

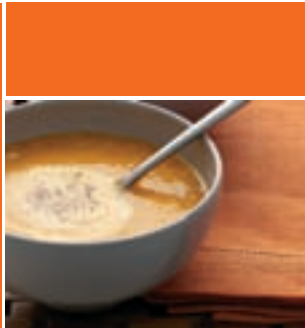
A photograph of a white ceramic bowl filled with a stir-fried dish, likely rice with shrimp, bean sprouts, and green onions. The bowl is placed on a light-colored wooden surface. In the background, another similar bowl is partially visible, and a pair of wooden chopsticks lies on a light-colored napkin in the foreground. An orange banner is overlaid on the top portion of the image, containing the title text.

RECIPE COOKBOOK FOR STEAM COOKING



SENSING THE DIFFERENCE

STEAMING, AN OPTIMAL COOKING METHOD TO PRESERVE THE VITAMINS AND MINERALS OF THE FOOD, AS WELL AS FLAVOURS, HELPING, TO PREPARE TASTY DISHES IN A VERY SIMPLE WAY!



STEAM IS USED EVERY DAY BY MORE AND MORE PEOPLE FOR FOOD PREPARATION AS IT IS CONSIDERED ONE OF THE HEALTHIEST METHODS OF COOKING. SUITABLE FOR MOST FOODS AND A SURPRISING VARIETY OF RECIPES, STEAMING GOES FROM COOKING

VEGETABLES TO DIFFERENT FOODS LIKE FISH, MEAT AND FRUITS! STEAMING IS A MOIST COOKING METHOD, USING THE NATURAL CONVECTION OF HEAT THAT IS TRAVELING IN AIR, STEAM OR LIQUID. THIS GIVES TENDER RESULTS BECAUSE FOODS ARE NOT EXPOSED TO INTENSE, DRY HEAT AS WITH OTHER COOKING METHODS. AS A RESULT STEAMING RETAINS THE VITAMINS, NUTRIENTS, SHAPE AND TEXTURE MUCH BETTER THAN OTHER METHODS OF PREPARATION.

MOREOVER, THE FOOD RETAINS ITS TEXTURE SIMPLY BECAUSE HEAT GENERATED FROM THE STEAM SLOWLY DIFFUSES THROUGH THE INGREDIENTS TO CREATE A UNIFORM HEATING ENVIRONMENT.

UNLIKE OTHER COOKING METHODS STEAM DOES NOT 'ROUGHEN UP' THE CELLULAR STRUCTURE OF THE FOOD TISSUES OR THEIR AROMATIC COMPOSITIONS. THE INDIVIDUAL FLAVOURS OF THE DISHES UNFOLD BETTER SO SALT AND SPICES CAN BE ADDED SPARINGLY.

THE STEAMER ACCESSORY IS DESIGNED TO PERFORM STEAMING IN THE MICROWAVE IN THE MOST OPTIMAL WAY. THE WATER IN THE BOTTOM PART OF THE STEAMER HEATS UP AND STEAMS THE FOOD PLACED IN THE INSERT.

STEAM PRODUCED FROM THE HEAT OF THE LIQUID BUILDS UP INSIDE THE STEAMER, COOKING FOOD IN A VERY MOIST ATMOSPHERE PRESERVING THE VITAMINS AND MINERALS OF THE FOOD, AS WELL AS FLAVOURS, HELPING TO PREPARE TASTY DISHES IN A VERY SIMPLE WAY!

ENJOY YOUR STEAMED DISHES PREPARED WITH YOUR WHIRLPOOL MICROWAVE!

INDEX

VEGETABLES

| | |
|--|-------|
| CREAM OF PUMPKIN SOUP WITH COUS-COUS | PAG 3 |
| SWEET AND SOUR VEGETABLES WITH SOYA SAUCE AND GINGER | PAG 3 |

FROZEN VEGETABLES

| | |
|--|-------|
| PEA AND AVOCADO SALAD WITH LOW-FAT YOGHURT | PAG 3 |
| ARTICHOKE HEARTS WITH CHEESE SAUCE | PAG 4 |

POTATOES AND ROOT VEGETABLES

| | |
|-------------------------------------|-------|
| WARM POTATO AND GOATS' CHEESE SALAD | PAG 4 |
|-------------------------------------|-------|

RICE

| | |
|--|-------|
| BASMATI RICE WITH CHICKEN AND SOYA SAUCE | PAG 4 |
| PILAF RICE WITH VEGETABLES AND PRAWNS | PAG 5 |

PASTA

| | |
|---|-------|
| TAGLIOLINI WITH ARAME SEAWEED AND FILLETS OF SOLE | PAG 5 |
| FRESH TAGLIATELLE WITH MUSHROOMS AND BEAN SPROUTS | PAG 5 |

FILLETS OF FISH

| | |
|---|-------|
| FILLETS OF PLAICE WITH LEMON AND CAPERS | PAG 6 |
| SALMON MARINATED WITH DILL | PAG 6 |

CHICKEN

| | |
|---------------------------|-------|
| SOUSED BREAST OF CAPON | PAG 6 |
| CHICKEN BITES WITH ALMOND | PAG 7 |

FRUIT

| | |
|--------------------------------------|-------|
| AMARETTI AND HAZELNUT-STUFFED APPLES | PAG 7 |
| CINNAMON FLAVOURED PEARS | PAG 7 |

CREAM OF PUMPKIN SOUP WITH COUS-COUS

SERVES 2
INGREDIENTS

250G PUMPKIN, PREPARED WEIGHT
30G COUS-COUS
15G (3 TBSPN) SLICED LEEK
300ML VEGETABLE STOCK
30ML (2 TBSPN) CREAM
SALT AND PEPPER

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 1169 | 585 | 187 |
| Kcal | 278 | 139 | 45 |
| Protein (g) | 8,5 | 4,3 | 1,4 |
| Fat (g) | 12,7 | 6,4 | 2,1 |
| Carbohydrate (g) | 34,7 | 17,4 | 5,6 |
| Fibre (g) | 2,3 | 1,2 | 0,4 |

PEEL AND DICE THE PUMPKIN, ADD THE LEEK AND COOK IN THE STEAMER USING THE STEAM PROGRAM FOR 500G OF VEGETABLES WITH 100 ML OF VEGETABLE STOCK. REMOVE THE PUMPKIN FROM THE OVEN, ADD THE REMAINING VEGETABLE STOCK, THE COOKING JUICE AND THE CREAM, THEN BLEND THOROUGHLY. SEASON WITH SALT AND PEPPER, POUR THE CREAMED SOUP INTO THE BOTTOM OF THE STEAMER, ADD THE COUSCIOUS AND COOK ON JET POWER FOR 3 MINUTES. COMPLETE THE DISH WITH A DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

COOKING: PROGRAM 2. TIME: 8 MINUTES + 3 MINUTES ON JET POWER



SWEET AND SOUR VEGETABLES WITH SOYA SAUCE AND GINGER

SERVES 2
INGREDIENTS

250G MIXED VEGETABLES, PREPARED WEIGHT
(CAULIFLOWER, COURGETTES, FENNEL, PEPPERS)
5ML (1 TEASP) MILD MUSTARD
15 ML (1 TBSPN) WHITE VINEGAR
15ML (1 TBSPN) EXTRA VIRGIN OLIVE OIL
10ML (2 TEASP) SOYA SAUCE
FRESH GINGER, AROUND 3G (1/2 - 1 TEASP
CHOPPED)
8G (3/4 TBSPN) SUGAR
10ML (2 TEASP) WATER
SALT AND PEPPER

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 887 | 444 | 297 |
| Kcal | 211 | 106 | 70 |
| Protein (g) | 5,3 | 2,7 | 1,8 |
| Fat (g) | 14,4 | 7,2 | 4,8 |
| Carbohydrate (g) | 15,3 | 7,7 | 5,1 |
| Fibre (g) | 5,1 | 2,6 | 1,7 |

WASH AND CHOP THE VEGETABLES INTO EVEN SIZED PIECES AND COOK THEM IN THE STEAMER USING THE STEAM PROGRAM FOR 250G OF VEGETABLES WITH 100ML WATER IN THE BOTTOM. MAKE THE MARINADE BY BRINGING TO THE BOIL THE SUGAR, WHITE VINEGAR AND WATER. REMOVE FROM THE HEAT AND ADD THE MUSTARD, EXTRA VIRGIN OLIVE OIL, SALT AND PEPPER, SOYA SAUCE AND FINELY CHOPPED GINGER. POUR THE MARINADE OVER THE VEGETABLES YOU HAVE JUST REMOVED FROM THE OVEN, COVER AND ALLOW TO REST SO THAT THEY SOAK UP ALL THE FLAVOURS. IF YOU LIKE, GARNISH WITH SOME FRESH CHOPPED PARSLEY.

COOKING: PROGRAM 2. TIME: 5 MINUTES 15 SECONDS



PEA AND AVOCADO SALAD WITH LOW-FAT YOGHURT

SERVES 2
INGREDIENTS

150G FROZEN PEAS
1 RIPE AVOCADO
80 ML CREAMY YOGHURT
JUICE OF 1/2 LEMON
SALT
WHITE PEPPER

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 2125 | 1063 | 560 |
| Kcal | 507 | 254 | 134 |
| Protein (g) | 18,1 | 9,1 | 4,7 |
| Fat (g) | 38,1 | 19,1 | 10,1 |
| Carbohydrate (g) | 25,4 | 12,7 | 6,7 |
| Fibre (g) | 5,1 | 2,5 | 1,3 |

COOK THE PEAS IN THE STEAMER USING THE STEAM PROGRAM FOR 150G OF FROZEN VEGETABLES WITH 100ML OF WATER. PEEL AND DICE THE AVOCADO. SEASON THE AVOCADO WITH A LITTLE SALT, PEPPER AND LEMON JUICE. MEANWHILE ALLOW THE PEAS TO COOL OFF A LITTLE, THEN ADD THEM TO THE YOGHURT. ARRANGE THE PEAS ON A SERVING PLATE WITH THE AVOCADO ON TOP. IF YOU LIKE, ADD A DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

COOKING: PROGRAM 3. TIME: 5 MINUTES



ARTICHOKE HEARTS WITH CHEESE SAUCE

SERVES 2

INGREDIENTS

300G FROZEN ARTICHOKE HEARTS

130G FONTINA CHEESE

80ML MILK

WHITE PEPPER

SALT

COOK THE ARTICHOKE HEARTS IN THE STEAMER WITH THE STEAM PROGRAM FOR 300G OF FROZEN VEGETABLES WITH 100 ML OF WATER.

MELT THE DICED CHEESE IN THE MILK IN A BAIN MARIE. WHEN READY, POUR A PUDDLE OF CHEESE SAUCE ONTO A SERVING PLATE AND ARRANGE THE ARTICHOKE HEARTS ON TOP.

COOKING: PROGRAM 3. TIME: 7 MINUTES

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 2354 | 1177 | 460 |
| Kcal | 262 | 281 | 110 |
| Protein (g) | 41,8 | 20,9 | 8,2 |
| Fat (g) | 38,3 | 19,2 | 7,5 |
| Carbohydrate (g) | 22,2 | 11,1 | 4,3 |
| Fibre (g) | 32,4 | 16,2 | 6,3 |



WARM POTATO AND GOATS' CHEESE SALAD

SERVES 2

INGREDIENTS

300G POTATOES, PREPARED WEIGHT

120G FRESH GOATS' CHEESE

40G ROCKET

6-8 CHERRY TOMATOES

30ML (2 TBSPN) EXTRA VIRGIN OLIVE OIL

15ML (1 TBSPN) BALSAMIC VINEGAR

5ML (1 TEASP) MILD MUSTARD

FRESH BASIL

SALT AND PEPPER

WASH AND PEEL THE POTATOES, CUT INTO EVEN SIZED PIECES AND COOK IN THE STEAMER USING THE STEAM PROGRAM FOR 300G OF POTATOES/ROOT VEGETABLES WITH 100ML OF WATER IN THE BOTTOM.

PREPARE THE VINAIGRETTE (DRESSING) WITH THE SALT, PEPPER, MUSTARD AND BALSAMIC VINEGAR. ADD THE OLIVE OIL IN A SLOW, STEADY STREAM WHILE WHISKING VIGOROUSLY. LAST OF ALL ADD THE CHOPPED FRESH BASIL.

ARRANGE THE ROCKET, PIECES OF GOATS' CHEESE AND LASTLY THE WARM POTATOES ON A SERVING PLATE. GARNISH WITH THE CHERRY TOMATOES AND DRESS WITH THE VINAIGRETTE.

COOKING: PROGRAM 1. TIME: 7 MINUTES 15 SECONDS

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 3684 | 1842 | 530 |
| Kcal | 883 | 442 | 255 |
| Protein (g) | 31,5 | 15,8 | 4,5 |
| Fat (g) | 56,8 | 28,4 | 8,2 |
| Carbohydrate (g) | 62,6 | 31,3 | 9,1 |
| Fibre (g) | 9,4 | 4,7 | 1,4 |



BASMATI RICE WITH CHICKEN AND SOYA SAUCE

SERVES 2

INGREDIENTS

140G BASMATI RICE

70G CHICKEN BREAST

270ML VEGETABLE STOCK

30 ML (2 TBSPN) CHOPPED LEEK,

AROUND 10G

SALT AND PEPPER

SOYA SAUCE

CUT THE CHICKEN INTO FINE STRIPS.

PLACE THE CHICKEN, RICE, CHOPPED LEEK AND VEGETABLE STOCK IN THE BOTTOM OF THE STEAMER.

COVER AND COOK FOR 3 – 3½ MINUTES ON JET POWER. THEN REDUCE THE POWER TO 160W AND CONTINUE THE COOKING FOR 9 – 10 MINUTES UNTIL THE STOCK IS ABSORBED.

ONCE COOKED, LEAVE THE RICE TO REST FOR TWO MINUTES WITH THE LID ON.

SEASON WITH SALT AND PEPPER AND FINISH WITH SOYA SAUCE TO TASTE.

COOKING: 3 – 3½ MINUTES ON 750W + 9 – 10 MINUTES ON 160W

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|-------|-----------|--------|
| KJ | 2560 | 1280 | 492 |
| Kcal | 612 | 306 | 118 |
| Protein (g) | 29,8 | 14,9 | 5,7 |
| Fat (g) | 2,6 | 1,3 | 0,5 |
| Carbohydrate (g) | 115,7 | 57,9 | 22,3 |
| Fibre (g) | 2,4 | 1,2 | 0,5 |



PILAF RICE WITH VEGETABLES AND PRAWNS

SERVES 2

INGREDIENTS

140G PARBOILED RICE
30G COURGETTES
30G PEPPER, 30G PEAS
10G LEEK, 30G FRENCH BEANS
60G SHELLED PRAWNS
260ML VEGETABLE STOCK
15ML (1 TBSPN) EXTRA VIRGIN OLIVE OIL
SALT AND PEPPER

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|-------|-----------|--------|
| KJ | 2846 | 1423 | 719 |
| Kcal | 681 | 341 | 172 |
| Protein (g) | 22,2 | 11,1 | 5,6 |
| Fat (g) | 15,2 | 7,6 | 3,8 |
| Carbohydrate (g) | 121,7 | 60,9 | 30,7 |
| Fibre (g) | 5,4 | 2,7 | 1,4 |

DICE THE PEPPER, COURGETTES AND FRENCH BEANS. FINELY CHOP THE LEEK. PLACE THE VEGETABLES, RICE, PRAWNS AND STOCK IN THE BOTTOM OF THE STEAMER. COVER AND COOK FOR 3½ - 4 MINUTES ON JET POWER. THEN REDUCE THE POWER TO 160W AND CONTINUE THE COOKING FOR 16 - 18 MINUTES. ONCE COOKED, LEAVE THE RICE TO REST FOR TWO MINUTES WITH THE LID ON. SEASON WITH SALT AND PEPPER AND FINISH WITH A DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

COOKING: 3½ - 4 MINUTES ON JET POWER + 16 - 18 MINUTES ON 160W



TAGLIOLINI WITH ARAME SEAWEED AND FILLETS OF SOLE

SERVES 2

INGREDIENTS

100G FRESH TAGLIOLINI PASTA
60G FILLETS OF SOLE
4G ARAME SEAWEED
SALT AND PEPPER
10ML (2 TEASP) EXTRA VIRGIN OLIVE OIL
160ML VEGETABLE STOCK

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 1756 | 878 | 526 |
| Kcal | 416 | 208 | 125 |
| Protein (g) | 21,3 | 10,7 | 6,4 |
| Fat (g) | 10,8 | 5,4 | 3,2 |
| Carbohydrate (g) | 59,1 | 29,6 | 17,7 |
| Fibre (g) | 3,2 | 1,6 | 1,1 |

CUT THE FILLETS OF SOLE INTO THIN STRIPS. SOAK THE SEAWEED FOR 15 MINUTES. HEAT THE STOCK FOR APPROX. 1½ MINUTE ON JET POWER. PLACE THE TAGLIOLINI IN THE BOTTOM OF THE STEAMER WITH THE DRAINED SEAWEED, OIL AND SOLE FILLETS AND POUR OVER THE STOCK. COVER AND COOK FOR 2 - 2½ MINUTES ON JET POWER. ONCE THE PASTA IS COOKED, MIX AND LEAVE TO REST WITH THE LID ON FOR ONE MINUTE. GARNISH IF DESIRED WITH FRESH PARSLEY.

COOKING: 2 - 2½ MINUTES ON JET POWER



FRESH TAGLIATELLE WITH MUSHROOMS AND BEAN SPROUTS

SERVES 2

INGREDIENTS

100 FRESH TAGLIATELLE
100G BUTTON MUSHROOMS
10G WATERCRESS
30G BEAN SPROUTS
10ML (2 TEASP) EXTRA VIRGIN OLIVE OIL
160ML VEGETABLE STOCK

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 1691 | 846 | 423 |
| Kcal | 401 | 201 | 101 |
| Protein (g) | 16,8 | 8,4 | 4,2 |
| Fat (g) | 10,6 | 5,3 | 2,7 |
| Carbohydrate (g) | 60,2 | 30,1 | 15,1 |
| Fibre (g) | 5,5 | 2,3 | 1,1 |

SLICE THE MUSHROOMS AND SAUTÉ THEM WITH A LITTLE OLIVE OIL IN A NON-STICK PAN.

HEAT THE STOCK IN THE MICROWAVE FOR APPROX. 1½ MINUTE ON JET POWER. PLACE THE FRESH TAGLIATELLE IN THE BOTTOM OF THE STEAMER WITH THE MUSHROOMS, BEAN SPROUTS, OIL AND POUR OVER THE STOCK. COVER WITH THE LID AND COOK FOR 3 - 3½ MINUTES ON JET POWER. ONCE THE PASTA IS COOKED, MIX AND LEAVE TO REST WITH THE LID ON FOR TWO MINUTES, THEN SEASON WITH SALT. ARRANGE THE PASTA IN TWO PLATES AND GARNISH WITH SOME WATERCRESS.

COOKING: 3 - 3½ MINUTES ON JET POWER



FILLETS OF PLAICE WITH LEMON AND CAPERS

SERVES 2

INGREDIENTS

300G FILLETS OF PLAICE
 JUICE OF ½ LEMON
 50ML FISH STOCK
 50ML WHITE WINE
 25G CAPERS
 1 WHOLE LEMON
 FRESH CHOPPED PARSLEY
 EXTRA VIRGIN OLIVE OIL
 WORCESTERSHIRE SAUCE
 SALT AND PEPPER

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 1593 | 797 | 468 |
| Kcal | 377 | 189 | 111 |
| Protein (g) | 51,7 | 25,9 | 15,1 |
| Fat (g) | 18,5 | 9,3 | 5,6 |
| Carbohydrate (g) | 2,5 | 1,3 | 0,8 |
| Fibre (g) | - | - | - |

ROLL UP THE FILLETS OF FISH AND ARRANGE THEM ON THE BOTTOM OF THE DISH. THEN SEASON WITH SALT AND PEPPER.

ADD THE FISH STOCK AND WHITE WINE AND COOK THE FISH USING THE STEAM PROGRAM FOR 250G OF FILLETS OF FISH.

MEANWHILE, PREPARE THE SAUCE WITH THE LEMON JUICE, THE DICED LEMON WEDGES WITHOUT THE PITH, THE CAPERS, OIL, CHOPPED PARSLEY AND WORCESTERSHIRE SAUCE.

ONCE COOKED, REMOVE THE FILLETS FROM THE STEAMER AND ARRANGE THEM ON A SERVING PLATE. COVER THE FILLETS WITH THE LEMON AND CAPER SAUCE.

COOKING: PROGRAM 4. TIME: 5 MINUTES



SALMON MARINATED WITH DILL

SERVES 2

INGREDIENTS

2 SALMON STEAKS, 130-140G EACH
 (2 CM THICK WITHOUT SKIN)
 JUICE OF 1 LEMON
 50ML EXTRA VIRGIN OLIVE OIL
 DILL
 CHIVES
 FRESH THYME, PINK PEPPER
 SALT AND PEPPER
 LETTUCE OR LAMB'S LETTUCE (30G)

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 3883 | 1942 | 1079 |
| Kcal | 930 | 465 | 258 |
| Protein (g) | 51,5 | 27,8 | 14,3 |
| Fat (g) | 79,6 | 39,8 | 22,1 |
| Carbohydrate (g) | 0,7 | 0,4 | 0,2 |
| Fibre (g) | 0,5 | 0,3 | 0,1 |

SEASON THE SALMON WITH SALT AND PEPPER AND COOK IT IN THE STEAMER USING THE STEAM PROGRAM FOR 250G OF FILLETS OF FISH WITH 150ML WATER.

PREPARE THE MARINADE WITH THE CHOPPED HERBS, PINK PEPPER, LEMON JUICE AND OLIVE OIL. ONCE COOKED, COVER THE SALMON IN THE MARINADE AND ALLOW IT TO COOL.

ARRANGE THE SALAD ON A SERVING PLATE AND CUT THE SALMON INTO SLICES. THE FISH SHOULD BE PINK INSIDE. IF YOU LIKE, FINISH WITH A DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

COOKING: PROGRAM 4. TIME: 5 MINUTES



SOUSED BREAST OF CAPON

SERVES 2

INGREDIENTS

300G BREAST OF CAPON
 30ML (2 TBSPN) WHITE VINEGAR
 60ML (4 TBSPN) WATER
 30ML (2 TBSPN) WHITE WINE
 15G (APPROX. 45ML) WHITE CELERY
 15G (APPROX. 30ML) CARROTS
 15G (APPROX. 45ML) LEEK
 15G (APPROX. 45ML) ONION
 BAY LEAVES
 PEPPER CORNS, SALT

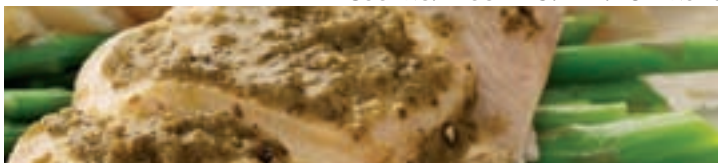
| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 2509 | 1255 | 558 |
| Kcal | 598 | 299 | 133 |
| Protein (g) | 63,8 | 31,9 | 14,2 |
| Fat (g) | 37,1 | 18,5 | 8,2 |
| Carbohydrate (g) | 3,2 | 1,6 | 0,7 |
| Fibre (g) | 1,4 | 0,7 | 0,3 |

CUT THE VEGETABLES INTO FINE STRIPS (JULIENNE) AND PLACE THEM IN THE BOTTOM OF THE STEAMER WITH THE WATER, WHITE WINE, VINEGAR, BAY LEAVES AND PEPPERCORNS.

COOK THE CAPON BREAST ON THE STEAM GRID USING THE STEAM PROGRAM FOR 350G OF CHICKEN.

ONCE COOKED, REMOVE THE CAPON BREAST FROM THE STEAMER AND CUT IT INTO FINE SLICES. POUR THE HOT MARINADE OVER THE CAPON AND LET IT REST FOR TWO HOURS. SERVE THE CAPON BREAST ACCOMPANIED BY THE VEGETABLES FROM THE MARINADE.

COOKING: PROGRAM 5. TIME: 13 MINUTES



CHICKEN BITES WITH ALMOND

SERVES 2

INGREDIENTS

250G CHICKEN BREAST
30G ALMOND SLIVERS
100ML VEGETABLE STOCK
50ML FRESH CREAM
½ TBSPN MILD MUSTARD
4G (1 TEASP) FLOUR
SALT AND PEPPER

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 2616 | 1308 | 592 |
| Kcal | 626 | 313 | 142 |
| Protein (g) | 67,3 | 33,7 | 15,3 |
| Fat (g) | 36,7 | 18,4 | 8,3 |
| Carbohydrate (g) | 7,1 | 3,5 | 1,6 |
| Fibre (g) | 4,3 | 2,2 | 1,1 |

CUT THE CHICKEN INTO BITE-SIZED PIECES AND SEASON WITH SALT AND PEPPER. COOK THE CHICKEN USING THE STEAM PROGRAM FOR 250G OF CHICKEN WITH 100 ML OF VEGETABLE STOCK.

ONCE COOKED, REMOVE THE CHICKEN FROM THE STEAMER AND ARRANGE IT ON A SERVING PLATE.

ADD THE CREAM, MUSTARD, FLOUR AND ALMONDS TO THE STEAMER AND COOK FOR 1 –2 MINUTES ON JET POWER.

ONCE THE SAUCE IS COOKED AND OF THE RIGHT CONSISTENCY, SPOON IT OVER THE CHICKEN.

COOKING: PROGRAM 5. TIME: 11 MIN 30 SEC + 1 – 2 MINUTES ON JET POWER



AMARETTI AND HAZELNUT-STUFFED APPLES

SERVES 2

INGREDIENTS

2 SMALL APPLES, PREPARED WEIGHT
APPROX. 300G
30G AMARETTI BISCUITS
10 + 15G (1½ + 2½ TEASP) SUGAR
5G (1 TEASP) COCOA POWDER
15G ALMOND SLIVERS
1 EGG YOLK
LIQUEUR (AMARETTO DI SARONNO OR
GRAND MARNIER)
RIND OF ½ ORANGE
RIND OF ½ LEMON

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 2346 | 1173 | 598 |
| Kcal | 560 | 280 | 143 |
| Protein (g) | 11,3 | 5,7 | 2,9 |
| Fat (g) | 21,1 | 10,6 | 5,4 |
| Carbohydrate (g) | 85,4 | 42,7 | 21,8 |
| Fibre (g) | 7,9 | 4,1 | 2,1 |

HALVE THE APPLES AND SCOOP OUT THE INSIDE.

CRUMBLE THE AMARETTI BISCUITS, ADD THE SUGAR (10G), LIQUEUR, COCOA POWDER, EGG AND ALMOND SLIVERS.

STUFF THE APPLES WITH THIS MIXTURE AND SPRINKLE THE REMAINING SUGAR ON TOP (15G).

COOK THE APPLES USING THE STEAM PROGRAMME FOR 400G OF FRUIT WITH 100 ML OF WATER CONTAINING THE ORANGE AND LEMON RINDS.

ONCE COOKED, LEAVE THE APPLES IN THE STEAMER WITH THE LID ON FOR AROUND 5 MINUTES.

COOKING: PROGRAM 6. TIME: 6 MINUTES 20 SECONDS



CINNAMON FLAVOURED PEARS

SERVES 2

INGREDIENTS

6 SMALL PEARS, 450-500G
PREPARED WEIGHT
40G (50ML) SUGAR
½ CINNAMON STICK
300ML RED WINE
LEMON RIND

| Nutritional value | Tot. | x portion | x 100g |
|-------------------|------|-----------|--------|
| KJ | 1391 | 696 | 258 |
| Kcal | 332 | 166 | 62 |
| Protein (g) | 1,5 | 0,8 | 0,3 |
| Fat (g) | 0,5 | 0,3 | 0,1 |
| Carbohydrate (g) | 85,8 | 42,9 | 15,9 |
| Fibre (g) | 14,5 | 7,3 | 2,7 |

PEEL THE PEARS AND USE A SHARP KNIFE OR CORER TO REMOVE THE HARD BOTTOM PART. ARRANGE THE PEARS ON THE BOTTOM OF THE STEAMER WITH THE SUGAR, CINNAMON, RED WINE AND LEMON RIND.

COVER AND COOK USING THE STEAM PROGRAM FOR 450G OF FRUIT.

ALLOW THE PEARS TO COOL DOWN IN THE STEAMER WITH THE LID ON.

IF YOU LIKE, REDUCE DOWN THE REMAINING RED WINE TO MAKE A THICKER SAUCE, WHICH CAN BE SERVED WITH THE PEARS.

COOKING: PROGRAM 6. TIME: 7 MINUTES





SENSING THE DIFFERENCE