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# THERA

Fine Cooker Recipes



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# General tips

## **Open or closed?**

The fine cooker has an opening in the lid, the so- called steam valve. When the steam valve is open steam can escape and the food is then baked. If the steam valve is closed the food will be steamed.

## **Grease or water?**

When using the fine cooker it is important to grease it well with butter or oil. Another way of cooking is to add a little water so that vegetables can be steamed.

## **Indoors or outside?**

The fine cooker can be placed both in- and outdoors on a (cast iron) stove. Do not place on an open fire. As moisture is released always place the fine cooker on a dish.

## **Pre- heat or start from cold?**

The fine cooker can be used cold but can also be pre- heated. When placed cold onto the stove allow 10 minutes extra cooking time.

## **Maintenance fine cooker Thera**

It is important to grease both the inside and outside of the fine cooker with cooking oil after use. Remove all excess oil with a dry cloth afterwards. This stops rust forming.



# Baked potato



## Ingredients

- small potatoes
- 3 spoonfuls of grated parmesan cheese
- pinch of salt and pepper

## Time:

Preparation : 10 min  
Baking time: 20 + 10 minutes

## Method

Pierce holes in the potatoes and grease the fine cooker well. Cook the potatoes for approx. 10 minutes with the steam valve closed. Then turn the potatoes and cook for approx another 10 minutes in the same way. Remove potatoes from cooker, cut through the middle and add parmesan cheese, salt and pepper. Place the potatoes in the fine cooker for another 10 minutes (approx.)

## Variation:

Add other fresh herbs, such as basil or oregano.

# Stuffed mushrooms



## Ingredients

- mushrooms
- 50 grams cream cheese
- 50 grams bacon bits
- pinch of salt and pepper

## Approx. time:

Preparation: 10 min  
Baking time: 20 min

## Method

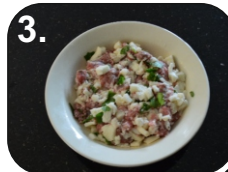
Remove the stems of the mushrooms. Mix the cream cheese, bacon bits and salt and pepper in a dish. Fill the mushrooms with approx. 1 teaspoonful of mixture. Grease the fine cooker well and place stuffed mushrooms in cooker. (steam valve closed) Bake for approx. 20 minutes.

## Variation:

Replace the bits of bacon with pesto and add pieces of tomato !



# Tomato Caprese



## Ingredients

- tomatoes
- 200 gr mozzarella
- 200 gr minced meat
- sprig of basil
- teaspoon of Italian herbs

## Approx. time

Preparation: 15 min  
Cooking time: 35 min

## Method

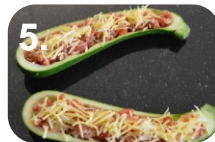
Make a hole in the top of the tomato and scoop out the pulp inside. Mix together the minced meat, the herbs, sliced mozzarella and the tomato pulp. Fill the tomato with this mixture. Grease the fine cooker and put on the stove for approx. 35 minutes. Make sure the steam valve is open.

## Variation:

Add a little pesto or use chicken fillet instead of minced meat.



# Stuffed Courgette



## Ingredients

- courgette
- 200 gr minced meat
- half onion
- teaspoon Italian herbs
- pinch of pepper herbs
- pinch of salt and pepper
- 3 tablespoons of grated cheese

## Approx. time

Preparation 15 min

Cooking time: 40 min

## Method

Cut the courgettes though the middle and scoop out pulpy centre. Use approx. one third of this to mix with the minced meat. Add herbs and onion. Fill the courgettes with this mixture and sprinkle the grated cheese on top. Grease the fine cooker well and bake the courgettes in appox 40 minutes. Close the steam valve opening.

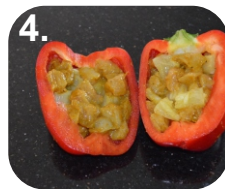
## Variation:

Add some pesto or replace minced meat with chicken fillet.





# Pepper Hawaii



## Ingredients

- peppers
- 100 gr. pineapple
- 1 chicken fillet
- 1 tbsp curry powder
- pinch of salt and pepper
- a little grated cheese

## Aprox. Time

Preparation: 15 minutes  
Cooking time: 30 minutes

## Method

Cut the peppers through the middle and remove seed and membrane. Cut chicken and pineapple in pieces, add pineapple juice and herbs and let this stand for approx. 5 minutes. Bake the peppers for approx 30 minutes with the steam valve closed.

## Variation:

Replace the chicken fillet with minced meat.





# Egg Roll



## Ingredients

- part baked roll
- egg
- 3 tbsp grated cheese
- pinch of salt and pepper

## Approx. time

Preparation: 10 minutes  
Cooking time: 30 minutes

## Method

Scoop out centre of the part baked roll. Break egg and put both yoke and egg white into the hole. Sprinkle with salt and pepper and grated cheese. Place in the fine cooker for approx. 30 min. Make sure the steam valve is open.

## Variation tip:

Cut up bits of vegetables such as pepper, tomato, onion and add to egg.



# Pizza Envelope



## Ingredients:

- tomatoes
- 3 slices salami
- 3 tbsp grated cheese
- pizza paste
- 100 gr tomato sauce

## Approx. Time

Preparation: 15 min

Cooking time: 60 minutes

## Method

Roll the pizza pastry out and cut into small squares. Put on tomato sauce, salami, tomatoes and cheese. Fold these into an envelope. Grease the fine cooker well and cook the envelopes for approx. 50 minutes. Turn the envelopes and cook for another 10 minutes. The pizza envelopes are ready to serve. A dip sauce can be added.

## Variation tip:

Different varieties of filling can be used.



# Stewed apple



## Ingredients:

- apples
- vanille sugar
- teaspoon cinnamon
- 50 grams castor sugar
- 50 grams butter

## Approx. Time:

Preparation: 10 minutes  
Cooking time: 45 minutes

## Method

Take out the core and peel the apple. Grease the fine cooker well with butter and put a little extra butter into the fine cooker. Put the apples in the fine cooker and sprinkle with cinnamon and vanilla sugar. Leave to cook for 45 minutes with the steam valve closed.

## Variation tip:

Serve the warm apple with vanilla ice-cream



# Chocolate Banana



## Ingredients:

- bananas
- 100 grams pure chocolate
- 100 grams milk chocolate
- 50 grams castor sugar

## Approx. Time

Preparation: 10 minutes  
Cooking time: 40 minutes

## Method

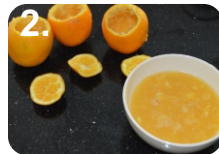
Cut the bananas though the middle without cutting through the peel underneath. Remove the stem. Cut the chocolate up fine and fill the bananas. Sprinkle castor sugar on the top. Place the bananas in the fine cooker and cook for approx. 40 minutes. Make sure the steam valve is open.

## Variation:

Add nuts or try different sorts of chocolate.



# Orange Brownie



## Ingredients:

- oranges
- Brownie mix
- 100 grams pure chocolate

## Approx. Time

Preparation: 10 minutes  
Cooking time: 90 minutes

## Method

Hollow out the oranges and keep the fruit and the juice. Prepare the Brownie mixture and add the chocolate and half of the orange juice. Fill the oranges half full with the Brownie mixture. Place the oranges in the fine cooker for approx. 90 minutes with the steam valve closed.

## Variation:

Add a little Cointreau for more taste!