EN **Recipe Book**
Microwave Oven

RECIPE BOOK



AEG

1. AUTOMATIC PROGRAMMES

WARNING!
Refer to Safety chapters.

1.1 Automatic programmes

The automatic programmes give optimum settings for each type of meat or other recipes.

- Recipe Automatic (menu: Assisted Cooking) — This function uses predefined values for a dish. Prepare the dish according to recipe from this book.

1.2 Categories

In the Assisted Cooking menu the dishes are divided into several categories:

- Defrost
- Cooking/Melting
- Poultry/Meat/Fish
- Pie/Casserole/Gratin
- Desserts

2. DEFROST

2.1 Defrost Fish

Place the frozen fish on an upturned plate, and put the plate inside a container to allow the melted water to run off without soiling the inside of the microwave.

Check food regularly during defrosting and turn it several times. As the fish defrosts, carefully separate pieces of fish if frozen into a block.

- Time in the appliance: weight dependent
- Shelf position: 1

After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

2.2 Defrost Poultry

Put the food to be defrosted on an upturned plate, and put the plate into a container to allow the melted water to run off without soiling the appliance.

Check food regularly during defrosting and turn it several times. Cover exposed fatty areas like legs and wing tips with aluminium foil.

- Time in the appliance: weight dependent
- Shelf position: 1

After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

2.3 Defrost meat

Put the frozen meat on an upturned plate, and put the plate into a container to allow the melted water to run off without soiling the appliance.

Check food regularly during defrosting and turn it several times. As the food defrosts, carefully break up mince or pieces of meat frozen into a block.

- Time in the appliance: weight dependent
- Shelf position: 1

After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

2.4 Defrost Bread

Place the bread on kitchen towel on a plate.

Turn the bread several times during defrosting.

- Time in the appliance: weight dependent
- Shelf position: 1

After defrosting, allow the food to stand at room temperature for a period roughly equivalent to the defrosting time.

3. COOKING/MELTING

3.1 Fresh vegetables

Put chopped vegetables into a microwave-proof dish and add approximately 50 ml water. Cover the dish (lid or microwave cling film).

Turn the vegetables several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: 1

Tip: If the vegetables are very crunchy set a lower weight. If the vegetables are too soft set a higher weight.

3.2 Frozen vegetables

Put frozen vegetables into a microwave-proof dish and add approximately 50 ml water. Cover the dish (lid or microwave cling film).

Turn the vegetables several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: 1

Tip: If the vegetables are very crunchy set a lower weight. If the vegetables are too soft set a higher weight.

3.3 Braise onions

Cut onions into strips and put into a microwave-safe dish with 1 tablespoon butter or oil. Cover the dish (lid or microwave cling film).

Turn the vegetables several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: 1

3.4 Potatoes in their jacket

Put potatoes into a microwave-proof dish and add approximately 100 ml water.

Cover the dish (lid or microwave cling film).

Turn the potatoes several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: 1

3.5 Rice

Put rice (parboiled) into a microwave-safe dish and add water to a ratio of 1:2 (=100 g rice and 200 ml water). Season to taste. Add flakes of butter, steamed onions or herbs. Cover the dish (lid or microwave cling film).

Turn the rice several times during cooking.

- Time in the appliance: weight dependent
- Shelf position: 1

3.6 Melting chocolate

Cut the chocolate into pieces and place in a dish. Cover the dish (lid or microwave cling film).

Stir the chocolate several times as it melts.

- Time in the appliance: weight dependent
- Shelf position: 1

3.7 Melting Butter

Cut the butter into pieces and place in a dish. Cover the dish (lid or microwave cling film).

Stir the butter several times as it melts.

- Time in the appliance: weight dependent
- Shelf position: 1

4. POULTRY/MEAT/FISH

4.1 Chicken Wings

Ingredients:

- 1 kg chicken wings

Marinade:

- 2 tablespoon oil
- 2 tablespoon soy sauce
- 1 tablespoon mustard
- 1 clove of garlic, crushed
- rosemary
- thyme
- freshly ground black pepper
- corn starch

Method:

Mix the oil, soy sauce, mustard, garlic and herbs together. Cover the chicken wings with the marinade and leave to marinate for 2 – 3 hours. Then sprinkle with a little corn starch.

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

Place a microwave-safe dish on the base to collect drips.

Turn after 10 minutes.

4.2 Chicken, 2 half

Ingredients:

- 1 kg whole chicken, halved
- salt
- pepper
- herbs to taste
- oil for basting
- Time in the appliance: 30 minutes
- Shelf position: 2

Place a microwave-safe dish on the base to collect drips.

Turn after 15 minutes.

4.3 Meat loaf with herbs

Ingredients for 4 servings:

- slices of bread cut into small pieces and softened with a little hot water
- 1 onion, finely chopped and sweated in a little butter
- 1 clove of garlic, crushed
- 250 g minced beef
- 250 g minced pork
- 100 g roast veal
- 1 egg
- 1 teaspoon salt
- pepper
- paprika
- 1 tablespoon chopped parsley
- 1 teaspoon finely chopped rosemary
- 1 teaspoon thyme leaves
- 4 slices of bacon, for covering

Method:

Mix all the ingredients well, shape into a meatloaf and place in a microwave-safe, fireproof dish. Cover with slices of bacon.

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

4.4 Fish fillet in Cream Sauce

Ingredients for 4 people:

- 400 g fish fillet (brook trout or rainbow trout)
- 20 g cooking oil
- 250 g onions, cut into rings
- 6 tablespoon crème fraîche (sour cream)
- paprika powder, sweet
- lemon
- salt

Method:

Sweat the onions in a pan with the oil until transparent. Then put into a buttered baking dish.

Clean the fish fillets, drizzle with lemon, salt and place in the dish on top of the onion rings. Mix crème fraîche with paprika, to taste, and pour this sauce over the fish fillets. Salt lightly.

- Time in the appliance: 12 minutes
- Shelf position: 1

Turn the dish after half the cooking time has elapsed.

4.5 Lemon sole rolls

Ingredients:

- 4 sole fillets
- juice of half a lemon
- salt, freshly ground black pepper
- 100 g leaf spinach, frozen, thawed
- 1 clove of garlic
- 2 tablespoon white wine
- 50 ml cream
- 1 egg yolk

Method:

Drizzle the fish fillets with lemon juice and season with salt and pepper. Squeeze out the spinach and season with garlic. Cover the sole fillets with the spinach and roll into a cylinder. Place in a buttered baking dish ensuring that the thin ends of the fillets are folded under. Drizzle the rolls with white wine.

Whisk the cream and egg yolk together and salt lightly. Spoon over the fish rolls.

- Time in the appliance: 17 minutes
- Shelf position: 2

5. PIE/CASSEROLE/GRATIN

5.1 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: 45 minutes
- Shelf position: 1

5.2 Chicory Gratin

Ingredients:

- 8 medium-sized chicories
- 8 slices cooked ham
- 30 g butter
- 1.5 tablespoons flour
- 150 ml vegetable stock (from the chicory)
- 5 tablespoons milk
- 100 g grated cheese

Method:

Halve the chicory and cut out the bitter core. Then wash carefully and steam for 15 minutes in boiling water.

Take chicory halves out of the water, refresh in cold water and put the halves together again. Then wrap each one in a slice of ham and place in a greased baking dish.

Melt the butter and add flour. Sautée briefly and then pour in vegetable stock and milk and bring to the boil.

Stir 50 g cheese into the sauce and pour over the chicory. Then sprinkle the rest of the cheese over the dish.

- Time in the appliance: 19 minutes
- Shelf position: 1

5.3 Stuffed canneloni

As a starter for 4 people

As a main course for 2 people

Ingredients:

- 1 onion, finely chopped
- 1 teaspoon margarine
- 1 clove of garlic
- 1 packet of frozen leaf spinach (300 g)
- 100 g grated cheese
- 1 tin tomatoes (400 g)
- 10 cannelloni tubes (uncooked)
- instant stock mix
- salt
- white pepper
- oregano
- paprika
- nutmeg

Method:

Sauté the onions in margarine in a pan. Add the frozen spinach and stir occasionally as the spinach melts. Continue cooking for approximately 5 minutes, season with 50 g grated cheese, white pepper, instant stock mix, crushed garlic clove and nutmeg. Bring to the boil and cook for 3 - 4 minutes. Fill the cannelloni with the mixture.

To make the tomato base, pour the contents of the tin into a long baking dish, crush the tomatoes using a fork,

and season with salt, white pepper, oregano and paprika.

Position the stuffed cannelloni on the tomato base and sprinkle with the remaining cheese.

- Time in the appliance: 30 minutes
- Shelf position: 1

5.4 Stuffed mushrooms

Ingredients for 3 people:

- 6 large mushrooms
- 1 tablespoon butter
- salt
- pepper
- lemon juice
- 1 small beef tomato, chopped, about 150 g
- 1/2 bunch parsley, chopped
- several basil leaves, chopped
- 1 slice of white bread, torn into pieces
- 75 g Gorgonzola, cubed
- 3 tablespoons cream

Method:

Clean the mushrooms. Then twist out the stalks and cut into small dice. Season with salt and pepper and drizzle over the lemon juice.

Mix the seasoned mushroom stalks with the beef tomato, parsley and basil, bread, gorgonzola and cream, then season with salt and pepper. Stuff the mushroom caps and place in a buttered baking dish.

- Time in the appliance: 15 minutes
- Shelf position: 1

5.5 Stuffed tomatoes

Ingredients for 2 people:

- 4 large tomatoes, each approximately 300 g
- 1 small courgette, approximately 80 g
- 60 g mushrooms
- 1 shallot
- 2 tablespoons oil
- 100 g cooked rice
- 50 ml vegetable bouillon
- 75 g mozzarella
- 1 tablespoon chopped parsley
- salt
- freshly ground black pepper

Method:

Cut a lid off each of the tomatoes. Using a teaspoon scoop out the inside to leave an edge of approximately 1 cm. Chop the tomato flesh finely. Prepare the courgette and cut it into cubes. Cut the mushrooms into slices. Peel and finely chop the shallots.

Heat the oil in a pan. Sauté the shallots. Add the courgette and mushrooms and sauté briefly. Add the rice, chopped tomato and bouillon and cook for 5 minutes. Cut the mozzarella into small dice. Add the mozzarella and parsley to the rice and season with salt and pepper. Stuff the tomatoes with the rice and put on the tomato lids. Place the tomatoes in a buttered baking dish.

- Time in the appliance: 15 minutes
- Shelf position: 1

Turn the dish after half the cooking time has elapsed.

5.6 Vegetable spaetzle

Ingredients for 2 people:

- 250 g fresh spaetzle
- 2 medium sticks celery, approximately 100 g
- 1 large carrot, approximately 150 g
- 1 tablespoon butter
- 50 ml bouillon
- 100 g plain cream cheese or cream cheese with herbs (e.g. Cantadou)
- salt
- freshly ground black pepper
- 1/2 bunch chives
- 30 g grated cheese, e.g. Sbrinz or Parmesan
- 100 ml single cream

Method:

Put the spaetzle into a buttered baking dish.

Prepare and dice the celery and carrot. Sauté briefly in butter in the frying pan. Add the bouillon, cover and cook the vegetables for 5 minutes. Remove the pan from the heat. Stir in the cream cheese. Season the vegetables with salt and pepper.

Pour the vegetable sauce over the spaetzle. Using scissors chop the chives over the dish. Sprinkle with the grated cheese and drizzle with cream.

- Time in the appliance: 12 minutes
- Shelf position: 2

5.7 Potato courgette gratin

Ingredients for 2 people:

- 250 g potatoes
- 200 g courgettes
- salt
- freshly ground white pepper
- 130 g mixed grated cheese (e.g. pizza mix)
- 1 small tin anchovies, 60 g
- 1 clove of garlic, crushed
- 1 shallot, finely chopped
- 150 ml full cream
- fresh herbs (e.g. basil, marjoram, oregano, thyme) or seasoning mix
- a little olive oil

Method:

Peel potatoes and slice thinly.

Wash the courgettes and dry them carefully with kitchen towel. Cut into thin slices. Lightly grease a baking dish with olive oil.

Mix the potato and courgette slices together, and season with salt and pepper. Mix in 100 g cheese, the garlic and shallots and layer in the baking dish with the anchovies.

Mix the cream with the remaining cheese. Add the finely chopped herbs or seasoning mix. Mix carefully and spoon over the dish.

- Time in the appliance: 30 minutes
- Shelf position: 1

5.8 Cheese gratin

Ingredients for 3 people:

- 8 slices of white bread
- 100 ml white wine
- 1 onion, sliced into thin rings
- 100 g grated cheese (Gruyere or Alpine cheese)
- 400 ml milk
- 3 eggs
- salt
- freshly ground black pepper
- nutmeg, freshly grated
- 100 g diced bacon, smoked
- 40 g flakes of butter
- 1 bunch of chives

Method:

Cut the bread diagonally in both directions to create 32 triangles. Place alternate layers of bread and onion rings in a flat baking dish. Drizzle with white wine.

Whisk the cheese with the milk and eggs. Season to taste and pour over the bread. Spread the bacon evenly over the dish then sprinkle flakes of butter over the top.

Scatter the chives over the dish before serving.

- Time in the appliance: 30 minutes
- Shelf position: 2

5.9 Lasagne with ham

Ingredients for 2 - 3 people:

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 300 g peeled, diced tomatoes (tinned tomatoes)
- 300 g mushrooms, cut into slices
- 1 teaspoon dried herbs, e.g. oregano or thyme
- salt
- freshly ground black pepper
- 200 g cooked ham, cut into strips
- 300 g fresh or precooked lasagne sheets
- 250 ml crème fraîche
- 50 g grated Parmesan
- butter for the dish

Method:

Heat the olive oil in a pan. Sauté the mushrooms and onion. Add the diced tomatoes, season with the herbs and cook for approximately 5 minutes. Season the sauce to taste with salt and pepper.

Butter a baking dish. Cover the base with a layer of lasagne sheets. Create alternating layers of tomato sauce, strips of ham, crème fraîche, Parmesan and lasagne sheets. Finish with Parmesan.

- Time in the appliance: 22 minutes
- Shelf position: 1

5.10 Leek casserole

Ingredients for 2 – 3 people:

- 500 g leeks
- 250 g quark (half fat)
- 50 ml crème fraîche
- 1 egg
- 50 g cheese, grated, e.g. Parmesan
- 1 clove of garlic
- salt
- freshly ground black pepper
- 2 – 3 slices ham
- 1 heaped tablespoon breadcrumbs
- flakes of butter

Method:

Cut the leeks into 1 cm thick rings and cook in boiling salted water for 5 minutes. Pour off the water and drain well. Cut the ham into strips.

Stir the quark, crème fraîche, eggs and 2/3 of the cheese together. Crush the garlic into the mixture and stir it in. Finally add the leeks and ham. Season with salt and pepper. Put into a buttered baking dish immediately.

Mix the remaining cheese and breadcrumbs together and sprinkle over the dish. Sprinkle generously with flakes of butter.

- Time in the appliance: 20 minutes
- Shelf position: 1

6. DESSERTS

6.1 Apricot cream

Ingredients for 2 people:

- 250 g apricots
- 100 ml white wine
- 2 – 3 tablespoons sugar
- 150 g mascarpone or quark (cream cheese)
- 250 ml cream
- 2 tablespoons apricot liqueur or cherry brandy

Method:

Mix the apricots with the white wine and sugar in a bowl and select the Apricot Cream programme. Leave to cool.

Beat the apricot compote to blend it thoroughly or puree using a hand blender. Stir the mascarpone or quark into the puree one spoonful at a time.

Beat the cream until still and carefully stir into the apricot cream. Add apricot liqueur or cherry brandy to give the apricot crème a gentle scent.

Put the crème in a cool place.

- Time in the appliance: 6 minutes
- Shelf position: 1

After baking:

Heat up the apricot jam and then spread on the cake using a brush; then leave to cool. Mix together icing sugar, cinnamon and hot water; then spread on the cake. Then sprinkle flaked almonds immediately onto the glazed surface of the cake.

6.2 Amaretto-peaches

Ingredients for 2 people:

- 4 tinned peach halves
- 50 g amaretti
- 1 heaped tablespoon sugar (1)
- 1 tablespoon cocoa powder
- 1 tablespoon Vin Santo (Italian dessert wine) or Grand Marnier
- flakes of butter
- 100 ml crème fraîche
- 1 tablespoon sugar (2)

Method:

Drain the peaches well and place in a well buttered baking dish. Break up the amaretti biscuits and mix with the sugar (1) and cocoa powder. Add Vin Santo to form a thick paste. Shape into 4 balls and put into the peach halves.

Serve the warm peaches with crème fraîche sweetened with sugar (2).

- Time in the appliance: 4 minutes
- Shelf position: 1

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