

# The versatility of the rotisserie

Are you ready for the  
future?



Recipes by Frédéric Jaunault MOF Primeurs



making food irresistible



## **The versatility of the rotisserie**

Most people immediately think of delicious roasted chicken when they hear the word “rotisserie”. But did you know that there is so much more you can do with this versatile piece of equipment? We invited Top Chef Frédéric Jaunault MOF Primeurs, expert in fruit and vegetables, to come and cook five different recipes in the Fri-Jado TDR Auto Clean. Frédéric showed us the incredible food you can prepare in this rotisserie.

## **Vegan, vegetarian or flexitarian - Are you ready for the future?**

With a growing number of people eating vegan, vegetarian or flexitarian, it makes sense to introduce more variety into your food offering. The Fri-Jado auto-clean rotisserie allows you to offer high-quality roasted chicken or meat, as well as vegetarian and plant-based foods. In-between cleaning cycles make it easy to switch between meat and vegetarian or vegan food, without the risk of cross contamination.

Ready to be inspired by Fri-Jado and Frédéric Jaunault? Check out the recipes in this booklet to get a taste of the wonderful things you can do with fresh fruits and vegetables and a rotisserie.



## Recipes by Frédéric Jaunault MOF Primeurs

---

Stuffed round zucchini/ball courgette	7
Rougail with pineapple	9
Long forest zucchini	11
Normandy artichoke	13
Cherry rhubarb roasted apple	15



# Stuffed round zucchini (ball courgette) - 100% vegan

**Cooking time** 20 min.

**Ingredients** 4 portions

- 4 zucchini approx 230g
- 60g red peppers
- 60g yellow peppers
- 2 spring onion
- 3 cloves of fresh garlic
- 3 springs of flat parsley
- 2 springs of fresh mint
- 5cl olive oil
- Salt, pepper and some fresh thyme

## Preparation

Wash and cut the peppers and onions into 5 mm cubes and chop the garlic.

Wash the zucchini and cut off the cap, hollowing out half of the interior. Then put them in the basket with insert and cook them in the rotisserie for 5 minutes at 180 degrees.

Sweat the vegetables with the chopped garlic in another basket with insert for 5 minutes at 180 degrees. Take out both inserts.

Add the seasoning and chopped herbs to the vegetable mixture. Place this mixture in the zucchini, drizzle with olive oil and sprinkle with fresh thyme.

Cook in the rotisserie for 15 minutes at 140 degrees.

## Flexitarian and vegetarian option

**Flexitarian** - With merguez or sausage meat

Add 150g merguez/sausage meat, 2g fresh mint chopped and 1g Cumin powder to the vegetable mixture.

**Vegetarian** - With egg and goat cheese

Add 2 eggs, 1 goat cheese (like Chavignol), 2g chopped fresh mint and 2g chopped fresh parsley to the vegetable mixture.

## Accessories



Basket



Basket insert



# Rougail with pineapple - flexitarian

**Cooking time** 20 min.

**Ingredients - without meat** 4 portions

- 1 sweet pineapple
- some soy sausages
- 1 can white beans
- 1 red onion
- 1 big tomato (approx 100 grams)
- 2g fresh ginger root
- 2 cloves crushed garlic
- 1 spring fresh mint
- 1 spring fresh parsley
- 50g ketchup, salt and tabasco

## Preparation

Wash and peel the vegetables and pineapple. Remove the core from the pineapple. Drain and rinse the white beans.

Chop the onion, garlic, ginger, tomato and herbs.

Sweat the onion, garlic and ginger in the basket with insert. Add the white beans and tomato. Cook for 5 minutes at 160 degrees.

Place the pineapple and soy sausages in the TDR basket and roast until the soy sausages are browned.

After browning, place the soy sausages in the heart of the pineapple. Put the pineapple with soy sausages back in the basket and cook for 15 minutes at 160 degrees.

**Tip:** place the basket with insert filled with the mixture under the pineapple so the pineapple moisture will drip on the mixture.

## Option with meat

Replace the soy sausages by Toulouse sausages

## Accessories



Basket



Basket insert



# Long forest zucchini - 100% vegan

**Cooking time** 35 min.

**Ingredients** 3 portions

- 1 long zucchini (approx 1kg)
- 300g mushrooms
- 2 cloves of garlic
- 80g yellow onions
- 150g cooked chestnuts
- 5g flat parsley
- 20g black raisins or golden sultanas
- 1 spring fresh thyme
- 5cl grape seed oil
- salt and tabasco

## Preparation

Wash the zucchini, cut off the two ends, hollow out the centre of the zucchini, season with fine salt and set aside.

Peel the onions and garlic, the mushrooms, drain the chestnuts, rinse the raisins/sultanas. Cut the mushrooms into small cubes and fry them in a basket insert - 10 minutes at 180 degrees. Drain and set aside.

Chop the garlic and onions and fry them in the basket with insert - 5 minutes at 180 degrees.

Mix all the ingredients with the mushrooms, add the parsley and add the seasoning.

Stuff the zucchini with the stuffing using a spoon, making it easier to push in.

Cook the zucchini - 15/20 minutes at 150 degrees - sprinkling thyme and grape seed oil on top.

## Accessories



Basket



Basket insert



# Normandy artichoke - 100% vegetarian

**Cooking time** 50 min.

**Ingredients** 4 portions

- 4 artichokes
- 50g goat cheese
- 120g red peppers
- 60g onions
- 1 pinch of rosemary powder
- 1g cumin
- 2g garlic
- 1 egg yolk
- 4g flat parsley

## Preparation

This recipe requires preparation before the artichokes go into the TDR - Remove the stems from the artichokes and rinse them. Place the artichokes in a pan and cover with a plate to keep them submerged. Boil the artichokes for 20/25 minutes.

Wash the onions, peppers and parsley.

After allowing the artichokes to cool down, remove the core, taking care not to break the outer leaves!

Cut the onions and peppers into small 5mm cubes and chop the garlic.

Cook the vegetables in the basket with insert for 10 minutes at 165 degrees.

At the end of the cooking time, add the rosemary, cumin, chopped parsley, fresh goat cheese and egg yolk.

Fill the artichokes with this mixture. Tie the outline to hold the outer leaves of the artichoke.

Place the artichokes in the basket with insert and cook for 20 minutes at 160 degrees.

## Accessories



Basket



Basket insert



# Cherry rhubarb roasted apple - 100% vegan

**Cooking time** 15 min.

**Ingredients** 4 portions

- 6 apples
- 150g cherries
- 1 stick of rhubarb
- 40g brown sugar
- 1 spring rosemary
- 3cl grape seed oil

## Preparation

Wash and make a circle with the tip of the knife around the circumference of two apples. Hollow out the centre of the apple.

Cut the other apples into quarters with the skin, and remove the seeds.

Wash the cherries, remove the stalks if you wish.

Peel the rhubarb and cut it into small pieces, approx 4 cm long. Cut the pieces into cubes.

Fill the apple with the rhubarb cubes.

Place the filled apple in small trays, together with the other fruit, and put the trays in the basket. Sprinkle with sugar and rosemary, drizzle with oil.

Cook at 165 degrees for 10/15 minutes.

## Accessories



Basket



ÉCOLE  
du FRUIT & LÉGUME