



Tefal

Fry delight

RECIPES

SNACKS

Fry delight



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You will find a variety of simple recipes that you can serve as an appetizer or at any time of the day. Treat yourself!

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Crispy Paprika Chicken Wings



X 4



10 mins



10 mins



20 mins

- In a bowl, mix the flour with 2 tablespoons paprika and roll the chicken wings in the mixture. Remove the excess flour and paprika from the wings. Refrigerate for 10 minutes.
- Whisk the butter with the lemon juice, sweet chilli sauce and remaining 2 tablespoons paprika.
- Preheat the appliance for 3 minutes at 200°C.
- Dip the wings one at a time in the butter mixture, let excess drip off, then place in the basket. It's ok if the wings overlap one another in the basket.
- Cook for 10 minutes at 180°C.
- Stir and continue cooking for 10 minutes at 180°C.

- 12 chicken wings
- 100 g plain flour
- 4 tablespoons paprika
- Juice of 1 lemon
- 3 tablespoons sweet chilli sauce
- 100 g lightly salted butter, melted



Frozen Fish Fingers

Number of
pieces:

X 10



9 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the fish fingers into the basket.
- Cook for 9 minutes at 200°C.
- Turn the fingers midway through cooking.

- *10 frozen fish fingers
(around 300 g)*



Frozen Crumbed Squid

Number of
pieces:

X 10



6 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the squid into the basket.
- Cook for 6 minutes at 200°C.
- Shake the basket midway through cooking.

- *10 frozen crumbed squid/
calamari(around 300 g)*



Battered Prawns

Number of pieces:

X 24



30 mins



10 mins



10 mins

Supplies needed: baking paper

- Prepare the batter by mixing the flour, yeast, milk and egg. Mix thoroughly.
- Melt the butter and mix into the batter.
- Refrigerate for 10 minutes.
- Meanwhile, cut the prawns in half. Dry well with a paper towel.
- Preheat the appliance for 3 minutes at 180°C.
- Use a square piece of baking paper to line the bottom of the basket, leaving a 1-cm border between the paper and the basket on all sides. Dip the prawn pieces in the batter and place the first 12 into the basket on the baking paper.
- Cook for 5 minutes at 180°C. Remove the cooked prawns.
- Place the next 12 prawns in the basket on the baking paper and cook for 5 minutes at 180°C.

- 160 g plain flour
- 5 g easy-blend dried yeast
- 60 mls milk
- 10 g butter
- 1 egg
- 1 pinch salt
- 24 large green prawns/raw prawns, peeled



TIP:

Add 1 tablespoon dill to the batter for a flavour twist.



Frozen Onion Rings



X4



8 min

- Preheat the appliance for 3 minutes at 200°C.
- Place the onion rings into the basket.
- Cook for 8 minutes at 200°C.
- Turn the rings midway through cooking.

- 150 g frozen onion rings



Garlic Honey Tofu Bites



X 4



10 mins



30 mins



15 mins

- In a mixing bowl, prepare the marinade by mixing the soy sauce, lemon juice, garlic and honey.
- Marinate the tofu in this mixture for 30 minutes.
- Drain the tofu and dip briefly in the potato starch, placed in a shallow dish. Tap off any excess starch.
- Place the tofu pieces in the basket and cook for 15 minutes at 190°C.
- Serve the tofu sliced and seasoned with the marinade. Garnish with spring onion, parsley and toasted sesame seed mixture.

- 4 x 25-g pieces of fermented tofu
- 2 spring onions, chopped
- A few sprigs of parsley
- 2 tablespoons honey
- 2 tablespoons soy sauce
- Juice of half a lemon
- 1 tablespoon garlic powder
- 2 tablespoons potato starch/potato flour
- 1 tablespoon toasted sesame seeds with a pinch of salt



Indian-style Potato Patties

Number of pieces:

X 8



30 mins



8 hours



20 mins

- Boil the potatoes, skins on. Let cool and peel. Then mash.

- Cook the onion and yellow capsicum/pepper in a drizzle of olive oil in a frypan until soft. Add the garlic, curry powder, cumin and ground coriander. Cook for 5 additional minutes on low heat.

- Mix the mashed potatoes with the curried vegetables. Season with salt and pepper. Refrigerate overnight if possible.

- Form the first 4 patties and coat them in the chickpea flour, placed in a shallow dish. Place into the basket and gently flatten. Cook for 10 minutes at 180°C. Remove from basket.

- Repeat steps for the remaining mixture to form 4 more patties. Cook for 10 minutes at 180°C.

- Serve with chopped coriander.

- 2 large potatoes (around 700 g)
- 1 yellow capsicum/pepper, cut into thin strips
- 1 clove of garlic, crushed
- 1 drizzle olive oil
- 1 white onion, thinly sliced
- 1 tablespoon curry powder
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 60 g chickpea flour
- 1 tablespoon coriander, chopped
- Salt and pepper



Egg and Tuna Bricks



X 4



20 mins



20 mins

- In a bowl, mix the onion, tuna, green olives and the chopped parsley. Add pepper and stir well.
- Place one quarter of the mixture in the middle of a sheet of brick pastry and make a well in the centre.
- Break an egg into the well and season with cumin.
- Fold the four sides of the sheet over onto itself to obtain a square.
- Repeat steps with the 3 remaining sheets of brick.
- Turn the bricks over and drizzle a bit of olive oil on them.
- Cook the bricks one by one in the basket at 180°C for 5 minutes.
- Sprinkle with lemon zest and serve.

- 200 g canned tuna in water, drained
- 1 drizzle olive oil
- 1 large onion, finely chopped
- 4 tablespoons flat parsley, chopped
- 4 eggs
- 4 brick pastry sheets
- Zest of half a lemon
- 2 tablespoons green olives, chopped
- 1 teaspoon cumin
- Pepper



Mixed Mushroom Bruschetta



X 4



20 mins



10 mins

- Add the olive oil to a saucepan and cook the shallots until translucent.
- Add the frozen mushroom mix and the white wine. Cook until wine has evaporated. Set aside.
- When the mushrooms have cooled, add the parsley, oyster mushrooms and cheese cubes to the mixture Season with salt and pepper.
- Spread 1 tablespoon of cottage cheese onto each slice of bread, then add the mushroom mixture on top.
- Place two slices of prepared bread into the basket and cook for 5 minutes at 200°C. Remove the first two slices, then cook the remaining two for 5 minutes at 200°C.
- Serve with rocket and garnish with crushed walnuts.

- 4 slices wholegrain bread
- 300 g frozen or fresh mixed mushrooms
- 150 g fresh oyster mushrooms, thinly sliced
- 100 g comté cheese (or other hard cheese), cubed
- 4 tablespoons cottage cheese
- 2 tablespoons parsley, chopped
- 50 ml white wine
- 4 shallots, chopped
- 1 tablespoon hazelnut oil
- Crushed walnuts, for garnish
- Rocket
- Salt and pepper



Crispy Mushrooms

Number of pieces:

X 4



20 mins



5 mins



15 mins

- Remove the stems from the mushrooms and beat the eggs in a bowl.
- Place the mushrooms in the beaten eggs and let rest for 5 minutes. Remove and place on a dish so that they dry.
- Mix the breadcrumbs, fried onions, tea from the tea bag and grated Parmesan in a bowl.
- Dip the mushroom caps in the breadcrumb mixture.
- Place all the mushrooms in the basket and cook for 15 minutes at 170°C. Gently shake the basket from time to time.
- Serve the crispy mushrooms with lemon zest.

- 40 g Parmesan
- 70 g breadcrumbs
- 30 g ready made fried onions, ground into a powder
- 1 black tea bag
- 2 eggs
- 180 g cleaned shitake mushrooms
- Zest of a lemon



TIP:

Add chopped parsley to the breadcrumbs for a touch of flavour and colour.



Goat's Cheese and Hazelnut Stuffed Mushrooms

Number of pieces:

X 8



15 mins



10 mins

- Peel the mushrooms and remove the stems.
- Place them in a large bowl and drizzle with olive oil. Season with salt and pepper.
- Place the mushrooms cap-down in the basket and cook for 5 minutes at 180°C.
- In the meantime, in a large mixing bowl mash the goat's cheese with the crème fraîche and add the chives, spring onion and crushed hazelnuts. Season with salt and pepper.
- Garnish the mushroom caps with this mixture and sprinkle with praline and Espelette pepper.
- Cook for 5 minutes at 200°C.

- 8 large mushrooms
- 1 drizzle olive oil
- 200 g fresh goat's cheese
- 1 tablespoon thick crème fraîche
- 25 g crushed hazelnuts
- 30 g praline (optional)
- 1 spring onion, finely chopped
- 2 tablespoons chives, finely chopped
- A pinch of Espelette pepper or paprika pepper
- 50 g plain breadcrumbs
- Salt and pepper



Algerian Tomato and Olive Calzone



X 4



20 mins



10 mins

- Drizzle a bit of olive oil into a pan, add the onions and cook until soft. Add the tomato puree and cook for 2 more minutes.
- Remove from heat and add the black olives and tuna. Season with salt and pepper.
- Cut the pizza dough into 4 circles that are 15 cm in diameter and spoon the onion mixture onto them.
- Beat an egg yolk and brush along the edges of the calzones. Fold the circles in half and press the edges firmly to close.
- Brush with the egg yolk and place two calzone into the basket.
- Cook for 10 minutes at 160°C. Remove the first cooked calzone and place the next two in the basket. Cook for 10 minutes at 160°C.

- 2 packs ready made pizza dough
- 3 white onions, thinly sliced
- 1 tablespoon tomato puree
- 50 g black olive
- 70 g canned tuna in water
- 1 drizzle olive oil
- 1 egg yolk
- Salt and pepper



Parmesan and Chorizo Bites

Number of pieces:

X 20



15 mins



30 mins

- Mix the flour, baking powder, parmesan and pepper in a mixing bowl.
- Add the butter and incorporate into the mixture with fingertips until it has a crumbly texture.
- Work the egg and chorizo quickly into the dough, without overworking.
- Preheat the appliance for 3 minutes at 160°C.
- While it is preheating, form 20 balls of dough and flatten them.
- Place 7 pieces in the basket and cook for 10 minutes at 160°C.
- Let cool a few minutes before removing them from the basket.
- Repeat steps two more times until all the pieces have been cooked.

- 200 g plain flour
- 100 g butter, softened
- 80 g Parmesan cheese, grated
- 1 egg
- 1 teaspoon baking powder
- 60 g chorizo, finely chopped
- Pepper



Herb Crab Croquettes

Number of
pieces:

X 8



20 mins



30 mins

- In a mixing bowl, mix half of the crackers with the milk.
- Next, add the crab, chives, dill, parsley the eggs, lemon juice, onion, mayonnaise and mustard. Season with salt and pepper. Next, add the crab, chives, dill, parsley l, the eggs, lemon juice, onion, mayonnaise and mustard. Season with salt and pepper.
- Divide the mixture into 8 balls. Place the rest of the crackers in a dish.
- Coat the balls by rolling them in the crushed crackers.
- Place 4 balls in the basket and flatten them to form patties. Place a knob of butter on each patty. Cook for 15 minutes at 160°C.
- Remove the cooked croquettes from the basket. Add the remaining 4 patties, flatten, then add a knob of butter on top and cook for 15 minutes at 160°C.

- 1 pack of crackers, finely crushed (250 g)
- 300 ml milk
- 50 g butter, softened
- 200 g crab meat
- 2 tablespoons mayonnaise
- 2 eggs
- 1 tablespoon Dijon mustard
- Juice of half a lemon
- 1 tablespoon chives, finely chopped
- 1 tablespoon dill, finely chopped
- 1 tablespoon parsley, finely chopped
- 2 spring onions, thinly sliced
- Salt and pepper



Spanish Croquettes with Serrano Ham

Number of pieces:

X 16



20 mins



15 mins

- Cut the slices of ham into very thin strips.
- In a mixing bowl, mix together the mashed potatoes, cheese, nutmeg and ham. Add pepper.
- Form 16 round or oblong croquettes and refrigerate.
- Beat the eggs and place into a dish.
- Place the flour into a dish and the breadcrumbs into another.
- Coat the croquettes first in the flour, removing any excess, then dip into the egg and finally the breadcrumbs.
- Place the croquettes into the basket and cook at 180°C for 15 minutes. The croquettes can overlap in the basket.

- 400 g potatoes, cooked, mashed and cooled
- 50 g cheese, grated
- 4 slices Serrano ham
- 2 eggs
- 100 g plain flour
- 150 g plain breadcrumbs
- Pepper
- 2 pinches ground nutmeg



Meat-filled Empanadas (pasties)

Number of pieces:

X 8



30 mins



20 mins

● In a mixing bowl, mix the flour, salt and butter. Add 1 egg yolk and the milk, and quickly mix until the batter forms a ball. Set aside in the refrigerator.

● In a pan, cook the onion in the olive oil, add the meat then add the paprika, stock, sugar, tomato puree and chorizo. Cook for 10 minutes until the liquid has evaporated. Add the chives and let cool.

● Roll out the dough and form into 8 circles approximately 15 cm diameter.

● Stuff with the meat mixture and close by wetting the edges with water. Form into half-circles.

● Beat the egg yolk with 1 tbsp water and brush mixture onto the empanadas.

● Place 4 empanadas in the basket and cook for 10 minutes at 180°C. Remove the cooked empanadas and place the remaining 4 empanadas in the basket. Cook for 10 minutes at 180°C.

- 200 g flour
- 90 g butter, creamed
- 3 pinches salt
- 2 egg yolks
- 40 g milk
- 1 red onion, finely chopped
- 1 drizzle olive oil
- 50 g chorizo, cubed
- 200 g beef mince
- 2 teaspoons smoked paprika
- 100 mls beef stock
- 1 teaspoon sugar
- 1 teaspoon water
- 1 tablespoon tomato puree
- 3 tablespoons chives, finely chopped



Confit Duck Fingers with Dried Fruit



X 4



20 mins



10 mins

- Coarsely chop the pine nuts, sultanas, figs and almonds. Place them in a mixing bowl and add the parsley.
- Remove the skin and bones from the duck legs. Shred the meat well. Mix together with the dried fruit mixture.
- Form the "fingers": place a finger-sized amount of filling along the edge of a sheet of brick dough, then begin rolling to form a cigar shape. When you are midway through rolling, fold a few centimetres of the dough over to seal the ends. Finish rolling. Do the same with the other sheets of brick dough.
- Place the duck fingers in the basket and cook for 10 minutes at 170°C.

- 3 cooked confit of duck legs
- 4 brick pastry sheets
- 30 g pine nuts
- 50 g sultanas
- 50 g dried figs
- 30 g blanched almonds
- A bit of flat parsley, chopped



TIP:

Spring roll wrappers can be used instead of brick pastry.



Mixed Fish with Tartare Sauce



X 4



15 mins



15 mins

- Slice the fish fillets. Season with salt and pepper.
- In a mixing bowl, whisk together the ale and the flour. Place the breadcrumbs in a dish.
- Crumb the fish slices by dipping them into the ale mixture, letting the excess drip off, and then rolling in the breadcrumbs.
- Place all the slices into the basket and cook at 180°C for 15 minutes. Shake once midway through cooking.
- While the fish is cooking, prepare the tartare sauce by mixing the mayonnaise, cream cheese, parsley, gherkins and capers in a bowl.
- When the fish is cooked, arrange them on a plate and serve with tartare sauce.

- 2 hake fillets
- 2 salmon fillets
- 150 g breadcrumbs
- 100 g plain
- 200 mls light ale
- Salt and pepper
- 100 g mayonnaise
- 100 g cream cheese
- 2 tablespoons flat parsley, chopped
- 8 small gherkins, chopped
- 30 g capers, chopped



TIP:

Add a bit of dill or parsley to the breadcrumbs.



Frozen Frikadellen Sausages

Number of pieces:

X 4



6 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the frikadellen in the basket.
- Cook for 6 minutes at 200°C.

- 4 frozen frikadellen sausages



Korma Prawns in Kadaif Noodles

Number of pieces:

X 12



20 mins



20 mins



5 mins

- Prepare the marinade by mixing together the turmeric, curry powder, ginger, 4-spice mix, garlic and coconut cream in a mixing bowl. Season with salt and pepper.

- Place the prawns to marinate in the bowl for 20 minutes.

- Unroll the kadaif noodles and prepare 12 small bunches of noodles that are 15 centimetres long and 2 centimetres wide.

- Roll each prawn in a bunch of noodles and seal well so that it does not unroll during cooking.

- Place the prawns in the basket and cook for 5 minutes at 190°C.

- Whilst they are cooking, pour the remaining marinade into a small sauce pan with the lime juice and bring to the boil. Cook for 3 minutes.

- Serve the prawns along with the marinade.

- 12 green/raw prawns, shelled
- One packet of kadaif noodles
- 200 mls coconut cream
- 2 teaspoons turmeric
- 2 teaspoons curry powder
- 1 teaspoon ginger, grated
- 1 teaspoon 4-spice mix
- 2 teaspoons garlic powder
- Salt and pepper
- Juice of 1 lime



TIP:

To make 4-spice mix (French Quatre-Epices) combine 1 tablespoon white pepper, a rounded 1/4 teaspoon ground cloves, 1 teaspoon ground ginger and 1 teaspoon grated nutmeg.



Guacamole



X 4



10 mins



30 mins



10 mins

- Halve the avocados and remove the pits.
- Place them in the basket, flesh up, and cook for 10 minutes at 200°C.
- Refrigerate for 30 minutes.
- When the avocados have cooled, mash them in a mixing bowl and mix in the lime juice and olive oil to obtain a puree.
- Add the tomato, spring onion, and coriander and mix well. Season with salt and pepper.

- *2 ripe avocados*
- *Juice of half a lime*
- *2 tablespoons olive oil*
- *1 small tomato, cubed*
- *1 spring onion, thinly sliced*
- *2 tablespoons coriander, finely chopped*
- *Salt and freshly-milled pepper*



Frozen Dutch-style Kroketten

Number of pieces:

X 4



15 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the kroketten in the basket.
- Cook for 15 minutes at 200°C.
- Turn the kroketten midway through cooking.

• 4 pieces (around 450 g)



Cornflake Coated Chicken Nuggets



X 4



20 mins



20 mins

- Cut each chicken fillet into 6 slices.
- Place the flour, buttermilk and corn flakes in three different mixing bowls.
- Crush the corn flakes by hand to give them a crumb-like consistency.
- Crumb the chicken pieces by dredging them first in the flour, then in the buttermilk, and finally in the corn flakes.
- Place 6 chicken pieces into the basket and cook at 180°C for 10 minutes.
- Remove the cooked pieces and place the remaining 6 into the basket, cooking for 10 minutes at 180°C. Season with salt after cooking.

- 2 chicken fillets
- 300 mls buttermilk
- 20 g cornflakes
- 4 tablespoons plain flour
- Salt



TIP:

after the second batch of nuggets are done cooking, reheat the first batch by adding them on top of the second batch and cooking for 2 minutes at 160°C.



Chicken Nuggets with Homemade Ketchup



X 4



30 mins



15 mins

- Start by preparing the homemade ketchup: mix the tomatoes, onion, tomato puree, garlic, vinegar, pepper, honey, cumin and bay leaf together and simmer in a saucepan for 20 minutes. Blend the mixture, then season with salt and pepper. Filter the mixture, then pour the ketchup into a pan and bring to the boil for 1 minute. Set aside in the refrigerator.

- Prepare the nuggets: cut the chicken breasts into small, round pieces.

- Place the flour into a dish and place the eggs, beaten, into a bowl and the breadcrumbs into another dish.

- Crumb the nuggets by dredging them in the flour then dipping them into the eggs and then the breadcrumbs.

- Place the nuggets in the basket and cook for 15 minutes at 180°C. The nuggets can overlap in the basket.

- 4 chicken breasts
- 2 eggs
- 120 g plain breadcrumbs
- 50 g plain flour
- 3 tomatoes (100 g), diced
- ½ a red onion, thinly sliced
- 1 tablespoon tomato puree
- 1 clove garlic, chopped
- 20 ml balsamic vinegar
- 1 pinch Cayenne pepper
- 1 teaspoon honey
- 1 pinch cumin
- 1 bay leaf
- Salt and pepper



Frozen Chicken Nuggets



X 4



9 mins

- Preheat the Fry Delight for 3 minutes at 200°C.
- Place the frozen nuggets in the basket.
- Cook for 9 minutes at 200°C.
- Turn the nuggets midway through cooking.

- *500 g frozen chicken nuggets*



Grilled Garlic Bread



X 4



15 mins



10 mins

- Mix the butter, chopped parsley, chopped garlic, lemon zest and the pecorino together. Season with salt and pepper.
- Cut the baguette in two so that the two halves can fit into the basket. Then cut the halves into slices, leaving around 0.5 cm uncut at the bottom so that the slices do not separate.
- Spread some of the garlic mixture in between the slices, spreading it on top of the halves as well.
- Place the two baguette halves in the basket and cook for 10 minutes at 190°C.

- 1 small baguette, pre-cooked
- 80 g lightly salted butter, softened
- 1 bunch of flat-leaf parsley, chopped
- 4 cloves garlic, chopped
- 50 g pecorino cheese
- Zest of half a lemon
- Salt and pepper



Cheese Shortbread Biscuits

Number of pieces:

X 12



15 mins



30 mins



15 mins

- Place all of the ingredients in a mixing bowl and mix until they come together.
- Place the dough on a piece of cling film and roll into an even roll. Seal and refrigerate for around 30 minutes until firm.
- Preheat the appliance for 3 minutes at 180°C.
- Cut the log of dough into slices and place 6 of them into the basket.
- Cook for 15 minutes at 180°C. Turn over halfway through cooking. When the first 6 biscuits are done cooking, take them out and place the next 6 into the basket. Cook for 15 minutes 180°C and turn midway through cooking.

- 100 g lightly salted butter, creamed
- 150 g comté cheese, grated (or other hard cheese)
- 150 g flour plain flour
- 1 teaspoon oregano, chopped
- 2 tablespoons toasted sesame seeds
- Black pepper



Crunchy Chickpeas



X 4



20 mins



20 mins

- Preheat the appliance for 3 minutes at 200°C.
- In a mixing bowl, mix the olive oil, salt, pepper, chilli, cumin, paprika, fried onions, garlic and Cayenne. Add the chickpeas and cover with the spice mixture.
- Place the chickpeas in the basket and cook for 20 minutes at 170°C.
- Shake the basket occasionally during cooking.
- If after cooking the chickpeas are not very crisp, cook for a few more minutes.

- 500 g cooked chickpeas, rinsed and dried
- 2 tablespoons olive oil
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- ½ teaspoon chilli powder
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- 1 teaspoon ready made fried onions, ground into a powder
- ½ teaspoon garlic powder
- 1 pinch chilli powder



Crispy Parmesan New Potatoes



X 4



10 mins



30 mins

Supplies needed: baking paper

- In a bowl, mix the Parmesan, pepper and thyme flowers.
- Cut the potatoes in two lengthwise.
- Line the bottom of the basket with baking paper, leaving a 1-cm border around the edges. Spread the Parmesan mixture over the baking paper.
- Arrange the potato pieces on top of the Parmesan, flat side down.
- Cook for 30 minutes at 180°C.

- 12 new potatoes
- 60 g Parmesan cheese, grated
- 1 tablespoon thyme flowers
- Pepper



Vegetable Imperial Rolls

Number of pieces:

X 8



30 mins



15 mins

- In a mixing bowl, combine the cabbage, carrot, snow peas/mange tout, daikon, shallots, vermicelli, coriander, chives, pepper and sesame oil. Mix thoroughly.
- Place a bit of the vegetable mixture into each spring roll wrapper. Fold the two outside ends of the wrapper over, close the bottom, then roll the rolls up.
- Using a brush, paint the rolls with vegetable oil and place them in the basket. Cook for 15 minutes at 200°C.
- Serve with a bit of lettuce, fresh mint and spring roll sauce.

- *¼ head of Chinese cabbage, finely sliced*
- *1 carrot, grated*
- *10 snow peas/mange tout, sliced*
- *⅓ of a daikon radish, finely sliced*
- *2 tablespoons shallots, sliced*
- *100 g rice vermicelli, cooked*
- *1 tablespoon coriander, chopped*
- *1 tablespoons chives, chopped*
- *Salt and a pinch of strong pepper*
- *1 tablespoon sesame oil*
- *8 large spring roll wrappers*
- *2 tablespoons vegetable oil*
- *Chinese spring roll sauce*
- *A few lettuce leaves*
- *Fresh mint*



Frozen Samosas

Number of
pieces:

X 8



9 mins

- Preheat the fryer for 3 minutes at 200°C.
- Place the samosas in the basket.
- Cook for 9 minutes at 200°C.
- Turn the samosas midway through cooking.

• 8 frozen samosas



Beef and Cheese Skewers with Teriyaki Sauce

Number of pieces:

X 16



10 mins



16 mins

Supplies needed: 16 15-cm skewers

- Cut the Swiss Cheese into 16 strips as long as the beef carpaccio and 1 cm thick.
- Pierce the cheese onto the skewers.
- Preheat the Fry Delight for 3 minutes at 180°C.
- In a bowl, prepare the marinade by mixing the soya sauce, honey and vinegar.
- Use a brush to paint each slice of beef with the marinade, then roll around each cheese skewer. Paint the beef with marinade once again. Do the same for each skewer.
- Arrange 8 skewers in alternating positions in the basket and cook 8 minutes at 170°C. Remove the first batch of skewers and arrange the remaining 8 in alternating positions in the basket and cook 8 minutes at 170°C.
- Season with pepper and brush the skewers with marinate before serving.

- 16 slices of beef carpaccio (very thin slices of raw beef fillet)
- One block of Emmentaler cheese (400g)
- 2 tablespoons sweetened soy sauce
- 1 tablespoon honey
- 1 teaspoon rice wine vinegar (or white vinegar)
- Pepper



Grilled Paprika Cheese Toasts



X 4



10 mins



20 mins

- Mix the melted butter with the paprika, garlic and thyme.
- Spread one side of each slice of bread with mustard.
- Place the cheddar, Parmesan and ricotta on two slices of bread on top of the mustard, then place another slice on top of each (mustard side down).
- Press the sandwiches down hard, then cut in half.
- Brush the flavoured butter onto one side of the sandwiches.
- Place two sandwiches into the basket, buttered side down.
- Butter the top side and cook 10 minutes at 160°C. Remove the finished sandwiches and place the two additional sandwiches into the basket, buttered side down. Butter the top side and cook 10 minutes at 160°C.

- 4 large slices rustic bread
- 50 g Parmesan cheese, shaved
- 50 g cheddar, grated
- 100 g ricotta cheese
- 2 tablespoons Dijon mustard
- 60 g lightly salted butter, melted
- 1 clove garlic, finely chopped
- 1 teaspoon thyme
- 1 teaspoon paprika





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