

EN Steam oven

Recipe Book

Electrolux

1. AUTOMATIC PROGRAMMES

1.1 Vegetables, traditional

Cookware:

- Any kind of cookware that is heat-resistant to at least 100 °C can be used.

Ingredients:

- 400 g cauliflower
- 200 g carrots
- 200 g kohlrabi
- 200 g yellow and red peppers

Method:

Rinse cauliflower and divide into florets. Peel carrots and kohlrabi and cut into bite-sized pieces. Wash the pepper and cut into strips. Place all vegetables into an open dish and cook without adding water. It is possible to do without salt and other seasonings with this method of cooking.

- Time in the appliance: 30 minutes
- Shelf position: 3

1.2 Potato Gratin

Ingredients:

- 1000 g potatoes
- 1 teaspoon each of salt, pepper and nutmeg
- 2 cloves of garlic
- 200 g grated cheese
- 200 ml milk
- 200 ml cream
- 4 tablespoons butter

Method:

Peel potatoes, slice thinly, dry and then season.

Rub an ovenproof baking dish with a clove of garlic and then grease the dish with a little butter.

Spread half of the seasoned potato slices in the dish and sprinkle some of the grated cheese over them. Layer the rest of the potato slices over this and spread the rest of the grated cheese on top.

Crush the second clove of garlic and beat it together with the milk and the cream. Pour the mixture over the potatoes and spread the rest of the butter in small knobs on the gratin.

- Time in the appliance: 70 minutes
- Shelf position: 2

1.3 White Bread

Ingredients:

- 1000 g flour
- 40 g fresh yeast or 20 g dried yeast
- 650 ml milk
- 15 g salt

Other:

- Baking tray which has been greased or lined with baking parchment

Method:

Place flour and salt in a large bowl. Dissolve the yeast in tepid milk and add to the flour. Knead all ingredients into a workable dough. Depending on the qualities of the flour, a little more milk may be required to achieve a workable dough.

Leave the dough to rise until it doubles in volume.

Cut the dough into two, make into two long loaves and place on the baking tray which has been greased or covered with baking parchment.

Leave the loaves to rise again by half their volume.

Before baking, dust them with flour and with a sharp knife cut 3 - 4 diagonal lines, at least 1 cm deep.

- Time in the appliance: 55 minutes
- Shelf position: 2

1.4 Poached Fish (Trout)

Ingredients:

- 4 trout of 250 - 300 g each
- lemon juice, pepper, salt

Method:

Wash the trout well inside and out, sprinkle with lemon juice, season and place in stainless steel dishes with punched inserts, with 2 trout per dish. Serve with toasted flaked almonds.

Steamed trout variation: Before the trout are placed in the stainless steel dishes with colander insert, pour hot water and vinegar over them.

- Time in the appliance: 25 minutes
- Shelf position: 3

1.5 Roast Beef

Settings:

Automatic core temperature sensor.

Core temperature: 65 °C.

Method:

Season meat to taste, insert the core temperature sensor and place in an ovenproof dish.

- Shelf position: 2

1.6 Whole Chicken

Settings:

Automatic weight. Setting range for the weight between 900 and 2100 g.

Method:

Place chicken in an ovenproof dish and season to taste. After about 30 minutes, turn the roast. The display shows a reminder.

Shelf position: 2

- Time in the appliance: 90 minutes
- Shelf position: 2

1.7 Pizza

Ingredients for the dough:

- 14 g yeast
- 200 ml water
- 300 g flour
- 3 g salt
- 1 tablespoon oil

Ingredients for the topping:

- 1/2 small tin tomatoes, chopped (200 g)
- 200 g cheese, grated
- 100 g salami
- 100 g cooked ham
- 150 g mushrooms (tinned)
- 150 g Feta cheese
- oregano

Other:

- Baking tray, greased

Method:

Crumble yeast into a bowl and dissolve in the water. Mix the salt into the flour and add it with the oil to the bowl.

Knead the ingredients until a workable dough that does not stick to the bowl is produced. Then leave the dough to rise in a warm place until it doubles in volume.

Roll out the dough and place on the greased baking tray, prick the bottom with a fork.

Place the ingredients for the topping on the base in the order given.

- Time in the appliance: 25 minutes
- Shelf position: 2

1.8 Muffins

Ingredients:

- 150 g butter
- 150 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- zest of one unwaxed lemon
- 2 eggs
- 50 ml milk
- 25 g cornflour
- 225 g flour
- 10 g baking powder
- 1 jar of sour cherries (375 g)
- 225 g chocolate chips

Other:

- Paper cases, approximately 7 cm diameter

Method:

Cream together butter, sugar, vanilla sugar, salt and the zest of one unwaxed lemon. Add eggs and cream together again.

Mix the cornflour, flour and baking powder and fold into the mixture with the milk.

Drain sour cherries and fold into the mixture with the chocolate chips.

Put the mixture into the paper cases, put cases onto a baking tray and put in the appliance. Use muffin tray if available.

- Time in the appliance: 40 minutes
- Shelf position: 3

1.9 Quiche Lorraine

Ingredients for the pastry:

- 200 g flour
- 2 eggs
- 100 g butter
- 1/2 teaspoon salt
- a little pepper
- 1 pinch nutmeg

Ingredients for the topping:

- 150 g grated cheese
- 200 g cooked ham or lean bacon
- 2 eggs
- 250 g sour cream
- salt, pepper and nutmeg

Other:

- Black baking tin, greased, diameter 28 cm

Method:

Place flour, butter, eggs and spices in a mixing bowl and mix to a smooth pastry. Put the pastry in the fridge for a few hours.

Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork.

Spread the bacon on the pastry.

To make the filling, mix the eggs, the sour cream and the seasoning together. Then add the cheese.

Pour the filling over the bacon.

- Time in the appliance: 40 minutes
- Shelf position: 2

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