

*Recipes*

COOK

LIKE A CHEF

ROCKET DUO 900

Air cooking



**COOK & CHEF**  
- I N S T I T U T E -  
by Bergner



Masterpro



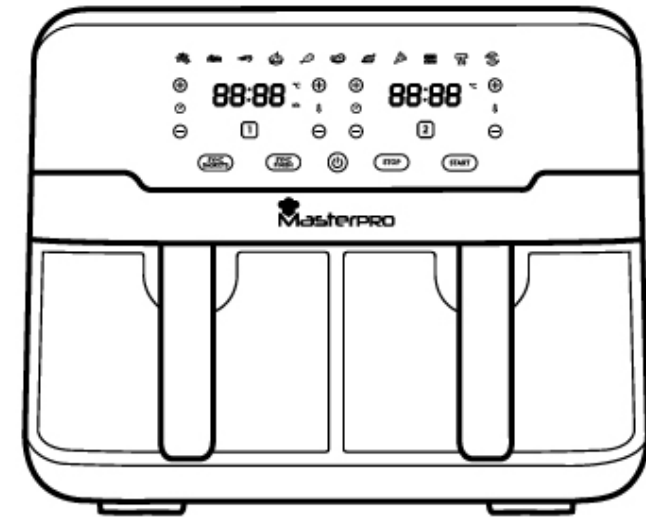
## CREATIVITY, INNOVATION AND CULINARY SCIENCE

The **Cook & Chef Institute** is a foundation comprised of leading figures of international haute cuisine, and Bergner, in a collaboration of strategic thought and technological innovation to create kitchen utensils.

*"Our mission is to guarantee culinary product innovation at an international level to improve the culinary arts, with a focus on nutrition, health and wellbeing, providing top quality products".*

# ROCKET DUO 900

Air cooking



- Dual AirFryer
- Capacity: 9L
- Power: 2400W
- Adjustable temp.: 40~200°

### • 11 Preset functions



Fries



Ribs



Shrimp



Bake



Wings



Meat



Seafood



Pizza



Bacon



Broil



Keep warm

# I N D E X

## STARTERS

Garlic prawn skewers  
Bacon made from carrots  
Edamame snack  
Crispy chickpeas  
Dehydrated tomatoes in oil  
Roasted carrots with tahini  
Chips with guacamole  
Onion rings  
Sweet potato chips

## MAINS

Croque monsieur  
Falafel pita  
Spring rolls  
Vegan burger  
Rosemary and cheese bread rolls  
Korean-style chicken  
Glazed salmon  
Pasta chips with yoghurt dip  
Potato skins with cheese and bacon

## DESSERTS

Baked pineapple and mascarpone toast  
White chocolate with dehydrated strawberries  
Cinnamon braid  
Dehydrated pears with cinnamon

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With the **MasterPRO**, we are always improving our knowledge through **research, studies and experience**. Our professionalism and meticulousness allow us to continuously improve the MasterPRO to bring the professional kitchen into the homes of lovers of gastronomy.

MasterPRO applies the most professional production processes, and the design and manufacture **of our products complies with the most demanding quality standards whilst paying attention to the details**, to create real change in the world of cooking.

All MasterPRO products have been tested by the Cook&Chef Institute, having passed an audition with our chefs, to ensure food safety in the kitchen.



STARTERS

MasIntegro

MasIntegro



# PRAWN GARLIC

## *Skewers*

### INGREDIENTS

- 1 bunch of fresh parsley
- 1 clove of garlic
- 1 lemon
- Salt
- 200 ml extra virgin olive oil
- 16 large prawns

### STEPS

1. Prepare the dressing with the chopped clove of garlic, chopped parsley, the grated peel and juice of half a lemon, salt and olive oil.
2. Divide the dressing into two separate bowls and place the peeled prawns in one bowl to marinate for 10 minutes.
3. Drain and skewer the prawns onto the skewer.
4. Cook in the Rocket Duo 900 for 5 minutes at 190°C.
5. Serve with the rest of the dressing.





# BACON

*crom carrots*

## INGREDIENTS

For the marinade:

- 4 tablespoons of nutritional yeast
- 6 tablespoons of soy sauce
- ½ teaspoon of smoked paprika
- 1 tablespoon of maple syrup
- 1 tablespoon of barbeque sauce
- 1 tablespoon of garlic powder
- 4 tablespoons of olive oil

For vegan bacon:

- 2 carrots

## STEPS

1. Mix all the marinade ingredients in a bowl.
2. Peel the carrots and cut long thin strips with a peeler.
3. Brush the marinade onto the carrots.
4. Place the carrots on the rack tray and use the Dehydrate setting at 65°C for 1 hour.
5. Serve, for example, with avocado toasts and a drizzle of olive oil.





# EDAMAME

*Snack*

## INGREDIENTS

- 300 g edamame
- 1 spoon of olive oil
- Salt
- Chilli flakes
- Sesame seeds
- Soy sauce
- Mirin
- Sesame oil

## STEPS

1. Drizzle olive oil over the edamame and add them to the rack tray of the Rocket Duo 900.
2. Fry in Airfry setting for 5 minutes at 200°C. 3. Toss the edamame and cook for 5 minutes more.
3. For the sauce, mix soy sauce, mirin and sesame oil.
4. Serve with a pinch of salt, chilli and sesame seeds.





# CRISPY *Chickpeas*

## INGREDIENTS

- 200 g cooked chickpeas
- Extra virgin olive oil
- 2 tablespoons of agave syrup
- 2 teaspoons of curry powder
- 2 teaspoons of paprika
- 1 teaspoon of cumin
- 1 teaspoon of garlic powder
- Salt
- Pepper

## STEPS

1. Rinse the chickpeas and mix them in a bowl with olive oil, agave syrup, curry powder, paprika, cumin, salt and pepper.
2. Cook on Airfry setting at 200°C for 30 minutes, tossing every 5 minutes so that they are crispy all over. Store them in a hermetic container.







# DEHYDRATED TOMATOES

*in oil*

## INGREDIENTS

For the tomatoes:

- 400 g cherry tomatoes
- Extra virgin olive oil
- Oregano or other herbs

To accompany:

- Slices of bread
- Hummus
- Paprika
- Pepper

## STEPS

1. Wash and cut the tomatoes into halves.
2. Place the halves with the skins facing down on the rack, separated for good air circulation.
3. Choose Dehydrate setting at 60°C for 5 hours. Mix with a generous amount of olive oil, season to taste and store in a hermetically-sealed container.
4. Serve with slices of bread, in Bake mode at 190 °C for 5 minutes, and spread with hummus, with a sprinkle of paprika and pepper.





# ROASTED CARROTS

*with tahini*



## INGREDIENTS

For the roasted carrots:

- 1 kg carrots
- Olive oil spray
- Salt
- Pepper

For the tahini dressing:

- 40 ml of olive oil
- 80 g tahini
- ½ lemon
- 1 teaspoon of mustard
- 2 tablespoons of honey
- Salt
- Pepper

For decoration:

- ½ Pomegranate
- Pistachios
- Various sprouts

## STEPS

1. For the roasted carrots: peel and place the carrots on the rack, ensuring the slices don't overlap.
2. Spray with olive oil, season with salt and pepper, and roast on Roast setting at 210°C for 20 minutes, or until the carrots are golden and tender.
3. For the tahini dressing: add all the ingredients and mix with a stirrer until the sauce has an even and creamy consistency. Put aside.
4. Once the carrots are cooked, plate and dress them with the tahini sauce. Decorate with pomegranate seeds, chopped pistachios and sprouts.



# CHIPS

*with guacamole*

## INGREDIENTS

For the guacamole:

- 2 avocados
- ¼ red onion
- 1 vine tomato
- Fresh coriander
- 1 lime
- Salt

For the chips:

- 3 plantains
- Salt
- Extra virgin olive oil

## STEPS

1. **For the guacamole:** finely dice the onion, tomato and coriander. Squeeze the juice of half a lime. Peel the avocados, remove the seed, and mash into a paste.
2. Add all the ingredients and season with lime juice and salt. Mix well.
3. **For the chips,** peel the plantains and cut them into 2 - 3 cm thick rounds, and daub with a little oil.
4. Place the slices on the rack and cook on Airfry setting at 200°C for 10 minutes. Remove the tray and flatten the slices with a plate until the rounds are 0.5 cm thick.
5. If they are too dry, submerge them in water for 10 seconds to rehydrate them. Add oil again and return them to the cooker at the same setting for 8 more minutes.
6. Serve with the guacamole and decorate with more coriander and some lime wedges.





# ONION

*rings*



## INGREDIENTS

For the onion rings:

- 4 large white onions
- 2 eggs
- 100 ml of milk
- 50 g of flour
- Salt
- ½ teaspoon of sweet paprika
- ½ teaspoon of oregano
- ½ teaspoon of garlic powder
- Breadcrumbs
- Olive oil spray

To accompany:

- Barbecue sauce
- Caesar sauce

## STEPS

1. Peel the onions, cut them into thick rings and separate them carefully.
2. In a bowl, beat two eggs with milk, salt, pepper, oregano, garlic powder and flour until all ingredients are well-blended.
3. Dip the onions in the batter, allowing any extra batter to drip off before coating them completely breadcrumbs.
4. Place a layer of onion rings on the racks, spray with oil and cook on Airfry setting at 200 °C for 10 minutes.
5. Serve with dips.



# SWEET POTATO

*chips*

## INGREDIENTS

For the sweet potato chips:

- 3 sweet potatoes
- Olive oil spray
- Pepper
- ½ teaspoon of paprika
- ½ teaspoon of oregano
- Chives

To accompany:

- Ketchup
- Mayonnaise

## STEPS

1. Wash the sweet potatoes and cut into fries or strips. Add them to a bowl with a generous amount of olive oil, pepper, paprika, oregano and mix until the chips are well coated.
2. Choose Airfry setting and cook on the rack at 200°C for 15 minutes.
3. Plate and serve with dips.
4. Adorn with chopped chives.





M A I N S



# CROQUE

*Monsieur*

## INGREDIENTS

- 4 slices of sandwich bread
- 100 g of grated cheese
- 4 slices of york ham
- 4 slices of cheese
- 1 spoon of Dijon mustard

### For the bechamel:

- 20 g of flour
- 20 g of butter
- 250 ml of milk
- 1 pinch of nutmeg
- 1 teaspoon of mustard
- 1 pinch of salt

## STEPS

1. For the béchamel, melt the butter in the frying pan and add flour and salt. Sauté for a few minutes and add milk. Add mustard and the nutmeg and cook until the sauce thickens.
2. For the croque monsieur, toast the bread for 2 minutes on the Bake setting at standard temperature to avoid them softening when you add the béchamel.
3. Spread the bread with mustard first. Add ham and cheese slices. Close the sandwiches and coat with béchamel and grated cheese.
4. Cook on the rack for 5 minutes on the Bake setting at 200°C.





# PITA

*with falafel*



## INGREDIENTS

### For the falafel:

- ½ spring onion
- 1 clove of garlic
- 400 g of cooked chickpeas
- 5 g of parsley
- 1 teaspoon baking yeast
- 1 teaspoon of ground cumin
- Salt
- Pepper
- Flour
- Olive oil spray

### To accompany:

- Pita bread
- Batavia Iceberg lettuce
- Cucumber
- Cherry tomatoes
- Red onion
- Tzatziki sauce
- Fresh coriander

## STEPS

1. For the falafel: blend the garlic and the spring onion in a food mixer. Add drained cooked chickpeas, parsley to the mixer and blend to obtain the desired consistency.
2. Put the mixture into a bowl and add salt, pepper, cumin and yeast. Stir with a spatula and let it sit for a few minutes, then shape the falafel over a surface with flour.
3. Add flour to the outside of the falafel and cook them on the racks on Airfry setting for 20 minutes at 200°C.
4. To accompany: fill a pitta bread with Batavia lettuce, cucumber slices, sliced cherry tomatoes, falafels, shredded red onion and fresh coriander leaves.





# SPRING *rolls*

## INGREDIENTS

For the spring rolls:

- 2 spring onions
- Extra virgin olive oil
- 1 clove of garlic
- 1 red pepper
- 3 carrots
- 200 g of cabbage
- 40 ml of soy sauce
- 2 teaspoons of sriracha sauce
- 1 pack of filo pastry
- Olive oil spray

To accompany:

- Sweet and sour sauce
- Chives

## STEPS

1. Dice the clove of garlic and finely slice the other vegetables.
2. In a wok with heated oil, fry the garlic and spring onion.
3. Add the pepper and the carrot and cook for 2 more minutes. Finish by adding the cabbage and cook the vegetables until lightly golden.
4. To make the spring rolls, cut the filo pastry into large rectangles and place a spoonful of cooked vegetables in the centre.
5. Fold the lower corner and top corner over the filling, spray with olive oil, and continue to fold the sides like the sides of an envelope.
6. Spray again with oil and cook the spring rolls on the rack on Airfry setting at 200 °C for 8 minutes. It is important to fold the lower part so that the spring rolls do not open with the weight of the filling.
7. Serve with sweet and sour sauce and decorated with strips of chives.





# VEGAN

*burger*



## INGREDIENTS

For the burgers:

- 2 garlic cloves
- 1 white onion
- Extra virgin olive oil
- 1 cup of lentils soaked for 12 hours
- 100 g of shiitake mushrooms
- 1 soy-based yoghurt
- 2 tablespoons of miso
- Salt
- ¼ teaspoon of smoked paprika
- Grated lemon rind
- The juice of 1/2 lemon
- 180 g of flour
- Olive oil spray

For the burger:

- 4 hamburger buns
- 8 slices of vegan cheddar
- 2 avocados
- Lombard cabbage
- Veganese

## STEPS

1. **For the burgers:** dice the garlic and onion and sauté them in olive oil in a frying pan until golden.
2. Add all the hamburger ingredients minus the flour into a food processor and mix together. Add the flour and mix until the consistency becomes denser. Refrigerate for 1 hour.
3. Shape the burgers with a circular ring, roughly the same size as the buns, over a piece of baking paper.
4. Spray lightly with oil and cook on the trays without holes on Roast setting at 190 °C for 10 minutes. Place two slices of cheese over the burgers and allow them to melt for 3 more minutes on the same setting.
5. **To make the burgers:** Add a base of veganese, then place the burgers with cheese on top and finish off with slices of avocado and thinly shredded cabbage.



# BREAD ROLLS

*with rosemary and cheese*

## INGREDIENTS

- 2 cups of flour
- 4 g of baking yeast
- 1 cup of grated cheese
- 1 teaspoon of dried rosemary
- 1 teaspoon of oregano
- ½ teaspoon of garlic powder
- 80 g of butter
- 250 ml of milk
- Salt

## STEPS

1. Mix flour with yeast, cheese, rosemary, oregano, garlic powder and salt together in a bowl.
2. Create a well in the centre of the mixture, add butter, and milk to the centre and begin to bring the ingredients together to create a dough. Refrigerate the dough for 10 minutes before creating the rolls.
3. On a well-floured surface, roll out the dough to a rectangle of 2 cm thickness. Fold the dough in half and repeat the process one more time.
4. Cut the dough with a circular ring and place the dough balls in the freezer for 10 minutes.
5. Place them on an oven tray without holes covered with baking paper and cook on the Bake setting at 200°C for 12 minutes. Turn them over and cook for 3 more minutes.





# KOREAN-STYLE

*chicken*



## INGREDIENTS

### For the chicken:

- 500 g deboned chicken leg
- 1 egg
- 200 g of fine cornflour
- Olive oil spray

### For the marinade:

- 1 teaspoon of sesame oil
- 1 teaspoon of soy sauce
- 1 teaspoon of garlic powder
- 1 teaspoon of powdered ginger
- ¼ teaspoon of bicarbonate soda

### For the sauce:

- 3 spoons of tomato sauce
- 2 spoons of honey
- The juice of half a lemon
- 1 tablespoon of sesame oil

### To accompany:

- Spring onion (the green part)
- Chilli flakes
- Toasted sesame
- White rice

## STEPS

1. Cut the chicken into medium-sized pieces and place in a bowl. Add all the ingredients for the marinade, mix well and marinate for 15 minutes.
2. Once marinated, add a beaten egg to the bowl and mix well. Coat the chicken in cornflour and remove the excess.
3. Place the chicken on the rack with plenty of space between the pieces, spray with olive oil and cook on Airfry setting for 15 minutes at 200 °C. Place in a bowl.
4. For the sauce: Mix ingredients together in a pot and heat until boiling. When it begins to boil, remove from the heat and pour over the cooked chicken.
5. Serve and decorate with the green parts of the spring onion, some chilli flakes and toasted sesame seeds. Serve with boiled white rice with lemon and fresh ginger.



# GLAZED *salmon*

## INGREDIENTS

For the glaze:

- 2 spoons of honey
- 3 spoons of soy sauce
- 1 spoon of rice vinegar
- Juice of one orange
- 1 tablespoon of sesame oil

For the presentation:

- 4 fillets of salmon
- Cooked basmati rice
- Spring onion
- Chilli powder

## STEPS

1. **For the rice:** a. Mix the rice in a heat-resistant container with water, salt and oil. b. Cook on Bake setting at 200 degrees for 25 minutes, stir after 15 minutes and after 20 minutes.
2. **For the salmon and the sauce:** a. Mix all the ingredients for the sauce in a large bowl, then add the salmon fillets to marinate for 10 minutes. b. Remove the salmon and reduce the sauce in a pot until it thickens. c. Cook the salmon on the Roast setting at 190 degrees for 6 minutes. d. Glaze the salmon several times during cooking with the reduced sauce.
3. **To plate:** a. Serve the salmon on a plate and sprinkle with chopped chives. b. Accompanied by rice with a drizzle of olive oil and a sprinkle of chilli powder.





# PASTA CHIPS

*with yoghurt sauce*



## INGREDIENTS

For the roasted tomatoes:

- 90 g of cherry tomatoes
- Olive oil
- Salt
- Oregano

For the pasta chips:

- Water
- Salt
- 200 g of rigatoni
- 50 ml of olive oil
- 30 g of grated parmesan
- ½ teaspoon of oregano
- ½ teaspoon of dried thyme
- Pepper

For the yoghurt sauce:

- 1 natural yoghurt
- 150 g of feta cheese
- ½ clove of garlic
- 1 tablespoon of olive oil
- Salt
- Pepper
- Fresh coriander

## STEPS

1. **For the roasted tomatoes:** in a bowl, mix the cherry tomatoes with oil, salt, and oregano and cook on the Bake setting on a tray without holes at 190 °C for 20 minutes. Put aside.
2. **For the pasta chips:** cook the pasta according to the cooking instructions in boiling water with salt. Drain, place the pasta in a bowl and add oil, Parmesan cheese, oregano, thyme and pepper.
3. Mix well. bake on the other rack at 190 °C on Airfry setting for 12 minutes.
4. **For the yoghurt sauce:** with a hand blender, make a sauce of feta cheese, yoghurt, garlic, a drizzle of olive oil, salt and pepper.
5. Serve in a bowl with the roasted cherry tomatoes and some chopped coriander. Serve with pasta chips.



# POTATO SKINS

*with cheese and bacon*

## INGREDIENTS

- 4 medium potatoes
- 200 g bacon
- 200 g of creme fraiche
- 1 bunch of chives
- 100 g mixed grated cheeses
- Salt
- Pepper

## STEPS

1. Wash the potatoes and skins well and add them to a rack. Bake on the Roast setting at 190 degrees for 30 minutes.
2. Place the bacon slices on the other rack and cook on Airfry setting for 5 minutes at 200°C. Once cooked, finely dice the bacon.
3. Cut the top of the potato horizontally and lightly scrape the potato to leave the skins.
4. Mix the removed potato filling with the chopped bacon, crème fraîche, and half the chopped spring onion, half the grated cheese and season with salt and pepper.
5. Fill the potatoes with the mixture and cover the rest with grated cheese. Cook for 5 more minutes on the same setting.
6. Decorate the rest with chopped chives and more chopped bacon.



Masterchef



# D E S S E R T S







# TOAST

*with mascarpone and  
roasted pineapple*

## INGREDIENTS

- 300 g of fresh pineapple
- Honey
- 100 g of mascarpone cheese
- 1 Greek yoghurt
- 2 spoons of peanut butter
- 4 slices of seed bread
- Mint

## STEPS

1. Peel and cut the pineapple into slices, removing the centre.
2. Coat with honey and cook on the Roast setting at 200 °C for 5 minutes. Halfway through cooking, glaze again with honey.
3. Toast the bread on the Bake setting for 5 minutes.
4. Prepare the mascarpone cream by mixing the cheese with Greek yoghurt and peanut butter.
5. Create the pieces of toast: spread the cream cheese on the toast, place the pineapple on top and decorate with small mint leaves.





# WHITE CHOCOLATE

*with dehydrated  
strawberries*

## INGREDIENTS

- 180 g strawberries
- 600 g of white pastry chocolate
- 60 g of almonds
- 30 g of pistachios
- 3 dark chocolate biscuits

## STEPS

1. Slice the strawberries and place them as a single layer on the tray ensuring that the slices do not overlap. Choose the Dehydrate setting at standard temperature, for 1 hour.
2. After this time has passed, remove and cool.
3. Melt the chocolate in a Bain Marie and pour the melted chocolate into a rectangular dish, lined with baking paper to avoid it from sticking.
4. Before it cools, decorate with almonds and chopped pistachios, crumbled biscuits and dehydrated strawberries. Cool and serve in chunks.





# CINNAMON

*braids*

## INGREDIENTS

- 100 g of butter
- Cinnamon
- 2 pieces of puff pastry
- 1 egg
- 100 g of sugar
- 100 ml of full-fat milk
- Crunchy almonds

## STEPS

1. Melt butter in a pot at a medium heat until it begins to brown. Once the butter changes colour, remove from heat, strain and mix it with the cinnamon. Cool for 10 minutes in the refrigerator.
2. Roll out the puff pastry and coat with the mixture. Place the other piece of pastry on top and cut it into 4 strips.
3. Cut in half, leaving one of the ends uncut and begin to braid the pastry. Turn it over and place it on a baking tray without holes, lined with a sheet of baking paper.
4. Brush with a beaten egg and cook on the Bake setting for 25 minutes at 190 °C.
5. Meanwhile, prepare a syrup with the milk and sugar and bring it to a boil. Glaze the freshly braided braid with the syrup and decorate with crunchy almonds.





# DEHYDRATED PEARS

*with cinnamon*

## INGREDIENTS

For the pears:

- 2 Blanquilla pears
- 80 g of brown sugar
- 1 teaspoon of ground cinnamon

To accompany:

- Vanilla icecream
- Maple syrup
- Chopped nuts

## STEPS

1. Wash and cut the pears into very thin slices without removing the core.
2. Coat in a mixture of sugar and ground cinnamon. Place in layers on the Rocket Duo 900 tray without holes, ensuring that the slices do not overlap.
3. Choose the Dehydrate setting and cook at 65°C for approximately 2 hours.
4. Serve as decoration for vanilla ice cream, with maple syrup and chopped nuts.





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