

# SLOW COOKER

Creative recipes



**SILVER CREST®**

# CONTENTS

Soups . . . . . 02

Main courses . . . . . 14

Desserts . . . . . 38

Index . . . . . 52

Photo credits . . . . . 54



# SOUP

## Vegetarian

**Preparation time:** 30 min  
**Cooking time approx.:** 4.5 hrs  
**Level of difficulty:** medium

### Ingredients for 4 people:

1 butternut pumpkin,  
approx. 1.5 kg  
1 large onion  
3–4 cloves of garlic  
3 cm ginger  
200 g floury potatoes  
2 tbsp. olive oil  
Salt  
Freshly ground pepper  
Garam masala (Indian  
seasoning mixture)  
1 litre of vegetable stock  
2 slices of toasting bread  
2 tbsp. pumpkin seeds  
2 tbsp. butter  
60 g sour cream

# CREAM OF PUMPKIN SOUP

## with garam masala

Peel the pumpkin, remove the seeds and chop the pumpkin coarsely.

Peel and finely chop the onions and garlic.

Peel and finely dice the ginger.

Peel, wash and chop the potatoes into chunks.

Heat the oil in a frying pan and sauté the onion with the garlic and ginger until translucent, then set aside.

Add the pumpkin, potatoes and onion mixture to the ceramic pot.

Add the stock, season with salt, pepper and 1–2 tsp. garam masala and cover and cook at setting "**SS**" for 4.5 hours.

Afterwards, let the soup cool for about 10 minutes.

In the meantime, cut the bread slices into small cubes.

Dry-roast the pumpkin seeds in a non-stick pan, then set aside.

Heat the butter in the pan and fry the bread cubes all around until golden brown.

Puree the soup with a hand blender until creamy, season to taste and divide into cups.

Add 1.5 tbsp. of sour cream, spread the croutons on top and serve the soup sprinkled with the roasted pumpkin seeds and garam masala.



# SOUP

**Preparation time:** 30 min

**Cooking time approx.:** 6 hrs

**Level of difficulty:** easy

## Ingredients for 6 people:

3 tbsp. clarified butter

250 g carrots, sliced

250 g diced potatoes

500 g beef, diced  
(not too large)

250 g onions, diced

3 tbsp. tomato purée

1 tbsp. paprika powder, sweet

Salt, pepper, chilli

2 peppers, diced

1 litre of meat stock

## GOULASH SOUP

Lightly sauté the carrots and potatoes with a tbsp. of clarified butter in a pan and add to the ceramic pot.

Fry the meat cubes and onions in the remaining clarified butter and add the tomato paste in the last few minutes.

Season with salt, paprika, chilli and pepper.

Then add the meat.

Add the meat stock and the peppers.

Cook the food on the setting "SS" for around 6 hours.



### Tip:

If you like it spicy, add some hot paprika.



# CHEESE AND LEEK SOUP

Clean the leek and cut it into rings.

Skin the onions and chop them into fine cubes.

Fry both with the oil in a pan until translucent and then add to the ceramic pot.

Set the appliance to "SS" and put the lid on.

Fry the minced meat in a pan until crumbly and put it into the ceramic pot.

Add the warm vegetable stock and cook for 2.5 hours at "SSS" or 5 hours at "SS".

Then set the appliance to "SSS", stir in the processed cheese and add the drained mushrooms.

Season with a little nutmeg and simmer for 30 minutes.

Garnish with parsley before serving.

**Preparation time:** 20 min  
**Cooking time approx.:** 2.5 hrs  
**Level of difficulty:** easy

## Ingredients for 4 people:

3 leeks

2 onions

1/2 tbsp. cooking oil

500 g minced meat, mixed

Salt, pepper, garlic salt

1 litre of vegetable stock

1 tin mushrooms

100 g creamy processed cheese

200 g processed cheese with herbs

Nutmeg to taste

Parsley to garnish





## LENTIL SOUP

## with ham

Peel the onions and garlic and cut both into small cubes. Remove the threads from the celery and cut it into slices. Peel and slice the carrots.

Heat some oil in a pan and sauté the ham briefly. Remove the ham and set aside.

Add some more oil to the pan and heat. Brown the onions and garlic.

Add the sugar and caramelize it slightly.

Add the tomato paste and fry briefly. Deglaze with the red wine and let simmer.

Put everything in the ceramic pot. Add the meat, tomatoes, lentils, vegetables, thyme, bay leaves and meat stock.

Simmer everything on the setting "SSS" for 3–4 hours, stirring repeatedly.

Season with salt, pepper and balsamic vinegar.

Add the marjoram and cook the lentil soup for another 20 minutes.

Wash the spinach leaves and spin them dry.

Remove the meat, place on a board and either pluck or cut into pieces.

Remove the bay leaves and the thyme and serve the soup in bowls. Spread the baby spinach on top and press lightly into the soup.

Place the plucked meat on top, pull a few leaves from the remaining thyme sprig, sprinkle over the soup and serve.

**Preparation time:** 30 min  
**Cooking time approx.:** 3–4 hrs  
**Level of difficulty:** medium

**Ingredients for 4 people:**

- 2 large onions
- 1 clove of garlic
- 3 tbsp. olive oil
- 500 g cured ham
- 1 tbsp. brown sugar
- 4 sprigs of fresh thyme
- 2 bay leaves
- 2 tbsp. tomato purée
- 150 ml red wine
- 250 g strained tomatoes (passata)
- 800 ml meat stock
- 250 g brown lentils
- 2 carrots
- 3 celery sticks
- Salt
- Freshly ground pepper
- 1 tbsp. marjoram, dried
- 3 tbsp. balsamic vinegar
- 1 handful baby spinach

**Preparation time:** 30 min  
**Cooking time approx.:** 3 hrs  
**Level of difficulty:** easy

**Ingredients for 6 people:**

6 potatoes  
 6 carrots  
 1 small kohlrabi  
 1 leek  
 1/2 clove of garlic  
 (chopped)  
 170 g green beans  
 1100 ml vegetable stock  
 100 ml cream  
 3 tbsp. pepper  
 2 tsp. salt  
 1 tsp. thyme  
 2 tbsp. parsley  
 (chopped)  
 3 tsp. cornflour

Peel the carrots, potatoes and kohlrabi and cut into small cubes.

Clean the green beans.

Wash the leek and cut into rings.

Put the vegetables together with the stock, the chopped garlic, the chopped parsley and the spices into the ceramic pot.

Cook on the setting "SSS" for around 3 hours.

Dissolve the cornflour in a little lukewarm water and stir in. Add the cream.

Simmer everything for another 15 minutes.

Taste, season if necessary and serve.



## PEA SOUP

Peel and chop the potatoes and onions.

Clean and chop the greens.

Add the peas, onions, potatoes and greens to the ceramic pot.

**Note:** *Unpeeled peas must be soaked overnight before use! They also require a longer cooking time!*

Place the meat and sausages on top.

Add 1.5 litres of hot water until all ingredients are just covered.

Season to taste with some stock granules or salt and pepper.

Put the lid on and cook for 4 to 4.5 hours on the setting "SSS".

Carefully take out the meat and, if necessary, remove the fat and bone from the meat. Dice the meat.

Cut the sausages into slices.

Depending on the consistency, puree part of the soup in a separate container.

Put the soup, meat and sausage slices back into the ceramic pot and stir the stew well.

If necessary, season to taste again with salt and pepper.

Wash and chop the parsley.

Sprinkle onto the pea soup.

**Preparation time:** 30 min

**Cooking time approx.:**

4 hrs–4 hrs 30 min

**Level of difficulty:** medium

**Ingredients for 6 people:**

500 g green peas, dried

2 onions

1/2 bunch soup greens

400 g Kasseler neck

2 smoked meat sausages

1 bay leaf

1 tsp. marjoram, dried

500 g potatoes

4 Vienna sausages

Salt, pepper, stock granules

1 bunch of parsley

1.5 litres of water

# SOUP

**Preparation time:** 30 min

**Cooking time approx.:**

4 hrs 10 min

**Level of difficulty:** easy

## Ingredients for 4 people:

1 kg broccoli

300 g potatoes, floury

1/2 leek

1 onion

2 garlic cloves

1 litre chicken stock

Salt

Freshly ground pepper

250 g peas, frozen

100 g grated pecorino cheese

100 g grated fontina cheese

75 g grated parmesan cheese

2 tbsp. chopped chives

Olive oil to drizzle

# BROCCOLI CRÈME SOUP

## with three kinds of cheese

Wash the broccoli, divide into florets, peel the stalk and cut into equally sized small pieces.

Peel and chop the potatoes.

Wash and chop the leek.

Peel and finely chop the onion and garlic.

Put everything together with the poultry stock, some salt and pepper into the ceramic pot and put the lid on top.

Cook for around 4 hours on the setting "SSS".

Open the lid, add the peas and simmer for another 5–10 minutes covered.

Then puree the pecorino, the fontina and half of the parmesan into the soup using a hand blender until everything is fine and has combined.

Season to taste, spread on bowls, the remaining parmesan cheese, the chopped chives on top and serve drizzled with a little olive oil.



**Preparation time:** 15 min  
**Cooking time approx.:** 5 hrs  
**Level of difficulty:** easy

**Ingredients for 6 people:**

1 small chicken,  
 ready to cook  
 1–1.5 litres of water  
 4 carrots  
 1/4 celery root (celeriac)  
 2 parsley roots  
 1 leek  
 1 tbsp. salt  
 1 tsp. lovage, dried  
 1 tsp. pepper, black, ground  
 1 bay leaf  
 1 tsp. ginger root, chopped  
 1 bunch parsley, curly

## CHICKEN SOUP

Preheat the appliance for 10 minutes on the setting "SSS".

Cut the leek into slices and dice the remaining vegetables.

Put the chicken in the ceramic pot.



**Tip:** The chicken shouldn't be too lean. For a good stock, you need fat. Do not trim off the fat before cooking!

Spread the diced vegetables and all the spices (except the parsley) over the chicken.

Pour the water over the mixture. Cook for 5 hours on the setting "SSS".

At the end of the cooking time, remove the chicken from the stock, remove the meat from the bones, cut or pluck into bite-sized pieces and put back into the ceramic pot.

Allow the meat to heat up again for a few minutes.

Chop the parsley and add.



**Tip:** If you like crisp vegetables, add more vegetables 1 hour before the end of cooking time.

# LASAGNE SOUP

Brown the minced beef together with the onions in the oil in a pan. Season with salt and pepper and put into the ceramic pot.

Add the tomatoes, garlic, stock and water and stir in the vegetables.

Add basil and oregano and season with salt and pepper to taste.

Cook for 3.5 to 4 hours on the setting "SSS".

Defrost the spinach.

Cook the pasta in a separate pot until al dente and set aside.

Add the pasta and spinach to the ceramic pot and cook for another 30 minutes on "SSS".



**Tip:**

Sprinkle pizza cheese, parmesan or ricotta over the soup to serve and sprinkle with basil.

**Preparation time:** 30 min  
**Cooking time approx.:** 4.5 hrs  
**Level of difficulty:** easy

**Ingredients for 6 people:**

500 g minced beef  
 2 onions, chopped  
 2 tbsp. olive oil  
 2 tins chopped tomatoes (800 g)  
 500 ml strained tomatoes (passata)  
 400 ml beef stock  
 400 ml water  
 2 red peppers, diced  
 1 clove of garlic (finely chopped)  
 200 g mushrooms, fresh, sliced  
 ½ tsp. each of basil and oregano, dried  
 Salt, pepper  
 150 g tagliatelle, uncooked  
 100 g spinach (frozen)

**To serve:**

fresh basil  
 200 g pizza cheese, grated (mozzarella), optionally parmesan cheese and/or ricotta

## MAIN COURSE

**Preparation time:** 30 min

**Minimum cooking time:** 7 hrs

**Level of difficulty:** easy

### Ingredients for 6–8 people:

1.3–1.5 kg boneless pork  
meat (shoulder or butt  
(upper shoulder))

2 tbsp. brown sugar

1 tbsp. paprika powder, sweet

2 tsp. coarse salt

Freshly ground pepper

2 large onions

500 ml ginger ale  
or root beer

1 bottle of barbecue sauce

## PULLED PORK

Rinse the pork and dab dry.

Mix the sugar with the paprika powder, salt and pepper in a small bowl. Rub the meat all over with it.

Peel the onion and cut into rings.

Put half of the onions in the ceramic pot.

Place the meat on the onion bed and cover with the remaining rings.

Pour on the ginger ale and cover and cook everything on the setting "S" for 6–7 hours.

Remove the soft meat and set aside.

If necessary, remove excess fat from the meat and pull it apart with two forks to get the typical pulled pork effect.

Put the pork back into the slow cooker together with the onions and add the barbecue sauce.

Cover and cook again for 1–2 hours.

Serve the pulled pork on its own, on rice, in a bread roll or sandwich.



Pulled Pork

## MAIN COURSE

**Preparation time:** 45 min  
**Leave to stand approx:** 3 hrs  
**Cooking time approx.:** 1 hrs  
**Level of difficulty:** medium

### Ingredients for 8 people:

#### For the tortillas:

approx. 360 g flour  
2 tsp. salt  
200 ml water  
Flour, for working

#### For the chilli:

1 onion  
2 garlic cloves  
2 red chilli peppers  
2 tbsp. olive oil  
800 g minced meat, beef  
2 tsp. tomato paste  
approx. 500 ml meat stock  
4 tomatoes  
250 g tinned kidney beans  
2 sprigs of oregano  
1/2 tsp. cumin, ground  
1/2 tsp. brown sugar  
Salt  
Freshly ground pepper

#### To garnish:

4 green chillies  
250 g sour cream  
approx. 200 g grated cheddar  
Cayenne pepper

## TACOS

### with chilli con carne

For the tortilla, mix the flour with the salt in a bowl.

Add the water and knead into a smooth dough.

If necessary, add a little extra water or flour.

Form into a ball and leave to stand for approx. 3 hours wrapped in foil.

For the chilli, peel the onion and the garlic and dice finely.

Cut the chillies in half, clean and chop them into small pieces.

Put the oil in a hot pan or pot and stir-fry the minced meat until crumbly.

Once the meat is lightly browned, mix in the onion and garlic as well as the chillies.

Fry together for 2–3 minutes and sweat the tomato paste briefly.

Put everything in the ceramic pot. Set the appliance to "SSS" and add the stock.

Wash the tomatoes, cut out the stalks and cut into coarse pieces.

Add to the chilli and simmer quietly for about 1 hour without the lid on. Stir occasionally.

Meanwhile, cut the dough for the tortillas into 8 equally sized pieces and roll them out into thin flat cakes on a floured surface.

Continued on page 18



## MAIN COURSE

Tap off excess flour and fry the tortillas in a hot pan without fat one after the other on both sides for approx. 1 minute each.

Then remove and cut into small pieces. Allow to cool.

Rinse the beans and drain well.

Add to the chilli about 15 minutes before the end of the cooking time.

Pluck the oregano leaves and chop finely.

Finally add to the chilli and season with cumin, sugar, salt and pepper.

Rinse the green chilli, core and cut into fine rings.

Arrange the chilli on the bread pieces and cover each with a dollop of sour cream, cheese and the chilli rings.

Sprinkle with some cayenne pepper and serve.



# POTATO-MUSTARD HOTPOT

**Preparation time:** 30 min  
**Cooking time approx:** 2.5 hrs  
**Level of difficulty:** normal

Cut the potatoes, the carrots and the celery into small cubes and put them with the stock and the bay leaf into the ceramic pot.

Cook for 2.5 hours on the setting "SS".

Finely dice the onions.

Fry the bacon strips in a frying pan until crispy. Remove the bacon from the pan.

Stew the chopped onion in bacon fat until translucent.

After 2.5 hours, add the sour cream, mustard, bacon strips and onions to the ceramic pot and season with salt and pepper.

Finally, stir in the finely chopped parsley.

## Ingredients for 3–4 people:

8 medium potatoes

3 carrots

1 slice of celeriac

300 ml chicken stock

1 bay leaf

2 tbs. mustard, medium hot

150 g sour cream

3 onions

1 pack of bacon  
(cut into strips)

2 sprigs of parsley

Salt and pepper



## MAIN COURSE

**Preparation time:** 30 min

**Marinating time approx.:** 30 min

**Cooking time approx.:** 7 hrs 40 min

**Level of difficulty:** easy

### Ingredients for 4 people:

1 kg beef brisket

Salt

Pepper

1 carrot

100 g celeriac

1 bay leaf

750 ml beef stock

150 ml red wine

1 tsp. paprika powder

6 juniper berries

1 small sprig of thyme

650 g potatoes, floury

100 ml milk

Nutmeg

4 onions

100 g butter, in small cubes

300 g mangetout  
(sugar snap peas)

## BRAISED BEEF BRISKET

### with onions and mashed potatoes

Season the beef brisket with salt and pepper and rub in. Allow to stand for 30 minutes and then add to the ceramic pot.

Wash and dice the carrot.

Wash and dice the celeriac.

Add everything together with the stock, the red wine, spices and thyme to the meat, put the lid on and stew for about 7 hours on the setting "SS".

Wash the potatoes and boil them in boiling salted water for about 35 minutes. Drain, let them evaporate and peel them while still warm, Mash them and put them into a pot.

Heat the milk and season with salt and nutmeg. Add to the potatoes and stir in half the butter and keep warm.

Peel and halve the onions and cut into strips.

Sauté with the remaining half of butter in a pan for about 10 minutes, stirring occasionally, until slightly brown.

Carefully remove some stock from the ceramic pot and add to the onions.

Reduce, swirl around the pan and place to one side.

Wash and clean the mangetout and cook for 2–3 minutes over boiling water in a sieve insert.

Remove the meat, cut into slices across the fibre and arrange on plates.

Arrange the mashed potatoes and mangetout next to it, spread the onions over the meat and pour over a little cooking stock as desired and serve.





# PORK JOINT

## with sweet potatoes and beans

Rinse the meat and bones in cold water and dab dry. Rub the meat all over with salt and pepper.

Peel and chop the onions, garlic, carrots and celeriac.

Heat the oil in a deep skillet and brown the meat all around.

Take out again, then brown the bones in it for approx. 10 minutes at medium heat while stirring.

Add the vegetables and fry until browned.

Put everything in the ceramic pot and add the meat stock and 250 ml of beer.

Add the meat and cook for 2–2.5 hours on the setting "SSS".

Check the roast occasionally and add the meat stock and the rest of the beer as needed.

Wash the sweet potatoes and prick them several times with a fork.

Rub all over with coarse sea salt and olive oil, place in an oven dish and bake in a preheated oven at 180°C for approx. 70 minutes.

Remove the meat from the sauce and keep warm on a grid in the oven.

Remove the bones and pass the sauce through a fine sieve.

If necessary, boil down a little or add liquid (if desired, bind lightly with cornflour).

**Preparation time:** 1 hrs 15 min

**Cooking time approx.:**

2 hrs 50 min

**Level of difficulty:** normal

### Ingredients for 4–6 people:

#### For the roast:

1.5 kg roasting pork,  
e.g. from leg (ham)

500 g finely chopped  
pork bones  
Salt

Freshly ground pepper

2 onions

1 clove of garlic

2 carrots

150 g celeriac

2 tbsp. vegetable oil

approx. 400 ml meat stock

500 ml dark beer

#### For the side dishes:

2 medium sweet potatoes

Coarse sea salt

Olive oil

Salt

Freshly ground pepper

Lemon juice

40 g butter

500 g green beans

1–2 sprigs savory

Continued on page 24

## MAIN COURSE

Season to taste with salt and pepper.

Blanch the beans in plenty of boiling salted water together with the savory for about 8 minutes. Drain and allow to drip dry.

Cut the sweet potatoes in half, loosen up the inside a little with a fork, season with salt and pepper, sprinkle with a dash of lemon juice and top with a piece of butter.

Cut the roast pork into slices and serve on plates with a little sauce, the beans and the sweet potatoes.

**Preparation time:** 30 min

**Cooking time at least:** 3 hrs

**Level of difficulty:** easy

## CHILLI CON CARNE

### Ingredients for 4–6 people:

800 g minced meat  
(half beef, half pork)

2 onions

2 tins of tomato pieces  
(approx. 800 ml)

2 peppers

1 tbsp. ground chilli

5 chilli peppers

1 tsp. caraway, ground

1 tin of kidney beans

1 tin of sweetcorn

Brown the mince in a pan and put it into the ceramic pot.

Wash, de-seed and chop the bell peppers and chilli peppers

Cut the onions into small pieces.

Drain the beans and corn and rinse with water.

Add all the ingredients to the minced meat in the ceramic pot and mix well.

Put the lid on and simmer everything on the setting "SSS" for about 3 hours.



## KALE STEW

Wash the kale, remove the coarse ribs from the leaves and cut them into small pieces.

Peel the carrots, onions and garlic and dice them finely.

Cut the leek lengthwise, wash thoroughly and cut into rings or small pieces.

Heat the oil in a pan and sauté the onions, garlic, carrots and leek.

Add the chopped kale, let it collapse and deglaze with the vegetable stock.

Pour everything into the ceramic pot.

Wash the apples and dice them finely, add them to the ceramic pot together with the tomatoes and mustard, stir and season with salt and pepper if necessary.

Cook for 4–5 hours on the setting "SSS".

**Preparation time approx:** 45 min

**Cooking/baking approx:** 4–5 hrs

**Level of difficulty:** normal

### Ingredients for 8 people:

4 onions

4 garlic cloves

6 carrots

2 leeks

1000 g kale

4 tbsp. of oil

2 litres vegetable stock,  
instant

600 g strained tomatoes  
(passata)

2 apples

2 tbsp. mustard

Salt and pepper



## MAIN COURSE

**Preparation time:** 1 hrs 15 min

**Cooking time approx.:** 3.5–4 hrs

**Level of difficulty:** normal

### Ingredients for 6 people:

2 small onions

2 garlic cloves

3 tbsp. olive oil

2 tbsp. tomato purée

45 ml red wine

600 g chunky tomatoes, tin

300 g strained tomatoes  
(passata)

3 anchovy fillets

Salt

A pinch of sugar

Freshly ground pepper

1–2 tsp. dried Italian herbs,  
e.g. thyme, oregano, rosemary

600 g mixed minced meat  
approx. 3 tbsp. breadcrumbs

1 large egg

Salt

Freshly ground pepper

3 tbsp. finely chopped herbs,  
thyme, rosemary, parsley

3–4 tbsp. cream

75 g grated parmesan cheese

### Also:

750 g spaghetti

Salt

## SPAGHETTI

### with meatballs and marinara sauce

Peel and chop the onions and garlic.

Heat the oil in a saucepan and sauté the onion and half of the garlic lightly.

Stir in the tomato puree and let it reduce briefly, then deglaze with the red wine.

Add the chopped and strained tomatoes.

Coarsely chop the anchovy fillets, mix in and season with salt, pepper, sugar and herbs.

Pour the sauce into the ceramic pot.

Put the minced meat in a bowl.

Add the breadcrumbs, egg, salt, pepper, herbs, the rest of the garlic and the cream.

Mix everything to a well-formable meat dough. If necessary, add some extra cream or breadcrumbs.

Form balls of about 3 cm from the mixture, place in the sauce and sprinkle with half of the parmesan.

Cover and cook for 3.5 hours on the setting "S".

Cook the spaghetti in salted water until al dente.

Season to taste.

Drain the spaghetti, drain and place onto deep plates.

Arrange the meatballs with the sauce on top, sprinkle with the remaining parmesan and serve.





## BOEUF BOURGUIGNON

Wash the meat, dab dry and cut into not-too-small cubes.

Peel and clean the carrots and celery, wash and cut into bite-sized pieces.

Peel the shallots and garlic.

Cut the garlic into slices and quarter the shallots.

Heat the oil in a pan and fry the portions of meat on all sides.

Then add the shallots and garlic and fry briefly.

Deglaze with a little red wine and reduce.

Put it all in the slow cooker and put it on the setting "SSS".

Add the rest of the wine, bay leaves and stock.

Add the carrots and the celery and put on the lid. Simmer for about 5–6 hours.

Add a little cornflour mixed with cold water to thicken the sauce.

Season with salt and pepper and serve with baked potatoes, for example.

**Preparation time approx.:** 30 min

**Cooking time approx.:** 5–6 hrs

**Level of difficulty:** easy

**Ingredients for 4 people:**

800 g lean beef

2 carrots

2 celery sticks

4 shallots

2 garlic cloves

4 tbsp. vegetable oil

1/2 l strong red wine,  
e.g. burgundy

2 bay leaves

approx. 500 ml beef stock

1 tbsp. cornflour

Freshly ground pepper

Salt

## MAIN COURSE

**Preparation time:** 20 min

**Cooking time approx.:** 45 min

**Level of difficulty:** easy

### Ingredients for 6 people:

12 tomatoes

1½ onion

1 clove of garlic

4 tbsp. olive oil

750 g minced meat, beef

1½ tbsp. tomato paste

approx. 600 ml strong meat  
stock

Salt

A pinch of sugar

Freshly ground pepper

750 g macaroni

### To serve:

freshly cut basil

freshly planed parmesan  
cheese

## MACARONI in minced-meat sauce

Blanch, rinse, skin, quarter, seed and chop the tomatoes.

Peel the onion and garlic and chop finely.

Fry the minced meat in hot oil in a pan, stirring until crumbly and slightly brown.

Add the onions and garlic and sweat for 2–3 minutes.

Put everything in the ceramic pot and set to "SS".

Mix in the tomato paste and pour on the meat stock.

Season with salt, sugar and pepper and stir in the tomatoes.

Simmer for about 45 minutes, stirring occasionally, and add some more stock if necessary.

Cook the macaroni in salted water until al dente.

Season the sauce to taste again and fold in the drained pasta.

Fill into bowls and sprinkle with basil.

Grate parmesan cheese over the top as desired.





# CHICKEN WINGS

Wash the chicken wings and pat them dry.

Heat the oil in a frying pan and sauté the chicken wings in portions, then remove them from the pan.

Wash and clean the chillies and dice them coarsely.

Peel the shallots, garlic and ginger, dice coarsely and puree finely with the chillies in a mixer.

Add honey, orange juice, apple vinegar, soy and teriyaki sauce and mix well.

Place the chicken wings in the ceramic pot and cover with the seasoning mixture.

Add the coconut milk. Put on the lid and cook on the setting "SS" for about 4 hours or 2 hours on the setting "SSS".

Season the chicken wings with salt and pepper, arrange on a plate.

**Preparation time approx:** 20 min

**Cooking time approx.:** 4 hrs

**Level of difficulty:** easy

## Ingredients for 8 people:

2 kg chicken wings

4 tbsp. sesame oil

2 red chilli peppers

4 shallots

4 garlic cloves

6 cm ginger

4 tbsp. honey

100 ml orange juice

2 tbsp. cider vinegar

2–3 tbsp. soya sauce

2–3 tbsp. teriyaki sauce

approx. 300 ml coconut milk

Salt

Freshly ground white pepper

**Preparation time:** 25 min  
**Cooking time approx.:** 4 hrs  
**Level of difficulty:** easy

#### Ingredients for 6 people:

1.5 kg waxy potatoes  
3 spring onions,  
only the white part  
3 garlic cloves  
4 sprigs of fresh thyme  
300 ml milk  
200 ml cream  
Salt  
Freshly ground pepper  
250 g grated cheese, e.g.  
Emmental, Cheddar,  
raclette cheese

Peel, wash and slice the potatoes.

Wash, clean and finely dice the spring onions.

Peel the garlic and dice finely.

Rinse the thyme, shake dry and pluck off the leaves or tips.

Add the potatoes, spring onions and garlic to the ceramic pot, milk, cream, salt, pepper, cheese and half of the thyme.

Mix everything together and cook covered for 3.5–4 hours on the setting "**SS**" until the potatoes are soft.

Season the potatoes, add a little ground pepper and serve sprinkled with the remaining thyme.



#### Tip:

If the cheese potatoes become too dry, add some milk 30 minutes before the end of cooking and stir.







# LAMB STEW

## with olives and tagliatelle

Dab the lamb dry and cut into 3–4 cm cubes.

Peel and finely chop the onions and garlic.

Heat the oil in a frying pan and fry the meat cubes vigorously all over in portions, then take them out again.

Fry the onion and garlic briefly, stir in the tomato puree and deglaze with approx. 100 ml meat stock.

Place the fried lamb cubes in the ceramic pot and add the onion mixture.

Add harissa, ras-el-hanout, chunky tomatoes, olives, salt and pepper and mix well.

Pour on the remaining stock. Put on the lid and cook on the setting "SS" for about 6 hours.

At the end of the cooking time, rinse the herbs, shake dry and chop coarsely.

Cook the tagliatelle in salted water until al dente.

Wash and clean the courgettes and cut them diagonally into thin slices.

Season the lamb ragout and add the herbs.

Drain the pasta and serve with the lamb stew on plates.

Add a few zucchini slices, salt and pepper, optionally drizzle with olive oil and lemon juice and serve.

**Preparation time approx.:** 30 min

**Cooking time approx.:**

6 hrs 15 min

**Level of difficulty:** easy

### Ingredients for 4 people:

1 kg of lamb, e.g. shoulder meat, boneless

1 large onion

2 garlic cloves

4 tbsp. olive oil

2 tbsp. tomato purée

approx. 200 ml meat stock

1–2 tsp. harissa paste

1–2 tsp. ras-el-hanout

800 g chunky tomatoes (tinned)

100 g black olives, pitted

Salt

Freshly ground pepper

### To serve:

½ handful herbs, smooth parsley or mint

400 g tagliatelle

Salt

1 young courgette

Freshly ground pepper

2 tbsp. olive oil

Lemon juice, as desired

**Preparation time:** 15 min

**Cooking time approx.:**

1.5 hrs–2 hrs

**Level of difficulty:** easy

**Ingredients for 8 people:**

4 tbsp. butter

600 g white bread,  
from the day before

120 g raisins

600 ml milk

200 ml cream

6 eggs

160 g sugar

1 tsp. ground cinnamon

½ tsp. vanilla essence

Ground nutmeg

A pinch of salt

8 scoops vanilla ice cream

**For the caramel sauce:**

180 g sugar

350 g cream

A pinch of salt

## BREAD PUDDING

### with ice cream and caramel sauce

Grease the ceramic pot with butter.

Cut the bread into approx. 2.5 cm cubes.

Melt the butter in a frying pan and fry the bread cubes on all sides in portions, remove and put them into a ceramic pot with the raisins.

Whisk the milk with the cream, eggs, 100 g sugar, cinnamon, vanilla essence, nutmeg and salt.

Pour over the bread cubes.

Carefully mix everything again, sprinkle with the remaining sugar and cover with a lid and cook on the setting "SS" for about 2 hours.

Stir occasionally.

For the caramel sauce, melt the sugar in a casserole and caramelize until golden brown while stirring.

Bring the cream to the boil and pour in.

Boil the caramel again and stir until smooth, add the salt and allow the caramel sauce to cool.

Divide the bread pudding into bowls.

Place 1 scoop of vanilla ice cream on top, sprinkle everything with caramel sauce and serve with the bread pudding.



**Preparation time:** 30 min

**Cooking time approx.:** 1.5 hrs

**Level of difficulty:** medium

**Ingredients for 5 portions:**

250 g plain flour

½ cube yeast (fresh)

40 g sugar

100 ml milk, lukewarm

1 sachet of vanilla sugar

25 g butter, melted

1 small egg

A pinch of salt

**For the sauce:**

600 ml milk

100 g butter

6 sachets of vanilla sugar

## STEAMED DUMPLINGS

Add the ingredients for the sauce (milk, butter and vanilla sugar) to the ceramic pot and heat on the setting "SSS" until the butter has melted.

For the dough, dissolve the yeast in the lukewarm milk.

Mix the yeast milk with the flour, sugar, egg, butter, vanilla sugar and salt and knead into a smooth dough.

Cover and allow to stand for a quarter of an hour.

Form 5 dumplings from the dough, place in the warm milk in the ceramic pot and cover with the lid.

Cook for 45 minutes on the setting "SSS", then another 45 minutes on the setting "SS".

**IMPORTANT:** Do not open the lid in between, as the steamed dumplings will collapse!



**Tip:**

The red-wine plums from this cookbook go excellently with the steamed dumplings!

# RHUBARB AND STRAWBERRY COMPOTE

Cut the cleaned rhubarb into pieces about five millimetres thick and put them into the ceramic pot.

Sprinkle with sugar and pour on the liquids (elderflower syrup, white wine).

Put the lid on and cook for 2 hours on the setting "SSS".  
Clean the strawberries,

cut them into small pieces and add to the pre-cooked rhubarb.

Stir and cook for another hour on the setting "SSS".

**Preparation time:** 45 min  
**Cooking time approx.:** 3 hrs  
**Level of difficulty:** easy

## Ingredients for 8 portions:

700 g rhubarb (cleaned)  
8 tbsp. sugar  
(or more to taste)  
6 tbsp. elderflower syrup  
6 tbsp. white wine  
500 g strawberries



**Preparation time:** 25 min

**Cooking time approx.:** 1.5–2 hrs

**Level of difficulty:** easy

## Ingredients for 8 servings:

### for the biscuit base:

100 g digestives

1 tbsp. brown sugar

50 g very soft butter

### For the filling:

400 g cream cheese  
(full fat or half fat)

2 eggs

150 g sweetened  
condensed milk

1 sachet vanilla sugar

1 tsp. lemon juice

### For the topping:

Apple compote,  
red fruit jelly or  
other fruit sauce

## MINI CHEESECAKE

### in a glass

Crumble the digestives into crumbs.

Mix the crumbled digestives with the sugar and butter.

Distribute the crumb dough between eight glasses (e.g. water glasses) and press in firmly with a spoon. Leave to one side.

Stir all the ingredients for the cheesecake cream until smooth.

Spread the cheesecake cream evenly between the glasses.

Place the glasses in the ceramic pot and carefully pour enough warm water into the ceramic pot so that the glasses are approx. 2/3 covered.

Cook for 1.5 to 2 hours on the setting "SS" until the cheesecake cream thickens.

Remove from the water bath and put in the fridge for a few hours.

# FRUIT CRUMBLE

Wash and clean the fruit (depending on the type of fruit, remove the core, peel etc.).

Cut the fruit into bite-sized pieces and place in a bowl.

Add the lemon juice, apple juice and cornflour.

Depending on the ripeness of the fruit and your own taste, add 3–4 tbsp. of sugar and mix well.

For the crumble, mix the flour, oat flakes, brown sugar, soft butter, a pinch of cinnamon and a pinch of salt, knead with a hand mixer to make a crumble dough.

Pour the fruit mixture into the ceramic pot. Spread the crumble over it.

Put on the lid and cook for 3 hours on the setting "SSS".

Serve with vanilla custard or lukewarm with vanilla ice cream.

**Preparation time:** 30 min  
**Cooking time approx.:** 3 hrs  
**Level of difficulty:** easy

## Ingredients for 8 portions:

1.5 kg of mixed fruit  
 (e.g. apples, pears, plums, strawberries, blueberries, etc.)

1 tbsp. lemon juice

3–4 tbsp. white sugar

100 ml apple juice  
 (or white wine)

15 g cornflour

150 g flour

65 g oat flakes (coarse)

135 g brown sugar

135 g soft butter

A pinch of salt

A pinch of cinnamon



### Tip:

Always cut harder fruit into smaller pieces, as these take longer to soften.

**Preparation time:** 20 min

**Cooking time approx.:** 1 hrs

**Level of difficulty:** easy

### Ingredients for 4 people:

250 g oat flakes (coarse)

800 ml milk

350 ml water

80 g sugar  
(according to taste)

2 red apples

1 sachet vanilla sugar

1 cinnamon stick

4 tbsp. natural yoghurt, 10%

2 tbsp. roasted chopped  
seeds, e.g. almonds,  
pumpkin seeds etc.

Maple syrup

Some fresh raspberries

## PORRIDGE

### with yoghurt and fruit

Add the oat flakes into the ceramic pot with the milk, cinnamon stick, sugar, vanilla sugar and 350 ml water.

Set the appliance to "SSS" and mix everything well.

Stir the porridge occasionally. After 45 minutes, wash, pat dry and grate an apple. If the consistency is too dry, add a little more milk as desired.

Simmer for another 15 minutes.

Wash the other apple, cut out the core and cut it into fine strips.

Arrange the oat porridge in bowls, add a dash of yoghurt to each and spread the apple strips on top.

Sprinkle the nuts on top and drizzle with some maple syrup as desired.

Garnish with a few fresh raspberries and serve.





## CLASSIC RICE PUDDING

### with cinnamon and sugar

Add the pudding rice, milk, sugar, vanilla sugar and salt to the ceramic pot and mix well.

Put the lid on and set to "SSS".

Simmer for 2 hours, stirring occasionally. If the rice pudding becomes too thick, add more milk.

After the 2 hours stir again and if necessary add milk to achieve the desired consistency.

To serve, fill into bowls and sprinkle with sugar and cinnamon. Decorate with a few almonds, a mint leaf and a cinnamon stick and serve.

**Preparation time:** 10 min

**Cooking time approx.:** 2 hrs

**Level of difficulty:** easy

### Ingredients for 5 people:

500 g pudding rice

2 litres of milk

A pinch of salt

4–5 tbs. sugar

1 sachet of vanilla sugar

### To serve:

Sugar

Cinnamon

Almonds

Mint leaves

Cinnamon sticks



**Preparation time:** 30 min  
**Cooking time approx.:** 3 hrs  
**Level of difficulty:** easy

**Ingredients for 4 people:**

1.5 kg plums

approx. 150 g sugar, to taste

2 tbsp. honey

2 cinnamon sticks

200 ml red wine (or port wine,  
if you prefer it stronger)

## RED WINE PLUMS

Wash, seed and quarter the plums. Then put them in the ceramic pot.

Cook the red wine plums on the setting "SSS" for about 3 hours.

Add the sugar, honey, cinnamon sticks and wine and stir.



**Tip:**

Red wine plums go particularly well with vanilla ice cream or semolina pudding.



# BAKED APPLES

Pour the ingredients for the sauce (milk and vanilla sugar) into the ceramic pot.

Cut the top off the apples (like a lid).

Use a fruit cutter to hollow out the apples.

Pour 3 tbsp. of granola/crunchy muesli into each apple and add 1 tbsp. maple syrup and melted butter.

Note: Depending on the size and variety of the apples and your personal taste, the cooking time may vary!

Put the apples in the ceramic pot and cook for 2–3 hours on the setting "SS".

To serve, arrange the apples individually and pour some vanilla custard over them. Serve warm.

**Preparation time:** 15 min  
**Cooking time approx.:** 2–3 hrs  
**Level of difficulty:** easy

## Ingredients for 5 people:

5 medium apples  
 15 tbsp. Granola or other crunchy muesli  
 5 tbsp. maple syrup  
 2 tbsp. melted butter

## For the sauce:

300 ml milk  
 4 sachets of vanilla sugar



## DESSERT

**Preparation time:** 30 min  
**Cooking time approx.:** 4 hrs  
**Level of difficulty:** easy

### Ingredients for 8 people:

2 kg apples  
200 ml white wine  
200 ml apple juice  
1 vanilla pod, pulp  
2 pinches of cinnamon powder  
2 tsp. maple syrup

## APPLE SAUCE

Wash and peel the apples and cut out the cores.

Cut into pieces and add to the ceramic pot together with the wine, juice, vanilla pulp and maple syrup.

Put on the lid and cook for about 4 hours on the setting "SS".

Then open the lid and stir vigorously with a whisk or similar.



### Tip:

Either pour the sauce into jars or serve directly with vanilla custard.





# INDEX

## A

Apple sauce . . . . . 50

## B

Baked apples . . . . . 49

Bœuf bourguignon . . . . . 29

Braised beef brisket . . . . . 20

Bread pudding . . . . . 38

Broccoli crème soup . . . . . 10

## C

Cheese and leek soup . . . . . 5

Cheese potatoes . . . . . 34

Chicken soup . . . . . 12

Chicken wings . . . . . 33

Chilli con carne . . . . . 24

Classic rice pudding . . . . . 47

Cream of pumpkin soup . . . . . 2

## F

Fruit crumble . . . . . 43

## G

Goulash soup . . . . . 4

## K

Kale stew . . . . . 25

## L

Lamb stew . . . . . 37

Lasagne soup . . . . . 13

Lentil soup . . . . . 7

## M

Macaroni . . . . .30  
Mini cheesecake. . . . .42

## P

Pea soup . . . . .9  
Pork joint . . . . .23  
Porridge . . . . .44  
Potato-mustard hotpot . . .19  
Pulled pork . . . . .14

## R

Red wine plums . . . . .48  
Rhubarb and  
strawberry compote . . . .41

## S

Spaghetti . . . . .26  
Steamed dumplings . . . .40

## T

Tacos . . . . .16

## V

Vegetable soup. . . . .8

### Note:

These recipes are provided without guarantee. All information regarding ingredients and preparation is provided as guide values. Modify the suggested recipes to suit your personal taste.

## PHOTO CREDITS:

Cover:

Freepik.com / StockFood / Eising Studio - Food Photo & Video / News Life Media

P. 01 : Freepik / topntp26

P. 03: StockFood / News Life Media

P. 04–05: Freepik / bearfotos

P. 06: StockFood / News Life Media

P. 08: Fotolia / Soyka

P. 11: StockFood / News Life Media

P. 12–13: Fotolia / Nomad\_Soul

P. 15: StockFood / Eising Studio - Food Photo & Video

P. 17: StockFood / Eising Studio - Food Photo & Video

P. 18–19: Designed by Freepik

P. 21: StockFood / Eising Studio - Food Photo & Video

P. 22: StockFood / Eising Studio - Food Photo & Video

P. 24–25: Fotolia / egorxfi

P. 27: StockFood / Eising Studio - Food Photo & Video

P. 28: StockFood / Eising Studio - Food Photo & Video

P. 31: StockFood / Eising Studio - Food Photo & Video

P. 32: StockFood / Eising Studio - Food Photo & Video

P. 34: Freepik / whatwolf

P. 35: StockFood / Eising Studio - Food Photo & Video

P. 36: StockFood / Cato-Symonds, Shaun

P. 39: StockFood / Eising Studio - Food Photo & Video

P. 41: Designed by Freepik

P. 45: StockFood / News Life Media


P. 46: shutterstock / NoirChocolate

P. 47: Freepik / topntp26

P. 48–49: Freepik / foodiesfeed

P. 50: Freepik / lifeforstock

P. 51: StockFood / Eising Studio - Food Photo & Video



KOMPERNASS HANDELS GMBH  
BURGSTRASSE 21  
44867 BOCHUM  
GERMANY  
[www.kompernass.com](http://www.kompernass.com)