



*Bon appétit!*

AMC recipes: simple, fast and healthy



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Dear AMC cooking friends,

Discover the pleasure in healthy and enjoyable cooking with AMC. In this recipe book, we have selected recipes for you which are, of course, specially designed for cooking with AMC products and AMC cooking methods. This will make it easy for you to create your favorite dishes and everyday recipes with your new AMC products.

If you want to get creative while you're at it, there's nothing stopping you. You can change the AMC recipes as you see fit – or even come up with completely new creations. Once you are familiar with the range of products and cooking methods, it will be easy for you. And don't forget that your AMC consultant is always available to answer your questions.

Now it's time to let our recipes inspire you. Many more inspiring recipes are available at: [www.cookingwithamc.info](http://www.cookingwithamc.info). Have fun browsing around and of course cooking and trying things out yourself. We have tested all the recipes for you and can say with certainty that everything that comes from our world of recipes tastes good.

We hope you enjoy your meal!



Discover our recipe community in German, Italian, Spanish, and English with hundreds of AMC Premium recipes for every taste. It's a place where you can also share your own recipes with other members – not to mention your passion and skills. Whether it's basic recipes, delicious menus, inspiring videos, product information, or forum questions, you will find all this and much more in your recipe community.

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Recipes with pots



## SPRING VEGETABLES

### Cooking without added water

Preparation and cooking time: 35 min.

### For 4 persons (56 calories per person)

1 kg fresh seasonal  
vegetables (e.g. carrots,  
broccoli, asparagus,  
kohlrabi, fresh or  
frozen snow peas)

2 spring onions

1/2 bunch parsley

### AMC products

Pot 24 cm 3.5 l  
Audiotherm

1. Clean the vegetables, cut them into slices or bite-sized pieces and place them (still wet) in the pot. Clean the spring onions, cut them into fine rings and spread over the vegetables.
2. Heat the pot on highest level up to the vegetable window, switch to a low level and cook for approx. 15 minutes in the vegetable area.
3. Pluck the parsley leaves, chop finely and sprinkle over the vegetables to serve.

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### Tips

Reduce or increase the cooking time, depending on how crunchy or soft you like your vegetables.

Add some butter, olive oil or crème fraîche to the vegetables to serve.

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Perfect for  
self-controlled  
cooking with  
Navigenio

## CHICKEN BREAST

### Roasting without added fat

Preparation and cooking time: 25 min.

**For 4 persons**  
(155 calories per person)

4 chicken breasts  
spicy paprika powder  
curry  
salt

### AMC products

Pot 24 cm 2.5 l

Audiotherm

1. Remove the chicken breast from the refrigerator about 30 minutes before you intend to prepare it.
2. Dab the meat dry with a paper towel. Heat the pot on highest level up to the roasting window, switch to a low level and place the chicken breast inside. Cover with the lid and roast until the turning point is reached.
3. Turn and season the meat, put the lid back on and turn off the heat.
4. Depending on the thickness, allow to steep for approx. 10 minutes.

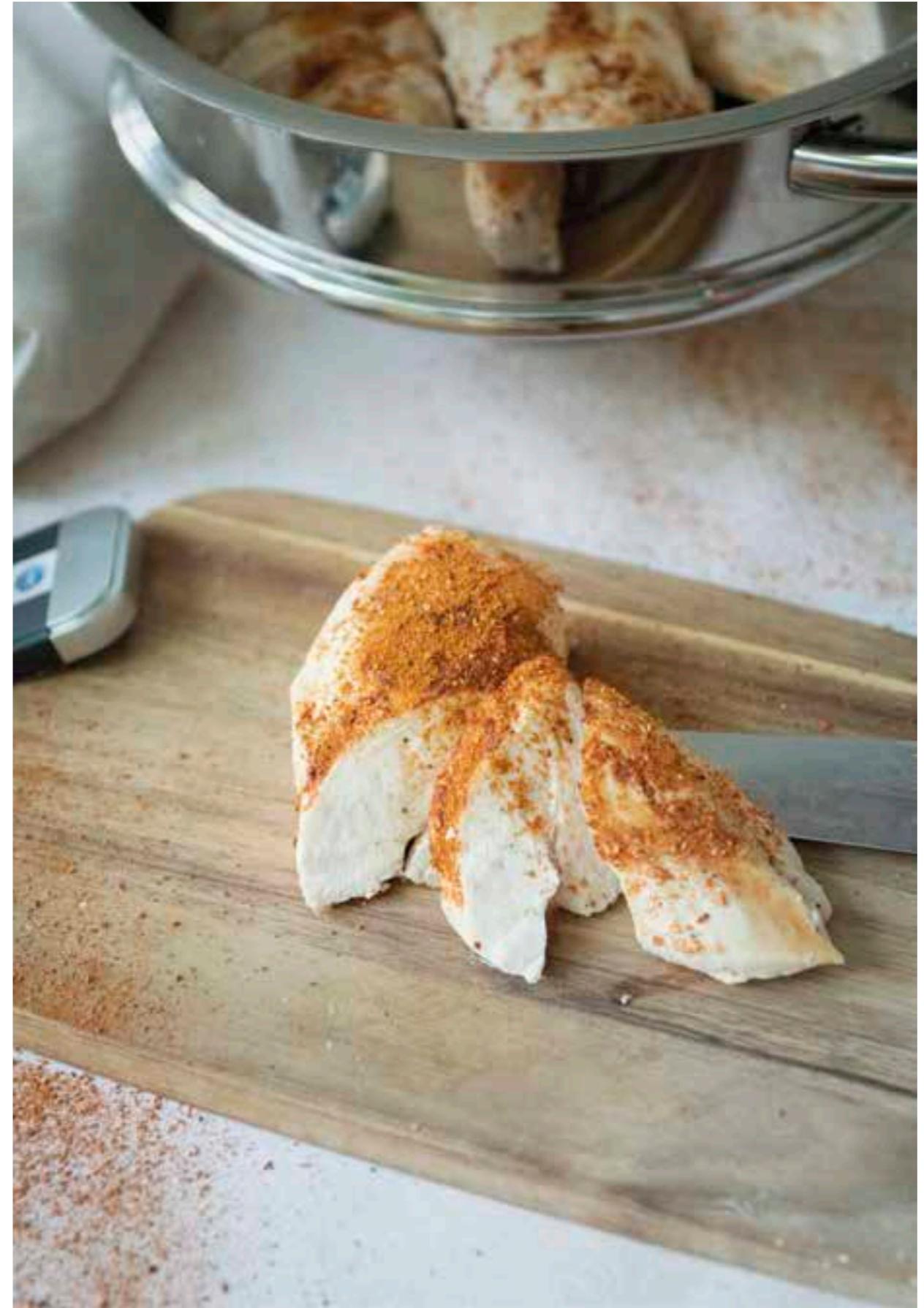
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### Tips

Cooking with the lid is perfect for tender meat like chicken breast, as it keeps the meat juicy without drying out.

Another positive: All of the cooking smells stay trapped in the pot!

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## SEARED SALMON FILLET

### Roasting without added fat

Preparation and cooking time: ca. 15 min.

### For 4 persons

(270 calories per person)

4 salmon fillet skin removed  
(approx. 150 g each)

salt, pepper

### AMC products

Pot 24 cm 2.5 l  
Audiotherm

1. Rinse salmon fillets under running water and dab dry with a paper towel.
2. Heat the pot on highest level up to the roasting window, switch to a low level and add the salmon fillets. Cover with the lid and roast until the turning point is reached.
3. Flip salmon fillets, season with salt and pepper and put the lid back on. Switch off the heat and leave to rest for 3 minutes.

## BOILED EGGS

### Cooking without added water

Preparation and cooking time: ca. 15 min.

### For 4 persons

(80 calories per person)

4 eggs

### AMC products

Pot 16 cm 1.3 l

Audiotherm



1. Add 3 tablespoons of water and eggs to the pot.
2. Heat the pot on highest level up to the vegetable window, switch to a low level and cook for approx. 6 minutes (for soft-boiled eggs) or approx. 10 minutes (for hard-boiled eggs) in the vegetable area.

### Tip

For more eggs, opt for a larger pot and add a little more water, e.g.: 8 eggs, 6 tablespoons of water and a 20 cm/2.3 l pot. The energy supply always remains at a low level after reaching the stop window.





## WHITE BREAD

### Baking

Preparation and cooking time: ca. 45 min. | Rising: 50 min.

#### For 1 loaf

(120 calories per slice)

450 g flour

15 g fresh yeast

1/2 ts sugar

150 ml warm water

125 ml warm milk

1 tbs olive oil

1 1/2 ts salt

flour for handling

water for brushing

#### AMC products

Pot 20 cm 4.5 l

Navigenio

Audiotherm

1. Place the flour in a bowl and hollow out a cavity in the middle.
2. Crumble in the yeast and add sugar, water and milk. Dissolve yeast while stirring and mix with a little flour.
3. Cover and set in a warm place to rise for around 20 minutes, until the mixture has visibly increased in bulk.
4. Add olive oil and salt and knead into a smooth dough with the rest of the flour. Let the dough rise again in a warm place, covered, for about 30 minutes until the mixture has once again visibly increased in bulk.
5. Form the dough into a round loaf and score the surface slightly. Cut out a circle of baking paper for the pot with the help of a 20 cm lid.
6. Place the pot on the Navigenio, switch to "A" and heat up to the roasting window.
7. Switch off the Navigenio, place the pot in an inverted lid, put baking paper in it, place loaf of bread on top and brush with cold water.
8. Place the Navigenio overhead and turn to low level, then bake for approx. 22 minutes.
9. Switch the Navigenio to the high level, then finish baking, for approx. 2 minutes.
10. Remove the bread and allow it to cool completely on a wire rack.

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#### Tip

Adjust to taste with fried onions, chopped rosemary needles or finely chopped dried tomatoes.

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# BREAD BUNS

## Baking

Preparation and cooking time: ca. 25 min. | Rising ca. 30 min.

### For 6 pieces

(140 calories per piece)

150 g flour

1/4 ts salt

1/2 package dry yeast

20 g powdered sugar

120 ml milk

20 g butter, melted

### AMC products

Pot 24 cm 3.5 l

Navigenio

Audiotherm

1. Mix all ingredients and work them into a smooth dough. Let the dough prove in a warm place for about 30 minutes.
2. Roll out the dough on a floured surface to a thickness of about 1,5 cm and use a cup or glass to create six circles of about 5 cm Ø.
3. Cut out a circle of baking paper with the help of a 24 cm lid.
4. Place the pot on the Navigenio and heat on level 6 up to the roasting window, place the pot in the inverted lid, insert baking paper and place rolls on top with a little space between them. Brush the surface of the rolls with some cold water.
5. Place the Navigenio overhead and bake with residual heat for about 5 minutes. Then switch to low level and bake for another 3 minutes.
6. Remove the rolls and let them cool down on a wire rack.

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### Tip

The rolls are best served with a delicious homemade jam.

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## ROAST CHICKEN

### Roasting without added fat | Baking

Preparation and cooking time: ca. 55 min. | Marinating ca. 15 min.

**For 2 persons**  
(830 calories per person)

1 whole chicken  
(approx. 1 kg)

spices for roast chicken

### AMC products

Pot 20 cm 3.0 l

Navigenio

Audiotherm

1. Cut the chicken in half with poultry shears, rub vigorously all around with roast chicken spice and pierce skin in the thigh area a few times. Allow the spices to infuse for about 15 minutes.
2. Place the pot on the Navigenio and heat on level 6 up to the roasting window, place the halves of chicken in the pot, cut side down.
3. Heat the Navigenio on level 6 up to the vegetable window, switch to level 2 and cook for approx. 10 minutes in the vegetable area.
4. After cooking is finished, place the pot in the inverted lid. Place the Navigenio overhead and switch to low level, bake for approx. 30 minutes until crispy.



# SALAMI-PIZZA

## Baking

Preparation and cooking time: ca. 30 min.

**For 4 pieces**  
(665 calories per piece)

500 g pizza dough  
(store-bought or home-made)

100 g salami, in thin slices

250 g flavorful tomato sauce for pizza (home-made or store-bought)

150 g grated cheese  
pepper

## AMC products

Pot 24 cm 3.5 l

Navigenio

Audiotherm

1. Divide the pizza dough into four portions and roll out to round bases with a diameter of about 22 cm each.
2. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
3. Place the first pizza base in the pot, spread 1/4 of the tomato sauce on it and then spread 1/4 of each of the remaining ingredients on top as well. Sprinkle cheese on last.
4. Place the pot in an inverted lid, place the Navigenio overhead and switch to high level, then bake for approx. 2 minutes.
5. Remove pizza and return pot on level 6 on the Navigenio. Place the next pizza base inside, add toppings in the same way and bake as described in points 3 and 4. When arranging toppings, always return pot on level 6 on the Navigenio. Extend the baking time a bit if necessary.
6. Before serving, season pizza with pepper.

## Tips

When it comes to pizza, there are lots of ways to add a little variety, of course. Every person can make their own favorite pizza. Just make sure that vegetables in particular are cut into small enough pieces to cook through during the brief time in the oven.

The pizza will be easier to remove from the pot and the pot will stay cleaner if a circle of baking paper is used. To do this, simply cut out a circle of baking paper with the help of a 24 cm lid, put it in the pot after heating and put dough on it.

If you want to make the dough yourself, then the basic recipe for pizza dough is the perfect choice. Make sure that it is not too soft.





## ALSATIAN TARTE FLAMBÉE

### Baking

Preparation and cooking time: ca. 40 min.

### For 6 pieces

(415 calories per piece)

100 g thin bacon slices

100 g spring onions

6 tarte flambée bases  
(approx. 22 cm in diameter,  
either store-bought or  
home-made)

200 g crème fraîche with  
herbs

pepper

### AMC products

Pot 24 cm 2.5 l

Navigenio

Audiotherm

1. Cut the bacon into thin strips. Clean the spring onions and slice them into thin rings.
2. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
3. Place the first tarte base in the pot, spread 1/6 of the crème fraîche on it and then spread 1/6 of the bacon and spring onions on top as well.
4. Place the pot in an inverted lid, place the Navigenio overhead and turn to high level, then bake for approx. 1 minute until crispy.
5. Remove tarte flambée and return pot on level 6 on the Navigenio. Place the next tarte base inside, add toppings in the same way and bake as described in points 4 and 5.
6. When arranging toppings, always return pot on level 6 on the Navigenio. The baking time for the other tartes flambées will then be about 2 minutes.
7. Before serving, season tarte flambée with pepper.

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### Tips

If you want to make the dough yourself, then the basic recipe for pizza dough is the perfect choice. Make sure that it is not too soft.

The tarte flambée will be easier to remove from the pot and the pot will stay cleaner if a circle of baking paper is used.

If you buy a ready-made dough, you will need about 500 g of it.

Crème fraîche is essential for tarte flambée. You can get creative with the other ingredients however you prefer:

- Finely sliced vegetables like asparagus, fennel and leek are great for this.
  - Ham, salami or salmon are variations on the bacon.
  - If you like, you can grate a little intense cheese (such as Alpine mountain cheese or goat cheese) over it at the end.
-

## DAMSON PLUM CRUMBLE

### Baking

Preparation and cooking time: ca. 50 min. | Cooling ca. 30 min.

**For 4 persons**  
(450 calories per person)

100 g wheat flour  
50 g buckwheat flour  
60 g sugar  
1 pinch salt  
100 g butter, softened  
500 g zwetschge  
(damson) plums  
1 package vanilla sugar  
2 ts cornstarch  
powdered sugar for  
dusting

1. Place the flours, 45 g of sugar, salt and butter in a mixing bowl, work into crumbles and chill for about 30 minutes.
2. Clean, pit and quarter the plums. Mix the remaining sugar and vanilla sugar in a pot and let the mixture rest for about 15 minutes. Sprinkle the cornstarch on top, then stir it in.
3. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
4. Stir, then scatter the crumble topping on top. Place the pot in an inverted lid, place the Navigenio overhead and switch to low level, then bake for approx. 15 minutes until golden brown.
5. Allow crumble to cool, then serve dusted with powdered sugar.

### AMC products

Pot 24 cm 3.5 l  
Navigenio  
Audiotherm

### Tip

You can mix up the crumble by using seasonal fruit such as apples (skip the cornstarch), apricots, rhubarb or berries. Add a little more sugar if desired. This pairs perfectly with a scoop of vanilla ice cream or vanilla sauce.





## YOGURT CAKE

### Baking

Preparation and cooking time: ca. 40 min.

### For 8 persons

(340 calories per person)

3 eggs

130 g sugar

110 g sunflower oil

110 g plain yogurt

1 pinch salt

260 g flour

3 ts baking powder

### AMC products

Pot 24 cm 3.5 l

Navigenio

Audiotherm

1. Cut out a circle of baking paper with the help of a 24 cm lid and place it in the pot.
2. Beat the eggs and sugar until fluffy, then fold in oil with yogurt and salt. Mix the flour with the baking powder, then stir this mixture in as well.
3. Add the dough to the pot and smooth it out evenly.
4. Place the pot on the hob and switch to a low level. Place the Navigenio overhead and switch to low level, then bake for approx. 30 minutes.
5. Remove Navigenio after baking is finished and remove the pot from the heat. Let cool for approx. 10 minutes.
6. Tip the cake out of the pot, remove the baking paper and let cool.

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### Tips

If you stir 5 tablespoons of lemon juice into the batter, the yogurt cake will taste even brighter.

Garnish the cake as desired with fresh berries and cream, a curd cream or with lemon icing.

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# CHEESECAKE

## Baking

Preparation and cooking time: ca. 40 min.

**For 8 persons**  
(340 calories per person)

### Dough:

180 g flour  
3 tbs sugar  
150 g butter

### Coating:

400 g low-fat curd  
1 package vanilla sugar  
2 tbs flour  
3 eggs  
1 ts unaterated lemon zest

### Berry topping:

300 g mixed berries  
3 tbs blackcurrant or  
raspberry syrup

### AMC products

Pot 24 cm 3.5 l  
Navigenio  
Audiotherm

1. In a bowl, mix together all the ingredients for the batter.
2. In a bowl, thoroughly mix all the ingredients for the coating.
3. With the help of a 24 cm lid, cut out a circle of baking paper that is approximately 2 cm bigger (approx. 28 cm in diameter).
4. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
5. Place the baking paper in the pot, pour in 3/4 of the dough and spread it with a spoon before adding the coating on top. Stir the rest of the dough until it forms large crumbs, then top the coating with it.
6. Place the pot in an inverted lid, place the Navigenio overhead and switch to low level, bake for approx. 8 minutes until golden yellow.
7. Allow to cool slightly and remove from pot.
8. Sort through the berries to make sure none are bad, then mix them with the syrup and serve with the cheesecake (either warm or chilled).

### Tip

After baking for only 8 minutes, you'll have a delicious cake on the table for spontaneous visitors.





## GRANOLA WITH CHIA SEEDS

### Baking

Preparation and cooking time: ca. 30 min.

**For 4 persons**  
(340 calories per person)

70 g mixed nuts  
2 tbs coconut flakes  
3 tbs flax seeds  
2 tbs pumpkin seeds  
1 tbs chia seeds  
20 g puffed amaranth  
20 g puffed spelt  
30 g oats  
20 g spelt flakes  
1 tbs coconut oil, melted  
1 tbs honey  
1 ts cinnamon

### AMC products

Pot 24 cm 3.5 l  
Navigenio  
Audiotherm

1. Coarsely chop the nuts and place in a bowl with all ingredients up to and including the spelt flakes.
2. Mix coconut oil with honey and cinnamon and blend well with the granola mixture.
3. Cut out a circle of baking paper with the help of a 24 cm lid.
4. Place the pot on the Navigenio and heat on level 6 up to roasting window. Place the baking paper inside, spread out the granola mixture on top and place the pot in an inverted lid.
5. Place the Navigenio overhead and switch to low level, bake for approx. 30 seconds. Stir the mixture and repeat the process until beautiful browning is achieved.
6. Remove the granola mixture and let it cool down.

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### Tip

Stir in 1 tablespoon of goji berries for even more deliciousness and healthiness. Serve with fresh fruit and yogurt or curd.

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# WARM SMOKED SALMON

## 60 °C smoke

Preparation and cooking time: ca. 50 min. | Marinating ca. 2 hrs.

### For 4 persons (300 calories per person)

- 1 untreated orange
- 5 tbs brown sugar
- 1 ts coarsely ground pepper or AMC Pepper Trio
- 2 tbs coarse sea salt
- 1 ts coriander powder
- 500 g very fresh salmon fillet, skin still on
- 100 g wood chips for smoking

### AMC products

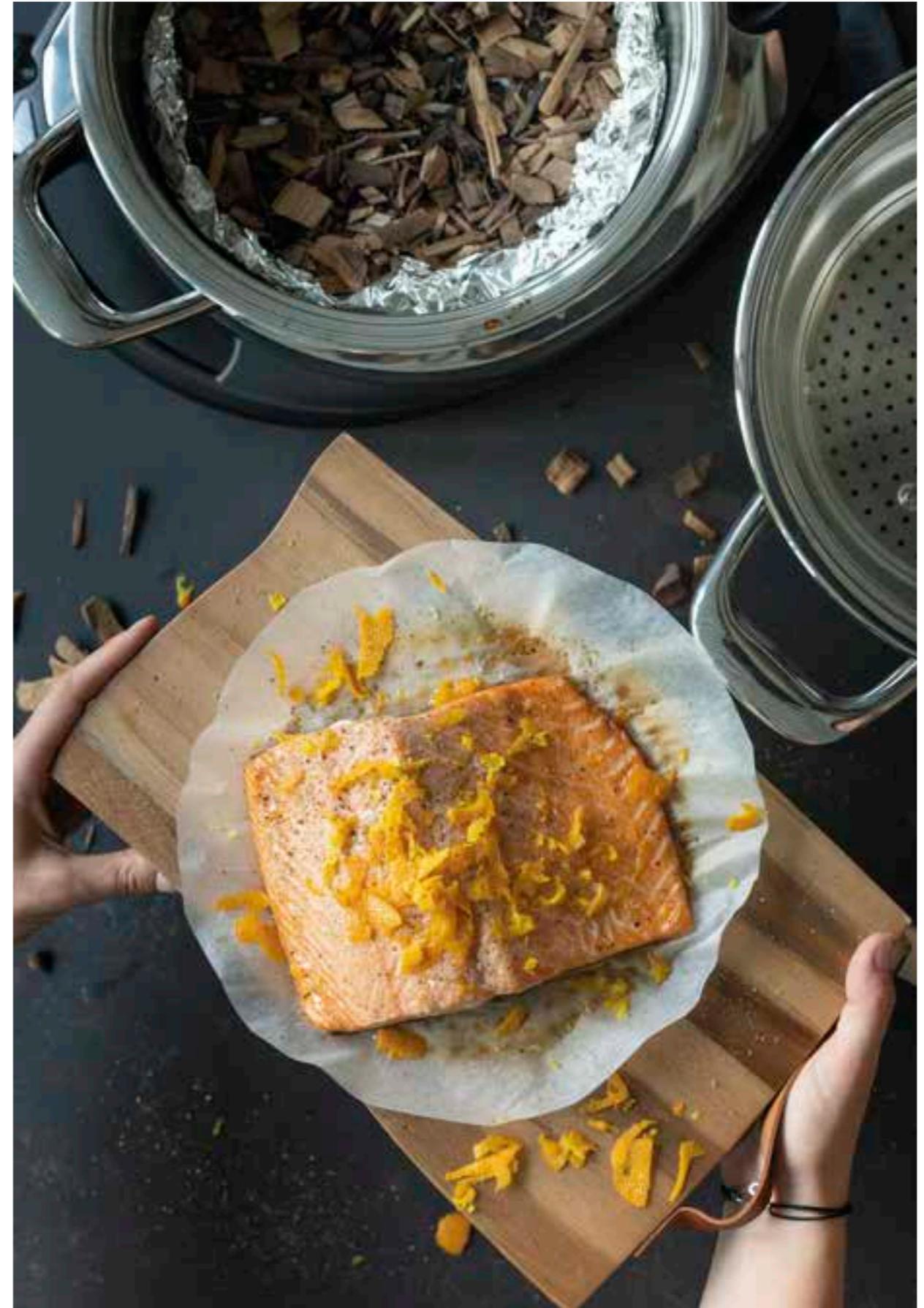
- Pot 24 cm, 2,5 l
- Sieve insert
- Navigenio
- Audiotherm

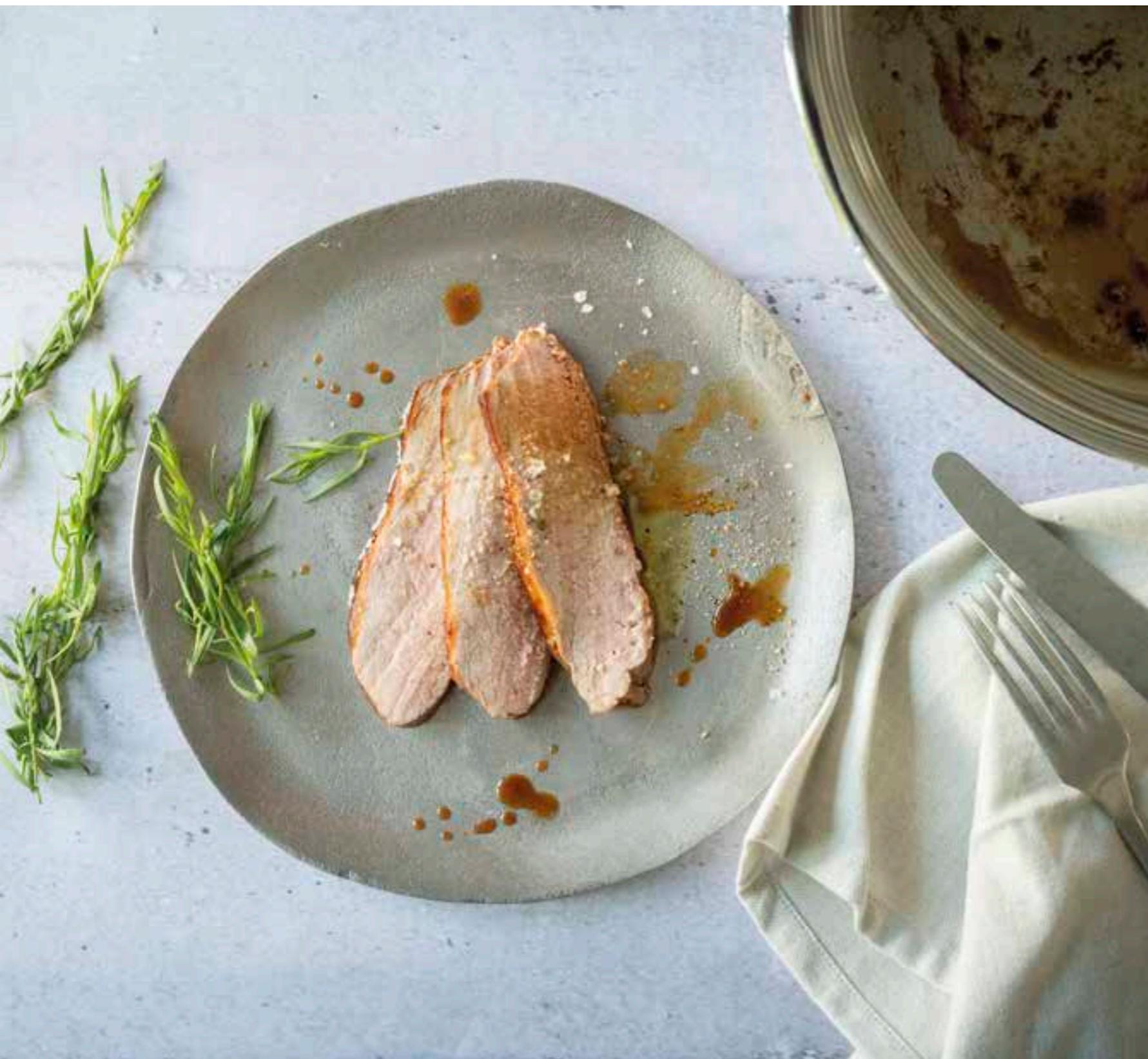
1. Wash the orange in hot water and finely zest the skin. Mix with sugar, pepper, salt and coriander and rub into the salmon. Allow to marinate, covered, in the fridge for about 2 hours.
2. Cut out a circle of baking paper with the help of a 24 cm lid and place in the sieve insert. Rinse salmon fillet with cold water, dab dry and place in the sieve insert.
3. Line the pot well with aluminum foil, put wood chips in and cover with the lid. Place the pot on the Navigenio and heat on level 6 up to the roasting window.
4. Place the sieve insert with the salmon on the pot and put the lid back on.
5. Switch Navigenio to "A" and smoke for about 10 minutes in the 60 °C program.
6. Serve warm smoked salmon either immediately while still warm or cold – however you prefer.

### Tips

It will take a few minutes to reach the ideal temperature of 60 °C. This wait is necessary for the Navigenio to heat in a particularly gentle way without allowing the temperature to get too hot.

This goes well with a cream-cheese dip with coarse-grained mustard, orange zest and pepper.





## SOUS-VIDE SADDLE OF VEAL

Roasting without added fat | 60 °C Sous-vide

Preparation and cooking time: ca. 2¼ hrs. | Marinating ca. 12 hrs.

### For 4 persons

750 g saddle of veal,  
boneless

olive oil

4 twigs tarragon

salt, pepper

### AMC products

Pot 24 cm 3.5 l

Pot 24 cm 5.0 l

Navigenio

Audiotherm

1. Vacuum-seal the saddle of veal in a heat-resistant bag together with a little olive oil and tarragon. Allow to marinate overnight in the refrigerator for best results.
2. Add around 3 liters of water to the tall pot, place the vacuum-packed meat inside and close with the lid.
3. Switch the Navigenio to “A” and cook for approx. 90 minutes on the 60 °C program.
4. After cooking is finished, remove the pot from the Navigenio. Remove meat from the vacuum bag and carefully dab dry with a paper towel.
5. Heat the pot on highest level up to the roasting window, switch to a low level and roast meat well on all sides.
6. To serve, slice the meat and season with some salt, pepper and olive oil.



Recipes with pans



**For 6 persons**  
(580 calories per person)

White sauce:

- 1 small onion
- 1 hard-boiled egg
- 2 pickles
- 1/2 bunch chives
- 150 g yogurt
- 1 tbs mustard
- salt, pepper
- 100 g mayonnaise

Red sauce:

- 1 clove of garlic
- 1 shallot
- 150 g apricot jam
- 1 ts tomato paste
- cayenne pepper
- 1 tbs soy sauce
- salt

Nuggets:

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

**AMC products**

- HotPan 28 cm
- Audiotherm

## CHICKEN AND FISH NUGGETS

**Deep-frying**

Preparation and cooking time: ca. 60 min

Red Sauce:

1. Peel and dice the garlic and shallot. Mix with apricot jam and tomato paste. Season to taste with cayenne pepper, soy sauce and salt.

White Sauce:

2. Peel and dice the onion and egg along with the pickles. Slice the chives into thin rings. Mix everything with the mayonnaise, yogurt and mustard. Season to taste with salt and pepper.

Nuggets:

3. Cut chicken breast and fish fillet into bite-sized pieces and season with salt and pepper.
4. Whisk the eggs in a deep dish and prepare two plates – one with flour and one with breadcrumbs.
5. Dunk the chicken first in the flour, then in the whisked egg and finally in the breadcrumbs. Then bread the pieces of fish in the same way.
6. Add oil to the pan and cover with the lid. Heat the pot on highest level up to the roasting window, switch to a low level and place the breaded pieces of meats into the oil first.
7. Cover with the lid and deep-fry until the turning point is reached.
8. Turn the nuggets, take them out as soon as they are golden brown and let them drain on a paper towel.
9. Then deep-fry the pieces of fish in the same way. Serve the nuggets as hot as possible and with the sauces.

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**Tip**

The Visiotherm provides perfect control over the right deep-frying temperature so you can deep-fry different ingredients one after the other in the same oil.

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## BREADED SCHNITZEL

### Roasting

Preparation and cooking time: ca. 20 min.

#### For 2 persons

(475 calories per person)

2 schnitzel (either pork, veal or turkey depending on preference)

salt, pepper

spicy paprika powder

2 tbs flour

5 tbs breadcrumbs

1 egg

40 g butter

#### AMC products

HotPan 28 cm

Audiotherm

1. Dab the schnitzel dry with a paper towel; if necessary, cover them in clingfilm and beat them a bit flatter, then season.
2. Prepare two plates – one with flour and one with breadcrumbs. Beat the egg in a deep dish with a fork. Turn each schnitzel first in flour, then in egg and finally in breadcrumbs. Gently shake off excess breading.
3. Add butter to the pan and heat up on highest level.
4. As soon as the butter begins to foam, place the schnitzel in the pan, put the lid on and roast on highest level up to the roasting window.
5. Switch to a low or medium level and continue roasting until the turning point is reached. Flip the schnitzel, dry the inside of the lid with a paper towel, then replace the lid.
6. Unscrew the Visiotherm and roast the schnitzel for about 3 minutes until they are golden brown.
7. Remove the schnitzel and serve immediately.

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#### Tip

Finish roasting thicker or stuffed schnitzel such as cordon bleu until they have reached the desired cooking point.

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## ROAST POTATOES

### Roasting

Preparation and cooking time: ca. 35 min.

**For 2 persons**  
(320 calories per person)

800 g waxy potatoes

1 onion

30 g clarified butter

salt or pan-fried potato spice  
mix

### AMC products

HotPan 28 cm

Audiotherm

1. Peel the potatoes and cut them into cubes of about 2 cm. Peel and dice the onion.
2. Heat the pan on highest level up to the roasting window, switch to a low level and add the clarified butter to the pan.
3. Spread out the potato cubes in the pan and roast until the turning point is reached.
4. Turn the potatoes, add onion cubes and season. Replace the lid. Unscrew the Visiotherm so that excess moisture can escape.
5. Roast potatoes for about 20 minutes in all, turning occasionally. To finish, remove the lid entirely and allow the potatoes to get crispy for about 2 minutes.

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### For a “Tyrolean-style farmer’s gröstl” variation:

Along with the diced onion, also fold in small chopped pieces of sausage or bits of roast meat, then continue to roast as described.

After cooking is finished, mix chopped parsley and chives together with halved cocktail tomatoes into the “gröstl” and serve.

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# ONION CHEESECAKE

## Roasting | Baking

Preparation and cooking time: ca. 25 Minuten

### For 4 persons

(285 calories per person)

1 onion  
150 g grated mixed cheese  
75 g cooked ham or cubes of bacon  
1 egg  
3 tbs cream  
pepper  
cayenne pepper  
nutmeg  
1 puff pastry (round, ø of approx. 24 cm)

### AMC products

HotPan 24 cm  
Navigenio  
Audiotherm

1. Peel and dice onion, mix well with cheese, diced ham or bacon, egg and cream, then season generously.
2. Cut out a circle of baking paper that's a little bit bigger than the pastry base.
3. Place the pastry base with the baking paper in the pan, then prick tightly with a fork. Place the pan on the hob and set it on highest level. Place Navigenio overhead and switch to the large level, prebake for approx. 3 minutes (for induction hobs, only approx. 2 minutes).
4. Switch off the hob (for an induction hob, leave at low level) and spread the topping on the puff pastry base.
5. Place the Navigenio overhead and switch to high level, then bake for approx. 3 minutes.
6. Then switch the Navigenio to low level to finish baking, for approx. 5 minutes.





## TOASTED SANDWICH BREAD

### Roasting without added fat

Preparation and cooking time: ca. 20 min.

**For 4 persons**  
(275 calories per person)

8 slices toast  
2 tbs cream cheese with herbs  
4 slices cooked ham  
4 slices cheese  
1 tomato

### AMC products

Arondo Grill 28 cm  
Audiotherm

1. Spread four slices toast with cream cheese, then cover each with a slice of ham and cheese.
2. Cut the tomato into thin slices and spread them on top, cover with the remaining four slices of toast, press them together slightly.
3. Heat the pan on highest level up to the roasting window, switch off the hob, place the sandwiches in the pan and cover with the lid.
4. Flip the sandwiches after about 1 minute and put the lid back on.
5. Continue to roast for about 5 minutes until the sandwiches are crispy and golden brown.

# STEAK

## Roasting without added fat

Preparation and cooking time: ca. 15 min.

### For 4 persons

(330 calories per person)

4 beef steaks (approx. 250 g each)

salt, pepper

2 cloves of garlic

2 sprigs rosemary

2 thyme sprigs

### AMC products

Arondo Grill 28 cm

Audiotherm

1. Remove the steaks from the refrigerator about 30 minutes before you intend to prepare them.
2. Dab the meat dry with a paper towel. Press the unpeeled cloves of garlic with the back of a knife.
3. Heat the pan on highest level up to the roasting window, place the steaks in the pan and roast, uncovered, until the meat is easy to remove from the bottom of the pan slightly.
4. Turn the steaks, season, then spread thyme and rosemary and garlic on the meat. After about 1 minute, put the lid on and remove the pan from the heat.
5. Let rest until the desired cooking degree is reached.

---

### Tips

After browning, allow the steaks to rest according to the desired degree of cooking (for a thickness of approx. 3 cm):

approx. 2 minutes for rare (bloody)

approx. 4 minutes for medium (pink)

approx. 6 minutes for well done (cooked through)

Cooking without the lid is best for when the goal is to achieve a hearty crust.

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# ITALIAN BRUSCHETTA

## Open cooking

Preparation and cooking time: ca. 25 min. | Resting ca. 15 min.

### For 12 pieces

(160 calories per piece)

3 tomatoes

2 cloves of garlic

2 stalks of basil

salt, pepper

5 tbs olive oil

12 slices white bread  
(e.g. ciabatta)

### AMC product

oPan

1. Clean the tomatoes and cut into fine cubes. Peel the garlic and dice it along with the basil. Mix everything, season with salt and pepper, stir in olive oil and let it rest for about 15 minutes.
2. Heat the pan on highest level up until the perfect temperature for roasting is reached.
3. Switch to a low level and place 6 slices of bread in the pan. Roast until the desired level of browning has been reached, then flip.
4. After turning, spread the tomato mix on the roasted bread slices, drizzle with olive oil and serve.
5. Roast the rest of the bruschette in the same way and spread with the remaining ingredients.

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### Tip

Serve from the pan at the table. This will keep the bread warm for as long as possible.

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## STUFFED OMELETTE AND FRIED EGGS

### Open cooking

Preparation and cooking time: ca. 15 min.

**For 2 persons**  
(270 calories per person)

#### Stuffed omelette:

2 eggs  
salt, pepper  
1/2 red bell pepper  
3 stalks flat leaf parsley  
1 ts fat, oil or butter  
3 tbs grated cheese

#### Fried eggs sunny-side up:

2 eggs  
salt, pepper  
1 ts fat, oil or butter  
slices of bacon, as desired

#### AMC Produkt

oPan

1. Season the eggs for the omelette with salt and pepper, then whisk them with a fork. Clean and dice the bell pepper; finely chop the parsley.
2. Heat the pan on highest level up until the perfect temperature for roasting is reached. Switch to a low level, add fat and spread it around evenly.
3. Add the egg mixture and cook until it starts to solidify.
4. Spread the grated cheese, paprika and parsley on top, fold the edges inwards and serve.
5. For the fried eggs, beat the eggs in the heated pan and roast them, adding bacon slices as desired. Season with salt and pepper.

# CREPES

## Open cooking

Preparation and cooking time: ca. 20 min. | Resting: ca. 30 min.

### For 6 pieces

(100 calories per piece)

100 g flour  
1 pinch salt  
200 ml milk  
2 eggs

### AMC product

oPan

1. Stir all the ingredients well until the mixture turns into a thin batter, then let the batter rest for about 30 minutes.
2. Heat the pan on highest level up until the perfect temperature for roasting is reached.
3. Switch to a low level, pour enough batter for one crepe into the pan and spread it around evenly.
4. As soon as the batter firms up, flip it and continue to bake. Set crepe aside but keep warm and continue to cook the rest of the crepes.

## Tips

Here's how to add a little variety!

Make the dough savory or sweet by adding

- Cress or chopped fresh herbs
- Cocoa powder, poppy seeds, cinnamon
- Curry powder, turmeric, red pepper flakes
- Lemon or orange zest
- A dash of liqueur or schnapps

Savory or sweet fillings such as

- Curd or ricotta
- Ham, cheese or smoked salmon
- Fruit or vegetables





Recipe with quick  
cooking lid



## POTATO GRATIN

### Roasting | Gratin

Preparation and cooking time: ca. 40 min.

#### For 4 persons (890 calories per person)

1 clove of garlic  
1 kg waxy potatoes  
200 ml cream  
100 ml vegetable broth  
salt, pepper  
nutmeg  
50 g grated cheese

#### AMC products

Pot 24 cm 3.5 l  
Secuquick softline 20 cm  
Navigenio  
Audiotherm

1. Peel garlic and potatoes, finely dice garlic and thinly slice potatoes.
2. Add cream, broth and garlic to a pot and season generously with salt, pepper and nutmeg.
3. Add the potatoes and spread them around a little, but stop stirring. Cover with the Secuquick softline and close.
4. Place the pot on the Navigenio and heat on level 6 up to the soft window, switch to level 2 and cook for about 6 minutes in the soft area.
5. After cooking is finished, depressurize the pot and remove the Secuquick.
6. Spread the cheese over the potatoes. Place the pot in an inverted lid, place Navigenio overhead and switch to high level, then brown for approx. 10 minutes.

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#### Tip

Vary the ingredients – replace some of the potatoes with thin slices of carrots, knob celery or leek.

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## NOODLES (BASIC RECIPE)

### Quick-cooking

Preparation and cooking time: ca. 15 min.

### For 2 persons

(440 calories per person)

250 g noodles, e.g. fusilli (spiral noodles)

500 ml vegetable broth

### AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Audiotherm



1. Mix the noodles and vegetable broth in a pot. Cover with the Secuquick softline and close. Heat the pot on highest level up to the soft window, switch to a low level and cook for approx. 5 minutes in the soft area.
2. After cooking is finished, depressurize the Secuquick and remove it. Then stir the noodles well and continue to follow the recipe.

---

### Tip

Noodles can be cooked in a way that conserves energy particularly well: just around 1 minute in the soft area. Then place the pot in the upside-down lid and allow it to depressurize by itself.

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## RICE (BASIC RECIPE)

### Quick-cooking

Preparation and cooking time: ca. 15 min.

### For 4 persons

(220 calories per person)

250 g rice, e.g. long-grain

500 ml vegetable broth

### AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Audiotherm



1. Mix the rice and vegetable broth in a pot. Cover with the Secuquick softline and close. Heat the pot on highest level up to the soft window, switch to a low level and cook with the time setting "p" in the soft area.
2. After cooking is finished, place the pot in the inverted lid and allow it to depressurize by itself.
3. Remove Secuquick and use a utensil to loosen up the rice.

---

### Tip

The recipe can also be prepared without a Secuquick: Heat the pot with rice and vegetable broth on highest level up to the vegetable window, switch off the heat, stir once, put the lid back on and let it swell up according to the package instructions.

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## BOILED POTATOES (BASIC RECIPE)

### Quick-cooking

Preparation and cooking time: ca. 20 min.

### For 4 persons

(140 calories per person)

800 g waxy potatoes

### AMC products

Pot 20 cm 3.0 l

Secuquick softline 20 cm

Softiera insert 20 cm

Audiotherm



1. Wash and brush the potatoes thoroughly.
2. Add water to the pot and place the potatoes (in the Softiera insert) inside it. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the soft window, switch to a low level and cook for approx. 6 minutes in the soft area.
4. After cooking is finished, place the Secuquick in an inverted lid and allow it depressurize by itself.
5. Remove Secuquick, let potatoes cool slightly, peel if necessary and serve.

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### Tip

The amount of water is 150 ml for the 20 cm pot and 200 ml for the 24 cm pot.

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## ONE-POT PASTA: FUSILLI WITH BOLOGNESE SAUCE

**Roasting without added fat | Quick-cooking**

Preparation and cooking time: ca. 25 min.

### For 4 persons

(485 calories per person)

350 g minced meat

1 onion

250 g fusilli (spiral-shaped noodles)

400 g diced tomatoes (canned)

400 ml vegetable broth  
salt, pepper

chili flakes or AMC Intenso

50 g grated Parmesan

### AMC products

Pot 20 cm 4.0 I

Secuquick softline 20 cm

Audiotherm

1. Remove the minced meat from the refrigerator about 30 minutes before you intend to prepare it.
2. Peel and dice the onion, then add it to the pot. Heat the pot on highest level up to the roasting window, switch to a low level, add the meat and roast. Add the fusilli, tomatoes and broth and mix. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the soft window, switch to a low level and cook for approx. 1 minute in the soft area.
4. At the end of the cooking time place pot in the inverted lid and allow it to depressurize by itself. Remove Secuquick.
5. Stir well, season to taste with salt, pepper and chili flakes and serve sprinkled with Parmesan.

### Tip

If desired, enhance the pasta with more vegetables (e.g. a finely diced carrot and 1 to 2 stalks of finely diced celery).





## RISOTTO WITH PORCINI MUSHROOMS

### Quick-cooking

Preparation and cooking time: ca. 25 min.

### For 4 persons (380 calories per person)

1 onion  
1 clove of garlic  
25 g dried porcini mushrooms  
1/2 bunch parsley  
250 g risotto rice  
100 ml white wine  
400 ml vegetable broth  
50 g butter  
30 g grated Parmesan  
salt, pepper

### AMC products

Pot 20 cm 3.0 l  
Secuquick softline 20 cm  
Audiotherm

1. Peel and dice the onion and garlic, along with the dried porcini mushrooms. Remove the parsley leaves from the stems and chop finely.
2. Put everything into the pot along with the risotto rice, wine and vegetable stock. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the soft window, switch to a low level and cook with the time setting "p" in the soft area.
4. After cooking is finished, place the Secuquick in the inverted lid and allow it to depressurize by itself.
5. Remove Secuquick. Stir the butter, parsley and Parmesan into the risotto. Season to taste with salt and pepper.



## SPANISH-STYLE CHICKPEA STEW

### Quick-cooking | Roasting

Preparation and cooking time: ca. 40 min.

#### For 4 persons

(550 calories per person)

250 g chickpeas

800 ml water

300 g waxy potatoes

1 tbs olive oil

100 g chorizo (spanish salami flavored with paprika),

one piece

1 onion

1 clove of garlic

3 stalks parsley

1 tbs spicy paprika powder  
or AMC Intenso

#### AMC products

Pot 20 cm 4.5 l

Secuquick softline 20 cm

Navigenio

Audiotherm

1. Soak chickpeas in water overnight.
2. Peel the potatoes, cut into cubes and mix with the olive oil. Peel the chorizo and cut into slices. Peel and dice the onion and garlic. Remove the parsley leaves from the stems and chop finely.
3. Add the onion and garlic to the pot. Heat the pot on highest level up to the roasting window, switch to a low level, add the diced potatoes and roast.
4. Add the chickpeas together with the soaking water, chorizo and paprika. Mix everything together well. Cover with the Secuquick softline and close.
5. Heat the pot on highest level up to the turbo window, switch to a low level and cook for approx. 6 minutes in the turbo area.
6. After cooking is finished, place the Secuquick in an inverted lid and allow it to depressurize by itself.
7. Remove Secuquick, stir well and add parsley.





## BEEF GOULASH

Roasting without added fat | Quick-cooking

Preparation and cooking time: ca. 40 min.

**For 4 persons**  
(340 calories per person)

500 g mixed goulash  
(beef/pork)  
3 onions  
2 red bell peppers  
2 tbs tomato paste  
2 tbs sweet paprika powder  
1 tbs spicy paprika  
powder or AMC Intenso  
salt, pepper  
caraway powder  
sauce thickener

### AMC products

Pot 20 cm 3.0 l  
Secuquick softline 20 cm  
Audiotherm

1. Remove meat from the refrigerator about 30 minutes before you intend to prepare it.
2. Peel and dice the onions. Clean and dice the peppers. Dab the meat dry with a paper towel.
3. Heat the pot on highest level up to the roasting window, add the meat to the pot and flip it shortly thereafter.
4. Add onions, peppers, tomato paste and both paprika. Cover with the Secuquick softline and close.
5. Heat the pot on highest level up to the turbo window, switch to a low level and cook for approx. 12 minutes in the turbo area.
6. After cooking is finished, place the Secuquick in the inverted lid and allow it to depressurize by itself.
7. Remove Secuquick, stir well, then season to taste with salt, pepper and caraway powder. If desired, use a little sauce thickener to thicken.



## VEGAN QUINOA SALAD

### Quick-cooking | Roasting

Preparation and cooking time: ca. 30 min.

#### For 4 persons

(370 calories per person)

250 g quinoa tricolore  
700 ml vegetable broth  
2 shallots  
200 g carrots  
250 g cocktail tomatoes  
200 g smoked tofu  
70 g walnuts  
6 tbs wine vinegar (vegan)  
3 tbs olive oil  
salt, pepper  
3 twigs thyme

#### AMC products

Pot 20 cm, 3.0 l  
Secuquick softline 20 cm  
Audiotherm

1. Mix the quinoa and 2/3 of the broth in the pot. Cover with the Secuquick softline and close.
2. Heat the Secuquick on highest level up to the soft window, switch to a low level and cook with the time setting "P" in the soft area.
3. Peel the shallots and carrots and clean the tomatoes. Slice the shallots into thin rings and the carrots into sticks. Cut each tomato in half. Dice the tofu and coarsely chop the walnuts.
4. Mix up a dressing using vinegar, oil and the leftover broth, then season with salt and pepper. Pluck the thyme leaves from the stems and add them. Mix the prepared ingredients and the dressing in a bowl.
5. After cooking is finished, place pot in an inverted lid and allow it to depressurize by itself.
6. Let the quinoa cool a little, then add it to the rest of the salad.





## LENTIL SOUP

### Quick-cooking

Preparation and cooking time: ca. 35 min.

#### For 6 persons (440 calories per person)

2 carrots  
2 stalks celery  
1 onion  
2 cloves of garlic  
6 cocktail tomatoes  
300 g lentils  
5 bay leaves  
1 1/4 L vegetable broth  
salt, pepper  
olive oil

#### AMC products

Pot 24 cm 6.5 l  
Secuquick softline 24 cm  
Audiotherm

1. Peel and dice the carrots. Clean and slice the celery stalks. Peel and dice the onion and garlic cloves. Clean and halve the tomatoes.
2. Put everything into a pot along with the lentils, bay leaves and vegetable broth, then stir. Cover with the Secuquick softline and close.
3. Heat the pot on highest level up to the turbo window, switch to a low level and cook for approx. 7 minutes in the turbo area.
4. After cooking is finished, place the pot in the inverted lid and allow it to depressurize by itself.
5. Remove Secuquick, remove bay leaves, then season to taste with salt, pepper and olive oil.



Recipe with steaming lid



# ASPARAGUS

## Quick-cooking

Preparation and cooking time: ca. 35 min.

## For 4 persons

(40 calories per person)

1.2 kg white or green asparagus

## AMC products

Oval Griddle 38 cm, 4.5 l

Oval insert

Oval EasyQuick

Audiotherm



1. If using white asparagus, peel the entire stalk; if green asparagus, peel only the bottom third. Place the asparagus in the Oval insert.
2. Pour approx. 200 ml of water into the pot, place the Oval insert containing the asparagus inside and close with Oval EasyQuick.
3. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 10 minutes in the steam area.

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## Tip

Asparagus pairs particularly well with hollandaise sauce and oven-roasted potatoes.

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## FRUITY SALMON SKEWERS

### Steaming

Preparation and cooking time: ca. 25 min.

**For 6 persons**  
(210 calories per person)

#### Salmon skewers:

1 mango  
400 g salmon fillet  
150 g snow peas

#### Mustard-yogurt dip:

2 tbs mustard  
150 g greek yogurt  
1 tbs honey  
5 stalks dill  
salt, pepper

#### AMC products

Pot 24 cm 3.5 l  
Softiera-Einsatz 24 cm  
EasyQuick  
Audiotherm  
Quick Cut

#### Salmon skewers:

1. Peel and pit the mango. Cut salmon fillet and mango into cubes. Halve the larger snow peas.
2. Skewer the salmon cubes, mango cubes and a few snow peas on toothpicks and put the first half of the skewers in a Softiera insert.
3. Pour approx. 150 ml of water into the pot and place the Softiera insert inside it. Close with EasyQuick with the 24 cm sealing ring.
4. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 3 minutes in the steam area.
5. Remove EasyQuick once the cooking is finished, remove the Softiera insert and cook the second half of the skewers in the same way.

#### Mustard-yogurt dip:

6. Add mustard, yogurt and honey to the Quick Cut. Pluck off the dill tips from the stems, add them and mix everything well. Season to taste with salt and pepper.
7. Serve the salmon skewers with the mustard-yogurt dip.



## DIM-SUM-STYLE DUMPLINGS

### Steaming

Preparation and cooking time: ca. 45 min. | Resting: ca. 30 min

#### For 8 pieces

(160 calories per piece)

#### Dough:

100 g flour

2 ts peanut oil

1/2 ts salt

50 ml water

butter or oil for greasing

#### Filling

1/2 red bell pepper

1 spring onion

2 tbs soy sauce

#### Sauce:

1/2 red bell pepper

1 whole chili

1 clove of garlic

20 g ginger

800 g apricots (canned)

3 tbs honey

3 tbs tomato paste

2 tbs white wine vinegar

#### AMC products

Pot 20 cm, 2.3 l

Combi sieve insert

EasyQuick

Audiotherm

Quick Cut

1. For the dough, mix flour, oil and salt and knead with water until a smooth dough is formed. Allow to rest, covered, for about 30 minutes.
2. For the filling, clean the bell pepper and spring onion, chop very finely and mix with soy sauce.
3. Knead the dough again, divide it into 8 balls and roll them out into circles of about 7 cm. Spread the filling over one half of each circle and fold the other half over to form semicircles. Carefully close the edges and place in the greased Combi Sieve insert.
4. For the sauce, clean the bell and chilli peppers and peel the garlic and ginger. Drain the apricots, collecting about 100 ml of juice.
5. Dice everything very finely, then add to a pot and stir in the juice, honey, tomato paste and white wine vinegar. Place the Combi Sieve insert on the pot and close with the EasyQuick with the 24 cm sealing ring on top.
6. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 5 minutes in the steam area.
7. Once the cooking is finished, remove EasyQuick, remove the Combi Sieve insert and plate the dumplings with the sauce.



# FISH ROLLS WITH ROCKET PESTO

## Steaming

Preparation and cooking time: ca. 25 min.

### For 4 persons

(400 calories per person)

70 g Parmesan

50 g pistachios

40 g rocket

5 tbs olive oil

salt, pepper

8 fillets of lemon sole  
(alternatively, fillets of plaice  
or sole)

8 cocktail tomatoes

### AMC products

Pot 24 cm 3.5 l

Softiera Insert 24cm

EasyQuick

Audiotherm

Quick Cut

1. Add the Parmesan and pistachios to the Quick Cut and process them. Add the rocket and process as well. Add olive oil, some salt and pepper and mix well.
2. Spread a little pesto on the fish fillets and roll each one up around a cocktail tomato, fixing it with a toothpick. Put the fish rolls in a Softiera insert.
3. Pour approx. 100 ml of water into the pot and place the Softiera insert inside it. Close with the EasyQuick with the 24 cm sealing ring.
4. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 3 minutes in the steam area.
5. At the end of the cooking time, remove the EasyQuick, remove Softiera insert and serve the fish rolls with the rest of the pesto.

### Tip

As the fish rolls will let off moisture during the steaming process, adding 100 ml of water is more than enough.





## TOFU CURRY

### Roasting without added fat

Preparation and cooking time: ca. 35 min.

#### For 4 persons

(280 calories per person)

500 g tofu

150 ml vegetable broth

1 onion

2 cloves of garlic

3 stalks peppermint

800 g diced tomatoes (canned)

50 g cashew nuts

Garam masala, to taste

salt, pepper

#### AMC products

Pot 24 cm, 5.0 l

EasyQuick

Audiotherm

Quick Cut

1. Cut the tofu into approx. 1.5 cm cubes and marinate in broth for at least one hour.
2. Peel and dice the onion and garlic, then add to the pot. Close with the EasyQuick with the 24 cm sealing ring.
3. Heat the pot on highest level up to the roasting window, switch to a low level and roast the onion mixture.
4. Remove the peppermint leaves from the stems and chop finely. Drain the tofu.
5. Add the tomatoes, cashew nuts, peppermint, tofu and some garam masala to taste.
6. Close with the EasyQuick. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 4 minutes in the steam area.
7. Remove EasyQuick once the cooking is finished and season to taste with salt and pepper.





## STEAMED CHOCOLATE CAKE

### Steaming

Preparation and cooking time: ca. 35 min.

#### For 8 pieces

(315 calories per piece)

100 g cacao

100 g sugar

100 ml vegetable oil

50 ml milk

50 ml condensed milk

3 eggs

1 ts vanilla essence

150 g flour

1/4 ts baking soda

1 ts baking powder

#### AMC products

Pot 24 cm 3.5 l

Softiera Insert 24 cm

EasyQuick

Audiotherm



1. Mix cocoa powder, sugar, oil, milk and condensed milk in a bowl.
2. Whisk the eggs, then stir in the vanilla essence and cocoa mixture. Mix the flour with the baking soda and baking powder, then stir this mixture in as well.
3. Cut out a circle of baking paper with the help of the EasyQuick and place in the Softiera insert, then place dough inside.
4. Pour approx. 150 ml of water into the pot and place the Softiera insert inside it. Close with the EasyQuick with the sealing ring 24 cm.
5. Heat the pot on highest level up to the steam window, switch to a low level and cook for approx. 14 minutes in the steam area.
6. Once the cooking is finished, remove EasyQuick and remove Softiera insert and let the cake cool briefly before tipping it out.



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

info@amc.info  
www.amc.info



AMC International



AMC International



amc\_international

kochen@amc.info  
www.kochenmitamc.info



AMC Rezept Community

