

Recipe  
book

# FOR PRESSURE COOKERS

# Welcome

to the world of TEFAL pressure cookers



• Over **51 recipes** to discover

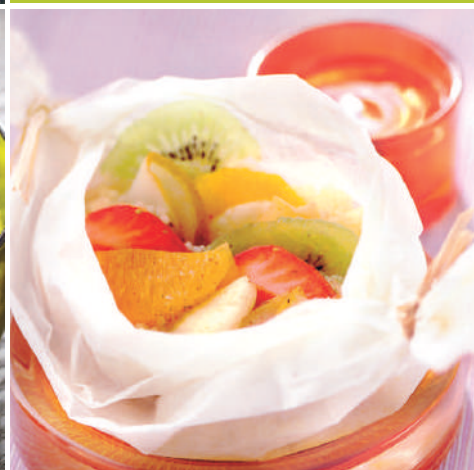


• **Hints and tips** to help you save time

Parsnip and vanilla  
blanquette



Honey chicken



Lamb wraps



Fruit parcels

“ Whether you’re a novice or a pressure-cooking expert, you want to whip up a TV dinner or you’re having guests round, you can ask it anything:

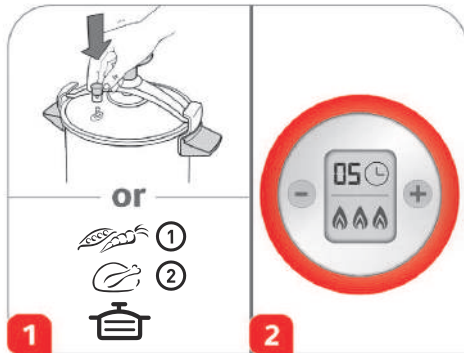
steam-cooked,  
slow-cooked or sautéed,

My Pressure cooker is always on hand  
to make life easier!

And it’s top-notch when  
it comes to retaining vitamins! ”



# How to use your pressure cooker properly

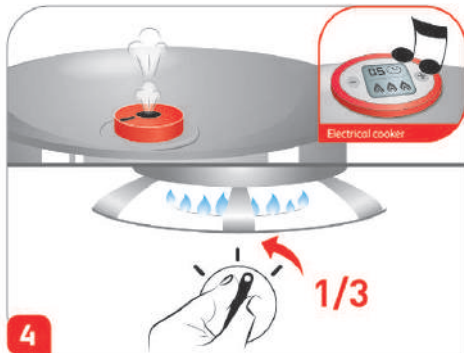


1- Close the pressure cooker. Turn the operating valve to the cooking position indicated in the recipe.

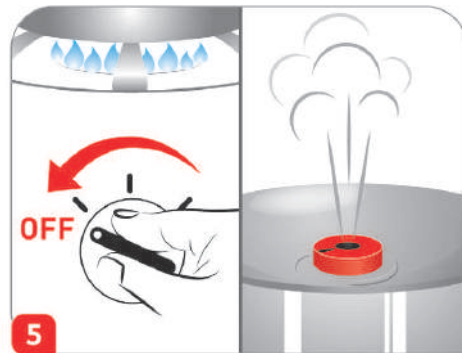
2- If the pressure cooker has a timer, programme the cooking time.



3- Turn the heat to maximum.



4- Once the steam starts coming out or the timer rings for the 1<sup>st</sup> time, turn down the heat: the cooking process begins.



5- Once the cooking process is over, turn off the heat and release the pressure as detailed in the instruction manual.

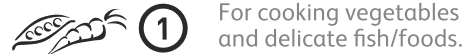


# Understanding your recipes

Although the cooking times stated in the recipes have been meticulously tested, they depend on various factors such as your taste, the season and the variety and quality of the ingredients.

For pressure cookers with a capacity of less than 6 L, reduce the proportions by one-third.

## PICTOGRAMS USED IN THE RECIPES



**tbsp** = tablespoon    **ml** = millilitres  
**tsp** = teaspoon      **L** = litres



## IMPORTANT

The cooking times shown are the pressure-cooking times, i.e. you should start counting down the time shown as soon as a steady flow of steam comes out of your pressure cooker or as soon as the first timer rings (regardless of the model used).

# YOUR RECIPES



## 10 QUICK-AND-EASY RECIPES

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## THE ESSENTIALS

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## FESTIVE DELIGHTS

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## TABLE OF COOKING TIMES

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# Fish parcels with baby vegetables

Place the vegetables in the centre of 4 sheets of baking paper (or parchment paper), season with salt and pepper. Place the fish on top of the vegetables and drizzle with lemon juice and olive oil. Season. Add the cream (if desired). Seal the parcels carefully and place them in the steam basket making sure that they don't touch the lid.

Pour 750 ml of water into the pan and add the steam basket.

Close. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve immediately.



Very easy



X 4



10 min



8 min



10 min



eg

*4 fish fillets (120 g each)*

*200 g grated carrots or courgettes, or thinly sliced mushrooms (or a 200 g mix of all 3)*

*1 shallot, chopped*

*Juice of 1 lemon*

*4 tbsp olive oil*

*4 tbsp crème fraîche (optional)*

*Salt and pepper*



## Variation

### Salmon parcels with green asparagus tips:

Why not try swapping the white fish for salmon and the grated carrot for 20 green asparagus tips?

# Bourguiburger



Easy



X 4



8 min



10 min



12 min

Dice the beef fillet into cubes of around 3 to 4 cm. Peel the carrots and slice them finely. Peel and finely slice the onion. Heat the oil in the pan on a high heat, without the lid, and brown the meat. Remove the meat (the cubes should remain rare or medium, depending on your taste).

Add the red wine to the pan and scrape well to loosen the browned cooking residues on the pan base and heat for about 2 min until the liquid boils. Add the bacon pieces and vegetables. Add the flour and mix well to cover all the ingredients. Add the bouquet garni and sugar then season to taste. Mix.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Once the cooking time is over, add the meat to the sauce for 1 to 2 min to heat it up and serve in hamburger buns.



## Helpful hint

A delightful new take on the traditional beef bourguignon.

*4 burger buns*

*700 g beef fillet*

*150 g carrots*

*1 onion*

*1 bouquet garni*

*300 g thinly sliced mushrooms*

*50 g bacon pieces*

*1 tbsp plain flour*

*250 ml red wine*

*2 tbsp olive oil*

*1/4 tsp sugar*

*Salt and pepper*







## American-style monkfish fillets



Easy



X 4



15 min



3 min



4 min



Cut the monkfish into 5 cm slices. Chop the shallot finely. Heat the oil in the pan on a high heat and brown the pieces of monkfish without closing the lid.

Add the shallot. Leave to sweat, until soft. Remove from the heat and flambe with the cognac.

Add the white wine and water.

Add the tomato purée and the lobster bisque, then season to taste.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve the monkfish and the sauce. Sprinkle with chopped tarragon. Serve hot.



### Helpful hint

Add some saffron and a pinch of paprika to spice up the flavours of this attractive dish.

To flambe means to set fire to the alcohol. Check in a cookery book or on the internet how to safely do this.

600 g monkfish fillets  
100 ml white wine  
100 ml water  
1 tbsp tomato purée  
1 tbsp olive oil  
½ can of lobster bisque  
4 tbsp cognac  
1 tbsp tarragon,  
chopped  
1 shallot  
Salt and pepper

# Summer cucumber soup

Halve the cucumbers and remove the seeds. Cut the cucumbers lengthways into small dice.

Peel and hollow out the tomatoes, then dice them, set aside in fridge. Finely chop the onion and garlic.

Put the oil in the pan, then add 3/4 of the cucumber, the onion and the garlic. Allow to sweat on a low heat until soft, stirring well. Add the water and thyme. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the thyme. Using a blender, process until smooth and mix in the vinegar. Place in the fridge to chill for 2 hrs.

When ready to serve, add the remaining cucumber and the tomatoes.



Easy



X 4



20 min



5 min



5 min



*500 g cucumber  
2 tomatoes  
4 garlic cloves  
2 white onions  
2 tbsp olive oil  
4 tbsp balsamic  
vinegar  
1.5 L water  
1 sprig of thyme  
Salt and pepper*





Easy



X 4



15 min



10 min



12 min

400 g green beans  
4 chicken fillets  
3 tbsp honey  
100 g whole blanched almonds  
3 pinches of cinnamon  
4 tbsp balsamic vinegar  
250 ml chicken stock (made with a stock cube)  
2 tbsp cornflour mixed with a little water  
Oil  
2 tbsp olive oil  
Salt and pepper

## Honey chicken

Heat the oil in the pan on a high heat and brown the chicken. Add the honey and cinnamon, leave to caramelise then add the vinegar.

Add the stock and almonds to the pan. Stir well to loosen the browned cooking residues on the pan base. Add the green beans. Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the chicken and beans and add the cornflour mixture and bring to the boil, stirring continuously until it thickens. Season with salt and pepper and serve immediately.



### Helpful hint

Smart recipe: veg, meat and sauce cooked all in one go!



Easy



X 4



15 min



10 min



12 min



veg

300 g frozen mange tout  
4 salmon fillets (120 g each)  
100 g smoked bacon pieces  
200 ml red wine  
300 ml fish stock  
3 tbsp cornflour mixed with a little water  
4 tbsp olive oil  
Salt and pepper

## Salmon fillets and mange tout

Heat the oil in the pan on a high heat and brown the bacon pieces, stirring well. Add the wine and the stock. Stir well to loosen the browned cooking residues on the pan base.

Place the mange tout in the steam basket then put the salmon on top of the mange tout. Season. Place the steam basket in the pan.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Add the cornflour mixture and bring to the boil, stirring continuously until it thickens. Adjust seasoning and serve immediately.



### Helpful hint

Fish, veg and sauce cooked all in one go!





Very easy



X 4



10 min



6 min



6 min



*800 g carrots cut into round slices*  
*3 tbsp olive oil*  
*1 onion, chopped*  
*Juice of 1 lemon*  
*250 ml water*  
*A few cumin seeds*  
*Salt and pepper*

## Carrots with cumin

Add the oil to the pan and soften the chopped onion without browning it. Add the lemon juice and water. Add the carrots, season with salt and pepper.

Close. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open the pan. Serve the carrots sprinkled with cumin seeds.



### Helpful hint

For tender, soft carrots, cook for 2 min longer.



Easy



X 4



10 min



10 min



10 min



*300 g salmon fillets*  
*2 egg yolks*  
*100 ml double cream*  
*20 g butter*  
*Salt and pepper*

## Mini salmon ramekins

Place the salmon fillets into the bowl of a food processor. Blend while adding the cream and egg yolks. Season. Fill 4 greased ramekins with the mixture. Cover them with tin foil, secure with string and put them in the steam basket.

Pour 750 ml of water into the pan and add the steam basket.

Close. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Turn each ramekin out onto a plate and serve with a green salad.



### Helpful hint

You can use any kind of fish for this recipe.

# Lamb wraps



Very easy



X 4



8 min



10 min



12 min

Dice the meat into 4 cm cubes. Peel and finely slice the onion. Wash and peel the carrots and potatoes (halve them if they are quite big).

Heat the oil in the pan on a high heat and brown the meat. Add the water and stir well to loosen the browned cooking residues on the pan base. Add the tomato purée and mix.

Add all the vegetables, the bouquet garni and garlic paste. Season. Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Once the cooking time is over, add a ladle of the meat, vegetables and sauce to the centre of a tortilla, fold the bottom part upwards (around 1/3 of the length of the tortilla) then fold both sides towards the centre.

Serve the wraps in glasses.

*4 soft flour tortillas  
700 g shoulder of lamb  
1 onion  
12 mini carrots with tops  
150 g cherry tomatoes  
400 g small Charlotte  
new potatoes  
20 g tomato purée  
250 ml water  
1 bouquet garni  
1/4 tsp garlic paste  
2 tbsp sunflower oil  
Salt and pepper*





10 QUICK-AND-EASY RECIPES



## Basque chicken



Very easy



X 4



5 min



10 min



8 min

Cut each thigh in half and cut slits into the skin in 2 places. Finely chop the onion. Heat the oil in the pan on a high heat. Brown the meat all over. Remove the meat.

Add the peppers, onion, tinned tomatoes and water. Stir well, making sure to remove the cooking juices. Season. Add the garlic, return the chicken to the pan and mix together.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve with chips, for example.

4 chicken thighs  
200 ml water  
200 g tinned chopped tomatoes  
200 g thinly sliced peppers  
1 onion  
1/4 tsp garlic paste  
2 tbsp olive oil  
Paprika pepper  
Salt and pepper



# Lamb tajine with couscous

Add 3 tbsp of oil to the pan and brown the meat. Add the onion and garlic and sprinkle with «ras-el-hanout». Add the tomatoes with the juice. Add the carrots, turnips, celery, pepper and 1 L of water, season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the first time shown.

Mix the couscous with 5 tbsp olive oil. Open the pressure cooker and add the courgettes and chickpeas.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the second time shown.

Remove the meat and vegetables in their stock and keep them warm. Pour 2 ladles of boiling juice onto the couscous. Leave to stand for 5 min then fluff with a fork.

Make the spicy sauce by mixing 1 ladle of cooking stock with 1 tsp of harissa paste.

Serve the meat, veg, couscous and spicy sauce separately. Serve very hot.



Easy



X 6



45 min



13 min  
then 3 min



16 min  
then 4 min

- 500 g lamb neck, cut into slices
- 3 chicken thighs, halved
- 150 ml olive oil
- 2 courgettes, into batons
- 2 carrots, peeled into batons
- 2 turnips, peeled into batons
- 1 stick of celery
- 1 pepper, thinly sliced
- 1 small can peeled tomatoes
- ½ can chickpeas, drained and rinsed
- 1 onion, thinly sliced
- 2 garlic cloves, pressed
- 1 tbsp «ras-el-hanout» spice
- 1 tsp harissa paste
- 1 L water
- 300 g couscous
- Salt, cayenne pepper





## Chicken breasts with baby vegetables



Very easy



X 4



10 min



8 min



10 min

Peel and dice the turnips and carrots.

Add the butter to the pan and lightly brown the chicken breasts. Add the vegetables and sprinkle with flour, stirring well. Add the stock. Mix thoroughly. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Add the cream, reheat slowly and serve.

*4 chicken breasts*

*200 g green beans (frozen)*

*200 g mange tout (frozen)*

*200 g carrots*

*2 turnips*

*1 tbsp plain flour*

*50 g butter*

*400 ml chicken stock*

*100 ml double cream*

*Salt and pepper*

# Mixed bean stew

Soak the beans, chickpeas and split peas separately in water for 8 to 12 hrs (the lentils do not require soaking). Rinse and drain well.

Wrap the cumin, clove, bay leaf and thyme up in gauze, tie up into a herb bag.

Add the drained chickpeas and beans to the pan followed by the wheat and spelt, stock and herb bag.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the first time shown.

Add the lentils and the drained split peas.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the second time shown.

Remove the bag of herbs, season with salt.

Pour into a dish, add the onion and herbs then mix.

Sprinkle with a vinaigrette made of sherry vinegar and walnut oil.



## Helpful hint

To bypass the soaking stage, double the quantities of wheat, spelt and lentils, and leave out the beans and peas.



Difficult



X 4



10 min +  
8 to 12 hrs  
soaking time



15 min  
then 8 min



15 min  
then 8 min



veg

- 60 g dried haricot beans
- 60 g dried chickpeas
- 60 g split peas
- 60 g wheat grains (such as Ebly)
- 60 g pearled spelt
- 60 g green lentils
- 1 tbsp cumin seeds
- 1 clove
- 1 bay leaf
- 2 sprigs of thyme
- 1.25 L vegetable stock

Add raw immediately before serving:

- 1 chopped red onion
- 2 sprigs of coriander, chopped
- 4 sprigs of chives, chopped
- 5 sprigs of chervil, chopped
- Salt







Easy



X 4



15 min



12 min



12 min



veg

1 onion  
1 small aubergine  
2 tomatoes  
1 small courgette  
2 tbsp olive oil  
2 cloves of  
garlic, chopped  
2 tsp dried herbes  
de Provence  
Salt and pepper

## Provençal vegetable tian

Finely slice the onions, wash and peel the aubergines, courgettes and tomatoes then cut them into 2 cm thick, semi-circular slices.

Heat the oil in the pan on a high heat and brown the onion. Layer the aubergine, courgette, then the onion and tomato in the steam basket. Season and add the garlic and herbs. Pour 750 ml of water into the pan and add the steam basket. Close the pan.

As soon as the steam comes out, turn down the heat and leave to cook according to the time shown. Layer the vegetables in a ramekin to form a vegetable cylinder, then turn out.



Easy



X 6



10 min



15 min



17 min

1 nice piece  
of beef fillet  
(around 1/1.2 kg)  
3 tbsp oil  
250 ml water  
1 level tsp rock salt  
1 bouquet garni  
Pepper

## French style rare beef fillet

Heat the oil in the pan. Brown each side of the fillet. Remove the meat. Without rinsing the pan, add the water and scrape well to remove the cooking juices. Return the meat to the pan, add the bouquet garni and season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Once the cooking time is over, open the pressure cooker. Wrap the meat in tin foil (ideally, put it in the oven at around 50°C/55°C); it will slowly finish cooking in the oven and become nice and tender.



**My meat  
cooked just  
the way I ♥**

If you like your meat  
well cooked increase the  
cooking time to 30 min.



Very easy

X 4

10 min



8 min

8 min

veg

200 g risotto rice  
500 ml vegetable stock  
50 g raisins  
3 tbsp olive oil  
2 tbsp curry powder  
Parmesan cheese shavings  
A few green asparagus tips (optional)  
Salt and pepper

## Curry risotto

Heat half of the oil in the pan on a high heat and fry the rice. Add the curry powder. Leave to cook for a moment, stirring well.

Add the raisins, season and mix well. Add the stock.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open the pan, add the rest of the olive oil, adjust the seasoning and serve topped with parmesan cheese and asparagus tips, if desired.



Very easy

X 4

10 min



24 min

29 min

1 boneless leg joint (700 g)  
2 garlic cloves  
1 onion, chopped  
1 sprig of thyme  
1 bay leaf  
1 tbsp olive oil  
500 ml water  
Salt and pepper

## Pot roast pork

Prick the joint of pork and stud it with a clove of garlic (if desired). Heat the oil in the pan on a high heat and brown the meat all over. Season. Add the chopped onion, leave to brown. Add the thyme, bay leaf and unpeeled clove of garlic.

Add the water. Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open the pan. Slice the meat and serve with the cooking juices separately.





## Beef pot-au-feu stew



Very easy

X 4

30 min



50 min

60 min

Add the meat and water to the pan. Bring to the boil. Skim the foam.

Wash and peel the vegetables (except the potatoes) and cut them into chunky batons (as they are chunky they cook for the same time as the meat). Add them to the pan with the bouquet garni and the onion. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Cook the potatoes separately in salted water. Drain the meat and serve surrounded by vegetables and accompanied by rock salt, gherkins and mustard.

Serve the stock as is, or thickened with tapioca or vermicelli (leave to boil for 5 min, uncovered). Alternatively thicken with cornflour, as directed on packet.

### Variation

#### Boiled whole chicken

Replace the beef with a whole chicken (1.2 kg). Stuff the chicken with your own home-made stuffing before you cook it: blend 100 g of fresh white breadcrumbs with the chicken liver, 100 ml cream, 1 chopped clove of garlic, 2 tbsp of parsley, 1 egg and some salt and pepper.

1.2 kg beef (chuck or topside and ribs)  
 2 L water  
 2 leeks  
 4 carrots  
 2 turnips  
 1 stick of celery  
 600 g potatoes  
 1 onion studded with 2 cloves  
 1 bouquet garni  
 Salt and pepper

# Spring lamb stew

Dice the meat into 7 cm cubes. Chop the onion and the garlic. Clean and peel all of the vegetables.



Very easy



X 4



25 min

Heat the oil in the pan on a high heat and brown the meat. Add the onion and leave to brown. Sprinkle with flour, stirring well. Add the water and stir well to remove the cooking juices. Add the tomato purée, garlic and bouquet garni. Season. Mix well.



10 min  
+ 7 min



12 min  
+ 9 min

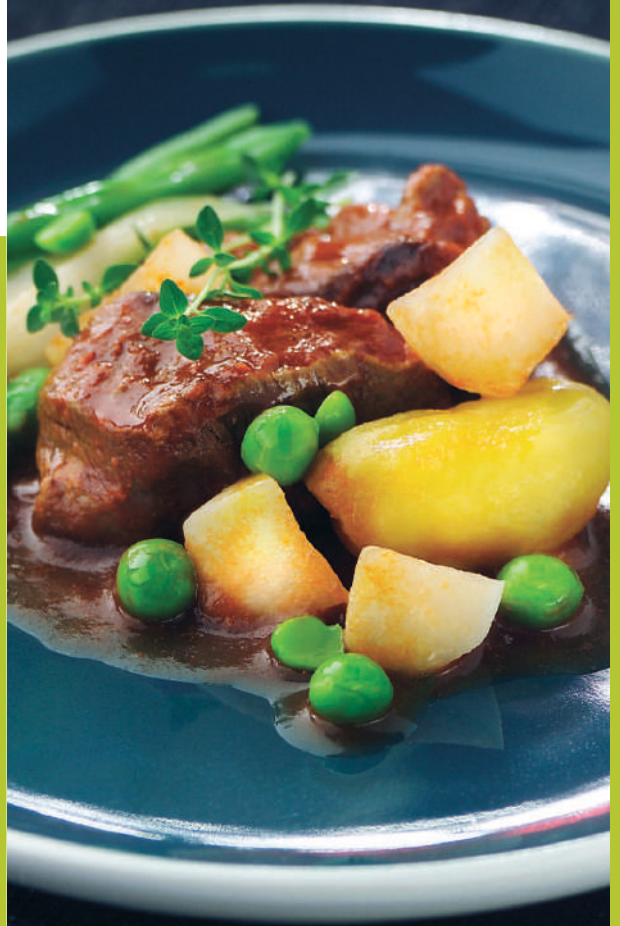
Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the first time shown.

Open the pan and add all of the vegetables.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the second time shown.

Adjust seasoning and serve topped with a sprinkling of chopped parsley. Serve nice and hot.

*500 g shoulder of lamb, boned*  
*500 g neck of lamb, boned*  
*2 tbsp olive oil*  
*100 g onions*  
*2 garlic cloves*  
*1 tbsp tomato purée*  
*2 tbsp plain flour*  
*1 bunch of new carrots*  
*2 turnips*  
*1 bunch of spring onions*  
*100 g green beans*  
*100 g frozen peas*  
*8 small new potatoes*  
*600 ml water*  
*1 bouquet garni*  
*Chopped parsley*  
*Salt and pepper*





## Courgettes stuffed with couscous



Easy



X 4



20 min



12 min



12 min



veg

Wash and hollow out the courgettes. Chop the courgette flesh finely, then mix it with the couscous, red pepper, oil and seasoning.

Fill the courgettes with this mixture then place them in the steam basket.

Pour 750 ml of water into the pan and add the steam basket.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve the courgettes with the warm tomato sauce.

*4 round courgettes  
120 g couscous  
½ red pepper,  
finely diced  
2 tbsp olive oil  
200 g tub chilled  
tomato pasta sauce  
Salt and pepper*



# Vegetable curry

Wash the vegetables. Cut the cauliflower, broccoli and pepper into pieces. Finely slice the courgettes. Peel the potatoes and dice them into 1 cm cubes. Peel and finely slice the onions.

Add the oil to the pan and brown the onion, without covering.

Add the potatoes, cauliflower, broccoli and pepper.

Mix then season with salt and pepper. Add the grated coconut. Leave to cook for 2 min over a low heat, do not cover. Add the curry powder, cumin, raisins and courgettes. Add the stock and bring to the boil.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve immediately.



Easy



X 4



30 min



4 min



4 min



Veg

*250 ml vegetable stock*

*½ cauliflower*

*½ broccoli*

*2 courgettes*

*2 potatoes*

*1 red pepper*

*2 onions*

*40 g raisins*

*2 tbsp olive oil*

*1 tsp ground cumin*

*1 tbsp curry powder*

*2 tbsp grated coconut*

*Salt and pepper*



## Helpful hint

Use whichever vegetables you like for this recipe. Try using different coloured vegetables to brighten up this dish. Toasted flaked almonds add a nice texture.



Easy



X 4



30 min



3 min



3 min



Veg

2 kg moules  
2 shallots  
2 garlic cloves  
100 ml water  
100 ml white wine  
50 g butter  
Thyme, bay leaf

## Moules marinières

Scrape, wash and drain the moules. Chop the shallots and garlic. Add the butter to the pan and sweat the shallots. Add the water and white wine. Add the garlic, thyme and bay leaf. Bring to the boil then add the moules.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open and serve. If you prefer, you can also remove the half of the shell that does not contain the moule. Serve on a plate, drizzled with the cooking juices.

### Variation

#### Moules in curry sauce

Remove the moules from the pan using a skimming ladle. Keep them warm. Stir 100 ml cream and a teaspoon of curry powder into the liquid in the pan. Bring to the boil and reduce by one-third. Check the seasoning.



Easy



X 4



20 min



13 min



13 min



Veg

200 g onions  
Cornflour  
(use quantity and preparation directed on packet)  
70 g butter  
1.5 L water  
100 g Gruyère cheese, grated  
12 slices toasted or fried baguette  
Salt and pepper

## Onion soup

Finely slice the onions then brown them in the pan with the butter. Add the water. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open the pressure cooker, add in the cornflour mixture, stir well and return to a medium heat, stirring continuously, until the soup thickens. Place the round slices of bread onto the plates. Pour the soup on top.

Sprinkle with grated Gruyère cheese. Serve hot. You can also brown it for a while in the oven.



Very easy



X 4



10 min



10 min



12 min



## Tuna niçoise

Heat the oil in the pan on a high heat and sear both sides of the tuna steaks. Add the chopped onion, drained can of tomatoes and olives. Add the white wine then season with salt and pepper.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open the pan and serve with a sprinkling of basil.

4 tuna steaks  
(120 g)  
1 ½ tins (400g size)  
peeled tomatoes  
A dozen black olives  
2 tbsp olive oil  
6 tbsp white wine  
1 onion  
Chopped basil  
Salt and pepper



Very easy



X 4



20 min



12 min



12 min



## Vegetable soup

Finely dice all of the vegetables. Add them to the pan and pour in the water. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Open the pan, process in a blender until smooth and serve.

150 g carrots  
150 g turnips  
150 g green beans  
150 g leeks  
200 g potatoes  
150 ml water  
Salt and pepper





## Streaky salted pork with lentils



Put the streaky salted pork into the pan, cover it with cold water and bring to the boil for around 10 min. Do not cover. Drain and rinse the meat.

Rinse the pan, then add 1 L of water, the white wine, vegetables (not the lentils), meat, spices and bouquet garni.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the first time shown.

Remove the meat with a skimming ladle and add the lentils to the cooking liquid. Bring to the boil for a few minutes, without covering.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the second time shown.

Drain the lentils, put them into a salad bowl, add the butter and stir. Return the meat to the cooking liquid to reheat it, without covering.

Serve the meat and vegetables on a bed of lentils and drizzle with a ladle of cooking liquid. Accompany with mustard and gherkins.

1.2 kg streaky salted pork  
 250 g green lentils  
 2 peeled onions  
 Studded with a clove  
 2 carrots, peeled and thinly sliced  
 3 cloves of garlic, peeled  
 1 bouquet garni  
 250 ml white wine  
 3 juniper berries  
 1 knob of butter  
 Pepper

# Pork and cabbage hotpot

Soak the meat in cold water for a few hours to remove the salt from it.

Pour 1.5 L of water into the pan and add the meat (not the raw ham). Bring to the boil then skim the foam. Peel and quarter the cabbage, peel the carrots, turnips, onion and garlic.

Add all of the vegetables (apart from the potatoes) and the bouquet garni to the pan. Season with pepper.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Cook the potatoes separately. Sauté the slices of ham in a frying pan with a knob of butter.

Serve the vegetables with the streaky salted pork, pork belly and ham slices on a serving dish. Serve very hot.



Very easy



X 4



25 min



35 min



42 min

*800 g streaky salted pork*

*400 g smoked belly pork*

*4 slices of raw ham (optional)*

*½ cabbage*

*4 carrots*

*4 turnips*

*4 potatoes*

*1 bouquet garni*

*1 onion*

*2 garlic cloves*

*1 knob of butter*

*Pepper*



## Helpful hint

Cabbage is a leaf vegetable like spinach and watercress. It is very rich in folic acid and vitamin B9, and will be very easy to digest cooked this way.







## Beef bourguignon



Easy



X 4



20 min



30 min



36 min

Peel and quarter the mushrooms. Brown the bacon pieces in the pan, without covering it. Remove the bacon, but leave the fat. Add the oil and brown the pieces of meat on a high heat.

Add the flour, tomato purée and wine. Stir over a low heat for 5 min, without covering. Add the remaining ingredients. Return the bacon to the pan. Scrape well to remove the cooking juices.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve with potatoes or fresh tagliatelle.

750 g diced beef  
(shoulder, chuck, topside)

100 g bacon  
pieces or lardons

2 carrots, finely sliced

1 onion studded  
with 2 cloves

1 clove of garlic

1 bouquet garni

2 tbsp sunflower oil

1 tbsp plain flour

500 ml red wine

8 nice cup mushrooms

1 tbsp tomato purée

2 tbsp olive oil

1 tsp sugar

Salt and pepper

# Provençal potatoes

Peel the potatoes. Drain the tomatoes and crush them. Finely slice the pepper and onions. Chop the garlic



Very easy

X 4

20 min

Add the oil to the pan and brown the potatoes, stirring well. Add the onions, leaving them to brown, then the pepper, tomatoes, garlic and oregano. Season. Add the water.



12 min

12 min



Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve topped with a sprinkling of chopped black olives.

*1 kg small potatoes*  
*1 green pepper*  
*4 tbsp olive oil*  
*2 white onions*  
*3 garlic cloves*  
*1 ½ tins (400g size)*  
*peeled whole*  
*tomatoes*  
*150 ml water*  
*Oregano*  
*Black olives*  
*Salt and pepper*





## Beef and carrot stew



Easy



X 4



40 min + 24 hrs  
marinating

Dice the beef into pieces about 3 cm. Marinate the beef the day before in the cognac, white wine, sliced onions, garlic, bouquet garni, salt, pepper, clove and 2 tbsp of oil. Drain the meat.



30 min



1hr12

Add 2 tbsp of oil to the pan and brown the meat all over. Add the onions from the marinade and leave to brown. Add the marinade. Bring to the boil for 2 min, without covering, then add the carrots chopped into thin round slices. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve with the accompanying vegetables and cooking juices. Thicken with cornflour, if desired.



### Helpful hint

Beef chuck is the ideal cut for stews and casseroles. You can't beat its texture and taste. Garlic adds flavour to your dishes and contains very few calories. Like carrots, garlic is full of protective micronutrients and is a source of vitamin C and carotenes

800 g beef (chuck, steak, etc.)

500 ml dry white wine

50 ml cognac

2 onions

2 garlic cloves

500 g carrots

1 bouquet garni

1 clove

4 tbsp olive oil

Salt and pepper



# Lamb shanks with young vegetables

Season the lamb shanks with salt and pepper on both sides then rub them with cumin.



Easy



X 4



20 min



15 min  
then 6 min



18 min  
then 8 min

Add 2 tbsp oil to the pan and brown the shanks on each side on a high heat for 2 min, without covering.

Add the onion, thyme and garlic. Leave to sweat for 1 min, stirring well. Add the diced tomato and white wine. Stir well to loosen the browned cooking residues on the pan base. Reduce the wine for 3 min, without covering. Add the hot stock.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the first time shown.

Turn the shanks over and spread all of the vegetables evenly in the pan. Add a little salt. Add 2 tbsp oil.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the second time shown.

Place the meat and vegetables onto a hot plate. Reduce the cooking juice by half on a high heat, without covering.

Add 1 tbsp of oil, whisking well, then coat the lamb with the sauce. Serve immediately.

- 4 small lamb shanks
- 5 tbsp olive oil
- 1 tsp ground cumin
- 1 white onion, diced
- 3 sprigs of thyme, tied together
- 4 cloves of fresh garlic, unpeeled
- 1 tomato, diced
- 250 ml dry white wine
- 250 ml chicken stock
- 8 spring onions, peeled, with 5 cm of stalk
- 4 turnips with tops, peeled, with 2 cm of green stalk
- 12 carrots with tops, peeled, with 2 cm of green stalk
- 12 new potatoes, scored
- Salt and pepper







## Cream of pumpkin soup



Very easy



X 4



15 min



7 min



7 min



Peel the pumpkin.

Cut the flesh into 5 cm cubes, then add them to the pan together with the water, salt, pepper and nutmeg.

As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Process the soup in a blender, add the cream.

Serve hot with little grilled croutons (optional).

*1.2 kg pumpkin or  
butternut squash*

*1 tsp grated nutmeg*

*2 tbsp cream*

*600 ml water*

*Salt and pepper*

# Duck breasts à l'orange

Peel the oranges with a paring knife and remove the bitter pith. Cut the quarters into pieces. Cut the peel into fine strips then heat them in a small saucepan with the sugar and water on a low heat for 15 min to candy the peel.

Heat the pan on a high heat and sear the breasts on both sides, starting with the skin side. Remove the meat.

Drain the fat from the pan then add the carrot, onion, garlic, bouquet garni and cumin. Leave to brown on a high heat for 4 to 6 min, do not cover. Add the orange juice and loosen the cooking juices from the bottom of the pan. Return the breasts to the pan then season to taste.

Flambé with Grand Marnier®. Add the drained candied peel. Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the duck breasts and leave them to stand on a plate covered with tin foil. Add the cornflour to the hot juices, bring to the boil stirring continuously to thicken the sauce. Add the pieces of orange.

Serve the duck sliced, coated in sauce.



Difficult



X 4



30 min



10 min



12 min

- 2 duck breasts
- 2 unwaxed oranges
- 125 ml water
- 250 ml chilled smooth style orange juice
- 1 carrot, cut into round slices
- 1 onion, thinly sliced
- 2 garlic cloves, peeled and crushed
- 125 ml Grand Marnier®
- 70 g caster sugar
- 1 tbsp cumin seeds
- Cornflour (use quantity and preparation method directed on packet)
- 1 bouquet garni
- Salt and pepper



**My meat cooked  
just the way I ♥**

Reduce the cooking time by 2 min if you like your meat pink in the middle.





## Lamb tajine with apricots and figs



Easy



X 4



30 min



15 min



18 min

Soak the apricots and figs in lukewarm water. Thinly slice the onions and chop the garlic. Dice the aubergines. Dice the lamb into cubes of around 4 cm.

Heat the oil in the pan on a high heat and brown the lamb cubes. Add the sliced onions and leave to brown, then add the chopped garlic, cumin, cinnamon, ginger, saffron, salt and pepper. Mix thoroughly. Add the aubergines and the drained apricots and figs. Add water.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown. Serve.

800 g shoulder of lamb, boned  
8 dried apricots  
8 dried figs  
2 aubergines  
2 onions  
2 garlic cloves  
500 ml water  
1 tbsp ground cumin  
½ stick of cinnamon  
1 tbsp powdered ginger  
1 pinch of saffron  
1 tbsp olive oil  
Salt and pepper



### Culinary culture

The term «tajine» actually refers to the oven-proof earthenware pot with a conical lid in which the dish is cooked. This stew comes from North Africa.



# Pork tenderloin

Coat the tenderloin in mustard. Peel and chop the shallots.

Add the butter to the pan and brown the tenderloin. Add the chopped shallot. Add the cider and bring to the boil for 2 min, without covering. Season.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Slice the meat and serve with the cooking juices, together with potatoes or fresh pasta.



Very easy



X 4



15 min



19 min



23 min

*800 g pork  
tenderloin*

*200 ml cider  
or white wine*

*50 g butter*

*2 shallots*

*Mild mustard*

*Salt and pepper*



## Helpful hint

You can recognise good-quality pork by its pale, firm flesh.



# Rare roast fillet of beef with truffle mashed potatoes



Difficult



X 6



15 min



15 min



17 min

Peel the potatoes and cut them into pieces weighing around 20/30g. Add the oil to the pan and brown both sides of the fillet. Remove the meat.

Add the wine and stir well to loosen the browned cooking residues on the pan base. Add the water, potatoes, rock salt and bouquet garni. Place the meat on top of the potatoes.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Wrap the meat in tin foil (ideally, put it in the oven at around 50 °C/55 °C); it will slowly finish cooking in the oven.

Remove the potatoes with a skimming ladle and put them into a bowl. Reduce the cooking juice.

At the same time, add 60 g of butter and the crème fraîche to the cooked potatoes. Keep a few thin strips of truffle to decorate the plates. Grate the rest on the potatoes. Mash with a fork. Adjust the seasoning. Add the remaining butter to the sauce and a little single cream. Beat.

Serve the beef fillet with the flavoured mash and the sauce.

*1 nice piece of beef  
fillet (around 1.1 kg)*

*1.2 kg potatoes  
for mashing*

*30 g truffles*

*3 tbsp olive oil*

*100 ml white wine*

*250 ml water*

*1 level tsp rock salt*

*1 bouquet garni*

*60 g + 25 g salted butter*

*125 g thick crème fraîche*

*75 ml single cream*

*Ground pepper*

*Salt*



**My meat  
cooked just  
the way I ♥**

If you like your  
meat well  
cooked increase  
the cooking  
time to 30 min.







# Lentil and macadamia nut dahl



200 g of green lentils  
(no need to soak)

50 g split peas

1 sweet onion

1 tsp grated ginger

1/4 tsp turmeric

1/4 tsp curry

1/4 tsp cinnamon

1/4 tsp cumin seeds

250 ml coconut milk

350 ml water

400 g tomato flesh  
(or chopped tomatoes),  
canned

5 tbsp macadamia nut oil

12 macadamia nuts,  
shelled and blanched

A few coriander leaves

Salt and pepper

Peel and finely slice the onion. Halve the nuts then dry roast them in the uncovered pan for a few minutes, watching them closely.

Add 3 tbsp of oil, the onion, spices and cumin seeds. Cook for 2 min, without covering, to release the flavour of the spices.

Add the remaining ingredients (apart from the coriander) and mix well. Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Leave the sauce to reduce and the lentils to finish cooking on a low heat, stirring from time to time.

Add the other 2 tbsp of oil and the coriander.

Serve with basmati rice.



## Helpful hint

- A nice way of giving a new lease of life to the split pea... a source of starch that we no longer tend to cook with because it takes a long time to prepare.
- Why not freeze your ginger? Simply grate the frozen ginger into your dishes as and when you need it, then put it back in the freezer.
- Macadamia nuts and oil can be replaced with hazelnuts and hazelnut oil.



## Crab in creamy white wine sauce



Difficult



X 4



30 min



14 min



14 min



Peel and chop the shallots and fry them in oil in the pan until translucent.  
Add the butter.

When it starts to sizzle, add the wine and reduce by half.

Add 250 ml of water and 2/3 of the chopped tarragon.

Add a little pepper (but no salt).

Place the crabs, legs down, in this stock.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown. Remove the crabs. Add 250 ml of water and leave to reduce.

Shell the crabs, keeping the juice, coral and soft roe. Set aside in the cooking juice. Shred the crab meat and leg meat very finely and set aside. Make sure that no shell is left in the crab meat.

Reduce the cooking juice then make it up to 700 ml by adding the cream and a little water. Blend well.

Put an equal amount of crab meat on each plate. Pour the stock over the meat. Sprinkle with the remaining tarragon and drizzle with a little olive or hazelnut oil.

*2 nice whole fresh crabs  
(around 800 g each)*

*100 ml dry white wine*

*250 ml + 250 ml water*

*100 g shallots*

*20 g salted butter*

*3 tbsp sunflower oil*

*2 tbsp tarragon,  
chopped*

*250 ml unwhipped  
whipping cream (35% fat)*

*Salt and pepper*



# Parsnip and vanilla blanquette

Cut the carrots and celery diagonally. Chop the mushrooms (after removing the stalks), then brown them in oil in the pan.

Remove them from the pan and put them to one side.

Now add the pearl onions, sliced carrots and celery. Add 200 ml of water, the butter, salt, sugar, open vanilla pod and seeds. Leave to cook without covering the pan until the water has evaporated.

Add a further 400 ml of water to the pan, as well as the parsnips and mushrooms then season to taste.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the vegetables using a straining spoon. Mix the cornflour and cream in a bowl, then add to the pan. Add the egg yolk. Reheat on a very low heat, whisking until the sauce thickens slightly. Coat the vegetables with this sauce.

Serve with some nice rice or tagliatelle and garnish with some halved buttons mushrooms fried in butter.



Difficult



X 6



20 min



6 min



6 min



veg

*1.3 kg small, firm parsnips, peeled*  
*2 carrots, peeled*  
*125 g small button mushrooms + extra for garnish (optional)*  
*12 pearl onions, peeled*  
*2 small sticks of celery*  
*3 tbsp oil*  
*1 vanilla pod*  
*1 knob of butter*  
*200 ml + 400 ml water*  
*1 tbsp sugar*  
*2 pinches of salt*  
*100 ml single cream*  
*1 egg yolk*  
*10 g cornflour*  
*Salt and pepper*





## Shoulder of lamb stuffed with morel mushrooms and served with couscous



Difficult



X 4



30 min



44 min



22 min

Finely slice the carrots and onion and add them to the pan. Add 200 ml of water and bring to the boil. Add the dried mushrooms and cook for 15 min without covering. Drain.

Blend the mushrooms with the butter, horseradish paste, pepper and salt. Open the shoulder of lamb and make an incision in the thicker part. Spread the inside with morel butter. Roll the meat to form a joint and tie with string.

Add the oil to the pan and brown the lamb all over. Remove. Add the wine and stir well to loosen the cooking residues on the pan base then add the vegetables. Return the lamb to the pan. Add 200 ml water, salt and pepper.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown for medium done lamb.

Put the couscous into a bowl. Take some of the boiling cooking juice and add enough of it to cover the couscous. Leave to stand for 3 min.

Serve the lamb and the couscous in a separate dish, accompanied by the cooking juice.



### Helpful hint

- The couscous is cooked with the boiling, flavoured cooking juice.
- You can create different versions of this dish by changing the flavour of the butter. Parsley butter, lemon butter or even truffle butter are just some of the ideas you could try out throughout the year.



### My meat cooked just the way I ♥

- If you like your lamb well done, extend the cooking time by 6 min.

1 shoulder of lamb (boned) weighing around 1.3 kg

25 g dried morel mushrooms

30 g salted butter

1 tsp horseradish paste (or ½ tsp garlic paste)

½ tsp sea salt flakes

2 tbsp oil

1 onion

2 carrots

100 ml (1 small glass) white wine

200 ml + 200 ml water

200 g couscous

Salt and pepper

# Turbot with dried apricots and peas

Add the oil to the pan and brown the turbot steaks, 2 at a time. Remove.

Add the wine and stir well to loosen the cooking residues on the pan base. Leave to reduce then filter. Peel and thinly slice the shallot.

Return the filtered wine to the pan. Add the shallot, jam, horseradish and soy sauce. Leave to simmer for 5 min, without covering. Add the water and apricots. Mix.

Put the peas in the steam basket. Place the 4 pieces of fish on top of the peas, making sure that the thinnest parts overlap in the centre of the basket. Season with salt and pepper.

Place the steam basket in the sauce.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve the fish and peas accompanied by the sauce.



Easy



X 4



10 min



16 min



19 min



*1 turbot (1.2 kg),  
prepared as 4 steaks  
with skin*

*1 nice shallot*

*3 tbsp vegetable oil*

*12 dried apricots  
(approx. 100 g)*

*3 tbsp soy sauce*

*1 heaped tbsp  
apricot jam*

*150 ml white wine*

*200 ml water*

*600 g frozen peas*

*1 tsp horseradish  
paste (optional)*

*Salt and pepper*



## Helpful hint

To lend an even more exotic touch to this dish, replace 100 ml of the water with coconut milk.







## Chicken medallions stuffed with date paste



Difficult



X 4



30 min



6 min



9 min

Blend the dates with the cinnamon and orange blossom water.

Cut open the thicker part of the chicken fillets with a knife, without cutting them in two. Season with salt and pepper. Spread the date paste on the inside of the fillets. Roll up to form pretty rolls. Secure each of them with 2 toothpicks in an X shape.

Thinly slice the carrots. Chop the garlic finely.

Melt the butter in the oil in the pan. Add the curry powder, turmeric and garlic. Fry the carrots on a low heat for about 20-30 min until just starting to brown and caramelize. Add the water, coconut milk and bay leaf. Season. Place the chicken on top of the mixture.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown. Remove the chicken. Add the coriander to the pan.

Remove the toothpicks and cut the chicken in half, diagonally.

Spoon the garnish on top and serve with a sprinkling of flaked almonds.

*Date paste  
200 g moist dates, pitted  
1 tsp ground cinnamon  
1 tbsp orange blossom  
water*

*4 chicken breast fillets,  
approx. 130 g each  
1 kg carrots  
1 knob of butter  
2 tbsp olive oil  
1 level tsp curry powder  
1 level tbsp turmeric  
1 garlic clove  
150 ml water  
200 ml coconut milk  
2 bay leaves  
1 tbsp fresh  
coriander, chopped  
A few toasted, flaked  
almonds  
Salt and pepper*

# Duck breasts with passion fruit

Remove the fat from the duck by taking off some of the skin and cut off the edges to make them equal in size.

Cut the carrot into quarters then finely slice the onion.

Cut the passion fruit in half and scoop out the pulp and seeds.

Cut the plantains into 2 cm batons then take off the skin.

Brown the duck breasts in the pan. Remove them and discard the melted fat.

Add the onion and carrot then stir in the cognac. Mix well to loosen the browned cooking residues on the pan base.

Add the carrot juice, water and passion fruit pulp. Season. Add the plantains then place the duck breasts on top.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown for medium rare duck.

Remove the duck breasts then the pieces of plantain and the vegetables. Keep warm. Reheat the sauce and thicken with cornflour, whisking well.

Serve the sliced breasts with the plantains and drizzled with sauce.



Easy



X 6



20 min



5 min



5 min

*3 duck breasts  
½ white onion  
1 small carrot  
40 ml cognac  
(or Madeira)  
100 ml carrot juice  
300 ml water  
2 passion fruit  
4 plantains  
Cornflour (use quantity  
and preparation  
method stated  
on packet)  
Salt and pepper*



**My meat cooked  
just the way I ♥**

If you like your duck  
medium, add 1 min to  
the cooking time.





## Egg and polenta jars



Easy

X 4

10 min

Put the polenta, stock, milk and cream into the pan. Season with salt and pepper. Heat the pan, without covering it, on a medium heat then a low heat, stirring continuously, until the polenta becomes thick and creamy.



6 min

8 min



Add the artichoke hearts, lemon juice and trout roe.

Grease the little jars. Fill them with polenta. Make a hole in the centre of the polenta. Break an egg into each hole. Season with salt and pepper.

Pour 750 ml of water into the pan. Place the steam basket into the pan then add the 4 jars (or ramekins covered with tin foil).

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Leave the jars to cool in the steam basket for 1 min, then drizzle with a few drops of oil from the artichoke hearts.

If you like your eggs well done, extend the cooking time by 1 min.

4 small Kilner type jars with lids (without the rubber) or ramekins

4 extra-fresh eggs, large

70 g polenta (not instant type)

200 ml vegetable stock

140 ml milk

140 ml single cream

100 g artichoke hearts, grilled (in oil)

20 g butter

1 small tub of trout roe

1 small lemon

Salt and pepper



# Smoked tea and cep risotto

Bring the water to the boil in the pan. Add the ceps and leave them to simmer for 10 min, without covering the pan. Add the teabag, and season with a little salt, pepper and sugar. Stir well to infuse all the flavours of the tea. Drain the ceps, keeping the stock. Filter it in a tea strainer to remove any sand. Measure the volume of the stock and make it up to 600 ml by adding water if necessary.

Wipe the base of the pan. Thinly slice the shallots.

Heat the oil in the pan and add the shallots. Leave to cook for a few minutes, without covering the pan, stirring well. Add the rice and fry it until it becomes translucent. Discard the teabag from the stock.

Add the rehydrated ceps and the white wine. Leave to reduce, without covering.

Add the 600 ml of stock.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Add the mascarpone and parmesan. Close the pan and leave to stand for 1 min. Open, stir and serve with lemon wedges.

If you like your risotto 'al dente', reduce the cooking time by 1 min.



Difficult



X 6



25 min



7 min



7 min



veg

*300 g risotto rice  
(arborio or carnaroli)*

*4 tbsp olive oil*

*2 shallots*

*30 g dried ceps*

*600 ml water*

*1 teabag of  
smoked tea*

*1 tsp caster sugar*

*100 ml dry  
white wine*

*2 heaped tbsp  
mascarpone cheese*

*30 g parmesan,  
freshly grated*

*2 lemons (to serve)*

*Salt and pepper*



# Saddle of venison with kumquats and spices



Difficult



X 6



20 min  
Marinade:  
4 to 12 h



4 min



6 min

Thinly slice the vegetables for the marinade. Cut the first 6 kumquats into quarters. Mix together with all of the marinade ingredients. Place the venison in the marinade and put in the fridge for at least 4 hrs.

Quarter the remaining 6 kumquats and keep the peel only. On a low heat candy the peel with some water and sugar in a saucepan for 15 min. Put to one side. Cut the pears into quarters. Drain the venison and tie with string like a roasting joint.

Filter the marinade, putting the wine to one side and the vegetables to another.

Add the oil to the pan and brown both sides of venison. Remove the meat and stir in 350 ml of the marinade, stir well to loosen the cooking residues on the base of the pan. Leave to boil for 2 min. Add the pears, vegetables from the marinade and return the meat to the pan. Season with salt and pepper.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the meat and keep it warm by covering it with tin foil.

Filter the sauce and put the pears to one side. Heat the juices again. Add the butter and cornflour (blend together to a paste), whisking well to bind the sauce. Add the candied kumquat peel and a little of the candied syrup.

Serve the venison fillets with the sauce and pears.



## Helpful hint

To lend an even more exotic touch to this dish, replace the 100 ml of water with coconut milk.

To make pain d'espice mix together  
½ tsp ground ginger,  
½ tsp cinnamon,  
½ tsp ground nutmeg  
and ½ tsp ground cloves.

1 venison saddle fillet,  
around 1 kg (2 x 500 g)

6 kumquats  
(+ 6 for the marinade)

100 ml water

3 tbsp olive oil

2 pears, not too ripe

4 tbsp sugar

1 knob of butter

1 tbsp cornflour

Marinade:

1 L red wine

50 ml cognac

1 onion, thinly sliced

1 carrot, cut into round slices

1 tsp pink peppercorns

½ tsp pain d'espice mix  
(see below)

1 pinch of ground cloves  
(or 1 clove)

1 tsp sugar

6 kumquats, quartered

Salt and pepper







Very easy



X 4



15 min



10 min



10 min



## Roast pineapple with spices

Peel and core the pineapple and carve out any eyes. Cut it into cubes.

Add the sugar and 100 ml of water to the pan and make caramel on a high heat, without covering the pan.

Add the pineapple and leave it to roast for a few minutes, without covering. Split the vanilla pods in half and scrape out the seeds. Add the spices and mix. Add the pineapple juice and 350 ml of water.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the pineapple cubes and leave the juice to reduce by half on a medium heat, without covering. As an extra treat, serve with melted chocolate.

1 pineapple  
60 g sugar  
2 vanilla pods  
1 tbsp coriander seeds  
1 tbsp coarse ground pepper  
2 pinches of ground cinnamon  
350 ml pineapple juice  
100 ml + 350 ml water



Easy



X 4



15 min



10 min



10 min



## Pears poached in wine

Peel the pears, without removing the stalk. Trim the base so that they stand upright. Dab them with the lemon juice. Put them in the steam basket.

Add the wine, sugar, raisins and vanilla to the pan. Boil for 10 min, without covering.

Pour 750 ml of water into the pan and add the steam basket.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Remove the basket and reduce the juice by half.

Serve drizzled with the cooking juice.

4 ripe pears  
Juice of 1 lemon  
400 ml sweet red wine  
100 g caster sugar  
100 g raisins  
1 sachet of vanilla sugar (optional)



Easy



X 4



20 min



6 min



6 min



## Fruit parcels

Prepare the fruit by peeling it/ hulling it/removing the stalk and tail. Cut the apples and pear into pieces. Cut the kiwi into round slices, the strawberries in half, and the orange and mandarin into ½ segments. Place the fruit onto 4 sheets of baking paper. Sprinkle the vanilla sugar and caster sugar evenly over the papillotes then close them.

Pour 750 ml of water into the pan and add the steam basket. Place the papillotes in the basket.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Serve chilled, decorated with a dash of fruit coulis.

### 2 Golden Delicious apples

1 orange

1 mandarin

1 kiwi fruit

1 ripe pear

6 strawberries

150 ml apricot

or red fruit coulis

2 sachets of vanilla sugar (optional)

4 tsp caster sugar



Very easy



X 4



15 min



10 min



10 min



## Fresh fruit compote

Dice the fruit.

Put it into the pan with the sugar and water.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Process the fruit in a blender or put it through a food mill. Serve warm or cold.

1.5 kg fruit

100 g sugar

200 ml water

### Variation

#### Dried fruit compote

Replace the fresh fruit with: 800 g mixed dried fruit, e.g. pitted prunes, raisins, dried figs, dried apricots. Simply soak them in lukewarm water for 2 hrs, then drain. Increase the quantity of water (500 ml instead of 200 ml) and add the zest of a lemon just before cooking. The quantity of sugar and the cooking time remain the same. Add 100 g of toasted flaked almonds just before serving.



# Crème caramel



Split the vanilla pods in half and scrape out the seeds. Beat the whole eggs in a bowl. Add the vanilla pod and seeds to the milk, then add the milk to the eggs. Whisk well. Add the sugar.



Pour a layer of home-made or shop-bought caramel (around 0.5 cm thick) into the bottom of a sandwich tin (16 cm diameter). Pour the egg and milk mixture into the tin. Cover with tin foil.

Pour 750 ml of water into the pan and add the steam basket.

Put the tin into the steam basket.

Close the pan. As soon as the steam comes out, turn down the heat and leave to cook according to the time shown.

Cool and then fully chill in the fridge, turn out and serve.

3 eggs  
100 g caster sugar  
500 ml milk  
1 vanilla pod  
*Liquid caramel  
(home-made or  
shop-bought)*

## Variation

### Viennese cream:

Instead of lining the base of the tin with a layer of caramel, dissolve the caramel in the milk.

### Orange cream:

Replace the milk with orange juice, the vanilla with the zest of an orange and double the quantity of eggs.

### Helpful hint

You can also make individual crème caramels in ramekins, but make sure you halve the cooking time.



# Vegetables

## fresh



## frozen



Artichokes (fresh), artichoke hearts (frozen) (whole)	steam immersion	18 min 15 min	steam	4 min	4 min
Asparagus	immersion	5 min	steam	4 min	4 min
Aubergines (3 mm) (thinly sliced and peeled)	steam	4 min			
Beetroot, cut in quarters	steam	30 to 40 min (depending on size)			
Broccoli florets	steam	3 min	steam	3 min	3 min
Brussels sprouts	immersion	7 min			
Carrots in round slices (3 mm)	steam immersion	5 min 4 min	steam steam	6 min 5 min	7 min 5 min
Cauliflower florets	steam	4 min	steam	4 min	4 min
Celeriac (thinly sliced)	steam immersion	7 min 5 min			
Chicory, halved	steam	16 min			
Courgettes in round slices (3 mm)	steam	3 min			
Fennel, cut into strips	steam	7 min			
Green beans (fine)	steam	6 min	steam	7 min	9 min
Green cabbage (thinly sliced)	immersion	8 min			
Mushrooms (thinly sliced)	immersion	3 min	steam	3 min	3 min
Spinach	steam	3 min	steam	5 min	5 min
Swiss chard slices (1 cm)	steam	9 min			
Turnips (diced)	steam immersion	6 min 4 min			
Whole leeks (white part only)	steam	8 min			

**Steam:** the ingredient is cooked in the steam basket with 750 ml of water in the bottom of the pan.

**Immersion:** the ingredient is cooked in water.

Cooking times shown are for quantities to serve 4 people.

# Vegetables

fresh



Green peas	steam	3 min
Onions (Pearl)	steam	8 min
Peppers, halved	steam	7 min
Potatoes (Average-sized potatoes halved or large size potatoes quartered)	steam immersion	10 min 8 min
Pumpkin cut into pieces	steam	8 min

frozen



steam	3 min	3 min
steam	6 min	7 min
steam	6 min	7 min

# Pulses

fresh



Flageolet (small, young haricot beans)	immersion	35 min
Green lentils	immersion	15 min
Split peas	immersion	17 min

# White Rice\*

	No. of people			Cooking time 
	2	4	6	
Quantity of water	400 ml	800 ml	1 L	7 min
	2 cups	4 cups	5 cups	
Quantity of rice	125 g	250 g	375 g	
	1 cup	2 cups	3 cups	





Pilaf rice: the rice is cooked in just the right amount of liquid (water, stock) and can be served directly because the liquid is absorbed by the rice.

Boiled rice: the rice is cooked in a large quantity of water (around 2 L) and is drained when it's ready. The cooking time is the same as that of pilaf rice, i.e. 7 min.

\* cooking time shown is for a type of rice that takes 20 min in a traditional saucepan.

Cooking times shown are for quantities to serve 4 people.

# Meat and fish

	fresh		frozen	
	 ②		 ②	
Chicken (1.35 kg)	27 min	25 min	do not cook from frozen	do not cook from frozen
Duckling (1.5 kg)	20 min	30 min	1 hr	1 hr 12
Joint of beef (1 kg)	40 min (medium)	45 min (medium)	1 hr (medium)	1 hr 5 min (medium)
Joint of pork (1 kg)	35 min	36 min	do not cook from frozen	do not cook from frozen
Lamb shanks: 2 (0.65 kg each)	19 min	23 min	do not cook from frozen	do not cook from frozen
Leg of lamb (1.3 kg)	50 min (medium)	55 min (medium)	1 hr 10	1 hr 24
Monkfish fillets (0.6 kg)	3 min	4 min	6 min	7 min
Pork tenderloin	19 min	23 min	36 min	44 min
Quails: 4	5 min	6 min	12 min	15 min
Salmon steaks: 4 (0.6 kg)	4 min	4 min	6 min	7 min
Stuffed veal cutlets: 4	8 min	10 min	do not cook from frozen	do not cook from frozen
Tuna steaks: 4 (0.6 kg)	6 min	7 min	8 min	10 min

Cooking times shown are for quantities to serve 4 people.



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