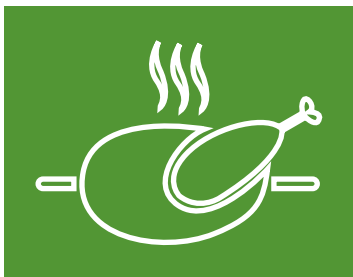


 **Instruction Manual**
 Programmable pot

.....
RECIPE BOOK



newcook[®]
 TU ALIADO EN LA COCINA



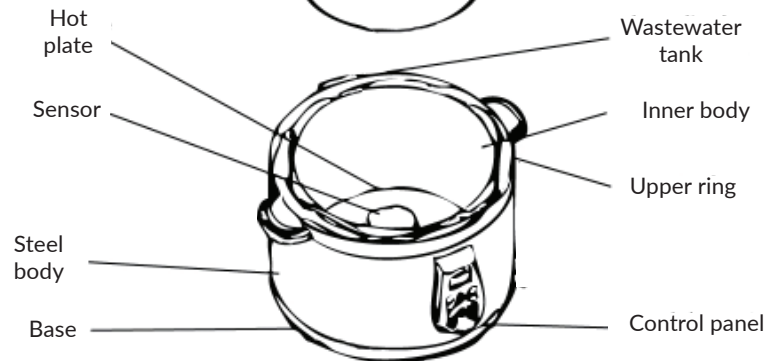
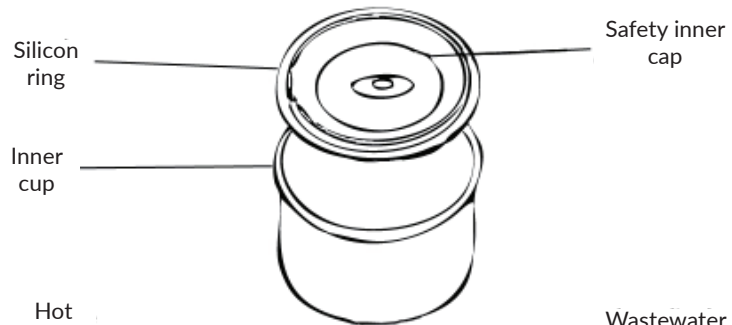
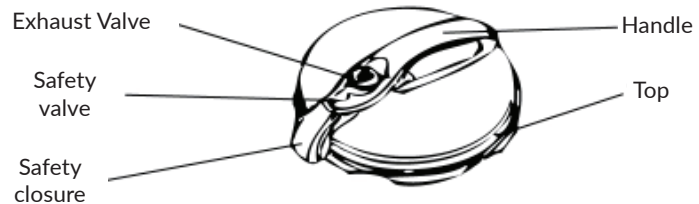
BEFORE COOKING

- 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



Meter



rack



Ladle



Cable

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.

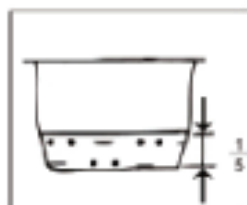
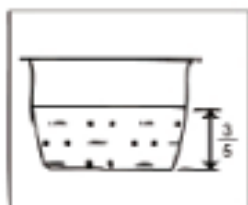
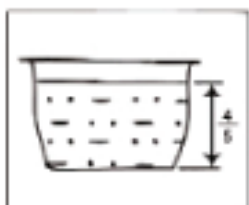


HOW TO COOK

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.

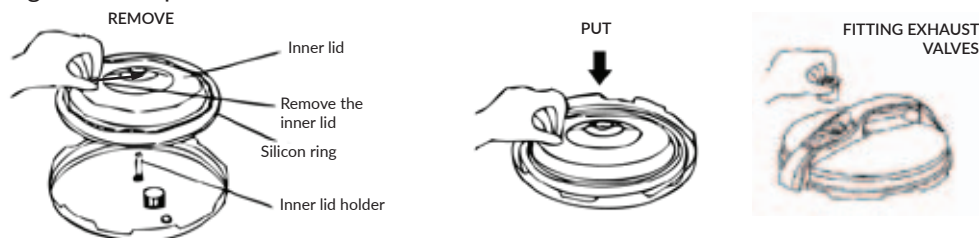
The programmable pot includes the “warm” system which is operated automatically when it stops cooking and keeps the food warm indefinitely without cooking it again, until you press the CANCEL button. Remember to cancel this function to finish using your programmable pot.

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.

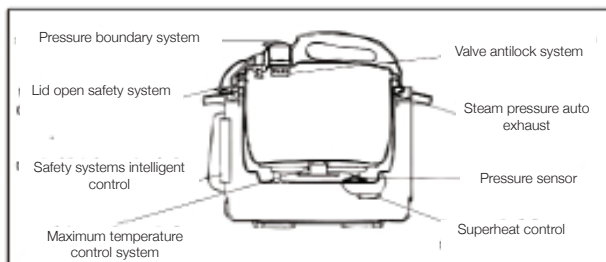
Along with the cup, the items that are in direct contact with the food should also be cleaned. These are the inner lid, the lid, the silicone ring and the exhaust valve. They should be cleaned with soap and water and using a sponge or, if necessary, a scouring pad.

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.

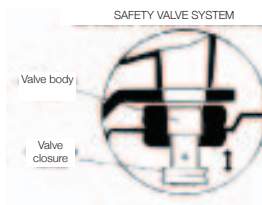


Regarding the safety filter and the exhaust valve, it is important to keep them clean so they never obstruct the steam and so that you can open your pot when you want.

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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TU ALIADO EN LA COCINA



COOKING TIPS

SOUPS

| | |
|---|----|
| Pea cream with a ham crisp | 13 |
| Aubergine purée | 13 |
| Simple Cream | 13 |
| Mashed potato | 13 |
| Courgette Cream | 14 |
| "Fumet" | 14 |
| Fish Broth | 14 |
| Traditional Castille-style soup with an egg | 14 |
| Onion soup | 15 |
| Vegetable soup | 15 |
| Julienne-cut vegetable soup | 15 |
| Noodle soup with clams | 15 |
| Simple broth | 16 |
| Garlic soup | 16 |
| "Fat burn" soup | 16 |
| Vegetable cream | 16 |

STEWES

| | |
|-----------------------|----|
| Marmitako | 17 |
| Caldero "Santapolero" | 17 |
| Ribbed stew | 17 |
| Veal stew | 17 |

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

MEATS

| | | |
|----|---------------------------------------|----|
| 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 |
| 25 | Chicken with tomato | 32 |
| 25 | Beer chicken | 32 |

| | |
|--------------------------------|----|
| Garlic chicken | 32 |
| Roquefort pork fillets | 33 |
| Pork fillets in mushroom sauce | 33 |

FISH

| | |
|------------------------|----|
| Stuffed hake | 34 |
| Shrimp with garlic | 34 |
| Sole with potatoes | 35 |
| Fillets of sole | 35 |
| Baked salmon | 35 |
| Turbot with mushrooms | 35 |
| Breaded hake | 36 |
| Fried fish with tomato | 36 |

VEGETABLES

| | |
|--|----|
| Caramelized onion | 37 |
| Caramelized peppers | 37 |
| Stuffed champignons | 37 |
| Piquillo peppers stuffed with cheese and crab | 37 |
| 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 |
| Fried eggs with gulas | 41 |
| Scrambled eggs with potatoes | 41 |
| Quiche without pasta | 41 |
| 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 |
| Band risotto | 43 |
| Rice soup | 44 |
| Rice salad | 44 |
| Exotic risotto | 44 |
| Rice with loin and ribs | 45 |
| Risotto with marinara | 45 |
| Risotto 3 delights | 45 |
| Risotto with vegetables | 46 |
| "En costra" rice (with a crust) | 46 |
| Quick rice with calamari and shrimps | 46 |
| Rice with a fried egg | 47 |
| Oven-baked rice | 47 |
| Rice in broth with pork loin for children | 47 |

FRIED DISHES

| | |
|--|----|
| Fried artichokes | 48 |
| Onion rings | 48 |
| Fried aubergines with honey | 49 |
| Calamari fried in batter | 49 |
| Fried hamburger | 49 |
| "Flamenquines" (Ham, cheese & pork roll) | 49 |
| Veggie hamburger | 50 |
| Fried shrimps | 50 |
| French fries | 50 |
| Vegetables in tempura | 50 |
| Breaded chicken breasts | 51 |

SAVOURY DISHES AND BREADS

| | |
|----------------------|----|
| Vegetable pie | 51 |
| French quiche | 51 |
| Focaccia | 52 |
| Crispy loaf of bread | 52 |
| Coca dóli i sal" | 52 |
| Garlic bread | 52 |
| Cheese "Coca" | 52 |
| Tuna "Coca" | 53 |
| | 53 |
| | 53 |

DESSERTS

| | |
|--------------------------------|----|
| Creme caramel | 54 |
| Crème caramel with coffee | 54 |
| Pan de Calatrava | 54 |
| Fried banana with honey | 54 |
| Sponge cake | 55 |
| Resolatte creamy | 55 |
| Madeleine | 55 |
| Curd | 55 |
| Natillas | 56 |
| Madeleine with chocolate chips | 56 |
| Sponge cake with coconut | 56 |
| Cake with berries | 56 |
| Almond cake | 57 |
| 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 | 1/4 butternut squash without skin |
| 100 gr green beans | 1/4 spinach |
| 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 | |

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, garlics 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

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

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.

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.

"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.

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 if 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 if 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 garlics, 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 garlics in the oil and salt. Stir until it is to your liking.

Cancel the Menu.

Remove the artichokes and the spring baby garlics 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 if you prefer it to be more set

SPINACH OMELETTE

Servings: 4

INGREDIENTS

1 bag of spinach
3 spring baby garlics, 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 garlics with the oil and salt. Stir until it is to your liking. Cancel the Menu.

Remove the spinach and the spring baby garlics 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 if 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 garlicks 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, garlicks and the fish. Sauté for 1 minute, stirring continuously. Remove the peppers, the garlicks 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 ARTICHOKE

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.

"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.

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.

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.

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.

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.

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

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

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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TU ALIADO EN LA COCINA