



# Recipes



PROGRAMMABLE POT  
NEWCOOK DELICIOUS

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TU ALIADO EN LA COCINA



Programmable pot

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# Sauces

## BECHAMEL FOR HAM CROQUETTES

 4 Servings  15 minutes

### INGREDIENTS

50 ml. oil  
90 g. butter  
200 g flour  
800 ml milk  
1 teaspoon of salt  
1 teaspoon pepper  
50 g. serrano ham

### METHOD

Chop the ham and add to the rest of the ingredients using the Grill Menu at 140° with the lid open for 5 minutes. Stir constantly until you obtain the desired texture.

## ITALIAN TOMATO SAUCE

 4 Servings  25 minutes

### INGREDIENTS

100 g. onion  
2 garlic cloves  
800 g. tomato  
1 teaspoon of salt  
1 teaspoon of sugar  
100 ml. olive oil  
100 g. crushed basil

### METHOD

Grate the tomato, chop the onion and garlic. Place them all in the Food Processor with the remaining ingredients and programme Stew Menu at 110° Medium pressure for 15 minutes.

Serve as garnish for any dish or on top of a piece of toast.

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## BECHAMEL FOR LASAGNA

 4 Servings  15 minutes

### INGREDIENTS

750 ml. milk  
90 g. flour  
50 g. butter  
1 tablespoon oil  
1 pinch of nutmeg  
1/2 teaspoon of salt

### METHOD

Place all the ingredients in the bowl and programme Grill Menu at 140° with the lid open for 5 minutes. Stir constantly until you obtain the desired texture.

## CATALONIAN SAUTÉ

 4 Servings  20 minutes

### INGREDIENTS

20 g. onion  
2 garlic cloves  
200 g. crushed tomatoes,  
1 teaspoon of salt  
1 teaspoon of sugar  
100 ml. olive oil  
Spices to your liking

### METHOD

Chop the onion and the garlic. Place them in the Food Processor with the remaining ingredients and programme Grill Menu at 120° for 15 minutes.

Serve as garnish for any dish or on top of a piece of toast.

## HUNTER'S SAUCE

 4 Servings  25 minutes

### INGREDIENTS

100 g. mushrooms,  
150 g. shoulder of pork  
200 g. cresta de gallo  
200 ml. red wine  
500 g. crushed tomatoes  
1/2 tablespoon of salt  
1 tablespoon of sugar  
50 ml. olive oil

### METHOD

Cut the mushrooms into small pieces and then cut the cresta de gallo into long strips. Add the oil, tomato, salt, sugar, mushrooms, cresta de gallo and the pork dices to the Food Processor and cook during 15 minutes using the Pressure Menu at 120° at High pressure.

## MEXICAN SAUCE

 4 Servings  30 minutes

### INGREDIENTS

350 g. crushed tomatoes  
1 onion  
2 tomatoes  
1 Italian green pepper  
1/2 red pepper  
Tabasco sauce  
1 tablespoon flour  
Salt and sugar to your liking  
Olive oil

### METHOD

Cut the vegetables into small dices. Pour the oil, crushed tomatoes, diced vegetables, about 20 drops of tabasco or a chopped chilli pepper, sugar, salt and a tablespoon of flour into the Food Processor. Stir well and cook using the Stew Menu at 110° a Medium Pressure for 20 minutes.

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## SPANISH SAUCE

 4 Servings  15 minutes

### INGREDIENTS

500 g. crushed tomato,  
30 g. sugar  
200 g. onion  
2 garlics  
300 ml. red wine  
200 ml. olive oil  
300 g. diced serrano ham

### METHOD

Cut the onion and chop the garlic. Place all the ingredients, raw, into the Food Processor. Select the Stew Menu at 110° a Medium Pressure for 10 minutes.

## CARBONARA SAUCE

 4 Servings  15 minutes

### INGREDIENTS

500 ml. cream  
150 g. bacon  
150 g. parmesan cheese  
2 eggs  
Pepper and salt to your liking

### METHOD

Cut the bacon into small pieces and stir fry with a bit of oil using the Grill Menu at 140°, with the lid open, for 5 minutes. Then, add the cream, salt and pepper and stir for approximately 2 minutes and add the cheese. Before serving the carbonara sauce with the pasta, add 2 eggs. Then pour the sauce over the dish and stir before serving.



A close-up photograph of a white ceramic bowl filled with a light-colored, bubbling soup. The soup is garnished with finely chopped green herbs. The bowl sits on a rustic wooden surface. In the background, there is a piece of bread with herbs and a blue and white checkered cloth. A small white dish with more herbs is in the bottom right corner. A white spoon is partially visible on the left. The word "Soups" is written in a bold, dark font across the center of the bowl.

# Soups

## SOUP WITH MINCED INGREDIENTS AND NOODLES

 6 Servings  30 minutes

### INGREDIENTS

3 garlics  
240 g. fried bread  
1 pinch sweet paprika  
1 Sweet red pepper  
100 g. almonds  
1 pinch basil  
2 medium sized potatoes  
2 small carrots,  
300 g. chicken breasts  
1 teaspoon salt  
100 ml. olive oil  
2 L. water

### METHOD

Make a paste with the garlic, fried bread, sweet paprika, the sweet pepper, the toasted almonds, salt, oil and chopped basil.

Cut the potatoes into chunks or dices and the chicken breasts cut into fine slices.

Add the paste along with the rest of the ingredients, close the lid and cook using the Turbo menu at 130° for 20 minutes at High Pressure.

## SMALL LIVERS SOUP

 4 Servings  30 minutes

### INGREDIENTS

2 chicken livers  
1 pinch of saffron  
2 l. water  
1 ham bone  
100 g. stale bread  
2 hindquarters, chicken  
3 boiled eggs  
30 g. fine noodles  
Salt

### METHOD

Cook the chicken livers with the ham bone, the hindquarters of chicken and a pinch of saffron for 40 minutes using the Stew Menu at High Pressure. Meanwhile, cut the boiled eggs into dices. Once the broth is done, sieve and set aside. Correct the salt in broth and cook the noodles with the hard boiled eggs using the Stew Menu at 110° at Medium Pressure for 2 minutes. Shred the meat to serve as garnish with the dish. Place a slice of fried bread on top of each plate.

## MONKFISH HOTPOT

 4 Servings  15 minutes

### INGREDIENTS

250 g. clams  
8 prawns  
3 potatoes  
2 garlics  
1 tablespoon parsley  
1 tablespoon almonds  
500 ml. water  
1 tablespoon salt and another of sweet paprika  
2 bay leaves  
100 g. crushed tomato  
1/2 tablespoon sugar  
200 ml. oil

### METHOD

Make a paste with the garlic, fried bread, sweet paprika, the sweet pepper, the toasted almonds, salt, oil and chopped basil.

Cut the potatoes into chunks or dices and the chicken breasts cut into fine slices.

Add the paste along with the rest of the ingredients, close the lid and cook using the Turbo menu at 130° for 20 minutes at High Pressure.

## SHELLFISH SOUP WITH SWEET RED PEPPERS

 4 Servings  30 minutes

### INGREDIENTS


8 prawns  
200 g. calamari  
250 g. baby clams  
1 sweet red pepper  
1/2 onion  
200 g. monkfish  
1/2 teaspoon of saffron,  
100 ml. oil  
1 teaspoon salt  
50 g. tomato

### METHOD

Put the oil into the Food Processor, to heat up use the Grill Menu at 140° with the lid open for a few minutes and then add the ingredients. Leave to fry for a while, then add the water and cook using the Turbo Menu at 130° for 20 minutes at High Pressure.

If you want to do it all at once, place all the ingredients in the bowl and programme the Turbo Menu at 130° for 20 minutes at High Pressure.

## CHICKEN, VEGETABLE AND NOODLE SOUP

 6 Servings  30 minutes

### INGREDIENTS

1/4 hen  
150 g. lean meat  
1 bone and  
100 g. serrano ham  
1 leek  
1 onion, 1 carrot, 1 turnip  
3 chicken livers  
1 sweetbread  
4 tablespoons of oil Salt  
and pepper  
150 g. country-style bread  
One hardboiled egg

### METHOD

Place in the Food Processor all the ingredients and programme the Turbo Menu at 130° for 20 minutes at High Pressure.

To cook in the traditional way, stir fry the onion, livers, sweetbread, ham and leek using the Grill Menu at 120° for 5 minutes.

Then add the remaining ingredients and programme the Turbo Menu at 130° for 20 minutes at High Pressure.

## GARLIC AND ALMOND SOUP (CHILLED)

 4 Servings  30 minutes

### INGREDIENTS

150 g. raw, peeled  
almonds  
2 garlic cloves  
100 g. centre of a loaf  
soaked  
100 ml. oil  
50 ml. vinegar  
1 l. water  
1 teaspoon salt  
250 g. white grapes for  
serving

### METHOD

Place in the Food Processor all the ingredients and programme the Soup Menu. Beat. Serve with the grapes.

To cook in the traditional way, stir fry the garlic and almonds using the Grill Menu at 120° for 5 minutes.

Then add the rest of the ingredients and programme the Turbo Menu at 130° for 20 minutes at High Pressure. Beat. Serve with the grapes.

## TRADITIONAL CASTILLE-STYLE SOUP WITH EGG

 4 Servings  30 minutes

### INGREDIENTS

2 garlic cloves  
1 tablespoon paprika  
1 l. meat broth  
100 g. chorizo  
100 g. serrano ham  
100 ml. olive oil  
4 eggs  
Salt to your liking

### FOR THE BROTH:

1/2 hen  
250 g. lean meat  
1 ham bone  
1 leek  
1 onion  
2 carrots  
1 turnip

### METHOD

First make a broth with the ingredients mentioned and 1 litre of water using the Pressure Menu, High Pressure, 5 minutes.

Then, remove the ingredients, sieve and keep the broth. We add the ingredients to the broth.

Peel the garlic and add them whole. Cut the chorizo and serrano ham into dices. Break the eggs and add salt and pepper to your liking.

Pour in the oil, stir and programme using Stew Menu at 110° for 10 minutes, Medium Pressure.

## POULTRY AND CELERY SOUP

 4 Servings  30 minutes

### INGREDIENTS

4 chicken thighs  
200 g. fresh celery  
1 medium sized onion  
150 g. spring baby garlic  
2 carrots  
1 bay leaf  
2 teaspoons of salt  
100 ml. olive oil

### METHOD

Peel and cut the vegetables thickly.  
Place all the ingredients into the Food Processor including the water and a pinch of salt.  
Cook using Turbo Menu at 130° for 20 minutes at High Pressure.

## PORTUGUESE GREEN SOUP

 4 Servings  10 minutes

### INGREDIENTS

2 medium sized potatoes  
6 green leaves of kale  
1 stock cube  
50 ml. oil  
500 ml. vegetable broth  
Salt

### METHOD

Peel the potatoes and chop them.  
Clean the kale leaves well. Remove the central stem and the damaged parts, add the salt, the broth, oil and water and programme with Stew Menu at 110° Medium Pressure for 7 minutes.

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## CLEAR SOUP

 4 Servings  10 minutes

### INGREDIENTS

2 chopped carrots  
1 potato in chunks  
1 big leek in chunks  
1 stick of celery chopped  
200 g. corn  
2 chicken stock cube or salt  
Water to cover ingredients

### METHOD

Place in the Food Processor all the ingredients and programme the Stew Menu at 110° Medium Pressure for 8 minutes.

## “COCIDO” STEW BROTH

 4 Servings  30 minutes

### INGREDIENTS

250 g. chickpeas  
50 g. rice  
1 piece of carrot  
1 piece of celery  
1 l. water  
1 meat broth cube  
1 chicken breast in pieces  
250 g. serrano ham  
1 ham bone

### METHOD

The previous evening put the chickpeas to soak in water.  
Place in the Food Processor all the ingredients (except the rice) and programme the Pressure Menu at 120° High Pressure for 10 minutes. Add the rice and programme 8 minutes Stew Menu at 110° Medium Pressure.  
For the traditional way, put all the ingredients (except the rice) and use Slow Menu 100°, 5 hours. Then add the rice and programme the Stew Menu at 110° Medium Pressure, 8 minutes.



# Creams





## BUTTERNUT SQUASH AND POTATO PURÉE

 4 Servings  20 minutes

### INGREDIENTS

500 g. butternut squash  
in pieces  
300 g. potatoes in pieces  
1 big onion  
40 ml. olive oil  
100 ml. milk  
Salt to your liking Water

### METHOD

Cut the butternut squash into chunks.  
Peel and cut the onion and the potatoes and  
cut into chunks too.  
Place all the ingredients into the Food  
Processor, cover with water and programme  
the Stew Menu at 110° at Medium Pressure  
for 10 minutes. Then beat and serve.

## “SALMOREJO” THICK COLD SOUP

 4 Servings  15 minutes

### INGREDIENTS

1 Kg. ripe tomatoes  
1 green pepper  
125 g. olive oil  
1 piece of stale bread  
1 garlic clove,  
Salt and vinegar to taste

### METHOD

Put the bread with water in the bowl and use  
the Slow Menu at 110° for 10 minutes so that  
it soaks well. Peel and cut the tomatoes and  
peppers, removing seeds. Peel the garlic and  
mash. Remove the bread from the water and  
drain off as much water as possible using  
your hands.

Blend the bread with the vegetables, salt and  
vinegar to your liking. Serve with Iberian ham  
dices, hardboiled egg and a squirt of oil on  
top.

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## AUBERGINE AND LEEK CREAM

 4 Servings  20 minutes

### INGREDIENTS

1 aubergine  
1 piece of leek  
50 ml. oil  
1 pinch of herbs of  
Provence  
1 teaspoon of salt,  
1 pinch of pepper  
300 ml. water

### METHOD

Peel and cut the aubergine. Place it with  
the rest of the ingredients into the Food  
Processor and programme the Stew Menu at  
110° Medium Pressure for 10 minutes. Then  
beat.

## CREAM WITH SPANISH CAVA

 4 Servings  10 minutes

### INGREDIENTS

500 ml. dry cava  
250 g. white grapes  
250 g. condensed milk  
4 egg yolks  
1 tablespoon of corn flour

### METHOD

Place all the ingredients in the Food  
Processor, the grapes should be peeled and  
without pips (set some aside for decoration).  
Programme the Stew Menu at 110° at  
Medium Pressure for 5 minutes. Beat.  
Serve in cups chilled from the fridge and  
decorate with the grapes.

## CREAM OF VELVET SWIMCRABS

 4 Servings  20 minutes

### INGREDIENTS

2 velvet swimcrabs  
100 g. shrimps, unpeeled  
100 g. mussels  
200 ml. single cream  
1 small red pepper  
1 small green pepper  
1 onion  
250 g. crushed tomato  
700 ml. water  
1 chilli pepper

### METHOD

Chop the swimcrabs, the shell and heads of the shrimps. Place them in the Food Processor with the water and programme the Pressure Menu at 120° at High Pressure for 2 minutes. Sieve and set aside.

Stir fry the onion, chilli pepper and peppers in chunks using the Grill Menu at 140°, for 5 minutes.

Then add the remaining ingredients including the fumet (liquid) and programme the Stew Menu at 110° at Medium Pressure for 6 minutes. Beat and serve.

## SPINACH PURÉE

 4 Servings  15 minutes

### INGREDIENTS

40 ml. olive oil  
1 leek  
1 courgette  
2 carrots  
1 big potato  
300 g. spinach  
1 l. chicken broth

### METHOD

Peel the leek, courgette, carrots and the potatoes and cut into chunks. Place all the ingredients into the Food Processor.

Programme the Stew Menu at 110° at Medium Pressure for 10 minutes. Beat and serve.

## POULTRY CREAM WITH SHERRY

 4 Servings  20 minutes

### INGREDIENTS

1 chicken breast in fillets  
1 tablespoon butter  
1 shallot  
45 g. flour  
1 truffle with juice,  
1 stock cube  
1 l. water, 1 yolk  
100 ml. dry sherry  
200 ml. single cream  
Salt, pepper and nutmeg

### METHOD

Clean the chicken breasts well.

Place them with the rest of the ingredients into the Food Processor and programme the Stew Menu at 110° Medium Pressure for 10 minutes. Beat.

## CAULIFLOWER CREAM

 4 Servings  25 minutes

### INGREDIENTS

500 g. cauliflower  
200 g. celery  
1 medium sized potato  
1 medium sized onion  
50 g. butter  
750 ml. milk  
Salt  
1 tsp pepper  
1 pinch nutmeg

### METHOD

Peel and cut the celery, cauliflower, potato and onion into big chunks.

Place all the ingredients into the Food Processor and programme the Turbo Menu at 130° for 20 minutes at High Pressure.

Then beat and serve.

A close-up photograph of three vegetable tarts arranged on a dark wooden cutting board. The tarts have a golden-brown, fluted crust and are filled with a creamy white sauce. They are topped with various vegetables: sliced zucchini, caramelized onions, and fresh dill. The background is slightly blurred, showing more of the same tarts and some fresh vegetables like a green pepper and a lemon wedge. A semi-transparent white banner with the text 'Appetisers and bites' is overlaid across the middle of the image.

# Appetisers and bites

## STEWED IMITATION ELVERS

 4 Servings  15 minutes

### INGREDIENTS

600 g. imitation elvers  
Olive oil  
4 Garlic cloves  
2 sundried red pepper

### METHOD

Peel the garlic and place in the Food Processor bowl with the sundried red peppers and a drop of olive oil. Programme the Grill Menu at 140°, with the lid open for 20 minutes and then stir fry for a few minutes.

When the garlic is golden brown, add the elvers and stir for approximately 2 minutes, cancel when the elvers are done, even if the time has not finished.

Serve in a very hot earthenware bowl.

## “SPANISH FLAG”

 4 Servings  20 minutes

### INGREDIENTS

250 g. serrano ham  
4 hardboiled eggs  
100 g. crushed tomatoes  
50 ml. oil  
90 g. butter  
200 g flour  
800 ml. milk  
Pepper and salt

### METHOD

Put the butter, oil, salt, flour, chopped ham, whites of the hard boiled eggs chopped and the milk and use Grill Menu at 140°, with the lid open for 5 minutes. Stir constantly.

Once the béchamel is done, pour it into a dish. Put on top, in the centre (a stripe) chopped yolks and on either side fried tomato, forming the Spanish flag.

## SHRIMP AND BACON BALLS

 4 Servings  15 minutes

### INGREDIENTS

250 g. boiled and peeled shrimps  
1 egg  
60 g. bacon  
1/2 Onion  
8 Slices bread loaf  
125 ml. milk  
1 tablespoon chopped parsley  
125 ml. olive oil  
Salt

### METHOD

Take the crust off the bread, put two slices in milk and mash combining with the shrimps, onion, bacon, parsley, egg and a pinch of salt. Once the mixture is done, shape into balls.

To fry them, put oil in the Food Processor and use the Fry Menu at maximum temperature. When it is hot, fry the balls until they are golden.

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## CHICKEN AND PISTACHIO BALLS

 4 Servings  25 minutes

### INGREDIENTS

400 g. chopped chicken  
100 g. pistachios  
peeled  
85 g. fine dry breadcrumbs  
1 egg  
1 pinch ground coriander  
1 pinch ground cinnamon  
1 pinch ground turmeric  
Flour for coating  
Olive oil  
Lemon cut into slices

### METHOD

Mash the chicken and the pistachios.

Mix with the breadcrumbs, beaten egg and spices. Make ball shapes and cover with flour.

Put the oil in the bowl and use Grill Menu at 140° with the lid open for 10 minutes, when it is hot fry the balls until they are golden.

## COD BUNS

 4 Servings  30 minutes

### INGREDIENTS

300 g. desalted cod  
200 g. peeled potatoes  
300 ml. water  
100 g parsley leaves  
3 eggs  
50 g. onion  
1/2 teaspoon of salt  
1 teaspoon pepper  
Oil for frying

### METHOD

Chop the onion, parsley and cod. Stir fry for 3 minutes using the Grill Menu at 140°. Set aside. Boil the potatoes in water for 5 minutes using Pressure Menu at 120°, High Pressure. Add the eggs, cod with the onions, salt and pepper; mix well. Be careful with the amount of salt, the cod is already very salty. Make small ball using two tablespoons. Put the oil in the bowl, programme Fry Menu at maximum temperature. When the oil is hot add the buns and fry until golden.

## “CAMILLE”

 4 Servings  30 minutes

### INGREDIENTS

200 g. carrots  
200 g. sugar  
100 ml. milk  
300 g. flour  
50 g. almonds  
100 g. vegetable oil  
1 sachet of baking powder  
1 teaspoon of salt  
2 eggs

### METHOD

Beat the sugar with the almonds and mix with the remaining ingredients. Put the mixture into cupcake papers or capsules and fill them half way up. Do not fill in excess as they will rise when cooking. Place in the bowl, close the lid and programme Oven Menu at 160° for 20 minutes.

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## WHEAT CEVICHE

 4 Servings  30 minutes

### INGREDIENTS

150 g. sprouted wheat  
2 tomatoes  
2 avocados  
1 onion  
2 serrano chilli peppers  
3 tablespoons coriander  
2 carrots  
3 lemons  
Ketchup

### METHOD

Grind the wheat. Peel and crush the tomatoes, avocados, onion, carrots and chillies. Add the coriander and place everything in the bowl of the Food Processor. Programme the Stew Menu at 110° at Medium Pressure for 20 minutes. When serving, add the juice of the lemons and a bit of ketchup

## POTATO FLAKES

 4 Servings  30 minutes

### INGREDIENTS


750 g. potatoes  
50 g. flour  
5 Tablespoons of oil

### METHOD

The previous day boil the potatoes in abundant water by programming Stew Menu at 110°, Medium Pressure, 12 minutes. First peel the potatoes, mash and season them. Combine the potatoes with the flour and make a mixture. Put oil in the bowl and, with a spoon, place small portions of the mixture into the oil. Programme Grill Menu at 140°, with the lid open for 10 minutes. When golden turn them over and then take them out.



## “COCA” FLATBREAD AL PESTO

 4 Servings  35 minutes

### INGREDIENTS

#### FOR THE DOUGH:

150 ml. olive oil  
150 ml. white wine  
1 teaspoon of salt  
1 pinch of sugar  
20 g pressed yeast  
500 g. flour

#### FOR THE TOPPING:

4 red and ripe tomatoes  
130 g. mozzarella cheese

#### FOR THE PESTO SAUCE:

100 g. Parmesan cheese  
50 g. basil leaves  
2 garlic cloves  
50 g. pine nuts  
250 ml. olive oil  
50 ml. water  
Salt

### METHOD

Mix all of the ingredients for the dough. Roll out to make a thin dough. Grate the mozzarella, peel the tomatoes and cut them into fine slices. Dry them with kitchen paper.

Put the tomatoes on the “coca” dough covering all well. In the centre of the tomato slices place a piece of mozzarella. Programme the Oven Menu at 160° for 18 minutes.

Whilst it bakes, make the pesto sauce by chopping all the ingredients. When the “coca” is done, add a bit of pesto sauce.

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## “COCA” FLATBREAD WITH SPINACH

 4 Servings  35 minutes

### INGREDIENTS

#### FOR THE DOUGH:

50 ml. oil  
50 g. pork lard  
100 ml. water  
20 g. pressed yeast,  
1 teaspoon of salt  
1 teaspoon sugar  
300 g. flour

#### FOR THE TOPPING:

400 g. strained spinach  
50 ml. oil  
50 g. raisins  
30 g. pine nuts  
1 teaspoon of paprika  
1 teaspoon of salt  
1 teaspoon of pepper


### METHOD

Mix all the ingredients for the dough and roll out until it is very thin and covers the bottom of the bowl.

Strain the spinach very well and place on top along with the raisins, pine nuts and the rest of the ingredients.

Programme the Oven Menu at 160° for 18 minutes.

## OYSTER CANAPÉS

 4 Servings  50 minutes

### INGREDIENTS

#### FOR THE DOUGH:

300 g. flour  
50 g. pork lard  
80 l. milk  
2 egg yolks  
4 g. salt

#### FOR THE FILLING:

12 oysters  
10 g. pepper  
50 g. butter  
1 teaspoon of mustard

### METHOD

Beat all of the ingredients for the dough in the order above, until it is a compact dough. Leave to stand for 30 minutes and then roll out with a rolling pin on a table sprinkled with flour. Using an even pasta cutter, cut circles of 4 or 5 cm. diameter, pinch with a fork so they do not rise and place in the bowl and programme Oven Menu at 160°, 10 minutes.

For the filling, open the oyster over a cup to use the juice. Beat with the rest of the ingredients until you obtain a cream and spread onto the canapés.

## FISH CROQUETTES

 4 Servings  20 minutes

### INGREDIENTS

120 ml. olive oil  
400 g. fish  
200 g. flour  
1 garlic clove  
1 teaspoon parsley  
800 ml. milk  
1 stock cube  
Fine dry breadcrumbs  
1 beaten egg

### METHOD

First clean the fish and beat with the rest of the ingredients, pour into the bowl and programme the Stew Menu at 110° Medium Pressure for 5 minutes.

Stir well and shape into croquettes.

Cover with the egg and then the breadcrumbs and then fry. To do so, previously heat the oil using the Fry Menu at maximum temperature and then fry until golden.

## SNAILS “A LA GORMANTA” (SPICY)

 4 Servings  40 minutes

### INGREDIENTS

1.5 Kg. clean snails  
25 g. flour  
1 chilli pepper  
150 ml. oil  
2 garlic cloves  
1/2 onion  
100 g. serrano ham cut into dices  
Paprika

### METHOD


Place all the ingredients in the bowl and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

For the traditional way, put oil in the bowl and stir fry the onion and garlic chopped in thin slices, programme Grill Menu, 140° with the lid open for 10 minutes. Add the serrano ham and stir. Then add the snails and programme the Stew Menu at 110° at Medium Pressure for 10 minutes.

Add the flour and the paprika and programme the Grill Menu at 140° with the lid open for 8 minutes. Stir until the flour turns golden colour.

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## SNAILS IN SAUCE

 4 Servings  35 minutes

### INGREDIENTS

1 Kg. clean snails  
25 ml. oil  
6 garlic cloves 1/2 onion  
100 g. raw almonds  
1 teaspoon cumin  
1 dry red pepper  
1 stock cube or salt  
Bay Leaf and chilli peppers  
Serrano ham or chorizo  
100 ml. white wine  
500 ml. water or broth

### METHOD

Place all the ingredients in the bowl and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

For the traditional way, put oil in the bowl and stir fry the onion and the garlic cut in thin slices, to do so programme the Grill Menu at 140° with the lid open for 10 minutes. Add the serrano ham cut into dices and stir a few more times.

Add the snails and the rest of the ingredients and programme the Stew Menu at 110° Medium Pressure for 20 minutes.

## HAM AND CHEESE PASTY

 4 Servings  60 minutes

### INGREDIENTS

#### FOR THE DOUGH:

5 eggs  
350 g. flour  
350 ml. milk  
125 ml oil  
1 sachet baking powder  
1 teaspoon of salt

#### FOR THE FILLING:

150 g. ham  
6 slices cheese

### METHOD

Mix all of the ingredients for the dough and knead. Divide into two and let to stand in the fridge for about 15 minutes. Once set, roll out one part until it is very fine and cover the bowl with it.

Fill with slices of ham and cheese. Cover with another layer of dough, rolling up the edges and finally a strip of dough - brush with water so that it does not separate when baking.

Place on top another strip, also brushed with water and pinch with a fork. Then brush with egg. Place in the Food Processor and programme Oven Menu at 160° for 25 minutes.

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## CREAMY CHICKEN PASTIES

 6 Servings  40 minutes

### INGREDIENTS

36 pasty rounds  
1 chicken, whole  
250 ml. milk  
100 g. flour  
100 g. lard  
White pepper and salt to your liking  
Nutmeg to your liking  
50 g white raisins  
1 bay leaf

### METHOD

Cut the chopped and boned chicken into small pieces and place together with the other ingredients, except the pasty rounds, into the Food Processor bowl. Cook using the Stew Menu at 110° Medium Pressure for 12 minutes.

Take the pasty rounds and fill with sauce we have cooked. Close the rounds using your moist thumb and press down the edges.

Put them on the bottom of the bowl and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

## SLICED CHILLIS IN SAUCE

 4 Servings     15 minutes

### INGREDIENTS

6 chilli peppers  
1/2 white onion  
300 g. corn  
50 g. butter  
Salt to your liking  
90 g. creamy cheese 250  
g. single cream  
1 chicken stock cube  
Ketchup  
Juice of 2 lemons

### METHOD

Mix all of the ingredients.  
Pour the mixture into the bowl, close the lid  
and programme Stew Menu at 110° Medium  
Pressure for 8 minutes.  
Add the juice of the lemons and a bit of  
ketchup.

## PARMESAN AND WALNUT CROQUETTES

 4 Servings     30 minutes

### INGREDIENTS

200 g. chopped walnuts  
250 g. Parmesan cheese  
125 ml. milk  
125 g. flour  
2 medium sized onions  
Olive oil  
Pepper and salt to your  
liking

### METHOD

Peel and cut the onions and chop into  
chunks. Stir fry using the Grill Menu at 140°,  
with the lid open for 10 minutes.  
Add the milk and flour. Season and add the  
cheese and walnuts. Leave to cool and once  
cold shape the croquettes.  
Pour oil into the Food Processor, programme  
Grill Menu at 140° with the lid open for 10  
minutes and fry them.

  
TU ALIADO EN LA COCINA

A close-up photograph of a white bowl filled with a dark brown lentil soup. The soup is thick with many lentils and some orange carrot pieces. A fresh green sprig of parsley is placed on top of the soup. A silver spoon is scooping up a portion of the lentils from the bottom of the bowl. The background is a light-colored, textured surface.

# Pulses



## “CODIDO”, BEAN STEW (CANTABRIA)

 4 Servings  75 minutes

### INGREDIENTS

400 g. white haricot beans	1 tsp of salt
1 rice blood sausage	1 tsp sweet paprika
200 g. fat or fresh bacon	1/2 tablespoon of cumin
1 pork trotter	2 bay leaves
1 home-made chorizo	6-8 black pepper seeds
1 collard greens	Water
2 potatoes	
2 garlic cloves	
100 ml. olive oil	

### METHOD

Put the beans to soak in water the previous evening.

Place in the Food Processor all the ingredients, cover with water and programme the Pressure Menu at 120° High Pressure for 12 minutes.

There are various ways to make this dish, another is to programme the Pressure Menu at 120° High Pressure for 8 minutes.

The most traditional way would be to first stir fry the garlic using the Grill Menu at 140° for 4 minutes. Add the rest of the ingredients and programme the Stew Menu at 110° at Medium Pressure for 40 minutes or Cook Menu 100° for 4 hours.

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## “COCIDO” STEW (MADRID)

 4 Servings  20 minutes

### INGREDIENTS

300 g. chickpeas  
1 medium sized potato  
2 carrots cut  
1 leeks in chunks  
1 chunk cabbage  
50 g. green beans  
1 ham bone  
2 chicken wings  
1 skirt steak,  
1 piece of lamb  
1 stock cube, water

### METHOD

Put the chickpeas to soak in water the previous evening. Place in the Food Processor all the ingredients, cover with water and programme the Pressure Menu at 120° Medium Pressure for 14 minutes.

We can also prepare the dish in the traditional way, first stir fry the leeks and the chopped meat using the Grill Menu at 120° for 7 minutes add the rest of the ingredients and programme Slow Menu 100° for 6 hours.

## ASTURIAN BEAN STEW

 4 Servings  20 minutes

### INGREDIENTS

500 g. Asturian beans  
100 g. salty fat  
2 blood sausages  
1 Asturian chorizo  
2 garlic cloves  
Olive oil

### METHOD

Put the beans and the fat to soak in water the previous evening.

Put in the Food Processor bowl the beans, fat, blood sausages, 2 garlic cloves and a drop of oil. Cover with water and programme Slow Menu at 100° for 9 hours.

To do the dish quickly, programme the Pressure Menu at High Pressure for 12 minutes. Add salt when serving.

## BEANS WITH CLAMS

 4 Servings  60 minutes

### INGREDIENTS

500 g. Asturian beans  
1 Kg. clean clams  
2 garlic cloves  
2 chilli peppers  
Olive oil

### METHOD

Put the beans to soak in water the previous evening. Put the clams in water too so that they expel the sand inside.

Place all the ingredients into the bowl, cover with water and programme the Pressure Menu at 120° High Pressure for 10 minutes.

For the traditional way, stir fry the garlic, chilli peppers and the clams using the Grill Menu at 140° with the lid open for 10 minutes. Add the beans and programme Slow Menu at 100° for 6 hours.

Leave to stand for 5 minutes before serving.

## CATALONIAN MEAT AND VEGETABLE SOUP

 4 Servings  20 minutes

### INGREDIENTS

1.5 ml. water,  
30 ml. oil,  
2 meat stock cubes,  
3 small potatoes  
1 onion, 1 garlic clove, 1 stalk of celery  
2 spring baby garlic,  
200 g. chickpeas and beans,  
1 piece of serrano ham,  
1 piece chorizo, 1 piece black Catalonian sausage,  
1 piece bacon

### METHOD

The previous evening put the chickpeas and beans to soak in water.

Peel and cut the potatoes and onion, the ham, chorizo, Catalonia sausage and bacon.

Place all the ingredients into the bowl and cover with water. Programme Pressure Menu at 120°, Medium Pressure for 14 minutes or Turbo Menu at 130° for 12 minutes.

## CHICKPEAS WITH CHARD

 4 Servings  30 minutes

### INGREDIENTS

300 g. chickpeas  
100 g. chard  
80 g. almond  
1 head garlic  
100 g. stale bread  
1 pinch sweet paprika  
200 ml. olive oil  
5 black pepper seeds  
2 bay leaves  
1/2 Tbsp of salt

### METHOD

Put the chickpeas to soak in water the previous evening.

Make a paste with the almonds, stale bread, sweet paprika and a bit of olive oil.

Place in the Food Processor the paste along with all the rest of the ingredients, cover with water and programme the Pressure Menu at 120° Medium Pressure for 14 minutes. Leave to stand for 4 minutes.

We can also make this dish in the traditional way, first stir fry the garlicks and chopped chard using the Grill Menu at 140° for 7 minutes, then add the rest of the ingredients and programme the Slow Menu at 100° for 8 hours.

## BEAN HAMBURGER

 4 Servings  15 minutes

### INGREDIENTS

300 g. cooked beans  
1 egg  
1 garlic clove  
1 teaspoon coriander  
Water  
250 g. ground biscuits  
Salt and pepper to your liking

### METHOD

Beat the beans and mix with the egg, 1 garlic clove and 1 teaspoon of coriander. Season to your liking.  
Add the water and 125 g of the ground biscuit flour.  
Once everything is well mixed shape into hamburgers and cover with the rest of the biscuit flour.  
Pour oil into the Food Processor, programme Grill Menu at 140° with the lid open. Fry them and serve hot.

## GALICIAN STYLE HOTPOT

 4 Servings  15 minutes


### INGREDIENTS

400 g. haricot beans  
2 potatoes  
200 g. pork ribs  
150 g. shoulder of pork  
2 chorizos  
100 g. end of serrano ham,  
175 g. fat  
1 teaspoon of salt

### METHOD

Put the beans to soak in water the previous evening.  
Place in the Food Processor all the ingredients, cover with water and programme the Pressure Menu at 120° Medium Pressure for 12 minutes.

## BROAD BEANS CATALONIA STYLE

 4 Servings  20 minutes

### INGREDIENTS

1 Kg. fresh broad beans  
200 g. white Catalanian sausage  
50 g. fresh duck liver  
1 teaspoon thyme  
1 teaspoon oregano  
50 g. onion confit  
40 ml. olive oil.  
Oil from a white truffle  
250 g. poultry broth

### METHOD

Peel the beans and cut the sausage into medium sized chunks.  
Place all the ingredients in the bowl of the Food Processor, close the lid and programme the Pressure Menu at 120° at Medium Pressure for 8 minutes.  
If you have enough time to prepare the dish in the traditional way, you can programme Slow Menu at 100° for 4 hours.  
Leave to stand before serving.

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## FIELD BEANS WITH ONIONS

 4 Servings  20 minutes

### INGREDIENTS

3 onions  
70 ml. oil  
250 g. peeled field beans,  
1 teaspoon of salt  
1 teaspoon sweet paprika in powder  
1 drop of cognac

### METHOD

Peel the chop the onions and place into the Food Processor with the remaining ingredients. Close the lid and programme the Stew Menu at 110° at Medium Pressure for 6 minutes.  
If you want to prepare the dish in the traditional way, programme Slow Menu at 100° for 4 hours.

## BEANS FROM “LA GRANJA” (SEGOVIA)

 4 Servings  15 minutes

### INGREDIENTS

400 g. big haricot beans  
100 g. bacon  
4 garlics  
2 chopped tomatoes  
1 sprig thyme  
1 teaspoon salt  
200 g. pork ribs  
1 onion, 3 carrots  
4 bay leaves  
100 ml. olive oil

### METHOD

Put the beans to soak in water the previous evening.

Cut the onion, garlic, pork ribs and bacon and place in the Food Processor with all the remaining ingredients, cover with water and programme the Pressure Menu at 120° at High Pressure for 10 minutes.

If you want to prepare the dish in the traditional way, programme Slow Menu at 100° for 8 hours.

## HUMMUS

 4 Servings  20 minutes

### INGREDIENTS

500 g. chickpeas  
4 teaspoons tahini  
Juice of two lemons  
40 ml. olive oil  
1 teaspoon cumin  
2 garlic cloves  
Salt to your liking

### METHOD

Put the chickpeas to soak in water the previous evening.

Place the chickpeas in the Food Processor, cover with water and programme the Pressure Menu at 120° at Medium Pressure for 14 minutes.

Mix all the ingredients with ready-made chickpeas and beat. Correct oil and salt.

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## BLACK ASTURIAN BEAN

 4 Servings  60 minutes

### INGREDIENTS

500 g. Asturian beans  
500 g. baby cuttlefish  
100 g. clams  
150 calamari ink  
2 garlic cloves,  
2 chilli peppers  
Olive oil

### METHOD

Put the beans to soak in water the previous evening. Put the clams in water too so that they expel the sand inside. Place the beans with the rest of the ingredients into the bowl and cover with water. Programme the Stew Menu at 110°, Half Pressure for 45 minutes. Leave to stand 5 minutes before serving.

For the traditional way, stir fry the garlic, chilli pepper, cuttlefish and the clams using the Grill Menu at 140° with the lid open for 10 minutes. Add the rest of the ingredients and programme Slow Menu at 100° for 6 hours.

## “MICHIRONES” (BEAN CASSEROLE)

 4 Servings  30 minutes

### INGREDIENTS

1 Kg. big broad beans  
1 ham bone,  
2 chorizo  
200 g fresh fat  
2 bay leaves  
1 head of garlic  
Salt and paprika to your liking  
10 black pepper seeds  
Water to cover  
1 tablespoon Majorcan sausage

### METHOD

Place the beans in the bowl of the Food Processor with all the ingredients and water to cover them.

Programme the Stew Menu at 110° Medium Pressure, 20 minutes or Slow Menu at 100°, 3 hours if you want to prepare in the traditional way.

When it's done add a tablespoon of Majorcan sausage to give a rich flavour.


## LENTILS BURGOS-STYLE

 4 Servings  30 minutes

### INGREDIENTS

350 g. lentils  
3 blood sausages from Burgos  
6 tablespoons oil  
1 onion  
1 carrot  
1 piece of green pepper  
1 tablespoon fried tomato  
1 teaspoon paprika  
1 bay leaf  
1 teaspoon of thyme  
1 teaspoon of parsley  
1 teaspoon of salt

## STEWED LENTILS

 4 Servings  20 minutes

### INGREDIENTS

350 g. lentils  
100 g. chopped butternut squash,  
1 green pepper in chunks,  
1 chopped carrot  
1 tablespoon of paprika 50 ml. oil  
2 stock cubes or salt  
2 garlic cloves  
1/2 onion chopped  
750 ml. water  
1 bay leaf

### METHOD

The lentils should be left in water overnight.

Cut the peppers, onion, carrot and place in the Food Processor with all the remaining ingredients, cover with water and programme the Pressure Menu at 120° Medium Pressure for 9 minutes.

To cook in the traditional way, stir fry the onion and carrot using the Grill Menu at 120° for 4 minutes. Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 20 minutes or Slow Menu for 4 hours.

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### METHOD

The lentils should be left in water overnight.

Cut the peppers, onion, carrot and place in the Food Processor with all the remaining ingredients, cover with water and programme the Pressure Menu at 120° Medium Pressure for 9 minutes.

There are various ways to prepare this dish. One is to programme Pressure Menu High Pressure for 7 minutes.

The traditional way would be to first stir fry the vegetables using the Grill Menu at 120° for 4 minutes. Add the rest of the ingredients and programme the Stew Menu at 110° at Medium Pressure for 20 minutes or Slow Menu for 4 hours.



## “GYPSY HOTPOT”

 4 Servings     30 minutes

### INGREDIENTS

500 g. chickpeas  
1 onion  
1 piece butternut squash  
100 g. green beans 1 tomato  
1 medium sized potato  
2 garlic cloves  
2 slices of bread  
1 tablespoon paprika  
1/2 teaspoon cumin  
1 egg

Olive oil  
Water  
Salt to your liking

### METHOD

The previous evening put the chickpeas to soak in water.

Clean and chop the butternut squash, beans and potato. Chop the onion and tomato separately. Put oil in the Food Processor and fry the egg and then the 2 slices of bread. Mash all together with the garlic and cumin and meanwhile fry the onion, using the same oil. When it is golden brown add the tomato and paprika.

Add all of the ingredients to the Food Processor, add enough water to just cover them and programme Stew Menu at 110° Medium Pressure for 30 minutes.

To do all in one go, place in the bowl all of the ingredients, cover with water, close the lid and programme the Pressure Menu at 120° Medium Pressure for 14 minutes.

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A top-down view of a white ceramic bowl filled with a vibrant yellow risotto. The risotto is garnished with finely chopped green herbs. Two large, bright red lobster claws are placed on top of the risotto. To the left of the bowl, a lemon wedge is visible, and some herbs are scattered on the white surface. The word "Rices" is overlaid in the center of the image.

# Rices

## RICE WITH ALIOLI SAUCE

 4 Servings  20 minutes


### INGREDIENTS

600 g. rice  
4 garlic cloves  
6 chopped sweet red peppers  
1 sachet of saffron  
1 l. fish fumet  
1 Kg tomatoes  
Salt and oil to your liking

### METHOD

Stir fry the garlies and the tomato with a bit of oil using the Grill Menu at 140°, with the lid open, for 5 minutes.  
Add the saffron, water, sweet peppers, rice, fumet, and salt to your liking and programme Stew Menu at 110° Medium Pressure for 8 minutes.  
We recommend serving with alioli sauce.

## CAULIFLOWER AND COD RICE

 4 Servings  20 minutes

### INGREDIENTS

300 g. rice  
450 g. fish broth  
1/2 cauliflower  
200 g. crumbled cod  
75 g. crushed tomatoes,  
1 pinch of colourant  
1 pinch sweet paprika  
100 ml olive oil

### METHOD

The cod should be desalted and crumbled.  
Place the cauliflower with a bit of oil in the bowl, add the paprika and the crushed tomato, stir. Add the rice, colourant, fish fumet and mix well.  
Place the cod on the top and programme Stew Menu at 110° Medium Pressure for 8 minute.

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## RICE WITH HARICOT BEANS AND TURNIP COEN LA COCIN OVEN BAKED RICE

 4 Servings  35 minutes

### INGREDIENTS

200 g. rice  
200 g. haricot beans soaked  
200 g. turnip  
250 g. pork  
50 g. fat, 2 blood sausages,  
75 ml. olive oil  
2 garlic cloves  
Some stems of saffron  
1 pinch sweet paprika,  
1 l. water,  
1 tsp food colourant

### METHOD

Prepare in the Food Processor a broth with the beans, pork, fat, turnip, garlic cloves, water and sweet paprika by programming Turbo Menu 130° Medium Pressure for 20 minutes.  
When the broth is done add the rice, saffron, a bit of food colourant and leave it to cook using the Stew Menu at 110° Medium Pressure for 8 minutes.

 4 Servings  20 minutes

### INGREDIENTS

200 g. rice,  
125 g. fried tomato  
1 head of garlic,  
2 potatoes,  
200 g. chopped pork ribs  
500 g. boiled chickpeas  
100 g. bacon,  
150 g. blood sausage,  
300 ml. meat stock,  
1 tomato, 2 tsp salt  
1 tsp food colourant  
100 ml. olive oil

### METHOD

Place all of the ingredients raw into the Food Processor and cook using the Stew Menu at 110°, Medium Pressure for 8 minutes.  
For the traditional way, stir fry for a while all of the ingredients using the Grill Menu at 140° with the lid open, add the rice and the stock and salt to taste.  
Then select the Stew Menu at 110° at Medium Pressure for 8 minutes.

## RICE MARINIÈRE

 4 Servings  20 minutes

### INGREDIENTS

300 g. rice  
450 g. fish broth,  
200 g. calamari rings,  
150 g. peeled shrimps  
125 g. fried tomato  
1 tsp colorant,  
1 pinch sweet paprika  
100 ml oil

### METHOD

Place all of the ingredients raw into the Food Processor and cook using the Stew Menu at 110°, Medium Pressure for 8 minutes.

For the traditional way, stir fry for a while all the ingredients using the Grill Menu at 140°, with the lid open, add the rice, fish broth, the colourant and salt to taste. Then cook using Stew Menu at 110° at Medium Pressure for 8 minutes.

## JAPANESE FRIED RICE

 4 Servings  20 minutes

### INGREDIENTS

500 g. boiled rice  
2 beaten eggs  
1/2 onion chopped  
1/2 carrot chopped  
2 chives in chunks  
Salt and pepper to your liking  
1 knob of butter with garlic  
1 pinch sesame seeds,  
2 Tsp soya sauce

### METHOD

Place in the Food Processor all the ingredients and programme the Grill Menu at 120° for 5 minutes. Stir well before removing.

If you prefer you can first stir fry the chopped vegetables with some oil by programming Grill Menu at 140° with the lid open for 4 minutes.

Then add the rest of the ingredients and carry on stir frying until done, stirring constantly.

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## RICE WITH DUCK

 4 Servings  25 minutes

### INGREDIENTS

1 big duck  
200 g. rice  
250 ml. water  
1 1/2 lemon  
1 big onion  
1 garlic clove  
4 bay leaves  
100 ml. oil  
150 g. chorizo  
100 g. bacon

### METHOD


Clean the duck well. If you desire, put a bit of lemon on the edges.

Place all of the ingredients in the bowl, (the onion chopped and the chorizo and bacon in thin slices) and programme Rice Menu.

For the traditional way, stir fry the chopped onion, garlic, chorizo and bacon with some oil, and programme the Grill Menu at 140° with the lid open for 4 minutes.

Add the rest of the ingredients and programme Stew Menu at 110° Medium Pressure for 8 minutes.

## SHRIMP AND LIME RISOTTO

 4 Servings  15 minutes

### INGREDIENTS

200 g. rice  
400 g. shrimps  
100 g. butter  
200 ml. cream  
100 ml. water  
2 lemons  
1/2 tablespoon of basil  
1/2 tablespoon of salt

### METHOD

Place all the ingredients raw, except the butter, in the Food Processor and cook using the Stew Menu at 110° Medium Pressure for 7 minutes.

Before serving add the butter and stir well until melted.

## CHICKEN AND WILD MUSHROOM RISOTTO

 4 Servings  15 minutes

### INGREDIENTS

200 g. rice  
400 g. chicken  
200 g. wild mushrooms  
200 ml cream  
100 g. butter  
50 ml. water  
1/2 tablespoon of saffron  
1/2 tablespoon of salt

### METHOD

Place all the ingredients, raw, into the bowl, except the butter and programme the Stew Menu at 110° Medium Pressure for 7 minutes.

Before serving add the butter and stir well until melted.

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## VALENCIAN PAELLA

 4 Servings  30 minutes

### INGREDIENTS

300 g. rice  
350 g. chopped chicken  
300 g. chopped rabbit  
150 g. peeled broad beans  
3 garlic cloves  
1 ripe tomato  
150 g. green beans  
1 pinch of saffron  
1 pinch sweet paprika

50 ml. olive oil  
500 ml chicken stock  
Salt to your liking

### METHOD

Place in the bowl all the ingredients and programme the Stew Menu at 110° Medium Pressure for 8 minutes.

To do a previous stir fry, put oil in the bowl, the chopped chicken and rabbit meat and programme Grill Menu at 140° with the lid open for 10 minutes. Add salt and when golden remove.

Using the same oil, add the beans, tomato and the rest of the ingredients, except the rice and stock. Mix and stir fry for approximately 2 minutes.

Add the rice, stock and the meats that had been set aside and programme Stew Menu at 110° Medium Pressure for 8 minutes.



## MEXICAN STYLE RICE

 4 Servings  20 minutes

### INGREDIENTS

350 g. rice  
30 ml. oil  
1 garlic clove  
40 g. onion  
2 medium sized tomatoes  
2 carrots in dices  
200 g. peas  
1 serrano chilli pepper  
500 ml. water  
1 sprig parsley

### METHOD

Cut the tomatoes and carrots, previously peeled, and cut into dices.

Place in the Food Processor with all the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 8 minutes.

If you prefer you can first stir fry the chopped onion with a bit of oil by programming Grill Menu at 140° with the lid open for 4 minutes (until golden brown). Add the rest of the ingredients and programme Stew Menu at 110° Medium Pressure for 8 minutes.

## BLACK RICE

 4 Servings  20 minutes

### INGREDIENTS

400 g. rice  
500 ml. fish stock  
4 garlic cloves, chopped  
500 g. baby cuttlefish or calamari cut into pieces.  
4 sachets of calamari ink  
2 tomatoes  
1 tablespoon of sweet paprika  
1 teaspoon of salt

### METHOD

Place all the ingredients, raw, into the Food Processor, close the lid and cook by selecting the Stew Menu at 110° at Medium Pressure for 8 minutes.

For the traditional way, stir fry for a while all of the ingredients using the Grill Menu at 140° with the lid open, add the rice and the colourant and stock and salt to taste.

Then cook selecting the Stew Menu at 110° a Medium Pressure for 8 minutes

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## CREAMY RICE PUDDING

 4 Servings  30 minutes

### INGREDIENTS


200 g. rice  
500 ml. water  
1 teaspoon salt Peel of 1 lemon  
600 ml. full fat milk  
200 g. sugar  
1 cinnamon stick

### METHOD

Place all the ingredients, except the sugar, into the Food Processor bowl. Stir and programme the Stew Menu at 110° at Medium Pressure for 8 minutes.

Add the sugar when it has finished. Stir and leave to cool.

## RICE WITH CHOCOLATE

 4 Servings  30 minutes

### INGREDIENTS

1 l. milk  
120 g. cocoa powder  
100 g. rice  
80 g. sugar  
1/2 teaspoon vanilla

### METHOD

Place all the ingredients, except the sugar, into the Food Processor bowl. Stir and programme the Stew Menu at 110° at Half Pressure for 8 minutes.

Add the sugar when it has finished. Stir and leave to cool.



# Pastas

## FETTUCINE WITH CLAMS

 4 Servings  20 minutes

### INGREDIENTS

500 g. clams  
750 g. fettuccine pasta  
500 ml. single cream  
1 teaspoon salt  
125 ml. white wine Water  
to cover

### METHOD

Place all the ingredients, raw, into the Food Processor and stir.

Add water to cover the mix and cook using the Stew Menu at 110° Medium Pressure for 10 minutes.

If you want you can stir fry previously the onion and clams using the Grill Menu at 140° with the lid open for 5 minutes.

## VEGETABLE LASAGNA

 4 Servings  20 minutes

### INGREDIENTS

8 pre-cooked lasagne sheets  
1 onion, 1 pepper  
1 courgette  
1 aubergine  
1 tomato  
300 g. grated cheese  
100 ml. oil  
1 teaspoon of salt,  
1 pinch of pepper  
A bit of oregano

### METHOD

Peel and cut the vegetables into pieces and mix in a bowl and add the salt, pepper, oregano and the vegetables. Grease the Food Processor bowl and place a layer of lasagne sheets, a layer of vegetables, a layer of lasagne, and another layer of vegetables, and so on until you finish the vegetables.

To finish, place a layer of lasagne sheets, sprinkle with cheese to melt over and cook using the Stew Menu at 110° Medium Pressure for 10 minutes.

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## SPAGHETTI AL PESTO

 4 Servings  20 minutes

### INGREDIENTS


2 tablespoons of basil  
500 g. spaghetti broken  
40 g. pine nuts  
2 garlic cloves  
150 g. Parmesan cheese  
175 ml. olive oil  
1 potato  
Margarine  
Water to cover the pasta

### METHOD

Peel and cut the garlic into very small pieces.

Place in the Food Processor all the ingredients, stir well, close the lid and programme the Stew Menu at 110° Medium Pressure for 10 minutes.

## SPAGUETTI WITH SAUSAGES

 4 Servings  30 minutes

### INGREDIENTS

160 g. spaghetti broken  
100 g. bacon  
6 frankfurters cut into pieces  
20 ml. olive oil  
20 ml. white wine  
1 garlic clove  
1 onion  
4 eggs  
40 g. Parmesan cheese  
Salt to your liking  
Water to cover the pasta

### METHOD

Place all the ingredients in the bowl with sufficient water to cover them. Programme the Stew Menu at 110° Medium Pressure for 10 minutes.

If you prefer a traditional way, stir fry the chopped garlic and onions along with the bacon and the sausages cut into pieces of approx. 2 cm. using the Grill Menu at 140° with the lid open.

Then add the remaining ingredients and water to cover it all and programme Stew Menu at 110° Medium Pressure for 10 minutes.

## SICILIAN PESTO

 4 Servings  20 minutes

### INGREDIENTS

2 sprigs of mint,  
1 sprig of parsley  
Juice of 1 lemon  
60 ml. olive oil  
60 g. grated Parmesan  
cheese  
1 teaspoon of salt  
1 teaspoon pepper  
1 garlic clove  
500 g. pasta  
Water to cover

### METHOD

Chop the mint and parsley and mix with the remaining ingredients. Add with the pasta to the bowl and cover with water. Programme Stew Menu at 110° Medium Pressure for 10 minutes.

## PASTA WITH GORGONZOLA CHEESE SAUCE

 4 Servings  15 minutes

### INGREDIENTS

150 g. gorgonzola cheese  
150 ml. single cream  
1 teaspoon salt  
400 g. pasta  
Water to cover

### METHOD

Place all the ingredients into the Food Processor and stir well. Programme the Stew Menu at 110°, Medium Pressure for 10 minutes.

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## GARLIC PASTA

 4 Servings  20 minutes

### INGREDIENTS

500 g. macaroni  
125 ml. oil  
12 garlcs, peeled and cut  
2 cayenne peppers  
Salt Pepper  
Water to cover  
Grated cheese

### METHOD

Peel and cut the garlcs.  
Place them in the Food Processor with the pasta, oil, cayenne and water to cover the mix.  
Stir well and close the lid. Cook using the Stew Menu at 110° Medium Pressure for 10 minutes.  
Serve with grated cheese sprinkled on top if you desire.

## “FIDEUA”

 4 Servings  20 minutes

### INGREDIENTS

200 g. monkfish  
200 g. rice shrimps  
200 g. calamari rings  
400 g. shrimp fumet  
2 fish stock cubes  
50 ml. oil  
50 g. onion  
100 g. crushed tomatoes,  
1 garlic clove  
1 tablespoon chopped parsley  
Some stems of saffron  
Food colourant

## “FIDEUA” WITH DUCK LIVER

 4 Servings  20 minutes

### INGREDIENTS

500 g. big noodles  
200 g. boletus  
100 g spring baby garlic  
500 g. chopped chicken  
500 g. fresh duck liver  
100 ml. oil  
1 teaspoon of salt  
700 ml. chicken broth  
50 g. crushed tomato  
1/2 teaspoon sugar

### METHOD

Place in the Food Processor all the ingredients, stir well and programme the Stew Menu at 110° Medium Pressure for 10 minutes.

To prepare this dish in the traditional way, stir fry the garlic, shellfish and onion for 3 minutes using the Grill Menu at 120°, add the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 10 minutes.

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### METHOD

Place in the Food Processor all the ingredients and programme the Stew Menu at 110° Medium Pressure for 10 minutes.



To prepare this dish in the traditional way, stir fry the garlics, chicken, tomato, duck liver and boletus for 3 minutes using the Grill Menu at 120°, add the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 10 minutes.



A top-down view of a pepperoni pizza on a wooden peel. The pizza is cut into several slices and is topped with melted cheese and pepperoni. It is surrounded by fresh ingredients: two whole red tomatoes and a bunch of fresh basil leaves. The background is a light-colored wooden surface with a green and white striped cloth underneath the pizza.

# Pizzas

## CHEESE PIZZA WITH BASIL

 4 Servings  30 minutes

### INGREDIENTS

100 ml. milk  
100 ml. water  
50 ml. olive oil  
1 teaspoon of salt  
20 g. pressed yeast  
400 g. flour  
100 g. goat's cheese  
100 g. feta cheese  
50 g. blue cheese 100 g.  
mozzarella cheese  
50 g. fried tomato  
Fresh basil leaves

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast. Add a bit of salt and knead until you obtain a thin dough.

Cover the bowl with it and spread the fried tomato to top. Then place the cheeses cut into thick slices alternating the 4 cheeses. Place the basil leaves along the pizza and programme the Oven Menu at 160° for 20 minutes.

## PIZZA GORMAN

 4 Servings  30 minutes

### INGREDIENTS

100 ml. milk  
100 ml. water  
50 ml. olive oil  
1 teaspoon of salt  
20 g. pressed yeast  
400 g. flour  
2 aubergines  
2 courgette  
1 onion  
2 red peppers  
4 cherry tomatoes  
100 g. grated cheese  
4 cheese triangles

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast. Add a bit of salt and knead until you obtain a thin dough and cover the bowl with it.

Cut the aubergines, onions and courgettes into thin slices. Cut the cherry tomatoes into halves and the red peppers into strips. Spread onto the pizza. Place the cheese triangles and sprinkle with grated cheese. Programme the Oven Menu at 160° for 20 minutes.

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## PIZZA WITH PEPPERONI

 4 Servings  30 minutes

### INGREDIENTS

100 ml. milk  
100 ml. water  
50 ml. olive oil  
1 teaspoon of salt  
20 g. pressed yeast  
400 g. flour  
Fried tomato  
100 g. mushrooms  
100 g. pepperoni or chorizo  
100 g. mozzarella  
3 tablespoons olive oil  
Salt and pepper to your liking

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast. Add a bit of salt and knead until you obtain a thin dough and cover the bowl with it.

Add the fried tomato to the dough, to your liking. Place the mushrooms cut in thin slices, the pepperoni cut in very thin slices and the grated mozzarella cheese. Add the olive oil and season to taste.

Programme the Oven Menu at 160° for 20 minutes.

## PIZZA WITH BACON AND ONION

 4 Servings  30 minutes

### INGREDIENTS

100 ml. milk  
100 ml. water  
50 ml. olive oil  
1 teaspoon of salt  
20 g. pressed yeast  
400 g. flour  
200 g. bacon  
100 g. onion  
100 g. grated mozzarella  
50 g. crushed tomatoes

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast.

Add a bit of salt and knead until you obtain a thin dough and cover the bowl with it.

Place the bacon, onion, tomato and cheese and programme the Oven Menu at 160° for 20 minutes.

## PIZZA ITALIAN STYLE

 4 Servings  30 minutes

### INGREDIENTS

200 ml. milk  
100 ml. white wine  
100 ml. olive oil  
1 tablespoon yeast  
20 g. salt  
20 g. sugar  
550 g. flour  
100 g. fried tomato  
100 g. grated mozzarella  
12 black olives  
6 anchovies  
1 egg

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast. Add a bit of salt and knead until you obtain a thin dough and cover the bowl with it.

Place on top of the dough, the tomato, the cheese, olives and the egg. Programme the Oven Menu at 160° for 20 minutes.

## PIZZA WITH CHICKEN AND PEPPERS

 4 Servings  30 minutes

### INGREDIENTS

200 g. roast chicken  
100 g. green peppers  
100 g. grated mozzarella  
50 g. crushed tomato  
200 ml. water  
50 ml. oil  
1 teaspoon salt  
20 g. yeast  
400 g. flour

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast. Add a bit of salt and knead until you obtain a thin dough and cover the bowl with it.

Place the pizza ingredients on the dough and programme the Oven Menu at 160° for 20 minutes.

## PIZZA WITH CHOCOLATE

 1-2 Servings  30 minutes

### INGREDIENTS

200 ml. water  
50 ml. oil  
1 teaspoon salt  
20 g. yeast  
400 g. flour  
100 g. cocoa spread,  
such as Nutella

### METHOD

Prepare a dough by beating the milk, water, oil, flour and yeast. Add a bit of salt and knead until you obtain a thin dough and cover the bowl with it.

Spread the chocolate cream all over the dough and programme the Oven Menu at 160° for 20 minutes.





# Vegetables

## SOYA MEATBALLS WITH CARROTS

 4 Servings  20 minutes

### INGREDIENTS

750 g. carrots  
100 g. onion  
3 garlcs  
30 ml. virgin olive oil  
Parsley to your liking  
1 vegetable stock cube  
8 textured soya meatballs  
500 ml. water

### METHOD

Cut all the ingredients and place in the bowl of the Food Processor, stir well, close the lid and programme the Stew Menu at 110° at Medium Pressure for 8 minutes.

Serve hot.

## SPINACH WITH CURRANTS AND PINE NUTS

 4 Servings  20 minutes

### INGREDIENTS

4 bunches of spinach  
100 g. pine nuts  
100 g. currants  
Olive oil  
Pepper and salt to your liking  
Brandy or rum

### METHOD

Clean the spinach well.

Put the currants to soak in the brandy or rum for 1 hour.

Put oil in the Food Processor along with the pine nuts and currants. Add the spinach, stir well, close the lid and programme Grill Menu at 120° for 12 minutes.

Finally add a bit of pepper and salt.

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## FLORENTINE STYLE PEAS

 4 Servings  20 minutes

### INGREDIENTS

600 g. fresh peas  
150 g. cured bacon  
3 tablespoons olive oil  
3 garlic cloves, smashed  
Freshly chopped parsley  
1 teaspoon sugar  
Salt to your liking  
1 l. water


### METHOD

Put in the Food Processor the peas, the smoked bacon in pieces, the garlic cloves, the oil, the chopped parsley and 1 l. water.

Programme the Stew Menu at 110° Medium Pressure for 7 minutes. When it finishes add the salt and then the sugar.

Serve hot as garnish.

## STEAMED BROCCOLI

 4 Servings  30 minutes

### INGREDIENTS

1 broccoli  
125 ml. water  
2 bay leaves  
1 teaspoon of salt,  
1 pinch of pepper  
100 ml. oil  
1 pinch of cumin  
400 ml. water

### METHOD

Cut the broccoli to your liking, place the steaming tray on and put water into the Food Processor making sure the water does not reach the tray. Add the bay leaves and cumin to the water. Put the broccoli on the tray and season. Sprinkle with a little oil and cook using the Steam Menu at 110° Low Pressure with the lid closed for 30 minutes.



## AUBERGINE STUFFED WITH PARTRIDGE

 2 Servings  65 minutes

### INGREDIENTS

2 aubergines  
1 partridge  
1/2 onion  
1 tomato  
100 g. mushrooms  
1 Italian green pepper  
1 teaspoon salt  
1 pinch of pepper  
1 teaspoon of oregano  
1 teaspoon basil  
80 g. emmenthal cheese  
200 ml. olive oil

### METHOD

Cut the aubergines in half length-wise and empty taking care to not break the skins, set aside.

Cut the vegetables, the aubergine meat taken from inside and the partridge meat into small dices. Mix all the vegetables and add oil, salt, pepper, oregano and basil and stir well. Fill the aubergines with the vegetable mix and sprinkle with cheese on top, place on the oven tray of the Food Processor, on the bottom of the bowl. Cook using the Oven Menu at 160° for 60 minutes.

## SPINACH AND RICE HAMBURGUER

 4 Servings  20 minutes

### INGREDIENTS

200 g. boiled spinach  
250 g. boiled rice  
2 eggs,  
60 g. chopped parsley,  
1 garlic clove smashed,  
2 Tbsp. grated cheese,  
Fine dry breadcrumbs  
Salt and pepper to your liking

### METHOD

Put the boiled spinach and rice in a bowl and chop it all.

Add the eggs, parsley, garlic, grated cheese, salt and pepper to your liking. Combine well. Separate into portions and flatten to make a hamburger shape. Cook using the Grill Menu at 140° with the lid open for 10 minutes.

## MURCIAN FRIED DISH WITH POTATOES AND EGGS

 4 Servings  15 minutes

### INGREDIENTS

70 ml. oil  
500 g. onion  
200 g. green pepper  
200 g. red pepper  
3 garlic cloves  
1 Kg. of crushed natural tomato  
2 stock cubes  
800 g. potatoes in slices  
4 hard-boiled eggs

### METHOD

Wash the peppers and chop.

Peel and cut the garlic and onion into thin slices. Cut the potatoes into thick slices.

Place the vegetables in the bowl of the Food Processor and programme Grill Menu at 120° for 10 minutes.

Serve with boiled eggs around the edges. Pour the olive oil on top.

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## STEMS OF CHARD AND ALMOND SAUCE

 4 Servings  10 minutes

### INGREDIENTS

100 g. almonds  
400 ml. water  
50 g. cornflour  
2 kg. chard stems  
30 ml. oil  
1 l. milk  
1 teaspoon paprika  
1 teaspoon of salt  
1 pinch of nutmeg

### METHOD

Put the chard in the water and programme the Stew Menu at 110° at Medium Pressure for 5 minutes.

Meanwhile, chop the almonds and prepare the sauce by beating with the remaining ingredients.

Serve the chard with the sauce on top.

## ARTICHOKE DIP

 2 Servings  15 minutes

### INGREDIENTS

50 g. artichoke hearts  
250 g. Parmesan cheese  
250 g. mayonnaise  
1 chilli pepper

### METHOD

Mash the artichokes with Parmesan cheese and the chilli pepper, pour teaspoons of mix on the bottom of the bowl and programme using Oven Menu at 160° for 12 minutes.

Remove the mix whilst it is still hot, flatten with care and serve cold with mayonnaise for dipping.

## MINISTRONE

 4 Servings  15 minutes

### INGREDIENTS

50 g. vegetable mix  
50 ml. oil,  
50 g. onion,  
1 garlic clove  
50 g. bacon  
750 ml. water  
1 stock cube or salt  
1 tsp of pepper,  
100 g. rice,  
Chopped parsley,  
50 g. Parmesan cheese  
50 g. butter

### METHOD

Grate the cheese and set aside.

Chop the vegetables. Add the remaining ingredients, stir well, close the lid of the Food Processor and programme the Stew Menu at 110° Medium Pressure for 8 minutes.

Finally pour into a soup bowl, add the butter and the cheese. Stir well and serve immediately.

If you want, you can previously stir fry the onion, garlic and bacon cut into dices using the Grill Menu at 120° for 5 minutes.

## “PISTO” VEGETABLES

 4 Servings  12 minutes

### INGREDIENTS



100 ml. oil  
300 g. courgette  
150 g. red peppers  
150 g. green peppers  
300 g. onion  
500 g. crushed tomatoes  
2 garlic cloves  
2 stock cubes or salt

### METHOD

Chop all the ingredients and place into the Food Processor.

Programme the Stew Menu at 110° at Medium Pressure for 8 minutes.

## BUTTERNUT SQUASH MOUSSAKA

 4 Servings  60 minutes

### INGREDIENTS

1 kg. butternut squash,  
2 onions  
700 g. minced veal  
300 g. fried tomato  
500 ml. béchamel  
1 tsp marjoram  
125 ml. oil  
1 tsp of salt and one of pepper  
100 g. grated cheese

### METHOD

With a potato peeler slice the butternut squash. Set aside. Prepare a mix with the meat, tomato, onion and 100 g. butternut squash. Season and set aside.

Put on the bottom of the bowl the slices of butternut squash, pour some of the mix that had been set aside, then put on a layer of butternut squash, another of meat, and so on until there is no more of the mix. Pour the béchamel on top and sprinkle with cheese.

Programme the Oven Menu at 160° for 40 minutes.

## MURCIAN STYLE VEGETABLE STEW



4 Servings



20 minutes

### INGREDIENTS

3 artichokes  
2 carrots  
2 stalks of celery 150 g. peas  
150 g. cauliflower  
2 potatoes  
1 white turnip  
4 ripe tomatoes  
1 big onion  
150 g. green beans 100 g. bacon  
3 eggs

Olive oil  
1 tablespoon flour  
2 garlic cloves  
Salt to your liking  
1 l. water

### METHOD

Place all the ingredients in the bowl, except the eggs and programme the Stew Menu at 110° at Medium Pressure for 20 minutes. Before serving, add the eggs, stir and mix well.

For the traditional way, stir fry the garlic, using the Grill Menu at 140° with the lid open for 10 minutes. When it begins to turn golden brown add the clean and chopped vegetables and the bacon cut into pieces. Stir constantly for 10 minutes.

Cover with water and add salt. Programme the Slow Menu at 110° for 40 minutes.

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# Potatoes

## STUFFED POTATOES

 4 Servings  30 minutes

### INGREDIENTS

8 potatoes  
8 egg yolks  
1 tablespoon salt  
1 pinch ground pepper  
125 ml. single cream  
150 g. bacon  
150 g. grated cheese

### METHOD

Boil the potatoes in water using the Pressure Menu at 120° at High Pressure for 5 minutes.

When soft, peel them and make a hole which should be slightly bigger than a yolk.

Put in the hole a bit of salt, a squirt of cream, the yolk and a bit of pepper. On top of the hole place half a slice of bacon and the grated cheese.

Programme the Oven Menu at 160° for 15 minutes.

## FRIED POTATOES WITH TUNA

 4 Servings  20 minutes

### INGREDIENTS

70 ml. oil  
500 g. onion  
200 g. green pepper  
200 g. red pepper  
3 garlic cloves  
1 kg. of crushed natural tomato  
100 ml. water  
2 fish stock cube  
700 g. potatoes in slices  
500 g. tuna or bonito

### METHOD

First clean well the tuna or bonito of its skin and bones.

Chop the fish and the vegetables. Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 15 minutes.

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## POTATO ROUNDS

 4 Servings  45 minutes

### INGREDIENTS

10 medium sized potatoes  
3 onions  
2 garlic cloves  
1 l. olive oil  
Fresh parsley  
Salt and pepper to your liking


### METHOD

Peel and cut the potatoes and onions into thin slices. Mash the garlic.

Place all the potatoes on the bottom of the Food Processor bowl and cover with olive oil. Then put the garlic and onions on top. Season and cover with aluminium paper.

Programme the Oven Menu at 160° for 40 minutes. Finally drain off the oil and sprinkle with the parsley.

## “POOR MAN’S” POTATOES

 4 Servings  10 minutes

### INGREDIENTS

1 onion  
800 g. potatoes  
100 ml. oil  
1 teaspoon salt  
2 garlic cloves

### METHOD

Peel and chop the onion. Peel and cut the potatoes into slices. Place in the Food Processor with the oil and salt.

Programme the Stew Menu at 110° at Medium Pressure for 10 minutes.



## RIOJA STYLE POTATOES

 4 Servings  20 minutes


### INGREDIENTS

1 kg. potatoes  
300 g. chorizo  
500 g. tomatoes  
3 roasted red peppers  
500 g. onions  
1/2 chilli pepper  
250 ml. meat stock  
Salt to your liking  
Olive oil

### METHOD

Peel and cut the potatoes into big chunks. Cut the chorizo into thick slices and set aside.  
Place into the bowl the chopped onion and the tomato. Add the potatoes that had been set aside, the chorizo and peppers cut into strips.  
Add the meat stock, salt, chilli pepper and programme Stew Menu at 110° Medium Pressure for 10 minutes.

## POTATOES “ARRUGÁS”

 4 Servings  30 minutes

### INGREDIENTS

1 kg. small potatoes  
500 g. course salt  
2 l. water

### METHOD

Wash the potatoes well and put into the Food Processor bowl (with the skin on). Add abundant water, course salt and programme Pressure Menu at 120° Medium Pressure for 10 minutes.

When done, drain off. Cover with a cloth and roll them for a few times for a few more minutes.

When you see that they have lost the steam take the cloth off. The potatoes should be dry and white due to the salt.

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## ROAST POTATOES WITH THYME

 4 Servings  45 minutes


### INGREDIENTS

1 kg potatoes  
1 head of garlic  
1 sprig of thyme  
100 g. butter  
Olive oil  
Salt and pepper to your liking

### METHOD

Peel, wash and dry the potatoes. Cut into 2 length-wise.  
Spread the potato halves with butter and chopped garlic cloves.  
Season and put a sprig of thyme in the bowl along with the potatoes.  
Programme the Oven Menu at 160° for 40 minutes.

## POTATOES WITH CLAMS

 4 Servings  20 minutes

### INGREDIENTS

1 Kg. potatoes  
1 Kg. clams  
500 g. chopped onion  
50 g. parsley  
250 ml. fish stock  
2 chilli peppers,  
Olive oil  
Salt to your liking

### METHOD

Peel and cut the potatoes into big chunks. Set aside.

Clean the clams and place them in the bowl along with the chopped onion.

Add the potatoes that had been set aside and the remaining ingredients.

Programme the Stew Menu at 110° at Medium Pressure for 12 minutes.

A close-up photograph of a white bowl filled with a clear, yellowish-orange broth. The soup contains several pieces of seafood: two large, cooked shrimp with bright red heads and tails, and two scallops with their white, tender flesh and dark, slightly charred edges. The dish is garnished with fresh green parsley leaves, thin slices of red chili, and a small piece of green lime. A semi-transparent white banner with the word "Shellfish" in bold black text is overlaid across the center of the image.

# Shellfish

## SHELLFISH MEATBALLS

 4 Servings  20 minutes

### INGREDIENTS

#### FOR THE MIX:

1/2 onion  
250 g. chopped shellfish  
300 g. flour  
1 bay leaf  
500 ml. milk  
250 ml. fish fumet  
20 ml. olive oil  
20 ml. brandy  
50 g. crushed tomatoes,  
1 teaspoon of salt

#### FOR THE SAUCE:

50 ml. olive oil  
4 garlic cloves  
1 bay leaf  
20 ml. white wine  
2 teaspoons of flour  
250 ml. fish broth  
1 fish stock cube

### METHOD

First chop the onion.

Add the oil and bay leaf. Add the shrimps, brandy, milk, fumet, flour and tomato and programme the Stew Menu at 110° Medium Pressure for 4 minutes.

Make the ball shapes and cover with flour. Fry. To fry, pour in oil using the Grill Menu at 140°, with the lid open for 10 minutes. When hot, add the meatballs.

To prepare the sauce, put the oil, the chopped garlic and bay leaf in the Food Processor. Programme Grill Menu at 140°, with the lid open for 8 minutes. When golden add the wine, fumet, a fish stock cube and the flour. Stir well.

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## CALAMARI IN THEIR INK

 4 Servings  10 minutes

### INGREDIENTS

1 kg. calamari rings  
50 ml. olive oil  
2 onions  
2 garlic cloves  
3 bay leaves  
100 g. crushed tomato  
200 ml. white wine  
2 tablespoon flour  
4 sachets of calamari ink  
1 teaspoon of salt

### METHOD

Wash and clean the calamari.  
Cut the calamari ring which should be approximately 1 cm thick.  
Peel and cut the onions and chop the garlic and the bay leaves.  
Place all the ingredients in the Food Processor and programme the Stew Menu at 110° at Medium Pressure for 6 minutes.

## OCTOPUS GALICIAN STYLE

 4 Servings  20 minutes


### INGREDIENTS

1 octopus of about 750 g.  
1 big onion  
2 bay leaves  
1 pinch spicy paprika  
1 kg. potatoes  
Course salt  
Olive oil  
2 l. water

### METHOD

Place the octopus with abundant water, salt, onion, potatoes and the bay leaf. Programme Grill Menu at 140°, with the lid open for 4 minutes. When the water is boiling put in and pull out the octopus. Do this three times so that it becomes soft. Leave inside and programme the Stew Menu at 110° at Medium Pressure for 12 minutes.  
Serve on top of the potatoes and season to your liking. Dress with a bit of olive oil and paprika.

## OCTOPUS OR CUTTLEFISH HOTPOT

 4 Servings  20 minutes

### INGREDIENTS

600 g. clean and chopped cuttlefish	1.4 kg. potatoes in chunks
200 g. crushed tomato	170 ml. t
100 ml. oil	
50 ml. vinegar	
4 garlic cloves	
400 g. onion	
3 bay leaves	
1 green pepper	
2 teaspoons of salt	
3 teaspoons sweet paprika	

### METHOD


Chop the onion, pepper and garlies.

Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 10 minutes.

If you want to prepare in the traditional way, first stir fry the garlies and onion using the Grill Menu at 120° for 5 minutes and add quite a large amount of oil. Add the rest of the ingredients and programme Slow Menu at 100° for 2 hours.

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## BABY CUTTLEFISH WITH ONIONS

 4 Servings  15 minutes

### INGREDIENTS

8 baby cuttlefish  
3 onions  
1 small cup of white wine  
500 ml. fish broth  
1 teaspoon salt  
200 ml. oil  
1 bay leaf

### METHOD

Cut the cuttlefish into rings and onion into julienne strips.  
Place all the ingredients in the Food Processor and cook using by programming the Stew Menu at 110° at Medium Pressure for 7 minutes.

## MUSSELS IN SPICY SAUCE

 4 Servings  10 minutes

### INGREDIENTS

50 ml. oil  
100 g. onion  
100 g. red pepper  
100 g. green pepper  
2 garlic cloves  
500 g. crushed tomatoes  
A few basil leaves  
1 fish stock cube  
1 cayenne pepper  
1 Kg. clean mussels

### METHOD

Place all the ingredients for the sauce into the Food Processor. Place the steamer tray and put the mussels on top. Programme the Stew Menu at 110° a Low Pressure for 6 minutes.

We can prepare this dish by first making the sauce separately using the Menu Open lid. Set aside. Place the mussels in the steamer tray and programme Oven Menu at 160° for 8 minutes. Put the mussels on a tray and serve with the sauce on top.

## CANNELLONI OF FISH AND SHELLFISH



4 Servings



20 minutes

### INGREDIENTS

1 packet of cannelloni

FOR THE BECHAMEL:

1 teaspoon of salt

1 teaspoon of pepper

1 teaspoon of nutmeg

200 g. onion

150 g. butter

1 carrot

100 g. mashed salmon,

1 l. milk

50 g. flour

FOR THE FILLING:

250 g. peeled shrimps

250 g. salmon

100 ml. oil

30 g. cornflour 1/2 onion

1/2 carrot

180 g. cream from milk

### METHOD

Chop all the ingredients for the filling and fill the cannelloni.

Prepare the béchamel using the Grill Menu at 140°, with the lid open stirring constantly.

Put the cannelloni in the Food Processor and pour the béchamel on top. Programme the Oven Menu at 160° for 20 minutes.

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# Fish



## COD MEATBALLS

 4 Servings  25 minutes

### INGREDIENTS

500 g. potatoes for boiling  
250 g. desalted cod  
2 eggs  
70 ml. oil  
100 g. pine nuts  
Garlic, parsley, pepper, cinnamon, salt to your liking

### METHOD

Whisk a pinch of salt, a few drops of lemon and egg whites until stiff. Set aside.  
Cut the peeled potatoes into slices and put them in the Food Processor and programme the Stew Menu at 110° at Low Pressure for 6 minutes. Set aside. Chop the garlicks and parsley and stir fry using the Grill Menu at 140° with the lid open, for 2 minutes.  
Chop the cod into chunks, add to the stir fry. Mix well with the spatula and season with the cinnamon, pepper and pine nuts and correct the salt. Make ball shapes with the mixture and cover with the eggs whites that should be stiff. Put in the oil and use Grill Menu at 140° with the lid open for 10 minutes, when it is hot fry the fish balls.

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## SOLE WITH TARRAGON

 4 Servings  12 minutes

### INGREDIENTS

8 fillets of sole  
200 g. shrimps  
150 ml. white wine  
150 g. mushrooms  
50 ml. oil  
1 big onion  
2 tablespoons butter  
2 tablespoons tarragon  
200 ml. single cream or 1  
fish stock cube  
1 teaspoon of pepper

### METHOD

Put all the ingredients, except the fillets of sole, in the Food Processor, and then place the steam tray on top. Place the sole fillets inside rolled up.  
Programme the Stew Menu at 110° at Medium Pressure for 6 minutes.

## MEDALLION OF HAKE IN CIDER

 4 Servings  10 minutes

### INGREDIENTS

600 g. hake  
60 ml. oil  
500 g. natural tomatoes  
250 g. sweet "morron"  
peppers  
2 garlic cloves  
2 eggs  
200 g. peas  
150 ml. cider  
2 big onions Parsley and  
salt  
2 eggs for coating

### METHOD

Place all the ingredients in the bowl. The eggs should be just cracked over, close the lid and programme the Stew Menu at 110° at Medium Pressure for 5 minutes.  
To do the recipe in the traditional way, stir fry the chopped garlic and onion using the Grill Menu at 120° for 4 minutes. Then, add the rest of the ingredients and programme Oven Menu at 160° for 3 minutes.

## HAKE IN CIDER WITH CLAMS

 4 Servings  25 minutes

### INGREDIENTS

1.5 kg. hake  
250 g. clams  
2 potato in chunks  
800 g. crushed tomato  
200 ml. cider  
50 l. brandy  
1 big onion  
2 garlic cloves  
50 ml. oil  
Parsley, Bay leaf,  
1 teaspoon paprika, 1 teaspoon salt  
100 ml. olive oil

### METHOD

Chop the onion and the garlic. Place in the Food Processor with all the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 6 minutes.

To do the recipe in the traditional way, stir fry the garlic, clams and onion using the Grill Menu at 140° with the lid open, for 5 minutes. Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

## FISH IN SAUCE

 4 Servings  15 minutes

### INGREDIENTS

1 kg. fish  
2 garlic cloves  
1 big onion  
1 sprig of parsley  
1 pinch of flour  
1 meat stock cube or salt  
200 ml. white wine

### METHOD

Chop the onion and garlic, place in the Food Processor with all the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 6 minutes.

To do the recipe in the traditional way, stir fry the garlic and onion using the Grill Menu at 140° with the lid open for 5 minutes. Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 40 minutes.

## HAKE GALICIAN STYLE WITH PEPPERS

 4 Servings  30 minutes

### INGREDIENTS

1 Kg. hake  
70 ml. oil  
2 big garlics  
2 potatoes  
100 ml. water  
1 medium sized onion  
1 green pepper  
1 tablespoon of paprika  
1 teaspoon of salt

### METHOD

Place all the ingredients in the Food Processor and programme the Stew Menu at 110° at Medium Pressure for 8 minutes.

To do the recipe in the traditional way, stir fry the chopped garlic and onion using the Grill Menu at 120° for 4 minutes.

Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

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## “PIL PIL” OF COD WITH CHICKPEAS

 4 Servings  10 minutes

### INGREDIENTS

400 g. boiled chickpeas with their juice  
200 ml. cod fumet (made with the bones and skin of the cod)  
150 ml. olive oil  
6 garlic cloves  
4 chunks of cod fillet soaked

### METHOD

Chop the garlic, clean the cod of bones and skin.

Place in the Food Processor all the ingredients and programme the Grill Menu at 120° for 6 minutes.

 4 Servings  25 minutes

## INGREDIENTS

1 kg. hake in slices  
1 onion  
75 g. garlic  
250 g. clams  
125 g. peas  
220 g. asparagus  
200 ml. white wine  
4 hard-boiled eggs  
1 teaspoon parsley  
Olive oil

## COD VIZCAYA STYLE

 4 Servings  25 minutes

## INGREDIENTS

6 red onions  
3 garlic cloves  
3 chilli peppers  
2 thin slices of serrano ham  
4 slices of stale bread  
8 sundried red peppers  
3 tablespoons of olive oil  
2 l. water  
1 centre of cod fillet  
Cold water

## METHOD

Place all the ingredients in the Food Processor and programme the Stew Menu at 110° at Medium Pressure for 7 minutes.

If you want to prepare the dish in the traditional way, fry the onion and garlic in a bit of oil using the Grill Menu at 140° with the lid open, for 10 minutes. Add the seasoned hake slices coated in flour and fry on one side. Turn over and add the white wine and chopped parsley.

Then add immediately the clams and the peas. If there is not enough water you can add the juice of the asparagus. Programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

Serve in a dish with cut asparagus and hard boiled eggs.

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## METHOD

Peel and cut the onion, garlicks and peppers and fry in a bit of oil using the Grill Menu at 140° with the lid open, for 10 minutes. Once fried, remove and add the ham cut into dices and the slices of bread. Once fried, remove and drain off the oil.

Using the same oil in the bowl, stir fry the chilli peppers and then add the previous ingredients except the juices. Programme the Stew Menu at 110° Medium Pressure for 20 minutes.

To prepare the cod, desalt for between 36 and 48 hours. Place in the bowl with the skin on the top side (this is very important) and cover with cold water. Programme Grill Menu at 140°, with the lid open for 8 minutes. Then place the cod with the sauce and programme Slow Menu at 100° for 20 minutes

## "PIL PIL" OF COD

 4 Servings  25 minutes

### INGREDIENTS

1 kg. cod  
Olive oil  
5 garlic cloves  
1 chilli pepper

### METHOD

Put the cod to soak for 24 hours. Once unsalted, remove scales and bones. Place the cod with oil in the bowl. Add the chopped garlicks and the chilli pepper and stir fry using the Grill Menu at 140° with the lid open, for 3 minutes. When golden brown, remove and set aside. Put in the bowl the cod cut in chunks with the skin on the down-side and programme the Grill Menu at 120° for 14 minutes. Serve very hot with the garlic and chilli pepper.

## GOLDEN COD

 4 Servings  15 minutes


### INGREDIENTS

100 ml. olive oil  
400 g. onion  
2 garlic cloves  
300 g. cod  
200 g. potatoes  
100 g. black olives  
6 eggs  
1 teaspoon of salt  
1 teaspoon pepper  
1 teaspoon parsley

### METHOD

Crumble the cod and clean well, removing skin and bones. Peel the onion, garlic and potatoes and chop. Then, place all the ingredients in the bowl and programme the Grill Menu at 120° for 10 minutes.

## COD IN GREEN SAUCE (PARSLEY)

 4 Servings  10 minutes

### INGREDIENTS

2 fillets of fresh cod  
1 tablespoon parsley  
200 g. single cream  
180 g. clams

### METHOD

Place all the ingredients, raw, into the Food Processor and cook by using the Pressure Menu at 120° at High Pressure for 5 minutes

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## MONKFISH IN MARINIÈRE SAUCE

 5 Servings  12 minutes

### INGREDIENTS

500 g. fresh monkfish  
20 g. sweet paprika  
2 garlic cloves  
150 g. mussels  
1 tablespoon parsley,  
2 teaspoons of salt  
200 ml. oil  
150 g. almonds  
180 g. clams  
8 prawns  
100 g. flour  
Fish broth

### METHOD

Make a paste with the garlic, parsley, sweet paprika, salt, almonds, oil and flour. Place the monkfish, prawns, and clams in the bowl. Add the paste and a bit of fish broth and cook using the Stew Menu at 110° Medium Pressure for 8 minutes.

## COD BRANDADE

 4 Servings  10 minutes

### INGREDIENTS

500 g. cod soaked in water the previous day  
200 ml. oil  
100 ml. milk  
3 garlic cloves  
1 teaspoon of pepper

### METHOD

Put the desalted cod with water in the Food Processor and programme the Pressure Menu at 120° at High Pressure for 3 minutes.

Drain well, remove skin and bones and set aside.

Mix all the ingredients until you obtain a paste.

Finally, serve with toast and if you want, you can grill and decorate with black olives.

## TUNA WITH TOMATO

 2 Servings  10 minutes

### INGREDIENTS

2 fresh tuna fillets  
1/2 onion  
1 pepper  
2 heads of garlic  
125 g. crushed tomato  
1 teaspoon of salt  
100 ml. oil  
2 teaspoons of sugar


### METHOD

Wash and cut the vegetables. Place all the ingredients in the Food Processor and programme the Stew Menu at 110° at Medium Pressure for 7 minutes.

If you want to prepare the dish in the traditional way, fry the vegetables on low to soften, add the tomato and sugar to the Food Processor and leave to cook using the Grill Menu at 120°, with the lid open. Then place the fillets of tuna and cook by using the Pressure Menu at 120° at High Pressure for 3 minutes.

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## MARINADE DOGFISH

 4 Servings  25 minutes

### INGREDIENTS

1 Kg. dogfish  
125 ml. sherry vinegar  
3 garlic cloves  
1 teaspoon paprika  
1 teaspoon oregano  
1 teaspoon cumin  
100 g. flour  
Water Oil  
Salt to your liking

### METHOD

Buy a good piece of dogfish without skin and, if possible, cut into dices of about 4 cm. It is usually easy to find clean and in one piece.

Prepare a marinade with paprika, oregano, cumin and salt. Place the dogfish on a tray with the marinade and cover with vinegar. Cover with water and leave to stand all night in the fridge.

The following day, drain well, coat in flour and fry in abundant oil using the Grill Menu at 140° with the lid open for 15 minutes.

# Poultry





## DUCK CONFIT

 4 Servings  50 minutes

### INGREDIENTS

4 duck thighs with skin and fat	1/2 teaspoon of Worcestershire sauce
400 g. duck lard	
The white part of 2 chives	1.5 teaspoon of salt
The white part of 1 leek	1 pinch of ground pepper
1 onion, peeled and cut	
1 carrot, peeled and cut	
2 bay leaves	
6 seeds of black pepper	
2 sprigs of parsley	
1 sticks of celery without leaves	

### METHOD

Rub the duck pieces with the salt, pepper and Worcestershire sauce and place in the Food Processor.


Place the lard, the duck pieces and all the remaining ingredients. Programme the Oven Menu at 160° for 40 minutes or Slow Menu for 5 hours if you prefer to cook it in the traditional way.

Put the confit pieces on the bottom of a container preferably clay. Sieve the fat on top. Seal hermetically leaving a bit of air and preserve in the fat until it is used.

To serve, heat again in a bit of fat or with the fat stuck to it.

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## POULARDE IN RED WINE

 4 Servings  20 minutes

### INGREDIENTS

100 g. mushrooms  
200 g. finely chopped onion  
100 g. pork lard  
250 ml. red wine  
125 ml. water  
Finely chopped garlic  
Salt and pepper

### METHOD

Chop all the vegetables and place in the Food Processor with all the remaining ingredients. Programme the Oven Menu at 160° for 10 minutes.

For a more traditional way, stir fry the chopped vegetables during 5 minutes using the Grill Menu at 140° with the lid open.

Add the remaining ingredients and programme the Oven Menu at 160° for 10 minutes.

## TURKEY BREASTS STUFFED WITH SPINACH

 4 Servings  18 minutes

### INGREDIENTS

900 g. turkey breasts  
opened, like a book  
200 g. spinach  
6 low fat cheese triangles  
Salt and pepper  
700 g. onion  
70 g. vegetable margarine  
30 ml. oil  
2 stock cubes  
200 ml. good red wine  
50 ml. water

### METHOD

Place the open breasts. Chop the vegetables and put them inside the breasts. Roll up and place in the Food Processor.

You can make sure they do not get loose by using a toothpick.

Place the rolled breasts together with the rest of the ingredients into the bowl and programme the Oven Menu at 160° for 10 minutes.

## CHICKEN CURRY WITH COCONUT

 8 Servings  20 minutes

### INGREDIENTS

4 chicken breasts  
2 onions  
1 apple  
100 g. raisins  
100 ml. tomato sauce  
125 ml. poultry broth  
1 teaspoon salt  
25 g. coconut toasted and  
grated  
Curry to your liking

### METHOD

Chop the chicken breasts, salt and coat with flour. Set aside.

Peel and cut the apple.

Place in the Food Processor all the ingredients and programme the Stew Menu at 110° Medium Pressure for 8 minutes.

To prepare the recipe in a traditional way, stir fry the onion with the oil using the Grill Menu at 140° with the lid open for 4 minutes. Add the remaining ingredients and programme the Stew Menu at 110°, Medium Pressure for 15 minutes.

## CHICKEN WITH SHERRY

 4 Servings  50 minutes

### INGREDIENTS

1 kg chicken in pieces  
100 g. clean mushrooms  
250 ml. oloroso sherry  
200 g. finely chopped onion  
100 g. pork lard  
125 ml. water  
Finely chopped garlic  
Pepper


### METHOD

Chop the vegetables and place in the Food Processor with all the remaining ingredients. Programme the Grill Menu at 120° for 10 minutes.

For preparing this dish in a more traditional way, stir fry the chopped vegetables for 5 minutes using the Grill Menu at 140° with the lid open.

Add the remaining ingredients and programme the Oven Menu at 160° for 10 minutes.

## HEN FRICASSEE

 4 Servings  25 minutes

### INGREDIENTS

1 hen of 1 Kg.  
40 g. pork lard  
50 g. serrano ham  
1 medium sized onion  
1 tied herb bush: bay leaves, thyme, oregano...  
2 tablespoons flour  
200 ml white wine  
Salt, black pepper, 2 cloves, nutmeg and some stems of saffron  
10 peeled and toasted almonds,  
2 eggs

### METHOD

Clean the hen, cut into pieces and season. Place into the Food Processor with the rest of the ingredients and programme the Stew Menu at 110° at Half Pressure for 20 minutes.

To do this recipe in a traditional way, stir fry the chopped onion, garlic and hen by using the Grill Menu at 140° with the lid open for 6 minutes.

Add the remaining ingredients and programme Stew Menu at 110° Medium Pressure for 10 minutes.

## PERUVIAN CHICKEN WITH SILLAO SAUCE

 4 Servings  40 minutes

### INGREDIENTS

4 chicken breasts  
60 ml. water  
30 ml. oil  
21/ tablespoons garlic  
30 ml. sillao sauce  
Pepper and salt to your liking

### METHOD

Chop the onion and mash the garlic. Season the chicken cut into strips.

Put oil in bowl, add the chicken strips and programme the Grill Menu at 120° for 15 minutes. Then remove the chicken and using the same oil, add garlic to the oil and stir fry using Grill Menu at 140° with the lid open for 3 minutes. Return the chicken, sillao and water to the bowl; Stew Menu at 110° Medium Pressure for 20 minutes.

## PICKLED CHICKEN

 4 Servings  30 minutes

### INGREDIENTS

12 chicken thighs  
1 carrot  
2 onions  
3 garlic cloves  
2 lemons  
100 ml. wine vinegar  
200 ml. virgin olive oil  
5 seeds of black pepper  
2 bay leaves  
1 teaspoon of thyme  
1 teaspoon of sugar  
1 teaspoon of salt

### METHOD

Cut the onions, garlic cloves, one lemon and the carrot into slices. Squeeze the other lemon and put in the Food Processor along with the other ingredients. Programme the Stew Menu at 110° a Half Pressure for 10 minutes.

If you want to prepare the dish in the traditional way, fry the chopped onion and garlic using the Grill Menu at 140° with the lid open, for 8 minutes. When they are golden brown add the thighs and sauté. Then add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.

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## CHICKEN ANDALUSIAN STYLE

 4 Servings  15 minutes

### INGREDIENTS

1 chicken chopped  
1 onion  
1 red pepper  
1 yellow pepper  
1 courgette  
1 head of garlic Thyme  
200 g. wheat flour  
200 ml olive oil  
Salt to your liking

### METHOD

Chop the vegetables, coat the chicken in flour and place in the Food Processor with the remaining ingredients.

Programme the Stew Menu at 110° at Medium Pressure for 10 minutes.

For preparing this dish in a more traditional way, stir fry the chopped vegetables for 5 minutes using the Grill Menu at 140° with the lid open. Add the remaining ingredients and programme the Stew Menu at 110° at Medium Pressure for 10 minutes.

## PARTRIDGE WITH CHOCOLATE

 2 Servings  10 minutes

### INGREDIENTS

1 partridge  
150 ml. white wine  
2 cloves  
2 bay leaves  
1 big onion  
100 g. dark chocolate  
100 ml. olive oil  
75 ml. water  
1 teaspoon of salt

### METHOD

Cut the onion into julienne strips and grate the chocolate ounces so that it melts easily.

Place all the ingredients in the Food Processor and programme the Pressure Menu at 120° at High Pressure for 5 minutes.

A close-up photograph of a cooked steak, likely a tri-tip or brisket, resting on a rustic wooden surface. The meat is cooked to a medium-rare doneness, showing a pinkish-red interior and a browned, slightly charred exterior. A pat of herb butter is melting on top of the steak, and it is garnished with fresh green herbs, possibly basil or oregano. The background is blurred, showing more of the wooden surface and some additional herbs. The word "Meats" is overlaid in a large, bold, dark font on a semi-transparent white background.

# Meats

## QUAIL WITH MUSHROOM SAUCE AND PILAF RICE

 4 Servings  30 minutes

### INGREDIENTS

4 quails  
1 pinch of rosemary  
1 pinch of thyme  
12 mushrooms  
80 ml. oil  
300 ml. chicken stock  
1 pinch of salt  
1 pinch of pepper

#### FOR THE PILAF RICE:

225 g. rice  
1 onion  
40 ml. oil  
400 ml chicken stock  
Herbs of Provence  
1 teaspoon of salt

### METHOD

Place all the ingredients in the Food Processor and programme the Stew Menu at 110° at Medium Pressure for 20 minutes.


To do this dish in a traditional way, stir fry the mushrooms for 2 minutes using the Grill Menu at 120°. Add the rest of the ingredients and programme Slow Menu at 100° for 3 hours.

To make the pilaf rice, put the rice with the rest of the ingredients and programme the Stew Menu at 110° Medium Pressure for 8 minutes.

Serve the quails with the rice as garnish.

  
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## PORK LOIN STEAK WITH APPLE

 4 Servings  10 minutes

### INGREDIENTS

500 g. pork steaks  
75 g. sugar  
60 ml. vinegar  
50 g. cornflour  
50 ml. soy sauce  
2 tablespoons dry sherry  
50 g. fried tomato  
75 ml. water

35 ml. orange juice  
1 pippin apple  
Salt and pepper to your liking

### METHOD

Clean the steaks well removing skin and fat.

Peel the apple and core. Place in the Food Processor all the ingredients and programme the Oven Menu at 160° for 6 minutes.

To prepare this dish in a traditional way, programme the Stew Menu at 110° Medium Pressure for 15 minutes and then Slow for 60 minutes.

## BEEF STEAK WITH HAZELNUT SAUCE

 4 Servings  30 minutes

### INGREDIENTS

800 g. de solomillos de ternera  
2 cebollas  
2 dientes de ajo  
125 ml. de aceite  
2 tomates  
100 g. de avellanas  
100 ml. de vino blanco seco  
1 cucharada de sal  
1 pizca de pimienta  
50 ml. de nata

### METHOD

Clean the sirloin steaks well removing skin and fat. Peel the onions and garlicks and chop into small pieces.

Mash the hazelnuts in a mortar. Place in the Food Processor all the ingredients and programme the Oven Menu at 160° for 8 minutes.

To do the recipe in the traditional way, programme the Grill Menu at 140° with the lid open for 5 minutes. Put inside the seasoned sirloin steaks, chopped onion and garlic and then add all the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 20 minutes.

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## PORK SIRLOINS WITH MUSTARD

 4 Servings  20 minutes

### INGREDIENTS

3 pork sirloins  
1 carrot  
1 shallot  
3 tomatoes  
100 ml. oil  
20 g. mustard seeds  
150 ml. white wine  
150 ml. meat stock  
60 ml. single cream  
1 pinch of salt and pepper  
1 pinch of dry basil

### METHOD

Tie the sirloins so that they have a good shape.

Season with salt and pepper.

Place the sirloins in the Food Processor with the carrot, shallot and tomatoes, all chopped. Programme the Oven Menu at 160° for 12 minutes.

## PORK LOIN IN LARD

 4 Servings  15 minutes

### INGREDIENTS

1 Kg. pork loin  
500 g. white lard  
2 Sweet red pepper  
1 teaspoon oregano  
6 garlic cloves  
1 teaspoon of salt

### METHOD

Cut the pork loin into chunks.

Peel and cut the garlicks. Place all the ingredients in the Food Processor and programme the Oven Menu at 160° for 8 minutes.

To do the recipe in the traditional way, stir fry the chopped garlic and pork using the Grill Menu at 140° with the lid open for 5 minutes.

Add the remaining ingredients and programme the Oven Menu at 160° for 4 minutes.



## PORK SIRLOINS WITH DUCK LIVER

 4 Servings  20 minutes

### INGREDIENTS

2 pork sirloins  
225 g. fresh duck liver  
4 garlic cloves

### METHOD

Make cuts in the pork sirloins length-wise without cutting completely.  
Cut the duck liver into slices and place inside the sirloins (you can close it with toothpicks). Once closed, season.  
Place in the Food Processor with the garlics and programme the Oven Menu at 160° for 15 minutes.

## LAMB HOTPOT

 4 Servings  20 minutes

### INGREDIENTS

800 g. lamb in chunks  
300 g. onion  
250 g. wild mushrooms  
70 ml. oil  
2 garlic cloves  
150 ml. white wine  
100 ml. water  
1 natural yoghurt  
2 meat stock cube  
pepper

### METHOD

Chop the onion, mushrooms and the garlic. Place in the Food Processor with all the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 15 minutes.  
For a more traditional way, first stir fry the vegetables and the lamb for some minutes using the Grill Menu at 140° with the lid open. Then add the rest of the ingredients and programme Slow Menu for 6 hours at maximum power.

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## HOTPOT FROM LA MANCHA

 4 Servings  35 minutes

### INGREDIENTS

600 g. lamb  
50 ml. oil  
200 g. lamb liver  
2 garlic cloves  
1 onion  
2 green peppers  
4 ripe tomatoes  
1 bay leaf  
Thyme & oregano  
200 ml. water  
Salt and pepper

### METHOD

Chop the vegetables and liver and the lamb. Add all the ingredients in the bowl, cover with water, stir well and close the lid. Programme the Stew Menu at 110° at Medium Pressure for 30 minutes.  
To do the recipe in the traditional way, stir fry the garlic, tomato and peppers using the Grill Menu for 4 minutes.  
Add the remaining ingredients and programme the Slow Menu at 100° for 6 hours.

## MEAT WITH TOMATOES

 4 Servings  15 minutes

### INGREDIENTS

500 g. meat in pieces  
1 small onion  
500 g. crushed tomatoes  
2 stock cubes  
3 tablespoons of sugar

### METHOD

Chop the onion, place in the Food Processor with all the remaining ingredients. Programme the Stew Menu at 110° Medium Pressure for 8 minutes.  
To do the recipe in the traditional way, stir fry the chopped onion and tomatoes using the Grill Menu at 120° for 5 minutes.  
Add the rest of the ingredients and programme the Stew Menu at 110° at Medium Pressure for 20 minutes or Slow Menu for 3 hours.

## OSSOBUCCO

 4 Servings  30 minutes

### INGREDIENTS

4 slices beef shank with bone  
3 tablespoons flour  
100 ml. olive oil  
1 onion  
3 carrots  
2 celery stalks  
100 ml. dry white wine  
400 ml. crushed tomato  
1 bay leaf  
1 pinch of sugar

1 pinch of dry sage Salt and pepper  
1 garlic clove  
Grated rind of 1 lemon  
2 tablespoons chopped parsley

### METHOD

Place in a plastic bag the three tablespoons of flour and a bit of salt and pepper. Put in the bag the pieces of meat, one by one, close well with your hand and shake the bag so that the ossobuco is coated all over with the flour.

Shake off excess flour of each piece when you take it out of the bag. There should be only the slightest of a coating.

Chop the onion, carrot and celery very finely. Stir fry using the Grill Menu at 140° with the lid open for 5 minutes. Add the meat, wine, sugar, bay leaf, sage and chopped garlicks. Programme the Stew Menu at 110° Medium Pressure for 8 minutes.

Open and add the grated lemon rind. Leave to stand for 2 minutes

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## TRIPE

 4 Servings  30 minutes

### INGREDIENTS

1 clean veal stomach  
125 g. flour  
1 lemon  
1 bay leaf  
5 black pepper seeds  
200 g. crushed tomatoes  
1/2 red pepper  
50 ml. oil  
1/2 onion  
1 leek  
3 garlicks

100 g. almonds  
100 ml. brandy  
1 teaspoon of salt  
2 cayenne peppers  
1 pinch of ground pepper  
1 teaspoon of paprika Herbs: thyme, oregano, rosemary...  
250 g. chorizo in slices  
120 g. bacon in small strips

### METHOD

Put the stomach to soak for a couple of hours, covered slightly with water, a couple of fistfuls of flour and a lemon cut into pieces. Rinse under the tap removing any piece that may not be clean.

Place in the Food Processor with all the remaining ingredients and programme the Stew Menu at 110° Medium Pressure for 20 minutes.

To do the recipe in the traditional way, stir fry the pepper, onion, leek, garlic and remaining ingredients using the Grill Menu at 140° with the lid open for 8 minutes.

Add the remaining ingredients and programme the Slow Menu at 110° for 3 hours.

## RABBIT IN GARLIC

 4 Servings  15 minutes

### INGREDIENTS

1 rabbit  
1 tomato  
2 garlic cloves  
2 slices bread loaf  
1 cumin  
1 clove  
1 teaspoon of pepper  
125 g. almonds  
1 teaspoon of salt  
125 ml. olive oil  
250 ml. water

### METHOD

Chop the garlic and put in the Food Processor with the remaining ingredients. Programme the Grill Menu at 120° for 12 minutes.

## VEAL FILLETS

 4 Servings  15 minutes

### INGREDIENTS

50 ml. Marsala wine  
50 ml. water  
1 meat stock cube  
50 g. flour  
1 squirt of juice of lemon  
2 tablespoons butter  
50 g. cream  
4 mushrooms  
500 g. veal fillets

### METHOD

Cut the mushrooms, coat the fillets with flour and place in the Food Processor with the remaining ingredients. Programme the Stew Menu at 110° at Medium Pressure for 10 minutes.

## VEAL STEW WITH PEPPERS

 4 Servings  30 minutes

### INGREDIENTS


70 ml. oil  
50 g. green peppers  
100 g. red peppers  
150 g. onion  
2 garlic cloves  
300 g. veal  
400 ml. water  
700 g. potatoes  
2 sundried sweet peppers  
1 meat stock cube  
1 bay leaf

### METHOD

Chop the vegetables and the meat and put all in the Food Processor with the remaining ingredients. Programme the Pressure Menu at 120° at Medium Pressure for 8 minutes. For preparing this dish in a more traditional way, stir fry the onion, peppers and garlic for 6 minutes using the Grill Menu at 140° with the lid open. Add the rest of the ingredients and programme the Stew Menu at 110° at Medium Pressure for 24 minutes or Slow Menu for 4 hours.

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## PIG'S TROTTERS

 2 Servings  15 minutes

### INGREDIENTS

2 pig's trotters  
50 ml. oil  
3 garlic cloves  
1/2 big onion  
1 bay leaf  
1 teaspoon paprika  
1 stock cube  
1 green pepper  
50 ml. white wine

### METHOD

Place all the ingredients into the Food Processor and programme the Pressure Menu at 120° at Medium Pressure for 10 minutes. To do the recipe in the traditional way, stir fry the chopped garlic and onion using the Grill Menu at 140° with the lid open for 5 minutes. Add the remaining ingredients and programme the Slow Menu at 100° for 3 hours.



# Fried Dishes



## VEGETABLES IN TEMPURA

 4 Servings  15 minutes

### INGREDIENTS

2 onions  
2 carrots  
1 red pepper  
1 green pepper  
200 g. tempura flour  
Cold water Salt  
1 litre of oil

### METHOD

Cut the vegetables into julienne strips and set aside.  
Pour the litre of oil into the bowl and programme the Fry Menu at maximum temperature.  
Mix the tempura flour with the water in a bowl until you obtain the tempura.  
Coat the vegetables and put into the boiling oil, when golden brown season and serve.

## ONION RINGS

 4 Servings  10 minutes

### INGREDIENTS

2 onions  
1 packet of fine dry breadcrumbs  
4 eggs

### METHOD

Pour the litre of oil into the bowl and programme the Fry Menu at maximum temperature.  
Peel the onion and cut into rings, set aside.  
Beat the eggs, coat the onion rings in the egg and then coat in the breadcrumbs. Fry in the bowl and when golden brown remove and leave to drain on kitchen paper.  
Serve.

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## CALAMARI IN BATTER

 4 Servings  10 minutes

### INGREDIENTS

500 g. calamari rings  
100 g. flour  
2 eggs  
Oil, lemon and salt

### METHOD

Pour one litre of oil into the bowl and programme the Fry Menu at maximum temperature.  
Beat the eggs and set aside.  
To prepare the calamari, coat first in the beaten egg and then coat in flour and put into the bowl.  
When golden brown drain on dish with a paper serviette or kitchen paper.

## GREEK FRIES WITH TOMATOES

 4 Servings  12 minutes


### INGREDIENTS

6 salad type tomatoes  
1 purple onion (or any type of onion)  
1 bunch of parsley, Dry oregano  
1 beaten egg  
2 cupfuls of wheat flour  
1 litre olive oil

### METHOD

Chop the vegetables in very small pieces into a bowl and add the oregano, salt and pepper to your liking and the egg. Combine all well and bit by bit add the flour stirring.  
When the mix is well combined, make a sort of hamburger and set aside.  
Pour 1 litre of oil into the bowl and programme the Fry Menu at maximum temperature. When the oil is hot, add the hamburgers made of the mix and fry until golden, drain off on a dish with kitchen paper.

## FRIED BANANA WITH HONEY

 4 Servings  10 minutes

### INGREDIENTS

4 bananas  
2 beaten eggs  
3 tablespoons of tempura flour  
Cold water Honey  
1 l. oil

### METHOD

Make a tempura with the flour and the water. Pour the oil into the bowl and programme the Fry Menu at maximum temperature.

Chop the banana into julienne strips and coat in the tempura, drain so it does not drip and put into the hot oil. When done to your liking remove the bananas and leave to drain off on a dish with kitchen paper that will soak the remaining oil.

Once drained place on a dish and cover in honey to your liking.

## FRIED TORTELLINI

 4 Servings  15 minutes

### INGREDIENTS

250 g. raw tortellini filled with cheese  
1 l. oil

### METHOD

Pour one litre of oil into the bowl and programme the Fry Menu at maximum temperature.

When the oil is hot put in the tortellini in batches so that do stick together and fry until golden to your liking. Remove and leave to drain on kitchen paper.

Serve hot.

Can be served with a sauce too.

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## ARTICHOKES IN TEMPURA

 4 Servings  10 minutes

### INGREDIENTS

3 artichokes  
4 tablespoons of tempura flour  
Cold water  
1 l. oil

### METHOD

Peel and chop the artichokes into wedges and set aside.

Pour the oil into the bowl and programme the Fry Menu at maximum temperature.

Make a tempura with the flour and the water. Coat the artichokes and add to the hot oil.

When golden brown to your liking, drain off on kitchen paper and then serve.

## CALAMARI FINGERS

 4 Servings  10 minutes

### INGREDIENTS

500 g. calamari rings  
100 g. flour  
2 beaten eggs  
1 l. oil  
Salt

### METHOD

Cut the calamari rings in halves to make fingers and leave them to soak in the eggs for 10 minutes.

Pour the oil into the bowl and programme the Fry Menu at maximum temperature. When the oil is hot coat the fingers in flour and add to the hot oil.

When golden brown to your liking, remove and leave to drain on kitchen paper. Serve.



## BREADED CHICKEN BREASTS

 4 Servings  10 minutes

### INGREDIENTS

1 packet of chicken breasts in fillets  
100 g. fine dry breadcrumbs  
2 beaten eggs  
Salt Oil

### METHOD

Put the breasts to soak in the beaten eggs for 20 minutes.  
Once the time is up, pour oil into the bowl and programme the Fry Menu at maximum temperature. Whilst it's heating up, coat the breasts in breadcrumbs.  
When the oil is hot, add the breast fillets to the oil and remove when golden brown to your liking. Leave to drain on kitchen paper.

## CHIPS

 4 Servings  15 minutes

### INGREDIENTS

3 potatoes, frying varieties  
1 garlic clove Salt  
1 l. oil

### METHOD

Pour the oil into the bowl and programme the Fry Menu at maximum temperature.  
Peel and cut the potatoes, set aside.  
When the oil is hot, add the garlic and then immediately after the potatoes.  
When to your liking, drain off on kitchen paper, salt and serve.

## HAM CROQUETTES

 4 Servings  30 minutes

### INGREDIENTS

1 onion  
200 g. serrano ham in dices  
30 g. butter  
2 eggs  
100 g. flour  
100 g. fine dry breadcrumbs  
1 l. oil  
Salt  
1/2 l. milk

### METHOD

Place the butter into the bowl and programme Grill Menu for 10 minutes. When the butter begins to heat up add the onion and leave to sauté for 5 minutes, then add the ham. Stir and add flour, leave until the flour absorbs the butter and add the milk. Add the salt to your liking and stir until you obtain a béchamel. Leave to cool in the fridge for 20 minutes.  
Meanwhile clean and dry the bowl.  
Once the time is up, take the béchamel out of the fridge and beat the eggs and set aside.  
Pour the oil into the bowl and programme the Fry Menu at maximum temperature. Make croquette shapes out of the béchamel mix. When they are all done, coat in egg and then in breadcrumbs. Start to Fry when the oil is very hot. Leave Fry until golden brown and then leave on kitchen paper to drain.

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# PASTIES

## MOROCCAN PASTIES

 4 Servings  40 minutes

### INGREDIENTS

1 puff pastry mix	Parsley, ginger, stems of saffron and cinnamon
500 g. chicken breasts	200 ml. water
2 onions	
3 eggs	
250 g. butter	
160 g. sugar	
Pine nuts, raisins and almonds	

### METHOD

Chop separately the almonds, raisins and pine nuts. Chop the meat. Set aside.

Chop the onion and add the butter to it. Then add the meat, the almonds, the parsley, a pinch of cinnamon, the grated ginger and 200 ml. water. Also add the pine nuts and the raisins, the sugar, salt, saffron and beaten eggs. Mix all well.

Put the sheet of puff pastry onto the bottom of the bowl and fill the pastry with the mix. Programme the Oven Menu at 160° for 30 minutes.

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## SAN JUAN "COCA" PASTRY

 4 Servings  40 minutes

### INGREDIENTS

COCA DE SAN JUAN:	THINNED MARZIPAN:
200 ml. milk	200 g. ground almonds,
350 g. flour	200 g. icing sugar,
50 g. butter	125 ml. milk
30 g. baker's yeast	
Peel of 1 lemon	
1 egg	
150 g. glazed fruits	
50 g. pine nuts	
2 tablespoons of sugar	
1 pinch vanilla flavoured sugar	
1 teaspoon of salt	

### METHOD

First grate the lemon peel.


Place in a bowl, the milk, salt, vanilla flavoured sugar, and the butter. Add the flour and knead well.

Then add 2 tablespoons sugar and knead again.

Place in the bowl and programme the Oven Menu at 160° for 20 minutes.

Meanwhile, prepare the thinned marzipan beating the ingredients very well. Brush the coca with this mix and programme the Oven Menu at 160° for 10 minutes more.

## “COCA” PASTRY WITH MAJORCAN SAUSAGE

 8 Servings  40 minutes

### INGREDIENTS

100 ml. milk  
50 ml. oil  
150 ml. water  
30 g. pressed yeast,  
1 teaspoon of salt  
1 pinch sugar  
500 g. flour

### FOR COATING:

200 g. Majorcan sausage  
(sobrasada)  
50 ml. white wine  
50 g. honey

### METHOD

Mix all of the ingredients for the dough.  
Roll out the dough so it is as thin as possible.  
Put small heaps of Majorcan sausage on top. Add the wine and the honey and programme the Oven Menu at 160° for 30 minutes.

## HAM AND CHEESE TURNOVER

 4 Servings  50 minutes

### INGREDIENTS

#### FOR THE SHORTBREAD PASTRY:

280 g. flour  
125 g. butter  
1 teaspoon of salt  
1 pinch of sugar  
70 ml. water

#### FOR THE FILLING:

200 g. emmental cheese  
200 g. ham  
200 g. single cream  
3 eggs  
Salt and pepper to your liking

## FISH PIE

 4 Servings  12 minutes

### INGREDIENTS

5 fish fillets  
125 ml. single cream  
3 eggs  
Salt to your liking

### METHOD

Programme Grill Menu at 140°, with the lid open for 1 minute and place the fish inside.  
Then flake it with a fork. Add the remaining ingredients, stir until you obtain a smooth mix, place in the bowl of the Food Processor and programme Oven Menu at 160° for 8 minutes.

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### METHOD


Mix all of the ingredients for the dough. Roll out the dough into two thin sheets, with one cover the bottom and sides of the bowl.  
Prepare the filling: grate the cheese, pour over the dough and chop the ham until it is to the size you prefer, then place on top of the cheese.  
Beat the cream and eggs, set aside one yolk for brushing the top of the turnover, and season with salt and pepper to your liking.  
Cover the filling with the remaining shortbread pastry, making sure the edges are well sealed, brush the whole of the top with the egg yolk that was set aside and make holes with a fork to let the steam out.  
Programme the Oven Menu at 160° for 40 minutes.

A round cake, possibly a cinnamon roll cake, is presented on a white plate. The cake is covered in a thick layer of white frosting, which is decorated with several slices of caramelized apples and a single fresh mint leaf. The cake is cut into two halves, revealing a soft, golden-brown interior. In the background, another slice of cake and a white cup are visible, suggesting a breakfast or dessert setting.

# Cakes



## STRAWBERRY PUFF PASTRY CAKE

 4 Servings  30 minutes

### INGREDIENTS

#### FOR THE BASE:

3 Sheets of puff pastry  
500 g. strawberries  
1 tablespoon icing sugar

#### FOR THE CUSTARD:

100 g. sugar  
500 ml. milk  
4 yolks  
30 g. cornflour  
1 pinch vanilla flavoured sugar  
30 g. butter

#### FOR THE CREAM:

400 ml. single cream  
3 tablespoons icing sugar  
60 g. Philadelphia cream cheese

#### FOR THE SYRUP:

100 g. sugar  
50 ml. water  
Some drops of limoncello or lemon

### METHOD

Roll out the puff pastry and cut 3 equal sheets. Prick with a fork and sprinkle with icing sugar. Leave to fridge for a few minutes before baking them. Then, place in the bowl and programme the Oven Menu at 160° for 20 minutes. Leave them to cool and meanwhile prepare the fillings.

Beat all the ingredients for the custard and programme the Grill Menu at 140° with the lid open for 2 minutes. Set aside.

Whip the cream with the sugar and mix with the Philadelphia cream cheese. Place a sheet of pastry on a dish. Cover with the custard. Place another sheet of pastry on top and the whipped cream on top.

Place on top the last sheet of pastry and brush with a bit of cream so that the strawberries stick in place.

Syrup: put the sugar, water and some drops of lemon or limoncello in the bowl. Programme the Grill Menu at 140° with the lid open for 2 minutes. Brush the strawberries with the syrup and leave in the fridge until serving.

## WALNUT CAKE

 4 Servings  35 minutes

### INGREDIENTS

500 g. walnuts  
500 g. sugar  
5 eggs  
2 tablespoons bitter cocoa  
2 tablespoons of flour

### METHOD

Whip the egg whites until stiff.

Beat all the remaining ingredients and then add the whites. Place the mix in the Food Processor and programme the Oven Menu at 160° for 30 minutes.

Leave to cool before taking out of the bowl.

## ORANGE CAKE

 4 Servings  15 minutes

### INGREDIENTS

24 lady-fingers  
125 ml. orange juice  
125 ml. water 75 g. sugar  
75 g. orange gelatine  
500 ml. single cream  
Liquid caramel for the base


### METHOD

Put the water, sugar and orange juice on the Grill Menu at 140°, with the lid open, for 6 minutes. When it begins to boil add the gelatine sheets and stir until they dissolve and when it begins to boil again add the cream.

Then put some caramel in the base of a mould and on top the lady-fingers pressing down so that they soak up the liquid. Leave to cool and leave in the fridge until the following day. Turn over to serve.



## APPLE TART FROM NAVARRA

 4 Servings  40 minutes

### INGREDIENTS

4 eggs  
1 natural yoghurt  
125 ml. oil  
125 g. sugar  
20 g. baking powder  
125 g. flour  
6 pippin apples  
60 ml. rum

### METHOD

Beat the eggs and add the yoghurt, then add the oil, sugar, baking powder and flour. Once all combined it should be like a dough. Add the apples, cut into slices or dices, to the dough (make sure you leave 2 apples for decoration) and stir up well.

Spread half of the dough over the bottom of the bowl. Slice the 2 apples and put them in the bowl, pour the other half of the dough into the bowl and programme the Oven Menu at 160° for 30 minutes.

You can set aside some apple slices and put on top of the dough for decoration. Leave to cool before taking the tart out of the bowl.

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## LEMON CREAM CAKE

 4 Servings  35 minutes

### INGREDIENTS

1 shortbread pastry base  
FOR THE FILLING:  
Juice of 2 lemons  
Grated peel of 1 lemon  
125 g. sugar  
4 egg yolks  
225 ml. single cream  
60 g. ground almonds  
125 g. melted butter

### METHOD

To prepare the cream, beat the sugar with the lemon peel, add the lemon juice and the remaining ingredients. Pour on top of the base. Leave to stand for 15 minutes in the fridge.

Put the shortbread pastry in the bowl, leaving space at the edges so that the cream does not overflow. Pour the lemon cream onto the base and close lid.

Programme the Oven Menu at 160° for 25 minutes. Leave to cool before taking the cake out of the bowl.

## BANANA CAKE

 4 Servings  30 minutes

### INGREDIENTS

3 bananas  
125 g. butter  
2 egg yolks  
1 egg whole,  
150 g. sugar  
50 g. baking powder  
250 g. flour  
1 pinch of salt

### METHOD

Peel the bananas and cut into very thin slices. Beat the remaining ingredients. Put the pieces of banana into the bowl and pour the mix on top of them.

Programme the Oven Menu at 160° for 25 minutes. Leave to cool before taking the cake out of the bowl.

Sprinkle the top with sieved icing sugar before serving.

## WALNUT CAKE WITH CHOCOLATE COATING

 4 Servings  40 minutes

### INGREDIENTS

#### FOR THE MIX:

75 g. flour  
100 g. sugar  
30 g. ground almonds  
50 g. peeled walnuts  
100 g. cocoa powder  
4 eggs  
20 g. baking powder  
100 g. butter

#### FOR THE COATING:

100 g. pure chocolate  
50 g. butter

#### FOR DECORATION:

Whipped cream  
Some walnut halves

### METHOD

Whip the egg whites and set aside. Beat the yolks, the sugar and the butter for a few minute until you obtain a frothy mix.

Add the flour, cocoa, almonds and baking powder. Beat again until the mixture is smooth. Add the egg whites carefully.

Pour half of the mixture into the bowl, half of the chopped walnuts and on top the remaining mixture. Programme the Oven Menu at 160° for 30 minutes. Leave to cool before taking the cake out of the bowl.

For the coating: break up the chocolate and melt, add the butter and beat well using the Grill Menu at 140° with the lid open. When the mixture is creamy, cut the cake into two and put a layer of chocolate cream on top. Cover with the other half of the cake cover with the mixture.

Decorate with whipped cream and walnut halves.

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## “SANTIAGO” CAKE

 4 Servings  35 minutes

### INGREDIENTS

200 g. ground almonds  
200 g. sugar  
4 eggs  
100 g. butter  
1 teaspoon of baking powder  
200 g. flour  
Grated peel of 1 lemon  
100 ml. milk  
Icing sugar

### METHOD

Mix the sugar with the eggs, then the almonds, flour, the baking powder and finally the creamed butter and the grated lemon.

Knead well. Cover with a cloth and leave to stand for at least 30 minutes.

Pour into the bowl and close the lid. Programme the Oven Menu at 160°, for 30 minutes. Leave to cool before turning out.

Cover with icing sugar.

## BISCUIT AND CHOCOLATE CAKE

 4 Servings  20 minutes

### INGREDIENTS

300 g. chocolate  
350 g. margarine  
170 g. sugar  
4 eggs  
300 g. plain tea biscuits  
1 l. milk

### METHOD

Melt the chocolate using the Grill Menu at 140° with the lid open for 2 minutes and put in a bowl.


Add in the following order, the margarine, sugar and eggs and knead. Set aside.

Heat the milk using the Grill Menu at 140° with the lid open for 1 minute and put the biscuits in the milk. Then put a layer of biscuits, previously soaked in milk, and then a layer of chocolate cream. Finish with a layer of chocolate. Put in the fridge and serve semi-frozen.



# Desserts

## APPLE COMPOTE

 4 Servings  12 minutes

### INGREDIENTS

600 g. pippin apples  
40 g. sugar  
60 ml. water

### METHOD

Peel the apples and cut into wedges, place in the Food Processor with the remaining ingredients. Programme the Stew Menu at 110° at Medium Pressure for 8 minutes.

## PEAR COMPOTE

 4 Servings  30 minutes

### INGREDIENTS

5 pears  
125 g. sugar  
Juice of 1 lemon  
1 pinch cinnamon in powder  
60 ml. water

### METHOD

Peel and core the pears.  
Cut into quarters and place into the Food Processor with the rest of the ingredients.  
Programme the Stew Menu at 110° at Medium Pressure for 8 minutes.  
Then, pour into a tub and leave to cool.

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## EGG CRÈME CARAMEL

 4 Servings  12 minutes


### INGREDIENTS

4 eggs  
120 g. sugar  
500 ml. milk Vanilla flavoured sugar

### METHOD

Put liquid caramel in a mould.  
Beat all the ingredients and put in the mould.  
Cook bain-Marie in the Food Processor Stew Menu at 110° at Medium Pressure for 8 minutes, by putting the steam tray on the bowl and filling it up with water until it reaches half way up the mould.  
Leave to cool in the fridge.

## COFFEE CRÈME CARAMEL

 4 Servings  15 minutes

### INGREDIENTS

1 l. cream  
1 pack of crème caramel for 8 servings  
60 ml. sugar  
250 ml. coffee

### METHOD

Put liquid caramel in a mould.  
Beat all the ingredients and put in the mould.  
Cook bain-Marie in the Food Processor Stew Menu at 110° Medium Pressure for 8 minutes, by putting the steam tray on the bowl and filling it up with water until it reaches half way up the mould.  
Leave to cool in the fridge.

## XIXONA TURRON CRÈME CARAMEL

 4 Servings  25 minutes

### INGREDIENTS

1 l. milk  
400 g. Xixona turron  
1 packet of crème  
caramel for 8 servings  
Liquid caramel for the  
mould

### METHOD

Mash the Xixona or Soft turron.  
Put the caramel in the bottom of a mould.  
Beat all the ingredients and add to the turron.  
Cook bain-Marie in the Food Processor  
Stew Menu at 110° Medium Pressure for  
20 minutes, by putting the steam tray on  
the bowl and filling it up with water until it  
reaches half way up the mould.  
Leave to cool in the fridge.

## TRUFFLED CHOCOLATE WITH WALNUTS

 4 Servings  10 minutes

### INGREDIENTS

300 g. chocolate  
couverture  
3 eggs  
270 ml. condensed milk  
100 g. butter  
120 ml. brandy or whisky  
75 g. walnuts

### METHOD

Place all the ingredients into the Food  
Processor bowl.  
The nuts can be mashed or halved.  
Programme the Grill Menu at 140°, with the  
lid open for 5 minutes. Stir constantly.

## PEAR FLAUGNARDE

 4 Servings  30 minutes

### INGREDIENTS

4 ripe pears  
1 lemon  
4 eggs  
150 g. flour  
100 g. sugar  
1 teaspoon salt  
750 ml. cold milk  
30 g. butter  
30 g. sugar crystals  
1 pinch of vanilla  
flavoured sugar

### METHOD

Peel the pears, cut into dices and sprinkle  
with lemon juice.  
Beat the remaining ingredients, put the pears  
in the bowl and pour the mixture on top.  
Programme the Oven Menu at 160° for 25  
minutes.

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## SPANISH STYLE CUSTARD

 4 Servings  10 minutes

### INGREDIENTS

1 peel of lemon  
1 stick cinnamon  
1 teaspoon of cornflour  
1 pinch cinnamon in  
powder  
1.5 l milk  
60 ml. sugar  
4 egg yolks

### METHOD

Place the milk, sugar, lemon peel and  
cinnamon stick. Stir.  
Beat the remaining ingredients and add to  
the Food Processor and programme the  
Stew Menu at 110° at Medium Pressure for  
6 minutes.  
Pour into small bowls and leave to cool in  
the fridge.  
Before serving sprinkle with cinnamon  
powder.

## ASTURIAN PANCAKES

 4 Servings  20 minutes

### INGREDIENTS

200 g. flour  
Peel of 1 lemon  
4 eggs  
500 ml. milk  
2 tablespoons sugar  
Oil for frying

### METHOD

To prepare the mixture, beat all the ingredients. Pour in oil and heat using the Grill Menu at 140°, with the lid open for 10 minutes.  
When hot add heaps of the mixture and fry.

## FRIED MILK

 4 Servings  20 minutes

### INGREDIENTS


750 ml. milk  
Peel of 1 lemon  
100 g. sugar  
25 g. butter  
120 g. cornflour  
2 yolks  
3 eggs  
Fine dry breadcrumbs on a plate  
1 l. oil  
Sugar for sprinkling

### METHOD

Dissolve the cornflour in 150 g. of cold milk separately. Beat the rest of the ingredients and finally, add the cornflour and milk mix.  
Put in the oil and use Grill Menu at 140° with the lid open for 10 minutes, when it is hot coat the portions in beaten egg and breadcrumbs and fry.  
When golden place on a dish with kitchen paper and sprinkle sugar on top. Serve cold.

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## RUSSIAN CUSTARD

 4 Servings  20 minutes

### INGREDIENTS

200 ml. condensed milk  
5 egg yolks  
1 teaspoons of cornflour  
1 lemon peel  
2 tablespoons of sugar  
500 ml. water

### METHOD

Beat the yolks well and mix with the flour dissolved in cold water.  
Put 500 ml. water in the bowl and add the condensed milk and lemon peel. Programme Grill Menu at 140° with the lid open for 10 minutes. Stir and add the beaten yolks.  
Then, programme the Stew Menu at 110° at Medium Pressure for 2 minutes.

## RICE PUDDING

 4 Servings  18 minutes

### INGREDIENTS

125 g. rice  
250 g. sugar  
3 eggs  
900 ml. milk  
Grated peel of 1 lemon  
1 pinch of salt  
Liquid caramel for the mould

### METHOD

Mash the rice and the sugar. Add the lemon peel and mash again.  
Add all the ingredients, except the caramel and beat.  
Put the caramel in a mould, cook bain-Marie in the Food Processor using Stew Menu at 110° at Medium Pressure for 12 minutes. To do so put the steam tray on the bowl and fill it up with water until it reaches half way up the mould.



## FILLED PANCAKES

 4 Servings  25 minutes

### INGREDIENTS

B 300 ml. milk  
A 3 eggs  
S 180 g. flour  
E 2 tablespoons of butter  
1 pinch of salt  
3 tablespoons rum  
F 150 g. sugar  
I 2 egg yolks  
L 1 egg whole  
L 500 ml. milk  
I 90 g. flour  
N 1 tablespoon butter  
G 50 ml. rum

## TRINIDAD PUDDING

 4 Servings  15 minutes

### INGREDIENTS

8 lady-fingers  
750 ml. milk  
100 g. sugar  
4 eggs  
100 g. glazed fruits  
75 ml. rum  
1 teaspoon vanilla

### METHOD

Beat all of the ingredients for the base. Programme the Grill Menu at 140° with the lid open for 15 minutes. When hot, put 2 tablespoons of the mixture inside and when golden turn over.

Continue so until you finish the mixture and then cover with a damp cloth so that they don't go dry. Beat all the ingredients for the filling together and programme the Grill Menu at 140° with the lid open for 3 minutes.

Stir constantly. Fill the pancakes with the cream, sprinkle with icing sugar and serve.

## MILK PANCAKES

 4 Servings  20 minutes

### INGREDIENTS

150 g. flour  
300 ml. milk  
4 eggs  
1 teaspoon of salt  
1 tablespoon of sugar


### METHOD

Beat all of the ingredients for the base. Programme the Grill Menu at 140° with the lid open for 15 minutes. When hot pour 2 tablespoons of the mixture inside and make on both sides.

Continue so until you finish the mixture and then cover with a damp cloth so that they don't go dry.

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## VANILLA PANDORO

 4 Servings  90 minutes

### INGREDIENTS

275 g. flour  
100 g. sugar  
3 egg yolks  
2 eggs, 50 ml water,  
180 g. soft butter,  
Peel of 1 lemon,  
1 tsp vanilla,  
25g baker's yeast

### METHOD

Put in a separate bowl the butter and then add the water, eggs, sugar and vanilla. Knead until you obtain a smooth mixture. Add the flour and knead again.

Leave the dough to stand for one hour.

Place in the Food Processor and programme Oven Menu at 160° for 80 minutes.

## CURD

 6 Servings  10 minutes

### INGREDIENTS

1 l. full fat fresh milk  
40 g. milk powder  
1 pinch curd in powder

### METHOD

Mix all the ingredients, pour into the Food Processor bowl and programme the Stew Menu at 110° at Medium Pressure for 5 minutes.

Prepare the cups and pour the mixture into them quickly. Leave to cool, and cover with cling-film and put in the fridge.

## ANISEED FRIED SWEETS

 4 Servings  20 minutes

### INGREDIENTS

200 ml. single cream  
1 big egg  
50 g. aniseed  
500 g. flour  
Oil

### METHOD

Mix all of the ingredients in a separate bowl.

Turn out the dough from bowl and roll out until very thin. Make wide vertical strips and, then, cut diagonally to make diamond shapes.

To fry them pour oil and use Grill Menu at 140° with the lid open for 10 minutes, when it is hot add the aniseed dough

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## YOGHURT BLINIS

 4 Servings  15 minutes

### INGREDIENTS

3 plain yoghurts  
2 eggs  
1 level teaspoon of salt  
1 teaspoon bicarbonate of soda  
200 g. flour  
Sunflower oil

### METHOD

Mix all of the ingredients. Put some drops of sunflower oil in the bowl and programme the Grill Menu at 140° with the lid open for 10 minutes. Put a tablespoonful for each round, when golden turn over.

Serve hot, they can be served along with a lot of different garnishes:

- Salmon and sour cream
- Sevruga eggs and Philadelphia cheese
- Walnut cheese and chopped chives
- Assortment of smoked products accompanied by what you prefer and a salad.

## ENGLISH DESSERT

 4 Servings  12 minutes

### INGREDIENTS

300 g. peach in syrup  
4 sponge cakes or  
cupcakes  
250 g. strawberry jam  
2 bananas

#### FOR THE CUSTARD:

500 ml. milk  
2 eggs  
1 tablespoon cornflour  
200 g. sugar  
Grated peel of 1 lemon  
Cinnamon in a stick

### METHOD

First make the custard. Put the milk, sugar, lemon peel and cinnamon stick. Stir.

Beat the remaining ingredients and add to the Food Processor. Programme the Stew Menu at 110° at Medium Pressure for 6 minutes.

In a mould place first the sponge cake, the peaches and bananas cut into dices and pour the custard on top.

Leave to cool in the fridge.

## BROWNIE

 4 Servings  35 minutes

### INGREDIENTS

50 g. hazelnuts  
4 eggs  
50 g. flour  
150 g. sugar  
150 g. butter  
200 g. chocolate in powder

### METHOD

Mix the chocolate and the butter. Add the sugar and then the eggs, one by one, combining into the mixture.

Add the flour to the mixture and then the hazelnuts.

Place in the Food Processor, close the lid and programme Oven Menu at 160° for 30 minutes.

Leave to cool before taking out of the bowl.

## “SOLETILLAS” LADY-FINGERS

 4 Servings  25 minutes

### INGREDIENTS

4 eggs  
120 g. sugar  
120 g. flour  
Icing sugar for decoration

### METHOD

Beat all the ingredients and pour into the Food Processor and programme Oven Menu at 160° for 20 minutes.

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## PINEAPPLE PUDDING

 4 Servings  20 minutes

### INGREDIENTS

500 g. pineapple  
250 g. condensed milk  
250 g. evaporated milk,  
10 lady-fingers,  
22 g. flavourless gelatine,  
Liquid caramel for the  
mould

### METHOD

Mash the pineapple and add all the ingredients, except the caramel, and beat. Pour caramel into the mould. Pour into the mould and cook bain-Marie in the Food Processor Stew Menu at 110° Medium Pressure for 12 minutes, by putting the steam tray on the bowl and filling it up with water until it reaches half way up the mould. Leave to cool in the fridge.

## CUSTARD AND ORANGE BLOSSOM DESSERT

 6 Servings  10 minutes

### INGREDIENTS

250 ml. orange blossom infusion  
500 g. sugar  
17 yolks  
1 egg whole  
Liquid caramel for the mould

### METHOD

Mix all the ingredients, pour into the Food Processor bowl and programme the Stew Menu at 110° at Medium Pressure for 5 minutes.

Prepare the cups and pour the mixture into them quickly. Leave to cool, and cover with cling-film and put in the fridge.

## PANDORO

 4 Servings  45 minutes

### INGREDIENTS

270 g. flour  
100 g. brown sugar  
180 g. butter  
3 yolks  
2 eggs  
50 ml. milk  
100 g. beer yeast  
1 teaspoon of salt

### METHOD

Place in a separate bowl the butter and the sugar and combine adding the milk, yeast, flour and salt. Knead. Leave to rise until it doubles its volume.

Put flour and butter into the bowl and then the dough on top. Programme the Oven Menu at 160° for 40 minutes.

## “INTXAURSALSA” BASQUE COUNTRY CUSTARD

 4 Servings  18 minutes

### INGREDIENTS

250 g. peeled walnuts  
1 l. milk  
250 g. sugar  
1 piece of lemon peel  
1 stick of cinnamon

### METHOD

Mash in a mortar the peeled walnuts until you obtain a fine paste.

Place in the Food Processor the milk with the lemon peel and the cinnamon, sugar, and walnut paste; stir with a spatula until it dissolves and mix.


Programme the Stew Menu at 110° at Medium Pressure for 12 minutes. Leave to cool. Serve on four dessert plates.

Recommendation; it is better served along with cheese ice-cream, curd or similar.



# **Doughs and breads**

## TURNOVER

 4 Servings  40 minutes

### INGREDIENTS

660 g. flour  
170 ml. oil  
170 g. sugar  
1 pinch of cinnamon  
1 tablespoon of aniseed  
3 eggs  
80 ml. warm water  
50 ml. anisette liqueur  
125 ml. orange juice  
Grated peel of 1 orange  
and 1 lemon  
20 g. baker's yeast

### METHOD

Put the sugar and glaze with the orange and lemon peel.  
Add all of the liquids. Then add the rest and mix. Add the flour and yeast and knead.  
Leave till it doubles its volume, as if it were bread dough.  
Give it round shape and brush with egg.  
Programme the Oven Menu at 160° for 30 minutes.

## UNLEAVENED BREAD

 4 Servings  70 minutes

### INGREDIENTS

300 g. extra strong flour  
175 ml. water

### METHOD

Heat the water using the Grill Menu at 140° with the lid open for 1 minute.  
Pour in the flour and mix, leave the dough to stand for 10 minutes and then programme the Oven Menu at 160° for 60 minutes.

## BASIC RECIPE FOR BREAD

 4 Servings  90 minutes

### INGREDIENTS

350 ml. water  
2 teaspoons of salt  
1 teaspoon sugar  
40 g. pressed yeast  
600 g. strong wheat flour

### METHOD

Place the water and sugar in the bowl.  
Add half of the flour and the yeast. Mix. Add the remaining flour and salt and knead.  
Remove the dough with hands soaked in oil or covered with flour. Give it the desired shape (baguette, loaf, rounds, etc.) and leave the dough to stand for 1 hour.  
Programme the Oven Menu at 160° for 90 minutes.

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## WHITE BREAD

 4 Servings  70 minutes

### INGREDIENTS

350 ml. milk  
1 teaspoon of sugar  
1 teaspoon of salt  
20 g. pressed yeast  
600 g. strong wheat flour

### METHOD

Mix the milk and the sugar. Add the yeast and half of the flour with the salt and knead. Add the rest of the flour.  
Brush the bowl with butter and fill it half way up with the dough and brush the top with milk or beaten egg. Leave the dough to stand for 1 hour.  
Programme the Oven Menu at 160° for 60 minutes.



## PAPRIKA AND OLIVE BREAD

 4 Servings  70 minutes

### INGREDIENTS

200 ml. water  
50 ml. oil  
20 g. paprika  
2 teaspoons of salt  
1 teaspoon sugar  
40 g. bread yeast in powder  
30 g. fresh yeast  
500 g. strong flour  
150 g. green olives, pitted

### METHOD

Pour in the water, the oil and the sugar. Add the yeast. Add the flour. Mix. Add the chopped olives, paprika and salt and knead until you obtain a smooth dough.

Remove from the bowl with hands soaked in oil and finish combining by hand. Leave to stand for 1 hour.

Programme the Oven Menu at 160° for 60 minutes.

## BASIL AND CHEESE BREAD

 4 Servings  75 minutes

### INGREDIENTS

10 fresh basil leaves  
100 g. Parmesan cheese  
350 ml. water  
2 teaspoons of salt  
1 teaspoon sugar  
40 g. pressed yeast  
600 g. strong flour

### METHOD

First grate the cheese, put the basil leaves on top of the cheese and grate them too. Set aside.

Pour the water and the sugar into a bowl, add half of the flour and the yeast, add the remaining flour and the salt and knead.

Add the grated mix which was set aside and mix. Leave the dough to stand for one hour.

Programme the Oven Menu at 160° for 65 minutes.

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## GARLIC BREAD

 4 Servings  70 minutes

### INGREDIENTS

350 ml. water  
2 teaspoons of salt  
2 teaspoons sugar  
40 g. fresh or pressed yeast  
3 garlic cloves

### METHOD

Mix the water and the sugar, add half of the flour and the yeast and knead. Add the remaining flour, the garlics and salt and knead.

Remove the dough with hands soaked in oil or covered with flour. Give it the desired shape (baguette, loaf, rounds, etc.). Leave to stand for 1 hour.

Programme the Oven Menu at 160° for 60 minutes.

## ONION BREAD

 4 Servings  70 minutes

### INGREDIENTS


350 ml. water  
2 teaspoons of salt  
1 pinch of sugar  
40 g. baking powder  
300 g. strong flour  
1 onion  
100 g. Parmesan cheese  
100 g. black olives

### METHOD

Mix the salt and chopped onion. Add the water, sugar and a few drops of oil, add the baking powder and then half of the flour, knead. Add the rest of the flour, cheese, onion and chopped olives. Knead and give it the desired shape.

Programme the Oven Menu at 160° for 65 minutes.

## "CALATRAVA" BREAD

 4 Servings  20 minutes


### INGREDIENTS

5 eggs  
150 g. icing sugar  
500 ml. milk  
6 cupcakes Liquid caramel

### METHOD

Put in the bottom of a 1 litre mould a bit of liquid caramel. Beat the eggs add to the rest of the ingredients. Pour into the mould.  
Cook bain-Marie for 12 minutes using the Stew Menu at 110° Medium Pressure, using the steam tray and with sufficient water to cover half of the mould.

## SOFT BUNS

 4 Servings  60 minutes

### INGREDIENTS

400 ml. milk  
20 g. baking powder  
1 teaspoon salt  
30 g. sugar  
50 ml. sunflower oil  
1 egg  
500 g. flour  
1 egg for brushing

### METHOD

In a bowl pour in the milk, the sugar, salt and oil. Add the egg and the baking powder and then add the flour, leave to stand.  
Put the mix in small but long containers previous brushed with oil. Taking into account that the dough grows a lot during the baking do not fill the mould to the top.  
Brush the top with egg and programme Oven Menu at 160° for 50 minutes.

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## MILK BREAD

 4 Servings  75 minutes

### INGREDIENTS

250 ml. milk  
50 g. butter  
50 g. sugar  
30 g. pressed yeast  
1 teaspoon salt  
500 g. strong flour

### METHOD

Put in a bowl the butter, sugar and salt and add the yeast and flour. Knead.  
With this dough you can make rounds, buns, small baguettes, plaits.  
Make some cuts, brush the top with milk, leave to stand for 1 hour and place in the Food Processor. Programme Oven Menu at 160° for 70 minutes.

## PITA BREAD

 4 Servings  40 minutes

### INGREDIENTS

300 ml. water  
1 teaspoon of salt  
40 ml. olive oil  
500 g. strong flour  
1 pinch of sugar  
20 g. baker's yeast

### METHOD

Beat the water, the oil and the salt. Add the flour, sugar and finally, make a hole in the flour to put the yeast inside (in that order). Knead.  
At first it will seem too hard but it go soft with the kneading.  
Leave to stand for 1 hour.  
Programme the Oven Menu at 160° for 30 minutes.

## WALNUT BREAD

 4 Servings  90 minutes

### INGREDIENTS

550 g. strong flour  
40 g. pressed yeast  
1 egg  
200 g. walnuts in small pieces  
150 g. butter  
50 g brown sugar  
130 ml milk  
130 ml. water  
1 pinch of nutmeg  
1 pinch of salt

### METHOD

Put the water, sugar and milk in a bowl, add the yeast, butter, egg, salt and nutmeg. Mix well.

Finally add the flour and mix. Put the walnuts spread out on the dough and press them in using your hands, kneading for a while. Leave to stand for 1 hour and programme the Oven Menu at 160° for 60 minutes.

Brush with milk or beaten egg and programme the Oven Menu. Once done maintain heat for 20 minutes more.

## LOAF OF BREAD

 4 Servings  75 minutes

### INGREDIENTS

300 ml. water  
1 pinch of malt extract  
12 g. margarine  
10 g. salt  
10 g. beer yeast  
500 g. flour

### METHOD

Mix the water, salt and malt extract. Add the flour and the sachet of yeast, knead and leave to stand for 30 minutes.

Roll out the dough until is thin. Roll up and press down so that it gets compact. Programme the Oven Menu at 160°, for 70 minutes.

Then turn out and place on its side. It is very important to leave to cool for 24 hours

## BREADSTICKS

 4 Servings  30 minutes

### INGREDIENTS

75 ml. olive oil  
400 g. flour  
45 g. baker's yeast  
Water Salt  
Aniseed to your liking

### METHOD

Dissolve the yeast in a bit of warm water.

Mix in a bowl all of the ingredients and knead. Add water now and again until you obtain a stiff dough but not hard. Leave the dough to stand for 45 minutes.

Make thin stick shapes and put them in the Food Processor bowl. Programme the Oven Menu at 160° for 20 minutes.

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## WHOLEMEAL BREAD

 4 Servings  40 minutes

### INGREDIENTS

350 ml. water  
2 teaspoons salt  
40 g. pressed yeast  
600 g. wholemeal flour

### METHOD

Place the water and sugar in a bowl. Add half of the flour and the yeast.

Add the remaining flour and salt and knead.

Remove the dough with hands soaked in oil or covered with flour. Give it the desired shape (baguette, loaf, rounds, etc.). Leave to rise until it doubles its volume.

Programme the Oven Menu at 160° for 80 minutes.

The image features three white plates of crepes arranged on a light blue, textured surface. The crepes are golden-brown and folded. One crepe is topped with a slice of orange, another with a dollop of white cream and orange zest, and a third with orange zest. A silver fork is placed next to each crepe. The word "Confectionery" is written in a bold, black, sans-serif font across the center of the image, overlaid on a semi-transparent white band.

# Confectionery

## “ALFAJORES” (SWEET PASTRY)



4 Servings



20 minutes

### INGREDIENTS

250 g. stale bread in crumbs  
200 g. toasted almonds  
500 g. honey  
20 g. aniseed  
40 g. sesame  
6 cloves icing sugar

### METHOD

First toast the almonds using the Grill Menu at 140°, with the lid open for 5 minutes and then grind.  
Mix all the ingredients including the almonds and knead.  
With hands dampen in water, make the “alfajor” shapes (of a size a bit bigger than a croquette) and leave them to cool.  
When cold, coat in icing sugar and wrap in coloured tissue paper.

## “BACI DI DAMA” (PIAMONTE BISCUITS)



4 Servings



30 minutes

### INGREDIENTS

100 g. almonds peeled raw  
100 g. sugar  
100 g. softened butter  
150 g. flour  
20 g. vanilla flavoured sugar  
1 teaspoon salt  
150 g. fondant chocolate

### METHOD

Grind the almonds and the sugar.  
Add the rest of the ingredients and with the mixture make round biscuit shapes.  
Programme the Oven Menu at 160° for 20 minutes.

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## ALMOND PASTRIES



4 Servings



30 minutes

### INGREDIENTS

375 g. peeled almonds  
2 eggs  
1 yolk  
100 g. sugar  
Peel of half a lemon

### METHOD

Glaze the sugar, chop the almonds and the lemon peel. Add the eggs, yolk and beat.  
Shape the dough into a half-moon and programme the Oven Menu at 160° for 20 minutes.

## DULCE DE LECHE



4 Servings



20 minutes

### INGREDIENTS

3 l. full fat milk  
800 g. sugar  
1 stick of vanilla  
1 teaspoon of bicarbonate of soda

### METHOD

Beat all the ingredients and programme the Stew Menu at 110° at Medium Pressure for 15 minutes.

## CHOCOLATE CRÊPES

 6 Servings  10 minutes

### INGREDIENTS

3 eggs  
400 ml. milk  
150 g. sugar 150 g. flour  
1 teaspoon salt  
100 g. dark chocolate  
1 teaspoon baking powder

### METHOD

Beat all of the ingredients for the basic mixture.  
Programme Grill Menu at 140° with the lid open. Pour the mixture in 2 tablespoon portions and flatten out. Leave for 2 minutes on each side.  
For the filling, melt the chocolate using the Grill Menu at 140°, with the lid open for 2 minutes. Fill the crêpes.

## QUINCE SWEETS

 4 Servings  18 minutes

### INGREDIENTS

750 g. quince  
500 g. sugar

### METHOD

Put the quince pulp with sugar in the Food Processor and programme the Stew Menu at 110° at Medium Pressure for 12 minutes.  
Once the time is up, grind well.  
Place the mixture in a tub and leave in the fridge.

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## MAJORCAN PUFF PASTRY

 4 Servings  18 minutes

### INGREDIENTS

500 g. strong flour  
80 g. sugar  
2 eggs  
50 g. pork lard  
10 g. pressed yeast  
150 g. icing sugar  
1 pinch of salt

### METHOD

Put the flour in a bowl and make a hole in the centre. Add the dissolved yeast, salt and half the sugar. Working with your hands, knead using the flour from the sides first. Once you obtain a stiff dough add the rest of the sugar, form a ball and make a cross in the centre. Leave to rise until it doubles its volume.  
Turn the dough into a bowl and add the eggs one by one, knead and leave for 20 minutes.  
Once the time is up, stretch the dough with your hands until you obtain a long and cylindrical strip which should be stretched out. Cover your hands in lard and begin to roll up with the help of your hands. Place in the previously greased Food Processor bowl giving it a spiral shape. Wait until it rises and doubles its volume. This will take six to seven hours.  
Spray with water and sprinkle with icing sugar and programme Oven Menu at 160° for 30 minutes. Remove and once cold sprinkle with icing sugar again.  
You can fill the pastry with cream or candied spaghetti squash; if you prefer a savoury dish, fill with Majorcan sausage (sobrasada) before baking. The pastry made with spaghetti squash must have a minimum proportion of 90 g. spaghetti squash for every 100 g. dough.



## PANNA COTA

 6 Servings  10 minutes

### INGREDIENTS

500 ml. single cream  
250 ml. milk  
150 g. sugar  
4 gelatine sheets

### METHOD

Beat all the ingredients and put in a mould.  
Cook bain-Marie in the Food Processor using Stew Menu at Medium Pressure for 8 minutes, by putting the steam tray on the bowl and filling it up with water until it reaches half way up the mould.  
Leave in the fridge and leave to set.  
Turn out and decorate with forest fruits.

## CUPCAKES WITH CHOCOLATE DROPS

 4 Servings  40 minutes

### INGREDIENTS

3 eggs  
200 g. sugar  
200 ml. milk  
100 ml. oil  
20 g. baking powder  
250 g. flour  
200 g. chocolate drops  
Cupcake paper moulds

### METHOD

Beat the eggs and mix with all the remaining ingredients.  
Put the mixture in the moulds and then put them in the Food Processor. Programme the Oven Menu at 160° for 35 minutes

## CHOCOLATE TRUFFLES

 4 Servings  15 minutes

### INGREDIENTS



600 g. dark chocolate  
200 g. butter  
5 eggs  
200 ml. liqueur

### METHOD

Melt the chocolate and butter using the Grill Menu at 140° with the lid open for 2 minutes.  
Separate the egg whites and whip. Add the yolks and liqueur to the chocolate and the butter. When all is well mixed fold in the whites very carefully. Keep the mixture in the freezer until you can make the truffle shapes.  
Coat the truffles in chocolate vermicelli and place in rigid containers so that they don't squash. Freeze.  
Take out of the freezer just before serving or leave to de-freeze, to your liking. Serve in small paper wraps.  
They last quite long frozen.

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## HOME-MADE BISCUITS

 4 Servings  30 minutes

### INGREDIENTS

4 eggs  
250 g. brown sugar  
250 ml. oil  
250 g. flour  
2 teaspoons pure cocoa  
2 tablespoons of Instant  
chocolate powder  
1 teaspoon of salt  
1 tablespoon of vanilla  
flavoured sugar

### METHOD

First beat the eggs and then add the rest of the ingredients. Knead.  
Then make biscuit shapes.  
Put some butter in the bowl and the biscuits on top. Programme the Oven Menu at 160° for 20 minutes.

## CHRISTMAS BISCUITS

 4 Servings  35 minutes

### INGREDIENTS

FOR THE MIX:  
300 g. flour  
130 g. butter  
70 ml. water  
1 teaspoon salt  
60 g. sugar  
FOR THE GLAZE:  
2 egg whites  
1 teaspoon lemon  
200 g. icing sugar  
Food colourants

### METHOD

Mix all of the ingredients for the dough in the order mentioned.  
Once the dough is made, roll out until it is about half a cm. thick. Cut the biscuits with a pasta cutter or biscuit cutters with shapes and programme Oven Menu at 160° for 30 minutes.  
To make the topping beat all the ingredients for the glaze, brush the baked biscuits and programme the Oven Menu at 160°, for 3 minutes more.

## BISCUITS

 4 Servings  35 minutes

### INGREDIENTS


100 g. raw, peeled  
almonds  
100 g. sugar  
100 g. softened butter  
150 g. flour  
1 sachet of vanilla  
flavoured sugar  
1 pinch of salt  
150 g. chocolate fondant

### METHOD

Mix all of the ingredients for the dough in the order mentioned.  
Once the dough is made, roll out until it is about half a cm. thick.  
Cut the biscuits with a pasta cutter or biscuit cutters with shapes and programme Oven Menu at 160° for 30 minutes.

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## BELGIUM WAFFLES

 4 Servings  15 minutes

### INGREDIENTS

1 egg  
480 g. flour  
60 ml. sunflower oil 360  
ml. milk  
3 tablespoons of sugar  
3 teaspoon of baking  
powder  
20 g. vanilla essence  
1 teaspoon of salt

### METHOD

Beat all of the ingredients to make a mixture.  
Programme Grill Menu at 140° with the lid open. Pour out the mixture and after 6 minutes turn over.  
Serve sprinkled with icing sugar and/or vanilla flavoured sugar.

A round sponge cake is the central focus, resting on a rustic wooden table. The cake is covered in a thick layer of white coconut flakes and is garnished with several fresh green leaves. It sits on a piece of light-colored, textured fabric with blue and green stripes. A silver fork is placed on the table to the right of the cake, and a single slice of the cake, also topped with coconut and a leaf, is positioned further to the right. The background is a wooden surface with a natural grain.

# Sponge Cakes



## CAKE

 4 Servings  35 minutes

### INGREDIENTS

200 g. sugar  
3 eggs  
1 lemon yoghurt  
100 ml. oil  
170 g. flour  
20 g. baking powder  
1 pinch of salt  
Grated rind of 1 lemon

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the lemon rind, lemon yoghurt, olive oil and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

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## QUICK CHOCOLATE CAKE

 4 Servings  35 minutes

### INGREDIENTS

200 g. dark chocolate  
200 g. margarine  
4 eggs  
350 g. flour  
160 g. sugar  
20 g. baking powder

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the lemon rind, lemon yoghurt, margarine and chopped chocolate and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

## TRIFLE

 4 Servings  35 minutes

### INGREDIENTS

4 eggs  
60 ml. sugar  
40 g. fine dry breadcrumbs  
10 g. baking powder

#### FOR THE SYRUP:

150 ml. anisette  
250 ml. water  
400 g. sugar

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the remaining ingredients and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.


Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

Put all the ingredients for the syrup for 3 minutes on the Grill Menu at 140° with the lid open and pour over the cake.

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## CAKE WITH APPLE, LEMON AND CINNAMON

 4 Servings  35 minutes

### INGREDIENTS

4 eggs  
1 lemon yoghurt  
100 ml. oil  
300 g. flour  
200 g. sugar  
Grated peel of 1 lemon Cinnamon  
20 g. baking powder  
1 apple cut into wedges

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the remaining ingredients and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

## CAKE WITH CRÈME ANGLAISE

 4 Servings  35 minutes

### INGREDIENTS

250 g. sugar  
250 g. almonds  
Peel of one orange  
50 g. butter  
6 eggs  
6 g. baking powder  
150 g. flour  
1 l. crème anglaise

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the remaining ingredients and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

Soak the cake in the crème anglaise and serve.

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## CHOCOLATE CAKE

 4 Servings  35 minutes

### INGREDIENTS

200 g. chocolate  
170 g. sugar  
200 g. flour  
4 eggs  
20 g. baking powder  
70 g. margarine  
1 plain yoghurt

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.


When the egg yolks are whipped add the remaining ingredients and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.



## WALNUT SPONGE FOR CAKE

 4 Servings  35 minutes

### INGREDIENTS

140 g. ground walnuts  
40 g. icing sugar  
5 eggs  
20 g. flour from tea biscuits  
100 ml. rum  
20 g. baking powder

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the remaining ingredients and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

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## BANANA AND RAISIN CAKE

 4 Servings  35 minutes

### INGREDIENTS

4 bananas  
2 teaspoons lemon juice  
2 eggs  
150 g. sugar  
100 g. softened butter  
150 g. flour  
20 g. baking powder  
1 pinch bicarbonate of soda  
1 pinch of salt  
100 g. raisins Sugar coated grapes  
Icing sugar

### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Whip the yolks and add half of the sugar at the beginning and the other half add to the whites when they are whipped.

When the egg yolks are whipped add the remaining ingredients and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume.

Sieve the flour and mix with the baking powder. Add to the previous mix as if it were rain so that it doesn't lose air.

Place the mixture in the Food Processor and programme Oven Menu at 160° for 30 minutes. Leave the cake to cool before turning out of the bowl as otherwise it could break.

Sprinkle with icing sugar.

A wooden cutting board is the central focus, holding a vibrant salad. The salad consists of long, white bean sprouts, thin slices of light-colored chicken, and small, golden-brown peanuts. The board is set on a white, textured placemat. To the left of the board are two whole green avocados. To the right is a slice of a yellow lemon. In the bottom right corner, three bright red chili peppers are visible. The background is a light-colored wooden surface.

**New menus**

Novohogar

## CHICKEN RISOTTO

 6 Servings  25 minutes

### INGREDIENTS

350 g. chicken breasts  
chopped  
300 g. bomba rice  
200 g. grated Parmesan  
cheese  
1 chopped green pepper  
1 chopped onion  
600 ml chicken stock  
White wine  
Garlic, salt pepper

### METHOD

Programme Stir Fry Menu, with the lid open for 12 minutes. When the Food Processor beeps add the onion. When the onion is transparent add the breasts, pepper, 2 garlies and season to your liking.  
When the chicken is golden brown add the wine, chicken stock and rice and programme Rice Menu Half Pressure for 10 minutes.  
When this process has finished, add 100 g. Parmesan cheese and stir.  
Serve with Parmesan cheese garnish.

## MUFALFAL- PILAF RICE

 4 Servings  25 minutes

### INGREDIENTS

500 g. bomba rice  
2 small onions  
2 tablespoons oil  
250 g. crushed tomatoes  
425 ml. water Salt to your  
liking  
Pepper and spices to  
your liking

### METHOD

Cut the onions into very thin slices.  
Put oil in the bowl and programme Stir Fry Menu for 10 minutes. Add the water and crushed tomato, season and salt and pepper to your liking. Add the rice and programme the Rice Menu Medium Pressure for 10 minutes.

## FLUFFY RICE WITH WILD MUSHROOMS AND PRAWNS

 4 Servings  30 minutes

### INGREDIENTS

400 g. bomba rice  
2 big tomatoes  
1 onion  
2 garlic cloves  
100 g. fredolics mushrooms  
1 tablespoon horn of plenty  
mushrooms in powder or  
fresh  
200 g prawns  
1 bay leaf  
1 l. bottled water Stems of  
saffron

Freshly ground black pepper  
1 sprig of rosemary  
1/2 teaspoon sugar  
olive oil  
Salt to your liking

### METHOD

Clean the prawns, peel except for the tail which should be left on. Set aside the heads and shell to make stock with 1/2 l. bottled water, 1/2 peeled onion cut into two, the bay leaf and a bit of pepper and salt. Programme the Stew Menu for 3 minutes. Beat and set aside.

Chop the remaining onion and peel and chop the garlies. Grate the tomatoes and clean the mushrooms. Sauté in a bit of oil using the Stir fry Menu for 10 minutes. Salt and pepper to taste. Add the pinch of sugar and stir.

Add the mushrooms and rice, horn of plenty and stir for a few minutes. Add the rosemary and saffron and pour in the stock.

Finally, add the prawns and programme the Rice Menu Medium Pressure for 10 minutes.

## RICE WITH HARE

 4 Servings  50 minutes

### INGREDIENTS

1 hare  
1 kg. rice  
2 l. water  
1 onion  
1/2 heads of garlic  
2 tablespoons of fried tomato  
Olive oil  
1 tablespoon parsley  
1 chilli pepper  
Salt to your liking

## EXOTIC RISOTTO

 4 Servings  20 minutes

### INGREDIENTS

#### FOR THE STIR FRY:

70 ml. olive oil  
150 g. spring onions or onion  
100 g. butternut squash  
2 garlic cloves

#### REST OF INGREDIENTS:

100 g. Parmesan cheese  
50 g. butter  
250 g. chopped fresh wild mushrooms  
350 g. bomba rice

400 ml. coconut milk  
2 poultry stock cubes  
1 teaspoon curry or to your liking  
450 ml. water

### METHOD

Chop the hare and season. Put oil in the bowl and programme Stir Fry Menu for 10 minutes and stir fry. Add the hare and the chopped onion when the Food Processor beeps. Stir fry until the onion is golden brown.

Add the fried tomato and sufficient water to cover it and programme the Stew Menu for 30 minutes. Although the hare meat is tough, the time should be enough.

Then add the rice, the smashed garlicks, parsley and chilli pepper and a bit of salt. Programme the Rice Menu Half Pressure for 10 minutes.

If you want to do this menu in one single step, put all the ingredients in the Food Processor and programme Stew Menu for 8 minutes.

The rice should have a bit of broth.

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### METHOD

Chop the onion, butternut squash, mushrooms and garlicks and sauté using the Stir Fry Menu for 5 minutes. Add the remaining ingredients except the rice and water, and programme the Stir Fry Menu for 5 minutes. Stir.

Add the rice and water to the Food Processor and programme the Rice Menu for 10 minutes.

If you want to do this recipe in one single step, put all the ingredients in the Food Processor and programme Stew Menu for 8 minutes.

Put some grated cheese and butter in pieces on the bottom of a serving dish. Pour the hot rice on top and stir well and serve.



## FIDEUÁ WITH WILD MUSHROOMS

 4 Servings  20 minutes

### INGREDIENTS

200g. shrimps, 150g. clams, 400g cultivated mushrooms, 1 cuttlefish, 1 slice of tuna, 1 garlic clove, 50 ml oil, 100 g. crushed tomato 100 g. onion, 100 g. red pepper, 100 g green pepper, 400 g. fideuá noodles, Sweet red pepper chopped, salt & saffron 500 ml. water

### METHOD

Sauté the tomatoes and chopped peppers along with the chopped onion and garlic using the Stir fry Menu for 5 minutes.

Add the remaining ingredients and programme the Pasta Menu for 10 minutes.

## PASTA SPIRALS WITH ONION AND FOIE GRAS

 4 Servings  20 minutes

### INGREDIENTS

400 g. pasta spirals 150 g. foie gras 1 onion, 1 tsp parsley, 50 ml. oil 1 tsp salt 1 tsp pepper 1 small cup of brandy

### METHOD

Sauté the onion using the Stir Fry Menu for 10 minutes. When transparent add the foie gras, brandy, salt and pepper. Set aside.

Boil the spirals with water using the Pasta Menu for 10 minutes and finally mix with the sauce above.

## FUSILI WITH SOYA SAUCE AND VEGETABLES

 4 Servings  20 minutes

### INGREDIENTS

100 ml. soya sauce 50 ml. water 1 garlic clove 150 g. carrots 150 g. red peppers 150 g. green peppers 150 g. soy bean sprouts 150 g. sliced mushrooms Pepper and salt to your liking 300 g. fusilli 375 ml. water

### METHOD

Sauté the tomatoes and peppers chopped into strips, along with the chopped onion and garlic using the Stir fry Menu for 5 minutes.

Add the remaining ingredients and programme the Pasta Menu for 10 minutes.

Add the salt at the end.

## FRESH TORTELLINI FILLED WITH PESTO

 4 Servings  15 minutes

### INGREDIENTS

50 ml. olive oil 1 kg. tomatoes, 2 garlic clove, 200 g. onion, 100 g. carrots 2 stock cubes or salt freshly ground pepper 8 fresh basil leaves 2 tsp sugar 500 g. fresh tortellini 300 ml. water Salt to your liking

### METHOD

Chop the carrots, onion and garlicks and sauté in some oil using the Stir Fry Menu for 4 minutes.

Add the tomato, stock cubes or salt and pepper. Add the basil, tortellini and the remaining ingredients and programme the Pasta Menu for 10 minutes.

## MACARONI WITH CHORIZO

 4-5 Servings  15 minutes


### INGREDIENTS

500 g. macaroni  
200 g. chorizo  
125 g. fried tomato  
1 tablespoon of oregano  
Salt  
Pepper  
Water to cover ingredients

### METHOD

Add the chorizo and tomatoes to the bowl and sauté using the Stir Fry Menu for 5 minutes.  
Add the rest of the ingredients and water to cover the mixture and programme the Pasta Menu for 10 minutes.

## ONION CAKE

 4 Servings  40 minutes

### INGREDIENTS

100 ml. oil  
100 ml. milk  
1 tablespoon of mustard  
4 eggs  
1 onion  
150 g. flour  
2 teaspoons of baking powder  
Salt and pepper

### METHOD

Put in the beater the oil, sugar, milk, mustard, yolks and chopped onion. Mash all very well and set aside. Mix alternatively the mixture with the stiff egg whites and the sieved flour with the baking powder.  
Pour the mixture into the Food Processor and programme Dessert Menu for 30 minutes.  
Once cold, cut into layers and fill with different savoury mixtures, spreading each layer with mayonnaise or cocktail sauce. Decorate to your liking and serve.

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## COURGETTE CAKE

 4 Servings  35 minutes

### INGREDIENTS

100 g. walnuts  
150 g. sugar  
Rind of 1 lemon  
250 g. courgettes  
3 eggs  
100 g. butter  
1 teaspoon cinnamon  
180 g. flour  
1 sachet baking powder  
1 pinch of salt


100 g. dates  
100 g. currants marinated in brandy

### METHOD

Chop the walnuts Set aside.  
Beat the lemon rind with the sugar, add the courgettes, chopped and without skins, the eggs, butter, cinnamon, flour and baking powder.  
Add the pitted and chopped dates, walnuts and soaking but drained currants. Add a pinch of salt and mix all with care.  
Then pour the mixture into the Food Processor and programme Dessert Menu for 30 minutes.



## ORANGE CONFIT

 6 Servings  120 minutes

### INGREDIENTS

1 Orange  
150 g. sugar  
150 g. water

### METHOD

Wash the orange well and cut into julienne strips.  
Add all the ingredients to the bowl and programme the Confit Menu for 120 minutes. (Do not pile up the oranges in the bowl, leave them spread out)  
Perfect for decorating desserts, sponge cakes, etc.

## POTATOES CONFIT

 4 Servings  60 minutes

### INGREDIENTS

2 potatoes  
2 garlcs  
Olive oil  
Salt and pepper

### METHOD

Wash and cut the potatoes into thick round slices. Salt and pepper to taste.  
Add the potatoes and garlcs to the bowl and then the olive oil until it covers the potatoes. Programme Confit Menu for 60 minutes.  
Check the texture of the potato before removing. If necessary add a few more minutes at the same setting.

## SALMON CONFIT WITH VEGETABLES

 4 Servings  35 minutes

### INGREDIENTS

4 Salmon fillets  
1 Pepper  
1 Onion  
1 Courgette  
1 Aubergine  
Olive oil  
1 Garlic  
Salt in flakes  
Dill

### METHOD

Chop the onion, pepper, aubergine and courgette. Pour some oil into the bowl and programme Stir Fry Menu for 10 minutes. When it beeps 3 times add the vegetables.  
Once the cooking is done remove and set aside.  
Add the salmon to the bowl and cover with oil and programme the Confit Menu for 10 minutes.  
To check whether the fish is ready, press the salmon fillet with a finger, if the salmon flakes it's ready, if it is "hard" leave for a couple of minutes more.  
Remove and serve on the bed of vegetables. Garnish with dill.

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## RABBIT CONFIT WITH ONION AND POTATO

 4 Servings  140 minutes

### INGREDIENTS

1/2 farmhouse rabbit  
2 onion julienne strips  
1 kg. new potatoes  
2 bay leaves  
3 garlic cloves  
Pine nuts  
Extra virgin olive oil  
Salt and pepper

### METHOD

Pour into the bowl 1/2 litre oil, the rabbit with salt and pepper, the pine nuts, bay leaf and pepper seeds. Programme the Grill Menu 120° for 20 minutes. When the rabbit is slightly done, add the onions and cover the Food Processor.

Peel the potatoes, cut them and add to the Stew.

Add enough oil so that it is nearly all covered and programme Confit Menu for 120 minutes. Cooking should be slow, you should only see a few bubbles in the oil. Leave for around one and half hours or even more, until it is done to your liking.

Every half an hour check and stir with circular movements.

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## WILD MUSHROOM CONFIT

 4 Servings  20 minutes

### INGREDIENTS

300 g. clean wild mushrooms in big chunks.  
300 g. extra virgin olive oil  
Salt Pepper


### METHOD

Put all the ingredients in the bowl and enough oil to cover the mushrooms.

Programme Confit Menu with the lid closed for 15-30 minutes according to the size of the mushrooms.

Remove from the bowl once the mushrooms are soft, close and keep in the fridge.

## POACHED EGGS

 4 Servings  10 minutes

### INGREDIENTS

2 eggs  
2 litres of water

### METHOD

Put cling film on 2 small bowls and crack each egg in each bowl, close the cling film and seal with a peg.

Add water to the bowl, programme Poach Menu with the lid open for 8 minutes.

When it beeps 3 times add the eggs.

When this step is done, remove and open the cling film with care and serve.

## FISH POACHED IN PARSLEY SAUCE

 4 Servings  20 minutes

### INGREDIENTS

4 fish fillets  
5 tablespoons of olive oil  
1 tablespoon vinegar  
2 garlic cloves  
15 sprigs of parsley, the leaves  
Water  
Salt, pepper, cumin to your liking

### METHOD

Add a tablespoon of oil, the garlic, parsley pepper and cumin; sauté using the Stir Fry Menu for 5 minutes.

Remove and blend with the rest of the oil and vinegar. Set the sauce aside.

Rinse and dry the fish fillets. Now add water to the bowl and programme the Poach Menu for 10 minutes. When it beeps 3 times add the fish fillets to the bowl. Remove and serve with the sauce

## POACHED CHICKEN SALAD

 4 Servings  35 minutes

### INGREDIENTS

2 chicken breasts without skin  
6 tablespoons mayonnaise  
2 poached carrots  
1 stick of celery chopped  
1 apple chopped  
1 small tin of boiled corn  
8 lettuce leaves chopped Water  
Salt and pepper

### METHOD


Add water to the bowl and programme Poach Menu for 10 minutes. When it beeps 3 times add the chicken breasts and carrots to the bowl.

Once this step is done, check that the chicken is done, if necessary add a few more minutes.

Remove and mix with the rest of the ingredients in a bowl. Place on dishes and serve.

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## POACHED FIGS WITH RASPBERRIES IN WINE

 4 Servings  140 minutes

### INGREDIENTS

450 g. ripe raspberries or blueberries	Juice of 2 lemons
50 g. sugar	Juice of 1 orange
200 ml. red wine	Low fat curd for serving
3 tablespoons blueberry or blackcurrant liqueur (optional)	
1 tablespoon chopped fresh mint	
8 fresh figs	

### METHOD

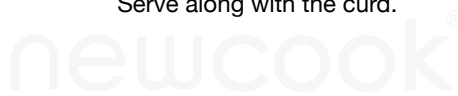
Place the red fruits with the juice and blend until you obtain a purée. Sieve to eliminate the seeds. Add this mixture along with the wine and sugar to the bowl and programme the Grill Menu with the lid open for 10 minutes, when

it starts to boil, stop and remove the froth from the surface. Check that all the sugar has dissolved.

Add the figs and programme the Poach Menu for 6 minutes depending on whether they are very ripe or not. Remove the figs and reduce the sauce until there is only approximately 300 ml.

Remove and add the figs along with the mint and liqueur, put in the fridge for a few hours.

Serve along with the curd.

  
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## PEAR AND SPICE DESSERT

 4 Servings  20 minutes

### INGREDIENTS

4 firm pears  
400 g. sugar  
1 l. dry white wine  
Peel of 1 orange  
Peel of 1 lemon  
1/2 glass water  
1 vanilla stick open and ground inside  
4 aroma cloves  
4 pepper seeds  
1 bay leaf  
1 pinch of ground nutmeg  
4 ground cardamom seeds (optional)

### METHOD

Add all the ingredients, except the pears, to the bowl and programme Poach Menu for 40 minutes. During the first 5 minutes, stir with a nylon spatula.

Once 35 minutes have gone by add the chopped pears.

Once this step is done, check that the pear is ready. If necessary add a few more minutes using the same setting.

Remove and serve with ice-cream.

## SPONGY CAKE

 4 Servings  80 minutes

### INGREDIENTS

6 eggs  
125 ml. olive oil  
500 g. sugar  
1 teaspoon salt  
225 ml. milk or 2 Greek yoghurts instead  
500 g. flour  
1 sachet baking powder  
75 ml. anisette  
Grated rind of 1 lemon

### METHOD

Grate the lemon and mix with the flour and baking powder. Set aside.  
Grease the inside of the bowl with some oil.  
Beat the yolks, add the oil, sugar and a bit of salt. Add the milk the flour that had been set aside, anisette and the lemon rind.  
Whip the egg whites and add to the mixture bit by bit.  
Pour the mixture into the bowl and programme Dessert Menu for 75 minutes.

## QUICK CAKE

 4 Servings  30 minutes

### INGREDIENTS

4 eggs  
120 g. sugar  
120 g. flour  
1 sachet baking powder

### METHOD

Beat the eggs with the sugar. Add the flour and baking powder and knead.  
Put the dough into the Food Processor bowl and programme Dessert Menu for 30 minutes.

## RASPBERRY MOUSSE TART

 4 Servings  35 minutes

### INGREDIENTS

300 g. raspberries  
100 g. sugar  
50 ml. water  
4 gelatine sheets  
1 small packet of cream for whipping

1 sachet baking powder  
4 eggs  
Grated lemon rind

### FOR THE SPONGE CAKE:

1 lemon yoghurt  
120 ml. oil  
360 g. flour

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### METHOD

Separate the whites from the yolks and whip them separately using a whisk. Add the yolks to half of the sugar and start whipping. Separately whip the egg whites until stiff and set aside.  
When the egg yolks are whipped add the lemon rind, lemon yoghurt, olive oil and mix it all carefully with a whisk. Then add the stiff egg whites and mix all carefully so that the whites nor the beaten mixture loses volume. Sieve the flour and mix with the baking powder, and add to the mixture above as if it were rain, so that it does not lose volume. Pour the mixture into the Food Processor and programme Dessert Menu for 30 minutes.  
Mousse: Beat 50 ml. water with the sugar. Add the defrosted raspberries and cook with the syrup using the Stew Menu for 2 minutes. Sieve to eliminate the seeds and add the hydrated and drained gelatine sheets, leave to cool. Once cold, add the semi-whipped cream. Pour over the sponge in a mould and leave in the fridge.

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