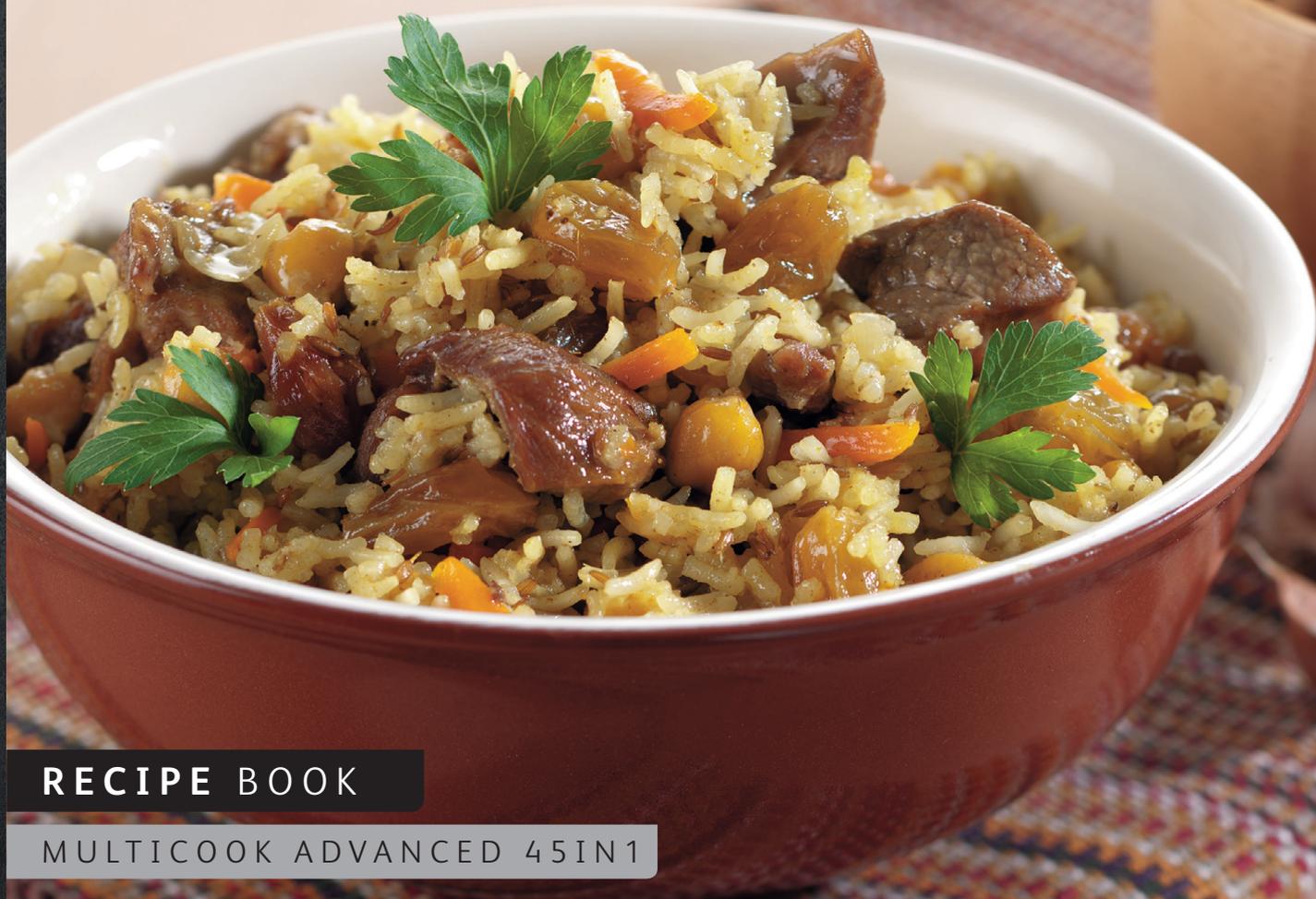


Tefal®



RECIPE BOOK

MULTICOOK ADVANCED 45IN1





STARTERS & SIDES

- Pea soup with bacon
- Carrot purée
- Potato gratin
- Yogurt curd cheese with garlic and dill
- Cream cheese with chives
- Tahdig rice
- Sushi rice with seasoned vinegar
- Salmon & avocado temaki
- Crab uramak sushi rolls

06 / 07

08 / 09

10 / 11

MAIN MEALS

- Lamb pilaf
- Meatballs in tomato sauce
- One pot penne bolognese
- Spaghetti carbonara
- All-in-one salmon yakitori with rice
- Seafood paella
- Moules marinière
- Gammon joint

12 / 13

14 / 15

DESSERTS & BAKING

- Raspberry and blueberry sponge
- Porridge with strawberries & pear
- Milk rice pudding with apple & cinnamon
- Set natural yogurt with jam
- Classic natural yogurt

16 / 17

18 / 19

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 program may give different results.
- The cooking times stated in the recipes are the total cooking time in the MultiCook.
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 (5 ml spoon) and tbsp = tablespoon (15 ml spoon)
- Eggs used are medium size unless stated otherwise.

Cooking program table*

Programs	Automatic	Manual	Food Type	Cooking Time			Delayed Start		Temperature (°C)		Lid Position		Keep warm
				Default time	Range	Every (min)	Range	Every (min)	Default	Range	Closed	Open	
Baking	4	4	Veg	25m	5m-4h	5	Cooking time ~24h	5	140 °C	100/120/ 140/160	*		*
			Fish	20m					160 °C				
			Poultry	40m					160 °C				
			Meat	50m					160 °C				
Soup	4		Veg	40m	10m-3h	5	Cooking time ~24h	5	100 °C	-	*		*
			Fish	45m									
			Poultry	50m									
			Meat	60m									
Steam	4		Veg	35m	5m-3h	5	Cooking time ~24h	5	100 °C	-	*		*
			Fish	25m									
			Poultry	45m									
			Meat	55m									
Stew	4	2	Veg	60m	20m-9h	5	Cooking time ~24h	5	100 °C	90/100	*		*
			Fish	25m									
			Poultry	1h30m									
			Meat	2h									
Crust/Fry**	4	4	Veg	12m	5m1h30m	1	-	No	160 °C	100/120/ 140/160	*	*	*
			Fish	10m									
			Poultry	15m									
			Meat	20m									
Baby food	1		-	45m	5m-2h	5	Cooking time ~24h	5	100 °C	-	*		1h max
Porridge	1		-	25m	5m-2h	5		5	100 °C	-	*		*
Yogurt ***	1		-	8h	1h-12h	15	-		40 °C	-	*		
Cream Cheese	1		-	40m	10m-4h	15	-		80 °C		*		
Dessert		4	-	45m	5m-2h	5	Cooking time ~24h	5	160 °C	100/120/ 140/160	*		
Rice/Cereals	1		-	Automatic	Automatic	-		5	Automatic	-	*		*
Pilaf/Risotto	1		-	Automatic	Automatic	-		5	Automatic	-	*		*
Pasta	1		-	8m	3m-3h	1		5	100 °C	-	*		*
Bread rising	1		-	1h	10m-6h	5		5	40 °C	40	*	*	
Reheat		1	-	25m	5m-1h	1		5	100 °C	-	*		*
Keep warm		1	-	-	-	-		5	75 °C	-	*		*
DIY		1	-	30m	5m-9h	5		5	100°C	40-160	*	*	*

* 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.

** Crust/Fry for use with oil and food.

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



Pea soup with bacon



X5



15 min



1 hr

- 1 cup (150 g) dried marrowfat peas (soaked overnight)
- ½ tbsp sunflower oil
- 150 g smoked rindless back bacon, cut in 1-cm pieces
- 150 g 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 250 g unpeeled weight)
- 2 litres vegetable bouillon (see tip)
- 2 medium size potatoes (about 350 g unpeeled weight), cut in 1-cm cubes
- Freshly ground black pepper
- Finely chopped fresh herbs, such as flat-leaf parsley



TIP

Vegetable bouillon is a superior vegetable stock powder, sold in a tub, located on the supermarket aisle with stock cubes.

1. Soak the peas overnight as directed on the packet. Rinse and set aside.
2. Add the oil, bacon, pork, onion and carrot to the bowl. Select **CRUST/FRY** , leave the lid open and set for 15 minutes, stirring occasionally. At the end of the cooking time press **CANCEL** button.
3. Add the bouillon or 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.



Carrot purée



X4



10 min



45 min

- 800 g carrots
- 2 potatoes (total unprepared weight 300 g)
- 800 ml boiling water (from a kettle)
- 100 ml milk
- 30 g butter
- Salt, to taste
- Freshly ground black pepper



TIP

To serve as baby food omit the milk, butter, salt and black pepper.

1. Peel and thinly slice the carrots. Peel and dice the potatoes.
2. Place the carrots, potatoes and boiling water in the bowl. Select the **BABY FOOD** function and set for 45 minutes.
3. At the end of the cooking time, strain the vegetables and purée them with a food processor or electric hand blender. Add the milk and butter; blend again until smooth. Season to taste with salt and black pepper.



Potato gratin



X4



10 min



40 min

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

1. Grease the inside of the bowl with butter. Thinly slice the potatoes using a food processor or mandolin; 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 **BAKING**  programme 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.



Yogurt curd cheese with garlic and dill



X4



5 min



45 min

- 1 litre Kefir (see tip)
- 1 garlic clove, finely chopped
- 20g dill
- Salt and sugar, to taste

1. All the utensils and your hands must be scrupulously clean. Pour the Kefir into the bowl and close the lid. Select **CREAM CHEESE** function and set for 45 minutes.
2. At the end of cooking, transfer the curdled mixture into a fine sieve and drain off the whey. Leave in a cool place (preferably less than 8°C) to drain. Discard the whey.
3. Add the chopped garlic and dill to the cream cheese. Season with salt to your taste. Cover and chill in the refrigerator overnight. Use within 3 days. Yields about 125 g of curd cheese. Omit the garlic and dill for plain cream cheese.



TIP

Kefir is a yogurt based milk drink sold in Polish supermarkets, some large supermarkets and in selected health foods shops.



Cream cheese with chives



X4



5 min



50 min

- 1 litre fresh whole milk (do not use UHT longlife or homogenised milk)
- 3 tbsp lemon juice
- 1 tbsp finely chopped fresh chives
- Salt, to taste

1. Only use very fresh, unopened milk instead of opened milk that has been open in the fridge for a few days. Pour the milk, lemon juice and chives into the bowl and close the lid. Select CREAM CHEESE function and set for 50 minutes.
2. At the end of cooking, transfer the curdled milk into a fine sieve and drain off the whey. Leave in a cool place (preferably less than 8°C) to drain. Discard the whey.
3. Season with salt to your taste. Cover and chill in the refrigerator overnight. Use within 3 days. Yields about 175 g of cream cheese. The yield can vary considerably between 50 g to 175 g as it depends on the freshness and fat content of the milk.



TIP

All the utensils and your hands must be scrupulously clean. Omit the chopped chives for plain cream cheese.



Tahdig rice



X8



5 min



1 hr 15 mins

- 4 cups (600 g) white basmati rice
- 4 tbsp sunflower oil
- 7 cups (1225 ml) cold water
- 3/4 tsp salt (optional)

1. Wash the rice in a sieve under running cold water. Place the washed rice, oil, water and salt in the rice bowl. Stir well and close the lid.
2. Select CRUST/FRY  and set for 1 hr 15 minutes.
3. At the end of the cooking time, press CANCEL to stop the Keep Warm function. Switch off at the mains supply. Using oven gloves remove the bowl from the appliance. Turn out the rice onto a warmed plate. Serve immediately.



TIP

Tahdig, pronounced Tah-DEEG, is a Persian speciality of white rice with a crispy golden colour outer shell.

Sushi rice with seasoned vinegar



X6



20 min



55 min

- 300 g sushi Japanese rice
- 300 ml cold water

For the seasoned vinegar mix

- 100 ml Japanese rice vinegar
- 1 tbsp cold water
- 1 tbsp granulated sugar or cane sugar syrup
- ½ tbsp (10 g) salt

1. Rinse the rice in a sieve under running cold water. A quick rinse is sufficient. Place the rice in the bowl and add the water. Select the RICE/CEREAL 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 hangiri or 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 10 and 11.

Salmon and avocado temaki



X6



20 min



55 min

- 250 g cooked sushi rice seasoned with vinegar (page 9)

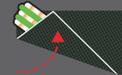
For the temaki filling

- 6 sushi nori sheets (dried sea vegetable)
- mixed salad leaves
- 100 g 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



55 min

- 250 g cooked sushi rice seasoned with vinegar (page 9)

For the filling

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

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 and cucumber.

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 cucumber purée, wafer thin smoked salmon and soy sauce.





Lamb pilaf



X4



15 min



1hr 05 min

- 2 carrots
- 2 onions, finely chopped
- 2 clove garlic, crushed
- 2 tbsp sunflower oil
- 2 tsp ground cumin
- 450 g lean trimmed boneless lamb leg steaks, cut in small pieces
- 400 g white basmati rice
- 800 ml cold water
- 3/4 tsp salt
- Freshly ground black pepper
- 400 g can chickpeas, drained & well rinsed
- 100 g raisins
- 50 g 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 CRUST/FRY  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 lamb to the bowl 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 PILAF/RISOTTO and close the lid. Note the cooking time or manually set a kitchen timer for 30 minutes.
4. After 30 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



20 min



30 min

For the meatballs

- 1/2 tbsp. sunflower oil
- 20 large size or 24 medium size beef meatballs (chilled or homemade)

For the tomato sauce

- 1 cup (165 g) tomato passata
- 1/4 cup (40 ml) dry white wine or vegetable stock
- 3/4 cup (120 ml) water
- 1 tsp dried oregano
- 2 tsp granulated sugar
- 100 g mushrooms, finely chopped
- 1 dried bay leaf
- 2 tbsp finely chopped fresh parsley
- 1 tbsp instant thickening granules
- 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 CRUST/FRY  for 10 minutes and close the lid. Turn the meatballs once during frying. At the end press CANCEL button.
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. Select STEW  function and set for 20 minutes. Close the lid. Stir halfway through cooking.
3. At the end of the cooking time, stir in 1 tablespoon of chopped parsley and instant thickening granules. Remove the bay leaf. Season, taste and add more sugar, if necessary. Serve sprinkled with 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



5 min



42 min

- 1 *tblsp* oil
- 1 *onion*, finely chopped
- 1 *clove* garlic, crushed (optional)
- 250 g lean beef mince
- 1 jar (500 g) tomato-based Bolognese pasta sauce,
- 2 cups (350 ml) water
- ½ cup (100 ml) red wine
- 1½ *tsp* dried oregano,
- 2 beef stock cubes
- 300 g uncooked dried penne pasta
- Salt and freshly ground black pepper
- 25 g Parmigiano Reggiano (Parmesan) cheese, grated

1. Put the oil, chopped onion, garlic and minced beef in the bowl. Select CRUST/FRY , set for 12 minutes and leave the lid open, stirring occasionally and breaking up the mince with a spatula. After 8 minutes cooking, close the lid and leave to cook. At the end of frying press CANCEL. Season with salt and pepper.
2. Stir in the Bolognese sauce, water, red wine, oregano, crumbled stock cubes and dried pasta. Season with salt and pepper. Close the lid. Set to STEW  and set for 30 minutes, stirring half way 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.



Spaghetti carbonara



X4



10 min



25 min

- 350 g spaghetti (dried type), broken in half
- 6 cups (1050 ml) boiling water (from a kettle)
- 3 cups (540 ml) single cream
- Salt and freshly ground black pepper
- 200 g cooked lean diced bacon or pancetta or cooked lean ham
- 50 g fresh Parmigiano Reggiano cheese (Parmesan), grated
- Finely shredded fresh basil leaves (optional)

1. Add the spaghetti, boiling water, cream, salt and freshly ground black pepper to the bowl. As the liquid heats up push the spaghetti in using a spatula.
2. Select STEW  and set to 25 minutes (20 minutes for "al dente" pasta). Leave the lid open. During cooking stir twice.
3. At the end of cooking, stir in the cooked bacon, pancetta or ham and half of the grated cheese. Serve immediately with the remaining grated cheese.



TIP

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



about 55 min



Marinating
time: 6 hr

- 4 skinless salmon fillets (about 120 g each)

For the marinade

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

For the rice

- 550 g white basmati and wild rice mix (85% basmati and 15% 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 and 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/CEREALS 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.



TIP

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



Seafood paella



X4



15 min



45 min

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

1. Add the oil, onion and garlic to the bowl. Select CRUST/FRY  and set for 5 minutes. Close the lid. At the end for 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/CEREAL 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.



TIP

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



Moules marinière



X2



10 min



20 min

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



TIP

If desired, you can thicken the cooking liquor with one step thickener and serve with the moules.

1. Give the mussels a good wash 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 tightly closed or broken shells. Tap any half open shells with a knife and discard any that do not close immediately.
2. Select CRUST/FRY  and set to 15 minutes. Add the butter, chopped onion, salt and pepper with the lid closed. After 5 minutes cooking stir, pour in the wine and continue cooking with the lid closed. At the end of the frying time press CANCEL.
3. Add the mussels and stir well. Select STEW  and set to 5 minutes. At the end of the cooking time pick out and discard any mussels that haven't opened. Serve in warmed bowls and garnish with the chopped parsley.



Gammon joint



X6



5 min



1 Hr

- 750 g smoked boneless gammon joint (cylindrical shape vacuum packed type)
- 400 ml cold water
- 2 whole black peppercorns
- 2 whole cloves
- 15 g Demerara sugar
- 1 dried bay leaf

1. Soak the gammon joint in water overnight.
2. Discard the soaking water. Place the gammon joint in the bowl with the cut side uppermost. Pour the water surrounding the joint. Add the peppercorns and cloves to the water. Sprinkle the top of the joint with sugar and place the bay leaf on top.
3. Close the lid. Select STEW  and set for 1 hr.
4. At the end of the cooking time, remove the joint and discard the cooking water. Leave to stand for 2 minutes and remove casing before carving. Serve warm or cold.



Raspberry and blueberry sponge



X6



10 min



30 min

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

For the sponge

- 115 g soft tub margarine or softened butter
- 115 g caster sugar
- 2 eggs, beaten
- 125 g 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 20 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.

2. Place all the sponge ingredients in a food processor and process until smooth and thoroughly mixed. Carefully spoon on top of the fruit and level the surface mixture. Replace the bowl in the appliance and close the lid.

3. Select DESSERT function and set to 140°C for 30 minutes. At the end of the cooking time, to test if the sponge is cooked insert a wooden cocktail stick 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 used on the day it is made.



Porridge with strawberries and pears



X4



5 min



20 min

- 2 cups (150 g) porridge oats (see tip)
- 2 cups (350 ml) whole or semi-skimmed milk plus extra milk to serve
- 2 cups (350 ml) cold water
- 100 g strawberries
- 1 ripe pear, core removed
- Sugar to taste

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

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. Meanwhile, cut the strawberries in quarters and slice the pears.

3. When it is done, stir well and serve in bowls. If desired, serve sprinkled with sugar to your taste and extra milk.

4. For best results serve the porridge immediately it is cooked. 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.



TIP

Do not use instant porridge oats. 700 ml milk or 700 ml water can be substituted for milk and water.

Rice pudding with apples and cinnamon



X2



5 min



30 min

- 100 g Arborio risotto rice (see tip)
- 2 cups (350 ml) whole milk
- ½ Golden Delicious apple, cored
- ¼ cup (40 g) 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 30 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.

Set natural yogurt with jam



X4



5 min



10 hours

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



Classic natural yogurt



X6



5 min



10 Hr

- 17 cm diameter ovenproof soufflé dish with 1 litre capacity (sides about 8 cm high)

For ordinary yogurt

- 1 litre UHT longlife or pasteurised fresh whole or semi-skimmed milk
- 150 g natural plain yogurt

For thicker yogurt

- 1 litre UHT longlife or pasteurised fresh whole or semi-skimmed milk
- 150 g natural plain yogurt
- 3-5 tablespoons dried skimmed milk powder

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 yogurt and dried milk powder, if using, 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 yogurt.

3. Place the soufflé 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 soufflé 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.



TIP

For sweetened natural 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.



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