

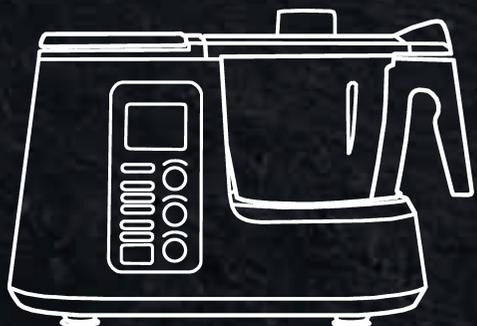
COOKBOOK

MAKE THE MOST OF YOUR
KITCHEN ASSISTANT



monsieur
cuisine

édition plus



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IMPORTANT NOTES ON THIS BOOK

- The oven temperatures specified here refer to an electric cooker with top and bottom heat unless otherwise stated. If you have a fan oven, reduce the given temperature by 20 °C.
- Unless otherwise specified, food should always be cooked on the middle shelf of the oven.
- If no diameter is given for baking tins, the cake, tart and quiche mixtures are for tins with a 26-cm diameter.
- The equipment settings set out here are intended as guidelines for you to follow. Depending on the size and ripeness of the fruit and vegetables that you are using, you may want to make slight adjustments. You should also feel free to make minor alterations to suit your own taste.
- Weight specifications for fruit and vegetables always refer to their untrimmed raw weight.
- How to make 500 ml of stock: mix 500 ml of hot water and 1 stock cube (or 2 teaspoons of stock powder or 1–2 tablespoons of homemade stock concentrate).

SYMBOLS USED IN THE RECIPES

-  Portions
-  Difficulty level
-  Average nutritional values
-  Preparation time (+ additional time) and total time

ABBREVIATIONS

CH	=	carbohydrate	kJ	=	kilojoule
cm	=	centimetre	l	=	litre
F	=	fat	ml	=	millilitre
g	=	gram	P	=	protein
kcal	=	kilocalories	tbsp	=	tablespoon
kg	=	kilogram	tsp	=	teaspoon



You can find lots more recipes, tips and tricks, and our online shop, at:
www.monsieur-cuisine.com

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WELCOME TO THE WORLD OF



monsieur cuisine édition plus

Hours of chopping and constant stirring are a thing of the past, thanks to Monsieur Cuisine, which really pulls its weight as your kitchen assistant. Prepare fresh dishes quickly and easily, whether you need to whip up delicious soups and sauces; a range of vegetable, meat or fish dishes; healthy smoothies; delectable puddings; or irresistible baked treats.

Monsieur Cuisine combines lots of practical functions in a single machine and can help with most kitchen tasks; not only is it adept at chopping, stirring, pureeing, blending and beating, but it can also boil, sauté and steam food. Its myriad functions allow it to stand in for a plethora of kitchen appliances. This saves not only money, but also space in your kitchen.

Several processes can now be done in a single step, and messing around with pots and pans is largely unnecessary. Gone are the days when you needed two or three kitchen appliances to make a dish. Your Monsieur Cuisine can do all of that for you now – it makes cooking a breeze.

Take time to get to know your way around your new Monsieur Cuisine food processor. The chopping function in particular needs a bit of getting used to. The necessary timings are always given in the recipes, but these can be shortened or extended according to your own preference. Do a test run to find your rhythm. The more you cook with Monsieur Cuisine, the faster you will become familiar with its functions.

Monsieur Cuisine is suitable for complete novices and keen amateur cooks alike. Use the recipes from this book as a guide when starting off, and you can later adjust the instructions for your favourite savoury dishes and sweet treats to your own taste. Lots of tips and tricks, easy-to-read tables for dealing with the essential ingredients, and a whole host of basic recipes should help you get off to a smooth start with your Monsieur Cuisine.

WE HOPE YOU HAVE LOTS OF FUN, ENJOYMENT AND GREAT RESULTS WITH YOUR FOOD PROCESSOR.

WITH MONSIEUR CUISINE, YOU CAN REALLY GET BACK TO ENJOYING COOKING.



GENERAL TIPS FOR USING YOUR APPLIANCE

- Choose a clear, stable worktop as a space for your Monsieur Cuisine food processor.
- Before first use, make sure that the blender jug is completely clean, free of grease and dry.
- Always use the measuring beaker unless otherwise stated in the recipe – except if you use the roast button.
- Note that the measuring beaker will become hot when the heating function is activated, and that hot steam may escape when additional ingredients are added through the filler opening.

PLEASE NOTE THE FOLLOWING:

- Use no more than 500 g flour when making dough.
- Use no more than 500 g minced meat in a recipe.
- Do not exceed the maximum filling volume of 2.2 l.

FUNCTIONS AT A GLANCE

CHOPPING AND GRINDING

A lot of time spent on kitchen tasks is taken up with preparing and chopping food. Everyone knows how time-consuming it can be to prepare crudités, for instance. But now Monsieur Cuisine can chop up carrots, apples, celery or white cabbage for you in seconds, transforming vegetables into a crunchy and flavoursome raw vegetable salad.

Even the hardest foods like grains, or oily seeds and nuts like linseed, poppy seed and almonds, or chocolate, present no problem. We have provided guide timings in the table here to show how long certain foods should be chopped.

However, these may vary according to the ripeness of the food or how dry it is, and your personal taste and preferences may also come into play. Have a go at using our suggestions and adjust the timings if you wish.

TIPS AND NOTES

- You are recommended to use a spatula to scrape the chopped or beaten food down from the inner walls of the blender jug between stages. This is particularly important if you have a small quantity of food that will then have to be sautéed.
- Nuts, chocolate and cheese should always be chopped at the very beginning of the cooking process, when the blender jug is still cool and dry.

- If you need to chop up larger quantities, you are recommended to do this in batches, as this will give you more even results.
- The turbo button switches immediately to the highest rotating speed. Add roughly chopped food to the blender jug and press the turbo button. The food processor will operate at full power for as long as you keep the button pressed down. This is handy for quickly chopping up Parmesan or garlic, or for fine granulated sugar.
- Foods with a harder consistency (e.g. carrots) should be cut into smaller sticks about 3–4 cm long before being added to Monsieur Cuisine, as otherwise they could become jammed in the blades.

FOOD	QUANTITY	SETTING	TIME
Almonds	200 g	10	15 seconds
Apples (in pieces)	600 g	5	6 seconds
Bread rolls	1	8	20 seconds
Buckwheat	250 g	10	1 minute
Cabbage (red/white)	500 g	5	10 seconds
Carrots (sliced, approx. 5 cm)	500 g	6	8 seconds
Chocolate/ chocolate coating	200 g	8	15 seconds
Coffee beans	100 g	9	1 minute
Garlic	1 clove	8	5 seconds
Herbs	20 g	6	8 seconds
Ice cubes	200 g	8	20 seconds
Linseed	100 g	10	15 seconds
Meat (frozen)	100 g	8	15 seconds
Nuts	200 g	10	15 seconds
Oats	250 g	10	1 minute
Onions	1	5	6 seconds
Peppercorns	20 g	10	20 seconds
Poppy seeds	250 g	9	40 seconds
Potatoes (in pieces)	1 kg	5	12 seconds
Rye	250 g	10	1 minute 30 seconds
Sesame seeds	50 g	9	20 seconds
Spelt	250 g	10	1 minute
Spices	20 g	10	45 seconds
Sugar	100 g	10	20 seconds
Wheatberries	250 g	10	1 minute 30 seconds

STIRRING, PURÉEING AND BEATING

Whether you want to purée fruit for a delicious smoothie, make a healthy cream of vegetable soup, beat egg whites, whip double cream until it forms stiff peaks, or stir fruit jams, the Monsieur Cuisine food processor makes everything utterly easy and trouble free. There's no more tedious standing over the cooker, so you're free to get on with other things.

TIPS AND NOTES

- When puréeing, gradually increase the speed setting until the top level specified in the recipe has been reached. This will give you the best results.
- To whip up creamy mixtures (e.g. smoothies), it's best to work without the mixer attachment. You'll get a good consistency by selecting speed setting 8 and whipping the mixture for 30 seconds or longer.
- Only use the mixer attachment if it is specified in the recipe.
- Emulsification works best if all the ingredients are at the same temperature. For instance, you can make mayonnaise with your Monsieur Cuisine food processor within 5 minutes on speed setting 4. Unlike conventional mayonnaise recipes, here the whole egg is used, rather than just the yolk.
- When emulsifying the mayonnaise, put the lid over the filler opening. If you now pour the oil very slowly through the lid of the blender jug, it will be added drop by drop and run slowly down the measuring beaker attachment into the blender jug. Easy peasy!
- When preparing large or hot volumes of liquid, your food processor turns up the speed settings one by one. The advantage of this is that even large quantities of liquid get stirred up slowly, so you can largely avoid any of the content spurting out or spilling over the edge.
- The mixer attachment is useful if a lot of air has to be worked into the food, as is the case when beating egg whites or double cream until they form stiff peaks. The mixer attachment can be placed on the blade assembly and used up to speed setting 4.
- Do keep an eye on the cream as it is being beaten, as the time required depends on the temperature and the fat content of the cream.

FOOD	QUANTITY	SETTING	TIME
Double cream, beaten to form stiff peaks	200 g	4	3 minutes, checking constantly
Fruit, uncooked, purée	250 g	9	1 minute
Vegetables, cooked, purée	250 g	9	45 seconds
Vegetables, uncooked, purée	250 g	9	1 minute

- For delicate dishes that only need stirring, not chopping (e.g. risotto, chunky soups), we recommend gentle stirring on speed setting 1 or, even better, with the reverse programme.

BOILING, SAUTÉING AND STEAMING

Your Monsieur Cuisine food processor allows you to boil potatoes, pasta, rice and pulses quickly and easily, without needing extra dishes or pans. Cooking times can vary greatly depending on the type of rice or pasta, so do always pay attention to the times stated on the food packaging.

For lots of dishes, the first step is to sauté or brown root vegetables, onions or garlic in oil or butter. This process allows the cooking flavours to develop, and the structure of the food to change. The integrated cooking function of the Monsieur Cuisine food processor means that this process is complete within a short space of time.

The method of cooking over rising steam has been known for over 5000 years. Hot steam encloses the food on all sides, so that it is cooked very gently. The food does not become watery, tasteless or dried out, but retains its natural flavours and vitamins very well. What's more, there's no need to use fat in the cooking process, so you can avoid unnecessary calories – good news for those keen to maintain a healthy diet!

The Monsieur Cuisine food processor allows you to prepare complete dishes. Using the different levels, you can cook vegetables and fish, red meat or poultry at the same time as an accompaniment of potatoes, pasta or rice. This saves both time and electricity.



TIPS AND NOTES

- Make sure that your Monsieur Cuisine food processor is standing separately from other objects in your kitchen, so that the escaping steam can dissipate without causing problems.
- Always use potholders when touching the steam container, and lift the lid away from the direction in which you are facing.
- Distribute the food that you want to cook evenly in the deep or shallow steamer basket, leaving some slits free so that the steam can spread freely. This ensures that all the ingredients will cook evenly.
- When steaming fish and meat, you are recommended to line the steamer basket with a moistened piece of baking parchment so that the food does not stick to the basket. Note: Some slits should remain uncovered so that the steam can circulate.
- Use the shallow steamer basket for ingredients with a shorter cooking time.
- The cooking time given in the recipe can be adjusted slightly depending on the size, thickness and consistency of the food.
- In addition to the steamer attachment, you can also use the cooking pot to steam food. Always make sure that there is enough water in the blender jug (500 ml for steaming in the cooking pot, 1 l for steaming in the steamer attachment). The liquid (e.g. water or stock, depending on the recipe) is heated to 120 °C, producing steam, which rises upwards and circulates.
- Use the cooking liquid from the condensed steam to make sauces – this will make them particularly flavoursome.

FOOD	QUANTITY	COOKING TIME
VEGETABLES		
Asparagus, whole spears	500 g	18 minutes
Beans, green, whole	500 g	10 minutes
Broccoli, in florets	500 g	12 minutes
Brussels sprouts, whole	500 g	12 minutes
Cabbage, shredded	500 g	12 minutes
Carrots (approx. 3-mm slices)	500 g	12 minutes
Carrots, whole, very thin	500 g	12 minutes
Cauliflower, in florets	500 g	15 minutes
Courgettes (approx. 5-mm slices)	500 g	12 minutes
Fennel (approx. 1-cm slices)	800 g	12 minutes
Kohlrabi (approx. 1-cm slices)	500 g	15 minutes
Leek (approx. 1-cm rings)	500 g	6 minutes
Mangetout, whole	200 g	8 minutes
Mushrooms, sliced	250 g	15 minutes
Peas, frozen	250 g	8 minutes
Pepper (approx. 1-cm strips)	500 g	10 minutes
Potatoes, peeled and quartered	100 g	15 minutes
Potatoes, small, skin on	800 g	15 minutes
Spinach, fresh	250 g	8 minutes
FRUIT		
Apples, quartered	500 g	12 minutes
Apricots, halved	500 g	10 minutes
Peaches, halved	500 g	10 minutes
Pears, quartered	500 g	12 minutes
Plums, halved	500 g	12 minutes
MEAT		
Chicken breast fillet, in portion-sized pieces	500 g	12 minutes
Chicken breast fillet, whole	150 g	15 minutes
Meatballs	500 g	15 minutes
Turkey fillet, in portion-sized pieces	500 g	12 minutes
Turkey fillet, whole	150 g	15 minutes
FISH		
Mussels	1 kg	15 minutes
Pollock fillet	1–4 pieces, 200 g each, 2 cm thick	12 minutes
Prawns, raw	250 g	10 minutes
Salmon fillet	1–4 pieces, 300 g each, 3–4 cm thick	12 minutes
Trout, whole	2 pieces, 250 g each	15 minutes

MONSIEUR CUISINE AT A GLANCE

For a detailed explanation of all functions, please refer to the instruction manual enclosed with the machine.



OVERVIEW OF ALL BUTTONS AND AUTOMATIC PROGRAMMES

TARE BUTTON

Place the mixing container on the scale and press TARE. Now you can add the ingredients and you will see the weight on the display. To turn off the scale, press down the TARE button again for a few seconds or turn any knob.

TURBO BUTTON

The turbo button can be used for chopping food quickly (e.g. garlic cloves). Press and hold the button down to activate this function. The turbo button only works without a set temperature, so you can only use it for cold ingredients.

KNEAD BUTTON

Press the knead button to run the following pre-set programme: duration: 1 minute 30 seconds.

The run time can be increased to 3 minutes. The temperature and speed are not adjustable.

The programme alternates between clockwise and anti-clockwise rotation and has automatic pauses.

STEAMER BUTTON

Press the steamer button to run the following pre-set programme: 20 minutes/120 °C/speed setting 0.

The run time can be increased to a maximum of 60 minutes. The temperature and speed are not adjustable.

The steamer button will blink while the steamer is heating up. This only stops when the required temperature is reached (this takes approx. 10 minutes). If you want to interrupt the heating-up process (for instance, if the blender jug and its contents are already hot), press the steamer button again to stop the operation.

ROAST BUTTON

Press the roast button to run the following pre-set programme: 7 minutes/130 °C/speed setting 1. Anti-clockwise rotation is a pre-set feature of this function.

The time can be increased to 14 minutes, and the temperature can be adjusted. The speed cannot be changed.

During the browning process the bottom of the blender jug heats up to 130 °C. The blades only turn anti-clockwise, so they do not chop the food. The appliance automatically pauses between each stirring stage, allowing the cooking flavours to develop properly.

If you're using the roast button, remove the measuring beaker from the lid of the blender jug so that the steam can escape.

REVERSE BUTTON

When using the reverse button, the appliance stirs the food in an anti-clockwise motion, without chopping it. The programme can be used up to speed setting 3. Both the temperature and the time can be freely selected.



VANILLA SUGAR

1 vanilla pod
250 g sugar

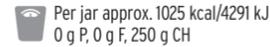
1. Cut the vanilla pod in half. Slice both halves lengthways with a sharp knife and pull apart slightly. Fill a screw-top jar with half the sugar, add the vanilla pod pieces and top up with the remaining sugar. Shake the jar well and leave the contents to infuse for at least 2 days.
2. Put the vanilla sugar mixture into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. If necessary, repeat the procedure.
3. Return the vanilla sugar to the jar and keep it dry until use.

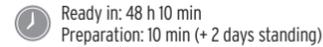
TIP

→ 1 teaspoon of homemade vanilla sugar corresponds to 3 teaspoons of commercially produced vanilla sugar.

 Makes 1 jar (250 g)

 Easy

 Per jar approx. 1025 kcal/4291 kJ
0 g P, 0 g F, 250 g CH

 Ready in: 48 h 10 min
Preparation: 10 min (+ 2 days standing)

BEATING EGG WHITES

1. Insert the mixer attachment in the blender jug.
2. Pour the egg whites into the blender jug and, with the measuring beaker in place, whip until stiff for **4 minutes 30 seconds/speed setting 4**. Half way through, add 1 pinch of salt via the filler opening.

4 egg whites (medium)
1 pinch of salt

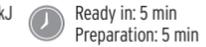
TIP

→ To beat egg whites, the blender jug and the mixer attachment must be cool, clean and free of grease.

 For 4 egg whites

 Easy

 Per egg white approx. 20 kcal/84 kJ
4 g P, 0 g F, 0 g CH

 Ready in: 5 min
Preparation: 5 min

MELTING CHOCOLATE

200 g chocolate coating
or chocolate

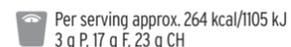
1. Place the chocolate in pieces in the blender jug and, with the measuring beaker in place, chop for **15 seconds/speed setting 8**.
2. Use the spatula to scrape the chocolate down the inside of the blender jug. Then, with the measuring beaker in place, melt for **2 minutes 30 seconds/50 °C/speed setting 1**.
3. If the chocolate is not entirely melted scrape the mixture down the inside of the blender jug and, with the measuring beaker in place, continue to melt for **1 minute 30 seconds/50°C/speed setting 1**.

TIP

→ Dip biscuits or nut wedges into the melted chocolate as decoration.

 Serves 4

 Easy

 Per serving approx. 264 kcal/1105 kJ
3 g P, 17 g F, 23 g CH

 Ready in: 3 min 30 sec
Preparation: 1 min (+ 2 min 30 s melting)

BOILING EGGS

1. Pour 500 ml cold water into the blender jug.
2. Place the eggs in the cooking pot, place this in the blender jug and, with the measuring beaker in place, boil the eggs for the **length of time according to hardness required/120 °C/speed setting 1**.

4 eggs (medium)

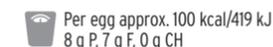
- **9 minutes:** soft boiled
- **11 minutes:** egg yolk buttery
- **14 minutes:** hard boiled

TIP

→ To make a larger quantity of hard-boiled eggs – for an egg salad for example – place the eggs in the cooking pot and the deep steamer basket and cook them with the **steamer button/12 minutes**.

 For 4 eggs

 Easy

 Per egg approx. 100 kcal/419 kJ
8 g P, 7 g F, 0 g CH

 Ready in: 9-14 min
Preparation: 9-14 min

COOKING PASTA

1½ tsp salt
300 g pasta

PLUS:
1 tsp butter

1. Pour 1.7 litres of cold water into the blender jug, add 1½ teaspoons of salt and, with the measuring beaker in place, bring to the boil for **10 minutes/100 °C/speed setting 1**.
2. Pour the pasta into the jug through the lid opening and, with the measuring beaker in place, cook with the **reverse button/time according to packet instructions/100 °C/speed setting 1**.
3. Drain pasta in a sieve and serve dabbled with butter, if desired.

TIP

→ Spaghetti can also be cooked according to this method. Simply add to the boiling water via the lid opening.



Serves 2



Easy



Per serving approx. 585 kcal/2449 kJ
17 g P, 8 g F, 108 g CH



Ready in: 25 min (depending on the kind of pasta)
Preparation: 5 min (+ 10 min boiling, cooking time of the pasta)

BOILING POTATOES

1. Pour 500 ml cold water into the blender jug. Thoroughly wash and scrub the potatoes, place in the cooking pot and place this in the blender jug.
2. For boiled potatoes, peel and wash the potatoes, cut into quarters or eighths, depending on size, and place in the cooking pot.
3. Sprinkle the salt and caraway (only for potatoes cooked in their skins) on top and, with the measuring beaker in place, steam with the **steamer button/15 minutes**.

800 g small, waxy potatoes
1 tsp salt
1 tsp caraway



Serves 4



Easy



Per serving approx. 154 kcal/645 kJ
4 g P, 0 g F, 35 g CH



Ready in: 25 min
Preparation: 10 min (+ 15 min cooking)

BOILING RICE

200 g parboiled rice
(cooking time: 20 minutes)
1 tsp salt
1 tsp butter

1. Put the parboiled rice in the cooking pot, attach to the blender jug, sprinkle 1 teaspoon of salt on top and pour 1.5 litres of cold water into the blender jug on top of the rice.
2. With the measuring beaker in place, boil for **30 minutes/100 °C/speed setting 1**.
3. Half way through, stir once with the spatula. Dab the cooked rice with butter.

TIP

→ Cooking time can vary depending on the type of rice.

MASHED POTATOES

1. Pour 500 ml cold water into the blender jug. Peel, wash and halve the potatoes, put in the cooking pot, hang it in the blender jug and, with the measuring beaker in place, steam with the **steamer button/15 minutes**.
2. Remove the cooking pot and pour away the water. Put the potatoes into the blender jug with the milk and butter and, with the measuring beaker in place, chop for **6 seconds/speed setting 6**.
3. Season with nutmeg, pepper and salt, and stir in the seasoning for **10 seconds/speed setting 2**. Serve the mashed potatoes hot.

800 g small, floury potatoes
250 ml milk at room temperature
(fresh whole milk, 3.5% fat)
20 g butter
nutmeg, pepper and salt to taste

VARIATIONS

- Season with a little freshly grated horseradish.
- Cook 350 g diced Hokkaido pumpkin with the potatoes.
- Stir 100 g freshly grated Parmesan (32% fat) into the mashed potato.
- Mix in freshly chopped herbs.



Serves 4



Easy



Per serving approx. 204 kcal/854 kJ
6 g P, 6 g F, 34 g CH



Ready in: 25 min
Preparation: 10 min (+ 15 min cooking)



Serves 2



Easy



Per serving approx. 353 kcal/1478 kJ
7 g P, 1 g F, 77 g CH



Ready in: 35 min
Preparation: 5 min (+ 30 min cooking)

POTATO FRITTERS

1 kg floury potatoes
2 onions (100 g)
20 g cornflour
1 tsp salt
1 big pinch of pepper
2 eggs (large)
5 tbsp oil for frying

1. Peel, wash and halve the potatoes and put them into the blender jug. Peel and halve the onions and add to the potatoes.
2. Add the cornflour, 1 teaspoon of salt and 1 big pinch of pepper and, with the measuring beaker in place, chop for **12 seconds/speed setting 5**.
3. Add the eggs and, with the measuring beaker in place, mix with the **reverse button/20 seconds/speed setting 3**. Season with salt and pepper and, with the measuring beaker in place, mix with the **reverse button/10 seconds/speed setting 2**.
4. Heat the oil in a non-stick frying pan, put 1 large tablespoon of the mixture in it and fry little potato fritters one by one.

TIP

→ Serve the potato fritters according to taste with apple sauce, cranberries or smoked salmon.



Serves 4



Easy



Per serving approx. 358 kcal/1499 kJ
9 g P, 15 g F, 46 g CH



Ready in: 25 min
Preparation: 25 min

GRATED PARMESAN

1. Remove the rind from the Parmesan and cut into dice measuring 3 cm. Put the pieces into the blender jug and, with the measuring beaker in place, chop for **20 seconds/speed setting 10**.
2. Repeat the process, if desired.

150 g Parmesan (32% fat)

TIP

→ You can also grate Gouda, Emmental and other hard cheese as described above. These cheeses are softer than Parmesan, however, and should only be processed when chilled. You can adjust the time and speed settings as you prefer.



Serves 1 (150 g)



Easy



Per serving approx. 374 kcal/1566 kJ
36 g P, 26 g F, 0 g CH



Ready in: 5 min
Preparation: 5 min

PANCAKES

4 eggs (large)
1 pinch of salt
500 g plain flour (type 405)
800 ml milk at room temperature
(fresh whole milk, 3.5% fat)
2 tbsp butter

1. Place all the ingredients except the butter in the blender jug and, with the measuring beaker in place, stir for **35 seconds/speed setting 4** to make a smooth batter.
2. Allow the batter to rest for 10 minutes.
3. Heat some butter in a frying pan and ladle the batter in portions into the pan.
4. Fry the pancake on each side for about 2 minutes until golden.
5. Keep the finished pancake in a warm place and fry another 9 from the remaining batter.

TIP

→ Pancakes are delicious with sweet and savoury fillings, or simply served with fruit, jam or ice cream or sprinkled with a mixture of sugar and cinnamon.

YOGHURT

1. Pre-heat the oven to 50 °C.
2. Put the milk at room temperature into the blender jug and, with the measuring beaker in place, heat for **7 minutes/45 °C/speed setting 1**.
3. Add the yoghurt, and, with the measuring beaker in place, stir for **3 minutes/speed setting 2**.
4. Sterilise screw-top jars in hot water and leave to dry upside down on a tea towel.
5. Pour the milk and yoghurt mixture into the jars, close and put in the dark oven, wrapped in tea towels, for 6 hours. Ensure the oven is turned off. Do not touch the jars and do not open the oven door.
6. Then store the yoghurt in the refrigerator until required.

1 l milk at room temperature
(UHT milk, 3.5% fat)
150 g Greek yoghurt (10% fat)

TIP

→ The yoghurt will keep in the refrigerator for up to 3 days.



Makes 4 jars (290 ml each)



Easy



Per jar approx. 141 kcal/590 kJ
8 g P, 8 g F, 9 g CH



Ready in: 6 h 10 min
Preparation: 10 min (+ 6 h standing)



Makes 10



Easy



Per pancake approx. 284 kcal/1189 kJ
12 g P, 7 g F, 41 g CH



Ready in: 35 min
Preparation: 25 min (+ 10 min standing)



VEGETABLE STOCK CONCENTRATE

- 2 small onions (100 g)
- 2 small carrots (100 g)
- 1 stick of celery (100 g)
- 1 piece of parsley root (100 g)
- 1 small leek (100 g)
- 4 sprigs of fresh mixed herbs to taste
- 2 garlic cloves
- 100 g dried tomatoes
- 1 tsp dried oregano
- 1 tsp dried marjoram
- 1 tsp ground pepper
- 25 g sea salt
- 2 tbsp olive oil

1. Trim the vegetables and peel if necessary; wash, dry and coarsely chop. Wash the herbs, pat dry and remove the leaves from the stalks. Peel the garlic cloves.
2. Put the vegetables, herbs, garlic cloves, dried tomatoes, oregano, marjoram and 1 teaspoon of ground pepper into the blender jug and, with the measuring beaker in place, chop finely for **20 seconds/speed setting 6**. Use the spatula to scrape everything down the inside of the blender jug.
3. Add the sea salt, 30 ml water at room temperature and the olive oil and, the measuring beaker not inserted, cook everything for **25 minutes/100 °C/speed setting 2**.
4. Then, with the measuring beaker in place, blend for **1 minute/speed setting 10**. Pour while hot into sterilised screw-top jars. Seal the jars and allow to cool.

TIPS

- Add 1–2 tablespoons of stock concentrate to 500 ml hot water and dissolve like commercial stock.
- If adults are eating without children, the water can be replaced by white wine.
- If kept well chilled, the stock concentrate will keep for several months.



BEEF STOCK CONCENTRATE

1. Dice the meat (3-cm squares), put in freezer for 20 minutes and then chop in 2 portions in the blender jug, with the measuring beaker in place, for **30 seconds/speed setting 8**. Decant into another container.
2. Wash, trim and dry the vegetables and fresh herbs. Roughly chop the vegetables. Remove the leaves of the herbs from the stalks. Finely chop the vegetables and herbs with the thyme and 1 teaspoon of ground pepper in the blender jug, with the measuring beaker in place, for **20 seconds/speed setting 6**. If necessary, use the spatula to help. Then use the spatula to scrape the mixture down the inside of the blender jug.
3. Add the sea salt, 50 ml water at room temperature, the olive oil and the meat, and, the measuring beaker not inserted, cook everything for **25 minutes/100 °C/speed setting 2**.
4. Then, with the measuring beaker in place, blend for **1 minute/speed setting 10**. Pour while hot into sterilised screw-top jars. Seal the jars and allow to cool.

- 300 g lean beef (without bones or fat)
- 100 g dried tomatoes
- 2 small onions (100g)
- 2 small carrots (100 g)
- 1 stick of celery (100 g)
- 1 piece of parsley root (100 g)
- 1 small leek (100 g)
- 2 garlic cloves
- 4 sprigs of fresh mixed herbs to taste
- 1 tsp dried thyme
- 1 tsp ground pepper
- 25 g sea salt
- 2 tbsp olive oil

TIPS

- Add 1–2 tablespoons of stock concentrate to 500 ml hot water and dissolve like commercial stock.
- If adults are eating without children, the water can be replaced with dry red wine.
- If kept well chilled, the stock concentrate will keep for several months.



CHICKEN STOCK CONCENTRATE

400 g chicken without skin
 2 small onions (100g)
 2 small carrots (100 g)
 1 stick of celery (100 g)
 1 piece of parsley root (100 g)
 1 small leek (100 g)
 4 sprigs of fresh mixed herbs
 to taste
 1 tsp dried marjoram
 1 tsp white pepper
 25 g sea salt
 2 tbsp sunflower oil

1. Dice the meat (3-cm squares), put in freezer for 20 minutes and then chop in 2 portions in the blender jug, with the measuring beaker in place, for **25 seconds/speed setting 8**. Decant into another container.
2. Trim the vegetables and peel if necessary, wash, dry and coarsely chop. Wash the herbs, pat dry and remove the leaves from the stalks. Finely chop the vegetables and herbs together with the marjoram and 1 teaspoon of white pepper in the blender jug, with the measuring beaker in place, for **20 seconds/speed setting 6**. Use the spatula to scrape the mixture down the inside of the blender jug.
3. Add the sea salt, 50 ml water at room temperature, the sunflower oil and the chicken meat and, the measuring beaker not inserted, cook everything for **25 minutes/100 °C/speed setting 2**.
4. Then, with the measuring beaker in place, blend for **1 minute/speed setting 10**. Pour while hot into sterilised screw-top jars. Seal the jars and allow to cool.

TIPS

- Add 1–2 tablespoons of stock concentrate to 500 ml hot water and dissolve like commercial stock.
- If kept well chilled, the chicken stock concentrate will keep for several months.



BASIC WHITE SAUCE

1. Put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **2 minutes/90 °C/speed setting 2**.
2. Add the flour, insert the mixer attachment and, with the measuring beaker in place, cook for **3 minutes/100 °C/speed setting 1**. Then remove the mixer attachment.
3. Add the warm vegetable stock and, with the measuring beaker in place, mix for **20 seconds/speed setting 6**.
4. Then, measuring beaker not inserted, simmer for **10 minutes/100 °C/speed setting 1**. Season to taste with salt and pepper and, with the measuring beaker in place, stir for **10 seconds/speed setting 1**.

60 g butter
 50 g plain flour (type 405)
 500 ml warm vegetable stock
 salt and pepper to taste

VARIATIONS

- Season the sauce if desired with nutmeg or lemon juice.
- You can vary the sauce by adding grated cheese, freshly chopped herbs, tomato purée, mustard or grated horseradish.

BASIC GRAVY

1 kg marrowbone
2 carrots (140 g)
1 piece of celeriac (250 g)
3 onions (200 g)
30 ml olive oil
1 tbsp tomato purée
1 tbsp plain flour (type 405)
400 ml dry red wine
1 l hot beef stock
2 tbsp sugar beet molasses
salt and pepper to taste
10 g cornflour

1. Pre-heat the oven to 200 °C. Put the marrowbone in an oven-proof dish and roast in the oven for 1 hour. Half way through, turn the bones over once. Take the dish out of the oven and allow the bones to cool for 30 minutes.
2. Wash, trim and peel the vegetables and cut into rough-sized pieces. Then put them into the blender jug and, with the measuring beaker in place, chop roughly for **6 seconds/speed setting 5**.
3. Add the olive oil and, the measuring beaker not inserted, sweat the vegetables with the **roast button**.
4. Add the tomato purée and dust the vegetables with the flour. The measuring beaker not inserted, roast again with the **roast button**.
5. Pour on the red wine and, the measuring beaker not inserted, boil down for **10 minutes/130 °C/speed setting 1**. Put the cooking pot on the lid as a splash guard.
6. Put the cooled bones in the cooking pot and hang this in the blender jug. Pour on the hot beef stock and, with the measuring beaker in place, cook for **20 minutes/110 °C/speed setting 1**. Using the spatula, remove the cooking pot from the blender jug and dispose of the bones.
7. With the measuring beaker in place, purée the gravy in the blender jug for **30 seconds/speed setting 7** and then pass the liquid through a fine sieve into a suitable container.
8. Pour the gravy back into the blender jug, add the sugar beet molasses and, the measuring beaker not inserted, boil down again for **10 minutes/100 °C/speed setting 2**. Put the cooking pot on the lid as a splash guard again.
9. Season the gravy to taste with salt and pepper. Mix the cornflour with 2 tablespoons of lukewarm water until smooth, add to the gravy in the blender jug and, the measuring beaker not inserted, cook for a further **2 minutes/100 °C/speed setting 2**. Whilst doing this, put the cooking pot on the lid as a splash guard.

TIPS

- If the gravy is not dark enough, add 1 tablespoon of caramel during the last step.
- The gravy will keep for about 1 week if kept sealed in a cool place.





MUSTARD SAUCE

40 g butter
 40 g plain flour (type 405)
 400 ml milk at room temperature
 (fresh whole milk, 3.5% fat)
 3 tbsp mustard
 ½ tsp salt
 2 pinches of pepper
 1 pinch of nutmeg
 1 tsp lemon juice

1. Put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **2 minutes/90 °C/speed setting 2**.
2. Add the flour and, with the measuring beaker in place, heat for **4 minutes/100 °C/speed setting 2**.
3. Add the milk at room temperature and, with the measuring beaker in place, blend for **30 seconds/speed setting 6**.
4. Then, with the measuring beaker in place, simmer for **5 minutes/90 °C/speed setting 2**. Add the mustard and, with the measuring beaker in place, simmer again for **5 minutes/90 °C/speed setting 2**.
5. Add ½ teaspoon of salt, 2 pinches of pepper, the nutmeg and lemon juice and, with the measuring beaker in place, blend for another **20 seconds/speed setting 5**.
6. Season with salt and pepper as desired and, with the measuring beaker in place, mix for **20 seconds/speed setting 2**.

TIPS

- For a milder version, flavour the mustard sauce with honey.
- Mustard sauce complements fish, meat and boiled eggs.



BÉARNAISE SAUCE

1. Put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **4 minutes/70 °C/speed setting 2**. Decant and let the blender jug cool down for 15 minutes. In the meantime, wash the herbs, shake dry and remove the leaves from the stalks. Separately, chop the tarragon, parsley and chervil finely, and put to one side.
2. Peel and halve the shallot, put it in the blender jug and, with the measuring beaker in place, chop with the **turbo button/3 seconds**. Using the spatula, scrape down the inside of the blender jug, add the hot chicken stock, vinegar, 1 teaspoon of tarragon and crushed peppercorns to the shallot in the blender jug and, measuring beaker not inserted, slightly reduce for **10 minutes/90 °C/speed setting 2**. Pour through a sieve, reserving the liquid stock, and cool for 15 minutes.
3. Put the egg yolks and the liquid stock into the blender jug and, with the measuring beaker in place, blend for **6 seconds/speed setting 5**. Insert the mixing attachment and, with the measuring beaker in place, heat everything for **7 minutes/70 °C/speed setting 3**. After 2 minutes, start to pour the cooled butter slowly onto the lid of the blender jug, so that it drips gradually onto the moving blade.
4. Add the cayenne pepper, 1 teaspoon each of parsley and chervil, and, with the measuring beaker in place, mix in for **30 seconds/speed setting 3**. Season the sauce to taste with salt and pepper. With the measuring beaker in place, stir in for **10 seconds/speed setting 1** and serve immediately.

200 g butter
 2 sprigs of tarragon
 2 sprigs of parsley
 2 sprigs of chervil
 1 shallot (30 g)
 100 ml hot chicken stock
 2 tbsp apple cider vinegar
 3 peppercorns
 4 egg yolks (medium)
 1 pinch of cayenne pepper
 salt and pepper to taste



HOLLANDAISE SAUCE

180 g butter
3 very fresh egg yolks (medium)
2 tbsp chicken stock at room temperature or white wine salt, pepper, cayenne pepper and lemon juice to taste

1. First ensure that all the ingredients are at room temperature.
2. Put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **6 minutes/70 °C/speed setting 2**. Decant and let the blender jug cool down for 10 minutes.
3. Insert the mixer attachment in the blender jug. Put the egg yolks and stock or wine (at room temperature) in the blender jug and, with the measuring beaker in place, emulsify for **8 minutes/70 °C/speed setting 3**. After stirring for 3 minutes, pour the melted butter slowly onto the lid of the blender jug so that it drips past the measuring beaker onto the moving blade. Add the butter over a period of 2 minutes.
4. Season the sauce to taste with salt, pepper and lemon juice. With the measuring beaker in place, stir in for **10 seconds/speed setting 2** and serve immediately.

TIP

→ If the sauce is not creamy enough, allow the contents of the jug to cool to 50 °C (see display) and, with the measuring beaker in place, beat the sauce again with the mixer attachment for **30 seconds/speed setting 4**. Serve immediately.



PARSLEY SAUCE

1. Wash the parsley, shake dry and remove the leaves from the stalks. Put the leaves into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Then decant and rinse out the blender jug.
2. Put the butter in chunks into the blender jug. Set the appliance, the measuring beaker not inserted, to **9 minutes/105 °C/speed setting 2** and switch on. After 2 minutes add the flour teaspoon by teaspoon through the filler opening. After another minute, slowly pour the room-temperature stock through the filler opening. Then close the filler opening with the measuring beaker while the machine is still in operation.
3. If the sauce is not sufficiently thick once the cooking time has elapsed, continue to cook, the measuring beaker not inserted, for another **2 minutes/105 °C/speed setting 2**.
4. Add the crème fraîche, lemon juice and 3 tablespoons of parsley and, with the measuring beaker in place, stir in for **45 seconds/speed setting 4**. Season to taste with salt and pepper and, with the measuring beaker in place, stir for **20 seconds/speed setting 2**.

TIPS

- Use the rest of the parsley as a garnish.
- This parsley sauce can be served with potatoes and roast beef as well as with a firm, chunky fish like cod or haddock.

½ bunch of parsley
40 g butter
40 g plain flour (type 405)
500 ml vegetable stock at room temperature
60 g crème fraîche (30% fat)
1 tsp lemon juice
salt and pepper to taste



BÉCHAMEL SAUCE

50 g butter
50 g plain flour (type 405)
500 ml milk at room temperature
(fresh whole milk, 3.5% fat)
salt, pepper, nutmeg and lemon
juice to season

1. Put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **3 minutes/90 °C/speed setting 2**.
2. Add the flour and, with the measuring beaker in place, mix for **20 seconds/speed setting 6**. Use the spatula to scrape the mixture down the inside of the blender jug.
3. Then, with the measuring beaker in place, cook for **4 minutes/100 °C/speed setting 2**.
4. Add the milk at room temperature and, measuring beaker not inserted, simmer for **10 minutes/90 °C/speed setting 2**.
5. Season to taste with salt, pepper, nutmeg and lemon juice.
6. Scrape everything down the inside of the blender jug and, with the measuring beaker in place, blend for another **5 seconds/speed setting 5**.

TIP

→ Refine the béchamel sauce with saffron or replace some of the milk with stock, cream or dry white wine.



CHOUX BUNS

1. To make the choux pastry, put 250 ml water at room temperature, the butter in chunks and 1 pinch of salt into the blender jug and, with the measuring beaker in place, heat up for **5 minutes/100 °C/speed setting 1**.
2. Add the flour and, with the measuring beaker in place, stir in for **15 seconds/speed setting 4**. Remove the blender jug from the machine and allow to cool for 10 minutes.
3. Reattach the blender jug, remove the measuring beaker from the lid, set the appliance to **40 seconds/speed setting 5**. Add the eggs one after another through the filler opening and stir until everything is smooth. Then, with the measuring beaker in place, beat the dough for **25 seconds/speed setting 5**.
4. Remove the blender jug from the machine and allow to cool for 10 minutes. Pre-heat the oven to 200 °C. Line a baking sheet with greaseproof paper.
5. Put the dough in a piping bag with a star-shaped nozzle and pipe 12 rosettes onto the baking sheet, keeping them as far apart as possible. Bake on the middle shelf for approx. 20 minutes until golden. While still warm, cut through horizontally with a serrated knife or scissors. Allow to cool down completely on a cake rack.

60 g butter
1 pinch of salt
150 g plain flour (type 405)
4 eggs (medium)



SHORTCRUST PASTRY

1. Put the butter in chunks, sugar, 1 pinch of salt, the egg and flour into the blender jug and, with the measuring beaker in place, knead into a smooth batter with the **knead button**. If the mixture is too dry, add 1 tablespoon of cold water and, with the measuring beaker in place, knead in for **20 seconds/speed setting 4**.
2. Roll the dough into a ball and wrap in cling film. Allow to rest for at least 30 minutes in the refrigerator. Pre-heat the oven to the temperature specified in the recipe.
3. Put a little soft butter in the tin and spread with a brush. If the pastry is pre-baked without baking beans, the edge of the tin should not be greased as the pastry will become soft on account of the high butter content and will slip down during baking.
4. Using a rolling pin, roll out the pastry into a thin layer between 2 layers of cling film. The size of the rolled-out pastry depends on the size of the tin you are using. If the edge of the tin is also to be lined with pastry, it should be rolled out to the size of the springform tin plus about 4 cm. Place the rolled-out pastry without cling film in the baking tin, and if necessary pull up an edge. Put the pastry into the oven immediately. If the recipe requires further steps to be completed before baking, it is best to store the pastry in the tin in the refrigerator until needed.
5. If the shortcrust pastry base is baked with a rim and without a topping, it should be 'baked blind' so that the edge of the pastry does not collapse during baking and so that no unsightly bubbles form on the base. To do this, cover the pastry with greaseproof paper and fill the tin to the brim with baking beans. For pastry bases without edges or shortcrust pastry which is only pre-baked, it is sufficient to prick the base several times with a fork.
6. Bake or pre-bake the pastry as indicated in the recipe. After baking, loosen the edge of the springform tin and allow the pastry to cool in the tin for 10 minutes. Only then remove entirely from the tin and allow to cool completely on a cake rack. Since shortcrust pastry crumbles easily, it should be handled very carefully.

FOR THE PASTRY:

160 g refrigerated butter
80 g sugar
1 pinch of salt
1 refrigerated egg (medium)
300 g plain flour (type 405)

PLUS:

soft butter and plain flour (type 405) for the tin
500 g baking beans for baking blind, as required

VARIATION

→ To make a savoury shortcrust pastry, mix 200 g plain flour (type 405), 100 g of cold butter, 1 egg (medium) and ½ teaspoon of salt, with the measuring beaker in place, with the **knead button/2 minutes**.

SPONGE MIXTURE

4 eggs (medium)
150 g sugar
1 sachet of vanilla sugar (8 g)
75 g plain flour (type 405)
75 g cornflour
1 pinch of salt

PLUS:
butter for greasing the tin
sugar for sprinkling

1. Pre-heat the oven to 220 °C.
2. Line a baking sheet with greaseproof paper or grease the base of a springform tin.
3. Insert the mixer attachment in the blender jug. Put the eggs, sugar and vanilla sugar into the blender jug and, with the measuring beaker in place, mix for **5 minutes/37 °C/speed setting 3**. Then, with the measuring beaker in place, beat for **5 minutes/speed setting 4**.
4. Mix together the flour and cornflour, add to the blender jug with 1 pinch of salt and, with the measuring beaker in place, fold in for **20 seconds/speed setting 3**.
5. Pour the mixture onto the baking sheet, smooth out and bake for 7 minutes.
6. Spread out a damp tea towel and sprinkle with sugar. Remove the sponge from the oven and turn out immediately onto the tea towel so that that the greaseproof paper is facing upwards. Sprinkle the paper with cold water and carefully peel it away. Using the tea towel, roll up the sponge immediately and allow to cool for 30 minutes. Continue to follow the recipe.
7. Alternatively, pour the mixture into a springform tin, smooth and bake for 10 minutes. Remove the tin from the oven and carefully release the sponge from the edge of the tin using a knife. Then loosen the edges of the springform tin and turn the base out onto a cake rack. Allow to cool for 30 minutes, then continue according to the recipe.



VARIATION

→ To make a chocolate sponge, mix 3 tablespoons of baking cocoa with the flour, cornflour and salt in the sponge mixture.





PUFF PASTRY

200 g chilled butter
225 g plain flour (type 405)
1 tsp salt
1 tsp sugar

PLUS:

plain flour (type 405) for the work surface

1. Put the chilled butter in pieces, flour, 1 teaspoon of salt, sugar and 90 ml cold water into the blender jug and, with the measuring beaker in place, knead for **25 seconds/speed setting 4**. Remove the pastry from the blender jug and, on a floured surface, shape into a ball. Wrap in cling film and allow to rest for at least 30 minutes in the refrigerator.
2. Put the chilled pastry on a floured work surface, press flat and shape into a square. Then fold the pastry over from both sides into the middle, so that the pastry has 3 layers and is a square again. Wrap in cling film again and chill for another 30 minutes.
3. Then roll out the dough from the centre to make a square with sides measuring 25 cm, and fold the pastry over from both sides into the middle again, as in the previous step. Wrap in cling film again and chill for another 30 minutes. Repeat this step twice more.
4. Continue to process the pastry as specified in the recipe.

TIPS

- The pastry will be very soft on account of the quantity of butter but it should not be sticky. If it is, dust with a little flour and chill well. This recipe will not work with half-fat butter or butter with additives such as rapeseed oil.
- Depending on the size and recipe, puff pastry needs to be baked for 12–25 minutes.



BATTER

1. Insert the mixer attachment in the blender jug and, with the measuring beaker in place, whip the egg white for **2 minutes/speed setting 4**, until stiff. Decant the whipped egg whites and remove the mixer attachment.
2. Put all the remaining ingredients into the blender jug and, with the measuring beaker in place, mix for **35 seconds/speed setting 5**. Add the whipped egg whites and, with the measuring beaker in place, stir in for **15 seconds/speed setting 3**.
3. If the batter is too thick, stir in some water.

2 egg whites (medium)
100 g sieved plain flour (type 405)
125 ml cold milk (fresh whole milk, 3.5% fat)
1 egg yolk (medium)
1 pinch of salt
1 pinch of baking powder

TIPS

- White wine or beer can be used instead of milk if it is an adults-only meal.
- Adding a pinch of pepper or ground chilli pepper will make the batter more savoury.
- Use the mixture to batter fish or vegetables. To do this, dip the food to be cooked in the batter and then fry in hot fat until golden.



PASTA DOUGH

220 g plain flour (type 405)
180 g hard-wheat fine semolina
1 tsp salt
3 tbsp olive oil

PLUS:

plain flour (type 405) or semolina
for the work surface

1. Put the flour, semolina, 1 teaspoon of salt, the olive oil and 170 ml cold water into the blender jug and, with the measuring beaker in place, knead with the **knead button/2 minutes**.
2. Put the crumbly dough on a board and continue to knead using your hands until you have a smooth, firm dough. Cover with cling film and allow to rest for about an hour.
3. Roll out the dough very thinly with a rolling pin. If it begins to stick, add flour or semolina. Roll the dough into the desired shape or pass through a pasta machine and cut the pasta to size. To make tagliatelle, cut the dough into strips approximately 1.5 cm wide.
4. Cook the pasta in salted boiling water until firm to the bite (al dente), drain and serve.

TIP

→ Pasta that is to be used within the next hour can be shaped into nests and left to dry on a cloth. If you prepare pasta in advance, it is best to dry it completely by hanging it up.



HOMEMADE GNOCCHI

1. Pour 500 ml cold water into the blender jug and add 1 pinch of salt. Trim, peel and wash the potatoes and cut into quarters. Put the potatoes into the cooking pot, attach the blender jug and, with the measuring beaker in place, steam with the **steamer button/15 minutes**.
2. Remove the cooking pot, pour off the water and let the potatoes cool down completely (preferably overnight).
3. Put the potatoes, egg yolks, flour, the remaining salt, 3 pinches of pepper and the nutmeg into the blender jug and, with the measuring beaker in place, mix for **30 seconds/speed setting 4**.
4. Use the spatula to scrape the mixture down the inside of the blender jug and then, with the measuring beaker in place, continue to mix for **5 seconds/speed setting 6**.
5. On a floured surface, shape the potato dough into a roll 1.5 cm thick. Cut the roll into 1-cm slices. If desired, press the dough pieces flat with the tines of a fork to create a grooved pattern.
6. Bring plenty of salted water to the boil, add the gnocchi, bring to the boil and leave to simmer over a medium heat for 4 minutes until they rise to the surface. Remove with a slotted spoon and drain well.

1 tsp salt
10 medium-sized floury potatoes (1 kg)
3 egg yolks (medium)
200 g plain flour (type 405)
3 pinches of pepper
1 big pinch of nutmeg

PLUS:

plain flour (type 405)
for the work surface



BUTTER WAFFLES

85 g softened butter
85 g sugar
1 pinch of salt
2 eggs (medium)
200 ml cold buttermilk (0.9% fat)
200 g plain flour (type 405)
½ tsp baking powder

PLUS:
fat for the waffle iron

1. Put the butter in chunks, sugar and 1 pinch of salt into the blender jug and, with the measuring beaker in place, beat for **15 seconds/speed setting 5** until creamy. Use the spatula to scrape down the inside of the blender jug.
2. Add the eggs and cold buttermilk and, with the measuring beaker in place, stir together for **30 seconds/speed setting 5**.
3. Use the spatula to scrape the mixture down the inside of the blender jug again. Sieve the flour and baking powder over the top, and, with the measuring beaker in place, mix for **1 minute/speed setting 4**.
4. Use the spatula to scrape the mixture down the inside of the blender jug again and, with the measuring beaker in place, create a thick batter by mixing for **30 seconds/speed setting 4**.
5. Pre-heat and grease a waffle iron.
6. Put 3 tablespoons of batter on each surface and bake the waffles for about 4 minutes until golden.

TIP

→ Waffles are delicious dusted with icing sugar or topped with jam, whipped cream or a scoop of vanilla ice cream.



BASIC RICE PUDDING RECIPE

1. Put the cold milk, sugar, 2 pinches of salt and the pudding rice into the blender jug and, the measuring beaker not inserted, simmer with the **reverse button/40 minutes/90 °C/speed setting 1**.
2. Allow the rice to swell in the blender jug away from the base unit for 15 minutes. Then decant into bowls and enjoy while warm, or keep refrigerated until it is served.

1.2 l cold milk (fresh whole milk, 3.5% fat)
75 g sugar
2 pinches of salt
250 g pudding rice
(cooking time: 40 minutes)

TIPS

- To make rice pudding creamier, stir in some whipped cream.
- A sugar and cinnamon mixture, grated chocolate, jam, caramelised nuts or cracknel go well with rice pudding.
- Rice pudding is a real feast for the eyes when layered in small jars with hot cherries.



MAYONNAISE

2 eggs (medium)
2 tsp lemon juice
2 tsp mustard
2 pinches of salt
2 pinches of pepper
1 pinch of sugar
600 ml sunflower oil

1. First ensure that all ingredients are at room temperature.
2. Put the eggs, lemon juice, mustard and spices in the blender jug and, with the measuring beaker in place, mix for **10 seconds/speed setting 3**.
3. Then, with the measuring beaker in place, set the appliance to **4 minutes/speed setting 4**. Start the appliance and then pour the oil slowly onto the lid of the blender jug so that it drips inwards along the measuring beaker insert. Slowly increase the quantity of oil. The mayonnaise should have a fine creamy consistency.

TIPS

- The mayonnaise will keep in the refrigerator for approximately 3 days.
- You can quickly make a delicious Marie Rose sauce from homemade mayonnaise and homemade ketchup. To do this, put 250 g mayonnaise, 6 tbsp ketchup, 3 tbsp milk (UHT semi-skimmed milk 1.5% fat), 2 pinches each of salt and pepper, 1 pinch of sugar and 3 tsp brandy in the blender jug. With the measuring beaker in place, stir for **12 seconds/speed setting 3**. Allow flavours to infuse for a few hours before eating. Goes very well with prawns, poultry and raclette.



KETCHUP

1. Wash the tomatoes, remove the stalks, quarter and put into the blender jug. Peel the onions and halve. Peel the garlic cloves. Add to the tomatoes in the blender jug. Also add the dried tomatoes to the blender jug. With the measuring beaker in place, chop for **15 seconds/speed setting 7**.
2. Now put all the remaining ingredients into the blender jug and, with the measuring beaker in place, mix for **20 seconds/speed setting 5**. Then, with the measuring beaker in place, boil for **10 minutes/100 °C/speed setting 2**. Then, the measuring beaker not inserted, simmer for **1 hour/speed setting 1/95 °C**. Put the cooking pot on the lid as a splash guard. The measuring beaker not inserted, simmer again for **1 hour/speed setting 1/95 °C** until the ketchup is reduced by a third.
3. With the measuring beaker in place, blend the ketchup for **1 minute/speed setting 9**. If the ketchup is still too thin, the measuring beaker not inserted, continue to cook on **95 °C/speed setting 1** until the desired consistency is achieved.
4. Pour the hot ketchup into sterilised jars or bottles, seal immediately and stand them upside for 5 minutes. Then turn them upright and allow to cool completely.

TIP

- This ketchup will keep for at least 10 months stored in a cool, dry place. Opened bottles should always be kept in the refrigerator.

1.5 kg ripe tomatoes
1 onion (70 g)
3 garlic cloves
3 dried tomatoes
70 g jam sugar (1:3)
4 cloves
2 cardamom pods
¼ tsp pepper
1 tsp hot paprika powder
¼ tsp allspice
¼ tsp mace powder, or
1 pinch of nutmeg
¼ tsp cinnamon
20 ml apple cider vinegar
1 tsp salt



TOMATO SAUCE

2 onions (150 g)
2 garlic cloves
50 ml olive oil
¼ bunch of basil
1.2 kg sieved tomatoes (passata)
1 tsp sugar
1 tsp dried oregano
1 tsp dried marjoram
1 tsp salt
½ tsp pepper

1. Peel the onions and garlic cloves. Quarter the onions and put them with the garlic cloves into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 6**. Use the spatula to scrape the pieces down the inside of the blender jug.
2. Add the olive oil and, the measuring beaker not inserted, sweat with the **roast button/4 minutes**.
3. Wash the basil, shake dry, remove the leaves from the stalks and chop finely.
4. Put the basil, sieved tomatoes, sugar, dried herbs, 1 teaspoon of salt and ½ teaspoon of pepper into the blender jug. With the measuring beaker in place, cook with the **reverse button/20 minutes/100 °C/speed setting 3**.
5. Season again to taste with salt and pepper and, with the measuring beaker in place, stir in with the **reverse button/10 seconds/speed setting 3**.

TIPS

- This sauce is useful to have in store when making pizza and pasta. In this case, pour while still hot into suitable, sterilised containers.
- Once the sauce is cold, it freezes well.



TOMATO AND RICOTTA DIP

1. Wash the herbs, shake dry and remove the leaves from the stalks. Put the leaves into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Then decant.
2. Peel and halve the red onion and, with the measuring beaker in place, chop in the blender jug with the **turbo button/2 seconds**. Use the spatula to scrape the pieces of onion down the inside of the blender jug.
3. Add the drained tomatoes and 1 tablespoon of oil and, the measuring beaker not inserted, braise for **3 minutes/100 °C/speed setting 1**. Then allow the contents of the blender jug to cool down for 20 minutes without the lid on, away from the base unit.
4. Add the ricotta and, with the measuring beaker in place, blend with the **turbo button/5 seconds**. With the measuring beaker in place, stir in the herbs for **10 seconds/speed setting 4**. Season the dip to taste with salt and pepper and, with the measuring beaker in place, stir for **10 seconds/speed setting 3**.

4 sprigs of parsley
2 sprigs of thyme
1 red onion (80 g)
6 dried tomatoes in oil
1 tbsp oil
150 g ricotta (45% fat)
salt and pepper to taste

TIP

- Serve with fresh bread.



SPICY BARBECUE SAUCE

1 small onion (50 g)
 1 garlic clove
 1 red chilli (15 g)
 2 tbsp olive oil
 5 tbsp brown sugar
 400 ml sieved tomato (passata)
 2 tbsp tomato purée
 1 tsp harissa paste
 1 tbsp maple syrup
 1 tbsp mustard
 1 tbsp apple cider vinegar
 ½ tsp salt
 ½ tsp pepper
 ½ tsp ground paprika

1. Pre-heat the oven to 150 °C. Wash the bottle in the dishwasher. Dry it in the oven for 30 minutes and then place it upside down on a clean tea towel until it is filled.
2. Peel the onion and garlic clove, halve the onion. Trim the chilli, halve and deseed, wash inside and out and cut into rough pieces. Put in the blender jug with the onion and, with the measuring beaker in place, chop in the blender jug for **10 seconds/speed setting 8**. Use the spatula to scrape down the inside of the blender jug.
3. Add the olive oil and, the measuring beaker not inserted, sauté until transparent with the **roast button/3 minutes**. Add the sugar and, the measuring beaker not inserted, caramelize with the **roast button/3 minutes**. Add the sieved tomatoes, tomato purée and all the remaining ingredients and, the measuring beaker not inserted, boil down for **20 minutes/100 °C/speed setting 1**. Put the cooking pot on the lid as a splash guard. If the sauce is still too thin after 20 minutes, the measuring beaker not inserted, continue to cook for another **10 minutes/100 °C/speed setting 1**.
4. Season to taste with salt and pepper and, with the measuring beaker in place, mix for **10 seconds/speed setting 1**. Then decant into the bottle. If you splash the edges, wipe the sauce away immediately with a clean cloth. Seal the bottle straight away.

TIP

→ This barbecue sauce can be kept for up to 6 months in the refrigerator.



CRISP AND CRUNCHY HERB RELISH

1. Split the garlic bulb and peel the garlic cloves. Wash the herbs, shake dry, remove the leaves from the stalks and put them into the blender jug with the garlic cloves. With the measuring beaker in place, chop finely for **20 seconds/speed setting 8** and use the spatula to scrape the pieces down the inside of the blender jug. Wash the white cabbage, pat dry, remove the stem and cut into quarters. Peel the cucumber, remove the seeds and cut into 2-cm pieces. Peel and quarter the onions. Trim and wash the fennel, halve, wash, pat dry, remove the stem and cut the fennel into 2-cm pieces. Halve and deseed the peppers, trim, wash inside and out and cut into 2-cm pieces. Clean and wash the celery sticks, pat dry and cut into 2-cm pieces. Put the vegetables into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 6**. Use the spatula to scrape the pieces down the inside of the blender jug and repeat the process if necessary. Add 2 tablespoons of sea salt and the room-temperature red wine vinegar and, with the measuring beaker in place, mix in with the **reverse button/30 seconds/speed setting 2**. Decant into a large bowl and let steep in the refrigerator for 4 days.
2. After steeping, pre-heat the oven to 180 °C. Sterilise 3 jars with their lids for 15 minutes in the oven (make sure the lids are oven-proof). Take the jars and their lids out of the oven and allow to cool down for 30 minutes. Then remove the herb mixture from the vinegar and divide between the sterilised jars, ensuring there is a space of approximately 1 cm under the lid when closed. Seal the jars. The relish should be stored in the refrigerator, even if not opened.

1 garlic bulb
 1 bunch of flat-leaf parsley
 2 bunches of mint
 1 bunch of tarragon
 1 bunch of basil
 120 g white cabbage (120 g)
 1 cucumber (300 g)
 2 onions (140 g)
 1 large fennel bulb (300 g)
 2 green peppers (300 g)
 3 sticks of celery (150 g)
 2 tbsp sea salt
 700 ml red wine vinegar at room temperature

TIP

→ Unopened, the relish will keep for 3 months. Opened jars should be used up within 1 week.



CREAM CHEESE SPREAD WITH OLIVES

1 tsp sesame seeds
 ¼ tsp salt
 4 sprigs of basil
 1 garlic clove
 50 g black olives, pitted
 150 g cream cheese (full fat)
 75 g yoghurt (3.5% fat)
 1 big pinch of pepper

1. Dry-fry the sesame seeds without fat, and crush with ¼ teaspoon of salt into a powder in a mortar.
2. Wash the basil, shake dry and remove the leaves from the stalks. Peel the garlic clove.
3. Put the basil leaves, olives and garlic into the blender jug and, with the measuring beaker in place, chop for **5 seconds/speed setting 5**.
4. Add the cream cheese, yoghurt, 1 big pinch of pepper and the sesame powder and, with the measuring beaker in place, mix everything until smooth with the **reverse button/20 seconds/speed setting 3**.

TIPS

- Serve with baguettes.
- The spread will keep for 3 days if stored in an airtight box in the refrigerator.



BLACK OLIVE SPREAD WITH CHILLI

1. Wash the parsley, shake dry and remove the leaves from the stalks. Put the leaves into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Then decant.
2. Peel the garlic cloves and put them into the blender jug. Add the olives and, with the measuring beaker in place, chop with the **turbo button/4 seconds**.
3. Add the parsley, crumbled chilli pod, drained capers and olive oil and, with the measuring beaker in place, mix for **15 seconds/speed setting 8**. If the paste is too thick, add a little more olive oil.
4. Season to the desired level of piquancy with salt and pepper and, with the measuring beaker in place, stir for **10 seconds/speed setting 4**. Decant into a clean screw-top jar and pour a little olive oil on top.

1 bunch of flat-leaf parsley
 3 garlic cloves
 300 g black olives, pitted
 1 dried chilli
 3 tbsp capers
 75 ml spicy olive oil
 salt and pepper to taste

PLUS:
 olive oil for the top of the jar

TIP

- The olive spread will keep for 2 weeks in the refrigerator.



AUBERGINE DIP WITH YOGHURT

½ bunch of flat-leaf parsley
 5 sprigs of fresh coriander
 2 aubergines (650 g)
 4 tbsp rapeseed oil
 3 tomatoes (350 g)
 2 garlic cloves
 1 small red onion (70 g)
 75 g Greek yoghurt (10% fat)
 2 tbsp apple cider vinegar
 2 tbsp lemon juice
 1 tbsp honey
 100 ml olive oil
 salt and pepper to taste

1. Wash the herbs, shake dry, remove the leaves from the stalks and put the leaves into the blender jug. With the measuring beaker in place, chop everything for **8 seconds/speed setting 6**. Then decant.
2. Wash the aubergines and pierce the skin all round using a fork. Brush with 3 tablespoons of rapeseed oil. Wash the tomatoes and brush with the remaining rapeseed oil. Using the grill on your oven, grill the tomatoes for 8 minutes and the aubergines for 15 minutes.
3. Allow the vegetables to cool down for 10 minutes and skin the tomatoes. Halve the aubergines and remove the flesh. Peel the garlic and onion, halve the onion, place both ingredients in the blender jug and, with the measuring beaker in place, chop with the **turbo button/1 second**. Use the spatula to scrape everything down the inside of the blender jug.
4. Put the aubergine flesh, quartered tomatoes, yoghurt, vinegar, lemon juice, honey and olive oil into the blender jug and, with the measuring beaker in place, stir in for **40 seconds/speed setting 5**.
5. With the measuring beaker in place, mix in the herbs for **10 seconds/speed setting 3**. Season the dip to taste with salt and pepper and, with the measuring beaker in place, stir for **10 seconds/speed setting 3**.

TIP

→ Tastes delicious with fresh crusty bread.



PEPPER AND CREAM CHEESE DIP

1. Pre-heat the oven to 210 °C.
2. Halve and trim the peppers, wash them inside and out, and remove the stems. With the cut edge facing down, place them on a grease-proof paper-lined baking sheet. Bake in the oven for 15 minutes until the skin begins to blacken and bubble.
3. Cool the peppers in a sealed freezer bag for 30 minutes. Then skin the peppers and cut into rough pieces. Wash the parsley, shake it dry, remove the leaves from the stems and put the leaves into the blender jug. With the measuring beaker in place, chop for **8 seconds/speed setting 6**. Decant and set aside.
4. Trim and wash the spring onions and slice into pieces 3 cm long. Halve and deseed the red chillis. Wash inside and out, and remove the stems. Put into the blender jug and, with the measuring beaker in place, chop for **7 seconds/speed setting 8**. Use the spatula to scrape the pieces down the inside of the blender jug.
5. Add the pieces of pepper and the spring onions to the blender jug and, with the measuring beaker in place, mix for **15 seconds/speed setting 8**. Use the spatula to scrape the mixture down the inside of the blender jug.
6. Add the cream cheese, yoghurt, cumin and parsley and, with the measuring beaker in place, stir for **10 seconds/speed setting 2**. Season to taste with salt and pepper and, with the measuring beaker in place, stir for **10 seconds/speed setting 2**.

2 red peppers (300 g)
 2 yellow peppers (300 g)
 3 sprigs of flat-leaf parsley
 5 spring onions (120 g)
 2 red chillis (30 g)
 150 g cream cheese (full fat)
 50 g yoghurt (3.5% fat)
 1 tsp ground cumin
 salt and pepper to taste

TIP

→ The dip will keep for 3 days if stored in an airtight box in the refrigerator.



GUACAMOLE

- 1 tomato (100 g)
- 1 small onion (50 g)
- 1 garlic clove
- 2 ripe avocados (300 g)
- ½ lime (40 g)
- 1 tsp harissa paste
- 1 pinch of salt
- 1 pinch of pepper

1. Wash and quarter the tomato and remove the seeds. Remove the stalk, put the tomato into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 5**. Decant the mixture into another container.
2. Peel the onion and the garlic clove, halve the onion and, with the measuring beaker in place, chop both in the blender jug with the **turbo button/7 seconds**. Use the spatula to scrape everything down the inside of the blender jug.
3. Halve the avocados, remove the stones and scrape the flesh out of the skins. Juice the lime.
4. Add the avocado flesh, the lime juice, harissa and 1 pinch each of salt and pepper, and, with the measuring beaker in place, mix everything together for **8 seconds/speed setting 6**.
5. Use the spatula to scrape the mixture down the inside of the blender jug. Add the tomato again and, with the measuring beaker in place, mix the guacamole with the **reverse button/10 seconds/speed setting 2**.
6. Season with salt and pepper and, with the measuring beaker in place, stir in with the **reverse button/10 seconds/speed setting 1**.

TIP

- If liked, add 1 tablespoon of freshly chopped coriander and 1 teaspoon of crème fraîche (30% fat) to the guacamole.



AIOLI

1. Peel the garlic clove, put into the blender jug and, with the measuring beaker in place, chop with the **turbo button/2 seconds**.
2. Use the spatula to scrape the mixture down the inside of the blender jug and then add the egg, lemon juice, mustard, ½ teaspoon of salt and 1 big pinch of pepper. With the measuring beaker in place, mix for **10 seconds/speed setting 3**.
3. Then, with the measuring beaker in place, set the appliance to **4 minutes/speed setting 4**. Start the appliance and pour the oil slowly onto the lid of the blender jug so that it drips inwards along the measuring beaker insert into the jug. Slowly increase the quantity of oil. The aioli is ready when it has a fine, creamy consistency.

- 1 small garlic clove
- 1 egg at room temperature (large)
- 1 tsp lemon juice
- 1 tsp mustard
- ½ tsp salt
- 1 big pinch of pepper
- 250 ml sunflower oil or mild olive oil at room temperature

TIPS

- You will get the best results if all the ingredients are at room temperature.
- If you like a bite to your aioli, add up to 3 garlic cloves.
- Aioli keeps in the refrigerator for approximately 3 days.

CAMEMBERT DIP

1 small onion (60 g)
50 g dried tomatoes
250 g soft Camembert (45% fat)
75 g softened butter
200 g soured cream (10% fat)
1 big pinch of salt
1 pinch of sweet paprika powder
1 pinch of cayenne pepper

1. Peel and quarter the onion. Put it and the tomatoes into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 9**. Use the spatula to scrape the pieces down the inside of the blender jug.
2. Put the Camembert in chunks into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 5**. Add the remaining ingredients and, with the measuring beaker in place, mix together for **30 seconds/speed setting 4**.
3. Season to taste and, with the measuring beaker in place, mix for **15 seconds/speed setting 2**.

TIPS

- The dip will keep in the refrigerator for approximately 1 week.
- Serve with fresh crusty bread.



Serves 6



Easy



Per serving approx. 244 kcal/1022 kJ
10 g P, 20 g F, 5 g CH



Ready in: 5 min
Preparation: 5 min

CAJUN MARINADE

1. Peel the garlic cloves. Halve the chilli, deseed, wash inside and out and cut into rough pieces. Put in the blender jug with the garlic cloves and, with the measuring beaker in place, chop finely for **7 seconds/speed setting 8**. Use the spatula to scrape down the inside of the blender jug and repeat the process if necessary.
2. Add the remaining ingredients to the blender jug and, with the measuring beaker in place, stir for **20 seconds/speed setting 5**.

TIPS

- This Cajun marinade is particularly good with poultry. Marinate the meat in it for at least 12 hours. While grilling, brush a little marinade on the meat from time to time, as desired.
- If you would like it hotter, stir in 1 teaspoon of ground cayenne pepper and 1 teaspoon of freshly grated horseradish.

2 garlic cloves
1 red chilli (10 g)
½ tsp ground paprika
1 tsp ground turmeric
1 tsp ground cumin powder
1 tsp ground coriander
1 tsp ground allspice
1 tsp lime juice
1 tbsp maple syrup or runny honey
2 tbsp coconut milk at room temperature
5 tbsp sesame oil



Serves 4



Easy



Per serving approx. 155 kcal/649 kJ
0 g P, 16 g F, 3 g CH



Ready in: 10 min
Preparation: 10 min

HERB BUTTER WITH GARLIC

3 garlic cloves
100 g mixed herbs (e.g. parsley, chives, rosemary, thyme, coriander, mint)
1 untreated lemon (80 g)
250 g softened butter
1½ tsp salt

1. Peel the garlic cloves and, with the measuring beaker in place, chop in the blender jug for **8 seconds/speed setting 6**. Use the spatula to scrape the pieces down the inside of the blender jug.
2. Wash the herbs, shake dry and, depending on the herbs you want to use, remove the leaves from the stalks. Slice the chives into thin rolls. With the measuring beaker in place, chop the remaining herbs in the blender jug for **12 seconds/speed setting 8**. Use the spatula to scrape down the inside of the blender jug and, if necessary, repeat the previous step.
3. Rinse the lemon in hot water, rub dry and finely zest the peel. Add the chives, softened butter, lemon zest and 1½ teaspoons of salt to the blender jug and, with the measuring beaker in place, mix again for **20 seconds/speed setting 4**. Put the herb butter in a bowl, smooth out and refrigerate until ready to serve.

TIP

- When frozen, the herb butter will keep for 3 months in an airtight container.

MADRAS CURRY SPICE MIXTURE

1. Put all the ingredients into the blender jug and, with the measuring beaker in place, grind finely for **20 seconds/speed setting 10**. Repeat as necessary until you achieve the required consistency.

TIPS

- If stored in a cool, dark place, the spice mixture will keep for 1 year.
- This curry spice mixture can be added to Indian, oriental and Asian dishes.

2 tbsp cumin seeds
2 tbsp turmeric
2 tbsp coriander seeds
1 tbsp ginger powder
1 tsp fenugreek seeds
1 tsp yellow mustard seeds
1 tsp green cardamom pods
1 tbsp chilli powder
½ tsp cinnamon powder
½ tsp ground cloves
½ tsp black pepper
20 g dried curry leaves



Serves 8



Easy



Per serving approx. 13 kcal/54 kJ
0 g P, 0 g F, 2 g CH



Ready in: 10 min
Preparation: 10 min



Makes 1 portion (360 g)



Easy



Per portion approx. 1499 kcal/6276 kJ
2 g P, 163 g F, 7 g CH



Ready in: 5 min
Preparation: 5 min



CHICKPEA SPREAD

1 bunch of flat-leaf parsley
 1 small onion (50 g)
 1 garlic clove
 2 tbsp olive oil
 250 g tinned chickpeas
 1 tsp dried thyme
 ½ tsp dried savory
 1 tbsp lemon juice
 ½ tsp ground allspice
 ½ tsp salt

1. Wash the parsley and shake it dry. Remove the leaves from the stalks and, with the measuring beaker in place, chop in the blender jug for **8 seconds/speed setting 6**. Then decant.
2. Peel the onion and the garlic clove. Cut the onion in half. Put both vegetables into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 5**. Use the spatula to scrape the pieces down the inside of the blender jug.
3. Add the olive oil and sauté the chopped onions and garlic, the measuring beaker not inserted, with the **roast button/2 minutes/110 °C** until the onion is transparent. Then allow to cool for 10 minutes in the blender jug without the lid on.
4. Rinse the chickpeas in a sieve, drain well, put into the blender jug and, with the measuring beaker in place, blend for **35 seconds/speed setting 6**. Add the parsley, thyme, savory, lemon juice, allspice and ½ teaspoon of salt to the chickpea mixture and stir in for **20 seconds/speed setting 4**. Decant the spread into a bowl and keep in a cool place until ready to serve.

TIP

→ Kept in an airtight container, the spread will keep for 1 week in the refrigerator.



PEANUT BUTTER

1. Put 50 g peanuts into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 7**. Decant into a bowl. Put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 10**.
2. Add the remaining peanuts and, with the measuring beaker in place, mix for **30 seconds/speed setting 10**. Use the spatula to scrape the mixture down the inside of the blender jug, then add the groundnut oil and, with the measuring beaker in place, stir the mixture for **30 seconds/speed setting 7** until creamy. Use the spatula to scrape down the inside of the blender jug again.
3. Finally, put the chopped peanuts into the blender jug and, with the measuring beaker in place, mix everything with the **reverse button/20 seconds/speed setting 1**. Pour into sealable jars.

400 g salted peanuts
 25 g sugar
 2 tbsp groundnut oil

TIPS

- To make a creamy peanut butter, mix all the peanuts finely as described in step 3.
- Peanut butter can be used as a spread on bread, in Asian dishes or as a base for other recipes, including baking.
- The peanut butter will keep for about 2 weeks in the refrigerator.



CHOCOLATE AND HAZELNUT SPREAD

100 g hazelnuts
150 g chocolate nougat
75 ml chilled cream (30% fat)
50 g butter at room temperature
1 tsp vanilla sugar
1 tsp unsweetened cocoa powder
1 pinch of salt

1. Pre-heat the oven to 180 °C. Put the hazelnuts on a baking sheet and roast in the pre-heated oven for 12 minutes until they are fragrant. Put the hazelnuts in a clean tea towel while they are still warm and rub them until their skins come off. Allow to cool for 30 minutes.
2. Put the cooled hazelnuts into the blender jug and, with the measuring beaker in place, chop them for **15 seconds/speed setting 7**. Use the spatula to scrape the pieces down the inside of the blender jug. Leaving little breaks in between each time, repeat the process 5–6 times until you have a creamy nut paste. Neither the machine nor the paste should become overheated. Decant the paste.
3. Put the chocolate nougat in pieces, the cold cream, butter at room temperature, vanilla sugar, cocoa powder and 1 pinch of salt into the blender jug. Then, with the measuring beaker in place, mix for **5 minutes/50 °C/speed setting 2** until you have a smooth cream. Use the spatula to scrape the mixture down the inside of the blender jug.
4. Add the nut paste to the chocolate mixture and, with the measuring beaker in place, stir for **20 seconds/speed setting 8** until smooth. Decant the mixture into a clean jar and store in the fridge.

TIPS

- The cream will become firm during cooling and should be taken out of the refrigerator 15 minutes before serving to allow it to become spreadable.
- Consume the chocolate hazelnut spread within 1 week.



CHOCOLATE SAUCE

1. Cut the vanilla pod into several pieces and put into the blender jug with the sugar. With the measuring beaker in place, chop finely for **30 seconds/speed setting 10**. If necessary, repeat the procedure until the sugar has been reduced to icing sugar.
2. Add 200 ml warm water, the salt and cocoa powder, then, instead of the measuring beaker, put the cooking pot on the blender jug to act as a splash guard and boil everything down for **10 minutes/100 °C/speed setting 3**.

½ vanilla pod
200 g sugar
1 pinch of salt
80 g unsweetened cocoa powder

TIPS

- Serve the chocolate sauce hot or cold with desserts such as ice cream, fresh fruit and pancakes.
- Kept in an airtight container, the chocolate sauce will keep for 1 week in the refrigerator.
- For a delicious hot chocolate drink, put 200 ml milk at room temperature with any remaining chocolate sauce into the blender jug and, with the measuring beaker in place, heat up for **3 minutes/80 °C/speed setting 2**.



FOUR-BERRY JAM

1. Sort, wash and drain all the berries.
2. Remove the redcurrants from their stalks and put them in the blender jug with the blueberries. With the measuring beaker in place, chop for **8 seconds/speed setting 6**.
3. Add the jam sugar and, with the measuring beaker in place, mix for **1 minute/speed setting 2**. Cover and steep for 2 hours.
4. Hull and halve or quarter the strawberries.
5. Leave the raspberries whole and put them with the strawberry pieces in the blender jug with the other fruits.
6. Add the lemon juice, then stir everything well with the spatula and then, with the measuring beaker in place, boil for **12 minutes/120 °C/speed setting 1**.
7. Carry out a set test and, if necessary, boil the jam for a little longer.
8. Blend the jam if desired.
9. Then fill sterilised jars with the jam while it is boiling hot. If the jam touches the rim of the jar, wipe it away. Seal the jars immediately and stand them upside down for 5 minutes. Then turn them the right way up again and let them cool completely.

250 g redcurrants
 250 g blueberries
 250 g strawberries
 250 g raspberries
 1 kg jam sugar (1:1)
 2 tbsp lemon juice



SET TEST

→ Put 1 teaspoon of the hot jam on a cold plate, then tip the plate slightly. If the jam runs easily, boil it for another minute. Then carry out the set test again. If after a short time the mixture is firm, it has passed the set test.

TIP

→ If you like your jam fruity, use 500 g jam sugar 1:2.



SOUR CHERRY JAM

1.2 kg sour cherries
500 g jam sugar (2:1)
2 vanilla pods
20 ml kirsch

1. Wash the sour cherries, dry and remove the stones. The pitted weight should be 1 kg.
2. Put 330 g of the cherries into the blender jug and, with the measuring beaker in place, blend for **15 seconds/speed setting 6**. Then put the remaining cherries and the jam sugar into the blender jug.
3. Cut open the vanilla pods lengthways and scrape out the seeds with a knife. Add the vanilla seeds and pods to the blender jug and mix in with the spatula. Close the blender jug and allow the mixture to infuse for 12 hours. Then remove the vanilla pods.
4. Bring the cherries to the boil, with the measuring beaker in place, for **10 minutes/100 °C/speed setting 1**. Add the kirsch and, with the measuring beaker in place, mix in for **3 minutes/100 °C/speed setting 1**.
5. Carry out a set test (see p. 57) and if necessary cook for a few more minutes. Pour the jam quickly into sterilised jars and seal immediately. Stand them upside down for 5 minutes, then turn them the right way up and allow to cool down completely.

TIP

→ The full flavour of sour cherries develops during the cooking phase.



ORANGE MARMALADE

1. Pour 1.5 litres of cold water into the blender jug. Attach the deep steamer attachment, put the washed but unpeeled oranges in it, close the steamer attachment and cook the oranges with the **steamer button/1 hour**.
2. Then cook again with the **steamer button/15 minutes**.
3. Finally, drain off the liquid and allow the fruit to cool for 15 minutes.
4. Cut each orange with its peel into eight, remove the central core and put the fruit pieces into the blender jug. With the measuring beaker in place, chop for **10 seconds/speed setting 5**.
5. Add the two types of sugar, and with the measuring beaker in place, mix with the **reverse button/20 seconds/speed setting 3**.
6. Add the orange juice and, with the measuring beaker in place, cook everything together with the **reverse button/15 minutes/100 °C/speed setting 2**.
7. Once cooked, carry out a set test (see p. 57) and if necessary cook for a few more minutes. Pour the cooked marmalade while still hot into previously prepared sterilised jars and close firmly. To ensure the marmalade keeps for longer, stand the jars upside down for 5 minutes.

4 large untreated oranges (1 kg)
500 g brown sugar
650 g sugar
100 ml orange juice

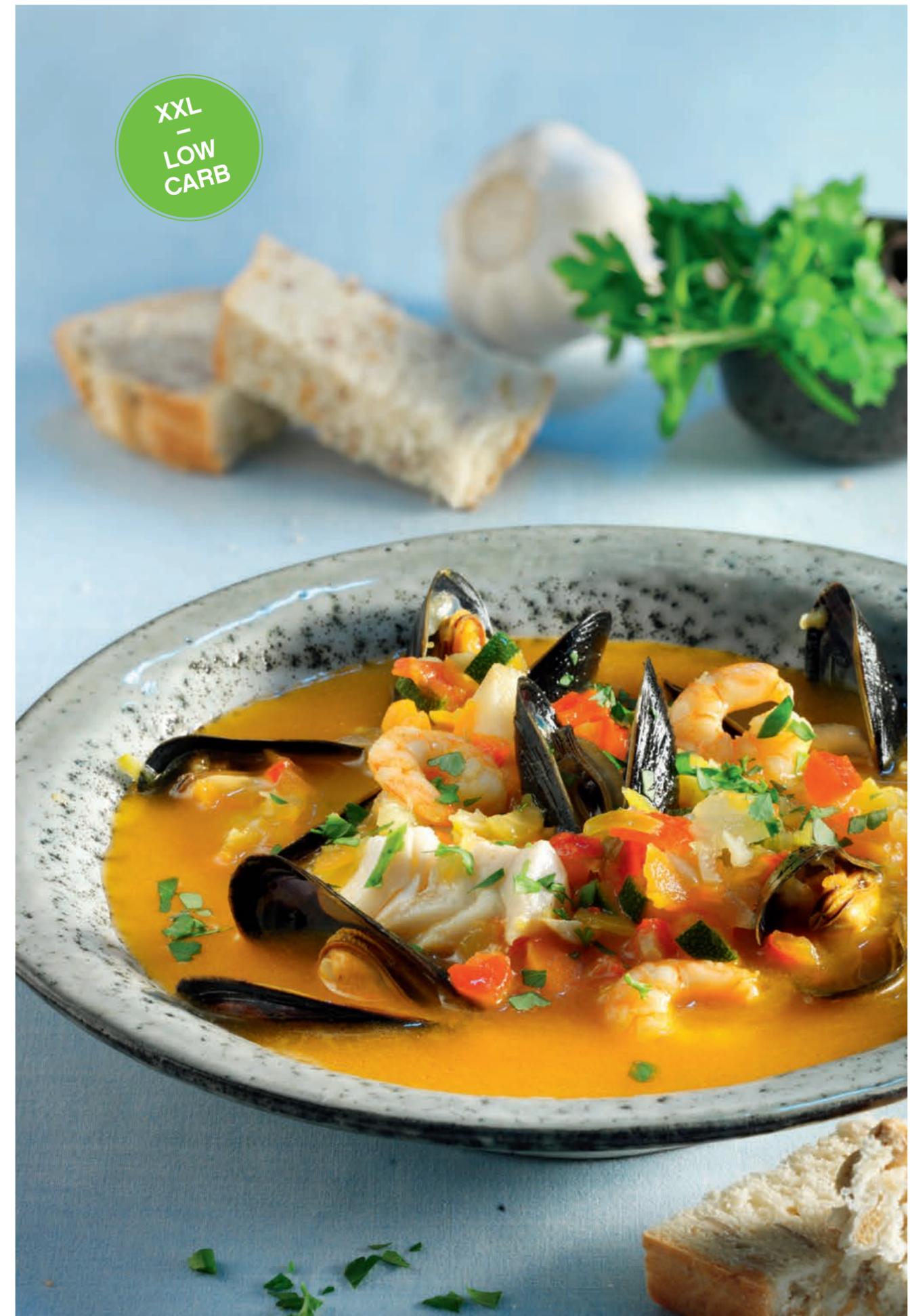
BOUILLABAISSE

½ courgette (100 g)
500 g mixed fish fillets
(e.g. pike-perch, monkfish,
gilt-head sea bream,
red mullet)
300 g mussels
100 g seafood (e.g. prawns,
calamaretti)
¼ tsp salt
4 pinches of pepper
½ bunch of flat-leaf parsley
1 onion (80 g)
2 garlic cloves
2 tomatoes (100 g)
2 tbsp olive oil
1 carrot (80 g)
1 piece of celeriac (150 g)
½ leek (70 g)
1 red pepper (150 g)
200 ml vegetable stock at room
temperature
50 ml apple juice
400 ml fish stock at
room temperature
1 big pinch of turmeric

1. Wash and quarter the courgette and cut into sticks 0.5 cm wide. Rinse the fish fillets under running water, pat dry and cut into bite-sized pieces.
2. Clean the mussels and seafood, removing any already-open mussels. Season the fish with ¼ teaspoon of salt and 2 pinches of pepper, then arrange them with the mussels, seafood and courgette sticks in the deep steamer basket.
3. Wash the parsley, shake it dry, remove the leaves from the stems and put the leaves into the blender jug. With the measuring beaker in place, chop for **8 seconds/speed setting 6**. If necessary, use the spatula to scrape the pieces down the inside of the blender jug and repeat the process. Put the parsley in another container.
4. Peel the onion and garlic cloves. Wash and halve the tomatoes and remove the stalks. Put into the blender jug with the halved onion and the garlic cloves and, with the measuring beaker in place, chop for **5 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug, add the olive oil and, the measuring beaker not inserted, sauté everything with the **roast button/4 minutes**.
5. Peel and wash the carrots and celeriac. Trim and wash the leek. Halve the pepper, remove the core and stem, wash it inside and out. Cut it and the other vegetables into coarse pieces and add to the tomato and onion mixture in the blender jug. With the measuring beaker in place, chop roughly for **8 seconds/speed setting 6**. Then, the measuring beaker not inserted, stew with the **roast button/4 minutes**.
6. Add the room-temperature vegetable stock, apple juice, room-temperature fish stock, 400 ml lukewarm water, turmeric and 2 pinches of pepper, attach the prepared steamer attachment, close and cook everything with the **steamer button/15 minutes**. Once cooked, remove any still-closed mussels.
7. Season the soup to taste again and, with the measuring beaker in place, stir for **20 seconds/speed setting 1**.
8. Ladle the soup into deep bowls. Place in it the pieces of fish, the seafood, mussels and courgette, and serve garnished with parsley.

TIP

→ If no children are sharing the meal, you could replace the vegetable stock and the apple juice with 250 ml white wine.





SPRING VEGETABLE SOUP

½ bunch of parsley
 1 celeriac (with green leaves)
 1 sprig of lovage
 4 young carrots (200 g)
 1 young parsley root (50 g)
 1 piece of celeriac (150 g)
 1 young kohlrabi (200 g)
 200 g waxy potatoes
 1 leek (150 g)
 1 piece cauliflower (150 g)
 1.2 l warm vegetable stock
 80 g green, shelled peas
 (or frozen)
 ¼ tsp salt
 1 big pinch of pepper
 100 ml cream (30% fat)
 1 tbsp butter

1. Wash the parsley and celeriac leaves and shake them dry. Remove the thick stalks and tear the leaves from the stalks. Put the herbs and the celeriac leaves and stalks into the blender jug also and, with the measuring beaker in place, chop finely with the **turbo button/ 5 seconds**. If necessary, use the spatula to scrape the pieces down the inside of the blender jug and repeat the process. Put everything in another container and set aside.
2. Peel the carrots, parsley root, celeriac, kohlrabi and potatoes, wash and cut into rough pieces. Trim the white part of the leek, wash thoroughly and also cut into rough pieces. Then put the vegetables into the blender jug and, with the measuring beaker in place, chop roughly for **6 seconds/speed setting 6**.
3. Wash the cauliflower and divide into florets. Add these to the vegetables in the blender jug together with the warm vegetable stock, the peas, ¼ teaspoon of salt and 1 big pinch of pepper and, with the measuring beaker in place, cook with the **reverse button/ 20 minutes/100 °C/speed setting 1**.
4. Add the herbs, cream and butter, and, with the measuring beaker in place, continue to cook with the **reverse button/5 minutes/ 100 °C/speed setting 1**.
5. Season the soup with salt and pepper, stir in the seasoning with the **reverse button/20 seconds/speed setting 1** and serve the soup hot.



POTATO SOUP WITH BACON

1. Wash the parsley, shake dry and remove the leaves from the stalks. Put the leaves into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**, then decant.
2. Trim the soup vegetables, peel the carrots and celery, wash the leeks thoroughly. Cut the vegetables into 3-cm pieces. Peel and quarter the onion.
3. Put the vegetables and onion into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 8**. Use the spatula to scrape the pieces down the inside of the blender jug. Add the bacon, sugar and olive oil and, the measuring beaker not inserted, stew everything with the **roast button**.
4. In the meantime, peel and wash the potatoes and, depending on their size, cut them into quarters or eighths. Wash the savory, pat dry and remove the leaves. Put the room-temperature vegetable stock, the potatoes and savory into the blender jug with ½ teaspoon of salt and, with the measuring beaker in place, cook for **30 minutes/ 100 °C/speed setting 1**.
5. Pour on the cream at room temperature, add the nutmeg and, with the measuring beaker in place, blend everything for **30 seconds/ speed setting 6**. Then, with the measuring beaker in place, bring to the boil again for **3 minutes/100 °C/speed setting 3**. Season to taste with salt and pepper and, with the measuring beaker in place, stir in for **10 seconds/speed setting 2**. Serve garnished with parsley.

½ bunch of flat-leaf parsley
 1 bunch of soup vegetables
 (100 g carrots, 50 g celery,
 50 g leeks)
 1 onion (80 g)
 50 g diced smoked bacon
 1 pinch of brown sugar
 3 tbsp olive oil
 500 g primarily waxy potatoes
 2 sprigs of savory
 800 ml vegetable stock at room
 temperature
 ½ tsp salt
 150 ml cream at room temperature
 (30% fat)
 1 big pinch of nutmeg
 pepper to season



CREAM OF MUSHROOM SOUP

2 primarily waxy potatoes (150 g)
 1 small carrot (50 g)
 1 small parsley root (50 g)
 300 g button mushrooms
 750 ml vegetable stock at room temperature
 100 ml single cream at room temperature (18% fat)
 ¼ tsp salt
 1 big pinch of pepper

PLUS:

2 sprigs of parsley

1. Trim, peel and wash the potatoes, carrot and parsley root and cut into quarters. Trim the mushrooms and rub clean as required with kitchen paper.
2. With the measuring beaker in place, roughly chop the vegetables in the blender jug for **7 seconds/speed setting 5**. Use the spatula to scrape the vegetables down the inside of the blender jug.
3. Pour on the vegetable stock at room temperature and, with the measuring beaker in place, cook everything for **20 minutes/90 °C/speed setting 2**.
4. Pour on the room-temperature cream, season the soup with ¼ teaspoon of salt and a big pinch of pepper, and, with the measuring beaker in place, blend for **1 minute/speed settings 3–8**, increasing the speed gradually.
5. Season to taste with salt and pepper and, with the measuring beaker in place, stir in for **20 seconds/speed setting 2**.
6. Wash the parsley, shake it dry. Remove the leaves and chop finely.
7. Divide the soup between deep bowls, garnish with parsley and serve immediately.

TIP

→ For a more substantial soup, replace the cooking cream with 200 ml cream (30% fat).



RICOTTA AND PAPRIKA SOUP

1. Halve, deseed and wash the peppers inside and out. Dice a pepper quarter into small cubes and set aside. Peel and halve the onion and put into the blender jug with the other pepper quarters. Halve, trim and wash the chilli inside and out and also put in the blender jug. With the measuring beaker in place, chop roughly for **6 seconds/speed setting 5**. Use the spatula to scrape down the inside of the blender jug.
2. Pour the oil into the blender jug and, the measuring beaker not inserted, sauté the chopped vegetables with the **roast button**. Pour in the warm vegetable stock and, with the measuring beaker in place, boil for **10 minutes/100 °C/speed setting 1**. Add the room-temperature cream, then, with the measuring beaker in place, blend the soup for **1 minute/speed settings 3–9**, increasing the speed setting gradually.
3. Then, with the measuring beaker in place, bring to the boil again for **2 minutes/100 °C/speed setting 2**. Remove the blender jug lid and allow the soup to cool down a little.
4. Wash the rosemary, shake dry, remove the needles and chop them finely. Add the ricotta, rosemary and honey to the soup and, with the measuring beaker in place, stir for **20 seconds/speed setting 4**. Season to taste with salt and pepper and, with the measuring beaker in place, stir in for **20 seconds/speed setting 2**. Serve the soup garnished with the diced pepper pieces put aside at the beginning of the recipe.

4 red peppers (800 g)
 1 onion (60 g)
 1 red chilli (15 g)
 2 tbsp olive oil
 500 ml warm or hot vegetable stock
 250 ml cream at room temperature (30% fat)
 4 sprigs of rosemary
 120 g ricotta (44% fat)
 1 tsp honey
 salt and pepper to taste



TOMATO SOUP WITH FRIED MOZZARELLA

1. Finely dice the bacon, put into the blender jug, add the oil and, the measuring beaker not inserted, sauté the bacon with the **roast button**.
2. Peel the onions and halve, peel the garlic cloves. Put in the blender jug and, with the measuring beaker in place, chop for **5 seconds/speed setting 6**.
3. Use the spatula to scrape everything down the inside of the blender jug, and, the measuring beaker not inserted, sauté with the **roast button/2 minutes/110 °C**.
4. Wash and quarter the tomatoes, deseed, remove stems and, with the measuring beaker in place, chop in the blender jug for **15 seconds/speed setting 5**.
5. Then, the measuring beaker not inserted, sauté with the **roast button/110 °C**.
6. Pour in the warm vegetable stock and, with the measuring beaker in place, boil everything for **15 minutes/100 °C/speed setting 2**.
7. Then, with the measuring beaker in place, blend the soup for **40 seconds/speed settings 6–8**, increasing the speed gradually.
8. Add the cream and, with the measuring beaker in place, mix for **20 seconds/speed setting 4**. Season to taste with salt and pepper and, with the measuring beaker in place, stir in for **20 seconds/speed setting 2**.
9. Slice the mozzarella and sprinkle with ½ teaspoon of salt and ¼ teaspoon of pepper. Put the flour and breadcrumbs in separate shallow dishes. Beat the eggs in a shallow dish.
10. First coat the mozzarella slices in the flour, then dip in the beaten egg and finally coat in the breadcrumbs. Press the coating on a little and repeat the process.
11. Heat the oil in a frying pan and fry the mozzarella slices in it until golden on both sides.
12. Serve the soup garnished with the mozzarella slices.

FOR THE SOUP:

100 g streaky bacon
3 tbsp olive oil
2 onions (160 g)
2 garlic cloves
1 kg aromatic beef tomatoes
1 tbsp tomato purée
250 ml vegetable stock at room temperature
4 tbsp cream (30% fat)
salt and pepper to taste

FOR THE MOZZARELLA:

125 g mozzarella (45% fat)
½ tsp salt
¼ tsp pepper
100 g plain flour (type 405)
200 g breadcrumbs
2 eggs (medium)

PLUS:

oil for frying

TIP

→ If no children are sharing the meal, refine the soup with 3 tablespoons of sherry.



TOMATO SOUP

1 onion (70 g)
 1 garlic clove
 2 tbsp olive oil
 2 tbsp tomato purée
 1 tsp sugar
 250 g cherry tomatoes
 800 g chopped tomatoes, tinned
 2 tsp vegetable stock powder
 2 tsp dried oregano
 1 tsp salt
 ¼ tsp pepper

PLUS:

10 fresh basil leaves
 4 tbsp crème fraîche (30% fat)

1. Peel the onion and garlic. Quarter the onion and put it with the garlic into the blender jug and, with the measuring beaker in place, chop roughly for **8 seconds/speed setting 6**.
2. Use the spatula to scrape the mixture down the inside of the blender jug. Add the olive oil, the onion and garlic and, the measuring beaker not inserted, sauté with the **roast button/4 minutes/100° C**. Add the tomato purée and sugar and, the measuring beaker not inserted, sauté with the **roast button/1 minute 30 seconds/100° C**.
3. Wash and dry the cherry tomatoes, put into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 9**. Use the spatula to scrape the mixture down the inside of the blender jug again. Add the chopped tomatoes, vegetable stock powder and oregano and, with the measuring beaker in place, cook for **15 minutes/90 °C/speed setting 1**. Then, with the measuring beaker in place, blend for **10 seconds/speed settings 5–9**, increasing the speed gradually.
4. Then, with the measuring beaker in place, cook the soup again for **2 minutes/100 °C/speed setting 1**. Season with 1 teaspoon of salt and ¼ of a teaspoon of pepper. Add a little more sugar to taste if desired and, with the measuring beaker in place, mix for **20 seconds/speed setting 2**.
5. Wash the basil leaves, shake dry and cut into thin strips. Pour the soup into soup cups and serve each cup with 1 teaspoon of crème fraîche and strips of basil.



PUMPKIN SOUP

1. Peel and halve the onion and put into the blender jug with the peeled garlic clove. With the measuring beaker in place, chop with the **turbo button/6 seconds**. Use the spatula to scrape down the inside of the blender jug.
2. Wash the pumpkin, remove the core and fibres, and cut into pieces approximately 3 cm long. (It is not necessary to peel Hokkaido pumpkins.) Add the pumpkin flesh to the onion and garlic in the blender jug and, with the measuring beaker in place, chop for **15 seconds/speed setting 5**. If necessary, repeat the procedure.
3. Add the butter cut into pieces and use the spatula to scrape everything down the inside of the blender jug. The measuring beaker not inserted, stew with the **roast button**.
4. Add the sugar, ½ teaspoon of salt, ¼ teaspoon of pepper, the cinnamon and nutmeg.
5. Pour in the warm vegetable stock and, with the measuring beaker in place, boil for **20 minutes/100 °C/speed setting 1**.
6. Add the cream and, with the measuring beaker in place, blend the soup for **1 minute/speed settings 3–8**, increasing the speed gradually. Season the soup to taste again with lemon juice and, with the measuring beaker in place, stir for **20 seconds/speed setting 1**.
7. Pour the soup into bowls and garnish with the whipped cream and a few drops of pumpkin seed oil.

1 onion (60 g)
 1 garlic clove
 800 g Hokkaido pumpkin
 50 g butter
 1 tsp brown sugar
 ½ tsp salt
 ¼ tsp pepper
 1 big pinch of cinnamon
 1 big pinch of nutmeg
 750 ml warm vegetable stock
 200 ml cream at room temperature (30% fat)
 lemon juice to taste

PLUS:

4 tbsp whipped cream (e.g. spray cream)
 a few drops of pumpkin seed oil



ONION SOUP

125 g Emmental (45% fat)
 4 sprigs of curly-leaf parsley
 7 onions (500 g)
 2 garlic cloves
 3 tbsp butter
 1 l strong beef stock
 at room temperature
 ½ tsp freshly chopped thyme
 ½ tsp freshly chopped oregano
 ½ tsp salt
 3 big pinches of pepper
 4 slices of white bread (120 g)

1. Cut the Emmental into 4 and, with the measuring beaker in place, chop for **10 seconds/speed setting 6**. Decant into a bowl.
2. Wash the parsley, shake dry and remove the leaves. Put the parsley leaves into the blender jug and, with the measuring beaker in place, chop for **6 seconds/speed setting 8**. Also decant and rinse out the blender jug.
3. Peel the onions and garlic cloves. Cut the onions into strips and 1 garlic clove into wafer-thin slices. Put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **1 minute 20 seconds/100 °C/speed setting 1**. Add the onions and garlic slices and, measuring beaker not inserted, sweat them with the **roast button/14 minutes/110 °C**.
4. Pour the room-temperature beef stock on top and add the thyme, oregano, ½ teaspoon of salt and 3 big pinches of pepper. With the measuring beaker in place, simmer with the **reverse button/15 minutes/100 °C/speed setting 1**.
5. Pre-heat the oven to 220 °C. Toast the slices of white bread and rub with the second clove of garlic. Season the soup to taste with salt and pepper and, with the measuring beaker in place, stir with the **reverse button/20 seconds/speed setting 1**, and pour into oven-proof soup bowls.
6. Place the slices of bread on top and sprinkle with cheese. Bake in the oven for 10 minutes and serve garnished with the parsley.



ORIENTAL HOTPOT

1. Wash the parsley and mint, shake them dry, remove the leaves from the stems and put the leaves into the blender jug. With the measuring beaker in place, chop with the **turbo button/5 seconds**. Decant the herbs into another container and rinse out the blender jug.
2. Wash and trim the soup greens, peel the carrots and celeriac and cut into rough pieces. Peel the onion and the garlic cloves. Cut the onion in half. Trim and deseed the chilli, wash inside and out and put into the blender jug with the soup greens, onion and garlic. With the measuring beaker in place, chop with the **turbo button/6 seconds**. Use the spatula to scrape the pieces down the inside of the blender jug.
3. Finely chop the dried apricots. Trim and wash the sprouts, cutting the larger ones in half. Drain the chickpeas in a sieve. Put all the ingredients except the parsley and mint into the blender jug and, with the measuring beaker in place, boil with the **reverse button/20 minutes/100 °C/speed setting 1**. Then, using the spatula, stir once and, with the measuring beaker in place, continue to simmer with the **reverse button/5 minutes/90 °C/speed setting 1**. Before serving, add the chopped mint and parsley and, with the measuring beaker in place, stir in with the **reverse button/30 seconds/speed setting 1**.

½ small bunch parsley
 3 sprigs of mint
 1 bunch of soup greens
 (450 g – 150g each of carrots,
 leeks and celeriac)
 1 onion (75 g)
 2 garlic cloves
 ½ red chilli (5 g)
 4 dried apricots
 350 g Brussels sprouts
 300 g chickpeas, tinned
 2½ tbsp tomato purée
 2 tbsp sweet paprika powder
 2 tbsp rose paprika powder
 1 tsp ground cumin
 1 tsp ground coriander
 3 tbsp olive oil
 1 tsp salt
 1 tbsp lemon juice
 500 ml hot vegetable stock
 200 ml cream at room temperature
 (30% fat)



GAZPACHO

8 ripe tomatoes (800 g)
 1 green pepper (130 g)
 ½ cucumber (250 g)
 1 red onion (80 g)
 1 garlic clove
 1 red chilli (15 g)
 60 ml olive oil
 1 tbsp apple cider vinegar
 ½ tsp paprika powder
 salt and pepper to taste

PLUS:

4 tbsp pine nuts
 ½ bunch of chives
 ice cubes as required

1. Score the tomatoes crossways, scald with boiling water and remove the skins. Remove the stems and cut the tomatoes in half. Quarter the pepper, remove the core and stem and wash inside and out. Peel the cucumber and cut into rough pieces. Peel the onion and garlic and halve the onion. Halve, deseed and wash the chilli inside and out.
2. Put all the vegetables into the blender jug together with 200 ml cold water, the oil, vinegar and paprika powder, and, with the measuring beaker in place, blend for **1 minute/speed setting 8**.
3. Allow the soup in the blender jug to cool in the refrigerator for 30 minutes. (Alternatively, pour the soup into a bowl and allow to cool in the refrigerator for 30 minutes.)
4. Dry-fry the pine nuts in a frying pan until they are golden. Wash the chives, shake dry and cut into fine rings.
5. Season the chilled soup to taste with salt and pepper and, with the measuring beaker in place, mix with the **reverse button/ 20 seconds/speed setting 3**. Pour into bowls, and add a few ice cubes if necessary. Serve sprinkled with chives and pine nuts.



CUCUMBER AND MINT SOUP

1. Wash and peel the cucumbers. Wash and peel the courgette and cut both into 6-cm pieces. Then put into the blender jug.
2. Peel the garlic clove and add it to the vegetable pieces in the blender jug. With the measuring beaker in place, chop finely for **35 seconds/speed setting 8**. Use the spatula to scrape the pieces down the inside of the blender jug.
3. Wash the mint, shake dry and remove the leaves from the stalks. Add to the blender jug with the cold almond milk, olive oil, 1 teaspoon of salt and the lemon juice and, with the measuring beaker in place, blend everything for **45 seconds/speed setting 8**. Use the spatula to scrape the mixture down the inside of the blender jug and repeat the process if necessary. Season the soup to taste with pepper and, with the measuring beaker in place, stir in for **20 seconds/speed setting 2**.
4. Wash and clean the celery and cut into fine slices. Pour the cucumber and mint soup into bowls, and serve garnished with the celery slices and the radish sprouts.

2½ cucumbers (750 g)
 1 courgette (200 g)
 1 garlic clove
 2 sprigs of fresh mint
 150 ml cold almond milk
 2 tbsp cold-pressed olive oil
 1 tsp salt
 2 tsp lemon juice
 pepper to taste

PLUS:

1 stick of celery (50 g)
 2 tbsp red radish sprouts

THAI CURRY SOUP

1 piece of ginger (2 cm)
2 garlic cloves
2 stems of lemon grass
150 g shiitake mushrooms
4 carrots (300 g)
200 g cherry tomatoes
400 g chicken breast fillet
4 tbsp coconut oil
4 tsp red Thai curry paste
400 ml unsweetened coconut milk
at room temperature
500 ml vegetable stock
at room temperature
salt and pepper to taste
15 g sauce thickener

1. Peel the ginger and garlic cloves, put them into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Decant and rinse out the blender jug.
2. Wash the lemon grass, cut into halves and flatten them by hitting with a saucepan. Trim the mushrooms and cut large ones in half. Peel the carrots, wash and cut into thin slices. Wash and halve the tomatoes.
3. Wash the chicken breast fillet under running water, pat dry, cut in half horizontally and cut into slices 0.5 cm thick. Put the coconut oil into the blender jug and, with the measuring beaker in place, warm gently for **1 minute/110 °C/speed setting 1** until it is liquid. Mix half of it in a small bowl with the curry paste. Rub it into the chicken.
4. Put the chicken in the remaining coconut oil in the blender jug, and, the measuring beaker not inserted, brown with the **roast button**, then remove.
5. Put the ginger, garlic, lemon grass, carrots and mushrooms into the blender jug and, the measuring beaker not inserted, stew with the **roast button/5 minutes**.
6. Pour in the room-temperature coconut milk and vegetable stock and, with the measuring beaker in place, bring to the boil with the **reverse button/10 minutes/100 °C/speed setting 1**. Add the chicken and tomatoes and, with the measuring beaker in place, cook with the **reverse button/5 minutes/100 °C/speed setting 1**.
7. Season to taste with salt and pepper, stir in the sauce thickener and, with the measuring beaker in place, bring to the boil again with the **reverse button/2 minutes/100 °C/speed setting 1**.
8. Remove the lemon grass stems and serve the soup.

TIP

→ If you do not like this so hot, use yellow curry paste, which is milder.





COUSCOUS SALAD WITH CHILLI DRESSING

1. Prepare the couscous according to the packet instructions and allow to cool. While it is cooling, fluff up the couscous occasionally with a fork.
2. Wash the parsley, shake dry and remove the leaves from the stalks. Then put them into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Then decant and reserve.
3. Peel the garlic cloves and onions, quarter the onions and put both into the blender jug. With the measuring beaker in place, chop for **8 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug.
4. Trim and quarter the peppers, wash inside and out, put into the blender jug and, with the measuring beaker in place, chop roughly for **5 seconds/speed setting 5**. Then decant the vegetable mixture.
5. Wash the courgette, cut off the ends, halve, cut into 4-cm pieces and, with the measuring beaker in place, chop roughly in the blender jug for **4 seconds/speed setting 5**. Then also decant and reserve. Rinse out the blender jug.
6. Trim and quarter the mushrooms and place in the shallow steamer basket. Score across the tomatoes and place in the deep steamer basket. Pour 1 litre of hot water into the blender jug, hang the shallow steamer attachment in the deep steamer attachment, close, attach it to the blender jug and cook with the **steamer button/12 minutes**.
7. Carefully remove the steamer attachment. Take out the tomatoes, rinse under cold water, peel and remove the stems. Then, remove the tomato cores and cut the flesh into little pieces.
8. Thoroughly mix the cooled couscous with the garlic, onions, peppers, courgette, tomatoes, mushrooms and parsley in a salad bowl.
9. To make the dressing, squeeze the lemon. Mix the lemon juice, rapeseed oil, ½ teaspoon of salt, ½ teaspoon of pepper and the chilli powder. Mix the sauce with salad ingredients and allow to infuse for 1 hour.

FOR THE SALAD:

200 g couscous
 ½ bunch of flat-leaf parsley
 2 garlic cloves
 2 onions (140 g)
 1 red, 1 green and 1 yellow pepper (150 g each)
 1 medium-sized courgette (250 g)
 250 g button mushrooms
 4 tomatoes (400 g)

FOR THE DRESSING:

1 lemon (80 g)
 3 tbsp rapeseed oil
 ½ tsp salt
 ½ tsp pepper
 ½ tsp chilli powder

WALDORF SALAD

FOR THE MAYONNAISE:

2 eggs (medium)
2 tsp lemon juice
2 tsp mustard
2 pinches of salt
2 pinches of pepper
1 pinch of sugar
600 ml sunflower oil

FOR THE SALAD:

4 apples (450 g)
1 piece of celeriac (450 g)
2 tbsp lemon juice
200 g walnut kernels
1 tbsp walnut oil
1 pinch of sugar
¼ tsp salt
3 big pinches of pepper

PLUS:

1 apple (100 g)

1. First ensure that all ingredients for the mayonnaise are at room temperature.
2. Put the eggs, lemon juice, mustard and flavourings into the blender jug and, with the measuring beaker in place, mix for **10 seconds/speed setting 3**. Then, with the measuring beaker in place, set the appliance to **4 minutes/speed setting 4**. Start the appliance and pour the oil slowly onto the lid of the blender jug so that it drips inwards along the measuring beaker insert. Slowly increase the quantity of oil. The mayonnaise should have a fine creamy consistency. Then decant and clean the blender jug.
3. Peel the 3 apples and the celeriac. Core and quarter the apples, and cut the celeriac into 2-cm pieces. With the measuring beaker in place, chop the celeriac in the blender jug for **6 seconds/speed setting 7**.
4. Drizzle 1 tablespoon of lemon juice on the apple pieces, put them in the blender jug with the walnuts and, with the measuring beaker in place, chop for **7 seconds/speed setting 5**.
5. Add 150 g mayonnaise, the walnut oil, remaining lemon juice, 1 pinch of sugar, ¼ teaspoon of salt and 3 big pinches of pepper and, with the measuring beaker in place, mix for **1 minute/speed setting 3**. Transfer into a bowl and infuse for 2 hours.
6. Halve the remaining apple, core and cut into wedges. Serve the Waldorf salad garnished with the apple wedges.

TIP

→ This recipe makes approximately 600 g. Keep the remaining mayonnaise in the refrigerator and consume within 3 days. Alternatively use ready-made mayonnaise from a jar.



CARROT AND APPLE CRUDITÉS

2 tart apples (250 g)
6 carrots (350 g)
½ lemon (40 g)
3 tbsp rapeseed oil
sugar to taste

1. Wash and quarter the apples and remove the cores. Clean and wash the carrots and slice into pieces 3 cm long. Juice the lemon.
2. Put the apples and carrots with the oil and lemon juice into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 5**.
3. Add sugar to the mixture to taste and, with the measuring beaker in place, mix with the **reverse button/10 seconds/speed setting 2**.

CAULIFLOWER AND BROCCOLI SALAD

1. Trim and wash the broccoli and the cauliflower and divide into florets. You will need 150 g of florets.
2. Trim, quarter and wash the pepper inside and out. Wash, trim and quarter the spring onions.
3. Put the vegetables, spring onions and all the remaining ingredients into the blender jug and, with the measuring beaker in place, mix for **10 seconds/speed setting 5**. Serve immediately.

½ head of broccoli (300 g)
¼ head of cauliflower (300 g)
1 yellow pepper (150 g)
½ bunch of spring onions (60 g)
30 g walnut kernels
1 tbsp olive oil
1 tbsp fruit vinegar
2 tbsp lemon juice
1 tbsp mustard
1 tbsp maple syrup
½ tsp salt
¼ tsp pepper



Serves 4



Easy



Per serving approx. 137 kcal/574 kJ
1 g P, 9 g F, 13 g CH



Ready in: 10 min
Preparation: 10 min



Serves 4



Easy



Per serving approx. 120 kcal/502 kJ
4 g P, 8 g F, 8 g CH



Ready in: 10 min
Preparation: 10 min

FARMHOUSE SALAD

1 piece of white cabbage (300 g)
4 carrots (250 g)
1 piece of celeriac (100 g)
1 leek (125 g)
1 small onion (50 g)
1 apple (120 g)
3 tbsp low-fat salad cream (10% fat)
2 tbsp soured cream (10% fat)
2 tbsp chopped parsley (frozen)
1 tbsp fruit vinegar
½ tsp sugar
2 pinches of salt
2 pinches of pepper

1. Wash the white cabbage, dry, remove the stem and cut into 6-cm pieces. With the measuring beaker in place, chop in the blender jug for **7 seconds/speed setting 5**. Decant into a large bowl. Peel the carrots and celeriac, cut into 4-cm pieces and, with the measuring beaker in place, chop in the blender jug for **6 seconds/speed setting 8**. Then add to the white cabbage. Trim the leek, wash thoroughly and cut into 4-cm pieces. With the measuring beaker in place, chop in the blender jug for **6 seconds/speed setting 5**. Add to the white cabbage.
2. Peel the onion and cut in half. Wash the apple, cut into quarters and remove the cores. Chop the onion and apple in the blender jug with the measuring beaker in place for **6 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug. Add the salad cream, soured cream, parsley, vinegar, sugar, 2 pinches of salt and 2 pinches of pepper to the blender jug and, with the measuring beaker in place, stir for **35 seconds/speed setting 4**.
3. Then mix evenly with the cabbage salad by hand and refrigerate for at least 2 hours.

MILLET AND LIME SALAD

1. Wash the rocket and parsley and shake it dry. Sort the rocket, remove thicker stems and roughly chop the leaves. Remove the leaves from the parsley and put the rocket and parsley into the blender jug. With the measuring beaker in place, chop for **8 seconds/speed setting 8**. Then decant.
2. Wash the millet in a sieve under hot running water and put it into the blender jug with the warm vegetable stock. Then, with the measuring beaker in place, cook with the **reverse button/12 minutes/100 °C/speed setting 1**. Pour into a bowl and leave to swell.
3. In the meantime, peel the onion and cut into fine rings. Wash and peel the cucumber, remove the seeds if desired, and cut into small dice. Wash and quarter the tomatoes. Crumble the sheep's cheese. Mix everything into the millet with the rocket and parsley. Squeeze the limes and mix the lime juice and the olive oil with the salad. Season with 1 teaspoon of salt and ½ teaspoon of pepper.

100 g rocket
½ bunch of flat-leaf parsley
200 g millet
400 ml warm vegetable stock
1 red onion (60 g)
1 cucumber (400 g)
10 cherry tomatoes (400 g)
200 g sheep's cheese (45% fat)
2 limes (120 g)
6 tbsp olive oil
1 tsp salt
½ tsp pepper

TIP

→ The salad tastes best if the flavours have infused for at least 30 minutes.



Serves 4



Easy



Per serving approx. 93 kcal/389 kJ
4 g P, 2 g F, 15 g CH



Ready in: 2 h 20 min
Preparation: 20 min (+ 2 h chilling)



Serves 4



Easy



Per serving approx. 520 kcal/2177 kJ
17 g P, 31 g F, 42 g CH



Ready in: 20 min
Preparation: 10 min (+ 10 cooking)



CHINESE CABBAGE SALAD

FOR THE SALAD:

½ Chinese cabbage (400 g)
2 bunches of radishes (200 g)
6 carrots (400 g)

FOR THE DRESSING:

3 tbsp red wine vinegar
1 big pinch of sambal oelek
125 ml oil
½ tsp salt
½ tsp pepper
1 tbsp soy sauce
1 pinch of sugar

PLUS:

30 g sesame seeds

1. Remove the outer leaves of the cabbage, cut out the stem, wash the cabbage, dry and put to one side. Carefully trim the radishes, wash, dry and cut the larger ones in half. Trim the carrots, wash, peel and cut into quarters.
2. Put the radishes and the carrots into the blender jug and, with the measuring beaker in place, chop roughly for **6 seconds/speed setting 6**. Then decant into a bowl.
3. Put the cabbage in roughly chopped chunks into the blender jug and chop in batches with the measuring beaker in place for **4 seconds/speed setting 6**, decanting as each batch is chopped. Add the cabbage to the bowl with the radishes and carrots and rinse out the blender jug.
4. To make the dressing, blend the vinegar, sambal oelek, oil, ½ teaspoon of salt, ½ teaspoon of pepper, soy sauce and sugar in the blender jug with the measuring beaker in place for **15 seconds/speed setting 3**.
5. Mix the cabbage and the vegetables with the dressing and allow to infuse for at least 30 minutes. Season again to taste.
6. Dry-fry the sesame seeds in a frying pan and sprinkle over the salad shortly before serving.



RED CABBAGE SALAD

1. Roughly chop the walnuts in the blender jug with the measuring beaker in place with the **turbo button/2 seconds** and lightly dry-fry them in a frying pan.
2. Trim and wash the red cabbage, remove the stem. Portion by portion, chop in the blender jug, with the measuring beaker in place, for **6 seconds/speed setting 8**. Then put both portions of chopped red cabbage back into the blender jug.
3. Using a sharp knife, remove the grapefruit peel including the pith. Separate the individual segments and remove the membranes, catching the juice in a bowl. Wash the apple, cut into quarters and remove the cores. Slice the apple quarters thinly and drizzle with the lemon juice. Open the pomegranate and take out the seeds. Remove the white membranes round the seeds.
4. Add the reserved grapefruit juice, red wine vinegar, honey and oil to the red cabbage. Season with 1 teaspoon of salt, ½ teaspoon of pepper and 1 big pinch of cinnamon. The measuring beaker not inserted, mix with the **reverse button/30 seconds/speed setting 3**, helping with the spatula through the filler opening.
5. Decant the red cabbage into a bowl and mix in the grapefruit segments, apple slices, pomegranate seeds and walnut kernels. Arrange the salad on plates and serve.

60 g walnut kernels
½ fresh red cabbage (800 g)
3 pink grapefruit (1 kg)
1 red apple (130 g)
1 tbsp lemon juice
1 pomegranate (400 g)
3 tbsp red wine vinegar
2 tbsp honey
3 tbsp oil
1 tsp salt
½ tsp pepper
1 big pinch of cinnamon

CAESAR SALAD

FOR THE SALAD:

4 romaine lettuce hearts (700 g)
100 g bacon
4 slices of white bread (120 g)
2 tbsp butter
1 tbsp sunflower oil

FOR THE DRESSING:

1 garlic clove
3 anchovy fillets
1 egg yolk (large)
4 tbsp lemon juice
1 tbsp mustard
1 tsp Worcestershire sauce
100 ml olive oil
¼ tsp salt
¼ tsp pepper
1 pinch of sugar

PLUS:

100 g Parmesan (32% fat)

1. Trim, wash and spin-dry the romaine lettuce hearts, divide into bite-sized pieces and put in a bowl.
2. Cut the bacon into narrow strips and, without adding any further fat, fry until crispy in a frying pan. Remove, drain on kitchen paper and put to one side.
3. Remove the crusts from the bread, cut into 0.5-cm dice. Heat the butter and sunflower oil in the same frying pan and fry the diced bread on all sides until crispy. Drain on kitchen paper and also put to one side.
4. To make the dressing, peel the garlic clove. Rinse the anchovies, pat dry and put them with the garlic into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 8**. Use the spatula to scrape the mixture down the inside of the blender jug.
5. Add the egg yolk, lemon juice, mustard and Worcestershire sauce to the blender jug and, with the measuring beaker in place, blend for **10 seconds/speed setting 8**.
6. Attach the lid for the filler opening firmly and set the machine to **4 minutes/speed setting 4**. Start the appliance and then pour the olive oil slowly onto the lid of the blender jug so that it drips inwards along the lid. Slowly increase the quantity of oil. Season the dressing to taste with ¼ teaspoon of salt, ¼ teaspoon of pepper and 1 pinch of sugar.
7. Pour the dressing over the salad and mix well. Arrange the salad on plates. Garnish with bacon and croutons. Shave the Parmesan over the salad and serve immediately.





COURGETTE AND CARROT FRITTERS

FOR THE YOGHURT DIP:

- 200 g natural yoghurt (3.5% fat)
- 1 tbsp lemon juice
- 5 tbsp chopped mixed herbs (frozen)
- ½ tsp salt
- 1 big pinch of pepper

FOR THE FRITTERS:

- ½ bunch of coriander
- 2 courgettes (400 g)
- 2 pinches + ½ tsp salt
- 4 carrots (300 g)
- 2 eggs (medium)
- 60 g plain flour (type 405)
- 1 big pinch of pepper

PLUS:

- oil for frying

1. Mix the natural yoghurt with the lemon juice and herbs, and season to taste with ½ teaspoon of salt and 1 big pinch of pepper. Chill until ready to serve. Wash the coriander, shake dry, remove the leaves from the stems and put the leaves into the blender jug. With the measuring beaker in place, chop for **6 seconds/speed setting 8**. Then decant and reserve.
2. Wash, dry and trim the courgettes. Then cut in half, remove the cores with a teaspoon and cut them into pieces 3 cm long. With the measuring beaker in place, chop the courgette pieces in the blender jug for **15 seconds/speed setting 4**. Decant into a large fine sieve, mix with 2 pinches of salt and let them stand for 10 minutes to draw liquid from the courgettes. In the meantime, peel the carrots, wash, cut into pieces 3 cm long, put in the blender jug and, with the measuring beaker in place, chop for **10 seconds/setting 6**. Use the spatula to scrape down the inside of the blender jug.
3. Squeeze out the courgette pieces thoroughly in the sieve, and put them (without the drained-off liquid) with the eggs, flour, coriander and the grated carrots in the blender jug. With the measuring beaker in place, fold in with the **reverse button/25 seconds/speed setting 3**. Season to taste with ½ teaspoon of salt and 1 big pinch of pepper and, with the measuring beaker in place, mix with the **reverse button/30 seconds/speed setting 1**. Heat up 2 tablespoons of oil in a frying pan. Make fritters from the vegetable mixture and fry one after the other on both sides until crispy. Heat more oil in the pan if necessary. Serve the fritters with the yoghurt dip.



MINT AND PUMPKIN PURÉE

1. Wash the mint, shake it dry and remove the leaves from the stalks. Put into the blender jug and, with the measuring beaker in place, chop finely with the **turbo button/2 seconds**. Decant and put to one side.
2. Wash and peel the pumpkin and scrape out the seeds using a tablespoon. Dice 500 g pumpkin flesh into 1.5-cm dice. Peel and wash the potatoes and also cut into 1.5-cm dice. Arrange the pumpkin and potato cubes in the deep steamer basket, leaving some slits free so that the steam can circulate freely.
3. Pour 1 litre of cold vegetable stock into the blender jug, attach the deep steamer basket and close. Boil everything with the **steamer button**. Then remove the steamer attachment and put to one side closed. Decant the stock, measure out 100 ml and pour back into the blender jug.
4. Return the vegetables to the blender jug and, with the measuring beaker in place, blend for **20 seconds/speed setting 7**. Season with 1 big pinch of nutmeg and ¼ teaspoon of pepper, add the room-temperature cream and the chopped mint, fold into the purée by hand using the spatula. Then, with the measuring beaker in place, mix in for **10 seconds/speed setting 4**.

TIP

- If you like your purée creamier, add 50 ml vegetable stock or cream and, with the measuring beaker in place, stir in for **10 seconds/speed setting 4**.

- 1 bunch of mint
- 1 Hokkaido pumpkin (1 kg)
- 750 g floury potatoes
- 1 l cold vegetable stock
- 1 big pinch of nutmeg
- ¼ teaspoon of pepper
- 80 ml cream at room temperature (30% fat)



POTATO SOUFFLÉ WITH SPINACH SALAD

1. Separate the eggs. Insert the mixer attachment. Pour the egg whites into the clean blender jug and, with the measuring beaker in place, beat until stiff for **4 minutes/speed setting 4**. Decant, refrigerate, rinse out the blender jug and dry.
2. Put the Parmesan in pieces into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 10**. If necessary, use the spatula to scrape the cheese down the inside of the blender jug and repeat the previous step. Then decant.
3. Wash the potatoes, cut into quarters and place in the cooking pot that has been inserted into the blender jug. Add 500 ml cold water and, with the measuring beaker in place, steam with the **steamer button**.
4. Remove the cooking pot from the blender jug. Let the steam evaporate from the potatoes for 10 minutes, peel them and put them while still hot into the empty blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 8**.
5. Set the machine, the measuring beaker not inserted, to **45 seconds/speed setting 4** and first add 100 g butter in small pieces through the filler opening in the lid, then little by little add the egg yolks and the cornflour.
6. Add the ham and Parmesan, season with salt, pepper and nutmeg and, with the measuring beaker in place, mix for **15 seconds/speed setting 5**. Pre-heat the oven to 180 °C.
7. With the measuring beaker in place, stir a third of the beaten egg whites into the potato mixture for **15 seconds/speed setting 4** and stir in the rest carefully by hand using the spatula.
8. Generously grease 8 little soufflé dishes or 8 hollows of a 12-hole muffin tin with the remaining butter. Pour in the potato mixture, leaving a finger width free at the top. Bake in the hot oven for 17 minutes. (Do not open the oven in the meantime.) Clean the blender jug thoroughly.
9. To make the salad, carefully sort through the spinach leaves, remove any thick stems, then wash thoroughly and drain well. Put the oil, cheese, vinegars, apple syrup, salt and pepper into the blender jug and, with the measuring beaker in place, blend for **2 minutes/speed setting 4** to make a creamy sauce. Drizzle the spinach leaves with the sauce. Sprinkle with almond slivers and serve with the soufflé.

FOR THE SOUFFLE:

5 eggs (medium)
 50 g Parmesan (32% fat)
 600 g small, floury potatoes
 120 g butter
 ½ tsp cornflour
 100 g diced, uncooked ham
 ½ tsp salt
 1 big pinch of white pepper
 1 pinch of nutmeg

FOR THE SALAD:

300 g baby spinach
 4 tbsp rapeseed oil
 40 g blue cheese (60% fat)
 1 tbsp fruit vinegar
 2 tbsp apple cider vinegar
 1 tbsp apple syrup
 ¼ tsp salt
 2 big pinches of pepper
 2 tbsp almond slivers

TIP

→ To make a vegetarian version, leave out the ham and use twice the quantity of Parmesan.



MUSHROOM OMELETTE

100 g shiitake mushrooms
 100 g white button mushrooms
 100 g bay bolete mushrooms
 4 spring onions (80 g)
 1 piece of fresh ginger (1 cm)
 1 bunch of chives
 3 tbsp sesame seeds
 6 eggs (medium)
 1 tbsp soy sauce
 4 tbsp sesame oil
 ½ tsp salt
 ¼ tsp pepper

1. Trim the mushrooms, wipe with a damp cloth and slice finely. Trim and wash the spring onions and cut into thin rings. Peel the ginger and grate finely. Wash the chives, dry and chop into fine rolls. Dry-fry the sesame seeds in a frying pan until golden and put to one side.
2. Put the eggs into the blender jug with 2 tablespoons of water and the soy sauce and, with the measuring beaker in place, chop for **10 seconds/speed setting 4**. Decant the egg mixture into a bowl and put to one side. Rinse out the blender jug.
3. Put 3 tablespoons of sesame oil into the blender jug, add the mushrooms and, the measuring beaker not inserted, braise with the **roast button/10 minutes**. Add the spring onion rings and the grated ginger, mix using the spatula and, the measuring beaker not inserted, stew with the **roast button/5 minutes**. Let the contents of the blender jug cool down for 10 minutes without the lid on.
4. Put the egg mixture and the chives into the blender jug, add ½ teaspoon of salt and ¼ teaspoon of pepper and, with the measuring beaker in place, stir with the **reverse button/10 seconds/speed setting 2**.
5. Heat 1 tablespoon of sesame oil in a frying pan and use the egg mixture to make omelettes one after another over a medium heat. Serve the omelettes sprinkled with sesame seeds.



ROCKET FRITTATA

1. Wash the rocket, shake it dry and remove the hard stems. Peel and quarter the onion. Put the rocket and onion into the blender jug and, with the measuring beaker in place, chop with the **turbo button/3 seconds**.
2. Use the spatula to scrape down the inside of the blender jug, add the olive oil and, the measuring beaker not inserted, sweat with the **roast button/3 minutes**. Butter an oven-proof dish and arrange the rocket mixture in it.
3. Pre-heat the oven to 200 °C. Rinse out the blender jug with cold water.
4. Break the eggs into the blender jug, season with 1 teaspoon of salt and 2 pinches of pepper and, with the measuring beaker in place, mix for **10 seconds/speed setting 3**.
5. Pour the egg mixture over the rocket and ensure it is evenly distributed in the dish. Put the goat's cheese in dabs on top and allow the frittata to thicken in the oven for 15 minutes. The frittata is also delicious cold and is suitable for packed lunches.

150 g rocket
 1 large onion (80 g)
 2 tbsp olive oil
 8 eggs (large)
 1 tsp salt
 2 pinches of pepper
 150 g soft goat's cheese (45% fat)

PLUS:
 butter for the tin

TIP

→ You can add 100 g cooked potato, cut into small dice and put into the oven-proof dish before baking.

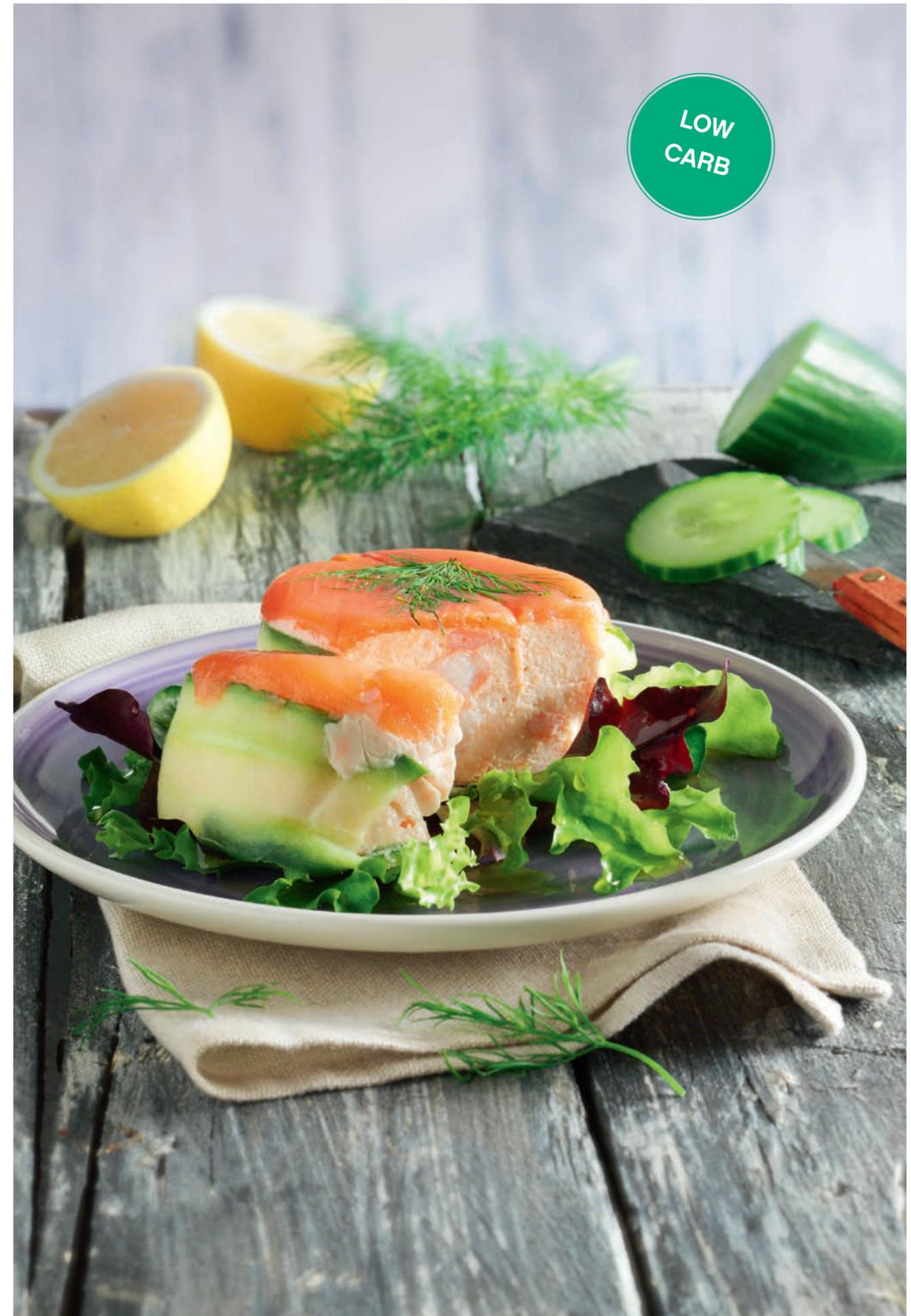
MINI SALMON AND PRAWN TERRINES

250 g fresh salmon fillet
½ tsp salt
¼ tsp pepper
2 leaves of white gelatine
5 sprigs of dill
2 slices of smoked salmon (50 g)
1 cucumber (400 g)
2 tbsp quark (20% fat)
2 tbsp natural yoghurt (3.5% fat)
2 tbsp crème fraîche (30% fat)
2 tbsp full-fat cream cheese with horseradish
½ lemon (juice; 40 g)
40 g cooked prawns

1. Pour 1 litre of lukewarm water into the blender jug. Rinse the salmon fillet under running water, pat dry and season with ½ teaspoon of salt and ¼ teaspoon of pepper. Place in the deep steamer basket, attach to the blender jug closed and cook the salmon with the **steamer button/12 minutes**. Then remove the steamer attachment, open the lid and allow the salmon to cool for 15 minutes. Empty the blender jug, rinse with cold water several times and also allow to cool down for 15 minutes.
2. In the meantime, rinse out 4 little ramekins or cups with cold water and line liberally with cling film. Soak the white gelatine in cold water according to packet instructions. Wash the dill and shake it dry. Place a small sprig on the base of each ramekin. Pluck off the tips of the remaining sprig, chop into small pieces and set aside. Put 1 piece of smoked salmon on the top of the other dill sprigs.
3. Wash the cucumber and peel with a peeler. Peel off the skin and the flesh evenly so that there are long strips on which you can still see the dark edges of the peel on the left and right. Do not scrape off the seeds. Pat the strips dry and line the edges of the ramekins with them.
4. Roughly tear the cooled salmon fillet with a fork and put into the blender jug with the quark, yoghurt, crème fraîche, cream cheese, chopped dill and lemon juice. With the measuring beaker in place, mix everything with the **reverse button/10 seconds/speed setting 3**. Fold in the prawns by hand using the spatula. Squeeze out the gelatine and dissolve in a pan on a moderate heat. Remove the pan from hob immediately. Stir 2–3 tablespoons of the salmon cream into the gelatine.
5. Then add the gelatine mixture to the blender jug and, with the measuring beaker in place, stir into the remaining mixture with the **reverse button/10 seconds/speed setting 2**. Season to taste with salt and pepper and, with the measuring beaker in place, mix with the **reverse button/10 seconds/speed setting 2**.
6. Divide the fish mixture between the ramekins. Knock the ramekins against the work surface a few times so that the air can escape. Cover the mixture, with the cling film hanging over the side of the ramekin. Allow the terrines to set in the refrigerator, preferably overnight. To serve, turn the terrines out onto plates and remove the cling film.



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SPECIAL RED CABBAGE

½ small red cabbage (500 g)
 ½ onion (40 g)
 1 small apple (100 g)
 1 tbsp cranberries from a jar
 1 clove
 80 ml red blackcurrant juice
 40 ml fruit vinegar
 1 pinch of cinnamon
 ½ tsp salt
 1 big pinch of pepper
 ¼ tsp sugar

1. Trim the red cabbage, remove the stem, wash and cut into rough pieces of approximately 4 cm. Peel the onion, then peel the apple, core it and cut them both into quarters.
2. Then put the cabbage, onion and apple into the blender jug and, with the measuring beaker in place, chop roughly for **5 seconds/speed setting 6**. Use the spatula to scrape the mixture down the inside of the blender jug.
3. Add the remaining ingredients and, the measuring beaker not inserted, mix with the **reverse button/30 seconds/speed setting 3**, while stirring with the spatula through the lid opening.
4. Place the blender jug in the refrigerator for at least 1 hour, but preferably overnight. (Alternatively, decant the mixture into a bowl and allow to cool in the refrigerator.)
5. Then, with the measuring beaker in place, boil the red cabbage in the blender jug with the **reverse button/1 hour/100 °C/speed setting 1**. Season to taste with salt and pepper, and, if desired, add a little sugar. With the measuring beaker in place, stir in the flavourings with the **reverse button/20 seconds/speed setting 2**.
6. Remove the clove and check if the cabbage is soft enough. If not, with the measuring beaker in place, continue to cook it with the **reverse button/10 minutes/100 °C/speed setting 1**.



QUINOA AND COCONUT GRANOLA

1. Pre-heat the oven to 175 °C. Line a baking sheet with greaseproof paper.
2. Wash the quinoa in a sieve under warm running water and leave to drain.
3. Put the washed quinoa, oats, millet flakes, quinoa flakes, chopped almonds and coconut flakes in a mixing bowl and mix together well.
4. Then melt the coconut oil in the blender jug with the measuring beaker in place for **1 minute 30 seconds/50 °C/speed setting 1**. Add the honey and, with the measuring beaker in place, stir in for **1 minute/50 °C/speed setting 2**.
5. Add the granola mixture to the blender jug and, with the measuring beaker in place, stir thoroughly with the **reverse button/45 seconds/speed setting 2**. Use the spatula to scrape down the inside of the jug. Repeat the process until all the ingredients are mixed with each other and everything is moistened with the oil.
6. Spread the mixture evenly over the baking sheet and put it in the lower third of the pre-heated oven.
7. Bake the granola for 25 minutes until it is golden and crispy. Stir through once or twice during the baking process so that everything is browned evenly. Once baked, let the granola cool down for 30 minutes on the baking sheet, then decant into an airtight container.

300 g quinoa
 100 g fine oats
 50 g millet flakes
 50 g quinoa flakes
 50 g chopped almonds
 50 g coconut flakes
 60 g virgin coconut oil
 50 g mild honey



ALMOND AND CHIA DESSERT

200 g whole, blanched almonds
1 vanilla pod
3 tbsp chia seeds
2 tbsp white almond paste

PLUS:

2 sweet apples (260 g)
50 g shelled almonds

- Put the almonds in a bowl with 1 litre of cold water and soak for at least 12 hours. Drain the almonds and put them into the blender jug with 1 litre of fresh cold water. With the measuring beaker in place, chop for **20 seconds/speed settings 5–8**, increasing the speed gradually. Drain through a very fine sieve or cheesecloth, reserving the resulting almond milk. Put in the refrigerator until needed.
- Cut the vanilla pod lengthways and scrape out the pulp with a knife. Put the chia seeds, the vanilla pulp, 200 ml of the almond milk and the almond paste in the blender jug and, with the measuring beaker in place, mix for **2 minutes/speed setting 3**. Then allow to soak in the refrigerator for at least 1 hour, but preferably overnight. To make a firm dessert, use less liquid. For a looser consistency, add more liquid.
- Wash the apples, quarter, core, and cut into 1-cm dice. Dry-fry the shelled almonds in a frying pan until golden. Sprinkle the diced apple and almonds over the dessert, and serve.

DETOX EFFECT

→ Vanilla increases the production of serotonin, the happiness hormone, and relieves stress.



APPLE AND CHESTNUT SMOOTHIE BOWL

- To make the smoothie bowl, wash and peel the apples, cut into rough quarters and remove the core. Put the apples into the blender jug with the chestnuts and kefir and, with the measuring beaker, blend for **2 minutes/speed settings 5–8**, increasing the speed gradually until the mixture is thick and creamy. Use the spatula to scrape the mixture down the inside of the blender jug.
- Sweeten with honey if desired and, with the measuring beaker in place, mix again for **10 seconds/speed setting 8**. Divide between 2 dishes.
- For the topping, wash the apple, remove the core and cut into thin wedges. Sort and wash the blueberries and pat them dry. Arrange the apple wedges in a fan shape in the middle of a smoothie bowl. Sprinkle the blueberries on top. Arrange the granola round the edges. Dust with 1 pinch of cinnamon each and serve immediately.

FOR THE SMOOTHIE BOWL:

3 apples (400 g)
120 g chestnuts (vacuum packed)
200 ml kefir (1.5% fat)
2 tbsp honey, as desired

FOR THE TOPPING:

½ apple (60 g)
50 g blueberries
4 tbsp granola (ready-made)
2 pinches of cinnamon

MEDITERRANEAN BURGER

FOR THE RELISH:

- 2 red peppers (300 g)
- 1 garlic clove
- 1 onion (60 g)
- 2 tbsp oil
- ½ tsp paprika powder
- 4 tbsp apple cider vinegar
- 1 tbsp sugar
- 1 pinch of salt
- 1 pinch of pepper

FOR THE PATTIES:

- 1 onion (70 g)
- 1 day-old bread roll (50 g)
- 120 ml lukewarm milk (fresh whole milk, 3.5% fat)
- 1 courgette (200 g)
- 400 g minced beef
- 2 eggs (large)
- ½ tsp paprika powder
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp pepper

FOR THE BUNS:

- 4 ciabatta rolls (70 g each, ready made)

FOR THE TOPPINGS:

- 4 large green lettuce leaves
- 1 beef tomato (200 g)
- 200 g feta cheese (in brine, 45% fat)
- 4 pinches of pepper
- 12 Kalamata olives, pitted

1. To make the relish, trim and core the peppers, wash inside and out and cut into quarters. Peel the garlic clove and put it with the quartered peppers into the blender jug. With the measuring beaker in place, chop for **20 seconds/speed setting 4**. Decant the mixture and reserve.
2. Peel and halve the 2 onions for the relish and the patties and, with the measuring beaker in place, chop them in the blender jug with the **turbo button/2 seconds**.
3. Remove half the quantity of chopped onion and put to one side. Use the spatula to scrape the rest of the onion down the inside of the blender jug, add the oil and, the measuring beaker not inserted, stew with the **roast button/3 minutes**. Add the pepper and garlic mixture, add the paprika powder and, the measuring beaker not inserted, continue to stew for **5 minutes/100 °C/speed setting 1**.
4. Add 8 tablespoons of water, the vinegar, sugar and 1 pinch each of salt and pepper and, the measuring beaker not inserted, boil down for **30 minutes/100 °C/speed setting 1**, until the mixture becomes creamy. Then with the measuring beaker in place, blend for **10 seconds/speed setting 5**. Decant the relish and cool before serving. Clean the blender jug.
5. To make the patties, dice the bread roll and soak in the milk for 10 minutes. Then squeeze out thoroughly. Trim and wash the courgette, cut into 4 pieces and put them into the blender jug. With the measuring beaker in place, chop for **10 seconds/speed setting 5**.
6. Use the spatula to scrape the pieces of courgette down the inside of the blender jug. Then add the previously chopped onion and all the other ingredients. With the measuring beaker in place, mix for **1 minute/speed setting 2**. If necessary, season to taste again with salt and pepper and, with the measuring beaker in place, stir in the spices for **10 seconds/speed setting 2**. Then decant the mince mixture.
7. For the toppings, wash the lettuce leaves and shake them dry. Wash and dry the beef tomato, cut into eighths and remove the stalk. Carefully cut the feta into thin slices.
8. With damp hands, shape 4 patties from the minced-beef mixture and, in a hot grill pan, grill or fry them on both sides for 3 minutes each. Cut the ciabatta rolls in half and briefly toast the cut sides. Spread the lower halves of the rolls with the relish. Place the salad leaves, tomato slices and the patties on top. Arrange the feta on top of these and sprinkle a pinch of pepper on top. Garnish with olives, place the upper half of the roll on top and serve the burger with the rest of the relish.



TUSCAN MEATBALLS

FOR THE MEATBALLS:

6 cherry tomatoes on the vine
(210 g)
2 balls of mozzarella
(125 g each, drained weight;
45% fat)
800 g mixed beef and pork mince
1 egg (large)
1½ tsp salt
½ tsp pepper
1 tsp thyme
1 tsp oregano
½ tsp marjoram

FOR THE TOMATO SAUCE:

1 onion (70 g)
1 garlic clove
2 tbsp olive oil
700 g sieved tomatoes (passata)
300 ml warm vegetable stock
1 tsp thyme
1 tsp oregano
½ tsp marjoram
1 tsp sugar
10 g cornflour
salt and pepper to taste

PLUS:

oil for the steamer baskets

1. Wash the cherry tomatoes, remove the stems and cut each into 4 slices. Drain the mozzarella and cut each into 6 slices, then cut through the middle of each of these so that there is a total of 24 slices.
2. Put the minced meat into the blender jug with the egg, 1½ teaspoons of salt, ½ teaspoon of pepper and the herbs and, with the measuring beaker in place, knead evenly for **1 minute/speed setting 4**. Decant the minced-meat mixture and thoroughly clean the blender jug.
3. Lightly grease both the deep and shallow steamer baskets with oil. With damp hands, make 24 meatballs approximately the size of tennis balls and divide these evenly between the deep and shallow steamer baskets. Place a piece of tomato on top of each meatball.
4. To make the tomato sauce, peel the onion and garlic, cut the onion in half, and put both vegetables into the blender jug. With the measuring beaker in place, chop finely with the **turbo button/3 seconds**. Use the spatula to scrape down the inside of the blender jug. Add the olive oil and, the measuring beaker not inserted, stew the sauce with the **roast button/2 minutes/110 °C**.
5. Put the sieved tomatoes, the warm vegetable stock, herbs and sugar into the blender jug. Hang the shallow steamer basket in the deep steamer basket, attach to the blender jug, close, and cook everything with the **steamer button**. Then carefully remove the lid and the shallow steamer basket, place a slice of mozzarella on each meatball, reattach everything and cook until done with the **steamer button/5 minutes**, interrupting the heating-up process.
6. Remove the entire steamer attachment and put to one side closed. Stir the cornflour with 50 ml cold water until smooth, put into the blender jug and, with the measuring beaker in place, bring to the boil for **3 minutes/100 °C/speed setting 2**. Season the sauce to taste with salt and pepper, if desired.
7. Serve the meatballs with the sauce. Serve with pasta or rice.

TIP

→ Before serving, add an aromatic splash of colour with a fresh basil leaf on top of each meatball.

ALL
IN ONE
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LOW
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RISSOLES WITH PEA PURÉE

1. To make the rissoles, wash the parsley, shake it dry, remove the leaves from the stems and put the leaves into the blender jug. With the measuring beaker in place, chop for **8 seconds/speed setting 6**. Decant and put to one side.
2. Peel the onion and cut in half. With the measuring beaker in place, chop the onion in the blender jug for **5 seconds/speed setting 6**.
3. Add the minced meat, Tabasco, egg yolk, breadcrumbs, parsley, mustard, 1 teaspoon of salt and ½ teaspoon of pepper and, with the measuring beaker in place, stir in with the **reverse button/2 minutes/speed setting 3**. Then decant the mixture and clean the blender jug.
4. Drain the sheep's cheese and cut into 12 dice. Using damp hands, make 12 rissoles from the meat mixture and press a cube of cheese into the middle of each one.
5. Heat up the olive oil in a large frying pan and sear the rissoles on all sides for 5 minutes. Then reduce the heat and fry until cooked over a medium heat for 10 minutes. Put the rissoles in a warm place.
6. To make the pea purée, wash the lime in hot water, dry and zest. Then cut in half and squeeze out the juice. Wash the mint, shake it dry and put one stalk with attractive leaves to one side for the garnish. Remove the leaves from the remaining stalks.
7. Peel and halve the onion and put it into the blender jug. With the measuring beaker in place, chop for **5 seconds/speed setting 6**. Add the butter to the blender jug and, with the measuring beaker in place, melt for **2 minutes/70 °C/speed setting 1**. Then, the measuring beaker not inserted, stew everything with the **roast button/3 minutes/100 °C** until transparent.
8. Add the peas and warm vegetable stock and, with the measuring beaker in place, boil everything for **10 minutes/100 °C/speed setting 1**.
9. Drain the peas through a sieve, reserving the liquid. Put the peas back into the blender jug, add the lime juice and peel, the mint leaves, 5 tablespoons of stock and 1 teaspoon of salt and ¼ teaspoon of pepper. With the measuring beaker in place, blend for **40 seconds/speed settings 7–9**, increasing the speed gradually until creamy. Serve the pea purée with the rissoles and garnish with the remaining mint.

FOR THE RISSOLES:

- ½ bunch of parsley
- 1 onion (70 g)
- 500 g mixed beef and pork mince
- 2 tsp Tabasco
- 1 egg yolk (medium)
- 4 tbsp breadcrumbs
- 2 tsp coarse-grain mustard
- 1 tsp salt
- ½ tsp pepper
- 150 g sheep's cheese (45% fat)
- 2 tbsp olive oil

FOR THE PURÉE:

- 1 untreated lime (60 g)
- 6 sprigs of mint
- 1 onion (70 g)
- 1 tbsp butter
- 1 kg peas (frozen)
- 500 ml warm vegetable stock
- 1 tsp salt
- ¼ tsp pepper

MEATBALLS WITH SAUCE

FOR THE MEATBALLS:

75 g breadcrumbs
100 ml milk at room temperature
(fresh whole milk, 3.5% fat)
100 g serrano ham
300 g lean minced veal
200 g lean minced pork
2 eggs (medium)
1 tbsp chopped parsley (frozen)
½ tsp salt
¼ tsp pepper

FOR THE SAUCE:

1 carrot (70 g)
1 onion (70 g)
2 garlic cloves
1½ tbsp tomato purée
4 tbsp olive oil
100 ml hot vegetable stock
800 g chopped tomatoes, tinned
1 tsp salt
½ tsp pepper

1. Soak the breadcrumbs in the milk. Finely dice the serrano ham.
2. Put both types of minced meat, the ham, the eggs and parsley, the breadcrumbs, ½ teaspoon of salt and ¼ teaspoon of pepper into the blender jug and, with the measuring beaker in place, mix with the **reverse button/2 minutes/speed setting 3**. Decant the mixture into a bowl. With damp hands, shape the mixture into small balls. Arrange the balls in the shallow steamer basket and place in the deep steamer basket. Clean the blender jug thoroughly.
3. Peel and wash the carrot and cut into rough pieces. Peel the onion and garlic cloves, cut the onion into quarters and put both vegetables into the blender jug. With the measuring beaker in place, chop with the **turbo button/8 seconds**. Use the spatula to scrape the pieces down the inside of the blender jug.
4. Add the carrots and the tomato purée and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Use the spatula to scrape everything down the inside of the blender jug again. Add the olive oil and, the measuring beaker not inserted, sauté everything with the **roast button/3 minutes/110 °C**.
5. Add the hot vegetable stock and, the measuring beaker not inserted, boil everything down for **5 minutes/120 °C/speed setting 2**.
6. Add the chopped tomatoes and, with the measuring beaker in place, blend everything for **8 seconds/speed setting 6**. Then season the sauce with 1 teaspoon of salt and ½ teaspoon of pepper.
7. Attach the deep steamer basket to the blender jug and close. Cook everything for **20 minutes/120 °C/speed setting 2**.
8. Remove the deep steamer basket and put the meatballs in a dish. Season the tomato sauce to taste again with salt and pepper and, with the measuring beaker in place, stir in for **10 seconds/speed setting 2**. Pour the tomato sauce over the meatballs and allow to rest for 5 minutes. Then serve.

TIPS

- Serve with boiled potatoes, pasta or crusty bread.
- If you like more of a roasted flavour, you can fry the meatballs in a frying pan and then add the sauce.
- If no children are sharing the meal, the vegetable stock can be replaced by 100 ml white wine and 1 teaspoon of vegetable stock powder.

ALL IN ONE





SPAGHETTI BOLOGNESE

1. Remove the rind from the Parmesan, cut into pieces roughly 2 cm long, place in the blender jug and, with the measuring beaker in place, chop finely with the **turbo button/10 seconds**. Pour into another container and rinse out the blender jug.
2. Peel the onion and garlic and halve the onion. Peel, wash and halve the carrot. Wash and trim the celery and slice into pieces 4 cm long. With the measuring beaker in place, chop the vegetables in the blender jug for **10 seconds/speed setting 5**. Scrape everything down the inside of the blender jug using the spatula and, with the measuring beaker in place, chop for another **7 seconds/speed setting 5**. Use the spatula to scrape the mixture down the inside of the blender jug again. Add 1 tablespoon of oil and, the measuring beaker not inserted, stew with the **roast button/4 minutes**.
3. Add 200 g minced meat, and, the measuring beaker not inserted, brown with the **roast button**. Remove everything from the blender jug and put aside. Clean the blender jug.
4. Cut the bacon into rough pieces and, with the measuring beaker in place, chop in the blender jug for **8 seconds/speed setting 9**. Use the spatula to scrape the mixture down the inside of the blender jug again. Add 1 tablespoon of oil and, the measuring beaker not inserted, sauté with the **roast button/3 minutes**.
5. Add the remaining minced meat, and, the measuring beaker not inserted, sauté with the **roast button**. Pour on 200 ml of warm stock and, the measuring beaker not inserted, boil down with the **roast button/10 minutes**.
6. Put the sugar, tomato purée, the meat mixture, the chopped tomatoes and the remaining warm stock into the blender jug, season with paprika powder, cinnamon, ¼ teaspoon of pepper and the thyme, and, with the measuring beaker in place, mix with the **reverse button/30 seconds/speed setting 2**. Then, the measuring beaker not inserted, boil everything down with the **reverse button/30 minutes/95 °C/speed setting 1**. Season with salt and ¼ teaspoon of pepper and, with the measuring beaker in place, stir in with the **reverse button/20 seconds/speed setting 2**.
7. Cook the spaghetti according to packet instructions until al dente, and drain. Serve with the meat sauce and sprinkled with Parmesan.

50 g Parmesan (32% fat)
 1 onion (60 g)
 1 garlic clove
 1 carrot (70 g)
 ½ sticks of celery (75 g)
 2 tbsp olive oil
 400 g mixed minced meat
 75 g streaky bacon
 300 ml warm vegetable or beef stock
 1 tsp sugar
 3 tbsp tomato purée
 400 g chopped tomatoes, tinned
 1 tsp sweet paprika powder
 1 pinch of cinnamon
 ½ tsp pepper
 1 tbsp dried thyme
 salt to taste
 400 g spaghetti

TIP

→ If no children are eating with you, replace 100 ml stock with red wine.

BEEF STROGANOFF WITH TAGLIATELLE

400 g beef fillet
2 tomatoes (150 g)
100 g button mushrooms
3 shallots (60 g)
4 tbsp oil
2 tsp mustard
250 g crème fraîche (30% fat)
3 tbsp pickling brine from dill gherkins
1 tsp salt
½ tsp pepper
400 g tagliatelle
400 ml hot beef stock
5 g cornflour

PLUS:

1 pickled dill gherkin (40 g)

1. Wash the beef fillet, pat dry and cut into strips 1.5 cm thick.
2. Score the tomatoes crossways, scald with boiling water, peel, deseed, remove the stems and roughly chop the flesh. Trim the mushrooms, wipe with a damp cloth and slice.
3. Slice the shallots, put them into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug.
4. Add the oil and, the measuring beaker not inserted, cook the shallots with the **roast button/3 minutes**.
5. Add the meat, and, the measuring beaker not inserted, brown with the **roast button/10 minutes**. Then remove the meat and the shallots.
6. Put the tomatoes, mushrooms, mustard, crème fraîche, dill juice, 1 teaspoon of salt and ½ teaspoon of pepper into the blender jug and, with the measuring beaker in place, simmer with the **reverse button/10 minutes/100 °C/speed setting 1**.
7. Cook the tagliatelle according to packet instructions in a saucepan on the hob.
8. Pour the hot beef stock into the blender jug and, with the measuring beaker in place, cook everything with the **reverse button/10 minutes/120 °C/speed setting 1**. Mix the cornflour with 1 tablespoon of water until smooth and put in the blender jug together with the shallots and meat. With the measuring beaker in place, cook through with the **reverse button/5 minutes/100 °C/speed setting 1**.
9. Arrange the cooked tagliatelle and beef stroganoff on plates.
10. Finally, finely dice the gherkin, sprinkle over the stroganoff and serve.

TIPS

- Chicken breast fillet works well instead of beef fillet.
- If you like your meat more juicy, you can cook it in a frying pan while the sauce is cooking. To do this, brown the meat on both sides in a hot frying pan with 2 tablespoons of olive oil and then let it infuse in the sauce for 2 minutes at the end.





BEEF WITH VEGETABLES AND BEER

2 onions (140 g)
1 garlic clove
3 carrots (200 g)
1 large parsnip (120 g)
1 stick of celery (50 g)
6 sprigs of thyme
600 g stewing beef
2 tbsp vegetable oil
2 tbsp tomato purée
330 ml dark beer at room temperature
1 l hot vegetable stock
1 tsp salt
1 big pinch of pepper
1 bay leaf

1. Peel the onions and garlic clove. Quarter the onions. With the measuring beaker in place, chop with the **turbo button/5 seconds**. Use the spatula to scrape the pieces down the inside of the blender jug. Peel, trim and quarter the carrots and parsnip and, with the measuring beaker in place, chop in the blender jug with the **turbo button/3 seconds**. Decant the vegetables and rinse out the blender jug. Wash the celery, remove the strings and cut into 1-cm slices. Wash the thyme, shake dry and remove the leaves from the stalks. Rinse the beef under running water, pat dry and cut into smaller pieces if necessary. Pour the oil into the blender jug and, the measuring beaker not inserted, brown the beef well with the **roast button/10 minutes**. Add the onions, vegetables and garlic and fry with the meat, the measuring beaker not inserted, with the **roast button/5 minutes**.
2. Blend the tomato purée with 1 tablespoon of water, pour over the meat and, with the measuring beaker in place, simmer with the **reverse button/5 minutes/100 °C/speed setting 1**. Deglaze with the room-temperature beer. Add the thyme, hot vegetable stock, 1 teaspoon of salt, 1 big pinch of pepper and the bay leaf and, with the measuring beaker in place, cook with the **reverse button/1 hour/90 °C/speed setting 1**. After the cooking time has elapsed, check if the meat is sufficiently tender and extend the cooking time if necessary. Season to taste with salt and pepper and, with the measuring beaker in place, mix with the **reverse button/30 seconds/speed setting 2**.

TIP

→ Crispy baguettes go well with this dish.



ONE
POT

SPICY MINCE WITH TOMATOES

1. Peel the onion and garlic, quarter the onion, put both ingredients in the blender jug, and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug.
2. Trim and quarter the pepper, wash inside and out, remove stem and put into the blender jug. Then, with the measuring beaker in place, chop for **5 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug, add the olive oil and, the measuring beaker not inserted, sauté everything with the **roast button/3 minutes**. Add the minced meat and, the measuring beaker not inserted, brown with the **roast button**.
3. Add the warm vegetable stock, sieved tomatoes, rice, 1 teaspoon of salt, ½ teaspoon of pepper, ½ teaspoon of rose paprika powder and 1 teaspoon of oregano to the meat and, with the measuring beaker in place, simmer with the **reverse button/18 minutes/100 °C/speed setting 1**. Check once the cooking time has elapsed that the rice is cooked. Extend the cooking time if necessary. Season again to taste with paprika powder, salt and pepper and, the measuring beaker in place, stir together with the **reverse button/30 seconds/speed setting 1**.

TIP

→ If you like this spicier, add ¼ teaspoon of chilli powder or a dash of sambal oelek.

1 large onion (100 g)
1 garlic clove
1 red pepper (150 g)
2 tbsp olive oil
400 g mixed beef and pork mince
300 ml warm vegetable stock
300 ml sieved tomatoes (passata)
250 g parboiled rice (cooking time: 15 minutes)
1 tsp salt
½ tsp pepper
½ tsp rose paprika powder
1 tsp oregano



XXL
-
LOW
CARB

BEEF STEW WITH BEER AND BACON

1. Wash the parsley and shake dry. Remove the leaves from the stalks and put the leaves into the blender jug. With the measuring beaker in place, chop for **8 seconds/speed setting 6**. Decant and put to one side. Rinse out the blender jug.
2. Peel the onions, cut into quarters, put into the blender jug and, with the measuring beaker in place, chop with the **turbo button/2 seconds**. Use the spatula to scrape down the inside of the blender jug.
3. Dice the bacon finely, put into the blender jug with 1 tablespoon of clarified butter and, the measuring beaker not inserted, stew with the **roast button/4 minutes**.
4. Cut the braising beef into 2.5-cm cubes and coat lightly in flour. Divide the meat into 3 portions and put the first into the blender jug with the stewed onions and bacon. The measuring beaker not inserted, brown with the **roast button/5 minutes**, then decant and put aside.
5. Now, the measuring beaker not inserted, brown the second portion of meat with half of the remaining clarified butter with the **roast button/5 minutes**.
6. Decant and, the measuring beaker not inserted, brown the remaining meat with the remaining clarified butter with the **roast button/5 minutes**.
7. Take the meat that has been put aside and put it back in the blender jug, deglaze with beer, add ½ teaspoon of pepper, the marjoram and the bay leaves. With the measuring beaker in place, cook with the **reverse button/1 hour /90 °C/speed setting 1**.
8. Remove the measuring beaker, put the cooking pot on the lid as a splash guard and cook again with the **reverse button/1 hour/95 °C/speed setting 1**.
9. Finally, stir in the parsley, add the sugar and vinegar, and, with the measuring beaker in place, simmer with the **reverse button/3 minutes/95 °C/speed setting 1**.
10. Season with salt and pepper and, with the measuring beaker in place, stir in with the **reverse button/20 seconds/speed setting 1**. Remove the bay leaves and serve.

½ bunch of flat-leaf parsley
3 onions (180 g)
150 g bacon
2 tbsp clarified butter
900 g braising beef
2 tbsp plain flour (type 405)
500 ml dark beer
½ tsp pepper
2 tsp dried marjoram
2 bay leaves
2 tsp sugar
2 tbsp red wine vinegar
salt to taste

TIPS

- If you like a stronger roasted taste, fry the braising beef in a frying pan first, and then put it in the blender jug.
- This dish tastes even better the next day when the flavours have had a chance to develop.

RIGATONI WITH BEEF RAGOUT

2 garlic cloves
½ small red chilli (5 g)
4 tbsp olive oil
500 g braising beef
½ tsp salt
½ tsp pepper
½ tsp sweet paprika powder
1 red pepper (150 g)
1 yellow pepper (150 g)
1 green pepper (150 g)
50 g tomato purée
2 bay leaves
250 ml beef stock at room temperature
500 g rigatoni pasta
¼ tsp dried thyme

1. Peel the garlic cloves, deseed the chilli pod, wash inside and out and pat dry. Put both ingredients into the blender jug and, with the measuring beaker in place, chop with the **turbo button/3 seconds**. Use the spatula to scrape down the inside of the blender jug.
2. Add the olive oil and, the measuring beaker not inserted, sauté everything with the **roast button/2 minutes**.
3. Dice the beef into 1.5-cm pieces and rub in ¼ teaspoon each of salt, pepper and paprika. Put the meat into the blender jug, and, the measuring beaker not inserted, brown with the **roast button**.
4. In the meantime, halve and trim the peppers, wash them inside and out and remove the stems. Cut into 1-cm dice.
5. Add the tomato purée, the bay leaves and 150 ml beef stock at room temperature to the blender jug and, with the measuring beaker in place, braise the ragout with the **reverse button/65 minutes/95 °C/speed setting 1**.
6. Cook the rigatoni according to packet instructions in plenty of salted water until al dente. Then pour the water away, allow the excess water to drain off and put the pasta in a warmed dish.
7. Put the remaining beef stock at room temperature, the diced peppers, ¼ teaspoon each of salt, pepper and paprika together with the thyme into the blender jug and, with the measuring beaker in place, cook again with the **reverse button/20 minutes/95 °C/speed setting 1**. Then test to see whether the meat is cooked. Extend the cooking time if necessary.
8. Season to taste with salt and pepper and, with the measuring beaker in place, mix in with the **reverse button/20 seconds/speed setting 1**.
9. Remove the bay leaves. Serve the ragout with the rigatoni.





HAM-WRAPPED FILLET OF PORK

1½ bunch of baby carrots (750 g)
 2 tsp salt
 ½ tsp sugar
 800 g pork fillet
 8 slices of Black Forest ham
 1 tsp pepper
 4 sprigs of rosemary
 2 tbsp butter
 1 tsp honey
 4 sprigs of thyme

1. Thoroughly brush or peel the baby carrots and wash them. Cut off the green tops, leaving up to 3 cm in place. Pour 1 litre of lukewarm water into the blender jug, arrange the carrots in the deep steamer basket and attach to the blender jug. Season the carrots with 1 teaspoon of salt and ½ teaspoon of sugar.
2. Rinse the pork fillet under running water, pat dry and cut into 4 pieces as thick as your thumb, each weighing approximately 200 g. Rub 1 teaspoon of salt and 1 teaspoon of pepper into the pieces. Then wrap each piece of pork in a slice of ham and tie with kitchen twine.
3. Wash the rosemary, shake dry and place in the shallow steamer basket. Arrange the pork fillets on top. Hang the shallow steamer basket in the deep steamer basket, close, and steam everything with the **steamer button/12 minutes**.
4. Heat up the butter in a frying pan, add the honey and stir in. Wash the thyme, shake dry, add and allow to infuse on a low heat.
5. Carefully remove the entire steamer attachment after the cooking time has elapsed. Toss the carrots in the butter and honey mixture in the frying pan. Season to taste with salt and pepper and arrange on plates with the meat.



FARFALLE WITH MEATBALLS

1. Mix the minced meat with the mustard, ½ teaspoon of salt and ½ teaspoon of pepper in the blender jug with the measuring beaker in place for **35 seconds/speed setting 4**. Decant the mixture and thoroughly clean the blender jug. With damp hands, make little balls out of the mixture and place them in the deep steamer basket. Peel the carrots, clean, wash and cut into 0.5-cm slices and arrange evenly in the shallow steamer basket. Cut large slices of carrot in half. Peel and halve the onions and put into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Put the warm vegetable stock into the blender jug, and add the farfalle, peas, cream cheese, 1 teaspoon of salt and ½ teaspoon of pepper. Attach baskets, close and cook everything with the **reverse button/15 minutes/120 °C/speed setting 1**. Check once the cooking time has elapsed that the meatballs and the farfalle are cooked. Extend the cooking time if necessary.
2. Remove the steamer attachment carefully and put the meatballs and carrots in the blender jug. Stir carefully by hand using the spatula and season to taste with salt and pepper. With the measuring beaker in place, stir in with the **reverse button/20 seconds/speed setting 1**. Wash the parsley, shake dry, remove the leaves from the stalks and chop finely. Serve the farfalle with the meatballs and the sauce, garnished with the chopped parsley.

350 g mixed beef and pork mince
 1 tbsp mustard
 1½ tsp salt
 1 tsp pepper
 4 carrots (250 g)
 2 onions (140 g)
 800 ml warm vegetable stock
 320 g farfalle (cooking time: 10 minutes)
 200 g peas (frozen)
 150 g full-fat cream cheese

PLUS:
 4 stalks parsley

TIP

→ Alternatively, instead of fresh carrots, you can use frozen. Put these directly into the blender jug with the peas.



LOW
CARB

MEAT LOAF

1. Release the meat (apart from the chicken livers) from the bones, remove any fat and tendons and cut into rough pieces. Put the meat into the blender jug and pour 1 litre of cold water on top.
2. Trim and wash the soup vegetables, peel the carrots and celery, and cut them and the leek into rough pieces. Put everything including the bay leaf and the allspice corns into the blender jug and, with the measuring beaker in place, cook for **1 hour 25 minutes/100 °C/speed setting 1**.
3. Add the livers to the meat in the blender jug and, with the measuring beaker in place, cook for **5 minutes/100 °C/speed setting 1**.
4. Then drain the meat and vegetables through a sieve, reserving the liquid. Allow the meat to cool for 30 minutes and dispose of the vegetables.
5. Place the bread roll in a dish and pour some of the stock on top. Put the remaining stock to one side. Pre-heat the oven to 180 °C.
6. Put the cooled meat with the lightly squeezed bread roll back into the blender jug and, with the measuring beaker in place, chop for **40 seconds/speed setting 5**. Use the spatula to scrape the mixture down the inside of the blender jug.
7. Then add the egg, nutmeg, ginger, ½ teaspoon of salt and ¼ teaspoon of pepper to the meat mixture and, with the measuring beaker in place, mix in for **40 seconds/speed setting 2**. If the mixture is too dry, add a little of the stock and, with the measuring beaker in place, stir again for **30 seconds/speed setting 2**.
8. Line the loaf tin with greaseproof paper, or grease with butter and breadcrumbs. Put the mixture into the loaf tin until three-quarters full. Smooth the surface and bang the tin on the work surface so that the mixture is well distributed. Bake in the oven for 1 hour.
9. Let the meat loaf cool once baked. Only remove the meat loaf from the tin once it has completely cooled.

250 g fatty pork
 1 chicken leg (200 g)
 100 g uncooked ham
 1 bunch of soup vegetables (carrots, celery, leek; 800 g)
 1 bay leaf
 5 allspice corns
 100 g chicken livers
 1 day-old bread roll (40 g)
 1 egg (medium)
 1 big pinch of nutmeg
 1 pinch of ground ginger
 ½ tsp salt
 ¼ tsp pepper

PLUS:

butter and breadcrumbs for the dish, as desired



Makes 1 loaf (small loaf tin)



Medium



Per loaf approx. 1068 kcal/4472 kJ
 93 g P, 71 g F, 14 g CH



Ready in: 3 h 20 min · Preparation: 20 min
 (+ 1 h 30 min cooking, 30 min cooling, 1 h baking)

LOW
CARB

CHICKEN TERRINE WITH BROCCOLI

1. Rinse the chicken breasts under running water, pat dry, cut into 3-cm dice and freeze for at least 3 hours.
2. Trim and wash the broccoli, separate into florets and place in the deep steamer basket. Pour 1 litre of water into the blender jug. Place the steamer basket on the blender jug and close with the lid. Cook the broccoli with the **steamer button/12 minutes**. Then allow to cool for 30 minutes and rinse the blender jug out with cold water several times.
3. Wash the parsley, shake dry and remove the leaves from the stalks. Wash and peel the carrots, cut into thick slices and put them and the parsley in the blender jug. With the measuring beaker in place, chop for **6 seconds/speed setting 6**. Then decant.
4. Roughly dice the toast and put it and the single cream into the blender jug. Pre-heat the oven to 180 °C.
5. Put the chicken and the egg yolks into the blender jug. With the measuring beaker in place, blend for **25 seconds/speed setting 6** and season with ½ teaspoon each of salt and pepper, the cumin and Worcestershire sauce. With the measuring beaker in place, mix in the carrots with the parsley and drained capers for **15 seconds/speed setting 4**.
6. Grease the tin and pour in half of the purée. Place the broccoli on top and pour the remaining purée on top of that. Cook in the oven for 45 minutes.
7. Finally, let the terrine rest in the tin for 5 minutes before turning it out. Serve warm or cold.

400 g chicken breast fillet
1½ heads of broccoli (750 g)
1 bunch of flat-leaf parsley
3 carrots (150 g)
3 slices of wholemeal toast (120 g)
300 g single cream (14% fat)
3 egg yolks (medium)
½ tsp salt
½ tsp pepper
¼ tsp ground cumin
1–2 tbsp Worcestershire sauce
65 g capers from a jar

PLUS:
fat for the tin



 Serves 4
(1½-1 loaf tin)

 Medium

 Per serving approx. 219 kcal/917 kJ
20 g P, 10 g F, 12 g CH

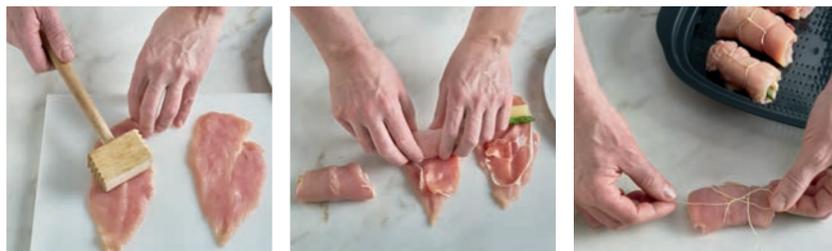
 Ready in: 4 h 47 min · Preparation: 15 min
(+ 3 h freezing, 12 min cooking, 45 min baking,
30 min cooling, 5 min standing)

CHICKEN ROULADE WITH HAM

6 spears of white asparagus
6 spears of green asparagus
1 tsp salt
1 pinch of sugar
6 chicken escalopes (150 g each)
6 pinches of pepper
6 slices of Parma ham
250 ml warm vegetable stock
150 ml cream at room temperature (30% fat)
1 tbsp cornflour
1 tbsp clarified butter

PLUS:
kitchen twine

1. Wash the asparagus, peel the white asparagus and cut off the woody ends of both types, leaving just the upper 10 cm remaining. Place the spears in the deep steamer basket. Sprinkle with $\frac{1}{4}$ teaspoon of salt and 1 pinch of sugar.
2. Pour 1 litre of water into the blender jug. Attach the closed deep steamer attachment and cook with the **steamer button/10 minutes**. Then remove the steamer basket and let the asparagus cool down for 10 minutes.
3. Rinse the chicken escalopes under running water, pat dry and tenderise into thin pieces. Season each with 1 pinch of salt and pepper on both sides. Cover each one with 1 slice of ham and 1 spear of each type of asparagus. Roll up the escalopes, tie with kitchen twine, place in the shallow steamer basket, insert this into the deep steamer basket and close with the lid.
4. Measure the cooking liquid in the measuring beaker and, if necessary, fill up to 1 litre with water. Attach the closed deep steamer basket and cook the roulades with the **steamer button/10 minutes**.
5. Then carefully remove the lid, turn the roulades over and continue to cook with the **steamer button/10 minutes**. In so doing, interrupt the heating-up process.
6. Remove the deep steamer basket and put to one side. Decant the cooking liquid, measure off 250 ml and pour it back into the blender jug. Pour on the warm vegetable stock and cream, season to taste with salt and pepper and, the measuring beaker not inserted, boil down for **7 minutes/100 °C/speed setting 1**. Then, stir the cornflour in 3 tablespoons of cold water until smooth, add to the blender jug and, the measuring beaker not inserted, heat up for **4 minutes/110 °C/speed setting 1** and put the cooking pot on the lid as a splash guard.
7. Heat the clarified butter in a frying pan and fry the roulades on all sides over a high heat for 3 minutes until crispy.
8. Serve the chicken roulades with the sauce.



TIP

→ Serve with crispy white bread and a fresh salad.





TURKEY BREAST WITH PUMPKIN SEED PESTO

4 turkey breasts (300 g each)
 ½ lemon (juice; 40 g)
 ½ tsp ground cumin
 ½ tsp red chilli flakes
 75 ml sunflower oil

FOR THE PESTO:

35 g pumpkin seeds (untoasted)
 2 onions (140 g)
 1 garlic clove
 2 tbsp groundnut oil
 80 ml hot chicken stock
 ¼ tsp aniseed
 2 romaine lettuce leaves
 ¼ bunch of watercress
 ¼ bunch of coriander
 salt to taste

1. Rinse the turkey breasts under running water, pat dry and cut in half lengthways. Mix the lemon juice, cumin, chilli flakes and sunflower oil in a bowl. Put the turkey in a freezer bag with the marinade, seal the bag so that it is airtight and leave to marinate in the refrigerator overnight.
2. To make the pesto, dry-fry the pumpkin seeds in a frying pan. Peel the onions and garlic clove, cut the onions in half, put both vegetables into the blender jug and chop roughly for **6 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug, add 1 tablespoon of groundnut oil and, the measuring beaker not inserted, sauté with the **roast button/2 minutes/110 °C**. Put the toasted pumpkin seeds and the hot chicken stock into the blender jug and chop roughly for **6 seconds/speed setting 8**.
3. Dry-fry the aniseed. Wash the lettuce leaves, watercress and coriander, and shake dry. Tear the watercress and lettuce into rough pieces, and remove the coriander leaves from their stalks. Add all the ingredients to the pumpkin seed mixture in the blender jug and, with the measuring beaker in place, blend to a fine purée with the **turbo button/5 seconds**. Use the spatula to scrape down the inside of the blender jug, add the remaining groundnut oil and, the measuring beaker not inserted, cook the pesto with the **roast button/2 minutes/110 °C**. Season to taste with salt and, with the measuring beaker in place, mix for **10 seconds/speed setting 2**.
4. Remove the turkey breasts from the marinade and allow to drain. Grill each side on a hot grill for 10 minutes or fry in a pan. Serve with the pesto.



STEAMED TURKEY BREAST

1. Peel the ginger, put into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 8**. Add the oyster sauce, 2 pinches each of salt and pepper, the honey and sesame oil and, with the measuring beaker in place, stir for **35 seconds/speed setting 5**.
2. Rinse the turkey breasts under running water, pat dry and marinate in the mixture in a freezer bag for an hour. Clean the blender jug. Wash, dry and halve the cherry tomatoes. Trim and wash the spring onions and cut into 0.5-cm-thick rings. Pour the warm vegetable stock into the blender jug. Attach the deep steamer basket, and arrange the meat evenly in the steamer basket. Liberally spread the cherry tomatoes and spring onion on top, close the steamer attachment and cook with the **steamer button**.
3. In the meantime, divide the fresh tagliatelle roughly and spread evenly in the shallow steamer basket. Hang the shallow steamer basket in the deep steamer basket, close with the lid and cook everything with the **steamer button/7 minutes**, interrupting the heating-up process. Remove the entire steamer attachment and put to one side.
4. Decant the vegetable stock, measure off 300 ml and pour it back into the blender jug. Add the crème fraîche and flour and, with the measuring beaker in place, stir in for **1 minute/100 °C/speed setting 2**. Season to taste with salt and pepper and, with the measuring beaker in place, stir in for **10 seconds/speed setting 1**. Serve with the turkey and tagliatelle.

1 piece of ginger (20 g)
 4 tbsp oyster sauce
 2 pinches of salt
 2 pinches of pepper
 1 tsp honey
 1 tbsp sesame oil
 4 turkey breast fillets (150 g each)
 500 g cherry tomatoes
 4 spring onions (60 g)
 1 l warm vegetable stock
 800 g fresh tagliatelle from the chiller cabinet (cooking time: 5 minutes)
 3 tbsp crème fraîche (30% fat)
 1 tbsp plain flour (type 405)



TURKEY SKEWERS WITH VEGETABLES

1. Peel the garlic cloves and the ginger. Trim and halve the chilli pod, remove the seeds, wash inside and out, cut into rough pieces and put them in the blender jug with the garlic cloves and the ginger. With the measuring beaker in place, chop for **10 seconds/speed setting 8**. Use the spatula to scrape the pieces down the inside of the blender jug.
2. Add the cinnamon, ½ teaspoon of salt, the honey and rapeseed oil and, with the measuring beaker in place, mix for **30 seconds/speed setting 4**. Decant into a large bowl.
3. Rinse the turkey breast fillets under running water, pat dry and cut into 5-cm dice. Mix with the marinade, and marinate for at least 2 hours, and preferably overnight, in the refrigerator, covered. Clean the blender jug.
4. Wash the potatoes, the sweet potato and courgette. Peel both types of potato, cut into quarters or eighths depending on their size and place in the cooking pot. Clean the courgette and cut into 1-cm slices. Halve and trim the peppers, wash inside and out and chop into 4-cm pieces.
5. Thread the meat, courgette and pepper pieces alternately onto soaked kebab skewers. Arrange the kebabs evenly between the two steamer baskets. Put the sieved tomatoes, the warm vegetable stock, 2 pinches of salt, 3 pinches of pepper and dried herbes de Provence into the blender jug. Add any leftover pieces of pepper and slices of courgette. Insert the cooking pot into the blender jug, hang the shallow steamer basket in the deep steamer basket, close, attach it on the blender jug and cook everything with the **reverse button/25 minutes/120 °C/speed setting 2**. After the cooking time has elapsed, check whether the meat and the vegetables are cooked and extend the cooking time for a few minutes, if necessary.
6. Serve the kebabs with the potatoes and tomato sauce.

FOR THE MARINADE:

- 2 garlic cloves
- 1 piece of ginger (3 cm)
- 1 red chilli (15 g)
- ½ tsp cinnamon
- ½ tsp salt
- 1 tsp honey
- 3 tbsp rapeseed oil

FOR THE SKEWERS:

- 400 g turkey breast fillets
- 1 courgette (250 g)
- 1½ red peppers (250 g)

PLUS:

- 3 medium-sized waxy potatoes (350 g)
- 1 sweet potato (300 g)
- 800 ml sieved tomatoes (passata)
- 200 ml warm vegetable stock
- 2 pinches of salt
- 3 pinches of pepper
- 1 tbsp dried herbes de Provence

FISH BURGER WITH A DILL DRESSING

FOR THE BUNS:

125 ml milk at room temperature
(fresh whole milk, 3.5% fat)
½ cube of fresh yeast (21 g)
½ tsp sugar
30 g butter
1 egg (medium)
400 g plain flour (type 405)
½ tsp salt
1 egg yolk (medium)
1 tbsp sesame seeds

FOR THE PATTIES:

4 slices of wholemeal bread (120 g)
200 ml lukewarm milk
(fresh whole milk, 3.5% fat)
5 sprigs of curly-leaf parsley
2 sprigs of tarragon
1 onion (70 g)
600 g pollack
1 egg (medium)
½ tsp salt
¼ tsp pepper
breadcrumbs

FOR THE TOPPING:

1 punnet salad cress
½ cucumber (200 g)
1 red onion (60 g)
4 sprigs of dill
100 g soured cream (10% fat)
1 dash of lemon juice
salt and pepper to taste

PLUS:

plain flour (type 405) for the
work surface
vegetable oil for frying

1. To make the buns, heat up the milk at room temperature, 125 ml water at room temperature, the yeast and sugar in the blender jug with the measuring beaker in place for **2 minutes/37 °C/speed setting 1**. Add the butter in pieces, egg, flour and ½ teaspoon of salt and, with the measuring beaker in place, knead with the **knead button/2 minutes** to make a smooth dough.
2. Take the dough out of the blender jug and, on a floured work surface, knead the dough through by hand, shape into a roll and cut out 4 large or 8 smaller pieces. Shape the dough pieces into balls and place on a baking sheet lined with greaseproof paper. Cover with a clean tea towel and allow to prove for 30 minutes. Pre-heat the oven to 200 °C. Thoroughly clean the blender jug.
3. Press the buns down a little, brush with whisked egg yolk, and sprinkle with sesame seeds as desired. Bake in the pre-heated oven for 20 minutes. The buns should not become too brown or too crispy. (If you are baking 8 buns, reduce the baking time to 15 minutes.)
4. To make the patties, remove the crusts from the wholemeal bread, dice and soak in the milk for 10 minutes.
5. Wash the herbs, shake dry and remove the leaves from the stalks. Peel and quarter the onion and, with the measuring beaker in place, chop with the herbs in the blender jug for **8 seconds/speed setting 6**. Use the spatula to scrape the onion and herb mixture down the inside of the blender jug. Rinse the fish under running water, pat dry and put it in the blender jug in rough pieces. Squeeze out the soaked wholemeal bread well, and chop with the ½ teaspoon of salt and ¼ teaspoon of pepper in the blender jug with the measuring beaker in place for **15 seconds/speed setting 5**. Use the spatula to scrape the mixture down the inside of the blender jug and continue to process with the measuring beaker in place for **10 seconds/speed setting 5**. If the mixture is too dry, knead in a little water or another egg with the measuring beaker in place for **10 seconds/speed setting 4**. Season the mixture again with salt and pepper and, with the measuring beaker in place, mix in for **15 seconds/speed setting 3**.
6. Remove the mixture from the blender jug and, with damp hands, make 4 large or 8 little patties out of the mixture and dredge carefully in breadcrumbs. Fry on each side with a little oil in the frying pan for 4 minutes. Cut the buns in half and briefly toast the cut sides. Clean the blender jug thoroughly.
7. To make the topping, snip the salad cress out of the punnet, wash, dry and chop coarsely. Peel the cucumber and slice. Peel the onion and also slice. Wash the dill, shake dry, pluck off the tips and chop



finely. Mix the soured cream with the dill and lemon juice and, with the measuring beaker in place, stir for **20 seconds/speed setting 2**. Season to taste with salt and pepper and, with the measuring beaker in place, stir for **20 seconds/speed setting 2**.

8. Place a little salad cress on the lower halves of the buns and place the patties on top. Arrange the slices of cucumber and onion on top and finish with salad cress. Pour the dill dressing on top. Cover with the upper half of the bun.



FISH RISsoles WITH A HERB SAUCE

1. Rinse the fish fillet under running water and pat dry. Pour 1 litre of water into the blender jug and attach the steamer attachment. Place the fish in it and close the steamer attachment. Steam with the **steamer button**. Then allow the fish to cool thoroughly overnight in the refrigerator.
2. The next day, to make the herb sauce, pour 500 ml water into the blender jug. Hang the cooking pot inside and place the eggs in it. With the measuring beaker in place, hard boil the eggs for **14 minutes/120 °C/speed setting 1**. Once cooked, use the spatula to remove the cooking pot from the blender jug. Rinse the eggs under cold running water and allow to cool down. Then rinse the blender jug out with cold water several times in succession and allow to cool down for 15 minutes.
3. To make the rissoles, cut the crusts off the toast and pour the cream on top. Wash the dill, shake dry and remove the thick stalks. Drain the capers. Put the dill tips and capers into the blender jug and, with the measuring beaker in place, chop with the **turbo button/2 seconds**. Use the spatula to scrape down the inside of the blender jug.
4. Add the fish in pieces to the dill and caper mixture in the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 5**. Add the soaked toast, the eggs, ¼ teaspoon of salt, 1 big pinch of pepper and the lemon zest, and, with the measuring beaker in place, mix everything for **30 seconds/speed setting 4** until you have a smooth mixture. Season to taste again with salt and pepper and, with the measuring beaker in place, stir in for **30 seconds/speed setting 2**. Decant the mixture and, with damp hands, shape the mixture into rissoles. Clean the blender jug.
5. Heat the sunflower oil in a frying pan and fry the rissoles on every side for about 5 minutes until golden. Remove the leaves from the lettuce, wash, shake dry and arrange on plates. Place the fish rissoles on top of the lettuce leaves.
6. To make the sauce, wash the herbs, shake dry, remove the leaves from the stalks and put all of the herbs except the chives into the blender jug. With the measuring beaker in place, chop everything for **6 seconds/speed setting 8**. Cut the chives by hand into fine rolls and put them in the blender jug.
7. Put the mustard, lime juice, grape-seed oil and crème fraîche into the blender jug and, with the measuring beaker in place, mix well for **10 seconds/speed setting 5**. Season to taste with salt and pepper and stir in for **10 seconds/speed setting 2**.
8. Peel the boiled eggs, chop into fine dice and fold in with the **reverse button/10 seconds/speed setting 1**. Serve the herb sauce with the fish rissoles.

FOR THE FISH RISsoles:

400 g fillet of pangasius
 4 slices of wholemeal toast (160 g)
 5 tbsp cream (30% fat)
 ½ bunch of dill
 2 tbsp pickled capers
 2 eggs (medium)
 ¼ tsp salt
 1 big pinch of pepper
 ½ tsp of zest of 1 untreated lemon
 3 tbsp sunflower oil

FOR THE HERB SAUCE:

2 eggs (medium)
 ½ bunch of mixed herbs (e.g. parsley, chives, dill)
 1 tsp mustard
 3 tsp lime juice
 6 tbsp grape-seed oil
 50 g crème fraîche (30% fat)
 salt and pepper to taste

PLUS:

¼ head iceberg lettuce (150 g)

SALMON WITH ASPARAGUS

1 lemon (juice; 80 g)
2 small beetroot (400 g)
750 g white asparagus
1 tsp salt
1 pinch of sugar
600 g salmon fillets (skin on)
2 pinches of pepper
300 g shelled peas (or frozen)
4 sprigs of fresh dill
50 g butter

1. Pour 1.5 litres of room-temperature water into the blender jug and add half the lemon juice to it. Wash the beetroot thoroughly (it is recommended you wear kitchen gloves to do this), place in the cooking pot and attach it to the blender jug. With the measuring beaker in place, cook the beetroot for **20 minutes/100 °C/speed setting 1**.
2. In the meantime, wash, trim and peel the asparagus, and remove the woody ends. Place the spears in the deep steamer basket. Sprinkle with $\frac{1}{4}$ teaspoon of salt and 1 pinch of sugar. Rinse the salmon under running water, pat dry and check for bones. Separate the fish into portions, place next to each other in the shallow steamer basket and season with 1 pinch each of salt and pepper. Hang the shallow steamer basket in the deep steamer basket and close with the lid.
3. Attach the deep steamer attachment to the blender jug and cook everything with the beetroot with the **steamer button/10 minutes**.
4. Carefully remove the lid together with the shallow steamer basket (there will be hot steam!), sprinkle in the peas, hang the steamer attachment back in place with the lid on and continue to cook with the **steamer button/5 minutes**. In so doing, interrupt the heating-up process.
5. In the meantime wash the dill and shake it dry. Pluck off the tips and cut them roughly.
6. Once the cooking time has elapsed, remove the steamer attachment and put aside closed. Remove the cooking pot using the spatula. Empty the blender jug and rinse it out with cold water. Rinse the beetroot with cold water, peel while still warm and cut into quarters.
7. Put the beetroot quarters into the blender jug with a dash of lemon juice, $\frac{1}{2}$ teaspoon of salt and 1 pinch of pepper and, with the measuring beaker in place, blend for **10 seconds/speed setting 8**. Use the spatula to scrape the mixture down the inside of the blender jug. Add the butter and, with the measuring beaker in place, mix again for **20 seconds/speed setting 7**. Use the spatula to scrape the mixture down the inside of the blender jug again, season with salt and pepper and, with the measuring beaker in place, stir in for **10 seconds/speed setting 4**.
8. Spread a dab of beetroot cream on each plate, arrange the asparagus and peas on top, place a piece of salmon on these and serve garnished with dill.





SALMON FILLETS ON A BED OF COURGETTE

800 g salmon fillet (2.5 cm thick)
2 tbsp lemon juice
1 tsp + 4 pinches of salt
4 pinches of pepper
4 courgettes (600 g)

FOR THE SAUCE:

2 tbsp olive oil
2 tbsp butter
2 tbsp herb oil
2 tbsp peppercorns

1. Cut the salmon fillet into 4 pieces and drizzle with lemon juice. Season each piece of salmon with 1 pinch each of salt and pepper.
2. Trim the courgette, wash, dry and cut into thin 3-mm slices using a peeler or a mandoline.
3. Evenly arrange all the courgette strips except 4 in loose spirals in the deep steamer basket and season with 1 teaspoon of salt. Arrange the 4 courgette strips in the shallow steamer basket and put the salmon fillets on top.
4. Pour 1 litre of lukewarm water into the blender jug, attach the steamer attachment to the blender jug, close and cook with the **steamer button/15 minutes**.
5. After the cooking time has elapsed, carefully remove the steamer attachment and put to one side closed. Empty the blender jug. To make the sauce, put the olive oil, butter, herb oil and peppercorns into the blender jug and, with the measuring beaker in place, heat up for **2 minutes/100 °C/speed setting 1**.
6. Arrange the strips of courgette on plates, put the salmon fillets on top, and drizzle with the oil and butter sauce.



FISH SKEWERS WITH CHERMOULA

1. Peel the garlic clove and put it into the blender jug. Wash the herbs, shake dry, remove the leaves from the stalks and put the leaves into the blender jug. Add 2 pinches of salt and the remaining ingredients for the chermoula and chop everything with the measuring beaker in place for **10 seconds/speed setting 8**. Use the spatula to scrape the mixture down the inside of the blender jug and repeat the previous step.
2. Then heat the paste, the measuring beaker not inserted, with the **roast button/3 minutes** so that the flavours can develop fully. Decant the chermoula in a bowl and allow to cool. Clean the blender jug.
3. Rinse the cod fillet under running water, pat dry and cut into 5-cm dice. Cover with the chermoula and leave in the refrigerator to marinate for at least 1 hour.
4. Wash the cherry tomatoes and pat them dry. Wash the lemons in hot water, dry, cut into segments and halve the segments. Thread onto the skewers, alternating with the diced fish and the cherry tomatoes. Arrange the kebabs evenly in both steamer baskets.
5. Put the rice in the cooking pot, insert into the blender jug, sprinkle ½ teaspoon of the salt on top and pour 1 litre of cold water over the rice into the blender jug. Attach the steamer baskets and cook with the **steamer button**.
6. Serve the fish kebabs with the rice.

FOR THE CHERMOULA:

1 garlic clove
1 bunch of coriander leaves
½ bunch of parsley
2 pinches of salt
½ tsp paprika powder
½ tsp ground cumin
2 pinches of pepper
1 lemon (juice; 80 g)
1 tsp vinegar
1 tbsp olive oil

FOR THE SKEWERS:

800 g cod filet
24 cherry tomatoes (240 g)
2 untreated lemons (160 g)

PLUS:

250 g long grain rice
(cooking time: 20 minutes)
½ tsp salt



FISH AND POTATO BAKE

2 waxy potatoes (200 g)
2 small carrots (100 g)
½ leek (80 g)
600 g Nile perch fillet
1 tsp salt
½ bunch of dill
100 g soured cream (10% fat)
½ tbsp tomato purée
½ tsp pepper

PLUS:

4 sheets of greaseproof paper

1. Wash and peel the potatoes and cut into 0.5-cm slices. Wash, clean and peel the carrots, and peel off the flesh evenly into fine strips. Trim and wash the leek, cut in half, cut in sideways and release the individual leek leaves. Rinse the Nile perch fillet under running water, pat dry, rub in ½ teaspoon of salt and divide into 4 portions.
2. Wash the dill, shake dry, pluck off the tips and chop them. Mix the soured cream with the tomato purée and dill and season to taste with ½ teaspoon of salt and ½ teaspoon of pepper.
3. Spread out the sheets of greaseproof paper and place the potato slices in a circle on each one. Arrange the carrot strips evenly on top. For each one, fold a leek leaf in half and place on top, put the fish fillet on top of that and brush with the dill cream mixture. Make an envelope of the paper with the fish inside, folding the sides down tightly.
4. Place the envelopes next to each other in the shallow and deep steamer baskets. Pour 1 litre of water into the blender jug and cook with the **steamer button**. Carefully unfold the envelopes and serve the fish dish on pre-warmed plates.

TIP

→ Instead of Nile perch fillets, you can use any other species of fish. Species with firm flesh are ideal as they keep their shape during cooking.



SPAGHETTI WITH CHOICE FILLET OF FISH

1. Dry-fry the pine nuts in a frying pan without fat and allow to cool down on a plate.
2. Remove the rind from the Parmesan, cut in chunks, put into the blender jug and, with the measuring beaker in place, chop finely for **10 seconds/speed setting 10**. Decant and put to one side.
3. Peel the garlic cloves, wash the basil leaves and pat them dry. Put the pine nuts and the olive oil, the garlic and the basil leaves into the blender jug and, with the measuring beaker in place, blend for **15 seconds/speed setting 7**. Use the spatula to scrape down the inside of the blender jug. Add the Parmesan and, with the measuring beaker in place, mix in for **10 seconds/speed setting 6**. Use the spatula again to scrape the pesto down the inside of the blender jug. Season to taste with salt and pepper and, with the measuring beaker in place, mix in for **20 seconds/speed setting 2**.
4. Cook the spaghetti according to packet instructions in plenty of salted water until al dente.
5. Cut a cross into the base of the tomatoes, plunge in boiling water, then peel off the skins and deseed. Finely dice the tomato flesh. Season the fish fillets with ½ teaspoon of salt and ¼ teaspoon of pepper. Heat the olive oil in a pan, then fry the fish fillets on both sides until golden brown.
6. Drain off the spaghetti, mix with the pesto, arrange on plates and sprinkle with the diced tomatoes. Place a fried fish fillet on each portion. Garnish with basil.

FOR THE PESTO:

100 g pine nuts
50 g Parmesan (32% fat)
3 garlic cloves
50 basil leaves
100 ml olive oil
salt and pepper to taste

FOR THE SPAGHETTI:

400 g spaghetti
½ tsp salt
3 tomatoes (250 g)
400 g fillet of halibut or plaice
¼ tsp pepper
30 ml olive oil

PLUS:

a few basil leaves

MUSSELS IN A SPICY TOMATO SAUCE

1 bunch of parsley
2 kg mussels
4 garlic cloves
2 dried chilli pods
2 tsp fennel seeds
3 tbsp olive oil
800 g chopped tomatoes, tinned
250 ml dry white wine
1 tsp salt

PLUS:

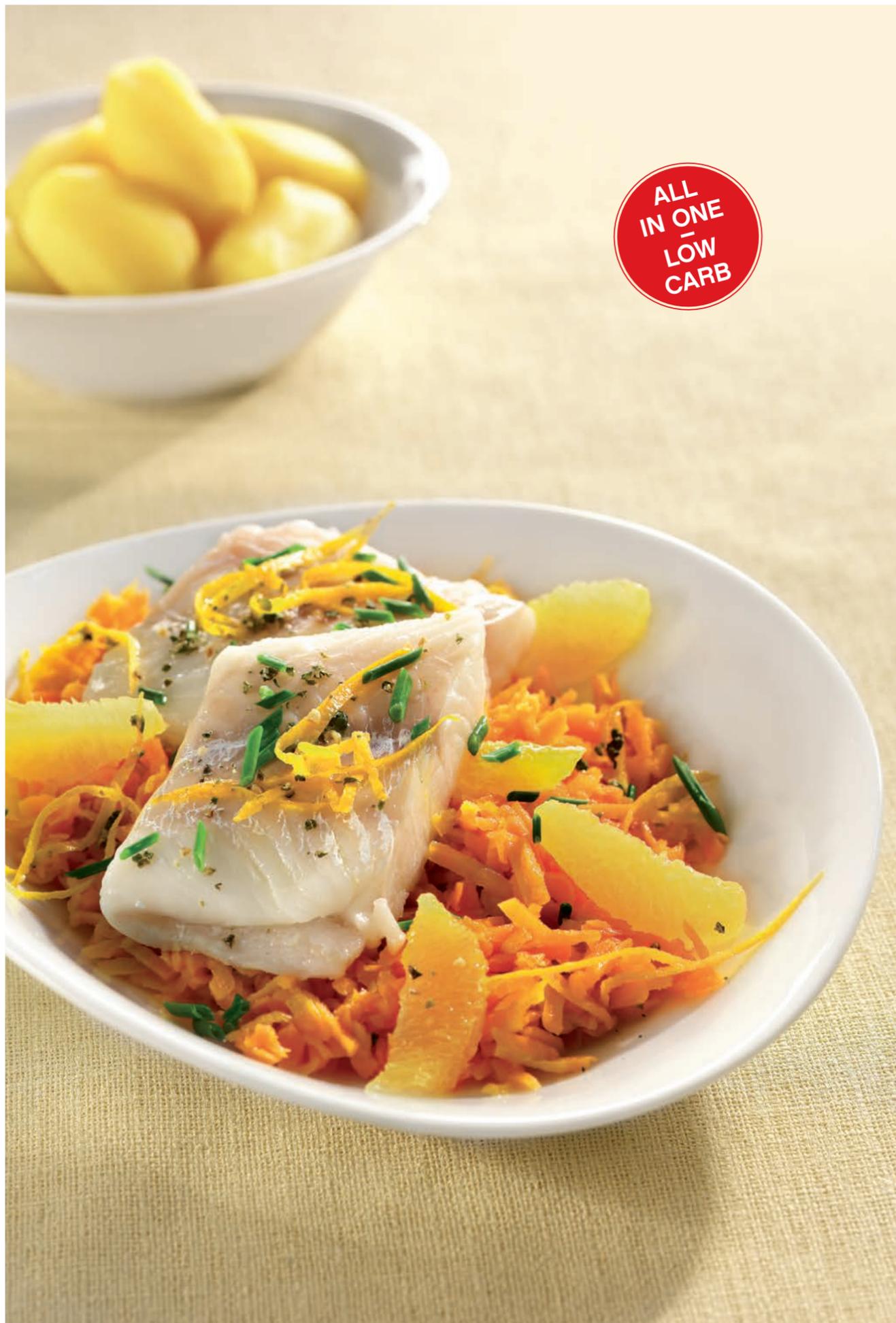
5 tbsp olive oil
4 large slices of white bread
(160 g)
¼ tsp pepper

1. Wash the parsley, shake dry and remove the leaves from the stalks. Put in the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6** and decant.
2. Wash the mussels under cold running water. Discard any open mussels.
3. Peel the garlic cloves and put in the blender jug with the chilli pods. With the measuring beaker in place, chop for **8 seconds/speed setting 6**, then scrape the mixture down inside the blender jug.
4. Add the fennel seeds and 3 tablespoons of olive oil and, the measuring beaker not inserted, stew them with the **roast button/5 minutes/100 °C**.
5. Add the tomatoes, the wine, 125 ml water at room temperature and 1 teaspoon of salt and, with the measuring beaker in place, cook for **15 minutes/100 °C/speed setting 1**.
6. Put the mussels in the deep steamer basket, close it and attach it to the blender jug, and cook with the **steamer button/15 minutes**.
7. Heat up the remaining oil in a large frying pan, fry the slices of bread on both sides over a medium heat and sprinkle over ¼ teaspoon of pepper.
8. Put the mussels in a large bowl, sort out the closed mussels and discard them.
9. Pour the tomato sauce over the mussels, sprinkle with the parsley and serve with the fried bread.

TIP

→ There was once the rule that you should only eat mussels when there is an 'r' in the month. Nowadays you can obtain mussels in the summer months as a frozen product and you can use these in this recipe, too. Simply extend the steaming time by 5 minutes. Take note, however: with frozen mussels, you must also remove the open ones before cooking, and remove those that have not opened after cooking.





HADDOCK ON A BED OF CARROT

1. Wash the orange under hot water, rub dry and zest the orange peel using a zester. Divide the orange into segments and reserve the juice.
2. Rinse the fish, pat dry and put on a plate. Drizzle with the orange juice and sprinkle the orange zest and 1 big pinch of pepper on top. Allow to infuse for 10 minutes.
3. In the meantime, trim, wash and peel the carrots. Cut into pieces 5 cm long. Cut very thick carrots in half lengthways. Put the butter with the sugar in the blender jug and, with the measuring beaker in place, melt for **2 minutes/110 °C/speed setting 1**.
4. Add the carrot pieces and, with the measuring beaker in place, chop for **6 seconds/speed setting 6**. Then arrange the carrots in the deep steamer basket and sprinkle with ¼ teaspoon of salt.
5. Pour the hot vegetable stock into the blender jug. Attach the deep steamer basket and hang the shallow steamer basket in it. Sprinkle the fish with ½ teaspoon of salt and put in the shallow steamer basket. Drizzle the marinade on top. Close the shallow steamer basket with the lid and cook everything with the **steamer button/10 minutes**.
6. Carefully remove the lid and the shallow steamer basket, add the orange segments to the carrots, hang the shallow steamer basket back in place, close and warm up with the **steamer button/3 minutes**. Interrupt the heating phase so that the steaming process begins immediately.
7. In the meantime, wash the chives, shake dry and chop into fine rings. Serve the fish with chopped chives as a garnish.

FOR THE FISH:

1 untreated orange (150 g)
400 g fillet of haddock
1 big pinch of pepper
½ tsp salt

FOR THE CARROT MIXTURE:

10 carrots (600 g)
1 tsp butter
1 tsp sugar
¼ tsp salt

PLUS:

1 l hot vegetable stock
½ bunch of chives



TIP

→ Serve with boiled potatoes.

FISH PIE

1.2 kg trout fillet
2 tsp + 1 pinch of salt
½ tsp pepper
400 ml chilled cream (30% fat)
1 pack of puff pastry
(450 g, frozen)
1 bunch of fresh dill
1 tsp pink pepper berries
2 eggs (medium)

PLUS:

plain flour (type 405) for the work
surface
butter for the tin

1. Wash the trout, pat dry, cut into rough pieces and put them in the blender jug. With the measuring beaker in place, chop for **15 seconds/speed setting 6**. Scrape everything down the inside of the blender jug using the spatula, then, with the measuring beaker in place, chop again for **15 seconds/speed setting 6**. If necessary, repeat the process until you have a fine fish purée.
2. Add 2 teaspoons of salt and ½ teaspoon of pepper and, with the measuring beaker in place, stir in for **30 seconds/speed setting 4**. Place the blender jug in the refrigerator for approximately 45 minutes to cool down. (Alternatively, decant the mixture into a bowl and put in the refrigerator for 45 minutes.)
3. Next, with the measuring beaker in place, add the cold cream to the blender jug and stir for **30 seconds/speed setting 4**. Then decant the fish mixture and put in the freezer for 45 minutes. Clean the blender jug thoroughly.
4. Pre-heat the oven to 200 °C.
5. Defrost the sheets of puff pastry on a clean tea towel for 10 minutes. Roll out half of them on a floured work surface. Grease a springform tin with a thin layer of butter, then line the base and edge with the rolled-out pastry.
6. Wash the dill, shake dry and remove the tips from the stalks and chop them finely. Grind the pepper berries coarsely in a mortar.
7. Separate the eggs, insert the mixing attachment and, with the measuring beaker in place, beat the egg white with 1 pinch of salt for **3 minutes/speed setting 4**. Add the dill, pepper berries and fish mixture to the blender jug and stir for **20 seconds/speed setting 3**. Pour everything into the springform tin.
8. Roll the remaining pastry into a circle. Cut out a hole in the middle using a glass so that later the steam can escape. Cut the pastry to the size of the springform tin and cover the fish mixture. From the remaining pastry, first cut out five leaves, then roll the rest into a rope and use it to seal the edge of the tin. Place the leaves decoratively round the hole in the middle.
9. Stir the egg yolk with 2 tablespoons of water and brush over the pastry. Bake in the oven for 50 minutes.
10. This pie can be served either hot or cold.

LOW
CARB



SMOKED SALMON QUICHE

FOR THE PASTRY:

100 g softened butter
200 g plain flour (type 405)
100 g low-fat quark (0.2% fat)
1 egg (medium)
1 pinch of salt

FOR THE FILLING AND TOPPING:

1 Savoy cabbage (800 g)
3 tbsp oil
¾ tsp salt
3 pinches + 1 big pinch of pepper
1 pinch of nutmeg
70 g dried tomatoes
200 ml cream (30% fat)
100 g crème fraîche (30% fat)
4 eggs (medium)
150 g smoked salmon
150 g cherry tomatoes

PLUS:

butter for the tin
plain flour (type 405) for the
work surface
baking beans for blind baking

1. To make the pastry, put the softened butter in chunks with the other pastry ingredients into the blender jug and, with the measuring beaker in place, knead for **1 minute/speed setting 4**. Roll into a ball, wrap in cling film and put in a cool place for 1 hour. Clean the blender jug thoroughly.
2. Brush the quiche dish with butter. Pre-heat the oven to 200 °C.
3. Roll the pastry out on a floured work surface and use it to line the quiche dish. Cover with greaseproof paper and weight with baking beans. Pre-bake in the oven for 10 minutes. Take it out, remove the baking beans and greaseproof paper and allow the base to cool down. Turn the oven down to 170 °C.
4. To make the filling, trim the cabbage, divide into leaves and cut out the thick leaf veins and the stalk. Wash the leaves and spin them dry. Put half the leaves into the blender jug and, with the measuring beaker in place, chop for **5 seconds/speed setting 5**. Decant and then do the same with the other half.
5. Put the first half of the chopped cabbage into the blender jug with the oil and, with the measuring beaker in place, roast gently with the **reverse button/3 minutes/110 °C/speed setting 1**. Pour on 4 tablespoons of hot water, and add ½ teaspoon of salt, 3 pinches of pepper and 1 pinch of nutmeg. The measuring beaker not inserted, stew with the **roast button/3 minutes/100 °C**, then decant the mixture.
6. Put the dried tomatoes into the blender jug and, with the measuring beaker in place, chop for **6 seconds/speed setting 8**. If necessary, repeat the procedure. Use the spatula to scrape the pieces down the inside of the blender jug.
7. Add the cream, crème fraîche, eggs, ¼ teaspoon of salt and 1 big pinch of pepper and, with the measuring beaker in place, stir for **30 seconds/speed setting 6**. Add the Savoy cabbage mixture and, with the measuring beaker in place, stir with the **reverse button/1 minute/speed setting 1**.
8. Cut the smoked salmon into bite-sized pieces. Wash and halve the cherry tomatoes and roughly remove the seeds. Spread the Savoy cabbage filling on the pastry, spread the salmon and tomatoes on top, and bake the quiche in the oven for 40 minutes until golden. If the mixture has not set properly, extend the baking time as necessary.

TIP

→ Pine nuts taste delicious when baked on top of the quiche. Simply sprinkle 2 tablespoons of pine nuts over the quiche before baking.





LOW
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MINCED MEAT AND SPINACH FLAN

1. Put the flour, egg, cold butter in chunks, 2 tablespoons of cold water and 1 pinch of salt into the blender jug and, with the measuring beaker in place, work into a smooth dough with the **knead button**. Remove from the blender jug, wrap in cling film and put in a cool place for 30 minutes. Clean the blender jug thoroughly.
2. Remove the rind from the Emmental, put into the blender jug in chunks and, with the measuring beaker in place, chop for **10 seconds/speed setting 10**. Decant and set to one side.
3. Clean the spinach, remove the stems, wash the leaves and tear into rough-sized pieces. Put the leaves into the blender jug in 2 batches and chop one after the other for **6 seconds/speed setting 6**. Decant and rinse out the blender jug.
4. Pre-heat the oven to 180 °C.
5. Peel and halve the onion and put in the blender jug with the dried tomatoes and, with the measuring beaker in place, chop with the **turbo button/2 seconds**. Use the spatula to scrape down the inside of the blender jug. Put 3 tablespoons of oil into the blender jug, and braise the onion and dried tomatoes, the measuring beaker not inserted, with the **roast button/3 minutes/110 °C**. Add the minced meat and, the measuring beaker not inserted, brown with the **roast button**.
6. Add the spinach, 1½ teaspoons of salt, ¾ teaspoon of pepper and 1 big pinch of cayenne pepper and, the measuring beaker not inserted, continue to braise with the **roast button/3 minutes**. Add the room-temperature cream and the eggs and, with the measuring beaker in place, stir for **40 seconds/speed setting 6**. Use the spatula to scrape down the inside of the blender jug and, with the measuring beaker in place, stir in for **20 seconds/speed setting 4**.
7. Grease a springform tin with 1 tablespoon of oil. Roll out the pastry and use it to line the springform tin. Pull up round the edges.
8. Place the meat and spinach mixture on top. Wash and dry the tomatoes, and remove the stems. Then slice the tomatoes. Place on top of the mixture and sprinkle with the Emmental. Bake the flan in the oven for 40 minutes.

- FOR THE PASTRY:**
- 200 g plain flour (type 405)
 - 1 egg (medium)
 - 125 g cold butter
 - 1 pinch salt
- FOR THE FILLING:**
- 50 g Emmental (45% fat)
 - 300 g spinach
 - 1 onion (70 g)
 - 4 dried tomatoes
 - 4 tbsp oil
 - 250 g mixed beef and pork mince
 - 1½ tsp salt
 - ¾ tsp pepper
 - 1 big pinch of cayenne pepper
 - 250 ml cream at room temperature (30% fat)
 - 3 eggs (medium)
 - 3 tomatoes (300 g)

Makes 16 slices
(springform tin 26 cm Ø)

Easy

Per slice approx. 230 kcal/963 kJ
8 g P, 17 g F, 11 g CH

Ready in: 1 h 35 min
Preparation: 25 min (+ 30 min chilling, 40 min baking)

LOW
CARB

HAM AND LEEK FLAN

1. To make the topping, remove the rind from the gouda, cut into 3-cm pieces, put into the blender jug and, with the measuring beaker in place, chop finely for **10 seconds/speed setting 8**. If necessary, repeat the procedure. Decant and put to one side.
2. To make the pastry, put the flour, baking powder, butter in pieces, ½ teaspoon of salt and the egg into the blender jug and, with the measuring beaker in place, process with the **knead button** to make a smooth dough.
3. Shape the dough into a ball, wrap in cling film and allow to rest in the refrigerator for 30 minutes. Clean the blender jug thoroughly.
4. Trim and wash the leek, pat dry, cut lengthways and slice into thin strips.
5. Peel the onion, cut into quarters, put into the blender jug and, with the measuring beaker in place, chop with the **turbo button/3 seconds**. Use the spatula to scrape down the inside of the blender jug.
6. Put 1 tablespoon of olive oil and the leek into the blender jug and, with the measuring beaker in place, stew with the **reverse button/10 minutes/100 °C/speed setting 2**. Then decant into a large bowl and set aside.
7. Dice the cooked ham and put it into the blender jug with the remaining olive oil. Then, the measuring beaker not inserted, cook with the **reverse button/2 minutes/100 °C/speed setting 1**. Allow the blender jug to cool down for 10 minutes without its lid on.
8. Put the cream and eggs into the blender jug and, with the measuring beaker in place, stir in for **30 seconds/speed setting 5**.
9. Add 100 g of the chopped gouda and, with the measuring beaker in place, mix with the **reverse button/25 seconds/speed setting 2**.
10. Put the leek, ¼ teaspoon of salt and 1 pinch of pepper into the blender jug and, the measuring beaker not inserted, mix everything with the **reverse button/2 minutes/speed setting 3**. Help the process by stirring using the spatula through the lid opening.
11. Pre-heat the oven to 200 °C and line a springform tin with greaseproof paper.
12. Roll the pastry out thinly on a floured work surface and line the dish with it. Pull up and press it against the edges.
13. Put the leek mixture on the pastry and smooth out. Sprinkle the remaining gouda onto the leek mixture and bake the flan for 30 minutes until golden. If the egg mixture does not set properly, extend the baking time as necessary.

FOR THE TOPPING:

150 g medium-ripe gouda (45% fat)
1 thick leek (400 g)
1 onion (70 g)
2 tbsp olive oil
100 g cooked ham
200 ml cream (30% fat)
2 eggs (medium)
¼ tsp salt
1 pinch of pepper

FOR THE PASTRY:

250 g plain flour (type 405)
1 tsp baking powder
125 g butter
½ tsp salt
1 egg (medium)

Makes 12 slices
(springform tin 26 cm Ø)

Easy

Per slice approx. 184 kcal/770 kJ
4 g P, 13 g F, 10 g CH

Ready in: 1 h 52 min · Preparation: 30 min
(+ 30 min chilling, 12 min cooking, 10 min cooling,
30 min baking)

ASPARAGUS AND HAM FLAN

FOR THE PASTRY:

250 g plain flour (type 405)
150 g cold butter
½ tsp salt
1 egg (medium)

FOR THE TOPPING:

100 g pecorino cheese (35% fat)
1 kg white asparagus
2 tsp salt
1 tsp sugar
200 g Parma ham
2 tomatoes (200 g)
200 ml cream at room temperature (30% fat)
3 eggs (medium)
½ tsp pepper
1 tbsp pizza spice mix

PLUS:

fat for the tin

1. Put the flour, cold butter, ½ teaspoon of salt and the egg in the blender jug and, with the measuring beaker in place, mix with the **knead button** to make a smooth dough. Shape the pastry into a ball and let it rest for 30 minutes, wrapped in cling film, in the refrigerator. Clean the blender jug thoroughly.
2. Remove the rind from the pecorino cheese, cut into chunks, put in the blender jug and, with the measuring beaker in place, chop for **20 seconds/speed setting 8**. Decant and rinse out the blender jug.
3. Wash and peel the asparagus, cut off the woody ends and cut the stalks into pieces measuring 3 cm. Place in the deep steamer basket. Sprinkle with 1 teaspoon of salt and 1 teaspoon of sugar. Pour 1 litre of lukewarm water into the blender jug. Attach the deep steamer basket with the asparagus in it and steam with the **steamer button/12 minutes**. Then drain the asparagus through a sieve, empty the blender jug and rinse with cold water several times.
4. Pre-heat the oven to 200 °C and grease a springform tin.
5. Roll the pastry out 0.5 cm thick and line the base and an edge with it. Cover the pastry with the pieces of asparagus. Cut the ham into strips and place on the asparagus. Wash the tomatoes, remove the stalks and slice. Distribute evenly over the flan.
6. Put the cream at room temperature, eggs, 1 teaspoon of salt and ½ teaspoon of pepper into the blender jug and, with the measuring beaker in place, stir for **20 seconds/speed setting 4**. Pour the egg mixture evenly over the flan, sprinkle with pecorino cheese and pizza spice mix, and bake for 35 minutes until golden.



ONION AND BACON FLAN

90 g softened butter
175 g plain flour (type 405)
1 tsp salt
150 g Emmental (45% fat)
200 g bacon
4 tbsp olive oil
7 onions (500 g)
150 g soured cream (10% fat)
1 egg (medium)
1 big pinch of pepper
1 pinch of nutmeg

PLUS:

fat for the tin
plain flour (type 405) for the
work surface
baking beans for baking blind

1. Put butter in chunks, flour, ½ teaspoon of salt, and 2 tablespoons of water into the blender jug and, with the measuring beaker in place, knead with the **knead button/2 minutes**. Remove the dough, shape it into a ball by hand, wrap in cling film and let it rest in the refrigerator for 30 minutes. Clean the blender jug thoroughly.
2. Put the Emmental in 2-cm pieces into the blender jug and, with the measuring beaker in place, chop finely for **6 seconds/speed setting 8**. Decant the cheese into a bowl and put to one side.
3. Finely dice the bacon and put into the blender jug with 2 tablespoons of olive oil. Then, the measuring beaker not inserted, fry with the **roast button/3 minutes**. Remove the bacon and drain on kitchen paper.
4. Peel the onions, cut in half and cut into rings. Put the onions and the remaining olive oil into the blender jug and, the measuring beaker not inserted, stew with the **reverse button/10 minutes/100 °C/speed setting 1**. Then add to the bacon in a bowl and stir.
5. Put the soured cream, the egg, ½ teaspoon of salt, 1 big pinch of pepper and 1 pinch of nutmeg into the blender jug and, with the measuring beaker in place, stir in for **45 seconds/speed setting 3**. Pre-heat the oven to 180 °C. Grease the springform tin.
6. Roll the pastry out on a floured surface between 2 layers of cling film and, having removed the cling film, line the tin with the pastry (base and side). Prod the pastry several times with a fork, place greaseproof paper cut to size on top, then put baking beans on top of that, and pre-bake the pastry case in the oven for 12 minutes.
7. Remove the greaseproof paper and the baking beans and let the base cool down for 15 minutes. Then arrange the bacon and onion mixture on top and pour the egg and cream mixture evenly on top of that. Finally, sprinkle the Emmental over the top.
8. Bake the flan for 45 minutes. If the egg mixture does not set, extend the baking time as necessary.

TIP

→ To make a vegetarian version, leave out the bacon and use 50 g more cheese and 100 g of button mushrooms.



QUICHE LORRAINE

FOR THE PASTRY:

400 g plain flour (type 405)
200 g softened butter
1 tbsp oil
2 eggs (medium)
1 tsp salt

FOR THE FILLING:

1 bunch of flat-leaf parsley
400 g Emmental (45% fat)
300 g cooked ham
2 large leeks (400 g; only the white and light-green parts)
4 tbsp oil
200 g diced bacon

FOR THE TOPPING:

500 g soured cream (10% fat)
8 eggs (medium)
1 tsp salt
1 tsp pepper
2 big pinches of nutmeg

PLUS:

plain flour (type 405) for the work surface
butter for the tins or greaseproof paper for the baking sheet

1. Put the flour, butter in chunks, 2 tablespoons of water, one tablespoon of oil, the eggs and 1 teaspoon of salt into the blender jug and, with the measuring beaker in place, knead with the **knead button/2 minutes** to make a smooth dough.
2. Remove the dough, shape into a ball, wrap in cling film and allow to rest in the refrigerator for 1 hour. Clean the blender jug thoroughly.
3. Wash the parsley, shake dry and remove the leaves from the stalks. Remove the rind from the cheese and cut the cheese into 2-cm dice. Put the parsley leaves and the cheese into the blender jug and, with the measuring beaker in place, chop coarsely for **10 seconds/speed setting 8**. Decant into a large bowl and rinse out the blender jug.
4. Cut the ham into small cubes and add to the cheese.
5. Trim the leeks, cut in half lengthways (cut into quarters if very thick) and cut the halves into thin slices. Then wash and drain well.
6. Pour the oil into the blender jug, and the measuring beaker not inserted, stew the leeks with the diced bacon with the **reverse button/10 minutes/100 °C/speed setting 1**. Allow to cool in the open blender jug for 5 minutes, then put the remaining ingredients in the mixing bowl and mix well.
7. Pre-heat the oven to 200 °C. Rinse out the blender jug.
8. Roll the pastry out on a floured work surface, line the baking sheet with greaseproof paper, and line the sheet with the pastry. Alternatively, grease 2 springform tins and line them with pastry.
9. Prick the pastry with a fork several times and pre-bake for 10 minutes.
10. Remove from the oven and allow to cool for 10 minutes. Turn the oven down to 180 °C.
11. To make the topping, insert the mixer attachment in the blender jug. Put the soured cream, eggs, 1 teaspoon each of salt and pepper and 2 large pinches of nutmeg into the blender jug and, with the measuring beaker in place, mix for **1 minute/speed setting 4**.
12. Put the leek mixture on the pastry and smooth out. Pour the egg and cream mixture over the top and bake the quiche Lorraine in the pre-heated oven for 45 minutes.

TIP

→ Quiche is delicious served hot, warm or cold.



PIZZA MARGHERITA

FOR THE DOUGH:

½ tsp sugar
10 g fresh yeast
250 g plain flour (type 405)
2 tbsp olive oil
½ tsp salt

FOR THE TOMATO SAUCE:

6 tbsp sieved tomatoes (passata)
1 tbsp tomato purée
1 tsp crushed oregano
¼ tsp salt
3 pinches of pepper
1 pinch of sugar

PLUS:

100 g mozzarella (45% fat)
2 tbsp olive oil
plain flour (type 405) for the work surface

1. To make the yeast dough, put 150 ml water at room temperature and the sugar into the blender jug. Crumble the yeast into it and, the measuring beaker not inserted, mix together for **2 minutes/37 °C/ speed setting 1**. Then add the flour, 2 tablespoons of olive oil and ½ teaspoon of salt and, with the measuring beaker in place, knead with the **knead button/2 minutes** to make a smooth dough. The dough should fall easily off your hands. If necessary, knead in a little more flour or water until it reaches the right consistency. Take the dough out of the blender jug, shape into a ball and put in a bowl covered by a tea towel. Put in a warm place and allow to prove for at least 1 hour until it has doubled in volume. Clean the blender jug.
2. To make the tomato sauce, put the sieved tomatoes, the tomato purée, the oregano, ¼ teaspoon of salt, 3 pinches of pepper and 1 pinch of sugar in the blender jug and, with the measuring beaker in place, mix well for **20 seconds/speed setting 4**.
3. Cut the mozzarella into thin slices. Pre-heat the oven to 240 °C. Brush the baking sheet with 1 tablespoon of olive oil.
4. Knead the dough through again thoroughly by hand, divide into 2 portions and roll out each one into a circle. Place the dough bases on the baking sheet, spread the tomato sauce on top and arrange the mozzarella on top of the sauce. Finally, drizzle the remaining olive oil on top and bake the pizzas for 15 minutes until golden.

VARIATIONS

Using Pizza Margherita as a base, you can make popular pizza classics by adding extra ingredients. Then put 100 g mozzarella on each pizza.

- **Pizza salami:** Put 7 slices of salami on top of the tomato sauce.
- **Pizza funghi:** Put 100 g sliced button mushrooms on top of the tomato sauce.
- **Pizza spinaci:** Cook 130 g frozen spinach according to packet instructions, season with salt and pepper to taste and arrange on top of the tomato sauce.
- **Pizza Hawaii:** Cut 3 slices of pineapple into pieces and arrange with two slices of cooked ham (cut into pieces) on top of the tomato sauce.
- **Pizza pepperoni:** Put half of each of a red, yellow and green pepper cut into strips on top of the tomato sauce.



- **Pizza cipolla:** Peel a large onion, cut into rings and arrange on top of the tomato sauce.
- **Pizza prosciutto:** Cut 2 slices of cooked ham into pieces and arrange on top of the tomato sauce.

And, of course, you can combine all the specified ingredients according to your taste and mood!

CHERRY TOMATO FLAN WITH SALSA VERDE

FOR THE PASTRY:

250 g plain flour (type 405)
150 g chilled butter
1 pinch of salt
1 egg (medium)

FOR THE TOPPING:

750 g cherry tomatoes
1 tbsp icing sugar
½ tsp salt
½ tsp pepper
3 garlic cloves
1 bunch of thyme
3 tbsp olive oil
2 eggs (medium)
100 ml cream at room temperature (30% fat)
150 g sheep's cheese (48% fat)

FOR THE SALSA VERDE:

½ bunch of flat-leaf parsley
5 sprigs of fresh mint
5 sprigs of basil
1 garlic clove
2 tbsp capers
4 anchovy fillets
2 tbsp lemon juice
2 tbsp apple cider vinegar
4 tbsp olive oil
2 pinches of salt
3 pinches of pepper

PLUS:

plain flour (type 405) for the work surface
butter for the dish

1. To make the pastry, put the flour, cold butter in chunks, 1 pinch of salt and the egg into the blender jug and, with the measuring beaker in place, knead into a smooth dough with the **knead button**. Remove the dough, shape it into a ball and let it rest for 30 minutes, wrapped in cling film, in the refrigerator. Clean the blender jug.
2. Pre-heat the oven to 180 °C. Wash, dry and halve the cherry tomatoes. Lightly squeeze the tomato halves, then with the cut surface facing upwards, place them on a baking sheet lined with greaseproof paper. Dust with icing sugar and season with ½ teaspoon of salt and ½ teaspoon of pepper.
3. Crush the the unpeeled garlic cloves with the flat of a knife blade and arrange with the thyme, washed and shaken dry, on the baking sheet. Drizzle the olive oil over the top and bake the tomatoes on the middle shelf for approximately 30 minutes.
4. Remove the garlic cloves and thyme sprigs, put the cherry tomatoes in a sieve and allow to drain.
5. Beat the eggs with the cream at room temperature in the blender jug with the measuring beaker in place for **35 seconds/speed setting 5**.
6. Turn up the oven to 200 °C. Lightly roll the pastry out on a floured work surface and line the buttered flan dish with it. Cut the sheep's cheese into 0.5-cm dice and arrange with the tomatoes on the pastry. Pour the egg mixture over the top and bake on the middle shelf for about 35 minutes. Clean the blender jug thoroughly.
7. To make the salsa verde, wash the herbs, shake them dry, remove the leaves from the stalks and put the leaves into the blender jug. Peel the garlic clove, rinse the capers and anchovies and pat dry. Put them with the garlic clove, lemon juice, apple cider vinegar, olive oil, 2 pinches of salt and 3 pinches of pepper in the blender jug, and, with the measuring beaker in place, chop for **10 seconds/speed setting 8**. Use the spatula to scrape down the inside of the blender jug and repeat the previous step until the salsa has a creamy consistency.
8. Serve the flan with the salsa verde.



AUBERGINE BAKE WITH TOMATO SAUCE



1. Remove the rind from the Caciocavalla and the Parmesan, cut into 2-cm dice, put into the blender jug and, with the measuring beaker in place, chop finely for **25 seconds/speed setting 10**. If necessary, repeat the procedure. Then decant into a bowl and rinse out the blender jug.
2. Wash the aubergines, remove the stems and cut into 1-cm slices. Layer in a sieve and sprinkle each slice with 1 teaspoon of coarse salt. Set the sieve over a bowl, weigh down the aubergine slices with a plate and leave for 1 hour.
3. In the meantime, peel the garlic and onion for the tomato sauce. Put both in the blender jug and, with the measuring beaker in place, chop with the **turbo button/3 seconds**. Use the spatula to scrape the pieces down the inside of the blender jug.
4. Add the olive oil and, the measuring beaker not inserted, sweat with the **roast button/2 minutes/100 °C**.
5. Add the sieved tomatoes and the tomato purée, season with 1 teaspoon of salt and ½ teaspoon of pepper and, the measuring beaker not inserted, boil down the sauce with the **reverse button/1 hour/90 °C/speed setting 1**, using the cooking pot on the filler opening as a splash guard.
6. Wash the basil, shake dry, remove the leaves from the stalks and chop roughly. Then add to the tomato sauce. Season the sauce to taste with salt and pepper and, with the measuring beaker in place, stir for **15 seconds/speed setting 3**.
7. Rinse the aubergines in cold water and pat dry. Heat a generous quantity of groundnut oil in a large frying pan and, in batches, fry the aubergine slices in it on both sides. Remove from the pan and carefully pat with kitchen paper.
8. Pre-heat the oven to 200 °C. Grease the oven-proof dish with olive oil and cover the base with a little tomato sauce. Place in a layer of aubergines, pour sauce on top, and sprinkle some grated Parmesan and Caciocavalla on top of that. Continue in this manner until all the ingredients have been used up. Finish with a layer of aubergines and cover this layer with the remaining sauce, the remaining Parmesan and Caciocavalla.
9. Bake the dish in a hot oven for 30 minutes. Then allow to rest another 10 minutes in the oven when switched off. Finally, remove from the oven and serve.

500 g Caciocavalla (Italian cheese, 46% fat)
150 g Parmesan (32% fat)
5 aubergines (1.5 kg)
125 g coarse salt

FOR THE TOMATO SAUCE:

1 garlic clove
½ onion (40 g)
2 tbsp olive oil
1.4 kg sieved tomatoes (passata)
2 tbsp tomato purée
1 tsp salt
½ tsp pepper
½ bunch of basil

PLUS:

groundnut oil for deep frying
olive oil for the dish

VEGETARIAN STUFFED COURGETTES

1 shallot (20 g)
1 red pepper (150 g)
200 g feta (48% fat)
120 g millet
1 l warm vegetable stock
4 courgettes (600 g)
1 tsp salt
½ tsp pepper
800 ml chopped tomatoes, tinned
1 tsp dried Italian herbs

1. Peel and halve the shallot and put into the blender jug. Cut the pepper into quarters, trim, deseed, wash inside and out and then chop into 4-cm pieces. Break the feta into pieces, put in the blender jug with the pepper and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Decant and rinse out the blender jug.
2. Wash the millet in a sieve under hot running water and put it into the cooking pot. Pour 800 ml warm vegetable stock into the blender jug, insert the cooking pot and cook the millet with the measuring beaker in place for **10 minutes/100 °C/speed setting 1**. Then decant the millet into a bowl and allow to swell for 15 minutes, covered. Empty the blender jug.
3. Wash, trim and halve the courgettes lengthways and scrape out the flesh using a teaspoon, leaving an edge at least 5 mm wide.
4. Evenly mix the pepper and feta mixture with the millet and season with ½ teaspoon of salt and ¼ teaspoon of pepper. Generously fill the courgette halves with the mixture and press in firmly. Arrange the courgette halves evenly in the deep and shallow steamer baskets.
5. Put the chopped tomatoes, 200 ml vegetable stock, 3 pinches of salt, 2 pinches of pepper and the dried Italian herbs into the blender jug. Attach the steamer baskets, close the lid and cook for **25 minutes/100 °C/speed setting 1**.
6. Carefully remove the steamer attachment and put to one side closed. Season the sauce with salt and pepper to taste and, with the measuring beaker in place, mix for **20 seconds/speed setting 2**.
7. Serve the courgettes with the sauce.





MUSHROOM RISOTTO WITH PARMESAN

1. Wash the parsley, shake dry and remove the leaves from the stalks. Remove the rind from the Parmesan, cut into 2-cm dice and add to the parsley in the blender jug. With the measuring beaker in place, chop for **8 seconds/setting 8**. Decant and put to one side.
2. Trim the mushrooms, cut in half depending on size, put them in the blender jug and, with the measuring beaker in place, chop with the **turbo button/1 second**. Then also decant.
3. Peel the shallot and garlic cloves, put them into the blender jug and, with the measuring beaker in place, chop with the **turbo button/3 seconds**. Use the spatula to scrape everything down the inside of the blender jug.
4. Add 2 tablespoons of butter and, the measuring beaker not inserted, sweat the shallot and garlic with the **roast button/3 minutes/120 °C**.
5. Add the risotto rice and, the measuring beaker not inserted, sweat with the other ingredients with the **roast button/1 minute/120 °C**.
6. Then deglaze with the hot stock and, the measuring beaker not inserted, cook with the **reverse button/10 minutes/95 °C/speed setting 1**.
7. Wash the thyme, shake dry and remove the leaves.
8. Put the mushrooms and thyme leaves into the blender jug, stir with the spatula and, with the measuring beaker in place, cook with the **reverse button/8 minutes/95 °C/speed setting 1**.
9. Season with the chilli powder and lemon juice.
10. Add the Parmesan and parsley mixture and the remaining butter, stir with the spatula and, measuring beaker not inserted, mix with the **reverse button/30 seconds/speed setting 3**, while stirring with the spatula.
11. Season with salt and pepper and stir in with the **reverse button/20 seconds/speed setting 2**. Serve immediately.

4 sprigs of parsley
 90 g Parmesan (32% fat)
 250 g mixed mushrooms
 1 shallot (30g)
 2 garlic cloves
 60 g butter
 400 g risotto rice (Arborio, cooking time: 15 minutes)
 1.2 l hot chicken or vegetable stock
 5 sprigs of thyme
 1 pinch chilli powder
 ½ lemon (juice; 40 g)
 salt and pepper to taste

TIPS

- If no children are sharing the meal, replace 200 ml of the stock with dry white wine.
- Keep an eye on the risotto during the cooking process and, if necessary, help to stir using the spatula. A perfect risotto should be slightly al dente and have a creamy consistency. It should be neither too dry nor too wet.

STEAMED ASPARAGUS WITH POTATOES

500 g waxy potatoes
1 kg white asparagus
1 tsp salt
1 pinch of sugar
1 tsp butter
2 tbsp chopped parsley (frozen)

FOR THE HOLLANDAISE SAUCE:

180 g butter at room temperature
3 very fresh egg yolks at room temperature (medium)
2 tbsp chicken stock or white wine at room temperature
salt, pepper and lemon juice to season to taste

1. Peel the potatoes and asparagus, and cut the woody ends off the asparagus. Wash the potatoes, cut into quarters, place in the cooking pot and sprinkle 1 teaspoon of salt on top.
2. Arrange the asparagus in the deep steamer basket. Pour 1 litre of room-temperature water into the blender jug, add the sugar and butter, hang the cooking pot inside and place the shallow steamer basket, closed, on top.
3. Cook with the **steamer button**, then put the shallow steamer basket to one side. Remove the cooking pot and keep the potatoes warm. Empty the blender jug and rinse it out with cold water.
4. To make the sauce, put the butter in chunks into the blender jug and, with the measuring beaker in place, melt for **6 minutes/70 °C/ speed setting 2**. Decant and let the blender jug cool down for 10 minutes.
5. Insert the mixer attachment into the blender jug. Put the egg yolks and room-temperature stock into the blender jug and, with the measuring beaker in place, emulsify for **8 minutes/70 °C/speed setting 3**. After stirring for 3 minutes, pour the melted butter slowly onto the lid of the blender jug so that it drips past the measuring beaker onto the moving blade. Adding the butter should take 2 minutes.
6. Season the sauce to taste with salt, pepper and lemon juice. With the measuring beaker in place, stir in for **10 seconds/speed setting 2**.
7. Serve the asparagus with the potatoes and the hollandaise sauce.

TIPS

- If the sauce is not creamy enough, allow the contents of the jug to cool to 50 °C (see display) and beat the sauce again with the mixer attachment and with the measuring beaker in place for **30 seconds/ speed setting 4**. Serve immediately.
- Ensure that the asparagus spears are all approximately the same thickness, otherwise the thin spears will be soft and the thick spears will still be firm after cooking.





FENNEL AND TURKEY PURÉE

1 floury potato (40 g)
1 fennel (90 g)
25 g turkey meat
4 tbsp mild fruit juice
2 tsp rapeseed oil

1. Peel and wash the potato. Trim and wash the fennel and remove the hard stalk. Dice both vegetables into 2-cm cubes. Thoroughly wash the turkey meat, remove all the tendons and fat, and also cut into 2-cm dice.
2. Pour 500 ml water at room temperature into the blender jug. Arrange the pieces of potato, fennel and turkey in the cooking pot, hang it in the blender jug and, with the measuring beaker in place, cook with the **steamer button/15 minutes**.
3. Then remove the cooking pot, empty the blender jug and reserve the liquid.
4. With the measuring beaker in place, purée the meat, potato and fennel with 40 ml cooking liquid and the fruit juice in the blender jug for **30 seconds/speed settings 4–7**, increasing the speed gradually. Use the spatula to scrape the mixture down the inside of the blender jug. Repeat the process as necessary, until the purée forms a very smooth consistency. Add another tablespoon of fruit juice if desired.
5. Add the rapeseed oil and, with the measuring beaker in place, stir in for **2 minutes/80 °C/speed setting 3**.

Age recommendation: Suitable for babies from 5 months old



SALMON AND CARROT PURÉE

1. Peel and wash the potato and cut into 2-cm dice. Peel and wash the carrot and cut into pieces 1 cm thick.
2. Check the salmon fillet thoroughly for bones and remove any you find. Rinse the fish under running water, pat dry and cut into 4-cm dice.
3. Pour 500 ml water at room temperature into the blender jug. Arrange the pieces of vegetable and salmon in the cooking pot, hang it in the blender jug and, with the measuring beaker in place, cook everything with the **steamer button**. Remove the cooking pot, empty the blender jug and reserve the liquid.
4. Squeeze the juice from the orange. Put the salmon, potato and carrot into the blender jug together with 40 ml of the cooking liquid and the orange juice, and, with the measuring beaker in place, blend for **30 seconds/speed settings 4–7**, increasing the speed gradually.
5. Use the spatula to scrape the mixture down the inside of the blender jug and repeat the process as necessary, until the purée forms a very smooth consistency.
6. Finally, add the oil and, with the measuring beaker in place, simmer the purée for **2 minutes/80 °C/speed setting 3**.

Age recommendation: Suitable for babies from 6 months old

1 floury potato (50 g)
1 large carrot (100 g)
40 g salmon fillet (fresh or frozen)
1 small orange (80 g)
2 tsp rapeseed oil

APPLE AND RICE CAKE PURÉE

2½ plain rice cakes
1 small apple (100 g)
1 tsp rapeseed oil

1. Break the rice cakes into pieces and, with the measuring beaker in place, chop in the blender jug with the **turbo button/5 seconds**. Add 100 ml water at room temperature and, with the measuring beaker in place, cook for **4 minutes/100 °C/speed setting 1**.
2. Peel, quarter and core the apple and grate finely into the blender jug. Add the oil and 50 ml water at room temperature and, with the measuring beaker in place, mix everything for **30 seconds/speed setting 2**.

Age recommendation: Suitable for babies from 7 months old

TIP

→ Our purées for babies freeze well. Simply double or quadruple the quantities and freeze the purée in portions.

PLUM AND PEAR PURÉE

1. Peel the pear, remove the core and cut into 3-cm dice. Wash, halve and stone the plums. Pour 500 ml water at room temperature into the blender jug. Arrange the fruit pieces in the cooking pot, put this in the blender jug and, with the measuring beaker in place, cook the fruit with the **steamer button/5 minutes**.
2. Remove the cooking pot with the fruit and empty the blender jug. Then, with the measuring beaker in place, blend the pear and plums with the rapeseed oil for **30 seconds/speed settings 4–7**, increasing the speed gradually. Repeat the process as necessary, until the purée forms a very smooth consistency. Decant the purée into a bowl.
3. Put 150 ml water at room temperature with the rice flakes into the blender jug and, with the measuring beaker in place, cook for **2 minutes/100 °C/speed setting 1**. Allow to infuse for 10 minutes. Add the fruit purée to the mixture in the blender jug and, with the measuring beaker in place, stir everything in for **30 seconds/speed setting 2**.

½ pear (70 g)
2 small plums (50 g)
1 tsp rapeseed oil
2 tbsp wholegrain rice flakes

Age recommendation: Suitable for babies from 7 months old



Serves 1



Easy



Per serving approx. 171 kcal/716 kJ
2 g P, 5 g F, 28 g CH



Ready in: 9 min
Preparation: 5 min (+ 4 min cooking)



Serves 1



Easy



Per serving approx. 215 kcal/900 kJ
3 g P, 6 g F, 37 g CH



Ready in: 27 min
Preparation: 10 min (+ 7 min cooking, 10 min soaking)

BABY'S FIRST CARROT PURÉE

2 small carrots (125 g)
2 tsp rapeseed oil

1. Peel and wash the carrots and cut into pieces 2 cm thick. Pour 500 ml water at room temperature into the blender jug. Arrange the carrot pieces in the cooking pot, put this in the blender jug and, with the measuring beaker in place, cook with the **steamer button/15 minutes**.
2. Remove the cooking pot using the spatula, empty the blender jug and reserve the liquid.
3. With the measuring beaker in place, purée the carrots with 40 ml of the cooking liquid in the blender jug for **40 seconds/speed settings 4–8**, increasing the speed gradually.
4. Use the spatula to scrape the mixture down the inside of the blender jug and repeat the process as necessary, until the purée forms a very smooth consistency.
5. Then, add the oil and, with the measuring beaker in place, simmer the purée for **2 minutes/80 °C/speed setting 3**.

Age recommendation: Suitable for babies from 5 months old

RED MASHED POTATO

1. Peel and wash the potato and beetroot. Cut the potato into 2-cm dice and the beetroot into 1-cm dice (you are recommended to wear kitchen gloves to do this). Put the dice into the cooking pot. Pour 500 ml water at room temperature into the blender jug, insert the cooking pot and, with the measuring beaker in place, cook with the **steamer button/10 minutes**.
2. Empty the blender jug and add the sunflower seeds. With the measuring beaker in place, chop with the **turbo button/15 seconds**.
3. Put the cooked potato and beetroot into the blender jug together with 30 ml warm water and the orange juice. With the measuring beaker in place, blend for **30 seconds/speed settings 4–7**, increasing the speed gradually. Repeat the process as necessary, until the purée forms a very smooth consistency.

1 floury potato (50 g)
1 small beetroot (50 g)
1 tbsp sunflower seeds
30 ml orange juice

Age recommendation: Suitable for babies from 5 months old



Serves 1



Easy



Per serving approx. 126 kcal/528 kJ
1 g P, 10 g F, 8 g CH



Ready in: 22 min
Preparation: 5 min (+ 17 min cooking)



Serves 1



Easy



Per serving approx. 161 kcal/674 kJ
6 g P, 7 g F, 17 g CH



Ready in: 15 min
Preparation: 5 min (+ 10 min cooking)



SPINACH AND POTATO PURÉE

20 g veal
1 small, floury potato (50 g)
80 g spinach leaves
2 tsp rapeseed oil

1. Remove all the tendons and fat from the veal, rinse under running water, pat dry and cut into 2-cm dice.
2. Peel and wash the potato and cut into 2-cm dice.
3. Place both ingredients in the deep steamer basket. Wash the spinach, remove the hard stalks and put on top of the potato and meat in the steamer attachment.
4. Pour 1 litre of water at room temperature into the blender jug, attach the deep steamer basket, close and cook everything with the **steamer button/15 minutes**.
5. Empty the blender jug and put the meat, potato and spinach in it. Add the oil and, with the measuring beaker in place, blend for **30 seconds/speed settings 4–7**, increasing the speed gradually. Repeat the process as necessary, until the purée forms a very smooth consistency.

Age recommendation: Suitable for babies from 5 months old

TIP

→ If you wish to add more liquid, use up to 40 ml of vitamin-C-rich fruit juice to ensure that the iron is better absorbed.



TOMATO AND COURGETTE RICE

1. Score the tomato crossways, scald with boiling water and remove the skin. Then cut in half, and remove the stalk and seeds.
2. Trim and wash the courgette. Roughly dice the tomato and courgette. Rinse the chicken under running water, pat dry and dice. Put the rice into the cooking pot and hang it in the blender jug. Pour 1 litre of water at room temperature over it into the blender jug.
3. Place the chicken and vegetables in the deep steamer basket, close and attach. Cook with the **steamer button/15 minutes**.
4. Empty the blender jug and put the meat, vegetables and rice in it.
5. Add the orange juice and oil and, with the measuring beaker in place, blend for **30 seconds/speed settings 4–7**, increasing the speed gradually. Repeat the process as necessary, until the purée forms a very smooth consistency.

1 tomato (50 g)
1 small courgette (50 g)
20 g chicken breast
25 g rice
(cooking time: 10 minutes)
2 tbsp orange juice
2 tsp rapeseed oil

Age recommendation: Suitable for babies from 8 months old

TIP

→ Tomatoes can cause a sore bottom, so it is better not to give this to babies until they are 8 months old, when they can tolerate tomatoes more easily.

CHAI SYRUP

50 g ginger
2 tsp cardamom pods
2 tsp cloves
4 star anise
4 cinnamon sticks
500 g brown sugar

1. Wash and peel the ginger, cut into 1.5-cm pieces and put into the blender jug. Add the cardamom pods, cloves, star anise and cinnamon and, with the measuring beaker in place, chop for **9 seconds/speed setting 7**.
2. Use the spatula to scrape the mixture down the inside of the blender jug.
3. Add the brown sugar and 300 ml cold water and, the measuring beaker not inserted, boil for **20 minutes/100 °C/speed setting 2**, putting the cooking pot on the filler opening as a splash guard.
4. Leave the liquid in the blender jug and cover it, or decant and cover; then leave to stand, preferably overnight.
5. Then pour through a sieve into another container, and pour back into the blender jug.
6. The measuring beaker not inserted, bring to the boil for **6 minutes/100 °C/speed setting 2**.
7. Pour the chai syrup into a sterilised bottle, seal and store in a cool place.

TIPS

- This syrup tastes delicious in hot, black tea with a dash of milk, on top of ice cream and in wintertime spiced cakes.
- This chai syrup will keep for about 4 months stored in a cool, dry place. Opened bottles should always be kept in the refrigerator and used up within 3 weeks.



APRICOT FIZZ

60 ml apricot juice
20 ml orange juice
20 ml lemon juice
10 ml almond syrup

PLUS:

3 ice cubes
soda water
1 untreated orange

1. Put all the ingredients except the ice cubes, the soda water and the slice from the untreated orange into the blender jug and, with the measuring beaker in place, mix for **30 seconds/speed setting 8**.
2. Put the ice cubes into a glass, strain the mixture over the top and fill up with soda water.
3. Rinse the orange in hot water and rub dry. Then cut into slices and halve one of the slices.
4. Garnish the cocktail with the slice of orange.

BANANA AND VANILLA SHAKE

1. Peel the bananas, slice into 4-cm pieces and put into the blender jug with a dash of cold milk. With the measuring beaker in place, blend for **20 seconds/speed setting 8**.
2. Add the remaining cold milk and the vanilla ice cream and, with the measuring beaker in place, blend for **30 seconds/speed setting 8** until creamy.
3. Pour into two highball glasses and serve with chocolate sprinkles on top.

2 very ripe bananas (220 g)
250 ml cold milk (fresh whole milk, 3.5% fat)
4 tbsp vanilla ice cream

PLUS:

2 tsp chocolate sprinkles

VARIATION

→ You can use strawberries, mango or honeydew melon flesh or bilberries instead of bananas.

 Makes 1 glass (250 ml)

 Easy

 Per glass approx. 76 kcal/318 kJ
0 g P, 0 g F, 18 g CH

 Ready in: 5 min
Preparation: 5 min

 Makes 2 glasses (300 ml each)

 Easy

 Per glass approx. 250 kcal/1047 kJ
7 g P, 8 g F, 35 g CH

 Ready in: 5 min
Preparation: 5 min

STRAWBERRY GRANITA

600 g strawberries
60 ml lemon juice
60 ml sugar syrup
210 ml pineapple juice
ice cubes, if desired

PLUS:

3 strawberries
1 untreated lemon

1. Wash, hull and halve 600 g strawberries. Put them into the blender jug with the lemon juice, sugar syrup and the pineapple juice and, with the measuring beaker in place, blend everything for **20 seconds/speed setting 8**, until creamy.
2. Now add the ice cubes if wanted and, with the measuring beaker in place, mix for **30 seconds/speed setting 5**, to crush the ice.
3. Wash, hull and slice the remaining strawberries. Wash the lemon under hot water, rub dry, slice and cut the slices into quarters.
4. Serve each glass garnished with a fruit skewer of strawberry slices and quartered lemon slices.

CHERRY AND COCONUT SMOOTHIE

1. Wash the cherries, dry well, remove their stones and place them in the refrigerator for at least 30 minutes.
2. Then put them and the coconut syrup into the blender jug and, with the measuring beaker in place, blend for **40 seconds/speed setting 8**.
3. Rinse the limes in hot water, rub dry and zest the peel in spirals. Then squeeze the limes. Add the lime juice to the smoothie to taste and decorate with twists of lime zest, as desired.

600 g cherries
4 tbsp coconut syrup
2 untreated limes (120 g)

VARIATION

→ Instead of coconut syrup, you can use 6–8 tablespoons of coconut milk and 2 tablespoons of grated coconut. To this you should add some sweetening, e.g. a little maple syrup or runny honey.

 Makes 6 glasses (150 ml each)

 Easy

 Per glass approx. 94 kcal/394 kJ
1 g P, 0 g F, 22 g CH

 Ready in: 10 min
Preparation: 10 min

 Makes 2 glasses (250 ml each)

 Easy

 Per glass approx. 241 kcal/1009 kJ
3 g P, 1 g F, 54 g CH

 Ready in: 40 min
Preparation: 10 min (+ 30 min chilling)



BANANA AND PEAR SMOOTHIE

1 lemon (80 g)
4 g ripe pears (600 g)
1 large banana (150 g)

PLUS:
ice cubes or crushed ice,
if desired

1. Juice the lemon. Wash the pears. Peel if preferred and remove the cores. Peel the bananas and cut the pears into pieces measuring 2.5 cm.
2. Put the fruit pieces into the blender jug with 2 tablespoons of lemon juice and, with the measuring beaker in place, blend for **50 seconds/speed settings 5–8**, increasing the speed gradually.
3. Divide between the glasses and add ice cubes, crushed ice or a little water as desired, to achieve the required temperature and consistency.

TIPS

- A blob of whipped cream with chocolate shavings on top of the smoothie is a delicious addition.
- A shot of Williams-Christ pear schnapps gives your drink an extra zing – but not without quite a few extra calories ...



RHUBARB SMOOTHIE

1. Wash the apple. Peel the apple and remove the core. Peel the banana. Cut the apple and banana into 2-cm pieces. Wash the strawberries, pat dry and hull. Put the fruit in the freezer for 30 minutes.
2. Wash and trim the rhubarb, dry, cut into 2-cm pieces and put them in the blender jug. Add the room-temperature apple juice and, with the measuring beaker in place, stew the rhubarb for **10 minutes/80 °C/speed setting 2**, until it is soft. Allow the rhubarb to cool down for 30 minutes in the opened blender jug.
3. Then put all remaining ingredients into the blender jug and blend for **45 seconds/speed setting 9**. Serve immediately.

TIP

- This smoothie will be particularly aromatic if you mix in a little fresh basil. Basil gives the strawberries a full-bodied taste.

1 apple (130 g)
1 banana (120 g)
200 g strawberries
2 sticks of rhubarb (300 g)
300 ml apple juice at
room temperature
1 tbsp maple syrup
2 tbsp crushed ice



APRICOT AND PARSLEY SMOOTHIE

150 g romaine lettuce
4 sprigs of parsley
50 g baby spinach
8 apricots (350 g)
1 orange (200 g)
2 tbsp chia seeds
6 ice cubes

PLUS:

honey to taste

1. Trim and wash the romaine lettuce, parsley and spinach, and shake dry. Tear the lettuce apart and remove the leaves from the parsley.
2. Wash the apricots, cut into quarters and remove the stones.
3. Squeeze the juice from the orange.
4. Put all the ingredients except the ice cubes into the blender jug with 100 ml cold water and, with the measuring beaker in place, mix for **2 minutes/speed settings 5–8**, increasing the speed gradually.
5. Add the ice cubes and, with the measuring beaker in place, mix everything for **20 seconds/speed setting 6** until the consistency is creamy.
6. If desired, dilute with more water, sweeten with honey and, with the measuring beaker in place, stir together for **10 seconds/speed setting 3**.

Per glass approx. 110 kcal/461 kJ
5 g P, 1 g F, 18 g CH

Ready in: 10 min
Preparation: 10 min



LAMB'S LETTUCE AND ORANGE SMOOTHIE

1. Soak the hempseed in cold water for 1 hour. Then drain in a sieve.
2. Put the hempseed and 100 ml fresh cold water into the blender jug and, with the measuring beaker in place, blend until smooth for **1 minute/speed settings 7–9**, increasing the speed gradually.
3. Trim and wash the lamb's lettuce, reserving some of the leaves for decoration. Put the rest of the leaves into the blender jug.
4. Peel the oranges. Split them and remove the seeds. Put the flesh into the blender jug.
5. Spoon out the avocado flesh and add to the other ingredients in the blender jug.
6. Pour on 100 ml cold water and, with the measuring beaker in place, blend everything for **2 minutes/speed setting 9** until smooth. Add the ice cubes and mix everything with the measuring beaker in place for **20 seconds/speed setting 6** until it has a smooth consistency.
7. Pour the smoothie into glasses and serve decorated with the reserved lamb's lettuce leaves.

2 tbsp hempseed
150 g lamb's lettuce
3 oranges (450 g)
½ avocado (80 g)
5 ice cubes

Per glass approx. 180 kcal/754 kJ
4 g P, 8 g F, 21 g CH

Ready in: 1 h 10 min
Preparation: 10 min (+ 1 h soaking)

PINK STARTER SMOOTHIE

100 g blueberries
250 g strawberries
2 sprigs of fresh mint
40 g oats
150 ml cold almond milk

1. First, wash the berries and mint thoroughly and drain. Remove the leaves from the mint stalks and keep a few aside for garnishing. Hull the strawberries and cut large berries in half.
2. Then put all the ingredients into the blender jug and, with the measuring beaker in place, blend for **45 seconds/speed setting 8**. If necessary, use the spatula to scrape down the inside of the blender jug and repeat the previous step.
3. Pour into glasses and serve with the remaining mint leaves.

 Makes 2 glasses (450 ml each)  Easy

 Per glass approx. 153 kcal/641 kJ
5 g P, 3 g F, 26 g CH

 Ready in: 5 min
Preparation: 5 min

EGG LIQUEUR

1. First ensure that all the ingredients are at room temperature.
2. Put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. If necessary, repeat the procedure.
3. Then add all the other ingredients to the blender jug and, with the measuring beaker in place, stir for **9 minutes/70 °C/speed setting 3**.
4. Use a funnel to pour the still-hot egg liqueur into a sterilised bottle, and seal. Store in a cool place.

250 g sugar
6 egg yolks (medium)
1 sachet of vanilla sugar (8 g)
125 ml cream (30% fat)
250 ml white rum or Korn

TIPS

- Opened bottles should be used up within 4 weeks.
- This egg liqueur is a real classic and tastes delicious on its own or with desserts.

 Makes 1 bottle (750 ml)

 Easy

 Per bottle approx. 2478 kcal/10375 kJ
23 g P, 63 g F, 261 g CH

 Ready in: 44 min
Preparation: 5 min (+ 30 min standing, 9 min cooking)

TEQUILA SUNRISE

200 g ice cubes
50 ml tequila
100 ml orange juice
20 ml grenadine

PLUS:

1 kiwi
1 untreated orange

1. To crush the ice, put the ice cubes into the blender jug and, with the measuring beaker in place, crush for **10 seconds/speed setting 6**.
2. Add the tequila and orange juice and, with the measuring beaker in place, mix for **20 seconds/speed setting 5**.
3. Pour the cocktail into a highball glass and add the grenadine slowly.
4. Peel the kiwi and cut into slices 0.5 cm thick. Wash the orange in hot water, rub dry and cut into segments.
5. Garnish the cocktail with half a slice of kiwi and an orange segment.

 Makes 1 glass (200 ml)

 Easy

 Per glass approx. 194 kcal/812 kJ
0 g P, 0 g F, 17 g CH

 Ready in: 5 min
Preparation: 5 min

IRISH CREAM LIQUEUR

1. Break the dark chocolate into pieces and put into the blender jug. With the measuring beaker in place, chop for **5 seconds/speed setting 8**. Then decant.
2. Pour half the room-temperature cream into the blender jug and, with the measuring beaker in place, heat up for **5 minutes/100 °C/speed setting 1**. Add the coffee and the chocolate and, with the measuring beaker in place, dissolve and melt in the cream for **10 seconds/speed setting 3**.
3. Add the room-temperature cream and condensed milk, the sugar and ground vanilla and, with the measuring beaker in place, mix for **5 minutes/50 °C/speed setting 3**.
4. With the measuring beaker in place, stir in the room-temperature whiskey for **15 seconds/speed setting 3**. Pour the liqueur into sterilised, sealable bottles and keep in a cool place.

30 g dark chocolate
(min. 70% cocoa)
600 ml cream at room
temperature (30% fat)
3 tsp soluble coffee
400 ml sweetened condensed
milk at room temperature (8% fat)
200 g sugar
3 big pinches of ground vanilla
250 ml whiskey at
room temperature

TIP

- This Irish cream liqueur can be kept in the refrigerator for up to 2 weeks.

 Makes 4 bottles (330 ml each)

 Easy

 Per bottle approx. 1117 kcal/4677 kJ
13 g P, 56 g F, 113 g CH

 Ready in: 10 min
Preparation: 10 min

COSMOPOLITAN

30 ml lemon vodka
15 ml orange liqueur
15 ml lime juice concentrate
15 ml cranberry juice

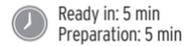
PLUS:
1 untreated lemon
2 ice cubes

1. Pour the lemon vodka, orange liqueur, lime juice concentrate and cranberry juice into the blender jug and, with the measuring beaker in place, mix thoroughly for **30 seconds/speed setting 8**.
2. Wash the lemon, rub dry and cut off a thin slice. Then cut in half.
3. Strain the cocktail into a small glass over ice cubes and garnish with half a slice of lemon.

 Makes 1 glass (150 ml)

 Easy

 Per glass approx. 111 kcal/465 kJ
0 g P, 0 g F, 6 g CH

 Ready in: 5 min
Preparation: 5 min

PIÑA COLADA

1. Wash the apple and star fruit and rub dry. Cut the star fruit into slices and the apple into wedges.
2. Put the ice cubes, light rum, pineapple chunks, cream and coconut syrup into the blender jug and, with the measuring beaker in place, blend to a fine consistency for **50 seconds/speed settings 8–10**, increasing the speed gradually.
3. Pour into a highball glass and serve with a fruit skewer made of pineapple, cocktail cherries, apple and star fruit.

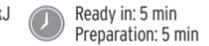
4 ice cubes
50 ml light rum
90 g pineapple chunks, tinned
30 ml cream (30% fat)
30 ml coconut syrup

PLUS:
1 apple
1 star fruit
2 pineapple chunks, tinned
1 packet of cocktail cherries
(230 g)

 Makes 1 glass (150 ml)

 Easy

 Per glass approx. 299 kcal/1252 kJ
1 g P, 9 g F, 30 g CH

 Ready in: 5 min
Preparation: 5 min

SWIMMING POOL

40 ml vodka
20 ml Blue Curaçao
40 ml coconut syrup
120 ml pineapple juice
20 ml cream (30% fat)
5 ice cubes

PLUS:
1 small pineapple
1 star fruit

1. Pour the vodka, Blue Curaçao, coconut syrup, pineapple juice and cream into the blender jug with 3 ice cubes and, with the measuring beaker in place, mix for **50 seconds/speed setting 8** until frothy.
2. Trim the pineapple, cut into slices and cut a piece out. Wash and dry the star fruit and cut into slices.
3. Strain the drink into a highball glass in which you have put the remaining ice cubes. Stir well and garnish with a piece of pineapple and a slice of star fruit.

 Makes 1 glass (250 ml)

 Easy

 Per glass approx. 398 kcal/1666 kJ
1 g P, 6 g F, 50 g CH

 Ready in: 5 min
Preparation: 5 min

DAIQUIRI

1. Pour the white rum, lemon juice and sugar syrup into the blender jug and, with the measuring beaker in place, mix for **30 seconds/speed setting 8**.
2. Wash the lemon, dry and cut off a thin slice.
3. Strain the drink into a cocktail glass over ice cubes, put a slice of lemon in the glass and serve.

50 ml white rum
30 ml lemon juice
20 ml sugar syrup

PLUS:
1 untreated lemon
4 ice cubes

 Makes 1 glass (150 ml)

 Easy

 Per glass approx. 230 kcal/963 kJ
0 g P, 0 g F, 19 g CH

 Ready in: 5 min
Preparation: 5 min



FROZEN YOGHURT WITH CHOCOLATE

300 g natural yoghurt (3.5% fat)
175 g white chocolate
200 g Mascarpone (80% fat)
1 sachet of vanilla sugar (8 g)
500 g blueberries (frozen)

PLUS:

50 g white chocolate
100 g fresh blueberries

1. Put the natural yoghurt in the freezer for 1 hour.
2. Break 175 g white chocolate into rough pieces and, with the measuring beaker in place, chop in the blender jug for **10 seconds/speed setting 5**. Add half the Mascarpone and, with the measuring beaker in place, melt everything for **3 minutes/80 °C/speed setting 2**.
3. Add the remaining Mascarpone, the yoghurt, vanilla sugar and 500 g blueberries and, with the measuring beaker in place, chop for **30 seconds/speed setting 8**.
4. If the mixture is too soft, freeze it for 30 minutes in the ice-cream maker or put it in the freezer for 1 hour. Stir it round thoroughly from time to time so that ice crystals do not form.
5. To serve, grate the 50 g white chocolate. Wash the fresh blueberries and pat them dry. Fill a piping bag with the frozen yoghurt and pipe it into little dessert bowls. Sprinkle with the chocolate shavings and garnish with the fresh blueberries.



FROZEN YOGHURT WITH MANGO

1. Place the yoghurt in the freezer for at least 2 hours.
2. Peel the mangoes and remove the flesh from the stones. Place the flesh in pieces in the blender jug with the vanilla sugar and sugar and, with the measuring beaker in place, blend for **20 seconds/speed setting 8** until smooth. Decant the mango purée and also place in the freezer for 2 hours.
3. Wash and dry the cherries, remove stones and put cherries into the blender jug. With the measuring beaker in place, chop for **5 seconds/speed setting 5** and then also put in the freezer for 2 hours until needed.
4. Once the chilling time has elapsed, put the yoghurt and the mango purée into the blender jug and, with the measuring beaker in place, blend for **8 seconds/speed setting 8**. Add the frozen cherries and, with the measuring beaker in place, fold in for **6 seconds/speed setting 4**.
5. If the mixture has now become too soft, put everything back in the freezer for at least 1 hour, and stir round vigorously once with a fork, working from the outside in.
6. Then decant the mixture into a piping bag with nozzle and pipe it portion by portion into little bowls.

400 g Greek yoghurt (10% fat)
2 ripe mangoes (1 kg)
1 sachet of vanilla sugar (8 g)
50 g sugar
150 g sweet cherries



FRUIT SORBET

300 g mixed fresh fruit
150 g sugar
2 limes (juice; 120 g)
800 g ice cubes

1. Wash and peel the mixed fresh fruit depending on its type, core if necessary and cut into rough chunks.
2. With the measuring beaker in place, pulverise the sugar in the blender jug for **20 seconds/speed setting 10**.
3. Add the lime juice and fruit and, with the measuring beaker in place, chop everything for **15 seconds/speed setting 5**.
4. Add the ice cubes and, with the measuring beaker in place, chop everything for **50 seconds/speed setting 9** to create a finely crumbly mixture.
5. Divide the fruit sorbet between dishes or glasses and serve immediately.

TIP

→ Use mainly firm fruits to achieve a creamy sorbet. You can use frozen fruit and process it several times until you have the consistency you desire. In this case, you do not need to use ice cubes.



PEACH AND MINT SLUSHIE

1. Wash the mint, pat dry and remove the leaves from the stalks.
2. Put the leaves into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 8**. Use the spatula to scrape the pieces down the inside of the blender jug.
3. Add the syrup and ice cubes and, with the measuring beaker in place, blend for **30 seconds/speed setting 10**. Serve immediately.

5 sprigs of mint
100 g peach syrup
400 g ice cubes

TIPS

- If desired, the mint can be left out, or changed, and the peach syrup replaced by another flavour. To achieve a fruitier flavour, use 50 g frozen fruit to replace 50 g of ice cubes.
- If you prefer your slushie to have a coarser consistency, alter the speed setting, not the time setting. After 30 seconds all the pieces of ice will be the same size.

VANILLA ICE CREAM WITH POPCORN

FOR THE ICE CREAM:

2 egg yolks (medium)
250 ml cream at room temperature (30% fat)
50 g sugar
1 tsp lemon juice
1 sachet of vanilla sugar (8 g)
1 big pinch of cinnamon

FOR THE POPCORN:

75 g sugar
1½ tbsp oil
30 g popcorn kernels
1 tbsp butter
1 big pinch of cinnamon

1. Insert the mixer attachment. Put the egg yolks, room-temperature cream, sugar, lemon juice, vanilla sugar and the cinnamon into the blender jug and, with the measuring beaker in place, stir for **10 seconds/speed setting 3**. Then use the spatula to scrape the mixture down the inside of the blender jug.
2. With the measuring beaker in place, heat up the egg and cream mixture for **10 minutes/80 °C/speed setting 2**. Decant the liquid into a shallow dish and put it in the freezer. Freeze for at least 6 hours.
3. To make the popcorn, put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. If necessary, repeat the procedure. Then decant.
4. Heat the oil in a saucepan or a deep frying pan to a medium temperature. Add the popcorn kernels and distribute round the base of the pan. Place the lid firmly on the pan. Wait until the first kernels pop. Shake the pan regularly. After 2 minutes, remove the pan from the hob and wait until the final kernels have popped. Then decant.
5. In the same pan (or deep frying pan), melt the butter, add the pulverised sugar and allow to caramelize whilst stirring. Stir in the cinnamon. Add the popcorn and mix well.
6. Before serving the vanilla ice cream, allow to gently defrost a little for 15 minutes in the refrigerator. Then cut into rough pieces. Put the pieces of ice cream into the blender jug and, with the measuring beaker in place, mix for **15 seconds/speed setting 6** until creamy.
7. Serve the ice cream immediately in dessert glasses and garnish with the caramelised popcorn.



TIRAMISU

6 eggs (medium size)
120 g sugar + 2 tbsp sugar
for the coffee
500 g Mascarpone (82 % fat)
2 tsp instant coffee powder
200 g sponge fingers
4 tbsp unsweetened
cocoa powder

1. Separate the eggs. Put the yolks to one side. Put the egg whites in the cold blender jug, insert the mixer attachment and, the measuring beaker not inserted, beat the egg whites for **4 minutes/speed setting 4** until stiff. After 2 minutes, trickle 60 g sugar through the filler opening into the egg whites in the blender jug. Decant the stiff egg whites into a bowl, refrigerate and rinse out the blender jug.
2. Put the egg yolks and the remaining sugar in the blender jug, attach the mixer attachment and, with the measuring beaker in place, beat for **1 minute/speed setting 4**, until you have a light, frothy mixture. Add the Mascarpone and, with the measuring beaker in place, stir for **25 seconds/speed setting 3**.
3. In a beaker, prepare the instant coffee powder according to packet instructions, sweeten with 2 tablespoons of sugar and let the coffee cool down. Add the beaten egg whites to the frothy mixture with the Mascarpone and, with the measuring beaker in place, fold in for **30 seconds/speed setting 2**.
4. Spread a layer of the cream on the base of a flat dish, briefly dip the sponge fingers into the coffee (ensuring that the fingers do not become too soggy) and place on the cream layer.
5. Spread a layer of the cream over the sponge fingers, smooth out and create another layer with sponge fingers briefly dipped in sponge fingers – if the lower layer of fingers is vertical, then arrange the second layer horizontally (i.e. facing in the other direction). Spread the cream on top again, smooth out and dust with the unsweetened cocoa powder. Place in the refrigerator for a few hours before serving.



TIPS

- The tiramisu will keep in the refrigerator for up to 2 days.
- This dessert can be frozen, preferably in portions, and must be eaten within a month. To defrost, place the tiramisu in the refrigerator the evening before.
- Those with a real passion for chocolate can also dust the first cream layer of their tiramisu with the unsweetened cocoa powder if they like!



FROZEN STRAWBERRY PETITS FOURS

FOR THE SPONGE:

- 1 egg (medium)
- 1 pinch of salt
- 10 g sugar
- 1 sachet of vanilla sugar (8 g)
- 10 g plain flour (type 405)
- 10 g cornflour
- 1 pinch of baking powder

FOR THE ICE CREAM:

- 150 g strawberries
- 150 g strawberry jam
- 1 dash of lemon juice

FOR THE FILLING:

- 50 g ground poppy seeds
- 75 ml milk at room temperature (fresh whole milk, 3.5% fat)
- 1 sachet of vanilla sugar (8 g)
- 250 ml chilled cream (30% fat)
- 2 eggs (medium)
- 1 pinch of salt
- 50 g sugar

PLUS:

- 10 strawberries

1. Pre-heat the oven to 180 °C. Line a baking sheet with greaseproof paper. Using aluminium foil, make a baking 'tin' measuring approximately 15 x 15 cm.
2. To make the sponge, separate the egg. Insert the mixer attachment. Put the egg white and 1 pinch of salt into the blender jug and, the measuring beaker not inserted, beat until stiff for **3 minutes/speed setting 4**, while watching carefully. Decant and rinse the blender jug.
3. Insert the mixer attachment. Beat the egg yolk with the sugar and vanilla sugar with the measuring beaker in place for **2 minutes/speed setting 4** until creamy. Mix the flour with the cornflour and the baking powder. Sieve over the top and stir in with the measuring beaker in place for **30 seconds/speed setting 4**. Add the beaten egg white and, with the measuring beaker in place, fold in for **18 seconds/speed setting 2**. Pour the mixture into the tin, smooth and bake on the middle shelf for 10 minutes. Remove from the oven and allow to cool for 30 minutes. Then carefully lift onto a smaller plate. Leave the aluminium foil tin in place. Clean the blender jug thoroughly.
4. To make the ice cream, wash the strawberries, pat dry, hull and put in the blender jug with the strawberry jam and lemon juice. With the measuring beaker in place, blend for **20 seconds/speed setting 8**. Decant and place in the freezer for 1 hour. Clean the blender jug thoroughly and rinse with cold water multiple times.
5. To make the filling, insert the mixer attachment. Put the poppy seeds into the blender jug with the room-temperature milk and vanilla sugar. With the measuring beaker in place, heat for **8 minutes/100 °C/speed setting 2**. Decant and allow to cool down. Clean the blender jug thoroughly and rinse with cold water multiple times.
6. Insert the mixer attachment, put the cold cream into the blender jug and, the measuring beaker not inserted, beat for **3 minutes/speed setting 4**, while watching carefully. Decant the cream and rinse out the blender jug.
7. Separate the eggs. Put the egg whites and 1 pinch of salt into the blender jug and, the measuring beaker not inserted, beat until stiff for **3 minutes/speed setting 4**, while watching carefully. Decant and clean the blender jug thoroughly.
8. Insert the mixer attachment. Put the egg yolks and the sugar into the blender jug and, with the measuring beaker in place, beat for **2 minutes/speed setting 4** until creamy. Use the spatula to scrape down the inside of the blender jug. Add the poppy-seed mixture and, with the measuring beaker in place, stir in for **20 seconds/speed setting 2**. Add the egg whites and, with the measuring beaker



in place, mix for **18 seconds/speed setting 2**. Finally add the whipped cream and fold in with the measuring beaker in place for **18 seconds/speed setting 2**.

9. Stir the frozen strawberry ice cream vigorously. Smooth a third of it thinly on the sponge. Spread the poppy mixture on top. Freeze in the freezer for 30 minutes. Then spread the remaining strawberry mixture on top of the poppy-seed mixture. Freeze for at least 3 hours. Remove, cut into 30 little squares, garnish each with a slice of strawberry, and serve.



CHRISTMAS TOFFEES

1. Grease a baking sheet with the cooking oil.
2. Put the walnut kernels into the blender jug and, with the measuring beaker in place, chop for **6 seconds/speed setting 8**, then decant.
3. Put the sugar, honey and the milk at room temperature into the blender jug and, the measuring beaker not inserted, melt for **8 minutes/110 °C/speed setting 2**, while keeping a close eye on it. If the sugar has not completely dissolved, then extend the time by 2 minutes. Use the spatula to scrape the mixture down the inside of the blender jug.
4. Finely chop the candied orange peel and put into the blender jug. Then stir in the walnuts, almonds and raisins, with the measuring beaker in place, with the **reverse button/1 minute 30 seconds/speed setting 3**.
5. Put this soft mixture on the baking sheet and roll out to approximately 1 cm thick. Then allow to cool a little. When the mixture is firm, cut into 2-cm pieces and allow to cool completely for 1 hour. Alternatively, use seasonally themed cookie cutters such as Christmas trees or stars. The mixture can be shaped by hand, if wished. Clean the blender jug.
6. Place the couverture in pieces in the blender jug and, with the measuring beaker in place, chop for **12 seconds/speed setting 8**. Use the spatula to scrape the pieces down the inside of the blender jug. Then, the measuring beaker in place, melt for **4 minutes/50 °C/speed setting 1**.
7. Put the melted couverture in a piping bag made of greaseproof paper, snip off the end and decorate the toffees with the chocolate. Allow to dry. If desired, wrap the finished toffees individually in colourful foil.

100 g walnut kernels
 125 g sugar
 2 tbsp honey
 1 tbsp milk at room temperature (fresh whole milk, 3.5% fat)
 1 tbsp candied orange peel
 150 g almond slivers
 1 tbsp raisins
 200 g dark couverture (60% cocoa)

PLUS:

1 tbsp cooking oil for the baking sheet

TIP

→ If stored in an airtight container in the refrigerator, the toffees keep for 2 weeks.

VARIATIONS

- Stir ground spices in with the almonds and walnuts, for example ½ teaspoon of Lebkuchen spice or ½ teaspoon of ground cinnamon.
- Press shelled halves of sweet almonds into the still relatively soft mixture.



APPLE PANCAKES WITH VANILLA

FOR THE VANILLA CREAM SAUCE:

200 ml chilled cream (30% fat)
½ sachet of vanilla sugar (4 g)

FOR THE PANCAKES:

2 eggs (large)
1 pinch of salt
250 g plain flour (type 405)
400 ml milk at room temperature
(fresh whole milk, 3.5% fat)
50 g sugar
2 large apples (400 g)
2 tbsp lemon juice

PLUS:

4 tsp butter for frying

- To make the vanilla cream, put the cold cream and the vanilla sugar into the blender jug. Insert the mixer attachment and, the measuring beaker not inserted, whip the cream until almost stiff for **2 minutes/speed setting 4**, keeping a close eye on it. Then decant and refrigerate. Rinse out the blender jug.
- To make the pancakes, put the eggs, 1 pinch of salt, the flour, milk at room temperature and sugar into the blender jug and, with the measuring beaker in place, stir for **35 seconds/speed setting 4** to make a smooth, lump-free batter. Allow to rest for 10 minutes.
- In the meantime, wash and peel the apples, cut into quarters, remove cores, and slice into thin segments. Drizzle immediately with lemon juice.
- Heat 1 teaspoon of butter in a frying pan. Stir the batter through again with the measuring beaker in place for **6 seconds/speed setting 6**. Place a quarter of the apple segments in the frying pan and pour a quarter of the batter on top. Fry the pancake on both sides until golden, and put in a warm place.
- Make another three pancakes from the remaining batter and apple segments. Arrange the apple pancakes on plates and serve with the vanilla cream sauce.

TIP

→ Serve the pancakes dusted with icing sugar.



SWEET EGG YOLK DESSERT

- To make the caramel topping, put 3 tablespoons of sugar with 1 tablespoon of water into the pudding dish and boil in a hot bain marie until the liquid becomes golden. To do this, hang the pudding bowl in a saucepan with some boiling water. The base of the bowl should touch the water, but not the base of the pan. Swish the dish back and forth (careful: The dish will be very hot!) so that the caramel covers the base.
- Put the remaining sugar and 250 ml water into the blender jug and, with the measuring beaker in place, boil for **15 minutes/120 °C/speed setting 2**. Decant the syrup into a pan and allow to cool down. Rinse out the blender jug with cold water and allow it to cool down completely. (If the blender jug is rinsed out with cold water for a reasonable amount of time, this will take only 15 minutes.)
- Mix the egg yolks and the whole egg in the blender jug with the measuring beaker in place for **20 seconds/speed setting 3**. Remove the measuring beaker and set the machine to **2 minutes/speed setting 1**. During these 2 minutes, pour the lukewarm syrup through the filler opening in a thin stream. Pour the mixture through a fine sieve into the prepared dish with the caramel base and cover with aluminium foil. Place the pudding bowl in the deep steamer basket, put 1 litre of room-temperature water in the blender jug, attach the closed steamer attachment to the blender jug and cook the egg and sugar mixture with the **steamer button/30 minutes**.
- Allow the dessert to cool down in the bowl for 30 minutes, then turn it out and serve.

280 g sugar
6 egg yolks (medium)
1 egg (medium)



CANDIED ALMONDS

200 g whole almonds
85 g brown sugar
1 sachet of vanilla sugar (8 g)
1 tsp cinnamon
1 tsp butter

1. With the measuring beaker in place, cook the almonds, sugar, vanilla sugar, cinnamon, butter and 4 tablespoons of water in the blender jug with the **reverse button/8 minutes/120 °C/speed setting 1**. The liquid should almost boil off completely, leaving the almonds entirely covered in the sugar mixture.
2. Pre-heat the oven to 180 °C (fan).
3. Then immediately put the almonds on a baking sheet lined with greaseproof paper, and using two forks separate them so that they do not overlap one another.
4. Then bake in the oven for 10 minutes.
5. Remove the baking sheet from the oven, allow to cool for 5 minutes and then separate the almonds, again using two forks.

TIP

→ To clean the jug easily, put 1 litre of water into the blender jug and, with the measuring beaker in place, boil for **10 minutes/120 °C/speed setting 3**. Then empty the blender jug and rinse.



DOUGHNUTS

1. Put 250 ml of lukewarm water, chopped butter and salt into the blender jug and, with the measuring beaker in place, heat up for **5 minutes/100 °C/speed setting 1**. Add the flour and, with the measuring beaker in place, stir in for **20 seconds/speed setting 4**. Allow the dough to cool down for 10 minutes in the machine.
2. Remove the measuring beaker insert from the lid, set the machine to **45 seconds/speed setting 5** and add the eggs one after another until everything is smooth. Then, with the measuring beaker in place, beat for **30 seconds/speed setting 5**. Add the raisins and, with the measuring beaker in place, stir in for **15 seconds/speed setting 5**. Allow the dough to cool.
3. Heat the vegetable oil in a pan to 180 °C (it has reached the right temperature when little bubbles form round a wooden spoon held in the oil). Using a tablespoon, cut out little pieces from the dough and fry these in portions in the hot oil until golden brown. Allow the doughnuts to drain on kitchen paper, then cool completely on a cake rack. Serve dusted with icing sugar.

60 g butter
1 pinch of salt
150 g plain flour (type 405)
3 eggs (large)
50 g raisins

PLUS:

1 l vegetable oil for frying
icing sugar for dusting

VARIATION

→ The doughnuts can be glazed with sugar or chocolate. For the sugar glaze, mix 150 g icing sugar with 1 tablespoon of lemon juice until smooth. For the chocolate glaze, melt 100 g dark chocolate and brush it on the cooled doughnuts.



CASHEW BALLS IN A COAT OF COCONUT

50 g grated coconut
150 g cashew nuts
60 ml agave syrup
½ tsp ground vanilla
1 pinch of salt
60 ml coconut oil

PLUS:

3 tbsp grated coconut

1. Put the grated coconut and the cashew nuts into the blender jug and, with the measuring beaker in place, chop finely with the **turbo button/8 seconds**. Use the spatula to scrape the mixture down the inside of the blender jug.
2. Add the agave syrup, the ground vanilla, 1 pinch of salt and the coconut oil to the blender jug and, with the measuring beaker in place, heat for **3 minutes/100 °C/speed setting 1**. Then, with the measuring beaker in place, stir the mixture for **20 seconds/speed setting 2**. Decant the mixture into a bowl, close with a lid, and refrigerate for 45 minutes.
3. Using a teaspoon, cut out scoops of the mixture and shape into balls using damp hands. Dredge in the grated coconut.

TIP

→ If stored in a closed container in the refrigerator, the cashew balls keep for 1 week.



ESPRESSO PRALINES

1. Place the dark couverture in pieces in the blender jug and, with the measuring beaker in place, chop finely for **25 seconds/speed setting 8**. Use the spatula to scrape the chocolate down inside the jug. Add the cream at room temperature and the hot espresso and, with the measuring beaker in place, heat up for **4 minutes/50 °C/speed setting 1**. Then allow the contents of the blender jug to cool down for 10 minutes without the lid on, away from the base unit.
2. Add the softened butter in chunks to the blender jug and, with the measuring beaker in place, stir together with the chocolate and coffee mixture for **45 seconds/speed setting 4**. Use the spatula to scrape down the inside of the blender jug. Then add the room-temperature coffee liqueur and, with the measuring beaker in place, stir in for **20 seconds/speed setting 2**.
3. Pour the mixture into a piping bag with a medium-sized star-shaped nozzle and pipe into coffee-coloured or golden petits fours paper cases. Dust with cocoa powder. Refrigerate for at least 1 hour until ready to serve.

TIP

→ The pralines will keep for 2 weeks if stored in an airtight container in the refrigerator.

300 g dark couverture (70% cocoa)
150 ml cream at room temperature (30% fat)
5 tbsp hot espresso
75 g softened butter
5 tbsp coffee liqueur at room temperature

PLUS:

45 petits fours paper cases
1 tbsp unsweetened cocoa powder



CHOCOLATE CUSTARD WITH VANILLA SAUCE

FOR THE CHOCOLATE CUSTARD:

100 g dark chocolate
2 tbsp sugar
½ sachet of vanilla sugar (4 g)
500 ml milk at room temperature
(fresh whole milk, 3.5% fat)
40 g cornflour
1 egg yolk (medium)

FOR THE VANILLA SAUCE:

1 vanilla pod
10 g cornflour
300 ml cold milk (fresh whole milk,
3.5% fat)
1 tbsp sugar
1 egg (large)

1. Break the chocolate into pieces and put them with the sugar and vanilla sugar into the blender jug and, with the measuring beaker in place, chop for **25 seconds/speed setting 10**.
2. Use the spatula to scrape the mixture down the inside of the blender jug. Then insert the mixer attachment.
3. Put the milk at room temperature, cornflour and egg yolk into the blender jug and, with the measuring beaker in place, cook for **12 minutes/100 °C/speed setting 2**.
4. Pour the dessert into several small dishes (or a large dish) that have been rinsed in cold water, and allow to cool in the refrigerator. Clean the blender jug thoroughly.
5. To make the vanilla sauce, insert the mixer attachment. Cut the vanilla pod lengthways and scrape out the pulp. Mix the cornflour with 3 tablespoons of cold milk.
6. Put the vanilla pulp, the remaining milk, sugar, egg and cornflour mixture into the blender jug. With the measuring beaker in place, blend everything for **8 seconds/speed setting 4**, then with the measuring beaker in place, cook for **15 minutes/100 °C/speed setting 1**.
7. Pour the sauce into a dish and allow to rest for at least 10 minutes before serving to allow it to continue to thicken.
8. Serve the vanilla sauce with the dessert.



PANNA COTTA WITH BLUEBERRY JELLY

1. Soak 5 leaves of gelatine according to packet instructions.
2. To make the panna cotta, cut open the vanilla pod lengthways and scrape out the pulp. Put the milk, cream, 4 tablespoons of sugar and the vanilla pulp and pod in the blender jug and, with the measuring beaker in place, heat up for **7 minutes/80 °C/speed setting 2**.
3. Squeeze out the gelatine well, put into the blender jug and, with the measuring beaker in place, dissolve for **30 seconds/speed setting 3**. Remove the vanilla pod, decant everything into serving glasses or little bowls, allow to cool down to room temperature and then put in the refrigerator for 3 hours to set. Clean the blender jug thoroughly.
4. As soon as the panna cotta is firm, soak 3 leaves of gelatine according to packet instructions and squeeze the juice from the orange to make the blueberry jelly. Put the blueberries into the blender jug with the orange juice and 4 tablespoons of sugar and, with the measuring beaker in place, heat up for **8 minutes/80 °C/speed setting 2**, then, with the measuring beaker in place, blend for **15 seconds/speed setting 5**.
5. Squeeze out the soaked gelatine well, add to the blender jug and, with the measuring beaker in place, dissolve for **30 seconds/speed setting 3**. Pour the jelly on top of the panna cotta. Cool down again to room temperature and then put in the fridge for 1 hour to set. Turn out onto plates to serve and decorate with fresh blueberries.

FOR THE PANNA COTTA:

5 leaves of white gelatine
1 vanilla pod
250 ml milk at room temperature
(fresh whole milk, 3.5% fat)
250 ml cream at room temperature
(30% fat)
4 tbsp sugar

FOR THE BLUEBERRY JELLY:

3 leaves of white gelatine
1 orange (180 g)
300 g blueberries
4 tbsp sugar

PLUS:

fresh blueberries



ZABAGLIONE

8 very fresh egg yolks (medium)
160 g sugar
100 ml fortified wine (e.g. Marsala)

1. Put all the ingredients into the blender jug. Insert the mixing attachment and, with the measuring beaker in place, stir for **12 minutes/70 °C/speed setting 3** until thick and creamy.
2. Pour the zabaglione into little dishes immediately and serve while still warm.

TIPS

- Alternatively, the zabaglione can be served cold. In this case, stir frequently while it cools down to prevent the wine separating from the cream and settling on the bottom.
- Zabaglione tastes best on its own, served with sponge fingers. It also goes well with vanilla ice cream and fresh berries, for example raspberries.



VANILLA CUSTARD

1. Halve the vanilla pod lengthways, scrape out the pulp, then put pod and pulp and all the remaining ingredients into the blender jug. With the measuring beaker in place, thicken for **8 minutes/100 °C/speed setting 3**.
2. Pour the mixture into a bowl that has been rinsed in cold water and remove the vanilla pod.
3. Serve lukewarm or cold.

TIP

- Use glasses to serve the dessert and create alternate layers of crushed chocolate biscuits or brownies. It looks fabulous and tastes delicious.

1 vanilla pod
500 ml milk at room temperature
(fresh whole milk, 3.5% fat)
2 egg yolks (large)
60 g sugar
1 pinch of salt
40 g cornflour

STRAWBERRY TRIFLE

150 g dark couverture
(70% cocoa)
300 ml cream at room
temperature (30% fat)

500 g strawberries
3 tbsp lime syrup
1 sachet of whipping
cream stabiliser (8 g)
3 tbsp icing sugar

PLUS:

4 strawberries
2 tbsp sugar
4 pieces of flaky chocolate

1. Break the dark couverture into pieces and, with the measuring beaker in place, chop finely in the blender jug for **15 seconds/speed setting 8**. Repeat the process if necessary.
2. Add the cream at room temperature and, with the measuring beaker in place, heat for **8 minutes/70 °C/speed setting 1**. Decant the chocolate and cream mixture and allow to cool in the refrigerator for 2 hours. Clean the blender jug thoroughly.
3. Wash the strawberries, dry and hull. Put about half in the blender jug with the lime syrup and, with the measuring beaker in place, blend for **15 seconds/speed setting 10**.
4. Slice the remaining strawberries thinly and put them and the purée into a bowl and stir carefully with a spoon. Clean the blender jug thoroughly.
5. Attach the mixer attachment to the blender jug, pour in the cold chocolate cream mixture, add the whipping cream stabiliser and icing sugar and, the measuring beaker not inserted, beat until stiff for **3 minutes/speed setting 4**, all the while watching carefully.
6. Divide half the strawberry mixture between four dessert glasses, put the cream on top and add the remaining strawberry mixture on top of that.
7. Wash the 4 strawberries and roll in the sugar while still slightly damp. Garnish the glasses with strawberries and the flaky chocolate. Serve immediately.



APPLE STRUDEL WITH RAISINS

FOR THE PASTRY:
125 g plain flour (type 405)
1 pinch of salt
1 egg (medium)
1 tbsp olive oil

FOR THE FILLING:
50 g raisins
2 tbsp apple juice
100 g softened butter
75 g breadcrumbs
6 apples (750 g)
60 g sugar
25 g pine nuts
1 untreated lemon (80 g; zest)
1 tsp cinnamon

PLUS:
fat and plain flour (type 405) for the work surface
icing sugar for dusting

1. To make the pastry, sieve the flour into the blender jug. Add 1 pinch of salt, the egg, 25 ml lukewarm water and the olive oil. With the measuring beaker in place, knead everything with the **knead button**.
2. Remove the pastry and, on a lightly greased work surface, knead briefly by hand to make it soft and smooth. Then shape it into a ball, wrap in cling film and let it rest in the refrigerator for 30 minutes. Clean the blender jug thoroughly.
3. To make the filling, soak the raisins in the apple juice for 10 minutes.
4. Put 2 tablespoons of butter into the blender jug and, the measuring beaker not inserted, melt for **2 minutes/80 °C/speed setting 1**. Add the breadcrumbs and, the measuring beaker not inserted, brown lightly with the **roast button/5 minutes**. Then decant.
5. Put the remaining butter in chunks into the blender jug and, the measuring beaker not inserted, melt for **2 minutes/80 °C/speed setting 1**. If the butter has not completely melted, repeat the process. The butter should however not go brown. Then decant.
6. Wash, peel and quarter the apples and remove the cores. Then put the apple quarters into the blender jug and, with the measuring beaker in place, chop roughly for **5 seconds/speed setting 6**. Add the sugar, pine nuts, lemon zest, cinnamon and raisins (well squeezed) and, with the measuring beaker in place, stir everything in with the **reverse button/10 seconds/speed setting 2**. Then allow to steep in the blender jug for 10 minutes.
7. Pre-heat the oven to 200 °C. Roll out the pastry on a floured tea towel to make a piece 35 x 45 cm. Brush the rectangle with half of the melted butter – leaving the edge untouched – and sprinkle with the toasted breadcrumbs.
8. Spread the apple filling on top, fold the side edges into the middle and carefully roll up the strudel with the help of the tea towel. Gently press down the edges.
9. Then place the strudel with the seam facing downwards on a baking sheet lined with greaseproof paper. Generously brush the upper surface with the remaining butter and bake the strudel in a hot oven for 40 minutes.
10. Dust the baked strudel with icing sugar, cut into slices and serve whilst still warm.



APPLE PIE

FOR THE PASTRY:

160 g refrigerated butter
80 g sugar
1 pinch of salt
1 refrigerated egg (medium)
300 g plain flour (type 405)

FOR THE FILLING:

1 untreated lemon (80 g)
8 sharp apples (e.g. Elstar, 1.3 kg)
170 g brown sugar
20 g plain flour (type 405)
1 big pinch of cinnamon
1 pinch of nutmeg
1 tbsp milk at room temperature
(fresh whole milk, 3.5% fat)

PLUS:

fat for the dish
plain flour (type 405) for the
work surface
1 egg (medium) for the glaze

1. To make the pastry, put the butter in chunks, sugar, 1 pinch of salt, the egg and flour into the blender jug and, with the measuring beaker in place, knead into a smooth dough with the **knead button**. If the mixture is too dry, add 1 tablespoon of cold water and, with the measuring beaker in place, knead in for **20 seconds/speed setting 4**. Roll the dough into a ball and wrap in cling film. Allow to rest for at least 30 minutes in the refrigerator.
2. To make the filling, wash the lemon under a hot tap, dry and finely grate the peel. Then squeeze out the juice.
3. Wash, peel and quarter the apples and remove the cores. Then put the apple quarters into the blender jug and, with the measuring beaker in place, chop roughly for **5 seconds/speed setting 6**. Add the lemon juice, brown sugar, flour, lemon peel, cinnamon, nutmeg and milk and, with the measuring beaker in place, mix everything with the **reverse button/10 seconds/speed setting 2**.
4. Pre-heat the oven to 200 °C. Grease the pie dish. Roll out two-thirds of the pastry onto a floured work surface into a circular shape so that it is approx. 4 cm bigger than the dish. Place the pastry in the dish and pull up the edges a little. Arrange the apple mixture on the pastry base.
5. Roll out the remaining pastry on a floured work surface and, using a pastry wheel, cut strips 1.5 cm wide. Place the strips on the pie to form a lattice. Fold the edge that you created inwards to cover the joins of the lattice work.
6. Whisk the egg in a cup with a fork. Brush the edge and the lattice of the pie with the egg wash.
7. Bake the pie for 1 hour until golden; 10 minutes into the baking time, turn the temperature down to 180 °C. Carry out a skewer test using a wooden cocktail stick to check whether the pie is cooked, and bake for a little longer if necessary. Remove the pie from the oven and let it cool in its dish.





APPLE CAKE

3 apples (450 g)
4 eggs (medium)
220 g sugar
2 level tsp baking powder
140 g plain flour (type 405)
½ tsp cinnamon

PLUS:
fat and breadcrumbs for the tin

1. Pre-heat the oven to 180 °C. Grease the springform tin and sprinkle with a few breadcrumbs.
2. Peel and trim the apples and cut into eighths.
3. Put the eggs, sugar, baking powder, flour and cinnamon into the blender jug and, with the measuring beaker in place, mix for **30 seconds/speed setting 6**.
4. Pour the mixture into the prepared springform tin.
5. Arrange the pieces of apple evenly on the mixture and bake in the hot oven for 40 minutes. Carry out a skewer test using a wooden cocktail stick to check whether the cake is cooked, and bake for a little longer if necessary.
6. Remove the cake from the oven, let it cool down in the tin for a few minutes, gently release the side of the tin, open the tin and lift the cake out and leave to continue to cool.
7. Cut the cake into slices and serve.



LIME PIE

1. Rinse the lime in hot water, rub dry and finely zest the peel. Put to one side. Then squeeze the lime. Break the biscuits into rough pieces, place in the blender jug and, with the measuring beaker in place, chop finely for **10 seconds/speed setting 8**. If necessary, repeat the previous step. Add the butter in chunks and knead together with the biscuit crumbs with the measuring beaker in place for **15 seconds/speed setting 6**. Take out the butter and biscuit mixture, put on the base of a springform tin and press down firmly, then place in the refrigerator. Clean the blender jug.
2. Put the quark, crème fraîche, egg yolk, sugar, lime juice and half the zest into the blender jug and, with the measuring beaker in place, stir for **35 seconds/speed setting 4**. Spread the cream mixture evenly over the biscuit base and rinse out the blender jug.
3. Pour 1 litre of lukewarm water into the blender jug, attach the deep steamer basket to the blender jug and place a cookie cutter or two forks in the centre of the steamer basket. Cover the tin with cling film and fix in place with a rubber band so that the cover is airtight. Place on top of the cookie cutter or the forks in the steamer basket. Cook the flan with the **steamer button/1 hour**.
4. Carefully open the steamer basket, take out the tin and let the flan cool down a little. Then release the flan from the edge of the tin. Remove the ring and chill for at least 2 hours. Before serving, sprinkle the rest of the lime zest evenly on top of the flan.

1 untreated lime (60 g)
100 g plain biscuits
45 g very soft butter
250 g quark (20% fat)
150 g crème fraîche (30% fat)
1 egg yolk (medium)
75 g sugar



LEMON AND POPPY-SEED CAKE

FOR THE CAKE MIXTURE:

3 large lemons (320 g)
60 g poppy seeds
4 eggs (medium)
200 g sugar
1 pinch of salt
200 g plain flour (type 405)
2 tsp baking powder
200 g softened butter

PLUS:

butter and breadcrumbs for the tin
100 g sugar
1 lemon (100 g)

1. Pre-heat the oven to 180 °C, grease a loaf tin with butter and dust with the breadcrumbs.
2. To make the cake mixture, squeeze the lemons and put the juice aside. With the measuring beaker in place, finely process the poppy seeds in the blender jug for **1 minute 30 seconds/speed setting 10**. Then decant.
3. Put the eggs, sugar, and 1 pinch of salt into the blender jug and, with the measuring beaker in place, stir for **1 minute/speed setting 4** until creamy. Add the flour, baking powder, softened butter in pieces and poppy seeds and, with the measuring beaker in place, mix for **45 seconds/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug. Add the lemon juice and, with the measuring beaker in place, mix for **2 minutes/speed setting 4**.
4. Pour the mixture into a loaf tin and bake for 50 minutes in the oven. Carry out a skewer test using a wooden cocktail stick to check whether the cake is cooked, and bake for a little longer if necessary. Then remove the cake from the oven, allow to cool in the tin for 10 minutes, then carefully turn out of the tin and allow to cool completely on a cake rack for 30 minutes. Clean the blender jug thoroughly.
5. To make the glaze, with the measuring beaker in place, pulverise the sugar in the blender jug for **10 seconds/speed setting 8**. If necessary, repeat the procedure. Juice the lemon and stir the sugar with it in a bowl to make a glaze. Brush it over the cooled cake.



EGG LIQUEUR MUFFINS

1. Pre-heat the oven to 175 °C. Grease the muffin tin, sprinkle with breadcrumbs or line with paper cases. Insert the mixer attachment. Separate the eggs. Put the egg whites into the blender jug and, the measuring beaker not inserted, beat for **4 minutes/speed setting 4** until stiff. Decant and put in the refrigerator. Remove the mixer attachment and rinse out the blender jug.
2. Put the soft butter in chunks, egg yolks and sugar into the blender jug and, with the measuring beaker in place, mix for **45 seconds/speed setting 4** until creamy. Use the spatula to scrape down the inside of the blender jug. Add the egg liqueur at room temperature and 1 pinch of salt and mix again with the measuring beaker in place for **30 seconds/speed setting 4**. Put the flour and baking powder into the blender jug and, with the measuring beaker in place, make a smooth batter with the **knead button**. Add the beaten egg whites to the batter and fold in by hand using the spatula. Then stir in with the measuring beaker in place for **18 seconds/speed setting 2**.
3. Pour the mixture into the muffin tin hollows and bake for 25 minutes. Carry out a skewer test using a wooden cocktail stick to check whether the muffins are cooked, and bake for a little longer if necessary. Then allow to cool on a cake rack. Clean the blender jug and rinse under cold water.
4. Insert the mixer attachment into the blender jug. Add the chilled cream with the cold egg liqueur and the vanilla sugar and, the measuring beaker not inserted, beat in the blender jug for **2 minutes/speed setting 3**, all the while watching carefully. Cut the tops off the muffins (to make lids) and fill them with the egg liqueur cream.

FOR THE BATTER:

5 eggs (medium)
190 g softened butter
225 g sugar
60 ml egg liqueur at room temperature
1 pinch of salt
225 g plain flour (type 405)
1 tsp baking powder

FOR THE FILLING:

200 ml chilled cream (30% fat)
30 ml cold egg liqueur
1 sachet of vanilla sugar (8 g)

PLUS:

butter and breadcrumbs for the muffin tin

PUMPKIN CAKE IN A JAR

FOR THE DOUGH:

- 1 piece of butternut pumpkin (300 g)
- 75 g hazelnuts
- 1 apple (180 g)
- 1 tbsp lemon juice
- 50 ml condensed milk (7.5% fat)
- 150 g softened butter
- 175 g brown sugar
- 1 sachet of vanilla sugar (8 g)
- 3 eggs at room temperature (medium)
- 200 g plain flour (type 405)
- 2 tsp baking powder

PLUS:

- butter for the jars
- preserving jars with rubber seals and clasps
- icing sugar for dusting

1. Wash and peel the pumpkin, remove the seeds and fibres and cut into 3-cm dice. Pour 1 litre of room-temperature water into the blender jug. Put the diced pumpkin in the shallow steamer basket and attach the steamer attachment with the closed shallow steamer basket to the blender jug. Cook with the **steamer button/8 minutes**. Then take out the pumpkin and allow to cool for 30 minutes. Empty the blender jug and rinse it out with cold water several times.
2. Put the nuts into the blender jug and, with the measuring beaker in place, chop finely for **10 seconds/speed setting 8**. Decant and put to one side. Wash, peel, quarter and remove the core from the apple, add to the blender jug with the lemon juice and, with the measuring beaker in place, chop for **4 seconds/speed setting 6**. Decant and put to one side.
3. Put the pumpkin flesh and the condensed milk into the blender jug and, with the measuring beaker in place, blend for **20 seconds/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug. Add the apple and, with the measuring beaker in place, mix with the **reverse button/15 seconds/speed setting 3**. Decant and put to one side. Rinse out the blender jug.
4. Pre-heat the oven to 180 °C. Grease the jars. Put the softened butter in chunks, the brown sugar and the vanilla sugar into the blender jug and, with the measuring beaker in place, mix for **1 minute/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug and, with the measuring beaker in place, mix for **30 seconds/speed setting 5**.
5. The measuring beaker not inserted, set the appliance to **knead button/2 minutes** and add the eggs at room temperature one by one through the filler opening. Add the flour, baking powder and the nuts and, with the measuring beaker in place, mix everything into a smooth dough for **1 minute/speed setting 4**. Add the apple and pumpkin mixture and, with the measuring beaker in place, mix together with the **reverse button/1 minute/speed setting 3**.
6. Divide the mixture between the jars (fill three-quarters full) and bake on the middle shelf for 40 minutes. Carry out a skewer test using a wooden cocktail stick to check if cooked, and extend the baking time if necessary. Finally, remove from the oven and seal the jars immediately whilst hot. Before serving dust with icing sugar.

TIP

→ If stored in a cool, dark place, these little cakes will keep for 2 months.





HALLOWEEN CUPCAKES

1. Pre-heat the oven to 170 °C. Grease the hollows in the muffin tin and sprinkle with flour or line with paper cases.
2. Cut the room-temperature butter into chunks and put into the blender jug together with the sugar and vanilla sugar. Then, with the measuring beaker in place, mix for **1 minute/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug.
3. Add the eggs, flour, baking powder and 1 pinch of salt and the milk, and, with the measuring beaker in place, beat into the butter and sugar mixture for **2 minutes/speed setting 4**.
4. Divide the batter equally between the hollows in the tin and bake the cupcakes for 20 minutes. Carry out a skewer test using a wooden cocktail stick to check whether the sponge is cooked, and bake for a little longer if necessary. Then remove the muffins from the tin and allow to cool on a cake rack for 30 minutes. Clean the blender jug thoroughly.
5. To decorate, put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. If necessary, repeat the procedure.
6. Add the apple juice and, with the measuring beaker in place, mix in for **30 seconds/speed setting 3** to create a thick icing. Then decant.
7. Dye half of the icing with blue food colouring and the other half with yellow food colouring. Brush 6 cupcakes with one colour of icing and the 6 remaining ones with the other.
8. Roll out the brown fondant icing to 0.5 cm thick and cut out 2 bat wings and 2 eyebrows for each cupcake. Decorate the wings with brown writing icing. Place the wings and eyebrows on the cakes.
9. Roll out the white fondant icing to 0.5 cm thick and cut out 2 eyes and 2 teeth for each cupcake. Place in the appropriate places on the cakes. Draw the pupils and mouths using the brown writing icing. Add optional spots of 'blood' made of red writing icing to the teeth and eyes. Allow everything to dry.

FOR THE BATTER:

120 g butter at room temperature
 150 g sugar
 1 sachet of vanilla sugar (8 g)
 3 eggs (medium)
 200 g plain flour (type 405)
 2 tsp baking powder
 1 pinch of salt
 100 ml milk at room temperature
 (fresh whole milk, 3.5% fat)

FOR THE DECORATION:

150 g sugar
 2 tbsp apple juice
 blue and yellow food colouring
 ready-to-roll fondant icing in
 brown and white
 brown writing icing
 red writing icing

PLUS:

butter and plain flour (type 405)
 for the muffin tin



Makes 12 (12-hole muffin tin)



Medium



Each approx. 347 kcal/1453 kJ
 4 g P, 18 g F, 40 g CH



Ready in: 1 h 35 min
 Preparation: 45 min (+ 20 min baking, 30 min cooling)

CHRISTMAS TRAY BAKE

200 g almonds
150 g sugar
250 g softened butter
1 sachet of vanilla sugar (8 g)
4 eggs (medium)
150 g plain flour (type 405)
1 tsp baking powder
125 g white chocolate shavings

PLUS:

100 g milk chocolate couverture
50 g chopped almonds

1. Pre-heat the oven to 180 °C. Line a baking sheet with greaseproof paper.
2. Put the almonds into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 8**.
3. Put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. Repeat the process if necessary.
4. Put the softened butter in chunks into the blender jug and, with the measuring beaker in place, mix for **1 minute/speed setting 4** until creamy. Use the spatula to scrape the mixture down the inside of the blender jug. Add the vanilla sugar and, with the measuring beaker in place, stir into the butter and sugar mixture for **45 seconds/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug.
5. Add the eggs and, with the measuring beaker in place, stir for **35 seconds/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug.
6. Mix the flour and baking powder, add to the blender jug and, with the measuring beaker in place, mix in for **1 minute/speed setting 4** with the other ingredients. Use the spatula to scrape down the inside of the blender jug. Then add 100 g white chocolate shavings and the almonds and, with the measuring beaker in place, mix into a smooth dough for **45 seconds/speed setting 4**.
7. Spread the dough on the baking sheet and bake on the middle shelf for approximately 20 minutes. Carry out a skewer test using a wooden cocktail stick to check whether the cake is cooked, and bake for a little longer if necessary. Wash and dry the blender jug.
8. Take the cake out the oven and leave it to cool for 45 minutes.
9. Put the milk chocolate couverture in chunks into the blender jug and, with the measuring beaker in place, chop finely for **12 seconds/speed setting 8**. Then, with the measuring beaker in place, melt for **2 minutes 30 seconds/50 °C/speed setting 1**. If the couverture has not fully melted, use the spatula to scrape down the inside of the blender jug and, with the measuring beaker in place, melt for a further **1 minute 30 seconds/50 °C/speed setting 1**.
10. Spread the couverture on the cake and decorate with chopped almonds and the remaining chocolate shavings. Allow to cool and cut into little squares.





SANTA CUPCAKES

1. Pre-heat the oven to 170 °C. Grease the hollows in the muffin tin and sprinkle with cocoa powder or line with paper cases.
2. Put the chocolate in pieces into the blender jug and, with the measuring beaker in place, chop for **15 seconds/speed setting 8**. Use the spatula to scrape the chocolate pieces down the inside of the blender jug.
3. Add the butter in chunks and, with the measuring beaker in place, melt for **3 minutes/60 °C/speed setting 1**. Decant, allow the blender jug to cool down and clean thoroughly.
4. Insert the mixer attachment. Beat the eggs with the sugar, vanilla sugar and 1 pinch of salt with the measuring beaker in place for **2 minutes/speed setting 4** until creamy. Then remove the mixer attachment.
5. Mix the flour and baking powder, add to the blender jug and stir into the egg mixture, with the measuring beaker in place, for **45 seconds/speed setting 4**. Finally, pour the still liquid chocolate and butter mixture in the blender jug and, with the measuring beaker in place, stir in for **30 seconds/speed setting 4**.
6. Divide the batter equally between the hollows in the tin and bake the cupcakes on the middle shelf in the oven for 20 minutes. Carry out a skewer test using a wooden cocktail stick to check whether the cupcakes are done. Extend the baking time if necessary. Then allow to cool completely on a cake rack.
7. To make the decoration, roll out the pink fondant icing thinly and, using a knife or cookie cutter, cut out 12 circles to fit the upper surface of the cupcakes. Warm the strawberry jam in a small pot. Brush the jam on the cupcakes and then place a circle of fondant icing on top and press down. This will make a face.
8. Roll out the white fondant icing into a thin layer and cut out 12 crescent moon shapes for the beards and 24 small ovals for the moustaches. Place in the appropriate places on the cakes. From the red fondant icing, model 12 noses and place in the middle of the moustache on each cake.
9. For the pointed hats, cut out 12 crescent moons and 12 small triangles from the red fondant icing. Fix the triangles with a point facing down towards the crescent moon shape and fold into waves. Make the pom-poms out of white fondant icing and fix to the points of the hats. Place the hats in the appropriate places on the cakes.
10. Take the white fondant icing and roll into a thin roll to make the hair and fix this to the lower edge of the hat. Finally, press 2 chocolate balls per cake into the fondant as eyes.

FOR THE SPONGE:

150 g milk or dark chocolate
 125 g butter
 4 eggs (medium)
 225 g sugar
 1 sachet of vanilla sugar (8 g)
 1 pinch of salt
 160 g plain flour (type 405)
 1 tsp baking powder

PLUS:

butter and cocoa powder for the muffin tin
 ready-to-roll fondant icing in pink, white and red
 50 g strawberry jam
 24 chocolate pearls

SWEET PLUM ROLLS

FOR THE ROLLS:

250 ml milk at room temperature
(fresh whole milk, 3.5% fat)
150 g sugar
1 cube of fresh yeast (42 g)
500 g plain flour (type 405)
310 g softened butter
1 pinch of salt
4 egg yolks (medium)

FOR THE STEWED PLUMS:

500 g plums
30 g butter
50 g sugar
1 pinch of cinnamon
75 ml red wine at room
temperature (alternatively
grape juice)

PLUS:

plain flour (type 405) for the
work surface
16 plums
16 sugar cubes
3 tbsp butter
2 tbsp icing sugar

1. To make the yeast dough, put the milk at room temperature and sugar into the blender jug. Crumble in the yeast and, with the measuring beaker in place, heat up for **3 minutes/37 °C/speed setting 1**. Add the flour, softened butter in chunks, 1 pinch of salt and egg yolks and, with the measuring beaker in place, knead with the **knead button/2 minutes**.
2. Put the dough on a floured work surface and knead through briefly by hand. Then put in a bowl and allow the dough to prove, covered, in a warm place for 1 hour. Clean the blender jug.
3. Wash and dry 16 plums for the filling and remove their stones. Push a sugar cube into each plum. Grease a baking sheet with 1 tablespoon of butter.
4. Knead the dough through on a floured work surface, then divide into 16 portions. Roll these into balls, put a plum into each ball and close up again with the dough. Arrange on the baking sheet. Cover the baking sheet and allow the plum rolls to prove again for 30 minutes.
5. Pre-heat the oven to 180 °C. Melt 2 tablespoons of butter for the glaze in a small pot.
6. In the meantime, wash, dry and halve the plums for the stewed plums and remove their stones. Put in the blender jug with the butter in chunks and, the measuring beaker not inserted, sauté with the **roast button/2 minutes**. Add the sugar and cinnamon and, the measuring beaker not inserted, let them caramelize with the **roast button/4 minutes**.
7. Pour on the wine at room temperature and bring to the boil, with the measuring beaker in place, with the **reverse button/5 minutes/110 °C/speed setting 1**. Allow to cool down.
8. Brush the rolls with half of the lukewarm butter. Bake on the middle shelf for 30 minutes. After 20 minutes, brush the rolls with the remaining butter. After the end of the baking time carry out a skewer test using a wooden cocktail stick and extend the baking time if necessary. Take the rolls out of the oven, dust with icing sugar and serve with the stewed plums.





RAISIN-STUDDED STAR BISCUITS

250 ml lukewarm milk
(fresh whole milk, 3.5% fat)
50 g sugar
½ cube of fresh yeast (21 g)
125 g raisins
500 g plain flour (type 405)
½ tsp of zest of 1 untreated lemon
1 pinch of salt
100 g softened butter

PLUS:

plain flour (type 405) for the
work surface
icing sugar for sprinkling

1. Pour the lukewarm milk and 1 tablespoon of sugar into the blender jug. Crumble the yeast into it and, with the measuring beaker in place, heat up everything for **3 minutes/37 °C/speed setting 1**.
2. Put all the remaining ingredients into the blender jug and, with the measuring beaker in place, knead with the **knead button/ 2 minutes** to make a smooth dough.
3. On a floured surface, knead the dough through again vigorously by hand, then put in a floured bowl, cover with a damp tea towel and allow to prove for 30 minutes in a warm, evenly heated place.
4. Then knead through again by hand and roll out to a thickness of 1.5 cm. Cut star shapes out of the dough. Place the stars on a baking sheet lined with greaseproof paper, cover with a damp tea towel and allow to prove for a further 30 minutes.
5. Pre-heat the oven to 200 °C. Bake the stars in the oven for 13 minutes. Once the biscuits are baked, allow them to cool before dusting with icing sugar.



HAZELNUT AND CHERRY BISCUITS

1. Put the hazelnuts into the blender jug and, with the measuring beaker in place, chop finely for **10 seconds/speed setting 10**. Use the spatula to scrape down the inside of the blender jug. Add the flour, egg, sugar, vanilla sugar, 1 pinch of salt and the butter in chunks and, with the measuring beaker in place, knead with the **knead button**. Remove the pastry from the blender jug, shape into a ball, wrap in cling film and put in the refrigerator for 1 hour.
2. Pre-heat the oven to 200 °C. Line two baking sheets with greaseproof paper. Roll the dough out to a thickness of 3 mm. Cut out biscuits using a 4-cm-diameter cutter with a scalloped edge, place on the baking sheets and bake one tray after the other for 10 minutes. To see if they are cooked, lift up a biscuit and, if it is not brown underneath, extend the baking time. Then allow to cool on a cake rack for 30 minutes.
3. Put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. Repeat the process if necessary. Decant, then rinse and dry the blender jug.
4. Press the sour cherry jam through a sieve and use it to stick 2 biscuits together at a time. Roughly break up the couverture and the chocolate-flavour coating and chop in the blender jug with the measuring beaker in place for **5 seconds/speed setting 8**. Then use the spatula to scrape down the inside of the blender jug and melt for **3 minutes/60 °C/speed setting 3**. In a bowl, mix together the pulverised sugar with the kirsch, egg white and 2–3 drops of red food colouring to make a thick glaze. Brush half of the biscuits with the chocolate glaze and the other half with the red sugar glaze, and put half a walnut on top of each one.

FOR THE PASTRY:

125 g hazelnuts
200 g plain flour (type 405)
1 egg (medium)
100 g sugar
1 sachet of vanilla sugar (8 g)
1 pinch of salt
125 g butter

FOR THE GLAZE:

80 g sugar
125 g sour cherry jam
100 g dark couverture (60% cocoa)
150 g dark chocolate-flavour coating
2–3 tbsp kirsch
1 egg white (small)
red food colouring
50 walnut halves (125 g)



STRAWBERRY AND RHUBARB CHEESECAKE

FOR THE BASE:

250 g sponge fingers
125 g very soft butter

FOR THE FILLING:

2 stalks of rhubarb (100 g)
1 tbsp icing sugar
500 g quark (10% fat)
150 g strawberries
125 g softened butter
200 g sugar
3 eggs (medium)
1 tbsp plain flour (type 405)
1 tsp baking powder

PLUS:

butter for the tin

1. Grease the springform tin lightly with butter. Break the sponge fingers into pieces and, with the measuring beaker in place, chop in portions in the blender jug with the **turbo button/3 seconds**. Add the very soft butter in chunks to the sponge crumbs and mix for **20 seconds/speed setting 6**. Press the mixture evenly onto the base of the springform tin. Chill in the refrigerator for 30 minutes. Clean the blender jug.
2. Wash, dry and trim the rhubarb and slice into 1-cm pieces. Mix in a bowl with the icing sugar, allow flavours to infuse for 10 minutes, then drain through a sieve and reserve the juice. Also drain the quark in a sieve. Wash, dry, hull and quarter the strawberries.
3. Pre-heat the oven to 180 °C. Put the softened butter in chunks into the blender jug with the sugar and, with the measuring beaker in place, beat for **1 minute/speed setting 5** until creamy. Then use the spatula to scrape down the inside of the blender jug. Add the quark, 2 tablespoons of rhubarb juice, the eggs, flour and baking powder and, with the measuring beaker in place, mix for **1 minute/speed setting 5**.
4. Spread half the quark mixture evenly over the crumb base. Spread the rhubarb and strawberries on top and then the remaining quark on top of these. Smooth out and bake for 50 minutes. Let the cheesecake cool down in the switched-off oven.



LITTLE CHOCOLATE CAKES

1. Grease 8 ramekins with butter and put in the freezer for 30 minutes.
2. Pre-heat the oven to 210 °C. Put the chocolate in pieces into the blender jug and, with the measuring beaker in place, chop for **5 seconds/speed setting 8**. Add the butter in chunks and, with the measuring beaker in place, melt for **4 minutes/60 °C/speed setting 2**. Then decant the mixture and clean the blender jug.
3. Put the eggs, sugar and salt into the blender jug and, with the measuring beaker in place, mix for **2 minutes/speed setting 5**. Then, the measuring beaker not inserted, stir for **60 seconds/speed setting 3** whilst slowly pouring in the chocolate and butter mixture through the filler opening. Then add the flour and cocoa and, with the measuring beaker in place, stir in for **30 seconds/speed setting 3**. Put the mixture into the ramekins and bake in the oven on the second shelf from the bottom for 12 minutes. Serve immediately.

TIP

→ Do not pre-heat the oven shelf, so that the ice-cold ramekins do not shatter.

200 g dark chocolate
200 g butter
6 eggs (medium)
250 g sugar
1 pinch of salt
120 g plain flour (type 405)
40 g cocoa powder

PLUS:

butter for the ramekins

MINI BLACKBERRY CHEESECAKES

FOR THE MINI CHEESECAKES:

70 g shortbread biscuits
35 g very soft butter
350 g blackberries
1 tsp lemon juice
85 g raw cane sugar
10 g agar agar
200 g full-fat cream cheese
100 g natural yoghurt (3.5% fat)

PLUS:

4 cake rings (approx. 7 cm Ø)
4 blackberries for decorating

1. Place the cake rings on a tray lined with greaseproof paper.
2. Break the biscuits into rough pieces, put into the blender jug and, with the measuring beaker in place, chop for **8 seconds/speed setting 6**. Repeat the process if necessary.
3. Add the very soft butter in chunks and, with the measuring beaker in place, mix with the biscuit crumbs for **45 seconds/speed setting 4**.
4. Press the mixture into the cake rings to form a base, and place the tray in the refrigerator. Briefly rinse out the blender jug.
5. Wash 350 g blackberries and put in the blender jug with the lemon juice and raw cane sugar. With the measuring beaker in place, bring to the boil for **10 minutes/100 °C/speed setting 1**. Then, with the measuring beaker in place, chop for **25 seconds/speed setting 4**. Pass the mixture through a fine sieve into a bowl and rinse the blender jug.
6. Put the fruit pulp back into the blender jug and, with the measuring beaker in place, simmer with the agar agar for **4 minutes/100 °C/speed setting 1**. Then allow the contents of the blender jug to cool down for 30 minutes without the lid on, away from the base unit.
7. After the mixture has cooled down, add the cream cheese and yoghurt and, with the measuring beaker in place, stir in for **45 seconds/speed setting 5**. Use the spatula to scrape the mixture down the inside of the blender jug and, if necessary, repeat the previous step.
8. Distribute the blackberry mixture on top of the biscuit base in the cake rings and chill for at least 2 hours.
9. Release the little cheesecakes from the cake rings, arrange on plates and decorate with fresh blackberries.



TIP

→ Instead of cake rings, these little cheesecakes can be made in small drinking glasses or preserving jars.





BUTTER BISCUITS

100 g sugar
1 vanilla pod
300 g plain flour (type 405)
200 g butter
2 egg yolks (medium)

PLUS:
flour for the work surface

1. Put the sugar into the blender jug and, with the measuring beaker in place, pulverise for **10 seconds/speed setting 8**. If necessary, repeat the procedure.
2. Cut into the vanilla pod lengthways with a sharp knife and scrape out the seeds. Put the vanilla seeds with the rest of the ingredients into the blender jug and, with the measuring beaker in place, stir for **30 seconds/speed setting 5**. Roll the dough into a ball, wrap in cling foil and chill in the refrigerator for 1 hour.
3. Pre-heat the oven to 180 °C. Roll the pastry out on a floured work surface so that it is 3–4 mm thick and cut out biscuits in any shape. Arrange the biscuits in portions on a baking sheet lined with greaseproof paper and bake each sheet for 10 minutes until golden. Remove and allow to cool on a cake rack.

TIP

→ These biscuits will keep for at least 4 weeks in an airtight container.



SHORTBREAD BISCUITS

1. Sieve the flour into the blender jug, then add the egg yolk, caster sugar, 1 pinch of salt, the softened butter in chunks and the vanilla sugar, and, with the measuring beaker in place, work into a smooth dough with **the knead button/2 minutes**. Remove the dough, knead through briefly again by hand, shape into a ball, wrap in cling film and allow to rest in the refrigerator for 1 hour.
2. Pre-heat the oven to 180 °C.
3. In portions, push the dough through the cookie nozzle of a mincing machine and place on two baking sheets lined with greaseproof paper. Put the baking sheets into the oven one after the other and bake the cookies for 10 minutes per sheet until golden. To see whether they are cooked, lift up a cookie and, if it is not yet brown underneath, extend the baking time. Then allow to cool on a cake rack.

TIPS

→ If you do not have a mincing machine, use a piping bag and a flat cookie nozzle. Pipe out cookies 10 cm long and lightly draw a fork along the length.

→ If you like, glaze the cookies with a couverture made of half milk chocolate and half plain chocolate.

250 g plain flour (type 405)
1 egg yolk (medium)
125 g caster sugar
1 pinch of salt
175 g softened butter
1 sachet of vanilla sugar (8 g)

PLAITED YEAST LOAF WITH RAISINS

FOR THE DOUGH:

50 g raisins
250 ml milk at room temperature
(fresh whole milk, 3.5% fat)
60 g sugar
50 g butter
25 g fresh yeast
450 g plain flour (type 405)
1 egg (medium)
1 pinch of salt
1 tbsp zest from 1 untreated lemon

PLUS:

plain flour (type 405) for the
work surface
butter for greasing
1 egg yolk (medium) and
2 tbsp milk (fresh whole milk,
3.5% fat) for the glaze
1 handful of flaked almonds (18 g)

1. Put the raisins in a bowl, pour boiling water over them, steep for 5 minutes and then drain.
2. Put the milk at room temperature, sugar and butter in chunks into the blender jug. Crumble the yeast into it and, with the measuring beaker in place, heat up everything for **3 minutes/37 °C/speed setting 2**.
3. Put the remaining ingredients for the dough (not the raisins) into the blender jug and, with the measuring beaker in place, knead with the **knead button/2 minutes** to make a smooth dough.
4. Place the dough on a floured work surface and knead in the raisins by hand. Then put the dough in a bowl greased with butter, cover with a damp tea towel and allow to rise in a warm place for 1 hour (the volume should approximately double).
5. Pre-heat the oven to 200 °C and place an oven-proof dish filled with water on the floor of the oven. (Alternatively, fill the dripping pan with water and place on the lowest shelf.) Line a baking sheet with grease-proof paper.
6. Divide the dough into three portions, all as nearly the same size as possible, and shape each one into a roll approximately 45 cm long. Lay the three rolls next to one another, press the dough ends together lightly at the top, then alternately place the left, then the right roll over the centre one and continue to plait to the end of the rolls. At the end, press the dough ends together lightly.
7. In a small bowl, whisk the egg yolk and milk together with a fork. Brush the plait with the egg wash, sprinkle it with flaked almonds and bake for 30 minutes. If necessary, place some aluminium foil over the plait so that it does not become too dark.

TIPS

- This plaited yeast loaf can also be made without raisins. Proceed as described above and, before proving, knead the dough by hand on a floured surface and do not add the raisins.
- If you like a sweeter version with a nice sheen, push 8 tablespoons of apricot jam through a sieve and heat the sieved jam in a saucepan with 2 tablespoons of water until it is liquid. Then bring to the boil for 8 minutes until the jam begins to gel. Coat the still warm loaf evenly with the hot jam. This works particularly well if you use a pastry brush.
- This plaited yeast loaf is particularly suited to freezing. Simply defrost at room temperature.





APPLE AND CINNAMON PULL-APART BREAD

1. Put the milk at room temperature and the sugar into the blender jug. Crumble in the yeast and, with the measuring beaker in place, heat up for **3 minutes/37 °C/speed setting 1**.
2. Add the flour, room-temperature butter in pieces and 1 pinch of salt and, with the measuring beaker in place, knead with the **knead button/2 minutes**.
3. Use the spatula to scrape down the inside of the blender jug. If the dough is too sticky add up to another 50 g flour. Then, with the measuring beaker in place, knead again for **1 minute/speed setting 4**. Remove the dough and put in a bowl, cover with a tea towel and allow to rise in a warm place for 1 hour. Clean the blender jug.
4. Wash and peel the apples, core, cut into eighths and cut into 0.5-cm slices. Put the cinnamon, butter in chunks and the sugar into the blender jug and, with the measuring beaker in place, melt for **2 minutes/80 °C/speed setting 2**. Mix the cinnamon butter mixture with the apples.
5. On a floured surface, roll out the dough into a rectangle (40 x 20 cm), then cover with the apple slices. Fold the longer edge on each side towards the centre. Divide along the centre seam and cut into equal squares.
6. Grease the tin, stand it upright and stack the squares of dough in the tin, slightly offset. Then place the tin in a horizontal position and brush the squares of dough with the remaining cinnamon butter. Allow to rest, covered, for another 30 minutes.
7. Pre-heat the oven to 175 °C (fan).
8. Bake the pull-apart bread in the pre-heated oven for 45 minutes. Carry out a skewer test using a wooden cocktail stick to check whether the bread is cooked, and bake for a little longer if necessary.

FOR THE DOUGH:

125 ml milk at room temperature (UHT semi-skimmed milk, 1.5% fat)
50 g sugar
½ cube of fresh yeast (21 g)
30 g butter at room temperature
250 g plain flour (type 405)
1 pinch of salt

FOR THE FILLING:

2 medium-sized apples (300 g)
1 tsp cinnamon
50 g butter
30 g sugar

PLUS:

fat for the tin
plain flour (type 405)
for the work surface



TIP

→ Optional: sprinkle the bread with 50 g flaked almonds before baking.

BURGER BUNS

270 ml milk at room temperature
(UHT semi-skimmed milk, 1.5% fat)

1 tsp sugar

½ cube of fresh yeast (21 g)

550 g spelt flour (type 630)

50 g butter

1 tsp salt

1 egg (medium)

PLUS:

spelt flour (type 630) for the
work surface

1 egg yolk (medium)

1 tbsp milk (UHT semi-skimmed
milk, 1.5% fat)

sesame, poppy seeds or sea salt
for sprinkling

1. Put the milk at room temperature and the sugar into the blender jug. Crumble in the yeast and, with the measuring beaker in place, heat up for **3 minutes/37 °C/speed setting 1**.
2. Add the flour, butter in pieces, 1 teaspoon of salt and the egg and, with the measuring beaker in place, knead with the **knead button/ 2 minutes**.
3. Lightly dust a bowl with flour and put the dough in it. Dust with flour, cover and allow to prove for 30 minutes in a warm place.
4. Pre-heat the oven to 200 °C, and line a baking sheet with greaseproof paper.
5. Knead the dough through again on a floured work surface and make 8 rolls.
6. Place the rolls on the greaseproof paper and allow to prove again for 10 minutes under a tea towel.
7. During this time, beat the egg yolk with the milk, then brush the rolls with it and sprinkle as desired with sesame or poppy seeds, or salt.
8. Bake for 25 minutes in the pre-heated oven on the middle shelf until golden.
9. If the buns look a little pale, extend the baking time as necessary. Allow to cool completely before using.



CHEDDAR SCONES

100 g cheddar (50% fat)
3 sprigs of rosemary
400 g plain flour (type 405)
1 sachet of baking powder (15 g)
1 tsp salt
175 ml milk at room temperature
(UHT semi-skimmed milk, 1.5 % fat)
1 egg (medium)
100 g butter at room temperature

PLUS:

plain flour (type 405) for the
work surface
1 egg (small)
chilli flakes or herbs
for sprinkling, as desired

1. Pre-heat the oven to 180 °C, and line two baking sheets with grease-proof paper.
2. Remove the rind from the cheddar and cut into dice measuring 1.5 cm. Wash the rosemary, pat dry and remove the needles.
3. Put both ingredients into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 7**.
4. Then add the flour, baking powder, 1 teaspoon of salt, milk at room temperature, the egg and the butter at room temperature and, with the measuring beaker in place, knead with the **knead button/3 minutes** into a homogenous dough.
5. Place the dough on a floured work surface and knead through again by hand. Roll out to a thickness of 2 cm. Cut out a total of 20 circles using a glass (6 cm in diameter), dusting the rim with flour after each one.
6. Place the circles of dough on the baking sheets.
7. Whisk the egg with 1 teaspoon of water and brush it on the scones with a pastry brush. Sprinkle with chilli flakes or dried herbs as desired and bake the sheets of scones in turn for 20 minutes each until golden. Carry out a skewer test using a wooden cocktail stick to check whether the scones are baked, and bake for a little longer if necessary.
8. Allow the scones to cool. Cut through them horizontally and fill as desired.

TIP

→ Suitable fillings are cream cheese, ham, salami or thinly sliced cheese.





MEDITERRANEAN LOAF

50 g cheese (e.g. Parmesan, 32% fat)
 250 g plain flour (type 405)
 1 sachet of dried yeast (7 g)
 1 tbsp apple cider vinegar
 50 ml oil
 4 eggs (medium)
 15 g dried herbes de Provence
 ½ tsp salt

PLUS:
 fat for the tin

1. Pre-heat the oven to 180 °C.
2. Remove the rind from the cheese, cut into rough pieces, put into the blender jug and, with the measuring beaker in place, chop for **10 seconds/speed setting 10**. Then decant.
3. Put the flour, dried yeast, 70 ml cold water, apple cider vinegar, oil and eggs into the blender jug and, with the measuring beaker in place, knead with the **knead button** to make a smooth dough.
4. Add the chopped cheese, the herbes de Provence and ½ teaspoon of salt and, with the measuring beaker in place, mix for **35 seconds/speed setting 4**.
5. Put the dough into the greased tin immediately and bake on the middle shelf for 55 minutes. If the bread looks a little pale, extend the baking time as necessary.



FOCACCIA WITH OLIVES

1. Put the flour, ½ teaspoon of salt, the dried yeast, 175 ml warm water and 2 tablespoons of olive oil into the blender jug and, with the measuring beaker in place, knead with the **knead button/2 minutes**.
2. Grease a pizza sheet with 1 tablespoon of oil, press the dough on it flat to about 2 cm thick. Cover and allow the dough to prove in an evenly warm place for a further 30 minutes.
3. Pre-heat the oven to 200 °C. Halve and stone the olives. Make little impressions in the dough with your finger and place the olives in them.
4. Lightly season the dough with ¼ teaspoon of salt and drizzle the remaining 4 tablespoons of olive oil on top. Bake the focaccia in the oven for 25 minutes. If it looks a little too pale, extend the baking time as necessary. Serve hot.

300 g plain flour (type 405)
 ¾ tsp salt
 1 tsp dried yeast
 7 tbsp olive oil
 12 large green olives



SOURDOUGH BREAD

5 g fresh yeast
 100 g sourdough starter
 (ready-made)
 100 g plain flour (type 405)
 250 g wholemeal rye flour (type 1800)
 150 g soured cream (10% fat)
 1 tsp salt

PLUS:
 flour for the work surface
 and the bowl

1. Pour 100 ml lukewarm water into the blender jug. Crumble the yeast in and, with the measuring beaker in place, heat up for **3 minutes/37 °C/speed setting 1**. Then allow to rest for 5 minutes.
2. Add the sourdough starter, the flours, soured cream and 1 teaspoon of salt to the pre-ferment in the blender jug and, with the measuring beaker in place, knead with the **knead button/2 minutes**.
3. Then briefly knead through by hand on a floured work surface. Shape the dough into a ball, put into a floured bowl, cover and allow to prove in a warm place for 1 hour.
4. Then knead the dough through well again. Using floured hands, shape into a round loaf and place on a baking sheet lined with greaseproof paper. Cover the loaf and allow to prove for another hour.
5. Pre-heat the oven to 200 °C. Brush the loaf with water and bake on the middle shelf for approximately 50 minutes.



WHITE BREAD

1. Pour 320 ml lukewarm water into the blender jug. Crumble the yeast in and, with the measuring beaker in place, mix in for **10 seconds/speed setting 3**.
2. Add the flour and 2 teaspoons of salt and, with the measuring beaker in place, mix into a smooth dough with the **knead button**.
3. Put the dough in a floured bowl, cover with a clean tea towel and allow to prove in a warm place for 1 hour, until the volume has doubled.
4. Then with floured hands, knead the dough through well, put in a loaf tin lined with greaseproof paper, cover and allow the dough to prove for another hour.
5. Pre-heat the oven to 250 °C. Turn down the temperature to 200 °C and bake the bread for 45 minutes.
6. Cool the baked bread on a cake rack.

½ cube fresh yeast (21 g)
 500 g plain flour (type 405)
 2 tsp salt

PLUS:
 plain flour (type 405) for the
 work surface, bowl and hands

TIP

→ If you prefer a round loaf, prove the bread in a round, not overlarge bowl. Then carefully transfer to a baking tray lined with greaseproof paper and put in the pre-heated oven and bake immediately.



POTATO SPELT BREAD

1 sachet of dried yeast (7 g)
1 tsp sugar
1 cooked floury potato (150 g)
250 g spelt flour (type 630)
250 g wholemeal spelt flour (type 1050)
1½ tsp salt
1 tbsp agave syrup

PLUS:

spelt flour (type 630) for the work surface

- Put the dried yeast, sugar and 250 ml lukewarm water into the blender jug and, with the measuring beaker in place, dissolve for **3 minutes/37 °C/speed setting 1**.
- Peel the cooked potato, mash and add with both types of flour, 1½ teaspoons of salt and agave syrup. With the measuring beaker in place, work into a smooth dough with the **knead button/3 minutes**.
- Knead the dough once more by hand on a floured surface. Shape into a ball and allow to prove for 45 minutes in a covered bowl.
- Then briefly knead the dough through again, shape into a loaf, and place on a baking sheet lined with greaseproof paper. Allow to prove for 30 minutes while covered.
- Pre-heat the oven to 220 °C and bake the bread for 40 minutes. If the bread looks a little pale, extend the baking time as necessary.



PROTEIN BREAD

- Pre-heat the oven to 180 °C. Grease a loaf tin.
- Put the quark and eggs into the blender jug and, with the measuring beaker in place, mix for **15 seconds/speed setting 4**. Use the spatula to scrape the mixture down the inside of the blender jug.
- Add the remaining ingredients and, with the measuring beaker in place, mix for **1 minute/speed setting 4**. Put the dough in the tin and bake for 55 minutes. If the bread looks a little pale, extend the baking time as necessary.
- Allow the loaf to cool in the tin for 10 minutes and then carefully turn out of the tin. Then allow to cool on a cake rack.

500 g quark (10% fat)
6 eggs (medium)
200 g ground almonds
120 g kibbled linseeds
1 sachet of baking powder (15 g)
4 tbsp chia seeds
1 tsp salt

PLUS:

grease for the tin



SPELT BREAD

1. Put the flour, 1 teaspoon of salt, the dried yeast, honey, oil and 300 ml lukewarm water in the blender jug and, with the measuring beaker in place, knead with the **knead button**. Add 50 g of the seeds and stir together with the **reverse button/10 seconds/speed setting 3**. The dough should still be a little sticky but should come away easily from the sides of the jug.
2. Lightly grease a loaf tin and sprinkle with bran or breadcrumbs. Put the dough in it and hit the tin on the table several times so that the dough moves into the corners.
3. Cover with a clean tea towel and allow the dough to rise in an evenly warm place for 1 hour until it completely fills the tin.
4. Pre-heat the oven to 200 °C.
5. Beat the egg yolk and milk and brush the upper surface of the dough with it. Sprinkle with the remaining seeds and bake the bread in the hot oven for 40 minutes.
6. The bread should sound hollow when you hit it with a spoon. Then you will know that it is ready.
7. Remove the bread from the oven, allow to cool briefly in the tin, then turn it out of the tin and allow to cool completely.

400 g spelt flour (type 630)
 1 tsp salt
 1 sachet of dried yeast (7 g)
 1 tsp honey
 1 tbsp oil (e.g. olive oil)
 70 g seeds if desired
 (e.g. linseeds, sesame seeds,
 sunflower seeds or
 pumpkin seeds)
 1 egg yolk (medium)
 1 tbsp milk (fresh whole milk,
 3.5% fat)

PLUS:

fat and bran or breadcrumbs
 for the tin

TIPS

- This loaf can also be baked with rye flour (type 1150) or dark wheat flour (type 1050).
- Other seeds can be used, as desired.

BAGUETTE

10 g fresh yeast or ½ sachet of dried yeast (4 g)
500 g plain flour (type 405)
½ tsp salt

PLUS:
oil for the bowl
plain flour (type 405) for the work surface

1. Brush a large bowl with oil.
2. Put 330 ml lukewarm water in the blender jug. Crumble the yeast into it and, with the measuring beaker in place, heat up for **2 minutes/37 °C/ speed setting 2**.
3. Add the flour and ½ teaspoon of salt and, with the measuring beaker in place, knead with the **knead button/2 minutes**.
4. Decant the dough into the prepared bowl, cover with a clean cloth and allow to rest in a warm, evenly heated place, until it has doubled in volume. (This takes approximately 1 hour 30 minutes.)
5. Dust the work surface with flour. Divide the dough into 3 equally sized pieces and shape each into a flat square. Fold all the corners in towards the centre, do not knead, but just press, so that the air bubbles in the dough remain in the dough. Cover the pieces of dough with a damp cloth or foil and allow to prove for another 20 minutes. Repeat this step.
6. Shape the pieces of dough into baguettes and place on a sheet of greaseproof paper, pulling the paper up a little between the rolls so that they do not stick together when proving. Cover again and allow to prove for another 45 minutes.
7. In the meantime, put a dripping pan on the lowest shelf in the oven, place a second baking sheet on top and pre-heat the oven to 250 °C.
8. With a sharp knife, dampened with hot water, cut 3 diagonal slits in the upper surface of each baguette.
9. Pour 100 ml hot water into the dripping pan and place the loaves on their greaseproof paper on top of the baking sheet. Close the oven door immediately and bake the baguettes for 20 minutes until golden.
10. If the loaves are already a good colour before the prescribed baking time has elapsed, reduce the temperature to 230 °C.
11. Remove the baguettes and cool for 20 minutes before cutting.

TIP

→ Slices of baguette freeze very well in freezer bags. Simply defrost at room temperature and toast in a toaster.



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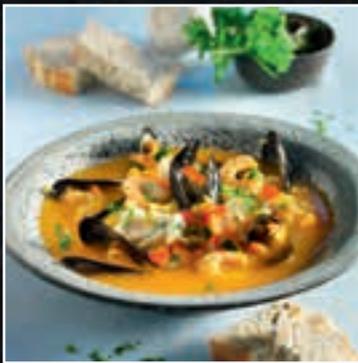
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