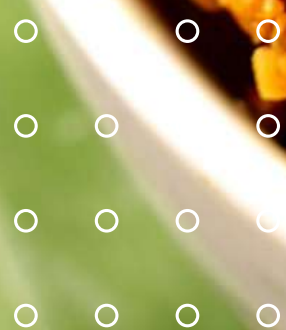
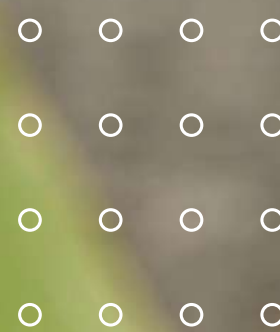


KUMTEL® FASTFRYER RECIPIES

WITH 90% LESS OIL
CRISPY, HEALTHY AND FAST



it is possible to cook

BREAKFAST

- Boiled Egg
- Asparagus Strata
- Shrimp Frittata
- Crispy Bacon
- Dutch Pancake
- Breakfast Wrap
- Pastrami, Egg & Cheese Stuffed Puffs
- Blueberry Cornbread
- Cinnamon Biscuits
- Sour Cream Coffee Cake

SNACK

- Spicy Potatoes
- Stuffed Mushrooms
- Buffalo Chicken Wings
- Pesto Bruschetta
- Mexican Corn
- Air Fried Garlic
- Beef & Mango Skewers
- Crispy Fish
- Jalapeno Poppers
- Mini Margherita Panzerotti

MAIN

- Cauliflower and Dill Gratin
- Chili with Garlic Broccoli
- Pumpkin with Maple Syrup
- Brussels Sprouts
- Ratatouille
- Sesame with Garlic Frying Carrots
- Salty Roasted Sweet Potatoes
- Spinach Quiche
- Baked Potato
- Chili Beans

MAIN

- Chicken with Orange & Olives
- Steak Bundles
- Meatball Balls
- Mint Lamb Chops
- Fish and Chips
- Fish and Chips
- Pepper Steak with Mushrooms
- Butter Fried Chicken
- Sweet Bitter Chicken Wings
- Thai Burger

DESSERT

- Mixed Fruit Cake
- Chocolate Chip Cookie
- Black & White Brownie
- San Sabastian Cheesecake
- French Toast Sticks
- Gluten Free Cake
- Butter Cookies
- Crispy Banana Dessert
- Chocolate Walnut Bread
- Chocolate Hazelnut Pear Dessert

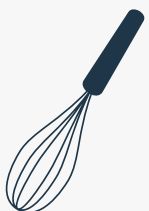
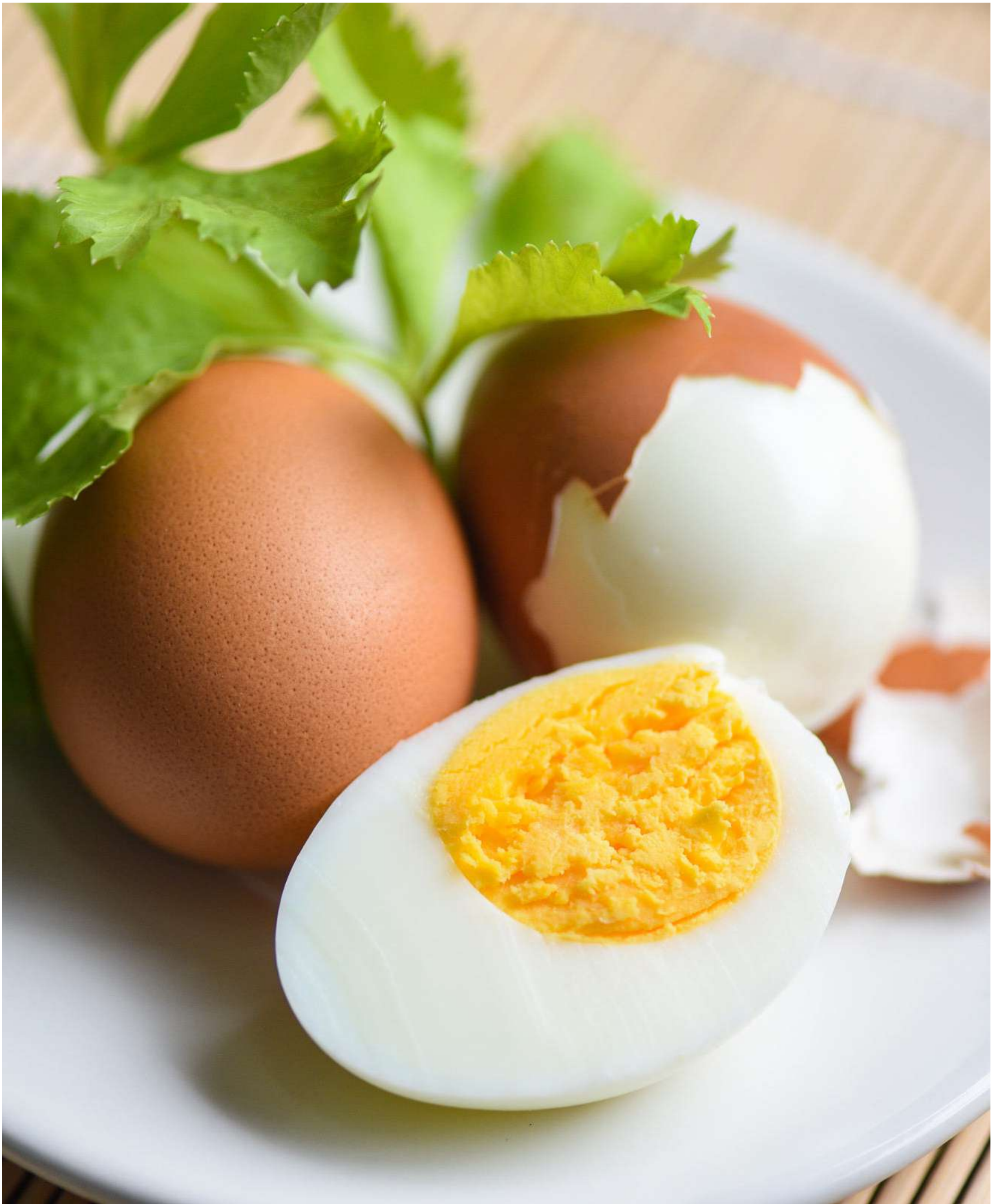


it is possible to cook

BREAKFAST

BOILED EGG

Ingredients: 6 big egg



Prep. Time
1 min



Heat
150°C



Cook Time
15 min



Serves
6



INGREDIENTS

- 6 big egg

DIRECTIONS

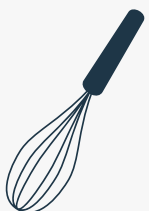
Carefully place the eggs in a single row in the FastFryer basket. Cook for 6 minutes for a medium-cooked firmer yolk and white. Cook for 8 to 10 minutes for firmly hard-boiled. You may need to try different durations to find your best time. Carefully remove the eggs from the basket using tongs and place them in a bowl of cold water. Gently peel the eggs, which have been waiting in cold water for 5 minutes.

Enjoy!

BREAKFAST

ASPARAGUS STRATA

Ingredients: asparagus stalk, wholemeal bread, eggs, whole milk, cheese, parsley, salt, black pepper



Prep. Time
12 min



Heat
160°C



Cook Time
17 min



Serves
4



INGREDIENTS

- 6 asparagus stalks
- 2 slices of wholemeal bread
- 4 eggs
- 3 tablespoons of whole milk
- 1/2 cup grated cheese
- 2 tablespoons chopped parsley
- Salt
- Black pepper

DIRECTIONS

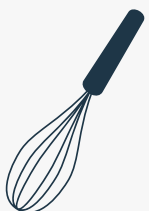
Place the asparagus stalks and 1 tablespoon of water in a 15 cm dish and place in the FastFryer basket and cook for 3 to 5 minutes, until tender. Remove the asparagus from the bowl and spray the bowl with nonstick cooking spray. Place the bread cubes and asparagus in the skillet and set aside. In a medium bowl, whisk the eggs with the milk. Add the cheese, parsley, salt, and pepper. Pour into the bowl and cook until the eggs are firm and the top begins to brown.

Enjoy!

BREAKFAST

SHRIMP FRITTATA

Ingredients: Eggs, salt, dried basil, rice, cooked shrimp, baby spinach, grated cheese



Prep. Time
12 min



Heat
160°C



Cook Time
17 min



Serves
4



INGREDIENTS

- 4 eggs
- pinch of salt
- 1/2 teaspoon dried basil
- 1/2 cup cooked rice
- 1/2 cup chopped cooked shrimp
- 1/2 cup baby spinach
- 1/2 cup grated cheese

DIRECTIONS

In a small bowl, beat the eggs with salt and basil until frothy. Spray a container with non-stick cooking spray. In the prepared bowl, combine the rice, shrimp, and spinach. Pour eggs and sprinkle with cheese. After 14 to 18 minutes, bake until the frittata rises and is golden brown.

Enjoy!

BREAKFAST

CRISPY BACON

Ingredients: Bacon slices



Prep. Time
1 min



Heat
190°C



Cook Time
8-10 min



Serves
4



INGREDIENTS

- 4 slices of bacon

DIRECTIONS

Place the bacon in a single layer in your FastFryer basket or tray. Don't let the bacon touch each other. Air fry the bacon to your desired crispness. For crispy bacon, about 8-10 minutes at 190 - 200°C is sufficient. For less crispy, soft bacon, 10-12 minutes at 170 - 180°C is sufficient. Turn halfway through the cooking time.

Enjoy!

BREAKFAST

DUTCH PANCAKES

Ingredients: Butter, eggs, flour, milk, vanilla, fresh strawberry slices, powdered sugar



Prep. Time
12 min



Heat
160°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 2 spoonful butter
- 3 eggs
- 1/2 cup of flour
- 1/2 cup of milk
- 1/2 teaspoon vanilla
- 1/2 cup sliced fresh strawberries
- 2 tablespoons of powdered sugar

DIRECTIONS

Preheat the FastFryer basket. Add butter to a bowl and heat until the butter melts. Meanwhile, whisk the eggs, flour, milk, and vanilla in a bowl with a whisk until combined and frothy. Carefully remove the basket from the FastFryer and tilt it so that the butter covers the bottom of the pan. Pour the batter and return it to the FastFryer. Bake for 12 to 16 minutes or until pancakes are risen and are golden brown. Garnish with strawberries and powdered sugar.

Enjoy!

BREAKFAST

BREAKFAST WRAP

Ingredients: Eggs, salt, pepper, tomatoes, mushrooms, yoghurt, tortilla/lavash, cheese, lettuce, spring onions



Prep. Time
12 min



Heat
160°C



Cook Time
12 min



Serves
2



INGREDIENTS

- 2 eggs
- 1 pinch of salt
- 1 pinch of black pepper
- 1 tomato
- 4 cultivated mushrooms
- 2 tablespoons of spring onions
- 2 tortillas/lavash
- 30 g cheese
- 20 g navel lettuce

DIRECTIONS

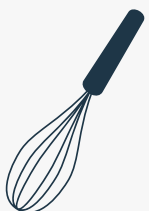
Beat the eggs, add salt and pepper, and pour the FastFryera into a suitable baking dish. Cook for 10 minutes stirring occasionally to make it creamy. Meanwhile, dice the tomatoes and mushrooms. Add yogurt, spring onion, salt, and pepper and mix. In the FastFryer, heat the tortillas for 2 minutes. Spread the yogurt cream on warm tortillas, and add the scrambled eggs, tomatoes, and mushrooms. Sprinkle with grated cheese and add some lettuce. Wrap the tortillas in wraps and serve.

Enjoy!

BREAKFAST

PASTRAMI, EGG AND CHEESE STUFFED PUFFS

Ingredients: 1 sheet of puff pastry, cheddar cheese, cooked Kayseri pastrami, egg



Prep. Time
5 min



Heat
180°C



Cook Time
18 min



Serves
4



INGREDIENTS

- 1 sheet of puff pastry
- 4 tablespoons of grated Cheddar cheese
- 4 tablespoons cooked chopped Kayseri pastrami
- 4 eggs

DIRECTIONS

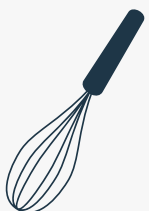
Roll out the dough and cut it into 4 squares. Lightly pierce the dough with a fork several times. Place the squares in the preheated FastFryer basket at 200°C and bake for 6-8 minutes until lightly browned. Open the FastFryer basket and use the back of a tablespoon. Make an indent in the middle of each square. Sprinkle 1 tablespoon of cheese and 1 tablespoon of bacon over each square. Carefully break 1 egg into each indentation. Return the basket to FastFryer. Take it out of the FastFryer after 8-10 minutes and serve before it gets cold.

Enjoy!

BREAKFAST

BLUEBERRY CORNBREAD

Ingredients: Cornmeal, flour, sugar, baking powder, kosher salt, whole milk, butter, eggs, blueberries



Prep. Time
5 min



Heat
200°C



Cook Time
18 min



Serves
4



INGREDIENTS

- 1 cup of cornmeal
- 1 ½ cups all-purpose flour
- ¾ cup sugar
- 2 teaspoons of baking powder
- ¾ teaspoon kosher salt
- 1 cup of whole milk
- 12 tablespoons butter, melted and cooled
- 2 large eggs
- 2 cups blueberries

DIRECTIONS

Grease the FastFryer tray well. Mix the cornmeal, flour, sugar, baking powder, and salt in a large bowl. In a separate bowl, mix the milk, melted butter, and eggs. Stir the milk mixture into the flour mixture. Then add the blueberries. Transfer the dough to the prepared pan and bake in the preheated FastFryer at 180°C for 45 minutes. Check the cornbread through the cooking time and cover it with all-purpose baking paper if it browns too quickly. Allow the cornbread to cool for 20 minutes before slicing.

Enjoy!

BREAKFAST

CINNAMON BISCUITS

Ingredients: Flour, baking powder, kosher salt
butter, milk, sugar, cinnamon

*or your favorite biscuit mix or cat tongue



Prep. Time
5 min



Heat
180°C



Cook Time
8 min



Serves
8



INGREDIENTS

- 2 cups all-purpose flour
- 1 tablespoon of baking powder
- ½ teaspoon kosher salt
- ½ cup cold butter
- ¾ cup of milk

or you can use your favorite biscuit mix or ready-made cat tongue.

For the top:

- 4 tablespoons of melted butter
- ¼ cup sugar
- 1 teaspoon cinnamon

DIRECTIONS

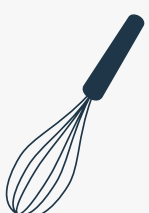
In a large mixing bowl, mix the flour, baking powder, and salt. Add the cold butter to the mixture. Slowly add milk to the flour mixture while mixing until a soft dough is formed. Roll out the dough to 7mm thickness on a floured surface and brush with melted butter. Sprinkle the cinnamon sugar mixture evenly on top. Cut the dough into strips and shape by twisting 3 times. Arrange the strips in the FastFryer basket preheated at 180°C and bake for 6-8 minutes.

Enjoy!

BREAKFAST

SOUR CREAM COFFEE CAKE

Ingredients: Butter, sugar, eggs, sour cream, vanilla extract, flour, salt, baking powder, baking soda



Prep. Time
5 min



Heat
200°C



Cook Time
18 min



Serves
4



INGREDIENTS

- ½ cup softened butter
- ½ cup) sugar
- 1 large egg
- ½ cup sour cream
- ½ teaspoon vanilla extract
- 1 cup all-purpose flour
- ½ teaspoon of salt
- ½ teaspoon of baking powder
- ¼ teaspoon of baking soda

For the top:

- 1 cup chopped walnuts
- 1 teaspoon ground cinnamon
- ¼ cup brown sugar

DIRECTIONS

Combine the topping material in a bowl. In a separate bowl, beat the butter and sugar until slightly fluffy. Add the egg to the butter mixture and mix, add the dry ingredients and mix. Pour half of the dough into a FastFryera suitable bowl, pour half of the batter on top of the remaining dough and sprinkle the remaining filling mixture on the dough. Place the tray in the FastFryer and cook for 30-35 minutes. If it turns brown quickly when you check it halfway through the cooking time, cover it with all-purpose baking paper.

Enjoy!

SNACK

SPICY POTATOES

Ingredients: Medium potatoes, oil, salt, smoked red pepper, garlic powder, black pepper



Prep. Time
2 min



Heat
200°C



Cook Time
17 min



Serves
2-3



INGREDIENTS

- 5 medium potatoes, peeled and diced
- 1 tablespoon of oil
- 1/2 teaspoon of salt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper or any seasoning of your choice

DIRECTIONS

Preheat the FastFryer for approximately 2-3 minutes. This will give you more crispy potatoes. Meanwhile, mix the potatoes with the spices and oil until they are well coated. Spray the FastFryer basket with non-stick spray. Add the potatoes and shake the basket out halfway through the cooking time to ensure even cooking. After 17 minutes of cooking, transfer to a plate and serve before it cools down.

Enjoy!

SNACK

STUFFED MUSHROOMS

Ingredients: Jumbo mushrooms, olive oil, cheese varieties, spinach, bread crumbs, fresh rosemary



Prep. Time
2 min



Heat
200°C



Cook Time
17 min



Serves
2-3



INGREDIENTS

- 4 jumbo mushrooms
- 1 tablespoon of olive oil
- 1/2 cup cheese of your choice
- 1 cup chopped spinach
- 1/3 cup breadcrumbs
- 1/4 teaspoon chopped fresh rosemary

DIRECTIONS

Clean the mushrooms and rub them with olive oil. Place hollow side up in FastFryer basket and cook for 3 minutes. Carefully remove the mushrooms because they will contain liquid. Empty the liquid inside.

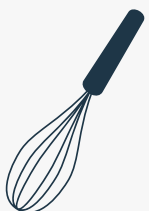
Combine the cheeses of your choice, spinach, breadcrumbs, and rosemary in a bowl and mix well. Fill the strained mushrooms with this mixture. Sprinkle some more cheese on top. Put the mushrooms back in the basket. Cook for 4 to 6 minutes or until the filling is cooked through and the mushrooms are tender.

Enjoy!

SNACK

BUFFALO CHICKEN WINGS

Ingredients: Chicken wings, buffalo wings sauce, cheese sauce



Prep. Time
10 min



Heat
180°C



Cook Time
25 min



Serves
4



INGREDIENTS

- 450 g chicken wings
- paprika, salt, pepper
- breadcrumbs

For the top:

- 1/2 cup hot sauce
- 1 teaspoon of sugar
- salt, pepper
- 2 tablespoons of olive oil
- 4 tablespoons of butter
- 1 tablespoon of garlic powder

For the cheese sauce:

- 4 tablespoons of mayonnaise
- 2 tablespoons of strained yogurt
- 2 tablespoons roquefort or cheddar cheese
- 1/2 tablespoon of lemon juice

DIRECTIONS

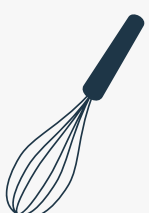
Mix the ingredients for the cheese sauce and leave it in the refrigerator for 1 hour. Mix chili powder, black pepper, salt, and breadcrumbs in a bowl. Then dip the chicken wings in this mixture. Roast in the FastFryer at 180°C for 20 minutes until the chickens are golden brown. Let's melt the butter in a small pan and add the buffalo sauce ingredients and cook until it is bubbling. You can dip the fried wings in buffalo sauce and cook them in FastFryer for another 5 minutes and serve with cheese sauce.

Enjoy!

SNACK

PESTO BRUSCHETTA

Ingredients: French bread, butter, Mozzarella cheese, pesto basil, tomatoes, green onions



Prep. Time
10 min



Heat
180°C



Cook Time
25 min



Serves
4



INGREDIENTS

- 8 Slices of French Bread
- 2 Tablespoons of soft butter
- 1 Cup Grated Mozzarella
- 1/2 cup pesto basil
- 1 cup diced cherry tomatoes
- 2 Green onions, thinly sliced

DIRECTIONS

Butter the bread and place butter side up in the FastFryer basket. Bake for 4 minutes or until bread is browned. Remove the breads from the basket and top each piece with some cheese. Return it to the basket and bake for about 1 to 3 minutes, until the cheese has melted. Meanwhile, combine the pesto, tomatoes and scallions in a small bowl. When the cheese is melted, remove the bread from the FastFryer and place on a serving platter. Spread some pesto mixture on each slice and serve.

Enjoy!

SNACK

MEXICAN CORN

Ingredients: corn on the cob, olive oil, salt, black pepper, brown sugar, chili powder, cumin, hot pepper, yogurt, lemon zest, lemon juice, feta cheese, coriander



Prep. Time
10 min



Heat
180°C



Cook Time
20 min



Serves
2



INGREDIENTS

- 2 cobs of corn
- 1 tablespoon of olive oil
- 1/4 teaspoon salt, pepper, and brown sugar
- 1/4 teaspoon ground cumin
- A pinch of cayenne pepper
- 1/4 cup plain yogurt
- 1 teaspoon lemon zest
- 1 tablespoon of lemon juice
- 2 tablespoons of crumbled feta cheese
- 1 tablespoon finely chopped coriander

DIRECTIONS

Cut the corn cobs in half. Combine oil, salt, pepper, brown sugar, paprika, and cumin; smear all parts of the corn with this mixture. Place the corn in the FastFryer and cook for 18-20 minutes. Meanwhile, mix the yogurt, lemon zest, and lemon juice; Spread over the corn. Sprinkle with feta cheese and coriander and serve.

Enjoy!

SNACK

AIR FRIED GARLIC

Ingredients: Garlic, olive oil or vegetable oil



Prep. Time
10 min



Heat
180°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 1 head of garlic
- 2 teaspoons olive or vegetable oil

DIRECTIONS

Preheat the FastFryer to 180°C.

Slice the top of the garlic head and drizzle oil over it. Wrap one surface with aluminum foil and the other surface with baking paper. Place in FastFryer basket. Bake for 25-30 minutes or until the garlic is very soft and golden. Unfold the paper and let it sit until it is cool enough to handle. Squeeze upwards from the bottom of the cloves to remove the roasted garlic cloves. You can use it in sauces, marinades, veggies, or garlic bread.

Enjoy!

SNACK

BEEF AND MANGO SKEWERS

Ingredients: Beef tenderloin, balsamic vinegar, olive oil, honey, marjoram, salt, pepper, mango



Prep. Time
10 min



Heat
160°C



Cook Time
5 min



Serves
4



INGREDIENTS

- 340 g diced beef tenderloin
- 2 tablespoons of balsamic vinegar
- 1 tablespoon of olive oil
- 1 tablespoon of honey
- 1/2 teaspoon dried marjoram
- 1 pinch of salt
- 1 pinch of black pepper
- 1 mango

DIRECTIONS

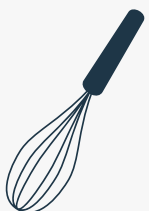
Put the beef cubes in a medium bowl and add the balsamic vinegar, olive oil, honey, marjoram, salt, and spray. Stir the marinade well until it coats the beef. Cut the mango into peeling and cubes approaching. Handle the metal skewers communicating three beef cubes and two mango cubes. Grill the skewers in the FastFryer basket for 4 to 7 minutes or until the veal is browned, then serve.

Enjoy!

SNACK

CRISPY FISH

Ingredients: Dry bread crumbs, oil, fish fillet 1 scrambled egg, lemon



Prep. Time
10 min



Heat
180°C



Cook Time
10 min



Serves
4



INGREDIENTS

- cup of dry breadcrumbs
- 1/4 cup of oil
- 4 fish fillets
- 1 scrambled egg
- 1 sliced lemon

DIRECTIONS

Mix the breadcrumbs and oil in a bowl. Stir until the mixture is loose and crumbly. Dip fish fillets in egg, and shake off excess. Dip the fillets in the breadcrumb mixture; coat evenly and completely. Gently place the coated fillets in the preheated FasFryera. Bake for about 12 minutes, until the fish is flaky. Garnish with lemon slices.

Enjoy!

SNACK

JALAPEÑO POPPERS

Ingredients: Pepper, soft cream cheese, lemon zest, lemon juice, salt, pepper, chili flakes, cereal crumbs, Cheddar, Parmesan, olive oil



Prep. Time
15 min



Heat
160°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 60 ml soft cream cheese
- 1 teaspoon lemon zest
- 1 tablespoon of lemon juice
- A pinch of salt, pepper and cayenne pepper
- 6 bell peppers, cut lengthwise
- 2 tablespoons of cereal crumbs
- 2 tablespoons grated Cheddar
- 1 tablespoon grated Parmesan
- 1 tablespoon of olive oil

DIRECTIONS

Mash together the cream cheese, lemon zest, lemon juice, salt, pepper, and cayenne pepper. Cut each pepper in half and fill with 1 teaspoon of the mixture. Stir in the Cereal Crumbs, Cheddar, and Parmesan. Sprinkle over the stuffed peppers. Place the peppers in the FastFryer basket. Drizzle some oil and cook for 10-15 minutes.

Enjoy!

SNACK

MINI MARGHERITA PANZEROTTI

Ingredients: Pizza dough, tomato sauce, mozzarella, fresh basil, olive oil



Prep. Time
10 min



Heat
180°C



Cook Time
10 min



Serves
2



INGREDIENTS

- 225 g ready made pizza dough
- 1/2 cup tomato sauce
- 1 cup grated mozzarella
- 2 tablespoons of fresh basil
- 4 teaspoons of olive oil

DIRECTIONS

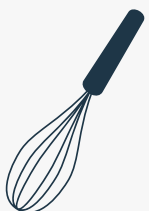
Lightly oil the FastFryer basket. Divide the pizza dough into 2 parts. On a lightly floured surface, roll out 5 mm thick 20 cm round doughs. Spread 1 tablespoon of sauce evenly over half of each serving; Garnish with mozzarella and basil. Fold the dough in half and crimp the edges. Brush the panzerotti with oil. Make 2 holes in each panzerotti to allow steam to escape and place in the FastFryer basket. Bake for 10 to 12 minutes or until the cheese melts. Warm the remaining tomato sauce and serve with the panzerotti.

Enjoy!

MAIN

CAULIFLOWER AND DILL GRATIN

Ingredients: Egg, ricotta cheese, cheddar, dill, parsley, onion powder, kosher salt, black pepper, cauliflower



Prep. Time
10 min



Heat
180°C



Cook Time
25-35 min



Serves
4



INGREDIENTS

- 2 eggs
- 2 cups full-fat ricotta cheese
- 1 cup grated cheddar
- ¼ cup freshly chopped dill
- ¼ cup freshly chopped parsley
- 1 teaspoon of onion powder
- ¼ teaspoon kosher salt, black pepper
- 450 g fresh cauliflower

DIRECTIONS

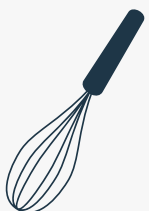
Preheat the FastFryer. Lightly grease a 15 cm baking tray. In a bowl, mix the eggs, ricotta cheese, grated cheddar, dill, parsley, onion powder, salt, and pepper. cauliflower. Place on the prepared baking tray and pour the gratin mixture into the bowl. Place the tray in the FastFryer basket and bake for 25-35 minutes. Check the gratin halfway through cooking and if it browns too quickly, covers it with wet baking paper. Let cool for 10 minutes before serving.

Enjoy!

MAIN

CHILI WITH GARLIC BROCCOLI

Ingredients: medium broccoli, olive oil, red or green hot pepper, garlic, salt, pepper



Prep. Time
10 min



Heat
180°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 1 medium broccoli
- 1 tablespoon of olive oil
- 1 fresh red or green chili pepper
- 2 medium sliced garlic
- ½ teaspoon of salt
- ¼ teaspoon black pepper

DIRECTIONS

Preheat the FastFryer to 180°C.

Mix all ingredients in a bowl

Place the broccoli in a single layer in the FastFryer basket. Cook for 10-15 minutes until the broccoli is nicely browned and cooked through. You'll get more evenly fried broccoli if you open the basket and shake it midway through.

Enjoy!

MAIN

PUMPKIN WITH MAPLE SYRUP

Ingredients: Pumpkin, maple syrup, olive oil, kosher salt, black pepper



Prep. Time
10 min



Heat
180°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 4 cups pumpkin, diced and peeled
- 1 tablespoon of maple syrup
- 2 teaspoons of olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

DIRECTIONS

Preheat the FastFryer to 180°C.

In a large bowl, mix all ingredients together with pumpkin oil and maple syrup until evenly coated.

Spray the FastFryer basket with non-stick cooking spray. Place the zucchini in an even layer in the FastFryer basket. Bake for 12-15 minutes or until the squash is browned and well-done.

Enjoy!

MAIN

BRUSSELS SPROUTS

Ingredients: Brussels sprouts, balsamic vinegar, honey, salt and pepper, Parmesan cheese, chives



Prep. Time
15 min



Heat
180°C



Cook Time
10 min



Serves
4



INGREDIENTS

- Brussels sprouts
- 2 tablespoons of balsamic vinegar
- 2 teaspoons of honey
- 1/4 teaspoon salt and pepper
- 1/4 cup Parmesan cheese
- 2 tablespoons chopped chives

DIRECTIONS

Thoroughly mix the Brussels sprouts, vinegar, honey, salt, and pepper.

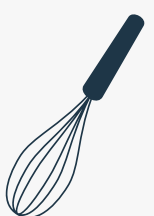
Place in FastFryer basket and bake at 180°C for 10-15 minutes. Halfway through the cooking time, open the basket and add the Parmesan and onion.

Enjoy!

MAIN

RATATOUILLE

Ingredients: Eggplant, zucchini, red pepper, yellow pepper, red onion, garlic, olive oil, thyme, salt, black pepper, red pepper flakes, cherry tomatoes, basil



Prep. Time
15 min



Heat
180°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 1 eggplant diced
- 1 diced zucchini
- 1 chopped red pepper
- 1 chopped yellow pepper
- 1 diced red onion
- 1 clove of minced garlic
- 2 tablespoons of olive oil
- 1 teaspoon dried thyme
- 3/4 teaspoon salt and pepper
- A pinch of chili pepper
- 1 cup cherry tomatoes
- 2 tablespoons chopped fresh basil

DIRECTIONS

In a bowl, mix the eggplant, zucchini, red pepper, yellow pepper, onion, garlic, 1 tablespoon of oil, thyme, salt, black pepper, and chili flakes. Put the mixture in the FastFryer bowl. Cook for 18-20 minutes until the vegetables are tender. After cooking, you can mix it with tomatoes, basil, and a little oil and serve.

Enjoy!

HOW TO COOK

MAIN

SESAME WITH GARLIC FRYING CARROTS

Ingredients: Baby carrots, sesame oil, dried dill, salt, pepper, garlic, sesame



Prep. Time
5 min



Heat
200°C



Cook Time
16 min



Serves
4



INGREDIENTS

- 450 grams baby carrots
- 1 tablespoon of sesame oil
- 1/2 teaspoon dried dill
- pinch of salt
- Freshly ground black pepper
- 6 cloves of peeled garlic
- 3 tablespoons of sesame

DIRECTIONS

Place the baby carrots in a medium bowl. Drizzle with sesame oil, add dill, salt, and pepper, and coat the carrots well. Place the carrots in the FastFryer basket. After cooking for 8 minutes, shake the basket once: Add the garlic to the FastFryer. Roast for 8 minutes, shaking the basket once during the cooking time or until the garlic and carrots are lightly browned. Transfer to a serving plate and sprinkle sesame seeds before serving,

Enjoy!

MAIN

SALTY ROASTED SWEET POTATOES

Ingredients: Sweet potato, olive oil, salt, pepper, dried thyme, marjoram and rosemary, Parmesan



Prep. Time
5 min



Heat
165°C



Cook Time
25 min



Serves
4



INGREDIENTS

- 2 sweet potatoes, diced
- 1 tablespoon of olive oil
- a pinch of salt
- freshly ground black pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 1/4 cup grated Parmesan

DIRECTIONS

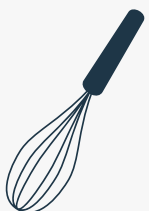
Dip the sweet potato cubes in a tablespoon of olive oil and seasonings and place in the FastFryer basket. Roast for 20 minutes, shaking the FastFryer basket once in the middle of cooking time. After 20 minutes, open the basket and sprinkle Parmesan cheese evenly and fry the potatoes for another 5 minutes.

Enjoy!

MAIN

SPINACH QUICHE

Ingredients: Eggs, chopped spinach, cream, honey mustard, Havarti cheese and cheddar, thyme, salt, pepper



Prep. Time
10 min



Heat
160°C



Cook Time
20 min



Serves
3



INGREDIENTS

- 3 eggs
- 1 cup chopped spinach
- 1/3 cup cream
- 2 tablespoons honey mustard
- 1/2 cup shredded Havarti cheese or cheddar cheese
- 1/2 teaspoon dried thyme
- A pinch of salt, pepper

DIRECTIONS

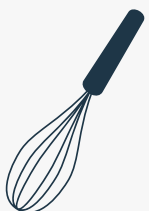
In a medium bowl, whisk the eggs until blended. Mix spinach, cream, honey mustard, cheese, thyme, salt and pepper. Spray a FastFryera suitable baking sheet with non-stick spray. Pour the egg mixture into the tray. Bake for 20 minutes or until egg mixture rises. Let cool for 5 minutes, then cut into slices and serve.

Enjoy!

MAIN

BAKED POTATO

Ingredients: Potatoes, vegetable oil, sour cream, any stuffing you want



Prep. Time
10 min



Heat
160°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 4 potatoes
- Vegetable oil
- sour cream
- Interior mortar materials you want

DIRECTIONS

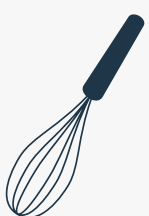
Preheat the FastFryer to 200 degrees. Put the potatoes that you have soaked in water and dried them with a paper towel into the FastFryer basket. Set the timer to 25 minutes. In the meantime, prepare the stuffing materials you want. When the potatoes are ready, set them aside until they are warm to hold. Cut off the top of each potato and mix the insides with the sour cream using a fork. Fill the cooked potatoes with the stuffing you prepared and serve.

Enjoy!

MAIN

CHILI BEANS

Ingredients: Onion, red bell pepper, celery stalk, garlic, olive oil, cowpea, corn, chili pepper, cumin, paprika powder, tomato, quinoa, salt, pepper, lime, coriander



Prep. Time
10 min



Heat
160°C



Cook Time
60 min



Serves
4



INGREDIENTS

- 1 onion
- 2 red bell peppers
- 2 celery stalks
- 2 cloves of garlic
- 400 g boiled black-eyed peas
- 70 g corn
- hot pepper, cumin, cayenne pepper, salt, black pepper, 15 gr coriander
- 400 g tomatoes
- 50 g quinoa
- 1 lime

DIRECTIONS

Put the diced celery, bell peppers, onions, and garlic in a basket with a little olive oil in a suitable FastFryera container. Cook until the vegetables are soft. Add the boiled cowpeas, corn, spices, and diced tomatoes to the vegetables and mix. Add enough water to cover them and cook until the kidney beans are tender. Add the cayenne pepper and quinoa and cook again until the quinoa is tender. After cooking, add salt and pepper. Serve with lime wedges and coriander.

Enjoy!

MAIN

CHICKEN WITH ORANGE AND OLIVES

Ingredients: Skinless chicken breast, olive oil, Kosher salt, black pepper, olives



Prep. Time
15 min



Heat
200°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 2 boneless skinless chicken breasts
- 1 tablespoon of olive oil
- Salt and ground pepper
- Large green olives, pitted

For the marinade:

- 1 glass of orange juice
- 1 tablespoon of olive oil
- chopped garlic
- Fresh thyme
- ½ teaspoon kosher salt
- ½ teaspoon ground fennel seeds
- ¼ teaspoon ground black pepper

DIRECTIONS

Mix marinade ingredients in a bowl, reserve half of the sauce, and add the chicken to the remaining marinade. Cover it and leave it in the refrigerator for 1 hour. Line the marinated chicken with the preheated FastFryera and cook for 20 minutes. While the chicken is cooking, leave the marinade and olives to boil in a saucepan. After boiling, cook for 5 more minutes on low heat. Pour the sauce over the fried chicken and serve.

Enjoy!

HOW TO COOK

MAIN

STEAK BUNDLES

Ingredients: Sirloin or flank steak, red onion, paprika, green pepper, 1 small zucchini, olive oil, fresh rosemary, Kosher salt, black pepper



Prep. Time
15 min



Heat
200°C



Cook Time
12 min



Serves
4



INGREDIENTS

- 8 thin slices of sirloin
- 1 medium sliced red onion
- 1 red bell pepper sliced into thin strips
- 1 green bell pepper sliced into thin strips
- 1 thinly sliced zucchini
- ¼ cup olive oil
- ½ teaspoon of fresh rosemary
- Kosher salt and ground black pepper

For the sauce:

- ¾ cup of balsamic vinegar
- ¼ cup broth
- 2 teaspoons of brown sugar
- 1 large clove of minced garlic
- 1 small sprig of fresh rosemary

DIRECTIONS

Rub both sides of the steak slices with a little olive oil. Sprinkle with salt, pepper, and rosemary. Place several of the vegetable strips vertically on one end of each steak slice, roll them out, and secure them with a toothpick. Place the bundles in the preheated FastFryer basket at 200°C and bake for 7 minutes. Open the basket, and brush each bunch with reserved sauce. Cook for another 3-5 minutes. Remove the toothpicks and serve with the prepared sauce.

Enjoy!

HOW TO COOK

MAIN

MEATBALL BALLS

Ingredients: Beef, water chestnut, breadcrumbs, soy sauce, sesame oil, ginger, garlic, green onion, egg, black pepper



Prep. Time
15 min



Heat
200°C



Cook Time
12 min



Serves
4



INGREDIENTS

- 450 g beef
- 110 g finely chopped water chestnuts
- 3 tablespoons of breadcrumbs
- 1 tablespoon of soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon ginger
- 1 teaspoon minced garlic
- 1 large green chopped onion
- 1 egg
- ½ teaspoon of black pepper

DIRECTIONS

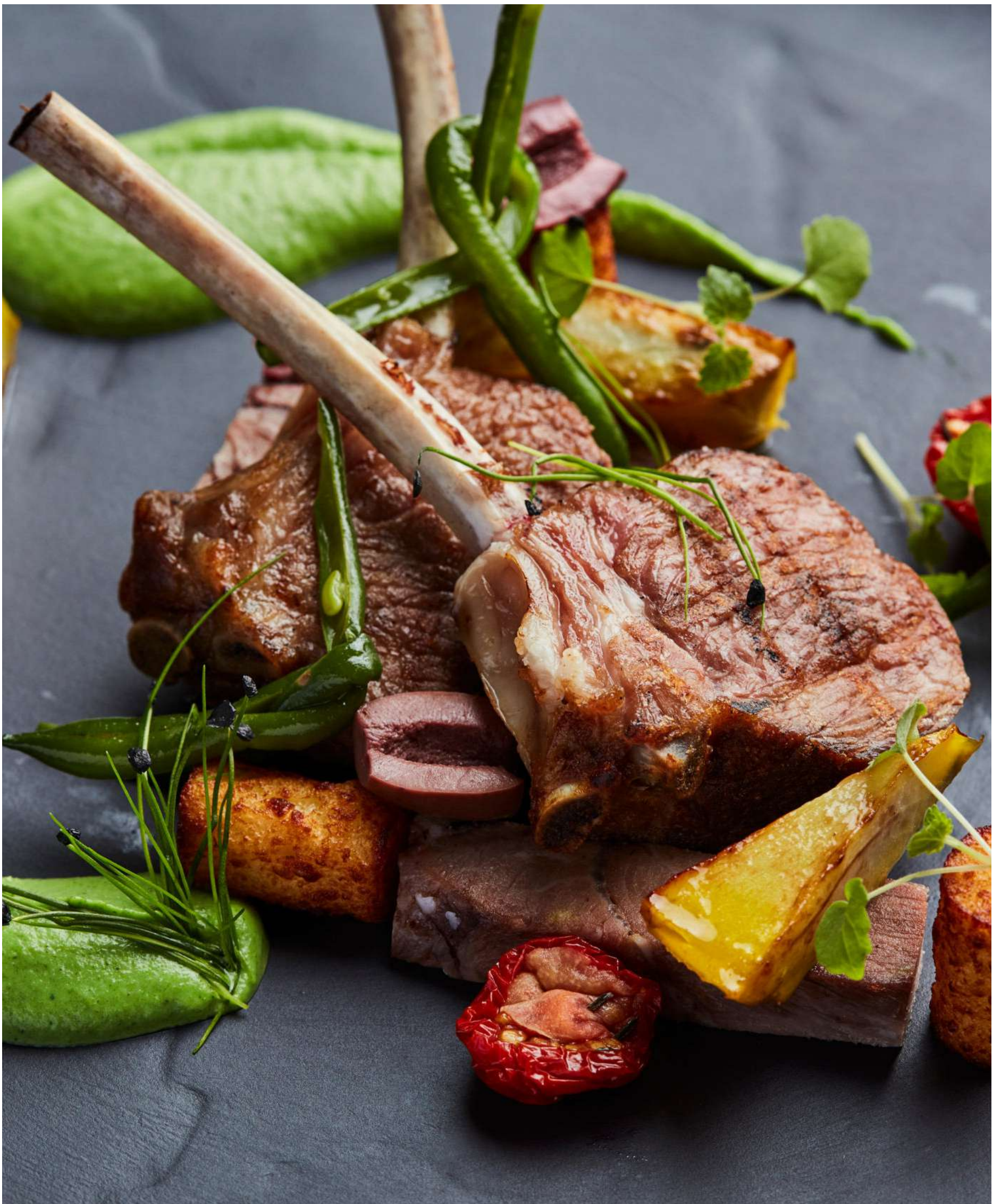
Mix all ingredients together. Form into 4cm balls. Cook in batches if necessary for 10-12 minutes in a FastFryer basket sprayed with non-stick cooking spray and preheated at 200°C. Serve over noodles or rice.

Enjoy!

MAIN

MINT LAMB CHOPS

Ingredients: Lamb ribs with bones, mint, parsley, olive oil, lemon juice, garlic, kosher salt, black pepper



Prep. Time
15 min



Heat
200°C



Cook Time
12 min



Serves
4



INGREDIENTS

- 4 bone-in lamb ribs

For the marinade:

- 1 cup finely chopped mint
- ½ cup finely chopped parsley
- ¾ cup of olive oil
- ¼ cup lemon juice
- 2 tablespoons finely chopped garlic
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

DIRECTIONS

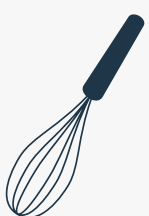
In a bowl large enough to hold the lamb chops, mix all of the marinade ingredients. Reserve half of the marinade. Add the lamb chops to the remaining marinade in the bowl and stir to coat evenly. Cover and marinate in the refrigerator for 1 hour. Put the lamb chops in the preheated FastFryer basket at 200°C and cook for 12-15 minutes. Serve with reserved marinade.

Enjoy!

MAIN

FISH AND CHIPS

Ingredients: Yogurt, mustard, bread crumbs, salt and pepper, garlic powder, chili flakes, olive oil, haddock, french fries



Prep. Time
20 min



Heat
180°C



Cook Time
35 min



Serves
4



INGREDIENTS

- 1/4 cup yogurt
- 4 teaspoons mustard
- 1 cup of breadcrumbs
- 1 pinch of salt and pepper
- 1 pinch of garlic powder and chili flakes
- 2 tablespoons of olive oil
- haddock
- Fried diced potatoes

DIRECTIONS

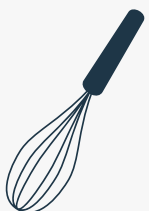
In a shallow bowl, mix the yogurt and mustard. In a separate shallow bowl, mix the breadcrumbs, salt and pepper, garlic powder, and chili flakes; Add 1 tablespoon of olive oil. Cut the fish into fillets. Lightly coat each fillet with the yogurt mixture, then dip in the breadcrumb mixture. Place in FastFryer basket. Bake for 15 minutes or until fish begins to flake. Cover and set aside to keep warm. Toss the potatoes with the remaining oil, salt, and pepper into the FastFryer basket and cook for 15 minutes. Serve with yoghurt Tatar sauce.

Enjoy!

MAIN

PEPPER STEAK WITH MUSHROOMS

Ingredients: Fillet steak, black pepper, salt, pepper, mushrooms, olive oil, garlic, fresh thyme, spring onions



Prep. Time
10 min



Heat
180°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 1/4 cup yogurt
- 4 teaspoons mustard
- 1 cup of breadcrumbs
- 1 pinch of salt and pepper
- 1 pinch of garlic powder and chili flakes
- 2 tablespoons of olive oil
- haddock
- Fried diced potatoes

DIRECTIONS

Season the steak with salt and pepper. Lightly oil the FastFryer basket and insert the steaks. Bake for 10-12 minutes or until cooked to your liking. After removing the steak; Let stand for 10 minutes before serving. Meanwhile, mix the mushrooms with olive oil, garlic, thyme, salt and pepper. Place in FastFryer basket and bake for 8-10 minutes. Sprinkle with spring onions before serving. Serve the mushroom and steak together.

Enjoy!

MAIN

BUTTER FRIED CHICKEN

Ingredients: Baguette, breast and thigh, flour, paprika, salt, black pepper, buttermilk, egg, olive oil, breadcrumbs



Prep. Time
5 min



Heat
190°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 6 chicken pieces; drumsticks, breasts, and thighs
- 1 cup of flour
- 2 teaspoons of paprika
- pinch of salt
- Freshly ground black pepper
- 1/3 cup of buttermilk
- 2 eggs
- 2 tablespoons of olive oil
- Breadcrumbs

DIRECTIONS

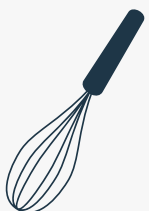
In a shallow bowl, combine the flour, paprika, salt, and pepper. In another bowl, whisk the buttermilk with the eggs until smooth. In a third bowl, combine olive oil and breadcrumbs until blended. Dip chicken in flour, then eggs to coat, and finally breadcrumbs. Roast the chicken in the FastFryer for 20-25 minutes, halfway through, open the basket, and turn each piece. Let cool for 5 minutes, then serve.

Enjoy!

MAIN

SWEET BITTER CHICKEN WINGS

Ingredients: Chicken wings, olive oil, brown sugar, honey, apple cider vinegar, garlic, paprika, salt



Prep. Time
5 min



Heat
200°C



Cook Time
25 min



Serves
4



INGREDIENTS

- 8 Chicken wings
- 1 tablespoon of olive oil
- 1/3 cup brown sugar
- 2 tablespoons of honey
- 1/3 cup apple cider vinegar
- 2 cloves of minced garlic
- 1/2 teaspoon paprika
- 1/4 teaspoon salt

DIRECTIONS

In a bowl, grease the wings with 1 tablespoon of oil. Transfer to FastFryer basket and cook for 20 minutes, shaking the basket halfway through. Meanwhile, in a small bowl, combine sugar, honey, vinegar, red pepper flakes, and salt and whisk. Take the wings out of the FastFryer basket and dip them in the sauce you prepared. Cook in the FastFryer for another 5 minutes until the wings are shimmering.

Enjoy!

MAIN

THAI BURGER

Ingredients: Breadcrumbs, Thai chili sauce, green onion garlic, ground beef, onion rolls, tomato, peanut sauce



Prep. Time
10 min



Heat
190°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 1/2 cup breadcrumbs
- 1/4 cup Thai chili sauce
- 2 chopped green onions
- 2 cloves of minced garlic
- 560 g lean ground beef
- 4 onion rolls
- 1 large tomato
- 1/3 cup peanut sauce

DIRECTIONS

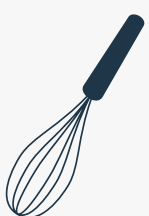
In a bowl, combine the breadcrumbs with the Thai chili sauce, then stir in the scallions and garlic. Add the ground beef and mix gently but thoroughly until combined. Form the mixture into four patties. Make an indentation in the middle of each patty with your thumb so that the burgers do not rise during cooking. Bake for 12-15 minutes. Prepare burgers with meatballs, onion rolls, sliced tomatoes and peanut sauce

Enjoy!

DESSERT

MIXED FRUIT CAKE

Ingredients: flour, baking powder, white sugar, brown sugar, eggs, full -fat milk, sunflower oil, mixed fruit



Prep. Time
15 min



Heat
160°C



Cook Time
15 min



Serves
4



INGREDIENTS

- 60gr flour
- 2 teaspoons of baking powder
- 1/4 cup white sugar
- 2 tablespoons of brown sugar
- 2 eggs
- 1/2 cup of whole milk
- 1/2 cup of sunflower oil
- 1 cup mixed fresh fruit

DIRECTIONS

Combine 50 g flour, baking powder, white sugar, and brown sugar in a bowl and mix well. In a small bowl, combine the eggs, milk, and oil and whisk well. Mix the egg mixture with the dry ingredients, In another small bowl, mix the mixed berries with 1 tablespoon of flour until they are coated, and slowly add them to the dough. Divide into 8 muffin cups. Bake for 12 to 17 minutes, until the tops of the muffins come back when lightly touched with your finger. Refrigerate for 10 minutes before serving.

Enjoy!

DESSERT

CHOCOLATE CHIP COOKIE

Ingredients: granulated sugar, butter, eggs, corn starch, molasses, salt, baking soda, vanilla sugar, chocolate



Prep. Time
7 min



Heat
150°C



Cook Time
10 min



Serves
6



INGREDIENTS

- 1/2 cup of granulated sugar
- 60g butter
- 1 small egg
- 1 cup of flour
- 1/2 tablespoon of cornstarch
- 1 tablespoon of molasses
- 1/4 teaspoon salt
- 1/4 teaspoon of baking soda
- 1/2 pack of vanilla sugar
- 60 g finely chopped chocolate

DIRECTIONS

Mix the melted room temperature butter and granulated sugar in the bowl thoroughly, then add 1 egg and beat for 1 minute. Add molasses, vanillin, flour, starch, salt, and baking soda and mix with a spatula. Once the dough comes together, add the chocolate chips and mix. After keeping the dough in the refrigerator for half an hour, portion it in an ellipse shape and cook it for 10 minutes in the FastFryer, which you have preheated for 3 minutes. It will be cooked so that it is soft on the inside and crispy on the outside. Take care not to place the portions too close together, as the cookies will enlarge as they bake.

Enjoy!

DESSERT

BLACK AND WHITE BROWNIE

Ingredients: Egg, brown sugar, white sugar, sunflower oil, vanilla, cocoa powder, flour, white chocolate



Prep. Time
10 min



Heat
170°C



Cook Time
20 min



Serves
12



INGREDIENTS

- 1 egg
- 1/4 cup brown sugar
- 2 tablespoons of white sugar
- 2 tablespoons of sunflower oil
- 1 teaspoon vanilla
- 1/4 cup cocoa powder
- 1/3 cup flour
- 1/4 cup white chocolate chips

DIRECTIONS

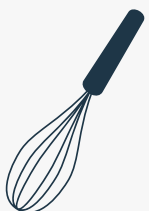
In a bowl, beat the egg with the brown sugar and white sugar. Add the oil and vanilla and whisk. Add cocoa powder and flour and mix until well mixed. Break the white chocolate into small pieces. Spray a pan with non-stick spray and pour the Brownie batter into the pan. Bake for 20 minutes or until muffins are firm when lightly touched with fingers. Let cool for 30 minutes and slice and serve.

Enjoy!

DESSERT

SAN SEBASTIAN CHEESECAKE

Ingredients: Egg, granulated sugar, labneh cheese, cream, flour



Prep. Time
10 min



Heat
200°C



Cook Time
35 min



Serves
6



INGREDIENTS

- 4 eggs
- 1 – 1.5 cups of granulated sugar
- 400 g fresh cheese
- 2 cups cream
- 1 heaping tablespoon of flour

For the chocolate sauce:

- 200 g cream
- 180 g milk chocolate

DIRECTIONS

Beat 4 eggs with 1.5 cups of sugar in a bowl, then add the flour and continue beating. After whisking well, add labneh cheese and cream and mix.

Pour the mixture into the cheesecake pan you have lined with baking paper and place it on the FastFryer. After cooking at 200°C for 15 minutes, cover it with wet greaseproof paper and bake for another 20 minutes.

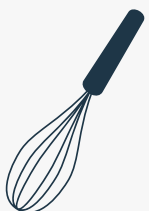
Meanwhile, for the sauce, wait until the cream boils over low heat, then add the chocolate chips and stir until melted. After cooling, you can pour the sauce and serve.

Enjoy!

DESSERT

FRENCH TOAST STICKS

Ingredients: Eggs, cream, whole milk, granulated sugar, cinnamon, vanilla extract, Kosher salt, bread, Maple syrup



Prep. Time
5 min



Heat
190°C



Cook Time
20 min



Serves
6



INGREDIENTS

- 2 large eggs
- 1/3 cup cream
- 1/3 cup whole milk
- 3 tablespoons of granulated sugar
- 1/4 tablespoon ground cinnamon
- 1/2 tablespoon of pure vanilla extract
- kosher salt
- 6 slices of bread divided into 3
- Maple syrup

DIRECTIONS

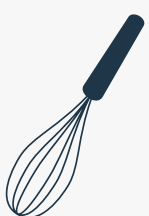
Beat the eggs. Place the cream, milk, sugar, cinnamon, vanilla and a pinch of salt on a large baking tray. Add the bread, turn several times. Place the French toast in the FastFryer's basket, working in batches as needed so that the basket is not overcrowded. Bake for about 8 minutes until golden brown. Serve hot with a drizzle of maple syrup on top.

Enjoy!

DESSERT

GLUTEN FREE CAKE

Ingredients: Almond flour, cocoa powder, baking powder, salt, unsweetened patisserie's chocolate, butter, granulated sugar, egg, egg yolk, vanilla extract



Prep. Time
20 min



Heat
180°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 1/2 cup of almond flour
- 1/4 cup cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 45 g unsweetened patisserie chocolate
- 1/4 cup butter
- 1/2 cup of granulated sugar
- 1 egg
- 1 egg yolk
- 1/2 teaspoon of vanilla extract

DIRECTIONS

Sift together almond flour, cocoa powder, baking powder and salt; set it aside. Melt the chocolate with the butter in a bain-marie. After removing it from the fire, mix it with sugar, let it cool. Mix the egg and egg yolk until well combined. Add the vanilla. Add the almond flour mixture. Pour into 6 silicon square baking dishes and place on the FastFryera. Cook for 20 minutes. and refrigerate, covered, until firm. Sprinkle with cocoa powder before serving.

Enjoy!

DESSERT

BUTTER COOKIES

Ingredients: Butter, sugar, kosher salt, flour



Prep. Time
15 min



Heat
180°C



Cook Time
20 min



Serves
4



INGREDIENTS

- 1 cup of softened butter
- ½ cup of sugar
- ½ teaspoon kosher salt
- 2 cups all-purpose flour

DIRECTIONS

In a bowl, whisk the cream, butter, salt and sugar until fluffy. Continue whisking while slowly adding flour. Press the dough onto an ungreased metal baking sheet. Pierce all over the dough with a fork. Bake in the preheated FastFryer for 20-30 minutes until light golden. Check halfway through cooking and cover with all-purpose parchment paper if the top is quickly browned. Cut into sticks or triangles while still hot.

Enjoy!

DESSERT

CRISPY BANANA DESSERT

Ingredients: Banana, granulated sugar, cream, milk chocolate, walnuts, fresh mint, sunflower oil



Prep. Time
2 min



Heat
200°C



Cook Time
8 min



Serves
4



INGREDIENTS

- 2 bananas
- a pinch of granulated sugar
- 30 g cream
- 30 g milk chocolate
- 5 walnuts
- 2 fresh mints
- 2 spoons of vegetable oil

DIRECTIONS

Cut 2 bananas in half lengthwise and grease them with a teaspoon of oil. Sprinkle sugar over the bananas. Place the bananas on the FastFryer and cook at 200 degrees for 4 minutes. In a bowl, add 30 g of finely chopped chocolate to 30 g of cream, mix, and place this mixture with 5 walnuts and a FastFryera next to the bananas. After cooking at 200 degrees for another 4 minutes, remove all ingredients from the FastFryer. Drizzle the sauce over the bananas and sprinkle with walnuts and mint leaves.

Enjoy!

DESSERT

CHOCOLATE WALNUT BREAD

Ingredients: White bread, butter, vanilla, eggs, milk, sugar, cinnamon, dark chocolate, walnuts, powdered sugar



Prep. Time
20 min



Heat
160°C



Cook Time
25 min



Serves
3



INGREDIENTS

- 6 slices of white bread
- 20 grams of butter
- 1 vanilla stick
- 2 eggs
- 280 milliliters of milk
- 50 grams of sugar
- 1 teaspoon cinnamon
- 50 grams dark chocolate
- 10 grams walnuts
- 1 teaspoon of powdered sugar

DIRECTIONS

Cut the bread into cubes. Melt the butter in a pan. Cut the vanilla pod lengthwise in half and cut out the middle with a knife. In a large bowl, whisk the eggs with the vanilla, butter, milk, sugar, and cinnamon. Add the bread, mix. Finely chop the chocolate and add it to the bread mix with the walnuts. Divide the mixture into 3 cups and sprinkle walnuts over them. Place the cups in the FastFryer basket and bake at 160 degrees. Before serving, top with chocolate and sprinkle with powdered sugar.

Enjoy!

DESSERT

CHOCOLATE HAZELNUT PEAR DESSERT

Ingredients: Pear, hazelnut, dark chocolate, vanilla ice cream



Prep. Time
8 min



Heat
160°C



Cook Time
15 min



Serves
3



INGREDIENTS

- 2 pears
- 100 g hazelnuts
- 100 g dark chocolate
- 300 g vanilla ice cream

DIRECTIONS

Roast the hazelnuts in the FastFryer at 200 degrees for 4 minutes. Take out the hazelnuts and cut them into small pieces. Cook the pears in an oven-proof bowl with a little water at 180 degrees for 4 minutes. Take out the pears, throw the chocolate chips into the remaining water in the bowl, and heat until it melts. Serve the pears covered with chocolate sauce, crushed hazelnuts, and vanilla ice cream.

Enjoy!