



BOSCH

Invented for life

Cooking made simple -
the easiest way to get
perfect results.

Tips and recipes for your cooktop with PerfectFry Sensor.



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the simplest way to get perfect results.

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 **BOSCH**

For a great taste even before you know it.

However complicated a dish might sound, making it is now really simple. When using your new Bosch cooktop with PerfectFry Sensor, every dish will have a sensational flavour.

The PerfectFry Sensor will help your chosen dish to come out perfect. And extremely conveniently and easily as well. After all, there's another master chef in the kitchen besides you - your cooktop.

Every detail of the appliance has been carefully thought through and tested by our engineers until it satisfies our high quality standards 100%. The result is cutting-edge technology that is child's play to use, makes work easier for you and always delivers first-class results. The recipes in this brochure have been developed and tested to the same high standards. All details in the recipes are precisely tailored to your induction hob to easily arrive at a perfect result.

For a great taste even before you know it. Bon appétit!



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Information on your appliance





There are many ways to get the perfect steak. This is the short-cut.

With the PerfectFry Sensor, frying becomes child's play. It permanently regulates the temperature of the frying pan, so you no longer need to check and readjust it. This constant temperature control ensures that nothing will burn again.

Because the fat or oil does not overheat, preparing food using the PerfectFry Sensor not only protects your health, but the pan coating as well.

It couldn't be simpler: place the system pan onto the cooking zone and set the desired temperature range. Only add the oil and food to the frying pan once the signal sounds. Stir everything a little or turn it, and that's all you need to do.

For perfect frying results, we recommend that you use the system pan offered and tested by us.

Special accessories

The recipes in this brochure are tailored to the 21 cm Ø system pan (Ø 210 mm cooking position) and 19 cm Ø system pan (Ø 180 mm cooking position).



System pan, 15 cm Ø
HEZ390210



System pan, 19 cm Ø
HEZ390220



System pan, 21 cm Ø
HEZ390230



System pan, 28 cm Ø
HEZ390250

Information on the recipes



Abbreviations and quantities

Abbreviations

ml	millilitres
l	litres
g	grams
kg	kilograms
cm	centimetres
mm	millimetres
tbsp	tablespoon
tsp	teaspoon
lvl	level
hpd	heaped
e.g.	for example
approx.	approximately
∅	diameter

Nutritional information

kcal	kilocalories
	fat
carbs	carbohydrates
	protein

Weights and capacity measures

1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Butter	3 g	8 g	10 g	18 g
Peanut butter	4 g	7 g	7 g	14 g
Honey	6 g	13 g	12 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Breadcrumbs	2 g	6 g	4 g	11 g
Salt	5 g	13 g	8 g	24 g
Soy sauce	4 g	9 g	-	-
Tomato purée	5 g	11 g	8 g	16 g
Water/milk	5 g	15 g	-	-
Lemon juice	4 g	9 g	-	-
Sugar	3 g	9 g	6 g	17 g

Chapter 1

Starters and side dishes





Green asparagus with honey

For 4 servings

Ingredients

 Ingredients:

 50 g walnuts, roughly chopped

 30 g soft butter

 1 bunch green asparagus,
approx. 300 g

 Salt

 Pepper, freshly ground

 3 tbsp honey

Per serving:

 200 kcal, 13 g carbs, 15 g fat,
4 g protein

Preparation

1 | Heat the frying pan as indicated. After the acoustic signal, add the chopped walnuts to the frying pan, toast and place to one side.

2 | Then melt the butter in the frying pan as indicated and fry the asparagus in it. Season with salt and pepper.

3 | When the asparagus is cooked and slightly brown, add the honey.

4 | Arrange the asparagus on a platter and scatter the toasted walnuts over it.

Setting procedure:

Nuts:

With the frying sensor, level "med"

Fry for 6-10 minutes

Asparagus:

With the frying sensor, level "min"

Fry for 8-10 minutes

Tip:

 Serve with goat's cheese or feta.



Chicken nuggets

Makes approx. 20 for 4 servings

Ingredients

Ingredients:

400 g chicken breast fillet

Salt

Pepper, freshly ground

2 eggs

100 g cornflakes

2 tbsp flour

4 tbsp sunflower oil

Per serving:

365 kcal, 26 g carbs, 16 g fat,
30 g protein

Preparation

- 1 |** Rinse the chicken breast fillets under cold water and pat dry with kitchen towel. Cut into approx. 20 pieces of equal size and season with salt and pepper.
- 2 |** Whisk the eggs in a small bowl.
- 3 |** Put the cornflakes into a bag and crush them slightly. Then place them into another small bowl.
- 4 |** Add the flour to the pieces of meat. Coat the meat with the flour until it no longer sticks.
- 5 |** Coat the floured pieces of meat with the egg and toss in the cornflakes. Place the breaded nuggets on a large plate.
- 6 |** Heat the frying pan as indicated. After the acoustic signal, add 2 tbsp oil and half of the nuggets to the hot frying pan. Fry, turning on all sides for 15-20 minutes. Cook the rest of the nuggets in the same way.

Setting procedure:

With the frying sensor, level "med"
After the signal, fry for a total of 30-40 minutes

Tip:

You can also use turkey breast instead of chicken.



Breaded feta sticks

Makes approx. 20 for 4 servings

Ingredients

Ingredients:

200 g feta cheese

Pepper, freshly ground

2 eggs

2 tbsp flour

6 tbsp breadcrumbs

2 tbsp cooking oil

Per serving:

316 kcal, 17 g carbs, 21 g fat,

14 g protein

Preparation

1 | Cut the feta into eight pieces and season with pepper.

2 | Crack the eggs into a bowl and whisk. Add the flour and breadcrumbs to a bowl each.

3 | Coat the feta pieces in flour, egg and then in the breadcrumbs.

4 | Heat the frying pan as indicated. After the acoustic signal, add the oil and breaded feta pieces to the frying pan and fry on both sides for approx. 7-10 minutes until golden.

Setting procedure:

With the frying sensor, level "low"
After the signal, fry for 7-10 minutes

Tip:

Serve the feta sticks with a tomato salad and baguette.



Patatas Bravas

For 2 servings

Ingredients

Ingredients:

500 g potatoes

300 ml vegetable oil

Salt

Per serving:

395 kcal, 39 g carbs, 24 g fat,
5 g protein

Preparation

1 | Wash, peel and cut the potatoes into approx. 3 cm cubes.

2 | Heat the frying pan as indicated. After the acoustic signal, add the vegetable oil and potatoes to the frying pan.

3 | Remove the fried diced potatoes from the frying pan and drain on kitchen towel.

4 | Place in a bowl and season with salt.

Setting procedure:

With the frying sensor, level "low"
After the signal, fry for approx. 20 minutes

Tip:

Serve them with a hot tomato sauce.

Chapter 2

Sauces





Bolognese sauce

For 4 servings

Ingredients

Ingredients:

1 onion

2 cloves garlic

1 carrot

3 tbsp sunflower oil

300 g minced beef

100 ml red wine

2 tbsp tomato purée

1 large tin peeled tomatoes

2 bay leaves

½ tsp basil

Salt

Pepper, freshly ground

Per serving:299 kcal, 9 g carbs, 20 g fat,
18 g protein**Preparation**

1 | Peel and finely chop the onion and garlic. Peel and finely dice the carrot.

2 | Heat the frying pan as indicated and after the acoustic signal, add the oil and vegetables to the frying pan.

3 | When the onions are soft and start to brown, add the minced meat and increase the frying setting as indicated.

4 | Separate the minced meat with a wooden spoon. Deglaze the cooked, lightly browned minced meat with the red wine.

5 | Once the red wine has evaporated, add the tomato purée and sauté briefly.

6 | Cut up the peeled tomatoes. Add the tomatoes, herbs and seasoning to the pan and simmer the sauce as indicated.

Setting procedure:

Vegetables:

With the frying sensor, level "min"

After the signal, fry for approx. 5 minutes

Minced meat:

With the frying sensor, level "med"

After the signal, fry for 6-10 minutes

Bolognese sauce:

Power level 2-3, cook for approx. 30 minutes

Tip:

Serve the sauce with spaghetti and grated Parmesan.

Chapter 3

Meat and fish





Mozzarella meatballs

For 4 servings

Ingredients

 Ingredients:

 1 small onion, approx. 70 g

 ½ pepper

 2 tbsp cooking oil

 125 g mozzarella

 2 eggs

 2 tbsp breadcrumbs

 450 g minced beef

 Salt

 Pepper

 4 tbsp cooking oil

Per serving:

 551 kcal, 8 g carbs, 43 g fat,
 33 g protein

Preparation

1 | Peel the onion and wash the pepper. Chop both of them finely. Heat the frying pan as indicated. After the acoustic signal, fry the onion and pepper in 2 tbsp oil until soft and place to one side.

2 | Cut the mozzarella into eight cubes.

3 | Mix the eggs, breadcrumbs, fried pepper and diced onions in a bowl, mix in the minced meat and season with salt and pepper.

4 | With damp hands, shape the minced meat mixture into eight balls. Press each ball flat and place a cube of mozzarella in the middle. Shape them into balls so the cheese is no longer visible.

5 | Heat the frying pan as indicated and after the acoustic signal, add the oil and minced meat balls to the frying pan and fry on both sides.

Setting procedure:

Pepper and onion:

With the frying sensor, level "min"

Fry for 5-10 minutes

Meatballs:

With the frying sensor, level "low"

Fry for 15-20 minutes



Chicken and peach skewers

For 4 servings

Ingredients

 Ingredients:

 2 peaches, approx. 150 g each

 500 g chicken breast

 4 kebab skewers

 Salt

 Pepper, freshly ground

 2 tbsp olive oil

Per serving:

 211 kcal, 7 g carbs, 7 g fat,
 30 g protein

Preparation

1 | Wash and peel the peaches and cut into 20 pieces of approx. 2 cm in size.

2 | Rinse the chicken breast under cold water and pat dry with kitchen towel. Cut into 20 cubes, approx. 2 cm in size too.

3 | Thread the meat and the peach alternately onto the kebab skewers and season with salt and pepper.

4 | Heat the frying pan as indicated. After the acoustic signal, fry the kebabs in olive oil on all sides until golden brown.

Setting procedure:

With the frying sensor, level "min"
 After the signal, fry for 20-25 minutes

Tip:

Serve the skewers with rice or on a large mixed salad.



Mediterranean fish skewers

For 4 servings

Ingredients

 Ingredients:

 200 g red perch fillet

 ½ red pepper

 1 small courgette, approx. 100 g

 12 prawns without shells

 4 kebab skewers

 1 lemon

 4 tbsp olive oil

 ½ tsp thyme

 ½ tsp rosemary

 ½ tsp oregano

 ½ tsp basil

 1 clove garlic

 Salt

 Pepper, freshly ground

 3 tbsp vegetable oil

Per serving:

 276 kcal, 2 g carbs, 23 g fat,
 15 g protein

Preparation

1 | Rinse the fish fillet under cold water and pat dry with kitchen towel. Cut it into large cubes.

2 | Wash the courgette and pepper. De-seed the pepper and dice coarsely. Cut the courgette into slices approx. ½ cm thick.

3 | Thread the fish fillet, prawns, pepper and courgette alternately onto the skewers.

4 | Peel and finely chop the garlic. Squeeze the lemon. Stir together the juice with the olive oil, herbs, garlic, salt and pepper to make a marinade.

5 | Coat the kebabs well with the marinade.

6 | Heat the frying pan as indicated. After the acoustic signal, add the vegetable oil and kebabs to the frying pan. Fry for 15-20 minutes, turning them.

Setting procedure:

With the frying sensor, level "low"
 After the signal, fry for 15-20 minutes

Tip:

Serve the fish skewers together with Alioli and white bread.



Rump steak with crispy fried onions

For 2 servings

Ingredients

 Ingredients:

 1 large onion, approx. 150 g

 ½ tsp ground paprika

 2 tbsp flour

 200 ml vegetable oil

 2 rump steaks, 180 g each

 1 tsp vegetable oil

 Salt

 Pepper, freshly ground

Per serving:

670 kcal, 15 g carbs, 50 g fat,

 41 g protein

Preparation

1 | Peel the onions and cut into thin rings. Mix the paprika and flour together and toss the onion rings in the mixture. Shake off the excess flour.

2 | Heat the frying pan as indicated. After the acoustic signal, add the vegetable oil and half of the onion rings to the frying pan. Fry the onion rings until they are crispy. Remove from the frying pan and drain on kitchen towel. Then fry the remaining onion rings in the same way and place them to one side.

3 | Pour the rest of the oil into a heat-resistant container and clean the frying pan.

4 | Rinse the steaks under cold water and pat dry with kitchen towel. Heat the frying pan for the steaks as indicated. After the acoustic signal, distribute the oil evenly in the frying pan. Place the steaks in the frying pan and fry on both sides. Then season the steaks with salt and pepper.

5 | Scatter the fried onions over the steaks and serve.

Setting procedure:

Fried onions per serving:

With the frying sensor, level "low"

After the signal, fry for approx. 10 minutes

Steaks:

With the frying sensor, level "med"

Medium: After the signal, fry for approx. 12 minutes

Well done: After the signal, fry for

approx. 15 minutes



Pork escalope in a herb and garlic crumb coating

For 4 servings

Ingredients

 Ingredients:

2 eggs

 2 tbsp flour

8 tbsp breadcrumbs

 1 clove garlic

½ tsp basil, dried

 ½ tsp oregano, dried

4 pork escalopes, 120 g each

 Salt

Pepper, freshly ground

 5 tbsp sunflower oil

Per serving:

 457 kcal, 28 g carbs, 22 g fat,
 36 g protein

Preparation

1 | Whisk the eggs in a bowl. Also put the flour and breadcrumbs in bowls.

2 | Peel and chop the garlic finely. Add to the breadcrumbs with the herbs and mix it all.

3 | Rinse the escalope under cold water and pat dry with kitchen towel. Then season with salt and pepper. Coat first with flour, then dip into the whisked egg and finally in the breadcrumbs.

4 | Heat the frying pan as indicated.

5 | After the acoustic signal, add the cooking oil to the frying pan. Place two escalopes into the hot frying pan and fry them on each side for approx. 4-5 minutes.

6 | Keep the fried escalopes warm and fry the remaining escalopes.
Setting procedure:

 With the frying sensor, level "med"
 After the signal, fry for approx. 20 minutes

Tip:

 You can also use fresh herbs. Use a little more. Chop the herbs finely and mix them together with the breadcrumbs.



Fillet of pork wrapped in bacon

For 4 servings

Ingredients

Ingredients:

400 g fillet of pork

Salt

Pepper, freshly ground

8 rashers bacon

1 tbsp vegetable oil

Per serving:

257 kcal, 0 g carbs, 18 g fat,
24 g protein

Preparation

1 | Rinse the fillet of pork under cold water and pat dry with kitchen towel. Cut into eight pieces of equal size and season very lightly with salt and pepper.

2 | Wrap the bacon rashers round them.

3 | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and meat to the frying pan and fry on both sides until golden brown.

Setting procedure:

With the frying sensor, level "low"
After the signal, fry for 15-20 minutes



Fried trout

For 2 servings

Ingredients

Ingredients:

2 trout, 250 g each

Salt

Pepper, freshly ground

2 tbsp vegetable oil

Per serving:

389 kcal, 0 g carbs, 20 g fat,

51 g protein

Preparation

1 | Rinse the trout briefly in cold water and pat dry with kitchen towel.

2 | Season the fish with salt and pepper inside and out.

3 | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and trout to the frying pan and fry on both sides.

Setting procedure:

With the frying sensor, level "low"
After the signal, fry for 25-35 minutes

Tip:

Serve with rice and a green salad.

Chapter 4

Vegetables and stir fries





Fried mushrooms

For 2 servings

Ingredients

 Ingredients:

 400 g button mushrooms

 1 clove garlic

 75 g diced bacon

 2 tbsp sunflower oil

 1 tbsp sesame seeds

 1 tsp salt

Per serving:

 424 kcal, 3 g carbs, 41 g fat,

 13 g protein

Preparation

1 | Trim and slice the mushrooms. Peel and chop the garlic finely.

2 | Heat the frying pan as indicated and after the acoustic signal, add the cooking oil, button mushrooms, diced bacon and garlic to the frying pan. Fry, stirring continuously until the mushrooms are cooked and slightly brown.

3 | Shortly before the end of the frying time, scatter sesame seeds over them.

4 | Season with salt and serve.

Setting procedure:

With the frying sensor, level "med"
 After the signal, fry for approx. 10 minutes

Tip:

Serve the mushrooms with rice or baguette. As a side dish, the mushrooms are sufficient for 4 portions.



Filled pancakes

For 2 servings

Ingredients

 For the pancake batter:

 100 g flour

 2 eggs

 150 ml milk

 Salt

 4 tsp sunflower oil

 For the filling:

 ½ pepper, approx. 100 g

 1 tomato, approx. 100 g

 1 small courgette, approx. 100 g

 100 g button mushrooms

 1 shallot

 Salt

 Freshly ground pepper

 2 tbsp vegetable oil

 70 g grated cheese, e.g. mozzarella

Per serving:
 628 kcal, 45 g carbs, 39 g fat,

 25 g protein

Preparation

1 | For the pancakes, prepare a smooth batter with the flour, eggs, milk and salt.

2 | Wash the pepper, tomato and courgette and dice finely. Clean the button mushrooms and peel the shallot. Chop them both finely too.

3 | Heat the frying pan as indicated and after the acoustic signal, add 1 tsp oil to the frying pan. Pour a quarter of the batter into the frying pan and use this to make a thin pancake. Fry three other pancakes one after another in the same way and keep them warm.

4 | Then lightly fry the pepper, button mushrooms and courgette in the hot frying pan in 2 tbsp cooking oil.

5 | Turn down the frying setting as indicated and add the shallots and diced tomatoes. Cook the vegetables gently for 5-10 minutes. Season with salt and pepper.

6 | Put the pancakes on pre-warmed plates and fill half of each with vegetables. Sprinkle with cheese and fold together.

Setting procedure:

Pancakes:

With the frying sensor, level "max"

After the signal, fry for 1-2 minutes on each side

Vegetable filling:

Pepper, mushrooms, courgette

With the frying sensor, fry for approx. 5 minutes at level "med"

Add shallots and tomatoes

With the frying sensor, fry for 5-10 minutes at level "min"



Stir-fried rice

For 4 servings

Ingredients

Ingredients:

1 carrot

1 onion

1 clove garlic

1 small red pepper

150 g white cabbage

3 eggs

4 tbsp soy sauce

300 g rice, cooked

Salt

Pepper, freshly ground

2 tbsp parsley, chopped

4 tbsp cooking oil

Per serving:311 kcal, 28 g carbs, 17 g fat,
10 g protein**Preparation**

1 | Peel the carrot, onion and garlic and dice finely. Wash and de-seed the pepper and wash and trim the cabbage. Cut the pepper and the cabbage into strips.

2 | Mix the eggs with 1 tbsp soy sauce.

3 | Heat the frying pan as indicated. After the acoustic signal, add 1 tbsp oil and the eggs. Stirring continuously, fry until the eggs begin to brown. Remove from the frying pan and place to one side.

4 | Heat the frying pan as indicated. After the acoustic signal, add 3 tbsp oil. Fry the vegetables lightly. When the cabbage has wilted slightly, add the boiled rice and eggs.

5 | Fry until the vegetables are al dente. Then add 3 tbsp soy sauce and season with salt and pepper to taste.

6 | Serve sprinkled with parsley.

Setting procedure:

Eggs:

With the frying sensor, level "min"

After the signal, fry for approx. 5 minutes

Stir-fried rice:

With the frying sensor, level "med"

After the signal, fry for approx. 10 minutes

Tip:

Add the finely chopped ginger and the vegetables to a frying pan.



Stir-fried scampi

For 2 servings

Ingredients

 Ingredients:

1 red chilli

 3 cloves garlic

200 g scampi without heads and shells

 6 tbsp olive oil

150 g cherry tomatoes

 80 g olives pitted

Salt

 2 tbsp lemon juice

1 bunch parsley

Per serving:

 505 kcal, 7 g carbs, 43 g fat,
21 g protein

Preparation

1 | Wash and halve the chilli. Remove the seeds. Peel the garlic and chop together with the chilli.
2 | Chop the parsley finely and place to one side.**3** | Heat the frying pan as indicated. Fry the scampi briefly in hot olive oil. Add the tomatoes, olives, chilli and garlic and fry until done.**4** | Season with salt just before serving. Add the lemon juice and the chopped parsley.**Setting procedure:**

 With the frying sensor, level "min"
After the signal, fry for 5-9 minutes

Tip:

 Serve the stir-fried scampi with baguette or rice. As a side dish, the stir-fried scampi fry is sufficient for 4 portions.



Stir-fried noodles

For 4 servings

Ingredients

Ingredients:

1 bunch spring onions

2 carrots

1 piece ginger, walnut-sized

2 cloves garlic

3 tbsp cooking oil

200 g minced beef

150 g bean sprouts

250 g cooked noodles

4 tbsp soy sauce

Lemon juice

Salt

Cayenne pepper

Per serving:350 kcal, 27 g carbs, 19 g fat,
19 g protein**Preparation**

1 | Peel the spring onions and the carrots and cut into small strips. Peel the ginger and garlic and chop finely.

2 | Heat the frying pan as indicated. After the acoustic signal, add 2 tbsp cooking oil and the minced meat to the frying pan.

3 | Fry the minced meat, remove from the frying pan and place to one side.

4 | Add the vegetables and the bean sprouts together with 1 tbsp cooking oil to the hot frying pan and fry. Add the cooked noodles and heat. Lastly, add the fried minced meat again. Season with soy sauce, lemon juice, salt and cayenne pepper.

Setting procedure:

With the frying sensor, level "med"
After the signal, fry for approx. 10 minutes

Chapter 5

Egg dishes





Italian omelette

For 4 servings

Ingredients

 Ingredients:

 1 jar dried tomatoes in oil, filling
 quantity 285 g

 125 g mozzarella

 8 eggs

 150 ml cream

 Salt

 Black pepper, freshly ground

 1 bunch fresh basil

 4 tsp butter

Per serving:

 452 kcal, 9 g carbs, 36 g fat,
 23 g protein

Preparation

1 | Drain the dried tomatoes and the mozzarella and cut them both into small pieces.

2 | Whisk the eggs with the cream. Rinse the basil and shake dry. Put some basil leaves to one side. Cut the rest into small pieces and mix it into the egg mixture. Season with salt and pepper.

3 | Heat the frying pan as indicated. After the acoustic signal, add 1 tsp butter to the frying pan. Pour a quarter of the egg mixture into the frying pan. Put a quarter of the tomatoes and the mozzarella on top.

4 | Leave the mixture to set.

5 | Slide the omelette onto a pre-warmed plate. Garnish with basil leaves and fold it together.

6 | Prepare the other omelettes in the same way.

Setting procedure:

With the frying sensor, level "min"

After the signal, leave to set for approx. 5 minutes



Potato omelette

For 4 servings

Ingredients

 Ingredients:

700 g potatoes

 1 onion, approx. 100 g

7 eggs

 1 tsp salt

Pepper, freshly ground

 250 ml olive oil

Per serving:

 438 kcal, 30 g carbs, 28 g fat,

16 g protein

Preparation

1 | Peel the potatoes and onions and cut into approx. 1-2 cm sized pieces.
2 | Whisk the eggs in a large bowl with salt and pepper.**3 |** Heat the frying pan as indicated. After the acoustic signal, add the olive oil to the frying pan and fry the pieces of potato and onion for 20-25 minutes.**4 |** Remove the fried potato and onion pieces from the frying pan and drain on kitchen towel. Then add to the egg mixture.**5 |** Leave a little cooking oil in the frying pan; remove the rest of the oil from the pan.**6 |** Reheat the frying pan as indicated and after the acoustic signal, leave the potato and egg mixture to set in it. Turn the omelette using a large plate and finish cooking it.**Setting procedure:**

 Potatoes and onions:

With the frying sensor, level "min"

After the signal, fry for 20-25 minutes

Omelette:

With the frying sensor, level "min"

After the signal, fry for 20-30 minutes

Tip:

 Divide the omelette into four portions. It can be served warm or cold with raw ham.

Chapter 6

Desserts





Fruit in batter

For 4 servings

Ingredients

 Ingredients:

 2 eggs

 Salt

 60 g sugar

 140 g flour

 100 ml white wine

 2 tbsp olive oil

 20 pieces of seasonal fruit, e.g.
 strawberries, damsons, figs, banana
 pieces or apple slices

 For deep frying:

 400 ml vegetable oil

Per serving:

 416 kcal, 45 g carbs, 21 g fat,
 8 g protein

Preparation

- 1** | Separate the eggs and whisk the egg white with a pinch of salt until stiff. Gradually add the sugar and continue to whisk the egg white.
- 2** | Mix the flour, white wine, olive oil and egg yolk to a smooth batter.
- 3** | Gradually fold the whisked egg white carefully into the batter.
- 4** | Coat the fruit in the batter.
- 5** | Heat the frying pan as indicated. After the acoustic signal, pour the oil into the frying pan. Deep-fry portions of the fruit in the hot oil until golden and then drain on kitchen towel.

Setting procedure:

With the frying sensor, level "med"
 After the signal, 5-6 minutes per portion

Tip:

 Serve the fruit with honey, icing sugar or ice cream.

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