

Main courses and garnishes



Meat loaf with mashed potatoes

For 4 persons

500 g minced beef
300 g sausage meat
200 g dry bread
1 onion
2 eggs
Milk
Butter
Herbs, seasoning

Mashed potato
1 kg floury potatoes
Salted water
100 g butter
2.5 dl milk

Lay the bread in hot milk, and then squeeze the milk out of the bread using a sieve before adding the eggs, seasoning, parsley and onion and turning the mixture into a puree using the multi-purpose blade. Then knead the whole mixture with the minced beef and sausage meat thoroughly, season it and shape it into a joint of meat. Then place it in a greased gratin dish or cake tin and cook in a pre-heated oven at 200° C. At ten minute intervals, pour liquid butter over the joint three times. Reduce the oven temperature to 120° C and leave the joint to cook for a further 20 minutes, approximately. Boil vegetables separately and make a gravy if you wish.

Garnish: carrots, celeriac, gravy

Peel the potatoes, dice them and boil them in lightly salted water until they are soft. Drain the water off the potatoes and then leave the potatoes on a hot plate for a short time to allow any excess steam to evaporate.

Using the bamix® and the whisk (with the motor switched off) mash the potatoes well. Add butter, hot milk and seasoning and puree everything together using the bamix® on the second setting but without making any circular motions.



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Chinese noodles

For 4 persons

1 packet Chinese noodles
 1 large leek
 2 peppers
 1 zucchini
 2 carrots
 4–6 leaves of Chinese cabbage
 1 spring onion
 Soya bean seedlings
 600 g chicken breast
 A little bouillon
 3 dessert spoons sherry
 2 dessert spoons soy sauce
 Salt and pepper (2 pinches each)
 Ginger, Chinese seasoning

Put the sherry, soy sauce and seasoning in a bowl with the diced meat and leave to stand in the marinade for 1 to 4 hours. Slice the vegetables using the SliceSy®, cut the Chinese cabbage into pieces by hand and then add the soya bean seedlings. Boil the Chinese noodles in salted water. Take the meat out of the marinade and brown it in a frying pan. Add the vegetables and steam them well, adding a little bouillon. Add some seasoning to taste, add some of the marinade and allow this to soak in for 10 minutes. Serve with the noodles if you wish.



Cod on a bed of vegetables

For 4 persons

800 g boneless cod fillets
 2 leeks
 3 carrots
 ½ stick of celery
 2 dl white wine
 1 tablespoon bouillon paste
 Salt, pepper
 Lemon juice
 A few knobs of butter

Using the grater on the SliceSy®, cut the carrots into smaller pieces, cut the leeks and celery stick into slices and place in the dish as a gratin, Pour the 2 dl of white wine over this gratin. Distribute the bouillon paste in small amounts all over the gratin. Cook in the oven at 220 °C for 20 minutes. Season the fish. Lay it on the hot vegetables and add a few knobs of butter on the top. Cook for a further 20 minutes.

Garnish: Salted potatoes



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