



Eat better.
Live better.



AMC EasyQuick

User Manual



The Premium
Cooking System

www.amc.info

Read this user manual carefully before using the EasyQuick. Preserve the user manual and pass it on to the next owner.

Meaning of the symbols



Important safety instructions.

Non-compliance can lead to injuries or damages.



Valuable information for users.



Poor operating conditions or improper usage.



Tips for environment protection, ecology and economy.



Good operating conditions or right usage.

Working steps are emphasised with an arrow.

1.	Usage and safety in accordance with regulations	4	3.	Automatic steaming with Softiera insert and EasyQuick	11
1.1	Suitable pots and accessories	4			
1.2	Suitable hotplates, suitable hotplate sizes	4			
1.3	Important usage and safety instructions Avoiding damages, avoiding improper usage Avoiding dangers... Monitoring	5	4.	Frying with EasyQuick	12
1.4	Maintenance and care Checking the steam valve What to do when there are damages or malfunctions?	7	5.	Frying and automatic cooking with EasyQuick	13
1.5	Disposal	7	6.	Manual steaming with Softiera insert and EasyQuick	15
2.	Your EasyQuick	8	7.	Maintenance and care	16
2.1	Construct of EasyQuick Pots and accessories for use with EasyQuick Visiotherm E	8	7.1	Disassembling EasyQuick	16
2.2	Function and usage Steam valve Frying Steaming	9	7.2	Cleaning and storing EasyQuick	17
		10	7.3	Assembling EasyQuick	17
		10	7.4	Checking steam valve	17
			8.	What to do, when...	18
			9.	AMC customer service, spare parts	19
			9.1	Spare parts	19

1. Usage and safety in accordance with regulations

EasyQuick enables steaming and frying of dishes and covers with one lid two pot diameters 20 cm and 24 cm. It is to be used only for this purpose. Improper usage could lead to damages. Please observe and follow this user manual – particularly the information in this chapter.

1.1 Suitable pots and accessories

EasyQuick may be used with:

- AMC pots 20 cm and 24 cm
- GourmetLine
- Softiera insert 20 cm and 24 cm
- Sieve insert 20 cm and 24 cm
- Visiotherm E (Model with frying window and steam window)
- Audiotherm (Model with grey casing and black buttons)
- Navigenio

Not to be used with:

- Pot 24 cm 2.5 l with Softiera insert*
- Pot 20 cm 2.3 l with Softiera insert*
- Pot 24 cm 8.0 l in combination with Navigenio
- HotPan 24 cm with Softiera insert*
- Eurasia 24 cm with Softiera insert*
- Pots and pans of other manufacturers
- Combi-ring, grater-shredder-slicer insert or Combi-bowl mounted on the pot

*suitable **without** Softiera insert

1.2 Suitable hotplates, suitable hotplate sizes

EasyQuick is particularly suitable for automatic cooking with Navigenio and Audiotherm. This way, optimum temperature monitoring happens perfectly and easily.

Besides, with EasyQuick closed pots can be used on all kinds of hotplates:

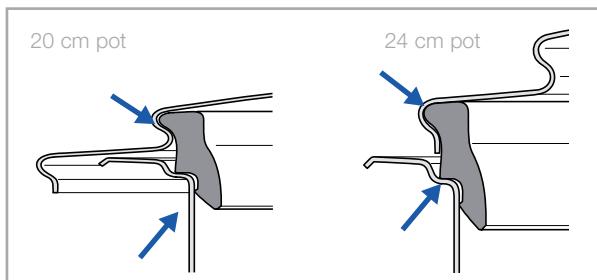
- The diameter of the hotplate and of the pot should match as closely as possible.
- Set the pot centred on the hotplate.
- Induction hotplates are suitable as long as "Induction" is found in the stamp on the base.
- Never use booster or power level of the induction hotplate.
- Select the burner matching the diameter of gas hotplate. The gas flame should never be bigger than the base surface of the pot.
- Please read additionally the user manual "How it works" in "Our cookbook" or "AMC Step by Step".

1.3 Important usage and safety instructions



Avoiding damages, avoiding improper usage

- With gas hotplates, the 24 cm sealing ring should never be used additionally in the EasyQuick, if the 20 cm pot is used with 20 cm sealing ring. Otherwise, there is danger of the sealing ring being damaged or catching fire.
- Place only the sealing ring corresponding to the diameter of the pot in the EasyQuick. The sealing ring must be correctly inserted in the rim of the lid.



- EasyQuick, with the right sealing ring lying on the entire circumference of the rim, must be fit on the suitable pot.
- Keep the steam valve and sealing ring of the EasyQuick clean and in good condition as the lid can lift and hot steam can emerge all around, if the valve is dirty or clogged or the sealing ring is not inserted correctly or EasyQuick is improperly fitted.

Follow the instructions in chapter 7 "Maintenance and care".

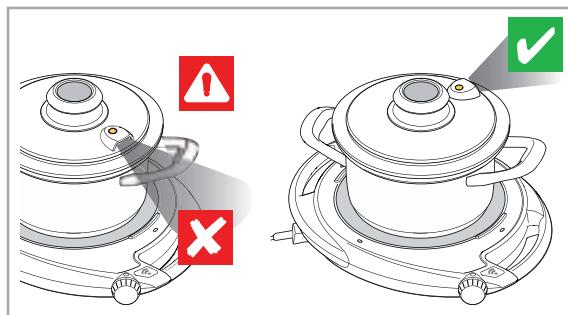
When steaming with Softiera insert, always add a cup of water (approx. 120-150 ml) to the pot so that steam can be produced, ensuring that the water level is not higher than the perforated base surface. If required by the cooking process add more water.

- Never fill the pot more than 2/3, and with food that wells up, more than 1/2 of the specified volume to guarantee correct working. Do not tilt or turn the pot. Otherwise, there is danger that EasyQuick falls, the food emerges through the steam valve or that it is not working perfectly.
- When cooking with EasyQuick and Softiera insert always comply with the requirement to add a cup of water (approx. 120-150 ml). Otherwise the pot can be damaged.
- Do not use EasyQuick in the baking oven or microwave. All plastic and rubber parts can thereby become damaged.



Avoiding dangers...

- With EasyQuick food is prepared without overpressure, but at high temperature. **With improper usage of EasyQuick you could hurt, burn or scald yourself.**
- Do not touch any hot stainless steel parts or the steam valve.
- Hold only the handles and the Visiotherm E of the EasyQuick. If required, use hand-protection.



- Position the steam valve on the pot as far away from the body as possible and not towards the pot handles as hot steam would emerge.
- On fitting the EasyQuick on a hot pot, hot steam emerges from the steam valve in surges.
- When removing EasyQuick from the pot, always hold the pot handle firmly with one hand. Otherwise, the pot can topple and hot food can flow out.



Monitoring

- EasyQuick must be monitored while cooking. If the Audiotherm (see separate user manual) is used solely for audible monitoring of the cooking process, you must be within hearing distance.
- Unattended, uncontrolled cooking can lead to overheating. The dishes can get ruined. The pot or EasyQuick can be damaged or destroyed. Danger of accident or fire.
- EasyQuick is not suitable for use by children.
- Children should be supervised if they are near the EasyQuick. Danger of burning or scalding.
- People who due to their physical, sensory or mental abilities or their inexperience or lack of knowledge, are not capable of using EasyQuick safely, should not use it without supervision or instruction by another person responsible for safety.

1.4 Maintenance and care

Maintain and care for the EasyQuick regularly so that functionality and safety are guaranteed.

- Clean EasyQuick after every use and unscrew steam valve for cleaning after every fifth use.
- Before the next use, check the functioning of the steam valve and sealing ring.
- Replace sealing rings and steam valve when they are damaged, cracked, shrunken or torn.

Follow the instructions in chapter 7
“Maintenance and care”.

Do not make any changes on the EasyQuick. Do not disassemble the EasyQuick more than what is required for maintenance and care. Through improper interventions or use of force, function and safety can be affected.

Checking the steam valve

Before every use, ensure that the steam valve is not clogged or stuck. The steam outlet channel must be tightly screwed with the nut and the inner valve indicator should be easy to move up and down.

What to do when there are damages or malfunctions?

If there is damage or malfunction, EasyQuick is no longer to be used. At AMC, wear parts (like sealing rings, steam valve and Visiotherm E) are available as spare parts. You can replace them yourself. Use only original spare parts.

1.5 Disposal



EasyQuick does not belong in the household garbage, the material is reusable. When necessary, dispose in an environmentally appropriate manner and in accordance with local regulations.

2. Your EasyQuick

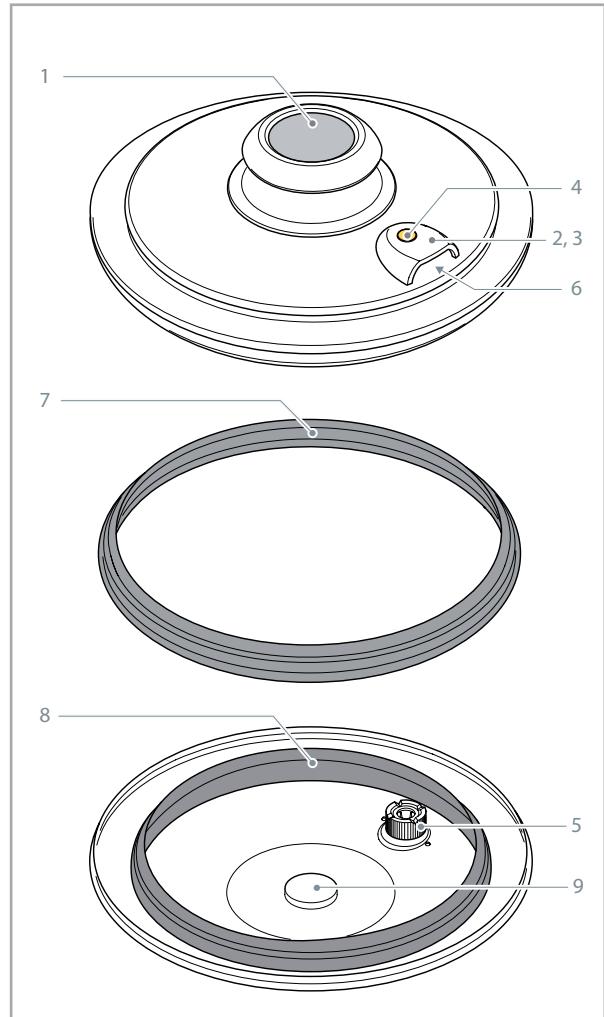
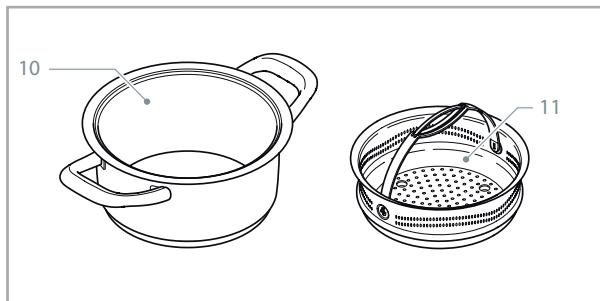
2.1 Construct of EasyQuick

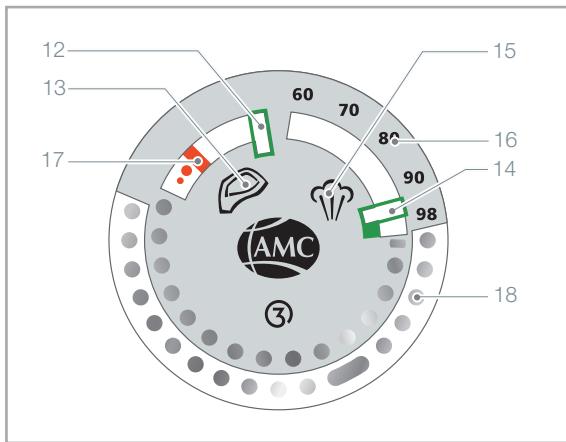
- 1 Visiotherm E
- 2 Steam valve, consisting of
 - 3 valve casing
 - 4 valve indicator
 - 5 valve nut
 - 6 steam outlet
- 7 Sealing ring 24 cm (loose)
- 8 Sealing ring 20 cm (inserted in the lid)
- 9 Sensotherm (temperature sensor)

Not included in delivery:

Pots and accessories for use with EasyQuick

- 10 Pot 20 cm / 24 cm
- 11 Softiera insert 20 cm / 24 cm





Visiotherm E

- 12 Frying window
- 13 Frying symbol
- 14 Steam window
- 15 Steam symbol
- 16 Temperature scale - steaming
- 17 Red indicator
- 18 Measuring points for Audiotherm

2.2 Function and usage

EasyQuick is a functional wonder and allround talent:

- It can be used for pots with diameter 20 cm and 24 cm alike.
- With it, steaming, cooking and frying can be done.
- It works without overpressure.
- Vitamins, nutrients and minerals in the food are retained.
- It enables huge time saving.



EasyQuick is fitted on the particular pot and shut well. On heating, through evaporation of the liquid that has been added or is contained in the food, gentle steam is produced. Thereby dishes can be cooked at high temperature quicker, gentler and with more energy-saving. Plus EasyQuick can be lifted at any moment oft the cooking process.

Steam valve

The steam valve is important so that the air and emerging steam can escape for the pot in a controlled manner. The more steam has to escape out of the pot, the more the valve opens. The steam emerging and the movement of the internal valve indicator cause corresponding sounds.

The steam valve also acts as safety valve so that no overpressure is built inside the pot. In case the valve does not work properly, for example due to clogging, the lid lifts up at a very low and safe pressure.



The escaping steam is hot!

Frying

to fry meat, fish etc., for example.

Cooking and steaming

Suitable for potatoes and vegetables with medium and long cooking time, fish, yeast dumpling, stuffed vegetables or vegetable roulades, stews, large pieces of meat and pulses.

- Retains vitamins, minerals, micronutrients
- Huge time-saving
- No overpressure
- Possibility to lift EasyQuick at any time

For dishes that have to be only steamed, the use of Softiera insert is essential in order not to have any contact with water, does not burn and above all, cannot be leached.

All extremely important nutrients like e.g. vitamins are retained to a large extent.

- Place Softiera insert 20 cm only in pot 20 cm 3.0 l or larger.
- Place Softiera insert 24 cm only in pot 24 cm 3.5 l or larger.



For optimum usage of the EasyQuick it is recommended that it is used along with the

- AMC Audiotherm and
- AMC Navigenio.

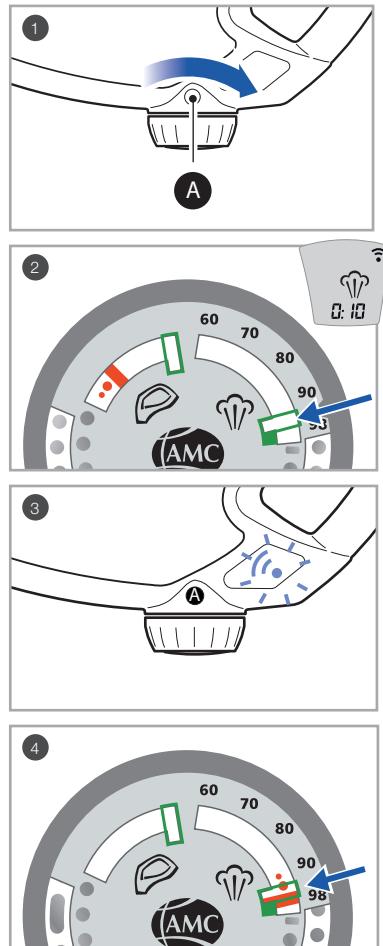
Thereby, the cooking process runs fully automatic.

See also separate user manuals.

If steaming is done on a regular hotplate, the level setting needs to be adjusted regularly so that the temperature stays in the optimum zone. To guarantee time saving and ideal cooking process, good monitoring is necessary even when the Audiotherm is used for temperature monitoring and gives an audible warning.

3. Automatic steaming with Softiera insert and EasyQuick

- Prepare the food.
 - Select suitable pot and place Softiera insert inside. Fill a cup of water (approx. 120-150 ml) in the pot, ensuring that the water level is not higher than the perforated base surface. Place the prepared food inside.
 - Fit sealing ring that corresponds to the diameter of the pot in the EasyQuick and place it on the pot.
 - ① Place pot on Navigenio and set it at Automatic "A". Switch on Audiotherm with right or left button, enter desired cooking time with right button, e.g. 10 minutes.
 - ② Fit Audiotherm on Visiotherm E, turn until steam and radio symbol appears.
 - ③ Navigenio now has radio contact and flashes blue. Now everything runs fully automatically: Navigenio and Audiotherm control the heating and reduction of energy completely by themselves and monitor the cooking time as well.
 - ④ The ideal temperature is maintained automatically during the entire cooking time.
 - If you want to add another ingredient after some time, remove the Audiotherm from the Visiotherm E and lift the EasyQuick. Add the ingredient and fit the EasyQuick again. Fit Audiotherm on Visiotherm E again, turn until the steam and radio symbol appears and cook completely.
-  When the set time is over, you will be called to eat with a single beep. If you are not at the place immediately, no problem: Food is kept warm at 60 °C for one hour.
- At the end, switch off Navigenio's power plug.



4. Frying with EasyQuick

- Prepare the food. Dab the food to be fried until dry.
- Select suitable pot and fit sealing ring corresponding to pot diameter in the EasyQuick.
- Fit EasyQuick on the pot and set the empty, dry pot on the Navigenio.

- ① Switch on Audiotherm with right or left button.
Fit and turn until the frying symbol appears.

- ② Set Navigenio on level 6 and heat it.

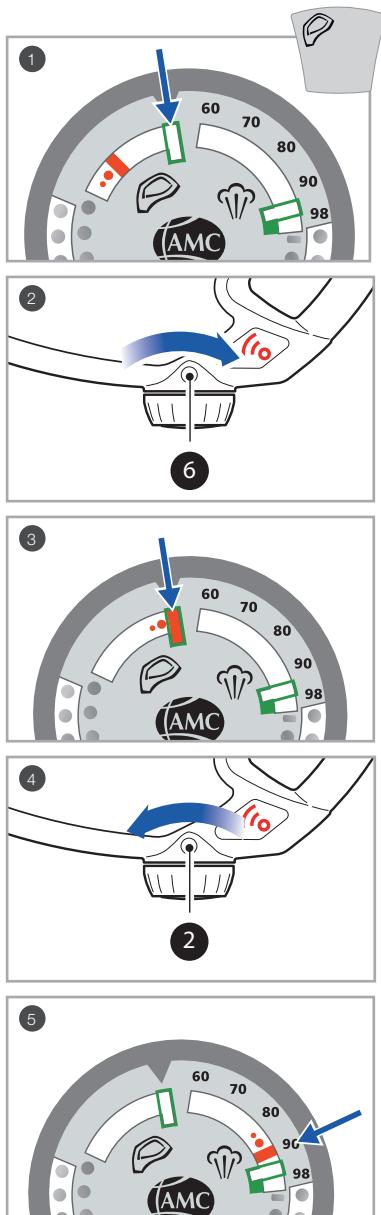
- ③ The red indicator begins to move and reaches the frying window after a few minutes. A double beep is heard.

- Stop the beep with right or left button.
- Remove Audiotherm and EasyQuick. Place food inside.
- ④ Reduce Navigenio to low level (level 2).

- Fit EasyQuick again, fit Audiotherm and turn until the frying symbol appears.

- ⑤ As soon as the red indicator has reached the turning point of 90 °C, a double beep is heard.

- Stop beep with right or left button. Remove Audiotherm and EasyQuick.
- Flip food, fit EasyQuick again and switch off Navigenio completely.
- Depending on thickness, let the food simmer a few minutes.



5. Frying and automatic cooking with EasyQuick

- Prepare the food. Dab the food to be fried until dry.
- Select suitable pot and fit sealing ring corresponding to pot diameter in the EasyQuick.
- Fit EasyQuick on the pot and set the empty, dry pot on the Navigenio.

- ① Switch on Audiotherm with right or left button.
Fit and turn until the frying symbol appears.

- ② Set Navigenio at level 6 and heat it.

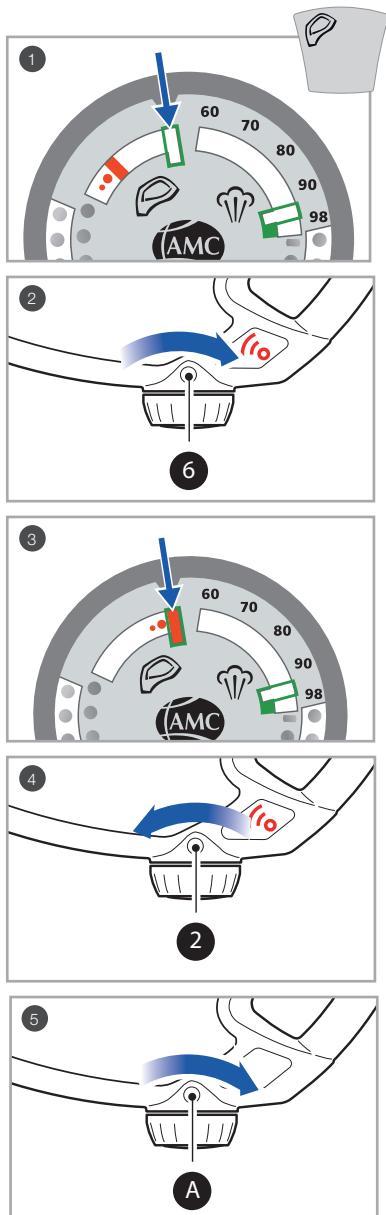
- 🔊 ③ The red indicator begins to move and reaches the frying window after a few minutes. A double beep is heard.

- Stop signal with right or left button.
- Remove Audiotherm and EasyQuick. Place food inside.
- ④ Reduce Navigenio to low level (level 2) and fry and turn the food as desired.

- Add remaining ingredients including a cup of water or other liquids (approx. 120-150 ml), stir and fit EasyQuick.

- ⑤ Set Navigenio at Automatic "A". Switch on Audiotherm with right or left button, enter desired cooking time with right button, e.g. 10 minutes.

- *Instruction continues on page 14.*



→ ⑥ Fit Audiotherm on Visiotherm E, turn until steam and radio symbol appears.

⑦ Navigenio now has radio contact and flashes blue. Now everything works fully automatically: Navigenio and Audiotherm control the heating and reducing of energy completely by themselves and monitor the cooking time as well.

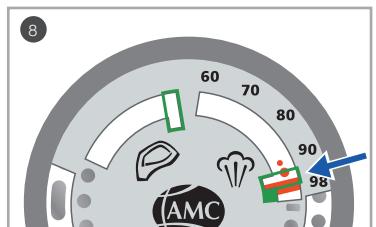
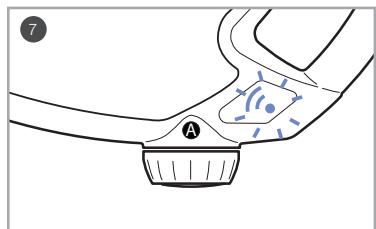
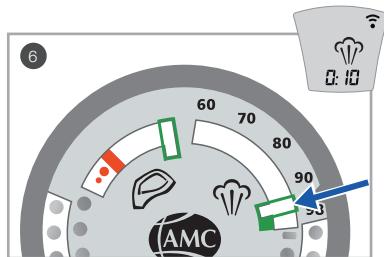
⑧ The ideal temperature is maintained automatically during the entire cooking time.

→ If you want to add another ingredient after some time, remove the Audiotherm from the Visiotherm E and lift the EasyQuick. Add the ingredient and fit the EasyQuick again. Fit Audiotherm on Visiotherm E again, turn until the steam and radio symbol appears and cook completely.



When the set cooking time is over, you will be called to eat with a single beep. If you are not at the place immediately, no problem: Food is kept warm at 60 °C for one hour.

→ At the end, switch off Navigenio's power plug.



For manual control of the cooking process see chapter 6 point ①.

6. Manual steaming with Softiera insert and EasyQuick

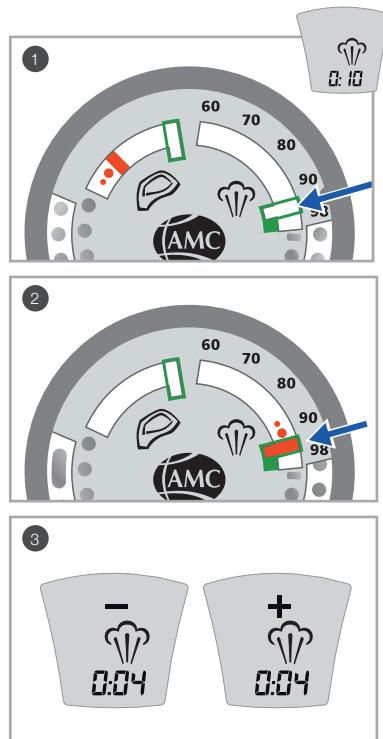
- Prepare the food.
- Select suitable pot and place Softiera insert inside. Fill a cup of water (approx. 120-150 ml) in the pot, ensuring that the water level is not higher than the perforated base surface. Place prepared food inside.
- Fit sealing ring that corresponds to the diameter of the pot in the EasyQuick and fit this on the pot.
- Set pot on hotplate. Switch on Audiotherm with right or left button, enter desired cooking time with right button, e.g. 10 minutes.
- ① Fit Audiotherm on Visiotherm E, turn until the steam symbol appears.
- Set hotplate at highest level and heat it.



- ② The red indicator moves in the direction of the steam window. As soon as it is reached, a double beep will be heard.
- Stop beep with right or left button. Reduce hotplate to lower level.
- ③ Watch Audiotherm and regulate the energy input of the hotplate as required:
If the temperature is too high, there appears a “-”.
Reduce energy further or switch off completely.
If the temperature is too low, there appears a “+”.
Increase energy input.



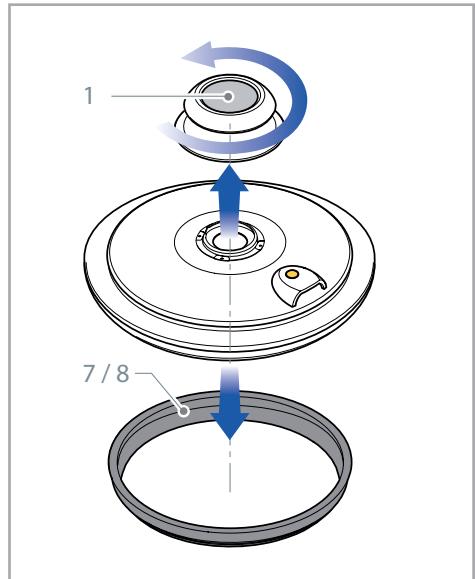
- As soon as the set cooking time is over, a single beep will be heard.
- Stop beep with right or left button.
- Serve the food or if required, increase cooking time.
- At the end, switch off hotplate completely.



7. Maintenance and care

Maintain and care for the EasyQuick as follows:

- Clean after every use and disassemble for cleaning after every fifth use.
- Check the functioning of the steam valve before the next use.
- Replace the sealing rings when they are damaged, cracked, shrunken or torn.

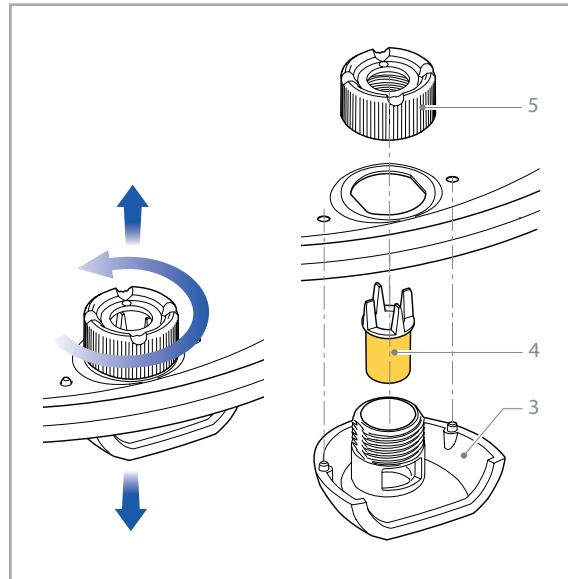


7.1 Disassembling EasyQuick



Always let the EasyQuick cool down completely before you disassemble it.

- Remove sealing ring (7 / 8).
- Unscrew Visiotherm E (1).
- Unscrew valve nut (5) from inside carefully. Remove valve casing (3), remove valve indicator (4).



7.2 Cleaning and storing EasyQuick

AMC Magic Stone, AMC Magic Foam or a neutral dishwashing detergent are suitable cleaning materials.

- Clean parts separately in the dishwasher or rinse by hand with a sponge like Magic Sponge or a cloth with hot water.
- Dry well.

7.3 Assembling EasyQuick

- For assembling, carry out the described checks (see chapters 1.4 and 7.4). They are important for flawless and safe functioning.
- Screw on Visiotherm E.
- Place valve casing outside on the lid and hold it. Place valve indicator in the valve casing. With the valve nut, screw on tightly from inside.
- Fit the sealing ring corresponding to the diameter of the pot used in the EasyQuick. Press well on all sides so that it is ensured that the sealing ring sits correctly in the rim.

7.4 Checking steam valve

→ Please check:

- The steam valve must be fit correctly.
- Valve indicator must be set inside the valve casing.
- Valve nut has to be screwed on tightly.
- Valve indicator must move effortlessly.
- Steam outlet must be directed towards the outside in the direction of the lid rim.

8. What to do, when...

...EasyQuick lifts a little upwards during the cooking process, so steam escapes through the rim of the pot?

- A little overpressure has been built in the pot
- Check if the steam valve is movable and clean.
- Check if the sealing ring is properly fitted.

...food comes out through the steam outlet of the steam valve during the cooking process?

- The pot is possibly too full.
- Check the volume filled in the pot. It should not be more than 2/3 of the total capacity or in case of foods that well up, not more than 1/2.

...the Audiotherm cannot be initialised?

- The optic window of the Audiotherm and/or the Visiotherm E could be dirty or have a film of water or you are using an unsuitable Audiotherm.
- Clean the optic window of the Audiotherm and/or the Visiotherm E.
- Check if you are using the right Audiotherm: Choose model with grey casing and black buttons.

...radio contact cannot be made between Audiotherm and Navigenio?

- Check if you have proceeded correctly:
- Set rotary knob of Navigenio at "A".
- Switch on Audiotherm and fit it.
- To initialise the Audiotherm turn until the desired symbol appears.

...the radio contact is interrupted during automatic cooking or the symbol "initialising" flashes?

- Navigenio flashes red and the radio symbol cannot be seen any longer on the Audiotherm.
- Set rotary knob on the Navigenio at "0" and then again at "A".
- To initialise again, turn the Audiotherm until the desired symbol appears.

...during manual cooking, the symbol "initialising" flashes?

- Audiotherm signalises out with a long beep.
- To initialise again, turn the Audiotherm until the desired symbol appears.

9. AMC customer service, spare parts

Customer service is at AMC, a constant endeavour to meet the wishes and needs of our customers! If you have further questions or suggestions, please do contact us. We would be pleased to help you! The contact addresses can be found on the back page.

9.1 Spare parts

- Sealing rings 20 cm and 24 cm
- Steam valve set
- Visiotherm E



Eat better.
Live better.



AMC EasyQuick

Fast
Flexible
Fully automatic

The Premium
Cooking System

www.amc.info

AMC International
Alfa Metalcraft Corporation AG
Buonaserstrasse 30
6343 Rotkreuz
Switzerland
T: +41 41 - 799 52 22

info@amc.info

 [AMC International](#)

 [AMC International](http://www.amc.info)

www.amc.info

Enjoy cooking with EasyQuick

AMC EasyQuick enables healthy cooking, steaming and frying: Valuable and sensitive ingredients of food are perfectly preserved. Our pride: 1 lid for 2 pot diameters. Ideal to save space and time. Experience the functional wonder and all-round talent with numerous advantages:

- **EasyQuick is quick:** You earn valuable free time. For example, with steaming of a whole fish, you **save up to 50 % time** compared to normal cooking.
- **EasyQuick is easy:** In combination with Navigenio and Audiotherm, you can enjoy fully automatic cooking.
- **EasyQuick is flexible:** It fits AMC pots with diameters 20 cm and 24 cm. One lid for two diameters is not only economical and space-saving but also convenient and innovative.
- **EasyQuick is versatile:** You can cook a wide variety of delicious recipes.
- **EasyQuick works without pressure:** You can remove it anytime, follow the cooking process with curiosity and still customize your dish, for instance, with the right spices.
- **EasyQuick is healthy:** Through a fast but gentle cooking process, vitamins, nutrients and minerals are preserved to a large extent.
- **EasyQuick is delicious:** The careful preparation guarantees more flavour. Vegetables taste fresh, meat and fish remain juicy and stews get a very intense flavour.
- **EasyQuick saves energy:** Food is cooked faster, this saves energy and thus protects your wallet.

Let yourself be inspired by our quick and delicious recipes and seduced into a culinary world that enchants your senses. **EasyQuick, Navigenio and Audiotherm** undertake the cooking fully automatic so that you may simply just enjoy.

How the recipe selection is made simple:



vitamin rich



low fat



low calorie



fibre rich



low cholesterol

Steaming with Softiera insert

AMC EasyQuick – the ingenious innovation for a healthy and gentle preparation, combined with impressive time savings.

Time savings*



-50%



-44%



-43%



-35%



-47%



*Time saving of cooking time in comparison with AMC automatic cooking

Seabream

For 2 persons

1/2 untreated lemon

1 seabream
(approx. 350 g)

4 sprigs of thyme

Salt, pepper

AMC Products

Pot 24 cm 3.5 l

Softiera insert 24 cm

EasyQuick with
sealing ring 24 cm

Audiotherm

Navigenio

 approx. 20 minutes

- Wash the lemon with hot water and cut into slices.
- Rinse seabream with cold water, pat it dry and cut off the head. Fill the stomach with lemon slices, thyme and season with salt and pepper. Place the filled seabream in a Softiera insert 24 cm.
- Fill water (approx. 150 ml) in a pot 24 cm 3.5 l, place Softiera insert inside and place on Navigenio. Fit with EasyQuick with sealing ring 24 cm, set Navigenio at Automatic "A", enter 10 Minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time remove Softiera insert and serve.

Cooking time: approx. 10 minutes

approx. 140 kcal per person

Tip: You can also take other kinds of fish like red snapper or sea bass.



Fruity salmon skewers

For approx.
30 pieces

1 mango
400 g salmon
fillet
150 g snow peas
100 g mustard
250 g greek
yoghurt
5 stalks Dill
40 g honey
Salt, pepper

AMC Products

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

approx. 20 minutes



- Peel the mango and free from the stone. Cut salmon fillet and mango in approx. 1.5 cm large cubes. Halve snow peas, according to size. Spear salmon cubes, mango cubes and a few snow peas on toothpicks and place the first half of the skewers in a Softiera insert 24 cm.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l, place Softiera insert inside and close with EasyQuick with sealing ring 24 cm.
- Set Navigenio at Automatic "A", enter 4 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time remove Softiera insert and steam remaining skewers as described.
- Take mustard, greek yoghurt, dill and honey in the Quick Cut and mix. Season with salt and pepper and serve the dip with the salmon skewers.

Cooking time: approx. 4 minutes
approx. 45 kcal per piece

Tip: Salmon is rich in healthy omega-3-fatty acids. These fatty acids have a positive effect on the cardiovascular system.

King prawns with chilli oil

For 10 pieces

10 raw king prawns
3 red chillies
70 ml peanut oil
3 tbsp. soy sauce

AMC Products

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

Audiotherm
Navigenio



approx. 10 minutes



- Place king prawns in Softiera insert 24 cm.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l, place Softiera insert inside. Fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 4 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.
- Cut chillies in rings and put them in a small pan with peanut oil. Heat at full power up to frying window. When the frying window is reached, remove from hotplate and let it cool down a little. Stir in soy sauce.
- At the end of cooking time, remove Softiera insert and arrange king prawns on a plate. Pour chilli oil over it and serve.

Cooking time: approx. 4 minutes
approx. 90 kcal per piece

Tip: If you prefer an other oil instead of peanut oil, take care of the heat stability of the used oil. Refined oils are more suitable.



Fish rolls with rucola-pesto

For approx. 8 pieces

8 thin lemon sole fillets
(à approx. 50 g)
70 g whole parmesan
50 g pistachios
40 g rucola
5 tbsp. olive oil
Salt, pepper
8 cocktail tomatoes

AMC Products

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



approx. 20 minutes



- Lay fish fillets on a flat surface. Chop finely parmesan and pistachios in the Quick Cut. Add rucola and chop. Add olive oil, season with salt and pepper and mix.
- Smear a little pesto on the fish fillets and roll up with a cocktail tomato each, fixing them with toothpicks. Place fish rolls in a Softiera insert 24 cm.
- Fill water (approx. 100 ml) in pot 24 cm 3.5 l, place Softiera insert inside, fit EasyQuick with sealing ring 24 cm and place on Navigenio.
- Set Navigenio on Automatic "A", enter 4 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time, remove Softiera insert and serve the fish rolls with the remaining pesto.

Cooking time: approx. 4 minutes
approx. 185 kcal per piece

Tip: For this recipe you need maximum 100 ml water, because fish naturally loses liquid under the influence of heat which is then available for the steaming process.

Rice-zucchini boats

For 6 pieces

100 g rice
 3 zucchini
 1 clove of garlic
 1 onion
 1 carrot
 80 g leek
 50 g dried apricots
 200 g ricotta
 Salt, pepper
 1 ball mozzarella

AMC Products

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



approx. 45 minutes



- Cook rice in a small pot according to instructions on the packing.
- Halve zucchini and hollow out with a spoon. Peel garlic, onion and carrot, place in the Quick Cut and chop in small pieces. Clean leek and cut in fine rings, dice apricots finely.
- Mix the cooked rice with all ingredients up to and including ricotta. Season with salt and pepper. Place filling in the hollowed out zucchini halves and place the first three zucchini halves in a Softiera insert 24 cm.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l and place Softiera insert inside. Fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 5 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears. Cut mozzarella in slices.
- At the end of cooking time, place the pot on a heat-resistant base and spread mozzarella slices on the zucchini halves. Place Navigenio overhead, gratinate at high level approx. 4 minutes using Audiotherm.
- Proceed in the same way with the second half.

Cooking time: approx. 5 minutes + 4 minutes gratinating
 approx. 160 kcal per person

Tip: This recipe is also nice with other vegetables, such as bell peppers. Therefore you have to double the ingredients for the filling.





Nuttily broccoli-bread dumplings

For approx. 12 pieces

Dumpling dough:

4 pretzel rolls from previous day
4 bread rolls from previous day
500 ml milk
1 onion
4 stalks flat-leaf parsley
2 eggs
Salt, pepper
Butter to grease

Filling:

150 g pre-cooked broccoli florets
2 cloves of garlic
100 g cream cheese
30 g roasted pine nuts
Salt, pepper

AMC Products

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



 approx. 60 minutes



- Cut pretzel rolls and bread rolls in 1/2 cm cubes. Warm up the milk and give it over the bread roll cubes. Soak them for half an hour.
- Peel the onion and chop into small cubes. Then give it in a small pot. Heat up on highest level to frying window and roast onions on low level. Pluck off parsley leaves and chop roughly. Mix parsley, eggs and onion with the roll cubes. Season with salt and pepper.
- Mash the broccoli florets. Peel garlic and cut them finely. Add garlic, cream cheese and pine nuts to broccoli mass and mix it. Season with salt and pepper.
- Form 12 dumplings out of the dumpling mass and fill each with one teaspoon of the broccoli filling. Place 6 dumplings in a greased Softiera insert 24 cm.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l, place Softiera insert inside, fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 8 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time remove Softiera insert and steam the rest of the bread dumplings as described.

Cooking time: approx. 8 minutes
approx. 180 kcal per person

Tip: Nuttily broccoli bread dumplings are ideal as a side dish accompaniment to meat or goulash.

Savoy cabbage roulades with couscous filling

For 8 Roulades

80 g couscous
20 g raisins
1 onion
40 g unsalted cashew nuts
2 tbsp. tomato purée
150 g crème fraîche
Salt, pepper
Cayenne pepper
Spicy paprika powder
8 leaves blanched savoy cabbage

AMC Products

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



approx. 30 minutes



- Cook couscous and raisins in a small pot according to instructions on the packing.
- Peel onion and dice finely. Take cashew nuts in the Quick Cut and chop them.
- Mix couscous, raisins, onion, cashew nuts, tomato purée and crème fraîche and season with salt, pepper, cayenne pepper and paprika powder.
- Drain the savoy cabbage leaves on a clean dishcloth, cut flat the hard ridges in the middle and place filling on it. Wrap into a packet, bind together with kitchen yarn and place in a Softiera insert 24 cm.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l and place Softiera insert inside, fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 8 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.

Cooking time: approx. 8 minutes
approx. 130 kcal per piece

Tip: Serve with a cheese or mushroom sauce.





Stuffed mushrooms

For approx. 35 pieces

350 g mushrooms
(approx. 35 pieces
with a diameter of
approx. 4 cm)
1 onion
30 g black pitted olives
2 dried tomatoes
100 g Feta
2 tbsp. curd (20%)
150 g minced beef
Salt, pepper
Chilli flakes

AMC Products

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



approx. 20 minutes



- Clean mushrooms with a brush or towel and remove stems.
- Peel onion, put together with olives and dried tomatoes in the Quick Cut and chop everything. Add Feta, curd and minced beef, mix again and season well with salt, pepper and chilli flakes. Stuff the mushrooms with it and place the first half in a Softiera insert.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l and place Softiera insert inside. Fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 4 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time, if desired, place Navigenio overhead to lend the stuffed mushrooms a beautiful brown colour (high level, approx. 3 minutes).
- Remove Softiera insert and steam second half stuffed mushrooms as described.

Cooking time: approx. 4 minutes
approx. 25 kcal per piece



Pelmeni

For approx. 12 pieces

Dough:

100 g flour
2 tsp. peanut oil
1/2 tsp. salt
Water (approx. 50 ml)

Filling:

1 onion
1 clove of garlic
1 piece ginger
2 chillies
100 g minced beef
Salt, pepper

AMC Products

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



approx. 25 minutes
(excluding standing time)



- For the dough, mix flour, oil and salt and knead with water to make a smooth dough. Cover and keep aside for 30 minutes.
- Peel and dice onion and garlic, peel and grate ginger, clean chillies and cut in small pieces and mix everything with mincemeat. Season with salt and pepper.
- Knead dough once more, divide into 12 balls and roll into approx. 5 cm large rounds. Spread the filling on one half of each round and fold the other half over it such that half rounds are formed. Seal the edges and place the first half in a Softiera insert 24 cm.
- Fill water (approx. 150 ml) in pot 24 cm 3.5 l, place Softiera insert inside, fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 10 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time remove Softiera insert and steam second half pelmeni as described.

Cooking time: approx. 10 minutes
approx. 55 kcal per piece

Tip: Serve a dip made of crème fraîche and fresh herbs with the pelmeni.

Apple dream

For 4 pieces

1 tbsp. coffee beans
50 g chocolate raisins
50 g almond slivers
4 firm sour apples

For refining:
Chocolate liqueur or
egg liqueur
Vanilla ice cream
Whipped cream

AMC Products

Pot 24 cm 5.0 l
Softiera insert 24 cm
EasyQuick with
sealing ring 24 cm
Audiotherm
Navigenio



approx. 20 minutes



- Chop finely coffee beans in the Quick Cut. Add chocolate raisins and almond slivers and chop them too.
- Wash apples and deseed them liberally with an apple corer. Spread the filling in the apples and place in a Softiera insert 24 cm.
- Fill water (approx. 150 ml) in a pot 24 cm 5.0 l, place Softiera insert inside, fit EasyQuick with sealing ring 24 cm and place on Navigenio. Set Navigenio at Automatic "A", enter 10 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time, refine apples as desired with chocolate liqueur or egg liqueur, vanilla ice cream and whipped cream and serve.

Cooking time: approx. 10 minutes
approx. 310 kcal per person





Stuffed yeast dumplings with vanilla sauce

For approx. 4 pieces

Yeast dumplings:

125 ml lukewarm milk
1/2 cube fresh yeast
250 g flour
25 g sugar
25 g soft butter
1 egg
1 egg yolk
Butter to grease

Vanilla sauce:

1 vanilla pod
10 g cornflour
25 g sugar
150 ml milk
125 ml cream
2 egg yolks
30 g white chocolate

Filling:

2 small plums
4 tsp. poppy seeds

AMC Products

GourmetLine 24 cm 4.4 l
Softiera insert 24 cm
EasyQuick with sealing ring 24 cm
Audiotherm
Navigenio



approx. 45 minutes (excluding resting time)



- For yeast dough, mix milk with crumbled yeast, a tablespoon of flour and a teaspoon of sugar. Cover and let it stand approx. 30 minutes in a warm place until the volume has almost doubled. Knead the pre-ferment with remaining flour, sugar, butter, egg as well as egg yolk to make a smooth dough. Cover and let it stand again approx. 30 minutes in a warm place.
- Mix in a small pot the scooped out core of the vanilla pod with cornflour, sugar, milk and cream for vanilla sauce. Bring to boil, stirring constantly. Remove pot from the hotplate, stir in egg yolks and melt chocolate in the sauce, stirring continuously. Keep sauce warm, stirring occasionally.
- Halve plums. Cut dough in four pieces, fill each with half a plum and a teaspoon of poppy seeds, close the dough over the filling well and roll to a dumpling. Grease Softiera insert 24 cm with butter and place the stuffed yeast dumpling inside.
- Fill water (approx. 150 ml) in GourmetLine 24 cm 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.
- At the end of cooking time, remove Softiera insert, plate the yeast dumpling with vanilla sauce and serve sprinkled with poppy seeds.

Cooking time: approx. 15 minutes
approx. 580 kcal per piece

Tip: For variation, add a few chocolate cubes extra in the filling.

Cooking and frying

Hearty frying and the preparation of tasty stews succeed perfectly with AMC EasyQuick. All remains really juicy and saves quite a lot of time.

Time savings*



-22%



-38%



-22%



-33%



-47%



*Time saving of cooking time in comparison with AMC automatic cooking

Fish soup

For 4 persons

2 onions
600 g waxy potatoes
250 g carrots
1.5 l vegetable stock
300 g salmon fillet
200 g cod fillet
1 bunch flat-leaf parsley
Soy sauce
Salt, pepper

AMC Products

Pot 20 cm 4.5 l
EasyQuick with sealing ring 20 cm
Audiotherm
Navigenio



approx. 30 minutes



- Peel onions and dice finely. Peel potatoes and cut in approx. 3 cm large pieces, peel carrots and cut in slices.
- Give onions in a pot 20 cm 4.5 l, fit EasyQuick with sealing ring 20 cm and place on Navigenio. Heat at level 6 up to frying window using Audiotherm. Sauté onions briefly, add potatoes and carrots. Deglaze with stock. Fit with EasyQuick, set Navigenio at Automatic "A" and enter 15 minutes on the Audiotherm, fit and turn until steam symbol appears.
- Cut fish in small cubes, add them into the soup at the end of cooking time and simmer approx. 5 minutes until done.
- Pluck parsley leaves and chop finely. Season soup with soy sauce, salt and pepper and sprinkle parsley over it.

Cooking time: approx. 15 minutes
approx. 380 kcal per person

Tip: Angler-fish is a delicious alternative for cod fillet.

Mushroom-spinach-ragout au gratin with potatoes

For 4 persons

3 onions
2 cloves of garlic
600 g floury potatoes
400 g mushrooms
200 g spinach
2 tsp. granular vegetable stock
200 g crème fraîche
Salt, pepper
100 g grated cheese

AMC Products

Pot 24 cm 6.5 l
EasyQuick with sealing ring 24 cm
Audiotherm
Navygenio



approx. 25 minutes



- Peel onions and garlic and chop. Peel potatoes and cut in 2 cm large cubes. Clean mushrooms with a brush or cloth. Clean spinach and wash it.
- Give onions and garlic in a pot 24 cm 6.5 l, fit EasyQuick with sealing ring 24 cm and place on Navygenio. Heat at level 6 up to frying window using Audiotherm, remove EasyQuick and fry the onion-garlic mixture at level 2 briefly. Add mushrooms and fry along.
- Add dripping wet spinach and potato cubes, fit EasyQuick. Set Navygenio at Automatic "A", enter 10 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- Mix vegetable stock with the crème fraîche and stir in at the end of cooking time. Season with salt and pepper and spread grated cheese over it.
- Place pot on a heat-resistant surface, place Navygenio overhead. Gratinate at high level approx. 5 minutes using Audiotherm.

Cooking time: approx. 10 minutes + 5 minutes gratinating
approx. 330 kcal per person



Minestrone

For 4 persons

600 g mixed vegetables
(e.g. carrot, aubergine,
zucchini, stalks of celery,
red bell pepper)
1.25 l vegetable stock
1 tin (approx. 400 g) diced
tomatoes

100 g pasta
(e.g. vermicelli)
Salt, pepper
Olive oil
Grated parmesan
as desired

AMC Products

Pot 20 cm 4.0 l
EasyQuick with
sealing ring 20 cm
Audiotherm
Navigenio

 25 minutes



- Clean and peel vegetable and dice it. Give all together with vegetable stock and tomatoes in a pot 20 cm 4.0 l, fit EasyQuick with sealing ring 20 cm and place on Navigenio.
- Set Navigenio at Automatic "A", enter 8 minutes cooking time on the Audiotherm, fit it and turn until steam symbol appears.
- At the end of cooking time stir in the pasta and let it simmer until done up to 3-4 minutes. Season with salt, pepper and olive oil and serve with parmesan.

Cooking time: 8 minutes
approx. 240 kcal per person



Lentil stew

For 4 persons

1 onion	5 bay leaves
2 cloves of garlic	1.25 l vegetable stock
2 carrots	Salt, pepper
2 tomatoes	Olive oil
2 stalks of celery	Leaves of parsley
300 g brown lentils	for serving

AMC Products

Pot 20 cm 4.5 l
EasyQuick with sealing ring 20 cm
Audiotherm
Navigenio

 45 minutes



- Peel onion, garlic, carrots and dice them. Clean tomatoes and cut them into cubes. Clean celery and cut it into slices. Give all together with lentils, bay leaves and vegetable stock in pot 20 cm 4.5 l, fit EasyQuick with sealing ring 20 cm and place on Navigenio.
- Set Navigenio at Automatic "A", enter 30 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time, season with salt, pepper and olive oil. Remove bay leaves, sprinkle with parsley and serve.

Cooking time: 30 minutes
approx. 320 kcal per person



Red lentil soup

For 4 persons

2 onions	800 ml vegetable stock
1 small piece ginger	1 tin (approx. 400 g) chopped tomatoes
200 g bacon cubes	4 tbsp. salted peanuts
30 g cranberries or dried apricot cubes	Salt, pepper
200 g red lentils	

AMC Products

Pot 20 cm 3.0 l
EasyQuick with sealing ring 20 cm
Audiotherm
Navigenio

approx. 15 minutes



- Peel onions and ginger. Dice ginger finely and cut onions in rings. Fit EasyQuick with sealing ring 20 cm on pot 20 cm 3.0 l and place on Navigenio. Heat at level 6 up to frying window using Audiotherm. Fry bacon cubes and reduce Navigenio to level 2.
- Add onion rings, ginger, cranberries or dried apricots cubes and lentils and deglaze with the vegetable stock. Fold in chopped tomatoes and fit EasyQuick. Set Navigenio at Automatic "A", enter 6 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- Take peanuts in the Quick Cut and chop them. At the end of cooking time, season with salt and pepper. Sprinkle with the peanuts and serve.

Cooking time: approx. 6 minutes
approx. 725 kcal per person

Pea soup

For 6 persons

250 g knob celery
300 g floury potatoes
400 g leek
200 g bacon cubes
500 g dried yellow peas
400 g smoked pork
2.0 l vegetable stock
Salt, pepper

AMC Products

Pot 24 cm 6.5 l
EasyQuick with sealing ring 24 cm
Audiotherm
Navigenio

 approx. 1 hour



- Peel knob celery and potatoes, cut in cubes. Clean leek and cut in rings.
- Fit EasyQuick with sealing ring 24 cm on pot 24 cm 6.5 l and place on Navigenio. Set Navigenio at level 6 using Audiotherm, heat up to frying window. Fry bacon cubes, add peas, knob celery and pork and deglaze with vegetable stock.
- Fit EasyQuick, set Navigenio at Automatic "A", enter 30 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time, add potatoes and leek, enter 20 minutes cooking time on the Audiotherm, fit it again and turn until the steam symbol appears.
- Season with salt and pepper and serve.

Cooking time: approx. 50 minutes
approx. 610 kcal per person

Fiery Chili con Carne

For 6 persons

2 cloves of garlic	1 tin (approx. 250 g) corn	2 cinnamon sticks
2 onions	1 tin (approx. 250 g)	500 ml beef stock
3 red chilies	Kidney beans	3 tbsp. olive oil
700 g beef tomatoes	70 g hot mustard	Salt, pepper
500 g minced beef	150 g tomato purée	

AMC Products

Pot 24 cm 5.0 l
 EasyQuick with
 sealing ring 24 cm
 Audiotherm
 Navigenio



approx. 40 minutes



- Peel garlic and onion, deseed chilies and chop everything finely. Clean beef tomatoes and cut them into cubes.
- Fit EasyQuick with sealing ring 24 cm on pot 24 cm 5.0 l and place on Navigenio. Heat up to frying window at level 6 using Audiotherm.
- Add minced beef and fry at level 2. Add the rest of the ingredients up to and including beef stock and mix.
- Close the pot with EasyQuick and set Navigenio at Automatic "A", enter 10 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time add olive oil, season with salt and pepper and serve.

Cooking time: approx. 10 minutes
 approx. 380 kcal per person



Tip: You receive a specific flavour, if you season the dish with a small piece of dark chocolate.

Vegetable stew with chicken

For 4 persons

400 g chicken breast
500 g floury potatoes
350 g kohlrabi
2 chilli peppers
200 ml poultry stock
250 g leek
2 oranges
40 g peanut butter
(crunchy)
Salt, pepper

AMC Products

Pot 20 cm 4.0 l
EasyQuick with
sealing ring 20 cm
Audiotherm
Navigenio



approx. 25 minutes



- Cut chicken breast in cubes. Peel potatoes and kohlrabi and cut them. Clean chilli peppers and cut in rings.
- Fit EasyQuick with sealing ring 20 cm on pot 20 cm 4.0 l and place on Navigenio. Heat pot at level 6 up to frying window using Audiotherm. Place chicken breast inside, reduce to level 2 and fry.
- Add potatoes, kohlrabi and chilli peppers and deglaze with the stock. Fit EasyQuick and set Navigenio on Automatic "A", enter 10 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- Clean leek, cut in half lengthwise and then cut in slices. At the end of cooking time, fold in leeks and simmer approx. 3 minutes until done. In the meanwhile, peel and fillet oranges. Stir in peanut butter, season with salt and pepper and serve garnished with the oranges.

Cooking time: approx. 10 minutes

Approx. 340 kcal per person

Tip: This recipe is very variable. You can easily replace Kohlrabi by carrot slices or cauliflower florets. The creamy touch can be also achieved by crème fraîche or cream instead of peanut butter.

Creamy chicken curry

For 4 persons

750 g chicken breast	350 ml coconut milk
3 spring onions	3 tbsp. yellow curry paste
3 medium sized carrots	1 mango
1 stalk lemon grass	Salt, pepper

AMC Products

Pot 20 cm 4.0 l
EasyQuick with sealing ring 20 cm
Audiotherm
Navigenio

 approx. 25 minutes



- Cut chicken breast in approx. 2 cm large cubes, clean spring onions and cut in fine rings, peel carrots and cut in 0.5 cm broad slices and press lemon grass lightly.
- Fit EasyQuick with sealing ring 20 cm on pot 20 cm 4.0 l and place on Navigenio. Heat pot at level 6 up to frying window using Audiotherm. Add diced chicken breast and fry at level 2. Add spring onions and carrot slices and fry along. Deglaze with coconut milk, add curry paste and lemon grass. Close with EasyQuick and set Navigenio at Automatic "A", enter 10 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- In the meantime peel the mango, free from the stone and cut it into cubes. At the end of cooking time, add mango cubes, season with salt and pepper and serve.

Cooking time: approx. 10 minutes
approx. 480 kcal per person





Meat balls in tomato sugo

For approx. 8 pieces:

1/2 onion
1 clove of garlic
3 sprigs of thyme
1/2 bread roll from previous day
1 tbsp. curd (20 % fat)
250 g mixed mincemeat
Salt, pepper
Cayenne pepper

Tomato sugo:

1 yellow bell pepper
1 can (approx. 400 g) chopped tomatoes
1 bunch flat-leaf parsley
2 tbsp. olive oil
Salt, pepper

AMC Products

HotPan 24 cm
EasyQuick with sealing ring 24 cm
Audiotherm
Navigenio



approx. 35 minutes



- Peel and dice onion and garlic, pluck and chop thyme leaves. Cut bread rolls in small cubes and soak in water.
- Squeeze out bread roll cubes, mix well with onion, garlic, thyme, curd and mincemeat and season well with salt, pepper and cayenne pepper. Make 8 – 10 meatballs out of the mass.
- Fit EasyQuick with sealing ring 24 cm on HotPan 24 cm, place on Navigenio and heat at level 6 up to frying window using Audiotherm. Place meatballs inside, fit EasyQuick and fry up to the turning point at 90 °C at level 2. Flip, fit EasyQuick again and fry the second side once again up to the turning point of 90 °C.
- Clean bell pepper, dice in small pieces and fold under the meatballs with tomatoes. Fit EasyQuick again, set Navigenio at Automatic "A", enter 5 minutes on the Audiotherm, fit and turn until the steam symbol appears.
- Pluck parsley leaves and chop coarsely. At the end of cooking time, fold in the parsley, add olive oil and season with salt and pepper.

Cooking time: approx. 5 minutes

approx. 130 kcal per piece

Lamb ragout with black olives

For 4 persons

3 onions
 3 cloves of garlic
 700 g lamb ragout
 2 sprigs of rosemary
 3 sprigs of thyme
 250 ml white wine
 250 ml vegetable stock
 400 g waxy potatoes
 200 g carrots
 150 g pitted black olives
 Salt, pepper
 Sauce thickener to taste

AMC Products

Pot 24 cm 5.0 l
 EasyQuick with sealing ring 24 cm
 Audiotherm
 Navigenio



approx. 90 minutes



- Peel onions and garlic and dice finely.
- Fit EasyQuick with sealing ring 24 cm on pot 24 cm 5.0 l and place on Navigenio. Heat at level 6 up to frying window using Audiotherm, add lamb ragout to the pot in portions and fry at low level.
- Add onions, garlic, rosemary and thyme, deglaze with white wine and stock. Fit EasyQuick, set Navigenio at Automatic "A", enter 45 minutes cooking time on Audiotherm, fit and turn until the steam symbol appears.
- Peel potatoes and cut in approx. 3 cm large pieces, peel carrots and cut in slices.
- At the end of cooking time, add potatoes and carrots. Close with EasyQuick, set Navigenio at Automatic "A" again, enter 25 minutes on the Audiotherm, fit and turn until the steam symbol appears.
- Then fold in olives, season well with salt and pepper and if desired, thicken with sauce thickener.

Cooking time: approx. 70 minutes

approx. 675 kcal per person

Tip: If you prefer other meat – no problem. You can replace lamb by veal or beef.



Beef roulades

For 4 persons

3 onions	2 tbsp. mustard
2 gherkins	8 slices bacon
4 beef roulades (à approx. 180 g)	200 ml beef stock
	100 ml red wine
Salt, pepper	Sauce thickener

AMC Products

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

 approx. 90 minutes



- Peel and dice onions, cut gherkins in fine slices. Season beef roulades on one side with salt and pepper, smear with mustard and place bacon slices on it. Spread one third of the onions and the gherkins, roll together and fix with toothpicks.
- Fit EasyQuick with sealing ring 24 cm on pot 24 cm 3.5 l and place on Navigenio. Heat at level 6 up to frying window using Audiotherm. Place roulades inside and fry on all sides at level 2. Deglaze with stock and wine, close with EasyQuick, set Navigenio at Automatic "A", enter 1 hour 10 minutes cooking time on the Audiotherm, fit and turn until the steam symbol appears.
- At the end of cooking time, season with salt and pepper and thicken with sauce thickener as desired.

Cooking time: approx. 1 hour 10 minutes
approx. 475 kcal per person