

RECIPE Nº1

HUEVOS RANCHEROS

SERVES 6

INGREDIENTS...

1 Onion, thinly sliced

2 Garlic cloves, thinly sliced

1 Red pepper, de-seeded and thinly sliced

1 Green pepper, de-seeded and thinly sliced

1 tsp Hot smoked paprika

Salt and freshly ground black pepper

2 400g Cans of tomatoes

6 Eggs

- Chopped fresh coriander leaves, to garnish.
- Warmed tortillas, guacamole and yogurt or sour cream, to serve.

GREAT FOR SHARING

METHOD...

- Heat the frying pan over a medium heat. Add the onion, garlic, red and green peppers and 2 tbsp water. Cook, stirring for 10 minutes or until the vegetables are soft. Stir in the paprika and season with salt and pepper.
- Add the tomatoes, bring to a simmer and cook on a medium heat for 5 minutes or until the sauce has reduced and thickened slightly.
- With the back of a spoon, make six indentations in the tomato sauce. Gently crack an egg into each one. Season the eggs with salt and pepper then cover the pan with the glass lid. Cook for 10 minutes or until the eggs are cooked to your liking.
- Scatter the coriander over the dish. Serve on warm tortillas with guacamole and yogurt or sour cream.

zyliss®
Cook



20cm / 7.9"
Frying Pan



24cm / 9.4"
Frying Pan



26cm / 10.2"
Square
Grill Pan



28cm / 11"
Sauté Pan
with Glass Lid



28cm / 11"
Frying pan

ROCKPEARL⁺PLUS
NON-STICK
+ SWISS TECHNOLOGY

10
YEAR
NON-STICK
GUARANTEE

Compatible on all hobs including induction.



Metal tool
safe



Dishwasher
safe



Oven safe
180°C/356°F



Easy
cleaning



Hard wearing
& durable



Even heat
distribution

zyliss®
Cook

Recipes,
& TIPS



ULTIMATE
NON-STICK
FRYING PAN

NO OIL OR BUTTER NEEDED

FORGED ALUMINIUM

ROCKPEARL⁺PLUS
NON-STICK

+ SWISS TECHNOLOGY



10
YEAR
NON-STICK
GUARANTEE

3 LAYER COATING NOTHING STICKS

- 1 HOLDING PRIMER
- 2 CERAMIC REINFORCED COATING
- 3 SEALING LAYER

3-layer non-stick coating

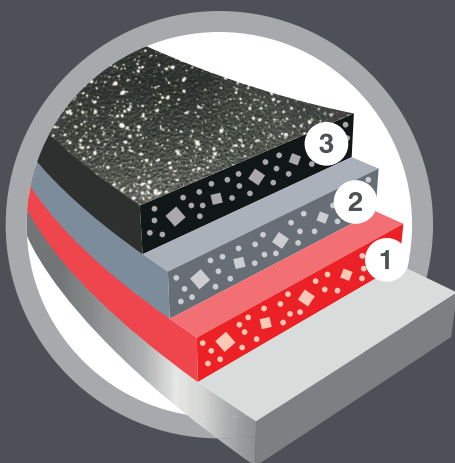
Zyliss Cook Frying Pans feature the advanced non-stick technology by Ilag. The 3 x multi-layer coating delivers superior non-stick performance.

Rockpearl PLUS Technology

The Pan features the advanced Rockpearl Plus Swiss Technology. The base of the pan undergoes a blasting treatment in order to create a strong base surface for long lasting non-stick.

Ergonomic Soft Touch Handle

Designed for maximum comfort when handling.



RECIPE N°2

SUMMER FRUIT CREPES

MAKES 8

INGREDIENTS...

150g Plain flour

325ml Milk

1 Large egg

1 tsp Vanilla essence

- Icing sugar for dusting

FOR THE FILLING...

125g Blueberries

125g Raspberries

*150g Strawberries, hulled
and quartered*

2 tbsp Easter sugar

TIP N°1

Don't *Flip* TO SOON
WAIT FOR THE EDGES
to start curling up
before **FLIPPING**

METHOD...

- Sift the flour into a blender or food processor. Add the milk and egg and process until smooth. Pour into a jug.
- Heat the pan on a medium heat. Pour in enough batter to thinly cover the base of the pan. After 1 or 2 minutes check to see if the crepe has browned underneath then flip it over and cook for ½-1 minute until browned on the other side. Keep warm while making the remaining crepes.
- Once all the crepes are made and they are keeping warm, place the fruit and sugar in the pan and cook gently until the fruit is warmed through and just beginning to produce some juice.
- Place a spoonful of the fruit on one quarter of a crepe and fold into four. Repeat with the remaining fruit and crepes. Dust with icing sugar and serve.



TIP N°2

Add *Coriander*
TO **GARNISH**

RECIPE N°3

ROOT VEG FRITTERS WITH FETA & MINT

MAKES 8-10

INGREDIENTS...

150g Sweet potato, peeled

200g Carrots, peeled

200g Beetroots, peeled

4 Spring onions, thinly sliced

1 Garlic clove, crushed

1 tsp Finely chopped mint

Grated zest of lemon

2 Eggs, beaten

Salt and freshly ground black pepper

200g Feta cheese, crumbled

- Greek yogurt, to serve

METHOD...

- Coarsely grate the sweet potato, carrots and beetroot. Place the grated vegetables in a clean J cloth and squeeze out as much liquid as possible. Place the grated vegetables in a mixing bowl.
- Stir in the onions, garlic, mint, lemon zest, eggs, salt and pepper and mix well. Gently fold in the crumbled Feta.
- Heat the pan over a medium heat. Place large spoonfuls of mixture in the pan to form fritters about 8.5 cm in diameter. Cook for about 5 minutes or until a light brown crust has formed on the underside. Gently turn the fritters over and cook for a further 4-5 minutes until a crust has formed. Keep warm while cooking the remaining mixture.
- Serve with yogurt.

