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## MAIN COURSES

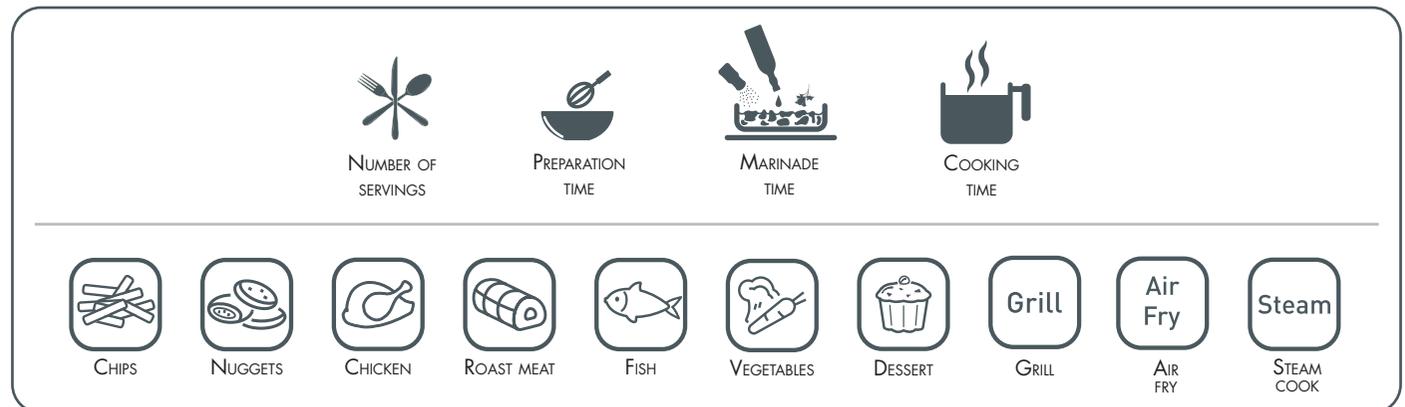
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## GUIDE



## BREADED CAULIFLOWER WITH CURRY

4 ✨

10 min 10 min 

## INGREDIENTS

500 g cauliflower  
3 eggs  
60 g flour

100 g breadcrumbs  
2 tsp chilli powder  
3 tbs olive oil, salt, pepper.

## RECIPE

- 1 | Cut the cauliflower into medium-sized tips, rinse and dry well with a clean cloth.
- 2 | Prepare the ingredients for the bread crumbs: in one bowl, whisk the eggs with a pinch of salt and pepper. Pour the flour into another bowl, and in a third bowl, mix the breadcrumbs with the curry.
- 3 | Dip the cauliflower tips into the three bowls in the following order: first in the eggs, then in the flour, then once again in the eggs and finally in the breadcrumbs. Allow the cauliflower pieces to drain off as much as possible before each bowl change so as to prevent dripping.
- 4 | Place the breaded cauliflower in the cooking pot equipped with the standard plate. Drizzle with oil and cook in NUGGETS mode for 10 minutes.

## TIP

*If you choose to cut the cauliflower into larger pieces, add 5 minutes to the cooking time.*

## GRILLED AUBERGINE WITH PESTO

4 ✪

10  
min25  
min*INGREDIENTS*

2 aubergines  
100 g pesto, 5 tbsp  
olive oil, salt, pepper

*RECIPE*

- 1 | Rinse the aubergines and cut them into slices about 5 mm thick. Brush lightly with oil.
- 2 | Place the grill plate in the appliance and place the aubergines on the grill in a single layer, season with salt and pepper. Preheat for 15 minutes in GRILL mode at 200°C and cook for 20 minutes, turning halfway through the cooking process.
- 3 | Brush with pesto and cook on GRILL mode for a further 5 minutes.



## VEGETABLE SAMOSAS

4 (= 12 samosas)  20 min  2 x 15 min 

## INGREDIENTS

6 sheets brick pastry  
100 g feta  
150 g frozen peas  
250 g cauliflower  
1 tsp curry powder

1 egg yolk  
1 tbsp olive oil  
salt  
pepper

## RECIPE

- 1 | Cut the cauliflower into medium-sized tips and rinse. Fill the water tank. Place the standard plate in the cooking pot and place the peas and cauliflower tips on it. Cook in STEAM mode for 15 minutes.
- 2 | Remove the cooked vegetables and place them in a large bowl. Add the crumbled feta cheese, curry powder and a pinch of salt and pepper. Mash with a fork to reduce to a coarse purée.
- 3 | Cut the sheets of brick pastry into two equal halves. Fold them in half, folding the rounded part toward the middle of the right edge. Place the equivalent of a tablespoon of filling on one end of the resulting strip and fold into a triangle. Continue folding to completely enclose the stuffing in the triangle, then brush the excess dough with a little egg yolk and stick it to the samosa.
- 4 | Repeat until the stuffing is all used up and place the samosas in the cooking pot with the standard plate. Brush with oil and cook in AIR FRY mode for 15 minutes, turning the samosas halfway through cooking.



## CHICKEN SPRING ROLLS

4 (= 16 rolls)

35  
min20  
min*INGREDIENTS*

16 sheets rice paper  
50 g rice vermicelli  
2 chicken fillets  
1 carrot  
1/2 red onion

20 sprigs fresh coriander  
10 g fresh ginger  
1 tbsp sesame oil  
2 tbsp neutral oil  
salt

*RECIPE*

- 1 | Place the standard plate in the cooking pot then place the chicken fillets inside. Season with salt, pepper and drizzle with 1 tbsp oil. Cook in CHICKEN mode for 15 minutes.
- 2 | Meanwhile, prepare the vermicelli following the instructions on the packet. Peel the vegetables. Grate the carrots and ginger and chop the onion and coriander. Mix everything together in a large bowl. Add the cooked and chopped vermicelli and chicken.
- 3 | Have a bowl of warm water and a clean tea towel ready on your worktop. Dip the sheets of rice paper into the water for a few minutes and place them on the tea towel. Place about 1 spoonful of filling at the bottom of the sheet. First fold over the left and right sides to enclose the filling and then roll it up. Place the rolls on a tray, spacing them out to avoid them sticking together. Repeat until you have used up all of the filling.
- 4 | Place the standard plate on the cooking pot, then place the rolls on it, brushing them with 1 tbsp oil. Cook in CHICKEN mode for 5 minutes.



# GRILLED ROOT VEGETABLES IN MAPLE SYRUP

4 ✨ 15 min 🍲 20 min 🍲

## INGREDIENTS

4 carrots	1 orange
4 parsnips	20 ml cider vinegar
350 g sweet potatoes	30 ml sunflower oil
50 ml maple syrup	salt
1 tsp thyme	pepper

## RECIPE

- 1 | Peel the vegetables and chop the carrots into thick slices, and the parsnips and sweet potato into 2-cm cubes.
- 2 | Fit the grill plate and place the vegetables in the cooking pot. Drizzle with about 1 tbsp olive oil and sprinkle with thyme, salt and pepper. Preheat for 15 minutes in GRILL mode at 200°C and cook for 20 minutes. Mix the vegetables in the cooking pot halfway through the cooking time.
- 3 | In the meantime, mix the remaining oil with the vinegar, grated zest of half the orange, maple syrup and a pinch of salt and pepper in a bowl. Once the vegetables are cooked, drizzle with the dressing and serve.



## CHICKEN NUGGETS

4 ✂

30  
min10  
min

## INGREDIENTS

4 chicken fillets  
100 g breadcrumbs  
60 g flour  
3 eggs

2 tbsp oil  
salt  
pepper

## RECIPE

- 1 | Remove any gristle and pieces of fat from the chicken fillets. Place the filets in a small blender with a pinch of salt and pepper. Blend for 30 sec and remove portions of about 60 g then shape into nuggets. Place on a plate covered with baking paper and leave in the freezer for 1 hour.
- 2 | Prepare the ingredients for the bread crumbs: in one bowl, whisk the eggs with a pinch of salt and pepper. Pour the flour into another bowl and the breadcrumbs into the third.
- 3 | Dip the nuggets into the flour, then into the eggs and finally into the breadcrumbs.
- 4 | Place the standard plate in the cooking pot and place the nuggets on it. Drizzle with oil and cook in NUGGETS mode for 10 minutes.

TIP

*For an even more indulgent bread coating, dip the nuggets into the eggs and then into the breadcrumbs a second time.*

## STUFFED TOMATOES

4 ✂ 20 min  10 min *INGREDIENTS*

4 tomatoes  
250 g sausage meat  
125 g minced beef  
10 sprigs chives

6 sun-dried tomatoes  
salt  
pepper

*RECIPE*

- 1** | In a large bowl, mix the meat with the chopped chives, the sun-dried tomatoes cut into small pieces, a pinch of salt and pepper.
- 2** | Cut the tomatoes into 3/4 chunks to remove their "tops". Empty and stuff them. Place them in a dish and put their tops back on top.
- 3** | Place the standard plate in the appliance and place the dish with the tomatoes on top. Cook in AIR FRY mode for 10 minutes.



SMOKED PORK BELLY  
CHEESEBURGER

4 ✨ 20 min 🍲 4 min 🍲

*INGREDIENTS*

4 hamburger patties	1 baby gem lettuce
4 tbsp mayonnaise	1 tomato
4 tbsp ketchup	salt
8 slices smoked pork belly, finely sliced	pepper
8 slices burger cheese (Toastinette)	
4 hamburger buns	

*RECIPE*

- 1 | Season the burgers with salt and pepper. Peel the leaves from the baby gem lettuce, rinse and slice the tomato, and mix the two sauces. Open the buns and spread the sauce inside. Place the vegetables on the bottom of the bun.
- 2 | Place the grill plate in the appliance and place the steaks on the grill. Preheat for 15 minutes in GRILL mode at 200°C and cook for 2 minutes. Turn them over and cover with cheese. Place the belly slices all around the tray. Cook for another 2 minutes and finish garnishing your burger.

## SKEWERED ROSEMARY MONKFISH

4 ✦

25  
min6  
min*INGREDIENTS*

400 g monkfish  
8 skewers  
1 sprig rosemary  
8 mushrooms  
150 g smoked bacon, thickly sliced  
1 lemon

1 tbsp olive oil  
1/2 tsp ground paprika  
1 tbsp oil  
salt  
pepper

*RECIPE*

- 1 | Peel the mushrooms and cut them in half. Cut the bacon into large lardons and the monkfish into around 3-cm chunks. Add the ingredients to the skewers one after the other.
- 2 | Place the standard plate in the appliance, place a square piece of parchment paper in the cooking pot and lay the skewers on top. Drizzle with oil, season with salt and pepper, then add paprika and a few rosemary leaves. Cook in FISH mode for 6 minutes. Serve with a wedge of lemon.

## CURRIED COD

4 ✪ 15 min  8 min *INGREDIENTS*

500 g cod fillets  
3 tbsp sweet Indian curry paste

10 g grated coconut  
200 ml coconut milk

*RECIPE*

- 1 | Brush the cod fillets with curry paste and place the rest of the curry in a small saucepan with the coconut cream. Heat the contents of the pan.
- 2 | Place the standard plate in the appliance, place a square of parchment paper in the cooking pot and lay the skewers on top. Cook in FISH mode for 8 minutes. Serve the fish topped with sauce and sprinkled with coconut.

## COURGETTE GRATIN

4 ✂

20  
min30  
min*INGREDIENTS*

3 courgettes  
2 eggs  
250 ml double cream  
50 g grated parmesan

1 tsp herbes de Provence  
salt  
pepper

*RECIPE*

- 1** | Rinse the courgettes and cut them into slices about 5 mm thick. Place the standard plate in the appliance. Place the courgettes in the cooking pot and cook in STEAM mode for 10 minutes.
- 2** | Meanwhile, whisk the eggs with the cream, a pinch of salt, pepper, herbes de Provence and half the grated parmesan.
- 3** | Place the cooked courgettes in a gratin dish, cover with the mixture and sprinkle over the rest of the parmesan. Place the dish in the pan and cook in AIR FRY mode for 20 minutes.



## SALMON TERIYAKI

4 ✪

10  
min30  
min17  
min*INGREDIENTS*

500 g salmon fillets  
4 tbsp teriyaki sauce

4 skewers  
1 tbsp sesame seeds

*RECIPE*

- 1** | Cut the salmon into cubes roughly 3 cm in size and marinate in the teriyaki sauce for 30 minutes. Place the grill plate in the appliance and preheat in GRILL mode for 15 minutes at 200°C.
- 2** | Place the fish on the skewers and place them in the cooking pot for 2 minutes. Turn the skewers over and spread the rest of the marinade onto them. Cook for another 2 minutes.
- 3** | Sprinkle with sesame seeds and serve.

## SIRLOIN STEAK WITH CHIMICHURRI SAUCE

4 ✦ 10 min  12 min *INGREDIENTS*

4 sirloin steaks weighing approximately 200 g each  
 2 tbsp red wine vinegar  
 1/2 lemon  
 4 cloves garlic  
 6 sprigs parsley  
 1/2 tsp chilli flakes  
 60 ml olive oil  
 salt  
 pepper

*RECIPE*

- 1** | Take the meat out of the fridge and leave at room temperature. Place the grill plate in the appliance and preheat in GRILL mode at 200°C for 15 minutes.
- 2** | Meanwhile, make the chimichurri sauce: mix the vinegar, lemon juice, peeled and chopped garlic, chopped parsley and oil together in a bowl. Add a pinch of salt, pepper and chilli.
- 3** | Season the steaks with salt and pepper, place them on the grill plate and cook them as desired: 30 seconds on each side for rare, 1 minute on each side for medium-rare, 2 minutes on each side for well-done.
- 4** | Serve with the chimichurri sauce.

# COD CRUMBLE WITH CRISPY FENNEL

4 ✂

25  
min 

13  
min 

## INGREDIENTS

4 cod fillets  
2 fennels  
50 g chorizo  
3 tbsp grated parmesan  
2 tbsp breadcrumbs

10 g butter  
2 tbsp olive oil  
1 tsp herbes de Provence  
salt  
pepper

## RECIPE

- 1 | Place the parmesan cheese, butter, breadcrumbs and herbs in the blender. Remove the skin from the chorizo, cut it into small pieces and add to the blender. Blend to form a crumbly dough texture.
- 2 | Place the standard plate in the appliance. Rinse and chop the fennel. Place in the cooking pot and sprinkle with salt, pepper and olive oil. Cook in STEAM mode for 5 minutes.
- 3 | Add the cod fillets to the bowl and cover with the chorizo crumble. Cook in AIR FRY mode for 8 minutes.



# MASALA-GLAZED SALMON

4 ✦

15  
min



13  
min



### INGREDIENTS

4 salmon fillets  
70 g ketchup  
20 g ginger

2 cloves garlic  
2 tbsp sweet soy sauce  
2 tsp garam masala

### RECIPE

- 1 | Place the standard plate in the appliance, place a square of parchment paper in the cooking pot and place the fish fillets on top. Cook in STEAM mode for 5 minutes.
- 2 | In a bowl, mix all the other ingredients together.
- 3 | Add the fish to the preparation and cook in AIR FRY mode for 8 minutes.



## CARMELISED RIBS

4 ✂ 15 min  1 night  2 hrs 5 min 

## INGREDIENTS

1.5 kg pork ribs  
6 tbsp barbecue sauce

3 tsp spice mixture for grilling

## RECIPE

- 1 | Remove the thin white skin along the bones and completely cover with the spice mixture. Leave in a cool area, preferably overnight.
- 2 | Place the standard plate in the appliance. Place the spare ribs on the grill, with the bones touching the grill and the meat facing upwards. Cover with aluminium foil, tucking the foil properly under the meat to ensure that it does not move during cooking. Cook in AIR FRY mode at 180°C for 60 minutes. Once the time has elapsed, repeat, in the same mode at 180°C, for another 60 minutes.
- 3 | Make sure that the bones can easily be removed from the meat, then remove the foil and brush with barbecue sauce. Cook in AIR FRY mode for 5 minutes.



## PINEAPPLE PORK ROAST

4 ✂ 30 min  1 hour 

## INGREDIENTS

1.2 kg roast pork  
 1/2 pineapple  
 2 red peppers  
 1 red onion  
 3 tbsp olive oil

1 tsp herbes de Provence  
 salt  
 pepper

## RECIPE

- 1 | Peel the pineapple. Cut half of the pineapple into slices approximately 5 mm thick. Further cut the slices into two and then cut the rest of the pineapple into cubes.
- 2 | Place the standard plate in the appliance and line with baking paper, extending it along the edges of the cooking pot.
- 3 | Season the roast with salt and pepper and sprinkle over the herbes de Provence. Brush with oil and cut so as to allow the pineapple slices to be inserted. Place in the cooking pot and cook in ROAST MEAT mode at 170°C.
- 4 | Rinse the peppers, peel the onion and cut all of the vegetables into large chunks measuring about 3 cm.
- 5 | After cooking the meat for 30 minutes, add the vegetables all around the meat, sprinkle with the rest of the oil, season with salt and pepper, and continue cooking until the end of the mode.



# HAM AND ENDIVES GRATIN

4 ✂

20  
min



23  
min



## INGREDIENTS

4 endives  
4 slices white ham  
80 g crème fraîche, full fat

50 g grated Gruyère  
salt  
pepper

## RECIPE

- 1 | Place the standard plate in the appliance. Rinse the endives and remove any damaged parts. Place the endives in the cooking pot and cook in STEAM mode for 15 minutes.
- 2 | Remove the endives and leave to cool for a few minutes. Wrap them in the ham slices and place in a small dish. Top them with crème fraîche and sprinkle with gruyère cheese.
- 3 | Place in the cooking pot and cook in AIRFRY mode for 8 minutes.

# PORK TENDERLOIN WITH CLEMENTINES

4 ✂ 30 min 🍲 15 min 🍲

## INGREDIENTS

400 g pork tenderloin  
250 g frozen julienne vegetables  
1 onion  
4 clementines  
2 tbsp veal stock powder

3 tsp ras el hanout  
2 tbsp honey  
2 tbsp olive oil  
salt  
pepper

## RECIPE

- 1 | Peel the onion and clementines, thaw the julienne vegetables. Chop the onion and cut the clementines into thick slices. Place the standard plate in the appliance and lay baking paper around the edges of the cooking pot.
- 2 | Place the onion and clementines in the cooking pot. Add the fillet steak on top and season with salt, pepper, sprinkle with ras el hanout and drizzle with oil. Cook in ROAST MEAT mode for 15 minutes, adjusting the temperature to 170°C.
- 3 | Meanwhile, fry the vegetables in the skillet and set aside. Heat 150 ml of water and add the veal stock. After 10 minutes of cooking the meat, cover with the veal juice and then top the meat with honey. Continue cooking until the end of the mode and serve with the vegetables.



## BBQ PORK BELLY

4 ✦

10  
min17  
min*INGREDIENTS*

4 thick slices pork belly  
2 cloves garlic  
1 tsp ground paprika

2 tbsp ketchup  
2 tbsp barbecue sauce

*RECIPE*

- 1** | Place the grill plate in the appliance and preheat in GRILL mode at 200°C for 15 minutes.
- 2** | Peel and chop the garlic. Mix the garlic, paprika and barbecue sauce in a bowl.
- 3** | Season the meat with salt and pepper and place it in the cooking pot for 2 minutes. Glaze the meat with the mixture. Continue cooking for 2 minutes and serve.

## MOZZARELLA AUBERGINE

4 ✨ 15 min  23 min **INGREDIENTS**

1 aubergine  
2 packs mozzarella  
50 g pre-prepared tomato sauce

4 tbsp grated parmesan  
salt  
pepper

**RECIPE**

- 1 | Place the standard plate in the appliance. Rinse and cut the aubergine into slices around 5 mm thick. Place them in the cooking pot and season with salt and pepper. Cook in STEAM mode for 15 minutes.
- 2 | Meanwhile, drain the mozzarella and chop into thick slices. Allow the cooked aubergines to cool and cover them with the tomato sauce.
- 3 | Place the aubergines and mozzarella slices in a small dish, one on top of another. Sprinkle with parmesan cheese and place in the cooking pot. Restart the STEAM programme for 8 minutes.

# CHICKEN FILLET WITH MUSHROOMS AND BLUE CHEESE SAUCE

4 ✦

20  
min



15  
min



## INGREDIENTS

4 chicken fillets  
400 g button mushrooms  
70 g blue cheese  
50 g crème fraîche

2 tbsp olive oil  
3 sprigs thyme  
salt  
pepper

## RECIPE

- 1 | Rinse the mushrooms, remove any damaged parts and cut into four. Place the standard plate in the cooking pot and place the chicken fillets and mushrooms on it. Spray with oil, season with salt and pepper and add thyme. Cook in CHICKEN mode for 15 minutes.
- 2 | Meanwhile, melt the cheese into the crème fraîche in a small saucepan over a low heat for 5 minutes. Serve the chicken fillets with mushrooms and the blue cheese cream sauce.



## VEGETARIAN BAGEL

4 ✂ 20 min  22 min 

## INGREDIENTS

4 hamburger buns  
 200 g fresh cheese  
 4 tsp wholegrain mustard  
 1 red pepper  
 1 green pepper

4 button mushrooms  
 1 tsp oregano  
 2 tbsp olive oil  
 salt  
 pepper

## RECIPE

- 1 | Rinse and seed the peppers and cut them into large pieces of around 3 cm. Rinse the mushrooms, remove any damaged parts of the stem and cut in two.
- 2 | Place the grill plate in the appliance and place the vegetables on it, drizzle with olive oil and sprinkle with oregano, salt and pepper. Preheat for 15 minutes in GRILL mode at 200°C and cook for 12 minutes. Mix the vegetables halfway through the cooking process.
- 3 | Meanwhile, mix the cream cheese with the mustard.
- 4 | Remove the vegetables and place the sliced buns in the cooking pot for 5 minutes. Repeat, then spread the fresh cheese on the bread and top with the vegetables.

# HONEY CHICKEN AND HOISIN SAUCE



20 min



5 min



23 min



## INGREDIENTS

4 chicken fillets  
4 tbsp hoisin sauce  
4 tbsp honey  
1/2 lime  
2 tbsp sweet soy sauce

1 tbsp sesame oil  
1 garlic clove  
10 g fresh ginger  
1 tbsp sesame seeds

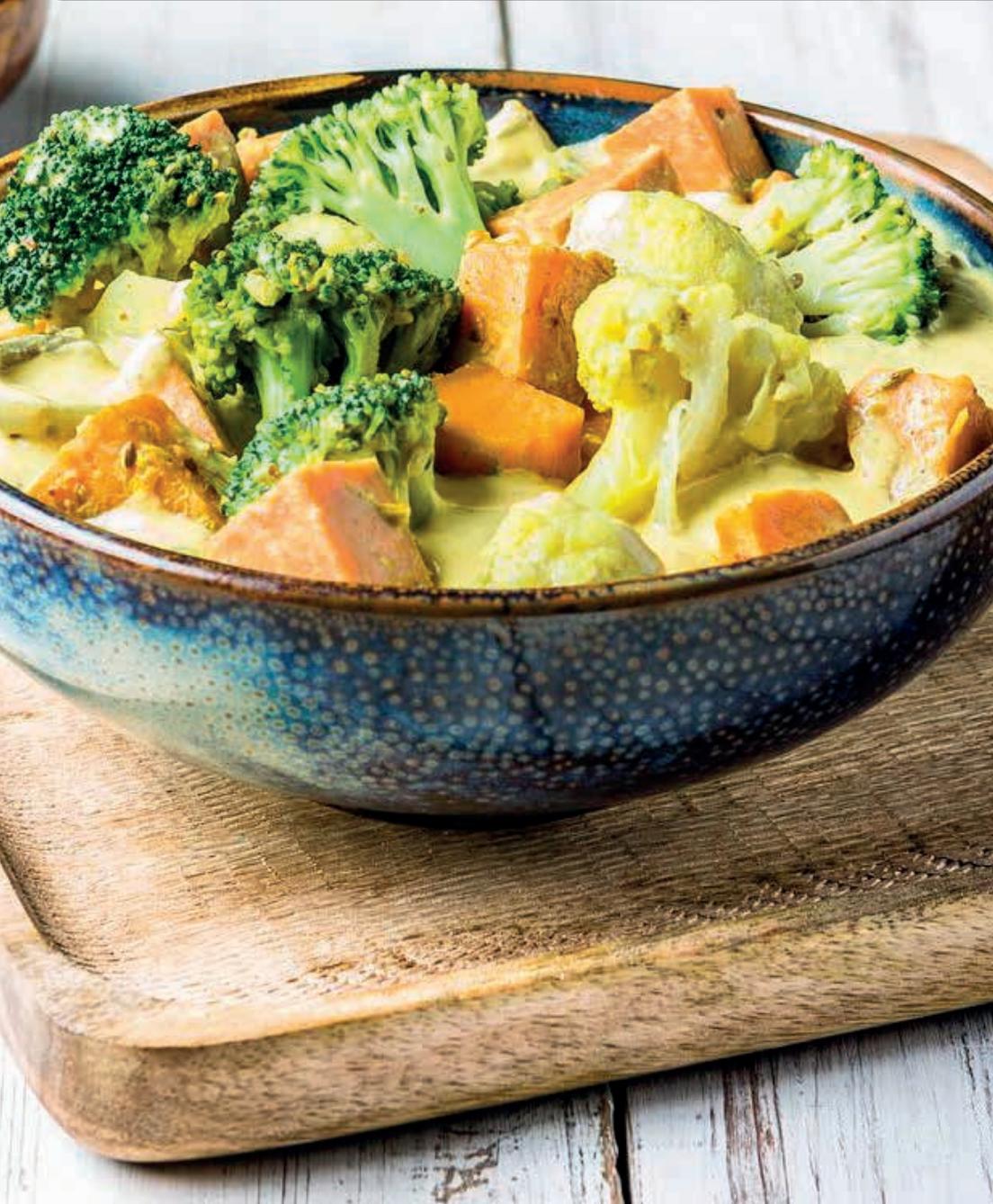
## RECIPE

- 1 | Place the grill plate in the appliance and preheat in GRILL mode at 200°C for 15 minutes.
- 2 | In a bowl, mix the hoisin sauce with the honey, lime juice, sweet soy sauce, peeled and grated ginger, and chopped peeled garlic. Marinate the chicken fillets in the mixture for 5 minutes.
- 3 | Drain the chicken fillets and place on the grill for 5 minutes. Continue cooking for 5 minutes.
- 4 | To prepare the home-made hoisin sauce, heat the following mixture over a low heat for 4 minutes: 4 tbsp soy sauce, 2 tbsp peanut butter, 1 tbsp honey, 2 tbsp cider vinegar, 1 tsp five spice, 2 tbsp sesame oil, 1 pinch chilli powder.



## VEGETABLE CURRY

4 ✂

20  
min25  
min*INGREDIENTS*

250 g broccoli  
250 g cauliflower  
400 g sweet potatoes  
1 red onion  
2 cloves garlic  
10 g ginger

2 tsp curry powder  
1 tsp turmeric powder  
400 ml coconut milk  
2 tbsp oil  
salt  
pepper

*RECIPE*

- 1 | Cut the broccoli and cauliflower into pieces and rinse. Peel the sweet potato and cut into 2-cm cubes.
- 2 | Place the standard plate in the appliance and place the vegetables in the cooking pot. Cook in STEAM mode for 15 minutes. Add the cauliflower and cook in STEAM mode for a further 10 minutes.
- 3 | Meanwhile, peel the onion, garlic and ginger. Chop the garlic and onion and then grate the ginger. In a small saucepan, brown in olive oil for 3 minutes. Add the curry powder, turmeric and coconut milk and then season with salt and pepper. Simmer for 10 minutes and then add the cooked vegetables. Cook for a further 5 minutes.

## SWEET POTATO FRIES

4 ✂

25  
min50  
min*INGREDIENTS*

1 kg sweet potatoes  
2 tbsp flour  
4 tbsp oil  
salt and pepper

*RECIPE*

- 1 | Peel and rinse the sweet potatoes and cut into chips. Place in a large bowl with the flour, oil, salt and pepper. Mix well.
- 2 | Place the standard plate in the appliance and place half of the chips into the cooking pot. Cook in AIR FRY mode for 25 minutes, turning halfway through the cooking process. Repeat for the remainder of the chips.



## APPLE CRUMBLE AND RED BERRIES

4 ✨ 20 min 🍲 2x15 min 🍲

*INGREDIENTS*

4 Golden Delicious apples  
 250 g mixed red berries  
 15 g cornflour  
 30 g brown sugar  
 120 g butter

100 g sugar  
 150 g flour  
 50 g rolled oats

*RECIPE*

- 1** | Core and seed the apples and cut them into 2-cm cubes. In a large bowl, mix the apples with the red berries, brown sugar and cornflour. Pour everything into a dish. Place the standard plate in the appliance and place the dish in the cooking pot. Cook in DESSERT mode at 190°C for 15 minutes.
- 2** | In the meantime, mix the soft butter, cut into cubes, in a large bowl with the flour, sugar and rolled oats. Work the dough by hand to obtain a crumbly texture.
- 3** | Spread the crumble dough over the fruit and resume DESSERT mode at 190°C for another 15 minutes.

## ALMOND CIGARS

4 ✪

30  
min12  
min*INGREDIENTS*

190 g ground almonds

30 g butter

6 sheets brick pastry

2 tbsp orange blossom flavouring

1 egg

120 g honey

*RECIPE*

- 1 |** Set aside 3 tbsp honey. In a large bowl, mix the ground almonds with the melted butter, orange blossom flavouring and honey. Shape the pastry into a sausage and cut into 7-cm pieces.
- 2 |** Cut the brick pastry sheets in half and place a roll of pastry on the bottom of the brick sheet. Brush all around the beaten egg and start rolling; fold the edges and finish rolling the cigars. Repeat the process until you have rolled all of them.
- 3 |** Place the standard plate in the appliance and place the vegetables in the cooking pot. Select DESSERT mode and cook at 180°C for 8 minutes, then add the honey and continue cooking for a further 3 minutes.

## CHOCOLATE CHIP MUFFINS

4 ✨

15 min 20 min *INGREDIENTS*

125 g flour

1/2 sachet yeast

30 g butter

30 g sugar

50 g chocolate chips

1 egg

120 ml milk

*RECIPE*

- 1** | Mix the milk, melted butter and eggs together in a large bowl. In another bowl, mix all of the other ingredients together.
- 2** | Stir the liquid ingredients in with the dry ingredients whilst whisking to avoid lumps.
- 3** | Divide the preparation into lightly greased muffin cases. Place the standard plate in the appliance. Place the cases in the cooking pot and start the DESSERT programme at 180°C for 20 minutes.

## MERINGUE APPLES

4 ✨

25  
min 2x10  
min *INGREDIENTS*

4 apples  
2 egg whites  
40 g sugar

30 g hazelnuts  
30 g chocolate chips

*RECIPE*

- 1** | Cut the apples 3/4 deep to remove their "tops". Remove the inside without piercing the skin. Place the standard plate in the appliance and place the apples with their tops on in a dish. Place everything in the cooking pot and cook in STEAM mode for 10 minutes.
- 2** | Meanwhile, place the egg whites in a bowl and beat in an electric mixer. When the whites are smooth and firm, gradually stir in the sugar whilst whisking to make a meringue. When all of the sugar has been added, continue to whisk for 2 minutes.
- 3** | Using a spatula, gently fold in the chopped hazelnuts and chocolate chips. Garnish the apples with the meringue and resume AIR FRY mode for 10 minutes.