

**THE**



**GUIDE TO**

**FOOD**

**PREPARATION**



# MAKES COOKING EASIER, FASTER AND MORE FUN

21st century living is causing eating habits to change and home cooking often needs to be quick and easy, especially with working parents and hectic work and social lives. But even if there is not much time left for cooking, we should be preparing healthy tasty food with minimum hassle. A few well chosen good quality kitchen products from Zyliss is all you need to make your food preparation easier, more streamlined and ultimately fun!

Zyliss kitchen products have been around since the 1950's and are synonymous with Swiss innovation, quality and design, quite an achievement in a market filled with flash in the pan gadgets and must have bits of kit that rarely stay the course. Not only have some of the Zyliss products become design classics, but they have also produced a number of innovative new products in the last few years which have now become red dot design winners, a testament to the quality of the brand.





# BRIGHTEN UP YOUR KITCHEN

Zyliss kitchen products aren't just practical and durable, they also look great too! They are ergonomically designed and made from colourful hardwearing materials, so not only will they look good on your kitchen surfaces, but you will also be able to find them easily in your draws or cupboards!



This gorgeous ice-cream scoop has retro good looks and comes in a variety of bright colours and its great design means it digs into even the hardest of ice-creams with minimal effort, meaning you won't have to wait for your favourite flavour to soften and melt!

Keeping your kitchen germ free should always be top of your agenda, especially when you have a young family. The easiest way of reducing the risk of cross contaminating your meat and veg is by colour coding your chopping boards. Zyliss has the perfect selection of colourful boards to make keeping germs off your food simple and easy.



# THE PERFECT SALAD

With Summer on its way salads become a stable part of your meals, but do you usually reach for the pre-prepared salad bag? Even though bags of salad seem like a good time saver, they are often pricey, look limp and go off so quickly. Making your own salad doesn't have to be time consuming. With a few cleverly chosen kitchen gadgets you can produce fresh, healthy, inexpensive and tasty salads that look appetising and impressive.

## A CLEAN SALAD IS A HEALTHY SALAD

When making your own salads its really worth buying whole heads of lettuce such as Romaine, Iceberg, Oak leaf and Little Gem, they keep well in the fridge and you can take leaves off as required. Fresh lettuce does however need to be washed and dried and Zyliss Salad Spinner is the best way to shake off excess moisture, without damaging the delicate leaves.

The Smart Touch Salad Spinner requires very little force and can be activated with one hand only. It looks great and comes in a great range of contemporary colours, plus the bowl of the spinner doubles up as a modern looking serving dish for your salad.

## TOP SALAD TIPS

- \* The Zyliss Julienne Cutter is a great way to give your salad a 'cheffy' touch by adding perfectly prepared strips of carrot, courgette, beetroot or cheese, with no waste or mess.
- \* Ripe juicy tomatoes make the best salads but are often tricky to slice. The Zyliss Serrated Paring Knife will slice easily through the softest of fruits and tomatoes.
- \* Use the Zyliss Mandoline to add wafer thin slices of carrot, beetroot or cucumber.



WASH



RINSE



SPIN



DRY

# BLT SALAD

## Serves 4

4 rashers of sweetcure bacon  
1 head Romaine or Cos lettuce  
5 ripe vine tomatoes  
¼ of a cucumber  
1 ripe avocado

## Dressing

1 tbsp red wine vinegar  
3 tbsp olive oil  
1 tsp sugar  
2 tsp wholegrain mustard

1 Preheat grill and cook bacon rashers for 5-6 minutes until crisp and browned. Drain on kitchen paper and then snip into small pieces using Zyliss household shears, set aside.

2 Separate the lettuce leaves and wash well in cold water. Place in Smart Touch Salad Spinner to remove excess moisture. Place the tomatoes on a cutting board and cut into thin slices using the Serrated Blade Paring Knife. Thinly slice the cucumber using a 4 in 1 Slicer Grater. Peel the avocado using a soft fruit peeler, and then roughly chop using a general purpose paring knife.

3 To make the dressing place all the ingredients in a small measuring jug and whisk together. Season with salt and freshly ground black pepper.

4 Assemble all the ingredients in the bowl of a large salad spinner and pour over the dressing just before serving, toss well.



# PERFECT SLICING, DICING AND PEELING

Perfect peeling and creating expertly thin slices doesn't have to be an art form, these essential peelers and slicers from Zyliss make light work of even the toughest of skins!

The folding Mandoline cuts preparation time in half and cuts through a variety of fruits and veg – not to mention it fits neatly into your kitchen draw

The Swivel Peeler has an ergonomic handle for extra comfort when peeling, ideal if you have a family-sized pile of potatoes to peel!

The Y-peeler is very light and easy to use and is a real multi-tasker. It's great for all your traditional vegetable peeling tasks, but can also be used to produce chocolate curls and carrot and courgette ribbons.

The serrated blade of the soft fruit and tomato peeler will remove even the most delicate of skins and all three of the peelers have an eye cutting tip for the removal of blemishes.

What's really great about this range is that they perform so efficiently, are easy to store and you will only remove the thinnest layer of peel, ensuring that the nutrients are kept in tact and not lost in the peel.





# STAYING IN IS THE NEW GOING OUT

In these current money conscious days we are eating out less and getting back into cooking at home. Not only are we staying in more but we are starting to favour cooking from scratch again, instead of buying expensive ready meals. If your kitchen tools are up to scratch it isn't difficult to prepare healthy and inventive meals at home. So ditch the takeaways and treat yourself to a few stylish Zyliss kitchen products and get back in the kitchen! Why not impress your friends and cook them delicious freshly prepared meals, which are quick and easy to prepare so you won't be stuck in the kitchen all afternoon!

Try this delicious Mediterranean Vegetable Bake, its great served with crusty bread and a crisp salad or it makes a great accompaniment to roast lamb. The recipe uses a mandolin, producing the most beautiful paper thin slices of vegetable; you will look like a professional chef and is bound to be a talking point amongst guests!



# CHEESY MEDITERRANEAN VEGETABLE BAKE

## Serves 4-6

2 tbsp olive oil  
1 red onion  
2 cloves of garlic  
1 (400g) tin of chopped tomatoes  
1 tsp sugar  
2 sprigs of fresh thyme

1 medium aubergine  
1 large courgette  
1 medium potato, washed  
1 (200g) tub half-fat crème fraîche  
2 eggs  
50ml semi-skimmed milk  
75g cheddar  
3-4 tbsp freshly grated Parmesan



1 Use a paring knife to peel and finely chop the onion using a chopping board, alternatively try the Zyliss Zick Zick food chopper or Classic food chopper. Heat the olive oil in a large pan and add the onion. Cook for 5 minutes until starting to soften. Crush the unpeeled garlic in a Susi 2 Garlic Press and add to the pan with the onion. Continue to cook for a further 2-3 minutes. Add the tomatoes and sugar and simmer gently for 5 minutes. Using the stem stripping function on a pair of Herb Snippers, remove the thyme leaves from the stalks and add to the pan.

2 Preheat the oven to 175C/Gas Mark 5. Set the blade on the Mandoline to the 2.5mm setting. Slice the aubergine and courgette into long slices and set aside. Adjust the blade to the 1mm setting and slice the potato.

3 Take a large ovenproof dish and spread a few spoonfuls of the tomato sauce over the base. Start layering up the slices of aubergine, courgette and potato in the dish, adding a few spoonfuls of tomato sauce and some salt and freshly ground black pepper between each layer until all the vegetables are used up.

4 Measure out the milk in a measuring jug then add the crème fraîche and eggs. Season with salt and freshly ground black pepper and mix well. Using a rotary cheese grater, grate the cheddar cheese and add the egg mixture. Spoon this mixture over the vegetables and top with the Parmesan. Bake in the preheated oven for 40 minutes or until golden brown and the vegetables are tender.

Serve cut into wedges with a green salad.

# TRY ME!

Garlic has long been a was worshipped by the ancient Egyptians, chewed by Greek Olympian athletes and thought to be essential for keeping vampires at bay! But it is also good for zapping bacteria, keeping your heart healthy and warding off coughs and colds, so no wonder it features heavily in healthy diet recipes. However garlic does have it drawbacks.....

Do you hate peeling and chopping garlic? And hate the smell it leaves on your hands? If so try this gadget from Zyliss and you won't have to peel garlic again.

**"I'M SUSI 2 AND I'M DIFFERENT FROM ALL OTHER GARLIC PRESSES - TRY ME AND YOU'LL SEE HOW GOOD I AM!"**



# MULTI-TASKING MADE EASY

We all know about people multi-tasking.....well now it's the turn of your kitchen equipment!

- Use kitchen shears to cut up pizza instead of a knife
- Use ice-cream scoop to portion out muffin mixture into paper cases
- Rotary graters can be used to grate chocolate for cakes and desserts
- Use brightly coloured chopping boards as serving platters to take to the table
- The julienne peeler makes perfect strips of fresh ginger to add to marinades and stir-fries.
- Salad spinner can be use to remove excess water when you are washing large bunches of herbs



# TOP 10 PRODUCTS YOU SHOULD HAVE

1. Smart Touch Salad Spinner, Large RRP £29.36
2. Folding Mandoline RRP £27.40
3. Susi 2 Garlic Press RRP £12.23
4. 90mm Paring Knife RRP £6.12
5. Ice Cream Scoop (assorted colours) RRP £11.00
6. Pizza Wheel Palm RRP £10.03
7. Multi-Peeler RRP £14.68
8. Rotary Cheese Grater RRP £21.29
9. 4 in 1 Slicer & Grater RRP £17.13
10. Set of 3 Measuring jug with lid RRP £18.11

**Stocks are available at all good cookware shops and department stores**





DIETHELM KELLER BRANDS

DKB Household UK Ltd  
Bridge House, Elemoor Road  
Farnborough GU14 7UE  
United Kingdom  
Switchboard: 01252 522 322  
[www.zyliss.com](http://www.zyliss.com)

DKB Press Office  
Email: [dkb@publicasity.co.uk](mailto:dkb@publicasity.co.uk)  
Switchboard: 020 7632 2400