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Recipes for inspiration

FR9000





Banana cake

2 bananas

160 g semi-coarse flour

90 g caster sugar

100 g white yogurt

1 egg

50 ml oil

1 tsp baking powder

40 g dark chocolate,
broken into small pieces,
or chocolate chips

a pinch of salt

Mash or blend the bananas. Gradually add the other ingredients and mix thoroughly. Lightly grease a 25 cm glass cake pan with butter and sprinkle with coarse flour. Pour the batter into the pan. Check the cake with a skewer to see if it is done.

Select the PIZZA program, 180 °C, and bake for 35 minutes.



Minced meatloaf

1 kg minced meat
(beef/pork)

1 onion

1 bread roll

150 ml milk

1 tbsp oil

150 g smoked meat

2 eggs

1 handful marjoram

2 handfuls breadcrumbs

salt

pepper

Cut the bread roll into small cubes, place in a bowl, and pour milk over it. The bread roll will soak up the milk and begin to soften; drain off any excess milk. Add the meat, eggs, smoked meat cut into small cubes, marjoram, salt, pepper, and breadcrumbs.

Finely chop the onion and fry in oil in a pan until golden brown. Add the onion to the bowl with the meat and mix the whole mixture thoroughly.

Shape the mixture into two patties and place them in the frying baskets.

To bake, select the CHICKEN program, 160 °C and 45 min.



Apple strudel

1 rolled-out puff pastry
2 large or 4 small apples
1 vanilla sugar
2 tbsp cane sugar
cinnamon
a handful of raisins
a handful of nuts
a handful of breadcrumbs
1 egg

Peel the apples and cut them into small pieces in a bowl. Add vanilla sugar, cane sugar, cinnamon, raisins, chopped nuts, and breadcrumbs. Mix well. Line a baking sheet with baking paper, cutting it so that it does not extend beyond the edge.

Unroll the dough and spread the prepared mixture evenly over it. Roll up and transfer to the baking tray. If it does not fit, roll it into a horseshoe shape. Brush with beaten egg.

Select the PIZZA program, 180 °C and 30 min.



Rolls

250 g plain flour

130 ml lukewarm water

1 tbsp oil

1 tsp salt

1/2 tsp sugar

1/4 cube yeast

Mix the yeast and sugar in lukewarm water, cover, and let the yeast rise. Mix the flour, salt, and oil in a bowl, add the yeast mixture, and knead into a smooth dough. Let rise for an hour. Divide the dough into 8 pieces. Roll each piece into a triangle and shape into a roll. Line a baking sheet with parchment paper, cut to size so that it does not extend beyond the edge.

Place the prepared rolls on the baking sheet and let rise for another 45 minutes. Brush with water and sprinkle with coarse salt, poppy seeds, or caraway seeds.

To bake, select the PIZZA program, 200 °C and 25 minutes.



Potato pancake with smoked meat

750 g potatoes

1 egg

150 g smoked meat

1 tsp salt

1/2 tsp ground cumin

1 tsp marjoram

60 g plain flour

Oil

Peel and grate the potatoes, then drain off any excess water. Add the eggs, finely diced smoked meat, salt, caraway seeds, marjoram, and plain flour to a bowl. Mix well.

Line a baking sheet with parchment paper, cut to size so that it does not extend beyond the edge, and brush with oil. Pour the potato batter onto the baking sheet and spread evenly. Spray with oil.

Select the PIZZA program, 220 °C, and bake for 25 minutes.



Fruit Cake

150 g semi-coarse flour
1/2 baking powder
90 g caster sugar
125 ml milk
2 tbsp oil
1 egg
fruit

FOR THE CRUMBLE TOPPING

50 g butter
50 g caster sugar
70 g semi-coarse flour

Place all ingredients in a bowl and mix well into a compact dough. Lightly grease a 25 cm glass cake pan with butter and sprinkle with coarse flour. Pour the dough into the pan. Decorate generously with fruit according to taste.

Prepare a crumble topping from cold butter, sugar, and flour. Spread the crumble evenly over the fruit. Check the cake with a skewer to see if it is done.

Select the PIZZA program, 180 °C, and bake for 35 minutes.



Chicken Tortilla

2 wheat tortillas
200 g chicken breast
1/2 red bell pepper
1/2 red onion
50 g canned corn
100 g grated mozzarella cheese
1 tbsp olive oil
salt
pepper
sweet paprika
granulated garlic
To serve: your favorite sauce (yogurt, garlic, or salsa)

Cut the chicken breasts into thin strips. Season with salt and pepper, sprinkle with sweet paprika and granulated garlic. Drizzle with olive oil and mix thoroughly. Place the meat in the fryer basket. Bake at 180°C for 15 minutes, stirring halfway through baking, until the meat is juicy and lightly browned. Cut the peppers into strips, slice the onion into wedges, and drain the corn.

Place the baked chicken and vegetables on each tortilla and sprinkle with mozzarella. Fold in half or roll up.

Place the tortillas in the fryer basket. Set the temperature to 180 °C and bake for 6-8 minutes until the tortilla is crispy and the cheese has melted. Serve with your favorite sauce.



Banana bread

2 ripe bananas

2 eggs

4 tbsp plain flour

50 ml milk

2 tbsp sugar

1 tbsp cinnamon

1/2 tsp baking powder

Mash the bananas with a fork until smooth. Add the eggs, milk, sugar, and cinnamon. Mix thoroughly, then add the sifted flour and baking powder. Mix the entire mixture into a smooth, slightly runny batter.

Pour the mixture into a silicone or parchment-lined mold that fits in your fryer. Bake at 180°C for 30 minutes, until the surface is browned and the center is moist and springy.

After baking, let the dough cool slightly; it tastes best when still slightly warm.



Cheese pizza

1 package of cottage cheese (200 g)

2 heaping tbsp of plain or spelt flour

1 egg

salt and pepper to taste

Favorite toppings:
ketchup, mozzarella cheese, ham, mushrooms

Prepare the pizza dough by mixing cottage cheese with flour, egg, and spices in a bowl until the ingredients are well combined. Then spoon the mixture onto baking paper and form a round pizza base.

Place the prepared pizza in the fryer and bake for 15 minutes at 180 °C.

After this time, spread ketchup on the pizza, add your favorite ingredients, such as ham, mushrooms, or mozzarella cheese, and bake for another 10 minutes until the cheese melts and browns slightly.



Broth

2 chicken thighs
1 carrot
1 parsley root
1/2 celery root
1 onion
1 leek (white part)
1 tbsp olive oil
1/2 tsp salt
1/4 tsp pepper
1.5 liters water (or more, according to your preference)
2 bay leaves
4 allspice berries

Preheat the deep fryer to 180 °C. Brush the chicken thighs with olive oil, season with salt and pepper. Place them in the deep fryer basket together with chopped vegetables: carrots, parsley, celery, onion, and leek.

Bake for 25 minutes.

After baking, transfer the thighs and vegetables to a pot, cover with water, add bay leaves and allspice. Cook over low heat for 1,5 hours, then strain the broth.

Season with salt and pepper to taste. Serve with pasta or your favorite side dish.



Baked potatoes

1 kg potatoes

2 tbsp plain flour

1 tbsp salt

To serve: butter, dill,
sour cream

Wash the potatoes thoroughly, but do not peel them. Prick each side with a fork. Mix the flour and salt in a bowl and coat the potatoes in this mixture.

Place them in a deep fryer basket and bake at 200 °C for about 60 minutes, until they are soft on the inside and crispy on the outside.

Serve with butter, sprinkled with fresh dill and sour cream.



Pork chops

**4 slices of pork
tenderloin**

2 eggs

6 tbsp breadcrumbs

4 tbsp plain flour

salt

pepper

Your favorite spices:

**sweet paprika,
granulated garlic**

Lightly pound the pork tenderloin to a thickness of approximately 1 cm. Season the meat on both sides with salt, pepper, and your favorite spices. Coat each chop first in flour, then in beaten eggs, and finally in breadcrumbs.

Place the pork chops in the fryer basket. Set the temperature to 200 °C and cook for 12-15 minutes, turning the chops halfway through cooking until the coating is golden brown and crispy.

Serve with potatoes, French fries, or your favorite salad.



Potato pancakes

500 g potatoes

1 egg

1 small onion

2 tbsp plain flour

salt and pepper to taste

Peel the potatoes, grate them on a fine grater, and drain off any excess water. Grate the onion and mix it with the potatoes. Add the egg, flour, salt, and pepper, and mix well. Form patties and place them on baking paper.

Put the patties in the fryer, set the temperature to 180 °C, and bake for 15-20 minutes until golden brown and crispy.



Cabbage balls with meat

400 g finely shredded cabbage

100 g rice

400 g beef and pork
(or other favorite meat)

1 onion

1 egg

salt and pepper to taste

400 ml tomato passata

100 ml water

1 tbsp olive oil

First, cook the rice and then finely chop the cabbage. Fry the onion in olive oil until translucent. In a large bowl, mix the cabbage, beef and pork, cooked rice, onion, eggs, and season with salt and pepper. Mix all ingredients thoroughly. Shape the mixture into large balls.

Mix the tomato paste with water and pour the resulting sauce over the cabbage balls in the deep fryer.

Bake at 150 °C for 40 minutes. For the last 5 minutes, increase the temperature to 170 °C so that the cabbage balls are lightly browned.



Cheesecake

400 g cream cheese

4 eggs

3 tbsp plain flour

140 ml 30% cream

2 tsp vanilla extract

100 g sugar (you can use less, depending on your preference)

Your favorite fruit for decoration

Place the cream cheese, eggs, flour, cream, sugar, and vanilla extract in a bowl. Using a mixer on medium speed, mix the ingredients for a few minutes until the mixture is smooth and creamy. Pour the mixture into baking tins, filling them to 3/4 of their height.

Set the fryer to 180 °C and bake for 15 minutes until the cheesecakes are firm and lightly browned.

After baking, let them cool and then decorate them with your favorite fruit.



Creamy roasted vegetable soup

4 ripe tomatoes
(with skin)

1 red bell pepper

1 onion

1 large carrot

1 whole head of garlic

2 tbsp olive oil

1 cup vegetable broth

50 ml 30% cream

pinch of sugar

salt and pepper to taste

ground red pepper

oregano

mozzarella for garnish

Cut the tomatoes into quarters, remove the seeds from the peppers and cut them into pieces, peel the onions and carrots and cut them into smaller pieces. Cut the whole head of garlic in its skin horizontally in half. Place all the vegetables and garlic in the fryer basket, pour olive oil over them, and mix.

Bake at 180°C for 35 minutes, until the vegetables are soft and lightly browned. Transfer the roasted vegetables to a blender. Squeeze the roasted garlic cloves from the garlic bulb and add them to the rest. Pour in a cup of broth, add the spices: sugar, salt, pepper, ground paprika, and oregano. Blend everything into a smooth creamy sauce.

Finally, add the cream and mix briefly again to combine the flavors. Taste and season as needed.

Serve immediately, preferably with crispy croutons, grated mozzarella, and fresh herbs.



Baked baguettes

2 baguettes
herb butter
5 large mushrooms
1/2 onion
150 g mozzarella cheese
ketchup
chives for garnish

Mix the butter with your favorite seasonings: parsley, garlic, or other herbs. Cut the baguettes in half lengthwise and spread the herb butter on each half. Slice the mushrooms and onions thinly. Layer the mushroom and onion slices on the prepared baguettes.

Place in the fryer and bake for 10 minutes at 180 °C. Then sprinkle generously with mozzarella, increase the temperature to 220 °C and bake for another 5 minutes until the cheese melts and browns slightly.

Spread ketchup on the finished baguettes and sprinkle with freshly chopped chives.



Baked rice with apples

3 apples

200 g rice

2 tbsp cinnamon

1 tbsp sugar

To serve: Greek yogurt

Cook the rice according to the instructions on the package. Grate the apples and sprinkle them with cinnamon and sugar. In a container suitable for a hot air fryer, alternate layers of rice and apples, starting with rice.

Bake for 15 minutes at 180 °C.

After baking, serve with a spoonful of Greek yogurt.



Underflame

375 g plain flour

2 boiled mashed potatoes

200 ml milk

1 egg

2 tbsp oil

1/2 cube yeast

1 tsp sugar

1 tsp salt

150 g bryndza cheese

150 g sour cream
a little milk for dilution

200 g smoked bacon

red onion

dill

Make a yeast starter from milk, yeast, and sugar. Put flour, salt, mashed boiled potatoes, oil, eggs, and yeast starter into a bowl. Knead the dough and let it rise for 1 hour.

Grease a baking sheet and spread the dough on it. In a bowl, prepare a mixture of sour cream, bryndza cheese, and a little milk so that it can be spread on the dough. Add bacon cut into small pieces, chopped onion, and chopped dill.

Bake for 40 minutes at 200 °C.



Bratislava rolls

DOUGH

225 g plain flour

125 g butter (82% fat)

100 g sour cream

FILLING

230 g ground nuts

100 g powdered sugar

200 g apple sauce
(or purée)

In a food processor, mix the flour with small pieces of cold butter and process into flour. Then add the cream and mix the dough until it comes together. Shape into a ball and let it rest in the refrigerator for 2 hours.

Mix the nuts with sugar and nutrition in a pot. Cook over low heat until the mixture thickens slightly, then transfer it from the pot to a bowl and let it cool. Divide the dough into 4 parts and knead each part into a ball. Roll out the balls on a floured board. Cut into 8 triangles. Place a teaspoon of filling on each triangle and shape into crescents. Leave the end of the dough at the bottom so that the croissant does not open during baking.

Place them on a baking sheet lined with baking paper. Bake at 200 °C for about 25 minutes.

Sprinkle the baked croissants with powdered sugar.



Buns

DOUGH

500 g plain flour

1/2 cube yeast

300 ml lukewarm milk

50 g caster sugar

2 g salt

zest of 1 lemon

ground vanilla

110 g butter (60 g for the dough + for greasing and brushing the buns)

1 egg yolk

PUDDING

2 vanilla puddings

1,5 l milk

2-3 tbsp sugar

Prepare the yeast dough using yeast, 100 ml milk, and a teaspoon of sugar. Mix the other ingredients for the dough, add the yeast dough, and let rise for 1 hour. Form the dough into rolls and cut them into equal pieces. Place the rolls on a greased baking sheet, brush with melted butter, and let rise for 10 minutes. Bake for 25 minutes at 200 °C.

After removing from the oven, brush again with melted butter.

Cook a thin pudding from the pudding mix, milk, and sugar.

Serve garnished with fresh or freeze-dried fruit.



Fish & Chips

7 tbsp plain flour
6 tbsp potato starch
3 tsp baking powder
1 tbsp fresh thyme
2 eggs
salt
150 ml beer
400 g potatoes
oil
300 g cod fillets
black pepper

Make a batter using the flour, starch, eggs, baking powder, and beer. Season the batter with salt and add thyme. Season the cod fillets with salt and pepper, coat them in the batter, and place them in the fryer basket.

Bake for 15 minutes at 180 °C.

Cut the potatoes into fries and place them in the second basket of the deep fryer, bake at 200 °C for 25 minutes.



Salad with roasted pumpkin

200 g butternut squash

150 g small beetroot

150 g red onion

2 tbsp red wine vinegar

1 tbsp cane sugar

50 ml olive oil

lamb's lettuce or rocket

2 chicken breasts

chicken seasoning mix

cooking spray

salt

toasted bread

DRESSING

200 g sour cream

1 tbsp horseradish

juice of 1 lemon

sea salt

Mix the vinegar with the sugar and whisk in the oil. Cut the beetroot into eighths, the onion into equal-sized pieces, and the pumpkin into smaller pieces. Pour the mixture over the vegetables, stir, place in the fryer basket, and bake at 170 °C for 50 minutes. Shake the basket halfway through baking.

Season the chicken breasts with salt and pepper and spray with oil. Bake in the second basket at 200 °C for 20 minutes. Turn the meat halfway through baking.

Place the toast bread in the pizza drawer and bake at 230 °C for about 5 minutes.