



Tefal[®]

Fry delight

RECIPES

DESSERTS

Fry delight



DESSERTS

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Looking for dessert recipes for Fry Delight?

Here you can find a range of recipes: whether it's Fry Delight muffins or baked fruit, there are lots to try! Treat yourself!

Choose your dessert and follow along with Fry Delight.



Sweet Spiced Baked Pineapple



X 4



10 mins



20 mins

- Crush the peppercorns into a powder and pass them through a sieve to obtain the pink powder only. Discard any hard pieces.
- Split the vanilla pod in two and scrape out the seeds with the tip of a knife.
- In a dish, mix the sugar, vanilla, cardamom, cinnamon, pink peppercorn powder and the ginger.
- Prepare the pineapple by cutting off the ends. Cut into quarters lengthwise. Keep the skin but remove the fibrous core.
- Roll the flesh in the spiced sugar mixture and place each piece in the basket, flesh up. The pineapple pieces can overlap.
- Cook for 20 minutes at 160°C.

- 1 ripe pineapple
- 60 g brown sugar
- 1 teaspoon cardamom
- 1 teaspoon ground cinnamon
- 1 vanilla pod
- 2 tablespoons pink peppercorns, whole
- 1 teaspoon ground ginger



TIP:

Serve with a scoop of vanilla ice cream.



Maple Syrup and Pecan Baklava



X 4



30 mins



30 mins

Supplies needed: a 14-cm square springform tin

- Clarify the butter: melt the butter in a saucepan, tilt the pan to the side and scoop out any white residue that has appeared.
- Roll out one sheet of filo pastry and butter half of it with a brush. Fold it in half and butter again.
- Sprinkle 1/4 of the pecans on top, then roll the dough up lengthwise to form a cigar.
- Repeat steps with the other sheets of dough and place the rolls in a square springform tin, pressing them down a bit.
- Place the tin into the basket and cook for 30 minutes at 150°C.
- Meanwhile, prepare the syrup: in a saucepan, add the sugar, water, maple syrup, the cinnamon stick, lemon rind, ground cinnamon, cardamom and the clove. Bring to the boil. Remove the solid spices when the syrup is ready.
- As soon as you remove the baklava rolls, pour the hot syrup over them and cool completely.

- 4 sheets filo pastry
- 200 g pecans, crushed
- 200 g unsalted butter
- 2 teaspoons cinnamon
- 70 ml water
- 50 g maple syrup
- 100 g caster sugar
- 1 lemon rind
- 2 cloves
- 1 cinnamon stick
- 3 cardamom pods



Spiced Baked Bananas



X 4



10 mins



15 mins

- Without peeling the bananas, cut off the ends, then cut them in two lengthwise.
- Season with cinnamon, cardamom and pepper, then sprinkle the vanilla sugar on top.
- Place the banana halves in the basket, flesh up, and cook for 15 minutes at 170°C.
- The cooking time will depend on how ripe the bananas are; check the bananas with the tip of a knife and cook longer if they are not soft.
- To serve, garnish with a bit of lime zest on top and a few drops of lime juice.

- *2 bananas*
- *Pinch of cinnamon*
- *2 sachets vanilla sugar*
- *A bit of ground pepper*
- *Pinch of cardamom powder*
- *1 lime*



Brioche French Toast



X 4



10 mins



20 mins

Supplies needed: a 14-cm square springform tin

- Grease the springform with the butter and sprinkle with the tablespoon of icing sugar.
- In a mixing bowl, beat the eggs, vanilla sugar and the light brown sugar until the mixture becomes foamy.
- Add the milk and beat at high speed.
- Dip the slices of brioche in the mixture and laying them at an angle to fill the tin.
- Pour the rest of the egg mixture into the tin.
- Place the tin in the basket and cook for 20 minutes at 160°C.

- *Approximately 6 slices brioche*
- *2 eggs*
- *300 mls milk*
- *1 sachet vanilla sugar*
- *40 g brown or light brown sugar*
- *30 g butter*
- *1 tablespoon icing sugar*



TIP:

You can also add chocolate chips or sultanas.



Carrot cake



X 4



15 mins



30 mins

Supplies needed: a 14-cm square springform tin

- Grease the tin with the melted butter and sprinkle with the flour to prevent the cake from sticking.
- In a large mixing bowl, mix all of the remaining ingredients until smooth.
- Pour the batter into the tin and place in the basket.
- Cook for 30 minutes at 150°C.
- Check to see if it is done by piercing the centre with the tip of a knife; it should come out clean.

- 150 g grated carrots
- 2 eggs
- 70 g brown sugar
- 140 g plain flour plus a bit more for the tin
- 2 pinches of cinnamon
- 2 pinches ground nutmeg
- 1 teaspoon vanilla extract
- 1 sachet baking powder (10g)
- 20 g of melted butter



TIP:

Carrot cake can also be cooked in muffin tins.



Cherry Basil Turnovers



X 4



15 mins



40 mins

- Cut 4 large circles around 12 cm each from the pastry dough using a cookie cutter.
- In a mixing bowl, mix the pitted cherries with the mascarpone, lemon zest, 30 g of the sugar and basil.
- Place the cherry mixture on top of the dough rounds.
- Place a bit of water in a bowl. Brush the edges of the dough circles with water and fold them over, pressing the edges tight. Brush the tops of the turnovers with water and sprinkle with the remaining sugar. Set aside in the refrigerator.
- Preheat the Fry Delight for 3 minutes at 180°C.
- Place two turnovers in the basket and cook for 20 minutes at 160°C. Remove the cooked turnovers and place the remaining two in the basket. Cook for 20 minutes at 160°C.

- *4 tablespoons pitted cherries*
- *One pack puff pastry*
- *60 g mascarpone*
- *1 tablespoon basil, chopped*
- *1 tablespoon lime zest*
- *60 g caster sugar*
- *A bit of water*



Baked Figs with Ricotta, Honey and Pistachios



X 4



10 mins



5 mins

- Add the orange juice to a dish and place the sugar into another. Cut the figs in half lengthwise.
- Dip the flesh side of the figs into the orange juice and then into the sugar.
- Place the figs in the basket, flesh up, and cook for 5 minutes at 190°C. The figs can overlap in the basket.
- Serve with a dollop of ricotta drizzled with honey and sprinkled with the crushed pistachios.

- 8 figs
- 60 g brown sugar
- Juice of half an orange
- 2 tablespoons honey
- 4 tablespoons ricotta cheese
- Some crushed pistachios



Apple Almond Muffins

Number of
pieces:

X 4



15 mins

Supplies needed: 4 aluminium muffin tins



15 mins

- In a mixing bowl, cream the butter and sugar together until light in colour.
- Add the egg and almond milk. Mix until smooth.
- Add the flour, which you have sifted, then the ginger, cinnamon, baking powder and 3 tablespoons of the almonds.
- Peel the apple and cut into small cubes. Add to the batter.
- Grease the aluminium tins and fill 2/3 full with batter. Sprinkle with the remaining almonds.
- Cook for 15 minutes at 160°C.

- 100 g plain flour
- 1/2 sachet of baking powder (5g)
- 50 g caster sugar
- 50 g unsalted butter, melted, plus some for the tin
- 1 egg
- 50 mls almond milk
- 1 apple
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 4 tablespoons slivered or flaked almonds



Cinnamon Doughnuts

Number of pieces:

X 12



20 mins

Supplies needed : round cookie cutter



12 mins

- In a mixing bowl, mix the flour, sugar, baking powder, bicarbonate of soda and salt.
- In another bowl, whisk together the egg, yogurt, oil and milk.
- Gradually add the flour mixture to the egg/ yogurt mixture until smooth.
- On a floured work surface, stretch the dough out by hand until $\frac{2}{3}$ of a centimetre thick. Cut into circles using a large round cookie cutter followed by a smaller one to form a doughnut shape. Make as many doughnuts as possible until there is no more dough.
- Place 4 doughnuts (or as many as will fit) into the basket and cook for 12 minutes at 160°C. Repeat the steps for the remaining doughnuts. Leave to cool.
- Prepare the glaze by mixing the icing sugar and the lemon juice. Dip one side of the doughnuts into the glaze and sprinkle with cinnamon.

- 360 g plain flour
- 120 g caster sugar
- 1 sachet of baking powder (10g)
- 1 sachet bicarbonate of soda
- 1 pinch salt
- 1 egg
- 120 g vegetable oil
- 120 g milk
- $\frac{1}{2}$ pot Greek yogurt (75g)
- 140 g icing sugar
- Juice of 1 lemon (30mL)
- A bit of ground cinnamon



Hawaiian Rolls



X 4



20 mins



1 hour



30 mins

Supplies needed: 2 x 14-cm square springform tins

- In a large mixing bowl, beat together the eggs, sugar and butter, then add the pineapple, the milk, pineapple syrup, the yeast and the salt. Beat for 30 seconds more.
- Gradually stir in the flour using a wooden spoon, mixing well between each addition. Mix for 3 minutes until the dough becomes elastic.
- Let rise for 30 minutes.
- Knead the dough on a well-floured work surface. Divide the dough into 8 round balls.
- Place 4 balls of dough side-by-side in each tin and let rise for 30 additional minutes.
- Beat the egg yolk with a bit of water and brush onto the rolls.
- Place one tin in the basket and cook for 15 minutes at 160°C.
- Remove the first tin and place the second in the basket. Cook for 15 minutes at 160°C.

- 300 g strong white bread flour
- 1 sachet easy-blend dried yeast
- 60 g canned crushed pineapple
- 30 g pineapple syrup
- 60 g milk
- 60 g unsalted butter at room temperature
- 3 large eggs
- 30 g sugar
- 2 pinches of salt
- 1 egg yolk
- 2 tablespoons water



Baked Apples



X 4



15 mins



35 mins

- Wash the apples and remove the top quarter from each fruit.
- Core and fill with 1 tablespoon honey and 1 slice butter.
- Roll out the dough and cut it into 4 equal strips. Wrap each strip so that it completely surrounds each apple.
- Place the apples in the basket and cook for 30 minutes at 160°C.
- Crush the shortbread cookies in a bowl and sprinkle on top of the apples. Cook for 5 minutes at 160°C.

- 4 cooking apples
- 1 pack of croissant dough or shortcrust pastry
- 4 tablespoons honey
- 4 slices lightly salted butter
- 4 small shortbread biscuits



TIP:

The apples can be served warm or cold.



Chocolate Soufflés

Number of
pieces:

X 8



10 mins



20 mins

Supplies needed: 8 ramekins

- Mix the melted butter, flour and salt in a bowl.
- In a saucepan, bring the milk with 100 grams of the sugar to the boil.
- Add the flour mixture to the saucepan and vigorously whisk over low heat until smooth.
- Add the chocolate and stir until melted.
- Add the egg yolks and stir until incorporated.
- Grease the ramekins with a bit of melted butter using a brush to reach from the bottom all the way to the top. Sprinkle with a bit of sugar, removing any excess.
- Preheat the appliance for 3 minutes at 180°C.
- Beat the egg whites with 30 grams of sugar until stiff peaks form, then fold into the chocolate mixture. Pour into the ramekins, filling $\frac{2}{3}$ of the way to the top.
- Place 4 ramekins in the basket and cook for 10 minutes at 180°C. Remove the finished soufflés and place the remaining 4 into the basket. Cook 10 minutes at 180°C.

- 40 g unsalted butter, melted, plus more for the ramekins
- 130 g caster sugar, plus more for the ramekins
- 40 g plain flour
- 2 pinches of salt
- 200 g whole milk
- 140 g dark chocolate
- 3 egg yolks
- 5 egg whites





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