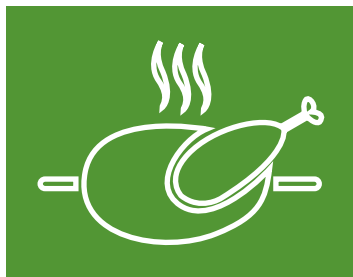
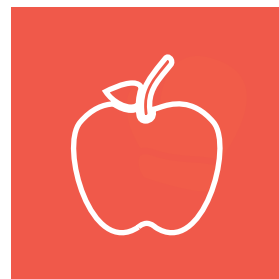


# RECIPE BOOK



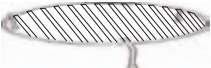
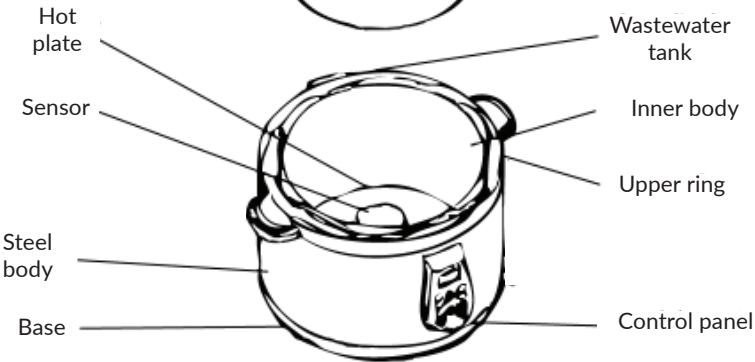
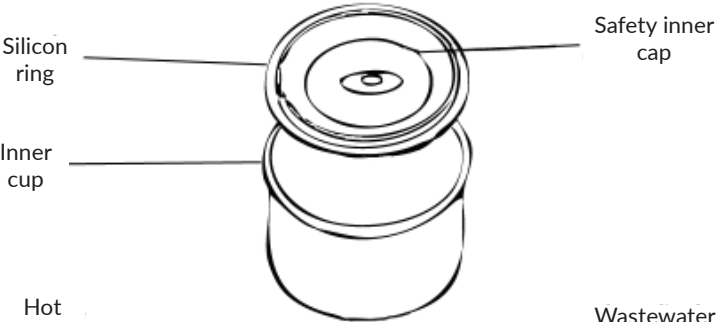
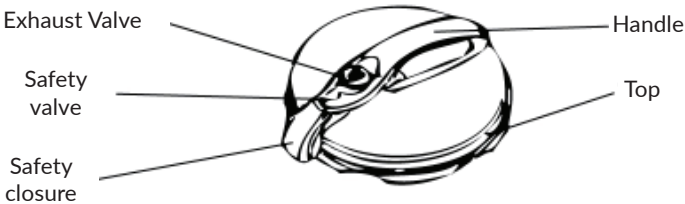
## **BEFORE COOKING**

- Read the instructions in this manual carefully. Keep this manual for future reference.
- Do not immerse in liquid any electrical part of the programmable pot.
- It should not be used by children.
- Don't turn it on if it has any of its parts damaged.
- The accessories should only be used in your programmable pot or they might suffer irreparable damage otherwise.
- Don't expose it to the sun.
- Don't use the programmable pot on or near heat sources such as ovens, stoves or ceramic hobs, it could be damaged.
- Don't use the programmable pot for functions different to cooking.
- Stay away from the heating valve when it ejects the steam, it will be very hot, you can be injured.
- Don't fill more food than that specified by the maximum signal.

## **TECHNICAL SPECIFICATIONS**

- Capacity: 6 Liters
- Power: 1000W / 230V-50Hz
- Programmable and heat preservation: 24 hours
- Reheat function
- Duopressure system (high, low or no pressure).
- Automatic temperature adjustment
- Power interruption memory
- Self-detection of failure or error.
- 10 different cooking menus
- Easy to clean non-stick bucket.
- Effect pressurization, the food is cooked in its juice generating some more concentrated flavors.
- Incorporates 8 security systems.
- Low power consumption

**FEATURES**



## CONTROL PANEL



**FRY/GRIDDLE:** Press the button once and select the Griddle Menu without pressure, Ideal for soft cooking, such as tortillas... In the Griddle Menu, you can select the cooking time, but not select the type of pressure. To activate the Fry Menu, press the button twice, enter the food and oil according to the recipe. These menus are used with the top open.



**OVEN:** select the oven without pressure menu for backed dishes, selectable cooking time.



**COOKING:** select the cooking menu, select both the pressure and the cooking time.



**CHICKEN/MEAT:** Preset menu for meat, select the pressure type depending on the dish: High Pressure for hard meats that need more cooking time and Low Pressure for tender meats that need less time.



**STEWED/SOUPS:** Preset menu for casseroles (low pressure) and soups (high pressure), select the type of pressure depending on the dish.



**LEGUMES:** preset menu for legumes, select the type of pressure depending on the dish. It should be generally used in High Pressure.



**LUNCH TIME +:** use this button to start the food programming function of food and to increase the cooking and/or programming time.



**HOT/CANCEL -:** Use this button to start manual warm mode, to cancel at any time the cooking and to select less cooking or programming time.








**HIGH AND LOW PRESSURE:** These buttons are used so that once the cooking menu is selected, we can select the cooking mode, if we cook spoon dishes we will normally do it in high pressure, if on the contrary we cook stewed or dried dishes we will use low pressure.

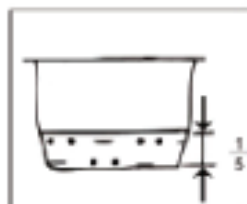
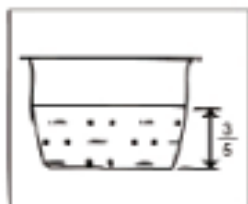
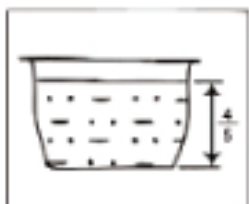


## HOW TO COOK

Cooking with your new programmable cooker is very simple, just enter the ingredients, set the cooker according to the recipe book and introduce lunchtime, then the programmable pot will have your meal prepared for you in the scheduled time.

### How to cook in your programmable pot:

1. Open the lid rotating it clockwise until it abuts.
2. Introduce all the ingredients within the inner cup and, if necessary, some of the accessories (as prescribed).
3. Then enter the cup with food inside the programmable pot (the programmable cooker will not cook unless the inner cup is in it). Then, replace the lid and rotate it counter-clockwise, just the opposite that in the previous until it stops.
4. We proceed to select the menu as the recipe book suggests. Once selected, we proceed to set the cooking time (reflected in the recipe book ), select the time with the  button, which increases 1 by 1 the minutes of cooking from 1 to 180 and the  button that decreases. We recommend you to follow the times marked in the recipe book and, if the result is not 100 % to your liking, change the time by increasing or decreasing the time marked by the recipe book to prepare the food according to your taste. If during these processes you are confused just press the cancel button and start again, A moving script appears on the screen, then press the cancel button  and start again.
5. Once you select the cooking time, select the type of pressure  High Pressure to express cooking, or  Low Pressure or stews, in any case follow the recipe book.
6. In the oven, grilled and fry menus, you cook without pressure, so you cannot select the type of pressure, also, you are advised to extract the weight of the valve or even the lid to cook and get a better result. However, always do so by following the instructions reflected in the recipe book for each specific recipe.



**ATTENTION!** Inside of the cup there are some marks that in case of pressure cooking (especially in high pressure) should not be exceeded at its highest line for any kind of liquid.



After selecting the menu, the cooking time and pressure (if necessary), the programmable pot will cook for you. The first stage of cooking is the automatic detection of food and heating because what you select is the actual cooking time.



The programmable pot detects the amount of food you are cooking, so you should only set the time marked in the recipe regardless if it is for one or for 10 guests. During this process, the set time and a script in motion will appear on the screen, as this process is completed, the script will remain fixed while your programmable pot is cooking, the time left to finish will be displayed, discounting each minute originally scheduled for you.

You will know that your programmable pot has finished cooking by its 3 beeps. From that point, the warm function will be automatically activated indefinitely and with it the light signal, so that the pot will keep the food warm until serving time. (ATTENTION, this menu will only be disconnected when you press the cancel button)

To open the lid, the first step is to ensure there is no pressure inside (otherwise the programmable pot will not allow you to open the lid) moving the valve in the open position where all the steam within your programmable pot will be ejected.

## **PROGRAMMING THE POT**

Program the programmable pot to have the freshly cooked food at a specific time:

1. Click the “LUNCH TIME” button , and select when you want to have your lunch. To select lunchtime, you must tell the programmable pot how many hours are left for serving the food, not the time you want to eat, it is important to indicate properly the time remaining to eat. Lunch Time is set in 10 minutes intervals. By pressing the button  increases up to 24 hours.
2. Select the menu, the cooking time and pressure kind, as indicated in the previous section.

The programmable pot automatically calculates when to start cooking so that the food is freshly made at the scheduled time, if the cooking time is longer than the time remaining before the scheduled time, your programmable pot will start the cooking cycle, to get as close as possible to the preset time. It is important that you program the pot at least two hours in advance.

If while cooking or waiting a power failure occurs, the programmable pot remember its programming and when the current is back your programmable pot will continue at the same point where the cooking process stopped.

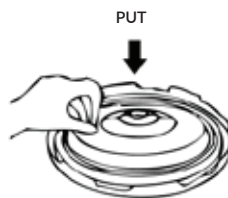
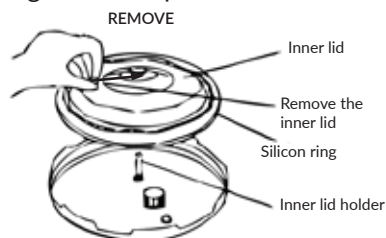
The programmable pot includes the “warm” system which is operated automatically when it stops cooking and keeps the food warm indefinitely without cooking it again, until you press the CANCEL button. Remember to cancel this function to finish using your programmable pot.

## CLEANING YOUR PROGRAMMABLE POT

Your programmable pot has one of the most non-stick surfaces, made of PTFE that generates incredible non-stick properties, this makes cleaning easier to the extent that the use of any type of pad or abrasive cleaning is not necessary to clean the cup, even dish washable.

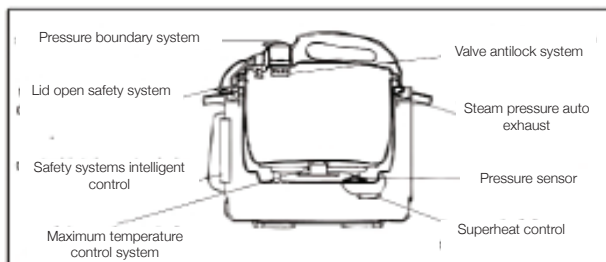
Along with the cup, the items that are in direct contact with the food should also be cleaned. These are the inner lid, the lid, the silicone ring and the exhaust valve. They should be cleaned with soap and water and using a sponge or, if necessary, a scouring pad.

To remove the inner lid and the silicone ring, pull the small holder in the inner lid and remove easily the silicone ring in it, the important thing is to clean each time you use it, otherwise you can alter the taste or odor in the following meals to be cooked with your programmable pot.

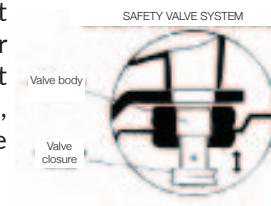


Regarding the safety filter and the exhaust valve, it is important to keep them clean so they never obstruct the steam and so that you can open your pot when you want.

**The programmable cooker is a revolutionary product in terms of security systems.** It has 8 interlaced systems that act simultaneously and that make it impossible for a fault to occur:



It is important to emphasize especially the safety valve system that prevents the opening of the programmable pot as long as there is pressure inside, therefore, it is fundamental to be able to open or close the programmable cooker that eliminates the steam that is inside, for this it is necessary to position the discharge valve in the "Open" position.



## **BASIC INSTRUCTIONS**

It is very important to keep clean your programmable pot when cooking so you do not forget to clean both the valves and the rubber to eliminate any traces of odors and flavors.

Remember that your programmable cooking incorporates the food heating system indefinitely once it finishes cooking, and you must cancel it so that it does not follow up unnecessarily when the meal has just been served.

### **Accessories**

- Measuring cup: It is incorporated as reference measure for recipe books, so when a recipe book refers to a measure, it is referring to the measuring cup.
- Rack: A metal tray is included with your programmable pot used for baking and it should be used in the cases indicated in the recipe book.
- Ladle: It is a tool specifically designed for your programmable pot, as a special feature it includes a non-corrosive material ideal for working on non-stick surfaces. It is important that you always use this accessory for cooking with your pot, or a wooden or silicone tool, never use abrasive or metal utensils on non-stick surfaces or your programmable pot will lose its properties.

### **Cooking Tips**

- Stew: It is advisable to introduce all the food and select Low Pressure, remember to put a little more water if you want a more liquid result, to get the right amount of water, keep in mind that barely any water is lost in the cooking system. time, we advise you about 35% less time than in the traditional way.
- Grill: use this menu with the lid open. To achieve the effect of the iron, it is important that there is no water inside and heating the tray without the food that we want to roast. Keep in mind that the times are 35% less than the traditional way and you do not have to turn the food around, unless you want to mark them on both sides.
- Pressure: to cook under pressure select the High Pressure Cooking Menu, do not put much more water than you want to have at the end.
- Roasting / baking: cook over the kitchen rack (optional), in the Oven Menu and the lid closed but without the weight placed, with hardly any liquid, remember to replace the weight when finished. To brown the dish, heat previously in the Oven Menu 1 minute, to get a more marked and golden finish, once the hot pan is in place, without the baking flag mark the food for 3 minutes on each side, then put the baking tray and use according to the recipe.
- Pastries, doughs and breads. We will use the Oven Menu without weight according to the recipe, it is advisable to use baking paper covering the bucket or a mold suitable for oven (not included), as indicated by the recipe.



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## COOKING TIPS

### SOUPS

Pea cream with a ham crisp	
Aubergine purée	
Simple Cream	
Mashed potato	
Courgette Cream	
"Fumet"	
Fish Broth	
Traditional Castille-style soup with an egg	
Onion soup	
Vegetable soup	
Julienne-cut vegetable soup	
Noodle soup with clams	
Simple broth	
Garlic soup	
"Fat burn" soup	
Vegetable cream	

### STEWES

Marmitako	
Caldero "Santapolero"	
Ribbed stew	
Veal stew	

12	Oriental chicken
	Baccalà alla Biscagliese
	Potatoes with riojana
13	Cod in green sauce with clams
13	Veal with peas
13	Salt cod salad with olive oil
13	Salmon fillets in peppers sauce
14	Hake with marinara
14	Mussels with bordelaise
14	Clams Marinara
14	Cod with peas
15	Chard with potatoes
15	Cod with raisins

### LEGUMES

15	Red beans of Goierri
16	Eve soup
16	Chickpeas Salad
16	Empedrat of white beans with cod
16	Lentils
	Lentil puree for children
17	Lentils with vegetables
17	Chickpeas with spinach
17	Red beans
17	White beans

18	Boiled	26
18	Chickpea salad with anchovies	26
18	Fabadilla	26

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18	Minced meat with cabbage	27
19	Roast pork with pineapple	27
19	Roast chicken	27
19	Chicken fajitas	27
20	Fillet with onions in Cava	28
20	Sautéed turkey with orange and mint	28
20	Fillet stuffed with spinach	29
21	Interiora of lamb with Brandy	29
21	Ropa vieja	29
	Lonza with tomato sauce	30
22	Mexican veal fajitas	30
23	Bolognese sauce	30
23	Cream chicken	30
23	Chicken breast fillets with soy sauce	31
24	Turkey in onion sauce	31
24	Chicken with lemon cream	31
24	Petti with pancetta	31
25	Fillet in pepper sauce	32
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25	Beer chicken	32

Garlic chicken	32
Roquefort pork fillets	33
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Stuffed hake	34
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Stuffed champignons	37
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Eggplant sandwich stuffed with cheese and turkey	38
Artichokes in wine	38
Escalivada	38

## UOVA

Quiche di salmone	38
Uova fritte con gulas	39
Uova strapazzate con patate	39
Quiche senza pasta	39
Frittata di cipolle e formaggio	39
Frittata di patate	40
Frittata di patate e cipolle	40
Frittata di carciofi e aglio tenero	40
Frittata di spinaci	40

## PASTA

Salmon quiche	41
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Onions and cheese omelette	42
Potato omelette	42
Potato and onion omelette	42
Artichoke and soft garlic omelette	42
Spinach omelette	42

## RICE

Black rice	43
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Rice soup	44
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Rice with loin and ribs	45
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Quick rice with calamari and shrimps	46
Rice with a fried egg	47
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## FRIED DISHES

Fried artichokes	48
Onion rings	48
Fried aubergines with honey	49
Calamari fried in batter	49
Fried hamburger	49
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Veggie hamburger	50
Fried shrimps	50
French fries	50
Vegetables in tempura	50
Breaded chicken breasts	51

## SAVOURY DISHES AND BREADS

Vegetable pie	51
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Focaccia	52
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## DESSERTS

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Madeleine with chocolate chips	56
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Cake with berries	56
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Sponge Cake With Chocolate	57

## **COOKING TIPS**

- Before starting the cooking cycle, always stir the food so that it cooks correctly. This is essential to obtain good finished dishes.
- **Oven-baked**, use the Oven Menu without the scales to obtain a crunch on finished dishes. We recommend you pre-heat the tray for a few minutes to improve the result. When using this menu you can use any type of container appropriate for ovens (not included).
- Pre-heat the **grill** to obtain better results when doing recipes using the Grill Menu. The final dishes will be golden brown. In this case, to do fillets on the grill we recommend you sear on one side when the grill is hot and immediately turn it over and set the time indicated in the recipe. Pre-heat the oil for 1 minute when you have to sauté in the Grill Menu before adding the rest of the ingredients. Important: to cook using the Grill Menu with the lid off, it is necessary to set the time, however on the screen the heating temperature is displayed. I.e. On the screen the time will not be counting-down but the Programmable Pan will be heating up.
- **Opening the cooker before the set time**, the Programmable Pan can be opened at any time but only if there is no pressure inside it. Therefore, as soon as the menu ends, wait a few minutes, put the scale on the open position until all the steam discharges and you can then open the lid without fear of a steam injury. The Programmable Pan will only open under safe conditions.
- **Pasta**, so that the pasta cooks evenly it is essential that all the pasta be submerged in liquid, be it water, broth, tomato, cream... but the quantity of liquid should not exceed level of the food. It should just cover the pasta - that is sufficient. The Programmable Pan does not consume liquid. Therefore, it is very important that you follow the recipe instructions. If you are cooking spaghetti we recommend you cut them.
- **Rice**, to obtain the best result when cooking rice it is very important to follow the recipe instructions. If too much water is added the rice will get sticky. If you do not add enough it will be hard.
- **Pulses**, the cooking times are for guidance only (they can vary depending on the quality of the food or the type of pulse and water):

<i>Chickpeas: 35 minutes</i>	<i>Lentils: 14 minutes</i>
<i>Pinto beans: 35 minutes</i>	<i>Haricot beans: 25-30 minutes</i>

## PEA CREAM WITH A HAM CRISP

Servings: 4

### INGREDIENTS

100 ml simple broth (page 16)  
500 ml cream  
4 slices of serrano ham thinly cut  
250 g peas  
Salt and pepper

### METHOD

Place in the Programmable Pan all the ingredients except the ham and set the Soup Menu at Low Pressure.  
Set aside.  
Place the ham in the tray set Oven Menu without scales for 5 minutes.  
Serve all together.

## SIMPLE CREAM

Servings: 4

### INGREDIENTS

40 gr butter  
12 green lettuce leaves  
500 ml milk  
1 chicken stock cube  
2 egg yolks  
1 egg  
2 potatoes  
150 g green beans Water  
Salt and pepper

### METHOD

Place in the Programmable Pan all the ingredients, cover with water and set Soup Menu at Low Pressure. Beat.

## AUBERGINE PURÉE

Servings: 4

### INGREDIENTS

100 ml olive oil  
3 aubergines cut in chunks and peeled  
1 garlic Water  
Salt and pepper to taste

### METHOD

Place all the ingredients in the Programmable Pan, cover with water and set Cook Menu at High Pressure for 8 minutes. Set the broth aside.  
Beat all the ingredients and then add enough broth to obtain the desired texture.

## MASHED POTATO

Servings: 4

### INGREDIENTS

800 gr potatoes in chunks  
400 ml water or milk  
50 ml olive oil  
40 gr butter  
Salt and pepper to taste

### METHOD

Boil all the ingredients in the Programmable Pan, except the butter, set the Cook Menu at High Pressure for 8 minutes.  
Add salt to taste, the butter and beat.

## COURGETTE CREAM

Servings: 4

### INGREDIENTS

2 courgettes in chunks  
1 leek in chunks  
1/4 measure oil  
2 cheese triangles  
Water  
Salt and pepper to taste

### METHOD

Place all the ingredients in the Programmable Pan, except the cheese triangles, add water to cover the food and set Cook Menu at Low Pressure for 15 minutes.  
Set aside the broth, add the cheese, beat all the ingredients and slowly add the broth until you obtain the desired texture.

## FISH BROTH

Servings: 4

### INGREDIENTS

1 Kg fish for the broth  
1 cut tomato  
1 cut onion  
4 garlic cloves  
2 strips of red pepper  
1/2 measure olive oil  
Salt and Pepper to taste

### METHOD

Place all the ingredients in the Programmable Pan, add water until it covers the food plus two fingers worth. Set Cook Menu at Low Pressure for 30 minutes.  
Strain the broth.

## FUMET

Servings: 4

### INGREDIENTS

4 shrimp heads Monkfish bones  
Head of hake  
1 onion in 4 chunks  
1 tomato in 4 chunks 1/4 measure of oil  
2 garlic cloves 700 ml water  
Salt and pepper to taste

### METHOD

Place the oil and heads of shrimps in the Pan and set Grill Menu for 2 minutes and stir fry.  
Add the tomato, onion, garlic and mix. Remove all the ingredients, blend and strain.  
Add the rest of ingredients and place in the tray, add the water and set Cook Menu for 8 minutes Low Pressure.  
Strain to obtain the fumet.

## TRADITIONAL CASTILLE-STYLE SOUP WITH EGG

Servings: 4

### INGREDIENTS

100 gr chorizo Sausage  
100 gr ham  
1 tablespoon paprika  
100 olive oil  
2 garlic cloves in slices  
Simple broth (page 16)  
4 eggs  
Salt

### METHOD

Place in the Programmable Pan all the ingredients, except the eggs and set Soup Menu at Low Pressure for 15 minutes.  
Then add the eggs to the tray and set Soup Menu at Low Pressure for 5 minutes.

## ONION SOUP

Servings: 4

### INGREDIENTS

40 gr butter  
 100 gr Gruyère cheese,  
 grated  
 50 gr Mozzarella cheese  
 100 ml olive oil  
 50 ml dry Sherry  
 Simple broth, enough to  
 cover food (page 16)  
 3 onions cut in slices  
 2 slices of baguette bread  
 per person  
 1 pinch of salt and pepper

### METHOD

Place the oil, onion and butter and  
 stir-fry until soft using Grill Menu for 3  
 minutes, stirring with a ladle.  
 Then add the rest of the ingredients  
 and set the Soup Menu at Low Pressure  
 for 8 minutes.

## JULIENNE CUT VEGETABLE SOUP

Servings: 4

### INGREDIENTS

2 carrots  
 2 leeks  
 1 potato  
 1 celery stick  
 1 stock cube  
 1/4 measure olive oil  
 Water

### METHOD

Cut all the vegetables into julienne  
 strips.  
 Place in the Programmable Pan all the  
 ingredients, cover with water plus 2  
 fingers worth and set the Soup Menu  
 at High Pressure for 10 minutes.  
 If you wish to prepare this dish in the  
 traditional way, stir fry the vegetables  
 using the Grill Menu with the lid off for  
 5 minutes.  
 Add the rest of the ingredients and  
 set Soup Menu at Low Pressure for 5  
 minutes.

## VEGETABLE SOUP

Servings: 4

### INGREDIENTS

100 gr serrano ham chopped  
 2 turnips chopped  
 1 potato chopped  
 3 leeks chopped  
 3 carrots chopped  
 1 chicken stock cube  
 Water to cover food

### METHOD

Place in the Programmable Pan all the  
 ingredients and set the Soup Menu at  
 High Pressure.  
 If you wish to prepare the dish in the  
 traditional way stir fry the chopped  
 vegetables using the Grill Menu with  
 the lid off for 5 minutes.  
 Add the rest of the ingredients and  
 select Soup Menu at Low Pressure for  
 10 minutes.

## NOODLE SOUP WITH CLAMS

Servings: 4

### INGREDIENTS

200 gr noodles  
 50 ml olive oil  
 700 ml fish broth (page 14)  
 1/2 onion in slices  
 1 garlic clove sliced  
 1 tomato grated  
 500 gr clams or baby clams  
 1 teaspoon paprika

### METHOD

Place all the ingredients, except the  
 noodles into the Programmable  
 Pan and set Soup Menu at Low  
 Pressure for 5 minutes.  
 Before serving, add the fine noodles  
 and set Cook Menu at Low Pressure for  
 1 minute.

## SIMPLE BROTH

Servings: 4

### INGREDIENTS

1 chicken breast cut into two  
1 ham bone,  
1 veal bone  
2 carrots  
1 radish  
1 turnip  
1 celery stick  
1 leek  
1 1/2 litres of Water  
Salt  
Colourant to your liking

### METHOD

Place in the Programmable Pan all the ingredients and set Soup Menu at Low Pressure for 45 minutes. Strain and serve.

## "FAT BURN" SOUP

Servings: 4

### INGREDIENTS

250 gr onion  
1 green pepper  
1 celery stick  
4 tomatoes  
250 gr cabbage  
1 chicken stock cube  
1 l water  
1 pinch of salt and pepper

### METHOD

Place in the Programmable Pan all the ingredients and set the Soup Menu at High Pressure.

## GARLIC SOUP

Servings: 4

### INGREDIENTS

1 tablespoon paprika  
50 ml olive oil  
Water  
4 garlic cloves sliced  
2 stock cubes  
2 eggs  
Some slices of hard baguette bread

### METHOD

Place in the Programmable Pan all the ingredients, except the eggs and set Soup Menu at Low Pressure for 8 minutes.  
Once the time is over, add the eggs and set Soup Menu at Low Pressure for 3 minutes.  
If you wish to prepare this dish in the traditional way, sauté the garlic and the bread using the Grill Menu with the lid off for 5 minutes.  
Add the rest of the ingredients and set Soup Menu at Low Pressure for 8 minutes.

## VEGETABLE CREAM

Servings: 4

### INGREDIENTS

300 gr green beans  
100 gr carrots  
200 gr onion  
200 gr chard  
200 gr potatoes  
50 ml olive oil  
1 leek  
Salt and pepper to taste  
Water to cover food

### METHOD

Place all the ingredients in the Programmable Pan and add water to cover food and use the Cook Menu at High Pressure for 12 minutes.  
Add salt to taste and beat.



## "MARMITAKO" (BONITO & POTATO STEW)

Servings: 4

### INGREDIENTS

1 kg potatoes  
500 gr tuna or bonito  
20 ml olive oil  
1 onion  
6 sun-dried red peppers

### METHOD

Sauté the oil, onion and red pepper using the Grill Menu with the lid off for 5 minutes, until golden brown. Cut the potatoes into dices and the fish into chunks. Add to the Programmable Pan and set the Stew Menu at Low Pressure.

## "SANTAPOLERO" HOTPOT

Servings: 4

### INGREDIENTS

500 gr mixed rock fish  
150 ml olive oil  
2 ripe tomatoes  
3 dry chilli  
1 red pepper  
1 onion  
Parsley Saffron  
5 peeled garlic cloves  
Salt  
Water

### METHOD

Set the Grill Menu for 3 minutes. Sauté the chilli, and chopped onion and garlic. Add the tomatoes, the salt, the peppers in chunks, the water and the fish and set Soup Menu at High Pressure for 25 minutes. Strain this broth and leave it to settle. Depending on the sauté you do, and with this broth you can later make fideua, rice "a banda", rice with garnish, gazpacho, rice with pork loin, etc.

## PORK RIB STEW

Servings: 4

### INGREDIENTS

300 gr pork ribs, in chunks  
5 potatoes  
3 carrots  
4 garlic cloves 1/2 onion  
1 measure crushed tomato  
1/2 measure oil  
1 tablespoon paprika  
1 measure white wine  
Salt and pepper to taste

### METHOD

Place in the Programmable Pan the oil and the ribs and sauté using the Grill Menu for 5 minutes. Then, add the chopped vegetables, the crushed tomato, the paprika, the white wine and season. Stir fry. Add water to cover the food and set Stew Menu for 15 minutes Low Pressure.

## BEEF STEW

Servings: 4

### INGREDIENTS

400 gr beef  
2 carrots  
1 onion  
2 garlic cloves  
1 measure white wine  
4 potatoes in chunks  
1 tablespoon paprika  
Salt and pepper  
Water

### METHOD

Place in the Programmable Pan all the ingredients, and set Meat Menu.

## ASIAN STYLE CHICKEN

Servings: 4

### INGREDIENTS

50 ml olive oil  
150 gr onion  
200 gr Italian peppers  
40 gr clear honey  
100 gr toasted almonds  
800 gr chicken breast  
100 gr raisins  
100 ml white wine  
50 ml Sherry  
50 ml brandy  
1 pinch salt, pepper, nutmeg  
and cinnamon

### METHOD

Chop all the ingredients and place in the Programmable Pan and set the Stew Menu at Low Pressure for 30 minutes.  
To prepare this dish in the traditional way sauté the onion for 3 minutes using the Grill Menu, add the rest of the ingredients and stir. Set the Cook Menu at Low Pressure for 7 minutes.

## RIOJA STYLE POTATOES

Servings: 4

### INGREDIENTS

1 Kg chopped potatoes  
1/2 chorizo sausage in slices  
1 red pepper in strips  
1 leek  
1 measure tomato 1/4  
measure oil Saffron  
1 tablespoon paprika  
Simple broth (page 16)  
Salt and pepper

### METHOD

Place in the Programmable Pan all the ingredients, add the broth to cover the food and set the Cook Menu at Low Pressure for 20 minutes.

## BASQUE-STYLE COD

Servings: 4

### INGREDIENTS

6 pieces of desalted cod  
8 cooked prawns  
Flour  
Tomato Sauce  
Fine Alioli sauce  
Olive oil

### METHOD

Coat the cod in flour. Put the oil in the Programmable Pan and set the Grill Menu for 5 minutes with the lid off. Fry until golden on both sides.  
Put on the plates a tablespoon of tomato sauce, the cod and the peeled prawns on top, cover with a thin layer of alioil sauce.

## HAKE IN GREEN SAUCE (PARSLEY) WITH CLAMS

Servings: 4

### INGREDIENTS

4 fillets of hake of approx.  
200 gr  
40 gr chopped parsley  
1/4 kg clean clams  
120 ml olive oil  
1/2 measure cold water  
4 garlic cloves  
1 pinch of flour Salt and  
pepper

### METHOD

Place in the Programmable Pan all the ingredients, and set Stew Menu at Low Pressure.

## VEAL WITH PEAS

Servings: 4

### INGREDIENTS

600 gr veal in chunks  
 1/2 Kg peas  
 1 measure wine  
 2 measures simple broth (page 16)  
 1/4 measure oil  
 1 onion chopped  
 1 garlic in slices  
 Salt and pepper to taste

### METHOD

Place all the ingredients in the Programmable Pan and set Meat Menu at Low Pressure for 25 minutes.  
 If you wish to prepare this dish in the traditional way, sauté the garlic, the onion and the meat using the Grill Menu with the lid off for 5 minutes, until golden brown.  
 Add the rest of the ingredients and set Meat Menu at Low Pressure for 8 minutes.

## SALMON FILLETS WITH GREEN PEPPER SAUCE

Servings: 4

### INGREDIENTS

20 gr butter  
 80 ml olive oil  
 180 ml dry white wine  
 80 ml white vermouth dry  
 8 fillets fresh salmon  
 1 sweet onion chopped  
 2 green peppers  
 Fish broth (page 14)  
 Salt and pepper to taste

### METHOD

Place in the Programmable Pan all the ingredients and the broth, and set Stew Menu at Low Pressure.

## COD "ESQUEIXADA" WITH OLIVE OIL

Servings: 4

### INGREDIENTS

400 gr desalted cod  
 4 tomatoes  
 1 purple onion  
 1/2 green pepper  
 Oil for dressing  
 1 chopped garlic  
 Black Olives  
 Olive oil

### METHOD

Place the tomatoes in the Programmable Pan and cover with water, set Soup Menu for 2 minutes.  
 Peel and cut the tomato into dices. Cut the purple onion into dices.  
 Finish and presentation  
 1 Put on a plate the cod with the tomato and onion.  
 2 Dress with olive oil, chopped garlic and black olives.

## HAKE MARINIÈRE

Servings: 4

### INGREDIENTS

4 fillets of hake  
 200 gr peeled shrimps  
 300 gr clean clams  
 20 gr flour  
 50 gr butter  
 10 ml olive oil  
 1 chopped onion  
 2 garlic cloves sliced  
 1/2 measure water

### METHOD

Place in the Programmable Pan all the ingredients, and set Stew Menu at Low Pressure.

**BORDEAUX STYLE MUSSELS**

Servings: 4

**INGREDIENTS**

500 gr mussels  
2 tablespoons tomato sauce  
1 tablespoon butter  
1/2 measure flour  
1 sweet onion very finely chopped  
1 teaspoon parsley chopped  
40 ml olive oil  
10 ml white wine  
20 ml cognac  
Salt, pepper and lemon juice

**METHOD**

Clean the mussels, and place in the Programmable Pan with the white wine. Set Cook Menu Low Pressure for 2 minutes.  
Discard the shells.  
Place the mussels in the Programmable Pan, with the rest of the ingredients and stir.  
Set Soup Menu at High Pressure for 2 minutes.

**CLAMS A LA MARINIÈRE**

Servings: 4

**INGREDIENTS**

20 gr breadcrumbs  
1 Kg clams  
1/2 measure olive oil  
500 gr chopped onion  
2 garlic cloves sliced  
The juice of 1/2 lemon  
1 measure white wine  
Chopped parsley  
Salt  
1/2 chilli pepper

**METHOD**

Put the clams to soak in water and salt for a while, to remove the sand. Rinse under the cold water tap.  
Place all the ingredients in the Programmable Pan, set Cook Menu at High Pressure for 8 minutes.

**COD WITH PEAS**

Servings: 4

**INGREDIENTS**

1 kg fresh cod  
25 gr peas  
300 ml white wine  
300 ml fried tomato  
100 ml olive oil  
1 chopped onion  
2 garlic cloves  
Grated Parmesan cheese  
1 pinch salt, pepper, parsley and rosemary

**METHOD**

Place in the Programmable Pan all the ingredients, and set Cook Menu at Low Pressure for 6 minutes.  
To prepare this dish in the traditional way sauté the onions and garlic in Grill Menu for 3 minutes. Then place all the ingredients in the Pan and set Cook Menu at Low Pressure for 6 minutes.

## CHARD WITH POTATOES

Servings: 4

### INGREDIENTS

500 gr chard in chunks  
 4 potatoes cut into thick slices  
 1/2 measure oil  
 1 tablespoon paprika  
 3/4 measure vinegar  
 The broth from the chard  
 2 garlic cloves sliced  
 Salt and Pepper

### METHOD

Place in the Programmable Pan the chard and sufficient water to cover the food. Set Cook Menu Low Pressure for 4 minutes.  
 Strain the chard and set the broth and the chard aside.  
 Put the tray into the Programmable Pan and select the Grill Menu for 10 minutes and place inside the oil, garlic, potatoes and the chard. Sauté for 3 minutes stirring continuously.  
 Then add paprika, vinegar and the broth from the chard that we had set aside until it covers the food. Add salt and pepper.  
 Set Cook Menu at Low Pressure for 5 minutes.

## BACCALÀ CON UVETTA

Servings: 4

### INGREDIENTS

5 fillets fresh cod  
 1 tablespoon paprika  
 1 measure water  
 1 measure white wine  
 1 measure raisins  
 1 measure toasted almonds  
 2 sliced garlicks Chopped  
 parsley

### METHOD

Place in the Programmable Pan all the ingredients and set Cook Menu at Low Pressure for 6 minutes.  
 To prepare this dish in the traditional way sauté the onions and garlic in Grill Menu for 3 minutes.  
 Then place the rest of the ingredients in the Programmable Pan and set the Cook Menu at Low Pressure for 6 minutes.

## RED KIDNEY BEANS FROM GOYERRI

Servings: 4

### INGREDIENTS

500 gr red kidney beans  
100 gr fresh chorizo sausage  
100 gr blood sausage  
100 gr fresh fat  
1 small onion chopped  
1 garlic clove sliced  
1 tablespoon paprika  
1/4 measure oil  
Water Salt

### METHOD

Leave the beans to soak in water the previous evening. Strain.  
Place in the Programmable Pan all the ingredients and set the Pulse Menu at High Pressure.  
You can also prepare this dish in the traditional way. Sauté the onion and garlic using the Grill Menu for 5 minutes.  
Add the rest of the ingredients and set the Cook Menu at High Pressure for 14 minutes.

## CHICKPEA SALAD

Servings: 4

### INGREDIENTS

200 gr boiled chickpeas  
2 tins tuna  
1 green pepper in chunks  
1 spring onion in chunks  
4 tomatoes in chunks  
4 boiled eggs chopped  
Salt  
Olive oil  
Vinegar

### METHOD

Leave the pulses soaking in water the previous evening and strain before using. Place the chickpeas in the Programmable Pan and cover the food with water. Set  
Cook Menu at High Pressure for 30 minutes.  
Serve in a bowl and add the rest of the ingredients.  
Dress to your liking.

## STEW FOR LENT

Servings: 4

### INGREDIENTS

300 gr chickpeas  
250 frozen spinach  
1 tablespoon sweet paprika  
250 gr cod, crumbled  
700 ml water  
1 bay leaf  
2 hard-boiled eggs  
100 ml olive oil  
1 big onion in chunks  
2 garlic cloves sliced

### METHOD

The pulses should be left to soak the previous evening so that they take in the water bit by bit. Strain before using.  
Place all the ingredients in the Programmable Pan, set Pulse Menu at High Pressure.  
To prepare this dish in the traditional way sauté the spinach, oil, onion and garlic cloves on the Grill Menu for 5 minutes, then add the rest of the ingredients and set Cook Menu at Low Pressure for 30 minutes.

## "EMPEDRADO" HARICOT BEANS WITH COD

Servings: 4

### INGREDIENTS

200 gr haricot beans  
Water  
Salt  
Complement this recipe with the cod "Exqueixada" (page 22)

### METHOD

Prepare the cod Exqueixada.  
Set aside.  
Place in the Programmable Pan the beans and enough water to cover them, set Cook Menu at Low Pressure for 25 minutes. Strain.  
Serve in a bowl and mix the beans with the exqueixada.  
Dress to your liking.

## LENTILS

Servings: 4

### INGREDIENTS

400 gr lentils  
1 tablespoon paprika  
1/4 measure olive oil  
1 onion chopped  
2-3 garlic cloves sliced  
1 chorizo sausage in slices  
1 carrot sliced  
1/2 potato  
Water

### METHOD

Place all the ingredients in the Programmable Pan, set Pulse Menu at Low Pressure for 20 minutes.  
If you wish to prepare this dish in a more elaborate way, chop and sauté the onion and garlic using the Grill Menu for 5 minutes.  
Add the rest of the ingredients and set the Pulse Menu at Low Pressure for 20 minutes.

## LENTIL PURÉE FOR CHILDREN

Servings: 4

### INGREDIENTS

400 gr lentils  
1 tablespoon paprika  
1/4 measure olive oil  
1 onion chopped  
2-3 garlic cloves sliced  
1 chorizo sausage in slices  
1 carrot sliced  
1/2 potato  
Water

### METHOD

Place all the ingredients in the Programmable Pan, set Pulse Menu at Low Pressure for 20 minutes. Beat and mash.

## VEGETABLE LENTILS

Servings: 4

### INGREDIENTS

400 gr lentils  
100 gr green beans  
1 tablespoon sweet paprika  
1/4 measure olive oil  
1 sun-dried red pepper (remove the seeds and stalk)  
1 carrot chopped  
1 onion chopped  
2-3 garlic cloves  
1 small chopped tomato  
1 small potato  
1 stock cube  
1 bay leaf  
1/4 butternut squash without skin  
1/4 spinach

### METHOD

Place all the ingredients in the Programmable Pan, set Pulse Menu at Low Pressure for 20 minutes.  
If you wish to prepare this dish in a more elaborate way, chop and sauté the onion and garlic using the Grill Menu for 5 minutes.  
Add the rest of the ingredients and set Pulse Menu at Low Pressure for 20 minutes.

## CHICKPEAS WITH SPINACH

Servings: 4

### INGREDIENTS

500 gr chickpeas  
500 gr fresh spinach  
1 onion chopped  
1 tomato chopped  
1 tablespoon paprika  
1/4 measure olive oil  
2-3 garlic cloves  
Salt  
Water

### METHOD

The pulses should be left to soak the previous evening so that they take in the water bit by bit. Strain before using.

Place in the Programmable Pan all the ingredients, and set Pulse Menu at High Pressure.

If you wish to prepare this dish in the traditional way sauté the onion, garlic, tomato and spinach for 5 minutes using the Grill Menu. Add the rest of the ingredients and set the Cook Menu at High Pressure for 14 minutes.

## PINTO BEANS

Servings: 4

### INGREDIENTS

1/2 Kg pinto beans  
1 rack of pork ribs, cut into chunks  
1/2 chorizo sausage in chunks  
1 onion chopped  
2 garlic cloves sliced  
1/4 measure oil  
1 tablespoon paprika  
Salt  
Water

### METHOD

The pulses should be left to soak the previous evening so that they take in the water bit by bit. Strain before using.

Place in the Programmable Pan all the ingredients, and cover with water. Set the Pulse Menu at High Pressure.

## FAGIOLI BIANCHI

Servings: 2

### INGREDIENTS

250 gr haricot beans  
20 gr sweet paprika  
50 ml olive oil  
1/2 onion chopped  
1/2 tomato chopped  
2 garlic cloves sliced  
150 gr serrano ham in dices  
1/2 chorizo sausage in dices  
1 carrots chopped  
2 potatoes chopped  
1 bay leaf  
1 stock cube  
Pepper, colourant and salt.

### METHOD

The pulses should be left to soak the previous evening so that they take in the water bit by bit. Strain before using.

Place in the Programmable Pan all the ingredients, and cover with water. Set the Pulse Menu at High Pressure.



## "COCIDO" TRADITIONAL STEW

Servings: 4

### INGREDIENTS

250 gr chickpeas  
2 chicken thighs  
200 gr veal  
1 piece of fat  
1 bone with marrow  
2 carrots  
1 leek  
3 potatoes  
1 turnip  
1 parsnip  
1 celery stick  
Saffron  
Salt

### METHOD

Leave the pulses soaking in water the previous evening so that they take in the water bit by bit. Strain before using.  
Place in the Programmable Pan all the ingredients and set Pulse Menu at High Pressure for 45 minutes.

## CHICKPEA AND ANCHOVY SALAD

Servings: 4

### INGREDIENTS

1/4 kg chickpeas  
150 gr black olives  
1 onion chopped  
5 radishes  
125 gr bonito in oil or pickled  
60 gr anchovies  
1 lettuce  
2 tomatoes  
2 hard-boiled eggs

### METHOD

The pulses should be left to soak the previous evening so that they take in the water bit by bit. Strain before using.  
Place the chickpeas with water in the Programmable Pan, set Pulse Menu at High Pressure.  
Serve with the rest of the ingredients and dress to your liking.

### For the dressing:

Oil, vinegar, mayonnaise and salt (to your liking)

## "FABADILLA" TRADITIONAL BEAN STEW

Servings: 4

### INGREDIENTS

1/2 Kg beans  
1 tablespoon paprika  
1 chorizo sausage  
1 piece of bacon  
10 ml olive oil  
1 chicken stock cube  
1 garlic sliced

### METHOD

The pulses should be left to soak the previous evening so that they take in the water bit by bit. Strain before using.  
Place in the Programmable Pan all the ingredients, and set Cook Menu at High Pressure for 20 minutes. If you wish to do this dish in the traditional way sauté the garlic and chopped onion for 4 minutes using the Grill Menu, then add the rest of the ingredients and set Cook Menu at High Pressure for 20 minutes.

## MINCED MEAT WITH CABBAGE

Servings: 4

### INGREDIENTS

1/2 Kg minced chicken and turkey meat  
300 gr crushed tomato  
1 cabbage chopped  
3 garlic cloves sliced  
1/2 measure oil  
1 tablespoon paprika  
Salt and pepper

### METHOD

Place in the Programmable Pan the oil, meat, tomato and the garlicks and set Grill Menu for 5 minutes and sauté. Once soft, add the cabbage, and paprika and season; mix well and set Cook Menu Low Pressure for 8 minutes.

## ROAST CHICKEN

Servings: 4

### INGREDIENTS

1 small chicken whole and clean  
1 lemon in four chunks  
4 garlic cloves  
Lard

### METHOD

Fill the chicken with the lemon and the garlic cloves. Baste with lard and place in the Programmable Pan. Select the Oven Menu for 15 minutes, once the time is over open the lid and turn the chicken over and programme 15 minutes more.

## ROAST PORK WITH PINEAPPLE

Servings: 4

### INGREDIENTS

20 gr corn flour  
500 gr pork tenderloin  
80 gr pineapple in chunks 1  
pinch of salt  
1 tablespoon mustard  
1 tablespoon lard  
1/2 measure water  
Olive oil to sear the meat

### METHOD

Set the Grill Menu for 2 minutes. Tie the pork tenderloin with cord, season and sear on both sides in the Programmable Pan. Meanwhile beat the rest of the ingredients to obtain the sauce. Add the sauce to the tenderloin and set Oven Menu for 40 minutes.

## CHICKEN FAJITAS

Servings: 4

### INGREDIENTS

400 gr chicken breasts in strips  
1 green pepper in strips  
1 red pepper in strips  
1 big onion in strips  
1/2 measure olive oil  
Salt and Pepper

### METHOD

Put the oil in the Pan and set Grill Menu for 10 minutes, when it is hot, add all the ingredients except the chicken, stir fry. When it is soft, add the chicken, salt and pepper to taste. Stir until the chicken is cooked.

**Tip:** place on a bowl 8 slices of Havarti cheese chopped up and heat in the microwave oven for 2 minutes. Serve the fajita filling on a wheat tortita and accompany with the melted cheese.

## VEAL SIRLOIN STEAK WITH ONIONS IN SPANISH CAVA

Servings: 4

### INGREDIENTS

4 veal sirloin steaks  
8 onions  
1 tablespoon mustard  
25 gr butter  
1/4 litres Spanish cava  
100 ml brandy  
1 beef stock cube

### METHOD

Season the steaks with salt and pepper. Set the Grill Menu for 2 minutes and sear the steaks on both sides. Set aside.

Cut the onions into very fine rings and stir fry in butter and oil using the Grill Menu with the lid off for 4 minutes. Pour the cava and brandy on top, add the mustard and the ground stock cube. Set Cook Menu at Low Pressure for 5 minutes.

Add the steaks that were set aside and set Cook Menu at Low Pressure for 3 minutes.

## STIR-FRIED TURKEY WITH ORANGE AND MINT

Servings: 4

### INGREDIENTS

1 tablespoon butter  
80 ml olive oil  
120 ml teriyaki sauce  
2 turkey breasts  
Juice of 3 oranges  
Juice of 1 lemon  
1 bunch fresh mint  
1 pinch salt and pepper

### METHOD

Cut the breasts into chunks and season with freshly ground salt and pepper. Place the meat on a bowl and pour the teriyaki sauce and olive oil on top.

Grease well and pour over a mix of the orange and lemon juice. Stir, put on a lid and leave to marinade for half an hour. Set the Grill Menu with the lid off for 10 minutes.

Put the butter inside the Pan and when melted brown the chunks of turkey breast. Add the marinade liquid. Finally, add the fresh chopped mint and season with freshly ground black pepper.

If you wish, you can place all the ingredients in the Programmable Pan and set the Oven Menu for 3 minutes.

# SIRLOIN STEAK FILLED WITH SPINACH

Servings: 2

## INGREDIENTS

1 pork sirloin  
50 gr raisins  
50 gr pine nuts  
400 gr spinach  
1 sheet of fresh puff pastry dough  
1 egg  
1 garlic clove  
Oil, salt and pepper

## METHOD

Place the spinach and water in the Programmable Pan using Cook Menu Low Pressure for 4 minutes.  
Strain well and carve.  
Put the oil in the Pan using Grill Menu with the lid off for 10 minutes. When the oil is hot sear the meat on both sides and set aside. Place the chopped garlic, add the spinach, raisins and pine nuts. Add salt and pepper.  
Cut the meat in half (on the long side), flatten it out, fill it with the spinach and roll it up.  
Open up the pastry; place the stuffed meat on top and wrap it, taking care at the edges. Brush the top with beaten egg; make various holes with a fork. Set Oven Menu for 15 minutes. Once the time is over, turn it over and set for a further 15 minutes.  
Remember to block the scales on the Programmable Pan to obtain the best result with the puff pastry. Be careful, don't forget to put the scales on again when you finish.

# LAMB SWEETBREAD WITH BRANDY

Servings: 4

## INGREDIENTS

600 gr lamb sweetbread  
100 gr sweet onion  
25 gr almonds  
100 ml dry Sherry  
100 ml brandy  
60 ml water  
50 ml olive oil  
5 garlic cloves  
1 cayenne  
1 pinch of parsley, salt and grains of pepper

## METHOD

Chop the garlic and onions and add to the Programmable Pan with the sweetbread. Sauté with the oil and salt using the Grill Menu for 3 minutes.  
Add the sherry, brandy, water and salt, a bit or pepper and the rest of the ingredients. Set the Meat Menu at Low Pressure for 6 minutes.

# "LEFT OVERS" DISH

Servings: 4

## INGREDIENTS

1/4 measure oil  
Remains of the "Cocido"  
(page 28):  
Crumbled meat (chicken, veal, and fat)  
Potatoes  
Chickpeas Vegetables

## METHOD

Place the oil in the Programmable Pan and set Grill Menu for 10 minutes.  
When it is hot add the rest of the ingredients and sauté until they are golden brown.

## PORK LOIN WITH TOMATOES

Servings: 4

### INGREDIENTS

1/2 Kg pork loin in chunks  
 250 gr crushed tomatoes  
 250 gr fried tomato  
 1 stock cube  
 2 Italian peppers in chunks  
 4 garlic cloves chopped  
 1/2 measure olive oil  
 Salt and Pepper

### METHOD

Set the Programmable Pan to Grill Menu for 5 minute with the lid off, and add oil, peppers, pork and then stir fry. Add the tomato, stock cube and the garlic, season with salt and pepper and stir. Set Cook Menu at Low Pressure for 8 minutes.

## MEXICAN VEAL FAJITAS

Servings: 4

### INGREDIENTS

400 gr veal in strips  
 1 red pepper in strips  
 1 yellow pepper in strips  
 1 big onion in strips  
 1/2 measure oil, Powder for fajitas  
 Salt

### METHOD

Place the oil in the tray, set Grill Menu for 10 minutes. When hot, add all of the ingredients, except the veal and stir fry. When soft, add the meat and the salt. Stir until the meat is cooked, add the powder and mix.

## BOLOGNESE SAUCE

Servings: 4

### INGREDIENTS

1/2 Kg minced meat  
 1 Kg crushed tomato  
 1/2 measure olive oil  
 1/2 measure sugar  
 1 pinch of salt  
 1 onion chopped

### METHOD

Place all the ingredients in the Pan and set Stew Menu Low Pressure for 5 minutes. If you desire a thicker sauce, add more time to the recipe.

## CHICKEN IN CREAM

Servings: 4

### INGREDIENTS

1 tablespoon of butter  
 400 ml cream  
 1/2 kg chicken breasts in chunks  
 2 Leeks in chunks  
 3 Salt and pepper

### METHOD

Set the Programmable Pan to Grill Menu for 3 minutes with the lid off, and add butter, leeks and chicken, salt and pepper. When they begin to brown add the cream and set the Meat Menu at Low Pressure for 5 minutes.

### CHICKEN BREAST FILLETS WITH SOY SAUCE

Servings: 4

#### INGREDIENTS

4 chicken breast fillets  
2 Italian peppers in chunks  
1/4 measure oil  
1/2 measure soy sauce  
Salt  
Pepper

#### METHOD

Place all the ingredients, except the soy sauce, in the Programmable Pan and set Grill Menu for 7 minutes.  
Leave on Heat mode and open the lid.  
Add the soy sauce, stir and serve.

### CHICKEN IN LEMON CREAM

Servings: 4

#### INGREDIENTS

500 gr chicken breasts in fillets  
1/4 measure olive oil  
Juice of one lemon  
200 ml cream  
100 ml water  
1 beef stock cube  
Salt and pepper

#### METHOD

Place in the Programmable Pan all the ingredients and set Grill Menu for 7 minutes.  
To prepare this dish in the traditional way, sauté the breasts for 3 minutes using the Grill Menu, add the remaining ingredients and stir.  
Set Cook Menu at Low Pressure for 4 minutes.

### TURKEY IN ONION SAUCE

Servings: 4

#### INGREDIENTS

1 kg turkey in pieces  
4 big onions, sliced  
3 garlic cloves, sliced  
1 bay leaf  
1 stock cube  
1/2 measure wine Nutmeg  
Salt and pepper to taste  
1/4 ml olive oil

#### METHOD

Sauté the onion, garlic and turkey using the Grill Menu with the lid off for 4 minutes.  
Add the rest of the ingredients and set Cook Menu at Low Pressure for 15 minutes.

### BREASTS WITH BACON

Servings: 4

#### INGREDIENTS

600 gr breasts  
150 gr bacon in thin slices  
100 gr cheese in slices  
40 gr mustard  
75 gr gherkins in vinegar  
1 pinch of salt and white pepper  
200 ml cream

#### METHOD

Stuff the breasts, one by one with a slice of cheese and then one of bacon, roll and set aside.  
Set the Grill Menu for 4 minutes, sear the breasts on both sides.  
Add the rest of the ingredients and mix with care.  
Set Cook Menu at Low Pressure for 2 minutes.

## VEAL SIRLOIN STEAK WITH PEPPER SAUCE

Servings: 4

### INGREDIENTS

4 veal sirloin steaks  
200 gr mushrooms  
10 gr sea salt  
40 gr green pepper  
20 gr cornflour (optional)  
200 ml cream  
10 ml white wine  
10 ml water  
1/2 measure oil

### METHOD

Set the Grill Menu for 3 minutes, add the oil, sear the steaks and add the mushrooms. Stir.  
Add the rest of the ingredients and set Cook Menu at Low Pressure for 7 minutes.

## CHICKEN WITH TOMATOES

Servings: 4

### INGREDIENTS

500 gr chicken (small chunks)  
1 small onion  
600 gr crushed tomato  
1/2 measure olive oil  
1 stock cube  
1/2 measure sugar

### METHOD

Sauté the onion for 3 minutes using the Grill Menu, add the rest of the ingredients and stir.  
Set Cook Menu at Low Pressure for 25 minutes.

## CHICKEN IN BEER

Servings: 4

### INGREDIENTS

8 chicken thighs (coated in flour)  
1 head of garlic  
1 can of beer  
1/4 measure Water  
Parsley  
Bay leaf Salt  
Pepper

### METHOD

Set the Grill Menu for 10 minutes, sauté the garlic and the chicken thighs and when they are golden, add the beer.  
Stir and add the rest of the ingredients.  
Set Meat Menu at Low Pressure for 8 minutes.

## CHICKEN IN GARLIC

Servings: 4

### INGREDIENTS

1 chicken chopped into small chunks  
1 head of garlic  
1/2 measure white wine 1/4 measure water  
Parsley  
Bay leaf Salt  
Pepper

### METHOD

Set the Grill Menu for 10 minutes, sauté the garlic and the chicken. When they are golden brown, add the wine.  
Stir and add the rest of the ingredients.  
Set Meat Menu at Low Pressure for 8 minutes.

# **PORK SIRLOIN IN ROQUEFORT CHEESE**

Servings: 4

## **INGREDIENTS**

2 pork sirloins  
 50 gr Roquefort cheese  
 500 ml cream  
 40 ml white wine  
 40 ml olive oil

## **METHOD**

Set the Grill Menu for 5 minutes, add the oil, and sear the sirloins on both sides.  
 Add the rest of the ingredients, mix it all together and set the Cook Menu at Low Pressure for 10 minutes.

# **PORK SIRLOIN WITH WILD MUSHROOM SAUCE**

Servings: 4

## **INGREDIENTS**

2 pork sirloins in two halves  
 10 ml red wine  
 Salt and pepper  
 For the sauce  
 300 gr seasonal wild mushrooms  
 20 gr corn flour  
 2 medium sized onions  
 150 ml red wine from the marinade  
 50 ml water  
 50 ml olive oil  
 2 sweet onions  
 1 small cup of brandy Salt and pepper

## **METHOD**

Set the Grill Menu for 5 minutes, add the oil and sear the sirloins on both sides. Set aside.  
 Place the rest of the ingredients in the Pan and set Stew Menu at Low Pressure for 15 minutes.  
 Once the time is over, add the sirloins and bind together well.



## STUFFED HAKE

Servings: 4

### INGREDIENTS

#### *For the base*

1/2 kg hake in four pieces  
3 "piquillo" peppers  
Cling-film  
Aluminium paper

#### *For the stuffing*

250 gr shrimps  
1 onion chopped  
250 gr mushrooms  
100 ml olive oil  
2 garlic cloves  
3 or 4 drops of Tabasco  
(optional)  
Salt and pepper

#### *For the sauce*

150 gr onions  
150 gr natural crushed  
tomatoes  
100 ml olive oil  
50 ml brandy  
150 ml white wine  
200 ml water  
3 or 4 heads of shrimps  
2 garlic cloves  
Fresh tarragon Salt and pepper

### METHOD

Peel the shrimps and set aside the meat for the stuffing and the heads for the sauce.

**For the stuffing:** sauté the onion, garlicks and chopped mushrooms in the oil using the Grill Menu with the lid off for 5 minutes. When the onion is transparent add the shrimp meat, season and stir fry. Grind it all and set aside.

**For the base:** Cut a big rectangle of cling-film and paste with oil. Flatten out the fish so that it is as thin as possible and season. Place on the film a layer of fish, place on top strips of peppers and then a layer of stuffing. Then cover again with peppers. Place on top the other half of the hake.

Make a parcel so that it is very tight. Remove the cling film and wrap in aluminium paper. Make small holes with a brochette. Place the rack in the tray and then the fish parcels. Set the Oven Menu for 6 minutes. Remove and set aside.

**Sauce:** set the Grill Menu with the lid off for 3 minutes. Place the oil and the heads of the shrimps and stir fry. Strain it to obtain all the juice. Then, sauté the onions and the chopped garlic with a bit of oil, stir fry it all using the Grill Menu with the lid off for 5 minutes, until soft. Add the juice obtained from the heads, the tomato, brandy, white wine, water, chopped tarragon, salt and pepper. Set Grill Menu until it reduces slightly. Set aside.

**To serve:**unwrap the hake and place on a dish accompanied by the sauce.

## GARLIC SHRIMPS

Servings: 4

### INGREDIENTS

300 gr frozen peeled shrimps  
5 garlic cloves sliced  
1/2 cayenne Salt  
Pepper Paprika  
Olive oil

### METHOD

Wash the frozen shrimps with water.

Place all the ingredients in an oven proof dish, such as an earthenware dish, and cover with oil.

Place the rack in the tray and put the dish with the ingredients on top. Set the Oven Menu for 15 minutes.

## SOLE WITH POTATOES

Servings: 4

### INGREDIENTS

4 fillets of sole  
4 small potatoes cut into slices  
200 gr frozen peas  
1 onion cut into rings  
Frozen shrimps  
1/2 measure olive oil  
1 measure water  
1/2 measure white wine Salt and pepper

### METHOD

Place the rack in the Programmable Pan's tray, and add all the ingredients: onions, potatoes, sole, and salt and pepper, the peas and the shrimps. Add the oil, water and wine. Set Cook Menu at Low Pressure for 8 minutes.

## OVEN-BAKED SALMON

Servings: 4

### INGREDIENTS

4 slices salmon  
200 gr wild mushrooms  
100 gr serrano ham  
2 carrots sliced  
30 ml white wine  
1/2 measure olive oil  
Salt and pepper

### METHOD

Place the rack at the bottom of the tray and place all the ingredients in the order mentioned, set Oven Menu without scales for 6 minutes.

## FILLETS OF SOLE WITH CIDER

Servings: 4

### INGREDIENTS

3 sweet onions in slices  
4 fillets of sole  
(Salt and pepper)  
100 gr butter at room temperature  
100 ml cream  
1/2 bottle of cider  
Juice of 1 lemon Parsley (optional) Pepper Salt

### METHOD

Place all the ingredients in the Programmable Pan (in the order mentioned), and set Cook Menu at Low Pressure for 7 minutes.  
If you wish to prepare this dish in a more elaborate way, sauté the onion with the butter using the Grill Menu for 4 minutes until soft. Add the rest of the ingredients and set the Cook Menu at Low Pressure for 7 minutes.

## MEGRIM WITH MUSHROOMS

Servings: 4

### INGREDIENTS

4 fillets of megrim  
300 gr mushrooms  
2 onions  
60 ml dry white wine  
30 ml water  
1/2 measure olive oil  
Pepper, salt and dill

### METHOD

Wash and chop the mushrooms. Peel and slice the onions.  
Place all the ingredients in the Programmable Pan and set Cook Menu at Low Pressure for 7 minutes.  
If you wish to prepare this dish in a more elaborate way, sauté the onion and mushrooms in the oil using the Grill Menu for 4 minutes, add the rest of the ingredients and set Cook Menu at Low Pressure for 7 minutes.

## FRIED HAKE

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Servings: 4

### INGREDIENTS

1/2 Kg hake without bones and in dices  
200 gr flour  
Salt and pepper  
Oil

### METHOD

Pour the oil in the tray and set Fry Menu for 30 minutes. Coat the hake in flour.  
When the oil is hot, add the hake to the tray in batches and stir with the ladle until cooked and golden brown.  
Leave to drain off on kitchen paper, add salt and serve.

## FRIED FISH WITH TOMATO

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Servings: 4

### INGREDIENTS

1/2 Kg frying fish  
300 gr fried tomato  
2 garlic cloves  
Salt and pepper  
3/4 measure olive oil

### METHOD

Crush the garlicks and blend with the tomato. Set aside.  
Set the Grill Menu for 5 minutes. Pour the oil in the tray of the Pan, season the fish and fry in batches. Stir with the ladle until cooked and golden brown.  
Add the tomato sauce which had been set aside and set Grill Menu for 2 minutes.

## ONION CONFIT

Servings: 10

### INGREDIENTS

500 gr onion julienne-cut  
90 ml olive oil  
2 spoonful brown sugar  
50 gr raisins  
2 tablespoons Modena vinegar  
Salt

### METHOD

Place in the Programmable Pan the onion and set Grill Menu for 5 minutes. Leave the lid slightly open and stir continuously so that it does not stick. When transparent, add 2 tablespoons of brown sugar and mix well. Then add the Modena vinegar and the raisins and continue to stir until it thickens.

*To make this recipe, it is very important to leave the lid slightly covering the Pan and to stir continuously.*

## STUFFED MUSHROOMS

Servings: 2

### INGREDIENTS

500 gr mushrooms  
200 gr serrano ham  
100 gr chopped mozzarella or grated cheese  
Oregano  
Salt and pepper

### METHOD

Clean the mushrooms well and cut out the stalk, leaving the empty space upwards. Fill the mushrooms with the chopped ham and the cheese, season and add the oregano to each one. Put the rack into the tray, place the stuffed mushrooms and set the Oven Menu for 5 minutes.

## CARMELIZED PEPPERS

Servings: 2

### INGREDIENTS

2 red peppers  
200 gr sugar  
200 ml water  
100 ml apple vinegar

### METHOD

Cut the peppers into small strips. Place the peppers and the rest of the ingredients in the Programmable Pan, and set the Cook Menu at Low Pressure for 35 minutes. Leave to cool before serving.

## STUFFED "PIQUILLO" PEPPERS

Servings: 2

### INGREDIENTS

8 "piquillo" peppers  
100 ml cream cheese  
100 ml cream  
150 gr king crab sticks (surimi)  
50 ml olive oil

### METHOD

**For the stuffing:** Place in the tray the oil, chopped king crab sticks, the cream cheese and cream. Stir well and set Cook Menu at Low Pressure for 4 minutes.

It has to be quite thick, if not set a further 2 minutes. Leave to cool down.

**To serve:** stuff the peppers and serve.

*Optional: serve the peppers with your favourite sauce.*

## AUBERGINE SANDWICH FILLED WITH CHEESE AND TURKEY

Servings: 2

### INGREDIENTS

2 aubergines  
8 slices of cheese  
8 slices of turkey  
Salt  
Olive oil

### METHOD

Cut the aubergines into slices. Leave the aubergine slices to soak in water and salt for 5 minutes. Drain.  
Make the sandwiches: place the aubergine slice and on top a slice of turkey, two slices of cheese, another slice of turkey and finally another slice of aubergine. (Repeat this as many times as necessary)  
Brush each sandwich with oil and set Grill Menu for 5 minutes.  
Place the sandwiches and then turn them over so they are golden brown on each side.

## "ESCALIBADA" (ROASTED VEGETABLES)

Servings: 4

### INGREDIENTS

1 aubergine in 4 pieces  
1 big red pepper cut into strips  
1 green pepper cut into strips  
1 big onion cut into slices  
120 ml olive oil  
Salt

### METHOD

Put the rack into the tray and place the cut vegetables.  
Add salt and pepper and pour the oil on top. Set the Oven Menu for 35 minutes.  
Leave to cool in the refrigerator.  
Dress to your liking.

## ILUMINADA'S ARTICHOKE

Servings: 6

### INGREDIENTS

1 kg clean artichokes  
120 ml white wine  
50 ml water  
1/2 measure olive oil  
40 gr breadcrumbs  
2 boiled eggs cut into two  
Salt and pepper to taste

### METHOD

Place in the Programmable Pan all the ingredients, except the eggs: the artichokes, wine, water, oil and breadcrumbs. Stir with the ladle and set Cook Menu at Low Pressure for 7 minutes. Serve with the eggs cut into 4 pieces.

## SALMON QUICHE

Servings: 4

### INGREDIENTS

100 gr flour  
100 gr Gruyère cheese,  
4 eggs  
50 ml milk  
4 slices smoked salmon  
chopped  
1 pinch of salt and pepper.  
Baking paper

### METHOD

Beat in a bowl the eggs, milk, flour, cheese, salt and pepper and mix with the salmon.  
Place the baking paper in the tray and add the mix.  
Set Cook Menu at Low Pressure for 8 minutes.

### "BROKEN" EGGS WITH SURIMI

Servings: 4

#### INGREDIENTS

400 gr imitation elvers or surimi  
4 medium sized potatoes  
2 garlics  
2 eggs  
1 pinch of chilli pepper or cayenne  
1 pinch of oil and salt  
120 ml olive oil

#### METHOD

Peel the potatoes, cut into thick slices - like for a Spanish omelette. Heat the oil using the Grill Menu with the lid off and sauté the potatoes with the garlic cloves for 5 minutes. Remove the potatoes and set aside.  
Then fry the eggs in the tray. Remove and place on top of the potatoes.  
Put the imitation elvers into the oil that we had and stir fry. Serve on top of the "broken" eggs.

### NO PASTRY QUICHE

Servings: 4

#### INGREDIENTS

100 gr flour  
100 gr Gruyère cheese  
4 eggs  
50 ml milk  
4 thick slices of ham  
1 pinch of salt and pepper.  
Baking paper

#### METHOD

Beat in a bowl the eggs, milk, flour, cheese, salt and pepper and mix with the ham cut into dices.  
Place the baking paper in the tray and add the mix.  
Set Cook Menu at Low Pressure for 8 minutes.

### POTATO SCRAMBLE

Servings: 4

#### INGREDIENTS

100 ml olive oil  
100 ml water  
600 gr peeled potatoes cut into slices  
100 gr chopped onion,  
4 eggs  
4 slices of serrano ham

#### METHOD

Place in the Programmable Pan all the ingredients, except the eggs and the ham, season and stir. Set Cook Menu at Low Pressure for 6 minutes.  
Leave the Heat mode on, open the Pan and add the beaten egg (with a pinch of salt) and the ham, they will set up with the heat alone. Stir. Once to your liking, remove and serve.

### OMELETTE WITH ONION AND CHEESE

Servings: 4

#### INGREDIENTS

4 eggs  
4 spring onions cut in slices  
200 gr grated cheese  
1 pinch of salt  
Olive oil

#### METHOD

Set the Grill Menu for 3 minutes.  
Add the oil and onions cut into slices. Whilst it softens, beat the eggs in a bowl and add the soft onion and salt. Blend well and pour into the Programmable Pan's tray, add the grated cheese on top and set Oven Menu for 4 minutes.

## SPANISH POTATO OMELETTE

Servings: 4

### INGREDIENTS

400 gr potatoes for frying  
5 eggs  
200 ml olive oil  
Salt

### METHOD

Cut the potatoes. Set the Programmable Pan to Grill Menu for 5 minutes with the lid off and fry the potatoes with the oil and salt. Stir until to your liking.  
Cancel the Menu.  
Remove the potatoes and mix with the beaten eggs in a bowl.  
Pour a bit of oil into the tray and pour the mix on top, set the Oven Menu for 5 minutes.

*Note: add more cooking time it you prefer it to be more set.*

## SPANISH POTATO AND ONION OMELETTE

Servings: 4

### INGREDIENTS

400 gr potatoes for frying  
200 gr onion  
6 eggs  
200 ml olive oil  
Salt

### METHOD

Cut the potatoes and chop the onion. Set Grill Menu for 5 minutes with the lid off and fry the potatoes with the onion, oil and salt. Stir until it is to your liking.  
Cancel the Menu.  
Remove the potatoes and the onions and mix with the beaten eggs in a bowl.  
Pour a bit of oil into the tray and pour the mix on top, set the Oven Menu for 5 minutes.

*Note: add more cooking time it you prefer it to be more set.*

## ARTICHOKE AND SPRING BABY GARLIC OMELETTE

Servings: 4

### INGREDIENTS

6 clean and chopped artichokes.  
1 bunch of spring baby garlies, chopped  
5 eggs with salt  
150 ml olive oil  
1 pinch of salt

### METHOD

Set the Programmable Pan to Grill Menu for 5 minutes with the lid off and sauté the artichokes with the spring baby garlies in the oil and salt. Stir until it is to your liking.  
Cancel the Menu.  
Remove the artichokes and the spring baby garlies and mix with the beaten eggs in a bowl.  
Pour a bit of oil into the tray and pour the mix on top, set the Oven Menu for 5 minutes.

*Note: add more cooking time it you prefer it to be more set*

## SPINACH OMELETTE

Servings: 4

### INGREDIENTS

1 bag of spinach  
3 spring baby garlies, chopped  
3 eggs with salt  
100 ml olive oil  
1 pinch of salt

### METHOD

Set the Programmable Pan to Grill Menu for 5 minutes with the lid off and sauté the spring baby garlies with the oil and salt. Stir until it is to your liking.  
Cancel the Menu.  
Remove the spinach and the spring baby garlies and mix with the beaten eggs in a bowl.  
Pour a bit of oil into the tray and pour the mix on top, set the Oven Menu for 5 minutes.

*Note: add more cooking time it you prefer it to be more set.*

## FIDEUÁ (NOODLES)

Servings: 4

### INGREDIENTS

200 gr peeled shrimps  
150 gr clams cleaned with water and salt to remove the sand.  
100 gr crushed tomato  
400 gr "fideuá" noodles  
100 gr calamari rings  
1 slice tuna chopped  
3 garlic cloves  
200 ml olive oil  
1 pinch of salt and saffron  
1 tablespoon chilli chopped finely  
Fish fumet (page 17)

### METHOD

Set the Grill Menu for 5 minutes, add the oil to the Programmable Pan and sauté the garlic, tuna and calamari rings. Then add the tomatoes, shrimps, clams, the noodles, the chopped chilli, salt and colourant. Stir.  
Add the fumet and set Cook Menu at Low Pressure for 3 minutes.  
*NOTE: 1 measure noodles requires 1.5 measures fumet. For example: 2 measure noodles requires 3 measures fumet.*

## MACARRONI WITH TOMATO

Servings: 2

### INGREDIENTS

250 gr macaroni  
50 ml olive oil  
10 gr chopped onion  
500 gr natural tomato  
30 gr sugar  
Chorizo sausage, bacon and Spanish ham in dices  
Water  
Salt and pepper

### METHOD

Place all the ingredients in the Programmable Pan and pour water over them until all the ingredients are covered and set Cook Menu at Low Pressure for 4 minutes.  
If you wish to prepare the dish in the traditional way, sauté the oil, onion, chorizo, bacon and ham using the Grill Menu for 3 minutes with the lid off. Then add the rest of the ingredients and water until everything is covered and set Cook Menu at Low Pressure for 4 minutes.

## LUMACONI WITH VEGETABLES AND SOY

Servings: 3

### INGREDIENTS

300 gr pasta (lumaconi)  
1 carrot sliced  
1 purple onion sliced  
1 celery stick sliced  
1 courgette sliced  
30 ml olive oil  
Pepper  
1/4 measure soy sauce  
Water

### METHOD

Place the lumaconi in the Programmable Pan and select Cook Menu at Low Pressure for 5 minutes. Drain off the pasta and set aside.  
Set the Programmable Pan to Grill Menu for 5 minutes with the lid off and add the oil and the vegetables. Stir fry until they are golden brown.  
Cancel the Menu.  
Add the pasta and the soy sauce, mix well and serve.

## PASTA WITH CLAMS

Servings: 4

### INGREDIENTS

400 gr fusilli  
250 gr clams cleaned with water and salt to remove the sand.  
5 garlic cloves sliced  
100 ml oil  
1 tin crushed tomatoes  
1 small bunch of parsley  
Oregano  
Pasta flavour booster Water  
Salt

### METHOD

Set the Grill Menu for 5 minutes with the lid off. Place in the tray all the ingredients except the clams, the pasta and the water.  
Stir continuously until the colour comes out.  
Once done, add the clams and stir.  
Add the pasta and pour over enough water to cover it. Set the Cook Menu Low Pressure for 4 minutes.



## MACARRONI WITH CHORIZO SAUSAGE AND EGG

Servings: 4

### INGREDIENTS

400 gr macaroni  
200 gr chorizo sausage in dices  
2 eggs  
30 ml oil  
Salt  
Water

### METHOD

Set the Grill Menu for 5 minutes with the lid off and place in the Programmable Pan the oil and the chorizo. Stir fry for 1 minute. Then add the macaroni, salt and enough water to cover. Set Cook Menu at Low Pressure for 4 minutes. Leave the Heat mode on and beat the eggs. Add them to the pasta and mix with the ladle, until the eggs are set to your liking.

## CARBONARA FARFALLE

Servings: 4

### INGREDIENTS

400 gr farfalle  
250 gr bacon in dices  
600 ml cooking cream  
30 ml olive oil  
Nutmeg  
Pepper  
Salt  
Water  
Parmesan cheese

### METHOD

Place the pasta in the Programmable Pan and cover with water. Set Cook Menu at Low Pressure for 3 minutes. Then add cream, bacon, oil, pepper to taste, a pinch of nutmeg and salt. Set Cook Menu at Low Pressure for 2 minutes. Serve with Parmesan cheese.

## PASTA SALAD

Servings: 4

### INGREDIENTS

400 gr fusilli  
3 tins of tuna, drained  
200 gr ham in dices  
200 gr Emmental cheese in dices  
1 tin corn  
Olive oil  
Salt

### METHOD

Place the fusilli in the Programmable Pan and enough water to cover and set the Cook Menu Low Pressure for 4 minutes. Remove and place in a colander to run it all under the cold water tap. Drain off well. Place in a bowl with the rest of the ingredients and dress with salt and oil to your liking.

## PASTA WITH FRANKFURT SAUSAGE

Servings: 4

### INGREDIENTS

400 gr macaroni  
2 packets of Frankfurt sausages in slices  
1/4 measure olive oil  
400 gr fried tomato  
Grated cheese Water

### METHOD

Place the pasta in the Programmable Pan and cover with water. Set Cook Menu at Low Pressure for 3 minutes. Drain and set aside. Then set the Grill Menu for 2 minutes. Add to the tray the oil, sausages and the tomato and mix with a ladle. Cancel the Menu. Leave the Heat mode on. Add the pasta that had been set aside. Stir fry for 1 minute. Serve with grated cheese.

# FISH SOUP WITH NOODLES

Servings: 3

## INGREDIENTS

200 gr extra fine noodles  
1.5 l fish broth (page 14)

## METHOD

Place all the ingredients in the Programmable Pan, select Soup Menu at Low Pressure for 1 minute.

*NOTE: if you wish to obtain a thicker or thinner soup, change the quantity of broth to your preference.*

# NOODLE SOUP

Servings: 2

## INGREDIENTS

200 gr extra fine noodles  
1.5 l simple broth (page 16)

## METHOD

Place all the ingredients in the Programmable Pan, select Soup Menu at Low Pressure for 1 minute.

*NOTE: if you wish to obtain a thicker or thinner soup, change the quantity of broth to your preference.*

## BLACK RICE

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
Fumet (see recipe on page 15)  
350 gr calamari clean and in strips  
1 measure crushed tomato  
120 ml olive oil  
3 garlic cloves  
1 sachet of calamari ink

### METHOD

Set the Grill Menu for 2 minutes with the lid off and add the oil. When it is hot add the garlics and the calamari. Sauté for 2 minutes stirring continuously. Then add the crushed tomato and sauté for 1 minute.

Add the rice, the sachet of ink and the fumet and stir well. Set Cook Menu at Low Pressure for 7 minutes.

*NOTE: use 1.5 measures of liquid for 1 measure of rice*

## RICE "A BANDA" (SERVED WITH ALIOLI SAUCE)

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
1/2 measure olive oil  
4 strips of red pepper  
300 ml calamari or cuttlefish  
3 garlic cloves  
1 measure crushed tomato  
1 sachet of colourant  
1 tablespoon chilli chopped finely  
Fish broth or fumet. (Page 14)  
Salt

### METHOD

Set the Grill Menu for 2 minutes with the lid off and add the oil. When it is hot add the peppers, garlics and the fish. Sauté for 1 minute, stirring continuously. Remove the peppers, the garlics and set aside.

Then add the crushed tomato and sauté for 2 minutes stirring continuously.

Add the rice, the chilli, the colourant, salt to taste and the fumet. Stir well. Set Cook Menu at Low Pressure for 6 minutes.

Serve with alioli (garlic & oil sauce)

*NOTE: use 1.5 measures of liquid for 1 measure of rice*

## RICE WITH SHRIMPS

Servings: 4

### INGREDIENTS

350 gr rice  
Fish broth (page 14)  
200 gr peeled shrimps  
1/4 measure olive oil  
3 garlics  
Colourant Salt

### METHOD

Place all the ingredients in the Programmable Pan and set Cook Menu at Low Pressure for 6 minutes.  
To prepare this recipe in the traditional way, sauté the garlics with a bit of oil using the Grill Menu for 2 minutes.  
Add the rice and the broth and set Cook Menu at Low Pressure for 6 minutes.

## RICE SALAD

Servings: 4

### INGREDIENTS

300 gr “bomba” rice  
100 gr chopped walnuts  
10 mushrooms washed and sliced  
1 tin drained corn  
2 miniature lettuces from Tudela, shredded  
1/4 measure soy sauce Juice of one lemon  
Olive oil  
Water  
Salt and pepper

### METHOD

Place in a dish the mushrooms with the lemon juice and set aside.  
Place in the Programmable Pan the rice, with the water (1 measure rice + 1.5 measures water), set Cook Menu Low Pressure for 7 minutes.  
Once the time is over, run it under the cold water tap and drain.  
Whilst the rice is cooking, strain the mushrooms and place all the ingredients in a bowl. Add the rice and mix before serving.

## EXOTIC RISSOTO

Servings: 4

### INGREDIENTS

#### *For the sauté*

150 gr onion  
100 gr butternut squash  
250 gr fresh wild mushrooms chopped  
70 ml olive oil  
2 garlic cloves

#### *Rest*

50 gr Parmesan cheese  
50 gr butter  
350 gr “bomba” rice  
2 chicken stock cubes  
Water  
Salt and pepper to taste

### METHOD

Set the Grill Menu for 5 minutes and add the oil. Chop the onion, butternut squash, wild mushrooms and garlics and add to the tray along with the oil. Sauté until soft.  
Add the rice, stock cubes crumbled, the water (2 measures water for every one of rice), salt and pepper. Set Cook Menu at Low Pressure for 7 minutes. Cancel the menu and leave it on the Heat mode.  
Open the lid and add the butter. Stir until it dissolves. Add the cheese and mix.

## RICE WITH PORK LOIN AND RIBS

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
150 gr pork loin chopped  
150 gr ribs chopped  
4 strips of red pepper  
1 tomato grated  
Simple broth (page 16)  
4 garlic cloves  
1/2 measure olive oil  
Saffron  
1 tablespoon chilli chopped  
finely  
Salt

### METHOD

Set the Grill Menu for 5 minutes. Place the oil, garlics and the peppers in the Programmable Pan. Stir fry for 1 minute.  
Then add the meat and sauté until golden brown. Add the tomatoes, rice, chilli and saffron.  
Stir well and add the broth (1 measure of broth for every one of rice) and salt to taste. Set Cook Menu at Low Pressure for 7 minutes.

## RICE A LA MARINIÈRE

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
2 artichokes clean and chopped  
4-5 gr spring baby garlics chopped  
3 strips of red pepper  
1 slice of tuna chopped,  
3 langoustines  
5 red shrimps  
1 grated tomato  
100 gr calamari rings  
Fish fumet (page 15)  
Saffron  
1 tablespoon chilli chopped  
finely  
Salt and pepper

### METHOD

Set the Grill Menu for 5 minutes.  
Add the oil, the garlics, artichokes, the peppers and all the fish into the Programmable Pan. Stir fry for 2 minutes.  
Remove the shrimps, langoustines and the red peppers and set them aside.  
Add the tomato, the rice, the chilli, the saffron and stir well. Then add the fumet (1 measure of broth for every one of rice) and salt to taste. Blend all well and add the shrimps, langoustines and the peppers. Set Cook Menu at Low Pressure for 7 minutes.  
*If you prefer a softer result, add a little more fumet.*

## SPECIAL FRIED RICE

Servings: 4

### INGREDIENTS

300 gr "bomba" rice  
200 gr butter  
2 beaten eggs  
4-5 stalks of chives chopped  
250 gr bacon chopped  
1 tin of peas  
10 ml olive oil  
Water  
Salt and pepper

### METHOD

Place in the Programmable Pan the rice with the water (1 measure rice + 1.5 measures water), set Cook Menu Low Pressure for 7 minutes. Once the time is over, run it under the cold water tap, drain and set aside.  
Return the tray to the Pan and set Grill Menu for 5 minutes and add the oil. Wait for 1 minute and add the eggs and make an omelette, toss it with the ladle. Remove and set aside.  
Then with the Grill Menu add to the tray the butter and wait until it melts a bit. Then add the bacon, the omelette cut into strips, peas, chopped chives and the rice. Season and mix well with the ladle and stir fry for a few minutes.

## RICE AND VEGETABLES IN A BROTH

Servings: 4

### INGREDIENTS

200 gr fresh green beans  
chopped  
4 clean and chopped fresh  
artichokes  
50 gr fresh peas  
200 gr baby broad beans  
5 spring baby garlics  
chopped  
350 gr "bomba" rice  
Simple broth (page 16)  
1/4 measure oil  
Saffron Salt

### METHOD

Set the Grill Menu for 5 minutes with  
the lid off and sauté the vegetables.  
Add the rice and the broth (2.5  
measure of broth for every one of rice)  
the saffron and salt to taste. Set Cook  
Menu at Low Pressure for 7 minutes.

## "EN COSTRA" RICE (WITH A CRUST)

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
200 gr pork ribs  
2 cured meat sausages  
1 onion blood sausage  
100 gr chicken in pieces  
1/2 measure olive oil  
4 beaten eggs with salt  
2 garlic cloves  
Simple broth (page 16)  
Chilli finely chopped  
Saffron Salt

### METHOD

Set the Grill Menu for 5 minutes, add  
the oil, garlic, meat, sausage and stir  
fry until golden brown.  
Then add the rice, chilli, saffron and  
salt and mix all together well. Add the  
broth (1 measure of broth for every  
one measure of rice). Set Cook Menu at  
Low Pressure for 2 minutes.  
Open the Programmable Cooker, and  
add the beaten eggs on top of the rice.  
Set the Oven Menu for 5 minutes.

## QUICK RICE WITH CALAMARI AND SHRIMPS

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
250 gr shrimps  
250 gr calamari in slices  
200 gr mushrooms sliced  
120 gr natural crushed tomato  
2 garlic cloves  
Fish broth (page 14)  
1/4 measure olive oil  
Saffron Salt

### METHOD

Place in the Programmable Pan all the ingredients, and set Cook Menu at Low Pressure for  
7 minutes.  
To prepare this dish in the traditional way, sauté the mushrooms, the shrimps, the  
calamari, the tomato and the garlic using the Grill Menu with the lid off for 5 minutes.  
Add the rest of the ingredients, stir and set Cook Menu at Low Pressure for 7 minutes.

## RICE WITH A FRIED EGG

Servings: 4

### INGREDIENTS

300 gr "bomba" rice  
10 ml olive oil,  
200 gr fried tomato  
4 garlic cloves  
1/4 measure oil  
4 eggs (one per person)  
Salt

### METHOD

Place in the Programmable Pan the rice, 10 ml oil, garlic, salt and water (1 measure water for each measure of rice), set Cook Menu Low Pressure for 4 minutes. Remove and set aside.  
Then set the Grill Menu for 2 minutes, pour in the 1/4 measure oil and make the fried eggs.  
Serve the rice along with the fried egg.

## OVEN-BAKED RICE

Servings: 3

### INGREDIENTS

250 gr "bomba" rice  
Left-overs from "cocido"  
(meat, chickpeas...)  
1 tablespoon paprika  
Broth from "Cocido"  
1 blood sausage in slices 1/4  
measure oil

### METHOD

Place all the ingredients in the tray and set Oven Menu for 7 minutes.

## RICE IN BROTH WITH PORK LOIN FOR CHILDREN

Servings: 4

### INGREDIENTS

350 gr "bomba" rice  
300 gr pork loin in dices  
1/4 measure olive oil  
1/4 measure crushed tomato Simple broth (page 16)  
Saffron Salt

### METHOD

Set Grill Menu for 5 minutes. Add the oil and stir fry the pork for 2 minutes stirring continuously.  
Add the tomato, the rice, the saffron, the salt and the broth and stir well (2 measures of broth for every one of rice). Set Cook Menu at Low Pressure for 7 minutes.

## FRIED ARTICHOKES

Servings: 4

### INGREDIENTS

10 artichokes  
 3 beaten eggs  
 4 tablespoons of flour for tempura  
 Cold water  
 Olive oil  
 Salt

### METHOD

Peel and chop the artichokes in wedges. Add salt to taste and set aside.  
 Pour the oil into the tray and set the Fry Menu for 20 minutes.  
 Make a tempura with the water and the flour. When done, coat the artichokes and add to the tray with the hot oil. Stir with the ladle.  
 When golden, to your liking, remove and leave to drain off on kitchen paper, and serve.

## ONION RINGS

Servings: 4

### INGREDIENTS

2 onions  
 1 packet of breadcrumbs  
 4 eggs  
 Salt

### METHOD

Pour the oil into the tray set the Fry Menu for 20 minutes. Whilst the oil is heating up, peel and cut the onions into rings.  
 Add salt to taste and set aside.  
 Beat the eggs, coat the onion rings with the egg and then coat in breadcrumbs.  
 Place the battered onions into the tray. Stir with the ladle. When golden brown, remove and leave the onions to drain off on kitchen paper.

## FRIED AUBERGINES WITH HONEY

Servings: 4

### INGREDIENTS

3 aubergines cut into slices  
 3 beaten eggs  
 4 tablespoons of flour for tempura  
 Cold water  
 Olive oil  
 Sugar cane honey  
 Salt

### METHOD

Cut the aubergines into slices and place in a bowl with water and salt for 5 minutes. Pour the oil in the tray and set Fry Menu for 20 minutes.  
 Make a tempura with the water and the flour. When done, coat the aubergines and add to the hot oil in the tray. Stir with the ladle.  
 When golden, to your liking, remove and leave to drain off on kitchen paper and serve with a dash of sugar cane honey on top.





## CALAMARI FRIED IN BATTER

Servings: 4

### INGREDIENTS

500 gr calamari rings  
4 tablespoons flour  
3 eggs  
Oil  
Salt

### METHOD

Pour the oil in the tray and set Fry Menu for 30 minutes. Beat the eggs and coat the calamari with the egg and then with the flour. Add salt to taste. Place the calamari in the tray with the hot oil. Stir with the ladle. When they are golden, to your liking, remove and leave to drain off on kitchen paper.

## HAMBURGER STEAK

Servings: 4

### INGREDIENTS

1 Kg. minced pork meat  
250 gr breadcrumbs  
2 small glasses of lemon juice  
Chopped parsley  
Salt  
2 eggs  
Olive oil

### METHOD

Put the minced meat in a bowl and add the parsley, salt, lemon juice and half of the breadcrumbs. Blend all together to obtain an even mixture. Leave to settle for 30 minutes. Pour the oil in the tray and set Fry Menu for 30 minutes. Take the mixture and make a sort of thin hamburger, coat in beaten egg and breadcrumbs and place into the hot oil. Stir with the ladle until they are golden brown.

## "FLAMENQUINES" HAM, CHEESE & PORK ROLL

Servings: 4

### INGREDIENTS

4 pieces of pork loin  
4 slices serrano ham  
8 slices semi-cured cheese  
2 egg  
Breadcrumbs  
Oil  
Salt  
Pepper

### METHOD

Flatten the fillets of pork with a kitchen hammer or with your hands. Season. Pour the oil into the tray and set the Fry Menu for 30 minutes. To make the rolls, place a slice of pork, then one of cheese and then another of ham, roll and coat in egg and breadcrumbs and place into the hot oil. Stir with the ladle until they are golden brown. Leave to drain off on kitchen paper and serve.

## VEGGIE HAMBURGERS

Servings: 4

### INGREDIENTS

6 tomatoes for salad  
1 purple onion (or any type of onion)  
3 carrots  
1 egg Parsley Oregano  
Pepper Salt  
2 cups of wheat flour  
Olive oil

### METHOD

Chop the vegetables into small chunks and add the rest of the ingredients except the oil which we will use to fry. Mix well and stir. With the mixture make a sort of hamburger. Pour the oil into the tray and set Fry Menu for 30 minutes. When it is hot, place the vegetable hamburgers in the tray and stir with the ladle until they are golden brown. Leave to drain off on kitchen paper and serve.

FRIED SHRIMPS

Servings: 6

INGREDIENTS

1/2 kg peeled shrimps

3 eggs

4 heaped tablespoons flour

Ground black pepper

Salt

Oil

METHOD

Pour enough oil in the tray and set Fry Menu for 30 minutes.

Whilst the oil is heating up, beat the eggs with a pinch of salt and ground black pepper.

Coat the shrimps with egg and flour and place the shrimps in the tray. Stir with the ladle until they are golden brown.

Leave to drain off on kitchen paper and serve.

VEGETABLES IN TEMPURA

Servings: 4

INGREDIENTS

2 onions

2 carrots

1 red pepper

1 green pepper

200 gr flour for tempura

Salt

Oil

METHOD

Cut the vegetables into julienne strips and set aside. Pour enough oil in the tray and set Fry Menu for 30 minutes.

Mix in a bowl the flour with the water to make a tempura.

Coat the vegetables in the tempura and place in the tray in batches. Stir with the ladle and cook until they are golden brown. Leave to drain off on kitchen paper and serve.

FRENCH FRIES

Servings: 4

INGREDIENTS

3 medium sized potatoes

Salt

Oil

METHOD

Pour the oil in the tray and set Fry Menu for 40 minutes.

Peel and chop the potatoes and set aside.

When the oil is hot, add the potatoes until they are golden brown, to your liking.

Leave to drain off on kitchen paper, add salt and serve.

BREADED CHICKEN BREASTS

Servings: 4

INGREDIENTS

8 chicken breast fillets

1 measure milk

2 garlic cloves

2 eggs

200 gr breadcrumbs Salt

Parsley

Oil

METHOD

Beat the eggs with the garlic, parsley and salt. Leave the chicken breasts to soak for 20 minutes.

Once the time has passed, put the oil in the tray and set Fry Menu for 30 minutes. Coat the chicken breasts in breadcrumbs whilst the oil heats up.

Add the chicken breasts to the tray in batches, and stir with the ladle until they are golden brown.

Leave to drain off on kitchen paper and serve.

## VEGETABLE PIE

Servings: 2

### INGREDIENTS

500 gr boiled vegetable mix,  
4 eggs  
100 gr Gruyère cheese,  
grated  
60 ml evaporated milk Salt  
and pepper  
Baking paper

### METHOD

Beat the eggs in a bowl,  
Add the milk and then the vegetables.  
Season and mix all together well.  
Place the baking paper in the tray and  
pour the mixture inside.  
Add the grated cheese on top and  
set Cook Menu at Low Pressure for 8  
minutes.

## FRENCH QUICHE

Servings: 4

### INGREDIENTS

Fresh shortbread pastry  
150 gr smoked bacon in  
dices  
150 gr serrano ham in dices  
3 eggs  
250 ml evaporated milk  
200 gr Emmental cheese,  
grated  
Butter  
Baking paper

### METHOD

Beat in a bowl the milk, eggs salt and  
pepper. Set aside.  
Place the baking paper in tray and  
cover the bottom with the shortbread  
pastry and add the ham, bacon and the  
beaten mixture. Put the cheese on top  
and two dabs of butter. Set Oven Menu  
for 15-20 minutes.  
  
\* You can substitute the baking paper  
with any oven-proof container.

## FOCACCIA

Servings: 4

### INGREDIENTS

#### *Focaccia Pastry*

30 gr pressed yeast  
20 gr coarse sea salt  
500 gr flour  
100 ml milk  
100 ml water  
100 ml olive oil

#### *To cover*

500 gr onions  
100 ml olive oil  
Black or green olives and  
cherry tomatoes to your  
liking  
Baking paper

### METHOD

Beat all the ingredients to make the  
pastry. Place the chosen ingredient  
(sautéed onion, black or green olives,  
cherry tomatoes cut in two). You can  
also use raw onion very finely cut. In  
this case, when you place the onion,  
sprinkle with some water and oil all  
over. Leave to settle for 20 minutes  
approximately so that the volume  
doubles.  
Cover the base of the tray with the  
baking paper, add the pastry and set  
the Oven Menu for 30 minutes.

## CRISPY LOAF OF BREAD

Servings: 4

### INGREDIENTS

280/300 ml water (with 300  
the dough with be harder to  
handle but the inside will be  
more spongy)  
500 gr flour  
20 gr salt  
20 ml olive oil  
20 gr sugar  
25 gr fresh yeast  
Baking paper

### METHOD

Mix the water, salt, sugar and oil. Add  
the flour and yeast and knead. Leave to  
settle for 20 minutes. Place the flour  
on the table and knead. Make a loaf  
shape. Make some diagonal cuts with  
a knife.  
Place the baking paper in the tray  
and place the dough inside, sprinkle  
with water. Set the Oven Menu for 10  
minutes. Once the time is over, sprinkle  
with water, set the Oven Menu for a  
further 10 minutes. Finally sprinkle  
with water again and set the Oven  
Menu for 40 minutes.

## "COCA DÓLI I SAL"

Servings: 4

### INGREDIENTS

290 gr flour  
100 ml milk  
50 ml beer  
50 ml olive oil  
1/2 cube of bread yeast  
Salt  
Baking paper

### METHOD

Knead all the ingredients. Give it a round shape.  
Place the baking paper in the tray.  
Place the dough and set the Oven Menu for 25 minutes.

## CHEESE "COCA"

Servings: 4

### INGREDIENTS

290 gr flour  
100 ml milk  
50 ml beer  
50 ml olive oil  
1/2 cube of bread yeast  
Salt  
Gouda or Emmental cheese in chunks

### METHOD

Knead all the ingredients. Give it a round shape, make some holes and fill with the pieces of cheese to taste.  
Place the baking paper in the tray.  
Place the dough and set the Oven Menu for 25 minutes.

## GARLIC BREADS

Servings: 4

### INGREDIENTS

280/300 ml water (with 300 the dough with be harder to handle but the inside will be more spongy)  
500 gr flour  
20 gr salt  
20 ml olive oil  
20 gr sugar  
25 gr fresh yeast  
Baking paper

### For the filling:

90 ml olive oil  
5 garlic cloves  
Parsley

### METHOD

Mix the water, salt, sugar and oil. Add the flour and yeast and knead. Leave to settle for 20 minutes. Place the flour on the table and knead. Make the bread roll shapes.

*For the filling,* beat the ingredients. With the help of kitchen plastic bottles, fill each bread.

Place the baking paper in the tray and place the dough inside, sprinkle with water. Set the Oven Menu for 10 minutes. Once the time is over, sprinkle with water, set the Oven Menu for a further 10 minutes. Finally sprinkle with water again and set the Oven Menu for 30 minutes.

## TUNA "COCA"

Servings: 4

### INGREDIENTS

290 gr flour  
100 ml milk  
50 ml beer  
50 ml olive oil  
1/2 cube of bread yeast  
Salt  
2 tins of tuna, drained  
100 gr fried tomato

### METHOD

Knead all the ingredients. Give it a round shape and cover with tuna and tomato.

Place the baking paper in the tray. Place the dough and set the Oven Menu for 25 minutes.

## CRÈME CARAMEL

Servings: 6

### INGREDIENTS

4 eggs  
150 gr sugar  
500 ml milk  
Liquid caramel Water

*\* Crème caramel mould, oven-proof*

### METHOD

Put the liquid caramel in the mould.  
Beat the eggs, sugar and milk together well.  
Pour the mixture into the mould with the caramel.  
Place the rack into the tray and put the mould with the mix on top. Put water into the tray until it reaches half the height of the mould. Set Cook Menu at Low Pressure for 18 minutes.

## COFFEE CRÈME CARAMEL

Servings: 4

### INGREDIENTS

1/2 l. cream  
Sachet of "Royal" crème caramel (for 4 portions)  
2 tablespoons instant coffee  
Liquid caramel  
Water

*\* Crème caramel mould, oven-proof*

### METHOD

Put the liquid caramel in the mould.  
Beat the cream, the "Royal" crème caramel sachet and coffee together well. Pour the mixture into the mould with the caramel.  
Place the rack into the tray and put the mould with the mix on top. Put water into the tray until it reaches half the height of the mould. Set Cook Menu at Low Pressure for 3 minutes.

## "CALATRAVA" BREAD

Servings: 6

### INGREDIENTS

4 eggs  
1/2 l milk  
125 gr sugar  
1 stick cinnamon Peel of lemon  
2-3 cupcakes  
Liquid caramel

*\* Oven-proof mould*

### METHOD

First step: place the milk, stick of cinnamon and the lemon peel in the Programmable Pan and set Grill Menu for 1 minute. Remove the cinnamon and lemon and set aside.  
Add the sugar to the milk and stir.  
Pour caramel into the mould and add the cupcakes in pieces. Pour the mixture into the mould.  
Place the rack in the tray and place the mould with the mixture on top and then  
pour water into the tray until it covers half the height of the mould. Set Cook Menu at Low Pressure for 20 minutes.

## FRIED BANANA WITH HONEY

Servings: 4

### INGREDIENTS

2 bananas  
2 eggs  
180 ml milk  
2 tablespoons sugar  
1 tablespoon flour  
Sunflower oil  
Honey

### METHOD

Peel the bananas and cut them into small slices.  
Beat the egg, milk and sugar. Pour the oil into the Programmable Pan and select the Fry Menu for 20 minutes.  
Coat the slices in the egg mixture and then coat in flour. Add to the tray in batches and stir with the ladle until the slices are golden (be careful: they brown very fast).  
Leave to drain off on a plate with kitchen paper.  
Serve with honey.

## CAKE

Servings: 6

### INGREDIENTS

1 yoghurt or 150 ml milk  
100 ml olive oil  
250 gr flour  
250 gr sugar  
3 eggs  
1 pinch of salt  
1 sachet of "Royal" baking powder  
Peel of one lemon  
Baking paper

### METHOD

Grate the lemon and set aside.  
Mix the flour with the dry baking powder and set aside.  
Beat the egg yolks, add the oil, sugar and a pinch of salt. Add the yoghurt, the flour and baking powder mixture and the lemon peel.  
Beat the egg whites and add to the mix folding in carefully.  
Place the baking paper in the tray and pour the mixture on top. Set the Oven Menu for 45 minutes.

## CUP CAKES

Servings: 6

### INGREDIENTS

2 eggs  
4 measures flour  
2 measures sugar  
2 measures milk  
1 measure olive oil  
1 lemon yoghurt  
2 baking powder

*For decoration:*

1 tablespoon sugar  
1 tablespoon cinnamon

### METHOD

Beat all the ingredients together well.  
Place all the moulds into the Programmable Pan's tray, fill the moulds with the mixture up to the middle.  
Set the Oven Menu for 10-15 minutes.  
Repeat the process as many times as necessary, until you finish the mixture.  
Leave to cool on the rack and sprinkle with the sugar and cinnamon mixed together.

*Cupcake moulds, oven-proof*

## CREAMY RICE PUDDING

Servings: 8

### INGREDIENTS

200 gr rice  
200 gr sugar  
5 measures water  
600 ml full fat milk, hot  
1 pinch of salt  
1 thick peel of a lemon  
1 cinnamon stick

### METHOD

Place all the ingredients except the sugar into the tray and stir with the ladle. Set Cook Menu at Low Pressure for 9 minutes.  
Cancel the Menu.  
Add the sugar and stir. Leave to settle.

## CURD

Servings: 8

### INGREDIENTS

1/2 litre full fat milk  
1 sachet of curd

*\* Oven-proof mould*

### METHOD

Beat the milk and the curd sachet together. Fill the mould with the mix.  
Place the rack into the tray and put the mould with the mix on top. Put water into the tray until it reaches half the height of the mould. Set Cook Menu at Low Pressure for 4 minutes.

## SPANISH STYLE CUSTARD

Servings: 4

### INGREDIENTS

15 gr corn flour 160 gr sugar  
Cinnamon stick  
Cinnamon in powder  
500 ml milk  
4 egg yolks

\* *Oven-proof mould*

### METHOD

Beat all the ingredients, except the cinnamon stick and cinnamon powder, together.  
Pour the mixture into the mould.  
Place the rack into the tray, put the mould with the mixture on top and add the cinnamon stick. Pour water into the tray until it covers half the height of the mould. Set Cook Menu at Low Pressure for 4 minutes.  
Before serving sprinkle with cinnamon powder

## CHOCOLATE CHIP CUPCAKES

Servings: 4

### INGREDIENTS

2 eggs  
4 measures flour  
2 measures sugar  
2 measures milk  
1 measure olive oil  
1 lemon yoghurt  
2 baking powder sachets,  
150 gr chocolate chips

\* *Cupcake moulds, oven-proof*

### METHOD

Beat all the ingredients together well, except the chocolate chips.  
Place the moulds into the Programmable Pan's tray, fill the moulds with the mixture up to the middle.  
Add as many chocolate chips to each cupcake as you like. Set the Oven Menu 10-15 minutes.  
Repeat the process as many times as necessary, until you finish the mixture.  
Leave to cool on the rack.

## COCONUT CAKE

Servings: 6

### INGREDIENTS

1 coconut yoghurt  
100 ml olive oil  
250 gr flour  
250 gr sugar  
3 eggs  
1 pinch of salt  
1 sachet of "Royal" baking powder  
100 gr grated coconut  
Baking paper

### METHOD

Mix the flour with the dry baking powder and set aside.  
Beat the egg yolks, add the oil, sugar, grated coconut and a pinch of salt.  
Add the yoghurt and the flour and baking powder mixture. Beat the egg whites and add to the mix folding in carefully.  
Place the baking paper in the tray and pour the mixture on top. Set the Oven Menu for 45 minutes.

## FRUITS OF THE FOREST PIE

Servings: 4

### INGREDIENTS

3 eggs  
200 gr sugar  
100 gr butter  
100 gr cream cheese  
200 gr flour  
1 sachet of baking powder  
150 gr fruits of the forest  
Baking paper

### METHOD

Beat together all the ingredients, except the fruits of the forest.  
Place the baking paper in the tray, add the mixture and let the fruits fall evenly on top.  
Set the Oven Menu for 45 minutes.

## ALMOND CAKE

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Servings: 6

### INGREDIENTS

1 yoghurt or 150 ml milk  
 100 ml olive oil  
 250 gr flour  
 250 gr sugar  
 100 gr ground almonds  
 3 eggs  
 1 pinch of salt  
 1 sachet "Royal" baking powder  
 Icing sugar for decoration Baking paper

### METHOD

Mix the flour with the dry baking powder and set aside.  
 Beat the egg yolks, add the oil, sugar and a pinch of salt. Add the yoghurt, almonds and the flour and baking powder mixture.  
 Beat the egg whites and add to the mix folding in carefully.  
 Place the baking paper in the tray and pour the mixture on top. Set the Oven Menu for 45 minutes.  
 Leave to cool and decorate with icing sugar.

## CHOCOLATE CAKE

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Servings: 6

### INGREDIENTS

1 yoghurt or 150 ml milk 100 ml olive oil  
 250 gr flour  
 250 gr sugar  
 100 gr cocoa powder  
 3 eggs  
 1 pinch of salt  
 1 gr sachet "Royal" baking powder  
 Baking paper

### METHOD

Mix the flour with the dry baking powder and set aside.  
 Beat the egg yolks, add the oil, sugar and a pinch of salt. Add the yoghurt, cocoa and the flour and baking powder mixture.  
 Beat the egg whites and add to the mix folding in carefully.  
 Place the baking paper in the tray and pour the mixture on top. Set the Oven Menu for 45 minutes.



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