

A close-up photograph of a roasted chicken drumstick, golden brown and seasoned with black pepper, resting on a metal tray. In the foreground, several small, round potatoes are visible, some whole and some cut in half to show their soft, white interiors. A small wedge of lemon is also present in the bottom right corner. The background is a blurred wooden surface.

# Tefal<sup>®</sup>

Fry delight

RECIPES

MAIN COURSES

# Fry delight



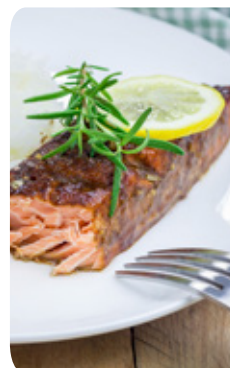
Looking for main course recipes for Fry Delight?

Here you can find dozens of Fry Delight recipes.

From meat and fish, to potato and vegetable recipes. Shake up your day with these Fry Delight recipes. Treat yourself!

Choose your dish and follow along with Fry Delight.

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# Arancini Stuffed with Mozzarella and Peas

● Start by cooking the risotto: in a saucepan, cook the onion and garlic in a bit of olive oil until the onions are translucent. Add the rice and mix until glossy. Add the white wine and cook until completely absorbed. Add half of the stock and let the rice simmer, stirring often. Add the rest of the stock and let the rice cook until the liquid is completely absorbed.

● Take off of the heat and add the peas, grated Parmesan and nutmeg. Season with salt and pepper.

● Spread the risotto over a baking sheet and cover with cling film. Refrigerate until completely cool.

● Divide the rice mixture into 8 portions. Take some rice in the palm of your hand and place a ball of mozzarella in the centre, then form a ball of rice around it. Repeat these steps to form 8 arancini.

● In a dish, beat the eggs. Place the breadcrumbs in another dish.

● Bread the arancini by dipping them first in the eggs and then rolling them in the breadcrumbs.

● Place the arancini in the basket and cook for 15 minutes at 160°C. The arancini can overlap in the basket.

Number of pieces:

X 8



40 mins



40 mins



15 mins

- 1 onion, finely chopped
- 2 cloves of garlic, chopped
- 1 drizzle olive oil
- 250 g Arborio rice
- 250 mls white wine
- 50 g Parmesan
- 1 pinch nutmeg
- 1 L chicken stock
- 60 g cooked peas
- 8 mozzarella pearls
- 3 eggs
- 150 g breadcrumbs
- Salt and pepper



## TIP:

Mozzarella cut into pieces can be substituted for mozzarella pearls.



# Stuffed Eastern-Style Aubergines/Eggplants



X 4



30 mins



36 mins

## Supplies needed: baking paper

- Pierce all around the aubergines/eggplants with a fork.
- Place them whole in the basket and cook for 20 minutes at 170°C.
- Whilst they are cooking, cook the onion and pepper in a saucepan in a bit of oil until they are thoroughly cooked. Add the garlic, the bouquet garni, cumin, crushed tomatoes and tomato puree. Let the mixture simmer.
- Cut four 15 x 15-cm squares of baking paper.
- When the aubergines/eggplants are done, cut them in half lengthwise and place each half on a piece of paper.
- Divide the onion and pepper mixture between the aubergine/eggplant halves.
- Make a well in the centre of each aubergine and break an egg into it.
- Place two aubergine/eggplant halves in the basket head to tail with the baking paper extending slightly above the sides.
- Cook the first two aubergines/eggplants for 8 minutes at 170°C. Once they are done, let rest for 3 minutes more in the appliance. Remove from basket.
- Do the same for the other two aubergines/eggplants, cooking for 8 minutes at 170°C. Once they are done, let rest for 3 minutes more in the appliance.

- 2 aubergines/eggplants
- 4 quail eggs
- 1 drizzle olive oil
- 1 sweet onion, thinly sliced
- 1 red pepper, thinly sliced
- 1 clove of garlic, crushed
- 200 g chopped tomatoes
- 1 tablespoon tomato puree
- 1 bouquet garni
- 1 teaspoon cumin



# Thai-style Beef



X 4



30 mins



2 to 5 hours



10 mins

- In a mixing bowl, mix all of the marinade ingredients: the garlic, pepper, 2 tablespoons oyster sauce, light soy sauce, the cognac and the olive oil.

- Cut the roast in two crosswise to create two thin slices and place them in the marinade, covering well.

- Cover the bowl with cling film and refrigerate for 2 to 5 hours.

- Prepare the sauce by mixing 100 mls water, the lime juice, nuoc mam, a tablespoon of oyster sauce, sugar, peanut butter and chilli sauce in a saucepan. Bring to the boil and cook until it has reached a syrupy consistency. Set aside.

- Preheat the Fry Delight for 3 minutes at 200°C.

- Place the two slices of meat in the basket and cook for 5 minutes at 200°C.

- Turn the meat and continue cooking for 5 minutes at 180°C. For well done beef increase the cooking time.

- When done cooking, remove the meat and wrap in aluminium foil. Let rest for 5 minutes.

- Cut the meat into thin slices and serve with the sauce. Sprinkle with crushed peanuts and coriander.

- 1 beef roast, around 700 g
- 2 cloves garlic, crushed
- 1 teaspoon pepper
- 3 tablespoons oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon cognac
- 3 tablespoons olive oil
- 100 mls water
- Juice of 1 lime
- 1 tablespoon nuoc mam
- 2 teaspoons sugar
- 1 tablespoon peanut butter
- 1 tablespoon sweet chilli sauce
- Peanuts for garnish
- Coriander for garnish



## TIP:

Thai fish sauce (Nam Pla) can be substituted for Nuoc Mam sauce.



# Kefta Meatballs with Mint Dip



X 4



20 mins



10 mins

- Quickly sauté the shallots with a drizzle of olive oil in a pan.
- In a mixing bowl, mix the beef, raz el hanout, cumin, coriander and the cooked shallots. Season with salt and pepper.
- Form oval-shaped balls weighing around 30 g.
- Place the meatballs in the basket and cook for 10 minutes at 180°C. The meatballs can overlap in the basket.
- Whilst they are cooking, mix the yogurt, mint and onion in a bowl. Add the tablespoon of olive oil, then season with salt and pepper.
- Serve the meatballs accompanied by the mint dip.

- 500 g minced beef
- 1 drizzle plus 1 tablespoon olive oil
- 4 small shallots, finely chopped
- 2 tablespoons coriander, chopped
- 1 tablespoon ras el hanout
- 1 teaspoon cumin
- Salt and pepper
- 2 small pots Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon fresh mint, chopped
- ½ of a red onion, finely chopped



# Satay Duck Skewers

Number of  
pieces:

X 12



20 mins



30 mins



10 mins

Supplies needed: 12 15-cm skewers

- In a mixing bowl, mix all of the marinade ingredients: the garlic, satay seasoning, coriander, coconut milk, soy sauce and ginger.
- Add the duck breast and marinate for a minimum of 30 minutes.
- Slide the duck breast onto the skewers in an accordion-like fashion.
- Preheat the Fry Delight for 3 minutes at 200°C.
- Place the skewers into the basket and cook for 10 minutes at 200°C.

- 12 slices duck breast
- 4 cloves garlic, finely chopped
- 3 tablespoons satay seasoning
- 1 teaspoon ground coriander
- 120 mls coconut milk
- 2 tablespoons soy sauce
- 1 teaspoon fresh ginger, grated



## TIP:

Satay seasoning is sold in Asian stores.



# Pecan Chicken Skewers

Number of  
pieces:

X 12



25 mins



10 mins



15 mins

Supplies needed: 12 15-cm skewers

- In a saucepan, heat the sake and flambé to remove the alcohol.
- Add the soy sauce, sugar and mirin and heat until syrupy.
- Cut the pieces of chicken breast in 3 and marinate them in the cooled sauce with the ginger for 10 minutes.
- Slide 4 pieces of chicken onto each skewer.
- Place all of the skewers side-by-side in the basket, staggering them. Cook for 10 minutes at 190°C.
- Turn the skewers over and cook for 5 more minutes at 190°C.
- In a bowl, mix the pecans, chervil and gomashio. Sprinkle this mixture over the skewers once they are cooked. Serve.

- 50 ml Japanese sake
- 50 ml soy sauce
- 40 g caster sugar
- 1 teaspoon mirin
- 16 slices chicken breast
- 1 tablespoon fresh ginger, finely chopped
- 2 tablespoons pecans, finely chopped
- 2 tablespoons chervil, chopped
- 1 tablespoon gomashio



## TIP:

Gomashio is a Japanese condiment made from toasted sesame seeds and salt.





# Grilled Pepper and Prawn Bites

Number of pieces:

X 12



20 mins



30 mins

Supplies needed: 12 toothpicks

- Place the capsicums/peppers into basket whole and cook for 25 minutes at 200°C. Turn them often during cooking so that they blacken on all sides.
- Let them cool, then peel off their skin and slice into strips.
- In a bowl, mix the peeled prawns, olive oil and paprika. Season with salt and pepper.
- Roll the prawns in pieces of grilled pepper and pierce them with a toothpick to secure.
- Place the prawns in the basket and cook for 5 minutes at 170°C.

- 12 large green prawns/  
raw prawns, shelled
- 2 red capsicums/peppers
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Salt and pepper



# Vegetable Skewers with Herb Butter

Supplies needed : 8 15-cm skewers

- Cut the courgettes/zucchini and the cobs of corn into thick rounds. Cut each of the aubergines/eggplants into 4 thick rounds.
- Season the aubergine/eggplant rounds with salt, pepper and a drizzle of olive oil. Place 4 aubergine/eggplant rounds in the basket and cook for 5 minutes at 180°C. Remove them then place the 4 other rounds in the basket and cook for 5 minutes at 180°C.
- Cut the cooked aubergine/eggplant slices into 3 and slide them onto the skewers, alternating between aubergine/eggplant, courgette/zucchini and cherry tomato.
- Season the skewers with a drizzle of olive oil, salt and pepper.
- Place the 8 skewers in the basket and cook for 10 minutes at 180°C. The skewers can overlap.
- Whilst they are cooking, prepare the herb butter by mixing the creamed butter, parsley, shallot and lemon juice. Season with salt and pepper.
- Spread the butter on the skewers and serve.

Number of pieces:

X 8



10 mins



20 mins

- 2 courgettes/zucchini
- 2 cobs of corn
- 2 aubergines/eggplants
- 24 cherry tomatoes
- 2 drizzles of olive oil
- 160 g butter, creamed
- 2 shallots, finely chopped
- 4 tablespoons flat parsley, finely chopped
- 1 tablespoon lemon juice
- Salt and pepper



# Roasted Cod with Sweet Onions and Marjoram



X 4



20 mins



10 mins

Supplies needed: a 14-cm square springform tin

- In a saucepan, cook the onions over low heat with a drizzle of olive oil for 20 minute.
- Season with salt and pepper, then add the marjoram.
- Preheat the appliance for 3 minutes at 180°C.
- Place the 4 fish fillets in the tin. Place  $\frac{1}{4}$  of the sweet onions on top of each of the fillets to cover them completely. Cover the onions with the beaten egg yolks.
- Place the tin in the basket and cook for 10 minutes at 160°C.

- *2 sweet onions, thinly sliced*
- *4 cod fillets*
- *1 tablespoon sweet marjoram*
- *2 egg yolks*
- *1 drizzle olive oil*
- *Salt and pepper*



# Sesame Seed Aubergine/ Eggplant Caviar



X 4



10 mins



30 mins

Supplies needed : aluminium foil

- Halve the aubergines/eggplants lengthwise and remove the stem. Score the flesh into a cross-hatch pattern, without cutting the skin, using a knife.
- Season with salt and pepper, then drizzle with a bit of olive oil.
- Place the two halves of each aubergine/eggplant back together and wrap them individually in aluminium foil.
- Place the wrapped aubergines/eggplants in the basket.
- Cook for 30 minutes at 180°C.
- Using a spoon, scoop the cooked aubergine/eggplant flesh into a mixing bowl and add the sesame paste. Stir.
- When the mixture is smooth, add the sesame seeds and adjust the seasoning.

- *2 aubergines/eggplants*
- *50 ml olive oil*
- *2 tablespoons sesame paste (tahini)*
- *20 g sesame seeds*
- *Salt and pepper*



# Aubergine/Eggplant and Feta Clafouti



X 4



10 mins



35 mins

Supplies needed : a 14-cm square springform tin

- In a mixing bowl, mix the cubed aubergines/eggplants with the salt and olive oil.
- Place them in the basket and cook at 160°C for 15 minutes, stirring from time to time.
- Whilst they are cooking, place the flour and the egg in a mixing bowl and mix thoroughly.
- Add the milk gradually followed by a ½ tsp of thyme flower, the nutmeg and the grated cheese. Season with salt and pepper.
- Place the cooked aubergines/eggplants in the tin, crumble the feta coarsely on top and cover with the egg batter. Sprinkle a ½ tsp thyme flower on top.
- Place the tin in the basket and cook for 20 minutes at 160°C.

- *2 aubergines/eggplants, peeled and cubed*
- *50 mls olive oil*
- *100 g feta cheese*
- *1 egg*
- *30 g flour*
- *30 g milk*
- *A bit of grated cheese*
- *1 teaspoon thyme flower or oregano*
- *1 pinch nutmeg*
- *Salt and pepper*



# Turkish Potato Sticks



X 4



20 mins



35 mins

- Peel and wash the potatoes.
- Using a mandolin, slice the potatoes into slices that are a maximum of 0.5 cm thick.
- Next, cut them into matchsticks a maximum of 0.5 cm thick. Rinse under water. Dry well using a clean kitchen towel.
- In a large mixing bowl, mix the potatoes with the vegetable oil. Put the potatoes into the basket.
- Cook for 15 minutes at 170°C then remove the basket to stir the potatoes well.
- Put the basket back and cook for 20 minutes at 170°C.
- Season the potatoes with the turmeric, ginger, cumin, salt and coriander. Serve with a quarter of the lime.

- 800 g potatoes
- 1 tablespoon vegetable oil
- ½ teaspoon turmeric
- ½ teaspoon powdered ginger
- ½ teaspoon cumin
- 1 teaspoon salt
- 1 tablespoon coriander, chopped
- 1 lime



# Lemon Thyme Chicken Legs



X 4



10 mins



35 mins

- Poke shallow holes into the chicken legs every 2 cm.
- In a mixing bowl, cover the legs in the honey, olive oil and thyme. Season with salt and pepper.
- Place the chicken legs into the basket.
- Slice the lemons into thin rounds and arrange them on top of the chicken so that they are completely covering the legs.
- Cook for 30 minutes at 180°C. Remove the lemon slices and cook for 5 additional minutes at 200°C.

- 4 chicken legs
- 20 mls olive oil
- 1 tablespoon honey
- 3 tablespoons chopped fresh thyme
- 4 lemons
- Salt and pepper



# Nut-Encrusted Cod Loin



X 4



20 mins



5 mins

- Prepare the crust by mixing the butter, pistachios, hazelnuts, walnuts, ground almonds, lemon zest and parsley. Add pepper.
- Spread this mixture between two sheets of baking paper using a rolling pin to create a thickness of a maximum of 0.5 cm. Refrigerate until the mixture is firm.
- Preheat the appliance for 3 minutes at 180°C.
- Use a brush to paint the cod loins with olive oil and place them in the basket.
- Slice rectangles from the crust that are slightly larger than the size of the cod and place them on top of each piece without letting the crust bend.
- Cook for 5 minutes at 160°C.

- 4 cod loins
- 50 g salted butter, softened
- 20 g ground almonds
- 2 tablespoons parsley, finely chopped
- 20 g crushed pistachios
- 20 g crushed hazelnuts
- 20 g crushed walnuts
- Zest of 1 lemon
- Freshly milled pepper
- 1 drizzle olive oil





# Pork Loin with Apple Compote



X 4



10 mins



30 mins

Supplies needed: a 14-cm square springform tin

- In a mixing bowl, mix the meat dripping, apple compote, shallots, bay leaf and sugar. Season with salt and pepper.
- Tie the Sichuan peppercorns up into a bit of cheesecloth and place into the springform tin.
- Add the apple mixture into the tin and place the pork loin on top. Season with salt and pepper.
- Preheat the Fry Delight for 3 minutes at 180°C
- Place the tin into the basket and cook for 30 minutes at 180°C. Turn the meat midway through cooking
- Slice the pork and serve with the apple compote.

- 400 g whole pork loin
- 100 g apple compote
- 100 g shallots, finely chopped
- 1 bay leaf
- 1 tablespoon brown sugar
- 1 teaspoon Sichuan peppercorns
- 100 mls meat dripping
- Salt and pepper



# Sesame-Encrusted Swordfish



X 4



15 mins



32 mins

- In a shallow bowl, add the egg whites, lime zest and chilli sauce. Mix well. In another shallow bowl, add the sesame seeds.
- Season the swordfish with salt and pepper.
- Coat the swordfish on one side by dipping into the egg white mixture then into the sesame seeds.
- Place one slice of swordfish into the basket and cook for 15 minutes at 180°C. Remove the cooked fish and place the second piece into the basket. Cook for 15 minutes at 180°C. Slice the fish in two and serve.

- *2 large slices swordfish*
- *50 g sesame seeds*
- *2 egg whites*
- *1 tablespoon sweet chilli sauce*
- *Zest of 1 lime*
- *Salt and pepper*



## TIP:

To reheat the first piece, once the second is done cooking place both pieces together and cook for 2 minutes at 180°C.



# Maple-Glazed Pork Tenderloin



X 4



10 mins



20 mins

- In a mixing bowl, prepare the glaze by whisking together the barbecue sauce, maple syrup and corn starch/cornflour.
- Preheat the appliance for 3 minutes at 180°C.
- Cut the tenderloin into 4 equal parts then season with salt and pepper. Brush the pieces of meat with the glaze.
- Place the meat into the basket and cook for 20 minutes at 200°C. Brush more glaze onto the meat every 5 minutes.
- Once the meat is cooked, brush on a final layer of glaze and let the meat rest for 5 minutes before serving.

- *1 pork tenderloin*
- *4 tablespoons maple syrup*
- *2 tablespoons barbecue sauce*
- *1 tablespoon cornstarch/cornflour*
- *Salt and pepper*



# Gremolata-Encrusted Lemon Cod Fillets



X 4



10 mins



5 mins

- In a bowl, prepare the gremolata by mixing the breadcrumbs, ground almonds, chopped garlic, lemon zest, parsley, basil and olive oil. Season with salt and pepper.
- Cut the two lemons into approximately .5-cm slices and use to line the entire bottom of the basket.
- Lay the cod fillets on top of the lemon slices.
- Add the gremolata on top of the fish and cook for 5 minutes at 160°C.

- 4 cod fillets
- 2 lemons
- Zest of 1 lemon
- 2 tablespoons olive oil
- 20 g plain breadcrumbs
- 20 g ground almonds
- 2 tablespoons parsley, chopped
- 4 basil leaves, chopped
- 1 clove of garlic, chopped
- Salt and pepper



# Pesto Pollock Rolls

Number of  
pieces:

X 8



10 mins



5 mins

Supplies needed: 8 toothpicks

- Begin by preparing the pesto by grinding the basil, garlic, anchovy, Parmesan, olive oil, pine nuts and lemon zest together. Season with salt and pepper.
- Prepare the fillets by spreading the pesto onto them. Place a tomato slice on top and roll the fillets up. Secure the rolls with toothpicks.
- Place the fillets in the basket and cook for 5 minutes at 190°C.
- Whilst they are cooking, mix the fromage blanc/cream cheese with the rest of the pesto to serve with the fillets. Adjust seasoning to taste.

- 8 pollock fillets
- 8 slices sun-dried tomatoes
- 1 bunch basil
- 1 tablespoon pine nuts
- 1 tablespoon Parmesan, grated
- 2 anchovy fillets
- Zest of 1 lemon
- 1 small clove of garlic
- 200 g fromage blanc or light cream cheese
- 1 tablespoon olive oil
- Salt and pepper



# Mackerel Fillets with Wholegrain Mustard



X 4



30 mins



8 hours



5 mins

- Check that the mackerel fillets are completely free of bones, then spread with the mustard on one side. Season with salt and pepper.
- Place the fillets into the basket, mustard side down, and cook for 5 minutes at 150°C
- Whilst they are cooking, in a saucepan heat the white wine, water, carrot, celery, paprika and bay leaf until the carrots are cooked. Season with salt and pepper.
- When the fillets are cooked, remove them and place on a dish, pouring the liquid on top. Cover and let cool. Refrigerate overnight before serving.

- *4 mackerel fillets*
- *2 tablespoons wholegrain mustard*
- *180 mls white wine*
- *100 mls water*
- *1 teaspoon paprika*
- *1 stalk celery, thinly sliced*
- *1 small carrot, cut into thin rounds*
- *1 bay leaf*
- *Salt and pepper*



# Glazed Salmon Fillets



X 4



20 mins



30 mins



5 mins

- In a bowl, combine the olive oil, lemon juice, soy sauce, sugar, garlic powder, paprika and shallots. Mix well, until the sugar dissolves.
- Place the salmon fillets in a dish and pour the mixture on top. Leave to marinate for 30 minutes
- Place the fillets in the basket and cook for 5 minutes at 160°C.

- 4 salmon fillets
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 2 shallots, finely chopped
- 1 teaspoon garlic powder
- Juice of 1 lemon
- 1 teaspoon paprika
- 2 tablespoons brown sugar



# Sweet Potato Chips/Fries



X 4



15 mins



30 mins

- Peel the sweet potatoes and wash well.
- Cut into 1-cm x 1-cm sticks.
- In a large bowl, mix the egg white, oil, turmeric and pepper.
- Add the sweet potato sticks and mix well to cover.
- Place the sweet potatoes into the basket and cook for 30 minutes at 180°C, stirring every 10 minutes during cooking. Season with salt.

- *2 sweet potatoes*
- *4 tablespoons sunflower oil*
- *1 egg white*
- *1 teaspoon turmeric*
- *Salt and pepper*





# Frozen Chips/Fries



X 4



16 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the chips/fries in the basket.
- Cook for 16 minutes at 200°C.
- Stir midway through cooking.

• 700 g *thin frozen chips*



# Savoury Sun-dried Tomato and Pesto Quinoa Torte



X 4



20 mins



30 mins

Supplies needed: a 14-cm square springform tin

- In a mixing bowl, beat the eggs with the tomatoes, pesto and ricotta.
- Add the red onion, breadcrumbs, flour, cooked quinoa and mix well. Season with salt and pepper.
- Pour the mixture into the springform and place in the basket.
- Cook for 30 minutes at 160°C.

- 600 g quinoa, cooked and drained (around 160 g dry)
- 2 eggs
- 1 red onion, finely chopped
- 50 g sun-dried tomatoes, chopped
- 120 g ricotta cheese
- 30 g plain flour
- 1 tablespoon pesto
- 50 g breadcrumbs
- Salt and pepper



## TIP:

Let cool and serve with green salad.



# Grilled Vegetables with Thyme



X 4



10 mins



30 mins

- Peel and wash all the vegetables. Cut the shallots in two lengthwise and cut the carrots, parsnips and courgette/zucchini in long strips lengthwise.

- Use a brush to lightly oil the shallots and place them in the basket.

- Cook for 5 minutes at 150°C.

- Place the carrots, parsnip and asparagus in a dish and use a brush to dab them with balsamic vinegar. Season with salt and pepper. Place the carrots, parsnip and asparagus in the basket with the shallots and cook for 10 minutes at 160°C.

- Whilst they are cooking, place the carrots, parsnip and asparagus in a dish and use a brush to dab them with balsamic vinegar. Add the courgettes/zucchini and mushrooms to the basket with the other vegetables and cook for 15 minutes at 150°C.

- Arrange the grilled vegetables on a serving platter and sprinkle with thyme and drizzle with olive oil.

- 2 shallots
- 4 carrots
- 1 parsnip
- 8 green asparagus
- 1 courgette/zucchini
- 100 g oyster mushrooms
- 1 bunch fresh thyme
- 50 mls balsamic vinegar
- Salt and pepper
- 2 drizzles of olive oil



# Veal and Roquefort Sliders



X 4



20 mins



15 mins

- In a mixing bowl, season the veal with salt, pepper and chopped parsley.
- Form 4 meatballs, flatten them, then place them in the basket and cook for 5 minutes at 200°C.
- Whilst they are cooking, cut the rolls in two and spread the two halves with mustard.
- When the burgers are done, place them on the bottom half of the bun and cover with roquefort.
- Place 2 dressed rolls in the basket with the top of the roll uppermost and cook for 5 minutes at 200°C. Remove from the basket and repeat the steps with the 2 other burgers.
- Once out of the appliance, add the sliced gherkins and the rocket on top of the bottom halves and place the other half on top.

- 4 mini rolls
- 400 g minced veal
- 1 tablespoons flat parsley, chopped
- Salt and pepper
- A bit of rocket
- 2 large gherkins, sliced thin
- 2 tablespoons wholegrain mustard
- 4 slices roquefort



# Coconut Lime Sea Bream



X 4



15 mins



20 mins

**Supplies needed:** a 14-cm square springform tin, aluminium foil and 4 toothpicks

- In the springform, add the tomatoes, half of the ginger, half of the green onion, the coconut milk, the chives and the lime zest. Season with salt and pepper.
- Prepare the sea bream by seasoning them with a drizzle of olive oil, sprinkling with salt and pepper, and adding the rest of the ginger, green onion and lime juice.
- Roll the fillets up and secure them with a toothpick.
- Place the fillets on top of the tomatoes and cover the springform with aluminium foil.
- Place the tin in the basket and cook for 20 minutes at 200°C.
- Garnish with the finely chopped green onion.

- *4 boneless fillets of sea bream*
- *1 lime*
- *100 mls coconut milk*
- *150 g cherry tomatoes*
- *1 teaspoon ginger, grated*
- *2 green onions/spring onions, chopped*
- *1 tablespoon chives, chopped*
- *1 drizzle olive oil*
- *Salt and pepper*



# Veal Paupiettes with Bacon and White Sage Sauce



X 4



30 mins



30 mins

Supplies needed: cooking string

- In a mixing bowl, season the minced veal with the coriander, nutmeg and rosemary. Season with salt and pepper.
- Divide the minced veal and spread over the cutlets. Form the paupiettes by folding the edges of each cutlet up toward the middle.
- Wrap each paupiette with 2 slices of bacon and tie together with the string.
- Place the paupiettes in the basket and cook for 30 minutes at 170°C.
- Whilst they are cooking, mix the yogurt with the sage and lemon in a bowl. Season with salt and pepper. Serve the paupiettes with a spoonful of white sauce.

- 4 thin veal cutlets (boned)
- 200 g minced veal
- 8 slices bacon (streaky)
- 1 teaspoon ground coriander
- 2 pinches ground nutmeg
- 1 teaspoon ground rosemary
- Salt and pepper
- 1 tablespoon sage, chopped
- 1 spritz of lemon juice
- 2 small pots of Greek yogurt



# Curry Salmon Steak



X 4



30 mins



10 mins

**Supplies needed: a 14-cm square springform tin and some aluminium foil**

- In a saucepan, cook the onions until translucent.
- Add the garlic and the cubed tomato. Cook over low heat for several minutes.
- Add the coriander, the cumin, the massala, ginger and tomato puree. Mix thoroughly.
- Add the coconut milk and nuoc mam and let simmer for 2 minutes. Adjust seasoning to taste.
- Arrange the salmon fillets in the springform tin. Spoon the curry sauce over the salmon. Cover the tin with aluminium and place in the basket. Cook for 10 minutes at 200°C.
- Garnish with chopped mint leaves.

- 4 salmon fillets
- 1 onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 ripe tomato, cubed
- 1 teaspoon fresh ginger, grated
- 2 tablespoons coriander, chopped
- 1 teaspoon ground cumin
- 1 tablespoon massala powder (or curry)
- 1 tablespoon tomato puree
- 100 mls coconut milk
- 1 tablespoon nuoc mam
- 1 tablespoon fresh mint, chopped



## TIP:

Thai fish sauce (Nam Pla) can be substituted for Nuoc Mam sauce.



# Tuna Steaks with Trio of Tomatoes



X 4



15 mins



10 mins

- In a bowl, mix the three types of tomatoes, olive oil and oregano. Season with salt and pepper.
- Season the tuna steaks with salt and pepper and place in the basket.
- Cover the tuna steaks with the tomato mixture.
- Cook the steaks for 10 minutes at 150°C for medium rare, and extend cooking time if desired.

- *4 albacore tuna steaks (approx.130g/steak)*
- *50 g sun-dried tomatoes, chopped*
- *50 g canned chopped tomatoes, drained*
- *1 ripe tomato, cut into small cubes*
- *1 teaspoon oregano*
- *1 tablespoon olive oil*
- *Salt and pepper*





# Beef with Chimichurri Sauce



X 4



30 mins



15 mins



15 mins

- In a mixing bowl, mix the chilli powder, sugar, mustard seed, coriander, cumin, garlic powder, paprika, Cayenne, black pepper and a drizzle of olive oil. Use mixture to cover the entire piece of meat. Leave to marinate for 15 minutes.
- Whilst the meat is marinating, prepare the chimichurri sauce: mince the parsley, oregano, garlic, onion, and chilli together and combine with the vinegar, lime juice and 50 ml olive oil. Season with salt and pepper.
- Preheat the appliance for 3 minutes at 200°C.
- Place the meat in the basket and cook for 10 minutes at 200°C.
- Turn the meat and drizzle with olive oil.
- Cook for 5 more minutes at 200°C for rare doneness; add additional cooking time to achieve desired result.
- Serve with the chimichurri sauce

- 500 g whole flank steak
- A pinch of chilli powder
- 1 teaspoon brown sugar
- 2 teaspoons salt
- 2 teaspoons mustard seed
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 2 pinches Cayenne pepper
- 4 grinds freshly milled pepper
- 2 drizzles + 50 mls olive oil
- ½ bunch flat parsley
- 2 tablespoons oregano, chopped
- 2 cloves of garlic
- ½ onion, thinly sliced
- 1 small chilli, seeded and washed
- 2 tablespoons red wine vinegar
- 1 squirt lime juice
- Salt and pepper



# Chicken Drumsticks with Rosemary New Potatoes



X 4



15 mins



30 mins

- In a large mixing bowl, mix the mustard, olive oil, lemon juice, paprika, garlic powder and mustard seed. Season with salt and pepper.
- Wash the new potatoes well, then cut them in half. Add them to the mixing bowl along with the chicken and rosemary.
- Mix well to cover.
- Place the potatoes and the chicken in the basket and cook for 30 minutes at 170°C. Stir 2 or 3 times during cooking.

- 4 chicken drumsticks
- 500 g new potatoes
- 4 sprigs rosemary
- 2 tablespoons mustard with honey
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon mustard seed
- Juice of a lemon
- 2 tablespoons of olive oil
- Salt and pepper



# Falafel Pittas



X 4



30 mins



12 mins

- Mix the chickpeas, onion, garlic, parsley, coriander, cumin, bicarbonate and flour to obtain a coarse dough.
- Use to form 20 falafel, then flatten gently.
- Place the falafel in the basket and cook for 10 minutes at 170°C. The falafel can overlap in the basket.
- Whilst they are cooking, prepare the sandwich garnish: mix the salad leaves and mint together and prepare the yogurt by mixing it with the feta and olive oil. Season with salt and pepper.
- When the falafel are done, remove from the basket. Split each pitta bread on the side and place them in the basket standing up. Cook for 2 minutes at 170°C.
- Stuff the warmed pitta breads with the salad, tomatoes, feta yogurt and the falafel

- 100 g feta, cubed
- 1 tomato, sliced
- 4 pitta breads
- 400 g cooked chick peas
- 4 tablespoons chickpea flour
- 1 white onion, finely chopped
- 2 tablespoons parsley, chopped
- 2 tablespoons coriander, chopped
- 1 teaspoon cumin
- 1 clove garlic
- Salt and pepper
- 1 teaspoon bicarbonate of soda
- 1 small pot Greek yogurt
- 1 drizzle olive oil
- 20 mint leaves
- 200 g salad leaves (rocket, etc.)



# Tuna Calzone



X 4



20 mins

Supplies needed: baking paper



15 mins

- Use a square piece of baking paper to line the bottom of the basket, leaving a 1-cm border between the paper and the basket on all sides.
- Drain the tuna.
- On half of the pizza dough, spread a layer of mustard, leaving space around the edges. Arrange the tomato slices on the dough.
- Sprinkle with fresh thyme and crumble the tuna on top. Add the ricotta.
- Fold the pizza dough over and seal the edges with a bit of the egg yolk. Roll up the edges to ensure that it is well sealed.
- Paint with the egg wash and sprinkle with the Parmesan shavings.
- Place the calzone in the basket and cook for 15 minutes at 160°C.

- *1 square ready made pizza dough*
- *1 tomato, thinly sliced*
- *1 tablespoon Dijon mustard*
- *A few pinches fresh thyme*
- *260 g canned tuna in water*
- *2 tablespoons ricotta cheese*
- *1 egg yolk, beaten*
- *A few Parmesan cheese shavings*



# Crispy Pork Belly



X 4



30 mins



45 mins

- In a saucepan, boil the pork belly pieces for 30 minutes. Dry well.
- In a bowl, mix the sugar, salt and 4-spice mix. Brush the pork with Worcestershire sauce everywhere except for the skin. Season with the sugar, salt and spice mix.
- Preheat the Fry Delight for 3 minutes at 160°C.
- Use a toothpick to pierce the pork along the entire surface. Wipe off the surface of the skin.
- Place the 2 pork pieces in the basket and cook for 20 minutes at 160°C.
- Wipe the excess fat from the skin and cook for 25 minutes at 180°C.

- *2 pieces of pork belly, 300 g each*
- *1 teaspoon 4-spice mix*
- *2 teaspoons sugar*
- *3 teaspoons fine salt*
- *10 mls Worcestershire sauce*



## TIP:

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



# Barbecue Pork Belly



X 4



30 mins



10 mins

● In a stewpot, cook the pork belly in some water (use enough to cover the slices) along with half an onion, cut in four, the bouquet garni, the cloves, vegetable stock cube and orange peel. Bring to the boil then cook for 15 minutes.

● Meanwhile, prepare the barbecue sauce. In a saucepan, cook the sliced onion with the olive oil until translucent. Add the garlic and red pepper and cook for 10 minutes. Add the honey, tomato puree, ketchup, Worcestershire sauce, the stock, mustard and red wine. Season with salt and pepper, then let simmer for 10 more minutes. Blend the mixture.

● Spread the barbecue sauce over the pork slices using a brush and place them in the basket standing up, skin side up.

● Cook for 10 minutes at 180°C then wait 1 minute before opening the appliance to prevent splashing.

● Serve with the remaining barbecue sauce.

- 1 red pepper, sliced
- ½ an onion, thinly sliced, plus ½ an onion
- 1 clove garlic, crushed
- 1 tablespoon tomato puree
- 2 tablespoons liquid honey
- 1 tablespoon mustard with honey
- 1 tablespoon ketchup
- 100 mls red wine
- 100 mls vegetable stock
- 1 tablespoon Worcestershire sauce
- 1 tablespoon olive oil
- Salt and pepper
- 12 slices pork belly
- 1 bouquet garni
- 2 cloves
- 2 pieces orange peel
- 1 vegetable stock cube
- Some water



# Swedish Potatoes



X 4



10 mins



30 mins

- Carefully cut the potatoes into thin slices, without cutting all the way through to prevent the pieces from detaching.
- In a bowl, mix the tomatoes with the dill. Season with salt and pepper. Spoon the tomato mixture over the potatoes, ensuring that it gets between the slices. Drizzle with olive oil.
- Place the potatoes in the basket and cook for 30 minutes at 160°C.
- Serve the potatoes with a spoonful of thick yogurt seasoned with salt, pepper and olive oil.

- *4 potatoes (suitable for roasting)*
- *2 tomatoes, puréed*
- *2 tablespoons dill*
- *1 thick creamy yogurt (125g)*
- *2 drizzles of olive oil*
- *Salt and pepper*



# Jacket Potatoes



X 4



30 mins



35 mins

**Supplies needed: aluminium foil**

- Wash the potatoes and wrap them in aluminium foil while still damp. Place the wrapped potatoes into the basket.
- Cook for 30 minutes at 200°C. Check the potatoes' cooking progress; they should be soft in the centre. If not, cook longer.
- Remove the potatoes from the basket. Open the aluminium foil and leave it wrapped around the bottom of the potato only, to create a boat shape.
- Scoop out the cooked potato in the middle and place in a mixing bowl. Add the butter, garlic, 2/3 of the Parmesan and the parsley. Season with salt and pepper. Mix with a fork.
- Place the potato mixture back into the skins, sprinkle with the remaining Parmesan and place the potatoes in the basket. Cook for 5 minutes at 180°C.

- *4 large potatoes*
- *80 g butter*
- *70 g Parmesan cheese, grated*
- *2 teaspoons garlic powder*
- *3 tablespoons flat parsley, chopped*
- *Salt and pepper*





# Frozen Potato Gems



X 4



10 mins

- Preheat the appliance for 3 minutes at 200°C.
- Place the frozen puffs in the basket.
- Cook for 10 minutes at 200°C
- Stir midway through cooking.

• 700 g frozen potato gems



# Mexican Potato Wedges



X 4



20 mins



30 mins

- Cut the potatoes into quarters or eighths based on how thick the potatoes are. Dry well.
- In a mixing bowl, mix the potatoes with the melted butter and Mexican seasoning.
- Place the potatoes in the basket and cook for 30 minutes at 180°C, stirring every 5 minutes.
- Once they are done, transfer from the basket to a mixing bowl. Season with the paprika, celery salt and a pinch of Cayenne pepper.
- Serve hot.

- 800 g firm-texture potatoes, washed
- 50 g lightly salted butter, melted
- 1 tablespoon Mexican or Fajitas seasoning mix
- 1 teaspoon celery salt
- 1 pinch Cayenne pepper
- 1 tablespoon paprika



# Fried Four-Cheese Ravioli



X 4



10 mins



20 mins



15 mins

- In a mixing bowl, beat the eggs with salt and pepper.
- Add the uncooked raviolis, making sure that they do not stick to one another.
- Let them sit for 20 minutes in the egg mixture, mixing from time to time, to soften.
- Place the breadcrumbs in a dish. Dredge the raviolis in the breadcrumbs and place them standing in the basket.
- Cook for 15 minutes at 160°C.

- 500 g four-cheese ravioli
- 3 eggs
- 200 g breadcrumbs
- Salt and pepper



**TIP:**  
serve with a spicy  
tomato sauce.



# Potato Rösti



X 4



10 mins



30 mins

**Supplies needed: a 14-cm square springform tin**

- In a mixing bowl, mix the grated potatoes together with the salt.
- Butter the sides of the tin and leave 3 small knobs of butter at the bottom.
- Squeeze the potatoes out to remove any liquid and place at the bottom of the tin. Add 3 small knobs of butter on top.
- Place the tin into the basket and cook for 30 minutes at 180°C.
- In the meantime, whip the cream in a mixing bowl with a whisk. Once it begins to thicken, season with salt and pepper. Add the dill and refrigerate.
- Plate the rösti on dish and cut in four. Serve with a spoonful of dill cream and a slice of smoked salmon.

- *500 g firm-texture potatoes, grated*
- *1 level teaspoon fine salt*
- *20 g butter*
- *4 large slices of smoked salmon*
- *100 mls double cream*
- *3 tablespoons dill*
- *Salt and pepper*



# Herb-Encrusted Roast Beef



X 4



15 mins



20 mins



20 mins

- Start by preparing the herb crust: mix together the butter, tarragon, oregano, parsley, chives and breadcrumbs. Season with salt and pepper. Spread this mixture between two sheets of baking paper using a rolling pin to create a rectangle that is the size of the roast. Refrigerate until the mixture is firm.

- Preheat the Fry Delight for 3 minutes at 200°C.

- Remove the string from the roast and paint the entire surface with vegetable oil. Season generously with salt.

- Place the roast in the basket and cook for 10 minutes at 200°C.

- Turn over and cook for an additional 7 minutes at 200°C for rare meat; add additional cooking time to achieve desired result.

- Quickly add the herb mixture on top of the roast and cook for 3 minutes at 200°C.

- Let the meat rest in the basket for 5 minutes then serve.

- 1 beef roast, around 700 g
- 60 g softened butter
- 1 tablespoon tarragon, chopped
- 1 tablespoon dried oregano
- 2 tablespoons parsley, chopped
- 2 tablespoons chives, finely chopped
- 20 g plain breadcrumbs
- 2 tablespoons vegetable oil
- Salt and pepper



## TIP:

Choose a roasting joint which will fit in the Fry Delight basket.



# Tomato Sauce



X 4



10 mins

Supplies needed: a 14-cm square springform tin



30 mins

- Wash and cut the tomatoes in half. Season with salt, pepper and sugar. Drizzle with olive oil.
- Place the tomatoes in the tin, flesh side up. The tomatoes can overlap in the tin. Place the tin into the basket and cook for 15 minutes at 200°C.
- When the tomatoes have taken on colour, add the thyme, garlic and onion on top and cook for 15 minutes at 170°C.
- Transfer everything into a blender and blend until smooth. Adjust seasoning to taste.

- *1 kilo ripe vine tomatoes*
- *1 white onion, thinly sliced*
- *1 drizzle olive oil*
- *2 cloves garlic, crushed*
- *1 sprig of thyme*
- *Caster sugar*
- *Salt and pepper*



## TIP:

Add a few basil leaves before blending the sauce.



# Provençal Tomatoes



X 4



20 mins



10 mins



7 mins

- Use a food processor to finely chop the garlic and parsley leaves.
- Add the mustard and egg yolk, then blend again. Gradually add the olive oil and blend to obtain a light emulsion. Season with salt and pepper. Set aside in a mixing bowl.
- Whisk in the oregano, thyme, lemon juice and breadcrumbs, then let rest for 10 minutes.
- Halve the tomatoes cross-wise, then season with salt and pepper.
- Spoon large spoonfuls of the Provençal mixture on top of each tomato half and place in the basket.
- Cook for 7 minutes at 190°C.
- Check the doneness of the tomatoes by pressing gently on the sides; continue cooking if necessary.

- 4 vine tomatoes
- 1 egg yolk
- 1 clove garlic
- ½ bunch of parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Juice of ½ a lemon
- 100 mls olive oil
- 1 teaspoon Dijon mustard
- 2 tablespoons breadcrumbs
- Salt and pepper





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