



Let's bring
people to
the table...

... to enjoy your
craftsmanship

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Let's bring people to the table...

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Let's bring people to the table...

Mealtimes have always been a focal point where people meet and socialize. We talk, laugh, and share knowledge and opinions around the table. The shared meal, and the taste sensations that come with it, creates a frame of reference that brings us together.

That's why we at HOUNÖ say Let's bring people to the table. With this Recipe Book, we invite you to the table to share your craftsmanship and expand your cooking horizons. We have gathered some of our best tried and true recipes for HOUNÖ ovens, which you can cook in your kitchen.

If you want more inspiration, you can receive a new HOUNÖ recipe in your inbox each month. Go to www.houno.com or e-mail cbr@houno.com to sign up for monthly recipes, tips and tricks from the HOUNÖ chefs.

We hope you will be inspired.

Happy cooking!



Vegetables



Vegetables

Baked Tomatoes



Ingredients

Tomatoes (preferably beef tomatoes)
Pepper mix
Sugar
Salt
Grill spice
Pizza spice
Olive oil



Preparation

1. Cut tomatoes in halves and put them on a tray covered with baking paper.
2. Sprinkle the tomatoes with pepper mix, sugar, salt, grill spice, pizza spice and olive oil.
3. Bake the tomatoes in the oven.



Bake according to following method:

Touch ovens

- Preheat - 160°C - 2 minutes
- Load the oven when the alarm sounds
- ClimaOptima® - 135°C - 40% humidity - 20 minutes
- ClimaOptima® - 165°C - 35% humidity - 20 minutes

Standard ovens

- Preheat - 160°C - 2 minutes
- Load the oven when the alarm sounds
- Combi Steaming 1 - 135°C - 20 minutes
- Combi Steaming 1 - 165°C - 20 minutes



Chef's Tip

You may vary the taste of the tomatoes depending on their purpose. The sugar is important to neutralise the acid in the tomatoes.

Vegetables

Coarse Ratatouille



Ingredients

3 Red bell peppers
3 Yellow bell peppers
2 Green squash
1 Aubergine
2 Cloves of garlic
15 Fresh twigs of thyme
3 tbs Olive oil
Salt and pepper



Preparation

1. Rinse the vegetables and cut them into fairly large pieces of equal size.
2. Chop garlic and thyme finely and mix with olive oil.
3. Turn vegetables in the oil mixture and season with salt and pepper.



Bake according to following method:

Touch ovens

- Preheat - 180°C - 2 minutes
- Load the oven when the alarm sounds
- ClimaOptima® - 35% humidity - 15 minutes
- 180°C Hot Air - 3 minutes - exhaust open.

Note: It may be a good idea to enter this sequence as a program in the oven to ease the workflow.

Standard ovens

- Preheat - 180°C - 2 minutes
- Load the oven when the alarm sounds
- Combi Steaming 1 - 165°C - 15 minutes
- Hot Air - 180°C - 3 minutes - exhaust open

Vegetables

Orange-Pickled Carrots



Ingredients

4 kg	Peeled carrots (including the top, if you like)
4	Oranges (the zest from 2, juice from all 4)
1	Lemon (juice)
100 g	Salted butter
2	Chilis (without seeds), thinly sliced
40 g	Peeled ginger, thinly sliced
4	Garlic cloves, thinly sliced
10	Pepper corn
2	Bay leaves



Preparation

1. Place the carrots in the tray.
2. Mix the other ingredients and pour them over the carrots.



Cook according to following method:

Standard ovens:

- Steaming - 85°C - 1 1/2 hours.

Touch ovens:

- ClimaOptima® - 85°C - 100% humidity - 1 1/2 hours.



Recommendation of tray

Eterna® 1 1/1-GN tray, 60 mm



Chef's Tip

If you cook vegetables at a low temperature for a long time, you achieve perfectly al dente products with a nice taste.

If you own a vacuum machine, you may vacuum the entire dish to achieve a more intense taste.

Vegetables

Piccalilli with Curry



Ingredients

600 ml	White wine vinegar
500 g	Sugar
100 g	Flour
4 tsp	Salt
20 ml	Water
20 g	Curry powder
1/2	Cauliflower
3	Large carrots
5	Onions
1/2	Celeriac
100 g	Dijon mustard



Preparation

1. Mix vinegar, sugar, flour, water, curry powder, and salt. Make sure there are no lumps.
2. Wash and cut the vegetables into small pieces, about 1 cm cubes.
3. Put all vegetables into Kilner jars and pour in the spice mix until they are totally covered, seal the jars.
4. Place the jars on a steaming tray and put it in the oven.
5. Let the jars cool down to room temperature, then put them in the fridge.



Cook according to following method:

- Steaming - 95°C - 6 minutes
- Fill oven
- Steaming - 95°C - 2 hours



Chefs tip

This pickle is a delicious accompaniment to meat and poultry. You can change the vegetables or add to the spice mix for different results. For example, switch curry powder with paprika or fennel for the cauliflower.

Vegetables

Pickled Mushrooms



Ingredients

2 kg	Mushrooms
4	Lime fruits
2	Cloves of garlic
4 tbs	Grill spice
10-14	Slices of preserved ginger
2 tbs	Pepper mix
1/2 tbs	Cumin
3 dl	Olive oil
10	Stalks of rosemary



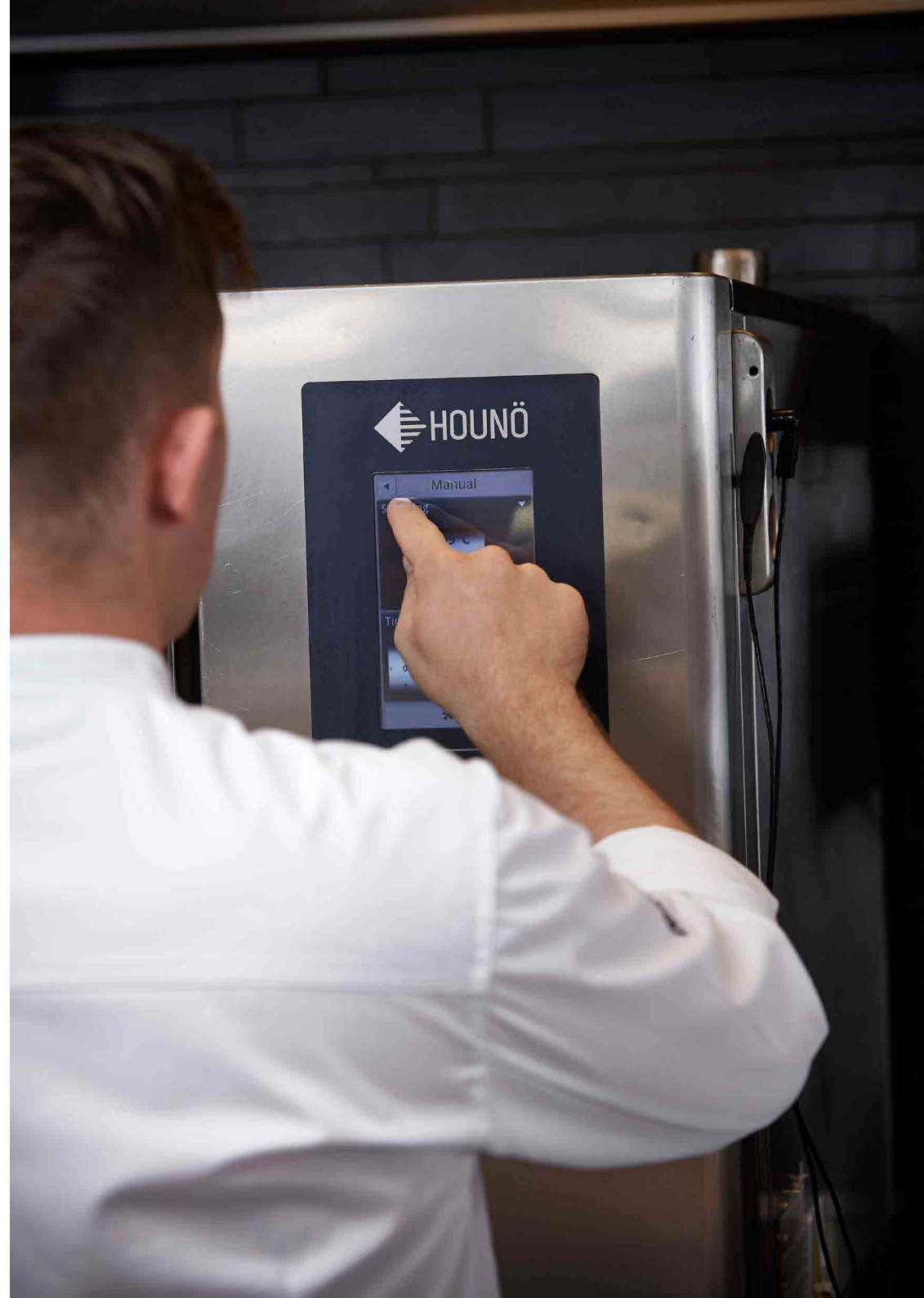
Preparation

1. Wash and drain mushrooms.
2. Juice lime fruits and finely chop peels.
3. Chop garlic, ginger and rosemary.
4. Mix all ingredients to a marinate and add the mushrooms.
5. Cook in the oven.
6. Serve with poultry, fish or meat.



Cook according to following method:

- Preheat - 225°C
- Roast mushrooms- 200°C - 15 minutes - exhaust open



Vegetables

Pickled Pearl Onions Sous Vide



Ingredients

500 g	Fresh pearl onions
1 tsp	Salt
3	Sprigs of rosemary
1	Bay leaf
1 tbs	Acacia honey
50 g	Butter
10	Whole peppercorn
1 dl	Chicken stock
2 tbs	White balsamic vinegar



Preparation

1. Cut off the roots and steam onions at 100°C for 2-3 minutes. Place onions in ice water.
2. Peel onions and put them in a vacuum bag with the other ingredients.



Cook according to following method:

- Steam in vacuum bag - 90°C - 35 minutes



Chef's tips

To give the onion a light taste of grill, grate some "coal" to the pickles.

To make "coal", divide 2 zittauer onions into pieces and bake until they are burned at 220°C Hot Air with the exhaust open.

It might be a good idea to reduce the fan speed or put a lid on the container so that the onions stay in the container.

Cool down the burned onions and keep them in an airtight box.

Just before serving, grate the "coal" over the pickled onions through a sieve.

The "coal" can also be used to give fish and poultry a light taste of grill. As an alternative to onions, you can use leeks.

Vegetables

Potato Rösti



Ingredients

5	Baking potatoes
8	Sprigs thyme
50 ml	Olive oil
	Salt and pepper



Preparation

1. Peel and grate the potatoes into a mixing bowl.
2. Pick the thyme leaves and add to the potatoes. Season with salt and pepper.
3. Let the mix stand for 10 minutes. Then squeeze out the excess liquid and transfer the mix to a clean bowl.
4. Add the olive oil and mix well. Divide the mix into 8 portions.
5. Brush a multi-tray with olive oil. Fill the rösti mix into the tray keeping nice, neat, and round portions.



Bake according to following method:

- Preheat - steam function - 5 minutes
- Fill oven
- Steam - 8 minutes
- CombiSmart® 175° C - 30% humidity - 12 minutes
- Hot Air - open exhaust - 190° C - 3 minutes



Recommendation for tray

Eterna® Multi-tray



Chef's Tip

You can add other herbs to the mix; rosemary gives a nice aroma. You can also replace half of the potatoes with another vegetable, for an example carrots.

Vegetables

Red Cabbage



Ingredients

2	Heads of red cabbage
4 dl	Dark balsamic vinegar
2 dl	Redcurrant jelly
2 dl	Redcurrant juice
2	Sticks of cinnamon
4	Whole cloves
3	Whole star anises
300 g	Dried figs, chopped
100 g	Unsalted butter



Preparation

1. Chop the red cabbage finely and place it in a tray.
2. Mix the other ingredients, except butter and figs. Pour the mixture over the cabbage.
3. Put in the oven.
4. Sift out the juice, reduce it and add butter. Season juice, cabbage and dried figs with salt and pepper.



Cook according to following method:

- Steam - 100°C ClimaOptima® - 80% humidity - until tender

Vegetables

Roasted Butternut Squash



Ingredients

2	Butternut squash, medium size
4	Cloves of garlic
8	Sprigs thyme
	Olive oil
50g	Butter
	Salt and pepper



Preparation

1. Cut the butternut squash in halves from top to bottom. Use a spoon to remove the seeds from the inner cavity.
2. Peel and slice the cloves of garlic. Sprinkle garlic and thyme over a Eterna® tray 1/1 GN, 20mm. Splash evenly with olive oil and season the whole tray generously with flaked salt and ground pepper.
3. Put the butternut squash halves faced inside down on the trays and cook in oven.
4. Let the squash cool for 10 – 15 minutes. Then, scrape the skin away and discard it.
5. Transfer the flesh of the squash to a bowl; add butter and mash with a fork. Leave the mix a little chunky for texture. Check the seasoning and adjust if necessary.



Cook according to following method:

- Preheat - 200°C – 1 minute
- Insert tray
- ClimaOptima® – 180°C – 70% humidity – 45-60 minutes



Recommendation for tray

Eterna® tray, 1/1 GN, 20mm.



Chef's Tip

This dish makes a wonderful garnish for roasted meats. You can add crumbled feta cheese and toasted pumpkin seeds and use it as a vegetarian dish.

Vegetables

Steamed Cauliflower with Brown Butter Sauce



Ingredients

2-3	Cauliflower cut in to smaller pieces
400 g	Salted butter
1 dl	Soya sauce
2 pcs	Shallot onions, finely chopped
2 cloves	Garlic, fine chopped
50 g	Almonds, salted and chopped
50 g	Olives, chopped
50 g	Capers, small
50 g	Parsley, chopped



Preparation

1. Steam cauliflower in the oven
2. Brown the butter in a casserole and then pass away the burned particles in the bottom.
3. Mix butter with onion, garlic, almonds, olives and capers. Put them into the soya sauce.
4. Cover the cauliflower with the sauce and top it with the chopped parsley.

Note: When serving the sauce make sure not to heat up the butter too much before adding the soya mix. It is very important that the filling is not fried.



Steam cauliflower according to following method:

- Steaming function - preheat - 100°C - 100% fan speed
- Load the oven
- Steam - 7 minutes



Recommendation of tray

Eterna® perforated trays



Chef's Tip

Serve this together with fish or poultry.

Vegetables

Stewed Summer Cabbage with Serrano Ham



Ingredients

1 kg	Summer cabbage, finely sliced
4 dl	Full fat cream (37% or more)
100 gr	Serrano ham, sliced and chopped into thin strips
50 gr	Parsley, chopped
	Nutmeg
	Salt and pepper



Preparation

1. Put the cabbage in a canteen and add the cream.
2. Season with salt, pepper and nutmeg.
3. Toss the Serrano ham on the top of the cabbage.
4. Put the canteen in the oven.
5. When the cabbages is cooked at the parsley and stir before serving.



Cook according to following method:

- Preheat - CombiSmart® function - 220°C - 60% humidity
- Load the oven and set the timer for 5 minutes.



Recommendation of tray

Eterna® 1/1 GN tray, 60 mm.



Chef's Tip

If you use other types of cabbage the time may be extended. The special canteen is needed to obtain the quick cooking time.

Vegetables

Vacuumised Tomatoes



Ingredients

500 g	Cherry tomatoes
2	Cloves of garlic
10	Thyme twigs
1/2 dl	Balsamic vinegar
1 tbs	Acacia honey
10	Pink peppercorns
1	Bay leaf
2 tsp	Fine salt



Preparation

1. Wash the tomatoes.
2. Put all ingredients in a vacuum pack and vacuumise.



Cook according to following method:

- Preheat - 90°C - Steaming
- Steam - 8 minutes



Chef's Tip

If you are not going to serve the tomatoes right away, you can cool them down in an ice bath and reheat them later, or you can serve them cold.

Because the tomatoes are vacuumised, they can be kept in the fridge for as long as one week.



Fish & Seafood



Fish & Seafood

Fried Trout



Ingredients

- 1 Cleaned trout
- Wheat or rye flour
- Phase easy browning



Preparation

1. Rinse the fish and slightly dry it.
2. Roll your fish in flour and spray with Phase.
3. Place the fish on a 20 mm tray with approx. 5 cm distance between the racks.

Note: The fish will not get a colour where it is not covered with Phase. The whole fish can be sprayed by using a cooking pump/spray or a brush.



Bake according to following method:

Standard ovens

- Preheat - 260 ° C - 2 minutes.
- Fill the oven and insert the probe into the thickest part of the fish. Probe should touch the fish bone, as this is where the heat comes last
- Hot Air - 230 ° C - with exhaust open - 100% fan - probe at 65°C

Touch ovens

- Select SmartChef > Fish> Grilled> probe at 65°C > Dark in color> Start
- When preheated, the oven will signal to fill the fish. Remember the probe. The oven manages the process and let you know when it's done



Recommendation of tray:

Eterna® tray, 20 mm.



Chef's Tip

You can also use the above mentioned method of fish preparation for roasted plaice or Mediterranean fish like dorade. It is important to use the right sheets and fats for the optimal result.

Fish & Seafood

Lime-Chili Marinated Tiger Shrimps



Ingredients

- 2 kg Tiger shrimps, peeled and deveined
- 1 l Olive oil
- 3 Chili peppers, cut into rings
- 100 g Ginger, peeled and sliced
- 3 Cloves of garlic, sliced
- 3 Limes, cut into wedges
- 3 Star anises, whole
- 3 Bay leaves
- 3 Cardamoms, whole
- 3 tbs Grill spice
- 3 tbs Balsamic vinegar



Preparation

1. Mix all ingredients except for shrimps into a marinade.
2. Place shrimps on tray and put in oven.
3. Add the shrimps to the marinade while they are still warm. This helps extract the taste from the spices. Marinate 1-2 days before serving.



Bake according to following method:

Standard ovens

- Preheat - Steaming - 100°C
- Fill oven
- Steam - 4 minutes or until the shrimps reach a core temperature of 72°C

Touch ovens

- Preheat - 100°C - ClimaOptima® - 100% humidity
- Fill oven
- Steam - 4 minutes or until the shrimps have a core temperature of 72°C



Chef's Tip

You can also steam the shrimps in a basket of stainless steel, the basket will lead the heat into the shrimps faster.

Fish & Seafood

Pasta Tagliatelle 'Frutta di Mare' Lobster Bisque & Parmesan



Ingredients

1kg	Tagliatelle pasta
1l	Lobster stock
1l	Cream
	Salt and pepper
	Lemon juice
200 g	Carrots
150 g	Leeks
150 g	Onions
100 g	Parsnip
900 g	Mixed Shellfish (shrimps, mussels, squid) precooked and peeled
	Grated parmesan
	Chopped parsley



Preparation

1. Steam the tagliatelle pasta in slightly salty water. Use the pasta program on the oven.
2. Make a sauce from lobster stock and cream. Reduce it to 1,2 liters and season with salt, pepper and lemon juice.
3. Prepare vegetables in brunoise from carrots, leeks, onions and parsnip.



Plating up

50 gr of steamed pasta folded with 20 gr of brunoise and 30 gr of shellfish. Add 40 gr of sauce and plated in a UFO plate with 1 spoon of water in the bottom.

- Heat - ClimaOptima® 165°C - 35% humidity - 7 minutes

Note: Best result is achieved by covering the top of the plate.



Chefs tip

Before serving top with grated parmesan and chopped parsley.

Fish & Seafood

Poached Salmon



Ingredients

1	Side of salmon with skin
15 gr	Fine salt (per kg fish)



Preparation

1. The salmon is trimmed and the bones are removed.
2. The fish is salted and left for minimum 30 minutes to let the salt go into the fish.
3. Put the salmon with the skin facing up in a tray and put in oven.
4. When the alarm sounds from the oven, the salmon is cooked and you can easily remove the skin.



Bake according to following method:

- Preheat - Steaming function - 65°C - 50% fan speed
- Then load the oven and insert the probe (optional extra at standard ovens) in the thick part of the salmon - probe temperature 54°C



Chefs tip

If you want to serve the fish at a higher core temperature, avoid increasing oven temperature too much. E.g. if you want a core temperature at 75°C have the oven set at 80°C. This way you avoid drying out the fish.

Poultry



Poultry

Chicken Breast Cordon Bleu with Serrano Ham & Brie



Ingredients

- 10 Chicken breast halves
- 250 g Brie cheese (preferably of a solid consistency)
- 10 Slices of serrano ham
- 1 tbs Finely chopped rosemary
- 4 Eggs and breadcrumbs
- Milda easy browning



Preparation

1. Cut the cheese into rectangular pieces and wrap them in slices of Serrano Ham. Sprinkle with finely chopped rosemary.
2. Make a small "pocket" in the chicken breast under the inner fillet.
3. Place the ham-cheese package in the pocket and close the chicken breast.
4. Season with salt and pepper and coat in flour, eggs and breadcrumbs.
5. Grease the tray. Place chicken breasts on tray and sprinkle/brush with fat.
6. Bake in oven



Bake according to following method:

- Preheat - Hot Air - 270°C
- Apply a core temperature probe - 75°C
- Insert tray and roast - 225°C - exhaust open- 10-14 minutes depending on the size of the chicken pieces.



Recommendation of tray

Eterna® tray, 20 mm.



Chef's Tip

As an alternative to coating the chicken with flour, eggs and breadcrumbs, you may turn the chicken in a small amount of the special browning fat and then turn them in the breadcrumbs. This way, you get less handling, more efficiency and a thinner crust.

Poultry

Fried Eggs



Ingredients

- Eggs
- Oil



Preparation

1. Glaze a multi-tray with a little oil, crack the eggs and place one egg in each hole.
2. Bake in the oven.
3. Leave the fried eggs in the tray for 1/2 -1 minutes before serving.



Recommendation of tray

Use Eterna® enamelled Multi-tray to fry eggs in your Combi oven.



Bake according to following method:

- Preheat - 230° C - 2 minutes
- Fill the oven
- Hot Air 210° C - open exhaust - 4 minutes - 60% fan speed

Note: For touch ovens, you can take advantage of the RackTimer® funktion to manage the preparation time for each tray. This means that you can fry eggs on a continuous basis rather than having a complete oven load ready at the same time.

Poultry

Omelettes with Salmon & Herbs

8 portions



Ingredients

200 g	Salmon in small cubes
5 pcs	Eggs
1,5 dl	Cream
100 g	Red onion, chopped
	Parsley
	Oil
	Salt and pepper



Preparation

1. Beat eggs and cream together with salt and pepper.
2. Divide salmon, red onion and parsley in a multi-tray.
3. Pour in the eggs mixture in and bake in oven.



Bake according to following method:

- Preheat - 200° C - 1 minute
- Note - Insert product
- ClimaOptima® - 170° C - 30% humidity - 5 minutes



Recommendation of tray

Eterna® Multi-tray.



Chefs tip

You can use different kinds of filling. It is a good way to use leftovers from the fridge.



Poultry

Poached Eggs



Ingredients

Eggs
Olive oil
Cling film



Preparation

1. Put two layers of cling film closely together in a square 10x10 cm (important to avoid air bubbles in between).
2. Brush the layers with olive oil in the center and crack the egg on the oil.
3. Fold the sides up and around the egg and bind them together. Again it is important to avoid air between the egg and the cling film.
4. Put eggs onto a tray and put it in the oven.
5. When the eggs are steamed, let them rest for a minute before using scissors to open the bag and serve the egg.



Bake according to following method:

- Preheat - Steaming function - 100° C - 100% fan speed.
- Load the ovens and set the time for 7 minutes for soft boiled eggs and for 9 minutes for hard boiled.



Recommendation of tray

Eterna® perforated trays (baguette trays are ideal as they help shaping the eggs).



Chef's Tip

To avoid cracking the egg yolk, use a flat surface to crack the egg on. Touch ovens, use the RackTimer® function to make eggs e.g. in a la carte serving.

Poultry

Roasted Duck



Ingredients

- 1 Whole duck
- Salt



Preparation

1. Remove the duck from any packaging making sure there are no giblets inside the duck cavity.
2. Rub a generous amount of salt into the skin of the duck.
3. Put on a tray and cook in the oven.

Note: The skin of the duck will be brown and crispy while the inner meat will be moist. Depending on the size or breed of the duck, you may wish to cook the bird for a slightly longer time in the final step to ensure a crispy skin.



Cook according to following method:

- Preheat – 175°C – 1 minute
- Note – insert duck, remember probe
- CombiSmart® – 140°C – core temperature 75°C – 40% fan speed – 20% humidity
- Hot Air – 225°C – core temperature 86°C – 100% fan speed – open exhaust



Recommendation of tray

Eterna® 2/3 GN tray, 60mm.



Chefs tip

Stuff the cavity of the duck with some chopped apples and prunes for a Christmas style roast.

Poultry

Chicken Consommé

5 litres stock



Ingredients

- 2 Chicken breasts, skinless
- 2 Carrots
- 1 Onion
- 4 Cloves garlic
- 2 Celery sticks
- 10 White peppercorns
- 2 Sprig of thyme
- 1 Bay leaf
- 500 g Egg whites



Preparation

1. Make this consommé with some rich beef stock, you can use chicken or veal stock to lighten the flavour if you wish. Put the stocks into a deep 1/2 GN tray, do not use a shallow tray.
2. Blend the chicken breasts and salt, add the chopped carrots, onion, garlic and celery.
3. Slowly add the egg whites and mix in till combined (not too much) then add peppercorns, thyme and bayleaf.
4. Whisk the clarification mixture into the stock when cold, mix well.
5. Put the consommé into a cold oven and cook overnight
6. Remove from oven and set the container on a plate at an angle to cause the consommé to run toward one corner, using a spoon remove the set mix from that corner so you can access the clear consommé below.
7. Use a ladle to spoon the liquid into a sieve lined with muslin or a tea towel.



8. Check and correct seasoning while still warm. Add a drop of red wine vinegar for flavour.

Cook according to following method:

- Steam 100% - 1 hour
- CombiSmart® – 80°C - 80% humidity - continuous
- Leave the consommé to cook overnight, the humidity in the cabinet will prevent the stock from evaporating so no yield will be lost.



Recommendation of tray

Eterna® deep 1/2 GN tray.



Chef's Tip

Take your time when passing the consommé through the muslin, it will take a while but it will be crystal clear. You can use any type of stock for a different consommé, this consommé goes very well with a poached egg.

Meat



Meat

Béarnaise Sauce



Ingredients for Béarnaise reduction

- 500 ml White wine vinegar
- 250 ml White wine
- 3 Shallots
- 4 Tarragon sprigs
- 1 tsp Peppercorns



Preparation

1. Mix all ingredients together.
2. Put in the oven - Hot Air 230°C - 20-25 minutes to reduce by 50%.
3. Chill the remaining liquid and keep in the fridge.



Ingredients Béarnaise Sauce

- 35 g Béarnaise reduction
- 35 g Water
- 4 g Salt
- 65 g Pasteurised egg yolks
- 125 g Butter
- 3 Sprigs of tarragon



Preparation

1. Mix together the egg yolk, reduction, water and salt thoroughly, place into a vacuum bag and add the diced butter.
2. Vacuum pack the mix; remove the air and seal the bag.
3. Place bag in oven.
4. Remove the bag from oven and empty the mix into a food processor. Pulse the mix and it will come together to form a smooth sauce. Finish with chopped tarragon leaves.



Cook according to following method:

- Preheat- steam - 65°C
- Insert the bag - cook minimum 25 minutes



Chef's Tip

You can also use a mixing machine with the whisk attachment. Don't blend too aggressively as it may cause the sauce to split. Béarnaise sauce goes great with the grilled steak, which is also in the recipe book.

Meat Grilled Steaks



Ingredients

Fillet steaks of beef (200 g)
Salt and pepper



Cook according to following method:

- Preheat - 250°C - 2 minutes
- Roast steaks at 225°C Hot Air - exhaust open
- Core temperature: 62°C



Recommendation of tray

We recommend using HOUNÖ's Eterna® grilling grids for the roasting of steaks as they leave distinctive grilling marks on the meat. Furthermore, the grilling grids are easy to handle as you can use them in a preheated oven directly from cold storage. Always remember to preheat the oven to get the grill marks, and load the oven quickly.

Apart from steaks, you can grill salmon, chicken, turkey, etc. with the tray.



Chef's Tip

It is always a good idea to use the core temperature probe to avoid overdoing the steaks. Alternatively, you may also roast the steaks at 225°C Hot Air for 8 minutes.

Meat Roast Beef with Delta-T



Ingredients

Roast beef



Preparation

1. Place the roast beefs on grills and place the grills in the rack as follows: the first one in the middle, the second one above the first one, the third one below the first one, the fourth one above the second one, etc.



Cook according to following method:

Standard ovens

- Brown the roast beefs in the oven or in a pan
- Cook at 75°C Combi 1 - core temperature reaches 57°C

Touch ovens

- Preheating - 240°C - 2 minutes
- Stop - Load oven with products
- Hot Air - 210°C - 8 minutes - exhaust open
- Cooling to 45°C
- Reheating - Delta-T at 57°C - 30% fan speed



Chef's Tip

This recipe is particularly suited for SmartTouch® Combi ovens, as these ovens are equipped with the Delta-T function, which ensures exceptionally tender and juicy roasting results.

Load the oven quickly, so that only a minimum of heat escapes from the oven chamber.

Meat

Pork Shank “Cook & Hold”



Ingredients

Pork legs



Preparation

1. Place fresh pork legs on a grill (no more than 4 legs on each grill) and place grill on a tray.
2. Put in the oven.



Cook according to following method:

Touch ovens:

- Preheat - ClimaOptima® 100°C - 100% humidity - 5 minutes
- Place tray with pork legs in oven
- ClimaOptima® 100°C - 100% humidity - 10 minutes
- Take pork legs out of oven and score skin. Leave oven door open
- Reheat with core temperature probe set at Cook & Hold and core temperature at 75°C
- Insert core temperature probe in the thinnest part of the leg and close the oven door. The oven keeps the meat at the core temperature until it is stopped
- Take pork legs out of oven
- Preheat oven at 260°C - 2 minutes
- Roast pork legs - 15 minutes - ClimaOptima® 235°C - 40% humidity



Chef's Tip

Roasting overnight makes the meat particularly tender and juicy, with a nice colour. If you roast overnight, you start out with less meat but the end product weighs the same as had the meat been roasted the traditional way.

Meat

Roast Ham with Honey & Cloves



Ingredients

- | | |
|-------|---|
| 1 | Boneless ham, cooked at low temperature |
| | Honey |
| | Cloves |
| 1/2 l | Water |



Preparation

1. Cut ham surface in diamond pattern, insert whole clove in each diamond.
2. Put in a tray and cover ham with melted honey.
3. Pour 1 1/2 liter of water in a bottom of a tray.
4. Put in oven.



Cook according to following method:

- Preheat - CombiSmart® - 200°C - 3 minutes
- Fill oven
- CombiSmart® - 150°C - 100% fan speed- 30% humidity
- Cooking time 1 hour and 30 minutes



Recommendation of tray

Eterna® 1/1 GN tray.



Chef's Tip

This recipe is a perfect for front cooking and creates warm atmosphere at a moderate cost. You can serve roast ham with a mustard sauce.

Meat

Spareribs with BBQ



Ingredients

10 pcs	Fresh spareribs	35 g	Liquorice syrup
300 g	Ketchup	30 g	Smoked Paprika
100 g	Honey	50 g	Dijon mustard
300 g	Brown sugar	5 g	Chili powder
150 g	Apple vinegar	8 g	Garlic powder
150 g	Sweet chili sauce	3 g	Ginger powder
100 g	Soy sauce	10 g	Celery salt
50 g	Hot sauce	5 g	Lemon pepper
35 g	Salt		
60 g	Coffee		



Preparation

1. Mix all ingredients but the spareribs in a bowl and stir until there are no lumps.
2. Spread the BBQ sauce on the ribs in a thin layer and cook in the oven (1/2). When finished put the ribs in the refrigerator.
3. Spread the ribs generously with BBQ sauce and cook in oven a second time (2/2). When the ribs are done, brush more BBQ sauce for a shiny glazed finish.



Cook in touch ovens according to following method (1/2):

- To cook the ribs go to the main screen press "recipes" then press "pork". Scroll down to "spareribs / preparation".

Cook in touch ovens according to following method (2/2):

- Form the main screen push "recipes" then "pork" then scroll down to "spareribs / grilling".



Chefs tip

Add your favourite flavour to the BBQ sauce and make the recipe unique.



Desserts



Desserts

Baked Plums with Saffron



Ingredients

30	Plums
750 g	Sugar
1 tbs	Vanilla sugar or 2 vanilla sticks
4	Whole star anises
10	Threads saffron
1 l	Water



Preparation

1. Cut the plums in half lengthwise and remove the stone.
2. Place them in a tray cut side up. Sprinkle with sugar and vanilla.
3. Pour water with crushed saffron and star anises into the tray.
4. Bake in the oven.



Bake according to following method:

Standard ovens

- Preheat - 160°C - 2 minutes
- Load oven when alarm sounds
- Combi Steam 1 - 145°C - 25 minutes

Touch ovens

- Preheat - 160°C - 2 minutes
- Load oven when alarm sounds
- ClimaOptima® -145°C - 40% humidity - 25 minutes



Recommendation of tray

Eterna® 65 mm tray



Chef's Tip

Serve with stirred vanilla ice in a shell of chocolate and cover with syrup made by reducing the brine from the plums.

Desserts

Baked Cheesecake



Ingredients

1 pack	Blended digestive biscuits
50 g	Melted butter
500 g	Cream cheese
70 g	Cream
4	Eggs (beaten)
30 g	Cornflour
200 g	Sugar



Preparation

1. Mix the melted butter with the crumbed biscuits. Line the base of a 25cm tart ring with greaseproof paper and place it on a baking tray.
2. Push the crumb mix tightly into the edges and make sure the whole base is well packed down to about 2mm thickness.
3. Mix cream cheese, cream and cornflour in a bowl with a rubber spatula.
4. Beat the eggs and sugar together till sugar is dissolved, mix into the cream cheese until the cream is smooth.
5. Pour the cream into the tart ring, give the tray a few taps and leave to settle for 5 minutes (air pockets, which rise to the top, can be popped with the tip of a knife).



Cook according to following method:

- Preheat - 160°C - 1 minute
- Note - insert product
- Hot Air - 140°C - 50 minutes

Note: The cheesecake should still have a wobble in the centre. Leave to stand and rest for an hour before refrigerating. Glaze the top with a blow-torch for a nice finished effect.



Chef's Tip

Make a fruit compote with your favourite berries by cooking them with a little sugar and lemon juice and serve spooned generously on the side.

Desserts

Brownies

40 pieces



Ingredients

525 g	Walnuts
975 g	Dark chocolate
675 g	Butter
975 g	Brown sugar
9	Eggs
4	Double espresso coffees
75 g	Flour



Preparation

1. Melt butter and chocolate.
2. Whip brown sugar, espresso coffees and eggs well.
3. Stir chocolate and butter in the dough.
Toss the flour and the walnuts in the chocolate dough.



Bake according to following method:

- Hot Air - 150°C - 25 minutes



Recommendation of tray

The 40 pieces will fit on a 1/1 GN Eterna® tray.

Desserts

Cantuccini



Ingredients

150 g	Butter
100 g	Toasted chopped hazelnuts
250 g	Sugar
100 g	Honey
20 g	Vanilla sugar
1	Egg
350 g	Flour
1 1/2 tsp	Baking powder
1	Lemon zest
1	Orange zest
100 g	Dark chocolate nibs



Preparation

1. Mix the butter and sugar till soft then add all other ingredients with the chocolate last.
2. Roll into long sausages and bake in oven.
3. Cool the biscuits off a little, then cut into desired shape.
4. Bake again at 75°C until completely crisp.



Bake according to following method:

160°C for 20-25 minutes.



Chef's Tip

You can lower the temperature of the second bake to 65°C and leave them in the oven over night.

You can also replace the hazelnuts with almonds or pistachios for different flavours and colours.

Desserts

Caramel Baskets

30 pieces



Ingredients

150 g	Unsalted butter
150 g	Sugar
2 tbs	Glucose
90 g	Flour
2 tsp	Poppy seeds
3 tbs	Hazelnut flakes



Preparation

1. Mix all ingredients and shape paste into 30 balls.
2. Bake balls on baking mats until they are light golden.
3. Take them out and leave them to cool for 10 - 15 seconds, then shape them into baskets over a cup or a small bowl.



Bake according to following method:

Preheat - 190°C - 2 minutes.
Hot Air - 175°C - set fan at 30%.



Chef's Tip

You can have more sheets in the oven at the same time if you insert them at 5-minute intervals. The baskets can serve different purposes, they can be petites fours with lemon custard or cups for ice cream.

If you keep the baskets in airtight containers, they will retain their crispness.

Desserts

Chocolate Hot Pots



Ingredients

225 g	Chocolate
225 g	Butter
4	Eggs
4	Egg yolks
125 g	Sugar



Preparation

1. Whip eggs and egg yolks together until light and fluffy. Add sugar slowly and whip till dissolved.
2. Melt butter and chocolate in a bain marie. Fold the warm chocolate mix into the eggs carefully to not knock out the air.
3. Store in a piping bag in a fridge ready to use. Pipe into an oven proof coffee cup leaving 1 cm from the top.
4. Bake in the oven.



Bake according to following method:

- Bake in a preheated oven 190°C for 10-12 minutes

Note: It should still be liquid in the middle.



Chef's Tip

Serve hot with a ball of vanilla ice cream in the middle for the contrast of hot and cold.

Desserts

Chocolate Mousse



Ingredients

- 250 g Cream (38%)
- 75 g Egg yolks (preferably pasteurised)
- 30 g Sugar
- 2 pcs Gelatine (softened in water)
- 375 g White chocolate, chopped
- 300 g Whipped cream with one vanilla pod



Preparation

1. Cream, egg yolks, sugar and gelatine are vacuum-packed and steamed in oven.
2. Subsequently, the thickened mixture is poured over the chopped white chocolate while you stir to melt the chocolate.
3. When a homogeneous consistency has been achieved, the whipped cream is slowly added.
4. The chocolate mousse can then be set in forms or arranged directly on plates by means of an icing bag.



Bake according to following method:

- Bake for 10 minutes in preheated oven - 82°C



Chef's Tip

"This recipe is one of my favourites because it is so easy to prepare in the oven. I always achieve a perfect thickening of the eggs by using sous-vide to create a dense texture. The result is a sumptuous chocolate mousse - smooth and rich like no other." - Tommy Friis

Tommy Friis is the Executive Chef de Cuisine and owner of Fru Larsen, a hotel and gourmet restaurant in Denmark. In 2010, Tommy won the prestigious Danish award "Chef of the Year". Visit www.frularsen.dk for more information.

Desserts

Crème Brûlée



Ingredients

- 700 g Whipping cream
- 300 g Milk
- 200 g Sugar
- 250 ml Egg yolk
- 1 Vanilla pod scraped



Preparation

1. Mix the cream and milk with the vanilla and slowly warm in a pan on the stove to extract the flavour.
2. Mix the egg yolk and the sugar well until the sugar crystals have dissolved.
3. Pour the warm milk and cream into the egg mix whilst mixing slowly.
4. When mixed transfer the mix back to the pan and return to a medium heat, cook gently whilst constantly stirring til the mix reaches a temperature of 65°C. This will thicken the mix slightly and keep the vanilla seed suspended in the mix.
5. Pour into ramakins and bake in the oven



Bake according to following method:

- Preheat - 120 - 1 minutes
- Note - insert product
- CombiSmart® - 110°C - 50% humidity - 15-20 minutes

Note: The Brûlées should have a slight wobble in the middle when removed from the oven.



Chefs tip

For a different style of flavour add 1 broken lemongrass stick and 30 g peeled ginger to the milk and cream when first heating. This gives a fragrant summer taste.

Desserts

Drømmekage (Danish Dream Cake)



Ingredients for dough

750 g Flour
150 g Butter
900 g Sugar
12 Eggs
600 ml Milk
9 tsp Baking powder
6 tsp Vanilla sugar

Ingredients for filling

375 g Butter
300 g Coconut flour
750 g Brown sugar
1.5 dl Milk

Preparation

1. To make the dough, beat eggs and sugar in a mixer until fluffy.
2. Mix flour, baking powder and vanilla sugar, turn it slowly into the eggs.
3. Warm butter and milk until the butter melts and turn it slowly into the batter.
4. Pour the dough into an canteen without baking paper, and bake in the oven.
5. For the filling, heat butter, milk, coconut and sugar until it melts together.
6. Spread it on the cake, making an even layer over the cake.



Bake according to following method:

- Preheat - 190 ° C - 1 minute
- Note – insert product (only dough)
- ClimaOptima® - 175 ° C - 20% humidity - 40 minutes
- Note – take the cake out and add the topping on the cake (filling even layer)
- Preheat - 240 ° C - 1 minute
- Note – insert product (cake with filling)
- Hot Air - 220 ° C - 100% fan - 7 minutes



Recommendation of tray

Eterna® canteen, 60mm.5



Chefs tip

Add some cocoa powder in the recipe, and then it becomes a delicious chocolate dream cake.

Desserts

Gateau Marcel

3 cakes, Ø 28



Ingredients

800 g Unsalted butter
800 g Dark chocolate
800 g Sugar
4 dl Pasteurised egg yolks
9 dl Pasteurised egg whites



Preparation

1. Melt unsalted butter, dark chocolate and half the sugar in a bain-marie.
2. Gently mix egg yolks with the chocolate mass.
3. Whip the remaining sugar (400 gr) and egg whites, and gently fold meringue mixture into chocolate mixture.
4. Pour 2/3 of the mixture into a greased springform pan and bake it.
5. Take out the cake and drop it on the table once so that it collapses in the middle. Allow it to cool for a while before you pour the remaining part of the mixture over it.
6. Freeze the cake.
7. Serve slightly frozen (take out the cake 10 minutes before serving it)



Bake according to following method:

- 170°C - 20-25 minutes

Desserts

Marzipan Cake with Chocolate Ganache

3 cakes, Ø 24



Ingredients cake

1 kg	Marzipan
1 kg	Sugar
1 kg	Unsalted butter
1 kg	Eggs
240 g	Corn flour
75 g	Vanilla sugar or 2 sticks of vanilla

Ingredients ganache

375 g	Dark chocolate (cocoa content between 64 and 75%)
1,5 dl	Heavy whipping cream
75 g	Soft, unsalted butter



Preparation

1. Blend all ingredients for the cake to a uniform substance which you pour into 3 greased springform tins.
2. Bake in oven, then leave to cool
3. For the ganache melt the chocolate with the cream and slowly add the butter.
4. Pour the ganache over the three cakes.



Bake according to following method:

- Preheat - 200°C - 5 minutes
- Bake the cakes at 165°C for 40-45 minutes



Chef's Tip

Serve the cake directly from the refrigerator or at room temperature. To ensure a clean cut, use a hot knife to cut the cake.

Desserts

Poached Pineapple



ingredients

1	Pineapple
1/2	Vanilla pod
1	Star anise
1	Orange zest
200 ml	Water
200 g	Sugar



Preparation

1. Peel the pineapple removing any eyes. Cut it into quarters the cut each in half to create chunks.
2. Scrape the vanilla seeds and slice the orange zest into julienne.
3. Mix the sugar and water well.
4. Pack the pineapple nicely into an airtight jar with the other ingredients and fill the jar up to the top with the sugar syrup.
5. Seal the jar and cook.
6. Let the jar and contents cool completely before opening.



Cook according to following method:

- Steam - 90°C - 90 minutes



Chef's Tip

Leave the core of the pineapple in place, you can remove it when you come to use the pineapple, this will add strength to the pineapple and stop it from getting too soft during the cooking process.

Desserts

Raspberry Roulade



Ingredients

4	Eggs
125 g	Sugar
1/2 tbs	Baking powder
100 g	Plain flour
750 ml	Whipping cream
300 g	Raspberries
1 tbs	Vanilla sugar



Preparation

1. Whip the eggs and the sugar at a high speed until stiff, light and fluffy. Sieve the flour and baking powder together, fold them slowly into the whipped eggs careful not to lose the trapped air in the mix.
2. Spread the mix evenly over two baking sheets with baking paper and bake.
3. Remove from oven, turn upside and remove the baking paper, sprinkle sugar over the sponge and cover with a damp tea towel, leave to cool.
4. For the filling mix cream, raspberries and vanilla sugar in a bowl. Whisk until the mix starts to become thick, continue until it has a spreading consistency.
5. Spread the cream over the sponge and roll the sponge from side to side.



Bake according to following method:

- Preheat - 225°C - 1 minute
- Fill oven
- Hot Air at 175°C - 6 minutes



Recommendation for tray

Eterna® 1/1 GN baking sheets



Chef's Tip

Replace 30 g flour with cocoa powder for a chocolate/raspberry roulade.

Desserts

Strawberry Mille Feuille



Ingredients

1	Sheet puff pastry
1/2 l	Fresh cream 38%
1/2	Vanilla pod
200 g	Fresh strawberries
1 tbs	Icing sugar
1	Lemon zest
	Sugar for crisping



Preparation

1. Grease a multi-tray lightly using spray fat or butter. Sprinkle with sugar on the greased area. Shake to remove the excess sugar.
2. Cut a round piece of puff pastry and lay on greased sugared area. Lightly grease the top of the pastry and sprinkle sugar again.
3. Bake at 200° - 12 minutes for a golden brown, caramelised surface.
4. Mix cream, scraped vanilla seeds, icing sugar and lemon zest together and lightly whip till it forms soft peaks. Put the cream into a piping bag.
5. Wash the strawberries and choose 3 similar sized ones for decoration around the dessert. Cut these 3 in halves. Dice the other strawberries.
6. Carefully cut the cooled pastry discs in half to create 2 discs, pipe a thin layer of cream onto the base and place the strawberry halves upright around the edge. Pipe extra cream in the middle for stability.
7. Pile on the chopped strawberries then place the lid on top. Lightly dust with icing sugar.



Recommendation of tray

Eterna® multi-tray



Chef's Tip

You can replace the strawberries with any fruit of your choice, it also eats very well with a simple fruit coulis. You can also add another half of a pastry disc to create a third level.

Desserts

Tarte Tatin

Recipe is per tart



Ingredients

- 20 g Sugar
- 8 g Butter
- A generous pinch of cinnamon powder
- 1 Medium sized sweet firm apple like Braeburn
- 1 Puff pastry disc

Preparation



1. Cut apples into 4 pieces and remove the core.
2. Place sliced butter in the tray indentation and sprinkle it with sugar and cinnamon powder.
3. Arrange the apple quarters neatly on the sugar.
4. Cut a puff pastry disc to comfortably cover the apple quarters.

Bake according to following method:



- Preheat - 220°C - 1 minute
- Insert tarts
- Hot Air 195°C -100% fan- open Exhaust- 20 seconds steam- 12 minutes
- Hot Air 210°C- 100% fan- open exhaust- 3 minutes

Recommendation of tray



Eterna® Multi-tray.



Chef's Tip

After the tarts are baked, let them rest and cool to room temp, the caramel will set. To remove the tarts flash them through a hot oven 200°C for 2 minutes. Pull them out, place another tray upside on top of them and press lightly. Turn both trays upside, then remove the original tray. Be careful of hot caramel!



Desserts

Tiramisu Cheesecake



Ingredients for coffee base

2	Eggs
60 g	Sugar
2 g	Baking powder
45 g	Pain flour
10 g	Cocoa powder
10	Freeze dried granulated coffee
1 shot	Strong espresso coffee
1 shot	Kahlua or Amaretto



Preparation

1. Whip the eggs and the sugar together well.
2. Sieve the flour and baking powder together, mix into the egg mix. Fold in the granulated coffee.
3. Pour the mix into a spring form cake tin. Line the base with grease paper first.
4. Put in the oven. When finished, let the base cool down.
5. Open the spring form and trim the base so it is an equal 1 cm thick disk.
6. Replace the spring form around the base.
7. Mix the espresso-shot and alcohol and brush generously over the coffee base.



Bake according to following method:

- Preheat – 225°C - 1 minute.
- Note – insert product
- Hot Air – 175°C - 6 minutes



Ingredients for filling

500 g	Mascarpone
200 g	Sugar
70 g	Cream
4	Eggs (beaten)
30 g	Cornflour



Preparation

1. Mix together the cream cheese, cream and cornflour in a bowl with a rubber spatula, then beat the eggs and sugar together till sugar is dissolved, mix into the cream cheese mix making sure the mixture is smooth.
2. Pour into the tart ring, give the tray a few taps and leave to settle for 5 minutes (any air pocket will rise to the top, these need popping with the tip of a knife).
3. Bake the cheesecake in the oven.
4. Leave to rest for an hour before refrigerating.
5. Remove the outer ring and dust the top with cocoa powder.



Bake according to following method:

- Preheat - 160°C – 1 minutes
- Note – insert product
- Hot Air – 140°C – 50 minutes

Note: The cheesecake should still have a wobble in the centre.



Chefs tip

Cut the cheesecake when cold to ensure a nice shape, then serve at room temperature with a fruity sorbet.

Bread



Bread

Focaccia Bread



Ingredients

750 g	Strong flour
750 g	Plain flour
75 g	Yeast
150 ml	Olive oil
500 ml	Water (approx)
30 g	Salt
10 g	Sugar
100 g	Green olives roughly chopped
40 g	Rosemary, removed from the stalks and roughly chopped
100 g	Sundried tomatoes, roughly chopped and soaked in warm water



Preparation

1. Mix all the ingredients on the machine with the dough hook for about 6-8 minutes to form a smooth dough. Add the chopped tomatoes, olives and rosemary last.
2. Transfer the dough to a clean bowl. Cover with cling film and leave in a warm place to double in volume.
3. Transfer the dough in to a baking tray, then make some marks in the bread with your fingers and drizzle with olive oil, cover with cling film and leave to double in volume again.
4. Remove cling film and bake.
5. Leave to cool on a wire rack.



Bake according to following method:

- Preheat - 200°C gas mark 6
- Bake for approximately 20 minutes



Chef's Tip

You can take the bread to the stage, where its in the tray ready for the second proving and leave it in the fridge overnight. This way the bread can be premade but baked fresh on the day.



Bread

French Rolls



Ingredients

1 l	Water
100 g	Yeast
40 g	Fine salt
2 tbs	Olive oil
2 tbs	Acacia honey
4 tbs	Pizza spice
900 g	Durum flour
800 g	Wheat flour
100 g	Hazelnuts
75 g	Malt
100 g	Fried onions



Preparation

1. Dissolve the yeast in the water and add salt, olive oil, honey, pizza spice and flour. Stir until the dough has pulled away from the sides of the bowl. Perhaps adjust with a little extra flour.
2. Divide the dough into two parts. Mix one part with hazelnuts, malt and fried onions.
3. Divide the other part into 16 pieces of 50 – 75 g each and place each piece at one end of a greased tin. You may sprinkle the rolls with poppy or sesame seeds before baking them.
4. Same procedure for the dark bread.



Bake according to following method:

Touch ovens

- Proving at 37°C for 20 minutes
- ClimaOptima® at 200°C - 8 minutes - 100% humidity
- Hot Air - 175°C - 12 minutes - exhaust closed
- Hot Air - 190°C - 5 minutes - exhaust open

Note: If you have entered this recipe as a program in your oven, you place the bread in the oven while the oven is still cold (below 40°C), activate the program, and 45 minutes later you have perfectly proved and baked bread.

Bread

Leek, Bacon, & Cheddar Quiche



Ingredients for shortcrust pastry

125 g	Unsalted butter
250 g	Plain flour
1	Egg
1 tsp	Caster sugar
1/2 tsp	Salt
40 ml	Cold water



Preparation

1. Mix the dry ingredients together (make sure to sieve the flour) in a bowl.
2. Make a well in the centre, crack the egg in and add chopped butter. Mix the egg and butter together and slowly incorporate the flour.
3. When mixed slowly add the water until forming a dough, cling film and rest in the fridge for a couple of hours.
4. When rested, roll out the pastry about 4mm thick and line a baking dish. Put grease proof paper over the pastry and fill with raw rice. This will keep the shape of the pastry while baking and will be removed afterward.



Bake according to following method:

- Hot Air – 170°C – 100% fan – open exhaust – 25 minutes
- Remove rice. If base is still slightly soft, return to oven for a few minutes.



Ingredients for filling

125 g	Smoked bacon, chopped
75 g	Grated mature Cheddar cheese
1/2	Leek sliced in 5mm slices
2	Large eggs
1	Large egg yolk
275 ml	Double cream
	Salt and black pepper



Preparation

1. Sauté the bacon in a pan until becomes crispy, add the sliced leek and cook for a few minutes till semi soft then put aside to cool.
2. Mix the grated cheese into the mix and spread evenly into the prebaked tart case.
3. Mix the eggs and cream together and season well, pour over the quiche filling until nicely full.



Cook according to following method:

- Preheat – 220 – 1 minute
- Insert the tart
- Hot Air – 180° - 100% fan – Open exhaust – 10 minutes
- Hot Air – 160° - 100% fan – Open exhaust – 15 minutes



Chefs tip

Replace the bacon and Cheddar with smoked salmon and Blue cheese, or sautéed spinach and feta. The options are many.

Bread

Wheat Rolls

64 rolls of 50 g each



Ingredients

1.1 l Water, 32°C
15 g Yeast
1 dl Grape seed oil
400 g Apple sourdough
400 g Wheat flour (good quality)
1.2 kg Baguette flour
26 g Sea salt

Apple sourdough

800 g Apples of the season
2.4 l Cold water
3.5 kg Baguette flour
2 g Yeast



Preparation of sourdough

1. Peel and core the apples. Cut the apples into fairly large pieces and place the pieces in a bowl of water in the refrigerator until the next day.
2. Blend the apple pieces and mix them with flour and yeast until you have a soft dough. Cover with film and place in refrigerator. Do not forget to put 500 g of dough aside for the next portion.

Preparation

1. Let the yeast dissolve in warm water and add oil. Add apple sourdough and flour.
2. Knead for 12 minutes at medium speed. Add salt and knead for 1 minute.
3. Put the dough in cylindrical silicone or aluminium tins, cover with film and leave to rise overnight.



Bake according to following method:

- Proving programme - 40°C - 40 minutes
- ClimaOptima® 100% - 235°C - 8 minutes
- Hot Air - 235°C - 2 minutes
- Hot Air 180°C - 12 minutes
- Remove from tins - bake at 200°C Hot Air for 4 minutes, before serving



Chef's Tip

Simplify the baking process by gathering baking steps in one programme.



