



**BOSCH**

Invented for life

Cooking made simple -  
the easiest way to get  
perfect results.

Tips and recipes for your cooktop with PerfectFry Sensor.





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 **BOSCH**

# For a great taste even before you know it.

However complicated a dish might sound, making it is now really simple. When using your new Bosch cooktop with PerfectFry Sensor, every dish will have a sensational flavour.

The PerfectFry Sensor will help your chosen dish to come out perfect. And extremely conveniently and easily as well. After all, there's another master chef in the kitchen besides you - your cooktop.

Every detail of the appliance has been carefully thought through and tested by our engineers until it satisfies our high quality standards 100%. The result is cutting-edge technology that is child's play to use, makes work easier for you and always delivers first-class results. The recipes in this brochure have been developed and tested to the same high standards. All details in the recipes are precisely tailored to your induction hob to easily arrive at a perfect result.

For a great taste even before you know it. Bon appétit!



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Information on your appliance







## There are many ways to get the perfect steak. This is the short-cut.

With the PerfectFry Sensor, frying becomes child's play. It permanently regulates the temperature of the frying pan, so you no longer need to check and readjust it. This constant temperature control ensures that nothing will burn again.

Because the fat or oil does not overheat, preparing food using the PerfectFry Sensor not only protects your health, but the pan coating as well.

It couldn't be simpler: place the system pan onto the cooking zone and set the desired temperature range. Only add the oil and food to the frying pan once the signal sounds. Stir everything a little or turn it, and that's all you need to do.

For perfect frying results, we recommend that you use the system pan offered and tested by us.

## Special accessories

The recipes in this brochure are tailored to the 21 cm Ø system pan (Ø 210 mm cooking position) and 19 cm Ø system pan (Ø 180 mm cooking position).



**System pan, 15 cm Ø**  
HEZ390210



**System pan, 19 cm Ø**  
HEZ390220



**System pan, 21 cm Ø**  
HEZ390230



**System pan, 28 cm Ø**  
HEZ390250

## Information on the recipes



# Abbreviations and quantities

## Abbreviations

ml	millilitres
l	litres
g	grams
kg	kilograms
cm	centimetres
mm	millimetres
tbsp	tablespoon
tsp	teaspoon
lvl	level
hpd	heaped
e.g.	for example
approx.	approximately
∅	diameter

## Nutritional information

kcal	kilocalories
	fat
carbs	carbohydrates
	protein

## Weights and capacity measures

1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Butter	3 g	8 g	10 g	18 g
Peanut butter	4 g	7 g	7 g	14 g
Honey	6 g	13 g	12 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Breadcrumbs	2 g	6 g	4 g	11 g
Salt	5 g	13 g	8 g	24 g
Soy sauce	4 g	9 g	-	-
Tomato purée	5 g	11 g	8 g	16 g
Water/milk	5 g	15 g	-	-
Lemon juice	4 g	9 g	-	-
Sugar	3 g	9 g	6 g	17 g



## Chapter 1

# Starters and side dishes







# Green asparagus with honey

For 4 servings

**Ingredients**


---

 Ingredients:
 

---

 50 g walnuts, roughly chopped
 

---

 30 g soft butter
 

---

 1 bunch green asparagus,  
approx. 300 g
 

---

 Salt
 

---

 Pepper, freshly ground
 

---

 3 tbsp honey
 

---

**Per serving:**


---

 200 kcal, 13 g carbs, 15 g fat,  
4 g protein
 

---

**Preparation**

**1** | Heat the frying pan as indicated. After the acoustic signal, add the chopped walnuts to the frying pan, toast and place to one side.

**2** | Then melt the butter in the frying pan as indicated and fry the asparagus in it. Season with salt and pepper.

**3** | When the asparagus is cooked and slightly brown, add the honey.

**4** | Arrange the asparagus on a platter and scatter the toasted walnuts over it.

**Setting procedure:**

Nuts:

With the frying sensor, level 4

Fry for 6-10 minutes

Asparagus:

With the frying sensor, level 2

Fry for 8-10 minutes

**Tip:**


---

 Serve with goat's cheese or feta.



# Chicken nuggets

Makes approx. 20 for 4 servings

**Ingredients**


---

 Ingredients:
 

---

 400 g chicken breast fillet
 

---

 Salt
 

---

 Pepper, freshly ground
 

---

 2 eggs
 

---

 100 g cornflakes
 

---

 2 tbsp flour
 

---

 4 tbsp sunflower oil
 

---

**Per serving:**


---

 365 kcal, 26 g carbs, 16 g fat,  
 30 g protein
 

---

**Preparation**

**1** | Rinse the chicken breast fillets under cold water and pat dry with kitchen towel. Season with salt and pepper and cut into approx. 20 pieces of equal size.

**2** | Whisk the eggs in a small bowl.

**3** | Put the cornflakes into a bag and crush them slightly. Then place them into another small bowl.

**4** | Add the flour to the pieces of meat. Coat the meat with the flour until it no longer sticks.

**5** | Coat the floured pieces of meat with the egg and toss in the cornflakes. Place the breaded nuggets on a large plate.

**6** | Heat the frying pan as indicated. After the acoustic signal, add 2 tbsp oil and half of the nuggets to the hot frying pan. Fry, turning on all sides for 15-20 minutes. Cook the rest of the nuggets in the same way.

**Setting procedure:**


---

With the frying sensor, level 4  
 After the signal fry for a total of 30-40 minutes

**Tip:**


---

You can also use turkey breast instead of chicken.



# Breaded feta sticks

Makes approx. 20 for 4 servings

**Ingredients**


---

 Ingredients:
 

---

 200 g feta cheese
 

---

 Pepper, freshly ground
 

---

 2 eggs
 

---

 2 tbsp flour
 

---

 6 tbsp breadcrumbs
 

---

 2 tbsp cooking oil
 

---

**Per serving:**


---

 316 kcal, 17 g carbs, 21 g fat,  
 14 g protein
 

---

**Preparation**

- 1** | Cut the feta into eight pieces and season with pepper.
- 2** | Crack the eggs into a bowl and whisk. Add the flour and breadcrumbs to a bowl each.
- 3** | Coat the feta pieces in flour, egg and then in the breadcrumbs.
- 4** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and breaded feta pieces to the frying pan and fry on both sides until golden.

**Setting procedure:**


---

With the frying sensor, level 3  
 After the signal, fry for 7-10 minutes

**Tip:**


---

 Serve the feta sticks with a tomato salad and baguette.



# Patatas Bravas

For 2 servings



**Ingredients**

---

Ingredients:

---

500 g potatoes

---

300 ml vegetable oil

---

Salt

---

**Per serving:**

---

395 kcal, 39 g carbs, 24 g fat,  
5 g protein

---

**Preparation**

**1** | Wash, peel and cut the potatoes into approx. 3 cm cubes.

**2** | Heat the frying pan as indicated. After the acoustic signal, add the vegetable oil and potatoes to the frying pan.

**3** | Remove the fried diced potatoes from the frying pan and drain on kitchen towel.

**4** | Place in a bowl and season with salt.

**Setting procedure:**

---

With the frying sensor, level 3  
After the signal, fry for 20 minutes

---

**Tip:**

---

Serve them with a hot tomato sauce.

---



# Rösti

For 4 servings

**Ingredients**

---

Ingredients:

---

800 g potatoes

---

1 tsp salt

---

Pepper, freshly ground

---

60 g butter

---

**Per serving:**

---

257 kcal, 31 g carbs, 13 g fat,  
4 g protein

---

**Preparation**

---

**1** | Peel, wash and roughly grate the potatoes. Then season with salt and pepper.

**2** | Heat the frying pan as indicated. After the acoustic signal, add half the butter to the frying pan.

**3** | Once the butter has completely melted, add the grated potatoes to the frying pan and press flat using a fork. Then add the remaining butter to the potato mixture.

**4** | Turn after 25 minutes and fry for an additional 25 minutes.

**Setting procedure:**

---

With the frying sensor, level 1  
After the signal fry for 50 minutes

## Chapter 2

# Sauces





# Bolognese sauce

For 4 servings

**Ingredients**

Ingredients:

1 onion

2 cloves garlic

1 carrot

3 tbsp sunflower oil

300 g minced beef

100 ml red wine

2 tbsp tomato purée

1 large tin peeled tomatoes

2 bay leaves

½ tsp basil

Salt

Pepper, freshly ground

**Per serving:**299 kcal, 9 g carbs, 20 g fat,  
18 g protein**Preparation**

- 1** | Peel and finely chop the onion and garlic. Peel and finely dice the carrot.
- 2** | Heat the frying pan as indicated and after the acoustic signal, add the oil and vegetables to the frying pan.
- 3** | When the onions are soft and start to brown, add the minced meat and increase the frying setting as indicated.
- 4** | Separate the minced meat with a wooden spoon. Deglaze the cooked, lightly browned minced meat with the red wine.
- 5** | Once the red wine has evaporated, add the tomato purée and sauté briefly.
- 6** | Cut up the peeled tomatoes. Add the tomatoes, herbs and seasonings to the frying pan and reduce the frying setting as indicated. Leave the sauce to simmer for around half an hour.

**Setting procedure:**

Vegetables:

With the frying sensor, level 2

After the signal, fry for approx. 5 minutes

Minced meat:

With the frying sensor, level 4

After the signal, fry for 6-10 minutes

Bolognese sauce:

With the frying sensor, level 1

After the signal, cook for approx. 30 minutes

**Tip:**

Serve the sauce with spaghetti and grated Parmesan.



# Peanut sauce with coconut milk

For 4 servings



**Ingredients**


---

 Ingredients:
 

---



---

 1 clove garlic
 

---



---

 20 g fresh ginger
 

---



---

 1 chilli
 

---



---

 1 tbsp cooking oil
 

---



---

 4 tbsp peanut butter
 

---



---

 200 ml chicken stock
 

---



---

 200 ml unsweetened coconut milk
 

---



---

 2 tbsp soy sauce
 

---



---

 2 spring onions
 

---

**Per serving:**


---

 168 kcal, 4 g carbs, 13 g fat,  
 8 g protein
 

---

**Preparation**

**1 |** Peel the garlic and ginger. Wash and core the chilli. Cut everything into small pieces.

**2 |** Heat the frying pan as indicated. After the acoustic signal, add the cooking oil, garlic, ginger and chilli and fry for 6 minutes.

**3 |** Add the peanut butter and stir until the peanut butter has melted.

**4 |** Pour in the stock and coconut milk and let it simmer for 5 minutes.

**5 |** Season with soy sauce.

**6 |** Cut the spring onions into fine strips, add to the sauce and fry for a further 1 to 2 minutes.

**Setting procedure:**


---

With the frying sensor, level 1  
 After the signal fry for 6 minutes  
 Sauce: cook for 6-7 minutes

---

**Tip:**


---

Serve the sauce alongside chicken or other meat.

---



# Orange and leek sauce

For 4 servings

**Ingredients**

---

Ingredients:

---

1 leek, 150 g

---

20 g butter, chilled

---

1 tbsp cooking oil

---

1 tsp tarragon

---

1 clove garlic

---

1 chilli

---

100 ml vegetable stock or vegetable broth

---

100 ml orange juice

---

**Per serving:**

---

90 kcal, 4 g carbs, 8 g fat, 1 g protein

---

**Preparation**

---

**1** | Wash the leek and cut into fine strips. Cut the butter into small cubes.

**2** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil, tarragon, leek, garlic and the chilli to the frying pan and fry for 5-8 minutes.

**3** | Pour in the vegetable stock and the orange juice and cook the sauce until it reduces by half (approx. 10 minutes).

**4** | Add the cold butter and cook the sauce for a further 5 minutes.

**Setting procedure:**

---

With the frying sensor, level 1

After the signal, fry the vegetables for 5-8 minutes

Sauce: Cook for approx. 15 minutes

**Tip:**

---

Serve the sauce to scampi, fish or rice.



# Gorgonzola sauce

For 4 servings

**Ingredients**

---

Ingredients:

---

20 g butter

---

60 g Gorgonzola cheese

---

200 ml cream

---

**Per serving:**

---

238 kcal, 2 g carbs, 24 g fat,  
4 g protein

---

**Preparation**

---

**1** | Heat the frying pan as indicated. After the acoustic signal, add the butter and cheese to the frying pan and melt.

**2** | Pour over the cream and stir occasionally.

**Setting procedure:**

---

With the frying sensor, level 1  
After the signal, reduce for 10 minutes

**Tip:**

---

The sauce is very delicious with chicken breast rolls or pork medallions.

## Chapter 3

# Meat and fish





# Mozzarella meatballs

For 4 servings



**Ingredients**


---

 Ingredients:
 

---

 1 small onion, approx. 70 g
 

---

 ½ pepper
 

---

 2 tbsp cooking oil
 

---

 125 g mozzarella
 

---

 2 eggs
 

---

 2 tbsp breadcrumbs
 

---

 450 g minced beef
 

---

 Salt
 

---

 Pepper
 

---

 4 tbsp cooking oil
 

---

**Per serving:**


---

 551 kcal, 8 g carbs, 43 g fat,  
 33 g protein
 

---

**Preparation**

**1** | Peel the onion and wash the pepper. Chop both of them finely. Heat the frying pan as indicated. After the acoustic signal, fry the onion and pepper in 2 tbsp oil until soft and place to one side.

**2** | Cut the mozzarella into eight cubes.

**3** | Mix the eggs, breadcrumbs, fried pepper and diced onions in a bowl, mix in the minced meat and season with salt and pepper.

**4** | With damp hands, shape the minced meat mixture into eight balls. Press each ball flat and place a cube of mozzarella in the middle. Shape them into balls so the cheese is no longer visible.

**5** | Heat the frying pan as indicated and after the acoustic signal, add the oil and minced meat balls to the frying pan and fry on both sides.

**Setting procedure:**

Pepper and onions:  
 With the frying sensor, level 2  
 Fry for 5-10 minutes  
 Meatballs:  
 With the frying sensor, level 3  
 Fry for 15-20 minutes



# Chicken and peach skewers

For 4 servings

**Ingredients**


---

 Ingredients:
 

---



---

 2 peaches, approx. 150 g each
 

---



---

 500 g chicken breast
 

---



---

 4 kebab skewers
 

---



---

 Salt
 

---



---

 Pepper, freshly ground
 

---



---

 2 tbsp olive oil
 

---

**Per serving:**


---

 211 kcal, 7 g carbs, 7 g fat,  
 30 g protein
 

---

**Preparation**

**1** | Wash and peel the peaches and cut into 20 pieces of approx. 2 cm in size.

**2** | Rinse the chicken breast under cold water and pat dry with kitchen towel. Cut into 20 cubes, approx. 2 cm in size too.

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

**4** | Heat the frying pan as indicated. After the acoustic signal, fry the kebabs in olive oil on all sides until golden brown.

**Setting procedure:**


---

With the frying sensor, level 2  
 After the signal fry for 20-25 minutes

---

**Tip:**


---

Serve the skewers with rice or on a large mixed salad.

---



# Mediterranean fish skewers

For 4 servings

**Ingredients**

Ingredients:

200 g red perch fillet

½ red pepper

1 small courgette, approx. 100 g

12 prawns without shells

4 kebab skewers

1 lemon

4 tbsp olive oil

½ tsp thyme

½ tsp rosemary

½ tsp oregano

½ tsp basil

1 clove garlic

Salt

Pepper, freshly ground

3 tbsp vegetable oil

**Per serving:**

276 kcal, 2 g carbs, 23 g fat,

15 g protein

**Preparation**

**1** | Rinse the fish fillet under cold water and pat dry with kitchen towel. Cut it into large cubes.

**2** | Wash the courgette and pepper. De-seed the pepper and dice coarsely. Cut the courgette into slices approx. ½ cm thick.

**3** | Thread the fish fillet, prawns, pepper and courgette alternately onto the skewers.

**4** | Peel and finely chop the garlic. Squeeze the lemon. Stir together the juice with the olive oil, herbs, garlic, salt and pepper to make a marinade.

**5** | Coat the kebabs well with the marinade.

**6** | Heat the frying pan as indicated. After the acoustic signal, add the vegetable oil and kebabs to the frying pan. Fry for 15-20 minutes, turning them.

**Setting procedure:**

With the frying sensor, level 3

After the signal, fry for 15-20 minutes

**Tip:**

Serve the fish skewers together with Alioli and white bread.



# Rump steak with crispy fried onions

For 2 servings

**Ingredients**

Ingredients:

1 large onion, approx. 150 g

½ tsp ground paprika

2 tbsp flour

200 ml vegetable oil

2 rump steaks, 180 g each

1 tsp vegetable oil

Salt

Pepper, freshly ground

**Per serving:**670 kcal, 15 g carbs, 50 g fat,  
41 g protein**Preparation**

**1 |** Peel the onions and cut into thin rings. Mix the paprika and flour together and toss the onion rings in the mixture. Shake off the excess flour.

**2 |** Heat the frying pan as indicated. After the acoustic signal, add the vegetable oil and half of the onion rings to the frying pan. Fry the onion rings until they are crispy. Remove from the frying pan and drain on kitchen paper. Then fry the remaining onion rings in the same way and place them to one side.

**3 |** Pour the rest of the oil into a heat-resistant container and clean the frying pan.

**4 |** Rinse the steaks under cold water and pat dry with kitchen towel. Heat the frying pan for the steaks as indicated. After the acoustic signal, distribute the oil evenly in the frying pan. Place the steaks in the frying pan and fry on both sides. Then season the steaks with salt and pepper.

**5 |** Scatter the fried onions over the steaks and serve.

**Setting procedure:**

Crispy fried onions per serving:

With the frying sensor, level 3

After the signal, fry for approx. 10 minutes

Steaks:

With the frying sensor, level 4

Medium: After the signal, fry for approx. 12 minutes

Well done: After the signal, fry for  
approx. 15 minutes



## Pork escalope in a herb and garlic crumb coating

For 4 servings



**Ingredients**


---

 Ingredients:
 

---



---

 2 eggs
 

---



---

 2 tbsp flour
 

---



---

 8 tbsp breadcrumbs
 

---



---

 1 clove garlic
 

---



---

 ½ tsp basil, dried
 

---



---

 ½ tsp oregano, dried
 

---



---

 4 pork escalopes, 120 g each
 

---



---

 Salt
 

---



---

 Pepper, freshly ground
 

---



---

 5 tbsp sunflower oil
 

---

**Per serving:**


---

 457 kcal, 28 g carbs, 22 g fat,  
 36 g protein
 

---

**Preparation**


---

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

**2** | Peel and finely chop the garlic. Add to the breadcrumbs with the herbs and mix it all.

**3** | Rinse the escalope under cold water and pat dry with kitchen towel. Then season with salt and pepper. Coat first with flour, then dip into the whisked egg and finally in the breadcrumbs.

**4** | Heat the frying pan as indicated.

**5** | After the acoustic signal, add the cooking oil to the frying pan. Place two escalopes into the hot frying pan and fry them on each side for approx. 4-5 minutes.

**6** | Keep the fried escalopes warm and fry the remaining escalopes.

**Setting procedure:**


---

With the frying sensor, level 4  
 After the signal, fry for 20 minutes

**Tip:**


---

You can also use fresh herbs. Use a little more. Chop the herbs finely and mix them together with the breadcrumbs.



# Fillet of pork wrapped in bacon

For 4 servings

**Ingredients**

---

Ingredients:

---

400 g fillet of pork

---

Salt

---

Pepper, freshly ground

---

8 rashers bacon

---

1 tbsp vegetable oil

---

**Per serving:**

---

257 kcal, 0 g carbs, 18 g fat,  
24 g protein

---

**Preparation**

**1** | Rinse the fillet of pork under cold water and pat dry with kitchen towel. Cut into eight pieces of equal size and season very lightly with salt and pepper.

**2** | Wrap the bacon rashers round them.

**3** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and meat to the frying pan and fry on both sides until golden brown.

**Setting procedure:**

---

With the frying sensor, level 3  
After the signal fry for 15-20 minutes

---



## Filled chicken breast rolls

For 4 servings

**Ingredients**


---

 Ingredients:
 

---

 1 Chicken breast, 150-200 g
 

---

 1 courgette
 

---

 6 slices serrano ham
 

---

 1 tbsp cooking oil, e.g. olive oil
 

---

 Salt
 

---

 Black pepper
 

---

**Per serving:**


---

 157 kcal, 1 g carbs, 5 g fat,  
 28 g protein
 

---

**Preparation**

**1** | Rinse the chicken breast briefly under cold water and pat dry with kitchen towel. Cut down the side to create a large, flat piece. Do not cut right through.

**2** | Cut the courgette lengthways into slices approx. 5 mm thick and season with salt and pepper.

**3** | Place the Serrano ham and courgette slices on top of the chicken breast and roll together.

**4** | Cut the roll into approx. eight 2 cm thick slices and fix each of them with a cocktail stick.

**5** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and the rolls to the frying pan and fry for 12-15 minutes, turning while cooking.

**6** | Remove the meat from the frying pan and serve.

**Setting procedure:**


---

With the frying sensor, level 2  
 After the signal fry for 12-15 minutes

**Tip:**


---

The chicken breast rolls taste especially good with Gorgonzola sauce. The recipe for it can also be found in this cookbook.



# Fried trout

For 2 servings

**Ingredients**

---

Ingredients:

---

2 trout, 250 g each

---

Salt

---

Pepper, freshly ground

---

2 tbsp vegetable oil

---

**Per serving:**

---

389 kcal, 0 g carbs, 20 g fat,

51 g protein

---

**Preparation**

---

**1** | Rinse the trout briefly in cold water and pat dry with kitchen towel.

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

**3** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and trout to the frying pan and fry on both sides.

**Setting procedure:**

---

With the frying sensor, level 3

After the signal, fry for 25-35 minutes

**Tip:**

---

Serve with rice and a green salad.

## Chapter 4

# Vegetables and stir fries







# Fried mushrooms

For 2 servings

**Ingredients**

---

Ingredients:

---

400 g button mushrooms

---

1 clove garlic

---

75 g diced bacon

---

2 tbsp sunflower oil

---

1 tbsp sesame seeds

---

1 tsp salt

---

**Per serving:**

---

424 kcal, 3 g carbs, 41 g fat,  
13 g protein

---

**Preparation**

---

**1** | Trim and slice the mushrooms. Peel and chop the garlic finely.

**2** | Heat the frying pan as indicated and after the acoustic signal, add the cooking oil, button mushrooms, diced bacon and garlic to the frying pan. Fry, stirring continuously until the mushrooms are cooked and slightly brown.

**3** | Shortly before the end of the frying time, scatter sesame seeds over them.

**4** | Season with salt and serve.

**Setting procedure:**

---

With the frying sensor, level 4  
After the signal, fry for 10 minutes

**Tip:**

---

Serve the mushrooms with rice or baguette. As a side dish, the mushrooms are sufficient for 4 portions.



# Filled pancakes

For 2 servings

**Ingredients**


---

 For the pancake batter:
 

---

100 g flour

2 eggs

150 ml milk

Salt

4 tsp sunflower oil

---

 For the filling:
 

---

½ pepper, approx. 100 g

1 tomato, approx. 100 g

1 small courgette, approx. 100 g

100 g button mushrooms

1 shallot

Salt

Freshly ground pepper

2 tbsp vegetable oil

70 g grated cheese, e.g. mozzarella

**Per serving:**


---

 628 kcal, 45 g carbs, 39 g fat,  
 25 g protein
 

---

**Preparation**

**1 |** For the pancakes, prepare a smooth batter with the flour, eggs, milk and salt.

**2 |** Wash the pepper, tomato and courgette and dice finely. Clean the button mushrooms and peel the shallot. Chop them both finely too.

**3 |** Heat the frying pan as indicated and after the acoustic signal, add 1 tsp oil to the frying pan. Pour a quarter of the batter into the frying pan to make a thin pancake and cook for 1-2 minutes on each side. Cook three other pancakes one after another in the same way and keep them warm.

**4 |** Then fry the pepper, button mushrooms and courgette lightly in 2 tbsp cooking oil in the hot frying pan for approx. 5 minutes.

**5 |** Turn down the frying setting as indicated and add the shallots and diced tomatoes. Cook the vegetables gently for 5-10 minutes. Season with salt and pepper.

**6 |** Put the pancakes on pre-warmed plates and fill half of each with vegetables. Sprinkle with cheese and fold together.

**Setting procedure:**

Pancakes:

With the frying sensor, level 5

After the signal, fry for 1-2 minutes on each side

Vegetable filling:

Pepper, mushrooms, courgette

With the frying sensor, fry for approx. 5 minutes at level 4

Add shallots and tomatoes

With the frying sensor, fry for 5-10 minutes at level 2



# Stir-fried rice

For 4 servings

**Ingredients**

Ingredients:

1 carrot

1 onion

1 clove garlic

1 small red pepper

150 g white cabbage

3 eggs

4 tbsp soy sauce

300 g rice, cooked

Salt

Pepper, freshly ground

2 tbsp parsley, chopped

4 tbsp cooking oil

**Per serving:**311 kcal, 28 g carbs, 17 g fat,  
10 g protein**Preparation**

**1** | Peel the carrot, onion and garlic and dice finely. Wash and de-seed the pepper and wash and trim the cabbage. Cut the pepper and the cabbage into strips.

**2** | Mix the eggs with 1 tbsp soy sauce.

**3** | Heat the frying pan as indicated. After the acoustic signal, add 1 tbsp oil and the eggs. Stirring continuously, fry until the eggs begin to brown. Remove from the frying pan and place to one side.

**4** | Heat the frying pan as indicated. After the acoustic signal, add 3 tbsp oil. Fry the vegetables. When the cabbage has wilted slightly, add the boiled rice and eggs.

**5** | Fry until the vegetables are al dente. Then add 3 tbsp soy sauce and season with salt and pepper to taste.

**6** | Serve sprinkled with parsley.

**Setting procedure:**

Eggs:

With the frying sensor, level 2

After the signal, fry for 5 minutes

Stir-fried rice:

With the frying sensor, level 4

After the signal, fry for 10 minutes

**Tip:**

Add the finely chopped ginger and the vegetables to a frying pan.



## Stir-fried scampi

For 2 servings



**Ingredients**

Ingredients:

1 red chilli

3 cloves garlic

200 g scampi without heads and shells

6 tbsp olive oil

150 g cherry tomatoes

80 g olives pitted

Salt

2 tbsp lemon juice

1 bunch parsley

**Per serving:**505 kcal, 7 g carbs, 43 g fat,  
21 g protein**Preparation****1** | Wash and halve the chilli. Remove the seeds. Peel the garlic and chop together with the chilli.**2** | Chop the parsley finely and place to one side.**3** | Heat the frying pan as indicated. Fry the scampi briefly in hot olive oil. Add the tomatoes, olives, chilli and garlic and fry until done.**4** | Season with salt just before serving. Add the lemon juice and the chopped parsley.**Setting procedure:**

With the frying sensor, level 2

After the signal, fry for 5-9 minutes

**Tip:**

Serve the stir-fried scampi with baguette or rice. As a side dish, the stir-fried scampi fry is sufficient for 4 portions.



# Stir-fried noodles

For 4 servings

**Ingredients**

Ingredients:

1 bunch spring onions

2 carrots

1 piece ginger, walnut-sized

2 cloves garlic

3 tbsp cooking oil

200 g minced beef

150 g bean sprouts

250 g cooked noodles

4 tbsp soy sauce

Lemon juice

Salt

Cayenne pepper

**Per serving:**350 kcal, 27 g carbs, 19 g fat,  
19 g protein**Preparation**

**1** | Peel the spring onions and the carrots and cut into small strips. Peel the ginger and garlic and chop finely.

**2** | Heat the frying pan as indicated. After the acoustic signal, add 2 tbsp cooking oil and the minced meat to the frying pan.

**3** | Fry the minced meat, remove from the frying pan and place to one side.

**4** | Add the vegetables and the bean sprouts together with 1 tbsp cooking oil to the hot frying pan and fry. Add the cooked noodles and heat. Lastly, add the fried minced meat again. Season with soy sauce, lemon juice, salt and cayenne pepper.

**Setting procedure:**

With the frying sensor, level 4  
After the signal, fry for approx. 10 minutes

## Chapter 5

# Egg dishes





# Frittata with vegetables, bacon and cheese

For 4 servings

**Ingredients**

Ingredients:

1 leek

200 g bacon

1 courgette, approx. 100 g

25 ml olive oil

6 eggs

75 g Parmesan, grated

Salt

**Per serving:**553 kcal, 4 g carbs, 51 g fat,  
23 g protein**Preparation**

**1 |** Cut the leek into thin strips, the bacon into strips and the courgette into slices approx. 5 mm thick. Season the leek and courgette with salt.

**2 |** Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and the leek to the frying pan and fry for 5-8 minutes.

**3 |** Add the bacon to the leek and fry for a further 5-7 minutes. Remove the leek and the bacon from the frying pan and allow to drain on kitchen towel.

**4 |** Add the courgette to the frying pan and fry for 10-12 minutes. Remove the courgette from the frying pan.

**5 |** Beat the eggs well and season with salt. Add the leek and bacon to the eggs and mix. Add some cooking oil to the frying pan and add the egg mixture.

**6 |** After 2 minutes, place the fried courgette slices onto the egg mixture and sprinkle Parmesan on top. Cover the frying pan with a lid and fry the frittata for 10 minutes.

**7 |** Turn the frittata and fry for a further 5-7 minutes.

**Setting procedure:**

With the frying sensor, level 1

Leek: Fry for 5-8 minutes

Leek and bacon: Fry for 5-7 minutes

With frying sensor, level 2

Courgette: Fry for 10-12 minutes

With frying sensor, level 1

Frittata: Fry for 10 minutes, turn and fry for a further 5-7 minutes

**Tip:**

Put the lid on. The cooking time will be longer without a lid.



# Eggs with tomatoes and serrano ham

For 4 servings



**Ingredients**


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 Ingredients:
 

---

150 g onions

---

 120 g serrano ham
 

---

2 tbsp cooking oil, e.g. olive oil

---

 600 g passata
 

---

6 eggs

---

 Herbs to taste, e.g. basil
 

---

**Per serving:**


---

 354 kcal, 11 g carbs, 26 g fat,
 

---

19 g protein

**Preparation****1** | Peel the onions. Finely dice the onion and the ham.**2** | Heat the frying pan as indicated. After the acoustic signal, add the cooking oil and the onions to the frying pan and fry for 7 minutes.**3** | Add the Serrano ham and fry lightly with the onions for 2 minutes.**4** | Add the passata and cook the sauce for approx. 10 minutes.**5** | Form troughs in the tomato sauce for the eggs. Break the eggs individually, add one to each trough, then season. Put the lid on the frying pan and fry for approx. 5 minutes until the eggs set as required.**Setting procedure:**


---

 With the frying sensor, level 1

Onions: Fry for 7 minutes

Onions and serrano ham: Fry for 2 minutes

Add tomato sauce: cook for approx. 10 minutes

Add eggs: cook for approx. 5 minutes

**Tip:**


---

 Put the lid on. The cooking time will be longer without a lid.
 

---



# Italian omelette

For 4 servings

**Ingredients**


---

 Ingredients:
 

---

 1 jar dried tomatoes in oil, filling  
 quantity 285 g
 

---

 125 g mozzarella
 

---

 8 eggs
 

---

 150 ml cream
 

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 Salt
 

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 Black pepper, freshly ground
 

---

 1 bunch fresh basil
 

---

 4 tsp butter
 

---

**Per serving:**


---

 452 kcal, 9 g carbs, 36 g fat,  
 23 g protein
 

---

**Preparation**

**1** | Drain the dried tomatoes and the mozzarella and cut them both into small pieces.

**2** | Whisk the eggs with the cream. Rinse the basil and shake it dry. Put some basil leaves to one side. Cut the rest into small pieces and mix it into the egg mixture. Season with salt and pepper.

**3** | Heat the frying pan as indicated. After the acoustic signal, add 1 tsp butter to the frying pan. Pour a quarter of the egg mixture into the frying pan. Put a quarter of the tomatoes and the mozzarella on top.

**4** | Leave the mixture to set.

**5** | Slide the omelette onto a pre-warmed plate. Garnish with basil leaves and fold it together.

**6** | Prepare the other omelettes in the same way.

**Setting procedure:**


---

 With the frying sensor, level 2

 After the signal, leave to set for approx. 5 minutes
 

---



# Potato omelette

For 4 servings

**Ingredients**


---

 Ingredients:
 

---

700 g potatoes

1 onion, approx. 100 g

7 eggs

1 tsp salt

Pepper, freshly ground

250 ml olive oil

**Per serving:**

438 kcal, 30 g carbs, 28 g fat,

16 g protein

**Preparation**

**1** | Peel the potatoes and onions and cut into approx. 1-2 cm sized pieces.

**2** | Whisk the eggs in a large bowl with salt and pepper.

**3** | Heat the olive oil in the frying pan as indicated. After the acoustic signal, fry the potato and onion pieces in the hot frying pan for 20-25 minutes.

**4** | Remove the fried potato and onion pieces from the frying pan and drain on kitchen towel. Then add to the egg mixture.

**5** | Leave a little cooking oil in the frying pan; remove the rest of the oil from the pan.

**6** | Reheat the frying pan as indicated and after the acoustic signal, leave the potato and egg mixture to set in it. Turn the omelette using a large plate and finish cooking it.

**Setting procedure:**

Potatoes and onions:

With the frying sensor, level 2

After the signal fry for 20-25 minutes

Omelette:

With the frying sensor, level 2

After the signal, fry for 20-30 minutes

**Tip:**


---

Divide the omelette into four portions. It can be served warm or cold with raw ham.

## Chapter 6

# Desserts





# Fruit in batter

For 4 servings



## Ingredients

Ingredients:

2 eggs

Salt

60 g sugar

140 g flour

100 ml white wine

2 tbsp olive oil

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

For deep frying:

400 ml vegetable oil

### Per serving:

416 kcal, 45 g carbs, 21 g fat,  
8 g protein

## Preparation

**1** | Separate the eggs and whisk the egg white with a pinch of salt until stiff. Gradually add the sugar and continue to whisk the egg white.

**2** | Mix the flour, white wine, olive oil and egg yolk to a smooth batter.

**3** | Gradually fold the whisked egg white carefully into the batter.

**4** | Coat the fruit in the batter.

**5** | Heat the frying pan as indicated. After the acoustic signal, pour the oil into the frying pan. Deep-fry portions of the fruit in the hot oil until golden and then drain on kitchen towel.

## Setting procedure:

With the frying sensor, level 4  
After the signal 5-6 minutes per portion

## Tip:

Serve the fruit with honey, icing sugar or ice cream.

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