Freshness and variety for the snacks and baking sector.
Dear customers,

be inspired by tasty recipe ideas. The SelfCookingCenter® offers countless possibilities for producing dishes for your hot food counter, take-aways, lunches or baked goods corner quickly, healthily, simply and efficiently.

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. Simply log in at www.club-rational.com.

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

Your RATIONAL master chefs
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Pizza

List of ingredients

(Number of portions: 1)

500 g flour (type 405)
21 g dried yeast
80 g olive oil
180 ml warm water
1 pinch of salt to taste
**Pizza**

Sieve the flour into a large bowl. Make a hollow in the middle and sprinkle the salt around the edge. Mix the yeast with a whisk in warm water and mix with the oil before pouring into the hollow. Let it prove for approximately 20 minutes and knead with the mixer. Knead well from hand on the work surface and leave to rise in a warm place for about 1 hour. Knead well again and cut into small portions.

Preheat the SelfCookingCenter® with "Bake", "iLC Pizza".

Form the dough into balls and leave to rise for a short time. Roll out the dough balls to form pizza bases and cover with tomato sauce. Add the chosen toppings and bake on the preheated grill and pizza tray for around 3 minutes.

Accessories: Grill and pizza tray
French toast

List of ingredients

(Number of portions: 6)

6 slices of toast
3 eggs
50 ml milk
30 ml cream
100 g sugar
1 pinch of cinnamon
iLC bake / iLC breakfast

Mix the eggs with the milk and cream in a bowl, dip the toast into the mixture and leave to soak for a short time. Then put on a buttered roasting and baking tray and bake until the desired level of browning is achieved. Turn in cinnamon sugar directly after baking and serve.

Accessories: Roasting and baking tray
Curried sausages

List of ingredients

(Number of portions: 4)

1 medium-sized onion 1 tbsp vinegar
2 garlic cloves 1 tbsp oil
1 thumb-sized piece of celery 4 sausages
200 g tomato paste
150 g tomato ketchup
1 tbsp mustard
250 g honey, liquid
½ tsp chili powder
½ tsp cumin seeds
½ tsp coriander powder
1 tsp ground mustard seeds
1 tsp ground fennel seeds
1 tbsp turmeric
1 tsp salt
**pan fried**

The sauce: Finely chop the onion and garlic and mash with a fork. Peel and finely grate the thumb-sized piece of celery. Put everything into a bowl and cover in boiling water, leave to cool. Mix in 200 g tomato paste, 150 g tomato ketchup, 1 tbsp mustard and 250 g of liquid honey, then add the other spices up to and including the vinegar. Continue to mix and slowly add oil one tablespoon at a time.

The sausages: brush the 4 pre-cooked fine sausages with oil. Place in a granite-enameled container 20 mm deep. Put into the cooking chamber with the given arrangement. After cooking, cut into equal pieces and cover with sauce, dust with curry powder.
Bruschetta Italiana with salad

List of ingredients

(Number of portions: 4)

4 large slices of Panini bread (sandwich bread), also possible with baguette
1 can of tomato puree
1 clove of garlic
1 tsp oregano
1 tsp sugar
150 g sausage (Italian spicy salami)
150 g Gorgonzla or alternatively Tallegio
Salt, pepper, olive oil,
1 pot of basil
Pizza

Sprinkle the Panini slices on both sides with a little olive oil. Season the tomato puree with garlic, oregano, sugar, salt and pepper. Now smear the Panini slices with the tomato puree, then cover with 6–7 slices of sausage. Lay small pieces of Gorgonzola or Tallegio on top. Cook on pizza setting > colour 3 > 3 min.

TIP:
Sprinkle the bruschetta after baking with some olive oil and garnish with some basil. This goes well with a small mixed salad.

Recommended accessories:
Grill and pizza tray or roasting and baking tray
Gratinated baguette

List of ingredients

(Number of portions: 1)

1 baguette / ciabatta
a little butter
tomato
gherkin
1 egg, cooked
2 slices cooked ham
2 slices Gouda
flat parsley
salt, pepper
**Preparation**

Steam the egg for 8 minutes, bake the baguette or ciabatta and leave to cool. Cut open and grill for 2 minutes on a preheated grill grate. Then spread with butter and put on the cooked ham. Alternate the egg slices, gherkin and tomato slices on top. Season and put on the cheese slices. Finally, bake for 3 minutes on a preheated grill grate and garnish with parsley.
English Breakfast

List of ingredients

(Number of portions: 10)

20 slices of bacon
20 sausages
5 tomatoes
10 eggs
500 g mushrooms
10 slices of toast bread
Salt, pepper, sunflower oil
**iLC Roast**

Put the bacon, sausages, tomatoes, quartered mushrooms and buttered toast bread on to a Roasting and baking tray. Season the tomatoes and mushrooms to taste with salt and pepper and add a little sunflower oil. Put a little sunflower oil in the Multibaker and break an egg into each hollow. Using the process "Meat", "Grill", browning level 3 and the given time - see below), you can prepare a great breakfast in the shortest of times. Try out the function ELC (EfficientLevelControl), with which you can prepare the named products in one cooking process. Sausages 5 minutes, bacon 3 minutes, mushrooms 4 minutes, eggs 1:30 minutes, bread 3 minutes

Recommended accessories: Roasting and baking tray, Multibaker
Burger

List of ingredients

(Number of portions: 10)

Hamburgerfleisch
2 kg Rinderhack
50 g Dijonsenf
100 g BBQ-Sauce
Salz, Pfeffer, Chili-Pulver

BlueCheese Dressing
250 g Gorgonzola
400 g Sauerrahm
Salz, Cayenne

Burger
10 Stk. Burgerbrötchen
4 Stk. Tomaten
2 Stk. Zwiebeln
20 Scheiben Speck
5 Stk. Essiggurken
1 Kopf Eisbergsalat in Streifen
Ketchup, Roquefort, Dressing
Fleisch - Grillen

Burgerfleisch
Alle Zutaten vermengen und mit Salz, Pfeffer und Chili-Pulver abschmecken. 200g große Burger formen und auf einer vorgewärmten Grill- und Pizza Platte nach Instruktion grillen.
Das Fleisch sollte fett sein und nur grob gewolft

Empfohlenes Zubehör:
Grill- und Pizzaplatte, Grill und Bratplatte

BlueCheese Dressing
Gorgonzola/ Roquefort mit Sauerrahm vermengen und mit Salz und Cayenne abschmecken.

Burger
Burgerbrötchen 1 Minute rösten und die Speckscheiben 2 Minuten grillen.
Belegen Sie den Burger nach Ihrem Geschmack.

Empfohlenes Zubehör:
Grill- und Pizzaplatte
Vegan farmhouse breakfast

List of ingredients

(Number of portions: 8)

600g tofu, soft
200g smoked tofu, diced finely
300g potatoes, waxy, pre-steamed
300g sweet potatoes, pre-steamed
4 tbsp white almond paste
2 onions, diced
4 spring onions, in rings
1 pepper, red, diced
10 mushrooms, brown, quartered
3 tbsp water
Turmeric, salt, pepper
Olive oil
iLC roast

Pour a little oil in the roasting and baking pot, place the pre-cooked potato and sweet potato slices, distribute the smoked tofu, mushrooms, pepper and onion on top and roast for approximately 4–5 minutes. In the meantime, mash up the soft tofu in a bowl and season generously with the almond paste, some turmeric and salt and pepper. Add the spring onions. Briefly stir the pot after roasting and spread the tofu mixture on top. Roast for another 3–4 minutes.
Breaded turkey escalopes

List of ingredients

(Number of portions: 8)

8 turkey escalopes
Flour
Whole egg
Breadcrumbs
Clarified butter
Salt and pepper
Breaded products

Season the escalopes with salt and pepper and flour them lightly. Dip the product into the egg and then the bread crumbs. Only turn them lightly. It is important not to press the breading on otherwise it will not be crispy when fried. Brush with melted clarified butter or other frying fat and fry until golden on a roasting and baking tray.

Accessories: Roasting and baking tray

Tip: Add a little paprika powder to the breadcrumbs to achieve a more intense golden color. When preparing larger quantities, such as in group catering, the liquid frying fat can be easily sprayed on with a specially designed bottle.
Pulled Pork

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
**Overnight roasting**

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.

*Accessories:* granite-enameled container
Roast pork (overnight)

List of ingredients

(Number of portions: 6)

3 kg pork belly with crackling
8 medium potatoes for support
1 pinch of salt
1 pinch of pepper
pinch of caraway
Overnight roasting

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-enameled container. Select the mode "Meat" - "Overnight roasting" and the settings "Sear", "Level 3" and the desired core temperature (for example 72°C-75°C). Wait for the preheat phase to complete and only load when requested. Insert the core temperature probe and close the cooking chamber door.

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.

Accessories: granite-enameled container
Rissoles

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 on
Quick roast

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

Mix together well both sorts of minced meat with the breadcrumbs, eggs, mustard and chopped onion. Season with salt, minced meat seasoning and parsley. Form small balls using damp hands and place on a roasting and baking tray.

Brush a little oil onto both sides and cook on "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.

Accessories: Roasting and baking tray
Fajitas

List of ingredients

(Number of portions: 5)

1 kg Aracherra
2 red bell peppers
2 yellow bell peppers
2 Onion
80 ml vegetable oil
salt
pepper
100 g grated cheese
**Tipp:**
Peal the onion and cut it stripes, as well the peppers. Cut the Aracherra in stripes of 1 cm thickness and mix them with half of the oil. Put the Aracherra stripes on a roasting and baking tray and grill them for 3 minutes. In between mix the vegetables with the rest of the oil and add it to the meat after 3 min. Cook everything for another 5 minutes. When it is ready cooked add some salt and pepper as you like, mix it and sprinkle some cheese on it before you serve it.

**Advice:**
Serve the Fajitas on a warm corn Tortilla and squeeze some fresh lime juice on it. If you marinate the Aracherra 12 hours before with some oil, garlic and pepper you will get a nice flavor. If you want more coloration you can use a little bit of paprika ground that you mix with the meat.

Setting in SelfCookingControl® Mode: > Meat – grilling – coloration step 4 – 3 min. and then continue time with 5 min. > Alternative you can use Meat – elc grilling – coloration step 4, time selection between 3 and 5 min.
Penne in tomato sauce

List of ingredients

(Number of portions: 10)

1 kg penne
1.5 l cold water
1.5 l cold tomato sauce
Parmesan to garnish
Basil to garnish
**Side dishes**

Mix the penne, cold water and tomato sauce together in a GN container. Put into the SelfCookingCenter® and insert the core temperature probe deep into the sauce. Cover with a lid and cook as described below.

Set the cooking time as given on the pasta packaging. Serve with parmesan and basil. The total cooking time will be approximately twice as long as the set cooking time.

Recommended accessory: GN container
Fried rice

List of ingredients

(Number of portions: 1)

500 g rice (Thai or basmati)  porcini, etc.)
750 ml water  2 iceberg lettuces
400 g scallops  60 g coriander
400 g king prawns  60 g chili, red
3 eggs
100 g garlic
5 g Szechuan pepper
250 g spring onions
60 g ginger
40 g Sichuan chili, whole
200 ml cooking oil
100 g bean paste, black
200 g root vegetables
200 g mushrooms (shimeij, shitake,
iLC grilling

Steam the rice a day in advance and store chilled.

Precook the ready-to-cook seafood using "Fish", "iLC grill". Precook the scrambled eggs using "Egg dishes", "iLC roast". Fry the garlic, Sichuan pepper, ginger, chili and leek in the cooking oil in a pan for 20 minutes at a low temperature, leave to infuse then strain.

Select on the SelfCookingCenter® "Side dishes", "iLC Grill".

Mix the rice with the seafood, which has been cut into small pieces, the seasoned oil, the black bean paste, the diced vegetables and the mushrooms and season to taste. Fry the rice mixture in the SelfCookingCenter®, prepare to serve and garnish with strips of iceberg lettuce, coriander and, if desired, fresh chili.

Accessories: Granite-enameled container (40 mm)
Spare ribs

List of ingredients

(Number of portions: 4)

3 kg spare ribs (short ribs)
1 bottle ketchup
3 tbsp honey
100 ml Coca-Cola
Spices: Salt, pepper, ginger, ground caraway, cayenne, balsamic vinegar/reduction
**Braising**

Slice the spare ribs between the bones and season with salt, pepper and caraway. Place the spare ribs on the rack and preheat the SelfCookingCenter® on "Meat", "Braise".

Load the spare ribs and insert the core temperature probe. In the meantime, make the BBQ sauce. Mix all the ingredients with ketchup and season well to taste.

Braising takes around 2 hours. An automatic rest/hold phase will follow. Depending on operational procedures, remove the spare ribs and place them on a tray or in a bowl, leave to steam off briefly and marinate with half of the BBQ sauce while still hot. Leave to cool overnight in the refrigerator.

For large quantities: Take the racks out of the SelfCookingCenter® and place on a drip tray. With a large brush, brush the ribs on both sides, stack the racks and ribs in a red butcher tub and place in the cool room. On the next day, grill the ribs until coloured.

Note: the marinade colours very quickly.

Accessories: Grid, CombiGrill® grid, spare ribs rack
Mini Chicken Kebap

List of ingredients

(Number of portions: 4)

2 chicken breast fillet (à 130 g)
1 tsp oregano
1/2 tsp chilli powder
ground kumin
4 tbsp yoghurt
4 small burger buns
4 lettuce leafs
4 onion rings
4 slices tomato
4 slices cucumber
1 tbsp olive oil
**chicken grill**

Cut chicken breast fillet in thin strips and season with oil, oregano, chilli and kumin. Roast gently on the Grill- and Pizzatray. Salt everything after grilling.

Spice up yoghurt with salt and pepper. Warm up buns and cover lower side with lettuce leaf, onion rings, tomatoes and cucumber. Add golden brown chicken breast and top with yoghurt. Put bun on the upper side and serve hot!

(Bun recipes at Club RATIONAL: Burger Buns, Vegan burger buns)
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!
Grilled vegetables

List of ingredients

(Number of portions: 1)

Various vegetables such as, for example, peppers, aubergine, zucchini, tomatoes, fennel
**iLC grilling**

Wash the vegetables just before grilling and cut into 1 cm thick slices. Season with a little oil, grill seasoning and maybe some herbs such as thyme and rosemary. Depending on the quantity, work procedure and further usage, the marinated sliced vegetables can be placed cold directly on to our grill accessories.

The accessories CombiGrill® grid, cross and stripe grill plate, grill and pizza tray and the grilling and roasting plate are also suitable for preheating. When preheated, the grill pattern will be even more intense and tasty, however great care must be taken when quickly loading/unloading hot accessories.

The grill time is on average around 6 minutes, however, depending on the thickness of the slices, this may have to be adapted.

Select on the SelfCookingCenter® "Side dishes", "iLC Grill".

Accessories: CombiGrill® grid, cross and stripe grill plate, grill and pizza tray or grilling and roasting plate
Croissant pudding

List of ingredients

(Number of portions: 15)

12 croissants from the previous day
5 eggs
270 g sugar
1 l milk
0.2 l cream
1/2 tsp salt
Butter to grease
Vanilla powder and/or cinnamon
**Bake dessert**

Cut the ready-baked croissants into 3 cm cubes. Beat the eggs and sugar until fluffy and fold in all other ingredients. Put the croissant cubes in a 1/1 GN container 60mm and carefully mix with the egg-milk mixture. The croissant cubes must not be squashed together and should retain their structure.

Bake the croissant pudding at the recommended setting. The pudding tastes best warm and can also be baked in small forms à la minute.

Further variations of the croissant pudding can be made by adding chocolate shavings, nuts or cherries to the mass.

**Accessories:** Granite-enameled container (60mm)
Potato Wedges

List of ingredients

(Number of portions: 4)

Potatoes
Salt
Seasoning such as caraway or rosemary
to taste
A little oil
**Method**

Wash the potatoes well and scrub clean. Then dry well. Slice the potatoes once lengthwise and then into wedges. Distribute potatoes in a CombiFry or on a roasting and baking sheet and season.

Settings:
Slice thickness 7-9mm - small
Slice thickness 9-11mm - medium
Slice thickness 11-13mm - large
Leave browning on the basic setting.

Once ready, the wedges can be mixed with a little oil in a bowl.
List of ingredients

(Number of portions: 12)

110 g liquid Butter
200 g Onion in small dices
200 g Bacon in small dices
1 kg medium sized firm Potatos, boiled 25min on previous day and grated.
Salt and fresh grated White Pepper
Butter pieces
**Side Dishes Roast**

Butter the Roasting and Baking pan. Mix all ingredients well and add salt and pepper to taste.

Press the potato mix in the pan and place the butter pieces on the top.

Select "Side dishes", "roast" on the SelfCookingCenter® and pre-heat.

**Tipp:** This dish taste perfect with sunny side eggs and/or cheese.

**Accessories:** Roasting and baking pan. The optimal amount in each small pan is 200g.
**Mediterranean potato gratin with dried tomatoes**

**List of ingredients**

(Number of portions: 20)

3 kg potatoes
0.8 l cream
Salt and pepper to taste
0.3 kg cheese, grated
2 cloves of garlic
0.25 kg dried tomatoes
1 bunch rosemary
**Preparation**

Loosely layer the potatoes in the container and mix the finely cut dried tomatoes under the potatoes. Season the cream with salt, pepper and garlic and puree with the hand blender. Take care not to mix for too long otherwise the cream will turn. Coarsely chop the rosemary with a knife and add to the cream mixture. Pour onto the potatoes and sprinkle with grated cheese.

Process in the SCC WE: "Side dishes", "potato gratin" and enter the desired browning level. Wait until preheated and load when requested. Set the core temperature probe with the positioning aid provided in the potato gratin. After cooking and cooling, you can either cut the gratin into portions or cut out different shapes. These are ideal for storing and using with the Finishing process.
Paella

List of ingredients

(Number of portions: 10)

1.2 kg chicken
0.500 kg rice
0.18 kg mollusk flesh
0.500 l meat stock
0.5 kg squid
0.5 kg green peas
1 red pepper
1 green pepper
0.05 l olive oil
1 bulb of garlic according to taste
Salt according to taste
Pepper according to taste
Saffron according to taste
0.05 kg olives, black
**Side dishes**

Portion the chicken into 12 pieces, sear in olive oil with the process "Poultry," "Roast", thin, browning level 3 for about 8 minutes. After cooking, leave to rest. Sear the onion, squid rings, mussels (clams), peppers and garlic in the process "Side dishes," "Grill", browning level 3 for about 5 minutes. And also after cooking, leave to rest. Now mix all the ingredients with the washed rice, stock olives and insert the core temperature probe using the positioning aid. Select "Side dishes", "Casserole", "with gratination", browning level 2. Tip: The amount of stock required can vary depending on the type of rice used.
Tiroler Gröstl

List of ingredients

(Number of portions: 6)

1 kg potatoes, cooked
750 g boiled beef
150 g bacon
100 g onion cubes, steamed
Rosemary, thyme, salt, pepper,
sunflower oil
**Roasting**

Cut all ingredients: Peel the potatoes and slice, lightly chop the herbs, cut the meat into slices or cubes (potatoes and meat should be cut to about the same size). Mix all ingredients together and marinate with a little oil. Sear in a granite-enameled tray (40 mm deep) with the process "Side dishes", "roast", browning level 3, and portion size 3. It takes approx. 12-15 minutes.
Accessories

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](http://www.rational-online.de) or request a copy of our accessories catalogue from +49 (0) 8191-3270.