

Supermarket Cookbook



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Poultry

Roast Chicken

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 24)

Whole Chickens
Seasoning

Method

Load the required number of raw chicken on to your RATIONAL SuperSpike, ensuring that the breasts are facing outwards. If using wire grids, it is recommended that the legs are facing towards the centre of the cabinet.

Load the chickens once the preheat has finished. Place a deep enough tray at the bottom of the cabinet to collect fat run off.

Insert the probe into one of the largest chickens through the top of the breast down towards the centre breast bone.

Remove the chickens once cooking is complete and allow to cool for 5 minutes before removing from trays.





Chicken Wings

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 12)

3 kg Chicken Wings (broken into wing & drumette)
50 ml Oil
Salt & Pepper

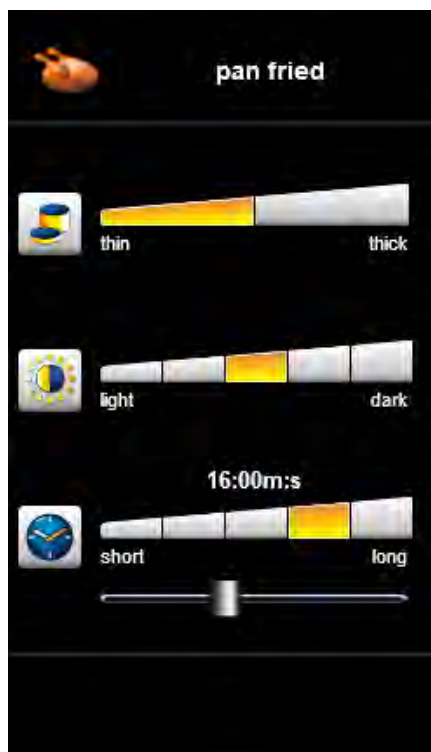
Sauce

20 g Garlic Paste
20 g Ginger Paste
80 g Sweet Chilli Sauce
80 g Plum Sauce
50 g Soy Sauce
80 g Brown Sugar
50 g Honey

Garnish

Sesame Seeds (toasted)
Red Chilli
Green Shallots

Chicken Wings



Method:

Rub Chicken wings with oil and seasoning.

For best results cook on 20mm granite enamel pans. 1.5kg of chicken wings should be the maximum load per 1/1 GN tray.

Select the cooking process and allow the unit to pre-heat prior to loading.

While wings are cooking prepare the sauce by mixing all ingredients together.

Once the wings are finished, cover with sauce.

You may choose to serve directly or continue to cook for a further 3-4 minutes to caramelise the sauce. To continue cooking select the continue with time option at the end of the first cook cycle.

Recommended accessories:

Granite enamelled pan 20mm.



Apricot Chicken Curry

SelfCookingCenter®
to 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 10)

- 1.8 kg Chicken Breast or Thigh
- 2 tbsp Moroccan Seasoning
- 1 Onion, thinly sliced
- 40 g Garlic Paste
- 30 g Ginger Paste
- 2 packets French Onion Soup Mix
- 1 lt Apricot Nectar

Garnish

- Shaved Almonds
- Chopped Parsley or Chives

Apricot Chicken Curry



Method:

Dice the chicken and mix with the seasoning and oil.

Add onion to the base of a 60mm granite enamelled pan. Top with chicken and load into the SelfCookingCenter® once the pre-heat is complete.

For the sauce, combine garlic, ginger, nectar and soup mix in a large jug.

Once the searing of the chicken is complete and you are prompted for liquid, add the sauce to the chicken. Allow to simmer for remaining cook time.

Garnish with almonds and herbs prior to serving.

Note: If you prefer a thicker sauce you can flour the chicken lightly prior to searing.

Recommended accessories:

Granite enamelled pan 60mm.



Butter Chicken

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 12)

3 kg Chicken Breast or Thigh
60 ml Oil
Salt
Pepper
2.2 lt Butter Chicken Simmer Sauce
Basmati Rice and Coriander to serve

Butter Chicken



Method:

Dice chicken into 2-3cm pieces. Mix chicken with seasoning and oil in 2 x 40mm or 60mm granite enamel pans.

Once the SelfCookingCenter® is pre-heated, load the chicken and the searing process will begin.

Once the searing is complete, the unit will alarm and ask for liquid to be added. Add simmer sauce and stir gently.

Once the cooking is complete, serve with fresh coriander and basmati rice.

Recommended accessories:

Granite enamelled pan 40mm or 60mm.



Chicken Schnitzel with Parmesan & Herb Crust

SelfCookingCenter®
from 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 10)

10 pieces of Chicken Schnitzel or Tenderloins

150 g Plain Flour

3 Whole Eggs

3 cups Panko Breadcrumbs

150 g Grated Parmesan

2 tbsp Chopped Parsley

1 Lemon, zest only

Salt & Pepper

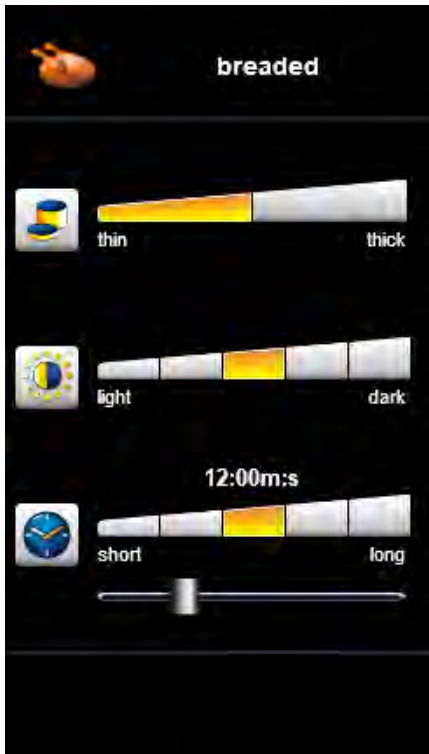
Oil

Garnish:

Lemon Wedges

Kewpie Mayonnaise

Chicken Schnitzel with Parmesan and Herb Crust



Method:

Combine in a bowl the breadcrumbs, parsley, lemon zest and parmesan.

In a separate bowl mix together the eggs and milk.

Lightly flour the chicken and shake off any excess.

Lay the floured chicken in the egg mix and then press lightly in the breadcrumbs.

Place the crumbed chicken on an oiled 20mm granite enamelled pan and drizzle generously with oil just prior to cooking.

Once the unit is pre-heated, load the chicken. Once cooking is complete, serve with lemon and mayonnaise.

Recommended accessories:

Granite enamelled pan 20mm.



Meat

SelfCookingCenter®
from 08/2016

Use of goods
Average

Roast Pork with Crackling (overnight)

List of ingredients: (Number of portions: 15)

3 kg Pork Belly with Skin

8 Medium Potatoes (for support)

1 pinch of Salt

1 pinch of Pepper

1 pinch of Caraway

Roast Pork with Crackling (overnight)



Method:

Before cooking overnight, steam the pork roast manually for around 10 minutes at 100 °C. This makes it easier to score the rind. After steaming, score the rind according to the portions and season with salt, pepper and caraway.

Place the roast on the potatoes in the granite-enamelled container. Select the mode "Meat" - "Overnight roasting" and the settings "Sear", "Level 2" and the desired core temperature (for example 68°C-74°C). Wait for the pre-heat phase to complete and only load when requested. Insert the core temperature probe and close the cooking chamber door. (68°C is fine when you have a total cooking time of more than 8hrs.)

Recommended accessories:

Granite enamelled container 20 mm

The cooking process will begin automatically.

When the selected core temperature has been reached, the rest/hold phase will begin. Now select the "Crisp" button and the desired browning level (e.g. level 3) to continue the cooking process and obtain a crispy rind. The slow cooking process in "overnight roasting" means the roast stays especially succulent. At the same time, you will have much less cooking loss.

Bones for the sauce can be cooked together with the roast.



Pork Crackling

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 15)

Use of goods
Low

1 kg Pork Skin / Rind

3 tbsp Sea Salt or Spices for Seasoning

Pork Crackling



Method - Steaming:

Place pork rind on the steaming pans or stainless steel grids and place in the SelfCookingCenter® to steam.



Method - Drying:

Once pork rind is steamed, pat dry and the dust with sea salt or spices, if desired, for flavouring.

Complete drying process.

Pork Crackling



Method - Crackling:

Once skin is completely dry you can store in an airtight container for a few days.

To begin crackling process, select grilling process.



Christmas Ham

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 20)

6-7 kg Leg of Ham

425 g Pineapple Pieces

1 lt Pineapple Juice

400 g Brown Sugar

2 Cinnamon Quill

4 Star Anise

1 Teaspoon Fennel Seed

3 Tablespoons Dijon Mustard

2 Teaspoons Cloves

Use of goods
Low

Christmas Ham



Method:

Glaze:

Combine pineapple, sugar, cinnamon, star anise and fennel seed in saucepan. Bring glaze to the boil and reduce by half.

Ham:

Remove skin from ham carefully leaving the fat on the ham. Score fat in both directions 2cm apart. Rub ham with mustard and pierce with cloves.

Place ham on a resting rack inside a granite enamelled pan. Load ham into the SelfCookingCenter®.

Once the alarm sounds for the liquid, pour the prepared glaze over the top. Baste the ham every 15 minutes throughout the cooking.

Recommended accessories:

Granite enamelled container



Pulled Pork

SelfCookingCenter®

from 08/2016

List of ingredients: (Number of portions: 10)

4 kg Shoulder of Pork (with bones)

200 g Mustard

150 g Brown Sugar

BBQ Sauce

Burger Buns

Coleslaw

Sour Cream

Use of goods

Average

Pulled Pork



Method:

Marinate the pork shoulder with a mixture of mustard, sugar and BBQ sauce and cook overnight. Sprinkle with brown sugar and caramelize with the "Crisp" button.

Pull the meat apart and serve in a burger bun together with the other ingredients.

Recommended Accessories:

Granite enameled container



Smoked BBQ Ribs

SelfCookingCenter®
from 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 10)

3 racks Baby Back Ribs

6 oz Texas Style Rub (separate recipe)

Wood Chips

Method:

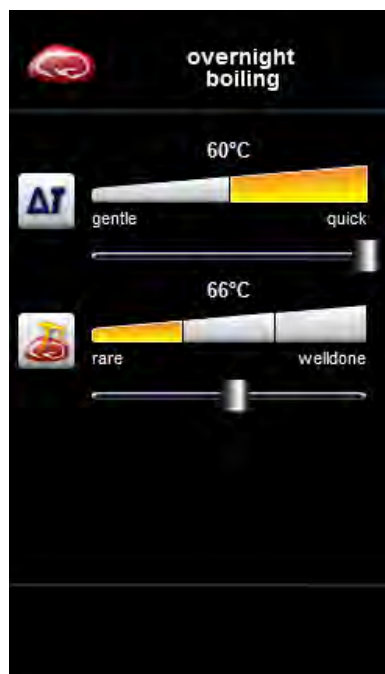
Rub the ribs and place them in your rib rack.

Fill the VarioSmoker with wood chips and place it on the top shelf. Switch it on. When you start to see smoke, load your ribs and let them smoke for 60 minutes.

After 60 minutes, start the cooking process and let it go overnight. In the morning, cut your ribs and marinate in BBQ sauce. Glaze them using "Pan Fry - Brown 3" for 8 minutes.

Recommended Accessories:

VarioSmoker





Rissoles

SelfCookingCenter®
from 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 8)

250 g Minced Beef

250 g Minced Pork

1 small Onion

50 ml Chicken Stock

80 g Breadcrumbs

2 Eggs

1 tsp Medium Mustard

1 tsp Salt

1 tbsp Minced Meat Seasoning

1 tbsp Flat Parsley, coarsely chopped

Oil to brush

Rissoles



Method:

Peel the onion, chop into cubes and cook until translucent in 50ml of stock so that the onion is soft and the liquid has almost evaporated.

Mix together both types of minced meat with the breadcrumbs, eggs, mustard and chopped onion. Season with salt, meat seasoning and parsley.

Form small balls using damp hands and place on a roasting a baking tray.

Brush a little oil onto both sides and cook in "Quick Roast Meat - Browning Level 3", core temperature 75°C until golden brown.

If desired, the rissoles can be turned in breadcrumbs before cooking. After cooking, leave to drain on kitchen paper.

Recommended accessories:

Roasting and baking tray

Granite enamelled container 20mm



Braised Lamb Shank

SelfCookingCenter®

from 08/2016

Use of goods

Average

List of ingredients: (Number of portions: 8)

8 Lamb Shanks

Salt & Pepper

50 g Tomato Paste

2 lt Dark Poultry Stock

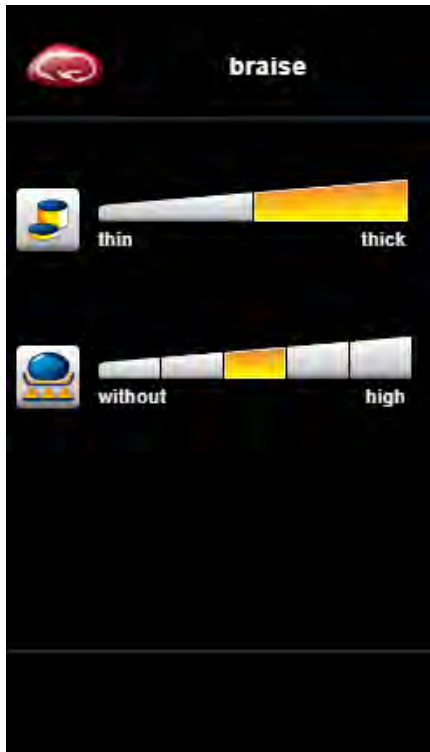
200 ml Reduced Red Wine

500 g Roasted Vegetables

20 g Garlic

35 g Sunflower Oil

Braised Lamb Shanks



Method:

Remove the silverskin from the lamb shanks. Season with salt and pepper and lightly oil.

Mix roast vegetables with the tomato paste, garlic and herbs. Use the granite enamelled container, place the marinated lamb shanks on the roast vegetables. Use the meat braising process as shown. After preheating, load the containers without the lids and insert the core temperature probe into the meat at an angle.

Mix the reduced red wine with the stock. After searing, deglaze and pour in the liquids and continue braising with the lid.

Note: Only use boiled alcohol in the SelfCookingCenter®.

The braising process in the SelfCookingCenter® guarantees succulent meat.

Recommended accessories:

Granite enamelled container



Roasted Lamb Shoulder

SelfCookingCenter®

from 08/2016

Use of goods

Low

List of ingredients: (Number of portions: 8)

2 Whole Lamb Forequarter

30 g Fennel Seeds, coarse ground

1 Lemon, zest

15 g Pepper

15 g Salt

1 lt Lamb Stock

2 Bulbs Fennel, shaved

3 g Caraway Seeds

Lemon Juice, as required to taste

50-60 ml Olive Oil

Roasted Lamb Shoulder



Method:

Separate lamb forequarter into halves. Combine fennel seeds, lemon zest, salt & pepper to marinate the lamb pieces.

Place lamb on stainless grids with drip trays underneath to catch juices. Roast lamb overnight.

Serve with reduced lamb sauce and fennel salad.

Recommended accessories:

Stainless steel grids



Vegetables & Side Dishes

SelfCookingCenter®
from 08/2016

Lasagne

Use of goods
Low

List of ingredients: (Number of portions: 10)

Bolognese:

2 kg Ground Beef

500 g Diced Onions

100 g Tomato Paste

1/2 lt Red Wine

1.2 lt Chopped Tomatoes

4 Cloves of Garlic

Rosemary, Thyme, Salt & Pepper & Broth (as needed)

Bechamel:

100 g Butter

110 g Flour

1 lt Milk

1 lt Cream

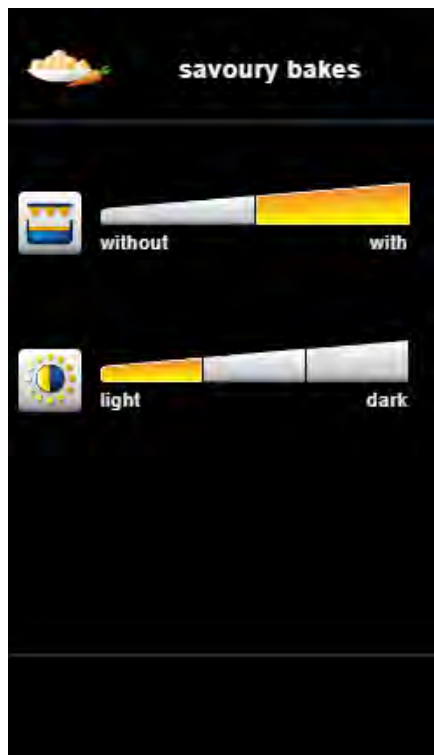
100 ml White Wine

Salt, Pepper & Nutmeg

500 g Lasagne Pasta (Dry)

300 g Grated Cheese

Lasagne



Method:

Start by making the bechamel sauce and let it cool. Prepare the bolognese in advance as well and allow to cook.

Layer bolognese, bechamel and pasta in several layers in a stainless steel pan 65mm.

Finish off with grated cheese.

Select Side Dishes - Savoury Bakes and let the unit pre-heat before you load.

Place the probe in the center of the lasagne using the positioning aid.

Recommended accessories:

Stainless steel container



Crispy Roast Potatoes

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 20)

10 Large Potatoes (Russet or Sebago)

4 Sprigs Thyme

Salt

Pepper

Oil

Crispy Roast Potatoes



Method - Steaming:

Peel and cut potatoes into 4-5cm pieces.

Place into a steaming pan.



Method - Roasting:

Place steamed potatoes into a bowl and coat lightly in oil. Season with salt, pepper & chopped thyme.

Roast potatoes on a Roasting & Baking tray until golden brown.

Recommended Accessories:

Roasting and baking container



Potato Salad

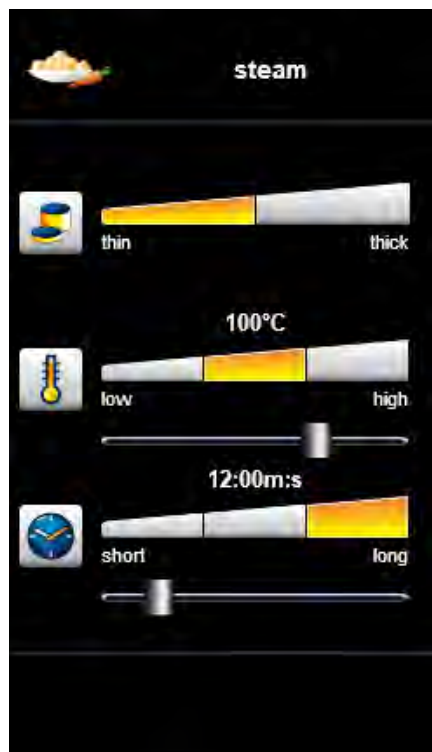
SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 10)

2 kg Potatoes, peeled
150 g Mayonnaise
150 g Sour Cream
40 g Seeded Mustard
1 tbsp Chives, chopped
1 tbsp Parsley, chopped
1 tbsp Dill, chopped
1 cup Green Shallots, finely sliced
Salt and Pepper, to taste

Use of goods
Average

Potato Salad



Method:

Dice potatoes into 1 cm pieces and then add to a steaming pan. Add potatoes to the unit once pre-heat is complete.

Allow potatoes to cool completely after cooking.

Combine all ingredient together once and cook and season to taste.

Recommended Accessories:

Roasting and baking container



Roast Vegetables

SelfCookingCenter®
from 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 10)

4 Carrots

4 Potatoes

2 Red Onions

1 Red Capsicum

1 Yellow Capsicum

10 Brussel Sprouts

Oil, Salt & Pepper

1/2 Bunch Thyme, chopped

6 Garlic Cloves, crushed

Roast Vegetables



Method:

Cut vegetables into 3 cm pieces.
Combine all the ingredients on a
20 mm granite enamelled pan.

Allow unit to pre-heat before
loading.

Recommended Accessories:

Granite enamelled container



Steamed Rice

List of ingredients: (Number of portions: 8)

500 g Basmati Rice

Salt

Method:

Soak the rice for at least 20 minutes and then drain.

Place the soaked rice in a 65mm stainless steel container. Add water - adjust the water quantity according to the type of rice. For Basmati 500 g uses 650 ml water.

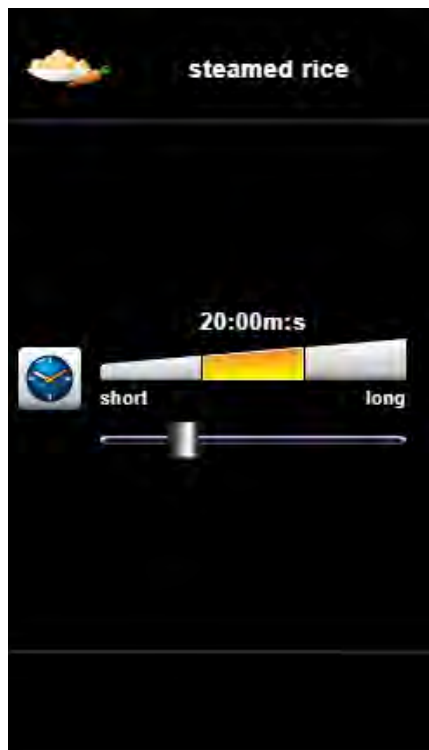
After preheating the SelfCookingCenter®, load the rice. Place the core temperature probe in the container and cover. Unload and loosen the rice with the fork.

Recommended Accessories:

Stainless steel container 65 mm

SelfCookingCenter®
from 08/2016

Use of goods
Low





Tomato and Basil Pasta Bake

SelfCookingCenter®
from 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 15)

600 g Dried Fusilli or similar

1 lt Water

800 g Tomato Passata or similar

60 ml Olive Oil

Salt & Pepper

Garnish

Parmesan Cheese

Fetta Cheese

Basil

Tomato and Basil Pasta Bake



Method:

Combine all ingredients for the pasta bake in a gastronorm pan or ceramic dish and mix thoroughly.

Allow cabinet to pre-heat prior to loading, insert core temperature probe and allow to cook.

Once cooking is complete, top with parmesan cheese. You may like to gratinate the dish at this point.

Select continue with the time at the end of cooking to melt and add the cheese. Alternatively serve straight away.



Hot Potato Wedges

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 8)

1.5 kg Potato Wedges

Oil Spray

Method:

Lightly spray the CombiFry basket with oil before loading the wedges.

Once cabinet has pre-heated, load wedges. Serve with your choice of accompaniments.

Recommended Accessories:

CombiFry





Potato Gratin

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 20)

Use of goods
Low

5 kg Potatoes, peeled and sliced
1 lt Cream
Salt to taste
Pepper to taste
Nutmeg to taste
250 g Cheese, grated

Potato Gratin



Method:

Loosely layer sliced potatoes in GN containers. Season the cream with salt, garlic and nutmeg. Pour over the potatoes. Sprinkle with grated cheese.

Simply set the core temperature probe with the positioning aid provided. After cooking and cooling, round shapes can be pressed out in accordance with the illustration, which are excellent for the Finishing® function.

Tip: Cream should be poured in hot, which then shortens the cooking time. Potatoes can also be placed in the GN containers turned with only cream added to them.



Baked Potato

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 10)

Use of goods
Low

10 Large Potatoes, washed
Oil
Salt & Pepper

Method:

Lightly oil and season potatoes. Select the bake process from the side dishes menu. Load potatoes onto the potato spike or a 20 mm granite enamel pan.

Once the unit has pre-heated, load the potatoes and insert the core temperature probe into one of the largest potatoes.

Serve with bacon, cheese, onions and sour cream.

Recommended accessories:

Potato spike
Granite enamelled container 20 mm





Baking

SelfCookingCenter®
from 08/2016

Pizza

Use of goods
Low

List of ingredients: (Number of portions: 8)

Dough:

650 g Flour 550
15 g Salt
10 g Yeast
Olive Oil
340 ml Water

Topping:

400 g Mozzarella
400 g Pizza Sauce (crushed fresh tomatoes, salt,
sugar, garlic & olive oil)
50 ml Olive Oil
50 g Basil

Pizza



Method - Dough:

Scale the ingredients. Mix flour, salt and put in a mixing bowl. Add water & yeast.

Leave it to stand for 20 minutes (Autolysing Process).

Mix the dough on slow speed of mixer for 6 minutes. Slowly incorporate oil.

Cover and leave the dough to rest in refrigerator for minimum 4 hours.

Method - Topping:

Cut the dough in 75g size balls.

Pre-heat the grill and pizza tray at the start of the process. Flatten out the dough by hand. Lay the pizza onto the peel and top with tomato sauce and mozzarella. After preheating, bake the pizza on the grill and pizza tray.

Recommended accessories:

Grill and pizza tray



Convenience Pies & Sausage Rolls

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 10)

Convenience Pies & Sausage Rolls

Method:

When cooking pies and sausage rolls, these items can be cooked from frozen or thawed state.

If cooking from frozen, sausage rolls can take up to 35 minutes depending on their size. Pies can take 35-40 minutes.

If cooking from thawed state, then sausage rolls should be cooked for 20 minutes and pies for 30 minutes.

Note: Cook times can vary based on size and how chunky the filling is. Pies and sausage rolls should be loaded on to 20 mm high trays, either granite enamel or stainless steel.





Carrot Cake

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 10)

Use of goods
Low

Cake Batter:

400 g Carrots, peeled and roughly chopped
1 cup (120g) Pecans
1 cup (175g) Brown Sugar
½ cup (110g) Caster (superfine) Sugar
1½ cups (225g) Plain (all-purpose) Flour
1 tsp Baking Powder
1 tsp Bicarbonate of Baking Soda
2 tsp Ground Cinnamon
½ cup (125ml) Vegetable Oil
¼ cup (70g) Natural Greek-style (thick) Yoghurt
2 Eggs
2 tsp Vanilla Bean Paste

Cream Cheese Frosting:

250 g Cream Cheese, chopped and softened
¼ cup (50g) Fresh Ricotta
⅓ cup (55g) Icing (confectioner's) sugar
1 tbsp Lemon Juice
1 tsp Vanilla Bean Paste

Carrot Cake



Method:

Place the carrot and pecans in a food processor and process until finely chopped. Add the flour, bicarbonate of soda, baking powder, brown sugar, caster sugar, cinnamon, vanilla, oil, eggs and yoghurt, and process, scraping down the bowl until combined.

Pour the mixture into a 1/2GN 40mm granite enamel pan lined with non-stick baking paper and bake. Allow to cool in the pan.

To make the cream cheese frosting, place the cream cheese, lemon juice, ricotta, sugar and vanilla in a food processor and process until smooth. Spread the frosting over the cooled cake to serve.

Recommended accessories:

Granite enamelled container 40mm



ANZAC Biscuits

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 24)

Use of goods
Low

- 1 cup Rolled Oats
- 1 cup Plain (all purpose) Flour
- 1 cup Brown Sugar, firmly packed
- 1/2 cup Desiccated Coconut
- 125 g Butter, chopped
- 2 tbsp Golden Syrup or Treacle
- 1 1/2 tbsp Water
- 1/2 tsp Bicarbonate of Soda (Baking Soda)

Method:

Combine oats, sifted flour, sugar and coconut in a large bowl. Place butter, syrup (spray the measuring spoon with cooking-oil so all the syrup comes away and the water in a small saucepan).

Stir over low heat until smooth. Stir in soda, then stir into dry ingredients.

Roll level tablespoons of mixture into balls. Place 5cm (2-inches) apart on roasting & baking trays, flatten slightly).

Bake on biscuit process for 12 minutes.

Recommended accessories:

Baking and roasting trays





Blueberry Cheesecake Muffins

SelfCookingCenter®

from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 12)

3 cups Flour
1/2 cup Sugar
4 tsp Baking Powder
1 tsp Bicarbonate Soda
1/2 tsp Salt
400 ml Buttermilk
1/2 tsp Vanilla Paste
2/3 cup Ricotta Cheese or Quark
4 Eggs
2 cups Blueberries

Method:

Combine all dry ingredients (flour, sugar, salt, baking powder, bi-carb and sift together).
Combine remaining wet ingredients (milk, vanilla, eggs, cheese).

Gently stir into dry ingredients and then add blueberries, reserving some for garnish if required.

Spoon into lightly greased silicone muffin moulds until almost at the top and bake.

Recommended accessories:

Muffin mould





Salted Caramel Brownies

List of ingredients: (Number of portions: 48)

400 g Chocolate
 500 g Butter
 600 g Brown Sugar
 1 Whole Egg
 50 g Cocoa
 5 g Baking Powder
 395 g Tin Caramel
 300 g Salted Peanuts

Method:

Melt butter and chocolate together in double boiler or microwave.

Combine flour, baking powder, cocoa in large bowl.

Stir egg and chocolate mixture into flour and mix well to combine.

Pour into lined 40mm granite enamel pan.

Drizzle with warm caramel and top with salted peanuts.

Bake in your SelfCookingCenter® on the Sponge Cake process for 25 minutes or until set.

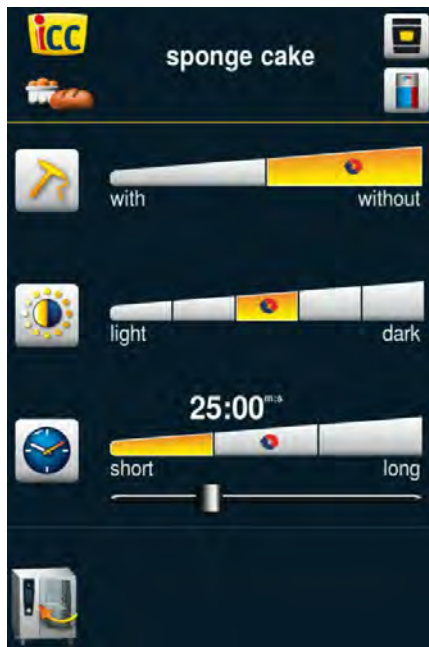
Allow to cool completely before serving.

Recommended accessories:

Granite enamelled container 40mm

SelfCookingCenter®
 from 08/2016

Use of goods
Low





Lemonade Scones

List of ingredients: (Number of portions: 12)

3 cups Self Raising Flour
 1 cup Cream
 1 cup Lemonade
 1/2 tsp Salt
 1 Egg
 30 ml Milk

Method:

Combine all ingredients in a mixing bowl and stir until just combined. Press out on workbench to 3cm thick.

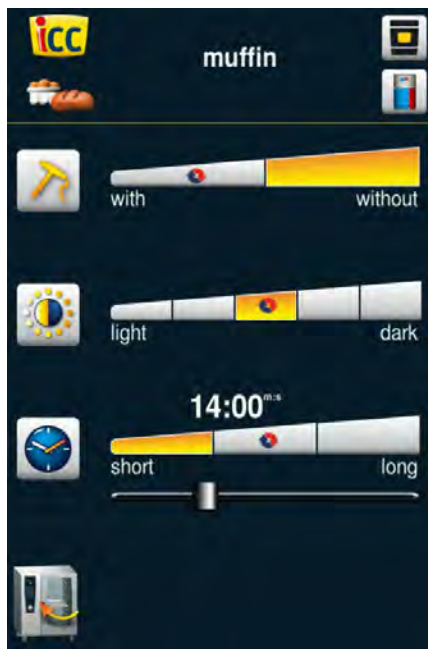
Cut into 5cm rounds using a ring cutter and place on to a greased 20 mm granite enamel pan. Brush with egg and milk prior to baking.

Recommended accessories:

Granite enamelled container 20mm

SelfCookingCenter®
 from 08/2016

Use of goods
 Low





Apple Tarte Tartin

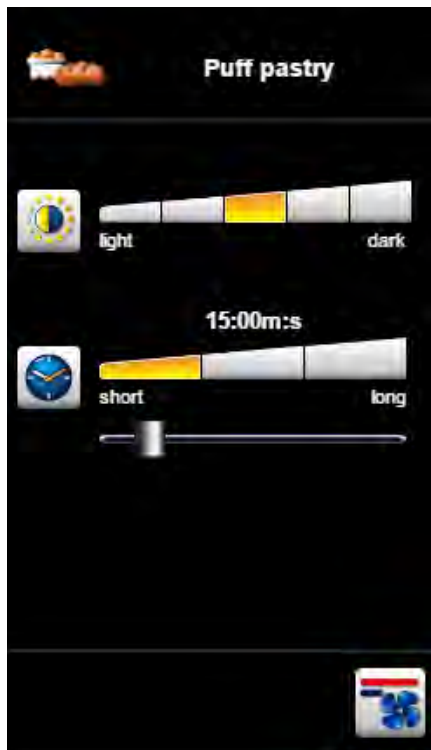
SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 8)

Use of goods
Low

8 Green Apples
1 Lemon, juiced
2 sheets Puff Pastry
1 1/2 cups White Sugar
1/2 cup Water
1/4 cup Butter

Apple Tarte Tartin



Method :

Cut puff pastry into 8 x 10 cm discs.

Peel and core apples, cut each apple into 8 wedges and place in the Multibaker.

In a large saucepan, combine sugar and water, cook gently over low heat, until it turns into a golden caramel.

Stir butter into caramel and evenly pour over the apples in the Multibaker.

Bake on Puff Pastry setting for 15 minutes at colour level 3.

Remove from the SelfCookingCenter® and place a flat tray over the top, flip the tarte tartin 180° degrees to remove from the Multibaker before the caramel cools.

Serve with vanilla ice cream and enjoy.

Recommended accessories:

Multibaker



The Famous Academy RATIONAL Apple Cake

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 10)

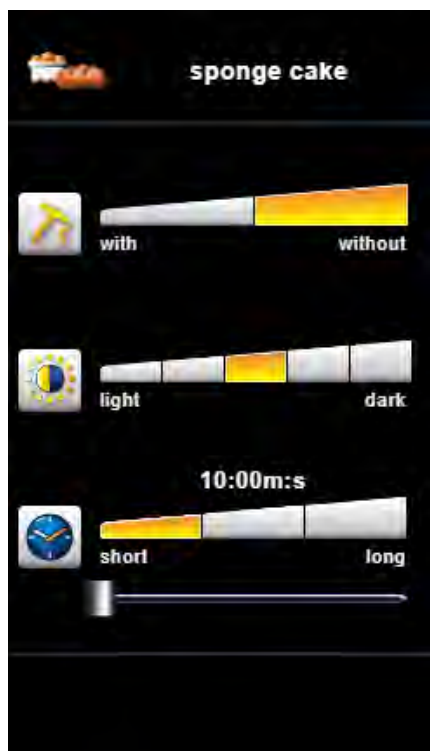
6 Eggs
350 g Sugar
120 g Melted Butter
2 tbsp Water or Milk
1 Lemon, juice and zest
1 packet of Vanilla Sugar (approx. 20 g)
500 g Flour
1 packet of Baking Powder
1 kg Apples

For the icing:

100 g Melted Butter
100 g Sugar
50 g Almond Slivers
1 tbsp Flour

Rum and icing sugar as desired.

The Famous Academy RATIONAL Apple Cake



Method :

Crack the 6 eggs into 350g sugar, lemon juice and zest.

Add the melted butter. Combine the baking powder and vanilla sugar, and mix together into the egg mixture little by little.

If the dough becomes too hard, add a little milk or water.

Line a 40mm granite enamelled container with baking paper and spread the cake mix evenly across it. Divide the peeled, sliced apples evenly across it.

Bake the cake for 10 minutes.

Mix the remaining 100g butter with 100g sugar, almonds and the tablespoon of flour for the icing.

After 10 minutes open the doors of the SelfCookingCenter® and spread the icing evenly across the cake.

Bake the cake for a further 10 minutes with the 'Continue with Timer' button.

After baking, sprinkle the cake with a little rum to taste and icing sugar. The cake is best enjoyed warm.

Recommended accessories:

Granite enamelled container 40mm



Cookies

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 8)

Use of goods
Low

240 g Flour
2 g Baking Soda
3 g Salt
135 g Brown Sugar
15 g Molasses / Honey
100 g Sugar
100 g Chocolate Chips
100 g Chocolate Chunks
175 g Butter
1 Egg (65 g)

Method:

Beat the butter, sugar, molasses and egg until creamy.

Add the flour and chocolate.

Put the cookie dough mixture in the Multibaker using an ice cream scoop.

Select the iCookingControl biscuits baking process.

Recommended accessories:
Multibaker





Lamingtons

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 24)

Use of goods
Average

12 Egg Whites, at room temperature
1 tsp Cream of Tartar
1¼ cups (275g) Caster or Superfine Sugar
2 tsp Vanilla Extract
1 cup (150g) Plain (all-purpose) Flour
3 cups (480g) Icing (Confectioner's Sugar)
¾ cup (75g) Cocoa Powder
⅓ cup (80ml) Boiling Water
75g Butter, melted
Dessicated Coconut, to coat

Lamingtons



Method:

Place the egg whites and cream of tartar in the bowl of an electric mixer and whisk until soft peaks form.

Gradually add $\frac{3}{4}$ cup (165g) of the sugar and the vanilla and whisk until thick and glossy. Transfer the mixture to a large bowl.

Sift the flour and remaining sugar in a separate bowl. Sift a second time over the egg white mixture and gently fold through.

Spoon into an 1/2GN 60mm granite enamel pan and smooth the top with a palette knife.

Cook on sponge process.

Invert the tray onto a wire rack and set aside to cool for 1/2 hour.

Cut cake into 6cm squares. Sift together the icing sugar and cocoa.

Mix with the boiling water and melted butter. Using 2 forks to hold the sponge squares, dip in the chocolate icing and roll in desiccated coconut. Allow to set on a wire rack.

Recommended accessories:

Granite enamelled container 60mm



Baked Croissants

SelfCookingCenter®
from 08/2016

Use of goods
Average

List of ingredients: (Number of portions: 48)

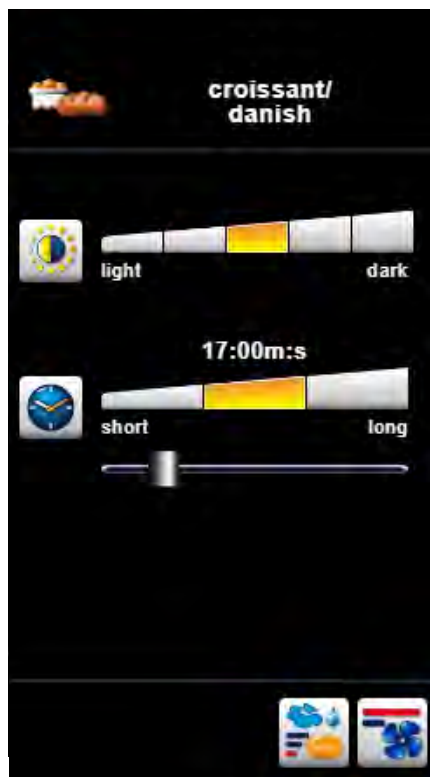
48 pcs Croissants (60 g - 70 g)

Method:

Place the croissants on the baking trays, 8 pieces per tray.

Let them defrost for 10-15 minutes.

Bake in the process.





Raspberry Amerttini

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 50)

Use of goods
Low

3 Egg Whites, size M
300 g Almond Meal (with the skin)
300 g Sugar
1 tbsp Liquid Honey
4 drops of Bitter Almond Aroma
100 g Icing Sugar
50 g Raspberry Jam (without pips)
1 Freezer Bag

Raspberry Amarettini



Method:

Knead the egg whites, almond meal, sugar, honey and aroma with the dough hook on the mixer. Leave covered in a cool place for approximately 30 minutes.

Line the roasting and baking sheets. Form around 50 cherry-sized balls from the dough. Roll in icing sugar. Place on the sheet with small gaps between them (they will drift apart during baking).

Preheat the SelfCookingCenter®. Press small hollows in the dough balls with a round wooden spoon handle. Mix the jam until smooth, fill into a freezer bag. Cut off a small corner. Squirt the jam into the dough hollows.

Bake successively. Remove and leave to cool.

Recommended accessories:

Roasting and baking trays



Desserts

Rice Pudding

SelfCookingCenter®
from 08/2016

Use of goods
Low

List of ingredients: (Number of portions: 20)

2 cups Short Grain Rice
1.2 lt Milk
1 Cinnamon Quill
2 Cardamon pods
4 Cloves
1 pinch Nutmeg
1 tsp Vanilla Bean Paste
Salt
400 ml Condensed Milk

Method:

Combine rice, milk, spices and vanilla in a 1/2 GN stainless steel container.

Cook as described on the steaming process. Stir after every 10 minutes.

Once cooking time is complete, season with salt and stir through condensed milk.

Remove spices before serving.

Recommended accessories:

Stainless steel container





Pavlova

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 8)

Use of goods
Low

225 g Egg Whites
330 g Caster Sugar
10 ml Cider Vinegar
Cream & Fruit to serve

Method:

Place the egg whites in the bowl of an electric mixer and whisk on high speed until stiff peaks form.

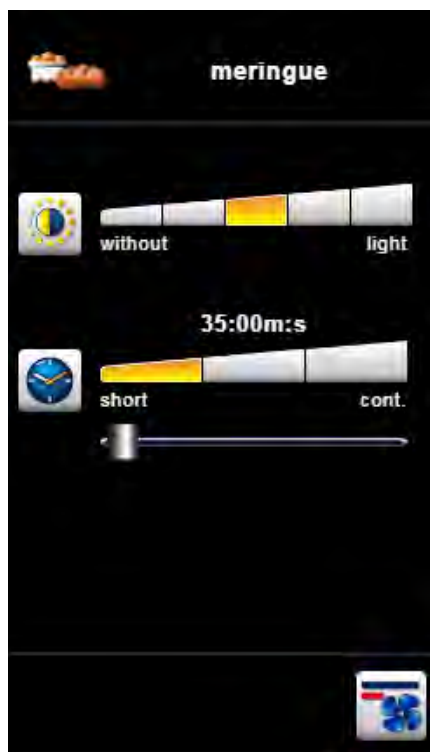
Gradually add the sugar, 1 tablespoon at a time, waiting 30 seconds between each addition. Once all the sugar has been added, scrape down the sides of the bowl with a spatula and whisk for a further 6 minutes or until the mixture is stiff and glossy.

Add the vinegar and whisk for 4 minutes or until glossy and combined.

Place mixture into a piping bag with no tip fitted, pipe mixture into 5cm round and 5cm high piles.

Cook as desired in the process.

Allow meringues to cool. Serve with whipped cream and fresh fruit.





Bread and Butter Pudding

SelfCookingCenter®
from 08/2016

List of ingredients: (Number of portions: 10)

Use of goods
Low

85 g (1/2 cup) Sultanas
2 tbsp Brandy, warmed
5 Eggs
300 ml Pouring Cream
300 ml Milk
55 g (1/4 cup) Caster Sugar
1 Orange, finely grated rind only
1 Vanilla Bean, seeds only
1/2 tsp ground Cinnamon
8 x 1.5 cm thick slices of day old White Bread
60 g Soft Butter, plus extra for greasing
1 tbsp Demerara Sugar

Icing sugar and Vanilla Ice Cream or Cream to serve.

Bread and Butter Pudding



Method:

Combine sultanas and brandy in a small bowl and set aside to cool.

Combine eggs, cream, milk, caster sugar, orange rind, vanilla seeds and cinnamon in a jug. Whisk vigorously to combine and set aside.

Spread both sides of bread slices with butter and halve length ways.

Scatter one third of the brandied sultanas into a lightly greased 1 litre capacity oven proof dish.

Trim bread slices to fit dish and layer, scattering remaining brandied sultanas between each layer.

Pour cream mixture evenly over bread slices and stand until bread has completely absorbed cream mixture (about 1 hour).

Bake in the SelfCookingCenter®.

Breakfast with iLC

List of ingredients: (Number of portions: 8)

PANCAKE

150 g All-purpose Flour
1 Pinch Salt
5 g Baking Powder
30 g Sugar
10 g Vanilla Sugar
1 Whole Egg
200 ml Milk
40 ml Melted Butter
Maple syrup and berries for topping

FRENCH TOAST

8 Slices Thick Toast
250 ml Milk
3 Eggs
60 g Sugar
15 g Vanilla Sugar
25 g Melted Butter
Cinnamon sugar for dusting

MUSHROOMS

300 g Mushrooms in quarter
Salt
Pepper
25 ml Oil
Chives

BAKED TOMATOES

4 Large tomatoes
150gm Emmental Cheese, grated

BACON AND SAUSAGES

8 Slices Bacon
16 pieces Nuremberg Sausages

OMELETTE

8 Eggs
50 g Tomatoes, chopped
50 g Red Pepper, chopped Chives
Salt & Pepper



Breakfast with iLC

Method:

PANCAKE

Whisk flour, salt, sugar, baking powder, eggs and milk in a smooth batter.

Fold in melted butter.

Pour pancake batter into the Multibaker - can cook up to 160 pancakes at once.

FRENCH TOAST

Mix in milk, eggs, sugar and butter. Soak in bread slices for 10 min.

Place the French toast on the roasting and baking tray.

MUSHROOMS

Season the mushrooms with salt and pepper just before pan-frying.

Arrange mushrooms on Granite enamel pans.

BAKED TOMATOES

Cut tomatoes in two halves, slightly trim off the tops so they stay firm on the baking sheet.

Sprinkle with grated cheese.

BACON AND SAUSAGES

Lightly oil the sausages and place them on the roasting and baking tray with the bacon.

OMELETTE

Whisk in eggs with salt, pepper and vegetables. Pour the omelette mixture into the Multibaker - can cook up to 160 omelettes at once.

Recommended accessories:

Multibaker

Granite enamelled container
roasting and baking trays



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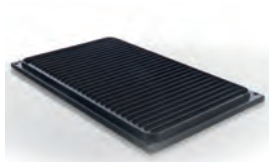
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RATIONAL Accessories

Trays



Grilling & Roasting Tray
1/1 GN
Code: 60.71.61



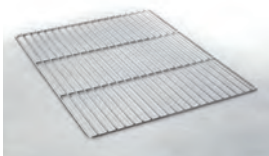
CombiFry®
1/1 GN
Code: 6019.1150



Muffin Mould
1/1 GN
Code: 6017.1002



Cross & Stripe Grill Plate
1/1 GN
Code: 60.73.314



Grid - Stainless Steel
Code: 6010.1101



Roasting & Baking Tray
(unperforated)
1/1 GN
Code: 6013.1103



VarioSmoker
Code: 60.73.008



Granite Enamelled
Containers
1/1GN
Code:
6014.1102 (20mm deep)
6014.1104 (40mm deep)
6014.1106 (60mm deep)

Cleaning / Care Products



Cleaning Tab, Care Tab &
Rinse Aid Tab
Code:
56.00.210
56.00.562
56.00.211



Liquid Cleaner & Descaler
Code:
9006.0137
6006.0100

RATIONAL Australia PTY LTD

Subsidiary of Comcater Pty Ltd

156 Swann Drive

Derrimut Victoria 3026

Tel. 1800 810 261

Fax 03 8369 4699

sales@rationalaustralia.com.au

rationalaustralia.com.au

