

## BAKING, ROASTING AND COOKING

with the Miele oven



**M**ore and more cooks are discovering just how versatile the Miele oven is. Whether baking, roasting, cooking or grilling, you will soon see how many ways your oven can be used. Not only is it ideal for well-loved classics such as pizza, cakes, souffles and gratins, but roasts, bread and desserts are cooked to perfection too. Features which professional cooks have long taken for granted are now increasingly available to the keen amateur, for whose creativity the sky is now the limit. Be enthused by more than 140 exclusively developed recipes which have their inspiration in cuisines from all over the globe. Be it a savoury apple tart with liver, roast veal with a prawn crust or a Creole mango gateau – it has never been so easy to achieve perfect results in the kitchen.



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**Miele**

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## *Dear Reader,*

An oven that can roast, bake and cook to perfection? Why not! Miele ovens are well suited to the needs of the modern kitchen, extremely easy to use and produce perfect results. Now every household can enjoy high quality, modern appliances which offer the enthusiastic cook the opportunity of creating dishes like a true professional. And to make it all the easier, this book has over 140 recipes which not only encompass the entire spectrum of oven functions, they are also unusual and interesting, allowing you to introduce variety to every day meals. Whether you are creating light appetisers or a full roast dinner, a pasta bake for the family meal or an exotic dish for dinner guests, these recipes will turn cooking into a real pleasure. You will be amazed and enthused by these subtle and sophisticated dishes, be they influenced by the Mediterranean, a recreation of a traditional favourite, or inspired by the Orient. And most importantly, because you can rely on the oven for perfect results, you can relax and enjoy the whole cooking experience.






# The multi-talented oven

## *At the heart of the kitchen*

Today, modern ovens can do much, much more than simply produce heat. They are so cleverly designed that for every type of food there will be just the right oven function to prepare it in the best way. For after all, the art of cooking is all about understanding the different characteristics of each type of food and knowing how to develop flavours to the full. The ideal oven will be capable of everything: baking, roasting, cooking and grilling – to perfection.

We recommend using the **Fan plus** function for baking and roasting on several levels at the same time. A lower temperature can be selected than for **Conventional** heat as the heat is distributed around the food by the fan. Select **Bottom heat** towards the end of the cooking time, for example to finish off pastry bases. **Intensive bake** is ideal for dishes which require a moist topping and a crisp base, such as pizza. Select **Economy grill** for grilling flat items and browning the tops of small dishes. The **Full grill** is more suited for browning large dishes and grilling bigger items. The **Fan grill** is excellent for mixed grills and chicken pieces. To avoid having to seal large pieces of meat on the hob, simply select **Auto roast** and at the outset select the temperature you want the meat cooked at. The oven will then do the rest. **Moisture plus** will produce optimum results when cooking not only bread and cakes, but also roasts, baked dishes and pizzas as moisture is used in addition to Fan plus. Food will be moist and tender on the inside and crispy on the outside. All recipes in this book which use the Moisture plus function are marked with the  symbol. On ovens without the Moisture plus function, select **Fan plus**.



The display is exceptionally easy to use and is highly intuitive.



Cooking with ease: The shelf levels are clearly marked on the front of the oven cavity.



Precise roasting: The food probe measures the core temperature.

## *Individually cooked for perfect enjoyment*

The food probe monitors the temperature of the cooking process precisely by measuring the core temperature of meat, poultry or fish, and allows you to determine precisely how well done or rare you want your food to be cooked. For example, beef fillet and roast beef will be cooked rare at a core temperature of 60–65°C, medium at a core temperature of 70–75°C and well done at a core temperature of 80–85°C. Boned and rolled poultry, on the other hand, will require a core temperature of 85 to 90°C. It is important to ensure that the tip of the probe is not inserted into fat or bone.

## *The correct shelf level*

The number of shelves varies from oven to oven. The recipes in this book are designed for an oven with five shelf levels. The shelf levels are counted from the bottom of the oven upwards. The table below will tell you which level to use if your oven does not have five shelf levels.

### **Ovens with 5 shelf levels**

5<sup>th</sup> shelf from the bottom



2<sup>nd</sup> or 3<sup>rd</sup> shelf from the bottom

4<sup>th</sup> shelf from the bottom



2<sup>nd</sup> or 3<sup>rd</sup> shelf from the bottom

3<sup>rd</sup> shelf from the bottom



1<sup>st</sup> or 2<sup>nd</sup> shelf from the bottom

2<sup>nd</sup> shelf from the bottom



1<sup>st</sup> or 2<sup>nd</sup> shelf from the bottom

1<sup>st</sup> shelf from the bottom



1<sup>st</sup> shelf from the bottom

# Perfect results every time



The clear display, the retractable controls with their lightings, and the sensors controls make it easy to select the correct setting.

The Moisture plus function allows you to bake and roast using a combination of Fan plus and moisture. It is ideal for all types of bread and rolls as a crispy, glossy finish is achieved. You will be able to produce biscuits, cakes and pastries which are every bit as good as you could buy from the local baker. It is not only baked items which benefit from moisture. Fish will be tender and moist and maintain a firm consistency. When roasting meat with a high fat content, the hot steam draws out the fat and an excellent outer crust is produced.



Rolls baked in an oven containing moisture are light and cooked to perfection on the inside, with a good crust on the outside.



The filling tube is pulled forward and the quantity of water required is drawn in automatically.

## *Easy to use*

When you select Moisture plus, you can choose between 4 different bursts of steam (Automatic burst of steam; or 1, 2 or 3 manual bursts of steam). The amount of water the oven requires will depend on the selection. For 1 burst of steam, fill a glass with approx. 80 ml of water, hold under the filling tube and allow the water to be drawn into the oven. Approx. 150 ml water is required for 2 bursts of steam and approx. 230 ml for 3 bursts of steam. If the automatic choice has been selected, the burst of steam will be injected automatically when the required temperature has been reached. With 1, 2 or 3 bursts of steam, these have to be injected manually, allowing you to individually perfect the cooking or baking process.

Bread should be exposed to steam in the first few minutes as it will rise better and will achieve a good outer crust while remaining light and soft on the inside. Meat should be roasted in an open dish or directly on the rack so that it can absorb the steam.

The great advantage of Moisture plus is that food does not dry out – it will be soft and succulent, but still with a crispy outer crust.







# Starters

Gone are the days when you could dazzle your guests with a cold starter of charcuterie, salad or crudités. Tasty appetisers straight from the oven require very little preparation and are guaranteed to be a successful culinary surprise. Earn praise and applause with crispy tuna rolls, pizza with fennel salami or apple tartlets with chicken liver. These delicacies are also ideal for a light lunch.

# Carrot quiche

## with lemon grass and coriander

Makes 1 quiche (26 cm Ø)

1 To make the pastry, make a pile of the flour and sprinkle with 1 tsp of salt. Add the diced butter and work in well using a knife. Beat the egg lightly, add to the flour mixture and knead in. Add 2 tbsp of cold water and knead quickly to a dough. Wrap the dough in clingfilm and place in the fridge for 30 minutes.

2 For the filling, wash the lemon grass and strip off the tough outer leaves. Pat dry and chop finely. Place in a saucepan with the double cream, bring gently to the boil. Remove from the heat and leave to stand, covered, for 15 minutes. Peel the carrots, cut into thin slices and boil in salted water for 6 to 8 minutes until cooked but still firm. Pour the cream through a sieve, then stir in the crème fraîche and eggs. Season with salt and pepper.

3 Roll the pastry out to a thickness of 3 to 4 mm. Grease the quiche dish with butter. Line with the pastry, pressing it well into the edges.

### Ingredients:

#### For the pastry:

300 g plain flour  
Salt  
160 g cold butter, diced  
1 medium egg

#### For the filling:

3 stems of lemon grass  
200 ml double cream  
1 kg carrots · Salt  
100 g crème fraîche  
4 large eggs  
Ground pepper

#### Also:

Butter for greasing the dish  
1 bunch of coriander  
2 apples (Braeburn or Cox's Orange Pippin)  
2 red chillis  
Salt · Ground pepper  
Olive oil

4 Spread the carrots out over the pastry and pour the egg and cream mixture over. Bake the quiche at 160°C (Intensive bake) on the second shelf for 40 to 45 minutes. Remove from the oven, leave to cool slightly, then remove from the dish.

5 To make the garnish, wash the coriander, shake dry and tear off the leaves. Wash and core the apples, and either cut them into thin strips or grate them. Cut the chillis in half lengthways, remove the seeds and chop into thin strips. Mix the ingredients lightly together and season with salt, pepper and olive oil. Cut the quiche into slices and serve topped with a little of the garnish.


### ►► Tips

*For extra bite, add chopped salted peanuts to the garnish. The pastry can be prepared well in advance. Wrapped in clingfilm, it will remain fresh in the fridge for up to a week.*





# Savoury apple tartlets with chicken liver and rocket

For 4 tartlets (12 cm Ø) or 1 tart (24 cm Ø) 

1 To make the tartlets, defrost the puff pastry. Peel and core the apples and cut into slices. Peel the onion and garlic. Cut the onion into slices and finely chop the garlic. Wash the marjoram, shake it dry, tear off the leaves and chop them finely.

2 Heat the olive oil in a frying pan and sweat the onions until cooked but not brown. Add the lardons and garlic, and cook. Add the apple slices and continue cooking, then stir in the marjoram. Season with sea salt, pepper and sugar. Put the mixture to one side.

3 Fold the sheets of puff pastry in half and roll out thinly on a floured surface. Cut to fit the size of the tartlet tins. To make one large tart, place the sheets of pastry on top of each other and roll out to the appropriate size.

4 Divide the apple mixture between the tins and cover with the puff pastry. Chill the tarts in the fridge for 10 minutes.

## Ingredients:

### For the tartlets:

4 sheets of puff pastry  
(approx. 75 g each; frozen)  
2 sharp apples  
(eg, Granny Smith, russet)  
1 onion  
1 clove of garlic  
1/2 bunch of marjoram  
1 tbsp olive oil  
50 g lardons, or chopped  
smoked streaky bacon  
Sea salt · Ground pepper  
Sugar

### Also:

200 g chicken (or duck) liver  
1 tbsp olive oil  
Sea salt · Ground pepper  
2 sprigs of rosemary  
1 tbsp sugar  
3 tbsp balsamic vinegar  
3 tbsp apple juice  
2 small bunches of rocket

5 Bake the tarts at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 30 to 35 minutes for the large tart or 15 to 20 minutes for the tartlets.

6 Cut the liver into walnut sized pieces. Heat the olive oil in a frying pan and fry the liver for 3 to 4 minutes. Remove from the frying pan, season with sea salt and pepper, and keep warm.

7 Wash the rosemary and shake it dry. Place the sugar, balsamic vinegar, apple juice and rosemary in the hot frying pan used to cook the liver. Bring gently to the boil and remove the rosemary.

8 Wash and dry the rocket and divide between the serving plates. Turn the tartlets out of their tins and arrange on the beds of rocket. If making one large tart, cut it into four. Top with the liver and drizzle with a little balsamic sauce.

# Baked figs

## with mascarpone and San Daniele ham

Serves 4–6

- 1 Beat together the mascarpone, honey, thyme and orange zest, and season with salt and pepper.
- 2 Wash the figs, and pat them dry. Cut a lid approx. 1 cm thick from the top of each fig. Scoop out about a teaspoon of the flesh from inside each fig to make room for the filling.
- 3 Fill the figs with the mascarpone cream, place the lids on top and press down lightly. Wrap each fig in a slice of ham.

### Ingredients:

250 g mascarpone  
 1 tbsp honey  
 1 tbsp chopped thyme  
 1 tsp orange zest  
 Salt · Ground pepper  
 12 medium sized figs  
 12 slices San Daniele ham,  
 or prosciutto  
 12 slices French bread  
 Olive oil for greasing the dish  
 and drizzling

- 4 Spread the fig flesh on the slices of French bread. Grease a baking dish with olive oil and arrange the bread in the dish. Place a fig on each slice and press down slightly. Drizzle with olive oil and bake at 160°C (Fan plus) on the second shelf for 20 to 25 minutes.

### ▶▶ Tips

*San Daniele ham is air dried ham from Italy. If you can't find it, use Parma ham instead. Or omit all together for a vegetarian alternative.*

# Grilled vegetables and mozzarella baked in panini

For 10 panini 

1 To make the dough, place the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve in 300 ml of lukewarm water. Stir in the honey and pour the mixture into the well in the flour. Stir the flour in from the edge to make a thin dough. Cover the bowl with a damp tea towel and leave the dough to rise for 15 minutes in a warm place. Stir in the salt and olive oil and knead the dough for 5 minutes using the kneading hook of an electric mixer until it is shiny. Cover again and leave in a warm place for 45 minutes to rise.

2 Peel the onion. Wash the aubergine and courgettes. Chop all three vegetables into 1 cm thick slices. Place in an ovenproof dish. Cut the peppers into quarters and remove the seeds. Add to the dish. Crush the garlic. Wash the thyme, shake dry and tear off the leaves. Add the garlic and thyme to the dish along with the olive oil. Season with sea salt and pepper, and leave to stand for 20 minutes.

3 Grill the vegetables at 220°C (Full grill) on the third shelf for 15 to 20 minutes, turning halfway through. Remove the skins from the red peppers. Stir the vegetables.

## Ingredients:

### For the dough:

500 g strong bread flour  
20 g fresh yeast  
1 tbsp honey  
1 level tbsp sea salt  
3 tbsp olive oil

### For the vegetables:

1 onion  
1 large eggplant/aubergine  
2 zucchini/courgettes  
2 red peppers  
1 clove of garlic  
1/2 bunch of thyme  
80 ml olive oil  
Sea salt  
Ground pepper

### Also:

2 balls of mozzarella  
(125 g each)  
Flour for the baking tray and  
for dusting

4 Knead the dough briefly once more and divide into 10 pieces. Roll out on a floured surface into squares 14 x 14 cm. Place the vegetables on one half of each piece. Pat the mozzarellas dry and cut into 10 slices. Place on top of the vegetables. Fold the dough over the filling and press the edges firmly together. Place the panini on the floured baking tray and leave for 15 minutes.

5 Dust the panini with flour and bake at 200°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 18 minutes. Cool the panini slightly and serve with pesto (see Tips).

## ►► Tips

*The panini are delicious served with lovage pesto. In a food processor, purée the leaves of half a bunch of lovage and 1 bunch of parsley with 100 ml olive oil, 1 tbsp grated parmesan and 1 tbsp roasted pine nuts.*



# Braised celeriac

## with ginger and prawn kebabs

Serves 4–6

1 Peel the ginger and cut into thin strips. Heat the oil in a frying pan. Fry the ginger for 2 minutes, stir in the honey and place to one side.

2 Peel and cut the celeriac into 1½ cm cubes and mix with the ginger and honey. Season with salt and pepper and place in an ovenproof dish. Drizzle with olive oil and cook at 160°C (Fan plus) on the second shelf for 40 minutes. Wash and dry the basil and tear off the leaves. Put a few to one side as garnish. 10 minutes before the end of the cooking time, stir the basil into the celeriac.

3 Peel the prawns, make a cut along the length of each one and remove the black vein. Wash the prawns and pat them dry. Bend the prawns, and place in pairs on wooden skewers.

### Ingredients:

150 g ginger  
 1 tbsp oil  
 1 tbsp honey  
 1 bulb of celeriac  
 (approx. 1 kg)  
 Salt · Freshly ground pepper  
 2–3 tbsp olive oil  
 1 bunch of Thai or normal basil  
 12 jumbo prawns  
 1 clove of garlic  
 1–2 red chillis  
 3 shallots  
 Juice of 1 lime  
 1 tbsp palm sugar  
 2 unwaxed limes

4 To make the marinade, peel the garlic. Wash, deseed and finely chop the chillis. Peel and finely chop the shallots. Pound the garlic, chillis and shallots together with the lime juice and palm sugar using a pestle and mortar, or purée in a food processor. Arrange the prawns on a baking tray and brush with the marinade. Grill at 240°C (Full grill) on the third or fourth shelf for 5 to 8 minutes.


5 Wash the limes in hot water, pat dry and cut into quarters. Arrange two prawn kebabs on a bed of braised celeriac on individual serving plates, and garnish with basil leaves and lime wedges.

### ▶▶ Tips

*The braised celeriac can be prepared a day in advance and heated up shortly before serving. If palm sugar is not available, use unrefined sugar.*

# Tortilla

## with smoked trout and cress

Serves 4–6 

1 Cut the potatoes into thin slices. Flake the smoked trout into small pieces. Beat the eggs into the crème fraîche. Stir in the horseradish and lemon zest.

2 Place the sliced potatoes and smoked trout into a large bowl and stir in the egg mixture. Season with salt and pepper. Butter an oven-proof dish, pour in the potato mixture and press down.

3 Bake the tortilla at 140°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Leave the tortilla to cool until lukewarm.

### Ingredients:

600 g boiled waxy potatoes  
(can be peeled and boiled the  
previous day)  
200 g smoked trout fillet  
(plus 1 fillet for garnish)  
5 medium eggs  
50 g crème fraîche  
1 tbsp grated horseradish  
1 tsp unwaxed lemon zest  
Salt · Ground pepper  
Butter for greasing the dish  
1 container of mustard cress  
1 bunch of watercress  
1 bunch of rocket  
2 tbsp white balsamic vinegar  
1 tsp honey  
2 tbsp olive oil

4 Wash and dry the cress and rocket, and mix together. Whisk the balsamic vinegar, honey and 2 tbsp of olive oil together and use to dress the leaves.

5 To serve, cut the tortilla into cubes and scatter over the salad. Garnish with flakes of the remaining trout fillet.

### ▶▶ Tips

*You can make a crisp little dish on which to serve the tortilla by deep frying a piece of spring roll pastry (12 x 12 cm), pressing it down lightly with a spoon.*

# Crispy tuna rolls with mango chutney

Serves 4–6

1 To make the chutney, halve and deseed the red pepper and roast at 160°C (Fan plus) on the second shelf for 30 to 35 minutes. Allow to cool then remove the skin and chop the pepper in small pieces.

2 Peel the mango, cut the flesh away from stone and dice it into 1/2 cm cubes. Wash the spring onions and slice finely. Wash the coriander, shake it dry and chop. Mix everything together along with the ground coriander, cinnamon, salt, pepper and vinegar.

3 To make the tuna rolls, season the tuna well with salt and coarsely ground pepper. Fry in hot oil for 1 minute.

4 Wash and dry the chicken breast and cut into small pieces. Purée in a food processor with the cream, sesame oil, wasabi and a pinch of salt. Dry roast the sesame seeds in a frying pan and stir into the purée.

## Ingredients:

### For the tuna fish:

2 sheets spring roll pastry  
(20 x 20 cm; defrosted if frozen)

2 tuna steaks (each 200 g,  
6 cm thick)

Coarsely ground pepper

Salt

1 tbsp oil

120 g chicken breast

150 ml double cream

1 tsp sesame oil

1/2 tsp wasabi paste  
(from a tube)

40 g sesame seeds

### For the chutney:

1 small red pepper

1 mango

2 spring onions

1 bunch of coriander

1 pinch ground coriander

1 pinch ground cinnamon

Salt · Ground pepper

1–2 tbsp rice vinegar or white  
balsamic vinegar

### Also:

Oil for frying

5 Place the sheets of pastry side by side and spread the chicken purée thinly over two thirds of the pastry surface. Place the tuna fillets on the remaining pastry surface and fold the pastry over them, tucking the ends underneath.

6 Pour 1 cm of oil into a frying pan, heat and fry the pastry rolls for 2 to 3 minutes until crisp. Place them on an oven rack and finish cooking at 85°C (Fan plus) on the second shelf for 15 to 20 minutes.

7 Using a serrated knife, cut the pastry rolls into 1 to 2 cm thick slices and serve with the mango chutney.

## ►► Tips


*The ingredients for the chicken purée need to be very cold, as the act of puréeing them will warm them up and prevent them from binding well. For best results, place the meat in the freezer for a few minutes.*





# Savoury tarte

## with onions and bacon

For 2 baking trays 

1 To make the dough, place the flour in a large bowl and make a well in the centre. Dissolve the yeast in 90 ml of lukewarm water. Stir in the sugar and salt and pour the mixture into the well in the flour. Stir in the flour from the edges to achieve a thin dough. Stir in the liquid sour dough and cover the bowl with a damp cloth. Leave the dough to rise in a warm place for 15 minutes.

2 Knead the dough for 5 minutes using the kneading hook of an electric mixer until it is shiny and elastic. Cover once more and leave to rise in a warm place for a further 45 minutes.

3 For the topping, peel and halve the onions and cut into thin slices. Stir the soured cream and double cream together.

4 Knead the dough again and divide into two. On a floured surface, roll out to the size of the baking trays. Place the dough onto the baking trays lined with baking paper. Spread the cream mixture over the dough.

### Ingredients:

#### For the base:

250 g strong white flour  
20 g fresh yeast  
1/2 tsp sugar  
salt  
75 g liquid sour dough  
(ready made)

#### For the topping:

3 onions  
200 ml soured cream  
100 ml double cream  
50 g pine nuts  
60 g pancetta or smoked  
streaky bacon (very thinly  
sliced)  
Ground pepper  
2–3 tbsp olive oil

#### For the herb salt:

25 g sea salt  
1/2 tsp fennel seeds  
1/2 tsp chopped rosemary  
1/2 tsp unwaxed lemon zest

#### Also:

Flour for the work surface

5 Scatter over the onions and pine nuts. Place the pancetta or bacon on top. Season with ground pepper and drizzle with olive oil. Leave to rise for 10 minutes.

6 Pre-heat the oven to 220°C (Moisture plus with 1 manual burst of steam). Place one tarte into the oven on the second shelf. Activate the steam and bake for 10 to 15 minutes. Repeat with the second tarte (without pre-heating the oven).


7 To make the herb salt, grind the sea salt, fennel seeds, rosemary and lemon zest with a pestle and mortar (or in a mixer) and sprinkle over the baked tarte.

### ►► Tips

*Flammkuchen is a traditional savoury tarte made with onions, bacon and soured cream. For a delicious alternative, use roasted aubergines, courgettes or red peppers and top with mozzarella.*

# Pizza

## with fennel salami and scamorza

For 1 baking tray 

1 To make the dough, place the flour in a large bowl and make a well in the centre. Dissolve the yeast with a pinch of sugar in 125 ml of lukewarm water. Pour into the well in the flour. Stir in the flour from the edges to achieve a thin dough. Cover the bowl with a damp cloth. Leave the dough to rise in a warm place for 15 minutes.

2 Stir in the salt and olive oil and knead the dough for 10 minutes until it is shiny and elastic. Cover the dough again and leave in a warm place to rise for a further 45 minutes. Knead again, then roll out on a floured surface until 1 cm thick and the size of the baking tray. Dust the baking tray with flour and place the dough on top.

3 To make the topping, peel and finely chop the onions and garlic, then fry gently in a little olive oil. Add the passata, bring to the boil and season with salt and pepper. Wash and dry the oregano, tear off the leaves and chop finely. Stir into the passata.

### Ingredients:

#### For the dough:

250 g strong white flour  
15 g fresh yeast · Sugar  
1 tsp salt  
5 tbsp olive oil

#### For the topping:

1 onion · 1 clove of garlic  
Approx. 6 tbsp olive oil  
250 g passata  
(ready made)  
Salt · Ground pepper  
1 bunch of oregano  
250 g cherry tomatoes  
2 scamorza (250 g;  
Italian smoked cheese)  
or mozzarella  
50 g capers (pickled)  
Sea salt  
150 g fennel salami  
(sliced)

#### Also:

Flour for the work surface and  
baking tray

4 Wash the cherry tomatoes and crush with your hands. Discard the juice. Cut the scamorza in half, cut into thin slices and mix with the cherry tomatoes and capers. Season with sea salt, pepper and 3 tbsp olive oil.

5 Spread the tomato sauce over the dough and scatter the cherry tomato and cheese mixture over the top.

6 Pre-heat the oven to 220°C (Moisture plus with 1 manual burst of steam). Place the pizza on the second shelf, activate the steam and bake for 25 to 30 minutes. Spread the salami over the cooked pizza and drizzle with olive oil.

### ►► Tips

*The dough for this pizza is very thin and will serve 3 to 4 people as a starter.*

# Rare veal fillet

## with creamed pumpkin and spinach

Serves 4–6

1 Place the filo pastry on a greased baking tray and brush with melted butter. Sprinkle with a little sea salt and chilli powder and bake at 200°C (Fan plus) on the second shelf for 5 to 8 minutes until golden. Leave to cool, then break into small pieces. Allow the oven to cool down.

2 Heat some olive oil in a frying pan. Season the veal fillet with salt and pepper, and brown all over in the olive oil. Mix the cocoa and chilli powder and coat the meat in the mixture. Roast the meat on a wire rack at 85°C (Conventional) on the third shelf for 1 hour. The core temperature should reach 60 to 65°C (using the food probe).

3 Peel the pumpkin, cut the flesh into small cubes and fry gently in butter. Add the coconut milk and simmer for 10 minutes. Purée in a food processor and season with salt, pepper and lime juice.

### Ingredients:

#### For the pastry:

100 g filo pastry (ready made)  
50 g melted butter  
Sea salt · chilli powder

#### For the meat:

350 g fillet of veal (7 cm thick)  
Salt · Ground pepper  
1 tbsp olive oil  
1 tsp cocoa powder  
1 pinch chilli powder  
1 tbsp butter

#### For the creamed pumpkin:

250 g pumpkin  
1 tsp butter  
200 ml coconut milk  
Salt · Ground pepper  
Juice of 1/2 lime

#### For the garnish:

200 g baby spinach leaves  
2 tbsp olive oil  
1 tbsp white balsamic vinegar  
1 tsp honey

#### Also:

Butter to grease the baking tray

4 To make the garnish, wash and dry the spinach leaves. Mix together the olive oil, vinegar and honey, and use to dress the spinach.

5 Once the veal is cooked, toss it in foaming butter, then cut into thin slices. Spoon some of the creamed pumpkin onto individual serving plates and top with alternating layers of veal, filo pastry and spinach.

### ▶▶ Tips

*There are several types of pumpkin. Their flesh is orange and has a sweet, nutty flavour.*







# Fish and seafood

If you want to serve something really special, then seafood is often the answer. But even in everyday cooking, fish is becoming more and more popular. To help it retain its wonderful flavour during cooking, try wrapping it in a salt crust, pastry, ham or baking parchment. You will never have eaten tastier, healthier fish!

# Crispy prawn strudel

## with tomato salad and basil aioli

Serves 4–6

1 To make the strudel, fry the bacon in oil until crispy, then pat dry with kitchen paper. Wash and dry the prawns, and chop finely. Season with salt, pepper and chilli powder. Wash and dry the fish, and cut into small cubes. Season with salt and pepper. Briefly whiz the fish with 150 g of the ice-cold cream in a food processor, then add the rest of the cream and a squeeze of lemon, and blend to a fine purée. Pour the mixture into a bowl, crumble in the bacon and stir in the prawns. Chill the mixture in the refrigerator.

2 Spread out two sheets of filo pastry, brush with melted butter, then place the other two sheets of pastry on top. Spread the prawn filling over the pastry, fold in the edges, then roll the pastry up. Place the rolls on a baking tray lined with baking paper and brush with melted butter. Bake at 180°C (Fan plus) on the second shelf for 20 to 25 minutes.

### Ingredients:

#### For the strudel:

80 g bacon (rashers) · 1 tbsp oil  
 400 g peeled, cooked prawns  
 Salt · Freshly ground pepper  
 2 pinches chilli powder  
 300 g white fish fillet  
 (eg. haddock, ling, perch, cod)  
 Ground pepper  
 350 ml ice-cold double cream  
 Lemon juice  
 4 sheets of filo pastry  
 (25 x 25 cm; ready made)  
 50 g melted butter

#### For the aioli:

1 clove of garlic · Salt  
 1 bunch of basil  
 200 ml olive oil  
 1 egg yolk · 1 tsp mustard  
 Juice of ½ lemon  
 Ground pepper

#### For the salad:

500 g cherry tomatoes  
 1 bunch of parsley  
 1 red onion  
 2 tbsp olive oil  
 1 tbsp caster sugar  
 2 tbsp white balsamic vinegar  
 Salt · Ground pepper

3 For the aioli, peel and chop the garlic. Add a pinch of salt and crush using the back of a knife. Wash and dry the basil, and remove the leaves. Purée with the olive oil. Stir the egg yolk and mustard together in a bowl. Add the basil oil, a drop at a time, whisking continuously. Once the ingredients have started to blend, the oil can be added more quickly. Stir in the garlic purée and lemon juice, and season with salt and pepper.

4 To make the salad, wash and halve the cherry tomatoes. Wash, dry and chop the parsley. Peel the onions and cut into thin slices. Fry gently in olive oil. Add the tomatoes and parsley and cook gently for a further 2 to 3 minutes. Add the sugar and vinegar and transfer to a bowl. Season with salt and pepper.

5 Slice the strudels using a serrated knife and serve with the tomato salad and aioli.





# Sea bream in a sea salt crust with lime and caper butter

Serves 4

1 For the fish, peel and finely chop the garlic. Wash and dry the lemon, and grate the rind. Squeeze the juice from the lemon. Mix the lemon zest and juice with the garlic,  $\frac{1}{2}$  tsp of pepper and the olive oil. Wash and dry the fish. Rub inside and out with the marinade.

2 Wash and dry the parsley, rosemary and thyme. Place the parsley inside the fish. Finely chop the rosemary and thyme leaves. Mix with the salt in a bowl. Beat the egg whites until half stiff and stir into the salt. Sprinkle the flour over it and stir well.

3 Line a baking tray with baking paper and spread out approximately half of the sea salt to a depth of 1 cm. Place the fish on top and cover all over with the remaining sea salt. Press down firmly. Bake the sea bream at 180°C (Fan plus) on the second shelf for 50 to 60 minutes.

4 For the vegetables, peel the potatoes and cut in  $\frac{1}{2}$  cm cubes. Blanch in salted water for 2 to 3 minutes, then plunge into ice cold water and dry with kitchen paper. Remove the outer leaves from the artichokes and cut the artichokes

## Ingredients:

### For the fish:

2 cloves of garlic  
1 unwaxed lemon  
Coarsely ground pepper  
4 tbsp olive oil  
2 sea bream (700 g each;  
oven ready)  
4 stalks of parsley  
1 bunch each of rosemary  
and thyme  
2.5 kg coarse sea salt  
6 egg whites  
80 g flour

### For the vegetables:

600 g waxy potatoes  
Salt  
8–10 small artichokes  
4 tbsp olive oil  
1 clove of garlic  
6 sprigs of thyme  
Ground pepper

### For the butter:

2–3 limes  
120 g butter  
1 tsp caster sugar  
2 tsp small capers  
Salt · Ground pepper

into four. Heat the olive oil in a pan and fry the artichokes. Add the potato cubes and fry for a further 5 minutes. Crush the garlic, and wash and dry the thyme. Add to the vegetables and season with salt and pepper. Transfer the vegetables to an ovenproof dish.

5 Place the vegetables in the oven on the fourth shelf 15 minutes before the end of the cooking time for the fish. Once cooked, remove the thyme sprigs.

6 To make the butter, peel the limes with a knife, removing all the pith. Divide into segments. Melt the butter until foaming in a pan. Stir in the lime segments, caster sugar and capers, and season with salt and pepper.

7 Serve the sea bream in the salt crust, breaking it open at table. Garnish with lime and caper butter and the vegetables.

# Fillet of salmon trout with almond polenta and asparagus

Serves 4 

1 For the fish, dry roast 60 g of the almonds in a frying pan. Bring the milk to the boil with 1 teaspoon of butter and stir in the polenta. Add the lemon zest and almonds, and leave to stand for 5 minutes. Season with salt and pepper.

2 Wash and dry the fish fillets and season with salt and pepper. Place one fish fillet skin side down and cover with the polenta. Place the other fillet on top, skin side up. Tie together in 4 or 5 places using kitchen string.

3 Grease a baking tray with oil, place the fish on it and bake at 180°C (Moisture plus with 2 bursts of steam) on the second shelf for 25 to 30 minutes. Activate the first burst of steam at the beginning, and the second 10 minutes later.

4 Snap off the tough base of the asparagus stalks, then wash and pat dry. Heat the olive oil in an oven-proof pan, and cook the asparagus for 3 to 4 minutes.

## Ingredients:

### For the fish:

100 g flaked almonds  
175 ml milk  
2–3 tbsp butter  
50 g instant polenta  
1 tsp unwaxed lemon zest  
Salt · Freshly ground pepper  
2 salmon trout fillets (450 g)  
Oil for the baking tray  
1 bunch of parsley

### For the asparagus:

1 kg green asparagus  
400 g cherry tomatoes  
2 tbsp olive oil  
4 sprigs of rosemary  
Juice of 1/2 lemon  
1 tbsp butter · Salt  
Ground pepper · Sugar

5 Wash and dry the rosemary and the tomatoes. Add the rosemary, tomatoes, lemon juice and butter to the asparagus. Season with salt, pepper and sugar. Place the pan in the oven on the fourth shelf 8 minutes before the end of the cooking time for the fish.

6 Wash, dry and chop the parsley. Melt 2 tbsp of butter until foaming and fry the remaining almonds and parsley. Spread over the fish 5 minutes before the end of the cooking time.

7 Cut the fish into pieces, and serve with the asparagus.

## ► Tips

*To decorate, cut two unwaxed lemons in half and press the flesh into some sugar. Caramelize in a frying pan, sugared side down. Cool slightly, and serve with the fish.*

# Stuffed trout

## with Tuscan bread salad

Serves 4 

1 To gut the fish, make a 1 cm deep cut with a sharp knife from the head to the stomach. Then carefully slice open the stomach. Cut through the spine at the head and tail and remove, along with the guts. Remove the remaining bones with a pair of tweezers. Alternatively, ask your fishmonger to prepare the fish in this way.

2 Wash and dry the fish. Sprinkle with lemon juice and season with salt and pepper.

3 Cut the ciabatta into 1½ cm cubes. Wash and dry the rosemary. Crush the clove of garlic. Heat 2 tbsp of olive oil in a pan and fry the bread with the rosemary and garlic until golden brown. Remove the sprigs of rosemary.

4 Make a cross in the skin of the tomatoes and blanch in boiling water for 20 seconds. Plunge into ice cold water, then remove the skins. Quarter the tomatoes and remove the seeds. Cut into 1 cm cubes. Peel and finely slice the onions.

### Ingredients:

#### For the fish:

4 trout (or char)  
(300–400 g each;  
not gutted)  
Juice of 1 lemon  
Salt · Ground pepper  
250 g ciabatta  
3 sprigs of rosemary  
1 clove of garlic  
8 tbsp olive oil  
3 tomatoes  
2 red onions  
1 bunch of basil  
50 g Italian salami  
1 tbsp capers  
2 tbsp balsamic vinegar  
Oil for the baking tray

#### For the pesto:

1 bunch of basil  
1 bunch of parsley  
1 tbsp lemon thyme  
40 g pine nuts  
1 small clove of garlic  
200 ml olive oil  
40 g grated parmesan  
Salt · Ground pepper

5 Place the bread cubes, tomatoes and onions in a bowl. Wash and dry the basil. Chop the salami and add to the bowl with the basil. Add the capers, 3 tbsp olive oil and the balsamic vinegar and stir well. Season with salt and pepper. Use the mixture to stuff the fish, then tie them with kitchen string.

6 Place the fish on an oiled baking tray and drizzle with the remaining olive oil. Bake at 160°C (Moisture plus with 2 bursts of steam) on the second shelf for 35 to 40 minutes. Activate the first burst of steam at the beginning, and the second 10 minutes later.

7 To make the pesto, wash and dry the herbs and tear off the leaves. Dry roast the pine nuts in a frying pan. Peel the garlic. Purée the olive oil, herbs, parmesan, pine nuts and garlic in a food processor. Season with salt and pepper.

8 Remove the fish from the oven and serve with pesto and a mixed salad.



# Cod and mussels

## with saffron, baked in parchment

Serves 4

- 1 Bring the wine and Martini to the boil in a saucepan, stir in the saffron and leave to stand for 15 minutes.
- 2 Make a cross in the skin of the tomatoes and blanch in boiling water for 20 seconds. Plunge into ice cold water, then remove the skins. Quarter the tomatoes and remove the seeds. Chop finely. Cut the butter into cubes. Wash and dry the basil and cut the leaves into strips.
- 3 Wash and dry the fish fillets, drizzle with lemon juice and season with salt and pepper. Scrub the mussels thoroughly under running cold water, remove the beards and discard any mussels that are open.
- 4 Take four sheets of baking parchment (30 x 24 cm) and fold them down the centre. Fold the edges up two or three times to form a bag. Divide the mussels between them. Add the tomatoes, chilli and basil. Place one fish fillet in each bag and pour in the saffron flavoured wine. Divide the cubes of butter between them and fold the opening over two or three times.

### Ingredients:

#### For the fish:

150 ml white wine  
50 ml dry Martini  
1 g saffron  
4 tomatoes  
1 red chilli  
100 g butter  
1 bunch of basil  
4 cod fillets (200 g each)  
Juice of 1/2 lemon  
Salt · Ground pepper  
600 g mussels

#### For the potatoes:

800 g small salad potatoes  
Salt · 2 tbsp butter  
2 tbsp breadcrumbs  
4 sprigs of thyme  
Ground pepper

- 5 Bake the fish at 200°C (Fan plus) on the second shelf for 20 to 25 minutes.
- 6 Boil the potatoes in salted water until tender, plunge into cold water, then peel.
- 7 Melt the butter in a frying pan until foaming and fry the breadcrumbs until golden. Wash and dry the thyme. Toss the potatoes and thyme in the buttery breadcrumbs, and season with salt and pepper.
- 8 Place the parchment parcels on four serving plates and serve the potatoes separately.

### » Tips

*The wonderful aroma of the fish will waft out deliciously as the parcels are opened at the table. Serve with rocket salad and aioli.*



# Hungarian carp goulash with lemon cream

Serves 4–6

1 Soak the sauerkraut in water overnight to make the flavour milder. Wash and dry the carp fillets and season with salt and pepper. Cut into 4 cm pieces.

2 Peel and dice the onions and garlic. Heat 2 tbsp of butter in an ovenproof pan, and gently fry the onions and garlic. Add the caraway, half the lemon zest, paprika, bay leaves and tomato purée and cook for a further 1 to 2 minutes.

3 Wash the marjoram and shake it dry. Drain the sauerkraut and squeeze the water out. Pour the fish stock, 200 g of the soured cream, the marjoram and the sauerkraut into the casserole. Add the carp and stir. Cover and bake at 140°C (Fan plus) on the second shelf for 40 to 45 minutes.

## Ingredients:

700 g sauerkraut  
1 kg carp fillets (skinned)  
Salt · Freshly ground pepper  
150 g onion  
2 cloves of garlic  
3 tbsp butter  
1 tsp ground caraway  
Grated zest of  
2 unwaxed lemons  
1½ tbsp paprika  
2 bay leaves  
2 tbsp tomato purée  
6 sprigs of marjoram  
600 ml fish or vegetable stock  
350 ml soured cream  
Juice of 1 lemon  
4 slices of bread  
1 tbsp oil


4 Stir the lemon juice and remaining lemon zest into the rest of the soured cream. Season with salt and pepper. Cut the bread into small cubes. Heat the oil and the rest of the butter in a frying pan and fry the bread until golden brown. Season with a little salt.

5 Arrange the goulash on plates and garnish with the lemon cream and croutons. Serve with parsley potatoes (see Tips).

## ▶▶ Tips

*Boil 800 g of new potatoes in salted water with 1 tsp of caraway seeds. Refresh under cold water and peel. Melt 1 tbsp of butter in a pan until foaming and fry the leaves of ½ bunch of parsley, then toss the potatoes in the butter.*

# Red snapper in a banana leaf with three flavour sauce

For 2–3 people 

1 Wash and dry the fish. Peel the ginger and garlic. Chop them finely, then crush with  $\frac{1}{2}$  tsp of sea salt in a pestle and mortar. Stir in the oil. Make diagonal cuts on both sides of the fish at 3 cm intervals. Rub the paste over the fish, inside and out. Cut off the coriander roots and put to one side. Wash and dry the coriander leaves, and stuff the fish with them.

2 Cut the banana leaf in half and warm it over a hot hob to make it more flexible. Place one leaf on top of the other in a cross shape and wrap the fish in the leaves. Bind with kitchen string or thread. Place on a rack over a baking tray, and cook at 180°C (Moisture plus with 2 bursts of steam) on the second shelf for 40 to 45 minutes. Activate the first burst of steam at the beginning, and the second 10 minutes later.

## Ingredients:

### For the fish:

1.2 kg red snapper  
(oven ready)  
3 cm ginger  
1 clove of garlic  
Sea salt · 2 tbsp oil  
1 bunch of coriander with roots  
1 banana leaf or baking parchment

### For the sauce:

5 cloves of garlic  
5 red shallots  
2 red chillis · 200 ml oil  
3 tbsp palm sugar  
3 tbsp fish sauce  
1 tsp tamarind paste  
Juice of 2 limes  
1 bunch of Thai basil

3 To make the sauce, wash and dry the coriander roots, then chop them up. Peel and chop the garlic and shallots. Cut the chillis in half lengthways, discard the seeds and wash. Blend to a paste using a pestle and mortar or food processor. Heat 1 tbsp of oil in a small saucepan and gently fry the paste for 2 to 3 minutes. Add the palm sugar, fish sauce, tamarind paste and lime juice, and simmer until the sugar has dissolved.

4 Wash and dry the basil and remove the leaves. Fry the leaves in the rest of the oil and drain on kitchen paper. Place the fish on a serving dish and open the banana leaf. Spread the sauce and the basil over the fish.

## ▶▶ Tips

*Serve with fragrant rice and grilled vegetables such as baby corn on the cob, spring onions, red peppers or asparagus. Flavour with oyster sauce, light soy sauce and a little sugar.*



# Monkfish roulade

## with spring onions and grilled bread

Serves 4–6

1 Wash and dry the monkfish and basil leaves. Blend the sundried tomatoes, pine nuts, basil and olive oil to a paste in a food processor. Spread the mixture over the fish fillets and season with ground pepper. Place 2 x 5 slices of Parma ham on a plate so that the slices overlap slightly. Arrange the monkfish on the ham, and roll up.

2 Brown the monkfish roulades in a frying pan with oil for 2 to 3 minutes. Place on a baking tray and bake at 200°C (Conventional heat) on the second shelf for 15 to 20 minutes.

3 Meanwhile, wash the spring onions and cut into 6 cm long pieces. Caramelize the sugar in a frying pan. Add the spring onions, butter and stock. Cook the onions for 8 to 10 minutes until translucent.

### Ingredients:

#### For the fish:

2 monkfish, ling or perch fillets  
(400 g each)  
10 basil leaves  
6 sundried tomatoes  
40 g pine nuts  
4 tbsp olive oil  
Ground pepper  
10 slices of Parma ham or,  
prosciutto  
1 tbsp oil

#### For the onions:

3 bunches of spring onions  
1 tsp caster sugar  
1 tbsp butter  
100 ml chicken or vegetable  
stock

#### For the bread:

8 slices ciabatta  
Olive oil  
1 clove of garlic

4 Remove the monkfish roulades from the oven. Lay the slices of bread on a baking tray and drizzle with olive oil. Grill at 240°C (Full grill) on the third shelf until golden. Remove the grilled bread from the tray, allow to cool slightly, then rub all over with the clove of garlic.

5 Slice the monkfish roulades. Arrange the spring onions on the toasted bread and top with the fish slices.

### ▶▶ Tips

*Can also be served with polenta. Stir 80 g of instant polenta into 350 ml boiling milk. Leave to swell for around 5 minutes. Stir in 50 g of grated parmesan and 1 tbsp of butter. Season with salt and ground nutmeg.*



# Braised octopus with puréed potatoes

Serves 4

1 Wash and dry the octopus. Simmer for 5 minutes in lots of salted water, drain and chop into bite sized pieces. Peel and dice the carrots and onions. Cut the leaves and base from the celery stalks, remove any fibrous strings and dice.

2 Heat the olive oil in an ovenproof pan, and fry the onions. Add the carrots and celery. Stir in the tomato purée then the red wine. Bring to a fast boil and add the tomatoes.

3 Peel and chop the garlic and stir in. Wash and dry the thyme. Add the octopus and thyme to the vegetables, and season with salt and pepper. Cover and cook in the oven at 140°C (Fan plus) on the second shelf for 1½ to 2 hours.

4 To make the potato purée, peel the potatoes and cut into 2 cm pieces. Cook in salted water, drain, then leave to stand in the saucepan. Heat the milk and pour half over the potatoes.

## Ingredients:

1 kg octopus (oven ready)  
Salt  
100 g each of onions, carrots,  
celery  
2 tbsp olive oil  
1 tbsp tomato purée  
150 ml red wine  
600 g tinned chopped  
tomatoes  
2 cloves of garlic  
1 bunch of thyme  
Ground pepper  
1 bunch of parsley  
1 tbsp unwaxed lemon zest  
1 tbsp capers

## For the potato purée:

600 g floury potatoes  
Salt  
300 ml milk  
50 ml olive oil  
50 g grated parmesan  
Freshly grated nutmeg

## Also:

2 unwaxed lemons  
2 tbsp sugar

5 Add the olive oil and parmesan, and mash with a potato masher. Gradually stir in the remaining milk to achieve a creamy purée. Do not overstir or the potatoes will become gluey. Season with salt and nutmeg.

6 Wash the lemons in hot water, pat dry and cut in half. Dip the cut surfaces in sugar. Heat a frying pan without any fat and fry the lemons cut side down to caramelize the sugar. Remove from the pan and put to one side.

7 Take the casserole out of the oven and remove the thyme. Wash, dry and chop the parsley. Stir into the sauce with the lemon zest and capers.

8 Arrange the octopus with the vegetable sauce and potato purée. Serve with the lemon halves.

# Baked lobster

## with celeriac cream and vanilla butter

Serves 2

- 1 Wash, peel and chop the vegetables and herbs. Place in a pan with 3 litres water, and bring to the boil with the caraway seeds, vinegar, bay leaf and peppercorns. Simmer for 20 minutes.
- 2 Hold the lobster head down for 2 to 3 minutes to numb it. Plunge it into the boiling water. Simmer for 8 to 10 minutes, then plunge into cold water. Cut in half lengthways with a large knife. Remove the claws and break open. Remove the meat from the tail. Rinse and dry the two halves of the shell.
- 3 To make the butter, wash and dry the basil. Purée the butter with the vanilla pulp and basil using a handheld blender. Stir in 2 pinches of sea salt and 1 pinch of chilli powder. Scoop the butter onto a piece of clingfilm and form into a log, 3 to 4 cm thick, and place in the fridge.

### Ingredients:

#### For the lobster:

Mixed vegetables and herbs for making stock, e.g. 2 celery sticks, 2 carrots, 1 leek and some fresh parsley  
 1 tbsp caraway seeds  
 100 ml white wine vinegar  
 1 bay leaf  
 1 tbsp black peppercorns  
 1 lobster (700–800 g)

#### For the butter:

10 basil leaves  
 80 g soft butter  
 Pulp from 1/2 vanilla pod  
 Coarse sea salt  
 Chilli powder

#### For the cream:

250 g celeriac  
 1 tsp butter  
 150 ml double cream  
 Salt · Ground pepper  
 Freshly grated nutmeg

4 To make the cream, peel the celeriac and chop into 1/2 cm cubes. Heat the butter in a saucepan and gently fry the celeriac. Pour in the cream, cover and simmer over a low heat for 15 to 20 minutes until soft. Purée the celeriac with salt, pepper and nutmeg.

5 Fill the lobster shells with the celeriac cream. Cut the lobster meat into bite sized pieces and place on top of the cream. Put the lobster shells on a rack and cook in the oven at 200°C (Full grill) on the third shelf for 5 minutes.

6 Cut the vanilla butter into 1/2 cm thick slices, place on top of the lobster and grill for 2 to 3 minutes until the butter has melted.

### ►► Tips

*Serve with fettucine. For 2 people, cook 250 g to 300 g fresh fettucine in plenty of salted water until al dente. Heat some olive oil and toss the pasta in the oil. Sprinkle with sea salt.*

# Stuffed squid

## with ginger and tamarind sauce

Serves 4–6

1 Wash dry and finely chop the prawns. Marinate in lime juice, fish sauce and 1 tsp of soy sauce for 30 minutes. Wash and dry the fish, and chop into small pieces. Season with salt and purée with the cream in a food processor. Stir the prawns into the fish purée.

2 Wash and dry the squid tubes and fill with the prawn and fish mixture. Seal with cocktail sticks. Place the squid in a greased ovenproof dish and drizzle with the rest of the soy sauce. Cook at 220°C (Fan plus) on the second shelf for 15 to 20 minutes.

3 Peel the ginger and cut into thin strips. Heat the oil in a frying pan and fry the ginger for 3 to 4 minutes. Drain on kitchen paper.

### Ingredients:

#### For the fish:

300 g raw, peeled king prawns  
 1 tsp lime juice  
 1 tsp fish sauce  
 3 tsp light soy sauce  
 100 g white fish fillets  
 (e.g. ling, cod, haddock)  
 Salt  
 120 ml ice cold double cream  
 16–20 small squid tubes  
 Butter to grease the dish  
 80 g ginger  
 2 tbsp oil

#### For the sauce:

1 tbsp tamarind paste  
 2 tbsp plum sauce  
 1 tbsp fish sauce  
 2 tsp light soy sauce  
 100 ml chicken stock  
 1 red chilli

#### Also:

1 bunch of coriander  
 100 g salted roast peanuts

4 To make the sauce, bring the tamarind paste, plum sauce, fish sauce, soy sauce and chicken stock to the boil. Pour into a bowl. Cut the chilli in half lengthways, discard the seeds, wash and chop finely. Stir into the sauce.

5 Wash and dry the coriander, and chop along with the peanuts.

6 Sprinkle the ginger, coriander and peanuts over the squid. Serve with the sauce, garnished with lime.

### ►► Tips

*Tamarinds are the pods of the tamarind tree. Inside there are seeds embedded in soft flesh. The slightly sharp paste is used widely in Thai and Indonesian cooking.*







# Poultry

Take a culinary trip round the world on the wings of a chicken! When poultry is given an Asian twist or a Mediterranean flavour, then it is heaven on a plate. Those who like to watch their health will be delighted at the huge variety of ways there are to cook this tender, low fat meat.



# Breast of corn fed chicken breast with crumbed bacon and parsley

Serves 4

- 1 Peel and finely chop the garlic. Wash and dry the oregano, and chop the leaves. Mix together the garlic, butter, oregano and lemon zest with a little sea salt and pepper in a bowl.
- 2 Wash and dry the chicken breasts. Turn them in the butter mixture and leave to marinate for 15 minutes. Wash, dry and chop the mushrooms.
- 3 Take four pieces of aluminium foil (30 x 40 cm) and fold them in half. Fold the edges over two or three times to make four bags, leaving an opening at the top. Place a chicken breast and some mushrooms in each bag. Divide the wine between the bags and fold over the top two or three times to seal the parcel. Place the parcels on a rack and cook in the oven at 200°C (Fan plus) on the second shelf for 25 to 30 minutes.

## Ingredients:

1 clove of garlic  
 1 bunch of oregano  
 2 tbsp melted butter  
 1 tsp unwaxed lemon zest  
 Sea salt · Ground pepper  
 4 corn fed chicken breasts  
 (220 g each)  
 500 g wild mushrooms  
 (e.g. chanterelles, oyster  
 mushrooms, porcini)  
 80 ml dry white wine  
 1 bunch of parsley  
 Oil for frying  
 8 slices bacon  
 2 tbsp crème fraîche

- 4 Wash and dry the parsley and remove the leaves. Heat a good quantity of oil in a frying pan and fry the parsley until crisp. Drain on kitchen paper and season to taste.
- 5 Dry fry the bacon until crispy. Crumble the bacon and parsley by hand and place in a serving bowl.
- 6 Remove the chicken from the oven and place the parcels on serving plates to be opened at table. Top with a blob of crème fraîche and a sprinkling of the bacon and parsley.

## ►► Tips

*Serve with new potatoes and asparagus. Cornfed chickens are fed primarily on maize which gives the skin and flesh a golden colour and an intense flavour.*



# Roast chicken

## with chorizo and sea salt potatoes

Serves 4 

1 For the chicken, wash the bird inside and out, pat dry and rub with salt and pepper. Using a knife or the handle of a spoon, loosen the skin around the breast of the chicken to create a pocket. Wash and dry the marjoram and parsley and put 5 stalks of parsley to one side. Chop the remaining parsley and marjoram. Spread half the herbs and a few chorizo slices under the chicken skin.

2 Make two or three 1 cm slashes in the legs and thighs. Rub the rest of the herbs into the cuts and fill with slices of chorizo. Wash the lemon in hot water, pat dry and make two cuts in it. Then fill them with the bay leaves. Place the lemon inside the chicken, rub it with olive oil and truss it with kitchen string.

3 Put the chicken on the universal tray and roast at 160°C (Moisture plus with 2 bursts of steam) on the second shelf for 60 to 70 minutes. Activate the first burst of steam at the beginning, and the second 30 minutes later.

### Ingredients:

#### For the chicken:

1 free range chicken  
(approx. 1.5 kg, oven ready)  
Salt · Ground pepper  
1 small bunch of marjoram  
1 bunch of parsley  
200 g chorizo or paprika  
salami (sliced)  
1 unwaxed lemon  
2 bay leaves  
4 tbsp olive oil

#### For the vegetables:

500 g baby carrots  
(1½ cm thick; with a little  
green)  
1 unwaxed orange  
2 cloves of garlic  
1 tbsp melted butter  
1 tsp sugar  
Salt · Ground pepper

#### For the potatoes:

800 g new potatoes  
1 tbsp sea salt

4 To prepare the vegetables, peel the carrots, wash the orange and cut it into eight, and crush the garlic lightly in its skin. Mix everything with the reserved 5 stalks of parsley, the melted butter, salt and pepper. Place in an ovenproof dish and cover with aluminium foil. Cook on the fourth shelf for 30 minutes.

5 Wash the potatoes and place them in a saucepan. Add 200 ml of water and the sea salt, and boil uncovered until all the water has evaporated. This will leave a layer of sea salt on the potatoes. Remove the potatoes and place in the tin with the chicken 30 minutes before the end of the cooking time for the chicken.

6 Remove the garlic, orange and parsley from the carrots, place them in a sieve and press them through onto the carrots. Serve the chicken with the potatoes and carrots.

# Thai guinea fowl with grapefruit and avocado salad

Serves 4 

- 1 Wash and dry the guinea fowl inside and out. Cut along the backbone with a pair of poultry shears and flatten out. Make two or three slashes in the thighs with a sharp knife
- 2 Remove the tough outer leaves of the lemon grass, and finely chop the soft inner core. Peel and chop the garlic. Wash, dry and chop the coriander. Using a pestle and mortar or food processor, reduce the lemon grass, garlic, coriander, fish sauce and palm sugar to a paste, then stir in the oil and pepper. Rub over the guinea fowl and leave to marinate for 2 hours.
- 3 Place the guinea fowl, skin side up, on the rack and roast at 160°C (Moisture plus with 2 bursts of steam) on the second shelf for 40 to 50 minutes. Place the universal tray under the rack to catch the juices. Activate the first burst of steam at the beginning, and the second 10 minutes later. If the guinea fowl are not sufficiently brown, grill them at 240°C (Full grill) on the second shelf for 5 minutes.

## Ingredients:

### For the guinea fowl:

- 2 guinea fowls  
(1 kg each; oven ready)
- 2 stalks of lemon grass
- 4 cloves of garlic
- 12 stalks of coriander
- 5 tbsp fish sauce
- 2 tsp palm or unrefined sugar
- 4 tbsp peanut oil
- 1/2 tsp freshly ground pepper

### For the salad:

- 2 ripe avocados
- 1 pink grapefruit
- 2 spring onions
- 1 red chilli
- 1 tbsp fish sauce · 1 tbsp sugar
- Juice of 1 lime
- 1 tbsp mint (shredded)

4 To make the salad, peel and halve the avocados, remove the stones and cut into thin slices. Peel the grapefruit, removing all the pith, and separate into segments. Wash and dry the spring onions and cut into thin slices. Put everything in a bowl.

5 Cut the chilli in half lengthways, wash, deseed and chop finely. Mix with the fish sauce, sugar, lime juice and mint. Pour over the salad and toss. Serve the guinea fowl with the salad.

## ► Tips

*A poussin or corn fed chicken can be used as an alternative to guinea fowl. Garnish with caramelized lime or lemon halves, and serve with French bread, rice or a salad.*

# Poussins en croûte

## with lime and coriander cucumbers

Serves 4

1 To prepare the poussins, mix the flour with the salt and  $\frac{1}{2}$  litre warm water, and knead to a malleable dough.

2 Wash and dry the poussins inside and out. Wash the limes in hot water and pat dry. Peel the skins and cut into thin strips. Squeeze out the juice. Peel and chop the garlic. Peel the ginger and cut into thin slices. Mix the lime zest, garlic, ginger, palm sugar, salt and pepper to a paste in a food processor. Stir in the olive oil and lime juice and rub over the poussins, inside and out.

3 Divide the dough into four and roll out to a thickness of  $\frac{1}{2}$  cm. Wrap each poussin in a piece of dough and seal well.

4 Place on a baking tray lined with baking paper and roast at 160°C (Fan plus) on the second shelf for 55 to 60 minutes. Leave to rest, then break open the crust.

### Ingredients:

#### For the poussins:

1 kg plain flour  
100 g salt  
4 poussins (350 g each)  
2 unwaxed limes  
2 cloves of garlic  
3 cm ginger  
1 tbsp palm or unrefined sugar  
Salt · Freshly ground pepper  
6 tbsp olive oil

#### For the cucumbers:

2 cucumbers  
50 g sugar  
40 ml rice vinegar or white balsamic vinegar  
1 bunch of coriander  
Salt · Ground pepper

5 Peel the cucumbers and cut into thin slices. Lightly caramelize the sugar in a saucepan, then add the vinegar. Place the cucumbers in a bowl and marinate in the vinegar mixture. Wash and dry the coriander. Chop the leaves and scatter over the cucumbers. Season with salt and pepper.


6 Serve the poussins with the cucumber, along with fragrant rice and grilled vegetables such as spring onions or chinese cabbage.

### ►► Tips

*As an alternative, rub the poussins with a paste made of herbs such as basil and parsley, garlic and olive oil. Chicken drumsticks are also ideal for this recipe.*



# Baby turkey with pumpkin stuffing and cranberry and maple vinaigrette

Serves 4–6 

1 Peel and core the apple and cut into 1/2 cm cubes. Peel the onion and chop the onion and pumpkin flesh into 1/2 cm cubes. Wash, dry and chop the sage. Peel and finely chop the ginger.

2 In a frying pan heat 2 tbsp of oil and sweat the onion for 2 to 3 minutes. Add the pumpkin and apple and cook for a further 2 to 3 minutes. Add the ginger and sage, and season with salt and pepper. Transfer the vegetables to a large bowl and wipe out the frying pan with kitchen paper.

3 Cut the bread into cubes. Heat the remaining 2 tbsp of oil and 1 tbsp of melted butter in the pan. Fry the bread cubes for 5 to 7 minutes until golden brown and add to the vegetables. Beat the eggs lightly. Stir the milk, then the eggs, then the semolina into the bread and vegetables. Season with salt, pepper and nutmeg, and leave to stand for 30 minutes.

## Ingredients:

1 turkey (3–3.5 kg; oven ready)  
Salt · Ground pepper  
1 apple  
100 g onions  
400 g pumpkin or butternut squash flesh  
1/2 bunch of sage or parsley  
5 cm ginger  
4 tbsp oil  
250 g bread  
100 g melted butter  
200 ml warm milk  
3 medium eggs  
1–2 tbsp semolina  
Freshly grated nutmeg  
200 g bacon (sliced)  
800 ml chicken stock  
150 g dried cranberries  
50 ml cider vinegar  
2–3 tbsp maple syrup  
80 ml grapeseed oil

4 Wash the turkey inside and out. Pat dry and rub with salt and pepper. Fill the turkey with the pumpkin stuffing and sew up the opening with kitchen string. Place the turkey on the universal tray and brush with the remaining melted butter. Place the slices of bacon on top. Pour over the chicken stock and cook in the oven at 150°C (Moisture plus with 3 bursts of steam) on the second shelf for 4 1/2 to 5 hours. Baste occasionally with the stock. Activate the first burst of steam at the beginning, and the second and third at one hour intervals.

5 One hour before the end of the cooking time, remove the bacon and drain off the stock into a saucepan. Put the turkey back in the oven to finish cooking. Reduce the stock on the hob to 300 ml. Chop the cranberries. Add the vinegar, maple syrup and cranberries to the stock and leave to stand for 30 minutes. Stir in the grapeseed oil and season with pepper. Serve the turkey with the vinaigrette and the bacon, along with sweet potato purée and roasted corn on the cob.

# Braised turkey drumsticks with salsa verde and grilled vegetables

Serves 4

1 Wash and dry the turkey legs, rub with salt and pepper and place in an ovenproof dish. Wash and dry the herbs. Crush the garlic lightly in its skin. Heat the olive oil and add the herbs, garlic and lemon zest. Pour over the turkey and cook in the oven at 140°C (Fan plus) on the second shelf for 2 1/2 to 3 hours.

2 To make the salsa, wash and dry the herbs. Peel the garlic. Purée the herbs, garlic, capers, anchovies, mustard and vinegar in a food processor. Stir in the oil and season with salt and pepper.

3 To prepare the vegetables, wash and quarter the peppers and remove the seeds. Peel the onions and cut into thin rings. Wash the courgettes and aubergine and cut into thin slices. Wash, dry and chop the rosemary. Crush the garlic in its skin. Put everything into a bowl with the olive oil. Season with salt and pepper and leave to stand for 20 minutes.

## Ingredients:

### For the meat:

2 turkey drumsticks  
(600 g each)  
Salt · Ground pepper  
1 bunch of mixed herbs  
(e.g. rosemary, thyme, sage)  
8 cloves of garlic  
700 ml olive oil  
Grated zest of 1 unwaxed  
lemon

### For the salsa:

2 bunches of parsley  
2 bunches of basil  
2 cloves of garlic  
1 tbsp capers (pickled)  
3 anchovies (salted)  
1 tbsp mustard  
2 tbsp white wine vinegar  
80–100 ml olive oil  
Salt · Ground pepper

### For the vegetables:

1 red and 1 yellow pepper  
1 onion  
2 zucchini/courgettes  
1 eggplant/aubergine  
1/2 bunch of rosemary  
1 clove of garlic  
80 ml olive oil  
Sea salt · Ground pepper  
1 tsp grated unwaxed lemon  
zest

4 Transfer the vegetables to a baking tray and grill at 220°C (Full grill) on the third or fourth shelf for 15 to 20 minutes until the vegetables start to brown. Stir half way through. Remove the skin from the peppers and stir the vegetables and lemon zest together in a bowl.

5 Remove the turkey legs from the oven and pat dry with kitchen paper. Place on the rack and grill at 220°C (Full grill) on the lowest shelf position for 10 to 15 minutes until well browned. Remove the turkey from the oven and serve with the vegetables and salsa verde.


## ▶▶ Tips

*Serve with pan fried white bread or pitta bread. Cut the bread into thin slices and fry in a frying pan. While still warm, rub with a halved clove of garlic and spread with butter.*



# Thai curry

## with pineapple and tomatoes

Serves 4–6 

- 1 Cut away any fat and sinews from the turkey breast. Wash, dry and season with salt and pepper. Heat the oil in a casserole and brown the turkey breast for 5 minutes.
- 2 Heat the curry paste in a saucepan with 3 tbsp of the coconut milk and simmer for 3 to 4 minutes. Add the rest of the coconut milk and stir well. Add the lime juice, lime leaves, palm sugar and fish sauce, and bring to the boil. Pour the sauce over the turkey breast and cook in the oven at 130°C (Moisture plus with 3 bursts of steam) on the second shelf for 1 1/2 to 2 hours. Activate one burst of steam at the beginning, and the second and third at 30 minute intervals.
- 3 Make a slit in the skin of the tomatoes with the point of a knife and blanch in boiling water for 20 seconds. Plunge into ice cold water and remove the skins.

### Ingredients:

1.2 kg turkey breast  
(8–9 cm thick)  
Salt  
Ground pepper  
2 tbsp oil  
1 tbsp red curry paste  
2 tins of coconut milk  
(400 ml each)  
Juice of 1 lime  
6 kaffir lime leaves  
1 1/2 tbsp palm or unrefined  
sugar  
3 tbsp fish sauce  
300 g cherry tomatoes  
1/2 fresh pineapple  
1 bunch of Thai basil or  
coriander  
2 red chillis

- 4 Peel the pineapple, remove the core and cut the flesh into 2 cm pieces. 30 minutes before the end of the cooking time, add the tomatoes and pineapple to the sauce. Wash and dry the basil and remove the leaves. Put a few leaves to one side for decoration, and shortly before the end of the cooking time, stir the rest of the basil into the sauce.

- 5 Cut the chillis in half lengthways, discard the seeds, wash and chop into thin strips. Slice the turkey breast and arrange on plates. Serve with the pineapple and tomato sauce, garnished with chilli and basil.

### ▶▶ Tips

*Serve with fragrant or basmati rice and sprinkle with ground salted peanuts. Thai basil is spicier than normal basil and has an aniseed flavour.*



# Duck breasts

## with celeriac and raspberry dumplings

Serves 4

1 To make the dumplings, bring the milk and the butter to the boil in a saucepan and stir in the semolina. When a white coating forms on the bottom, put the pan to one side and leave the semolina to swell for 10 minutes. Stir in the egg, and season with salt, pepper and nutmeg. Cover and leave for 1 hour to go cold.

2 For the celeriac, wash and dry the thyme. Peel the celeriac and cut into 1 1/2 cm cubes. Put into an ovenproof dish and stir in 2 tbsp olive oil and the thyme and sugar. Season with salt and pepper and cook in the oven at 160°C (Fan plus) on the second shelf for 40 minutes. Remove from the oven, and keep warm.

3 Wash and dry the duck breasts. Score the skin in a diamond pattern. Season the flesh side with salt and pepper.

4 Place the duck breasts into a cold frying pan with the oil, and heat. Fry for 5 to 6 minutes on the skin side to melt the fat. Turn and fry for 1 minute on the meat side. Transfer the duck breasts onto the rack over a baking tray to catch the juices, and roast at 120°C (Conventional heat) on the second shelf for 40 minutes.

### Ingredients:

#### For the dumplings:

200 ml milk  
80 g butter  
90 g semolina  
1 medium egg  
Salt · Ground pepper  
Freshly grated nutmeg  
100 g raspberries  
1 tsp chopped thyme  
Oil for frying

#### For the celeriac:

1/2 bunch of thyme  
500 g celeriac  
3 tbsp olive oil  
1 tsp sugar  
Salt · Ground pepper

#### For the duck breasts:

2 duck breasts  
(350–400 g each)  
Salt · Ground pepper  
2 tbsp oil  
50 g sugar  
50 ml raspberry vinegar  
1 walnut sized piece of ginger  
50 ml chicken stock

5 Caramelize the sugar with 1 tbsp of water in a saucepan and stir in the vinegar. Peel and finely chop the ginger, and add to the pan. Pour in the stock and boil until syrupy. Brush the skin side of the duck breasts with the syrup, retaining 1 tsp of the syrup. Grill the duck at 200°C under a pre-heated grill (Full grill) on the fourth shelf position for 5 to 7 minutes.

6 For the dumplings, wash and dry the raspberries. Mix half the raspberries with the remaining syrup and the thyme. Form 8 small dumplings from the semolina, filling them with raspberries and thyme. Heat the oil and deep fry the dumplings for 5 minutes.

7 Leave the duck breasts to rest for 2 to 3 minutes, cut into slices and serve with the celeriac and dumplings. Decorate with the remaining raspberries.



# Duck legs

## with cinnamon and citrus fruits

Serves 4

1 Wash and dry the duck legs and rub them with sea salt and pepper. Peel and slice the ginger. Halve the chillis, discard the seeds and wash. Grind the ginger and chillis with the cinnamon sticks, star anise, salt and pepper in a pestle and mortar.

2 Bring the duck fat to the boil and stir in the spices. Wash the citrus fruits in hot water, pat dry and cut three strips of zest from each. Add to the duck fat. Place the duck legs in an ovenproof dish and pour over the fat. Cover and cook in the oven at 140°C (Fan plus) on the second shelf for 1 1/2 to 2 hours.

3 Peel the citrus fruits, removing all the pith, and divide into segments, taking care to catch any juice. Squeeze the skins to extract any remaining juice. Caramelize the sugar in a frying pan and add 100 ml of citrus juice. Add the cinnamon and boil briefly. Add the fruit segments and 3 tbs of duck fat, and heat, without boiling, for 2 minutes.

### Ingredients:

4 duck legs (350–400 g each)  
 Sea salt · Ground pepper  
 4 cm ginger  
 2 red chillis  
 3 cinnamon sticks  
 2 star anise  
 600 g duck or goose fat  
 1 unwaxed orange  
 1 unwaxed pink grapefruit  
 1 unwaxed mandarin or clementine  
 1 unwaxed blood orange  
 50 g sugar  
 1 pinch ground cinnamon  
 1/2 bunch of sage  
 200 ml oil

4 Wash and dry the sage. Remove the leaves. Heat the oil and fry the leaves until crispy. Drain on kitchen paper and salt lightly.

5 Remove the duck legs from the fat and place on a baking tray. Grill at 200°C (Full grill) on the third shelf for 15 to 20 minutes. Serve with the citrus fruit, garnished with the sage.

### ▶▶ Tips

*Serve with tagliatelle tossed in a little sage butter with a pinch of cinnamon and sea salt. The duck fat will keep for up to two weeks in the fridge. It makes a good topping for crostini with roasted onions.*

# Duck with ginger and caramelized orange cabbage

Serves 4 

- 1 Remove the giblets from the duck and cut off the tips of the wings. Wash and dry the duck and rub all over with salt and pepper.
- 2 Peel the onion, wash and dry the orange, and chop both. Wash, dry and chop the basil and mix with the orange and onions. Use to stuff the duck, then place it in a casserole and pour over the stock. Cook in the oven at 140°C (Moisture plus with 3 bursts of steam) on the middle shelf position for 2 to 2 1/2 hours. Activate one burst of steam at the beginning, and the second and third at 1 hour intervals.
- 3 Remove the duck from the oven and allow to cool slightly. Take out the stuffing. Remove the thigh bones and take off the leg and breast meat. Drain the fat off from the duck juices. Chop up the bones. Place them on a baking tray and roast at 200°C (Fan plus) on the second shelf for 20 minutes.
- 4 To make the sauce, heat the oil. Sweat the diced onion, then add the celeriac and carrots and continue to cook. Add the sugar, allow it to caramelize, then stir in the tomato purée.

## Ingredients:

### For the duck:

- 1 Barbary duck (2–2.5 kg)
- Salt · Ground pepper
- 1 onion
- 1 unwaxed orange
- 1/2 bunch of basil
- 1 litre chicken stock

### For the sauce:

- 2 tbsp oil
- 200 g diced onions
- 80 g each diced celeriac and carrot
- 1 tbsp caster sugar
- 1 tbsp tomato purée
- 150 ml red wine
- 150 ml damson wine
- 1 clove of garlic
- 40 g preserved ginger in syrup
- 1 tsp cornflour
- Sea salt · Ground pepper

### For the cabbage:

- 800 g white cabbage
- 1 tbsp caster sugar
- 50 g cold butter, cubed
- 150 ml orange juice
- 100 ml chicken stock
- 1 bayleaf · Cayenne pepper
- Salt · Ground pepper

- 5 Pour in a third each of the red wine and damson wine, bring to the boil and reduce. Repeat the process until all the wine has been used. Add the duck bones, crushed garlic and duck juices, and simmer for 1 hour.
- 6 Wash and chop the cabbage. Caramelize the sugar in a saucepan, then add the cabbage and half of the butter. Sweat for 2 to 3 minutes, then pour in the orange juice and chicken stock. Add the bayleaf, a pinch of cayenne pepper, salt and pepper, and simmer, uncovered, for 20 minutes. Add the rest of the butter.
- 7 Pour the sauce through a sieve. Reduce to 1/2 litre. Chop the ginger and add to the sauce. Mix the cornflour with a little cold water and stir into the sauce. Season with salt and pepper.
- 8 Place the duck pieces, skin side up, on a baking tray. Brush with ginger syrup and sprinkle with salt. Grill at 200°C (Full grill) on the third shelf for 10 to 15 minutes. Serve with the sauce and cabbage.

# Lacquered duck

## with pak choi and mango and coriander salad

Serves 4 

1 Wash and dry the duck and place in a bowl into which it fits exactly. Mix the two types of salt with enough water to dissolve them completely. Pour the salt solution over the duck and add enough water to cover the duck completely. Leave in the fridge for 3 to 4 days. Remove and pat dry.

2 To make the marinade, mix the hoisin sauce, soy sauce, honey, rice vinegar, five spice powder and chilli powder, and brush over the duck. Cover the duck and leave overnight in the fridge. Put the remaining marinade to one side.

3 Place the duck on the rack. Pour the stock into the universal tray, and place it under the duck. Roast at 140°C (Moisture plus with 3 bursts of steam) on the second shelf for 2 1/2 to 3 hours. Activate the first burst of steam at the beginning, and the second and third at 1 hour intervals. Baste the duck with the marinade every 30 minutes.

4 Cut the duck in half lengthways and place it, skin side up, on the rack with the baking tray underneath to catch the drips. Grill it at 200°C (Full grill) on the third or fourth shelf for 10 to 15 minutes.

### Ingredients:

#### For the duck:

1 duck (2.5–3 kg; oven ready)  
50 g preserving salt  
(from the butcher)  
50 g salt  
400 ml chicken stock

#### For the marinade:

2 tbsp hoisin sauce  
2 tbsp soy sauce  
2 tbsp honey  
2 tbsp rice vinegar  
1 tsp five spice powder  
1/2 tsp chilli powder

#### For the salad:

1 mango (500 g)  
1 bunch of coriander  
2 spring onions  
1 tsp caster sugar  
2 tbsp rice vinegar  
1 tsp sesame oil  
Salt · Ground pepper

#### For the pak choi:

600 g pak choi or Chinese  
cabbage  
1 tbsp oil  
1 tsp caster sugar  
1 tbsp soy sauce

5 Sieve the juices from the universal tray into a saucepan and drain off the fat. Reduce the juices to 200 ml.

6 To make the salad, peel the mango, cut the flesh off the stone and cut into thin strips. Wash, dry and chop the coriander. Wash the spring onions and slice thinly. Mix everything together. Stir together the sugar, rice vinegar and sesame oil, and season with salt and pepper. Pour over the mango salad and stir well.

7 Wash the pak choi and chop up if necessary. Fry in oil. Add the sugar and soy sauce and sweat for 2 minutes.

8 Carve the duck and serve with the pak choi and mango salad.





# Braised goose breast with apple and celeriac salad

Serves 4

1 For the goose, mix the goose bones with the oil on a baking tray and roast at 220°C (Fan plus) on the second shelf for 20 minutes. Slash the skin of the goose breast at 1 cm intervals and season with salt and pepper. Place the meat in an oven-proof dish. Allow the oven to cool.

2 Melt 1 tbsp of goose fat in a saucepan and fry the onions for 2 to 3 minutes. Add the rest of the goose fat and heat until melted. Wash and dry the thyme. Crush the garlic in its skin. Peel the ginger and cut into slices. Mix the thyme, garlic and orange rind with the goose fat and spread over the goose breasts. The meat should be completely covered in fat. Cook in the oven at 100°C (Conventional heat) on the second shelf for 2 1/2 hours.

3 To make the salad, peel the celeriac and cut into 1 cm cubes. Mix with the sugar, butter, salt and pepper. Place in an ovenproof dish, cover and cook in the oven on the lowest shelf for the last 40 minutes of the cooking time.

## Ingredients:

### For the goose:

2 goose breast fillets  
(500–600 g each; boned,  
with the bones chopped up  
small)  
2 tbsp oil  
Salt · Ground pepper  
600 g goose fat  
200 g diced onions  
1 bunch of thyme  
5 cloves of garlic  
3 cm ginger  
Grated zest of 1/2 unwaxed  
orange  
1/2 litre goose stock  
80 ml balsamic vinegar  
2 tbsp plum compote

### For the salad:


600 g celeriac  
1 tsp caster sugar  
1 tbsp melted butter  
Salt · Ground pepper  
30 g pine nuts  
2 apples (russet, braeburn)  
3 tbsp cider vinegar  
3 tbsp olive oil  
4 sprigs of basil

4 Put the goose bones and stock in a saucepan and simmer, covered, for 30 minutes. Pour the stock through a sieve into a smaller saucepan. Add the balsamic vinegar and plum compote. Reduce the sauce to 200 ml. Thicken with a little cornflour if desired. Season with salt and pepper.

5 Dry fry the pine nuts in a frying pan. Peel and core the apple, and chop into 1 cm cubes. Mix the apple cubes in a bowl with the celeriac, apple vinegar and olive oil. Season with salt and pepper. Wash, dry and chop the basil, and add to the salad along with the pine nuts.

6 Pre-heat the grill to 240°C (Full grill). Remove the goose breasts from the fat and clean off with kitchen paper. Sprinkle with salt and place on the rack. Grill on the third or fourth shelf for 5 to 10 minutes until the skin is crisp. Slice the goose breasts and serve with the sauce and salad, along with rösti potatoes.

# Goose ragout under a bread crust

Serves 4–6 

1 Rub the meat with salt and pepper. Peel the onions, carrots and celeriac and chop into 1 cm cubes. Heat 2 tbsp oil in a casserole and brown the meat. Remove and put to one side. Brown the vegetables in the remaining oil. Add the sugar and caramelize. Stir in the tomato purée and add one third of the wine. Reduce the wine and repeat the process until all the wine is used.

2 Place the meat in the casserole and pour over the stock. Wash and dry the thyme. Chop the chocolate and add to the meat along with the blackcurrant jam and thyme. Cover and cook in the oven at 140°C (Fan plus) on the second shelf from the for 1 hour.

3 Combine the butter and flour. Stir into the ragout in small pieces. Bring to the boil on the hob to thicken the sauce, and season with salt and pepper.

## Ingredients:

1.2 kg goose meat  
(skinned and boned)  
Salt · Ground pepper  
200 g onions  
100 g carrots  
200 g celeriac  
4 tbsp oil  
1 tbsp caster sugar  
1 tbsp tomato purée  
300 ml red wine  
600 ml goose stock  
1/2 bunch of thyme  
40 g plain chocolate  
1 tbsp blackcurrant jam  
1 tbsp softened butter · 1 tbsp  
flour  
1 egg white  
1 kg pumpernickel or rye  
bread, e.g. 1/2 quantity of  
recipe on p. 204) dough  
(ready made or ordered  
from the baker)

4 Transfer the ragout to an oven-proof dish and brush the edges with the egg white. Roll out the bread dough to a thickness of 1 cm and place it over the dish. Press the edges down firmly to seal and make a small air hole in the centre. Place on a rack and cook in the oven at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 40 to 50 minutes. Serve the ragout with its bread crust.

## ►► Tips

*Serve with seasonal vegetables. Always check the quality when buying meat and poultry. It is important that the animals have been well fed and raised in good conditions.*

# Goose legs

## with pear and onion tarts

Serves 4 

1 Remove the skin from the goose legs and put to one side. Season the legs with salt and pepper. Peel and dice the onions, carrots and celeriac. Heat 2 tbsp oil in a casserole and brown the goose legs all over. Remove and fry the vegetables in the casserole with 2 tbsp oil. Add the sugar and allow to caramelize. Stir in the tomato purée and one third of the red wine. Reduce the wine, then repeat the process until all the wine is used. Replace the goose legs and add the goose stock. Cover and cook in the oven at 140°C (Fan plus) on the second shelf for 3 hours.

2 To make the tarts, defrost the pastry. Peel the onions and pears. Cut the onions into thin rings. Quarter and core the pears and cut into thin slices. Sweat both in the butter for 5 minutes. Stir in the crème fraîche, and season with salt and pepper.

3 Roll the pastry out to a thickness of 1/2 cm. Cut out 4 circles (12 cm Ø). Pile the pear and onions on top and place on a baking tray.

### Ingredients:

#### For the meat:

4 goose legs (400 g each)  
Salt · Ground pepper  
200 g onions  
100 g carrots  
200 g celeriac  
5 tbsp oil  
1 tbsp caster sugar  
1 tbsp tomato purée  
300 ml red wine  
1/2 litre goose stock  
1–2 tsp cornflour  
1 clove of garlic  
4 sprigs of marjoram  
Grated zest of 1/2 unwaxed orange

#### For the tart:

250 g frozen puff pastry  
3 onions  
2 ripe pears  
1 tbsp butter  
100 g crème fraîche  
Salt · Ground pepper

#### Also:

100 g mixed herbs  
(e.g. parsley, rosemary, sage)  
200 ml oil for frying  
Salt

4 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 20 minutes. Activate the moisture reduction system after 10 minutes.

5 Wash and dry the herbs and remove the leaves. Heat the oil and fry the herbs until crisp. Drain on kitchen paper and lightly salt. Cut the skin from the goose legs into small cubes and fry in 1 tbsp of oil. Drain on kitchen paper and lightly salt.

6 Pass the sauce from the casserole through a sieve and return the meat and vegetables to the casserole. Mix the cornflour with 2 tbsp of cold water. Bring the sauce to the boil and thicken with the cornflour. Crush the garlic in its skin. Wash and dry the marjoram. Add the garlic, marjoram and orange zest to the sauce, simmer, and season with salt and pepper. Pass the sauce through a sieve again, pour over the goose and reheat.

7 Arrange the goose on a serving dish with the sauce, topped with the herbs and crackling. Serve with the tarts.







# Meat

The professionals have always known that the oven is the perfect place for cooking meat. These recipes bring variety to your meat dishes. Whether the meat is roasted with a crisp crust, braised in a tasty sauce or cooked in its own juices, every dish will be a winner.

# Glazed pork fillets with apricots and celeriac

Serves 4–6

1 Season the pork fillets with salt and pepper. Heat the oil in a frying pan and brown the fillets all over. Wash and dry the thyme. Mix with the vinegar and golden syrup, and turn the fillets in the mixture until they are evenly coated. Place the fillets on the rack with a baking tray underneath to catch the drips, and roast at 85°C (Conventional heat) on the second shelf for 50 minutes.

2 For the vegetables, peel and dice the onion, and sweat in a saucepan in 1 tbsp butter. Wash and stone the apricots, chop and add to the onions. Peel the celeriac and chop into 1/2 cm cubes. Wash and dry the rosemary and add to the pan with the celeriac. Pour in the vegetable stock and cook for 20 minutes until the celeriac is soft. Once the liquid has almost boiled away, stir in the rest of the butter and the double cream. Season with salt, pepper and sugar. Remove the rosemary.

## Ingredients:

### For the pork:

2 pork fillets (380 g each);  
Salt · Ground pepper  
1 tbsp oil  
3 sprigs of thyme  
1 tbsp balsamic vinegar  
1 tbsp golden syrup

### For the vegetables:

1 onion · 2 tbsp butter  
4 apricots  
300 g celeriac  
3 sprigs of rosemary  
200 ml vegetable stock  
100 ml double cream  
Salt · Ground pepper  
Sugar

### Also:

500 g salad potatoes  
Sea salt

3 Clean the potatoes and boil in salted water for 20 minutes. Pour 50 ml of the cooking water into a frying pan with a large pinch of sea salt. Drain the potatoes and add to the pan. Simmer until all the water has evaporated and the potatoes are coated in little salt crystals.

4 To serve, cut the pork fillets into slices and arrange on serving plates with the celeriac, apricots and potatoes.

## ▶▶ Tips


*You can also garnish the fillets with a sprinkling of roasted pine nuts and fried basil. When buying pork fillet, ensure that it is pink rather than pale. Organic is best.*





# Pork loins

## with thyme flavoured dates and roast tomatoes

Serves 4–6 

1 Place the meat in a casserole, skin side down. Pour over 400 ml of stock and cook in the oven at 100°C (Fan plus) on the second shelf for 1 hour. Remove from the oven and score the rind with a sharp knife at 1 cm intervals. Lightly salt the fat. Add the stock from the dish to the rest of the stock.

2 Wipe out the casserole with kitchen paper and heat the oil in it. Fry the onions, then add the celery and carrots and fry until golden. Add the sugar and caramelize, then add the tomato purée. Pour in the red wine and reduce slightly. Add the crushed garlic and stock. Place the pork in the stock, skin side up, and cook in the oven at 160°C (Moisture plus with 2 bursts of steam) on the second shelf for 1 hour. Activate the first burst of steam at the beginning, and the second 30 minutes later.

3 Mix the dates with 2 tbsp olive oil and the thyme. Cut 8 slices of bacon in half and wrap them around the dates. Wash the tomatoes and make a cross shaped slit in the top. Wrap them in the remaining bacon. Season with salt and pepper. Heat the rest of the oil in an ovenproof frying pan, fry the dates, then add the

### Ingredients:

#### For the pork:

2 loins of sucking pig  
(500 g each; with rind and bones), or 1 kg of pork belly  
800 ml chicken stock  
Salt · 2 tbsp oil  
200 g diced onions  
80 g each diced celery and carrots  
1 tsp caster sugar  
1 tbsp tomato purée  
1/2 litre red wine  
2 clove of garlic  
1 bay leaf  
Grated rind of  
1/2 unwaxed lemon  
15 g ginger (sliced)  
1 tsp Ras-el-Hanout (oriental spice mix)  
Ground pepper

#### Also:

200 g dates  
(stoned; approx. 16)  
4 tbsp olive oil  
1 tbsp chopped thyme  
16 slices bacon  
8 small tomatoes on the vine  
Salt · Ground pepper

tomatoes. Place the pan in the oven 30 minutes before the end of the cooking time for the meat.

4 Take the casserole out of the oven and pass the sauce through a sieve. Remove the dates and tomatoes and keep warm. Place the pork loins on a baking tray and grill in the oven at 220°C (Full grill) on the second or third shelf for 20 minutes, until the skin is crisp. Bring the sauce to the boil in a saucepan. Add the bay leaf, lemon zest, ginger and Ras-el-Hanout. Leave to stand for 10 minutes, then pass through a sieve again. If necessary, thicken with cornflour. Season the meat with salt and pepper, and cut into slices.

5 Arrange the meat on a serving dish with the sauce, dates and tomatoes. Serve with salt potatoes that have been tossed in a little butter, lemon zest and coriander.

# Pork ribs

## with horseradish crust and risotto

Serves 4–6

1 Divide the ribs into pairs. Barely cover with water in a casserole, cover and cook in the oven at 160°C (Fan plus) on the second shelf for 1 hour. Wash the bouquet garni herbs and rosemary. Add to the ribs along with the honey and cook for a further hour.

2 To make the crust, dice the bread. Beat the butter to soften it. Peel the garlic, and wash and dry the tarragon. Chop both finely and stir into the butter along with the lemon zest and horseradish. Stir in the bread cubes and season with salt and pepper. Scoop onto a piece of clingfilm, roll into a log and place in the fridge.

3 To make the risotto, measure out 700 ml of the stock from the ribs. Peel and dice the onion and sweat in a saucepan with the olive oil. Stir in the rice and cook briefly, then pour in 150 ml of the stock and the lemon juice. When nearly all the stock has been absorbed, add another 150 ml and continue to cook until it has nearly all been absorbed. Repeat the process until all the stock has been used. Simmer the risotto over

### Ingredients:

#### For the ribs:

2–3 kg pork ribs  
1 bouquet garni  
1/2 bunch of rosemary  
3 tbsp honey

#### For the crust:

150 g bread (crusts removed)  
150 g soft butter  
1 clove of garlic  
1/2 bunch of tarragon  
1 tsp grated unwaxed lemon  
zest  
60 g finely grated horseradish  
Salt · Ground pepper

#### For the risotto:

1 onion  
2 tbsp olive oil  
150 g risotto rice  
(Arborio or Carnaroli)  
Juice of 1 lemon  
1 tbsp butter  
50 g grated Parmesan  
Ground pepper

a low heat for 20 to 30 minutes in all. Finally, remove from the heat and stir in the butter and Parmesan. Season with pepper.


4 Pre-heat the grill (Full grill) for 5 minutes to 240°C. Take the ribs out of the remaining juices and place on a baking tray with the curve uppermost. Cut the butter log into 1/2 cm thick slices and divide among the ribs. Place in the oven on the third shelf and grill until golden brown. Serve with the risotto.

### ►► Tips

*For a change, add roasted, chopped hazelnuts or almonds to the risotto. Serve the ribs with a fresh salad.*

# Crispy roast pork

## with vegetable purée and dumplings

Serves 4–6 

1 Place the bones on a baking tray and roast at 220°C (Fan plus) on the second shelf for 30 minutes. Drain the fat and put the bones to one side. Reduce the oven temperature to 160°C. Place the pork belly, rind side down, in a casserole with 400 ml of stock, and cook for 45 minutes. Remove the meat and score the rind in a diamond pattern. Lightly salt the fat. Return the stock from the casserole to the remaining stock.

2 Wipe out the casserole with kitchen paper and heat the oil in it. Fry the diced onions, then add the celery and carrots and fry until golden brown. Stir in the tomato purée and the beer and reduce slightly. Add the bones, crushed garlic and stock. Place the pork in the dish, skin side up, and cook in the oven at 160°C (Moisture plus with 3 bursts of steam) on the second shelf for 1½ to 2 hours. Activate one burst of steam at the beginning, and the second and third at 30 minute intervals.

### Ingredients:

#### For the roast:

500 g chopped veal bones  
1.5 kg pork belly (with rind) ·  
1.4 litres chicken stock  
Salt · 2 tbsp oil  
200 g diced onions  
80 g each diced celery and  
carrots  
1 tbsp tomato purée  
½ litre malt beer  
2 cloves of garlic

#### For the purée :

400g each of carrots, celeriac  
and parsnips  
1 bunch of parsley  
1 tsp ground caraway  
1 tbsp butter  
Salt · Ground pepper  
Freshly grated nutmeg

#### For the dumplings:

80 g diced onions  
100 g butter  
1 tbsp each chopped marjoram  
and parsley  
200 ml milk · 3 medium eggs  
Salt · Ground pepper  
Freshly grated nutmeg  
400 g white bread (cubed)  
100 g breadcrumbs  
2 tbsp melted butter


3 To make the purée, peel and chop the vegetables. Wash and dry the parsley, remove the leaves and place in a bowl with the vegetables. Stir in the caraway and butter. Season with salt, pepper and nutmeg, and transfer to an ovenproof dish. Cover and cook in the oven with the meat on the fourth shelf for 1½ hours. Purée the vegetables and keep warm.

4 To make the dumplings, sweat the onions in 2 tbsp of butter. Add the herbs, remove from the hob and stir in the milk and eggs. Season with salt, pepper and nutmeg. Fry the bread in the remaining butter until golden, and transfer to a large bowl. Stir in the egg and milk and the breadcrumbs. Roll the dumpling mixture in a piece of clingfilm, wrap it in a tea towel and tie with kitchen string. Simmer in boiling water for 45 minutes. Cool slightly, cut into thin slices and brown on both sides in melted butter.

5 Remove the roast from the oven and pass the juices through a sieve. Return the meat to the oven and grill at 220°C (Full grill) on the third shelf for 15 to 20 minutes. Serve with the sauce, vegetable purée and dumplings.



# Honey glazed gammon with sauerkraut

Serves 4–6 

1 For the meat, peel the onion. Wash the vegetables and bring to the boil in a large saucepan with plenty of water along with the onion, bay leaf and cloves. Add the gammon and simmer for 1 to 1½ hours.

2 Remove the meat and reserve the stock. Score the rind in a diamond pattern with a sharp knife. Heat 2 tbsp oil in a casserole. Sweat the onions, then add the celeriac and carrots and fry until golden brown. Dust with sugar and caramelize. Add the tomato purée. Pour in the red wine and boil until well reduced. Add the crushed garlic, caraway and 800 ml of the cooking stock.

3 Place the gammon, skin side up, in the roasting dish and roast at 160°C (Moisture plus with 3 bursts of steam) on the second shelf for 1½ hours. Activate one burst of steam at the beginning, and the second and third at 30 minute intervals. Brush the meat with honey every 20 minutes.

## Ingredients:

### For the meat:

1 onion  
Mixed root vegetables to make stock, e.g. carrots, celery, leeks  
3 bay leaves · 5 cloves  
1.5 kg salted gammon (with rind)  
5 tbsp oil  
200 g diced onions  
80 g each diced celeriac and carrot  
1 tsp caster sugar  
1 tbsp tomato purée  
½ litre red wine  
2 cloves of garlic  
½ tsp caraway seeds  
2 tbsp acacia honey  
1 bunch of sage · Salt  
Ground pepper

### For the sauerkraut:

1 onion · 1 tbsp oil  
500 g sauerkraut  
400 ml vegetable stock  
300 g fresh pineapple  
1 bay leaf, 1 chilli, 2 cloves  
1 tbsp butter  
2 tbsp apricot or pineapple jam  
Salt · Ground pepper

4 Wash and dry the sage, and tear off the leaves. Fry in oil until crisp. Drain on kitchen paper and salt lightly.

5 For the cabbage, peel and dice the onion, and sweat in oil. Add the sauerkraut and continue to cook. Pour in the vegetable stock. Chop the pineapple into 1 cm cubes and add to the sauerkraut with the spices. Cover and simmer for 30 to 40 minutes. Remove the spices. Stir in the butter and jam, and season with salt and pepper.

6 Remove the gammon from the oven and pass the sauce through a sieve. Return the meat to the oven and grill at 220°C (Full grill) on the second shelf for 20 to 30 minutes. Reduce the sauce to 600 ml. Season with pepper and thicken with a little cornflour if necessary. Slice the gammon and serve with the sauce and sauerkraut along with new potatoes that have been tossed in butter and breadcrumbs.

# Salsiccia strudel

## with beetroot and fig mustard

Serves 4–6

1 To make the strudel, mix the sausage meat with the rosemary and lemon zest, and season with salt and pepper. Dice the beetroot, dry with kitchen paper and add to the sausage meat. Heat the butter in a frying pan and fry the breadcrumbs until golden.

2 Lay out the filo pastry and spread a 6 cm wide band of sausage meat along the bottom edge. Place the sausages on top and cover with the remaining sausage meat. Sprinkle the uncovered part of the pastry with breadcrumbs, and roll up. Seal the ends and place on a baking tray with the join underneath. Brush with melted butter and bake in the oven at 180°C (Fan plus) on the second shelf for 25 to 30 minutes.

### Ingredients:

#### For the strudel:

500 g sausage meat  
 1 tbsp chopped rosemary  
 1 tsp grated unwaxed lemon zest  
 Salt · Ground pepper  
 200 g cooked beetroot (vacuum packed)  
 3 tbsp soft butter  
 3 tbsp breadcrumbs  
 1 packet of filo pastry (200 g; readymade)  
 4 Salsiccia (Italian sausage) or German Bratwurst  
 1 tbsp melted butter

#### For the mustard:

4 fresh figs  
 200 ml port  
 50 ml balsamic vinegar  
 1 tbsp acacia honey  
 2 tbsp Dijon mustard  
 1 tbsp coarse grain mustard

3 To prepare the mustard, wash, dry and chop the figs. Boil with the port, vinegar and honey until syrupy. Cool slightly, then stir in the mustards. Slice the strudel and serve with the fig mustard.

### ▶▶ Tips

*Steamed spinach goes well with this strudel. Salsiccia is a coarse Italian pork sausage. It is salted and in some regions is flavoured with various herbs.*

# Pork with soured cream and herby bread soufflé

Serves 4–6

1 The day before, peel and dice the onions. Mix them with the pork in a large bowl. Wash and dry the thyme, and add to the pork along with the red wine, vinegar and spices. Leave to marinate for 24 hours.

2 The following day, strain the marinade through a sieve, bring it to the boil, then strain it again. Dry the meat and onions, and brown in a casserole. Stir in the tomato purée, then add the marinade. Reduce by half, then pour in the veal stock. Cover and cook in the oven at 160°C (Fan plus) on the second shelf for 2 to 2 1/2 hours.

3 To make the bread soufflé, whisk the eggs, milk and chopped herbs together. Season with salt, pepper and nutmeg. Grease an ovenproof dish and line it with the slices of bread. Pour the egg mixture over and leave to stand for 15 minutes. Dot the butter over the top and cook in the oven together with the meat on the fourth shelf for 30 or 40 minutes.

## Ingredients:

### For the meat:

1 kg onions  
1.2 kg diced pork  
1 bunch of thyme  
1/2 litre red wine  
1/2 litre red wine vinegar  
15 black peppercorns  
2 bay leaves  
5 juniper berries  
2 tbsp oil  
1 tbsp tomato purée  
1.2 litre veal stock  
60 g pumpernickel bread  
2 tbsp apple compote  
1 tbsp golden syrup  
Salt · Ground pepper  
approx. 120 ml soured cream

### For the bread soufflé:

4 medium eggs  
400 ml milk  
2 tbsp chopped mixed herbs  
(e.g. rosemary, thyme,  
parsley)  
Salt · Ground pepper  
Freshly grated nutmeg  
Butter to grease the dish  
300 g white bread  
50 g soft butter

4 Remove the meat from the sauce, pass the sauce through a sieve and reduce slightly. Crumble the pumpernickel and add to the sauce along with the apple compote and golden syrup. Boil briefly. Warm the meat in the sauce, and season with salt and lots of pepper.

5 Arrange the pork on deep serving plates, and spoon 1 tbsp soured cream over. Trim the edges of the bread soufflé and serve with the meat.

## ▶▶ Tips

*Golden syrup can be used to sweeten sauces or as an accompaniment to hash browns.*





# Roast veal

## with prawn crust and mashed potato

Serves 4

- 1 Take the meat out of the fridge 1 hour in advance. Chop the bacon and fry until crispy, then drain on kitchen paper. Wash, dry and dice the prawns. Place in a bowl.
- 2 To make the stuffing, wash, dry and finely chop the chicken breast. Purée in a food processor with the cream and some salt. Add to the prawns along with the bacon and stir thoroughly. Wash, dry and chop the thyme. Stir the thyme and lemon juice into the purée and season with salt and pepper.
- 3 Season the meat with salt and pepper and spread with a 1 cm thick layer of the stuffing. Fry in a frying pan with olive oil for 1 minute on the side spread with stuffing, then turn and fry for 1 minute on the other side. Place on the rack with a baking tray underneath to catch the drips, and roast at 85°C (Conventional heat) on the second shelf for 50 to 60 minutes.

### Ingredients:

#### For the meat:

- 4 slices of veal backstrap or saddle of veal (160 g each; 3 cm thick)
- 40 g smoked streaky bacon
- 5 peeled, cooked prawns
- 60 g chicken breast fillet · Salt
- 100 ml cold double cream
- 4 sprigs of thyme
- Lemon juice
- Ground pepper
- 1 tbsp olive oil

#### For the potatoes:

- 500 g floury potatoes
- Salt
- 150 ml milk
- 2 tbsp butter
- Ground pepper

#### Also:

- 3 bunches of spring onions
- 120 g butter
- 1 tsp caster sugar
- 50 ml vegetable stock
- Salt · Ground pepper
- Pulp from 1 vanilla pod
- Sea salt

- 4 For the potatoes, peel and boil the potatoes in salted water. Heat the butter and milk, add to the potatoes and mash with a potato masher. Season with salt and pepper.

- 5 Wash the spring onions and chop the white parts only. Fry in a frying pan with 2 tbsp butter. Dust with caster sugar and caramelize, then pour in the stock. Cook until the liquid has evaporated, then add salt and pepper.

- 6 Melt the rest of the butter in a saucepan until foaming, then stir in the vanilla pulp and a little sea salt. Arrange the veal with the mashed potatoes and spring onions, and serve with the vanilla butter.

### ▶▶ Tips

*When meat is to be cooked at a low temperature, it should always be removed from the fridge an hour or two before cooking, depending on the size, so that it will not take so long to cook.*



# Braised beef with herbed onions

Serves 4

- 1 Remove any fat and sinews from the meat. Season with salt and pepper, and brown on all sides in a roasting dish with olive oil. Take out and put to one side. Peel and coarsely chop the onions and vegetables, and brown in the roasting dish. Add the tomato purée and cook for 1 minute. Pour in the red wine and golden syrup, and reduce until thickened.
- 2 Wash and dry the herbs. Add to the sauce with the spices and the veal stock. Finally, return the calves cheeks to the dish and cook in the oven at 160°C (Fan plus) on the second shelf for 2 to 2½ hours.
- 3 Peel the onions and boil in salted water for 5 minutes. Allow to cool slightly, then cut a 1 cm thick lid from the top of each. Scoop out enough of the flesh to allow 1 tbsp of filling to be placed inside. Chop up the lids and the scooped out flesh, and sweat them in olive oil. Add the crème fraîche and cook over a low heat for 5 minutes.

## Ingredients:

### For the meat:

- 8 beef or veal cheeks (approx. 1 kg)
- Sea salt · Ground pepper
- 2 tbsp olive oil
- 200 g onions
- 100 g carrots
- 100 g celeriac
- 1 tbsp tomato purée
- 400 ml red wine
- 1 tbsp golden syrup
- 3 sprigs each of thyme and rosemary
- 1 bay leaf
- 8 allspice berries
- ½ litre veal or vegetable stock
- 1 tbsp Dijon mustard

### For the onions:

- 8 onions (approx. 6 cm)
- Sea salt
- 1–2 tbsp olive oil
- 2 tbsp crème fraîche
- 4 tbsp grated Parmesan
- 1 tbsp chopped rosemary
- Ground pepper
- 8 slices bacon
- Butter to grease the dish

- 4 Stir in the Parmesan and rosemary, and season with sea salt and pepper. Spoon the mixture into the onions, and wrap each onion in a slice of bacon, fastening it with a cocktail stick. Place in a greased oven dish and bake in the oven at 160°C (Fan plus) on the fourth shelf for the final 25 minutes of the meat's cooking time.

- 5 Remove the calves cheeks and keep them warm, then strain the cooking juices through a sieve into a saucepan. Reduce by half and season with salt and pepper. Stir in the mustard and remove from the heat. Serve the calves cheeks with the sauce and the onions.

## ▶▶ Tips

*Serve with mashed potatoes (see p. 80) or new potatoes that have been cooked in salted water, then tossed in a pan with a little butter and rosemary.*

# Knuckle of veal in a bread parcel with radicchio salad

Serves 4–6 

1 Chop the cabbage into thin strips and blanch in salted water. Plunge into ice cold water and dry well with a tea towel. Wash and dry the parsley, and remove the leaves. Dry fry the pine nuts in a frying pan. Grind the parsley, pine nuts, Parmesan and olive oil in a pestle and mortar or food processor to make pesto. Season with salt and pepper, mix into the cabbage and place to one side.

2 Roll the sour dough out to a rectangle measuring 40 x 25 cm. Break the veal into small flakes and mix with the malt extract. Scatter over half of the dough, along with the cabbage, then fold the other half over the filling and seal well all round.

## Ingredients:

600 g white cabbage · Salt  
 1 bunch of parsley  
 50 g pine nuts  
 50 g grated Parmesan  
 80 ml olive oil  
 Ground pepper  
 1 kg sour dough (see recipe p. 204, or use readymade dough)  
 800 g salted, cooked knuckle of veal  
 (cook the previous day, see Tips below)  
 1½ tbsp malt extract  
 Flour for dusting  
 2 bunches of radicchio  
 2 tbsp white wine vinegar  
 1 tsp honey  
 2 tbsp grapenut oil  
 1 bunch of chives

3 Dust with flour and leave to rise for 1 hour. Bake in the oven at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 50 to 60 minutes. Allow the bread to cool slightly.


4 Wash the radicchio and cut into thin slices. Mix the vinegar, honey, grapenut oil, salt and pepper to make a vinaigrette. Wash, dry and chop the chives, and stir in. Shortly before serving, use to dress the radicchio. Cut the veal pasty into 2 or 3 thick slices with a serrated knife and serve with the salad.

## ► Tips

*Ask your butcher to salt the veal, and then simmer it for 2 to 3 hours in plenty of water with a bouquet garni.*

# Roast veal

## with pancetta and celeriac cannelloni

Serves 4–6 

1 For the roast, slice the meat through horizontally, open out and beat flat to achieve a 2 to 3 cm thick rectangle. Season with salt and pepper. Peel the garlic, wash and dry the basil, and chop along with the pine nuts and capers. Spread over the meat. Roll the meat up. Wrap the slices of pancetta around the meat and bind with kitchen string.

2 Season with pepper, then brown in a frying pan in olive oil for 3 to 4 minutes. Place on a baking tray and roast at 160°C (Moisture plus with 2 bursts of steam) on the second shelf for 45 to 60 minutes. Activate the first burst of steam at the beginning, and the second 10 minutes later.

3 To make the cannelloni, peel the potatoes and celeriac and cut into 1½ cm cubes. Sweat in a saucepan with 1 tbsp butter, then add the vegetable stock, cover and simmer for 30 minutes. Remove the lid 5 minutes before the end so that the liquid can evaporate.

### Ingredients:

#### For the meat:

1.5 kg roasting veal  
Sea salt · Ground pepper  
2 cloves of garlic  
1 bunch of basil  
100 g pine nuts  
80 g capers (pickled)  
120 g pancetta or smoked streaky bacon  
3 tbsp olive oil

#### For the cannelloni:

200 g floury potatoes  
400 g celeriac  
2 tbsp butter  
200 ml vegetable stock  
150 g grated Parmesan  
Salt · Ground pepper  
Freshly grated nutmeg  
500 g cannelloni  
Butter to grease the dish  
150 g double cream  
150 g crème fraîche

4 Purée with 50 g of Parmesan. Season with salt, pepper and nutmeg. Spoon into a piping bag and fill the cannelloni.

5 Grease an ovenproof dish and arrange the cannelloni in it. Stir together the double cream, crème fraîche and the remaining Parmesan, and pour over the cannelloni. Sprinkle with salt and pepper and place in the oven on the fourth shelf 25 minutes before the end of the cooking time for the meat.

6 Slice the veal and serve with the cannelloni, garnished with basil.

### ▶▶ Tips

*Serve with braised spring onions: Wash 2 bunches of spring onions and chop in 6 cm long pieces. Sweat in 1 tbsp butter and season with salt, pepper and a little sugar.*



# Rump steak

## with tarragon and mustard butter

Serves 4

1 Season the rump steaks with salt and pepper. Heat the olive oil in a frying pan and brown the steaks for 1 to 2 minutes on each side. Wash and dry the thyme. Crush the garlic and add to the frying pan with the thyme. Turn the steaks in the herbs then transfer to the rack with a baking tray underneath to catch the drips, and cook in the oven at 85°C (Conventional heat) on the second shelf for 40 to 50 minutes.

2 Wash the cherry tomatoes and place them in an ovenproof dish. Season with salt, pepper and sugar. Wash and dry the thyme. Crush the garlic and add to the tomatoes along with the thyme and olive oil. Cook in the oven with the meat for 30 minutes on the 3rd or 4th shelf level.

3 Beat the butter until soft. Wash and dry the tarragon and chop finely. Stir into the butter with the mustard and honey. Season with salt and pepper, and scoop onto a piece of clingfilm. Form into a log and place in the fridge.

### Ingredients:

#### For the steaks:

4 rump steaks  
(220 g each; 3 cm thick)  
Salt · Ground pepper  
2 tbsp olive oil  
4 sprigs of thyme  
1 clove of garlic

#### For the tomatoes:

250 g cherry tomatoes  
Salt · Ground pepper  
Sugar  
4 sprigs of thyme  
1 clove of garlic  
4 tbsp olive oil

#### For the butter:

140 g soft butter  
1/2 bunch of tarragon  
1 tbsp Dijon mustard  
1 tsp honey  
Salt · Ground pepper

#### For the purée:

400 g celeriac  
1 tbsp butter  
100 ml chicken stock  
200 ml double cream  
Salt · Ground pepper

4 For the purée, peel the celeriac and cut into 1 cm cubes. Heat the butter in a saucepan and sweat the celeriac for 2 minutes. Pour in the chicken stock and double cream, cover and simmer for 20 to 30 minutes. Season with salt and pepper, then purée.

5 Unwrap the butter and cut in 1 cm thick slices. Divide among the steaks, place them on a baking tray and heat in the oven at 85°C (Conventional heat) on the second shelf for 2 to 3 minutes to melt the butter. Arrange the celeriac purée and tomatoes on serving plates. Cut the steaks diagonally in half and place on top.

### ▶▶ Tips

*In place of the tarragon and mustard butter, you could serve the wild garlic butter shown on p. 88. Rump steak or beef fillet should be hung for a minimum of 2 weeks and should be nicely marbled.*





# Pot roasted beef

## with wild garlic butter and cocktail onions

Serves 4–6

1 Peel and dice the onions, carrots, celeriac and parsnips. Season the meat with salt and pepper, and brown in a casserole with 2 tbsp oil. Remove the meat, and brown the vegetables. Add the tomato purée and golden syrup. Pour in the red wine and reduce by half. Add the stock and the spices. Return the meat to the casserole, cover and cook in the oven at 140°C (Fan plus) on the second shelf for 2 hours. Measure out 200 ml of the cooking juices.

2 Meanwhile, wash, dry and chop the wild garlic leaves. Beat the butter until soft and mix with the wild garlic. Stir in the breadcrumbs and Parmesan. Season with salt and pepper, then place the mixture on a piece of clingfilm and roll into a log. Place in the fridge.

3 Soften the cocktail onions in warm water, peel them and brown in the remaining oil. Dust with sugar and caramelize. Pour in the reserved 200 ml of cooking juices and simmer gently for 20 minutes.

### Ingredients:

150 g onions  
 60 g each carrots, celeriac and parsnips  
 1 kg shoulder of beef  
 Salt · Ground pepper  
 3 tbsp oil  
 1 tsp tomato purée  
 1 tsp golden syrup  
 1/2 litre red wine  
 3/4 litre vegetable or beef stock  
 2 bay leaves  
 6 allspice berries  
 2 cloves  
 50 g wild garlic leaves  
 120 g soft butter  
 150 g breadcrumbs  
 1 tbsp grated Parmesan  
 400 g cocktail onions or shallots  
 1 tsp sugar

4 Remove the meat from the casserole, pat dry and place in an oven-proof dish. Cut the wild garlic butter into slices and spread over the meat. Strain the cooking juices through a sieve and boil to reduce to 350 ml. Pour in the onions and their cooking juices and reheat.

5 Pre-heat the grill (Full grill) for 5 minutes to 240°C and grill the meat on the third shelf for 2 to 3 minutes. Slice the meat, and arrange the onions on top. Serve with pasta (e.g. pappardelle) or potatoes.

### ▶▶ Tips

*Wild garlic is related to garlic and can be recognised by its strong smell. The leaves are harvested in May/June before the flowers bloom. As an alternative, you could use 50 g of wild garlic pesto from a jar.*

# Mediterranean beef roulades

## with mustard fruits and fried onions

Serves 4

1 To make the roulades, peel the onions, slice thinly and fry in 1 tbsp olive oil. Season the steaks with salt and pepper. Place a slice of Parma ham on each steak. Chop the mustard fruits up small and place on top of the ham. Add the onions, roll up the meat and tie with kitchen string.

2 In a casserole, heat the rest of the oil, and brown the roulades all over. Remove them and brown the onions, celeriac and carrots. Add the sugar and tomato purée. Pour in one third of the wine and allow to boil away almost completely. Repeat until all the wine is used up.

3 Wash and dry the herbs. Pour the beef stock in with the vegetables. Add the rosemary, thyme, bay leaves and peppercorns. Put the roulades into the casserole, cover and cook in the oven at 140°C (Conventional heat) on the second shelf for 1 1/2 to 2 hours.

### Ingredients:

#### For the roulades:

2 onions  
3 tbsp olive oil  
6 thin beef steaks (160 g each)  
Salt · Ground pepper  
6 slices Parma ham or prosciutto  
120 g Italian mustard fruits (from a jar)  
160 g diced onions  
80 g each diced celeriac and carrot  
1 tsp sugar  
1 tbsp tomato purée  
1/2 litre red wine  
3 sprigs of rosemary  
3 sprigs of thyme  
800 ml beef stock  
2 bay leaves  
12 black peppercorns

#### For the onions:

4–5 onions  
1 tbsp flour  
1/2 tsp paprika  
Oil for frying

4 Peel the onions and cut into 2 to 3 cm thick rings. Mix the flour and paprika and toss the onions until well covered. Shake off any excess. Heat the oil and fry the onion rings until crisp.

5 Remove the roulades from the casserole and sieve the sauce into a saucepan. Reduce to 500 ml, then season with salt and pepper and, if necessary, thicken with cornflour. Remove the string and reheat the roulades in the sauce. Cut each in half diagonally and serve three halves per person, garnished with the sauce and onion rings.

### ▶▶ Tips

*Serve with pesto polenta: bring 350 ml milk to the boil and stir in 80 g instant polenta. Simmer for 1 minute. Stir in 3 tbsp pesto, and if necessary thin with a little water. Season with salt and pepper.*

# Rare fillet of beef

## with red wine and vanilla barley

Serve 4–6

1 Remove the fillet from the fridge 1 hour in advance. Cut away any fat and sinews. Season with five spice powder, salt and pepper. Brown in the oil for 5 minutes. Place on the rack and roast at 85°C (Conventional heat) on the second shelf for 2 hours until cooked but still pink in the centre. The core temperature should be 60–65°C when measured with the food probe.

2 Simmer the pearl barley in plenty of salted water for 15 minutes, then rinse under cold water. Peel and dice the shallots and sweat in the olive oil. Add the pearl barley and cook for 1 minute. Add the red wine and port, and boil until nearly all the liquid has evaporated. Add the vanilla pulp and stock, and simmer gently for 30 minutes. Stir in the butter and remove from the heat. The barley should be creamy. Season with salt and pepper.

### Ingredients:

#### For the fillet:

1 kg beef fillet  
(approx. 7–8 cm thick)  
1/2 tsp five spice powder  
Salt · Ground pepper

1 tbsp oil  
1/2 bunch of thyme  
2 tbsp butter

#### For the barley:

200 g pearl barley  
Salt  
3 shallots  
2 tbsp olive oil  
150 ml red wine  
100 ml port

Pulp from 2 vanilla pods  
1/2 litre chicken stock  
50 g cold butter, cubed  
Ground pepper

#### Also:

300 g spring vegetables  
(e.g. baby carrots, sugar snap  
peas, spring onions, kohlrabi)  
Salt  
3 tbsp butter  
Ground pepper  
Sugar

3 Wash and peel the spring vegetables and blanch in salted water. Plunge into ice cold water, then sweat in the butter for 2 to 3 minutes. Season with salt, pepper and a little sugar.

4 For the fillet, wash and dry the thyme. Melt the butter in a frying pan until foamy, and turn the beef and thyme in it for 1 minute.

5 Divide the barley between serving plates. Slice the meat and arrange on top, and serve with the vegetables.

### ▶▶ Tips

*Decorate with fried herbs. Fry rosemary, parsley or thyme leaves in 1 cm of oil until crispy. Drain on kitchen paper, and season with salt.*



# Oxtail parcels

## with porcini mushrooms and herb salad

Serves 6

1 Season the oxtail with salt and pepper. Heat the oil in a casserole and brown the meat. Add the vegetables and fry for a further 5 to 10 minutes. Sprinkle over the sugar, and caramelize. Stir in the tomato purée. Add one third of the red wine and boil until it is nearly all evaporated. Repeat until all the wine is used.

2 Wash and dry the herbs. Peel the garlic. Add the herbs, garlic, bay leaves and stock to the casserole. Cover and cook in the oven at 140°C (Fan plus) on the second shelf for 2 hours.

3 Take the meat out of the casserole, allow to cool, then remove the bones. Sieve the sauce into a saucepan and reduce to 500 ml. Mix the potato flour with a little cold water and stir into the sauce to thicken. Season with salt and pepper.

### Ingredients:

1.2 kg oxtail (cut into 4 to 5 cm thick pieces)  
 Salt · Ground pepper  
 2 tbsp oil  
 200 g diced onions  
 100 g each diced celeriac and carrots  
 1 tbsp sugar  
 1 tbsp tomato purée  
 600 ml red wine  
 3 sprigs of rosemary  
 3 sprigs of thyme  
 2 cloves of garlic  
 2 bay leaves  
 1 litre beef stock  
 1–2 tsp potato flour  
 400 g fresh porcini  
 1 tbsp butter  
 200 g good quality sausage meat  
 1 tbsp chopped parsley  
 200 g pig's caul (order from the butcher)  
 Butter to grease the dish  
 2 bunches of wild or mixed herbs  
 Aged balsamic vinegar  
 Olive oil

4 Clean, but do not wash, the porcini and cut into 1 to 1 1/2 cm cubes. Heat the butter in a pan and fry the mushrooms for 1 to 2 minutes, then season with salt and pepper. Put 6 tbsp to one side for the filling, keep the rest warm.

5 Mix the oxtail with the sausage meat and parsley, and season with salt and pepper. Cut the pig's caul into 6 pieces, 25 x 25 cm. Place the sausage meat in the middle of the pieces of caul, and make a little hollow in the top of each. Fill each one with 1 tbsp of mushrooms. Fold the edges of the caul over the top and place in a greased ovenproof dish, with the join underneath. Cook in the oven at 180°C (Fan plus) on the second shelf for 20 to 25 minutes. Baste occasionally with sauce.

6 Wash and dry the herbs. Toss in balsamic vinegar and olive oil, and divide between serving plates. Arrange the meat parcels on serving plates with the mushrooms in a pool of the sauce, and serve with buttered pasta.



# Lamb ossobuco

## with coconut, tomatoes and coriander

Serves 4

1 For the meat, season the lamb steaks with salt. Peel and dice the onion. Heat the oil in a casserole and brown the meat all over. Add the onions, and brown. Pour in the coconut milk, add the tomatoes and boil briefly. Cut the chillis in half lengthways, discard the seeds, wash and chop finely. Peel and grate the ginger. Add to the meat along with the green peppercorns and chilli, and season with salt. Cover and cook in the oven at 140°C (Fan plus) on the second shelf for 2 hours.

2 For the vegetables, wash and dry the pak choi. Cut into 3 to 4 cm long pieces. Heat the oil in a frying pan and fry the pak choi for 1 minute. Add the soy sauce and sesame oil and cook for 3 to 4 minutes.

### Ingredients:

#### For the meat:

4–5 lamb leg steaks  
(350 g each, 3 cm thick)  
Salt  
1 onion  
2 tbsp oil  
400 ml coconut milk  
600 g tinned chopped  
tomatoes  
2 red chillis  
3 cm ginger  
1 tbsp green peppercorns in  
brine

#### For the vegetables:

400 g pak choi or chinese  
cabbage  
1 tbsp oil · 2 tbsp soy sauce  
1 tsp sesame oil

#### Also:

1 tbsp desiccated coconut  
1 bunch of coriander


3 Dry fry the desiccated coconut until golden brown. Wash and dry the coriander and chop finely.

4 Place the lamb on deep serving plates with the pak choi, and sprinkle with coriander and coconut. Serve with fragrant rice or fried egg noodles.

### ▶▶ Tips

*The classic ossobuco comes from Italy and is made from veal steaks with tomatoes, carrots, onions and stock or white wine. It is served with risotto or polenta.*

# Pot roasted leg of lamb with candied garlic

Serves 4–6 

1 Season the lamb with salt and pepper. Heat the olive oil in a casserole and brown the meat all over. Remove, and brown the onions. Add the celeriac and carrots, and fry. Stir in the tomato purée. Pour in the red wine and boil until nearly all the wine has evaporated.

2 Add the chicken stock and tomatoes. Wash and dry the rosemary. Add to the casserole with the bay leaves and bring to the boil. Place the lamb in the casserole and cover with the pancetta.

3 Cook the lamb in the oven at 130°C (Moisture plus with 3 bursts of steam) on the second shelf for 2 1/2 to 3 hours. Activate one burst of steam at the beginning, and the second and third at hourly intervals.

4 Peel the garlic and simmer in the milk for 5 minutes. Pour off the milk and rinse the garlic in cold water. Caramelize the sugar in a small saucepan and add the garlic. Add the vinegar and chicken stock. Sweat over a gentle heat for 10 minutes, then simmer until the liquid becomes syrupy. Stir in the butter and keep the candied garlic warm.

## Ingredients:

### For the meat:

1 leg of lamb  
(approx 1.8 kg, boned)  
Salt · Ground pepper  
3 tbsp olive oil  
150 g diced onions  
80 g each diced celeriac and  
carrots  
1 tbsp tomato purée  
400 ml red wine  
450 ml chicken stock  
400 g tinned tomatoes  
5 sprigs of rosemary  
2 bay leaves  
100 g pancetta or streaky  
bacon  
400 g flageolet beans (tinned)  
1–2 tsp grated unwaxed lemon  
zest

### For the garlic:

2 heads of young garlic  
(20–24 small cloves)  
200 ml milk  
40 g sugar  
40 ml white balsamic vinegar  
50 ml chicken stock  
30 g cold butter, cubed

5 Remove the meat from the casserole, place it on the rack and grill in the oven at 240°C (Full grill) on the third shelf until the pancetta is crisp. Put the sauce in the casserole on the hob. Remove the rosemary and bay leaf. Drain the flageolet beans and add to the sauce. Bring to the boil and season with salt, pepper and lemon zest.

6 Divide the beans between serving plates. Slice the lamb and place on top of the beans. Garnish with the candied garlic and a drizzle of the syrup.



# Rack of lamb

## with a crispy crust and balsamic vegetables

Serves 4

1 Season the lamb with salt and pepper, and brown on both sides in olive oil for 2 to 3 minutes. Place on the wire rack and roast at 85°C (Conventional heat) on the second shelf for 50 minutes. Place a baking tray underneath to catch the drips.

2 Caramelize the sugar in a frying pan until golden. Add the pine nuts, stir quickly and transfer immediately to a baking tray. Leave to cool then chop up small. Chop the olives. Beat the butter to soften and stir in the pine nuts, olives, rosemary and breadcrumbs. Season with salt and pepper. Place in a freezer bag then roll out with a rolling pin to a thickness of 7 mm. Place in the fridge.

3 Prepare the vegetables. Chop the onion, aubergine and red pepper into 2 cm pieces. Cut the courgette into 1 cm thick slices. Heat the olive oil in a frying pan and gently fry the pepper, aubergine and onion for 10 minutes. Wash and dry the rosemary. Add to the pan with the courgette and crushed garlic. Cook for a further 5 minutes, then season with salt and pepper. Remove the garlic and rosemary, and keep the vegetables warm.

### Ingredients:

#### For the meat:

2 rack of lamb  
(650 g each, on the bone)  
Salt · Ground pepper  
2 tbsp olive oil  
1 tbsp sugar  
80 g pine nuts  
60 g black olives (stoned)  
100 g soft butter  
1 tsp chopped rosemary  
1 tbsp breadcrumbs

#### For the vegetables:

1 onion  
1 eggplant/aubergine  
1 red pepper  
1 medium zucchini/courgette  
2 tbsp olive oil  
2 sprigs of rosemary  
1 clove of garlic  
Salt · Ground pepper  
100 ml balsamic vinegar  
100 ml red grape juice or port  
50 g sugar

4 Boil the vinegar, grape juice and sugar together until syrupy, and shortly before serving, pour over the vegetables.

5 Remove the lamb from the oven and pre-heat the grill to 240°C (Full grill). Cut the pine nut crust into two rectangles to fit the lamb. Place on the lamb and grill in the oven on the third shelf for 3 to 5 minutes.

### ▶▶ Tips

*Serve with new potatoes that have been boiled, then lightly fried in olive oil and seasoned with sea salt. Make sure that the lamb is from a young animal.*



# Venison loin with a white bread crust and roasted apple sauce

Serves 4

1 Heat 2 tbsp of oil in a casserole and brown the venison bones for 10 to 15 minutes. Add the onion, celeriac and carrots and cook for a further 10 minutes. Dust with sugar, and caramelize. Stir in the tomato purée, add a third of the red wine, and boil until nearly all of the wine has evaporated. Repeat the process until all the wine is used up. Add the game stock and simmer gently for 1 hour. After 45 minutes add the bay leaf, juniper berries, cranberries and orange rind. Pass the sauce through a sieve and reduce to 300 ml, thickening with cornflour if necessary. Season with salt and pepper.

2 To make the apple sauce, wash the apples and cut a 1 cm thick lid from the top of each. Use an apple corer to remove the core. Knead together the marzipan, hazelnuts and thyme and use to stuff the apples. Place the apples on a baking tray, dot with the butter, and bake in the oven at 160°C (Fan plus) on the second shelf for 30 to 40 minutes.

3 With a spoon, scoop out the insides of the apple into a saucepan. Mash with a fork and season with salt, pepper and sugar. Keep the apple sauce warm.

## Ingredients:

### For the meat:

3 tbsp oil  
 2 pieces of venison loin  
 (360 g each, boned, bones  
 chopped up)  
 100 g diced onions  
 80 g each diced celeriac and  
 carrots  
 1 tsp caster sugar  
 1 tsp tomato purée  
 300 ml red wine  
 800 ml game stock · 1 bay leaf  
 5 juniper berries  
 1 tbsp cranberries  
 (bottled)  
 1 strip of unwaxed orange rind  
 (approx. 5 cm long)  
 Salt · Ground pepper  
 180 g good quality sausage  
 meat  
 1 tsp mixed herbs  
 1 tsp chopped parsley  
 8 thin slices white bread  
 1 tbsp butter

### For the apple sauce:

3 apples (russet or Braeburn)  
 50 g marzipan  
 50 g ground hazelnuts  
 1 tbsp chopped thyme  
 1 tbsp butter · Salt  
 Ground pepper · Sugar

4 Cut the pieces of venison down the middle to create 4 fillets, 10 to 12 cm long. Mix the sausage meat with 1/2 tsp mixed herbs and the parsley. Season with salt and pepper. Season the venison with salt and pepper too. Brown the fillets in the rest of the oil. Remove from the pan and allow to cool slightly.

5 Trim the slices of bread and spread thinly with the sausage meat. Lay 2 slices next to each other, place a fillet on top and roll up. Repeat with the other fillets. Heat the butter in a frying pan and brown the meat rolls all over. Place on the rack and cook in the oven at 160°C (Fan plus) on the second shelf for 10 to 15 minutes. Remove from the oven and leave to rest for 5 minutes.

6 Divide the apple sauce between the serving plates. Cut the venison fillets in half, arrange on top of the apple sauce and pour the gravy over.



# Rare roasted leg of venison with fried ginger

Serves 4–6

1 For the meat, place the bones on a baking tray with 2 tbsp oil. Roast at 220°C (Fan plus) on the second shelf for 30 to 40 minutes. Remove and put to one side. Reduce the heat to 100°C (Conventional heat). Rub the venison with five spice powder, salt and pepper, and tie up with kitchen string. Heat 2 tbsp oil in a frying pan and brown the meat all over. Place on the rack and roast on the second shelf for 3 to 3 1/2 hours. Place a baking tray underneath to catch the drips.

2 Heat the remaining oil in a casserole and fry the onions, celeriac and carrots for about 10 minutes. Dust with sugar, and caramelize. Stir in the tomato purée, add a quarter of the red wine, and boil until nearly all of the wine has evaporated. Repeat the process until all the wine is used up. Add the stock and the bones and simmer gently for 1 hour.

## Ingredients:

### For the meat:

400 g venison bones ·  
6 tbsp oil  
1.4 kg leg of venison (boned)  
1 tsp five spice powder  
Salt · Ground pepper  
150 g diced onions  
80 g each diced celeriac and  
carrots  
1 tbsp caster sugar  
1 tsp tomato purée  
400 ml red wine  
1/2 litre game or chicken stock  
1/2 bunch of thyme  
3 cm ginger  
Grated zest of 1/2 unwaxed  
orange  
200 g cold butter, cubed

### For the fried ginger:

150 g ginger  
200–300 ml oil for frying

3 To prepare the fried ginger, peel the ginger and cut into thin strips. Heat the oil in a pan and fry the ginger until pale brown. Drain on kitchen paper.

4 To make the sauce, wash and dry the thyme. Cut the ginger into slices. Pass the stock through a sieve into a saucepan and add the ginger, thyme and orange zest. Reduce to 300 ml, sieve again, then stir in the cold butter. Season with salt and pepper and remove from the heat. Serve the venison with the sauce and the fried ginger.

## ▶▶ Tips

*Serve with butter glazed spring onions and new potatoes. Frying gives the ginger a milder, sweeter flavour.*

# Game goulash

## with thyme and a mushroom bake

Serves 4–6

1 To make the goulash, cut the meat into 3 cm cubes, and season with salt and pepper. Heat the oil in a casserole and brown the meat in two lots. Remove and fry the onions and bacon. Stir in the tomato purée. Add the red wine and port, and reduce by half. Put the meat and the stock into the casserole. Cover and cook in the oven at 140°C (Fan plus) on the second shelf for 2 hours.

2 For the mushrooms, whisk together the milk and eggs. Season with salt, pepper and nutmeg. Clean, but do not wash, the mushrooms, chop finely and sweat in 1 tbsp butter with the rosemary for 2 to 3 minutes. Season with salt, pepper and nutmeg. Grease an ovenproof dish with ½ tbsp butter. Place alternating layers of bread, egg mixture and mushrooms in the dish. Leave to stand for 15 minutes. Dot with ½ tbsp of butter and cook in the oven with the goulash on the fourth shelf for 30 to 40 minutes.

### Ingredients:

#### For the goulash:

1 kg wild boar (shoulder)  
 Salt · Ground pepper  
 2 tbsp oil  
 600 g diced onions  
 100 g smoked bacon, diced  
 1 tbsp tomato purée  
 300 ml red wine  
 100 ml port  
 ½ litre game stock  
 6 juniper berries · 2 cloves  
 5 allspice berries · 1 bay leaf  
 1 cinnamon stick  
 15 black peppercorns  
 1 tsp grated ginger  
 1 tsp grated unwaxed orange zest  
 80 g butter  
 3 tbsp breadcrumbs  
 1 tsp chopped thyme

#### For the mushrooms:

3 eggs · 300 ml warm milk  
 Salt · Ground pepper  
 Freshly grated nutmeg  
 300 g mixed mushrooms (e.g. porcini, chanterelles, chestnut mushrooms)  
 1 tbsp chopped rosemary  
 2 tbsp soft butter  
 200 g bread rolls (sliced)

3 Twenty minutes before the end of the cooking time for the goulash, tie the spices in a piece of muslin and add to the goulash. Remove just before the end of the cooking time. Stir the ginger and orange zest into the meat, and season with salt and pepper.

4 Heat the butter in a frying pan until foaming. Fry the breadcrumbs and thyme. Divide the goulash between serving plates and sprinkle with the thyme breadcrumbs. Serve with the mushroom bake.

### ►► Tips

*This recipe can also be made using pork, beef or venison.*





# Vegetables and bakes

Baked dishes are often not as appreciated as they should be. Many people like them because they are easy to prepare, but few understand their full culinary potential. Whether sophisticated or rustic, discover the delights that lie hidden beneath the crisp topping. The family will want them time and again!



# Baked potatoes on sea salt with beetroot, porcini and eggplant aubergines

Serves 4

1 Thoroughly wash the potatoes. Dry with kitchen paper and pierce 2 or 3 times with a fork. Wash and dry the rosemary.

2 Spread the sea salt out on a baking tray and scatter the rosemary over it. Brush the potatoes with olive oil. Place the potatoes on the salt bed and bake at 160°C (Fan plus) on the second shelf for 50 to 60 minutes.

3 Wash the aubergine and cut into thin slices. Salt and leave for 15 minutes. Wash the lemon in hot water, dry, grate the rind and squeeze out the juice.

4 Stir together the soured cream and creme fraîche and divide into three bowls. Season one with a squeeze of lemon juice and the horseradish. Peel and chop the garlic and stir into the second portion of crème fraîche with 1 tsp lemon zest. For the third portion, deseed and finely chop the red pepper and stir into the cream with the basil. Season the dips with salt and pepper.

5 Pat the aubergine slices dry with kitchen paper and fry in 2 tbsp oil for 2 to 3 minutes on each side. Remove from the pan and season with pepper.

## Ingredients:

12 medium potatoes  
(approx. 1.2 kg)  
7 tbsp olive oil  
1 bunch of rosemary  
1 kg coarse sea salt  
1 small eggplant/aubergine  
Salt  
1 unwaxed lemon  
400 ml soured cream  
250 g crème fraîche  
1 tsp grated horseradish  
1 clove of garlic  
1 red pepper  
2 tbsp basil  
(chopped)  
Ground pepper  
120 g beetroot  
(vacuum packed)  
200 g porcini mushrooms  
1 container cress  
30 g crispy fried onions  
1–2 tbsp balsamic vinegar

6 Slice the beetroot thinly. Cut the cress from its container. Clean and slice the mushrooms, and fry with the onions for 2 to 3 minutes in the remaining olive oil. Season with salt and pepper.

7 Cut a deep cross into the potatoes and open up. Fill 4 potatoes with each of the dips. Scatter some beetroot and cress over the potatoes filled with the horseradish cream. Spoon some mushrooms and fried onions onto the potatoes with the garlic cream. Add the aubergines to the ones with the basil cream. Drizzle with vinegar, and serve a potato containing each of the different fillings to each person.

## ▶▶ Tips

*If fresh porcini are not available, use 40 g of dried ones. Soak for at least 30 minutes in lukewarm water, squeeze out well and fry in hot oil.*



# Bread soufflé

## with braised vegetables and lovage butter

Serves 4–6

1 For the vegetables, peel the carrots, celeriac and parsnips, and dice. Peel the shallots and leave whole. Fry the vegetables in olive oil for 3 to 5 minutes. Crush the garlic and place in an ovenproof dish with the vegetable stock, bay leaves and vegetables. Cook in the oven at 160°C (Fan plus) on the second shelf for 30 minutes.

2 To make the soufflé, cut the bread in 1 cm cubes and place in a bowl. Peel and dice the onion. Wash, dry and chop the parsley.

3 Sweat the onion in 1 tbsp butter until translucent and add to the bread with the parsley. Warm the milk slightly, beat in the eggs and pour over the bread. Stir the mixture, season with salt, pepper and nutmeg and leave to stand for 20 minutes.

### Ingredients:

#### For the vegetables:

300 g carrots, celeriac and parsnips  
300 g shallots  
3 tbsp olive oil  
2 cloves of garlic  
150 ml vegetable stock  
2 bay leaves

#### For the soufflé:

350 g white bread (1 day old)  
1 onion  
1 sprig of parsley  
2 tbsp butter  
 $\frac{1}{4}$  l milk  
3 medium eggs  
Salt · Ground pepper  
Freshly grated nutmeg

#### For the butter:

$\frac{1}{2}$  bunch each of parsley and lovage  
120 g butter  
1 clove of garlic  
1 tsp grated unwaxed lemon zest

4 Take the vegetables out of the oven. Remove the garlic and bay leaves. Spread the soufflé mixture over the vegetables. Dot with 1 tbsp of butter. Bake at 160°C (Fan plus) on the second shelf for 20 to 25 minutes.

5 To make the butter, wash and dry the parsley and lovage. Remove the leaves and chop finely. Melt the butter in a small saucepan until foaming. Crush the garlic and add to the butter with the lemon zest and herbs. Stand for 1 to 2 minutes, then remove the garlic. Take the baked soufflé out of the oven and drizzle with lovage butter before serving.

### ►► Tips

*Try mixing the ingredients for the lovage butter with crème fraîche instead of butter to make a cold sauce for the soufflé. A green salad goes very well.*

# Potato layer cake

## with spring onions and mushrooms

Serves 4–6

- 1 For the layer cake, cook the potatoes in salted water with the caraway seeds until tender. Drain, peel and press through a potato ricer.
- 2 Sieve the flour and cornflour. Separate the eggs. Beat the butter until soft and gradually stir in the egg yolks. Stir in the cream and potatoes. Whisk the egg whites with a pinch of salt until stiff. Stir 2 or 3 spoonfuls into the potato mixture to loosen, then fold in the eggs whites and flour a little at a time. Season with salt, pepper and nutmeg.
- 3 Pre-heat the grill (Full grill) at 240°C for 5 minutes. Grease an ovenproof dish (approx. 30 x 25 cm) and line the base with baking paper. Cover with a 3 mm thick layer of the potato mixture and grill on the third shelf for 2 minutes. Add a second 3 mm layer of potato mixture and grill again. Repeat the process until all the mixture has been used up. Switch off the oven, cover the cake with aluminium foil and keep warm in the oven.

### Ingredients:

#### For the potato cake:

500 g waxy potatoes  
 1 tsp caraway seeds · Salt  
 80 g flour  
 120 g cornflour  
 8 medium eggs  
 (at room temperature)  
 150 g soft butter  
 100 ml double cream  
 (at room temperature)  
 Ground pepper  
 Freshly grated nutmeg  
 Butter to grease the dish

#### Also:

500 g mixed mushrooms  
 (eg. chestnut mushrooms,  
 chanterelles, porcini)  
 $\frac{1}{2}$  bunch of parsley  
 2 shallots  
 2 tbsp butter  
 1 clove of garlic  
 250 ml double cream  
 1 strip waxed lemon zest  
 Salt · Ground pepper  
 Freshly grated nutmeg  
 2 bunches of spring onions  
 80 ml vegetable stock

4 To make the creamed mushrooms, clean and slice the mushrooms. Wash, dry and chop the parsley. Peel and dice the shallots.

5 Sweat the shallots in 1 tbsp butter. Add the mushrooms and sauté for a further 3 or 4 minutes. Crush the garlic. Add to the mushrooms along with the cream and lemon zest, and simmer for 5 minutes. Remove the garlic and lemon zest. Stir in the parsley, and season with salt, pepper and nutmeg.

6 Wash the spring onions, cut into 6 cm long pieces and sweat in the remaining butter. Pour in the vegetable stock and season with salt, pepper and nutmeg. Cook until all the liquid has evaporated. Cut the layer cake into cubes. Arrange on plates with the creamed mushrooms and spring onions, and serve.

# Potato bake

## with chilli salmon, fennel and crispy bread topping

Serves 4–6

1 Scrub the potatoes. Cut into thin slices, cook in salted water for 5 to 6 minutes, then drain.

2 Wash and dry the fennel. Peel the garlic and onions. Finely chop the garlic. Cut the fennel and onions into thin slices, and sweat in 3 tbsp olive oil for 3 to 4 minutes. Add the garlic, wine and a pinch of saffron. Simmer for 5 minutes until the wine has evaporated. Season with salt and pepper.

3 To make the marinade, cut the chillis in half lengthways, discard the seeds, wash and chop finely. Drain and chop the anchovies. Mix the chillis and anchovies with the lemon juice. Wash and dry the salmon and cut into 2 cm thick slices. Turn in the marinade and season with salt and pepper.

### Ingredients:

500 g new potatoes · Salt  
 400 g fennel  
 1 clove of garlic  
 2 onions  
 5–7 tbsp olive oil  
 100 ml white wine  
 Powdered saffron  
 Ground pepper  
 2 red chillis  
 2 anchovy fillets (in oil)  
 Juice of 1 lemon  
 600 g salmon fillet (skinned)  
 Butter to grease the dish  
 300 ml double cream  
 100 g grated Parmesan  
 Sea salt  
 100 g bread

4 Grease an ovenproof dish (approx. 30 x 25 cm) and add the fennel mixture. Stir 60 g of Parmesan into the cream and pour over the fennel. Place the fish on top and drizzle with the marinade. Cover with the slices of potato, drizzle with 1 to 2 tbsp olive oil, and season with salt and pepper. Bake at 180°C (Fan plus) on the second shelf for 20 to 25 minutes.

5 Roughly chop the bread in a food processor and mix with the remaining Parmesan. Sprinkle over the dish and drizzle with 1 to 2 tbsp olive oil. Bake for a further 10 to 15 minutes until the bread topping is golden and crispy.

### ▶▶ Tips

*Try replacing the salmon with a firm white fish. Serve with beetroot salad topped with a dressing of sour cream, lemon juice, salt and pepper. Scatter with chopped basil.*



# Pasta and broccoli bake

## with red pepper crumbs

Serves 4–6

1 Cook the pasta according to the instructions on the packet until al dente. Drain, rinse in cold water and leave to dry. Wash and dry the broccoli and break into florets. Blanch for 20 seconds in salted boiling water and plunge into ice cold water. Wash and halve the cherry tomatoes. Grease an ovenproof dish (approx. 30 x 25 cm) with 2 tbsp olive oil.

2 Peel the garlic. Wash and dry the basil, and remove the leaves. Purée the tinned tomatoes, garlic, anchovies, basil and capers with a hand-held blender. Stir in 3 tbsp olive oil and season with salt and pepper.

### Ingredients:

400 g pasta, e.g. orecchiette  
 Salt  
 600 g broccoli  
 200 g cherry tomatoes  
 100 ml olive oil  
 2 cloves of garlic  
 1 bunch of basil  
 800 g tinned tomatoes  
 4 anchovies (in oil)  
 50 g capers (pickled)  
 Ground pepper  
 100 g each Parmesan  
 and asiago cheese, or 200 g of  
 Parmesan  
 2 red peppers  
 100 g fresh white bread

3 Mix the broccoli and cherry tomatoes with the pasta and sauce, and place in the dish. Sprinkle the two cheeses on top.

4 Halve, deseed, wash and finely chop the peppers. Reduce the bread to crumbs in a food processor. Mix the pepper and breadcrumbs with the remaining olive oil and sprinkle over the pasta, along with salt and pepper. Bake at 180°C (Fan plus) on the second shelf for 30 to 35 minutes. Remove from the oven, allow to cool slightly and serve.

### ▶▶ Tips

*Serve with and tomato and rocket salad. Asiago is an Italian hard cheese from the Venetian area. As an alternative, use Cheddar or Gouda cheese.*

# Macaroni bake

## with tomatoes, mushrooms and taleggio

Serves 4–6

1 Cook the macaroni in plenty of salted water according to the instructions on the packet until al dente. Drain, refresh under cold water and leave to stand. Make a cross shaped slit in the top of the tomatoes, blanch in boiling water for 15 seconds and then plunge into ice cold water. Remove the skins, quarter the tomatoes and remove the cores. Deseed and chop.

2 Peel the garlic. Wash and dry the basil, and remove the leaves. Purée the tomatoes, garlic and basil with a handheld blender. Grate the Parmesan finely and stir into the tomato purée along with the cream. Season with salt and pepper.

3 Peel and dice the onions. Clean and slice the mushrooms. Sweat the onions in 2 tbsp olive oil. Add the mushrooms and fry for a further 2 to 3 minutes. Season with salt, pepper and nutmeg.

### Ingredients:

400 g short macaroni · Salt  
 600 g tomatoes on the vine  
 2 cloves of garlic  
 1 bunch of basil  
 100 g Parmesan  
 500 ml double cream  
 Ground pepper  
 2 onions  
 500 g mixed mushrooms  
 (eg. chanterelles, porcini,  
 chestnut mushrooms)  
 5 tbsp olive oil  
 Freshly grated nutmeg  
 Butter to grease the dish  
 400 g taleggio cheese  
 1 bunch of parsley  
 100 g fresh white bread

4 Grease an oven dish (approx. 30 x 25 cm). Mix the pasta with the sauce and the mushrooms in the dish. Slice the cheese as thinly as possible and spread over the pasta. Cook in the oven at 180°C (Fan plus) on the second shelf for 30 to 35 minutes.

5 Wash and dry the parsley, and remove the leaves. Cut the bread into small cubes. Fry the parsley in the remaining olive oil for 2 to 3 minutes until crisp. Remove from the pan and fry the bread cubes until golden. Sprinkle the bread and parsley over the pasta, and serve.

### ►► Tips

*Taleggio is an unpasteurised cheese from the region of Bergamo. It is ripened in underground caves, is straw coloured and has a soft consistency. As an alternative, use Camembert or Brie.*



# Rigatoni bake

## with vegetable bolognese

Serves 4–6

- 1 Boil the rigatoni in plenty of salted water for 5 to 6 minutes. Drain, refresh under cold water, then leave to stand. Peel the onion and 2 cloves of garlic. Wash the aubergine and courgette. Peel the peppers with a potato peeler, halve and remove the seeds. Chop the vegetables finely with a sharp knife or in a food processor.
- 2 Wash, dry and finely chop the oregano and thyme. Heat 2 tbsp of oil in a saucepan and fry the vegetables for 3 to 5 minutes. Add the tomato purée. Stir in the tinned tomatoes and bring to the boil. Stir in the oregano and thyme, and season with salt and pepper. Add dried chilli flakes or cayenne pepper if desired.
- 3 Grease an ovenproof dish (approx. 30 x 25 cm) with 2 tbsp olive oil, and stand the rigatoni upright in the dish.

### Ingredients:

400 g rigatoni pasta · Salt  
 1 onion  
 4 cloves of garlic  
 1 eggplant/aubergine  
 2 small zucchini/courgettes  
 1 red and 1 yellow pepper  
 1 bunch of oregano  
 1 bunch of thyme  
 110 ml olive oil  
 1 tbsp tomato purée  
 800 g tinned chopped tomatoes  
 Ground pepper  
 150 g grated Parmesan  
 400 g ricotta cheese  
 Sea salt  
 1 tbsp grated unwaxed lemon zest  
 1 tbsp chopped parsley

- 4 Spread the sauce over the rigatoni so that they are almost entirely covered. Shake the dish slightly to distribute the sauce evenly. Sprinkle Parmesan over and dot with ricotta. Drizzle 2 tbsp olive oil over the ricotta and sprinkle with sea salt.
- 5 Bake at 180°C (Fan plus) on the second shelf for 35 to 40 minutes.
- 6 Peel and chop the rest of the garlic and sweat in the remaining oil. Add the lemon zest and parsley, and drizzle the herbed oil over the bake when it comes out of the oven.

### ▶▶ Tips

*You could also flavour the herbed oil with chopped rosemary, grated unwaxed orange rind and pink peppercorns. It saves time to chop the vegetables in a food processor.*



# Pumpkin lasagne

## with veal and pine nuts

Serves 4–6

- 1 Peel and dice the onions and garlic. Dice the bacon and fry in a casserole in 2 tbsp olive oil. Add the onions and garlic and cook for a further 2 minutes. Remove the casserole from the heat.
- 2 Chop the veal into  $\frac{1}{2}$  cm cubes and brown in 2 tbsp olive oil for 5 minutes. Add to the casserole along with the tomato purée, stock and tinned tomatoes. Crumble in one dried chilli and add to the other ingredients along with the bay leaves and rosemary. Season with sea salt, pepper and cinnamon. Cover and cook in the oven at 140°C (Conventional heat) on the second shelf for 2 hours.
- 3 Peel and deseed the pumpkin or squash and cut into 1 cm thick slices. Grind the coriander and remaining chilli in a pestle and mortar. Add sea salt, pepper and a pinch of cinnamon, and stir in 3 tbsp olive oil. Place the pumpkin on a baking tray lined with baking paper and drizzle with the spiced oil. Cook in the oven with the meat on the fourth shelf for 45 minutes.

### Ingredients:

2 onions  
 2 cloves of garlic  
 50 g smoked streaky bacon  
 approx. 100 ml olive oil  
 500 g veal  
 1 tbsp tomato purée  
 300 ml chicken stock  
 800 g tinned chopped tomatoes  
 2 dried red chillis  
 2 bay leaves  
 6 sprigs of rosemary  
 Sea salt  
 Ground pepper  
 Ground cinnamon  
 600–800 g butternut squash or pumpkin  
 1 tbsp coriander seeds  
 4 anchovies (in oil)  
 400 g crème fraîche  
 3–4 tbsp milk  
 100 g grated Parmesan  
 400 g lasagne sheets  
 300 g mozzarella  
 60 g pine nuts

- 4 Finely chop the anchovies and mix with the crème fraîche, milk and Parmesan. Season with a little salt and pepper.
- 5 Grease an ovenproof dish (approx. 30 x 25 cm) with 2 tbsp olive oil and place a layer of lasagne in the bottom. Build up alternating layers of meat sauce, pumpkin, crème fraîche and lasagne, finishing with a layer of the crème fraîche.
- 6 Slice the mozzarella and distribute over the pasta. Cook in the oven at 180°C (Fan plus) on the second shelf for 35 to 40 minutes until the pasta is soft and the topping is lightly browned.
- 7 Dry roast the pine nuts in a frying pan, chop and sprinkle over the pasta bake.

# Ricotta cannelloni

## with radicchio and onion filling

Serves 4–6

1 Peel and dice the onions. Clean the radicchio and remove the stalk. Wash and dry the leaves and cut into thin strips.

2 Caramelize the icing sugar in a frying pan. Add 1 tbsp butter, the onion and radicchio, and fry for 2 to 3 minutes. Add the vinegar, thyme and grape juice, and simmer until nearly all the liquid has evaporated. Place the mixture to one side to cool. Stir in the ricotta and egg, and season with salt and pepper.

3 Grease an ovenproof dish (approx. 25 x 22 cm). Put the ricotta mixture into a piping bag and fill the cannelloni. Arrange them in the dish.

### Ingredients:

4–5 red onions (approx. 200 g)  
 500 g radicchio  
 1 tbsp caster sugar  
 60 g butter  
 2 tbsp red wine vinegar  
 1 tbsp chopped thyme  
 200 ml red grape juice  
 250 g ricotta cheese  
 1 medium egg  
 Sea salt  
 Ground pepper  
 Butter to grease the dish  
 16–18 cannelloni  
 200 ml double cream  
 200 ml chicken stock  
 2 tbsp flour  
 Freshly grated nutmeg  
 200 g fontina or asiago cheese  
 50 g Parmesan  
 1/2 bunch of basil

4 Bring the cream and stock to the boil. Melt the remaining butter in a saucepan. Add the flour, then stir in the stock and cream and bring to the boil. Season with salt, pepper and nutmeg and put to one side.

5 Chop the fontina/asiago. Finely grate the Parmesan, and stir both cheeses into the cream mixture. Pour over the cannelloni and bake at 180°C (Fan plus) on the second shelf for 30 minutes.


6 Wash, dry and chop the basil. Remove the cannelloni from the oven and scatter over the basil before serving.

### ▶▶ Tips

*Cannelloni are large tubes of pasta. The easiest way to fill them is to use a piping bag. Serve with a green salad dressed with balsamic vinegar and roasted nuts.*

# Asparagus pizza

## with wild garlic leaves and cream cheese

For 1 baking tray 

1 To make the dough, place the flour in a bowl and make a well in the centre. Dissolve the yeast with the sugar in  $\frac{1}{8}$  l of lukewarm water, and pour into the well. Stir in the flour from the edges to create a thin dough. Cover with a damp cloth and leave in a warm place for 15 minutes to rise.

2 Add the olive oil and 1 tsp salt, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover and leave to rise again in a warm place for 45 minutes.

3 Knead again briefly, then roll out on a baking tray to a thickness of  $\frac{1}{2}$  cm. Leave to rise for another 20 minutes.

4 Wash the wild garlic and spinach, and remove any large stalks. Blanch in boiling water for 10 seconds, plunge into ice cold water and squeeze out well. Chop coarsely and season with salt and pepper.

### Ingredients:

#### For the dough:

250 g strong white flour  
20 g fresh yeast  
 $\frac{1}{2}$  tsp sugar  
5 tbsp olive oil · Salt

#### For the topping:

50 g wild garlic leaves  
(or rocket)  
300 g spinach  
Sea salt  
Ground pepper  
800 g asparagus  
1 tbsp butter  
Sugar  
1–2 red peppers  
1 bunch of parsley  
1 clove of garlic  
100 g Parmesan  
250 g mozzarella  
200 g cream cheese  
200 g crème fraîche  
5 tbsp olive oil

5 Snap the woody ends off the asparagus and cut the stalks diagonally into  $\frac{1}{2}$  cm thick slices. Melt the butter in a frying pan and sweat the asparagus for 2 to 3 minutes. Season with salt, pepper and sugar.

6 Wash, halve, deseed and finely dice the peppers. Wash, dry and chop the parsley. Peel and chop the garlic. Grate the Parmesan. Cut the mozzarella into slices. Mix the cream cheese with the crème fraîche, Parmesan and 3 tbsp olive oil. Stir in the garlic, parsley and peppers. Season with sea salt and pepper.

7 Spread half of the mixture over the pizza base. Cover with the asparagus, wild garlic, spinach and mozzarella. Top with the remaining cream cheese mixture. Bake at 200°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 30 to 35 minutes. Remove the pizza from the oven, drizzle with olive oil and serve.



# Pumpkin pie

## with orange and sesame salad

For 1 pie or tart tin (26 cm Ø)

1 To make the pastry base, pile the flour and 2 pinches of salt onto the work surface. Cut the butter into small cubes, add to the flour and work in with a knife. Beat the egg yolk and stir in. Add 1 tbsp iced water and knead quickly to a dough with cold hands. Wrap in clingfilm and put in the fridge for 30 minutes.

2 To make the filling, peel and deseed the pumpkin, and cut into 2 to 3 cm thick slices. Peel the garlic. Grind the coriander, fennel, pepper and chilli in a pestle and mortar. Add the garlic and olive oil and work in. Place the pumpkin slices in an ovenproof dish and drizzle with the spiced oil. Cook in the oven at 160°C (Fan plus) on the second shelf for 30 minutes.

3 Grease the pie dish or tart tin. Roll out the pastry for the base on a floured work surface and use to line the dish, pressing down well. Trim the edges and place in the fridge.

4 Wash, dry and chop the coriander. Crush the pumpkin flesh slightly, and mix with the crème fraîche, eggs and half the coriander. Season with sea salt.

### Ingredients:

#### For the pastry base:

250 g plain flour · Salt  
130 g cold butter  
1 egg yolk  
Butter to grease the dish  
Flour for the work surface  
300 g puff pastry, fresh or frozen  
1 medium egg (beaten)

#### For the filling:

approx. 1.2 kg pumpkin or butternut squash  
1 clove of garlic  
1/2 tsp each coriander seeds, fennel seeds and black peppercorns  
1 dried chilli  
3 tbsp olive oil  
1 bunch of coriander  
150 g crème fraîche  
2 medium eggs  
Sea salt

#### For the salad:

3 oranges (seedless)  
2 red peppers  
2 tbsp olive oil  
2 tbsp white wine vinegar  
1 tsp honey  
1 tbsp sesame seeds (toasted)  
Salt · Ground pepper

5 Spread the pumpkin over the pastry. Roll the puff pastry out onto a floured surface to a thickness of 1/2 cm. Place on top of the pumpkin, pressing the edges down well to seal the pie. Brush with the beaten egg. Make a 2 cm hole in the centre of the pastry for the steam to escape. Bake at 160°C (Intensive bake) on the second shelf for 40 to 45 minutes. Remove from the oven, cool slightly, then remove from the dish.

6 To make the salad, peel the oranges, removing all the pith. Divide into segments. Halve the peppers, remove the seeds, wash and chop finely. Mix together with the olive oil, vinegar, honey and sesame seeds. Season with salt and pepper. Stir the oranges and the remaining coriander into the dressing and leave to stand. Cut the pie into pieces and serve with the orange salad.

# Sweet potato and celeriac strudel with basil and mint pesto

Makes 2 strudels

1 To make the pastry, sieve the flour into a bowl. Beat together the egg yolk, 3 tbsp oil, 150 ml water and a pinch of salt, stir into the flour, then knead to an elastic dough using the kneading hook of an electric mixer. Divide the dough in half, form into balls, and brush with the remaining oil. Wrap in clingfilm, and leave to stand for 1 hour.

2 To make the filling, peel and grate the ginger. Peel the sweet potato and celeriac, and cut into 1 cm cubes. Fry in a casserole in 2 tbsp butter for 2 to 3 minutes. Add the chilli and ginger, and season with salt, pepper and nutmeg. Cover and cook in the oven at 160°C (Fan plus) on the second shelf for 20 minutes. Remove the chilli.

3 Purée the vegetables using a handheld blender. Stir in the crème fraîche and eggs. Fry the breadcrumbs in 80 g butter, then mix with the thyme and season with salt.

4 Roll one of the balls of pastry out thin on a floured surface and place on a floured tea towel. Oil your hands and gently stretch the pastry out to form a paper-thin rectangle (approx. 38 x 35 cm). Brush

## Ingredients:

### For the pastry:

300 g plain flour  
1 egg yolk · 4 tbsp oil  
Salt  
Flour and oil  
4 tbsp butter

### For the filling:

3 cm ginger  
600 g each sweet potatoes  
and celeriac  
100 g butter  
1 dried chilli  
Sea salt  
Ground pepper  
Freshly grated nutmeg  
200 g crème fraîche  
2 medium eggs  
80 g breadcrumbs  
1 tbsp chopped thyme

### For the pesto:

1/2 bunch of mint  
2 bunches of basil  
1/2 clove of garlic  
60 g pine nuts  
40 g grated Parmesan  
1 tsp grated lemon zest  
150 ml olive oil  
Salt · Ground pepper

immediately with melted butter, and sprinkle with half the thyme and breadcrumbs.

5 Place a 10 to 15 cm wide pile of filling along the edge of the pastry. Roll up the strudel with the help of the tea towel.

6 Place the strudel with the join underneath on a baking tray. Tuck the ends underneath. Brush with melted butter. Repeat the process to make the second strudel. Bake them in the oven at 180°C (Conventional heat) on the second shelf for 35 to 40 minutes.

7 To make the pesto, wash dry and chop the mint and basil leaves. Peel and roughly chop the garlic. Dry roast the pine nuts in a frying pan. Purée all the ingredients together with a handheld blender to make a pesto. Season with salt and pepper.

8 Remove the strudels from the oven and cool slightly. Slice and serve with the pesto.



# Rabbit casserole with a puff pastry top, sprinkled with rosemary and orange salt

Serve 4–6

1 For the meat, remove any fat and sinews, and cut into 1 cm pieces. Wash and chop the leeks, celery and carrots into 1/2 cm thick slices. Wash the orange in hot water, dry, grate the rind and squeeze out the juice.

2 Melt the butter in an ovenproof pan, and brown the meat for 3 to 5 minutes. Add the vegetables and fry for a further 2 to 3 minutes. Dust with the flour and fry a little more. Pour in the wine, orange juice, cream and stock. Add 1 tbsp rosemary and season with salt and pepper. Cover and cook in the oven at 160°C (Fan plus) on the second shelf for 60 minutes.

3 Form the sausage meat into little balls and fry for 1 to 2 minutes in hot olive oil. Stir the sausage balls in with the rabbit, season with salt and pepper, and transfer to an ovenproof dish.

## Ingredients:

1 kg rabbit meat (boned)  
 2 leeks and 2 celery stalks  
 2 carrots  
 1 unwaxed orange  
 2 tbsp butter  
 2 level tbsp flour  
 200 ml dry white wine  
 300 ml double cream  
 200 ml chicken stock  
 2 tbsp chopped rosemary  
 Sea salt  
 Ground pepper  
 250 g skinned salsiccia Italian sausages, or pork sausage meat  
 1 tbsp olive oil  
 300 g puff pastry, fresh or frozen  
 1 medium egg  
 4 tbsp milk

4 Roll the puff pastry out to 1/2 cm thick to fit the oven dish. Beat the egg yolk and milk together. Brush the edges of the oven dish with the egg mixture, place the pastry on top to form a lid, press the edges down well, and brush the top with the rest of the egg mixture. Score the pastry in a diamond pattern and bake at 190°C (Fan plus) on the second shelf for 30 to 35 minutes until golden.

5 To make the rosemary and orange salt, grind the orange rind and remaining rosemary with 1 tbsp sea salt in a pestle and mortar. Divide the rabbit pie between serving plates and sprinkle with a pinch of the orange and rosemary salt.

## ►► Tips

*Rabbit meat is generally pale and tender with a slightly sweet taste. It does not have the typical flavour of game. Serve with mashed potato or small baked potatoes.*



# Colourful tomato tart with yoghurt and crunchy Parmesan

Serves 4 

1 The day before, wash, dry and chop the herbs. Peel and finely chop the garlic. Mix the herbs and garlic with the yoghurt, and season with salt and pepper. Place a sieve over a bowl, and line the sieve with a clean tea towel. Pour in the yoghurt, cover and leave to drip overnight in the fridge.

2 The next day, roll the puff pastry out to the size of a baking tray,  $\frac{1}{2}$  cm thick and trim the edges. Place the pastry on the baking tray lined with baking paper. Spread the yoghurt over the pastry, leaving a 1 cm wide band free around the edge.

3 Make a cross shaped slit in the tomatoes and blanch for 10 seconds in boiling water. Plunge into ice cold water, then remove the skins. Drizzle the tomatoes with olive oil, and season with salt, pepper and a little sugar. Distribute the tomatoes over the yoghurt. Beat together the egg yolk and cream, and brush over the edges of the pastry.

## Ingredients:

1 bunch of fresh herbs  
(parsley, chives, tarragon,  
basil)

1 clove of garlic

500 g Greek yoghurt

Sea salt

Ground pepper

300 g puff pastry, fresh or  
frozen

600 g red and yellow cherry  
tomatoes

2 tbsp olive oil

Sugar

1 egg yolk

2 tbsp double cream

Butter to grease the tin

100 g Parmesan

4 Grease a baking tray. Finely grate the Parmesan and sprinkle thinly over the tray. Press down slightly and cook under a pre-heated grill at 240°C (Full grill) on the fourth shelf for 5 minutes until golden brown and crispy. Remove from the oven and leave to cool.

5 Bake the tart in the oven at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Remove from the oven and cool slightly. Crumble the Parmesan and sprinkle over the tart. Garnish with herbs.

## ▶▶ Tips

*If any herbs are left over, chop them finely and freeze them in portions. An ice cube tray is ideal for this.*

# Stuffed onions

## with ratatouille and pizza bread

Serves 4 

1 To make the dough, place the flour in a bowl and make a well in the centre. Dissolve the yeast with a pinch of sugar in 65 ml lukewarm water. Pour into the well and stir in the flour from the edges to form a thin dough. Cover with a damp tea towel and leave in a warm place for 15 minutes to rise.

2 Finely chop the garlic and add to the bowl with  $\frac{1}{2}$  tsp salt, the olive oil and rosemary. Stir in the rest of the flour. Knead with the kneading hook of an electric mixer for 10 minutes to form a shiny, elastic dough. Cover and leave in a warm place for 45 minutes to rise.

3 Peel the onions and cook in salted water for 6 to 8 minutes, then leave to cool. Cut a 1 cm thick lid from the top of the onions and hollow out enough of the insides to leave room for 1 to 2 tbsp filling. Peel the garlic and chop with one third of the hollowed out onion flesh. Cut the pepper in half and deseed, and wash the eggplant/ aubergine and zucchini/courgette. Chop into  $\frac{1}{2}$  cm cubes.

### Ingredients:

#### For the dough:

140 g plain flour

10 g fresh yeast

Sugar

1 clove of garlic

Salt

2 tbsp olive oil

1 tbsp chopped rosemary

Flour

#### For the onions:

4 large onions

Sea salt

1 clove of garlic

1 red pepper

$\frac{1}{2}$  eggplant/aubergine

1 small zucchini/courgette

5 tbsp olive oil

1 tbsp each chopped rosemary  
and thyme

200 g tinned chopped  
tomatoes

100 g grated Parmesan

Ground pepper

4 sprigs of basil

4 Fry the vegetables and onions in 3 tbsp olive oil for 4 to 5 minutes. Stir in the herbs, tinned tomatoes and garlic, and simmer for 10 to 12 minutes. Add 60 g Parmesan and season with salt and pepper. Fill the onions with the ratatouille mixture and sprinkle with the rest of the Parmesan.

5 Divide the dough into 4 pieces. Flour your hands and flatten the dough into 1 to 2 cm thick pieces. Place on a baking tray. Press the onions firmly in the centre of the dough and leave to rise for 15 minutes.

6 Brush the edges of the dough with the remaining olive oil and bake at 160°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Remove from the oven and allow to cool slightly.

7 Wash and dry the basil, and remove the leaves. Scatter over the pizzas and serve.

# Stuffed peppers

## with couscous and lemon chutney

Serves 4

1 For the peppers, dry roast the almonds in a frying pan. Place the couscous, raisins and almonds in a bowl. Bring the vegetable stock to the boil and pour over the couscous. Leave to swell for 5 minutes, then fluff up with a fork. Wash and dry the coriander. Chop and stir into the couscous with the butter. Season with sugar, salt, pepper and cumin.

2 Cut a lid from the peppers. Remove the cores and fill generously with couscous. Replace the lids.

3 To make the sauce, peel the garlic and onions. Cut the chilli in half lengthways and discard the seeds. Finely chop the chilli, onion and garlic, and sweat in olive oil. Add the tomatoes and bring to the boil. Season with salt, pepper, ground coriander and cumin.

4 Pour the sauce into an ovenproof dish. Place the peppers in the dish, cover and cook in the oven at 160°C (Fan plus) on the second shelf for 50 to 60 minutes.

### Ingredients:

#### For the peppers:

50 g flaked almonds  
260 g instant couscous  
40 g raisins  
600 ml vegetable stock  
1 bunch of coriander  
1 tbsp soft butter · 1 tsp sugar  
Salt · Freshly ground pepper  
Ground cumin  
8 red peppers

#### For the sauce:

1 onion · 2 cloves of garlic  
1 dried chilli  
3 tbsp olive oil  
800 g tinned tomatoes  
Salt · Ground pepper  
Ground coriander and cumin

#### For the cheese:

2 l milk  
4 tbsp lemon juice  
Salt · Ground pepper  
1–2 tbsp olive oil

#### For the chutney:

2 unwaxed lemons  
1 tbsp mustard seed  
2 tbsp olive oil  
30 g fresh or 50 g dried  
curry leaves  
1 tsp chilli powder  
1 tbsp sugar  
4 tbsp white balsamic vinegar

5 For the cheese, bring the milk to the boil in a large saucepan. Add the lemon juice and allow the milk to separate. Line a sieve with a clean tea towel. Pour the separated milk into the sieve. Fold the tea towel up around the curds and squeeze hard to remove the liquid. Place the cheese into a bowl and season with salt, pepper and olive oil.

6 To make the chutney, wash the lemon in hot water, dry, cut in half, remove the pips and cut into 1 cm cubes. Fry the mustard seed in olive oil. Add the curry leaves, chilli powder and sugar. Fry briefly and pour in the vinegar. Add the lemon cubes and simmer for 8 to 10 minutes until the chutney is creamy.

7 Arrange the stuffed peppers on plates. Scatter the curd cheese around them, drizzle everything with the lemon chutney and serve.







# Desserts

A good dessert is “naughty but nice”, and some people are even prepared to sacrifice the main course to leave room for pudding. No wonder, when there are such tempting creations as jasmine tea crème brûlée, chocolate cake with raspberry meringue or crêpes au gratin. Who could resist them?



# Moscato d'asti tart with currants

For 1 cake tin (18 cm Ø)

1 To make the pastry, dice the butter. Blitz in a food processor with the flour, sugar, a pinch of salt and the vanilla essence. Add the egg, wrap the pastry in clingfilm and chill in the fridge for 30 minutes.

2 Line the base of the spring form cake tin with baking paper and grease the sides. Roll the pastry out thin on a floured surface and use to line the cake tin, making an edge 3 to 4 cm high. Cover the base with baking paper and dried beans. Bake at 170°C (Fan plus) on the second shelf for 10 to 12 minutes.

3 Switch the oven off. Discard the baking paper and beans. Warm the jam and brush over the base of the pastry case.

4 Stir all the ingredients for the crème together in a saucepan. Heat to approx. 50°C (use a food thermometer to measure the temperature), stirring continuously. Pass the mixture through a sieve, and pour into the pastry case. Bake at 110°C (Fan plus) on the second shelf for 45 to 50 minutes. Remove from the oven and leave to cool.

## Ingredients:

### For the pastry:

120 g cold butter  
250 g plain flour  
100 g caster sugar · Salt

A few drops of vanilla essence

1 medium egg

50 g apricot jam

### For the crème:

1/2 l Moscato d'asti  
(Italian sparkling wine)  
3 medium eggs · 1 egg yolk  
60 g sugar  
1 tbsp double cream  
1 squeeze of lemon juice

### Also:

Butter to grease the tin  
Flour for the work surface  
Dried beans (for blind baking)  
300 g red and white currants  
10 basil leaves  
1 tbsp sugar  
2 tbsp Demerara sugar

5 Wash and drain the currants, and remove from the stalks. Wash and pat dry the basil leaves, and grind them with the sugar in a pestle and mortar.

6 Sprinkle the Demerara sugar over the tart and caramelize with a cook's blowtorch. Slice the tart with a serrated knife and decorate with the currants. Sprinkle with the basil sugar to serve.

## ►► Tips

*This tart is also good served with balsamic strawberries. Boil 100 ml balsamic vinegar, 50 g sugar and a few drops of vanilla essence until syrupy, cool then stir in 300 g of chopped strawberries.*



# Torrone and figs au gratin

## with summer fruits

Serves 6

1 Wash, core and stone the fruit, and cut into bite sized pieces.

2 For the almonds, dissolve the caster sugar in a little water. Stir the almonds into the sugar syrup and spread out on a baking tray lined with baking paper. Cook in the oven at 180°C (Fan plus) on the second shelf for 10 to 15 minutes until the sugar has caramelized. Remove from the oven, cool, then chop the almonds coarsely.

3 To make the gratin, finely chop the chocolate, nougat and figs. Beat together the mascarpone, honey and egg yolks, and fold into the chocolate mixture. Whisk the egg whites until stiff and whisk the sugar in gradually to obtain a thick cream. Fold the egg whites into the chocolate/mascarpone mixture.

### Ingredients:

#### For the fruit:

800 g mixed fruit  
(e.g. pears, apricots,  
plums and peaches)

#### For the almonds:

2 tbsp caster sugar  
200 g peeled almonds

#### For the gratin:

100 g plain chocolate  
100 g nougat  
80 g dried figs  
100 g mascarpone  
2 tbsp honey  
2 egg yolks  
1 tbsp light sesame seeds  
4 egg whites  
50 g sugar

#### Also:

Butter to grease the tin

4 Grease an ovenproof dish and arrange the fruit in the bottom. Spread the mascarpone mixture lightly on top and bake at 180°C (Fan plus) on the second shelf for 20 to 25 minutes until the surface is golden. Remove from the oven, scatter over the almonds and serve whilst still warm.

### ▶▶ Tips

*The gratin also tastes good with mixed berries such as raspberries, blueberries and blackberries. It can be prepared in individual dishes and baked for 10 to 15 minutes.*

# Vanilla quark soufflé with blueberries and brioche

For 1 round ovenproof dish (28 cm Ø) 

1 Wash the lemon in hot water, dry and grate finely. Squeeze out the juice. Beat 200 g of the sugar, the vanilla pulp, lemon zest and butter together until light and fluffy. Separate the eggs, and stir the yolks, flour and baking powder into the butter mixture. Warm the quark and milk in a saucepan to room temperature. Fold into the butter mixture. Add the lemon juice. Whisk the egg whites with a pinch of salt until stiff, and gradually whisk in the remaining sugar. Gently fold the egg whites into the butter mixture.

2 Wash and dry the blueberries. Grease an ovenproof dish and arrange the blueberries over the bottom. Pour the soufflé mixture on top and bake at 160°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 40 to 45 minutes. Finish off under the grill at 240°C (Full grill) on the second shelf for 3 to 4 minutes until golden, taking care not to let it burn.

## Ingredients:

2 unwaxed lemon  
250 g sugar  
Pulp from 2 vanilla pods  
100 g soft butter  
4 large eggs  
100 g plain flour  
1 tsp baking powder  
250 g quark  
300 ml milk  
Salt  
300 g blueberries  
Butter to grease the tin  
250 g brioche (sliced)

3 Remove the soufflé from the oven. Grill the slices of brioche on the rack at 240°C (Full grill) on the fourth shelf for 3 to 4 minutes on both sides.

4 To serve, arrange a slice of brioche on each plate and top with 2 large tbsp of soufflé. Alternatively, serve the brioche separately so that everyone can help themselves.

## ► Tips

*Try replacing the blueberries with other seasonal berries such as strawberries, blackberries or blackcurrants. Serve with vanilla or yoghurt ice cream.*

# Filo leaves

## with peaches and white chocolate mousse

Serves 4–6

1 To make the chocolate mousse, soften the gelatine in cold water. Finely chop the chocolate. Beat 220 ml double cream until stiff. Heat the milk with the rest of the cream.

2 Place the egg yolks with the sugar in a metal bowl. Gradually whisk the milk into the egg yolks. Place the bowl over a saucepan of simmering water and beat the mixture until creamy.

3 Squeeze out the gelatine and stir into the egg mixture along with the liqueur. Stir in the chocolate to melt. Beat the mixture until blood temperature and fold in the whipped cream. Transfer to a serving bowl, and place in the fridge for 1 hour.

4 For the peaches, wash and pat dry the basil leaves and cut into thin strips. Blanch the peaches in boiling water, plunge into ice cold water, remove the skins, cut into four and remove the stones.

5 Melt the butter and the Demarara sugar, and add the vanilla pulp and basil.

### Ingredients:

#### For the chocolate mousse:

2 leaves gelatine  
250 g white chocolate  
280 ml double cream  
60 ml milk  
2 egg yolks  
1 tbsp sugar  
2 tbsp peach liqueur

#### For the peaches:

10 basil leaves  
2–3 ripe peaches  
2 tbsp butter  
2 tbsp Demarara sugar  
Pulp of 1 vanilla pod

#### For the filo leaves:

1 pack filo pastry  
(approx. 160 g)  
40 g melted butter  
2 tbsp icing sugar

6 Pack the peaches into an oven-proof dish and pour the flavoured butter over the top. Bake at 180°C (Fan plus) on the second shelf for 15 to 20 minutes until the peaches are soft. Remove from the oven and put to one side.

7 To make the filo leaves, cut the pastry into 6 cm pieces, or cut out with a pastry cutter, and brush with melted butter. Sieve the icing sugar over the pastry.

8 Place the pastry on a baking tray lined with baking paper and bake at 180°C (Fan plus) on the second shelf for 10 to 12 minutes until the sugar has caramelized. Allow the pastry to cool.

9 To serve, make little towers of 2 spoonfuls of mouse and 2 to 3 pieces of peach, topped with the filo leaves. Drizzle round the cooking juices from the peaches, and decorate with basil leaves and little curls of white chocolate.



# Chocolate fondant with kombucha sorbet

Serves 4–6

1 To make the sorbet, soften the gelatine in cold water. Bring the sugar to the boil in a saucepan with 100 ml water, then leave to cool slightly. Squeeze out the gelatine and dissolve in the sugar syrup.

2 Liquidize the berries with the kombucha tea. Press through a sieve into the sugar mixture. Stir well and freeze in an ice cream maker. Alternatively, place the mixture in a bowl in the freezer and whisk every 30 minutes.

3 To make the fondant, chop the chocolate and melt with the butter in a metal bowl over a saucepan of simmering water. Cool slightly. Beat the egg and the egg yolks in a bowl. Gradually add the sugar until the mixture is pale and creamy. Stir into the chocolate. Whip the egg whites until stiff and gently fold in.

## Ingredients:

### For the sorbet:

2 leaves gelatine  
100 g sugar  
100 g mixed berries  
200 ml kombucha tea

### For the fondant:

250 g plain chocolate  
250 g soft butter  
1 medium egg  
3 egg yolks  
250 g sugar  
4–5 egg whites

### Also:

Butter to grease the tin


4 Line the base of an ovenproof dish (approx. 32 x 24 cm) with baking paper and grease the sides. Fill with the chocolate mixture to a depth of 3 cm. Bake at 160°C (Fan plus) on the second shelf for 25 to 30 minutes. Remove from the oven and cool. The fondant should still be soft as it will continue to cook slightly.

5 Cut out portions of the fondant with a biscuit cutter and serve with the sorbet. Garnish with fresh berries and mint leaves.

## ▶▶ Tips

*Fondant is the name for a sweet dish that melts in the mouth. Kombucha is a refreshing drink made by fermenting sweetened tea with the kombucha bacteria.*

# Toffee parcels with creamy berries

Serves 4–6 

1 To make the toffee filling, grease a small dish (approx. 15 x 10 cm). Melt the butter in a saucepan. Add the condensed milk, sugar and golden syrup, bring to the boil and simmer for 6 to 8 minutes at 125°C (using a food thermometer to monitor the temperature) until the mixture is thick and releasing large bubbles. Stir in the cocoa and vanilla essence. Pour the toffee into the dish to a depth of 1 cm, and leave to cool. Once it has set, cut into 1 cm pieces.

2 To make the parcels, place the flour in a bowl and make a well in the centre. Warm the milk. Crumble the yeast into the milk and stir in a pinch of salt and the sugar. Pour into the well. Stir in the flour from the edge to create a thin dough. Cover with a damp tea towel and leave in a warm place for 15 minutes to rise.

3 Add the eggs, egg yolks, 120 g butter and the vanilla pulp. Knead with the kneading hook of an electric mixture until the dough is shiny and elastic. Cover and leave to rise for a further 30 minutes.

## Ingredients:

### For the toffee filling:

Butter to grease the tin

1 tbsp butter

80 ml sweetened  
condensed milk

125 g sugar

4 tbsp golden syrup

2 tbsp cocoa powder

A few drops of vanilla essence

### For the profiteroles:

500 g strong white flour

200 ml milk

40 g fresh yeast

Salt

2 tbsp sugar

2 medium eggs

2 egg yolks

150 g soft butter

Pulp from 1 vanilla pod

Flour for the work surface

Butter to grease the tin

Icing sugar for dusting

### For the creamy berries:

300 g mixed berries

80 g sugar

2 tbsp mascarpone

4 Knead again briefly, then roll out on a floured surface to approx. 1 cm thick. Cut out approx. 20 circles (4 cm Ø) and place a piece of toffee on each. Fold the dough over the toffee, seal and form into a ball shape.

5 Grease an ovenproof dish (approx. 30 x 24 cm). Pack in the parcels and dust with icing sugar to create a tasty crust when baked. Leave to rise for 20 minutes.

6 Melt the remaining butter and brush over the dumplings. Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes.

7 Wash the berries. Bring them to the boil with the sugar and mascarpone and transfer to a cold bowl. Dust the toffee parcels with icing sugar and serve with the creamy berries.



# Jasmine tea crème brûlée with spiced oranges

Serves 4–6

1 Peel the oranges, removing all the pith. Cut into 1/2 cm thick slices and arrange in the bottom of an ovenproof dish.

2 Peel and slice the ginger. Remove the outer leaves of the lemon grass, wash and beat out flat with a rolling pin.

3 Soften the gelatine in cold water. Bring the apricot juice, white wine, 200 ml water and the sugar to the boil. Add the ginger, lemon grass and other spices, and simmer for 5 minutes. Leave for a short while to cool, then sieve to remove the spices. Squeeze out the gelatine and dissolve in the liquid. Pour over the oranges and chill for several hours.

4 To make the crème brûlée, bring the milk, sugar and vanilla pulp to the boil and leave the teabags to steep in the milk for 5 minutes.

## Ingredients:

### For the spiced oranges:

3–4 oranges (seedless)  
30 g ginger  
2 stalks of lemon grass  
2 leaves of gelatine  
400 ml apricot juice  
150 ml white wine  
150 g sugar  
2 star anise  
1 cinnamon stick  
Pulp of 1 vanilla pod

### For the crème brûlée:

1/2 l milk · 75 g sugar  
Pulp of 1 vanilla pod  
3 jasmine teabags  
250 ml double cream  
2 medium eggs · 4 egg yolks  
4–6 tbsp golden caster sugar  
1 tbsp icing sugar

5 Remove the teabags and pour in the double cream. Beat the eggs and egg yolks and stir into the milk. Pour into ovenproof ramekins to a depth of 2 to 3 cm. Bake at 100°C (Fan plus) on the second shelf for 50 to 60 minutes until the crème is set. Cool to room temperature, then chill for several hours.

6 Pre-heat the grill (Full grill) for 5 minutes at 240°C. Sprinkle 1 tbsp golden caster sugar per portion over the crème and caramelize under the grill on the fourth shelf until golden.

7 Dust the crèmes with icing sugar and serve with the spiced oranges.

## ▶▶ Tips

*Try flavouring the crème with other teas or spices. Do not sprinkle the caster sugar over the crème until the last minute or it will dissolve into the crème.*



# Chocolate cake with raspberry meringue

For 1 round cake tin (22 cm Ø) 

1 To make the cake, chop the chocolate and melt with the butter and espresso powder in a metal bowl over a pan of simmering water. Cool slightly.

2 Grease a cake tin or ovenproof dish (22 cm Ø). Beat the eggs with the sugar until creamy, and stir into the chocolate. Stir in the cornflour and ground almonds. Pour into the cake tin and sprinkle with the pecans.

3 Bake at 150°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 20 minutes.

4 To make the meringue, boil the sugar in 40 ml of water until it releases thick bubbles. Remove from the heat and cool slightly.

## Ingredients:

### For the cake:

200 g plain chocolate  
100 g soft butter  
1 tbsp instant espresso powder  
Butter to grease the tin  
3 medium eggs  
80 g sugar  
1 tbsp cornflour  
120 g ground almonds  
150 g pecans

### For the meringue:

80 g sugar  
3 egg whites  
200 g raspberries

5 Whisk the egg whites until half stiff. Stir in the sugar syrup, then continue to whisk until the egg whites are stiff and creamy. Clean, dry and stir in the raspberries. Spread the mixture over the chocolate base.

6 Bake at 180°C (Fan plus) on the second shelf for 5 to 10 minutes until the meringue is lightly browned. Cool and serve.

## ▶▶ Tips

*The cakes can be baked in individual ramekin dishes (10 cm Ø). For an exotic alternative, replace the raspberries and pecans with the same quantities of mango cubes and coconut flakes.*



# Bavarian bread pudding with Cointreau strawberries

Serves 6–8

1 Chop the chocolate and bring to the boil with the milk, condensed milk and vanilla pulp. Cool slightly, then stir in the eggs.

2 Peel and core the apples, and cut into thin slices. Thinly slice the brioche. Grease an ovenproof dish.

3 In the dish, build up alternating layers of apple and brioche slices, moistening with the egg and milk mixture so that the brioche is evenly soaked. Pour the remaining egg and milk over the last layer of apple slices, then top with the remaining brioche. Dot with butter and bake at 180°C (Conventional heat) on the second shelf for 45 to 50 minutes.

## Ingredients:

100 g white chocolate  
 1/2 l milk  
 100 ml sweetened condensed milk  
 Pulp of 1 vanilla pod  
 5 medium eggs  
 3 apples  
 (e.g. Cox's Orange Pippins)  
 1 brioche or  
 approx. 10 brioche rolls  
 (400 g)  
 Butter to grease the tin  
 40 g cold butter  
 4 tbsp icing sugar  
 500 g strawberries  
 1 tsp orange liqueur  
 (e.g. Cointreau)

4 Dust with 3 tbsp icing sugar, then grill at 240°C (Full grill) on the fourth shelf for 3 to 5 minutes until the sugar has caramelized. Cool slightly and cut into pieces.

5 Wash, dry and chop the strawberries. Mix with the remaining icing sugar and orange liqueur and serve with the caramel stack.

## ▶▶ Tips

*Delicious served with frozen apricot yoghurt. Mix 200 g plain yoghurt with 100 g apricot jam. Stir in 200 g whipped cream and place in the freezer for at least 4 hours.*

# Pumpernickel soufflé

## with thyme and honey cherries

Serves 4 

1 For the cherries, bring the red wine, port, blackcurrant juice, grenadine syrup and honey to the boil and reduce by half.

2 To make the soufflés, grease 4 ramekins, dust with sugar and place in the fridge. Reduce the pumpernickel to crumbs in a food processor. Fry the crumbs with the icing sugar in a frying pan for 5 minutes, stirring constantly. Leave to cool.

3 Chop the chocolate, warm the milk and dissolve the chocolate in the milk. Stir in the quark, egg yolks and pumpernickel crumbs. The mixture should be lukewarm. Whisk the egg whites with the sugar until stiff, and gently fold into the pumpernickel mixture.

### Ingredients:

#### For the cherries:

100 ml dry red wine  
100 ml port  
150 ml blackcurrant juice  
50 ml grenadine syrup  
2 tbsp honey  
1/2 bunch of lemon thyme  
300 g sweet cherries (stoned)  
Arrowroot to thicken

#### For the soufflé:

Butter and sugar to grease the ramekins  
100 g pumpernickel bread  
1 tbsp icing sugar  
70 g white chocolate  
3 tbsp milk  
100 g low fat quark  
3 egg yolks  
4–5 egg whites  
40 g sugar

4 Fill the ramekins two thirds full with the soufflé mixture. Bake at 190°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 18 to 20 minutes.

5 Wash and dry the lemon thyme and add to the wine syrup along with the cherries. Simmer for 5 minutes. Remove the thyme and thicken the syrup with a little arrowroot mixed with cold water.

6 Serve the soufflés immediately before they collapse, with the cherries alongside in little bowls.

### ►► Tips

*The soufflé goes well with chocolate crunchies. Melt 15 g butter, 150 g nougat and 60 g plain chocolate over a pan of simmering water. Stir in 60 g roughly crushed cornflakes. Spread out on baking paper, leave to cool and cut into little pieces.*

# Baked bananas in filo pastry with Creole sauce

Serves 4

- 1 To make the pastry parcels, squeeze the lime and mix the juice with the honey and chilli powder. Peel and thinly slice the bananas and stir into the marinade.
- 2 Lay out the filo pastry on the work top, brush with half the melted butter and sprinkle with the desiccated coconut. Cut out circles of brioche (8 cm Ø).
- 3 Place the brioche circles in the centre of the pastry sheets and cover with the banana mixture. Brush the edges of the pastry with egg white, and pinch them together to form parcels.

## Ingredients:

### For the pastry parcels:

- 1 lime
- 1 tbsp honey
- 1/2 tsp chilli powder
- 1–2 bananas (approx. 240 g)
- 4 sheets of filo pastry (40 x 40 cm; readymade)
- 100 g melted butter
- 100 g desiccated coconut
- 4 slices brioche or white bread (1 cm thick)
- 1 egg white

### For the sauce:

- 200 ml coconut milk
- Chilli powder
- 100 g plain chocolate
- 2 cl rum

4 Carefully brush the parcels with the remaining butter. Bake on a baking tray at 180°C (Fan plus) on the second shelf for 15 to 18 minutes.

5 To make the sauce, heat the coconut milk with a pinch of chilli powder. Chop the chocolate and melt in the coconut milk. Flavour with rum, cool slightly and serve with the baked parcels. Garnish with fried strips of chilli.

## ▶▶ Tips

*Try using mango or pineapple in place of bananas.*





# Crêpes au gratin

## with lime and quark filling

Serves 4–6

1 To make the crêpes, beat all the ingredients with a pinch of salt to a smooth paste and leave to stand for 30 minutes.

2 For the caramel, caramelize the sugar in a saucepan, pour onto a baking tray lined with baking paper and leave to cool. Break up the caramel and reduce to a powder in a food processor.

3 To make the filling, wash and dry the limes, grate the zest and squeeze out the juice. Whip the cream until stiff. Mix the remaining ingredients with the lime zest and juice, and fold in the cream.

### Ingredients:

#### For the crêpes:

120 g plain flour  
200 ml milk

200 ml double cream

A few drops of vanilla essence

4 medium eggs

2 tbsp sugar

60 g melted butter

Salt

#### For the caramel:

100 g sugar

#### For the filling:

3 unwaxed limes

150 ml double cream

220 g quark

70 g sugar

1 tbsp vanilla sugar

2 egg yolks

1–2 tbsp cornflour

A few drops of vanilla essence

2 tbsp melted butter

1–2 tbsp rum

#### Also:

Butter for frying

Butter to grease the tin

4 Melt a little butter in a frying pan and cook the crêpes. Spread the filling over the crêpes, roll them up and place in a breasted rectangular dish.

5 Cook in the oven at 160°C (Conventional heat) on the second shelf for 30 to 35 minutes. Sprinkle the caramel powder over the top and grill at 240°C (Full grill) on the fourth shelf until caramelized.

### ▶▶ Tips

*Serve with apricot compote.*

*Mix 300 g stoned and quartered apricots with 100 g sugar and the pulp of 1 vanilla pod, and leave to stand for 30 minutes. Cook gently in a small saucepan for 5 to 6 minutes.*

# Pineapple tarte tatin with peanut pesto

For 6 tartlet tins (12 cm Ø) or 2 tart tins (24 cm Ø)

1 To make the tarts, peel and grate the ginger. Caramelize the sugar in a saucepan and stir in the butter. Add the ginger and vanilla pulp. Pour into 6 tartlet tins (12 cm Ø) or 2 tart tins (24 cm Ø).

2 Peel and halve the pineapple and remove the core. Cut the flesh into 2 cm thick slices and place in the tart tins.

3 Roll the pastry out thinly on a floured surface. Cut out circles the size of the tins you are using.

## Ingredients:

### For the tarts:

450 g puff pastry  
30 g root ginger  
120 g sugar  
120 g butter

Pulp of 1 vanilla pod  
1 pineapple

Flour for the work surface

### For the peanut pesto:

1/2 bunch of basil  
40 g white chocolate  
80 g roasted peanuts  
50 ml grapenut oil

4 Place the pastry circles on top of the tins, press down lightly at the edges and bake at 180°C (Fan plus) on the second shelf for 20 to 25 minutes. Bake the larger tarts for 35 to 40 minutes.

5 To make the peanut pesto, wash and dry the basil leaves. Grate the chocolate and purée in a food processor with the peanuts, grapenut oil and basil leaves.

6 Remove the tarts from the oven and allow to cool slightly. Turn out onto plates, drizzle with the pesto and serve.

## ►► Tips

*Serve with yoghurt ice cream. Peel and slice 1 banana and purée in a food processor with 250 g yoghurt, 250 ml double cream and 120 g icing sugar. Freeze in an ice cream maker.*





# Cakes and biscuits

Peach and apricot puffs, Sachertorte with ginger, Panettone with cranberries – you'll be amazed just how creative baking can be, and those with a sweet tooth will be delighted. Our old classics with a new twist and original suggestions for all occasions will ensure that your guests will want to have the recipes ...

## To make choux pastry



1 Bring water, milk, butter, sugar and salt to the boil. Tip in the flour and stir in quickly with a wooden spoon until the dough forms a ball.



2 Stir the ball of dough until it comes away from the base of the saucepan. Mix for another minute.



3 Place the ball of dough in a bowl. Stir in the eggs one at a time using the kneading hook of an electric mixer. Proceed with the pastry according to the recipe.

## To make Genoese sponge



1 Whisk the egg yolks and sugar until creamy. In a separate bowl, whisk the egg whites and salt until stiff.



2 Sieve the flour into the egg yolk and sugar and stir in. Stir in melted butter if directed to by the recipe.



3 Carefully fold in one third of the egg whites. Stir in the remaining egg whites. Use immediately.

## Basics Pastries and cake mixes

**Choux pastry** owes its special qualities to the method of preparation. The starch in the flour is broken down to produce a tender pastry. No pores develop during baking so the gases that arise cannot escape and form large hollows inside the pastry. In this way, light, airy pastry is produced without the need for raising agents.

**Genoise sponge** is also made without artificial raising agents. The air trapped in the egg whites is enough to make the dough rise and increase to up to three times its original volume when baked. N.B.: Fold the egg whites in very carefully and place in a pre-heated oven immediately.

**Sponge cake mix** is fast and easy to make, and can be used in a huge variety of ways. The consistency depends on the order in which the ingredients are added. For a light cake, mix the egg yolks and sugar first, for a denser cake, mix the butter and sugar, and then stir in the egg yolks.

## To make sweet pastry



1 Chill the ingredients first. Mix together flour, sugar, grated lemon zest, salt and vanilla sugar. Cut the cold butter into cubes.



2 Either place the ingredients on a work surface and cut the butter into the flour with a spatula, or use a food processor. Knead in the egg.



3 Wrap the pastry in clingfilm and chill in the fridge for at least 30 minutes. The pastry can be kept in the fridge for up to a week and can also be frozen.

## To make strudel pastry



1 Sieve the flour into a mixing bowl and make a well in the centre. Mix the water, egg yolk, oil and salt thoroughly, and pour into the well.



2 Using the kneading hook of an electric mixer, knead to an elastic dough. Rub the dough with oil, wrap in clingfilm and leave to rest for 1 hour.



3 Roll out the dough, place it on a floured tea towel and stretch out with your hands until it is paper thin. Brush with melted butter and proceed.

## Basics Pastries and cake mixes

**Sweet pastry** requires cold ingredients. These need to be well mixed, cut together thoroughly and kneaded briefly with cold hands. The pastry needs to rest in the fridge before it is baked, then it will emerge from the oven dry and crisp, yet melting and tender. It is particularly light when made with icing sugar instead of caster sugar.

**Strudel pastry** is relatively easy to make. The important thing is to knead it thoroughly so that it doesn't tear. The art of preparing it lies in the stretching to achieve a paper thin pastry. To do this, the pastry is rolled out then placed on a floured cloth and carefully stretched until it is translucent.

**Puff pastry** is a little complicated to make. Many fine layers of butter between the layers of the basic dough ensure that the pastry will have a flaky consistency when baked. An easy version is shown on page 180. Luckily good quality frozen puff pastry is readily available.

# Yoghurt Gugelhupf with berries

For 1 Gugelhupf tin (22 cm Ø)

1 Grease the tin, sprinkle with biscuit crumbs and place in the fridge. To make the cake, separate the eggs. Beat the egg yolks, yoghurt, oil, vanilla pulp, orange and lemon zest with half of the sugar in a bowl until foamy. Sieve in the flour and stir in.

2 Whisk the egg whites with a pinch of salt until they stand in soft peaks. Gradually add the rest of the sugar and whisk until stiff. Fold into the cake mix a little at a time and stir in the frozen berries.

3 Transfer the dough to the cake tin, and bake at 160°C (Conventional heat) on the second shelf for 50 to 60 minutes. Allow to cool slightly in the tin, turn out and cool completely on a cake rack.

## Ingredients:

### For the cake mix:

4 large eggs  
250 g yoghurt  
240 ml oil  
Pulp from 1 vanilla pod  
1 tsp each grated orange and  
lemon zest

200 g sugar  
230 g self raising flour  
Salt

400 g mixed berries  
(frozen)

### For the topping:

100 g sugar  
80 g almonds  
200 g white chocolate  
50 g soft butter  
1 tbsp oil

### Also:

Butter to grease the tin  
Biscuit crumbs (e.g. sponge  
fingers) to line the tin

4 For the topping, caramelize the sugar in a saucepan with 50 ml water. Stir in the almonds, pour into a baking tray lined with baking paper and leave to go cold. Put the praline in a freezer bag and crush with a rolling pin.

5 Chop the chocolate and melt in a bowl over a saucepan of simmering water. Stir in the butter and oil and finally the praline. Cover the gugelhupf with the topping and leave to set.

## ▶▶ Tips

*Don't let the berries defrost before using them. If they are frozen, they will not colour the cake so much. Serve the Gugelhupf with whipped cream or vanilla ice cream.*





# Carrot cake with sesame praline

For 1 springform cake tin (28 cm Ø)

1 Grease the tin, sprinkle with biscuit crumbs and place in the fridge. Peel the carrots, grate them very finely and put to one side.

2 Separate the eggs. Beat the egg yolks with the vanilla pulp, 100 g sugar, butter and lemon zest in a bowl until light and creamy. Whisk the egg whites until they stand in soft peaks, then gradually add the sugar and whisk until thick and creamy.

3 Mix together the almonds, flour, cornflour and baking powder. Stir into the egg yolk mixture along with the carrots. Fold in the egg whites a little at a time. Transfer to the springform tin and smooth the top. Bake at 180°C (Conventional heat) on the second shelf for 45 to 50 minutes.

## Ingredients:

### For the cake:

300 g carrots · 5 medium eggs  
Pulp from 1 vanilla pod  
220 g sugar  
100 g soft butter  
1 tsp grated lemon zest  
300 g ground almonds  
50 g plain flour  
50 g cornflour  
1 tsp baking powder

### Also:

Butter to grease the tin  
Biscuit crumbs to line the tin  
200 g sugar  
100 g sesame seeds  
Oil for the palette knife  
400 ml double cream  
1 tbsp vanilla sugar

4 Line a baking tray with baking paper. Caramelize the sugar in a saucepan with 5 tbsp water. Stir in the sesame seeds, pour into the baking tray and spread out using an oiled palette knife. Leave to cool, then break into little pieces.

5 Remove the cake from the oven and cool in the tin on the rack, then remove from the tin. Whip the cream with the vanilla sugar and spread over the cake. Sprinkle with the sesame seed praline, and serve.

## ▶▶ Tips

*Oil-rich sesame seeds give a sophisticated flavour to all types of cakes and biscuits. Their flavour develops more fully when they are roasted. Light coloured seeds have a milder flavour than dark ones.*

# Crisp almond cake with lemon balm crème

For 1 springform cake tin (26 cm Ø)

1 Grease the tin and line the base with baking paper. To make the cake base, beat the butter, double cream and icing sugar in a bowl until light and fluffy. Chop the flaked almonds and stir into the butter mixture. Fold in the flour. Transfer the dough to the cake tin, pushing it up to form a 1 cm high edge. Bake at 190°C (Conventional heat) on the second shelf for 15 to 20 minutes. Remove the base, cool it slightly on a wire rack then brush with melted butter.

2 Bring the wine to the boil in a saucepan with 90 g sugar. Add the lemon balm leaves and allow to steep for 5 minutes. Pour through a sieve and cool. Soften the gelatine in cold water.

3 Heat 2 tbsp of the lemon balm syrup in a saucepan and dissolve 6 of the gelatine leaves in it. Measure out 400 ml of lemon balm syrup and add to the gelatine, then transfer to a large bowl. Stir over a bowl of iced water until cold.

4 Whip the double cream until it stands in soft peaks. Whisk the egg whites with a pinch of salt until half stiff, gradually add the remaining sugar and whisk until thick and creamy.

## Ingredients:

### For the cake:

135 g soft butter  
3 tbsp double cream  
135 g icing sugar  
150 g flaked almonds  
75 g plain flour

### For the crème:

600 ml Moscato d'Asti  
(Italian sparkling wine)  
180 g sugar  
30 g dried lemon balm leaves  
8 leaves of gelatine  
250 ml double cream  
3 egg whites · Salt

### Also:

Butter to grease the tin  
50 g melted butter  
500 g strawberries

5 When the lemon balm syrup begins to set, stir in the double cream then carefully fold in the egg whites. Spread over the almond base, smooth the surface and put in the fridge for 1 hour.

6 Clean and slice the strawberries and arrange on top of the cake. Squeeze out the remaining 2 leaves of gelatine and dissolve in 2 tbsp of the remaining lemon balm syrup. Add the rest of the syrup, and leave to go cold. When it begins to set, spread over the strawberries, leave to set completely, then serve.

## ►► Tips

*Lemon balm (melissa officinalis) is a member of the mint family and often grown in the herb garden. It is widely used in herbal teas where it is recognised for its calming properties.*

# Almond and ricotta cake with plain chocolate

For 1 springform cake tin (24 cm Ø)

- 1 Grease the tin and line the base with baking paper. Place in the fridge.
- 2 Roast the almonds in a frying pan without fat until golden brown, then leave to cool. Beat the butter in a bowl with 80 g of sugar until light and creamy. Separate the eggs and stir the yolks into the butter mixture. Add the flour, almonds, orange zest and ricotta and stir well.
- 3 Whisk the egg whites with a pinch of salt until they stand in soft peaks, then gradually add the sugar and whisk until thick and creamy. Fold into the cake mixture a little at a time, transfer into the springform tin and smooth the top.

## Ingredients:

Butter to grease the tin  
 120 g ground almonds  
 120 g soft butter  
 120 g sugar  
 4 large eggs (room temperature)  
 50 g plain flour  
 1 tbsp grated orange zest  
 125 g ricotta  
 Salt  
 80 g plain chocolate  
 100 g apricot jam

- 4 Bake at 180°C (Conventional heat) on the second shelf for 40 to 45 minutes. Take out of the oven, cool slightly, then remove the cake from the tin and cool on a cake rack.
- 5 Grate the chocolate. Warm the apricot jam with 50 ml water and brush over the cake. Cool, then sprinkle with the grated chocolate.

## ▶▶ Tips

*You will know your cake is ready when a wooden skewer inserted into the middle of it comes out clean and dry.*



# Pine nut clafouti with raspberries

For 4 tartlet tins (12 cm Ø)

- 1 Grease the tins, line the base with baking paper and put in the fridge. Grind the pine nuts to a fine powder in a food processor. Using a food processor or the top setting of an electric mixer, beat the sugar, butter, eggs, Amaretto, cornflour and vanilla essence for 5 minutes until foamy. Stir in the ground almonds and pine nuts. Pour into the tartlet tins.
- 2 Clean and drain the raspberries. Scatter over the dough, leaving 1 cm rim clear around the edge.

## Ingredients

Butter to grease the tin  
 100 g pine nuts  
 125 g caster sugar  
 125 g soft butter  
 4 medium eggs  
 (room temperature)  
 2 tbsp Amaretto  
 2 tbsp cornflour  
 A few drops of vanilla essence  
 100 g ground almonds  
 300 g raspberries  
 150 ml soured cream  
 1 tbsp vanilla sugar

- 3 Bake at 200°C (Conventional heat) on the second shelf for 10 to 15 minutes. Remove from the oven and cool for 5 minutes. Release from the tins and cool on a wire cake rack.
- 4 Mix the soured cream with the vanilla sugar. Serve each clafoutis with 1 tbsp of the cream.

## ▶▶ Tips

*Clafouti comes from Limousin in central France. It is cross between a sweet soufflé and a tart, and is traditionally made with cherries. Try other fruit such as blackberries or plums.*



# Creole torte

## with mango and pecan nuts

For 1 springform cake tin (26 cm Ø)

1 To make the chocolate layer, chop the nougat and chocolate. Cut the butter into cubes. Melt together in a bowl over a pan of simmering water. Stir the puffed rice into the chocolate. Place a 26 cm Ø tart ring on a piece of baking paper, pour in the chocolate mixture, smooth the top and place in the fridge to set.

2 For the sponge base, whisk the egg whites to soft peaks, then gradually add 50 g sugar and whisk until thick and creamy. Sieve in the cornflour, and fold in along with the almonds, pecans and the remaining sugar. Line the springform tin with baking paper and fill with the cake mixture. Bake at 200°C (Conventional heat) on the third shelf for 10 minutes. Remove from the tin and leave to cool.

3 To make the crème, bring the sugar to the boil with 50 ml water until it is bubbling but not coloured. Whisk the egg whites until half stiff, pour in the sugar syrup, then whisk until thick and creamy.

### Ingredients:

#### For the chocolate layer:

120 g nougat  
100 g milk chocolate  
50 g butter  
80 g puffed rice

#### For the sponge base:

3 egg whites  
200 g sugar  
1 tbsp cornflour  
75 g ground almonds  
125 g chopped pecans

#### For the crème:

125 g sugar  
2 egg whites  
4 leaves of gelatine  
80 g desiccated coconut  
200 ml coconut milk  
30 ml cl dark rum  
125 ml double cream

#### Also:

1 mango  
80 g flaked coconut  
Sugar for roasting

4 Soften the gelatine in cold water. Roast the desiccated coconut in a frying pan without fat until golden brown. Heat the coconut milk and rum in a saucepan. Squeeze out the gelatine and dissolve in the coconut milk, then leave to cool. Whip the cream until stiff. When the coconut milk has cooled to room temperature, fold in the egg whites and cream.

5 Peel the mango, cut the flesh off the stone and cut into thin slices. Release the tart ring from around the chocolate layer and place it around the sponge base. Spread 4 tbsp of the coconut crème over the sponge and place the chocolate layer on top. Arrange the mango slices on the chocolate layer and spread the rest of the crème smoothly over the top. Place in the freezer for 1 hour.

6 Loosen the edges of the torte with the point of a knife, and remove the ring. Roast the coconut flakes in a frying pan with a little sugar, cool and scatter over the cake. Garnish with mango balls scooped out with a melon baller.





# Elderflower torte

## on an almond base

For 1 rectangular cake tin (20 x 30 cm)

1 Roll out the shortcrust pastry on a floured surface to a rectangle 25 x 35 cm, and place on a baking tray lined with baking paper. Bake at 160°C (Fan plus) on the second shelf for 10 to 12 minutes. While still warm cut the pastry to fit the cake tin and spread with the apple jelly.

2 To make the almond base, beat the eggs, icing sugar and almonds until creamy. Whisk the egg whites with a pinch of salt to soft peaks, then gradually add the sugar and whisk until thick and creamy. Stir the butter, 2 tbsp of the egg white mixture and the flour into the almond mixture. Fold in the rest of the egg white mixture. Spread the mixture out on a baking tray lined with baking paper. Pre-heat the oven to 180°C (Conventional heat). Bake on the third shelf for 18 to 20 minutes. Remove the cake from the tin on its paper and leave to cool.

3 To make the filling, soften the gelatine in cold water. Warm 25 ml of elderflower syrup and dissolve the squeezed out gelatine in it. Stir in the remaining syrup and yoghurt, transfer to a bowl and place in the fridge.

### Ingredients:

#### For the pastry:

250 g shortcrust pastry  
(readymade)  
Flour for the work surface  
2 tbsp apple jelly

#### For the almond base:

5 medium eggs  
185 g icing sugar  
185 g ground almonds  
5 egg whites  
Salt · 2 tbsp sugar  
40 g very soft butter  
50 g plain flour

#### For the filling:

7 leaves of gelatine  
200 ml elderflower syrup  
325 g yoghurt  
400 ml double cream

#### Also:

100 g flaked almonds  
40 g icing sugar

4 When the elderflower yoghurt has begun to set, whip the cream and fold in.

5 Peel the paper away from the almond base and cut to fit the cake tin. (Keep the trimmings for a recipe requiring cake crumbs.) Slice the base in half horizontally.

6 Place the shortcrust pastry in the cake followed by one half of the almond base and spread with half of the elderflower filling. Top with the other half of the almond base and the remaining filling. Cover and place in the fridge for 1 hour.

7 Moisten the almonds in 2 tbsp water, mix with the icing sugar and spread out on a baking tray lined with baking paper. Caramelize in the oven at 180°C (Fan plus) on the second shelf until golden brown. Cool, chop and sprinkle over the cake. Cut the cake into pieces and decorate with elderflowers.



# Genoese sponge with vanilla crème brûlée

For 1 springform cake tin (26 cm Ø)

1 Grease the springform tin, dust with flour and place in the fridge. To make the Genoese sponge, use an electric mixer to beat together the eggs and sugar in a bowl over a pan of simmering water until creamy. Remove the bowl from the heat and beat the mixture on the highest setting for 5 minutes. Beat for a further 5 minutes over cold water until the mixture has cooled. Sieve in the flour, fold in gently, then stir in the melted butter.

2 Pre-heat the oven to 180°C (Conventional heat). Pour the sponge mixture into the springform tin and smooth the surface. Bake on the third shelf for 50 to 60 minutes. Reduce the temperature to 160°C for the last 20 minutes. Remove from the oven, and leave to cool in the tin for a few minutes. Turn out onto a wire cake rack and leave to cool thoroughly. Use a knife to score a ring around the cake, 2 cm in from the edge, and hollow out the area inside the ring to a depth of 2 cm. (Keep the trimmings for a recipe requiring cake crumbs.)

## Ingredients:

### For the sponge:

6 medium eggs  
190 g sugar  
190 g plain flour  
35 g melted butter

### For the crème:

2 leaves of gelatine  
175 ml milk  
260 g sugar  
Pulp from 1 vanilla pod  
3 medium egg yolks  
15 g cornflour

A few drops of vanilla essence  
2 tbsp Grand Marnier  
3 egg whites

### Also:

Butter and flour for the tin

3 To make the crème, soften the gelatine in cold water. Bring the milk to the boil with 40 g sugar and the pulp from the vanilla pod. Stir together the egg yolks, 40 g sugar, the cornflour and vanilla essence. Pour the boiling vanilla milk into the egg mixture, stirring continuously, and return to the saucepan. Simmer for 2 minutes. Remove from the heat and cool slightly. Squeeze out the gelatine, add to the crème along with the liqueur, and stir in. Cover with clingfilm and leave until lukewarm.

4 Boil 150 g sugar in a saucepan with 40 ml water until it is bubbling but not coloured. Whisk the egg whites to soft peaks, pour in the syrup and beat for 5 minutes until it is lukewarm.

5 Stir the egg white mixture into the vanilla crème. Transfer 5 tbsp to a piping bag and place in the fridge. Pour the rest into the hollowed out cake and spread smooth. Cover and place in the freezer for 30 minutes.

6 Sprinkle the remaining sugar over the crème and caramelize with a cook's blowtorch. Pipe the remaining vanilla crème around the edge to decorate.

# Chocolate Sachertorte with ginger

For 2 springform cake tins (22 cm Ø)

1 Grease the tins with butter, dust with flour and place in the fridge. Chop the chocolate and melt in a bowl over a pan of simmering water. Beat the butter with the vanilla sugar and icing sugar until soft. Separate 7 eggs. Stir the egg yolks and the remaining whole egg into the butter mixture a little at a time, then stir in the chocolate. Whisk the egg whites with a pinch of salt to soft peaks, then gradually add the sugar and whisk until thick and creamy.

2 Sieve the flour and cornflour. Stir 2 tbsp of the egg white mixture into the chocolate mixture. Alternately fold in the rest of the egg white mixture and the flour mixture. Divide between the springform tins and bake, one after the other, at 160°C (Conventional heat) on the third shelf for 35 to 40 minutes. Pierce with a skewer to check if the cakes are done. Leave in the tin to cool slightly, turn out, then leave to go cold.

## Ingredients:

### For the cake:

150 g plain chocolate  
150 g soft butter  
1 tbsp vanilla sugar  
40 g icing sugar  
8 medium eggs  
(room temperature)  
Salt · 120 g sugar  
100 g plain flour  
50 g cornflour

### For the syrup:

1 unwaxed lime  
3 cm root ginger  
60 g sugar  
Pulp from 1 vanilla pod  
1 cinnamon stick  
50 ml orange juice  
50 g apricot jam

### Also:

Butter and flour for the tin  
200 g apricot jam  
400 g marzipan  
Icing sugar for rolling out  
100 g candied ginger  
225 g plain chocolate  
150 ml double cream  
45 ml milk  
75 g glucose syrup  
45 g soft butter

3 To make the syrup, wash the lime in hot water, dry, grate the zest and squeeze out the juice. Peel and slice the root ginger. In a saucepan, bring 100 ml water to the boil with the sugar, ginger, vanilla pulp, lime juice and zest and the cinnamon stick. Stir in the orange juice and jam and leave to stand for 10 minutes. Pass through a sieve and leave to cool.

4 Slice the cakes in half horizontally. Open them up and drizzle the cut sides with the syrup. Warm the jam with 5 tbsp water. Brush over the cut sides, put the cakes back together and brush all over with the remaining jam. Knead the marzipan until soft, dust it with icing sugar, and place it between 2 sheets of clingfilm. Roll out thinly. Cover the cakes and trim neatly.

5 Finely chop the candied ginger and grate the chocolate. Bring the cream, milk and glucose syrup to the boil in a saucepan. Remove from the heat and stir in the chocolate and butter until melted. Place the cakes on a cake rack and cover evenly with the chocolate cream. Sprinkle with candied ginger and place in the fridge for at least 3 hours.

# Latte macchiato torte with marzipan

For 1 springform cake tin (26 cm Ø)

1 Grease the tin, sprinkle with biscuit crumbs and place in the fridge. To make the sponge, separate two of the eggs. Beat the egg yolks, the whole egg and the honey until creamy. Whisk the egg whites with a pinch of salt to soft peaks, then gradually add the sugar and whisk until thick and creamy.

2 Mix the nuts, flour and espresso powder, and stir into the honey and eggs. Fold in the egg whites a little at a time. Pour into the springform tin and smooth the top. Bake at 180°C (Conventional heat) on the third shelf for 35 to 40 minutes. Allow to cool then remove from the tin. Cool completely and slice in half horizontally.

3 To make the crème, soften the gelatine in cold water. Bring the milk to the boil with the espresso powder and leave to cool. Chop the chocolate and melt in a bowl over a pan of simmering water. Beat the egg, egg yolk and the Bailey's together in a bowl over a pan of simmering water until creamy. Squeeze out the gelatine and dissolve in the eggs. Stir in the chocolate and milk and place in the fridge.

## Ingredients:

### For the sponge:

3 large eggs  
50 g honey  
2 large egg whites · Salt  
60 g sugar  
100 g ground hazelnuts  
60 g plain flour  
1 tbsp instant espresso powder

### For the crème:

5 leaves of gelatine  
200 ml milk  
2 tbsp instant espresso powder  
150 g white chocolate  
1 large egg  
1 large egg yolk  
2 tbsp Bailey's Irish Cream  
500 ml double cream  
3 large egg whites  
50 g sugar

### Also:

Butter and biscuit crumbs  
(e.g. sponge fingers)  
to line the tin  
200 g white marzipan  
1 tbsp cocoa powder  
Icing sugar for rolling out

4 Whip the cream to soft peaks. Whisk the egg whites stiffly, and gradually add the sugar. When the crème begins to set, fold in the cream then the egg whites. Put 3 tbsp of crème to one side. Put one half of the sponge in a tart ring and cover with one half of the crème. Top with the other sponge and the remaining crème and spread smooth. Place the torte in the fridge for 1 hour, then remove the ring.

5 Divide the marzipan in two, and knead the cocoa powder into one half. Roll out the light marzipan to a thickness of 1 cm. Pinch off little pieces of the dark marzipan, scatter them over the light marzipan, and press down lightly. Fold the marzipan in half, dust with icing sugar and roll out between 2 sheets of clingfilm to fit the length of the torte's circumference. Cut a strip as wide as the height of the torte. Cover the sides of the torte with the remaining crème and stick the marzipan strip around the torte. Cover the top of the torte with a thin layer of cocoa marzipan and decorate with cocoa powder and chocolate covered coffee beans.



# Vanilla and caramel tartlets

## with toasted almonds

For 8 tartlet tins (10–12 cm Ø)

- 1 The day before, place the tins of condensed milk on a sieve in a saucepan, cover with water and simmer for 3 to 4 hours. Do not allow to boil dry. Leave to cool overnight.
- 2 To make the pastry, cut the butter into small cubes. Mix the flour, icing sugar, lemon zest, vanilla sugar and  $\frac{1}{2}$  tsp salt. Blitz in a food processor with the butter. Add in the egg, wrap in clingfilm and put in the fridge for 30 minutes.
- 3 Grease the tins. Roll the pastry out thinly on a floured surface and cut out 8 circles, each 2 cm larger than the tins. Line the tins, making a 1 cm rim that stands proud of the tin. Cover and place in the fridge for 15 minutes.
- 4 Cover the pastry with baking paper and fill the tins with dried beans. Blind bake at 180°C (Fan plus) on the second shelf for 10 to 15 minutes. Remove the paper and dried beans. Cool the pastry slightly, then remove from the tins.

### Ingredients:

#### For the caramel filling:

2 tins sweetened condensed milk (400 g each)

#### For the sweet pastry:

250 g cold butter  
500 g plain flour  
200 g icing sugar  
1 tsp grated lemon zest  
2 tbsp vanilla sugar  
Salt · 1 medium egg

#### For the almonds:

200 g peeled almonds  
120 g icing sugar

#### For the topping:

300 ml double cream  
40 g sugar  
Pulp from 1 vanilla pod  
1 mango

#### Also:

Butter to grease the tins  
Flour for the work surface  
Dried beans for baking blind

- 5 Soften the almonds in a little water and mix with the icing sugar. Place on a baking tray lined with baking paper. Caramelize in the oven at 220°C (Fan plus) on the second shelf for 10 minutes. Remove from the oven and leave to cool.
- 6 Whip the double cream with the sugar and vanilla pod pulp until stiff. Open the tins of condensed milk and spread the caramelized contents into the pastry cases. Peel the mango, cut the flesh away from the stone and cut into small cubes. Scatter the mango over the caramel filling and cover with the vanilla cream. Scatter over the toasted almonds, and serve.

### ▶▶ Tips

*Almonds are not the only nuts that can be toasted. Roasted and caramelized hazelnuts, peanuts and cashew nuts are all delicious and go very well with the tartlets.*





# Cream cheese and coconut tart with mango

For 1 tart tin (22 cm Ø)

- 1 To make the pastry, cut the butter into small cubes. Mix the flour, icing sugar, lemon zest, vanilla sugar and a pinch of salt. Blitz in a food processor with the butter. Add in the egg, wrap in clingfilm and put in the fridge for 30 minutes.
- 2 Grease the tin. Roll out the pastry on a floured surface and line the tart tin. Place in the fridge for 20 minutes.
- 3 To make the cheese filling, wash the lime in hot water, dry, grate the zest and squeeze out the juice. Separate the eggs, and mix the egg yolks with the cheese, half the sugar, the coconut milk, lime zest and juice, flour and cornflour in a bowl.
- 4 Whisk the egg whites with a pinch of salt to soft peaks, gradually add the sugar and whisk until thick and creamy. Fold into the cheese a little at a time.

## Ingredients:

### For the sweet pastry:

120 g cold butter  
250 g plain flour  
100 g icing sugar  
1 tsp grated lemon zest  
1 tbsp vanilla sugar  
Salt · 1 medium egg

### For the cheese filling:

1 unwaxed lime  
3 medium eggs  
150 g cream cheese  
60 g sugar  
150 ml coconut milk  
2 tbsp flour  
30 g cornflour  
Salt

**Also:**  
Butter to grease the tin  
Flour for the work surface  
3 leaves of gelatine  
250 g mango purée (tinned)  
Pulp from 1 vanilla pod

- 5 Spread the filling over the pastry base and bake at 180°C (Conventional heat) on the second shelf for 20 to 25 minutes. Reduce the temperature to 140°C and cook for a further 15 minutes. Remove from the oven and allow to cool.

- 6 Soften the gelatine in cold water. Warm the mango purée and vanilla pulp in a saucepan, squeeze out the gelatine and dissolve in the mango. Stir over a bowl of ice cold water until cold. Spread the mango purée over the tart before it sets.

## ▶▶ Tips

You can make the mango purée yourself. Peel 1 or 2 mangos, depending on size. Cut the flesh away from the stone, weigh out 250 g and purée in a food processor. Add sugar to taste.

# Pumpkin and pecan pie with candied ginger

For 1 springform cake tin (28 cm Ø)

1 To make the pastry, cut the butter into small cubes. Mix the flour, icing sugar, lemon zest, vanilla sugar and a pinch of salt. Blitz in a food processor with the butter. Add in the egg, wrap in clingfilm and put in the fridge for 30 minutes.

2 Grease the springform tin. Roll the pastry out thinly on a floured surface and line the tin, creating a rim. Place in the fridge for 20 minutes.

3 Cover the pastry with baking paper and fill with dried beans. Blind bake at 180°C (Fan plus) on the second shelf for 10 to 15 minutes. Remove the baking paper and dried beans, and put the pastry case to one side.

4 Peel and deseed the pumpkin. Chop the pumpkin and ginger into small pieces and sweat in the butter over a low heat. Purée in a food processor, return to the pan and simmer until the mixture has the consistency of jam.

## Ingredients:

### For the sweet pastry:

250 g cold butter  
500 g plain flour  
200 g icing sugar  
1 tsp grated lemon zest  
2 tbs vanilla sugar  
Salt

1 medium egg

### For the pumpkin filling:

300 g pumpkin or  
butternut squash  
60 g candied ginger  
50 g butter

### For the crème:

350 g ground almonds  
300 g soft butter  
300 g sugar  
3 medium eggs  
(room temperature)

### Also:

Butter to grease the tin  
Flour for the work surface  
Dried beans for baking blind  
150 g pecans  
1 tbs icing sugar

5 To make the crème, roast the almonds in a non-stick frying pan without fat until golden brown, then leave to cool. Beat the butter and sugar until light and fluffy. Gradually stir the almonds and eggs into the butter crème, then leave to rest for 15 minutes.

6 Spread the pumpkin filling over the pastry base and spread the almond mixture on top. Scatter with pecans and press them down lightly. Bake at 150°C (Fan plus) on the second shelf for 40 to 45 minutes. Remove from the oven and allow to cool for at least 30 minutes. Dust with icing sugar to serve.

## ►► Tips

*Instead of pumpkin, try using apricots. Gently stew the same quantity of stoned apricots until the liquid has almost all evaporated, then proceed according to the recipe.*

# Passion fruit rice pudding tart with caramelized Demerara sugar

For 1 tart tin (24 cm Ø) | A new way with an old favourite

- 1 To make the pastry, cut the butter into small cubes. Mix together the flour, icing sugar, lemon zest, vanilla sugar and a pinch of salt. Blitz in a food processor with the butter. Add in the egg, wrap in cling-film and put in the fridge for 30 minutes.
- 2 Roll the pastry out thinly on a floured surface and line the tart tin. Place in the fridge for 15 minutes.
- 3 Cover the pastry with baking paper and fill with dried beans. Blind bake at 180°C (Fan plus) on the second shelf for 15 to 20 minutes. Remove the paper and dried beans. Warm the jam. Brush over the pastry base and put to one side.
- 4 To make the filling, heat the butter in a pan and sweat the rice. Stir together the passion fruit and coconut milk. Add one third to the rice and boil a little, stirring continuously.

## For the sweet pastry:

120 g cold butter  
250 g plain flour  
100 g icing sugar  
1 tsp grated lemon zest  
1 tbsp vanilla sugar  
Salt  
1 medium egg

## For the filling:

1 tbsp butter  
150 g pudding rice  
200 g passion fruit pulp or  
200 ml passion fruit juice  
200 ml coconut milk  
120 g sugar  
Pulp from 1 vanilla pod  
200 g cream cheese  
2 medium eggs  
2 tbsp Demerara sugar

## Also:

Flour for the work surface  
Dried beans for baking blind  
50 g apricot jam

- 5 Add the sugar and vanilla pulp. Add the rest of the liquid a little at a time, and simmer the rice for around 20 minutes. Remove from the heat and allow to cool.

- 6 Stir the cream cheese and eggs into the rice. Spread into the pastry case and smooth the top. Bake at 150°C (Fan plus) on the second shelf for 20 to 25 minutes.


- 7 Remove the tart from the oven. Sprinkle the Demerara sugar evenly over the top, and caramelize with a cook's blowtorch. Cool slightly, slice with a serrated knife and serve.

## ▶▶ Tips

*Passion fruit have a sweet/sour flavour and a strong aroma. When buying them, select fruit that is slightly wrinkled as these are the ripe ones that have the best flavours.*



# Mini panettone with cranberries

For 8 ramekins (à 8 cm Ø) 

1 Put the flour into a bowl and make a well in the centre. Crumble the yeast and dissolve in the milk with the sugar. Pour into the well. Stir in the flour from the edge to create a thin dough. Cover the bowl with a damp tea towel and leave in a warm place to rise for 15 minutes.

2 Add the eggs, butter and a pinch of salt and stir in with the rest of the flour. Knead with the kneading hook of an electric mixer until the dough is shiny and elastic. If the dough is too soft, add more flour. Cover and leave to rise for a further 30 minutes.

3 Chop the chocolate, nougat, nuts and cranberries, and knead them into the dough. Grease the ramekins and line them with strips of baking paper so that the paper stands 3 cm above the top of the ramekins.

## Ingredients:

250 g strong white bread flour  
20 g fresh yeast  
50 g sugar  
80 ml lukewarm milk  
2 medium eggs  
50 g soft butter  
Salt  
60 g plain chocolate  
60 g nougat  
50 g macadamia nuts  
50 g dried cranberries  
Butter to grease the tins

4 Divide the dough into 8 pieces and form into balls. Place in the ramekins and allow to rise for another 15 minutes.


5 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 10 to 15 minutes. Remove from the oven, cool on a wire cake rack, then remove the panettone from the ramekins.

## ▶▶ Tips

*The panettone can be varied by adding chopped pistachios, raisins, mixed peel or candied cherries. They will keep for a while in a cake tin.*



# Filled apple brioche with chestnuts

For 2 loaf tins (11 x 25 cm) 

1 Put the flour into a bowl and make a well in the centre. Crumble the yeast and dissolve in the milk with the sugar. Pour into the well. Stir in the flour from the edge to create a thin dough. Cover the bowl with a damp tea towel and leave in a warm place to rise for 15 minutes.

2 Add the egg, egg yolks, butter, Amaretto and a pinch of salt and stir in, along with the rest of the flour. Knead with the kneading hook of an electric mixer until the dough is shiny and elastic. Cover and leave to rise for another 45 minutes.

3 To make the filling, wash and dry the apples. Cut a lid from the top of each apple and scoop out the core with a spoon. Knead together the marzipan, raisins, almonds, vanilla sugar and rum. Fill the apples with the mixture, brush with butter and place in a greased ovenproof dish. Bake at 180°C (Fan plus) on the second shelf for 20 to 25 minutes.

## Ingredients:

### For the yeast dough:

500 g strong white flour  
40 g fresh yeast  
2 tbsp sugar  
160 ml lukewarm milk  
1 medium egg  
4 medium egg yolks  
Salt  
2 tbsp Amaretto  
150 g soft butter

### For the filling:

3 cooking apples  
(e.g. Granny Smiths/Bramleys)  
60 g white marzipan  
50 g raisins  
50 g chopped almonds  
1 tbsp vanilla sugar  
2 tbsp dark rum  
2 tbsp melted butter  
200 g chestnuts  
(peeled and cooked)

### Also:

Butter to grease the tins  
1 egg yolk  
50 ml milk


4 Remove from the oven and leave to cool. Scoop out the marzipan mixture and the apple flesh, and chop along with the chestnuts. Grease the baking tins.

5 Knead the dough briefly, divide into two and roll out two rectangles, 26 x 30 cm. Spread the filling over one third lengthways of each piece of dough. Roll up and place in the tins. Leave to rise for 30 minutes.

6 Mix together the egg yolk and milk. Brush over the brioches and bake at 160°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 30 to 35 minutes. Remove from the oven, cool on a cake rack and turn out of the tins. Slice while still warm and serve with whipped cream and icing sugar.

# Babas

## with lemon grass syrup

For 8 ramekins (6 cm Ø) 

1 To make the syrup, remove the outer leaves and the dry top halves of the lemon grass. Chop the lower parts finely. Peel and chop the ginger. Place the two in a saucepan with  $\frac{1}{2}$  l water and the sugar, bring to the boil and put to one side.

2 To make the dough, put the flour and lemon zest in a bowl and make a well in the centre. Crumble the yeast and dissolve in the milk with the honey and vanilla sugar. Pour the milk into the well, and stir in the flour from around the edge to create a thin dough. Cover with a damp tea towel and leave to rise in a warm place for 15 minutes.

3 Add the eggs, butter and a pinch of salt and stir in, along with the rest of the flour. Knead with the kneading hook of an electric mixer or by hand until the dough is shiny and elastic. If the dough is too soft, add some more flour. Cover and leave to rise for another 30 minutes.

### Ingredients:

#### For the syrup:

4 stalks of lemon grass  
20 g root ginger  
150 g sugar

#### For the yeast dough:

250 g strong white flour  
1 tsp grated lemon zest  
20 g fresh yeast  
1 tsp honey  
1 tbsp vanilla sugar  
50 ml lukewarm milk  
4 medium eggs  
50 g soft butter  
Salt

#### Also:

Butter to grease the ramekins

4 Grease the ramekins. Knead the dough again briefly. Divide into 8 pieces, form into balls and place in the ramekins. Leave to rise for a further 30 minutes.

5 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 20 minutes. Remove from the oven, cool slightly on a wire rack, turn out and place in a dish. Pass the lemon grass syrup through a sieve and pour over the babas.


### ►► Tips

*To complement the eastern flavours of the lemon grass and ginger, serve the babas with exotic fruit such as sliced mango and lychees.*



# Rosemary “Bienenstich”

## with candied lemon

For 1 springform cake tin (28 cm Ø) 

- 1 Put the flour into a bowl and make a well in the centre. Crumble the yeast and dissolve in the milk with the two types of sugar. Pour into the well. Stir in the flour from the edge to create a thin dough. Cover the bowl with a damp tea towel and leave in a warm place to rise for 15 minutes.
- 2 Add the egg, lemon zest, butter and a pinch of salt and stir in, along with the rest of the flour. Knead with the kneading hook of an electric mixer until the dough is shiny and elastic. Cover and leave to rise for another 45 minutes.
- 3 To make the topping, melt the butter in a saucepan and dissolve the sugar in it. Stir in the honey, cream, almonds and rosemary. Simmer briefly, then leave to cool.
- 4 Grease the springform tin and line the base with baking paper. Roll out the dough and line the tin. Prick the dough several times with a fork. Spread the almond mixture on top and leave to rise for 30 minutes.

### Ingredients:

#### For the yeast dough:

250 g strong white flour  
 20 g fresh yeast  
 1 heaped tbsp sugar  
 1 tbsp vanilla sugar  
 80 ml lukewarm milk  
 1 medium egg  
 1 tsp grated lemon zest  
 50 g soft butter  
 Salt

#### For the topping:

75 g butter  
 50 g sugar  
 1½ tbsp honey  
 75 ml double cream  
 100 g flaked almonds  
 1 tsp chopped rosemary

#### For the crème:

3 leaves of gelatine  
 100 g candied lemon peel  
 250 ml double cream  
 ¼ l milk  
 60 g sugar  
 Pulp from 1 vanilla pod  
 1 tbsp cornflour  
 A few drops of vanilla essence  
 3 medium egg yolks

#### Also:

Butter to grease the tin

5 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 30 to 35 minutes. If the almond mixture starts to brown too much, reduce the heat to 160°C. Remove from the oven, take out of the cake tin and cool on a wire cake rack.

6 To make the crème, soften the gelatine in cold water. Chop the candied lemon peel. Whip the cream until stiff. Heat 200 ml milk with the sugar and vanilla pulp. Stir the rest of the milk with the cornflour and egg yolks until smooth, and stir into the vanilla milk. Bring to the boil, remove from the heat, cool slightly, then stir in the squeezed out gelatine to dissolve. Add the lemon peel and beat the crème over a bowl of iced water until cold. As soon as it starts to set, fold in the double cream.

7 Cut the cake in half horizontally and slice the top half into 16 pieces with a serrated knife. Spread the crème over the bottom half and put the cake back together. Leave to stand for 1 hour.



# Rhubarb puffs with frangipane

Makes 10 

1 To make the frangipane, beat the butter and icing sugar until soft. Add the almonds and flour, and stir in the eggs one at a time. Stir in the peach liqueur and put to one side.

2 To make the filling, cut the rhubarb into 1 cm slices. Bring the wine and sugar to the boil, stir in the vanilla pulp, grenadine and rhubarb and simmer, uncovered, for 30 minutes until it has the consistency of marmalade. Leave to cool.

3 Wash and dry the basil leaves and cut into thin strips. Stir into the cooled filling.

4 Roll the pastry out on a floured surface to a rectangle measuring 55 x 30 cm. Cut in half along the length, then into four times across the width to make 10 small rectangles 11 x 15 cm. Spread the frangipane over half of each slice, leaving a 1 cm wide band free at the edge. Top with 2 to 3 tsp of the rhubarb filling.

## Ingredients:

### For the frangipane:

125 g butter  
125 g icing sugar  
125 g ground almonds  
50 g plain flour  
2 large eggs  
4 cl peach liqueur

### For the rhubarb filling:

600 g rhubarb  
200 ml sweet white wine  
150 g sugar  
Pulp from 1 vanilla pod  
3 tbsp grenadine syrup  
10 basil leaves

### Also:

750 g puff pastry  
Flour for the work surface  
2 egg yolks  
4 tbsp milk  
50 g icing sugar

5 Mix the egg yolks and milk and brush over the edges of the pastry. Fold the pastry over the filling and press the edges together firmly to seal. Line a baking tray with baking paper and place the puffs on the tray.


6 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 17 minutes. Pre-heat the grill (Full grill) to 240°C. Dust the puffs thickly with icing sugar and caramelize under the grill for 3 to 4 minutes. Remove from the oven and cool on a wire rack. Dust again with icing sugar before serving.

## ▶▶ Tips

*The puffs can also be filled with shop-bought fruit compote or jam. Check that the jam has a low sugar content as the frangipane is already very sweet.*



# Caramelized pear tarts with Greek yoghurt

Makes 12 

1 To make the puff pastry, cut the butter into cubes. Sieve the flour into a large bowl and add the butter and 1 tsp salt. Rub in the butter with your fingers until the mixture resembles breadcrumbs. Stir in 230 ml iced water and knead to a dough. The pastry is ready when it is smooth but flecks of butter are still visible.

2 Roll out the pastry on a floured surface to a rectangle measuring 20 x 40 cm. Fold the ends into the middle to make three layers. Turn the dough through 90°C, roll out, and fold again. Wrap in clingfilm and place in the freezer for 15 minutes. Repeat the rolling out process and chill the pastry until needed.

3 Peel the pears, cut in half and remove the cores. Bring 800 ml water to the boil with the sugar, vanilla sugar, white wine, orange rind and cinnamon. Add the pears, simmer for 4 minutes and leave to stand for 30 minutes.

## Ingredients:

### For the puff pastry:

500 g butter  
500 g plain flour  
Salt

### For the pears:

6 ripe pears (e.g. Williams)  
150 g sugar  
2 tbsp vanilla sugar  
200 ml sweet white wine  
Rind of 1/2 unwaxed orange  
1 cinnamon stick

### For the yoghurt:

200 g mixed nuts  
60 g icing sugar  
300 g Greek yoghurt

### Also:

Flour for the work surface  
1 medium egg yolk  
2 tbsp milk  
80 g icing sugar

4 Soften the nuts in 2 tbsp water and mix with the icing sugar. Spread the nuts out on a baking tray lined with baking paper and cook in the oven at 180°C (Fan plus) on the second shelf for 10 minutes. Take out of the oven and cool.


5 Chop the nuts coarsely and mix half of them into the yoghurt. Drain the pear halves, and spoon some of the remaining nuts into the hollow of each pear.

6 Roll out the pastry to a square 40 x 40 cm and space the pears out on top, flat side down. Cut around the pears leaving a 1/2 cm wide rim around each one to make 12 little tarts. Mix the egg yolk and milk and brush over the pastry edges. Place on a baking tray lined with baking paper.

7 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 20 minutes. Pre-heat the grill (Full grill) to 240°C. Dust the pears thickly with icing sugar and caramelize under the grill for 3 to 4 minutes. Cool and serve with the Greek yoghurt.

# Puff pastry baklava

## with red wine figs and poppy seeds

For one rectangular tin (30 x 25 cm) 

1 For the figs, bring the wine, port, sugar, vanilla pulp and a pinch of cinnamon to the boil and reduce until syrupy. Wash the figs, cut into eighths and simmer in the red wine syrup for 5 to 8 minutes until very soft and almost falling apart.

2 For the poppy seed filling, beat the poppy seeds and cream cheese together until smooth.

3 Defrost the puff pastry and grease the baking tin. Divide the puff pastry into 3 pieces and roll each to the size of the baking tin. Place the first sheet in the tin and top with the poppy seed mixture. Top with the second sheet of pastry and the figs. Then add the third sheet of pastry and brush with melted butter. Cut the surface into little squares, 1 cm deep, and put the baklava in the fridge for 20 minutes.

### Ingredients:

#### For the figs:

200 ml dry red wine

150 ml port

50 g sugar

Pulp from 1 vanilla pod

Ground cinnamon

8 ripe figs

#### For the poppy seed filling:

200 g cream cheese

80 g ground poppy seeds

#### Also:

450 g puff pastry, fresh or frozen

Butter to grease the tin

2–3 tbsp melted butter

50 ml orange juice

1 cinnamon stick

100 g honey

50 g ground pistachios


4 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 20 to 25 minutes. Remove from the oven and cool slightly.

5 Bring 100 ml water to the boil in a saucepan with the orange juice, cinnamon and honey. Remove from the heat, leave to rest for a short while, then remove the cinnamon stick. Pour over the baklava and scatter the pistachios on top. Cut into pieces to serve.

### ►► Tips

*Baklava is a very sweet dish from the east and is particularly popular in Turkey. Traditionally it is made with paper thin sheets of filo pastry and filled with hazelnuts, almonds and pistachios.*

# Peach and apricot puffs with a white chocolate filling

Makes 1 tart (26 cm Ø) 

1 For the fruit, wash, dry and stone the peaches and apricots and cut them into pieces. Mix together with the sugar, vanilla pulp, cinnamon and star anise and leave to stand for 30 minutes.

2 Cook in a saucepan over a gentle heat until the fruit is soft. Mix the cornflour with 1 tbsp cold water and stir until smooth, then use to thicken the fruit. Remove the cinnamon stick and star anise and leave to cool.

3 To make the crême, warm the double cream with the vanilla sugar. Chop the chocolate and dissolve it in the cream. Pour into a bowl and leave to cool.

4 On a floured surface, roll the pastry out into 2 circles (26 cm Ø). Lay each on a sheet of baking paper. Mix the egg yolk and milk and brush over the pastry. Coarsely chop the macadamia nuts and sprinkle over the pastry.

## Ingredients:

### For the fruit:

2 peaches

4 apricots

80 g sugar

Pulp from 1 vanilla pod

1 cinnamon stick

1 star anise

1 tsp cornflour

### For the crême:

220 ml double cream

1 tbsp vanilla sugar

400 g white chocolate

### Also:

500 g puff pastry

Flour for the work surface

1 medium egg yolk

2 tbsp milk

125 g salted macadamia nuts

50 g icing sugar

5 Bake the pastry circles one at a time on a baking tray in the oven at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 20 minutes. Pre-heat the grill (Full grill) to 240°C. Dust the pastry thickly with icing sugar and grill for 3 to 4 minutes each to caramelize the sugar. Remove from the oven and cool.

6 Beat the cooled chocolate and cream mixture with an electric mixer for 5 to 7 minutes to produce a light, fluffy chocolate crême.

7 Place one circle of pastry on a serving plate and cover with chocolate crême. Top with the apricots and peaches. Cut the second circle of pastry into 12 slices with a serrated knife and arrange on top of the fruit (or leave the pastry whole). Place in the fridge for 30 minutes before serving.





# Apple strudel

## with butter biscuits and almonds

*Makes 2 strudels*

1 Sieve the flour into a bowl. Beat together the egg yolk, 3 tbsp oil, 150 ml lukewarm water and a pinch of salt. Pour into the flour and knead with the kneading hook of an electric mixer until the dough is elastic. Divide the dough in 2 and form into balls. Rub each one with oil, wrap in clingfilm and leave to stand for 1 hour.

2 To make the filling, soak the raisins in the rum. Peel, quarter and core the apples, and cut into thin slices. Mix the apples, rum, raisins, cinnamon, 50 g sugar and the lemon juice in a bowl. Crumble the biscuits and stir into the apple mixture along with the soured cream.

3 Caramelize the remaining sugar in a frying pan. Stir in the almonds and pour immediately onto a baking tray lined with baking paper. Leave to cool then chop finely.

4 Roll out one ball of strudel pastry on a floured surface to a square 40 x 40 cm. Place the pastry on a floured tea towel and, with oiled hands, stretch out until paper thin.

### *Ingredients:*

#### **For the strudel pastry:**

300 g plain flour

1 egg yolk

5 tbsp oil · Salt

#### **For the filling:**

50 g raisins

3 cl dark rum

1.2 kg cooking apples

(e.g. Granny Smiths/Bramleys)

1 tsp ground cinnamon

120 g sugar

Juice of 1 lemon

120 g petit beurre biscuits

200 ml sour cream

100 g flaked almonds

#### **Also:**

Flour and oil for working the  
pastry

60 g melted butter

Butter for the tin

60 g icing sugar

5 Brush with melted butter and sprinkle with half the almond praline. Place half the apple filling along one side in a 10 to 15 cm wide band. Roll up the strudel with the help of the tea towel. Prepare the second strudel in the same way.

6 Grease a baking tray. Place the strudels close together on the tray with the join underneath and tuck the ends under. Brush with the remaining melted butter.

7 Bake at 190°C (Conventional heat) on the second shelf for 30 to 35 minutes. Remove from the oven and cool slightly. Dust thickly with icing sugar and serve in slices. Vanilla ice cream goes well.



# Rhubarb quark strudel

## with an elderflower cream filling

Makes 2 strudels

1 Sieve the flour into a bowl. Mix together the egg yolk, 3 tbsp oil, 150 ml lukewarm water and a pinch of salt. Pour into the flour and knead with the kneading hook of an electric mixer until the dough is elastic. Divide the dough in 2 and form into balls. Rub each one with oil, wrap in clingfilm and leave to stand for 1 hour.

2 To make the filling, cut the rhubarb into small pieces. Mix with 100 g sugar and leave for a few minutes to draw out the juice. Roast the almonds in a dry frying pan.

3 Beat the butter, vanilla pulp, lemon zest and icing sugar until soft. Stir in the egg and quark. Whip 120 ml double cream until stiff and stir into the quark mixture along with the elderflower syrup.

4 Roll out one ball of strudel pastry on a floured surface to a square 40 x 40 cm. Place the pastry on a floured tea towel and, with oiled hands, stretch out until paper thin. Brush with melted butter and sprinkle with half the almonds.

### Ingredients:

#### For the strudel pastry:

300 g plain flour  
1 egg yolk  
5 tbsp oil · Salt

#### For the filling:

400 g rhubarb  
140 g sugar  
60 g ground almonds  
60 g soft butter  
Pulp from 1 vanilla pod  
1 tsp grated lemon zest  
60 g icing sugar  
2 large eggs  
(room temperature)  
500 g low fat quark  
320 ml double cream  
100 ml elderflower syrup

#### Also:

Flour and oil for working the  
pastry  
60 g melted butter  
Butter for the tin

5 Spread half the quark filling along one side in a 10 to 15 cm wide band. Drain the rhubarb, retaining the juices, and spread half over the quark. Roll up the strudel with the help of the tea towel. Prepare the second strudel in the same way.

6 Grease a baking tray. Place the strudels close together on the tray with the join underneath and tuck the ends under. Brush with the remaining melted butter and sprinkle with the rest of the sugar.

7 Bake at 190°C (Conventional heat) on the second shelf for 20 minutes. Mix the remaining double cream with the rhubarb juice and pour over the strudels. Bake for a further 20 to 25 minutes. Remove from the oven and cool slightly. Dust thickly with icing sugar and serve in slices.

# Cherry and rice pudding strudel with nougat

Makes 2 strudels

- 1 Sieve the flour in a bowl. Mix together the egg yolk, 3 tbsp oil, 150 ml lukewarm water and a pinch of salt. Pour into the flour and knead with the kneading hook of an electric mixer until the dough is elastic. Divide the dough in 2 and form into balls. Rub each one with oil, wrap in clingfilm and leave to stand for 1 hour.
- 2 Bring the rice to the boil with the milk, sugar and vanilla pulp, and simmer for 15 to 20 minutes. Pour into a bowl and leave to cool. Wash and stone the cherries.
- 3 Beat the butter with the icing sugar and orange and lemon zest until soft. Stir in the eggs one at a time. Stir in the crème fraîche, and mix into the rice. Cut the nougat into 1½ cm thick pieces.
- 4 Roll out one ball of strudel pastry on a floured surface to a square 40 x 40 cm. Place the pastry on a floured tea towel and, with oiled hands, stretch out until paper thin. Brush with melted butter.

## Ingredients:

### For the strudel pastry:

300 g plain flour  
1 egg yolk  
5 tbsp oil · Salt

### For the filling:

120 g risotto or pudding rice  
400 ml milk  
50 g sugar  
Pulp from 1 vanilla pod  
500 g cherries  
60 g soft butter  
60 g icing sugar  
Grated zest of 1 orange and  
1 lemon  
2 medium eggs  
(room temperature)  
200 g crème fraîche  
(room temperature)  
200 g nougat

### Also:

Flour and oil for working the  
pastry  
60 g melted butter  
Butter for the tin  
Icing sugar

- 5 Spread half the rice pudding filling along one side in a 10 to 15 cm wide band. Top with half the cherries and pile half of the nougat pieces down the centre. Roll up the strudel with the help of the tea towel. Prepare the second strudel in the same way.
- 6 Grease a baking tray. Place the strudels close together on the tray with the join underneath and tuck the ends under. Brush with the remaining melted butter.
- 7 Bake at 190°C (Conventional heat) on the second shelf for 30 to 35 minutes. Pre-heat the grill (Full grill) to 240°C. Dust the strudels generously with icing sugar and grill for 2 to 3 minutes to caramelize the sugar. Remove from the oven and cool slightly.

# Éclairs

## with spiced coffee mousse

Makes 30 

1 To make the mousse, chop the chocolate and melt in a bowl over a pan of simmering water along with the spices and the coffee powder. Soften the gelatine in cold water. Beat the egg, egg yolk, sugar and liqueur in a bowl over a pan of simmering water until creamy, then stir in the chocolate. Squeeze out the gelatine and dissolve in the egg mixture. Cool the mixture to 30 to 35°C, then whip the cream and fold in gently. Place the mousse in the fridge for 2 hours.

2 To make the choux pastry, bring  $\frac{1}{8}$  l water, the milk, butter, sugar and a pinch of salt to the boil. Tip in the flour. Stir with a wooden spoon until the dough comes away from the base of the saucepan. Stir for at least 1 minute longer. Transfer the dough to a bowl and mix in the eggs one at a time, using the kneading hook of an electric mixer. Stir until the dough is smooth and shiny.

3 Grease a baking tray and dust with flour. Put half the dough into a piping bag with an 8 mm Ø nozzle, and pipe 5 cm long strips onto the baking tray, leaving a 4 cm gap between each one. Mix the egg yolk and milk and brush over the pastry.

### Ingredients:

#### For the mousse:

250 g white chocolate  
1 pinch each of ground coriander, cinnamon and cloves

1 tbsp instant espresso powder

2 leaves of gelatine

1 egg · 1 egg yolk

2 tbsp sugar

2 tbsp coffee liqueur (e.g. Kahlúa)

500 ml double cream

#### For the choux pastry:

$\frac{1}{8}$  l milk

100 g soft butter

1 tsp sugar · Salt

150 g plain flour

4 medium eggs

#### Also:

Butter and flour for the tin

1 egg yolk · 1 tbsp milk

Cocoa powder to dust

4 Bake at 190°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 17 minutes. Remove from the oven. Repeat the process with the remaining dough.

5 While the éclairs are still hot, split them lengthways and leave to cool. Put the coffee mousse in a piping bag with a star shaped nozzle and pipe into the bottom half of each éclair. Replace the top halves, dust with cocoa powder, and if desired, decorate with a little mousse and chocolate coated coffee beans.

### ►► Tips

*Kahlúa is a coffee liqueur from Mexico which has been popular in Europe for many years. It is an important ingredient in cocktails such as a White Russian and is indispensable in any cocktail bar.*



# Choux buns

## with orange caramel filling

Makes 30 

1 To make the crème, soften the gelatine in cold water. Caramelize 100 g of sugar in a saucepan until golden brown, then stir in the juice and simmer the caramel until the sugar has completely dissolved. Pour in half the cream and boil to reduce by half. Cool slightly, then stir in the squeezed out gelatine to dissolve.

2 Whip the rest of the cream until stiff. Whisk the egg whites until stiff, then gradually add the sugar. Stir the crème fraîche into the cooled orange caramel, then fold in the cream and the egg whites, a little at a time. Cover and place in the fridge.

3 To make the choux pastry, bring  $\frac{1}{8}$  l water, the milk, butter, sugar and a pinch of salt to the boil. Tip in the flour. Stir with a wooden spoon until the dough comes away from the base of the saucepan. Stir for at least 1 minute longer. Transfer the dough to a bowl and stir in the eggs one at a time, using the kneading hook of an electric mixer. Stir until the dough is smooth and shiny.

### Ingredients:

#### For the crème:

3 leaves of gelatine  
120 g sugar  
100 ml orange juice  
270 ml double cream  
2 egg whites  
130 g crème fraîche

#### For the choux pastry:

$\frac{1}{8}$  l milk  
100 g soft butter  
1 tsp sugar · Salt  
150 g plain flour  
4 medium eggs

#### Also:


Butter and flour for the tin  
1 egg yolk · 1 tbsp milk  
200 g sugar

4 Grease a baking tray and dust with flour. Put half the dough into a piping bag with a  $\frac{1}{2}$  cm Ø nozzle, and pipe walnut sized balls onto the baking tray, leaving a 4 cm gap between each one.

5 Mix the egg yolk and milk and brush over the pastry. Bake at 190°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 minutes. Remove from the oven. Repeat the process with the remaining dough.

6 Caramelize the sugar in a saucepan with 50 ml water until golden brown. Spear the choux buns on the end of a cocktail stick and dip in the caramel, then place on a wire rack to cool. Put the orange caramel crème into a piping bag with a  $\frac{1}{2}$  cm Ø nozzle. Split the buns in half and fill the lower half with the caramel crème. Replace the top halves and serve.

# Choux pastry ring with cassata crème

Makes 1 tart (24 cm Ø) 

1 To make the choux pastry, bring  $\frac{1}{8}$  l water, the milk, butter, sugar and a pinch of salt to the boil. Tip in the flour. Stir with a wooden spoon until the dough comes away from the base of the saucepan. Stir for at least 1 minute longer. Transfer the dough to a bowl and stir in the eggs one at a time, using the kneading hook of an electric mixer. Stir until the dough is smooth and shiny.

2 Defrost the puff pastry. Grease 2 baking trays. Roll out the pastry on a floured surface and cut a circle measuring 24 cm Ø. Place on one of the baking trays. Prick all over with a fork.

3 Place half the choux dough in a piping bag with a 1 cm Ø nozzle. Pipe a spiral of choux dough (starting in the centre and working out) onto the puff pastry, leaving a 1 cm rim clear round the edge of the pastry. Place the rest of the choux dough in a piping bag with a smaller nozzle ( $\frac{1}{2}$  cm Ø) and put to one side.

4 Mix together the milk and egg yolk and brush over the choux pastry. Bake at 190°C (Moisture plus with 1 automatic burst of steam) for 35 to 40 minutes. After 10 minutes, activate the automatic moisture reduction function.

## Ingredients:

### For the choux pastry:

$\frac{1}{8}$  l milk  
100 g soft butter  
1 tsp sugar · Salt  
150 g plain flour  
4 medium eggs

### For the base:

200 g puff pastry (frozen)  
2 tbsp milk · 2 egg yolks

### For the caramel:

200 g sugar

### For the crème:

50 g roasted nuts (hazelnuts,  
walnuts, almonds)  
120 ml candied fruit  
(e.g. cherries or orange peel)  
2 tbsp Amaretto  
250 ml cold double cream  
50 g icing sugar  
250 g mascarpone

### Also:

Butter for the tins  
Flour for rolling out

5 Dust the second baking tray with flour and pipe the remaining choux dough into 16 to 18 x 2 cm blobs, leaving a 4 cm gap between each. Brush with the milk and egg yolk mixture.

6 Take the base out of the oven and leave to cool. Bake the buns in the oven at 190°C (Moisture plus with 1 automatic burst of steam) for 20 to 25 minutes, activating the automatic moisture reduction function after 10 minutes. Remove the buns from the oven.

7 To make the caramel, caramelize the sugar in a saucepan with 50 ml of water until golden brown. Spear the buns on a cocktail stick, dip in the caramel, and cool.

8 Chop the nuts and candied fruit finely and mix with the Amaretto. Whip the cream with the icing sugar until stiff, and stir in the mascarpone. Stir in the nut mixture. Place the mixture in a piping bag with a 6 mm Ø nozzle and pipe into the choux buns from underneath. Arrange the buns around the edge of the pastry ring, fixing them in place with a little caramel. Spread the remaining crème lightly over the inside of the ring.



# Passion fruit sponges with vanilla syrup

*Fills 8–10 shot glasses (200 ml each)*

1 Separate the eggs. Beat the egg yolks in a bowl with the vanilla sugar and 70 g icing sugar until creamy. Mix the almonds, flour and a pinch of salt. Slightly warm the passion fruit juice and alternately stir the juice and the almond and flour mixture into the eggs.

2 Whisk the egg whites with a pinch of salt to soft peaks, then gradually, add the remaining icing sugar and whisk until thick and creamy. Fold into the passion fruit mixture a little at a time.

3 Grease the glasses and two thirds fill with the passion fruit mixture. Bake at 160°C (Conventional heat) on the second shelf for 15 to 20 minutes.

## *Ingredients:*

4 medium eggs  
1 tbsp vanilla sugar  
120 g icing sugar  
120 g ground almonds  
60 g plain flour  
Salt  
100 ml passion fruit juice  
Butter for the glasses  
1 lime  
2 cm stem ginger  
Pulp from 2 vanilla pods  
80 g sugar

4 Meanwhile, squeeze the juice from the lime. Peel and thinly slice the ginger. In a saucepan, boil 120 ml water with the lime juice, vanilla pulp, sugar and ginger. Remove the the syrup from the heat, leave to stand briefly, then remove the ginger.

5 Take the sponges out of the oven and cool slightly on a cake rack. Drizzle each one with 2 tbsp of the vanilla syrup. If desired, cut 1 passion fruit in half and spoon a little of the pulp over the sponges to garnish.

## ▶▶ **Tips**

*You can make your own vanilla sugar by placing one or two vanilla pods in a jar of caster sugar and leaving for a week or so to absorb the flavour.*



# Blueberry and yoghurt tartlets with muesli praline

For 10 tartlet tins (10–12 cm Ø)

1 To make the pastry, cut the butter into small cubes. Mix the flour, icing sugar and a pinch of salt and blitz with the butter in a food processor. Add the egg, wrap the dough in clingfilm and place in the fridge for 1 hour.

2 To make the praline, caramelize the sugar in a saucepan. Stir in the muesli and pour immediately onto a baking tray lined with baking paper. Spread out and leave to cool. Chop the praline coarsely.

3 Wash and dry the blueberries. Mix with the vanilla sugar in a saucepan, crush lightly with a fork and heat. Stir the cornflour with a little cold water until smooth and use to thicken the blueberries.

4 Grease the tartlet tins. Roll out the pastry on a floured surface to a thickness of 3 mm. Cut out circles 12 cm Ø. Line the tins so that the pastry stands 1 cm higher than the edge of the tin. Place in the fridge for 15 minutes.

## Ingredients:

### For the sweet pastry:

100 g cold butter  
250 g plain flour  
100 g icing sugar · Salt  
2 medium eggs  
(room temperature)

### For the praline:

100 g sugar  
150 g muesli

### Also:

200 g blueberries  
1 tbsp vanilla sugar  
1 tsp cornflour  
Butter to grease the tins  
Flour for the work surface  
80 g white chocolate  
200 g Greek yoghurt

5 Prick the pastry bases all over with a fork. Bake at 170°C (Fan plus) on the second shelf for 10 to 12 minutes. Remove the tartlets from the oven and leave to cool slightly. Remove from the tins and cool completely.

6 Chop the chocolate and melt in a bowl over a pan of simmering water. Brush the insides of the tartlets with the melted chocolate and leave to set. Fill each tart with 1 tbsp blueberries and 1 tbsp yoghurt. Sprinkle with the muesli praline.

## ▶▶ Tips

*Little tarts are very versatile. They can be filled with any type of sweet crème (e.g. yoghurt, quark, cream cheese) and topped with fruit of the season (e.g. raspberries or cherries).*

# Blondies with peanuts

*For 1 baking tray*

1 Roast the peanuts in a dry frying pan over a medium heat until lightly browned. Take out of the pan and put to one side.

2 In a saucepan, heat the sugar, butter and  $\frac{1}{2}$  tsp salt until the sugar has dissolved. Cool slightly, then stir in the eggs, egg yolks and vanilla pulp.

3 Sieve the flour into a bowl. Add the egg mixture and knead thoroughly with the kneading hook of an electric mixer. Line the baking tray with baking paper and spread the dough out smoothly. Coarsely chop the peanuts and sprinkle on top.

## **Ingredients:**

200 g peanuts  
400 g brown sugar  
200 g soft butter  
Salt  
2 medium eggs  
2 medium egg yolks  
Pulp from 1 vanilla pod  
350 g plain flour

4 Bake at 180°C (Conventional heat) on the second shelf for 30 to 35 minutes. Remove from the oven and cool slightly. While still warm, cut into 4 cm slices and serve.

## ▶▶ **Tips**

*As an alternative to peanuts use almonds or walnuts. You could also stir 1 to 2 tbsp raisins, dried cranberries or apricots into the dough.*

# Pine nut and apricot biscotti

Makes 40–50

1 Lightly roast the pine nuts in a frying pan without fat and leave to cool. Mix the flour with the baking powder. Finely chop the dried apricots.

2 Beat the butter with the icing sugar until soft. Add the eggs one at a time, then stir in the cinnamon, a pinch of salt and the orange zest. Add the flour mixture, stir well and knead to a smooth dough. Knead in the apricots and pine nuts.

3 Divide the dough into four. Flour your hands and roll the dough into 30 cm long logs. Line the baking tray with baking paper. Place the rolls of dough on the tray, well spaced out. Flatten them evenly so that they are 4 cm wide and 1 1/2 cm thick.

## Ingredients:

150 g pine nuts  
280 g plain flour  
1/2 tsp baking powder  
100 g dried apricots  
125 g soft butter  
185 g icing sugar  
2 medium eggs  
(room temperature)  
1/2 tsp ground cinnamon  
Salt  
1 tsp grated orange zest  
Flour for rolling out

4 Bake at 180°C (Conventional heat) on the second shelf for 30 to 35 minutes. Remove from the oven and cool on a cake rack. Do not switch off the oven. Cut the rolls into 2 cm thick slices and put the slices back on the baking tray. Bake for a further 5 to 10 minutes until golden. Remove from the oven and cool completely. Dust thickly with icing sugar.

## ▶▶ Tips

*These biscotti are delicious dunked in syrup. Bring the juice of 2 lemons to the boil with 120 g sugar, 1 bunch of basil and 400 ml water. Leave to stand for 5 minutes, pass through a sieve and leave to cool.*



# Shortbread with walnut nougat

*For one rectangular tin (20 x 30 cm)*

**1** Line the tin with baking paper. Beat the butter with the icing sugar, vanilla sugar and a pinch of salt until soft. Stir in the flour. Press the dough evenly into the tin. Bake at 160°C (Conventional heat) on the second shelf for 25 to 30 minutes. Remove from the oven and cool slightly.

**2** To make the topping, finely chop the walnuts and heat in a saucepan with the muscovado sugar, condensed milk and butter, but do not boil. When the sugar has dissolved, spread the mixture over the shortbread and place in the fridge for 20 minutes.

## *Ingredients:*

### **For the shortbread:**

250 g soft butter  
120 g icing sugar  
1 tbsp vanilla sugar  
Salt

300 g plain flour

### **For the topping:**

150 g walnuts  
120 g muscovado sugar or  
brown sugar  
120 ml condensed milk  
120 g butter  
200 g nougat  
60 ml double cream

**3** Chop the nougat into small pieces. Bring the cream to the boil in a saucepan and add the nougat. Melt gently, then carefully spread over the shortbread and put back in the fridge.

**4** Remove the shortbread from the tin. Cut in half lengthways, then cut into 2 cm wide fingers and serve with tea or coffee.

## ▶▶ **Tips**

*Muscovado sugar is a soft, unrefined cane sugar with fine crystals, a caramel aroma and slightly liquorice flavour.*









# Bread and rolls

Making bread yourself is quicker and easier than many people believe. Whether sweet or savoury, home made bread not only tastes great, it also gives you free rein to experiment with flavours. And there is nothing nicer than the smell of freshly baked rolls wafting through the house on a Sunday morning.

## To make yeast dough



1 Put the flour in a bowl and make a well in the centre. Dissolve the fresh yeast and sugar in lukewarm water, pour into the well and work a little flour in from the edge.



2 Cover and leave to rise for 15 minutes. Knead thoroughly with the kneading hook of an electric mixer. Cover and leave to rise for 30 minutes.



3 Knead the dough again briefly and roll out on a floured surface. Proceed according to the recipe and allow to rise for a further 15 minutes before baking.

## To make sour dough



1 Stir rye flour and lukewarm water together to create a thick porridge. Cover and leave for several days until the dough is grey and produces bubbles.



2 Stir in the rest of the flour and the salt and knead thoroughly with the kneading hook of an electric mixer until the dough is elastic.



3 Place the dough in a bowl lined with a floured cloth and fold the ends of the cloth over the dough. Cover the bowl with clingfilm. Leave the dough to rise overnight.

## Basics Doughs

**Yeast dough** is prepared with the help of baker's yeast. When the micro organisms of the yeast encounter favourable conditions, their ability to metabolise accelerates quickly. This produces carbon dioxide which causes the dough to rise and become lighter. Sugar is added as well as flour as additional nutrition for the yeast. Sufficient liquid and temperatures between 30 and 40°C create the perfect conditions for the yeast to grow.

**Sour dough**, like yeast dough, is used as a natural leavening agent for dough, especially for rye bread. The principle is similar to yeast dough, making use of the natural occurrence of yeast and lactic acid bacteria. A starter dough is prepared which will produce the desired micro organisms. This starter dough is sometimes available ready made.

## To make mixed flour bread



1 Put the rye kernels in a bowl and cover with water. Leave at room temperature for a day to swell. Drain through a sieve.



2 Put the rye and wheat flour in a large bowl and mix thoroughly, eg. with a whisk, and make a well in the centre.



3 Crumble the yeast. Stir together with the sour dough starter, sugar and water until the yeast has dissolved. Pour into the well in the flour.



4 Stir in some of the flour from around the edge to create a thin dough. Cover with a tea towel and leave in a warm place for 30 minutes to rise.



5 Add the rye kernels, salt and spices and stir in the rest of the flour. Knead thoroughly on a floured surface until the dough is elastic.



6 Cover and leave to rise for 1 hour. Form one or more loaves from the dough. Place on a floured baking tray and leave to rise for another hour.

## Basics Doughs

**Wheat flour** is the standard flour for baking, and forms the basis of numerous breads, cakes and biscuits. Characteristic of wheat flour are the glens which swell considerably and create a strong structure – which is why wheat flour is so favourable for baking.

**Rye flour** has a protein structure that means it cannot be used on its own with yeast to make bread. Acidifying the dough with the help of sour dough strongly improves its baking qualities and nutritional physiology. Wheat and rye flour are generally mixed together, and both yeast and sour dough are used to combine the benefits of both leavening methods and to produce a tasty bread with a good consistency.

# Rustic sour dough bread with rye flour

Makes 1 loaf (2 kg) 

1 To make the sour dough starter, place 500 g of rye flour in a bowl with 700 ml lukewarm water, stir to a thick porridge and cover with clingfilm. Leave in a warm place for at least 3 or 4 days until the starter is producing bubbles and has turned grey.

2 Mix the sour dough starter with the remaining rye flour and the wheat flour plus 1 tbsp salt. Knead with the kneading hook of an electric mixer until the dough is elastic. Line a bowl with a floured tea towel. Place the dough in the tea towel and fold the cloth over it. Cover the bowl with clingfilm so that it doesn't dry out and leave the dough to rise overnight for 12 to 14 hours.

## Ingredients:

750 g rye flour  
750 g strong white flour  
Salt  
Flour for the work surface


3 Place the dough on a floured surface and form into a round loaf. Place the loaf on a baking tray, dust with flour and cut a cross into the surface, 1 cm deep. Bake the bread at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 1 hour. The bread is ready when it sounds hollow if tapped. Remove from the oven and cool on a wire rack.

## ▶▶ Tips

*To make a loaf using a ready made sour dough starter, use 500 g rye flour, 350 g strong wholemeal bread flour, 40 g fresh yeast, 150 g sour dough, 1 tbsp sugar, 450 ml warm water and 3 tsp salt. Prepare as for yeast dough and bake as above for 50 to 60 minutes.*



# Beer rolls with aniseed

For 1 springform tin (28 cm Ø) 

1 Caramelize the sugar in a saucepan until golden brown. Pour in the beer and boil quickly until the sugar has dissolved. Remove from the heat and cool until lukewarm.

2 Sieve the flours into a bowl and make a well in the centre. Crumble the yeast and dissolve in the caramel beer, then pour into the well. Stir in some of the flour from around the edge to create a thin dough. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

3 Add the salt and aniseed and stir in the rest of the flour. Knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

## Ingredients:

100 g sugar  
625 ml dark beer (bitter)  
500 g strong white flour  
500 g plain flour  
40 g fresh yeast  
1 tbsp fine sea salt  
1 tsp aniseed  
Butter for the tin  
Flour for the work surface


4 Grease the springform tin. Divide the dough into 6 pieces and roll into balls. Place one ball in the centre of the tin and place the other balls around it. Dust with flour and leave to rise again for 30 minutes.

5 Bake at 190°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 30 to 35 minutes. Remove from the oven and cool on a wire rack. Turn out of the tin and divide into individual rolls.

## ▶▶ Tips

*If you are baking for children, try using malt beer instead of bitter. Reduce the amount of sugar to 80g, though, because malt beer is already quite sweet.*

# Mixed flour rye bread with five spices

Makes 1 loaf (1.4 kg) 

1 Put the rye kernels in a bowl and cover with water. Leave for 1 1/2 days to swell. Drain through a sieve.

2 Crumble the yeast and dissolve in 350 ml lukewarm water with the sour dough and sugar. Put both types of flour in a bowl, mix well and make a well in the centre. Pour the yeast mixture into the well. Stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 30 minutes.

3 Add the rye kernels, five spice powder and salt, and stir in the rest of the flour. Knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for an hour.

## Ingredients:

200 g rye kernels  
20 g fresh yeast  
125 g liquid sour dough  
(ready made)  
1 tbsp sugar  
300 g rye flour  
300 g strong white flour  
1 1/2 tbsp five spice powder  
1 level tbsp fine sea salt  
1 tbsp fennel seeds  
1 tbsp coriander seeds  
Flour for dusting

4 Form the dough into a long loaf and place on a baking tray. Sprinkle with fennel and coriander seeds and press them in lightly. Cover with a cloth and leave in a warm place to rise for 1 hour.

5 Dust the loaf with flour. Bake at 190°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 50 to 60 minutes. Remove from the oven and cool on a wire rack.

## ▶▶ Tips

*You can create your own five spice powder by mixing 1/2 tablespoon each of ground caraway and coriander with 1/2 teaspoon each of ground aniseed, fennel and cardomom.*



# Baguettes

## with assorted fillings

For 2 baguettes (400 g) 

1 For the dough, dissolve the yeast in the milk and 150 ml lukewarm water, and stir in the sugar. Put the flour in a bowl and make a well in the centre. Pour the yeast mixture into the well. Stir in some of the flour from around the edge to create a sticky paste. Cover the bowl with a tea towel and leave in a warm place to rise for 30 minutes.

2 Add the salt and stir in the rest of the flour. Knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

3 To make the eggplant filling, cut the pepper in half, remove the seeds and chop coarsely. Wash the eggplant and cut into small cubes. Sweat in olive oil over a medium heat for 3 to 4 minutes. Add the pepper and cook until the eggplant is soft. Season with salt and pepper. For the nut filling, roast the hazelnuts in a frying pan without fat.

### Ingredients:

#### For the dough:

300 ml lukewarm milk  
1 tsp sugar  
20 g fresh yeast  
500 g strong white flour  
1 level tbsp fine sea salt

#### For the eggplant/aubergine filling:

1 red pepper  
1 eggplant/aubergine  
(approx. 350 g)  
2 tbsp olive oil  
Salt · Ground pepper

#### For the nut filling:

200 g hazelnuts (chopped)

#### Also:

Flour for the work surface  
2 tbsp milk to glaze


4 Knead the dough again briefly, divide in half and knead the nuts into one piece. Roll each half into a 40 cm long loaf, and flatten the second one slightly. Distribute half the aubergines over the centre of the flattened dough, then fold the dough around the filling. Place the loaves on a baking tray, well spaced apart. Slash several times with a knife. Cover with a floured tea towel and leave to rise for 30 minutes.

5 Brush the dough with milk. Top the eggplant baguette with the remaining eggplant. Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 30 minutes. They are done when they sound hollow if tapped. Cool on a wire rack.

6 Try using onions or feta cheese as an alternative. For an onion baguette, knead 2 tbsp chopped thyme and 150 g fried onions into one portion of dough. For a feta baguette, knead in 200 g crumbled feta and 1 tbsp honey, then bake as above.



# Walnut bread with maple syrup

Makes 2 loaves (500 g each) 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve in the maple syrup with 300 ml lukewarm water. Pour into the well. Stir in some of the flour from around the edge to create a sticky paste. Cover the bowl with a tea towel and leave in a warm place to rise for 30 minutes.

2 Grind half the walnuts finely in a food processor, and chop the other half coarsely. Add the butter, walnuts, walnut oil and salt to the dough and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

## Ingredients:

250 g strong white flour  
250 g plain flour  
20 g fresh yeast  
1 tbsp maple syrup  
200 g walnuts  
50 g soft butter  
2 tbsp walnut oil  
1 tsp fine sea salt  
Flour for the work surface

3 Knead the dough again briefly and divide in half. Form into long loaves and place on a baking tray, well spaced apart. Cover with a floured cloth and leave to rise for 30 minutes.

4 Carefully remove the cloth. Dust the loaves with flour. Bake at 200°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 35 to 40 minutes. For a darker crust, raise the temperature towards the end of the cooking time. Cool the loaves on a wire rack for approx. 30 minutes.

## ▶▶ Tips

*To make hazelnut bread, replace the walnuts and walnut oil with the same quantities of hazelnuts and hazelnut oil. Or try using unsalted macadamia nuts and oil.*

# Potato bread with caraway

Makes 1 loaf (1 kg) | Crisp and crusty 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve in the milk. Pour into the well with the caraway and the malt extract. Stir in some of the flour from around the edge to create a sticky paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Peel the cooked potatoes and grate into the bowl. Add the egg and salt and stir in with the rest of the flour. Knead well with floured hands until the dough is elastic. Cover and leave to rise in a warm place for 30 minutes.

## Ingredients:

400 g strong white flour  
40 g fresh yeast  
100 ml lukewarm milk  
1 tbsp ground caraway  
1 tbsp malt extract  
400 g boiled floury potatoes  
(cooked the previous day)  
1 medium egg  
1 tsp salt  
Flour for the work surface  
Sea salt to sprinkle

3 Knead the dough again briefly, form into a long loaf and place on a baking tray. Sprinkle with sea salt, cover and leave to rise for a further 30 minutes.


4 Remove the cloth carefully and dust the dough with flour. Bake at 190°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 45 to 50 minutes. Remove the bread from the oven and cool on a wire rack.

## ▶▶ Tips

*Malt extract is a malt sugar syrup that is produced by a special process. It improves the flavour of bread when baking. It can be replaced by golden syrup or treacle if preferred.*

# Focaccia

## with goat's cheese and almonds

For 1 baking tray 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with the honey in 350 ml lukewarm water. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Add the lemon zest, sea salt and 5 tbsp olive oil to the dough, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

3 Knead the dough again briefly and roll out on a floured surface to a rectangle to fit the baking tray (approx. 40 x 30 cm). Place the dough on the tray. Cover with a cloth and leave in a warm place for 30 minutes to rise.

### Ingredients:

750 g strong white flour  
 40 g fresh yeast  
 1 tbsp honey  
 1 tbsp grated lemon zest  
 1 tbsp fine sea salt  
 8 tbsp olive oil  
 Flour for the work surface  
 1/2 bunch of thyme  
 70 g sugar  
 150 g almonds (skins removed)  
 200 g goats cheese

4 Wash and dry the thyme and remove the leaves. Caramelize the sugar in a frying pan. Stir in the almonds, pour onto a baking tray and leave to cool. When cold, chop the almonds coarsely.

5 Remove the cloth carefully. Break the cheese into small pieces and scatter over the dough with the almonds. Press down slightly, sprinkle with thyme and drizzle with the remaining olive oil.

6 Bake at 170°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Take out of the oven and cool on a wire rack until lukewarm. Cut into pieces and serve.



# Filled ciabatta

## with tomatoes and Parma ham

For 1 oval ring loaf (40 x 30 cm) 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with the honey in 600 ml lukewarm water. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Add the salt and olive oil to the dough, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

3 To make the filling, wash, dry and chop the basil leaves. Dice the sundried tomatoes into pieces and cut the ham into strips. Finely grate the Parmesan.

### Ingredients:

#### For the dough:

- 1 kg strong white flour
- 30 g fresh yeast
- 2 tbsp honey
- 2 level tbsp fine sea salt
- 6 tbsp olive oil

#### For the filling:

- 2 bunches of basil
- 200 g sundried tomatoes (in oil, drained)
- 12 slices Parma ham or prosciutto
- 200 g Parmesan
- 100 g capers (pickled)

#### Also:

Flour for dusting

4 Knead the dough again briefly and roll out 1 cm thick to a rectangle measuring 80 x 20 cm. Place the filling ingredients along the centre. Fold the dough over from both sides and press firmly together to seal.


5 Form the dough into an oval and press the ends together well. Place on a baking tray with the join underneath. Dust with flour and leave in a warm place for 30 minutes to rise.

6 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 40 to 50 minutes. Remove from the oven, cool on a cake rack and serve lukewarm.

### ▶▶ Tips

*Experiment with other Mediterranean products for the filling. For example, try roasted zucchini or peppers, and replace the Parmesan and basil with other types of cheese and herbs.*

# Mediterranean country bread with coarse sea salt

Makes 2 loaves (700 g each) 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with the honey in 550 ml lukewarm water. Pour into the well and stir in some of the flour from around the edge to create a sticky paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Add the sour dough, salt and olive oil to the dough, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

## Ingredients:

500 g strong white flour  
500 g plain flour  
30 g fresh yeast  
1 tbsp honey  
150 g liquid sour dough  
(ready made)  
75 ml extra virgin olive oil  
1 tbsp coarse sea salt  
Flour for dusting

3 Knead the dough again briefly and divide in half. Form into two round loaves and place on a baking tray. Cover with a cloth and leave to rise for 30 minutes.

4 Remove the cloth carefully and dust the loaves with flour. Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 40 to 50 minutes. The loaves are done when they sound hollow if tapped. Remove from the oven and cool on a wire rack.


## ▶▶ Tips

*The basic recipe can be enhanced by adding other ingredients e.g. 2 tbsp capers, chopped sundried tomatoes, fresh herbs or sliced olives.*



# Bread rolls

## with parsley pesto and aubergines

Makes 10-12 rolls 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with the sugar in 625 ml lukewarm water. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Add the salt, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

3 To make the pesto, wash and dry the herbs. Chop the leaves and purée with the olive oil, Parmesan and pine nuts. Season with salt and pepper.

4 Cut the aubergines in half lengthways then cut into  $\frac{1}{2}$  thick slices. Salt and pepper the slices then leave to drain for 10 minutes. Pat dry with kitchen paper and fry in olive oil for 2 minutes on each side.

### Ingredients:

#### For the dough:

1 kg strong white flour  
40 g fresh yeast  
2 tbsp sugar  
1 tbsp sea salt

#### For the pesto:

1 bunch of parsley  
 $\frac{1}{2}$  bunch of lovage  
100 ml olive oil  
50 g grated Parmesan  
50 g pine nuts (roasted)  
Salt · Ground pepper

#### For the eggplant:

3 aubergines/eggplants  
(900–1000 g)  
Salt · Ground pepper  
60 ml olive oil

#### Also:

Flour for the work surface

5 Knead the dough again briefly and divide in half. Roll each piece out on a floured surface to a square 40 x 40 cm and 1 cm thick. Spread evenly with pesto. Scatter the eggplant on top and roll the dough up. Cut into 5 cm thick slices. Place close together on a baking tray with the cut side up, cover and leave to rise for 30 minutes.


6 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 20 to 25 minutes. Remove from the oven, carefully separate the rolls and cool on a cake rack.

### ▶▶ Tips

*You could use slices of pumpkin in place of the eggplant. Cook them in the oven at 180°C (Fan heat) for 25 minutes until soft. The pine nuts should then be replaced by toasted pumpkin seeds.*



# Rosemary and fig rolls in a cup

For 8–10 cups (150 ml each) 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with the honey in the milk. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Add the butter and sea salt to the dough, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

3 Meanwhile, reduce the port with the sugar in a frying pan until the liquid is syrupy. Wash the figs, cut a cross in the top and place in the port syrup with the rosemary. Simmer briefly and transfer to a bowl so that the figs do not become too soft.

## Ingredients:

500 g strong white flour  
20 g fresh yeast  
1 tbsp honey  
1/4 l lukewarm milk  
40 g soft butter  
1 tsp fine sea salt  
200 ml port  
2 tbsp sugar  
10 fresh figs  
1 tbsp chopped rosemary  
Butter to grease the cups


4 Cut a sheet of baking paper into 10 small squares and dampen them with water. Grease the cups and line with the paper. Knead the dough again briefly and form into 10 evenly sized balls. Place the balls in the cups and press a hollow into the centre with your thumb. Place 1 fig and little syrup in each hollow, and leave to rise for 15 minutes.

5 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 15 to 20 minutes. Remove from the oven and cool slightly. Tip out of the cups and cool on a wire rack.

## ▶▶ Tips

*For an alternative filling, rapidly fry 100 g dried apricots with 2 tsp chopped chervil and 100 g diced bacon, cool and knead into the dough.*

# Savoury bread rolls with onions and marjoram

Makes 8 rolls 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with the honey in 625 ml lukewarm water. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Add salt, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 45 minutes.

3 To make the filling, wash and dry the marjoram, and remove the leaves. Peel and finely slice the onions. Brown the onions in the oil over a medium heat until crisp. Stir in the marjoram, add the sugar and caramelize. Season with a pinch of sea salt. Put one third of the mixture to one side and knead the rest into the dough.

## Ingredients:

### For the dough:

- 1 kg strong white flour
- 30 g fresh yeast
- 2 tbsp honey
- 2 level tbsp sea salt

### For the filling:

- 1 bunch of marjoram
- 300 g onions
- 2 tbsp oil
- 1/2 tbsp sugar
- Sea salt
- 1 red pepper
- 200 g scamorza  
(smoked mozzarella)

### Also:

- Butter for the tins
- Flour for the work surface


4 Grease 8 individual bread tins (400 ml capacity) and line with baking paper.

5 Halve and deseed the pepper and chop finely. Cut the scamorza into 8 cubes. Flour your hands and form the dough into 8 evenly sized discs. Place a piece of scamorza and some chopped pepper on each. Seal the dough around the filling and roll into balls. Place the balls in the baking tins and scatter the remaining onions on top. Leave to rise for 30 minutes.

6 Bake at 170°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 20 minutes. Remove from the oven and cool slightly. Tip out of the tins and leave on a wire rack until lukewarm.

# Banana bread rolls

## with macadamia nuts

For 1 springform tin (28 cm Ø) 

1 Put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve with 60 ml maple syrup in the milk. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Squeeze the lime. Peel the bananas and purée with the lime juice. Weigh out 300 g of purée, and if there is not enough, make up the difference with water. Add the purée and a pinch of salt to the dough, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 30 minutes.

### Ingredients:

500 g strong white flour  
 20 g fresh yeast  
 100 ml maple syrup  
 50 ml lukewarm milk  
 1 lime  
 2–3 bananas  
 Salt  
 Butter for the tin  
 200 g roasted, salted macadamia nuts

3 Knead the dough again briefly then form into golf ball sized balls. Pack together in the springform tin, cover and leave to rise for 30 minutes.

4 Brush the dough with the remaining maple syrup. Chop the nuts finely and sprinkle on top.

5 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Remove from the oven and cool slightly. Remove from the tin and cool on a cake rack.

### ▶▶ Tips

*Macadamia nuts are harvested from an evergreen tree native to Australia that can live for over 100 years. The nuts are extremely hard to extract making them very expensive. Their creamy texture and crunchy bite make them the perfect ingredient in baking.*



# Chocolate plait with chilli

Makes 2 loaves 

1 Heat the milk in a saucepan. Chop the chocolate and stir into the milk to melt. Leave until lukewarm.

2 Put the flour in a bowl and make a well in the centre. Add the sugar, chilli powder and finely crumbled yeast and pour the chocolate milk into the well. Stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

3 Add the egg, butter and a pinch of salt to the dough, stir in the rest of the flour and knead with the kneading hook of an electric mixer for at least 2 minutes until the dough is shiny and elastic. If the dough is too soft, add more flour. Cover with a damp tea towel and leave in a warm place to rise for a further 30 minutes.

## Ingredients:

150 ml milk  
150 g plain chocolate  
600 g strong white flour  
1 tbsp sugar  
1/2 tsp chilli powder  
40 g fresh yeast  
1 medium egg  
120 g soft butter  
Salt  
Flour for the work surface  
1 medium egg yolk  
50 ml double cream

4 Knead the dough again briefly and divide in half. Divide each half into three and roll out on a floured surface into 25 cm long pieces. Use three to make a plait and fold the ends in underneath. Repeat with the other three pieces.

5 Place the plaits on a baking tray. Mix the egg yolk and cream and brush over the dough. Leave to rise for 30 minutes.

6 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Remove from the oven and cool on a wire rack.

## ▶▶ Tips

*The chocolate plait goes well with ice cream such as vanilla, walnut or chocolate. Slice the plait and serve with ice cream and roasted almond flakes.*

# Sweet espresso rolls

## with vanilla butter

Makes 10 rolls 

1 To make the vanilla butter, beat the butter with the vanilla pulp and icing sugar until soft. Put in a little bowl and place in the fridge.

2 For the dough, put the flour in a bowl and make a well in the centre. Crumble the yeast and dissolve in the condensed milk and espresso. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

3 Work in the rest of the flour and the salt and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 30 minutes.

### Ingredients:

#### For the vanilla butter:

100 g soft butter  
Pulp of 1 vanilla pod  
2 tbspc icing sugar

#### For the dough:

500 g strong white flour  
100 ml sweetened condensed milk  
200 ml lukewarm strong espresso  
20 g fresh yeast  
Salt  
80 g Amarettini  
(Italian almond biscuits)

4 Chop the amarettini coarsely and knead into the dough. Divide into 10 evenly sized pieces and roll into balls.

5 Cut a sheet of baking paper into 10 strips 6 x 30 cm. Roll the balls up in the paper and tie loosely with kitchen string. Place on a baking tray and leave to rise for 30 minutes.

6 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 20 to 25 minutes. Remove from the oven and cool slightly. Remove the baking paper and cool on a wire rack. Spread with vanilla butter while still warm and serve.

### ▶▶ Tips

*Amarettini are light, crunchy Italian almond biscuits. They take their name and characteristic flavour from the addition of amaretto liqueur and go very well with coffee.*



# Cherry focaccia with rosemary

Makes 10 small rolls 

1 Put the flour and rosemary in a bowl and make a well in the centre. Crumble the yeast and dissolve in the milk with the sugar. Pour into the well and stir in some of the flour from around the edge to create a thin paste. Cover the bowl with a tea towel and leave in a warm place to rise for 15 minutes.

2 Wash, dry and stone the cherries. Stir with the sugar and put to one side. Work the rest of the flour and a pinch of salt into the dough and knead with the kneading hook of an electric mixer for at least 5 minutes until the dough is shiny and elastic. Cover with a damp tea towel and leave in a warm place to rise for a further 30 minutes.

3 Knead the dough again briefly, divide into 10 evenly sized pieces and roll out on a floured surface into 1 cm thick discs. Place on a baking tray.

## Ingredients:

### For the dough:

500 g strong white flour  
1 tbsp chopped rosemary  
20 g fresh yeast  
2 tbsp sugar  
300 ml lukewarm milk  
Salt

### Also:

400 g cherries  
2 tbsp sugar  
Flour for the work surface  
2 tbsp icing sugar  
100 g white chocolate

4 Distribute the cherries evenly over the dough, and press down lightly. Dust with icing sugar and leave to rise for 30 minutes.

5 Bake at 180°C (Moisture plus with 1 automatic burst of steam) on the second shelf for 25 to 30 minutes. Remove from the oven and cool on a wire rack. Grate the chocolate coarsely and scatter over the cooled focaccia.

## ▶▶ Tips

*Sweet focaccia tastes equally good with other fruit. Try raspberries, blackberries or blueberries. Sliced apricots and apples could also be baked on top.*



Almond and ricotta cake with plain chocolate	154	Choux buns with orange caramel filling	190
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## P H O T O G R A P H Y

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