The ideal cooking system for your supermarket.
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 Club RATIONAL – 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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Milk bread rolls

List of ingredients

(Number of portions: 25)

1 kg flour (type 405)
700 ml milk
100 g melted butter
2 pieces of fresh yeast
120 g sugar
1 pinch of salt
1 pinch of lemon zest
30 g raisins
**Soft rolls**

Sieve the flour into a bowl, dissolve the yeast in 4 tbsp of warm milk and knead together with all the other ingredients until the dough comes away from the bowl. Subsequently, allow to rise for 45 minutes before forming into small rolls. Put these onto a buttered roasting and baking tray, cut into them and leave to rise again for 12 minutes. Brush the rolls with milk before baking.

**Accessories:** Roasting and baking tray
Toast bread

List of ingredients

(Number of portions: 10)

800 g flour (type 550)
3 tsp salt
250 g milk
250 ml water
42 g yeast
100 g butter
**Bread / rolls**

Mix the flour with the salt and form a hollow in the middle. Mix the milk with the lukewarm water. Dissolve the yeast in the lukewarm milk and pour into the hollow. Leave the dough to ferment for a short time.

Cut the butter into cubes and leave to warm to room temperature. After about 10 minutes, add the soft butter, knead well and form into a large ball. Let it rise for approximately 30 minutes until its volume has doubled. Knead again and form a roll, put into the oiled rectangular baking tin and leave to rise again. Put the bread in the baking tin onto a roasting and baking tray and bake as described until golden brown.

**Accessories:** Roasting and baking tray
Baguette and bread dough

List of ingredients

(Number of portions: 1)

650 g wheat flour (type 650)
50 g rye flour (type 1150)
1 tsp salt
1 tbsp honey
½ cube of yeast
350 ml warm water
**Bread/bread rolls**

Mix the wheat flour with the rye flour and sieve into a large bowl. Make a hollow in the middle and sprinkle the salt around the edge. Mix the yeast and the honey with a whisk in warm water and pour into the hollow. Let it ferment for approximately 20 minutes and then 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 the dough again for 5 minutes and then halve. Roll out an oval with both halves (approx. 30 x 50 cm) and turn the long side in to the middle. Fold the dough along its length again and push the seams of the baguette together well.

Now put the bread on a baking tray and leave to rise again for an hour. Make approx. 5 mm deep slits diagonally with a sharp knife and sprinkle seeds or grains on the top surface if desired. Bake in the SelfCookingCenter® under "Bake", "Bread/ Rolls" for approx. 25 minutes until golden brown.

**Accessories:** Roasting and baking tray
Chocolate almond muffins

List of ingredients

(Number of portions: 12)

200g flour
200g almonds grated
100g cocoa powder
30g vanilla sugar
15g baking powder (baking soda)
250g soft butter
300g Sugar
7 Eggs Room Temperature
Baking

Beat butter for 5min, add slowly sugar and eggs step by step.

Mix flour with baking soda and add to the egg mix together with the other ingredients.

If the dough is too thick, add a little Milk.

Grease the Muffin and timbal moulds, fill it up half and bake as per the recommended setting.

Recommended accessory: Muffin and timbal moulds
List of ingredients

(Number of portions: 12)

6 whole chickens
a little oil
spices: paprika, salt, pepper
**roasted chicken**

Clean the chickens, mix the spices with the oil and rub into the chickens. Push the chickens onto the chicken and duck Superspike and cook. Use a suitable CNS container or granite-enameled tray to collect the fat produced during cooking.

**Recommended accessory:** Chicken and duck Superspike, CNS container or granite-enameled tray.
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.

**Recommended accessory:** 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.
Coq au vin

List of ingredients

(Number of portions: 4)

2 chickens
4 carrots
½ celery stick
½ leek
2 red onions
1 garlic clove
200 g mushrooms
1 lemon
3 tbsp olive oil
½ bunch herbs: thyme and rosemary
1 bottle of red wine
1 l jus
Seasoning: Salt and pepper
Braising

Cut up the chickens into 8 pieces. Score the bone ends of the wings and legs on the inside above the joint top in order to more easily slide the skin over the joint. Wash and peel the vegetables, and cut into small cubes, cut the mushrooms into thin slices and the lemon into 6 segments. To sear, mix the diced vegetables with a little oil, season and put into the granite-enameded container (65 mm). Also season the chicken pieces, oil and put into a second container. Now preheat the SelfCookingCenter® on "Braise poultry". When requested, load the containers - searing begins. In the meantime, bring the red wine to the boil in a pot to boil off the alcohol completely. If required, reduce the wine. When asked to deglaze and add liquid, place the chicken pieces onto the seared diced vegetables and pour in the wine and jus. Insert the core temperature probe into a chicken piece and braising can begin. Depending on the size of the pieces, braising can take around 1 ½ hours. Then take out the chicken pieces, bring the vegetable sauce to the boil and thicken slightly with a little cornstarch. Potatoes or rice are an ideal side dish for coq au vin.

Accessories: Granite-enameded container (65 mm)
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.

**Recommended accessories:** Roasting and baking tray, granit-enamedeled container 20 mm
Lamb curry

List of ingredients

(Number of portions: 10)

2 kg lamb or mutton, cubed
1 kg red onions, sliced
2 tsp chili powder
1.5 tsp turmeric powder
3 tsp coriander powder
3 tsp garam masala powder (Asian shop)
4 tsp fresh ginger, grated
4 tsp fresh garlic, grated
2 cinnamon sticks
3 anise stars
1 bunch coriander leaves, chopped
3 tsp tomato paste
2 tsp lime juice

3 tbsp oil
Salt to taste
Braising

Knead the meat together with all other ingredients and mix well. Put into a granite-enameled container, preheat the SelfCookingCenter® and load. When requested to "Add liquid", skip this phase. If there is a long rest period, cover the container.

Accessories: Granite-enameled container
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
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.

**Recommended accessory:** granite-enameled container 20mm
Beef roulades

List of ingredients

(Number of portions: 10)

10 beef roulades
500 g mirepoix
2 l demi-glace sauce
Salt & pepper
Oil
Meat

Brush the roulades with oil and season them well with salt and pepper. Brush the vegetables lightly with oil and put them with the roulades in a container. Warm the demi-glace sauce separately in a pan. Set up the SelfCooking Center® as described, after the searing phase, add the demi-glace sauce and cover the container with aluminium foil or the GN lid.

Recommended accessory: Granite-enameded container
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 caramelise with the "Crisp" button.

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

**Accessories:** granite-enameled container
Spare ribs

List of ingredients

(Number of portions: 5)

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.

Recommended accessories: Grid, CombiGrill® grid, ribs rack
Ratatouille

List of ingredients

(Number of portions: 15)

200 g red pepper
200 g yellow pepper
200 g zucchini
200 g aubergine
100 g onions, peeled
0.5 kg tomatoes in pieces / pizza tomatoes
Thyme
Rosemary
1 clove of garlic
Olive oil
Salt, pepper, a little sugar
Steaming side dishes

Cut the vegetables into 1 cm cubes or bigger. Mix everything together with a little olive oil. Chop the garlic and herbs finely, mix with the vegetables and place in a Granite enameled container.

Once the cockpit requests that you add liquid, add the tomatoes. Season with salt, pepper and a little sugar to taste.

Recommended accessory: Granite enameled container
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
Fried rice

List of ingredients

(Number of portions: 1)

500 g rice (Thai or basmati) 400 g scallops 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, porcini, etc.)

2 iceberg lettuces 60 g coriander 60 g chili, red
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)
Potato gratin

List of ingredients

(Number of portions: 20)

5 kg potatoes
2 l cream
50 g Salt
Pepper
Nutmeg
0.3 kg cheese, grated
**Potato gratin**

Layer the raw sliced potatoes in a granite enameled container. Season the cream with salt, pepper and nutmeg and pour over the potatoes. Sprinkle with grated cheese. Select cooking mode "Side dishes", "Potato gratin" and enter the desired browning level. Wait briefly until preheated and load when requested. The core temperature probe is best inserted with the positioning aid in the mid-right of the SelfCookingCenter.

**Recommended accessory:** Granite-enameled tray

Tip: The cream can also be poured in hot, this then shortens the cooking time.
Cauliflower gratinated with cheese

List of ingredients

(Number of portions: 10)

1 large cauliflower
40 g butter
40 g flour
100 g gratin cheese
0.5 l milk
5 g dried vegetable stock
5 g mustard powder
Salt, pepper
Casserole

Melt the butter and prepare a roux. Slowly add the milk to create a béchamel sauce. Subsequently add the mustard, vegetable stock and the cheese. Season with salt and pepper. Put the raw cauliflower on a tray and cover with the béchamel sauce.

You can also sprinkle some cheese onto the cauliflower. Set the SelfCookingCenter according to the display.

**Recommended accessory:** GN container
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
French fries, wedges and croquettes

List of ingredients

(Number of portions: 10)

1.5 kg French fries, frozen
1.5 kg wedges or croquettes
1 tbsp cooking oil
**Fries**

Put the fries directly from the freezer into the CombiFry® basket and preheat the SelfCookingCenter® on "Side dishes", "Fries".

The "small" setting is for a cutting thickness of approx. 7 mm, "medium" for approx. 9 mm and "large" for approx. 11 mm.

After frying, pour the fries into a deep container and season with a little salt. The addition of the cooking oil gives the fries the typical shine and taste.

Wedges, croquettes or similar potato products can also be placed frozen in the granite-enameled container, oil them lightly when still frozen and cook on "Side dishes", "Fries".

Recommended Accessories: CombiFry® basket (French fries) or granite-enameled container, 20 mm (wedges, croquettes).
Pizza

List of ingredients

(Number of portions: 5)

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.

**Recommended accessory:** Grilling and Pizza tray
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 or request a copy of our accessories catalogue from +49 (0) 8191-3270.
RATIONAL AG

Iglinger Str. 62
86899 Landsberg am Lech
Germany

+49 8191 3270
info@rational-online.com
www.rational-online.com