GLEM

Recipe Book

Glem Gas was born in 1959 in Modena, in the heart of Emilia, and of this territory it hands down proudly the culinary excellence, the artistic tradition, the passion of the earth, the innovation of the spirit and the maestry of the craftsmanship. Technology, aesthetic and functionality are the key-words which express Glem Gas added values. After over 50 years of business, being “Specialists in cooking” remains our main aim.

Specialists in cooking

più DOLCI più CUCINA

In cooperation with the cooks of the magazines "più DOLCI" and "più CUCINA"

Chef: Mara Mantovani

pag. 4 starters pag. 12 main courses pag. 20 pizza and bread pag. 28 side dishes pag. 36 desserts

Quiche Vittoria

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

1 Pâte brisée
600 g sliced onions
1 head of radicchio
90 g thin sliced cheese
30 g butter
80 g parmesan cheese
2 thyme branches
3 eggs
150 g cream
pepper
salt

traditional balsamic vinegar from Modena

30’ 60’ very easy 4 people

• Sauté the onions in butter with the thyme for 20 minutes. Add salt and pepper. Beat the eggs and add the cream, the grated parmesan cheese, the onions and all the gravy.
Line the baking pan ø 26 cm
with the Pâte Brisée, prick the bottom and cover with the sliced cheese slightly overlapping.

• Cover with the radicchio cut into thin julienne, then pour the filling of onions and level it.
Put the quiche into a pre-heated oven at 190° for 20 minutes then reduce the temperature at 170° and continue cooking for other 20 minutes.

• When the quiche is cooked, take it out of the oven and let it rest for at least 12 hours before tasting it lukewarm and with some drops of traditional balsamic vinegar from Modena.

Onion soup

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

800 g white onions
80 g butter
55 g flour
1,5 l broth
100 g gruyère cheese
black pepper
salt
8 toasted slices of homemade bread

20’ 30’ easy 4 people

• Slice the peeled onions. Sauté in butter for some minutes, then add flour and stir to dissolve the lumps.

• Pour the hot broth and cook over a low heat for 40 minutes. Add salt and pepper.

• Toast the bread in the oven. Put on the bottom of four ovenproof bowls a slice of bread, then cover with the onion soup.
Put another slice of toasted bread, sprinkle generous gruyère cheese and broil at 200° until the surface is browned.

Panzerotti with anchovies and cauliflower

burner advised:

pan advised:
Ø 24-26 cm

INGREDIENTS

anchovy fillets as required
50 g béchamel
150 g stewed cauliflower
20 g grated parmesan
500 g pizza dough
pepper
salt
oil for frying

30’ 9’ facile 4/6 people (24 panzerotti)

• Crush the cauliflower grossly; add the béchamel, the cheese and 6 chopped anchovy fillets. Add salt and pepper.
Roll out the dough thin and cut some squares of cm 10 x 10.

• Put a spoon of cauliflower filling in the middle of each square (without arriving at the edges).

• Put an anchovy fillet in the middle of the filling and close the panzerotto welding the edges well.
• Wait 10 minutes, then frying them in a very hot oil.

Codfish fritters

burner advised:

pan advised:
Ø 24-26 cm

INGREDIENTI

800 g soaked salt cod
2 red hot peppers
1 clove of garlic
10 leaves of parsley
30 g grated parmesan
salt
pepper
300 g Manitoba flour
10 g brewer's yeast
oil for frying

cherry tomatoes and salad to serve

40’ a. r. easy 4 people

- Dice the codfish,dry it well and flavour with the chopped parsley.
- Dissolve yeast in 4 spoons of water.

Pour flour into a bowl, add the garlic and the hot peppers thinly chopped, the parmesan, pepper, and the water with yeast. Add other water in order to obtain a sticky mass; then let it rise for 30 minutes.

- Stir the risen flour and soak the codfish into it. Let it stand for other 15 minutes.

- Heat oil. Take from the bowl some spoons of codfish dough and fry. When the fritters are golden, drain them on paper towel and add salt.
- Serve them hot with cherry tomatoes and salad.

Tagliatelle with ragu'

burner advised:

pan advised:
Ø 24-26 cm

INGREDIENTS

300 g dried egg tagliatelle
30 g carrot
30 g celery
60 g onion
300 g minced pork
130 g tomato sauce
80 g cream
pecorino romano cheese as required
6/7 spoons of red wine
extra virgin olive oil
salt, pepper
3 allspice berries
red hot pepper powder

20' 50' easy 4 people

• Chop the vegetables and sauté in oil. Add the minced porc. Add salt, pepper and sauté for some minutes.
Add the allspice berries and some chili pepper powder: pour the wine and let it evaporate.

• Add the tomato sauce and continue cooking over low heat for about 50 minutes pouring some water gradually.

• When the sauce is ready, add the cream. Boil the tagliatelle in lot of salted water, drain and add them to the sauce.
• Arrange the pasta into dishes and sprinkle with grated pecorino cheese.

Ziti with anchoves and crumbs

burner advised:

pan advised:
Ø 24-26 cm

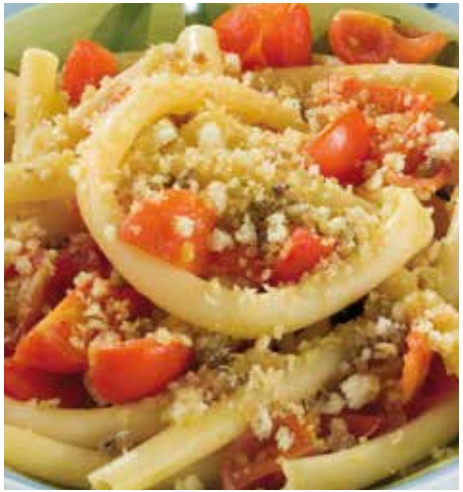
INGREDIENTS

320 g ziti
8 fillets of anchovies in oil
15/20 cherry tomatoes
100 g soft part of bread
2 cloves of garlic
1 red hot pepper
extra virgin olive oil
salt

10’ 15/20’ very easy 4 people

• Prepare a thin minced with the fillets of the anchovies. Pour 4 spoons of oil into a large pan and add the anchovies and the garlic slightly crushed.
• Make the minced wither, then add the bread reduced into crumbs and stirring, let it brown.

• Remove the garlic and keep it separately. In another pan, sauté in oil the sliced cherry tomatoes and the red hot pepper (if wanted). Salt slightly.



• Boil the ziti in lot of salted water, drain and add them to the cherry tomato sauce; arrange them into dishes and sprinkle with the crumbs.
Serve immediately.

Pasta with endive, walnuts and gorgonzola

burner advised:

pan advised:
Ø 24-26 cm

INGREDIENTS

320 g giant fusilli
Sauce:
200 g Belgian endive and prickly lettuce
100 g hot gorgonzola
60 g cream
50 g minced walnut
60 g leek
1 cipollotto
20 g grated parmesan
extra virgin olive oil
salt, pepper

20' a.s. very easy 4 people

• Wither in oil the leek and the cipollotto minced. When they are transparent, remove from the burner and whisk. Add salt and pepper.

• Add the cream, half gorgonzola diced and make dissolve over low heat.
• Mince the vegetables previously washed and dried. Sauté briefly in few oil and keep them aside.

• Boil the pasta in lot of salted water, drain and put into the pan with the endive and the prickly lettuce, the leek, the gorgonzola and the grated parmesan.
• Garnish with the remaining gorgonzola diced and the walnuts.

Green lasagne with ragù

electric oven functions:

oven rack position:

gas oven functions:

INGREDIENTS

500 g green pasta made with eggs
- Ragù:

3 knots sausage
300 g minced beef
120 g carrots
150 g onions
1 celery
2 bay leaves
400 g tomato sauce
1 glass of white wine
extra virgin olive oil
salt, pepper
- Béchamel

1,5 l milk
140 g flour
100 g butter

parmesan as required, butter

60’ 60’ (ragù) 60’ (lasagne) easy 6 people

• Béchamel: heat milk. Aside, melt butter over a low heat and add some spoons of milk; then remove the mixture from heat, add flour and stir with the whisk so as to dissolve the lumps. Continue stirring in order to thin with the remaining milk. Put the pan on moderate flame and thicken the béchamel. Add salt.

• Ragù: chop up the vegetables and sauté them in oil with the bay leaves. In a non-stick pan remove fat from the minced sausage,let it drip and add it to the sauce along with the minced beef. When both meats are browned, add the wine and let it reduce. Add the tomato sauce, salt and pepper and continue cooking for 60 minutes adding few water if needed.

• Roll out the dough thin, make some rectangles and dip them in boiling salted water; then drain and dry them on a dishcloth.

• Brush the mould with melted butter and cover the bottom with the rectangles of pasta without overlapping them much, then add a thin layer of béchamel and cover with the ragù.

• Sprinkle a little grated parmesan and cover all with another rectangle of pasta.

• Repeat again alternating the layers untill the ingredients are run out but finishing with the ragù.

• Arrange some flakes of butter and a little parmesan on the surface, then put the “lasagne verdi” in the oven at 190° for 60 minutes.

Pizzette with tomato, oil and basil

electric oven functions:

oven rack position:

oven gas functions:

INGREDIENTS

Pasta: 450 g type “0” flour
20 g brewer’s yeast
2 spoons extra virgin olive oil
100-120 g water
salt
Filling: 2 mozzarelle (soft cheese)
salt
300 g cherry tomatoes
lot of basil
2 spoons of capers
1 red hot pepper
origanum
half a clove of garlic
extra virgin olive oil

25' 18' easy 8 pizzette (ø about 15 cm)

• Make season 10 chopped basil leaves, half a clove of crushed garlic, a chopped red hot pepper and salt in 50 g oil. Let it rest for 1 night.

• Dough: dissolve yeast in a cup of lukewarm water. Start to work flour and yeast, oil and water necessary so as to obtain an elastic soft and extensible mass. Add salt at the end of processing.

• Place the dough in a bowl, cover it with a dishcloth and let it rise for one hour or until it has doubled its volume.
Divide the dough into 8 pieces and roll them out in single little pieces (pizzette). Brush each pizzetta with the filtered aromatic oil and then arrange the sliced tomatoes and the capers.

• Put them into the oven at 200° for 10 minutes, then take them out and distribute the minced mozzarella (soft cheese).
Garnish with basil, origanum and a little aromatic oil.

Taralli in sugna (lard) and wild fennel

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

500 g type “0” flour
25 g fresh brewer’s yeast
200 g lard
1 level spoonful of salt
1 level spoonful of wild fennel
unpeeled almonds
lukewarm water as required

30’ 45’ very easy 4/6 people

• In a big bowl, sift flour and add salt.
• Dissolve yeast in a cup of lukewarm water and add it to flour with the wild fennel and the lard softened at ambient temperature.

• Work the dough until it is soft and elastic.
• Create some loaves, twist two at a time and join the ends.

• Insert some almonds in the Taralli and let them rest for one hour coverd by a dishcloth.
• Brush the Taralli with water and place them into the preheated oven at a 180° for 45 minutes.

Wholemeal pizza with aubergines

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

- Pasta (dough):

300 g type “0” flour
150 g wholemeal flour
25 g brewer’s yeast
salt
150 g lukewarm water as required

- Filling:

150 g peeled tomatoes
10/12 cherry tomatoes
150 g mozzarella (soft cheese)
100 g scamorza affumicata (smoked cheese)
origanum
2 long aubergines, salt
extra virgin olive oil

25’ 20/22’ very easy 2 people
2 pizzas ø 32 cm

• Cut the aubergines into slices about 1,5 cm high. Oil them, add salt and place them into the oven at 180° for 20 minutes.

• Work both flours and yeast dissolved into a glass of lukewarm water; add running water until you have a soft and elastic dough. Add salt at the end of processing. Create a ball and let it rise in a hot place for 60 minutes. Knead the dough again, split in half and roll out 2 pizzas placing them in two oiled trays. Let them rise for 30 minutes.

• Make season for 30 minutes the sliced cherry tomatoes and the peeled tomatoes along with 2 spoons of oil, origanum and salt.Arrange the tomato and the slices of aubergines on the surface of the pizzas, then place them into the oven at 200° for 15 minutes. Take them out of the oven and garnish with the minced mozzarella (soft cheese) and the smoked scamorza grated thick. Pour a little olive oil. Put again into the oven until the cooking is completed.

Pizza with brie

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

400 g flour
20 g yeast
10 g oil, salt
Filling:
300 g fresh tomato cut into pieces
150 g mozzarella (soft cheese)
150 g brie
4 slices of speck
1 little bunch of arugula

20' 35/40' easy 2 people
2 pizzas ø 32 cm

• Work flour and yeast dissolved in half a water glass. Add the oil and continue working adding the needed water so as to obtain an elastic and extensible dough. Add salt at the end of processing and let the dough rise for 40 minutes.

• Work again the dough and roll out 2 pizzas, then place them in the oiled trays. Let them rise one more time for 15/20 minutes, then arrange on their surfaces the tomato seasoned with oil and salt.

• Put the trays into the oven at 190° for 15 minutes, then take them out in order to garnish with the minced mozzarella (soft cheese), the brie and the sliced speck. Complete the cooking in the oven. Before serving, arrange some arugula and a little olive oil on the pizzas.

Nests of potatoes filled with mushrooms

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

- For the nests:

800 g potatoes boiled and strained
50 g butter
80 g grated parmesan
3 egg yolks
salt, pepper

- For the filling:

300 g Porcini mushrooms fresh or frozen
100 g sliced shallot
1/2 glass white wine
1 bay leaf
extra virgin olive oil
salt, pepper
parsley for garnish

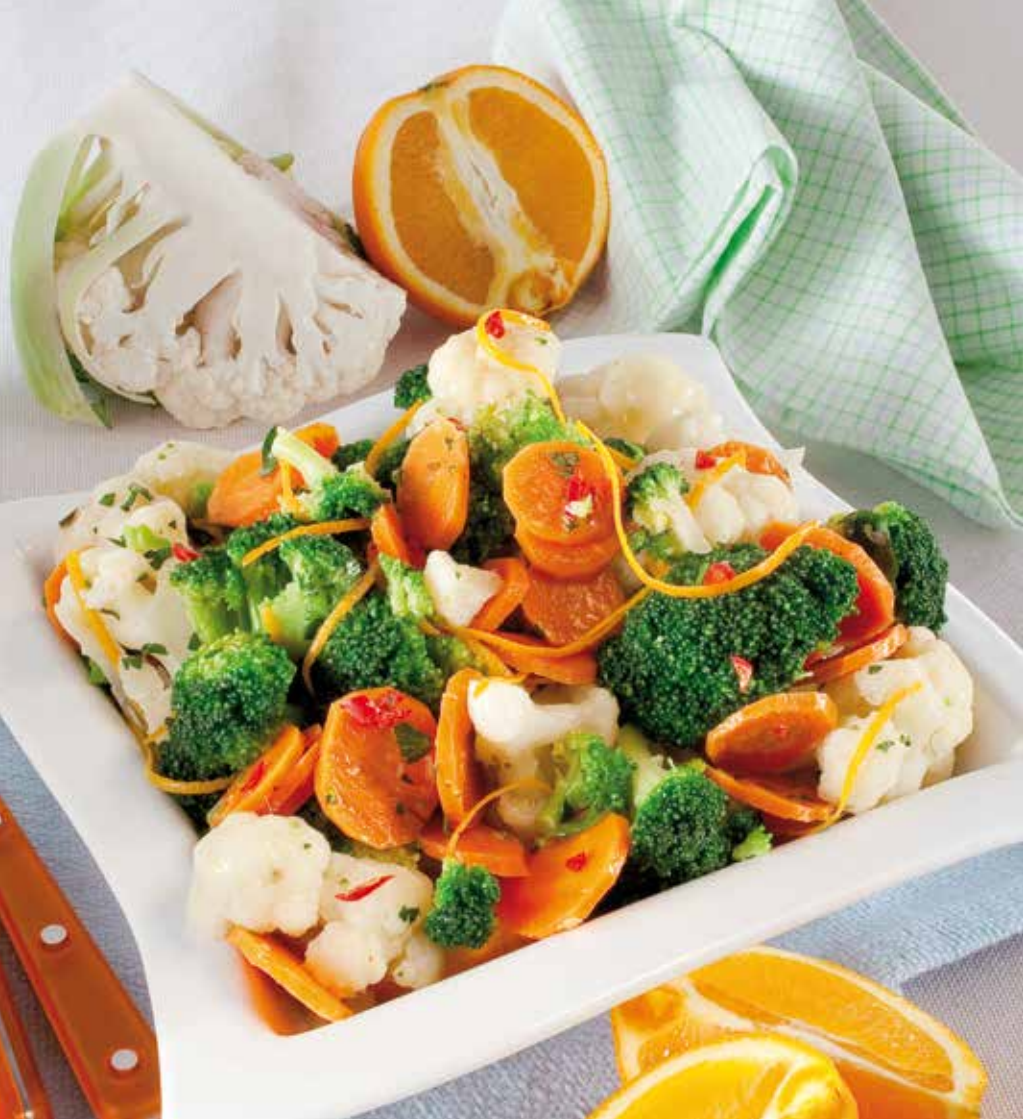
40’ 15/20’ easy 8 people

• Filling: make brown in oil the shallots and the bay leaf, then add the chopped mushrooms, and sauté them in the wine. Add salt, pepper and cook for about 20 minutes.

• Put the hot mashed potatoes in a bowl and add butter, the grated cheese, the yolks, salt and pepper. Work the ingredients until they are mixed.

• Put the mashed potatoes in a sac à poche with a star nozzle.
• Line the oven tray with greaseproof paper and shape the base of nest; then make a double turn with the mashed potatoes so as to create the edge of the nest.

• Proceed the same way until the mashed potatoes are run out. Put the tray in the oven at 200° for about 15/20 minutes until the surface is browned.
• Fill the nests with the hot mushrooms sauce and garnish with the parsley.



Salad with cauliflowers, broccoli and carrots

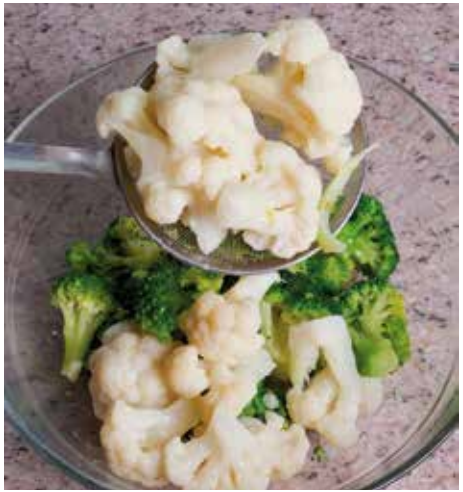
burner advised:

pan advised:
Ø 24-26 cm

INGREDIENTS

250 g cauliflower
350 g broccoli
2 carrots, 1 orange
4 fillets of anchovies in oil
2 cloves of garlic
1 bunch of parsley
40 g butter
red hot pepper
extra virgin olive oil
salt

20’ a.r. easy 4 people



• Divide the tops of the cauliflower and chop the stem. Wash and drain. Divide the broccoli as well. Wash and slice the carrots. Boil the vegetables in salted water and drain them crisp.

• Pour in the pan some spoons of extra virgin olive oil, then add the cloves of garlic, the anchovies, butter and a few minced red hot pepper.

• After browning, add the vegetables and the minced parsley in order to make them season. Add salt. Serve and garnish with a few minced parsley and the orange peel cut into thin slices.

Potatoes and baked pumpkin with mushrooms, onions and rosemary

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

700 g potatoes
1 onion from Naples
600 g pumpkin
150 g mixed mushrooms frozen
2 branches of rosemary
2 cloves of garlic
white wine
20 g butter
20 g extra virgin olive oil, salt, pepper

20’ 50’ very easy 4 people

• Mince the rosemary and the garlic. Defrost and chop the mushrooms, then put them in a pan with the oil and the aromatic herbs.
• Cook over a very low heat for 10 minutes adding some spoons of white wine.

• Peel the pumpkin and cut it into chunks rather large; slice both the peeled potatoes and the washed onion.

• Melt butter in a baking pan, then add the vegetables and flavour with the mushrooms sauce, salt and pepper.
• Put in the oven at 180° for 40 minutes. At half cooking mix the vegetables gently.

Chicory with red hot pepper and bacon

burner advised:

pan advised:
Ø 24-26 cm

INGREDIENTS

1 kg mixed chicory
2 red hot fresh peppers
2 cloves of garlic
40 g minced bacon
salt
extra virgin olive oil

35/40' 20/30' very easy 4 people

• Wash the chicory.
• Put it in a low large pan with half a glass of water. Put on the lid, boil the chicory, then drain and squeeze.

• Put on the burner the same pan with the oil, the crushed garlic and the bacon. Then add the vegetable and increase the flame.

• Season the chicory with the two red hot sliced peppers and a pinch of salt salt.
• Cook for 5 minutes and serve it hot.

Strudel with apples and ginger

electric oven functions:

oven rack position:

gas oven functions:

INGREDIENTS

- Pasta:

140 g flour
25 g butter
1 egg
2 spoons of lukewarm water
a pinch of salt

- Filling:

1 lemon
700 g Renette apples
1 ginger walnut
35 g bread crumbs
20 g dried biscuits crushed
100 g sugar
30 g raisins
20 g dried liqueur
butter to brush
Decoration: icing sugar as required.

• Dough (pasta): work flour and melted butter, add the egg, water and salt. Work well the dough and let it rest in the fridge for 30 minutes.
• Filling: soak raisins in liqueur. Slice the peeled apples and flavour them with the grated lemon peel, 2 spoons of sugar and the grated ginger.

60' 45/50' difficult 10 people

• Roll out the dough with a rolling pin on a clean dishcloth. In the middle of the dough scatter the bread crumbs and the buiscuits.

• Overlap the apples and the raisins drained and squeezed. Sprinkle with the remaining sugar.

• With the help of the dishcloth roll up the dough and brush it with melted butter. Cook at 190° for 45/50 minutes. Every 10/15 minutes, brush the strudel with melted butter.
• Before serving, sprinkle with lot of icing sugar.

Vanilla cheesecake

electric oven functions:

oven rack position:

gas oven functions:

INGREDIENTS

Base:
100 g dried biscuits
100 g rusks, 100 g butter
3 spoons of anisette
Filling:
300 g fresh sheep's milk ricotta
2 eggs
80 g sugar
100 g sweetened condensed milk
1 grated lemon zest
1 grated orange peel
scraped seeds of 1 vanilla bean
For decoration:
mixed fruit
180 g whipped cream
20 g icing sugar

• Filling: beat eggs and sugar; add spoons of ricotta. Continue whisking, pour the sweetened condensed milk. When the mixture is swollen and spongy, add the grated orange peel, the lemon zest and the scraped seeds of vanilla.

25’ 40’ difficult 6 people

• Base: mince the biscuits and the rusks, then add melted butter and liqueur. Put the mixture on the bottom of the cake mould, press it well and let it rest in the fridge for one hour.

• Pour the filling in the cake mould levelling the surface and put in the oven at 170° for 40 minutes; then increase the temperature to 180° and continue cooking for other 10 minutes.

• Take the cake out of the oven and let it cool without removing it from the mould. When the cake is cold, put it gently on a serving platter.

• Decoration: whip the cream with the icing sugar and put the mixture in a sac à poche with round nozzle. Garnish the edge with a crown of cream dollops and adorn the middle of the cake with the mixed fruit.

Rustic pie with pinapples

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

450 g flour
6 eggs
60 g potato starch
250 g butter
9 slices of pineapple in syrup
90 g crushed macaroons
300 g sugar
1 packet of yeast
2 pinches of salt
Decoration:
granulated sugar

20' 70' easy 10 people

• In a bowl beat egg whites until they become foamy and add a spoon of sugar. Keep it aside.
• Work butter and the remaining sugar.

• Continue whipping and add the yolks, one by one, the flour sifted with the potato starch, yeast, salt and the foamy egg whites. Add the crushed macaroons and two slices of minced pineapple. Mix accurately and pour the mixture in the mould previously oiled and floured.

• Arrange the slices of pineapple on the surface (dry them with paper towel) and sprinkle with granulated sugar. Bake at 180° for 30 minutes, then reduce the temperature at 170° and continue cooking for other 40 minutes. Take the cake out of the oven and put it on the oven broiler to cool.

Little balls filled with jam

electric oven functions:

gas oven functions:

oven rack position:

INGREDIENTS

- Pasta (dough): 500 g Manitoba flour
25 g brewer's yeast
100 g sugar
1 egg
1 yolk
200 g milk
80 g butter
1 orange
1 pinch of salt
- Filling:
100 g orange jam
100 g strawberry jam
Decoration: icing sugar

40' 35' easy 8 people

• Dissolve yeast in the lukewarm milk. Work flour and the egg with the yolk, yeast, sugar, the minced butter, salt and the grated orange peel. Work the dough until it becomes a smooth mixture. Let the dough rise until it has doubled its volume, then divide into 24 parts. The weigh of each part should be of 40 g.

• Open the little balls and fill them with a teaspoon of jam. Close and put them into the mould.

• Let them rise for 60 minutes. Bake at 180° for 35 minutes.
• Decoration: sprinkle the little lukewarm balls with the icing sugar.

Oven functions

OVEN LIGHT
The light illuminates the oven cavity.
It is useful for checking the cooking of the food.

PIZZA
Special cooking for pizza.

PREHEATING
Rapid preheat function.

TRADITIONAL COOKING
The heat is produced by the lower and upper elements of the oven.
It is excellent for patisserie and traditional recipe.

UPPER ELEMENT
It allows a direct cooking.

BOTTOM ELEMENT
It is ideal for salty tarts.

BOTTOM ELEMENT WITH FAN
The heat of the lower element is ventilated.

CIRCULAR ELEMENT + FAN
The fan let the hot air circulate inside the oven cavity allowing a uniform cooking on 3 levels, without dispersion of odours.

FAN
The bottom and upper element heat is ventilated.

DEFROSTING WITH FAN
The fan works without any elements.
It assure a rapid defrosting in a few minutes.

GRILL
It is used to cook au gratin. It is excellent for cooking meats of small thickness.

MAXI GRILL
The grill along with the upper element allows to grill on large surfaces.

GRILL WITH FAN
The grill with the fan spreads the heat uniformly. It is ideal for meats of medium/large thickness.

MAXI GRILL WITH FAN
It is excellent for grilling meat and fish.

GAS LOWER ELEMENT
Gas traditional functioning.

GAS WITH FAN
The fan let the air circulate inside the oven cavity allowing a uniform cooking on more levels without the dispersion of odours.
It allows a big energy saving.

Burners

TRIPLE RING

SEMI-RAPID

RAPID

AUXILIARY

Simboli

PREPARATION TIME

DIFFICULTY

COOKING TIME

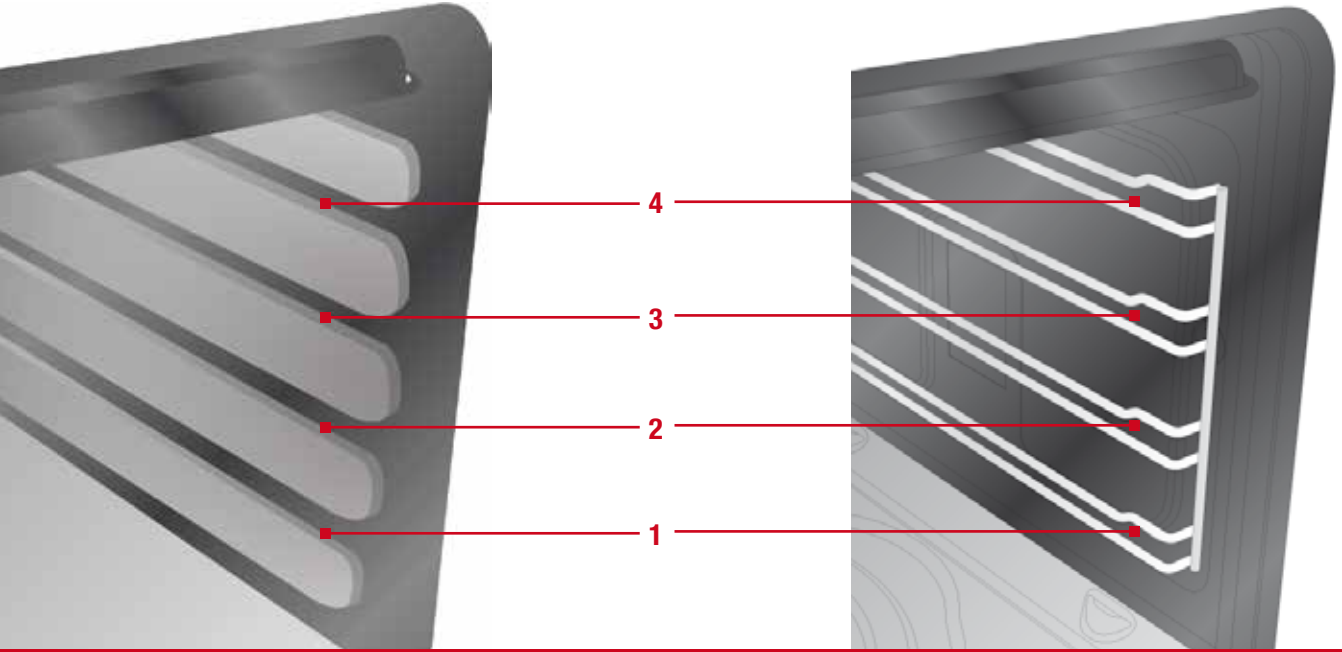
N° OF PEOPLE

Oven racks

The oven has 4 racks for placement of trays and grids at different heights.
The insertion heights are to be meant from bottom to top.

frame model

model with telescopic guides



useful tips

FOOD	STATIC OVEN (without fan) ELECTRIC OR GAS		OVEN WITH FAN (multilevel cooking)		COOKING TIME
	cooking level of inner rack	temperature °C	cooking level of inner rack	temperature °C	minutes
MAIN COURSES					
Lasagne	3	185-200	2 (2-4)	165-180	30-40
Baked pasta	3	190-200	2 (2-4)	180-190	35-45
Vegetable puddings	2	180-190	2 (1-3)	170-180	30-40
ROAST MEATS					
Beef 1 kg	2	220-225	2 (1-3)	200-220	50-60
Lamb 1 kg	2	190-220	2 (1-3)	180-200	50-60
Porc 1 kg	2	190-220	2 (1-3)	180-200	60-70
Veal 1 kg	2	190-220	2 (1-3)	180-200	60-70
Chicken	2	205-215	2 (1-3)	195-210	40
Duck	2	210-220	2 (1-3)	195-210	120-180
Goose	2	210-220	2 (1-3)	195-210	120
Turkey	2	215-230	2 (1-3)	195-210	120
Rabbit	2	215-235	2 (1-3)	200-200	40
Pheasant	2	205-215	2 (1-3)	195-210	40-50
FISH					
Fillets and slices	2	170-180	2 (1-3)	160-170	20-30
Roast fish	2	190-200	2 (1-3)	180-190	25-35
Baked in foil	2	200-210	2 (1-3)	190-200	25-35

FOOD	STATIC OVEN (without fan) ELECTRIC OR GAS		OVEN WITH FAN (multilevel cooking)		COOKING TIME
	cooking level of inner rack	temperature °C	cooking level of inner rack	temperature °C	minutes
BREAD AND PIZZA					
Pizza	2	215-230	2 (1-3)	195-210	20-30
Italian Focaccia	2	220	2 (1-3)	190-210	20-30
Bread	3	235-250	3 (2-3)	215-230	40-50
DESSERTS					
Shortcrust pastry	3	190-200	2 (1-3)	180-190	30-35
Cake with beaten dough	2	200-210	2 (1-3)	190-200	30-35
Tart	2	190-200	2 (1-3)	180-190	30-35
Plum cake	3	190-200	2 (1-3)	180-190	30-35
Fruit cake	3	175-190	2 (1-3)	165-180	35-45
Walnut cake	3	190-200	2 (1-3)	180-190	40-45
Strudel	2	195-200	2 (1-3)	185-195	35-45
Sponge cake	2	195-210	2 (1-3)	185	35-45
Crème caramel	3	130-150	2 (1-3)	130	30-35
Chocolate cake	2	180-190	2 (1-3)	180	35-40
Brioches	2	190-200	2 (1-3)	180-190	25-30
Biscuits	2	180	2 (1-3)	165	20
Pastry	3	230-250	2 (1-3)	200-230	10-15
Buns with jam	1	190-210	1 (1-2)	180-190	20
Muffins	3	205-220	2 (1-3)	185-200	25-35

FOOD	GRILLING		COOKING TIME
	cooking level of inner rack	temperature °C	minutes
Toast	3-4	220-250	3-4
Hamburgers	3-4	220-250	5-7
Fish skewers	3-4	220-250	6-8
Crustacea	3-4	220-250	6-8
Sausages	3-4	220-250	7-10
Pork ribs	3-4	220-250	7-10
Meat skewers	3-4	220-250	8-10
Steaks	3-4	220-250	8-12
Chicken	3-4	220-250	30-35

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The illustrations on this recipe book are purely indicative of foods made by professional chefs.

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