

# ***Congratulations - your new sensational SUPERCOOK!***

Dear SUPERCOOK-owner,

dare quietly near her device. With the SUPERCOOK (SC) you can make everything easy, fast and tasty; nothing can go wrong!

Herewith, I would like to begin with some general tips and introduce some original recipes of mine.

Important tips:

1. At **level 1 and 2**: ingredients will remain whole, e.g. milk rice and stews
2. The **whisk paddle**: to be used only with **steps 1-4**; e.g. to whisk egg white.
3. At **level 6** ingredients are chopped e.g. carrot salad, onions and herbs. Also, cream soups, sauces, jam and puddings can be stirred to a creamy and foamy consistency.
4. **Dough kneading**: approx. 30 – 40 sec. at level 6 with the aid of the **spatula**.
5. At **level 10**: grind grains, coffee beans, as well as frozen, hard bread, chocolate, nuts and sugar.
6. **130°C: for steam cooking** potatoes, meat, fish, vegetables, eggs, egg custard.
7. Important: Always try again from scratch! Take your old recipes and create new ones. The SUPERCOOK is simple, practical and easy!

**Wishing you every success  
and have fun!!!**

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The SUPERCOOK recipe collection is presented to you with a lot of enthusiasm and effort. The recipes have all been personally tested and improved upon; but we cannot guarantee that every recipe will always succeed to a 100%. It, of course depends on the type of the ingredients, its maturity and quality, too. If you encounter any problems, call us immediately. We are always happy to help.

Have a lot of fun and joy cooking with this recipe collection, using your SUPERCOOK food processor. Be adventurous, vary the ingredients and experiment.

You are very welcome to pass on these recipes to your friends. A small contribution of 11 Euros, towards editorial expenses will be appreciated.

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P.S. Feel free to contact us if you need more recipes (e.g. baby food - this edition is in progress).

P.P.S. Further information and ideas: [www.supercook.me/en](http://www.supercook.me/en) and on Facebook.

Edition 2014

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<http://www.martens-kochstudio.de/>

Printing and binding: Druck & Design, Rastede

Stylistic editorial office: Tabea Martens

Translation: Tabea Martens & Soundra Hering

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#### **List of abbreviations:**

tbsp. = tablespoon

tsp. = teaspoon

g = gram

kg = kilogram

ml = Millilitre

l = Litre

°F = degrees Fahrenheit

°C = degrees Celsius

## **Useful tips**

### **Cooking eggs**

Put the eggs into the cooking basket and cover the *SUPERCOOK* knives with water.

Timing depends on: the number of eggs; whether hot or cold water is used; and if the eggs are preferred hard or soft.

→ 11 – 15 min., 130°C, level 1

### **Whisking egg white**

Fit whisk paddle in the mixing bowl.

→ 3 – 3 ½ min. level 4

### **Cooking rice**

Fill the mixing bowl with water up to 1 litre mark. Put

250 g rice into the cooking basket

→ Rinse the rice in the steaming basket under running water. Place the basket in the mixing bowl.

→ 25 min., 130°C, level 1

### **Rice pudding**

1 l milk  
100 g sugar  
a pinch salt  
250 g rice pudding

→ 30 min., 90°C, level 2

### **Pasta dough**

300 g flour  
50 ml water  
2 eggs  
1 pinch salt

→ 30 sec., level 6

Either cook fresh or let them dry out for 1 - 2 days. Refrigerate for later use.

### **Spaghetti**

1 ½ l water  
10 ml oil  
1 pinch salt

→ into the mixing bowl, 10 min., 130°C, level 1

250 – 300 g Spaghetti

→ add slowly through the lid opening

→ 10 min., 100°C, level 1

→ to decant, use a sieve or the steaming basket.

### **Semolina pudding**

500 ml milk  
1 egg  
50 g sugar  
80 g semolina

→ 15 min., 90°C, level 2 and on level 6; stir occasionally.

### **Mashed potatoes**

400 ml milk  
800 g potatoes in small pieces  
40 g butter  
salt, nutmeg to taste

Put everything in the mixing bowl.

→ 30 min., 90°C, level 2

#### **Warmed up cold potatoes!**

Put 600 ml. of water into the mixing bowl. Place the cold potatoes in the steaming basket.

→ 15 min., 130 C, level 1



**Basic recipe for whole wheat** → 10 sec., level 10

**bread/brown bread**

100 g grains such as wheat,  
spelled, barley, oats,  
buckwheat, sesame, millet  
+ 50 g oatmeal

→ 30 sec., level 10

350 g flour (Type 405)  
½ tsp. sugar  
1 tsp. salt  
280 ml mineral water  
20 ml oil  
1 yeast cube

→ 30 – 40 sec., level 6 with the help of the spatula

Put the dough in the baking tin. Let it rise in the oven: 20 min., 50°C.

Then, bake: 30 min., 200°C (Convection current: 170°C).

250 g water

→ 5 sec. level 10. Then  
15 min., 90 °C, level 1.

→ To finish off, add one cup of cream (200 ml.) and mix: 7 sec., level 7.

***Curry-mustard-sauce (steam cooking recipe)***

500 g The hot left-over water in mixing bowl from the steam cooking.

30 g flour  
30 g butter  
1 tsp. vegetable stock  
1 tsp. herbal salt  
1 tsp. mustard  
1 tsp. curry

→ Mix: 8 sec., level 8. Then, 3 min., 100°, level 1.

**Place one cup of water in the oven.**

Tip: Grease the baking pan with margarine!

***Jam***

200 g fruits (1 Kiwi, 1 small apple,  
half a banana)  
(200 g 1:1 preserving sugar or)  
100 g 2:1 preserving sugar

→ Purée: 5 sec., level 10. Then, 4 min., 100°C, level 1. → 6 sec., level 6

***Tomato soup and vegetable soup***

1 onion

→ 6 sec., level 6

20 g olive or. sunflower oil

→ 3 min., 100°C, level 1

500 g tomatoes  
3 tsp. vegetable stock  
4 tsp. starch (e.g. Maizena)  
1 tsp. herbal salt  
½ tsp. sugar



***Raw fruits and vegetables***

500 g carrots, apple, bell pepper  
1/3 cup of sour cream  
½ pck. vanilla sugar  
5 g lemon  
2 tsp. sugar  
1 tbsp. sunflower seeds  
1 tbsp. raisins

***Champagne sorbet***

60 g sugar

→ 5 sec., level 10

200 g frozen strawberries

→ 4 sec., level 10

1 bottle of sparkling wine

→ 5 sec., level 10



### **Italian iced coffee**

70 g sugar  
→ 5 sec., level 10  
10 ice cubes  
→ 5 sec., level 10  
500 g milk  
2 tbsp. Nescafé  
→ 8 sec., level 8

### **Eggnog**

1 can of milk (170 ml)  
230 ml wheat korn liquor  
150 g sugar  
1 pck. vanilla sugar  
6 egg yolk

→ Cook: 12 min., 70°C, level 1. Then, mix to a frothy finish for: 7 sec., level 7.

### **Strawberry ice cream**

*(low calorie & cholesterol-free)*

70 g sugar  
→ 5 sec., level 10  
300 g frozen strawberries  
→ 5 sec., level 10  
→ Fit in whisk paddle.  
3 egg white (add into mixing bowl)  
→ Mix: 40 sec., level 10.

