 **smeg**



**VITALITY** SYSTEM



## VITALITY SYSTEM

### SMEG RECIPE FOR HIGH QUALITY, HEALTHY FOOD

Vitality System is SMEG recipe for healthy nutrition:

always consume good quality fresh food, rustic and free from preservatives, full of taste and vitality.

The system is composed of 3 revolutionary products:

- > **BLAST CHILLER**  
to preserve the freshness and quality of food
- > **VACUUM DRAWER**  
to preserve a foods quality over time
- > **COMBI-STEAM OVEN**  
to make delicious dishes, maximizing flavours



**BLAST CHILLER**

7



**VACUUM DRAWER**

37



**COMBI-STEAM  
OVEN**

55



## BLAST CHILLER

Blast chillers are primarily used to preserve the quality of food. Through the process of rapid cooling, bacteria growth is stopped and the shelf life of food increases by up to 70%.

Smeg blast chillers are extremely versatile with a range of warming functions also available.

### RAPID FREEZING

Rapid freezing keeps the properties of fresh food **unaltered**, so you can eat fresh and tasty fruit and vegetables the whole year round, even when they are not in season!

-18°

### BLAST CHILLING

Blast chilling quickly lowers the **temperature** of cooked food down to **+3°C in under 90 minutes**. This is the ideal temperature for storage in a fridge.

By cooling food rapidly, it's quality and freshness is preserved.

+3°

## BLAST CHILLER

### A VERSATILE PRODUCT

The Smeg blast chiller is a **multifunctional professional product**: it features hot as well as cold functions. It allows you to obtain perfectly leavened dough, to make yoghurt, cook at low temperatures and warm foods.



## BLAST CHILLER

### SEASONAL PRODUCE ALL YEAR LONG

Fruit and vegetables are essential for a **healthy living**, and should form part of a child's diet an early age.

Rapid freezing allows you to store fresh fruit and vegetables, which can then be eaten at any time of the year.

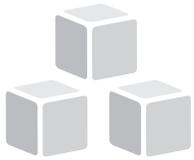




**RAPID FREEZING**

During **rapid freezing**, the temperature of the food is lowered to -18°C in a very short time (maximum 270 minutes). The water inside the food freezes rapidly and forms microscopic ice crystals. When it is defrosted, there is no loss of liquids, the original characteristics of the food will remain unaltered and the food can be put straight from the freezer into the pan.

Rapid freezing and subsequent preservation for at least 24 hours at -18°C eliminates the risks associated with the Anisakis parasite, which means that raw fish can be eaten safely.



**FREEZING**

**Freezing food** using a domestic freezing process is extremely slow and can take around **24 hours to freeze at the core**. The water contained in the food that is frozen forms large ice crystals that tear the fibers in the food.

Once defrosted, food loses a large amount of liquid, vitamins and nutrients, drastically reducing the quality of the food.

# ADVANTAGES

## BLAST CHILLER



### HIGHER QUALITY

#### Unaltered quality and healthy food

Cooling at room temperature (between 65 and 10°C) creates optimal conditions for bacterial growth. The Smeg blast chiller not only prevents this growth but also preserves the freshness, vivid colour, aroma and the consistency of fresh or freshly cooked food.



### BETTER TIME MANAGEMENT

#### Organised cooking

The Smeg blast chiller is the ideal product for those who love cooking but who have limited time to cook every day. Large quantities of food can be prepared and preserved in portions to be eaten at a later date, tasting as fresh as if it had just been made.



### LONGER STORAGE LIFE

#### Less wastage

The blast chiller allows you to preserve fresh and seasonal foods for longer, reducing food wastage and saving space in the fridge.



# FUNCTIONS

## BLAST CHILLER

- > BLAST CHILLING
- > RAPID FREEZING
- > PERSONALISED CONSERVATION
- > CONTROLLED DEFROSTING
- > NATURAL PROVING
- > DRINKS COOLING
- > SLOW, LOW-TEMPERATURE COOKING
- > READY TO EAT

## Blast Chiller



### BLAST CHILLING

Blast chilling lowers the temperature of cooked food to +3°C allowing you to store food for longer and serve it at a later date, tasting as fresh as if it had just been cooked.

Traditionally once hot food cools, steam is released, evaporating and dispersing the nutrients. Food is then depleted of vitamins, proteins, minerals and flavour.

# FOREST FRUITS CHEESECAKE



Medium



45 minutes  
2 hours cooling time



Serves 8

## INGREDIENTS

### FOR THE BASE:

300 g Biscuits  
200 g Butter

### FOR THE TOPPING:

250 g Soft cheese  
250 g Ricotta cheese  
70 g Icing sugar  
200 g Fresh pouring cream  
16 g Gelatin leaves  
1 Vanilla pod

### FOR THE SAUCE:

350 g Forest Fruits, fresh  
60 g Brown Cane Sugar  
8 g Gelatin leaves

## METHOD

**Pre-cool the blast chiller to -30°C using the pre-cooling function.**

Crush the biscuits and combine them in a bowl with the melted butter, stirring with a wooden spoon until they are all covered and compacted. Pour the biscuit mixture into a spring-form or loose-bottomed cake tin, press it down well with the back of the spoon to form the base of the cake.

Put it to cool in the blast chiller for 20 minutes, activating the **blast chilling function to bring the temperature to +3°C.**

Soak the gelatin leaves in a bowl with cold water for 10 minutes.

Heat 100g of cream in a saucepan, then combine with the gelatin (taken out of the water), stir the mixture with a whisk so that lumps do not form; flavour with the seeds from the vanilla pod and allow to cool.

Put the ricotta, the spreadable cheese and icing sugar in a bowl together, whisk with an electric whisk to combine them. Add also the remaining cream to this mixture. Continue to whip until it is soft and foamy.

Pour the cream mixture on top of the biscuit base in the tin, level the surface with the back of a spoon.

Leave to firm for at least 1 hour in the blast chiller, using the **chilling function at +3°C.**

Wash and dry the berries and place them into a saucepan, add the brown sugar and cook over a low heat for 10 minutes. Soften the gelatin in cold water, and, once rinsed, add it to the berries.

Pour the fruit sauce over the top of the hardened cheesecake.

Return to the blast chiller to set for 90 minutes, using the **chilling function at +3°C**, before serving.



## Blast Chiller



### RAPID FREEZING

Rapid freezing is a very fast process that lowers the core temperature of the food to  $-18^{\circ}\text{C}$ .

Unlike freezing, rapid freezing produces microscopic crystals that do not damage the food fibres, allowing taste, look and smells of foods to remain unaltered.

# YOGURT, LIME AND STRAWBERRY

## ICE CREAM LOLLIES



Easy



3 hours



Serves 10

### INGREDIENTS

- 250 g Natural yogurt
- 100 g Strawberries
- 40 g Sugar
- 40 g Lime juice
- 140 g Fresh whole milk

### METHOD

**Pre-cool the blast chiller to  $-30^{\circ}\text{C}$  using the pre-cooling function.**

Pour the yogurt into a bowl, add the sugar, lime juice and milk. Stir with a whisk to mix, then distribute half into a pitcher, and half into a bowl to which you should then add the fresh strawberries.

With the hand blender blend the mixture of yogurt and fruit until you get a smooth sauce. Transfer this into a 2nd jug to pour it more easily into the lolly mold.

Fill each mold halfway up and then transfer to the blast chiller to set using a **fast freezing function at  $-18^{\circ}\text{C}$**  for about 20 minutes.

Once they have solidified, fill with the remaining mixture and insert lolly sticks into the special holes. Return to the **blast chiller for freezing** for 150 minutes at  **$-18^{\circ}\text{C}$**  using an automatic programme – freezing – desserts - ice cream/ice lollies.



## Blast Chiller



### PERSONALISED CONSERVATION

At the end of each cooling cycle, the blast chiller goes automatically into temperature conservation mode, keeping food at the correct temperature.

This function can be used to keep desserts and ice cream at an optimal temperature ready to serve, allowing taste and consistency to be enhanced.

# COFFEE SEMIFREDDO



Medium



3 hours



Serves 6

## INGREDIENTS

|        |                     |
|--------|---------------------|
| 60 ml  | Coffee              |
| 5      | Egg yolks           |
| 80 g   | Sugar               |
| 350 ml | Fresh pouring cream |
| 100 g  | Mascarpone          |

## FOR THE GARNISH:

|      |                    |
|------|--------------------|
| 50 g | Cocoa powder       |
|      | Fresh liquid cream |

## METHOD

**Pre-cool the blast chiller to -30°C using the pre-cooling function.**

Pour the coffee into a saucepan, add the sugar and stir until boiling, keeping it at a constant temperature.

In the meantime, transfer the egg yolks into bowl and whip them with the whisk of the hand blender using a low speed. As soon as the coffee syrup is at 120°C, gently pour it into the egg yolk mixture, continuing to whip until well mixed.

Whip the fresh cream, add the mascarpone to it and mix with a spatula making rotary movements from the bottom to the top so as not to knock the air out. Add it to the coffee mixture and mix again from bottom to top until completely mixed together. Transfer it to a sac à poche and use it to fill 6 glasses.

Reduce the temperature with the **automatic function of the blast chiller – freezing – desserts - tiramisu** for 150 minutes. Before serving bring to temperature, around 4°C, with the **'personalized conservation' function** for 1 hour.

Garnish as desired with fresh whipped cream and dark chocolate melted in a bain-marie or a dusting of cocoa powder.



## Blast Chiller



## CONTROLLED DEFROSTING

This type of defrosting allows food to be defrosted quickly and evenly, without partially cooking the food and compromising on the quality. The process keeps the food hydrated, prevents oxidization and changes in colour and consistency.

# TUNA IN SESAME CRUST



Easy



20 minutes



Serves 4

## INGREDIENTS

- 150 g Tuna (4 fillets)
- 10 g Black sesame seeds
- 20 g White sesame seeds
- 4 Artichokes
- Juice of 1 lemon

## FOR THE CITRONETTE:

- 35 g Extra Virgin olive oil
- 35 g Lemon juice
- Salt
- Black pepper

## METHOD

**Pre-cool the blast chiller to -30°C using the pre-cooling function.**

**Freeze the tuna fillets at -18°C using an automatic function (freezing – fish - steaks/fillets)** and store in the freezer for at least 96 hours.

Proceed with **thawing using the defrost by weight function**, indicating the weight of the tuna.

Clean the artichokes and immerse them in a bowl of cold water and the juice of a lemon. Cut the stems leaving just a couple of inches from the leaves and leaf through the artichokes keeping only the most tender heart. Cut the tip of the leaves and the thorns, with a paring knife remove the most superficial layer of the stem and cut the artichokes in half extracting the inner beard.

Prepare the citronette by squeezing the lemon juice, and mixing with the evo oil with a whisk. Add salt, pepper and put aside.

Julienne the artichokes and season them with half of the citronette. Mix the black and white sesame seeds in a bowl and dip the tuna in the seeds to cover both sides

Heat a non-stick pan very hot, cook the seeded tuna fillets on each side for 1 minute. You can

increase the cooking time according to your preference.

Once cooked, transfer the fillets to a cutting board, slice immediately and garnish with the

remaining citronette and accompanying it with the artichoke salad.



## Blast Chiller



### ↑↑↑ NATURAL PROVING

This function creates the perfect proving conditions by keeping the dough at the right temperature for the right time, without sudden changes in humidity levels. The proving cycle has up to 3 steps which can be selected to allow you to obtain extremely light and digestible doughs using a minimum amount of yeast.

# SEEDED WHOLEMEAL BREAD



Medium



2 hours  
(in addition  
to leavening)



Serves 8

## INGREDIENTS

|        |                        |
|--------|------------------------|
| 250 g  | Manitoba flour         |
| 100 g  | Wholemeal flour        |
| 50 g   | Wholewheat spelt flour |
| 320 ml | Warm water             |
| 10 g   | Fine salt              |
| 4 g    | Fresh yeast            |
| 30 g   | Walnuts kernels        |

## FOR THE GARNISH:

Pumpkin seeds  
Poppy seeds  
Sunflower seeds  
Sesame seeds  
Black sesame seeds

## METHOD

Sift the Manitoba flour into a bowl with the wholemeal and spelt flour. Add the yeast (dissolved in lukewarm water) and mix with a whisk. Add the salt and knead the mixture quickly into a ball using your hands.

Prove the dough in a **blast chiller at using the special "leavening"** function in 3 phases:

- First step **+3°C** for 4 hours
- Second step **+21°C** for 6 hours
- Third step **+28°C** for 14 hours

After the first 10 hours, the dough will have risen and doubled in size: remove from the blast chiller and fold it inwards to enable the yeast to work, gently raising the external flaps and bringing them back to the center. Repeat this operation 8 times around the sides of the dough, and then form a ball again.

Place again in the blast chiller, allowing it to rest again for **14 hours at +28°C degrees**.

Once ready, pick up the leavened dough and knead it to make it more elastic. Incorporate a handful of chopped walnuts and mixed seeds into the dough, and form it into a long baguette shape.

Transfer the bread to a pan and let it rest for 30 minutes in the **blast chiller at 28°C using the rising function**.

Sprinkle with the remaining seeds, and bake in a steam oven at 250 ° for 20 minutes with steam 30%.

Lower the temperature to 180°C, allowing it to cook for another 30 minutes.



## Blast Chiller



### DRINKS COOLING

The drinks cooling function allows you to quickly chill bottles (1° per minute) in order to enjoy wine and other drinks at the optimal temperature, within a few minutes.

The shelf inside the appliance is double-sided with a straight side for foods and a undulated side specially designed for inserting bottles (up to 9 standard sizes or 4 magnums).

# BELLINI COCKTAIL WITH PEACH ICE CUBES



Easy



10 minutes  
2 hours for cooling



Serves 4

## INGREDIENTS

400 ml Prosecco  
3 White peaches

## METHOD

**Pre-cool the blast chiller to -30°C using the pre-cooling function.**

Wash the peaches under plenty of running water, and dry them with a clean cloth. Cut them into cubes without removing the peel. Blend the peach in a mixer until it becomes a puree.

Pour some of the puree into an ice cube mold and **freeze in the blast chiller on the freezing function -18°C** for 2 hours.

Pour the remaining puree into a cocktail shaker, add prosecco cooled in a blast chiller with the **automatic drinks cooling function** (white wine - sparkling).

Serve in flutes with the peach ice cubes.



## Blast Chiller



### SLOW, LOW-TEMPERATURE COOKING

This function allows dishes to be cooked at a constantly low temperature (75°C), far lower than traditional cooking temperatures available, resulting in tender, juicy meats with enhanced flavours and preserved aroma and consistency.

# SLOW COOKED ROAST BEEF



Easy



30 minutes



Serves 8

## INGREDIENTS

- 1,5 kg Beef rump
- 4 Tbs salt
- 1 Tsp garlic powder
- 2 Bay leaves
- 1 Tbs Sichuan pepper

Extra virgin olive oil  
Chopped aromatic herbs  
(fresh rosemary, sage and thyme)

## METHOD

Massage the meat with EVO and coarse salt. Mix the chopped herbs with the garlic powder, and pepper and spread it over the meat.

On the blast chiller select the **special function – low temperature cooking** - roast beef, and begin the pre-heating.

Heat a frying pan with a dash of oil in and brown the meat on all sides to seal it.

**Cook in the blast chiller**, inserting the probe in the meat before beginning the cooking.

To serve, cut the roast beef into thin slices and season with a little oil.



## Blast Chiller



### READY TO EAT

By selecting this function the blast chiller will keep pre-cooked dishes at refrigerator temperature all day, then heat them up at a preset time, so you can have a hot dinner ready for when you get home!

# BOLOGNESE LASAGNE



Medium



2 hours



Serves 8

## INGREDIENTS

- 20 Sheets of fresh egg lasagna (preferable green)
- 250 g Parmigiano Reggiano, grated

### FOR MEAT SAUCE:

- 250 g Pork mince
- 500 g Beef mince
- 250 g Tomato puree
- 50 g Carrots
- 50 g Onions
- 50 g Celery
- 40 g Whole milk
- 250 g White wine
- 3 l Water
- Extra virgin olive oil
- Fine salt
- Black pepper

### FOR THE BECHAMEL SAUCE:

- 1 l Whole milk
- 100 g Butter
- 100 g Flour 00
- 1 Pinch of fine salt
- Nutmeg, grated

## METHOD

Heat the oil in a saucepan and add the chopped celery, carrots and onion, stewing it for about ten minutes on a medium heat until it is soft. Add the minced pork and beef, slowly brown for about ten minutes, then add the white wine.

Pour in the passata, and 1 litre of water, then add a pinch of salt, mix and to leave to cook on a medium heat for an hour. Afterwards add another litre of water and continue cooking for another hour; the same for the third litre of water. At the end of the cooking season with salt and pepper and add the milk.

Prepare the bechamel sauce heat the milk in a pot. Melt the butter in a separate pot, and mix in the sieved flour. Do not let it burn. Add in the warm milke and mix it energetically using a whisk so as to beat out any lumps. Season with the nutmeg, and a pinch of salt and stir on a warm heat for 5-6 minutes until it is creamy.

To put the lasagna together take a rectangular baking-pan with dimensions of 30x20cms. Put a thin layer of bechamel on the bottom so the lasagna will not stock, and then layer up lasagna sheets first with a thin layer of meat sauce and then bechamel and then grated Parmesan cheese until the baking-pan is full. The top layer should be grated parmesan.

Cook in a fan oven at 180°C for around 25 minutes or until it looks nicely golden on the top. Serve!

Any portions that are not consumed immediately can be frozen or cooled for storage in the fridge using the blast chiller. To cool use the **automatic chilling programme – blast chilling – pasta – lasagna/pasta bake**, and insert a temperature probe setting **+3°C**. To freeze use the **automatic programme – freezing – pasta – lasagna/pasta bake**.

To reheat when you are ready to eat it use the **“Ready to Eat” function** – simply insert a portion of lasagna into the blast chiller, tell it what time you would like to eat it and the blast chiller will regulate the temperature to conserve the dish for the necessary time, before bringing it up to a safe to eat temperature at the time when you want to eat it.







## VACUUM DRAWER

The Smeg vacuum drawer allows you to create professional results in the comfort of your own home, developing exceptional flavours like never before. It guarantees a **99.9% vacuum** and rapidly slows down the deterioration and oxidization of food, whilst retaining the nutrients, flavours and aromas.

Sous vide cooking, preserving food for longer and re-sealing packaging is all possible with a Smeg Vacuum drawer.



# ADVANTAGES

## VACUUM DRAWER



### PROTECTION

#### Prevents bacteria growth

The vacuum sealing process removes air from the bag or container, protecting the food from bacteria or dust.



### PRESERVATION

#### Preserves the flavour and aroma of the food

The flavours, nutrients and aromas are infused in to the food and preserved perfectly as if made from fresh ingredients.

# ADVANTAGES

## VACUUM DRAWER



### LONG STORAGE LIFE

**Keep food for longer, reducing waste**

Vacuum sealing allows you to store food on average up to 4 times longer, compared to storing food at room temperature or in the fridge. Using this method, items can be stored in the fridge, freezer or in the pantry.



### SOUS-VIDE COOKING

**Restaurant quality results**

After vacuum sealing food, sous vide cooking can be achieved using a full steam oven. The properties, colour and consistency of the food is maintained and flavours enhanced, something which is impossible to achieve through traditional cooking methods.





# FUNCTIONS

VACUUM DRAWER

- > VACUUM SEALING IN BAGS
- > VACUUM SEALING IN CONTAINERS
- > CHEF FUNCTION

## Vacuum Drawer



### VACUUM SEALING IN BAGS

This function allows you to vacuum seal food in the appropriate bags, and choose from 3 sealing levels, depending on the food being preserved. The highest sealing level guarantees a vacuum of 99.9%, ideal for sous vide cooking.

# BEEF FILLET

## WITH CRUNCHY "SOUS VIDE" VEGETABLES



Easy



60 minutes



Serves 2

### INGREDIENTS

- 2 Beef fillets (150-200 g each)
- 50 g Cherry tomatoes
- 250 g Asparagus
- 2 Sprigs of rosemary
- Oil, salt, pepper to season

### METHOD

Put the cleaned asparagus and cherry tomatoes into a vacuum cooking bag with a little oil and salt.

**Put the bag in the vacuum drawer, and seal on vacuum level 3 and sealing level 2.**

Preheat the oven to 70°C, and at the same time **pre-cool the blast chiller to -30°C using the pre-cooling function.** Cook the vacuumed and sealed bag in the oven on 100% steam for 30 minutes at 70°C.

After it is cooked put the bag into the blast chiller to reduce to **+3°C** using the **automatic programme for cooked vegetables.**

Put the meat in a vacuum cooking bag along with some oil, salt, pepper and a spring of rosemary.

Put the bag in the vacuum drawer, set the vacuum level to 3, and the seal level to 2 to prepare the bag.

Cook the bag in the oven at 70°C for 20/30minutes using 100% steam.

Both bags can be cooked in the oven at the same time, there will be no transference of taste or smell.

To serve, brown the meat in a hot pan and toss the vegetables in a pan with a little oil to give crunchiness.



## Vacuum Drawer



### VACUUM SEALING IN CONTAINERS

Vacuum sealing products in a container preserves aromas, as well as consistency and protects food from bacteria. The 3 levels of vacuum sealing allow for even the most delicate types of food to be preserved.

# INDIVIDUAL FISH SOUP



Easy



60 minutes



6 Jars of 250 ml,  
with 70 mm diameter

## INGREDIENTS

- 2 Scampi
- 200 g Mussels
- 200 g Clams
- 200 g Monkfish
- 2 Garlic cloves
- 20 g Extra virgin olive oil
- Chopped parsley
- Salt and pepper

## METHOD

Clean the fish and cut the monkfish into small pieces. Distribute the fish between the glass jars, along with the extra virgin olive oil and the chopped garlic cloves.

**Close the jars and vacuum them with the help of the special function of the vacuum drawer "vacuum in container", on level 3.**

Transfer to a steam oven with the steam function on 100% steam, at 100°C for 15 minutes.



## Vacuum Drawer



## CHEF FUNCTION

The Smeg vacuum drawer includes a special Chef function. By alternating compression and decompression cycles, this function speeds up marinating and infusion. This method opens up the fibers of the food so that they absorb all oils and flavours for extremely tasty results.

Preparations that traditionally would take several days, can be made in just a few minutes, such as alcoholic drinks, infusions and marinades.

# CURED BEEF



Easy



30 minutes  
2/3 hours for cooling



Serves 4

### INGREDIENTS

- 1 kg Beef rump
- 30 g Salt
- 5 g Sugar
- 300 ml Extra virgin olive oil
- 1 Garlic clove with central stalk removed
- 1 Sprig of rosemary
- 1 Sage leaf
- 1 Bay leaf

### FOR THE GARNISH:

- Parmesan cheese shavings
- Cherry tomatoes
- Capers

### METHOD

**Pre-cool the blast chiller to -30°C using the pre-cooling function.**

Put the oil, salt, sugar and herbs in a baking dish. Remove the fat from the beef and then massage the beef with the oil mix in the baking tray.

Chill the meat in the blast chiller using the chilling function, taking it down to +3°C using a meat probe.

**Once cooled put everything into a vacuum storage bag, and fold the open end over so that the liquids do not spill out. Place the bag into the blast chiller, making sure that the ends of the bag do not touch the sealing bar.**

Activate the chef function and repeat the operation 3 times. **Before the last time open the bag and put the edges on the sealing bar so that during the last cycle the bag is sealed. Select sealing level 2.**

Leave the sealed bag to marinate in the fridge for 2/3 hours before slicing the meat as thinly as possible. Serve it with shavings of Parmesan, capers and fresh cherry tomatoes.







## COMBI-STEAM OVEN

Smeg combi-steam ovens combine traditional cooking functions with steam; an extremely healthy way of cooking.

The Sous Vide function, has been created specifically for cooking vacuum packed food, and is the best method to maintain both the nutritional properties and quality of food.

# VITALITY SYSTEM

Blast chiller



+

Vacuum drawer



+

Combi-steam oven



# 1.

## SOUS VIDE COOKING

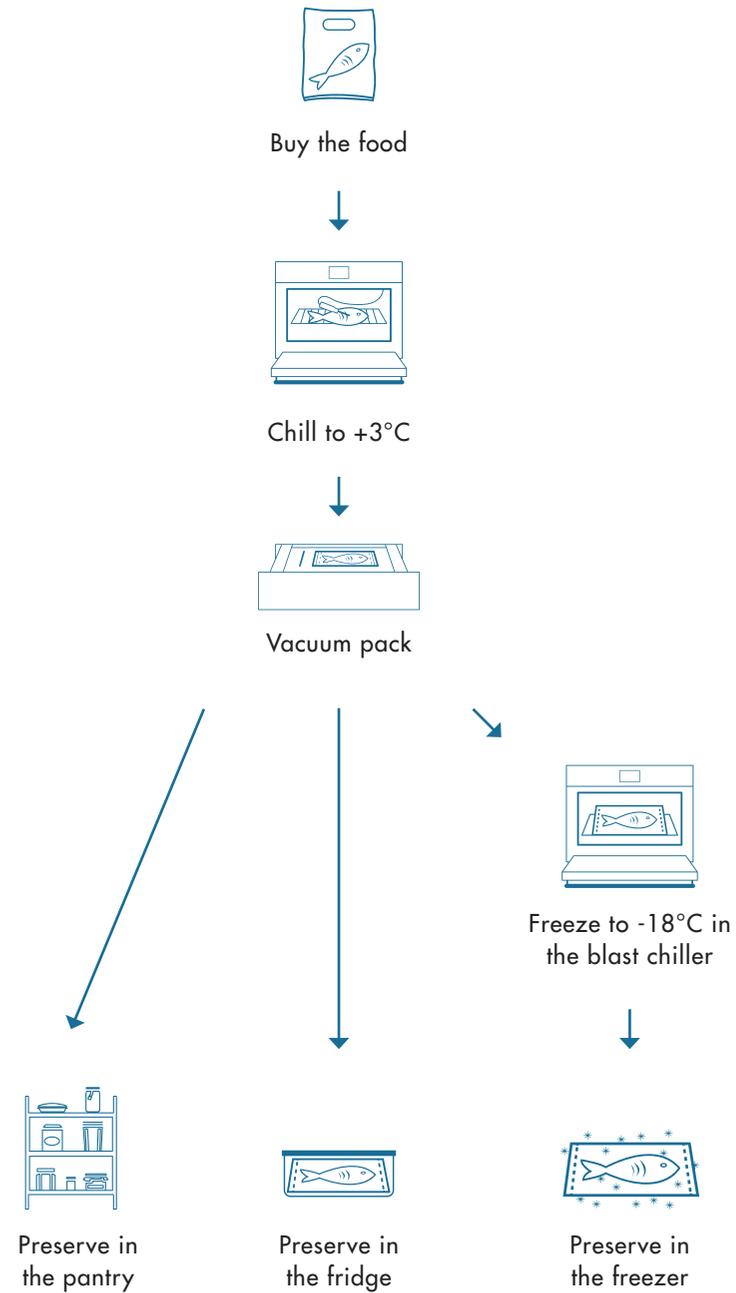
- Low temperature cooking
- Preserves the characteristics of food
- Enhances flavour



## 2.

### VACUUM PRESERVATION

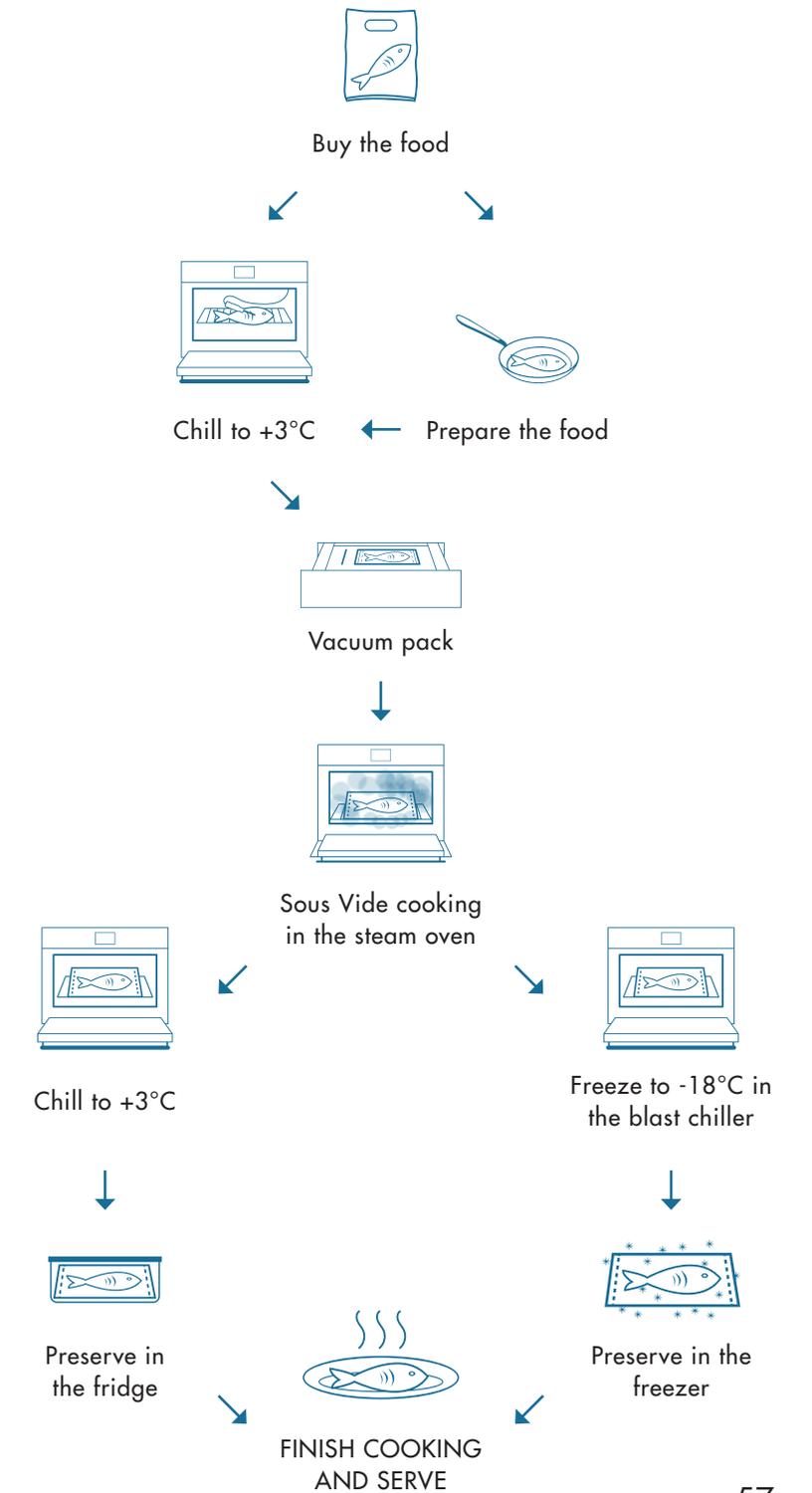
- Preservation of food to protect from bacteria
- Longer shelf life



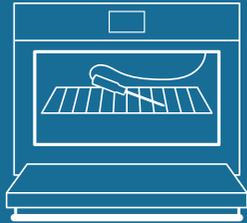
## 3.

### SOUS VIDE COOKING AND PRESERVATION

- Cooked and vacuum preserved products with the same properties as fresh, **ready to be used**
- Restaurant quality at home
- Prep & cook when convenient, and consume whenever you want



## Blast chiller



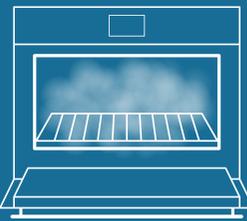
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## Vacuum drawer



+

## Combi-steam oven



# PRAWN LASAGNE



Easy



1,5 hours



Serves 4

## INGREDIENTS

- 500 g Fresh egg lasagne sheets
- 50 g Butter
- 50 g Flour
- 500 g Whole prawns
- 100 ml Brandy
- 1 Clove garlic
- 1 Carrot
- 1 Stick of celery
- ½ Onion
- 1 tsp Tomato purée
- 8 Ice cubes

Zest of one orange  
Sundried tomatoes to taste  
Tarragon, to taste  
Nutmeg, to taste  
Extra-virgin olive oil, to taste  
Salt and pepper, to taste

## FUNCTIONS

### BLAST CHILLER

 Rapid freezing -30°C

 Blast chilling +3°C

### COMBI-STEAM OVEN

 Cooking at 90°C

## METHOD

Shell and devein the prawns.

Make a stock the using the heads of the prawns. In a casserole dish, cook the heads of the prawns and squash them. Add the celery, carrot and onion, roughly chopped; the orange peel and the tomato purée, and continue cooking. Add the ice cubes and cook for another 10-15 minutes with the lid on.

For the béchamel sauce, melt the butter in a saucepan and add the flour.

Cook the mixture in a heavy pan until light brown in colour, then add the stock pouring it through a sieve and squeezing the prawn heads with the back of a wooden spoon. Continue to mix until the sauce has turned thick and creamy. Season to taste.

Heat some olive oil in a frying pan with the garlic clove; when the oil is hot, add the prawns and fry them off quickly, tossing occasionally, before flambéing with the brandy. Add some roughly torn tarragon, and remove from the heat.

Chop the prawns roughly and add them to the warm béchamel.

Spread some béchamel on the base of a dish, then add a layer of lasagne, cover with another layer of sauce and then the shrimp; add some of the sundried tomatoes, then cover.

Cook the lasagne in the steam oven on the **fan-assist cycle at 90°C, with 25% steam** for 20 minutes. Serve.

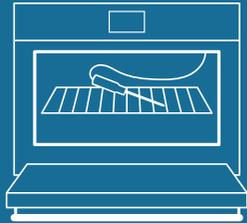
If the lasagne is not consumed immediately, **set the pre-cooling function at -30°C on the blast chiller, then chill to +3°C using the temperature probe** and store in the refrigerator.

Eat when required, warming the dish using the **“Ready to eat”** function setting the function end time.



# SALMON TARTARE WITH VACUUM-COOKED RICE

Blast chiller



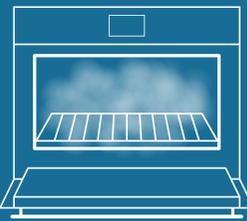
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Vacuum drawer



+

Combi-steam oven



Easy



1,5 hours



Serves 4

## INGREDIENTS

- 2 Salmon fillets
- ½ Stalk of celery
- ½ Onion
- 160 g Basmati rice
- Salt and pepper, to taste

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Clean the salmon fillets and **freeze at -18°C in the blast chiller for two hours**, using the freezing function, to eliminate any risk from parasites. Then store in the freezer for at least 96 hours.

**Defrost the fillets in the blast chiller before consumption, using the special defrost by weight function;** then cut into small cubes to make a tartare.

Set the pre-cooling function on the blast chiller again, at -30°C.

Place the celery and onion in a casserole dish, coarsely chopped, along with the salmon trimmings and 400ml of water, then cook to obtain a concentrated stock.

Bring the stock to **+3°C using the chill by probe function of the blast chiller.**

Sieve and transfer 160ml of the stock into a vacuum cooking bag.

Add the rice and seal **the bag on vacuum level 3 and level 2 sealing.**

**Cook in the steam oven at 90°C** with 100% steam for 35 minutes.

Serve the rice and top with the salmon tartare, garnishing with fresh chives and poppy seeds.

## FUNCTIONS

### BLAST CHILLER

- Rapid freezing -30°C
- Controlled defrosting -18°C
- Blast chilling +3°C

### VACUUM DRAWER

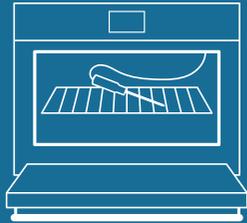
- Vacuum sealing in bags

### COMBI-STEAM OVEN

- Cooking at 90°C



Blast chiller



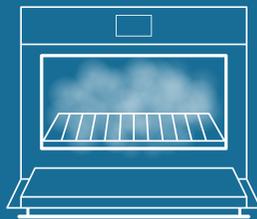
+

Vacuum drawer



+

Combi-steam oven



# KAMUT RIGATONI PASTA



Easy



1 hour



Serves 3

## INGREDIENTS

|       |                        |
|-------|------------------------|
| 250 g | Kamut rigatoni         |
| 200 g | Pecorino Romano cheese |
| 5 g   | Mixed pepper           |
| 160 g | Hot water              |
| 62 g  | Extra-virgin olive oil |
| 3 g   | Sea salt               |

## FUNCTIONS

### BLAST CHILLER

 Rapid freezing -30°C

 Blast chilling +3°C

### VACUUM DRAWER

 Vacuum sealing in bags

### COMBI-STEAM OVEN

 Cooking at 90°C

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Grate the Pecorino Romano cheese into a bowl.

Mix the Pecorino Romano cheese with some ground pepper, the hot water and extra-virgin olive oil.

Pour into a vacuum cooking bag, add the rigatoni and a generous pinch of salt.

Chill the mixture in the **blast chiller at +3°C for 40 minutes, using the blast chill by time function.**

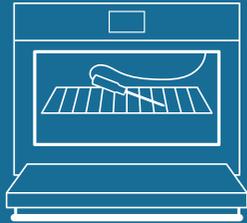
**Vacuum seal the bag with vacuum level 2 and sealing level 2,** and cook in a steam oven at 90°C with 100% steam for approximately 50 minutes.

During cooking, shake the bag regularly in order to mix the contents well.

Open and serve.



Blast chiller



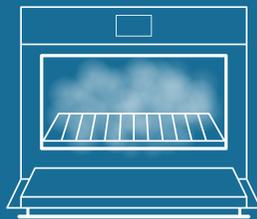
+

Vacuum drawer



+

Combi-steam oven



# VACUUM-PACKED ROAST BEEF



Medium



5 hours



Serves 4

## INGREDIENTS

- 1,5 kg Beef rump
- 1 Bay leaf
- 1 Clove garlic
- 1 Sprig of rosemary

## FOR THE GARNISH:

- Radish
- Balsamic vinegar
- Extra-virgin olive oil, to taste

## FUNCTIONS

### BLAST CHILLER

- Rapid freezing -30°C
- Blast chilling +3°C

### VACUUM DRAWER

- Vacuum sealing in bags

### COMBI-STEAM OVEN

- Cooking at 70°C - 170°C -250°C

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Place the meat on a chopping board and rub in the herbs, salt, pepper and olive oil, before tying. Using kitchen twine, string up the beef tightly, wrapping the twine twice around the long side. Then wrap the twine around the beef horizontally to seal any cracks in the meat and make it as compact as possible. Add a bay leaf and the sprig of rosemary.

**Blast chill to +3°C using the temperature probe,** before placing in a vacuum food bag for cooking with some pepper and a clove of garlic.

**Seal in the vacuum drawer with vacuum level 3 and seal level 2.**

Cook in a steam oven at 70°C with 100% steam for 2 hours.

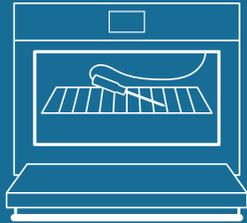
Remove the meat from the bag, place on an oven tray and roast at 170°C on the static function for 1 hour.

Use the grill function (250°C) for the last few minutes to brown the outside.

Leave to rest and cut into thin slices and then dress with fresh radish and balsamic vinegar.



Blast chiller



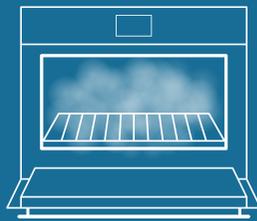
+

Vacuum drawer



+

Combi-steam oven



# HAM HOCK WITH BEER



Difficult



4 hours



Serves 2

## INGREDIENTS

- 1 kg Ham hock
- 1 Carrot
- ½ Stalk of celery
- ½ Onion
- 1 Sprig of rosemary
- 1 Bay leaf
- 200 ml Beer

Juniper berries, to taste  
 Corn starch, as required  
 Salt and pepper, to taste

### FOR THE GARNISH:

- J Dried apricots

## FUNCTIONS

### BLAST CHILLER

Rapid freezing -30°C

Blast chilling +3°C

### VACUUM DRAWER

Chef function

### COMBI-STEAM OVEN

Cooking at 100°C - 170°C - 250°C

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Place the meat on the chopping board and massage in the salt, pepper, rosemary and oil. To marinate, place the ham hock in a bowl, then add the carrots, celery, onion, rosemary, juniper berries, bay leaf and beer.

**Chill the meat to +3°C in the blast chiller using the temperature probe** and then pour the entire contents into a vacuum cooking bag.

**Place into the vacuum drawer and marinate using the Chef function** for 5 minutes (level 2 sealing).

At the end of the function, cook in a steam oven at 100°C with 100% steam for 2 hours.

When cooked, separate the ham hock from its cooking liquid and continue cooking in the oven on the static function at 170°C for 45 minutes.

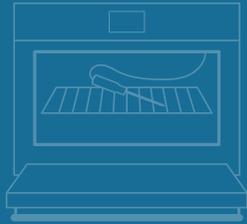
Finish cooking using the grill function at 250°C to brown.

In the meantime, prepare the glaze by reducing the cooking liquid in a large pan, adding corn starch and the dried apricots.

Serve the ham hock and pour over the glaze and apricots.



Blast chiller



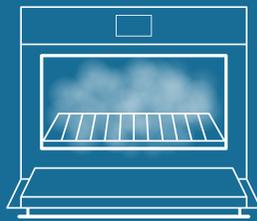
+

Vacuum drawer



+

Combi-steam oven



# PORK FILLET WITH CRUNCHY VEGETABLES



Easy



5 hours



Serves 4

## INGREDIENTS

- 2 Pork fillets (approx. 800 g)
- 1 Spring onion
- 1 Red onion
- 1 Carrot
- 2 Sticks of celery
- 50 g Asparagus tips
- 100 ml Red wine or balsamic vinegar
- Fennel seeds, to taste
- Salt and pepper, to taste

## FOR THE GARNISH:

- Extra-virgin olive oil
- Chia seeds, to taste
- Rocket, as required

## FUNCTIONS

### VACUUM DRAWER

-  Vacuum sealing in bags

### COMBI-STEAM OVEN

-  Cooking at 100°C

## METHOD

Place the meat on a chopping board and rub in salt, pepper and fennel seeds. Rub olive oil over all sides. Place the meat in a vacuum cooking bag and add the onion sliced in half along its length and some peppercorns.

In the meantime, prepare the crunchy vegetables. Slice the red onion into wedges and cut the tips off the asparagus. Slice the carrot and celery stalks lengthwise. Place the onion, asparagus, celery and carrots neatly into four separate vacuum cooking bags.

Seal the bags in the **vacuum drawer\* on vacuum level 3 and level 2 sealing.**

Then cook the bag with the fillet in the steam oven at 100°C with 100% steam, for 1 hour.

Seven minutes before the meat is finished cooking, transfer the vacuum bag with the carrots to the oven. Place the remaining vacuum bags of vegetables in the oven three minutes before cooking completes.

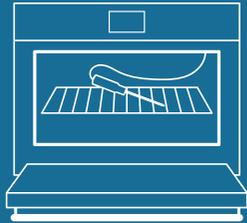
Remove the fillet from the bag, cut into medallions and garnish with chia seeds. Finish off the plate with a balsamic vinegar or red wine reduction, as preferred, some fresh rocket, and the cooked vegetables.

*\*Tip: 3 vacuum bags can be sealed at the same time in the drawer, by overlapping them under the sealing bar and using vacuum level 3, and sealing level 3.*



# MACKEREL FILLET WITH BUTTERNUT SQUASH

Blast chiller



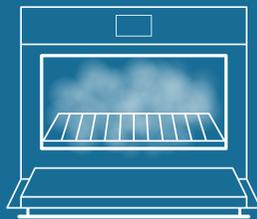
+

Vacuum drawer



+

Combi-steam oven



Medium



1 hour



Serves 2

## INGREDIENTS

- 1 Mackerel
- 500 g Butternut squash
- 1 Sprig of thyme
- 2 Anchovy fillets
- 1 Clove garlic
- Chicory sprouts, as required
- Anchovy sauce, to taste
- Raspberry vinegar, to taste
- Extra-virgin olive oil, to taste
- Salt and pepper, to taste

## FUNCTIONS

### BLAST CHILLER

- Rapid freezing -30°C
- Controlled defrosting
- Blast chilling +3°C

### COMBI-STEAM OVEN

- Cooking at 220°C

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Clean and fillet the mackerel.

**Freeze the fillets at -18°C in the blast chiller for two hours, using the freezing function,** to eliminate any risk from parasites. Then store in the freezer for at least 96 hours.

**Defrost the fillets in the blast chiller before consumption, using the special defrost by weight function.**

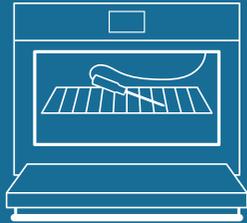
For the butternut squash purée: clean and dice the squash. Place the squash pieces on aluminium foil, season with oil, salt, pepper, garlic and thyme and close the foil, before baking at 220°C for 15 minutes in the oven on the static function.

Pass the cooked squash through a vegetable mill and blend, drizzling in extra-virgin olive oil. Season to taste.

Grease the skin of the fillet with olive oil and season well. In a smoking hot pan, sear the skin until it becomes crispy. To serve, place the squash purée on the bottom of the plate and lay the fillet, skin side up, on top. Garnish with chicory sprouts seasoned with anchovy sauce, raspberry vinegar and chopped anchovies.



Blast chiller



Vacuum drawer



Combi-steam oven



# TUNA FILLET

## IN A SESAME AND MUSTARD CRUST



Easy



45 minuti



Serves 2

### INGREDIENTS

- 2 Slices of tuna
- 2 Eggs
- Sesame seeds, to taste

### FOR THE GARNISH:

- Wholegrain Dijon mustard
- Leek sprouts
- Extra-virgin olive oil
- Salt and pepper

### FUNCTIONS

#### BLAST CHILLER

- Rapid freezing -30°C
- Freeze at -18°C
- Controlled defrosting

### METHOD

Run the pre-cooling function at -30°C on the blast chiller.

Clean the tuna slices, taking care to remove the skin. Freeze at -18°C in the blast chiller for two hours, using the freezing function, to eliminate any risk from parasites. Then store in the freezer for at least 96 hours.

When ready to prepare, defrost the fillets in the blast chiller, using the special defrost by weight function.

Once the fish is defrosted, whisk the egg whites in a bowl and dip the tuna fillets in until covered. Dip the tuna fillets in the sesame seeds so they are evenly coated.

In a hot, non-stick pan, sear the tuna for approximately 1 minute\* per side.

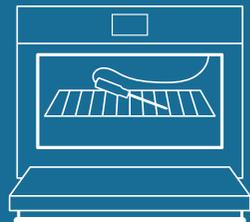
Plate the tuna and garnish with wholegrain Dijon mustard and leek sprouts.

\*Tip: the timing depends on the thickness of the cut of meat. The indicated time per side refers to meat with a thickness of approximately 2 cm.



# WHOLEWHEAT BREAD

Blast chiller



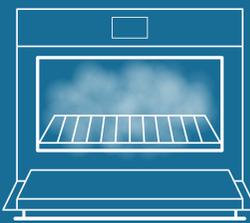
+

Vacuum drawer



+

Combi-steam oven



Difficult



25 hours



Serves 4/6

## INGREDIENTS

500 g Plain flour  
500 g Wholewheat flour  
4 g Sourdough culture  
550 ml Cold water  
20 g Salt

Extra Virgin olive oil, to taste  
Sesame seeds, to taste

## METHOD

Add the flours, sourdough culture and water to a bowl and mix well. Knead well, adding the salt, and roll into a ball. Place the dough in an oiled bowl and cover with cling film, making sure it does not touch.

Place the dough in the **blast chiller** and start the **proving function**.

Set three proving stages: **+3°C for 6 hours, 19°C for 6 hours, and finally 28°C for a further six hours**.

Remove the dough and proceed to cook in the steam oven on the fan-assist cycle at 220°C with 25% steam for 10 minutes.

Then continue cooking in the static oven at 170°C for 20 minutes, and complete on the fan-assist cycle at 170°C with 25% steam for 10 minutes.

## FUNCTIONS

### BLAST CHILLER

 Proving

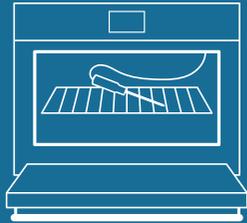
### COMBI-STEAM OVEN

 Cooking at 220°C - 170°C



# CHEESECAKE WITH MARMALADE TOPPING

Blast chiller



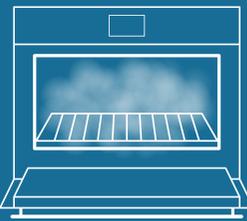
+

Vacuum drawer



+

Combi-steam oven



Medium



3 hours



Serves 5

## INGREDIENTS

300 g Digestive biscuits  
150 g Butter

### FOR THE FILLING:

250 g Cream cheese  
250 g Ricotta cheese  
100 g Double cream  
10 g Gelatine sheets  
100 g Sugar  
1 Vanilla pod  
Zest and juice of 1 orange

### FOR THE MARMALADE TOPPING:

6 Oranges  
100 g Sugar

## FUNCTIONS

### BLAST CHILLER

 Rapid freezing -30°C

 Blast chilling +3°C

### VACUUM DRAWER

 Chef function

### COMBI-STEAM OVEN

 Cooking at 100°C

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Put the biscuits into the blender until broken into fine crumbs and add the melted butter. Mix until the biscuit crumbs are thoroughly coated, and compact into a non-stick tin.

**Chill in the blast chiller at +3°C for 30 minutes, using the blast chill by time function.**

For the filling, mix the cream cheese with the ricotta and add the fresh cream, the orange zest and juice, the gelatine (previously softened and melted in a pan, before being left to cool), and the seeds from  $\frac{3}{4}$  of a vanilla pod.

Remove the tin from the blast chiller, spread the filling over the base and return to the **blast chiller to set at +3°C** for 10 minutes, using the blast chill by time function.

For the marmalade topping: clean and slice six oranges, adding the sugar and remaining  $\frac{1}{4}$  of the vanilla pod.

Place in a vacuum **cooking bag and seal in the vacuum drawer** with the **Chef function** (level 2 sealing).

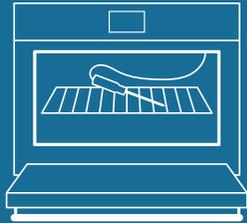
Cook in a steam oven at 100°C with 100% steam for 50 minutes, approximately.

When cooked, blend the mixture and place in the **blast chiller at +3°C for around 45 minutes, using the blast-chill by time function at +3°C.**

Top the cheesecake with the marmalade topping and store in the blast chiller, using the custom conservation – refrigerator function.



Blast chiller



+

Vacuum drawer



+

Combi-steam oven



# ROSEMARY INFUSED ICE CREAM



Easy



1 hour



Serves 4

## INGREDIENTS

- 1 l Single cream
- 2 Sprigs of rosemary
- 1 Lemon
- ½ Vanilla pod
- 200 ml Condensed milk

### FOR THE GARNISH:

Edible flowers

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Place the cold cream, rosemary, zest from the lemon, the condensed milk and seeds from the vanilla pod in a vacuum seal bag.

Place the bag in the vacuum drawer and run the **Chef function with level 2 sealing.**

Then open the bag, strain the mixture and place it in a silicone mould.

Place the mould in the **blast chiller and freeze at -18°C** for 150 minutes with automatic program – freezing -desserts - ice cream/ice lollies.

Once the automatic program is finished, remove the ice cream from the bowl and garnish with the edible flowers. Serve immediately or store in the freezer.

## FUNCTIONS

### BLAST CHILLER

 Rapid freezing -30°C

 Freezing -18°C

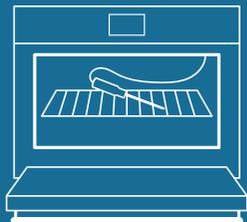
### VACUUM DRAWER

 Chef function



# AMARETTI "SEMIFREDDO" DESSERT

Blast chiller



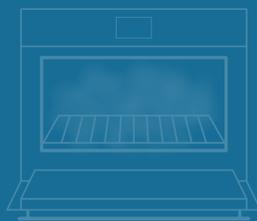
+

Vacuum drawer



+

Combi-steam oven



Easy



4 hours



Serves 3

## INGREDIENTS

|       |                    |
|-------|--------------------|
| 5     | Eggs               |
| 80 g  | Sugar              |
| 200 g | Amaretti biscuits  |
| 400 g | Double cream       |
| 35 g  | 95% dark chocolate |

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Beat the 5 egg yolks with the sugar until they are light and fluffy. Add the crumbled amaretti.

Separately, whisk the cold double cream and add the egg mixture, before folding in the egg whites previously beaten to stiff peaks and chocolate shavings.

**Pour the mixture into a mould and place in the blast chiller. Set the freezing function at -18°C for three hours.**

Remove the semifreddo dessert from the mould, decorate with amaretto biscuit crumbs and shavings of chocolate, and serve.

## FUNCTIONS

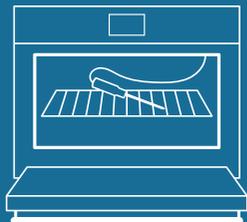
### BLAST CHILLER

 Rapid freezing -30°C

 Freezing -18°C



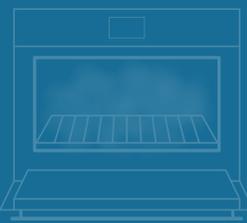
Blast chiller



Vacuum drawer



Combi-steam oven



# ORANGE ICE LOLLY



Easy



1,5 hours



4 ice lollies

## INGREDIENTS

3 Oranges  
Fresh mint, to taste

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Zest one orange and then peel the remaining skin off. Carefully separate all the orange segments and remove the pith. Juice the remaining two oranges and strain the juice.

Fill an ice lolly mould one third full with orange juice. **Freeze in the blast chiller using the freezing function at -18°C for 1 hour.**

Once frozen, place a whole segment of orange inside each mould and fill up to the top with the rest of the juice.

Sprinkle in the zest and **freeze in the blast chiller at -18°C** for 2 hours and 30 minutes.

Serve immediately, or store in the freezer.

## FUNCTIONS

ABBATTITORE DI TEMPERATURA



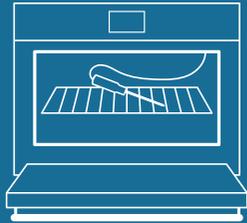
Rapid freezing -30°C



Freezing -18°C



Blast chiller



Vacuum drawer



Combi-steam oven



# KIWI AND MINT FROZEN COCKTAIL

WITH PROSECCO



Easy



2,5 hours



Serve 1

## INGREDIENTS

- 2 Kiwis
- 3 Fresh mint leaves
- 1 Grapefruit
- 200 ml Prosecco

### FOR THE GARNISH:

- 1 slice dried kiwi fruit

## FUNCTIONS

### BLAST CHILLER

 Rapid freezing -30°C

 Freezing -18°C

 Drinks cooling

## METHOD

**Set the pre-cooling function at -30°C on the blast chiller.**

Clean the kiwis and blend the flesh with a few mint leaves. Strain the mixture through a fine sieve and **freeze in the blast chiller at -18°C for 2.5 hours, using the freezing function.**

Every half hour, remove the mixture, delicately break up the surface and return to the blast chiller.

The mixture should achieve a “sandy” texture.

In the meantime, chill a bottle of prosecco in the **blast chiller using the drinks cooling function** – automatic – sparkling - white wine.

Place the frozen mixture in a glass and pour some cold prosecco on top.

Garnish with a grapefruit twist and slice of dried kiwi fruit and serve.







# CLASSICA

## BLAST CHILLER



**SAB4304X** *Inox*  
EAN code: 8017709250201

45 cm reduced height

### CONTROLS

Interactive touch control  
Easy guide colour  
LCD display

### FUNCTIONS

60 Automatic Programs  
**5 warming functions:**  
Proving, Ready-to eat,  
defrost by time, defrost by  
weight, low  
temperature cooking  
**5 cold functions:** cooling,  
freezing, preservation,  
bottle cooling, pre-cooling

### FEATURES

**Temperature range  
from -35 to +75°C**  
Stainless steel interior  
Metal side supports, 3 levels  
Child lock  
1 x 20W halogen light

Freezing capacity: 3 kg/24h  
Climatic class: T  
Noise level: 48 dB(A) re 1 Pw

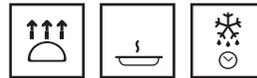
### ACCESSORIES INCLUDED

1 x Easy fit temperature probe  
1 x Double-sided chrome shelf  
(one side for bottle rack)  
1 x microfibre cloth

Cold functions



Warm functions



## VACUUM DRAWER



**CPV315X** *Inox*  
EAN code: 8017709260583

15cm height vacuum drawer

Suitable for fitting directly  
beneath a 45 cm height  
compact steam oven or blast  
chiller.  
Both items fit in a standard 60  
cm aperture.  
Maximum load weight above  
the drawer: 85kg  
Maximum load weight inside  
drawer: 15kg

### CONTROLS

Touch control

### FUNCTIONS

**3 levels of vacuum in  
bags:** delicate, preservation  
sous-vide  
Reseal function  
**Chef function:**  
compression, decompression  
3 levels of sealing: delicate,  
medium, maximum  
**3 levels of vacuum in  
containers:** delicate,  
medium, maximum

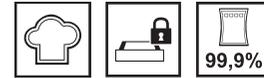
### FEATURES

Push pull opening mechanism  
(no handle)  
2 stage sealing  
Absolute vacuum sensor with  
10 mbar accuracy  
Final vacuum 2-10 mBar  
Automatic dehumidification  
pump cycle  
Net capacity: 6.5 litres

### ACCESSORIES INCLUDED

50 bags for food conservation  
50 bags for sous-vide cooking  
Nominal power: 230 W

Functions



## COMBI-STEAM OVEN



**SF4390VCX1** *Inox*  
EAN code: 8017709235888

### 9 COOKING FUNCTIONS

Turboventilated, Ventilated, Ventilated,  
Static, Eco, Grill, Ventilated Grill, Base,  
Ventilated base

**Other functions:** Timed defrosting, Weight  
defrosting, Leavening

### 3 STEAM FUNCTIONS

Steam, Ventilated Steam, Ventilated Steam  
**Other functions:** Heating and Regeneration,  
Tank cleaning,  
Water discharge, Water load, Descaling  
program

### Smart Cooking System

**50 automatic programs** and 10  
customizable recipes

### CLEANING SYSTEM

Vapor clean

### COMMANDS

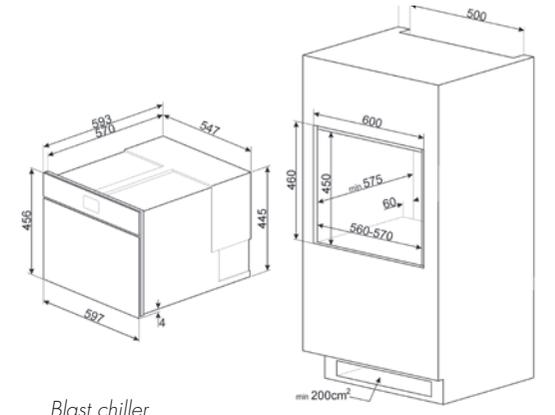
**Touch screen** color TFT graphic display  
**EasyGuide** interface

### OPTIONS

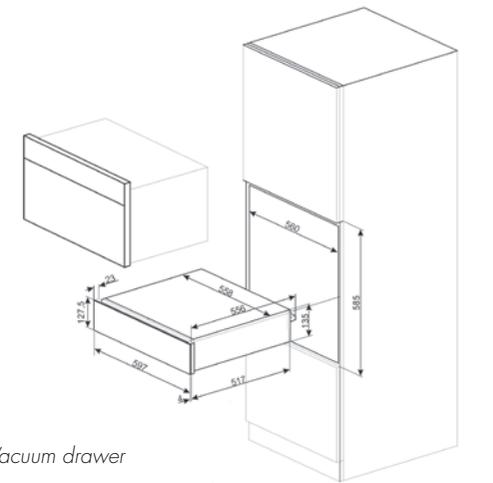
**Programmer** with delayed start  
End of cooking with automatic switch-off  
Eco-logic option  
Showroom mode  
Features  
Temperature **from 30 ° C to 250 ° C**  
Water tank capacity: **1.2 liters**  
1 halogen lamp (40 W)  
Door with **Soft Close** closure

### ACCESSORIES INCLUDED

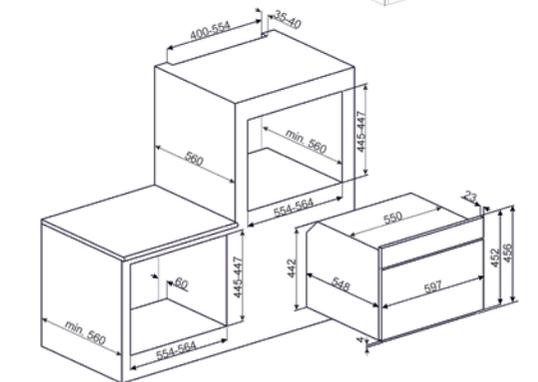
1 deep enamel basin 40 mm  
1 stainless steel basin 40 mm deep  
1 grid with rear stop  
1 insert for basin  
1 telescopic guide with partial extraction  
1 stainless steel basin - 1 carafe  
1 sponge - 1 boiler cover



Blast chiller



Vacuum drawer



Combi-steam oven



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