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Cooking for pleasure

with the Miele *SousChef*



Cooking for pleasure with the Miele SousChef



Foreword



Dear Reader

Mealtimes are when families are most often together, and food is nearly always the focus when friends gather, be it for a casual evening or a more formal celebration. In the Miele Test Kitchen, we are in the privileged position of being able to practise professionally the hobby we share with many thousands of people across the world – cookery. We get the chance to experiment with both traditional and more exotic ingredients every day. Even after many years of experience, we never cease to be amazed by the new flavours and tastes we can create using our Miele appliances.

This book draws together our experience, excitement and passion for experimenting in the imaginative yet easy-to-prepare recipes we have created for you to try. We wish you “bon appetit” and above all hours of successful cooking with your Miele appliances.

If you have any questions or comments, please give us a call on the number on the back cover.

Kind regards,
Your Miele Home Economists

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Cooking with low temperatures

The perfect way to cook meat: low temperature cooking

If you have pork, beef, lamb, and game on your menu you know you have a healthy and varied diet. Poultry too is great for healthy living. There are so many ways of cooking meat and it can be spiced up with a wide variety of herbs, sauces and side dishes. You can easily find something new, something exotic, something familiar and something comforting.

Since time immemorial our ancestors have, sometimes unwittingly, used slow cooking methods. Meat was seared over the fire and then placed into the warm compartment of the stove to finish cooking. Although this cooking process lasted several hours, it guaranteed good results. Low temperature cooking is commonly used in professional catering for achieving tender, aromatic and juicy results. Good cooks have long used this cooking method for the preparation of tender and tasty food, and now it is becoming increasingly popular in private households. Low temperature cooking is ideal for beef, pork, veal, lamb, game, turkey, duck and chicken, which need to be well cooked. Meat consists of up to a fifth of protein; the rest is made up of water and fat. The protein provides the structure for the muscle fibres. During low temperature cooking the meat alters its composition to become tender, juicy and aromatic.

Always use fresh meat for slow cooking. The texture of meat that has been frozen before use is never quite right with slow cooking! Between purchase and preparation meat should be removed from its packaging, wrapped in aluminium foil and placed in the refrigerator. Storage times will vary according to the size of the joint of meat. The larger the piece of meat, the longer it can be stored. However it is advisable to cook meat immediately prior to consumption, as the taste is at its best then. Game will keep fresh in the refrigerator for about 2 to 3 days and beef and lamb for up to 4 to 5 days.

The quality and maturity of the meat is also important in choosing the right piece. The longer the meat is hung prior to cooking the more tender it will be.

Advantages of low temperature cooking

Low temperature cooking is a completely stress-free method of cooking as the process does not need to be continually monitored. This means the rest of the meal can be prepared without the pressure of time. Meat can be carved directly after cooking without the need for resting the meat. This is because the juices are already distributed evenly throughout the meat. Larger joints can be kept warm for longer than smaller ones. Remember to use the best quality meat you can get for the very best results.

To avoid rapid cooling of the meat following searing, the warming drawer and any dish to be used should be thoroughly pre-heated for at least 15 minutes on the selected Food setting. Any oven-proof can be used. This could be made from glass, porcelain, stoneware or metal such as cast aluminium. Different materials have varying conductive properties and this will affect cooking durations.

The first stage of slow cooking is searing the meat evenly at very high temperatures on the hob. This allows the surfaces of the meat to be sealed, so that fewer meat juices can escape. This also helps to form the aroma and to kill off any bacteria on the surface of the meat.



Useful information

Place the meat in the warming drawer in a suitable oven-proof dish or pan on the floor of the warming drawer after searing it. Cooking can take up to 8 hours. The width of the meat, its initial temperature and the intensity of searing are all decisive factors for the cooking time. The wider and cooler it is, the longer it will take to reach the desired core temperature. Weight is of less importance for this type of cooking.

The number of smaller pieces of meat such as steaks or medallions plays no part with regard to cooking temperature and duration of cooking. The cooking time remains the same, regardless of whether you are preparing several pieces of meat or only one.

When cooking a casserole, everything should of course be piping hot to ensure that it is properly cooked throughout.

During cooking the rapidly seared meat relaxes again. The juices inside the meat begin to circulate and are distributed evenly to the outer surfaces. Meat cooked at low temperatures will keep its reddish colour; however this does not mean that it is undercooked.

Tips:

Meat should be pared before searing. Paring means removal of skin, fat and sinew from the meat. Only good quality meat should be used.

Meat can be seasoned with black pepper and spices prior to searing. Herbs such as rosemary and thyme should be added after searing.

For searing meat use a suitable fat such as vegetable oil or cooking oil which can tolerate high temperatures.

Meat should not be covered during cooking so that the air can circulate around it and cook it evenly. Using a lid causes a build up of condensation inside the cooking vessel which will impair results.

Use the cooking juices from the searing process as a basis for your sauce or gravy and just add stock, cream or crème fraîche.

Due to the low cooking temperature, meat can easily be kept warm without the core temperature increasing until it is served without affecting the result. It will be at the optimum temperature for serving when it is done. Serve it on pre-heated plates with a very hot sauce to avoid it cooling down rapidly.

Cooks' vocabulary

Barding

Wrapping meat, poultry or fish in thin layers of bacon to prevent it from drying out during cooking.

Binding

Thickening of sauces or soups by adding cream, crème fraîche, water-soluble thickeners or stirring in flour. Always use cold liquid when stirring in; warm liquids cause the starch to go lumpy when added to the dish.

Deglazing

The addition of liquid to rapidly seared meat or vegetables.

Skimming

Skimming fat from sauces, soups, broths or stock.

Dressing

Shaping meat or poultry using clips, cocktail sticks or kitchen roll.

Gratin

Baking dishes under a preheated grill or oven top heat.

Thickening

Thickening soups and sauces by adding egg yolk. Dishes should not be cooked further when thickened with egg yolks as the egg yolk will coagulate.

Paring

Removal of skin, fat and sinew from meat.

Reduction

Cooking soups, sauces or stock at a high temperature without using a lid; liquid is evaporated and the dish becomes more concentrated.



Poultry

Fit and healthy with poultry

Turkey, duck, chicken, poulard, goose – poultry is so versatile. It tastes good, keeps you fit and helps maintain a healthy body weight. It deserves its place in any healthy eating plan and is highly recommended for our wellbeing. Most types of poultry, with the exceptions of duck and goose, are low in fat and easily digestible. Thanks to its high protein content, poultry is also very filling. It also contains high levels of unsaturated fats, which help to control cholesterol and provide healthy and balanced nutrition.





Useful information about poultry



There is evidence that ducks and geese were reared in Ancient China from 8000 years B.C. The birds were kept not only for nutritional purposes, but also for many other uses – not least their down and feathers. The sharpened quill was the most commonly used writing instrument until approximately 1900.

Today poultry is the most popular meat with more of it consumed than any other type of meat. Care should be taken handling poultry to make sure hygiene standards are maintained and you should also make sure it is thoroughly defrosted before cooking it. Clean all surfaces and utensils after handling raw poultry as well as your hands.

Chicken is generally sold oven ready. When cooking a whole bird, it should be “dressed” so that the wings and breast do not brown more rapidly than the rest of the bird. This involves tucking the wings under the back and binding the legs tightly to the body. A thread is drawn from one leg to the opposite wing, through the breast and back to the other leg using a dressing needle. For a stuffed bird, this can be done by winding the thread around a wooden skewer.

Low fat poultry such as pheasant, quail or partridge should be wrapped in bacon or brushed with vegetable oil. Oil is also suitable for chicken. Duck and goose are fatter birds and do not require the addition of extra fat.

Cooking with low temperatures

Poultry can be casseroled, roasted, grilled or cooked at low temperature. It is generally cooked well done, with the exception of duck which can be roasted pink or well done.

Poultry should be flesh coloured. If it is a pasty white, it has probably been battery-reared and not allowed to run free. The meat will taste bland and have a watery consistency.

Skim off any fat produced during roasting. Solidified poultry fat can be saved and used for roast potatoes.

Extremely nutritious

The nutritional content of poultry is very conducive to a healthy diet with the ratio of protein to fat being particularly beneficial. With high levels of protein, vitamins, minerals and trace elements, e.g. iron, poultry is a light and healthy choice.

A considerable proportion of the daily recommended intake of iron is supplied depending on bird. Iron is important for carrying oxygen to the blood. Poultry also contains vital vitamins including B1 which is important for nerve functions, B2 for mucous membranes and B6 and niacin for utilising other ingested nutrients. Vitamin K is also present which is needed for blood coagulation.

A diet consisting of 50% unsaturated fatty acids represents well-balanced nutrition. As the body cannot produce them itself, eating poultry can provide a high proportion of this.

Poultry has a protein content of between 15% and 18%. Meat protein contains nearly all the building blocks necessary to build the body's own proteins.

The muscle meat alone for all poultry contains less than 1% fat, even in fatty birds like goose and duck where most of the fat is stored in the abdominal cavity or just under the skin.

Chicken fat consists of 30% saturated, 45% unsaturated and 21% complex unsaturated fats.

Duck breast with orange sauce

Serves 4

Ingredients

2 duck breasts, each 350 g
Salt
Pepper
1 tbsp mustard
20 g butter
4 unwaxed oranges
50 g raisins
1 tbsp cornflour
Juice of ½ a lime
100 ml white wine
150 ml chicken stock
1 apple
4 figs
Sugar
Cayenne pepper

>> Tip:

Ground chillies are known as cayenne pepper. The dried spicy cayenne peppers are generally used for chilli powder, but sometimes other cayenne-like varieties are sold under this name as well. The slightly smoky, bitter taste is characteristic of this spice which originated in Latin America, where the cooks of the Aztec kings were renowned for their chilli dishes. Spanish and Portuguese seamen brought the "Spanish pepper" to Europe and Asia.

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes.

2 Season the the duck breasts with salt and pepper and rub with mustard.

3 Heat the gourmet oven dish or a roasting pan on the hob, sear the duck breast on the skin side for about 3 – 4 minutes, turn and sear on the other side for about 1 minute. Place it in the warming drawer in the oven dish.

4 Approx. 30 minutes before the end of the cooking time, squeeze one orange, peel and segment the other oranges, wash and quarter the figs.

5 Bring the orange juice, white wine and chicken stock to the boil in a pan on the hob, add the raisins, reduce the sauce by 1/3, thicken with cornflour and season with salt, sugar and cayenne pepper.

6 Peel, core and quarter the apple, slice and sprinkle with lime juice.

7 Heat the butter in a pan, sweat the apple slices, figs and orange segments and pour the sauce over the fruit.

8 Slice the duck breast and serve with the sauce on pre-heated plates. Boiled potatoes are an ideal accompaniment to this dish.

Sous Chef

Food setting:

Duration: 45-65 minutes



Duck breast with sprouts and stuffed apples

Serves 4

Ingredients

2 duck breasts, 350 g each
Salt
Pepper
2 apples
4 tsp elderberry jelly
500 g brussels sprouts
300 ml water
2 shallots
2 tbsp flaked almonds
40 g butter
Nutmeg
2 tbsp flour
100 ml double cream
200 ml chicken stock
2 tbsp Cognac

>> Tip:

Nutmeg has been used as a spice since the early middle ages. It is not actually a nut, but the seed kernel of a tree which originated in Molucca. An unground nutmeg can be stored for up to three years.

1 Pre-heat the warming drawer on setting 4 for 15 minutes.

2 Season the duck breasts with salt and pepper.

3 Heat a gourmet oven dish or a roasting pan on the hob, sear the duck breast on the skin side for about 4 minutes, turn and sear on the other side for about 1 minute. Place in the warming drawer.

4 Approx. 40 minutes before the end of the cooking time peel and halve the apples. Scoop out the core and cook on the hob for about 5 minutes. Allow to cool and fill with elderberry jelly.

5 Wash and dry the sprouts and peel and dice the shallots.

6 Cook the sprouts in water on the hob and then drain off the water. Heat half the butter in a pan and fry the shallots, then add the almonds and sprouts and season with salt, nutmeg and pepper.

7 Heat the rest of the butter in a pan, add the flour to it and cook. Deglaze with chicken stock, add cream and then season to taste with cognac, salt and pepper.

8 Slice the duck breast and serve with the vegetables and stuffed apples on pre-heated plates. Creamed potatoes are an ideal accompaniment to this dish.

Sous Chef

Food setting: □□□■□

Duration: 45-65 minutes



Chicken Jalfrezi

Serves 4

Ingredients

Marinade:

500 g chicken thigh fillets,
skin removed, cubed
1 tsp ground cumin
1 tsp ground coriander
1 tsp turmeric
¼ tsp salt
¼ tsp hot chilli powder

Sauce:

1 large onion, or 2 large long
shallots, chopped
3 tbsp vegetable oil
1 tsp ground cumin
1 tsp ground coriander
1 tsp turmeric
2 tsp garam masala
1 red pepper, sliced
400 g tin plum tomatoes
100 ml water
2 garlic cloves
2 cm piece fresh ginger
1 red chilli pepper
¼ tsp salt
Ground black pepper
Handful fresh coriander to
serve
Wedges of lime to serve

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes.

2 Mix all the marinade ingredients together with the chicken thighs and leave in the fridge whilst preparing the sauce, or preferably marinate over night.

3 Heat 3 tablespoons of oil in a sauté pan. Add the onion and cook until soft with a slight colour. Add cumin, coriander, turmeric and garam masala. Add the sliced pepper and marinated chicken and cook for a minute.

4 Meanwhile take one plum tomato from the tin and place in a food processor along with 100 ml water, ginger, garlic and chilli. Process to a paste then add to the sauté pan. Process the rest of the tomatoes until roughly chopped and add to the sauté pan. Season with salt and pepper. Bring to the boil and place on the bottom of the warming drawer. Set the timer for 4 hours. After 4 hours check that the food is done. If not, cook for longer as required and serve with basmati rice.

Sous Chef

Food setting:

Duration: 240 (+) minutes



Spicy chicken breast

Serves 4

Ingredients

4 chicken breasts, each 160 g
Salt
Cayenne pepper
Paprika
2 tbsp olive oil
60 g tomato purée
2 tsp Sambal Oelek
2 tbsp olive oil
25 g butter
500 g Hokaido pumpkin
1 clove of garlic
2 red onions
50 g roasted pine nuts
½ tsp cumin
½ tsp coriander
2 tsp honey
50 ml white wine
2 tbsp lime juice
2 tbsp chopped chives
2 tbsp lemon balm mint

>> Tip:

Pine nuts are usually sold in small packets. They are relatively expensive because they are so labour intensive to harvest. The pine cones are collected and it then takes another 7-9 months before the nuts are ripe enough to harvest.

- 1** Pre-heat the warming drawer on setting 5 for 15 minutes.
- 2** Season the chicken breasts with salt, cayenne pepper and paprika.
- 3** Heat the olive oil in a pan or a gourmet oven dish and fry the meat for 2-3 minutes per side.
- 4** Mix together the tomato purée and Sambal Oelek and coat the chicken breasts with it. Place it in the warming drawer.
- 5** About 30 minutes before the end of the cooking time, peel the pumpkin, remove the seeds and cut into small slices. Peel and dice the onions and garlic.
- 6** Heat the butter in a pan, fry the onions, add the garlic and pumpkin, add lime juice and wine and cook for about 10 minutes. Season to taste with cumin, coriander, honey, salt and cayenne pepper.
- 7** Serve the meat with the vegetables on pre-heated plates, sprinkled with pine nuts, chives and lemon balm leaves. Serve with sliced potatoes.

Sous Chef

Food setting: □□□□■

Duration: 45-60 minutes



Chicken breast with a spinach and gorgonzola sauce

Serves 4

Ingredients:

3 chicken breasts, each 250 g
Salt
Pepper
2 tbsp cooking oil
600 g frozen spinach
1½ cloves of garlic
2 shallots
20 g butter
150 g diced Gorgonzola
150 ml double cream
Nutmeg
Sugar

- 1** Pre-heat the warming drawer on setting 5 for 15 minutes.
- 2** Season the chicken with salt and pepper.
- 3** Heat the oil in a pan or a gourmet oven dish and sear the meat on both sides for a total of 2 – 3 minutes and place it in the warming drawer.
- 4** Thaw and drain the spinach.
- 5** Approx. 20 minutes before the end of cooking, peel and dice the garlic and shallots.
- 6** Heat the butter in a pan and fry the garlic and shallots, add the gorgonzola and cream and stir until the cheese has melted. Warm the spinach in the sauce and season with salt, pepper, sugar and nutmeg.
- 7** Carve the chicken and serve on pre-heated plates with the sauce. Pasta makes an excellent accompaniment to this dish.

Sous Chef

Food setting: □□□□■

Duration: 60-80 minutes



Turkey roulade stuffed with spinach

Serves 4

Ingredients

4 turkey schnitzels, each 180 g
Salt
Pepper
Curry powder
Nutmeg
2 chopped garlic cloves
100 g frozen spinach
2 tbsp vegetable oil
Kitchen twine
2 onions
20 g butter

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Season the turkey schnitzels with salt, pepper and curry powder.

3 Thaw the spinach, drain and season with salt, pepper and nutmeg. Add half a chopped garlic clove and stir everything together. Spread evenly over the turkey, roll up and tie with kitchen twine.

4 Heat the vegetable oil in a pan or a gourmet oven dish and sear the meat on both sides for a total of 5 – 6 minutes. Place it in the warming drawer.

5 Approx. 20 minutes before the end of cooking, peel the onions and cut into rings.

6 Heat the butter in a pan and fry the onions and remaining chopped garlic. Season with salt, pepper and nutmeg.

7 Carve the turkey roulade and serve on pre-heated plates with seasonal vegetables and sliced potatoes.

Sous Chef

Food setting:

Duration: 150-180 minutes

Chicken in a white wine sauce

Serves 4

Ingredients

25 g butter
150 g pancetta, diced
Salt and freshly ground black pepper
1 large chicken, jointed into 8 pieces (or 8 x skin-on, bone-in thighs)
2 sticks celery, chopped
1 large carrot, peeled and chopped
12 shallots, peeled and halved
3 garlic cloves, finely chopped
250 g button mushrooms
2 tbsp plain flour
250 ml white wine
250 ml chicken stock
4-5 sprigs fresh thyme
2 bay leaves
Small bunch flat-leaf parsley, chopped

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Place the butter and pancetta in a large casserole dish over a moderate heat. Stir from time to time to prevent it burning, and when golden and crispy, lift out into a bowl, leaving the fat behind in the casserole dish.

3 Season the chicken portions well with salt and freshly ground black pepper, then place them in the hot fat in the casserole dish so they fit snugly but have enough room to colour. Turn after 2-3 minutes, when the underside is pale golden – the skin should be honey-coloured. Lift the chicken out of the dish and place in the bowl with the pancetta.

4 Now add the celery, carrot and shallots to the casserole dish on the hob and cook slowly, stirring occasionally to prevent burning, until the celery has turned translucent. Add the garlic, increase the heat slightly and add the mushrooms. Cook for 4-5 minutes, or until the vegetables start to take on some colour.

5 Return the chicken and pancetta to the casserole dish, stir in the flour and let everything cook for a minute or two before pouring in the wine and the stock. Tuck in the thyme and bay leaves. Bring to the boil for a minute or two, season well, then place a lid on and transfer to the warming drawer for 6 hours.

6 Scatter with flat-leaf parsley to serve, and if the sauce needs to be slightly thicker, transfer the chicken to a serving dish to keep warm, and place the casserole dish back on a fairly high heat on the hob to reduce the sauce to the desired thickness.

Serve with mashed potato or crusty bread.

Sous Chef

Food setting:

Duration: 360 minutes

Chicken breast with tropical fruit

Serves 4

Ingredients

3 chicken breasts, each 250 g
Salt
Pepper
2 tbsp vegetable oil
25 g butter
200 g spring onions
2 apples
150 g cubed pineapple
2 oranges
15 g root ginger
50 ml white wine
1 tbsp honey
1 pinch coriander
1 pinch curry powder
2 tbsp chopped parsley

>> Tip:

Apples are Europe's most popular fruit and the third most popular in the world after citrus fruit and bananas. Apples are low in calories (50 kcal per 100g), are rich in fibre, pectin and vitamin C. "An apple a day keeps the doctor away".

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Season the chicken breasts with salt and pepper.

3 Heat a pan or gourmet oven dish on the hob, heat the vegetable oil and fry the chicken for a total of 2 – 3 minutes per side. Place the pan or dish in the warming drawer and cook.

4 Approx. 30 minutes before the end of cooking, trim the spring onions and cut into rings. Peel and slice the apples, peel and grate the ginger.

5 Peel and segment one orange; squeeze the other and set the juice to one side.

6 Heat the butter in a pan, sweat the spring onions, apple, pineapple and ginger, deglaze with the orange juice and white wine and then season with honey, coriander, curry powder, salt and pepper.

7 Carve the chicken breasts and serve on a pre-heated plate with the tropical fruit and garnish with parsley. Rice goes well with this dish.

Sous Chef

Food setting:

Duration: 60-80 minutes



Turkey breast with leeks

Serves 4

Ingredients:

600 g turkey breast
Salt
Pepper
Curry powder
2 tbsp cooking oil
25 g butter
2 leeks
1 chilli pepper
150 g champignon mushrooms
100 g sweetcorn
125 g mandarins
20 g ground ginger
50 ml white wine
1 tsp curry powder
Cayenne pepper
Sugar
2 tbsp chopped parsley

>> Tip:

The champignon mushroom has been around since the 17th Century and was even then cultivated in caves. There are three different kinds of champignon; white, with a delicate aroma, brown or pink with a more robust flavour and giant champignons. Champignons should be washed briefly under running water, not left to soak in water.

1 Pre-heat the warming drawer on setting 5 for 15 minutes.

2 Season the turkey breasts with salt, pepper and curry powder.

3 Heat the oil in a pan and sear the meat on all sides for a total of 6 – 8 minutes then place it in a gourmet oven dish or roasting tin in the warming drawer.

4 Approx. 30 minutes before the end of the cooking time, wash the vegetables, cut the leeks into rings and slice the mushrooms, de-seed and dice the chilli.

5 Heat the butter in a pan or a gourmet oven dish, sweat the leeks, chilli and mushrooms, add the sweetcorn and ginger and deglaze with the white wine. Add the mandarins and warm them through. Season with salt, sugar, curry powder and cayenne pepper.

6 Carve the turkey and serve garnished with parsley on a warmed plate with the vegetables. Serve with curried rice.

Sous Chef

Food setting:

Duration: 150-180 minutes



Beef and veal

A special kind of enjoyment

Beef and veal guarantee culinary delights for special occasions as well as for every day. These recipes will bring variety to your meat cooking, so whether it is roasted, cooked in spicy sauces or in its own juices, it will be hard to decide which of these will be your favourite.





Useful information about beef



Beef is a popular type of meat due to its versatility. Prized for its strong and aromatic taste, it is an important source of iron. It is also very rich in zinc with 200 g of marbled beef steak containing your daily requirement. In addition to this, beef also contains important proteins which promote the uptake of zinc and help prevent colds and influenza.

In comparison to pork, beef has lower cholesterol, although it is otherwise comparable in terms of fat content. Lean beef is healthiest because it has fewer calories, and less fat and cholesterol. It also contains high proportions of potassium, iron and zinc.

More about beef

There are many cuts of beef and veal and these are listed under “The appropriate cut for the occasion”. Whether rare, medium or well done, veal and beef are always a treat. Raw beef should always be dark red in colour. The age of the animal can be recognised by the colour of the fat. Young animals have very white fat, whilst the fat of older animals is more yellow. It is preferable to select meat with whiter fat when buying beef.

The appropriate cut for the occasion

The best beef comes from young animals but even so, it is important for beef to be hung or 'matured' to develop its flavour, tenderness and storage qualities. Beef should be hung for 12 -14 days as a minimum, but we are moving towards a much shorter time of hanging to supply demand. A good traditional butcher will generally sell well hung beef and advise on the best cuts of meat.

Fillet

Fillet is a very lean, boneless piece of beef which is supreme for roasting. Since it is so lean, it can be barded with very thin strips of bacon fat. When roasted it is tender and juicy. It is an ideal joint for beef en croute. The thinner end of the fillet is usually sliced and sold as steak.

Sirloin

This is a traditional joint for roasting and can be bought on the bone. Usually it is sold boned and rolled. Sirloin produces a very tender and juicy result when roasted. Also sold as steak.

Brisket

Again, usually sold boned and rolled. An economical joint to buy and best slow roasted or pot roasted to develop flavour. Thick slices of brisket can also be braised slowly with onions and rich gravy. Ask the butcher to trim the joint of excess fat.

Topside

Topside is a very lean and boneless joint which has a fine grain. It is best slow roasted or pot roasted but can be braised. If roasting, it will need a piece of good larding tied around it to keep it succulent and moist.

Prime rib

This is a large joint which is cut from between the sirloin and the fore rib. It is expensive but is an excellent piece for roasting. Ensure it has a good outer layer of firm, creamy yellow fat.

Leg of beef

This always means one of the hind legs. It can contain a fair amount of gristle but the meat is lean and has a good flavour. Use it for long, slow cooking to give excellent traditional stews and casseroles.

Shin of beef

This is from the fore leg of the animal and can be very gristly therefore quite wasteful. However, it benefits from long, slow, low temperature cooking in stews and develops a good flavour.

Shoulder

The shoulder provides pieces of beef called chuck and blade both of which are ideal for casseroling and slow cooking. Many butchers dice the blade of beef and mix it with kidney for the traditional pie or pudding. Chuck is also known in the north of England as chine.

Useful information about veal



Veal comes from young cattle approximately 5 – 8 months old, and is exceptionally tender. This is because the muscles are not fully developed and the sinews not fully formed, making it very tender. Because veal contains lots of protein and little fat, it is a prime choice for healthy eating.

Rose veal which is the reddish, pink variety now sold in Britain is raised in humane conditions with most calves allowed to roam outside. They are also fed fresh green fodder or roughage and are suckled by older cows from the dairy herd.

If the calf is fed on fresh green fodder, the meat has a red hue. The myoglobin production in the blood is promoted by the rich iron content, which results in a red colouring.

The lower in iron the calf's food, the paler the meat will be. Connoisseurs tend to prefer the lighter coloured meat.

The appropriate cut for the occasion

Veal has never been as popular a meat in Britain as in the rest of Europe so butchers do not tend to offer a great variety of cuts. These are the cuts most likely to be available.

Fillet

This is the most expensive of veal cuts and lies at the top of the hind leg on the back. There is no wastage with fillet. It can be roasted whole or cut into fillet steaks.

Escalopes

These are taken from the prime muscle at the top of the leg, cut with the grain and are no more than 5 mm thick. Usually coated with breadcrumbs and fried.

Leg

This is one of the largest and most expensive joints of veal. Generally it is roasted whole on the bone.

Shoulder

When sold on the bone, this is the cheapest roasting veal joint. However, it is generally better boned, stuffed and rolled.

Veal chops

This is a meaty chop taken from the loin. It sometimes includes the kidney and is best grilled or fried.

Casseroling or pie veal

Diced veal for using in casseroles and stews comes from various parts of the animal. The scrag at the neck end, some of the shoulder meat, the knuckle from the lower part of the fore or hind leg and breast of veal can all be used for this purpose.

Veal fillet with marinated fennel

Serves 4

Ingredients:

600 g veal fillet
2 tbsp olive oil
Salt
Ground pepper
Thyme
Rosemary, crushed
2 tbsp olive oil
2 fennel bulbs
2 oranges
200 ml orange juice
1 tsp lemon grass, ground
Aniseed, ground
3 tbsp olive oil
Salt
Cayenne pepper

>> Tip:

Fennel is a classic Italian vegetable. In Italy it is mostly served raw as a dessert. It also tastes good when cooked, but it must be seasoned well, otherwise it can taste quite bland.

1 Pre-heat the warming drawer to setting 4 for 15 minutes with the ovenproof dish in it.

2 Trim the meat. Heat the olive oil in a pan on the hob and fry the fillet for a total of 5 – 6 minutes. After frying, season with salt, pepper, thyme and rosemary.

3 Place it in the ovenproof dish in the warming drawer.

4 Approx. 30 minutes before the end of the cooking time, halve the fennel bulbs and cut out the stalk in a wedge. Tear the fennel leaves into fine tufts for garnishing then slice the fennel into narrow strips and blanch in boiling water for 1 minute.

5 Segment the orange and place to one side.

6 Bring the orange juice to the boil in a pan on the hob with the lemon grass and reduce by 1/3. Slowly drizzle in the olive oil and mix with a hand mixer to form a smooth sauce. Season with ground aniseed, salt and cayenne pepper.

7 Mix the fennel and orange segments and pour the sauce over them.

8 Carve the veal and serve garnished with the fennel leaves on a pre-heated plate with the vegetables. Croquette potatoes accompany this dish beautifully.

Sous Chef

Food setting:

Duration: 90-120 minutes



Medallions of veal in cabbage parcels

Serves 4

Ingredients

4 veal medallions, each 160 g
8 savoy cabbage leaves
16 slices of smoked ham
1 tbsp Dijon mustard
2 chopped garlic cloves
Vegetable oil
Kitchen twine
20 g butter
300 g savoy cabbage
2 shallots
50 ml white wine
50 ml cream
Salt
½ tsp cumin
½ tsp cayenne pepper
2 tbsp chives

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with the ovenproof dish in it.

2 Wash the cabbage leaves and remove the stalk. Blanch the leaves in boiling water for 1 minute and pat dry.

3 Press the medallions flat and place on one or two cabbage leaves depending on size. Mix the mustard and garlic and spread this onto the medallions. Wrap the medallions in the cabbage leaves and then wrap them with the slices of ham. Fasten them with kitchen twine or toothpicks.

4 Heat some vegetable oil in a pan on the hob and fry the wrapped medallions for approx. 2 minutes each side. Place them in the ovenproof dish in the warming drawer.

5 Approx. 20 minutes before the end of the cooking time, shred the remaining cabbage and peel and dice the shallots.

6 Heat some vegetable oil in a gourmet oven dish or a frying pan on the hob and fry the shallots. Add the cabbage and cook for 4 – 5 minutes, then add the white wine and cream and season with salt, cayenne pepper and cumin.

7 Garnish with chives and serve the medallions with the cabbage on pre-heated plates.

Serve with creamed potatoes.

Sous Chef

Food setting:

Duration: 80-90 minutes



Veal steaks in a brandy sauce

Serves 4

Ingredients

4 veal steaks, each 180 g
Salt
Freshly ground pepper
2 tbsp vegetable oil
40 g butter
250 g mangetout
250 g bunch of carrots
4 shallots
½ tsp lemon grass powder
1 tbsp chopped chives
40 ml brandy
150 g crème fraîche
4 tsp green pickled
peppercorns

>> Tip:

Mangetout belong to the Fabaceae family and are also known as sugar peas or snow peas. They are found in Europe, North America, India and parts of Africa. Young peas of this sort are usually eaten whole, complete with the pod and can be eaten either raw or cooked.

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with the ovenproof dish in it.

2 Season the veal steaks with salt and pepper.

3 Heat the vegetable oil in a pan on the hob and fry the steaks for approx. 2 minutes each side. Place them in the ovenproof dish in the warming drawer.

4 Approx. 20 minutes before the end of the cooking time, wash and halve the mangetout, peel the carrots and cut into batons. Peel and dice one of the shallots. Heat half the butter in a pan, fry the shallot, add the carrots and mangetout and sweat for about 5 – 6 minutes. Season with salt, pepper and lemon grass powder, add chives and keep warm.

5 Peel and dice the remaining 3 shallots. Heat the rest of the butter in a pan, fry the shallots, add the brandy, crème fraîche and peppercorns and season with salt and pepper.

6 Place the medallions on pre-heated plates and serve with duchess potatoes.

Sous Chef

Food setting:

Duration: 60-80 minutes

Chilli con carne

Serves 4

Ingredients

1 tbsp olive oil
2 medium red onions, diced
2 cloves garlic, finely chopped
700 g minced beef
150 ml red wine
1 red pepper, diced
400 g kidney beans, tinned
400 g chopped tomatoes
3 tbsp tomato paste
1 heaped tsp ground cumin
1 heaped tsp ground coriander
1 heaped tsp paprika
½ tsp chilli powder
1½ tsp sugar
½ beef stock cube
100 ml water
4 squares good quality dark chocolate
Salt
Black pepper
Fresh coriander to garnish

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Heat the olive oil in a large frying pan on the hob. Add the onions and garlic and fry until soft. Add the minced beef. Cook until browned and break down any large chunks of meat.

3 Add the red wine and reduce by half. Stir in the red pepper, kidney beans, chopped tomatoes and tomato paste. Bring to a gentle simmer.

4 Stir through the cumin, coriander, paprika, chilli powder and sugar. Crumble in the beef stock cube, add 100 ml water and bring to the boil. Stir through the cubes of chocolate and allow to melt. Season well with salt and pepper.

5 Cover the frying pan with a lid or tin foil and transfer to the pre-heated warming drawer and set the timer for 4 hours. Once cooked, roughly chop the coriander and stir through.

Sous Chef

Food setting:

Duration: 240 minutes

Fillet of beef with chanterelle mushrooms

Serves 4

Ingredients

600 g beef fillet
Salt
Pepper
2 tbsp vegetable oil
400 g chanterelle mushrooms
1 bunch spring onions
2 shallots
30 g butter
125 g diced bacon
50 ml cream
A pinch of sugar

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with the ovenproof dish in it.

2 Remove the skin and any sinews from the beef and season with salt and pepper.

3 Heat the vegetable oil in a pan on the hob and fry the meat for approx. 6 - 8 minutes.

4 Place it in the ovenproof dish in the warming drawer.

5 Approx. 20 minutes before the end of the cooking time, clean the mushrooms, wash and chop the spring onions. Peel and dice the shallots.

6 Heat the butter in a frying pan, fry the shallots and bacon, add the mushrooms and cook for approx 2 – 3 minutes. Then add the spring onions and fry until cooked.

7 Add the cream and season with salt, pepper and sugar.

8 Carve the fillet and serve on pre-heated plates with the vegetables. Serve with roast potatoes.

>> Tip:

The chanterelle mushroom has been a culinary favourite for centuries. Traded in great quantities, they come mostly from Eastern Central Europe, the Baltic and Eastern European countries.

Sous Chef

Food setting:

Duration: 130-155 minutes



Beef and Guinness casserole

Serves 4

Ingredients

2 tbsp olive oil
1 kg braising steak, cut into chunks
25 g butter
3 medium red onions, peeled and chopped
3 garlic cloves, peeled and finely chopped
2 carrots, peeled and chopped
2 celery sticks, chopped
4 field mushrooms, peeled and sliced
3-4 sprigs fresh rosemary, leaves picked and chopped
Salt
1 level tsp freshly ground black pepper
2 heaped tbsp plain flour
1 x 440 ml can Guinness
1 tbsp Worcestershire sauce

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 In a large casserole dish with a tight fitting lid, heat the olive oil and in 2 or 3 batches, sear the beef on a fairly high heat to colour and seal. Remove from the pan and set aside.

3 In the same pan, melt the butter and add the onions. Fry for about 8-10 minutes until lightly coloured, then increase the heat slightly and add the garlic, carrots and celery, and scatter in the mushrooms.

4 Mix everything together before stirring in the rosemary, a pinch of salt and the black pepper. Return the beef to the pan with any juices. Fry fast for 4-5 minutes, stirring, then add the flour, mix well and pour in the Guinness. Bring to the boil, stir in the Worcestershire sauce and place the lid on.

5 Place the casserole in the warming drawer for 6 hours. If the casserole needs thickening, place on the hob on a medium heat and simmer down to reduce to the desired thickness, then serve.

Sous Chef

Food setting:

Duration: 360 minutes

Beef with onions

Serves 4

Ingredients

600 g sirloin joint
2 tbsp vegetable oil
Salt
Pepper
25 g butter
500 g onions
1 bunch spring onions
100 g diced bacon
50 g green pickled
peppercorns
100 ml white wine

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with the ovenproof dish in it.

2 Remove the skin and any sinews from the sirloin joint and season with salt and pepper. Heat the oil in a pan on the hob and sear the meat for approx. 6 - 8 minutes.

3 Place it in the ovenproof dish in the warming drawer.

4 Approx. 20 minutes before the end of the cooking time, peel the onions, cut into rings, wash and chop the spring onions.

5 Heat the butter in a frying pan, fry the onions, diced bacon, spring onions and peppercorns. Add the white wine and season with salt and pepper.

6 Carve the meat and serve on pre-heated plates with the sauce and serve with creamed potatoes.

>> Tip:

The spring onion is botanically a member of the allium family. It is popular because of its milder and more delicate taste in comparison with the more common household onion. It can also be used whole, i.e. the bulb and the stem are both very suitable for consumption.

Sous Chef

Food setting:

Duration: 150-180 minutes

Fillet of beef with paprika rub

Serves 4

Ingredients

2 tbsp vegetable oil
2 cloves garlic, peeled and crushed
Generous pinch sea salt flakes
1 tsp smoked paprika
1 tsp ground black pepper
1 beef fillet joint
(approx. 850 g - 1 kg)

1 Pre-heat the Sous Chef food warming drawer on Food setting 2 for 15 minutes.

2 Mix together the vegetable oil, crushed garlic, sea salt, paprika and black pepper. Rub this mix all over the meat. In a hot frying pan, sear all sides of the beef joint until brown and caramelised.

3 Wrap the meat in foil, place on a shallow baking tray and place in the warming drawer for 2 1/2 to 3 hours.

4 Slice and serve when required.

Sous Chef

Food setting:

Duration: 150-180 minutes



Rump steak with a blue cheese butter

Serves 4

Ingredients:

2 butterfly rump steaks,
400 g each
Salt
Pepper
2 tbsp vegetable oil
50 g blue cheese
50 g butter
1 tbsp chopped chives
300 g green beans
1 onion
10 cherry tomatoes
20 g butter
50 g diced, cooked bacon or
parma ham
300 ml water
1 tsp summer savoury
1 tbsp flour
200 ml beef stock
125 ml red wine
Cayenne pepper
Sugar

>> Tip:

Blue cheese is made by injecting the cheese veins with fungal cultures. Practically every cheese-producing nation has its own speciality; Roquefort in France, Gorgonzola in Italy and Stilton in England.

1 Pre-heat the warming drawer to setting 4 for 15 minutes with the ovenproof dish in it.

2 Trim the meat and season with salt and pepper.

3 Heat the oil in a frying pan on the hob and fry the steaks for approx. 4 - 6 minutes. Place it in the ovenproof dish in the warming drawer. Place the frying pan with the fat and meat juices to one side.

4 Approx. 40 minutes before the end of the cooking process, knead the blue cheese together with the butter and add the chives. Place the resulting mass on a sheet of cling film, make a roll and place in the refrigerator.

5 Wash and dry the beans and cut them into 3 - 4 cm long pieces. Peel and dice the onions; wash and quarter the tomatoes.

6 Bring the water to the boil and cook the beans for about 15 - 20 minutes. Drain off the water and place the beans on one side.

7 Heat the butter in a pan, fry the ham and onions, add the beans, tomatoes, and summer savoury and season with salt and pepper.

8 Heat the fat and meat juices saved from earlier, stir in the flour and cook. Deglaze with the stock and red wine and season with salt, cayenne pepper and sugar.

9 Cut the blue cheese butter into slices, place on the meat and serve with the vegetables and the sauce on pre-heated plates.

Sous chef

Food setting:

Duration: 120-145 minutes



Medallions of beef with oyster mushrooms

Serves 4

Ingredients

4 beef fillet steaks, each 160 g
Salt
Freshly ground pepper
2 tbsp vegetable oil
20 g butter
400 g oyster mushrooms
2 shallots
2 tbsp double cream
1 pinch sugar
2 tbsp chopped chives

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with the ovenproof dish in it.

2 Heat the vegetable oil in a frying pan on the hob. Press the steaks flat, season with salt and pepper and fry for approx. 2 minutes each side. Place them in the ovenproof dish in the warming drawer.

3 Clean and finely chop the oyster mushrooms, peel and dice the shallots.

4 Approx. 20 minutes before the end of the cooking time, heat the butter in a frying pan, fry the shallots, then add the mushrooms and fry for another 2 – 3 minutes. Add the cream and season with salt, pepper and sugar.

5 Serve the medallions garnished with chopped chives on pre-heated plates with the mushroom sauce. Excellent served with potato rösti.

>> Tip:

The oyster mushroom is ivory-coloured, has a large, mussel-shaped, slightly downturned cap and is full and strong in taste. Extremely nutritious, it is particularly rich in vitamin B2 and niacin. The high protein content ensures a plentiful supply of valuable amino acids.

Sous Chef

Food setting:

Duration: 60-80 minutes



Pork

Let's have pork

Pork provides a wealth of taste experiences in the context of a balanced diet. Whether it's a juicy steak, a tender fillet, a traditional schnitzel or a celebratory roast, variety is guaranteed and the possibilities are endless.





Useful information about pork



Pork has become one of the most popular meats due to its versatility. A common misconception is that it is fatty and unhealthy. In reality, it consists of up to 75% water and has no more fat than is found in poultry or beef.

Like beef, pork is a great provider of iron which transports oxygen through the body. Important minerals such as magnesium and potassium also help to strengthen muscles.

The best cuts of pork are leg, fillet or loin. These cuts have fewer sinews, e.g. tendons and are therefore tender and juicy. They are excellent for stews, roasting, braising, grilling or cooking at low temperature.

Meat quality can be recognised by the colour, as pork should be uniformly pink to dark pink. If it is not, then the animal has been fattened too quickly and the meat will taste insipid and very watery.

The appropriate cut for the occasion

Most of the pork now available is fine grained and tender and a lot less fatty than it used to be.

Belly

This is now a very popular, economical joint and the best pieces are from the middle of the belly where there is a higher proportion of meat. It is good for slow roasting and can be boned, stuffed and rolled. It can also be chopped up for casseroles or sliced for grilling.

Fillet or tenderloin

A very lean, tender piece of meat which comes from underneath the backbone in the hind loin. It is a good choice for roasting, grilling and frying. Since it has so little fat, care has to be taken when cooking not to dry it out. This can be done by marinating the meat beforehand or, if roasting, then cutting halfway into the joint and using a moist stuffing.

Loin

Often considered to be the best cut of pork and probably the most expensive. It is best roasted. The whole loin can weigh up to 4.5 kg so it is usually cut into smaller pieces for cooking. Loin chops are cut from either end of the joint and those from the hind end often still have some of the kidney attached.

Shoulder

An economical joint when bought whole. It can be roasted or the meat removed from the bone and cubed for casseroles.

Leg

A prime roasting joint. Since the leg is large it is often cut into two pieces by the butcher to give a fillet half and a knuckle piece. Both are excellent roasted on the bone or if the butcher removes the bone they can be stuffed and tied prior to roasting.

Spare ribs

There are two distinct chops with this name which come from different parts of the animal. Spare rib chops come from the neck area and are streaked with fat so it makes quite a succulent piece. They are best grilled or fried. Spare ribs, however, are cut from the belly of the pork and are best cooked by marinating and then grilling.

Gammon with baked fruit

Serves 4

Ingredients

600 g gammon joint
2 tbsp vegetable oil
100 g dried plums
100 g dried apricots
100 g dried apple rings
100 g dried pineapple
20 g butter
1 onion
1 red chilli pepper
1 tbsp flour
150 ml dry cider
1 tsp grated ginger
Salt
Cayenne pepper
Sugar
Calvados

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes with the ovenproof dish in it.

2 Heat a frying pan on the hob with the vegetable oil. Fry the meat on all sides for a total of approx. 6 - 8 minutes. Place the meat in the dish in the warming drawer.

3 Chop the dried fruit up small and soften in water for approx. 30 minutes. After soaking save 100 ml of the water for later. Peel and dice the onion, de- seed and dice the chilli pepper.

4 Approx 30 minutes before the end of the cooking time, heat the butter in a pan, fry the onion and chilli, add the flour and cook, then deglaze using the water from soaking the fruit plus the cider.

5 Add the softened fruit and ginger and cook for about 5 minutes. Season with salt, cayenne pepper, sugar and Calvados.

6 Carve the meat and serve with the fruit on pre-heated plates. Delicious with caraway potatoes.

>> Tip:

Calvados is an amber coloured spirit from Normandy. The name is derived from its native region of Calvados. Only cider brandies made in Normandy are allowed to bear the name Calvados. Alcohol content is typically 40 - 45%.

Sous Chef

Food setting:

Duration: 180-200 minutes



Roast pork loin with aniseed

Serves 4

Ingredients

600 g pork loin
3 tbsp groundnut oil
1 tsp mixed aniseed
1 tsp Chinese five spice
400 g Chinese cabbage
200 g mangetout
1 chilli pepper
2 shallots
4 tbsp white wine
1 tbsp maple syrup
1 tbsp groundnut oil
Salt
Cayenne pepper

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes with the ovenproof dish in it.

2 Pare the meat and season with Chinese five spice and aniseed.

3 Heat 3 tablespoons of groundnut oil in a frying pan on the hob and sear the meat on all sides for a total of about 6 – 8 minutes. Place the meat in the dish in the warming drawer.

4 Approx. 30 minutes before the end of the cooking time wash and pat dry the Chinese cabbage and mangetout. Shred the Chinese cabbage, halve the mangetout, peel and dice the shallots. Wash, de-seed and dice the chilli pepper.

5 Heat a tablespoon of groundnut oil in a pan and fry the shallots, add the Chinese cabbage, chilli pepper and mangetout and sweat for approx. 3 - 4 minutes. Add white wine and then season with maple syrup, salt and cayenne pepper.

6 Carve the meat and serve on pre-heated plates with the vegetables. Serve with baked potatoes.

>> Tip:

Chinese cabbage, also known as Peking or Japanese cabbage can weigh up to 3 kg. The leaves are mostly yellowish-green and have broad white ribs. It is available all year round, although its main harvest time is October/November.

Sous Chef

Food setting:

Duration: 180-210 minutes



Pork medallions with a chilli and peanut sauce

Serves 4

Ingredients:

8 pork medallions, 60 g each
Salt
Pepper
2 tbsp cooking oil
20 g butter
200 g mushrooms
2 bunches spring onions
2 chilli peppers
2 shallots
40 ml white wine
2 tbsp chopped flat-leaf parsley
5 tbsp peanut butter
5 tbsp water
1 tsp curry paste
1 tbsp soy sauce
2 tsp sweet chilli sauce
Sugar

>> Tip:

The main ingredient of peanut butter is ground peanuts. To make peanut butter yourself: chop 250 g roasted, skinned, unsalted peanuts in a food processor with ½ tsp salt. Add 1 – 3 tsp groundnut or sunflower oil until a creamy mass is formed. It can be kept in the refrigerator for up to 2 weeks

1 Pre-heat the warming drawer on Food setting 4 for 15 minutes with the ovenproof dish in it.

2 Heat the cooking oil in a frying pan, press the medallions flat, season with salt and pepper and fry for approx. 1-2 minutes per side. Place the meat in the dish in the warming drawer.

3 Approx. 20 minutes before the end of the cooking time, wash and de-seed and dice the chillis. Peel and dice the shallots. Wash and dry the spring onions and cut them into pieces 5 cm long.

4 Heat the butter in a pan and fry the shallots and the mushrooms. Add the spring onions and chilli, deglaze with white wine and season with salt and pepper.

5 Mix together the peanut butter, water, curry paste, soy sauce and chilli sauce in a pan and bring briefly to the boil.

6 Pour the sauce over the medallions, garnish with parsley and serve with the vegetables on pre-heated plates. Serve with brown rice.

Sous Chef

Food setting:

Duration: 75-95 minutes



Oriental pork

Serves 4

Ingredients:

600 g pork fillet
Salt
Pepper
Curry powder
2 tbsp cooking oil
20 g butter
125 g beansprouts
150 g mangetout
1 bunch of spring onions
150 g shiitake mushrooms
150 g pineapple
15 g grated ginger
100 ml rice wine
1 tsp curry powder
Sugar

>> Tip:

The shiitake mushroom is an aromatic delicacy and is considered a very effective medicinal mushroom in Chinese and Japanese medicine. There are two kinds of shiitake mushroom: Donko or Tong Gu, and Koshin, both of which are very flavoursome. They are usually dried and have to be soaked in water before use.

1 Pre-heat the warming drawer on Food setting 4 for 15 minutes.

2 Trim the meat and season with salt, pepper and curry powder. Heat the oil in a gourmet oven dish or a roasting pan and fry the meat for a total of approx. 5 – 6 minutes.

3 Place the meat in its pan or dish into the warming drawer.

4 Approx. 20 minutes before the end of the cooking time, wash, dry and finely chop the spring onions and mangetout. Peel the pineapple and chop into small chunks. Clean and finely chop the shiitake mushrooms.

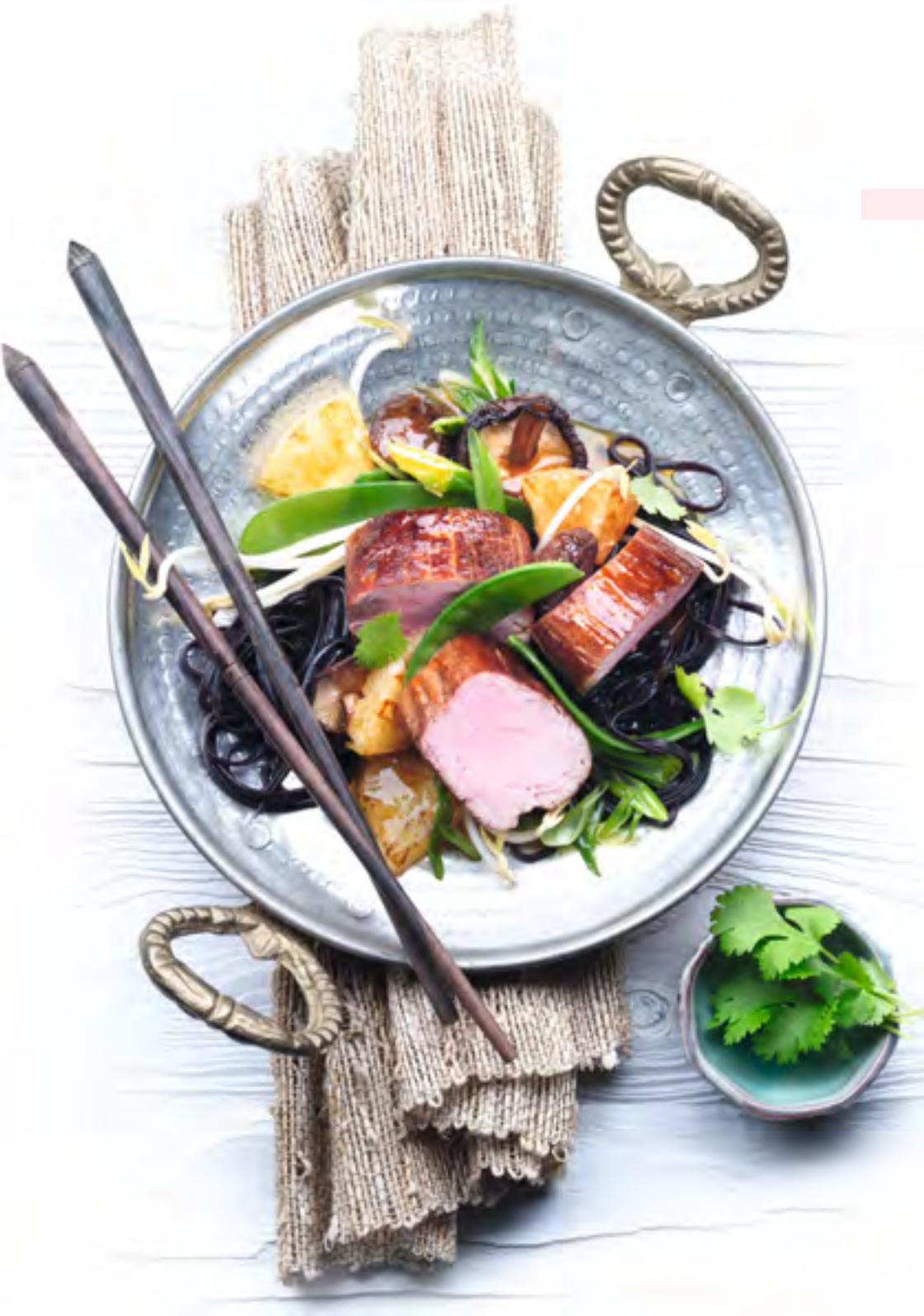
5 Heat the butter in a frying pan, fry the mushrooms, add the spring onions, mangetout, bean sprouts, pineapple and ginger and cook for about 3 - 4 minutes. Deglaze with rice wine and season with salt, sugar curry powder and pepper.

6 Carve the meat and serve with the vegetables on pre-heated plates. Serve with black noodles.

Sous Chef

Food setting:

Duration: 90-110 minutes



Pork fillet with a Calvados sauce

Serves 4

Ingredients

600 g pork fillet
2 tbsp vegetable oil
Salt
Pepper

Marinade:

1 tbsp maple syrup
4 tbsp sherry
1 tbsp grapeseed oil
Juice of 1 lime
10 cloves
Pepper

Calvados sauce:

4 apples
Juice of 1 lime
25 g butter
2 shallots
60 g sugar
Chilli powder
125 ml apple juice
50 ml Calvados
125 g crème fraîche
Salt
Cayenne pepper

Garnish:

1 tbsp chopped chives

1 Remove any membrane, fat and sinew from the meat.

2 Make a marinade using maple syrup, sherry, grapeseed oil, lime juice, pepper and cloves, pour over the meat and place in the refrigerator for 2 hours. Take the meat out of the marinade, pat dry and season with salt and pepper.

3 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with an ovenproof dish in it.

4 Heat the vegetable oil in a frying pan and sear the meat on all sides for a total of approx. 5 – 6 minutes. Place the meat in the dish in the warming drawer.

5 Approx. 30 minutes before the end of the cooking time, peel and slice the apples and sprinkle with lime juice.

6 Heat the butter in a pan and fry the shallots, sprinkle sugar over them and add the apple slices. Season with chilli powder and set to one side.

7 Bring the apple juice and Calvados to the boil and reduce by half, add crème fraîche and season with salt and cayenne pepper.

8 Carve the meat, garnish with chives and serve on pre-heated plates with the apples and sauce. Serve with noodles.

Sous Chef

Food setting:

Duration: 90-110 minutes



Sausage casserole with red wine and puy lentils

Serves 4

Ingredients

1 tbsp vegetable oil
8 good quality pork sausages
1 onion, peeled and chopped
2 cloves garlic, peeled and crushed
2 carrots, peeled and diced
2 sticks celery, trimmed and diced
½ teaspoon nutmeg
6 juniper berries, lightly crushed
4 bay leaves
200 ml red wine
200 ml hot vegetable stock
1 x 400 g tin chopped tomatoes
1 tbsp tomato purée
150 g puy lentils
1½ tbsp redcurrant jelly
Seasoning

1 Pre-heat the Sous Chef food warming drawer on setting 5 for 15 minutes.

2 Heat the oil in a casserole dish and brown the sausages. Transfer to a plate and keep warm. Add the onion, garlic, carrots and celery to the pan and fry for 4 – 5 minutes.

3 Add the nutmeg, juniper berries and bay leaves. Continue to fry for a further minute, stirring to coat the vegetables with the nutmeg.

4 Stir in the red wine, hot vegetable stock, chopped tomatoes, tomato purée, puy lentils and the redcurrant jelly. Return the sausages to the pan and bring up to simmering point. Cover the casserole dish and put in the food warming drawer.

5 Leave to cook for 4 hours or until the sausages are completely cooked and the vegetables tender. Adjust seasoning if required and serve immediately.

Sous Chef

Food setting:

Duration: 240 (+) minutes



Pork roulades with peppers

Serves 4

Ingredients:

4 pork roulades, 150 g each
2 onions
Mustard
Salt
Pepper
Paprika
2 tbsp sunflower oil
Kitchen twine
2 yellow peppers
2 red peppers
250 g dried apricots
15 g butter
2 shallots
150 g tomato purée
40 ml rice wine
Salt
Cayenne pepper
2 tbsp chopped chives

>> Tip:

Peppers are a popular vegetable which are also available in powder form. The peppers differ not only in colour (green, yellow, red, orange), but also in taste. Green peppers are more bitter, the others slightly sweeter. Summer is the best season for them.

1 Pre-heat the warming drawer to setting 5 for 15 minutes with an ovenproof dish in it.

2 Peel and dice the onions, coat the roulades with mustard and season with salt, cayenne pepper and paprika. Distribute the diced onions over them, roll them up and tie up with kitchen twine.

3 Heat the oil in a frying pan, fry the meat on all sides for a total of 4 - 6 minutes. Place the meat in the dish in the warming drawer.

4 Approx. 20 minutes before the end of cooking time, wash, de-seed and cut the peppers into strips, halve the apricots, peel and dice the shallots.

5 Heat the butter in a frying pan, fry the shallots, sweat the peppers and deglaze with rice wine.

6 Add the tomato purée and apricots and season with salt, cayenne pepper and paprika.

7 Serve the roulades with the vegetables garnished with chives on pre-heated plates. Serve with green noodles.

Sous Chef

Food setting: □□□■

Duration: 150-180 minutes



Spare ribs with a piquant sauce

Serves 4

Ingredients

1 kg pork ribs
Salt
Pepper
2 tbsp vegetable oil

Marinade:

100 ml olive oil
4 tbsp honey
4 tbsp vinegar
2 tbsp soy sauce
1 tube tomato purée (200 g)
2 tbsp Worcester sauce
2 chopped garlic cloves
1 tsp chilli powder

Sauce:

25 g butter
1 pepper
3 spring onions
2 onions
100 ml tomato ketchup
2 tbsp Worcester sauce
2 tbsp lemon juice
2 tbsp cider vinegar
2 tsp mustard
3 tbsp brown sugar
Salt
Pepper
Paprika

>> Tip:

Mustard seeds are a European spice used primarily in the preparation of mustard, sauces, marinades and salads, but can also be used to accompany sausage, fish and meat.

1 Mix together the oil, honey, vinegar, soy sauce, tomato purée, garlic and Worcester sauce and season with chilli powder.

2 Coat the ribs in the marinade and place in the refrigerator for 24 hours.

3 Remove the ribs from the marinade, remove any excess marinade and season with salt and pepper.

4 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

5 Heat the vegetable oil in a gourmet oven dish or a roasting pan. Fry the ribs on both sides for approx. 4 – 6 minutes.

6 Place the meat in the dish or pan into the warming drawer.

7 Approx. 30 minutes before the end of cooking time, wash and chop the pepper and spring onions into rings, peel and dice the onions.

8 Heat the butter in a frying pan and fry the onions. Then add the ketchup, Worcester sauce, cider vinegar, lemon juice, mustard and brown sugar and bring to the boil. Reduce to 1/3 on a low setting and season with salt, pepper and paprika. Add the spring onion and pepper.

9 Serve the spare ribs with the sauce on pre-heated plates with steamed rice and oriental greens.

Sous Chef

Food setting: □□□□■

Duration: 165-195 minutes



Lamb

Fit for fun

Rich in vitamins, protein and minerals, lamb provides an excellent alternative to other meats. Mediterranean or traditional, everyone loves lamb dishes. Lamb is a firm favourite all year round and not just at Easter and is loved by gourmets all around the world.





Useful information about lamb



Meat from sheep which are less than 12 months old is known as lamb. Lamb is generally available between December and May and the animals are usually slaughtered at 3 – 4 months old.

Lamb is healthy and low in fat, in comparison with other meats. It contains a wide range of vitamins and is also rich in protein and minerals. It even has slimming properties, thanks to its plentiful supply of L-Carnitine. This is a protein component which transports fat molecules to the muscles for burning. A good supply of iron also helps promote blood flow and transportation of oxygen around the body.

The appropriate cut for the occasion

Lamb is a tender meat with a distinctive flavour and aroma. It should be light red in colour, moist with a creamy white, firm fat. Welsh lamb is particularly valued for its flavour which is best enjoyed when roasted.

Leg

This is the classic joint for roasting. It is generally sold on the bone but can be boned and stuffed before roasting. The leg is often cut into two joints; the knuckle which is the lower part of the leg and the fillet which is the top. Lamb steaks or gigot chops are cut from the top of the leg.

Shoulder

A less expensive roasting joint which is fattier than the leg, but often better in flavour if slow roasted. Since it is more difficult to carve it is usually boned and rolled.

Breast

A very economical cut which is usually sold boned, stuffed and rolled. It is quite a fatty piece so is not much in demand. It can be roasted or braised for cooking.

Neck

Best end of neck is usually divided into cutlets for grilling or frying. Two best end of neck can be used to create a crown of lamb or a guard of honour which is delicious roasted. The butcher will prepare these for you if ordered in advance. Middle neck has a high proportion of fat and bone to meat and is best used for stews and casseroles. When filleted, it is a tender cut used in stews, casseroles and curries.

Saddle

A prime roasting joint for a large dinner party. The butcher prepares this joint with both loins cut from the best neck end to the legs. All the bones and fat are removed and the joint is dressed to include the kidneys. This joint can also be cut into thick lamb steaks.

Noisette

These are small round thick slices of lamb cut from the boned and rolled loin or best end of neck. Very succulent, they are suitable for grilling or frying.

Rack of lamb with herb pesto

Serves 4

Ingredients

2 racks of lamb, each 400 g
2 tbsp vegetable oil
Salt
Pepper
Rubbed rosemary
50 g pine nuts
100 g dried tomatoes, in oil
1 bunch chives
1 bunch parsley
2 sprigs of thyme
1 bunch basil
1 garlic clove
1 shallot
Sambal Oelek
60 g grated parmesan
80 ml olive oil
Paprika

>> Tip:

Sambal Oelek is a spicy paste made from freshly crushed chilli peppers. Because it is so hot, it should be used very sparingly. It is often used as a substitute for fresh chillies. Sambal Oelek is available in the Asian food departments of good supermarkets and in Chinese shops. It can be stored in the cupboard for several months.

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with an ovenproof dish in it.

2 Pare the lamb and season with salt, pepper and rosemary.

3 Heat the vegetable oil in a pan and fry the racks on both sides for approx. 5 – 6 minutes. Place the meat in the ovenproof dish in the warming drawer.

4 Approx. 20 minutes before the end of the cooking time, dry roast the pine nuts in a frying pan.

5 Dice the tomatoes. Wash, pat dry and coarsely chop the parsley, chives, basil and thyme. Peel and dice the garlic clove and shallot.

6 Mix together the tomatoes, basil, thyme, garlic, parsley, chives, shallot, parmesan and olive oil and season with Sambal Oelek, salt, pepper and paprika.

7 Carve the meat, and serve on pre-heated plates with the sauce and pine nuts. Serve with potato wedges.

Sous Chef

Food setting:

Duration: 100-130 minutes



Lamb cutlets with basil butter

Serves 4

Ingredients

4 lamb cutlets, each 200 g
Salt
Pepper
2 tbsp vegetable oil
20 g butter
1 shallot
1 clove garlic
2 beefsteak tomatoes
200 g courgettes
Juice of ½ lime
50 ml white wine
2 tbsp sunflower seeds
80 g soft butter
3 – 4 sprigs of basil

>> Tip:

Tomatoes are one of the most popular fruits in Europe. They are very healthy (they contain carotene and vitamin C, but very little protein and fat and have only 17 calories per 100 g). They give vitality and relieve stress and help to promote healthy skin and hair.

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with an ovenproof dish in it.

2 Trim the meat and season with salt and pepper.

3 Heat the vegetable oil in a frying pan and fry the cutlets on both sides for approx. 2 – 3 minutes per side. Place the meat in the dish in the warming drawer. Set aside the frying pan with the fat and meat juices.

4 About 20 minutes before the end of cooking peel and dice the shallot and garlic. Skin and quarter the tomatoes, wash and slice the courgettes.

5 Heat the pan with the reserved fat and meat juices, fry the shallot, add the garlic, courgettes and tomatoes and sweat, and then deglaze the pan with lime juice and wine. Season with salt and pepper and add the sunflower seeds.

6 Remove the basil leaves, wash and pat dry, then chop finely and mix in with the butter and season with salt and pepper. Keep back a couple of leaves for garnish.

7 Serve the lamb cutlets garnished with basil leaves on pre-heated plates with the vegetables and basil butter. Serve with roast potatoes.

Sous Chef

Food setting:

Duration: 90-110 minutes

Lamb in red wine sauce

Serves 4

Ingredients

500 g lamb neck fillet,
trimmed and cubed
1 tbsp plain flour
Salt and freshly ground black
pepper
2 tbsp vegetable oil
1 medium onion, peeled and
chopped
1 clove garlic, peeled and
finely chopped
1 large carrot, peeled and
sliced
1 leek, trimmed and sliced
100 ml red wine
400 ml vegetable stock
½ tbsp tomato purée
2 sprigs rosemary

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Toss the cubes of lamb in the flour which has been seasoned with salt and black pepper. Heat the vegetable oil in a large casserole dish and fry off the pieces of lamb. Remove the lamb from the dish and set aside.

3 Add the prepared vegetables, onion and garlic to the casserole dish and cook for 4 – 5 minutes until softened. Add the red wine and bring up to simmering point. Return the meat and stir in the stock, tomato purée and sprigs of rosemary. Bring everything back up to simmering point, cover the dish and place in the food warming drawer.

4 Cook the casserole for 3 – 4 hours until the meat is tender. Remove the sprigs of rosemary before serving and adjust the seasoning to taste.

Sous Chef

Food setting:

Duration: 180-240 minutes

Roast fillet of lamb with tomatoes and haricot beans

Serves 4

Ingredients

600 g fillet of lamb
Salt
Pepper
2 tbsp vegetable oil
300 g tomatoes
1 onion
1 garlic clove
200 g cooked haricot beans
100 ml white wine
100 ml double cream
1 tsp lemon juice
Paprika
2 tbsp mint leaves

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes with an ovenproof dish in it.

2 Pare the lamb and season with salt and pepper.

3 Heat the vegetable oil in a frying pan on the hob and fry the meat on all sides for approx. 4 – 6 minutes. Place the meat in the dish in the warming drawer. Set aside the frying pan with the fat and meat juices.

4 Approx. 30 minutes before the end of the cooking time, wash and quarter the tomatoes. Peel and dice the onion and garlic. Wash and pat dry the mint leaves.

5 Heat the pan containing the reserved fat and meat juices, fry the onion, sweat the tomatoes and garlic and heat the beans.

6 Add the white wine, lemon juice and cream and season with paprika, salt and pepper.

7 Carve the meat and serve garnished with mint leaves on pre-heated plates with the vegetables. Potato cakes accompany this dish very well.

Sous Chef

Food setting:

Duration: 90-120 minutes



Leg of lamb with bean parcels

Serves 4

Ingredients:

1 leg of lamb,
off the bone (1.2 kg)
Salt
Pepper
2 tbsp vegetable oil
1 clove of garlic
1 onion
Kitchen twine
2 sprigs of rosemary
1 crushed clove of garlic
1 tbsp olive oil
20 g butter
600 g French beans
300 ml water
1 tbsp summer savoury
12 slices of dry cured ham
1 onion
1 clove of garlic

>> Tip:

Garlic should always be used fresh. You can tell that it is fresh if the skin of the clove is tight and is white or transparent violet in colour. It is best kept in a cool, dry and well-ventilated place, but not in the refrigerator.

1 Pre-heat the warming drawer to setting 4 for 15 minutes.

2 Trim the lamb and season with salt and pepper.

3 Peel the onion and cut into 3 rings and peel and dice the garlic clove. Stuff the leg with the onion rings and garlic, season with salt and pepper and tie up with kitchen twine.

4 Heat the vegetable oil in a gourmet oven dish or a roasting pan. Fry the meat on all sides for approx. 8 – 10 minutes.

5 Mix the oil with salt, pepper and crushed garlic and coat the leg of lamb with it. Rinse the rosemary and place on the lamb.

6 Place the meat in the dish or roasting pan in the warming drawer.

7 30 minutes before the end of the cooking time, wash and trim the beans, then steam or cook on the hob. Drain and rinse the beans under cold water. Divide into 12 portions, season with pepper and wrap each portion in a slice of ham.

8 Peel and dice the onions and garlic.

9 Heat the butter in a frying pan, fry the onions and garlic, warm the bean parcels through and season to taste with summer savoury.

10 Carve the leg of lamb and serve with the bean parcels on pre-warmed plates. Rosemary potatoes complement this dish beautifully.

Sous Chef

Food setting:

Duration: 330-360 minutes



Game

A bit on the wild side

Game has always been a special treat, and is certain to whet the appetite whether as a starter, in a salad or as the main course. It can be cooked in a variety of ways and its strong taste lends itself particularly well to dishes with seasonal vegetables! If you love game, and you have the choice, you're bound to choose it in preference to any other kind of meat.





Useful information about game



Because game is not served as an everyday meat it has taken on a special place in menu planning. For fresh game meat you used to need to know the hunter. Nowadays it is very often farmed so there's a ready supply from butchers and many supermarkets also stock a variety of game meat and birds so it can be enjoyed all year round. The most common game available in the UK is venison and pheasant. Other game birds are also available during the season and increasingly available are game such as wild boar and hare.

If game is cooked properly it does not need to be marinated! This used to be done to tenderise meat that people felt was a bit on the tough side. Shop bought game also tends to be from younger animals now. But if you like it marinated you can use a mixture of red wine and buttermilk. Game lends itself well to being cooked anywhere from medium to well done.

Game has a lower water and fat content than other types of meat and is a particularly good source of protein, minerals and vitamins, making it a valuable addition to the modern menu.

Roe deer

Roe makes an excellent celebratory meal. Its meat is tender and very low in fat. The younger the animal the more tender the meat. The best meat for a roast comes from the haunch or back leg and saddle. For stewing and casseroles the neck and shoulder cuts are used.

The best meat is from animals which are no more than 3 years old. The meat from older animals tends to be tougher and harder to digest.

Venison

Venison is very lean and easy to digest and is often marinated before cooking. Available fresh from butchers from August through to April it is also readily available frozen all year round.

Wild boar

Wild boar is particularly tender and easy to digest. It can be prepared in a wide variety of ways from juicy steaks, to spicy stews and casseroles. The tenderest meat is from sucklings or young pigs not more than a year old, weighing in at around 30 kg.

The meat from male boars over 2 years old is very flavoursome. Weighing in at up to 40 kg the best meat is from the saddle and haunch. Marinating the meat is advisable before roasting.

The meat from sows has to be marinated to tenderise it. The best season for wild boar is in November and December when the meat is at its most flavoursome.

Hare

Hare is a delicate and very tasty meat with the best cuts being from the saddle and the haunch. These can be prepared as two separate cuts of meat.

In addition to very good quality protein, hare also has much higher levels of iron, potassium, magnesium, and linoleic acid as well as unsaturated omega 3 fatty acids than that found in either roe deer or venison.

Hare should be fresh and juicy. Good quality meat will have a matt gloss to it. If it has darkened around the edges or has dark spots on it you should not use it.

Hare can be kept refrigerated for a maximum of 5 days. Frozen it will keep well for up to 6 months.

Saddle of roebuck with apple sauce

Serves 4

Ingredients:

800 g boned saddle of roebuck
Salt
Pepper
2 tbsp cooking oil
Thyme
4 cox's apples
8 rashers of streaky bacon
20 g butter
30 ml apple brandy
200 ml apple juice
100 ml game stock
30 g raisins
30 g chopped walnuts
1 tbsp cornflour
1 tbsp water
50 g double cream
Sugar
1 tbsp chopped parsley

1 Pre-heat the warming drawer to setting 5 for 15 minutes with an ovenproof dish in it.

2 Trim the roebuck and season with salt pepper and thyme.

3 Heat the oil in a frying pan and fry the meat for a total of approx. 4 - 6 minutes, then wrap with bacon. Place the meat in the dish in the warming drawer.

4 Approx. 30 minutes before the end of the cooking time, peel and slice the apples, heat the butter in a pan and sweat the apple slices, then deglaze with apple juice and game stock. Add the raisins and walnuts and cook. Stir the cornflour into the water and use this to thicken the liquid. Add the cream and season to taste with apple brandy, salt, pepper and sugar.

5 Carve the meat and serve garnished with parsley on pre-heated plates with the apple sauce. Delicious with roast potatoes.

>> Tip:

Game is an ideal food for the health-conscious. It is low in fat and cholesterol, easily digestible and a good source of protein, minerals and vitamin B.

Sous Chef

Food setting: □□□■

Duration: 120-135 minutes



Roast wild boar with red cabbage

Serves 4

Ingredients:

800 g wild boar, roasting joint
(haunch)

Salt

Pepper

Paprika

2 tbsp vegetable oil

Marinade:

1 onion

1 litre buttermilk

Juice of 1 lime

1 bunch of soup greens

1 bay leaf

4 juniper berries

4 peppercorns

600 g red cabbage

2 cox's apples

1 onion

Juice of 1 lemon

150 g cranberry sauce

3 cloves

2 bay leaves

50 ml water

1 tbsp flour

1 tbsp water

Cinnamon

Sugar

Salt

Pepper

50 ml red wine

1 Peel and quarter the onions. Mix the buttermilk with the lime juice and add the onion, bay leaf, juniper berries and peppercorns. Wash and dry the greens and chop small. Place the meat and the vegetables in the liquid and leave in the refrigerator for 24 hours.

2 Pre-heat the warming drawer to setting 5 for 15 minutes.

3 Pat the meat dry and season with salt, pepper and paprika.

4 Heat some oil in a gourmet oven dish or roasting pan on the hob, and fry the meat on all sides for a total of approx. 8 – 10 minutes.

5 Place the meat in an ovenproof dish in the warming drawer.

6 Approx. 90 minutes before the end of the cooking time halve the red cabbage, remove the stalk, wash and cut into thin strips. Wash, peel, core and slice the apples, peel and dice the onions.

7 Place the red cabbage, onions, apple slices, water, lemon juice, bay leaves, cloves, cinnamon, salt, pepper and sugar in a pan on the hob, bring to the boil and cook for approx. 60 minutes.

8 Mix the flour into the water, add and bring to the boil. Add the cranberry sauce to the red cabbage to warm through before serving, then season with red wine, salt, sugar and pepper.

9 Carve the joint and serve on pre-heated plates with the vegetables. Serve with croquette potatoes.

Sous Chef

Food setting:

Duration: 200-230 minutes



Saddle of venison with cabbage and pepper sauce

Serves 4

Ingredients:

800 g saddle of venison (off the bone)
Salt
Pepper
2 tbsp vegetable oil
400 g savoy cabbage
200 g tomatoes
2 tbsp olive oil
50 g sunflower seeds
Paprika

Sauce:

300 ml game stock
1 tbsp thyme leaves
150 ml double cream
2 tbsp redcurrant jelly
50 ml orange juice
1 tbsp cornflour
1 tbsp pickled peppercorns
50 ml Port
Salt
Pepper

1 Pre-heat the warming drawer to setting 5 for 15 minutes with an ovenproof dish in it.

2 Trim the venison and season with salt and pepper.

3 Heat the oil in a frying pan and fry the meat for a total of approx. 5 - 6 minutes. Place the meat in the ovenproof dish in the warming drawer.

4 Wash and dry the cabbage, cut it into strips, wash and halve the tomatoes.

5 Approx. 30 minutes before the end of the cooking time, heat the oil in a pan, briefly sweat the cabbage and cook for approx. 10 – 15 minutes. Add the sunflower seeds and tomatoes and season with salt, paprika and pepper.

6 Bring the stock, thyme, cream and redcurrant jelly to the boil, mix the cornflour with the orange juice and use this to thicken the sauce. Finely chop and add the peppercorns and season with Port, salt and pepper.

7 Carve the meat and serve on pre-heated plates with the vegetables and sauce. Serve with boiled potatoes.

Sous Chef

Food setting: □□□□■

Duration: 135-150 minutes



Medallions of venison with chanterelle mushrooms

Serves 4

Ingredients:

8 venison medallions, 80 g each
Salt
Pepper
8 slices of streaky bacon
2 tbsp cooking oil
600 g chanterelle mushrooms
1 onion
20 g butter
50 g double cream
50 ml white wine
Sugar
4 pear halves, cooked
40 g cranberry sauce

>> Tip:

The cranberry is a very popular accompaniment to game dishes. It is usually eaten in the form of a preserve, rather than raw, due to its bitter taste. Cranberries contain lots of vitamins such as A, B1, B2, B3 and C and is also rich in minerals such as calcium, magnesium and phosphate. Redcurrant jelly could be used instead.

1 Pre-heat the warming drawer to setting 5 for 15 minutes with an ovenproof dish in it.

2 Trim the venison medallions and season with salt and pepper.

3 Heat the oil in a frying pan on the hob and fry the meat for approx. 2 minutes per side, then wrap the medallions in the bacon. Place the meat in the ovenproof dish in the warming drawer.

4 Approx. 30 minutes before the end of the cooking time clean the mushrooms, peel and dice the onions.

5 Heat the butter in a pan on the hob and fry the onions and mushrooms in portions. Add the cream and white wine, season with salt, pepper and sugar.

6 Stuff the pear halves with cranberry sauce. Place the medallions on pre-heated plates with the mushrooms and pear halves. Serve with wild rice.

Sous Chef

Food setting:

Duration: 80-100 minutes



Hare with carrots and celeriac

Serves 4

Ingredients:

Marinade:

300 ml red wine
200 ml orange juice
½ tsp thyme
½ tsp rosemary
2 cloves
2 onions
4 hare legs
Salt
Pepper
2 tbsp cooking oil
8 slices of streaky bacon
500 g carrots
100 g celeriac
1 onion
20 g butter
50 ml white wine
100 ml orange juice
1 tbsp cornflour
1 tbsp water
Sugar
2 tbsp chopped parsley

1 Peel and quarter the onions and make a marinade with the red wine, orange juice, thyme, rosemary and cloves.

2 Rub the meat with salt and pepper and place in the marinade with the onion quarters. Leave to stand overnight.

3 Pre-heat the warming drawer to setting 5 for 15 minutes.

4 Take the meat out of the marinade and pat dry. Heat the oil in a gourmet oven dish or a roasting pan and fry the meat for a total of approx. 5 – 7 minutes. Wrap the legs with bacon. Place the meat in the dish in the warming drawer.

5 Approx. 30 minutes before the end of the cooking time wash and dry the carrots and celeriac. Peel and dice the onions.

6 Heat the butter in a frying pan, fry the onions, add the vegetables, deglaze with orange juice and white wine and cook for approx. 15 – 20 minutes.

7 Mix the cornflour with the water, use it to thicken the sauce and season with salt, pepper and sugar.

8 Serve the meat and the vegetables garnished with parsley on pre-heated plates. Delicious with duchess potatoes.

Sous Chef

Food setting: □□□■

Duration: 210-240 minutes



Desserts

Desserts and more

You've served the perfect meal – now for the final flourish! From healthy fruity options to indulgent chocolate or fluffy meringues, luxury rice pudding or velvety crème brûlée, a delicious dessert is the ultimate happy ending to a sumptuous feast.

Be creative - the possibilities are endless with your Miele Sous Chef food warming drawer!





Meringue nests

Makes 12

Ingredients

4 egg whites
250 g caster sugar
1 tsp vanilla extract
1 tsp white wine vinegar
1 tsp cornflour

For chocolate swirl meringue:

1½ tsp cocoa powder

For rosewater meringue:

1½ tsp rose water
A few drops red food colour

1 If you like a crisp, dry meringue nest, pre-heat the Sous Chef food warming drawer on Food setting 5 and then place the meringue in the drawer to dry out for 3 hours. If you prefer a marshmallowy centre pre-heat on Food setting 4 and set the time to 4 hours.

2 Place a sheet of non-stick paper on a baking tray.

3 Whisk the egg whites in a clean bowl until stiff.

4 Gradually whisk in the sugar spoonful by spoonful until a firm glossy meringue has formed. Mix together the vanilla extract, white wine vinegar and cornflour and stir through the meringue. If you want plain meringue nests, simply spoon 12 equal heaps of meringue on to the tray. Using the back of the spoon make a slight hollow in the middle of each meringue.

5 For the chocolate or the rosewater meringue, simply swirl the additional flavouring ingredient through the meringue and then shape the meringue as directed above.

6 Place the tray in the food warming drawer and leave the meringue to dry out for the time given above according to your preference. Leave to cool and then store the meringue nests in an airtight container until ready to use.

Sous Chef

Food setting:

Duration: 180 or 240 min.



Summer fruit compote

Serves 6

Ingredients

200 g strawberries, halved if large
200 g blackberries
150 g blueberries
125 g raspberries
2 strips finely peeled lemon zest
Juice ½ lemon
2 tbsp crème de cassis
1½ tbsp caster sugar

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes. Place the fruit and strips of lemon zest into a heatproof bowl. Stir together the lemon juice, crème de cassis and caster sugar.

2 Pour the liquid over the berries, cover the bowl with foil and put into the food warming drawer.

3 Leave for 1 hour, stir gently half way through.

4 Serve immediately while still warm or allow to go cold before serving.

Sous Chef

Food setting: □□□□■

Duration: 60 minutes

Crème brûlée

Makes 6

Ingredients

6 egg yolks
100 g caster sugar
800 ml double cream
1½ tsp vanilla extract
Additional caster sugar for the
brûlée topping

6 x 150 ml capacity ramekin
dishes

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Combine the egg yolks and caster sugar, stirring gently to dissolve the sugar. Gradually add the cream and then the vanilla extract ensuring everything is well combined.

3 Equally divide the cream mixture between the ramekin dishes. Cover with foil and put into the food warming drawer. Set the timer for 4 hours.

4 At the end of the cooking time remove the ramekins from the drawer and allow to cool. Then place them in the fridge to chill completely.

5 When ready to serve, sprinkle a thin layer of caster sugar over the top of each. Using a cook's blow torch, caramelise the sugar to create the brûlée topping. Repeat this process to make an even crunchier topping. If you do not have a cook's blow torch caramelise the sugar under a very hot grill.

Sous Chef

Food setting:

Duration: 240 minutes

Maple fragranced luxury rice pudding

Serves 6

Ingredients

175 g short grain pudding rice
75 g caster sugar
750 ml milk
600 ml single cream
Zest of 2 oranges
3 tbsp maple syrup

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes. Place the rice and the caster sugar in a saucepan. Add the milk and cream. Place on the hob and bring up to simmering point.

2 Add the other ingredients and stir well to combine. Transfer to a heatproof dish and cover with a lid or foil. Place in the food warming drawer.

3 Leave to cook for 4 hours or until the rice is tender, stirring the pudding every hour to prevent the rice grains sticking together.

Sous Chef

Food setting:

Duration: 240 minutes

Crème caramel

Makes 8 espresso sized crème caramels

Ingredients

170 g white caster sugar
4 tbsp water

For the custard:

250 ml milk
125 ml double cream
1 tsp vanilla bean paste or 1
vanilla pod, seeds scraped out
3 eggs
2 egg yolks
120 g caster sugar

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes. Place 8 espresso cups or dariole moulds on a baking tray.

2 To make the caramel – tip the sugar and water into a small saucepan or milk pan, and bring to the boil. Reduce the heat, and continue to simmer until the sugar has melted and the caramel takes on the colour of dark runny honey – about 10-15 minutes.

3 Quickly but carefully, pour a little caramel into the base of each espresso cup and gently roll the cup around so the caramel coats a little way up the sides.

4 Next, to make the custard, combine the milk and cream in a saucepan, add the vanilla paste (or split pod) and heat until almost boiling. Remove from the heat.

5 Lightly whisk together the eggs, yolks and sugar in a bowl. Gradually whisk in the hot milk and cream, then strain gently into a clean measuring jug, trying to avoid getting air bubbles in the mixture.

6 Gently pour the custard mixture over the caramel. Cover each cup or mould tightly with tin foil. Place the baking tray in the food warming drawer for 3 hours.

7 Remove from the food warming drawer, allow to cool and then chill before inverting onto plates to serve.

Sous Chef

Food setting:

Duration: 180 minutes

Plums in red wine

Serves 4 - 6

Ingredients

500 g plums, de-stoned and sliced into quarters
300 ml red wine
75 g Demerara sugar
1 cinnamon stick
2 star anise
3 strips orange zest

1 Pre-heat the Sous Chef food warming drawer on Food setting 5. Place the sliced plums in a heatproof bowl.

2 Heat the wine and Demerara sugar in a pan until just simmering and the sugar has dissolved. Add the cinnamon stick, star anise and strips of orange zest.

3 Pour the syrup over the plums and stir to mix well. Cover the bowl and place in the food warming drawer. Leave for 3 hours or until the plums are tender.

4 Serve warm or cold and if desired, the syrup can be simmered in a saucepan to reduce and thicken slightly.

Sous Chef

Food setting:

Duration: 180 minutes



Miscellaneous

The Sous Chef food warming drawer can also be used for many more food ideas, not just for main courses. Porridge served just in time for breakfast, with a delicious fruit compote. Have a go at making your own sun-blush tomatoes, drying herbs and fruit or making healthy, savoury vegetable crisps to complement a light snack. Or braised red cabbage as a tasty side dish for a main meal.

The extra little touches that make all the difference are so easy with your Miele food warming drawer.





Breakfast fruit compote and porridge

Serves 2

Ingredients

1 cup porridge oats
3 cups milk or milk and water

For the compote:

400 ml apple juice
1 clove
1 cinnamon stick
3 large strips finely pared orange rind
300 g mixed dried fruit e.g. pears, apples, prunes, apricots

1 Pre-heat the Sous Chef food warming drawer on Food setting 4 for 15 minutes.

2 Place the porridge oats in a heatproof bowl and stir in the milk (or milk and water), Cover with foil and place in the warming drawer.

3 Pour the apple juice into a saucepan then add the clove and the cinnamon stick. Heat to simmering point to start infusing the spice flavours.

4 Place the dried fruit mixture into a second heatproof bowl and pour over the hot apple juice with the spices and strips of orange rind. Stir and then cover the bowl with foil. Put into the food warming drawer alongside the porridge.

5 Leave overnight for seven hours in the food warming drawer. The porridge and compote will be ready to serve for breakfast.

Sous Chef

Food setting:

Duration: 7 hours



Braised red cabbage with apple

Serves 6-8

Ingredients

1 small red cabbage
25 g butter
1 large onion, finely sliced
1 garlic clove, finely chopped
¼ whole nutmeg, grated
¼ level tsp ground cinnamon
¼ level tsp ground cloves
1 Bramley apple, peeled, cored and grated
3 tbsp soft brown sugar
3 tbsp red wine vinegar
Salt and freshly ground black pepper

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Finely slice the cabbage, discarding the core and any tough pieces.

3 Melt the butter in a casserole dish with tight-fitting lid over a medium heat, and cook the onion for 5-7 minutes until softened but not browned.

4 Stir in the garlic and spices, then add the cabbage, apple, sugar and vinegar and 50 ml cold water. Stir until thoroughly mixed and the sugar has dissolved, then season generously.

5 Bring to the boil, then place the lid on and transfer to the warming drawer and allow to cook for 6 hours, or until the cabbage is very tender.

Sous Chef

Food setting:

Duration: 6 hours



Slow roasted tomatoes

Ingredients

5 large tomatoes
4 tbsp mild olive oil
1 garlic clove, finely chopped
½ tsp sea salt
¼ tsp icing sugar
A little extra oil for storing

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Quarter the tomatoes and remove the small piece of tough white core towards the top of the tomato.

3 Using a pestle and mortar, crush the sea salt and add it to the oil, garlic and icing sugar. Mix well.

4 In a large bowl add the tomatoes and oil mixture, coating all the tomatoes with the oil.

5 Tip the tomatoes and oil onto a baking tray placing the tomatoes skin side down.

6 Put the baking tray of tomatoes in the pre-heated warming drawer and cook for 6 hours.

7 To keep the tomatoes, transfer them into a sterilised, lidded glass jar. Pour over any of the juices and oil from the baking tray and, if necessary top up with some additional oil to completely cover the tomatoes. Can be kept for 2-3 weeks.

Sous Chef

Food setting:

Duration: 6 hours

Wholegrain mustard and honey roasted parsnip crisps

Ingredients

2 medium parsnips
½ tbsp honey
½ tbsp wholegrain mustard
½ tsp sea salt, finely crushed
2 tbsp mild olive oil

2 non-stick silicone mats

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Peel and very finely slice the parsnips. Place the rest of the ingredients into a bowl along with the parsnips. Toss the parsnips around making sure they are evenly coated.

3 Place the silicone mats onto baking trays and evenly space the parsnips across the mats making sure they are not overlapping each other.

4 Place into the pre-heated warming drawer, one tray on the base and one on the wire rack and cook for 12 hours until golden and crunchy.

Sous Chef

Food setting:

Duration: 12 hours

Sunblush baby plum tomatoes

Ingredients

350 g baby plum tomatoes
Freshly ground black pepper
¼ tsp sea salt flakes
Sprig of rosemary, finely chopped
3 tbsp good olive oil

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Slice the baby plum tomatoes in half lengthways and place them cut side upwards on a baking tray. Give them a good grinding of black pepper and sprinkle with the sea salt flakes and finely chopped rosemary. Drizzle over the olive oil.

3 Place the plum tomatoes in the food warming drawer and leave for 4 hours.

4 The tomatoes can be used immediately or stored and used over a period of 2 – 3 weeks.

5 To keep the sunblush tomatoes, transfer them into a sterilised, lidded glass jar. Pour over any of the juices and oil from the baking tray and, if necessary top up with some additional olive oil to completely cover the tomatoes.

Sous Chef

Food setting:

Duration: 240 minutes



Beetroot crisps

Ingredients

5 medium sized beetroots
Olive oil spray
 $\frac{3}{4}$ tsp sea salt, finely crushed

2 non-stick silicone mats

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Peel the beetroot and slice very finely. You may want to wear gloves whilst handling the beetroot as it will stain your hands.

3 Place the non-stick silicone mats onto baking trays. Spray the mats with olive oil and sprinkle half of the sea salt across the two trays. Place the slices of beetroot onto the mats and spray with the oil and sprinkle with the rest of the sea salt.

4 Place in the pre-heated warming drawer, one tray on the base and one on the wire rack and cook for 12 hours until light and crisp.

Sous Chef

Food setting:

Duration: 12 hours

Soy roasted pumpkin and sunflower seeds

Ingredients

70 g pumpkin seeds
70 g sunflower seeds
2 tbsp soy sauce

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Place all of the ingredients into a bowl and coat the seeds with the soy sauce.

3 Spread the seeds evenly on a baking tray. Then place the baking tray into the warming drawer and leave for 2 hours.

4 Use immediately or store in an air tight container for 3-4 weeks.

Sous Chef

Food setting:

Duration: 120 minutes

Sweet potato crisps

Ingredients

1 sweet potato
¾ tsp sea salt, finely crushed
Olive oil spray

2 non-stick silicone mats

1 Pre-heat the Sous Chef food warming drawer on Food setting 5 for 15 minutes.

2 Peel the sweet potato and very finely slice rounds of the potato.

3 Place the non-stick silicone mats onto baking trays. Spray the mats with olive oil and sprinkle half of the sea salt across the two trays. Place the slices of sweet potato onto the mats and spray with the oil and sprinkle with the rest of the sea salt.

4 Place into the pre-heated warming drawer, one tray on the base and one on the wire rack and cook for 12 hours until golden and crunchy.

Sous Chef

Food setting:

Duration: 12 hours



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Notes





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