

## SUMMARY

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#### All recipes serve 4 people.

If you own a Cocotte-minute® with a capacity of less than 6 litres, reduce the proportions by a third.

### CAUTION when preparing your recipes

For thick foods that swell in size and/or froth up during cooking, such as rice, pulses, dried beans, stewed fruit, pumpkin, courgettes, carrots, potatoes, fish fillets, etc.

Do not exceed the MAX 1 mark (depending on the model - 1/3 the height of the pan).

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### 2 QUICK COOKING MODES

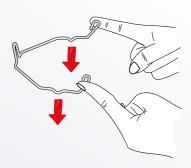


### **STEAMING**

### **GREAT RESULTS GUARANTEED!**

With its essential accessory - the basket - it preserves the vitamins and minerals.

≥ 2-step basket assembly



Grab the tripod and pinch it between your two index fingers.

- Pour 750 ml of liquid into the Cocotte-minute®'s pan.
- ▶ Place the basket in the pan.



► The food placed in the basket must not come into contact with the water or exceed 2/3 the height of the pan [MAX 2 level on some models].

### MY FIRST STEAM-COOKING ATTEMPT - STEP BY STEP

## FISH FILETS

### Preparation time: 10 mins

#### Cooking time: 5 mins

- 4 fish filets
- 4 slices of lemon or lime
- A few fresh herb leaves: dill, tarragon, chives, thyme...
- 1 tbsp pink berries
- Salt and pepper



Pour 750 ml of water into the pan. Insert the steamer basket containing the seasoned fish and vegetables.



Close the Cocotte-minute®, push down the pressure indicator or set the selector to the pressure cooking position (depending on the model). Set the heat to high.



As soon as steam starts escaping (or the timer sounds, depending on the model), reduce the heat to medium whilst taking care to retain a steady jet of steam, and set the timer to 5 minutes.



Once the cooking time has elapsed, release the steam by removing the valve or by setting the program selector on the position & before opening. Add the finely chopped herbs and then you're all set!

### **QUICK COOKING MODE**



### **BECOME** A STEWING EXPERT!

The cooking juices that settle at the bottom of the pan can be used to enhance the taste of sauces and stocks.



- ▶ Place the ingredients (meat, fish, shellfish or vegetables) directly into the Cocotte-minute® pan.
- Add at least 250 ml of liquid.
- ▶ Do not fill the Cocotte-minute® beyond 1/3 the height of the pan (MAX 1 level on some models).
- For thick foods that swell in size and/or froth up during cooking, such as rice, pulses, dried beans, stewed fruit, pumpkin, courgettes, carrots, potatoes, fish fillets, etc. Do not exceed the MAX 1 mark (depending on the model - 1/3 the height of the pan).



### MY FIRST STEWING ATTEMPT

- STEP BY STEP

## RATATOUILLE

### Preparation time: 10 mins

### Cooking time: 14 mins

• 4-5 sprigs of parsley

• Salt and pepper

- 1 aubergine
- 2 tomatoes
- 1 courgette
- 1 pepper
- 1 onion
- 2 garlic cloves
- 1 tbsp olive oil
- 250 ml water
- 1 tbsp thyme or
- 2 sprigs of dried thyme



Heat the olive oil in the pan over a medium heat, then add the chopped vegetables to brown them. Add 250 ml of water. Season and stir. Add the thyme and parsley.





Close the Cocotte-minute®, turn on the valve or set the selector to pressure cooking (depending on the model). Set the heat source to high.



As soon as steam starts escaping (or the timer sounds, depending on the model), reduce the heat to medium whilst taking care to retain a steady jet of steam, and count down 14 min.



Once the cooking time has elapsed, release the steam by removing the valve or setting the program selector to the position and open the pressure cooker: you're all set!

## ▲ GOOD PRACTICES

Good practices to adopt each time before using the Cocotte-minute®.



Check that the base of the selector or pressure indicator (depending on the model) is not obstructed (by using a stick).









- Check that the central part of the safety valve can be moved (depending on the model)
- For Authentique and Clipso+ Chef Cocotte-minute®, refer to the leaflet.



#### If your Cocotte-minute® is equipped with a timer:



1 To turn on the timer: press the button (or buttons).



Program the cooking time (in minutes) If you set the wrong cooking time, wait 4 seconds for the flames to stop flashing, then long press the button (or buttons) to reset.



3 Start the heating source at maximum power.



4 As soon as your Cocotte-minute® has reached the cooking temperature, the timer rings a first time and the time count starts (the numbers start flashing).

I ower the heat

If you wish, you can now remove the timer from the product and take it with you. The timer will continue working.



- 5 AT THE END OF THE COOKING TIME, THE TIMER RINGS A SECOND TIME.
  - To stop the timer buzzer, press the button.
  - Turn off the heat source.
- ▶ During cooking, make sure that the valve whistles regularly. If there is not enough steam, slightly increase the heat, otherwise lower it.

#### SOME SAFETY PRECAUTIONS

- Do not cook ingredients that might block the safety outlets: cranberries, pearl barley, rolled oats, split peas, noodles, macaroni, spaghetti, rhubarb and gooseberries.
- Never use your Cocotte-minute® to make an animal milk-based recipe.
- Never put a sheet of unsecured aluminium foil or baking paper (i.e. not strung down or held down by a plate) on top of a mould in your Cocotte-minute®.
- Never put cling film in your Cocotte-minute®.
- Alcohol vapours are flammable. Bring to the boil for around 2 minutes before putting the lid on. Keep an eye on your appliance when cooking recipes that include alcohol.
- After cooking meat with a superficial skin (e.g. beef tongue) which may swell under pressure, do not prick the meat if the skin looks swollen, as you risk being scalded. Be sure to prick the meat before cooking it.



## SOUPS

Creamy pumpkin soup	9
and The Laughing Cow® soup	8
Creamy courgette	



### **CREAMY COURGETTE**

### and The Laughing Cow® soup



Preparation time: 5 mins - Cooking time: 10 mins



- 4 small courgettes
- 2 potatoes
- ½ onion
- 3 The Laughing Cow®

#### portions

- 1 L water
- Salt and pepper
- **1.** Wash and cut off the ends of the courgettes; then cut them into thick slices. Peel, wash and dice the potatoes. Peel and chop the onion.
- **2.** Place all the vegetables in the pan, add the water and season. Stir.
- **3.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- **4.** Release the steam. Open the Cocotte-minute®. Add the Laughing Cow® portions, mix (in a non-stick pan-suitable bowl) and serve.

### **CREAMY PUMPKIN**

### soup



Preparation time: 15 mins - Cooking time: 6 mins



- 1.2 kg organic pumpkin
- 1 tsp grated nutmeg
- 2 tbsp cream

- 600 ml water
- Salt and pepper
- **1.** Partially peel the pumpkin (the skin provides an excellent taste) and cut it into 5 cm cubes (approx.).
- 2. Pour the water into the pan, then add the pumpkin, water, salt, pepper and nutmeg.
- **3.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 6 minutes.
- **4.** Release the steam. Open the Cocotte-minute®. Mix (in a non-stick pan-suitable bowl) the soup and add the cream.
- 5. Serve piping hot.

## VEGETABLES, CEREALS & LEGUMES

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## **CUMIN-SPICED**

#### carrots



Preparation time: 10 mins - Cooking time: 6 mins



- 800 g sliced carrots
- 3 tbsp olive oil
- 1 white onion, chopped
- Juice of 1 lemon

- 250 ml water
- A few cumin seeds
- Salt and pepper
- **1.** Drizzle the olive oil in the pan over a medium heat and sauté the onions uncovered until soft. Pour in the lemon juice and water. Add the carrots, then season with salt and pepper. Stir.
- **2.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 6 minutes.
- **3.** Release the steam. Open the Cocotte-minute®. Serve the carrots garnished with cumin seeds.

## **AUBERGINE**

### caviar



Preparation time: 20 mins - Cooking time: 12 mins



- 600 g aubergines
- 4 garlic cloves

- 100 ml olive oil
- Salt and pepper
- **1.** Pour 750 ml of water into the pan and insert the whole aubergine-filled steam basket.
- 2. Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 12 minutes.
- **3.** Release the steam. Open the Cocotte-minute®. Remove the aubergines. Leave them to cool.
- **4.** Purée the garlic cloves. Cut the aubergines lengthways in half and scoop out the flesh. Mix it in a food processor with the garlic purée and gradually add the olive oil.
- **5.** Season and serve chilled.

## **VEGETABLE**

### curry



Preparation time: 30 mins - Cooking time: 6 mins



- ½ cauliflower
- ½ broccoli
- 2 courgettes
- 2 potatoes
- 1 red pepper
- 2 onions
- 40 g raisins

- 250 ml water
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tbsp curry powder
- 2 tbsp grated coconut
- Salt and pepper
- **1.** Wash the vegetables. Cut the cauliflower, broccoli and pepper into pieces. Chop the courgettes. Peel the potatoes and dice them into 1 cm cubes. Peel and chop the onions.
- **2.** Drizzle the olive oil in the pan over a medium heat and brown the onions uncovered. Add the potatoes, cauliflower, broccoli and pepper.
- **3.** Mix, then season with salt and pepper. Add the grated coconut. Cook uncovered for a further 2 minutes over a low heat.
- **4.** Add the curry, cumin, raisins and courgettes. Add the water and bring to the boil uncovered to fully release the aromas.
- **5.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 6 minutes.
- **6.** Release the steam. Open the Cocotte-minute® and serve immediately.



## **COUCSOUS-STUFFED**

courgettes



Preparation time: 20 mins - Cooking time: 11 mins



- 4 round courgettes
- 120 g couscous
- ullet 1/2 red pepper, finely diced
- 2 tbsp olive oil

- 200 g tomato sauce
- Salt and pepper
- **1.** Wash and core the courgettes. Finely chop the courgette skin, then mix it with the couscous, pepper, oil, salt and pepper.
- 2. Stuff the courgettes with the filling.
- **3.** Pour 750 ml of water into the pan and insert the courgette-filled steam basket.
- **4.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 11 minutes.
- **5.** Release the steam. Open the Cocotte-minute®. Serve the courgettes with the hot tomato sauce.

## **VEGETABLE**

### Colombo curry

SP/J

Preparation time: 10 mins - Cooking time: 10 mins



- 250 g drained cooked kidney beans (tinned)
- 400 kg pumpkin
- 3 medium potatoes (300 g)
- 3 carrots (200 g)
- 1 onion

- 2 garlic cloves
- $\bullet \ 3 \ tsp \ Colombo \ spice \ blend$
- 250 ml water
- 200 ml coconut milk
- 2 tbsp olive oil
- Salt
- **1.** Peel, wash and cut the pumpkin, potatoes and carrots into 2 cm pieces (approx.). Peel and chop the onion, then peel and crush the garlic cloves with the flat of a knife.
- **2.** Drizzle the olive oil in the pan over a medium heat and brown the onion uncovered for a few minutes. Add the garlic and vegetables, then mix. Stir and cook for a further 2 minutes uncovered.
- **3.** Add the kidney beans, Colombo spice blend, water and coconut milk. Stir.
- **4.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- **5.** Release the steam. Open the Cocotte-minute®. Season with salt to taste and serve immediately.



## CREAMED spinach



Preparation time: 10 mins - Cooking time: 5 mins



- 700 g frozen spinach
- 250 ml cream

- Salt and pepper
- 1. Place the frozen spinach in the steam basket.
- 2. Pour 750 ml of water into the pan and insert the basket.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 5 minutes.
- **4.** Release the steam. Open the Cocotte-minute<sup>®</sup>. Put the cream in a saucepan with the pepper and a pinch of salt. Bring to the boil.
- **5.** Serve the spinach hot, drizzled with cream.

# VEGGIE patties



### Preparation time: 10 mins + 4 hours to chill -Cooking time: 11 mins



- 550 g sweet potato
- 1 finely sliced onion
- 100 g rolled oats
- 80 g mixed grains

- 15 sprigs of fresh coriander or parsley, chopped
- 4 tbsp olive oil
- Salt and pepper
- **1.** Peel and dice the sweet potato. Heat 2 tbsp of olive oil in the pan over a medium heat and sauté the onion uncovered until soft, then set aside.
- 2. Put the cereal mixture and 500 ml of water in the pan, then add the sweet potatoes. Season with salt and pepper. Stir.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 11 minutes.
- **4.** Release the steam. Open the Cocotte-minute®. Drain the mixture.
- **5.** Crush the mixture with a fork (or manual potato masher), add the coriander, cooked onion and rolled oats. Work into a shapeable consistency.
- **6.** Season and refrigerate for 4 hours. Shape into 6 patties (approx. 2 cm thick). Heat two tablespoons of olive oil in a frying pan, then add the patties. Brown them over a medium heat (5 mins on each side). Carefully turn over to brown the other side.



### **LENTILS**

### with autumn vegetables and chorizo



Preparation time: 15 mins - Cooking time: 14 mins



- 3 tbsp olive oil
- 200 g green lentils
- 2 coarsely diced carrots
- 2 turnips, coarsely diced
- 160 g strong chorizo, coarsely

diced

- 800 ml water
- 1 tsp Espelette pepper powder
- 3 tbsp thick cream
- Salt
- **1.** Put all the ingredients in the pan (except the salt and cream), and cook uncovered for 3 minutes. Stir.
- 2. Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 14 minutes.
- **3.** Release the steam. Open the Cocotte-minute®. Add the salt and thick cream. Serve.

### **BRAISED**

### sweet potatoes



Preparation time: 10 mins - Cooking time: 4 mins



- 4 large sweet potatoes (approx.1.5 kg unpeeled)
- 1 onion
- 50 g butter

- 250 ml water
- Salt
- 1 sprig of rosemary (or thyme)
- **1.** Peel and wash the sweet potatoes. Cut them into quarters. Peel and finely slice the onion.
- **2.** Melt the butter in the pan over a medium heat and lightly brown the onion uncovered. Add the pieces of sweet potato and the rosemary, then sauté uncovered for 5 minutes. Season and add water. Stir.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 4 minutes.
- 4. Release the steam. Open the Cocotte-minute® and serve.
- Find something to please everyone with these 2 sauce ideas: a hot sauce with cream, paprika/cumin and salt. Reduce a little in a saucepan and serve over the cooked sweet potatoes.
- Or a cold dressing: olive oil + orange juice + orange zest + salt and pepper.

## **MEDITERRANEAN**

### potatoes



Preparation time: 15 mins - Cooking time: 10 mins



- 6-8 potatoes (peeled: approx. 600 g)
- 2 tbsp double concentrate tomato purée (approx. 70 g)
- 1 red pepper
- 1 garlic clove
- 1 onion

- 1 tbsp olive oil
- 250 ml water
- 100 g pitted black olives
- Oregano
- Salt and pepper
- **1.** Peel and finely chop the garlic. Peel, wash and cut the potatoes into quarters. Wash and slice the pepper into strips.
- 2. Heat the olive oil over a medium heat and sauté the garlic, onion and leek uncovered until soft.
- **3.** Add the potatoes, tomato purée and oregano. Pour in 250 ml of water, then season with salt and pepper. Stir.
- **4.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- **5.** Release the steam. Open the Cocotte-minute®. Add the olives and serve.

### **QUICK AND EASY**

### ratatouille



Preparation time: 10 mins - Cooking time: 14 mins



- 1 aubergine
- 2 tomatoes
- 1 courgette
- 1 pepper
- 1 onion
- 2 garlic cloves

- 1 tbsp olive oil
- 250 ml water
- 1 tbsp thyme or 2 sprigs of dried thyme
- 4-5 sprigs of parsley
- Salt and pepper
- **1.** Wash then cut the aubergine, tomatoes and courgette into fairly thick slices. Chop the pepper and the onion. Peel and finely slice the garlic. Wash and chop the parsley.
- **2.** Drizzle the olive oil in the pan over a medium heat and brown all the vegetables uncovered. Add the thyme and parsley, then season with salt and pepper. Stir.
- **3.** Pour 250 ml of water and stir. Season to taste.
- **4.** Close the pressure cooker. As soon as steam starts to escape, reduce the heat and let it cook for 14 minutes.
- **5.** Release the steam. Open the pressure cooker, let the sauce reduce for a few minutes, then serve hot. This ratatouille can also be eaten cold.

# COOKING the chickpeas



Preparation time: carefully soaked overnight - Cooking time: 35 mins



• 240 g dried chickpeas

• 1.3 litres of water

- 1. Soak the dried chickpeas overnight in cold water.
- 2. Drain the chickpeas and put them in the pan. Add the water.
- **3.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 35 minutes.
- **4.** Release the steam. Open the Cocotte-minute®. To make the hummus, keep back a ladle of cooking water.

### Recipes involving cooked chickpeas

#### Houmous

#### Preparation time: 5 mins

- 200 g cooked chickpeas
- 1 clove of garlic
- Juice of 1 lemon
- 2 tbsp tahini

- 4 tbsp olive oil
- 1 ladle of the chickpea cooking water
- 1. Peel and de-germ the garlic, then place it in the bowl of a blender with the lemon juice, tahini and chickpeas.
- 2. Blend at a low speed and gradually add the oil. Continue mixing until an even mixture is obtained. If necessary, add a little bit of cooking water to adjust the consistency.

#### CATALAN CHICKPEAS

Preparation time: 5 mins Cooking time: 7 mins

- 200 g cooked chickpeas
- 40 g butter
- 100 g smoked pork belly chopped 5 slices of strong chorizo into small lardons
- 2 tbsp tomato purée
- 1 clove of crushed garlic

  - Pepper
- 1. Melt the butter in the pan over a high heat and brown the lardons and slices of chorizo uncovered for a few minutes.
- 2. Add chickpeas and garlic. Mix and add the tomato purée. Pepper to taste. Mix and leave to simmer uncovered for 5 minutes. Serve hot, lukewarm or cold.

#### ROASTED CHICKPEAS

Preparation time: 5 mins Cooking time: 10-15 mins in the oven

- 450 g cooked chickpeas
- 2 tbsp olive oil
- 2 cloves of garlic, finely sliced
- 1 tsp salt
- 1 pinch of black pepper
- 1. Preheat the oven to 180°C.
- 2. Drizzle the oil on a baking tray. Add the cooked chickpeas. garlic, salt and pepper. Bake for 10 to 15 minutes. Serve cold.

## MEAT

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## BEEF Bourguignon



Preparation time: 20 mins -Cooking time: 45 mins



- 750 g beef (shoulder, chuck, topside), diced
- 100 g lardons
- 2 sliced carrots
- 4-5 silverskin onions
- 1 clove of garlic
- 1 bouquet garni

- 25 g butter
- 1 tbsp flour
- 500 ml red wine
- 8 button mushrooms
- 1 tbsp tomato purée
- 1/2 tsp sugar
- Salt and pepper
- **1.** Peel and cut the mushrooms into quarters. Peel and slice the carrots. Peel the spring onions and keep part of the green stem. Brown the lardons in the pan uncovered. Remove them but leave the fat behind.
- 2. Melt the butter in the pan over a medium heat and brown the pieces of meat and onions over a high heat without covering any of it.
- **3.** Add the flour, tomato puree and wine. Stir. Alcohol vapours are flammable. To burn them off, boil them for 5 minutes uncovered.
- **4.** Add the mushrooms, carrots, garlic and the return the lardons to the pan. Thoroughly scrape the cooking juices off the bottom of the pan. Add the bouquet garni and the sugar.
- **5.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 45 minutes.
- **6.** Release the steam. Open the Cocotte-minute®. Serve with potatoes or fresh tagliatelle.
- To reinvent this recipe... replace the red wine with 330 ml of amber ale and remove the tomato purée and carrots. The recipe's cooking steps and times do not change.
- Enhance this recipe by adding 1 small square of dark chocolate once it has finished cooking.

# PORK burger



### Preparation time: 15 mins -Cooking time: 40 mins



- 4 tbsp olive oil
- 2 large onions
- 4 garlic cloves
- 4 tsp ground cumin
- 1 boneless roast pork joint
- 50 ml cider vinegar

- 1 stock cube in 250 ml of water
- 4 tbsp ketchup
- 4 burger buns
- Salt and pepper
- 1. Peel the garlic cloves and onions and cut them into 4.
- **2.** Drizzle the olive oil in a pan over a medium heat. Add the meat, onions and cumin, then leave them to brown uncovered.
- **3.** Add the vinegar, garlic and broth, then season with salt and pepper. Mix thoroughly.
- **4.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 40 minutes.
- **5.** Release the steam. Open the Cocotte-minute®. Remove the meat, place it on a plate and cover with aluminium foil for around 10 minutes before using two forks to shred the meat.
- **6.** Add a little cooking juice to prevent the meat from drying out. Put a little ketchup on the buns and add the meat. Serve immediately with a side salad.

## CHILI con carne



Preparation time: 10 mins -Cooking time: 12 mins



- 300 g minced beef
- 1 onion
- 1 clove of garlic
- 1 red pepper
- 2 tbsp olive oil
- 200 g drained cooked kidney beans (tinned)
- 1 small tin of peeled tomatoes
- 1 tsp ground cumin
- 1 tsp chilli powder
- Salt
- 300 ml water
- **1.** Peel the onion and garlic, then chop them. Open the pepper, remove the seeds and cut it into thin strips.
- 2. Drizzle some oil into the pan over a medium heat and brown the pepper, garlic and onion uncovered. Add the meat, mix, and leave to brown slightly uncovered. Add the spices, tomatoes, kidney beans and water. Season with salt and stir.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 12 minutes.
- **4.** Release the steam. Open the Cocotte-minute® and serve piping hot.
- Replace the minced meat with beef cubes measuring roughly 3 cm for a cooking time of 15 minutes.

## COUSCOUS



### Preparation time: 40 mins -Cooking time: 30 mins + 5 mins



- 650 g lamb neck, sliced
- 2 duck legs (halved)
- 1 onion
- 1 garlic clove
- 2 courgettes
- 2 turnips
- 1 celery stalk
- 2 carrots
- 1 red pepper
- 4 tbsp olive oil

- 800 ml water
- 300 g couscous
- 1 small tin of peeled tomatoes
- 1 can of cooked chickpeas (265 g net drained weight)
- 1 tbsp Ras El Hanout
- ½ tsp Harissa
- Salt and pepper
- **1.** Peel the onion and garlic, then chop them. Peel the turnips and carrots. Wash all the vegetables and cut them into 2-3 cm pieces.
- 2. Heat 3 tablespoons of olive oil in the pan over a medium heat and brown the 2 meats uncovered. Add all the vegetables (except the zucchini and chickpeas) and sauté uncovered for a few minutes. Add the peeled tomatoes, season and then add the water. Stir.
- **3.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 30 minutes. Meanwhile, pour the semolina into a salad bowl and drizzle with 1 tablespoon of olive oil.
- **4.** Release the steam. Open the Cocotte-minute®. Extract a few ladlefuls of the hot cooking juices and pour them over the semolina (you'll need the same quantity of semolina as juice). Cover with a plate and leave to swell for 10 minutes. Fluff up with a fork.
- **5.** Mix the Harissa in a small amount of the hot cooking juices. Serve hot yet separately: the meat, vegetables, semolina and strong sauce. Add the drained zucchini and chickpeas, close the Cocotte-minute® and cook for 5 min. Release the steam and open.



# ASIAN chicken thighs



Preparation time: 15 mins -Cooking time: 15 mins



- 4 chicken thighs (120 g)
- 600 g frozen Asian stir-fried (or wok-fried) vegetables or a mix of fresh Asian vegetables
- 2 tbsp sesame oil
- 2 tbsp soy sauce
- 2 pinches of 5-spice powder
- 300 ml water
- **1.** Cut each thigh in half and score the skin in 2 places.
- **2.** Heat sesame oil in the pan over a medium heat. Sauté the chicken thighs uncovered.
- **3.** Pour in the soy sauce, then add the stir fry and spices. Pour in the water.
- **4.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 15 minutes.
- **5.** Release the steam. Open the Cocotte-minute® and serve.

## **BASQUE-STYLE**

### chicken



Preparation time: 10 mins -Cooking time: 15 mins



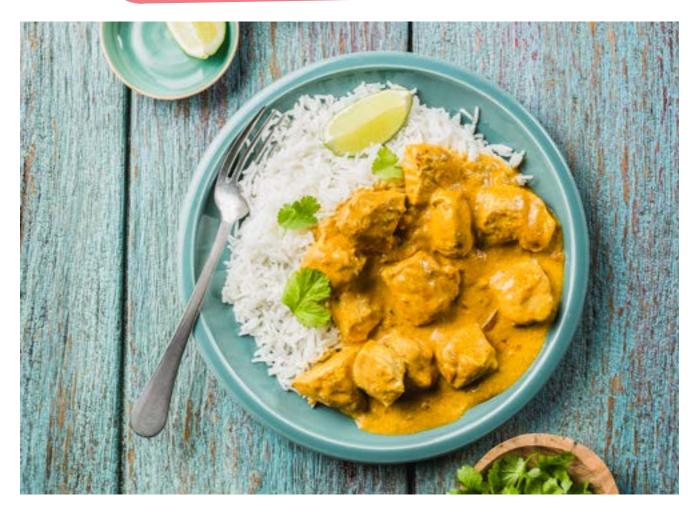
- 4 chicken thighs
- 200 ml water
- 200 g tinned chopped tomatoes
- 2 peppers, sliced (1 green and 1 red)
- 1 onion

- 2 garlic cloves
- 2 tbsp olive oil
- Espelette pepper
- Salt and pepper
- 1 sprig of thyme
- **1.** Cut each thigh in half and prick the skin 2 or 3 times. Peel and chop the garlic, onion and peppers.
- 2. Drizzle olive oil in a pan over a medium heat and brown the meat on all sides uncovered. Remove it.
- **3.** Replace with the peppers, onion, chopped tomatoes and water. Stir to deglaze the pan. Return the meat, add the garlic and chilli, then season.
- **4.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 15 minutes.
- **5.** Release the steam. Open the Cocotte-minute® and serve immediately.

## CURRIED chicken



Preparation time: 10 mins -Cooking time: 10 mins



- 4 free-range chicken fillets
- 2 shallots
- 2 tbsp olive oil
- 1 tbsp curry powder
- Optional: 1 Granny Smith apple
- 250 ml coconut milk
- Salt and pepper
- **1.** Peel and chop the shallots. Peel and dice the apple (optional).
  - If the breasts are skinned, prick them with a knife in 2 or 3 places. Drizzle olive oil in the pan over a medium heat and brown the meat and shallots uncovered. Add the coconut milk and apple (optional). Add the curry, salt and pepper. Stir.
- 2. Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- **3.** Release the steam. Open the Cocotte-minute®, check the seasoning and serve hot with rice.

## CHICKEN tacos



Preparation time: 10 mins -Cooking time: 10 mins



- 400 chicken fillets
- 3 tbsp ketchup
- 1 tbsp barbecue sauce
- ½ tsp chilli powder
- 1 tsp herbes de Provence
- 1 red pepper

- 1 red onion
- 2 tbsp finely chopped coriander
- 1 tbsp olive oil
- 8 tortillas
- Optional: grated cheese
- Salt
- **1.** Pour 750 ml of water into the pan and insert the basket containing the lightly salted chicken fillets.
- 2. Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- **3.** Release the steam. Open the Cocotte-minute®. Let the chicken fillets cool before shredding them. Mix the shredded meat with the ketchup, barbecue sauce, chilli and Provencal herbs.
- **4.** Finely dice the pepper and the onion, then mix with the coriander and the oil. Heat the tortillas in the pan or an oven. Top the tortillas with both the chicken mixture and the pepper and onion-based one.
- Optional: add some grated cheese to the tortillas.

## TURKEY tagine



Preparation time: 20 mins -Cooking time: 15 mins



- 2 white onions
- 3 garlic cloves
- 600 g turkey leg, coarsely diced
- 6 tbsp olive oil
- 1 tsp ground cumin
- 2 tsp ground cinnamon
- 1 saffron pod
- 250 g crushed tomatoes
- 4 tbsp honey

- 200 ml boiling water
- 1 stock cube in 500 ml of water
- 4 clementines
- ½ bunch of coriander, chopped
- 5 mint leaves
- 200 g couscous
- Salt and pepper
- 1. Peel and chop the onions and garlic.
- 2. Heat 4 tablespoons of olive oil in the pan over a medium heat. Add the pieces of meat, the onions, the garlic and the spices, then brown everything uncovered. Then add the chopped tomatoes, honey and broth. Season with salt and pepper.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 15 minutes.
- **4.** Meanwhile, pour the semolina into a salad bowl and add 2 tablespoons of olive oil and 200 ml of boiling water.
- **5.** Once the 15-minute cooking time has elapsed: release the steam and open the Cocotte-minute®. Add the clementine wedges and continue cooking uncovered for 5 minutes. Fluff up the semolina with a fork.
- **6.** When ready to serve, add the fresh herbs. Serve with semolina.



## FISH

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## $\displaystyle \frac{\mathsf{CURRIED}}{cod}$



Preparation time: 10 mins -Cooking time: 4 mins



- 500 g thick cod fillets
- 3 tbsp mild Indian curry paste
- 250 ml coconut milk
- 2 tbsp coconut cream
- 15 g grated coconut
- **1.** Cut the cod into 6 cm pieces. Coat them with 2 tablespoons of curry paste. Pour the coconut milk into the pan, followed by the fish, and heat over a high heat.
- **2.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 4 minutes.
- **3.** Release the steam. Open the Cocotte-minute®. Add the coconut cream.
- **4.** Serve hot sprinkled with grated coconut. It can also be served with rice.

# FISH Colombo curry



Preparation time: 20 mins -Cooking time: 8 mins



- 800 g firm-fleshed fish (monkfish, conger eel, tuna, etc.)
- Juice of 3 limes
- 1 courgette
- 2 potatoes
- 2 onions
- 300 ml water

- 3 garlic cloves
- 3 tbsp Colombo powder
- 1/2 tsp harissa
- 2 tbsp olive oil
- Thyme
- Salt and pepper
- **1.** Cut the fish into 6 cm pieces, then season and drizzle with lemon juice and olive oil. Set aside. Wash and coarsely dice the courgette. Wash and finely dice the potatoes. Chop the onion and garlic.
- **2.** Pour the water into the pan, then add the juice of 2 lemons and the marinated fish, followed by the onion, garlic, courgette, potatoes, Colombo powder, harissa and salt.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 8 minutes.
- **4.** Release the steam. Open the Cocotte-minute®. Serve the fish surrounded in sauce. Serve with rice.

### SALMON FILLETS

### with mangetout



Preparation time: 15 mins -Cooking time: 5 mins



- 300 g frozen mangetout
- 4 salmon fillets (120 g each)
- 100 g smoked lardons
- 200 ml red wine
- 400 ml water

- 3 tbsp Sauceline® corn starch
- 2 tbsp olive oil
- Salt and pepper
- **1.** Heat the olive oil on a high heat and continuously stir the lardons to brown them (uncovered).
- 2. Pour in the wine and water. Thoroughly deglaze the pan to retrieve the cooking juices. Alcohol vapours are flammable. To burn them off, boil them for 2 minutes uncovered. Insert the mangetout-filled steam basket and arrange the fillets on top of the mangetout. Season to taste.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 5 minutes.
- **4.** Release the steam. Open the Cocotte-minute®. Add the Sauceline® to the boiling juice while stirring, season to taste and serve immediately.

# FISH in coconut milk



Preparation time: 15 mins + 20 mins to marinade-Cooking time: 4 mins



- 800 g fresh fish
- 2 tomatoes
- Juice of 1 lemon
- $\bullet$  100 ml water
- 2 tbsp rapeseed oil
- 250 ml coconut milk
- 1 white onion
- A few button mushrooms

- 3 cm ginger
- 2 garlic cloves
- 1/4 tsp turmeric powder
- 1 fresh green chilli pepper
- Pepper
- **1.** Coarsely dice the fish and finely chop the chilli. Drizzle the fish with lemon juice, pepper and a sprinkle of chilli. Leave to marinate for 20 minutes.
- **2.** Finely dice the tomatoes, then peel and finely chop the onion, mushrooms and garlic. Peel and grate the ginger.
- **3.** Drizzle the oil in the pan over a medium heat and brown the onion and mushrooms uncovered. Add the diced tomatoes, garlic, ginger and turmeric. Mix and leave to simmer uncovered for 5 minutes.
- **4.** Add the coconut milk and water, then stir. Add the pieces of fish.
- **5.** Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 4 minutes.
- **6.** Release the steam. Open the Cocotte-minute® and serve piping hot.

# SPANISH rice



Preparation time: 15 mins -Cooking time: 10 mins



- 250 g rice
- 2 tbsp olive oil
- 1 red pepper
- 1 onion
- 1 clove of garlic
- 100 g spicy chorizo
- 100 g peas (fresh shelled or frozen)
- 150 g squid rings (fresh or frozen)
- 800 ml water + 3 tsp fish stock (powder)
- 2 doses of saffron powder
- 1 tsp paprika
- Salt and pepper
- **1.** Peel and finely chop the onion and garlic. Wash and chop the pepper. Cut the chorizo into slices.
- **2.** Heat the olive oil in the pan over a medium heat and sear the onion, pepper and squid uncovered for around 2 minutes.
  - Add the peas, garlic, chorizo, paprika and saffron. Season and stir. Add the fish stock, then mix and spread the rice on top of the mixture.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- **4.** Release the steam. Open the Cocotte-minute® and serve immediately.

# DESSERTS

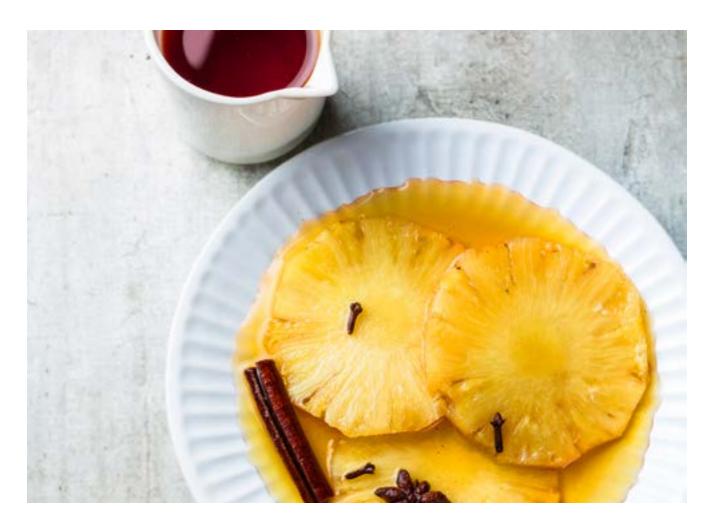
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## ROASTED pineapple



Preparation time: 15 mins -Cooking time: 9 mins



- 1 pineapple
- 60 g sugar
- 2 vanilla pods
- 1 tbsp coriander seeds
- 1 tbsp Mignonnette pepper
- 2 pinches of ground cinnamon
- 350 ml pineapple juice
- 100 ml + 350 ml water
- 1. Remove the skin, eyes and core from the pineapple. Cut it into slices. Add the sugar and 100 ml of water to the pan and make a caramel over a high heat, uncovered.
- **2.** Add the pineapple and roast for a few minutes uncovered. Split the vanilla pods in two and scrape out the seeds. Add them with the spices and mix. Pour in the pineapple juice and 350 ml of water.
- **3.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 9 minutes.
- **4.** Release the steam. Open the Cocotte-minute®, remove the pineapple rings and let the juice reduce by half over a medium heat, uncovered.

# BISCOFF© cheesecakes



Preparation time: 25 mins Cooking time: 7 mins



- 300 spreadable plain cheese
- 2 tbsp crème fraîche
- 45 g sugar
- 2 eggs
- 2 tsp lemon juice

- 2 drops of vanilla extract
- 1 tiny pinch of fleur de sel
- 70 g Biscoff® biscuits
- **1.** Finely blend the Biscoff® biscuits and press them into the bottom of 4 small individual ramekins.
- **2.** Mix the spreadable plain cheese with the crème fraîche, sugar, eggs, lemon juice, vanilla extract and fleur de sel until smooth. Divide the mixture into the ramekins.
- **3.** Pour 750 ml of water into the pan, in addition to the steam basket containing the ramekins. Cover with a plate.
- **4.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 7 minutes.
- **5.** Release the steam. Open the Cocotte-minute<sup>®</sup>. Take out the basket and let the ramekins cool before refrigerating them. Serve chilled.

# CHOCOLATE fondants



Preparation time: 25 mins Cooking time: 8 mins



- 40 g dark chocolate (70%)
- 40 g butter
- 1 egg + 1 egg yolk

- 2 x 20 g sugar
- 15 g flour
- 8 g Maïzena® corn starch
- **1.** Set aside 4 small cubes of chocolate and melt the rest with the butter in a bain-marie.
- **2.** Use a mixer to thoroughly mix the egg yolks with 20 g of sugar for 5 minutes. When the mixture has whitened, delicately sieve in the flour and Maïzena®.
- **3.** Add the melted chocolate & butter mixture.
- **4.** Whisk the egg white, then add the remaining 20 g of sugar. Gently mix the egg white with the mix and divide the mixture into 4 small individual ramekins (fill them up to 3/3).
- **5.** Push a small cube of chocolate into the centre of the dough. Place the ramekins inside the steam basket.
- **6.** Pour 750 ml of water into the pan, in addition to the basket containing the ramekins. Cover with a plate.
- **7.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 8 minutes.
- **8.** Release the steam. Open the Cocotte-minute®. Remove the basket and turn out the hot fondants.

# APPLES in maple syrup



Preparation time: 10 mins Cooking time: 10 mins



- 100 g stale bread
- 4 apples
- 50 g butter
- 100 g caster sugar
- 4 tbsp maple syrup diluted in 150 ml of water
- 1 piece of baking (or greaseproof) paper.
- 1. Chop the bread into thin slices or cubes. Peel the apples and cut them into large pieces (eighths). Line the steam basket with a sheet of greaseproof paper, making sure to not exceed the edges (cut the sheet if necessary).
- 2. Place the bread in the bottom of the basket, then place the apples on top. Spread out the pieces of butter and the sugar over the apples. Drizzle with the maple syrup and water mixture.
- 3. Pour 750 ml of water into the pan and insert the basket.
- **4.** Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for 10 minutes.
- 5. Release the steam. Open and serve warm.

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### **PARCELS**

# Use baking or greaseproof paper to make the parcels.

- Cut out sheets of baking paper that measure approx. 30 x 40 cm. Arrange the ingredients in the centre of each sheet.
- Fold the 2 opposite sides and fold the paper (Fig. 1). Close the ends by turning the paper in on itself (Fig. 2 and 3).





Figure 1 Figure 2





Figure 3 Figure 4

- Arrange the parcels in the steam basket to create a vertical and horizontal *lattice Fig. 4*). Place a plate on top.
- ► Pour 750 ml of water into the Cocotte-minute®, in addition to the basket containing the parcels.
- ➤ Close the Cocotte-minute<sup>®</sup>. As soon as steam starts to escape, reduce the heat and let it cook for the time specified. Release the steam. Open the Cocotte-minute<sup>®</sup>.



### PARCELS

#### Recipe ideas

#### SALMON AND CARROT PARCELS



Preparation time: 10 mins -Cooking time: 7 mins

- 4 fresh salmon fillets (120 g)
- 8 tbsp grated carrots
- 4 tbsp thick crème fraîche
- 2 thin slices of lemon
- Salt and pepper
- Place 2 tablespoons of grated carrots in the centre of 4 sheets of greaseproof paper, then lightly season with salt and pepper.
- Place a salmon fillet on top of the carrots in each parcel, followed by 1/2 a slice of lemon and 1 tablespoon of cream, then season again. Seal and cook the parcels.

#### WHITE FISH AND SMALL VEGETABLE PARCELS



Preparation time: 10 mins -Cooking time: 7 mins

- White fish: cod, halibut (4x 120 g 2 tbsp grated courgette pieces)
- 2 tbsp grated carrots
- 3 button mushrooms, sliced
- Salt and pepper
- Place 2 tablespoons of mixed vegetables in the centre of 4 sheets of greaseproof paper, then lightly season with salt and pepper.
- Place a piece of fish on top of the vegetables in each parcel and season again. Seal and cook the parcels.

#### CHICKEN PROVENÇAL PARCELS



Preparation time: 10 mins -Cooking time: 7 mins

- 8 chicken strips
- 1 tomato, thinly sliced
- 1 bell pepper, thinly sliced
- 1 grated courgette
- 4 tsp olive oil
- 4 tsp grated Comté cheese
- Salt and pepper
- Spread the tomato, pepper, courgette, chicken and Comté cheese in the centre of 4 sheets of greaseproof paper. Drizzle with olive oil. Season to taste.
- Seal and cook the parcels (the chicken strips can be quickly sautéed in a saucepan for added indulgence).

#### CHOCOLATE BANANA PARCELS



Preparation time: 10 mins -Cooking time: 6 mins

- 4 bananas
- 1 sachet of vanilla sugar
- 4 tbsp chocolate chips
- Juice of 1 lemon
- Peel the bananas and cut them lengthways in half. Drizzle with lemon juice.
- Place half a banana in the centre of a sheet, add one tablespoon of chocolate chips and cover with the second half of the banana.
- Dissolve the vanilla sugar in 4 tablespoons of water, stir, and drizzle 1 tbsp of this mixture over the banana.



### **STEWS**

#### Great ideas

#### **Veal stew**



Preparation time: 20 mins - Cooking time: 20 mins

- 800 g veal shoulder
- 1 onion studded with a clove
- 2 carrots
- 1 leek
- 50 g Sauceline<sup>®</sup> corn starch
- 1 bouquet garni

- 4 tbsp cream
- 30 g butter
- Juice of ½ lemon
- 1 litre of water
- Salt and pepper
- Place the diced meat and cold water into the Cocotte-minute<sup>®</sup>.
- Bring to the boil. Skim: this step is important to prevent the foam from obstructing the valves. Add the onion, carrots, leek and bouquet garni. Season with salt and pepper.
- Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 20 minutes.
- Release the steam. Open the Cocotte-minute<sup>®</sup>. Remove the meat, vegetables and bouquet garni. Whisk whilst pouring the Sauceline<sup>®</sup> into the boiling juice.
- Leave to simmer for 2 minutes, then stir in the butter, cream and lemon juice.
- Return the pieces of meat to the sauce. Check the seasoning.
- Serve with rice.

#### **TURKEY STEW**

Preparation time: 15 mins - Cooking time: 15 mins

- 500 g turkey, pieces
- 1 L chicken stock

- 1 bouquet garni
- Replace the veal with turkey in the basic recipe and add a chicken stock cube to the water.

#### **V**EGETABLE STEW

Preparation time: 20 mins - Cooking time: 7 mins

- 4 peeled parsnips
- 1 tbsp caster sugar
- 2 vanilla pods, split in half
- 500 ml water
- Replace the meat with parsnips in the basic recipe. Add vanilla and sugar. Reduce the amount of water.

### **RISOTTOS**

Great ideas

#### **CLASSIC RISOTTO**

Preparation time: 20 mins - Cooking time: 8 mins

- 300 g risotto rice
- ½ onion
- 2 tbsp olive oil
- 150 ml white wine
- 600 ml water

- 1 stock cube
- 15 g butter
- 30 g of parmesan
- Salt and pepper
- Drizzle the oil in the pan over a medium heat and brown the finely sliced onion uncovered. Add the rice and mix for 1 minute until it assumes a pearly appearance.
- Stir in the white wine. Alcohol vapours are flammable. To burn them off, boil them for 2 minutes uncovered until they evaporate.
- Once the wine has evaporated, add the broken up stock cube and water, then season. Stir.
- Close the Cocotte-minute®. As soon as steam starts to escape, reduce the heat and let it cook for 8 minutes.
- Release the steam. Open the Cocotte-minute<sup>®</sup>. Add the diced butter and grated parmesan, then stir. Replace the lid and let it stand for 2 minutes before serving.

#### **DICED CHICKEN RISOTTO**

- 300 g diced turkey or chicken breast (to add to the classic risotto ingredients) classique)
- Simultaneously add the diced meat and rice, then stir. Follow steps 2 to 5 as above.

#### SAFFRON OR CURRY RISOTTO

• Use the same ingredients as those for the classic risotto recipe, but replace the onion with 2 shallots. Add one teaspoon of saffron pistils (or 2 pods) or 2 tablespoons of curry and 50 g of raisins at the end of step 3. Follow steps 2 to 5 as above.

#### MUSHROOM RISOTTO

 Sauté 500 g of sliced mushrooms and replace the onion with 2 finely chopped shallots. Add the sautéed mushrooms in step 3. Follow steps 4 to 5 as above.





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All the recipes serve 4 people.

If you own a Cocottes-minute® with a capacity of less than 6 litres, reduce the proportions by a third.

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The table indicates - according to the vegetable type - whether the vegetable should be cooked in the steamer basket (above the water) or directly in the pot (without the basket). For frozen store-bought vegetables, the cooking times are the same as the fresh versions as the vegetables are blanched beforehand (i.e. briefly immersed in boiling water). Add a few minutes to the cooking times of "home-frozen" vegetables. The vegetables must not come into contact with the water when using the basket (750 ml) or exceed the pan's MAX 2 - 2/3 level. When not using the basket, the total volume of the vegetables + water must not exceed the pan's 2/3 - MAX 2 level. The indicated times are often a guide which allow the cooking time to be adjusted according to the size of the ingredients being cooked, the varieties and your preferred cooking texture: all dente or soft.

			COOKING TIME	
VEGETABLES	DETAILS AND PREPARATION	STEAM COOKING OR BOILING	Authentique ClipsoMinut'	Clipso + Chef
Asparagus	White or purple asparagus (whole)	in the pan	5-7 mins	್ರೌ್ರ್ 5-7 mins
Aubergines	Unpeeled yet sliced (approx. 0.5 cm thick)	in the basket	4-5 mins	10-12 mins
Beetroot	Small and whole, or large and halved	in the basket	30-40 mins	30-40 mins
Broccoli	Florets	in the basket	2-4 mins	6-8 mins
Brussels sprouts	Whole	in the basket	8-10 mins	10-12 mins
Butternut squash	3-5 cm pieces	in the basket	8-10 mins	12-16 mins
Carrots	Sliced (approx. 0.5 cm thick)	in the basket	7-8 mins	7-8 mins
Cauliflower	Florets	in the basket	5-7 mins	3 10-12 mins
Celeriac	Finely sliced (approx. 0.5 cm thick)	in the basket	7-8 mins	7-8 mins
Chard	2 cm pieces	in the basket	4-6 mins	10 -12 mins
Corncob	Whole	in the basket	7-9 mins	7-9 mins
Courgettes	Sliced (approx. 0.5 cm thick)	in the basket	3-4 mins	8-10 mins
Endives	Whole, or large and halved	in the basket	10-12 mins	14-16 mins
Fennel	Finely sliced (approx. 0.5 cm thick)	in the basket	7-9 mins	9-11 mins
Green artichokes	Whole, medium size ("Bretagne" type)	in the pan	15-20 mins	15- 20 mins
Green beans	Fine	in the basket	6-7 mins	6-7 mins
Green cabbage	Leaves	in the pan	6-8 mins	6-8 mins

			COOKING TIME	
VEGETABLES	DETAILS AND PREPARATION	STEAM COOKING OR BOILING	Authentique ClipsoMinut'	Clipso + Chef
Kale	Coarsely sliced	in the pan	8-10 mins	% 8-10 mins
Leek whites	Whole	in the basket	7-10 mins	7-10 mins
Onion squash/ pumpkin	3-5 cm pieces	in the basket	4-6 mins	6-8 mins
Parsnip	2-3 cm cubes	in the basket	7-9 mins	7 -9 mins
Peas	Shelled	in the basket	3-4 mins	3-4 mins
Peppers	Halved or cut into pieces	in the basket	6-8 mins	ீ⁄்ரீ 6-8 mins
Potatoes	Medium size, cut in half	in the basket	12-15 mins	15-19 mins
Purple artichokes	Whole, small	in the basket	12-15 mins	12-15 mins
Romanesco broccoli	Florets	in the basket	4-5 mins	🎢 5-7 mins
Spinach	Leaves	in the basket	3-4 mins	ॐ 6-8 mins
Sweet potatoes	Diced into 3 cm cubes	in the basket	8-9 mins	8-9 mins
Turnip	2 cm cubes	in the basket	5-7 mins	7-9 mins



• The volume of water + legumes must not exceed the pan's 1/3 level (MAX 1 mark on some models).

	SERVES 2		SERVES 4		
INGREDIENTS	Quantity of water	Ingredient quantity	Quantity of water	Ingredient quantity	COOKING TIME FOR ANY MODEL
Lentills	75 cl	120 g	100 cl	240 g	12-15 min
Chickpeas*	64 cl	120 g	1,3 litre	240 g	25 min (al dente) 35 min (fondants)
Quinoa	32 cl	125 g	64 cl	250 g	8 mins
White rice	40 cl	130 g	75 cl	260 g	10 mins

<sup>\*</sup>Soak them overnight in a bowl with lots of water before cooking.



• Be sure to cook your fish filets in the basket, in papillote using parchment paper to avoid any risk of emulsion.

INGREDIENTS	DETAILS AND PREPARATION	STEAM COOKING OR BOILING	COOKING TIME FOR ANY MODEL
Fresh salmon	Fillets or chunks (120 g)	in the basket	4-5 mins
Tuna	Thick slices (120 g)	in the pan	5-6 mins
White fish (pollock, hake, cod)	Fillets or chunks (120 g)	in the basket	5-6 mins



• Add at least 250 ml of liquid to the pan.

INGREDIENTS	DETAILS AND PREPARATION	STEAM COOKING OR BOILING	COOKING TIME FOR ANY MODEL
Beef fillet	500 g (8-11 cm in diameter)	in the pan	20-30 mins
Chicken	Whole	in the pan	40-45 mins
Chicken	Thigh/leg heights	in the pan	15-25 mins
Lamb shank	1 piece (400 g)	in the pan	20-25 mins
Pork tenderloin	1x 350 g piece	in the pan	25-30 mins
Roast pork	800 g (8-10 cm in diameter)	in the pan	45-50 mins
Roast veal	800 g (8-10 cm in diameter)	in the pan	30-40 mins
Veal tenderloin	1x 700 g piece	in the pan	18-22 mins



# RECIPES FOR THE Cocotte-minute®

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