

RECIPE COOK GUIDE



SENSING THE DIFFERENCE



CRISP RECIPES

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Crisp Recipes

Depending on your microwave oven model, you will find a specific size of the crisp plate, specially adapted to allow the best cooking performance.

Please check the diameter of your crisp plate for specific time on cooking:

medium/large size crisp plate diameter around 30cm

small size crisp plate diameter around 25cm.

PIZZA

4 SERVINGS

INGREDIENTS	MEDIUM/LARGE CRISP PLATE	SMALL CRISP PLATE
Flour	230 – 250 g	150 – 160 g
Fresh yeast	15 g	10 g
Water	150 ml	100 ml
Oil	30 ml (2 tbspn)	15 ml (1 tbspn)
Salt		
INGREDIENTS FOR THE TOPPING:		
Tinned tomatoes	350 g	250 g
Mozzarella cheese	175 g	125 g
Salt, oregano, a drizzle of oil		
A little oil for the crisp plate		

FOR A SPECIAL TOUCH:

For alternative pizza toppings, try ham, olives, artichokes, vegetables, seafood etc...

FUNCTION: CRISP

PREPARATION: 2 H 30 MIN.

COOKING TIME: 14 – 15 MIN. FOR MEDIUM AND LARGE CRISP PLATE
11 – 13 MIN. FOR SMALL CRISP PLATE

1. Blend the yeast in the water, which must be warm (37°C). Place the flour in a mixing bowl, add the blended yeast, the oil and salt. Mix well and then knead to a smooth, elastic dough. Cover the dough and leave to rise in a warm place for approximately 2 hours.
2. Lightly oil the crisp plate.
3. Flatten the dough out with your hands until it fills the entire crisp plate, then prick all over with a fork.
4. Drain and chop the tinned tomatoes and spread them evenly over the dough. Add the diced mozzarella cheese, the oregano, salt and drizzle with oil.
5. Cook the pizza for 14-15 minutes on Crisp, for small crisp plate cook the pizza for 11 – 13 minutes on Crisp.



SPANISH OMELETTE

4 SERVINGS

INGREDIENTS	MEDIUM/LARGE CRISP PLATE	SMALL CRISP PLATE
Frozen diced potatoes	250 g	150 g
Butter or oil	15 ml (1 tbspn)	15 ml (1 tbspn)
Chopped onion	1 medium size	1 small
Eggs	4	3
Milk	30 ml (2 tbspn)	30 ml (2 tbspn)
Salt, pepper		

FUNCTION: CRISP

PREPARATION: 10 MIN.

COOKING TIME: 15 – 18 MIN. FOR MEDIUM AND LARGE CRISP PLATE

12 – 14 MIN. FOR SMALL CRISP PLATE

1. Preheat the crisp plate with butter or oil for 2½ - 3 minutes on crisp.
2. Place the diced potatoes on the crisp plate and cook on crisp for 6-8 minutes.
3. Mix in the onion and cook for a further 4-5 minutes on crisp. Mix once during cooking.
4. Meanwhile, beat the eggs together with the milk in a mixing bowl, add the salt and pepper.
5. Pour the egg mixture over the potatoes in the crisp plate and cook for 2-3 minutes on crisp.
6. Serve hot or cold, accompanied by a side salad.

For a special touch:

If you prefer a really golden omelette, cook for 3-4 minutes longer on grill afterwards.



SALMON AND VEGETABLE QUICHE

4 – 6 SERVINGS

INGREDIENTS	MEDIUM/LARGE CRISP PLATE	SMALL CRISP PLATE
Fresh puff pastry (220 – 240 g)	1 roll	1 roll
Steamed salmon	400 g	300 g
Tomatoes	4	2
Belgian endives	400 g	250 g
Fresh soft cheese	100 g	75 g
Eggs	4	3
Milk	100 ml	75 ml
Parsley	1 tbspn	1 tbspn
Oil	2 teasp	2 teasp
Salt		

FUNCTION: CRISP

PREPARATION: 15 MIN.

COOKING TIME: 12 – 14 MIN. FOR MEDIUM AND LARGE CRISP PLATE

11 – 12 MIN. FOR SMALL CRISP PLATE

1. Take two pieces of baking paper. On the first one, place the salmon pieces and the tomatoes cut in slices on top and sprinkle with herbs.
2. On the second paper, place the endives cut lengthwise and sprinkle with salt and herbs. Fold the papers with filling into two packages and place the packages on the crisp plate.
3. Cook them on Crisp for 8 minutes. Remove them from the crisp plate and let the plate cool down.
4. Whisk together eggs, milk, chopped parsley, oil and salt.
5. Roll out the puff pastry with its paper onto the crisp plate and prick the pastry.
6. Arrange the steamed salmon, tomatoes and endives onto the puff pastry together with the cheese cut in cubes.
7. Pour over the egg mixture and cook on Crisp function according to the recommended cooking time.

CHICKEN IN WINE SAUCE

4 SERVINGS

1 kg chicken (approx.)
30 g (2 tbspn) of butter or margarine
1 tbspn of sweet paprika or soya
3-4 basil leaves
1½ dl (150 ml) of dry white wine

FOR THE SAUCE

100 ml of cream
1 tbspn of cornflour
a pinch of spiced salt
½ bitter almond

TO GARNISH

200 g of black or white grapes
20 g of toasted flaked almonds

FUNCTION: MICROWAVE

PREPARATION: 30 MIN.

COOKING TIME: 15-16 MIN.

1. Wash and dry the chicken, cut into portions and remove fatty parts.
2. Place the butter or margarine in a small microwave safe bowl. Then cover and melt at 350 W for 1 minute, mix in the sweet paprika or soya and brush this mixture over the chicken. Place the chicken in a microwave safe dish and add the basil and wine.
3. Cover and cook for 12 minutes at 750 W.
4. Mix the cream with the cornflour and pour over the chicken. Continue cooking, covered, for 2-3 minutes at 750 W. Add salt if required, and the grated bitter almond.
5. Cut the grapes in half and remove the seeds.
6. Place the chicken on a serving plate and garnish it with the grapes and toasted almond flakes.
7. If you want to toast the almond flakes, spread them out on the crisp plate and toast on crisp for 2-3 minutes stirring every minute.

HAMBURGER

FUNCTION: CRISP
PREPARATION: 10 MIN.
COOKING TIME: 8 – 9 MIN.

4 SERVINGS

INGREDIENTS

400 g of minced meat
½ tsp of salt
1 pinch of pepper
15 ml (1 tbspn) of oil, butter or margarine

SERVE WITH

4 burger buns
cucumber salad
ketchup or mustard
raw or cooked onion rings

1. Mix the minced meat with the salt and pepper.
2. Shape into four hamburgers about 1 cm thick each.
3. Butter or oil the crisp plate and preheat it for 2-3 minutes on crisp.
4. Then arrange the hamburgers in it, cooking on crisp for 3 minutes.
5. Turn the hamburgers over and cook for another 3 minutes.
6. Serve on buns with ketchup or mustard and vegetables.

APPLE STRUDEL

FUNCTION: CRISP
PREPARATION: 15 MIN.
COOKING TIME: 15-16 MIN

6 - 8 SERVINGS

INGREDIENTS

2 discs of puff pastry, 220 – 240 g each
6 apples
1 orange
50 g walnuts
50 g pine nuts
1 teasp (5 ml) of cinnamon powder
50 g sultanas
50 ml rum
50 g sugar
100 g breadcrumbs

FOR BRUSHING:

1 egg
50 ml milk

1. Soak the sultanas in the rum for about half an hour.
2. Peel and slice the apples and mix them with chopped walnuts, pine nuts, sugar, orange peel and cinnamon.
3. Lay one pastry disc partly on top of the other and roll them out to a single body with a rolling pin.
4. Add the sultanas and the breadcrumbs to the apple mixture. Breadcrumbs will absorb the juice coming from the apples.
5. Pour the apple mixture onto the pastry and roll it up lengthwise.
6. Shape the roll to a circle and place it on the crisp plate, leaving the paper from the pastry on the bottom of the plate. Squeeze the strudel a bit.
7. Make some cuts in it and brush it with a mixture of egg and milk.
8. Cook on Crisp function for 15 – 16 minutes.





Combi Recipes

LASAGNE

4 SERVINGS

INGREDIENTS

FOR THE MEAT SAUCE:

500 g minced beef
1 medium onion, 100-125 g, finely chopped
1 clove of garlic, crushed
15 g butter (1 tbsp)
2 tbsp oil
500 g canned tomatoes
1½ beef stock cubes + 100ml (1 dl) water
salt, pepper, herbs

FOR THE WHITE SAUCE:

50 g butter
40 g flour (3/4 dl)
600 ml milk (6 dl)
salt
nutmeg

300 g lasagne sheets
40-50 g grated parmesan cheese
approx. 30 g (2 tbsp) butter, in flakes
100 g mozzarella, coarsely grated

FUNCTION: MICROWAVES, CONVECTION + MICROWAVES

PREPARATION: 1 HOUR

COOKING TIME: 23 – 25 MIN.

1. Fry the meat with the onion and garlic in butter and oil until brown.
2. Add the tomatoes and crumbled stock cubes + water and spices and simmer for about 1 hour or while you prepare the white sauce.
3. Place the butter for the white sauce in a microwave safe bowl. Melt for 1-½ minutes on 350W. Stir in flour and milk.
4. Cook on 750W for 6-7 minutes until thickened, stirring every second minute to prevent the sauce from sticking to the bottom. Season with salt and nutmeg.
5. If you use lasagne sheets that need pre-cooking, parboil 3 or 4 lasagne sheets at a time in boiling salted water. Drain, spread on clean tea-towels and pat dry. If you use already pre-cooked or fresh sheets, skip this point.
6. Butter a rectangular ovenproof and microwave safe dish (30 x 20 cm), spread a layer of meat sauce on the bottom, cover with a layer of lasagne, a layer of white sauce and some mozzarella.
7. Repeat these layers until all lasagne sheets and sauce are finished, top with parmesan cheese and butter flakes.
8. Place the dish on the low metal rack and cook on Convection at 200-210°C + microwaves 160W for 23-25 minutes.



CHEESE SOUFFLÉ

FUNCTION: MICROWAVES, QUICK HEAT, CONVECTION

PREPARATION: 12-15 MINUTES

COOKING TIME: 40-50 MINUTES

6 SERVINGS

INGREDIENTS

75 g butter

75 g flour (1¼ dl)

500 ml milk (5 dl)

25 g corn flour (2½ tbsp)

150 g (Cheddar) cheese, coarsely grated (5 dl)

6 eggs, separated

salt, pepper

1. Put the butter in a microwave safe dish, large enough to fit all of the soufflé batter. Cover and melt on 350W for 2 minutes.
2. Stir in the flour and gradually stir or whisk in the milk.
3. Cook uncovered on 750W for 6-7 minutes until thick. Stir or whisk every second minute.
4. Add the corn flour and the cheese. Stir in the egg yolks, one at a time, and season with salt and pepper.
5. Whisk egg whites until stiff. Carefully fold the egg whites into the cheese mixture.
6. Spoon into a large, lightly greased soufflé dish.
7. Preheat the oven on Quick heat to 175°C and place the dish on the low metal rack and cook on Convection at 170-175°C for 40-50 minutes.

Don't open the door of the oven during the baking to prevent the soufflé from collapsing.

OVEN BAKED SALMON STEAKS

4 - 6 SERVINGS

INGREDIENTS

4-6 boneless salmon steaks

(approx. 150 g each)

salt, pepper

30-40 g butter (2-2½ tbsp)

SAUCE:

200 ml (2 dl) double cream or crème fraîche

200 ml (2 dl) water

1 vegetable or herb stock cube

pepper

tarragon

10 ml (2 tsp) mustard, Dijon type

FUNCTION: MICROWAVES, QUICK HEAT, CONVECTION +

MICROWAVES

PREPARATION: 5 MINUTES

COOKING TIME: 12-16 MINUTES

1. Rinse and dry the salmon well. Sprinkle with salt and pepper.
2. Melt the butter in a microwave safe bowl under cover on Microwave power 350W for ½-1 minute.
3. Place the steaks in a lightly greased ovenproof and microwave safe dish with low edges and sprinkle with salt and pepper. Brush the top side of the steaks with the butter.
4. Preheat the oven on Quick heat to 200°C.
5. Place the dish on the low metal rack and bake the steaks on Convection at 200-210°C + 160W microwave power for 12-16 minutes (cooking time depends on the thickness of the steaks).
6. In the meantime prepare the sauce. Mix all ingredients in a saucepan.
7. Cook until boiling point stirring continuously and let the sauce simmer for some minutes until thickened.
8. Serve the fish and sauce together with boiled potatoes and some kind of cooked vegetables like asparagus or broccoli. Garnish with lemon.

Both the salmon and the sauce can also be served cold

ROAST VEAL

4 - 6 SERVINGS

INGREDIENTS

Approx. 1 kg boned and rolled
loin of veal
salt, pepper
250 g button mushrooms
250 g shallots, chopped
2-3 tbsp butter

FOR THE SAUCE:

200 ml (2 dl) double cream
or crème fraîche
4 tbsp white wine
chopped chives or parsley
salt, pepper

FUNCTION: QUICK HEAT, CONVECTION + MICROWAVES

PREPARATION: 10 MINUTES

COOKING TIME: 55-60 MINUTES

1. Preheat the oven on Quick heat to 175°C.
2. Season the meat with pepper and salt and place it in a greased ovenproof and microwave safe dish. Place the vegetables around.
3. Dot with butter flakes.
4. Place the dish on the low metal rack.
5. Cook on Convection at 175°C + microwaves 160W for 55-60 minutes. Turn the roast halfway through cooking and stir the vegetables. The meat is medium when the centre temperature is 68-70°C and well done if it reaches 75°C.
6. Cover the roast with foil while the sauce is prepared.
7. In a sauce pan mix together the meat juice, cream and white wine. Cook until boiling and simmer for some minutes until the sauce has thickened. Add chive or parsley and season.
8. Slice the meat and serve together with the vegetables, potatoes and other cooked vegetables.



POTATO GRATIN

4 - 6 SERVINGS

INGREDIENTS

1-1.2 kg potatoes
1 clove of garlic, crushed
salt, pepper
thyme
150 g (Cheddar) cheese, coarsely grated (4-5 dl)
150 ml milk (1½ dl)
200 ml single cream (2 dl)

FUNCTION: CONVECTION + MICROWAVES

PREPARATION: 12-15 MINUTES

COOKING TIME: 28-30 MINUTES

1. Peel the potatoes and slice them thinly.
2. Place half of the slices on the bottom of a lightly buttered ovenproof and microwave safe dish. Sprinkle with salt, pepper, garlic and thyme.
3. Cover with half of the cheese.
4. Add the remaining potatoes, season with salt, pepper and thyme and sprinkle the remaining cheese on the top.
5. Mix the milk and cream and pour over the potatoes.
6. Place the dish on the low metal rack and cook on Convection at 190-200°C + microwaves 350W for 28-30 minutes.

VEGETABLES GRATIN

4 SERVINGS

INGREDIENTS

approx. 750 g cooked vegetables such as endive, Brussels sprouts, leeks, celery, cauliflower, fennel, etc.
300 ml white sauce (3 dl)
75-100 g grated cheese
2 tbsp breadcrumbs
25 g butter (1½ tbsp) in flakes

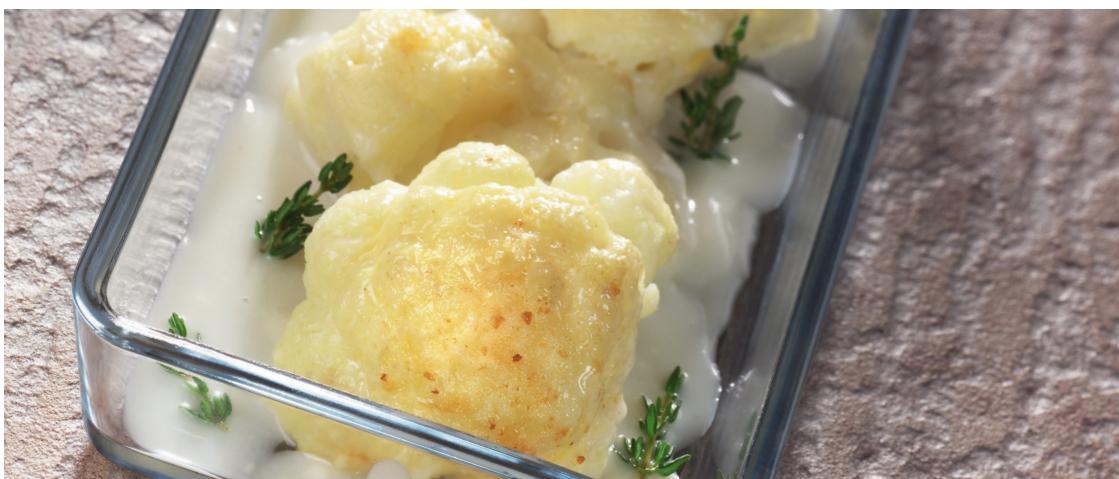
FUNCTION: MICROWAVES, GRILL + MICROWAVES

PREPARATION: 10-20 MINUTES

COOKING TIME: 12-14 MINUTES

1. Butter a shallow ovenproof and microwave safe dish 22 x 30 cm or round with diameter 25-26 cm.
2. Place the cooked and drained vegetables in it.
3. Cook the white sauce by using half amount of the recipe for White sauce in the Lasagne recipe. Cover the vegetables with the sauce. Combine cheese and breadcrumbs and sprinkle over the sauce. Top with butter flakes.
4. Place the dish on the turntable and cook with Grill + microwaves 350W for 12-14 minutes.

You can use leftovers of cooked vegetables or if your oven has an auto cook function for fresh vegetables, use that function to cook the vegetables.



BISCUITS

FUNCTION: MICROWAVES, QUICK HEAT, CONVECTION

PREPARATION: 15 MINUTES

COOKING TIME: 24-30 MINUTES

22-24 PCS (2 TRAYS)

INGREDIENTS

125 g butter
1 egg
125 g caster sugar (1¼ dl)
250 g flour (approx. 4½ dl)
pinch of salt
1 egg for brushing
glacé cherries to decorate

1. Place the butter in a microwave safe bowl, cover and melt on 350W for 1½ -2minutes
2. Cream egg and sugar. Add flour and the melted butter and knead to form a soft dough.
3. Roll the dough out to 1 cm thickness, and using a glass with a diameter of 5 cm as cutter, cut small circles. Place them on the greased baking tray (or on baking paper).
4. Glaze the surface of each biscuit with beaten egg and decorate with half a glacé cherry.
5. Preheat the oven on Quick heat to 200°C and bake on Convection at 200°C for 12-15 minutes.



COCONUT MERINGUES

FUNCTION: QUICK HEAT, CONVECTION

PREPARATION: 7-8 MINUTES

COOKING TIME: 35-40 MINUTES

SERVES 18-20 PCS

INGREDIENTS

2 egg whites
80 g caster sugar (1 dl)
1-2 drops of vanilla essence or 2 tsp vanilla sugar
1-2 drops almond essence
100 g desiccated coconut (3 dl)

1. Whisk the egg whites until stiff.
2. Whisk in the sugar and essences a little at a time.
3. Fold the coconut into the meringue.
4. Place heaped teaspoonfuls of meringue mixture onto the baking tray, which has been lined with baking or rice paper.
5. Preheat the oven to 125°C on Quick heat and bake the meringues on Convection for
6. 35-40 minutes.
7. Let the meringues cool off in the oven, with the door open.



SENSING THE DIFFERENCE