

Recipes

COOK

LIKE A CHEF

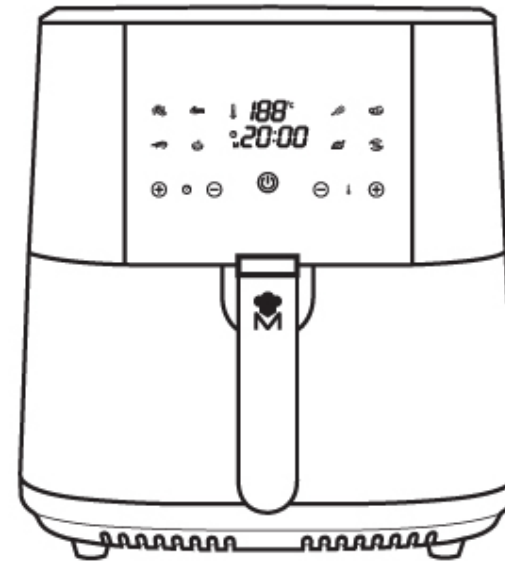
ROCKET 600

Air cooking



ROCKET 600

Air cooking



- AirFryer
- Power: **1800W**
- Capacity: **6L**
- Adjustable temp.: **80~200°**
- **6 Preset functions**

CREATIVITY, INNOVATION AND SCIENCE IN THE KITCHEN

The **Cook & Chef Institute**, a foundation made of leading figures from the world of international haute cuisine, and Bergner have come together to share strategic thinking on cooking and cookware technology innovation.

"Our mission is to ensure the international innovation of cooking products that contribute to improving the culinary arts, with an eye on nutrition, health and people's well-being by making top quality products available to them".



Fries



Ribs



Shrimp



Bake



Wings



Meat



Seafood



Warm



MasterPRO
The professional choice

At **MasterPRO**, we are constantly increasing our knowledge through **research, analysis and experience**. This attitude of continuous improvement is made possible thanks to the professionalism and care with which MasterPRO faces the challenge of bringing professional cuisine to the homes of gastronomy lovers.

MasterPRO uses the most sophisticated production processes, taking great care in designing and manufacturing products to meet **the most demanding quality standards** and with **great attention to detail**, which is a real game changer in the world of cooking.

All MasterPRO brand products have been tested by the Cook & Chef Institute foundation, previously passing an audit by our chefs, to guarantee food safety in the kitchen.

I N D E X

STARTERS

Cajun chicken goujons	P. 10
Crispy fish nuggets	P. 11
Tomato and cheese mini pizzas	P. 12
Mozzarella sticks	P. 13
Homemade French fries	P. 14
Sweet potato fries	P. 15
Bacon and cheese snacks	P. 16
Avocado and cherry tomato toast	P. 17
Ham and cheese puff pastry rolls	P. 18
Cream cheese and strawberries on toast	P. 19
Ham croquettes	P. 20

MAINS

Cheeseburgers	P. 24
Chicken Fillet with Peppers	P. 25
BBQ chicken wings	P. 26
Chicken parmigiana	P. 27
Huevos al plato	P. 28
Vegetable quesadilla	P. 29
Creole empanadas	P. 30
Octopus with potatoes	P. 31

DESSERTS

Chocolate chip and pistachio muffins	P. 34
Glazed doughnuts	P. 35
Chocolate chip magdalenas	P. 36
Lemon magdalenas	P. 37
Churros	P. 38
Cookies	P. 39
French toast	P. 40

P.8

p.22

P. 32



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THE PROFESSIONAL CHOICE

S T A R T E R S





Cajun chicken goujons

Ingredients

454 g chicken fillet	4 g onion powder
355 ml milk	5 g pepper
10 ml Louisiana hot sauce	3 g ground mustard
180 g all-purpose flour	2 cayenne pepper
15 g salt	12 g corn starch
4 g black pepper	Spray oil
7 g garlic powder	Dipping sauces

Steps

Marinate the chicken fillets in milk and hot sauce for 4 hours or overnight. Mix all the remaining ingredients in a large bowl except for the oil. Coat the marinated chicken in the mixture and shake off any excess. Mix 1/3 of the chicken marinade into the seasoned flour and mix well. This will create small flakes. Let the chicken sit until the coating becomes sticky and coat it in flour again. Place the fillets in the Air Fryer basket and spray them with oil spray. Cook on deep fry mode at 200 °C for 10 minutes, until golden brown and crispy. Serve with your favourite sauces and a little chopped coriander.



Crispy fish nuggets

Ingredients

454 g white fish or other mild fish	180 g breadcrumbs
30 g flour	Spray oil
7 g Old Bay seasoning	Tartar sauce on the side
2 eggs	Fresh coriander

Steps

Dice the fish. Mix the flour and Old Bay seasoning in a bowl. Coat each portion of fish with the seasoned flour, then dip in the beaten eggs and coat in breadcrumbs. Place the fish spaced out in the Air Fryer basket and spray them with oil spray. Cook on fry mode at 200 °C for 6 minutes. Turn the fish, spray again with a little oil and cook for a further 4 minutes at the same temperature. Serve with tartare sauce and fresh coriander.



x1 15'



Tomato and cheese mini pizzas

Ingredients

1 pizza base (178 mm)	60 g cooked black beans
Tomato sauce	Peas
Grated cheese	Rocket, for serving
Sweetcorn	

Steps

Cut the pizza dough into equal circles with a round metal mould and place them in the preheated air fryer on baking paper. Cook on Dessert mode for 5 minutes at 160 °C. Add the tomato, cheese, sweetcorn and black beans. Cook for 10 minutes. When there are 5 minutes left on the timer, add the peas and finish cooking. Garnish with rocket leaves.



x3 8'



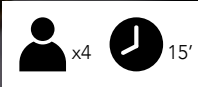
Mozzarella sticks

Ingredients

16 g flour	50 g breadcrumbs with parsley
3 g cornstarch	3 mozzarella cheese
3 g salt	Spray oil
1 g black pepper	Marinara sauce on the side
2 eggs	Spring onion
15 ml milk	

Steps

Mix the flour, cornstarch, salt and pepper in a bowl. Beat the eggs and milk in a separate bowl and combine the breadcrumbs and parsley in a third bowl. Cut the mozzarella cheese into strips and coat them first in flour, then egg and finally in breadcrumbs. Dip them in the egg and bread again. Chill the mozzarella sticks in the freezer for 30 minutes. Place them spaced out in the Air Fryer basket and spray them with oil spray. Select fry mode and cook them at 200 °C for 8 minutes. Halfway through the cooking time, turn them over to ensure they cook evenly. Serve with marinara or ranch dressing and garnish with chopped chives.



Homemade French fries

Ingredients

2 red potatoes
1 litre cold water
15 ml oil
3 g garlic powder
2 g pepper

Salt
Pepper
Ketchup or salsa
ranchera on the side

Steps

Cut the potatoes into sticks and soak them in water for 15 minutes. Strain the potatoes, wash them in cold water and dry them with paper towels or a kitchen towel. Place in a bowl. Add the oil and spices, and stir until they are completely coated. Place the potatoes in the air fryer basket. Select the French fries mode and cook them at 200 °C for 15 minutes. Halfway through the cooking time, shake the potatoes to ensure they cook evenly. Serve with ketchup, salsa ranchera or both.



Sweet potato fries

Ingredients

1 sweet potato
Salt and pepper
Ground garlic
Parsley
Olive oil

Steps

Thoroughly wash and dry the sweet potato. Cut in rounds and then strips. Put the sweet potato, spices to taste and a little oil in a bowl and stir well. Program the machine at 200 °C for 15 minutes and introduce our sweet potato sticks.



Bacon and cheese snacks

Ingredients

4 strips of bacon or fresh pancetta
Cured cheese or a cheese of your choice
4 toothpicks or skewers

Steps

Lay out the strips of bacon or fresh pancetta on a board. Cut the cheese into rectangles of the same width as the bacon. Roll the bacon strip around the cheese to make a little parcel. Seal it with a toothpick. Put it in the machine on a piece of baking paper to not stain the bottom with the fat from the cheese and the bacon that will be released. Program for 4 minutes at 200 °C and they will be ready.



Avocado and cherry tomato toast

Ingredients

4 slices of bread
16 cherry tomatoes
2 avocados
EVOO
Coarse salt
Black sesame
Lamb lettuce

Steps

Start preparing the ingredients by peeling and slicing the avocados. Wash and halve the cherry tomatoes. Toast the bread in the toaster at 180 °C for 4 minutes. Remove the toasted bread and place the avocado and cherry on top, add a dash of olive oil, coarse salt and finish by decorating with black sesame and a few leaves of lamb's lettuce.



x4 20'



Ham and cheese puff pastry rolls

Ingredients

1 sheet of puff pastry
Chunky fried tomato sauce
250 g Ham
Grated cheese
1 egg

Steps

Roll out the puff pastry and cover it with a little tomato sauce, without reaching the edges. Add the slices of ham or cured ham, whichever you prefer, and sprinkle with the grated cheese. Make a roll with the filled puff pastry. Heat the machine for 5 minutes at 180 °C. Brush the puff pastry with egg and cook at 180 °C for 10 minutes.



x4 6'



Cream cheese and strawberries on toast

Ingredients

4 slices of bread
Cream cheese spread
Strawberries
Honey

Steps

Slice the strawberries and set aside. Toast the bread in the toaster at 180 °C for 4 minutes. Spread the cream cheese on the bread, add the sliced strawberries and finish with a drizzle of honey.



Ham croquettes

Ingredients

250 g diced ham	Nutmeg
500 ml whole milk	Pepper
50 g flour	3 eggs
40 g butter	Breadcrumbs

Steps

Heat the milk, without bringing to a boil, and set aside. Add the butter and when it has melted, add the flour and simmer for 3 or 4 minutes, stirring constantly. Add the milk all at once, stirring constantly until the béchamel sauce begins to thicken, add the diced ham and mix well. Pour the mixture into a bowl and leave to cool until lukewarm. Cover the dough with a little butter and cling film and leave to rest overnight. With the help of two spoons, shape the croquettes, dip them in breadcrumbs, then beaten egg and in breadcrumbs again. Finish shaping the croquettes with your hands and place them on a plate. Freeze the croquettes and cook them from frozen at 180 °C for 15 minutes.



M A I N S





x4 8'



x4 25'

Cheeseburgers

Ingredients

450 g minced beef
3 g salt
1 g black pepper
6 ml Worcestershire sauce
5 g Dijon mustard
1 small onion, grated

1 egg, beaten
Extra virgin olive oil
4 slices of cheddar cheese
Mini burger buns
Mayonnaise and ketchup on the side
Large pickles

Steps

Mix the minced beef, salt, black pepper, Worcestershire sauce, Dijon mustard, grated onion and egg until well combined. Chill for 10 minutes in the refrigerator. Shape into 4 equal bun-sized patties and drizzle with olive oil. Place them spread out in the air fryer. Cook on Meat mode at 180 °C for 8 minutes. Turn the burgers halfway through cooking to ensure even browning, add the cheddar cheese slices cut to burger size with 1 minute left to cook.

Chicken Fillet with Peppers

Ingredients

1 kg chicken fillet
1 large bell pepper (the colour you prefer or a mixed pack of 3 small peppers)
Salt
Pepper

Steps

Cut the fillet into pieces that will fit in the machine basket. Season with salt and pepper on both sides. Cook in the machine at 180 °C for 15 minutes. Depending on how we like it, more or less done, we set the time.



x4 60'

BBQ chicken wings

Ingredients

1 kg chicken wings, boneless or bone-in
Good quality or homemade barbecue sauce*
Salt
Pepper

* You can make it with ketchup, Apple cider vinegar, Brown sugar, Worcestershire sauce, Sweet paprika to taste

Steps

Season the chicken wings with salt and pepper and transfer to a bowl to marinate in the barbecue sauce for at least 30 minutes in the fridge. Once marinated, place a baking paper on the base, place the wings on it and bake for 25 minutes at 180°. Turn them over halfway through the cooking time.



x4 20'

Chicken parmigiana

Ingredients

8 chicken breast fillets
Salt and pepper to taste
Chunky fried tomato sauce
Parmesan cheese
Breadcrumbs (you can add garlic and parsley)

Steps

Season the chicken breasts with salt and pepper and cover in breadcrumbs. Put them in the machine for 15 minutes at 180 °C. After 11 minutes, take them out and add a little crushed tomato, some parmesan cheese and a pinch of salt on top of each chicken breast. Put back in the machine for the remaining 4 minutes.



Huevos al plato

Ingredients

- 2 eggs
- Chunky fried tomato sauce
- Serrano ham cubes
- Salt
- Pepper

Steps

In a small clay dish, add a little chunky fried tomato and place the two eggs on top, season with salt and pepper, and add the ham cubes to taste. Cook in the machine at 180 °C for 8 minutes.



Vegetable quesadilla

Ingredients

- 2 wheat tortillas
- 3 peppers
- Olive oil
- Salt
- Pepper
- Grated cheese

Steps

Cut the peppers into strips, wash them, place them in a bowl and add a little oil, salt and pepper to taste. Cook the peppers for 10 minutes at 180 °C. When they are ready, put the peppers on a wheat tortilla and top with grated cheese to taste, cover with the other wheat tortilla and cook in the machine for 7 minutes at 180 °C.



Creole empanadas

Ingredients

1 kg chicken wings, boneless or bone-in
Good quality or homemade barbecue sauce*
Salt

Pepper

Steps

Chop the onions and pepper and fry until the onion becomes translucent. Add the minced meat and cook for about 5 minutes. Season to taste with the salt, pepper, ground garlic, paprika and cumin. Mix well to incorporate, cook for a further 5 minutes and remove from the heat. Cook two eggs and cut the olives into small pieces. When the eggs are cooked, mix them with the olives. Then add this mixture to the rest of the filling. Mix well and leave to cool. Once it's cold, start filling the empanadas. To do this follow these steps:

1. Take an "empanadilla dough" and place it on the palm of your hand.
2. With a spoon, add two spoonfuls of filling in the centre of the empanada.
3. Brush the edge of the empanada with water and seal it.
4. Press to close it well and seal it with the tip of a fork.

Brush them with the third egg and cook in the fryer for 7 minutes at 180 °C.



Octopus with potatoes

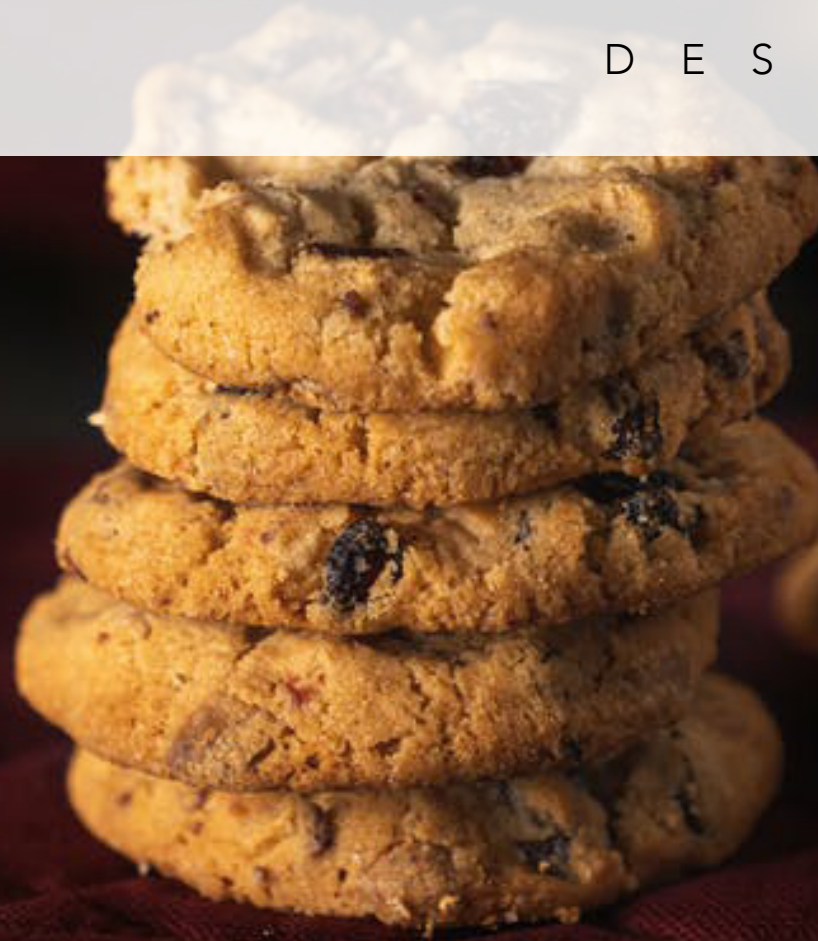
Ingredients

1 cooked octopus tentacle
1 potato
Olive oil
Salt
Pepper
Paprika

Steps

Wash and peel the whole potato. Cut it in half and make some incisions on the inside. Season to taste with salt and pepper and add a little olive oil. Heat the machine for 5 minutes at 180 °C. Place the potato in the fryer for 25 minutes at 180 °C. When there are 8 minutes left, add the cooked octopus tentacle. When you take everything out and serve it, cut the octopus into pieces and sprinkle with a little salt, oil and paprika.

D E S S E R T S





Chocolate chip and pistachio muffins

Ingredients

50 g sugar	4 g baking powder
125 ml coconut or soy drink	2 g bicarbonate of soda
60 ml coconut oil	A pinch of salt
5 ml vanilla extract	85 g chocolate chips
120 g flour	25 g pistachios
14 g cocoa powder	

Steps

In a small bowl, mix the sugar, coconut drink, melted coconut oil and vanilla extract and set aside. In a separate bowl, combine the flour, cocoa powder, baking powder, baking soda and salt. Mix the dry ingredients with the wet ingredients, a little at a time and sifted, until you have a smooth batter. Pour in the chocolate chips, 25 g chopped pistachios and mix carefully with a scraper or spatula. Place cupcake papers in individual muffin tins or moulds and pour the mixture up to $\frac{3}{4}$ of the moulds. Top of with a sprinkling of pistachios. Place in the air fryer, select Dessert mode and cook at 180 C for 20 minutes. Remove the muffins when cooked and let them cool before serving.

Glazed doughnuts

Ingredients

500 g flour	1 tablespoon of vanilla
50 g butter	4 g salt
25 g fresh yeast or 10 g dry yeast	1 egg
150 ml milk	
100 ml water	

Steps

Mix all the ingredients in a bowl, preferably with a dough mixer, and leave to rise until it doubles in volume, covered with cling film or a cloth (approximately 1 hour). Then stretch it by hand and with a rolling pin to approximately one finger thick. Cut it with a pastry cutter and remove the centre with a smaller cutter. Cover and leave to rise again until it doubles in volume. Brush the doughnuts with butter, while the machine warms up at 170 °C for 5 minutes. Cook the doughnuts for 6 minutes and take them out. Brush the doughnuts with a mixture of water and sugar and leave to cool.



 x10  100'



 x10  100'

Chocolate chip magdalenas

Ingredients

3 eggs
250 g flour
200 g sugar
120 g butter
125 ml milk
1 teaspoon of vanilla extract
8 g baking powder
A pinch of salt
Chocolate chips

Steps

In a large bowl, add the sugar and beat the eggs. Add a pinch of salt and beat everything well for 5 minutes to aerate the mixture and make our muffins very fluffy. Once the eggs and sugar are well beaten, start adding the liquid ingredients. Add the vanilla extract, milk and butter, which will be melted and cold. Next, mix all the ingredients with a whisk and when everything is mixed, gradually add the flour together with the baking powder with the help of a sieve or strainer. When the flour is incorporated, add the chocolate chips to taste and put the dough in the fridge for about an hour. Once the dough has rested for an hour, take it out and beat it again, as it will have thickened a little in the fridge. Turn the machine on and set it to 180 °C for 5 minutes to heat up. While the machine is heating up, line the cupcake papers and pour the mixture into the moulds, filling them up to $\frac{3}{4}$. Add a few more chocolate chips on the top. Bake at 180 °C for 10 minutes, the tray has space for 8 magdalenas. In any case, keep an eye on them and when they have risen and are brown, they will be ready. Remove them from the machine and place them on a wire rack to cool.

Lemon magdalenas

Ingredients

3 eggs
250 g flour
200 g sugar
 $\frac{1}{2}$ lemon
120 g butter
125 ml milk
1 teaspoon of vanilla extract
8 g baking powder
A pinch of salt

Steps

Wash the lemon well, dry it, grate the yellow part of the peel and squeeze the juice from it. Place the lemon zest and sugar in a large bowl and mix with a whisk. Break the eggs into a separate bowl and add them to the sugar and lemon mixture. Add a pinch of salt and beat everything well for 5 minutes to aerate the mixture and make our muffins very fluffy. Once the eggs and sugar are well beaten, start adding the liquid ingredients. Add the lemon juice, vanilla extract, milk and butter, which will be melted and cold. Next, mix all the ingredients with a whisk and when everything is mixed, gradually add the flour together with the baking powder with the help of a sieve or strainer. When the flour is incorporated, put the dough in the fridge for about an hour. Once the dough has rested for an hour, take it out and beat it again, as it will have thickened a little in the fridge. Turn the machine on and set it to 180 °C for 5 minutes to heat it up. While it's heating up, line the cupcake papers and pour the mixture into the moulds, filling them up to $\frac{3}{4}$. Sprinkle with sugar on top. Bake at 180 °C for 10 minutes, the tray has space for 8 magdalenas. In any case, keep an eye on them and when they have risen and are brown, they will be ready. Remove them from the machine and place them on a wire rack to cool.



x4 80'

Churros

Ingredients

- 1 cup of flour
- 1 cup of water
- Salt

Steps

Start by bringing the water and salt to the boil. When it has boiled, add the flour all at once and remove from the heat. Stir until you obtain a homogeneous dough. Put it in a piping bag with a curly nozzle. Pipe the churro-shaped dough on baking paper. Cover and freeze the dough for at least 1 hour. Program the machine for 10 minutes at 200 °C and put the churros in. After 5 minutes we turn them over.



x10 40'

Cookies

Ingredients

- 340 g chocolate chips
- 150 g brown sugar
- 200 g flour
- 200 g butter
- 100 g almond flour
- 2 eggs
- Vanilla extract

Steps

Melt the butter in a bowl in the microwave. Add the brown sugar, beaten eggs, vanilla extract, flour and almond flour and mix well. Add the chocolate chips and mix. Leave to chill in the refrigerator for 10-15 min. Use a spoon to form portions or make balls with your hands. Place them in the machine with baking paper, leaving space between them. Flatten slightly with your hands. Heat at 160° for 5 minutes and cook for 8 minutes. Repeat until all the dough is finished.



French toast

Ingredients

4 slices of brioche bread
2 eggs
4 tablespoons of sugar
Vanilla extract

Ground cinnamon
225 ml whole milk
A pinch of salt

Steps

Mix the well-beaten eggs with the milk, sugar, cinnamon and a little vanilla extract. Add a pinch of salt to make your French toast tastier. Whisk well and pour the mixture into a deep pan. Place the slices of bread in the pan to soak them. Turning them from time to time until the slices of bread have absorbed all the liquid. Brown in the machine for 5 minutes at 180°.





www.bergnergroupp.com

BERGNER EUROPE

Edificio San Lamberto, Planta 3,
Ctra. Aeropuerto km 4,
50011 Zaragoza, Spain

Tel: +34 976 108 538

Tel: +34 976 107 427

Email: info@bergnereurope.com



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Backed by professionals and chefs from the Cook&Chef Institute Foundation, MasterPRO collaborates with cooking schools as well as research and industrial design institutes to build a portfolio of highly professional products of outstanding quality.

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