

**Recipe Book**  
**Fresco**  
**The blast chiller**



# INTRODUCTION

## OUR MISSION

We believe families deserve the best. We believe true revolutions must start from everyday life and involve everyone, especially the new generations. For years our commitment has been at the service of catering and of top Chefs, for their creativity to be boosted by technology.

We are an Italian company, an established market leader in professional kitchens whose cutting-edge blast chilling technologies have had a worldwide presence for several years now. Today, we cater for all families that care deeply for the quality of their food.

Irinox brings you Fresco, the first household appliance that makes the trade secrets of great chefs available in your home, to shock freeze and cook, thaw and leaven, cool and warm up. By combining blast chilling with slow warming, it offers as many as 9 innovative functions.

From now on, a technology is available in your home to serve healthy, fresh and flavoursome food at any time. Cold is the most natural ally to preserve the quality of food. Fresco's blast chilling is an additional aid to preserve quality over time even better.

Fresco protects your health and the health of your loved ones, ensures your lunch and dinner parties are easily done and assures the quality of all your dishes.

## FRESCO, A REVOLUTION IN THE KITCHEN

With Fresco you can make time work for you. You can cook when you like and when you have time, perfectly preserve, shock freeze and thaw your dishes and then enjoy them as if freshly made.

With Fresco the quality of food products remains intact. None of their nutritional qualities are lost, either in preparation or preservation.

With Fresco you can invite your friends stress-free, enjoy their company when you feel like it by preparing early and boast your culinary abilities even when you really have no time to prep. With Fresco, your dishes and products can be frozen in the most respectful manner. When they are thawed, you can't tell the difference from fresh products.

With Fresco, you can provide your children with the best of natural products. You can prepare and preserve baby food under the best guarantees of hygiene and make their menu more varied and appetising.

With Fresco, when there's a will there's a way. At least in the kitchen.

## THE SEASONALITY OF PRODUCE

Although nowadays you can find them on supermarket stalls all year round, everybody knows that the flavour and nutritional properties of seasonal produce are at their best in season.

With Fresco, you can hoard them then use them all year round: buy delicious seasonal produce such as mushrooms, peas, string beans, chestnuts, pumpkin, asparagus etc. when they are in season, and are cheaper and full of flavour.

Thanks to Fresco's shock freezing function, you can use them at any time, and their quality will astound you.

# FRESCO

## THE CHILLER AND ITS FUNCTIONS

Fresco, the blast chiller for household use, is a new generation of household appliance that very quickly reduces the core temperature of food.

The two main functions are therefore chilling and freezing.

Chilling is used to take the core temperature of food at +3°C so it then keeps longer in the fridge (up to 7 days). Freezing is used to take the core temperature of food at -18°C so it can then be kept in the freezer as if just made.

However, Fresco is a multi-purpose appliance: it doesn't only produce blast chilling, but slow warming as well. The temperature in the chamber, in fact, goes from -35°C to +75°C, so you can indulge your whims in countless recipes.

Although Fresco cools quickly and warms slowly, it does not replace the fridge, freezer and oven in your kitchen. As a matter of fact, it is an intermediate step between cooking the food and preserving it in the fridge or freezer. Fridge and freezer have not been invented to cool or deep-freeze food, but they have been developed to store food that is already cold or already frozen. They are preserving appliances. So how do you cool and/or freeze food? With the blast chiller.

Fresco has a patented Irinox technology and offers 9 innovative functions:

- **chilling +3°C**: it quickly cools hot food, blocking bacterial proliferation thus assuring preservation in the fridge up to 7 days.

- **freezing -18°C**: the faster the freezing, the better product quality is maintained. When thawed the food is tasty and has a fresh look and texture as if it had never been in the freezer. Storage in the freezer may be up to 8-10 months, with the exception of fish, for which maximum recommended preservation is 4 months.

- **delicate freezing -18°C**: for delicate food, such as leavened products, which must be stored in the freezer.

- **thawing**: to thaw food evenly and without partial cooking, preserving the flavour and quality of fresh products.

- **beverage cooling**: to cool drinks at a speed of about 1 degree a minute.

- **storage (cold and hot)**: to select the ideal temperature based on the type of food to be preserved.

- **low temperature cooking**: to cook meat and fish enhancing its tenderness and taste.

- **proofing**: for controlled leavening and better digestibility of all doughs.

- **dish ready**: to program a piping hot dish ready for you when you get home.

 CHILLING +3°C

A food is considered fresh when it is cooked and eaten right away. If a food is cooked today and eaten tomorrow it is not fresh. However, at home it is not always possible to cook and eat right away. Therefore, the problem is usually solved by using the fridge, which should preserve the freshness of food. But because it is not possible to put hot food in the fridge, one generally leaves it out to cool at room temperature for several hours.

Unfortunately, food that is placed in the fridge after cooling at room temperature needs to be thrown away 2-3 days later because it no longer tastes or looks the same as it did when just cooked. That's because its quality has been affected by 4 fundamental factors:

**1- Evaporation:** the first thing you see when food is allowed to cool at room temperature is evaporation, that is, vapour that is given out by the dish when you take it out of the oven or hob. That's all the food's natural moisture and tenderness leaving. As a consequence, the food dries up and its ageing processes accelerates. Fresco solves this problem with its quick chilling function: when hot food is placed in the chiller straight on the hob or oven, its evaporation is blocked thanks to the thermal shock of going from cooking temperature to the chiller's extreme cold (up to +3°C at the core in 90/120 minutes). This thermal shock causes the food's pores which had opened during cooking to close, thus blocking evaporation. In this way food retains its flavour, its nutritional values and its texture – all qualities that would be lost otherwise. With the refrigerator this is not possible, on the contrary, it is even harmful, as placing hot food in the fridge damages it as well as spoiling the food that's already inside.

**2- Overcooking:** if it is not cooled immediately, food continues cooking because it remains at a high temperature for a long time. Fresco cools food quickly so it doesn't overcook. In this way, the desired texture and flavour are preserved.

**3- Oxidising:** when food is cooled at room temperature, it remains in contact with external agents and light and changes colour, taking on a brownish hue and losing lustre (such as spinach, courgettes, carrots, broccoli, savoy cabbage etc.). Fresco solves this problem by causing the food's pores to close. When the pores close evaporation is blocked, and the oxidation issue is also solved. Vegetables retain all of their natural colour and brightness up to 5 days.

**4- Bacterial proliferation:** another cause of fast food decay is bacterial proliferation. Bacteria are everywhere and are only killed by high temperature. That is why when food is taken out of the oven or on the hob its bacterial load is very low, almost zero. The problem arises as soon as the temperature drops and food comes into contact with air, as bacterial contamination sets in. In particular, bacterial proliferation is the highest between 40°C and 10°C (it already starts at 60-70°C). The bacteria found in air, on dishes, on cooking implements attack food and cause it to deteriorate quickly. As a matter of fact, bacteria multiply every 15 minutes and the only way to stop them from multiplying is to lower the temperature quickly. At the end of cooking, food must be served right away or kept warm (at a temperature higher than 60°C) or chilled, so that core temperature drops from 60°C to 10°C within two hours. Food cannot be kept at room temperature. By chill, the chiller reduces the time food remains between 60°C and 10°C, it sends bacteria into hibernation and dramatically slows the speed at which they multiply. This way, food does not deteriorate and remains fresh for longer. In other words, the chiller protects you from all those minor cases of food poisoning you sometimes come down with.

**MICROORGANISM GROWTH CHART**

100°C / 70-60°C: progressive destruction of microorganisms

60°C / 40°C: microbial multiplication

40°C / 20°C: maximum microbial multiplication

20°C / 10°C: microbial multiplication

10°C / 0°C: multiplication slows down

0°C / -20°C: progressive block of multiplication

Thanks to Fresco's chilling function, not only does food remain intact and unchanged as if freshly cooked for about one week, but it does not spoil the other food already in the fridge because no sudden changes of temperature are caused, which break the cold chain. Chilling food means best preserving all its crispness, colour, flavour and organoleptic properties that make food appetising.

What food can be chilled?

All hot food just out of the oven or hob (lasagne, sauces, stock, ragout, cooked vegs, roasts, cooked fish, minestrone, cream soups etc.).

Other uses of the chilling function:

- **risotto:** cook risotto to ¾ done (the time depends on the type of rice used), with stock and all your favourite condiments, spread it on a stainless pan and cool it, keep it in the fridge up to 7 days and eat it when you like within the week. In few minutes (about 6-7 minutes) and by adding a few glasses of hot water, the risotto is done to perfection.

- **cold pasta/cold rice:** thanks to blast chill, cooling pasta or rice when you want to make a salad is no longer a problem – no more soggy or overcooked pasta or rice because by chilling, pasta and rice cool without overcooking and without losing their starch.

- **soups, cream soups, lasagne and hot minestrone:** vegetable-based dishes deteriorate easily, it is therefore advisable to cool them quickly even if you plan to eat them on the same day, so as to preserve their colour, taste and freshness.

- **dishes that require cooling:** the chilling function can also be used for all recipes that usually need setting in the fridge for a few hours and for all dishes that must be served cold. For example, instead of leaving shortcrust, fresh pasta or pancake batter to settle in the fridge for 1 hour or longer, just cool them quickly in the chiller for 15-20 minutes. You can also blast chill a summery gazpacho and make a last-minute panna cotta as it will settle quickly when cooled rapidly, whereas it would take a whole day in the fridge.

- **chilling fruit, vegetables and cheese:** after shopping, you can blast chill fruit, vegetables and cheese in the chiller for about twenty minutes before putting them in the fridge, to quickly lower their temperature. In this way they remain fresh for longer. This step has a wonderful effect especially on lettuce and radicchio, which tend to wilt very quickly.

- **chilling of desserts, quiches, bread:** this function can be used for cakes, quiches or bread before slicing and serving. All it takes is a few minutes to cool the product down and make it easier to slice. When flaky pastry is slightly colder, in fact, it does not crumble.

### Advantages:

- you can do the shopping once a week only
- you can make all the week's lunches or dinners on the same day because, thanks to blast chill, food lasts in the fridge for a whole week as freshly made
- you can chill down in few minutes all preparations that require chilling
- your food is always of the highest quality because bacterial proliferation is blocked
- you can prepare early a whole dinner if you have guests during the week
- you can get organised so you have more time for your hobbies and interests
- you can wash pots and pans and use gas once a week only, to limit consumption.



Shock freeze brings the food's core temperature to -18°C very quickly, so it can be kept in the freezer for up to 6 months as if it had just been made or bought. The same result cannot be reached with the freezer. As a matter of fact, there is a big difference between freezing (with the chiller) and freezing (with the freezer). When you put food in the freezer, it takes between 25 and 40 hours to reach a core temperature of -18°C, which is very long. In fact, freezers are designed as storage cells and do not shock freeze food, but only preserve food that is already frozen. The cold of a freezer is slow and static, so all the water contained in food takes a long time to solidify, hence it crystallises in very large ice crystals. These large crystals increase in volume and break up the food's physical structure and fibres, so when you thaw it, it is soaked in liquid. That liquid is generally discarded, but it actually contains most of the thawed food's nutrients, which are lost forever. In other words, you discard the quality you have bought and paid for.

That is not the case with freezing in the chiller – food retains its nutritional value, its flavour and its texture. When you put food in the chiller to shock freeze, its core reaches -18°C extremely quickly, 4 hours tops, hence much more quickly than when you put it in the freezer. Thanks to this thermal shock, all the water contained in the food has no time to form large crystals, but it forms micro-crystals, as small as snow crystals, which do not damage the food's structure. So when you thaw the food, it loses no liquids because its natural structure is not damaged, hence all liquids are held within. Food is intact and unchanged with all its organoleptic, nutritional and structural properties. All the freezer does, then, is to preserve the micro-crystals and the quality that Fresco assures with freezing. So thanks to Fresco, the quality you have paid for makes it to your table, because Fresco shock freeze. Another extremely important function of freezing is sanitising raw fish. Eating raw fish is a very healthy habit because raw fish retains all of its invaluable Omega3 and nutritional properties. However, it also involves several risks, the most well-known of which is anisakis, a very dangerous parasite which is found in a lot of fish. Anisakis is indeed transmitted to man through raw fish, posing extremely severe health hazards because it might even puncture the intestine walls. The parasite lurks in the bowels of fish and migrates from the fish gut to its meat if it is not promptly gutted as soon as it is caught. Which happens increasingly often.

According to the Ministry of Health (Balduzzi decree, L.D. 158/2012 "Urgent provisions to promote the country's development via a higher level of health protection", which was then converted into Law 189/2012), marinating, smoking and salting do not kill the parasite. There are only 3 ways to kill anisakis: - cooking fish for at least 10 minutes at 60°C (although fish would obviously no longer be raw in this case); - freezing fish for at least 96 hours. However, freezing the fish in the freezer not only results in making anisakis harmless, but also damages all the qualities of fish because the ice that forms inside it following freezing causes the fibres to break hence the loss of structure.

- shock freeze fish with a chiller until it reaches the core temperature of -18°C, followed by storage in freezer for at least 24 hours. In this way, thanks to Fresco, you can correctly sanitise your raw fish at home, vanquishing anisakis and preserving the quality of the product you have purchased. Thanks to Fresco you can therefore eat excellent raw fish in utter safety.

Other advantages arising from quick shock freeze in the blast chiller:

- different foods no longer stick to one another in a single block of ice, so you can extract from the freezer and thaw just the portion you need, consequently with less waste in the kitchen; - food always remains clearly recognisable because it is no longer covered by the irritating snow that forms in bags and on surfaces;
- you can stock up on seasonal produce such as mushrooms and squash in autumn, courgettes and berries in summer, peas and asparagus in the spring etc. then store it perfectly for months, with no loss of flavour, nutritional value and texture. Not to mention the great savings: the cost of out-of-season vegetables is much higher than in season. For instance, you can make all the cream soups you like in season, then freeze them in convenient single dose bags and use them when needed; - you can make dinner or lunch for guests in advance, because with shock freeze the food keeps long in the freezer and maintains the same flavours and properties as if freshly cooked; - you can prepare appetisers for your guests when you have time and feel like it then put them away in the freezer so you are never unprepared;
- you can cook whenever you have time and feel like it;
- you can make large amounts of food in one go as thanks to shock freeze, you can store most of it in the freezer. In this way you can use gas once only and you only need to wash pots and pans once.

What food can you shock freeze?

- all cooked food just out of the oven or hob (lasagne, sauces, stock, ragout, cooked vegs, roasts, cooked fish, minestrone, cream soups etc.).
- raw meat and fish: you can go to your butcher's or your fishmonger's once a month, stock up with your favourite cuts or fish, shock freeze it with Fresco and keep it in the freezer until needed;
- pre-cooked and shock frozen risotto: cook risotto to ¾ done (the time depends on the type of rice used), with stock and all your favourite condiments, spread it on a stainless pan and shock freeze it, keep it in the freezer and eat it when you like. In few minutes (about 6-7 minutes) and by adding a few glasses of hot water, the risotto is done to perfection.
- shock frozen, precooked pasta: you can cook the pasta ¾ done (the time depends on the type of pasta used), spread it on a stainless pan and shock freeze it, keep it in the freezer and eat it when you like. In few minutes (about 4 minutes) and by adding a dribble of oil and half a glass of hot water) the pasta is done to perfection as if just cooked.
- various sauces: you can cook extra quantities of your favourite sauces (amatriciana, tomato sauce, pesto, fish sauce etc.), split them into convenient single portions using silicone moulds and shock freeze them in the chiller, then keep them in the freezer, ready to dress your pastas, including precooked and shock frozen ones, or other dishes;
- food fried in batter: you can fry vegetables or other food in advance, shock freeze them with the chiller and keep them in the freezer. When you feel like having fried food, just preheat the oven at 200°C and regenerate it for about ten minutes. It will be as crunchy as just fried, but with no fried food smells.
- patisserie: you can make the shortcrust base for cakes, sponge cake, mascarpone cream, biscuit dough, mousse, Bavarian cream, parfaits, puff pastry – then shock freeze with the blast chiller and keep in the freezer. In this way you always have something sweet ready for use, even with no notice. If, for example, you prepare the dough for chocolate biscuits, already roll it into a sausage shape with 3-4 cm diameter and shock freeze it, when you feel like having biscuits all you need to do is heat the oven to 180°C, take the dough roll from the freezer, cut it into 1cm-thick rounds and bake them for about ten minutes.
- bread, pizza, focaccia, quiches: you can prepare bread, pizza and focaccia dough and shock freeze it raw – which you can then bake it in the preheated oven directly when frozen – or bake them first then shock freeze them. You can make a variety of quiches for your guests and shock freeze them with the blast chiller: after regenerating in the oven, the puff pastry is as crunchy as when freshly baked.

- fruit: you can shock freeze fruit in pieces then run it in the food processor with a bit of milk to have a home-made sherbet or ice-cream in few minutes. Because no ice forms within, thanks to freezing, when shock frozen fruit is processed there is no risk to break the processor's blades. Fruit that is especially suited for freezing is: berries (which are handy to have in the freezer for a number of uses, either sweet or savoury), strawberries in pieces, bananas in slices, wedges of tangerine, cubed mango and pineapple. You can also prepare fresh fruit kebabs and shock freeze them with your Fresco, for a refreshing, summery snack always ready for use; - raw, cubed vegetables: stock up with seasonal produce, dice it or shell it, shock freeze it with your Fresco and keep it conveniently bagged in the freezer, so you can make your own minestrone at any time with your favourite vegetables. Particularly suitable vegetables for freezing are: diced carrots, sliced leek, chopped onion or shallot, diced celery, diced pumpkin, clean mushrooms, asparagus in sections, shelled peas, pulses in general, diced courgettes, broccoli or cauliflower florets, artichoke hearts. - cooked vegetables: all cooked vegetables is suitable for freezing. You can stock up with seasonal vegetables, cook them as you like (ratatouille, roast tomatoes, caramelised tomatoes, stewed savoy cabbage, cooked fennel, stewed peppers and courgettes, grilled radicchio etc.) and keep them in the freezer up to 8 months. - ice lollies/shaved ice: with shock freezing you can make at home excellent ice lollies and refreshing shaved ice for the hottest days and nights. Or have ice cubes ready for your refreshing drinks in the blink of an eye, less than one hour.



### DELICATE FREEZING -18

Delicate freezing lets you bring the food's core temperature to -18°C very quickly, but going through +3°C first. The temperature drop is therefore a bit more delicate than with quick freezing. It is recommended to use this feature when you want to shock freeze especially delicate and soft food such as focaccia, bread, soft cakes, muffins, plum-cakes etc. Delicate freezing brings the food's core temperature to -18°C gradually, so food does not dry up too much. That is why it is especially recommended for leavened goods as well as for piping hot food.



### THAWING

Fresco lets you thaw in a controlled and gentle manner all food taken out of the freezer, without partial cooking, drying, changing taste, oxidising, therefore without affecting the food's structure and quality. Because food is placed in a controlled temperature environment, it retains its natural moisture and texture as if it had never been frozen. By keeping the thawing temperature below 25°C, the product you thaw does not warm up inside, so there are no bacterial contamination concerns.

Recommended temperature for thawing:

- 15° C for products in general
- 8-10°C for raw fish and meat to be eaten raw
- 25°C for cooked products that are eaten right away



### BEVERAGE COOLING

An innovative appliance such as Fresco could not go without this feature, thanks to which you can lower the temperature of any beverage by about one degree per minute after pre-cooling the machine. The exact time depends on the size of the bottle, thickness of the glass and on the material – glass, plastic, aluminium can.

Again, Fresco is an invaluable help in household management because you can store your wine bottles in the cellar or any other place with no need to take up precious fridge space. In fact, with the beverage cooling feature the desired bottle is cooled in few minutes. Which is very handy in case of unannounced visits. And for those football match evenings... cold beers are ready in a matter of moments.



### STORAGE

With this feature, Fresco turns into an actual customised fridge because it allows food to be stored at the temperature you set (between -20°C and +75°C) for up to 48 hours.

Therefore, it is ideal for products that require a special storage temperature. Just think, by way of example, of soft ice-cream in the summer. With this feature, Fresco allows you to store the ice-cream in the chiller at a constant temperature of -12°C, so it remains soft and spreadable until it is eaten.

Or think of raw fish that has been blast chilled and shock frozen. With Fresco, you can keep it at 1-2°C until dinner time. With custom hot storage, on the other hand, you can melt chocolate at a constant temperature of 40°C so it melts perfectly and with no clots.

And by keeping a jug of lukewarm milk containing ferments at 42°C for 6-7 you can make excellent, home-made natural yoghurt.



### LOW TEMPERATURE COOKING

Thanks to this feature, Fresco lets you cook meat and fish gently, in a moist environment and at low temperature that does not affect, strain or dry up the food. Cooking takes place by convection, with food being cooked slowly by hot air. In this way, the food retains its features and no nutrients are lost. What is more, this type of cooking enhances the flavour of food while keeping it very tender, therefore less condiment is required.

Like steaming, it is a gentler cooking method than baking, but it does not replace the oven because it is different! As a matter of fact, Fresco reaches 75°C in the chamber, while the oven reaches 250°C. The oven reaches very high temperatures and is dry inside, therefore it may stress the food's tissue, causing it to lose liquids. That is why when you bake or roast food it often loses 30% of its weight. When cooking at low temperature it is recommended to follow this procedure:

- choose the cooking temperature to be reached in the food's core based on the type of meat or fish and desired result;
- sear the cut in the pan at high temperature for few minutes to seal the pores;
- put the seared meat or fish in a vacuum bag (if you have the vacuum packing machine);
- start your Fresco's low temperature cooking program;
- set the temperature you wish to maintain in the chamber for cooking.

**TABLE OF TEMPERATURES TO BE REACHED AT THE CORE  
FOR HEALTHY AND OPTIMAL COOKING**

<b>MEAT</b>	<b>CORE TEMPERATURE</b>
Beef tenderloin steak or rib	55°C (medium)
Beef filet mignon	55°C (medium)
Roast beef	55°C (medium)
Veal round steak	65°C (rare, for VitelTonnè)
Pork loin	65°C (rare)
Pork fillet	65°C (rare)
Duck/goose breast	60°C (rare)
Chicken breast	68-70°C (well done)
Turkey breast	68-70°C (well done)
Lamp chops	60°C (rare)
<b>FISH</b>	<b>CORE TEMPERATURE</b>
Salmon fillet	42°C
Tuna slice	42°C
Sea bream fillet	55°C
Sea bass fillet	55°C
Monkfish	54°C (plus final searing)
Mackerel	48°C
Swordfish (slice)	60°C
Cuttlefish	60°C
Cod fillet	54°C



**PROOFING**

With this function you can turn your Fresco into an actual proofing chamber, which lets you choose the leavening temperature of a product, keeping it constant, and the time. This way you can perform proofing consistently, with the leaven fermentation cycle fully completed thus preventing not fully leavened products that are not very digestible.

This function assures perfect leavening even regardless of external temperature because the moisture and temperature inside Fresco are controlled – the two factors that determine successful leavening.

If you are working with beer yeast the temperature can be kept at 26/28°C, while if working with sourdough the temperature can be kept at 28/30°C. Fresco helps you even if you try your hand at sweet breads such as panettone or colomba, which require long leavening and constant humidity.

Furthermore, thanks to its leavened goods preservation function, at the end of the proofing cycle Fresco preserves the product at 10°C, i.e. a temperature at which leavening still takes place, yet so slowly and gradually that the product is not damaged.



**DISH READY**

The dish ready function combines cooling and heating with the great convenience of being able to leave home in the morning after placing in Fresco the food you want to eat when you come back, such as a slice of baked lasagna, hold the dish at a temperature of +3°C, regenerate it, then hold it warm, ready to be eaten until it is time for lunch or dinner. All that is possible with your programming. And if you happen to be late, Fresco holds your dish at 60°C without spoiling, altering or overcooking the food. Practically, a dream come true for all of you! Go back home and find food is ready.

# TIPS FOR USING THE CHILLER

Here are some suggestions on how to use your Fresco.

1. When you place food in the chiller to undergo one of the cold cycles, never cover it with lids, cling film or other. The food in the chiller must remain in direct contact with the air circulating inside.
2. When you take the food out of the chiller at the end of the selected cycle, always use a container to store it in the fridge or freezer, otherwise the food spoils. You can use plastic boxes with lids, cling film, food bags or vacuum bags if you have the vacuum packing machine. Storing in bags will help you best manage the space in the fridge or freezer.
3. The time required for chilling, freezing, cooking or thawing varies a lot according to the thickness of the product placed in Fresco, how many times the chiller's door is opened during the cycle, the room temperature where Fresco is and initial temperature of the product placed in the chiller. If you need to cool or shock freeze a very thick cut of meat, a plum cake or strudel, we recommend slicing them before running the desired cycle. In this way you will be able to somewhat reduce the chiller's operating time.
4. Any type of material may be used inside the chiller: plastic, steel, aluminium, glass – as long as it's tempered, in view of both the positive and negative temperature reached. In any case, we suggest using the stainless pans supplied by Irinox as they conduct temperature better, hence further reduce preparation times.
5. Divergent types of food, such as onion, cabbage and meat, may undergo the same chilling, freezing or thawing cycle at the same time. Because the thermal shock closes the pores of the food, the divergent smells do not mix in the blast chiller's chamber.
6. For any type of cycle, it is preferable to always use the lower shelf and only use the top shelf if necessary. When using both shelves inside Fresco, ensure the container placed on the top shelf is not so large that it prevents air circulation on the bottom shelf.
7. Never place exceedingly large containers on top of the grates in the chamber, as they block air circulation. Leave at least one centimetre space between the container and the walls of Fresco's chamber.
8. In chilling and freezing functions, it is always preferable to place a sheet of baking paper on the bottom of the pans so the food does not stick.

9. Blast chilling program: we recommend using the perforated stainless pans supplied by Irinox for this function, so as to reduce preparation time.
10. Quick/delicate shock freeze program: we recommend always using the gloves to extract the pans from the Fresco at the end of the cycle, to prevent any ice burns. When shock freeze rice, pasta or vegetables, we recommend stirring the food every now and again so that the grains or bits do not stick together. When freezing stock, sauces, condiments, cream soups, minestrone and creams we suggest dividing the food in convenient silicone muffin or ice moulds. In this way it is easier to store cooked food and single portions are ready for use.
11. Low temperature cooking program: before cooking the meat or fish at low temperature in your Fresco it is preferable to lightly sear them in the pan to close the pores – the process is especially indicated for meat and some types of fish such as tuna, swordfish and monkfish. If you have a vacuum machine, cook the meat or fish in your Fresco after placing it in a vacuum bag.
12. Proofing program: we suggest covering the dough with cling film or with a moist cloth to prevent drying.
13. Beverage cooling program: we suggest placing the bottles directly on the bottom of the chamber without using any grate. This is the best condition to chill your beverages. There are no material-related problems: you may use plastic or glass bottles or aluminium cans.
14. When you thaw a shock frozen food with the blast chiller, it cannot be shock frozen again. This can only be done if the food's state has changed from raw to cooked. For instance, thawed raw meat may be shock frozen again only after cooking.
15. We recommend performing a cleaning cycle after each blast chilling or freezing cycle.
16. Never place piping hot pots or baking pans on the bottom of the chamber, but always on the shelf grate.

## BASIC STOCK ALWAYS READY

Thanks to Fresco's shock freeze function, you can stock up with some "basic" products so you always have them ready in your freezer.

When you find the best quality at the market, when it's the right season, buy a larger quantity of a product, process it, shock freeze it and keep it in the freezer. Here are some suggestions of convenient products to be shock frozen in large quantities so you have them ready at all times.

- **STOCK/VEGETABLE STOCK/MEAT STOCK/FISH STOCK:** when you start paying attention to what you eat, the first things you start making at home are vegetable stock and meat stock. All these require quite long preparation times, so just think of the convenience of making them once a month or every two months and be able to freeze them and always have them ready for use. Thanks to shock freeze with Fresco, obviously. Plus, if you make stock at home, you will have a completely natural product, with no preservatives, no colourings, no thickeners and above all, without sodium glutamate.  
*Here is a recipe to make stock.*  
Ingredients: 200 g green celery, 2 carrots, 1 onion, 1 courgette, 20 basil leaves, 2 sprigs of rosemary, a bit of parsley, 200 g coarse salt, 50 g miso, 1 tablespoon of extra virgin olive oil.  
Procedure: cut and chop the vegetables and herbs, put everything in a pot, add a tablespoon of olive oil and cover everything with salt and miso. Cook for 1 hour and a half without adding any water. When done, liquidise in a food processor and place on the fire again to thicken further. Pre-cool Fresco with the blast chilling cycle at +3°C and chill the mix for 1 hour and a half. At the end of the cycle, put the stock in a glass jar, close tightly and keep it in the fridge. The large amount of salt makes it last a few months. If you would like to store it longer, you can place the cooled stock in a silicone ice mould so you will have vegetable stock cubes. Put the mould in the Fresco with the freezing cycle until the stock is completely shock frozen.
- **HERBS:** all the leaves of herbs may be shock frozen and kept in the freezer for many months. All it takes is 40-50 minutes of freezing in the Fresco to perfectly shock freeze your herbs. At the end of the cycle place the leaves in a container or plastic bag, close it and put it in the freezer. When needed, take a few leaves from the freezer to add them to your dish. The scent and crispness will be as freshly picked.
- **ONION/SHALLOT FOR SOFFRITTO:** coarsely chop the onion or shallot, spread them on a stainless pan covered with baking paper and shock freeze them with Fresco's quick shock freeze function for 40-50 minutes. After that place them in a food bag or container and keep them in the freezer. What you need for your soffritto is always available.
- **BERRIES:** stock up on berries during the summer (raspberries, blackberries, blueberries, redcurrants), shock freeze them with the chiller for about 50 minutes and keep them in a freezer. They will come in handy for a great many recipes.
- **FRESH TOMATO SAUCE:** tomato sauce made with tomatoes in season is always an excellent supply for your winter-time pantry. Follow the recipe in the recipe book, and all the flavours of the summer will be ready to be savoured all year round.

- **GRATED PARMESAN:** when you make a risotto or classic pasta, you can't go without Parmesan! And Fresco can help you to never run out. Buy a good wedge of Parmesan, grate it, shock freeze it for 45 minutes and keep it in a plastic bag in the freezer. It will remain as loose and aromatic as freshly grated. Just take the desired amount from the freezer for your dishes to have the right taste.
- **RAW VEGETABLES FOR MINISTRONE:** you can stock up on vegetables when in season, dice it, shock freeze it with your Fresco and keep it in the freezer in convenient bags, so you can mix and match them to make your minestrone at any time with your favourite vegetables. Particularly suitable vegetables for freezing are: diced carrots, sliced leek, chopped onion or shallot, diced celery, diced pumpkin, clean mushrooms, asparagus in sections, shelled peas, pulses in general, diced courgettes, broccoli or cauliflower florets, artichoke hearts.
- **CHEESE:** you can shock freeze all your favourite cheese, already sliced and cubed, so it's always ready in the freezer whenever you need it. Use Fresco's default freezing time (2 hours), keep the cheese in the freezer in a container or bag and thaw it when you want using the controlled thawing function at 12°C for about one hour.



# HORS D'OEUVRES


Canapé with raw ham and raspberry  
Strudel with black kale, carrots and  
Provola  
Savoury plum-cake with savoy cabbage  
and Caprino soft goat cheese  
Flaky pastry mini-pizzas  
Vegetable spaghetti with prawns and  
cashew cream  
Ricotta, hazelnut and radicchio flan on  
Gorgonzola cream  
Cod balls on pea cream  
Aubergine stack on pepper cream  
Tomato Gazpacho with raw prawn  
Tartare


“

*An unannounced visitor, an unexpected invitation for dinner – if you can rely on some help, all you need to do is enjoy the occasion. To start, nothing beats refined hors d'oeuvres or an appetising titbit to be savoured with your aperitif. With Fresco, you can prepare your favourite starters in advance, from the easiest to the most complex ones, and always have them ready in the fridge or freezer, to enjoy their full freshness and taste. You can show off your culinary abilities in a matter of minutes, without missing one minute of your guests' company.*

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## CANAPÉ WITH RAW HAM AND RASPBERRY

 Preparation time: 20 minutes

 Cooking time: 15 minutes

 Difficulty: low

### INGREDIENTS FOR 22 CANAPÉS

½ baguette (120 g)

250 g raw ham (22 slices)

120 g raspberries (or blackberries)

Yoghurt mayonnaise

### QUICK STARTER

#### PROCEDURE

- Cut the baguette in about ½ cm thick slices and toast them in the preheated oven at 180°C for 10/15 minutes (until they are golden and crunchy).
- Allow them to cool out of the oven for a few minutes, then spread each slice with a thin layer of yoghurt mayonnaise, cover with a slice of raw ham, rolled up into a rose, then place one raspberry or blackberry in the centre of each rose.
- Serve right away as an appetiser.

#### *With your Fresco you can...*

- **FREEZING:** you can prepare a large amount of crostini and shock freeze them, already spread and decorated, using the shock freeze function, then keep them in the freezer up to 6 months. This way, the appetiser is always ready and you will not be unprepared in case of unannounced guests.
- - Fresco freezing time: 60 minutes (for ½ cm about bread slice thickness)







- **REGENERATION:** take out of the freezer 45 minutes before serving and let them thaw at room temperature.

#### *Alternatives*

- The recipe above is with raw ham and a raspberry or blackberry inside, but you can use other ingredients as well. For example, you can use Bresaola and kiwi or speck and diced, sautéed pumpkin or smoked salmon with creamed avocado with a bit of lemon juice, salt and pepper.



# STRUDEL WITH BLACK KALE, CARROTS AND PROVOLA

-  Preparation time: 60 minutes
-  Carrot cooking time: 20 minutes
-  Black kale cooking time: 5 minutes
-  Strudel cooking time: 30 minutes
-  Difficulty: medium
-  Suitable for vegetarians

## INGREDIENTS FOR 6 PEOPLE

- 230 g rectangular flaky pastry
- 500 g carrots
- 50 g walnuts
- 1 garlic clove
- 20 g acacia honey
- 500 g black kale
- 2 eggs
- 100 g mild Provolone
- 100 g strong Provolone
- Extra virgin olive oil
- Salt and pepper

## QUICKSTARTER

### PROCEDURE

- Peel the carrots, cut them into thin slices lengthwise, dress them with oil, salt, pepper, 1 garlic clove cut in half and honey and roast them in the preheated oven at 220°C for 20 minutes. When they're done, cool them quickly in the chiller with the chilling function and leave them there until needed later.
- In the meantime, clean the black kale, remove the rib of the leaves and blanch for 5 minutes in lightly salted boiling water. Drain and blast chill in the chiller with the chilling function. They can stay in there with the carrots, the smells won't mix. Grate the cheeses and coarsely chop the walnuts and black kale with a knife.
- In a large bowl, beat the eggs with a bit of salt and pepper and fold in the grated cheese, chopped walnuts and black kale.
- Unroll the puu pastry and place it onto a sheet of baking paper.
- Spread the black kale and cheese mix in the middle along the entire length and cover with the carrots, nicely spread out.
- Fold the longer sides of the pastry over the filling and close the two ends to obtain a strudel.
- Place it on a baking pan and bake in the preheated oven at 220°C for about 30 minutes.
- When done, cool the strudel quickly in the chiller with the chilling function. When it is warm/cold, cut into slices and serve the portions after quick regeneration in preheated oven at 100°C for 10 minutes.

### With your Fresco you can...

- CHILLING VEGETABLES:** in this recipe you can use the chilling function to blast chill the vegetables of the filling to prevent their oxidation so they retain their natural bright colour. Leave the vegetables in the chiller until you need them to finish the recipe – it is not essential to leave them in for a set time, just cool them quickly while you continue preparing.

- CHILLING THE STRUDEL:** you can bake the strudel and blast chill it with the chilling function, directly from oven to chiller. In this way you can keep the strudel in the fridge for a whole week, as if freshly baked. If however, you prefer eating it right away, the chilling function helps you cool the strudel quickly so it can be sliced more easily.

- Fresco chilling time: 2 hours (whole, 4-5 cm thick, straight from the oven)

- FREEZING THE STRUDEL:** you can even freeze the strudel with the appropriate function, so it then keeps in the freezer up to 8 months. We suggest cutting the strudel into slices before freeze so the portions are ready and freeze time is lower.

- Fresco freezing time: 1 hour 40 minutes (slices about 2 cm thick, warm)

- Regeneration from the fridge:** take the desired number of strudel slices from the fridge and put them in the preheated oven at 180°C for about 10 minutes.

- Regeneration from the freezer:** take the desired number of strudel slices from the freezer and put them in the preheated oven at 180°C for about 25 minutes.



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# SAVOURY PLUM-CAKE WITH SAVOY CABBAGE AND SOFT GOAT CHEESE

-  Preparation time: 35 minutes
-  Cabbage cooking time: 20 minutes
-  Plum-cake cooking time: 50 minutes
-  Difficulty: low
-  Suitable for vegetarians

## INGREDIENTS FOR 1 PLUM-CAKE

- 900 g savoy cabbage
- 3 eggs
- 2 80g rolls of Caprino soft goat cheese
- 125 g flour
- 2 shallots
- 8 g baking powder
- 125 g milk
- 80 g sunflower oil
- 45 g salted shelled pistachios
- Salt and pepper

## QUICKSTARTER

### PROCEDURE

- Remove the cabbage leaves, wash them, remove the rib of the leaves, chop them coarsely with a knife and stew it in a pan with a dribble of oil, 2 chopped shallots, 1 glass of water, salt and pepper. When done, cool it quickly in the chiller with the chilling function. Cut the goat cheese into small pieces.
- In a bowl, beat the eggs with a pinch of salt and pepper.
- Mix together the flour and baking powder well and add them to the beaten eggs, followed by the sunflower seed oil and milk.
- Mix well until obtaining a smooth batter, then add the pieces of goat cheese, the cabbage and the pistachios.
- Pour the mixture into a plum-cake tin after buttering it unless it is non-stick – I suggest using the silicone one so there is no need to butter the tin. Bake in the oven at 180°C for about 50 minutes. When done, cool the plum-cake quickly in the chiller with the chilling function. When it is warm/cold, cut into slices and serve the portions after quick regeneration in the preheated oven at 100°C for 10 minutes.

### With your Fresco you can...

- CHILLING THE SAVOY CABBAGE:** in this recipe you can use the chilling function to chill the cabbage filling to prevent their oxidation so they retain their natural bright colour. Leave the vegetables in the chiller until you need them to finish the recipe – it is not essential to leave them in for a set time, just cool them quickly while you continue preparing.

- CHILLING THE PLUMCAKE:** you can bake the plum-cake and chill it quickly with the chilling function, directly from oven to chiller. In this way you can keep it in the fridge for a whole week, as if freshly baked. If however, you prefer eating it right away, the chilling function helps you chill the plum-cake quickly so it can be sliced more easily.
- Fresco chilling time: 2 hours (whole, 5-6 cm thick, straight from the oven)

- FREEZING THE PLUMCAKE:** you can even freeze the strudel with the appropriate function, so it then keeps in the freezer up to 8 months. We suggest cutting the plum-cake into slices before freeze so the portions are ready and freezing time is lower.

- Fresco freezing time: 1 hour 55 minutes (slices about 2 cm thick, warm).

- Regeneration from the fridge:** take the desired number of plum-cake slices from the fridge and put them in the preheated oven at 130°C for about 15 minutes.

- Regeneration from the freezer:** take the desired number of plum-cake slices from the freezer and put them in the preheated oven at 150°C for about 25 minutes.

### Alternatives

- The recipe above uses savoy cabbage and pistachios for the filling, but you can use other ingredients as well. Use the same base with eggs, flour, baking powder, milk, oil and goat cheese, and add for instance mushrooms (300 g) and Asiago cheese (100 g), or green asparagus (one bunch) and Morlacco cheese (100 g), or peas (150 g) and spinach (150 g), or diced pumpkin (300 g) and Scamorza (100 g), or mixed vegetables (courgette, aubergine and pepper) and Provola (100 g), or speck (300 g) and Fontina (100 g).

## FLAKY PASTRY MINI-PIZZAS

 Preparation time: 30 minutes

 Cooking time: 13 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 40 ROUND MINI-PIZZAS OF 5 CM DIAMETER

230 g rectangular flaky pastry  
100 g tomato sauce  
50 g fresh Asiago  
2 basil leaves  
Extra virgin olive oil  
Salt and pepper

#### QUICKSTARTER

#### PROCEDURE

- Cook the tomato sauce in a small pan for 15 minutes with a dribble of oil, the basil leaves and a pinch of salt and pepper, after that chill it quickly in the pre-chilled chiller. Dice the Asiago cheese.
- Roll out the flaky pastry and use a 5 cm diameter pastry cutter to obtain as many rounds as you can. Take the tomato sauce out of the chiller and put one teaspoonful in the middle of each pastry round. Finish each mini-pizza ou with two dice of Asiago cheese and bake in the preheated oven at 200°C for about ten minutes.

#### With your Fresco you can...

- **CHILLING THE TOMATO SAUCE:** in this recipe you can use the blast chill function to chill the tomato sauce to prevent its oxidation so it retain their natural bright colour. Leave the sauce in the chiller until you need it to finish the recipe – it is not essential to leave it in for a set time, just chill it while you continue preparing.


- **FREEZING THE MINI-PIZZAS:** you may want to make a large number of mini-pizzas and shock freeze them with the appropriate function, so they can be kept in the freezer up to 8 months. This way, the appetiser is always ready and you will not be unprepared in case of unannounced guests.

- - Fresco freezing time: 25 minutes  
(straight from the oven)

- **Regeneration from the freezer:** take the desired number of mini-pizzas from the freezer and put them in the preheated oven at 180°C for 5 minutes.

## VEGETABLE SPAGHETTI WITH PRAWNS AND CASHEW CREAM

 Preparation time: 25 minutes

 Cooking time: 5 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

4 courgettes  
5 carrots  
8 king prawn tails  
1 lemon  
Soy sauce  
Extra virgin olive oil  
Salt and pepper

#### For the cashew cream:

150 g cashews  
2 sprigs of fresh basil  
Extra virgin olive oil  
Salt and pepper

#### COMPLEX HORS D'OEUVRES

#### PROCEDURE

- In a large pan, bring plenty of water to the boil with a fistful of coarse salt. In the meantime wash the courgettes and carrots, peel the carrots and make the spaghetti with the appropriate tool. Blanch the courgettes in boiling salted water for 2-3 minutes, drain them and put them in the pre-cooled chiller with the chilling function. Then blanch the carrots for 3-4 minutes, drain them and put them in the chiller as well with the courgettes. Clean the prawn tails remove the shell and gut by making a slight incisions lengthwise down the back, then put them in the chiller together with the vegetables.

- For the cashew cream: blend the cashews in the food processor with oil, a pinch of salt and a little milled pepper until obtaining a pesto-like cream. Add a bit of water if required. Take the vegetables out of the chiller and dress them with a little oil, salt if required and the cashew cream. Arrange the vegetables into nests, place them in the middle of the plate and complete them with the prawns after lightly searing them in the pan with a dribble of oil, a little soy sauce, the grated peel of one lemon and a little milled pepper.

#### With your Fresco you can...

- **CHILLING THE VEGETABLES:** in this recipe you can use the chilling function to chill the vegetables to prevent their oxidation and preserve their natural bright colour. Thanks to chilling, the vegetables also keep in the fridge for a whole week as if just made.

- - Fresco spaghetti chilling time: 30 minutes  
(straight from the fire)

- **FREEZING THE CASHEW CREAM:** you may want to make a large amount of cashew cream and freeze it with the appropriate function, so it keeps in the freezer up to 8 months. I suggest freezing it in convenient single portions using silicone ice moulds.
- - Fresco cashew cream freezing time: 40 minutes (thickness about 1.5 cm)

- **Thawing the cashew cream:** take the desired amount of cream out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
- - Fresco thawing time at 15°C: 1 hour (thickness about 1.5 cm)

## RICOTTA, HAZELNUT AND RADICCHIO FLAN ON GORGONZOLA CREAM

🕒 Preparation time: 40 minutes

🕒 Radicchio cooking time: 3-4 minutes

🕒 Flan baking time: 30 minutes

👤👤 Difficulty: medium

### INGREDIENTS FOR 6 PIES

40 g ground hazelnuts  
 40 g speck slices  
 A handful of raisins  
 Balsamic vinegar  
 270 g ricotta  
 200 g radicchio  
 1 shallot  
 1 egg  
 Extra virgin olive oil  
 Salt and pepper

### For the Gorgonzola cream:

110 g sweet Gorgonzola  
 100 ml fresh cream

### COMPLEX HORS D'OEUVRES

### PROCEDURE

- Finely chop the shallots with a knife, soak the raisins in a cup with hot water and cut the speck into strips.
- Wash the radicchio and cut it into small pieces, then quickly sauté it in a pan with a dribble of hot oil, the chopped shallot, a spoonful of balsamic vinegar, salt and pepper. The radicchio is ready in 3-4 minutes.
- In a bowl, beat the egg with a pinch of salt and pepper and fold in the ricotta, speck, drained raisins and radicchio. Pour the mixture into 6 silicone muffin cups (alternatively, you can use the disposable aluminium crème caramel cups, which need buttering beforehand). Sprinkle the ground hazelnuts on each pie and bake in the preheated oven at 180°C for about 30 minutes. For the Gorgonzola cream: melt the diced Gorgonzola in a small pan with the cream, then liquidise it with a handheld immersion blender until creamy and smooth. Serve the pie with the cheese sauce.

### With your Fresco you can...

- **CHILLING THE PIES:** you can bake the pies and chill them with the chilling function, directly from oven to chiller. In this way you can keep them in the fridge for a whole week, as if freshly baked.
- - Fresco pie chilling time: 1 hour 20 minutes (straight from the oven, in 3-4cm thick muffin moulds)

- **FREEZING THE PIES:** you may even decide to shock freeze the pies with the quick shock freeze feature, so they keep in the freezer up to 8 months.
- - Fresco pie freezing time: 1 hour 45 minutes (straight from the oven, in 3-4cm thick muffin moulds)







- ***FREEZE THE GORGONZOLA CREAM:*** you may want to make a large amount of Gorgonzola cream and freeze it with the appropriate function, so it keeps in the freezer up to 8 months. I suggest freezing it in convenient single portions using silicone ice moulds. The shock frozen Gorgonzola cream may be useful for other recipes as well.
  - - Fresco Gorgonzola cream freezing time: 60 minutes (in approx. 1.5cm thick ice moulds)
- ***Regenerating the pies from the fridge:*** take the desired number of pies from the fridge and put them in the preheated oven at 170°C for about 15 minutes.
- ***Regenerating the pies from the freezer:*** take the desired number of pies from the freezer and put them in the preheated oven at 170°C for about 35 minutes.
- ***Thawing the Gorgonzola cream:*** take the desired amount of cream out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
  - - Fresco thawing time at 15°C: 1 hour 10 minutes (thickness about 1.5 cm).





# CODBALLS ON PEA CREAM

-  Preparation time: 90 minutes
-  Cod ball cooking time: 35 minutes
-  Pea cream cooking time: 20 minutes
-  Difficulty: medium

## INGREDIENTS FOR 30 BALLS

- 450 g cod fillet
- 3 potatoes
- 2 eggs
- 6 slices of white bread without crust
- 1 glass of milk
- 2 cm ginger root
- Bread crumbs
- 5 twigs of fresh parsley
- Salt and pepper
- For the pea cream:
- 80 g fresh or frozen peas
- Half a shallot
- Mint
- Extra virgin olive oil
- Salt and pepper

## PROCEDURE

- Soak the bread in the milk. Peel the potatoes, dice them and boil them in boiling salted water.
- When soft drain them, chilling them in the chiller with the chilling function and mash them. Mince the cod fillet with the knife, put it in a bowl and add the chopped parsley, grated ginger, eggs, squeezed bread, 2-3 tablespoons of bread crumbs, a pinch of salt and pepper and the mashed potatoes.
- Mix everything well to obtain a smooth mixture.
- Moisten your hands and start making balls having about 3 cm diameter, and bake them in the preheated oven at 180°C for about 30 minutes.
- For the pea cream: chop the shallot, simmer in a frying pan with a dribble of oil, then add the peas.
- Add salt and pepper, a few leaves of mint and simmer a bit more. When the peas are done, liquidise them with the handheld blender to a soft cream.
- Serve the fish balls on the pea cream.

### With your Fresco you can...

- CHILLING THE FISH BALLS AND PEA CREAM:** you can cook the cod balls and pea cream then chill everything, with the chilling function, straight from the oven or hob to the chiller. In this way you can keep everything in the fridge for a whole week, as if freshly cooked.
- Fresco chilling time for the fish balls: 40 minutes (straight from the oven, about 3 cm thick)
- Fresco chilling time for the pea cream: 1 hour 10 minutes (straight from the hob, in 3cm thick mufln moulds)

- FREEZING THE FISH BALLS AND PEA CREAM:** you may even decide to freeze the fish balls and pea cream using the freezing function, so the fish balls keep in the freezer up to 4 months, the pea cream up to 8.
- Fresco freezing time for the fish balls:
- 1 hour 10 minutes (straight from the oven, about 3 cm thick)
- Fresco pea cream freezing time: 1 hour 30 minutes (straight from the hob, in 3cm thick mufln moulds)

**Regenerating the fish balls from the fridge:** take the desired number of fish balls from the fridge and put them in the preheated oven at 170°C for about 10 minutes.

**Regenerating the fish balls from the freezer:** take the desired number of fish balls from the freezer and put them in the preheated oven at 170°C for about 20 minutes.

**Regenerating the pea cream from the fridge:** take the desired amount of cream from the fridge and regenerate it in the pan for about 5 minutes.

**Regenerating the pea cream from the freezer:** take the desired amount of cream from the freezer and regenerate it in the pan with half a glass of water for about 15 minutes.



## AUBERGINE STACK ON PEPPER CREAM

Preparation time: 50 minutes

Aubergine cooking time: 30 minutes

Pepper cooking time: 20 minutes

Stack cooking time: 5 minutes

Difficulty: medium

Suitable for vegetarians

### INGREDIENTS FOR 6 PEOPLE

- 2 long striped aubergines
- 500 g mozzarella
- 2 red peppers
- 1 white onion
- 6 cherry tomatoes
- Extra virgin olive oil
- Salt and pepper

### COMPLEXHORS D'OEUVRES

#### PROCEDURE

- Cut the mozzarella into slices and drain it well in a pasta strainer. Cut the aubergines into 1/2 cm slices and bale them in the preheated oven at 180°C for about 30 minutes with salt, pepper and oil.
- In the meantime, wash the peppers, remove the seeds and cut them into chunky pieces. Also cut the onion into chunky pieces and cook in a pan with the peppers, a drizzle of olive oil, salt and pepper for about twenty minutes, with the lid on. Add a bit of water if they start sticking to the pan. When the peppers are done, liquidise them into a smooth cream.
- Take the aubergines out of the oven and make the stacks by alternating 5 slices of aubergine with 4 slices of mozzarella.
- Roast the stacks in the preheated oven at 180°C until the mozzarella starts melting (about 5 minutes). Plate them by spreading a spoonful of pepper cream in the centre of the plate and placing the stacks onto it.
- The stacks may also be decorated with a cherry tomato with its stem, slightly roasted at 180°C for 15-20 minutes.

#### With your Fresco you can...

- **CHILLING THE PEPPER SAUCE:** you can cook the pepper cream and chill it with the chilling function, directly from hob to chiller. In this way you can keep the cream in the fridge for a whole week, as if freshly made.
- - Fresco chilling time for the pepper cream: 45 minutes (straight from the hob, spread into a plastic container, about 2 cm thick)
- **FREEZING THE PEPPER CREAM:** you can even freeze the pepper cream with the appropriate function, so it then keeps in the freezer up to 8 months. The cream may also be useful for other dishes. I suggest freezing it in convenient single portions using silicone ice moulds.
- - Fresco pepper cream freezing time: 50 minutes (straight from the hob, in silicone ice moulds, about 2 cm thick)

- ***FREEZING THE AUBERGINES:*** you can make a large amount of roasted aubergine slices, thus taking advantage of the season when aubergines are at their best, then freeze them with the appropriate function. This way they keep in the freezer for 8 months, ready for the stacks or other uses (e.g. for a last minute parmigiana).
- - Fresco freezing time for the aubergines: 35 minutes (straight from the oven, about 0.5 cm thick)
- ***Regenerating the pepper cream from the fridge:*** take the desired amount of cream from the fridge and regenerate it in the pan for about 5 minutes.
- ***Regenerating the pepper cream from the freezer:*** take the desired amount of cream from the freezer and regenerate it in the pan with half a glass of water for about 10 minutes.
- ***Regenerating the aubergines:*** make the stack using the frozen aubergine slices alternated with fresh mozzarella and roast in the preheated oven at 180°C for 7-8 minutes.



## TOMATO GAZPACHO WITH RAW PRAWN TARTARE

 Preparation time: 15 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

500 g Oxheart tomatoes  
Half a cucumber  
Half a red pepper  
Half a red onion  
1 celery stalk  
1 fresh red chilli  
8 fresh king prawn tails  
Extra virgin olive oil  
Salt and pepper

### COMPLEX HORS D'OEUVRES

#### PROCEDURE

- Wash the tomatoes, de-seed them and cut them into 4 pieces.
- Peel the cucumber and cut it into slices.
- Peel the onion and cut it into 2 pieces. Wash the celery stalk and cut it into chunks.
- Blend all the vegetables with the food processor, add the chilli and as much oil as required to obtain a smooth cream. Add salt and pepper to taste, then chill the gazpacho quickly in the chiller with the chilling function. In the meantime, shell and gut the prawns, chop them into a Tartare with a knife and dress with a pinch of salt, pepper and oil.
- Serve the chilled gazpacho with the prawn Tartare on top.

#### *With your Fresco you can...*

- CHILLING THE GAZPACHO** : you can use the chilling function both to blast chill the gazpacho, so you can prepare and serve it very quickly, and to store it in the fridge, where it will keep as freshly made for a whole week.
- Fresco gazpacho chilling time: 40 minutes (spread out in a plastic container, about 2 cm thick)





## RAW FOOD

Beef Carpaccio with Montasio, broccoli and green apple couscous

Salmon, avocado and lime Tartare

Swordfish and kiwi Carpaccio

Beef Tartare with Tonnè sauce with parsley, brioche and juniper

Cod Carpaccio on sugar loaf cabbage salad with raspberry and white chocolate crumble

Sea bass Tartare with pink grapefruit and orange on a salad of fennel, pollen and hot chilli oil

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*Searching for the best ingredients means savouring them at their full potential. Certain meat or fish cuts are extraordinary when raw. Especially when it's hot, nothing beats the taste and lightness of a Tartare or Carpaccio. However, one overlooks the fact that raw food is a vehicle for potentially harmful microbes and bacteria. Quick deep-freezing makes it possible to eliminate any hazard without being forced to cook the special cut.*

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## BEEF CARPACCIO WITH MONTASIO, BROCCOLI AND GREEN APPLE COUSCOUS

 Preparation time: 15 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

600 g beef Carpaccio  
1 green apple  
1 lemon  
Half a Romanesco broccoli head  
100 g Montasio cheese  
Extra virgin olive oil  
Salt and pepper

### QUICKRAWFOOD

#### PROCEDURE

- Wash the apple, dice it without peeling it and moisten it with a few drops of lemon juice so it does not oxidise. Remove the stalk and core of the head of broccoli so you end up with the florets only, and blend them with a food processor until you obtain grains that look like couscous. Dress the apple and broccoli grains with oil, salt, pepper and a few drops of lemon juice. Grate the Montasio cheese on the coarse side of a grater. Serve the Carpaccio topped with the apple and broccoli salad and a few slivers of Montasio.

#### *With your Fresco you can...*

- FREEZING THE CARPACCIO:** you can buy a surplus of beef Carpaccio and freeze it with the freezing function, then keep it in the freezer for up to 8 months. This way you will always have the Carpaccio ready for any last minute lunch or dinner.
  - Fresco freezing time for the Carpaccio:
    - 20 minutes (slices spread out on a stainless pan)

- FREEZING THE BROCCOLI COUSCOUS:** you can blend a surplus of broccoli florets, if you buy it in bulk when it's in season when it's cheaper and tastier, and freeze it with the freezing function. Then keep it in the freezer for up to 8 months. In this way it is available all year round.
  - Fresco raw broccoli couscous freezing time: 40 minutes (spread out on a stainless pan)

- STORE THE CARPACCIO AT THE CHOSEN TEMPERATURE:** you can prepare all your Carpaccio plates, already decorated with the apple, broccoli and Montasio salad, and keep them in the chiller setting a customised temperature of 1-2°C until serving time. In this way the chiller keeps the food at the right temperature for the time required, which is handy when you have dinner guests because it allows you to prepare the food in advance and not to take up any precious fridge space.

- Regenerating the Carpaccio from the freezer:** take the desired amount of Carpaccio from the freezer, arrange it on the dishes and allow it to thaw at room temperature for about twenty minutes.

## SALMON, AVOCADO AND LIME TARTARE

 Preparation time: 45 minutes  
(+ the time required for sanitising the raw fish)

 Difficoltà: bassa

### INGREDIENTS FOR 4 PEOPLE

350 g fresh salmon fillet  
1 avocado  
1 lime  
White sesame seeds  
Extra virgin olive oil  
Salt and pepper

### QUICK RAWFOOD

#### PROCEDURE

- Remove the skin and any bones from the salmon fillet, wash it, dry it and dice it into a Tartare. Season it with oil, a pinch of salt, pepper and the grated lime rind and leave it in the pre-cooled chiller with the chilling function for 30 minutes. In the meantime peel the avocado, dice it and dress it with a pinch of salt, pepper, oil and lime juice. Form small Tartare cakes using round silicone moulds or pastry cutters: place the avocado on top of the salmon cakes.
- Sanitise the raw fish: shock freeze the salmon Tartare cakes in the chiller with the shock freeze function to -18°C core temperature, then keep them in the freezer for at least 24 hours. This kills any parasites in the raw fish.
- Take the Tartare cakes from the freezer, wait for them to thaw and serve them with a few white sesame seeds and a drizzle of olive oil.

#### *With your Fresco you can...*

- FREEZING THE TARTARE FOR SANITISING:** this recipe requires using the freezing function to sanitise the raw fish and be able to eat the Tartare in utter safety. Assemble the Tartare cakes as you like, also using other seasonings, freeze them until you are sure the core temperature has reached -18°C, and keep them in the freezer for at least 24 hours. You can make a surplus of Tartare so it is always ready, for any last minute lunch or dinner.
  - You may even decide to freeze the whole fish fillet to sanitise it, without chopping it up, and keep it in the freezer ready for any use such as Tartare, Carpaccio, low temperature cooking. Raw fish can be kept in the freezer up to 4 months.
    - Fresco Tartare freezing time: 1 hour 10 minutes (in silicone ice moulds, about 2 cm thick)

- STORE THE TARTARE AT THE CHOSEN TEMPERATURE:** you can thaw your sanitised Tartare early, assemble the plates with all your favourite decorations and keep them in the chiller setting a customised temperature of 1-2°C until serving time. In this way the chiller keeps the food at the right temperature for the time required, which is handy when you have dinner guests because it allows you to prepare the food in advance and not to take up any precious fridge space.

- **Regenerating the Tartare from the freezer:** take the desired amount of Tartare from the freezer and allow it to thaw at room temperature for about 35 minutes, then serve it.

### Suggestions

- If you want to make salmon Carpaccio, it is advisable to freeze the whole fillet, leave it in the freezer for at least 24 hours then slice it with a knife or with a frozen food slicer. This way it will be easier to obtain even slices.

## SWORDFISH AND KIWI CARPACCIO

Preparation time: 15 minutes  
(+ the time required for sanitising the raw fish)

Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

300 g of fresh swordfish  
2 kiwis  
1 lemon  
Fresh thyme  
Extra virgin olive oil  
Salt and pepper

### QUICKRAW FOOD

### PROCEDURE

- Sanitise the swordfish: first remove the skin and the central bone, wash it, dry it and slice it thinly to make the fish Carpaccio. Arrange the slices on a stainless steel tray covered with baking paper and freeze them with the freeze function to -18°C core temperature, then keep them in the freezer for at least 24 hours. This kills any parasites in the raw fish. Take the Carpaccio out of the freezer and wait for it to thaw.
- Then dress it with an emulsion of oil, the juice of half a lemon, fresh thyme leaves, a pinch of salt and pepper and serve it with the kiwis chopped into small cubes and a drizzle of olive oil.

### With your Fresco you can...

- **FREEZING THE FISH FOR SANITISING:** this recipe requires using the shock freeze function to sanitise the raw fish and be able to eat the Carpaccio in utter safety. Slice the swordfish into a Carpaccio, freezing the slices until you are certain the core temperature has reached -18°C and keep them in the freezer for at least 24 hours. You can make a surplus of Carpaccio so it is always ready, for any last minute lunch or dinner. You may even decide to freeze the whole cut of swordfish to sanitise it, without slicing it into a Carpaccio, and keep it in the freezer ready for any use such as Tartare, Carpaccio, low temperature cooking. Raw fish can be kept in the freezer up to 4 months.
- - Fresco freezing time for the Carpaccio: 20 minutes (spread out on a stainless pan).

- **STORE THE CARPACCIO AT THE CHOSEN TEMPERATURE:** you can thaw your sanitised fish slices early, assemble the plates with all your favourite decorations and keep them in the chiller setting a customised temperature of 1-2°C until serving time. In this way the chiller keeps the food at the right temperature for the time required, which is handy when you have dinner guests because it allows you to prepare the food in advance and not to take up any precious fridge space.

- **Regenerating the Carpaccio from the freezer:** take the desired amount of Carpaccio from the freezer about twenty minutes before serving it.



# BEEF TARTARE WITH TONNÈ SAUCE WITH PARSLEY, BRIOCHE AND JUNIPER

 Preparation time: 1 hour

 Difficulty: low

## INGREDIENTS FOR 6 PEOPLE

600 g of Piedmontese Fassona beef  
1 hard boiled egg  
150 g tuna in olive oil  
1 anchovy fillet  
20 g capers  
A few leaves of parsley  
6 slices of brioche  
10 juniper berries  
20 g butter  
Extra virgin olive oil  
Salt and pepper

## COMPLEX RAWFOOD

### PROCEDURE

- Dice the meat into a Tartare. Season it with an emulsion of salt, pepper and coarsely chopped juniper berries and keep it in the chiller with the chilling function.
- In the meantime make the Tonnè sauce: blend the drained tuna fish, anchovy, capers, boiled egg, parsley in a food processor with a dribble of oil and a pinch of freshly ground pepper. In a small pan, melt the butter and fry the slices of brioche. Serve the Tartare with the Tonnè sauce and fried brioche.

### *With your Fresco you can...*

- **FREEZING THE TARTARE:** you can make a surplus of Tartare and freeze it with the freezing function, then keep it in the freezer for up to 6 months. This way you will always have the Tartare ready for any last minute lunch or dinner.
- - Fresco Tartare freezing time: 1 hour 5 minutes (about 2 cm thick).

- **FREEZING THE TONNÈ SAUCE:** you can make a surplus of Tonnè sauce and freeze it with the freezing function, then keep it in the freezer for up to 8 months. The Tonnè sauce is also used for other dishes.
- - Fresco Tonnè sauce freezing time: 1 hour 10 minutes (in mufln moulds, about 1.5 cm thick)

- **STORE THE TARTARE AT THE CHOSEN TEMPERATURE:** you can prepare all your Tartare plates, already decorated, and keep them in the chiller setting a customised temperature of 1-2°C until serving time. In this way the chiller keeps the food at the right temperature for the time required, which is handy when you have dinner guests because it allows you to prepare the food in advance and not to take up any precious fridge space.


- **Regenerating the Tartare from the freezer:** take the desired amount of Tartare from the freezer, arrange it on the plates and allow it to thaw at room temperature for about 45 minutes, then serve it.

- **Thawing the Tonnè sauce:** take the desired amount of sauce out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
- - Fresco thawing time at 15°C: 1 hour 30 minutes (thickness about 1.5 cm)





## COD CARPACCIO ON SUGAR LOAF CABBAGE SALAD WITH RASPBERRY AND WHITE CHOCOLATE CRUMBLE

 Preparation time: 30 minutes  
(+ the time required for sanitising the raw fish)

 Difficulty: medium

### INGREDIENTS FOR 4 PEOPLE

2 130g fresh cod fillet  
Half a head of sugar loaf cabbage  
8 raspberries  
2 squares of white chocolate  
1 lemon  
Extra virgin olive oil  
Salt and pepper

### COMPLEX RAW FOOD

#### PROCEDURE

- Shock freeze the raspberries with the chiller's freezing function for 50 minutes and keep them in the freezer. Sanitise the fish: skin the fish fillets, wash them, dry them and slice them thinly to obtain the Carpaccio. Arrange the slices on a pan covered with baking paper and shock freeze them with the chiller's shock freeze function to -18°C core temperature, then keep them in the freezer for at least 24 hours. This kills any parasites in the raw fish. Take the Carpaccio out of the freezer and wait for it to thaw. In the meantime slice the cabbage thinly, using a slicing machine if possible, season it with salt, pepper, olive oil and the juice of half a lemon and marinate it for about ten minutes.
- Grate the white chocolate into a dust. Take the raspberries out of the freezer and break them into crumbs while still frozen.
- Assemble the plate with the cabbage salad at the bottom, the cod Carpaccio slices on top, which you dress with a drizzle of oil and a pinch of salt and pepper, and top it up with the white chocolate powder and raspberry crumbs.

#### *With your Fresco you can...*

- **FREEZING THE FISH FOR SANITISING:** this recipe requires using the shock freeze function to sanitise the raw fish and be able to eat the Carpaccio in utter safety. Slice the fish into a Carpaccio, shock freeze the slices until you are certain the core temperature has reached -18°C and keep them in the freezer for at least 24 hours. You can make a surplus of Carpaccio so it is always ready, for any last minute lunch or dinner. You may even decide to shock freeze the cod fillets whole to sanitise them, without slicing into a Carpaccio, and keep them in the freezer ready for any use such as Tartare, Carpaccio, low temperature cooking. Raw fish can be kept in the freezer up to 4 months.
- - Fresco freezing time for the Carpaccio: 45 minutes (spread out on a stainless pan)

- **FREEZING THE RASPBERRIES:** this recipe requires using the freezing function for the raspberries to obtain a fresh crumble. You may shock freeze a larger amount of raspberries so you always have them in stock in the freezer for a number of other uses, such as decorating fruit tarts, serving them with custard, decorating other main courses, making a natural fruit ice-cream, fresh fruit salads and so on.

- **STORE THE CARPACCIO AT THE CHOSEN TEMPERATURE:** you can thaw your Carpaccio slices early, assemble the plates with all your favourite decorations and keep them in the chiller setting a customised temperature of 1-2°C until serving time. In this way the chiller keeps the food at the right temperature for the time required, which is handy when you have dinner guests because it allows you to prepare the food in advance and not to take up any precious fridge space.

- **Regenerating the Carpaccio from the freezer:** take the desired amount of Carpaccio from the freezer and allow it to thaw at room temperature for about 35 minutes, then serve it.

## SEA BASS TARTARE WITH PINK GRAPEFRUIT AND ORANGE ON A SALAD OF FENNEL, POLLEN AND HOT CHILLI OIL

 Preparation time: 1 hour  
(+ the time required for sanitising the raw fish)

 Difficulty: medium

### INGREDIENTS FOR 6 PEOPLE

4 fresh sea bass fillets  
1 pink grapefruit  
2 oranges  
1 lemon  
1 fennel  
Pollen  
Hot chilli oil  
Extra virgin olive oil  
Salt and pepper

### PROCEDURE

- Skin the fish fillets, wash them, dry them and chop them into a Tartare. Season it with oil, a pinch of salt, pepper, the grated rind of one lemon and one orange and leave it in the pre-cooled chiller with the chilling function for 30 minutes.
- Use a pastry cutter to form small Tartare cakes. Sanitise the raw fish: shock freeze the seasoned sea bass Tartare cakes with the chiller's quick freezing function to -18°C core temperature, then keep them in the freezer for at least 24 hours. This kills any parasites in the raw fish.
- Take the Tartare cakes out of the freezer and wait for them to thaw. In the meantime prepare the side salad: cut the fennel into very thin slices and dress it with salt, pepper and a dribble of olive oil. Peel the grapefruit and orange taking care to remove all the pith. Use the juice obtained from cutting the citrus fruit to make an emulsion with the hot chilli oil.
- Assemble the plate by arranging the fennel salad as a base, place the sea bass Tartare on top and decorate with the slices of grapefruit and orange and a pinch of pollen. Dress the whole with the hot chilli oil emulsion.

### With your Fresco you can...

- **FREEZING THE TARTARE FOR SANITISING:** this recipe requires using the shock freeze function to sanitise the raw fish and be able to eat the Tartare in utter safety. Assemble the Tartare cakes as you like, also using other seasonings, shock freeze them until you are sure the core temperature has reached -18°C, and keep them in the freezer for at least 24 hours. You can make a surplus of Tartare so it is always ready, for any last minute lunch or dinner. You may even decide to shock freeze the whole fish fillet to sanitise it, without chopping it up, and keep it in the freezer ready for any use such as Tartare, Carpaccio, low temperature cooking. Raw fish can be kept in the freezer up to 4 months.
- - Fresco freezing time for the Tartare: 45 minutes (about 2 cm thick)

### COMPLEX RAW FOOD



- **STORE THE TARTARE AT THE CHOSEN TEMPERATURE:** you can thaw your sanitised Tartare early, assemble the plates with all your favourite decorations and keep them in the chiller setting a customised temperature of 1-2°C until serving time.
- In this way the chiller keeps the food at the right temperature for the time required, which is handy when you have dinner guests because it allows you to prepare the food in advance and not to take up any precious fridge space.
- **Regenerating the Tartare from the freezer:** take the desired amount of Tartare from the freezer and allow it to thaw at room temperature for about 45 minutes, then serve it.





## FIRST COURSES

Cold pasta salad with cherry tomatoes, courgettes, mozzarella, basil and Taggiasca olives

Cold brown rice with pineapple and shrimps

Lasagna with radicchio and Morlacco cheese

Black rice with sautéed vegetables

Pennette with tomato and lemon

Risotto with beetroot and Erborinato blue cheese

Pennette with swordfish, orange and pistachios

Spring Gnocchi with ricotta, endives and fresh spinach

Cocoa Ravioli with savoy cabbage, chard, caramelised onion and speck

Black rice with soft goat cheese, artichokes and mixed seeds

“

*If your culinary abilities are well beyond pasta with garlic and oil, but work commitments make it difficult to taste something more complex during the week, Fresco makes it possible to have sauces, soups, ragouts and condiments for special occasions always ready, as if freshly made.*

*Or you can rely on a complete dish such as lasagne, made by you and served piping hot and smelling delicious as if taken out of the oven after baking for a long time. Even if you have just come back home.*

”

## COLD PASTA SALAD WITH CHERRY TOMATOES, COURGETTES, MOZZARELLA, BASIL AND TAGGIASCA OLIVES

Preparation time: 30 minutes

Cooking time: 15 minutes

Difficulty: low

Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

320 g penne  
3 courgettes  
500 g Datterini tomatoes  
250 g mozzarella  
2 tablespoons of Taggiasca olives  
2 sprigs of fresh basil  
1 lemon  
Extra virgin olive oil  
Salt and pepper

### QUICK FIRST COURSES

#### PROCEDURE

Bring plenty of water to the boil in a pot and cook the pasta al dente. When done, drain it, spread it on a baking dish lined with baking paper and chill it quickly in the chiller set to blast chill. In the meantime prepare the sauce: wash the courgettes and grate them on the coarse side of a grater, then dress them with salt, pepper, olive oil and the juice of half a lemon. Coarsely chop the basil with a knife and add it to the courgettes. Wash the tomatoes, cut them into 4 parts, dress them with salt, pepper and a drizzle of olive oil and add them to the courgettes. Dice the mozzarella, coarsely chop the Taggiasca olives and combine the whole. Dress the cold pasta.

#### With your Fresco you can...

**CHILLING THE PASTA:** for this recipe, you can use the chilling feature to chill the pasta quickly so it stays perfectly al dente, as well as to keep the pasta in the fridge for a whole week as if freshly cooked.

- Fresco pasta chilling time: 20 minutes (spread out on a stainless pan)

## COLD BROWN RICE WITH PINEAPPLE AND SHRIMPS

Preparation time: 20 minutes

Rice cooking time: 55 minutes

Shrimp cooking time: 5 minutes

Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

420 g brown rice  
Half a pineapple  
1 shallot  
20 king prawn tails  
Soy sauce  
The grated rind of one lemon  
Sweet paprika  
Chilli pepper  
Curry powder  
Turmeric  
Extra virgin olive oil  
Salt and pepper

### QUICK FIRST COURSES

#### PROCEDURE

Bring water to the boil in a large pot and cook the brown rice. When done, chill it in the pre-cooled chiller with the chilling function. It is advisable to spread the rice on a stainless pan to lower the chilling time. In the meantime, peel the pineapple and dice it after removing the hard core. Shell and gut the prawn tails, cut each into 3 pieces and toss them in a pan with a drizzle of olive oil, a little soy sauce, the grated lemon rind, a pinch of salt and freshly ground pepper. Finely chop the shallot, wilt it in a pan with a drizzle of oil, then toss in the rice with a bit of curry powder, paprika, turmeric and chilli. Add the prawns and diced pineapple and serve warm.

#### With your Fresco you can...

**CHILLING THE RICE:** for this recipe, you can use the chilling feature to chill the rice quickly so it stays perfectly al dente, as well as to keep the rice in the fridge for a whole week as if freshly cooked.

- Fresco rice chilling time: 20 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)

**SHOCK FREEZE THE RICE:** you may even decide to shock freeze the boiled rice using the freezing feature, then keep it in the freezer up to 8 months. This way, you will always have cooked rice ready to be finished off in few minutes with your favourite sauce.

- Fresco rice freezing time: 30 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)

**Regenerating the rice from the freezer:** take the desired amount of rice from the freezer and regenerate it in a pan with a drop of hot water and a drizzle of olive oil for 5-6 minutes, stirring well.





## LASAGNA WITH RADICCHIO AND MORLACCO CHEESE

🕒 Preparation time: 45 minutes

🕒 Radicchio cooking time: 5 minutes

🕒 Bechamel cooking time: 15 minutes

🕒 Lasagna cooking time: 35 minutes

👨🍳👩🍳 Difficulty: medium

🌱 Suitable for vegetarians

### INGREDIENTS FOR 8 PEOPLE (1 baking pan)

125 g fresh egg lasagne (6 sheets)

650 g radicchio

1 shallot

220 g Morlacco cheese

100 g grated Parmesan

½ L milk

50 g flour

50 g butter

Nutmeg

Extra virgin olive oil

Salt and pepper

### QUICK FIRST COURSES

#### PROCEDURE

- Chop the shallot and simmer it in a pan with a drizzle of oil.
- Add the radicchio cut into strips and cook at medium/high heat for 4-5 minutes. Add salt and pepper to taste and chill it in the chiller with the chilling function.
- In the meantime make the bechamel sauce: melt the butter in a saucepan, add the flour and stir well with a whisk to break up any lumps. Toast for 2-3 minutes then add the milk little by little while stirring all the time.
- Add salt and pepper and a pinch of freshly ground nutmeg.
- When the bechamel starts thickening turn off the fire. In an ovenproof dish, spread 2 sheets of egg pasta, cover with a bit of bechamel, add 1/3 of the radicchio, 1/3 of the diced Morlacco and a dusting of Parmesan. Repeat the operation two more times using all the pasta sheets. Bake the lasagna in the preheated oven at 180°C for 35 minutes.

#### With your Fresco you can...

- COOLLING THE RADICCHIO:** in this recipe you can use the chilling function to blast chill the radicchio to prevent oxidation so it retains its natural bright colour. Leave the radicchio in the chiller until you need it to finish the recipe – it is not essential to leave it in for a set time, just chilling it while you continue preparing.

- CHILLING THE LASAGNA:** you can cook the lasagna and chill it with the chilling function, directly from oven to chiller. In this way you can keep it in the fridge for a whole week, as if freshly made. If however, you prefer eating it right away, the chilling function helps you chill it so it can be sliced more easily.

- Fresco lasagna chilling time: 1 hour 50 minutes (straight from the oven, about 2.5 cm thick)

- FREEZING THE LASAGNA:** you can even shock freeze the lasagna with the appropriate function, so it then keeps in the freezer up to 8 months. It is advisable to cut the lasagna into ready to serve portions before shock freeze and after chilling.

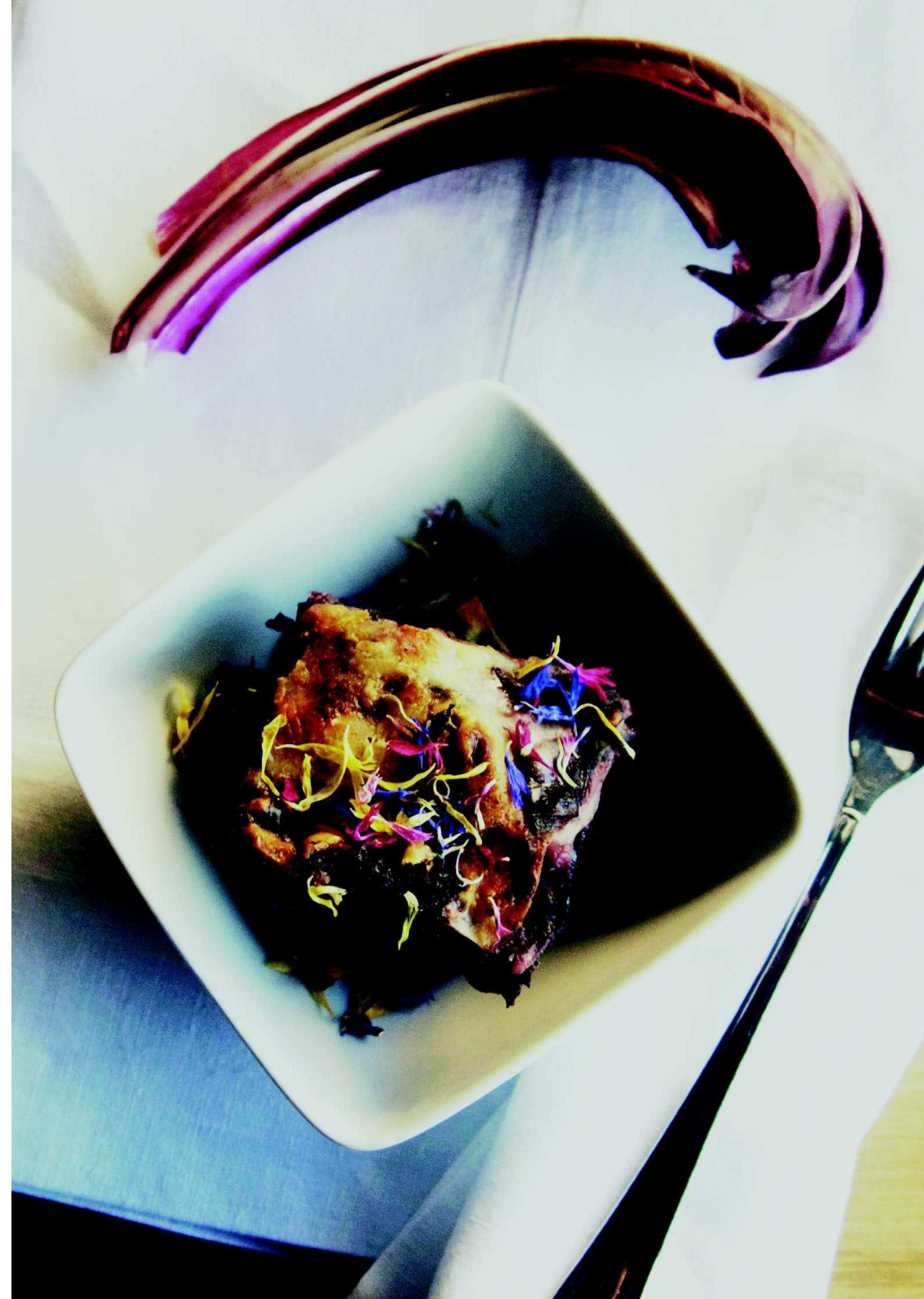
- Fresco lasagna freezing time: 1 hour 30 minutes (straight from the oven, about 2.5 cm thick)

■ **Regenerating from the fridge:**

- - in the oven: take the desired lasagna portions from the fridge and put them in the preheated oven at 180°C for about 15 minutes.
- - in the chiller with the dish ready function: take the desired lasagna portions from the fridge and put them in the chiller with the dish ready function for 1 hour at 75°C in the chamber.

■ **Regenerating from the freezer:**

- - in the oven: take the desired lasagna portions from the freezer and put them in the preheated oven at 180°C for about 25 minutes.
- - in the chiller with the thawing function followed by dish ready: take the desired lasagna portions from the freezer and put them in the chiller with the thawing function at 25°C for 50 minutes; after that regenerate the lasagna in the chiller with the dish ready function for 2 hours at 75°C in the chamber.



# BLACK RICE WITH SAUTÉED VEGETABLES

Preparation time: 45 minutes

Vegetables cooking time: 40 minutes

Rice cooking time: 55 minutes

Difficulty: low

Suitable for vegetarians

## INGREDIENTS FOR 8 PEOPLE

- 700 g black rice
- 4 courgettes
- 1 long aubergine
- 1 yellow pepper
- 1 red pepper
- 1 small leek
- 3 carrots
- 2 celery stalks
- 1 450g savoy cabbage head
- 500 g diced pumpkin

## QUICK FIRST COURSES

### PROCEDURE

- Bring water to the boil in a pot and cook the black rice. Dice all the vegetables. In a wide pan, heat a dribble of olive oil and sauté the celery and carrots. After 10 minutes, add the leek and cook for 5-6 minutes, then add the peppers and coarsely chopped basil. Simmer for another 10 minutes and add salt and pepper to taste.
- Roast the diced aubergines in the preheated oven at 180°C for 20-25 minutes, with a dribble of oil and a little salt.
- Steam the diced courgettes in the oven at 100°C.
- In another pan, cook the diced pumpkin for 6-7 minutes and the cabbage strips for about 12 minutes. Add salt and pepper to taste. Combine all the vegetables in the same pan, stir them well and serve them with the cooked and drained black rice.

### With your Fresco you can...

- CHILLING THE BLACK RICE:** you can chill the black rice quickly with the quick chilling function, after adding the vegetables. In this way you can keep the dish in the fridge for a whole week, as if freshly cooked.
  - Fresco rice chilling time: 20 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)
- CHILLING THE VEGETABLES:** you can make a surplus of vegetables and chill them with the chilling function, then keep them in the fridge for a week as if just made. You can use the sautéed vegetables for other dishes as well.
  - Fresco chilling time for the vegetables: 1 hour 20 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)
- FREEZING THE BLACK RICE:** you may even decide to shock freeze the boiled rice using the shock freeze feature, then keep it in the freezer up to 8 months. This way, you will always have cooked black rice ready to be finished out in few minutes with your favourite sauce.
  - Fresco rice freezing time: 30 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)

- FREEZING THE VEGETABLES:** you can make a surplus of vegs and shock freeze them with the freezing function, then keep them in the freezer for up to 8 months. You can use the sautéed vegetables for other dishes as well.
  - Fresco vegetables freezing time: 1 hour (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)

- Regenerating the rice from the fridge:** take the desired amount of rice from the fridge and regenerate it in a pan with a dribble of oil for 5 minutes on a medium-high flame.

- Regenerating the rice from the freezer:** take the desired amount of rice from the freezer and regenerate it in a pan with about 150 ml of hot water and a dribble of olive oil for 6-7 minutes, stirring well.

- Regenerating the vegetables from the fridge:** take the desired amount from the fridge and regenerate in a pan with a dribble of oil for 4-5 minutes on a medium-high flame.

- Regenerating the vegetables from the freezer:** take the desired amount from the freezer and regenerate in a pan with a dribble of oil for 6-7 minutes on a medium-high flame.



# PENNETTE WITH TOMATO AND LEMON

 Preparation time: 10 minutes

 Tomato sauce cooking time: 20 minutes

 Cherry tomatoes cooking time: 50 minutes

 Pasta cooking time: 20 minutes

 Difficulty: low

 Suitable for vegetarians

## INGREDIENTS FOR 4 PEOPLE

- 350 g penne
- 500 g tomato sauce
- 1 sprig of fresh basil
- Fresh thyme
- The grated rind of one lemon
- 300 g Datterini tomatoes
- Fresh thyme
- Fresh marjoram
- Extra virgin olive oil
- Salt and pepper

## QUICK FIRST COURSES

### PROCEDURE

- Halve the tomatoes, sprinkle with salt, pepper and a drizzle of olive oil, add a few leaves of thyme and fresh marjoram and roast them in the preheated oven at 160°C for about 50 minutes.
- In a saucepan, cook the tomato sauce for about twenty minutes with the fresh basil and a few thyme leaves, a pinch of salt and pepper and, if needed, a teaspoon of sugar. In the meantime, cook the pasta in plenty of salted water and drain it al dente.
- Add the pasta to the saucepan with the tomato sauce and simmer it on a low flame for 2 minutes to allow it to absorb the sauce. Serve it with the grated lemon rind and roasted tomatoes confit.

### With your Fresco you can...

- CHILLING THE TOMATO SAUCE:** you can make a larger amount of tomato sauce with all its condiments and chill it with the chilling function so it keeps in the fridge for a whole week as if freshly made.
  - Fresco tomato sauce chilling time: 60 minutes (straight from the hob, spread out on a heatproof dish, about 3 cm thick)

- SHOCK FREEZE THE TOMATO SAUCE:** you can make a surplus of tomato sauce with all its condiments and shock freeze it with the shock freeze function, then keep it in the freezer for up to 8 months. In this way the tomato sauce you need for your pasta dishes or other recipes will be ready in a matter of minutes. It is advisable to shock freeze the sauce in handy silicone ice moulds to reduce freezing times and to have handy single portions as you need them.
  - Fresco tomato sauce freezing time: 1 hour 15 minutes (straight from the hob, in 2cm thick moulds)

- FREEZING THE PENNETTE:** you can cook the penne ¾ done
  - the exact time depends on the type of pasta you use - then spread them on a stainless tray covered with baking paper and shock freeze them in the chiller with the shock freeze function, then keep them in the freezer up to 8 months. This way, you will always have pasta ready to be regenerated in a matter of minutes and seasoned as you like.
  - Fresco freezing time for the penne: 20 minutes (straight from the hob, spread out on a stainless pan)

- FREEZING THE TOMATOES CONFIT:** you can make a surplus of tomatoes confit and shock freeze them with the shock freeze function, then keep them in the freezer for up to 8 months. This way they will be ready for use in a number of recipes.
  - Fresco freezing time for the tomatoes: 50 minutes (straight from the oven, spread out on a stainless pan)

- Regenerating the tomato sauce from the fridge:** take from the fridge the desired amount of tomato sauce and heat it in a pan with a drizzle of oil for about 5 minutes on a medium/high flame.

- Regenerating the tomato sauce from the freezer:** take from the freezer the desired amount of tomato sauce and heat it in a pan with a glass of water and a drizzle of oil for about 10 minutes on a medium/high flame.

- Regenerating the penne from the freezer:** take from the freezer the desired amount of penne and regenerate them in a pan with a glass of warm water and a drizzle of oil for about 4 minutes, add the desired condiment. You may want to cream them with some grated Parmesan as well.

- Regenerating the tomatoes confit from the freezer:** take the desired amount from the freezer and regenerate in a pan with a drizzle of oil for 5-6 minutes.

# RISOTTO WITH BEETROOT AND ERBORINATO BLUE CHEESE

Preparation time: 15 minutes

Risotto cooking time: 30 minutes

Difficulty: medium

Suitable for vegetarians

## INGREDIENTS FOR 4 PEOPLE

300 g Carnaroli rice  
200 g boiled beetroot  
1 shallot  
1 glass white wine  
1.5 L vegetable stock  
80 g grated Parmesan  
Extra virgin olive oil  
Salt and pepper  
**For the Erborinato cream:**  
110 g Erborinato cheese  
100 ml fresh cream

## COMPLEX FIRST COURSES

### PROCEDURE

- Dice the beetroot and blend them in a food processor with a pinch of salt and pepper to a smooth cream, adding a dribble of olive oil if required. Melt the diced Erborinato in a small pan with the cream, then liquidise it with a handheld immersion blender until creamy and smooth.
- Chop the shallot, sauté it in a large pan with a dribble of oil and a drop of water, add the rice and toast it for 5 minutes, stirring well. Quench with the white wine, continue stirring and after 3-4 minutes add two ladles of hot vegetable stock. Add the creamed beetroot and finish cooking the risotto by adding the stock little by little and continuing to stir. Taste the risotto while it's cooking and add salt.
- When it's done al dente, cream it with the grated Parmesan and half a glass of oil. Decorate it with the Erborinato cheese cream and serve.

### With your Fresco you can...

- **CHILLING THE RISOTTO:** you can cook the risotto to three quarters done (10-12 minutes, depending on the type of rice used), chill it with the chilling function and keep it in the fridge for one week, ready to be finished out in a matter of minutes for lunch or dinner. For chilling, it is advisable to spread the risotto out on a stainless pan lined with cling film or baking paper. This reduces the chilling time.

- - Fresco risotto chilling time: 30 minutes  
(straight from the hob, about 1-2 cm thick)

- **SHOCK FREEZE THE RISOTTO:** you may even cook the risotto to three quarters done then shock freeze it with the shock freeze function, so it keeps in the freezer up to 8 months. This way, you will always have a risotto ready for any need. For freezing, it is advisable to spread the risotto out on a stainless pan lined with cling film or baking paper. This reduces the freezing time.

- - Fresco risotto freezing time: 1 hour 30 minutes  
(straight from the hob, about 1-2 cm thick)

- **FREEZING THE ERBORINATO CHEESE CREAM:** you may want to make a large amount of Erborinato cheese cream and freezing it with the appropriate function, so it keeps in the freezer up to 8 months. I suggest freezing it in convenient single portions using silicone ice moulds.

- The frozen cream may also be useful for other dishes.
  - - Fresco Erborinato cheese cream freezing time: 50 minutes (in approx. 1.5cm thick ice moulds)

- **FREEZING THE BEETROOT CREAM:** you may want to make a large of beetroot cream and freezing it with the appropriate function, so it keeps in the freezer up to 8 months. I suggest freezing it in convenient single portions using silicone ice moulds.

- The frozen cream may also be useful for other dishes.
  - - Fresco beetroot cream freezing time: 40 minutes (in muffin moulds, about 2 cm thick)





- **Regenerating the risotto from the fridge:** take the desired amount of risotto from the fridge and regenerate it in a saucepan by adding about 150 ml of hot water little by little and stirring often. The risotto will be ready in about 6 minutes, including final creaming with oil and grated Parmesan.

- **Regenerating the risotto from the freezer:** take the desired amount of risotto from the freezer and regenerate it in a saucepan by adding about 200 ml of hot water little by little and stirring often. The risotto will be ready in about 8 minutes, including final creaming with oil and grated Parmesan.

- **Regenerating the Erborinato cheese cream from the freezer:** take the desired amount of cream from the freezer and regenerate it in a saucepan by adding a drop of hot water and stirring often. The cream will be ready in about 7 minutes.

- **Thawing the beetroot cream:** take the desired amount of beetroot cream out of the freezer and thaw it with the controlled thawing function at 15°C.
  - - Fresco beetroot cream thawing time at 15°C: 1 hour (about 2 cm thick)

# PENNETTE WITH SWORDFISH, ORANGE AND PISTACHIOS

-  Preparation time: 20 minutes
-  Sauce cooking time: 20 minutes
-  Pasta cooking time: 15 minutes
-  Difficulty: low

## INGREDIENTS FOR 4 PEOPLE

- 320 g penne
- 750 g of swordfish cuts
- 2 oranges (juice and grated rind)
- 50 g ground pistachios
- 2 tablespoons of bread crumbs
- 250 g Datterini tomatoes
- A dozen shelled salted pistachios
- Extra virgin olive oil
- Salt and pepper

## COMPLEX FIRST COURSES

### PROCEDURE

- In a food processor, blend the tomatoes with the bread crumbs, a dribble of oil, salt and pepper, then pour the mixture in a bowl and add the ground pistachios, the grated orange rind and juice. Mix well with a spoon. Skin and bone the swordfish and dice it. In a pan, heat a dribble of oil, quickly toss the diced swordfish for 2 minutes, add the sauce made with the tomatoes, orange and pistachios and simmer on a low flame for another 15-20 minutes stirring every now and again. If the sauce gets too dry, add a little hot water. Add salt and pepper to taste if required. In the meantime, boil the pasta in plenty of salted water, drain it al dente and toss it in the swordfish sauce for 2 minutes. Decorate the plates with a few shelled pistachios and serve.

### With your Fresco you can...

- CHILLING THE SWORDFISH SAUCE:** you can make a larger amount of swordfish sauce and chill it with the chilling function so it keeps in the fridge for a whole week as if freshly made.
  - Fresco swordfish sauce chilling time: 30 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)

- FREEZING THE SWORDFISH SAUCE:** you can cook a surplus of swordfish sauce and shock freeze it with the shock freeze function, then keep it in the freezer for up to 4 months. This way it will always be ready when you need it for your pasta dishes. It is advisable to shock freeze the sauce in handy single portions with the help of a pastry cutter, to avoid wasting food when thawing.
  - Fresco swordfish sauce freezing time: 1 hour 10 minutes (straight from the hob, divided into rounds with the pastry cutter, about 1.5 cm thick)

- FREEZING THE PENNETTE:** you can cook the penne ¾ done
  - the exact time depends on the type of pasta you use - then spread them on a stainless tray covered with baking paper and shock freeze them in the chiller with the shock freeze function, then keep them in the freezer up to 8 months. This way, you will always have pasta ready to be regenerated in a matter of minutes and seasoned as you like.
  - Fresco freezing time for the penne: 20 minutes (straight from the hob, spread out on a stainless pan)

- Regenerating the swordfish sauce from the fridge:** take from the fridge the desired amount of sauce and heat it in a pan with a dribble of oil for about 5 minutes on a medium/high flame.

- Regenerating the swordfish sauce from the freezer:** take from the freezer the desired amount of sauce and heat it in a pan with a glass of water and a dribble of oil for about 15 minutes on a medium/high flame, stirring well.

- Regenerating the penne from the freezer:** take from the freezer the desired amount of penne and regenerate in a pan with a glass of warm water and a dribble of oil for about 4 minutes, add the desired condiment. You may want to cream them with some grated Parmesan as well.

# SPRING GNOCCHI WITH RICOTTA, ENDIVES AND FRESH SPINACH

Preparation time: 50 minutes

Greens cooking time: 3 minutes

Gnocchi cooking time: 12 minutes

Difficulty: low

Suitable for vegetarians

## INGREDIENTS FOR 6 PEOPLE

250 g mixed, clean greens (endive and chard)

250 g fresh spinach

500 g ricotta

2 eggs

100 g grated Parmesan

220 g semolina

150 g 00 flour

Nutmeg

6 sage leaves

Rind of half an orange

Extra virgin olive oil

Salt and pepper

## COMPLEX FIRST COURSES

### PROCEDURE

- Wash the mixed greens and fresh spinach and blanch them in boiling salted water for 2 minutes, then chill them in the chiller with the chilling function for about twenty minutes.
- In the meantime, in a bowl mix the ricotta with the eggs, grated Parmesan, semolina, flour and a little nutmeg. Add salt and pepper to taste.
- Coarsely chop the chilled greens and spinach and add them to the mixture, stir well. Moisten your hands and make 3-4 cm diameter balls, press the centre slightly to form the gnocchi.
- Bring plenty of salted water to the boil and cook the gnocchi for about 10 minutes until they start rising to the surface. In the meantime, heat oil in a pan with the sage leaves and orange rind then toss the drained gnocchi with a ladle of the cooking water. Serve with the sage leaves you used to make the sauce and grated Parmesan to taste.

### With your Fresco you can...

- CHILLING THE GREENS:** in this recipe, chilling the vegetables will enable you to handle them more quickly so you can add them to the rest of the mixture while preventing their oxidation and preserving their bright colour.

- FREEZING THE GNOCCHI:** you can prepare a large amount of gnocchi and shock freeze them using the shock freeze function, then keep them in the freezer up to 8 months. This way they are always available and ready in a matter of minutes for any lunch or dinner.
- Fresco gnocchi freezing time: 1 hour (3-4 cm thick gnocchi)

- Regenerating the gnocchi from the freezer:** take the desired amount of gnocchi from the freezer and plunge them straight into boiling water. The gnocchi will be ready and rise to the surface in about 10 minutes.



# COCOA RAVIOLI WITH SAVOY CABBAGE, CHARD, CAMELISED ONION AND

- Preparation time: 2 hours
- Vegetables cooking time: 20 minutes
- Caramelised onion cooking time: 15 minutes
- Ravioli cooking time: 3-4 minutes
- Difficulty: medium

## INGREDIENTS FOR 6 PEOPLE

- 400 g savoy cabbage
- 300 g chard
- 1 shallot
- 250 g ricotta
- 300 g 00 flour
- 3 eggs
- 35 g bitter cocoa
- 6 slices of speck
- 1 small red onion
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of cane sugar
- Extra virgin olive oil
- Salt and pepper

## COMPLEX FIRST COURSES

### PROCEDURE

- Make the fresh pasta: mix the flour with the bitter cocoa and make a mound on a work top. Make a hole in the middle and break the eggs into it, add a pinch of salt and 2 tablespoons of oil, then mix it with your hands for about ten minutes until the dough is springy. If the dough gets too dry add a drop of warm water. Form a ball and let it settle in the chiller set to chilling for 15 minutes.
- In the meantime, wash the savoy cabbage and chard and cut it all into thin strips, chop the shallot and put all the vegetables in a pan with a dribble of oil and 1 glass of hot water. Cover with a lid and simmer for about twenty minutes. Add salt and pepper, then chill in the chiller set to blast chill.
- Take the ball of fresh dough, divide it into 4 smaller balls and roll each ball out through the pasta machine into thin strips, to the second last notch.
- Slightly blend the vegetables for the filling with a handheld mixer, add them to the ricotta, mix well and pour the mixture into a piping bag.
- Pipe a teaspoon of filling on one strip of pasta and continue to the end of the strip, spacing out a little.
- Brush a little lukewarm water around the balls of filling, cover with another strip of pasta and lightly press down around the filling to squeeze the air out.
- Use a 4-5cm diameter pastry cutter to cut the ravioli with the filling in the middle. Repeat the operation until using all the fresh pasta, and arrange the finished ravioli on a tray lined with baking paper with a powdering of flour.
- Make the caramelised onion: slice the red onion thinly and toss it in a pan for 15 minutes with a dribble of olive oil, a tablespoon of balsamic vinegar, a teaspoon of cane sugar, salt and pepper. Bring water to the boil in a pot and cook the ravioli for 3 minutes. Then toss them in a pan with oil and the speck cut into thin strips. Serve them with the caramelised onion as decoration and a dusting of grated Parmesan to taste.

### With your Fresco you can...

- CHILLING THE FRESH PASTA:** you can use the chilling feature to allow the pasta dough to settle before rolling it. Instead of placing it in the fridge for one hour, you can place it in the chiller for 15-20 minutes with the same result.


- CHILLING THE VEGETABLES FOR THE FILLING:** chilling the vegetables allows you to handle them so they can be mixed in with the rest of the mixture as well as prevent their oxidation so they retain their natural bright colour. Leave the vegetables in the chiller until you need them to finish the recipe – it is not essential to leave them in for a set time, just chilling while you continue preparing.


- FREEZING THE RAVIOLI:** you can make a larger amount of ravioli and shock freeze them with the sock freeze function, after spreading them on a stainless tray lined with baking paper. This way they will keep up to 8 months in the freezer.
  - Fresco ravioli freezing time: 30 minutes


- Regenerating the shock frozen ravioli:** take the desired amount of ravioli from the freezer, plunge them directly in a pot of boiling salted water. Cook for 3 minutes and serve.



# BLACK RICE WITH SOFT GOAT CHEESE, ARTICHOKE HEARTS AND MIXED SEEDS

 Preparation time: 20 minutes

 Artichoke cooking time: 15 minutes

 Rice cooking time: 55 minutes

 Difficulty: low

 Suitable for vegetarians

## INGREDIENTS FOR 4 PEOPLE

350 g black rice  
8 artichokes  
1 lemon  
1 garlic clove  
160 g Caprino fresh soft goat cheese  
3 tablespoons of milk  
Pumpkin seeds  
White and black sesame seeds  
Sunflower seeds  
Chia seeds  
Extra virgin olive oil  
Salt and pepper

## COMPLEX FIRST COURSES

### PROCEDURE

- Bring water to the boil in a large pot and cook the black rice.
- In the meantime remove the harder leaves and tips of the artichokes. Cut 4 artichoke hearts into thin slices and leave the other 4 artichoke hearts whole. Soak all of them in a bowl filled with water and lemon juice.
- In a pan, heat a dribble of oil with one garlic clove, then sauté the sliced artichoke for 2-3 minutes and cook the whole artichoke hearts for 10 minutes. Add salt and pepper.
- Separately, make the goat cheese cream by mixing the cheese with the milk, a pinch of salt and pepper and a dribble of olive oil. Then pour the Caprino cream into a piping bag.
- When the rice is done, drain it and season it with a dribble of oil and the sliced artichoke. Arrange it in the plates and decorate with piped goat cheese rosettes, whole artichoke hearts and mixed seeds.

### With your Fresco you can...

- CHILLING THE BLACK RICE:** you can chill the black rice with the blast chill function, after adding the artichokes and goat cheese. In this way you can keep the dish in the fridge for a whole week, as if freshly cooked.

- Fresco rice chilling time: 20 minutes (straight from the hob, spread out on a stainless pan about 1.5 cm thick)

- FREEZING THE BLACK RICE:** you may even decide to shock freeze the boiled rice using the freezing feature, then keep it in the freezer up to 8 months. This way, you will always have cooked black rice ready to be finished out in few minutes with your favourite sauce.

- Fresco rice freezing time: 30 minutes (straight from the hob, spread out on a stainless pan about 1.5 cm thick)

- Regenerating the rice from the fridge:** take the desired amount of rice from the fridge and regenerate it in a pan with a dribble of oil for 5 minutes on a medium-high flame.

- Regenerating the rice from the freezer:** take the desired amount of rice from the freezer and regenerate it in a pan with about 150 ml of hot water and a dribble of olive oil for 6-7 minutes, stirring well.





## SOUPS

- Carrot, potato and ginger cream soup
- Pea cream soup with walnuts and curry
- Leek and potato cream soup with chives and mushroom Carpaccio
- Courgette and marjoram cream soup with courgette spaghetti and goat cheese
- Orange and fennel cream soup with prawns
- Spring Minestrone with grains, pulses and sprouts
- Spinach and potato cream soup with poached egg
- Black beans and speck soup

“ *A staple of farmers’ tradition, soups and minestrone are a real resource in the kitchen because they can be made with any ingredients. Vegetables, pulses, cheese, meat, fish, bread – all these ingredients may be combined with many more to create endless delicious soups and cream soups.* ”

## CARROT, POTATO AND GINGER CREAM SOUP

 Preparation time: 15 minutes

 Cooking time: 45 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

700 g carrots  
1 potato  
1.5 cm ginger root  
Half a leek  
1.5 L water  
100 g Greek feta cheese Sweet  
Paprika

### QUICK SOUPS

#### PROCEDURE

- Peel the potatoes and carrots and dice them. Wash the leek, slice it into half-centimetre rounds and lightly sauté in a saucepan with a dribble of oil. Then add the carrots, potatoes and grated ginger and cover with water.
- Simmer for 45 minutes on medium heat and add salt and pepper to taste.
- When done, blend with a handheld immersion mixer into a smooth cream and serve topped with a little crumbled feta cheese and a dusting of paprika

#### *With your Fresco you can...*

- CHILLING THE CREAM SOUP:** you can make a surplus of cream soup and chill it with the blast chill function, then keep it in the fridge for a whole week as if just made.
  - Fresco cream soup chilling time: 1 hour 15 minutes (straight from the hob, spread out on a stainless pan, 3-4 cm thick)

- FREEZING THE CREAM SOUP:** you can make a surplus of cream soup and shock freeze it with the shock freeze function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.

- Fresco cream soup freezing time: 1 hour 40 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)

- Regenerating the cream soup from the fridge:** take the desired amount of cream soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.

- Regenerating the cream soup from the freezer:** take the desired amount of cream soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.

## PEA CREAM SOUP WITH WALNUTS AND CURRY

 Preparation time: 10 minutes

 Cooking time: 40 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

2 shallots  
2 potatoes  
750 g fresh/frozen peas  
Curry powder  
200 g walnuts  
1 L water  
Extra virgin olive oil  
Salt and pepper

### QUICK SOUPS

#### PROCEDURE

- Chop the shallots and sauté them in a pan with a dribble of oil and half a glass of water. Then add the peas and peeled and diced potatoes and cover with one litre of water. Simmer for about 40 minutes and add salt and pepper to taste. When the vegetables are done blend them with a handheld immersion mixer into a smooth cream. If it's too thick add a bit of hot water and stir well. Serve with a dusting of curry powder and with the walnuts, coarsely chopped with a knife.

#### *With your Fresco you can...*

- CHILLING THE CREAM SOUP:** you can make a surplus of cream soup and chill it with the blast chill function, then keep it in the fridge for a whole week as if just made.

- Fresco cream soup chilling time: 1 hour 15 minutes (straight from the hob, spread out on a stainless pan, 3-4 cm thick)

- FREEZING THE CREAM SOUP:** you can make a surplus of cream soup and shock freeze it with the shock freeze function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.

- Fresco cream soup freezing time: 1 hour 40 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)

- Regenerating the cream soup from the fridge:** take the desired amount of cream soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.

- Regenerating the cream soup from the freezer:** take the desired amount of cream soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.





## LEEK AND POTATO CREAM SOUP WITH CHIVES AND MUSHROOM CARPACCIO

⌚ Preparation time: 10 minutes

⌚ Cooking time: 40 minutes

👨‍🍳 Difficulty: low

🌱 Suitable for vegetarians

### INGREDIENTS FOR 6 PEOPLE

- 1 leek
- 1 kg potatoes
- Chives
- 6 button mushrooms
- 1.5 L water
- Extra virgin olive oil
- Salt and pepper

### QUICK SOUPS

#### PROCEDURE

- Wash the leek, cut it into rounds and sauté in a pan with a dribble of hot oil. Then add the peeled and diced potatoes and cover with the water.
- Simmer for about 40 minutes until the vegetables are done, then blend with a handheld immersion mixer into a smooth cream. If it's too thick add a bit of hot water. Add salt and pepper. Serve the cream soup with chopped chives and the raw button mushrooms cut into thin slices.

#### With your Fresco you can...

- CHILLING THE CREAM SOUP:** you can make a surplus of cream soup and chill it quickly with the quick chilling function, then keep it in the fridge for a whole week as if just made.

- Fresco cream soup chilling time: 1 hour 30 minutes (straight from the hob, spread out on a stainless pan, 3-4 cm thick)

- FREEZING THE CREAM SOUP:** you can make a surplus of cream soup and shock freeze it with the freezing function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.

- Fresco cream soup freezing time: 1 hour 45 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)

- Regenerating the cream soup from the fridge:** take the desired amount of cream soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.

- Regenerating the cream soup from the freezer:** take the desired amount of cream soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.



## COURGETTE AND MARJORAM CREAM SOUP WITH COURGETTE SPAGHETTI AND GOAT CHEESE

⌚ Preparation time: 20 minutes

⌚ Cooking time: 30 minutes

👤 Difficulty: low

🍴 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

1 kg courgettes for the cream soup  
2 courgettes for the spaghetti  
2 potatoes  
2 shallots  
Marjoram  
100 g Caprino fresh soft goat cheese  
Extra virgin olive oil  
Salt and pepper

### QUICK SOUPS

#### PROCEDURE

- Wash the courgettes for the cream soup, top and tail them and cut them into rounds. Peel the potatoes and dice them. Chop the shallot, wilt it in a pan with a dribble of oil, then add the potatoes and courgettes, cover with water and simmer until the vegetables are done. When nearly done add a few leaves of fresh marjoram, salt and pepper to taste and blend with the handheld immersion mixer to a smooth cream. Wash the 2 courgettes you have set aside, use the spiraliser to make the spaghetti and season them with salt, pepper and oil.
- Serve the cream soup with a nest of courgette spaghetti in the middle and a few cubes of fresh soft goat cheese.

#### With your Fresco you can...

- CHILLING THE CREAM SOUP:** you can make a surplus of cream soup and chill it with the chilling function, then keep it in the fridge for a whole week as if just made.

- Fresco cream soup chilling time: 1 hour 40 minutes (straight from the hob, spread out on a stainless pan, 3-4 cm thick)

- FREEZING THE CREAM SOUP:** you can make a surplus of cream soup and freeze it with the shock freeze function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.

- Fresco cream soup freezing time: 1 hour 30 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)

- Regenerating the cream soup from the fridge:** take the desired amount of cream soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.

- Regenerating the cream soup from the freezer:** take the desired amount of cream soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.

## ORANGE AND FENNEL CREAM SOUP WITH PRAWNS

 Preparation time: 10 minutes

 Cooking time: 30 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

3 fennel bulbs

2 potatoes

1 shallot

Juice and grated rind of one orange

12 prawn tails

Extra virgin olive oil

Salt and pepper

### COMPLEX SOUPS

#### PROCEDURE

- Wash the fennel bulbs, remove the tops and bottoms and dice them. Peel the potatoes and dice them.
- Chop the shallot, wilt it in a pan with a dribble of oil, then add the vegetables, cover with hot water and simmer until the vegetables are done. Add salt, pepper, the juice of half an orange and blend with the handheld immersion mixer into a smooth cream.
- Shell and gut the prawn tails and cook them for a few minutes in a pan with a dribble of oil, a pinch of salt and freshly ground pepper. Serve the cream soup with 3 prawn tails on each dish and with the grated orange rind as decoration.

#### *With your Fresco you can...*

- CHILLING THE CREAM SOUP:** you can make a surplus of cream soup and chill it with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco cream soup chilling time: 1 hour 20 minutes (straight from the hob, spread out on a stainless pan about 3-4 cm thick).
- FREEZING THE CREAM SOUP:** you can make a surplus of cream soup and shock freeze it with the shock freeze function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.
  - Fresco cream soup freezing time: 1 hour 40 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)
- Regenerating the cream soup from the fridge:** take the desired amount of cream soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.
- Regenerating the cream soup from the freezer:** take the desired amount of cream soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.



## SPRING MINESTRONE WITH GRAINS, PULSES AND SPROUTS

Preparation time: 1 hour

Cooking time: 50 minutes

Difficulty: low

Suitable for vegetarians

### INGREDIENTS FOR 8 PEOPLE

500 g diced pumpkin  
1 yellow pepper  
1 red pepper  
200 g chard  
500 g broccoli  
2 celery stalks  
3 courgettes  
200 g snow peas  
300 g button mushrooms  
1 leek  
500 g mixed pulses and grains  
260 g boiled chickpeas blended with salt, pepper and oil  
2 carrots  
300 g string beans  
Marjoram, basil, thyme  
Chilli pepper

### COMPLEX SOUPS

#### PROCEDURE

- Wash the mixed pulses and grains, boil them on their own in cold water for 45 minutes and add salt when nearly done.
- In the meantime make the minestrone. Heat a dribble of oil in a pan and sauté the leek, diced celery and carrot. After 10-15 minutes add the snow peas cut into strips and diced string beans. After that, add in this order: the chard cut into strips, the pumpkin cut into 1 cm cubes, the diced peppers, diced courgettes, broccoli florets, thinly sliced mushrooms and finally the herbs – marjoram, basil, thyme and chilli.
- Add the cooked mixed grains and pulses to the minestrone, add the creamed chickpeas and serve topped with sprouts and a dribble of raw oil.

#### With your Fresco you can...

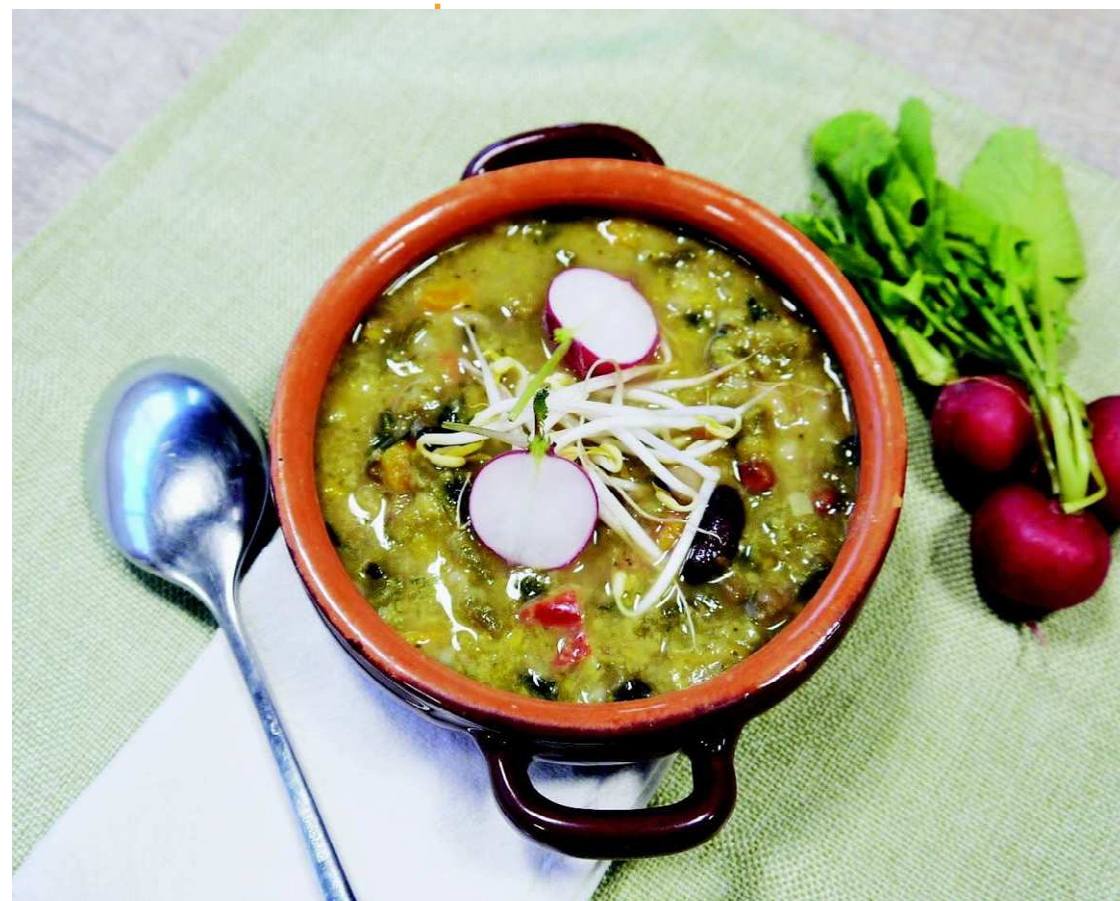
- CHILLING THE MINESTRONE:** you can make a surplus of minestrone and chill it with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco minestrone chilling time: 1 hour 40 minutes (straight from the hob, spread out on a stainless pan, about 3 cm thick).
- FREEZING THE MINESTRONE:** you can make a surplus of minestrone and shock freeze it with the freezing function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.
  - Fresco cream minestrone freezing time: 1 hour 35 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)

- FREEZING THE MIXED VEGETABLES:** you can dice all the vegetables you need for the minestrone – you might buy them separately when each is in season and tastier and cheaper, shock freeze them with the appropriate function and keep them in the freezer, divided into separate bags or containers, up to 8 months. When you feel like having a minestrone, all you need to do is put the desired frozen vegs in a pot, cover with hot water and cook until done.

- Fresco diced vegetables freezing time: 50 minutes


- Regenerating the minestrone from the fridge:** take the desired amount of minestrone from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.

- Regenerating the minestrone from the freezer:** take the desired amount of minestrone from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.



## SPINACH AND POTATO CREAM SOUP WITH POACHED EGG

 Preparation time: 15 minutes

 Cream soup cooking time: 30 minutes per portion

 Egg cooking time: 3 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

700 g fresh spinach

3 potatoes

1 onion

4 eggs

1 tablespoon of white vinegar

Extra virgin olive oil

Salt and pepper

### COMPLEX SOUPS

#### PROCEDURE

- Peel the potatoes and onion, dice them and simmer covered by 750 ml water. After about 20 minutes, when almost done, add the washed spinach and 200 ml hot water. Continue cooking for another ten minutes and add salt and pepper to taste. Serve the spinach cream soup with a poached egg on top.
- For the poached egg: bring water and a tablespoon of white vinegar to the boil in a small saucepan. Use a spoon to stir the water into a swirl and break the egg in the centre. Continue turning round gently with the spoon and cook the egg for about 3 minutes. Drain it and place it on top of the spinach cream soup.

#### With your Fresco you can...

**CHILLING THE CREAM SOUP:** you can make a surplus of cream soup and chill it with the chilling function, then keep it in the fridge for a whole week as if just made.

- Fresco cream soup chilling time: 1 hour 15 minutes (straight from the hob, spread out on a stainless pan, 3-4 cm thick)

**FREEZING THE CREAM SOUP:** you can make a surplus of cream soup and shock freeze it with the freezing function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.

- Fresco cream soup freezing time: 1 hour 40 minutes (straight from the hob, in 3-4cm thick muffin moulds)

**Regenerating the cream soup from the fridge:** take the desired amount of cream soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.

**Regenerating the cream soup from the freezer:** take the desired amount of cream soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.



## BLACK BEANS AND SPECK SOUP

 Preparation time: 1 hour 20 minutes

 Cooking time: 1 hour 20 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

500 g red beans  
2 diced medium potatoes  
1 diced red onion  
60 g sun-dried tomatoes  
30 g Taggiasca olives  
6 slices of speck  
Thyme and rosemary  
Extra virgin olive oil  
Salt and pepper

### COMPLEX SOUPS

#### PROCEDURE

- Cook the beans in a pot filled with cold water. After 30 minutes, add the potatoes and onion and simmer on medium heat. When almost done, add salt and pepper and chopped sun-dried tomatoes, Taggiasca olives, thyme and rosemary.
- Serve with the speck cut into thin strips and toasted in a pan for a few minutes.

#### *With your Fresco you can...*

- **CHILLING THE SOUP:** you can make a surplus of soup and chill it with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco soup chilling time: 1 hour 40 minutes (straight from the hob, spread out on a stainless pan, 3-4 cm thick)
- **FREEZING THE SOUP:** you can make a surplus of soup and shock freeze it with the freezing function, then keep it in the freezer for up to 8 months. In that case you should divide it into single portions using handy silicone muffin moulds so you can thaw what you need without wasting any food.
  - Fresco soup freezing time: 1 hour 35 minutes (straight from the hob, in 3-4cm thick single dose muffin moulds)
- **Regenerating the soup from the fridge:** take the desired amount of soup from the fridge and regenerate it in a pot for about 5 minutes on medium-high heat.
- **Regenerating the soup from the freezer:** take the desired amount of soup from the freezer and regenerate it in a pot with half a glass of water for about 15 minutes.





## FISH SECOND COURSES

Salmon fillet with dill on a salad of radicchio and Taggiasca olives

Sea bream fillet with herbs, cherry tomatoes, radishes and rocket

Baby cuttlefish with spring vegetables

Caponata and Tabasco emulsion

Tuna steak on a green salad with balsamic and sesame

Swordfish steak with juniper berries, bay leaf and orange peel

Cod fillet confit with spicy milk, black kale and black truffle cream

Octopus cooked at low temperature, toasted in the pan with puréed paprika and sautéed endive

Monkfish with green asparagus and thyme and lemon mashed potatoes


Mackerel fillet on a salad of fennel, dill, green olives and kumquat

Indonesian style salmon fillet

“*Fish products are a valuable source of nutrients, often neglected in our kitchen and on our table. However, if used well, they allow us to express our creativity in the kitchen in an even more versatile manner. Fresco multiplies the opportunities to use them, offering the possibility to use fresh fish and shellfish at their prime, both for storage and cooking. And it allows us to cook them in the best way, to take full advantage of their taste and nutritional properties.*”



## SALMON FILLET WITH DILL ON A SALAD OF RADICCHIO AND TAGGIASCA OLIVES

 Preparation time: 15 minutes  
(+ the time required for sanitising the fish)

 Cooking time: Fresco – 15 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

600 g salmon fillet (about 3 cm thick)

Fresh dill

2 heads of radicchio of Treviso

1 tablespoon of Taggiasca olives

1 tablespoon of balsamic vinegar

1 teaspoon of cane sugar

Extra virgin olive oil

Salt and pepper

### QUICK FISH SECOND COURSES

#### PROCEDURE

- Skin the salmon fillet and remove any bones, wash it, dry it, divide it into 4 portions and carry out sanitisation: shock freeze the salmon fillets in the chiller, then keep it in the freezer for at least 24 hours. This way, any parasites in the raw fish are destroyed and the fillet is ready to be cooked at low temperature. Thaw the salmon fillet, season it with salt, pepper, oil and plenty of dill, place it in the Fresco preheated at 75°C with the low temperature cooking function. It is now done, yet retains all its tenderness.
- In the meantime, cut the radicchio into thin strips and quickly toss it in a pan with oil, salt, pepper, one tablespoon of balsamic vinegar and the cane sugar. Add the Taggiasca olives and serve with the salmon fillet.

#### *With your Fresco you can...*

- ***FREEZING THE FISH FOR SANITISING:*** due to the low temperature at which the fish is cooked, this recipe requires using the quick deep-freeze function to sanitise it and be able to eat it in utter safety. Deep-freeze the clean fish fillet already cut into portions until it reaches -18°C at the core. After that, keep it in the freezer for at least 24 hours. It is now sanitised and ready for any use (Tartare, Carpaccio, low temperature cooking). Raw fish can be kept in the freezer up to 4 months.
- - Fresco freezing time for the salmon fillet: 1 hour 10 minutes (fillet about 3 cm thick)

- ***COOK AT LOW TEMPERATURE:*** to cook the salmon perfectly, it is advisable to set the temperature at 75°C in the chamber
- Fresco cooking time for the salmon fillet: 25 minutes (fillet about 3 cm thick)

- ***CHILLING:*** you can decide to chill the salmon quickly immediately after cooking with the quick chilling function, then keep it in the fridge for a whole week as if just made.

- - Fresco chilling time for the salmon fillet:
  - 55 minutes (fillet about 3 cm thick, immediately after cooking, so hot fillet and hot chamber)

- ***FREEZING:*** you may also cook and shock freeze the salmon, then keep it in the freezer for up to 4 months ready.

- - Fresco freezing time for the salmon fillet:
  - 1 hour (fillet about 3 cm thick, chilled with Fresco and pre-cooled chamber)

- ***Regenerating the salmon fillet, about 3 cm thick, from fridge or thawed:*** take the salmon fillets you need from the fridge and put them in the Fresco setting the dish ready function at 75°C in the chamber.

- - fillet regeneration time with dish ready function Fresco at 75°C: 25 minutes

- ***Regenerating the salmon fillet, about 3 cm thick, from freezer:*** take the salmon fillets you need from the freezer and put them in the Fresco setting the dish ready function at 75°C in the chamber.

- - fillet regeneration time with dish ready function Fresco at 75°C: 40 minutes



## SEA BREAM FILLET WITH HERBS, CHERRY TOMATOES, RADISHES AND ROCKET

 Preparation time: 20 minutes

 Cooking time: Fresco - 15 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

4 sea bream fillets (about 1 cm thick)

Mixed chopped herbs  
(basil, sage, marjoram, thyme)

The grated rind of one lemon

200 g cherry tomatoes

1 sprig rocket

4 radishes

Extra virgin olive oil

Salt and pepper

### QUICK FISH SECOND COURSES

#### PROCEDURE

- In a small bowl, mix oil, a pinch of salt, pepper, the grated lemon rind and chopped herbs. Season the 4 sea bream fillets with the emulsion and place them in the Fresco preheated at 75°C with the low temperature cooking function. In the meantime make the side salad with rocket, cherry tomatoes and radishes.

#### *With your Fresco you can...*

- **COOK AT LOW TEMPERATURE:** to cook the sea bream fillet perfectly, it is advisable to set the temperature at 75°C in the chamber.

- - Fresco cooking time for the sea bream fillet: 25 minutes (about 1 cm thick)

- **CHILLING:** you can decide to chill the sea bream fillet immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.

- - Fresco chilling time for the sea bream fillet: 1 hour (about 1 cm thick fillet, immediately after cooking, so hot fish and hot chamber)

- **FREEZING:** you may also cook and shock freeze the sea bream fillet, then keep it in the freezer for up to 4 months ready.

- - Fresco freezing time for the sea bream fillet: 1 hour 5 minutes (fillet about 1 cm thick, hot fish and hot chamber)

- **Regenerating the sea bream fillet, about 1 cm thick, from freezer:** take the sea bream fillets you need from the freezer and put them in the Fresco setting the dish ready function at 75°C in the chamber.

- - regeneration time with dish ready function at 75°C in the chamber: 25 minutes



# BABY CUTTLEFISH WITH SPRING VEGETABLES CAPONATA AND TABASCO EMULSION

 Preparation time: 45 minutes

 Caponata cooking time: 25 minutes

 Cuttlefish cooking time: Fresco - 25 minutes

 Difficulty: low

## INGREDIENTS FOR 4 PEOPLE

800 g clean cuttlefish  
1 red onion  
100 g snow peas  
2 carrots  
1 red pepper  
1 yellow pepper  
1 courgette  
1 long aubergine  
50g Taggiasca olives  
30 g capers  
1 tablespoon of balsamic vinegar  
1 tablespoon of white vinegar Tabasco  
Extra virgin olive oil  
Salt and pepper

## QUICK FISH SECOND COURSES

### PROCEDURE

- Cut off the head of the cuttlefish and cut the body into strips.
- Season everything with a dribble of oil, place in the Fresco preheated at 75°C with the low temperature cooking function. In the meantime make the vegetable Caponata: dice all the vegetables and toss them in a pan with a dribble of oil – first the onion and carrots, then after 10 minutes, the snow peas and peppers and, after another 5 minutes, the aubergines and courgettes. Add salt and pepper and, when nearly done, after about twenty minutes, add one tablespoon of balsamic vinegar, one tablespoon of white vinegar, the capers and Taggiasca olives coarsely chopped. Make an emulsion by whisking a little oil with a pinch of salt and a few drops of Tabasco.
- Serve the cuttlefish seasoned with the oil and Tabasco emulsion with the vegetable Caponata.

### With your Fresco you can...

- **COOK THE CUTTLEFISH AT LOW TEMPERATURE:** to cook the cuttlefish perfectly, it is advisable to set the temperature at 75°C in the chamber.

- - Fresco cuttlefish cooking time: 25 minutes

- **CHILLING THE CUTTLEFISH:** you can decide to blast chill the cuttlefish immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.

- - Fresco cuttlefish chilling time: 40 minutes (immediately after cooking, so hot fish and hot chamber)

- **CHILLING THE VEGETABLE CAPONATA:** you can make a surplus of vegetable Caponata and blast chill it with the chilling function, then keep it in the fridge for a whole week as fresh as if just made.

- - Fresco Caponata chilling time: 1 hour 40 minutes (straight from the hob, spread out on a stainless pan, about 3 cm thick)

- **FREEZING THE CUTTLEFISH:** you may even cook the cuttlefish then shock freeze it and keep it ready in the freezer up to 4 months.
- - Fresco cuttlefish freezing time: 50 minutes (fish chilled with Fresco and pre-cooled chamber)

- **FREEZING THE VEGETABLE CAPONATA:** you may even shock freeze the Caponata then keep it in the freezer up to about 8 months.

- - Fresco Caponata freezing time: 1 hour 55 minutes (straight from the hob, divided into about 3 cm thick muffin moulds)

- **Thawing the deep-frozen cuttlefish:** take the cuttlefish you need out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
- - Fresco thawing time at 15°C: 1 hour


- **Regenerating the thawed cuttlefish or chilled and kept in the fridge:** take the cuttlefish you need out of the fridge and place it in the Fresco setting the dish ready function at 75°C in the chamber.

- - regeneration time with dish ready function at 75°C Fresco : 25 minutes

- **Regenerating the frozen vegetable Caponata:** take the amount of Caponata you need out of the freezer and regenerate it in the pan with half a glass of water for about ten minutes.



## TUNA STEAK ON A GREEN SALAD WITH BALSAMIC AND SESAME

 Preparation time: 5 minutes  
(+ the time required for sanitising the fish)

 Cooking time: Fresco – 12 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

4 200g slices of fresh tuna  
(about 2 cm thick)  
200 g lamb's lettuce  
One sprig rocket  
White sesame  
Balsamic vinegar  
Extra virgin olive oil  
Salt and pepper

### QUICK FISHSECOND

#### PROCEDURE

- Wash the tuna slices, dry them and sanitise them: shock freeze the fish in the chiller with the freezing function to -18°C core temperature, then keep in the freezer for at least 24 hours.
- This way, any parasites in the raw tuna are destroyed and it is ready to be cooked at low temperature.
- Thaw the tuna slices, add a little salt and pepper and sear them in the pan with a dribble of hot oil, 30 seconds per side. Place the seared tuna in the Fresco preheated at 75°C with the low temperature cooking function.
- It is now done, yet retains all its tenderness.
- Serve the tuna with a salad dressed with salt and pepper, oil, balsamic vinegar and white sesame.

#### With your Fresco you can...

- FREEZING THE FISH FOR SANITISING:** due to the low temperature at which the fish is cooked, this recipe requires using the freezing function to sanitise it and be able to eat it in utter safety. Shock freeze the tuna already cleaned and cut into portions until it reaches -18°C at the core. After that, keep it in the freezer for at least 24 hours. It is now sanitised and ready for any use (Tartare, Carpaccio, low temperature cooking). Raw fish can be kept in the freezer up to 4 months.
- freezing time of the tuna slice with Fresco: 1 hour 15 minutes (slice about 2 cm thick)

- COOK AT LOW TEMPERATURE:** to cook the tuna to perfection, it is advisable to set the temperature at 75°C in the chamber
- Fresco tuna cooking time: 22 minutes (slice about 2 cm thick)

- CHILLING:** you can decide to chill the tuna immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
- Fresco tuna chilling time: 1 hour 15 minutes (slice about 2 cm thick, immediately after cooking, so hot fish and hot chamber)

- **FREEZING**: you may also cook and shock freeze the tuna, then keep it in the freezer for up to 4 months ready.
- Fresco freezing time for the tuna: 1 hour 25 minutes (slice about 2 cm thick, chilled with Fresco and pre-cooled chamber)
- **Thawing the tuna slice, about 2cm thick**: take the cooked tuna out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
  - Fresco thawing time at 15°C: 1 hour 30 minutes
- **Regenerating the tuna slice from freezer, about 2cm thick**: take the tuna slices you need from the freezer and put them in the Fresco setting the dish ready function at 75°C in the chamber.
  - regeneration time with dish ready function at 75°C in the chamber with Fresco: 50 minutes



## SWORDFISH STEAK WITH JUNIPER BERRIES, BAY LEAF AND ORANGE PEEL

 Preparation time: 10 minutes

 Cooking time: Fresco – 25 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

700 g of sliced swordfish  
(2 slices about 1.5 cm thick).  
10 juniper berries  
1 orange  
1 bay leaf  
Extra virgin olive oil  
Salt and pepper

### QUICK FISH SECOND COURSES

#### PROCEDURE

- Chop the juniper berries, bay leaf and orange peel to a fine crumble. Then make an emulsion by whisking it with a bit of oil, a pinch of salt and pepper and the juice of half an orange.
- Sear the fish steaks in a pan with a dribble of hot oil 1 minute per side, season them with the emulsion and place them in the Fresco preheated at 75°C with the low temperature cooking function
- It is now done, yet retains all its tenderness.

#### With your Fresco you can...


- COOK AT LOW TEMPERATURE:** to cook the swordfish to perfection, it is advisable to set the temperature at 75°C in the chamber.
  - swordfish cooking time with Fresco: 25 minutes (slice about 1.5 cm thick)
- CHILLING:** you can decide to chill the swordfish immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco swordfish chilling time: 1 hour 15 minutes (slice about 1.5 cm thick, immediately after cooking, so hot fish and hot chamber)
- FREEZING:** you may even cook the swordfish then shock freeze it and keep it ready in the freezer up to 4 months.
  - Fresco swordfish freezing time: 50 minutes (slice about 1.5 cm thick, chilled with Fresco and pre-cooled chamber)
- Regenerating the thawed swordfish steak or from the fridge:** take the swordfish steaks you need out of the fridge and place them in the Fresco setting the dish ready function at 75°C in the chamber.
  - regeneration time with dish ready function at 75°C in the chamber with Fresco: 25 minutes

**Regenerating the frozen swordfish steak (about 1.5 cm thick):** take the swordfish steaks you need out of the freezer and place them in the Fresco setting the dish ready function at 75°C in the chamber.

- regeneration time with dish ready function at 75°C in the chamber with Fresco: 40 minutes



# COD FILLET CONFIT WITH SPICY MILK, BLACK KALE AND BLACK TRUFFLE CREAM

 Preparation time: 20 minutes  
(+ the time required for sanitising the fish)

 Spicy milk cooking time: 35 minutes

 Black kale cooking time: 20 minutes

 Cod cooking time: Fresco – 1 hour

 Difficulty: medium

## INGREDIENTS FOR 4 PEOPLE

500 g cod fillet (about 3 cm thick)  
1 orange  
1 vanilla pod  
1 lemon  
2 cm fresh ginger  
2 sageleaves  
200 g black kale  
400 ml milk  
100 ml cream  
3 star anise pods  
Black peppercorns  
Black truffle cream  
Extra virgin olive oil  
Salt and pepper

## SECONDI DI PESCE STRUTTURATI

### PROCEDURE

- Wash the cod fillets, remove any bones, dry them and carry out sanitisation: shock freeze the fillets in the chiller with the freezing function until the core reaches the temperature of -18°C, then keep them in the freezer for at least 24 hours. This way, any parasites in the raw fish are destroyed and the fillet is ready to be cooked at low temperature.
- Thaw the cod fillets, put them in a glass canning jar and cover them completely with extra virgin olive oil. Place in the jar 3 orange peels, 3 lemon peels, the ginger cut into pieces, the sage leaves and the vanilla pod cut open. Put the jar in the preheated Fresco at 75°C set to low temperature cooking. It is now done, yet retains all its tenderness.
- In the meantime, cut the black kale into strips and cook it in a pan with a dribble of oil, salt, pepper and half a glass of water for about twenty minutes.
- Pour the milk and cream in a small saucepan, add the broken up star anise pods and a handful of black peppercorns and simmer on a low heat for about 35 minutes.
- Drain the cooked cod, filter the milk and serve the fish with one small ladle of spiced milk, a little black kale and a few drops of black truffle cream.

### With your Fresco you can...

- FREEZING THE FISH FOR SANITISING:** due to the low temperature at which the fish is cooked, this recipe requires using the freezing function to sanitise it and rest assured to eat it in utter safety. Shock freeze the clean cod fillet already cut into portions until it reaches -18°C at the core. After that, keep it in the freezer sanitised and ready for any use (Tartare, Carpaccio, low temperature cooking). Raw fish can be kept in the freezer up to 4 months.
  - Fresco freezing time for the cod fillet: 1 hour 55 minutes (slice about 3 cm thick)
- COOK AT LOW TEMPERATURE:** to cook the cod confit to perfection (immersed in the aromatic oil) you should set the temperature to 75°C in the chamber.
  - cod fillet confit cooking time with Fresco: 1 hour 15 minutes (fillet about 3 cm thick)

- CHILLING:** you can decide to chill the cod, immediately after cooking, with the chilling function, then keep it in the fridge for a whole week as if just made.
  - cod fillet confit chilling time with Fresco: 2 hours 30 minutes (fillet about 3 cm thick, immediately after cooking, so hot fish and hot chamber)

- FREEZING:** you may even cook the cod then shock freeze it and keep it ready in the freezer up to 4 months. In that case
  - remember to drain the fish from the aromatic oil before freezing.
  - Fresco freezing time for the cod fillet: 1 hour 20 minutes (fillet about 3 cm thick, chilled with Fresco and pre-cooled chamber)

- Thawing the cod fillet, about 3cm thick:** take the cooked cod out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature to 15°C.
  - Fresco thawing time at 15°C: 2 hours 30 minutes

- Regenerating the thawed cod fillet or from the fridge:** take the cod fillets you need out of the fridge and place them in the Fresco setting the dish ready function at 75°C in the chamber.
  - regeneration time with dish ready function at 75°C in the chamber with Fresco: 50 minutes



## OCTOPUS COOKED AT LOW TEMPERATURE, TOASTED IN THE PAN WITH PURÉED PAPRIKA AND SAUTÉED ENDIVE

- 🕒 Preparation time: 45 minutes
  - 🕒 Potatoes cooking time: 50 minutes
  - 🕒 Mashed potatoes cooking time: 5 minutes
  - 🕒 Endive cooking time: 20 minutes
  - 🕒 Octopus cooking time: Fresco – 5 hours 40 minutes
- 👨🍳👩🍳 Difficulty: medium

### INGREDIENTS FOR 4 PEOPLE

500 g octopus  
1 orange  
1 lemon  
1 bay leaf  
For the mashed potatoes:  
5 medium potatoes  
50 g butter  
50 g grated Parmesan  
300 ml milk  
Nutmeg  
Sweet paprika  
Salt and pepper

**For the endive:**  
800 g endive  
1 garlic clove  
1 chilli pepper  
Extra virgin olive oil  
Salt and pepper

### COMPLEX FISH SECOND COURSES

#### PROCEDURE

- Wash the octopus, dry it and wrap it in a sheet of baking paper with 3 orange peels, 3 lemon peels, one bay leaf and a drizzle of olive oil. Place the wrapped octopus in the Fresco preheated at 75°C with the low temperature cooking function and let it cook for little less than 6 hours.
- Make the mashed potatoes: fill a pot with plenty of cold water, wash the potatoes, place them in the pot and cook them until soft (about 50 minutes). When done, drain them, peel them and mash them with the potato ricer.
- Pour the mashed potatoes in a pot, add the butter cut into pieces, the milk and cook on medium heat while whisking vigorously until creamy. Add more milk if required. When nearly done, add salt and pepper and a pinch of nutmeg and sweet paprika.
- Prepare the endive: wash and cut into strips, then toss it in a pan with oil, salt, pepper, garlic and chilli for about twenty minutes.
- When the octopus is done, take it out of the paper, discard any juices, dice it and toss it in the pan with a drizzle of hot oil.
- Serve it with the paprika potato purée and sautéed endive.

#### With your Fresco you can...

- COOK AT LOW TEMPERATURE:** you can cook the wrapped octopus for little less than 6 hours. This type of cooking results in extremely tender meat.
  - 500 gram octopus cooking time with Fresco: 5 hours 40 minutes
- CHILLING:** you can decide to blast chill the octopus immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - 500 gram octopus chilling time with Fresco: 2 hours (immediately after cooking, so hot fish and hot chamber)

- **FREEZING:** you may even cook the octopus then shock freeze it and keep it ready in the freezer up to 4 months. In that case remember to take the fish out of the baking paper before freezing.

- - 500 gram octopus freezing time with Fresco: 1 hour 40 minutes (fish chilled with Fresco and pre-cooled chamber)

- **Thawing the 500-gram octopus:** take the cooked octopus out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature to 25°C, after that toss it in a pan.

- - thawing time at 15°C with Fresco: 1 hour 30 minutes



## MONKFISH WITH GREEN ASPARAGUS AND THYME AND LEMON MASHED POTATOES

- ⌚ Preparation time: 40 minutes (+ the time required for sanitising the fish)
- ⌚ Asparagus cooking time: 7 minutes
- ⌚ Potatoes cooking time: 50 minutes
- ⌚ Mashed potatoes cooking time: 5 minutes
- ⌚ Monkfish cooking time: Fresco – 25 minutes
- 👤👤 Difficulty: medium

### INGREDIENTS FOR 4 PEOPLE

- 1.5 kg monkfish (about 2.5 cm thick)
- 1 bunch green asparagus
- Fresh thyme
- Extra virgin olive oil
- Salt and pepper
- For the thyme and lemon mashed potatoes:
- 5 medium potatoes
- 50 g butter
- 50 g grated Parmesan
- 300 ml milk
- Nutmeg
- The juice of half a lemon
- Fresh thyme
- Salt and pepper

### COMPLEX FISH SECOND COURSES

#### PROCEDURE

- Fillet the monkfish removing the bone, cut it into 4 fillets and sanitise: shock freeze the fish in the chiller with the freezing function to -18°C core temperature, then keep in the freezer for at least 24 hours. This way, any parasites in the fish are destroyed and it is ready to be cooked at low temperature.
- Thaw the monkfish fillets, season them with salt, pepper a dribble of olive oil and a few leaves of fresh thyme, place them in the Fresco preheated at 75°C with the low temperature cooking function. Make the mashed potatoes: fill a pot with plenty of cold water, wash the potatoes, place them in the pot and cook them until soft (about 50 minutes). When done, drain them, peel them and mash them with the potato ricer.
- Pour the mashed potatoes in a pot, add the butter cut into pieces and milk and cook on medium heat while whisking vigorously until creamy. Add more milk if required. When nearly done, add salt and pepper, the lemon juice and a few leaves of fresh thyme.
- Prepare the asparagus: wash the asparagus, cut off the hard end of the stalk, cut off the tips and slice the rest of the stalk into rounds. Toss stalks and tips in a pan with a dribble of oil and half a glass of water until nice and tender. Add any salt and pepper to taste.
- When the monkfish is done in the Fresco, toss the fillets in a pan with a dribble of hot oil, one minute per side and serve them on top of one spoonful of thyme and lemon mashed potatoes, decorate with the sautéed asparagus and freshly ground pepper.

#### With your Fresco you can...

- **FREEZING THE FISH FOR SANITISING:** due to the low temperature at which the fish is cooked, this recipe requires using the freezing function to sanitise it and rest assured to eat it in utter safety. Shock freeze the monkfish fillets until the core reaches -18°C to sanitise them then keep them in the freezer. Raw fish can be kept in the freezer up to 4 months.
- - Fresco freezing time for the monkfish fillet: 1 hour (about 2 cm thick)





**COOK AT LOW TEMPERATURE:** to cook the monkfish perfectly, it is advisable to set the temperature at 75°C in the chamber. It is also advisable to toss the fish in a pan when done.

- Fresco cooking time for the monkfish fillet: 35 minutes (about 2 cm thick)

**CHILLING:** you can decide to blast chill the monkfish, immediately after cooking, with the chilling function, then keep it in the fridge for a whole week as if just made.

- monkfish fillet chilling time with Fresco: 1 hour (immediately after cooking, so hot fish and hot chamber)

**FREEZING:** you may even cook the monkfish then shock freeze it and keep it ready in the freezer up to 4 months.

- Fresco freezing time for the monkfish fillet: 55 minutes (chilled with Fresco and pre-cooled chamber)

**Thawing the monkfish fillet:** take the monkfish out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature to 15°C.




- Fresco thawing time at 15°C: 1 hour 30 minutes

**Regenerating the thawed monkfish fillet or from the fridge:** take the monkfish fillets you need out of the fridge and place them in the Fresco setting the dish ready function at 75°C in the chamber.

- regeneration time with dish ready function at 75°C in the chamber with Fresco: 45 minutes



## MACKEREL FILLET ON A SALAD OF FENNEL, DILL, GREEN OLIVES AND KUMQUAT

-  Preparation time: 10 minutes  
(+ the time required for sanitising the fish)
-  Cooking time: Fresco – 10 minutes
-  Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

- 8 mackerel fillets  
(about 1 cm thick)
- 2 fennel bulbs
- Dill
- 2 tablespoons of stoned green olives
- 8 kumquats
- Extra virgin olive oil
- Salt and pepper

### COMPLEX FISH SECOND COURSES

#### PROCEDURE

- Wash the mackerel fillets, dry them and sanitise them: shock freeze the fish in the chiller with the freezing function to -18°C core temperature, then keep in the freezer for at least 24 hours. This way, any parasites in the fish are destroyed and it is ready to be cooked at low temperature. Thaw the mackerel fillets, season with a pinch of salt, pepper and a dribble of oil, place them in the Fresco preheated at 75°C with the low temperature cooking function. In the meantime, prepare the side salad: slice the fennel very thinly, cut the kumquats and green olives into thin slices and add a few sprigs of dill. Dress the salad with salt, pepper and oil and serve with the mackerel fillets.

#### *With your Fresco you can...*

- FREEZING THE FISH FOR SANITISING:** due to the low temperature at which the fish is cooked, this recipe requires using the freezing function to sanitise it and rest assured to eat it in utter safety. Shock freeze the mackerel fillets until the core reaches -18°C to sanitise them then keep them in the freezer. Raw fish can be kept in the freezer up to 4 months.

- Fresco deep-freezing time for the mackerel fillet: 50 minutes (about 1 cm thick)

- COOK AT LOW TEMPERATURE:** to cook the mackerel fillet to perfection, it is advisable to set the temperature at 75°C in the chamber.

- Fresco cooking time for the mackerel fillet: 10 minutes (about 1 cm thick)

- CHILLING:** you can decide to blast chill the mackerel fillet, immediately after cooking, with the chilling function, then keep it in the fridge for a whole week as if just made.

- mackerel fillet chilling time with Fresco: 50 minutes (immediately after cooking, so hot fish and hot chamber)


- **FREEZING:** you may even cook the mackerel fillet then shock freeze it and keep it ready in the freezer up to 4 months.
- Fresco freezing time for the mackerel fillet: 45 minutes (chilled with Fresco and pre-cooled chamber)

- **Thawing the mackerel fillet:** take the mackerel out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature to 15°C.
- Fresco thawing time at 15°C: 45 minutes

- **Regenerating the thawed mackerel fillet or from the fridge:** take the mackerel fillets you need out of the fridge and place them in the Fresco setting the dish ready function at 75°C in the chamber.
- regeneration time with dish ready function at 75°C in the chamber with Fresco: 10 minutes

- **Regenerating the frozen mackerel fillet:** take the mackerel fillets you need out of the freezer and place them in the Fresco setting the dish ready function at 75°C in the chamber.
- regeneration time with dish ready function at 75°C in the chamber with Fresco: 30 minutes

## INDONESIAN STYLE SALMON FILLET

 Preparation time: 10 minutes  
(+ the time required for sanitising the fish)

 Indonesian sauce cooking time: 20 minutes

 Salmon cooking time: Fresco – 15 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

600 g salmon fillet  
(about 2 cm thick)  
400 ml coconut milk  
1 shallot  
3 slices fresh ginger  
1 fresh chilli pepper  
1 tablespoon of cane sugar  
10 precooked new potatoes  
Chives  
Lemongrass (optional)  
Turmeric  
Extra virgin olive oil  
Salt and pepper

### COMPLEX FISH SECOND COURSES

#### PROCEDURE

- Skin the salmon fillet and remove any bones, wash it, dry it and carry out sanitisation: shock freeze the fillets in the chiller with the freezing function until the core reaches the temperature of -18°C, then keep it in the freezer for at least 24 hours. This way, any parasites in the raw fish are destroyed and the fillet is ready to be cooked at low temperature. Thaw the salmon fillet, season it with salt, pepper, oil and place it in the Fresco preheated at 75°C with the low temperature cooking function. It is now done, yet retains all its tenderness. In the meantime make the Indonesian sauce: sauté the finely chopped shallot with a dribble of oil, then add the precooked and halved new potatoes, lemongrass, chilli cut into strips and ginger. Stir for a couple of minutes, then add the coconut milk, cane sugar, turmeric and chopped chives. Simmer for about fifteen minutes and serve the salmon covered with the sauce.

#### *With your Fresco you can...*

- **FREEZING THE FISH FOR SANITISING:** due to the low temperature at which the fish is cooked, this recipe requires using the freezing function to sanitise it and rest assured to eat it in utter safety. Shock freeze the clean fish already cut into portions until it reaches -18°C at the core. After that, keep it in the freezer sanitised and ready for any use (Tartare, Carpaccio, low temperature cooking). Raw fish can be kept in the freezer up to 4 months.
  - - Fresco freezing time for the salmon fillet: 1 hour 10 minutes (fillet about 2 cm thick)
- **COOK AT LOW TEMPERATURE:** to cook the salmon perfectly, it is advisable to set the temperature at 75°C in the chamber and 42°C at the core.
  - - Fresco cooking time for the salmon fillet: 15 minutes (fillet about 2 cm thick)

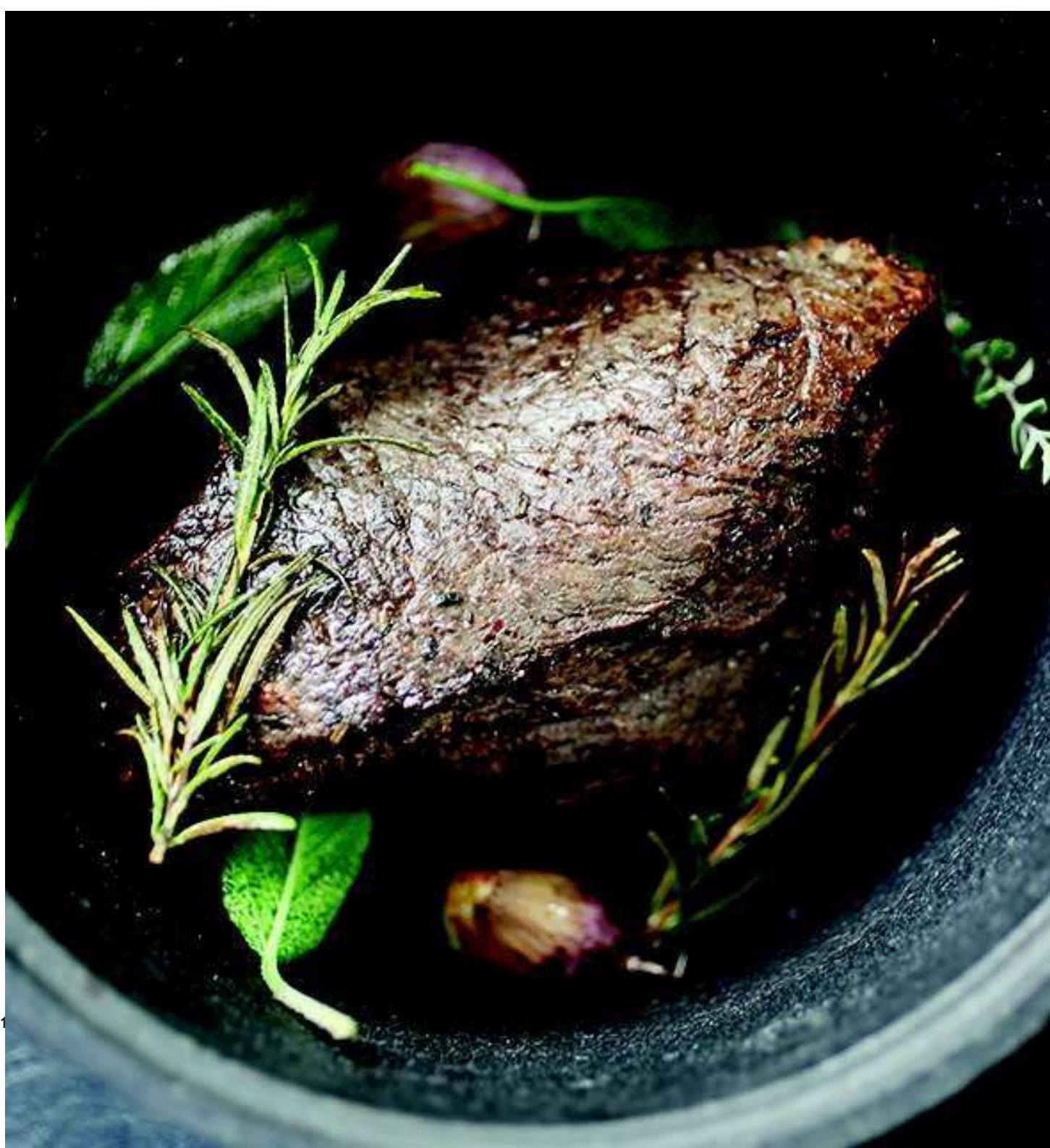
- **CHILLING:** you can decide to blast chill the salmon immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco chilling time for the salmon fillet: 55 minutes (fillet about 2 cm thick, immediately after cooking, so hot fish and hot chamber)

- **FREEZING:** you may also cook and shock freeze the salmon, then keep it in the freezer for up to 4 months ready.
  - - Fresco freezing time for the salmon fillet: 1 hour (fillet about 2 cm thick, chilled with Fresco and pre-cooled chamber)

- **Regenerating the salmon fillet from fridge or thawed (about 2 cm thick):** take the salmon fillets you need from the fridge and put them in the Fresco setting the dish ready function at 75°C in the chamber.
  - - regeneration time with dish ready function at 75°C in chamber with Fresco: 15 minutes

- **Regenerating the frozen salmon fillet (about 2 cm thick):** take the salmon fillets you need from the freezer and put them in the Fresco setting the dish ready function at 75°C in the chamber.
  - - regeneration time with dish ready function at 75°C in chamber with Fresco: 30 minutes





## MEAT SECOND COURSES

Roast beef on a rocket and toasted almond salad

Pork fillet on a salad of raw artichokes and Parmesan

Beef burger with mustard

Pork fillet with pomegranate reduction on celeriac purée

Chamomile rose veal with raw vegetables

Duck breast with pink grapefruit

Brandy beef fillet mignon with sautéed turmeric cauliflower

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*The richness and taste of meat cuts is often stifled by the lack of time in prepping and cooking. Fresco allows you to fully respect all frozen cuts, ready when you need them, as well as to shock freeze longer and more complex dishes with excellent results, preserving their taste and aroma as if freshly made. It also offers cooking methods that until now were only available to top chefs, such as low temperature cooking. To further enhance the quality and variety of your recipes.*

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## ROAST BEEF ON A ROCKET AND TOASTED ALMOND SALAD

 Preparation time: 25 minutes

 Cooking time: Fresco – 1 hour 30 minutes

 Difficulty: low

### INGREDIENTS FOR 6 PEOPLE

900 g beef sirloin steak  
(about 7 cm thick)

Rosemary, sage, thyme

1 garlic clove

1 glass white wine

250 g rocket

300 g cherry tomatoes

50 g toasted almond flakes

Balsamic vinegar

Extra virgin olive oil

Salt and pepper

### QUICK MEAT SECOND COURSES

#### PROCEDURE

- Sprinkle salt and pepper on the meat and rub it well, then tie it with butcher's twine and place a sprig of rosemary and 3-4 sage leaves between meat and twine.
- In a pan, heat a dribble of oil with a garlic clove, 2 sage leaves, a sprig of rosemary and 4-5 sprigs of fresh thyme. Sear the meat well on all sides, quench with white wine and allow the alcohol to evaporate.
- Move the roast beef to the preheated chiller at 75°C set to low temperature cooking. It will be perfectly rare. Set the quick chilling function at +3°C immediately after cooking so the roast beef will be cold and ready to serve.
- Use a slicer or very sharp knife to slice the meat thinly and serve it on a salad of rocket and cherry tomatoes, with toasted almond flakes and a few drops of balsamic vinegar.

#### With your Fresco you can...

- **COOK AT LOW TEMPERATURE:** for perfectly rare roast beef it is advisable to set the temperature to 75°C in the chamber, plus the chilling function straight after cooking.
  - roast beef cooking time with Fresco: 1 hour 30 minutes (about 7 cm thick, with preliminary searing)
- **CHILLING:** chilling the roast beef, as soon as it's done, allows you to eat it cold right away or store it in the fridge for a whole week, as if freshly roasted.
  - Fresco roast beef chilling time: 2 hours (whole cut, about 7 cm thick, immediately after cooking, so hot meat and hot chamber)
- **FREEZING:** you may even cook the roast beef then shock freeze it, either whole or sliced, and keep it in the freezer up to about 8 months.
  - Fresco roast beef freezing time: 3 hours 15 minutes (whole cut, about 7 cm thick, meat chilled with Fresco and pre-cooled chamber)

- **Thawing the roast beef, whole cut, about 7cm thick:** take the roast beef out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
  - thawing time at 15°C: 4 hours 30 minutes (whole cut)
  - thawing time 15°C: 1 hour (about ½ cm thick slices).



## PORK FILLET ON A SALAD OF RAW ARTICHOKES AND PARMESAN

Preparation time: 30 minutes

Cooking time: Fresco – 1 hour 55 minutes

Difficulty: low

### INGREDIENTS FOR 6 PEOPLE

2 500g pork fillets

(about 4 cm thick)

Rosemary

1 garlic clove

8 artichokes

1 lemon

One piece of Parmesan

Extra virgin olive oil

Salt and pepper

### QUICK MEAT SECOND COURSES

#### PROCEDURE

- Sprinkle the meat with salt and pepper and rub it well.
- In a pan, heat a dribble of oil with one garlic clove and one sprig of rosemary and sear the meat on all sides. Move the two fillets to the preheated chiller at 75°C set to low temperature cooking. The fillets will then be done perfectly, on the rare side. Clean the artichokes by removing the tips and outer hard leaves, then slice them thinly and soak them in water and lemon juice until serving time so they don't blacken. Use a potato peeler to obtain Parmesan shards. When the pork is done, drain the artichokes, dress them with salt, pepper and oil and serve the meat in about 2cm thick slices with the artichoke salad and a few Parmesan shards.

#### With your Fresco you can...

- **COOK AT LOW TEMPERATURE:** to cook the pork fillet to perfection, slightly rare you should set the temperature to 75°C in the chamber.
  - pork fillet cooking time with Fresco: 1 hour 55 minutes (about 4 cm thick, with preliminary searing)
- **CHILLING:** you can set the chilling function of the fillet straight after cooking if you do not wish to eat it right away, but would rather keep it in the fridge for a whole week as if just made.
  - Fresco chilling time for the pork fillet: 2 hours (whole cut, about 4 cm thick, immediately after cooking, so hot meat and hot chamber)
- **FREEZING:** you may even cook the pork fillet then shock freeze it, either whole or sliced, and keep it in the freezer up to about 8 months.
  - Fresco freezing time for the pork fillet: 1 hour 55 minutes (whole cut, about 4 cm thick, meat chilled with Fresco and pre-cooled chamber)

- **Thawing the pork fillet (whole cut, about 4cm thick):** take the fillet out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
  - Fresco thawing time at 15°C: 2 hours

- **Regenerating the pork fillet from the fridge or thawed (whole cut, about 4cm thick):** sear the pork fillet in a pan a few minutes per side and serve, or place it in the chiller and set the dish ready function at 75°C in chamber.
  - fillet regeneration time with dish ready function Fresco at 75°C: 1 hour 20 minutes



## BEEF BURGER WITH MUSTARD

 Preparation time: 10 minutes

 Cooking time: Fresco – 30 minutes Fresco  
60 – 18 minutes

 Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

4 150g Piedmontese Fassona  
beef burgers  
(about 1.5 cm thick)  
4 tablespoons of mustard  
Half a glass of milk  
Extra virgin olive oil  
Salt and pepper

### QUICK MEAT SECOND COURSES

#### PROCEDURE

In a pan, heat a dribble of oil and sear the burgers 1 minute per side. Add salt and pepper and move the meat to the preheated chiller at 75°C set to low temperature cooking. The meat will then be done to perfection, on the rare side. Prepare the serving sauce by melting the mustard in a saucepan with the milk to obtain a cream. Serve the burgers with the mustard cream.

#### *With your Fresco you can...*

**COOK AT LOW TEMPERATURE:** to cook the burgers perfectly rare, it is advisable to set the temperature at 75°C in the chamber.

- burger cooking time with Fresco : 30 minutes  
(about 1.5 cm thick, with preliminary searing)

**CHILLING:** you can set the chilling function of the burger straight after cooking if you do not wish to eat it right away, but would rather keep it in the fridge for a whole week as if just made.

- Fresco burger chilling time: 1 hour 5 minutes (about 1.5 cm thick, immediately after cooking, so hot meat and hot chamber)

**FREEZING:** you may even cook the burgers then shock freeze and keep them in the freezer up to 8 months.

- Fresco burger freezing time: 1 hour 10 minutes (about 1.5 cm thick, meat chilled with Fresco and pre-cooled chamber)

**Regenerating the burgers from the freezer (about 1.5 cm thick):** sear the burgers in a pan a few minutes per side and serve, or place in the chiller and set the dish ready function at 75°C in chamber.

- burger regeneration time with dish ready function with Fresco at 75°C: 1 hour 20 minutes


## PORK FILLET WITH POMEGRANATE REDUCTION ON CELERIAC PURÉE

 Preparation time: 40 minutes

 Celeriac and potatoes cooking time: 20 minutes

 Mashed potatoes cooking time: 10 minutes

 Pomegranate reduction cooking time: 15 minutes

 Fillet cooking time: Fresco – 1 hour  
55 minutes

 Difficulty: medium

### INGREDIENTS FOR 6 PEOPLE

2 500g pork fillets  
(about 4 cm thick)

Rosemary

1 garlic clove

Extra virgin olive oil

Salt and pepper

**For the pomegranate reduction:**

2 pomegranates

1 tablespoon of balsamic vinegar

1 teaspoon of cane sugar

1 teaspoon honey

**For the puréed celeriac:**

1 celeriac

4 potatoes

50 g butter

300 ml milk

50 g grated Parmesan

Salt and nutmeg

### COMPLEX MEAT SECOND COURSES

#### PROCEDURE

Sprinkle the meat with salt and pepper and rub it well.

In a pan, heat a dribble of oil with one garlic clove and one sprig of rosemary and sear the meat on all sides. Move the two fillets to the preheated chiller at 75°C set to low temperature cooking. The meat will then be done to perfection, slightly rare.

Prepare the pomegranate reduction: remove all the arils from the pomegranates and put them in a small saucepan with the balsamic vinegar, cane sugar and a drop of hot water. Simmer for about ten minutes, then strain the arils through the vegetable strainer to remove all the seeds, add one teaspoon of honey and thicken the sauce on the fire for another 5 minutes. Make the purée: peel the celeriac and potatoes and dice them into about 2cm thick cubes. Boil the celeriac and potato cubes in boiling water for about twenty minutes. Then drain and strain through the vegetable strainer. Put the mixture in a pot, add the butter and stir vigorously, adding the milk little by little. Add salt and a pinch of nutmeg. When the pork is done, cut it into about 2 cm thick slices and serve them on the celeriac purée, sprinkled with a little pomegranate reduction.

#### *With your Fresco you can...*

**COOK AT LOW TEMPERATURE:** to cook the pork fillet to perfection slightly rare you should set the temperature to 75°C in the chamber.

- pork fillet cooking time with Fresco : 2 hours 15 minutes  
(about 4 cm thick, with preliminary searing)

**CHILLING:** you can set the chilling function of the fillet straight after cooking if you do not wish to eat it right away, but would rather keep it in the fridge for a whole week as if just made.

- Fresco chilling time for the pork fillet: 2 hours (whole cut, about 4 cm thick, immediately after cooking, so hot meat and hot chamber)



- ***FREEZING:*** you may even cook the pork fillet then shock freeze it, either whole or sliced, and keep it in the freezer up to about 8 months.
  - - Fresco freezing time for the pork fillet: 1 hour 55 minutes (whole cut, about 4 cm thick, meat chilled with Fresco and pre-cooled chamber)
- ***FREEZING THE PURÉE:*** you can shock freeze the purée with the freezing function, then keep it in the freezer up to 6 months.
  - - purée freezing time with Fresco: 1 hour 40 minutes (immediately after cooking, divided into muffin moulds, about 2 cm thick)
- ***Thawing the pork fillet (whole cut about 4cm thick):*** take the fillet out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
  - - Fresco thawing time at 15°C: 2 hours
- ***Regenerating the pork fillet from the fridge or thawed (whole cut, about 4cm thick):*** sear the pork fillet in a pan a few minutes per side and serve, or place it in the chiller and set the dish ready function at 75°C in chamber.
  - - fillet regeneration time with dish ready function Fresco at 75°C: 1 hour 40 minutes
- ***Regenerating the frozen purée:*** take the amount of purée you need out of the freezer and regenerate it in the pan stirring vigorously and adding a couple of glasses of milk (about 10 minutes).



## CHAMOMILE ROSE VEAL WITH RAW VEGETABLES

 Preparation time: 55 minutes

 Cooking time: Fresco – 30 minutes

 Difficulty: low

### INGREDIENTS FOR 6 PEOPLE

6 bags of chamomile flower tea  
1.5 L water  
950 g veal round steak  
cut into 12 1cm thick slices  
2 carrots  
1 celery stalk  
1 fennel  
Half a red pepper  
1 small shallot  
White wine vinegar  
Extra virgin olive oil  
Salt and pepper

### COMPLEX MEAT SECOND COURSES

#### PROCEDURE

- Bring 1.5 litres of water to the boil, soak 5 bags of chamomile tea and brew for about ten minutes. Arrange the slices of meat on a stainless pan, cover them with the chamomile tea and move to the preheated chiller at 75°C set to low temperature cooking. The meat will then be done to perfection, slightly rare. Prepare the raw vegetables: wash and clean all the vegetables and dice them into small pieces (brunoise), mix them and season them with oil, salt, pepper and a few drops of white vinegar.
- When the meat is done, drain it from the chamomile tea it cooked in and serve it with the raw vegetables and a few chamomile flowers.

#### With your Fresco you can...

- COOK AT LOW TEMPERATURE:** to cook the veal to perfection slightly rare, it is advisable to set the temperature at 75°C in the chamber.
  - Fresco veal cooking time: 30 minutes (about 1 cm thick)
- CHILLING:** if you do not wish to eat it right away, but would rather keep it in the fridge for a whole week as if just made, you can set the chilling function of the veal straight after cooking, and store it in its marinade. All you need to do then is drain it from the chamomile tea and keep it in a container in the fridge.
  - Fresco veal chilling time: 1 hour 15 minutes (about 1 cm thick, immediately after cooking, so hot meat and hot chamber)
- FREEZING:** you may even cook the veal then shock freeze and keep in the freezer up to 8 months. In that case remember to drain it from the chamomile marinade before freezing.
  - Fresco veal freezing time: 1 hour 35 minutes (about 1 cm thick, meat chilled with Fresco and pre-cooled chamber)


- **Thawing the veal (about 1cm thick):** take the slices of veal you wish to eat out of the freezer and thaw them with the chiller's controlled thawing function setting the temperature at 15°C.
  - thawing time Fresco at 15°C: 60 minutes

- **Regenerating the veal from the fridge or thawed (about 1cm thick):** place the slices of veal you wish to eat in the chiller and set the dish ready function at 75°C in chamber.
  - veal regeneration time with dish ready function Fresco at 75°C: 30 minutes

## DUCK BREAST WITH PINK GRAPEFRUIT

 Preparation time: 40 minutes

 Cooking time of the pink grapefruit sauce: 15 minutes

 Duck breast cooking time: Fresco – 55 minutes

 Difficulty: medium

### INGREDIENTS FOR 6 PEOPLE

2 duck breasts, about 550 g each  
(about 3 cm thick)

2 grapefruit

One red Tropea onion

4 tablespoons of cane sugar

1 teaspoon of balsamic vinegar

Half a glass white wine

Lamb's lettuce

2 carrots

1 green apple

Extra virgin olive oil

Salt and pepper

### PROCEDURE

- Wash the duck breasts, dry them well and make diagonal cuts on the skin. Sprinkle salt and pepper on both sides and sear them in the pan with a dribble of hot oil 2 minutes per side.
- Then move the duck breasts to the preheated chiller at 75°C set to low temperature cooking.
- The meat will then be done to perfection, slightly rare. Make the pink grapefruit sauce: peel the grapefruit and remove all pith and slice the onion thinly. In a pan, heat a dribble of oil, wilt the onion, then add the grapefruit wedges and cane sugar.
- Cook on high heat, add salt, quench with white wine and balsamic vinegar and cook until thick.
- Peel the carrots and cut them into thin sticks, wash and dry the lamb's lettuce and cut the green apple into cubes leaving the peel on. Season the lamb's lettuce, carrot and apple salad with salt, pepper and a dribble of olive oil.
- When the meat is ready, cut it into about 1cm thick slices and serve it with the grapefruit sauce and salad.

### With your Fresco you can...

- COOK AT LOW TEMPERATURE:** to cook the duck breast perfectly medium rare, you should set the temperature to 75°C in the chamber.
  - duck breast cooking time with Fresco: 1 hour 10 minutes (whole breast, about 3 cm thick)
- CHILLING:** you can set the chilling function of the duck breast straight after cooking if you do not wish to eat it right away, but would rather keep it in the fridge for a whole week as if just made.
  - Fresco duck breast chilling time: 2 hours 30 minutes (inner breast, about 3 cm thick, immediately after cooking, so hot meat and hot chamber)

- FREEZING:** you may even cook the duck breast then shock freeze it, either whole or sliced, and keep it in the freezer up to about 8 months.
  - Fresco duck breast freezing time: 2 hours 15 minutes (whole breast, about 3 cm thick, meat chilled with Fresco and pre-cooled chamber)
  - Fresco duck breast slice freezing time: 55 minutes (about 2 cm thick slice, meat chilled with Fresco and pre-cooled chamber)






- Thawing the duck breast (whole breast, about 3 cm thick):** take the duck breast out of the freezer and thaw it with the chiller's controlled thawing function setting the temperature at 15°C.
  - thawing time Fresco at 15°C: 2 hours 15 minutes

- Regenerating the duck breast from the fridge or thawed (whole breast, about 3 cm thick):** place the duck breast in the chiller and set the dish ready function at 75°C in chamber.
  - duck breast regeneration time with dish ready function with Fresco at 75°C: 1 hour 15 minutes

### COMPLEX MEAT SECOND COURSES



## BRANDY BEEF FILET MIGNON WITH SAUTÉED TURMERIC CAULIFLOWER

-  Preparation time: 20 minutes
-  Grand Marnier sauce cooking time: 10 minutes
-  Cauliflower cooking time: 30 minutes
-  Fillet cooking time: Fresco – 15 minutes
-  Difficulty: low

### INGREDIENTS FOR 4 PEOPLE

800 g beef filet mignon cut into 4 slices,  
about 2 cm thick  
2 sage leaves  
2 glasses of Grand Marnier  
A handful of black peppercorns  
80 ml fresh cream  
1 tablespoon tomato paste  
1 shallot  
1 cauliflower  
Turmeric  
1 garlic clove  
Extra virgin olive oil  
Salt and pepper

### COMPLEX MEAT SECOND COURSES

#### PROCEDURE

- In a pan, heat a drizzle of olive oil with half a glass of Grand Marnier, a few black peppercorns and 2 sage leaves and sear the filet mignon medallions, 2 minutes per side.
- Add salt and pepper and move to the preheated chiller at 75°C set to low temperature cooking. The meat will then be done perfectly rare.
- Make the Grand Marnier sauce: in a pan, heat a drizzle of olive oil, sauté the chopped shallot and add a glass and a half of Grand Marnier, the cream, tomato paste and a few peppercorns. Thicken on medium heat for about ten minutes.
- If the sauce gets too thick, turn down the fire and add a drop of hot water.
- Prepare the cauliflower: remove the cauliflower stalk and the hard core and keep the florets. Halve them trying to keep them all the same size and cook in the steam oven at 100°C for about twenty minutes. Alternatively, if you don't have the steam oven, blanch them in boiling water for about ten minutes. In a pan, heat a drizzle of oil with 1 garlic clove and sauté the cauliflower florets for 7-8 minutes, seasoning them with salt, pepper and turmeric.
- Serve the beef medallions with the Grand Marnier sauce and turmeric cauliflowers.

#### With your Fresco you can...

**COOK AT LOW TEMPERATURE:** to cook the fillet perfectly rare, it is advisable to set the temperature at 75°C in the chamber.

- beef medallion cooking time with Fresco: 15 minutes (slice about 2 cm thick)

**CHILLING:** you can set the chilling function of the fillet straight after cooking if you do not wish to eat it right away, but would rather keep it in the fridge for a whole week as if just made.

- beef medallion chilling time with Fresco: 1 hour 5 minutes (slice about 2 cm thick, immediately after cooking, so hot meat and hot chamber)

- ***FREEZING:*** you may even cook the beef fillet then shock freeze it, either whole or sliced, and keep it in the freezer up to about 8 months.
  - - beef medalli on freezing time with Fresco: 1 hour (about 2cm thick, meat chilled with Fresco and pre-cooled chamber)
- ***CHILLING THE CAULIFLOWER:*** you can make a surplus of cauliflower and chill it with the quick chilling function, then keep it in the fridge for a whole week as if just made. You can serve it with other dishes as well.
  - - Fresco cauliflower chilling time: 45 minutes straight from the hob, spread out on a stainless pan lined with baking paper)
- ***FREEZING THE CAULIFLOWER:*** you may even decide to shock freeze the cauliflower using the freezing feature, then keep it in the freezer up to 8 months.
  - - Fresco cauliflower freezing time: 1 hour 30 minutes (straight from the hob, spread out on a stainless pan lined with baking paper)
- ***Thawing the filet mignon medallions (about 2cm thick):*** take the filet mignon medallions you need out of the freezer and thaw them with the chiller's controlled thawing function setting the temperature at 15°C.
  - - thawing time Fresco at 15°C: 2 hours
- ***Regenerating the filet mignon medallions from the fridge or thawed (about 2cm thick):*** sear the filet mignon medallions in a hot pan, 3 minutes per side, or place in the chiller and set the dish ready function at 75°C in chamber.
  - - medallion regeneration time with dish ready function with Fresco at 75°C: 25 minutes
- ***Regenerating the frozen cauliflower:*** take out of the freezer the amount of cauliflower you need and regenerate it in a preheated pan with a dribble of oil and half a glass of water for about ten minutes.





## VEGETABLES

Roast potatoes  
Vegetable Caponata  
Mashed potatoes  
Braised fennel in milk  
Radicchio in saor  
Vegetable terrine with sun-dried  
tomatoes and anchovies  
Aubergines stuffed with pistachios and  
pomegranate  
Chickpea, artichoke and Bottarga frittata

“

*Source of invaluable nutrients, rich in vitamins and minerals, essential for proper nutrition.*

*Despite their properties, vegetables are often neglected in everyday cuisine. With Fresco you will be able to store them with all nutritional properties, stock up on seasonal vegetables and savour them all year round as if freshly picked. Or you can unleash your creativity in cooking them and have them always ready, even with time constraints.*

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## ROAST POTATOES

 Preparation time: 20 minutes

 Cooking time: 40 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 6 PEOPLE

1 kg potatoes  
Fresh herbs  
(rosemary, sage, thyme)  
1 garlic clove  
Extra virgin olive oil  
Salt and pepper

### QUICK VEGETABLES

#### PROCEDURE

- Peel the potatoes, wash them, dry them and dice them into 2 cm cubes. Chop the herbs with a knife, mix them well with a little extra virgin olive oil to obtain an aromatic emulsion.
- Arrange the potatoes on a baking tray lined with baking paper, season them with the aromatic oil, salt, pepper and add one garlic clove. Roast in the preheated oven at 200°C for about ten minutes, then continue roasting at 180°C.

#### *With your Fresco you can...*

- DELICATE FREEZING:** you can make a large amount of roast potatoes early and shock freeze them with Fresco's delicate freezing function, then keep them in the freezer up to 8 months.
  - Fresco freezing time for the potatoes: 1 hour 51 minutes (straight from the oven, spread out on a stainless pan, about 2 cm thick)
- Regenerating the frozen potatoes:** take the amount of potatoes you need from the freezer and regenerate them in the preheated oven at 180°C for about ten minutes.

## VEGETABLE CAPONATA

 Preparation time: 30 minutes

 Cooking time: 25 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

1 onion  
1 carrot  
1 celery stalk  
100 g snow peas  
1 red pepper  
1 yellow pepper  
1 courgette  
1 aubergine  
50 g Taggiasca olives  
30 g capers  
Balsamic vinegar  
White vinegar  
Extra virgin olive oil  
Salt and pepper

### QUICK VEGETABLES

#### PROCEDURE

- Dice all the vegetables and toss them in a pan with a drizzle of oil – first the onion, celery and carrots, then after 10 minutes, then now peas and peppers and, after another 5 minutes, the aubergines and courgettes. Add salt and pepper and, when nearly done, after about twenty minutes, add one tablespoon of balsamic vinegar, one tablespoon of white vinegar, the capers and Taggiasca olives coarsely chopped.

#### *With your Fresco you can...*

- CHILLING:** you can make a surplus of vegetable Caponata and chill it with the chilling function, then keep it in the fridge for a whole week as fresh as if just made.
  - Fresco Caponata chilling time: 1 hour 40 minutes (straight from the hob, spread out on a stainless pan, about 3 cm thick)
- FREEZING:** you may even shock freeze the Caponata with the appropriate function then keep it in the freezer up to about 8 months.
  - Fresco Caponata freezing time: 1 hour 55 minutes (straight from the hob, divided into about 3 cm thick muffin moulds)
- Regenerating the chilled vegetable Caponata:** take the desired amount of Caponata out of the fridge and regenerate it in a pan with a drizzle of oil for 5 minutes.
- Regenerating the frozen vegetable Caponata:** take the amount of Caponata you need out of the freezer and regenerate it in the pan with half a glass of water for about ten minutes.

## MASHED POTATOES

 Preparation time: 20 minutes

 Cooking time: 50 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

5 medium potatoes  
50 g butter  
50 g grated Parmesan  
300 ml milk  
Nutmeg  
Salt and pepper

### QUICKVEGETABLES

#### PROCEDURE

- Fill a pot with plenty of cold water, wash the potatoes, place them in the pot and cook them until soft (about 50 minutes).
- When done, drain them, peel them and mash them with the potato ricer. Pour the mashed potatoes in a pot, add the butter cut into pieces and the milk and cook on medium heat while whisking vigorously until creamy. Add more milk if required.
- When nearly done, add salt and pepper and a pinch of nutmeg.

#### *With your Fredy you can...*

- CHILLING:** you can decide to chill the mashed potatoes quickly immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco purée chilling time: 45 minutes (immediately after cooking, divided into muffin moulds, about 2 cm thick)

- FREEZING:** you can even shock freeze the purée with the freezing function, then keep it in the freezer up to 6 months.
  - purée freezing time with Fresco: 1 hour 40 minutes (immediately after cooking, divided into muffin moulds, about 2 cm thick)

- Regenerating the chilled purée:** take the amount of purée you need out of the fridge and regenerate it in the pan stirring vigorously and adding half a glass of milk (about 5 minutes).

- Regenerating the frozen purée:** take the amount of purée you need out of the freezer and regenerate it in the pan stirring vigorously and adding a couple of glasses of milk (about 10 minutes).

## BRAISED FENNEL IN MILK

 Preparation time: 5 minutes

 Cooking time: 20 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

4 fennel bulbs  
300 ml milk  
50 g grated Parmesan  
Extra virgin olive oil  
Salt and pepper

### QUICKVEGETABLES

#### PROCEDURE

- Trim the fennel bulbs, cut each into 6 wedges and sauté them in a pan with a dribble of oil for 2-3 minutes. Then add the milk, salt and pepper and simmer for about twenty minutes stirring often. When nearly done add the grated Parmesan.

#### *With your Fresco you can...*

- CHILLING:** you can decide to blast chill the fennel immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco fennel chilling time: 40 minutes (immediately after cooking, spread out on a stainless pan)

- FREEZING:** you can even shock freeze the fennel with the freezing function, then keep it in the freezer up to 8 months.
  - Fresco fennel freezing time: 1 hour 15 minutes (immediately after cooking, spread out on a stainless pan)

- Regenerating the chilled fennel:** take out of the fridge the amount of fennel you need and regenerate in a pan with a dribble of oil and half a glass of water (about 5 minutes).

- Regenerating the frozen fennel:** take out of the freezer the amount of fennel you need and regenerate in a pan with a dribble of oil and 1 glass of water (about 10 minutes).



## RADICCHIO IN SAOR

Preparation time: 15 minutes

Cooking time: 15 minutes

Difficulty: low

Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

600 g radicchio of Treviso

1 red onion

40 g pine kernels

70 g raisins

Balsamic vinegar

White vinegar

Extra virgin olive oil

Salt and pepper

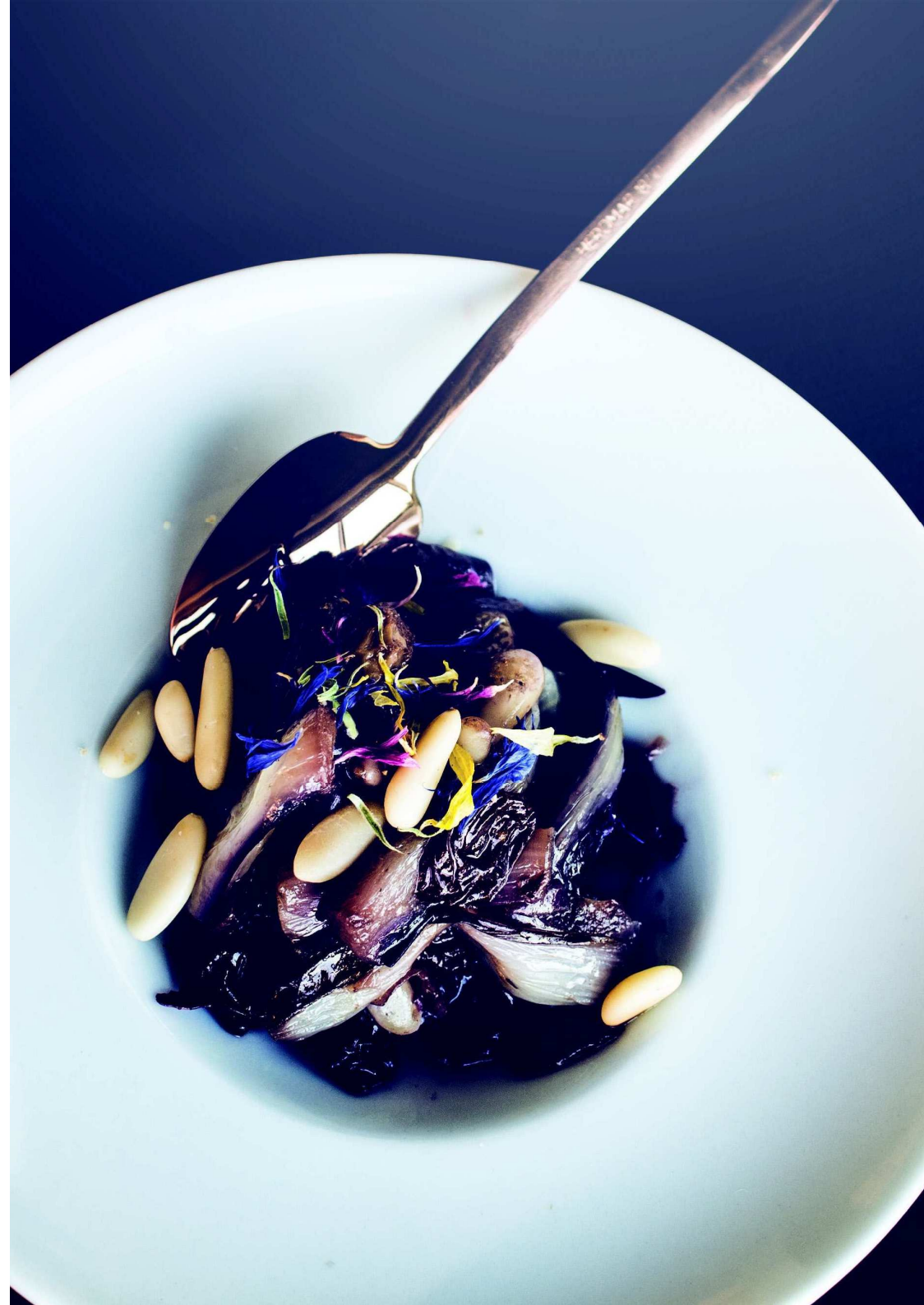
### COMPLEX VEGETABLES

#### PROCEDURE

- Soak the raisins in warm water. Cut the radicchio into 4-5 wedges and slice the red onion thinly. Heat a dribble of oil in a pan, add the onion, moisten it with 1 tablespoon of white vinegar and cook it for 5 minutes, then add the radicchio. Add salt, pepper, 1 tablespoon of balsamic vinegar and finish cooking. When almost done add the pine kernels and drained raisins. Chill with the chiller for about fifteen minutes and serve with some croutons.

#### With your Fresco you can...

- CHILLING:** you can use the chilling function to chill the radicchio rapidly so you can serve it right away (15-20 minutes is enough), as well as to chill the core to +3°C so it keeps in the fridge for one week as if freshly cooked.
  - chilling time for the radicchio with Fresco: 50 minutes (immediately after cooking, spread out on a stainless pan)
- FREEZING:** you can even shock freeze the radicchio with the freezing function, then keep it in the freezer up to 8 months.
  - Fresco radicchio freezing time: 1 hour 15 minutes (previously chilled with Fresco)
- Thawing the frozen radicchio:** take the amount of radicchio you need out of the freezer and thaw it with the controlled thawing function setting the temperature at 15°C.
  - Fresco thawing time at 15°C: 1 hour 30 minutes



## VEGETABLE TERRINE WITH SUN-DRIED TOMATOES AND ANCHOVIES

 Preparation time: 45 minutes

 Courgettes and aubergines cooking time: 25 minutes

 Terrine cooking time: 15 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE

800 g courgettes

800 g aubergines

400 g Caciotta cheese

30 g capers

3 anchovy fillets

90 g sun-dried tomatoes in oil

Basil

30 g grated Parmesan

Extra virgin olive oil

Salt and pepper

### COMPLEX VEGETABLES

#### PROCEDURE

- Cut the aubergines and courgettes into 3-4 millimetre slices lengthwise, season them with salt and pepper and a drizzle of olive oil and bake them in the preheated oven at 180°C for about 25 minutes. In the meantime, slice the Caciotta and blend in a food processor the drained sun-dried tomatoes with the anchovy fillets, washed capers, a few basil leaves and a drizzle of oil. To make the red sauce creamier and more delicate also add half a glass of water.
- Spread a thin layer of red pesto on the bottom of an ovenproof dish then alternate layers of courgettes, aubergines and Caciotta. Top off with the grated Parmesan and a thin layer of red pesto and continue like that until you have used up all the ingredients.
- Bake in the preheated oven at 180°C for 15-20 minutes until the top is crisp. Serve the vegetable terrine warm.

#### With your Fresco you can...

- **CHILLING:** you can blast chill the vegetable terrine immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco vegetable terrine chilling time: 1 hour 20 minutes (immediately after cooking, about 2 cm thick)
- **FREEZING:** you can even shock freeze the vegetable terrine with the freezing function, then keep it in the freezer up to 8 months. In this case it is advisable to briefly chill the vegetable terrine and cut it into portions before freezing, so as to thaw only the required amount.
  - Fresco vegetable terrine freezing time: 1 hour 40 minutes (warm, about 2 cm thick)
- **Regenerating the chilled vegetable terrine:** take the portions you need out of the fridge and regenerate them in the preheated oven at 180°C for 5-6 minutes.

- **Regenerating the frozen vegetable terrine:** take the portions you need out of the freezer and regenerate them in the preheated oven at 180°C for 15 minutes. You may even decide to regenerate the frozen vegetable terrine with the dish ready function setting 75°C in the chamber.
- - regeneration time with dish ready function at 75°C in the chamber with Fresco: 1 hour 10 minutes



## AUBERGINES STUFFED WITH PISTACHIOS AND POMEGRANATE

- Preparation time: 15 minutes
- Aubergine cooking time: 45 minutes
- Stuffed aubergine cooking time: 20 minutes
- Difficulty: low
- Suitable for vegetarians

### INGREDIENTS FOR 6 PEOPLE

- 3 long aubergines
- 100 g salted shelled pistachios
- 1 pomegranate
- 1 shallot
- 80 g grated Pecorino
- Extra virgin olive oil
- Salt and pepper

### COMPLEX VEGETABLES

#### PROCEDURE

- Wash the aubergines, halve them lengthwise without removing the stalk, lightly salt them, dress them with a dribble of oil and bake them in the preheated oven at 180°C until the pulp softens (about 45 minutes, test them with a toothpick). Blast chill in the Fresco for about ten minutes, then use a spoon or knife to remove the pulp without breaking the peel. Coarsely chop the pulp with a knife and toss it in a pan with a dribble of oil and the chopped shallot. Cook until it dries up a bit, then add the coarsely chopped pistachios and Pecorino. Add salt and pepper to taste and spoon the stuffing into the aubergine shells.
- Decorate with the pomegranate arils and bake in the preheated oven at 180°C for about twenty minutes.

#### With your Fresco you can...

- CHILLING:** you can blast chill the aubergines immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco aubergine chilling time: 1 hour (immediately after baking)
- FREEZING:** you can even shock freeze the aubergines with the freezing function, then keep them in the freezer up to 8 months.
  - Fresco freezing time for the aubergines: 1 hour 40 minutes (immediately after baking)
- Regenerating the chilled aubergines:** take the aubergines you need out of the fridge and regenerate them in the preheated oven at 180°C for 5-6 minutes.
- Regenerating the frozen aubergines:** take the aubergines you need out of the freezer and regenerate them in the preheated oven at 170°C for 20 minutes.



## CHICKPEA, ARTICHOKE AND BOTTARGA FRITTATA

 Preparation time: 20 minutes

 Cooking time: 35 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE

150 g chickpea flour  
500 ml water  
4 artichokes  
1 lemon  
1 garlic clove  
40 g grated mullet Bottarga  
Extra virgin olive oil  
Salt and pepper

### COMPLEX VEGETABLES

#### PROCEDURE

- Mix the chickpea flour with the water ensuring no lumps form.
- Add a pinch of salt and freshly ground pepper and let it settle.
- Clean the artichokes by removing the outer leaves and inner fuzz, slice them thinly and soak them in a bowl with water and lemon as you cut them so they don't oxidise.
- In a pan, heat a dribble of oil with 1 garlic clove and sauté the artichokes for 3-4 minutes on medium-high heat. Discard the garlic, add salt and pepper and grated Bottarga. Add the artichoke mixture to the chickpea batter, mix well and pour into a stainless pan or ovenproof dish lined with baking paper to an about 1cm thick pie. Bake in the preheated oven at 190°C for 35 minutes.

#### *With your Fresco you can...*

- **CHILLING:** you can blast chill the chickpea frittata immediately after cooking with the chilling function, then keep it in the fridge for a whole week as if just made.
  - Fresco frittata chilling time: 1 hour 10 minutes (immediately after baking, about 1 cm thick)
- **FREEZING:** you can even shock freeze the chickpea frittata with the freezing function, then keep it in the freezer up to 8 months. In this case it is advisable to briefly chill the frittata and cut it into portions before deep-freezing, so as to thaw only the required amount.
  - Fresco frittata freezing time: 45 minutes (warm, about 1 cm thick)
- **Regenerating the chilled frittata:** take the portions you need out of the fridge and regenerate them in the preheated oven at 180°C for 5 minutes.
- **Regenerating the frozen frittata:** take the portions you need out of the freezer and regenerate them in the preheated oven at 170°C for 10 minutes.





## SAUCES

- Fresh tomato sauce
- Basil pesto
- Aromatic oil
- Trapanese pesto
- Tonnè sauce
- Fishstock and bisque
- Cheese cream
- Fish sauce

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*Sauces complement a number of recipes. However, they are rather time-consuming to make.*

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*Especially with egg-based recipes, preservation is crucial for the safety and taste of the recipe. With Fresco you can make your sauces early and have them ready when you need them, perfect as if freshly made. To make every recipe special and your cuisine even more sophisticated.*

## FRESH TOMATO SAUCE

 Preparation time: 30 minutes

 Cooking time: 45 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 1.5 LITRES

1 onion  
2 celery stalks  
2 carrots  
Basil  
2.5 kg tomato  
1 garlic  
Salt and pepper  
Extra virgin olive oil

### QUICK SAUCES

#### PROCEDURE

Peel the carrots and onion and chop them coarsely. Do the same for the celery and tomatoes. In a pan, heat a dribble of oil with 1 garlic clove and add the vegetables. Add salt and pepper and simmer for about 45 minutes. When half done add a few basil leaves. Discard the garlic and strain the vegetables through the vegetable strainer to obtain the sauce.

#### *With your Fresco you can...*

**CHILLING:** you can blast chill the tomato sauce immediately after cooking with the chilling function. This way you will be able to keep it in the fridge up to 7 days, as if freshly made and ready for any need.

- Fresco tomato sauce chilling time: 60 minutes (straight from the hob, in about 3cm thick muffin moulds)

**FREEZING:** you can make a surplus of tomato sauce, especially in the summer when the tomatoes are tastier, and shock freeze it with the freezing function, then keep it in the freezer up to 8-10 months. In that case it is advisable to divide the sauce into handy silicone muffin moulds so you can thaw only the amount you need when required.

- Fresco tomato sauce freezing time: 1 hour 10 minutes (straight from the hob, in about 3cm thick muffin moulds)

**Regenerating the frozen tomato sauce:** take the required amount of sauce from the freezer and regenerate it in the pan with a drop of water for 5-6 minutes.

## BASIL PESTO

 Preparation time: 10 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 6 PEOPLE

150 g fresh basil  
40 g pine kernels  
40 g grated Pecorino  
½ garlic clove  
Extra virgin olive oil  
Salt and pepper

### QUICK SAUCES

#### PROCEDURE

Wash the basil and blend it in a food processor with all the other ingredients continuously adding a dribble of oil until obtaining a smooth sauce. If you chill the oil beforehand with Fresco for about thirty minutes, the pesto will remain bright green.

#### *With your Fresco you can...*

**FREEZING:** you can make a surplus of pesto, especially in the summer when the basil scent is more intense, and shock freeze it with the freezing function, then keep it in the freezer up to 8-10 months. In that case it is advisable to divide the pesto into handy silicone muffin moulds so you can thaw only the amount of pesto you need when required.

- basil pesto freezing time with Fresco: 50 minutes (in ice moulds, about 1 cm thick)

**Thawing the basil pesto:** take out of the freezer the required amount of pesto and thaw it in the Fresco set to controlled thawing at a temperature of 15°C.

- Fresco pesto thawing time at 15°C: 60 minutes (about 1 cm thick)

## AROMATIC OIL

 Preparation time: 5 minutes

 Customised storage time: 6 hours at 45°C

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS

1 L extra virgin olive oil  
5 sprigs of rosemary  
A few sprigs of thyme

### PROCEDURE

- Wash the herbs.
- Pour the oil into a jug, add the herbs and place the jug in the Fresco with the customised storage function at 45°C for 6-7 hours.

### With your Fresco you can...

- CREATE AROMATIC OILS IN FEW HOURS:** thanks to the customised storage function you can obtain aromatic oils in a very short time. Just add your favourite ingredients to 1 litre of olive oil (herbs, chilli, garlic, lemon peel, vanilla etc.) then place the aromatic oil in the Fresco at 45°C for 6-7 hours. Thanks to the controlled temperature, the oil will absorb the aromas in few hours.

### QUICK SAUCES

## TRAPANESE PESTO

 Preparation time: 10 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 4 PEOPLE

50 g basil  
2 tablespoons grated Pecorino  
300 g cherry tomatoes  
130 g almonds  
2 garlic cloves  
Salt and pepper  
Extra virgin olive oil

### QUICK SAUCES

### PROCEDURE


- Wash the basil and cherry tomatoes and blend in a food processor with all the other ingredients continuously adding a dribble of oil until obtaining a smooth sauce.
- This pesto is excellent to dress a pasta.

### With your Fresco you can...

- FREEZING:** you can make a surplus of pesto, especially in the summer when the basil and tomatoes are at their tastiest, and shock freeze with the freezing function, then keep it in the freezer up to 8-10 months. In that case it is advisable to divide the pesto into handy silicone muffin moulds so you can thaw only the amount of pesto you need when required.
- Trapanese pesto freezing time with Fresco: 50 minutes (in ice moulds, about 1 cm thick)

- Thawing the Trapanese pesto:** take out of the freezer the required amount of pesto and thaw it in the Fresco set to controlled thawing at a temperature of 15°C.
- Fresco pesto thawing time at 15°C: 60 minutes (about 1 cm thick)

## TONNÈ SAUCE

 Preparation time: 10 minutes

 Difficulty: low

### INGREDIENTS

3 hard boiled eggs  
300 g tuna in olive oil  
3 anchovy fillets in oil  
35 g capers  
Parsley  
Extra virgin olive oil  
Pepper

### COMPLEX SAUCES

#### PROCEDURE

- Drain the tuna and anchovies from the oil and blend them in a food processor with all the other ingredients.
- Add a dribble of oil continuously to obtain a smooth sauce. If too much oil is required, replace some of the oil with water.

#### *With your Fresco you can...*


- **FREEZING:** you can make a surplus of Tonnè sauce and shock freeze it with the freezing function, then keep it in the freezer up to 6 months. In that case it is advisable to divide the sauce into handy silicone muffin moulds so you can thaw only the amount you need when required.
- - Fresco Tonnè sauce freezing time: 1 hour (in muffin moulds, about 1 cm thick)

- **Thawing the Tonnè sauce:** take out of the freezer the required amount of sauce and thaw it in the Fresco set to controlled thawing at a temperature of 15°C.

- - Fresco sauce thawing time at 15°C: 1 hour 10 minutes (about 1 cm thick)

## FISH STOCK AND BISQUE

 Preparation time: 15 minutes

 Cooking time: 60 minutes

 Difficulty: medium

### INGREDIENTS FOR 1.5 LITRES

3 discarded parts from a sea bream (no gills)  
1 onion  
1 leek (white part only)  
2 celery stalks (white part only)

### COMPLEX SAUCES

#### PROCEDURE

- Fill a pot with plenty of water, add the washed sea bream scraps and bring to the boil, boil for 20 minutes and skim.
- After that add the vegetables and boil for another 30 minutes.
- Turn off the fire and let it settle in the Fresco with the chilling function for about an hour.
- Filter the stock and use it as required.

#### *With your Fresco you can...*

- **CHILLING:** you can use the chilling function to speed up the infusion time, as cold infusion is quicker and more effective than hot infusion, as well as to be able to keep the fish stock in the fridge for one week as if freshly made.

- - Fresco fish stock chilling time: 45 minutes (in muffin moulds, about 3 cm thick)

- **FREEZING:** you can make a surplus of fish stock and shock freeze it with the freezing function, then be able to keep it in the freezer up to 4 months. In that case it is advisable to divide the fish stock into handy silicone muffin or ice moulds so you can thaw only the amount you need when required.

- - Fresco fish stock freezing time: 1 hour 25 minutes (in muffin moulds, about 3 cm thick)

- **Regenerating the frozen fish stock:** take out of the freezer the amount of fish stock you need and regenerate it in the pan for about ten minutes.



## CHEESE CREAM

 Preparation time: 5 minutes

 Cooking time: 7 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR ABOUT 1 L

400 g Caprino goat cheese  
300 g ricotta  
200 ml cream

### COMPLEX SAUCES

#### PROCEDURE

- Cut the cheeses into pieces and melt them in a pan with the cream while stirring all the time.
- Add salt and pepper.

#### *With your Fresco you can...*

- **FREEZING:** you can make a surplus of cheese cream and shock freeze it with the freezing function, then keep it in the freezer up to 6 months. In that case it is advisable to divide the pesto into handy silicone muffin moulds so you can thaw only the amount of pesto you need when required.
- - cheese cream freezing time with Fresco: 55 minutes (in ice moulds, about 1 cm thick)

- **Thawing the cheese cream:** take out of the freezer the required amount of cream and thaw it in the Fresco set to controlled thawing at a temperature of 15°C.
- - Fresco sauce thawing time at 15°C: 1 hour 10 minutes (about 1 cm thick)

## FISH SAUCE

 Preparation time: 1 hour

 Cooking time: 40 minutes

 Difficulty: medium

### INGREDIENTS FOR 6 PEOPLE

400 g tomato sauce  
1 shallot  
10 king prawn tails  
700 g cuttlefish  
650 g calamari  
300 g cod fillet  
1 kg cockles  
½ glass white wine  
1 garlic clove  
1 fresh chilli pepper  
Extra virgin olive oil  
Salt and pepper

### COMPLEX SAUCES

#### PROCEDURE

- Clean all the fish and cut the cuttlefish and calamari into thin strips. Chop the shallot and sauté in a pan with a dribble of oil, then add in this order: the cuttlefish and chunks of cod fillet, 3-4 minutes later the calamari and after another 10 minutes the tomato sauce. Add salt and pepper to taste and simmer on low heat. Add the prawn tails when nearly done. In a separate pan heat a dribble of oil with 1 garlic clove and 1 chilli, quench with the white wine and cook the cockles with a lid until they open (about 7 minutes). Add to the fish sauce when done, together with chopped parsley.

#### *With your Fresco you can...*

- **CHILLING:** you can blast chill the fish sauce, immediately after cooking, with the chilling function. This way you will be able to keep it in the fridge up to 7 days, as if freshly made and ready for any need.
- - fish sauce chilling time with Fresco: 45 minutes (straight from the hob, spread out on a stainless pan, about 1.5 cm thick)

- **FREEZING:** you can make a surplus of fish sauce and shock freeze it with the freezing function, then keep it in the freezer up to 4 months. In that case it is advisable to divide the sauce into handy silicone muffin moulds so you can thaw only the amount you need when required.
- - Fresco fish sauce freezing time: 1 hour 40 minutes (straight from the hob, in about 3cm thick muffin moulds)

- **Regenerating the frozen fish sauce:** take the required amount of sauce from the freezer and regenerate it in the pan with a glass of water for 10 minutes.



## LEAVENED GOODS


Pizza  
Brioche  
Bread  
Hamburger Buns

“

*If you like cooking, you have most certainly already tried your hand at baking bread. It is fun and lets you experiment creatively with healthier and more appetising varieties than available in shops. Often, the only sore spot is proofing. Unless it is performed at controlled temperature, the yeast does not complete its cycle, and continues leavening while baking. This results in less crispy bread that is less digestible and continues leavening in our stomach. If however, leavening is done properly, the only limit to the potential of bread is your imagination.*

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# PIZZA

 Preparation time: 20 minutes  
(+ the time required for proofing)

 Cooking time: 30 minutes

 Difficulty: low

## INGREDIENTS FOR 6 PEOPLE (3 stainless pizza trays):

1 kg flour  
7 g dry beer yeast  
(1 sachet)  
30 g salt  
720 ml water  
450 g tomato sauce  
6 anchovy fillets  
4 spring onions  
600 g Fiordilatte mozzarella  
Extra virgin olive oil  
Salt and pepper

### PROCEDURE

- Pour the flour in a bowl, make a well in the centre, pour 360 ml lukewarm water and the yeast and mix coarsely with a spoon. Dissolve the salt in 360 ml lukewarm water and add it to the dough, mix well, then place the dough on a work top dusted with flour and knead it with your hands until springy and smooth. Form 3 balls, place them on 3 lightly oiled stainless trays, cover with cling film and allow to leaven in the Fresco set to the proofing function at 28°C for 1 hour.
- Then roughly spread the dough on the stainless tray and let it rise in the Fresco at 28°C for another hour (also covered with cling film). After that, spread the dough completely and let it rise in the Fresco at 28°C for another hour, always covered with cling film. In the meantime cook the tomato sauce in a pan for about ten minutes with salt, pepper and a drizzle of oil. Cut the mozzarella into cubes, cut the anchovy fillets into thin strips, halve the spring onions lengthwise and blanch them in boiling water for 2 minutes.
- When the pizza has finished rising, top it with the tomato sauce, diced mozzarella, anchovy fillets, blanched onion and a drizzle of oil and bake it in the preheated oven at 200°C for 30 minutes.


### *With your Fresco you can...*

- **FREEZING:** you may shock freeze the pizza with the freezing function then keep it in the freezer up to about 8 months. In that case it is advisable to cut the pizza into portions before freezing, so you can thaw only the portions you need.
  - pizza freezing time with Fresco: 1 hour (straight from the oven)

- **Regenerating the frozen pizza:** take the pizza portions you need out of the freezer and regenerate them in the preheated oven at 180°C for 10-12 minutes.



## BRIOCHE

 Preparation time: 30 minutes  
(+ the time required for proofing)

 Cooking time: 1 hour

 Difficulty: medium

 Suitable for vegetarians

### INGREDIENTS FOR 2 PLUM CAKE TINS

750 g flour  
37 g beer yeast (1.5 cubes)  
20 g salt  
600 g softened butter  
90 g sugar  
2 eggs  
2 yolks  
40 g soaked raisins  
100 ml milk

### PROCEDURE

- Put all the ingredients in the stand mixer, make sure you add the butter at 3 different times and the raisins last. Mix into a smooth dough. Divide it into two plum cake tins (if you use silicone do not butter them, slightly butter them otherwise) and allow it to rise in the Fresco set to proofing at 28°C for one hour and covered with cling film, then bake in the preheated oven at 190°C for about one hour.


### With your Fresco you can...

- FREEZING:** you can delicate freeze the brioche with the function, then keep it in the freezer up to 8 months. If you shock freeze it already sliced, the time required to reach the deep-freeze temperature is lower.

- brioche delicate freezing time with Fresco: 1 hour 5 minutes (straight from the oven, 4-5 cm thick)

- Regenerating the frozen brioche:** take the brioche out of the freezer and regenerate it in preheated oven at 180°C for 20-25 minutes (if you have sliced it beforehand, the regeneration time is lower).

## BREAD

 Preparation time: 15 minutes  
(+ the time required for proofing)

 Cooking time: 30 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 1 LOAF

250 g wholemeal flour  
250 g type 1 hard flour  
35 g dry mother yeast  
15 g salt  
10 g sugar  
300 ml water  
Extra virgin olive oil

### PROCEDURE

- Knead all the ingredients well, paying attention to using warm water and adding the salt last. Form the dough into a ball, place it on a lightly oiled stainless tray and let it rise in the Fresco set to proofing at 28°C for 2 hours, covered with cling film.
- Knead the dough again, put it in a plum cake tin (not oiled if using silicone, lightly oiled otherwise) and let it rise in the Fresco at 28°C for another 2 hours, covered with cling film.
- When the second rise has ended, bake the bread in the preheated oven at 200°C for 25-30 minutes.


### With your Fresco you can ...

- FREEZING:** you can delicate freeze the bread with the function, then keep it in the freezer up to 8 months. If you shock freeze it already sliced, the time required to reach the shock freeze temperature is lower.

- bread delicate freezing time with Fresco: 2 hours 10 minutes (straight from the oven, 4-5 cm thick)

- Regenerating the frozen bread:** take the bread out of the freezer and regenerate it in preheated oven at 180°C for 15 minutes (if you have sliced it beforehand, the regeneration time is lower).

## HAMBURGER BUNS

 Preparation time: 25 minutes  
(+ the time required for proofing)

 Cooking time: 15 minutes

 Difficulty: low

 Suitable for vegetarians

### INGREDIENTS FOR 12 SMALL BUNS

420 g 00 flour  
10 g beer yeast  
40 g sugar  
10 g salt  
175 g kefir (buttermilk)  
1 whole egg  
1 yolk  
1 egg white  
25 g softened butter  
Poppy seeds and/or white sesame seeds

### PROCEDURE

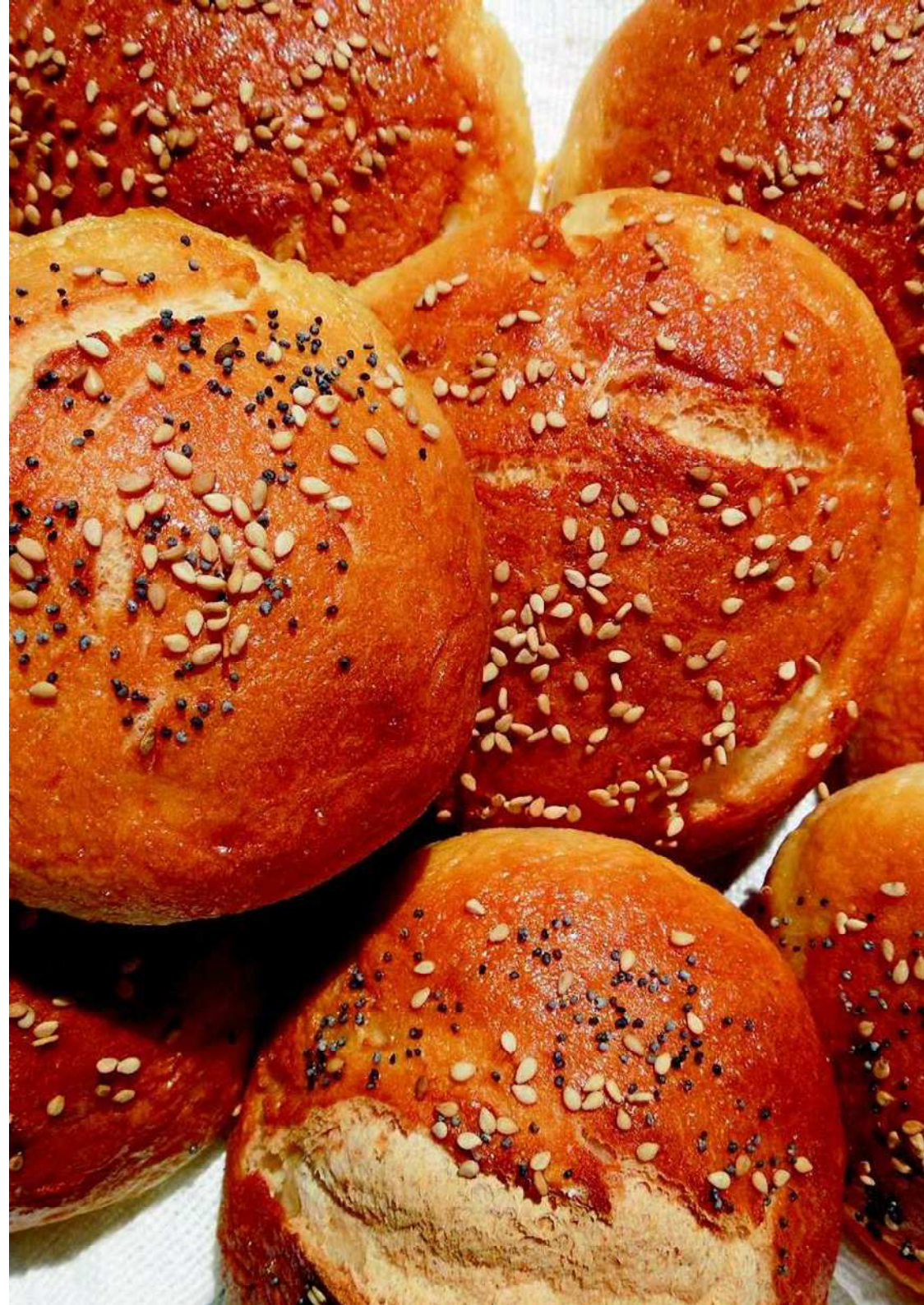
- In a bowl mix flour, yeast and sugar. Then add the milk, egg and yolk and continue mixing. Finally, add the salt and butter in pieces. Place on a work top and knead the dough well with your hands for about fifteen minutes.
- Form the dough into a ball, place it on a lightly oiled stainless tray, cover with cling film and let it rise in the Fresco at 30°C for one hour.
- From the leavened ball of dough obtain about a dozen 60-gram balls, shape them into round buns, place them on the stainless tray, cover them with cling film and let them rise in the Fresco at 30°C for another hour.
- Arrange the leavened buns on a baking tray lined with baking paper, ensuring they are well spaced, brush them with the egg white, sprinkle them with the poppy and sesame seeds and bake them in the preheated oven at 190°C for 15 minutes.

### *With your Fresco you can...*

- **FREEZING:** you can delicate freeze the buns with the delicate freezing function, then keep them in the freezer up to 8 months.
  - - buns delicate freezing time with Fresco: 1 hour 30 minutes (straight from the oven)
- **Regenerating the frozen buns:** take the buns you need out of the freezer and regenerate them in the preheated oven at 180°C for 15 minutes.

### *Suggestions*

- You can fill the buns with the classic beef burgers, cheese and some vegetables or with sour cream, salmon and a few slices of avocado, or with a bit of Stracchino cheese and grilled vegetables, or with a fish burger.





## DESSERTS

Panna cotta with mango  
Fruit lollies  
Natural ice-cream  
Mascarpone cream with chocolate and  
strawberry  
Cheesecake  
Pear clafoutis  
Campari shaved ice  
Yoghurt with fresh fruit  
Shortcrust cups with custard and berries  
Chocolate mousse

“

*Desserts are the cherry on the cake of a good meal but require experience and above all, a good deal of time. If you could do the prepping early, without losing texture and crispness, you would amaze your guests with desserts worthy of a pastry shop. And if they can be chilled quickly, preparation times are also cut.*

”

## PANNA COTTA WITH MANGO

 Preparation time: 15 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE

1 L cream  
1 L milk  
A bunch of fresh mint  
24 g isinglass  
200 g sugar  
Rum  
1 mango

### QUICK DESSERTS

#### PROCEDURE

- Soak the isinglass in cold water for 10 minutes and blend the sugar with the mint leaves. In a small saucepan, bring to the boil the milk, cream, mint stems and 2 tablespoons of rum on a low heat. Take off the fire, discard the mint stems and add the isinglass after squeezing it, and the sugar and mint. Pour into 6 small glasses or 6 single aluminium moulds and chill the panna cotta in the Fresco with the chilling function until it sets (see below for times and methods). In the meantime, peel the mango, dice it and blend it in a food processor to a smooth cream. Serve the cold panna cotta with the mango sauce and decorate with one fresh mint leaf.

#### *With your Fresco you can...*

- CHILLING:** you can prepare a last minute panna cotta thanks to the chilling function because instead of taking a long time to chill and set in the fridge, using the chiller means the panna cotta is ready a lot quicker.
  - panna cotta chilling time in single moulds with Fresco: 1 hour (straight from the fire).

- FREEZING:** you can make a surplus of panna cotta, already divided into handy plastic cups, and shock freeze it with the freezing function, then keep it in the freezer for up to 6 months. This way you will always have a dessert ready for your guests.
  - panna cotta freezing time with Fresco: 1 hour 5 minutes (straight from the hob)

- Regenerating the frozen panna cotta:** take the panna cottas you need from the freezer 45 minutes before serving and let them thaw at room temperature.

## FRUIT LOLLIES

 Preparation time: 10 minutes

 Difficulty: low

### INGREDIENTS FOR 4 ICE LOLLIES

300 ml water  
The juice of 1 lemon  
90 g raspberries  
90 g blackberries  
90 g bilberries  
1 tablespoon of sugar

### QUICK DESSERTS

#### PROCEDURE

- Set aside 2 raspberries, 2 blackberries and 4 bilberries and halve the raspberries and blackberries. Blend the rest of the fruit with water, sugar and lemon juice.
- Pour the mixture into 4 ice lolly moulds, add half a blackberry, half a raspberry and 1 bilberry in each, insert the wood stick and shock freeze them with the chiller's freezing function.

#### *With your Fresco you can..*

- FREEZING:** thanks to Fresco's freezing function you can make refreshing and delicious summer ice lollies in a short time. Unleash your imagination, stock up and keep them in the freezer for up to 8-10 months.
  - Fresco ice lollies freezing time: 1 hour 15 minutes



## NATURAL ICE-CREAM

 Preparation time: 5 minutes

 Difficulty: low

### INGREDIENTS FOR 6 PEOPLE

1 banana  
450 g mixed berries (raspberries, blackberries, bilberries, strawberries)  
350 ml milk

### PROCEDURE

- Cut the banana into 2cm thick slices and shock freeze them in the Fresco together with the mixed berries with the freezing function, spread on a stainless tray lined with baking paper.
- After freezing the fruit, blend it in a food processor adding the milk to obtain a smooth ice-cream with no added sugar.

### With your Fresco you can...

- **FREEZING THE FRUIT:** you can shock freeze all the fruit you want, cut into cubes, and use it for your ice-cream, always using 1 banana as binder. Keep a stock in the freezer, so you can make ice-cream at anytime.
- - Fresco fruit freezing time: 55 minutes (about 2 cm slices or cubes)

- **STORE THE ICE-CREAM AT THE CHOSEN TEMPERATURE:** you can make the ice-cream early, portion it in cups and keep it in the Fresco at the constant temperature of -12°C, with the customised storage function, so it stays as creamy as freshly made when you decide to eat it.

QUICK DESSERTS

## MASCARPONE CREAM WITH CHOCOLATE AND STRAWBERRY

 Preparation time: 20 minutes

 Difficulty: low

### INGREDIENTS FOR 6 PEOPLE

400 g mascarpone  
4 eggs  
7 tablespoons of sugar  
12 strawberries  
40 g bitter chocolate

### PROCEDURE

- Separate the yolks and whites and whisk the whites to stiff peaks. With the electric whisk, whisk the sugar and yolks into a cream, then add the Mascarpone and continue whisking.
- Gently fold in the whites well into a soft cream.
- Divide the cream into 6 cups and serve it with the diced strawberries and grated bitter chocolate.

### With your Fresco you can...

- **FREEZING:** you can make a surplus of Mascarpone cream and shock freeze it with Fresco's freezing function, then keep it in the freezer up to 6 months. In this case it is advisable to divide the cream in handy muffin moulds before freezing, so as to thaw only the required amount.
- - Fresco Mascarpone cream freezing time: 1 hour (in muffin moulds, about 3 cm thick)

- **Regenerating the Mascarpone cream:** take the Mascarpone cream out of the freezer 40 minutes before serving and let it thaw at room temperature.

QUICK DESSERTS





## CHEESECAKE

🕒 Preparation time: 30 minutes

🕒 Cooking time: 60 minutes

👨🍳👩🍳 Difficulty: medium

### INGREDIENTS FOR 8 PEOPLE (1 cake tin)

1 box of Digestive biscuits

½ kg fresh ricotta

4 eggs

170 g Greek yoghurt

200 g sugar

1 vanilla pod

1 jar bilberry jam

Sambuca

### COMPLEX DESSERTS

#### PROCEDURE

- Break the biscuits into crumbs with a pestle or by hand, spread them in a round cake tin and slightly moisten them with a little Sambuca (or other anise liqueur). Level with a wet spoon.
- In the bowl of the stand mixer, whisk the ricotta, eggs, Greek yoghurt, sugar and the seeds inside the vanilla pod, then pour the mixture onto the biscuit base in the cake tin. Bake in the preheated oven at 170°C for about one hour (if the top gets too brown cover it with tinfoil).
- Take the cheesecake out of the oven and chill it quickly in the Fresco for about 45 minutes, cover with a thin layer of jam and serve.

#### With your Fresco you can...

- **CHILLING:** you can chill the cheesecake in the Fresco with the quick chilling function to eat it immediately, or to keep it in the fridge for a whole week as if just made.
  - Fresco cheesecake chilling time: 1 hour 30 minutes (straight from the oven, about 2 cm thick)
- **FREEZING:** you may even decide to shock freeze the cheesecake, either whole or cut into slices, then keep it in the freezer up to 6 months.
  - Fresco cheesecake freezing time: 1 hour 15 minutes (straight from the oven, about 2 cm thick)
- **Regenerating the frozen cheesecake:** take the cheesecake out of the freezer 30 minutes before serving and let it thaw at room temperature.



## PEAR CLAFOUTIS

 Preparation time: 15 minutes

 Cooking time: 60 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE (1 cake tin)

500 g pears  
4 eggs  
150 g sugar  
100 g flour  
400 ml milk  
1 sachet vanilla  
The grated rind of one lemon  
Butter for greasing  
Salt

#### COMPLEX DESSERTS

### PROCEDURE

- Turn on the oven and set to 180°C. Grease a round ceramic pie dish of 25 cm. diameter. Wash the pears, dice them and arrange on the bottom of the dish.
- In a bowl, mix the eggs, sugar, flour, a pinch of salt and the vanilla to a smooth cream with no lumps.
- Add the milk and grated lemon peel and pour on top of the pears. The texture must be like pancake batter.
- Bake at 180°C for about one hour.

### *With your Fresco you can...*

- **CHILLING:** you can chill the clafoutis quickly with the chilling function, then keep it in the fridge for a whole week as if just made.
- - Fresco clafoutis chilling time: 1 hour 10 minutes (straight from the oven, about 2 cm thick)

- **FREEZING:** you can decide to shock freeze the clafoutis with the delicate freezing function, then keep it in the freezer up to 6 months. In this case it is advisable to briefly chill the dessert and cut it into portions before freezing, so as to thaw only the required amount.
- - clafoutis delicate freezing time with Fresco: 1 hour 40 minutes (warm, about 2 cm thick)

- **Regenerating the chilled clafoutis:** take the amount of clafoutis you need from the fridge and regenerate it in the preheated oven at 180°C for about ten minutes.

- **Regenerating the frozen clafoutis:** take the amount of clafoutis you need from the freezer and regenerate it in the preheated oven at 180°C for about twenty minutes.

## CAMPARI SHAVED ICE

 Preparation time: 10 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE

1 L water  
100 g sugar  
1 orange  
300 g Campari  
1 bunch of fresh mint

#### COMPLEX DESSERTS

### PROCEDURE

- Melt the sugar in water on low heat to obtain a syrup.
- Chop the orange peel and squeeze it. Chop the mint.
- Add the Campari, orange juice, orange peel and chopped mint to the water and sugar syrup, mix well and pour into the stainless tray or into an ovenproof dish.
- Place the tray in the Fresco with the freezing function and as soon as it reaches the temperature of -18°C in the chamber, remove the tray and scrape the surface with a fork. Place the tray in the chiller again and wait for the temperature to go down again.
- Repeat the operation with the fork 2-3 more times, until the mixture becomes shaved ice (about one hour later).

### *With your Fresco you can...*

- **FREEZING:** Fresco's freezing function is useful to make any flavour of shaved ice. Keep it in the freezer in a bag or container and use it when you like for your dinner parties or summer aperitifs. Also with a glass of Prosecco!
- - Fresco shaved ice freezing time: 1 hour

## YOGHURT WITH FRESH FRUIT

 Preparation time: 10 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE (1 cake tin)

500 g pears  
4 eggs  
150 g sugar  
100 g flour  
400 ml milk  
1 sachet vanilla  
The grated rind of one lemon  
Butter for greasing  
Salt

### COMPLEX DESSERTS

#### PROCEDURE

- Heat the milk to 40°C, add the starter (ferments in sachet or 1 jar of yoghurt). Then pour into a jug or in small jars and allow to set for 6 hours in the Fresco preheated at 42°C with the customised storage function.
- After that time, quickly chill the yoghurt with the chilling function.
- Serve the yoghurt with one tablespoon of maple syrup and mixed diced fruit and pomegranate arils.

#### With your Fresco you can...

#### MAKE YOGHURT AT HOME WITH THE CUSTOMISED STORAGE

- FUNCTION:** thanks to this function, you can maintain the inside of Fresco at a constant temperature, selected by you, for the time you decide. To make yoghurt at home you need to keep the temperature of 42°C for 6 hours.

- CHILLING:** chill the yoghurt when the right fermentation has been achieved, so it can be stored in the fridge for one week as if freshly made.

- Fresco yoghurt chilling time: 1 hour 15 minutes

## SHORTCRUST CUPS WITH CUSTARD AND BERRIES

 Preparation time: 60 minutes

 Cups baking time: 15 minutes

  Difficulty: medium

### INGREDIENTS FOR 8 PEOPLE

#### For the shortcrust:

450 g flour  
2 whole eggs  
1 yolk  
180 g sugar  
150 g butter  
1 pinch of salt  
½ sachet baking powder  
The grated rind of one lemon

#### For the cream:

30 g flour  
250 ml milk  
2 yolks  
Half a vanilla pod  
50 g sugar  
1 lemon rind

#### For the decoration:

Raspberries, blackberries and bil-berries  
Strawberries

### COMPLEX DESSERTS

#### PROCEDURE

- For the shortcrust: quickly mix all the ingredients together, make a smooth ball and chill it in the Fresco with the chilling function for about 20 minutes.
- For the custard: heat the milk on low heat with the open vanilla pod and the lemon rind. In a separate bowl, whisk the 4 yolks with the sugar with an electric whisk to a smooth cream. Add the flour and continue whisking. When the milk starts boiling, take it off the fire and strain it to remove the lemon rind and vanilla.
- Put the milk on the fire again and pour the egg, sugar and flour mixture into it. Stir well on medium-low heat. When the cream starts thickening, turn off the fire, cover it with cling film ensuring it is in contact with the cream and chill it quickly in the Fresco for about 30 minutes.
- Roll out the shortcrust and divide it into small portions, line silicone muffin moulds to make the cups. The silicone moulds do not need to be greased.
- Bake the cups in the preheated oven at 180°C until golden (about 15 minutes), then chill them quickly in the Fresco for 20 minutes. Fill every cup with the custard and decorate them with the berries.

#### With your Fresco you can...

- CHILLING THE SHORTCRUST AND CUSTARD:** you can use the chilling function to speed up preparation times. Instead of letting the shortcrust set in the fridge for 2 hours, you can chill it in the Fresco for 20 minutes. The chilling function is also useful to chill the custard quickly so you can use it right away.

- FREEZING:** you can make a large amount of shortcrust cups and shock freeze them using the freezing function, then keep them in the freezer up to 6 months. This way you will always have a stock of shortcrust cups ready to be filled as you like.
- shortcrust cups freezing time with Fresco: 1 hour (straight from the oven)

- Regenerating the frozen shortcrust cups:** take the shortcrust cups you need from the freezer 20 minutes before serving and let them thaw at room temperature.



## CHOCOLATE MOUSSE

 Preparation time: 45 minutes

 Difficulty: low

### INGREDIENTS FOR 8 PEOPLE

400 g bitter chocolate  
50 g butter  
8 eggs  
2 tablespoons of icing sugar  
250 ml fresh cream

### COMPLEX DESSERTS

#### PROCEDURE

- Chop the chocolate up and melt it in a double boiler, then take it off the fire and add the butter while stirring.
- Add the egg yolks and continue stirring.
- In a separate bowl whisk the egg whites to stiff peaks with the icing sugar, then add them to the chocolate mixture and pour the mousse into cups.
- Chill it in the Fresco with the quick chilling function for about forty minutes and serve topped with whipped cream.

#### *With your Fresco you can...*

- **CHILLING:** you can chill the mousse in the Fresco with the chilling function to eat it immediately, or to keep it in the fridge for a whole week as if just made.
  - - Fresco chilling time: 35 minutes (divided into single portion cups)
- **FREEZING:** you may even decide to shock freeze the mousse, already divided into single portion cups, then keep it in the freezer up to 6 months.
  - - Fresco freezing time for the mousse: 40 minutes
- **Regenerating the frozen mousse:** take the mousse cups you need from the freezer 40 minutes before serving and let them thaw at room temperature.



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# GLOSSARY

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## COLD CHAIN

The cold chain indicates an unbroken series of steps that food must go through so it reaches the end consumer with the same initial quality standard. It has been observed that, in order to assure optimal preservation of the food in the fridge or freezer, the low internal temperature must be kept constant (optimal at +3/4°C for the fridge and -18°C for the freezer). However, adding warm products, including those at room temperature, continuously causes temperature swings which are harmful for the cold food stored within. In this case one speaks of “broken cold chain”.

## PORTIONING

The main advantage offered by Fresco is to create stocks of food always ready for use. It is advisable to divide food into portions, so that only the amounts required at the time are thawed, to prevent any waste. Portioning may be carried out with silicone moulds, that make it possible to divide food into single portions. These accessories do not alter the food's nutritional properties and may be placed in the Fresco without any problems. Should one prefer to use other materials to portion food, it is possible to do so, because any type of material may be placed in the Fresco.

## PRE-COOLING

For best Fresco performance, it is advisable to pre-cool the chamber before any cold cycle (chilling, deep-freezing, bottle cooling), To carry out a pre-cooling cycle, just select the chilling or deep-freezing function for a few minutes.

## REGENERATING

Regenerating the dish allows you not to “warm up” the food quickly or at the last minute, due to time constraints. Fresco offers the “dish ready” function, also allowing you to set the time you want it ready. In this way Fresco keeps it at a temperature of +3°C, then starts the regeneration function, bringing the food from storage to serving temperature, in the most appropriate time so as not to spoil the food.

## CHAMBER / CORE TEMPERATURE

Temperature is very important in the kitchen because it allows to control cooking and to obtain the desired texture and colour. The chamber temperature indicates the one inside the machine during the selected cycle, i.e. the temperature of the air circulating around the food. On the other hand, the core temperature indicates that inside the food, which is essential when cooking at low temperature or deep-freezing. The core temperature can be measured with the probe thermometer.

## DEFROSTING/CLEANING

This function is useful to remove any frost that may form within the cell. Internal cleaning of the Fresco is very important to assure hygiene and protect the quality of the food it processes. Fresco has a cycle that assures simple and quick cleaning – just select the cleaning cycle. 5 minutes after the start, the sanitiser icon is displayed and a buzzer goes off. Now just open the door, spray a neutral detergent inside, leave the door open and wait for the cycle to end.

At the end of the cycle, rinse the chamber using a moist soft cloth and dry it.