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COOKING FOR PLEASURE WITH MIELE

the
tepan
cook book



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Miele



Dear Reader

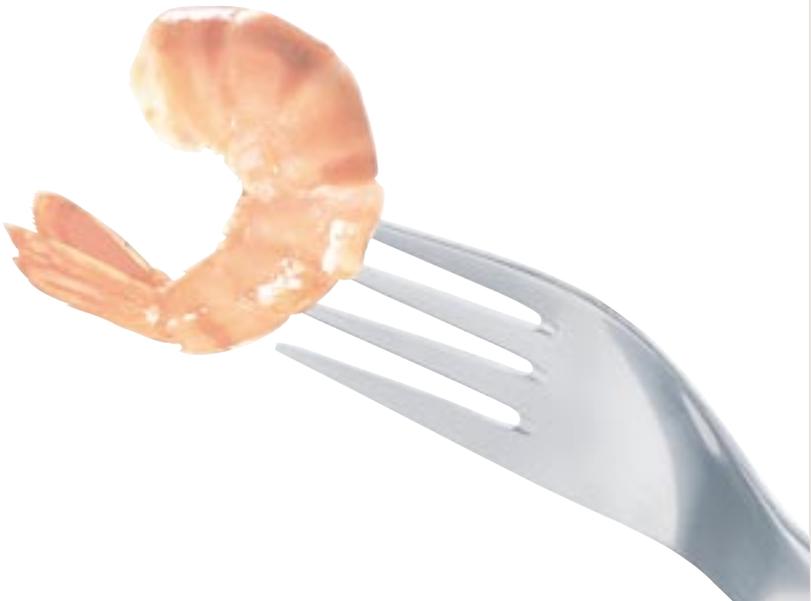
Mealtimes are when families are most often together. Food is nearly always the focus when friends gather, be it for a casual evening or a more formal celebration. And whenever people meet to enjoy a meal, cooking takes a central role.

In the Miele Test Kitchen, we are in the privileged position of being able to practise professionally the hobby we share with many thousands of people across the world – cookery. We get the chance to experiment with both traditional and more exotic ingredients every day. Even after many years of experience, we never cease to be amazed by the new flavours and tastes we can create using our Miele appliances.

Discovering something new is always a great experience, especially in the kitchen, and Miele has spent decades working to enhance the culinary experience. If you have a passion for cooking, you cannot fail to discover your inner artiste when you use Miele appliances. The following pages include some particularly delicious recipes that we hope you will enjoy making too.

If you have any questions, comments or requests, please give us a call using the phone number on the back page.

Happy cooking!
Your Miele Home Economists



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Tepan – an alternative way to cook

Cooking with the Tepan uses a method that is much prized in Japanese cuisine. Tepanyaki restaurants in Japan, America and, increasingly, in European cities have a band of loyal customers. Fresh ingredients such as fish, meat and vegetables are cooked right in front of the diners on a hot stainless steel surface, making the meal a delight for all the senses. This enjoyable experience can be recreated at home with a Miele Tepan appliance.

The Tepan, as used in restaurants and also in some homes already, dates from the 18th century. Japanese immigrants in America missed the type of cooking they were used to from home. Their nostalgia gave rise to the Tepan, a heatable stainless steel surface that allowed them to prepare food in the traditional Japanese way. The word “Tepan” comes from the Japanese word for “hot table”.

Thanks to its great versatility, a wide variety of dishes from around the world can be made on the Tepan, but most of all, it is perfect for preparing the increasingly popular Asian cuisine.

Great versatility

The great thing about cooking on a hot stainless steel surface is the versatility that this offers.

Tepan appliances are ideal for:

- Frying (fish, meat, pancakes etc)
- Grilling (fish, meat etc)
- Braising (steak, chicken etc)
- Sweating (fruit, vegetables)
- Flambéing* (fruit, meat)
- Keeping food warm

All these processes take place in direct contact with the high quality stainless steel plate, using no pots or pans. Food is cooked in its own juices or with a little additional water, oil or fat, depending on the recipe.

***Note:**

Never flambé beneath an extractor hood as the hood could catch fire.

Professional cooking

Cooking with a Tepan produces professional results. Its great versatility means that you can cook almost any type of food on it. It is particularly suitable for cooking in a healthy way, as food is cooked in its own juices with the addition of only a little water or fat. Direct contact with the hot plate means that the heat is transferred directly to the food. No energy is wasted heating up a pot or pan, making cooking times very short. Not a single recipe in this book takes longer than 18 minutes. Short cooking times mean that food remains succulent, and fish, meat and vegetables retain their consistency and colour. If you are looking for **healthy food** and **pure flavours**, you will find the Tepan the ideal sous-chef.

Cooking with the Tepan

The temperature of the round Tepan plate is hottest at the centre, and reduces as it moves out towards the edge. The inner heating area has a diameter of around 400 mm and is heated according to the power level set. This is where the food is actively cooked. The outer area of the plate does not heat up as much as the inner area, so food that has already been cooked can be kept warm until it is needed. This facility for keeping food warm means that several items can be ready for serving at the same time. You can concentrate on the side dishes, while the meat that has already been cooked is being kept up to temperature at the side of the Tepan. Even large quantities of food can be kept warm without having to be reheated before serving.

Using the Tepan

Thanks to professional cooking technology, the Tepan is extremely versatile. There are 12 freely adjustable power levels. The following table shows which power level is most suited to which food and cooking method:

Cooking method	Power level
Keeping cooked food warm	1-2
Gently cooking fruit e.g. sliced apples, peaches, bananas etc.	2-4
Cooking vegetables e.g. leeks, mushrooms, peppers, onions etc.	5-7
Gently frying fish, meat, sausages, escalopes etc.	7-9
Flash frying of a succession of pieces of meat, fish, eggs, pancakes etc.	9-11
Frying steaks, hash browns, marinated pieces of meat such as kebabs etc.	11-12

The above information is for guidance only. Cooking times will depend on the type, consistency and thickness of the food being cooked.

Tips on using the Tepan

The Tepan should always be **pre-heated** for 10–15 minutes at the required power level. A control light will indicate when the Tepan has reached the correct temperature. If the stainless steel plate is not pre-heated it will not be sufficiently hot and the food will release too much of its juices, meaning that vegetables will lose flavour, meat will be tough and fish will dry out.

Marinating food makes it particularly flavoursome and tender. The oil prevents meat and fish from drying out and protects it on the hot plate. Part of the marinade can be poured over the meat to make a sauce. There is no need for additional fat.

It is advisable to **oil the stainless steel plate lightly** before cooking lean or un-marinated foods. Pour around one tablespoonful of oil onto the plate and spread it over the surface with a heat resistant silicone brush. Please ensure that the fat or oil is suitable for heating to a high temperature. Vegetable oils and fats and lard are suitable thanks to their low water content. Butter, margarine and olive oil are not suited to high temperatures.

When frying at a high power level, always dry foods with kitchen paper beforehand. This will prevent them from spitting when placed on the Tepan and causing burns.

Salt, which draws the moisture out of food, should only be added to meat **once it has been cooked**. This will ensure that meat remains succulent and tender. Fish, on the other hand, should only be salted just before it is cooked.

The **stainless steel plate** becomes very hot. Never use cooking implements that have a coating, not even heat-resistant, coated grilling implements. The best tools to use are stainless steel ones with **no sharp edges or prongs** that could scratch the surface. Meat forks could scratch and are not suitable.

Cleaning and care

Before use, the cooking surface should be wiped with a damp cloth to remove any particles of dust etc. For simple, effective cleaning after use we recommend the following:

- After cooking, remove large particles of food carefully with a stainless steel fish slice or spatula. To avoid scratching the surface, it is important to work in the direction of the grain on the stainless steel plate. Any liquid can be mopped up using kitchen paper or a cloth.
- Allow the stainless steel plate to cool right down.
- To soften any food residues, use a solution of warm water and washing-up liquid on the plate during the cooling down phase.
- After softening, remove soiling with a stainless steel fish slice or spatula. Finally, wipe clean with a damp cloth.

- After cleaning, any remaining smears can be removed using a few drops of stainless steel cleaner on a clean, damp cloth or sponge. Many of the stainless steel cleaners available contain abrasive substances. It is therefore important to work in the direction of the grain of the stainless steel.
- Remove any residual stainless steel cleaner with plenty of water and a soft cloth.

The Tepan is a highly versatile cooking appliance, and a high level of use will inevitably leave its mark on the stainless steel surface. As well as heat marks, there may be scratches arising from the use of cooking implements.

These are the typical “scars” that you would find on any professional piece of cooking equipment and are quite normal.

To keep your Tepan looking good, it should be polished after cleaning. This can be done with a few drops of vegetable oil. The oil must be wiped off with a clean cloth before it is used again, to prevent it burning when the Tepan is heated up.

Preparing food

As with traditional cooking, all ingredients have to be prepared for cooking on the Tepan. But once that's done, your task is almost over and you can look forward to a delicious gourmet meal without any inconvenient interruptions.

Please note the following tips on preparation:

Meat

Meat that cooks quickly is the most suitable, e.g. steak, escalopes, medallions or strips of beef, pork, veal, lamb, game or poultry.

These can be marinated in, for example, oil and herbs, so no additional fat will be needed for cooking. Always remember to add salt after cooking, not before.

Fish

There are three stages to preparing fish:

1. Clean

Depending on the type of fish, descale, gut and skin the fish. Wash it under running water but don't leave it to sit in water or it will lose its goodness.

2. Drizzle

Drizzle the fish with lemon juice or vinegar and leave to stand briefly. This will firm up the structure of the flesh and enhance the flavour.

3. Salt

Salt the fish shortly before cooking. Salting it too soon will draw the water out of the fish and make it tough.

Fish can be fried or gently cooked on the Tepan. Fish is very delicate in texture and the best types to use are those with firm flesh such as monkfish, salmon, pikeperch etc. Other fish such as trout and sole can also be used if carefully handled.

Vegetables

Preparing different types of vegetable: Wash, clean and cut the vegetables, according to type, into slices, rings, batons, strips or cubes. The thinner the pieces, the shorter the cooking time.

Aubergines – wash, dry with kitchen paper, remove the stalk end, cut into 1 cm thick slices and drizzle with lemon juice.

Chinese cabbage – shred and wash.

Spring onions – wash, trim and cut into thin rings.

Carrots – clean, wash and slice thinly.

Mushrooms – do not wash, just brush off any soil, and chop if required.

Leeks – cut lengthways, wash under running water and slice into thin rings.

Courgettes – wash, trim and slice thinly.

Onions – peel and dice or slice.

Side dishes

Noodles – pre-cook in plenty of water until al dente, then drain well. They can be fried or reheated on the Tepan surface.

Rice – must be pre-cooked.

Fruit

Clean or peel the fruit and chop as desired. Drizzling with lemon juice will prevent apples, pears, bananas etc from turning brown. Fruit can be fried, reheated or flambéed on the Tepan plate.

Starters



TAKING IT EASY

Anticipation is one of life's pleasures, and this is certainly true when it comes to a delicious meal. A small but refined starter awakens the senses and whets one's appetite for the main course. If you find these epicurean appetisers so good that you simply must have more, then you can make a larger quantity and serve them in place of the main course. However you choose to serve them, we wish you "bon appetit"!

Bruschetta

Serves 4

Ingredients:

- 1 baguette (250 g)
- 1 beef tomato
- 1 small red pepper
- 2 tbsp olive oil
- 2 cloves of garlic
- 2 tbsp herbes de Provence
- Salt
- Pepper

Method:

1. Cut the baguette diagonally into 2 cm thick slices. Dice the tomato and red pepper, and crush the garlic.
2. Purée the tomato, red pepper and garlic with the olive oil, herbs and seasoning.
3. Spread the mixture onto the bread slices with a spoon, place the slices on the pre-heated Tepan and grill until they are lightly browned underneath.

Power level: 7–9

Cooking time: 3–4 minutes

Tip



Rub the bread with garlic and drizzle with olive oil. Mix herbes de Provence with 2 tbsp of olive oil, season and spread over the bread.

Sweetcorn pancakes

Serves 4

Ingredients:

- 2 eggs
- 2 tbsp flour
- 1 tin of sweetcorn (300 g)
- Salt
- Pepper
- Curry powder
- Chopped chives
- Clarified butter

Method:

1. Mix the eggs with the flour, seasoning and curry powder. Drain the sweetcorn and add to the egg mixture.
2. Pre-heat the Tepan and add 1 tbsp of clarified butter. Drop small ladlefuls of the batter onto the Tepan, cook until golden on both sides and serve garnished with chives.

Power level: 7–9

Cooking time: 15 minutes



Potato cakes with smoked salmon

Serves 4

Ingredients:

4 large, floury potatoes
1 onion
2 eggs
Salt
Pepper
1–2 tbsp oil

Topping:

200 g smoked salmon
250 g sour cream
1 tbsp chopped dill
Some sprigs of fresh dill
Salt
Pepper

Method:

1. Peel and coarsely grate the potatoes and onions. Add the eggs, season with salt and pepper, mix well and form into cakes.
2. Pre-heat the Tepan and add the oil. Fry the potato cakes and put to the side to keep warm.
3. To make the sauce, stir the chopped dill and seasoning into the sour cream.
4. Top the potato cakes with the smoked salmon, pour over the sauce and garnish with sprigs of fresh dill.

Power level: 10–12

Cooking time: 10–15 minutes

Courgette fritters with cream cheese

Serves 4

Ingredients:

100 g flour
2 eggs
50 ml milk
300 g courgettes
Salt
Pepper
1–2 tbsp oil
250 g cream cheese
100 g crème fraîche
150 g smoked salmon
Salt
Pepper
Chopped dill

Method:

1. Make a pancake batter with the flour, milk and eggs.
2. Wash and coarsely grate the courgettes. Add to the pancake batter and season with salt and pepper.
3. Pre-heat the Tepan. Add the oil and drop on small ladlefuls of batter to make the courgette fritters.
4. Meanwhile, mix the cream cheese and crème fraîche. Cut the smoked salmon into strips and add to the cream cheese mixture along with the salt, pepper and dill. Top each fritter with a tablespoon of cream cheese mixture.

Power level: 10–12

Cooking time: 10–12 minutes



Potato crêpes with caviar

Serves 4

Ingredients:

500 g waxy potatoes
5 eggs
1 tbsp flour
250 g sour cream
1 shallot
Salt
White pepper
40 g clarified butter
150 g crème fraîche
Some sprigs of fresh dill
125 g salmon caviar

Method:

1. Wash the potatoes and boil in salted water (or steam) for approx. 20–25 minutes. Peel the potatoes, allow them cool, then grate them finely or pass them through a potato ricer.
2. Stir the eggs, flour and sour cream into the potatoes and mix well. Peel and finely chop the shallot and add to the potatoes. Season with salt and pepper.
3. Grease the pre-heated Tepan with clarified butter and add tablespoonfuls of the batter to make small crêpes.
4. Arrange the crêpes on plates, top with the crème fraîche and decorate with caviar and sprigs of dill.

Power level: 7–10

Cooking time: 8–12 minutes

Warm oriental salad

Serves 4

Ingredients:

200 g Chinese cabbage
100 g bacon
100 g oyster mushrooms
100 g chestnut mushrooms
2 red onions
2 tbsp walnut oil

Marinade:

2 tbsp white wine vinegar
4 tbsp walnut oil
50 ml vegetable stock
Salt
1 pinch of sugar
Pepper
2 tbsp chopped walnuts

Method:

1. Finely shred the Chinese cabbage. Dice the bacon. Peel the onions and slice into rings. Clean the mushrooms and chop into bite size pieces.
2. Make a marinade from the white wine vinegar, 4 tbsp walnut oil, vegetable stock, salt, sugar and pepper.
3. Pre-heat the Tapan and add 2 tbsp walnut oil. Fry the bacon, then push to the side. Brown the onion rings, add the mushrooms and sauté briefly.
4. Add the Chinese cabbage, pour on the marinade and stir everything together. Add the walnuts and serve.

Power level: 7–9

Cooking time: 8–12 minutes

Tip



Don't wash the mushrooms as they will absorb water and make the dish watery.

Oyster mushrooms with garlic

Serves 4

Ingredients:

500 g oyster mushrooms
2 cloves of garlic
A small bunch of
flat leaf parsley
1 tbsp oil
1 tbsp butter
Salt
Pepper
1 pinch of sugar
Juice of 1 lemon

Method:

1. Separate the mushrooms, clean them and chop if necessary.
2. Peel and slice the garlic. Wash, dry and chop the parsley.
3. Pre-heat the Tepan. Add the oil and butter and fry the mushrooms. Add the garlic and fry briefly, then season with salt, pepper and sugar.
4. Drizzle with lemon juice, arrange on plates and garnish with chopped parsley.

Power level: 7–9

Cooking time: 5–7 minutes



Prawn salad

Serves 4

Ingredients:

150 g iceberg lettuce
150 g rocket
150 g oak leaf lettuce
80 g radicchio
80 g carrots
80 g kohlrabi
200 g prawns with olive oil

Cream and carrot dressing:

60 ml double cream
125 ml carrot juice
1 tbsp lemon juice
1 tbsp mustard
 $\frac{1}{2}$ tsp sea salt
1 tsp curry powder
A pinch of cumin

Method:

1. Wash and tear the salad leaves into bite-sized pieces, then grate the carrots and kohlrabi. Divide between the serving plates.
2. Fry the prawns in olive oil on the pre-heated Tepan and scatter over the salad.
3. Blend the dressing ingredients together, season and drizzle over the salad.

Power level: 10–11

Cooking time: approx. 2 minutes



Vegetarian dishes

MAKING THE MOST OF HERBS AND PULSES



Foregoing meat does not mean foregoing variety and flavour. The range of vegetarian dishes is huge, with ingredients such as herbs and grains playing a major role in the culinary performance. Whether it is spelt, wheat, rye, oats or barley, the whole grain, with its wealth of fibre, vitamins and minerals, is extremely healthy, nutritious and versatile.

Pancakes with vegetarian fillings

Serves 2

Ingredients:

2 eggs
100 g flour
150 ml milk
1 pinch of Salt
1 tbsp clarified butter

Filling 1:

1 tbsp cranberries
100 g camembert

Filling 2:

100 g cream cheese
50 g carrots, finely grated
1 bunch of chives, chopped
Salt
Pepper

Filling 3:

50 g feta cheese
50 g diced onion
2 tbsp tomato purée
100 ml double cream
200 g tomatoes, diced
1 clove of garlic
Salt
Pepper
1 tsp honey or maple syrup
1 tsp balsamic vinegar

Method:

1. Combine the eggs, flour, milk and salt to make a pancake batter and set to one side for 10 minutes.
2. Pre-heat the Tepan, and fry the pancakes in a little clarified butter.

Filling 1:

1. Slice the camembert and scatter over one half of each pancake along with the cranberries. Fold in half and serve.

Filling 2:

1. Combine all the ingredients, reserving a few chives for garnish. Spread over one half of each pancake and fold in half.
2. Decorate with chives and serve.

Filling 3:

1. Crumble the feta cheese over the pancakes.
2. Steam all the remaining ingredients in a solid container at 100°C for 4 minutes. If you don't have a steam oven, gently fry the onions and tomatoes in a little oil in a saucepan, then stir in the remaining ingredients and heat through, stirring all the time.
3. Pour the sauce over the feta cheese, fold the pancakes in half and serve.

Power level: 9–11

Cooking time: 10–15 minutes



Tip

The pancakes are very attractive when decorated with chopped herbs.

Spelt rissoles with curried banana sauce

Serves 4

Ingredients:

200 g cracked spelt
400 ml water
1/2 leek
1 onion
1 carrot
100 g Gouda or Cheddar cheese
1 egg
1 tbsp mustard
Salt
Pepper
2 tbsp clarified butter

Sauce:

1 tsp butter
1 onion
1 apple
1 banana
3 tbsp curry powder
250 ml stock
125 ml double cream
1 tbsp lemon juice
Salt
Pepper

Method:

1. Put the spelt in water and bring to the boil on the hob. Remove from the heat and leave to swell for 20 minutes.
2. Chop the leek into thin rings, and finely dice the onion. Finely grate the carrot and add to the spelt along with the other vegetables. Stir well and leave to cool.
3. Stir in the egg, cheese and seasoning and form into rissoles.
4. Pre-heat the Tepan. Add the clarified butter and fry the rissoles for 5-6 minutes on each side.
5. Meanwhile, to make the sauce melt the butter in a saucepan on the hob, dice the onion and fry in the butter.
6. Peel and dice the apple and banana. Stir into the onion, season with curry powder and gently cook for a few minutes.
7. Add the stock and simmer for around 5 minutes. Stir in the cream, salt, pepper and lemon juice.

Power level: 8-9

Cooking time: 12-15 minutes

Buckwheat rissoles

Serves 4

Ingredients:

250 g buckwheat groats
500 ml vegetable stock
2 tsp tomato purée
 $\frac{1}{2}$ tsp dried marjoram
 $\frac{1}{2}$ tsp curry powder
1 bay leaf
1 onion
1 clove of garlic
2 eggs
120 g wheat, finely ground
2 tbsp Cheddar cheese, grated
2 tbsp chopped chives
Salt and pepper
Oil

Method:

1. Put the buckwheat into a saucepan and add the stock. Stir in the tomato purée, marjoram, curry powder and bay leaf. Bring to the boil and leave to swell for around 25 minutes.
2. Allow the mixture to cool and remove the bay leaf.
3. Peel and dice the onion and garlic and add to the buckwheat. Stir in the eggs, wheat, cheese and chives. Knead together and season.
4. With damp hands, form into 8 rissoles and fry in oil on the pre-heated Tepan.

Power level: 8–10

Cooking time: 6–8 minutes

Yeast pancakes with almonds

Serves 4

Ingredients:

250 g plain flour
20 g fresh yeast
 $\frac{1}{2}$ l milk
50 g sugar
3 eggs
1 pinch of salt
Almonds
Maple syrup or Cointreau
Oil

Method:

1. Mix the flour, yeast, milk, sugar, salt and eggs, beat to a smooth batter and leave to rise for 20 minutes.
2. Pre-heat the Tepan, add the oil and drop on spoonfuls of pancake mixture.
3. Sprinkle the pancakes with almonds, and turn them after approx. 1 minute to cook on the other side. When cooked, drizzle with maple syrup or Cointreau.

Power level: 9–10

Cooking time: 4–6 minutes

Spelt medallions with yoghurt hollandaise

Serves 4

Ingredients:

200 g spelt
500 ml vegetable stock
100 g grated Gouda or
Cheddar cheese
1 onion
50 g fine oats
50 g sunflower seeds
1 egg white
Nut oil
1/2 tsp marjoram, chervil
Salt, pepper
2 eggs

Sauce:

2 shallots
30 g butter
125 ml white wine
150 g crème fraîche
1 egg yolk
1 tbsp yoghurt
Salt, pepper
Nutmeg
2 tbsp chopped chives
1 tbsp honey

Method:

1. Coarsely grind the spelt and put in a saucepan. Peel and finely chop the onion and add to the spelt. Pour in the stock, bring to the boil, then leave to swell for approx. 30 minutes. Allow the mixture to cool slightly.
2. Stir in the remaining ingredients and, with damp hands, form into small medallions. Fry in nut oil on the pre-heated Tapan.

Sauce:

1. Peel and finely chop the shallot and fry in butter in a saucepan.
2. Add the white wine and simmer briefly. Stir in the crème fraîche, egg yolk and yoghurt. Stir over a gentle heat until slightly thickened. (Do not boil, or the egg yolk will curdle.)
3. Season with salt, pepper and nutmeg and stir in the chives. Sweeten with honey.

Power level: 8–10

Cooking time: 6–8 minutes

Spelt and potato cakes with feta cheese

Serves 4

Ingredients:

600 g potatoes
150 g spelt flakes
3 eggs
1 clove of garlic
200 g spring onions
80 g bacon, diced
3 tomatoes
150 g feta cheese, sliced
Salt
Pepper
Oil

Method:

1. Peel the potatoes and put in water.
2. Dry-fry the spelt in a frying pan without oil. Allow to cool then stir in the eggs and finely chopped garlic.
3. Grate the potatoes and season with salt and pepper. Add to the spelt and form into cakes. Fry in oil on the pre-heated Tepan and put to the side to keep warm.
4. Slice the spring onions and fry with the bacon. Scatter over the potato cakes and place them on a baking tray.
5. Trim and slice the tomatoes. Arrange them on the potato cakes, and top each with a slice of feta cheese.
6. Brown under the pre-heated grill for 5 minutes.

Power level: 9–11

Cooking time: 4–8 minutes



Tip

If the batter is too runny, thicken it with a little potato flour.



Aubergine casserole

Serves 2

Ingredients:

1 aubergine
Salt
Lemon juice
1 onion
2-3 cloves garlic
200 g tomatoes
3-4 tbsp oil
Pepper
1 pack deep frozen
herbes de Provence

Method:

1. Wash the aubergine. Cut in half lengthways and scoop out the centre with a spoon. Cut into $\frac{1}{2}$ cm thick slices. Sprinkle with salt and drizzle with lemon juice to prevent them from turning brown.
2. Slice the onion into rings, crush the garlic, quarter and deseed the tomatoes and dice the flesh.
3. Pre-heat the Tapan. Add 1 tbsp of oil, fry the onion rings then put them to the side. Add the rest of the oil and fry the aubergine slices and garlic.
4. Add the onion rings and tomato flesh and cook until heated through. Season well with salt and pepper and finally add the herbs.

Power level: 7-9

Cooking time: 10-12 minutes



Rice and grain fritters with a yoghurt dip

Serves 4

Ingredients:

250 g 7-grain mix
300 ml vegetable stock
2 carrots
1 small courgette
1 clove of garlic
Thyme, rosemary
4 eggs
50 g white breadcrumbs
Salt, pepper, oil

Dip:

100 g low fat yoghurt
50 g quark
20 g fresh herbs
1 tsp lemon juice, salt

Method:

1. Boil the 7-grain mix (a mixture of 7 types of grain and rice) in vegetable stock according to the instructions on the packet. Leave to cool and swell.
2. Peel the carrots and garlic and cut into thin slices along with the courgette. Wash and finely chop the thyme and rosemary.
3. Mix the grain and the vegetables. Add the herbs and stir in the eggs and breadcrumbs and combine to a dough.
4. Season with salt and pepper. Pre-heat the Tepan, grease with oil and fry 8–12 evenly sized fritters.
5. Make the dip by stirring together the yoghurt, quark, fresh herbs, lemon juice and a pinch of salt, and serve with the fritters.

Power level: 9–10

Cooking time: 4–8 minutes



Tip

If the dough is too runny, thicken it with a little potato flour. The fritters are also delicious seasoned with ginger and curry powder.

Fish

FISHING FOR COMPLIMENTS



Fish dishes are good for both body and soul. Sea fish are rich in iodine, vitamins and valuable proteins, not to mention the health-enriching omega 3 oils which improve physical fitness and powers of concentration, awareness and state of mind. Fish is much prized as a low calorie, versatile, sophisticated food. It is so delicious that it's good to know that nutritionists recommend eating fish twice a week.

Jumbo prawns with aioli

Serves 4

Ingredients:

8 jumbo prawns
1 tbsp clarified butter
Lemon slices
Dill

Mayonnaise:

1–2 egg yolks
2 cloves of garlic, crushed
Salt
150 ml oil
1 tsp lemon juice

Method:

1. Peel and de-vein the prawns.
2. Pre-heat the *Tepan*, add the clarified butter and fry the prawns for 2–3 minutes on each side.
3. To make the mayonnaise, beat the egg yolks with the garlic and salt until light and foamy. Add the oil, a drop at a time to begin with, then in a thin stream, stirring continuously. Stir in the lemon juice and put in the fridge to chill.
4. Garnish the prawns with lemon slices and dill and serve with the mayonnaise.

Power level: 10–11

Cooking time: 2–3 minutes

Herby fish

Serves 4

Ingredients:

4 x 200 g rosefish fillets

Marinade:

6 tbsp sunflower oil
3 tbsp lemon juice
 $\frac{1}{2}$ tsp salt
Pepper
4 tbsp mixed herbs

Method:

1. Stir together the ingredients for the marinade and brush over both sides of the fish. Leave to stand for 30 minutes.
2. Pre-heat the *Tepan*, fry the fish on both sides and pour over the rest of the marinade to make a sauce.

Power level: 7–9

Cooking time: 8–10 minutes



Salmon on a bed of tomatoes and saffron

Serves 4

Ingredients:

4 salmon steaks
1 onion
150 g tomatoes
1 lemon
Butter
Salt
Pepper
Saffron powder

Method:

1. Wash the salmon and pat dry with kitchen paper. Drizzle with lemon juice and leave to stand.
2. Melt the butter on the pre-heated Tapan and fry the fish.
3. Peel and finely chop the onion. Skin and slice the tomatoes, and add to the fish. Season with salt, pepper and saffron powder.

Power level: 7–9

Cooking time: 6–8 minutes



Tip

Instead of tomatoes, you could cook the salmon with finely sliced leeks. Thicken the sauce with a pot of soured cream.

Tuna steaks with a tomato and caper salsa

Serves 4

Ingredients:

4 x 150 g tuna steaks
1 tbsp clarified butter

Salsa:

2 tsp butter
1 onion, chopped
1 small tin of tomato purée
1 small tin of chopped tomatoes
2 tbsp capers
1 tbsp balsamic vinegar
1 tbsp dry sherry
Salt
Pepper
1 pinch of sugar

Method:

1. For the salsa, heat the butter on the hob and fry the onion. Stir in the tomato purée, chopped tomatoes, capers, balsamic vinegar and sherry and season with salt, pepper and sugar. Reduce by 1/3 and thicken if necessary by adding a little cornflour mixed with water to a smooth paste.
2. Pre-heat the Tapan and add the clarified butter. Fry the fish for 2–3 minutes on each side and season with salt and pepper.

Power level: 7–9

Cooking time: 6–8 minutes

Scampi kebabs

Serves 4

Ingredients:

24 scampi
4 tomatoes
100 g stuffed olives
2 cloves of garlic
6 tbsp olive oil
Salt
Pepper
2 tbsp chopped parsley

Method:

1. Rinse and dry the scampi. Skin and quarter the tomatoes and remove the pips. Drain the olives and pat them dry.
2. Place the scampi, tomato quarters and olives alternately on skewers.
3. Peel and crush the garlic and stir into the olive oil.
4. Brush the oil over the kebabs and cook on the pre-heated Tepan, brushing again with olive oil if required.
5. Season with salt and pepper and serve garnished with parsley.

Power level: 8–11

Cooking time: 6 minutes



Fillet of cod with vegetables

Serves 4

Ingredients:

800 g fillet of cod
6 tbsp lemon juice
1 onion
1 red pepper
3 tomatoes
150 g mushrooms
Butter
Salt
Pepper
White wine
1 tbsp chopped parsley
1 tbsp chopped chives

Method:

1. Wash the cod and pat it dry with kitchen paper. Drizzle with lemon juice and leave to stand.
2. Meanwhile, peel and finely dice the onion. Clean the mushrooms, pepper and tomatoes, and chop finely.
3. Melt the butter on the pre-heated Tepan and sauté the fish and the vegetables.
4. Season with salt and pepper. Pour on the white wine, sprinkle with chives and parsley, and serve.

Power level: 7–9

Cooking time: 8–10 minutes



Tip

The fillets are also delicious when coated in Parmesan and fried. Beat together an egg with 1 tbsp crème fraîche, then stir in 2 tbsp Parmesan. Brush over the fish and fry till golden.



Monkfish kebabs with a dill sauce

Serves 4

Ingredients:

600 g monkfish fillets
Juice of 1 lemon
2 tbsp olive oil
1 unwaxed lemon
1 bunch of fresh bay leaves
4 wooden skewers
2 tbsp oil

Sauce:

3 tbsp lemon juice
6 tbsp olive oil
1 bunch of dill
Salt
Pepper
A pinch of sugar

Method:

1. Skin the monkfish and cut into 2.5 cm thick pieces. Mix the lemon juice with the olive oil and turn the pieces of fish in the oil.
2. Cut the lemon into eighths and place the fish, bay leaves and lemon wedges alternately on the skewers. Mix the remaining ingredients to make a sauce.
3. Pre-heat the Tepan, add the oil and fry the kebabs on all sides. Serve with the sauce.

Power level: 9–11

Cooking time: 8–10 minutes

Plaice with shellfish and bacon

Serves 4

Ingredients:

4 fillets of plaice
Lemon juice
Clarified butter
Salt
125 g streaky bacon
1 onion
200 g mussels (shelled)
200 g prawns
Pepper

Method:

1. Wash and dry the plaice. Drizzle with lemon juice and leave to stand for 10 minutes. Season with salt and fry in clarified butter on the pre-heated Tepan.
2. Finely chop the bacon and onion and fry along with the mussels and prawns.
3. Season with pepper, arrange over the plaice fillets and serve.

Power level: 7–9

Cooking time: 6–8 minutes



Meat



WE HAE MEAT

Those who enjoy pork, beef, lamb and game are eating a nutritious, varied diet. Poultry dishes are particularly healthy. Meat is extremely versatile, and prepared with different herbs, sauces and accompaniments, it takes on an endless variety of flavours, from the traditional to the exotic.

Gammon fricassée

Serves 4

Ingredients:

300 g smoked gammon
300 g spring onions
300 g mushrooms
300 g leeks
300 g Chinese cabbage
Oil
Dry white wine
300 ml double cream
Salt
Pepper

Method:

1. Dice the gammon. Finely slice the spring onions, mushrooms, leeks and Chinese cabbage.
2. Add the oil to the pre-heated Tepan and fry the gammon.
3. Add the vegetables, sauté, then pour on the white wine. Stir in the cream and season with salt and pepper.

Power level: 9–11

Cooking time: 8–14 minutes



Tip

As an alternative, the vegetables could be replaced with a mixture of leeks, pineapple and chanterelle mushrooms.

Beef rissoles

Serves 4

Ingredients:

$\frac{1}{2}$ red pepper
 $\frac{1}{2}$ yellow pepper
1 small onion
1 white bread roll
500 g minced beef
1 egg
Salt
Pepper
Paprika

Method:

1. Finely chop the peppers and onion. Soak the roll in water, then squeeze out.
2. Add all the ingredients to the minced meat, along with the egg and seasoning. Mix well and form into small, flat rissoles.
3. Pre-heat the Tepan and fry the rissoles, turning frequently.

Power level: 8–10

Cooking time: 12–14 minutes



Tip

Instead of peppers, try using 100 g of finely diced feta cheese.



Veal escalopes alla Romana

Serves 4

Ingredients:

8 small veal escalopes
8 slices of parma ham
8 sage leaves
8 cocktail sticks
1 tbsp olive oil

Method:

1. Place the escalopes between two sheets of clingfilm and roll them out thin with a rolling pin. Place a sage leaf and a slice of parma ham on top of each and secure with a cocktail stick.
2. Pre-heat the Tepan, add the olive oil and fry the escalopes, cooking the ham side first.

Power level: 8–10

Cooking time: 5–7 minutes

Pork fillets with apples and ginger

Serves 4

Ingredients:

500 g pork fillet
4 tbsp soy sauce
4 tbsp cornflour
Olive oil
8–10 spring onions
750 g red apples
6 pieces of preserved ginger (in syrup)
2 tbsp ginger syrup
Salt
Pepper
Ground ginger

Method:

1. Wash the pork fillets and pat dry with kitchen paper. Cut into strips and marinade in the soy sauce for approx. 30 minutes.
2. Sprinkle the cornflour over a large plate and coat the pork strips on all sides. Fry in olive oil on the pre-heated Tepan, turning half way through.
3. Wash and slice the spring onions.
4. Wash, quarter and core the apples, then cut them into slices. Add to the pork along with the spring onions and cook for 2–3 minutes.
5. Finely chop the preserved ginger and add to the meat along with the ginger syrup. Season with salt, pepper, ground ginger and soy sauce.

Power level: 8–11

Cooking time: 8–14 minutes



Saddle of lamb in white wine

Serves 4

Ingredients:

500 g lamb fillet
4 sprigs of rosemary
1 tbsp oil
1 tbsp butter

Sauce:

150 ml lamb stock
150 ml white wine
2 bay leaves
Grated rind of 1 lemon
Sugar
Salt
Pepper
50 g chilled butter

Method:

1. Tie the sprigs of rosemary on to the meat using kitchen string.
2. Pre-heat the Tepan. Add the butter and oil and fry the meat for 3–5 minutes, frying the side without the rosemary first. Turn and fry the other side for a further 3–5 minutes.
3. Remove the string and rosemary.
4. Mix the white wine, lamb stock, bay leaves and lemon rind, and reduce by $\frac{1}{3}$ on the hob. Stir in cubes of chilled butter and season. Allow the meat to stand in the sauce for a few minutes before serving.

Power level: 8–10

Cooking time: 6–10 minutes

Hungarian pork steaks

Serves 4

Ingredients:

4 pork steaks, off the bone
150 g sauerkraut
1 onion
1 clove of garlic
Caraway seeds
Paprika
Salt
Pepper
Herbes de Provence
Oil
Cocktail sticks

Method:

1. Cut a pocket into each of the pork steaks.
2. Separate the sauerkraut with a fork. Peel and dice the onion and add to the sauerkraut along with the finely chopped garlic. Season with caraway seeds, paprika, salt and pepper, and use to stuff the pork steaks.
3. Secure the opening with a cocktail stick. Season with salt, pepper and herbes de Provence, brush with oil and fry on the pre-heated Tepan.

Power level: 9–11

Cooking time: 12–16 minutes

Medallions of lamb with a Parmesan crust and tomato lecso

Serves 4

Ingredients:

500 g lamb medallions
2 tbsp oil, salt, pepper

Parmesan crust:

30 g butter, 30 g low fat quark
20 g dried breadcrumbs
30 g Parmesan, grated
1 egg yolk
1 clove of garlic,
finely chopped
 $\frac{1}{2}$ tbsp rosemary, finely
chopped
Salt, pepper

Tomato lecso:

1 tbsp olive oil
50 g onions, diced
1 clove of garlic, finely chopped
50 g tomato purée
300 g tomatoes, diced
100 ml double cream
1 tsp honey or maple syrup
 $\frac{1}{2}$ tsp salt, pepper

Method:

Lamb with Parmesan crust:

1. Thoroughly combine all the ingredients for the Parmesan crust and season well.
2. Season the lamb with salt and pepper and fry on both sides on the Tapan.
3. Top with the Parmesan mixture and cook for 2–3 minutes under a pre-heated grill until golden.

Tomato lecso:

1. Heat the oil in a saucepan and fry the onion and garlic. Stir in the tomato purée.
2. Add the diced tomatoes and bring to the boil. Pour in the cream and season with honey or maple syrup, salt and pepper.

Power level: 9–11

Cooking time: 4–5 minutes

Medallions of pork in Madeira with mushrooms

Serves 4

Ingredients:

600 g pork fillet
30 g butter
Salt
Pepper
200 g small button mushrooms
50 ml Madeira

Method:

1. Wash and dry the pork fillets and cut into 2 cm thick medallions.
2. Add the butter to the pre-heated Tapan and fry the medallions on both sides. Season with salt and pepper.
3. Clean the mushrooms, add to the medallions, and pour on the Madeira shortly before serving.

Power level: 8–10

Cooking time: 14–16 minutes

Marinated lamb cutlets

Serves 4

Ingredients:

10–12 lamb cutlets
2 cloves of garlic
3 tbsp oil
Salt
Pepper
Thyme
Rosemary

Method:

1. Wash the lamb cutlets and pat dry with kitchen paper. Peel and finely chop the garlic.
2. Mix the oil, pepper, thyme and rosemary in a bowl. Add the lamb, cover and leave to marinate for 2 hours.
3. Pre-heat the Tepan, fry the meat briefly on each side. It should still be pink in the middle.
4. Season with salt and pepper and sprinkle with chopped thyme.

Power level: 8–10

Cooking time: 6–8 minutes

Sautéed pork with grapes

Serves 4

Ingredients:

300 g pork fillet
100 g bacon
300 g mushrooms
300 g spring onions
300 g seedless grapes
1 tub crème fraîche
Oil, salt, pepper
Garlic
White wine
Worcestershire sauce

Method:

1. Dice the pork and fry in oil on the pre-heated Tepan.
2. Chop the bacon and mushrooms, finely chop the spring onions and halve the grapes.
3. Add to the meat, stir in the crème fraîche, and season with salt, pepper and garlic.
4. Pour on the white wine and a dash of Worcestershire sauce.

Power level: 9–11

Cooking time: 8–14 minutes



Szechuan chicken breasts

Serves 4

Ingredients:

300 g chicken breasts
1 red pepper
1 bunch of spring onions
100 g cashew nuts
Sesame oil
Soy sauce
Salt
Pepper
Sherry
300 g small, cooked
broccoli florets

Method:

1. Cut the chicken into strips. Dice the pepper and slice the spring onions.
2. Add the sesame oil to the pre-heated Tepan. Fry the cashew nuts and put them to the side.
3. Fry the chicken, add the pepper and spring onions and cook a little longer. Season with salt, pepper and soy sauce and pour on the sherry.
4. Carefully stir in the broccoli and cashew nuts.

Power level: 9–11

Cooking time: 5–8 minutes



Tip

You could replace the spring onions with leeks and add bean sprouts and bamboo shoots.

Meat and potato hash

Serves 4

Ingredients:

400 g cooked potatoes
100 g bacon
100 g leftover roast meat
1 red pepper
1 onion
3 eggs
Salt
Pepper
1 tbsp clarified butter
Parsley
Chives

Method:

1. Slice the potatoes, dice the bacon, roast meat and pepper, and cut the onion into rings.
2. Pre-heat the Tepan, add the clarified butter and fry the potatoes with the bacon and onion rings. Add the roast meat and pepper, fry briefly, and season with salt and pepper.
3. Switch off the heat. Beat the eggs, pour over the meat and thicken the mixture. Chop the parsley and chives and sprinkle over the hash as garnish.

Power level: 9–11

Cooking time: 10–15 minutes

Flambéed steaks au poivre

Serves 4

Ingredients:

4 steaks
Oil
1 tbsp crushed peppercorns
2 tbsp cognac
75 ml double cream
Salt
Pepper

Method:

1. Brush the steaks with oil and toss them in the peppercorns. Fry quickly on both sides on the pre-heated Tepan so they are well browned on the outside and pink in the middle.
2. Pour the cognac over the steaks, light them with a cook's match, then add the cream.
3. Season the flambéed steaks with salt and pepper and serve immediately.

Power level: 8–11

Cooking time: 4–8 minutes

Lamb pilaf

Serves 4

Ingredients:

500 g lamb
3 onions
2 cloves of garlic
2 green peppers
1 aubergine
250 g tomatoes
Crème fraîche
3 tbsp oil
Salt
Black pepper
Thyme

Method:

1. Wash and pat dry the lamb, cut into strips and marinate in oil, pepper and thyme.
2. Pre-heat the Tapan and flash fry the meat.
3. Peel and finely dice the onions and garlic and add to the meat.
4. Halve and deseed the peppers. Cut into thin strips and add to the meat.
5. Wash and dice the aubergine. Skin and chop the tomatoes and add to the meat along with the aubergine. Season with salt and pepper and stir in the crème fraîche.

Power level: 9–11

Cooking time: 12–14 minutes



Veal Cordon bleu

Serves 4

Ingredients:

4 large veal escalopes
4 slices of ham
4 slices of Emmental
Pepper
Clarified butter
Cocktail sticks

Method:

1. Wash and pat dry the escalopes and cut a pocket into each with a sharp knife.
2. Fill the pockets with the ham and cheese and season with pepper.
3. Seal the openings with cocktail sticks and fry in clarified butter on the pre-heated Tepan.

Power level: 8–10

Cooking time: 10–14 minutes

Tip



There is no need to add salt, as the ham and cheese are sufficiently salty.

Veal with mushrooms

Serves 4

Ingredients:

500 g veal
2 tbsp nut oil
Salt
Pepper
1 onion
150 g button mushrooms
White wine
1 egg yolk
125 ml double cream
Lemon juice

Method:

1. Wash and dry the veal and cut it into strips. Marinate it in nut oil, pepper and salt, then brown it, a little at a time, on the pre-heated Tepan.
2. Finely dice the onions, add to the meat and cook until lightly browned. Add the mushrooms.
3. Pour on the white wine and switch off the Tepan.
4. Stir the egg yolk into the cream, stir into the meat and season with salt, pepper and lemon juice.

Power level: 8–10

Cooking time: 8–12 minutes

Chicken satay

Serves 4

Ingredients:

500 g chicken breast
4 wooden skewers
2 tbsp soy sauce
2 tbsp sesame oil

Sauce:

5 tbsp peanut butter
5 tbsp water
1 tbsp soy sauce
2 tsp sweet chilli sauce
1 tsp sugar

Method:

1. Cut the chicken into long, narrow strips. Marinate the meat for 1 hour in soy sauce and sesame oil, then remove, pat dry and place on the skewers.
2. Combine all the ingredients for the sauce and heat in a pan on the hob.
3. Pre-heat the Tepan and fry the chicken on all sides for 2–3 minutes. Serve with the peanut sauce.

Power level: 8–10

Cooking time: 4–6 minutes



Medallions of venison with a cranberry sauce

Serves 4

Ingredients:

4 x 125 g medallions of venison
4 slices of streaky bacon
Coarsely ground black pepper
2 tbsp nut oil
Red wine
2 tbsp cranberries
50 g walnut halves
Salt
Thyme
Rosemary
50 g crème fraîche

Method:

1. Wash and pat dry the meat. Wrap the bacon around the edges of the venison and fasten with string. Season with coarsely ground black pepper.
2. Add oil to the pre-heated Tepan and brown the meat on both sides.
3. Pour on the red wine, add the cranberries and walnuts and season with salt, thyme and rosemary. Stir in the crème fraîche.

Power level: 8–11

Cooking time: 10–12 minutes

Chicken breasts with shallots and port

Serves 4

Ingredients:

400 g shallots
2 cloves of garlic
Salt
Pepper
Fresh tarragon
4 boneless chicken breasts
4 tbsp soy sauce
Cornflour
2 tbsp oil

Method:

1. Cut the chicken into 1.5 cm thick slices, drizzle with soy sauce and leave for 10 minutes.
2. Coat the chicken in cornflour and fry, a little at a time, in oil on the pre-heated Tepan.
3. Peel and slice the shallots, peel and finely chop the garlic and add both to the meat. Fry until translucent. Season with salt, pepper and tarragon and pour on the port.
4. Decorate with sprigs of fresh tarragon.

Power level: 8–11

Cooking time: 5–8 minutes



Fillet steak with Gorgonzola sauce

Serves 4

Ingredients:

4 fillet steaks
Oil

Sauce:
250 ml double cream
4 tbsp white wine
Salt
Pepper
100 g Gorgonzola
1 egg yolk

Method:

1. Wash the steaks and pat dry with kitchen paper. Season with pepper and brush with oil.
2. Brown on both sides on the pre-heated Tepan.

Sauce:

1. Put the cream and white wine in a saucepan, bring to the boil on the hob, then simmer over a medium heat for approx. 10 minutes.
2. Season with salt and pepper. Crumble in half the Gorgonzola, then stir in the egg yolk to thicken.
3. Pour the sauce over the steaks and garnish with the remaining gorgonzola.

Power level: 8–11

Cooking time: 4–6 minutes

Beef, pork and cabbage stir-fry

Serves 4

Ingredients:

300 g beef fillet
300 g pork fillet
2 cloves of garlic
2 onions
1 kg Chinese cabbage
2 tomatoes
Oil
Salt
Pepper
100 ml white wine

Method:

1. Wash, dry and finely slice the meat. Fry in oil on the pre-heated Tepan.
2. Peel and finely chop the garlic and onions and add to the meat.
3. Wash and shred the Chinese cabbage, and add, a little at a time, to the meat, stirring continuously.
4. Skin and quarter the tomatoes and add to the meat. Season with salt and pepper and pour on the white wine.

Power level: 8–11

Cooking time: 15–18 minutes

Turkey Provençale

Serves 4

Ingredients:

4 turkey breast fillets
3 tomatoes
8 black olives, stoned
3 cloves of garlic
White wine
Oil
Salt
Pepper
2 tbsp chopped parsley

Method:

1. Wash and pat dry the turkey fillets. Season with salt and white pepper and fry in oil on the pre-heated Tepan.
2. Blanch, skin and deseed the tomatoes. Dice the flesh and add to the meat, along with the olives. Peel and finely chop the garlic and add to the meat.
3. Deglaze with the white wine, arrange on a serving plate and garnish with parsley.

Power level: 8–11

Cooking time: approx. 10 minutes

Hawaiian chicken

Serves 4

Ingredients:

500 g chicken breasts
Oil
4–5 slices of pineapple
1–2 apples
Salt
Pepper
Curry powder
Ginger syrup
Crème fraîche

Method:

1. Wash the chicken and pat it dry with kitchen paper. Cut into strips and fry in oil, a little at a time, on the pre-heated Tepan.
2. Cut the pineapple into pieces. Peel, core and chop the apples and add to the meat along with the pineapple.
3. Season with salt, pepper, curry powder and ginger syrup, and stir in the crème fraîche.

Power level: 8–11

Cooking time: 6–8 minutes

Chinese turkey stir-fry

Serves 4

Ingredients:

500 g turkey breast
3 tbsp light soy sauce
Fresh ginger
1–2 cloves of garlic
1 red pepper
1–2 carrots
1–2 courgettes
A small bunch of spring onions
200 g mushrooms
2–3 stalks of celery
150 g beansprouts
Oil
Salt
Pepper
Cayenne pepper
Sugar
Chinese 5-spice powder
Oyster sauce
60 ml rice wine
Fresh coriander

Method:

1. Wash and pat dry the turkey and cut into strips. Marinate overnight in soy sauce.
2. Peel and grate the ginger and garlic. Dice the red pepper, cut the carrots into batons and slice the remaining vegetables.
3. Fry the turkey in oil, a little at a time, on the pre-heated Tepan. Add the ginger and garlic.
4. Add the carrots and celery and fry, followed by the red pepper and spring onions. Finally stir in the mushrooms and beansprouts and fry briefly.
5. Add the seasoning, spices, sugar and rice wine, and garnish with coriander.

Power level: 8–11

Cooking time: approx. 10 minutes



Side dishes and vegetables



SIMPLY IRRESISTIBLE

Potatoes, rice or pasta are an essential accompaniment to most dishes. Occasionally they are the central feature of a dish and then the choice of things to go with them is very important. They are certainly extremely versatile. All three are highly nutritious and are vital for a balanced diet. And they bring together the most diverse of cultures, customs and traditions at one table.

Indian style carrots

Serves 4

Ingredients:

1 bunch of carrots
1 tbsp butter
50 g raisins
 $\frac{1}{2}$ tsp cinnamon
1 pinch of cayenne pepper
3 tbsp orange juice
1 tbsp orange liqueur
Pepper
Salt
2 tbsp chopped mint

Method:

1. Peel and thinly slice the carrots.
2. Pre-heat the Tepan. Melt the butter, add the carrots and stir fry for 3 minutes.
3. Add the raisins and spices. Pour on the orange juice and orange liqueur, and season with salt and pepper. Garnish with chopped mint shortly before serving.

Power level: 5–7

Cooking time: 5–7 minutes



Mushrooms in sour cream

Serves 4

Ingredients:

500 g chanterelle mushrooms
200 g lean bacon
1 bunch of spring onions
250 g sour cream
Salt
Pepper

Method:

1. Clean the mushrooms thoroughly (but do not wash). Chop if necessary.
2. Dice the bacon, and wash and slice the spring onions.
3. Pre-heat the Tepan. Brown the bacon, add the mushrooms and fry a little longer. Finally add the spring onions.
4. Stir in the sour cream and season to taste.

Power level: 8–11

Cooking time: 8–10 minutes



Tip

Take care when adding the salt as the bacon will already be quite salty. You could also use button mushrooms or shiitake mushrooms.

Sautéed cabbage

Serves 4

Ingredients:

100 g diced bacon
1 onion
300 g spring cabbage
250 g soured cream
Salt
Pepper
Chopped chives

Method:

1. Pre-heat the Tepan.
2. Fry the bacon. Dice the onion and add to the bacon.
3. Wash and shred the cabbage. Add to the bacon and onions and fry gently.
4. Stir in the soured cream, season with salt and pepper and garnish with chives.

Power level: 7–9

Cooking time: 10–12 minutes



Polenta slices

Serves 4

Ingredients:

0.5 l water
175 g polenta
 $\frac{1}{2}$ tsp salt
2 tbsp clarified butter

Method:

1. Bring the water to the boil on the hob. Add the salt and polenta. Boil for 2 minutes, stirring continuously. Switch off the hob and leave to swell for approx. 30 minutes.
2. Pour into a square edged container, leave to cool and set, then cut into slices.
3. Pre-heat the Tepan, add the clarified butter and brown the polenta slices on each side.

Power level: 8–10

Cooking time: 10–15 minutes



Glazed fruit and vegetables

Serves 4

Ingredients:

30 g butter
30 g sugar
250 g onion rings or slices of
apple or carrots



Tip

The vegetables make a good side dish for grilled meat, while the apple rings are delicious with any dessert.

Do not allow the sugar to brown, or the fruit and vegetables will taste bitter.

Method:

1. Pre-heat the Tepan. Melt the butter and add the sugar. Stir until the sugar has dissolved.
2. Add the vegetables or fruit, and stir until glazed all over.

Power level: 7–9

Cooking time: 5–8 minutes

Marinated vegetables

Serves 4

Ingredients:

2 yellow peppers
2 red peppers
1 aubergine
2 courgettes
500 g mushrooms
1 tbsp olive oil

Marinade:

6 tbsp olive oil
4 tbsp white wine vinegar
4 tbsp white wine
1 clove of garlic, crushed
Salt
Pepper
1 pinch of sugar
2 tbsp chopped herbs

Method:

1. Cut the peppers into strips and slice the aubergine and courgettes.
2. Pre-heat the Tepan, add the oil and quickly fry the vegetables.

Marinade:

1. Combine the remaining ingredients to make a marinade. Pour over the vegetables and leave to marinate for several hours.

Power level: 7–9

Cooking time: 5 minutes

Braised corn-on-the-cob

Serves 4

Ingredients:

- 4 pre-cooked corn-on-the-cob
- 1 tbsp clarified butter
- Herb salt
- 8 cocktail sticks

Method:

1. Heat the Tepan and add the clarified butter.
2. Brown the corn-on-the-cob on all sides, transfer to a plate and sprinkle with herb salt. Push a cocktail stick into each end of the corn cobs and serve.

Power level: 10–12

Cooking time: 15 minutes

Tip



Corn-on-the-cob goes very well with grilled meat or as a snack on its own.

Rosemary potatoes

Serves 4

Ingredients:

- 500 g boiled potatoes
- 1 sprig of rosemary
- Salt
- Pepper
- 1 tbsp clarified butter

Method:

1. Pre-heat the Tepan.
2. Slice the cooked potatoes. Chop the rosemary.
3. Melt the clarified butter on the hot Tepan, and add the potatoes and rosemary. When the potatoes are brown on one side, turn over to cook the other side. Season with salt and pepper.

Power level: 9–11

Cooking time: 10 minutes



Vegetable kebabs

Serves 4

Ingredients:

1 red pepper
1 yellow pepper
4 spring onions
1 small courgette
8 cherry tomatoes
8 small chestnut mushrooms
Wooden skewers
2 tbsp sesame oil

Marinade:

1 tbsp vinegar
1 tbsp lemon juice
1 tbsp herbes de Provence
Pepper
Salt

Method:

1. Cut the peppers into 3 cm cubes. Cut the spring onions into 1 cm thick pieces and the courgettes into 1 cm thick slices. Wash the tomatoes and clean the mushrooms.
2. Combine the ingredients for the marinade.
3. Place the vegetable pieces alternately on the wooden skewers.
4. Pre-heat the Tapan. Add the oil and cook the kebabs, turning frequently. Once they are done, brush with the marinade.

Power level: 7–9

Cooking time: 10–15 minutes



Tip

Do not wash the mushrooms as they will absorb the water. Simply wipe them well with kitchen paper and remove any bruised areas.



Desserts



SWEET TEMPTATION

No meal is complete without an indulgent finale. The dessert is a thank-you to the guests, a way to spoil the family, a reward for the cook. Whether it is a healthy dish with fruit, something with an alcoholic kick or a wicked creamy treat, with desserts you can let your imagination go and surprise all the senses. It will be all the more enthusiastically received if it is creatively presented and decorated, so take time over the finishing touches!

Coffee pancakes with cranberry quark

Serves 4

Ingredients:

Batter:

3 eggs
125 ml milk
125 ml cold coffee
3 tbsp sunflower oil
1 pinch of salt
1 tbsp sugar
125 g buckwheat flour

Quark:

250 g quark
1 tbsp vanilla sugar
4 tbsp cranberries

Method:

1. Beat together the ingredients for the batter using an electric mixer, then leave to stand for 30 minutes.
2. Pre-heat the Tepan. Drop 2 tablespoons of batter per pancake onto the Tepan, spread out into a round pancake and cook until golden on both sides.
3. Stir together the ingredients for the cranberry quark and spread over the cooked pancakes.

Power level: 9–11

Cooking time: 4–6 minutes

Crêpes Suzette

Serves 4

Ingredients:

Batter:

30 g butter
3 eggs
250 ml milk
2 tbsp orange liqueur
3 tsp sugar
A pinch of salt
150 g flour

Sauce:

100 g marmelade
0.2 l orange juice
A pinch of salt
1 tbsp sugar
1–2 tbsp orange liqueur
Juice of $\frac{1}{2}$ a lemon
2 tsp cornflour

Method:

1. Melt the butter in a saucepan. Beat the remaining batter ingredients to a smooth dough with an electric mixer. Pour in the melted butter and leave to stand for 20 minutes.
2. Pre-heat the Tepan. Pour one ladleful of batter per crêpe onto the Tepan, smooth out to form round crêpes and fry gently on both sides until golden.
3. To make the sauce, put the marmelade and all but 2 tbsp of the orange juice into a saucepan. Add the salt, sugar, orange liqueur and lemon juice and bring to the boil.
4. Stir the remaining orange juice into the cornflour and use to thicken the sauce. Add more orange liqueur if necessary.

Power level: 9–11

Cooking time: 6–10 minutes

Tip



You can flambée the crêpes on the serving plate. Heat some orange liqueur in a ladle, light it and pour gently over the crêpes.



Potato cakes

Serves 4

Ingredients:

200 g flourey potatoes
130 g quark
50 g flour
3 egg yolks
3 egg whites
80 g sugar
1 tsp vanilla sugar
Salt
Oil

Method:

1. Boil the potatoes and press them through a potato ricer. Stir in the quark, flour, a pinch of salt and the egg yolks.
2. Beat the egg whites, sugar, vanilla sugar and a pinch of salt until stiff, and stir into the potato mixture.
3. Pre-heat the Tepan, add the oil and fry tablespoonfuls of the potato mixture.

Power level: 9–10

Cooking time: 2–3 minutes per side



Apple pancakes

Serves 4

Ingredients:

150 ml milk
150 ml mineral water
200 g flour
4 eggs
Oil
4 tsp sugar
Salt
800 g apples
Cinnamon
Icing sugar

Method:

1. Mix the milk and mineral water into the flour and leave to stand for 20 minutes.
2. Beat in the eggs. Add the sugar, a pinch of salt and 2 tablespoons of oil, and mix well.
3. Peel and core the apples. Grate coarsely and fold into the pancake batter.
4. Pre-heat the *Tepan*, brush with oil and drop small ladlefuls of batter onto the surface to form pancakes 6–10 cm in diameter.
5. Once cooked on both sides, place the apple pancakes on dessert plates and dust with cinnamon and icing sugar.

Power level: 9–10

Cooking time: 6–10 minutes

Flambéed honey bananas

Serves 4

Ingredients:

8 small bananas
Butter
2 tbsp honey
Approx. 6 cl raspberry liqueur

Method:

1. Peel the bananas and fry in butter on the pre-heated *Tepan* until golden.
2. Add the honey, then pour on the raspberry liqueur and flambée.
3. Arrange the bananas with the raspberry juice on dessert plates.

Power level: 7–9

Cooking time: 6–8 minutes

Tip



Try using other fruits in place of bananas. For example, you could flambée slices of orange in orange liqueur.

Caramelised figs with yoghurt and cinnamon sauce

Serves 4

Ingredients:

4 fresh figs

Marinade:

3 tbsp orange juice
1 tbsp orange liqueur

Sauce:

200 g full fat yoghurt
1 tbsp vanilla sugar
1 tbsp sugar
 $\frac{1}{2}$ tsp cinnamon
1 tbsp lemon juice
1 tbsp butter
2 tbsp sugar

Method:

1. Remove the stalk from the figs and cut them in half.
2. Mix the juice and liqueur together and marinate the figs for $\frac{1}{2}$ hour.
3. Stir together the yoghurt, vanilla sugar, sugar, cinnamon and lemon juice and place in the fridge.
4. Pre-heat the Tepan, melt the butter and add the figs, placing them cut side down. Sprinkle on the sugar and caramelize.
5. Arrange the figs on dessert plates and serve with the sauce.

Power level: 5-7

Cooking time: 5-7 minutes

Walnut blinis with caramel

Serves 4

Ingredients:

20 g fresh yeast
150 g flour
1 tbsp sugar
200 ml milk
 $\frac{1}{2}$ tsp salt, 1 egg
30 g melted butter
100 g chopped walnuts
1 tbsp walnut oil

Sauce:

200 g crème fraîche
2 tbsp maple syrup

Caramel:

100 g walnuts
50 g brown sugar
1 tbsp maple syrup

To decorate:

Mint leaves
or candied peel
Icing sugar

Method:

1. Mix the yeast, flour, sugar and milk together and leave in a warm place to rise. Add the salt, egg, butter and walnuts and leave to prove until the dough has doubled in volume.
2. Mix the crème fraîche and maple syrup to make the sauce, then put in the fridge to chill.
3. Pre-heat the Tepan. Add the walnut oil and fry the blinis one after another.
4. To make the caramel, sprinkle the sugar onto the Tepan, allow to melt, then add the walnuts and maple syrup.
5. Arrange the blinis on dessert plates, top with a spoonful of sauce and some caramelised walnuts. Decorate with mint leaves or candied peel and icing sugar.

Power level: 9-10

Cooking time: 15-20 minutes



Apple slices with raisins

Serves 4

Ingredients:

800 g apples
1 tbsp raisins
2 tbsp sugar
1 lemon
Butter
Cinnamon

Method:

1. Peel, core and slice the apples. Fry gently in butter on the pre-heated Tepan, turning carefully.
2. Add the raisins, sugar and the juice of the lemon and sprinkle with cinnamon.

Power level: 6–8

Cooking time: 6–10 minutes



Tip

As an alternative you could use pineapple slices or halved plums, peaches, apricots or nectarines.



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