FRENCH FRIES

Ingredients:	FH1163	FH1363
Fresh potatoes (to peel)	1500 g	1750 g
Fine salt	to taste	to taste
Peanut oil	level 4	level 5
Serves	6	8
Preparation time	10 min.	10 min.
Cooking time	37 min.	40 min.

1. Insert the paddle into the bowl.
2. Peel the potatoes and cut them into chips of about 1 cm per side.
3. Put the chipped potatoes under running water for a few minutes and rinse thoroughly.
4. Drain and dry thoroughly with paper towel.
5. Add the potatoes and the right amount of oil to the bowl.
6. Close the lid, set the thermostat dial to position 4, press the lower heating element power button and press the on/off button.
7. Cook for 37-40 minutes, add salt and serve.

FRESH PIZZA

Ingredients:	FH1163/FH1363
Water	70 ml
Olive oil	13 ml
Italian flour (type 00)	125 g
Salt	3 g
Fresh yeast	7 g
Serves	1
Preparation time	70 min
Cooking time	32-35 min
Ingredients for the topping:	
Tomato	100 g
Mozzarella cheese	100 g
Salt, oregano	to taste

1. Pour the flour into a bowl, form a hole in the centre and add all the other ingredients.
2. Knead thoroughly by hand until the dough is smooth and soft forming a ball which will rise in a container sprinkled with flour on the base.
3. Cover with a clean tea towel and place in a warm place away from drafts. After about 1 hour of rising, start to prepare the pizza.
4. Remove the paddle from the bowl.
5. Grease the bottom and spread the pizza dough over this. Garnish with tomato sauce, a pinch of salt and oregano.
6. Close the lid, set the thermostat to position 2, press the lower heating element power button and press the on/off button.
7. After cooking for 5 minutes, add the cubed mozzarella and cook for 17-20 minutes (we suggest rotating the pizza by half a turn after 25 min. to obtain the best result).

SAVOURY PIE

Ingredients:	FH1163/FH1363
Puff pastry	1 roll
Sautéed mushrooms	200 g
Mozzarella	1
Eggs	2
Milk	100 ml
Parmigiano cheese	10 g
Salt	to taste
Pepper	to taste
Serves	4
Preparation time	10 min.
Cooking times	23-27 min.

1. Beat the eggs, the grated cheese and milk in a bowl with a pinch of salt and pepper.
2. Remove the paddle from the bowl.
3. Roll out the puff pastry with greaseproof paper underneath and perforate the bottom with fork prongs.
4. Place the mushrooms and the cubed mozzarella on the base, pour the pre-prepared liquid over the dough and distribute.
5. Roll up the edges of the dough inwardly and cut off the excess greaseproof paper with a pair of scissors (keeping some edging to fit and shape the pie and for the final extraction).
6. Close the lid, set the thermostat dial to position 3, press the lower heating element power button and press the on/off button.
7. After cooking for 15 min., rotate the pie 180° (with the help of the greaseproof paper); the pie will be ready in a total of 23-27 min.

BOLOGNESE SAUCE

Ingredients:	FH1163	FH1363
Minced meat	700 g	1000 g
Tomato puree	350 g	500 g
Carrot	1	1
Celery stalk	1	1
Shallot	1	1
Salt, pepper	to taste	to taste
Olive oil	Level 5	Level 5
Serves	8	12
Preparation time	5 min.	5 min.
Cooking time	40 min.	50 min.

1. Insert the paddle into the bowl.
2. Finely chop and spread the celery, carrots and shallots or onions over the entire base of the bowl, add the oil.
3. Close the lid, set the thermostat dial to position 4, press the lower heating element power button and press the on/off button.
4. Sauté for 5 min., add the minced meat and cook for a further 5 min. (while this is cooking break up any lumps of meat that may form with a wooden spoon)
5. Add the tomato, salt, pepper and cook for a further 40 - 50 min., stirring 3/4 times with a spoon while cooking.

RICE WITH PORCINI MUSHROOMS

Ingredients:	FH1163	FH1363
Vialone nano rice	320 gr	480 gr
Porcini	200 gr	300 gr
Hot (chicken) stock	1250 ml	1500 ml
Garlic	1 clove	1 clove
Parsley	to taste	to taste
Parmigiano cheese	to taste	to taste
Butter	to taste	to taste
Oil	level 3	level 3
Serves	4	6
Preparation time	5 min	5 min
Cooking time	30 min	30 min

1. Insert the paddle in the bowl.
2. Pour in the oil and add the garlic clove. Close the lid, set the thermostat dial to position 4, press the bottom heating element button and press the on/off button.
3. Sauté for 2 min, remove the garlic, add the porcini mushrooms and cook for another 5 min. Add the rice, half of the stock and cook for another 10 min. Pour in the remaining stock and finish cooking for another 13 min, stirring 2-3 times with a spoon towards the end of the cooking time.
4. At the end, add the chopped parsley, stir in the butter and Parmigiano cheese and serve.

MEAT AND VEGETABLE KEBABS

Ingredients for 4 kebabs:	FH1163/FH1363
Meat	350 g
Chicken	180 g
Courgettes	1
Peppers	1
Salt	to taste
Pepper	to taste
Serves	4
Preparation time	15 min.
Cooking time	25 min.

1. Remove the paddle from the bowl.
2. Cut the meat and vegetables into cubes and place them onto skewers, alternating the meat and vegetables.
3. Place the kebabs directly on the base of the bowl, close the lid, set the thermostat dial to position 4 and press the on/off power button, the lower heating element should be in the off position.
4. Cook the kebabs for 25 min. turning once after 13-15 min.

NUGGETS OF VEAL WITH ARTICHOKES

Ingredients:	FH1163	FH1363
Lean veal	400 g	600 g
Artichokes	100 g	200 g
Stock	150 g	200 g
Shallot	1	1
Salt	to taste	to taste
Pepper	to taste	to taste
Olive oil	Level 2	Level 2
Serves	4	6
Preparation times	10 min.	10 min.
Cooking times	30 min.	35 min.

1. Insert the paddle into the bowl.
2. Chop the shallots and spread evenly inside the bowl, add the oil.
3. Aside from preparing the rest of the ingredients, cut the lean veal into small pieces and the artichokes into slices.
4. Close the lid, set the thermostat dial to position 4, press the lower heating element power button and press the on/off button.
   Cook the sauce for 3 min., then add the meat and cook for another 4-5 min.
5. Now add the sliced artichokes, the stock, salt and pepper and continue cooking for another 23-27 min. We recommend mixing by hand at least once to obtain a perfect result.

SALMON IN PASTRY WITH SPINACH

Ingredients:	FH1163/FH1363
Fillet of salmon	350 g
Pre-cooked spinach	200g
Pine nuts	20 g
Rolled pastry	2
Butter	20 g
Garlic	1 clove
Salt	to taste
Pepper	to taste
Eggs	1
Serves	6
Preparation time	20 min.
Cooking time	45 min.

1. Remove the paddle from the bowl.
2. Place the previously salted and peppered fillet of salmon inside the bowl (placed with the skin down).
3. Close the lid, set the thermostat dial to position 3, press the lower heating element power button and press the on/off button.
   Cook for 15 min.; when cooked, remove from the bowl and leave to cool.
4. Insert the paddle into the bowl and add the butter, a clove of garlic, the pre-boiled spinach, the pine nuts, salt and pepper and press the lower heating element power button and press the on/off button. Set the thermostat dial to position 4. Cook for 5 min.
5. Roll out the dough (with the greaseproof paper underneath) on a work surface; place the salmon at the centre of the pastry (removing the skin when cooled), cover with the spinach and pine nuts.
6. Brush all 4 sides with the beaten egg and cover with the other sheet of pastry to form a strudel; join the sides well and cut away the excess pastry.
7. Make small cuts in the dough to allow the steam to escape during cooking and brush with the egg.
8. Place the 'strudel' with the greaseproof paper underneath inside the bowl (without the paddle), close the lid, set the thermostat dial to position 3, press the lower heating element power button and press the on/off button.
9. Bake for 20-25 min. depending on the desired degree of browning. Wait until it cools down a little before cutting into slices.

STUFFED CUTTLEFISH

Ingredients:	FH1163/FH1363
Small cuttlefish	8
Breadcrumbs	50g
Parsley	to taste
Egg	1
Salt	to taste
Serves	4
Preparation time	10 min.
Cooking time	20 min.

1. Clean the cuttlefish, cut and separate the tentacles; in a blender, place the breadcrumbs, the parsley without the stalks, the egg, salt, a drizzle of olive oil and the cuttlefish tentacles.
2. Blend until the mixture is generally dense; fill the cuttlefish with the prepared filling.
3. Remove the paddle from the bowl.
4. Place the cuttle fish inside, close the lid, set the thermostat dial to position 3, press the lower heating element power button and press the on/off button.
5. Cook for 20 min. When cooked add a drizzle of olive oil to the cuttlefish and serve.

MARINATED PRAWNS

Ingredients:	FH1163	FH1363
Prawns	600 g	800 g
Lemon (juice)	1/2	1/2
Garlic clove	1	1
Chopped parsley	to taste	to taste
Olive oil	Level 3	Level 3
Serves	4	6
Preparation time	5 min.	5 min.
Cooking time	15 min.	20 min.

1. Wash and clean the prawns thoroughly. After drying properly, place the prawns in a casserole dish and marinate for 1 hour adding the oil, parsley and garlic.
2. Insert the paddle into the bowl.
3. Add the marinated prawns, set the thermostat dial to position 3, press the lower heating element power button and press the on/off button.
4. Cook for 15 - 20 min.

RATATOUILLE

Ingredients:	FH1163	FH1363
Aubergine	250 g	350 g
Courgettes	250 g	350 g
Red Pepper	350 g	450 g
Shallot or onion	100 g	200 g
Vine tomatoes	200 g	400 g
Garlic	1	1
Salt	to taste	to taste
Pepper	to taste	to taste
Thyme	to taste	to taste
Bay leaf	to taste	to taste
Olive oil	Level 5	Level 5
Serves	6	8
Preparation time	15 min.	15 min.
Cooking time	50 min.	60 min.

1. Wash and cut all the vegetables into large squares (except the shallots or onions and tomatoes) to a thickness of about 2 cm. Put the tomatoes in boiling water for a few seconds, then peel and cut into pieces. Slice the shallot or onion.
2. Insert the paddle into the bowl.
3. Spread the sliced shallot or onion over the base and add the oil.
4. Close the lid, set the thermostat dial to position 4, press the lower heating element power button and press the on/off button.
5. Fry the shallot or onion for 3-4 minutes, then add the peppers and some of the stock and cook for another 4-6 min.
6. Finally, add the remaining vegetables, stock, salt and pepper and cook for another 43 - 50 minutes or so.
7. We recommend that you mix the ratatouille 2-3 times with a plastic spatula during cooking to obtain the best result.

ROAST POTATOES

Ingredients:	FH1163	FH1363
Fresh potatoes (to peel)	1500 g	1750 g
Fine salt	to taste	to taste
Rosemary sprigs	2	4
Garlic cloves	1	2
Peanut oil	Level 5	Level 5
Serves	6	8
Preparation time	15 min.	15 min.
Cooking time	35 min.	43 min.

1. Peel the potatoes and cut into regular 1 cm cubes.
2. Place the potatoes under running water for a few minutes and rinse thoroughly.
3. Drain and dry thoroughly with paper towel.
4. Insert the paddle into the bowl.
5. Add the potatoes to the bowl and the right amount of oil, add salt, the rosemary and garlic.
6. Close the lid, set the thermostat dial to position 4, press the lower heating element power button and press the on/off button.
7. Cook for 35-43 minutes: serve

CARAMELISED PINEAPPLE WITH ICE CREAM

Ingredients:	**FH1163/FH1363**
Pineapple	4 slices
Butter	20 g
Brown sugar	50 grams
Vanilla ice cream / cream	
Serves	4
Preparation time	5 min.
Cooking time	18 min.

1. Clean and slice the pineapple cutting it into slices of about 1 cm.
2. Remove the paddle from the bowl.
3. Put the butter inside. Close the lid, set the thermostat dial to position 4, press the lower heating element power button and press the on/off button.
4. After 2 min. the butter will start to "bubble", then add the pineapple slices and brown them for 2/3 minutes on both sides.
5. Sprinkle with the brown sugar and continue cooking for another 10 minutes stirring them halfway through cooking.
6. Serve the caramelised pineapple in dishes, garnishing each with a scoop of vanilla ice cream or cream.

JAM TART

Ingredients:	**FH1163/FH1363**
Flour	250 g
Butter	125 g
Sugar	110 g
Eggs (1 whole and 1 yolk)	2
Salt	to taste
Jam	170g
Serves	12
Preparation time	15 min.
Cooking time	50 min.

1. Add the flour, sugar, eggs, the butter straight from the fridge in knobs and a pinch of salt to the food processor.
2. Blend all the ingredients until the dough is compact and fairly elastic. Put everything in the refrigerator to settle for at least half an hour
3. Remove the paddle from the bowl.
4. Grease and flour the base well. Roll out 2/3 of the pastry to a thickness of 3-4 mm and place it in the bottom of the bowl carefully trimming the edge.
5. Perforate the bottom with a plastic tool and spread the jam over, levelling it with a spoon
6. With the remaining dough, create strips to place crossed over the jam.
7. Close the lid, set the dial to position 2, press the lower heating element power button and press the on/off button.
8. Cook for 50 minutes. Turn off the lower heating element after 40 minutes. Once it has cooled, turn out the tart onto a plate and serve.