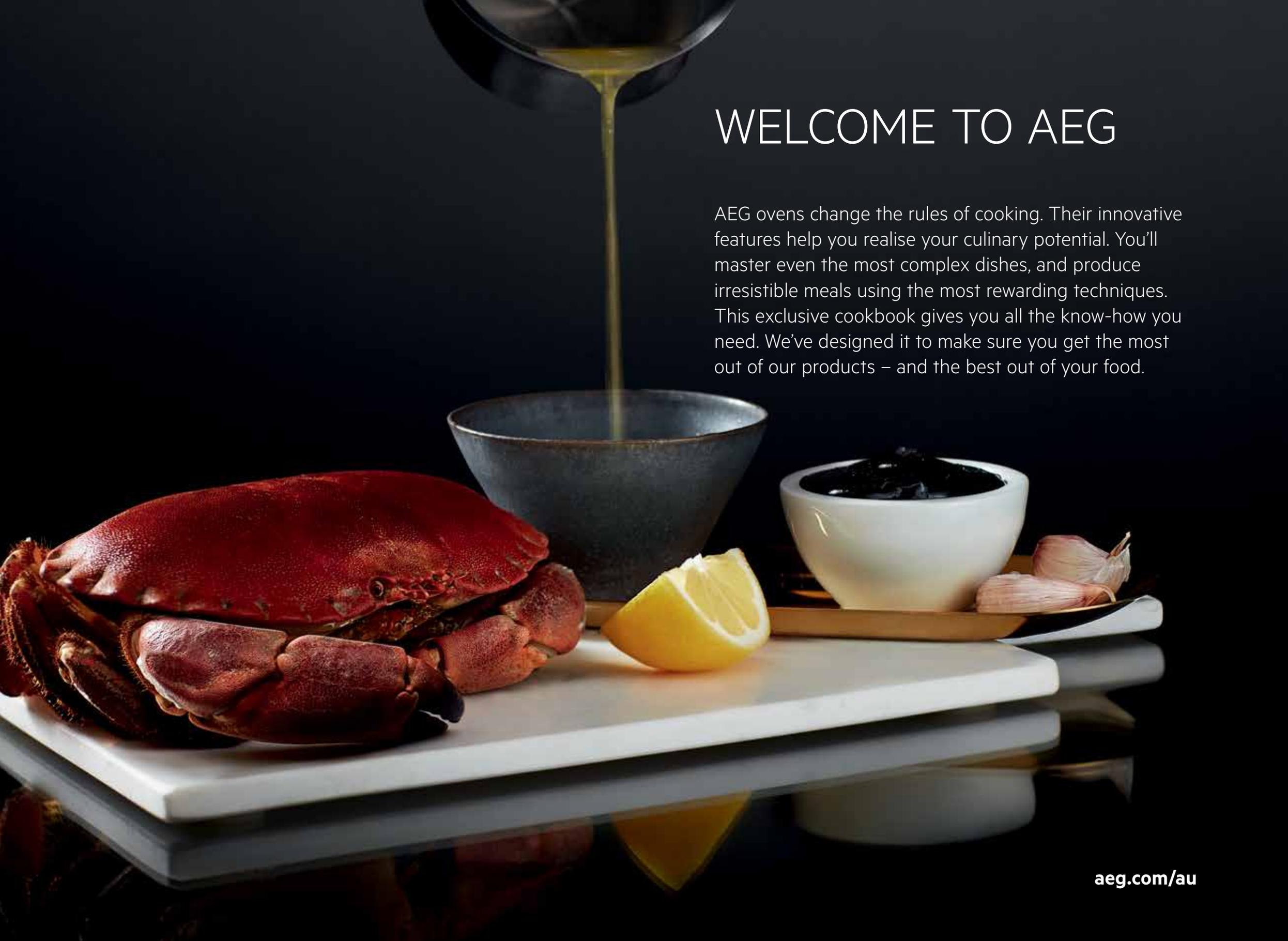


AEG

TAKING TASTE FURTHER

.....
RECIPE BOOK





WELCOME TO AEG

AEG ovens change the rules of cooking. Their innovative features help you realise your culinary potential. You'll master even the most complex dishes, and produce irresistible meals using the most rewarding techniques. This exclusive cookbook gives you all the know-how you need. We've designed it to make sure you get the most out of our products – and the best out of your food.

MOUTHWATERING MEALS. WHATEVER THE TECHNIQUE.

Precisely controlled heat, consistently distributed throughout your oven. That's what all AEG ovens deliver. The advanced fan technology envelops every part of your dish with the exact heat required, wherever it's placed. Whether it's one dish or several. So you get evenly cooked, great-tasting results without having to turn dishes halfway through.

Choose an oven that adds steam to traditional heat and you'll pack everything you cook with maximum flavour. The heat creates a crisp, golden crust on the outside, while the steam promotes succulent, juicy textures within. Whether you're grilling, roasting, steaming or baking, the great food you've always cooked will be even more delicious.

But AEG ovens go even further. Our range also allows you to explore the gourmet culinary technique of SousVide. Food is vacuum sealed in bags and cooked with steam retaining moisture, aroma, nutrients – and delivering incomparable flavour. You'll be able to cook at low temperatures to the point of perfection. And enjoy a taste experience that no other cooking method can match.

Master techniques that will elevate your cuisine to another level.



MASTER A NEW LEVEL OF FLAVOUR. JUST ADD STEAM TO HEAT.

Your oven doesn't just cook with steam, it also lets you choose the exact balance of steam and heat you need for the result you want.

Why steam?

.....
Prevents flavour exchange

Stops flavour exchange between different dishes.
.....

.....
Food stays moist

Prevents food from drying out.
.....

.....
Keeps the goodness in

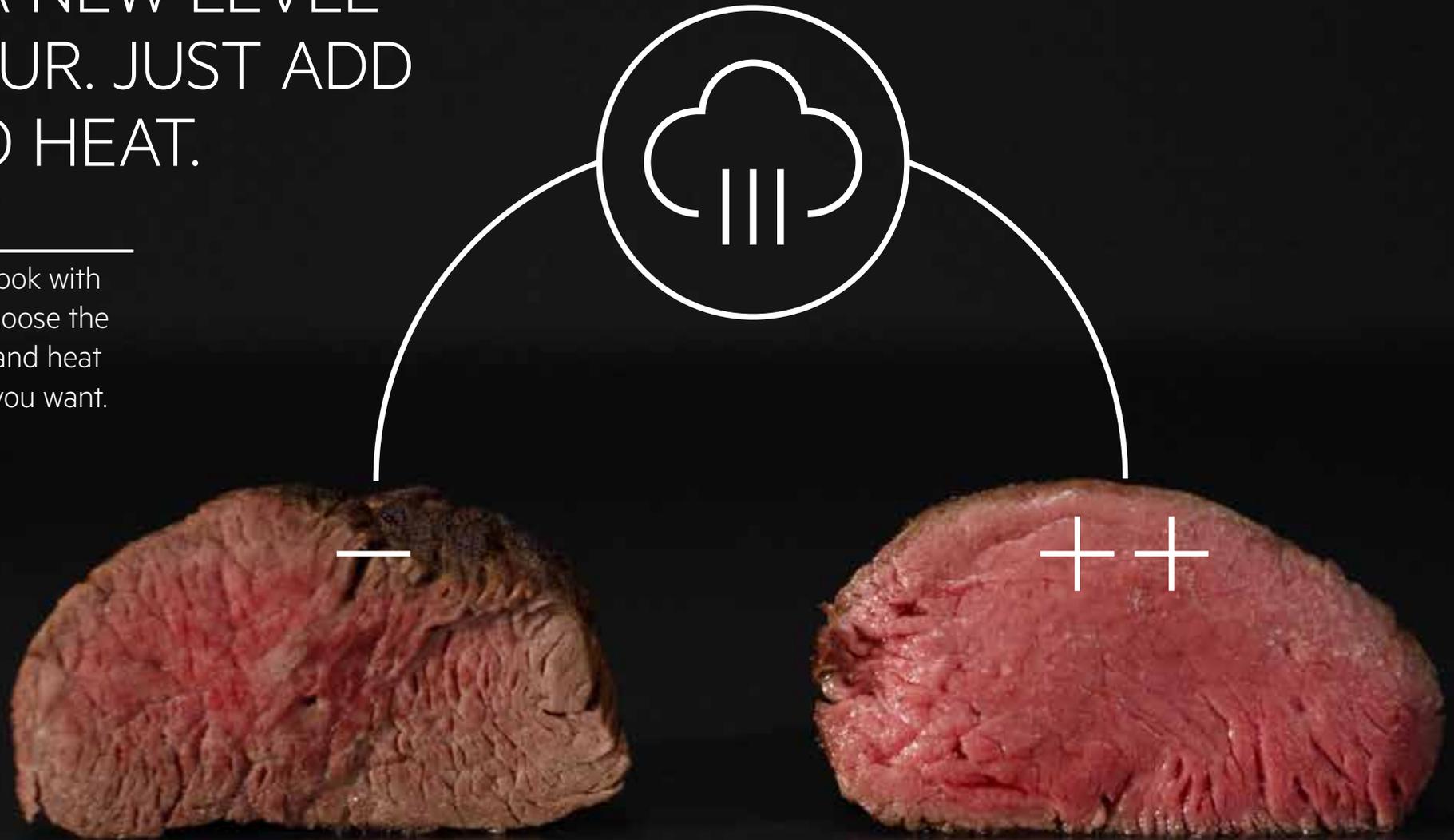
Preserves nutrients, vitamins and minerals.
.....

.....
Evenly cooked

Cooks food more evenly from surface to core.
.....

.....
More efficient

Delivers heat more efficiently to the food than dry, hot air, so the temperature can be lower.



25 %

Great for meat, poultry, oven dishes and casseroles. The combination of steam and heat gives meat a tender texture with a tasty crust.



50 %

Steam combined with a small percentage of hot air gives excellent results with delicate dishes such as custards, flans, terrines and fish.



100 %

Pure steam cooking is ideal for delicate fish, rice, couscous or vegetables.

THE SOUSVIDE REVOLUTION

SousVide* has been the secret of professional chefs for long enough. Now AEG is making the technique available to you.

It lets you cook to perfection because it gives you absolute control. Here's how it works.

The food is vacuum sealed in a bag, with any additional flavourings and marinades. Then it is cooked at a relatively low temperature, with precisely controlled steam heat.

There's no loss of flavour or moistness whatsoever – it's all sealed in. So when you are using top quality fresh fish and tender meats, you can be sure you are achieving the best possible texture and flavour, every time.



Guaranteed success

With precisely controlled cooking that's always exactly right, you can be sure of results that are absolutely perfect, every time.

Retention of flavour and nutrition

Sealed in the bag, aromas are concentrated and retained, rather than filling the room as they would with traditional cooking.

Reduced shrinkage

Thanks to gentle, low temperature cooking, less is lost in the process.

Relaxed adding of the finishing touches

You can carry out time-consuming preparation work in advance, leaving yourself free to simply add the finishing touches just before serving.

Storage of food

Vacuum sealing makes storing food easy, at any stage of the process. Just pop the bag in the fridge.

Cook like a professional

Dishes which, until now, were only possible in a professionally equipped kitchen, can now be achieved by you, at home.

* Only available on selected models

BEAUTIFUL RESULTS, AT A GLANCE

With SousVide*, you can cook with absolute purity, sealing in all the aromas, taste and nutrients under vacuum, then applying gentle steam heat to cook to delicious perfection.

There is almost no limit to the range of dishes that can be a taste revelation, when cooked SousVide. But the process is basically the same, no matter how simple or sophisticated the final dish.

Prepare fine ingredients and flavourings, seal them hygienically in a bag, cook precisely using the SousVide function, then finish beautifully for delicious, irresistible results.



SOUSVIDE IN JUST FOUR STEPS INNOVATION EVERY TIME

Step 01

Prepare

Put the wine in a pot and cook it until it becomes a bit denser, and then let it cool. Wash and peel the pears, cut them in halves and remove the core.



Step 02

Vacuum seal

Place the ingredients in the bag and then insert in the vacuum sealer drawer.



The AEG VacuumSealer is built in a drawer just below the oven, offering you a perfectly integrated SousVide cooking system.



Step 03

Cook

Select SousVide program. Add 400ml of water via the water drawer and cook for 15 minutes.



Step 04

Plate and present

The red-wine pears can be served warm or cold, e.g. with Crème Anglaise or with ice cream.



The full recipe can be found on [page 109](#)



RARE. MEDIUM. WELL DONE. AT YOUR COMMAND.

Introducing your new sous chef. Your new tool in the search for the juiciest rack of lamb, the most tender fillet of salmon.

Use the Food Sensor* to tell the oven how you want your dish cooked – using just the words you would in a restaurant – rare, medium, well done. For the first time, you can trust that the oven understands the result you want, just from the words you choose. Without even opening the oven door, you can control everything from tender joints of meat to molten chocolate fondants. At last, an oven that speaks your language.

Use for a wide variety of foods

Use the Food Sensor as an aid to your cooking when preparing a whole host of dishes, from roasts to casseroles and even egg dishes.

Never under or overcook again

Insert the Food Sensor into your dish and it will accurately measure the temperature of the food, constantly monitoring how 'done' your dish is.

Use as a sous chef or as a timer. Your choice

Great cooks use the Food Sensor as a guide during their cooking, but you can also use it as a timer. Once your dish has reached the desired core temperature, the Food Sensor will alert you, enabling you to check and choose if you would like to take the dish out or cook it for a bit longer.

WELL DONE
MEDIUM
RARE




COOKING TERMS

Recipes in this cook book will include the below symbols as recommended steam settings – . Depending on the steam oven you own, you'll find different names and cooking setting icons on your control panel.

Steam Settings

			Quarter Steam + Heat	Great for meat, poultry, oven dishes and casseroles.
			Humidity Low	
			Half Steam + Heat	
			Humidity Medium	Gives excellent results with delicate dishes such as custards, flans, terrines and fish.
			Humidity High	
			Full Steam	For vegetables, fish, potatoes, rice, pasta or special side dishes.
			SousVide	For meat, fish, seafood, vegetables and fruit. Set the temperature to 50-95°C

Other Settings

		Moist Fan Baking	For energy-saving baking and cooking of mainly dry bakery items as well as for baking in tins on shelf position 1.
		True Fan Cooking	For baking on a maximum of 3 shelf positions at the same time and for drying food (i.e. breadcrumbs). Set the temperature 20-40°C lower than for Conventional Cooking.
		Pizza Setting / True Fan + Bottom	For baking food on shelf position 1 for more intensive browning and a crispy bottom. Set the temperature 20-40°C lower than for Conventional Cooking.
		Slow Cooking / Slow Cooking	For slow roasting and braising.
		Turbo Grilling / Grill + Fan	For roasting larger meat joints or whole poultry on shelf position 1. Also for grilling and browning.
		Grilling / Grill	For grilling and toasting.
		Conventional Cooking	For baking and roasting food on shelf position 1.
		Dough Proving*	For controlled proving of yeast-based dough before baking.

* Depending on the steam oven you own, the symbols on your control panel may differ

* Please refer to your user manual for this setting and for all other settings you may wish to use.

COOKING TIMES AND TEMPERATURES

 Food	Temperature (°C)	Time (min)
Chicken – 1kg	180 - 200	50 - 60
Duck – 1.5 - 2kg	180	70 - 90
Goose – 3kg	170	130 - 170
Lasagne	180	45 - 55
Misc. types of bread – 500g - 1kg	180 - 190	50 - 60
Pasta bake	190	40 - 50
Potato gratin	160 -170	50 - 60
Roast beef – 1kg	180 - 200	60 - 90
Roast pork – 1kg	160 - 180	90 - 100
Roast veal – 1kg	180	80 - 90

 Food	Temperature (°C)	Time (min)
Baked eggs	90	35 - 45
Custard / flan in individual dishes	90	40 - 45
Small fish up to 350g	90	25 - 35
Terrine	90	40 - 50
Thick fish fillet	90	25 - 35
Thin fish fillet	85	15 - 25
Whole fish up to 1kg	90	35 - 45

 Food	Temperature (°C)	Time (min)
Artichokes	96	50 - 60
Asparagus	96	26 - 35
Beetroot	96	70 - 90
Broccoli florets, peas, capsicum strips, savoy cabbage, fresh tagliatelle	96	20 - 25
Brussels sprouts, whole broccoli, kohlrabi strips, dumplings	96	30 - 40
Cauliflower florets	96	25 - 30
Carrots, fennel, whole cauliflower, green beans	96	35 - 45
Chicken breast, poached	90	25 - 35
Cooked ham 1kg	96	55 - 65

* Please refer to page 12



cont.

Food	Temperature (°C)	Time (min)
Eggplant	96	15 - 25
Eggs, hard boiled	96	18 - 21
Eggs, medium boiled	96	13 - 16
Eggs, soft boiled	96	11 - 12
Flat fish fillet	80	15
Leeks, celery, cubed	96	25 - 35
Mushroom, slices; courgette, slices	96	15 - 20
Mussels	96	20 - 30
Polenta (liquid ratio 3:1)	96	45 - 50
Prawns, fresh	85	20 - 25
Rice (water:rice ratio 1.5:1); potatoes, quartered	96	35 - 40
Salmon fillets	85	25 - 35
Salmon trout, approx. 1kg	85	40 - 45
Spinach, tomatoes	96	15
Trout, approx. 250g, prawns, frozen	85	30 - 40
Unpeeled potatoes, medium	96	45 - 55
Veal / pork loin without leg, 800g - 1kg	90	80 - 90



SOUSSVIDE

Food	Temperature (°C)	Time (min)
Apple	95	25 - 30
Artichoke hearts	95	45 - 55
Asparagus, green	90	40 - 50
Asparagus, white	90	50 - 60
Beef fillet, medium	60	110 - 120
Beef fillet, well done	65	90 - 100
Capsicum	95	35 - 40
Carrots, fennel, potatoes	95	35 - 45
Celery root	95	45 - 50
Chicken breast, boneless	70	70 - 80
Cod fish	65	70 - 75
Duck breast, boneless	65	100 - 110
Lamb, medium	65	105 - 115
Lamb, rare	60	180 - 190
Leek, celery	95	40 - 45
Mussels in shell	95	20 - 25
Nectarine, pineapple, peach	95	20 - 25
Octopus	85	100 - 110
Pear	95	15 - 30
Plum, mango	95	10 - 15
Prawns, shelled	75	25 - 30
Pumpkin	90	25 - 30
Rabbit, boneless	70	50 - 60



cont.

Food	Temperature (°C)	Time (min)
Salmon fillet*	65	100 - 110
Scallops	60	100 - 110
Sea bream fillet, sea bass fillet	70	25
Trout fillet*	65	55 - 65
Turkey breast, boneless	70	75 - 85
Zucchini	90	35 - 40



Food	Temperature (°C)	Time (min)
Chops	75 - 80	
Rib or fillet steak - medium	60 - 65	
Rib or fillet steak - rare	45 - 50	
Rib or fillet steak - well done, roast lamb / leg of lamb	70 - 75	
Salmon, trout	65 - 70	
Shoulder / ham / neck joint of pork	80 - 82	

The Food Sensor measures the core temperature of the food. When it reaches the set temperature, the appliance deactivates.



* Please refer to page 12

† To prevent protein leak, soak the fish in a 10% salt solution (100g salt in 1 litre of water) for 30 minutes and dry with a paper towel before sealing in a vacuum bag.



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 Vegetarian Recipe



STARTERS

The first course of the meal is there to tantalise, intrigue and get the taste buds tingling.

Light, bold, beautifully presented, the ideal starter can be something quite simple, so long as it has an element of surprise.

An unexpected flavour, an ultra-exotic ingredient... or a cooking technique like SousVide which, until now, has been the domain of professional chefs.



Onion Soup Out of the Bag



🕒 75mins

🌡️ 95

🍷 SousVide cooking*
See page 13 for details

📍 Shelf level 3

A new take on a time-honoured classic, producing a soup with a warmth and depth like no other.

Serves 4

- 1 Peel the onions, halve and cut into 2mm thick slices. Mix all ingredients together and vacuum seal in a SousVide bag.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 95°C for 75 minutes.

To serve

Serve in hot cups and float a slice of toasted baguette on top with a little grated cheese. French Comté would be perfect.

Ingredients

400g of onions
500ml of veal stock
1 tbsp of gourmet paprika
15 green peppercorns
1 bay leaf
5 saffron threads
1 tsp of salt
1 pinch of ground nutmeg
1 sprig of thyme



Chef's Secret

For those who don't eat meat, simply substitute the stock with a vegetarian broth. To make it vegan, try lightly crushed tofu with a few yeast flakes instead of the cheese.



Chef's Secret

Serve these luscious scallops with something crunchy for contrast. Try toasted baguette, or a salad of crisp young leaves with lime juice, olive oil and a spoonful of the cooking liquid.



Scallops with Fennel

An impressive, very quick dish with a superb aromatic flavour.



10mins

60

SousVide cooking*
See page 13 for details

Shelf level 3

Serves 4

- 1 Grind the fennel seeds finely with a pestle and mortar. Wash the lemon and grate the zest.
- 2 Mix the seeds and zest with the oil and vacuum seal this together with the scallops in a SousVide bag. Ensure that the scallops lie flat beside one another in an even layer.
- 3 Place the bag on shelf level 3 on the 'SousVide' program and cook at 60°C for 10 minutes.

To serve

Juice the lemon and sprinkle the cooked scallops with this and a little fleur de sel.

Ingredients

500g scallops, out of the shells, without roe
1 tsp fennel seeds
1 tbsp lemon oil or fruity olive oil
1 unwaxed lemon
Sea salt



Chef's Secret

The white wine and cream provide a fine broth for dipping with a crispy baguette. At the same oven setting the mussels could be prepared Mediterranean-style, using 200ml of crushed tomatoes, two more garlic cloves and black pepper instead of white. This variation goes better with ciabatta or focaccia.

Moules Marinières

For a dish that looks great and is quick and simple to prepare, you can't do better than this French classic.



🕒 30mins

🌡️ 99

🌀 Steam setting *
See page 13 for details

📏 Shelf level 2

Serves 4

- 1 Chop the parsley, garlic and shallots finely. Thoroughly wash the mussels in cold water two or three times. Throw away any mussels that stay open or float on top of the water. Remove the beards and any barnacles from the shells with a knife.
- 2 Place the mussels in a roasting tin or baking dish. Add the garlic, shallots, bay leaves, thyme and half of the parsley and season with salt and the ground white pepper.
- 3 Bring the butter, white wine and cream to the boil and pour over the mussels. Cook on shelf level 2 on Steam setting 3 at 99°C for 30 minutes or until all the shells are open.

To serve

Sprinkle with remaining chopped parsley and serve the mussels in the baking dish.

Ingredients

- 2 small bunches of parsley
- 1 clove garlic
- 2 shallots
- 2kg mussels
- 2 bay leaves
- 1 sprig of thyme
- Salt
- 1 pinch white pepper, ground
- 15g butter
- 50ml white wine
- 150ml cream

Chef's Secret

You can use leeks instead of onions (keep to the same amount) if you prefer. The harder and more mature the cheese, the tastier the quiche will be.



Quiche Lorraine

The pastry is crisped to perfection, while the filling remains meltingly delicious.



50mins

230

True Fan + Bottom*

Shelf level 1

Serves 6

- 1 Knead flour, butter, eggs, nutmeg, salt and pepper on a lightly floured surface until you have a smooth dough and roll into a ball. Wrap it in foil and let it rest in the refrigerator for a few hours.
- 2 For the filling, peel the onion and slice it with the bacon. Beat the eggs with the sour cream and grated cheese then season with salt, pepper and nutmeg.
- 3 Roll out the dough on a lightly floured surface and place into a lightly greased baking tin, pricking all over with a fork. Spread the onions and bacon on top and pour over the egg mixture.
- 4 Bake the quiche on shelf level 1 on the 'True Fan + Bottom' at 230°C for 50 minutes.

To serve

Cut into segments as you would a pizza, and serve while still warm.

Ingredients

Pastry

200g flour
100g butter
2 eggs
Nutmeg
½ tsp salt
Pepper

Filling

1 onion
200g bacon
2 eggs
250g sour cream
150g cheese, grated
Salt & pepper
Nutmeg

Chef's Secret

The finely sliced radishes elevate the flavour of the crisp salad, while the creamy avocado supports the succulence of the fried shrimp.

Fresh Prawn and Avocado Salad



🕒 20-25mins

The zingy lemon dressing perfectly complements the richness of the avocado and prawns.

Serves 4

- 1 Place the salad leaves and the radishes in a bowl of cold water to keep them crisp.
- 2 Add the oil to a large pan and gently fry the garlic and chilli until soft but not brown.
- 3 Add the prawns and toss well until covered covered in the garlic and chilli mixture. Fry for 5 minutes, then put aside.
- 4 Cut the zucchini into thin slices.
- 5 Rinse and drain the salad leaves and radishes.
- 6 Whisk all dressing ingredients together and season with salt and pepper to taste.
- 7 Divide the avocados, remove the stones and cut into crescents.
- 8 Mix the salad leaves and radish with the fresh herbs and zucchini then toss with the prepared dressing.

To serve

Serve in a large salad plate or bowl and top with avocado and the prawns.

Ingredients

- 500g large prawns
- 1 tbsp dry chilli
- 2 garlic cloves, finely chopped
- 500g mixed salad leaves
- 1 bunch of radishes cut into thin slices
- 2 avocados
- 1 large or 2 small zucchinis
- 3 tbsp chopped basil and parsley

Lemon dressing

- ½ cup olive oil
- Juice of 1 lemon
- 1 tbsp white vinegar
- 1 garlic clove, finely chopped
- A pinch of salt
- A pinch of black pepper





Bouillabaisse



🕒 110mins

A classic French seafood soup. Fennel gives it a hint of aniseed, saffron its rich golden colour.

Serves 4

- 1 Crush the crab claws by smashing them with a pan or meat tenderiser.
- 2 Place in a sauté pan and roast on high heat until the shells become somewhat white and loosened, to allow the broth to enter.
- 3 Cut and add the tomatoes, fennel, potato, onion and garlic and pour over the oil. Sauté until soft.
- 4 Pour in the wine and bring to boil then add the boiling water and reduce the heat to low and simmer for about 90 minutes. Strain the broth, first through a wire strainer and then through a filter cloth.
- 5 Keep the broth warm on a low heat.
- 6 Place the cockles and fish fillet pieces into separate pans. Pour a ladle of broth into each saucepan. Poach each pan on a low heat for about 2 minutes or until the cockles open.
- 7 Bring the simmering broth to a boil and add the mussels and prawns. Cook with the lid on for about 2 minutes or until the mussels open.

To serve

Place the pieces of fish, cockles, mussels and prawns into a shallow plate or bowl, and pour the broth into a serving jug for your guests to help themselves.

Ingredients

5 crab claws
 2 large tomatoes, peeled
 1 large onion, peeled
 4 cloves garlic, peeled
 50ml extra virgin olive oil
 1 floury potato
 ½ fennel bulb
 3 bay leaves
 ¼ tsp saffron
 1½ tbsp coarse sea salt
 ½ tsp ground black pepper
 300ml white wine
 500ml boiling water
 1.5kg white fish fillets (such as monkfish, turbot, red snapper, garfish, or cod), cut into large pieces (4x4 cm), with the skin still attached
 8 cockles
 500g cultivated mussels, scrubbed and debearded
 500g large prawns in shells (raw)



Caramelised Onion Flatbread



🕒 25 / 15 / 30mins

🌡️ 40 / 220 / 200

👤 Dough Proving

🔥 Grill

🌀 Steam setting
See page 13 for details *

📏 Shelf level 4 (Grill)

📏 Shelf level 3 (Steam)

The baked onion gives the flatbread an amazing sweetness and depth.

1 medium-sized loaf

- 1 Combine salt, flour, milk, yeast, sugar and 1 tablespoon of the olive oil in a food processor and knead until the dough is elastic. Roll into a ball and tip into an oiled bowl. Place in the oven on the 'Dough Proving' program at 40°C and let it rise for 25 minutes.
- 2 Peel and slice the onions 2mm thick. Combine with the vinegar, brown sugar, cumin and another tablespoon of the olive oil.
- 3 Spread the mixture in a baking tin and cook to caramelize the onions on shelf level 4 on the 'Grill' program at 220°C for 15 minutes. After 5 minutes give it a good stir.
- 4 Once the dough has risen, turn out onto a floured surface and flatten out. Pour the onion mixture over the dough and form a flat loaf about 5cm high. Place on a baking tray, brushed with the remaining olive oil.
- 5 Bake bread on shelf level 3 on Steam setting 1 at 200°C for 30 minutes.
- 6 Let bread cool to room temperature and slice carefully with a serrated knife.

Ingredients

- 1 tsp salt
- 375g flour, plain
- 120ml milk, not too cold
- 6g dried yeast
- 1 tsp caster sugar
- 3 tbsp olive oil
- 2 large onions
- 2 tbsp balsamic vinegar
- 1 tsp brown sugar
- 1 tsp black cumin seeds

To serve

Serve with olive oil and balsamic vinegar.

Chef's Secret

Sunflower seeds or walnuts, or even strong-tasting spices such as coriander, fenugreek or cumin (whole or ground) could be added to the dough, as desired.



MAIN COURSES

There's a wonderful variety of top-quality produce available today to tempt the keen cook. So it's great to know that the AEG range of ovens offer all the techniques needed to produce the very best results.

Here you'll find recipes that range from subtle baked fish to the heartiest meat dishes. And you'll discover how fan, steam and SousVide technology can elevate both new dishes and classic favourites to new heights.



Salmon Fillets on a Bed of Spring Onions



🕒 25 / 35mins

🌡️ 60

👤 SousVide cooking*
See page 13 for details

📏 Shelf level 3

Perfectly succulent salmon, cut with a subtle tang of onion and ginger.

Serves 4

- 1 Slice the spring onions into rings. Vacuum seal these together with the salmon, sushi ginger and a little salt in a SousVide bag.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 60°C. 25 minutes will leave the fish juicy, just-cooked and shiny. If you prefer the fish well done, extend the cooking time to 35 minutes.

To serve

Serve with steamed rice (see page 91). You can prepare this in advance and simply keep it warm in the oven while you cook the salmon.

Ingredients

4 salmon fillets, skin removed, in 200g slices
1 bunch of spring onions
A few slices of sushi ginger
Salt

Chef's Secret

SousVide cooking intensifies every nuance of flavour, so use the very best, freshest salmon you can find.



Beef Fillet

A fast and foolproof technique for perfectly melting beef fillet.



🕒 120mins

🌡️ 60

👤 SousVide Cooking
See page 13 for details

📏 Shelf level 3

Serves 4

- 1 Slice the fillet of beef into 3cm thick medallions. Peel and slice the garlic.
- 2 Vacuum seal the beef with the garlic, rosemary, sage, pepper and oil in a SousVide bag.
- 3 Place the bag on shelf level 3 on the 'SousVide' program and cook at 60°C for 120 minutes.
- 4 To finish, take the beef medallions out of the bag and brown by pan frying briskly. Season to taste with coarse ground salt and pepper.

Ingredients

700-800g fillet of beef, trimmed
1 garlic clove
1 sprig of rosemary
2 sage leaves
Olive oil
Coarsely ground salt & pepper



Chef's Secret

If the fillet is well-marbled, no additional fat or oil is needed. Use a non-stick pan on the highest induction level to give it a very fast, very hot searing.



Chicken Breast



🕒 70mins

🌡️ 70

👤 SousVide Cooking*
See page 13 for details

📍 Shelf level 3

A very pure and simple lunch or supper on its own or with a salad.

Serves 4

- 1 Wash the lemons and slice fine layers of peel, then slice this into fine strips.
- 2 Vacuum seal the chicken breasts together with strips of lemon, thyme, olive oil, salt and pepper in a SousVide bag.
- 3 Place the bag on shelf level 3 on the 'SousVide' program and cook at 70°C for 70 minutes.

To serve

Slice and arrange on each plate, perhaps with a few colourful salad leaves too.

Ingredients

4 chicken breasts, skinned, filleted
2 lemons
8 sprigs of thyme
Olive oil
Salt & pepper



Chef's Secret

Use corn-fed chicken for superior flavour. If the pieces are large, cook for 15 minutes longer.



Chef's Secret

This method works well with any fish fillet, with or without skin. If thicker than about 2cm, cook for one minute longer.



Sea Bream Fillet



🕒 25mins

🌡️ 70

👤 SousVide Cooking
See page 13 for details

📍 Shelf level 3

SousVide cooking means the beautiful flavour of fresh fish needs little adornment, but a few capers or olives will add extra zing.

Serves 4

- 1 Place the sea bream fillets in a bag together with salt, pepper and olive oil and vacuum seal in a SousVide bag.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 70°C for 25 minutes.
- 3 Remove and serve steaming fresh on a warm plate.

To serve

Serve on a bed of sautéed potatoes. Sprinkle with fresh parsley and a squeeze of lemon.

Ingredients

600g sea bream fillets
Extra virgin olive oil
1 pinch of salt & pepper



Prawns



28mins

75

SousVide Cooking
See page 13 for details

Shelf level 3

It's all too easy to overcook prawns with traditional methods, but SousVide's gentle, controlled approach means they remain perfectly tender.

Serves 2-4

- 1 Wash and chop the parsley. Devein the king prawns and place all the ingredients in a SousVide bag and vacuum seal it.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 75°C for 28 minutes.

To serve

Add a squeeze of lemon to the juices and serve with toasted bread, or perhaps a fresh baguette.

Ingredients

500g king prawns
1 pinch of salt & pepper
2 tsp fruity olive oil
Parsley

Chef's Secret

The prawns can be cooked in their shells (you'll still need to devein them). A little more work for the diners, but more flavour too.



Chef's Secret

Use Greek yoghurt instead of cream, and its subtle acidic taste will give a fresh edge to the dish.



Fillet of Pork with a Creamy Tarragon Sauce



🕒 80mins

°C 65

🍷 SousVide Cooking*
See page 13 for details

📏 Shelf level 3

Tarragon and mustard are the ideal complement to perfectly cooked, succulent meat.

Serves 4

- 1 Chop the tarragon finely. Rub sunflower oil, salt and pepper into the fillet of pork. Add a teaspoon of the chopped tarragon leaves and vacuum seal everything in a SousVide bag.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 65°C for 80 minutes.
- 3 Meanwhile, chop the shallot finely, then gently sauté in butter in a small pan, adding the cream to deglaze. Add the mustard and the remaining tarragon leaves and let it reduce a little. Season with salt and pepper.
- 4 Once the SousVide cooking is finished, sauté the fillet of pork briefly to give it a golden colour. Then slice it at an angle and arrange on top of the tarragon sauce.

To serve

This dish goes well with steamed vegetables

Ingredients

1 fillet of pork (about 700g)
1 bunch of fresh tarragon
1 tbsp coarse grain mustard
200ml cream
1 shallot
1 tbsp sunflower oil
10g butter
Salt & pepper



Crispy Duck with Citrus Fruit Aromas and Fennel



🕒 180 / 15mins

🌡️ 60 / 230

🍷 SousVide Cooking
See page 13 for details

🔥 Grill + Fan

📍 Shelf level 3

Inspired by a holiday in Tuscany, this dish shows that duck isn't just for warming winter recipes, but makes a refreshing summer dish too.

Serves 4

- 1 Rinse the oranges in hot water and zest. Separate the duck breast and legs with a sharp knife and rub in some black pepper and salt. Place a breast and a leg together into each of the SousVide bags and vacuum seal, with 2 lime leaves and some orange zest. Peel 2 oranges completely and separate the segments. Juice the other two. Slice the fennel into 2mm julienne strips.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 60°C for 180 minutes. In the meantime, heat 30g butter in a saucepan and caramelise the sugar. Deglaze with the orange juice and reduce to a third. Then add the fennel slices, fennel seeds and orange segments, cooking until the fennel is cooked through but still al dente. Pour through a sieve and catch the stock in a small pan.
- 3 Take the duck pieces out of the bag, dry them and place on a baking sheet skin side up. Crisp them on shelf level 3 using the 'Grill + Fan' program at 230°C for 15 minutes.
- 4 Arrange the fennel on a plate, garnished with orange segments. Bring the juices of the meat to the boil and stir in 30g of cold butter with a whisk.

Ingredients

1 duck, about 1.4kg
 4 kaffir lime leaves or lemongrass
 4 oranges
 2 bulbs of fennel
 2 x 30g butter
 1 tbsp fennel seeds
 60g sugar
 Black pepper, coarsely ground
 Salt

To serve

Place the pieces of duck on the fennel and pour the buttery orange sauce around it.



Chef's Secret

You'll find Kaffir lime leaves and lemongrass in Asian grocers, sometimes in larger packs than you need. Vacuum seal or freeze them in smaller bags for future use.

If you don't want to debone a whole duck, use four duck breasts and shorten cooking to 60 minutes.



Chef's Secret

Thai chilli peppers are especially hot – it is important to cut them into really fine strips. Err on the side of caution – if in doubt use a little less. Clean your hands carefully after handling and avoid touching your eyes with your fingers.



Fillet of Turkey Breast in Thai Red Curry



🕒 30mins

🌡️ 70

🍷 SousVide Cooking*
See page 13 for details

📍 Shelf level 3

SousVide cooking means the meat stays tender and moist, and is fully infused with those distinctive Thai flavours.

Serves 4

- 1 Beat the lemongrass flat with the base of a saucepan. Peel the ginger and garlic and finely dice. Cut the chilli peppers into fine strips.
- 2 Cut the turkey breasts 2cm thick, and place in a SousVide bag with the ginger, garlic, coconut milk, soy sauce, fish sauce, chilli strips, chicken chilli sauce and Thai curry paste.
- 3 Place the bag on shelf level 3 on the 'SousVide' program and cook at 70°C for 30 minutes.

To serve

Serve on a bed of fragrant rice, sprinkled with Thai basil leaves accompanied by chilli infused soy sauce.

Ingredients

- 2 sticks lemongrass
- 100g fresh root ginger
- 1 clove garlic
- 2 Thai chilli peppers
- 2 x turkey breast fillets 400g each
- 400ml coconut milk
- 1 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp chicken chilli sauce
- 1 tbsp Thai red curry paste
- 1 bunch Thai basil



Fiery-Sour Prawn Soup Tom Yang Gung

Wonderfully fierce, fresh spicing makes this a mouthful to remember.



🕒 30mins

🌡️ 90

👤 SousVide *
See page 13 for details

📍 Shelf level 3

Serves 4

- 1 Peel and devein prawns, but don't remove the tail. Cut the chilli peppers in fine rings and grind them with salt and peppercorns in a mortar and pestle, until they form a paste.
- 2 Pull the coriander leaves from the stem, clean the mushrooms and divide into quarters. Cut the lemongrass into 6cm long pieces. Juice the limes. Peel the galangal and cut into fine cubes. Vacuum seal all the ingredients together in a SousVide bag.
- 3 Place the bag on shelf level 3 on the 'SousVide' program and cook at 90°C for 30 minutes.

To serve

Take out the kaffir leaves and the lemongrass.

Ingredients

- 500g prawns 8/12, with heads removed
- 400ml fish or chicken stock
- 400ml vegetable stock
- ½ tsp of black peppercorns
- 500g mushrooms
- 4 kaffir lemon leaves
- 2 sticks of fresh lemongrass
- 1 piece (5cm) of fresh galangal, alternatively fresh ginger
- 4 Thai chilli peppers
- 4 limes
- 4 tbsp nam pla Thai fish sauce
- 2 tsp salt
- 1 bunch of fresh coriander

Chef's Secret

The spicy/sour combination of lime and chilli is a truly exotic one – for the more unusual ingredients, try an Asian grocery shop.

Chef's Secret

This recipe would work with flounder, brill or any flat fish of 1kg or more. By measuring the core temperature, cooking will be timed just right every time.



Turbot on a Bed of Vegetables

Serve whole at the table
for dramatic effect!



🕒 125mins

🌡️ 68

🌀 Steam setting *
See page 13 for details

📍 Shelf level 2

Serves 4

- 1 Wash the parsley and pick the leaves from the stalks. Wash the potatoes and the vegetables, peel if necessary and finely chop or slice all of them.
- 2 Boil the vegetables with the Riesling, sugar and salt, and simmer for 5 minutes. Pour the liquid into a deep baking tray and sprinkle with the parsley.
- 3 Slit the turbot along the backbone and place the vegetables on top. Insert the core temperature sensor at an angle at the beginning of the cut, pointing towards the head.
- 4 Place the fish on shelf level 2 on Steam setting 2 and cook at 125°C until the core temperature of 68°C is reached.
- 5 Remove the skin and loosen the top two fillets with a spatula or cake server.
- 6 Carefully lift out the backbone from the tail end and remove, then loosen the bottom two fillets in the same way, making sure that the outer small bones remain at the edge of the fins.

Ingredients

2 small bunches of parsley
200g small, waxy potatoes
100g parsley root
100g leeks
100g celery
100g white mushrooms
100g fennel
400ml Riesling
1 tsp sugar
Salt
1.5kg turbot

To serve

Serve on warm, shallow serving plates, arranging the fillets on top of the vegetables. Spoon over the Riesling reduction from the baking dish.

Chef's Secret

It is much easier to bone a fish after it is cooked. Cut along the backbone with a table knife and then lift the fillet up, picking up the tail and pulling the complete backbone away.



Baked Parsley Trout

Simplicity itself, yet this classic technique produces a moist, succulent result every time.



🕒 15mins

🌡️ 230

📺 True Fan Cooking*

📍 Shelf level 2

Serves 4

- 1 Mix the chopped parsley with the breadcrumbs and tip onto a baking tray.
- 2 Smother the trout on both sides with the softened butter and season inside and out with a little salt.
- 3 Roll the trout in the breadcrumb mixture and place on a baking tray lined with baking paper.
- 4 Press a few parsley stalks in the belly cavity of each trout with a couple of lemon slices.
- 5 Place the trout on shelf level 2 on the 'True Fan Cooking' program and bake at 230°C for 15 minutes. Turn the trout over half-way through the cooking.

To serve

Serve the whole trout with steamed potatoes and salad (not pictured) on the side.

Ingredients

2 bunches of parsley, leaves removed and chopped, stalks reserved

100g breadcrumbs

4 x 350g whole trout, gutted and cleaned

100g butter, softened

Salt

1 lemon, thinly sliced

Chef's Secret

In Spain a special type of rice is used for this national dish: harder and short-grained, it's similar to the Italian risotto rice Arborio, Vialone and Carnaroli. If you don't have paella rice, use one of these and increase cooking time by approximately 15 minutes.



Paella

Steam cooking helps the paella flavours to mingle, for a powerfully aromatic result.



🕒 20 / 30mins

🌡️ 99

🌀 Steam setting *
See page 13 for details

📏 Shelf level 2

Serves 4

- 1 Chop the spring onions and chives finely. Divide the lemon into quarters. Clean the red pepper, remove the seeds and cut into small cubes. Cut the chorizo into 1cm thick slices, salt the chicken drumsticks and season the prawns with salt and pepper.
- 2 Fry the chorizo, prawns, mussels and chicken drumsticks briefly in a roasting pan. Remove and set aside.
- 3 Place the rice, chicken stock, saffron and salt in the roasting pan and stir together; then add the fried mussels, chicken and chorizo.
- 4 Cook the paella on shelf level 2 on Steam setting 3 at 99°C for 20 minutes. Once done, take the roaster out of the oven and mix in the pepper, onions and peas.
- 5 Arrange the prawns on top. Steam paella again on shelf level 2 on Steam setting 3 at 99°C for 30 minutes.

To serve

Sprinkle with chives, garnish with lemon quarters and serve from the roasting pan.

Ingredients

- 2 spring onions
- ½ bunch chives
- 1 lemon
- 1 red pepper
- 80g chorizo
- 4 chicken drumsticks, on the bone
- Salt & pepper
- 400g fresh prawns, unshelled
- 400g fresh mussels
- 500g rice (see Chef's Secret)
- 900ml chicken stock
- 2 pinches saffron
- 200g green peas



Chef's Secret

If you use a live lobster for this recipe, boil water in a large pot with ½ peeled onion, 1 tbsp paprika, 1 tsp caraway seeds and salt. Let the lobster glide into the boiling water, then simmer gently for 20 minutes.

Lobster and Asparagus



🕒 10 / 3-4mins

°C 99 / 230

☁️ Steam setting *
See page 13 for details

🔥 Grill level 2 *

📏 Shelf level 3 (Steam)

📏 Shelf level 5 (Grill)

Two classic flavours, brought together with the contemporary twist of a tangy citrus reduction.

Serves 12

- 1 Place the asparagus in an ovenproof dish on shelf level 3 on Steam setting 3 and cook at 99°C for 10 minutes or until just tender.
- 2 Remove the claws from the lobster and crack using a meat tenderiser or the blade of a heavy knife. Cut the lobster in half lengthways along its shell, loosen the tail meat in its shell, then lay the lobster shells cut side up on a baking tray.
- 3 Pour the orange juice into a pan, bring to a boil, reduce the heat and simmer until reduced by a third. Pour in the fish stock, bring back to a boil, reduce heat again and simmer until reduced by half.
- 4 Blend the cornflour with the sherry and whisk into the reduced juice mixture until it has thickened slightly. Stir the lightly beaten egg yolks into the whipped cream, then fold this into the orange mixture with a few drops of Tabasco and season with salt and pepper.
- 5 Pour this mix over the lobster and grill on shelf level 5 on the 'Grill level 2' program at 230°C for 3-4 minutes until it is lightly golden.

To serve

Serve with the steamed asparagus and lemon wedges.

Ingredients

400g asparagus, trimmed

2 small cooked lobsters

250ml freshly squeezed orange juice

50ml strong fish stock

Heaped tsp cornflour

2 tsp sherry

2 egg yolks, lightly beaten

50ml cream, softly whipped

Tabasco

Salt & pepper

Sesame Salmon



Simple steaming produces surprisingly tasty results, enhanced with spices and aromatic sesame seeds.



🕒 12mins

🌡️ 60

🌀 Steam setting *
See page 13 for details

📍 Shelf level 2

Serves 4

- 1 In a small bowl mix together the sesame oil, sesame seeds, curry powder and a pinch of salt.
- 2 Lay the salmon pieces on a baking tray, skin side down, and spread evenly with the sesame mixture.
- 3 Place the tray of salmon on shelf level 2 on the Steam setting 3 and cook at 60°C for 12 minutes or until tender.

To serve

Serve immediately with steamed rice and pak choi.

Ingredients

- 1 tbsp sesame oil
- 1 tbsp black or white sesame seeds
- 1 tsp curry powder
- Salt
- 1kg salmon fillet



Fish in a Salt Crust

This recipe works with almost any whole fish. Serve whole at the dinner table for full effect.



°C 210

66

Steam setting *
See page 13 for details

Shelf level 2

Serves 4

- 1 Line a baking tray with baking paper. Mix the sea salt, egg whites and flour together well. Fill the belly of the fish with parsley sprigs and lime or lemon slices.
- 2 Stick the core temperature sensor in the neck of the fish. Cover the fish completely with the salt mixture and place on shelf level 2. Connect the core temperature sensor with the oven and set to 66°C.
- 3 Set to Steam setting 1 at 210°C and cook until the core temperature is reached, then remove from oven and let the fish rest for 10 minutes.
- 4 Using a rolling pin or other hard implement, carefully crack the now hard salt crust and lift off.

To serve

To serve the fish easily, using the tines of a fork or a pair of tweezers, lift off the skin from the gills to the tail. With a spoon, lift the top fillets from the fish, then lift out the backbone and scoop off the remaining fillets.

Ingredients

- 2.5kg coarse sea salt
- 4 egg whites, lightly beaten
- 50g plain flour
- 4 x 500g sea bass or red mullet, gutted
- 1 lime or lemon, thinly sliced
- 1 small bunch parsley



Chef's Secret

You can debone before or after cooking. Either way, carve diagonally to the grain of the meat.

Pink Roasted Leg of Lamb with Rosemary

Nothing beats a classic leg of lamb with rosemary and garlic, cooked to perfection.



°C 120 / 80

🔪 62

🔻 Slow Cooking *

📏 Shelf level 1

Serves 4-6

- 1 Peel the garlic and chop finely or crush. Pluck the rosemary needles and thyme leaves and chop them finely.
- 2 Fry the leg of lamb in the roasting pan on the hob so that it is golden brown all over. Mix the herbs with salt, pepper and olive oil and rub this into the browned leg of lamb.
- 3 Insert the core temperature sensor at the thickest point and set the target temperature to 62°C. Start cooking on shelf level 1 on 'Slow Cooking' at 120°C. After 10 minutes, the program automatically switches to 80°C and cooks the leg of lamb gently until it reaches the required temperature.

To serve

Slice this impressive roast at the dinner table.

Ingredients

- 3 garlic cloves, crushed
- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 2.7kg leg of lamb
- Salt & freshly ground black pepper
- 30ml olive oil

Lasagne

It's a classic that needs no introduction. Thanks to steam cooking, this version is exceptionally moist and melting.



🕒 55mins

🌡️ 160

🔗 Steam setting *
See page 13 for details

📍 Shelf level 2

Serves 4-6

- 1 Heat the oil in a large frying pan. Break up the beef and add to the pan. Fry the beef for 6-8 minutes or until starting to brown. Stir in the chopped onions, crushed garlic and tomato purée and cook for a further minute.
- 2 Now stir in the red wine, tomatoes and oregano. Bring to a boil, reduce heat and simmer for 20-30 minutes or until the sauce is syrupy.
- 3 To make the white sauce, melt the butter in another pan, add the flour and beat until smooth. Gradually whisk in the milk and the cream until smooth. Season with salt and pepper, bring to a boil, reduce heat and simmer gently on a low heat for 10 minutes, stirring occasionally. Remove from heat and cover the surface with parchment paper or cling film.
- 4 Cover the base of a 27cm x 20cm x 5cm ovenproof dish with a layer of lasagne sheets and then spread evenly with the white sauce. Spread with a thin layer of the meat sauce and sprinkle with some of the Parmesan. Repeat layer by layer with the remaining ingredients, finishing with a layer of white sauce and a sprinkling of Parmesan.
- 5 Bake the lasagne on shelf level 2 on Steam setting 1 at 160°C for about 55 minutes or until bubbling and golden brown all over.

Ingredients

3 tbsp olive oil
 500g minced beef
 150g onions, finely chopped
 2 cloves garlic, crushed
 1-2 tbsp tomato purée
 250ml red wine
 400g can chopped tomatoes
 2 sprigs fresh oregano, leaves removed and chopped
 50g butter
 3 tbsp flour
 500ml milk
 200ml cream
 Salt & pepper
 180g lasagne sheets
 250g Parmesan, finely grated

Chef's Secret

For a punchier version, replace half or all the minced beef with minced lamb, slightly increase the amount of garlic and season strongly with black pepper.

Beef and Ale Casserole



🕒 135mins

🌡️ 180

🔗 Steam setting *
See page 13 for details

📍 Shelf level 2

Warm up winter nights with comfort food at its best. Beef and ale brings an intense, rich flavour to this dish.

Serves 4

- 1 Cut the stewing beef into 3cm cubes and season with cumin, salt and pepper.
- 2 Brown the meat in oil, sprinkle with flour and add the onion, tomato purée and brown sugar. Stir (best with a wooden spoon) and add the beer. Add the beef stock and simmer for a few more minutes, scraping loose the browned bits from the bottom of the pan.
- 3 Place the casserole on shelf level 2 and braise on Steam setting 1 at 180°C for 135 minutes.

To serve

Serve sprinkled with chopped parsley.

Ingredients

600g stewing beef
1 tsp cumin
Salt & pepper
1 tbsp oil
Flour
1 onion, finely chopped
2 tsp tomato purée
2 tsp brown sugar
330ml dark beer or ale
400ml beef stock

Chef's Secret

Use stewing meat from the shoulder or neck – these cuts become tender and juicy when braised. Best served with wide pasta noodles and a cool, dark beer.

Chef's Secret

The Chinese-style stock and spicing makes this delicious served with Mei noodles – just boil briefly and toss with a little oil.



Spiced Belly of Pork in a Vegetable and Ginger Stock



🕒 150mins

🌡️ 120

🌀 Steam setting *
See page 13 for details

📍 Shelf level 2

You can either serve this on a plate, or make the most of the fantastic stock and serve in a deep dish.

Serves 4

- Using a mortar and pestle, coarsely grind the Szechuan pepper, juniper berries, pimento, peppercorns, fennel and coriander seeds.
- Mix the chopped fruit and vegetables with the spices and ginger, tip them into a roasting tin, pour over the apple juice and white wine and lay the whole sprigs of herbs on top.
- Season the pork belly on all sides with salt and pepper and sit the pork belly on the bed of vegetables and herbs. Cook the pork belly on shelf level 2 on Steam setting 2 at 120°C for 150 minutes.
- Once the program is finished, lift the pork belly off the vegetables and keep it warm. Drain the vegetables through a fine sieve (apply some pressure to the diced vegetables to release the juices) into a pan. Briefly bring the juices to the boil, then return the vegetables to the pan and reheat.

To serve

Arrange some of the vegetable mixture on a plate, cut the pork belly into even slices, lay on top of the vegetables and spoon over some of the concentrated juices. Garnish with sprigs of thyme and rosemary, drizzle with a few drops of fruity olive oil, and sprinkle with fine sea salt and coarse ground pepper.

Ingredients

- 1 tsp Szechuan pepper
- 6 juniper berries
- 1 tsp pimento
- 10 black peppercorns
- 1 tsp fennel seeds
- 1 tsp coriander seeds
- 10g fresh root ginger, peeled and finely chopped
- 100g apples, peeled, cored and cut into 1cm dice
- 100g onions, cut into 1cm pieces
- 100g carrots, cut into 1cm pieces
- 100g celery, cut into 1cm pieces
- 100g leek (white section), sliced into 1cm rings
- 100g fennel or parsnips (depending on the season), cut into 1cm slices
- 3 star anise
- 1 bay leaf
- 1 cinnamon stick
- 200ml apple juice
- 200ml fruity white wine
- 1 small bunch thyme
- 3 sprigs rosemary
- 800g pork belly, skin removed
- Salt & pepper

* Depending on the steam oven you own, you may find your control panel uses different names and icons. Please refer to page 18 for details.

Chef's Secret

For this recipe, use fresh, not frozen, corn-fed chicken, which is especially tender and juicy. Choose a red wine of decent quality for cooking – perhaps the same one that you will drink with the meal.



Coq au Vin

French classics don't have to be complicated.



🕒 75mins

🌡️ 170

🔥 True Fan Cooking*

📍 Shelf level 2

Serves 4-6

- 1 Peel the shallots and slice them into strips. Peel and dice the garlic. Dice the carrots and celery into 1cm pieces. Quarter the mushrooms. Pluck the parsley and thyme. Rinse the chicken, season it with salt and pepper and sprinkle with flour.
- 2 Heat the clarified butter in the roasting pan on the hob and brown the chicken on all sides. Add the shallots, carrots, celery and garlic and brown them as well. Deglaze with red wine and reduce the liquid by half.
- 3 Add the stock and bring it back to the boil. Add the parsley, thyme, lardons, quartered mushrooms and pearl onions. Cook the chicken on shelf level 2 on the 'True Fan Cooking' program at 170°C for 75 minutes.
- 4 Remove the chicken, stir the cornflour into the port and then stir this into the liquid to bind the sauce.

To serve

Cut the chicken into 8 pieces using a pair of poultry scissors.

Ingredients

12 shallots
 2 garlic cloves
 100g carrots, peeled
 100g celery
 250g brown mushrooms
 ½ bunch parsley
 1 sprig thyme
 1kg chicken
 Salt & pepper
 1 tsp flour
 50g clarified butter
 300ml red wine
 500ml chicken stock
 150g lardons
 1 small jar pearl onions
 1 tbsp cornflour
 1 tbsp port



Chef's Secret

Gnocchi works best when made from floury or starchy potatoes which are not too young – last year's crop would be best. Ideally, cook them the day before and leave overnight in the refrigerator.

Gnocchi with Lemon-Sage Sauce

Steaming keeps the gnocchi light and fluffy in this dish, which brings together traditional Italian flavours.



🕒 50-60 / 30mins

🌡️ 99

🌀 Steam setting *
See page 13 for details

📏 Shelf level 3

📏 Shelf level 2

Serves 4

- 1 Clean the potatoes and steam on shelf level 3 on Steam setting 3 at 99°C for 50-60 minutes, depending on size. Let them cool completely, then peel and pass through potato ricer.
- 2 Form a dough with potatoes, flour, egg yolk, salt and nutmeg. Divide into five and roll each piece into thumb-thick 'ropes', lightly sprinkling the surface with flour so that the dough does not stick.
- 3 Cut ropes into 2cm pieces and place on baking tray dusted with flour. Steam the gnocchi on shelf level 2 on Steam setting 3 at 99°C for 30 minutes.
- 4 To prepare the sauce, snip sage leaves from stems and set aside 8 leaves for garnish, finely chopping the rest. Zest and juice the lemon.
- 5 Sauté chopped onion in the butter and season to taste with salt and pepper. Add white wine and let it bubble for 2 minutes, add cream and reduce to two-thirds. Add chopped sage leaves, lemon zest and lemon juice.

To serve

Toss steamed gnocchi in sauce, then serve on preheated plates and garnish with sage leaves, with a little grated Parmesan to taste, plus salt and pepper.

Ingredients

Gnocchi

500g potatoes
160g flour
1 egg yolk
1½ tsp salt
1 pinch grated nutmeg
Cornflour

Sauce

½ bunch sage
1 lemon
80g onion, finely chopped
40g butter
Salt & pepper
50ml white wine
250ml cream

Chef's Secret

The key to mastering a great roast is in the quality of the meat, and cooking at an even temperature in the oven. Bring the meat to room temperature before cooking and pan fry it lightly before putting it in the oven – this will bring out the full flavours of the meat.



Roast Beef with Herbs and Pepper



°C 80

56 Rare

60 Medium

70 Well Done

Steam setting *
See page 13 for details

Slow Cooking

Shelf level 2

Whether you like it rare, medium or well done, this is rib-eye with extra punch.

Serves 4 - 6

- 1 Place the mustard seeds, salt, black and green pepper, garlic, and herbs in a mortar and pestle and lightly crush.
- 2 Add the oil and mix until combined. Set aside.
- 3 Brush the beef with the extra oil. Heat a large nonstick frying pan over high heat and cook the beef for 1–2 minutes each side or until brown. Remove from the pan.
- 4 Rub the mustard and pepper mixture into the beef.
- 5 Place in a baking dish on a rack and roast for 1½ hours for medium rare.
- 6 Remove from the oven after 1 hour and drain the juices into a smaller pan and then put the roast back in the oven. Add the wine, salt, pepper and butter into the gravy pan and whisk. Bring to the boil for 10 minutes then leave on low heat while the roast is in the oven.
- 7 After roasting, leave the beef in a warm place for at least 10 minutes to allow it to rest.

To serve

Serve the roast with the gravy and some cooked greens.

Ingredients

- 1.5kg boneless beef rib-eye
- 2 tsp mustard seeds
- 1 tbsp sea salt flakes
- 1 tbsp cracked black pepper
- 1 tbsp green peppercorns
- 4 garlic cloves
- 3 tbsp finely chopped sage and rosemary leaves
- ¼ cup (60 ml) olive oil, plus 1 tbsp extra
- 3 tbsp butter

Gravy

- 1 cup red wine
- Salt and pepper
- 1 tbsp butter
- Pan juices from the roast



Bœuf Bourguignon

Rich, comforting and savoury, this French classic is layered with flavour and definitely worth the wait.



🕒 2-3 hours

🌡️ 170

👉 True Fan Cooking

📏 Shelf level 2

Serves 8

- 1 Soak beans in cold water for 6 hours.
- 2 Cut the meat into small pieces of about 2x2 cm.
- 3 Peel the onions and carrots and dice the carrots into small cubes.
- 4 Put butter and olive oil in a big frying pan, add the meat and fry to a golden brown. Add the carrots, garlic, beans and onions, fry quickly and then pour in the stock and the wine.
- 5 Bring to the boil, add the bay leaves, then cook in a preheated oven for at least 2 to 3 hours.
- 6 The meat should be tender and loose – almost falling apart.
- 7 When there are 20 minutes left, put in the black kale and let it simmer in the juices.
- 8 Season with salt and pepper to taste. Sprinkle the parsley on top.

To serve

Serve with potato purée.

Ingredients

- 1.2kg beef chuck
- 2 tbsp butter
- 2 tbsp olive oil
- 2 tsp salt
- Black pepper
- 5 bay leaves
- 3 stalks thyme
- 2 cups red wine
- 3 cups beef stock
- 200g lardons
- 4 carrots
- 5 cloves garlic
- 1 cup dried borlotti beans
- 1 bundle black kale
- 18 small red onions
- 2 tbsp chopped parsley

Chef's Secret

To reach peak savoury levels with a slow-cooked bœuf bourguignon, reduce the temperature and leave in the oven to cook overnight.



SIDE DISHES

Create side dishes that perfectly complement your main. Roasting intensifies the natural sweetness of vegetables, browning, caramelising and crisping.

While SousVide and steaming preserve nutrients and colours, and produce fresh-tasting, flavour-packed results. You'll serve up dishes that are stars in their own right, not just mere accompaniments.



Polenta

No more stirring, no more burning... perfect Polenta is easy when cooked SousVide.



🕒 40mins

🌡️ 80

🍷 SousVide Cooking*
See page 13 for details

📏 Shelf level 3

Serves 4

- 1 Simply place the polenta, stock, white wine, butter and thyme in a SousVide bag and vacuum seal.
- 2 Place the bag on shelf level 3 on the 'SousVide' program and cook at 80°C for 40 minutes. In the meantime, grate some Parmesan cheese.

To serve

Tip out the polenta and sprinkle Parmesan on top.

Ingredients

- 100g of polenta
- 400ml of good stock
- 100ml of white wine
- 50g of butter
- 1 sprig of thyme
- 60g of Parmesan cheese

Chef's Secret

If serving to children (or non-drinkers), you can leave out the wine. Just use an extra 100ml of stock instead.

Chef's Secret

This bulgur salad is nutritious and tastes good hot or cold.



Warm Bulgur Wheat Salad



 30mins

 99

 Steam setting *
See page 13 for details

 Shelf level 3

Steaming grains such as bulgur wheat in the AEG steam oven creates really light and fluffy grains every time.

Serves 4

- 1 Mix the bulgur wheat with the water, orange juice, Ras el Hanout and 1 teaspoon of salt in an oven proof dish.
- 2 Place the dish on shelf level 3, set on Steam setting 3 at 99°C and cook for 30 minutes. Meanwhile, chop the fennel fronds finely.
- 3 Once the bulgur wheat has cooked, remove from oven and toss lightly with a fork to fluff up, mix with the sliced fennel, grapefruit segments, fennel seeds and olive oil.
- 4 Gently stir the feta and dates through the warm bulgur wheat, check for seasoning (you probably won't need any more salt because the feta is salty) and adjust to taste.

To serve

Sprinkle with the chopped fennel fronds.

Ingredients

250g bulgur wheat
 200ml water
 300ml fresh orange juice
 1 tsp Ras el Hanout
 1 tsp salt
 1 fennel bulb, thinly sliced, reserving any fennel fronds
 1 grapefruit, peeled and segmented
 ½ tsp fennel seeds, lightly crushed
 2 tbsp fruity olive oil
 100g feta cheese, broken into small cubes
 2 dates, de-stoned and cut into thin strips
 Salt & pepper



Chef's Secret

Steamed potatoes can be turned into the most delicious meal in next to no time. Just mix with a little pesto, or perhaps pan-fry with bacon and onions until golden, then break in a few eggs and season well with black pepper.



Steamed Potatoes

Steam cooks potatoes to perfection, with no fat and more nutrients. They're extra tasty too.



🕒 35-45mins

🌡️ 99

🌀 Steam setting *
See page 13 for details

📏 Shelf level 2

Serves 4

- 1 Peel the potatoes and cut into small cubes or slices (15mm thickness).
- 2 Add a sprinkling of salt and place on a perforated steam oven dish. Cook on shelf level 2 on Steam setting 3 at 99°C, for 35-45 minutes.

Ingredients

1kg potatoes, low-starch waxy variety
Salt



Steamed Rice

Perfectly cooked rice every time.



🕒 40mins

🌡️ 99

🌀 Steam setting *
See page 13 for details

📏 Shelf level 2

Serves 4

- 1 Use the clove to pin the bay leaf to the shallot and place in an oven proof dish. Sprinkle in the rice and stir in 500ml water and a pinch of salt.
- 2 Place the dish of rice on shelf level 2 on Steam setting 3 and cook at 99°C for 40 minutes.

Variation

If using basmati rice, use only 375ml water. You can use stock or tomato juice instead of water to add extra flavour to the rice.

Ingredients

1 whole clove
1 bay leaf
1 shallot
250g long-grain rice
500ml water
Salt





Spicy Honey Pumpkin with Olive Oil



🕒 40mins

🌡️ 85

🍷 SousVide Cooking*
See page 13 for details

📍 Shelf level 3

Sweet or savoury? This tasty snack or accompaniment works equally well either way.

Serves 4

- 1 Cut the pumpkin in half, remove the seeds and cut it into 8 slices. Pluck the thyme leaves and the rosemary needles, crumble the cinnamon stick and crush the cardamom, and mix all these with olive oil and honey.
- 2 Seal the marinade and the pumpkin slices in a SousVide bag. Place the bag on shelf level 3 on the 'SousVide' program and cook at 85°C for 40 minutes.
- 3 To serve, sprinkle with star anise and broken cinnamon stick.

To serve

Enjoy as a snack on its own, or as a savoury accompaniment to a game dish. Or serve just warm with a well-flavoured walnut or cherry ice cream, topped with a handful of crunchy amarettini.

Ingredients

- 1 Hokkaido pumpkin, about 500g
- 4 sprigs of thyme
- 2 sprigs of rosemary
- 4 star anise
- 1 cinnamon stick
- 4 cardamom pods
- 2 tbsp olive oil
- 2 tbsp honey

Chef's Secret

You can use butternut or Muscat squash instead, but peel them first. Only Hokkaido has the tender, aromatic skin.

Chef's Secret

This beetroot dish is great with roast meat or grilled nectarines, blue cheese and basil for an exciting combination of colour and flavour.



Oven Braised Beetroot

A perfect accompaniment to roasts



🕒 30 / 180-240mins

🌡️ 220 / 150

📺 True Fan Cooking*

📍 Shelf level 2

Serves 2-4

- 1 Scrub the beetroot and place on a large sheet of foil. Add the thyme, rosemary, bay leaf, olive oil, allspice, pepper, crushed juniper, a pinch of salt and wrap up tightly.
- 2 Place the wrapped beetroot on a baking tray on shelf level 2 on the 'True Fan Cooking' program and cook at 220°C for 30 minutes, then reduce the heat to 150°C and continue baking for 3-4 hours, or until tender when pierced with a knife.

To serve

Unwrap the beetroot, cut them in half and spoon over the remaining contents of the parcel. This dish can be served warm or cold.

Ingredients

- 400g large beetroot
- 1 sprig thyme
- 1 sprig rosemary
- 1 bay leaf
- 2 tbs olive oil
- 3 grains allspice
- Pepper
- 3 grains juniper, crushed slightly
- 1 pinch salt



Rosemary Potatoes



🕒 40mins

🌡️ 180

🌀 Steam setting *
See page 13 for details

📏 Shelf level 2

Steaming and baking together brings out the fine flavour of tasty, small potatoes.

Serves 4-6

- 1 Cut the potatoes in half lengthways and drop them onto the AEG baking sheet.
- 2 Peel the garlic, cut in half and add to the potatoes.
- 3 Sprinkle the potatoes with the olive oil and herb sprigs. Season with salt and pepper and toss well.
- 4 Place the tray on shelf level 2 on Steam setting 1 and bake at 180°C for 40 minutes, turning occasionally, until tender and lightly golden.

Ingredients

1kg small, waxy, new potatoes
5 cloves garlic
100ml fruity olive oil
2 sprigs fresh rosemary
2 sprigs fresh thyme
Salt & pepper



Chef's Secret

It is important to use new potatoes with a fine skin. The potatoes may be mixed with onions, cut into 1cm thick slices. .



Chef's Secret

It is very easy to convert this recipe into a complete meal: simply steam four fillets of fish (e.g. salmon or cod) in a buttered ovenproof dish on shelf level 1 while the beans cook on shelf level 2, and serve them on top of the beans.

Green Bean Salad with Lime Butter and Almonds



🕒 25-30mins

🌡️ 99

🌀 Steam setting *
See page 13 for details

📍 Shelf level 2

The tangy butter works perfectly with the green beans, really bringing out the flavours.

Serves 4

- 1 Clean, trim and halve the various beans.
- 2 Layer the beans onto the AEG perforated steam oven tray (supplied with selected models only) and add salt.
- 3 Place the tray of beans, on shelf level 2, and cook on Steam setting 3 at 99°C for 25-30 minutes.
- 4 Zest and juice the lime in a small bowl and cover with cling film.
- 5 Pluck and snip the thyme, putting 2 sprigs aside for garnishing.
- 6 Melt the butter and combine with the lime juice and zest.
- 7 Toss the cooked beans together with the thyme, season with salt and pepper and pour the butter and lime mixture over the beans.

To serve

Mix well and serve, garnished with thyme and toasted, flaked almonds.

Ingredients

100g sugar snaps
100g snow peas
100g runner beans
100g flat beans
100g freshly shucked peas
1 lime (unwaxed)
4 thyme
30g butter
Salt & pepper
Toasted, flaked almonds



Japanese-style Vegetables



🕒 25mins

🌡️ 99

☁️ Steam setting *
See page 13 for details

📏 Shelf level 3

Delicately flavoured with ginger and soy, these vegetables can accompany a dish without overpowering it.

Serves 4

- 1 Clean and trim the French beans.
- 2 Combine the beans, bean sprouts and bamboo shoots in the AEG perforated steam oven tray (supplied with selected models only). Stir in 1 tablespoon roasted sesame seeds, together with the ginger, soy sauce, mirin, wasabi and sugar, and pour over vegetables.
- 3 Steam vegetables on shelf level 3 on Steam setting 3 at 99°C for 25 minutes.
- 4 Mix the vegetables together and add salt to taste before serving.

To serve

Garnish with green onions, red chilli and the remaining roasted sesame seeds.

Ingredients

400g French beans
100g bean sprouts
1 tin (250g) bamboo shoots, drained
2 tbsp roasted sesame seeds
2cm ginger root, peeled and grated
2 tbsp soy sauce
1 tbsp mirin (Japanese cooking wine) or sherry
½ tsp wasabi
3 tsp sugar
Salt

Chef's Secret

The Far Eastern charm of this dish comes largely from the absence of fats and carbohydrates. A few slices of pickled raw sushi ginger gives this dish the perfect finishing touch.

Chef's Secret

It's easy to vary this dish... adding chopped onion makes it more rustic, while fenugreek, caraway and coriander seeds are a tasty alternative. Instead of wheat flour you can use buckwheat, rye, barley or Grünkern (a type of dried unripe spelt grain).



Bread with Lardons

This home-cooked loaf is made with bacon lardons, which give it a generous dose of extra flavour.



	30+30 / 40mins
	40 / 190
	Dough Proving *
	Steam setting See page 13 for details
	Shelf level 2

Makes 1 loaf

- 1 Mix the lukewarm milk with the yeast.
- 2 Put 1 teaspoon of flour aside and sieve the rest into a bowl. Form a hollow in the middle. Combine the salt, bacon lardons, olive oil and the milk-yeast mix and fill the hollow with it. Stir into the flour and knead to an even dough.
- 3 Let the dough rise on shelf level 2, using the 'Dough Proving' setting at 40°C for 30 minutes. Then form a loaf of the risen dough and place it on a baking tray covered with baking parchment.
- 4 Slash the loaf 5 times diagonally a few mm deep with a sharp knife to prevent it from bursting. Sprinkle the loaf with the set aside flour.
- 5 Now let the bread rise again on shelf level 2 using the 'Dough Proving' program at 40°C for 30 minutes. Once the dough has proved continue to bake it on shelf level 2 on Steam setting 1 at 190°C for a further 40 minutes.

To serve

Leave the bread to cool before slicing thickly into 1cm slices with a serrated knife.

Ingredients

150g lardons
 300ml lukewarm milk
 1 cube (42g) fresh yeast
 500g strong white flour
 5g salt
 1 tbsp olive oil



Farmhouse Bread

A rustic bread that makes an unbeatable partner for soups and cheese, and is quick and straightforward to make.



🕒 25 / 50mins

🌡️ 40 / 190

🍞 Dough Proving *

🌀 Steam setting *
See page 13 for details

📏 Shelf level 3

Makes 1 large loaf

- 1 Mix 500g of the wheat flour, the rye flour, yeast and salt in a large bowl. Heat the milk and water to 45°C and pour into the dry ingredients. Mix thoroughly to form a smooth, homogenous dough.
- 2 Cover the dough and let it rest until its volume has doubled. Dust the remaining flour on the work surface and knead the dough thoroughly. Shape into a round loaf and place on a baking tray lined with baking paper. Cut the top diagonally and dust it with flour.
- 3 Place the loaf on shelf level 3 on the 'Dough Proving' program at 40°C for 25 minutes. Once the dough has proved continue to bake on shelf level 3 on Steam setting 1 at 190°C for a further 50 minutes.

Ingredients

550g wheat flour
250g rye flour
1 pack active dry yeast
15g salt
250ml milk
250ml water



Chef's Secret

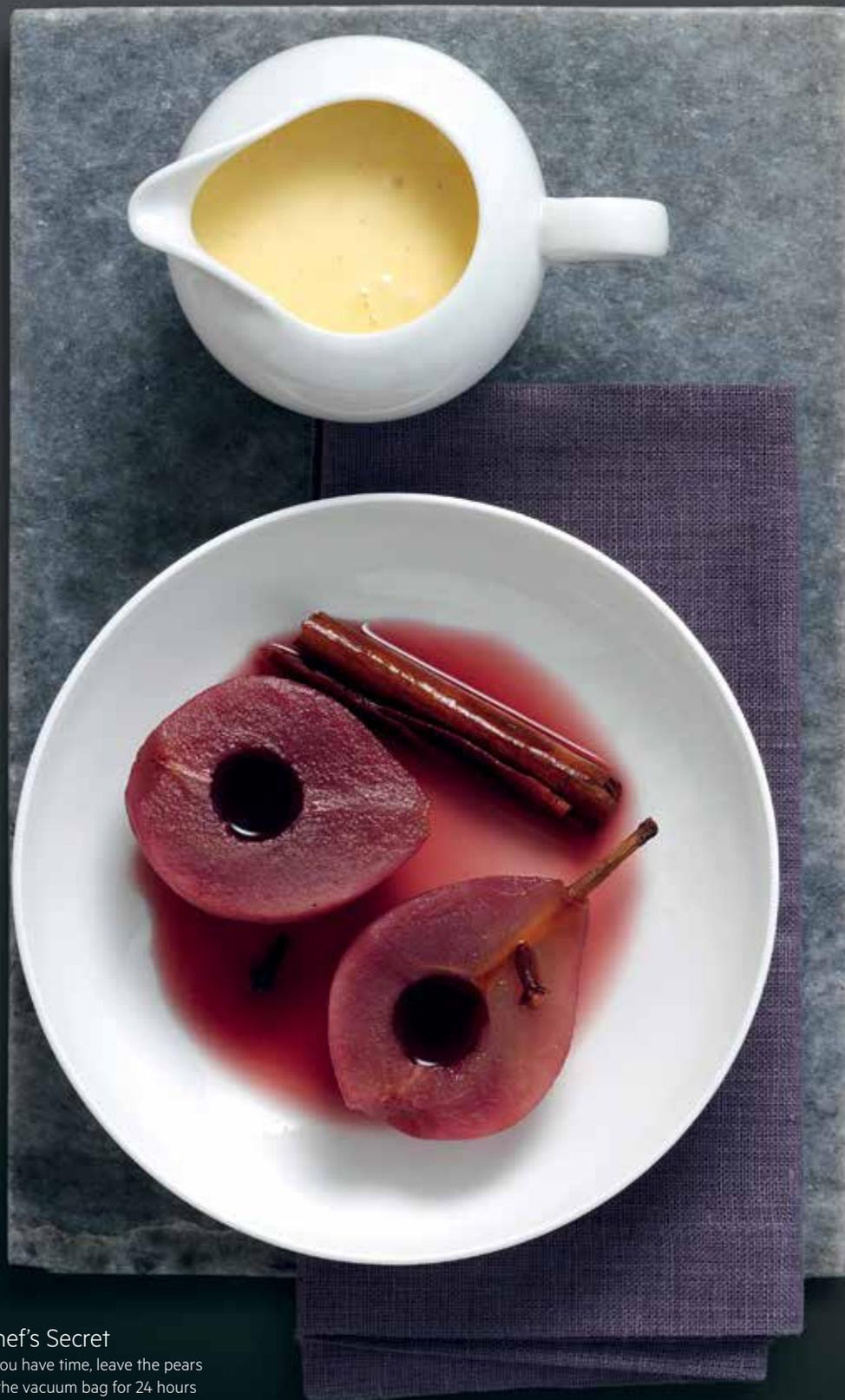
This bread rises twice – after the second rising, before the baking, put your hand in cold water and smooth out the surface of the loaf, then sprinkle with flour, to make the crust nice and shiny.



DESSERTS

Puddings call for precision. As well as balancing sweetness and subtle flavours, they're enhanced by skilful and artistic presentation. AEG ovens give you the control you need to produce exquisite desserts to a professional standard.





Pears in Red Wine



🕒 15mins

🌡️ 95

🍷 SousVide Cooking*
See page 13 for details

📏 Shelf level 3

Do include the spices unless you're really not a fan – they add a wonderful warmth and depth to the dish.

Serves 4

- 1 Reduce the red wine and sugar by half in a saucepan. Peel, halve and core the pears. Place the pear halves and the red wine in the SousVide bag, along with the spices if you wish to use them, and vacuum seal.
- 2 Place the bag on shelf level 3 and cook on 'SousVide' at 95°C for 15 minutes.

To serve

This dessert goes perfectly with Crème Anglaise (page 110).

Ingredients

400ml full-bodied red wine

1 tsp sugar

2 pears

Optional spices: cinnamon, clove

Chef's Secret

If you have time, leave the pears in the vacuum bag for 24 hours (before or after cooking). Then the colouring will be perfectly even.



Crème Anglaise



🕒 20mins

🌡️ 85

🍷 SousVide Cooking*
See page 13 for details

📍 Shelf level 3

The perfect finishing touch for fresh fruit, cake and ice cream, and simplicity itself thanks to SousVide.

Serves 4

- 1 Pour the cream, milk, egg yolks and sugar into a bowl. Slice the vanilla pod in half lengthways and scrape the seeds out cleanly. Stir all the ingredients well until you have a uniform mixture.
- 2 Pour the mixture into a SousVide bag and vacuum seal it.
- 3 Place the bag on shelf level 3, then cook on the SousVide setting at 85°C for 20 minutes.

To serve

The sauce can be served either hot or cold – simply pour a spoonful or two over your chosen dessert.

Ingredients

250ml cream
250ml milk
9 egg yolks
140g sugar
1 vanilla pod

Chef's Secret

Like coffee and chocolate, vanilla varieties can be very different, from fine Bourbon to opulent, flowery Tahiti. Experiment and find your favourite.



Chilli Chocolate Tray Bake



🕒 25mins

🌡️ 150

🌀 Steam setting *
See page 13 for details

📍 Shelf level 3

A serious hit of chocolate,
with a little kick of chilli.

Serves 8-10

- 1 Break up the chocolate and place it and the butter in a heatproof bowl over a pan of barely simmering water. Stir occasionally until melted, then remove from heat. Grease and line a 30cm x 20cm x 4cm tray with baking parchment.
- 2 Beat the eggs, yolks and sugar together for about 1 minute until fluffy. Sift the flour and cayenne together.
- 3 Stir the chocolate mixture into the egg mixture and then fold in the sifted flour. Pour the cake mixture into the tray and spread out evenly.
- 4 Bake on shelf level 3 on Steam setting 2 at 150°C for 25 minutes or until a skewer comes out clean.

To serve

Remove from oven, leave to cool, then dust with icing sugar and cut into squares.

Ingredients

350g plain chocolate
375g butter
6 eggs
150g egg yolks
125g sugar
125g flour
1 tsp cayenne pepper

Chef's Secret

The left-over chocolate can be chopped into small pieces and added to the dough along with nuts, raisins or crystallised ginger.



Rich Chocolate Pudding



🕒 13mins

🌡️ 200

🔗 Steam setting *
See page 13 for details

📍 Shelf level 3

Every cook should have a classic chocolate pudding in their repertoire, and this fits the bill perfectly.

Serves 6

- 1 Butter 6 coffee cups and powder them with the cocoa.
- 2 Melt the chocolate and stir in the butter.
- 3 Beat eggs and sugar until they fluffy and stir them into the melted chocolate/butter mixture. Sift the flour and fold it into the mixture. Fill each cup to three-quarters' full.
- 4 Bake on shelf level 3 on Steam setting 1 for 13 minutes at 200°C.
- 5 Leave the cups to cool down for a minute or two, then shake gently to turn out upside down onto a plate.

To serve

Serve accompanied by fruit and cream.

Ingredients

- 2 tbsp cocoa powder
- 120g dark chocolate
- 60g butter, cut into cubes
- 3 eggs
- 120g sugar
- 40g flour

Chef's Secret

Chocolate and butter can be melted very easily without burning by using an induction hob (level 2). Alternatively, place in a bowl over barely simmering water.



Very Quick Semolina Cheesecake



🕒 75mins

🌡️ 180

📺 Conventional *

📍 Shelf level 2

A simple, reliable technique for creating this ever-popular dessert in next to no time.

Serves 8-10

- 1 Grease a 23cm springform tin with butter and scatter the breadcrumbs evenly over the base.
- 2 Beat the butter and sugar together until pale and fluffy. Add the egg yolks and vanilla extract, then the cottage cheese, semolina and milk.
- 3 Whisk the egg whites with a pinch of salt until stiff, then fold into the egg yolk mixture. Pour into the springform tin.
- 4 Bake the cheesecake on shelf level 2 on the 'Top/Bottom Heat' program at 180°C for 75 minutes, or until cooked but still wobbly in the centre. Remove from oven and leave to cool completely in tin before serving.

To serve

Serve accompanied by cream and decorated with peaches, nectarines, strawberries or other stone fruit or summer berries.

Ingredients

3 tbsp breadcrumbs
 250g butter, plus extra for greasing, softened
 350g sugar
 7 eggs, separated
 1 tsp vanilla extract
 750g cottage cheese
 150g semolina
 75ml milk
 1 pinch of salt

Chef's Secret

This cake doesn't need a base as the semolina provides the necessary support – making preparation easy and fail-safe.



Fruit Flan



🕒 35mins

🌡️ 160

🌀 True Fan Cooking*

📍 Shelf level 2

A dramatic dinner party dish that can be prepared in advance, whisking up the topping just before serving.

Serves 8-10

- 1 Grease a 28cm flan tin that has a raised base centre (or a springform tin) generously with butter.
- 2 Place the eggs, sugar, flour, oil, baking powder and vanilla extract in a large mixing bowl and beat well with an electric mixer until you have a smooth batter.
- 3 Pour the cake mixture into the tin and place on shelf level 2 on the 'True Fan Cooking' program at 160°C for 35 minutes or when a skewer comes out clean.
- 4 Remove from oven and leave to cool in the tin for 5 minutes before carefully turning out onto a cooling rack to cool completely.
- 5 Once the flan base has cooled, spoon over the custard or whipped cream and arrange the fruit evenly over the top.
- 6 Scrape the apricot jam into a small pan with ½ tablespoon of water, bring to a boil then strain through a fine sieve into a small bowl. Using a pastry brush, carefully glaze the surface of the fruit on the flan evenly with the hot sieved jam. Refrigerate until ready to serve.

To serve

Serve with fresh cream.

Ingredients

- 4 eggs
- 125g caster sugar
- 100g plain flour
- 135ml sunflower oil
- 10g baking powder
- ½ tsp vanilla extract
- 500ml thick vanilla custard or double cream, softly whipped
- 1kg seasonal fruit, stones removed and sliced if necessary
- 300g apricot jam
- ½ tsp water



Chef's Secret

The classic pudding mould is hollow on the inside, allowing the cake to bake evenly. If you use a solid shape, extend the time up to 150 minutes.



Christmas Pudding

A much lighter pudding than a traditional Christmas pudding.



🕒 120mins

🌡️ 99

☁️ Steam setting *
See page 13 for details

📍 Shelf level 2

Serves 8

- 1 Zest and juice the orange. Peel, core and grate the apple.
- 2 Cream the butter and sugar, add flour, eggs, nutmeg and cinnamon. Add the rest of the ingredients and stir thoroughly. The batter should have a gooey consistency.
- 3 Pour batter into a pudding mould (or you could use 8 individual moulds), cover with baking parchment and tie tightly.
- 4 Cook on shelf level 2 on Steam setting 3 at 99°C for 120 minutes.

To serve

Serve the warm pudding with vanilla custard and garnished with edible berries, and perhaps a sprig of festive holly.

Ingredients

1 orange
 1 small apple
 115g butter
 225g soft dark brown sugar
 50g flour
 2 eggs
 1 pinch nutmeg
 ¼ tsp ground cinnamon
 ¼ tsp baking powder
 115g breadcrumbs
 175g sultanas
 175g raisins
 115g currants
 25g chopped mixed peel
 25g chopped almonds
 150ml rum



Crème Brûlée



🕒 50mins

🌡️ 95

☁️ Steam setting *
See page 13 for details

📍 Shelf level 2

A great crème brûlée – put a twist on this classic by flavouring yours with lavender, cocoa or cinnamon.

Serves 8

- 1 Combine the egg yolks with the sugar and mix well. Split the vanilla pod in half lengthways and scrape out the seeds. Put both pod and seeds into an pan with the milk and the cream. Bring to the boil and simmer for 10 minutes.
- 2 Remove the vanilla pod from the liquid and stir the milk/cream mixture slowly into the egg mixture, taking care to avoid making bubbles. Stir the mixture gently with a whisk, without beating.
- 3 Distribute the mixture between 8 oven proof ramekins and place them on an oven rack.
- 4 Bake on shelf level 2, on Steam setting 3 at 95°C for 50 minutes. Cool the brûlées to room temperature then chill before serving.

To serve

Sprinkle the tops with brown sugar and caramelize with a kitchen blowtorch, then serve immediately. Garnish with biscuits and cape gooseberries.

Ingredients

7 egg yolks
100g sugar
200ml milk
300ml cream
1 vanilla pod



Chef's Secret

Crème brûlée is all about the combination of textures – the sweet caramel crust, the yielding crème... truly addictive.

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Please consult your relevant tradesperson.

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