



GUIDE







EASY FRY CLASSIC AG2018S0



EASY FRY DELUXE AG401DS0



EASY FRY COMPACT AG3018S0







PORTIONS



PREP. TIME



WAITING MARINATING TIME TIME



COOKING TIME

PRE-SET COOKING PROGRAMS

With the 8 pre-set cooking programs it is easy to achieve perfect result in the kitchen.

enjoy these yummy recipes. For more delicious tips and EASY FRY recipes please visit out website:

obhnordica.com under INSPIRATION



FRENCH FRIES



PIZZA



CHICKEN



N MEAT CHOPS



FISH



GRILL



SHRIMP



CAKE

CHICKEN SPRING ROLLS



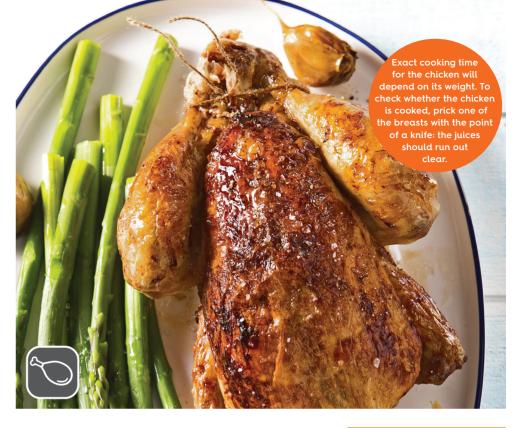
Ingredients

12 rice paper wrappers 2 chicken breasts (120 g) 200 g mixed stirfry vegetables 4 mushrooms 50 g rice vermicelli 1 clove garlic 1 tsp vegetable oil

Recipe

- 1 Rehydrate the rice vermicelli according to the packet instructions. Drain and cut coarsely. Leave to cool.
- 2 Sauté the chicken with the stir fry vegetables and the finely chopped mushrooms in a small frying pan for 6 minutes. Drain. Mix with the rice vermicelli, chicken and crushed garlic.
- **3** Dip a rice paper wrapper in water then place it on a clean cloth. Scoop 1 tablespoon of filling into the centre, at the bottom of the rice paper, fold in the edges, roll up the spring roll and pinch to seal. Continue with the rest of the ingredients.
- 4 Digital version: Drizzle spring rolls with oil and cook on **SHRIMP MODE** for 20 minutes, turning them halfway through. Non-digital version: Drizzle spring rolls with oil and cook at 160°C for 20 minutes, turning them halfway through.





SUNDAY ROAST *4-6 Smin \$\frac{4}{2} \text{min} **CHICKEN**







Ingredients

1 whole chicken (1.3 kg) 5 cloves garlic 1 tbsp olive oil Salt

- 1 Lightly crush the garlic cloves. Rub the chicken with the olive oil and crushed garlic. Season generously.
- 2 Digital version: Place the chicken in your Easy Fry basket and roast on CHICKEN MODE for 45 minutes. Non-digital version: Place the chicken in your Easy Fry basket and roast at 200°C for 45 minutes.

HOME-MADE FISH & CHIPS



Ingredients

6 cod fillets (100-125 g)
7 tbsp flour
7 tbsp breadcrumbs
3 eggs
50 g butter
1 bunch of chervil or
tarragon
75 g mayonnaise
Salt and pepper

Recipe

- 1 Dry the pieces of fish on paper towel. Season with salt and pepper. Beat the eggs in a bowl.
- 2 <u>Digital version:</u> Dip 2 fish fillets in the flour, then the egg, and cover in breadcrumbs. Place them in your Easy Fry basket. Top with 2 knobs of butter and cook on **FISH MODE** for 12 minutes. Repeat with the other pieces of fish. Non-digital version: Dip 2 fish fillets in the flour, then the egg, and cover in breadcrumbs. Place them in your Easy Fry basket. Top with 2 knobs of butter and cook at 160°C for 12 minutes. Repeat with the other pieces of fish.
- **3** Cut the herbs using scissors, mix them with the mayonnaise and serve with the fish





VEGETABLE SAMOSAS



Ingredients

6 sheets of brick pastry 200 g feta cheese 400 g cooked cauliflower 200 g cooked peas 1 tbsp curry powder 1 dash olive oil Salt and pepper

Recipe

- 1 In a bowl, roughly mash the cauliflower with the curry powder. Add the peas and crumbled feta. Mix well.
- **2** Cut the brick pastry sheets into 2 strips. Spoon one tablespoon of filling onto the end of each strip and fold it to form a triangle. Make 6 samosas from each pastry strip.
- 3 <u>Digital version:</u> Place 6 samosas in your Easy Fry basket, drizzle with olive oil and cook them on **SHRIMP MODE** for 14 minutes. Remove them and put the next 6 in the basket.

 Non-digital version: Place 6 samosas in your Easy Fry basket drizzle with olive oil and cook them at 160°C for 14 minutes. Remove them and put the next 6 in the basket.

SWEET POTATO *40 min * **FRIES**



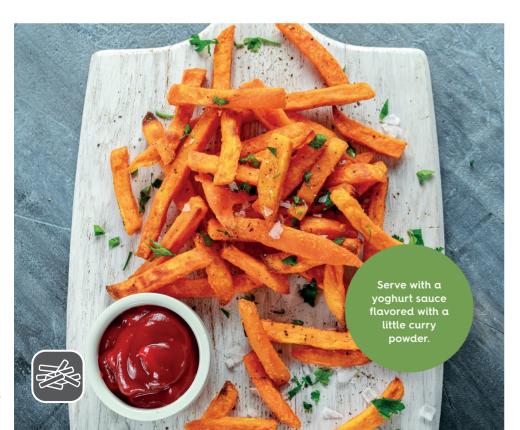
Ingredients

800 g sweet potatoes 3 tbsp sunflower oil 1 egg white 1 tbsp tumeric Salt and pepper

Recipe

1 Peel and wash the sweet potatoes. Cut into 1 cm wide sticks.

- 2 Combine the egg white, oil and turmeric in a large bowl and season with pepper. Add the sweet potatoes and stir well until thoroughly covered. Transfer the sweet potatoes to the EASY FRY basket using a draining spoon so that any excess egg white mixture can stay behind in the bowl.
- 3 Digital version: Place the fries in your EASY FRY basket and cook them on **FRIES MODE**, reducing the temperature to 170°C for 20 minutes. Stir thoroughly every 10 minutes. After this, cook for another 15 minutes at 200°C. Non-digital version: Place the fries in your EASY FRY basket and cook at 170°C for 20 minutes. Stir thoroughly every 10 minutes. After this, cook for another 20 minutes at 200°C.





SPICY PAPRIKA FRIES









Ingredients

800 g potatoes 3 tbsp paprika 1 tbsp oil Fine salt

- 1 Wash and peel the potatoes. Cut them into thick fries about 1 cm thick
- 2 Put the fries in a bowl and combine with the oil, a pinch of fine salt and paprika powder. Cover and leave to marinate for 30 minutes.
- **3** Digital version: Place the fries in your EASY FRY basket and cook on **CHIP MODE**, reducing the temperature to 170°C for 20 minutes. Stir every 10 minutes. After this, cook for another 15 minutes at 200°C.

Non-digital version: Place the fries in your EASY FRY basket and cook at 170°C for 20 minutes. Stir the chips thoroughly every 10 minutes. Increase the temperature to 200°C and cook for another 15 minutes.

CHOCOLATE & 8 port 20 min 30 min **CHIP MUFFINS**







Ingredients

250 g plain flour 1 sachet baking powder 50 g soft butter 75 g sugar 100 g chocolate chips 2 eggs 250 ml milk

Recipe

- 1 Sieve the flour and baking powder in a bowl. Add the soft butter and stir until the mixture has the consistency of coarse
- 2 Add the sugar and chocolate chips. Whisk together the milk and eggs. Pour this mixture into the bowl and stir just enough to mix in the flour.
- **3** Digital version: Pour the batter into 8 muffin moulds or paper cases. Place 4 muffins in your Easy Fry basket. Cook for 30 minutes on CAKE MODE.

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





CHOCOLATE SOUFFLÉS







Ingredients

100 g dark chocolate 3 eggs (1 yolk + 3 whites) 100 ml milk 30 g sugar 1 tbsp cornflour 25 g butter Salt

- 1 Melt the chocolate in a heatproof bowl over a pan of simmering water or in a microwave.
- 2 Separate the eggs. Whisk I yolk with the cornflour. Heat the milk in a pan until warm then remove from the heat, add the yolk/cornflour mixture, stir and return to the heat for a few minutes to thicken. Add the chocolate and stir. Leave to cool.
- **3** Beat the 3 egg whites into peaks along with a pinch of salt. When they begin to stiffen, add the sugar and whisk again for a few seconds. Fold the beaten egg whites to the mixture.
- 4 <u>Digital version:</u> Butter 4 heatproof ramekins, pour the mixture up to 2/3 the height of the moulds. Place them in your Easy Fry basket and cook on CAKE MODE for 12 minutes. Non-digital version: Butter 4 heatproof ramekins, pour the mixture up to 2/3 the height of the moulds. Place them in your Easy Fry basket and cook at 160°C for 12 minutes.

CHICKEN WINGS



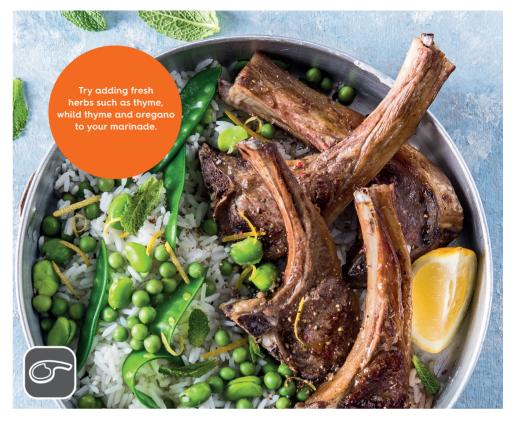
Ingredients

1,2 kg chicken wings
1 tbsp ketchup
1 tbsp mustard
1 tbsp paprika
1 tbsp sweet soy sauce
1 tbsp olive oil
Salt and pepper

Recipe

- 1 Cut the chicken wings in half, separating them at the joint.
- **2** Put all the ingredients in a large bowl and add the chicken wings. Stir well until the wings are thoroughly coated. Cover with cling film and leave to marinate for 12 hours.
- 3 <u>Digital version:</u> Place the chicken wings in the basket (they can overlap), and cook on **CHICKEN MODE** for 12 minutes. Stir and turn the chicken wings over and cook for another 5 minutes. <u>Non-digital version:</u> Place the chicken wings in the basket (they can overlap), and cook at 200 °C for 12 minutes. Stir and turn the chicken wings over and cook for another 5 minutes.





LEMON LAMB CHOPS



Ingredients

12 small lamb chops 1 lemon (organic) 4 cloves of garlic 1 tbsp olive oil Salt and pepper

Recipe

- 1 Zest the lemon. Peel the garlic and crush finely with a pestle and mortar. Add the lemon zest and 2 tbsp olive oil.
- 2 Pour over the lamb chops, mix well, season with salt and pepper, cover with cling film and leave to marinate for 4 hours.
- 3 <u>Digital version:</u> Place 6 chops in your Easy Fry basket and cook on **CHOP MODE** for 10 minutes, turning halfway through cooking.

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

BEEF EMPANADAS



Ingredients

Salt and pepper

shortcrust pastry 200 g minced beef 3 fresh spring onions 1 tbsp paprika 1 egg yolk 1 tbsp olive oil

Recipe

- 2 packs (375 g) ready-rolled 1 Finely chop the spring onions. Fry the meat with the olive oil in a pan for 8 minutes. Season with salt and pepper and add the spring onions and paprika. Leave to cool.
 - 2 Unroll the pastry, cut out 8 rounds of approximately 9 cm in diameter, top them with the cooled minced meat and fold over into a turnover shape. Combine the egg yolk with 1 tbsp water. Use to brush the edges and seal the empanadas by pinching with your fingers, then brush the tops.
 - 3 Digital version: Place 8 empanadas in your Easy Fry basket and cook on **GRILL MODE** for 10 minutes. Repeat with the second batch.

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





HOMEMADE FALAFELS





Ingredients

500 g cooked chickpeas 50 g plain flour 1 finely chopped onion 2 tbsp chopped parsley 2 tbsp chopped coriander 1 tsp cumin 1 clove of garlic 1 tbsp tahini 1 dash of olive oil Salt and pepper

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

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

CURRY SPICED PRAWNS



Ingredients

250 g king prawn tails
(raw and peeled)
2 eggs
6 tbsp plain flour
6 tbsp cornflour
2 tbsp curry powder
1 tsp freshly ground black
Salt and pepper
1 dash of oil

Recipe

- 1 Pour the flour, curry powder and a generous pinch of salt and pepper into a freezer bag, pour the cornflour into another shallow bowl and beat the eggs in a third shallow bowl.
- 2 Put the prawns in the bag, close it securely and shake vigorously until well coated. Remove the prawns from the bag, dip them one by one in the beaten egg then roll them in the cornflour. Drizzle with oil (optional).
- 3 <u>Digital version</u>: Cook the prawns in your Easy Fry basket on SHRIMP MODE for 6 minutes. Carefully turn the prawns over and cook for another 4 minutes. <u>Non-digital version</u>: Cook the prawns in your Easy Fry basket at 160°C for 6 minutes. Carefully turn the prawns over and cook for another 4 minutes.





GOURMET HAMBURGER



Ingredients

900 g minced beef 6 hamburger buns 2 beef tomatoes 6 lettuce leaves 1 clove of garlic 3 tsp soy sauce 2 tbsp olive oil

Recipe

- 1 Combine the beef, crushed garlic, soy sauce and olive oil. Season. Use your hands to shape into 6 burgers.
- 2 Digital version: Place them in your Easy Fry basket and cook on GRILL MODE for 8 minutes, depending on how you like your meat cooked.
- Non-digital version: Place them in your Easy Fry basket and cook at 180°C for 8 minutes.
- 3 <u>Digital version:</u> Remove the burgers from your Easy Fry and keep them warm. Slide 6 hamburger buns into the basket, squashing them down a little if needed, and cook for 3 minutes, still on **GRILL MODE.**Non-digital version: Remove the burgers from your Easy Fry

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

CORIANDER BEEF KOFTAS



Ingredients

550 g minced beef
2 tbsp chopped shallots
2 tbsp chopped coriander
1 tbsp ras-el-hanout spice
1 tsp cumin
1 tbsp olive oil
Salt and pepper

Recipe

1 In a frying pan, brown the shallots quickly with a dash of olive oil.

- **2** Combine the minced beef, spices, coriander and cooked shallots. Season with salt and pepper. Shape into 18 even oval shape patties, each approximately 30 g.
- 3 <u>Digital version</u>: Place the patties in a basket, squashing them down a little, and cook them for 7-8 minutes on **GRILL MODE**. The patties can be stacked on top of each other in the basket. <u>Non-digital version</u>: Place the patties in a basket, squashing them down a little, and cook them for 7-8 minutes at 180°C. The patties can be stacked on top of each other in the basket.





MASALA SALMON



Ingredients

6 salmon fillets
1 finely chopped onion
2 crushed cloves of garlic
1 tomato, diced
1½ tbsp finely grated ginger
2½ tbsp garam masala
(or curry) powder
1½ tbsp tomato purée
250 ml coconut milk
Fresh mint for garnish
Greaseproof paper

Recipe

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

Non-digital version: Place the salmon fillets on 6 sheets of greaseproof paper. Pour the sauce over the fillets. Fold the sheets into parcels and stack them in layers in your Easy Fry basket. Cook at 160°C for 27 minutes.



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