# CONTENTS -

### FIRST COURSES

Beef empanadas Falafel Crispy curried prawns Vegetable samosas Mummy pizzas

#### DISHES

Teriyaki beef kebabs Gourmet hamburger Coriander beef koftas Chicken spring rolls Chicken nuggets Chicken wings Sunday roast chicken Lemon lamb chops New York hot dogs Masala curried salmon fillets Homemade Fish & Chips Homemade paprika chips Sweet potato fries

#### **D**ESSERTS

Chocolate chip muffins Chocolate soufflés

# THE SOLUTION FOR EVERYDAY LIGHT AND CRISPY DEEP FRYING

#### Non-digital



EASY FRY CLASSIC



EASY FRY CLASSIC +

#### DIGITAL



EASY FRY PRECISION



EASY FRY DELUXE

# PICTOGRAM GUIDE



NUMBER OF



NUMBER OF



Preparation Time



Waiting Time



Marinating Time



COOKING















# BEEF EMPANADAS











#### INGREDIENTS

2 packs (375 g) ready-rolled shortcrust pastry 200 g minced beef 3 or 4 fresh spring onions

1 tbsp paprika 1 egg yolk 1 tbsp olive oil Salt and pepper

### RECIPE

- 1 | Finely chop the spring onions. Fry 3 | the meat with the olive oil in a pan for 8 minutes. Season with salt and pepper and add the spring onions and paprika. Leave to cool.
- 2 | Unroll the pastry, cut out 8 rounds of approximately 9 cm in diameter, top them with the cooled minced meat and fold over into a turnover shape. Combine the egg yolk with 1 tbsp water. Use to brush the edges and seal the empanadas by pinching with your fingers, then brush the tops.
- **DIGITAL VERSION:** Place 8 empanadas in your Easy Fry basket and cook on GRILL MODE for 10 minutes. Repeat with the second batch.

Non-digital version: Place 8 empanadas in your Easy Fry basket and cook at 180°C for 10 minutes. Repeat with the second batch.



You can flavour the empanada beef filling with cumin, oregano or minced garlic. Why not try adding tomato or sweetcorn to the filling for added flavour.

# FALAFEL











#### INGREDIENTS

500 g cooked chickpeas 50 g plain flour

- 1 finely chopped white onion
- 2 tbsp chopped parsley
- 2 tbsp chopped coriander

- 1 tsp cumin
- 1 clove of garlic
- 1 tbsp tahini (sesame seed paste)
- 1 dash of olive oil, for cooking (optional) Salt and pepper

#### RECIPE

- 1 | Using a food processor, combine the chickpeas, onion, garlic, parsley, coriander, cumin, salt, pepper, sesame seed paste (tahini) and flour and mix into a rough paste. If the mixture is too runny, add a little flour. If it is too dry, add a little liquid.
- 2 | Shape into 18 falafel and press them together gently.
- 3 | DIGITAL VERSION: Place them in your Easy Fry basket, add a dash of olive oil (optional) and cook on PI77A MODE for 20 minutes. The

falafel can be stacked in layers in the basket. Turn them halfway through cooking

Non-digital version: Place them in your Easy Fry basket, add a dash of olive oil (optional) and cook at 170°C for 20 minutes. The falafel can be stacked in layers in the basket. Turn them halfway through cooking.



Serve the falafel in hot pitta breads garnished with fresh mint, yoghurt and slices of tomato.

# CRISPY CURRIED PRAWNS











250 g king prawn tails (raw and peeled) 2 eggs 6 tbsp plain flour

2 tbsp curry powder 1 tsp freshly ground black pepper

1 dash of oil, for cooking (optional)

RECIPE

6 tbsp cornflour

- 1 | Pour the flour, curry powder and a 3 | DIGITAL VERSION: Cook the prawns generous pinch of salt and pepper into a freezer bag, pour the cornflour into another shallow bowl and beat the eggs in a third shallow bowl.
- 2 | Put the prawns in the bag, close it securely and shake vigorously until well coated. Remove the prawns from the bag, dip them one by one in the beaten egg then roll them in the cornflour. Drizzle with oil (optional).
- in your Easy Fry basket on SHRIMP MODE for 6 minutes. Carefully turn the prawns over and cook for another 4 minutes.

Non-digital version: Cook the prawns in your Easy Fry basket at 160°C for 6 minutes. Carefully turn the prawns over and cook for another 4 minutes.













6 sheets of Brick pastry\* 200 g feta 400 g cooked cauliflower 200 g cooked peas

\* Brick pastry is not available in all countries.

1 tbsp curry powder 1 dash of olive oil, for cooking Salt and pepper

#### RECIPE

- 1 | In a bowl, roughly mash the cauliflower with the curry powder. Add the peas and crumbled feta. Mix well.
- 2 | Cut the brick pastry sheets into 2 strips. Spoon one tablespoon of filling onto the end of each strip and fold it to form a triangle. Make 6 samosas from each pastry strip.
- 3 | DIGITAL VERSION: Place 6 samosas in your Easy Fry basket, drizzle with olive oil and cook them on SHRIMP

MODE for 14 minutes. When the first batch of samosas is cooked, remove them and put the next 6 in the basket.

Non-digital version: Place 6 samosas in your Easy Fry basket, drizzle with olive oil and cook them at 160°C for 14 minutes. When the first batch of samosas is cooked. remove them and put the next 6 in the basket



You can reheat the first batch of samosas by slipping them into the basket and cooking for a few more minutes.















2 English muffins

4 tbsp tomato purée or pizza sauce

 $4 \times 30$  g slices of mozzarella

4 pitted olives Salt

#### RECIPE

1 | DIGITAL VERSION: Slice the muffins in half and toast them in your Easy Fry basket for 3 minutes on PIZZA MODE.

Non-digital version: Slice the muffins in half and toast them in your Easy Fry basket for 3 minutes at 170°C.

2 | Spread a large tablespoon of tomato purée or sauce on each muffin. Season lightly. Chop each slice of mozzarella into 4 very thin strips.

Place them on the muffins. Chop the olives in half. Place them on the muffins as the eyes.

3 | DIGITAL VERSION: Place the mummy pizzas in your Easy Fry basket and cook for another 4 minutes on PIZZA MODE. Serve immediately.

> Non-digital version: Place the mummy pizzas in your Easy Fry basket and cook for another 4 minutes at 170°C. Serve immediately.



A fun recipe that kids can easily make themselves, with adult supervision to prevent any risk of burns.

















#### INGREDIENTS

12 slices of beef carpaccio\* 200 g Comté cheese (see tips) 2 tbsp runny honey

3 tbsp soy sauce Pepper

\* not available in all countries. Alternatively you or your butcher can cut prime beef fillet into very thin slices.

#### RECIPE

- 1 | Cut the cheese into 36 cubes. Slide them onto the 12 skewers. Wrap each kebab in a slice of beef.
- 2 | In a bowl, make the marinade by combining the soy sauce and honey. Use to baste the kebabs. Marinate in the refrigerator for 1 h.
- 3 | DIGITAL VERSION: Place the 12 kebabs in a circle in your Easy Fry basket and cook on CUTLET MODE for 6 minutes. Season with pepper and serve immediately.

Non-digital version: Place the 12 kebabs in a circle in your Easy Fry basket and cook at 180°C for 6 minutes. Season with pepper and serve immediately.



Serve these kebabs with a small bowl of sweet soy sauce.

Comté is a French cheese available in large supermarkets and delicatessens.

# Gourmet Hamburger









#### INGREDIENTS

900 g minced beef

- 6 hamburger buns
- 2 beef tomatoes
- 6 lettuce leaves

- 1 clove of garlic
- 3 tsp soy sauce
- 2 tbsp olive oil

#### RECIPE

- 1 | Combine the beef, crushed garlic, soy sauce and olive oil. Season. Use your hands to shape into 6 burgers.
- 2 | DIGITAL VERSION: Place them in your Easy Fry basket and cook them on GRILL MODE for 8 minutes, depending on how you like your meat cooked

Non-digital version: Place them in your Easy Fry basket and cook at 180°C for 8 minutes, depending on how you like your meat cooked.

3 | **DIGITAL VERSION:** Remove the burgers from your Easy Fry and keep them warm. Slide 6 hamburger buns into the basket, squashing them down

a little if needed, and cook for 3 minutes, still on GRILL MODE. Put the hamburgers together immediately, garnishing with the salad leaves and tomatoes, and serve.

Non-digital version: Remove the burgers from your Easy Fry and keep them warm. Slide 6 hamburger buns into the basket, squashing them down a little if needed, and cook for 2-3 minutes, still at 180°C. Put the hamburgers together immediately, garnishing with the salad leaves and tomatoes, and serve.



Make a sauce by combining: 1 tbsp wholegrain mustard, 2 tbsp hot mustard, 1 egg yolk and 1 tbsp oil before adding 1 tbsp thick crème fraîche.











#### INGREDIENTS

550 g minced beef

2 tbsp chopped shallots

2 tbsp chopped coriander

1 tbsp ras-el-hanout spice

1 tsp cumin 1 tbsp olive oil Salt and pepper

### RECIPE

- 1 | In a frying pan, brown the shallots quickly with a dash of olive oil.
- 2 | Combine the minced beef, spices, coriander and cooked shallots. Season with salt and pepper. Shape into 18 even oval shape patties, each approximately 30 g.
- 3 | DIGITAL VERSION: Place the patties in a basket, squashing them down a little, and cook them for 7-8 minutes

on GRILL MODE. The patties can be stacked on top of each other in the basket.

Non-digital version: Place the patties in a basket, squashing them down a little, and cook them for 7-8 minutes at 180°C. The patties can be stacked on top of each other in the basket



Serve the koftas with a mint sauce: combine 2 pots (150 g each) Greek natural yoghurt, 1 tbsp fresh chopped mint, a splash of olive oil and a dash of lemon juice.

# CHICKEN SPRING ROLLS











12 spring roll wrappers 2 chicken breasts (120 g each), cubed 200 g mixed stir fry vegetables 4 button mushrooms, finely chopped

50 g rice vermicelli 1 clove of garlic

1 tsp vegetable oil, for cooking (optional)

#### RECIPE

- 1 | Rehydrate the rice vermicelli by following the instructions on the packet. Drain them carefully using your hands. Cut them coarsely using scissors and leave them to cool.
- 2 | Sauté the cubed chicken with the stir fry vegetables and the finely chopped mushrooms in a small frying pan for 6 minutes. Drain. Mix with the rice vermicelli, chicken and crushed garlic.
- 3 | Soak a spring roll wrapper in water to rehydrate then place on a clean cloth. Scoop 1 tablespoon of filling into the centre, at the bottom of the wrapper, fold in the edges, roll up the spring roll and pinch to seal. Continue until you have 12 spring

- rolls in total. Place 6 spring rolls in your Easy Fry basket and put the 6 others in the refrigerator, under a slightly damp cloth.
- **DIGITAL VERSION:** Drizzle the spring rolls with oil (optional) and cook on SHRIMP MODE for 20 minutes. turning them halfway through cooking. Keep them warm while you cook the remaining 6 spring rolls.

Non-digital version: Drizzle the spring rolls with oil (optional) and cook at 160°C for 20 minutes. turning them halfway through cooking. Keep them warm while you cook the remaining 6 spring rolls.















6 chicken breasts 120 g dried packet breadcrumbs 70 g plain flour

3 eggs Salt and pepper Dash of oil, for cooking (optional)

# RECIPE

- 1 | Chop the chicken into evenly 3 | sized pieces. Put the flour, salt and pepper in a freezer bag, pour the breadcrumbs onto a large plate and beat the eggs in a shallow bowl.
- 2 | Put the chicken pieces in the bag, close it securely and shake vigorously. Remove them from the bag, dip them one by one in the beaten egg then roll them in the breadcrumbs. Place half the nuggets in your Easy Fry basket. Drizzle with oil (optional).
- DIGITAL VERSION: Cook the chicken nuggets on CHICKEN MODE for 12 minutes, depending on their size. Repeat until all the chicken nuggets are cooked.

Non-digital version: Cook the chicken nuggets in batches at 200°C for 12 minutes, depending on their size. Repeat until all the chicken nuggets are cooked.



Make your own ketchup by simmering together 3 tomatoes, 1 onion, 1 tsp concentrated tomato purée, 1 chopped garlic clove, 4 tsp balsamic vinegar, 1 tsp runny honey, salt and pepper.



# CHICKEN WINGS





















1.2 kg chicken wings

1 tbsp tomato ketchup

1 tbsp mustard

1 tbsp paprika

1 tbsp sweet soy sauce

1 tbsp olive oil

Salt and pepper

#### RECIPE

- 1 | Cut the chicken wings in half, separating them at the joint.
- 2 | Put all the ingredients in a large bowl and add the chicken wings. Stir well until the wings are thoroughly coated. Cover with cling film and leave to marinate for 12 hours.
- 3 | DIGITAL VERSION: Place the chicken wings in the basket (they can overlap), and cook on CHICKEN MODE for 12 minutes. Stir and turn the chicken wings over and cook them for another 5 minutes. Serve immediately with fries and a cherry tomato salad.

Non-digital version: Place the chicken wings in the basket (they can overlap), and cook at 200°C for 12 minutes. Stir and turn the chicken wings over and cook them for another 5 minutes. Serve immediately with fries and a cherry tomato salad.



You can vary the marinade depending on your mood: try adding barbecue sauce, spices, chilli or garlic.





# Sunday roast chicken











### Ingredients

1 x 1.3 kg chicken 5 cloves of garlic

1 tbsp olive oil Salt

#### RECIPE

- 1 | Lightly crush the garlic cloves with the palm of your hand. Rub the chicken with 1 tbsp olive oil and push in the garlic cloves along the legs. Season generously.
- DIGITAL VERSION: Place the chicken in your Easy Fry basket and roast on CHICKEN MODE for 45 minutes. Serve immediately.

Non-digital version: Place the

chicken in your Easy Fry basket and roast at 200°C for 45 minutes. Serve immediately.



The exact cooking time for the chicken will depend on its weight. To check whether the chicken is cooked, pierce the thickest part of the leg with the point of a knife: the juices should run out clear.















12 small lamb chops 1 lemon (organic) 4 cloves of garlic

1 tbsp olive oil Salt and pepper

### RECIPE

- 1 | Zest the lemon. Peel the garlic and crush finely with a pestle and mortar. Add the lemon zest and 2 tbsp olive oil.
- 2 | Pour over the lamb chops, mix well, season with salt and pepper, cover with cling film and leave to marinate for 4 hours.
- 3 | DIGITAL VERSION: Place 6 chops in your Easy Fry basket and cook on CUTLET MODE for 10 minutes, turning halfway through cooking. Repeat with the 6 remaining chops. Serve immediately.

Non-digital version: Place 6 chops in your Easy Fry basket and cook at 180°C for 10 minutes, turning halfway through cooking. Repeat with the 6 remaining chops. Serve immediately.



Try adding fresh herbs such as thyme, wild thyme and oregano to your marinade.



# New York hot dogs











6 hot dog buns

6 hot dog sausages

6 gherkins

2 white onions

12 cherry tomatoes 6 slices of cheddar 1 tbsp olive oil

#### RECIPE

- 1 | Plunge the sausages into a pan of boiling water for 5 minutes. Meanwhile, finely chop the onions and cook them in a small pan with 1 tbsp olive oil.
- 2 | DIGITAL VERSION: Dice the gherkins and slice the tomatoes. Slice the hot dog buns in half, add the tomatoes and put a sausage in each one. 3 | Cover with the slices of cheddar. Squeeze 3 hot dogs into your Easy Fry basket and cook on PIZZA MODE for 3 minutes

Non-digital version: Dice the gherkins and slice the tomatoes. Slice the hot dog buns in half, add the tomatoes and put a sausage in each one. Cover with the slices of cheddar. Squeeze 3 hot dogs into your Easy Fry basket and cook at 170°C for 3 minutes.

Add the gherkins and onions and serve immediately. Cook the remaining 3 assembled hot dogs.



Have fun drawing ketchup and mustard pictures, American style!



# MASALA CURRIED SALMON FILLETS











6 salmon fillets 1 finely chopped onion 2 crushed cloves of garlic 1 very ripe tomato, diced 11/2 tbsp finely grated fresh ginger 2½ tbsp garam masala

(or curry) powder 1½ tbsp concentrated tomato purée 250 ml coconut milk fresh mint leaves, for garnish greaseproof paper

#### RECIPE

- 1 | Fry the onion in a pan until translucent. Add the garlic and diced tomato and cook for a few more minutes before adding the garam masala, ginger and concentrated tomato purée. Mix well.
- 2 | Add the coconut milk and simmer for 2 minutes. Check the seasoning.
- **DIGITAL VERSION:** Place the salmon fillets on 6 large sheets of greaseproof paper. Pour the sauce over the fillets. Fold the sheets into parcels and stack them in layers in your Easy Fry basket. Cook on FISH MODE for 20 minutes. Garnish with chopped mint leaves and serve.

NON-DIGITAL **VERSION:** the salmon fillets on 6 sheets of greaseproof paper. Pour the sauce over the fillets. Fold the sheets into parcels and stack them in layers in your Easy Fry basket. Cook at 160°C for 27 minutes. Garnish with chopped mint leaves and serve.















#### INGREDIENTS

6 cod fillets

7 tbsp flour

7 tbsp dried packet breadcrumbs

3 eggs

50 a butter 1 bunch of chervil or tarragon 1 pot of mayonnaise (about 75 g) Salt and pepper

#### RECIPE

- 1 | Dry the pieces of fish on kitchen paper. Season with salt and pepper. Beat the eggs in a shallow bowl.
- 2 | DIGITAL VERSION: Dip 2 fish fillets in the flour, then the egg, and cover in breadcrumbs. Place them in your Easy Fry basket. Top with 2 knobs of butter and cook on FISH MODE 3 | for 12 minutes. Repeat with the other pieces of fish.
- Non-digital version: Dip 2 fish fillets in the flour, then the egg, and cover in breadcrumbs. Place them in your Easy Fry basket. Top with 2 knobs of butter and cook at 160°C for 12 minutes. Repeat with the other pieces of fish.
- Chop the herbs with scissors, mix them with the mayonnaise and serve with the fried fish



This recipe will work with any kind of fresh white fish, including hake, pollock, and haddock.

# HOMEMADE PAPRIKA CHIPS













800g potatoes (Maris Piper, King Edward or Rooster). 3 tbsp paprika

3 tbsp oil

Fine salt

#### RECIPE

- 1 | Wash and peel the potatoes. Cut them into thick chips about 1 cm thick. Thoroughly rinse the chips, drain and dry them thoroughly.
- 2 | Place them in a bowl and mix with the olive oil, 1 tbsp fine salt and the paprika. Cover and leave to marinade for 30 minutes
- 3 | DIGITAL VERSION: Drain the chips well so any excess marinade stays behind in the bowl, place them in your EASY FRY basket and cook on CHIP MODE, reducing the temperature to 170°C for 20 minutes. Stir the chips thoroughly every 10 minutes. After this, cook for another 15 minutes at

200°C. You may need to decrease or extend the cooking time by 5 minutes depending on the size of the chips and the variety of potato.

Non-digital version: Drain the chips well so any excess marinade stays behind in the bowl, place them in your EASY FRY basket and cook at 170°C for 20 minutes. Stir the chips thoroughly every 10 minutes. Increase the temperature to 200°C and cook for another 15 minutes. You may need to decrease or extend the cooking time by 5 minutes depending on the size of the chips and the variety of potato.



Add a tablespoon of red curry paste for a delicious twist.



# SWEET POTATO FRIES











800g sweet potatoes 3 tbsp sunflower oil 1 egg white

1 tsp turmeric Salt and pepper



- 1 | Peel and wash the sweet potatoes. Cut into 1 cm wide sticks.
- 2 | Combine the egg white, oil and turmeric in a large bowl and season with pepper. Add the sweet potatoes and stir well until thoroughly covered. Transfer the sweet potatoes to the EASY FRY basket using a draining spoon so that any excess egg white mixture can stay behind in the bowl.
- **DIGITAL VERSION:** Place the sweet potatoes in your EASY FRY basket and cook them on CHIP MODE, reducing the temperature to 170°C for 20 minutes. Stir the chips

thoroughly every 10 minutes. After this, cook for another 15 minutes at 200°C. Season generously with salt and serve.

Non-digital version: Place the sweet potatoes in your EASY FRY basket and cook at 170°C for 20 minutes. Stir the chips thoroughly every 10 minutes. Increase the temperature to 200°C and cook for another 20 minutes, turning the fries over regularly. Season generously with salt and serve



Serve with a yoghurt sauce flavoured with a little curry powder.



### **DESSERTS**

# CHOCOLATE CHIP MUFFINS











250 g plain flour 1 sachet baking powder 50 g soft butter 75 g caster sugar

100 g milk chocolate chips 2 eggs 250 ml full-fat milk

#### RECIPE

- 1 | Sieve the flour and baking powder in a bowl. Add the soft butter and stir until the mixture has the consistency of coarse sand.
- 2 | Add the sugar and chocolate chips. Whisk together the milk and eggs. Pour this mixture into the bowl and stir just enough to mix in the flour.
- 3 | DIGITAL VERSION: Pour the batter into 8 muffin moulds or paper cases. Place 4 muffin moulds in your Easy

Fry basket. Cook for 30 minutes on CAKE MODE. Turn out and leave to cool on a rack. Cook the remaining 4 muffins.

Non-digital version: Pour the batter into 8 muffin moulds or paper cases. Place 4 muffin moulds in your Easy Fry basket. Cook at 160°C for 30 minutes. Turn out and leave to cool on a rack. Cook the remaining 4 muffins



Check the muffins are done by piercing with the end of a knife, and cook for an additional 5 minutes if needed.



### DESSERTS

# CHOCOLATE SOUFFLÉS











#### INGREDIENTS

100 g dark chocolate (70 % cocoa solids), chopped 3 eggs (1 yolk + 3 whites)100 ml full-fat milk

30 a caster sugar 1 tsp cornflour 25 g butter Salt

#### RECIPE

- 1 | Break the chocolate into pieces 4 | and melt in a heatproof bowl over a pan of simmering water or in a microwave.
- 2 | Separate the eggs. Whisk 1 yolk with the cornflour. Heat the milk in a pan until warm then remove from the heat, add the yolk/cornflour mixture, stir and return to the heat for a few minutes to thicken Add the chocolate and stir leave to cool
- **3** | Beat the 3 egg whites into peaks along with a pinch of salt. When they begin to stiffen, add the caster sugar and whisk again for a few seconds. Fold the beaten egg whites to the mixture.

**DIGITAL VERSION:** Butter 4 heatproof ramekins, sprinkle with sugar and pour the mixture up to 2/3 the height of the moulds. Place the ramekins in your Easy Fry basket and cook on CAKE MODE for 12 minutes. Serve immediately.

Non-digital version: Butter 4 heatproof ramekins, sprinkle with sugar and pour the mixture up to 2/3 the height of the moulds. Place the ramekins in your Easy Fry basket and cook at 160°C for 12 minutes Serve immediately.