

Tefal®

MULTICOOK ACTIFRY

QUICK START GUIDE



PLEASE MAKE SURE TO READ BEFORE USING YOUR TEFAL MULTICOOK ACTIFRY



THANK YOU FOR WELCOMING US INTO YOUR KITCHEN

This guide will show you how to create quick, tasty, and healthy meals effortlessly, giving you more time to enjoy the things you love. Let's dive in and transform your kitchen experience, so you can savour every moment both inside and outside the kitchen.

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INCLUDED ACCESSORIES



BOWL



COOKING TRAY*



STIRRING PADDLE



MEASURING CUP



SOUP LADLE



SPATULA

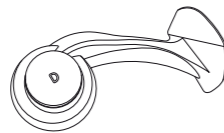
*Number of cooking trays is dependent on the model.

THE STIRRING PADDLE



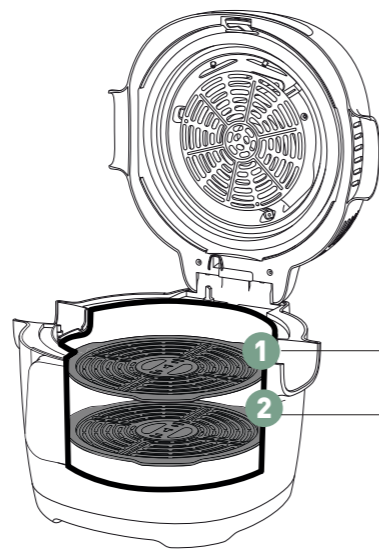
Opt for the stirring paddle to achieve perfectly even cooking, freeing you from constant supervision.

NOTE: the paddle can be removed when not in use. Remove the paddle when the tray is in position 2.



The Paddle has the imprint of a D. Align the flat part of the D shape with the flat part of the pin in the bowl, push it down.

COOKING TRAY



2x tray positions allows you to choose the perfect height for any meal you're cooking.

POSITION 1

POSITION 2

STIRRING PADDLE COMPATIBLE FUNCTIONS



- Air-Fry (Manual mode)
- Crispy Meal



- Risotto
- Pasta
- Sauté (Manual mode)
- Slow cook

USING THE CONTROL PANEL



- A** Power on/off
 - B** Use arrow up and down to choose cooking program and adjust the time and temperature
 - C** Indicates cooking program with **Air-Fryer** function
 - D** Indicates cooking program with **Multicooker** function
 - E** Press, then use the up/down arrows to set the **temperature** and **time**
 - F** **Later Meal** (for more information please see page 9)
 - G** **Stir on/off**. Available on certain functions, as highlighted by the stirring icon.
 - H** Press to **start/stop** the cooking process. Hold for 2 seconds to reset the program and re-input the temperature/time
 - I** **Automatic keep warm** (for more information please see page 9)
 - J** Icons display if **TIME, TEMP, LATER, STIR, KEEP WARM** mode on
 - K** **Sauté** is the **Multicook Manual** mode
 - L** **Air-fry / Manual** mode
- Indicates the pre-heating phase

Air-fry

AIR-FRY (MANUAL MODE): Cooks food quickly with hot air, delivering crispy, healthier results with little to no oil needed.

CRISPY MEAL: Achieves dual-layer cooking with fixed 10 minutes heating from beneath for extra crispiness to the ingredients at the bottom of the bowl, followed by your chosen air-fry time.

STEAM & CRISP: 20 minutes of preheat & steaming, followed by your chosen air-frying time. For flexibility on steaming time, use the steaming function.

GRILL: Intense heat from above to perfectly sear and brown your food.

BAKE/ROAST: Operates like an oven for succulent roasts, delicious casseroles, and savoury vegetables.

BREAD: Function to bake perfectly risen loaves and rolls.

DEHYDRATE: Harness multicook drying capability to preserve fruits, create jerky, and make crispy snacks with ease.

Multicook

RISOTTO: Use the specialised function for creamy, perfectly cooked risotto and other comforting rice dishes.

PASTA: A dedicated function for quick and convenient pasta cooking.

SAUTÉ (MANUAL MODE): Enjoy the freedom of manual mode, setting your own temperature and time for rapid, stove-top-style cooking.

SLOW COOK: Gently cooks meals over a long period for tender, flavourful results.

STEAM: Steaming of vegetables, seafood, and more, preserving nutrients and flavours effectively.

YOGHURT: Effortless homemade yoghurt, ensuring creamy results with ease.

REHEAT: Quickly warm up leftovers and meals evenly.

SETTING UP FOR Air-fry FUNCTION

AIR-FRY (MANUAL MODE), CRISPY MEAL, STEAM & CRISP, GRILL, BAKE/ROAST, BREAD, DEHYDRATE



1. Place the bowl into the appliance.

NOTE: If you are using the **STEAM & CRISP** function, add liquid to the bottom as per recipe instructions.



POSITION 1
POSITION 2

2. Add your food to the cooking tray or directly into the bowl.

If you are using the cooking tray, slot the cooking tray into your chosen position. Line up the cooking tray legs with the grooves on the pot, then place your food onto the cooking tray.



3. Close the lid and select your chosen program.

For more details on the cooking programs please see **page 7**.



4. Set the temperature and time, then press start.

Keep the **lid closed** throughout the cooking process to allow convection heat to circulate.



STIRRING PADDLE: OPTIONAL

Slot the Stirring Paddle into the bowl if required. This is an option for **AIR-FRY (MANUAL MODE)** or **CRISPY MEAL** function.

NOTE: Remove the paddle when the tray is in the lower position.

For more information, please see **page 4**.



CAUTION

Once cooking is complete, be cautious of hot steam. Use the lid handles on either side to safely open.

Air-fry COOKING FUNCTION DETAILS

FUNCTION	IDEAL FOR	AUTOMATIC TIME		ADJUSTABLE TIME		ADDITIONAL
		PRE-HEATING	STEAMING	COOKING / AIR-FRY	TEMP	
AIR-FRY (MANUAL MODE)	Crispy results		-	Adjustable	Adjustable	Optional stirring function
CRISPY MEAL	Extra crispy results and perfect for multi-layer cooking	10 minutes (fixed)	-	Adjustable	Adjustable	Optional stirring function. Once the program starts, the total time will be displayed on the screen.
STEAM & CRISP	A tender inside & crispy outside, also perfect for multi-layer cooking	-	20 minutes (100°C)	Adjustable	Adjustable	Once the program starts, the total time will be displayed on the screen.
BAKE/ROAST	Oven-style results	-	-	Adjustable	Adjustable	-
BREAD	Bread or rolls	Fixed proving time: 50 minutes (40°C)	-	Phase 1: Fixed 10 minutes Phase 2: Automatic 15 minutes, or adjustable time and temperature	Phase 1: Fixed 200°C Phase 2: Automatic 180°C	Note: Phase 2 has an adjustable time for flexibility on loaf size and crust type. Please find a bread recipe on Page 20.
DEHYDRATE	Preserving fruits, create jerky, and making crispy snacks			Adjustable	Adjustable	-

NOTE: IF YOU REACH THE END OF THE COOKING PROGRAM AND FIND YOUR FOOD NEEDS MORE TIME:

Use **AIR-FRY (MANUAL MODE)** to crisp up the ingredients on the cooking tray


Use **SAUTÉ (MANUAL MODE)** to cook the ingredients in the bowl more

SETTING UP FOR Multicook FUNCTION

RISOTTO, PASTA, SAUTÉ (MANUAL MODE), SLOW COOK, STEAM, YOGHURT, REHEAT




1. Place the bowl into the appliance. Select your chosen program.

 **NOTE:** If you are using the **STEAM** function, add liquid to the bottom as per recipe instructions. Then slot the tray into position to elevate the food above the water.



2. Close the lid and select your chosen program.

 **NOTE:** It is optional to keep the lid open for **SAUTÉ (MANUAL MODE)** and **REHEAT**.



3. Set the temperature and time, then press start.



STIRRING PADDLE: OPTIONAL

Slot the Stirring Paddle into the bowl if required. This is an option for **RISOTTO, PASTA, SAUTÉ (MANUAL MODE)** or **SLOW COOK** function

NOTE: Remove the paddle when the tray is in the lower position.











For more information, please see **page 4**.





CAUTION

Once cooking is complete, be cautious of hot steam. Use the lid handles on either side to safely open.

Multicook COOKING FUNCTION DETAILS

FUNCTION	IDEAL FOR	COOKING	TEMP	ADDITIONAL		
RISOTTO	Risotto, in as quick as 25 minutes (recipe page 18)	Adjustable	Fixed	 Optional stirring function	 Automatic keep warm	-
PASTA	Quick and convenient pasta	Adjustable	Fixed	 Optional stirring function	-	-
SAUTÉ (MANUAL MODE)	Set your own temperature and time for rapid, stove-top-style cooking	Adjustable	Adjustable	 Optional stirring function	-	-
SLOW COOK	Gently cooks on low heat	Adjustable (max 12 hours)	Adjustable (70 – 90°C)	 Optional stirring function	 Automatic keep warm	 Later Meal Type 1 (optional)
STEAM	Juicy and tender results	Adjustable	Fixed (100°C)	 Automatic keep warm	 Later Meal Type 2 (optional)	-
YOGHURT	Effortless homemade yoghurt	Adjustable	Fixed (40°C)	-	-	-
REHEAT	Quickly warm up leftovers	Counts up to 1 hour	Adjustable	 Automatic keep warm	-	-

ADDITIONAL

 AUTOMATIC KEEP WARM	Up to 12 hours	Activates at the end of RISOTTO, SLOW COOK, STEAM & REHEAT programs NOTE: For best results we recommend using the keep warm for a maximum of 1 hour. Do NOT keep rice warm for over 1 hour.	
 LATER MEAL	Up to 15 hours	Type 1: Starts slow cooking immediately Type 2: Starts cooking later	NOTE: Type 2 is only suitable for rice or pasta. Do not use the Type 2 later meal function for meat.

NOTE: IF YOU REACH THE END OF THE COOKING PROGRAM AND FIND YOUR FOOD NEEDS MORE TIME:

Use **AIR-FRY (MANUAL MODE)** to crisp up the ingredients on the cooking tray

Use **SAUTÉ (MANUAL MODE)** to cook the ingredients in the bowl more

Program: **STEAM & CRISP**


BUILD YOUR ONE POT MEAL

Prepare a full meal, with the convenience of just one pot to clean up. Use the following steps to add all ingredients to the bowl and they will cook at the same time.



1. Choose your base ingredient.

Select a base that is ideal for boiling/steaming, such as potatoes, vegetables, rice, pasta or other grain.

 Add to the base of the bowl along with cold water. Ensure at least 300 ml of water is in the bowl before steaming.



2. Select your protein.

Place the tray into your chosen position and add the protein and/or vegetables of choice.

NOTE: Remove the paddle when the tray is in the low position.



3. Add your seasoning.

Add your chosen seasoning followed by a drizzle of oil.



4. Place the lid down, select **STEAM & CRISP**, followed by your temperature and time.

1. 20 minutes is automatically set for heating the water & cooking your base.
2. Input your chosen Air-Frying time (e.g. 5 minutes).

The display will show your total cooking time. In this example the cooking process would take 25 minutes.

 Press start

NOTE: If you would like full control of the steaming time use the **STEAM** function followed by the **AIR-FRY** function.

NOTE: IF YOU REACH THE END OF THE COOKING PROGRAM AND FIND YOUR FOOD NEEDS MORE TIME:

Use **AIR-FRY (MANUAL MODE)** to crisp up the ingredients on the cooking tray

Use **SAUTÉ (MANUAL MODE)** to cook the ingredients in the bowl more



Program: **CRISPY MEAL**

BUILD YOUR ONE POT MEAL

Prepare a full meal, with the convenience of just one pot to clean up. Use the following steps to add all ingredients to the bowl and they will cook at the same time.



1. Choose your base ingredient.

Choose a base that is ideal for crisping, such as potatoes, fries, or vegetables. Season and add a little oil.



2. Select your protein.

Place the tray into your chosen position and add the protein and/or vegetables of choice.

NOTE: Remove the paddle when the tray is in the low position.



3. Add your seasoning.

Add your chosen seasoning followed by a drizzle of oil.



4. Place the lid down, select **CRISPY MEAL**, followed by your temperature and time.

1. 10 minutes is automatically set for pre-heating the base of the bowl.
2. Input your chosen Air-Frying time (e.g. 15 minutes).

The display will show your total cooking time. In this example the cooking process would take 25 minutes.

 Press start



NOTE: For even cooking results, select the **stirring paddle function**. For setup details, refer to page 4.

NOTE: IF YOU REACH THE END OF THE COOKING PROGRAM AND FIND YOUR FOOD NEEDS MORE TIME:

Use **AIR-FRY (MANUAL MODE)** to crisp up the ingredients on the cooking tray

Use **SAUTÉ (MANUAL MODE)** to cook the ingredients in the bowl more





Build your 1 pot meal using **STEAM & CRISP** function



Automatic fixed steaming time: 20 minutes

Set the cook time recommended below, once you press start the display will show the total cooking time.



CHOOSE YOUR BASE *Fixed time of 20 minutes steaming is included in the program. Set the additional Air-Frying times recommended below.*

RICE	- 120 g long-grain rice - 300 ml water	- 240 g long-grain rice - 550 ml water	- 360 g long-grain rice - 750 ml water	STEAM & CRISP	180 °C	10 minutes	Bowl
VEGETABLES	- 60 g carrots - 200 g potatoes - 60 g onion - 200 g fresh green beans - 3 unpeeled garlic cloves - 300 ml vegetable stock	- 120 g carrots - 400 g potatoes - 120 g onion - 400 g fresh green beans - 6 unpeeled garlic cloves - 300 ml vegetable stock	- 180 g carrots - 600 g potatoes - 180 g onion - 600g fresh green beans - 8 unpeeled garlic cloves - 450 ml vegetable stock	STEAM & CRISP	160 °C	20 minutes	Bowl

CHOOSE YOUR MAIN

SALMON	- 2 salmon fillets, cut into 3 cm cubes	- 4 salmon fillets, cut into 3 cm cubes	- 6 salmon fillets, cut into 3 cm cubes	STEAM & CRISP	180 °C	10 minutes	Low Tray Position
ROAST CHICKEN	- 1kg chicken, seasoned	- 1.4 kg chicken, seasoned	-	STEAM & CRISP	160 °C	20 minutes	Low Tray Position

CHOOSE YOUR SIDE

GREEN ASPARAGUS	- 4 green asparagus medium thickness, washed - 1 tbsp. olive oil	- 8 green asparagus medium thickness, washed - 1 tbsp. olive oil	- 12 green asparagus medium thickness, washed - 1 tbsp. olive oil	STEAM & CRISP	180 °C	8 minutes	Low Tray Position
BROCCOLI	- 1 broccoli, cut into florets - 1 tbsp. olive oil	- 2 broccoli, cut into florets - 1 tbsp. olive oil	- 3 broccoli, cut into florets - 1 tbsp. olive oil	STEAM & CRISP	180 °C	8 - 10 minutes	Low Tray Position

TO ENSURE ALL INGREDIENTS IN YOUR ONE-POT MEAL ARE PERFECTLY COOKED, START WITH THOSE THAT TAKE THE LONGEST TO COOK. THESE INGREDIENTS CAN BE COOKED AS PART OF A MEAL OR ON THEIR OWN.

Note: remove the paddle when the tray is in the low position. Ensure that at least 300 ml water is in the bowl



Build your 1 pot meal using **CRISPY MEAL** function



Fixed pre-heat time: 10 minutes

Set the cook time recommended below, once you press start the display will show the total cooking time.



CHOOSE YOUR BASE *Automatic pre-heat time is 10 minutes. Set the cooking times recommended below.*

ROASTED POTATOES	- 400 g potatoes, peeled and cut into 2 cm cubes - 1 tbsp. olive oil	- 800 g potatoes, peeled and cut into 2 cm cubes - 2 tbsp. olive oil	CRISPY MEAL	180 °C	15 minutes	Bowl
FROZEN FRENCH FRIES	- 400 g frozen French fries	- 800 g frozen French fries	CRISPY MEAL	180 °C	25 minutes	Bowl

CHOOSE YOUR MAIN

SALMON FILLETS	- 2 Salmon fillets with skin (240g)	- 4 Salmon fillets with skin (480g)	CRISPY MEAL	180 °C	10 minutes	Top Tray Position
CHICKEN KEBABS	- 150 g chicken breast, cut into 2 cm cubes - 4 cherry tomatoes - 1/2 small courgette, cut into 1 cm slices - 1/2 small yellow pepper, cut into 2 cm pieces - 1/2 small red onion, cut into 2 cm pieces - 1 tbsp. Cajun spice powder - 2 tbsp. olive oil	- 300 g chicken breast, cut into 2 cm cubes - 8 cherry tomatoes - 1 small courgette, cut into 1 cm slices - 1 small yellow pepper, cut into 2 cm pieces - 1 small red onion, cut into 2 cm pieces - 1 tbsp. Cajun spice powder - 2 tbsp. olive oil	CRISPY MEAL	180 °C	10 - 15 minutes	Top Tray Position
BUTTERFLY CHICKEN FILLETS	- 1 Chicken breast, sliced and opened out to resemble a butterfly (200 g)	- 2 Chicken breasts, sliced and opened out to resemble a butterfly (400 g)	CRISPY MEAL	200 °C	12 minutes	Top Tray Position

CHOOSE YOUR SIDE

BUTTERNUT SQUASH	- 0.5 butternut squash, cut into 3 cm cubes (500 g) - 1 tbsp. olive oil	- 1 butternut squash into 3 cm cubes (1kg) - 1 tbsp. olive oil	CRISPY MEAL	200 °C	12 minutes	Top Tray Position
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TO ENSURE ALL INGREDIENTS IN YOUR ONE-POT MEAL ARE PERFECTLY COOKED, START WITH THOSE THAT TAKE THE LONGEST TO COOK. THESE INGREDIENTS CAN BE COOKED AS PART OF A MEAL OR ON THEIR OWN.

Note: remove the paddle when the tray is in the low position.



Build your 1 pot meal using **STEAM** function



CHOOSE YOUR BASE Cooking times recommended below.

	2	4	6	PROGRAM	TEMP	COOK TIME	COOKING TRAY/BOWL
QUINOA	- 100 g quinoa - 250 ml water	- 200 g quinoa - 500 ml water	- 300 g quinoa - 750 ml water	STEAM	Auto	10 minutes	Bowl
BOILED POTATOES	- 400g King Edward or Maris Piper potatoes, cut into cubes - 2L water	- 800g King Edward or Maris Piper potatoes, cut into cubes - 2L water	-	STEAM	Auto	25 - 30 minutes	Bowl
PLAIN PASTA	- 160 g fusilli pasta - 500 ml water	- 320 g fusilli pasta - 800 ml water	- 480 g fusilli pasta - 1.2 L water	STEAM	Auto	10 minutes	Bowl
RICE	- 120 g long-grain rice - 300 ml water	- 240 g long-grain rice - 550 ml water	- 360 g long-grain rice - 750 ml water	STEAM	180 °C	20 minutes	Bowl

CHOOSE YOUR MAIN

	2	4	6	PROGRAM	TEMP	COOK TIME	COOKING TRAY/BOWL
STEAMED WHITE FISH	- 2 white fish steaks (120 g each)	- 4 white fish steaks (120 g each)	-	STEAM	Auto	8 - 10 minutes	Low Tray Position
CHICKEN BREAST	- 240 g chicken breast, cut into 1 cm strips	- 480 g chicken breast, cut into 1 cm strips	- 720 g chicken breast, cut into 1 cm strips	STEAM	Auto	10 - 15 minutes	Low Tray Position

CHOOSE YOUR SIDE

	2	4	6	PROGRAM	TEMP	COOK TIME	COOKING TRAY/BOWL
GREEN ASPARAGUS	- 4 green asparagus medium thickness, washed	- 8 green asparagus medium thickness, washed	- 12 green asparagus medium thickness, washed	STEAM	Auto	6 minutes	Low Tray Position
BROCCOLI	- 1 broccoli, cut into florets	- 2 broccoli, cut into florets	- 3 broccoli, cut into florets	STEAM	Auto	6 minutes	Low Tray Position

TO ENSURE ALL INGREDIENTS IN YOUR ONE-POT MEAL ARE PERFECTLY COOKED, START WITH THOSE THAT TAKE THE LONGEST TO COOK. THESE INGREDIENTS CAN BE COOKED AS PART OF A MEAL OR ON THEIR OWN.

Note: remove the paddle when the tray is in the low position. Ensure that at least 300 ml water is in the bowl

OTHER INGREDIENT COOKING TIMES



BASE	2	4	6	PROGRAM	TEMP	COOK TIME	COOKING TRAY/BOWL
PLAIN PASTA	- 160 g fusilli pasta & 500 ml water	- 320 g fusilli pasta & 800 ml water	- 480 g fusilli pasta & 1.2 L water	PASTA	Auto	10 minutes	Bowl
BOILED POTATOES	- 2 large potatoes & 2L water	- 4 large potatoes & 2L water	-	SAUTÉ	Auto	50 minutes	Bowl
ROASTED POTATOES	- 400 g small potatoes	- 800 g small potatoes	- 1 kg small potatoes	AIR-FRY	180 °C	25/25/30 minutes	Bowl
HOME FRIES	- 400 g potatoes, peeled and cut into French fries	- 800 g potatoes, peeled and cut into French fries	- 1 kg potatoes, peeled and cut into French fries	AIR-FRY	180 °C	25/30/30 minutes	Bowl
FROZEN FRENCH FRIES	- 400 g frozen French fries	- 800 g frozen French fries	- 1 kg frozen French fries	AIR-FRY	180 °C	20/25/30 minutes	Bowl

MAIN

SHRIMPS	- 180 g peeled raw shrimp	- 260 g peeled raw shrimp	-	SAUTÉ	160 °C	7 minutes	Tray
SEA BASS FILLETS	- 2 fine fillets of sea bass (180 g)	- 4 fillets sea bass (360 g)	-	AIR-FRY	180 °C	8 - 10 minutes	Tray
HOME-MADE BREADED FISH	- 2 cod fillets 90 g & breadcrumbs	- 4 cod fillets 90 g & breadcrumbs	- 6 cod fillets 90 g & breadcrumbs	AIR-FRY	190 °C	15 minutes	Low Tray Position
BEEF STEAK	- 300 g steak	- 600 g steak	- 900 g steak	BAKE/ROAST	200 °C	15/20/30 minutes	Low Tray Position
ROAST PORK	- 400 g pork roast	- 800 g pork roast	- 1.2 kg roast	BAKE/ROAST	180 °C	25/40/50 minutes	Low Tray Position
CHICKEN DRUMSTICKS	- 4 chicken drumsticks	- 8 chicken drumsticks	-	AIR-FRY	200 °C	25 minutes	Low Tray Position
GRILLED SAUSAGES	- 200 g sausages	- 400 g sausages	- 600 g sausages	GRILL	200 °C	15 minutes	Low Tray Position

SIDE

COURGETTE	- 300 g sliced courgette & oil	- 500 g sliced courgette & oil	800 g sliced courgette & oil	AIR-FRY	200 °C	15/15/20 minutes	Low Tray Position
LENTILS	- 100 g dried lentils & 500 ml water	- 200g dried lentils & 1L water	-	SAUTÉ	auto	45 minutes	Low Tray Position
DRIED TOMATOES	- 4 tomatoes	- 8 tomatoes	-	DEHYDRATE	70 °C	5 hours	Top Tray Position

DESSERT

PLAIN YOGURT	-	-	- 700 ml UHT whole milk - 1 sachet of yoghurt starter	YOGHURT	40 °C	8 hours	Bowl
CARROT CAKE	<i>Follow the recipe on the quick start guide book, page 7</i>			BAKE/ROAST	160 °C	40 minutes	Low Tray Position

Note: remove the paddle when the tray is in the low position. Ensure that at least 300 ml water is in the bowl when using the STEAM or STEAM AND CRISP function

EASY MUSHROOM RISOTTO

A creamy texture and rich flavour from white wine, herbs, and Parmesan cheese.



Program: **RISOTTO**

SERVING

2

PREPARATION

10 minutes

COOKING

25 minutes

INGREDIENTS

- 2 tablespoons olive oil
- Half an onion, chopped
- 70 g white cup mushrooms, sliced
- 150 g Arborio risotto rice
- 50 ml dry white wine
- 540 ml hot vegetable bouillon (or vegetable stock)
- 10 g Parmesan cheese, finely grated
- Freshly ground black pepper, optional
- Fresh flat leaf parsley, chopped

METHOD

1 Select the **RISOTTO** program at 160°C for 25 minutes.

OPEN THE LID

2 Add the oil, chopped onion and mushrooms. Cook for 2 or 3 minutes to soften without colouring them.

3 Add the rice and cook for 1 minute or until the outer edge is semi-transparent but the interior is still white.

4 Add the wine and cook for 2 minutes. Meanwhile heat the bouillon or stock in the microwave or on the hob until just below boiling point. Set aside.

5 Add the hot bouillon or stock.

CLOSE THE LID

6 Cook with the lid closed for 17 – 19 minutes until the rice is soft but with a slight bite.

7 With 1 minute to go add the Parmesan cheese and a little freshly ground black pepper.

8 At the end of the program, use the lid handles on either side to remove the bowl.

9 Serve immediately sprinkled with chopped fresh parsley.



RUSTIC COUNTRY BREAD

Country bread has a rustic appearance and slightly chewy crust.

Program: **BREAD**

SERVING

1 LOAF

PREPARATION

15 minutes

PROVING / COOKING

1 hour 20 minutes

INGREDIENTS

- 200 g strong white bread flour
- 50 g strong wholemeal bread flour
- ¾ teaspoon sugar
- ¾ teaspoon salt
- 2 teaspoons easy bake or fast action dried yeast
- 150 ml warm water (max. temperature 40°C)

TIP: The bread program includes two dough rising phases and one baking phase. At the beep, don't forget to remove the dough and make the folds that ensure a successful loaf. You can also make the dough in a mixer fitted with a dough hook. Follow the manufacturers instructions for kneading time and speeds.

METHOD

MAKE THE DOUGH

- 1 Stir the flours, sugar, salt and yeast together in a large bowl.
- 2 Mix in the warm water to make a soft dough. You may not need all the water or you may need a little more. You want a dough that is well combined and soft, but not sticky.
- 3 Turn the dough onto a lightly floured surface and knead for 10 minutes until it is smooth and stretchy. Shape into a ball.

FIRST PROVE

- 4 Remove the paddle and place the Multicook cooking tray in the lower position. Place a circle of non-stick baking parchment on top, followed by the bread ball. Close the lid. Select the **BREAD** program at 180°C. Set the time to 1 hour 20 minutes, then press **START**. The first rise will begin.
- 5 After 25 minutes, the appliance will beep. Remove the dough. Close the lid.

- 6 On a lightly floured surface, firmly press down on the dough with the palm of your hand, then fold it back on itself. Repeat this 5 times to get the air out.
- 7 Shape the dough into a smooth ball and place it on the Multicook cooking tray lined with non-stick parchment paper. Score the ball using a sharp knife. Close the lid.

SECOND PROVE AND COOKING

- 8 Restart the program by pressing **START**. This will initiate a second rise and begin baking of the bread.
- 9 After 1 hour 10 minutes, when the display shows 10 minutes, open the lid and gently turn over the loaf to cook the base. Close the lid.
- 10 Carefully open the lid and remove the bread. The loaf is cooked when you tap the base and it sounds hollow. Place it on a wire rack. Let it cool completely before enjoying.





Tefal®



Follow us @tefal.UK for more recipe ideas