

# Recipes

Cooking with AUTOCHIEF™



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autochef



How to obtain a French version of this cookbook

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# Contents

Healthy frying	2
Abbreviations	2
Chicken nuggets	3
Peach and chicken kebabs	4
Pork fillet wrapped in bacon	6
Round steak with sautéed onions	8
Escalope with herb and garlic panade	10
Bolognese sauce	11
Pan-fried scampi	12
Fried trout	14
Mediterranean fish kebabs	16
Potato omelette	17
Italian omelette	18
Patatas bravas	20
Stir-fried rice	22
Stir-fried noodles	24
Fried mushrooms	25
Green asparagus with honey	26
Mozzarella meatballs	28
Feta sticks	30
Filled crêpes	31
Fruit in batter	32

# Healthy frying - with the AutoChef™ frying sensor

The AutoChef™ frying sensor regulates the heating of the frying pan. It indicates to you when the set frying temperature has been reached and constantly measures and regulates the temperature of the pan during frying.

So that you can quickly become familiar with the features of your new cooktop and its AutoChef™ sensor frying system, we have compiled this recipe booklet for you. The AutoChef™ frying sensor was developed to make frying easy. It functions perfectly without any intervention from you. You will only need to turn the food.

Prepare perfectly cooked vegetables and crispy and juicy fish and meat effortlessly.

All the recipes come from our cooking studio. They were developed by a team of professional consumer scientists and have been repeatedly tested. Precise setting information for each dish makes using your new cooktop easier.

The recipes are adapted for the 10 inch sensor frying system pan (8 inch diameter cooktop) and the 9 inch sensor frying system pan (7 inch diameter cooktop). These can be ordered from specialist electrical goods outlet.

We are sure that you will rapidly discover the many different features of the AutoChef™ frying sensor system and we

hope you enjoy your meals.

## Abbreviations

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Tbsp	=	tablespoon	tsp	=	teaspoon
oz	=	ounce	lb	=	pound
in	=	inch	e.g.	=	for example

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# Peach and chicken kebabs

Serves 4

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Ingredients:

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4 skewers

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2 peaches (1lb)

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1 lb boneless chicken breast

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Salt und pepper

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1 Tbsp olive oil

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1 Peel the peaches and slice into 20 pieces of approximately  $\frac{3}{4}$  inch.

2 Also cut the chicken breast into 20 pieces of approximately  $\frac{3}{4}$  inch.

3 Thread the meat and peach alternately onto the skewers and season with salt and pepper.

4 Heat the pan at the “min” frying setting. After the signal, sauté the kebabs in olive oil until they are golden brown on all sides.

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## Settings:

Sauté at the “min” frying setting

after the signal for 20-25 minutes

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## Cook’s tip:

Serve the kebabs with rice or on a large plate of salad.



# Pork fillet wrapped in bacon

Serves 4

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Ingredients:

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1 lb pork fillet

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Salt and pepper

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8 slices bacon

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1 Tbsp vegetable oil

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1 Cut the pork fillet into eight equally sized pieces and lightly season with salt and pepper.

2 Wrap in the slices of bacon.

3 Heat the frying pan at the “low” frying setting and, after the signal, add the cooking oil and meat to the frying pan and cook on both sides until golden brown.

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## Settings:

Cook at the “low” frying setting

after the signal for 15-20 minutes

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# Escalope with herb and garlic panade

Serves 4

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Ingredients:

2 eggs

2 Tbsp flour

8 Tbsp breadcrumbs

1 clove garlic

½ tsp basil

½ tsp oregano

4 pork escalopes  
(4 oz. each)

Salt and pepper

4 Tbsp sunflower oil

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1 Whisk the eggs in a deep bowl. Also put the flour and breadcrumbs in deep bowls.

2 Finely chop the garlic and mix with herbs and breadcrumbs.

3 Season the escalopes with salt and pepper. Coat first in the flour, then in the whisked egg and then in the breadcrumbs.

4 Heat the pan at the “med” frying setting.

5 After the signal, place the oil in the pan. Place two escalopes in the hot pan and fry for approximately 4-5 minutes on each side.

6 Keep the cooked escalopes warm and fry the rest of the escalopes.

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## Settings:

Fry at the “med” frying setting

after the signal for a total of approx. 20 minutes

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# Pan-fried scampi

Serves 2

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Ingredients:

1 red jalapeño pepper

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3 cloves garlic

---

1 bunch of parsley

---

½ lb scampi, heads removed and peeled

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5 Tbsp olive oil

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¾ cup olives, stoned

---

1 cup cherry tomatoes

---

Salt

---

1 Tbsp lemon juice

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1 Halve the jalapeño pepper, remove the seeds and then finely chop, together with the garlic.

2 Finely chop the parsley and place to the side.

3 Heat the pan at the “min” frying setting. Sear the scampi in the hot olive oil. Add the olives, tomatoes, jalapeño pepper and garlic and fry until cooked.

4 Add salt shortly before serving. Add lemon juice and chopped parsley.

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## Settings:

Fry at the “min” frying setting after the signal for 5-9 minutes

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## Cook’s tip:

Serve with rice or a baguette. The pan-fried scampi will serve 4 as an appetizer.



# Fried trout

Serves 2

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Ingredients:

2 trout, ½ lb each

Salt and pepper

1 Tbsp vegetable oil

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1 Rinse the trout and leave to drain on paper towel.

2 Season the fish with salt and pepper inside and out.

3 Heat the pan to the “low” frying setting. After the signal, place the oil and trout in the pan and fry on both sides.

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## Settings:

Fry at the “low” frying setting

after the signal for 25-35 minutes

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## Cook’s tip:

Serve with rice and a green salad.



# Mediterranean fish kebabs

Serves 4

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Ingredients:

---

4 skewers

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7 oz. red mullet fillet

---

½ red pepper

---

1 zucchini, small

---

12 shrimps, peeled

---

1 lemon

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2 Tbsp olive oil

---

½ tsp thyme

---

½ tsp rosemary

---

½ tsp oregano

---

½ tsp basil

---

1 clove garlic

---

Salt and pepper

---

2 Tbsp vegetable oil

---

1 Cut the fish into large cubes.

2 Coarsly chop the pepper and slice the zucchini into approx. ¼ inch slices.

3 Thread the fish fillet, shrimp, pepper and zucchini alternately onto the skewer.

4 Juice the lemon. Mix the juice into a marinade with olive oil, herbs, finely chopped garlic, salt and pepper.

5 Brush the kebabs with plenty of marinade.

6 Heat the pan at the “med” frying setting. After the signal, place the vegetable oil and kebabs in the pan. Sauté for 15-20 minutes, turning occasionally.

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## Settings:

Sauté at the “med” frying setting  
after the signal for 15-20 minutes.

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## Cook’s tip:

The fish kebabs are great served with aioli and white bread.



# Italian omelette

Serves 4

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Ingredients:

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1 jar of sun-dried  
tomatoes in oil  
(2 cups)

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1½ cups mozzarella

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8 eggs

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⅔ cups light cream

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Salt

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Black pepper

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1 bunch fresh basil  
leaves

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4 tsp butter

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1 Drain the sun-dried tomatoes and mozzarella and cut them into small pieces.

2 Whisk together the eggs and the cream. Put a few basil leaves on the side, chop the remaining leaves and stir them into the egg mixture. Season with salt and pepper.

3 Heat the pan at the “min” frying setting. After the signal, add 1 teaspoon of butter to the pan. Pour a quarter of the egg mixture into the pan. Place a quarter of the tomatoes and mozzarella on top.

4 Allow the mixture to thicken.

5 Slide the omelette onto a preheated plate. Place the basil leaves on top and fold the omelette in half.

6 Prepare the remaining omelettes as indicated above.

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## Settings:

Allow to thicken at the “min” frying setting  
after the signal for approx. 5 minutes

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# Patatas Bravas

Serves 4

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Ingredients:

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2 lb potatoes

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1½ cups vegetable oil

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Salt

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1 Cut the potatoes into cubes of approx. 1 inch.

2 Add the vegetable oil to the pan and set the frying setting to “low”. After the signal, add the potatoes.

3 Take the potato cubes out of the pan when cooked and leave them to drain on paper towel.

4 Transfer to a bowl and season with salt.

---

Settings:

Fry at the “low” frying setting

after the signal for approx. 20 minutes.

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Cook’s tip:

Serve with aioli and spicy tomato sauce.



# Stir-fried rice

Serves 2

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Ingredients:

1 carrot

1 onion, medium

1 clove garlic

1 small red pepper

2 cups green cabbage

3 eggs

3 Tbsp soy sauce

1¼ cups boiled rice

Salt and pepper

3 Tbsp oil

2 Tbsp chopped  
parsley

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1 Dice the carrot, onion and garlic. Cut the pepper and green cabbage into stripes.

2 Whisk the eggs with 1 Tbsp soy sauce.

3 Heat the pan at the “min” frying setting. After the signal, add 1 tablespoon oil and the egg. Sauté while stirring constantly until the egg starts to brown. Remove from the pan and place to the side.

4 Heat the pan at the “med” frying setting. After the signal, add 2 tablespoons oil. Sauté the vegetables. When the cabbage has softened slightly, add the cooked rice and egg.

5 Cook until the vegetables are al dente. Then add 2 tablespoons of soy sauce and season to taste.

6 Sprinkle with parsley to serve.

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Settings:

Eggs:

Sauté at the “min” frying setting  
after the signal for approx. 5 minutes

Stir-fried rice:

Fry at the “med” frying setting  
after the signal for approx. 10 minutes

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Cook’s Tip:

Add finely chopped ginger to the pan with the vegetables.



# Stir-fried noodles

Serves 4

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Ingredients:

1 bunch spring onions

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2 carrots

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1 piece of ginger about  
the size of a walnut

---

2 cloves garlic

---

3 Tbsp oil

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½ lb ground beef

---

1 cup bean sprouts

---

2 cups wide egg  
noodles, cooked

---

3 Tbsp soy sauce

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Lemon juice

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Salt, cayenne pepper

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1 Slice the spring onions and carrots into small strips. Finely chop the ginger and garlic.

2 Heat the pan at the “med” frying setting. After the signal, add 2 tablespoons of oil and the ground beef to the pan.

3 Cook the ground beef, take it out of the pan and place to the side.

4 Add the vegetables and bean sprouts to the hot pan with 1 tablespoon of oil and cook. Add the cooked noodles and warm through. Finally, add the fried ground beef. Season with soy sauce, lemon juice, salt and cayenne pepper.

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## Settings:

Cook at the “med” frying setting

after the signal for approx. 10 minutes

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# Fried mushrooms

Serves 2

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Ingredients:

5 cups mushrooms,  
sliced

1 clove garlic

$\frac{3}{4}$  cup diced bacon

1 Tbsp sunflower oil

1 Tbsp sesame seeds

1 tsp salt

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1 Chop the mushrooms into slices. Finely chop the garlic.

2 Select the “med” frying setting and, after the signal, add the oil, mushrooms, diced bacon and garlic to the pan. Sauté while stirring until the mushrooms are cooked and lightly browned.

3 Sprinkle with the sesame seeds shortly before the mushrooms are ready.

4 Season with salt and serve.

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### Settings:

Sauté at the “med” frying setting  
after the signal for approx. 10 minutes

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### Cook’s tip:

Serve with rice or baguette. The mushrooms will serve 4 as an appetizer.

# Green asparagus with honey

Serves 4

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## Ingredients

---

½ cup roughly  
chopped walnuts

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¼ cup butter, softened

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1 bunch green  
asparagus (approx.  
10 oz)

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Salt and pepper

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3 Tbsp honey

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1 Place the chopped walnuts in the cold pan, toast at the “min” frying setting and place to the side.

2 Then melt the butter in the pan at the “min” frying setting and cook the asparagus. Season with salt and pepper.

3 When the asparagus is cooked and lightly browned, add the honey.

4 Serve the asparagus on a plate and sprinkle over the toasted walnuts.

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## Settings:

### Nuts:

Toast for 6-12 minutes at the “min” frying setting

### Asparagus:

Cook for 8-12 minutes at the “min” frying setting

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## Cook’s tip:

Serve with goat’s cheese or feta.







# Breaded feta sticks

Serves 4

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Ingredients:

1½ cups feta cheese

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Pepper

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2 eggs

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2 Tbsp flour

---

6 Tbsp breadcrumbs

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1 Tbsp oil

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1 Cut the feta into eight pieces and season with pepper.

2 Place the eggs in a bowl and whisk. Put the flour and breadcrumbs on one plate each.

3 Coat the feta pieces in flour, egg and then in breadcrumbs.

4 Heat the pan at the “low” frying setting. After the signal, place the oil and breaded feta in the pan and fry on both sides until golden brown.

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## Settings:

Fry at the “low” frying setting

after the signal for 7-10 minutes

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# Filled crêpes

Serves 2

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Ingredients:

---

¾ cup flour

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2 eggs

---

¾ cup milk

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Salt

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4 tsp sunflower oil

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Filling:

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½ green pepper

---

1 tomato, medium

---

1 small zucchini

---

1¼ cups mushrooms

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1 shallot

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Salt and pepper

---

1 Tbsp vegetable oil

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¾ cup shredded  
cheese (e.g.  
mozzarella)

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1 Prepare a smooth batter for the pancakes from flour, eggs, milk and salt.

2 Finely chop the vegetables for the filling.

3 Heat the pan at the “med” frying setting and, after the signal, add 1 teaspoon oil to the pan. Add a quarter of the batter to the pan and cook to make a thin pancake. Cook three more pancakes in the same way, and keep them warm.

4 Then, in the hot pan, cook the pepper, mushrooms and zucchini in 2 tablespoons of oil on the “med” frying setting. Turn down the heat to the “min” frying setting and add the diced shallots and tomatoes. Sweat the vegetables for another 5 minutes. Season with salt and pepper.

5 Place the pancakes on preheated plates and cover half of each with the vegetables. Sprinkle with cheese and fold together.

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## Settings:

### Pancakes:

Fry at the “med” frying setting after the signal for 1-2 minutes per side

### Vegetable filling:

Fry the pepper, mushrooms and zucchini at the “med” frying setting for approx 5 minutes

Add the shallots and tomatoes and cook at the “min” frying setting for 5-10 minutes

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# Fruit in batter

Serves 4

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Ingredients:

---

2 eggs

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Salt

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¼ cup sugar

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1 cup flour

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½ cup white wine

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1 Tbsp olive oil

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20 pieces of seasonal fruit, e.g. strawberries, plums, figs, banana pieces or apple slices, etc.

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2 cups vegetable oil for deep frying

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1 Separate the eggs and beat the egg whites with a pinch of salt until medium stiff. Gradually add the sugar and beat the egg whites until stiff.

2 Mix the flour, white wine, olive oil and egg yolks into a smooth mixture.

3 Gradually fold the egg whites into the mixture.

4 Coat the fruit in the batter.

5 Heat the oil in the pan at the “med” frying setting. After the signal, deep fry the fruit, one portion at a time, in hot oil until golden brown, then drain on paper towel.

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## Settings:

Fry at the “med” frying setting

after the signal for 5-6 minutes per portion

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## Cook’s tip:

Serve with honey or powder sugar.



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