



Io Cucino  
con

 **GLEM**

*I cook with Glem*

— *Recipe Book* —





# PROJECT *and* EMOTION MADE *in* ITALY

Glem brand belongs to Glem Gas group established in 1959 in San Cesario, a few kilometers from Modena, in the heart of Emilia and of this territory it proudly carries on the culinary excellence, the artistic tradition, the spirit of innovation and the craftsmanship of its people.

The technological and aesthetic content of our products represents our absolute value, a rigorous and emblematic image of Made in Italy. Over fifty years of experience in the production of home appliances for cooking, years distinguished by a constant, uncompromising commitment to ideals that Glem Gas has continued to pursue with unflagging vigor. Authenticity, Quality, Pragmatism are our main core values inspiring Design principles, Product touchpoints, Brand Communication that constantly guide our quest to create highly specialized products in terms of performance, reliability and safety, products boasting an approach to design that is aesthetically pleasing, functional and ergonomic.

# IO CUCINO *con* GLEM

*I cook with Glem*

"I cook with Glem" encapsulates our renewed identity, based on an impressive heritage of values for sharing, with the product at the centre of episodes from life and personal stories just waiting to be told. Investigating people's experience of using our products every day places the spotlight on our audience in its dialogue with us through social media interaction.

## *Share your experience*

Do you cook with Glem?  
Send your recipe  
to have it published in  
the next issue of the Glem  
recipe book and on our social  
network channels!

[www.glemgas.com](http://www.glemgas.com)





# *in* PARTNERSHIP *with* CHEFS :



*Mara Mantovani*

from Modena, joint founder with three other women of publisher Quadò Editrice, she works in the editorial kitchen as Master Chef.



*Antonella Alberghini*

Spokeswoman of Modena's historic Alberghini e Bettelli butcher and fine food store, she writes recipes to conserve the culinary heritage built up over years in the business.







# INDEX

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Thanks to the variety and quality of its traditional produce, Italian cuisine offers plenty of scope for tasty dishes that are easy to make. Glem will help you to prepare perfect combinations, to amaze and delight your family and friends.

6 *Legend*

8 APPETIZERS

24 PASTA

42 MAIN COURSES

60 SALADS AND SIDE DISHES

72 DESSERTS

88 *Cooking sheets*

# — Legend —



PREPARATION TIME



COOKING TIME



DIFFICULTY



N° OF PEOPLE

## *Cooktop Burners*

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TRIPLE RING



RAPID



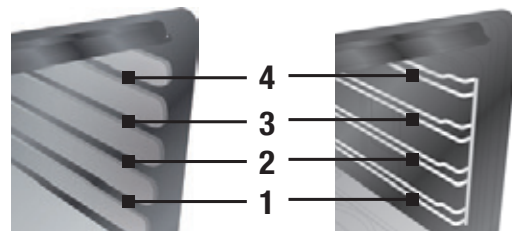
SEMI-RAPID



AUXILIARY



## Oven racks



### COOKING SHELVES IN OVEN

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.

## Oven functions



### OVEN LIGHT

The light illuminates the oven cavity.



### 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.







# — Appetizers —

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# QUICHE VITTORIA

## *Ingredienti*

- 1 Pate 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

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* —————

- 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.

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30'



60'



very easy



4 people

By  **CUCINA**



# ONION SOUP

## *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

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* \_\_\_\_\_

- 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.

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By **CUCINA**



## TASTY TOMATO SAUCE

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### *Ingredienta*

*To make a topping for 1/2 kg of pasta:*

- 20 cherry tomatoes
- 5 sun-dried tomatoes in oil
- 5 leaves of basil
- 50 g of Parmigiano Reggiano cheese
- 50 g of mature pecorino cheese
- 5 g of dried oregano
- A pinch of pepper
- A pinch of salt
- 5 finely chopped parsley leaves
- 1/2 clove of garlic, finely chopped
- Extra virgin olive oil





## *The recipe* \_\_\_\_\_

- Wash and dry the cherry tomatoes and cut them into eighths, then leave them to stand for half an hour in a colander with a sachet of sugar, which will help to remove the acidity.
- Cut the sun-dried tomatoes into small pieces with kitchen scissors. Wash the basil leaves, dry them and tear them up by hand.
- Slice the cheese into flakes with a potato peeler. Mix the garlic, parsley and fresh and dried tomatoes in a bowl, add the cheese and mix again, then complete with the oil, salt, pepper, oregano and basil.

This easy, light, delicious Tasty Tomato Sauce is also ideal on cold pasta. Use short pasta shapes such as “fusilli” spirals or “penne” macaroni and serve at room temperature or after a few hours in the refrigerator.

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45'  
+ rest



-



very easy



4 people

By *Allegria Bettelli*



## PANZEROTTI WITH ANCHOVIES AND CAULIFLOWER

### *Ingredients*

- Anchovy fillets a.r.
- 50 g bechamel
- 150 g stewed cauliflower
- 20 g grated parmesan
- 500 g pizza dough
- Pepper
- Salt
- Oil for frying

Burner advised:



Pan advised:

Ø 24-26 cm





## *The recipe* —————

- 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.

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30'



10'



easy



4/6 people  
(24 panzerotti)

By **CUCINA**



## SFORMATINI

### *Ingredienta*

*The following ingredients are for 4 single-portion flans:*

- 250 ml fresh cream
- 1 egg
- 50 g grated Parmigiano Reggiano
- 20 g potato starch
- a pinch of pepper
- a pinch of salt
- a knob of butter
- 4 single-portion ramekins

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

- Blend parmesan, starch, salt and pepper in a blender. Add the egg and keep blending \* .Pour the cream and blend until the mixture becomes thick and smooth. Grease the ramekins with butter and pour in them the creamy mixture in equal portions.

- Place the ramekins on a baking tray, then add water in the tray until it reaches a centimetre in depth. Bring the oven to 180°C in static mode, place the tray in the oven and bake for about 30 minutes. Leave the flans to cool a few hours at room temperature to let them set.

- To serve them, place each ramekin upside down on a plate, and carefully remove the container to detach the flans. Heat them up in the oven for a few minutes and decorate them with a few drops of balsamic vinegar, truffle cream, saba (grape must reduction) or any dressing you like.

The recipe comes from a modern interpretation of a dish presented at a cooking class organised for Modena's butchers' group. It became part of the gastronomic offering of the Alberghini Butcher Shop and it is prepared in a wide variety of flavors. The parmesan one is the traditional recipe, which can be adjusted to make various colourful versions of the basic flan.

*\* You can add to the flan mixture one of the following ingredients, blending it with the egg when making the recipe:*

- 50 g buttered spinach
- 50 g truffle cream (even better if you can place a truffle flake on the flan as a decoration)
- 50 g oven-baked pumpkin
- 50 g artichoke cream (with some artichoke petals to decorate the serving dish)
- 4 asparagus boiled and chopped (don't use the wood end of the stem and keep the top to use it as decoration for the serving dish)
- a touch of your creativity!

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30'  
+ rest



35'



easy



4 people

By *Alberghini*  
Bettelli



# CODEFISH FRITTERS

## *Ingredients*

- 800 g soaked salt cod
  - 2 red hot peppers
  - 1 clove of garlic
  - 10 leaves of parsley
  - 30 g grated parmesan
  - Pepper
  - Salt
  - 300 g Manitoba flour
  - 10 g brewer's yeast
  - Oil for frying
- Cherry tomatoes and salad to serve

Burner advised:



Pan advised:

Ø 24-26 cm





## *The recipe* \_\_\_\_\_

- 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.

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45'



a.r.



easy



4 people

By **IO CUCINO**



## TARALLI WITH WILD FENNEL

### *Ingredients*

- 500 g type "0" flour
- 25 g fresh brewer's yeast
- 200 g butter
- 1 level spoonful of salt
- 1 level spoonful of wild fenne
- Lunpeeled almonds
- Lukewarm water as required

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* \_\_\_\_\_

- In a large 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 room-temperature softened butter.
- Work the dough until it is soft and elastic.
- Roll dough into ropes then twist together, two at a time, joining the ends.
- Add almonds into the Taralli and let it rest for one hour covered by a dishcloth.
- Brush the Taralli with water and place them into the preheated oven at a 180° c for 45 minutes.

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30'  
+ rest



45'



very easy



4/6 people

By  CUCINA







# — Pasta —

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## TORTELLINI

---

### *Ingredienti*

#### FOR THE PASTA:

- 400 g of plain flour
- 4 eggs

#### FOR THE FILLING:

- 160 g of chicken
- 160 g of roasted turkey breast
- 200 g of breadcrumbs
- 1 egg
- Salt and pepper to taste
- Nutmeg to taste

#### TO SERVE:

- 2 l of guinea fowl stock
- Grated Parmigiano Reggiano to taste

Burner advised:



Pan advised:

Ø 24-26 cm





## The recipe

### • TO MAKE THE FILLING:

Finely chop the chicken and the roasted turkey breast meats together. Cook the finely chopped chicken and veal in a pan for a few minutes, season with salt, drain any water released during cooking and then leave to cool. In a large bowl combine the cooked finely chopped meat, the uncooked roasted turkey breast, the breadcrumbs, 1 egg, the Parmigiano Reggiano and the nutmeg, then season to taste. Mix together well and place in the refrigerator.

### • TO MAKE THE PASTA:

Knead the flour and eggs together until you have a smooth, uniform ball of dough. Using a rolling pin, roll out into a thin sheet and cut into small squares measuring 3 cm per side. Dot a small amount of filling in the centre of each square, then fold the pasta into a triangle, sealing the edges firmly. Fold the triangle by joining the two opposite points together around the tip of your finger and press the tortellino so that the pasta seals together properly. Proceed in this manner until you have used up all the ingredients.

### • COOKING:


Filter the meat stock and bring it to the boil. Gently toss in the tortellini and let them cook for at least 3/4 minutes. Serve them piping hot with the same stock and add a generous sprinkling of grated Parmigiano Reggiano.

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 20'

 3/4'

 medium

 4 people





## TAGLIATELLE WITH RAGU'

### *Ingredienta*

- 300 g dried egg tagliatelle
- 30 g carrot
- 30 g celery
- 60 g onion
- 3 knots chicken sausage
- 300 g minced beef
- 130 g tomato sauce
- 80 g cream
- Pecorino romano cheese a.r.
- Extra virgin olive oil
- Pepper
- Salt
- 3 allspice berries
- Red hot pepper powder

Burner advised:



Pan advised:

Ø 24-26 cm



## *The recipe* —————

- Chop the vegetables and sauté in oil. Add the minced beef and the minced chicken sausage. Add salt, pepper and sauté for some minutes. Add the allspice berries and some chili pepper powder.
- 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.

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By **CUCINA**





## ZITI WITH ANCHOVES AND CRUMBS

### *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

Burner advised:



Pan advised:

Ø 24-26 cm





## *The recipe* \_\_\_\_\_

- 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.

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10'



15/20'



very easy



4 people

By  CUCINA



## FUSILLI WITH VEGETABLES, OLIVES AND PRAWNS

### *Ingredienta*

- 300 g di fusilli

#### *Sauce:*

- 200 g of shelled prawns
- 1/2 tbsp of desalted capers
- 2 tbsp of pitted "taggiasche" olives
- 1 segment of red bell pepper, diced
- 1 ripe tomato, diced
- 1 clove of garlic
- 1 chopped shallot
- 2 courgettes (skin only, diced)
- Parsley
- Extra virgin olive oil
- White pepper
- Salt

Burner advised:



Pan advised:

Ø 24-26 cm



## The recipe

- Chop the capers with the parsley. Fry the chopped garlic gently with the finely chopped shallot and the olives in 4 tbsp of oil, add the diced vegetables and salt and pepper and cook for 15-20 minutes, adding water as necessary. Fry the prawns in a little oil in another frying-pan for 1-2 minutes. Add salt to taste.
- Add the prawns to the vegetables, without any further cooking. Boil the pasta in plenty of salted water, drain while still al dente then toss it in the frying-pan with the sauce.
- Garnish the dishes with the chopped parsley and caper mix and serve.

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20'



25'



easy



4 people

By **CUCINA**





## PASTA WITH ENDIVE, WALNUTS AND GORGONZOLA

### *Ingredienta*

- 320 g giant fusilli

#### *Sauce:*

- 200 g Belgian endive and prickly lettuce
- 100 g hot gorgonzola
- 60 g cream
- 50 g di noci tritate
- 60 g di porro
- 1 cipollotto
- 20 g grated parmesan
- Extra virgin olive oil
- Pepper
- Salt

Burner advised:



Pan advised:

Ø 24-26 cm



## *The recipe* —————

- With 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.

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20'



a.r.



very easy



4 people

By 





# ASPARAGUS AND SMOKED SALMON ROSETTE

## *Ingredienta*

- 400 g of fresh egg pasta

## *Filling:*

- 300 g of trimmed, boiled asparagus
- 400 g of smoked salmon
- 1 tablespoon of chopped chives and parsley

## *Béchamel:*

- 80 g of flour
- 80 g of butter
- 800 g of milk
- 100 g of grated Parmesan cheese
- Butter
- Extra virgin olive oil
- Pepper
- Salt

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

- **Béchamel:** heat the butter in a saucepan, add a drop of hot milk and the flour then stir briskly with a whisk to prevent lumps. Dilute with the rest of the milk and add salt. Place the saucepan over a moderate heat and keep stirring until it thickens. Take off the heat and after 5 minutes add the cheese, the chopped herbs and a dash of pepper.

- Roll out the pasta with the aid of the pasta rolling machine and cut into rectangles 20 cm long. Cook very briefly in salted water with a tablespoon of oil. Drain and dry the pasta. Place it on the work surface and spread with a layer of béchamel sauce. Place a few pieces of asparagus (set some tips aside for garnish) and the salmon slices on top. Roll up the pasta and cut into “rosette” rings 3.5 cm thick.

- Place them close together in a well-buttered oven dish. Cover with a few knobs of butter, the asparagus tips set aside and a generous sprinkling of Parmesan cheese. Bake in the oven for 190° for 30/35 minutes.

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## GLEM

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60'



30/35'



medium



6/8 people

By  CUCINA



# GREEN LASAGNE WITH RAGU'

## *Ingredienta*

- 500 g green pasta made with eggs
- Parmesan d.r.
- Butter

## *Ragù:*

- 3 knots chicken sausage
- 300 g minced beef
- 120 g carrots
- 150 g onions
- 1 celery
- 2 bay leaves
- 400 g tomato sauce
- Extra virgin olive oil, salt, pepper

## *Béchamel:*

- 1,5 l milk
- 140 g flour
- 100 g butter

Electric oven functions:



Gas oven functions:



Oven rack position:





## The recipe

• **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 chicken sausage, let it drip and add it to the sauce along with the minced beef. When both meats are browned. 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 until 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.

# Io Cucino CON

## GLEM

*I cook with Glem*



60'



60' Ragù  
60' Lasagne



medium



6 people

By  CUCINA





# ARTICHOKE AND PECORINO LASAGNE

## *Ingredientes*

- 500 g green pasta made with spinach
- Creamed artichokes
- Artichokes conserved in oil
- Grated pecorino cheese a.r.

## *Béchamel:*

- 1,5 l milk
- 140 g flour
- 100 g butter

Electric oven functions:



Gas oven functions:



Oven rack position:





## *The recipe*

- **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.

- Spread a layer of béchamel sauce over the bottom of the oven dish, place a layer of pasta on it and then apply another layer of béchamel sauce above it. Then add a thin layer of creamed artichokes and sprinkle it with pecorino, with a few whole leaves of artichokes conserved in oil on top. Proceed, alternating the ingredients in the order pasta, béchamel sauce, creamed artichokes, pecorino cheese and artichoke leaves. Form several layers until the depth of the oven dish has been filled and complete the top layer with plenty of pecorino cheese.

- Bake in a static oven for 30 minutes at a temperature of 180 degrees.

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## **GLEM**

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 60'

 30'

 medium

 6 people

By *Allegria Bettelli*











## POLENTA WITH MUSHROOM SAUCE

### *Ingredienta*

- 400 g of fresh or frozen porcini mushrooms
- 20 g of dried porcini mushrooms
- 1 large carrot
- 1 stick of celery
- 1 large onion
- 200 g of skinned, diced tomatoes
- 2 cloves of garlic
- 1 teaspoon of chopped rosemary
- 1 bay leaf
- Extra-virgin olive oil
- Pepper
- Salt

### *Polenta:*

- 300 g of corn meal

Burner advised:



Pan advised:

Ø 24-26 cm



## The recipe


- Soak the dried mushrooms in warm water until reconstituted. Fry the crushed garlic cloves and the finely chopped onion gently in the oil with the rest of the vegetables. Add the mushrooms (the dried ones chopped and the fresh ones sliced), the bay leaf and the rosemary.
- Fry and then add the diced tomato. Add salt and pepper. Cook for 25 minutes, gradually adding hot water if necessary.
- **Polenta:** make the polenta following the instructions on the pack, and when done pour into greased single-portion heat-proof dishes, add the mushroom sauce in the middle of each dish and serve.

# Io Cucino con


# 

*I cook with Glem*

 20'

 25'

 easy

 4/5 people

By 





## CRISPY MEATBALL KEBABS

### *Ingredients*

- 20 g of chopped walnuts \*
- 20 g of chopped pine-nuts \*
- 20 g of chopped pistachio nuts \*
- 4 kebab skewers 15 cm long
- Oil for cooking

### *180 g of white meatball mix:*

- 2.5 kg of minced lean veal
- 300 g grated Parmesan cheese
- 250 g of breadcrumbs
- 1/2 litre of fresh whole milk
- 6 eggs

*\*Other nuts such as hazelnuts, almonds, cashews or others can be used instead of walnuts, pine-nuts and pistachios.*

Burner advised:



Pan advised:

Ø 24-26 cm



## *The recipe*

- Divide the meatball mix into 3 equal parts of 60 g each. Add the walnuts to the first of the 3 parts and mix. Divide the mix into 4 parts, form 4 meatballs and flatten them. Proceed in the same way with the other 2 parts of the white meatball mix, adding the pine-nuts and pistachios respectively and making 4 flattened meatballs of each type

- Place three meatballs, one of each type, on a skewer so that they will occupy almost the entire length of the skewer and will cook well. Create the other kebabs in the same way.

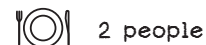
- Oil the bottom of a non-stick frying pan, place the skewers inside and put the lid on. Cook for about 5 minutes on a rapid burner of a Glem hob at the minimum setting, remove the lid and check cooking: if the meat has changed colour through half its depth it is time to turn the kebabs over with the aid of a fish slice.

Complete cooking on the other side in a few minutes. Cooking over medium-low heat initially ensures that the core of the meat is cooked; to complete, the heat must be turned up for a crispier outside surface.

# Io Cucino con

## **GLEM**

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By *Allegria Bettelli*





## CHICKEN CURRY

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### *Ingredients*

- 250 g of rice
- 300 g of thick-cut slices of chicken breast
- 1/2 shallot
- 1/2 carrot
- 1 tablespoon of flour
- 2 teaspoons of yellow curry powder
- 1 glass of coconut milk (or whole milk)
- Extra-virgin olive oil
- Salt

Burner advised:



Pan advised:

Ø 24-26 cm



## The recipe

- **Rice:** Place the rice in a bowl and rinse under running water, then drain with a sieve. Rinse several times without leaving the rice to soak, until the water runs clear when rinsing (usually 10 rinses). Place the rice in a pot, barely cover it with water (equal quantities of water and rice) and add a drop of seed oil. Bring to the boil. Turn the heat down to the minimum and cover with a lid, then cook for another 10 minutes. Turn the heat off and leave the rice to rest for 10 minutes. Remove the lid and fluff the rice with a fork.

- **Pollo:** Cut the chicken breasts into goujons and place them in a bowl with half a tablespoon of curry powder and salt and pepper to taste, leaving the flavours to mingle. Lightly fry the julienned carrot and shallot in a pan with a little oil. Next add the chicken goujons and cook for a few minutes.

Soften by adding a glass of coconut milk and cook for another few minutes; add the flour and, if too dry, some more milk. To finish off, spice up the flavour by adding half a tablespoon of curry and remove from the heat. Serve hot accompanied by the rice.

Io Cucino  
CON  


*I cook with Glem*



45'



a.r.



easy



2 people

*By Lita D.*





## ORANGE-FLAVOURED VEAL AND MASCARPONE ROLLS

---

### *Ingredients*

- Flour
- Butter
- Fresh squeezed orange juice
- A pinch of salt

### *For each roll you need:*

- 1 very thin slice of topside of veal
- 1/2 thin slice of roast turkey
- 1 spoonful of mascarpone cheese (preferably fresh)
- 1 clove

Burner advised:



Pan advised:

Ø 24-26 cm



## The recipe

• **Preparation:** Spread out the slice of meat on the worktop and place the half slice of roast turkey and mascarpone cheese on top. Wrap the roast turkey around the mascarpone and the meat around the turkey bundle, folding it over on itself and turning the sides into the middle to complete the package with the filling inside. Make a hole in the roll with a toothpick and insert the clove so that it stays on the surface like a button.

• **Cooking:** Melt the butter in a frying-pan, coat the rolls with flour and brown them, turning them over so that all sides are evenly cooked in this first phase. Add salt. Pour the fresh squeezed orange juice over the rolls. Turn down the heat and cover the frying-pan. Take the lid off and turn the rolls if necessary. The rolls will cook in a few minutes.

The serving dish can be decorated with sliced orange medallions.

Orange-flavoured veal and mascarpone rolls are an excellent example of the versatility of meat, which can often be combined in unconventional ways with surprising results. This dish features an intriguing combination of ingredients, is attractive to look at and tastes delicious.

## Io Cucino CON



*I cook with Glem*



40'



a.r.



medium



1 person

(The recommended portion is a couple of rolls per person.)

By *Allegri  
Bettelli*





## BEEF "STRACCETTI" WITH CHERRY TOMATOES

---

### *Ingredients*

- 300 g of thinly sliced beef (topside, sirloin or tenderloin)
- 200 g of cherry tomatoes
- 100 g of sun-dried tomatoes in oil finely
- Chopped garlic and parsley
- Extra virgin olive oil
- A pinch of pepper
- A pinch of salt

Burner advised:



Pan advised:

Ø 24-26 cm





## *The recipe* —————

• **Preparation:** Wash and dry the cherry tomatoes and cut them in half. Chop the sun-dried tomatoes into small pieces. Mix the meat, the fresh and dried tomatoes, the garlic, the parsley, the salt, the pepper and the oil in a bowl. The dish is now ready for cooking.

• **Cooking:** Heat a non-stick frying-pan and cook the mixture for 10-15 minutes over strong heat, stirring or tossing from time to time.

# Io Cucino con



*I cook with Glem*



25'



10-15'



very easy



4 people

By *Allegria*  
Bettelli



## PIZZETTE WITH TOMATO, OIL AND BASIL

### *Ingredienta*

#### *Dough:*

- 450 g type "0" flour
- 20 g brewer's yeast
- 2 spoons extra virgin olive oil
- 100-120 g water
- Salt

#### *Filling:*

- 2 mozzarella (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

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

- 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.

# Io Cucino con



*I cook with Glem*



25'  
+ rest



20'



easy



8 pizzette  
(Ø about 15 cm)

By **CUCINA**



## WHOLEMEAL PIZZA WITH AUBERGINES

### *Ingredienta*

#### *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
- Salt

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe*

- 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.

Io Cucino  
con



*I cook with Glem*



25'  
+ rest



35'



very easy



2 people  
(2 pizzas ø 32 cm)

By **CUCINA**



## PIZZA WITH BRIE

### *Ingredients*

#### *Dough:*

- 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

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* \_\_\_\_\_

- 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.

Io Cucino  
con



*I cook with Glem*



20'  
+ rest



20'



easy

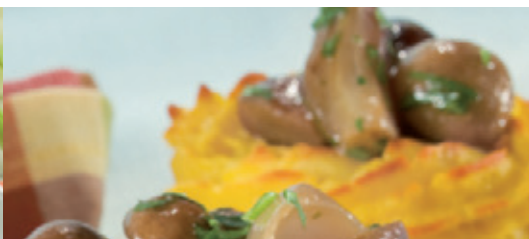


2 people  
(2 pizzas ø 32 cm)

By  CUCINA







*Salads and  
side dishes*

— *Io Cucino con  GLEM* —

*I cook with Glem*





## CHICKEN, CELERY AND WALNUT SALAD

### *Ingredients*

- 1/2 chicken
- 100 g of Parmesan cheese
- 3 sticks of celery
- 10 walnuts
- Olive oil
- Pepper
- Salt
- Traditional Modena Balsamic Vinegar

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* —————

- Roast the chicken, remove the meat from the bones, also removing the skin and cartilage, tear up the meat with your hands and leave it to cool.
- Slice the Parmesan cheese with a potato peeler. Wash and dry the celery, remove the leaves and cut the sticks into strips. Coarsely chop the walnuts.
- Pour a few spoonfuls of oil onto the meat, add the other ingredients and mix. Transfer to a serving dish and serve at room temperature with a dribble of balsamic vinegar.

## Io Cucino con



*I cook with Glem*



40'



a.r.



medium



4 people

By *Alcibiade*  
Bettelli



## GUINEA FOWL, BASIL, CHERRY AND ALMOND PETAL SALAD

---

### *Ingredients*

- 1/2 guinea fowl
- 8 cherries
- 6 leaves of basil
- 100 g sliced almonds
- seed oil
- Pepper
- Salt

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* \_\_\_\_\_

- Roast the guinea fowl, remove the meat from the bones, also removing the skin and cartilage, and leave to cool. Wash, dry and pit the cherries and cut them in half.
- Wash the basil leaves, dry them and tear them into small pieces. Break the meat down into small pieces with your hands, place it in a bowl, pour in a dribble of oil, add a pinch of salt and pepper and mix to soften and to spread the flavours.
- Add the cherries, the basil and the almonds and mix gently to distribute the flavours and colours without damaging any of the ingredients. Serve at room temperature.

Recommended with savoury creamed rice, prepared as follows: cook 40 g of basmati rice in 500 ml of single cream until almost done; form an emulsion with the rice and a pinch of salt and pepper, adding a few spoonfuls of vegetable stock and seed oil to obtain a smooth, creamy mixture.

# Io Cucino con

## **GLEM**

*I cook with Glem*



40'



a.r.



medium



4 people

By *Allegria Bettelli*



## SALAD WITH CAULIFLOWERS, BROCCOLI AND CARROTS

### *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

Burner advised:



Pan advised:

Ø 24-26 cm





## *The recipe* \_\_\_\_\_

- 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.

# Io Cucino con



*I cook with Glem*



20'



a.r.



easy



4 people

By  CUCINA



## NESTS OF POTATOES FILLED WITH MUSHROOMS

### *Ingredienta*

#### *Nests:*

- 800 g potatoes boiled and strained
- 50 g butter
- 80 g grated parmesan
- 3 egg yolks
- Salt
- Pepper

#### *Filling:*

- 300 g Porcini mushrooms fresh or frozen
- 100 g sliced shallot
- 1 bay leaf
- Extra virgin olive oil
- Salt
- Pepper
- Parsley for garnish

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* \_\_\_\_\_

- **Filling:** make brown in oil the shallots and the bay leaf, then add the chopped mushrooms. 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.

# Io Cucino con



*I cook with Glem*



40'



15/20'



easy



8 people

By  CUCINA



## POTATOES AND BAKED PUMPKIN WITH MUSHROOMS, ONIONS AND ROSEMARY

### *Ingredients*

- 700 g potatoes
- 1 onion from Naples
- 600 g pumpkin
- 150 g mixed mushrooms frozen
- 2 branches of rosemary
- 2 cloves of garlic
- 20 g butter
- 20 g extra virgin olive oil
- Pepper
- Salt

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* —————

- 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.
- 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.

# Io Cucino con



*I cook with Glem*



20'



40'



very easy



4 people

By **CUCINA**







— Desserts —

Io Cucino con  **GLEM**  
*I cook with Glem*



# CHANTILLY CREAM AND RASPBERRY ROLL

## Ingredienta

### *Sponge:*

- 5 eggs
- 170 g of sugar
- 100 g of flour
- 25 g of potato starch
- 1 lemon

### *Cream:*

- 150 g of milk
- 2 egg yolks
- 55 g of sugar
- 5 g of corn starch
- 8 g of flour
- 1/2 vanilla pod
- 120 g of raspberries
- 100 g of whipped cream

### *Raspberry filling:*

- 3 heaped tablespoons of raspberry jam
- 2 tablespoons of water
- Decoration: icing-sugar/raspberries

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

• **Sponge:** whip the eggs thoroughly with the sugar and flavour with the grated rind of the lemon. Add the sieved flours and mix thoroughly, stirring from the bottom upward. Pour the mixture into a baking tray lined with greaseproof paper, level the surface and bake at 185°C for 10 minutes. When cooked, remove from the oven and turn the sponge out onto a clean cloth sprinkled with sugar. Remove the paper, trim the edges and roll it gently; leave it to cool at room temperature, wrapped in the cloth.

• **Cream:** pour the milk into a saucepan with the beans taken from the vanilla pod, bring to the boil and leave to stand for 30/40 minutes before filtering. Beat the egg yolks with the sugar, add the flour and starch, then gradually thin with the milk. Cook the cream, stirring continually, until it thickens (it should be firm). Cover it with food-grade film, place it in the fridge and leave it to cool.

• **Raspberry filling:** dilute the jam with hot water then sieve.

• Gently unroll the sponge and spread it with the raspberry filling. Stir the whipped cream into the cold Chantilly cream then spread it over the sponge, levelling it.

• Dot with the raspberries, roll up the sponge, wrap in aluminium foil and place in the fridge for 5-6 ore.

• Remove the aluminium foil from the roll, dust with icing-sugar and garnish with the raspberries. Cut the roll into slices and serve.

# Io Cucino con

## GLEM

*I cook with Glem*



45'



a.r.



medium



10/12 people

By  DOLCI



# GINGER APPLE STRUDEL

## *Ingredienta*

### *Dough:*

- 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.

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

- **Dough:** 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.
- Roll out the dough with a rolling pin on a clean dishcloth. In the middle of the dough scatter the bread crumbs and the biscuits.
- 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.

## Io Cucino con



*I cook with Glem*



60'



45/50'



hard



10 people

By **DOLCI**



# VANILLA CHEESECAKE

## Ingredienta

### 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

### Decoration:

- Mixed fruit
- 180 g whipped cream
- 20 g icing sugar

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

• **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.

• **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.

# Io Cucino con



*I cook with Glem*



25'  
+ rest



50'



medium



6 people

By **DOLCI**



## SACHER TORTE

### *Ingredienta*

- 150 g of flour
- 6 eggs
- 150 g of melted dark chocolate
- 150 g of butter
- 150 g of sugar
- 1 level teaspoon of baking powder
- 1 pinch of salt

### *Filling and coating :*

- 160 g of apricot jam
- Apricot jelly to taste

### *Icing :*

- 200 g of dark chocolate
- 50 g of butter
- 80 g of water
- 80 g of icing sugar

- For the decoration: red cake decorations

Electric oven functions:



Gas oven functions:



Oven rack position:







## The recipe

• **Cake:** melt the chocolate and set it aside. Mix the butter with 100 g of sugar in a bowl. Blend in the egg yolks (one at a time), the melted chocolate and the flour, sifted with the salt and baking powder. In another bowl, whisk the egg whites until stiff with the rest of the sugar, then add them to the mixture. Fold in carefully, stirring from the bottom up. Turn the mixture out into the buttered and floured cake tin, levelling the surface. Bake the cake in the oven preheated to 175°C for 42/45 minutes. When done, remove from the oven, turn out and leave to cool on a grid.

• **Filling:** cut the cake in half to form 2 discs, then coat the bottom half with the apricot jam. Put the cake back together and brush it all over with the hot apricot jelly.

• **Icing:** melt the chocolate with the butter in a hot bain-marie and set aside. Heat the icing-sugar and water until the syrup is simmering, then pour in the melted chocolate and butter and return to the boil. Take off the heat at once and whisk the icing briskly until it is velvet-smooth, then cool to room temperature.

• Pour the icing over the cake but set 3 spoonfuls aside for the name. Transfer the icing set aside to an icing bag and complete decorating the cake by adding the name "Glem", then finish with a few red cake decorations.

## Io Cucino con



*I cook with Glem*



60'



45'



hard



10 people  
(Cake tin  
ø 24 cm)

By **DOLCI**



## RUSTIC PIE WITH PINAPPLES

### *Ingredients*

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

Electric oven functions:



Gas oven functions:



Oven rack position:







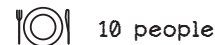
## *The recipe* \_\_\_\_\_

- 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.

Io Cucino  
con



*I cook with Glem*



By **DOLCI**



## LITTLE BALLS FILLED WITH JAM

### *Ingredients*

#### *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

Electric oven functions:



Gas oven functions:



Oven rack position:







## *The recipe* —————

- 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.

Io Cucino  
con



*I cook with Glem*



40'  
+ rest



35'



easy



8 people

By **DOLCI**



## SILVANA'S 'FRAPPE' CARNIVAL PASTRIES

---

### *Ingredients*

- 3 eggs
- 300 g of flour plus extra for dusting
- 15 g of butter
- 30 g of sugar
- Seed oil
- Icing sugar
- Salt

Burner advised:



Pan advised:

Ø 30 cm





## The recipe

- Heap the flour in a mound on a large board, then make a well in the centre and crack the eggs into it. Dust with the sugar and a pinch of salt, then add the softened butter chopped into small pieces. Using your fingertips, start working into a dough, then knead energetically until you have a smooth, uniform ball.

- Form a log shape and leave to rest at room temperature for half an hour. Then roll the pastry out into a rectangle half a centimetre thick. Fold it into quarters lengthwise and leave to rest again for another 15 minutes. Next, roll the pastry out until very thin and use a pastry cutter to cut out strips approximately 12 cm long and 3 cm wide. In the middle of each strip, make a 3 cm lengthwise slit; pass one end of the strip through the slit and pull gently through the other side.

- Heat plenty of seed oil in a large frying pan with a basket; pop three or four pastries at a time into the hot oil and fry until golden all over. Once cooked, drain them on kitchen paper before dusting with icing sugar and serving.

## Io Cucino con



*I cook with Glem*



60'  
+ rest



a.r.



easy



8 people

*By Silvana S.*

# Cooking sheets

---

	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
<i>Main courses</i>					
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
<i>Roast meats</i>					
Beef	2	220 - 225	2 (1 - 3)	200 - 220	50 - 60
Lamb	2	190 - 220	2 (1 - 3)	180 - 200	50 - 60
Veal	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
<i>Fish</i>					
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



# Cooking sheets

	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
<i>Bread and pizza</i>					
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
<i>Desserts</i>					
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
Brioche	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

	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
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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