.

Divide the dough into 8 pieces and roll them out thinly. Place on the glass tray lined with baking paper 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 softened butter

**To glaze:**
Egg white

**To sprinkle on top:**
Caraway
Grated cheese
Poppy seeds
Sesame seeds
Paprika

**Accessories**
Baking paper
Glass tray

**Preparation**
Knead together the flour, cheese, egg yolk and butter to make a smooth dough.

Put the dough in the refrigerator and leave for 60 minutes. Then dust the bench with flour and roll the dough out. It should be 3 mm thick.

Using different shaped cutters, cut biscuits out and place on the glass tray lined with baking paper.

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

**Useful tip**
Variation: Cheese whirls - To make these, roll the dough out and cut into approx. 10 cm 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 paper and bake as described.
Ham and cheese muffins

Preparation time: 40–50 minutes
Serves 8

Ingredients
50 g softened butter
2 eggs
1 tsp. sweet 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 7 cm)

Preparation
Beat the butter until creamy. Gradually 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
Savoury snacks

Pizza variations

Preparation time: 70–80 minutes
Sufficient for 1 pizza Ø 30 cm

Dough ingredients
125 g plain flour
10 g fresh yeast
¹/₄ tsp. salt
½ 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
2 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 or sliced

Pepper pizza
One half each of a red, yellow and green capsicum, 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
½ tsp. oregano
100 g grated Cheddar cheese

Leek and Gorgonzola pizza
400 g leeks, sliced into rings and gently fried in 1 tbsp. walnut oil
Salt
Pepper
100 ml white wine, added to the fried leeks
150 g Gorgonzola cheese, diced

Ricotta and basil pizza
30 g ricotta cheese or quark mixed with 50ml double cream
2 eggs
½ tbsp. walnut oil
Salt
Pepper
1 tbsp. chopped basil, stirred into the cream/egg mixture which is then spread over the pizza base
2 tomatoes, diced and scattered over the cream/egg mixture
100 g Gorgonzola cheese, diced and scattered over the cream/egg mixture

Accessories
Glass tray
or a round baking tray Ø 27 cm
Preparation

Pizza dough: 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.

Spread some tomato 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 \ Fresh \ Glass tray or Pizza tray \ Medium topping or Thick topping
Glass tray:
Duration:
Medium topping: approx. 52 minutes
Thick 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

Useful 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.
Savoury snacks

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 feta 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
- 2 tbsp. olive oil
- 3 tomatoes, diced
- 1 diced gherkin
- Salt
- Pepper
- Chopped basil

**Vegetable crostini**
- 12 baguette slices
- 20 g softened butter
- 150 g zucchini, finely diced
- 120 g capsicum, finely diced
- 150 g tomatoes, diced
- 1 clove of garlic, diced
- 1 tbsp. fresh mixed herbs (e.g. parsley, basil, thyme)
- Salt
- Pepper
- 200 g mozzarella, diced

**Pesto**
Spread 1 tsp. pesto over each baguette slice and top with Mozzarella. Place the baguettes on the rack and bake.

**Tomato**
Dice the tomatoes and, using a fork, mix with ricotta or butter, basil, salt and pepper. Pre-toast the baguette slices under the pre-heated grill for approx. 1 minute. Spoon the tomato mixture onto the baguette slices and bake.

**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, then stir in the Mozzarella. Arrange the sliced bread on the glass tray and spread the vegetable and cheese mixture over. Bake until golden.
Recommended settings
For pesto, tomato and bruschetta:
Oven function: Grill
Temperature: Setting 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
Savoury snacks

Pizza whirls

Preparation time: 55–65 minutes
Makes 16 slices

**Dough ingredients**
120 g quark
2 tbsp. oil
2 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

**To glaze:**
1 egg yolk

**To sprinkle on top:**
100 g coarsely grated Cheddar cheese

**Accessories**
Baking paper
Glass tray

**Preparation**
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. Combine all the ingredients for the filling.

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 each rectangle.

Roll the rectangle up with the filling, then cut each roll into 8 slices. Arrange the slices on the glass tray lined with baking paper.

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
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 tbsp. olive oil

Accessories
Glass tray

Preparation
Spread the nuts out on a glass dish.  
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
Desserts

All's well that ends well

No one can resist a delicious dessert. An ice cream, soufflé or fruity confection is the perfect end to a meal, yet requires relatively little effort to make. Indeed, the most successful desserts are often those that need the least preparation.

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 always 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 with strawberries.

Tips on preparation

Stir sweet dishes with custard powder, cornflour, semolina, sago or rice often during cooking to prevent a starch layer and lumps from forming.

Always use a tall dish when making desserts, so that the milk cannot not boil over so easily.

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.
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
1 tbsp. cold water
20 ml crème de cassis

Preparation
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 1 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 homemade 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 softened butter
- 50 g rolled oats
- 50 g pecan nuts, chopped

**Accessories**
- Dish Ø 25 cm, heat resistant, microwave safe
- Glass tray

**Preparation**
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.

Meanwhile, combine flour, brown sugar and cinnamon in a mixing bowl to prepare crumble topping. Rub in butter, and then stir in rolled oats and pecans.

Sprinkle the blueberries and then the crumble topping over the fruit and continue cooking.

Stand for 10 minutes before serving crumble with cream or yoghurt.

**Recommended settings**
- Oven function: Automatic programmes
- Programme: Dessert \ Fruit crumble
- Programme 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

**Useful tip**
Pears, apricots or peaches can be used instead of apples. The blueberries can be substituted with raspberries, blackcurrants or sliced bananas.
Quark soufflé

Preparation time: 20–25 minutes
Serves 4

**Ingredients**
- 500 g quark
- 100 g sugar
- 2 eggs
- 8 g 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

**Preparation**
Mix the quark with the sugar, vanilla sugar, eggs, custard powder or semolina, lemon juice and baking powder. Stir in the currants and pour into a greased soufflé 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

**Useful tip**
You can also stir in 500 g pitted cherries or chopped apricots or peaches.
## Strawberry swirl

**Preparation time:** 40–50 minutes  
**Serves:** 6

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>300 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>50 g</td>
</tr>
<tr>
<td>Red gelatine leaves</td>
<td>3</td>
</tr>
<tr>
<td>White gelatine leaves</td>
<td>3</td>
</tr>
<tr>
<td>Sour cream</td>
<td>200 g</td>
</tr>
<tr>
<td>Natural yoghurt</td>
<td>150 g</td>
</tr>
<tr>
<td>Vanilla sugar</td>
<td>8 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>50 g</td>
</tr>
<tr>
<td>Cream</td>
<td>250 ml</td>
</tr>
</tbody>
</table>

### Preparation

Soak the red and white gelatine leaves separately in cold water for 10 minutes. Purée the strawberries with the sugar. Squeeze out the red gelatine and dissolve for 15 seconds at 450 W. Stir some of the fruit purée into the gelatine, add this mixture to the remaining fruit purée and stir together.

Stir together the sour cream, yoghurt, vanilla sugar and sugar. Squeeze out the white gelatine leaves and dissolve for 15 seconds at 450 W. Stir some of the sour cream mixture into the gelatine, then fold this into the rest of the sour cream mixture. Chill until the mixture begins to stiffen.

Whip the cream into stiff peaks and fold into the sour 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
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 sugar
1 vanilla pod
300 ml milk
300 ml cream
100 g raisins

To sprinkle on top:
Sugar

Accessories
Shallow ovenproof dish
Saucepan

Preparation

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
Programme 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
8 g vanilla sugar
90 g sugar
4 leaves of gelatine
250 ml cream
500 g mixed berries, frozen
50 g sugar

Preparation

Soak the gelatine for 10 minutes in cold water, squeeze out and dissolve for 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 fold into the rest of the yoghurt mixture. Chill.

When the mixture begins to stiffen, fold in the cream and then whisk until stiff.

Sprinkle the frozen fruits with sugar and defrost for 10 minutes at 150 W, then distribute over 4 plates. Dollop the mousse onto the fruits. Decorate with lemon balm or spirals of lemon zest and serve.

Useful 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.
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, enter a further cooking time 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.
Drinks

Orange coffee

Preparation time: 10–15 minutes
Serves 4

Ingredients
375 ml strong coffee
4 tsp. sugar
80 ml orange liqueur
125 ml cream
8 g vanilla sugar

Recommended settings
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 4 minutes

Preparation

Combine the coffee, sugar and orange liqueur. Pour into four cups and heat uncovered for 4 minutes at 850 W.

Beat the cream with the vanilla sugar until stiff. Spoon onto the hot coffee and serve immediately.
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 cardamon
1 tsp. brown sugar
1 tbsp. rum
250 g vanilla or stracciatella ice cream

Preparation
Combine coffee, chocolate, cinnamon, cardamon, sugar and rum in a container, mix and heat for 4 minutes at 450 W, or until the chocolate has melted. Leave to cool.

Pour the mixture into two glasses. Add one scoop of ice cream in each glass. Decorate with cream and grated chocolate.

Recommended settings
Oven function: Microwave
Power level: 450 W
Shelf level: 1
Duration: 4 minutes

Useful tip
Cardamon 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.
Jams and preserves

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 rather shorter than jams made with normal preserving 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.

When using jars with screw-top lids, pour the jam into the jars while hot. Immediately seal with the lids and stand upside down on the lids for approx. 5 minutes before turning 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.
Peach jam
Preparation time: 15–20 minutes
Makes 2 jars, each approx. 400 ml

Ingredients
500 g peach flesh
500 g jam setting sugar
1 sachet citric acid
2 tbsp. apricot liqueur or Campari

Preparation
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 jam into ready-prepared 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 conserve

Preparation time: 300–360 minutes
Makes 4–5 screw-top jars, each approx. 400 ml

**Ingredients**
- 2500 g ripe plums
- 125 g sugar

**Accessories**
- Gourmet oven dish
- or glass tray

**Preparation**
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 boil very gently.

Do not allow it to become too stiff, as it continues to thicken as it cools.

When cooled, transfer the plum compote into ready-prepared screw-top jars and seal immediately.

Stand the jars upside down on their lids for approx. 5 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

**Useful tip**
Plum compote can also be frozen in suitable containers. Colour and flavour are both well retained at low temperatures.
Sour cherry and vanilla conserve

Preparation time: 15–20 minutes
Makes 1 jar, approx. 400 ml

Ingredients
300 g morello cherries, frozen
150 g jam setting sugar (2:1)
1 vanilla pod
1 tbsp. kirsch (optional)

Recommended settings
Oven function: Microwave
Power level: 850 W
Shelf level: 1
Duration: 8–10 minutes

Preparation
Place the cherries, jam sugar and vanilla pod in a suitable container, mix, cover and cook.

Stir frequently.

Stir in the cherry brandy if desired.

Pour the hot jam into ready-prepared 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.
Miele Australia Pty. Ltd.
ACN 005 635 398
ABN 96 005 635 398

Miele Center and Head Office Melbourne:
1 Gilbert Park Drive
Knoxfield, VIC 3180

Miele Center and Office Melbourne:
206-210 Coventry Street
South Melbourne, VIC 3205

Miele Center and Office Sydney:
3 Skyline Place
Frenchs Forest, NSW 2086

Miele Center and Office Brisbane:
39 Harvey Street North
Eagle Farm, QLD 4009

Miele Center and Office Adelaide:
83-85 Sir Donald Bradman Drive
Hilton, SA 5033

Miele Center and Office Perth:
205-207 Stirling Highway
Claremont, WA 6010

Miele New Zealand Limited
IRD 98 463 631

Head Office:
Level 2, 10 College Hill
Freemans Bay, Auckland 1011

Miele Center Auckland:
8 College Hill
Freemans Bay, Auckland 1011

Telephone:
0800 4 MIELE (0800 464 353)

www.miele.co.nz

Miele Global Headquarters
Germany

Miele & Cie. KG
Carl-Miele-Straße 29
33332 Gütersloh
Federal Republic of Germany