The ideal solution for schools and nurseries.
Dear customers,

be inspired by tasty recipe ideas. The SelfCookingCenter® offers countless possibilities for producing dishes. This cookbook presents a selection of elegant base recipes put together by the RATIONAL master chefs for you to try. You will certainly find a few new ideas for your menu plan.

Are you interested in other national and international recipes, tips and tricks? Then visit our ClubRATIONAL – our Internet platform for all SelfCookingCenter® users. You will find interesting information and suggestions for your kitchen on the site.


We hope you enjoy your new SelfCookingCenter® and we look forward to staying in contact with you.

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Grilled Drumstick

List of ingredients

(Number of portions: 5)

1 KG chicken Drumstick

tomato paste  gr 340.000
dry coriander gr 40.000

hot sauce  gr 40
thyme  gr 40.000

oregano gr 30
honey gr 40.000

soy sauce  gr 40
sweet chilli gr 40.000

lemon juice  gr 80
oil gr 80

onion minced gr 150

apple vinegar gr 100

Worcester sauce gr 150

garlic minced gr 100

ginger powder gr 50

salt/pepper  to taste

cumin gr 40.000
**Grilling**

Mix all the ingredients together and mix with chicken and rub well and leave in the refrigerator for at least 24 hours and then grill.
Chicken Tikka

List of ingredients

(Number of portions: 5)

Chicken Breast x 5
Yoghurt x 3 tbsp
Chili powder x 1 tsp
Garlic paste x 1 tsp
Ginger paste x 1 tsp
Mustard & chilli paste x 1.5 tsp
Lemon juice x 2 tsp
Mustard oil x 3 tsp
Tandoori massala x 2 tsp
Fenugreek x 2 tsp
Black salt powder x 1 pinch
Paprika x 1 tsp
**Method**

Slice chicken breast in 3 on angle
Make marinade by mixing all together
Add chicken pieces
Leave to marinade for at least 2–24 hours
Place chicken pieces on tandoori skewer or granite enamel
Buttermilk and blueberry pancakes

List of ingredients

(Number of portions: 16)

400 g buttermilk
250 g Flour
150 g fresh blueberries
100 ml maple syrup
30 g sugar
15 g baking powder
3 eggs
1 pinch of salt
1 pinch of lemon zest
**ILC baking**

Sift the flour and combine with the baking powder, sugar and salt in a bowl. Mix the buttermilk with the egg yolks and all other ingredients in another bowl. Beat the egg whites until stiff and mix all together. Distribute the mixture between two buttered Multibakers and sweeten to taste with maple syrup before serving.
Scones

List of ingredients

(Number of portions: 12)

250 g flour
8 g baking powder
8 g baking soda
40 g caster sugar
50 g butter, lightly salted
50 g currants
1 egg
125 ml buttermilk
4 tbsp milk
baking

Sift flour, baking powder and baking soda in a large mixing bowl. Add sugar. Add pieces of butter and grind with the flour mixture. Stir in currants. Make a well in the middle and add 90% of the buttermilk and milk. Only add the last 10% if needed. Knead all ingredients into a smooth and slightly sticky dough. Roll out the dough on a floured work surface to an approximate thickness of 2 cm.

Cut out the scone with a 6 cm diameter ring; knead the remaining dough back together and roll out again and cut out scones, until the dough is used up. Place the scones turned over on the greased baking sheet and brush with lightly beaten egg. Bake with the biscuits process for approximately 10 to 11 minutes after preheating.

We hope they turn out well and wish you bon appetit!
Chocolate home-made cookies

List of ingredients

(Number of portions: 3)

Cane sugar – 60 g.
White sugar – 60 g
Butter – 90 g
Eggs – 40 g
Flour – 200 g
Chocolate (small pieces) – 150 g
Baking powder – ½ teaspoon
**Baking**

Cream together butter, brown sugar and white sugar, then stir in the egg. Combine flour with baking powder and blend with oil mass until you get smooth. Finally, stir in the chocolate.

Drop cookies approximately 35–40 g weight and bake for 7–10 min in SelfCookingCenter® 5 Senses at the temperature 170–180 degrees.

Enjoy your cookies!
Shortbread

List of ingredients

(Number of portions: 12)

125g/4oz butter
55g/2oz caster sugar, plus extra to finish
180g/6oz plain flour
Method

Beat the butter and the sugar together until smooth.
Stir in the flour to get a smooth paste.
Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
Cut into rounds or fingers and place onto a baking tray.
Sprinkle with caster sugar and chill in the fridge for 20 minutes.
Bake in Rational, until pale golden-brown. Set aside to cool on a wire rack.
Crumble

List of ingredients

(Number of portions: 1)

Dough:
- 600 g Flour
- 40 g fresh yeast
- 300 ml lukewarm milk
- 40 g melted butter
- 2 eggs
- 60 g sugar
- 1 dash of salt

Quark topping:
- 1200 g Quark (20%)
- 240 g sugar
- 120 g melted butter
- 50 g starch
- 1 dash of salt
- 4 eggs
- grated peel of 1 lemon

Apricot compote:
- 2 kg Apricots
- 500 g sugar
- 800 ml water
- juice of 1 lemon
- 4 cl apricot brandy
Crumbel:
700 g flour
400 g sugar
400 g butter

Others:
butter for greasing
icing sugar
Method

Make dough with all ingredients. Mix up well all ingredients for the quark topping. Blanch apricots for the compote, peel off, stone and halve. Cook sugar with Water and lemon juice for 3 minutes. Fill in the apricots and poach for 8-10 minutes. Finally add the apricot brandy. Drain and cool down well.

Roll out the dough and put in a greased granite enamelled container (GN 1\1, 40mm) and prick with fork several times. Cover with the half of the quark-mix, put on the apricots and cover again with the remaining quark-mix. For the crumbels, mix flour, sugar and butter until everything is crumbly. Cover cake with it. Bake according to the settings.

Accessories: granit enamelled container 40 mm
Cooking process
Crispy pizza Italian style

List of ingredients

(Number of portions: 30)

2 litres water
1.2 litres milk
80 gr sugar
80 gr yeast
6 kg flour
200 gr salt
280 gr olive oil
Method

Take the water, milk, sugar and yeast and make a sponge. Afterwards mix it with the remaining ingredients and knead until the yeast dough is smooth.

Cover the dough and let it rest at a warm place till it has doubled its volume.

Take about 300 gr of dough and roll or push it out thinly. Put it on a mottled tray. Garnish the pizza with tomato sauce, mozzarella cheese and your desired ingredients like ham, italien sausage, seafood, vegetables etc.

Slide the pizza on a preheated grill and pizza tray and bake it till it's crispy and golden.

Serve it hot with garlic and chili oil and black pepper.
Scones

List of ingredients

(Number of portions: 12)

250 g flour
8 g baking powder
8 g bicarbonate of soda
40 g icing sugar
50 g butter, lightly salted
50 g currants
1 egg
125 ml buttermilk
4 tbs milk
100 g whipping cream
**Method**

1.) Sieve the flour, baking powder and bicarbonate of soda into a large mixing bowl
2.) Add the sugar
3.) Add the flocks of butter and rub into the flour mixture
4.) Mix in the currents
5.) Form a hole into the middle and pour 90% of the buttermilk and milk into it. Only add the last 10% if required
6.) Knead all the ingredients into a soft and slightly stick dough
7.) Turn the dough onto a lightly floured surface and roll into a round about 2 cm thick.
8.) Use a 6 cm dia. pastry cutter to cut the scones out; knead the rest of the dough together again, roll out and cut out repeatedly until the dough has been used up
9.) Place the scones topside down onto the greased baking tray and brush them with the whisked egg
10.) Bake using the cookies setting for about 10 to 11 minutes after pre-heating

Happy baking and enjoy!
Pancakes American Style

List of ingredients

(Number of portions: 3)

3 egg whites
1/4 tsp salt
1.5 cups flour
1 tbs vanilla sugar
1 tbs baking powder
3 egg yolks
2 cups milk
1/4 cup butter, fluid

Blue berries, chocolate chips or banana pieces

Some more butter for greasing

Garnishing:
Powdered sugar, blueberry compote or maple syrup
Method

Beat egg white until it’s fluffy. Mix the rest of ingredients in another bowl to a smooth paste. Then fold the beaten egg whites in the paste. Put blue berries, chocolate chips or banana pieces in the slightly greased basins of the Mutibaker and fill in the paste until basins are filled by half. Bake the pancakes with the described settings.

Serve the pancakes with powdered sugar, blue berry compote and/or maple syrup!
Burger Patty

List of ingredients

(Number of portions: 15)

2 kg  beef mince
(of which 1.3 kg rib, 500 g brisket and
200 g neck/leg. The total fat content
should be around 20%)

Salt and pepper
**Grilling**

If you don’t have your own good meat grinder, the butcher will gladly help and prepare the meat as follows: Mince very cool meat in pieces (make sure when mincing at home that the meat grinder is very cool!).

Then put the mince through the grinder again. Take the strands of minced meat from the grinder and place them next to each other on cling film - do not mix!

Now roll the minced meat into a sausage using the cling film applying light pressure and leave to cool for at least 3 hours, but preferably overnight. The diameter should be around 8–9 cm.

The individual patties can simply be sliced, or lightly patted and grilled straight away. Add salt and pepper to taste before grilling.

Note: Due to its texture, minced meat carries the risk of uncontrolled development of micro-organisms. Make sure that you always comply with the applicable food safety regulations when handling minced meat. This is particularly important when minced meat is to be consumed not completely cooked through.
Rissoles, meat loaf

List of ingredients

(Number of portions: 6)

1kg minced meat
100gr finely diced onions
3 tsp parsley finely chopped
20gr Salt
5g black pepper
5gt paprika ground
2 Eggs
100gr breadcrumbs
50gr mustard
Method
Mix all ingredients together and season them to taste.
Form 120g patties and brush them with a little oil.
Place them on a RATIONAL roasting and baking tray and load after preheating.
Cooking process
Irish Lamb stew

List of ingredients

(Number of portions: 6)

shoulder of lamb on bone
3 onions
2 cloves garlic
small pack mushrooms
1 tin chopped tomatoes
herbs de provence
red wine
fresh herbs sage rosemary etc
small family pack baby potatoes
stock (chicken or lamb)
wholegrain mustard
Method

slow cook shoulder of lamb on overnight roast setting approx 65 0c.
steam baby potatoes until cooked (better to cut in half and leave skin on)
when lamb cooked and matured for about an hour remove and cut into mouth sized pieces including fat. (remove from bone)
in stew setting braise lamb pieces with garlic onions and mushrooms.season and add some olive oil to onions. probe into lamb pieces.use deep ceramic tray.
when braise complete add 1 glass red wine and herbs. allow to cook for 5 minutes .
add stock baby potatoes and 2 spoons wholegrain mustard and chopped tomatoes.
allow to slow cook for at least an hour.
serve in a bowl with bread on the side. garnish with freshly chopped herbs e.g. parsley
Tikkas

List of ingredients

(Number of portions: 4)

6 pieces chicken tikka
1 skewer Seekh kabab
6 pieces fish tikka
Method

Why not to try your tikkas in the Rational SelfCookingCenter whitefficiency? You will get beautiful juicy results.

Take your normal tikka pieces, put them on our Rational scewer and keep them on the Tandoori tray.

In less than 7 minutes you will get nice juicy tikkas.

For additional charcoal flavor you have the possibility to add a flavored charcoal powder, either in your marination, or after grilling your tikkas.

Mixed loads possible!!
Steaming rice

List of ingredients

(Number of portions: 1)

1kg rice
1.8 litre water

1/1 GN container, 65 mm
**Steaming rice**

The rice is cooked in the service container together with the water. This saves on water, and on having to transfer liquids and wash containers. Under "side dishes", select "steam rice", 18–20 minutes.
Carrots

List of ingredients

(Number of portions: 40)

Carrots
**Steaming**

Please note that the capacity specifications always refer to a full load. Foodstuffs are natural products, the cooking times, settings and temperatures given are for reference only and may have to be adapted individually to the product.
Crispy pizza

List of ingredients

(Number of portions: 1)

500 g flour (405)
21 g dry yeast
80 g olive oil
180 ml warm water
1 pinch of salt
Toppings of your choice
**Pizza**

Sieve the flour into a large bowl. Make a well in the middle and sprinkle the salt along the edge. Whisk the yeast in warm water and oil and pour into the well. Set aside for approximately 20 minutes and knead with a mixer. Knead the dough well by hand on the worktop and leave to rest in a warm place for around 1 hour. Knead well again and cut into small pieces.

Form into balls and leave to rest briefly again. Now roll the balls out into a pizza base and spread tomato sauce on top. Apply toppings of your choice and bake on the preheated grilling and pizza tray for around 3 minutes.

Accessories: Grilling and pizza tray
List of ingredients

(Number of portions: 4)

600g Fresh Chicken fillets (cut into 2cm strips)
8 x 6inch floured tortilla wraps
150ml creme fraiche
150ml spicy tomato salsa
1 x large green bell pepper
1 x large red bell pepper
2 x onions (red or white)
100ml sunflower oil
150g grated cheese

Fajita seasoning
3 Tbsp. cornstarch
2 Tbsp. chili powder
1 Tbsp. salt
1 Tbsp. paprika
1 Tbsp. sugar
2-1/2 tsp. crushed chicken bouillon cube
1-1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp cayenne pepper
1/4 tsp. crushed red pepper flakes
1/2 tsp. cumin
Fresh guacamole
2 ripe avocados
1 small onion
1 clove garlic
1 small tomato
1, 1/2 Tbsp lime juice
(or juice of 1 fresh lime)
mash the avocado and mix together
other ingredients
add salt and pepper to taste
**Grilling**

1. Pour all the fajita seasoning ingredients with the chicken and the sunflower oil into a bowl and mix well, seal the bowl and place in the fridge for a minimum of six hours to marinate. Slice the peppers and onions.

2. Select the SelfCooking Center setting as shown and allow to preheat.

3. Place the grill and roast tray in the oven bar side up and allow to preheat for two minutes and then place the chicken on the hot tray.

4. Allow to cook for three minutes and then add the peppers with the onions and mix together on the same tray.

5. Spread a teaspoon of guacamole on a wrap and place a few chicken fillets with the fried peppers and onions in the middle of the tortilla wrap, pour over creme fraiche then tomato salsa and finished with a little grated cheese.

6. Fold the wrap into a tube then serve to be eaten as a hand held snack.
List of ingredients

(Number of portions: 6)

1kg Diced lamb
200g diced carrots
200g diced swede
200g diced potatoes
220g chopped leeks
150g diced onions
sprig of rosemary
3 pints of lamb stock
Chopped parsley
Braising

Place all ingredients in a tray deep enough to hold all ingredients, preferably at least 150mm deep. Preheat unit to braise load unit with all ingredients in gastronorm. Insert probe into 3/4 pieces of lamb once unit has pre-heated.
Porridge with Seed brittle

List of ingredients

(Number of portions: 8)

300g Porridge oats
1800ml Milk
Pumpkin seeds or Pecan nuts
Honey
**Steaming**
Mix porridge oats with milk in deep gastronorm and cook on steam setting for 20 minutes. Sprinkle with seed brittle.

**Grilling**
Seed Brittle
Place seeds or nuts on tray cover with honey and grill on meat setting for 5-6 minutes and cook until golden caramel colour. Cool on greased tray or paper and chop or blitz with food processor.
Steamed vegetables

List of ingredients

(Number of portions: 1)

Vegetables of your choice
**Vegetable iLC steam**

Wash and slice the vegetables, ideally shortly before cooking in order to prevent the cut surfaces from discolouring or drying out.

Perforated GN containers are best usef for steamed vegetables, as this allows the steam to reach the food. In all other cases, a closed container is recommended, as seasoning mixtures and fat such as olive oil or butter remain on the food product and no additional service dishes are required. This saves time and there is no need to wash various containers.

A typical example is glazing root vegetables.
Köttbullar

List of ingredients

(Number of portions: 4)

250 g potatoes
2 onions
1 portion parsley to taste
1 portion pepper to taste
1 portion salt to taste
1 portion nutmeg to taste
400 g minced meat
350 g Mett (seasoned minced pork meat)
3 eggs
10 g mustard
Method
Press the boiled potatoes through a press. Cook the finely chopped onions until translucent and knead with the remaining ingredients. Season with salt, pepper and nutmeg. Form small balls, place on a granite-enamelled container and lightly coat with butter. Select the process meat -> pan fry in the SelfCookingCenter® 5Senses. Select the settings thick (i.e. with core temperature probe), browning level 3 and the desired temperature. Wait until preheated and load when requested to do so. Open the door, insert the core temperature probe using the positioning aid and close the door. The process will begin. Good luck!
Turkey Roast

List of ingredients

(Number of portions: 10)

1 Large roast turkey
150 g Chopped celery
150 g Chopped carrots
150 g Chopped onion
Thyme
30 g Butter
80 ml Oil
Salt & pepper
Method
Dice the vegetables and butter and mix together with the thyme. Stuff the vegetables inside the turkey and fill the remaining opening with aluminium foil. Cover the outside of the bird with oil and season well with salt and pepper. Bind the turkey with string to ensure a nice shape and cook as instructed. Serve with cranberry sauce and the traditional trimmings.

Recommended accessories: GN-Container
Lamb Burgers

List of ingredients

(Number of portions: 7)

1 lb ground lamb
1/4 cup fresh, chopped parsley
(without stems)
1 large onion, chopped
1 clove garlic, chopped
2 eggs
1 teaspoon salt
1 tablespoon black pepper
1 teaspoon cumin
2 teaspoon turmeric
1/2 teaspoon coriander
1/4 cup all purpose flour
1/4 cup vegetable oil
Grill

In a medium bowl, combine flour, parsley, spices, onion, salt, and pepper. Add meat with a wooden spoon or hands and begin to mix together. In a small bowl beat the eggs, and then add to meat and spice mixture. Mix together. Form into patties. Place on a granite enamel GN container 20mm deep and lightly oil. Cook each patty for about 7 minutes until golden brown and crispy. Serve with or without bun and bread.
BBQ grilled chicken

List of ingredients

(Number of portions: 8)

8 pcs grilled chicken
1 Port salt to taste
1 Port pepper to taste
1 Port BBQ sauce to taste
0,030 liters of oil
Method

Wash the chicken inside and outside. Dry with a clean cloth before you mix the spices, oil and BBQ sauce and smear this on the chicken generous and evenly. Please make sure that the marinade covers all the points of the chicken evenly. Place the chicken from the back right to front left on the Chicken Superspike. Before cooking put a container for the dripping fat in the bottom shelf. Select the operating mode poultry -> Grilling and select the settings thick, browning level 3 and set the core temperature at 82 °C. Wait until the preheating time is over and load only when prompted. Prick the core temperature probe, as shown on the display, from above in the chest in one of the chicken. Close the oven door. The cooking process starts automatically.

Tip: The SelfCookingCenter® whitefficiency® is already set optimally, of course you can do changes in the crispness and juiciness according to your wishes. Ready cooked chicken can be refrigerated and be finished as needed.
Penne with tomato sauce

List of ingredients

(Number of portions: 15)

1 kg Penne
1.5 l Cold water
1.5 l Cold tomato sauce
Parmesan for garnishing
Basil for garnish
**Pasta in sauce**

Place the penne together with the cold water and cold tomato sauce into a GN container and mix well. Place into the SelfCooking Center® and place the core probe deep into the sauce.

**Cover with a lid and cook as instructed**

Set the cooking time to exactly what the pasta manufacturer recommends.

Serve with the parmesan and basil. Total cooking time will be around double that of the time set.

Recommended accessories: GN-Container 100mm
Pasta bolognese

List of ingredients

(Number of portions: 15)

1 kg Pasta
1.5 l Cold water
1.5 l Cold bolognese sauce
Parmesan for garnishing
**Pasta in sauce**

Place the pasta together with the cold water and cold sauce into a GN container and mix well.
Place into the SelfCooking Center and place the core probe deep into the sauce.

**Cover with a lid and cook as instructed.**

Set the cooking time to exactly what the pasta manufacturer recommends.
Serve with the parmesan cheese
Total cooking time will be around double that of the time set.

Recommended accessories: GN-Container 100mm
The original RATIONAL accessories help you make full use of your RATIONAL equipment. They are extremely rugged and thus ideal for daily, hard use in the professional kitchen.

Thanks to its excellent heat transfer properties and the non-stick coating, the roasting and baking tray is ideal for the preparation of breaded items and pastries and for frying.

The granite-enameled container is ideal for roasting, braising, pan frying and baking. Optimal browning and evenness are achieved thanks to the exceptional heat distribution.

To create grill products with steakhouse or traditional grilling patterns, the cross and stripe grill plate is ideal.

The multifunctional grilling and roasting tray gives you a perfect, diagonal grilling pattern on pan fried food, fish and vegetables.

The special grill and pizza tray, with its excellent thermal conductivity, helps you prepare pizzas (fresh or convenience) just like a professional. The reverse of the tray is suitable for grilling steaks, vegetables or fish.
The **CombiGrill grid** also gives you a perfect grilling pattern on pan fried food, fish and vegetables.

The rust-free, stainless steel **loading grid** simplifies the loading and unloading of the grill products.

The **Multibaker** is suitable for preparing large quantities of fried eggs, omelettes, rösti and tortillas.

The **perforated stainless steel container** is of extremely high quality and is thus very robust and versatile. It is suitable for all steaming applications.

Perforations across the entire container surface ensure that steam reaches the food everywhere – even in the corners.

The patented **CombiFry®** now allows large quantities of pre-fried products to be prepared.

The vertical arrangement of the **chicken and duck Superspike** ensures particularly succulent breast meat combined with crispy and uniformly browned skin.
The vertical arrangement of the spare ribs on the spare rib rack means they can be gently pre-cooked to perfection – even overnight – while fully utilizing the available capacity.

The unique material composition of the RATIONAL potato baker allows you to cook baked potatoes and sweetcorn up to 50% faster, even without aluminium foil.

The grill and tandoori skewer is ideal for preparing all types of skewer dishes.

Further information and accessories can be found at www.rational-online.de or request a copy of our accessories catalogue from +49 (0) 8191-3270.
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