

CONVENIENT SERIES DELUXE



Welcome to healthy and tasty cooking.

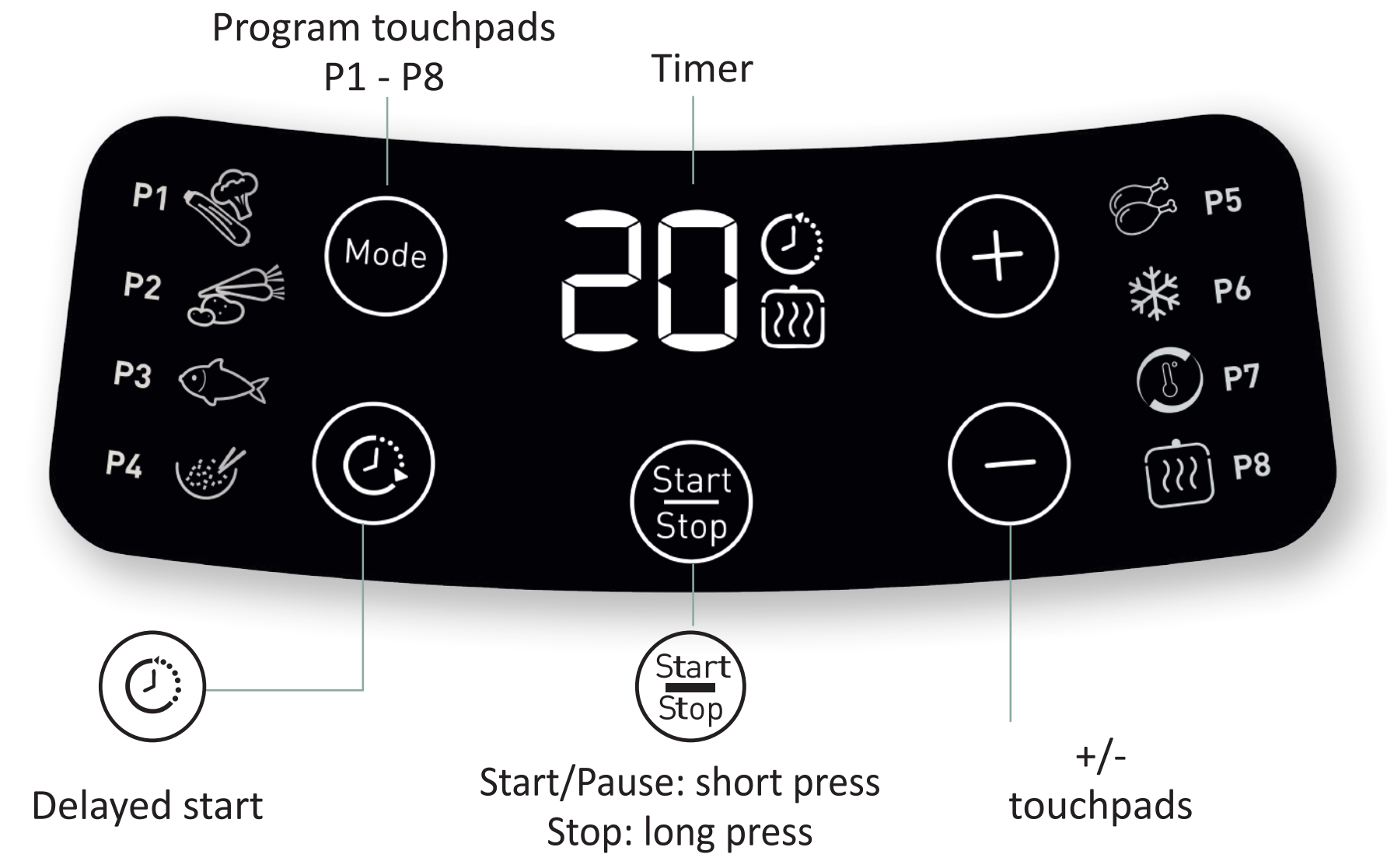


With the **CONVENIENT SERIES DELUXE**, you can discover a range of fantastic family friendly recipes for your steamer, from starters to desserts.

Cook up to **THREE DISHES** at a time with no effort at all, using one of the **EIGHT AUTOMATIC PROGRAMS** or by setting a time yourself with the +/- touchpads.



A SIMPLE AND INTUITIVE DASHBOARD



8 AUTOMATIC COOKING PROGRAMS



Quick cook
Vegetables



Slow cook
Vegetables



Fish



Rice
Cereals Legumes



White meat



Defrosting

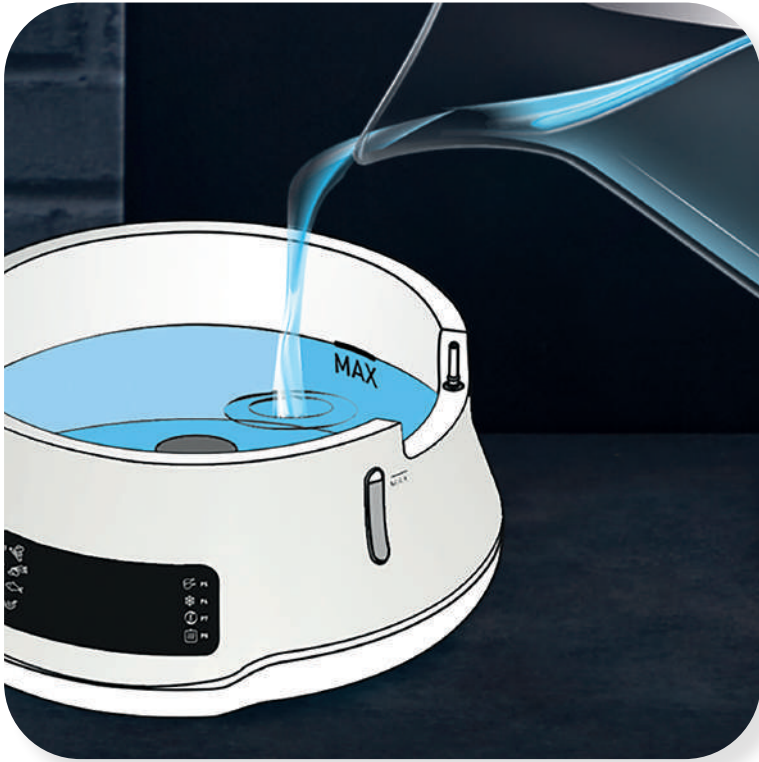


Reheating



Keep
warm

A FEW TIPS



Always fill the tank with water to the maximum level.



Place the bowls in the right order: bowl 1 at the bottom, bowl 2 in the middle, bowl 3 at the top.

For food with different cooking times: place the food that requires the longest time in the lower bowl.

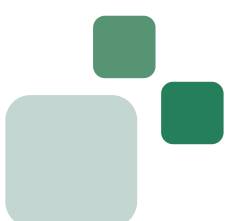
While cooking, you can then add any bowls containing foods that require a shorter cooking time.



Select one of the 8 automatic programs with the "Mode" touchpad or select a time manually with the +/- touchpads.



You can adjust the cooking time using the +/- touchpads or pause the cooking by briefly pressing Start/Stop.



The cooking will stop automatically when the timer ends.

TIPS

Cooking times are approximate and may vary depending on the size of the food, the space between the food, the amount of food and individual preference.



Use oven gloves to handle the baskets and lid during cooking.

If recipes require the use of **cling film**, always use the all purpose type suitable for use in microwave ovens.



For best results, use pieces of food of approximately the same size so that they cook at the same time.

Frozen vegetables can be steamed without defrosting before. All shellfish, poultry and meat must be completely thawed before steaming.



SUMMARY

STARTERS



Carrot and parsnip soup

Leek soup

Broccoli soup

Cherry tomato & goat's cheese ramekins

Asparagus & soft boiled egg with parma ham

Artichokes, peppers and pine nuts salad

Vegetables sticks salad with tomato

Marinated tuna with salad

MAIN DISH



Cod fillet with spinach

Salmon steak with vegetables and semolina

Fillet of sole with olive tapenade

Prawn skewers with haricot beans

Scallops with parsnip purée

Red mullet with tabbouleh

Fish Balls with lemon

Marinated bream

Turkey rolls "cordon bleu"-style (with ham and cheese)

Asparagus with stuffed poultry

Veal rolls

Poultry with citrus sauce

Lebanese moussaka rolls

Lamb tajine

Spiced chicken rolls

Stuffed courgettes

Smoked salmon, spinach & egg ramekins

Spanish soufflé omelette

SIDE DISHES



Pumpkin & potato purée

Sweet potato & carrot purée

Mixed vegetables

DESSERTS & BREAKFAST

Chocolate lava cake

Blueberry muffins

Lemon-poppy seed mini cakes

Chocolate creams

Speculoos cheesecakes



Apple-pear compote

Banane purée

Pear with chocolate and praline

Peach with vanilla and mascarpone cream

Poached pineapple with spices

Porridge



Recipe suitable for young children (according to pediatric advice)

STARTERS

CARROT AND PARSNIP SOUP



1 person

Preparation time 10 min.

Cooking time 15 min.

- 1 parsnip (approx. 100 to 150 g)
- 1 carrot (approx. 100 to 150 g)
- 1 to 2 tsp. of vegetable oil



CARROT AND PARSNIP SOUP

Step 1

Wash and peel the parsnip and the carrot.

Step 2

Cut the parsnip into quarters lengthways, remove the core (which can often be a little tough) and then cut it into thin slices. Slice the carrot as well.

Step 3

Put the vegetables into the bowl of the appliance.

Step 4

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 5

Once the program has finished, transfer into another container, add the vegetable oil and mix well.



A little cumin also goes well with this soup. You could also add a small amount of potato for a thicker texture.

This recipe can also be scaled up for adults by multiplying the quantities by 3 and extending the cooking time to 30 minutes.

STARTERS

LEEK SOUP



1 person

Preparation time 10 min.

Cooking time 15 min.

- 1 large leek
- 1 sprig of thyme (optional)
- 1 to 2 tsp. single cream



LEEK SOUP

Step 1

Cut the roots and the dark green end off the leek. Split the leek into quarters and wash it carefully before cutting it into small pieces. Put the chopped leek and the sprig of thyme into the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 3

Once the program has finished, remove the thyme, transfer into another container, add the cream and mix well.



You can also put 50 g of washed and peeled potatoes in with the leek, cut into small cubes.

This recipe can also be scaled up for adults by multiplying the quantities by 3 and extending the cooking time to 30 minutes.

STARTERS

BROCCOLI SOUP



4 persons

Preparation time 10 min.

Cooking time 20 min.

- 1 large broccoli ■ 1 onion
- 1 tbsp. olive oil
- 100 ml single cream
- 500 ml warm chicken stock
- Salt and pepper



BROCCOLI SOUP

Step 1

Cut the broccoli into florets and slice the onion finely. Place them into the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking program using P2, setting the cooking time to 20 minutes.

Step 3

At the end of the program, prepare the chicken stock, then place the cooked vegetables into a blender or large bowl. Add a dash of olive oil, along with the cream. Then season with salt and pepper and start blending. Pour in the prepared chicken stock a little at a time until you have a smooth consistency.

Step 4

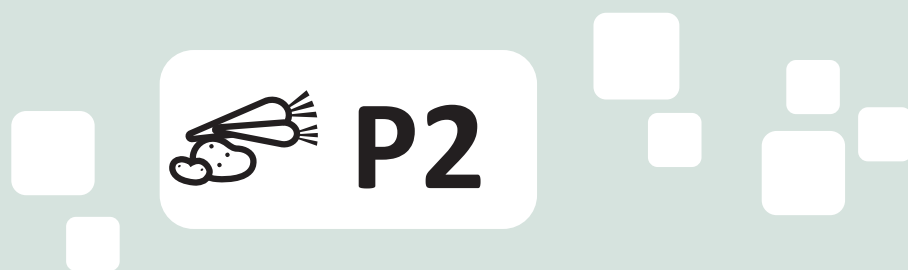
Reheat the soup and divide among four bowls.



Make a different version of this recipe using 100 g of soft blue cheese instead of the cream. Serve the soup with thin slices of blue cheese and sprinkle with crushed hazelnuts.

STARTERS

CHERRY TOMATO & GOAT'S CHEESE RAMEKINS



4 persons

Preparation time 10 min.

Cooking time 25 min.

- 200 g cherry tomatoes
- 100 ml double cream
- 2 eggs
- 40 g goat's cheese
- 12 basil leaves
- Salt and pepper



CHERRY TOMATO & GOAT'S CHEESE RAMEKINS

Step 1

Mix the cream with the eggs and the crumbled goat's cheese. Add the finely chopped basil leaves, salt and pepper and divide between four ramekins. Add the cherry tomatoes.

Step 2

Place the ramekins into two of the appliance's bowls and cover with a sheet of baking paper, tucking the edges inside.

Step 3

Fill the water tank up to the MAX mark and start cooking using program P2, setting the cooking time to 25 minutes.



Serve these little savoury ramekins warm or cold with a green salad.

STARTERS

ASPARAGUS AND SOFT-BOILED EGG WITH PARMA HAM



P1

4 persons

Preparation time 5 min.

Cooking time 20 min.

- 16 fine green asparagus spears
- 4 eggs
- 4 slices of Parma ham
- 80 g Parmesan shavings
- 2 tbsp. olive oil
- Salt and pepper



ASPARAGUS AND SOFT-BOILED EGG WITH PARMA HAM

Step 1

Wash the asparagus and trim the ends. Place it in bowl 1, drizzle with olive oil and season with salt and pepper.

Step 2

Place the eggs (whole) in bowl 2.

Step 3

Fill the water tank up to the MAX mark and start cooking using program P1, setting the cooking time to 12 minutes.

Step 4

Once the program has finished, remove bowl 2 with the eggs, then cook the asparagus in bowl 1 for a further 8 minutes, using the + touchpad to set the time.

Step 5

To serve, arrange the asparagus on four plates, along with one slice of ham per plate. Peel the eggs, cut them in half and place them on top of each portion. Sprinkle with Parmesan shavings and season with pepper.



STARTERS

SMOKED SALMON, ARTICHOKE HEART, RED PEPPER AND PINE NUT SALAD



P1

4 persons

Preparation time 10 min.

Cooking time 15 min.

- 8 raw fresh artichoke hearts ■ 1 red pepper
- 4 cloves of garlic ■ 1 tbsp. olive oil
- 1 tsp. dill ■ 70 g smoked salmon
- 1 tsp. mustard ■ 40 g pine nuts
- Thyme ■ Salt and pepper



SMOKED SALMON, ARTICHOKE HEART, RED PEPPER AND PINE NUT SALAD

Step 1

Cut the artichoke hearts in half and cut the red pepper into thick strips. Chop the garlic.

Step 2

Place the artichokes and the red pepper into the bowl of the appliance. Add the garlic and the thyme on top.

Step 3

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 4

Meanwhile, cut the smoked salmon into strips. Make the sauce by combining the oil, mustard and pine nuts. Season.

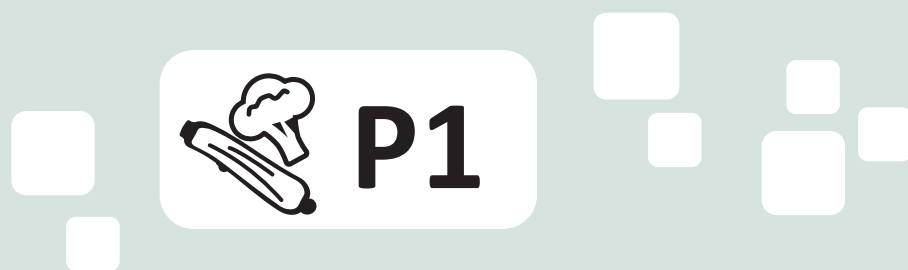
Step 5

Leave the cooked vegetables to cool slightly. Next, pour the sauce over the vegetables and mix. Check the seasoning. Add the dill and the smoked salmon. Serve.



STARTERS

VEGETABLE STICK SALAD WITH TOMATO



4 persons

Preparation time 15 min.

Cooking time 20 min.

- 1 carrot ■ 2 courgettes ■ White part of 2 leeks
- 1 red pepper ■ 1 yellow pepper ■ 100 g tomato passata ■ 1 tbsp. olive oil ■ 1 tbsp. pine nuts
- Salt and pepper



VEGETABLE STICK SALAD WITH TOMATO

Step 1

Cut all the vegetables julienne style into thin sticks. Place the vegetables in one of the two bowls of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking using program P1, setting the cooking time to 20 minutes.

Step 3

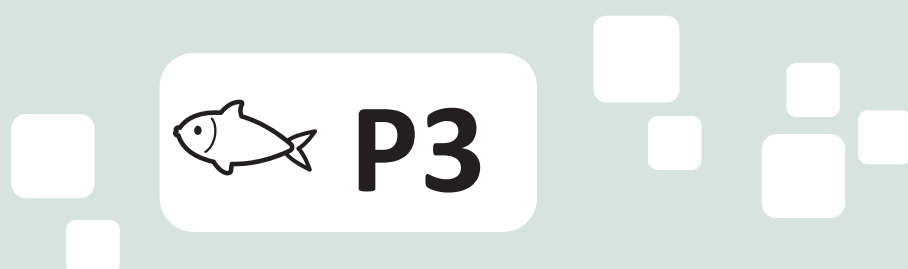
Cool the vegetables and place in a salad bowl. Mix the tomato passata, olive oil, salt and pepper together, then pour over the salad and sprinkle with pine nuts.



You could try adding some lean ham and cherry tomatoes.

STARTERS

FRESH TUNA SALAD WITH GRATED PARMESAN AND BASIL DRESSING



4 persons

Preparation time 10 min.

Cooking time 15 min.

- 280 g fresh tuna ■ 1 lime ■ 2 tbsp. basil ■ 4 tbsp. finely grated Parmesan ■ 5 sun-dried tomatoes
- 4 tbsp. olive oil ■ 1 tbsp. balsamic vinegar
- 280 g mixed salad leaves ■ Salt and pepper



FRESH TUNA SALAD

WITH GRATED PARMESAN AND BASIL DRESSING

Step 1

Cut the tuna into 4 cm cubes. Marinate the cubes of tuna with 1 tbsp. of oil, some finely grated lime zest and 1 tsp. of lime juice. Season with salt and pepper.

Step 2

Transfer it to the rice bowl or a heatproof container. Cover it with cling film that is suitable for use in microwave ovens and place it in the bowl of the appliance.

Step 3

Fill the water tank up to the MAX mark and start cooking using program P3, setting the cooking time to 15 minutes.

Step 4

Meanwhile, finely chop the basil and cut the sun-dried tomatoes into little pieces. Mix together the grated Parmesan, basil, tomatoes, and remaining oil and vinegar.

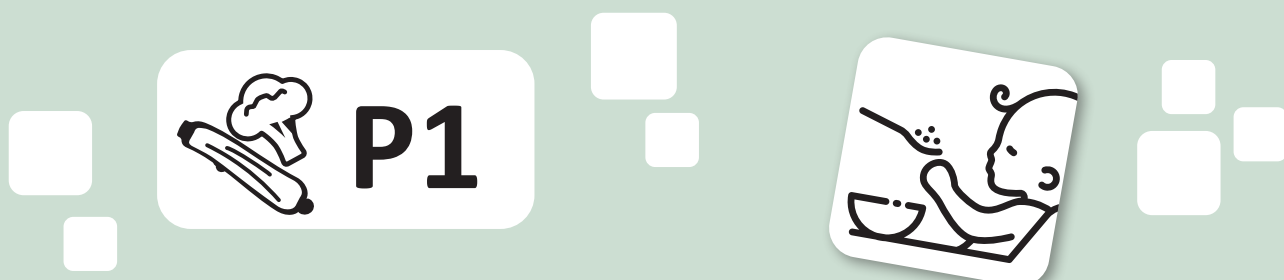
Step 5

Once cooked, dress the salad leaves with the Parmesan mixture and place a small amount in the middle of the plate. Then arrange the cubes of tuna around the salad and cover them with the remaining dressing.



MAIN DISH

COD FILLET WITH SPINACH



1 person

Preparation time 10 min.

Cooking time 20 min.

- 10–20 g of cod (adapt the quantity depending on the child's age)
- 200 g chopped frozen spinach
- 1 tsp. full-fat crème fraîche
- 1 tsp. vegetable oil



COD FILLET WITH SPINACH

Step 1

Put the frozen spinach in bowl 1 of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 3

Cut the cod fillet into quarters, making sure that there are no bones. Put the pieces of fish into bowl 2 of the appliance.

Step 4

Once the P1 program for the vegetables has finished, carefully remove the lid. Place bowl 2 on top of bowl 1 and replace the lid. Check the water level and top up, if necessary, using the external filling drawer. Set the cooking time for another 5 minutes, using the + touchpad.

Step 5

Once the program has finished, drain the spinach and transfer it to another container, before adding the crème fraîche and mixing well.



COD FILLET WITH SPINACH

Step 6

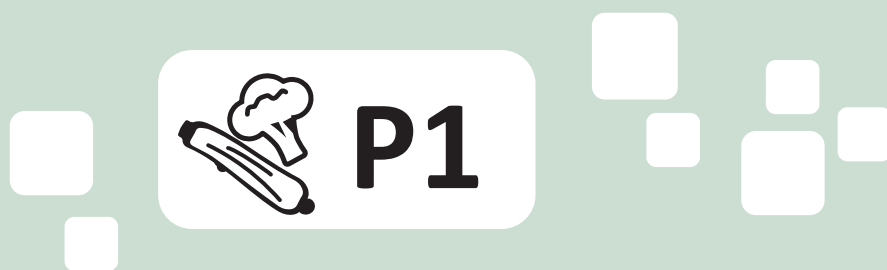
Depending on what your child is used to, add the fish either flaked or broken into pieces, and place on top of the puree.



This recipe can also be scaled up for adults by adjusting the quantities. For 550 g of fish fillet, increase the cooking time to 20 minutes.

MAIN DISH

SALMON STEAK WITH VEGETABLES AND COUSCOUS



4 persons

Preparation time 10 min.

Cooking time 30 min.

- 4 small salmon steaks with skin (560 g)
- 2 large carrots (250 g) ■ 1 courgette (250 g)
- 150 g couscous ■ 2 tbsp. of your favourite spice mix (Mexican, Herbes de Provence, curry etc.)
- 4 tbsp. half-fat crème fraîche ■ Salt



SALMON STEAK WITH VEGETABLES AND COUSCOUS

Step 1

Cut the vegetables into very thin ribbons using a peeler or a mandoline. Place them in bowl 1 of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 3

Meanwhile, place the salmon steaks in bowl 2. Mix the half-fat crème fraîche with 1 tbsp. of spices and a pinch of salt, then spread this over the steaks.

Step 4

Pour the couscous into the rice bowl. Add 200 ml of cold water, the remaining spices and 1 tsp. of salt. Mix it together and then level the top. Place the rice bowl in bowl 3 of the appliance.

Step 5

Once the P1 program for the vegetables has finished, carefully remove the lid. Place bowls 2 and 3 on top of bowl 1 and replace the lid.



SALMON STEAK WITH VEGETABLES AND COUSCOUS

Step 6

Check the water level and top up, if necessary, using the external filling drawer. Then start cooking program P1 for 15 minutes.

Step 7

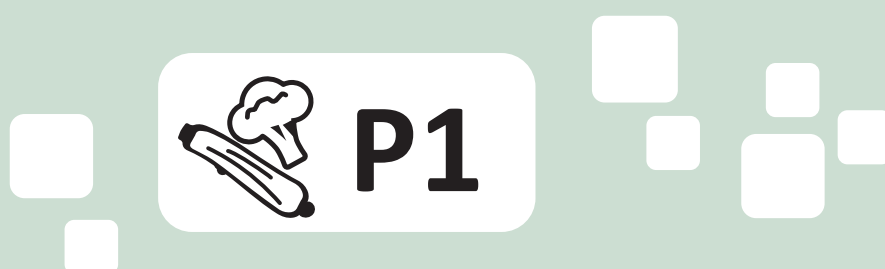
Once the program has finished, carefully mix the couscous and the vegetables together in a bowl. Serve with the salmon steaks, adding a little crème fraîche if you wish.



Try using one of the many spice mixes available in the shops. You could also make your own mix, perhaps even using fresh herbs. To make this recipe even easier, use a ready-prepared pack of stir-fry vegetables.

MAIN DISH

FILLET OF SOLE WITH OLIVE TAPENADE



P1

4 persons

Preparation time 10 min.

Cooking time 10 min.

- 16 small sole fillets (300 g)
- 400 g courgettes
- 4 slices toasted rye bread
- 2 tbsp. black or green olive tapenade
- 2 tbsp. chopped basil
- 2 tbsp. olive oil
- 16 cocktail sticks
- Salt and pepper



FILLET OF SOLE WITH OLIVE TAPENADE

Step 1

Spread the tapenade over the sole fillets. Roll them up and secure each one using a cocktail stick or toothpick. Place them in the rice bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking program P1, setting the cooking time to 10 minutes.

Step 3

Meanwhile, make the courgette spaghetti using a peeler, mandoline or spiralizer. Mix the spaghetti with the olive oil, chopped basil, salt and pepper.

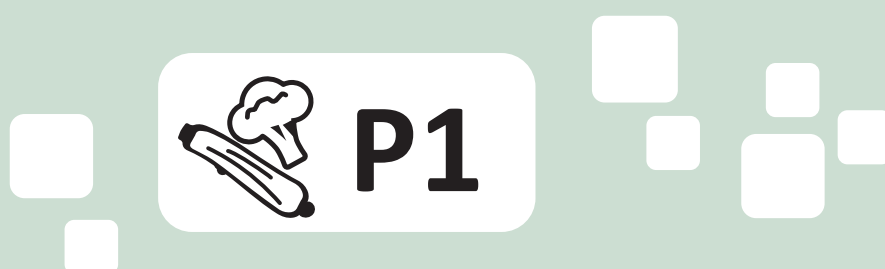
Step 4

Rub the toast with garlic, before arranging the seasoned spaghetti on top. Remove the cocktail sticks from the sole fillets and place them on top of the toast.



MAIN DISH

PRAWN SKEWERS WITH HARICOT BEANS



4 persons

Preparation time 10 min.

Cooking time 15 min.

- 12 cooked large shell on prawns ■ 4 thick slices of toasted farmhouse bread (optional)
- 300 g cooked white haricot beans ■ 1 onion
- 1 pot of yoghurt ■ 50 ml olive oil or nut oil
- Salt and pepper



PRAWN SKEWERS WITH HARICOT BEANS

Step 1

Chop the onion. Add the haricot beans and the onion to the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 3

Peel the prawns and thread three onto each wooden skewer.

Step 4

Once cooked, transfer the haricot beans to another container and mix with the yoghurt to obtain a smooth consistency. Adjust the seasoning, if needed.

Step 5

Spread the bean mixture over the toasted bread and place a shrimp skewer on top. Drizzle with a little olive oil.

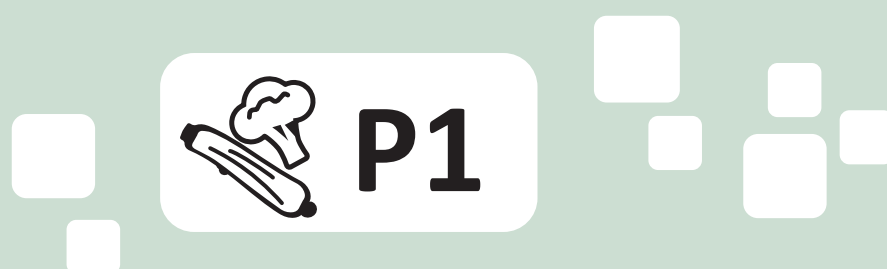


If the prawns are not cooked or are frozen, you can cook them in the appliance (for frozen prawns, use program P3 for 20 minutes).

If you do not want any bread, simply serve the shrimp skewers with the bean mixture as a sauce.

MAIN DISH

SCALLOPS WITH PARSNIP PUREE



P1

4 persons

Preparation time 5 min.

Cooking time 15 min.

- 400 g parsnips
- 12 good quality scallops
- 10 g butter
- Salt and pepper



SCALLOPS WITH PARSNIP PUREE

Step 1

Peel and dice the parsnips.

Step 2

Put the diced parsnip and scallops into the rice bowl of the appliance.

Step 3

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 4

Once cooked, mash the parsnip using a fork, add the butter and season with salt and pepper.



Try making a delicious, home-made mango and passion fruit sauce to go with this parsnip purée. To do so, mix the pulp of a passion fruit with 1 tbsp. of olive oil and 1 mango.

MAIN DISH

RED MULLET WITH TABBOULEH



4 persons

Preparation time 10 min.

Cooking time 10 min.

- *150 g couscous*
- *4 red mullet fillets*
- *2 tomatoes*
- *1 red pepper*
- *1 green pepper*
- *Juice of 1 lemon*
- *Salt and pepper*



RED MULLET WITH TABBOULEH

Step 1

Dice the tomatoes and cut the peppers into small cubes. Mix the tomatoes with the peppers and the lemon juice.

Step 2

Place this mixture in bowl 1 of the appliance or in a heatproof container covered with baking paper.

Step 3

Pour the couscous into the rice bowl. Add 200 ml of cold water, mix and place the rice bowl in bowl 2 of the appliance.

Step 4

Season the red mullet fillets with salt and pepper and place them in bowl 3.

Step 5

Fill the water tank up to the MAX mark and cook for 10 minutes, using the + touchpad to set the time.



RED MULLET WITH TABBOULEH

Step 6

Mix the couscous, tomatoes and peppers together in a salad bowl. Place the tabbouleh in the middle of the plate, with the red mullet fillets on top.



You could also make a sauce to go with the red mullet fillets: Pour the cooking juices from the fish into a pan. Add 100 ml of white wine and reduce. Then add 200 ml of single cream, 1 sprig of chopped fresh mint and a bunch of basil leaves. Mix together and check the seasoning.

MAIN DISH

FISH BALLS WITH LEMON



P3

4 persons

Preparation time 15 min.

Cooking time 20 min.

- 600 g white fish fillets ■ 100 g sliced bread
- 2 garlic cloves ■ 1 egg
- 1 salted preserved lemon
- 2 small bunches of coriander
- 150 g of yoghurt ■ 1 tsp. harissa
- Olive oil ■ Salt ■ Pepper



FISH BALLS WITH LEMON

Step 1

In a blender or other suitable container, mix the diced fish with the bread, peel of the preserved lemon, cloves of garlic, one bunch of coriander, the egg and a little pepper until well combined. Shape it into 16 balls.

Step 2

Place them in the bowl of the appliance.

Step 3

Fill the water tank up to the MAX mark and start cooking program P3 for 20 minutes.

Step 4

Mix the yoghurt with the rest of the chopped coriander, the harissa, 1 tbsp. of olive oil and a pinch of salt. Serve this sauce with the fish balls.



Add a slice of lemon and serve with rice.

MAIN DISH

MARINATED BREAM



P3

4 persons

Preparation time 15 min.

Cooking time 30 min.

- 2 scaled and gutted bream (500 g each)
- 2 lemongrass stalks
- 1 finely chopped spring onion
- 1 courgette ■ 200 g broccoli
- 3.5 tbsp. soy sauce ■ 2 tbsp. oil



MARINATED BREAM

Step 1

Cut the courgette into slices and the broccoli into florets and place them in bowl 1 of the appliance. Drizzle over 2 tbsp. of soy sauce.

Step 2

Peel off and discard the outer layer of the lemongrass. Then, chop the remainder with the chopped spring onion. Mix it with 1.5 tbsp. of soy sauce and the oil.

Step 3

Make 3 large cuts in each side of the bream, cutting all the way up to the bone. Divide the lemongrass mixture between the cuts and place the bream in bowl 2 of the appliance.

Step 4

Fill the water tank up to the MAX mark and start cooking program P3 for 20 minutes.



Chopped lemongrass is available in the freezer section of some shops. Alternatively you could use grated lime zest.

MAIN DISH

TURKEY ROLLS

"CORDON BLEU"-STYLE (WITH HAM AND CHEESE)



P5

4 persons

Preparation time 10 min.

Cooking time 20 min.

- *4 thin turkey escalopes (450 g)*
- *4 slices of ham*
- *100 g Emmental*
- *2 tbsp. Dijon mustard*
- *1 tbsp. oil*



TURKEY ROLLS "CORDON BLEU"-STYLE (WITH HAM AND CHEESE)

Step 1

Mix the mustard with the oil and spread over both sides of the escalopes. Cut the cheese into 4 thick batons. Place a slice of ham on each escalope, followed by a stick of cheese at one end and roll it up. Use toothpicks to secure the ends and place the rolls in bowl 1 of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking using program P5, setting the cooking time to 20 minutes.

Step 3

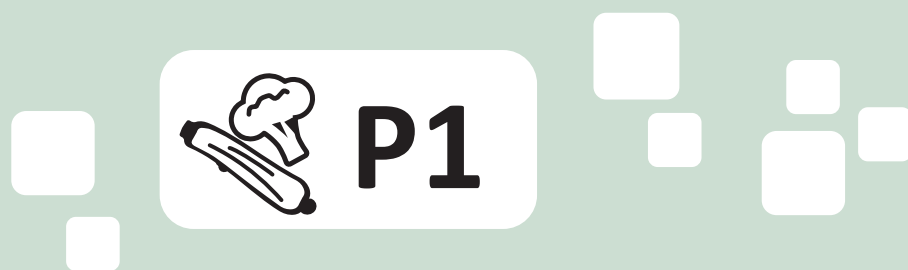
Once cooked, serve the rolls immediately to ensure that the cheese is runny.



Serve the turkey cordon bleu with green vegetables or a salad.

MAIN DISH

ASPARAGUS WITH STUFFED POULTRY



P1

4 persons

Preparation time 5 min.

Cooking time 15 min.

- *4 chicken breasts*
- *16 asparagus spears*
- *50 ml soy sauce*
- *30 g tarragon mustard*
- *Salt and pepper*



ASPARAGUS WITH STUFFED POULTRY

Step 1

Peel the asparagus.

Step 2

Season each chicken breast with salt and pepper before drizzling over the soy sauce and brushing them with mustard.

Step 3

Place 3 asparagus spears on each chicken breast and roll it all up, leaving the asparagus tips exposed. Secure them using cocktail sticks if necessary.

Step 4

Place the chicken in the bowl of the appliance.

Step 5

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.



You could also make an asparagus sauce to go with this dish: First, reserve the top 12 cm of each asparagus spear to place on the chicken breasts and set the stems of the asparagus aside. Place the stems in the bowl of the appliance next to the chicken and cook them at the same time. Once cooked, bring 400 ml of chicken stock to the boil, add the cooked asparagus stems and mix it all together. Strain and add 200 ml of low-fat cream. Serve on a plate and pour the sauce over the chicken.

MAIN DISH

VEAL ROLLS



4 persons

Preparation time 15 min.

Cooking time 12 min.

- *8 thin veal escalopes (approx. 50 g each)*
- *8 large spinach leaves*
- *120 g fresh goat's cheese*
- *1 tbsp. fresh mint*
- *1 tbsp. single cream*
- *Salt and pepper*



VEAL ROLLS

Step 1

Finely chop the mint.

Step 2

Mix the fresh goat's cheese with the cream and the mint. Season with salt and pepper. Spread this mixture over each escalope.

Step 3

Then, roll each escalope up in a spinach leaf, securing each one with a cocktail stick. Place in the rice bowl of the appliance.

Step 4

Fill the water tank up to the MAX mark and cook for 12 minutes, using the + touchpad to set the time.

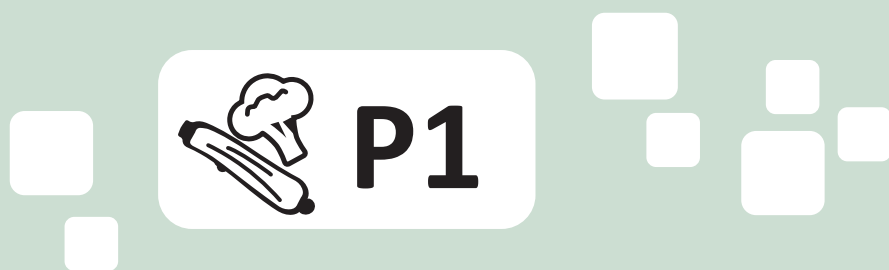
Step 5

Place the rolls on a plate and remove the sticks. Tip. You can substitute veal escalopes for thin sliced turkey escalopes.



MAIN DISH

POULTRY WITH CITRUS SAUCE



4 persons

Preparation time 15 min.

Cooking time 15 min.

- 400 g chicken breasts
- 1 tsp. honey ■ 1 red pepper
- 4 oranges ■ 30 g ketchup
- 2 courgettes
- Salt and pepper



POULTRY WITH CITRUS SAUCE

Step 1

Cut the chicken breasts into 2 cm cubes. Cut the pepper and unpeeled courgettes into cubes.

Step 2

Zest one orange, then juice that and one other.

Step 3

To make your kebabs, alternately thread pieces of chicken, pepper and courgette onto the skewers (max. 22 cm long). Mix the honey with the orange juice, orange zest, a small amount of ketchup, salt and pepper. Pour into a dish and leave to marinate for a few minutes.

Step 4

Place the skewers in the rice bowl of the appliance.

Step 5

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 6

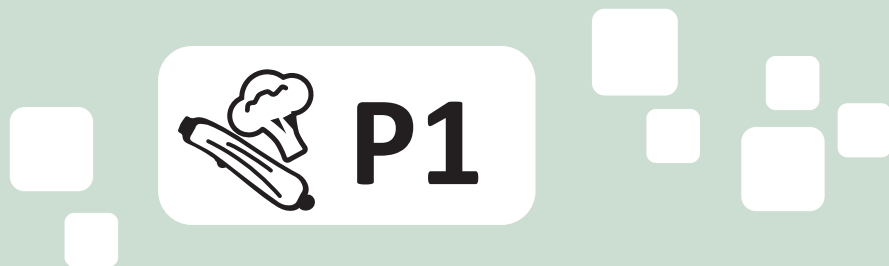
Cut the 2 remaining oranges in half and skewer them onto the kebabs.



If you want to, you can reduce the marinade a little in a pan and roll the skewers in it.

MAIN DISH

LEBANESE MOUSSAKA ROLLS



P1

4 persons

Preparation time 10 min.

Cooking time 15 min.

- 1 aubergine
- 4 slices of cooked ham
- 4 tomatoes ■ 1 onion
- 3 garlic cloves
- 1 bunch of coriander
- 50 ml olive oil



LEBANESE MOUSSAKA ROLLS

Step 1

Cut 12 slices of aubergine. Cut the tomatoes into quarters. Chop the onion. Crush the garlic. Finely chop the coriander.

Step 2

Arrange the aubergine slices, tomatoes, onion, cloves of garlic and coriander in the bowl of the appliance.

Step 3

Fill the water tank up to the MAX mark and start cooking program P1 for 15 minutes.

Step 4

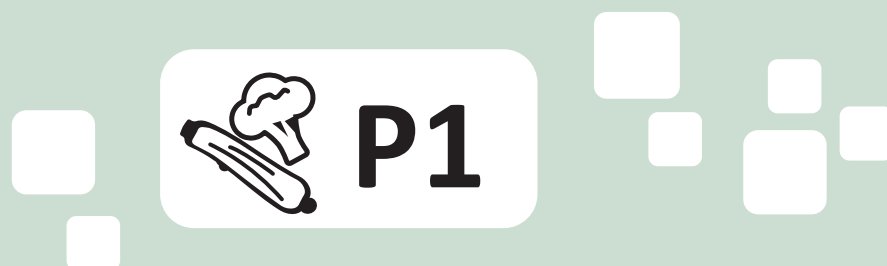
Once cooked, transfer the ingredients into a salad bowl and drizzle over a little olive oil. Crush everything together with a fork and check the seasoning. Set the filling on a slice of ham and roll it up.



This dish can be served warm or cold with a salad and on a slice of toasted farmhouse bread.

MAIN DISH

LAMB TAJINE



P1

4 persons

Preparation time 40 min.

Cooking time 15 min.

- 600 g lamb ■ 1 onion ■ 2 celery stalks ■ 2 tomatoes
- 1 red pepper ■ 1 bunch of coriander ■ A few mint leaves
- 150 ml lamb stock ■ 20 g fresh ginger ■ 1 garlic clove
- Curry powder, saffron, quatre épices
(French four-spice blend made of ground pepper,
cloves, nutmeg and ginger) ■ 20 g honey
- 20 g preserved lemons ■ Salt and pepper



LAMB TAJINE

Step 1

Slice the lamb into thin strips. Finely dice the celery and dice the tomatoes. Finely slice the pepper. Finely chop the onion, coriander and mint.

Step 2

Marinate the meat with the vegetables, spices, honey and lemon for 15 minutes. Season with salt and pepper.

Step 3

Place everything in the main bowl of the appliance

Step 4

Fill the water tank up to the MAX mark and start cooking using program P1 for 15 minutes.

Step 5

Meanwhile, on the hob reduce the lamb stock slightly and add half of the coriander.

Step 6

Just before serving, strain the lamb jus, check the seasoning and add the remaining chopped coriander.



Serve with couscous or quinoa. To make quatre-épices, mix together 2 tbsp. freshly ground white pepper, 1 tbsp. ground ginger, 1 tbsp. ground nutmeg and 1 tbsp. ground cloves. Store in a airtight container.

MAIN DISH

SPICED CHICKEN ROLLS



4 persons

Preparation time 30 min.

Cooking time 25 min.

- 4 chicken breasts
- 4 small uncooked chorizo sausages ■ 1 apple
- 12 sun-dried tomatoes ■ 150 g feta cheese
- 4 handfuls of mixed salad leaves
- Olive oil ■ Vinegar



SPICED CHICKEN ROLLS

Step 1

Slice the chicken breasts in half horizontally to make a thin escalope. Season.

Step 2

Peel the apple, cutting it into thin sticks. Finely chop the sun-dried tomatoes.

Step 3

Remove the skin of the chorizo and place the sausage meat on the sliced chicken with a little apple, the sun-dried tomatoes and the crumbled feta.

Step 4

Roll the chicken breast up, starting at the bottom. Create a tight roll and wrap it in cling film, suitable for use in a microwave.

Step 5

Place the rolls in bowl 1 of the appliance.

Step 6

Fill the water tank up to the MAX mark and start cooking program P5 for 25 minutes.

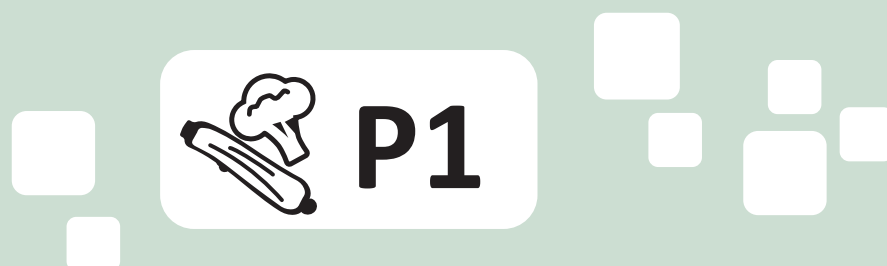
Step 7

Remove the cling film from the rolls and serve with the seasoned mixed salad leaves and the remaining apple sticks.



MAIN DISH

STUFFED COURGETTES



4 persons

Preparation time 15 min.

Cooking time 20 min.

- 4 round courgettes
- 240 g cooked basmati rice
- 120 g button mushrooms
- 1 bunch of coriander
- 40 g preserved tomatoes
- 1 tbsp. grated Parmesan
- 1 tbsp. olive oil
- Coarse salt and pepper



STUFFED COURGETTES

Step 1

Hollow out the courgettes, keeping the top for later.
Dice the tomatoes and mushrooms.

Step 2

Mix the rice, mushrooms, Parmesan, olive oil, chopped coriander and diced tomatoes together.

Step 3

Stuff the courgettes with this mixture and place them into the rice bowl of the appliance.

Step 4

Fill the water tank up to the MAX mark and start cooking using program P1, setting the cooking time to 20 minutes.

Step 5

Serve immediately.



You can also use uncooked rice. It will just need to be cooked in a pan or rice bowl of the steamer first.

MAIN DISH

SMOKED SALMON, SPINACH AND EGG RAMEKINS



4 persons

Preparation time 5 min.

Cooking time 15 min.

- 4 eggs
- 50 g baby spinach
- 50 g smoked salmon
- 4 tbsp. full-fat crème fraîche
- Salt
- Pepper



SMOKED SALMON, SPINACH AND EGG RAMEKINS

Step 1

Place the baby spinach in the bottom of 4 ramekins.

Step 2

Add 1 tablespoon of crème fraîche to each one, along with the smoked salmon cut into strips, an egg, salt and pepper.

Step 3

Place the ramekins in two of the cooking appliance's bowls.

Step 4

Fill the water tank up to the MAX mark and cook for 15 minutes, using the + touchpad to set the time.



Try using different variations such as ham or cubes of cheese instead of smoked salmon. You could also add cherry tomatoes or peas.

MAIN DISH

SPANISH SOUFFLÉ OMELETTE



2 persons

Preparation time 15 min.

Cooking time 15 min.

- 3 eggs ■ 50 ml skimmed milk
- 100 g of red peppers, cut into small cubes
- 35 g chorizo (not too spicy) cut into cubes
- 35 g finely sliced shallots
- 3 g finely chopped garlic
- ½ bunch chopped parsley
- 1 tsp. chopped chives
- 1 pinch Espelette chilli powder
- Salt and pepper



SPANISH SOUFFLÉ OMELETTE

Step 1

Beat the eggs with the milk, salt and pepper. Stir in the peppers, chorizo, parsley, chives, garlic, shallots and chilli powder. Pour the mixture into the rice bowl and place it in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and cook for 15 minutes, using the + touchpad to set the time.

Step 3

Once cooked, cut the omelette into cubes, insert a cocktail stick into each piece and serve.



For even more colour, use a selection of red, yellow and green peppers.

SIDE DISHES

PUMPKIN AND POTATO PURÉE



1 person

Preparation time 10 min.

Cooking time 20 min.

- 200 g pumpkin
- 100 g potatoes
- 1 to 2 tsp. vegetable oil



PUMPKIN AND POTATO PURÉE

Step 1

Peel and wash the potatoes and the pumpkin. Cut them into small, 2 cm cubes. Put them into the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking program P1, setting the cooking time to 20 minutes.

Step 3

Once cooked, transfer into another container, add the oil and mix well.



This recipe can also be scaled up for adults by multiplying the quantities by 4 and extending the cooking time to 25 minutes.

SIDE DISHES

SWEET POTATO AND CARROT PURÉE



1 person

Preparation time 10 min.

Cooking time 20 min.

- *1 small sweet potato*
- *1 carrot*
- *1 to 2 tsp. vegetable oil*



SWEET POTATO AND CARROT PURÉE

Step 1

Peel and wash the carrot and the sweet potato. Cut the carrot into thin slices. Cut the sweet potato in half lengthways, then into slices. Place in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and start cooking program P2, setting the cooking time to 20 minutes.

Step 3

Once cooked, transfer into another container, add the oil and mix.



*Try adding 10 to 20 g of uncooked diced chicken breast during cooking.
This recipe can also be scaled up for adults by multiplying the quantities by 4 and extending the cooking time to 25 minutes.*

SIDE DISHES

MIXED VEGETABLES



4 persons

Preparation time 15 min.

Cooking time 25 min.

- 2 courgettes ■ 2 carrots
- 2 red peppers ■ 1 onion
- 8 small radishes ■ 2 tbsp. olive oil
- 1 bunch of coriander ■ Salt and pepper



MIXED VEGETABLES

Step 1

Cut the courgettes and the carrots into sticks, chop the peppers into strips and slice the onion. Place them into one or two bowls of the appliance, along with the radishes.

Step 2

Fill the water tank up to the MAX mark and start cooking program P2, setting the cooking time to 25 minutes.

Step 3

Chop the coriander.

Step 4

Once the program has finished, mix the vegetables with the olive oil and add the coriander.



These vegetables also work well on top of toasted bread spread with tapenade.

DESSERTS & BREAKFAST

CHOCOLATE LAVA CAKE



4 persons

Preparation time 10 min.

Cooking time 15 min.

- *100 g dark cooking chocolate*
- *100 g butter*
- *2 eggs*
- *100 g caster sugar*
- *25 g plain flour*
- *½ tsp. baking powder*



CHOCOLATE LAVA CAKE

Step 1

Melt the chocolate with the butter.

Step 2

Whisk the eggs with the sugar using an electric mixer until light and fluffy, and stir in the melted chocolate and butter. Add the flour and baking powder and gently fold together.

Step 3

Divide the batter between four ready-greased ramekins. Place them in one or two bowls of the appliance. Cover each ramekin with cling film that is suitable for use in microwave ovens. Alternatively, cut four pieces of baking paper slightly smaller than the dish and place it over the ramekins.

Step 4

Fill the water tank up to the MAX mark and cook for 15 minutes, using the + touchpad to set the time. Once cooked, leave to cool slightly before carefully removing the cling film or baking paper. Serve warm or cold.



Sprinkle over a few red berries just before serving.

Use 10 cm terracotta or ceramic ramekins for the best cooking results.

DESSERTS & BREAKFAST

BLUEBERRY MUFFINS



4 persons

Preparation time 10 min.

Cooking time 40 min.

- *130 g plain flour*
- *1 tsp. baking powder (5 g)*
- *1 pinch of salt*
- *80 g muscovado (or brown) sugar*
- *1 egg* ■ *3 tbsp. sunflower oil (45 ml)*
- *3 tbsp. milk (45 ml)*
- *1 tsp. vanilla extract*
- *120 g frozen blueberries*



BLUEBERRY MUFFINS

Step 1

Mix the flour with the baking powder, salt and sugar.

Step 2

In another bowl, beat the egg with the oil, milk and vanilla extract. Pour this into the dry ingredients and mix until smooth. Add the frozen blueberries and stir gently.

Step 3

Divide the mixture between 4 paper muffin cases placed inside ramekins, then place them in one or two bowls of the appliance.

Step 4

Fill the water tank up to the MAX mark and cook for 40 minutes, using the + touchpad to set the time.

Step 5

Once cooked, remove the muffins from the ramekins and leave to cool on a cooling rack.



For well-risen muffins, put a large pinch of sugar on top of each muffin before cooking, right in the middle.

Use 10 cm terracotta or ceramic ramekins for easy removal of the muffins once cooked.

DESSERTS & BREAKFAST

LEMON-POPPY SEED MINI CAKES



4 persons

Preparation time 15 min.

Cooking time 25 min.

- *55 g rice flour*
- *25 g ground almonds*
- *1 tbsp. poppy seeds*
- *1 tsp. baking powder*
- *Pinch of salt* ■ *2 eggs*
- *60 g caster sugar*
- *1 tbsp. oil* ■ *2 lemons*



LEMON-POPPY SEED MINI CAKES

Step 1

Zest the lemons. Juice one of the lemons.

Step 2

Using an electric whisk, beat the eggs, sugar and lemon zest until frothy.

Step 3

Gently fold in the flour, ground almonds, baking powder, salt and poppy seeds, then add the oil and lemon juice. Mix.

Step 4

Grease four ramekins or small, individual moulds and line them with baking paper. Divide the batter between the ramekins and place them in one or two of the bowls of the appliance.



LEMON-POPPY SEED MINI CAKES

Step 5

Fill the water tank up to the MAX mark and cook for 25 minutes, using the + touchpad to set the time.

Step 6

Once the program has finished, leave the cakes to cool slightly. Then, remove them from their moulds and leave to cool completely on a cooling rack.



Make icing by mixing 40 g of icing sugar with 1 or 2 tsp. of lemon juice. Pour this over the cakes and sprinkle with poppy seeds. The rice flour gives these little gluten-free cakes a very soft texture, but you could use ordinary plain flour instead. Use 10 cm terracotta or ceramic ramekins for the best cooking results.

DESSERTS & BREAKFAST

CHOCOLATE CREAMS



4 persons

Preparation time 15 min.

Cooking time 25 min.

- *150 ml milk*
- *150 ml double cream*
- *115 g dark cooking chocolate or dark chocolate chips*
- *1 beaten egg*
- *1 egg yolk*



CHOCOLATE CREAMS

Step 1

Cut up the chocolate into small pieces and put it in a large bowl. If you are using chocolate chips, they can go straight in.

Step 2

Pour the cream into a small pan and bring to a simmer on low heat (this should take around 5 minutes). Once the cream reaches simmering point, pour it straight over the chocolate and leave for 30 seconds. Then, stir it with a spatula until you have a smooth mixture. Add the egg and the egg yolk, mixing carefully. Finish by adding the milk.

Step 3

Pour the mixture into 4 glass jars (yoghurt pot sized). Then, cover with a lid, cling film that is suitable for use in microwave ovens or baking paper.

Step 4

Fill the water tank up to the MAX mark and cook for 25 minutes, using the + touchpad to set the time.



CHOCOLATE CREAMS

Step 5

Once the program has finished, leave the pots of cream to cool slightly before placing them in the fridge for a few hours.



TIPS

For a less intense chocolate flavour, use milk or praline chocolate. You could use your leftover egg white to make meringues, for example. Pre-heat the oven to 100°C. Whisk the egg white with a pinch of salt. Once stiff peaks have formed, add 60 g of caster sugar, a little at a time. Then, make little balls of meringue on a piece of baking paper. Cook in the oven for 2 hours.

DESSERTS & BREAKFAST

SPECULOOS CHEESECAKES



4 persons

Preparation time 15 min.

Cooking time 20 min.

- 300 g plain cream cheese
- 2 tbsp. crème fraîche (30 ml)
- 45 g caster sugar ■ 2 eggs
- 2 tsp. lemon juice
- 2 drops vanilla extract
- A small pinch of coarse salt
- 70 g Speculoos biscuits
- 25 g butter



SPECULOOS CHEESECAKES

Step 1

Melt the butter. Finely crush the Speculoos biscuits. Add the melted butter, mix and press the mixture firmly into the bottom of 4 separate ramekins.

Step 2

Mix the cream cheese with the crème fraîche, sugar, eggs, lemon juice, vanilla extract and salt until smooth. Divide the mixture between the ramekins. Cover each one with either cling film that is suitable for use in microwave ovens or baking paper, and place them in one or two bowls of the appliance.

Step 3

Fill the water tank up to the MAX mark and cook for 20 minutes, using the + touchpad to set the time. Once the program has finished, leave to cool slightly in the ramekins before carefully removing the covers. Place in the fridge. Serve cold.



Use terracotta or ceramic ramekins for the best cooking results.

DESSERTS & BREAKFAST

APPLE-PEAR COMPOTE



1 person

Preparation time 10 min.

Cooking time 10 min.

- *1 large apple*
- *½ a pear*



APPLE-PEAR COMPOTE

Step 1

Wash and peel the apple and the half a pear. Remove the cores and cut the fruit into small pieces. Place in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and cook for 10 minutes, using the + touchpad to set the time.

Step 3

Once cooked, transfer into a container, stir and leave to cool before serving.



This recipe is suitable for children or adults. Simply use three apples and one pear to fill four verrines or ramekins.

DESSERTS & BREAKFAST

BANANA PURÉE



1 person

Preparation time 10 min.

Cooking time 12 min.

- ***1 large banana***



BANANA PURÉE

Step 1

Wash the banana and remove each end without peeling it. Cut it in half and using the tip of a knife, split the skin in half lengthways. Place both halves in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and cook for 12 minutes, using the + touchpad to set the time.

Step 3

Leave it to cool completely before removing the banana skin.

Step 4

Then, in a container, mix the flesh of the banana until smooth or leave it slightly chunky.



*You can add a little cottage cheese while blending the banana.
This recipe is suitable for children or adults. Simply use four bananas to fill four verrines or ramekins.*

DESSERTS & BREAKFAST

PEAR WITH CHOCOLATE AND PRALINE



4 persons

Preparation time 10 min.

Cooking time 20 min.

- *4 pears*
- *1 bar of dark cooking chocolate*
- *2 tbsp. praline*
- *1 scented tea bag of your choice
(e.g. jasmine or bergamot)*



PEAR WITH CHOCOLATE AND PRALINE

Step 1

Peel the pears. Leaving them whole, place them in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark, add the teabag and cook for 20 minutes, using the + touchpad to set the time.

Step 3

Meanwhile, melt the chocolate in a bain-marie.

Step 4

Once the program has finished, place the pears in shallow bowls, coat them with the melted chocolate and sprinkle with praline. You can substitute praline with toasted flaked almonds. Serve hot.



DESSERTS & BREAKFAST

PEACH WITH VANILLA AND MASCARPONE CREAM



4 persons

Preparation time 5 min.

Cooking time 10 min.

- *4 white and yellow peaches*
- *1 tbsp. caster sugar*
- *2 tsp. vanilla powder*
- *250 g mascarpone*
- *30 g icing sugar*



PEACH WITH VANILLA AND MASCARPONE CREAM

Step 1

Rinse the peaches and cut them into quarters, removing the stones. Place them in the rice bowl with the caster sugar and half of the vanilla. Set the rest of the vanilla aside for later.

Step 2

Place the rice bowl in the bowl of the appliance. Fill the water tank up to the MAX mark and cook for 10 minutes, using the + touchpad to set the time.

Step 3

Once cooked, leave to cool. Mix the mascarpone with the icing sugar and the rest of the vanilla and serve with the peaches and their syrup.



Add a small amount of thyme to give the peaches extra flavour.

DESSERTS & BREAKFAST

POACHED PINEAPPLE WITH SPICES



4 persons

Preparation time 15 min.

Cooking time 20 min.

- *1 pineapple*
- *2 cloves*
- *1 cinnamon stick*
- *1 star anise*
- *5 cardamom pods*
- *Seeds from a vanilla pod*
- *60 g brown sugar*



POACHED PINEAPPLE WITH SPICES

Step 1

Peel the pineapple and cut it into rings. Arrange the pineapple rings in layers in the rice bowl, sprinkling the sugar and the spices between each layer. Place the rice bowl in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and cook for 20 minutes, using the + touchpad to set the time.

Step 3

Discard the spices and serve hot or cold.



DESSERTS & BREAKFAST

PORRIDGE



4 persons

Preparation time 5 min.

Cooking time 15 min.

- 200 g porridge oats
- 500 ml milk
- 4 tsp. cinnamon
- 3 tbsp. honey
- 1 apple
- 125 g blueberries
- 1 handful of almonds



PORRIDGE

Step 1

In the rice bowl, mix the oats with the milk and the cinnamon. Place the rice bowl in the bowl of the appliance.

Step 2

Fill the water tank up to the MAX mark and cook for 15 minutes, using the + touchpad to set the time.

Step 3

Once cooked, mix thoroughly. If you prefer a looser texture, add a little extra milk. Share between bowls. Garnish with slivers of apple, blueberries and almonds. Drizzle with honey and serve.



You can either use cow's milk or plant-based milk, depending on your preference.