



Healthy Fryer

EASY FRY RECIPES





GUIDE



EASY FRY XXL
AG70IDS0



EASY FRY CLASSIC
AG2018S0



EASY FRY DELUXE
AG40IDS0



EASY FRY COMPACT
AG3018S0



NUMBER OF
PEOPLE



PORTIONS



PREP. TIME



WAITING
TIME



MARINATING
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 our website:

obhnordica.com under **INSPIRATION**



FRENCH
FRIES



PIZZA



CHICKEN



MEAT
CHOPS



FISH



GRILL



SHRIMP



CAKE

CHICKEN SPRING ROLLS

* 4-6 pers 30 min 26 min

Ingredients

12 rice paper wrappers
2 chicken breasts (120 g)
200 g mixed stir fry 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.



Exact cooking time for the chicken will depend on its weight. To check whether the chicken is cooked, prick one of the breasts with the point of a knife: the juices should run out clear.



To ensure the spring rolls are nice and crispy. Make sure all of the ingredients, especially the rice papers, are well drained before you roll.

SUNDAY ROAST CHICKEN

* 4-6 pers 5 min 45 min

Ingredients

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

Recipe

- 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

6 pers 10 min 12 min

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 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 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.



This recipe will work with any kind of fresh fish, including hake, coalfish, and pollack.



The samosas should be baked to a golden brown colour.



VEGETABLE SAMOSAS

6 pers 15 min 14 min

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 Digital version: 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 FRIES

4 pers 15 min 40 min

Ingredients

800 g sweet potatoes
3 tbsp sunflower oil
1 egg white
1 tbsp turmeric
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

4 pers 15 min 30 min 35 min

Ingredients

800 g potatoes
3 tbsp paprika
1 tbsp oil
Fine salt

Recipe

- 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 CHIP MUFFINS

8 port 20 min 30 min

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 sand.
- 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

4 port 10 min 12 min

Ingredients

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

Recipe

- 1 Melt the chocolate in a heatproof bowl over a pan of simmering water or in a microwave.
- 2 Separate the eggs. Whisk 1 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 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 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.



Check the muffins are done by piercing with the end of a knife, and cook for an additional 5 minutes if needed.



CHICKEN WINGS

* 6 pers 20 min 12 hours 17 min

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 Digital version: 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.
Non-digital version: 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.



Try adding fresh herbs such as thyme, wild thyme and oregano to your marinade.



You can vary the marinade; try adding barberque sauce, spices, chilli or garlic.



LEMON LAMB CHOPS

* 6 pers 15 min 4 hours 35 min

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 Digital version: 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

2 packs (375 g) ready-rolled shortcrust pastry
200 g minced beef
3 fresh spring onions
1 tbsp paprika
1 egg yolk
1 tbsp olive oil
Salt and pepper

Recipe

- 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.



Serve the falafel in hot pita breads garnished with fresh mint, yoghurt and sliced tomato.



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

Recipe

- 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.



You can flavor the empanada beef filling with cumin, oregano or minced garlic. Add tomato or sweet corn to the filling for added flavor.



CURRY SPICED PRAWNS

✱ 4 pers 10 min 10 min

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 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 Digital version: 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.
Non-digital version: 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.



Make the sauce by combining: 1 tbsp wholegrain mustard, 2 tbsp hot mustard, 1 egg yolk and 1 tbsp oil before adding 1 tbsp crème fraîche.



GOURMET HAMBURGER

✱ 6 pers 5 min 11 min

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 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 3 minutes, still on **GRILL MODE**.
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

6 pers 10 min 8 min

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 Digital version: 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. Non-digital version: 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.



Serve the koftas with a mint sauce combine 150 g Greek natural yoghurt, 1 tbsp fresh chopped mint, a dash of olive oil and lemon juice.

MASALA SALMON

6 pers 10 min 27 min

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 Digital version: 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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