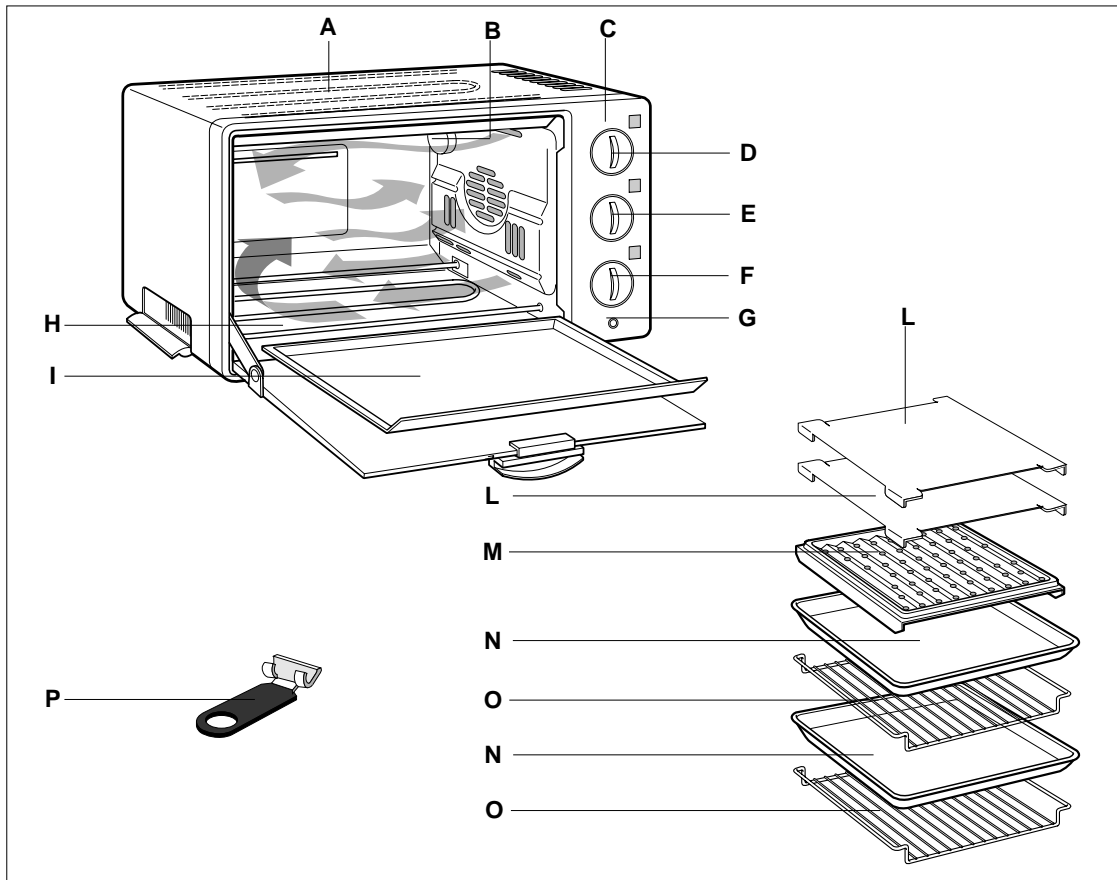


Instructions for use and recipes



A TOP HEATING ELEMENT

B OVEN LIGHT (★)

C CONTROL PANEL

D THERMOSTAT KNOB

E ON/OFF AND PROGRAMMING KNOB

F FUNCTION SELECTOR KNOB

G PILOT LIGHT

H BOTTOM HEATING ELEMENT

I CRUMB TRAY

L COOKIES SHEET

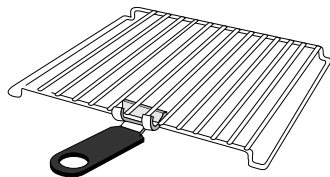
M DIETETIC GRILL (IF SUPPLIED)

N DRIPPING-PAN

O WIRE RACK

P HANDGRIP

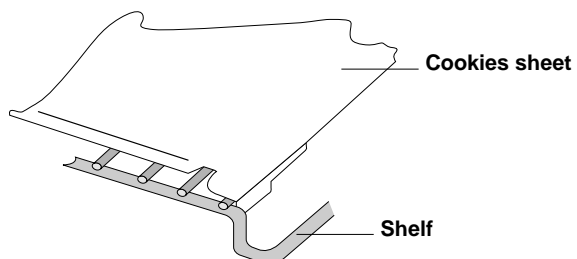
HANDGRIP









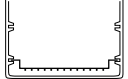

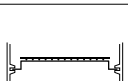




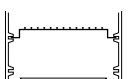
Use handgrip to bring the wire rack out of the oven when it is hot.

COOKIES SHEET

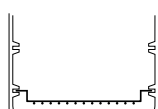
The cookies sheets provided **MUST BE CENTERED** on the shelves.



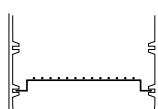
SUMMARY OF OPERATION

Program	Function selector knob setting	Thermostat knob setting	Position of wire rack and accessories	Notes/Tips
DEFROSTING				—
KEEPING FOOD WARM		60°		—
CONVECTION OVEN COOKING		60°÷230°		Ideal for cooking lasagna, meat, pizza, cakes in general, food which needs to be crispy on the surface (or gratinated dishes) and bread. See tips in the table on page 7 on how to use the accessories.
				
				
TRADITIONAL OVEN COOKING		60°÷230°		Ideal for cooking stuffed vegetables, fish, plum cake and small fowl. See page 7 on how to use the accessories.
GRILLING				Ideal for every type of traditional grill: hamburgers, frankfurters, kebabs, etc., toast. The dripping-pan should be positioned above the bottom heating element.

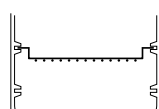
CORRECT WIRE RACK POSITIONS:



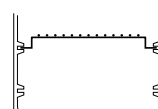
(1)



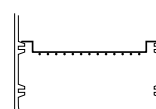
(2)



(3)



(4)



(5)

N.B.: The recipes refer to the wire rack positions as numbered above.

SPECIFICATIONS

Operating voltage	See rating label
Maximum power absorbed	See rating label

POWER CONSUMPTION (CENELEC STANDARD HD 376)

To reach 200°C	kW 0,1
To maintain 200°C for one hour	kW 0,5
Total	kW 0,6

This appliance conforms to EEC Directive no. 87/308 governing the suppression of radio interference.

The materials and objects destined to come into contact with food products comply with the regulations in EEC directive 89/109.

(★) OPTIONAL: OVEN LIGHT

The oven light is always on when the oven is on. Proceed as follows to replace the bulb: pull the plug out of the mains power supply socket, unscrew the protective glass cover and replace the burnt-out light bulb with a new one of the same type (resistant to high temperatures), then replace the protective glass cover.

WARNINGS

1. This oven has been designed to cook food. It must not be used for other purposes and must not be modified or tampered with in any way.
2. Before using the oven, make sure it has not suffered any damage during transport.
3. Position the oven on a horizontal surface at a height of at least 85 cm, **out of the reach of children.**
4. The metal parts and glass door become hot when the oven is operating: only ever touch the plastic knobs and handles.
5. Before plugging the oven into the power supply socket, make sure that:
 - the mains power supply is the same as that shown on the rating plate located under the oven;
 - the power supply socket has a capacity of at least 10 A and is fitted with a sufficient earth connection; **the manufacturer declines all responsibility if this safety standard is not complied with.**
6. Wash all the accessories thoroughly before use.
7. Before using the oven for the first time, operate it empty with the thermostat set to maximum for at least 15 minutes to eliminate any "new" smell. The room must be ventilated during this operation.
8. Never move the oven when it is operating.
9. If necessary, arrange for the cord's substitution by your nearest authorised Service Centre.

USE OF THE CONTROLS

● THERMOSTAT KNOB

Select the temperature desired as follows:

- Defrosting (see Page 6) : Thermostat knob in position ●.
- Keeping food warm (see Page 6) : Thermostat knob in 60° position.
- Traditional or convection oven cooking (see Page 6 - 7) : Thermostat knob set to from 60°C to 230°C.
- All types of grilling (see Page 8) : Thermostat knob in position ▼▼▼.

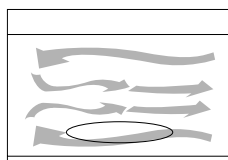
● ON/OFF AND PROGRAMMING KNOB

- To switch the oven on : Turn knob to position Ⅲ.
- To switch the oven off : Turn knob to position "0".
- To program cooking time : Turn knob clockwise to time desired (max. 120 minutes).
A bell will ring (*) when the time set has been reached and the oven will automatically switch itself off.

(*) Not all models.

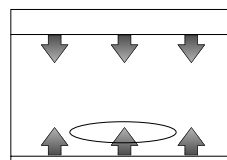
● FUNCTION SELECTOR KNOB

This knob is used to select the function desired:



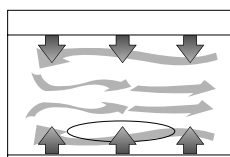
DEFROSTING

(fan only in operation).



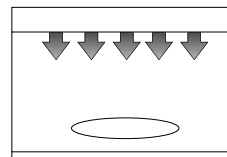
TRADITIONAL OVEN COOKING

(top heating element and bottom heating element only in operation).



CONVECTION OVEN COOKING, KEEPING FOOD WARM

(top heating element, bottom heating element and fan in operation).



GRILLING

(top heating element only in operation at maximum power).

● PILOT LIGHT

The light comes on to indicate that the oven is heating up and goes off when the oven has reached its temperature setting.

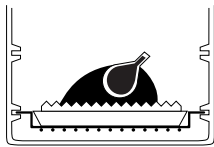
The pilot light is always off in the DEFROST function.

USE OF THE OVEN

● GENERAL ADVICE

- When cooking using the convection oven, traditional oven or grill functions, it is always advisable to preheat the oven until it reaches its temperature setting to obtain the best results.
- Cooking times depend on the type and temperature of the food as well as the personal taste of the cook. The times given in the table are only intended as a guide and may need to be varied and do not take the time required to preheat the oven into account.
- When cooking frozen food, follow the recommendations on the package.

IMPORTANT





If your oven is also fitted with the dietetic grill:



we recommend cooking chicken, roasts and small fowl directly on the dietetic grill resting on the dripping-pan (see Fig. on the left) to avoid fat spattering onto the sides of the oven and dripping onto the bottom. See the following sections for further details.

● DEFROSTING

Operate as follows to obtain fast and thorough defrosting:

- Set the function selector knob to position .
 - Turn the ON/OFF and programming knob to position .
 - Fit the wire rack in position 2 (see page 3), place the food to be defrosted on it on a plate and close the door.
- Example of defrosting: 1 kg of meat in 80-90 minutes without turning.



● KEEPING FOOD WARM

- Set the thermostat knob to the 60°C position.
- Set the function selector knob to position .
- Turn the ON/OFF and programming knob to position .
- Fit the wire rack in position 2 (see page 3) and place the plate of food on it.

It is advisable not to keep food warm in the oven for a long time since it could become too dry.

● CONVECTION OVEN COOKING



This function is ideal for obtaining excellent pizzas, lasagna, gratinated dishes, all types of meat-based main dishes (apart from small fowl), roast potatoes, cakes in general and bread. It is also suitable for cooking biscuits and cookies on two different levels. Operate as follows:

- Fit the wire rack in the position shown in the table or recipe.
- Set the selector function knob to position .
- Set the temperature required on the thermostat knob..
- Set the ON/OFF and programming knob to position  or to the position for the cooking time desired (see section on "Use of the controls").
- Wait for the oven to reach the temperature set (pilot light goes out) and then place the dish of food inside.

Recipe/Quantity	Thermostat knob	Time	Wire rack pos.	Observations and tips
Gratinated macaroni 1 kg	230°	20 min.	1	Turn the baking pan round half way through cooking.
Lasagne 1 kg.	230°	20 min.	1	Use a pirex dish, turn after 10 minutes.
Pizza 500g	225°	17 min.	2	Use the dripping-pan.
Chicken 1 kg.	200°	70-80 min.	1	Use the dietetic grill resting on the dripping-pan, turn after approx. 38 min.
Roast pork 900g	200°	70 min.	1	Use the dietetic grill resting on the dripping-pan, turn after approx. 35 min.
Meat loaf 650g	180°	55 min.	2	Use the dripping-pan, turn after 30 min.
Roast potatoes 500g	200°	50 min.	2	Use the dripping-pan, mix twice.
Jam lattice tart 700g	180°	40 min.	2	Use the dripping-pan.
Strudel 1 kg	180°	40 min.	2	Use the dripping-pan.
Walnut cake 800g	180°	35 min.	2	Use a cake tin.
Biscuits (short pastry) 100g	180°	14 min.	2	Use the dripping-pan.
Bread 500g	200°	25 min.	2	Use the dripping-pan, greased with oil, turn after 20 min.



● TRADITIONAL OVEN COOKING

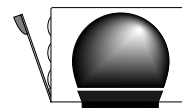
This function is ideal for all types of fish, stuffed vegetables, whipped-egg-white-based desserts and cakes which need long cooking times (over 60 min.). Operate as follows:







- Fit the wire rack in the position shown in the table or recipe.
- Set the selector function knob to position .
- Set the temperature required on the thermostat knob.
- Set the ON/OFF and programming knob to position  or to the position for the cooking time desired (see section on "Use of the controls").
- Wait for the oven to reach the temperature set (pilot light goes off) and then place the dish and food inside.

Recipe/Quantity	Thermostat knob	Time	Wire rack pos.	Observations and tips
Quail (3)	230°	44 min.	1	Use the dietetic grill resting on the dripping-pan, turn after 24 minutes.
Trout 500g	200°	35 min.	2	Use the dripping-pan, turn after 16 min.
Stuffed squid 450g	200°	30 min.	1	Use a pyrex dish, turn half way through cooking.
Gratinated tomates 550g	200°	40 min.	1	Use a greased pyrex dish, turn after 20 min.
Courgettes with tuna 750g	200°	40 min.	1	Use the dripping-pan, adding oil, tomatoes and water. Turn the dripping pan after 20 min.
Plum cake 1 kg	180°	75 min.	1	Use a mold and turn half way through cooking.
Meringues	120°	50 min.	2	Leave to stand for at least a day before serving.

● GRILLING

- Fit the wire rack in position 4 and fit the dripping pan above the bottom heating element. It is a good idea to pour 2 glasses of water into the dripping-pan. This will prevent the smoke and strong smell caused if the fat which drips into it starts burning. It will also make cleaning easier.
- Set the selector function knob to position .
- Preheat the oven for 10 minutes.
- Place the food inside it.
- **Close the door as far as its first click-stop position only**, as shown in the figure on the right.
- The ON/OFF and programming knob can be set to  or to the position for the cooking time desired (see section on "Use of the controls").



Recipe /Quantity	Thermostat knob	Time	Wire rack pos.	Observations and tips
Pork chops(2)		19 min.	4	Turn after 11 minutes.
Frankfurters (3)		10 min.	4	Turn after 8 minutes.
Fresh hamburgers(2)		13 min.	4	Turn after 7 minutes.
Sausages (4)		20 min.	4	Turn after 11 minutes.
Kebabs 500g		26 min.	4	Turn after 8, 15 and 21 minutes.
Toast (4 slices)		2 min.	4	Turn after 1 minute (*).

(★): *Do not fit the dripping-pan when making toast.*

CLEANING

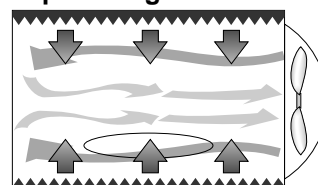
- Frequent cleaning prevents smoke and strong smells during cooking.
- Always take the plug out of the power supply socket before carrying out any cleaning operations.
- **Never immerse the oven in water and never wash it under running water.**
- The wire rack, dripping-pan and dietetic grill can be washed in the same way as any normal household dishes, either by hand or in a dishwasher.
- Only ever clean the outside surfaces of the oven with a damp sponge. Never use abrasive products which would damage your oven's painted finish. Take care to ensure water or liquid soap never enters the slots on top of the oven.
- Never use products which corrode aluminium (spray cleaners) to clean the aluminium oven lining and do not scratch the walls using pointed or sharp objects. Do not use ammonia-based detergents.

Simultaneous cooking in 2 different positions with convection oven

The convection oven can be used to cook foods, even of different kinds, simultaneously on two different levels.

The heat generated by the two heating elements is distributed inside the oven with the air circulated by the fan. In this way heat is distributed **evenly** and **rapidly** to every corner of the oven; the air inside the oven becomes extremely dry, thereby preventing odours and flavours from mixing.

Top heating element



Bottom heating element

In order to bake two different dishes at the same time, simply follow these straight-forward instructions.

- 1 Cooking times for simultaneous cooking differ from those applying to dishes cooked separately. **Always** consult the reference table.

Simultaneous cooking times

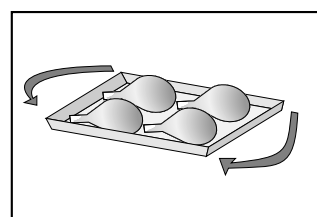
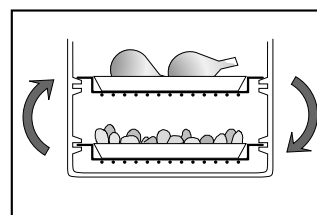
Chicken	70 min.
Potatoes	50 min.

Separate cooking times

Chicken	70 - 80 min.
Potatoes	55 min.

- 2 Swap over the two dripping-pans about halfway through cooking, placing the top pan on the bottom wire rack and vice-versa.

Don't forget to give the pans a half-turn.



Reference times for simultaneous cooking on 2

REFER TO RECIPES ON PAGE 11 FOR INGREDIENTS AND METHOD

Using the procedures recommended for main dishes accompanied by vegetable side dishes, the entire course is ready to serve all at once.

Recipes	Thermostat knob	Times	Wire rack pos.	Observations and tips
Roast chicken pieces + potatoes	200°	70 min. 50 min.	5 1	Pre-heat oven to 200°. Place chicken in oven, in position 5 and after 20 mins., insert the potatoes, in pos.1. Swap over and turn the two dripping pans after 42 mins.
Roast rabbit + apple strudel	180°	65 min. 40 min.	1 5	Pre-heat oven to 180°. Place the rabbit in the oven, in position 1 and the strudel in position 5. Swap over and turn the two dripping pans after 30 mins.
Meat loaf + potatoes	180°	60 min. 60 min.	3 1	Pre-heat oven to 180°. Place the meat loaf in the oven, in position 3 and the potatoes in position 1. Turn over the meat and stir the potatoes after 34 mins. without swapping around the pans.
Gratinated cauliflower + roast rabbit	200°	20 min. 55 min.	3 3/1	Pre-heat oven to 200°. Place the rabbit in the oven, in position 3 and after 35 mins., move the dripping pan to position 1 and insert the cauliflower, in position 3.
Vol-au-vent + jam lattice tart	180°	22 min. 35 min.	5 1	Pre-heat oven to 180°. Place the vol-au-vents in the oven, in position 5 and the tart in position 1. Swap over the two dishes after 13 mins.
Quiche Lorraine + stuffed peppers	180°	40 min. 50 min.	5 1	Pre-heat oven to 180°. Place the quiche in the oven, in position 5 and the stuffed peppers in position 1. Swap over the two dishes after 30 mins.
Roast rabbit + lasagna	180°	60 min. 35 min.	5 1	Pre-heat oven to 180°. Place the rabbit in the oven, in position 5 and the lasagna in position 1. Swap over the two dishes after 25 mins.
Roast chicken pieces + jam lattice tart	180°	80 min. 35 min.	5 1	Pre-heat oven to 180°. Place the chicken pieces in the oven, in position 5 and the tart in position 1. Swap over and turn the two dishes after 13 mins. Turn over the chicken pieces after 40 mins.
Pizza + roast rabbit	220°	28 min. 50 min.	5 1	Pre-heat oven to 220°. Place the pizza in the oven, in position 5 and the rabbit in position 1. Swap over and turn the two dripping pans after 16 mins.
Pizza + pizza	220°	28 min. 28 min.	5 1	Pre-heat oven to 220°. Place one pizza in the oven, in position 5 and the other in position 1. Swap over and turn the two dripping pans after 15 mins.
Roast chicken pieces + focaccia bread roll	180°	80 min. 50 min.	1 5	Pre-heat oven to 180°. Place the chicken pieces in the oven, in position 1 and the focaccia in position 5. Swap over and turn the two dripping pans after 25 mins.

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Hors

d'oeuvres

Aubergine roulades

CONVECTION OVEN cooking

Ingredients for 4 people:

- 2 large aubergines (egg plants)
- 10 capers in brine
- 2 tablespoons of mayonnaise
- 2 tablespoons of breadcrumbs
- 100g of cooked ham
- 100g of tuna
- 1 egg
- 150g of mozzarella
- Oil and salt

Place the mozzarella, diced ham, drained finely-flaked tuna, rinsed capers, mayonnaise and egg in a blender. Blend for a few seconds and add 2 tablespoons of breadcrumbs if the mixture is approximately 1/2 cm thick. Place a little of the mixture on each slice and then roll them into roulades. Pour two tablespoons of oil into a dripping-pan, arrange the roulades inside and trickle a little oil over them. Preheat the oven to 180°. When the pilot light goes out, place the dripping-pan in the oven with the wire rack in position 2 for 30 minutes.

Gratinated mussels

GRILLING

Ingredients for 2 people:

- 500g of mussels
- Oil
- Parsley
- Oregano
- Garlic
- Salt and pepper
- Breadcrumbs

Scrape, clean and rinse the mussels without letting them stand in the water. Bring them to the boil, removing them one by one as they open. Preheat the oven in its GRILL setting for 10 minutes. Arrange the filled half-shells on the dripping-pan, sprinkle some finely-chopped parsley over them with a little garlic, add salt, pepper and oregano, trickle a little oil over them and sprinkle with breadcrumbs. Place them on the wire rack in position 4 and grill for 5 minutes.

Bruschetta garlic bread

GRILLING

Ingredients for 4 people:

- 2 slices of Apulian-style Italian bread
- 2 tablespoon of oil
- 1 clove of garlic

Preheat the oven in its GRILL setting for 10 minutes. Place the slices of bread in the wire rack in position 4 and toast them for 4 minutes, turning them half way through cooking, with the door closed to its first click-stop position. When the bread has been completely toasted, rub it with the clove of garlic and trickle oil over it. A richer variation on this recipe is to add sliced tomatoes dressed mixed a little chopped basil and oregano.

Vol au vent

CONVECTION OVEN cooking

Ingredients for 4 people:

- 250g of frozen puff pastry
- 1 egg

Roll out the puff pastry until it is about 1/2 cm thick. Cut out 24 circles from the rolled out pastry using a 6 cm diameter pastry cutter. Arrange 12 of the circles on the dripping tray, previously greased with butter and sprinkled with flour, and brush them with beaten egg. Cut the remaining 12 circles with a 3 cm diameter pastry cutter to obtain 12 rings. Place these rings on top of the circles and brush them with egg again. Preheat the oven to 180°. When the pilot light goes out, place the dripping-pan on the wire rack in position 2 for 20 minutes.

Zuiche Lorraine

CONVECTION OVEN COOKING

Ingredients for 6 people:

- 250 g frozen short-crust pastry
- 150 g smoked bacon
- 4 eggs
- 1/4 dl cream
- Salt and pepper

Roll out a sheet of pastry until it is about half a centimeter thick. Butter the dripping pan and line with the pastry, pricking the bottom with a fork. Dice the bacon and parboil in water. Prepare the filling: beat the eggs, add cream, salt and pepper, stirring continuously. Sprinkle the bacon cubes over the pastry, having drained them thoroughly. Pour over the egg/cream mixture. Pre-heat the oven to 180°. Once the pilot light has gone out, place the pan on the wire rack in position 2 and bake for 30 minutes.

Pasta and Pizza

Gnocchi alla romana

TRADITIONAL OVEN cooking

Ingredients for 4 people:

- 250g of semolina
- 100g of butter
- 1 litre of milk
- Salt and pepper
- 10 tablespoons of Parmesan cheese
- 3 eggs

Bring the milk to the boil with a pinch of salt and then pour in the semolina, stirring it with the whisk to prevent lumps from forming and cook for 10 minutes. When the semolina is cooked, add 30 g of butter, 5 tablespoons of Parmesan cheese, 3 egg yolks (one at a time), salt and pepper. Melt the butter in a small pot. Lightly grease a sheet of baking paper or a pastry board and pour the semolina on top, taking care to level it out so that it forms a layer approximately one centimetre thick. Leave to cool, then cut into little circles using a small-diameter glass and arrange the circles in a ring on the dripping-tray, previously greased with butter. Sprinkle generously with parmesan and melted butter. Preheat the oven to 200°. When the pilot light goes out, place the dripping pan on the wire rack in position 2 for 30 minutes, turning it round half way through cooking.

Lasagna

CONVECTION OVEN cooking

Ingredients for 6 people:

- 9 sheets of egg pasta
- 1/2 litre of bechamel sauce
- Grated Parmesan cheese
- 150g of Bolognese sauce

Cook a few sheets of lasagna at a time in salted boiling water for approximately 5 minutes. Drain them individually in a strainer, spread them on a tablecloth and allow to dry. Prepare the Bolognese sauce and bechamel sauce separately. When all the ingredients are ready, grease a pyrex dish with butter, spread two tablespoons of bechamel in the bottom, followed by a layer of pasta, then pour on the Bolognese sauce and bechamel together and sprinkle with a handful of Parmesan, building up in layers like this until all the ingredients have been finished. Preheat the oven to 230°. When the pilot light goes out, place the lasagna on the wire rack in position 1 for 20 minutes, remembering to turn the pyrex dish round half way through cooking.

Gratinated Ravioli

TRADITIONAL OVEN cooking

Ingredients for 4 people:

- 500g of ravioli
- 1/2 litre of bechamel sauce
- Salt, butter, Parmesan cheese

Cook the ravioli in salted boiling water and prepare the bechamel sauce while they are cooking. When the ravioli are cooked, mix them with the bechamel and pour them into a pyrex dish that has been greased with butter, sprinkling Parmesan cheese over the top. Preheat the oven to 230°. When the pilot light goes out, place the dish on the wire rack in position 1 for 20 minutes.

"Focaccia" bread roll with shellfish

CONVECTION OVEN cooking

Ingredients for 6 people:

- 250 g white flour
- 1/2 glass of water
- 600 g mussels/baby clams
- Parsley
- 1/2 glass of dry white wine
- A pinch of salt
- 150 g butter
- 1/4 liquid cream
- 3 eggs

Cut the butter into cubes and place in blender with the flour and water. Blend until mixture is smooth. Shape dough into a ball, cover with a dish-cloth and leave to stand for half an hour. In the meantime, scrape and brush the mussels and wash them thoroughly with the clams in running water. Place the shellfish in a saucepan and allow to open over a strong flame, sprinkling over white wine every now and again. Once all the shells have opened, remove the fish and place on a plate with a little of the cooking water, filtered thoroughly. Roll out the dough into a circle about 1 cm thick and place it in the dripping-pan. Prick the surface of the roll with a fork and cover with the shellfish. Beat the eggs in a bowl, add the parsley, washed and chopped, and then the cream and mix all the ingredients thoroughly. Pour the mixture over the shellfish. Pre-heat the oven to 180°. Once the pilot light has gone out, place the pan on the wire rack in position 2 and bake for 35 minutes.

Pizza

CONVECTION OVEN cooking

Ingredients for 4 people:

- 500g of pizza dough
- 1 mozzarella
- 1 tin of peeled tomatoes
- 1 teaspoon of olive oil
- 50g of cooked ham
- Oregano and salt

Grease the dripping pan with a little olive oil and spread the pastry, which you have previously rolled or stretched out so that it is nice and thin, on top. Cover the pastry with the tomatoes, diced mozzarella, ham, oregano and salt, then trickle olive oil over it. Preheat the oven to 225°. When the pilot light goes out place the dripping-pan on the wire rack in position 2 and cook the pizza for 17 minutes.

Gratinated macaroni

CONVECTION OVEN cooking

Ingredients for 4 people:

- 300g of macaroni
- 1/2 litre of bechamel sauce
- 400g of Bolognese sauce
- 80g of grated Parmesan cheese

Cook the macaroni in boiling salted water, drain them and mix them with the bechamel and Bolognese sauce prepared beforehand. Grease a baking pan with butter and pour the macaroni into it, cover it with the grated Parmesan cheese and few knife-points of butter. Preheat the oven to 230°. When the pilot light goes out, cook the dish on the wire rack in position 1 for 20 minutes, remembering to turn it round half way through cooking.

Main dishes

Roast pork CONVECTION OVEN cooking

Ingredients for 4 people:

- 900g of rump or chine of pork
- Salt and pepper

Preheat the oven to 200°. Sprinkle salt and pepper over the meat. When the pilot light goes out, place the pork on the dietetic grill and dripping-pan on the wire rack in position 1 as shown for chicken (see Fig. on page 6). Cook for 70 minutes, turning the meat over half way through cooking.

Meat loaf with herbs CONVECTION OVEN cooking

Ingredients for 4 people:

- 500g of minced pork and beef
- 100g of Parmesan cheese
- 2 eggs
- 2 tablespoons of olive oil
- 50g of cooked ham
- 30g of breadcrumbs
- Salt and pepper
- 1/2 glass of white wine
- Finely chopped sweet marjoram, sage, thyme, chive and rosemary

Work all the ingredients into the mince with the exception of the breadcrumbs, oil and wine. Then roll the meat loaf in the breadcrumbs. Place it in the dripping-pan, mix the 2 tablespoons of oil in the 1/2 glass of wine and pour over the top. Preheat the oven to 180°. When the pilot light goes out, place the dish on the wire rack in position 2 for 55 minutes, remembering to turn the meat loaf over half way through cooking.

Roast - beef CONVECTION OVEN cooking

Ingredients for 6 people:

- 1 kg of sirloin
- 3 tablespoons of oil
- 30g of butter
- 1/2 glass of white wine
- Salt and pepper

Preheat the oven to 200°. In the meantime, sprinkle the sirloin with salt and pepper, pour the oil into a baking pan followed by the sirloin and a dash of wine on top. When the pilot light goes out, place the baking dish on the wire rack in position 1 for 40 minutes. Turn the meat round half way through cooking and sprinkle the rest of the wine over it.

Roast chicken CONVECTION OVEN cooking

Ingredients for 4 people:

- 1 whole chicken (1 kg)
- salt and pepper

Preheat the oven to 200°. In the meantime wash and carefully dry the chicken. When the pilot light goes out, place the wire rack in position 1 and place the chicken on the dietetic grill resting on the dripping-tray as shown in the figure on page 6. Roast for 75 minutes, remembering to turn the chicken after 38 minutes.

Roast chicken pieces CONVECTION OVEN COOKING

Ingredients for 4 people:

- 1 chicken, cut into pieces (1 kg)
- Salt and pepper
- Rosemary, oil, white wine

Pre-heat the oven to 210°. In the meantime arrange the pieces of chicken in the dripping pan with the herbs and sprinkle over a little white wine. Once the pilot light has gone out, place the pan on the wire rack in position 1 and bake for 80 minutes. Halfway through cooking, turn over the meat, basting once again with wine.

Roast quail TRADITIONAL OVEN cooking

Ingredients for 2 people:

- 3 quails
- salt and pepper

Preheat the oven to 230° and sprinkle the quails with salt and pepper. When the pilot light goes out, place the wire rack in position 1 and arrange the quails spaced equally apart on the dietetic grill on the dripping-pan as shown for chicken on page 6. Roast for 44 minutes, turning the quails after 24 minutes.

Roast rabbit CONVECTION OVEN cooking

Ingredients for 4 people:

- 800g of rabbit portions
- 1/2 glass of white wine
- Oil, rosemary and garlic
- Salt and pepper

Preheat the oven to 210°. Place the rabbit portions in the dripping-pan with the oil, rosemary, a dash of white wine, 2 cloves of garlic, salt and pepper. When the pilot light goes out, place the dripping-pan on the wire rack in position 1 for 60 minutes. Turn the rabbit portions half way through cooking and pour the rest of the wine over them.

Fish

Trout with olives

TRADITIONAL OVEN cooking

Ingredients for 2 people:

- 500g of sea trout
- Salt and pepper
- 50g of stoned black olives

Thoroughly gut and wash the trout before placing it in the dripping-pan greased with oil. Stuff it with the black olives and sprinkle with salt and pepper. Preheat the oven to 200°. When the pilot light goes out, place the dripping-pan on the wire rack in position 2 and roast for 35 minutes, turning the trout after 16 minutes.

Roast hake

CONVECTION OVEN cooking

Ingredients for 4 people:

- 4 slices of hake
- Onion, garlic and parsley
- Salt and pepper
- Oil
- White wine

Finely chop the onion with the garlic and a generous portion of parsley. Sprinkle part of the chopped mixture in a pyrex dish and arrange the slices of fish on top. Sprinkle them with salt, pepper and the rest of the chopped mixture. Pour a full glass of olive oil on top, followed by a glass of dry white wine which can be diluted with a little water. Preheat the oven to 210°. When the pilot light goes out, place the pyrex dish on top of the wire rack in position 2 for 33 minutes, turning the fish half way through cooking.

Baked gilthead

TRADITIONAL OVEN cooking

Ingredients for 2 people:

- 1 gilthead 600g
- Butter
- Parsley
- Anchovies
- Salt and pepper
- Oil and lemon

Clean the gilthead thoroughly, then pierce it in several places with a fork. Place a large pat of butter with chopped parsley and 2 anchovies mixed in it inside the fish. Sprinkle with salt and pepper. Lay out two sheets of aluminium foil, place the gilthead on top and sprinkle it with oil, lemon juice and chopped parsley. Fold the aluminium foil over to form an envelope and close the ends by rolling them together. Preheat the oven to 200°. When the pilot light goes out, place the dripping pan on the wire rack in position 2 for 40 minutes, remembering to turn the foil envelope over half way through cooking.

Stuffed squids

TRADITIONAL OVEN cooking

Ingredients for 4 people:

- 4 large squids
- Oil

For the stuffing:

- 1 cup of raw rice
- Parsley and garlic
- Salt and pepper
- Tomato puree

Clean the squids thoroughly, cut off their tentacles and put them aside. Prepare the stuffing: add the chopped tentacles to the cooked rice together with plenty of a parsley and just a touch of garlic. Add the tomato puree to the stuffing mixture, together with salt and pepper to taste. Fill the squids with the stuffing, closing them with a toothpick. Arrange them in a pyrex dish greased with oil and pour a glass of water around the bottom. Preheat the oven to 200°. When the pilot light goes out, place the pyrex dish on the wire rack in position 1 for 30 minutes, turning the squids round half way through cooking.

Gratinated turbot

TRADITIONAL OVEN cooking

Ingredients for 4 people:

- 4 turbot fillets
- 1/2 litre of bechamel sauce
- tablespoons of grated cheese

Boil the turbot fillets for approximately 10 minutes in slightly salted water to which a few slices of lemon have been added. Leave to drain and prepare the bechamel sauce in the meantime. Grease a pyrex dish with butter and pour in just enough bechamel sauce to form a thin layer in the bottom. Place the turbot fillets on this layer, cover them with the rest of the bechamel and sprinkle generously with grated cheese. Preheat the oven to 200°. When the pilot light goes out, place the pyrex dish on the wire rack in position 2 for 20 minutes, turning the dish round half way through cooking.

Vegetables

Courgettes with tuna

TRADITIONAL OVEN cooking

Ingredients for 2 people:

- 4 courgettes (zucchini)
- 1 tin of tomatoes
- 1 egg
- Oil, butter and salt
- 150g of tuna in oil
- Parsley
- Grated cheese

Cut the courgettes lengthwise, scrape out the flesh and chop finely. Prepare the stuffing: break the tuna up into fine flakes in a dish, add a little chopped parsley, a tablespoon of grated cheese, 1 egg and the chopped courgette flesh. Stuff the courgettes with this mixture. Pour a little water mixed with a couple of tablespoons of oil and a little pureed tomatoes into the dripping-pan, then place the courgettes on top. Preheat the oven to 200°. When the pilot light goes out, place the dripping-pan on the wire rack in position 1 for 40 minutes. Turn the dripping pan round half way through cooking and add water.

Roast potatoes

CONVECTION OVEN cooking

Ingredients for 4 people:

- 500g of cut potatoes
- 1 tablespoon of olive oil
- 1/2 stock cube
- Garlic, rosemary and sage
- 1 dash of white wine
- Salt and pepper

Place the potatoes in a dripping-pan. Add the oil, garlic, sage, rosemary, stock cube, wine, salt and pepper. Preheat the oven to 200°. When the pilot light goes out, place the dish on the wire rack in position 2 for 50 minutes, remembering to mix them twice.

Aubergines with parmesan

TRADITIONAL OVEN cooking and GRILL

Ingredients for 4 people:

- 1 kg. of aubergines (egg plants)
- 500g of tomato sauce
- Salt and pepper
- 2 mozzarellas (150g each)
- 50g of grated Parmesan cheese

Preheat the oven in its GRILL setting for 10 minutes. Cut the aubergines into thin slices and place them on the wire rack in position 4 for 14 minutes with the door in its first click-stop position, turning them half way through cooking. When you have finished grilling all the aubergines like this, grease a dish with oil and arrange a layer of aubergines in the bottom, followed by a layer of sliced mozzarella. Spread tomato sauce on top and dust with grated Parmesan cheese. Continue forming layers like this until all the ingredients have been finished. Preheat the oven to 200°. When the pilot light goes out, place the dish on the wire rack in position 2 for 35 minutes, turning it round half way through cooking.

Gratinated tomatoes

TRADITIONAL OVEN cooking

Ingredients for 4 people:

- 500g of medium-sized tomatoes
- Chopped parsley
- 1 chopped clove of garlic
- 5 tablespoons of breadcrumbs
- 1 tablespoon of olive oil
- Salt and pepper

Scrape out the inside of the tomatoes and put aside together with the juice. Turn the tomatoes upside down on a board to allow the remainder of the juice to drip out. Mix the flesh and juice with the other ingredients to form a mixture that is not too thick and fill the tomatoes with it. Arrange the tomatoes on the dripping-pan greased with oil. Preheat the oven to 200°. When the pilot light goes out, place the dripping-pan on the wire rack in position 1 for 40 minutes, turning the dripping pan round half way through cooking.

Gratinated cauliflower

CONVECTION OVEN cooking

Ingredients for 4 people:

- 800g of cauliflower
- 500g of bechamel sauce
- Salt and pepper
- Parmesan cheese
- 100g of cooked ham

Wash the cauliflower thoroughly and cook it in salted boiling water. Prepare the bechamel while the cauliflower cools down. Spread two tablespoons of bechamel in the bottom of the dish, followed by the cauliflower cut into florets, the sliced ham, the rest of the bechamel sauce and a sprinkling of Parmesan cheese. Preheat the oven to 200°. When the pilot light goes out, place the dish on the wire rack in position 2 for 20 minutes, turning it round half way through cooking.

Stuffed peppers

CONVECTION OVEN cooking

Ingredients for 4 people:

- 3 peppers
- Chopped garlic and parsley
- 2 eggs
- 2 tablespoons of olive oil
- 50g of grated Parmesan cheese
- 500g of minced pork and beef
- Salt and pepper

Wash the peppers thoroughly, cut off their tops, remove the seeds and filaments and cut them in half. Work all the other ingredients into the mince and fill the peppers with the mixture, placing them in a dripping-pan greased with oil. Preheat the oven to 180°. When the pilot light goes out, place the dish on the wire rack in position 2 for 45 minutes, turning the dripping-pan round half way through cooking.

Desserts

Apple strudel

CONVECTION OVEN cooking

Ingredients for 4 people:

- 250g of frozen puff pastry
- 300g of rennet apples (queen apples)
- 70g of butter
- 1/2 glass of rum
- 100g of sugar
- 30g of pine kernels
- The grated peel of 1 lemon
- 50g of breadcrumbs
- 50g of sultanas
- 1 pinch of cinnamon

Peel and slice the apples finely, then gently brown them in the butter. Add the rum and allow it cook away. Leave to cool and add the breadcrumbs, sugar, sultanas soaked in lukewarm water and patted dry, the pine kernels, lemon and cinnamon, mixing them delicately together. Place the dough on a pastry board and roll it out into a very thin rectangle. Brush it with a little melted butter and spread the apple mixture on top, leaving a little space around the edges. Pull the edges over the filling to form a roll. Roll the dough over itself and press the edges down so that they stick together. Place the strudel on the dripping-pan, previously greased with butter, and brush the surface with beaten egg. Preheat the oven to 180°. When the pilot light goes out, place the dripping-tray on the wire rack in position 2 for 40 minutes.

Walnut cake

CONVECTION OVEN cooking

Ingredients for 8 people:

- 140g of flour
- 160 g of butter
- 3 eggs
- 1/2 sachet of yeast
- 1 pinch of ground cinnamon
- 1 pinch of ground nutmeg
- 1 pinch of salt
- 150g of sugar
- 100g of walnuts
- 1 lemon

Grease a baking pan with butter and dust it with flour. Chop the walnuts. Work the butter (which should have been taken out of the fridge at least 2 hours beforehand) using a wooden spoon until it becomes creamy. Mix in the lemon peel, sugar, chopped walnuts, a pinch of nutmeg, a pinch of cinnamon and a pinch of salt. Then add the eggs and mix the ingredients until they are smoothly blended together. Now add the flour and half sachet of yeast, sifting them onto the mixture and mix it smooth again. Pour the mixture into a cake tin. Preheat the oven to 180°. When the pilot light goes out, place the cake tin on the wire rack in position 2 for 35 minutes.

Plum cake

TRADITIONAL OVEN cooking

Ingredients for 8 people:

- 250g of butter
- 3 eggs and 2 yolks
- 80g of raisins
- 1 pinch of salt
- 50g of candied orange and citron peel
- 250g of sugar
- 250g of flour
- 1 glass of rum

Work the sugar into the butter (which should have been taken out of the fridge at least 2 hours beforehand) until you obtain a smooth white paste. Add the eggs one by one, followed by the yolks, then gradually add the flour and a pinch of salt, stirring all the time. Last of all, gradually add the rum, raisins (previously soaked in lukewarm water) and candied peel. Pour the mixture into a rectangular mold lined with aluminium foil greased with butter. Preheat the oven to 180°. When the pilot light goes out, place the mold on the wire rack in position 1 for 75 minutes.

Biscuits

CONVECTION OVEN cooking

Ingredients for 4 people:

- 160g of flour
- 1 pinch of salt
- 1 egg
- 50g of sugar
- 60g of butter

Mix all the ingredients together in a blender until you obtain a smooth dough. Roll out the dough into a fairly thick sheet. Use a pastry-cutter wheel to cut out little rectangles (4 x 2.5 cm) and arrange them in the dripping-pan, previously greased with butter. Preheat the oven to 180°. When the pilot light goes out, place the dripping-pan on the wire rack in position 2 for 14 minutes.

Jam lattice tart

CONVECTION OVEN cooking

Ingredients for 8 people:

- 250g of flour
- 125 g of butter
- 1 egg+1 yolk
- 110g of sugar
- 200g of jam
- Salt

Cut the butter into small pieces and place them in a blender together with the flour, sugar, eggs and salt. Blend the mixture to a smooth dough. Place approximately one third of the dough to one side for use as the lattice decoration. Roll out the rest. Grease a dripping-pan with butter and sprinkle it with a little flour. Place the pastry inside and spread a layer of jam over it. Use the rest of the dough to make strips 1 cm wide and make the lattice decoration. Preheat the oven to 180°. When the pilot light goes out, place the dripping-pan on the wire rack in position 2 for 40 minutes.