

LAKELAND

superchef



**RECIPE BOOKLET**

MODEL 15312

Helpline No: 015394 88100

COOK  
FRY  
SL  
RY  
BOIL  
BAKE

## INTRODUCTION

Let SuperChef do the hard work for you! Like having a buddy in the kitchen, this multi-functional, innovative cooker is the ultimate time-saving device – all you need to do is add the ingredients, then select one of the 11 cooking functions and press start. SuperChef takes care of everything else, whether you're baking, steaming, stewing, shallow frying, boiling... it also has a dedicated rice and pasta function, and adjusts the cooking temperature as necessary, cleverly avoiding the risk of burnt ingredients. You can even set a timer to have food ready for when you come home from work, and it'll keep food warm until you're ready to eat – truly a one-pot wonder. With over 35 recipes this book will help you to make the most from your SuperChef.

## Additional information

Some recipes in this booklet use the measuring cup supplied with the SuperChef. Please refer to your SuperChef User Manual for further information on the cooking functions.



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## CHICKEN BROTH

*Serves 4*

Cooking time: 1 hour

### Ingredients:

1 whole chicken, chopped  
1 small onion, diced  
1 carrot, chopped  
1 stem of celery, chopped  
1.5 litres chicken stock

### Method

- Add chicken, vegetables and chicken stock to cooking bowl.
- Press the 'Menu' button and select the 'stew' program. The default time of one hour will appear.
- Stir occasionally. Season to taste and strain before serving.

## VEGETABLE SOUP

Serves 4

Cooking time: 1-8 hours

### Ingredients:

30g butter  
1.25kg mixed vegetables, peeled and sliced  
(e.g. potato, butternut squash, onion, carrot, parsnips, celery and leek)  
30g cornflour  
1 litre vegetable stock  
1tsp dried mixed herbs  
Salt

### Method

- Add butter and vegetables to the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press 'cooking time' and select 5 minutes.
- Gently fry the butter and vegetables for 3 minutes.
- For remaining 2 minutes add the hot stock and stir mixture. Season to taste and add herbs.
- Press the 'menu' button and select the 'slow cook' program. Press the 'cooking time' and select 1-8 hours.
- Blend the soup and season if required.

## CREAM OF PUMPKIN SOUP

Serves 4

Cooking time: 27 minutes

### Ingredients:

¼ measuring cup olive oil  
30 g butter  
2 leeks, chopped  
2 potatoes, chopped  
500 g pumpkin, chopped  
Pinch of salt  
1tsp grated nutmeg  
1 litre of vegetable stock  
¼ measuring cup single cream  
Crouton

### Method

- Add the olive oil, butter and leek into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press cooking time and select 7 minutes.
- After 4 minutes, add the potatoes, pumpkin, salt, nutmeg and hot vegetable stock.
- Press the 'boil' function, select 'food selection' and select 'vegetable' then press cooking time and select 20 minutes.
- With 3 minutes left before finishing, add the single cream.
- Blend the soup and season if required.
- Serve with croutons and grated nutmeg.

## CREAM OF LEEK SOUP

*Serves 4*

Cooking time: 26 minutes

### Ingredients:

¼ measuring cup olive oil

½ onion, finely chopped

6 leeks, chopped

1 potato, chopped

½ litre of vegetable stock

½ measuring cup single cream

Salt and white pepper

### Method

- Add the olive oil and onion into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press cooking time and select 6 minutes.
- After four minutes add the leek and potato.
- When frying is complete add the hot vegetable stock.
- Press the 'boil' function, select 'food selection' and select 'vegetable' then press cooking time and select 20 minutes.
- With 3 minutes left before finishing, add the single cream.
- Blend the soup and season if required.

## RATATOUILLE

*Serves 4*

Cooking time: 25 minutes

### Ingredients:

2tsp olive oil

2 onions , chopped

2 aubergines, chopped

2 red peppers, chopped

2 courgettes, chopped

400g chopped tomatoes

Small sprig thyme

Salt and pepper

### Method

- Place all ingredients into the cooking bowl.
- Press the 'Menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable'. Press the 'cook time' button and select 25 minutes.
- Stir occasionally and season to taste.

## **BROCCOLI WITH LEMON AND HONEY SAUCE**

*Serves 4*

Cooking time: 20 minutes

### **Ingredients:**

1 broccoli, stalk and leaves removed.  
2 tbsp lemon  
1 tsp caster sugar  
5 tbsp oil  
1 small onion, very finely chopped  
1 tbsp Honey  
Pinch of salt

### **Method**

- Remove the stalk and leaves from the broccoli.
- Pour two measuring cups of water into the cooking bowl and then place the steam tray into the cooking bowl.
- Place the broccoli florets onto the steam tray.
- Press the 'menu' button and select the 'steam' program. Press 'food selection' and select 'vegetable' then press cooking time and select 20 minutes.
- For the sauce, mix the remaining ingredients in a bowl.
- Serve the broccoli with sauce drizzled on top, or alternatively as a dipping sauce.

This recipe also works well with cauliflower, and chicken pieces can also be added to the broccoli. If using chicken ensure that it is thoroughly cooked before serving.

## **STEAMED VEGETABLES**

*Serves 4*

Cooking time: 20 minutes

### **Ingredients:**

200g green beans  
2 red onions, sliced  
2 medium carrots, chopped  
1 medium potato, chopped  
Olive oil, salt, pepper or lemon to season

### **Method**

- Pour two measuring cups of water into the cooking bowl and then place the steam tray into the cooking bowl.
- Place the vegetables onto the steam tray.
- Press the 'menu' button and select the 'steam' program. Press 'food selection' and select 'vegetable' then press cooking time and select 20 minutes.
- Season to taste.

This recipe works well with a variety of vegetables such as mange tout, peppers, baby corn etc.

## STEAMED SALMON WITH POTATOES

*Serves 2*

Cooking time: 30 minutes

### Ingredients:

1 measuring cup water  
2 small potatoes, thinly sliced  
Salt  
½ measuring cup olive oil  
2 salmon fillet  
1 garlic clove, crushed  
Parsley, chopped

### Method

- Pour a measuring cup of water into the cooking bowl and then place the steam tray into the cooking bowl.
- Place the potato onto the steam tray and place a little salt and drizzle with oil. Place the salmon fillet onto the potato and top with garlic and parsley.
- Press the 'menu' button and select the 'steam' program. Press 'food selection' and select 'fish' then press cooking time and select 30 minutes.
- Season to taste.

## STEAMED LEEK & MUSHROOM OMELETTE

*Serves 2*

Cooking time: 37 minutes

### Ingredients:

3tsp olive oil  
125g mushroom, sliced  
2 leeks, sliced  
3 eggs  
Salt and pepper

### Method

- Place 2tsp oil, leeks and mushrooms into the cooking bowl.
- Press the 'Menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable'. Press 'cooking time' and select 12 minutes. Stir occasionally.
- Meanwhile, beat the eggs in a separate mixing bowl.
- Once the mushroom and the leek are ready remove from cooking bowl and mix with the eggs in the mixing bowl.
- In an 18cm oven-proof bowl add 1tsp olive oil and place into the cooking bowl. Fill the cooking bowl with water halfway up the side of the ovenproof bowl.
- Press the 'Menu' button and select the 'steam' program. Press 'food selection' and select 'vegetable'. Press 'Cooking time' and select '25 minutes.

## SAUTÉED POTATOES WITH BACON

*Serves 4*

Cooking time: 25 minutes

### Ingredients:

600g potato, peeled and chopped

1 onion, finely chopped

½ measuring cup olive oil

Salt and pepper

50g bacon, chopped

2 eggs, lightly whisked

### Method

- Place the potato, onion, oil and salt and pepper into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press cooking time and select 25 minutes.
- Stir from time to time and after 10 minutes add the bacon and stir again.
- With 2 minutes left to finish, add the eggs.

## SAUTÉED PRAWNS

*Serves 2*

Cooking time: 12 minutes

### Ingredients:

1tbsp butter

Olive oil

2 garlic cloves, crushed

1kg. fresh prawns

¼ measuring cup white wine

1 measuring cup single cream

Salt and pepper

### Method

- Place the butter, a dash of oil, garlic and prawns into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'fish' then press 'cooking time' and select 7 minutes.
- Place the wine and cream into the cooking bowl and season to taste.
- Press the 'menu' button and select the 'heat' program. The cooking time that is required for this part of the recipe is 5 minutes, however the minimum time that can be selected is 8 minutes. Select 8 minutes and after 5 minutes turn SuperChef off.

## SAUTÉED CHICKEN WITH VEGETABLES

*Serves 4*

Cooking time: 15 minutes

### Ingredients:

¼ measuring cup olive oil

500g chicken breast, chopped

250g chopped vegetables e.g. green beans, asparagus, courgette, mushrooms etc

1 garlic clove, crushed

### Method

- Place the oil and chopped chicken into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'meat' then press cooking time and select 15 minutes.
- When there is 7 minutes remaining add the vegetables and garlic into the cooking bowl.
- Stir during cooking.

## VEGETABLE PAELLA

*Serves 4*

Cooking time: 40-50 minutes

### Ingredients:

2tbsp olive oil

¼ yellow pepper, chopped

½ green pepper, chopped

60g mushrooms, chopped

½ onion, chopped

130g chopped tomatoes

280g long grain rice

360ml water

70g fresh or frozen peas

Pinch of saffron

To garnish

Parsley

### Method

- Add oil, yellow pepper, green pepper, mushrooms, onion and chopped tomatoes into cooking bowl. Select the 'fry' program. Press 'food selection' and select 'vegetable'.
- Press 'cook time' and select 10 minutes. Press start. Occasionally stir the ingredients.
- Add the rice, peas, saffron and water and stir.
- Press the 'menu' button and select the 'rice' program.
- Garnish with parsley.

## CHICKEN AND MUSHROOM RICE

*Serves 4*

Cooking time: 40-50 minutes

### Ingredients:

8 dried mushrooms, chopped  
200g chicken breast, chopped in small pieces  
1 measuring cup peas  
2 eggs, beaten  
2 measuring cup rice  
2 measuring cup chicken stock  
2 tsp caster sugar  
2 tbsp sake  
2 tsp soya sauce

### Method

- Add the mushrooms, chicken, peas, eggs, rice and chicken stock to the cooking bowl.
- Press the 'menu' button and select the 'rice' program. Stir from time to time.
- At 8 minutes before recipe is complete add sugar, sake and soya sauce.

## BACON & MUSHROOM NOODLES

*Serves 3*

Cooking time: 30-40 minutes

### Ingredients:

½ measuring cup olive oil  
150g bacon, cut into small pieces  
150g mushrooms, sliced  
250ml single cream  
¼ measuring cup soy sauce  
250g dried noodles  
2½ measuring cup vegetable stock

### Method

- Place the oil, bacon and mushrooms to the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press 'cooking time' and select 14 minutes.
- Place the cream, soya sauce, dried noodles and stock into the cooking bowl.
- Press the 'menu' button and select the 'pasta' program. Stir from time to time.
- Bacon can be substituted with chicken in this recipe.

## TUNA SPAGHETTI

*Serves 4*

Cooking time: 30-40 minutes

### Ingredients:

1tbsp olive oil  
1 medium onion, finely chopped  
1 garlic clove, finely chopped  
200g spaghetti  
180g chopped tomatoes  
150g tinned tuna  
540ml water  
1tsp dried oregano  
Salt and pepper

### Method

- Place the oil and garlic into the cooking bowl.
- Press the 'Menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable'. Press 'Cooking time' and select 15 minutes.
- Break the spaghetti in half and with the other ingredients mix together with the onion and garlic in the cooking bowl.
- Select the 'Pasta' program .The Superchef will indicate when there is 8 minutes left until the end of the program.

**Please note:** This recipe requires adding water on top of the sauce ingredients. All water is absorbed during cooking.

## SPAGHETTI CARBONARA

*Serves 4*

Cooking time: 30-40 minutes

### Ingredients:

200g dried spaghetti  
1tsp olive oil  
100g mushrooms, sliced  
100g bacon, chopped  
1 medium onion, chopped  
1 garlic clove, crushed  
180ml double cream  
540ml water  
Salt and black pepper

### Method

- Place oil, onion, mushrooms and garlic in the cooking bowl. Press the 'Menu' button; select the 'fry' program. Press 'food selection' and select vegetables. Press 'cooking time' and select 10 minutes. Stir occasionally.
- Break the spaghetti in half and place into cooking bowl with the rest of the ingredients and water. Mix together.
- Select the pasta program.
- Superchef will indicate when 8 minutes are left until the end of the program.
- Season with ground black pepper and salt.

**Please note:** This recipe requires adding water and pasta on top of the sauce ingredients. All water is absorbed during cooking. Adjust the amount of water depending how 'al dente' you prefer your pasta.

## TUNA WITH CHICKPEAS

Serves 4

Cooking time: 21 minutes

### Ingredients:

300g fresh tuna, chopped in small pieces

Salt and pepper

Plain flour

¼ measuring cup olive oil

1 onion, finely chopped

1 measuring cup passata

500g canned chickpeas

1 garlic clove, crushed

Parsley, chopped

### Method

- Season the chopped tuna with the salt and pepper and then lightly cover with plain flour.
- Add the tuna and oil into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'fish' then press 'cooking time' and select 13 minutes.
- After 5 minutes, remove the tuna from the cooking bowl. Add the onion and passata.
- After the 13 minutes is completed add the tuna and chickpeas. Stir.
- Press the 'menu' button and select the 'boil' program. Press 'cooking time' and select 8 minutes.
- Stir and select the 'boil' function, time 8 minutes.
- With 2 minutes remaining, add the garlic and a handful of chopped parsley.

## CHICKEN WINGS

Serves 4

Cooking time: 45 minutes

### Ingredients:

1 measuring cup honey

¼ measuring cup lemon juice

1 tsp. cinnamon powder

½ lemon rind

2 tps. soy sauce

1kg. chicken wings

### Method

- In a bowl mix the honey, lemon juice, cinnamon, lemon rind and soy sauce.
- Place the chicken wings into the bowl and marinade for 4-5 hours.
- Add the marinated chicken wings to the cooking bowl.
- Press the 'menu' button and select the 'bake' program. After 25 minutes turn the chicken wings so they become evenly cooked.

## STEWED HARICOT BEANS

*Serves 4*

Cooking time: 1 hour

### Ingredients:

4 measuring cups Vegetable Stock  
400g dried haricot beans  
1 green pepper, chopped  
2 onion, finely chopped  
3 garlic cloves, crushed  
2 potatoes, chopped in small pieces  
1 measuring cup tomato sauce  
2 onions and 3 garlic cloves  
1 chorizo sausage, in 3mm slices  
½ measuring cup olive oil  
Pinch of salt  
1 bay leaf

### Method

- Place all ingredients into the cooking bowl.
- Press the 'Menu' button and select the 'stew' program. The default time of one hour will appear.
- Stir occasionally. Remove the bay leaf before serving.

## BEEF AND POTATO STEW

*Serves 4*

Cooking time: 67 minutes

### Ingredients:

½ measuring cup olive oil  
1 onion, finely chopped  
250g stewing steak  
2 measuring cups of pasatta  
3 garlic cloves, crushed  
2 potatoes, chopped  
1 carrot, chopped  
1 measuring cup water  
¼ measuring cup white wine  
2 bay leaves  
Salt and black pepper

### Method

- Add the oil and finely chopped onion to the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetables' then press cooking time and select 7 minutes.
- Add the remaining ingredients.
- Press the 'Menu' button and select the 'stew' program. The default time of one hour will appear.
- Stir occasionally. Remove the bay leaves before serving and season to taste.

## **BEEF FRICASSEE WITH MUSHROOM STEW**

*Serves 4*

Cooking time: 33 minutes

### **Ingredients:**

350g beef fillet, thickly sliced

1 medium onion

75g wild mushrooms

180ml white wine

190g chopped tomatoes

1tbsp olive oil

Plain flour

Salt and pepper

### **Method**

- Lightly coat the beef with flour.
- Place oil and beef into Superchef.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'meat'. Press 'cook time' and select 18 minutes. Press start. Cook the beef for 5 minutes then remove and leave to one side.
- Now add the onion and cook for 5 minutes. Add the tomatoes, salt and pepper and cook for the remaining 8 minutes.
- Once finished add the white wine, mushrooms and beef. Press the 'menu' button and select the 'heat' program. Press 'cook time' and select 15 minutes.

## **CHORIZO AND BEAN STEW**

*Serves 4*

Cooking time: 60 minutes

### **Ingredients:**

400g kidney beans

160ml chopped tomatoes

1 green pepper, chopped

2 medium onions, chopped

2 medium potatoes, peeled and chopped

200g chorizo, sliced

700ml vegetable stock

2tbsp olive oil

3 cloves garlic, crushed

Bay leaf

Salt to season

### **Method**

- Place all the ingredients into the cooking bowl.
- Press the 'Menu' button and select the 'stew' program. The default time of one hour will appear.
- Stir occasionally and remove bay leaf before serving.

## SAUSAGE STEW

Serves 4

Cooking time: 20 minutes

### Ingredients:

¼ measuring cup olive oil  
3 tomatoes, finely chopped  
Small onion, finely chopped  
1 garlic clove, crushed  
5 large pork sausages, chopped  
600g Potatoes, chopped  
300g garden peas  
1 measuring cup white wine  
2 measuring cup water  
½ measuring cup passata  
Pinch of salt

### Method

- Place the oil, tomatoes, onion and garlic into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press cooking time and select 6 minutes. Stir.
- Add the remaining ingredients.
- Press the 'menu' button and select the 'boil' program then press cooking time and select 14 minutes.

## CHICKEN AND MUSHROOM CASSEROLE

Serves 4

Cooking time: 5-8 hours

### Ingredients:

4 Chicken quarters  
30g butter  
2tbsp flour  
1 large onion, finely chopped  
3 sticks celery, thinly sliced  
250g mushrooms, thinly sliced  
1 clove garlic, crushed  
375ml chicken stock  
Salt and black pepper  
4tbsp cream (optional)

### Method

- Coat the chicken in flour and place with the butter into the cooking bowl.
- Press the 'menu' button, and select the 'fry' program. Press 'food selection' and select 'meat'. Press 'cook time' and select '15 minutes.. Fry until golden brown on all sides for 10 minutes.
- Add the onions and celery and gently fry until softened for the remaining 5 minutes.
- Add the mushrooms, garlic and stock. Stir mixture and season to taste.
- Ensure that the chicken and vegetables are immersed and close lid.
- Press the 'menu' button and select 'slow cook. Press 'cook time' and select 5-8 hours. Stir in the cream after cooking has finished.

**Please note:** You can vary the cooking time to suit personal preference. For an extremely tender and moist casserole cook for 8 hours.

## CHILLI CON CARNE

*Serves 4*

Cooking time: 5-8 hours

### Ingredients:

2tsp vegetable oil  
2 large onions, chopped  
2 cloves garlic, crushed  
1 green pepper, chopped  
500g lean minced beef  
400g tinned chopped tomatoes  
1tsp chilli powder  
1tsp corn flour  
1tbsp brown sugar  
4tbsp tomato puree  
Salt and ground black pepper  
425g red kidney beans, drained

### Method

- Add oil, onions, garlic and green pepper to the cooking bowl. Press the 'menu' button and select the 'fry' program. Press 'food selection' and select meat. Press 'cooking time' and select 10 minutes.
- After five minutes add the minced beef.
- In a separate bowl mix together chilli powder, flour, brown sugar and tomato puree to make a paste.
- Add the paste, seasoning and tomatoes to the cooking bowl. Select the 'slow cook' program, press 'cook time' and select 5-8 hours.
- One hour before serving add kidney beans.
- Serve with rice or jacket potatoes.

**Please note:** You can vary the cooking time to suit personal preference. To allow all the flavours to thoroughly blend and taste even more delicious we recommend cooking for up to 8 hours. For extra flavour you can also add a variety of extra ingredients including extra chilli, bay leaves, ground cumin, ground coriander and red wine.

## MINI CHICKEN SKEWERS

*Serves 4*

Cooking time: 10 minutes

### Ingredients:

200g mushrooms, sliced  
2 chicken breasts, chopped  
4 bacon rashers, chopped  
¼ measuring cup olive oil  
Mini skewers

### Method

- Cut the mushrooms into thick slices.
- Cut the chicken breasts and bacon into pieces.
- Place one piece of chicken, one of bacon and leave the mushrooms at the end of the skewer.
- Make as many skewers as you can with these ingredients.
- Pour the olive oil into the bowl and place the sticks into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'meat' then press cooking time and select 10 minutes.
- After 5 minutes turn the sticks so that the ingredients are evenly cooked.

**Please note:** Do not overcrowd the bowl. If you have a large amount of kebabs cook in two batches.

## ROASTED CHICKEN BREASTS WITH POTATOES

*Serves 4*

Cooking time: 54 minutes

### Ingredients:

½ measuring cup oil  
5 medium size potatoes, chopped in small pieces  
4 garlic cloves, finely chopped  
Handful of Parsley, chopped  
3 sprigs of Thyme, chopped  
4 chicken breasts  
1 measuring cup water  
½ measuring cup chicken stock  
Salt  
Pepper

### Method

- Pour the oil into the cooking bowl and add the chopped potatoes, garlic, parsley and thyme. Season to taste.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press cooking time and select 9 minutes. Stir.
- Add the remaining ingredients. Stir the ingredients.
- Press the 'menu' button and select the 'bake' program.
- Season to taste.

## MOZZARELLA STUFFED CHICKEN

*Serves 4*

Cooking time: 45 minutes

### Ingredients:

4 chicken breasts  
200g mozzarella, thickly sliced  
8 slices parma ham  
3 potatoes, sliced  
¼ measuring cup olive oil  
1 onion, chopped  
300g mushrooms, chopped  
1 measuring cup chicken stock  
1 measuring cup white wine  
Salt and pepper

### Method

- Make a slit down one side of the chicken breast to form a pocket. Stuff with mozzarella and wrap with two slices of parma ham.
- In the cooking bowl add the oil, potato slices and mushrooms. Then place the chicken breasts on top of this. Season with salt and pepper.
- Add oil to the cooking bowl and then add the onion, the slices of potatoes and the mushrooms and place the chicken breast on top of these ingredients.
- Pour in the chicken stock and white wine.
- Press the 'menu' button and select the 'bake' program.

## LEMON CHICKEN

*Serves 4*

Cooking time: 28 minutes

### Ingredients:

½ measuring cup olive oil  
1 onion, finely chopped  
100g Green Beans  
2 carrots, chopped  
1 garlic clove, crushed  
2 bay leaves  
8 chicken legs  
Juice from 2 lemons  
Salt and pepper

### Method

- Place the oil, onion, green beans, carrots, garlic and bay leaves into the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'vegetable' then press cooking time and select 8 minutes.
- Add the chicken and lemon juice. Stir the ingredients.
- Press the 'menu' button and select the 'heat' program then press cooking time and select 20 minutes.

## CHICKEN WITH ALMONDS

*Serves 4*

Cooking time: 73 minutes

### Ingredients:

¼ measuring cup olive oil  
3 garlic cloves, crushed  
50g almonds  
4 boneless chicken thigh, chopped  
3 measuring cup chicken stock  
½ measuring cup white wine  
6 thread saffron  
2 bay leaves  
1 potato, chopped

### Method

- Add the oil, garlic, almonds and chopped chicken to the cooking bowl.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'meat' then press cooking time and select 13 minutes. Stir during cooking.
- Add the remaining ingredients.
- Press the 'Menu' button and select the 'stew' program. The default time of one hour will appear. Close the lid and press start.
- Remove the bay leaves before serving.

## PORK TENDERLOIN WITH PINE KERNELS AND DATES

*Serves 4*

Cooking time: 37 minutes

### Ingredients:

½ measuring cup oil  
500g pork tenderloin, chopped  
2 garlic cloves, finely chopped  
12 dates  
70g pine nuts  
1 measuring cup white wine  
1 measuring cup chicken stock  
Salt and pepper

### Method

- Season the meat and place it in the cooking bowl with the oil and garlic.
- Press the 'menu' button and select the 'fry' program. Press 'food selection' and select 'meat' then press cooking time and select 12 minutes.
- After 6 minutes add the dates and stir.
- After 10 minutes add the pine nuts and stir.
- Add the wine and stock and then press the 'menu' button and select the 'heat' program. Then press cooking time and select 25 minutes.
- Season to taste.

## VICTORIA SPONGE CAKE

Cooking time: 45 minutes

### Ingredients:

3 medium eggs  
175g self raising flour  
175g caster sugar  
175g unsalted butter  
1tsp baking powder  
1tsp vanilla extract  
3tsp strawberry jam  
500ml double cream  
Strawberries, sliced (optional for decoration)  
Icing sugar

### Method

- In a mixing bowl beat the butter and sugar together until pale and creamy. Gently fold in one egg at a time with a little flour. Then gently fold in the rest of the flour and the baking powder. Add vanilla extract and then mix.
- Grease the base and sides of the cooking bowl. Add mixture to bowl ensuring the mixture is level.
- Press the 'menu' button and select the 'bake' program.
- Let the cake cool before removing it from the cooking bowl.
- Whip cream until thick.
- Cut cake in half and add a layer of jam and cream. Sandwich together and place strawberries onto the top of the cake.
- Dust with icing sugar.

## BANANA SPONGE CAKE

Cooking time: 45 minutes

### Ingredients:

110g butter  
175g sugar  
2 medium eggs  
230g self raising flour  
2 ripe bananas, mashed

### Method

- Cream together the butter and sugar until pale and creamy. Gently fold in one egg at a time with a little flour. Then gently fold in the rest of the flour.
- Add the mashed bananas.
- Grease the base and sides of the cooking bowl. Add mixture to bowl ensuring the mixture is level.
- Press the 'menu' button and select the 'bake' program.
- Let the cake cool before removing it from the cooking bowl.

## CHOCOLATE AND WALNUT CAKE

Cooking time: 45 minutes

### Ingredients:

4 medium eggs  
230g caster sugar  
75g butter  
160g self raising flour  
2tsp baking powder  
100g cooking chocolate  
100g chopped walnuts

### Method

- Beat the eggs in a mixing bowl. Add the sugar and butter and mix together. Gently fold in the flour and baking powder.
- Melt the chocolate and mix into the cake mixture. Add the walnuts into the mixture.
- Grease the base and sides of the cooking bowl. Add mixture to bowl ensuring the mixture is level.
- Press the 'menu' button and select the 'bake' program.
- Let the cake cool before removing it from the cooking bowl.

## LEMON SPONGE CAKE

Cooking time: 45 minutes

### Ingredients:

3 medium eggs  
175g self raising flour  
175g caster sugar  
175g unsalted butter  
1tsp baking powder  
2 lemons  
150ml caster sugar

### Method

- In a mixing bowl beat the butter and sugar together until pale and creamy. Gently fold in one egg at a time with a little flour. Then gently fold in the rest of the flour and the baking powder. Add zest of two lemons and then mix.
- Grease the base and sides of the cooking bowl. Add mixture to bowl ensuring the mixture is level.
- Press the 'menu' button and select the 'bake' program.
- When the cake has finished baking, allow to cook for 10 minutes and then using a toothpick prick all over the top of the cake.
- In a bowl mix together the juice of two lemons and caster sugar. Drizzle this all over the top of the cake.
- Let the cake cool completely before removing it from the cooking bowl.

## BAKED APPLES

Serves 4

Cooking time: 45 minutes

### Ingredients:

4 eating apples, cored  
70g mixed dried fruit  
50ml brandy  
30g soft light brown sugar  
1/2tsp allspice  
100g butter, softened

### Method

- In a small bowl soak the mixed dried fruit with the brandy for at least 4 hours.
- Add the sugar, allspice and softened butter. Mix together.
- Spoon the mixture into the cored apple and then place into the cooking bowl.
- Press the 'menu' button and select the 'bake' program.

## **POACHED PEARS**

*Serves 4*

Cooking time: 30 minutes

### **Ingredients:**

6 pears, peeled, cored and cut in half

1 measuring cup sugar

1 cinnamon stick

3/4 measuring cup red wine

### **Method**

- Peel the pears, remove the core and cut them in half.
- Place the ingredients in the bowl and leave to soak for 24 hours.
- Press the 'menu' button and select the 'boil' program then press cooking time and select 30 minutes.



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