

**GASTROBACK®**

# COOKING WITH *One Pot*

## *Rice & More*

GASTROBACK recipe book for the  
rice cooker Design Multicook Pro



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One-Pot Dishes, Steam Dishes,  
Porridge, Desserts and much more.

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# T A B L E O F C O N T E N T S

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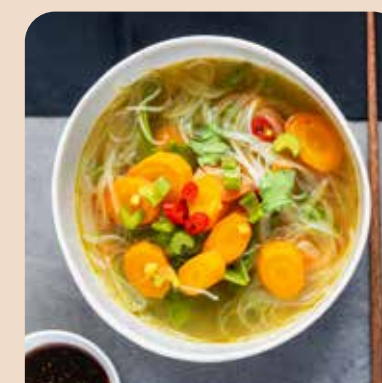
Hand Mixer



## SOUPS AND STEW



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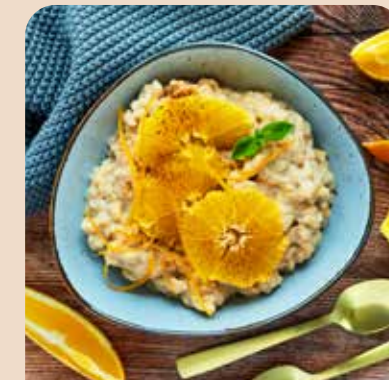


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A top-down view of a bowl of soup. The bowl is white with a green and orange striped rim. It contains a clear broth with chunks of white fish, yellow potatoes, and orange carrots. Fresh green herbs are scattered on top. The bowl sits on a rustic wooden table. To the right of the bowl is a folded grey cloth napkin with a silver spoon resting on it. In the top left corner, there are some fresh herbs and a small woven basket.

# SOUPS AND STEW





# ORIENTAL BEAN STEW

## PREPARATION

### STEP 1

For the soup, place the beans in a sieve, rinse and drain. Clean and wash the leeks and cut into thin rings. Clean and wash the green beans and cut diagonally into pieces. Clean and wash the peppers and cut into cubes. Peel the onion and cut into cubes.

### STEP 2

Set the **Design Multicook Pro** to the "Soup" program. Pour oil into the **Design Multicook Pro** and sauté the onion cubes for 2-3 minutes. Add the leek, green beans, bell pepper and stock and cook for about 20 minutes. Add salt, pepper and borlotti beans and cook for a further 2 minutes. Pour into plates and serve with parsley. This tastes great with freshly baked farmhouse bread from our **Design Automatic Bread Maker Advanced**.



TO THE PRODUCT

### FOR 4 PEOPLE

**PREPARATION TIME:** approx. 40 minutes

#### INGREDIENTS:

- 1** Can/jar of borlotti beans (drained weight 220-240g)
- 1** Leek
- 250 g** Green beans
- 1** Red bell pepper
- 1** Onion
- 2 Tbsp.** Olive oil
- 1 ½ l** Vegetable stock
- Chopped parsley for serving



# ASIAN NOODLE SOUP WITH GLASS NOODLES

## FOR 4 PEOPLE

**PREPARATION TIME:** approx. 35 minutes

### INGREDIENTS:

- 300g** Carrots
- 3** Celery sticks
- 250g** Sugar snap peas
- 1** Chilli pepper
- 1** Walnut-sized piece of ginger
- 2** Lemongrass sticks
- 1 Tbsp.** Curry powder
- 2 Tbsp.** Neutral oil
- 1½ l** Vegetable stock
- 1** Packet of glass noodles
- 1** Splash of soy sauce
- Juice of ½ lime
- White pepper
- Coriander for serving



## PREPARATION

### STEP 1

Peel the carrots and cut into slices. Wash, trim and slice the celery. Trim, wash and halve the sugar snap peas. Wash, trim and finely dice the chili. Peel the ginger and also finely dice. Wash the lemongrass, cut into thirds and flatten slightly with a knife.

### STEP 2

Set the **Design Multicook Pro** to the "Soup" program. Put the chili, ginger, lemongrass, curry and oil into the **Design Multicook Pro** and sauté. Add the carrots, celery and vegetable stock and cook for 15 minutes. Add the sugar snap peas and cook for a further 5 minutes.

### STEP 3

Pour plenty of boiling water over the glass noodles and leave to soak for about 5 minutes. Then drain the glass noodles, cut them into smaller pieces if you like and add them to the soup. Season the soup with soy sauce, lime juice and pepper. Garnish the soup with coriander.



# FILLING

## SAUERKRAUT

### STEW

## PREPARATION

### STEP 1

Peel the onion, halve it and cut it into cubes. Peel the potatoes, wash them and cut them into cubes. Wash the peppers, clean them and cut them into strips.

### STEP 2

Set the **Design Multicook Pro** to the "Soup" program. Put the onions and oil in the **Design Multicook Pro** and sauté for about 3 minutes. Add the potatoes, peppers, stock and spices and cook for 20-25 minutes.

### STEP 3

Drain the pineapple. Add the pineapple and sauerkraut to the soup and cook for another 5 minutes. Serve the soup in bowls and sprinkle with parsley. It tastes great with freshly baked farmhouse bread from our **Design Automatic Bread Maker Advanced**.



TO THE PRODUCT



**PREPARATION TIME: approx. 40 minutes**

**FOR 4 PEOPLE**

### INGREDIENTS:

- 1** Onion
- 500g** Mainly firm potatoes
- 2** Bell peppers
- 2 Tbsp.** Neutral oil
- 1 ½ l** Vegetable stock
- 5** Allspice berries

- 4** Cloves
- 1** Small can of pineapple pieces (140g)
- 1** Small can of sauerkraut (350g)
- Sweet paprika powder
- Salt and pepper
- Parsley for serving





# HUNGARIAN GOULASH „PÖRKÖLT“

## FOR 4 PEOPLE

**PREPARATION TIME:** approx. 2 hours and 15 minutes

### INGREDIENTS:

<b>2</b>	Large onions	<b>2 Tbsp.</b>	Tomato paste
<b>2 Tbsp.</b>	Lard or oil	<b>125 ml</b>	Dry red wine
<b>1 Tsp.</b>	Paprika powder, sweet	<b>2</b>	Red peppers
<b>1 Tsp.</b>	Paprika powder, hot		Parsley
<b>500 g</b>	Beef goulash		Salt
<b>½ Tsp.</b>	Caraway		

## PREPARATION

### STEP 1

Peel and dice the onions. Set the **Design Multicook Pro** to the "Soup" program. Sauté the onions in it. Add both paprika powders. Add the meat. Season with salt and caraway seeds.

### STEP 2

Mix tomato paste with red wine and 175 ml of hot vegetable stock. Add to the meat and let simmer for about 2 hours.

### STEP 3

Quarter the peppers, clean and remove the seeds. Cut the quarters into strips, mix with the meat and add to the meat 20 minutes before the end of the cooking time, finish cooking. Season with salt and pepper. Garnish with parsley.

This goes well with boiled potatoes or freshly baked farmhouse bread from our **Design Automatic Bread Maker Advanced**.



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## FOR 3-4 PEOPLE

**PREPARATION TIME:** approx. 40 minutes

### INGREDIENTS:

#### For the avocado dip:

- |   |              |      |                   |
|---|--------------|------|-------------------|
| 1 | Avocado      | 150g | Whole milk yogurt |
| 1 | Organic lime |      | Salt and pepper   |

#### For the pasta pot:

- |         |                  |      |                                |
|---------|------------------|------|--------------------------------|
| 1       | Onion            | 1    | Can of chopped tomatoes        |
| 1       | Red chili pepper | 250g | (400g)                         |
| 2 Tbsp. | Oil              | 1    | Short pasta (e.g. tortiglioni) |
| 250g    | Ground beef      | 1    | Corn (approx. 140g)            |
| 1 Tbsp. | Tomato paste     |      | Kidney beans (approx. 125g)    |
| 700ml   | Vegetable stock  |      | Parsley for serving            |

## PREPARATION

### STEP 1

For the avocado dip, halve the avocado, remove the pit, scoop out the flesh and roughly dice. Grate the lime peel, then halve the lime and squeeze it. Finely puree the avocado, lime zest, lime juice, yogurt, salt and pepper using the **Design Hand Blender Advanced Pro**.

### STEP 2

For the pasta pot, peel the onion and cut into cubes. Remove the seeds from the chilli and cut into rings. Set the **Design Multicook Pro** to the "Multicook" program. Add oil to the pot. Sauté the onion and chilli in it. Add the minced meat and tomato paste and fry for about 3 minutes.

### STEP 3

Add vegetable stock and chopped tomatoes. Add pasta and cook for about 20 minutes (depending on the type and desired degree of doneness). Drain corn and kidney beans in a sieve, rinse and drain. Add to the pot and heat. Season the pasta and minced meat pot with salt and pepper. Serve with avocado dip and parsley.



TO THE PRODUCT



# PASTA - MINCE - POT „TEX-MEX“ WITH AVOCADO - DIP



# LUNCH TIME





# CHANTERELLE RISOTTO

## FOR 2 PEOPLE

**PREPARATION TIME:** approx. 55 minutes

### INGREDIENTS:

<b>250 g</b>	Chanterelles
<b>3</b>	Shallots
<b>3</b>	Parsley stalks
<b>2 Tbsp.</b>	Butter
<b>4 Tbsp.</b>	Olive oil
<b>150 g</b>	Risotto rice, e.g. Arborio
<b>1 Tbsp.</b>	Dried mushrooms (bags)
<b>4 Tbsp.</b>	Dry white wine
<b>400 ml</b>	Hot vegetable stock
<b>50 g</b>	Grated Parmesan

## PREPARATION

### STEP 1

Clean the mushrooms and chop them into smaller pieces if necessary. Peel the shallots and cut them into wedges. Roughly chop the parsley. Melt the butter in the **Design Multicook Pro** and sauté the mushrooms and shallots in it. Add the parsley. Transfer to a bowl.

### STEP 2

Set the **Design Multicook Pro** to the "Porridge" program. Add olive oil to the **Design Multicook Pro**. Add the rice and dried mushrooms and sauté for about 3 minutes. Add the wine and stock, stirring to loosen the rice. Cook the rice for about 40 minutes, stirring occasionally. At the end of the cooking time, add the grated Parmesan and fold in. Serve the risotto with the chanterelles.



# CREAMY SAVOY CABBAGE PENNE WITH SALMON

## FOR 2 PEOPLE

**PREPARATION TIME:** approx. 55 minutes

### INGREDIENTS:

<b>250 g</b>	Chanterelles
<b>3</b>	Shallots
<b>3</b>	Parsley stalks
<b>2 Tbsp.</b>	Butter
<b>4 Tbsp.</b>	Olive oil
<b>150 g</b>	Risotto rice, e.g. Arborio
<b>1 Tbsp.</b>	Dried mushrooms (bags)
<b>4 Tbsp.</b>	Dry white wine
<b>400 ml</b>	Hot vegetable stock
<b>50 g</b>	Grated Parmesan

## PREPARATION

### STEP 1

Line the steamer basket with cut-to-size baking paper. Place frozen salmon in the steamer basket.

### STEP 2

Peel and chop the onion. Clean and wash the savoy cabbage and cut it into not too fine pieces. Set the **Design Multicook Pro** to the "Multicook" program. Heat the oil in a pan and sauté the onion. Add the cream cheese, savoy cabbage, vegetable stock, pasta, salt and pepper. Insert the steamer insert and cook everything together for around 20 minutes.

### STEP 3

In the meantime, peel and grate the horseradish. Serve the savoy cabbage penne with salmon. Sprinkle with lemon pepper and grated horseradish.







# P R E P A R A T I O N

## STEP 1

Line the steamer with baking paper. Brush the frozen fish with olive oil and season with salt and lemon pepper. Place on the steamer.

## STEP 2

Put rice in the **Design Multicook Pro**. Fill with water up to the measuring line 2 for white rice. Insert the steamer insert. Set the **Design Multicook Pro** to the "White Rice" program and cook for 35 minutes.

## STEP 3

Meanwhile, for the salsa, peel the citrus fruits thick enough to remove the white skin. Remove the fillets between the dividers, collecting the juice. Clean and wash the radishes and cut into pieces. Pick off the coriander leaves. Finely chop all the ingredients with a knife or fill them into the **Design Mini Chopper Plus** and chop using the pulse function. Season with salt, lemon pepper, collected juice and agave syrup. Serve the fish with rice and salsa. Serve sprinkled with coriander.



TO THE PRODUCT

# C R E O L E F I S H   W I T H W I L D   R I C E   A N D C I T R U S   S A L S A

## FOR 3 PEOPLE

**PREPARATION TIME:** approx. 45 minutes

### INGREDIENTS:

#### For the fish and rice:

- |   |   |
|---|---|
| <b>3</b> White fish fillets, frozen<br>(125g each; e.g. pollock or cod) | <b>2</b> Measuring cup (120g each)<br>Basmati wild rice mixture |
| <b>3 Tbsp.</b> Olive oil  | Salt, lemon pepper  |

#### For the salsa

- |                            |                              |
|----------------------------|------------------------------|
| <b>½</b> Bunch of radishes | <b>4</b> Coriander stalks    |
| <b>1</b> Orange            | Agave syrup                  |
| <b>1</b> Lime              | Coriander leaves for serving |



# ONE-POT OAT PIE WITH BUTTERNUT SQUASH



## FOR 3 PEOPLE

**PREPARATION TIME:** approx. 45 minutes

### INGREDIENTS:

<b>1</b>	Onion	<b>300 ml</b>	Vegetable stock
<b>½</b>	Butternut squash	<b>½ Tsp.</b>	Thyme
<b>2 Tbsp.</b>	Olive oil	<b>1 Tsp.</b>	Yeast flakes
<b>125 g</b>	Oats like rice		Nutmeg
<b>2</b>	Star anise		Chili flakes
<b>½ Tsp.</b>	Yellow mustard seeds		Pepper
<b>¼ Tsp.</b>	Cinnamon powder		Parsley for serving
<b>50 ml</b>	White wine		

## PREPARATION

### STEP 1

Peel and dice the onion. Peel the pumpkin and cut into small cubes. Set the **Design Multicook Pro** to the "Porridge" program. Heat the olive oil in the **Design Multicook Pro** and sauté the onions in it. Then add the pumpkin. Sauté for around 3 minutes while stirring.

### STEP 2

Add oats such as rice, star anise, mustard seeds and cinnamon. Then deglaze with wine and vegetable stock. Cook for 25-30 minutes, stirring occasionally. Season with nutmeg, thyme, yeast flakes, chili flakes and pepper. Serve the one-pot oat stew with parsley.





# TORTILLA ALLA CAPRESE

**FOR 2-3 PEOPLE**

**PREPARATION TIME:** approx. 45 minutes

**INGREDIENTS:**

- 500g** Potatoes
- 3** Eggs (size M)
- 100g** Cherry tomatoes
- 1** Pack of mini mozzarella
- 500g** Water
- Salt and pepper
- Nutmeg
- Basil for garnishing

## PREPARATION

**STEP 1**

Peel and wash the potatoes and grate them finely, e.g. on a kitchen grater.

**STEP 2**

Line the steamer with baking paper. Whisk the eggs, salt, pepper and nutmeg in a bowl. Stir in the grated potatoes.

**STEP 3**

Halve the tomatoes. Drain the mozzarella balls. Spread the potato mixture on the steamer insert and spread the tomatoes and mozzarella on top. Pour water into the **Design Multicook Pro**. Set the **Design Multicook Pro** to the "Steam" program. Put the steamer insert on, close and cook for 25 minutes. Remove the tortilla from the baking paper and serve with basil.





IN A HURRY

SO THAT THERE  
IS MORE TIME  
FOR THE GUESTS





# CREAMY CHICKEN CURRY WITH RICE

## PREPARATION

### STEP 1

Peel the onion and garlic and chop finely. Wash the meat, pat dry and cut into bite-sized pieces.

### STEP 2

Set the **Design Multicook Pro** to the "Multicook" program. Heat the oil in a pan and sauté the onion and garlic. Add the chicken fillet cubes and season with salt, pepper and curry powder. Deglaze with coconut milk and stock and cook for about 10 minutes.

### STEP 3

Line the steamer with cut-to-size baking paper. Fill in the rice.

### STEP 4

Clean, wash and dice the peppers. Clean and wash the sugar snap peas and put them in the **Design Multicook Pro** with the peppers. Put the steamer on and cook everything for another 5 minutes. Serve the curry with rice. Serve with parsley, pink berries and cashews.

### FOR 2 PEOPLE

**PREPARATION TIME:** approx. 30 minutes

### INGREDIENTS:

#### For the curry and rice

<b>1</b>	Onion	<b>1</b>	Lime juice
<b>1</b>	Garlic clove	<b>100 g</b>	Red bell pepper
<b>300 g</b>	Chicken fillet	<b>250 g</b>	Sugar snap peas
<b>2 Tbsp.</b>	Oil		Express rice (e.g. jasmine rice)
<b>1</b>	Can of coconut milk		Salt
<b>200 ml</b>			Pepper
<b>2 Tbsp.</b>	Vegetable stock		Curry

#### For decoration:

Parsley, pink berries, cashews



# CREAMY LENTIL DAL



## FOR 3 PEOPLE

**PREPARATION TIME:** approx. 30 minutes

### INGREDIENTS:

- 1 Tsp.** Coconut oil
- ½ Tsp.** Cinnamon powder
- ½ Tsp.** Cumin
- ½ Tsp.** Mustard seeds, yellow
- 1 Tbsp.** Chopped ginger
- 300 g** Red lentils
- 400 g** Strained tomatoes
- 400 g** Coconut milk
- 3** Cherry tomatoes
- 1-2 Tsp.** Vegetable stock, instant
- 3 Tbsp.** Greek yogurt
- Salt and black pepper
- Parsley for garnishing

## PREPARATION

### STEP 1

Set the **Design Multicook Pro** to the "Multicook" program. Add coconut oil to the pot. Sauté the cinnamon powder, cumin, mustard seeds and ginger in it. Add the lentils to the spices and sauté as well.

### STEP 2

Deglaze the lentils with the strained tomatoes and coconut milk, close the lid and let it simmer for about 20 minutes, stirring occasionally. Wash the cherry tomatoes and place them in the steamer. Hang them in the **Design Multicook Pro** and cook for another 5 minutes.

### STEP 3

Season the dal with salt and pepper. Serve the dal with cherry tomatoes, yoghurt and parsley.





## FOR 2 PEOPLE

**PREPARATION TIME:** approx. 30 minutes

### INGREDIENTS:

- 4** King prawns (approx. 65g each)
- 2** Garlic cloves
- 1** Zucchini
- 1** Pack of gnocchi (400g)
- 2 Tbsp.** Olive oil
- 1** Can of chopped tomatoes (400g)
- 100ml** Vegetable stock
- Salt and pepper
- Basil to garnish

# ONE-POT GNOCCHI WITH GIANT PRAWNS

## PREPARATION

### STEP 1

Wash the king prawns and pat dry. Peel the garlic and chop finely. Wash the zucchini and cut into cubes.

### STEP 2

Fill the gnocchi into the steamer.

### STEP 3

Set the **Design Multicook Pro** to the "Multicook" program. Pour oil into the pan and fry the prawns on both sides. Sprinkle with salt and pepper. Remove.

### STEP 4

Sauté the garlic in the frying fat. Add the zucchini cubes. Deglaze with canned tomatoes and stock, season with salt and pepper. Place the gnocchi in the steamer insert. Place the prawns on the gnocchi. Close the lid and cook everything for about 12 minutes. Serve the gnocchi with tomato sauce, king prawns and basil.





## SWEET DISHES





# JUICY STEAMED BROWNIES

## PREPARATION

### STEP 1

Break the chocolate into pieces and melt it together with the butter in a small pot.

### STEP 2

Put the eggs and sugar in a mixing bowl. Mix well with the whisk of the **Design Hand Mixer Pro** until the sugar dissolves. Add the chocolate butter and stir in. Mix the flour, cocoa and salt and sift onto the dough. Stir briefly.

### STEP 3

Line the steamer insert of the **Design Multicook Pro** with cut-to-size baking paper. Pour in the dough.

### STEP 4

Set the **Design Multicook Pro** to the "Steam" program. Pour 500 ml of water into the pot. Place the steamer insert in and bake the brownies for 15-20 minutes. Remove and allow to cool. Remove the baking frame, cut the brownies into pieces and serve dusted with cocoa.



TO THE PRODUCT

### FOR 12 PIECES

**PREPARATION TIME:** approx. 40 minutes

### INGREDIENTS:

<b>150 g</b>	Dark chocolate
<b>100 g</b>	Butter
<b>3</b>	Eggs
<b>50 g</b>	Raw cane sugar
<b>50 g</b>	Wheat flour type 405
<b>1 Tbsp.</b>	Cocoa powder
<b>1</b>	Pinch of salt
	Possibly cocoa powder for dusting



# CHAI LATTE RICE PUDDING

## FOR 2-3 PEOPLE

**PREPARATION TIME:** approx. 1 hour

### INGREDIENTS:

#### For the curry and rice

- 1** Small piece of ginger
- ½ l** Milk
- 110g** Rice pudding
- ½ TL** Cinnamon powder
- ½ TL** Cardamom powder
- 1 Msp.** Anise powder
- 2** Pinches of salt
- 1-2 EL** Coconut blossom sugar (optional)
- ½** Orange (juice and zest)

#### For decoration:

Orange slices, orange zest, mint



## PREPARATION

### STEP 1

Peel the ginger and chop or grate finely. Add the milk, rice pudding, cinnamon, cardamom, anise, ginger and salt to the **Design Multicook Pro**. Sweeten with coconut blossom sugar if desired. Set the **Design Multicook Pro** to the "Porridge" program. Cook the rice pudding for around 50 minutes. Stir occasionally so that the rice does not stick.

### STEP 2

Add orange juice and orange zest and stir in. Serve rice pudding with orange slices, orange zest and mint.





### FOR 2-3 PEOPLE

**PREPARATION TIME:** approx. 15 minutes

#### INGREDIENTS:

##### For the porridge:

**500g** Coconut drink or milk

**100g** Grainy oat flakes

**40g** Coconut flakes

**60g** Coconut yoghurt

##### To serve:

fresh berries, almonds with skin (chopped)

## HEALTHY OATMEAL „RAFFAELLO-STYLE“

## PREPARATION

### STEP 1

Set the **Design Multicook Pro** to the "Porridge" program. Put the coconut drink, oat flakes and coconut flakes into the **Design Multicook Pro** and cook for 8-10 minutes. Stir occasionally if necessary. Turn off the device, add the yogurt and stir in.

### STEP 2

Pour porridge into bowls and garnish with berries and chopped almonds.





# CARROT CAKE WITH CREAM CHEESE TOPPING

## PREPARATION

### STEP 1

Peel, wash and finely grate the carrots. Separate the eggs. Beat the egg whites, salt and 2 tablespoons of water with the whisk of the **Design Hand Mixer Pro** until stiff. Add the sugar while stirring. Stir in the egg yolks.

### STEP 2

Stir the hazelnuts, flour, baking powder and grated carrots into the egg mixture. Add the orange juice and zest. Grease the **Design Multicook Pro** pan and sprinkle with breadcrumbs. Pour in the batter. Set the **Design Multicook Pro** to the "Bake" program and bake the cake for 40-45 minutes. Remove and let it rest in the pan for about 10 minutes, then turn it out of the pan.

### STEP 3

Mix the cream cheese and cream with the whisk of the **Design Hand Mixer Pro** until smooth. Add the icing sugar and beat until creamy. Spread loosely on the cake. Garnish with mint leaves.

### FOR 12 PIECES

**PREPARATION TIME:**  
approx. 60 minutes

### INGREDIENTS:

#### For the cake:

- 150g** Carrots
- 3** Eggs
- 1** Salt
- 75g** Raw cane sugar
- 150g** Ground hazelnuts
- 40g** Spelt flour type 630
- 2 Tsp.** Baking powder
- ½** Organic orange (juice and peel)

#### For the topping:

- 400g** double cream cheese
- 3 Tbsp.** whipped cream
- 75g** powdered sugar
- mint leaves



TO THE PRODUCT



# RASPBERRY- CHOCOLATE MUFFINS

## FOR 6 PIECES

**PREPARATION TIME:** approx. 1 hour

### INGREDIENTS:

- 2** Eggs (size M)
- 75 g** Raw cane sugar
- 4 Tbsp.** Oil
- 125 g** Whole milk yoghurt
- 150 g** Spelt flour type 630
- 1 Tsp.** Baking powder
- 50 g** Raspberries
- 30 g** Chocolate drops, baking stable
- 1 l** Water
- Salt
- Possibly powdered sugar for dusting



## PREPARATION

### STEP 1

Separate the eggs. Beat the egg whites with the **Design Hand Mixer Pro** until stiff, adding 25 g of raw cane sugar.

### STEP 2

Beat egg yolks, 50g sugar, salt and oil with the **Design Hand Mixer Pro** until fluffy. Stir in yoghurt.

### STEP 3

Mix the flour with the baking powder. Fold the egg white and flour mix alternately into the yoghurt mixture. Finally, carefully fold in the raspberries and chocolate chips.

### STEP 3

Line 6 sturdy muffin cases. Fill them with dough. Fill the **Design Multicook Pro** with water. Place the muffins in the steamer insert of the **Design Multicook Pro**, set the device to the "Bake" program and bake for 45 minutes. Remove, allow to cool and serve dusted with powdered sugar.



TO THE PRODUCT





# ESPRESSO - CHIA - PORRIDGE

**FOR 2-3 PEOPLE**

**PREPARATION TIME:**  
approx. 15 minutes

**INGREDIENTS:**

**For the porridge:**

**500 g** Milk  
**1** Espresso  
**150 g** Smooth oat flakes  
**1 Tbsp.** Chia seeds  
**20 g** Cocoa powder

**To serve:**

Amaretti biscuits, fresh berries  
(e.g. blueberries), honey

## PREPARATION

### STEP 1

Add milk, espresso, spelt flakes, chia seeds and cocoa to the **Design Multicook Pro**, stir once and cook for about 8 minutes, stirring once or twice in between.

### STEP 2

Pour the porridge into two bowls. Garnish with lightly crumbled amaretti biscuits, berries and honey.

**TIP:** You can prepare a perfect espresso in the **Design Espresso Advanced Duo**.



TO THE PRODUCT





# GASTROBACK®

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