



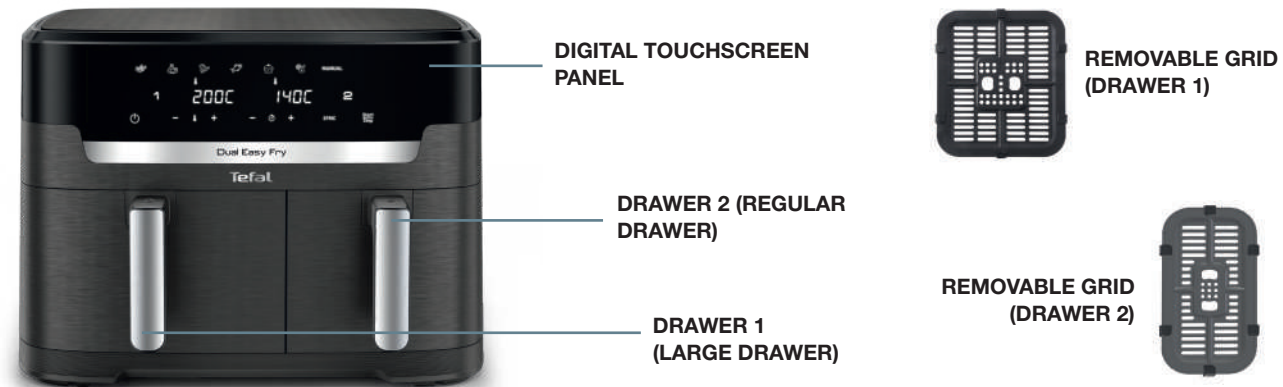
Dual Easy Fry

QUICK START GUIDE



Tefal®

YOUR PRODUCT



COOKING TIPS



Shake your food regularly in the drawers for evenly cooking



Do not overfill the drawers



Oven-proof dishes compatible

USAGE TIPS

SYNC

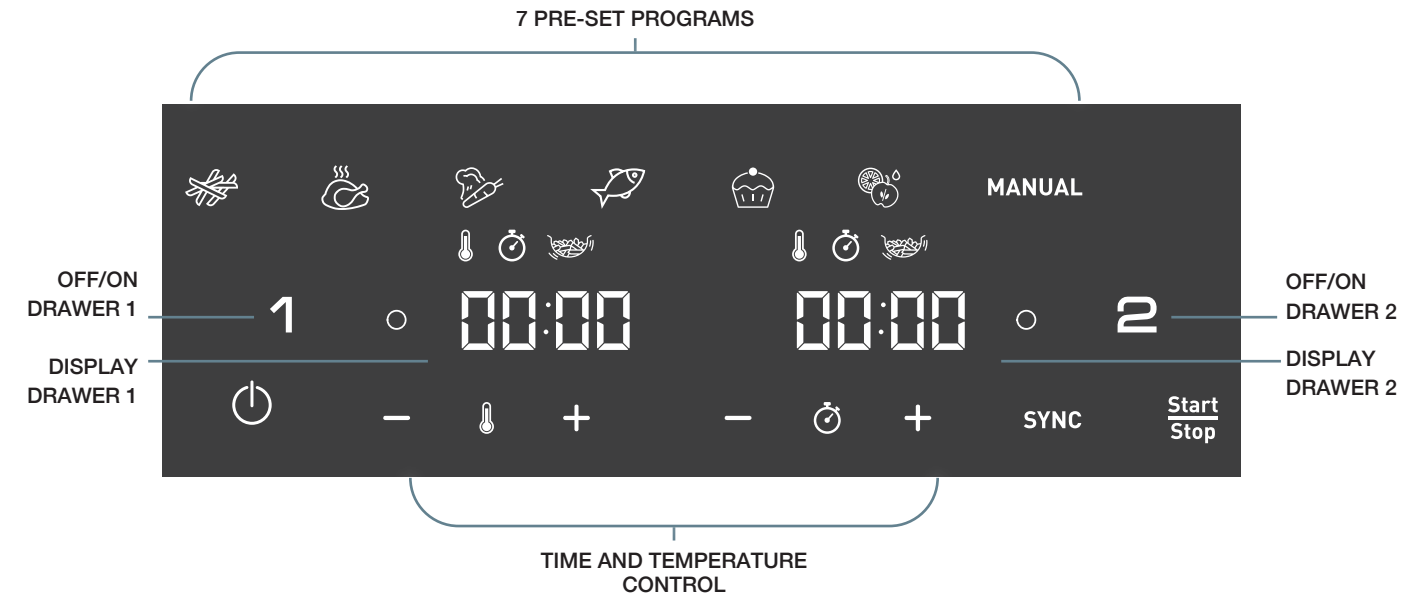
To get both drawers to finish cooking at the same time, always press SYNC after programming drawer 1 and drawer 2 and press start.

CLEANING TIPS

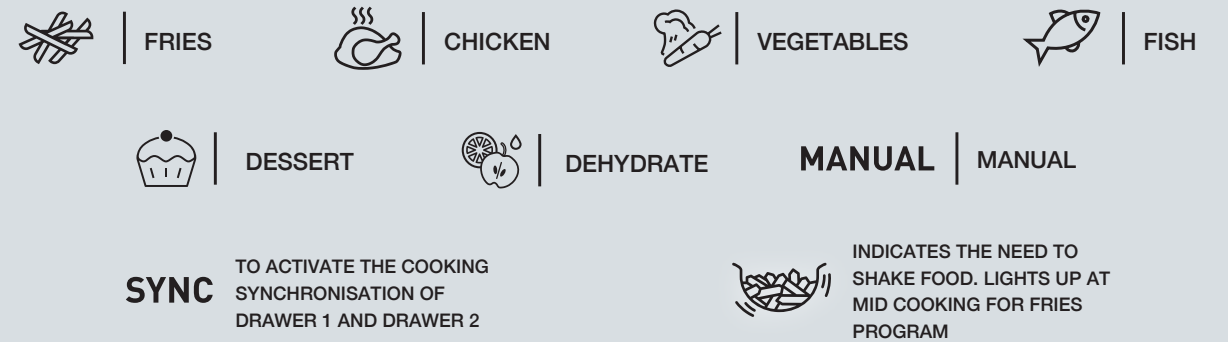


Drawers and grids dishwasher safe

PRODUCT INTERFACE



PROGRAMS



COOKING GUIDE

RECIP	DRAWER	QUANTITY	APPROX. TIME	TEMPERATURE	COOKING MODE	SHAKE
POTATOES & FRIES						
	1	900 g -1500 g	35 - 50 min	180 °C		X 3
	2	500 g -1000 g	35 - 50 min			
	1	900 g	45 min	180 °C		X 4
	2	200 g	35 min			
	1	900 g -1500 g	35 - 50 min	180 °C		X 2
	2	500 g -1000 g	35 - 50 min			
MEAT & POULTRY						
	1	x 5 pieces	15 min	200 °C	MANUAL	X 1 flip
	2	x 3 pieces				
	1	x 5 pieces	15 - 20 min	200 °C		X 1 flip
	2	x 8 pieces				
	1	1500 - 2000 g	55 min - 1 h	160 °C		-
SNACKS						
	1	600 g	15 min	200 °C		X 1
	2	x 400 g				
	1	x 1.2 kg	16 min	200 °C		X 1
	2	600 g				
	1	x 5 	8 min	200 °C	MANUAL	-
	2	x 3 				
	1	1.2 kg	14 min	200 °C		X 1
	2	600 g	14 min			

RECIP	DRAWER	QUANTITY	APPROX. TIME	TEMPERATURE	COOKING MODE	SHAKE
FISH						
	1	x 5 pieces	13 min	200 °C		-
	2	x 3 pieces				
	1	600 g	9 min	140 °C		X 1 flip
	2	450 g				
BAKING						
	1	X 8	16 min	160 °C		-
	2	X 4				
	1	1	55 min	150 °C		-
DEHYDRATION						
	1	x 8	4 h	70 °C		-
	2	x 4				



HOW TO COOK ROASTED CHICKEN AND FRIES

Using  and  cooking programs, under SYNC MODE



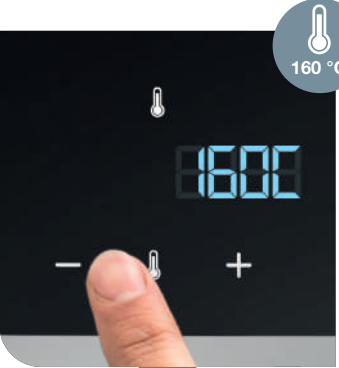
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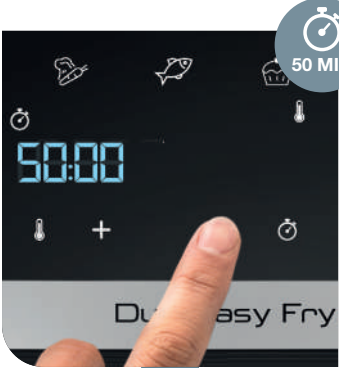
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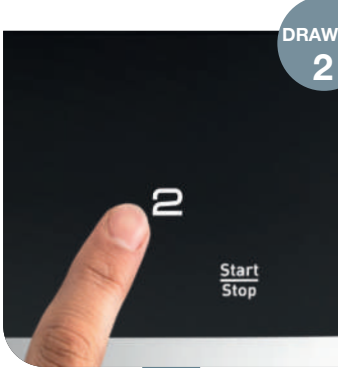
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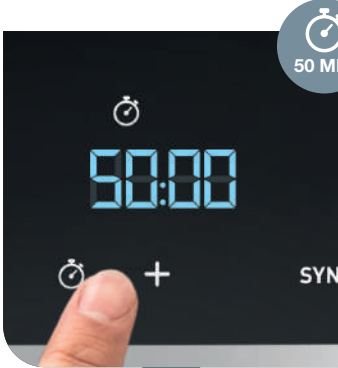
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14



5



ROAST CHICKEN WITH HOMEMADE CHIPS

PERSONS	PREPARATION	RESTING	COOKING
6	20 min	30 min	50 min
INGREDIENTS			
1000 g potatoes			
1 chicken (1.5 kg)			
0.5 lemon			
1 teaspoon paprika			
0.5 teaspoons garlic powder			
0.5 teaspoons onion powder			
1 teaspoon oregano			
1 tablespoon olive oil			
3 tablespoons neutral oil			
Parsley			
Salt, pepper			
1 Peel the potatoes and cut them into chips. Place them in a bowl and cover with cold water. Leave to rest for 30 minutes.			
2 Remove the strings and rub the chicken with half a lemon. In a small bowl, mix together the paprika, garlic, onion, oregano, salt and pepper. Brush the skin of the chicken with olive oil and sprinkle with the seasoning.			
3 Drain the potatoes and pat them dry thoroughly. Mix together the potatoes, oil, salt and pepper.			
4 Turn on the appliance. Turn on bowl 1 . Select the CHICKEN program at 160 °C for 55 minutes. Place the chicken, breast side down, on the standard grid in bowl 1. Turn on bowl 2 . Select the FRIES program at 180 °C for 50 minutes. Place the chips on the standard grid in bowl 2. Press START to set both cooking.			
5 For the chips, shake the basket every 10 minutes and halfway through cooking when the appliance beeps and the icon flashes. Use a spatula if needed. Repeat if needed.			
6 Check the fries, which should also be golden brown and crispy, and extend the cooking time if necessary. Add salt and pepper to taste. Sprinkle with chopped fresh parsley before serving.			
7 Serve immediately. Brush the chicken with the cooking juices and serve the remaining juices in a gravy boat.			



THAI-STYLE SALMON FILLETS WITH COLOURFUL VEG

PERSONS	PREPARATION	RESTING	COOKING
6	30 min	20 min	30 min

INGREDIENTS

6 salmon fillets	75 g mangetout
150 ml low sodium soy sauce	75 g beansprouts
1 lime	6 tablespoons sweet chilli sauce
6 garlic cloves	1.5 diced spring onion
3 teaspoons grated ginger	3 tablespoon sesame seeds
1.5 red pepper	1 lime
3 carrots	A few sprigs of coriander
1.5 courgette	Salt, pepper
1.5 tablespoon olive oil	

- 1 Cut the fillets of salmon into large cubes. In a bowl, mix the soy sauce, lime juice, chopped garlic and grated ginger. Add the salmon, cover and allow to rest for 20 minutes.
- 2 Wash and dry the pepper, carrots and courgette. Cut the pepper into strips and remove the core. Peel the carrots and cut them into small sticks. Cut the courgettes into sticks the same size. In a bowl, mix the chopped vegetables with the oil. Add the mangetout and bean sprouts. Season with salt and pepper.
- 3 Turn on the appliance. Turn on **bowl 1**. Select the **FISH** program at 180 °C for 6 minutes. Add the salmon cubes to on the standard grid in bowl 1. Turn on **bowl 2**. Select the **MANUAL** program at 180 °C for 30 minutes. Add the vegetables to the standard grid in bowl 2.
- 4 Press **SYNC** so that both the salmon and vegetables will finish cooking at the same time. Press **START** to set both cooking. Stir the vegetables halfway through cooking.
- 5 Place the vegetables and salmon onto plates to serve. Sprinkle the salmon with the sweet chilli sauce, spring onion and sesame seeds. Drizzle the vegetables with the lime juice and sprinkle with coriander.



BAKED APPLES

PERSONS	PREPARATION	RESTING	COOKING
8	15 min	-	30 min

INGREDIENTS

8 medium apples (1 kg)	70 g mixed chopped nuts
70 g rolled oats	1 teaspoon cinnamon
70 g raisins	70 g melted butter
50 g brown sugar	

- 1 In a bowl, mix the oats, raisins, brown sugar, nuts and cinnamon. Add the melted butter and mix until the ingredients are combined. Set aside.
- 2 Using a knife, cut off the top of the apple so that you are left with a 2 cm high piece, set this aside. Use a melon baller or a teaspoon to remove all the seeds. Slightly hollow out the core of the apple so that the filling can be placed inside. Completely fill the apples with the oat mixture. Place the top of the apple back on.
- 3 Turn on the appliance. Turn on **bowl 1**. Select the **DESSERT** program at 165 °C for 30 minutes. Place 4 apples on the standard grid in bowl 1 of the appliance. Turn on **bowl 2**. Select the **DESSERT** program at 165 °C for 30 minutes. Place 2 apples on the standard grid in bowl 2 of the appliance. Press **START** to begin cooking.
- 4 Check that the apples are cooked thoroughly and continue to cook if necessary. Cooking time may vary according the size and the quality of the apples.
- 5 Serve the apples warm.

Dual Easy Fry



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