



INSPIRING RECIPES

WITH **ZWILLING**
FRESH & SAVE



ZWILLING



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Fresh at the press of a button: The ZWILLING FRESH & SAVE vacuum series is revolutionising how you store your groceries and meals! Keep your ingredients and favourite meals fresh for up to five times longer!

One press of a button and the smart vacuum pump seals in the flavours and vitamins in seconds. A QR code on every airtight container and bag in the series links your food to the ZWILLING Culinary World app to help keep your fridge organised. Simple. Smart. Fresh.

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FIG MUSTARD SAUCE

A treat for the palate made from fresh figs. The fruity, spicy sauce goes perfectly with all types of cheese, whether mild or spicy, young or matured.



6-8 SERVINGS



PREPARATION TIME:
APPROX. 25 MINUTES

PREPARATION

Wash the figs, remove the stalks and roughly dice them. Bring to the boil with the other ingredients in a small saucepan and simmer for approx. 5 minutes. Then place in the ZWILLING Personal Blender or puree with a hand blender to the desired consistency.

If the fig mustard sauce is still too liquid, put it back in the saucepan and reduce over a medium heat for approx. 5-10 minutes, stirring constantly, until the desired consistency is reached.

Pour the mustard sauce into a ZWILLING FRESH & SAVE Glass Box S and leave to cool completely. Then vacuum seal and store in a cool place.

The fig mustard sauce goes very well with cheese.

INGREDIENTS

- 300 g figs (7-8 fruits)
- 50 ml red or port wine
- 50 ml dark balsamic vinegar
- 3 tbsp brown sugar
- 2 tbsp mustard seeds
- 1 tsp mustard powder
- Salt, pepper

TIP

If you don't want to use alcohol, you can use red grape juice instead of red wine or port.

OBATZTER (CHEESE SPREAD)

This classic Bavarian snack spread is quick and easy to make.
Perfect for storing in the ZWILLING FRESH & SAVE Box.



4 SERVINGS



PREPARATION TIME:
15 MINUTES



RESTING TIME:
APPROX. 1 HOUR

PREPARATION

Take the ingredients out of the fridge and bring to room temperature.

Peel the onion and dice very finely. Coarsely dice the Camembert and mash it with a fork. Mix well with the other ingredients and stir the beer in until smooth. Season well with salt and pepper.

Place the Obatzter in a ZWILLING FRESH & SAVE Glass Box M, vacuum seal and leave to infuse in the fridge for at least 1 hour.

Sprinkle the Obatzter with chives and serve with pretzels.

INGREDIENTS

- 250 g Camembert
- 50 g butter
- 100 g natural cream cheese
- 1 red onion
- 4 tbsp lager or wheat beer
- 1 tsp sweet paprika powder
- ½ tsp ground caraway (optional)
- Salt, pepper

DECORATION

- 1 tbsp chive rolls

TIP

Mineral water or milk can be used instead of beer for smoothing.





MINI LOAVES

Baking in the ZWILLING FRESH & SAVE Box?
Nothing could be easier! Prepare the dough, let it rise briefly,
form loaves, bake and enjoy fresh bread just like from the baker.



2 LOAVES



PREPARATION TIME:
20 MINUTES



RESTING TIME:
APPROX. 2.5 HOURS

PREPARATION

Knead the ingredients into a smooth dough, dissolving the fresh yeast in warm water or mixing the dry yeast with the flour. Form the dough into a ball, brush with oil and cover with a cloth. Leave to rise in a warm place for about 2 hours until the volume has increased significantly.

Grease two ZWILLING FRESH & SAVE Box M with butter and line with baking paper.

Briefly knead the dough again on a lightly floured work surface, divide into two equal portions and shape into small oblong loaves. Place the loaves in the boxes and leave to rise again for approx. 30 minutes at room temperature.

Shortly before the end of the rising time, preheat the oven to 180 °C top and bottom heat (160 °C fan). Place an ovenproof dish with water on the bottom of the oven.

Slightly score the loaves lengthwise with a sharp knife and dust with some flour. Bake in the preheated oven on the middle shelf for about 50-60 minutes. Remove from the box and leave to cool completely.

INGREDIENTS

- 650 g rye flour
- 50 g wheat flour
- ½ cube fresh yeast (21 g)
or 1 packet dry yeast (7 g)
- 2 tsp salt
- 1 tsp sugar
- 450 ml lukewarm water
- 1 tbsp vinegar
- 1 tsp caraway (optional)

Also

- Vegetable oil for brushing
- Butter for greasing
- Baking paper for lining
- Wheat flour for working
and dusting

TIP

To add some crunch, sprinkle the breads with sunflower seeds before baking.



BROCCOLI MANGO SALAD

Meal Prep or salad to go – the Broccoli Mango Salad is quick to prepare and the flavours blend wonderfully when vacuumed in the ZWILLING FRESH & SAVE Box.



4 SERVINGS



PREPARATION TIME:
APPROX. 30 MINUTES



RESTING TIME:
APPROX. 1 HOUR

PREPARATION

Clean the broccoli and cut into small florets. Bring plenty of water to the boil in a saucepan and add salt. Cook the broccoli florets until al dente and rinse in ice-cold water.

Wash the peppers, remove the seeds and white inner skin and cut the peppers into small cubes. Peel the mango, remove the flesh from the seed and cut the mango into small cubes.

Put some of the cashews aside for decoration and put the rest into a blender jar, e.g. the ZWILLING Personal Blender. Chop the cashews briefly, then add the yoghurt, salt and cayenne pepper. Blend the dressing to a creamy consistency.

Mix all the prepared ingredients with the dressing and season the salad to taste. Fill the salad into a ZWILLING FRESH & SAVE Box L, vacuum seal and leave to stand in the fridge for about 1 hour.

Serve sprinkled with the remaining cashews. The salad goes well with pan-fried poultry.

INGREDIENTS

- 1 broccoli (approx. 400-500 g)
- salt
- 1 red bell pepper
- ½ ripe mango
- 100 g cashew nuts (roasted and salted)
- 200 g natural yoghurt
- 1 tsp liquid honey
- cayenne pepper

TIP

The roasted and salted cashews give the dressing a certain basic spiciness. Alternatively, unseasoned cashews can also be used, in which case simply season a little more strongly.



BEEF SALAD THAI STYLE

With the ZWILLING FRESH & SAVE Bags, beef can be marinated in no time at all. You save marinade and time.



4 SERVINGS



PREPARATION TIME:
45 MINUTES



RESTING TIME:
APPROX. 30 MINUTES

PREPARATION

For the marinade, peel and chop the garlic. Mix the liquids together with the garlic and sugar. It is best to blend with a blender, e.g. the ZWILLING Personal Blender, or a stick blender.

Brush both sides of the steaks with the marinade. Fold over the edge of a ZWILLING FRESH & SAVE Bag M so that the seal does not get dirty when filling. Put the steaks in, insert the liquid barrier, seal, vacuum seal and marinate in the fridge for about 30 minutes. Set the remaining marinade aside and use it as salad dressing.

In the meantime, wash the salad ingredients and pat dry. Cut the cucumbers into quarters lengthwise, remove the core and cut the flesh diagonally into slices about 5 mm thick. Halve the cherry tomatoes. Halve the chilli lengthways, remove the seeds and core and chop finely. Clean the spring onions and cut into thin rolls. Pluck the leaves from the stems of the herbs. Cut the mint leaves into fine strips and chop the coriander. Mix the prepared salad ingredients, except for the herbs, with the rest of the marinade and set aside.

Remove the marinated steaks from the bag and fry in a hot pan with a little oil over a high heat on both sides for approx. 1-2 minutes to the desired doneness. Remove the steaks from the pan and let them rest, covered, for about 5 minutes.

Cut the steaks into thin strips with a sharp knife. For immediate serving, arrange on the salad and sprinkle with the fresh herbs and cashews. Or place in a ZWILLING FRESH & SAVE Box L, vacuum seal and enjoy at a later time.

INGREDIENTS

Marinade

- 1 clove of garlic
- 3 tbsp rapeseed oil
- 3 tbsp lime juice
- 2 tsp fish sauce
- 3 tbsp soy sauce
- 2 tsp brown sugar
- 2 rump steaks (approx. 250 g each)

Salad

- 2 cucumbers
- 200 g cherry tomatoes
- 1 red chilli pepper
- 2 spring onions
- 2 stalks of mint
- ½ bunch coriander
- 2 tbsp roasted cashews (optional)

Also

- vegetable oil for frying

TIP

If you don't like coriander, you can replace it with flat-leaf parsley.



RED CABBAGE AND CRANBERRY SALAD

Perfect for preparing! Thanks to the bags of the ZWILLING FRESH & SAVE vacuum system: Mix salad ingredients with dressing, put it in the bag and marinate it in the fridge under vacuum.



4-6 SERVINGS



PREPARATION TIME:
20 MINUTES



RESTING TIME:
APPROX. 2 HOURS

PREPARATION

For the dressing, whisk together all the ingredients and season well with allspice, salt and pepper.

If necessary, remove the outer leaves from the red cabbage and cut out the stalk. Cut or slice the cabbage into fine strips. Peel the onion, halve it and cut or slice it into fine strips. Peel the pear and beetroot. Quarter the pear, remove the core and cut into thin slices. Cut the beetroot into slices and then into thin sticks.

Mix all the prepared ingredients and the cranberries with the dressing and knead briefly. Fold over the opening of a ZWILLING FRESH & SAVE Bag M so that the seal does not get dirty when filling. Fill the salad into the bag, distribute evenly and insert the liquid barrier. Vacuum seal the bag and leave to marinate in the fridge for at least 2 hours. In the meantime, wash and finely chop the parsley.

At the end of the marinating time, remove the salad from the bag, mix in the parsley and sunflower seeds if desired. Season again with salt and pepper and serve.

Serve the red cabbage and cranberry salad with pan-fried meat or pulled beef.

INGREDIENTS

Dressing

- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 tbsp liquid honey
- 1 level tsp Dijon mustard
- 1 pinch allspice
- Salt, pepper

Salad

- ¼ head red cabbage
- 1 red onion
- 1 pear
- 1 raw beetroot
- 3 tbsp dried cranberries
- 1 bunch flat-leaf parsley
- 3 tbsp sunflower seeds, to taste

TIP

Wear gloves when processing beetroot. Discoloured items, e.g. cutting board, can be cleaned with lemon juice.



HASSELBACK POTATO GRATIN

Hasselback or fan-shaped potatoes are easy to make in the ZWILLING FRESH & SAVE Gratin Dish. If there are leftovers, they can be vacuumed and stored directly in the dish.



4 SERVINGS



PREPARATION TIME:
APPROX. 90 MINUTES

PREPARATION

Preheat the oven to 180 °C top and bottom heat (160 °C fan). Grease the ZWILLING FRESH & SAVE Gratin Dish with butter.

Wash the potatoes thoroughly and cut evenly thin slices with a sharp knife, but do not cut all the way through so that they are still joined at the bottom (see tip). Place the potatoes in the Gratin Dish with the cut side facing up. Wash the rosemary, shake dry, cut into small twigs and arrange around the potatoes.

Wash the chives, shake dry and cut into small rolls. Peel and finely chop the garlic. Mix the cream and milk, stir in the chives and garlic. Season well with salt, pepper and freshly grated nutmeg. Pour the cream mixture over the potatoes.

Place the Gratin Dish in the middle of the preheated oven and bake the Hasselback potato gratin for approx. 50-60 minutes until the potatoes are golden brown. About 15 minutes before the end of the baking time, sprinkle the Cheddar cheese on the potatoes and gratinate.

INFO

The Hasselback potato gratin is easy to make in advance. Prepare the complete dish in the ZWILLING FRESH & SAVE Gratin Dish, vacuum seal and store in the fridge, e.g. until the next day. To finish, remove the vacuum lid and prepare in the oven as described in the recipe.

INGREDIENTS

- 10 medium-sized, waxy potatoes (approx. 750 g)
- 2 sprigs rosemary
- 1 bunch of chives
- 1 clove of garlic
- 250 ml cream
- 200 ml milk
- Salt, pepper
- Nutmeg
- 100 g grated Cheddar cheese

Also

- Butter for greasing

TIP

If you pierce the potatoes horizontally with a wooden skewer, for example, you avoid cutting them completely.



SPINACH RICOTTA CANNELLONI

This dish is ideal for preparing in advance. Put everything in the ZWILLING FRESH & SAVE Gratin Dish, vacuum seal and store in the fridge until ready to cook in the oven.



4 SERVINGS



PREPARATION TIME:
50 MINUTES

PREPARATION

Preheat the oven to 180 °C top and bottom heat (160 °C fan). Peel and finely dice the onion and garlic. Wash the spinach, drain well and chop.

Heat the oil in a pan. Sauté the onion and garlic until translucent. Add the spinach and sauté until the liquid has evaporated. Season with salt, pepper and freshly grated nutmeg. Remove from the pan and leave to cool.

For the béchamel sauce, melt the butter in a saucepan. Whisk in the flour and then pour in the milk, stirring constantly. Bring to the boil and cook over medium heat until a creamy sauce forms. Season with salt, pepper and freshly grated nutmeg and keep warm over a low heat.

Mix the spinach with the ricotta. Season again with salt, pepper and freshly grated nutmeg. Fill the cannelloni using a piping bag.

Grease the base of a ZWILLING FRESH & SAVE Gratin Dish with olive oil and cover with some passata. Season well with salt, pepper and Italian herbs. Place 10 cannelloni on top. Cover with béchamel sauce. Spread some more passata with seasoning on top, then add the rest of the cannelloni, the rest of the passata and the rest of the béchamel sauce.

Sprinkle with grated cheese. Bake in the preheated oven for about 30 minutes until the cannelloni are soft. Remove and serve.

Serve with a tomato salad.

INGREDIENTS

- 1 onion
- 1 clove of garlic
- 500 g fresh spinach leaves
- 2 tbsp olive oil
- Salt, pepper
- Nutmeg
- 3 tbsp butter
- 3 tbsp wheat flour
- 600 ml milk
- 500 g ricotta
- 20 cannelloni
- 800 ml sieved tomatoes (passata)
- Italian herb mix
- 100 g grated cheese

Also

- olive oil for greasing

TIP

Instead of fresh spinach, you can also use frozen spinach leaves. You will need about 300 g of this. Defrost it first and squeeze it well.

If you have leftover cannelloni, let the dish cool completely, vacuum seal it and store it in the fridge.



PULLED BEEF SOUS-VIDE

Try the BBQ speciality par excellence as a sous-vide version
cooked in the bag of the ZWILLING FRESH & SAVE vacuum system.
Incomparably tender!



8-10 SERVINGS



PREPARATION TIME:
25 MINUTES



COOKING TIME:
24 HOURS

PREPARATION

Wash the meat and pat dry. Mix the mustard with the BBQ rub and brush or rub it all over the meat.

Place the meat in a suitable vacuum bag, e.g. ZWILLING FRESH & SAVE Bag M, folding the opening of the bag over so that the sealing strip does not get dirty when filling. Insert the liquid barrier, close the bag and vacuum seal.

Cook the meat sous-vide in a preheated water bath at 70 °C for 24 hours.

Remove the meat and pour the meat juices into a pot. Add the ketchup or BBQ sauce and the apple vinegar and bring to the boil. Reduce over medium heat so that the sauce thickens slightly.

Shred the meat with two forks and warm it in the sauce. Season to taste with salt and pepper.

Serve the pulled beef on its own with coleslaw or as a burger.

INGREDIENTS

- 1.5 kg rib-eye beef
- 2 tbsp medium hot mustard
- 2-3 tbsp BBQ rub spice mix
- 3-4 tbsp tomato ketchup
or BBQ sauce, to taste
- 2 tbsp apple vinegar
- Salt, pepper

TIP

The beef should not be too lean, but slightly streaked with fat.

Alternatively, the meat can be cooked in a smoker or in a roasting tube in the oven at 80 °C top and bottom heat for approx. 24 hours.



GRAVED SALMON

The bags of the ZWILLING FRESH & SAVE vacuum system are not only suitable for marinating, but also for making gravled salmon. The home-made gravlax becomes tender and melts in your mouth.



10 PORTIONS



PREPARATION TIME:
10 MINUTES



RESTING TIME:
APPROX. 24 HOURS

PREPARATION

Wash the salmon side and pat dry well. Wash the dill, shake dry and pluck off the tips. Place in the blender jar, e.g. of the ZWILLING Personal Blender, together with the peppercorns, salt, sugar, juniper, coriander and lemon zest and pulse briefly.

Coat the flesh side of the salmon generously with the spices. Fold over the opening of a ZWILLING FRESH & SAVE Bag L so that the closure does not get dirty when filling. Insert the salmon side, insert the liquid barrier and close the bag. Vacuum seal the salmon and marinate it in the fridge for about 24 hours.

When the time is up, remove the salmon from the bag, scrape off the marinade with a spoon and rinse the salmon well under cold running water. To serve, cut the salmon into thin slices with a very sharp knife.

Serve with rösti (potato fritters) and herb curd cheese or a wild herb salad with baguette.

INGREDIENTS

- 1 side of salmon with skin (approx. 1 kg), ready to cook, without bones
- 1 bunch of dill
- 20 white peppercorns
- 125 g coarse sea salt
- 125 g sugar
- 6 juniper berries
- 1 tsp coriander seeds
- Zest of 1 untreated lemon

TIP

Vacuum-pack the remaining salmon whole in the bag or cut it into slices and store in a suitable ZWILLING FRESH & SAVE Vacuum Box.



BAKED COCONUT RICE PUDDING WITH PEARS

Preparing rice pudding in the ZWILLING FRESH & SAVE casserole dish saves tedious stirring. Fruity-sweet pears with hazelnuts complete the dessert.



6-8 SERVINGS



PREPARATION TIME:
2 H (INCL. BAKING TIME)

PREPARATION

Preheat the oven to 160 °C fan (top and bottom heat not recommended). Grease the ZWILLING FRESH & SAVE Gratin Dish with butter.

Cut the vanilla pod in half lengthways and scrape out the seeds. Mix the vanilla seeds with the coconut milk, sugar and salt. Spread the pudding rice evenly in the Gratin Dish and pour the coconut milk over it. Cover the dish with baking parchment and bake in the oven for about 1 hour.

In the meantime, peel the pears, quarter them and remove the core. Mix the pears with maple syrup, vanilla, cinnamon and chopped nuts. When the time is up, stir through the rice pudding and place the pears on top. Continue baking without baking parchment for approx. 15-20 minutes until the pears are soft.

INGREDIENTS

Coconut rice pudding

- 1 vanilla pod
- 800 ml coconut milk
- 30 g sugar
- 1 pinch of salt
- 200 g pudding rice

Baked pears

- 2 pears
- 20 g chopped hazelnuts
- 2 tbsp maple syrup

Also

- Butter for greasing

TIP

Apples can be used instead of pears.



PLUM CRUMBLE CAKE

No suitable baking dish at hand?
The ZWILLING FRESH & SAVE Gratin Dish is perfect for
baking. Let this delicious plum crumble cake convince you!



APPROX. 10 PIECES
OF CAKE



PREPARATION TIME:
APPROX. 90 MINUTES

PREPARATION

Preheat the oven to 180 °C top and bottom heat (160 °C fan). Grease the ZWILLING FRESH & SAVE Gratin Dish with butter and dust with flour.

Make a dough from the ingredients above. Spread the dough evenly in the dish.

Knead the wheat flour, sugar, butter and cinnamon into a crumble and chill. Wash the plums, halve them, remove the pips and place them close together on the dough. Sprinkle with the crumble.

Bake in the oven on the middle shelf for about 50-55 minutes until the crumble is golden brown. Remove and leave to cool completely on a rack.

Serve with whipped cream.

TIP

The ZWILLING FRESH & SAVE Gratin Dish can be used to prepare the cake in advance, vacuum seal it and keep it cool until baking. Or if there are still pieces left over, they can be vacuumed in the dish and kept fresh in the refrigerator.

INGREDIENTS

Dough

- 125 g wheat flour
- 1 level tsp baking powder
- 125 g sugar
- 1 packet bourbon vanilla sugar (8 g)
- Zest of ½ untreated lemon
- 125 g soft butter
- 2 eggs

Crumble

- 120 g wheat flour
- 80 g sugar
- 80 g butter
- 1 pinch cinnamon

Topping

- 600 g plums (or prunes)

Also

- butter for greasing
- wheat flour for dusting



BERRY, OAT AND BANANA SMOOTHIE

If you have to be quick in the morning, this smoothie can be prepared in a few minutes. Thanks to the vacuum seal, it can be vacuumed in no time with the ZWILLING FRESH & SAVE vacuum pump and stored safely until you are ready to enjoy it.



2 SERVINGS



PREPARATION TIME:
APPROX. 10 MINUTES

PREPARATION

Allow the berries to thaw briefly. Peel the banana.

Put the ingredients in the blender jar, e.g. of the ZWILLING Personal Blender, in the following order: Berries, rolled oats, banana, oat drink and agave syrup. Close the blender jar and insert it. Blend the smoothie to the desired consistency.

Enjoy the smoothie immediately. Or, for later enjoyment, put on the To Go Lid cap. To store, put on the Vacuum Lid and vacuum seal using the ZWILLING FRESH & SAVE vacuum pump.

INGREDIENTS

- 150 g frozen berry mix
- 1 small banana
- 1 tbsp rolled oat, fine
- 250 ml oat drink
- Agave syrup, to taste

TIP

Alternatively, the smoothie can also be prepared with a stick blender.



GRAPEFRUIT YOGHURT SMOOTHIE

This smoothie provides a protein-vitamin kick to go.
Orange can be used instead of grapefruit for a milder flavour.



2 SERVINGS



PREPARATION TIME:
APPROX. 10 MINUTES

PREPARATION

Peel the grapefruit, removing all the white skin, and roughly dice together with the pineapple. Wash and clean the strawberries, cut the large ones in half. Allow frozen strawberries to thaw briefly.

Put the ingredients in the blender jar, e.g. of the ZWILLING Personal Blender, in the following order: Grapefruit, strawberries, pineapple, yoghurt and agave syrup.

Close the blender jar and insert it. Blend the smoothie to the desired consistency.

Enjoy the smoothie immediately. Or, for later enjoyment, put on the To Go Lid cap. To store, put on the vacuum lid and vacuum seal using the ZWILLING FRESH & SAVE Vacuum Pump.

INGREDIENTS

- 1 pink grapefruit
- 100 g pineapple pulp
- 100 g fresh or frozen strawberries
- 200 g Greek yoghurt (10 % fat)
- Agave syrup, to taste

TIP

Alternatively, the smoothie can also be prepared with a hand blender.



GRAPES AND AVOCADO SMOOTHIE

This green smoothie provides a fruity kick of freshness, very simply and quickly mixed in the ZWILLING Personal Blender.



2 SERVINGS



PREPARATION TIME:
APPROX. 10 MINUTES

PREPARATION

Wash and drain the lamb's lettuce and grapes. Pluck the grapes. Halve the avocado, remove the pit, scoop out the flesh in portions with a spoon and place directly into a blender jar, e.g. of the ZWILLING Personal Blender.

Place the ingredients in the blender jar in the following order: avocado, grapes, lamb's lettuce, apple and lime juice, walnut oil. Close the blender jar and place it in the blender. Blend the smoothie to the desired consistency.

Enjoy the smoothie immediately. Or for later enjoyment, put on the To Go Lid. To store, put on the Vacuum Lid and vacuum seal using the ZWILLING FRESH & SAVE Vacuum Pump.

INGREDIENTS

- 100 g lamb's lettuce
- 200 g green seedless grapes
- 1 small ripe avocado
- 200 ml apple juice
- 1 tsp walnut or coconut oil
- Juice of ½ lime

TIP

Alternatively, the smoothie can also be prepared with a hand blender.