

Recipes



Extraordinary flavours, unique spices and wonderful scents (aromas) can now all be found in your kitchen.

iCook WOK
is a device that
you'll love from the
first use.

Get to know the recipes and adjust them to your needs.
Impress your loved ones with Asian cuisine... your cuisine.

Duck breast in caramelised orange sauce with green beans



Utensils:

iCook 7-ply Stainless Steel WOK, 1 litre iCook saucepan

Ingredients*:

3 duck breasts
Honey.....50 g
Soy sauce.....4 tbsp
2 oranges
3 cloves
1 onion
Orange juice.....120 ml
Cornflour.....1 tsp
Vegetable oil for frying
2 slices of fresh ginger
Green beans.....500g

Serving: 4 servings

*You can substitute ingredients with others depending on your taste, allergies and of course the availability of the ingredient. This can add variety to your dishes - just try it out!



Preparation:

1. Make tiny incisions in the skin of the duck breasts. Marinade them in a mixture of soy sauce and honey for 10 minutes.
2. Peel the oranges. Grate the peel.
3. Divide the oranges into segments.
4. Mix the grated rind with the prepared orange juice in the iCook saucepan, add the onion and cloves. Bring to the boil and then simmer for 15 minutes. Mix the cornflour with a little cold water and add the sauce to thicken. Strain the sauce.
5. Fry the duck breasts in the iCook Wok without oil until browned.
6. Remove the duck breasts from the wok. Wipe the iCook Wok well with an absorbent cloth and add the oil. Fry the ginger in the oil, followed by the green beans.
7. Slice the cooked duck into thick slices, add to the fried green beans with the orange segments and pour some of the sauce over it. Mix well and serve on a beautiful plate.
8. The rest of the sauce can be served in a gravy boat.

Soba noodles with prawns and Chinese cabbage



Utensils:

iCook 7-ply Stainless Steel WOK

Ingredients*::

sauce for noodles -

Peanut oil.....3tbsp
Sesame seeds.....1tbsp
Rice vinegar.....1/2 tsp
Sugar.....1tsp
Soy sauce.....1tbsp
Salt, to taste

base -

1/3 of a head of Chinese cabbage
1 small carrot
Soba noodles.....120g
12 raw tiger prawns, peeled
Sesame oil.....1tbsp
4-6 shiitake mushrooms
Fresh mint.....6 sprigs, chopped

Serving: 2 servings

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Preparation:

1. To make the sauce, combine all ingredients in a mixing bowl.
2. Wash the vegetables thoroughly and cut into thin strips.
3. Boil the noodles until cooked and rinse with cold water.
4. Fry the prawns in oil in the iCook WOK until cooked.
5. Add the shiitake mushrooms to the prawns. Cook for 30 seconds, stirring constantly. Then add the Chinese cabbage and fry for another 30 seconds. Add the chopped carrot and fry for a further 30 seconds.
6. Add the noodles to the vegetables and prawns. Serve in deep plates: pour the sauce over it and sprinkle with chopped mint.

Steamed gilt-head bream with prawns and asparagus



Utensils:

iCook 7-ply Stainless Steel WOK,
iCook Multi-purpose kitchen shears

Ingredients*:

2 fresh gilt-head bream
Leeks.....100g
Pickled ginger.....20g
8 raw tiger prawns, peeled
Schisandra (lemongrass), 1 stalk,
chopped
Soy sauce.....1tbsp
Juice of 1 lemon
Salt and pepper, to taste
4 bamboo leaves
Young asparagus.....120g

Serving: 2 servings

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e.g. replace gilt with fish like cod



Preparation:

1. Using iCook Multi-purpose kitchen shears, make an incision along the back of the gilt-head bream and remove the entrails and gills. Rinse the gutted fish well under running water.
2. Stuff the fish with the leeks, ginger and prawn. Add the schisandra (lemongrass), soy sauce and lemon juice; add salt and pepper to taste.
3. Fill the iCook Wok with water, keeping it below the steam cooking grid level.
4. Place the stuffed fish on the bamboo leaves and cover with the lid, reduce to low heat.
5. Steam for 10 minutes. Add the asparagus 3 minutes before the end of the cooking time.

Thai vegetarian salad with noodles



Utensils:

iCook 7-ply Stainless Steel WOK,
mixing bowl

Ingredients*:

base -

Egg noodles.....200g
Peanut oil.....2tbsp
1 red onion, sliced finely
1 garlic clove, crushed
2 carrots, sliced thickly
Baby corn.....125g
Bean sprouts.....150g

sauce -

Soy sauce.....2tbsp
Juice of 1/2 a lime
Powdered sugar.....1tsp
Dried chili flakes.....1/2 tsp
Juice of 1 lime
Fresh coriander, chopped..... 4tbsp
4 spring onions, chopped
Roasted peanuts.....40g

Serving: 4 servings



Preparation:

1. Cook the noodles according to the instructions on the package.
2. Heat the oil in the iCook WOK. Fry the red onion for 1 minute.
3. Add the garlic, baby corn and carrot. Fry for another 2 minutes.
4. Mix the noodles and fried vegetables in a mixing bowl and add the bean sprouts.
5. Sauce: Mix all the sauce ingredients in a separate bowl, together with some of the spring onion and coriander.
6. Divide the salad between four bowls, sprinkle with the roasted peanuts and the remaining spring onion and coriander and pour the sauce on top.

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Fried vegetable and tofu salad



Utensils:

iCook 7-ply Stainless Steel WOK,
ice, pastry brush, paper towel

Ingredients*:

1 red and 1 yellow bell pepper
2 aubergines
Tofu (brynza).....200g
Flour.....1tsp
Vegetable oil.....100ml
2 garlic cloves, chopped
Fennel seeds.....1tsp
Wine vinegar.....1tsp
1 red onion, sliced
Green beans (or peas).....150g
3 tomatoes, sliced
Worcestershire sauce.....1tsp

Serving: 4 servings

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Preparation:

1. Slice the bell peppers into long strips, then soak them in cold water with ice.
2. Slice the aubergines into long strips, sprinkle with salt and leave for 2–3 minutes. Then rinse under running water and pat dry.
3. Cut the tofu into large cubes and roll in flour. Remove excess flour with a pastry brush.
4. Fry the tofu in oil for 1–2 minutes in the iCook WOK . Then remove it and place it on the paper towel to remove excess oil.
5. Fry the aubergines in the same oil. Drain them on the Lotus Blossom grid to remove excess oil, then place in a bowl.
6. Add chopped garlic and fennel seeds to the warm aubergines. Then cover with the wine vinegar and red onion.
7. Add the green beans (or peas) to the iCook WOK and fry for 1 minute.
8. Mix tomatoes, bell peppers, fried aubergine and beans/peas. Place in serving dishes and put fried tofu on top.
9. Sprinkle the salad with Worcestershire sauce.

Crisp pastry rollups with banana and date filling



Utensils:

iCook 7-ply Stainless Steel WOK

Ingredients*:

Sour cream.....100g
1 egg
Zest of 1 orange
Flour.....400 g
Pinch of salt
3 bananas
10 dried dates
Vegetable oil.....300 ml
Icing sugar..... 20 g
Serving: 6 servings



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Preparation method:

1. Put the sour cream in the mixing bowl, add the egg and zest. Mix well.
2. Add the flour and salt and knead to make a thick dough.
3. Roll out the dough into a thin layer (as if for homemade noodles) and cut into wide strips about 8 cm in length.
4. Slice the bananas. Remove seeds from the dates. Wrap the fruit in the dough strips.
5. Heat the oil in the iCook WOK.
6. Fry the pastry strips in the oil, then drain in a colander to remove excess oil.
7. Place in a serving dish and sprinkle with icing sugar.



SKU 105084



Thank you