

Tefal®



RECIPE BOOK - SPHERICOOK Multicooker







STARTERS & SIDES

Pea soup with bacon
Potato gratin
Sushi rice with seasoned vinegar
Salmon Poke Bowl
Salmon and avocado temaki
Crab uramak sushi rolls

06 / 07

08 / 09



MAIN MEALS

Lamb pilaf
Meatballs in tomato sauce
One pot penne bolognese
Creamy spaghetti carbonara
All-in-one salmon yakitori with rice
Seafood paella
Moules marinière
Pot roast whole chicken

10 / 11

12 / 13



DESSERTS & BAKING

White bread
Raspberry and blueberry sponge
Porridge with fresh blueberries,
apples and almonds
Rice pudding with apples & cinnamon
Set natural yogurt with jam
Natural plain yogurt
Reduced sugar berry jam

14 / 15

16 / 17

Notes about the recipes

- The cup measurements stated in the recipes use the rice measuring cup supplied with your appliance. For 1 cup fill the cup with ingredients up to the rim.
- For best results, we recommend using the ingredients specified in the recipe. Amending the type of rice, grain or recipe programme may give different results.
- The cooking times stated in the recipes are the total cooking time in the Spheri Cook.
They are only approximate and the actual cooking time may vary slightly.
- If quantities in the recipe are reduced or increased the cooking time may need adjustment.
- The abbreviations used are tsp = teaspoon (5ml spoon) and tbsp = tablespoon (15ml spoon)
- Eggs used are medium size unless stated otherwise.

Function Definition

MENU	DESCRIPTION
ROASTING	ROASTING Mode allows to bake meat, poultry, fish and vegetables.
SOUP	This function is for making chunky soups, vegetable or meat broths, cooking at a temperature that preserves the texture and taste of the ingredients.
STEAM	STEAM Mode allows you to cook in a healthy way that can preserve more nutrients than boiling or frying. To use this programme, you need to pour some water into the cooking bowl, then place the ingredients in the steam basket supplied with your multicooker.
RICE	This functions cooks delicious fragrant and fluffy rice. <ul style="list-style-type: none">• Always rinse the rice well first• Follow the instructions for the water/raw rice ratio provided in the instruction manual in the Rice cooking section. Adjust the water quantity according to how firm or soft you like your rice.
YOGURT	YOGURT Mode maintains the cooking bowl at the perfect temperature during the heating time to make yogurts. You can pour your yogurt mixture directly into the cooking bowl or in individual pots which are oven-safe. Please read the Yogurt section of the instruction manual for more advice about the choice of ingredients and preparation TIP: Do you know that you can also use this menu to prove bread dough ? Just set the timer for 1 hour and the dough will prove at the ideal temperature at 40°C
BAKING	This function allows you to bake homemade desserts, sponges and cakes. You can also use this function to cook white bread. Your multicooker can prove the bread dough by using My Recipe programme at 40°C or the Yogurt programme which also operates at 40°C
REHEAT	REHEAT Mode allows you to reheat a dish which has already been cooked. It is not intended to cook raw food.
SLOW COOK	This function allows you to cook food gently at a lower temperature. For example, you can use this programme to cook meat and vegetables in stock or other cooking liquid.
RISOTTO	To make Risotto, you need to use round Italian rice (Arborio, Carnaroli or Vialone Rice). Do not rinse the rice for Risotto as the starch is the key to a delicious and creamy risotto.
PORRIDGE	This function allows you to cook cereals such as rolled porridge oat with certain amount of water or milk. Follow the recipe in the cookbook supplied with your Multicooker and do not exceed the quantities.
BROWNING	The browning programme allows you to cook food in oil or fat at a high temperature, in order to create a crispy and flavorful texture on the surface of an ingredient. <ul style="list-style-type: none">• This function allows you to fry a piece of meat/fish or stir fry small pieces of ingredients.• For some high-water content vegetables such as potato, broccoli or asparagus, it is recommended to pre-boil them before stir frying for a tender result.
PASTA	This programme is for cooking pasta. Use the dried type for best results. We recommend pouring boiling water from a kettle into the cooking bowl and then wait until the audible signal before adding the pasta to the multicooker.
JAM	The jam programme allows you to cook reduced sugar jam and fruit compotes. When making reduced sugar jam always leave the lid open when cooking the fruit and sugar.
MY RECIPE (MANUAL MODE)	This function allows you to set your own cooking time and temperature and records your last setting for the next use. For example, if this morning you use this function to cook your eggs at 70°C for 12 minutes. Set up 70°C and 12 mins. If you do not use this function until the next morning, you can simply press My recipe. Your settings are recorded and you can repeat the same cooking process without resetting.
KEEP WARM	The Keep Warm programme is either automatically activated at the end of specified cooking menus or can be manually activated or de-activated by pressing the “cancel” button.

Cooking programme table*

COOKING PROGRAMMES	COOKING TIME*			COOKING TEMPERATURE		LID POSITION		DELAYED START*		AUTOMATIC KEEP WARM
	Default	Range	Time Setting Increments	Default	Range	Closed	Open	Range	Adjustable	
ROASTING	45 min	5 min - 4h	5 min	160°C	120/140/160	*		up to 24h	5 min	*
SOUP	1h	5 min - 3h	5 min	Automatic	-	*		up to 24h	5 min	*
STEAM	30 min	5 min - 3h	5 min	100°C	-	*		up to 24h	5 min	*
RICE	Automatic	Automatic	N/A	Automatic	-	*		up to 24h	5 min	*
YOGURT**	8h	1h -12h	15 min	40°C	-	*		N/A	N/A	No
BAKING	45 min	5 min - 2h	5 min	130°C	100/130/160	*		up to 24h	5 min	No
REHEAT	25 min	5 min - 1h	5 min	100°C	-	*		N/A	N/A	*
SLOW COOK (STEW)	4h	20 min - 9h	5 min	100°C	80 / 100 /120	*		up to 24h	5 min	*
RISOTTO	Automatic	Automatic	N/A	Automatic		*		up to 24h	5 min	*
PORRIDGE	25 min	5 min - 2h	5 min	Automatic	-	*		up to 24h	5 min	*
BROWNING***	20 min	5 min -1h 30 m	1 min	160°C	120/130/140/150/160	*	*	N/A	N/A	*
PASTA	10 min	3 min - 3h	1 min	100°C	-	*	*	up to 24h	5 min	No
JAM	1h	5 min - 3h	5 min	105°C	-	*	*	up to 24h	5 min	No
KEEP WARM	Automatic	Automatic	N/A	75°C	-	*		N/A	N/A	
MY RECIPE	30 min	5 min - 9h	5 min	100°C	40-160°C (10°C increments)	*		up to 24h	5 min	No

* Cooking time may be affected by altitude, food temperature and other factors outside of the manufacturer’s control. As needed, you can always increase the cooking time for your food. If the amount of ingredients are increased or decreased, the cooking time must be adjusted up or down as appropriate.
NB: Delayed start time displayed on the screen includes the cooking time of the cooking programme selected.

** Use for making yogurts in oven-proof glass containers.

*** Browning for use with oil and food.



Pea soup with bacon



X5



15 min



1 hr



SOUP

- 1 cup (150g) dried peas (soaked overnight)
- ½ tbsp sunflower oil
- 150g smoked rindless back bacon, cut in 1-cm pieces
- 150g lean pork, such as loin (fat removed), cut in 1-cm cubes (optional)
- 1 onion, finely chopped
- 2 carrots, cut in 1-cm cubes (about 250g unpeeled weight)
- 2 litres stock
- 2 medium size potatoes (about 350g unpeeled weight), cut in 1-cm cubes
- Freshly ground black pepper
- Finely chopped fresh herbs, such as flat-leaf parsley

1. Soak the peas overnight. Rinse and set aside.
2. Add the oil, bacon, pork, onion and carrot to the bowl. Select **BROWNING** at **160 C**, leave the lid open and set for 15 minutes, stirring occasionally. At the end of the cooking time press **CANCEL** button.
3. Add the stock, soaked peas and potatoes. Select **SOUP** mode and set for 45 minutes.
4. At the end of the cooking time, season with pepper to taste and stir in the chopped herbs. Serve hot.



Potato gratin



X4



10 min



40 min



ROASTING

- 15g butter, softened
- 7-8 medium size potatoes (about 850g unpeeled weight), peeled
- 300ml single cream
- 1 garlic clove, crushed
- ¼ tsp ground nutmeg
- Salt and freshly ground black pepper
- 50g Gruyère cheese, grated

1. Grease the inside of the bowl with butter. Thinly slice the potatoes; set aside.
2. In a jug mix together the cream, crushed garlic, nutmeg, salt and pepper.
3. Arrange the sliced potatoes in layers in the bowl alternating with the cream mixture and grated cheese. Finish with the cream mixture.
4. Select **ROASTING** programme at 140°C and cook for 40 minutes. Press **CANCEL** and switch off at the mains supply. Using oven gloves remove the bowl and turn out onto a warmed serving plate. Serve hot.



Sushi rice with seasoned vinegar



X6



20 min



Automatic
(approx. 1h 05 min)



RICE

- 300g sushi Japanese rice
- 300ml cold water
- For the seasoned vinegar mix:
- 100ml Japanese rice vinegar
- 1 tbsp cold water
- 1 tbsp granulated sugar or cane sugar syrup
- ½ tsp (10g) salt

1. Rinse the rice in a sieve as directed on the packet. Place the rice in the bowl and add the water. Select the **RICE** function and close the lid. Meanwhile gently heat the vinegar, water, sugar or syrup and salt in a saucepan, without bringing to the boil, until the sugar has dissolved. Leave to cool and pour into a jug.
2. When the appliance automatically switches to Keep Warm (after about 45 minutes), keep the lid closed and leave on keep warm for 10 minutes. Press **CANCEL**, open the lid and leave the rice to stand for 10 minutes in the appliance.
3. Put the rice in a wide, relatively shallow dish and cool it down using a fan or sheet of paper. Pour 6 tablespoons of seasoned vinegar over the rice, stirring gently to avoid crushing the grains. Use immediately to make sushi. Yields 500 g cooked sushi rice.



TIP

Makes about 500 g cooked sushi rice sufficient for making the two sushi recipes on pages 8 and 9.



Salmon Poke Bowl



X4



15 min



Automatic
(approx. 1h 05 min)



RICE

- 300g uncooked sushi Japanese rice seasoned made with 75ml Japanese rice vinegar (use recipe above)
- 300g very fresh good quality salmon fillet, skinned
- 1½ tbsp rice vinegar
- 1 tsp sesame oil
- 1 small Eschalion shallot, finely chopped
- ¼ small onion, finely chopped
- 2 tbsp toasted white sesame seeds (see tip)
- 1 tbsp black sesame seeds, (optional)
- 2 ripe avocados, diced
- Soy sauce, to serve

1. Prepare the sushi rice according to the instructions above. Place in 4 rice bowls or on 4 plates.
2. Dice the fresh salmon into 1-cm cubes. In a mixing bowl mix together the diced salmon, rice vinegar, sesame oil, chopped shallots and chopped onion.
3. Arrange the salmon and avocado in separate piles on top. Sprinkle the toasted white sesame seeds and black sesame seeds over the dish. Serve with some soy sauce, if desired.



TIP

To toast the sesame seeds cook in a separate non-stick frying pan without any oil on a medium-low heat for 2-3 minutes, stirring occasionally, or until the seeds turn brown.



Salmon and avocado temaki



X6



20 min



Automatic
(approx. 1h 05 min)



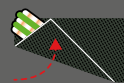
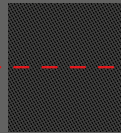
RICE

- 250g cooked sushi rice seasoned with vinegar (page 7)

For the temaki filling

- 6 sushi nori sheets (dried sea vegetable)
- Mixed salad leaves
- 100g fresh skinless boneless salmon fillets, cut into 12 strips
- 1 ripe avocado, cut into thin strip

1. Fold the nori sheets in half widthways, then cut along the fold using sharp scissors. Place the half sheet in your left hand. Moisten your right hand, then add a layer of rice about 0.5 cm thick as shown on the diagram below.
2. Place a few salad leaves, 2 salmon strips and 3 strips of avocado diagonally across the nori sheet. Roll into a cone shape. To hold the temaki in place, add a little rice along the edge of the nori sheet just before you close it. Press the cone gently to hold it in place.
3. Repeat the process for the remaining eleven cones.



Crab uramak sushi rolls



X6



20 min



Automatic
(approx. 1h 05)



RICE

- 250g cooked sushi rice seasoned with vinegar (page 7)

For the filling

- 2 sushi nori sheets (dried sea vegetable)
- 100g "Tobiko" Japanese flying fish roes (optional)
- 3 tbsp mayonnaise
- 200g fresh cooked crab meat
- ½ ripe avocado, thinly sliced
- ¼ cucumber, thinly slice
- Japanese pickled radish (optional)

1. Fold the seaweed sheets in half widthways, and then cut along the fold using sharp scissors. Place half a sheet of nori on a bamboo mat with the shiny side down. Spread 1 tablespoon of rice evenly over nori sheet.
2. Use 1 tablespoon of roe and spread it over the entire surface. Flip it over.
3. Spread the other side of the nori sheet with a little mayonnaise, evenly cover with a quarter of the crab meat, sliced avocado, cucumber and Japanese pickled radish, if used.
4. Begin rolling the mat from the near edge, keeping the filling in place with your hands. Roll firmly, but do not roll too tightly otherwise the rice will come out of the sides. Once you have formed the roll, squeeze it to form a square or circular shape.
5. Remove from the roll and cut into 6 pieces. Repeat three more times with the remaining ingredients. Serve with wasabi, wafer thin
6. pickled ginger and soy sauce.



TIP

You can create as many variations as you like by varying the type of wrapping and filling for your sushi rolls.

For example, you can replace Tobiko by grilled sesame seeds. Fill the sushi rolls with flaked tuna, diced cucumber, and cream cheese or mayonnaise, or any other ingredients according to your taste.





Lamb pilaf



X4



15 min



Automatic
(approx. 50 min)



BROWNING
& RISOTTO

- 2 carrots
- 2 onions, finely chopped
- 2 clove garlic, crushed
- 2 tbsp sunflower oil
- 2 tsp ground cumin
- 450g lean trimmed boneless lamb leg steaks, cut in small pieces
- 400g white basmati rice
- 800ml cold water
- 3/4 tsp salt
- Freshly ground black pepper
- 400g can chickpeas, drained & well rinsed
- 100g raisins
- 50g goji berries (optional)

1. Cut the carrots into matchstick thickness strips using a knife or julienne peeler.
2. Place the carrot, onion, garlic, oil and spices in the bowl. Select **BROWNING at 160 C**, and set for 20 minutes. Close the lid and fry for 10 minutes with the lid closed, opening the lid and stirring after 5 min. Add the water (do not stir) and continue cooking for an additional 10 - 15 minutes with the lid closed, stirring every 5 minutes until the lamb is sealed on all sides. At the end of frying press **CANCEL**.
3. Meanwhile, wash the rice well. Leave the meat and vegetables at the bottom of the bowl and evenly spread the rice on top. Add the water (do not stir) and season with salt and pepper. Set to **RISOTTO** and close the lid. Note the cooking time or manually set a kitchen timer for 30 minutes.
4. After 25 minutes cooking spread the chickpeas, raisin and goji berries on top of the rice (do not stir). Close the lid and leave to cook until the timer beeps. When the pilaf has finished cooking, stir well using a wooden spoon and serve immediately.



Meatballs in tomato sauce



X4



10 min



45 min



BROWNING
& MY RECIPE

For the meatballs

- ½ tbsp. sunflower oil
- 20 large size or 24 medium size beef meatballs (chilled or homemade)

For the tomato sauce

- 1 cup (165g) tomato passata
- ¼ cup (40ml) dry white wine or vegetable stock
- 3/4 cup (120ml) water
- 1 tsp dried oregano
- 2 tsp granulated sugar
- 100g chestnut mushrooms, finely chopped
- 1 dried bay leaf
- 2 tbsp finely chopped fresh parsley
- 3 tbsp cornflour
- Salt and freshly ground black pepper, to taste

1. Add the oil to the bowl. Place the meatballs in a single layer in the bowl. Select **BROWNING** at 160°C for 20 minutes and close the lid. Cook for 10 minutes, turning halfway through cooking, then remove the meatballs and set aside on a plate. Repeat with the remaining meatballs. At the end of cooking, press **CANCEL** button and return the first batch of meatballs to the bowl.
2. Meanwhile, in a jug mix the passata, wine or stock, water, oregano, sugar, salt and pepper together. Pour into the bowl and add the chopped mushrooms and bay leaf; stir well. Select **MY RECIPE** at 100°C and set for 20 minutes. Close the lid. Stir halfway through cooking. At the end of cooking, press Start button.
3. In a cup mix the cornflour with 2 tablespoons water. Select **MY RECIPE** at 150°C and set for 5 minutes. Stir the cornflour mixture into the bowl, stirring continuously. Once thickened, press Start button. Remove the bay leaf and stir in 1 tablespoon of the chopped parsley. Season, taste and add more sugar, if necessary. Serve sprinkled with the remaining chopped parsley.



TIP

Serve with spaghetti or mashed potato. For more flavour add 1 finely chopped onion to the meatballs in step 1.



One pot penne bolognese



X4



10 min



42 min



BROWNING
& SLOW COOK

- 1 tbsp oil
- 1 onion, finely chopped
- 1 clove garlic, crushed (optional)
- 250g lean beef mince
- 500g tomato-based Bolognese pasta sauce
- 2 cups (320ml) water
- ½ cup (80ml) red wine
- 1 tsp dried oregano,
- 1 beef stock cube,
- 300g uncooked dried penne pasta
- Salt and freshly ground black pepper
- 25g Parmigiano Reggiano (Parmesan) cheese, finely grated

1. Put the oil, chopped onion, garlic and minced beef in the bowl. Select **BROWNING** at 160°C and set for 12 minutes. Leave the lid open, stirring occasionally, and break up the mince with a spatula. After 6 minutes cooking close the lid and leave to cook, stirring halfway. At the end of frying press **CANCEL**. Season with salt and pepper.
2. Stir in the Bolognese sauce, water, red wine, oregano, crumbled stock cube and stir well. Mix in the dried pasta. Close the lid. Set to **SLOW COOK** at 100°C and set for 30 minutes, stirring halfway through cooking. If the pasta needs slightly longer cooking, leave on the “KEEP WARM” setting for a few minutes until tender.
3. Serve garnished with the grated cheese.



Creamy spaghetti carbonara



X4



5 min



40 min



BROWNING
& PASTA

- 200g diced smoked pancetta
- 2 plump garlic cloves, crushed
- 1 litre boiling water, from a kettle
- 1½ cups (240ml) single cream
- 350g dried spaghetti, broken in half
- 75g Parmigiano Reggiano cheese, finely grated
- Salt and freshly ground black pepper
- 2 tablespoons chopped flat-leaf parsley, optional

1. Add the diced pancetta to the bowl. Select **BROWNING** at 160°C for 20 minutes and leave the lid open. Stir occasionally. After 13 minutes cooking, add the crushed garlic. When the pancetta is cooked, press **CANCEL**. Remove the bowl with oven gloves. Using a draining spoon, remove the pancetta and keep warm. Discard the cooking fat and wipe out the bowl with paper towel, take care as it will be hot.
2. Replace the bowl, add the boiling water and salt. Select **PASTA** and set for 20 minutes (15 minutes for ‘al dente’ pasta). Close the lid.
3. When the appliance beeps stir in the cream and add the spaghetti. Press the Start button. Leave the lid open. Stir well every 5 mins.
4. At the end of cooking, check if the pasta is cooked. Stir in the cooked pancetta and 50g of the grated cheese. Season with salt and freshly ground black pepper. Serve immediately with the remaining grated cheese and sprinkle over the chopped parsley.



TIP

In step 3 leave the lid open to prevent the contents boiling over. Do not increase the quantities stated in the recipe.



All-in-one salmon yakitori with rice



X4



10 min



Automatic
(approx. 55 min)



Marinating
time: 6 hr



RICE



TIP

Choose salmon fillets the size and shape that will easily fit in the steaming basket.

- 4 skinless salmon fillets (about 120g each)

For the marinade

- ½ cup (80ml) light soy sauce
- ½ cup (80ml) fish stock
- ½ cup (80ml) dry white wine
- ½ cup (80ml) dry sherry
- 1 garlic clove, finely chopped

For the rice

- 465g basmati rice
- 85g wild rice
- 1 tsp salt

1. Place the salmon in a shallow dish skin side uppermost. Mix all the marinade ingredients together and pour over the salmon, cover. Leave to marinate in the refrigerator for at least 6 hours or preferably overnight.
2. Wash the rice well and add to the bowl. Pour cold water up to the 4 cup level mark. Add the salmon in the steaming basket and place in the rice cooker bowl. Close the lid.
3. Set to **RICE** function and press **START** (it is not necessary to set a cooking time). The cooker will automatically switch to **KEEP WARM** at the end of the cooking time. Best served immediately.



Moules marinière



X2



10 min



25 min



BROWNING
& MY RECIPE



TIP

If desired, you can thicken the cooking liquor with one step instant thickener and serve with the mussels. Serves 2 as a main course or serves 4 as starter

- 500g fresh mussels in their shells, cleaned
- 15g butter
- 1 small white onion, peeled and finely chopped
- Sea salt and freshly ground black pepper
- 1 dried bay leaf
- 1½ cup (200ml) dry white wine
- 2 tbsp flat-leaf parsley, roughly chopped

1. Add the butter, chopped onion, salt and pepper to the bowl. Select **BROWNING** at 160°C and set to 15 minutes. Close the lid. After 5 minutes cooking stir, add the wine and bay leaf, and continue cooking with the lid closed. At the end of the cooking time press **CANCEL**.
2. Meanwhile, wash the mussels in plenty of clean, cold water. Scrub any dirty ones with a scrubbing brush and pull off any hairy “beardy” bits. Scrape off any barnacles with a sharp knife. Discard any broken shells. Tap any half open shells with a knife and discard any that do not close immediately.
3. Add the mussels and stir well. Select **MY RECIPES** at 100°C and set to 10 minutes. Stir halfway through cooking. At the end of the cooking time pick out and discard any mussels that have not opened. Serve in warmed bowls, and scatter over the chopped parsley.



Seafood paella



X4



15 min



Automatic
(approx. 45 min)



BROWNING
& RICE



TIP

Serve with 300g of mussels cooked in their shells as directed on packaging.

- 1 onion, finely chopped
- 1 clove garlic, crushed
- 2 large pinches saffron strands
- 500ml hot vegetable stock
- 300g paella rice
- 3 tbsp finely chopped fresh flat-leaf parsley
- 1½ tsp smoked paprika
- ½ tsp salt
- 200g-250g fresh mixed cooked seafood (mussels, prawns, squid)
- 1 tomato (250g unprepared weight), de-seeded and finely chopped (optional)
- 75g frozen peas
- Freshly ground black pepper
- 1 lemon, cut into wedges (optional)

1. Add the oil, onion and garlic to the bowl. Select **BROWNING** at 160 C and set for 5 minutes. Close the lid. At the end of frying press **CANCEL**.
2. Meanwhile, sprinkle saffron in the hot stock and infuse for a few minutes. Rinse rice under running cold water. Add rice, 2 tablespoons of the chopped parsley, paprika and salt to the bowl. Pour in the stock with the saffron; stir well.
3. Close lid, set to **RICE** function and press **START**. Set a kitchen timer for 35 minutes. After 35 minutes cooking open the lid, add the seafood followed by the tomatoes on top of the rice (do not stir). Close the lid and continue cooking.
4. Meanwhile cook the peas as directed on the packet. When the paella has finished cooking, stir in the peas. Adjust seasoning to your taste. Serve immediately on warmed plates. Garnish with the remaining chopped parsley and accompanied by lemon wedges.



Pot roast whole chicken



X4



5 min



1 hr 20 min



BROWNING
& ROASTING



TIP

The maximum weight of whole chicken that fits in the Spheri Cook is 1.35 kg and must be unstuffed chicken. The listed cooking time is only approximate.

- 1.2kg small whole chicken
- 1 tbsp sunflower oil
- Ground white pepper, optional
- 1 small onion, peeled and quartered
- 200ml hot chicken stock

1. Brush the outside of the chicken with oil. Season the outside with pepper, if desired.
2. Place the chicken breast side down in the bowl. Select **BROWNING** at 160°C for 15 minutes and close the lid. After 10 minutes cooking open the lid and turn the chicken over so that the browned breast is uppermost. Close the lid and continue browning. At the end of cooking press the **CANCEL** button
3. Add the onion and hot stock. Close the lid and select **ROASTING** programme at 160°C and set for 1 hour 05 minutes. At the end of cooking, check the chicken is cooked by piercing the deepest part of the flesh and the juices should run clear.
4. Switch off the appliance and remove the chicken from the bowl. Leave to stand covered with foil for 10 minutes before carving. For pot roast chicken it is usual for the skin to be lightly browned on the breast.



White bread



X4



25 min



2 hr 10 mins
(1 hr proving + 45 mins
1st bake + 25-30 mins
2nd bake)



MY RECIPE
+ BAKING

- 500g strong white bread flour
- 1½ tsp salt
- 1 tsp sugar
- 15g unsalted butter
- 7g sachet Fast Action, Easy Bake or Easy Blend dried yeast
- 300ml lukewarm water (not hot)
- 1 tsp olive oil

Preparing the dough:

1. Mix the flour, salt and sugar in a large bowl. Rub in the butter until it resembles fine breadcrumbs. Stir in the yeast.
2. Make a well in the centre of the flour mixture and add the warm water. Mix until a soft dough starts to form. Turn out onto a lightly floured surface.
3. Knead by hand for about 10-15 minutes until you have a smooth and elastic dough. Alternatively, use a dough hook of a free-standing mixer.

Proving the dough:

4. Brush the oil on the base and sides of the cooking bowl.
5. Shape the dough into a ball and place it into the cooking bowl.
6. Close the lid and select **MY RECIPE** set at 40°C for 1 hour.
7. After 1 hour, check if the dough has doubled in size. If not, leave in the appliance a little longer*

Baking the bread:

8. Select the **BAKING** mode at 160°C for 45 mins.
9. After 45 mins, open the lid. It is normal in a multicooker for the dough to be round** and white on the top. Wipe away any condensation on the underside of the lid with paper towel.
10. Remove the bowl using oven gloves. Tip out the loaf onto a board, turn the bread over and return to the bowl with the white surface at the bottom. Place a clean folded tea towel on top of the bread to prevent any condensation dripping onto the crust.
11. Close the lid and set the **BAKING** mode at 160°C for another 25-30 mins. Check the loaf is fully cooked.
12. Once ready, open the lid and wipe the underside of the lid with a paper towel. Then, remove the bread and leave to cool completely on a wire rack before slicing it.

* If your dough did not rise at all, the yeast used could be stale and inactivate, or the water used was too hot. Be sure to use warm water, not hot or boiling water.

** If the results do not rise at this stage, it is possible that you used too much yeast. Measure the ingredients accurately next time.



TIP

The bread will keep for a few days in an airtight container. Stale bread can be sliced and toasted or used for bruschetta or tartines.



Raspberry and blueberry sponge



X6



10 min



45 min



BAKING

- 150g fresh raspberries
- 100g fresh blueberries
- 1 tbsp caster sugar
- 20g sifted icing sugar (optional)

For the sponge

- 115g soft tub margarine or softened butter
- 115g caster sugar
- 2 eggs, beaten
- 125g self raising flour
- ½ tsp baking powder
- ½ tsp vanilla extract
- About 2 tsp milk

1. Remove the bowl from the appliance and grease the inside with a little margarine or butter. Line the base with 17 cm circle of baking parchment. Place the raspberries and blueberries in a random pattern in the base of the bowl on top of the baking parchment. Sprinkle over the caster sugar.
2. Place all of the sponge ingredients into a bowl and mix thoroughly until smooth. Place mixture into the cooking bowl and carefully spoon the fruit on top of the mixture. Replace the bowl in the appliance and close the lid.
3. Select **DESSERT** function and set to 130°C for 45 minutes. At the end of the cooking time, to test if the sponge is cooked insert a wooden skewer in the centre and it should come out clean. If necessary, close the lid and cook for an additional 5 minutes then re-test. (The cake will look a little wet and pale on top).
4. Press **CANCEL** and using oven gloves remove the bowl. Cool in the bowl for 5 minutes. Carefully turn out onto a serving plate and remove parchment. Dust heavily with sifted icing sugar to sweeten the fruit, if desired. Serve warm or cold. Best consumed on the day it is made.



TIP

Do not use instant porridge oats. 640ml milk or 640ml water can be substituted for milk and water.

Porridge with fresh blueberries, apples and almonds



X4



5 min



20 min



PORRIDGE

- 2 cups (150g) porridge oats (see tip)
- 2 cups (320ml) whole or semi-skimmed milk plus extra milk to serve
- 2 cups (320ml) cold water
- 100g blueberries
- 1 apple, cut into matchsticks
- 1 handful unblanched almonds
- Ground cinnamon (optional)
- Honey or sugar to your taste

1. Add the oats, milk and water to the bowl. Stir well. Close the lid.
2. Select **PORRIDGE** function and set for 20 minutes. Press Start.
3. When it is done, add ground cinnamon if desired, stir well and serve in bowls. Top with the fresh blueberries, sliced apples and almonds. If desired, serve sprinkled with sugar or honey to your taste and add extra milk.
4. For best results serve the porridge immediately. Although it can be left on the keep warm setting for a short time, it will soon begin to thicken and you may need to stir in some additional liquid.

- **Note:** The ingredient quantities are the maximum that can be made in your appliance.



Rice pudding with apples and cinnamon



X2



5 min



35 min



PORRIDGE

- 100g Arborio risotto rice (see tip)
- 2½ cups (360ml) whole milk
- ½ Golden Delicious apple, cored
- ¼ cup (40g) granulated sugar
- Ground cinnamon, to serve

1. Place the unwashed Arborio risotto rice in the bowl. Add the milk and stir well. Close the lid.
2. Select **PORRIDGE** function and set for 35 minutes. After 15 minutes stir the pudding and re-close the lid.
3. Meanwhile, core the apple and cut into 1.5-cm cubes. Five minutes before the end of the cooking time, open the lid and stir in the apple.
4. At the end of the cooking time, immediately press the **CANCEL** button to stop the "Keep Warm" function. Stir in half the sugar then add additional sugar to your personal taste. Add additional hot milk if the consistency of the rice pudding is too thick. Serve sprinkled lightly with ground cinnamon. A thin brown layer of caramelised milk may form at the base when the rice pudding is cooked directly in the bowl.



TIP

Arborio rice is quicker to cook than pudding rice. For a healthier option, use semi-skimmed milk instead of whole milk.



Natural plain yogurt



X6



5 min



10 Hr



YOGURT

- Deep sided ovenproof dish with 1 litre capacity
- 1 litre UHT longlife or pasteurised fresh whole or semi-skimmed milk
- 150g natural plain yogurt
- 1 litre UHT longlife or pasteurised fresh whole or semi-skimmed milk
- 150g natural plain yogurt
- 3-5 tablespoons dried skimmed milk powder
- To serve (optional)
- Fruit compote or jam (raspberry or strawberry)
- Mixed selection of fresh berries
- Granola

1. For UHT longlife milk use at room temperature, not straight from the refrigerator (do not boil the milk in advance). Stir in the natural plain yogurt and dried milk powder, if used, until dissolved and well combined.
2. For pasteurised fresh milk, bring the milk to the boil in a saucepan together with the dried skimmed milk powder if used. Cool the boiled milk to hand-hot (about 36°C-40°C). Strain using a fine sieve into a jug. Stir in the natural plain yogurt.
3. Place the dish in the bowl. Carefully pour in the milk mixture. Close the lid. Select **YOGURT** function and set for 10 hours.
4. At the end of the heating time, carefully remove the dish and allow to cool completely in a cool place. Cover the dish with cling film. Label with the date of preparation. Chill in the refrigerator for at least 4 hours or ideally for 24 hours. Store in the refrigerator and use within 7 days.
5. If desired, stir in some fruit compote or jam, and serve with fresh berries and granola.



TIP

For sweetened natural plain yogurt add 80 g caster sugar to the milk in step 1 or add the sugar to the boiled milk in step 2 stirring until dissolved.



Set natural yogurt with jam



X4



5 min



10 hours



YOGURT

- 500ml UHT longlife whole or semi-skimmed milk
- 3 tbsp dried skimmed milk powder
- 40g caster sugar
- 75g natural plain yogurt
- 100g apricot or blueberry conserve
- 4 x 150ml oven-proof glass yogurt pots or ovenproof glass cups

1. Measure the yogurt into a jug, pour in the milk. Add the dried skimmed milk powder and sugar; stir until dissolved and mixture is well combined.
2. Spoon the jam into each pot, dividing evenly. Pour the yogurt mixture into the pots. Place them in the bowl (without the yogurt lids). Close the lid and set to **YOGURT** function for 10 hours.
3. At the end of the heating time, the appliance will beep several times. Remove the pots from the bowl and allow them to cool completely in a cool place. Cover with cling film or lids. Label with the date of preparation. Chill in the refrigerator for at least 4 hours or ideally for 24 hours. Store in the refrigerator and use within 3 days.



TIP

If you don't have yogurt pots you can use 3 or 4 oven-proof ramekin dishes instead.



Reduced Sugar Berry Jam



1lb/454g



5 min



40 min



JAM

- 250g strawberries, washed and hulled
- 250g raspberries
- 250g granulated sugar
- Juice of ½ lemon

1. Cut the strawberries in quarters or in eighths if large. Place in the bowl. Add the raspberries, sugar and lemon juice.
2. Select **JAM** function and set to 40 minutes. **Leave the lid open** to prevent the contents boiling over. After 5 minutes gently stir until well combined, then stir occasionally.
3. Meanwhile, to sterilize the jars, wash in hot, soapy water and rinse well. Place in a preheated oven at 150°C, Fan 130°C, Gas Mark 2 for 15 minutes.
4. At the end of the cooking time, press Start button. Stir well before pouring into sterilized jars. Allow to cool completely and fit the lids. Store in the refrigerator for up to 3–4 weeks.



TIP

Do not increase the quantities stated in the recipe. This jam has a soft set, similar to a thick compote. Due to the low sugar content it must be stored in the refrigerator and has a short storage life of 3–4 weeks.



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