



COOKING PASSION SINCE 1877

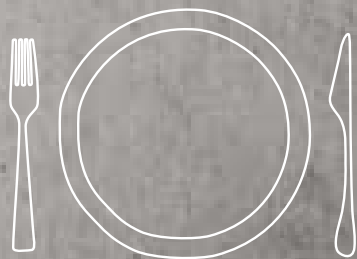


COOKING WITH FIRE AND FLAME

Recipes for your gas cooktop
with FlameSelect®



THE COOKBOOK FOR THE
NEFF COOKTOP WITH FLAMESELECT®





COOKING WITH FIRE AND FLAME

Cooking over fire is probably the most authentic type of cooking there is - and a must for amateur chefs who have a passion for cookery. With our new gas hobs featuring FlameSelect® cooking isn't just fun - it's a reliable affair as well.

Simply select one of the nine heat settings and see how the flame changes size, exactly how you want. You can cook sear, sauté or simmer your dish - our patented step valve will do the rest.

Discover real cooking: with fire and flame. But you don't need to do without comfort here. Delight your guests with tender Iberian pork, tasty fried calamari and white chocolate truffles!

The recipes in this cookbook will always provide you with new ideas. Let yourself be inspired by them and the possibilities offered by your Neff cooktop. All recipes will consistently turn out well as they have been specially tailored to your appliance. Everything has been lovingly developed and tested at our cooking studio.

Happy cooking!



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FLAMESELECT®



USEFUL INFORMATION ABOUT YOUR APPLIANCE AND THE RECIPES

Cooking means precision. For this reason the recipes in this brochure have been carefully tailored to your appliance with its nine heat settings. To make using it easier, you will find some basic information below.

BURNER SELECTION

There are four different types of burner to choose from: the standard output burner, the high output burner, the wok burner and the economy burner. The recipes in this brochure mostly use the high output burner, the wok burner and the economy burner. If necessary, please check in your instruction manual which type of burners your appliance has.

We recommend a specific burner for each recipe. Underneath the title of the recipe you can see what burner is involved. The relevant setting can be found directly in the recipe.

If you wish to cook your dish on another burner, you may have to adjust the settings and cooking times.

HEAT SETTINGS

With your new cooktop you can choose between 9 heat settings. Select the appropriate setting depending on the food and cooking method.



Bringing to the boil
Settings 7-9



Boiling/cooking/braising
Settings 4-7



Simmering, gentle boiling
Settings 1-3



Searing
Settings 6-9



Gentle frying
Settings 1-5



Melting, liquefying
Settings 3-5

TIMES

The times given for boiling, frying and deep frying are basically guide values. They will depend on the quality, quantity and composition of the food as well as the cookware used. For this reason the recipes always give approximate times (approx.).

COOKWARE

For boiling use a frying pan or stainless steel saucepan in the size indicated. The size of the pan refers to the diameter of its bottom.

The instruction manual for your cooktop contains information and many tips for cooking with the nine settings. Please make sure you read the instruction manual carefully.

ABBREVIATIONS AND QUANTITIES



ABBREVIATIONS

ml	Millilitres
l	Litres
g	Grams
kg	Kilograms
cm	Centimetres
mm	Millimetres
tbsp	Tablespoon
tsp	Teaspoon
lvl	Level
hpd	Heaped
frzn	Frozen
e. g.	For example
min.	Minutes
hr.	Hours
min.	At least
approx.	Approximately
Ø	Diameter

NUTRITIONAL INFORMATION

kcal	Kilocalories
F	Fat
carb	Carbohydrates
P	Protein

WEIGHTS AND CAPACITY MEASURES

1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

SPOON MEASURES

	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Butter	3 g	8 g	10 g	18 g
Peanut butter	4 g	7 g	7 g	14 g
Honey	6 g	13 g	12 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Breadcrumbs	2 g	6 g	4 g	11 g
Salt	5 g	13 g	8 g	24 g
Soy sauce	4 g	9 g	-	-
Tomato purée	5 g	11 g	8 g	16 g
Water/milk	5 g	15 g	-	-
Lemon juice	4 g	9 g	-	-
Sugar	3 g	9 g	6 g	17 g





STARTERS AND SIDE DISHES



MARINADED AUBERGINES

For 4 servings

Wok burner max. 5 kW, Saucepan Ø 24 cm

AUBERGINES:

MARINATING TIME: 12 HOURS

600 g aubergines
150 g salt
750 ml water
4 bay leaves
300 ml white wine vinegar
1 chilli or cayenne pepper

FLAVOURED OIL:

5 cloves garlic
¼ tsp oregano
200 ml olive oil
5 peppercorns

Per serving
429 kcal, 5 g carbs, 45 g fat,
2 g protein

PREPARATION

- 1.** Wash the aubergines, peel and cut into slices 2-3 cm thick. Sprinkle the slices with plenty of salt to remove the bitterness. Then cover and leave to rest for 2 hours.
- 2.** Next, wash the aubergines well to remove the salt. Then pat dry and cut into sticks.
- 3.** For the marinade bring water, bay leaves, vinegar and chilli to the boil in a pan at setting 5 for approx. 7 minutes. Add the aubergines, turn down to setting 4 or lower and cook for 3½ minutes.
- 4.** Cover and allow the aubergines to infuse in the marinade for 12 hours. Then drain and place in a dish.
- 5.** For the flavoured oil peel the garlic cloves, chop finely and mix in a bowl with the oregano, oil and freshly ground peppercorns.
- 6.** Pour the flavoured oil over the aubergines.

Tip:

Serve the marinated aubergines with toasted bread.



VITELLO TONNATO

For 4 servings

High output burner, Saucepan Ø 24 cm

VEAL JOINT:

CHILLING TIME: 4-6 HOURS

500 g fillet of veal

Salt

Pepper

1 tbsp vegetable oil

1 sprig thyme

1 bay leaf

1,5 l water

1 l white wine

SAUCE:

100 g tuna in oil

3 anchovy fillets in oil

2 egg yolks

50 ml sherry vinegar

140 ml vegetable oil

20 g capers

IN ADDITION:

Kitchen towel

Tin foil

Per serving

576 kcal, 0 g carbs, 48 g fat,

37 g protein

PREPARATION

- 1.** Rinse the meat briefly in cold water and pat dry with kitchen towel. Then season with salt and pepper on all sides.
- 2.** Heat 1 tbsp oil and the herbs in a pan for approx. 1½ minutes at setting 8. When the oil is hot enough, sear the meat on all sides for approx. ½ minute for approx. 2 minutes in total.
- 3.** Add the water and white wine and bring to the boil at setting 8. As soon as the liquid has come to the boil, turn down to setting 4 or lower, cover and simmer for a another 25 minutes. Turn the meat half-way through the time.
- 4.** Then remove the meat and wrap in tin foil. Leave to rest for 5 minutes and then chill in the refrigerator for 4-6 hours.
- 5.** For the sauce purée the tuna, anchovies, egg yolk and vinegar in a bowl. Continue stirring, gradually adding the oil until a thick, creamy sauce is produced.
- 6.** Cut the chilled meat into thin slices. Cover with the sauce, garnish with capers and serve.



POTATO CROQUETTES

For 4 servings

High output burner, Saucepan Ø 24 cm

MASH:

CHILLING TIME: 2 HOURS

500 g new potatoes, floury

Salt

1 egg

Nutmeg

30 g butter

30 g grated cheese

Parsley

COATING:

100 g flour

2 eggs

100 g panko flour

CROQUETTES:

1 l vegetable oil

Barbecue sauce

Per serving

492 kcal, 45 g carbs, 30 g fat,

11 g protein

PREPARATION

1. Wash the potatoes. Place in a pan, cover with salted water and bring to the boil at setting 9. Then cook for approx. 20 minutes at setting 4 or lower with the lid on until the potatoes are done.
2. Then peel the potatoes and press through a strainer.
3. Separate the egg. Season the mash to taste with egg yolk, nutmeg, butter, cheese, salt and parsley. Cover and leave to cool in the refrigerator for 2 hours.
4. Then shape into balls in the size you require. Whisk 2 eggs in a bowl. First turn the balls lightly in flour, and then in egg and panko flour.
5. Heat 1 l oil in a pan at setting 9 for approx. 5 minutes. When the oil is hot enough, add half of the croquettes and deep-fry for approx. 2 minutes until golden brown. Leave to drain on kitchen towel. Deep-fry the rest of the croquettes the same way.
6. Serve the croquettes with barbecue sauce.

Tip:

You can check the temperature of the oil with a wooden spoon. The right temperature has been reached when you dip the wooden spoon into the oil and little bubbles rise up.



STIR-FRIED VEGETABLES WITH SOY SAUCE

For 4 servings

Wok burner max. 4.2 kW, Wok with a round bottom Ø 32 cm

VEGETABLES:

75 g green asparagus
75 g carrots
50 g white turnips
50 g leeks
75 g spring onions
75 g white cabbage or pak choi
75 g courgettes
50 g mangetouts
75 g red and green peppers
75 ml sunflower oil
Soy sauce

Per serving
215 kcal, 8 g carbs, 19 g fat,
4 g protein

PREPARATION

- 1.** Wash and peel the asparagus, carrots and white turnips. Trim and wash the leek, spring onions, cabbage and courgettes. Wash the mangetouts and trim the ends. Wash, halve and de-seed the pepper. Cut everything into fine strips of equal length (julienne).
- 2.** Heat the oil in the wok at setting 9 for approx. 2½ minutes. When the oil is hot, turn down to setting 8 and add all vegetables. Then fry for approx. 3 minutes, stirring and turning over constantly.
- 3.** Season to taste with soy sauce and fry at setting 8 until done.
- 4.** Arrange on plates and serve.

Tip:

You can garnish the stir-fried vegetables with shoots or shiso leaves.



RATATOUILLE

For 4 servings

High output burner, Saucepan Ø 24 cm

VEGETABLES:

500 g aubergines

Salt

4 onions, 300 g

2 cloves garlic

375 g courgettes

750 g tomatoes

1 green pepper, 100 g

2 red peppers, 250 g

100 ml vegetable oil

Herbes de Provence

Per serving

330 kcal, 19 g carbs, 25 g fat,

8 g protein

PREPARATION

- 1.** Wash the aubergines and cut into cubes 1 cm in size. Sprinkle the slices with plenty of salt to remove the bitterness. Then cover and leave to stand for 20 minutes. Next, wash the aubergines well to remove the salt and then pat dry.
- 2.** Peel the onions and garlic and cut the onion into fine strips.
- 3.** Wash the courgettes and cut into cubes 1 cm in size. Wash, halve and core the tomatoes and peppers. Cut the tomatoes into cubes 1 cm in size and the peppers into pieces 2 cm in size.
- 4.** Add 25 ml oil to a pan and fry the onions at setting 7 for approx. 7½ minutes until soft. Then put to one side in a bowl.
- 5.** Add the peppers and 25 ml oil to the pan and fry at setting 7 for approx. 8 minutes. Put with the onions.
- 6.** Then add the cubed aubergine and whole garlic cloves to the pan with 25 ml oil and fry at setting 6 for approx. 5½ minutes. Put with the vegetables already cooked.
- 7.** Add the courgettes to the pan with 25 ml oil and fry at setting 6 for approx. 8 minutes. Put with the rest of the vegetables.
- 8.** Add the tomatoes to the pan and fry at setting 6 for approx. 6 minutes.
- 9.** Then add all the vegetables, cover and cook at setting 5 for 5 minutes. Season with salt and herbes de Provence and serve hot.

Tip:

Garnish the ratatouille with shoots.





STEWES AND SOUPS



TOMATO MOZZARELLA SOUP

For 4 servings

High output burner, Saucepan Ø 24 cm

SOUP:

3 onions, 200 g
2 garlic cloves
100 ml vegetable oil
10 g flour
1 kg passata
250 ml chicken stock, cold
Salt
Pepper
200 g mozzarella
Fresh herbs, e. g. oregano, basil

Per serving
399 kcal, 6 g carbs, 36 g fat,
13 g protein

PREPARATION

- 1.** Peel and chop the onions and garlic finely.
- 2.** Add oil to a pan and fry the onions and garlic at setting 8 for 2½ minutes. Turn down to setting 4 and fry the onions for another 7½ minutes until soft. Stir occasionally. Then sprinkle over the flour and stir constantly for approx. 1½ minutes until the mixture is thick and creamy.
- 3.** Add the passata and chicken stock and bring to the boil for 5 minutes at setting 6. Then simmer at setting 3 for another 15 minutes without the lid, stirring occasionally.
- 4.** Lastly, purée the soup and pass through a sieve. Season with salt and pepper to taste.
- 5.** Serve on 4 plates and scatter torn-up pieces of mozzarella on top. Garnish with fresh herbs to taste.



CREAM OF MUSSEL SOUP WITH BASIL

For 4 servings

High output burner, Saucepan Ø 24 cm

CREME SOUP:

1 kg unshelled blue mussels
1 bay leaf
5 peppercorns
1 leek, 120 g
1 shallot, 30 g
50 g butter
40 g flour
2 tsp tomato purée or
10 g tomato sauce
500 ml water
Salt
Pepper
100 ml cream
Basil leaves

Per serving
298 kcal, 12 g carbs, 23 g fat,
13 g protein

PREPARATION

- 1.** Clean the mussels and remove the beards. Sort out damaged and open mussels. Place the mussels, bay leaf and peppercorns in a pan, cover and heat for approx. 3 minutes at setting 9. Stir, replace the lid and heat for 1 more minute.
- 2.** Take the mussels out of the pan. Pass the resulting stock through a sieve and place 300 ml to one side. Using only the opened mussels, remove the meat and place to one side.
- 3.** Wash and trim the leek, peel the shallots and chop everything finely. Put the butter in a pan and fry the shallots at setting 9 for approx. 2 minutes until soft. Stir occasionally. Then turn down to setting 7 and fry for around another 3 minutes. Add the meat from the mussels, flour and tomato purée and fry for 1 minute, stirring constantly.
- 4.** Pour in the water and mussel stock. Cover with the lid and bring the soup to the boil at setting 9 for approx. 3 minutes. Then turn down to setting 4 and simmer for 15 minutes. Stir occasionally.
- 5.** Purée the soup and pass through a sieve. Add the cream. Season with salt and pepper to taste and serve garnished with basil leaves.

Tip:

For the soup you need at least 800 ml liquid (300 ml mussel stock and 500 ml water). If you do not have enough stock, top up with water as required. You can replace the pepper with curry. Serve the soup with croutons.



BORSCH

For 4 servings

Wok burner max. 4 kW, Saucepan Ø 24 cm

SOUP:

150 g beetroot, raw
50 g celery
50 g onions
100 g white cabbage
50 g leek
30 ml vegetable oil
1 l chicken stock
4 pork sausages
Salt
Pepper
4 tbsp sour cream

Per serving

548 kcal, 7 g carbs, 45 g fat,
29 g protein

PREPARATION

- 1.** Wash and trim the vegetables. Peel the beetroot, celery and onion. Cut everything into fine strips.
- 2.** Add the oil to a pan and heat for 1 minute at setting 7. Add the vegetables and fry for approx. 3 minutes. Turn down to setting 4 and cook for another 3 minutes.
- 3.** Add the stock, cover and bring to the boil at setting 5. Add the sausages to the soup and cook for another 5 minutes.
- 4.** Take out the sausages. Purée the soup with a high-speed hand blender and pass through a sieve.
- 5.** Cut the sausages up into pieces.
- 6.** Season the borsch to taste with salt and pepper. Serve with the sausages and a tablespoon of sour cream.



CASSOULET

For 4 servings

High output burner, Saucepan Ø 24 cm, Frying pan Ø 22 cm

STEW:

300 g white beans, soaked
1 bay leaf
50 ml vegetable oil
1,5 l water
2 cloves garlic
2 onions, approx.150 g
500 g Roma tomatoes
140 g smoked bacon
300 g pork sausages
2 preserved duck legs
or fried duck legs
Salt
Pepper
Parsley, chopped

Per serving
796 kcal, 36 g carbs, 50 g fat,
51 g protein

PREPARATION

- 1.** Bring the beans, bay leaf, oil and water to the boil in a pan at setting 9 for approx. 10 minutes. Scoop off the foam produced using a skimmer and continue cooking without the lid for approx. 10 minutes.
- 2.** Peel the garlic cloves and onions and cut the onions into quarters. Wash the tomatoes and cut into quarters. Cut the bacon into four pieces. Then add the tomatoes and bacon to the beans, cover and simmer for approx. 45 minutes at setting 1. Do not set any higher or the stock will evaporate.
- 3.** Fry the sausages and duck legs in a pan for approx. 10 minutes at setting 5.
- 4.** Add to the beans and simmer for approx. 3 minutes at setting 5.
- 5.** Season the stew with salt and pepper.
- 6.** Serve in bowls, garnished with chopped parsley.



BOUILLABAISSE

For 4 servings

Wok burner max. 4.2 kW, Saucepan 24 cm Ø

SOUP:

½ onion
1 leek
1 tomato
1 potato, mainly or
entirely waxy
50 ml vegetable oil
1 l water
5 g saffron
200 g clams
200 g mussels
200 g monkfish
200 g scorpion fish
200 g sea bream
Salt
Pepper

ROUILLE SAUCE:

25 g paprika paste
1 garlic clove, chopped
Vinegar
Salt
Vegetable oil

Per serving
434 kcal, 12 g carbs, 26 g fat,
38 g protein

PREPARATION

- 1.** Peel the onion and cut into fine strips. Trim the leek, wash and cut into fine strips. Wash the tomato and dice.
- 2.** Clean the mussels and remove the beards. Sort out damaged and open mussels.
- 3.** Wash, trim and fillet the fish. Place the bones from the monkfish and scorpion fish to one side. Cut the fish fillets into cubes.
- 4.** Fry the onion and leek in a pan in oil at setting 4 for approx. 8 minutes until the onions are soft. Then add the tomato.
- 5.** Add the fish bones to the mixture of onion, leek and tomato in the pan. Cover with 1 l water and bring to the boil for approx. 5 minutes at setting 4. Then strain the stock through a sieve into a pan.
- 6.** Wash and peel the potato and cut up small. Add the diced potato and saffron to the stock and simmer at setting 4 for approx. 7 minutes.
- 7.** Add the fish with the mussels to the stock and simmer at setting 4 or lower for approx. 3 minutes. Season with salt and pepper to taste.
- 8.** For the rouille sauce mix all the ingredients together and serve with the bouillabaisse.



A close-up photograph of a black pan containing pasta, vegetables, and a red sauce. The pasta is a short, tubular variety, possibly farfalle or similar. The vegetables include green bell peppers and leafy greens. The red sauce is visible on the left side. A white rectangular overlay is centered over the image, containing the text "PASTA AND RICE".

PASTA AND RICE



RISOTTO ALLA MILANESE

For 4 servings

High output burner, Saucepan Ø 24 cm

RISOTTO:

40 g butter
1 onion, chopped,
approx. 100 g
250 g Arborio rice
12 saffron threads
100 ml white wine
800 ml chicken stock, hot
60 g Parmesan, grated
50 g serrano ham, in fine strips
Pepper

IN ADDITION:

50 g button mushrooms
Salt

Per serving
543 kcal, 51 g carbs, 24 g fat,
26 g protein

PREPARATION

- 1.** Add the butter and onions to the pan and fry at setting 6 until soft, stirring constantly.
- 2.** Add the rice and continue stirring for approx. 1 minute.
- 3.** Add the saffron and white wine and cook for another 2 minutes until the wine has boiled down.
- 4.** Add 400 ml hot chicken stock and simmer at setting 2 until the vegetable stock has boiled down. Stir occasionally.
- 5.** Add the rest of the hot chicken stock and cook until the vegetable stock has boiled down and is done. Stir while cooking.
- 6.** Take the pan off the hob. Add grated Parmesan, strips of ham and pepper and stir well to mix the cheese with the risotto. Leave to rest for 3 minutes.
- 7.** Slice the button mushrooms.
- 8.** Season the risotto with salt, serve on 4 plates and garnish with slices of mushroom.



PASTA ALLA PUTTANESCA

For 4 servings

High output burner, Saucepan Ø 24 cm

PASTA:

2 l water
Salt
400 g penne rigate

SAUCE:

3 cloves garlic
4 tbsp vegetable oil
1 tsp oregano
2 tsp parsley, chopped
12 anchovy fillets in oil
80 g black olives
600 g tinned chopped tomatoes

3 dried chillies
20 g capers
Salt
Sugar
Pepper
Basil leaves

Per serving

555 kcal, 79 g carbs, 18 g fat,
18 g protein

PREPARATION

- 1.** Add water and salt to a pan, cover and bring to the boil at setting 9 for approx. 10 minutes. Turn down to setting 8 and cook the pasta without the lid until al dente. Drain the water and place the pasta to one side.
- 2.** Peel and finely chop the garlic. Heat the oil in a pan at setting 4 for approx. 2 minutes and add the garlic. Before the garlic becomes brown, after approx. ½ minute, add the oregano and chopped parsley. Then stir for approx. ½ minute to release the aromas.
- 3.** Chop the anchovies. Add with the oil, crush with a spoon and stir for 1 minute.
- 4.** Chop the olives. Also add the chopped tomatoes with the juice, olives, chillies and capers. Cover the sauce and simmer for approx. 18 minutes. Stir occasionally.
- 5.** Season the sauce with salt, sugar and pepper to taste. Mix the pasta with the sauce and serve garnished with a basil leaf.





POULTRY AND MEAT



WIENER SCHNITZEL WITH CHIPS

For 4 servings

High output burner, Frying pan Ø 22 cm

MEAT:

4 veal schnitzels, 125 g each
Salt
Pepper
200 g flour
4 eggs
200 g breadcrumbs
250 g clarified butter

CHIPS:

200 g potatoes, waxy
150 ml vegetable oil
Salt

IN ADDITION:

2 organic lemons

Per serving
723 kcal, 64 g carbs, 32 g fat,
44 g protein

PREPARATION

- 1.** Rinse the meat briefly in cold water, pat dry with kitchen towel and beat flat. Season with salt and pepper.
- 2.** Turn first in flour, then in the beaten egg and finally in the breadcrumbs.
- 3.** Wash and peel the potatoes. First cut into slices and then into sticks.
- 4.** Heat the oil in a frying pan at setting 7 for approx. 6 minutes. When the oil is hot, add the potato sticks and deep-fry golden brown for approx. 5½ - 7 minutes. Remove with a skimmer and leave to drain on kitchen towel.
- 5.** For the schnitzels heat the clarified butter in a frying pan at setting 8 for approx. 5 minutes. When the clarified butter is hot, turn down to setting 5 and fry a schnitzel on each side for approx. 3 minutes until golden brown. When doing so, occasionally shake the pan so hot clarified butter keeps spilling over the schnitzel. Fry the rest of the schnitzels the same way while keeping the others warm in the oven.
- 6.** Wash the lemon under hot water, rub dry and cut into quarters. Serve the schnitzels with chips and pieces of lemon.



BEEF STROGANOFF

For 4 servings

High output burner, Saucepan Ø 24 cm

MEAT WITH SAUCE:

500 g fillet of veal or beef

Salt

Pepper

250 g spring onions

25 g salted gherkins

or pickled gherkins

150 g button mushrooms or
other mushrooms

3 tbsg vegetable oil

150 ml vodka

1 level tbsg sweet paprika

1 level tsp hot paprika

100 ml passata

50 ml cream

Per serving

405 kcal, 8 g carbs, 19 g fat,

30 g protein

PREPARATION

- 1.** Rinse the fillet briefly under cold water and pat dry with kitchen towel. Then cut into pieces 5 x 2 cm in size and season with salt and pepper.
- 2.** Rinse the spring onions, trim and cut into fine strips with the gherkins. Trim the mushrooms and cut into quarters.
- 3.** Heat 2 tbsg oil in a pan for 1 minute at setting 9. Add the pieces of fillet all together and sear for approx. 1½ minutes. Then transfer to a bowl and cover.
- 4.** Add the rest of the oil, onions and a pinch of salt to the same pan and fry for approx. 5 minutes at setting 5, stirring constantly.
- 5.** Add the gherkins and mushrooms and fry for around another ½ minute.
- 6.** Add the vodka and allow the alcohol to reduce for approx. 2½ minutes.
- 7.** Add the ground paprika and tomato sauce and simmer for approx. 1 minute.
- 8.** Lastly, add the cream and meat to the sauce and simmer for 2 minutes at setting 8, stirring constantly. Season with salt and pepper and serve the fillet immediately.



RIBEYE STEAK WITH GLAZED VEGETABLES

For 4 servings

High output burner, Saucepan Ø 24 cm , Frying pan Ø 22 cm

MEAT:

1 tbsp vegetable oil
1 kg ribeye beef steak

VEGETABLES:

100 g small potatoes
4 baby carrots
50 g green asparagus
1 small radish
50 g green beans
50 g spring onions
50 g courgettes
40 g butter
30 g sugar
Salt

Per serving
436 kcal, 6 g carbs, 22 g fat,
55 g protein

PREPARATION

- 1.** Rinse the meat briefly in cold water and pat dry with kitchen towel.
- 2.** Heat the oil in a frying pan at setting 7 for approx. 5 minutes. When the oil is hot enough, turn down to setting 5 and fry the meat on all sides. Cook gently in the oven at 100-120 °C for approx. 2½ hours. Turn several times while cooking.
- 3.** Trim and wash the vegetables. Cut the ends off the green beans and asparagus. Cut the spring onions and radish into strips. Make the potatoes and courgettes into decorative shapes.
- 4.** Heat the butter and sugar in a pan at setting 6 for approx. 2 minutes until the sugar has melted. Add the vegetables and spread out over the bottom of the pan. Cover and heat at setting 5 for approx. 9 minutes. Then season with salt and fry lightly until the liquid has evaporated. Just cover the vegetables with water. Simmer for 2-3 minutes, stirring in the meantime.
- 5.** Season the ribeye steak with salt and cut into slices. Arrange with the vegetables on four plates and serve hot.



MEATBALLS WITH YOGHURT DRESSING

For 4 servings

High output burner, Saucepan Ø 24 cm, Frying pan Ø 22 cm

MEATBALLS:

CHILLING TIME: 3 HOURS

250 g spring onions
1 clove garlic
115 ml vegetable oil
500 g minced lamb
2 eggs
Salt
Pepper
100 g gram flour

DRESSING:

250 g Greek yoghurt
5 mint leaves
1 generous pinch garlic
Lemon juice

Per serving
621 kcal, 19 g carbs, 44 g fat,
37 g protein

PREPARATION

1. Trim and wash the spring onions. Peel the garlic clove. Chop both finely. Place a generous pinch of garlic to one side for the dressing.
2. Heat 15 ml oil in a pan with the spring onions and garlic at setting 6 for approx. 8 minutes. Then leave to cool.
3. Combine the minced lamb with the eggs, salt, pepper and the cooled onion/garlic to produce a smooth mixture. Cover and leave to rest in the refrigerator for 3 hours.
4. Make meatballs weighing 40 g and turn in gram flour.
5. Heat the rest of the oil in a frying pan at setting 6 for approx. 5 minutes until the oil is hot enough.
6. Turn down the hotplate to setting 4. Fry half of the meatballs for approx. 4 minutes, turn and fry for around another 4 minutes until they are done. Leave to drain on kitchen towel. Fry the rest of the meatballs the same way.
7. Rinse the mint, shake dry and then chop finely. Mix the yoghurt, mint and garlic together and season with lemon juice.
8. Serve the meatballs with the yoghurt dressing.

Tip:

Garnish the meatballs with shoots.



STEWED CHICKEN WITH KING PRAWNS

For 4 servings

Wok burner max. 4.2 kW, Saucepan Ø 24 cm

CHICKEN:

4 onions, 250 g
250 g tomatoes
1 kg chicken
Salt
Pepper
Cinnamon
100 ml vegetable oil

SAUCE:

10 g flour
100 ml red wine
30 ml vodka
500 ml chicken stock
8 king prawns
30 g pine nuts, toasted
30 g cooking chocolate
1 tsp orange zest
6 saffron threads
Salt
Pepper

Per serving
374 kcal, 19 g carbs, 30 g fat,
8 g protein

PREPARATION

- 1.** Peel and chop the onions finely. Wash, halve and core the tomatoes and cut into pieces 1 cm in size.
- 2.** Rinse the chicken briefly under cold water and pat dry with kitchen towel. Cut into 8 pieces and season with salt, pepper and cinnamon.
- 3.** Heat the oil in a pan for approx. 1½ minutes at setting 5. When the oil is hot, add the 4 pieces of chicken and fry golden brown on each side. Then put aside. Fry the rest of the chicken pieces the same way. Then shake off the oil.
- 4.** Add the onions and tomatoes to the same pan with 1 tbsp oil and heat for approx. 2 minutes at setting 5 until the onions are soft.
- 5.** Sieve in the flour and stir briefly. Add the wine and vodka and cook for approx. 1½ minutes at setting 5. Add the chicken and chicken stock, cover and stew for approx. 25 minutes at setting 3 or lower until the pieces of chicken are done.
- 6.** Trim the king prawns, briefly rinse under cold water and pat dry.
- 7.** Lastly, add the toasted pine nuts, cooking chocolate and king prawns to the chicken. Cover and cook for approx. 1 minute at setting 4. Add the orange zest and saffron, cover and allow to infuse for 4 minutes at setting 4. Season with salt and pepper to taste.

Tip:

You can also use four chicken legs instead of a whole chicken.





FISH AND SEAFOOD



BRAISED CALAMARI

For 4 servings

High output burner, Saucepan Ø 24 cm, Frying pan Ø 26 cm

CALAMARI:

800 g calamari (small squid)
or tentacles, ready to cook

SAUCE:

9 onions, 700 g
6 garlic cloves, 18 g
1 green pepper, 150 g
60 ml vegetable oil
1 tbsp white wine
1 tbsp brandy
1 tsp paprika
1 pinch salt

Per serving

361 kcal, 16 g carbs, 16 g fat,
35 g protein

PREPARATION

- 1.** Rinse the calamari briefly under cold water, pat dry with kitchen towel and prepare.
- 2.** Peel the onions and garlic. Wash, halve and core the peppers. Cut the onions and peppers into fine strips and chop the garlic finely.
- 3.** Add half of the oil to a pan and heat for 1 minute at setting 5. Add the vegetables, cover and fry for approx. 16 minutes, stirring occasionally.
- 4.** Add the wine, brandy and paprika and turn down to setting 5. Cover and cook for approx. 7 minutes until the peppers are done. Then place the pan to one side.
- 5.** Heat the rest of the oil in a pan at setting 9 for approx. 2½ minutes until the oil is hot. Fry the calamari on each side for approx. 30 seconds.
- 6.** Then add to the vegetables in the pan along with the frying juices, cover and cook at setting 7 for another 5 minutes.
- 7.** Sprinkle a little coarse salt on the calamari and serve.



MARINADED SARDINES

For 4 servings

High output burner, Saucepan Ø 24 cm, Frying pan Ø 22 cm

SARDINES:

MARINATING TIME: 24 HOURS

500 g sardines
Flour
150 ml vegetable oil

MARINADE:

150 ml vegetable oil
2 cloves garlic
2 bay leaves
2 fresh sprigs thyme
2 fresh sprigs rosemary
6 black peppercorns
1 level tsp sweet paprika
50 ml white wine
50 ml cider vinegar
Salt
300 ml chicken stock

Per serving
769 kcal, 10 g carbs, 67 g fat,
30 g protein

PREPARATION

- 1.** Remove the heads and innards of the sardines. Rinse the fish briefly under cold water and pat dry with kitchen towel. Then turn in flour.
- 2.** Heat the oil in a frying pan at setting 5 for approx. 4 minutes. When the oil is hot enough, add a third of the sardines to the pan and fry for approx. 1½ minutes on each side. Leave to drain on kitchen towel. Fry the rest of the sardines the same way in two portions and leave to drain.
- 3.** For the marinade heat the oil with the whole garlic cloves and the bay leaves in a pan at setting 6 for approx. 3½ minutes.
- 4.** Rinse the herbs and shake dry. Add with the pepper and fry for 1 minute at setting 6.
- 5.** Then turn down to setting 4. Add the paprika and wine and cook for 1 minute. Add the vinegar and salt and simmer for another 2 minutes. Lastly, add the chicken stock and simmer for another 3½ minutes.
- 6.** Place the sardines in a bowl. Pour the marinade over the sardines and leave to cool. Then cover and allow to infuse in the refrigerator for 24 hours.



FRIED FISH MEDLEY

For 4 servings

High output burner, pan 24 cm Ø

FISH:

120 g fillet of hake
160 g tuna
160 g red mullet
200 g anchovies
200 g squid, ready to cook
Salt
Gram flour, as required
1 l vegetable oil

IN ADDITION:

Kitchen towel

Per serving
378 kcal, 12 g carbs, 22 g fat,
34 g protein

PREPARATION

1. Take the fish and squid out of the refrigerator, rinse under cold water and pat dry.
2. Cut the hake up into pieces 4x4 cm in size and the tuna into pieces of 3x3 cm. Remove the heads from the red mullet and anchovies. Cut the red mullet in half. Cut the squid into pieces 3 cm in length.
3. Season the pieces of fish and squid with salt and turn in gram flour.
4. Place kitchen towel on 4 plates to drain the deep-fried pieces and place to one side.
5. Heat the vegetable oil in a pan at setting 9 for approx. 7 minutes.
6. Add the squid and fry golden brown for approx. 2 minutes. Place on one of the plates you have prepared. Fry the red mullet and hake golden brown for approx. 2 minutes and place on the second plate prepared. Then fry the tuna golden brown for approx. 1 minute, followed by the anchovies also for approx. 1 minute until golden brown. Leave to drain in the remaining bowls you prepared.
7. Distribute the medley of fish on the 4 plates and serve while still hot.

Tip:

You can check the temperature of the oil with a wooden spoon. The right temperature has been reached when you dip the wooden spoon into the oil and little bubbles rise up.





DESSERTS AND SWEET DISHES



FRENCH TOAST

For 4 servings

High output burner, Saucepan Ø 24 cm, Frying pan Ø 26 cm

PAN PERDIDO:

CHILLING TIME: 5-7 HOURS

½ organic lemon
500 ml milk
250 ml cream
100 g white sugar
1 cinnamon stick
240 g brioche buns,
from the day before
100 ml vegetable oil
8 eggs

IN ADDITION:

Brown sugar
Ground cinnamon
4 scoops ice cream

Per serving
818 kcal, 66 g carbs, 52 g fat,
21 g protein

PREPARATION

1. Wash the lemon in hot water and grate the zest of half of it. Do not grate off the bitter white layer underneath.
2. Heat the milk, cream, sugar, lemon zest and cinnamon stick in a saucepan at setting 9 for approx. 4 minutes. As soon as the mixture starts to boil, turn down to setting 1, stir and allow to infuse for 5 minutes.
3. Then pour through a sieve and leave to cool at room temperature for 1 hour. Then chill for 4-6 hours in the refrigerator.
4. Cut the buns into eight pieces 6 x 6 cm in size and 2.5 cm thick. Place in the cooled milk mixture. Cover and leave to rest for around 30 minutes so the pieces of brioche fully absorb the liquid.
5. Cover a large plate with kitchen towel and put out ready for use.
6. Heat the oil in a frying pan at setting 9 for approx. 2½ minutes. In the meantime whisk the eggs and dunk the first pieces of the brioche in the egg one by one.
7. Then fry the pieces golden brown on both sides at setting 8 for approx. ½ minute. Leave to drain in the bowl put ready.
8. Sprinkle with brown sugar and cinnamon to taste and serve with a scoop of ice cream.

Tip:

Scoop any bits of egg out of the oil before you fry the next pieces of brioche.

You can replace the cinnamon with vanilla, and the lemon with another citrus fruit.



CRÊPES SUZETTE

For 4 servings

High output burner, Saucepan Ø 24 cm, Frying pan Ø 22 cm

CRÊPES:

3 eggs
250 ml milk
75 g flour
25 g sugar
25 g clarified butter

SAUCE:

50 g sugar
1 tbsp lemon juice
200 ml orange juice
40 ml Cointreau
50 g butter

IN ADDITION:

Mint leaves

Per serving
445 kcal, 43 g carbs, 23 g fat,
10 g protein

PREPARATION

- 1.** Place the ingredients for the crêpes in a shaker and shake until you get a smooth mixture. Leave to rest for 30 minutes.
- 2.** Grease a frying pan with a little clarified butter and heat for approx. 2 minutes at setting 3. When the pan is hot, add half a ladle of the crêpe batter and allow it to spread over the bottom. Fry the crêpe until golden on each side for approx. 1 minute. Do the same with the other crêpes.
- 3.** For the sauce heat the sugar and lemon juice in a pan at setting 5 until the sugar has melted and is slightly brown. Add the orange juice, Cointreau and butter. Mix and continue cooking for 5 minutes.
- 4.** Then warm up the crêpes in the sauce for 2 minutes.
- 5.** Garnish the crêpes with mint leaves and serve.

Tip:

If you do not have a shaker to hand, you can also make a smooth batter from the ingredients using a whisk.



PANCAKES WITH HONEY

For 4 servings

High output burner, Frying pan Ø 22 cm

BATTER:

240 g flour
1 sachet baking powder, 15 g
40 g sugar
1 tsp salt
60 ml vegetable oil
2 eggs, whisked
400 ml milk

IN ADDITION:

1 tsp clarified butter
4 tsp honey
Redcurrants for garnishing

Per serving

506 kcal, 64 g carbs, 22 g fat,
13 g protein

PREPARATION

- 1.** Sieve the flour into a bowl. Mix with the baking powder, sugar and salt. Add the oil, eggs and milk and beat everything into a smooth batter with a hand mixer.
- 2.** Place in the refrigerator for 15-20 minutes.
- 3.** Grease a frying pan with 1 tsp clarified butter and heat for approx. 2 minutes at setting 7. When the oil is hot enough, turn down to setting 3. Add approx. 85 ml of the batter (1 large ladle) and allow to spread out evenly in the pan. Cook the pancake golden on each side for approx. 60-80 seconds. Do the same with the remaining 7 pancakes.
- 4.** Serve the pancakes with honey and redcurrants.



MASCARPONE MOUSSE WITH STRAWBERRIES

For 4 servings

High output burner, Saucepan Ø 24 cm

MOUSSE:

CHILLING TIME: 4-7 HOURS

3 egg yolks, 50 g
40 g sugar
2 sheets gelatine
300 ml cream
100 g mascarpone

STRAWBERRIES:

500 g strawberries,
washed and trimmed
60 g brown sugar
50 g butter
1 tsp balsamic vinegar
Mint leaves

Per serving
603 kcal, 35 g carbs, 49 g fat,
6 g protein

PREPARATION

- 1.** Mix the egg yolk and sugar in a bowl with the whisk. Soak the gelatine thoroughly in cold water.
- 2.** Bring the cream to the boil in a pan at setting 9. Switch the hob off and stir in the egg-sugar mixture until entirely smooth. Squeeze out the gelatine and add to the creme. Stir the mascarpone in with the whisk. Leave the mousse to cool at room temperature for 1 hour. Then chill for 4-6 hours in the refrigerator.
- 3.** Wash the strawberries, pat dry and cut into quarters.
- 4.** Heat the brown sugar in a pan at setting 6 for approx. 3 minutes, stirring occasionally. At the same setting add flakes of butter and balsamic vinegar within ½ minute, stirring constantly. Then add the strawberries and heat for approx. 2 minutes at setting 8. Stir occasionally.
- 5.** Arrange the strawberries on the mousse and garnish with mint leaves.



HAZELNUT CREME

For 8 servings

Wok burner max. 5 kW, Saucepan Ø 24 cm

CREME:

CHILLING TIME: MIN. 5 HOURS

2 sheets gelatine
12 eggs (only egg yolk needed)
120 g sugar
500 ml cream
500 ml milk
140 g hazelnut paste or
hazelnut purée

Per serving
524 kcal, 21 g carbs, 44 g fat,
12 g protein

PREPARATION

- 1.** Soak the gelatine in a bowl with very cold water.
- 2.** Separate the eggs. Mix the egg yolk and sugar with the whisk.
- 3.** Add the cream and milk to a pan and bring to the boil for approx. 6 minutes at setting 5. As soon as the liquid starts to boil, switch off the hotplate. Add the egg yolk-sugar mixture to the pan and mix with a whisk.
- 4.** Squeeze out the gelatine and stir in together with the hazelnut paste. Beat and pass the creme through a sieve.
- 5.** Distribute the hazelnut creme between 4 small dishes and chill in the refrigerator for at least 5 hours.

Tip:

Serve the creme with a scoop of chocolate ice cream.



CHOCOLATE FONDUE WITH FRUIT SKEWERS

For 4 servings

Economy burner, Saucepan Ø 16 cm

FRUIT:

8 strawberries
1 apple
2 tangerines

FONDUE:

250 g dark cooking chocolate,
min. 45% cocoa
½ tsp black pepper,
freshly ground

IN ADDITION:

Kebab skewers

Per serving
282 kcal, 49 g carbs, 6 g fat,
7 g protein

PREPARATION

1. Wash the strawberries, remove the stalks and pat dry. Peel and core the apple and cut into pieces. Peel the tangerines and divide into sections.

2. Thread the fruit onto kebab skewers and place to one side.

3. Break the cooking chocolate up into pieces. Heat in a pan at setting 1 until the chocolate has melted. Stir occasionally. Lastly, add the pepper and stir with a wooden spoon.

4. Serve the chocolate fondue hot with the fruit skewers.

Tip:

Different fruit can also be used for the skewers, depending on the season.



PEACHES IN RED WINE

For 4 servings

High output burner, Saucepan Ø 24 cm

PEACHES:

4 peaches
1 l red wine
250 g sugar
1 cinnamon stick
6 sheets gelatine

IN ADDITION:

4 mint leaves
Redcurrants

Per serving
489 kcal, 81 g carbs, 0 g fat,
4 g protein

PREPARATION

- 1.** Peel the peaches. Then add to a pan with the red wine, sugar and cinnamon stick. Cover, heat at setting 4 or lower and simmer for approx. 18 minutes until the fruit is soft. Then remove the peaches with a skimmer.
- 2.** Boil the wine at setting 6 for around another 12 minutes until the liquid has reduced to approx. half a litre.
- 3.** Soak the gelatine in a bowl with cold water according to the manufacturer's instructions. Then squeeze out the sheets of gelatine, add to the wine and mix well. Place on dessert plates and leave to cool.
- 4.** Arrange the peaches on the wine jelly. Garnish with mint leaves and redcurrants.



WHITE CHOCOLATE TRUFFLES

For 4 servings

Economy burner, Saucepan Ø 16 cm

TRUFFLES:

RESTING TIME: 6 HOURS

210 g white chocolate

30 ml cream

50 ml orange juice

1 cinnamon stick

30 g icing sugar

IN ADDITION:

Clingfilm

Per serving

342 kcal, 41 g carbs, 18 g fat,

3 g protein

PREPARATION

- 1.** Break the chocolate up into pieces and melt in a pan at setting 1. Stir occasionally. Then put in a bowl and place to one side.
- 2.** Bring the cream to the boil with the orange juice at setting 7 for approx. 2 minutes. Then switch off the hotplate and add the cinnamon stick. Cover with clingfilm and allow to infuse for approx. 10 minutes. Remove the cinnamon stick and stir the mixture of orange juice and cream into the melted chocolate.
- 3.** Cover again with clingfilm and leave to cool for approx. 6 hours at room temperature.
- 4.** Shape balls weighing approx. 30 g from the mixture and roll in icing sugar.



CHURROS WITH VANILLA SUGAR

For 16 servings

High output burner, Saucepan Ø 24 cm

CHOUX PASTRY:

500 ml water
70 ml vegetable oil
1 tsp salt
425 g flour
1 l oil for deep frying

IN ADDITION:

1 vanilla pod
Sugar

Per serving
235 kcal, 24 g carbs, 14 g fat,
3 g protein

PREPARATION

- 1.** Place water, oil and salt in a pan and bring to the boil for approx. 3 minutes at setting 9.
- 2.** Remove the pan from the hob. Pour in the sieved flour all at once and stir in with a wooden spoon until the mixture detaches from the pan in a ball. Leave to rest for 10 minutes.
- 3.** Then put the dough in a piping bag with a star-shaped nozzle Ø 1.5 cm.
- 4.** Heat the oil at setting 9 for approx. 6 minutes. When the oil is hot enough, squeeze out four churros approx. 14 cm long into the hot oil. Then deep-fry until golden. Deep-fry the rest of the churros the same way. Leave to drain on kitchen towel.
- 5.** Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Then mix with the sugar and sprinkle over the churros.

Tip:

You can check the temperature of the oil with a wooden spoon. The right temperature has been reached when you dip the wooden spoon into the oil and little bubbles rise up.



SMALL DOUGHNUTS WITH CREAM FILLING

For 12 servings

High output burner, Saucepan Ø 24 cm

CHOUX PASTRY:

RESTING TIME: 1-2 HOURS

250 ml water
30 g butter
1 pinch salt
1 tsp sugar
185 g flour
4 eggs
1 l vegetable oil

CREAM FILLING:

1 vanilla pod
50 ml cream
20 g sugar

IN ADDITION:

Icing sugar for dusting

Each
179 kcal, 14 g carbs, 12 g fat,
4 g protein

PREPARATION

1. Place water, butter, salt and sugar in a pan and bring to the boil for approx. 2 minutes at setting 9.
2. Remove the pan from the hob. Pour in the sieved flour all at once and stir in with a wooden spoon for approx. 2½ minutes until the mixture detaches from the pan in a ball.
3. Stir the eggs into the dough one by one. Only add the next egg after the one before has been completely worked in. Knead thoroughly. Leave the dough to rest at room temperature for 1-2 hours.
4. Heat the vegetable oil in a pan at setting 6 for approx. 10 minutes.
5. From the dough make 12 doughnuts each half the size of a dessert spoon. Slide into the hot oil and fry golden brown for approx. 5 minutes. Turn several times. Take the doughnuts out and leave to drain on kitchen towel.
6. Slice the vanilla pod open lengthways and scrape out the vanilla pulp.
7. Beat the cream, sugar and vanilla pulp in a bowl until stiff. Fill the mixture into a piping bag with a fine nozzle. Insert into the top of the doughnuts and fill with cream.
8. Dust with icing sugar and serve.

Tip:

You can already make the dough the day before. Take the dough out of the refrigerator 2 hours before deep frying. You can check the temperature of the oil with a wooden spoon. The right temperature has been reached when you dip the wooden spoon into the oil and little bubbles rise up.

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