

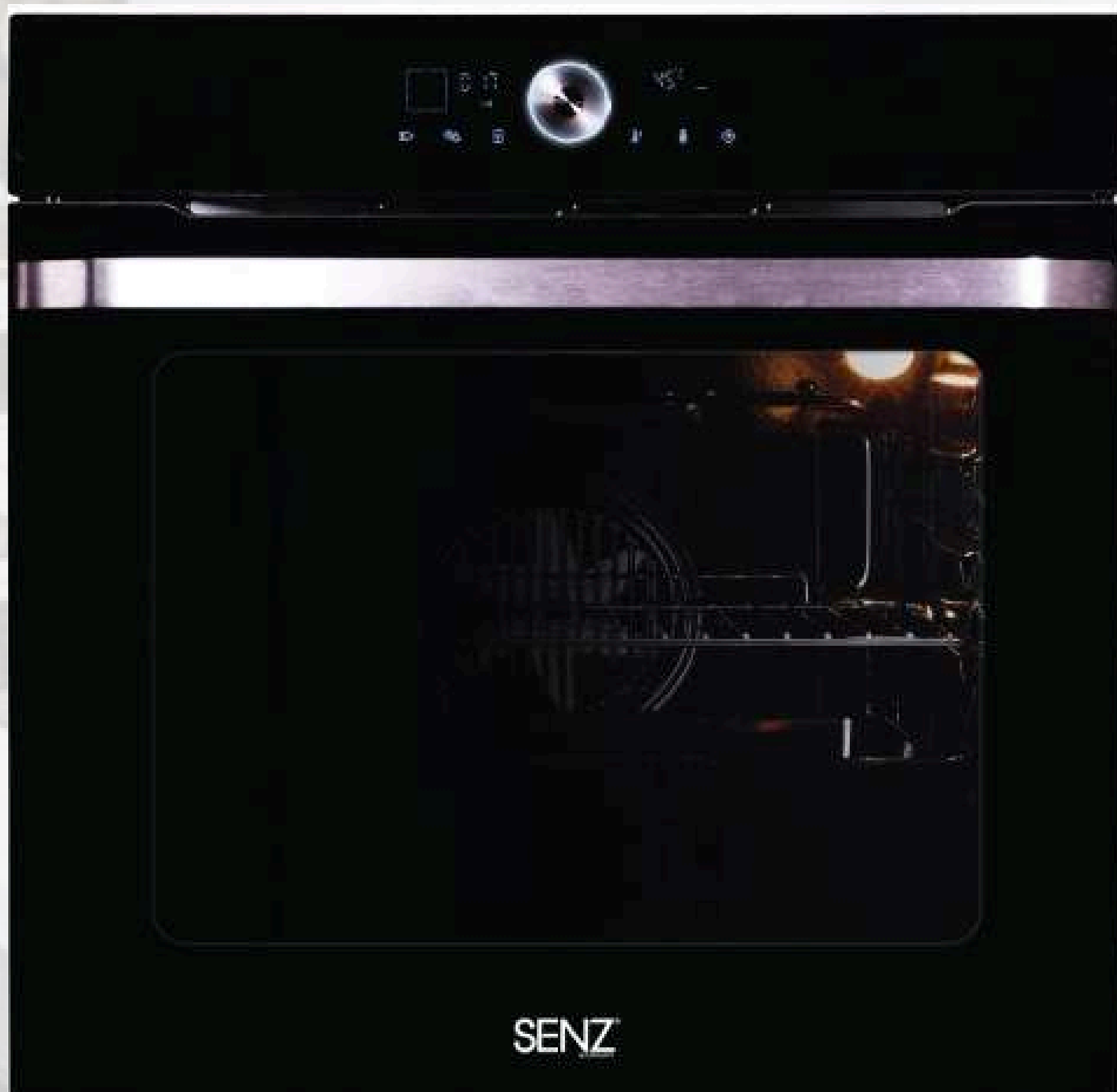
SENZ[®]

GERMANY

COOKING IN STYLE

Recipes Book

Fully Digital Multioven



Model No: SZ-OV7514



Lemon Butter Baked Shrimp

INGREDIENTS

500g jumbo prawns/shrimp , peeled and deveined

3/4 cup dry white wine (sub chicken broth)

5 tablespoon unsalted butter , melted

2 tablespoon lemon juice

3 garlic cloves , minced

1/2 teaspoon salt

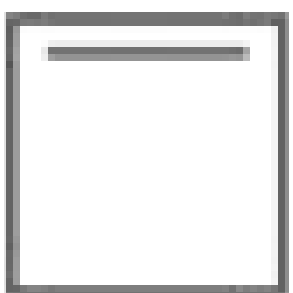
1/4 teaspoon pepper

3/4 cup panko breadcrumbs

1/4 cup parmesan , finely shredded

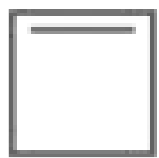
1/4 tsp salt

1/2 tablespoon olive oil



Oven Mode:
Top Heating

Preparation

- Pour wine and half the butter into a pan and cook for 3-5 minutes on a medium heat to reduce. Stir constantly.
- Toss prawns with remaining butter, garlic, lemon juice, salt and pepper.
- Add prawns into a baking pan (make sure to spread out in single layer, but snug). Mix with panko breadcrumbs, parmesan, salt and olive oil.
- Insert the baking pan into SENZ OV7514, turn the knob until this symbol appear , set the temperature to 220°C for 20 minutes.
- Sprinkle with parsley and its ready to serve immediately!

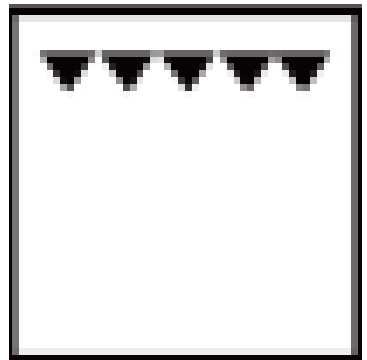
Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Grill Fish Sambal

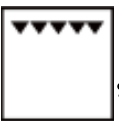
INGREDIENTS

- 500g red or white snapper, cleaned and scales removed
- 3-4 sheets banana leaf
- 4 tablespoons oil
- 175g fresh red chilies, seeded and cut into small pieces
- 125g shallots
- 2 lemongrass, cut into thin slices (use white part only)
- 1 tablespoon shrimp paste
- 2 teaspoons fish sauce
- 1/2 lime, extract juice
- 1/4 teaspoon salt, or to taste
- 2 teaspoons sugar, or to taste



Oven Mode:
Full Grill

Preparation

- Grind red onion, garlic, lemongrass, chilies, roasted peanuts, and lemon leaves in a mortar
- Heat coconut oil in a pan, add the ground mixture, sambal, and fish sauce. Cook for 2-3 minutes.
- Clean and trim the fish, create a pocket and score it diagonally.
- Marinate the fish with the cooked paste, ensuring it gets inside the pockets and belly.
- Wrap the fish in banana leaves, then foil.
- Place in the SENZ OV7514, turn the knob until this symbol appear , set the temperature to 232°C for 30 minutes
- Serve immediately with couscous-style rice or on its own.

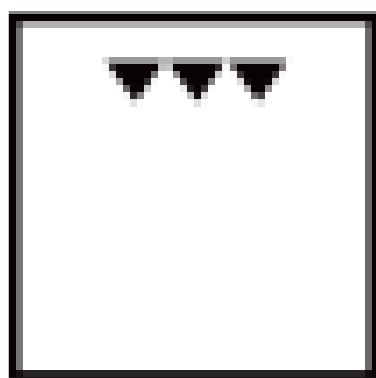
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Grilled Cheese with Tomato Soup


INGREDIENTS

- 1 1/2 kg ripe tomatoes
- 2 tablespoon balsamic vinegar
- 2 tablespoon olive oil
- 1 tablespoon sugar
- 1 tablespoon salt
- 2 red onions finely chopped
- 2 garlic cloves finely chopped
- 1/2 cup fresh basil
- 2 tsp tomato paste
- 8 cups vegetable / chicken stock
- 1/2 cup cream
- salt & black pepper to taste
- 2 slices bread per person
- 2 cups grated mozzarella
- 2 cups grated mature cheddar
butter



Oven Mode: Half Grill

Preparation

- Place the tomatoes or canned tomatoes in a roasting tray and mix with Balsamic vinegar, olive oil, sugar and salt. Place in the SENZ OV7514, turn the knob until this symbol appears , set the temperature to 200°C for 25 minutes until the tomatoes are broken down and have started to caramelize.
- To make the grilled cheese sandwiches, mix the mozzarella with the cheddar. Add 1/2 cup cheese to half of the slices of bread and butter both sides generously.
- During the last 10 minutes, grill the toast in the oven for 5-6 minutes on one side, flip it, then grill for another 5-6 minutes.
- In a large pot, sauté the onions in some olive oil until they are translucent and fragrant. Add the garlic and basil and fry for another minute.
- Add the roasted tomatoes, tomato paste and sugar. Stir to combine all the ingredients and pour in the stock.
- Lower the heat and cover the pot. Allow to simmer for 10 minutes.
- Remove the pot from the heat and blend the soup.

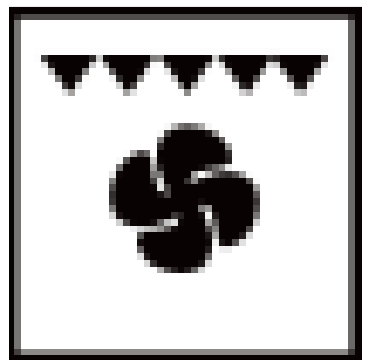
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Mini Baked Potato Chip

INGREDIENTS

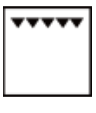
- 2 large organic russet potatoes, scrubbed and sliced as thinly as possible
- 1/2 teaspoon olive or avocado oil
- 1/8 teaspoon chili powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground cumin
- 1 cup of cooked chicken
- A pinch or two of sea salt
- Salsa
- Guacamole
- Cheese
- Beans
- Green onions
- Cilantro



Oven Mode:

Fan Assist Grill

Preparation

- Soak potato slices in ice-cold water to enhance crispiness. Dry them well.
- Toss slices with a small amount of oil (1/4-1/2 teaspoon) and season with chili powder, garlic powder, cumin, and sea salt.
- Lightly oil a cooling rack and place it on the parchment-lined pan. Tuck each potato slice into the cooling rack.
- Place pan in the SENZ OV7514, turn the knob until this symbol appear , set the temperature to 200°C for 15 minutes until edges brown. Flip slices and bake for another 10 minutes until bottoms are browned.
- Let cool for a few minutes, then fill with your toppings.

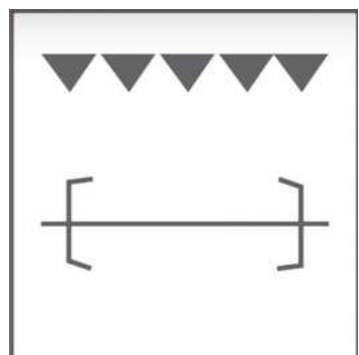
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Rotisserie Chicken

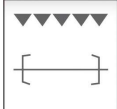
INGREDIENTS

- 1 chicken whole chicken
- 2 tablespoons olive oil
- Salt and black pepper
- 227g chorizo, casing removed and crumbled
- 1/2 cup cannellini beans, drained and rinsed
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup breadcrumbs
- 1/4 cup chicken broth or white wine
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon smoked paprika
- 1 Lemon to Stuff



Oven Mode:
Rotisserie

Preparation

- Cook chorizo in a skillet over medium heat until browned.
- Add onion and garlic; cook until soft and translucent.
- Stir in cannellini beans, mixing well.
- Remove from heat and mix in breadcrumbs, chicken broth or white wine, parsley, and smoked paprika.
- Rinse and pat dry the chicken.
- Loosen skin from breast and thigh areas; stuff with stuffing mixture. Truss chicken, securing legs and wings.
- Rub chicken with olive oil; season with salt and pepper.
- Place chicken in a roasting pan, breast side up.
- Place in the SENZ OV759, turn the knob until this symbol appear , set the temperature to 165°C for 1 hour and 20 minutes, basting occasionally.
- Rest for 10-15 minutes before serving.

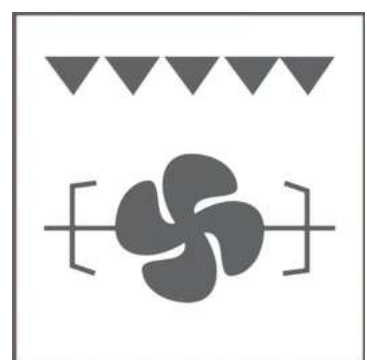
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Peking Duck


INGREDIENTS

- 1 duck [2.5kg]
- 2 tablespoon fine salt
- 2 tablespoon maltose
- 120 ml hot water
- 1 teaspoon vinegar
- 2 stalks scallions
- 1 head garlic
- 2 apples - quartered
- 4 star anise
- 4 bay leaves
- 2 pieces cassia cinnamon
- 3 tablespoon sweet bean sauce
- 1 teaspoon sugar
- Scallions
- Cucumber



Oven Mode:

Fan Assist Rostisserie

- Pat dry with kitchen paper.
- Rub salt over skin and cavity.
- Place on wire rack with tray underneath.
- Rest on counter for 1 hour.
- Pour 1½ boiling water over duck skin. remove feather ends if there is.
- Mix maltose with hot water and vinegar; brush mixture over skin. Leave to rest in the fridge for 1 hour then brush another layer.
- Refrigerate uncovered for 24-48 hours
- Take duck out of fridge 1 hour before roasting.
- Stuff cavity with scallions, garlic, apples, star anise, cassia cinnamon, bay leaves.
- Place in the SENZ OV7514, turn the knob until this symbol appear , set the temperature to 200°C for 15 minutes.
- After 15 minutes, lower the temperature to 180°C, cover wing tips and leg ends with foil and roast for another 60 minutes.
- Serve with sauce made from duck fat, sweet bean sauce, and sugar

Preparation

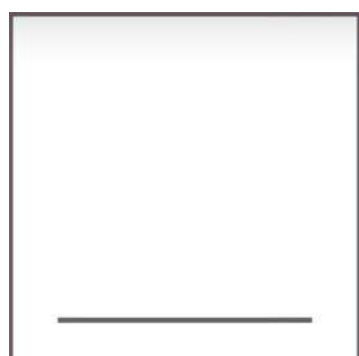
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Japanese Okonomiyaki [Pancake]


INGREDIENTS

- 200 g Cake Flour
- 2 Large Eggs
- 200 g COLD Water
- 1/4 Cabbage chopped
- 2 Green Onion chopped
- 4-7 slices of Bacon or
topping of your choice



Oven Mode:
Base Heat

Preparation

- In a bowl, sift in the cake flour to prevent any lumps. Add in 2 eggs, ice-cold water and season with salt. Mix till a thick but fluffy batter.
- Add in the chopped cabbage, green onion, and fold to mix.
- Spread the batter into the prepare pan
- Place the baking pan into SENZ OV7514, turn the knob until this symbol appear , set the temperature to 200°C for 15 minutes, turning once halfway through, until it is golden brown and cooked through.
- Topped with your preferred condiments such as takoyaki sauce, Japanese mayo, seaweed, and bonito flakes.

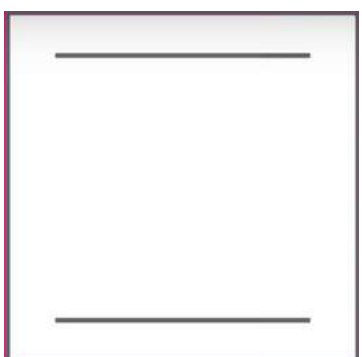
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Chinese Fish Cake

INGREDIENTS

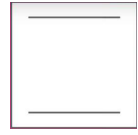
- 2 large organic russet potatoes, scrubbed and sliced as thinly as possible
- 1/2 teaspoon olive or avocado oil
- 1/8 teaspoon chili powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground cumin
- 1 cup of cooked chicken
- A pinch or two of sea salt
- Salsa
- Guacamole
- Cheese
- Beans
- Green onions
- Cilantro



Oven Mode:

Traditional Baking

Preparation

- Mix sugar, salt, chicken bouillon powder, white pepper and cornstarch
- Smash fish and shrimp into a paste then mix with rehydrated scallops
- roughly chop cilantro and green onions and add to the fish and shrimp paste mixture
- marinade the paste with water, egg and sesame oil
- Place on a baking pan and insert it into SENZ OV7514, turn the knob until this symbol appear , set the temperature to 200°C for 15 minutes, turning once halfway through, until the fish cakes are golden brown and cooked through.
- Serve with a dipping sauce made out of oyster sauce, light soy sauce, sugar, water and cornstarch

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes



Sweet Potato Fries

INGREDIENTS


- 2 large sweet potatoes
- 2 tablespoon corn starch
- 1 tablespoon olive oil/vegetable oil
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon brown sugar
- Salt (to taste)
- Shredded parmesan (optional)



Oven Mode:

**Convection
Baking**

Preparation

- Cut potatoes into fries shape
- Soak fries in a bowl of water for 1 hour. After 1 hour, rinse and dry fries.
- Toss fries with cornstarch and oil in a large bowl or bag until evenly coated.
- Add pepper, paprika, garlic powder, and brown sugar to the fries
- Place the fries on a baking sheet with parchment paper into SENZ OV7514, turn the knob till this symbol appear , set the temperature to 220°C for 15 minutes, flip the fries and bake for an additional 10-15 minutes.
- Sprinkle with salt to taste.
- Optional: Add shredded parmesan and chopped parsley.
- Enjoy!

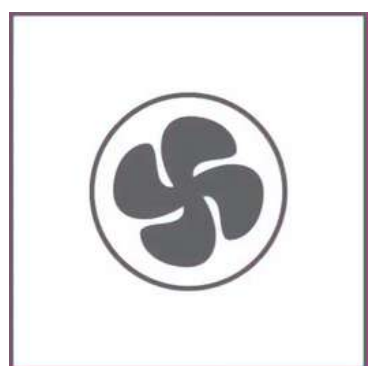
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Cookies

INGREDIENTS


- 100g granulated sugar
- 165g brown sugar
- 1 teaspoon salt
- 115g unsalted butter, melted
- 1 large egg
- 1 teaspoon vanilla extract
- 155g all-purpose flour
- 1/2 teaspoon baking soda
- 110g semi-sweet chocolate chunks
- 110g dark chocolate chunk



Oven Mode:

Pure Convection Baking

Preparation

- Mix together sugars, salt, butter, egg and vanilla
- Sift in the flour and baking soda, then fold the mixture with a spatula (Be careful not to overmix).
- Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavor and deeper color, chill the dough overnight.
- Place the cookies on a baking sheet with parchment paper into SENZ OV7514, turn the knob till this symbol appear , set the temperature to 180°C for 15 minutes until the edges have started to barely brown.
- Serve with ice cream or milk.

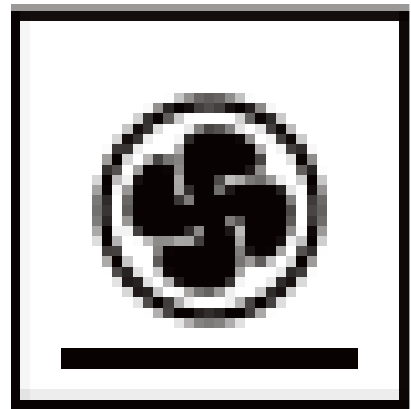
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Flatbread Pizza

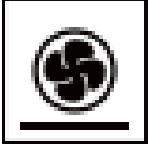
INGREDIENTS

- 4 small whole grain flour tortillas
- 1/4 cup pasta sauce
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced
- 1 small red bell pepper, chopped
- 3/4 cup chopped fresh mushrooms
- 1/4 cup chopped lean roast turkey
- 1 cup shredded part skim mozzarella
- 2 tablespoon chopped fresh parsley (optional)



Oven Mode:
Pizza Function

Preparation

- Place tortillas on large baking sheet in a single layer, set aside.
- In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.
- Place the baking dish into SENZ OV7514, turn the knob till this symbol appear , set the temperature to 200°C for 8 minutes, turning the slices halfway through to ensure even toasting. Keep an eye on the bread to avoid over-browning. or until cheese is melted. Sprinkle with parsley before serving, if using.

Tips: Always preheat the oven as instructed and wait until it's ready before placing in the dishes