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Live better.

The Premium  
Cooking System

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# Kids' favorite recipes

AMC Cooking for and with Kids



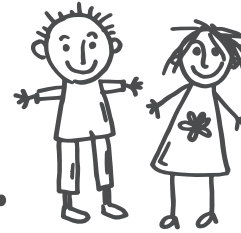


# KIDS' FAVORITE RECIPES

AMC COOKING FOR AND WITH KIDS

# FOR MUM & DAD

## AND EVERYONE WHO CARES ...




It's a true joy to see one's child when it smiles for the first time, when it begins to talk and walk and takes its first steps. Everything needs to be perfect, including the nutrition!

A balanced diet is extremely important where childhood development is concerned since the developing organism needs plenty of nutrients and vitamins. We now know that a balanced diet during childhood is of the utmost importance where adult health is concerned. Thus guidebooks are studied and cookbooks consulted. Meals are carefully selected and rejected by the little ones! The youngsters pick at their food listlessly and find fault with everything. In many families, food is a major challenge. What a pity, since cooking and eating together is truly worthwhile: It strengthens family cohesion, creates outstanding memories, is fun and provides structure for the daily routine. Cooking and eating brings everyone closer together.

The book is intended for you as the mum, dad, grandma and grandpa, aunt or simply as the best friend **when cooking for and with your child.**

This book is intended as a companion and as a provider of ideas for preparing something outstanding to your child from the outset where food is concerned. On the following pages, be amazed by the oh-so-clever and tasty tips and be overwhelmed by their success. Preferably by means of these practical recipe ideas. When read, these promote a wish to prepare these dishes at home: Favourite dishes, classics, lunch snacks to-go or ideas for a birthday party .... Everything is included.

Yours sincerely  
AMC International



**For children, eating isn't simply an intake of food, it is more. Especially: Pleasure, enjoyment and fellowship! Whether something is healthy is not important where youngsters are concerned. From the outset it must be tasty, enjoyable and fun. And that's what this book is all about!**









# CONTENT



## ESPECIALLY IMPORTANT!

This book has been written with the assistance of the nutritional psychologist, Thomas Ellrott, who is the director of an institute of the same name at Göttingen University.

Thus, the latest scientific findings have been incorporated in the book, so as to support you and your children in the best possible way when cooking and eating together.

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# A loving home for every child



Every child should be allowed to grow up in a family - loved, respected and protected. AMC and SOS Children's Villages are committed to support family bonding and, together, are helping to feed a 'loving home' for even more children.

Since over 50 years, **AMC** is improving the quality of life of many families around the world, helping them to ensure an 'Eat better. Live better.' lifestyle.

**SOS Children's Villages**, a private, politically and religiously unbound childcare organisation, gives children in need a permanent loving home and ensures their development.

For more than 60 years, SOS Children's Villages has been providing childcare and supporting families in the care of their children or offering alternative care in an SOS family in a children's village.



Just  
a smile as a  
present



**SOS Children's Villages,  
AMC and your generosity!**

Thank you for buying your AMC set. Your trust to us will improve your family quality of life and will contribute to support the SOS Children's Villages in Dosso, Niger. With your purchase you donated four healthy meals to a family and AMC doubled your donation. Together we are taking care and strengthening the nutritional and health status of a whole family.



Your generosity  
makes a difference!



# How to appreciate food and be well nourished

## Taste... and how it develops

Taste preferences are already characterised in the womb. What an expectant mother eats is tasted by the foetus via the umbilical cord and the amniotic fluid. Experiments have confirmed that after their birth, babies prefer the flavours that they have come to know in the womb from their mother's nutrition - or could taste through her breast milk.

The parents also determine the range of foods for their children during the subsequent development of their child. Children then continue to develop their tastes and their preferences on this basis. In this regard, parents and other relatives are important role models.

What do the parents, siblings or grandparents prefer and eat? What not? How and where do they eat? Learning from these positive role models during the early years can be formative throughout their lifetime.

Preferences from childhood are seldom lost. Children also take on the standards and values from their environment where food and health are concerned, and can characterize this behaviour and lifestyle until well into adulthood.

## YOUR FOOD = BABY'S FOOD

The more balanced and varied the nutrition of the expectant mother, the more open-minded the newborn will be to various foods.

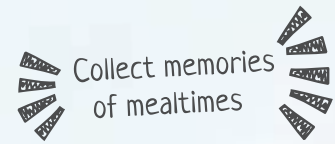




## NO RULES OR REGULATIONS!

Far better to proceed by example through conscious, tasty food! The best method is to have fun when shopping, cooking, baking and eating together.

Childhood memories of mealtimes, full of lovely thoughts also ensure wonderful memories and influences future preferences and habits. During the early years of your child, the foundations for a conscious lifestyle are set on which your child can base their further development into adulthood.



# Nutrition – everything that's important

Children need energy for exercise and growth. The childhood metabolism operates flat out. That's why they need more energy (= more calories) than adults, in relation to their body weight and even more when they are very active.

**CHOOSE SHREWDLY,  
TRY SOMETHING NEW  
& MULTIFARIOUSLY COMBINE.**

## The AMC Food Pyramid

Nutrition provides energy as well as the essential building blocks for life, such as proteins, vitamins, minerals and anti-oxidants. So that the body receives all the essential building blocks, we have to select a varied diet. There isn't just one food that contains the right quantities of all the essential nutrients.

Fruit, vegetables, full grain products, combined with foods of animal origin, such as milk products, as well as fish, eggs and meat provide a perfect foundation. Different essential substances are provided by each of these foods.

## THE MIX MAKES THE DIFFERENCE!

Discover this large variety of foods with your child and give preference to vegetarian products. Moderate amounts of foods of animal origin round off the menu.

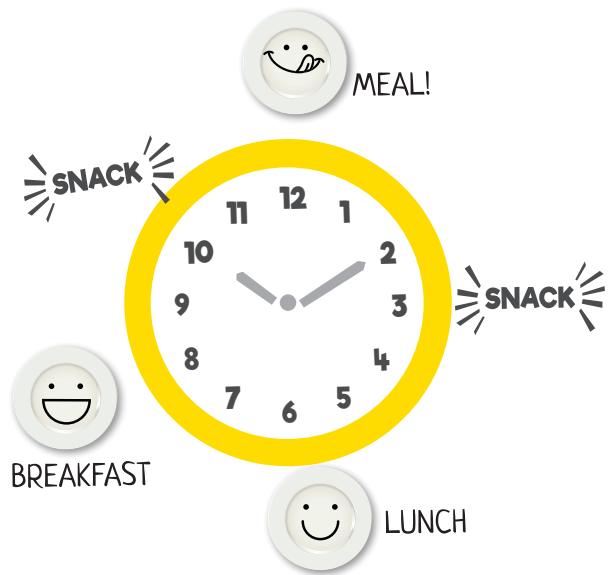
# CHOOSE SHREWDLY WITH THE AMC FOOD PYRAMID



## 3 MAIN MEALS + 2 SNACKS BETWEEN MEALS

Develop routine mealtimes and rituals. Ideal are three meals as well as a snack in the morning and afternoon, at the same time every day. It shouldn't take too long. Nothing should be eaten in between, whereby the occasional exception is of course possible.

**Consequently:** If your child eats, that's okay. If not, that's also okay. They will then have to wait until the next meal. Don't reward children with additional goodies when they don't eat at the table!



## EAT WITH THE FAMILY, NOT WITH THE TV



Eating on your own is boring and is not nice. In this case, the TV may well be switched on for entertainment. Nevertheless: In front of the box, children and also adults fail to notice when they are full up. Consequence: Far too much is eaten!

**Consequently:** Sit yourself down together with your child at the table: Utilize the experience of eating together and for a daily exchange of ideas within the family. Switch off the TV, smartphone and tablet!





## BE ACTIVE

Nutrition and movement belong together: For a healthy body weight and body image. This also includes daily routines and recreational sporting activities.

**Consequently:** Children should be as active as possible: When playing outside, at the playground, in the pool or in club sports. So long as the body is on the move. That's good not only for the muscles, but also for the physical and intellectual development of your child.

## DRINK, DRINK, DRINK!

Since the body consists primarily of water, this must also be drunk. Preferably a drink of mineral water, home-made (unsweetened) ice tea or fruit juice spritzers in a ratio of 5 parts water to 1 part juice with every meal. Lemonades, nectars and fruit juices are high in calories and should therefore only be provided occasionally or during physical exercise.

**Consequently:**

Always offer at least one glass of water to a meal, and pack a bottle when out and about.



Now you know what matters where food and drink are concerned. Although this is relevant for you, your child couldn't care less. Knowledge plays a part where food and drink are concerned; this is not the case for children but for parents. Different criteria apply for your child, such as the appearance, colour, taste, and more especially important is the behaviour of their role models and a positive atmosphere during meals. On the following pages, we will provide you with many possibilities for creating positive situations during mealtimes!



Taste is  
all important!



# It's tasty - or it's not

A child isn't interested in whether something is healthy or happens to be currently in season. In most cases, the "healthy" item is less tasty than something that is "unhealthy" and will be rejected from the outset.

Children need a positive experience! Enjoyment and taste take precedence. Children frequently reject new taste sensations and tend to prefer those items that they already know. The variety of foods and the desire for the unknown falls by the wayside; much to the annoyance of the parents. What's required is subtlety! With calm composure and the following tips, you'll be able to overcome the dislikes of your children.

# Be a role Model

Nothing is more convincing and motivating for a child than their positive role models. The more frequently children see and smell unknown dishes and the way in which these are consumed by their role models, the more likely they are to try these out for themselves, quite casually.

As a role model, you can (positively) influence the behaviour of your child. Awaken the interest of your child about something new. Demonstrate your own inquisitive nature for trying out unknown foods, that's effective and fun!

You can (positively) influence the behaviour of your child...

**IF, BY  
COMPARISON,  
THEIR  
FATHER  
HATES  
COURGETTES,  
WHY THEN  
SHOULD THEIR  
CHILD  
TRY THEM?**



## TIP

A delightful bite in an apple, the pleasure gained from a vegetable casserole in the evening - let your child be inspired by your own positive feelings with regard to previously despised foods. What you like to have – your child will soon like too! Promised.

# NO ABSOLUTE TABOOS

Prohibitions make the unhealthy even more attractive. Instead of banning chips and pizzas, prepare these dishes by using a low fat recipe or combine these with something wholesome, like salad.

## PIZZA?!

### SURE!

Instead of chorizo and bacon, put colourful vegetables on the pizza.



## CHIPS...

with crudités will become a healthier meal.



## CHOCOLATE

Even chocolate and jelly babies can be had occasionally, but please don't use these as a reward.





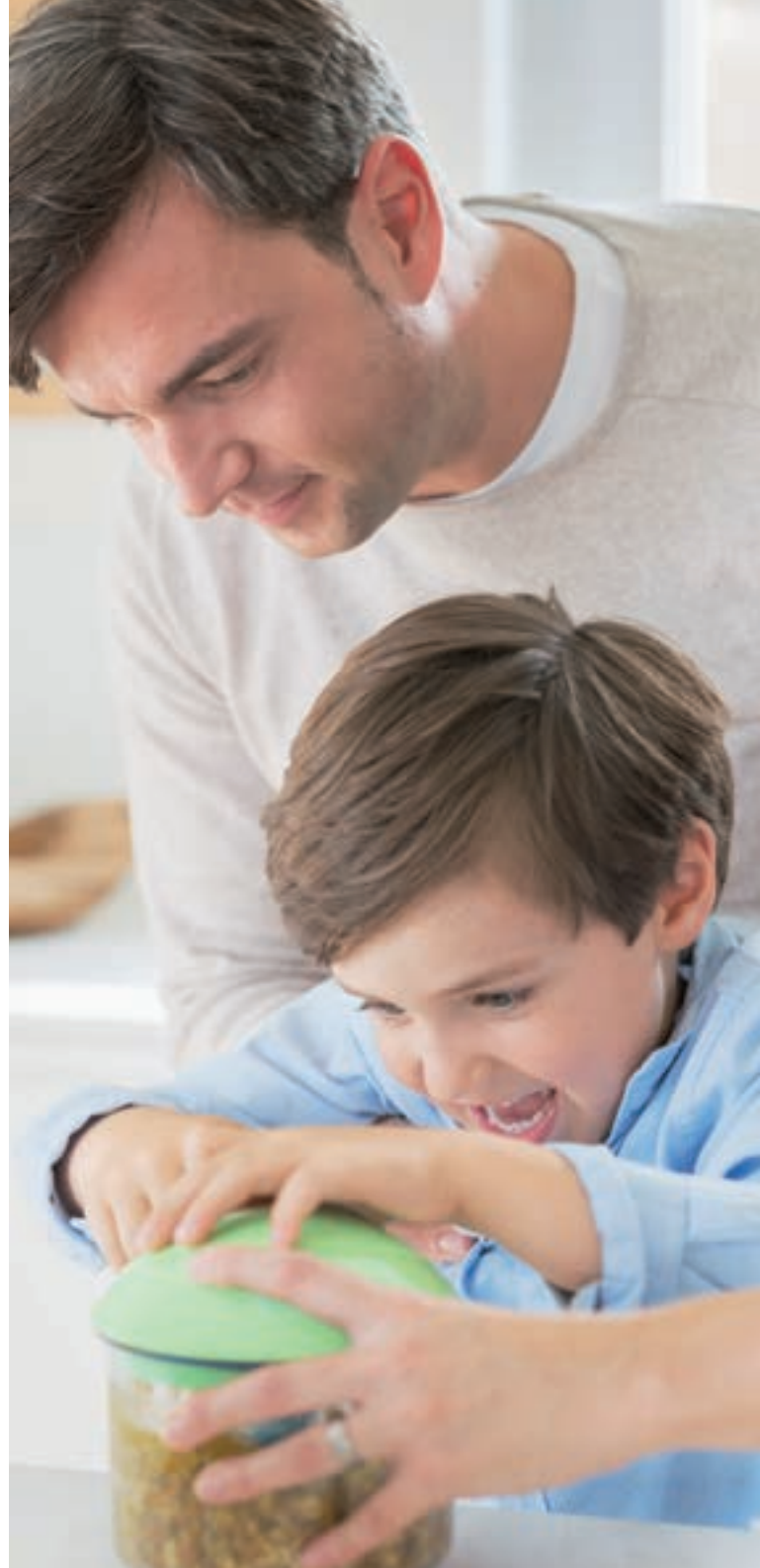
## INVOLVE YOUR CHILDREN

Children gain a great deal of fun when they can help and this awakes their interest. Jointly consider what there should be for dinner today. Go shopping together to buy the ingredients. Show your children how to select apples and how they can recognize fresh broccoli.

In this way, your child will learn the meaning of quality and what the individual ingredients of a meal should look like, smell, taste and feel. Those who are allowed to assist can cut up the tomatoes, wash the lettuce or stir in the sauce and will also look forward to eating the dish afterwards.

### TIP

Those who regularly assist and help out when shopping, cooking or making sandwiches **will learn how to handle foods**. At the same time, the children develop a **relationship to the dishes** that they themselves have prepared and thus learn how to appreciate them.



# HAPPY-BERRY



## SERVE & PRESENT THE FOOD IN THE RIGHT WAY!

### FANTASY NAMES FOR LUNCH? WHY NOT?

Let your child choose what the meal on the plate should be called, that's fun and boosts the appetite. You'll be surprised at what your child will discover on the plate. Then it's a feast for the eyes, especially for young children!

# EGGBERT



### TIP!

Utilize the diversity of the multicoloured foods. Don't the peas look great when they roll around on the plate or when stuffed peppers are crispy baked. Vegetables are not only colourful, occasionally round, oval, small and large and can be suitably prepared for children to see. Vegetables and fruit in small sticks or stars are easier and more interesting for children to eat, and things that can be eaten with one's fingers are far more interesting for children.





**BREAD FOR  
BEST FRIENDS**



**HONEY-TED :-:**

**Sunny-Sunshine**



# Smuggle in healthy Food

Small, cut up and pureed pieces of fruit and vegetables can be hidden not only in soups and sauces but also in drinks, muffins and colourful deserts, thus boosting the content of minerals and vitamins without immediately gaining the impression of being “healthy”.

Make the unwanted into something enticing.

For example, mix a few grapes into some lamb's lettuce, mix grated carrots with apples and raisins or serve fish as a hamburger.





# FAMILIARIZING

Don't give up when your child refuses a meal with a Yuk-what's-that expression of rejection on his face. When you cook for children it's very important:

**PATIENCE,  
PATIENCE  
AND EVEN MORE  
PATIENCE!**

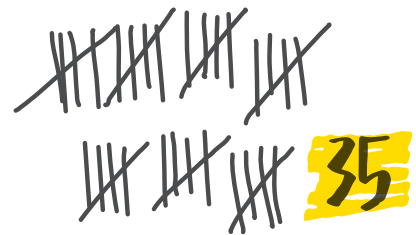
All children have an instinctive neophobia, which is the scientific expression for a "fear of the unknown".



Simply try to get your child accustomed to two or three new foods. Nice and slowly without a fuss.



Never force your child to eat up. Behavioural studies show that a child must be offered, respectively must have tried a food up to 35 times until it has become accustomed to the new taste impressions. The good thing is: Not for nothing does the proverb say "it's a matter of habit". One can actually also become accustomed to tasting.



# EXPERIENCE VEGETABLES

There are loads of little stories about the many types of fruit and vegetables. Thus some varieties of vegetables are especially crisp, fresh and tasty in specific seasons; every type of vegetable grows differently and comes from the most diverse regions and countries. When your child gets to know about the origin, cultivation and diversity of varieties it will quickly gain a relationship to fruit and vegetables and will not immediately reject these.



Where do potatoes grow and why do carrots have so much green hair?

**Questions, questions!**

It's easy to look things up or to carry out some research on the internet. And soon you'll be dishing up a tasty meal for your little ones together with a story.

In addition, you can pose some questions for your child. What does this taste like? Is it sweet, sour or salty? What do the vegetables smell of – try smelling them. And can you hear something when you bite into it?



It may take some courage to organize a cooking party for children and their friends. But that's the fun, a great experience and most certainly not as bad as all that.

### **TOGETHER WITH FUN**

Cooking is then carried out jointly with the children and the food is then shared. This then promotes togetherness, is fun and the jointly prepared food then tastes even better.

Overcome your fears and leave the kitchen to the young cooks and fairies. With a few well intentioned rules for the future gourmets there will be no trouble and the festive party can begin. This book provides many outstanding and tasty recipe ideas not only for the whole family but also special fun recipes and tips for young cooks.



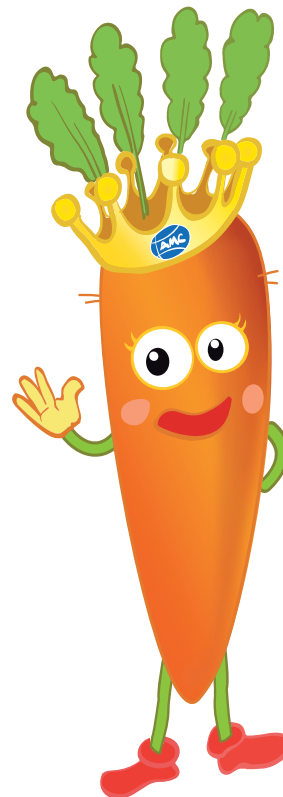
# Now we're cooking!

Cook by yourself! For and with your child! If you do your own cooking you'll know exactly what's on the plate. This book, with its numerous recipes, should accompany you and the whole family on the path towards total culinary supremacy. Awaken your child's desire for gourmet delights and the fun to cook. Daily food is a communal experience. Discover gourmet delights together with your child.



## SUPER APPLE

As the born sportsman he encourages all the others in the group to be active. He especially loves to demonstrate his strength when lifting pots and is the guardian of the gang.



## CARROTINA

She's the pretty one in the group and is always beautifully styled. She places considerable importance on her appearance and loves to show this off at parties. Super Apple especially is blown away by her and is always by her side, when she needs assistance.

## Broccolino

Is a real buddy who is always in high spirits. He always has a joke to hand and is also able to settle the odd dispute.

The fact that he's also a really professional chef makes him even more popular.



## Walina

With her intelligent little head she always has a solution at the ready. Physically she's also in shape and always on the move in her jittery way.



## BANANI

Banani tends to be the more cuddly type. Always there: His cuddly toy is Jimbo, the monkey. As the best friend of Super Apple he is unfortunately unable to avoid the odd sporting activity.



# This is how to cook with the AMC Friends

- There are 6 recipe chapters in this book: Each one consists of the favourite recipe of one of the AMC Friends. Using the dice, your child can win an AMC Friend. Jointly discover what makes Carrotina and Co. so tasty.
- Breakfast ideas and recipes for snacks are at the start of each chapter. These are followed by soups and casseroles, meat or fish dishes, vegetables, potatoes, rice or pasta. Sweets and baked goods conclude each chapter.
- All-in-all you will find 40 recipes for the whole family, developed with and for children ages 3 to 9. All of which have been repeatedly tested in the AMC Institute and found to be “super tasty” by the young gourmets.
- Apart from the cooking times and recipe characteristics, you will find valuable tips for each recipe concerning nutrition and cooking as well as instructions on how to practically include your child during their preparation.
- The AMC Friends are also the role models and partners of your children, who together with you will create a passion amongst the little ones for fresh, tasty and varied meals and thus promote healthy habits.



vitamin rich



low fat



low calorie



fibre rich



low cholesterol

# WHAT'S COOKING?

**1** Throw the dice!



**YUMMI**



**2**

Whoever's  
on top, wins!

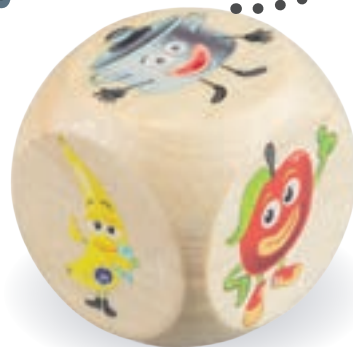
**3**



Choose a recipe from Super Apple  
selection that you would like to cook.

# JOKER

**IF JOKER WINS, YOU CAN CHOOSE  
YOUR FAVORITE RECIPE...  
OR PROPOSE YOUR OWN!**





Pages  
**30-  
43**



Pages  
**44-  
61**



Pages  
**62-  
75**



Pages  
**76-  
91**



Pages  
**92-  
103**



Pages  
**104-  
109**

The Joker is on one side of the dice. If “Joker” is on top, than your child can select a recipe from the “Joker” section or from anywhere in the book. The special feature from the “Joker” section: Here your child can enter its own recipes or note down favourite ingredients from the book.

**Tip for the parents:** After a meal, ask your child whether he/she had fun when cooking and if he/she liked the food? Assess this jointly and allow your child to evaluate the recipe selected as a favourite recipe.







# Peach-kiwi jam

 approx. 45 minutes

## For 6 preserving jars à 200 ml

1 kg ripe peaches  
3 kiwis  
2 limes  
500 g gelling sugar (1:2)

## AMC Product

Pot 20 cm 4.0 l

1. Clean jam jars and lids thoroughly and rinse them with hot water.
2. Pit peaches, remove skin and dice them. Peel kiwis and dice into small cubes. Squeeze out juice of the limes.
3. Mix peaches, kiwis, lime juice and gelling sugar in a pot and bring to the boil, stirring regularly.
4. Cook everything at a rapid boil approx. 5 minutes, stirring constantly (follow package instructions).
5. Purée jam finely, fill jam cleanly into the prepared jars immediately. Shut jars and place the screw-top jars for 10 minutes in an inverted position.
6. Turn jars back again and let them cool down completely.

**Boiling time:** approx. 5 minutes  
approx. 440 kcal per jar



Homemade jam has a shelf life of approx. 1 year.  
Store it in a cool and dark place and check from time to time if the jars are really tightly closed.





THE INGREDIENTS ARE  
MEASURED OUT FOR  
A CAKE DIAMETER OF  
APPROX. 16 TO 18 CM.

# Savoury cake with crunchy base

 approx. 60 minutes (excluding cooling time)



## Ingredients for 12 pieces

100 g salt crackers  
60 g liquid butter  
12 sheets gelatine  
700 g low-fat quark  
or ricotta  
200 g frozen peas  
100 ml vegetable  
stock  
50 g grated parmesan  
50 g red pesto (ready-  
made)  
1 pinch sugar  
Salt, pepper

## Garnish:

150 g cream cheese  
50 g sugar snaps  
Cocktail tomatoes,  
yellow bell pepper,  
parsley

## AMC Product

Quick Cut

1. Set a cake ring or the rim of a springform pan (approx. 16 cm Ø) on a plate. For the base, first chop half the crackers in the Quick Cut, add remaining crackers and chop in the same way. Mix in liquid butter and place everything inside the cake ring. Spread, press down using a tablespoon and chill.
2. Soak 6 sheets of gelatine in cold water. Wash peas with hot water and finely purée 2/3 of it with the vegetable stock. Fold in 300 g quark and parmesan, season well with salt and pepper. Squeeze gelatine and warm it slightly in a pot until it dissolves. Using a blender, mix into the peas mixture thoroughly and spread this on the biscuit base. Chill in the freezer compartment for approx. 30 minutes.
3. Soak remaining gelatine in the same manner. Season remaining quark with pesto, sugar, salt and pepper. Squeeze gelatine and dissolve as described above and mix into the quark mass.
4. Spread remaining peas on the first quark layer and add the pesto mass over it. Chill in the freezer compartment for approx. 30 minutes.
5. Take cake out of the freezer and remove the cake ring. Smear sugar snaps with cream cheese and attach them upright next to each other all around the cake.
6. Fill remaining cream cheese in an icing bag and embellish cake. Garnish with quartered cocktail tomatoes, strips of yellow bell pepper and parsley. Serve cold and if desired, with some toast.

approx. 190 calories per piece



What's hidden in the cake? Instead of peas, you can have any other kind of small-cut vegetables in the cake. Make a quiz of it: Let the kids guess which vegetables can be found in their piece of cake.



# Skewers with corn cakes



approx. 60 minutes



## For 4 persons

Corn cakes:

1 tin (approx. 350 g)  
corn

2 eggs

50 g cornflakes

50 g grated cheese

Salt, pepper

1 pinch nutmeg

Skewers:

300 g minced beef

1 tbsp. barbecue  
sauce

150 g small sausages

1 small zucchini

100 g barbecue chee-  
se (halloumi)

1 small red bell pepper  
Salt

## AMC Products

Arondo Griddle 32 cm

Pot 24 cm 3.5 l

Navigenio

Audiotherm

1. For the cake, drain the corn and mix thoroughly with the remaining ingredients.
2. Season the mincemeat with the barbecue sauce, salt and pepper and knead it. Shape into small balls (approx. 2-3 cm).
3. Cut into the sausages at both ends four times. Clean zucchini and cut lengthwise into thin strips with a peeler.
4. Cut halloumi into small cubes and wrap with a zucchini strip. Clean bell pepper and cut into rhombus shape. Spear all the ingredients alternately on shashlik skewers.
5. Using the Audiotherm, heat Arondo Griddle at highest level up to the roasting window. Place skewers inside and roast at low level up to the turning point of 90 °C. Flip and roast until complete approx. 5 minutes.
6. For the corn cakes, heat a pot on the Navigenio at level 6 up to the roasting window. Using a tablespoon, place four little cakes in the pot. Place inverted Navigenio on it at high level and bake approx. 1 minute.
7. Place the other cakes in the pot and bake as described, increasing the baking time a little if required.

**Roasting time:** approx. 5 minutes + baking approx. 1 minute each  
approx. 600 calories per person



# Multi-coloured chicken fricassee

 approx. 60 minutes



## For 6 persons

1 kg chicken  
750 ml poultry stock  
200 g carrots  
1 red bell pepper  
200 g mushrooms  
200 g frozen peas  
60 g butter  
60 g flour  
3 stalks of parsley  
50 ml cream  
1 tbsp. lemon juice  
Salt, pepper

## AMC Products

Pot 24 cm 5.0 l  
Secuquick softline  
24 cm  
Audiotherm

1. Place chicken inside a pot with the stock, fit Secuquick softline and close. Using the Audiotherm, heat at highest level up to the first turbo window and quick-cook at low level approx. 30 minutes.
2. Meanwhile, clean vegetables and cut into fine cubes. Place them dripping wet with the frozen peas in a suitable pot. Clean mushrooms with a brush or towel, quarter them and spread over the vegetables. Heat at highest level up to the vegetable window and cook at low level approx. 6 minutes.
3. Depressurise Secuquick and remove it. Take out the chicken, remove skin and loosen meat from the bones.
4. Let everything cool down, cut into small pieces and strain the stock.
5. Melt butter in the pot. As soon as bubbles are visible, add flour and sauté. Stir in 750 ml stock a little at a time. Let the sauce simmer approx. 3 minutes.
6. Pluck parsley leaves and chop finely. Add with the cream to the sauce. Add meat and vegetables and let it heat up. Season with lemon juice, salt and pepper.

**Cooking time:** 30 minutes Secuquick + 6 minutes  
approx. 560 calories per person



Select the vegetables together with your child. Absolutely according to whim or season, the fricassee also tastes delicious with kohlrabi or asparagus.







# Fish fillet Confetti

 approx. 20 minutes



600 g thick fish fillet,  
e.g. cod or perch  
10 green olives  
2 dried tomatoes  
(in oil)  
1 orange pepper  
1 tbsp. breadcrumbs  
50 g cream cheese  
Salt, pepper

## AMC Products

Pot 24 cm 3.5 l  
EasyQuick 24 cm with  
sealing ring 24 cm  
Softiera insert 24 cm  
Audiotherm  
Navigenio  
Quick Cut

1. Cut the fillet of fish into four portions and set it into the softiera insert. Cut all the other ingredients in the Quick Cut to a creamy mass.
2. Fill water (100 ml) into the pot and set the softiera inside. Spread the mass on the fish, fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 5 minutes on the Audiotherm, fit and turn until the steam symbol appears.
3. When the cooking time finished, put the Navigenio upside down and brown the fish for 4 minutes at a high level.

**Cooking time:** approx. 5 minutes + 4 minutes gratinating  
approx. 260 kcal per piece



Serve with rice or bread. The cream cheese mix is not only delicious as crust on the fish, it is also great as a cold spread.



# Carrotina's favourite purée

 approx. 30 minutes



## For 4 persons

500 g carrots  
400 g floury  
potatoes  
20 g butter  
150 ml hot milk  
Salt  
Nutmeg  
4 stalks of flat-leaf  
parsley

## AMC Products

Pot 16 cm 2.0 l  
Sieve insert 16 cm  
Audiotherm

1. Peel carrots and potatoes and cut into small cubes.
2. Take potato cubes dripping wet in a pot and place carrots in sieve insert over it. Using the Audiotherm, heat at highest level up to the vegetable window and cook at low level approx. 20 minutes.
3. Add butter to the potatoes and mash well. Purée carrots with hot milk in a suitable container and finally mix into the mashed potatoes.
4. Season vegetable purée with salt and nutmeg. To serve, pluck the parsley leaves, chop coarsely and sprinkle over it.

**Cooking time:** approx. 20 minutes  
approx. 170 kcal per person

**CAROTENE PROTECTS  
THE SKIN AND IS  
GOOD FOR THE EYES**

Carrots contain a lot of carotene. The “sunscreen-vitamin” contributes to the natural protection of the skin and is good for the eyes and the body’s defense.





#### TIP

For a soft purée, potatoes should be mashed only with a potato masher. The other vegetables are better puréed to a fine creamy consistency with a blender. With the excellent AMC sieve inserts, vegetables and potatoes can be quite easily separated for this and still be cooked on just one hotplate.









# Tropical muffins

 approx. 30 minutes

## For 6 nos.

50 g soft butter  
50 g brown sugar  
1 tsp. vanilla sugar  
1 tsp. grated organic  
lemon zest  
1 egg  
125 g flour  
1 tsp. baking powder  
75 ml buttermilk or milk  
2 rings pineapple  
20 g white chocolate  
2 tbsp. powdered sugar

## AMC Products

Pot 24 cm 5.0 l  
Softiera insert 24 cm  
Navigenio  
Audiotherm

1. Mix butter with sugar until frothy, stir in vanilla sugar, lemon zest and egg. Mix flour and baking powder and stir in with buttermilk or milk.
2. Dab pineapple lightly with kitchen paper and dice into small pieces, cut chocolate in the same way into small cubes and fold both into the batter. Spread batter in 6 muffin moulds (à approx. 50 ml). Set moulds in a Softiera insert.
3. Using the Audiotherm, heat pot on the Navigenio at level 6 up to the roasting window.
4. Set Softiera insert inside the pot, cover with lid and then bake at level 2 approx. 15 minutes. Then set pot in inverted lid and place Navigenio upside down. Bake at low level approx. 7 minutes until light brown.
5. Let muffins cool down and serve dusted with powdered sugar.

**Baking time:** approx. 22 minutes  
approx. 220 kcal per person



With very few recipe adaptations you will get tasty “Marble muffins”: Remove pineapple and white chocolate and use instead 2 tbsp. cocoa powder and 2 tbsp. chocolate flakes.





# Risotto alla Carrotina

 approx. 20 minutes



## For 4 persons

4 shallots  
300 g carrots  
250 g risotto rice  
500 ml vegetable stock  
4 stalks flat-leaf parsley  
100 g taleggio (Ital. soft cheese)  
20 g butter  
1 tsp. lemon juice  
Salt, pepper

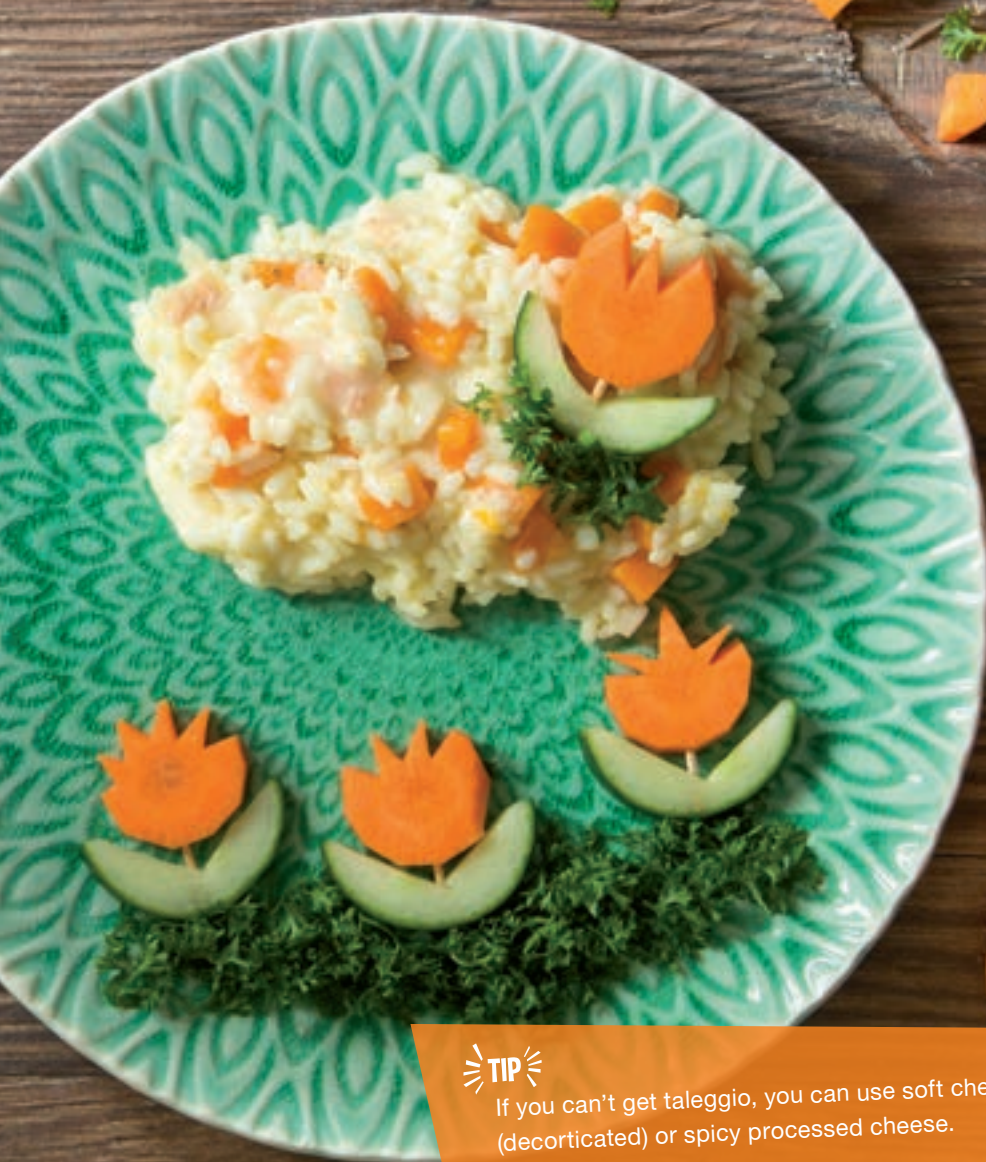
## AMC Products

Pot 20 cm 3.0 l  
Secuquick softline  
20 cm  
Navigenio  
Audiotherm

1. Peel shallots and carrots, dice both finely. Take diced shallots in a pot, cover with lid and using the Audiotherm, heat on the Navigenio at level 6 up to the roasting window.
2. Add rice and sauté at low level.
3. Add carrots, fill up with vegetable stock and mix everything well. Fit Secuquick softline and close. Set Navigenio at Automatic "A", select the time setting "P" on the Audiotherm, fit it and turn until the soft symbol appears.
4. Pluck parsley leaves and chop finely. Cut taleggio into cubes.
5. At the end of the cooking time, place Secuquick in the inverted lid and let it depressurise by itself. Remove Secuquick, fold in taleggio with butter.
6. Add parsley and season with lemon juice, salt and pepper.

**Cooking time:** "P" (20 seconds)

approx. 355 kcal per person



If you can't get taleggio, you can use soft cheese (decorticated) or spicy processed cheese.



# Red cream cheese

## For 4 persons

1 red bell pepper  
150 g ricotta or  
cream cheese

50 g grated parmesan  
Salt, pepper

## AMC Product

Quick Cut

 approx. 15 minutes



1. Wash bell pepper, cut into large pieces and chop finely in the Quick Cut.
2. Remove knife from the Quick Cut, add ricotta and parmesan and mix everything well.
3. Season cream cheese with salt and pepper. Best served immediately.







The cream cheese tastes best on fresh wholegrain or white bread or with crackers.









# Apple-almond rice pudding

## For 4 persons

700 ml milk

200 g white rice (short grain)

2 tbsp. sugar

2 red apples

30 g peeled and ground almonds

Cinnamon and sugar

## AMC Product

Milk pot 16 cm



approx. 40 minutes



1. Mix milk, rice and sugar in a milk pot and bring to the boil, stirring regularly.
2. Switch off stovetop and stir until the rice is only slightly cooked. Cover with lid and let the rice expand approx. 25 minutes depending on the kind.
3. Wash, quarter and grate the apples. Fold into the rice pudding along with the almonds.
4. The apple-almond rice pudding is best served lukewarm, sprinkled with cinnamon and sugar.

**Cooking time:** approx. 25 minutes

approx. 400 kcal per person



If cooking with gas or induction switch off the stove not until the stop window is reached. According to taste and season you can replace apple by grated pears, plum or apricot slices or strawberry cubes.



# Pizza carousel



approx. 60 minutes (excluding waiting time)

**For approx.**

## **16 mini pizzas**

400 g pizza dough  
(ready-to-cook or  
homemade)

200 g spicy tomato  
sauce

150 g grated cheese  
various ingredients

as toppings as  
desired (see tip)

## **AMC Products**

Pot 24 cm 3.5 or  
2.5 l

Navigenio

Audiotherm

1. Divide pizza dough in approx. 16 portions, roll them out in round shapes with a diameter of approx. 8 cm.
2. Prepare ingredients for the topping, clean and cut in small pieces.
3. Heat pot on the Navigenio at level 6 up to the roasting window using the Audiotherm. Smear a tablespoon of tomato sauce on each pizza base. As soon as the Audiotherm beeps, place the first four mini pizzas in the pot. Place the other prepared ingredients on it, according to taste, at the end sprinkle a little cheese over it.
4. Set pot in the inverted lid and place Navigenio overhead. Bake at high level approx. 1 minute. Set pot again at level 6 on the Navigenio, remove the first batch of pizzas.
5. Thereafter, always placing four pizza bases at a time, place the toppings and bake as described. When placing the toppings, the pot always remains at level 6 on the Navigenio and baking is done with the Navigenio overhead at low level for 1-2 minutes.

**Baking time:** 1-2 minutes each



From this basic recipe, a colourful carousel can be made when you provide the favourite ingredients of the kids as well. Cleaned and finely cutted, mushrooms, fresh tomatoes, bell peppers, ham, salami and tuna fish (preserved) are especially delicious. You can vary the recipe using cheese according to taste.





With already rolled out dough, simply cut out using a large cup.





### For 4 persons

#### Ravioli:

2 stalks of basil  
150 g ricotta or cream  
cheese  
50 g grated parmesan  
1 egg yolk  
Salt, pepper  
250 g pasta dough  
(homemade or from the  
refrigerated section)  
Olive oil

#### Tomato sauce:

1 onion  
1 clove of garlic  
2 carrots  
400 g chopped tomatoes  
(preserve)  
100 g vegetable stock  
2 tbsp. olive oil  
Salt, pepper  
Sugar  
Basil for garnishing

### AMC Products

Quick Cut  
Pot 20 cm 3.0 l  
EasyQuick with sealing  
ring 20 and 24 cm  
Navigenio  
Combi-sieve insert  
Audiotherm







# Ravioli alla Mama



approx. 45 minutes



1. Pluck basil leaves, chop finely and mix with ricotta or cream cheese, parmesan and egg yolk. Season with salt and pepper.
2. Roll out pasta dough thinly, if required, and mark out ravioli of approx. 5 cm Ø from half of the dough. Place small bits of filling on it and brush the dough all around with a little water.
3. Cover carefully with the second half of the dough, press down well all around the filling and cut out ravioli.
4. Using the lid 24 cm, cut out a circle from baking paper and slightly grease the combi-sieve insert. Place ravioli inside and for better separation for the second layer, place the baking paper in between.
5. For the sauce, peel onion, garlic and carrots. Chop everything finely in the Quick Cut and place in a pot. Fit EasyQuick with sealing ring 20 cm. Using the Audiotherm, heat on the Navigenio at level 6 up to the roasting window.
6. Remove EasyQuick again, sauté onion mixture at level 2, add tomatoes and vegetable stock. Fit combi-sieve insert, fit EasyQuick with sealing ring 24 cm and set Navigenio on Automatic "A".
7. Enter 10 minutes cooking time in the Audiotherm, fit it and turn until the steam symbol appears.
8. At the end of the cooking time, remove combi-sieve insert, purée sauce finely. Add olive oil and season with salt, pepper and sugar. Serve sauce with ravioli and garnish with a little basil.

**Cooking time:** approx. 10 minutes

approx. 395 kcal per person

**VEGI**

# Tomato schnitzel

 approx. 20 minutes**For 4 persons**

2 large beef tomatoes

2 eggs

75 g breadcrumbs

30 g cornflakes

20 g butter

Salt, pepper

Grated parmesan

**AMC Products**

Arondo 32 cm

Audiotherm

1. Cut tomatoes crosswise in slices.
2. Whisk eggs in a deep plate, take breadcrumbs on a plate and mix in crumbled cornflakes. Similarly, take flour on a plate.
3. Toss tomato slices first in flour, then in egg and finally in the breadcrumbs-cornflake mixture. Melt butter in an Arondo 32 cm at highest level.
4. As soon as the butter begins to froth, spread it in the Arondo by swirling. Place breaded tomato slices inside and cover with lid.
5. Roast further at highest level until the roasting window is reached.
6. Flip tomato schnitzel, switch off stove top and cover with lid again.
7. Roast tomatoes approx. 3 minutes until done. Season with salt and pepper and serve immediately, sprinkled with parmesan.

**Roasting time:** approx. 3 minutes

approx. 250 kcal per person



As variety you can use zucchini slices or eggplant slices instead of tomatoes. Together with Broccolino's favourite purée (page 68) or a piece of roasted Halloumi (Barbecue and pan cheese), this snack can be made into a full-fledged, vegetarian main dish.



The pulp of the beef tomato has a very low number of seeds, hence these tomatoes are well suited to roasting.





# Little gourmet packets

## For 4 persons

8 thick veal fillet  
medallions (à approx.  
50 g)  
1 sour apple  
80 g savoury cheese  
(e.g. Emmental)  
8 sage leaves

8 slices raw ham  
1 onion  
200 ml poultry  
stock  
50 ml cream  
Salt, pepper

## AMC Products

HotPan 24 cm  
Audiotherm  
Quick Cut



 approx. 30 minutes



1. Cut each medallion that a pocket is formed.
2. Peel apple, quarter, deseed and cut into small pieces. In the same way, cut cheese into eight small pieces.
3. Fill each medallion with a piece of cheese, apple and a sage leaf each. Finally wrap in a slice of ham.  
Peel onion and chop finely in the Quick Cut along with the remaining apple.
4. Using the Audiotherm, heat a HotPan at highest level up to the roasting window. Place fillet packets in it and cover with lid.
5. Roast at low level until the turning point of 90 °C is reached. Flip meat, cover with lid again and roast the second side in the same way until the turning point is reached again.
6. Take fillet packets out of the HotPan and keep warm. Sauté apple-onion mixture and deglaze with stock. Let it simmer at low level for a few minutes.
7. Add cream to the sauce, purée finely and season with salt and pepper.
8. Add fillet packets to the sauce, cover with lid and cook at low level approx. 8 minutes.

**Cooking time:** approx. 8 minutes + 4 minutes roasting



Instead of veal you can also take pork fillet.







# Farfalle in colourful tomato sauce

## For 4 Persons

500 g mixed vegetables  
(e.g. carrots, celery, zucchini  
and bell peppers)  
1 onion  
1 clove of garlic  
1 can (400 g) chopped tomatoes

400 ml vegetable stock  
250 g farfalle  
2 tbsp. olive oil  
2 tbsp. balsamic vinegar  
Salt, pepper  
100 g grated Parmesan

## AMC Products

Quick Cut  
Pot 20 cm 4.0 l  
Secuquick softline 20 cm  
Navigenio  
Audiotherm

 approx. 30 minutes



1. Clean vegetables and chop everything finely with the Quick Cut. Peel onion and garlic and chop finely in the same way.
2. Take onion and garlic cubes in a pot, cover with lid and heat it on the Navigenio at level 6 up to the roasting window using the Audiotherm. Remove lid and roast at level 2, add the chopped vegetables a little at a time and roast together. Add tomatoes, stock and pasta and mix everything well.
3. Fit Secuquick softline and close it. Set Navigenio at Automatic "A", enter 1 minute cooking time in the Audiotherm, fit it and turn until the soft symbol appears.
4. At the end of cooking time, let Secuquick depressurise by itself in the inverted lid.
5. Remove Secuquick, add olive oil and balsamic vinegar, season with salt and pepper and serve with parmesan.

**Cooking time:** approx. 1 minute  
approx. 415 kcal per person



**TIP**

Thanks to fully automatic cooking with Navigenio and Secuquick softline and Quick Cut these special AMC recipes “Pasta all in one” are really easy-peasy – so cook together with the kids and ask your AMC consultant for more of these recipes.





# Apple trifle

(apple layered dish)

## For 6 persons

3 sour apples  
50 g dried cranberries  
1 sachet vanilla sauce powder (without cooking, for approx. 500 ml milk)  
250 ml milk  
250 g quark (20%) or ricotta  
120 g Cantuccini or other almond biscuits

## AMC Products

Pot 20 cm 2.3 l  
Audiotherm





 approx. 20 minutes (excluding cooling time)



1. Peel apples, quarter, core and cut into cubes. Place in a pot, dripping wet and spread cranberries over it.
2. Heat at highest level up to the vegetable window and cook at low level approx. 5 minutes, depending on the type of apple. Let the apple compote cool down.
3. Blend vanilla sauce powder according to the instructions on the package, however, only with the quantity of milk given here.
4. Mix vanilla sauce with ricotta and chill approx. 30 minutes.
5. Take Cantuccini in a plastic bag and using a rolling pin, pound coarsely.
6. Layer apple compote, Cantuccini and vanilla cream alternately in bowls or glasses.
7. Let the trifle infuse approx. 30 minutes and then serve.

**Cooking time:** approx. 5 minutes

approx. 255 kcal per person

Apples contain more than 30 different vitamins, minerals, fibre and secondary plant substances. In consequence apples are essential for your daily food!



**APPLES GIVE  
YOU POWER!**





With very little energy, you can whip up a delicious cake on the table in just 8 minutes. Using the Quick Cut, you can prepare both the mixtures quite easily and in an uncomplicated manner – an easy and quick cake for spontaneous visitors.







# Cheesecake

 20 minutes



## For 8 slices

Batter:

180 g flour  
3 tbsp. sugar  
150 g butter

Filling:

400 g low-fat quark or ricotta  
1 sachet vanilla sugar  
2 tbsp. flour  
3 eggs  
1 sachet lemon zest

Berry topping:

approx. 300 g berry mix  
3 tbsp. cassis syrup  
or raspberry syrup

## AMC Products

Quick Cut  
Pot 24 cm 3.5 l  
Navigenio  
Audiotherm

1. Place all the ingredients for the batter in a Quick Cut and mix well with a few pulls. Fill into a combi bowl.
2. Place all the ingredients for the filling in the Quick Cut and mix well in the same way.
3. Using a lid 24 cm, cut out a circle from baking paper that is approx. 2 cm bigger (approx. 28 cm).
4. Using the Audiotherm, heat pot on the Navigenio at level 6 up to the roasting window.
5. Place baking paper inside the pot. Add 3/4 of the batter on it and spread using a tablespoon, add filling over it. Knead remaining batter to make large crumbles and spread over the filling.
6. Set pot in the inverted lid, place Navigenio upside down and bake at low level for 8 minutes until golden yellow.
7. Let it cool down a little and take out of the pot. Mix berries with the syrup and serve with the warm or chilled cheesecake.

**Baking time:** 8 minutes  
approx. 330 kcal per slice



# Dwarf bread rolls

 approx. 45 minutes



## For 6 pieces

150 g flour  
1 pinch salt  
2 tsp. dry yeast  
20 g powdered sugar  
120 ml milk  
20 g liquid butter

## AMC Products

Pot 24 cm 3.5 l  
Navigenio  
Audiotherm

1. Mix flour, salt, dry yeast and powdered sugar in a bowl and make a depression in it.
2. Add milk and butter, stirring as you do. Process everything to make a smooth dough. Leave the dough in a warm place approx. 30 minutes.
3. Roll out the dough approx. 1.5 cm thick on a working surface dusted with flour and cut out circles of approx. 5 cm using a cup or glass.
4. Using a lid 24 cm, cut out a circle from baking paper. Using the Audiotherm, heat pot on the Navigenio at level 6 up to the roasting window.
5. Set pot in the inverted lid, place baking paper inside the pot, place dough circles on it with a little gap between them.
6. At first place the switched off Navigenio upside down on the pot and bake approx. 5 minutes. Then set the Navigenio at low level and bake until complete approx. 3 minutes.
7. The bread rolls are best served lukewarm.

**Baking time:** approx. 8 minutes  
approx. 170 kcal per piece



Serve the peach-kiwi jam on page 31 with the bread rolls.









Naturally you  
can prepare  
these nuggets  
as well with  
vegetables as  
for example  
zucchini!

#### Nuggets:

2 chicken breasts  
400 g fish fillet (e.g. perch  
or cod)  
Salt, pepper  
3 eggs  
4 tbsp. flour  
100 g breadcrumbs  
800 ml oil for deep-frying

#### Red sauce:

1 clove garlic  
1 shallot  
150 g apricot jam  
1 tbsp. tomato purée  
Cayenne pepper  
1 tbsp. soy sauce  
Salt

#### White sauce:

1 small onion  
1 hard-boiled egg  
2 gherkins  
1/2 bunch chives  
100 g mayonnaise  
150 g yoghurt  
1 tbsp. mustard  
Salt, pepper

#### **AMC Products**

Quick Cut  
HotPan 28 cm  
Navigenio  
Audiotherm





# Chicken and fish nuggets red-white

 approx. 45 minutes



1. For the red sauce, peel garlic and shallot. Chop finely in the Quick Cut. Add apricot jam and tomato purée, mix and then season with cayenne pepper, soy sauce and salt.
2. For the white sauce, peel onion and egg and dice finely with gherkins. Cut chives in fine rings. Mix everything with mayonnaise, yoghurt and mustard. Season with salt and pepper.
3. Cut chicken breast and fish fillet in bite-size pieces and season with salt and pepper.
4. Whisk eggs in a deep plate, take flour and breadcrumbs on a plate each.
5. Toss chicken first in the flour, then in the whisked egg and finally in the breadcrumbs.
6. Take oil in a HotPan, cover with lid and heat on the Navigenio at level 6 up to the roasting window using the Audiotherm.
7. Place breaded meat pieces in the HotPan, reduce to level 2 and cover with lid. Deep-fry until the turning point of 90 °C is reached. Toss nuggets briefly, remove them as soon as they are golden-brown and drain on kitchen paper.
8. Bread the fish pieces in the same way and deep-fry them. Serve nuggets with the sauces immediately.

**Deep-frying time:** approx. 2 minutes each



Thanks AMC Visiotherm you will have the perfect control of the correct deep-frying temperature. Because of this perfect control you are able to deep-fry different ingredients in the same oil without transmission of taste.



#### Skewers:

500 g chicken breast  
2 tbsp. peanut oil  
Spice mixture for roast chicken

#### Bell pepper mix:

2 small colourful bell peppers  
1 small zucchini  
1 small onion  
Salt, pepper  
Grated organic lemon zest

#### Peanut sauce:

50 g peanut butter  
50 ml warm poultry stock  
Soy sauce  
Honey  
Cayenne pepper

#### **AMC Products**

Quick Cut  
Pot 26 cm 1.3 l  
Arondo Griddle 32 cm



# Magic skewers with colourful peanut sauce



approx. 30 minutes (excluding marinating time)



1. Cut chicken breast lengthwise in narrow strips, mix with oil and spices, cover and marinate approx. 30 minutes.
2. For the bell pepper mix, clean bell peppers and zucchini, chop finely in the Quick Cut and place in a pot. Peel onion, chop finely in the same way and spread over the vegetables.
3. Heat at highest level up to the vegetable window and cook at low level approx. 1 minute. Season vegetables with salt, pepper and a little lemon zest.
4. For the peanut sauce, stir peanut butter with the warm stock until smooth and season with soy sauce, a little honey and a pinch of cayenne pepper.
5. Spear meat strips wavelike on four skewers. Using the Audiotherm, heat Arondo Griddle at highest level up to the roasting window.
6. Place satay skewers in it and cover with lid. Roast at low level until the turning point of 90 °C is reached.
7. Flip skewers and roast the second side in the same way until the turning point is reached.
8. Take Arondo Griddle off the stovetop and let the satay skewers steep approx. 5 minutes depending on the thickness.
9. Serve skewers with the bell pepper mix and peanut sauce.

**Cooking time:** approx. 1 minute + 5 minutes roasting  
approx. 375 kcal per person





# Broccolino's favourite purée

 30 minutes



## For 4 persons

500 g broccoli  
400 g floury potatoes  
20 g butter  
200 ml hot milk  
Salt, pepper  
Nutmeg  
2 tbsp. roasted pine  
nuts

## AMC Products

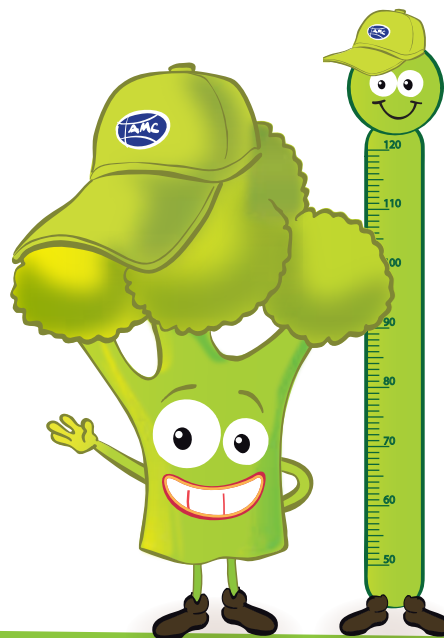
Pot 20 cm 2.3 l  
Combi-sieve cooking  
insert  
Lid 24 cm  
Audiotherm

1. Clean broccoli and divide into small florets, peel potatoes and cut into small cubes.
2. Take potato cubes dripping wet in a pot and place broccoli in the combi-sieve cooking insert over it. Using the Audiotherm, heat at highest level up to the vegetable window and cook at low level approx. 20 minutes.
3. Add butter to the potatoes and mash well. Purée broccoli with hot milk in a suitable container and finally mix into the mashed potatoes.
4. Season vegetable purée with salt, pepper and nutmeg and serve sprinkled with pine nuts.

**Cooking time:** approx. 20 minutes  
approx. 185 kcal

## EAT BROCCOLI - BE STRONG AND TALL!

Broccoli possesses very few calories, but at the same time it delivers a lot of nutrients, for example calcium. Therefore it's important for the growing up of your child.







For a soft purée, potatoes should be mashed only with a potato masher. The other vegetables are better puréed to a fine creamy consistency with a blender. With the excellent AMC combi-sieve cooking insert, vegetables and potatoes can be quite easily separated for this and still be cooked on just one hotplate.





# Colourful zucchini skewers

 approx. 30 minutes



## For 4 persons

2 small yellow zucchini  
2 small green zucchini  
2 sprigs thyme  
2 sprigs rosemary  
2 tbsp. lemon juice  
3 tbsp. olive oil  
Pepper  
2 tomatoes  
1 ball (125 g)  
mozzarella  
Sea salt  
3 stalks basil

## AMC Products

Pot 24 cm 3.5 l  
EasyQuick with  
sealing ring 24 cm  
Softiera insert 24 cm  
Audiotherm  
Navigenio

1. Wash zucchini and cut into slices. Pluck thyme and rosemary leaves and chop them finely. Mix zucchini slices, herbs, lemon juice, olive oil and pepper and marinate approx. 30 minutes.
2. Spear zucchini slices alternately on four wooden skewers and place in a Softiera insert.
3. Fill water (approx. 150 ml) in pot 24 cm 3.5 l and fit EasyQuick with sealing ring 24 cm. Set Navigenio at Automatic "A", enter 3 minutes cooking time in the Audiotherm, fit it and turn until the steam symbol appears.
4. Meanwhile, wash tomatoes and cut into small cubes, drain mozzarella and cut into small cubes in the same way and pluck basil leaves.
5. Place zucchini skewers on a plate, add tomato and mozzarella cubes over them and season with a little sea salt. Garnish with basil and serve immediately.

**Cooking time:** approx. 3 minutes



In case you have a large rosemary bush at home, it would look pretty if you use long rosemary twigs as skewers – together with a small round zucchini, you can easily make a funny looking caterpillar with it.





# Stuffed crêpes

**WITH HAM AND  
CREAM CHEESE**

## For 6 persons

Crêpes:

4 eggs

150 ml milk

150 ml cream

1/2 tsp. salt

6 tbsp. flour

Stuffing and sauce:

50 g walnuts

3 carrots

1/2 bunch flat-leaf parsley

20 g butter

2 tbsp. flour

250 ml vegetable stock

250 ml milk

150 g grated savoury cheese

6 slices cooked ham

## AMC Products

Navigenio

HotPan 28 cm

Milk pot

Pot 24 cm 3.5 l





approx. 60 minutes



1. Mix all the ingredients for the crêpes together.
2. Using the Audiotherm, heat a HotPan on the Navigenio at level 6 up to the roasting window. Switch off Navigenio, pour in approx. 1/6 of the batter and spread it.
3. Set Navigenio at level 2 and cover with lid. As soon as the turning point of 90 °C is reached, the crêpe can be flipped.
4. Cover with lid. As soon as 90 °C is reached again, the crêpe is done.
5. Roast the remaining crêpes as described until done and still at low level (if necessary, increase a little for the last few crêpes). Here, the right time to flip is always at 90 °C and they are done as soon as 90 °C is reached again.
6. For the stuffing, chop walnuts in the Quick Cut and take them out. Peel carrots, cut into large pieces, pluck parsley leaves and chop both in the Quick Cut very finely.
7. Heat butter in a milk pot at highest level. As soon as bubbles are visible, add flour and sauté, stirring regularly. Stir in stock and milk a little at a time. Let the sauce simmer approx. 5 minutes, stirring occasionally.
8. Melt 100 g cheese in the sauce and season with salt and pepper.
9. Place a slice of ham on each crêpe, spread approx. 1 tablespoon of the carrot-mix over it and roll up tightly.
10. Place a pot on the hot Navigenio. Pour in half the cheese sauce and place stuffed crêpes inside. Mix the remaining carrot-mix with the leftover sauce and spread over the crêpe rolls.
11. Spread chopped walnuts and remaining cheese over it. Set pot in the inverted lid, place inverted -Navigenio over it and bake at low level approx. 20 minutes.

**Cooking time:** approx. 15 minutes roasting + approx. 20 minutes gratinating  
approx. 450 kcal per person



# Fruit titbits with stracciatella dip

 approx. 60 minutes



## For 6 persons

Stracciatella dip:

300 g Greek yoghurt  
30 g chocolate flakes  
1 sachet vanilla sugar

Fruit titbits:

1 banana (not too ripe)  
1 firm mango  
200 g fresh pineapple  
1 sourish apple  
3 tbsp. lemon juice  
2 eggs  
5 tbsp. flour  
100 g breadcrumbs  
50 g grated coconut  
800 ml oil for deep-frying

## AMC Products

HotPan 28 cm  
Navigenio  
Audiotherm

Stracciatella dip:

1. Mix yoghurt with chocolate flakes and vanilla sugar and chill until serving.

Fruit titbits:

2. Peel all the fruit, remove stone, stalk and seeds. Cut everything in bite-size pieces.
3. Mix banana and apple pieces with lemon juice.
4. Whisk eggs in a deep plate, likewise take flour in a plate and mix breadcrumbs on another plate with the grated coconut.
5. Take the deep-frying oil in a HotPan, cover with lid and using the Audiotherm, heat on the Navigenio at level 6 up to the roasting window.
6. Dab dry apple and banana pieces on kitchen paper. Toss all the fruit pieces, one after the other, first in flour, then in egg and finally in the breadcrumb mixture.
7. Place first portion of the breaded fruit in the HotPan, reduce to level 2 and cover with lid. Deep-fry until the turning point of 90 °C is reached.
8. Take off lid, remove moisture that may be found on the inner side of the lid with kitchen paper. Toss the fruit around a little and remove as soon as it becomes golden brown.
9. Let the deep-fried fruit drain well on kitchen paper and deep-fry the remaining fruit in the same way. Let the fruit titbits cool down a little and serve warm with the stracciatella dip.

**Deep-frying time:** approx. 2 minutes each  
approx. 315 kcal per person





# Walina's power-fresh crunchy breakfast

## For 6 persons

Crunchy muesli:  
70 g walnuts  
2 tbsp. coconut  
flakes  
3 tbsp. linseed  
2 tbsp. pumpkin  
seeds

20 g puffed amaranth  
20 g puffed spelt  
30 g oat flakes  
20 g spelt flakes  
1 tbsp. coconut oil  
1 tbsp. honey  
1 tsp. cinnamon

Yoghurt-fruit mix:  
500 g assorted fresh  
berries  
500 g low-fat yoghurt  
100 ml milk  
3 tbsp. liquid honey  
or maple syrup

## AMC Products

Quick Cut  
Pot 24 cm 3.5 l  
Navigenio



## TIP

The fruit can be varied depending on season and taste – as delicious as berries are pieces of peaches, apricots and plums, slices of bananas, apples and pears – a terrific alternative the whole year round.





 approx. 25 minutes



1. Place nuts in the Quick Cut, chop coarsely and place it in a bowl with all the other ingredients up to and including spelt flakes.
2. Warm coconut oil, mix with honey and cinnamon, add to the granola mixture and mix well. Using the lid 24 cm, cut out a circle from baking paper.
3. Using the Audiotherm, heat pot on the Navigenio at level 6 up to the roasting window. Place baking paper inside, spread granola mixture over it and set pot in the inverted lid.
4. Place Navigenio upside down and set at low level. After approx. 30 seconds, stir the granola mixture and repeat the process until a beautiful browning is achieved on all sides.
5. Take out the granola mixture and let it cool down.
6. Clean berries and place them inside small bowls. Mix yoghurt with milk and honey or maple syrup.
7. Plate the mixed yoghurt along with the granola on the berries.

**Baking time:** approx. 3 minutes  
approx. 325 kcal per person

Walnuts are awesome for this granola because of their high content of omega-3 fatty acids: They are super-important for clever heads!





# Avocado sandwich

 10 Minutes



## For 4 Sandwiches

8 slices of toast  
4 tsp of cream cheese  
or slices of cheese  
Cress, sprout  
or lettuce (e.g.  
Romanesco)  
1 tomato  
1 avocado

## AMC Products

Arono Griddle 28 cm  
NaviGenio  
Audiotherm

1. Smear four slices of toast with cream cheese or spread each with a slice of cheese. Spread them with cress, sprout or lettuce. Cut the tomato in thin slices and put one on each of toast.
2. Stone the avocado, remove the fruit pulp with a spoon and spread it on the toasts.
3. Place the remaining four slices of toast on top and press them together.
4. Heat up Arono Griddle on the NaviGenio at level 6 until the roasting window using Audiotherm. Place the sandwiches inside, switch off the NaviGenio and cover with the lid.
5. Turn the sandwiches after 1 minute and put the lid back on. After about 5 minutes, the red pointer on the Visiotherm will have reached the vegetable window and the toasted sandwiches will be crispy and golden-brown.

**Cooking time:** 7 Minutes  
approx. 205 kcal per sandwich



Walina likes her sandwich most with cream cheese, some cress, tomato and avocado.



#### TIP

Ideally use bread with whole grain; it tastes nuttier and contains valuable fibre.





**HALLOWEEN**



# Gnocchi Bolognese

## For 4 persons

Pumpkin gnocchi:

500 g pumpkin

Salt

175 g flour, and flour  
to work with

Bolognese:

2 onions

1 clove of garlic

3 stalks of celery

2 carrots

400 g minced beef

2 tbsp. tomato purée

400 g chopped

tomatoes (preserve)

250 ml hearty meat  
stock

1 tsp. dried Italian  
herbs

Salt, pepper

Cayenne pepper

Olive oil

Grated parmesan

## AMC Products

Pot 24 cm 3.5 l

Navigenio

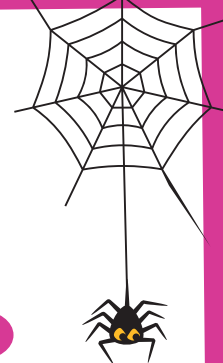
Audiotherm


Quick Cut

Eurasia 24 cm







 approx. 90 minutes



1. Peel pumpkin, core it and cut into large pieces.
2. Using the lid 24 cm, cut out a circle from baking paper. Using the Audiotherm, heat a pot on the Navigenio at level 6 up to the roasting window.
3. Place baking paper inside the pot, spread pumpkin pieces on it and place pot in the inverted lid.
4. Place inverted Navigenio over it and bake pumpkin at low level approx. 25 minutes, depending on type and size of pieces.
5. Peel onions, garlic and carrots, clean celery and chop everything finely in the Quick Cut, a little at a time.
6. Heat Eurasia at highest level up to the roasting window and roast mincemeat at low level until crumbly.
7. Add vegetable-onion mixture and roast everything together. Stir in tomato purée and sauté briefly. Add chopped tomatoes and stock and mix everything well.
8. Heat at highest level up to the vegetable window and cook at low level approx. 20 minutes.
9. Take pumpkin out of the pot, drain well, purée finely and then let it cool down.
10. Knead approx. 1.5 teaspoons of salt into the pumpkin purée and flour until a smooth and malleable dough is got.
11. Shape the dough into rolls on a working surface dusted with flour, cut into small pieces and roll them into the typical gnocchi shape with a fork.
12. Take enough water in a suitable pot and bring it to boil, add salt and cook the gnocchi in batches, uncovered and at low level until they swim on the surface.
13. Take the gnocchi out with a skimmer and keep warm. Cook the remaining gnocchi in the same way.
14. Add dried herbs to the Bolognese sauce, season with the spices and olive oil until piquant and serve along with the Halloween gnocchi and parmesan.

**Cooking time:** approx. 25 minutes baking + approx. 20 minutes  
approx. 440 kcal per person



# Magic garden with crunchy cheese crust

 approx. 30 minutes



## For 4 persons

Vegetables:

- 4 carrots
- 1 zucchini
- 1 yellow bell pepper
- 1 small cauliflower

Cheese cover:

- 50 g crisp bread  
(or salt cracker)
- 3 tbsp. olive oil
- 50 g parmesan
- 50 g almond slivers

1. Peel carrots, clean zucchini and bell pepper and cut everything in strips.  
Clean cauliflower and divide into small florets.
2. Mix vegetables and place them dripping wet in a pot. Set Navigenio at Automatic "A", enter 15 minutes cooking time in the Audiotherm, fit it and turn until the vegetable symbol appears.
3. Break crisp bread or salt cracker into pieces and chop coarsely in the Quick Cut. Add olive oil, parmesan and almonds and mix them.
4. Spread crispy mixture over the vegetables and set pot in the inverted lid.  
Place Navigenio upside down and gratinate at high level approx. 5 minutes.

**Cooking time:** approx. 15 minutes + approx. 5 minutes gratinating  
approx. 265 kcal per person

## AMC Products

Pot 20 cm 2.3 l  
Navigenio  
Audiotherm  
Quick Cut







#### **For 4 persons**

100 g soya granules for mince  
(or approx. 400 g precooked soya  
mince from the refrigerated section)  
1 onion  
1 clove of garlic  
2 carrots  
400 g kidney beans (preserve)  
80 g corn (preserve)  
2 tbsp. tomato purée  
400 g chopped tomatoes (preserve)  
250 ml strong vegetable stock  
Salt, pepper  
Cayenne pepper  
Ground coriander  
8 tortillas (wheat or corn flour)

#### **AMC Products**

Quick Cut  
GourmetLine 24 cm  
EasyQuick with sealing ring 24 cm  
Combi-sieve insert



A tip for all who are still not so familiar with a meatless variant: Simply try it once - if well-seasoned, “sin carne” tastes at least as good as the variant with meat. All those who cannot relish it, can if desired, roast approx. 400 g of mincemeat.





# Fajitas sin carne



approx. 45 minutes



1. Boil approx. 1.5 l water once, pour over the soya granules and soak approx. 10 minutes (follow instructions on the package). Then place in a colander and press well. A precooked product can be used directly as described in point 4.
2. Peel onions, garlic and carrots, cut into large pieces and chop finely in the Quick Cut. Place kidney beans in a colander and rinse, drain corn.
3. Take the onion mix in a GourmetLine, fit EasyQuick with sealing ring 24 cm and using the Audiotherm, heat on the Navigenio at level 6 up to the roasting window.
4. Remove EasyQuick and roast mixture at level 2. Add soya mince and roast together briefly. Add beans and corn, stir in tomato purée.
5. Add chopped tomatoes and stock in the same way and mix everything well. Season with salt, pepper, cayenne pepper and coriander.
6. Fit EasyQuick, set Navigenio at Automatic "A", enter 10 minutes cooking time in the Audiotherm, fit it and turn until the steam symbol appears.
7. Cut out a circle from baking paper and place in the combi-sieve insert. Take out tortillas from the packet individually and place one over the other in the sieve insert. Remove EasyQuick, place the sieve insert on the pot. Cover with EasyQuick again, enter 1 minute cooking time at the Audiotherm, fit and turn until steam symbol appears.
8. Season chili and serve along with the tortillas and other ingredients for the garnish (see tip).

**Cooking time:** approx. 11 minutes  
approx. 480 kcal per person



Serve fajitas with several colourful ingredients as desired: e.g. with grated cheese according to taste, iceberg lettuce in bite-size pieces, avocado pieces, sour cream and red bell peppers strips.



#### **For 4 pieces**

250 g flour  
2 tbsp. dry  
yeast  
125 ml luke-  
warm milk  
20 g sugar  
1 tsp. salt  
25 g soft butter  
1 egg  
1 egg yolk  
Butter to  
grease

#### **Filling:**

1 small can of  
tuna (drained)  
1 tomato  
1 stalk of parsley

#### **Serving:**

100 g cucumber  
200 g Greek  
yoghurt  
Fresh herbs (e.g.  
parsley and dill)  
Salt and pepper

#### **AMC Products**

GourmetLine 24 cm 5.0 l  
Softiera insert 24 cm  
EasyQuick with sealing ring 24 cm  
Audiotherm  
Navigenio  
Quick Cut



# Tuna dumplings with yoghurt sauce

 approx. 60 minutes



1. For yeast dough knead flour with dry yeast, milk, sugar, salt, butter and egg as well as egg yolk for a smooth consistency. Cover and let it stand approx. 30 minutes in a warm place.
2. For the filling cut up the tuna with a fork, cut the tomato into small cubes and chop parsley. Mix together and season with salt and pepper.
3. Cut dough in four pieces, push it flat with your hand and fill each with approx. two tablespoons of tuna mix. Close the dough over the filling well and roll to a dumpling.
4. Grease Softiera insert 24 cm with butter and place the stuffed yeast dumplings inside.
5. Fill water (approx. 150 ml) in the pot and place Softiera insert inside. Fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 15 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.
6. For the serving wash the cucumber. Cut it to approx. 4 cm long pieces and cut finely with the Quick Cut. Plug of leaves from herbs add them and cut it again. Stir in yoghurt and season with salt and pepper.
7. At the end of cooking time, remove Softiera insert. Halve dumplings and plate with yoghurt sauce.

**Cooking time:** 15 minutes  
approx. 460 kcal per piece



# Baked pasta with spinach

 approx. 25 minutes



## For 4 persons

250 g Pasta (e.g.  
Maccaroni)  
450 ml vegetable  
stock  
200 g frozen  
spinach  
150 ml ricotta  
1 egg  
Salt, pepper  
Nutmeg  
100 g grated  
cheese

## AMC Products

Pot 24 cm 3.5 l  
Secuquick  
softline 24 cm  
Navigenio  
Audiotherm

1. Add the pasta and stock together in a pot. Add frozen spinach on top.
2. Fit Secuquick softline and close. Set Navigenio at Automatic "A", enter 5 minutes cooking time in the Audiotherm, fit it and turn until the soft symbol appears.
3. When the cooking time is up, make Secuquick pressureless.
4. Remove Secuquick, mix the ricotta with the egg and stir in. Season with salt, pepper and nutmeg. Sprinkle cheese over it.
5. Place the pot in an inverted lid, put on the Navigenio upside down and brown at a high level for about 6 minutes until it is golden brown.

**Cooking time:** approx. 5 minutes + approx. 6 minutes gratinating  
approx. 450 kcal per person



A few chopped walnuts together with the cheese over the pasta bake ensure a crispy crust and also provide valuable fatty acids, vitamin E and magnesium.





# Walnut braided bread

 approx. 60 minutes (excluding waiting time)

## Dough:

125 ml milk  
50 g butter  
250 g flour  
½ sachet dry yeast  
60 g sugar  
1 pinch salt

## Filling:

100 g walnuts  
1 egg  
1 sachet vanilla sugar  
2 tbsp. sugar  
2 tbsp. cream

## AMC Products

Milk pot 16 cm  
Quick Cut  
GourmetLine  
20 cm 2.6 l  
Navigenio

1. Warm milk with butter in a milk pot slightly, mix flour with the dry yeast in a bowl and make a depression in it.
2. Add sugar and salt, pour lukewarm milk and process everything to make a smooth dough. Cover and keep in a warm place until the volume has clearly increased.
3. For the filling, chop walnuts finely in the Quick Cut and mix with the remaining ingredients. Roll out the dough into a rectangle, smear filling on it and roll up.
4. Cut out a circle from baking paper (Ø 20 cm) and place inside a GourmetLine. Cut the dough roll lengthwise in the middle and wrap both halves around each other with the cut surface facing upwards. Press ends well together.
5. Place braided bread in the GourmetLine. Set stove at low level and place Navigenio upside down with low level. Bake the nutty braided bread approx. 25 minutes until golden brown.
6. Take out and let it cool down. Best served lukewarm.

**Baking time:** approx. 25 minutes  
approx. 325 kcal per person



Besides walnuts, this braided bread also tastes delicious with hazelnuts and almonds – they are rich in Vitamin E and proteins and hence important for concentration and muscle development, for example.





# Pancake towers

 approx. 30 minutes (excluding waiting time)

## For 12 towers

Pancake batter:

200 g flour  
2 tsp. baking powder  
1 pinch salt  
2 eggs  
150 ml cream  
150 ml milk

Topping:

50 g jam or apple  
puree  
100 g fresh berries  
(e.g. raspberries,  
strawberries or  
blueberries)  
100 g quark or  
ricotta

## AMC Products

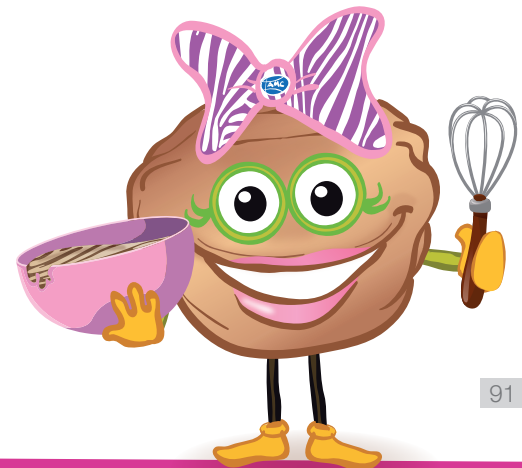
HotPan 28 cm  
Navigenio  
Audiotherm

1. Sieve flour and baking powder in a bowl, add salt and eggs. Mix with cream and milk to get a smooth batter. Cover and let rest approx. 30 minutes.
2. Heat HotPan 28 cm on the Navigenio at level 6 up to the roasting window using the Audiotherm. Switch off Navigenio.
3. Using a tablespoon, pour 6 small pancakes into the Hot Pan. Set Navigenio on level 2, cover with lid and roast first side until the turning point of 90 °C is reached. Flip mini-pancakes. Cover with lid again and roast completely until 90 °C is reached again.
4. Proceed with the remaining batter in the same way. Here, the right time to flip is always at 90 °C, it is always done when 90 °C is reached again. If required, increase level of the Navigenio
5. Keep mini-pancakes warm and to plate up, compile into towers with ingredients of your choice.

**Roasting time:** approx. 2 minutes



Let the kids choose and place the topping! Be it jam, apple puree, fresh fruit or quark – there are no limits to creativity. For even more fun with stacks: keep chocolate sprinkles, cinnamon-sugar, chopped and roasted nuts, peanut butter or nut-nougat cream ready. The kids will love you for it!





# Omelettes for late-risers

## For 4 persons

120 g cooked ham  
2 tomatoes  
100 g mushrooms  
1/2 bunch chives  
6 eggs  
6 tbsp. milk

Salt, pepper  
Nutmeg  
2 tbsp. liquid  
butter or oil  
2 tbsp. grated  
cheese

## AMC Products

HotPan 24 cm  
Navigenio  
Audiotherm







approx. 20 minutes



1. Cut ham into fine cubes, wash tomatoes and dice finely, clean mushrooms with a brush or towel and dice in the same way. Cut chives finely. Mix all the ingredients together.
2. Mix eggs with milk until frothy, season with salt, pepper and nutmeg, stir in butter or oil.
3. Using the Audiotherm, heat HotPan on the Navigenio at level 6 up to the roasting window.
4. Pour half the egg mixture in the HotPan, add half the other ingredients as well as a tablespoon of cheese over it.
5. Set HotPan on a heat-resistant base and place inverted Navigenio on it. Bake at low level approx. 5 minutes until golden brown.
6. Set HotPan on the Navigenio again at level 6, remove first omelette and keep warm.
7. Add remaining egg mixture and ingredients to the HotPan as described and spread remaining cheese over it.
8. Set HotPan on a heat-resistant base again, place inverted Navigenio over it and bake the second omelette in the same way on low level approx. 5 minutes until golden brown.
9. Cut omelettes in half or quarter and serve immediately.

**Gratinating time:** approx. 5 minutes each  
approx. 254 kcal per person



# FOR LITTLE GHOSTS



Pumpkin is not only ideal for delicious soup, it also contains valuable nutrients: e.g. beta-carotene (Provitamin A), minerals like potassium and iron as well as plenty of satiating fibre.



# Party soup

 approx. 45 minutes



## For 8 persons

Soup:

1.2 kg pumpkin (e.g. crookneck pumpkin)

1 onion

800 ml poultry stock

100 ml cream

Salt, pepper

Nutmeg

5 stalks flat-leaf

parsley

Mincemeat  
dumplings:

1 small onion

1 banana

300 g mixed

mincemeat

Salt, pepper

Curry powder

## AMC Products

Pot 24 cm 5.0 l

HotPan 28 cm

1. Peel and dice pumpkin. Peel onion and dice finely. Place pumpkin dripping wet in a pot and using the Audiotherm, heat at highest level up to the vegetable window. Cook at low level approx. 15 minutes.
2. At the end of the cooking time, add stock and cream and purée everything finely with a mixer. Season with salt, pepper and nutmeg.
3. For the mincemeat dumplings, peel onion and dice finely. Peel banana and mash it well with a fork. Knead both with mincemeat and season until spicy.
4. Shape small round mincemeat balls from the mincemeat dough. Heat a HotPan at highest level up to the roasting window, place mincemeat balls inside, cover with lid and roast at low level until the turning point of 90 °C is reached.
5. Flip mincemeat balls, cover with lid again and let it simmer on the switched off stove approx. 6 minutes, depending on thickness.
6. Pluck parsley leaves and chop finely. Plate the soup, place 2-3 mincemeat balls in each, place a spoon of cream on it and dust with a little curry powder. Serve everything sprinkled with parsley.

**Cooking time:** approx. 15 minutes+ approx. 8 minutes roasting  
approx. 165 kcal per person





# Homemade hamburger

 approx. 40 minutes



## For 4 Persons

1 tomato  
2 gherkins  
1 small onion  
1 clove garlic  
300 g mincemeat  
1 tsp. mustard  
Salt, pepper  
4 hamburger buns  
4 tsp. mayonnaise  
with yoghurt  
4 lettuce leaves  
4 tsp. tomato ketchup  
4 small slices cheese

## AMC Products

HotPan 28 cm  
Audiotherm

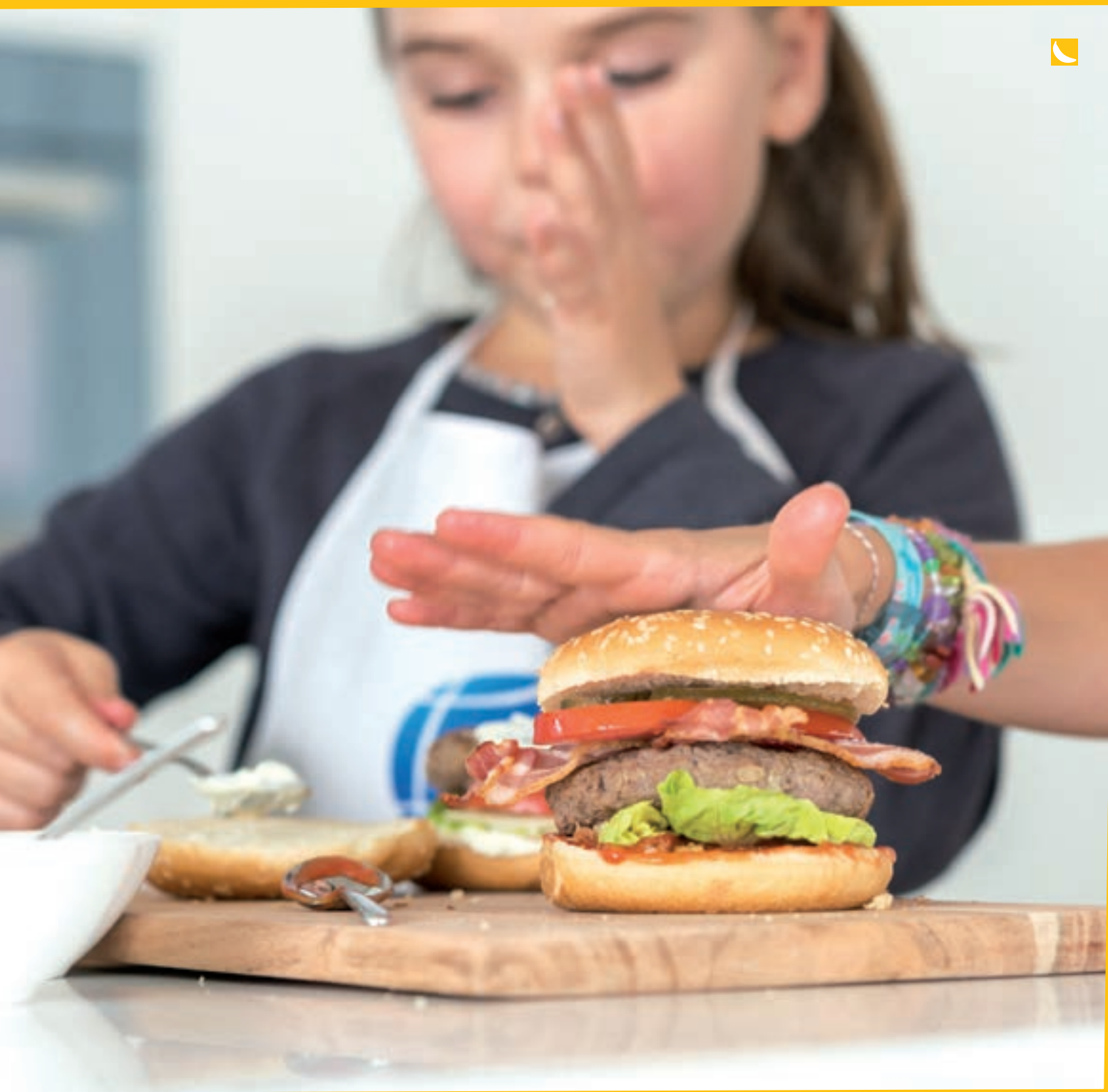
1. Clean tomatoes and cut in very thin slices, cut gherkins lengthwise in slices.
2. Peel onion and garlic, chop both very finely in the Quick Cut. Knead mincemeat with onion mixture, season with mustard, salt and pepper. Shape mincemeat mixture into four flat patties.
3. Heat HotPan 28 cm at highest level up to the roasting window using Audiotherm, reduce to low level, place patties inside, cover with lid and roast until the turning point of 90 °C is reached. Flip, cover with lid again, switch off hotplate and roast until the turning point of 90 °C is reached again. Remove HotPan from the hotplate and let the patties cook until done approx. 5 minutes.
4. Cut hamburger buns and if desired, toast lightly. On each lower part, smear a teaspoon of mayonnaise, place one washed lettuce leaf on each and spread gherkins and tomato slices over it.
5. Place hot patties on them and a slice of cheese on each patty. Spread ketchup on it, cover with upper half of bun and serve immediately.

**Roasting time:** approx. 8 minutes  
approx. 475 kcal per person



Choose for your healthy homemade Hamburgers your low fat meat to taste. Thanks AMC HotPan even poultry minced meat can be roasted successful without addition of fat.









# Pirate fillet with crunchy scales

 approx. 30 minutes



## For 4 persons

1 small thin zucchini  
3 small floury potatoes  
4 pieces white fish fillet (e.g. cod, à approx. 120 g)  
2 tbsp. liquid butter  
Salt, pepper  
100 g cream cheese with herbs  
3 tbsp. grated parmesan  
1 egg yolk  
1 sprig rosemary

## AMC Products

Pot 24 cm 3.5 l  
Navigenio  
Audiotherm

1. Clean zucchini, peel potatoes and slice both thinly.
2. Dab dry the fish fillet and place on a sheet of baking paper. Brush one side with a little butter, flip and season with salt and pepper.
3. Mix cream cheese with parmesan and egg yolk and smear fish fillets with it. Place zucchini and potato slices on the fish fillet in the shape of scales. Brush the scales with the remaining butter.
4. Using the Audiotherm, heat pot on the Navigenio at level 6 up to the roasting window.
5. Place pot in the inverted lid, place fish fillets inside and place Navigenio upside down.
6. Bake fish at high level 5 minutes longer until golden brown.
7. Pluck rosemary leaves and place over the fish to serve.

**Baking time:** approx. 5 minutes  
approx. 280 kcal per person





# Potato burger with mini tomato salad

 approx. 60 minutes (excluding waiting time)



## For 4 persons

Potato burger:

500 g floury potatoes

1 onion

100 g fresh spinach

1 egg

30 g grated parmesan

60 g breadcrumbs

Salt

1 pinch nutmeg

3 tsp. butter

Mini tomato salad:

500 g cocktail

tomatoes

1 spring onion

2 tbsp. olive oil

1 tbsp. balsamic  
vinegar

Salt, pepper

## AMC Products

Quick Cut

HotPan 28 cm

1. Wash potatoes well and quick-cook with a Softiera insert and Secuquick softline approx. 15 minutes, depending on the size. Peel potatoes, let them cool down and mash using a potato masher or grate coarsely.
2. Peel onion, clean spinach and chop both finely in the Quick Cut, a little at a time.
3. Knead potato and spinach mix with egg, parmesan and breadcrumbs and season well with salt and nutmeg.
4. Shape eight thick burgers from the mixture and chill them. Clean cocktail tomatoes and halve or quarter them, clean spring onion and cut in fine rings.
5. Mix tomatoes and onion with oil and balsamic vinegar. Season with salt and pepper.
6. Take butter in a HotPan and heat at highest level. As soon as the butter begins to foam, spread on the HotPan by swirling and place potato burgers inside.
7. Cover with lid and roast at highest level until the roasting window is reached, reduce to low level and roast further until the turning point of 90 °C is reached. Flip burger and roast the second side until the turning point is reached again.
8. Check browning and if necessary, roast a few minutes more without lid until done. Plate the burger with tomato salad.

**Roasting time:** approx. 10 minutes  
approx. 300 kcal per person







# Banana ice cream and cherry-coconut ice cream



15 minutes each (excluding waiting time)



## For 6 pieces each

Banana ice cream:

1 small banana  
250 g quark cheese  
(20%) or ricotta  
50 g cream  
40 g chocolate flakes

Cherry-coconut  
ice cream:

30 g choco dessert  
sauce  
100 g drained sour  
cherries (from the jar)  
250 ml coconut milk  
100 g mascarpone  
50 g cherry jam

## AMC Product

Quick Cut

Banana ice cream:

1. Peel banana, cut into large pieces and chop in the Quick Cut.
2. Mix in quark or ricotta and cream. Remove knife from the Quick Cut and fold in the chocolate flakes.
3. Place banana mixture in the popsicle molds and close with the caps.
4. Place molds in the deep-freezer and deep-freeze for at least 6 hours, ideally overnight.

Cherry coconut ice cream:

5. Melt choco dessert sauce according to instructions on the packet and pour into the popsicle molds. Until it became thick again, keep moving them a little from time to time so that chocolate peaks are formed.
6. Chop sour cherries finely in the Quick Cut.
7. Stir mascarpone, coconut milk and jam into the cherries.
8. Put everything inside the popsicle molds and close with the caps.
9. Place molds in the deep-freezer and deep-freeze for at least 6 hours, ideally overnight.

approx. 120 kcal per piece



# Waffles

## For 6 persons

4 eggs

1 pinch salt

125 g soft butter

60 g sugar

1 sachet lemon zest

250 g flour

1 pinch baking

powder

150 ml milk

## AMC Products

Arondo Griddle 28 cm

Navigenio

Audiotherm



approx. 40 minutes

1. Separate eggs and beat egg whites with the salt until stiff.
2. Mix butter, sugar and lemon zest until frothy and add egg yolks. Mix flour and baking powder and stir it in a little at a time, alternating with the milk.
3. Finally, fold in the beaten egg whites carefully.
4. Using the Audiotherm, heat Arondo Griddle on the Navigenio at level 6 up to the roasting window.
5. Reduce to level 2, place approx. 6 small heaps of batter on the Arondo and cover with the lid.
6. Toast the first few waffle circles until the roasting window is reached again. Flip circles and cover with lid again. The waffles are toasted completely when the turning point of 90 °C is reached again.
7. Remove the first round of waffle circles, place approx. 6 small portions of the batter on the Arondo, cover with lid and toast as described. The right time to flip is now still at 90 °C. When the red indicator has reached the turning point of 90 °C, the waffles are done.

**Roasting time:** approx. 2 minutes

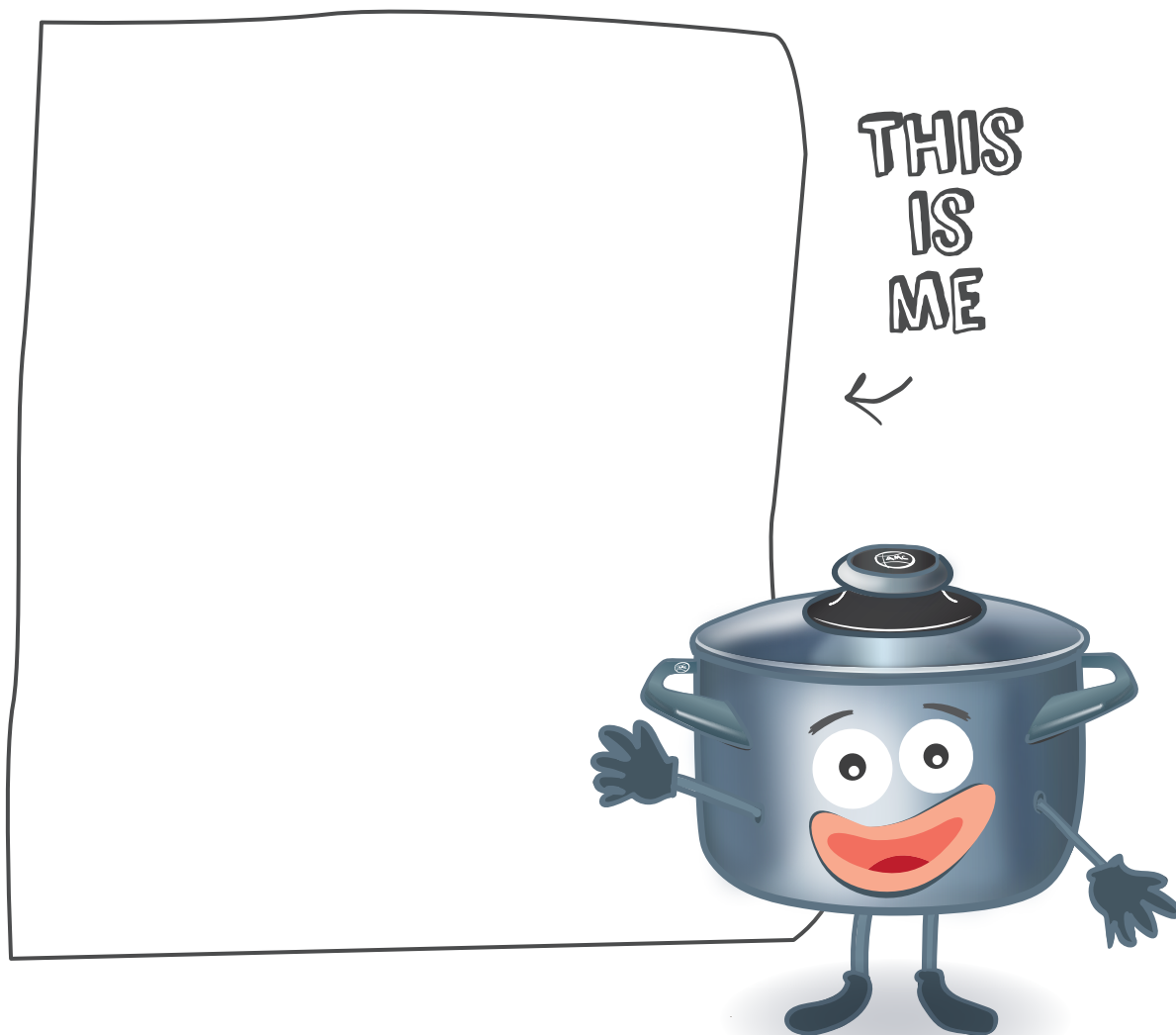
approx. 415 kcal per person



The waffles taste best when served warm. To serve, simply dust with powdered sugar or plate with jam, nut-nougat cream and a little vanilla ice cream. When you reduce regular sugar for the batter to 50 g and instead stir 1-2 tablespoons of decorating sugar into the batter, the waffles get an extra-fine crispy effect.



# AMC SUPER KID







**FIRST NAME:**

**SURNAME:**

**NICKNAME:**

**BIRTHDAY:**

**HOBBIES:**

**CARREER WISH:**

**MY FAVORITE FOOD:**

**MY FAVORITE SPICE:**

**I LIKE TO COOK WITH:**

**IF I WOULD BE A VEGETABLE, THAN I WOULD BE:**



# MY FAVORITE RECIPE



## HOW IT WORKS

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## INGREDIENTS



**PHOTO OR DRAWING  
OF YOUR DISH**



# MY FAVORITE RECIPE

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## INGREDIENTS

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## HOW IT WORKS

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**PHOTO OR DRAWING  
OF YOUR DISH**

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