



**BOSCH**

Invented for life

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

Tips and recipes for your cooktop  
with PerfectFry Sensor and PerfectCook Sensor.





Cooking made easy -  
the simplest way to get perfect results.

Tips and recipes for your induction hob with  
the PerfectFry Sensor and the PerfectCook Sensor.



# 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 induction hob with PerfectCook Sensor and PerfectFry Sensor, every dish will have a sensational flavour.

Whether you are boiling, braising, sweating, simmering, frying or roasting - or just keeping your cooked dish nice and warm: The PerfectCook Sensor and 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 induction hob.

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







## PerfectCook Sensor - Cooks everything without boiling over.

Cooking with the PerfectCook Sensor is like cooking in your oven: with temperature control. The PerfectCook Sensor controls the heating process and reliably maintains the temperature selected for the pan while cooking. You no longer have to check and adjust it yourself.

The milk won't boil over, dumplings won't get overcooked and sausages won't burst.

Vegetables are cooked just right, so preserving their precious minerals and vitamins. You can keep the lid on the whole time - that also saves energy.

Select the right temperature range and your food will come out perfect in next to no time.

### **Information:**

Make sure that the pans you are using are large enough for the quantities specified.

## 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 for PerfectFry sensor 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).

Most of the recipes for the PerfectCook sensor WSP are designed for pots with a base diameter of 180 and 210 mm. The Panna Cotta and the punch recipes are designed for pots with a base diameter of 145 mm.



**System pan, 15 cm Ø**  
HEZ390210



**System pan, 19 cm Ø**  
HEZ390220



**System pan, 21 cm Ø**  
HEZ390230



**System pan, 28 cm Ø**  
HEZ390250



**Cooking sensor WSP**  
HEZ39050

## 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

## Sachet measurements

Baking powder	17 g
Vanilla sugar	9 g
Dried yeast	7 g

## Weights and capacity measures

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

## Nutritional information

kcal	kilocalories
	fat
carbs	carbohydrates
	protein

<b>Spoon measures</b>	<b>lvl tsp</b>	<b>lvl tbsp</b>	<b>heaped tsp</b>	<b>heaped tbsp</b>
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Peanut butter	4 g	7 g	7 g	14 g
Vinegar	4 g	9 g	-	-
Stock granules	2 g	6 g	5 g	10 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	36 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Breadcrumbs	2 g	6 g	4 g	11 g
Rum	2 g	8 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Soy sauce	4 g	9 g	-	-
Tomato purée	5 g	11 g	8 g	16 g
Water/milk	5 g	15 g	-	-
Cinnamon	2 g	3 g	4 g	11 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 4

Fry for 6-10 minutes

Asparagus:

With the frying sensor, level 2

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. Season with salt and pepper and cut into approx. 20 pieces of equal size.
  - 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 4  
 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 cooking oil and breaded feta pieces to the frying pan and fry on both sides until golden.

**Setting procedure:**

---

With the frying sensor, level 3  
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 3  
After the signal, fry for 20 minutes

**Tip:**

---

Serve them with a hot tomato sauce.



# Rösti

For 4 servings

**Ingredients**

---

Ingredients:

---

800 g potatoes

---

1 tsp salt

---

Pepper, freshly ground

---

60 g butter

---

**Per serving:**

---

257 kcal, 31 g carbs, 13 g fat,  
4 g protein

---

**Preparation**

---

**1** | Peel, wash and roughly grate the potatoes. Then season with salt and pepper.

**2** | Heat the frying pan as indicated. After the acoustic signal, add half the butter to the frying pan.

**3** | Once the butter has completely melted, add the grated potatoes to the frying pan and press flat using a fork. Then add the remaining butter to the potato mixture.

**4** | Turn after 25 minutes and fry for an additional 25 minutes.

**Setting procedure:**

---

With the frying sensor, level 1  
After the signal fry for 50 minutes



# Courgette tomato vegetables

For 4 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

---

Ingredients:

---

2 onions, approx. 200 g

---

2 tbsp oil

---

4-5 medium-sized courgettes, 750 g

---

5-6 tomatoes, approx. 600 g

---

4-5 tsp vegetable stock powder

---

750 ml water

---

**Per serving:**

---

127 kcal, 9 g carbs, 7 g fat,  
6 g protein

---

**Preparation**

- 
- 1 |** Peel and dice the onions. Then sweat in cooking oil.
  - 2 |** Wash the courgettes and tomatoes, cut into slices and add. Season with vegetable stock and pour in the water. Cover the pan with a lid and activate the wireless temperature sensor. Cook the vegetables as indicated.
  - 3 |** Stir once halfway through the cooking time.

**Setting procedure:**

---

Cooking:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 20 minutes



# Potato balls

For 4 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

Ingredients:

450 g potatoes

15 g butter

1 egg yolk

15 g potato or corn starch

20 g cheese, grated

Salt

Nutmeg

Breadcrumbs

Cooking:

2 l water

Deep-fat frying:

2 l oil

**Per serving:**351 kcal, 34 g carbs, 21 g fat,  
6 g protein**Preparation****1 |** Boil the potatoes in 2 l water as indicated. After cooking peel and mash the hot potatoes.**2 |** Combine the potatoes with butter, egg yolk, potato or corn starch and cheese and season well with salt and nutmeg.**3 |** Form the potato mixture into small balls about 2 cm in diameter and coat with the breadcrumbs.**4 |** Activate the wireless temperature sensor and heat the oil as indicated in the covered pan.**5 |** After the acoustic signal remove the lid. Fry the balls in six portions in the uncovered pan as indicated until golden.**Setting procedure:**

Potatoes:

With wireless temperature sensor, level 3 / 100 °C

After the signal cook for approx. 50 minutes

Deep-fat frying:

With wireless temperature sensor, level 5 / 170 °C

After the signal for approx. 3 minutes per portion

**Tip:**

If you are using a pressure cooker, cook the potatoes for approx. 20 minutes at level 4 / 120 °C.

## Chapter 2

# Soups







# Potato soup

For 6 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

---

Ingredients:

---

1 small onion

---

50 g butter

---

600 g potatoes

---

1 tsp marjoram

---

1,5 l meat stock

---

100 g flour

---

700 ml water

---

Salt

---

Pepper, freshly ground

---

100 g crème fraîche

---

**Per serving:**

---

247 kcal, 30 g carbs, 12 g fat,  
5 g protein

---

**Preparation**

---

**1 |** Peel and chop the onion. Then sweat in butter at level 6-7.

**2 |** Peel the potatoes and dice finely. Add the potatoes to the onions together with the marjoram. Mix well and pour in the meat stock.

**3 |** Cover the pan with a lid and activate the wireless temperature sensor. Cook the soup as indicated.

**4 |** Blend the flour with the water until smooth, add to the cooked potatoes and bring briefly to the boil. Season the soup with salt and pepper and pour into soup bowls.

**5 |** Garnish by adding 1 tsp of crème fraîche to each soup bowl.

**Setting procedure:**

---

Cooking:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 30 minutes



# Mince and leek soup

For 4 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**


---

 Ingredients:
 

---



---

 1 medium-sized onion
 

---



---

 1 tbsp vegetable oil
 

---



---

 400 g minced beef
 

---



---

 1,5 l meat stock
 

---



---

 2 small leeks
 

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 150 g "cream" processed cheese
 

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 150 g "herb" processed cheese
 

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---

 150 ml cream
 

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---

 150 g button mushrooms, in slices
 

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---

 1 tsp mustard
 

---



---

 White wine
 

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---

 Garlic powder
 

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---

 Chives
 

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**Per serving:**


---

 642 kcal, 6 g carbs, 52 g fat,  
 36 g protein
 

---

**Preparation**


---

**1 |** Peel and dice the onion. Heat the oil in the pan and sweat the onions at level 7-8.

**2 |** Then increase to level 9, add the minced meat and fry. Deglaze with white wine.

**3 |** Add the stock, cover the pan with a lid and activate the wireless temperature sensor. Simmer the soup for 10 minutes.

**4 |** Wash the leek, cut it into small pieces and add to the soup. Melt the cheese in the soup. Add the button mushrooms. Season with mustard and garlic powder and cook for a further 30 minutes. Shortly before the end of the cooking time add the cream and stir.

**5 |** Garnish with chives.
**Setting procedure:**


---

 Cooking:

With wireless temperature sensor, level 2 / 90 °C

 After the signal for 40 minutes
 

---



# Kehdinger 'Wedding Soup'

For 6 servings

Pan with a base diameter of 180 or 210 mm

## Ingredients

For the dumplings:

1 stale bread roll

500 g minced beef

1 egg

Salt

Pepper, freshly ground

2 l water

Salt

For the soup:

450 g beef

1,5 l cold water

150 g celery

500 g carrots

1 leek

Salt

Meat stock granules

2 tbsp fresh parsley

### Per serving:

366 kcal, 12 g carbs, 19 g fat,  
37 g protein

## Preparation

**1 |** Soak the bread roll in water, squeeze out any excess liquid and mix with the minced meat, egg, salt and pepper. Form the mixture into small dumplings of about 4 cm in diameter.

**2 |** Put the water and salt into a pan and cover with a lid. Activate the wireless temperature sensor and after the signal cook the dumplings as indicated. Drain the water and put the dumplings to one side.

**3 |** Rinse the beef under cold water, cut into chunks approx. 3 cm in size and add to a pan with cold water. Activate the wireless temperature sensor, cover the pan with a lid and cook the meat for 60 minutes. Occasionally skim off any foam that occurs.

**4 |** In the meantime trim the vegetables and cut into pieces. After the cooking time add to the soup, season with salt and stock and cook for a further 40 minutes.

**5 |** Add the dumplings to the soup and cook for a further 5 minutes. Sprinkle with parsley.

### Setting procedure:

Cooking the dumplings:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 10 minutes

Cooking the soup:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 100 minutes



# Lentil soup

For 6 servings

Pan with a base diameter of 180 or 210 mm



## Ingredients

Ingredients:

400 g dried lentils

1,5 l water

1 onion

3 cloves

1 bay leaf

400 g streaky bacon

1 clove of garlic

1-2 carrots (250g)

1 leek (150 g)

2 sticks celery (200 g)

Salt

Pepper, freshly ground

Sugar

2 tbsv vinegar

## Per serving:

626 kcal, 33 g carbs, 45 g fat,  
23 g protein

## Preparation

**1** | Leave the lentils to soak in water for 3-4 hours. Then drain through a sieve.

**2** | Peel the onion and stud with the cloves and the bay leaf. Add the lentils to the pan with water, bacon, the studded onion and garlic. Activate the wireless temperature sensor, cover the pan with a lid and cook as indicated.

**3** | In the meantime, wash the vegetables and cut into small pieces.

**4** | Add the vegetables to the lentils after 30 minutes and continue to cook.

**5** | Before serving, season with salt, pepper, sugar and vinegar.

## Setting procedure:

Cooking:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 50 minutes

## Tip:

If you are in a hurry, the lentil soup can also be prepared in a pressure cooker. To prepare it this way, do not soak the lentils and add all ingredients at once. Select level 4 / 120 °C and after the signal cook the soup for 10 minutes.

## Chapter 3

# 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 seasonings to the frying pan and reduce the frying setting as indicated. Leave the sauce to simmer for around half an hour.

**Setting procedure:**

Vegetables:

With the frying sensor, level 2

After the signal, fry for approx. 5 minutes

Minced meat:

With the frying sensor, level 4

After the signal, fry for 6-10 minutes

Bolognese sauce:

With the frying sensor, level 1

After the signal, cook for approx. 30 minutes

**Tip:**

Serve the sauce with spaghetti and grated Parmesan.



# Peanut sauce with coconut milk

For 4 servings

**Ingredients**


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 Ingredients:
 

---



---

 1 clove garlic
 

---



---

 20 g fresh ginger
 

---



---

 1 chilli
 

---



---

 1 tbsp cooking oil
 

---



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 4 tbsp peanut butter
 

---



---

 200 ml chicken stock
 

---



---

 200 ml unsweetened coconut milk
 

---



---

 2 tbsp soy sauce
 

---



---

 2 spring onions
 

---

**Per serving:**


---

 168 kcal, 4 g carbs, 13 g fat,

---

 8 g protein
 

---

**Preparation**

**1 |** Peel the garlic and ginger. Wash and core the chilli. Cut everything into small pieces.

**2 |** Heat the frying pan as indicated. After the acoustic signal, add the cooking oil, garlic, ginger and chilli and fry for 6 minutes.

**3 |** Add the peanut butter and stir until the peanut butter has melted.

**4 |** Pour in the stock and coconut milk and let it simmer for 5 minutes.

**5 |** Season with soy sauce.

**6 |** Cut the spring onions into fine strips, add to the sauce and fry for a further 1 to 2 minutes.

**Setting procedure:**

With the frying sensor, level 1  
 After the signal fry for 6 minutes  
 Sauce: cook for 6-7 minutes

**Tip:**


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 Serve the sauce alongside chicken or other meat.



# Orange and leek sauce

For 4 servings



**Ingredients**

---

Ingredients:

---

1 leek, 150 g

---

20 g butter, chilled

---

1 tbsp cooking oil

---

1 tsp tarragon

---

1 clove garlic

---

1 chilli

---

100 ml vegetable stock or  
vegetable broth

---

100 ml orange juice

---

**Per serving:**

---

90 kcal, 4 g carbs, 8 g fat, 1 g protein

---

**Preparation**

---

**1 |** Wash the leek and cut into fine strips. Cut the butter into small cubes.

**2 |** Heat the frying pan as indicated. After the acoustic signal, add the cooking oil, tarragon, leek, garlic and the chilli to the frying pan and fry for 5-8 minutes.

**3 |** Pour in the vegetable stock and the orange juice and cook the sauce until it reduces by half (approx. 10 minutes).

**4 |** Add the cold butter and cook the sauce for a further 5 minutes.

**Setting procedure:**

---

With the frying sensor, level 1

After the signal, fry the vegetables for 5-8 minutes

Sauce: Cook for approx. 15 minutes

**Tip:**

---

Serve the sauce to scampi, fish or rice.



# Gorgonzola sauce

For 4 servings

**Ingredients**

---

Ingredients:

---

20 g butter

---

60 g Gorgonzola cheese

---

200 ml cream

---

**Per serving:**

---

238 kcal, 2 g carbs, 24 g fat,  
4 g protein

---

**Preparation**

---

**1** | Heat the frying pan as indicated. After the acoustic signal, add the butter and cheese to the frying pan and melt.

**2** | Pour over the cream and stir occasionally.

**Setting procedure:**

---

With the frying sensor, level 1  
After the signal, reduce for 10 minutes

**Tip:**

---

The sauce is very delicious with chicken breast rolls or pork medallions.

# Chapter 4

## Meat and fish





# Mozzarella meatballs

For 4 servings

**Ingredients**


---

 Ingredients:
 

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---

 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 onions:  
 With the frying sensor, level 2  
 Fry for 5-10 minutes

Meatballs:  
 With the frying sensor, level 3  
 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 2  
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 3

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 paper. 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:

Crispy fried onions per serving:

With the frying sensor, level 3

After the signal, fry for approx. 10 minutes

Steaks:

With the frying sensor, level 4

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 finely chop the garlic. 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 4  
After the signal, fry for 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 3  
After the signal fry for 15-20 minutes

---



## Filled chicken breast rolls

For 4 servings

**Ingredients**


---

 Ingredients:
 

---

 1 Chicken breast, 150-200 g
 

---

 1 courgette
 

---

 6 slices serrano ham
 

---

 1 tbsp cooking oil, e.g. olive oil
 

---

 Salt
 

---

 Black pepper
 

---

**Per serving:**


---

 157 kcal, 1 g carbs, 5 g fat,  
 28 g protein
 

---

**Preparation**

**1** | Rinse the chicken breast briefly under cold water and pat dry with kitchen towel. Cut down the side to create a large, flat piece. Do not cut right through.

**2** | Cut the courgette lengthways into slices approx. 5 mm thick and season with salt and pepper.

**3** | Place the Serrano ham and courgette slices on top of the chicken breast and roll together.

**4** | Cut the roll into approx. eight 2 cm thick slices and fix each of them with a cocktail stick.

**5** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and the rolls to the frying pan and fry for 12-15 minutes, turning while cooking.

**6** | Remove the meat from the frying pan and serve.

**Setting procedure:**


---

With the frying sensor, level 2  
 After the signal fry for 12-15 minutes

**Tip:**


---

The chicken breast rolls taste especially good with Gorgonzola sauce. The recipe for it can also be found in this cookbook.



# 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 3  
After the signal, fry for 25-35 minutes

**Tip:**

---

Serve with rice and a green salad.



# Chili con carne

For 8 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

Ingredients:

2 onions

3 cloves of garlic

250 g streaky bacon

3 tbsp oil

1 kg minced beef

2 tsp chilli powder

1 tsp cumin

3 red peppers

1 red chilli

800 g tomatoes

950 ml kidney beans (2 tins)

500 ml water

2 tbsp beef stock granules

Salt

Pepper, freshly ground

**Per serving:**640 kcal, 22 g carbs, 44 g fat,  
40 g protein**Preparation**

**1 |** Peel the onions and garlic. Finely chop the onions and garlic and dice the bacon. Sear together with the minced meat in cooking oil at level 9. Season with chilli and cumin.

**2 |** Wash, halve and de-seed the peppers and the chilli, then cut into strips. Skin the tomatoes, remove the stems and cut them into pieces. Add the pieces of pepper, tomatoes and the water to the meat.

**3 |** Activate the wireless temperature sensor, cover the pan with a lid and cook as indicated.

**4 |** Drain the beans and rinse briefly. After half the cooking time, add the beans to the meat and mix the ingredients.

**5 |** Season with stock, salt and pepper.

**Setting procedure:**

Cooking:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 30 minutes



# Chicken legs in batter

For 4 servings

Pan with a base diameter of 180 or 210 mm



**Ingredients**

---

Ingredients:

---

80 g flour

---

1 tsp baking powder

---

1 pinch salt

---

2 eggs

---

100 ml milk

---

8 chicken drumsticks

---

Salt

---

Deep-fat frying:

---

2 l oil

**Per serving:**

---

824 kcal, 16 g carbs, 62 g fat,  
52 g protein

---

**Preparation**

---

**1** | Mix together well the flour, baking powder salt, egg and milk.

**2** | Rinse the chicken legs under cold water and pat dry with kitchen towel. Then rub with salt.

**3** | Activate the wireless temperature sensor and heat the oil as indicated in the covered pan.

**4** | After the acoustic signal remove the lid. Dip the chicken legs in the batter and deep-fry in the open pan in 3-4 successive portions as indicated.

**Setting procedure:**

---

Deep-fat frying:

With wireless temperature sensor, level 5 / 170 °C

After the signal, for 20 minutes per portion



# Beef roulades with banana

For 6 servings

Pressure cooker with a base diameter of 180 or 210 mm

**Ingredients**

Ingredients:

6 beef roulades

Salt

Pepper, freshly ground

4 tbsp mustard

2 tbsp parsley, chopped

6 slices boiled ham

3 bananas

3-4 gherkins, cut into strips

75 g oil

750 ml meat stock

100 g tomato purée

250 g crème fraîche

Parsley

Cocktail sticks

**Per serving:**497 kcal, 14 g carbs, 32 g fat,  
39 g protein**Preparation**

**1** | Rinse the roulades under cold water and pat dry with kitchen towel. Then pound flat and season. Smear with the mustard and sprinkle parsley on top.

**2** | Place one slice of ham, ½ banana and some gherkin strips on each roulade. Spread the filling over the roulade, leaving a small edge free.

**3** | Roll the roulades in, turn in the ends and secure with cocktail sticks.

**4** | Place the roulades in the pressure cooker and in several portions sear on all sides in hot oil at level 9.

**5** | Mix the meat stock with the tomato purée and pour over the roulades.

**6** | Close the pressure cooker and activate the wireless temperature sensor. Cook the roulades as indicated according to the acoustic signal.

**7** | Then open the pressure cooker, add crème fraîche to the sauce and sprinkle parsley over it.

**Setting procedure:**

Cooking:

With wireless temperature sensor, level 4 / 120 °C

After the signal for approx. 6-8 minutes



# Viennese boiled beef

For 4 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

---

Ingredients:

---

1,5 l water

---

1 kg beef topside

---

2 carrots

---

2 slices celeriac

---

1 parsley root

---

1 tbsp salt

---

Peppercorns

---

**Per serving:**

---

351 kcal, 8 g carbs, 11 g fat,

54 g protein

---

**Preparation**

---

**1 |** Activate the wireless temperature sensor and heat the water in the covered pan at level 3 / 100 °C.

**2 |** Wash the carrots, celery and parsley root and cut into large pieces. Rinse the meat under cold water. After the acoustic signal add to the water and cook as indicated.

**3 |** After approx. 20 minutes add the vegetables and the spices.

**Setting procedure:**

---

Cooking:

With wireless temperature sensor, level 3 / 100 °C

After the signal for 90-120 minutes



# Fish stew with peppers

For 6 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**


---

 Ingredients:
 

---

 1,4 kg firm-fleshed fish,  
 e.g. red perch fillet or hake
 

---

 Salt
 

---

 Lemon juice
 

---

 2 onions
 

---

 1 tbsp oil
 

---

 4-5 peppers
 

---

 4-5 tbsp tomato purée
 

---

 400 ml cream
 

---

 500 ml water
 

---

 Parsley, chopped
 

---

**Per serving:**
 503 kcal, 8 g carbs, 32 g fat,  
 46 g protein
 

---

**Preparation**

**1** | Rinse the fish fillet under cold water and pat dry with kitchen towel. Season with salt and drizzle with lemon juice.

**2** | Peel and cut the onions into small pieces. Brown in a little oil at level 7-8. Wash and de-seed the peppers and cut into small cubes. Add to the onions and sweat together for a few minutes, stirring at the same time.

**3** | Cut the fish fillet into pieces approx. 3 cm in size and add. Mix the tomato purée with the water and also add to the pan.

**4** | Activate the wireless temperature sensor, cover the pan with a lid and cook the goulash as indicated. Stir carefully once halfway through the cooking time. About 2 minutes before the end of the cooking time add the cream and stir in.

**5** | Serve with chopped parsley.

**Setting procedure:**

Cooking the fish:

With wireless temperature sensor, level 2 / 90 °C

After the signal for 20 minutes

## Chapter 5

# 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 4  
After the signal, fry for 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 to make a thin pancake and cook for 1-2 minutes on each side. Cook three other pancakes one after another in the same way and keep them warm.

**4 |** Then fry the pepper, button mushrooms and courgette lightly in 2 tbsp cooking oil in the hot frying pan for approx. 5 minutes.

**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 5

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 4

Add shallots and tomatoes

With the frying sensor, fry for 5-10 minutes at level 2



# 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. 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 2

After the signal, fry for 5 minutes

Stir-fried rice:

With the frying sensor, level 4

After the signal, fry for 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
 

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---

 150 g cherry tomatoes
 

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 80 g olives pitted
 

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---

 Salt
 

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---

 2 tbsp lemon juice
 

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---

 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 2  
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

Pan with a base diameter of 180 or 210 mm

**Ingredients**

Ingredients:

200 g noodles

1 bunch spring onions

2 carrots

1 piece ginger, walnut-sized

2 cloves of garlic

200 g minced beef

150 g bean sprouts

4 tbsp soy sauce

Lemon juice

Cayenne pepper

Frying:

3 tbsp oil

**Per serving:**439 kcal, 40 g carbs, 19 g fat,  
28 g protein**Preparation**

**1 |** Activate the wireless temperature sensor. Heat 2 l salted water in the pan as indicated. After the acoustic signal add the noodles and cook as indicated.

**2 |** Peel the spring onions and the carrots and cut into small strips. Also peel the ginger and garlic and chop finely.

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

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

**5 |** 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 mince again. Season with soy sauce, lemon juice, salt and cayenne pepper.

**Setting procedure:**

Cooking the noodles:

With wireless temperature sensor, level 3 / 100 °C

After the signal, cooking time as indicated on the packaging

Frying:

With frying sensor, for approx. 10 minutes at level 4



# Risotto with prawns

For 6 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

Ingredients:

1 onion

1 clove of garlic

1 pepper

1 carrot

1 stick celery

700 g round grain rice (risotto rice)

2-3 tbsp olive oil

200 g prawns or shrimps

125 ml white wine

Juice of one lemon

Salt

Pepper, freshly ground

1,5 l vegetable stock

1 bunch parsley, chopped

75 g Parmesan, grated

**Per serving:**632 kcal, 99 g carbs, 14 g fat,  
22 g protein**Preparation**

**1 |** Peel the onion, garlic, carrot and celery. Wash and de-seed the peppers. Chop it all finely. Sweat all together in a little oil at level 9.

**2 |** Add the prawns or shrimps. Then add the rice, stir and fry briefly. Deglaze with wine and lemon juice. Season and bring briefly to the boil at level 9.

**3 |** Add the stock to the rice and cover the pan with a lid. Activate the wireless temperature sensor and set as indicated.

**4 |** Cook the rice as indicated and stir every 15 minutes.

**5 |** When the risotto is almost cooked, sprinkle over the chopped parsley and the Parmesan.

**Setting procedure:**

Cooking:

With wireless temperature sensor, level 2 / 90 °C

After the signal for 35-45 minutes



# Exotic rice

For 4 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**


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 Ingredients:
 

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 750 g rice, e.g. basmati rice
 

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---

 1,5 l vegetable stock
 

---



---

 600 g apricots
 

---



---

 2 tbsp honey
 

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---

 2 tsp curry powder
 

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---

 2 tsp soy sauce
 

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---

 75 g almonds, peeled
 

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---

 For sprinkling:
 

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---

 Fresh coriander leaves
 

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**Per serving:**


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 351 kcal, 65 g carbs, 6 g fat,  
 8 g protein
 

---

**Preparation**


---

**1 |** Put the rice and the vegetable stock into a pan. Activate the wireless temperature sensor, cover the pan with a lid and cook the rice as indicated until the liquid has been absorbed. Stir once during the cooking time.

**2 |** In the meantime drain the apricots and cut into pieces approx. 2 cm in size.

**3 |** Season the rice with honey, curry and soy sauce. Add the apricots with the whole almonds to the rice and serve sprinkled with coriander leaves.

**Setting procedure:**


---

 Cooking:

With wireless temperature sensor, level 2 / 90 °C

After the signal for approx. 35-40 minutes



## Strips of pork with rice

For 6 servings

Pan with a base diameter of 180 or 210 mm



**Ingredients**


---

 For the rice:
 

---

 620 g long grain rice (parboiled)
 

---

 1,5 l water
 

---

 1 tsp salt
 

---

 For the strips of meat:
 

---

 950 g fillet of pork
 

---

 400 g button mushrooms
 

---

 2 onions (approx. 200 g)
 

---

 500 ml cream
 

---

 500 ml water
 

---

 1 ½ tsp salt
 

---

 50 g corn starch
 

---

 150-200 ml cold water
 

---

 Pepper, freshly ground
 

---

**Per serving:**


---

 837 kcal, 93 g carbs, 30 g fat,  
 47 g protein
 

---

**Preparation**

**1 |** Put the rice together with the water and salt into a pan for the 210 mm hotplate. Activate the wireless temperature sensor, cover the pan with a lid and cook as indicated.

**2 |** Rinse the fillet of pork under cold water and pat dry with kitchen towel. Cut into thin strips. Wash and slice the button mushrooms, peel the onion and dice finely.

**3 |** Add the button mushrooms and onion with oil to the pan and fry at level 8-9. Then add the meat as fry as well.

**4 |** Add the water, stir everything through once and cover the pan with a lid. Activate the wireless temperature sensor and cook as indicated.

**5 |** Stir the starch and the cold water together and mix with the strips of meat 5 minutes before the end of the cooking time. Put the lid on the pan again and continue cooking. About two minutes before the end of the cooking time add the cream and stir in.

**6 |** Season the strips of meat to taste with pepper and serve together with the rice.

**Setting procedure:**

Cooking the rice:

With wireless temperature sensor, level 2 / 90 °C

After the signal for 20-30 minutes

Cooking the strips of pork:

With wireless temperature sensor, level 2 / 90 °C

After the signal for 15-20 minutes

## Chapter 6

# Egg dishes





# Frittata with vegetables, bacon and cheese

For 4 servings

**Ingredients**

Ingredients:

1 leek

200 g bacon

1 courgette, approx. 100 g

25 ml olive oil

6 eggs

75 g Parmesan, grated

Salt

**Per serving:**553 kcal, 4 g carbs, 51 g fat,  
23 g protein**Preparation**

**1 |** Cut the leek into thin strips, the bacon into strips and the courgette into slices approx. 5 mm thick. Season the leek and courgette with salt.

**2 |** Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and the leek to the frying pan and fry for 5-8 minutes.

**3 |** Add the bacon to the leek and fry for a further 5-7 minutes. Remove the leek and the bacon from the frying pan and allow to drain on kitchen towel.

**4 |** Add the courgette to the frying pan and fry for 10-12 minutes. Remove the courgette from the frying pan.

**5 |** Beat the eggs well and season with salt. Add the leek and bacon to the eggs and mix. Add some cooking oil to the frying pan and add the egg mixture.

**6 |** After 2 minutes, place the fried courgette slices onto the egg mixture and sprinkle Parmesan on top. Cover the frying pan with a lid and fry the frittata for 10 minutes.

**7 |** Turn the frittata and fry for a further 5-7 minutes.

**Setting procedure:**

With the frying sensor, level 1

Leek: Fry for 5-8 minutes

Leek and bacon: Fry for 5-7 minutes

With frying sensor, level 2

Courgette: Fry for 10-12 minutes

With frying sensor, level 1

Frittata: Fry for 10 minutes, turn and fry for a further 5-7 minutes

**Tip:**

Put the lid on. The cooking time will be longer without a lid.



# Eggs with tomatoes and serrano ham

For 4 servings

**Ingredients**


---

 Ingredients:
 

---



---

 150 g onions
 

---



---

 120 g serrano ham
 

---



---

 2 tbsp cooking oil, e.g. olive oil
 

---



---

 600 g passata
 

---



---

 6 eggs
 

---



---

 Herbs to taste, e.g. basil
 

---

**Per serving:**


---

 354 kcal, 11 g carbs, 26 g fat,  
 19 g protein
 

---

**Preparation**


---

**1** | Peel the onions. Finely dice the onion and the ham.

**2** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and the onions to the frying pan and fry for 7 minutes.

**3** | Add the Serrano ham and fry lightly with the onions for 2 minutes.

**4** | Add the passata and cook the sauce for approx. 10 minutes.

**5** | Form troughs in the tomato sauce for the eggs. Break the eggs individually, add one to each trough, then season. Put the lid on the frying pan and fry for approx. 5 minutes until the eggs set as required.
**Setting procedure:**


---

 With the frying sensor, level 1

Onions: Fry for 7 minutes

Onions and serrano ham: Fry for 2 minutes

Add tomato sauce: cook for approx. 10 minutes

Add eggs: cook for approx. 5 minutes

**Tip:**


---

 Put the lid on. The cooking time will be longer without a lid.



# 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 it 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 2

 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 olive oil in the frying pan as indicated. After the acoustic signal, fry the potato and onion pieces in the hot frying pan 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 2

After the signal fry for 20-25 minutes

Omelette:

With the frying sensor, level 2

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 7

# 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 4  
 After the signal 5-6 minutes per portion

**Tip:**


---

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



# Panna cotta - Italian dessert

For 6 servings

Pan with a base diameter of 145 mm



**Ingredients**


---

 Ingredients:
 

---



---

 750 ml cream
 

---



---

 150 ml milk
 

---



---

 75-100 g sugar
 

---



---

 1 sachet vanilla sugar
 

---



---

 1 vanilla pod
 

---



---

 1½ sachet gelatine or
 

---

 10 g gelatine powder
 

---



---

 300 g raspberries
 

---



---

 Icing sugar
 

---

**Per serving:**


---

 480 kcal, 23 g carbs, 41 g fat,
 

---

 6 g protein
 

---

**Preparation**

**1 |** Activate the wireless temperature sensor and put the cream and milk with the sugar, vanilla sugar and the scraped-out vanilla pod into the pan. Cover with a lid and cook as indicated.

**2 |** In the meantime soak the gelatine according to the instructions on the packet.

**3 |** Remove the cream from the hotplate. Remove the vanilla pod and pour the cream through a fine sieve. Stir the soaked gelatine into the warm cream until it dissolves.

**4 |** Pour the still warm panna cotta into a greased baking dish or portion-sized bowls and chill for approx. 4-5 hours.

**5 |** Sweeten the raspberries with icing sugar to taste and serve together with the chilled crema.

**Setting procedure:**

Cooking the cream:

With wireless temperature sensor, level 2 / 90 °C

After the signal for 10 minutes

**Tip:**


---

You can strain the raspberries through a fine sieve and serve as a fruit sauce. This can also be sweetened according to taste with icing sugar.



# Crullers

For 20 pieces

Pan with a base diameter of 180 or 210 mm

**Ingredients**


---

 Choux pastry:
 

---



---

 ¼ l water
 

---



---

 1 pinch salt
 

---



---

 60 g butter
 

---



---

 150 g flour
 

---



---

 3-4 eggs
 

---



---

 1 tsp baking powder
 

---



---

 Deep-fat frying:
 

---



---

 1,5 l oil
 

---



---

 For the glaze:
 

---



---

 200 g icing sugar
 

---



---

 3-4 tbs lemon juice
 

---

**Per piece:**


---

 146 kcal, 16 g carbs, 8 g fat,  
 2 g protein
 

---

**Preparation**

**1 |** Bring the water, salt and butter to the boil at level 9 in a saucepan.

**2 |** Switch off the hotplate and put the pan to one side.

**3 |** Pour the sifted flour into the saucepan in one go and mix thoroughly. Return to the still warm pan to reduce the liquid. Stir the mixture until it comes away from the sides to form a soft ball and a white coating becomes visible on the pan base.

**4 |** Place the ball in a deep mixing bowl. Stir in an egg and leave the mixture to cool.

**5 |** Slowly stir in the remaining eggs until the dough becomes glossy and snaps off in long pointed pieces. Lastly add the baking powder.

**6 |** Activate the wireless temperature sensor and heat the oil in the covered pan as indicated. After the acoustic signal remove the lid for deep-fat frying.

**7 |** Grease a piece of greaseproof paper with a brush and place on a platter. Fill the mixture into a piping bag with a wide sleeve and per filling pipe 4 circles approx. 2 cm in height and 6 cm in diameter onto the paper. Add to the hot oil from the paper. To do so, hold the paper by one corner until the circles slide off into the oil. Bake the crullers until golden brown on both sides and leave to drain on a wire rack covered with kitchen towel.

**8 |** Mix the icing sugar with the lemon juice and use to brush the top of the crullers.

**Setting procedure:**

Deep-fat frying:

With wireless temperature sensor, level 5 / 170 °C

After the signal for approx. 4 minutes per portion



# Jam-filled doughnuts

For 12 pieces

Pan with a base diameter of 180 or 210 mm

**Ingredients**


---

 For the yeast dough:
 

---

 500 g flour
 

---

 2 sachets dried yeast
 

---

 175 ml milk
 

---

 70 g sugar
 

---

 1 pinch salt
 

---

 2 eggs
 

---

 2 tbsp rum
 

---

 100 g soft butter
 

---

 Deep-fat frying:
 

---

 2 l oil
 

---

 For filling:
 

---

 Jam
 

---

 For sprinkling:
 

---

 Sugar
 

---

**Per piece:**


---

 362 kcal, 40 g carbs, 19 g fat,  
 7 g protein
 

---

**Preparation**

**1 |** Sieve the flour into a bowl. Add the yeast together with sugar and milk. Add the remaining ingredients and knead in.

**2 |** Take the dough out of the bowl and place on a board dusted with flour. Shape into round pieces approx. 7 cm in diameter. Leave to prove for 45 minutes. The pieces of dough should roughly double in size.

**3 |** Activate the wireless temperature sensor and heat the oil in the covered pan as indicated. After the acoustic signal remove the lid for deep-fat frying.

**4 |** Cover a wire rack with kitchen towel. Deep-fry the doughnuts in portions until golden brown on both sides and leave to drain on kitchen towel.

**5 |** Stir the jam until smooth, fill into a piping bag with a long sleeve and pipe into the doughnuts. Sprinkle with sugar.

**Setting procedure:**

Deep-fat frying:

With wireless temperature sensor, level 5 / 170 °C

After the signal for 4-6 minutes per portion

**Tip:**


---

To make sure the dough rises, leave to prove in a warm place for approx. 45 minutes.



# Apricot rice

For 6 servings

Pan with a base diameter of 180 or 210 mm

**Ingredients**

---

Ingredients:

---

2 l milk

---

Orange zest

---

Lemon zest

---

150 g sugar

---

1 pinch salt

---

500 g round grain rice

---

500 g apricots, tinned

---

**Per serving:**

---

667 kcal, 118 g carbs, 13 g fat,

18 g protein

---

**Preparation**

---

**1 |** Activate the wireless temperature sensor. Add the milk, zest and salt to a pan. Cover the pan with a lid and heat the milk as indicated.

**2 |** After the acoustic signal add the rice and sugar to the milk, put the lid back on and continue cooking. Stir every 15 minutes.

**3 |** In the meantime drain the apricots and cut into pieces approx. 3 cm in size.

**4 |** At the end of the cooking time mix the apricots into the rice and serve either hot or cold as preferred.

**Setting procedure:**

---

Cooking:

With wireless temperature sensor, level 2 / 90 °C

After the signal for 50 minutes



# Punch

For 6 servings

Pan with a base diameter of 145 mm



**Ingredients**

---

Ingredients:

---

1,5 l red wine

---

Zest of 2-3 untreated oranges

---

Approx. 400 ml freshly squeezed orange juice

---

250 ml tea

---

Cinnamon

---

Cloves

---

A little rum

---

150 -250 g sugar

---

**Per serving:**

---

308 kcal, 37 g carbs, 1 g fat,  
1 g protein

---

**Preparation**

- 1 |** Put all the ingredients except the sugar into a pan.
- 2 |** Activate the wireless temperature sensor and cover the pan with a lid.
- 3 |** Heat the punch as indicated.
- 4 |** After the acoustic signal add the sugar and serve.

**Setting procedure:**

---

Heating:  
With wireless temperature sensor, level 1 / 70 °C

---

**Tip:**

---

For a children's punch, you can also use grape or apple juice instead of red wine and omit the rum.

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