






# Tefal®



Multicook & Stir 

TEMPERATURE SETTINGS AND COOKING TIMES\*

Programs	Food Type	Cooking Time			Stirring paddle	Delayed Start		Temperature		Lid Position		Keep warm
		Default time	Range	Every (min)		Range	Every (min)	Default	Range (°C)	Closed	Open	
Baking	Veg	35min	5min-4h	5	Possible	Cooking time ~24h	5	140 °C	140/150/160 °C	•		•
	Fish	20min						160 °C				
	Poultry	40min						160 °C				
	Meat	50min						160 °C				
Soup	Veg	40min	10min-4h	5	Possible	Cooking time ~24h	5	100 °C	-	•		•
	Fish	45min										
	Poultry	50min										
	Meat	60min										
Steam	Veg	35min	5min-3h	5	No	Cooking time ~24h	5	100 °C	-	•		•
	Fish	25min										
	Poultry	45min										
	Meat	55min										
Stew/Slow Cook	Veg	60min	20min-9h	5	Normally on	Cooking time ~24h	5	100 °C	80/100/120°C	•		•
	Fish	25min										
	Poultry	1h30min										
	Meat	2h										
Crust/Fry	Veg	12min	5min-1h30m	1	Normally on	-	No	160 °C	100/110/120/130/ 140 /150/160 °C	•	•	•
	Fish	10min										
	Poultry	15min										
	Meat	20min										
Jam	-	1h	5min-2h	5	Normally on	Cooking time ~24h	5	100 °C	90/100/110 °C	•		
Porridge	-	25min	5min-2h	5	Normally on		5	100 °C	-	•		•
Yogurt (P1)	-	8h	1h-12h	15	Possible	-	No	40 °C	-	•		
Cheese (P2)	-	45min	30min-4h	5	No	-	No	80 °C	-	•		
Bread rising	-	1h	10min-6h	5	No	-	No	40 °C	40 / 30 °C	•		
Dessert	-	45min	5min-2h	5	Possible	Cooking time ~24h	5	160 °C	100/110/120/130/ 140 /150/160 °C	•		
Rice/Cereals	-	Automatic	Automatic	-	No		5	Automatic	-	•		•
Pilaf/Risotto	-	Automatic	Automatic	-	Possible		5	Automatic	-	•		•
Pasta	-	20min	3min-3h	1	Possible		5	100 °C	-	•	•	
Defrost	-	1h30min	10min-4h	5	No	-	No	70 °C	-	•		
Reheat	-	25min	5min-1h	5	Possible	Cooking time ~24h	5	100 °C	80/ 100°C	•		•
DIY1, DIY2, DIY3, DIY1+DIY2	-	30min	5min-9h	5	Possible		5	100°C	40/50....150/160°C	•	•	
Keep warm	-	-	-	-	No	-	No	75 °C	-	•		•
Auto-rinse	-	10min	1min-20min	1	Normally on	-	No	100 °C	-	•		

Icon definition:  – Complexity  –Preparation Time  – Cooking Time  – Number of Servings  – Function

\*Cooking time for dishes can vary depending on the ingredients used and the user’s preferences.

CONTENTS

BREAKFAST

QUINOA PORRIDGE WITH NUTS AND PEPITAS.....P. 4

LEMON AND HONEY GLAZED CHICKEN WINGS.....P. 17

CHOCOLATE YOGHURT WITH SHREDDED COCONUT..... P. 5

SWEET CHILLI CHICKEN.....P. 18

PORK IN ORANGE-PEANUT SAUCE.....P. 19

STEAMED COD AND PUMPKIN.....P. 20

HONEY GLAZED BAKED HAM.....P. 21

VEGETABLE STEW.....P. 22

BAKED MARINATED FISH.....P. 23

LASAGNA.....P. 24

LAMB PIE.....P. 25

MUSHROOM RISOTTO.....P. 26

SEAFOOD RISOTTO.....P. 27

VEGETABLE-STUFFED PASTA SHELLS.....P. 11

LENTILS WITH VEGETABLES AND SAUSAGES.....P. 12

BEEF STROGANOFF WITH MUSHROOMS.....P. 13

AUSSIE BEEF & VEGETABLE STIR FRY.....P. 14

GREEN CHICKEN CURRY PILAF WITH RICE AND VEGETABLES.....P. 15

BRAISED VEGETABLES IN SOY SAUCE.....P. 16

BAKED GOODS AND DESSERTS

COTTAGE CHEESE PUDDING.....P. 28

BLACK FOREST CAKE.....P. 29

CINNAMON DONUT HOLES.....P. 30

\*photos are for reference only



## QUINOA PORRIDGE WITH NUTS AND PEPITAS

### Ingredients:

- 250 g quinoa
- 300 ml water
- 2 tbsp toasted pumpkin seeds
- 2 tbsp walnuts, chopped
- 2 tbsp coconut oil
- Salt, to taste

### Preparation:

1. Insert the stirring paddle and add oil to the Multicooker. Then add quinoa, chopped walnuts, salt, and water. Select the Porridge function, set the time to 25 minutes and select the Stir function. Close the lid and select the Start key.

2. Once the program has finished, open the lid, stir the porridge and sprinkle toasted pumpkin seeds on top.

*Tip: Drizzle honey, maple syrup, or agave syrup on top.*



Difficulty



5 minutes



25 minutes



4 servings



PORRIDGE



Vegan

## CHOCOLATE YOGHURT WITH SHREDDED COCONUT

### Ingredients:

- 240 ml natural yoghurt
- 300 ml long life milk
- 30 g shredded coconut
- 40 g cocoa powder
- 4 x 100ml ceramic or glass ramekins

### Preparation:

To prepare, you need 4 x 100 ml ceramic/glass ramekins for the yoghurt.

1. Mix the yoghurt, milk, cocoa powder and shredded coconut together in a mixing bowl. Pour into the ramekins.
2. Place the steam basket in the Multicooker. Arrange the ramekins in the steam basket, close the lid and select the Yoghurt function and set the time to 8 hours. Press the Start key.



Difficulty



5 minutes



8 hours



3 servings



YOGHURT



Vegetarian







## SPLIT PEA AND BACON SOUP

### Ingredients:

- 250 g Split peas, washed and soaked
- 300 g ham hock / bacon / pancetta cubed
- 1 onion, roughly chopped
- 1 carrot, roughly chopped
- 3-4 potatoes, diced
- 1 bay leaf
- 1 tbsp vegetable oil
- 1.5L water
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Insert the stirring paddle. Select the Crust/ Fry function with food type as Vegetables, set the time to 10 minutes and select the Stir function. Add oil followed by roughly chopped onions and carrots. Close the lid and select the Start key.
2. After completing step 1, open the lid and add water, the cubed meat, potatoes and the peas (pre-soaked). Select the Soup function with food type as Meat, set the time to 40 minutes and select the Stir function. Close the lid and select the Start key.
3. 3 minutes before cooking is completed, open the multicooker add the bay leaf, pepper and salt.



Difficulty



5 minutes



50 minutes



4 servings



FRY/SOUP

## CREAMY MUSHROOM SOUP

### Ingredients:

- 500 g mushrooms, quartered
- 1 onion, chopped
- 3-4 medium size potatoes, chopped
- 20 g butter
- 300 ml normal cream
- 500ml vegetable stock
- Salt, to taste
- Ground black pepper, to taste
- 1 tsp of fresh thyme

### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetables, set the time to 10 minutes and select the Stir function. Add butter, diced mushrooms, potatoes, and onion to the Multicooker. Close the lid and select the Start key.
2. After vegetables have been browning for 10 minutes, open the lid and add vegetable stock. Set the Soup function with food type as Vegetables, set the time to 30 minutes and select the Stir function. Close the lid and select the Start key.
3. 5 minutes before the end of the cooking process, open the multicooker and pour in the cream and add pepper, salt and thyme to taste.
4. Transfer contents to blender and purée until smooth and creamy. Serve hot.



Difficulty



5 minutes



40 minutes



4 servings



FRY/SOUP



Vegetarian



### CREAMY PUMPKIN SOUP WITH SAGE AND PUMPKIN SEEDS

#### Ingredients:

- 500 g pumpkin, diced
- 300 ml normal cream
- 1 onion, chopped
- 20 g butter
- 1 sprig fresh sage
- 1-2 tbsp toasted pumpkin seeds, to garnish
- 500 ml broth or water
- Salt, to taste
- Ground black pepper, to taste
- 100 g yoghurt, for garnish

#### Preparation:

1. Insert the stirring paddle. Select the Crust/ Fry function with food type as Vegetables, set the time to 10 minutes and select the Stir function. Add butter, diced pumpkin, and onion to the Multicooker. Close the lid and select the Start key.
2. At the end of the cooking process, open the lid and add water (or broth). Set the Soup function with food type as Vegetables, set the time to 30 minutes and select the Stir function. Close the lid and select the Start key.
3. Pour the soup into a separate bowl, add the cream and blend using a blender until thoroughly mixed and smooth.
4. Add Sage leaves to pumpkin soup, and salt and pepper to taste. Serve hot with toasted pumpkin seeds and yoghurt.



Difficulty



5 minutes



40 minutes



4 servings



FRY/SOUP



Vegetarian



### LAMB PILAF

#### Ingredients:

- 400 g leg of lamb, cubed
- 400 g basmati rice
- 2 carrots, diced
- 2 onions, sliced
- 80 g sultanas
- 3 garlic cloves, minced
- 5 tbsp vegetable oil
- 400 ml beef stock or water
- 1 tbsp ras el hanout
- 1 tbsp cumin
- 1 can of chickpeas (rinsed & drained), optional
- Salt, to taste
- Ground black pepper, to taste
- Coriander, to garnish
- Pine nuts, to garnish

#### Preparation:

1. Soak the chickpeas overnight or use canned chickpeas. Rinse the rice until water runs clear.
2. Dice the carrots, slice the onions into rings, and cube the lamb.
3. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetables, set the time to 10 minutes and select the Stir function. Add the vegetable oil to the Multicooker, then add the onions, carrots and meat. Close the lid and select the Start key.
4. Remove the Stirring paddle.
5. Add rice, garlic, spices and beef stock/water to the Multicooker. Select the Pilaf function and press the Start key (check after 40 minutes and, if necessary, turn off). Cooking time is automatically set (see instructions).
6. After cooking is completed, stir in chickpeas and sultanas and let it sit for 5 minutes. Garnish with coriander and pine nuts.



Difficulty



10 minutes



Auto



4 servings



FRY/PILAF





## DUCK IN CHERRY SAUCE

### Ingredients:

- 2 duck breasts, with combined weight of 400 grams (substitute with 2 duck legs)
- 200g fresh pitted cherries (frozen cherries can be used)
- 2 tbsp cornstarch
- 50 ml water
- Potatoes slices (optional)
- 1 tbsp sugar
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Select the Bake function with food type as Poultry and set the time to 20 minutes. Close the lid, select the Start key and heat the pot for 5 minutes. Once the pot is heated, open the lid, add the duck breasts skin side down and close the lid. Fry for 2-3 minutes or until golden (duck should be turned occasionally to ensure both sides are evenly cooked).
2. After 20 minutes, open the lid, add the cherries, sugar, salt, pepper to the Multicooker and close the lid. Continue frying the duck with the cherries for 5 minutes, periodically turning, until the end of the cooking process.
3. Once cooked, open lid and remove the duck breasts. Add the cornstarch slurry to the Multicooker pot to thicken the sauce and the stewed cherries. Select the Jam function and set the time to 10 minutes. Close the lid and select the Start key.
4. Serve with baked potatoes and cherry sauce.



Difficulty



5 minutes



60 minutes



2 servings



BAKE/JAM



## VEGETABLE-STUFFED PASTA SHELLS

### Ingredients:

- 12 pcs of large shell pasta
- 1 carrot, diced
- 1 onion, diced
- 1/2 eggplant, diced
- 1 celery stalk, diced
- 1 red pepper, diced
- 1 can diced tomatoes
- 2 tbsp vegetable oil
- 1 sprig fresh thyme - for serving
- Salt, to taste
- Ground black pepper, to taste
- Grated parmesan cheese, optional for serving

### Preparation:

1. Pour water into the pot of the Multicooker to the level 7 marking. Select the Pasta function, set the time to 15 minutes, close lid and press the Start key. Wait for the signal that the water is boiling. Once water is boiling, open the lid, add the pasta shells and stir occasionally. Keep the lid open. Transfer the cooked shells to another container and cover with cling film. Discard the pasta water.
2. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetables, set the time to 15 minutes and select the Stir function. Add oil to the Multicooker, then add diced vegetables and one can of diced tomatoes. Add spices and seasonings to taste. Close the lid and select the Start key.
3. Using a spoon, fill each shell with the vegetable mixture and serve warm with fresh thyme and grated parmesan cheese.



Difficulty



5 minutes



35 minutes



2 servings



PASTA/FRY



Vegan



## LENTILS WITH VEGETABLES AND SAUSAGES

### Ingredients:

- 200 g green lentils
- 1 onion, chopped
- 1 carrot, chopped
- 1 red chilli pepper
- 2 stalks of celery, chopped
- 300g smoked ham hock (pre-boiled) or smoked sausage
- 750 ml chicken stock
- 1 tbsp oil
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetable and set the time to 5 minutes. Add oil, onion, celery and carrot to the multicooker. Close the lid and press the Start key.
2. Open the multicooker and remove the Stirring paddle. Select the Soup function with food type as Poultry and set the time to 50 minutes. Add the ham hock/smoked sausage, lentils, chilli pepper for spice, chicken stock and then salt and pepper. Close the lid and select the Start key.
3. When cooking is finished, remove the meat, shred the ham hock or slice the sausages and add back to the mixture. Serve hot.



Difficulty



5 minutes



50 minutes



2 servings



FRY/SOUP



## BEEF STROGANOFF WITH MUSHROOMS

### Ingredients:

- 500 g beef strips/fillets/loin (sliced into strips and coated in flour and seasoned with salt and pepper)
- 2 onions, sliced
- 2 tbsp dijon mustard
- 200 g mushrooms, sliced
- 200ml beef stock
- 4 tbsp olive oil
- 2 tbsp sour cream
- 1 tbsp worcestershire sauce
- Salt, to taste
- Ground black pepper, to taste
- 1 sprig parsley, for garnish

### Preparation:

1. Slice onions and mushrooms.
2. Insert the Stirring paddle. Select the Crust/Fry function and the food type as Vegetables, set the time to 5 minutes and select the Stir function. Add olive oil to Multicooker, then add onion and mushrooms. Close the lid and select the Start key.
3. Select the Crust/Fry function with food type as Vegetables, set the time for 15 minutes and select the Stir function. Add the beef, mustard, stock, worcestershire sauce, salt and pepper. Close the lid and select the Start key.
4. Stir through sour cream at the end of cooking and sprinkle with parsley.

*Tip: You can use champignons instead of oyster mushrooms. Serve with rice, noodles, or fried potatoes*



Difficulty



5 minutes



25 minutes



4 servings



FRY





### AUSSIE BEEF & VEGETABLE STIR FRY

#### Ingredients:

- 400 g beef eye fillet, sliced
- 1 red onion, chopped
- 200 g fresh baby corn
- 1 red capsicum, chopped
- 100ml teriyaki sauce
- 1 long red chili, chopped (optional)
- 10 g mint, chopped
- 10 g coriander, chopped
- 1 tsp vegetable oil

#### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type Meat, set the time to 30 minutes and select the Stir Function. Add oil, beef, onion, corn, capsicum, teriyaki sauce and chili. Close the lid and select the Start key.
2. Serve hot with rice or noodles, and garnish with chopped mint and coriander.



Difficulty



10 minutes



30 minutes



4 servings



FRY

### GREEN CHICKEN CURRY PILAF WITH RICE AND VEGETABLES

#### Ingredients:

- 300g chicken thigh fillet, sliced
- 1 cup basmati rice
- 200 g snow peas
- 200 g canned baby corn
- 1 tbsp green curry paste
- 1 clove garlic, minced
- 1 tbsp vegetable oil
- 200ml water
- 200ml coconut milk
- 2 sprigs coriander
- Salt, to taste
- Ground black pepper, to taste

#### Preparation:

1. Insert the stirring paddle and select the Crust/ Fry function with fod type as Poultry, set the time to 10 mins, set the temperature to 160 and select the Stir function. Add oil and chicken (spread the chicken evenly around the base of the pot). Close the lid and select the Start key.
2. Open lid and remove the Stirring paddle. Add rice, snow peas, baby corn, curry paste, minced garlic, coconut milk and water. Add salt & pepper. Select the Pilaf function, close the lid and select the Start key. Cooking time is automatically set (see instructions).
3. Serve hot with finely chopped coriander.



Difficulty



5 minutes



Auto



4 servings



FRY/PILAF







### BRAISED VEGETABLES IN SOY SAUCE

Ingredients:

- 2 medium zucchinis, halved lengthwise and sliced
- 1 medium carrot, julienne (sliced into matchsticks)
- 1 red capsicum, sliced
- 1 brown onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp soy sauce
- 3 tbsp vegetable oil
- 2 tsp sesame seeds
- 2 tbsp vinegar
- 1 tbsp sugar
- Salt, to taste

Preparation:

1. Cut the zucchini, carrot and capsicum into slices. Chop the onion and garlic.
2. Insert the stirring paddle and select the Stew/Slow cook function, set the time to 20 minutes and select the Stir function. Add oil to the multicooker and then add the zucchini, carrot, capsicum, onion and garlic. Add soy sauce, sesame seeds, vinegar, sugar and salt to taste. Stir vegetables. Close the lid and select the Start key.



Difficulty



15 minutes



20 minutes



4 servings



STEW



Vegan



### LEMON AND HONEY GLAZED CHICKEN WINGS

Ingredients:

- 1 kg Chicken wings
- 1 lemon, juice & zest
- 1 tbsp sugar
- 1 tbsp honey
- 1 tbsp cornstarch
- 2 tbsp teriyaki sauce
- 1 tsp tabasco sauce
- 2 tsp sesame seeds
- Salt, to taste
- Ground black pepper, to taste
- 50 g shallots, thinly sliced (for garnish)

Preparation:

1. Cut the tips off the chicken wings and place in a mixing bowl. Squeeze juice from lemon and grate lemon zest over chicken.
2. Insert the stirring paddle and select the Crust/Fry function with food type Poultry, set the time to 15 minutes and select the Stir function. Add the chicken wings with the lemon zest and juice, followed by honey, sugar, cornstarch, teriyaki sauce, tabasco sauce, sesame seeds, salt and pepper. Mix all ingredients. Close the lid and select the Start key.
3. Open the multicooker and remove the stirring paddle. Select the Crust/Fry function with food type Poultry and set the time to 10 minutes. Select the Start key and keep the lid open while the chicken browns.
4. Garnish with chopped shallots and serve.



Difficulty



10 minutes



25 minutes



4 servings



FRY



## SWEET CHILLI CHICKEN

### Ingredients:

- 300 g chicken thighs (or chicken breast), chopped
- 1 red onion, sliced
- 100 g snow peas
- 100 ml sweet chili sauce
- 1 lime, juice and zest
- 20 g coriander
- 1 tsp garlic, minced
- 1 tsp ginger, grated

### Preparation:

1. Insert the stirring paddle and select the Crust/Fry function with food type Vegetables, set the time to 15 minutes and select the Stir function. Add the chopped chicken, sliced onion, garlic and ginger to the Multicooker, followed by the chili sauce, lime juice and lime zest. Mix. Close the lid and select the Start key.
2. Open the Multicooker and add snow peas. Select the Crust/Fry function with food type Vegetables, set the time to 5 minutes and select the Stir function. Close the lid and select the Start key.
3. Serve with boiled rice or noodles, and garnish with chopped coriander.



Difficulty



5 minutes



20 minutes

2-3  
servings

FRY



## PORK IN ORANGE-PEANUT SAUCE

### Ingredients:

- 400 g boneless pork, cut into large pieces
- 2 oranges, juice and segments
- 100 g peanut butter
- 2 sprigs coriander, chopped
- 1 tbsp vegetable oil

### Preparation:

1. Insert the stirring paddle and select the Crust/Fry function with food type Meat, set the time to 20 minutes and select the Stir function. Add the pork to the pot, close the lid and select the Start key. Brown for 5 minutes.
2. Open the lid and add the juice of 1 orange, segments of 1 orange and peanut butter. Close the lid, select the Start key and cook for the remaining 15 minutes.
3. Serve hot with rice or noodles and garnish with chopped coriander.



Difficulty



5 minutes



20 minutes

3-4  
servings

FRY





### STEAMED COD AND PUMPKIN

#### Ingredients:

- 400 g cod fillets
- 300 g pumpkin, cut into chunks
- 2 tbsp lemon juice
- 40 g olive oil
- 2 cups water
- 1 sprig basil
- Salt, to taste

#### Preparation:

1. Cut the pumpkin into chunks and place in the base of the multicooker, then add 2 cups of water and salt.
2. Season the fish fillets with salt, pepper and lemon juice. Place the fillets in the steam basket and place the steamer basket in the multicooker.
3. Select the Steam function with food type as Fish and set the time to 20 minutes. Close the lid and select the Start key.
4. Drizzle with olive oil once cooked and serve on bed of steamed pumpkin with lemon wedges and basil leaves.



Difficulty



10 minutes



20 minutes



3 servings



STEAM



### HONEY GLAZED BAKED HAM

#### Ingredients:

- 800 -1000 g pork loin (already tied up)
- 1 garlic clove, minced
- 50 ml honey
- 2 tbsp dijon mustard
- 1 tbsp vegetable oil
- 100 ml chicken stock or white wine
- Salt, to taste
- Ground black pepper, to taste

#### Preparation:

1. Marinate the pork loin with minced garlic, salt, pepper, honey and dijon mustard.
2. Select the Crust/Fry function with food type as Meat and set time to 5 minutes. Add oil to the multicooker and select the Start key. Do not close the multicooker. Brown the pork loin well on both sides.
3. Once browned, select the Bake function with food type as Meat and set the time to 50 minutes. Add 100 mls of chicken stock or white wine. Close the lid and press the Start key. After 25 minutes has passed, open the lid and turn the meat. Close the lid and press the Start key to continue cooking for the last 25 minutes.
4. Serve with steamed vegetables.



Difficulty



5 minutes



50 minutes



4 servings



FRY/BAKE



## VEGETABLE STEW

### Ingredients:

- 1/2 red capsicum, diced
- 1/2 eggplant, diced
- 1/2 cabbage, chopped
- 1 medium carrot, sliced
- 1/2 fennel, chopped
- 1 red onion, sliced
- 1 x 400g can of diced tomatoes
- 2 cloves of garlic, minced
- 2-3 leaves of bay leaf
- Dried or fresh oregano
- 50 g Italian mixed herbs
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetable, set the time to 5 minutes and select the Stir Function. Close the lid, press the Start key and brown until translucent.
2. Open the Multicooker add the remaining vegetables with the tin of tomatoes and bay leaf. Season with salt and pepper.
3. Select the Stew/Slow cook function with food type as Vegetable, set time to 30 minutes and select the Stir function. Close the lid and select the Start key.
4. Before serving garnish with italian mixed herbs.



Difficulty



5 minutes



30 minutes



4 servings



FRY/STEW



Vegan



## BAKED MARINATED FISH

### Ingredients:

- 500 g white fish (Barramundi or snapper) fillets
- 2 carrots, chopped
- 400 g asparagus
- 2 onions, sliced
- 200 ml water
- 2 tbsp tomato paste
- 2 tbsp vegetable oil
- 50 ml vinegar 9 %
- 2-3 bay leaf
- 5 cloves
- 1 star anise
- 3/4 capsicum, sliced
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetables, set the time to 15 minutes and select the Stir function. Add oil to the Multicooker, then add onions, carrots and capsicum. Close the lid and select the Start key. After 10 minutes has passed open the Multicooker and add tomato paste, spices, vinegar and water. Close the lid and press the Start key. Once cooking is complete, open the lid and remove the stirring paddle. Place the marinade in a separate container.
2. Cut the fish into portions, place in the Multicooker and then top with the marinade. Install the steam basket on top and add asparagus to the basket and close the lid. Select the Manual mode, set the time to 20 minutes and the temperature to 90°C. Select the Start key.
3. Remove star anise and bay leaves. The fish can be served both hot or cold.



Difficulty



5 minutes



35 minutes



2 servings

FRY/  
MANUAL  
MODE





## LASAGNA

### Ingredients:

- 9 lasagna sheets
- 500 g beef mince
- 2 carrots, diced
- 1 onion, diced
- 1 celery stalk, diced
- 1 x 240 g can of diced tomatoes
- 2 tbsp vegetable oil
- 2 garlic cloves, minced
- 150 g semi-hard cheese

### For Italian classic Béchamel sauce:

- 40 g flour
- 50 g butter
- 250 ml milk
- Nutmeg to taste
- 2 Bay leaf
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type as Vegetable, set time to 10 minutes and select the Stir function. Add oil to the Multicooker, along with the diced carrots, celery and onions. Close the lid and select the Start key.
2. Once cooking is complete select the Crust/Fry function with food type as Meat, set time to 15 minutes and select the Stir function. Open the multicooker and add beef mince along with salt, pepper and minced garlic. Close the lid and select the Start key. After 10 minutes, open the lid and add one can of diced tomatoes. Close the lid and select the Start key to finish the cooking. Remove the Bolognese sauce from the Multicooker.
3. Now prepare the Béchamel sauce: brown flour in a frying pan until it reaches the colour of parchment paper. Add pats of butter and stir in milk. Add spices and seasonings to taste, carefully whisk the sauce until it reaches a smooth, uniform consistency (without clumps of flour).
4. Cover the bottom of the pot with lasagna sheets, top with bolognese, then Béchamel and grated cheese. Alternate each layer of lasagna with both sauces. Cover the top layer with grated cheese and select the Bake function with food type as Vegetable and set time to 25 minutes. Close the lid and select the Start key.
5. Once cooking has completed, cool the dish to room temperature and then remove it from Multicooker.



Difficulty



15 minutes



50 minutes



4 servings



FRY/BAKE

## LAMB PIE

### Ingredients:

- 500g lamb mince
- 4 medium potatoes, chopped
- 1 onion, diced
- 1 tbsp tomato paste
- 1 tbsp vegetable oil
- 60 ml milk
- 60 ml butter
- Salt, to taste

### Preparation:

1. Insert the stirring paddle. Select the Crust/Fry function with food type as Meat, set time to 15 minutes and select the Stir function. Add vegetable oil to the Multicooker, then add diced onion, lamb mince and tomato paste. Close the lid and select the Start key.
2. Separately boil the potatoes and mash until smooth, adding milk, butter and salt as needed.
3. Open the multicooker and remove the stirring paddle. Spread the mashed potatoes over the minced meat and smooth with a spoon. Select the Bake function with food type as Meat and set time to 20 minutes. Close the lid and select the Start key.



Difficulty



15 minutes



35 minutes



4 servings



FRY/BAKE





## MUSHROOM RISOTTO

### Ingredients:

- 2 cups arborio rice
- 4 cups chicken/vegetable stock
- 300g washed/brushed mushrooms, roughly chopped
- 1 onion, diced
- 2 garlic cloves, minced
- 2-3 twigs of Italian herbs
- 1 sprig of thyme
- 5 tbsp vegetable oil
- 50 g butter
- 100 g parmesan cheese
- Salt, to taste
- Ground black pepper, to taste

### Preparation:

1. Insert the Stirring paddle. Select the Crust/Fry Function with food type as Vegetables, set time to 10 minutes and select the Stir function. Pour oil in the multicooker and then add the roughly chopped mushrooms, diced onions and minced garlic. Close the lid and select the Start key.
2. Open the multicooker and add arborio rice, followed by stock, herbs, salt and pepper. Select the Risotto function, the Stir function and then select the Start key. Check to see if cooked after 30 minutes. Cooking time is automatically set (see instructions).
3. Add butter to finish off the risotto and stir through with the parmesan cheese.



Difficulty



10 minutes



Auto



4 servings

FRY/  
RISOTTO

Vegetarian

## SEAFOOD RISOTTO

### Ingredients:

- 2 cups arborio rice
- 150 g green prawns (peeled and cleaned)
- 150g calamari rings
- 1 onion, diced
- 2-3 twigs of Italian herbs
- 2 cloves garlic, minced
- 4 cups fish stock
- 5 tbsp olive oil
- Salt, to taste
- Pepper, to taste

### Preparation:

1. Insert the Stirring paddle. Select the Crust/Fry Function with food type as Vegetables, set time to 10 minutes and select the Stir function. Pour oil in the multicooker and then add diced onions and minced garlic. Close the lid and select the Start key. Brown onion and garlic until they are translucent.
2. Open the multicooker and add arborio rice. If you'd like to add wine, you do so here (100 mls or so) and wait for this to evaporate 1-2 minutes.
3. Add stock, spices and seafood. Select the Risotto function, the Stir function and then select the Start key. Check to see if cooked after 30 minutes. Cooking time is automatically set (see instructions).



Difficulty



5 minutes



Auto



4 servings

FRY/  
RISOTTO





COTTAGE CHEESE PUDDING

Ingredients:

- 450 g cottage cheese
- 4 eggs
- 100 g candied fruit
- 2 tbsp cornstarch
- 50g sugar
- 250 g thickened cream
- 1 tsp baking powder
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon

Preparation:

1. Force the cottage cheese through a strainer and discard the liquid. Place the cottage cheese in a mixing bowl with eggs, candied fruit, cornstarch, baking powder, sugar, vanilla and cinnamon. Stir to combine.
2. Place mixture in the Multicooker and smooth it out a little. Set the manual model to 45 minutes and the temperature to 130°C. Close the lid and select the Start key.
3. Serve chilled with thickened cream.

  
Difficulty

  
10 minutes

  
45 minutes

  
4 servings

  
MANUAL  
MODE



BLACK FOREST CAKE

Ingredients:

- Batter:
- 3 eggs
  - 100ml milk
  - 150 g self raising flour
  - 50 g cocoa powder
  - 50 g butter
  - 1 tsp baking Powder
  - 100 g caster sugar
- Filling:
- 400 g morello cherries (jar)
  - 400ml thick cream
  - Condensed milk

Preparation:

1. Mix flour, sugar, and cocoa in a mixing bowl. Then add the milk and melted butter. Mix together. Pour batter into the multicooker. Set Bake function with food type as Vegetable, set time to 40 minutes and temperature to 140° C. Close the lid and select the Start key.
2. Whip 300 g of cream. Mix the remaining cream with the condensed milk. Gently fold the whipped cream into the resulting mixture and place in refrigerator for 5-10 minutes.
3. Drain the cherries and reserve the juice in a cup.
4. Once cake is cooked, remove it from the Multicooker, allow to cool and cut into two layers.
5. Soak chocolate cake layers with the cherry juice. Spread the cherries and cream on the lower layer and top it with the other layer.
6. Serve chilled.

  
Difficulty

  
15 minutes

  
40 minutes

  
6 servings

  
BAKE

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Ingredients

- 300 g plain flour
- 4 eggs
- 250 ml milk
- 11 g dry yeast
- 250 g vegetable oil
- Salt- to taste
- 3-4 tbsp caster sugar
- Icing sugar, to taste
- Cinnamon, to sprinkle on top
- Piping bag with large round nozzle (tablespoon can also be used to pipe the donut holes)

## Preparation:

1. Beat eggs with sugar, add flour, milk, yeast, and salt.
2. Add dough to the Multicooker and select the Bread Rising Function, set temperature to 40°C and set the time to 30 minutes. Close the lid and select the Start key. Once baked, open the lid and remove the dough carefully. Pack the dough into a piping bag with a large round nozzle.
3. Add oil to Multicooker, select the Crust/Fry function, with food type as Vegetable and set time for 40 minutes. Leave the lid open and select the Start key. Do not activate the STIR function. Let the multicooker preheat for 10 minutes. Pipe donut holes out of the piping bag, snipping them with a scissors one at a time. Alternatively use a tablespoon to measure out the dough and drop into the oil. Fry until golden brown.
4. Once cooked, place the donuts on a paper towel to absorb the excess oil. Coat all sides generously and evenly with icing sugar and cinnamon.

Difficulty 10 minutes 70 minutes 2-3 servings FRY/BREAD RISING



9100033205