

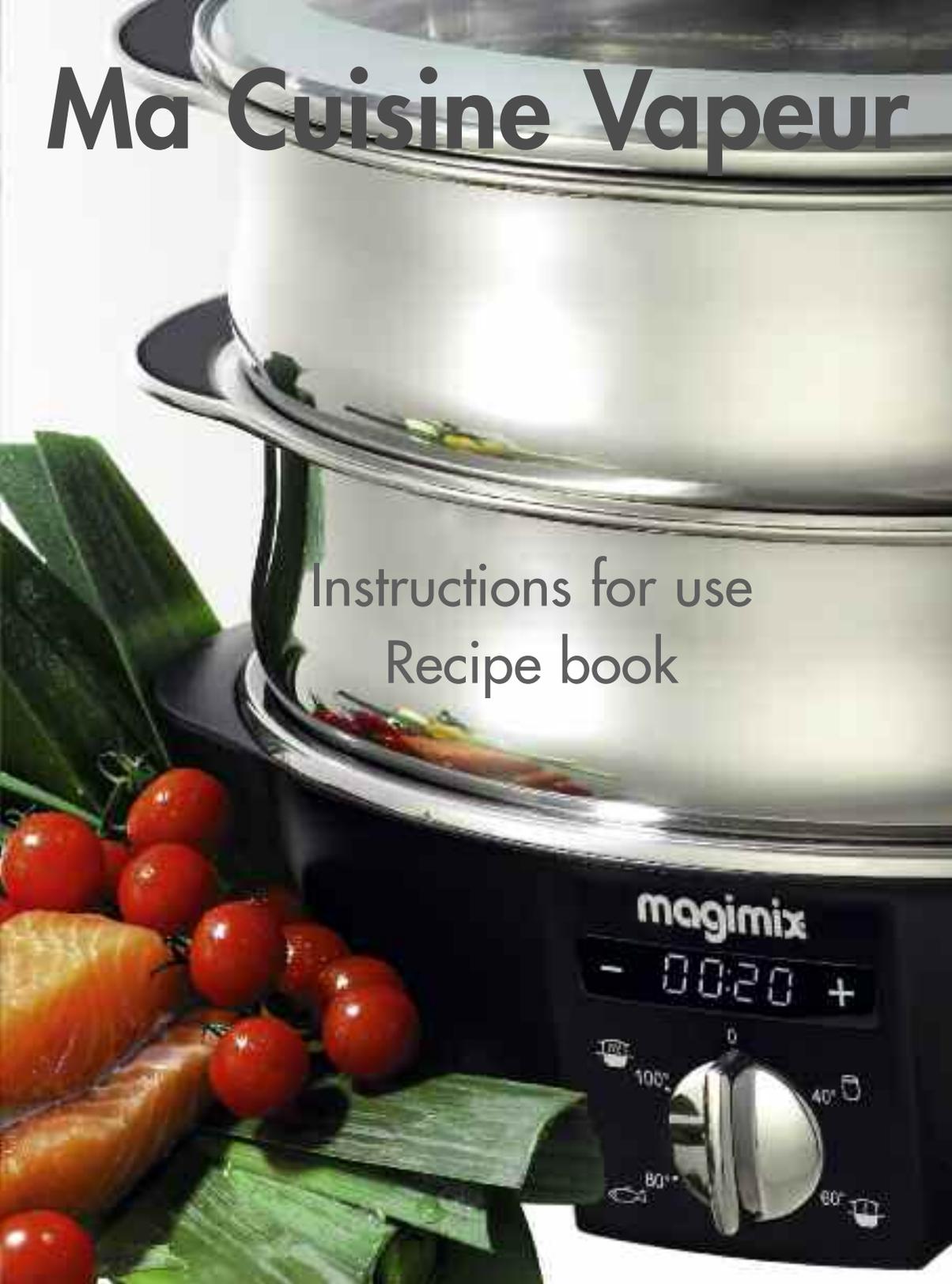
Ma Cuisine Vapeur



magimix®

Ma Cuisine Vapeur

Instructions for use
Recipe book



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Instructions for use

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 **PLEASE READ THE SAFETY INSTRUCTIONS (P.3) THROUGH CAREFULLY BEFORE USING YOUR APPLIANCE.**



IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or dials.
3. To protect against fire, electric shock and injury to persons do not immerse cord, plugs or base in water or other liquid.
4. This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. Keep the appliance and its cord out of reach of children aged less than 8 years. Children shall not play with the appliance.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorised service facility for examination, repair or adjustment.
7. Never fill the water tank above the "MAX." mark, as the water may boil over.
8. Never immerse the base in water or put it in the dishwasher. Clean it with a soft cloth.
9. Always unplug your appliance when it is not in use and before filling the water tank.
10. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or injury to persons.
11. Do not use outdoors.
12. Do not let cord hang over edge of table or counter, or touch hot surfaces.
13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
15. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "Off", then remove plug from wall outlet.
16. Do not use appliance other than for intended use.
17. This appliance produces extremely hot steam and must always be handled with great care. In order to avoid scalds and burns, use a tea towel or oven gloves when removing the lid, the multi-function bowl or the baskets.
18. This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
19. This appliance is intended solely for domestic use. The following usages are not covered by the warranty: in kitchen areas reserved for personnel in shops, offices and other workplace environments, on farms, by the patrons of hotels, motels and other commercial environments of a residential nature, and in bed and breakfast-type environments.

SAVE THESE INSTRUCTIONS



SPECIAL CORD SET INSTRUCTIONS

ONLY FOR USA AND CANADA

- a. A short power-supply cord (or detachable power-supply cord) is to be provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
- b. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
- c. If a long detachable power-supply cord or extension cord is used.
 - 1) The marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance.
 - 2) The cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

If the appliance is of the grounded type, the extension cord shall be a grounding-type 3-wire cord.

THE BENEFITS OF STEAM COOKING

GENTLE STEAMING FOR HEALTHIER, TASTIER FOOD

- You can use your Magimix steamer to cook most types of food. Magimix has chosen the pressureless steaming method because it really takes care of your food. Instead of watering down the flavour, gentle steaming brings it out! You will rediscover the true taste of different foods – medium rare meat will be moist and tender, fish and shellfish will keep their soft, delicate texture and your vegetables will never be soggy again. To enjoy all these advantages to the full, make sure you choose only the very freshest organic produce.
- Steam cooking is good for your health as well as your tastebuds. By using this gentle, pressureless method, you ensure that your food retains more of its nutritional value as well as more flavour.



Stainless-steel multi-function bowl.



Upper basket with removable base



Removable power cord

Cooking time display screen



- We advise you to cook your vegetables, rice, meat, fish, eggs, fruit and desserts at 100°C and to use the 80°C temperature for fish and more delicate foods. Yoghurt should be cooked at 40°C.

USING YOUR MAGIMIX STEAMER



Wash all parts. Ensure you do not immerse the base in water.



Unwind the power cord and plug it. Pour water until it reached the min line (20mins use) or max line (1hr30mins use).



Place the food in the basket(s). The baskets must be fitted together properly.



Position the lid.



Turn the dial to the required temperature.



The time displayed on the screen is the time selected by default.



If necessary, adjust the cooking time (by pressing the + or - buttons).

Preparation	Quantity	Temp. (°C)	Temp. (°F)	Time (mins)
Chicken	1/2 kg	100	212	30
Beef	1/2 kg	100	212	30
Salmon	1/2 kg	100	212	30

For cooking times see page 10.



At the end of the cooking time, the timer will ring and the light will flash.



If your dish is cooked, turn the dial to 0.



Remove the baskets. Unplug the steamer and allow it to cool.



Remove the power cord, then tilt the base away from you (see mark on tank) to tip the water out.



Maximum volume: for cooking larger foods such as whole chickens, artichokes and cauliflowers.



Remove the base from the upper basket before putting the food in.



Double capacity: you can cook several different dishes at the same time.



Check that the removable base is fitted properly.

* **For optimum results, avoid overloading the baskets. Take care not to block the holes, as this will prevent the steam from circulating. Always discard the water in the tank after use.**

100°C RICE AND EGGS COOKING

We advise you to cook your vegetables, rice, meat, fish, eggs, fruits and desserts at 100°C.

Rinse the rice.
Add 1 volume
of water for 1 volume
of rice to the
multi-function bowl.



For rice: Place the multi-function bowl in the basket.



Switch on your steamer (see cooking times p11)
Adjust the cooking time if necessary.



At the end of the cooking time, the timer will ring and the light will flash.



For eggs: stand the eggs in the dimples of the fixed basket only.



Switch on your steamer (see cooking times p11)
Adjust the cooking time if necessary.



If your dish is cooked, turn the dial to 0.



There are no egg dimples in the removable basket base.



The lid is intended solely for food storage purposes. Do not use it when cooking.

As this appliance generates a great deal of steam, always use it out of the reach of children and away from any objects or items of furniture that might be damaged by it. You may be scalded if the steam comes into contact with your skin. We therefore advise you to keep a safe distance away from the cooking steam. If you need to handle the lid while the steamer is on, make sure you lift it away from you, to avoid the risk of being scalded, and wear oven gloves.

As the baskets are made from stainless steel, we recommend that you always wear oven gloves when handling them.

80°C FISH SETTING

The fish position  offers a gentler cooking temperature of around 80°C, which allows fish to retain its delicate texture and lose none of its taste and appearance.



Turn the dial to the fish position.



If necessary, adjust the cooking time to suit the type of fish (whole, fillet, steak).



At the end of the cooking time, the timer will ring and the light will flash.



If your dish is cooked, turn the dial to 0.



Cooking at this lower temperature makes cooking times slightly longer. To accelerate the process, you can select the 100°C  temperature setting and reduce the cooking time.



As certain types of fish requires extremely careful cooking, we advise against using the "keep warm" function, to avoid the risk of overcooking.

If you are steaming fish, we recommend that you use no more than a litre of water, as certain types of fish cause the water to foam.

60°C KEEPING FOOD WARM/REHEATING



Keeping warm: turn the dial to .



Adjust the time setting, if necessary by using the + and -.



Reheating: place the ingredients in the multi-function bowl.



Turn the dial to  for 5 min.



Then turn the dial to . Adjust the time setting if necessary.

Adjust the reheating time to suit the volume and the temperature of the ingredients.

40°C YOGHURT SETTING

Why not use your Magimix steamer to make your own 100% natural yoghurt?



No water is required for this function.



Place the yoghurt pots (without their lids) in one of the baskets. Put the steamer lid on.



Turn the dial to the yoghurt setting  (8-12 hours).



At the end of the cooking time, the timer will ring. Turn the dial to 0.

- * **Wait for the yoghurts to cool, then transfer them to the refrigerator for at least 3 hours. You can make up to 9 yoghurts (125 ml) at a time (1 litre milk and 1 pot yoghurt). For recipes, turn to the chapter on yoghurts. We advise you to use a single steamer basket.**



The steamer should not be moved at all during the cooking time.

CLEANING

Before moving, storing or undertaking any kind of aftercare, always unplug your Magimix steamer and wait for it to cool down.



Remove the power cord, then empty out the remaining water by tilting the appliance away from you.



Wipe out the water tank with a damp cloth and a little vinegar.



The baskets and lid can be cleaned using water and washing up liquid or in the dishwasher.

- * **If you notice traces of limescale, remove them with a sponge and vinegar.**

COOKING TIMES

The cooking times shown below are approximate and may vary considerably, according to the volume of ingredients being cooked, their quality and nature and, of course, your own personal tastes.

The cooking times have been calculated with the water tank filled to the maximum level.

Type	Quantity	Cooking time (min)	Recommendations
Vegetables			
100°C			
Artichokes	4 medium	60-70	
Asparagus	700 g	30-35	Arrange in lattice pattern to allow steam to circulate
Aubergines	4 medium	35	
Broccoli	700 g	25	Cut into florets and distribute evenly in the basket.
Carrots	700 g	20-30	Stir halfway through cooking. To save time, slice them
Celeriac	1	30	Cut into large dice
Mushrooms	300 g	25-30	Whole
Green cabbage	1 medium	30-40	Cut into quarters.
Cauliflower	1 medium	30-40	Divide into florets
Courgettes	4 medium	20-25	Whole
	4 medium	15	Sliced
Chicory	4 medium	35-40	Whole, but remove bitter-tasting base
Spinach	500 g	20-25	Do not pack too tightly
Fennel	4	35	Cut into quarters
Green beans	700 g	45-50	
Lettuce	1 heart	15-20	
Peas	700 g	20	
Mangetout peas	700 g	25-35	
Leeks	6 medium	30-35	Remove green part
Peppers	3	20-30	Deseed and cut into quarters
Potatoes	20 small	25-30	Whole, with skins on

Fish

80°C | 100°C

Shellfish	1kg		8-15	Cooked when shells open Tip: 500 ml water + 500ml white wine
Frozen prawns	500g		15-20	Peeled
Crab	1		25	Whole
Lobster	1		25	1 tail Defrost before steaming
Langoustines	1kg		10	Whole
Fresh fish fillets	2	15-20	5-10	
Frozen fish fillets	2	20-25	7-15	
Fresh sea bream	1	25-30	20-25	
Frozen sea bream	1	45-50	30-35	

Meat

100°C

Chicken	1		60-70	1.4kg, remove any string and prick all over with a fork before steaming
Lamb	6		18-30	Chops
Sausages	6		10	Frankfurter-type

Rice

100°C

Rice	500g		25-30	1l in the water tank + 1 volume of water for 1 volume of rice in bowl. Stir halfway through cooking
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Eggs

100°C

Hard-boiled	6		16	Medium-sized
Medium-boiled	6		13	
Soft-boiled	6		10	

Fruit

100°C

Apples	6		25-30	Cored and left whole
Pears	6		25-30	

Do not overload the steamer baskets as this will prevent the steam from circulating freely. Steam cooking is simplicity itself, but it requires produce of the utmost freshness and quality to ensure optimum flavour.

To test if the food is properly cooked, pierce the thickest part with a knife. If it is cooked, the blade will not meet any resistance.

WATER TANK

You can either fill your water tank to the maximum level (approximately 1.3l) for 1h30 minutes usage, or fill it to the first line for a 20 minutes use. If you choose to use less water, the water will get to temperature quicker, saving you time and making it more environmentally friendly.

VEGETABLES

Scrape the vegetables instead of peeling them, so that they retain all their vitamins.

In the case of non-organic vegetables, we advise against re-using the cooking water, as the pesticides will have dripped into it.

Cooking times depend on the nature, thickness and freshness of the vegetables. An early variety of carrot, for example, will take less time to cook than a maincrop one of the same diameter.



FISH

Leave the scales on whole fish so that they retain all their firmness. A slice of lemon or a pinch of spices placed inside the cavity of a fish or on top of fillets will bring out the full flavour. If you have to use frozen fish, increase the cooking time by 40% or 50%. There is no point defrosting the fish beforehand.

You can lay the fish either directly in the basket, on a sheet of baking parchment, or a bed of seaweed, bay leaves, fennel or any other herb of your choice, but make sure you leave gaps at the bottom of the basket for the steam to circulate.



MEAT

Steamed meat is both tender and tasty. It can, however, look rather pale and dull, which is why we recommend browning your meat over a high heat for 5 min in a large casserole dish or frying pan before steaming it. That way, you will reap all the benefits of steaming without losing the appetising golden brown exterior.

To keep a joint of meat or a leg of lamb rare while waiting for your guests to sit down at the table, wrap it in kitchen foil and place it in one of the baskets. Leave the lid slightly ajar and turn the dial to the "keep warm" position. Your meat will stay hot and pink!



SEASONING

Remember that foods lose some of their salt during steaming. So if you like the taste of salt, you will have to add a little after cooking. You can lightly season food before steaming it. You can also give it extra taste by flavouring the water with herbs or a court bouillon.



DESSERTS

Your Magimix steamer is perfect for making flans, creams and sponges. You can cook them in individual ramekins, which will halve their normal cooking time. You can adapt any dessert recipes involving a bain-marie to steam cooking.

For instance, the multi-function bowl is ideal for preparing chocolate fondues.



YOGHURT

Making homemade yoghurt is extremely easy. All you need is the starter (use a pot of shop-bought yoghurt the first time) and a litre of milk. Combine the yoghurt with the milk and pour into pots. Switch your machine on and leave it on for 8-12 hours.

When the yoghurts have cooled, refrigerate them for 3 hours. They can be stored in the refrigerator for 5-7 days.



Tips for making perfect yoghurt:

- **The base:**

When you make yoghurt for the first time, you will need to use shop-bought yoghurt as the base. A plain full-fat yoghurt is perfect. From then on, you will simply need to "recycle" one of your own pots of homemade yoghurt, although after 5 or 6 times, you will need to buy another pot of yoghurt, as the lactic culture quickly loses its effectiveness.

You can also use a commercial yoghurt base, in which case follow the manufacturer's instructions.

- **The milk:**

You can use cow's milk, soya milk, goat's or ewe's milk.

The fat content is an important factor to the consistency and flavour of your yoghurts. We recommend using whole UHT milk, which will yield firmer and creamier yoghurt. Goat's milk yoghurt is quite runny.

We recommend using organic, pesticide-free milk.

Vegetable milk (e.g. almond, rice) and skimmed milk do not ferment, so the yoghurt would never set. If you are using fresh milk, we advise boiling it beforehand. Try to use milk that is already at room temperature.

- **Fruit yoghurt:**

Remember to cook your fruit (or vegetables) beforehand, otherwise its acidity will hinder the fermentation process.

TROUBLESHOOTING

Problems	Solutions
Your appliance does not work	<ul style="list-style-type: none">• Plug in your appliance and check your power cord connections.
The food is not cooked	<ul style="list-style-type: none">• If the food is too thick, extend the cooking time or cut into smaller pieces.
Some of the food is not cooked	<ul style="list-style-type: none">• The basket may be too full. Avoid overloading it.
The water overflows/foams	<ul style="list-style-type: none">• There is too much water in the water tank, so use less.• Fish can make the water foam.
Loud buzzing noise	<ul style="list-style-type: none">• Safety alert: the steamer is empty or has boiled dry.• Fill the water tank.
Your yoghurt will not set	<ul style="list-style-type: none">• Check your the  setting• Use whole milk• Follow the quantities (1 litre + 1 yoghurt for 9 pots)• Use a fresh starter. If you have been using homemade yoghurt, try shop-bought yoghurt instead• Do not move the steamer during the cooking time• Increase the cooking time
The screen shows "ERR"	<ul style="list-style-type: none">• Unplug your appliance, let it cool and plug it again.

If you cannot identify the cause of the problem, contact our Customer Care department for details of your nearest Magimix approved after-sales service agent.

If your appliance is faulty, consult a Magimix approved after-sales service agent.



You must never dismantle your appliance yourself.

Starters



Asparagus spears with orange sauce

Serves 4

24 green asparagus spears
3 egg yolks
1 orange
100g butter
Salt & pepper

Preparation: 5 min

Cooking: 20-25 min at 100°C

1. Rinse the asparagus spears and cut off the tough ends of the stalks. Pour a litre of water into the water tank. Arrange the asparagus in one of the steamer baskets, put the lid on and cook for 20-25 min. Blanch the spears under cold running water, drain and put in the refrigerator as soon as they are cold.
2. To make the sauce, squeeze the orange after grating the zest. Combine the egg yolks with 40ml orange juice and 1 tsp zest. Heat the mixture gently in a bain-marie. Whisking continuously, add the butter one piece at a time and season with salt and pepper.
3. Divide the asparagus spears between four plates, coat with the orange sauce and serve immediately.

Creamed cauliflower

Serves 4

1 medium cauliflower
400ml low fat single cream
1 tsp grated nutmeg
Salt & pepper

Preparation: 20 min

Cooking: 30-35 min at 100°C

1. Wash the cauliflower and divide into florets. Pour a litre of water into the water tank. Arrange the florets in one of the steamer baskets and put the lid on. Cook for 30-35 min. Allow to drain.
2. Blend the cauliflower with the cream and nutmeg. Season with salt and pepper. Reheat over a low heat for 5 min.
3. Check the seasoning and serve hot.

Courgette canapés with goat's cheese and pesto topping

Serves 4

4 small courgettes
300g fresh goat's cheese
150g ready made pesto
(or 10 tbsp olive oil
liquidised with a bunch of
basil)
4 large slices sourdough
bread
Salt & pepper

Preparation: 10 min

Cooking: 20-25 min at 100°C

1. Wash the courgettes, cut off both ends and peel to leave strips of green skin.
2. Cut into sections (approx. 3 cm). Pour a litre of water into the water tank, arrange the courgettes in a steamer basket and put the lid on. Cook for approx. 20 min. The courgettes should be al dente. Drain on kitchen towel and allow to cool.
3. Cut the goat's cheese into the same number of slices as the courgettes. Arrange the courgette slices on a serving dish, spread with pesto, top with sliced goat's cheese and coat with the remaining pesto. Season with salt and pepper.

Serve chilled with warm toasted bread.

Potato, crab and asparagus salad

Serves 4

8 small waxy potatoes (e.g.
Roseval, Ratte, Charlotte,
Désirée)
24 green asparagus spears
300g cooked crabmeat
50g mixed salad leaves
Chervil

Preparation: 20 min

Cooking: 30-35 min at 100°C

1. Wash the potatoes but leave the skins on. Rinse the asparagus and remove the tough ends of the stalks. Pour a litre of water into the water tank, arrange the potatoes in one of the steamer baskets, put the lid on and cook for 25 min. After 10 min., add the asparagus in the other basket.
2. Drain and peel the potatoes, cut into ½-cm thick slices and slice the asparagus into sections. Crumble the crabmeat, taking care to remove any cartilage, wash and spin the salad leaves.
3. Gently combine the crabmeat, potatoes, asparagus and salad leaves in a salad bowl. Drizzle with salad dressing, scatter with chervil and serve.

Cured country ham and eggs

Serves 4

4 eggs
1 slice cured country ham
4 tsp thick crème fraîche
4 chive leaves

Preparation: 5 min

Cooking: 4-8 min at 100°C

1. Break the eggs into 4 ramekins.
2. Cut the ham lengthwise into four strips. Place one strip of ham in each ramekin. Add 1 tsp crème fraîche.
3. Snip the chives and divide between the ramekins.
4. Cook in the steamer for 4-8 min with the lid on. Serve with crusty country loaf.

Salmon slivers on a bed of tomato and avocado

Serves 4

400g thick salmon steak,
skinned and boned
2 medium-sized avocado
pears
1 tbsp lemon juice
250g cherry tomatoes
100g mixed salad leaves

Dressing

3 tbsp olive oil
2 tbsp lemon juice
Salt & pepper

Preparation: 15 min

Resting time: 20 min

Cooking: 6-10 min at 80°C

1. Wrap the salmon in cling film and leave in the freezer for 20 min.
2. Wash the salad leaves and make the dressing by combining all the dressing ingredients. Dice the avocado flesh and sprinkle with lemon juice to prevent it from browning. Wash the cherry tomatoes and cut into quarters.
3. Take out the salmon and cut into thin slices using a sharp knife. Pour a litre of water into the water tank, lay the fish slices in one of the steamer baskets and put the lid on. Cook for the amount of time indicated above. Check regularly - the fish is cooked as soon as the slices turn white.
4. Arrange the salad leaves, tomatoes and avocado on a serving dish, coat with the dressing, add the salmon straight from the steamer and serve immediately.



Steamed foie gras

Serves 4

1 fresh duck foie gras
weighing 600g
200ml Sauternes white wine
1 bouquet garni
Coarse sea salt
Freshly-milled black pepper
8 slices brioche

Preparation: 20 min

Resting time: 1 night + 48 hours + 5 min

Cooking: 25-30 min at 100°C

1. Cut the foie gras open and carefully remove the blood vessels and connective tissue using a small pointed knife. Liberally sprinkle all the surfaces with salt and pepper and place in a terrine dish. Pour over the Sauternes wine and leave to marinate overnight in the refrigerator.
2. Next day, pour a litre of water into the water tank, add the bouquet garni and put the lid on. Switch the steamer on. After 10 min, switch it off and allow the liquid to infuse for 5 min. Place the foie gras, still in its terrine dish, in a steamer basket, season with a little pepper, baste with the marinade, cover with aluminium foil, put the lid on and cook for 15 min.
3. Allow to cool completely before transferring to the refrigerator for at least 48 hours. Serve with toasted brioche and the rest of the bottle of Sauternes used for the marinade.

If you are in a hurry, you can use frozen foie gras.

Rock fish terrine with bisque sauce

Serves 4

400g rock fish fillets
½ stale French stick
3 eggs
400ml milk
1 knob butter
1 small tub thick crème fraîche
Salt & pepper

Sauce

100ml single cream
300ml lobster bisque (tin)

Preparation: 25 min

Resting time: 5 min

Cooking: 20-25 min at 100°C

1. Cut the bread into thick slices. Warm the milk slightly and soften the bread in it for 5 min. Cut the fish into pieces. Blend the fish with the egg yolks, crème fraîche, and bread and milk mixture. Season with salt and pepper.
2. Whisk the egg whites with a pinch of salt until stiff and fold gently into the blended preparation.
3. Butter a small rectangular mould and fill with the mixture. Pour a litre of water into the water tank, place the mould in a steamer basket, cover with aluminium foil, put the lid on and cook for 20 min at 100°C. Turn the terrine out of its mould onto a serving dish and allow to cool slightly.
4. To make the sauce, mix the bisque with the cream, heat through and pour into a sauceboat. Serve the terrine and its sauce both slightly warm.

You can also serve this terrine with a fresh herb sauce.

Seafood terrine with a grapefruit dressing

Serves 4

250g brill fillets, skinned and boned

100g salmon fillets, skinned and boned

3 large scallops with their corals

2 tbsp chopped shallots

1 tbsp snipped chives

1 generous tbsp low fat crème fraîche

1 egg

1 knob butter

Salt & pepper

Sauce

1 small pink grapefruit

3 tbsp olive oil

3 tbsp groundnut oil

4 drops hazelnut oil

1 tbsp snipped dill

Salt & pepper

Preparation: 15 min

Cooking: 40-45 min at 100°C

1. Cut the brill and salmon fillets into large pieces and slice the white flesh of each scallop horizontally into three thin disks (after removing the corals). Blend the scallop corals, fish, egg, crème fraîche, shallot and chives. Season with salt and pepper.
2. Butter a small rectangular mould, fill with half the blended mixture, arrange the scallop slices on top and cover with the remaining mixture.
3. Pour a litre of water into the water tank. Place the mould in a steamer basket, cover with aluminium foil, put the lid on and cook for the 40-45 min. At the end of the cooking time, drain away the juices.
4. To make the sauce, cut the grapefruit in half and remove the segments using a knife. Blend for 30 seconds with the rest of the ingredients, except for the dill. Pour into a sauceboat and add the dill.
5. Serve the terrine cold and hand the grapefruit dressing separately.



Fish

Monkfish parcels

Serves 4

4 slices monkfish tail
4 small courgettes
2 tomatoes
4 small spring onions
4 tbsp crème fraîche
4 tiny pinches saffron
4 tbsp chopped chives
Salt & pepper

Preparation: 15 min

Cooking: 40-45 min at 80°C

1. Wash the vegetables. Peel the onions and courgettes. Cut the courgettes into slices and halve the tomatoes. Pour a litre of water into the water tank, arrange the courgettes and onions in one of the steamer baskets and put the lid on. Cook for 15 min and allow to drain.
2. Meanwhile, make the parcels by cutting out four squares of aluminium foil. Lay a fish slice on each square, together with half a tomato, 1 tbsp crème fraîche, 1 tiny pinch saffron, 1 tbsp chives, salt and pepper. When the vegetables are cooked, add an onion and a quarter of the courgette slices to each parcel. Fold up the parcels, arrange in a steamer basket, put the lid on and cook for 25 min.
3. Serve hot.

Tapenade-stuffed sole

Serves 4

4 sole fillets, skinned and boned
150g ready made tapenade (or 100g black olives blended with 50g pine nuts and 1 large chopped garlic clove)
1 black radish
2 lemons
Salt and black pepper

Preparation: 15 min

Cooking: 15-20 min at 80°C

1. Lay the fillets flat on the worktop and season with salt and pepper. Spread a thin layer of tapenade over each of the fillets and roll them up, securing them with wooden cocktail sticks.
2. Pour a litre of water into the water tank, arrange the sole rolls in a steamer basket and put the lid on. Cook for 15 min at 80°C.
3. Cut the lemons into quarters. Wash and peel the black radish and slice thinly.
4. Serve the sole piping hot with plain rice, garnished with the lemon quarters and radish slices.

Vinegar-steamed sea bass and leeks

Serves 4

1 line-caught sea bass weighing 1.5 kg, scaled, gutted, filleted and boned
8 leeks

¼ l white vinegar

Dressing

500g firm, ripe tomatoes
3 tbsp sherry vinegar
4 tbsp olive oil
24 basil leaves
Salt & pepper

Preparation: 20 min

Cooking: 40-45 min at 80°C

1. Clean the leeks and remove the dark green leaves to line the steamer baskets (leave a few gaps to allow the steam to circulate). Slice the white parts of the leeks.
2. Pour the vinegar and ¾ litre of water into the water tank. Arrange the sea bass fillets on top of the leek leaves, surround with the sliced white leek, put the lid on and cook for 20 min. The leeks should still be slightly al dente. Allow to drain.
3. Cook the leeks first in one basket for 20 min at 100°C, then replace them with the fish in the second basket, turn the dial to the fish setting and cook for 25 min.
4. To make the dressing, wash the tomatoes, steam for 3 min, plunge into cold water, remove the skins and deseed. Cut the tomato flesh into tiny dice. Combine the chopped tomato, sherry vinegar, olive oil, salt and pepper in a bowl. Snip the basil leaves and add them to the tomato dressing. Pour into a sauceboat.
5. Transfer the sea bass to a serving dish (it should come away easily from the skin). Surround with the sliced leek. Coat with a little of the dressing and hand the rest separately.

Rolled black cod stuffed with whiting

Serves 4

4 fillets black cod, skinned and boned
150g whiting fillet, skinned and boned
1 egg
1 tbsp crème fraîche
2 carrots
2 courgettes
2 leeks
1 bouquet garni
Pinch ground nutmeg
Salt & pepper

Preparation: 20 min

Cooking: 40-45 min at 80°C

1. Pour a litre of water into the water tank and add the bouquet garni. Put the lid on and switch the steamer on. After 10 min, switch the steamer off and allow the liquid to infuse for 5 min.
2. Wash and peel the vegetables, cut into thin batons. Arrange them in one of the steamer baskets, put the lid on and cook for 15 min at 100°C. Allow to drain.
3. Cut the whiting fillet into pieces. Blend with the egg, crème fraîche, salt, pepper and nutmeg.
4. Divide this stuffing between the cod fillets, add a small heap of vegetables, season with salt and pepper and roll up the fillets. Place them in a steam basket with the join underneath and put the lid on.
5. Turn the dial to the fish setting and cook the fish in the lower basket for approx. 20 min, with the remaining vegetables in the upper basket.

Serve hot. Delicious with orange sauce (see Asparagus with orange sauce).

Haddock and cucumber in a creamy caper sauce

Serves 4

800g haddock
3 cucumbers
1 tbsp snipped chervil
150g spinach leaves

Sauce

30g butter
150g crème fraîche
4 or 5 tbsp capers
Salt & pepper

Preparation: 20 min

Cooking: 20-25 min at 80°C

1. Soak the haddock in milk for an hour. Wash the cucumbers, cut off both ends, peel and scoop out the seeds in the centre. Cut the cucumbers into slices. Wash the spinach leaves and line the steamer baskets with them, leaving a few gaps to allow the steam to circulate.
2. Pour a litre of water into the water tank. Place the haddock on top of the spinach leaves in the steamer baskets and put the lid on. Cook for the time indicated above. Allow to drain.
3. To make the sauce, melt the butter in a small saucepan, add the crème fraîche and capers. Season with pepper and a little salt. Remove from the heat as soon as the sauce starts to bubble.

Serve the haddock piping hot with the cucumber, coated with the sauce.

Moules marinière

Serves 4

500ml water
500ml white wine
2 kg mussels
4 garlic cloves
2 onions
2 tomatoes
4 sprigs parsley
Salt & pepper

Preparation: 15 min

Cooking: 10-15 min at 100°C

1. Pour 500ml white wine and 500ml water into the water tank.
2. Cut the onions and tomatoes into quarters and arrange in the 2 steamer baskets.
3. Clean the mussels thoroughly and add them to the baskets.
4. Add 2 garlic cloves to each basket and sprinkle with chopped parsley.
5. Steam for the time indicated above.

Serve as a starter or with french fries as a main course.

Red mullet with aioli sauce

Serves 4

2 small red mullets, filleted and boned
8 medium-sized waxy potatoes (e.g. Roseval, Ratte, Charlotte, Désirée)

Dressing

3 tsp garlic purée
1 egg yolk
200ml olive oil
1 generous pinch saffron
1 tiny pinch chilli pepper
1 tbsp lemon juice

Preparation: 15 min

Cooking: 40-45 min at 80°C

1. Wash the potatoes but leave their skins on. Pour a litre of water into the water tank. Arrange the potatoes in one of the steamer baskets, put the lid on and cook for 30 min at 100°C.
2. Insert the basket containing the fish underneath the potato basket and cook both for approximately 10 min at 80°C.
3. To make the sauce, work the garlic purée into the egg yolk and slowly whisk in the olive oil. Add the chilli powder and saffron, finishing off with the lemon juice.
4. Halve the potatoes lengthways and spread with the sauce. Arrange the fish and potatoes on a serving dish and serve hot with the rest of the sauce.



Cod and tomato parcels

Serves 4

4 cod fillets
8 cherry tomatoes
1 garlic clove
1 tbsp olive oil
Salt & pepper

Preparation: 15 min

Cooking: 25-30 min at 80°C

1. Place each fillet on a square of baking parchment.
2. Wash and halve the cherry tomatoes. Peel the garlic and slice thinly.
3. Divide the tomato halves between the fillets, add the garlic, sprinkle with olive oil and season with salt and pepper. Seal the parcels.
4. Pour a litre of water into the water tank, arrange the cod parcels in a steamer basket, put the lid on and cook for the time indicated above.

Herb-steamed john dory

Serves 4

1 large john dory weighing 2.5 kg (or 2 fish, each weighing 1.5 kg), filleted, skinned and boned
3 sprigs tarragon
2 sprigs basil
2 sprigs thyme
½ sprig rosemary
250g basmati rice
Salt & pepper

Dressing

6 tbsp olive oil
2 tbsp red wine vinegar
10 sprigs tarragon
4 basil leaves

Preparation: 20 min

Cooking: 40-45 min at 80°C

1. Pour a litre of water into the water tank and add all the herbs, together with some salt and pepper. Put the lid on and switch the steamer on. After 10 min, switch the steamer off and allow the liquid to infuse for 5 min.
2. Pour 250ml water into the multi-function bowl and add the rice. Cook for 30 min at 100°C. Stir halfway through the cooking.
3. Lay the fish fillets flat in the steamer baskets, put the lid on and cook for 10-15 min at 80°C.
4. To make the dressing, rinse the herbs and pat them dry. Snip them, add the oil and vinegar and combine.
5. Carefully arrange the fish fillets on a warmed serving dish, sprinkle with a little dressing and serve with the drained rice, sprinkled with a little of the dressing. Serve the remaining dressing separately in a sauceboat.

Salmon steaks with tomato

Serves 4

4 salmon steaks, skinned and boned
8 tomatoes
4 tbsp olive oil
Coarse salt

Preparation: 10 min

Cooking: 25-30 min at 80°C

1. Wash the tomatoes and leave them whole. Pour a litre of water into the water tank. Place the tomatoes in a steamer basket, put the lid on and cook for the time indicated above.
2. Add the salmon after 7 min.
3. Plunge the cooked tomatoes into cold water, remove their skins and cut into large dice, discarding the juice. Arrange the salmon and tomato on a serving dish, sprinkle with the olive oil and scatter with coarse salt.
4. Serve hot with rice or steamed potatoes.

Steamed trout with broccoli mousse

Serves 4

4 trout fillets, boned
800g broccoli
200g floury potatoes (e.g. King Edward)
4 tbsp olive oil
4 tbsp lemon juice
Salt & pepper

Preparation: 15 min

Cooking: 50-55 min at 80°C

1. Divide the broccoli into small florets and wash. Peel and wash the potatoes, cut into small dice. Steam the broccoli and potato first in one basket for 25-30 min at 100°C, then cook the fish in the other basket for 20-35 min at 80°C.
2. Blend the potato and broccoli in a food processor. Add the oil and lemon, and season with salt and pepper while the machine is still running.
3. Arrange the trout fillets on a serving dish and serve the purée in a separate dish.

Sole stuffed with avocado

Serves 4

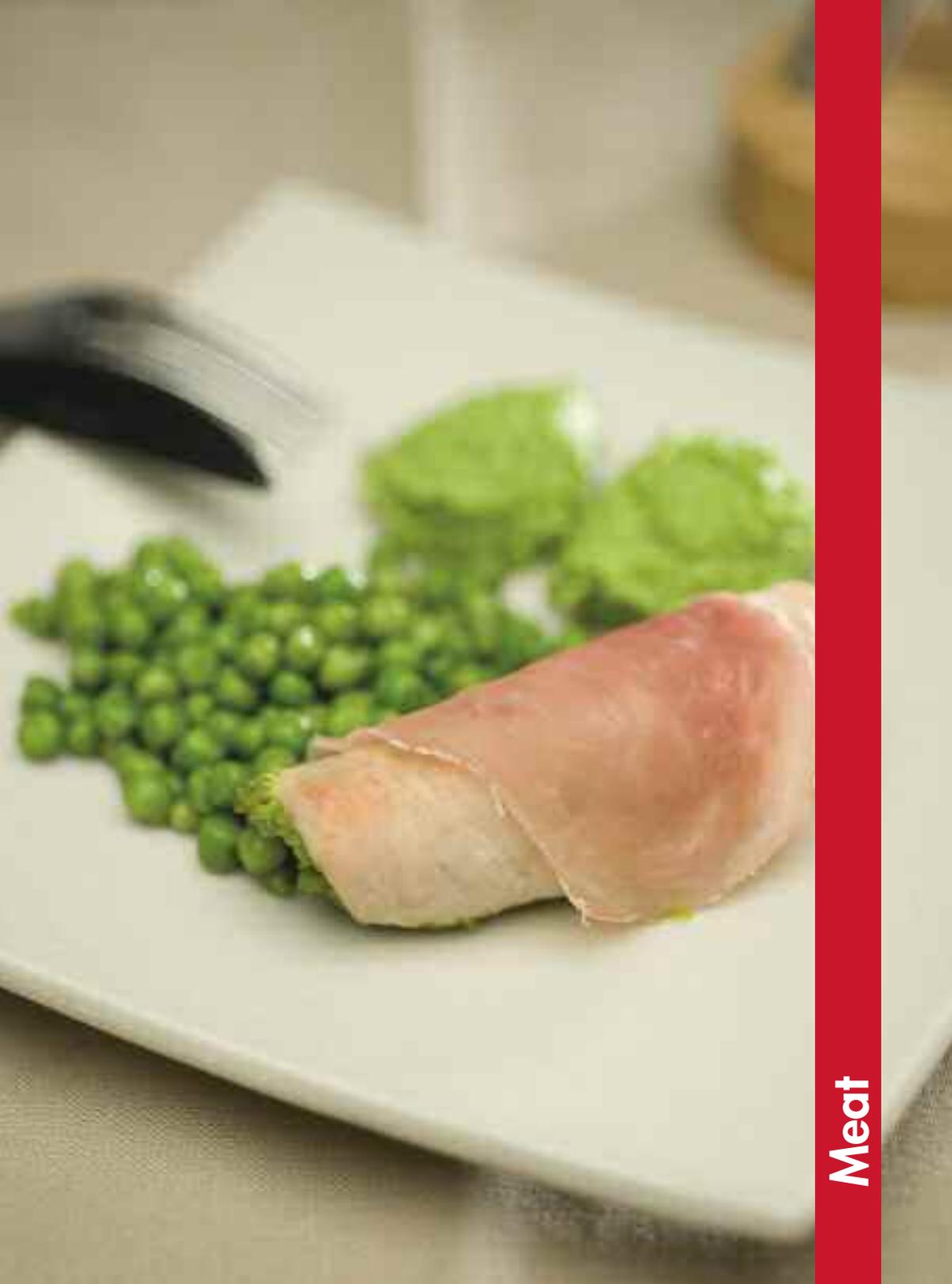
4 sole fillets, skinned and boned
2 avocado pears
1 lemon
200ml crème fraîche
3 tbsp white wine
Salt & pepper

Preparation: 20 min

Cooking: 15-20 min at 80°C

1. Halve one of the avocado pears and scoop out the flesh. Squeeze the lemon. Mash the avocado roughly with half the lemon juice.
2. Lay the sole fillets flat on the worktop, season with salt and pepper and spread with the mashed avocado. Roll up and secure with wooden cocktail sticks.
3. Pour a litre of water into the water tank, arrange the sole rolls in a steamer basket, put the lid on and cook for the time indicated above.
4. Halve the remaining avocado, scoop out the flesh and blend with the crème fraîche and white wine. Season with salt and pepper and heat gently for 10 min in the multi-function bowl.
5. Serve the sole hot, coated with the avocado sauce, with either pasta or potatoes (which you can steam at the same time).

The avocado filling can be replaced with chopped tomato.



Meat

Turkey rolls with creamed garden peas

Serves 4

4 very thin turkey escalopes
4 thin slices Parma ham
2 sprigs thyme
800g peas
2 spring onions or 4 tbsp
chopped onion
50g butter + 1 tbsp butter
200ml crème fraîche
4 tbsp chopped chervil
Freshly-ground mixture of
black peppercorns, coriander
and cardamom
Table salt

Preparation: 30 min

Cooking: 30-35 min at 100°C

1. Pour a litre of water into the water tank. Place the peas in a steamer basket, cover and cook for 15-20 min. Drain, set aside 600g peas and blend the rest to a purée.
2. Season the turkey escalopes with the spice mixture, scatter with thyme, cover with a slice of ham and top with 1 tbsp of pea purée. Roll them up and secure with string, if necessary.
3. Arrange the turkey rolls in a steamer basket, put the lid on and cook for 15 min.
4. Soften the chopped onions in a tablespoon of butter, add the crème fraîche, remaining pea purée, butter, salt and pepper. Cook gently for 5 min, blend again and pass through a sieve.
5. Heat the remaining peas for 5 min. Pour the creamed peas onto a serving dish, arrange the rolls on top, surround with the peas and scatter with chopped chervil.

The turkey rolls can be served with steamed potatoes.

Beef poached with vegetables

Serves 4

800g beef fillet, larded and tied with string

8 carrots

8 small waxy potatoes (e.g.

Roseval, Ratte, Charlotte,

Désirée)

4 sticks celery

4 onions

2 leeks, white part only

½ small cauliflower

1 litre beef stock

Sauce

200ml sunflower oil

1 egg yolk

1 tbsp mustard

Salt & pepper

6 gherkins

18 capers

1 tbsp lemon juice

Preparation: 20 min

Cooking: 20 at 30 min at 100°C

1. Pour the stock into the water tank. Place the beef in one of the baskets, put the lid on and cook for 20-30 min, according to the size of the fillet.
2. Wash all the vegetables. Peel them and cut into pieces, except for the potatoes, which should be left whole.
3. Lay all the vegetables in the other steamer basket and place this above the beef 10 min after the start of the cooking time.
4. To make the sauce, chop the gherkins and capers finely. Stir the egg yolk into the mustard, with salt, pepper and 1 tbsp oil. Add the rest of the oil slowly while whisking to make a mayonnaise. Add the chopped gherkins and capers and finish off with the lemon juice.
5. Serve hot with the sauce.

You can brown the meat in a pan before steaming it.

Rabbit and vegetable parcels

Serves 4

12 rabbit legs
6 cabbage leaves
8 small carrots
4 small courgettes
4 sprigs rosemary
4 sprigs thyme
4 bay leaves
Salt & pepper

Preparation: 30 min

Cooking: 30-35 min at 100°C

1. Bone the rabbit legs and season with salt and pepper. Wash the cabbage leaves, cut in half and discard the tough central rib. Peel and wash the carrots and courgettes and cut into batons.
2. Place one rabbit leg on each half-leaf, top with a few vegetable sticks and roll up to form small parcels.
3. Pour a litre of water into the water tank. Arrange the rabbit parcels in one basket and the vegetables, rosemary and seasoning in the other. Put the lid on and cook for 30-35 min. Allow the water to drain.
4. Serve hot, drizzled with olive oil or chilli oil, according to taste.

Morteau sausages with herby fromage frais

Serves 4

2 Morteau smoke-cured sausages
12 medium-sized potatoes
500ml white wine
Herby fromage frais
250g fromage frais
Parsley
Chives
1 garlic clove
Salt & pepper

Preparation: 10 min

Cooking: 25-30 min at 100°C

1. Pour 500ml white wine and 500ml water into the water tank.
2. Prick the sausages with a fork and place them in the lower steamer basket.
3. Peel the potatoes and place them in the upper basket.
4. Put the lid on and steam for 25-30 min.
5. Meanwhile, combine the fromage frais with the chopped parsley, garlic and chives. Add 1 tbsp white wine and season with salt and pepper.
6. Slice the sausages and serve with the potatoes and sauce.

Steamed veal with aubergines and mushrooms

Serves 4

1 veal joint weighing 800 g
300g mushrooms (ideally
ceps)
4 small aubergines
1 lemon
4 tbsp snipped chervil
300ml well-reduced veal stock
100g butter
Coarse sea salt

Preparation: 30 min

Cooking: 35-40 min at 100°C

1. Sprinkle the veal generously with salt and leave for 10 min. Pour a litre of water into the water tank, place the veal in a basket, put the lid on and cook for 35-40 min.
2. Wash the aubergines, cut in half lengthways, remove the ends and cut into thin slices. Rinse the slices, dry thoroughly in a tea towel and arrange in the other basket. Briefly rinse the mushrooms, dry them in a tea towel and slice thinly.
3. After the veal has been cooking for 10 min, add the aubergines, followed 5 min later by the mushrooms.
4. To make the sauce, simmer the veal stock in a saucepan for 5 min, then add the juice of $\frac{1}{2}$ lemon, stirring gently. Add the diced butter, stirring continuously. Check the seasoning, adding the juice of the other $\frac{1}{2}$ lemon if necessary. Keep warm.
5. Slice the veal thinly, surround with the vegetables, coat with the sauce and garnish with chervil.

Serve hot.

Herb-steamed chicken

Serves 4

1 chicken weighing 1.3 kg
4 tbsp chopped parsley
4 tbsp fresh chopped coriander
4 sprigs thyme
50g butter
1 tbsp turmeric (or 1 tbsp ground ginger + small pinch saffron)
1 tsp cumin
1 tsp paprika
1½ tsp salt
½ tsp freshly-milled black pepper

Preparation: 20 min

Cooking: 1 hour 20 min at 100°C

1. Combine the parsley, coriander, spices, salt and pepper in a bowl. Rub the chicken skin with this mixture and put the remainder in the cavity.
2. Pour a litre of water into the water tank. Place 2 sprigs of thyme in one of the steamer baskets, add the chicken (you can wrap it in muslin), then place the remaining 2 sprigs of thyme on top. Remove the base from the top steamer basket, put the lid on and cook for 1 hour 20 min, regularly checking the water level.
3. Remove the chicken.

Serve hot with ratatouille or puréed courgettes.

You can brown the cooked chicken for 10 min in the oven (grill function).

Chicken aioli

Serves 4

4 chicken escalopes
8 carrots
8 artichoke bottoms
400g frozen green beans
4 tomatoes
Sauce
3 tsp garlic purée
1 egg yolk
150ml olive oil
1 generous pinch saffron
1 pinch chilli pepper
1 tbsp lemon juice
Salt & pepper
(or 250ml ready made mayonnaise flavoured with saffron and chilli)

Preparation: 15 min

Cooking: 30-35 min at 100°C

1. Pour a litre of water into the water tank. Wash and peel the carrots and cut lengthways into quarters. Place the chicken escalopes in one of the baskets and divide the vegetables between the 2 baskets. Cover and cook for 30-35 min. Allow to drain.
2. To make the sauce, stir the garlic purée into the egg yolk and gradually add the olive oil in a thin trickle, whisking continuously. Add the chilli pepper and saffron and finish off with the lemon juice.
3. Wash the tomatoes and cut into quarters. Serve the hot chicken and vegetables in a large dish surrounded by the tomatoes. Serve the aioli sauce separately.



Shoulder of lamb with sage

Serves 4

1 semi-boned shoulder of lamb, weighing approx.

1.5 kg

2 bunches sage

1 onion

10 cloves

Coarse salt

Cumin

8 small carrots

250g small waxy potatoes (Ratte, if possible)

3 turnips

3 leeks

3 small courgettes

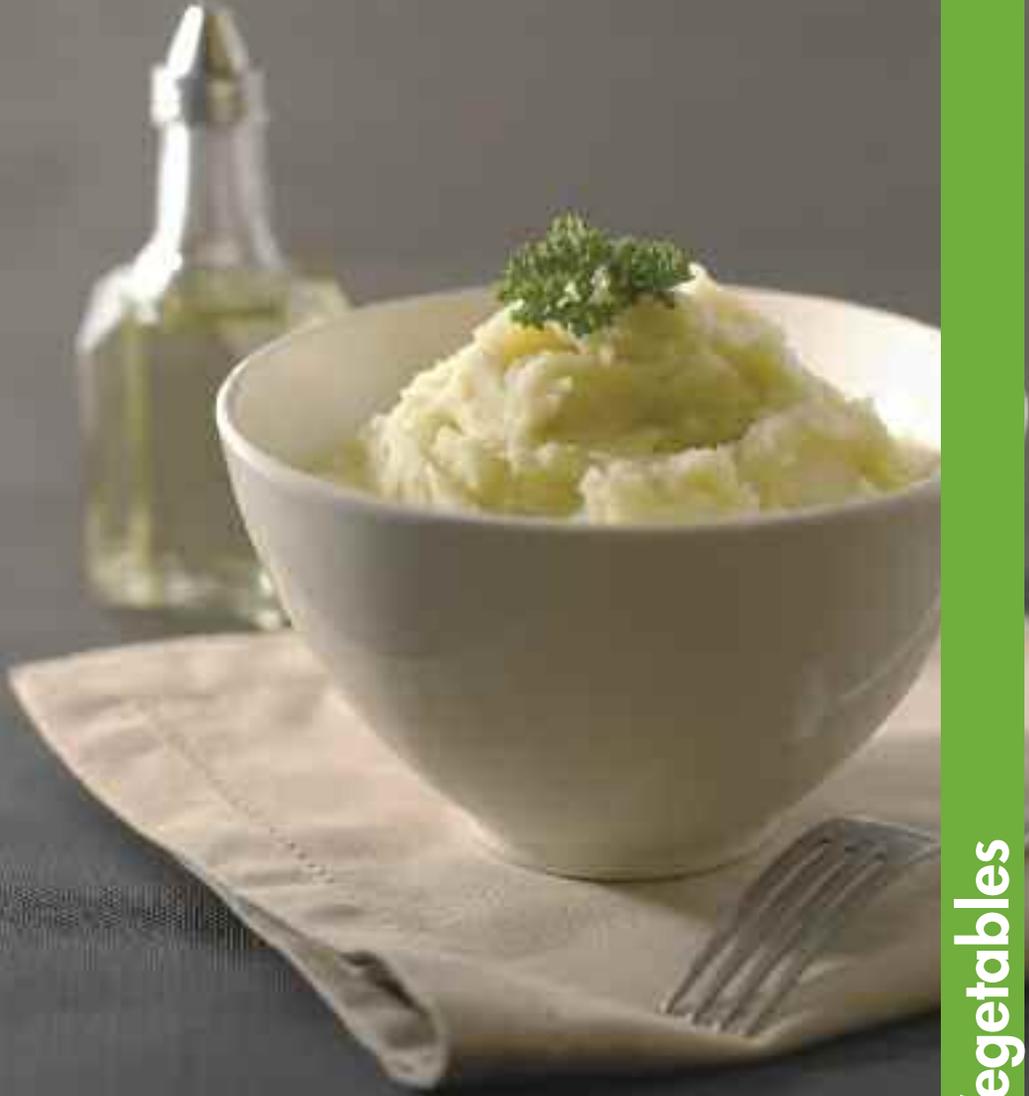
Salt & pepper

Preparation: 15 min

Cooking: 3 hours at 100°C

1. Peel the onion, cut into quarters and spike with cloves. Pour a litre of water into the water tank and add the onion.
2. Line a steamer basket with sage leaves, leaving a few gaps for the steam to circulate. Lay the lamb on top, lightly seasoned with salt and pepper. Put the lid on and cook for 3 hours, regularly checking the water level.
3. Wash and peel the vegetables, except for the potatoes. Add them to the steamer $\frac{3}{4}$ hour before the end of the cooking time followed 15 min later by the courgettes. Allow the water to drain.
4. The lamb should have a melt-in-the-mouth consistency. Serve piping hot, surrounded by the vegetables and accompanied by a small saucer of coarse salt and cumin.

You can brown the meat in a pan before steaming it.



Vegetables

Basket of steamed vegetables

Serves 4

8 small carrots
2 leeks, white part only
8 small waxy potatoes (e.g. Roseval, Ratte, Charlotte, Désirée)
2 small courgettes
12 small button mushrooms, stalks removed
100g green beans
4 cabbage leaves
12 spinach leaves

Preparation: 20 min

Cooking: 30-35 min at 100°C

1. Wash the vegetables. Peel the carrots, cut off both ends of the courgettes. Cut the leeks and courgettes into sections. Shred the cabbage leaves.
2. Pour a litre of water into the water tank. Arrange the carrots, leeks and cabbage in one of the steamer baskets, put the lid on and cook for 30-35 min. Place the potatoes and spinach leaves in the other basket and add after 5 min. 10 min after that, add the beans, courgettes and mushrooms. Allow to drain.
3. Arrange the vegetables in a serving dish. Serve hot, drizzled with extra-virgin olive oil or with a bowl of aioli sauce.

Steamed leeks

Serves 4

1 kg leeks, white part only
Salt & pepper

Preparation: 10 min

Cooking: 35-40 min at 100°C

1. Wash the leeks thoroughly and leave whole. Pour a litre of water into the water tank. Lay the leeks in one of the steamer baskets, put the lid on and cook for around 35 min. Allow to drain completely.
2. Arrange the leeks on a serving dish and season with salt and pepper. Serve hot, with a dressing made either from olive oil (2 tbsps) and balsamic vinegar (1 tbsps) or from orange juice (2 tbsps) and hazelnut oil (½ tbsps).

Celeriac purée

Serves 4

1 kg celeriac
125g thick crème fraîche
2 tbsp fruity olive oil
Salt

Preparation: 20 min

Cooking: 30-35 min at 100°C

1. Peel and wash the celeriac. Cut into 4-cm cubes.
2. Pour a litre of water into the water tank, spread the celeriac cubes out in one of the steamer baskets, put the lid on and cook for 30-35 min. The celeriac should be very soft and easy to pierce with a knife.
3. Drain the celeriac and allow to cool slightly. Blend to obtain a smooth consistency, then mix in the crème fraîche. Add the olive oil slowly. Stirring continuously, and season with salt.
4. Reheat the purée for 5 min over a low heat. Serve piping hot, preferably with a poultry dish.

Minted courgette purée

Serves 4

4 medium-sized courgettes
4 tbsp single cream
4 tbsp snipped mint
1 tbsp lemon juice
Freshly-ground mixture of
black, white, green, pink and
Jamaican peppercorns
Table salt

Preparation: 20 min

Cooking: 20-25 min at 100°C

1. Peel and wash the courgettes, cut into pieces. Pour a litre of water into the water tank, lay the courgette pieces in one of the steamer baskets, put the lid on and cook for 20-25 min. Allow to drain completely.
2. Blend the courgettes with the cream, salt, pepper and lemon juice.
3. Stir in the mint. Reheat for 5 min over a low heat and serve piping hot.

Can also be served chilled as a vegetable dip.

Bay leaf-flavoured potatoes

Serves 4

1 kg waxy potatoes
(e.g. Roseval, Ratte, Charlotte,
Désirée)

1 bunch bay leaves
400ml thick crème fraîche
4 tbsp snipped tarragon
Salt & pepper

Preparation: 10 min

Cooking: 30-45 min at 100°C

1. Wash the potatoes but do not peel them. Slit them lengthways and insert a bay leaf.
2. Pour a litre of water into the water tank. Place the potatoes in one of the steamer baskets, put the lid on and steam for 30-45 min, according to their size.
3. Season the crème fraîche with salt and pepper and mix in the tarragon. Serve the potatoes piping hot, accompanied by the crème fraîche.

Delicious with oven-baked fish.

Provençal-style green vegetables

Serves 4

250g frozen extra-fine green
beans
250g mangetout peas
300g broccoli
4 small courgettes
2 tbsp chopped chervil

Dressing

1 lemon
150ml olive oil
1 pinch salt
Freshly-milled black pepper

Preparation: 15 min

Cooking: 25-30 min at 100°C

1. Rinse and string the peas. Wash the courgettes and discard the ends. Separate the broccoli into small florets and wash.
2. Pour a litre of water into the water tank. Arrange the courgettes and broccoli in one of the steamer baskets, put the lid on and cook for 25-30 min. Arrange the beans and peas in the other basket and add to the steamer 15 min before the end of the cooking time. Allow to drain.
3. To make the dressing, squeeze the lemon, add the salt to the juice, pour in the oil and add a few grinds of pepper.
4. Arrange the vegetables on a serving dish. Slice the courgettes lengthways, leaving the slices attached at one end to make a fan shape. Coat with the dressing and scatter with chervil.

Serve the vegetables as soon as they are cooked, so that they lose none of their flavour or colour.

Mushroom and parmesan risotto

Serves 4

200g Arborio (risotto) rice
200g button mushrooms
50g grated parmesan cheese
400ml water
1 chicken stock cube
200ml crème fraîche
Salt & pepper

Preparation: 15 min

Cooking: 45-50 min at 100°C

1. Prepare the mushrooms by removing the stalks and rinsing gently. Slice in a food processor.
2. Put the rice and mushrooms in the multi-function bowl and combine.
3. Add the salt, pepper, chicken stock cube and water.
4. Pour 1 litre water into the water tank and place the bowl in a steamer basket. Put the lid on and cook for 45 min at 100°C.
5. Stir regularly with a spatula.
6. At the last minute, pour in the crème fraîche and add the parmesan. Stir and serve hot.



Vegetable Medley

Serves 4

1 small cauliflower
3 courgettes
2 large carrots
160g frozen peas
2 pots yoghurt
1 tsp ground chilli pepper
(Espelette, if possible)
4 tbsp chopped mint
Salt

Preparation: 20 min

Cooking: 20-25 min at 100°C

1. Peel and wash the carrots and courgettes, and cut into batons. Separate the cauliflower into florets, wash, pat them dry and grate in the food processor to obtain a sort of coarse-grained.
2. Pour a litre of water into the water tank, arrange the carrots in one of the steamer baskets, put the lid on and cook for 20-25 min. Add the courgettes after 5 min.
3. Line the other basket with muslin and spread the grated cauliflower on top. Sprinkle with salt and add to the steamer 5 min after the courgettes. 5 min before the end of the cooking time, add the peas to the cauliflower.
4. Allow the vegetables to drain. Transfer the cauliflower and peas to a shallow dish. Stir in the mint and arrange the other vegetables on top.

Serve hot with the yoghurt beaten with salt and chilli pepper.

Delicious served with grilled lamb chops.



Ratatouille

Serves 4

2 aubergines
1 red pepper
1 green pepper
2 courgettes
4 large tomatoes
3 large onions
3 garlic cloves
2 sprigs thyme
2 sprigs rosemary
4 tbsp olive oil

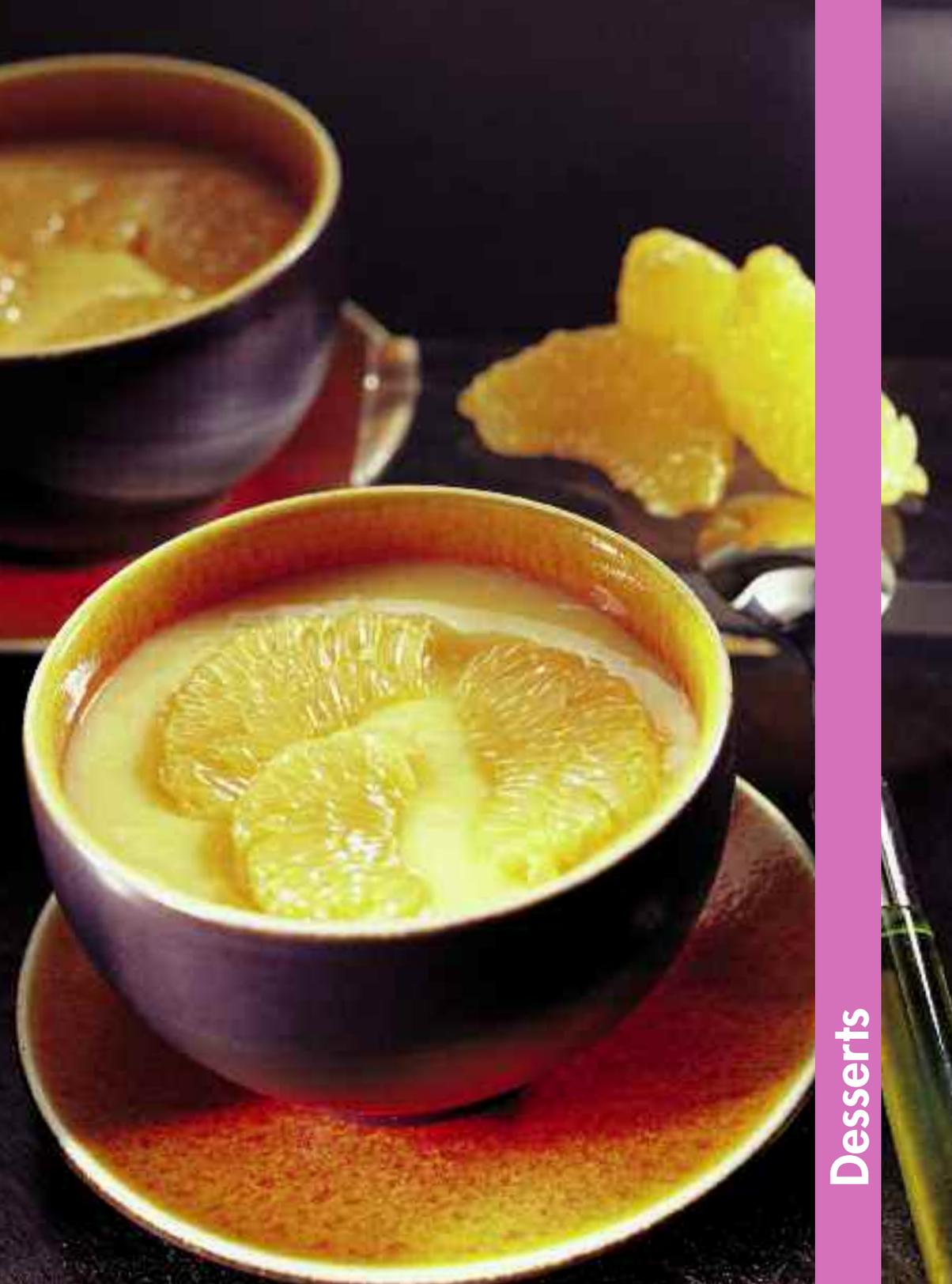
Preparation: 25 min

Cooking: 60 min at 100°C

1. Wash the vegetables, deseed the peppers, and dice the aubergines, peppers and courgettes. Peel and chop the onion and garlic.
2. Pour a litre of water into the water tank. Spread the aubergines and peppers in one of the steamer baskets, put the lid on and cook for 15 min. Place the courgettes in the other basket and add to the steamer 5 min later. Add the tomatoes 3 min before the end of the cooking time. Allow to drain.
3. Plunge the tomatoes into cold water, remove their skins, deseed and cut into quarters.
4. In a pan, gently fry the chopped onion and garlic in olive oil for 5 min. Add the diced aubergine and pepper and simmer over a low heat for 10 min.
5. Add the courgettes and tomatoes, season with salt, pepper, thyme, rosemary and simmer with the lid off for 30 min. Serve hot or cold.

This method yields an intensely-flavoured ratatouille that is not at all watery.





Desserts

Grapefruit creams

Serves 4

300ml grapefruit juice
125g caster sugar
3 large eggs
16g demerara sugar
1 level tbsp cornflour

Preparation: 20 min

Resting time: 1 hour

Cooking: 30-35 min at 100°C

1. Pour the grapefruit juice into a saucepan with the caster sugar. Heat gently for 10 min, stir, then allow to cool slightly.
2. Beat the whole eggs with the cornflour in a bowl. Add the warm grapefruit juice, stirring continuously, then divide between 4 ramekins.
3. Pour a litre of water into the water tank. Put the ramekins in one of the steamer baskets, cover with a piece of aluminium foil, put the lid on and cook for 30-35 min. Leave to cool.
4. Sprinkle the creams with demerara sugar and chill for at least an hour in the refrigerator. Serve chilled.

Tropical coconut flans

Serves 4

200g condensed milk
250ml milk
2 eggs
65g desiccated coconut
400g fresh fruit (according to season)

Preparation: 20 min

Resting time: 10 min + 1 hour

Cooking: 20-25 min at 100°C

1. Heat the milk slightly and pour in the condensed milk. Beat the eggs and stir in the coconut and warm milk. Divide between 4 ramekins.
2. Pour a litre of water into the water tank. Place the ramekins in one of the steamer baskets, cover with a piece of aluminium foil, put the lid on and cook for 20-25 min. Leave to settle for 10 min, with the steamer lid slightly ajar. Allow to cool uncovered before placing in the refrigerator for 1 hour.
3. Wash, peel and slice the fruit if necessary. Serve the flans chilled, decorated with the fruit.

Pear compote

Serves 4

1 kg pears
300ml water
50g cane sugar
½ tsp ground cinnamon
½ vanilla pod

Preparation: 15 min

Cooking: 1¼ hours at 100°C

1. Scrape the seeds from the vanilla pod. Make a syrup in a saucepan with the water, sugar, cinnamon and vanilla seeds. Simmer gently for 1 hour over a low heat.
2. Peel and dice the pears. Pour a litre of water into the water tank. Arrange the diced pear in one of the steamer baskets, put the lid on and cook for 15 min.
3. When the pear is cooked, mix it with the syrup and allow to cool. Serve cold.

Spiced bananas

Serves 4

4 bananas (just ripe)
50g sugar
40g butter
Juice of ½ lemon
½ vanilla pod
½ tsp ground cinnamon
8 tbsp orange-flower water
200ml crème fraîche

Preparation: 25 min

Cooking: 15-20 min at 100°C

1. Peel the bananas and sprinkle them with the lemon juice. Combine the cinnamon with 25g sugar in a shallow dish and roll the bananas in this mixture. Fry them in the butter for 4 min.
2. Lay the bananas on a large piece of aluminium foil. Scrape the seeds from the vanilla pod, mix with the remaining sugar and scatter over the bananas. Sprinkle them with 4 tbsp of the orange-flower water before tightly sealing the foil parcel.
3. Pour a litre of water into the water tank. Place the parcel in one of the steamer baskets, put the lid on and cook for 15-20 min. Take the bananas out of the parcel and set aside in a warm place. Pour the cooking juices from the parcel into the frying pan. Bring the cooking juices to the boil with the crème fraîche and remaining 4 tbsp of orange-flower water.

Serve the bananas hot, coated in the sauce.

Delicious with chocolate ice cream.

Apple and cinnamon pudding

Serves 4

4 Granny Smith apples
8 slices stale brioche
300ml low fat thick crème fraîche
3 tbsp orange-flower water
3 tbsp caster sugar
3 tsp ground cinnamon
1 knob butter

Preparation: 15 min

Cooking: 45-50 min at 100°C

1. Peel and slice the apples. Combine the cream, orange-flower water, sugar and cinnamon.
2. Butter a cake tin and line the base with a layer of brioche. Add a layer of apples followed by a layer of crème fraîche. Repeat this operation twice, ending with the apples.
3. Pour a litre of water into the water tank. Place the cake tin in one of the steamer baskets, cover with a piece of aluminium foil, put the lid on and cook for the time indicated above. Serve slightly warm.

Lemon cake

Serves 6 to 8

3 large eggs
200g caster sugar
210g plain flour + 1 tbsp flour
Juice of ½ lemon
2 tsp baking powder
250ml thick crème fraîche
1 tsp vanilla extract
1 knob butter
1 pinch salt
250ml raspberry coulis

Preparation: 15 min

Cooking: 45-50 min at 100°C

1. Beat the eggs and add the sugar and lemon juice. Mix the flour, baking powder and salt in one bowl and the crème fraîche and vanilla in another. Fold the flour mixture into the eggs, followed by the cream mixture. Repeat this process twice.
2. Divide the cake mixture between 2 small buttered and floured cake tins. Remember that these cakes will rise a lot. Pour a litre of water into the water tank. Put the cake tins in one of the steamer baskets, cover with a piece of aluminium foil, put the lid on and cook for the time indicated above.
3. Allow to cool before turning the cakes out of their tins. Serve with the raspberry coulis.



Yoghurts

Plain yoghurts

Makes 9 yoghurts

1 l whole milk
or 1 l soya milk
or 1 l goat's milk
or 1 l ewe's milk
125g yoghurt

Preparation: 5 min

Cooking: From 8-12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Combine 1 litre of milk with the yoghurt in a large jug.
2. Pour the mixture into the pots without their lids and place these in a steamer basket. **Do not put any water** in the water tank.
3. Put the steamer lid on and cook for 8-12 hours at 40°C.

For a creamy consistency, cook for 8 hours, but if you prefer a firmer consistency, cook for the full 12 hours.

If you use semi-skimmed milk, yoghurts will be runnier and have a more acidic taste.

Goat's milk also produces a runnier consistency. For further advice and useful tips, turn to page 13.

Coconut yoghurts

Makes 9 yoghurts

1 l whole milk
125g yoghurt
5 tbsp brown sugar
8 tbsp desiccated coconut

Preparation: 5 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Combine the yoghurt, sugar and coconut in a large bowl and gradually add the milk, stirring thoroughly.
2. Divide the mixture between the pots. Place them in a steamer basket without their lids but **do not put any water** in the water tank.
3. Put the steamer lid on and cook for 12 hours at 40°C.

Vanilla yoghurts

Makes 9 yoghurts

1 l whole milk
125g yoghurt
4 tbsp sugar
2 vanilla pods
(or 4 tbsp vanilla-flavoured sugar)

Preparation: 10 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Split the vanilla pods, scrape out the seeds with the tip of a knife and place in a saucepan. Add the milk and sugar and bring to the boil. Allow to cool, then strain.
2. Combine the yoghurt and vanilla-flavoured milk in a large bowl and divide between the pots.
3. Place the pots without their lids in a steamer basket but **do not put any water** in the water tank.
4. Put the steamer lid on and cook for 12 hours at 40°C.

Blueberry yoghurts

Makes 9 yoghurts

125g yoghurt
1 l whole milk
10 tbsp caster sugar
300g fresh or frozen blueberries

Preparation: 10 min
Cooking: 12 hours at 40°C
Resting time: 3 hours in the refrigerator

1. Place the blueberries in a saucepan and sprinkle with 5 tbsp of sugar. Cover and cook over a high heat for 5 min.*
2. Beat the yoghurt with the rest of the sugar in a large bowl and add the milk slowly.
3. Place 2 tbsp of blueberry compote at the bottom of each pot and fill with the milk and yoghurt mixture.
4. Place the pots without their lids in a steamer basket, remembering **not to put any water** in the water tank. Put the steamer lid on and cook for 12 hours at 40°C.

You can use a variety of fruit, providing you always add sugar to it. You can also substitute the fruit mixture with jam.

* If you are in a hurry, simply microwave the mixture (covered) at maximum power for 3 min.

Caramelised apple yoghurts

Makes 9 yoghurts

1 l whole milk
125g yoghurt
1 firm-fleshed apple
20g salted butter
50g brown sugar

Preparation: 15 min
Cooking: 12 hours at 40°C
Resting time: 3 hours in the refrigerator

1. Peel the apple and cut into small dice. Fry in the butter for 5 min, then add the sugar. As soon as the apple starts to caramelize, remove from the heat and divide between the pots.
2. Combine the milk and yoghurt in a large bowl, then divide between the pots.
3. Place the pots without their lids in a steamer basket, remembering **not to put any water** in the water tank. Put the steamer lid on and cook for 12 hours at 40°C.

To make sure that the fruit does not float to the top, pour the milk into the pots very slowly and gently over the back of a spoon.



Yogurt

Wickedly rich chocolate desserts

Makes 9 yoghurts

400g plain or milk chocolate
2 whole eggs
500ml whole milk

Preparation: 10 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Melt the chocolate with the milk in a saucepan. Remove from the heat and beat in the eggs.
2. Divide the mixture between the pots.
3. Place the pots without their lids in a steamer basket, **without putting any water** in the water tank.
4. Put the steamer lid on and cook for 12 hours at 40°C.

Foam strawberry yoghurts

Makes 9 yoghurts

1 l whole milk
125g yoghurt
200g foam strawberry sweets

Preparation: 15 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Heat the milk with the foam strawberries. The sweets should melt quickly.
2. Allow to cool and pass through a sieve.
3. Combine the yoghurt and foam strawberry milk in a large bowl, then divide between the pots and place these without their lids in a steamer basket. Remember **not to put any water** in the water tank.
4. Put the steamer lid on and cook for 12 hours at 40°C.

Honey yoghurts

Makes 9 yoghurts

1 l whole milk
125g yoghurt
18 tbsp honey

Preparation: 5 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Combine the milk and yoghurt. Place 2 tbsp honey in each pot.
2. Divide the milk between the pots steamer and place in a steamer basket, **without putting any water** in the water tank. Put the steamer lid on and cook for 12 hours at 40°C.

To make sure that the honey stays at the bottom of the pots, pour the milk in very slowly and gently over the back of a spoon.

Nutella® yoghurts

Makes 9 yoghurts

1 l whole milk
125g yoghurt
18 tbsp Nutella

Preparation: 5 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Combine the milk mixture and yoghurt. Place 2 tbsp Nutella spread at the bottom of each pot.
2. Divide the milk between the pots and place these in a steamer basket. Remember **not to put any water** in the water tank. Put the steamer lid on and cook for 12 hours at 40°C.

To make sure the spread stays at the bottom of the pots, pour the milk mixture in very slowly and gently over the back of a spoon.

Tomato and pesto yoghurts

Makes 9 yoghurts

- 1 l whole milk
- 125g yoghurt
- 2 tomatoes
- 3 tbsp pesto
- 2 tsp sugar

Preparation: 15 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Dice the tomatoes and place in a saucepan. Sprinkle with the sugar, cover and cook over a high heat for 5 min.*
2. Combine the yoghurt and pesto in a large bowl and add the milk, stirring thoroughly.
3. Place 2 tsp tomato at the bottom of each pot and cover with the milk mixture.
4. Place the pots without their lids in a steamer basket, but **do not put any water** in the water tank. Put the steamer lid on and cook for 12 hours at 40°C.

Make sure that the tomatoes do not float to the top by pouring the milk mixture in very slowly and gently over the back of a spoon.

*If you are in a hurry, simply microwave the mixture (covered) at maximum power for 3 min..

Goat's cheese and chive yoghurts

Makes 9 yoghurts

- 1 l whole milk
- 125g yoghurt
- 150g goat's cheese
- Fresh chives

Preparation: 15 min

Cooking: 12 hours at 40°C

Resting time: 3 hours in the refrigerator

1. Gently heat the milk and goat's cheese in a saucepan. Do not allow to boil. Mix thoroughly and season with salt and pepper.
2. Meanwhile, snip some chives into each pot so that the base is completely covered.
3. Combine the milk mixture and yoghurt in a large bowl and divide this mixture between the pots.
4. Place the pots without their lids in a steamer basket, remembering **not to put any water** in the tank.
5. Put the steamer lid on and cook for 12 hours at 40°C.





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