

SAMSUNG



Dual Cook Flex™
Delicious Oven Recipes

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Welcome to Dual Cooking

One Flexible Door, Two Temperatures, Endless Cooking Combinations

Samsung Dual Cook Flex™ doesn't just cook at two temperatures when needed. It now has a hinged, Flexible Door giving you the choice to access the full oven or just the top half, without interrupting what's cooking below. It's our most flexible oven yet. So say goodbye to mealtime dramas.

To get you started on cooking with your new Dual Cook Flex™ oven more effectively, we've paired together some tongue-tantalising, mouth-watering, easy, simply delicious recipes for you indicating a suggestion as to what you should cook on the top and also on the bottom. You can use these recipes in any combination you like, so you can choose which combinations suit you best.

The recipes in this book are suggested for Dual Cooking. For any Dual Cooking, you will need the special divider provided with your oven and insert the divider at **level 3** in your oven to separate the cooking chamber into two compartments. The oven will sense the divider and activate the upper compartment by default and allow the temperature / cooking settings to be made.



Note: When using the Dual Cook mode, the temperature range of one compartment is affected by the temperature settings of the other compartment. For instance, grilling in the upper compartment will be limited by the operation in the lower compartment in terms of cooking temperatures. We have reflected this in the recipes in this book, however, please note that either compartment limits its temperature settings between minimum 40 and maximum 250.

For a full guide on the temperature differences, please refer to your user manual.

Everything else you need to know about your new Dual Cook Flex oven and Dual Cooking can be found in your user manual.

INTRODUCING Olimpia Davies



Olimpia Davies graduated as a geologist but her real passion was always food and photography. While she loved working in an environmental laboratory, she just loved food that bit more and in 2011 she started writing her culinary blog Artisan: Bite on Green. In the process she discovered a genuine talent for food styling and photography. Food is now her number one interest and her eye for composition and colour combined with an exquisite attention to detail won her the 2016 Pink Lady Food Photographer of the Year Award. She captures the natural beauty of the food in an extraordinary way evoking feelings and emotions by using natural ingredients and light to create art from food.

Olimpia's attention to detail and creative eye make her and Dual Cook Flex™ cooking perfect partners.



20 MINS 190°C

BOTTOM ZONE

Serves 8 3 hrs prep

Dinner rolls

INGREDIENTS

200ml whole milk, lukewarm	550g unbleached bread flour, or more if needed
1 ¼ tsp instant or active dry yeast	1 tsp salt
15ml olive oil	1 small egg
15g unsalted butter	
15g granulated sugar	

METHOD

Add the yeast to the milk and whisk until it dissolves. Add the oil, butter and sugar and whisk. Leave it to rest for about 5 minutes, until the yeast begins to float to the surface.

In a stand mixer, combine the flour, salt and egg. Add the yeast mixture and mix on a low speed until a coarse ball of dough forms. Leave to rest for 5 minutes.

Knead the dough by hand for 10 minutes on a lightly oiled work surface until it becomes soft. If it is too sticky, sprinkle on a little flour.

Form into a round ball and put in a big, lightly oiled, plastic container with a lid. Leave at room temperature for 90 minutes, until it has doubled in size.

Line a big oven tray with baking paper.

Divide the dough into 8 equal pieces and roll one into a 25 cm long rope. Wrap the dough around your fingers into a loose knot leaving 5 cm free at each end. Wrap the left end of the dough up and over the loop. Wrap the right end down and under the loop. Lightly squeeze the two ends of dough together in the centre to secure them. Gently shape the roll into a round and place on a baking sheet. Repeat with the remaining dough.

Dust the top of the rolls with flour and cover with cling film. Leave at room temperature for 20 minutes; they should be twice the size before they go in the oven.

Preheat the oven to 190°C, put in the baking sheets and bake for 20 minutes. Let the rolls cool on a rack for 15 minutes before serving.

INGREDIENTS

4 bone-in skin-on chicken legs	20 cherry tomatoes
2 tbsp butter at room temperature	20 caperberries
1 tsp sea salt	
1 tbsp smoked paprika	
½ tsp pepper	
2 tbsp olive oil	

METHOD

Preheat the oven to 175°C. Lightly oil the casserole dish.

Pat the chicken dry with a paper towel, then rub with butter all over.

Sprinkle with salt, paprika and pepper over both sides of the chicken pieces. Place the seasoned chicken in the casserole dish. Add cherry tomatoes and caperberries to the chicken and drizzle all over with olive oil. Cover the dish with aluminium foil and bake for 1 hour.

Remove the foil, turn the heat up to 190°C and roast for another 20 minutes or until the skin is golden brown. Serve with the juices spooned over top or with bread for dipping.

TOP ZONE

60 MINS 175°C + 20 MINS 190°C

Serves 4 15 mins prep

Oven roasted chicken legs with tomatoes





15 MINS 190°C

BOTTOM ZONE

Serves 4 10 mins prep

Garlic bread

INGREDIENTS

- 1 loaf French bread
- 100g unsalted butter
- 2 cloves garlic, pressed through a garlic press
- 3 tbsp finely chopped parsley
- sea salt

METHOD

Preheat the oven to 190°C.

Slice the bread on a slight angle into eight, 3 cm thick slices without cutting all the way through the bread. Mix the garlic and parsley into the soft butter and spread in between each slice.

Wrap the loaf in foil and bake for 15 minutes. Open the foil and bake until golden brown and crispy.

Season with salt and serve warm.

INGREDIENTS

- 2 chicken breasts
- 8 slices Parma ham
- 8 basil leaves
- 1 garlic clove, crushed
- juice of ½ lemon
- 1 tsp honey
- 2 tbsp olive oil
- 2 tbsp caperberries
- pepper for seasoning

METHOD

Preheat the oven to 180°C.

Cut the chicken into chunky pieces (see photograph).

Spray an ovenproof dish with oil and arrange the chicken in it.

In a bowl mix together the garlic, lemon juice, honey and olive oil then pour the mixture over the chicken pieces. On top of each piece place the basil leaves and Parma ham.

Add the caperberries and season with pepper. Cover the dish with foil and put into the oven. Bake for 30 minutes, then take off the foil and bake for another 10 minutes until the ham is crispy and the chicken is cooked through.

Serve with salad (optional).

TOP ZONE

40 MINS 180°C

Serves 4 10 mins prep

Italian style chicken





10 MINS 200°C

BOTTOM ZONE

Serves 2 30 mins prep

Roasted lamb chops

INGREDIENTS

2 large garlic cloves, pressed
1 tbsp fresh thyme leaves
1 tbsp fresh rosemary leaves
½ tsp sea salt
¼ tsp black pepper
2 tbsp oil,
4 lamb loin chops

METHOD

Mix the garlic, thyme and rosemary with 1 tablespoon of oil in a large bowl. Add the lamb and turn to coat it well.

Let it marinate at room temperature for at least 20 minutes.

Preheat the oven to 200°C. Heat the remaining 1 tablespoon of oil in a large, heavy ovenproof skillet.

Add the lamb and cook for about 1 minute on each side, until browned. Season the chops with salt and pepper and transfer the skillet to the oven.

Roast the lamb for about 10 minutes for medium-rare then transfer it to a platter. Cover and let rest for 5 minutes.

Serve with mashed potatoes and mashed green peas.

INGREDIENTS

4 potatoes
30ml double cream
30g butter
2 tbsp parmesan
salt and pepper
rosemary sprig

METHOD

Line a baking tray with non-stick baking paper and prepare a piping bag with a star nozzle.

Wash the potatoes. Peel and halve them then put them into a pan with cold, salted water and bring to the boil. Cook for 20 minutes until soft, drain and put them back into the pan.

Add cream, butter and parmesan and mash well. Season with salt and pepper.

Put the potato into the prepared piping bag and pipe onto the baking paper.

Preheat the grill to 180°C, put the tray with the potato 10 cm below the grill and bake for 15 minutes until lightly brown. Sprinkle with fresh rosemary and serve with meat or fish.

TOP ZONE

15 MINS 180°C

Serves 4 35 mins prep

Baked mashed potatoes





40 MINS 175°C

BOTTOM ZONE

Serves 8 20 mins prep

Apple galette

INGREDIENTS

- 1 sheet of puff pastry
- 400g apples, finely sliced
- 1 tsp vanilla paste
- juice of ½ lemon
- 4 tbsp caster sugar
- 2 tbsp melted butter
- 1 egg for brushing pastry

METHOD

Lightly flour the work surface and a rolling pin and roll the pastry out and into a circle about 32 cm wide. Use the rolling pin to lift the dough onto a large piece of baking parchment.

In a bowl, toss the apple slices with sugar, lemon juice and vanilla paste. Arrange the apples on top of the pastry and pour over any remaining juices from the bowl.

Leave a border of 5 cm around the edge of the pastry, fold that in and crimp to form a border. Brush the fruit with melted butter and sprinkle with caster sugar. Beat the egg and use it to brush the pastry rim.

Preheat the oven to 175°C. Bake for 40 minutes or until golden.

INGREDIENTS

- | | |
|--------------------------------|-------------------------|
| 2 racks baby back ribs, halved | 4 tbsp sunflower oil |
| 8 tbsp sweet chili sauce | 4 tbsp sesame oil |
| 12 tbsp ketchup | 8 cloves garlic, minced |
| 8 tbsp cider vinegar | 2 tsp sea salt |
| 8 tbsp honey | 4 green chillies |
| 4 tbsp hoisin sauce | fresh coriander |
| 4 tbsp soy sauce | |
| 2 tsp fish sauce | |

METHOD

Pre-cook the ribs by boiling them in a pan of lightly salted water for 15 minutes. Drain and transfer to a roasting pan.

Preheat the oven to 190°C.

Mix together the rest of the ingredients, except the chilli, and pour over the ribs. Toss so they are well coated.

Roast for 30 minutes, turning the ribs over in the pan and basting every 10 minutes during cooking. Garnish with chili and fresh coriander before serving.

TOP ZONE

30 MINS 190°C

Serves 4 35 mins prep

Sticky ribs





20 MINS 180°C

BOTTOM ZONE

Serves 8 3 hrs prep

Mini flat bread with red onion

INGREDIENTS

Dough	Onion Mixture
2 ¼ tsp active dry yeast	1 big red onion
1 tbsp sugar	2 cloves garlic
250ml warm water	2 tbsp olive oil
350g plain flour	1 tbsp fresh parsley
2 tbsp olive oil	2 tbsp balsamic vinegar
1 tsp sea salt	½ tsp sugar
	100g cheddar cheese

METHOD

Preheat the oven to 180°C with a baking sheet.

In a large bowl, sprinkle the yeast and sugar over the warm water. Leave for 5 minutes until foamy. Add the flour, salt and olive oil and mix until it comes together.

Transfer the dough onto a lightly floured surface and knead until smooth and elastic. Shape the dough into a ball, put it all into a lightly oiled bowl and cover. Leave to rise in a warm place until it has doubled in size.

Peel and finely slice the onion and put into a bowl. Add the minced garlic, olive oil, parsley, sugar and vinegar and combine together.

Turn the risen dough out onto a lightly floured surface and knead for 3 minutes. Then divide into 2 balls of the same size. Roll each ball out into 0.5 cm thick rounds and leave to rest for 10 minutes.

Top each round with 1 tablespoon of the red onion mixture and 1 tablespoon of grated cheese. Put it into the oven and bake for 20 minutes. When ready, sprinkle with fresh chopped parsley to serve.

INGREDIENTS

500g chicken tenderloins
50g plain flour
1 large egg
1 tbsp water
½ tsp sea salt
¼ tsp pepper
200g breadcrumbs
2 sprigs thyme

METHOD

Preheat the oven to 190°C.

Line a baking tray with non-stick baking paper.

In a small bowl combine egg and water. In a second bowl combine the flour, salt and pepper. In a third bowl add the breadcrumbs.

Coat the chicken with flour, dip into the egg mixture and then coat with the breadcrumb mixture. Place on cookie sheet.

Bake for 20 minutes, turning once, until coating is golden brown. Sprinkle with thyme and serve with dipping sauce (optional).

TOP ZONE

20 MINS 190°C

Serves 4 15 mins prep

Baked chicken strips





35 MINS 175°C

BOTTOM ZONE

Serves 4 10 mins prep

Blood orange crumble

INGREDIENTS

Orange Filling	Crumble
4 blood oranges, peeled and sliced	2 tbsp water
1 tbsp plain flour	300g plain flour
30g brown sugar	200g unsalted butter, cubed at room temperature
1 tsp cinnamon	100g brown sugar

METHOD

Orange Filling: Place the oranges in a large bowl and sprinkle over the sugar, cinnamon and flour. Stir well, being careful not to break up the fruit.

Crumble topping: Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time, rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.

Preheat the oven to 175°C

Butter a 22 cm ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.

Bake in the oven for 35 minutes until the crumble is browned and the fruit mixture is bubbling.

INGREDIENTS

- 2 avocados, halved and stoned
- 4 eggs
- sea salt and freshly ground black pepper, to taste
- 1 tbsp chopped fresh chives

METHOD

Preheat the oven to 180°C. Lightly oil a baking sheet.

Using a spoon, scoop out about two tablespoons of avocado flesh, or more as needed, creating a small well in the centre of each avocado.

Gently crack 1 egg and slide it into the well, keeping the yolk intact. Repeat with remaining eggs. Season with salt and pepper.

Place into the oven and bake until the egg whites have set but the yolks are still runny, about 20 minutes.

Sprinkle with chives and serve immediately.

TOP ZONE

20 MINS 180°C

Serves 4 10 mins prep

Baked eggs in avocado





10 MINS 180°C

BOTTOM ZONE

Serves 12 30 mins prep

Florentines

INGREDIENTS

- | | |
|--------------------------------|---------------------|
| 120g butter | 50g plain flour |
| 110g sugar | 200g dark chocolate |
| 30ml golden syrup | |
| 50g candied peel, chopped | |
| 50g dried cranberries, chopped | |
| 100g sultanas | |
| 200g almonds flakes | |

METHOD

Line three baking trays with parchment paper and set aside.

Add the butter, sugar and golden syrup to a small saucepan and heat gently until the butter has melted. Remove from the heat and add the flour, chopped dried cranberries, candied peel and almonds to the pan. Stir well to mix.

Preheat the oven to 180°C.

Spoon the mixture onto each of the baking trays and press down to form a circle, allowing room for spreading during baking. Bake for 10 minutes, or until golden-brown. Allow to cool in their trays before transferring to a cooling rack to cool completely.

Melt the chocolate and spread it over the flat part of each cookie, leave to cool for 2 minutes. Mark each florentine with a fork creating a zig zag pattern. Leave to set completely. Store in an airtight container.

INGREDIENTS

- | | |
|---|-------------------------------|
| 250g fresh pasta | sprig of thyme |
| 1 small cauliflower, cut into small florets | salt and pepper for seasoning |
| 250ml milk | |
| 50ml double cream | |
| 20g plain flour | |
| 120g cheddar cheese, grated | |
| 20g parmesan, grated | |

METHOD

Preheat the oven to 180°C. Cook the pasta following the pack instructions.

In a pan of boiling and salted water cook the cauliflower for 3 minutes then drain. Grease a large ovenproof dish. Tip the pasta and cauliflower into the dish.

Mix together the milk, cream and flour and pour over the pasta. Sprinkle the cheddar and parmesan over the pasta.

Cover the dish with foil and bake in the oven for 20 minutes until the cheese melts. Season with salt and pepper and a fresh sprig of thyme.

TOP ZONE

20 MINS 180°C

Serves 4 30 mins prep

Cauliflower and cheese bake





12 MINS 175°C

BOTTOM ZONE

Serves 15 20 mins prep

Amaretti biscuits

INGREDIENTS

- 3 large egg whites
- 300g caster sugar
- 300g ground almonds
- 25ml amaretto liqueur
- icing sugar for dusting

METHOD

Preheat the oven to 175°C. Grease and line two baking sheets with baking paper.

In a bowl, whisk the egg whites until firm. Gently fold in the sugar, almonds and liqueur to make a smooth paste.

Using a piping bag, place small dollops of the mixture on the trays, so they don't touch each other.

Bake in the oven for 12 minutes, or until lightly golden. Transfer to a wire rack and cool. When cold, dust with icing sugar.

INGREDIENTS

- 250g strong bread flour
- 1/2 tsp caster sugar
- 1 tsp sea salt
- 7g dried yeast
- 30ml extra-virgin olive oil, plus extra for greasing
- 140ml lukewarm water
- Toppings of your choice

METHOD

Mix the flour, sugar, salt and yeast in a bowl. Stir in the oil and water to make a soft, but not sticky dough.

Tip onto a floured work surface and knead for 10 minutes. Transfer to a clean bowl, cover with oiled cling film and set aside to prove in a warm place for 1 hour.

Preheat the oven to 230°C.

Generously flour your board, then roll out the dough to your desired size and thickness and place on a baking sheet. Top the pizza with your favourite toppings and put into the oven.

Bake for 15 minutes until the base and edges are crisp.

TOP ZONE

15 MINS 230°C

Serves 2 2 hrs prep

Pizza





40 MINS 175°C
BOTTOM ZONE

Serves 6 20 mins prep

Lemon and blueberry cake

INGREDIENTS

- | | |
|----------------------|------------------|
| 200g plain flour | 120ml milk |
| 100g unsalted butter | 150g blueberries |
| pinch of salt | |
| 1 tsp baking powder | |
| 160g caster sugar | |
| 2 large eggs | |
| 1 lemon | |

METHOD

Preheat the oven to 175°C. Lightly oil a 23 cm long baking tray.

In a small bowl, combine the flour, baking powder, and salt. Set aside.

In a bowl, whisk the butter with ¾ of the sugar for 3 minutes until light and fluffy. Add the eggs one at a time, mixing well after each addition. Add the lemon zest, flour and milk.

Mix well until you get a smooth batter and then, using a spatula, fold in the blueberries.

Transfer the mixture to the baking tray and bake for 40 minutes until golden brown.

In the meantime, pour the lemon juice into a small pan and put onto a medium heat. Add the remaining sugar and cook until the sugar dissolves.

Pour the syrup over the baked cake and let it cool for at least 30 minutes before serving.

INGREDIENTS

- | | |
|-------------------------------|-------------------------------------|
| 1 tsp olive oil | 100ml chicken stock |
| 1 small onion, finely chopped | 3 large potatoes, cooked and mashed |
| 400g mince beef | fresh thyme |
| 100g frozen peas | fresh rosemary |
| 2 tbsp tomato paste | 20g cheddar cheese |
| ½ tsp salt | |
| ¼ tsp pepper | |

METHOD

Preheat oven to 190°C. Spray 4 small ceramic dishes with cooking spray.

In a skillet, heat the oil over a medium high heat. Cook the onion in the oil for 5 minutes, stirring occasionally, until soft.

Add the beef and cook thoroughly for 5 minutes. Add the frozen peas, tomato paste, salt and pepper. Cook over a medium heat for 5 minutes, stirring frequently, until the vegetables are hot. Add the chicken stock and bring to the boil. Cook for a few minutes.

Spoon the beef mixture into a baking dish. Spread the mashed potatoes over the beef mixture and fluff with a fork. Grate the cheese on top of the potatoes and bake in the oven for 20 minutes or until golden brown.

When baked, garnish with fresh thyme and rosemary.

TOP ZONE 20 MINS 190°C

Serves 4 60 mins prep

Shepherd's pie





15 MINS 180°C

BOTTOM ZONE

Serves 10 20 mins prep

Scones

INGREDIENTS

- 300g plain flour
- 3 tbsp sugar
- 2 tsp baking powder
- ½ tsp sea salt
- 110g cold butter, chopped
- 190ml buttermilk

METHOD

Preheat the oven to 180°C. Lightly oil a baking sheet.

Sift the flour, baking powder and salt into a large bowl and then add the sugar. Rub the butter into the flour until the mixture resembles coarse breadcrumbs. Add the buttermilk and, using a fork, mix until it starts to clump.

Turn out onto a floured surface and very gently knead the dough for a few seconds. With a rolling pin lightly roll out the dough to a thickness of about 3 cm. Then take a pastry cutter and tap it sharply so that it goes straight through the dough.

Cut as many as you can, knead the remaining dough together again and repeat. Place the scones on the baking sheet, dust each one with flour and bake for 15 minutes. Cool on a rack.

INGREDIENTS

- 1 pack shortcrust pastry
- 500g fresh spinach
- 250g full-fat ricotta cheese
- 50g parmesan, grated
- 2 large eggs
- 1 tsp salt
- ¼ tsp ground black pepper
- 20g cheddar cheese, grated
- 2 tbsp chives, finely chopped

METHOD

Preheat the oven to 190°C.

Roll out the shortcrust pastry on a lightly floured surface and then cut out a circle, 23 cm in diameter. Fit the pastry into a pie dish, prick the base all over with a fork, cover with foil and refrigerate for 20 minutes.

Place the pie dish on a baking tray and line with baking paper. Fill with ceramic baking beans or dry pulses. Bake for 15 minutes or until lightly brown. Leave to cool.

Stem and wash the spinach and place it in a large pot over a medium-high heat and cook for about 4 minutes. Stir occasionally until it just wilts then drain in a colander and wash it with cold water. Squeeze the spinach to extract as much liquid as possible and then roughly chop.

In a large bowl combine the chopped spinach, ricotta cheese, parmesan, eggs, salt and pepper. Mix well. Spread the spinach mixture over the pastry and sprinkle the grated cheddar on top.

Bake for 35 minutes or until cooked through. Allow to cool for 10 minutes before serving. Sprinkle with fresh chives.

TOP ZONE

50 MINS 190°C

Serves 6 50 mins prep

Quiche with spinach and cheese





15 MINS 190°C

BOTTOM ZONE

Serves 12 20 mins prep

Cheese twists

INGREDIENTS

- 1 egg, lightly beaten
- 30g mature cheddar, finely grated
- 30g parmesan, finely grated
- sesame seeds
- sheet of puff pastry

METHOD

Preheat the oven to 190°C. Lightly oil a baking sheet.

Roll out the puff pastry on a lightly floured surface. Brush the pastry with the egg and top with both cheeses and sesame seeds.

Cut the pastry lengthways into 8 strips. Twist each strip few times. Place on the tray.

Bake for 15 minutes or until puffed and cool on a rack.

INGREDIENTS

- | | |
|--------------------------------|--------------------|
| 300g haddock | 10 cherry tomatoes |
| ½ lemon, juice and zest | 1 tbsp capers |
| 1 tbsp butter | salt and pepper |
| 1 tbsp olive oil | |
| 1 clove garlic, finely chopped | |
| 30ml white wine | |
| 1 tsp honey | |

METHOD

Preheat the oven to 180°C.

Put the fish into an ovenproof dish.

Melt the butter in a pan over a medium heat. Add the olive oil and garlic and cook for 2 minutes. Pour the mixture over the fish, together with wine, lemon zest and honey. Season with salt and pepper.

Add tomatoes and capers and then cover the dish with baking paper. Bake for 30 minutes. Remove from the oven, squeeze the lemon juice all over the fish and serve with bread.

TOP ZONE

30 MINS 180°C

Serves 2 10 mins prep

Baked haddock with tomatoes





20 MINS 180°C

BOTTOM ZONE

Serves 4 2 hrs prep

Rosemary focaccia with red pepper

INGREDIENTS

- | | |
|--------------------------|-----------------|
| 2 ¼ tsp active dry yeast | extra salt |
| 1 tbsp sugar | extra olive oil |
| 250ml warm water | |
| 350g plain flour | |
| 2 tbsp olive oil | |
| 1 tsp sea salt | |
| 2 tbsp rosemary | |
| 1 tsp ground red pepper | |

METHOD

Preheat the oven to 180°C with a baking sheet.

In a large bowl, sprinkle the yeast and sugar over the warm water. Leave for 5 minutes until foamy. Add the flour, salt and olive oil and mix until it all comes together. Transfer the dough onto a lightly floured surface and knead until smooth and elastic.

Shape into a ball. Put the dough into a lightly oiled bowl and cover. Leave to rise in a warm place until it has doubled in size.

Turn the risen dough out onto a lightly floured surface and knead for 3 minutes and then divide into 2 balls of the same size. Roll each ball out into 0.5 cm thick ovals and leave to rest for 10 minutes.

Top each oval with rosemary and red pepper. Sprinkle with extra salt and drizzle with extra olive oil. Put into the oven and bake for 20 minutes.

INGREDIENTS

- | <u>Hummus</u> | <u>Baked Chickpeas</u> |
|---|------------------------|
| 340g can of chickpeas, drained, liquid reserved | 340g can of chickpeas |
| 3 tsp lemon juice | 1 tsp cumin |
| 2 cloves garlic, crushed | ½ tsp turmeric |
| 1/2 tsp salt | ¼ tsp chili flakes |
| 1 tsp ground cumin | 1 tsp salt |
| 3 tbsp olive oil | 2 tbsp olive oil |
| 2 tbsp tahini | |
| extra virgin olive oil for serving | |

METHOD

Hummus: Using a food processor, blend the chickpeas, lemon juice, garlic, salt, cumin, olive oil and tahini into a paste. If it is too thick, add some reserved liquid from the drained chickpeas. Put the hummus into an ovenproof dish and cover with foil.

Baked Chickpeas: Preheat the oven to 180°C. Tip the chickpeas into a bowl and add the olive oil, cumin, turmeric, salt and chili flakes. Toss well until the chickpeas are well coated, then tip out onto a baking tray and bake for 20 minutes. Move them round in the tray halfway through cooking so they dry out evenly and are crunchy.

15 minutes before the chickpeas finish roasting, put the hummus into the oven. Serve the hummus with roasted chickpeas and extra virgin olive oil and some bread sticks or carrot sticks.

TOP ZONE

35 MINS 180°C

Serves 2 20 mins prep

Baked hummus with roasted chickpeas





60 MINS 160°C

BOTTOM ZONE

Serves 8 20 mins prep

Chocolate cake

INGREDIENTS

- | | |
|---------------------------------|---------------------|
| 225g dark semi-sweet chocolate | pinch of salt |
| 150g brown sugar | 50g chopped almonds |
| 175g butter at room temperature | icing sugar |
| 25g ground almonds | |
| 3 tbsp plain flour | |
| 1 tsp baking powder | |
| 4 eggs | |

METHOD

Preheat the oven to 160°C. Grease a deep 22 cm round cake tin and line the base with baking paper.

Stir the butter, chocolate and sugar in a saucepan over low heat until smooth and then transfer to a large bowl. Add the flour, ground and chopped almonds and stir. Add the egg yolks one by one and mix well.

In a separate bowl beat the egg whites until stiff. Gently fold the egg whites into the chocolate mixture. Pour the mixture into the cake tin.

Bake for 1 hour or until a skewer inserted into the centre comes out clean. Leave in a pan until completely cool and sprinkle with icing sugar.

INGREDIENTS

- | | |
|-----------------------------|-----------------------|
| 2 eggs | 200g fresh mozzarella |
| 30ml water | fresh parsley |
| 130g breadcrumbs | 1 pinch salt |
| 2 aubergines | black pepper to taste |
| 250g canned tomatoes, diced | |
| 2 garlic cloves | |
| 10 sardines | |

METHOD

Preheat the oven to 180°C. Prepare two baking sheets and oil them with the vegetable oil.

Prepare 2 bowls for the egg and coating mixture. Beat the egg with the water in one bowl and put the breadcrumbs in the other.

Slice the aubergines into 1 cm thick slices. Working with one slice at a time, dip it in the egg mixture and then coat with breadcrumbs.

Place the slices on the baking sheet, season with salt, then bake for 7 minutes until the bottom of the aubergines turn golden-brown. Turn the slices over and continue baking for an additional 7 minutes until browned.

Remove them from the oven and change the setting on the oven to the grill.

Distribute the sardines, tomatoes, finely sliced garlic and mozzarella on top of the aubergines slices. Put the baking sheet back into the oven, about 10 cm below the grill. Cook for about 7 minutes until the cheese melts. Serve immediately.

TOP ZONE

21 MINS 180°C

Serves 4 20 mins prep

Aubergine bake





30 MINS 175°C

BOTTOM ZONE

Serves 12 10 mins prep

Bean brownie

INGREDIENTS

- 400g black or red kidney beans
canned, rinsed and drained
- 3 large eggs
- 80g brown sugar
- 1 tsp vanilla extract
- 4 tbsp oil
- 30g cocoa powder
- 20g walnuts, coarsely chopped

METHOD

Preheat the oven to 175°C. Grease a square ovenproof dish and line with baking paper.

Put the black beans in the bowl of a blender and blend until a purée consistency is obtained. Add all the other ingredients, except walnuts, and run until smooth.

Add the walnuts to the mixture then scoop it into the prepared dish. Bake for about 30 minutes.

Check with a knife to see if it's cooked through. Let it cool down before removing from the dish.

Cut into 12 pieces and sprinkle with more cocoa powder before serving.

INGREDIENTS

Pastry	Filling
400g plain flour	1 medium onion, chopped
120g butter, cold and cut into large chunks	200g sirloin steak finely chopped
1 tsp salt	400g potato peeled and finely diced
2 tsp baking powder	¼ tsp nutmeg
125ml water, cold	salt and pepper to taste
1 egg yolk	40g butter
	1 egg lightly beaten

METHOD

In a food processor, combine the flour, butter and salt. With the motor running, add the water and egg yolk and mix until the dough comes together.

Knead the dough quickly on a floured surface then shape into a ball, wrap in cling film and refrigerate for 1 hour.

Take two large baking trays and sprinkle them with flour. Take the pastry out of the fridge and roll out to 5 mm thickness. Cut eight 20 cm circles out of the dough.

In a large bowl mix together the potato, onion, steak, nutmeg, salt and pepper.

Place one pastry circle onto the work surface and add 3 tablespoons of the filling onto half of the circle, leaving a 1 cm border around the edge. On top of each filling put a teaspoon of butter.

Brush the pastry border with a little beaten egg and then close the lid of the pasty, making sure that the edges meet. Press together firmly and crimp the edges together by pinching with your fingers.

Preheat the oven to 180°C.

Place the pasties onto the baking trays and cut 2 small slits in the middle of each one. Brush the remaining egg wash over the top of the pasties and place in the oven for 50 minutes until golden brown.

Take out of the oven and leave to cool for 10 minutes before serving.

TOP ZONE

50 MINS 180°C

Serves 8 2 hrs prep

Cornish pasty





20 MINS 180°C

BOTTOM ZONE

Serves 12 20 mins prep

Blueberry muffins

INGREDIENTS

250g plain flour	180ml milk
1 tsp baking powder	150 blueberries
1 tsp baking soda	3 tablespoon plain flour
pinch of salt	1 tbsp unsalted butter
120g unsalted butter	2 tbsp caster sugar
150g caster sugar	
2 large eggs	

METHOD

Preheat the oven to 180°C. Place 12 large paper muffin cups in a 12-cup muffin pan.

In a bowl, combine the flour, baking powder and salt. Set aside.

In a separate bowl, whisk the butter and sugar for about 3 minutes, until light and fluffy. Add the eggs one at a time, mixing well after each addition. Add the flour mixture and milk. Mix well until a smooth batter forms and then, using a spatula, fold in the blueberries.

Using an ice cream scoop, spoon the batter into the prepared muffin cups. Mix 3 tablespoons of plain flour with 1 tablespoon of unsalted butter and 2 tablespoons of caster sugar, then rub them into the flour using your fingertips to make a light breadcrumb texture. Sprinkle the mixture evenly over each muffin.

Bake in the preheated oven until the tops are golden brown and an inserted skewer comes out clean, about 20 minutes. Cool on a rack.

INGREDIENTS

4 small sweet potatoes
40ml double cream
1/3 cup chopped chives
150g cheddar cheese

METHOD

Preheat the oven to 180°C and line an oven tray with foil.

Clean the potatoes and pierce all over with a fork. Wrap them separately in roasting foil and place in the oven.

Bake the potatoes for 40 minutes. When ready, remove from the oven and change the setting on the oven to the grill.

Cut each potato and scoop two thirds of the flesh into a bowl. Add the cream and chives, stir to combine them and season to taste.

Spoon the mixture back into each potato and top with cheddar cheese. Cook them under the grill for 5 minutes until the cheese is melted.

TOP ZONE

45 MINS 180°C

Serves 2 10 mins prep

Jacket sweet potato with cheese





20 MINS 160°C

BOTTOM ZONE

Serves 4 10 mins prep

Roasted granola

INGREDIENTS	
50ml orange juice	50g coconut flakes
1 tbsp butter	50g hazelnuts, chopped
1 tsp honey	½ tsp sea salt
200g rolled oats	
80g almond flakes	
60g pecans, chopped	
40g pumpkin seeds	

METHOD

Preheat the oven to 160°C. Line a large oven tray with baking paper.

In a small pan, heat the orange juice, butter and honey. Set aside.

In a large bowl combine the rolled oats, almond flakes, pecans, pumpkin seeds, hazelnuts and sea salt. Pour the warm juice over the dry ingredients and mix together. Fold in coconuts flakes.

Spread the mixture evenly on the tray. Bake for 20 minutes, stirring occasionally until lightly golden. Cool on the tray for 20 minutes to crisp slightly.

INGREDIENTS	
100g instant oats	40g brown sugar
2 eggs	1 tsp ground cinnamon
125ml milk	20g chopped walnuts
40ml vegetable oil	
175g plain flour	
½ tsp baking soda	
1 tsp baking powder	
25g raisins	

METHOD

Preheat the oven to 190°C. Grease a 12-cup muffin pan.

Whisk the eggs, brown sugar, vegetable oil and milk together in a bowl until smooth.

Stir in the flour, oats, raisins, cinnamon, walnuts, baking powder and baking soda into the wet ingredients to form a batter.

Fill the prepared muffin cups with the batter. Bake in the preheated oven for about 20 minutes until the tops are golden brown and a skewer comes out clean. Cool on a rack.

TOP ZONE 20 MINS 190°C

Serves 10 15 mins prep

Breakfast muffin





25 MINS 175°C

BOTTOM ZONE

Serves 12 20 mins prep

Butter shortbread

INGREDIENTS

- 250g unsalted butter, at room temperature
- 100g caster sugar
- 225g plain flour
- 75g rice flour
- 1 tsp vanilla extract
- pinch of salt

METHOD

In a bowl, combine the flour and salt.

In a mixing bowl with an electric mixer, beat the butter and sugar until light and fluffy. Add in the vanilla extract. Gradually add the flour and salt mixture into the butter mixture and mix until you have a stiff dough which can be rolled.

Preheat the oven to 175°C.

Turn the dough out onto a floured surface and roughly press it out into a rectangle shape, then press it into the pan. Bake for 20 minutes until the edges are very lightly golden and most of the surface is still pale gold.

Remove from the oven. Working quickly, cut it into rectangles and prick it all over with a fork.

Return to the oven for 5 minutes or until the surface is lightly golden. Turn the oven off and, if safe to do so, leave the oven door slightly open.

Leave the shortbread to cool for at least 1 hour.

INGREDIENTS

- | | |
|--|---------------------------------------|
| <u>For the tortilla chips</u> | 2 cloves of garlic, pressed |
| 300g tortilla chips | 250g tinned beans, drained and rinsed |
| 120g mature Cheddar, grated | 1 tsp ground cumin |
| 100ml yogurt | 3 tbsp tomato paste |
| 25g jalapeno peppers, chopped | |
| a handful fresh coriander leaves | |
| | <u>For the salsa</u> |
| | 100g baby tomatoes, quartered |
| <u>For the refried beans</u> | 1 avocado, diced |
| 2 tsp olive oil, plus extra for greasing | 1 lime, juiced |
| 1 onion, finely chopped | |

METHOD

Prepare the refried beans:

Heat the oil in a medium-sized pan over a medium heat. Add the onion and cook for 5 minutes, or until softened. Add the garlic and cook for 1 minute more. Add the beans, cumin and tomato paste, mashing the beans with the back of a spoon. Reduce the heat and cook for 10 minutes.

Meanwhile, in a bowl, combine the tomatoes, avocado and lime juice for the salsa. Season with salt and set aside until needed.

Preheat the oven to 180°C.

Spread the tortilla chips out on a tray and scatter over half the cheese. Top with the refried beans, and then scatter over the remaining cheese. Bake for 10 minutes, or until the cheese melts.

Serve the hot nachos immediately with the salsa, yogurt, jalapenos and coriander.

TOP ZONE

10 MINS 180°C

Serves 2 20 mins prep

Nachos





30 MINS 190°C

BOTTOM ZONE

Serves 6 20 mins prep

Apple strudel

INGREDIENTS

- 5 apples
- 120g light brown soft sugar
- 2 tsp ground cinnamon
- 6 sheets filo pastry
- 100g unsalted butter, melted
- 2 tbsp almonds flakes

METHOD

Preheat the oven to 190°C. Line a large baking tray with baking paper.

Peel, core and cut the apples into 2 cm pieces. Combine all of the sugar and cinnamon. Use ¾ of the sugar mixture to cover the apples and leave ¼ for dusting the filo pastry.

Place one sheet of filo pastry onto the prepared baking paper and brush with some of the melted butter. Sprinkle over some of the reserved sugar mixture.

Place another sheet of filo pastry on top and repeat the process until all the pastry is stacked.

On top of the stacked filo pastry, spoon on the apple mixture leaving a 3 cm pastry border at both ends. Fold the short sides onto the apples, then fold one of the long sides over the filling and continue to roll up.

Brush with butter and sprinkle with almond flakes. Put the tray with the strudel into the oven and bake for 30 minutes or until crisp and golden.

INGREDIENTS

- | | |
|--|-----------------------|
| 600g white beans (cannellini or haricot) | 2 tsp sugar |
| 2 tbsp olive oil | 1 tsp sea salt |
| 1 small onion, diced | 1 tsp paprika |
| 2 cloves garlic, crushed | ½ tsp pepper |
| 1 sprig rosemary, chopped | 100ml vegetable stock |
| 400g canned, chopped tomatoes | 1 large avocado |

METHOD

Soak the beans in cold water overnight then wash and drain them.

Put them into a pan, cover with cold water and cook for 1 hour on a medium heat until they are tender. Drain and keep aside.

Preheat the oven to 160°C.

In a large, ovenproof dish with a lid, heat the olive oil and sauté the onion for 3 minutes. Add the garlic and rosemary, stir and cook for another minute. Add the tomatoes and stir.

Add all the seasoning and cook for 10 minutes. Add the beans and stock, cover the pan and put it into the preheated oven.

Bake for 1 hour. Serve with chopped avocado and bread.

TOP ZONE

60 MINS 160°C

Serves 4 2 days prep

Vegetarian baked beans with avocado





70 MINS 170°C

BOTTOM ZONE

Serves 4 20 mins prep

Roasted whole chicken

INGREDIENTS

- Small size chicken, at room temperature, with giblets and neck removed from cavity

1 head of garlic, cut in half

1 lemon, cut in half

4 tbsp butter, softened

1 tsp lemon zest, grated

1 fresh rosemary sprig, chopped
- 1 tbsp fresh chopped thyme

1 tsp freshly ground red pepper

sea salt

150ml chicken stock

METHOD

Preheat the oven to 170°C.

Mix the butter with rosemary, thyme and lemon zest. Pat the chicken dry, rub half of the butter mixture under the skin and the rest over the chicken. Season with salt and pepper.

Truss the legs with cooking twine and tuck the wings under the bird. Place the chicken in a roasting pan, breast-side-up, with garlic and lemon. Add chicken stock to the bottom of the roasting pan.

Roast for 30 minutes or until the breast is firm and just beginning to brown in spots.

Using tongs, turn the chicken breast-down, baste with juices and roast for 20 minutes longer, until the skin is lightly browned. Using tongs, turn the chicken breast-side-up and baste again. If the chicken stock has evaporated, add 150 ml of water. Roast for 20 more minutes.

To check if the chicken is cooked pierce the thigh with a skewer and if the juices run clear the chicken is ready. Remove the chicken from the oven and wrap in foil and leave to rest for 15-20 minutes. Season with freshly ground pepper and serve with roasted potatoes and gravy

INGREDIENTS

- 1kg Maris Piper potatoes, peeled and halved

100ml olive oil

10 cloves garlic

2 sprigs of rosemary

salt for seasoning

METHOD

Preheat the oven to 200°C.

Parboil the potatoes in a pan of boiling salted water for 10 minutes. Drain them in a colander and by shaking, chuff up the edges of the potatoes.

Pour the oil into a large roasting pan and place into the oven for 10 minutes.

When the oil is hot, gently put in the potatoes, garlic and rosemary. Be careful - the oil will be very hot.

Roast the potatoes for 30 minutes until brown and crisp. Season with salt.

TOP ZONE

30 MINS 200°C

Serves 4 15 mins prep

Roasted potatoes





25 MINS 180°C

BOTTOM ZONE

Serves 2 10 mins prep

Roasted Brussels sprouts

INGREDIENTS

- 500g Brussels sprouts
- 150g diced pancetta
- 1 tbsp honey
- 1 tbsp olive oil
- 1 tbsp breadcrumbs
- parmesan crisps

METHOD

Preheat the oven to 180°C. Line a baking tray with non-stick baking paper.

Cook the **brussels** sprouts in salted water for 5 minutes. Drain and pat dry with paper towel. Cut in half and place in a bowl. Add the honey, olive oil and breadcrumbs, mix well.

In a frying pan fry the diced pancetta for 5 minutes. Arrange the Brussels sprouts cut side up on the baking tray, add the pancetta and put into the oven.

Bake for 25 minutes until the Brussels sprouts are soft and golden brown and the pancetta is crispy. Serve with parmesan crisps on top.

INGREDIENTS

- 3 long slices dry-cured streaky bacon
- 9 cocktail sausages

METHOD

Preheat the oven to 190°C. Lightly oil a baking tray.

Stretch each bacon rasher with the back of a knife and cut each rasher into three.

Wrap a piece of bacon tightly round each **s** and put onto the baking tray. Put the tray in the oven and **baked** for 20 minutes, until crisp.

TOP ZONE

10 MINS 190°C

Serves 4 10 mins prep

Mini sausages wrapped in bacon





30 MINS 190°C

BOTTOM ZONE

Serves 8 10 mins prep

Oats triangle bake

INGREDIENTS

- 120g peanut butter
- 50ml apple juice
- 1 banana
- 1 large egg
- 2 tbsp honey
- 140g rolled oats
- 3 tbsp flax seeds, ground
- 1 tsp cinnamon

METHOD

Preheat the oven to 190°C. Line a 20 cm square baking tray with baking paper.

Using a food processor cream together the peanut butter, apple juice, banana, egg and honey. Add the dry ingredients and mix well until combined.

Transfer the mixture into the prepared baking tray and bake for 30 minutes. Cool and cut into triangles.

INGREDIENTS

- | Polenta | Topping |
|--------------------------|--------------------------|
| 100g polenta | 2 small sweet potatoes |
| 200ml milk | 2 small beetroots |
| 30ml double cream | 2 medium parsnips |
| 240ml stock | 2 medium carrots |
| 2 tbsp butter | 100ml olive oil |
| 40g grated parmesan | 20ml red wine vinegar |
| salt and pepper to taste | 20ml honey |
| | 2 tsp cumin seeds |
| | 2 garlic cloves |
| | salt and pepper to taste |

METHOD

In a large pan, bring the stock and milk to the boil.

Add the polenta and whisk until the mixture comes back to the boil. Reduce the heat to low and cook for 25 minutes, until soft and thick. Stir in the butter, parmesan and cream. Season to taste.

Preheat the oven to 180°C.

Scrub and trim all the vegetables. Cut the parsnips and carrots lengthways into wedges. Cut the beetroots and sweet potatoes into wedges. Arrange the vegetables on a baking tray.

Mix the olive oil, red wine vinegar, honey and cumin seeds. Add the crushed garlic and drizzle the mixture over the vegetables. Season to taste. Roast for 40 minutes or until tender.

Put the polenta into an ovenproof dish, top with the roasted vegetables and sprinkle with parmesan. Put the dish into the oven and bake for 10 minutes, until the parmesan melts.

TOP ZONE

50 MINS 180°C

Serves 4 30 mins prep

Baked polenta with roasted vegetables





35 MINS 180°C

BOTTOM ZONE

Serves 4 10 mins prep

Bread and butter pudding

INGREDIENTS

- | | |
|----------------------------|---------------------|
| 50g butter, softened | 1 tsp vanilla paste |
| 10 slices of brioche bread | fresh grated nutmeg |
| zest of 1 lemon | 200g raspberries |
| 300ml whole milk | |
| 200ml double cream | |
| 4 eggs | |
| 30g golden caster sugar | |

METHOD

Preheat the oven to 180°C. Lightly butter a medium baking dish.

Cut the slices of brioche into triangles. Put butter on each triangle.

Arrange the bread in the buttered dish and scatter with the lemon zest. Mix the eggs, sugar, milk and vanilla paste in a food processor, pour over the bread and sprinkle with grated nutmeg. Add the raspberries and put into the oven.

Bake for 35 minutes, until golden brown. Let the pudding rest for 5 minutes before serving.

INGREDIENTS

- | | |
|--------------------------------|-----------------------------------|
| 2 tbsp butter | pinch of sea salt |
| 3 eggs | 100g blueberries |
| 125ml milk | caster or icing sugar for dusting |
| 90g plain flour | |
| ½ tsp vanilla paste | |
| 2 tbsp sugar | |
| 1 tsp finely grated lemon zest | |

METHOD

Preheat the oven to 190°C.

Place the butter in a large, ovenproof dish. Put the dish into the oven and leave until the butter melts.

Meanwhile in a bowl beat the eggs. Add the flour, sugar, vanilla paste, lemon zest and a pinch of salt and beat until just combined.

Remove the dish from the oven and pour in the batter. Sprinkle with blueberries. Bake for 25 minutes or until puffed and golden brown.

Serve with fresh blueberries and dust with the sugar.

TOP ZONE

25 MINS 190°C

Serves 2 10 mins prep

Dutch baby with blueberries



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