



NINJA[®]

Foodi[®]
Health Grill
& Air Fryer

Foodi Feasts

Mealtime inspiration for the AG301





NINJA[®] Foodi[™] Health Grill & Air Fryer

Everyday dinners will never be ordinary again

From chargrilled chicken and perfectly cooked kebabs to artisan bread and freshly baked cakes, this cookbook is packed with exclusive recipes, developed to help you make the most of your Ninja Foodi Health Grill & Air Fryer.

Whether you're looking for speedy meals or sweet treats, it's quick and easy to feed the family and impress your guests with these delicious dishes.

The hardest part is deciding what to make first.



Please note, although our recipe timings are tried and tested for great results with Foodi, you should always check food is thoroughly cooked before serving. Recipes have been developed using the AG301, cooking times may vary for other models.





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sides

Sides and Small Plates

Sides and Small Plates

Artisan Bread Loaf

PREP TIME: 20 MINUTES | **PROVING TIME:** 1 HOUR 30 MINUTES | **COOK TIME:** 22 MINUTES

MAKES: 4 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: Butter can be replaced by margarine or vegetable oil. If you have access to fresh yeast, use 20g.

Ingredients

250g strong white flour

4g salt

5g butter

7g dried yeast

150ml warm water

Directions

1. Pour 50ml of warm water into a small bowl and add the yeast, stirring well to ensure it dissolves. Leave this to ferment for 5 minutes.
2. Sieve the flour into a mixing bowl. Add the butter and salt, rubbing the butter into the flour. Make a well in the centre of the flour.
3. Pour the creamed yeast mix into the well alongside the remaining flour. Mix well to form a dough and knead for approximately 10 minutes. If using a mixing machine, knead for 5 minutes.
4. Once a smooth, slightly sticky, dough is formed, shape into a ball and place into a clean bowl. Cover with a damp cloth and leave to prove for 1 hour, or until the dough has doubled in size.
5. Knock the air out of the dough by giving it a light knead and mould into a round shape. Place dough into air fryer basket lined with parchment paper. Using a sieve, dust the top of the loaf with flour. Using the tip of a very sharp knife (or a craft-knife blade), lightly score the top of the loaf across the centre, with three small diagonal cuts down from this on each side.
6. Leave the loaf in a warm place to double in size.
7. Once the loaf is almost ready for baking, press the button to switch on the unit and press the BAKE button. Use the up and down temperature buttons and set temperature to 190°C. Use the up and down TIME arrows to set the cook time to 35 minutes.
8. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress bar will begin. It can take up to 3 minutes to preheat depending on the selected temperature setting.
9. Once unit beeps to signify it has preheated, open lid and very carefully place the basket with loaf into the unit. Close lid to begin cooking.
10. When cooking time is complete, the unit will beep, and END will appear on the display screen.
11. Carefully remove the loaf and place it onto a cooling rack. Leave for at least 30 minutes to relax before trying to slice.



Sides and Small Plates

Courgette Chips

PREP TIME: 10 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

1 courgette, cut into 2mm slices
1 tablespoon oil
½ teaspoon smoked paprika
½ teaspoon garlic powder
Salt and pepper

Directions

1. Insert crisper basket in unit and close lid. Select AIR FRY, set temperature to 170°C and set time to 20 minutes. Select START/STOP to begin preheating.
2. Slice courgette and spread the slices on a paper towel to allow it to absorb as much liquid as possible.
3. In a large mixing bowl add all of the ingredients and mix thoroughly so that every slice is evenly coated.
4. When the unit beeps to signify it has preheated, place seasoned courgette slices in crisper basket, spreading out evenly. Close lid to begin cooking process.
5. When cooking is complete, remove crisper basket from unit and allow to cool.
6. Serve cold or store in air tight container for up to a week.



Sides and Small Plates

Mushroom Pâté

PREP TIME: 15 MINUTES | **COOK TIME:** 10 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

TIP: You can mix and match different kinds of mushrooms and nuts.

Ingredients

250g chestnut mushrooms, sliced
60g walnuts
1 shallot, peeled and diced
1 garlic clove, peeled and minced
30ml sunflower oil
100ml water
½ teaspoon dried thyme
Salt and pepper

Optional

2 teaspoons olive oil for garnish

Equipment required

Blender

Directions

1. Insert pot in the unit and close lid. Select ROAST, set the temperature to 190°C and time to 10 minutes. Press START/STOP to begin preheating.
2. Once unit beeps to signify it has preheated, place all ingredients in the pot and season with salt and pepper. Close lid to begin cooking.
3. When cooking is complete, remove the pot from the unit and allow to cool down slightly.
4. Place everything in a blender and blend until smooth. This can take up to 3 minutes. Once completely smooth, scoop pâté into 4 ramekins and allow to cool down completely. Serve immediately or keep refrigerated for up to 3 days.



Sides and Small Plates

Pesto & Goat's Cheese Flatbread

PREP TIME: 10 MINUTES | **COOK TIME:** 6 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

TIP: You can mix and match vegetable combinations in this dish such as peppers, broccoli, courgette etc. or add chicken or ham.

Ingredients

Ready to use pizza dough

3 tablespoons pesto

40g goat's cheese, crumbled

30g Parmesan, finely grated

30g sun dried tomatoes

Fresh basil, chopped

Olive oil for brushing and drizzling

Salt and freshly ground black pepper

Directions

1. Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 2 minutes. Select START/STOP to begin preheating.
1. Roll out pizza dough and pierce lightly with a fork to prevent too many air bubbles.
3. When the unit beeps to signify it has pre-heated, place rolled out dough on top of grill plate, close the lid and allow to cook for 2 minutes.
4. Once there is 1 minute left on the timer flip the dough.
6. When the cooking process has finished remove the flatbread from the unit and set to the side.
7. Leave the grill plate in unit, select GRILL, set temperature to HIGH and set time to 4 minutes. Select START/STOP to begin preheating.
8. Lightly brush edges of flatbread with olive oil. Spread the pesto evenly on the flatbread leaving about 1 cm around the edges. Then sprinkle with goat's cheese and parmesan.
9. When unit beeps to signify it has preheated, open lid and place flatbread on the grill plate. Close lid and allow to cook.
10. Once unit beeps to signify the cooking process has finished, remove flatbread from the unit. Place on a cutting board and dress with dried tomatoes, freshly cut basil and freshly ground salt and pepper. Lightly drizzle with olive oil and serve immediately.



Sides and Small Plates

Dehydrated Tomato and Mozzarella Salad

PREP TIME: 20 MINUTES | **DEHYDRATE TIME:** 6 HOURS | **MAKES:** 6 PORTIONS

INTERMEDIATE RECIPE ●●○

TIP: The seasoning for the tomatoes is added before dehydrating to enhance flavours and help with the dehydration process.

Ingredients

For the tomatoes

4 medium/large vine tomatoes

10g (approx.) freshly chopped basil and thyme

20ml olive oil

Freshly ground salt and pepper

For the salad

200g fresh mozzarella, sliced into 1cm discs

10g (approx.) fresh basil leaves

30ml (approx.) extra virgin olive oil

Directions

1. Slice the tomatoes into 0.5cm slices across the centre of each tomato.
2. Brush each side lightly with the olive oil, season lightly with salt and pepper and sprinkle over some freshly chopped basil and thyme.
3. Lay the sliced tomatoes onto the dehydrating racks.
4. Switch on the unit and press the DEHYDRATE button. Use the up and down temperature buttons and set to 90°C.
5. Use the up and down TIME arrows to set the cook time to 6 hours.
6. Press the START/STOP and dehydration will commence immediately.
7. Once dehydration time is complete, the unit will beep and END will appear on the display screen.
8. Check that the tomatoes are dehydrated and crisp and remove from the pot and allow to acclimatise.
9. To assemble, alternately layer slices of the tomato and mozzarella into a bowl. Drizzle with the extra virgin olive oil and sprinkle with a few small or ripped basil leaves.





Mains

Mains

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English Breakfast Bake

PREP TIME: 10 MINUTES | **COOK TIME:** 25 MINUTES | **MAKES:** 2 SERVINGS

INTERMEDIATE RECIPE ●●○

Ingredients

1 tablespoon oil

4 Lincolnshire sausages, halved and scored

100g English bacon, julienne cut

12 cherry tomatoes

4 large brown mushrooms, quartered

1 tin baked beans (400g)

200g tomato and basil sauce

4 eggs

Salt and pepper

Directions

1. Use cooking pot without grill plate or crisper basket installed. Close the lid. Select ROAST, set temperature to 180°C and time to 25 minutes. Press START/STOP to begin preheating.
2. When unit beeps to signify it has preheated, add 1 tablespoon of oil, sausages, bacon, tomatoes and mushrooms. Close lid to begin cooking.
3. After 5 minutes of cooking, add beans and tomato sauce. Stir well. Close lid to continue.
4. Once there is 15 minutes left on the timer, open lid and stir once again. Form 4 small wells in the beans. Crack eggs into the wells and season with salt and pepper. Close the lid to continue cooking. After 5 minutes, you can cover the bake with aluminium foil, to prevent eggs from drying out on top.
5. When cooking is complete, scoop onto 2 individual plates and serve with buttered toast.



Mains

Salmon Tacos

PREP TIME: 15 MINUTES MARINATING + 15 MINUTES COOKING | **COOK TIME:** 10 MINUTES

MAKES: 2 SERVINGS | **APPROX. PREHEAT:** 10 MINUTES

BEGINNER RECIPE ●○○

TIP: We're using lime zest to marinate the salmon as lemon juice causes the fish to fall apart while cooking. Add lime juice to fish once it finishes cooking.

Ingredients

For salmon

1 garlic clove, peeled and minced
1 fresh chilli pepper, finely chopped
Zest of 1 lime (juice reserve for guacamole)
1 tablespoon olive oil
Salt and pepper to taste
2 salmon fillets (approx. 240g)
Cooking spray

For guacamole

1 ripe avocado
½ small onion, peeled and finely chopped
½ lime, juiced
½ tomato, finely chopped
1 garlic clove, peeled and minced
1 teaspoon coriander
½ teaspoon fresh chilli pepper, finely chopped
Salt and pepper to taste

For serving

4 tortillas
Lettuce leaves, chopped
Tomatoes, finely chopped
Coriander and cheese for garnish

Directions

1. Mix garlic, chilli pepper, lime zest, olive oil, salt and pepper and rub on salmon. Set aside and let marinate for 15 minutes.
2. Meanwhile, select GRILL and set the temperature to HIGH. Select START/STOP to begin preheating.
3. While unit is preheating, prepare guacamole by adding all ingredients to a blender and blitz to combine but leave small chunks. Season with salt and pepper to taste.
4. When the unit beeps to signify it is preheated, spray the grill plate with cooking spray and place the salmon in skin down. Press START/STOP to begin. Close lid and cook for 5 minutes.
6. Flip the fish over after 5 minutes to ensure even cooking and charring on both sides. Close the lid and cook for another 5 minutes.
7. When the cooking process ends, flake up the salmon and serve hot in a tortilla with lettuce, tomatoes and guacamole. Garnish with fresh coriander leaves, lime juice and/or cheese.



Mains

Tomato Buzhenina (Pork Loin)

PREP TIME: 12 HOURS MARINATING + 15 MINUTES | **COOK TIME:** 90 MINUTES | **MAKES:** 8 SERVINGS

APPROX. PREHEAT: 3 MINUTES

BEGINNER RECIPE ●○○

Ingredients

1 head of garlic, peeled and slightly crushed
25g peppercorn
3-4 bay leaves
4 litres water
225g salt
100g of Dijon mustard
1.7kg pork loin
180g sun dried tomatoes
1 tablespoon dry basil
1 tablespoon dry oregano
1 teaspoon paprika
2 garlic cloves, peeled and crushed + 5 garlic cloves, peeled
½ teaspoon ground pepper
70g tomato paste

Equipment required

Food processor

Directions

1. In a large pot on the stovetop, add the water, peppercorn, bay leaves and head of garlic. Bring to a simmer and add the salt and mustard, stirring to dissolve. Remove the pot from the heat and add the meat. Allow to marinate for 12 hours.
2. Once the meat has finished marinating, add the sun-dried tomatoes, basil, oregano, paprika, pepper, 2 cloves of the peeled garlic and the tomato concentrate to a food processor. Mix until well combined.
3. Next, strain the pork from the marinade and dry it. With the tip of a knife, make five incisions into the meat to insert the remaining garlic cloves.
4. Place the pork in a bowl and rub the tomato marinade to coat, ensuring it is covered. Tie the pork with kitchen twine to create a roast.
5. Use cooking pot without grill grate or crisper basket installed. Close the lid. Select ROAST, set temperature to 180°C and set time to 90 minutes. Press START/STOP to begin preheating.
6. While the unit is preheating, wrap the pork roast in two layers of aluminum foil.
7. When units beeps to signify it has preheated, place the roast in the cooking pot. Close the lid and allow to cook for 90 minutes.
8. When cooking is complete, carefully remove the roast from the unit and let cool in the aluminum foil for 45 minutes before serving.



Mains

Grilled Pepperoni Pizza

PREP TIME: 5 MINUTES | **COOK TIME:** 5 MINUTES | **MAKES:** 2 SERVINGS

BEGINNER RECIPE ●○○

TIP: Top pizza with any of your favourite pizza toppings.

Ingredients

2 tablespoons plain flour, plus more as needed

400g ready made pizza dough

1 tablespoon extra virgin olive oil

50ml sauce (pizza sauce, marinara or alfredo)

250g grated mozzarella cheese

12-15 pepperoni slices, if desired

Directions

1. Insert grill plate in unit. Select GRILL, set the temperature to MAX and set time to 8 minutes. Select START/STOP to begin.
2. While unit is preheating, spread flour out evenly over a clean work surface. Roll out pizza dough onto floured surface with a rolling pin. Roll dough to an even thickness, adding additional flour as needed to ensure dough does not stick to rolling pin. Dough should not be rolled larger than 23cm in order to properly fit on the grill plate.
3. Once dough is rolled out, rub one side evenly with olive oil.
4. Once unit has beeped to signify preheat, place dough (oil-side down) on the grill plate. Prick dough 5 or 6 times across entire surface area to prevent air pockets from forming during cooking. Cook for 3 minutes.
5. After 3 minutes, flip dough and evenly spread sauce on top. Then add cheese and pepperoni slices, if desired. Cook for an additional 2 minutes, until cheese is melted and pepperoni slices are beginning to become crispy.
6. When cooking is complete, allow to cool slightly before slicing.



Mains

Spicy Turkey Fillets (Devil's Turkey)

PREP TIME: 12 HOURS MARINATING + 5 MINUTES | **COOK TIME:** 12 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PREHEAT: 8 MINUTES

BEGINNER RECIPE ●○○

Ingredients

2 eggs
2 tablespoons plain flour
1 teaspoon dried marjoram
1 teaspoon dried parsley
1 teaspoon sweet paprika
2 teaspoons chilli powder
½ teaspoon ground cumin
2 tablespoons bouillon powder
¼ teaspoon pepper
500g turkey fillets
Cooking spray or oil for brushing
Diced tomatoes and fresh chopped parsley for garnish

Directions

1. Beat eggs, flour, herbs and spices in a bowl. Add turkey, cover and let marinate in refrigerator for 12 hours.
2. Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 10 minutes. Select START/STOP to begin preheating.
3. When the unit beeps to signify that it has preheated, lightly spray the grill plate with cooking spray, or brush with oil and add turkey fillets. Close lid and cook for 6 minutes.
4. After 6 minutes, flip turkey. Close lid to continue cooking for 6 minutes.
6. Once cooking process ends allow the meat to rest for 5 minutes.
7. Serve warm with rice or vegetables, garnished with diced tomatoes and parsley.



Mains

Meatloaf

PREP TIME: 10 MINUTES | **COOK TIME:** 45 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

800g minced beef and pork
1 onion, diced and sautéed
1 egg
20g breadcrumbs
1 tablespoon marjoram
¼ teaspoon nutmeg
1 teaspoon ground cumin
2 garlic cloves, minced
1 tablespoon mustard
1 teaspoon paprika powder
1 tablespoon fresh parsley
1 tablespoon Worcestershire Sauce (optional)
Salt and pepper

Directions

1. Use the cooking pot only and close lid. Select ROAST, set the temperature to 170°C and set time to 45 minutes. Press START/STOP to begin preheating.
2. While unit is preheating, combine all ingredients in a large bowl and mix well. When evenly mixed, place meat on clean surface and form a loaf to fit across the cooking pot.
3. Once unit beeps to signify it has preheated, open lid, lightly spray with cooking spray and place loaf in the unit. Be careful as the cooking pot will be hot. Close lid to begin cooking.
4. When cooking is complete, carefully remove the meatloaf from the pot with a silicone spatula and let rest for 5 minutes. Serve hot with mashed potatoes or vegetables.



Mains

Chicken Couscous Bowl

PREP TIME: 10 MINUTES | **COOK TIME:** 15 MINUTES | **MAKES:** 2 SERVINGS

BEGINNER RECIPE ●○○

TIP: You can add different kinds of vegetables.

Ingredients

120ml water
½ vegetable stock cube
120g couscous
2 chicken breasts, sliced
1 tablespoon oil
1 teaspoon paprika
1 teaspoon garlic powder
Salt and pepper
1 bell pepper, deseeded and diced
1 onion, peeled and diced
2 tomatoes, diced
1 tablespoon Siracha sauce
2 tablespoons tomato puree
Feta cheese and parsley for garnish

Directions

1. Boil 120ml water and add vegetable stock to it. Stir until stock is dissolved. Place couscous in a bowl and pour vegetable stock over it. Cover the bowl and set to the side.
2. Ensure pot is installed but grill plate is removed. Select ROAST, set temperature to 200°C and set timer to 15 minutes. Select START/STOP to begin preheating.
3. In a bowl combine chicken, oil, paprika, garlic powder, salt and pepper.
4. Once unit has beeped to signify it has preheated add the seasoned chicken and close lid to begin cooking.
5. When 10 minutes are left on the timer, open lid and add bell pepper, onion and tomatoes. Close lid to continue cooking.
6. When 3 minutes are left on the timer, add Siracha, tomato puree and already cooked couscous and stir well.
7. Once cooking process has completed stir in parsley and garnish with feta cheese. Serve hot.



Mains

Grilled Flank Steak

PREP TIME: 2 HOURS MARINATING + 10 MINUTES | **COOK TIME:** 12 MINUTES

MAKES: 4 SERVINGS | **APPROX. PREHEAT:** 5 MINUTES

BEGINNER RECIPE ●○○

TIP: Prepare the meat in the morning to allow it to marinate all day and be ready to grill at dinner time.

Ingredients

500g flank steak

3 tablespoons olive oil

3 tablespoons soy sauce

2 tablespoons honey

2 tablespoons red wine

2 cloves of garlic, peeled and minced

¼ teaspoon lemon pepper

Cooking spray or rapeseed oil for brushing

Directions

1. Using a sharp knife, score the flank steak across the grain 1-2cm apart.
2. Combine all other ingredients in a long shallow dish and mix well.
3. Add the steak to the marinade and coat evenly. Allow to marinate refrigerated for at least 2 hours, or up to 1 day.
4. Insert the Grill Plate into the unit and close the lid. Select GRILL and set temperature to HIGH, then press START/STOP to begin preheating.
5. When the unit beeps to signify it has preheated, open the lid and lightly spray or brush the grill with rapeseed oil. Place the flank steak onto the grill, close lid and set cook time for 12 minutes.
6. At the 4-6 minute mark, flip the steak over to grill on the other side.
7. When cook time is finished, remove the steak to a plate, and cover with foil. Allow meat to rest 5-10 minutes.
8. Using a sharp knife, thinly slice the steak across the grain - it will be a delicious medium rare. Serve immediately and enjoy!



Mains

Chicken, Leek, Mushroom & Puff Pastry Pie

PREP TIME: 25 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 4 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: Prepare the filling a day ahead if desired as it's best to place the pastry on a room temperature or cold filling.

Ingredients

2 tablespoons light olive oil
300g skinless, boneless chicken thighs, cut into rough 2cm chunks
60g chunky smoked bacon or pancetta lardons
300g chestnut mushrooms, halved and larger ones quartered
1 large leek, cut into 1.5cm slices
4 sprigs thyme, leaves picked
275ml ready-made béchamel/white sauce
2 teaspoons Dijon mustard
1 ½ teaspoons chopped chives
1 ½ teaspoons chopped flat parsley
1 ½ teaspoons chopped tarragon
200g all-butter puff pastry (preferably in a block), kept fridge cold
1 egg yolk
salt and pepper, to taste

Equipment required

20cm pie tin, 4cm deep

Directions

1. Place the chicken, lardons, mushrooms, leeks and picked thyme in a bowl with the oil and season with salt and pepper.
2. Ensure that the grill plate and crisping basket are removed from pot. Select ROAST, set the temperature to 190°C and set time to 15 minutes. Select START/STOP to begin preheating.
3. When the unit beeps to signify it has preheated, place the contents of the bowl into the pot and give it a quick stir around to spread it out evenly. Close the lid to begin cooking.
4. Open the lid and give it a stir after about 8 minutes. Close lid and continue cooking. Check again after 12 minutes to see if it's done, or give it another stir and continue cooking.
5. When it's done, remove the pot from the unit and scoop all the contents along with their juices into a bowl. Wash the pot and return to the unit.
6. Add the béchamel sauce, mustard and chopped herbs to the chicken mix. Taste and adjust seasoning if necessary. Now cool the mixture to room temperature before proceeding or chill for later use.
7. When ready to bake the pie, place the filling in a 20cm pie tin or dish about 4cm deep.
8. Roll the puff pastry into a 23cm circle just under ½ cm thick. Return the pastry to the fridge for about 15 minutes to chill and rest. Make an egg wash by mixing the yolk with 1 ½ teaspoons of water and a small pinch of salt.



9. Brush the egg wash onto the lip of the pie dish to help the pastry stick to it. Place the puff pastry circle over the filling and press all around the edge with the prongs of a fork. Brush the pastry all over with the remaining egg wash and then prick the top of the pie a few times with the fork.
10. Select BAKE, set temperature to 190°C and set time to 25 minutes. Select START/STOP to begin preheating.
11. When the unit beeps to signify it has preheated, carefully pop the pie into the pot and close the lid.
12. After 10 minutes, reduce temperature to 170°C and continue cooking.
13. When cooking is complete, very carefully lift the pie out of the pot and serve hot.

Mains

Lamb Kebabs (Souvlaki)

PREP TIME: 4 HOURS MARINATING + 30 MINUTES | **COOK TIME:** 15 MINUTES | **MAKES:** 6 SKEWERS

BEGINNER RECIPE ●○○

TIP: Add half a peeled, seeded and grated cucumber to the sauce for an additional element

Ingredients

550g lamb leg or shoulder, cut into 2cm dice

30ml olive oil

2 cloves of garlic, crushed

Juice of 1 lemon

1 red onion, peeled and cut into 2cm dice

1 yellow pepper, cored, seeded and cut into 2cm dice

2 field mushrooms, each cut into 8 wedges (1cm approx)

1 teaspoon dried thyme or some fresh thyme, chopped

½ teaspoon smoked sweet paprika (optional)

½ teaspoon cumin (optional)

Salt and freshly ground pepper

6 wooden skewers - 20.5cm long

For the dipping sauce

1 clove of garlic, minced

250ml Greek yoghurt

1 tablespoon lemon juice

25g freshly chopped coriander

Pinch of salt

Directions

1. In a large bowl add the olive oil, garlic, lemon juice, the herbs and spices and season with freshly ground pepper, mixing all the ingredients to combine. Add the meat and the chopped onions and mix to cover. Cover the bowl with cling film, chill and leave to marinate for at least 4 hours. Ideally, leave for 12 hours (or overnight), to absorb maximum flavour.
2. To prepare the sauce, mix the yoghurt, garlic and lemon juice together and season lightly with the salt. Carefully mix in a little chopped coriander. Store the sauce in the fridge and always serve cold. Sprinkle the remaining coriander over the sauce as it is served.
3. To assemble the lamb kebab, lift the chunks of lamb out of the marinade and thread the diced meat on the skewers, alternating with the onions, peppers and mushrooms.
4. Switch the unit on and press the GRILL button until the flame icon reaches high. Press START/STOP to pre-heat the grill. PRE will show on the screen as the grill reaches temperature. Set the time using the up and down time buttons to 15 minutes.
5. When temperature is reached and the unit beeps, use plastic tongs to wipe the grill grates with a paper towel soaked in vegetable oil, or coat using a heatproof brush.
6. Place the kebabs onto the grill and close lid to begin cooking.
7. Grill for 10 - 15 minutes depending on your preference for the degree of cooking, turning the kebabs as they char until evenly caramelised on all sides (internal temperature: medium-rare - 60°C, well-done - 70°C+).
8. Using plastic tongs, carefully remove the kebabs and let them rest for at least 5 minutes before serving. Serve with the dipping sauce, grilled flatbreads, fries and salad. Couscous would also make a good traditional accompaniment.



Mains

Roast Pork Tenderloin, Stuffed with Mozzarella and Basil

PREP TIME: 25 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 4/5 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: Serve with a tomato-based sauce and fresh seasonal potatoes and vegetables

Ingredients

2 pork tenderloin fillets,
400g each approx.

200g mozzarella

200g prosciutto
(e.g. Parma ham)

10g fresh basil, chopped

20ml vegetable oil

Salt and pepper

Directions

1. Trim any excess fat from the pork tenderloin and cut each tenderloin into 2 even pieces through the centre.
2. Using a thin sharp knife, very carefully cut a hole into the centre of the tenderloin to form a tunnel. This can be achieved by starting to cut the hole from each end of the pork until the cuts meet in the middle.
3. Drain the mozzarella and cut into 0.5cm dice. Roughly chop the basil and mix with the mozzarella. Season with salt and pepper.
4. Push the diced mozzarella into the tunnel until it is full.
5. Lay slices of prosciutto on a sheet of cling film. Place the pork at one end, with a little of the prosciutto overhanging, and lift the cling film to roll the prosciutto tightly around the pork ensuring both ends are securely wrapped to hold melting cheese in. Wrap the pork with the cling film to tighten into a cylinder. Store in the refrigerator until required.
6. When ready to roast the pork, press the START/STOP button to begin preheating. Press the ROAST button. Use the up and down temperature controls to set to 180°C. It can take up to 3 minutes to preheat depending on the selected temperature setting.
7. Use the up and down TIME arrows to set the cook time to 30 mins.
8. Remove the pork from the cling film and let it acclimatise for a few minutes. When preheating is complete, the unit will beep and ADD FOOD will flash across the display screen.
9. Add the vegetable oil and let heat for 10 seconds before placing the pork on top of the oil. Close lid to begin cooking.
10. Open the lid every 5 minutes and rotate pork as required.



11. After 20 minutes, check the internal temperature of the pork, using a probe. Once it has reached 70°C, remove and place onto a warmed plate/tray and cover loosely with foil.
12. If the temperature is lower than 70°C, continue cooking until this temperature is reached.
13. Once cook time is complete, the unit will beep, and END will appear on the display screen.
14. When ready to serve, slice the pork into approximately 2-3cm slices. Serve with your chosen sauce, potatoes and vegetables.

Mains

Roasted Sausage and Pepper Casserole

PREP TIME: 20 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

TIP: Don't forget to squeeze the garlic cloves out of the skins and enjoy the deliciously soft, tasty flesh

Ingredients

- 1 medium red onion, cut into 8 wedges
- 1 medium white onion, cut into 8 wedges
- 500g new potatoes quartered, or 5 medium potatoes peeled and cut into wedges
- 8 whole garlic cloves, unpeeled
- 12 cherry or baby plum tomatoes, quartered
- 100g chorizo, cut into 1cm slices
- 8 pork sausages, 350g approx.
- 1 teaspoon sweet smoked paprika
- 1 teaspoon dried oregano
- 1 red pepper, cut into 3-4cm pieces
- 1 orange pepper, cut into 3-4cm pieces
- 1 large or 2 small courgettes, cut into 1 cm slices
- Flaked sea salt
- Freshly ground black pepper

Directions

1. Place cooking pot into the unit then close the lid.
2. Press the ROAST button. Use the up and down temperature buttons and set to 170°C.
3. Use the up and down TIME arrows to set the cook time to 20 mins.
4. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress bar will begin. It can take up to 3 minutes to preheat depending on the selected temperature setting.
5. When preheating is complete, the unit will beep, and ADD FOOD will flash across the display screen.
6. Open the lid and place the potatoes, onions, garlic, tomatoes and chorizo in the cooking pot. Drizzle over a generous amount of vegetable oil, season with salt and lots of freshly ground black pepper. Toss everything together and close the lid.
7. Lift lid and mix well every 5 minutes, adding more seasoning.
8. When timer has finished, open lid and add peppers and courgette. Sprinkle with the oregano and paprika, mix well and close lid.
9. Select ROAST, set temperature to 170°C and time to 20 minutes. Press START/STOP to begin.
10. After 5 minutes, add the sausages and stir well. Continue stirring well every 5 minutes.
11. When cooking is complete, the unit will beep, and END will appear on display.
12. Dish up into separately heated bowls and enjoy!



Mains

Falafel

PREP TIME: 10 MINUTES | **COOK TIME:** 14-16 MINUTES | **MAKES:** 8-10 SERVINGS

BEGINNER RECIPE ●○○

Ingredients

- 1 tin chickpeas (400g), drained
- 2 tablespoons parsley, chopped
- 2 tablespoons coriander, chopped
- ½ red onion, chopped
- 1 large clove of garlic, crushed
- 1 lemon, zested
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 ½ tablespoons plain flour
- Salt and pepper
- Olive oil spray
- Tahini yoghurt to serve

Equipment required

Food processor

Directions

1. Place chickpeas, parsley, coriander, red onion, garlic, lemon zest, paprika, cumin and salt and pepper into the bowl of a food processor and pulse until finely chopped, stir flour into chickpea mix.
1. Take a tablespoon of the mix and using clean hands form into patties. Repeat using all of the mixture.
3. Insert crisper basket into unit and spray with oil. Close lid. Select AIR FRY, set temperature to 200°C and set time to 16 minutes. Select Start/STOP to begin preheating.
4. When the unit beeps to signify it has preheated, place falafel into crisper basket, ensuring they are not overcrowded. You may need to cook in batches. Close lid.
5. After 7 minutes open lid and using spatula carefully turn falafel over. Close lid and continue cooking for a further 7 minutes. If you would like falafel slightly darker cook for the remaining 2 minutes.
6. When cooking is complete serve falafel immediately with some tahini yoghurt on the side.



Mains

Vegetable Lasagne

PREP TIME: 25 MINUTES | **COOK TIME:** 45 MINUTES | **MAKES:** 9 SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: You can top your lasagne with cheese 5 minutes before cooking has finished. Add your favourite vegetables or chilli flakes for extra heat.

Ingredients

2 tablespoons olive oil
500g tomato passata
2 garlic cloves, peeled and minced
1 teaspoon oregano
1 teaspoon basil
½ teaspoon thyme
½ teaspoon rosemary
Salt and pepper to taste
1 pack dried lasagne pasta sheets
1 courgette, finely diced
140g broccoli, finely diced
1 red pepper, deseeded and finely diced
1 yellow pepper, deseeded and finely diced
140g white mushrooms, finely diced
100ml water

For Serving

140g grated Parmesan
140g grated mozzarella
250ml double cream
Pinch of nutmeg
Salt and pepper
Freshly grated Parmesan and
fresh basil leaves to garnish

Directions

1. In a large bowl add olive oil, 400g of tomato passata, garlic, oregano, basil, thyme, rosemary, salt and pepper. Combine well.
2. Add all chopped vegetables to the tomato sauce and stir well.
3. In a medium sized bowl combine Parmesan, mozzarella, double cream, nutmeg, salt and pepper.
4. Combine remaining tomato passata with water and spread out half of the mixture on the bottom of cooking pot.
5. Cover bottom of cooking pot with lasagne sheets and spread on ¼ of vegetable mixture evenly. Layer with more pasta sheets and then spread 1/3 cheese mix. Repeat this until you have used all the vegetable and cheese mix.
6. Once you have finished, top your lasagne with remaining tomato water mix. Cover with a layer of baking paper and aluminum foil to prevent from drying out during baking.
7. Place pot with lasagne in the unit, select BAKE, set temperature to 170°C and set time to 45 minutes. Select START/STOP to begin preheating. Once unit has beeped to signify it has preheated, open and close lid to begin cooking.
8. When cooking has completed, remove pot from the unit and allow to rest for 10 minutes.
9. Serve hot with freshly grated Parmesan and basil.



Mains

Harissa Lentil Veggie Burgers

PREP TIME: 20 MINUTES | **COOK TIME:** 8 MINUTES | **MAKES:** 4 SERVINGS

APPROX. PREHEAT: 8 MINUTES

INTERMEDIATE RECIPE ●●○

TIP: Add a handful of pine nuts or mixed pumpkin, sunflower and sesame seeds to the mix before grilling for extra crunch and protein.

Ingredients

- 1 tin brown lentils (400g), well drained
- 2 tablespoons rapeseed oil, divided
- 2 tablespoons tomato paste
- 1 teaspoon harissa paste
- 2 medium carrots, peeled and coarsely grated (to yield about 175g)
- 2 spring onions, finely chopped
- 15g parsley, finely chopped
- 15g coriander, finely chopped
- 1 ½ teaspoons ras el hanout
- 75g panko or fresh bread crumbs
- Salt and pepper, to taste

Equipment required

Food processor

Directions

1. Place three quarters of the drained lentils into a small food processor bowl along with one tablespoon of the oil, the tomato paste and harissa paste. Process it to a smooth paste.
2. Place the rest of the lentils in a bowl along with the processed paste and all remaining ingredients apart from the remaining oil. Season to taste.
3. Leave the mixture to sit for at least 5 minutes to allow the panko crumbs to absorb some of the moisture.
4. Form the mixture into 4 balls and then pat out into roughly 11cm burgers. Ensure that the edges are neat or they will cook unevenly and may burn.
5. Insert the grill plate in unit and close the hood. Select GRILL. Set temperature to HIGH and set time to 8 minutes. Select START/STOP to begin preheating.
6. While unit is preheating, brush the burger patties on both sides with the remaining oil.
7. Once the unit has beeped to signify it has preheated, place the 4 burgers on the grill plate and close hood.
8. After 4 minutes, open the hood and flip the burgers over and close the hood to finish cooking.
9. When cooking is complete, serve burgers in warmed pita pockets with salad or grilled red peppers, rocket and a tahini, garlic and lemon sauce. Or just use a traditional burger bun or brioche bun with tomato, cucumber, lettuce and a smoky or spicy ketchup.



Mains

Tandoori Chicken

PREP TIME: 1 HOUR MARINATING + 20 MINUTES

COOK TIME: 14-18 MINUTES - DEPENDING ON SIZE OF CHICKEN | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

TIP: Scoring the chicken by making slices/slashes into the meat allows the marinade to penetrate, therefore intensify the flavour. Other cuts of chicken can be used. For example, chicken legs, thighs or drumsticks. If using chicken on the bone, reduce the heat of the grill to medium and increase the cooking time by 5 to 10 minutes (depending on the size of the cut). Always check that the internal temperature of the chicken has reached 75°C before consuming.

Ingredients

For the marinade

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon cayenne pepper
- 1 tablespoon garam masala
- 1 tablespoon paprika
- 2 tablespoons Greek yoghurt
- 2 tablespoons rapeseed oil
- 2 tablespoons lemon juice
- 4 garlic cloves
- 30g root ginger, peeled
- 1 red chilli (seeds removed)
- 1 teaspoon salt

For the chicken

4 skinless chicken breasts (approx. 600g), scored 4 or 5 times along the length of the breast.

Equipment required

Blender

Directions

1. Place all marinade ingredients into a large blending cup and blend for 1 minute. Cover and store in the fridge until required.
2. Place the chicken into a bowl or deep-sided tray and cover with the marinade. Place in the refrigerator to marinate for at least 1 hour and up to 24 hours. The longer it is left the more intense the flavour will be.
3. Switch the unit on and press the GRILL button until the flame icon reaches high. Press START/STOP to pre-heat the grill. PRE will show on the screen as the grill reaches temperature. Set the time using the up and down time buttons to 14 minutes.
4. When temperature is reached and the unit beeps, use plastic tongs to wipe the grill grates with a paper towel soaked in vegetable oil, or coat using a heatproof brush.
5. Take the chicken out of the marinade and remove any excess.
6. Place chicken on the grill plate and close lid to begin cooking.
7. Turn the chicken over halfway through cooking time.
8. Once cook time is complete, the unit will beep, and END will appear on the display screen. Check that the chicken is thoroughly cooked. The chicken is done when it reaches an internal temperature of 75°C.
9. Ideally, let the meat rest for 5 minutes before serving. Serve with grilled flatbreads, raita (mint and cucumber yoghurt), steamed rice and a fresh seasonal salad. Sprinkle with a few freshly picked coriander leaves.





Desserts

Desserts

Desserts

Banana Bread

PREP TIME: 20 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 8-10 SERVINGS

BEGINNER RECIPE ●○○

TIP: Will keep for up to 4 days in an airtight container or can be frozen for up to 2 months. This is a very moist recipe, similar to a rich cake. The initial mix is wet so do not be alarmed at this point.

Ingredients

100g coconut oil, melted
150g organic coconut sugar
2 eggs, beaten
2 very ripe bananas, peeled and mashed with a fork
150g white or wholegrain spelt flour, sifted
2 ½ teaspoons mixed spice
½ teaspoon fine sea salt
2 teaspoons baking powder
60g walnuts, roughly chopped or chocolate chips
20g chia seeds (flax seeds or linseed are good alternatives)

Directions

1. Grease the pot or line with parchment paper.
2. Place the coconut oil (or butter) and the sugar in a large bowl and mix together until incorporated well.
3. Beat in the eggs, a little at a time, followed by the mashed banana and almond milk, until well combined.
4. Combine the remaining ingredients in a separate bowl. Gradually fold the dry ingredients into the coconut oil and sugar mixture, until it just comes together. Don't over-mix as it will make the banana bread tough.
5. Transfer the mixture to the greased or lined pot.
6. Place cooking pot in the unit, then close the lid.
7. Press the BAKE button. The default temperature setting will display. Use the up and down TEMP arrows to adjust the temperature. Set to 160C.
8. Use the up and down TIME arrows to 20 minutes.
9. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress will begin. It can take up to 3 minutes to preheat, depending on the selected temperature setting.
10. When preheating is complete, the unit will beep and ADD FOOD will flash across the display screen.
11. Open the lid and pour in bread mixture. Once the lid is closed, cooking will begin, and timer will start counting down.
12. When the time is complete, the unit will beep, and END will appear on the display screen. Open the lid carefully and insert a skewer into the middle of the banana bread, if the skewer comes out clean, the bread is cooked. If you need to bake for a little longer, simply press the TIME arrow to add more time, then press START/STOP button.
13. Remove pot carefully from the unit and allow to cool down for 10 minutes, then turn it out on to a wire rack to cool. Use spatula to release bread if needed.
14. Slice with a serrated knife and serve.



Desserts

Chelsea buns

PREP TIME: 20 MINUTES + PROVING TIME | **COOK TIME:** 25 MINUTES | **MAKES:** 8 BUNS

INTERMEDIATE RECIPE ●●○

TIP: Brushing the buns with the stock syrup whilst they are still hot will help to absorb the liquid. A sprinkling of caster sugar will also enhance the final appearance (optional)

Ingredients

For the initial dough

275g strong flour

7g dried yeast (or 15g fresh yeast)

125ml warmed milk

30g butter

1 medium egg (approx. 55g)

Pinch salt

30g caster sugar

To fill the Chelsea Buns

30g melted butter

25g demerara sugar (caster can also be used)

25g currants

25g sultanas

15g mixed peel

5g mixed spice

Additional

100ml cream

50ml sugar syrup (25g sugar and 25ml water boiled together to make a simple syrup)

Equipment required

Food processor or mixer with dough hook

Directions

1. Sieve the flour into a mixing machine with a dough hook attached.
2. In a small bowl, dissolve the yeast in half of the warm milk and add a small amount of flour (approximately 10g). Leave this to ferment.
3. Rub the butter into the remaining flour.
4. Beat the egg and add the salt and sugar.
5. Make a well in the flour and pour in fermented yeast batter. Mix slightly and then add the remaining milk, including the egg, salt and sugar mixture. Mix this slowly for 5 minutes to form a soft dough. The dough should be slightly wet and pliable. If it is too wet, add a little more flour until a smooth, elastic dough is formed.
6. Place into a lightly oiled bowl, covered with cling film and prove in a warm place for 1 hour.
7. Once the dough has proven, give it a gentle knead to expel any excess air. Roll onto a lightly floured surface into a rectangle approximately 30cm x 20cm.
8. Brush the dough with melted butter and sprinkle over with demerara sugar and the mixed spice, followed by the dried fruit and mixed peel.
9. Brush the outside with melted butter and cut into 3cm wide slices (you should be able to cut 8. Tip - cut the original length in half, each half into half again to make quarters and then each quarter in half to make 8). Brush the top of the buns lightly with butter.
10. Brush the pot with oil or butter. Place one bun in the centre of the pot and lay the buns in a circle so that they are almost touching with the roll at the end of each bun facing the bun in the centre. Allow the buns to prove in a warm place (approximately 20 to 30 minutes until they have swollen in size)

11. When the proving stage is complete, carefully place the pot in the unit. Select BAKE, set temperature to 190°C and time to 25 minutes. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress bar will begin. It can take up to 3 minutes to preheat depending on the selected temperature setting.
12. Once preheating is complete, the unit will display ADD FOOD. Lift the lid slightly and place back down immediately and the baking process will begin.
13. After 5 minutes, pour cream over buns, cover with aluminium foil and close lid to continue cooking.
14. When cooking time is complete, the unit will beep, and END will appear on the display screen.
15. Carefully place the buns onto a cooling rack and, while still hot, brush with sugar syrup. Allow to cool slightly before serving. Break the buns by tearing at the joints to separate.



Desserts

Crème Caramel

PREP TIME: 20 MINUTES | **COOK TIME:** 1 HOUR | **MAKES:** 4 SERVINGS

BEGINNER RECIPE ●○○

TIP: If the cream mixture has not fully set after 30 minutes, continue cooking for a further 10 minutes

To test for cooking, carefully place a metal skewer into the center of the egg-custard. Once removed the skewer should be clean and hot at the tip. For an even richer egg-custard, an extra egg yolk can be added.

Metal moulds tend to conduct heat faster than china ramekins. If using ramekins, the cooking time may need to be extended by 5 minutes

Ingredients

100ml ready-made caramel
500ml milk (whole or skimmed)
4 eggs
50g caster sugar
3-4 drops of vanilla essence/
extract

Directions

1. Pour the prepared caramel into the bottom of 4 small (11cm) moulds/ramekins.
2. Crack the eggs into a bowl and mix together with the sugar and vanilla essence/extract.
3. Bring the milk to simmering point and pour over the egg and sugar mixture, mixing together and then strain.
4. Pour the strained mixture into the prepared moulds. Fill them to approximately 165ml, you can use a scale to divide mixture equally. Cover each mould with a sheet of foil and secure at the edges of the mould.
5. Add hot water (e.g. from a boiled kettle) to the cooking pot to approximately half the depth of the moulds/ramekins.
6. Select BAKE, press down TIME arrows to set the cook time to 1 hour and the temperature to 150°C.
7. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress bar will begin. It can take up to 3 minutes to preheat depending on the selected temperature setting.
8. When preheating is complete, the unit will beep, and ADD FOOD will flash across the display screen.
9. Open the lid and carefully place the moulds/ramekins into the bowl so that they sit in the water. Close the lid and cook for the designated time. Once cook time is complete, the unit will beep, and END will appear on the display screen.
10. Check the degree of cooking. The custard should be set and firm to the touch with a very slight wobble.
11. Cook for a further 10 minutes if the custard is not quite set. Once cooked, carefully remove from the water and allow to cool.
12. Once thoroughly cold, loosen the edges of the crème caramel with butter knife, shake firmly to loosen and turn out onto a plate or bowl, allowing the caramel to seep over and into a sauce.



Desserts

Dehydrated Fruit Crisp and Ice Cream

PREP TIME: 5 MINUTES | **DEHYDRATE TIME:** 8 HOURS | **MAKES:** 6-8 PORTIONS

INTERMEDIATE RECIPE ●●○

TIP: Use any berries available and in season. Other fruits such as bananas, apples, mangoes and apricots also dehydrate very well. Crème fraiche or sweetened whipped cream can be used in place of ice cream.

Ingredients

100g raspberries
100g strawberries
50g blueberries
50g rice syrup

To serve

400g vanilla ice cream (or flavour of choice)
50g grated chocolate (optional)

Equipment required

Blender

Directions

1. Wash and hull (remove the cores) from the strawberries. Add them to a blender along with blueberries, raspberries and rice syrup. Blend for 1 minute.
2. Pour berry mixture into a lined cooking pot and insert in unit.
3. Switch on the unit and press the DEHYDRATE button. Use the up and down temperature buttons and set to 60°C.
4. Use the up and down TIME arrows to set the dehydrating time to 8 hours.
5. Press the START/STOP and dehydration will commence immediately. During dehydration, you can open the lid to check on your food.
6. Once dehydration time is complete, the unit will beep, and END will appear on the display screen. Check for crispiness.
7. Optional: If still slightly soft, select BAKE, set temperature to 150°C and time to 5 minutes. Press START/STOP to begin preheating. Once unit beeps to signify it has preheated, open and close lid to begin cooking.
8. To assemble, place scoops of ice cream into a bowl, sprinkle with the fruit crisps and grated chocolate and serve immediately.



Desserts

Shortbread

PREP TIME: 15 MINUTES + CHILLING | **COOK TIME:** 30 MINUTES | **MAKES:** 9 SERVINGS

BEGINNER RECIPE ●○○

TIP: Chilling the dough helps to prevent shrinking by relaxing the gluten.

Ingredients

125g unsalted butter

55g caster sugar, plus extra to sprinkle

200g plain flour

Directions

1. Add the flour, butter and sugar to a bowl and rub together to make a light crumble.
2. Tip the crumble mixture onto a clean work surface and gently bring it together, then knead it into a dough. Once the dough is formed, roll it into 6cm wide roll and wrap in cling film. Chill for 2 hours.
3. Once the dough has chilled, unwrap dough and cut into approximately 1cm thick slices. Use a fork or skewer to prick a few lines of holes in the centre of each. Sprinkle the biscuits with a little caster sugar.
4. Place cooking pot in the unit, line with baking paper and close the lid.
5. Press the BAKE button. The default temperature setting will display. Use the up and down TEMP arrows to adjust the temperature. Set to 150C.
6. Use the up and down TIME arrows to 30 minutes.
7. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress will begin. It can take up to 3 minutes to preheat, depending on the selected temperature setting.
8. When preheating is complete, the unit will beep and ADD FOOD will flash across the display screen.
9. Open the lid and place the biscuits inside. Once the lid is closed, cooking will begin, and timer will start counting down.
10. Check after 25 minutes to see if they are ready. They should be light golden brown in colour and slightly brown around the edges.
11. When the time is complete, the unit will beep, and END will appear on the display screen. If you need to bake for a little longer, simply press the TIME arrow to add more time, then press START/STOP button.
12. Remove shortbreads carefully from the unit and place onto cooling rack for 10 minutes. Once cool, either enjoy straight away or place into an airtight container.



Desserts

Spelt, Carrot and Sultana Scones

PREP TIME: 10 MINUTES | **COOK TIME:** 13 MINUTES, OR UNTIL THEY HAVE RISEN AND ARE GOLDEN BROWN | **MAKES:** 9 MINI SCONES

BEGINNER RECIPE ●○○

Ingredients

220g spelt flour, sifted, plus extra for dusting

150g carrots, finely grated

80g sultanas

60g coconut oil, melted

50ml warm milk

2 tablespoons honey or maple syrup

1 tsp mixed spice

½ teaspoon ground nutmeg

2 teaspoon baking powder

½ teaspoon fine sea salt

1 egg, beaten, for brushing

Almond butter and jam to serve

Directions

1. Place the flour, spices, baking powder and salt in a bowl and stir to combine. Then add sultanas and grated carrot.
2. Add warm milk, melted coconut oil and honey to the flour mixture. Gently stir with a spoon.
3. Tip mixture onto a clean, very lightly floured surface. Gently fold dough over 4-5 times or just enough to work loose ingredients in. Try to work quickly and not over-work the dough, as this will result in tough scones.
4. Lightly dust the work surface with flour and roll out the dough to a thickness of about 2 cm. Use a 6cm smooth or crinkle-edged round cutter to punch out 9 scones, dipping the cutter in the flour as you go. Use up all the left-over scraps of dough, rolling it out again and punching out the scones.
5. Place cooking pot in the unit then close the lid.
6. Press the BAKE button. The default temperature setting will display. Use the up and down TEMP arrows to set the temperature to 170°C.
7. Use the up and down TIME arrows to set the cook time to 13 minutes.
8. Press the START/STOP button to begin preheating. PRE will appear on the display screen and the progress bar will begin. It can take up to 3 minutes to preheat, depending on the selected temperature setting.
9. Brush scones with beaten egg.
10. When preheating is complete, the unit will beep and ADD FOOD will flash across on the display screen.
11. Open the lid and place scones in the pot and close the lid to start cooking. Once the lid is closed, the cooking timer will start counting down. During the cooking, you can open the lid at any time to check on your food. Scones should have risen and be golden brown. The timer will pause and resume automatically when lid is closed.
12. When the cooking time is complete, the unit will beep, and END will appear on the display screen. Open the lid, and carefully remove the scones to a cooling rack.
13. To serve, place the scones on to a serving plate, accompanied by some clotted cream and a preserve of your choice (e.g. strawberry jam).



Desserts

Summer Berry Meringues

PREP TIME: 10 MINUTES | **COOK TIME:** 2 HOURS AND 45 MINUTES | **MAKES:** 9 MERINGUE SERVINGS

INTERMEDIATE RECIPE ●●○

TIP: Use any berries available and in season. Crème fraiche can be used in place of fresh cream.

Traditionally, meringues were placed in ovens which were switched off at the end of a shift to dry out overnight in the warm but dry oven. The next day they would still be light but dry and crisp.

If your meringues are still a little bit soft at the end of the cooking time, place them back into the dehydrator for another 30 minutes at 90°C to completely dry out.

Ingredients

For the meringue

2 egg whites
½ teaspoon lemon juice
100g caster sugar

For the filling

100ml whipping cream
150g berries (raspberries, blackberries, strawberries, redcurrants)
20g icing sugar
6 small sprigs of mint
A little sieved icing sugar, to decorate (optional)

Directions

1. Tip the egg whites and lemon juice into a clean bowl of a food mixer or whisk by hand. Whisk at a medium speed (5 or 6) until the egg whites double in volume and hold a peak when the whisk is drawn through them. This should take 3-4 minutes.
2. Once a firm peak has formed, whisk again at a medium speed, adding the sugar a tablespoon at a time (approximately 1 tablespoon every 45 seconds – 1 minute), incorporating completely before adding the next. Whisk until all the sugar has been added and the whites are glossy. Check for smoothness by rubbing a little bit of egg mixture between your fingers. If it feels grainy, continue mixing.
3. Place a square of baking parchment on to the base of the pot. Spoon the meringue into a large piping bag fitted with 0,6cm plain nozzle and pipe concentric rounds of 6cm (approximately diameter of a pint glass). Then pipe 3 rings around the edge to form a nest.
4. Press the DEHYDRATE button. Use the up and down temperature buttons and set to 90°C.
5. Use the up and down TIME arrows to set the cook time to 2 hours and 45 minutes.
6. Press the START/STOP and dehydration will commence immediately.
7. Once there is 45 minutes left on the timer, carefully flip the meringues upside down.
8. Once dehydrated and crisp remove from the pot.
9. Mix the icing sugar and the whipping cream and whisk to soft peaks.
10. To assemble, spoon the whipped cream between the cases, then top with the berries and a mint sprig. Dust with icing sugar and serve immediately.

(Meringues, without the cream filling, keep in an airtight container for 4 days.)



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