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Recipes and ideas for a kitchen
that suits your lifestyle

Technik für Möbel



Technik für Möbel



Intelligent Kitchens – How to plan a kitchen that's a pleasure to use

How can the Intelligent Kitchen concept make a difference?

Because only a well-planned kitchen will be totally user-friendly, efficient and enjoyable to work in. A wellplanned kitchen can make a huge difference – it can save you time, reduce fatigue, avert the risk of strain or injury, and help you make best use of storage space.

Checklist for choosing your kitchen:

Bear these three important points in mind when you're looking at prospective kitchens:

- Keep distances short
- Get the ergonomics right
- Take advantage of today's brilliant new internal fittings

This brochure is a useful guide to planning a kitchen that will be a joy to use.



The Intelligent Kitchens concept divides the kitchen into five functional areas:

-  Food storage
-  Food preparation
-  Pots and pans
-  Cleaning agents and waste
-  China and cutlery

A kitchen that is planned to this concept only offers you advantages: short routes, ergonomic sequences and cleverly designed internal fittings.



Discover the charm of your intelligent kitchen by trying out some of the quick and easy recipes we've selected for you from the "No. 1" cookbook published by Dr. Oetker. They're delicious.

**Intelligent Kitchens –
enjoy your kitchen to the full**



The right combination of kitchen areas offers tremendous potential – as does the flavour of this Yellow Lentil Soup with Yoghurt. Simply delicious!

Yellow Lentil Soup with Yoghurt

1 small onion
1 garlic clove
2 tbsp vegetable oil
pinch cumin
pinch ground coriander
pinch cayenne pepper
200 g dried yellow or red lentils
600 ml vegetable stock
small can sweetcorn
(drained weight 140 g)

1 tbsp raisins or currants soaked in water
200 g yoghurt
splash of cream
salt, freshly
ground pepper
splash of lemon juice
small bunch
flat-leafed parsley

Preparation time: 45 minutes

1. Peel and finely chop the onion and garlic. Heat the oil in a saucepan and sauté the onion. Add the garlic after 5 minutes and sauté for a further 5 minutes. Add the spices and stir well.
2. Pour in the lentils and vegetable stock; stir well and bring to the boil. Cover and simmer gently for 30 minutes, stirring occasionally.
3. Add the sweetcorn, raisins or currants, yoghurt and cream. Stir well, then heat through and season with salt, pepper and a splash of lemon juice.
4. Sprinkle the soup with finely chopped parsley.

Per portion approx.: protein: 15 g; fat: 6 g, carbohydrates: 30 g; kJ: 1034; kcal: 247

Our tip: add some freshly baked baguette and a dollop of yoghurt – and you have the perfect bowl of soup.



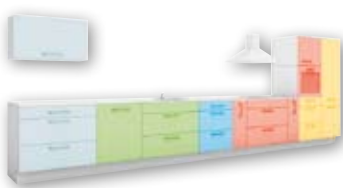
Intelligent Kitchens – Keeping distances short

We show you how to create Intelligent Kitchens using a wide range of kitchen shapes. Specific arrangement of the functional areas saves unnecessarily long routes and laborious sequences. Which means you can plan the kitchen that perfectly matches your requirements from the beginning.

L-shaped kitchen



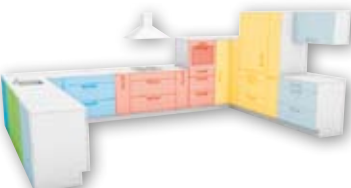
Single-counter kitchen



Galley kitchen



U-shaped kitchen



G-shaped kitchen



Island kitchen



Functional areas



Food storage



Food preparation



Pots and pans



Cleaning agents and waste



China and cutlery

Healthy cuisine is important for our physical well-being and keeps us fit. A salad is just the thing.

Caesar's Salat

1 portion Caesar's dressing (see below)
1 iceberg lettuce
a few decorative salad leaves such as radicchio and chicory
4 chicken breast filets
salt, freshly ground pepper
vegetable oil for frying
100 g freshly grated Parmesan
handful ready-made croutons

Preparation time: 30 minutes

1. Prepare the Caesar's dressing. Tear the iceberg lettuce and decorative salad leaves into bite-sized pieces, then wash and leave to drain.
2. Rinse the chicken breasts in cold water. Pat them dry, then season with salt and pepper and sear on both sides in hot oil. Continue cooking over a medium heat for 8-10 minutes, turning occasionally.

3. Remove the chicken breasts from the pan; cover and leave to cool. Arrange the decorative leaves on four plates or a serving platter. Combine the iceberg and dressing thoroughly and arrange on the plates or platter. Sprinkle over the Parmesan and croutons.

Per portion approx.: protein: 48 g; fat: 52 g, carbohydrates: 11 g; kJ: 2958; kcal: 707

Caesar's dressing

For 1 salad:
250 g mayonnaise
50 ml cream, 50 ml milk
1 garlic clove
1-2 tbsp freshly grated Parmesan
1 tbsp white wine vinegar
salt, freshly ground pepper

1. Pour the mayonnaise, cream cream and milk into a tall container. Peel the garlic.

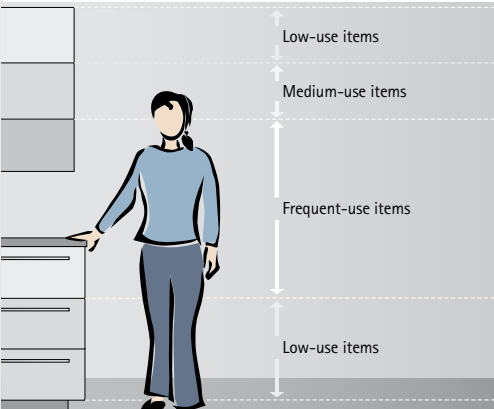
2. Add the garlic, Parmesan vinegar, salt and pepper. Puree with a stick blender. Season the dressing to taste with salt and pepper – done!

Total contains: protein: 11 g; fat: 155 g, carbohydrates: 17 g, kJ: 6260; kcal: 1496



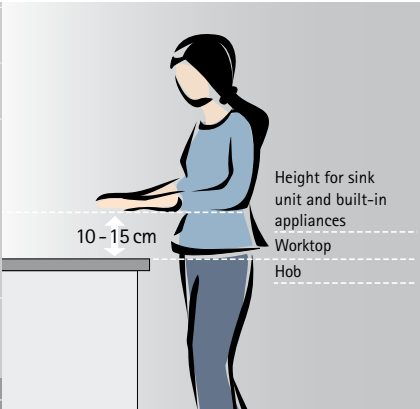
Ergonomics – How fit is your kitchen?

The Intelligent Kitchens concept helps you customize your kitchen to suit your needs. By following our tips and listening to the advice of experts, you can make your kitchen a safe and healthy place to work.



Height

Avoid strenuous bending and stretching by keeping frequently used kitchen utensils in the middle zone, and others higher up or further down.



Worktop height

The height of the worktop should be based on the height of the person who does most of the work in the kitchen. Formula: 10-15 cm below the angled elbow; hob lower, sink higher.



Larder units

Pull-outs that are accessible from both sides are perfect for clarity and ease of use.



Wall units

Well-planned storage and intelligent fittings will make it easier for you to reach items on the top shelves.



Full extension drawers

You can see all the contents at a glance. Full extension drawers pull right out so that you can see into the backmost corner.



The best recipes are the ones that everyone can do. As wonderfully easy to make – and unbeatable – as potato cakes.

Potato cakes

1 kg waxy potatoes
1 onion
3 eggs
1 level tsp salt
40 g wheat flour
100 ml vegetable oil

Preparation time: 45 minutes

1. Wash and drain the potatoes. Peel the onion. Coarsely grate the potatoes and onion on a grater. Add the eggs, salt and flour, and combine in a bowl.

2. Heat a little oil in a frying pan. Spoon the mixture into the frying pan in portions using a ladle or tablespoon. Flatten with the back of a spoon and cook on both sides over a medium heat until the edge is brown and crispy.

3. Remove the cooked potato cakes from the pan and pat with kitchen paper to remove excess oil. Serve immediately or keep warm. Continue like this until you have used all the mixture.

Per portion approx.: protein: 11 g; fat: 25 g, carbohydrates: 38 g; kJ: 1752, kcal: 418

Our tip: To make the potato cakes even crispier, substitute half of the flour with 2–3 tablespoons oats. Incidentally: they taste even better with stewed apples and accompanied by a green salad with vinaigrette.



Organizer systems Intelligent and flexible

A place for everything and everything
in its place.

Having the right organizer systems inside drawers and pull-outs makes a huge difference to speed and efficiency. In each of the five functional areas, you want organizer technology that gives you fast, easy access to all the contents.



Food
storage



Food
preparation



Pots
and pans



Cleaning agents
and waste



China and
cutlery

Pull-outs with lots of storage space could be just what you want – just like this delicious ratatouille. Try it!

Ratatouille

1 Spanish onion
2 garlic cloves
1 red, 1 yellow and 1 green pepper
1 aubergine
1 courgette
small twig of rosemary
small bunch of thyme
4 tbsp olive oil
salt, freshly ground pepper
1 can peeled tomatoes (800 g)

Preparation time: 40 minutes

1. Peel and finely chop the onion and garlic. Trim and halve the peppers. Remove the stalks, seeds and white pith, then wash and chop them.
2. Wash the aubergine and courgette and cut off the ends. Chop the vegetables into small dice. Wash the rosemary and thyme, pat dry, then pull the leaves off the stalks and chop them finely.
3. Heat a little of the olive oil in a wide saucepan or frying pan. Sauté the chopped aubergine and courgette separately; season with salt and pepper and set aside. Heat the remainder of the oil in the pan. Sauté the onion and peppers, and season with salt and pepper. Add the garlic and heat through.
4. Open the can of tomatoes. Add a little of the juice to the vegetables. Puree the remainder and stir into the vegetables. Simmer gently over a low heat for 10–15 minutes. Stir occasionally.
5. When the sauce has thickened slightly, add the chopped herbs, aubergine and courgette. Fold in carefully, then season with salt and pepper.

Per portion approx.: protein: 6 g; fat: 11g, carbohydrates: 14 g; kJ: 805; kcal: 191

A tasty tip: leave to cool, then serve with cold roast meat or fish. Chop coarsely and serve on toasted baguette as an appetizer. Or spoon into small flat dishes and serve as a gratin topped with sheep's or goat's cheese.



Keeping clarity



Food storage

Would you like to store as much as possible, do so with order and clarity and yet be able to reach things easily? Then choose drawers and pan drawers with perfect interior organisation.



Larder pull-outs with baskets: They enable you to pull out all the contents in front of the cupboard. You'll be able to see – and reach – everything with ease.



Making better use of wall units: Cargo IQ plus lets you get maximum use out of the storage space in wall units. Pull out for a good view and easy access.



Drawers built into a tall unit: More well-organized, easy-to-reach storage. Mid-level drawers pull out separately for easy access. And you can fetch out items easily from above.

Even those with less time for cooking don't have to miss out on enjoyment. Everything runs smoothly and quickly with the perfect interior organisation. See for yourself!

Chinese beef stir fry

400 g rump steak
walnut-sized piece of fresh ginger
3-4 tbsp light soy sauce
1 tsp sambal oelek
1 red pepper
200 g mangetouts
200 g bean sprouts
1 garlic clove
2 tbsp vegetable oil
freshly ground pepper
salt
pinch of sugar

Preparation time: 45 minutes

1. Cut the steak into thin strips. To make the marinade, peel and finely chop the ginger. Stir together with the soy sauce and sambal oelek. Combine the meat and marinade and leave to stand for 20-30 minutes.

2. Meanwhile, halve the peppers. Remove the seeds and white pith, then wash and chop into small dice. Wash the mangetouts and slice diagonally. Wash the bean sprouts in a sieve and leave to drain. Peel and crush the garlic.

3. Heat the oil in a wok. Add the meat in the marinade and sear, stirring continuously. Add the peppers, man-getouts and garlic, and cook for a further 5-8 minutes. Don't forget to stir! Fold in the bean sprouts just before the end of the cooking time.

4. Season with pepper, a little salt and sugar. Ready! Serve with: rice or Chinese noodles.

Per portion approx.: protein: 28 g; fat: 10 g, carbohy-drates: 11 g; kJ: 1055; kcal: 251



Getting a handle on your provisions



Food storage

It is best to keep your provisions somewhere where they are out of the way and yet within easy reach.



Keeping small items tidy: The shallow trays on both sides fan out as the pan drawer opens.

A clear view and customizable organ-izer systems: Full extension drawers and pan drawers with organizer systems you arrange to suit yourself.

How do you stow bulky items? The XL pan drawer integrates the wasted space behind the plinth to make extra space for bulky items.



easys gets your kitchen moving: Press gently anywhere on the drawer front panel and the drawer glides smoothly open.

It's always worth trying something new: first find the perfect place for food and spices – and then create a fabulous pasta dish.

Spaghetti with vegetable Bolognese

*1 small onion
1 garlic clove
1 medium carrot
1 celery stalk
2 courgettes
2 tomatoes
6 tbsp olive oil
100 ml vegetable stock
200 g tomato passata (Tetra Pak)
1 heaped tsp chopped or rubbed marjoram or oregano
500 g spaghetti
salt, freshly ground pepper
50 g freshly grated Parmesan*

Preparation time: 40 minutes

1. Peel and finely chop the onion and garlic. Trim and peel the carrot and trim the celery; finely chop both. Wash the courgettes and tomatoes. Cut the ends off the courgettes and chop into very small pieces. Cut the tomatoes into quarters. Remove the stalks and seeds, and chop into very small pieces.

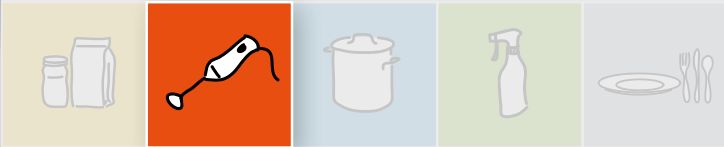
2. Heat the oil in a pan, and sauté the onions and garlic until transparent. Add the chopped carrot and celery and sauté for 3–4 minutes. Add the chopped courgettes and tomatoes and cook for a few moments, then pour over the vegetable stock. Then add the tomato passata and freshly chopped herbs, and simmer gently over a low heat for 15 minutes until the vegetables are soft.

3. Meanwhile, cook the spaghetti in plenty of boiling salted water in accordance with the packet instructions until al dente, then rinse under hot water and drain. Season the sauce with salt and pepper, then arrange in individual bowls or one large one with the pasta. Top with a little freshly grated Parmesan, and garnish with marjoram or oregano leaves.

Per portion approx.: protein: 22 g; fat: 23 g, carbohydrates: 92 g; kJ: 2884; kcal: 688



Everything you need for cooking and baking



Food preparation

Ingredients and cooking utensils are just where they are needed: beside the cooker.



Space for small appliances: Store them near the hob, and use the handy integrated sockets to plug them in.



Practical pull-outs close to the hob: These units make use of narrow spaces to store things like cooking oils that are needed often.



Make best use of space in wall units: A practical pull-out stores things securely for easy access.



Stow loose or packaged food-stuffs securely: Using customizable organizer systems.

Every pot has its lid. How pleasant when the matching items are close at hand. You'll know straight away which pot to use for this delicious fish recipe.

Filet of John Dory with spinach and orange

4 frozen John Dory filets (each approx. 160 g)
300 g leaf spinach (frozen)
1 organic orange (unwaxed)
salt, freshly ground pepper
1-2 tbsp wheat flour
3 tbsp olive oil for frying
small pot whipping cream

Preparation time: 40 minutes (excluding time for defrosting)

1. Defrost the fish and spinach. Wash the filets under cold water and pat dry. Drain the spinach well, or even better: squeeze it. Wash the orange thoroughly and grate the peel with a grater. Cut off the remainder of the skin and pith with a sharp knife. Cut out the filets to use as garnish.

2. Slice each fish filet into four strips. Halve lengthways, then split the long filets again. Season the strips with salt and pepper, then coat in the flour. Shake off the excess flour.

3. Heat the oil in a frying pan. Sear the fish on both sides, then place in a greased ovenproof dish. Salt and pepper the spinach and arrange around the fish. Sprinkle over the grated orange. Pour the cream over the fish and spinach, and place the dish on a rack in the preheated oven for 10-12 minutes (top/bottom heat 220°C, fan oven 200°C, gas level 4-5).

4. Remove the fish from the oven. Arrange the spinach on plates and top each with 4 fish filet strips. Pour over the sauce. If necessary, boil the sauce briefly to achieve a creamier consistency. Top with the orange filets.

Per portion approx.: protein: 13 g; fat: 25 g, carbohydrates: 8 g; kJ: 1343; kcal: 321

Ideal with: plain boiled potatoes.



Making full use of the space



Pots and pans

Pots and pans tend to take up a lot of space. Choosing the right storage solution can make a difference, especially in a small kitchen.



A deep pan drawer on heavy-duty runners: Has space even for a tall spaghetti pot.

easys helps you to do lots of things at once: you can select the next saucepan or right pan while you're stirring.



A shallow under-oven drawer: Is ideal for storing baking sheets and tins.



Pan drawer with organizer elements: Pots, pans and lids are held securely in place.

It's a lovely feeling to know that something is in a safe place. As it is when something turns out well. Like this wonderful Apple Quiche.

Apple quiche with almonds

Shortcrust pastry:
½ packet (225g) frozen puff pastry
2 tasty apples (tart, e.g. Cox's Orange)
1 sachet Dr. Oetker Finesse Grated Lemon Rind
1 sachet Dr. Oetker Bourbon Vanilla Sugar
2 tbsp. sugar
125 ml (1/8 l) whipping cream
2 eggs
handful of skinned, sliced almonds
1 tbsp. icing sugar

Preparation time: 40 minutes

Defrost the pastry in accordance with the packet instructions, then place the layers on top of each other; do not knead. Roll out to a sheet of a generous 32 cm diameter. Rinse a spring mould of 26-28 cm diameter under cold water (do not dry) and arrange the pastry inside with the rim overlapping slightly. Core the apples with a round corer, then peel them and cut into thin slices with the hole in the middle. Arrange on top of the pastry so the slices overlap. Whisk together the lemon rind, vanilla sugar, sugar, cream and eggs, then pour over the apple slices. Sprinkle over the almonds and place immediately in a pre-heated oven (top/bottom heat 200°C, hot air 180°C, gas level 3-4). When cooked, allow the quiche to cool slightly and trim the overlapping pastry. Carefully remove the quiche from the tin and dust generously with icing sugar; best served warm.

Each serving contains: protein: 6g, fat: 20g, carbohydrates: 25g, kJ: 1287, kcal: 308

Tip: Instead of rolling the pastry out yourself, you can also buy a round sheet of puff pastry (approx. 230g, diameter 32 cm); simply place it in the mould and leave a little hanging over the rim (roll out a little if necessary).



Secure storage For cleaning agents



Cleaning agents
and waste

Why waste space when you can make full use of it? There is lots of space under and beside the sink for storing cleaning products and separating waste.



Special under-sink drawers make effective use of all the space under the kitchen sink



Base unit pull-outs are ideal for towels and cleaning agents.



XL pan drawers provide a lot of space for storing large items like buckets and cleaning agents.

Lots of space and order in the drawer creates good humour. As will this dessert.

Crème Tiramisu with Apricots

Crème:
200 ml cold milk
100 g cold whipping cream
1 packet Dr. Oetker Crème Tiramisu

Also:
1 can apricot halves (drained weight 240 g)
100 ml espresso
2 tsp vanilla sugar
50 g lady's (sponge) finger biscuits
a little cocoa powder (unsweetened)

Preparation time: 40 minutes (plus standing, baking and chilling time)

1. Crème: rinse a tall container in hot water, then pour in the milk, cream and crème powder. Mix briefly with a hand mixer (whisks) at low speed, then at the highest setting for 3 minutes.

2. Drain the apricots well in a sieve and cut into small pieces. Stir together the espresso and vanilla sugar. Arrange the sponge fingers in a small dish or desert glasses, and sprinkle over the espresso mixture. Arrange the crème and apricots in layers. Chill the Tiramisu in the fridge for 2-3 hours.

3. If liked, garnish with apricot slices and dust with cocoa powder before serving.

Per portion approx.: protein: 6 g; fat: 12 g, carbohy-drates: 39 g; kJ: 1247; kcal: 296



Accommodate stacks of dishes and plenty of cutlery.



China and cutlery

Stack as high as you like. Our flexible organisation elements for large and small pan drawers make sure everything is stored safely and clearly.



Divided up the way you want: Organize the space inside your drawers to fit the cutlery and implements you like to use.



easys make it easy to open heavy, well-filled drawers. Very helpful if you have stacks in your hands.



Easy to use, variable and rugged: Even heavy stacks of plates are held securely in deep drawers with closed side panels.

Checklist For your new kitchen

**intelligent
kitchens**

www.intelligent-kitchens.com



Cut out the checklist and take it to your kitchen specialist or carpenter – so you get the kitchen you deserve!

The answers to these questions will help you decide on the best kitchen layout:

Follow these suggestions for an ergonomically sound kitchen design:

Tips for choosing internal storage solutions:

Silent System – sounds great!

An efficient damping system minimizes noise and stress levels in the kitchen. Silent System brakes the closing movement for smooth, whisper-soft closing.



Silent System for soft and silent closing.

- ☐ What size and shape is the kitchen?
- ☐ Where are the power and water connections, windows and doors?
- ☐ What functional areas will you need and how big?
- ☐ Do you use your kitchen only to cook or is it a living/eating area too?
- ☐ Are you right or left handed?
- ☐ How can the functional areas be planned to keep distances as short as possible?
- ☐ Store the most frequently used items in the middle zone between shoulders and hips; store less frequently used items higher up or lower down.
- ☐ The worktop height should suit the person who most frequently works in the kitchen.
- ☐ Plan one workplace where you can work sitting down.
- ☐ In base units, drawers or pull-outs are much easier to access than conventional cupboards with shelves.
- ☐ Larder units – full-height and in wall units – make storage and retrieval fast and easy.
- ☐ Go for variable organizer elements that you can position to suit your requirements.
- ☐ XL pan drawers are ideal for storing bulky items out of sight.
- ☐ Consider a special under-sink drawer to make best use of often wasted space.
- ☐ An efficient damping system to close doors and drawers silently helps to keep stress levels low.
- ☐ Electrically-aided opening is especially recommended for heavily-laden pull-outs or the waste-bin drawer.