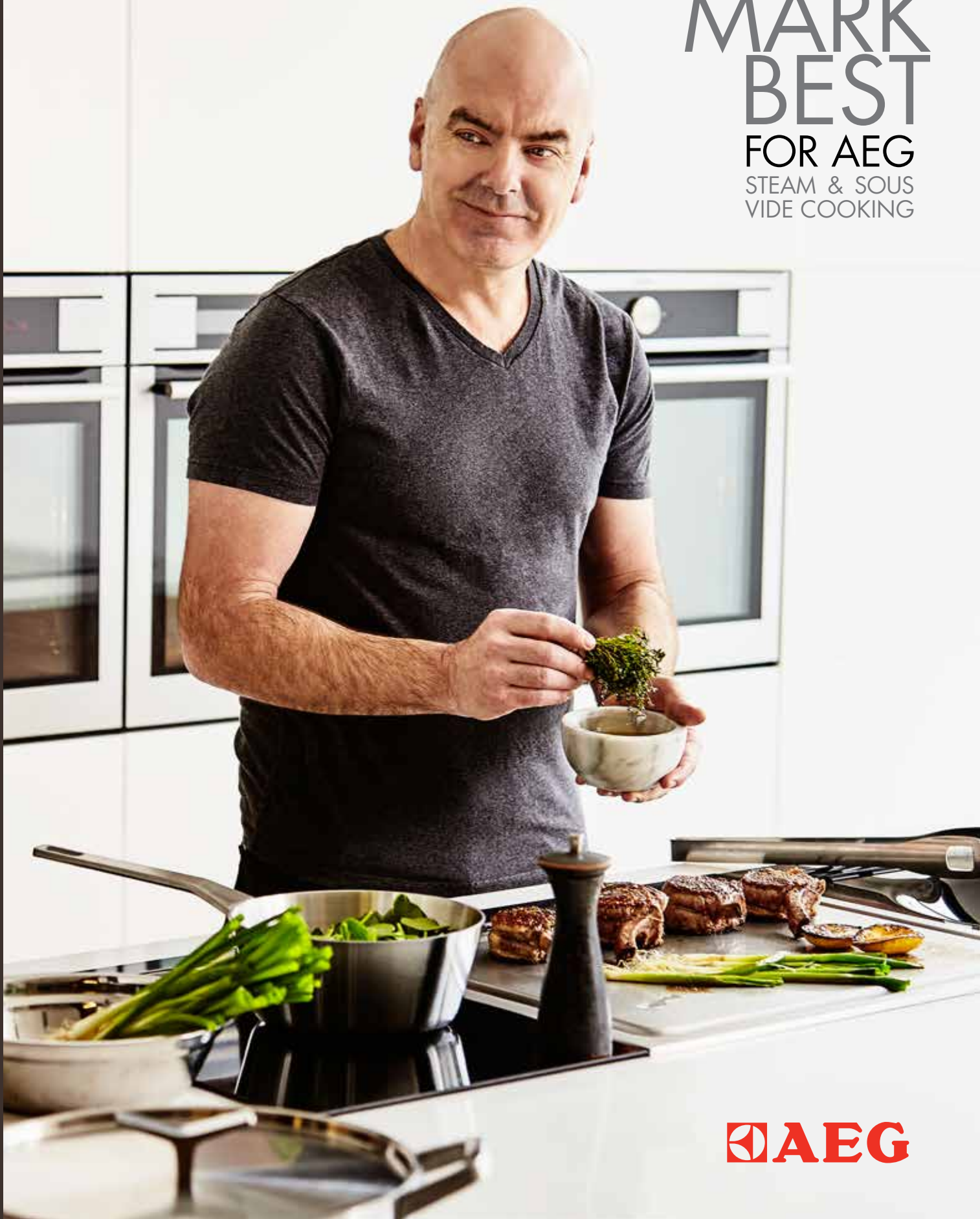


MARK BEST

FOR AEG
STEAM & SOUS
VIDE COOKING

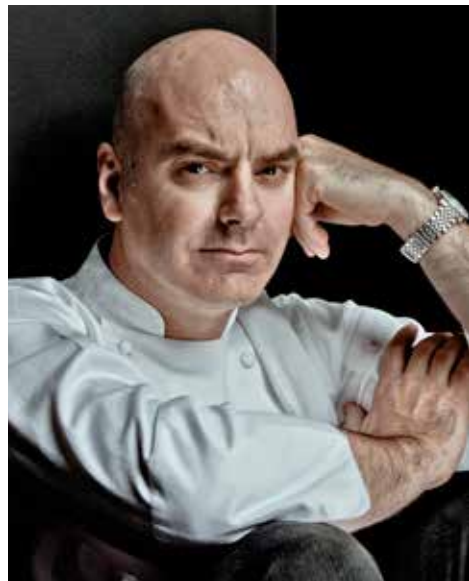


 **AEG**



About Mark Best

About Mark & AEG



AEG ambassador, Mark Best, started his career as a chef accidentally and ended up becoming an unquestionable symbol of Australian cuisine.

Taking culinary inspiration from all over the globe, Mark's food is inventive, spirited, adaptive and progressive; not bound by the "shackles of culinary history".

Mark started his working life as an electrician in the gold mines of Western Australia before beginning his culinary career at the age of 25 when he commenced an apprenticeship at the Macleay Street Bistro, Potts Point, in 1990. Five years later, Mark was quickly recognised as one of Australia's leading talents winning the Josephine Pignolet Award for Best Up and Coming Chef in NSW.

In 1995, Mark opened his own restaurant, Peninsula Bistro, in Sydney's Balmain, which, not long after opening its doors, developed a cult following and rave critical acclaim. During this time he decided to expand his experience and tapped into international adventures including working at 'L'Arpège' in Paris under Pascal Barbot, Alain Passard's three Michelin Star Gastro Temple in 1998 and later at Raymond Blanc's, 'Le Manoir Aux Quatre Saisons' in Great Milton, UK.

Mark's time overseas fuelled his desire to start another restaurant in his home town of Sydney. In 1999, Marque restaurant opened.

Mark has won Chef of the Year in the annual Sydney Morning Herald Good Food Guide. He has also been awarded Restaurant of the Year by Australian Gourmet Traveller, Sydney Morning Herald and Time Out Magazine.

Marque also featured in the San Pellegrino & Restaurant Magazine's Worlds 50 Best for three years running, commencing with the 2010 "Break through award".

Mark also owns award-winning contemporary bistros, Pei Modern, Melbourne and Sydney.

Photo above: Tim Bauer

AEG is an innovative appliance manufacturer which offers a prestigious range of appliances, combining precision German engineering with the ultimate in stylish and graceful design. Mark's reputation, dedication and understanding of the latest and most advanced cooking techniques and technologies, make him a natural brand fit for AEG.





Photo above: Tim Bauer

Contents

6	Buttermilk ‘hi top’ loaf
8	Best ever banana bread with honeycomb butter
10	Succulent chicken with celeriac remoulade
12	Steamed blue eye travella and mushroom broth
14	Confit ocean trout with a chickory salad
16	Veal ‘chop’ with broccoli mole
18	Super crispy roast duck
20	Sauternes custard
22	Chocolate tart
24	Quince jelly, yoghurt and white chocolate ganache

Buttermilk 'hi top' loaf

600ml buttermilk
500g bread flour
250g plain flour
7g dried yeast
7g Murray river salt

Preheat the AEG ProCombiPlus™ Steam Oven using the Bread Proving function.
Pour the buttermilk into the bowl of an electric mixer fitted with a dough hook.
Combine the flours and gently sift over the top of the buttermilk.
Add the yeast and mix on a low speed until a rough dough is formed.
Add the salt and mix on medium for a further 15 minutes.
Shape into a large ball and turn out into a stainless steel bowl.
Place in the oven on the Bread Proving function for 30 minutes, until doubled in size.
Divide the dough into two equal portions and place into baking tins lined with parchment paper.
Prove again for 25 minutes until the dough reaches the top of the tins.
Remove the dough from the oven and set to 180°C on the Bread Baking function.
Once the desired temperature has been reached, return the tins to the oven and bake for 30 minutes.



...this is perfect for
breakfast, served warm
with fresh butter...

Best ever banana bread with honeycomb butter

Honeycomb butter

- 565g castor sugar
- 65g honey
- 100ml water
- 20g bicarbonate of soda
- 250g unsalted butter at room temperature

Line a deep oven tray with parchment paper.

On the AEG Induction Cooktop, heat the sugar, honey and water until it reaches a boiling point of 150°C.

Let the scalding sugar subside until the bubbles slow right down.

With a whisk on hand, sift the bicarb over the sugar mixture and whisk to incorporate.

Once the honeycomb has stopped expanding (about 15 seconds) pour into the lined oven tray and set aside to cool.

Once cooled, crumb 1/3 of the honeycomb and fold through the butter then set aside.

Banana bread

- 250g unsalted butter at room temperature
- 1 1/2 cups raw sugar
- 4 x 55g eggs at room temperature
- 1 cinnamon quill
- 1 star anise
- 2 cloves
- 3 cardamom pods
- 1/2 tsp white peppercorns
- 300g plain flour
- 3 tsp baking powder
- 6 ripe bananas

Cut the butter into 1cm cubes and place into the bowl of an electric mixer.

Preheat the AEG SMART PyroLuxe™ Oven to 160°C on the True Fan function.

Neatly line two loaf tins with baking paper.

Add the sugar to the room temperature butter and attach the whisk attachment.

Cream the sugar and butter on high speed for 2-3 minutes.

Add the eggs one at a time, scraping down the bowl as required, until incorporated and the batter is smooth.

In a spice grinder, blend the spices to a fine powder and sift into the flour with the baking powder. Fold into the butter, sugar and egg mixture 1/3 at a time, mixing as little as possible to get the desired result. The batter should be smooth with all ingredients completely incorporated.

Chop the banana roughly and gently fold through the mixture.

Distribute the mixture evenly between the two tins, tap firmly on the bench to remove any air pockets and then place into the oven.

Bake for 55 minutes then rest for 5 minutes in the tins before turning out onto a rack. Cool slightly before serving.

This banana bread will freeze well as a whole, or in individual slices, which can be warmed through in a toaster.

...slice and serve whilst still warm with lashings of honeycomb butter...



Succulent chicken with celeriac remoulade

Succulent chicken

- 1 x 1.6kg free range chicken
- 2 cloves garlic
- ½ bunch fresh thyme
- 2 eschallots
- ½ tsp freshly ground white pepper
- 50ml extra virgin olive oil
- 30g Murray river salt

Heat the AEG ProCombiPlus™ Steam Oven to 69°C on the Sous Vide function.

Using sharp kitchen scissors, cut down each side of the chicken backbone. Remove and discard or use in a stock.

Turn the chicken over and press flat. With a sharp kitchen knife, cut through the centre of the breast bone to divide the chicken into two halves.

Finely chop the garlic, thyme and eschallots and mix with the pepper and olive oil. Spread evenly over the chicken then sprinkle with salt.

Place each chicken half into a separate sous vide bag and using the AEG PrecisionVac™ SousVide Vacuum Sealer Drawer, individually seal each bag on Full Pressure.

Place the sous vide bags into the oven and steam for 1 hour and 40 minutes.

Remove from the oven, chill in iced water then refrigerate until required.

Celeriac remoulade

- 1 medium sized celeriac
- 3 tbs of homemade mayonnaise
- salt and pepper
- 1 lemon

Peel back the rough skin of the celeriac and run the flesh through a mandolin to make flat, thin sheets.

Pile the sheets three or four high and julienne into thin strips.

Place the julienned celeriac into a bowl and combine with enough mayonnaise to bind it together without being runny.

Season with salt and pepper then add a few drops of lemon juice to taste.

Remove the chicken from the sous vide bags and slice the breasts into 4-5 pieces and the legs into joints. Serve beside the celeriac remoulade.



...using sous vide to cook
the chicken seals in
all the aromas, taste
and nutrients...

Steamed Blue Eye Trevalla and mushroom broth

Mushroom broth

- 500g button mushrooms
- 1 purple shallot
- 1 small clove of garlic
- 1 small knob of root ginger
- ½ tsp white peppercorns
- 2 cloves
- 50ml white soy
- 500ml water
- 1 tsp arrowroot starch

Preheat the AEG ProCombiPlus™ Steam Oven to 85°C on the Sous Vide function.

Place the mushrooms and all other dry ingredients, except the arrowroot, into the blender and blend until it forms a smooth paste.

Distribute evenly between two large sous vide bags, then divide the liquid ingredients between the two bags.

Using the AEG PrecisionVac™ SousVide Vacuum Sealer Drawer, individually seal each bag on Full Pressure.

Place the bags into the oven to steam on the Sous Vide function for 3 hours.

After 3 hours, strain the mushroom mixture through a coffee filter into a saucepan. Press down slightly to extract as much as possible.

Bring the liquid to a gentle simmer.

In a separate bowl, take a little of the liquid and make a paste with the arrowroot starch. Stir the paste into the saucepan of liquid whilst simmering to thicken slightly.

Set aside until ready.

Blue Eye Trevalla

- 4 x 180g fillets of Blue Eye Trevalla
- 1 tsp Murray river salt
- 20ml sesame oil
- 100g seasonal mushrooms to accompany (pine in autumn or shiitake stalks on)

Preheat the AEG ProCombiPlus™ Steam Oven to 85°C on the Full Steam function.

Place the fish fillets evenly on the perforated steam tray with an oven tray underneath to catch any juices. Sprinkle with the salt and steam for 10 minutes.

Place each fillet in a large bowl and brush with the sesame oil. Sauté some seasonal mushrooms to accompany (pine in autumn or shiitake). Pour the warm broth over the fillets and serve immediately.



...the gentle heat of
the steam evenly
penetrates the fish...

Confit ocean trout

Ocean trout

- 1 side 'Petuna' ocean trout
- 1 tsp black peppercorns
- ½ tsp juniper berries
- 20g Murray river salt
- 10g raw sugar
- 50ml extra virgin olive oil

Preheat the AEG ProCombiPlus™ Steam Oven to 50°C on the Sous Vide function

Skin and pin bone the ocean trout then cut in half on the width.

Coarsely grind the peppercorns and juniper berries in a mortar and pestle then add to the salt and sugar and coat the fish evenly on both sides with the rub.

Place each piece of fish into a separate sous vide bag and divide the olive oil between the bags.

Using the AEG PrecisionVac™ SousVide Vacuum Sealer Drawer, individually seal each bag on Full Pressure.

Place each sous vide bag into the oven and steam on the Sous Vide function for 25 minutes (thick end) and 23 minutes (tail end).

Serve immediately or chill in iced water overnight.

Chickory salad

- 1 head of chickory and one head of witlof
- salt and pepper
- extra virgin olive oil
- lemon juice

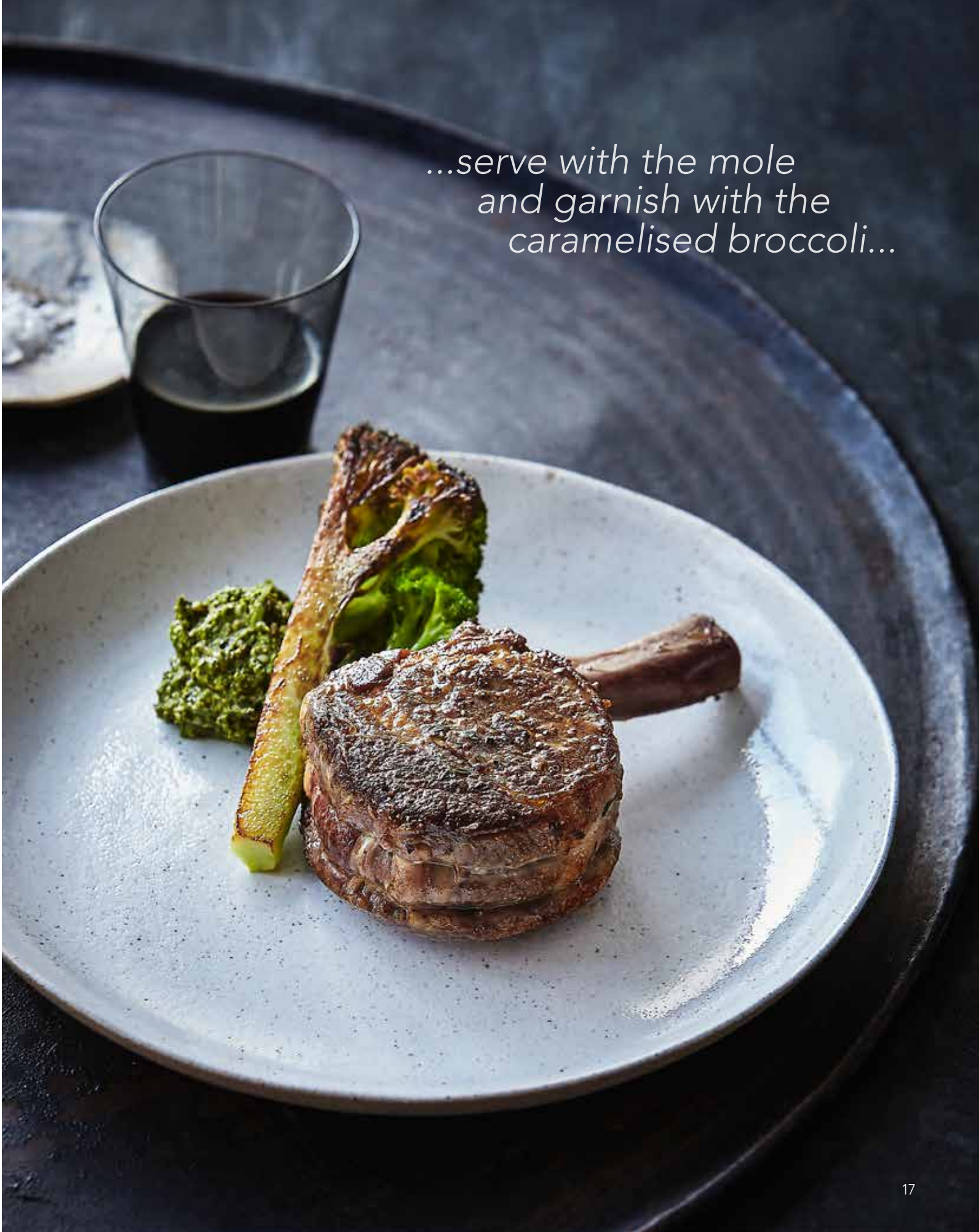
Break up the chickory and witlof leaves, place a few leaves on each plate then season and drizzle with the olive oil and a few drops of lemon juice.

Carefully tear up the trout into large pieces and serve.



Veal ‘chop’ and broccoli mole

Broccoli mole	
<div><div>1 bunch English spinach</div><div>1 bunch coriander (leaves only)</div><div>½ bunch green shallots (green part only)</div><div>165g sesame seeds</div><div>100g pumpkin seeds</div><div>2 cloves</div><div>3 all spice</div><div>1 tsp black peppercorns</div><div>10g garlic cloves, peeled</div><div>1 jalapeno pepper</div><div>100ml sherry vinegar</div><div>200ml cold filtered water, tap water is fine</div><div>2 heads broccoli (stems removed)</div><div>1 tsp fine salt</div><div>25ml olive oil</div></div>	<div><div>Preheat the AEG SMART PyroLuxe™ Oven to 200°C on the Conventional Cooking function.</div><div>Bring a large pot of water to the boil, adding a handful of salt.</div><div>Prepare a large bowl of iced water and a colander to refresh the greens after blanching.</div><div>Blanch the English spinach, coriander and green shallot for 1 minute each. Refresh in the iced water then drain.</div><div>Squeeze all of the moisture from the greens, reserving 70ml of the cold water.</div><div>Puree the greens in a blender with the 70ml of reserved cold water. It will take a few times for the blades to catch so every 10 seconds, turn off the blender to scrape down the walls and start again. Repeat this process until it becomes a smooth puree then set aside.</div><div>Heat a large non-stick fry pan on the AEG Induction Cooktop on a medium heat.</div><div>Dry toast the sesame seeds mixing continuously until lightly toasted and golden in colour. Repeat with the pumpkin seeds.</div><div>In the same pan, lightly toast the spices until aromatic and then grind in a pestle and mortar.</div><div>Place all dry ingredients into a food processor and process. When a thick paste begins to form, add the sherry vinegar and water slowly to emulsify.</div><div>Transfer the paste to a bowl and combine with the pureed greens then set aside.</div><div>Separate the broccoli heads from the stalk and chop the heads finely.</div><div>Place the broccoli on a baking tray lined with baking paper. Season with salt and drizzle with olive oil.</div><div>Bake in the AEG SMART PyroLuxe™ Oven for 20 minutes to caramelise the broccoli, then add to the spice and greens mix.</div><div>Reduce the oven temperature to 65°C for the veal.</div></div>
Veal chop	
<div><div>4 x 300g veal cutlets</div><div>1 tsp coarse salt</div><div>1 tsp freshly ground white pepper</div><div>20ml olive oil</div><div>50g butter</div><div>1 head broccoli</div></div>	<div><div>Transfer the veal chops to a tray and pat dry with some kitchen paper to remove any excess moisture.</div><div>Wipe clean the non-stick fry pan and preheat on the AEG Induction Cooktop on level 8, or use the AEG Teppanyaki Grill on high.</div><div>Season the veal with the salt, pepper and olive oil.</div><div>Sear the chops for 5-7 minutes on the first side then turn over and seal on the second side for a further 5 minutes. Add the butter and when it starts to brown, baste the veal for another minute.</div><div>Place the chops on a rack over an oven tray and slow cook in the oven for 15 minutes.</div><div>While the veal is cooking, cut the broccoli in to quarters lengthways and caramelise in the same pan used to sear the veal chops.</div><div>Serve the broccoli mole alongside each veal chop. Garnish with the caramelised broccoli.</div></div>



...serve with the mole
and garnish with the
caramelised broccoli...

Super crispy roast duck

- 1 x 1.8kg free range duck
- 1 tsp juniper berries
- 1 tsp allspice
- 1 tsp Sichuan pepper
- 1 tsp white peppercorns
- 1 tsp coriander seeds
- 20g flaked salt
- 2 mandarins
- 100ml sherry vinegar

Two days in advance

Two days before you plan to serve, rinse the duck and pat dry with kitchen paper.

Grind the spices and salt in a mortar and pestle.

Blend the whole mandarins in a food processor, then add the spices.

Spread the paste into the cavity of the duck and distribute evenly.

Seal the cavity with a thick wooden skewer.

Bring 3L of water to the boil. Add the vinegar then roll the duck in the water to tighten or set the skin before placing the duck on a wire rack to cool. Refrigerate uncovered for two days to dry out the skin.

On the day

Preheat the AEG SMART PyroLuxe™ Oven to 200°C on the Fan Forced function.

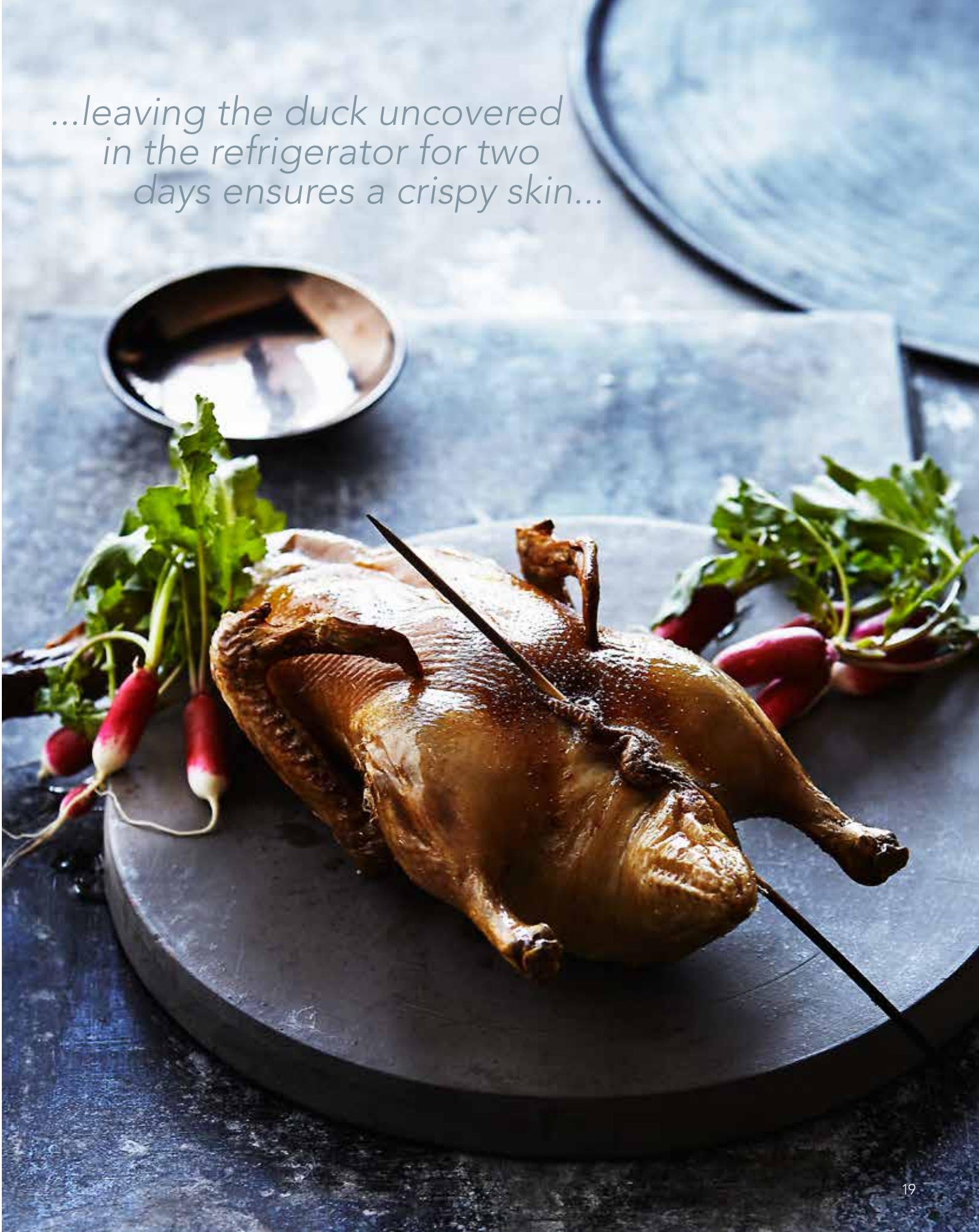
Place the duck into the oven on a rack over a deep tray.

Cook for 25 minutes then turn the oven down to 160°C and cook for a further 45 minutes.

Rest for 15 minutes before serving.

Serve hot with fresh radishes.

...leaving the duck uncovered in the refrigerator for two days ensures a crispy skin...



Sauternes custard with a caramel sauce

Sauternes custard

- 200ml Sauternes style wine
- 350ml pouring cream (35% fat)
- 2 x 55gm eggs
- 5 egg yolks
- 115g castor sugar

Preheat the AEG ProCombiPlus™ Steam Oven to 96°C on the Full Steam function.

In a saucepan, heat the sauternes to 60°C then add the cream to warm slightly.

In a separate bowl beat the eggs and sugar with a whisk until pale.

Using a spatula, slowly add the sauternes and cream mixture.

Leave the mix to rest for 5 minutes, skimming away any froth.

Divide the custard between 6 x 100ml ramekins. If you have a small butane burner or gas torch, lightly flame the surface of each custard to remove any remaining bubbles.

Cover each ramekin with cling film and place in the oven for 18-20 minutes or until just set.

Remove from the oven and uncover. Leave to cool to room temperature before refrigerating.

Caramel sauce

- 100g castor sugar
- 100ml water

Heat the castor sugar in a heavy based pan, stirring from time to time until it begins to caramelise. Stir until evenly coloured and the colour is a touch darker than golden brown. Optimally, it should smell slightly burnt.

Remove from the heat and add the water. Take care as it will spit and spatter everywhere.

Wait for the sugar and water to reduce spattering, then using a whisk, whisk the water into the caramel until combined and a smooth consistency is achieved.

Return to the heat if required to achieve an even consistency.

Simmer until the caramel thickens slightly then set aside to cool.

Pour the caramel sauce evenly over each custard to serve.

...the custards and caramel
can be prepared 24
hours in advance...

Chocolate tart

Tart shell

- 125g salted butter (chilled)
- 1 x 55g egg
- 250g plain flour
- 25g icing sugar
- ½ tsp salt
- 1 vanilla bean
- Optional egg yolk for brushing

Dice the butter into 1cm cubes.

Lightly beat the egg with a fork and set aside.

In a mixing bowl, sieve together the flour, sugar and salt.

Scrape the seeds from the vanilla bean and incorporate into the flour mixture then add the diced butter.

Squeeze each cube of butter with some flour between your thumb and forefinger to create petals.

Roughly mix the butter petals and flour with the fingers of one hand then add the lightly beaten egg.

Still using one hand, mix the dough without working until it comes together.

Turn out the roughly formed dough onto a work surface. Using the palm of your hand press down and away from you to smear the dough. Repeat three times.

Scrape the dough into a ball, wrap in cling film and flatten before refrigerating for 1 hour.

Preheat the AEG SMART PyroLuxe™ Oven to 180°C on the True Fan function.

To make the tart case, lightly flour the work surface and evenly roll the dough into a 12" circle. It should be around 3mm in thickness.

Roll the pastry onto the rolling pin and unroll onto a 9" fluted pastry tin. Push the dough into the sides of the tin then remove any excess with a knife.

Pinch up the edge to be ½cm above the rim of the tin. Prick the base with a fork and refrigerate.

Line the tart shell with aluminium foil and fill with rice.

Bake for 20 minutes on 180°C then remove the foil and bake until golden. A further 8 minutes should be enough.

Remove from the oven, brush any cracks with an egg yolk then set aside.

Set the oven to 110°C on the Conventional Cooking function.

Tart filling

- 200g of 72% cocoa fat best quality dark chocolate
- 190ml pouring cream
- 80ml full cream milk
- 1 x 55g egg

Chop the chocolate and place into a mixing bowl.

Bring the cream and milk to boil in a small saucepan then pour over the chopped chocolate.

With a wooden spoon or spatula, mix carefully without forming any bubbles until the mixture becomes smooth and silky in consistency.

Lightly beat the egg then add to the chocolate mixture until fully incorporated.

Pour the chocolate filling into the tart shell, place on a baking sheet and bake for a further 30 minutes, or until just set.

Cool the tart to room temperature before serving, do not refrigerate.

Top with whipped vanilla cream.

...refrigerating the tart shell before cooking produces an extra crisp pastry...



Quince jelly, yoghurt and white chocolate ganache

Quince jelly

2.5L water
1.5kg sugar
2.25kg quince
1 lemon

Bring the water and sugar to a simmer in a large pot on the AEG Induction Cooktop.

Cut the quince in half and transfer to the simmering water. Turn down to a slow simmer for around three hours until the quince and cooking liquid turn a light pink.

Strain the quince, reserving both the quince and the quince liquid.

Cut the lemon into 1cm slices and place into another pot with the quince liquid then bring to a simmer until the liquid reaches 110°C.

Sterilise 3 x 500ml preserving jars in the AEG ProCombiPlus™ Steam Oven using the Preserving function.

Strain the hot syrup into the jars and seal. Invert the jars and leave to cool. Store in a cool dark place.

Neatly core the quinces and set aside until ready to serve.

White chocolate ganache

225g white chocolate
120g cream
180g Greek style yoghurt

Chop the white chocolate and gently melt in a pan using the AEG Induction Cooktop's lowest setting.

Heat the cream slightly in a separate pan and add to the chocolate once it has melted, approximately 15 minutes.

With a spatula gently fold the cream through until it reaches a smooth consistency.

Cool for 10 minutes then add the yoghurt and fold through until smooth.

Strain through a fine mesh sieve then refrigerate until needed.

Place one or two quince pieces on each plate then spoon over the jelly, followed by the white chocolate ganache.

...the quince jelly and white chocolate ganache make an excellent accompaniment to a variety of desserts...



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