



# Tefal®



## Fry delight Precision



RECIPES

MAIN COURSES - SNACKS - DESSERTS



# Fry delight



Enjoy all of your favourite recipes without giving up on flavor, texture and taste... Fry delight Precision will help you enjoy your guilty pleasures utilizing 3D Air Pulse Technology to grill, bake, roast and fry with little to no oil at all.

From crispy chicken pieces to apple muffins, homemade fries to tasty prawn bites, choose your dish and let the Fry delight Precision satisfy your appetite!

Treat yourself!



## MAIN COURSES

3



## SNACKING

49



## DESSERTS

83



## MAIN COURSES

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# Stuffed Eastern-Style Aubergines/Eggplants



X 4



30 mins



36 mins

## Supplies needed: baking paper

- Pierce all around the aubergines/eggplants with a fork.
- Place them whole in the basket and cook for 20 minutes at 170°C.
- Whilst they are cooking, cook the onion and pepper in a saucepan in a bit of oil until they are thoroughly cooked. Add the garlic, the bouquet garni, cumin, crushed tomatoes and tomato puree. Let the mixture simmer.
- Cut four 15 x 15-cm squares of baking paper.
- When the aubergines/eggplants are done, cut them in half lengthwise and place each half on a piece of paper.
- Divide the onion and pepper mixture between the aubergine/eggplant halves.
- Make a well in the centre of each aubergine and break an egg into it.
- Place two aubergine/eggplant halves in the basket head to tail with the baking paper extending slightly above the sides.
- Cook the first two aubergines/eggplants for 8 minutes at 170°C. Once they are done, let rest for 3 minutes more in the appliance. Remove from basket.
- Do the same for the other two aubergines/eggplants, cooking for 8 minutes at 170°C. Once they are done, let rest for 3 minutes more in the appliance.

- 2 aubergines/eggplants
- 4 quail eggs
- 1 drizzle olive oil
- 1 sweet onion, thinly sliced
- 1 red pepper, thinly sliced
- 1 clove of garlic, crushed
- 200 g chopped tomatoes
- 1 tablespoon tomato puree
- 1 bouquet garni
- 1 teaspoon cumin



# Thai-style Beef



X 4



30 mins



2 to 5 hours



10 mins

- In a mixing bowl, mix all of the marinade ingredients: the garlic, pepper, 2 tablespoons oyster sauce, light soy sauce, and the olive oil.
- Cut the roast in two crosswise to create two thin slices and place them in the marinade, covering well.
- Cover the bowl with cling film and refrigerate for 2 to 5 hours.
- Prepare the sauce by mixing 100 mls water, the lime juice, nuoc mam, a tablespoon of oyster sauce, sugar, peanut butter and chilli sauce in a saucepan. Bring to the boil and cook until it has reached a syrupy consistency. Set aside.
- Preheat the Fry delight for 3 minutes at 200°C.
- Place the two slices of meat in the basket and select mode 4 to cook for 5 minutes at 200°C.
- Turn the meat and continue cooking for 5 minutes at 180°C. For well done beef increase the cooking time.
- When done cooking, remove the meat and wrap in aluminium foil. Let rest for 5 minutes.
- Cut the meat into thin slices and serve with the sauce. Sprinkle with crushed peanuts and coriander.

- 1 beef roast, around 700 g
- 2 cloves garlic, crushed
- 1 teaspoon pepper
- 3 tablespoons oyster sauce
- 1 tablespoon light soy sauce
- 3 tablespoons olive oil
- 100 ml water
- Juice of 1 lime
- 1 tablespoon nuoc mam
- 2 teaspoons sugar
- 1 tablespoon peanut butter
- 1 tablespoon sweet chilli sauce
- Peanuts for garnish
- Coriander for garnish



## TIP:

Thai fish sauce (Nam Pla) can be substituted for Nuoc Mam sauce.



# Kefta Meatballs with Mint Dip



X 4



20 mins



10 mins

- Quickly sauté the shallots with a drizzle of olive oil in a pan.
- In a mixing bowl, mix the beef, ras el hanout, cumin, coriander and the cooked shallots. Season with salt and pepper.
- Form oval-shaped balls weighing around 30 g.
- Place the meatballs in the basket and cook for 10 minutes at 180°C. The meatballs can overlap in the basket.
- Whilst they are cooking, mix the yogurt, mint and onion in a bowl. Add the tablespoon of olive oil, then season with salt and pepper.
- Serve the meatballs accompanied by the mint dip.

- 500 g minced beef
- 1 drizzle plus 1 tablespoon olive oil
- 4 small shallots, finely chopped
- 2 tablespoons coriander, chopped
- 1 tablespoon ras el hanout
- 1 teaspoon cumin
- Salt and pepper
- 2 small pots Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon fresh mint, chopped
- ½ of a red onion, finely chopped



# Satay Duck Skewers

Number of pieces:

X 12



20 mins



30 mins



10 mins

Supplies needed: 12 x 15cm skewers

- In a mixing bowl, mix all of the marinade ingredients: the garlic, satay seasoning, coriander, coconut milk, soy sauce and ginger.
- Add the duck breast and marinate for a minimum of 30 minutes.
- Slide the duck breast onto the skewers in an accordion-like fashion.
- Preheat the Fry delight for 3 minutes at 200°C.
- Place the skewers into the basket and cook for 10 minutes at 200°C.

- 12 slices duck breast
- 4 cloves garlic, finely chopped
- 3 tablespoons satay seasoning
- 1 teaspoon ground coriander
- 120 ml coconut milk
- 2 tablespoons soy sauce
- 1 teaspoon fresh ginger, grated



## TIP:

Satay seasoning is sold in Asian stores.



# Pecan Chicken Skewers

Number of pieces:

X 12



25 mins



10 mins



15 mins

Supplies needed: 12 x 15cm skewers

- In a saucepan, heat the sake and flambé to remove the alcohol.
- Add the soy sauce, sugar and mirin and heat until syrupy.
- Cut the pieces of chicken breast in 3 and marinate them in the cooled sauce with the ginger for 10 minutes.
- Slide 4 pieces of chicken onto each skewer.
- Place all of the skewers side-by-side in the basket, staggering them. Select mode 3 to cook for 10 minutes at 190°C.
- Turn the skewers over and cook for 5 more minutes at 190°C.
- In a bowl, mix the pecans, chervil and gomashio. Sprinkle this mixture over the skewers once they are cooked. Serve.

- 50 ml soy sauce
- 40 g caster sugar
- 1 teaspoon mirin
- 16 slices chicken breast
- 1 tablespoon fresh ginger, finely chopped
- 2 tablespoons pecans, finely chopped
- 2 tablespoons chervil, chopped
- 1 tablespoon gomashio



## TIP:

Gomashio is a Japanese condiment made from toasted sesame seeds and salt.





# Grilled Pepper and Prawn Bites

Number of pieces:

X 12



20 mins



30 mins

Supplies needed: 12 toothpicks

- Place the capsicums/peppers into basket whole and cook for 25 minutes at 200°C. Turn them often during cooking so that they blacken on all sides.
- Let them cool, then peel off their skin and slice into strips.
- In a bowl, mix the peeled prawns, olive oil and paprika. Season with salt and pepper.
- Roll the prawns in pieces of grilled pepper and pierce them with a toothpick to secure.
- Place the prawns in the basket and cook for 5 minutes at 170°C.

- 12 large green prawns/  
raw prawns, shelled
- 2 red capsicums/peppers
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Salt and pepper



# Vegetable Skewers with Herb Butter

Supplies needed : 8 x 15cm skewers

- Cut the courgettes/zucchini and the cobs of corn into thick rounds. Cut each of the aubergines/eggplants into 4 thick rounds.
- Season the aubergine/eggplant rounds with salt, pepper and a drizzle of olive oil. Place 4 aubergine/eggplant rounds in the basket and cook for 5 minutes at 180°C. Remove them then place the 4 other rounds in the basket and cook for 5 minutes at 180°C.
- Cut the cooked aubergine/eggplant slices into 3 and slide them onto the skewers, alternating between cob, courgette/zucchini and cherry tomato.
- Season the skewers with a drizzle of olive oil, salt and pepper.
- Place the 8 skewers in the basket and cook for 10 minutes at 180°C. The skewers can overlap.
- Whilst they are cooking, prepare the herb butter by mixing the creamed butter, parsley, shallot and lemon juice. Season with salt and pepper.
- Spread the butter on the skewers and serve.

Number of pieces:

X 8



10 mins



20 mins

- 2 courgettes/zucchini
- 2 cobs of corn
- 2 aubergines/eggplants
- 24 cherry tomatoes
- 2 drizzles of olive oil
- 160 g butter, creamed
- 2 shallots, finely chopped
- 4 tablespoons flat parsley, finely chopped
- 1 tablespoon lemon juice
- Salt and pepper



# Roasted Cod with Sweet Onions and Marjoram



X 4



20 mins



10 mins

Supplies needed: a 14cm square springform tin

- In a saucepan, cook the onions over low heat with a drizzle of olive oil for 20 minutes.
- Season with salt and pepper, then add the marjoram.
- Preheat the appliance for 3 minutes at 180°C.
- Place the 4 fish fillets in the tin. Place  $\frac{1}{4}$  of the sweet onions on top of each of the fillets to cover them completely. Cover the onions with the beaten egg yolks.
- Place the tin in the basket and cook for 10 minutes at 160°C.

- *2 sweet onions, thinly sliced*
- *4 cod fillets*
- *1 tablespoon sweet marjoram*
- *2 egg yolks*
- *1 drizzle olive oil*
- *Salt and pepper*



# Sesame Seed Aubergine/ Eggplant Caviar



X 4



10 mins



30 mins

Supplies needed : aluminium foil

- Halve the aubergines/eggplants lengthwise and remove the stem. Score the flesh into a cross-hatch pattern, without cutting the skin, using a knife.
- Season with salt and pepper, then drizzle with a bit of olive oil.
- Place the two halves of each aubergine/eggplant back together and wrap them individually in aluminium foil.
- Place the wrapped aubergines/eggplants in the basket.
- Cook for 30 minutes at 180°C.
- Using a spoon, scoop the cooked aubergine/eggplant flesh into a mixing bowl and add the sesame paste. Stir.
- When the mixture is smooth, add the sesame seeds and adjust the seasoning.

- *2 aubergines/eggplants*
- *50 ml olive oil*
- *2 tablespoons sesame paste (tahini)*
- *20 g sesame seeds*
- *Salt and pepper*



# Aubergine/Eggplant and Feta Clafouti



X 4



10 mins



35 mins

**Supplies needed :** a 14cm square springform tin

- In a mixing bowl, mix the cubed aubergines/eggplants with the salt and olive oil.
- Place them in the basket and cook at 160°C for 15 minutes, stirring from time to time.
- Whilst they are cooking, place the flour and the egg in a mixing bowl and mix thoroughly.
- Add the milk gradually followed by a ½ tsp of thyme flower, the nutmeg and the grated cheese. Season with salt and pepper.
- Place the cooked aubergines/eggplants in the tin, crumble the feta coarsely on top and cover with the egg batter. Sprinkle a ½ tsp thyme flower on top.
- Place the tin in the basket and select mode 5 to cook for 20 minutes at 160°C.

- *2 aubergines/eggplants, peeled and cubed*
- *50 ml olive oil*
- *100 g feta cheese*
- *1 egg*
- *30 g flour*
- *30 g milk grated*
- *A bit of grated cheese*
- *1 teaspoon thyme flower or oregano*
- *1 pinch nutmeg*
- *Salt and pepper*



# Pear clafoutis with gorgonzola



X 4



10 mins



35 mins

**Supplies needed:** a 5.5 inch (14 cm) square springform tin

- Preheat the appliance for 3 minutes at 180°C. Butter the springform tin.
- In a bowl, whisk the flour with the eggs adding them one by one. Gradually pour the milk until smooth. Add the grated comte and crumbled gorgonzola. Season with salt and pepper.
- Peel the pears and thinly slice them. Place the slices in the springform tin. Cover with the cheese mixture.
- Place the tin in the appliance and cook for 35 min. Serve warm or hot to taste.

- 3 pears
- 90 g plain flour
- 75 g grated comté cheese
- 75 g gorgonzola cheese
- 430 ml milk
- 30 g butter
- 4 eggs
- Salt, pepper



# Hake with vegetables



X 6



15 mins

Supplies needed: parchment/baking paper



16 mins

- Wash, peel and grate the vegetables. Cut the orange and the grapefruit in segments and the lime in thin slices.

- Cut the parchment/baking paper into three 30x20 cm rectangles.

- Preheat the appliance for 3 minutes at 170°C.

- Drizzle the paper rectangles with olive oil, cover with the vegetables and let them cook in the basket for 8 minutes at 160 C, without sealing them.

- Add two pieces of hake to each paper package. Season with salt and pepper and cover with the citrus segments and the lime slices. Seal the packages by folding the edges on top.

- Restart cooking in the basket for 8 minutes at 170°C.

- 6 hake fillets (720g)
- 2 small carrots
- 1 courgette/zucchini
- 1 fennel
- 1 pink grapefruit
- 2 oranges
- 1 lime
- 1 dash of oil



## TIP

To obtain softer vegetables extend the first cooking phase for additional 5 minutes



# Turkish Potato Sticks



X 4



20 mins



35 mins

- Peel and wash the potatoes.
- Using a mandolin, slice the potatoes into slices that are a maximum of 0.5 cm thick.
- Next, cut them into matchsticks a maximum of 0.5 cm thick. Rinse under water. Dry well using a clean kitchen towel.
- In a large mixing bowl, mix the potatoes with the vegetable oil. Put the potatoes into the basket.
- Cook for 15 minutes at 170°C then remove the basket to stir the potatoes well.
- Put the basket back and cook for 20 minutes at 170°C.
- Season the potatoes with the turmeric, ginger, cumin, salt and coriander. Serve with a quarter of the lime.

- 800 g potatoes
- 1 tablespoon vegetable oil
- ½ teaspoon turmeric
- ½ teaspoon powdered ginger
- ½ teaspoon cumin
- 1 teaspoon salt
- 1 tablespoon coriander, chopped
- 1 lime





# Lemon Thyme Chicken Legs



X 4



10 mins



35 mins

- Poke shallow holes into the chicken legs every 2 cm.
- In a mixing bowl, cover the legs in the honey, olive oil and thyme. Season with salt and pepper.
- Place the chicken legs into the basket.
- Slice the lemons into thin rounds and arrange them on top of the chicken so that they are completely covering the legs.
- Cook using mode 3 for 30 minutes at 180°C. Remove the lemon slices and cook for 5 additional minutes at 200°C.

- 4 chicken legs
- 20 ml olive oil
- 1 tablespoon honey
- 3 tablespoons chopped fresh thyme
- 4 lemons
- Salt and pepper



# Coconut Lime Sea Bream



X 4



15 mins



20 mins

**Supplies needed:** a 14cm square springform tin, aluminium foil and 4 toothpicks

- In the springform, add the tomatoes, half of the ginger, half of the green onion, the coconut milk, the chives and the lime zest. Season with salt and pepper.
- Prepare the sea bream by seasoning them with a drizzle of olive oil, sprinkling with salt and pepper, and adding the rest of the ginger, green onion and lime juice.
- Roll the fillets up and secure them with a toothpick.
- Place the fillets on top of the tomatoes and cover the springform with aluminium foil.
- Place the tin in the basket and cook for 20 minutes at 200°C.
- Garnish with the finely chopped green onion.

- *4 boneless fillets of sea bream*
- *1 lime*
- *100 ml coconut milk*
- *150 g cherry tomatoes*
- *1 teaspoon ginger, grated*
- *2 green onions/spring onions, chopped*
- *1 tablespoon chives, chopped*
- *1 drizzle olive oil*
- *Salt and pepper*



# Nut-Encrusted Cod Loin



X 4



20 mins



5 mins

- Prepare the crust by mixing the butter, pistachios, hazelnuts, walnuts, ground almonds, lemon zest and parsley. Add pepper.
- Spread this mixture between two sheets of baking paper using a rolling pin to create a thickness of a maximum of 0.5 cm. Refrigerate until the mixture is firm.
- Preheat the appliance for 3 minutes at 180°C.
- Use a brush to paint the cod loins with olive oil and place them in the basket.
- Slice rectangles from the crust that are slightly larger than the size of the cod and place them on top of each piece without letting the crust bend.
- Cook for 5 minutes at 160°C.

- 4 cod loins
- 50 g salted butter, softened
- 20 g ground almonds
- 2 tablespoons parsley, finely chopped
- 20 g crushed pistachios
- 20 g crushed hazelnuts
- 20 g crushed walnuts
- Zest of 1 lemon
- Freshly milled pepper
- 1 drizzle olive oil



# Sesame-Encrusted Swordfish



X 4



15 mins



32 mins

- In a shallow bowl, add the egg whites, lime zest and chilli sauce. Mix well. In another shallow bowl, add the sesame seeds.
- Season the swordfish with salt and pepper.
- Coat the swordfish on one side by dipping into the egg white mixture then into the sesame seeds.
- Place one slice of swordfish into the basket and cook for 15 minutes at 180°C. Remove the cooked fish and place the second piece into the basket. Cook for 15 minutes at 180°C. Slice the fish in two and serve.

- *2 large slices swordfish*
- *50 g sesame seeds*
- *2 egg whites*
- *1 tablespoon sweet chilli sauce*
- *Zest of 1 lime*
- *Salt and pepper*



## TIP:

To reheat the first piece, once the second is done cooking place both pieces together and cook for 2 minutes at 180°C.



# Falafel and Pitas



X 6



15 mins



20 mins

- In a colander, wash the chick peas. Blend them to obtain a smooth paste.
- Mix the chickpeas, onion, garlic, parsley, coriander, cumin and chickpea flour to obtain a coarse dough.
- Use to form 30 falafel, then flatten gently.
- Place 15 falafels in the basket and cook for 10 minutes at 170°C. The falafels can overlap in the basket. Remove from the basket and repeat with the other 15 falafels.
- Whilst they are cooking, prepare the sauce : mix the yogurt, olive oil, mint leaves. Season with salt and pepper.

- *800 g cooked chick peas*
- *3 tablespoons chickpea flour*
- *1 white onion, finely chopped*
- *3 tablespoons parsley, chopped*
- *2 tablespoons coriander, chopped*
- *2 teaspoons cumin*
- *1 clove garlic*
- *Salt and pepper*
- *2 small pots Greek natural yogurt*
- *1 drizzle olive oil*
- *30 mint leaves, chopped*



# Gremolata-Encrusted Lemon Cod Fillets



X 4



10 mins



5 mins

- In a bowl, prepare the gremolata by mixing the breadcrumbs, ground almonds, chopped garlic, lemon zest, parsley, basil and olive oil. Season with salt and pepper.
- Cut the two lemons into approximately 0.5cm slices and use to line the entire bottom of the basket.
- Lay the cod fillets on top of the lemon slices.
- Add the gremolata on top of the fish and cook for 5 minutes at 160°C.

- 4 cod fillets
- 2 lemons
- Zest of 1 lemon
- 2 tablespoons olive oil
- 20 g plain breadcrumbs
- 20 g ground almonds
- 2 tablespoons parsley, chopped
- 4 basil leaves, chopped
- 1 clove of garlic, chopped
- Salt and pepper



# Glazed Salmon Fillets



X 4



20 mins



30 mins



5 mins

- In a bowl, combine the olive oil, lemon juice, soy sauce, sugar, garlic powder, paprika and shallots. Mix well, until the sugar dissolves.
- Place the salmon fillets in a dish and pour the mixture on top. Leave to marinate for 30 minutes
- Place the fillets in the basket and cook for 5 minutes at 160°C.

- 4 salmon fillets
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 2 shallots, finely chopped
- 1 teaspoon garlic powder
- Juice of 1 lemon
- 1 teaspoon paprika
- 2 tablespoons brown sugar



# Sweet Potato Chips/Fries



X 4



15 mins



30 mins

- Peel the sweet potatoes and wash well.
- Cut into 1cm x 1cm sticks.
- In a large bowl, mix the egg white, oil, turmeric and pepper.
- Add the sweet potato sticks and mix well to cover.
- Place the sweet potatoes into the basket and cook for 30 minutes at 180°C, stirring every 10 minutes during cooking. Season with salt.

- *2 sweet potatoes*
- *4 tablespoons sunflower oil*
- *1 egg white*
- *1 teaspoon turmeric*
- *Salt and pepper*





# Frozen Chips/Fries



X 4



16 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the chips/fries in the basket.
- Select mode 1 to cook for 16 minutes at 200°C.
- Stir midway through cooking.

• 700 g *thin frozen chips*



# Savoury Sun-dried Tomato and Pesto Quinoa Torte



X 4



20 mins



30 mins

Supplies needed: a 14cm square springform tin

- In a mixing bowl, beat the eggs with the tomatoes, pesto and ricotta.
- Add the red onion, breadcrumbs, flour, cooked quinoa and mix well. Season with salt and pepper.
- Pour the mixture into the springform and place in the basket.
- Select mode 5 to cook for 30 minutes at 160°C.

- 600 g quinoa, cooked and drained (around 160 g dry)
- 2 eggs
- 1 red onion, finely chopped
- 50 g sun-dried tomatoes, chopped
- 120 g ricotta cheese
- 30 g plain flour
- 1 tablespoon pesto
- 50 g breadcrumbs
- Salt and pepper



## TIP:

Let cool and serve with green salad.



# Chicken Shepherd's pie



X 4



15 mins



20 mins

**Supplies needed: a 5.5 inch (14 cm) square springform tin and parchment/baking paper**

- Preheat the appliance for 3 minutes at 180°C. Peel the vegetable and cut into large dice. Cook in a pan of boiling water until soft.
- Line the basket with parchment/baking paper. Add the chicken, cut into thin strips, and finely chopped garlic. Cook for 5 minutes at 180 C, then add the chopped chives. Season with salt and pepper.
- Mash the vegetables and add the cream little by little. Season with salt and pepper.
- In the springform tin, add alternating one layer of vegetable purée and one layer of chicken.
- Sprinkle with breadcrumbs and grated parmesan. Place the tin in the basket and cook for 20 min at 180°C.

- 200 g sweet potatoes
- 1 carrot
- 300 g chicken breast
- 100 ml liquid/double cream
- 2 garlic cloves
- ½ bunch fresh chives, chopped
- 40 g breadcrumbs
- 30 g grated parmesan
- Salt, pepper



# Provençal lasagne



X 6



20 mins



50 mins

**Supplies needed: two 5.5 inch (14 cm) square springform tins**

● Preheat the appliance for 3 minutes at 200°C. For the bolognese sauce, add in a springform tin the peeled and chopped onion and garlic cloves, minced beef and dried herbs with a dash of oil for approximately 3 minutes at 180°C. Add the passata/tomato sauce and simmer for 5 minutes at 160°C. Salt and pepper. Pour into a bowl.

● Cut the red pepper, aubergine/eggplant and courgettes/zucchini into 1 cm slices. In the basket cook the vegetables with a dash of oil for 3 minutes on each side. Season with salt and pepper.

● Pre-cook the lasagne sheets in salted boiling water for 2 minutes.

● In the two tins, pour a thin layer of bolognese sauce, then lay down the lasagne sheets, the courgette/zucchini slices, then the sauce, lasagne sheets, aubergine/eggplant slices, then the sauce, lasagne sheets, red pepper slices, then again the sauce, lasagne sheets and finish with grated emmental cheese.

● Place the tin in the basket and cook for 25 minutes. Repeat with the second tin.

- 600 g minced beef
- 600 g passata/tomato sauce
- 1 red pepper
- 1 aubergine/eggplant
- 2 courgettes/zucchini
- 1 onion
- 3 garlic cloves
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 12 lasagne sheets
- 200 g grated Emmental cheese
- 1 dash of oil
- Salt, pepper



# Grilled Vegetables with Thyme



X 4



10 mins



30 mins

- Peel and wash all the vegetables. Cut the shallots in two lengthwise and cut the carrots, parsnips and courgette/zucchini in long strips lengthwise.

- Use a brush to lightly oil the shallots and place them in the basket.

- Cook for 5 minutes at 150°C.

- Place the carrots, parsnip and asparagus in a dish and use a brush to dab them with balsamic vinegar. Season with salt and pepper. Place the carrots, parsnip and asparagus in the basket with the shallots and cook for 10 minutes at 160°C.

- Whilst they are cooking, place the courgettes/zucchini and mushrooms in a dish and use a brush to dab them with balsamic vinegar. Add the courgettes/zucchini and mushrooms to the basket with the other vegetables and cook for 15 minutes at 150°C.

- Arrange the grilled vegetables on a serving platter and sprinkle with thyme and drizzle with olive oil.

- 2 shallots
- 4 carrots
- 1 parsnip
- 8 green asparagus
- 1 courgette/zucchini
- 100 g oyster mushrooms
- 1 bunch fresh thyme
- 50 ml balsamic vinegar
- Salt and pepper
- 2 drizzles of olive oil



# Veal and Roquefort Sliders



X 4



20 mins



15 mins

- In a mixing bowl, season the veal with salt, pepper and chopped parsley.
- Form 4 meatballs, flatten them, then place them in the basket and cook for 5 minutes at 200°C.
- Whilst they are cooking, cut the rolls in two and spread the two halves with mustard.
- When the burgers are done, place them on the bottom half of the bun and cover with roquefort.
- Place 2 dressed rolls in the basket with the top of the roll uppermost and cook for 5 minutes at 200°C. Remove from the basket and repeat the steps with the 2 other burgers.
- Once out of the appliance, add the sliced gherkins and the rocket on top of the bottom halves and place the other half on top.

- 4 mini rolls
- 400 g minced veal
- 1 tablespoons flat parsley, chopped
- Salt and pepper
- A bit of rocket
- 2 large gherkins, sliced thin
- 2 tablespoons wholegrain mustard
- 4 slices roquefort



# Beef wrapped Veal Paupiette with Sage Sauce



X 4



30 mins



30 mins

Supplies needed: cooking string

- In a mixing bowl, season the minced veal with the coriander, nutmeg and rosemary. Season with salt and pepper.
- Divide the minced veal and spread over the cutlets. Form the paupiettes by folding the edges of each cutlet up toward the middle.
- Wrap each paupiette with 2 slices of beef and tie together with the string.
- Place the paupiettes in the basket and select mode 5 to cook for 30 minutes at 170°C.
- Whilst they are cooking, mix the yogurt with the sage and lemon in a bowl. Season with salt and pepper. Serve the paupiettes with a spoonful of white sage sauce.

- 4 thin veal cutlets (boned)
- 200 g minced veal
- 8 slices
- 1 teaspoon ground coriander
- 2 pinches ground nutmeg
- 1 teaspoon ground rosemary
- Salt and pepper
- 1 tablespoon sage, chopped
- 1 spritz of lemon juice
- 2 small pots of Greek yogurt



# Curry Salmon Steak



X 4



30 mins



10 mins

**Supplies needed: a 14cm square springform tin and some aluminium foil**

- In a saucepan, cook the onions until translucent.
- Add the garlic and the cubed tomato. Cook over low heat for several minutes.
- Add the coriander, the cumin, the massala, ginger and tomato puree. Mix thoroughly.
- Add the coconut milk and nuoc mam and let simmer for 2 minutes. Adjust seasoning to taste.
- Arrange the salmon fillets in the springform tin. Spoon the curry sauce over the salmon. Cover the tin with aluminium and place in the basket. Cook for 10 minutes at 200°C.
- Garnish with chopped mint leaves.

- 4 salmon fillets
- 1 onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 ripe tomato, cubed
- 1 teaspoon fresh ginger, grated
- 2 tablespoons coriander, chopped
- 1 teaspoon ground cumin
- 1 tablespoon massala powder (or curry)
- 1 tablespoon tomato puree
- 100 ml coconut milk
- 1 tablespoon nuoc mam
- 1 tablespoon fresh mint, chopped



## TIP:

Thai fish sauce (Nam Pla) can be substituted for Nuoc Mam sauce.





# Tuna Steaks with Tomatoes



X 4



15 mins



10 mins

- In a bowl, mix the three types of tomatoes, olive oil and oregano. Season with salt and pepper.
- Season the tuna steaks with salt and pepper and place in the basket.
- Cover the tuna steaks with the tomato mixture.
- Cook the steaks for 10 minutes at 150°C for medium rare, and extend cooking time if desired.

- *4 albacore tuna steaks (approx.130g/steak)*
- *50 g sun-dried tomatoes, chopped*
- *50 g canned chopped tomatoes, drained*
- *1 ripe tomato, cut into small cubes*
- *1 teaspoon oregano*
- *1 tablespoon olive oil*
- *Salt and pepper*



# Chicken Drumsticks with Rosemary New Potatoes



X 4



15 mins



30 mins

- In a large mixing bowl, mix the mustard, olive oil, lemon juice, paprika, garlic powder and mustard seed. Season with salt and pepper.
- Wash the new potatoes well, then cut them in half. Add them to the mixing bowl along with the chicken and rosemary.
- Mix well to cover.
- Place the potatoes and the chicken in the basket and select mode 3 to cook for 30 minutes at 170°C. Stir 2 or 3 times during cooking.

- 4 chicken drumsticks
- 500 g new potatoes
- 4 sprigs rosemary
- 2 tablespoons mustard with honey
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon mustard seed
- Juice of a lemon
- 2 tablespoons of olive oil
- Salt and pepper



# Tuna Calzone



X 4



20 mins

Supplies needed: baking paper



15 mins

- Use a square piece of baking paper to line the bottom of the basket, leaving a 1 cm border between the paper and the basket on all sides.
- Drain the tuna.
- On half of the pizza dough, spread a layer of mustard, leaving space around the edges. Arrange the tomato slices on the dough.
- Sprinkle with fresh thyme and crumble the tuna on top. Add the ricotta.
- Fold the pizza dough over and seal the edges with a bit of the egg yolk. Roll up the edges to ensure that it is well sealed.
- Paint with the egg wash and sprinkle with the Parmesan shavings.
- Place the calzone in the basket and cook for 15 minutes at 160°C.

- *1 square ready made pizza dough*
- *1 tomato, thinly sliced*
- *1 tablespoon Dijon mustard*
- *A few pinches fresh thyme*
- *260 g canned tuna in water*
- *2 tablespoons ricotta cheese*
- *1 egg yolk, beaten*
- *A few Parmesan cheese shavings*



# Swedish Potatoes



X 4



10 mins



30 mins

- Carefully cut the potatoes into thin slices, without cutting all the way through to prevent the pieces from detaching.
- In a bowl, mix the tomatoes with the dill. Season with salt and pepper. Spoon the tomato mixture over the potatoes, ensuring that it gets between the slices. Drizzle with olive oil.
- Place the potatoes in the basket and cook for 30 minutes at 160°C.
- Serve the potatoes with a spoonful of thick yogurt seasoned with salt, pepper and olive oil.

- *4 potatoes (suitable for roasting)*
- *2 tomatoes, puréed*
- *2 tablespoons dill*
- *1 thick creamy yogurt (125g)*
- *2 drizzles of olive oil*
- *Salt and pepper*



# Jacket Potatoes



X 4



30 mins



35 mins

**Supplies needed: aluminium foil**

- Wash the potatoes and wrap them in aluminium foil while still damp. Place the wrapped potatoes into the basket.
- Cook for 30 minutes at 200°C. Check the potatoes' cooking progress; they should be soft in the centre. If not, cook longer.
- Remove the potatoes from the basket. Open the aluminium foil and leave it wrapped around the bottom of the potato only, to create a boat shape.
- Scoop out the cooked potato in the middle and place in a mixing bowl. Add the butter, garlic, 2/3 of the Parmesan and the parsley. Season with salt and pepper. Mix with a fork.
- Place the potato mixture back into the skins, sprinkle with the remaining Parmesan and place the potatoes in the basket. Cook for 5 minutes at 180°C.

- *4 large potatoes*
- *80 g butter*
- *70 g Parmesan cheese, grated*
- *2 teaspoons garlic powder*
- *3 tablespoons flat parsley, chopped*
- *Salt and pepper*



# Frozen Potato Gems



X 4



10 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the frozen puffs in the basket.
- Select mode 1 to cook for 10 minutes at 200°C.
- Stir midway through cooking.

• 700 g frozen potato gems



# Mexican Potato Wedges



X 4



20 mins



30 mins

- Cut the potatoes into quarters or eighths based on how thick the potatoes are. Dry well.
- In a mixing bowl, mix the potatoes with the melted butter and Mexican seasoning.
- Place the potatoes in the basket and cook for 30 minutes at 180°C, stirring every 5 minutes.
- Once they are done, transfer from the basket to a mixing bowl. Season with the paprika, celery salt and a pinch of Cayenne pepper.
- Serve hot.

- 800 g firm-texture potatoes, washed
- 50 g lightly salted butter, melted
- 1 tablespoon Mexican or Fajitas seasoning mix
- 1 teaspoon celery salt
- 1 pinch Cayenne pepper
- 1 tablespoon paprika



# Fried Four-Cheese Ravioli



X 4



10 mins



20 mins



15 mins

- In a mixing bowl, beat the eggs with salt and pepper.
- Add the uncooked raviolis, making sure that they do not stick to one another.
- Let them sit for 20 minutes in the egg mixture, mixing from time to time, to soften.
- Place the breadcrumbs in a dish. Dredge the raviolis in the breadcrumbs and place them standing in the basket.
- Cook for 15 minutes at 160°C.

- 500 g four-cheese ravioli
- 3 eggs
- 200 g breadcrumbs
- Salt and pepper



**TIP:**  
serve with a spicy  
tomato sauce.





# Potato Rösti



X 4



10 mins



30 mins

**Supplies needed: a 14cm square springform tin**

- In a mixing bowl, mix the grated potatoes together with the salt.
- Butter the sides of the tin and leave 3 small knobs of butter at the bottom.
- Squeeze the potatoes out to remove any liquid and place at the bottom of the tin. Add 3 small knobs of butter on top.
- Place the tin into the basket and cook for 30 minutes at 180°C.
- In the meantime, whip the cream in a mixing bowl with a whisk. Once it begins to thicken, season with salt and pepper. Add the dill and refrigerate.
- Plate the rösti on dish and cut in four. Serve with a spoonful of dill cream and a slice of smoked salmon.

- *500 g firm-texture potatoes, grated*
- *1 level teaspoon fine salt*
- *20 g butter*
- *4 large slices of smoked salmon*
- *100 ml double cream*
- *3 tablespoons dill*
- *Salt and pepper*



# Nicoise salad with thyme sea bream



X 6



20 mins



12 mins

- Season the sea bream with salt, pepper and thyme. Place it in the basket with the skin facing down.
- Add the potatoes cut in half and the trimmed green beans on top. Season with a dash of oil.
- Cook for 12 minutes at 170°C.
- Remove from the basket, separating the vegetables from the fish. Cut the sea bream into dice.
- Mix in a big bowl the olive oil, lemon juice, mustard and a pinch of salt and pepper.
- Add the lettuce leaves, potatoes, green beans, tomatoes and sliced black olives.
- Serve with quartered eggs and the diced sea bream.

- 3 sea bream fillets
- 200 g new potatoes
- 100 g whole green beans
- 3 large boiled eggs
- 1 lettuce
- 3 tablespoons pitted black olives
- 3 tomatoes diced
- 3 tablespoons fresh thyme, chopped
- 3 tablespoons olive oil
- 1 lemon
- 1 teaspoon Dijon mustard



# Tomato Sauce



X 4



10 mins

Supplies needed: a 14-cm square springform tin



30 mins

- Wash and cut the tomatoes in half. Season with salt, pepper and sugar. Drizzle with olive oil.
- Place the tomatoes in the tin, flesh side up. The tomatoes can overlap in the tin. Place the tin into the basket and cook for 15 minutes at 200°C.
- When the tomatoes have taken on colour, add the thyme, garlic and onion on top and cook for 15 minutes at 170°C.
- Transfer everything into a blender and blend until smooth. Adjust seasoning to taste.

- *1 kilo ripe vine tomatoes*
- *1 white onion, thinly sliced*
- *1 drizzle olive oil*
- *2 cloves garlic, crushed*
- *1 sprig of thyme*
- *Caster sugar*
- *Salt and pepper*



## TIP:

Add a few basil leaves before blending the sauce.



# Sole and green beans



X 6



15 mins

Supplies needed: parchment/baking paper



12 mins

- Season the fish, place it in a bowl with the chopped herbs, olive oil and lemons rings. Keep in the fridge for 10 minutes.
- Cut the green beans in half. Line the basket with parchment/baking paper and add the green beans.
- Preheat the appliance for 3 minutes at 160°C.
- Put the fillets in the basket, skin facing down, and add the marinade. Cook for 12 minutes at 160°C.

- 3 sole fillets
- 500 g fresh whole green beans
- 2 tablespoons mint
- 2 tablespoons basil
- 2 lemons, sliced
- 1 dash of olive oil
- Salt and pepper



## TIP

Serve with basmati rice and lemon zest on the fish.



# Provençal Tomatoes



X 4



20 mins



10 mins



7 mins

- Use a food processor to finely chop the garlic and parsley leaves.
- Add the mustard and egg yolk, then blend again. Gradually add the olive oil and blend to obtain a light emulsion. Season with salt and pepper. Set aside in a mixing bowl.
- Whisk in the oregano, thyme, lemon juice and breadcrumbs, then let rest for 10 minutes.
- Halve the tomatoes cross-wise, then season with salt and pepper.
- Spoon large spoonfuls of the Provençal mixture on top of each tomato half and place in the basket.
- Cook for 7 minutes at 190°C.
- Check the doneness of the tomatoes by pressing gently on the sides; continue cooking if necessary.

- 4 vine tomatoes
- 1 egg yolk
- 1 clove garlic
- ½ bunch of parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Juice of ½ a lemon
- 100 ml olive oil
- 1 teaspoon Dijon mustard
- 2 tablespoons breadcrumbs
- Salt and pepper



# Saithe and leeks pie



X 6



20 mins



30 mins

**Supplies needed: a 5.5 inch (14 cm) square springform tin and parchment/baking paper**

- Brush the tin with olive oil and sprinkle with one tablespoon of flour.
- Preheat the appliance for 3 minutes at 170°C. Peel and thinly cut the leeks and shallots. Chop the parsley.
- In the basket covered with the parchment/ baking paper, cook the shallots and leeks until soft for 5 minutes at 170° C, shaking the basket halfway through cooking. Add the diced fish fillets. Stir well. Add the spinach, parsley, nutmeg, zest and lemon juice. Let cool.
- In a bowl, whisk the egg and the fresh cream. Add the flour. Season with salt and pepper. Mix in the fish and spinach mixture.
- Pour everything in the springform tin and place it in the basket. Select mode 5 and cook for 30 minutes at 170°C. Let cool.

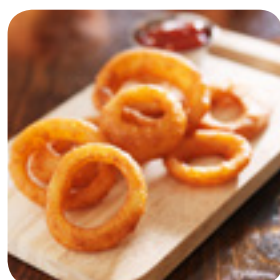
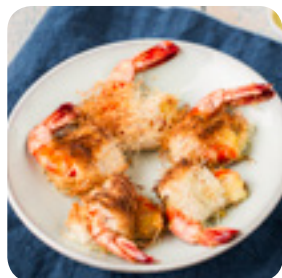
- 500 g pollock fillets (see tip) coley, pollock, cod, ...)
- 200g spinach
- 4 leeks
- 2 shallots
- 1 small bunch fresh parsley, chopped
- zest and juice of 1 lemon
- 200 g double cream
- 1 large egg
- 3 tablespoons plain flour
- ½ teaspoon nutmeg
- 1 tablespoon olive oil
- Salt and pepper



## TIP

You can replace the pollock with any white fish such as cod, coley, haddock or hake.





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# Crispy Paprika Chicken Wings



X 4



10 mins



10 mins



20 mins

- In a bowl, mix the flour with 2 tablespoons paprika and roll the chicken wings in the mixture. Remove the excess flour and paprika from the wings. Refrigerate for 10 minutes.
- Whisk the butter with the lemon juice, sweet chilli sauce and remaining 2 tablespoons paprika.
- Preheat the appliance for 3 minutes at 200°C.
- Dip the wings one at a time in the butter mixture, let excess drip off, then place in the basket. It's ok if the wings overlap one another in the basket.
- Select mode 3 to cook for 10 minutes at 180°C.
- Stir and select mode 3 to cook for 10 minutes at 180°C.

- 12 chicken wings
- 100 g plain flour
- 4 tablespoons paprika
- Juice of 1 lemon
- 3 tablespoons sweet chilli sauce
- 100 g lightly salted butter, melted





# Frozen Fish Fingers

Number of  
pieces:

X 10



9 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the fish fingers into the basket.
- Select mode 2 to cook for 9 minutes at 200°C.
- Turn the fingers midway through cooking.

- *10 frozen fish fingers  
(around 300 g)*



# Frozen Crumbed Squid

Number of  
pieces:

X 10



6 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the squid into the basket.
- Select mode 2 to cook for 6 minutes at 200°C.
- Shake the basket midway through cooking.

- *10 frozen crumbed squid/  
calamari (around 300 g)*



# Battered Prawns

Number of pieces:

X 24



30 mins



10 mins



10 mins

Supplies needed: baking paper

- Prepare the batter by mixing the flour, yeast, milk and egg. Mix thoroughly.
- Melt the butter and mix into the batter.
- Refrigerate for 10 minutes.
- Meanwhile, cut the prawns in half. Dry well with a paper towel.
- Preheat the appliance for 3 minutes at 180°C.
- Use a square piece of baking paper to line the bottom of the basket, leaving a 1 cm border between the paper and the basket on all sides. Dip the prawn pieces in the batter and place the first 12 into the basket on the baking paper.
- Cook for 5 minutes at 180°C. Remove the cooked prawns .
- Place the next 12 prawns in the basket on the baking paper and cook for 5 minutes at 180°C..

- 160 g plain flour
- 5 g easy-blend dried yeast
- 60 ml milk
- 10 g butter
- 1 egg
- 1 pinch salt
- 24 large green prawns/raw prawns, peeled



## TIP:

Add 1 tablespoon dill to the batter for a flavour twist.



# Frozen Onion Rings



X 4



8 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the onion rings into the basket.
- Select mode 2 to cook for 8 minutes at 200°C.
- Turn the rings midway through cooking.

- 150 g frozen onion rings



# Garlic Honey Tofu Bites



X 4



10 mins



30 mins



15 mins

- In a mixing bowl, prepare the marinade by mixing the soy sauce, lemon juice, garlic and honey.
- Marinate the tofu in this mixture for 30 minutes.
- Drain the tofu and dip briefly in the potato starch, placed in a shallow dish. Tap off any excess starch.
- Place the tofu pieces in the basket and cook for 15 minutes at 190°C.
- Serve the tofu sliced and seasoned with the marinade. Garnish with spring onion, parsley and toasted sesame seed mixture.

- 4 x 25 g pieces of fermented tofu
- 2 spring onions, chopped
- A few sprigs of parsley
- 2 tablespoons honey
- 2 tablespoons soy sauce
- Juice of half a lemon
- 1 tablespoon garlic powder
- 2 tablespoons potato starch/potato flour
- 1 tablespoon toasted sesame seeds with a pinch of salt



# Carrot patties with cumin

Number of pieces:

X 24



15 mins



15 mins

- Peel the carrots and grate coarsely.
- In a blender, finely mix the chickpeas, carrot and cumin. Form 24 round patties and chill them.
- In a dish, beat the eggs with the salt and pepper. Place the breadcrumbs in another dish.
- Bread the patties by rolling them first in the bread crumbs removing the excess, then dipping them in the eggs and again in the bread crumbs.
- Place the patties in the basket and cook them for 15 minutes at 180°C, turning them regularly. The patties can overlap in the basket.

- 3 carrots
- 300 g drained cooked chickpeas
- 100 g breadcrumbs
- 2 eggs
- A pinch of cumin
- Salt, pepper



# Chilli meatballs

Number of  
pieces:

X 30



15 mins



25 mins

**Supplies needed: parchment/baking paper**

- Wash and peel the carrot. Finely chop all the vegetables except the tomatoes.
- In the basket lined with the parchment / baking paper, add a dash of oil and then cook the garlic, onion, carrot, red pepper and hot pepper/chilli for five minutes at 180°C. Season with the cumin and the chopped coriander.
- Add the kidney beans and the tomatoes cut in half and cook for 2 minutes more. Let it cool.
- In a bowl, mix the vegetables with the minced meat. Season with salt and pepper. Form oval meatballs of approximately 60 grams.
- Place 15 meatballs in the basket and cook them for 10 minutes at 180°C. The meatballs can overlap in the basket. Turn halfway through cooking.
- When the first 15 are ready, remove and cook another batch of 15. Repeat until all the meatballs are cooked.

- 1 carrot
- 1 red pepper
- 1 small hot pepper /red chilli, deseeded
- 1 large onion
- 2 garlic cloves
- 2 tomatoes
- 200 g canned kidney beans, rinsed and drained
- 1 tablespoon cumin powder
- 400 g minced steak
- 2 tablespoons coriander
- 1 dash of olive oil
- Salt, pepper



# Lentils croquettes with curry

Number of pieces:

X 24



40 mins



20 mins

- Peel the potatoes and the onion and cut into little cubes.
- In a pan, sauté the onions with a dash of oil. Add the potatoes, red/coral lentils and coconut milk. Cover and cook for about 30 minutes until coconut milk has evaporated and lentils are cooked.
- Let it cool and add the dried tomatoes and the curry powder. Season with salt and pepper.
- Prepare a first batch of 12 croquettes and coat in the breadcrumbs. Place the croquettes in the basket and cook for 10 minutes at 180°C. Remove from the basket.
- Repeat the procedure with the remaining mixture and make 12 more croquettes to cook for 10 minutes at 180°C.

- 200 g red/coral lentils
- 500 ml coconut milk
- 200 g potatoes
- 1 onion
- 6 chopped dried tomato petals (see tip)
- 1 tablespoon olive oil
- 3 tablespoons curry powder
- 100 g breadcrumbs
- Salt, pepper



## TIP

Dried tomato petals can be replaced with 3 chopped sun dried tomatoes (preferably the dried type sold in packets)





# Indian-style Potato Patties

Number of  
pieces:

X 8



30 mins



8 hours



20 mins

- Boil the potatoes, skins on. Let cool and peel. Then mash.

- Cook the onion and yellow capsicum/pepper in a drizzle of olive oil in a frypan until soft. Add the garlic, curry powder, cumin and ground coriander. Cook for 5 additional minutes on low heat.

- Mix the mashed potatoes with the curried vegetables. Season with salt and pepper. Refrigerate overnight if possible.

- Form the first 4 patties and coat them in the chickpea flour, placed in a shallow dish. Place into the basket and gently flatten. Cook for 10 minutes at 180°C. Remove from basket.

- Repeat steps for the remaining mixture to form 4 more patties. Cook for 10 minutes at 180°C.

- Serve with chopped coriander.

- *2 large potatoes (around 700 g)*
- *1 yellow capsicum/pepper, cut into thin strips*
- *1 clove of garlic, crushed*
- *1 drizzle olive oil*
- *1 white onion, thinly sliced*
- *1 tablespoon curry powder*
- *1 teaspoon cumin*
- *1 teaspoon ground coriander*
- *60 g chickpea flour*
- *1 tablespoon coriander, chopped*
- *Salt and pepper*



# Indian lamb bricks

Number of  
pieces:

X 6



15 mins



26 mins

**Supplies needed: parchment/baking paper**

● Preheat the appliance for 3 minutes at 180°C. Wash and chop the parsley and mint. Dice the lamb and the onion.

● In the basket lined with parchment/baking paper, cook the lamb with the herbs and onion. After 5 minutes, add the curry, sweet paprika, cardamom and beaten eggs. Season with salt and pepper. Mix until smooth.

● Unfold the brick pastry sheets, place two overlapping slices of tomato in the centre, add two tablespoons of the lamb filling and fold each edge towards the centre as to form a square.

● Place three parcels in the basket and brown for 5 minutes at 180°C. Turn them and cook for 3 minutes more at 180°C.

● Remove the cooked parcels and repeat the procedure with other three.

- 600 g boneless leg of lamb
- 1 onion
- 2 eggs
- 3 tomatoes, sliced
- ½ small bunch of parsley
- 1 tablespoon mint
- 1 tablespoon curry powder
- 1 teaspoon sweet paprika powder
- 1 teaspoon cardamom powder
- 6 brick pastry sheets
- Salt, pepper



# Egg and Tuna Bricks



X 4



20 mins



20 mins

- In a bowl, mix the onion, tuna, green olives and the chopped parsley. Add pepper and stir well.
- Place one quarter of the mixture in the middle of a sheet of brick pastry and make a well in the centre.
- Break an egg into the well and season with cumin.
- Fold the four sides of the sheet over onto itself to obtain a square.
- Repeat steps with the 3 remaining sheets of brick.
- Turn the bricks over and drizzle a bit of olive oil on them.
- Cook the bricks one by one in the basket at 180°C for 5 minutes.
- Sprinkle with lemon zest and serve.

- 200 g canned tuna in water, drained
- 1 drizzle olive oil
- 1 large onion, finely chopped
- 4 tablespoons flat parsley, chopped
- 4 eggs
- 4 brick pastry sheets
- Zest of half a lemon
- 2 tablespoons green olives, chopped
- 1 teaspoon cumin
- Pepper



# Mixed Mushroom Bruschetta



X 4



20 mins



10 mins

- Add the hazelnut oil to a saucepan and cook the shallots until translucent.
- Add the frozen mushroom mix and until wine has evaporated. Set aside.
- When the mushrooms have cooled, add the parsley, oyster mushrooms and cheese cubes to the mixture Season with salt and pepper.
- Spread 1 tablespoon of cottage cheese onto each slice of bread, then add the mushroom mixture on top.
- Place two slices of prepared bread into the basket and cook for 5 minutes at 200°C. Remove the first two slices, then cook the remaining two for 5 minutes at 200°C.
- Serve with rocket and garnish with crushed walnuts.

- 4 slices wholegrain bread
- 300 g frozen or fresh mixed mushrooms
- 150 g fresh oyster mushrooms, thinly sliced
- 100 g comté cheese (or other hard cheese), cubed
- 4 tablespoons cottage cheese
- 2 tablespoons parsley, chopped
- 4 shallots, chopped
- 1 tablespoon hazelnut oil
- Crushed walnuts, for garnish
- Rocket
- Salt and pepper



# Crispy Mushrooms



X 4



20 mins



5 mins



15 mins

- Remove the stems from the mushrooms and beat the eggs in a bowl.
- Place the mushrooms in the beaten eggs and let rest for 5 minutes. Remove and place on a dish so that they dry.
- Mix the breadcrumbs, fried onions, tea from the tea bag and grated Parmesan in a bowl.
- Dip the mushroom caps in the breadcrumb mixture.
- Place all the mushrooms in the basket and cook for 15 minutes at 170°C. Gently shake the basket from time to time.
- Serve the crispy mushrooms with lemon zest..

- 40 g Parmesan
- 70 g breadcrumbs
- 30 g ready made fried onions, ground into a powder
- 1 black tea bag
- 2 eggs
- 180 g cleaned shitake mushrooms
- Zest of a lemon



## TIP:

Add chopped parsley to the breadcrumbs for a touch of flavour and colour.



# Goat's Cheese and Hazelnut Stuffed Mushrooms

Number of pieces:

X 8



15 mins



10 mins

- Peel the mushrooms and remove the stems.
- Place them in a large bowl and drizzle with olive oil. Season with salt and pepper.
- Place the mushrooms cap-down in the basket and cook for 5 minutes at 180°C.
- In the meantime, in a large mixing bowl mash the goat's cheese with the crème fraîche and add the chives, spring onion and crushed hazelnuts. Season with salt and pepper.
- Garnish the mushroom caps with this mixture and sprinkle with praline and Espelette pepper.
- Cook for 5 minutes at 200°C.

- 8 large mushrooms
- 1 drizzle olive oil
- 200 g fresh goat's cheese
- 1 tablespoon thick crème fraîche
- 25 g crushed hazelnuts
- 30 g praline (optional)
- 1 spring onion, finely chopped
- 2 tablespoons chives, finely chopped
- A pinch of Espelette pepper or paprika pepper
- 50 g plain breadcrumbs
- Salt and pepper



# Herb Crab Croquettes

Number of pieces:

X 8



20 mins



30 mins

- In a mixing bowl, mix half of the crackers with the milk.
- Next, add the crab, chives, dill, parsley, the eggs, lemon juice, onion, mayonnaise and mustard. Season with salt and pepper.
- Divide the mixture into 8 balls. Place the rest of the crackers in a dish.
- Coat the balls by rolling them in the crushed crackers.
- Place 4 balls in the basket and flatten them to form patties. Place a knob of butter on each patty. Cook for 15 minutes at 160°C.
- Remove the cooked croquettes from the basket. Add the remaining 4 patties, flatten, then add a knob of butter on top and cook for 15 minutes at 160°C.

- 1 pack of crackers, finely crushed (250 g)
- 300 ml milk
- 50 g butter, softened
- 200 g crab meat
- 2 tablespoons mayonnaise
- 2 eggs
- 1 tablespoon Dijon mustard
- Juice of half a lemon
- 1 tablespoon chives, finely chopped
- 1 tablespoon dill, finely chopped
- 1 tablespoon parsley, finely chopped
- 2 spring onions, thinly sliced
- Salt and pepper



# Confit Duck Fingers with Dried Fruit



X 4



20 mins



10 mins

- Coarsely chop the pine nuts, sultanas, figs and almonds. Place them in a mixing bowl and add the parsley.

- Remove the skin and bones from the duck legs. Shred the meat well. Mix together with the dried fruit mixture.

- Form the "fingers": place a finger-sized amount of filling along the edge of a sheet of brick dough, then begin rolling to form a cigar shape. When you are midway through rolling, fold a few centimetres of the dough over to seal the ends. Finish rolling. Do the same with the other sheets of brick dough.

- Place the duck fingers in the basket and cook for 10 minutes at 170°C.

- 3 cooked confit of duck legs
- 4 brick pastry sheets
- 30 g pine nuts
- 50 g sultanas
- 50 g dried figs
- 30 g blanched almonds
- A bit of flat parsley, chopped



## TIP:

Spring roll wrappers can be used instead of brick pastry.





# Mixed Fish with Tartare Sauce



X 4



15 mins



15 mins

- Slice the fish fillets. Season with salt and pepper.
- Place the breadcrumbs in a dish.
- Crumb the fish slices by dipping them into the flour, and then rolling in the breadcrumbs.
- Place all the slices into the basket and cook at 180°C for 15 minutes. Shake once midway through cooking.
- While the fish is cooking, prepare the tartare sauce by mixing the mayonnaise, cream cheese, parsley, gherkins and capers in a bowl.
- When the fish is cooked, arrange them on a plate and serve with tartare sauce.

- 2 hake fillets
- 2 salmon fillets
- 150 g breadcrumbs
- 100 g plain flour
- Salt and pepper
- 100 g mayonnaise
- 100 g cream cheese
- 2 tablespoons flat parsley, chopped
- 8 small gherkins, chopped
- 30 g capers, chopped



## TIP:

Add a bit of dill or parsley to the breadcrumbs.



# Vegetables galettes with feta

Number of pieces:

X 24



15 mins



14 mins

- Using a blender, mash green lentils and eggs until homogeneous.
- In a bowl, beat the feta. Stir in the onion, chopped spinach, red peppers, lentil puree and breadcrumbs. Season with salt and pepper.
- Form balls of 60g and flatten to shape them as galettes.
- Place 12 galettes in the basket and cook for 7 minutes. Turn them halfway through cooking. When the first 12 galettes are cooked, remove them, place the remaining 12 in the basket and repeat the procedure.
- Prepare the sauce in a small bowl by mixing the Greek yogurt, lemon juice and chives.

- 300 g cooked green lentils
- 100 g fresh rinsed spinach
- 100 g feta cheese
- 2 chopped red peppers
- 1 finely chopped onion
- 2 chopped garlic cloves
- 2 tablespoons olive oil
- 2 big eggs
- 165 g breadcrumbs
- 125 g Greek natural yogurt
- Juice of half a lemon
- 1 tablespoon chopped chives



## TIP

Have the galettes warm or cold, accompanied by yogurt sauce and a green salad



# Korma Prawns in Kadaif Noodles

Number of pieces:

X 12



20 mins



20 mins



5 mins

- Prepare the marinade by mixing together the turmeric, curry powder, ginger, 4-spice mix, garlic and coconut cream in a mixing bowl. Season with salt and pepper.

- Place the prawns to marinate in the bowl for 20 minutes.

- Unroll the kadaif noodles and prepare 12 small bunches of noodles that are 15 centimetres long and 2 centimetres wide.

- Roll each prawn in a bunch of noodles and seal well so that it does not unroll during cooking.

- Place the prawns in the basket and cook for 5 minutes at 190°C.

- Whilst they are cooking, pour the remaining marinade into a small sauce pan with the lime juice and bring to the boil. Cook for 3 minutes.

- Serve the prawns along with the marinade.

- 12 green/raw prawns, shelled
- One packet of kadaif noodles
- 200 ml coconut cream
- 2 teaspoons turmeric
- 2 teaspoons curry powder
- 1 teaspoon ginger, grated
- 1 teaspoon 4-spice mix
- 2 teaspoons garlic powder
- Salt and pepper
- Juice of 1 lime



## TIP:

To make 4-spice mix (French Quatre-Epices) combine 1 tablespoon white pepper, a rounded 1/4 teaspoon ground cloves, 1 teaspoon ground ginger and 1 teaspoon grated nutmeg.



# Guacamole



X 4



10 mins



30 mins



10 mins

- Halve the avocados and remove the pits.
- Place them in the basket, flesh up, and cook for 10 minutes at 200°C.
- Refrigerate for 30 minutes.
- When the avocados have cooled, mash them in a mixing bowl and mix in the lime juice and olive oil to obtain a puree.
- Add the tomato, spring onion, and coriander and mix well. Season with salt and pepper.

- *2 ripe avocados*
- *Juice of half a lime*
- *2 tablespoons olive oil*
- *1 small tomato, cubed*
- *1 spring onion, thinly sliced*
- *2 tablespoons coriander, finely chopped*
- *Salt and freshly-milled pepper*



# Frozen Dutch-style Kroketten

Number of pieces:

X 4



15 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the kroketten in the basket.
- Cook for 15 minutes at 200°C.
- Turn the kroketten midway through cooking.

- 4 pieces (around 450 g)



# Cornflake Coated Chicken Nuggets



X 4



20 mins



20 mins

- Cut each chicken fillet into 6 slices.
- Place the flour, buttermilk and corn flakes in three different mixing bowls.
- Crush the corn flakes by hand to give them a crumb-like consistency.
- Crumb the chicken pieces by dredging them first in the flour, then in the buttermilk, and finally in the corn flakes.
- Place 6 chicken pieces into the basket and cook at 180°C for 10 minutes.
- Remove the cooked pieces and place the remaining 6 into the basket, cooking for 10 minutes at 180°C. Season with salt after cooking.

- 2 chicken fillets
- 300 ml buttermilk
- 20 g cornflakes
- 4 tablespoons plain flour
- Salt



## TIP:

after the second batch of nuggets are done cooking, reheat the first batch by adding them on top of the second batch and cooking for 2 minutes at 160°C.



# Chicken Nuggets with Homemade Ketchup



X 4



30 mins



15 mins

- Start by preparing the homemade ketchup: mix the tomatoes, onion, tomato puree, garlic, vinegar, pepper, honey, cumin and bay leaf together and simmer in a saucepan for 20 minutes. Blend the mixture, then season with salt and pepper. Filter the mixture, then pour the ketchup into a pan and bring to the boil for 1 minute. Set aside in the refrigerator.

- Prepare the nuggets: cut the chicken breasts into small, round pieces.

- Place the flour into a dish and place the eggs, beaten, into a bowl and the breadcrumbs into another dish.

- Crumb the nuggets by dredging them in the flour then dipping them into the eggs and then the breadcrumbs.

- Place the nuggets in the basket and cook for 15 minutes at 180°C. The nuggets can overlap in the basket.

- 4 chicken breasts
- 2 eggs
- 120 g plain breadcrumbs
- 50 g plain flour
- 3 tomatoes (100 g), diced
- ½ a red onion, thinly sliced
- 1 tablespoon tomato puree
- 1 clove garlic, chopped
- 20 ml balsamic vinegar
- 1 pinch Cayenne pepper
- 1 teaspoon honey
- 1 pinch cumin
- 1 bay leaf
- Salt and pepper



# Frozen Chicken Nuggets



X 4



9 mins

- Preheat the Fry delight for 3 minutes at 200°C.
- Place the frozen nuggets in the basket.
- Select mode 2 to cook for 9 minutes at 200°C.
- Turn the nuggets midway through cooking.

- 500 g frozen chicken nuggets





# Grilled Garlic Bread



X 4



15 mins



10 mins

- Mix the butter, chopped parsley, chopped garlic, lemon zest and the grated pecorino together. Season with salt and pepper.
- Cut the baguette in two so that the two halves can fit into the basket. Then cut the halves into slices, leaving around 0.5 cm uncut at the bottom so that the slices do not separate.
- Spread some of the garlic mixture in between the slices, spreading it on top of the halves as well.
- Place the two baguette halves in the basket and cook for 10 minutes at 190°C.

- *1 small baguette, pre-cooked*
- *80 g lightly salted butter, softened*
- *1 bunch of flat-leaf parsley, chopped*
- *4 cloves garlic, chopped*
- *50 g pecorino cheese*
- *Zest of half a lemon*
- *Salt and pepper*



# Cheese Shortbread Biscuits

Number of pieces:

X 12



15 mins



30 mins



15 mins

- Place all of the ingredients in a mixing bowl and mix until they come together.
- Place the dough on a piece of cling film and roll into an even roll. Seal and refrigerate for around 30 minutes until firm.
- Preheat the appliance for 3 minutes at 180°C.
- Cut the log of dough into slices and place 6 of them into the basket.
- Cook for 15 minutes at 180°C. Turn over halfway through cooking. When the first 6 biscuits are done cooking, take them out and place the next 6 into the basket. Cook for 15 minutes 180°C and turn midway through cooking.

- 100 g lightly salted butter, creamed
- 150 g comté cheese, grated (or other hard cheese)
- 150 g plain flour
- 1 teaspoon oregano, chopped
- 2 tablespoons toasted sesame seeds
- Black pepper



# Crunchy Chickpeas



X 4



20 mins



20 mins

- Preheat the appliance for 3 minutes at 200°C.
- In a mixing bowl, mix the olive oil, salt, pepper, chilli, cumin, paprika, fried onions, garlic and Cayenne. Add the chickpeas and cover with the spice mixture.
- Place the chickpeas in the basket and cook for 20 minutes at 170°C.
- Shake the basket occasionally during cooking.
- If after cooking the chickpeas are not very crisp, cook for a few more minutes.

- 500 g cooked chickpeas, rinsed and dried
- 2 tablespoons olive oil
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- ½ teaspoon chilli powder
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- 1 teaspoon ready made fried onions, ground into a powder
- ½ teaspoon garlic powder
- 1 pinch chilli powder



# Crispy Parmesan New Potatoes



X 4



10 mins



30 mins

Supplies needed: baking paper

- In a bowl, mix the Parmesan, pepper and thyme flowers.
- Cut the potatoes in two lengthwise.
- Line the bottom of the basket with baking paper, leaving a 1 cm border around the edges. Spread the Parmesan mixture over the baking paper.
- Arrange the potato pieces on top of the Parmesan, flat side down.
- Cook for 30 minutes at 180°C.

- 12 new potatoes
- 60 g Parmesan cheese, grated
- 1 tablespoon thyme flowers
- Pepper



# Vegetable Imperial Rolls

Number of pieces:

X 8



30 mins



15 mins

- In a mixing bowl, combine the cabbage, carrot, snow peas/mange tout, daikon, shallots, vermicelli, coriander, chives, pepper and sesame oil. Mix thoroughly.

- Place a bit of the vegetable mixture into each spring roll wrapper. Fold the two outside ends of the wrapper over, close the bottom, then roll the rolls up.

- Using a brush, paint the rolls with vegetable oil and place them in the basket. Cook for 15 minutes at 200°C.

- Serve with a bit of lettuce, fresh mint and spring roll sauce.

- *¼ head of Chinese cabbage, finely sliced*
- *1 carrot, grated*
- *10 snow peas/mange tout, sliced*
- *⅓ of a daikon radish, finely sliced*
- *2 tablespoons shallots, sliced*
- *100 g rice vermicelli, cooked*
- *1 tablespoon coriander, chopped*
- *1 tablespoons chives, chopped*
- *Salt and a pinch of strong pepper*
- *1 tablespoon sesame oil*
- *8 large spring roll wrappers*
- *2 tablespoons vegetable oil*
- *Chinese spring roll sauce*
- *A few lettuce leaves*
- *Fresh mint*



# Italian veal rolls

Number of  
pieces:

X 12



20 mins



6 mins

Supplies needed: 12 toothpicks /cocktail sticks

- Begin by preparing the pesto by chopping and mixing together basil, garlic, parmesan, olive oil, pine nuts and lemon zest. Season with salt and pepper.
- Spread the veal escalopes with pesto and place a tomato petal and a slice of mozzarella. Roll them and close with a toothpick /cocktail stick.
- Place the veal rolls in the basket and cook for 6 minutes at 190°C. Salt and pepper.

- 12 small veal escalopes
- 12 dried tomato petals (see tip)
- 250 g mozzarella
- 1 basil bouquet
- 1 tablespoon pine nuts
- 2 tablespoons parmesan
- Lemon zest
- 1 small garlic clove
- 1 tablespoon olive oil
- Salt and pepper



## TIP

Substitute dried tomato petals with sun dried tomatoes.



# Beef and vegetable samosas

Number of pieces:

X 16



15 mins



10 mins

Supplies needed: parchment/baking paper

- In a pan, sauté the chopped onions, carrot and zucchini / courgettes, then add the meat.
- Leave to brown. Add the soy sauce and the herbs.
- Distribute the filling in the pastry sheets, previously cut in 2, then fold in triangles.
- Place 8 samosas in the appliance and select mode 2 to cook for 5 minutes.
- Repeat the procedure with the remaining 8 samosas

- 8 brick pastry sheets
- 400 g minced beef
- 2 onions
- 1 zucchini /courgette, finely chopped
- 1 carrot, finely chopped
- 3 tablespoons soy sauce
- 1 tablespoon oil
- Parsley and chives , chopped



# Frozen Samosas

Number of  
pieces:

X 8



9 mins

- Preheat the fryer for 3 minutes at 200°C.
- Place the samosas in the basket.
- Select mode 2 to cook for 9 minutes at 200°C.
- Turn the samosas midway through cooking.

• 8 frozen samosas





# Vegetarian samosas

Number of  
pieces:

X 24



15 mins

Supplies needed: parchment/baking paper



14 mins

- Preheat the appliance for 3 minutes at 180°C. Peel and grate the butternut, carrots and potato. Chop the leek.

- In the basket covered with the parchment/baking paper, pour a drizzle of olive oil and add the vegetables. Cook for 5 minutes. Season with salt and pepper and add the curry.

- Spread a tablespoon of filling on the pastry sheets, previously cut in 2, then fold in triangles.

- Place 12 samosas in the basket, brush with olive oil and cook for 7 minutes at 180°C.

- When the first 12 samosas are cooked, remove them and place the next 12 in the basket.

- 200 g butternut
- 2 carrots
- 1 leek
- 1 large potato
- 12 brick pastry sheets
- 80 g peas
- 1 tablespoon curry
- 1 dash of olive oil
- Salt, pepper



## TIP

for an even better appearance, you can turn the samosas halfway through cooking.



# Beef and Cheese Skewers with Teriyaki Sauce

Number of pieces:

X 16



10 mins



16 mins

Supplies needed: 16 x 15cm skewers

- Cut the Swiss Cheese into 16 strips as long as the beef carpaccio and 1 cm thick
- Pierce the cheese onto the skewers.
- Preheat the Fry Delight for 3 minutes at 180°C.
- In a bowl, prepare the marinade by mixing the soya sauce, honey and vinegar.
- Use a brush to paint each slice of beef with the marinade, then roll around each cheese skewer. Paint the beef with marinade once again. Do the same for each skewer.
- Arrange 8 skewers in alternating positions in the basket and cook 8 minutes at 170°C. Remove the first batch of skewers and arrange the remaining 8 in alternating positions in the basket and cook 8 minutes at 170°C.
- Season with pepper and brush the skewers with marinade before serving.

- 16 slices of beef carpaccio (very thin slices of raw beef fillet)
- One block of Emmentaler cheese (400g)
- 2 tablespoons sweetened soy sauce
- 1 tablespoon honey
- 1 teaspoon rice wine vinegar (or white vinegar)
- Pepper



# Grilled Paprika Cheese Toasts



X 4



10 mins



20 mins

- Mix the melted butter with the paprika, garlic and thyme.
- Spread one side of each slice of bread with mustard.
- Place the cheddar, Parmesan and ricotta on two slices of bread on top of the mustard, then place another slice on top of each (mustard side down).
- Press the sandwiches down hard, then cut in half.
- Brush the flavoured butter onto one side of the sandwiches.
- Place two sandwiches into the basket, buttered side down.
- Butter the top side and cook 10 minutes at 160°C. Remove the finished sandwiches and place the two additional sandwiches into the basket, buttered side down. Butter the top side and cook 10 minutes at 160°C.

- 4 large slices rustic bread
- 50 g Parmesan cheese, shaved
- 50 g cheddar, grated
- 100 g ricotta cheese
- 2 tablespoons Dijon mustard
- 60 g lightly salted butter, melted
- 1 clove garlic, finely chopped
- 1 teaspoon thyme
- 1 teaspoon paprika





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# Sweet Spiced Baked Pineapple



X 4



10 mins



20 mins

- Crush the peppercorns into a powder and pass them through a sieve to obtain the pink powder only. Discard any hard pieces.
- Split the vanilla pod in two and scrape out the seeds with the tip of a knife.
- In a dish, mix the sugar, vanilla, cardamom, cinnamon, pink peppercorn powder and the ginger.
- Prepare the pineapple by cutting off the ends. Cut into quarters lengthwise. Keep the skin but remove the fibrous core.
- Roll the flesh in the spiced sugar mixture and place each piece in the basket, flesh up. The pineapple pieces can overlap.
- Cook for 20 minutes at 160°C.

- 1 ripe pineapple
- 60 g brown sugar
- 1 teaspoon cardamom
- 1 teaspoon ground cinnamon
- 1 vanilla pod
- 2 tablespoons pink peppercorns, whole
- 1 teaspoon ground ginger



## TIP:

Serve with a scoop of vanilla ice cream.



# Spiced Baked Bananas



X 4



10 mins



15 mins

- Without peeling the bananas, cut off the ends, then cut them in two lengthwise.
- Season with cinnamon, cardamom and pepper, then sprinkle the vanilla sugar on top.
- Place the banana halves in the basket, flesh up, and cook for 15 minutes at 170°C.
- The cooking time will depend on how ripe the bananas are; check the bananas with the tip of a knife and cook longer if they are not soft.
- To serve, garnish with a bit of lime zest on top and a few drops of lime juice.

- *2 bananas*
- *Pinch of cinnamon*
- *2 sachets vanilla sugar*
- *A bit of ground pepper*
- *Pinch of cardamom powder*
- *1 lime*



# Brioche French Toast



X 4



10 mins



20 mins

**Supplies needed: a 14 cm square springform tin**

- Grease the springform with the butter and sprinkle with the tablespoon of icing sugar.
- In a mixing bowl, beat the eggs, vanilla sugar and the light brown sugar until the mixture becomes foamy.
- Add the milk and beat at high speed.
- Dip the slices of brioche in the mixture and laying them at an angle to fill the tin.
- Pour the rest of the egg mixture into the tin.
- Place the tin in the basket and select mode 5 to cook for 20 minutes at 160°C.

- *Approximately 6 slices brioche*
- *2 eggs*
- *300 ml milk*
- *1 sachet vanilla sugar*
- *40 g brown or light brown sugar*
- *30 g butter*
- *1 tablespoon icing sugar*



## TIP:

You can also add chocolate chips or sultanas.



# Carrot cake



X 4



15 mins



30 mins

**Supplies needed: a 14-cm square springform tin**

- Grease the tin with the melted butter and sprinkle with the flour to prevent the cake from sticking.
- In a large mixing bowl, mix all of the remaining ingredients until smooth.
- Pour the batter into the tin and place in the basket.
- Select mode 5 to cook for 30 minutes at 150°C.
- Check to see if it is done by piercing the centre with the tip of a knife; it should come out clean.

- 150 g grated carrots
- 2 eggs
- 70 g brown sugar
- 140 g plain flour plus a bit more for the tin
- 2 pinches of cinnamon
- 2 pinches ground nutmeg
- 1 teaspoon vanilla extract
- 1 sachet baking powder (10g)
- 20 g of melted butter



## TIP:

Carrot cake can also be cooked in muffin tins.





# Cherry Basil Turnovers



X 4



15 mins



40 mins

- Cut 4 large circles around 12 cm each from the pastry dough using a cookie cutter.
- In a mixing bowl, mix the pitted cherries with the mascarpone, lemon zest, 30 g of the sugar and basil.
- Place the cherry mixture on top of the dough rounds.
- Place a bit of water in a bowl. Brush the edges of the dough circles with water and fold them over, pressing the edges tight. Brush the tops of the turnovers with water and sprinkle with the remaining sugar. Set aside in the refrigerator.
- Preheat the Fry delight for 3 minutes at 180°C.
- Place two turnovers in the basket and cook for 20 minutes at 160°C. Remove the cooked turnovers and place the remaining two in the basket. Cook for 20 minutes at 160°C.

- *4 tablespoons pitted cherries*
- *One pack puff pastry*
- *60 g mascarpone*
- *1 tablespoon basil, chopped*
- *1 tablespoon lime zest*
- *60 g caster sugar*
- *A bit of water*



# White chocolate and caramel chips cookies



X 6



20 mins

Supplies needed: parchment/baking paper



20 mins

- In a bowl, beat together the butter, vanilla extract, caster and brown sugar with an electric mixer for 2 min. Thoroughly incorporate the egg and add the flour.
- Add the white chocolate and caramel chips / butterscotch pieces mixing with a spatula.
- Form 2 cm balls. Freeze for 10 minutes.
- Preheat the appliance for 5 minutes at 160°C. Line the basket with parchment/baking paper. Place 6 cookies in the basket, well separated one from the other.
- Bake for 10 minutes at 160°C. When the first 6 cookies are cooked, remove them and place the next 6 cookies in the basket

- 100 g softened butter
- 80 g caster sugar
- 20 g brown sugar
- ½ teaspoon vanilla extract
- 1 egg
- 200 g plain flour
- 150g white chocolate chips
- 100 g caramel chips / butterscotch pieces



# Baked Figs with Ricotta, Honey and Pistachios



X 4



10 mins



5 mins

- Add the orange juice to a dish and place the sugar into another. Cut the figs in half lengthwise.
- Dip the flesh side of the figs into the orange juice and then into the sugar.
- Place the figs in the basket, flesh up, and cook for 5 minutes at 190°C. The figs can overlap in the basket.
- Serve with a dollop of ricotta drizzled with honey and sprinkled with the crushed pistachios.

- 8 figs
- 60 g brown sugar
- Juice of half an orange
- 2 tablespoons honey
- 4 tablespoons ricotta cheese
- Some crushed pistachios



# Chocolate cake



X 6



10 mins



25 mins

**Supplies needed:** a 5.5 inch (14 cm) square springform tin

- In a bowl, whisk the eggs and sugar using an electric mixer until the mixture whitens. Add flour and baking powder, and gently fold in until well incorporated.
- Melt the chopped chocolate and butter (bain-marie or microwave). Add to the mixture.
- Pour the mixture into the buttered tin and place in the basket.
- Bake for 25 minutes at 160 ° C.

- 130 g butter
- 120 g caster sugar
- 3 eggs
- 80 g plain flour
- 200 g good quality plain chocolate, chopped
- ½ sachet baking powder (5 g)



# Yogurt and lemon cake



X 6



10 mins



30 mins

**Supplies needed:** a 5.5 inch (14 cm) square springform tin

- Preheat the appliance for 3 minutes at 180°C. In a bowl, put all the ingredients for the cake and mix with an electric mixer for 5 min. Pour the mixture into the buttered springform tin.
- Place the tin in the basket. Select mode 5 and cook for 30 min at 180°C.
- Meanwhile, prepare the icing by mixing all the ingredients except the poppy seeds in a bowl.
- Let the cake cool, then pour over the icing and immediately sprinkle with the poppy seeds.

## **Cake**

- 1 pot (125 g) natural yogurt
- 2 pots caster sugar
- 2 ½ pots plain flour
- 2 eggs
- ½ pot vegetable oil
- Zest and lemon juice
- 1 sachet baking powder (10 g)

## **Icing**

- 1 egg white
- Lemon juice
- 150 g icing sugar (optional)
- 50 g poppy seeds



## **TIP**

For this recipe use the yogurt pot to measure the sugar, flour and oil.



# Apple Almond Muffins

Number of  
pieces:

X 4



15 mins

Supplies needed: 4 aluminium muffin tins



15 mins

- In a mixing bowl, cream the butter and sugar together until light in colour.
- Add the egg and almond milk. Mix until smooth.
- Add the flour, which you have sifted, then the ginger, cinnamon, baking powder and 3 tablespoons of the almonds.
- Peel the apple and cut into small cubes. Add to the batter.
- Grease the aluminium tins and fill 2/3 full with batter. Sprinkle with the remaining almonds.
- Select mode 5 to cook for 15 minutes at 160°C.

- 100 g plain flour
- 1/2 sachet of baking powder (5g)
- 50 g caster sugar
- 50 g unsalted butter, melted, plus some for the tin
- 1 egg
- 50 ml almond milk
- 1 apple
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 4 tablespoons slivered or flaked almonds



# Cinnamon Doughnuts

Number of  
pieces:

X 12



20 mins

Supplies needed : round cookie cutter



12 mins

- In a mixing bowl, mix the flour, sugar, baking powder, bicarbonate of soda and salt.
- In another bowl, whisk together the egg, yogurt, oil and milk.
- Gradually add the flour mixture to the egg/ yogurt mixture until smooth.
- On a floured work surface, stretch the dough out by hand until  $\frac{2}{3}$  of a centimetre thick. Cut into circles using a large round cookie cutter followed by a smaller one to form a doughnut shape. Make as many doughnuts as possible until there is no more dough.
- Place 4 doughnuts (or as many as will fit) into the basket and select mode 5 to cook for 12 minutes at 160°C. Repeat the steps for the remaining doughnuts. Leave to cool.
- Prepare the glaze by mixing the icing sugar and the lemon juice. Dip one side of the doughnuts into the glaze and sprinkle with cinnamon.

- 360 g plain flour
- 120 g caster sugar
- 1 sachet of baking powder (10g)
- 1 sachet bicarbonate of soda
- 1 pinch salt
- 1 egg
- 120 g vegetable oil
- 120 g milk
- $\frac{1}{2}$  pot Greek yogurt (75g)
- 140 g icing sugar
- Juice of 1 lemon (30mL)
- A bit of ground cinnamon



# Hawaiian Rolls



X 4



20 mins



1 hour



30 mins

**Supplies needed: 2 x 14 cm square springform tins**

- In a large mixing bowl, beat together the eggs, sugar and butter, then add the pineapple, the milk, pineapple syrup, the yeast and the salt. Beat for 30 seconds more.
- Gradually stir in the flour using a wooden spoon, mixing well between each addition. Mix for 3 minutes until the dough becomes elastic.
- Let rise for 30 minutes.
- Knead the dough on a well-floured work surface. Divide the dough into 8 round balls.
- Place 4 balls of dough side-by-side in each tin and let rise for 30 additional minutes.
- Beat the egg yolk with a bit of water and brush onto the rolls.
- Place one tin in the basket and cook for 15 minutes at 160°C.
- Remove the first tin and place the second in the basket. Cook for 15 minutes at 160°C.

- 300 g strong white bread flour
- 1 sachet easy-blend dried yeast
- 60 g canned crushed pineapple
- 30 g pineapple syrup
- 60 g milk
- 60 g unsalted butter at room temperature
- 3 large eggs
- 30 g sugar
- 2 pinches of salt
- 1 egg yolk
- 2 tablespoons water





# Baked Apples



X 4



15 mins

Supplies needed : round cookie cutter



35 mins

- Wash the apples and remove the top quarter from each fruit.
- Core and fill with 1 tablespoon honey and 1 slice butter.
- Roll out the dough and cut it into 4 equal strips. Wrap each strip so that it completely surrounds each apple.
- Place the apples in the basket and cook for 30 minutes at 160°C.
- Crush the shortbread cookies in a bowl and sprinkle on top of the apples. Cook for 5 minutes at 160°C.

- *4 cooking apples*
- *1 pack of croissant dough or shortcrust pastry*
- *4 tablespoons honey*
- *4 slices lightly salted butter*
- *4 small shortbread biscuits*



## TIP:

The apples can be served warm or cold.



# Banana and coconut samosas

Number of pieces:

X 18



15 mins

Supplies needed: parchment/baking paper



14 mins

- In a bowl, mash the three bananas with a fork. Add the coconut cream and the grated coconut. Mix thoroughly until homogeneous.

- Cut the brick pastry sheets in half. Fold each half in two lengthways. Add 1 tablespoon of banana / coconut mixture onto the brick pastry half-sheet and fold to form a triangle.

- Preheat the appliance for 3 minutes at 200°C. Place 9 samosas in the basket covered with parchment/baking paper. Cook for 7 minutes at 200°C.

- When the first samosas are cooked, remove them and place the next 9 in the basket. Repeat the procedure. Let cool.

- 9 brick pastry sheets
- 3 ripe bananas
- 130 ml coconut cream
- 70 g grated coconut / desiccated coconut



## TIP

Serve warm, with melted black chocolate.





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