

AENO

Recipes for the AENO Grill EG1



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Grilled sausages

Ingredients:

Sausages	6 pcs.
Cherry tomatoes	10 pcs.
American mustard	50 g



Difficulty
Low



Preparation
2 min





Cooking
3-4 min



Servings
2-3

How to cook:

Press the BOTH GRILL  button, select 200 degrees, set the cooking time 3-4 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the sausages.

Put the sausages on the bottom plate of the grill, press down them with the top plate and press the START  button. Cook till the program runs out.



When ready, put the sausages on a plate or cutting board and add tomatoes. If desired, you can top them with mustard or other favorite sauce.




Classic hot dog

 Difficulty Low	 Preparation 5 min	 Cooking 5 min	 Servings 4
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How to cook:

Make a cut along the bun and place it on the grill panels, cover and press down it with the top lid. Press the BOTH GRILL  button, select 190 degrees, set the cooking time 3 minutes and press the START  button. The grill will start heating up to the set temperature.

While the grill heats up, the buns become brown. After a few minutes, you will hear a beep, the grill has heated up and it is time to take out the buns and to put the sausages.

Put the sausages on the bottom grill plate and lightly press them down with the top plate, then press the START  button. Cook till the program runs out.

While the sausages are cooking, grease the buns with mayonnaise and ketchup. When ready, put the sausages into the buns. Top sausages with mustard.

The hot dog is ready!

Ingredients:

Sausages	4 pcs.
Buns for hot dogs	4 pcs.
Ketchup	
Mayonnaise	
Mustard	



Ham sandwiches



Difficulty
Low



Preparation
3 min



Cooking
3 min



Servings
4






Ingredients:

Ham	100 g
Hard cheese	80 g
Lettuce	4 leaves
Tomato	40 g
Ketchup	5 g
American mustard	5 g
Toast white bread	8 pcs.

How to cook:

Cut ham and cheese into thin slices. Thoroughly wash and dry lettuce leaves. Cut the tomato into thin rings. Thoroughly rub the bread with ketchup and mustard. Put ham on one half of the bread slice, put cheese over it, then tomato and lettuce and cover everything with the other half of the bread slice. You will get 4 sandwiches.

Press the BOTH  GRILL button, select 180 degrees, set the cooking time 3 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the sandwiches.

Put the sandwiches on the bottom grill plate and lightly press them down with the top plate, then press the START  button. Cook till the program runs out.

At the end of the program, the grill will beep and turn off automatically.

The sandwiches are ready!

Pineapple chicken sandwiches



Difficulty
Medium



Preparation
4 min



Cooking
3 min



Servings
4




Ingredients:

Chicken fillet (boiled)	100 g
Hard cheese	80 g
Pineapple	80 g
Lettuce	4 leaves
broccoli	10 g
Ketchup	5 g
American mustard	5 g
Toast white bread	8 pcs.

How to cook:

Cut chicken fillet and cheese into thin slices. Thoroughly wash and dry lettuce leaves and broccoli.

Cut the pineapple into thin rings. Thoroughly rub the bread with ketchup and mustard. Put chicken fillet on one half of the bread slice, put cheese over it, then pineapple, lettuce and broccoli and stuffing everything with the other half of the bread slice. You will get 4 sandwiches.

Press the BOTH GRILL  button, select 180 degrees, set the cooking time 3 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the sandwiches.

Put the sandwiches on the bottom grill plate and lightly press them down with the top plate, then press the START  button. Cook till the program runs out. At the end of the program, the grill will beep and turn off automatically.

The sandwiches are ready!


Pita bread with cheese and bacon

 Difficulty Low	 Preparation 4 min	 Cooking 3 min	 Servings 2
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How to cook:

Cut ham and cheese into thin slices. Thoroughly wash and dry the lettuce leaves. Cut the tomato into thin rings. Cut pita bread into 4 equal parts and rub it with ketchup and mustard. Put bacon on pita bread, cheese over it, then tomato, lettuce and make a roll. You will get 4 rolls.

Press the BOTH GRILL  button, select 180 degrees, set the cooking time 3 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the rolls.

Put the rolls on the bottom grill plate and lightly press them down with the top plate, then press the START  button. Cook till the program runs out. At the end of the program, the grill will beep and turn off automatically.

Ingredients:

Hard cheese	100 g
Bacon	100 g
Lettuce	4 leaves
Tomato	40 g
Ketchup	5 g
American mustard	5 g
Pita bread	1 pcs.



Mozzarella envelopes with tomatoes and basil



Difficulty
Low



Preparation
5 min



Cooking
3 min



Servings
2




Ingredients:

Mozzarella	100 g
Tomatoes	100 g
Basil	20 g
Ketchup	10 g
Pita bread	1 pcs.

How to cook:

Cut cheese and tomatoes into thin slices. Wash thoroughly the basil. Cut pita bread into 4 equal parts and rub it with ketchup. Put mozzarella on pita bread, then tomato over it, add a couple of basil leaves and make an envelope. You will get 4 envelopes.

Press the BOTH GRILL  button, select 180 degrees, set the cooking time 3 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the envelopes.

Put the envelopes on the bottom grill plate and lightly press them down with the top plate, then press the START  button. Cook till the program runs out. At the end of the program, the grill will beep and turn off automatically.

Classic burger



Difficulty
Medium



Preparation
60 min



Cooking
6 min



Servings
2





Ingredients:


Minced Beef	250 g
Cheddar cheese	2 slices
Red onions	30 g
Pickled cucumbers	20 g
Lettuce	2 leaves
Burger bun	2 pcs.
Ground black pepper	
Salt	
Sauces (ketchup, mayonnaise, mustard)	

How to cook:

Add ground black pepper and salt to minced beef and mix thoroughly. Form two round flat cakes using the minced meat and put them in the refrigerator for 1 hour.

Cut onions and cucumbers into rings. Cut the buns in half.

Press the BOTH GRILL  button, select 220 degrees, set the cooking time 4 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the cutlets.

Grease the grill plates with oil, put the meat on the bottom grill plate and lightly press it down with the top plate, then press the START  button. Cook till the program runs out.

While cutlets are being cooked, take buns and coat them with ketchup, mayonnaise and mustard. Put a lettuce leaf, onion, cucumber, cheese, cutlet on the bottom of the bun, stuffing with the other half of the bun and press lightly.

The burger is ready!

Chicken burger



Difficulty
Medium



Preparation
60 min



Cooking
7 min



Servings
2






Ingredients:

Minced chicken	250 g
Cheese	40 g
Tomatoes	30 g
Onions	15 g
Lettuce	2 leaves
Burger buns	2 pcs.
American mustard	10 g
Ketchup	10 g
Ground paprika	
Ground black pepper	
Salt	

How to cook:

Add salt, ground black pepper, ground paprika to minced meat and mix thoroughly. Form two round flat cakes using the minced meat and put them in the refrigerator for 1 hour. Cut cheese into thin slices. Cut tomatoes and onions into rings. Cut the buns in half.

Press the BOTH GRILL  button, select 220 degrees, set the cooking time 4 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the cutlets.

Grease the grill plates with oil, put the meat on the bottom grill plate and lightly press it down with the top plate, then press the START  button. Cook till the program runs out.

While cutlets are being cooked, take buns and coat them with ketchup and mustard. Put a lettuce leaf, onion, tomato, cheese, cutlet on the bottom of the bun, stuffing with the other half of the bun and press lightly.

The burger is ready!

Salmon and tomato burger

Ingredients:

Salmon fillet	250 g
Red onions	40 g
Tomatoes	40 g
Greens	5 g
Lemon	10 pcs.
Burger bun	2 pcs.
Mayonnaise	15 g
Ground black pepper	
Salt	



Difficulty
Medium



Preparation
5 min



Cooking
5 min




Servings
2

How to cook:

Salt and pepper the salmon fillet. Cut onions, tomatoes and lemons into rings. Cut the buns in half.

Press the BOTH  GRILL button, select 200 degrees, set the cooking time 5 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fillet.

Grease the grill plates with oil, put the fillet on the bottom grill plate and lightly press it down with the top plate, then press the START  button. Cook till the program runs out. While the fillet is being cooked, take buns and coat them with mayonnaise.

Put onion, tomato, greens, lemon, fish on the bottom of the bun, stuffing with the other half of the bun and press lightly.

The burger is ready!



Lula kebab

●●●●●
Difficulty
Medium

🕒
Preparation
15 min

🔥
Cooking
8 min

🍽️
Servings
2





Ingredients:


Minced pork	300 g
Minced chicken	150 g
Onion	200 g
Ground black pepper	
Hop suneli	
Salt	

How to cook:

Mix minced chicken and pork, add salt, finely chopped onion, hop suneli and stir well. Divide the minced meat into 4 equal portions.

Grease your hands with sunflower oil, take a portion of the minced meat and put it on a skewer. Flatten the minced meat along the skewer and form an oblong sausage. Do the same with the rest of the minced meat.

Press the BOTH GRILL  button, select 220 degrees, set the cooking time 6 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the lula kebab. Put 4 servings of kebab on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

Chicken burger with dries apricots



Difficulty
Medium



Preparation
15 min



Cooking
6 min



Servings
2





Ingredients:

Chicken fillet	400 g (2 pcs)
Dried apricots	100 g
Parsley	5 g
Ground black pepper	
Salt	

How to cook:

Cut the chicken fillet into oblong slices, put them on a cutting board, wrap with foil and beat thoroughly. Cut the dried apricots into strips and put them on top of the chicken fillet, add salt, pepper and cut greens and make a roll. You will get 4 small chicken rolls.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 220 degrees, set the cooking time 6 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the rolls. Put rolls on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.


Pork rolls with prunes and mushrooms

 <p>Difficulty Medium</p>	 <p>Preparation 15 min</p>	 <p>Cooking 6 min</p>	 <p>Servings 2</p>
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How to cook:

Cut the pork into slices, put them on a cutting board, wrap with foil and beat thoroughly. Cut prunes and mushrooms into strips and put them on top of the meat, add salt, pepper and make a roll. You will get 4 small rolls with filling.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 220 degrees, set the cooking time 6 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the rolls. Put rolls on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

Ingredients:

Pork (collops)	400 g
Prunes	80 g
Mushrooms	60 g
Ground black pepper	
Salt	



Grilled chicken fillet

Ingredients:

Chicken fillet	400 g
Lemon zest	5 g
Seasoning for chicken	10 g
Ground black pepper	
Olive oil	10 g
Soy sauce	
Salt	



Difficulty
Medium



Preparation
5 min





Cooking
7 min




Servings
2

How to cook:

Cut chicken fillet lengthwise into two parts, add lemon zest, seasoning for chicken, ground black pepper, olive oil, soy sauce, salt and mix thoroughly.

Press the BOTH GRILL  button, select 230 degrees, set the cooking time 7 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fillet. Put the fillet on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.



Chicken burger with cheese and mushrooms

Ingredients:

Minced chicken	400 g
Fried mushrooms	80 g
Hard cheese	80 g
Ground black pepper	
Salt	



Difficulty
Medium



Preparation
15 min



Cooking
6 min






Servings
2

How to cook:

Add salt and ground black pepper to minced meat and mix thoroughly. Grate cheese and mix it with fried mushrooms. Divide the minced chicken into 4 equal parts and do the same with the filling.

Form flattened pancakes of the minced meat, put mushrooms and cheese in the center and make rolls.

Press the BOTH GRILL  button, select 220 degrees, set the cooking time 6 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the rolls. Put rolls on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.



Salmon steak

 Difficulty Medium	 Preparation 5 min	 Cooking 7 min	 Servings 3
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Ingredients:

Salmon steaks	3 pcs
Dried rosemary	20 g
Sage	5 g
Ground white pepper	
Lemon juice	10 g
Olive oil	20 g
Salt to your liking	

How to cook:

Mix rosemary, sage, white pepper, lemon juice and olive oil in a bowl. Rub the salmon steaks on all sides with this mixture.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 210 degrees, set the cooking time 7 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fish steaks. Put the steaks on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

Serve with a slice of lemon and greens.

Tuna in the spicy sweet marinade



Difficulty
Medium



Preparation
60 min



Cooking
5 min



Servings
4




Ingredients:

Tuna steaks	600 g (4 pcs.)
Soy sauce	25 g
Olive oil	20 g
Lime juice	40 g
Garlic	1-2 cloves
Cayenne pepper	0.5 tsp.
Ginger	5 g
Sugar	30 g
Salt to your liking	

How to cook:

Mix soy sauce, olive oil, lime juice, finely chopped garlic, cayenne pepper, ginger, sugar, salt in a bowl. Rub thoroughly the tuna steaks with the resulting marinade and marinate them in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 210 degrees, set the cooking time 5 minutes and press the START  button. The grill will start heating up to the set temperature.



After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fish steaks. Put the steaks on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.


Trout in the coconut marinade

 <p>Difficulty Medium</p>	 <p>Preparation 60 min</p>	 <p>Cooking 7 min</p>	 <p>Servings 4</p>
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How to cook:

Mix coconut milk, finely chopped garlic, chili pepper, lime juice, ground white pepper, sugar and salt in a bowl. Rub thoroughly the fish steaks with the resulting marinade and marinate them in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 210 degrees, set the cooking time 7 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fish steaks. Put the steaks on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

Ingredients:

Trout steaks	600 g (4 pcs.)
Coconut milk	300 g
Garlic	1-2 cloves
Chili pepper	2 g
Lime juice	50 g
Ground white pepper	
Sugar	20 g
Salt to your liking	



Fish shish kebab

Ingredients:

Salmon or trout	400 g
Cherry tomatoes	
Lemon juice	20 g
Olive oil	20 g
Garlic	1 clove
Ground white pepper	
Salt to your liking	



Difficulty
Medium



Preparation
60 min



Cooking
8 min




Servings
2

How to cook:

Dice the fish into 3 cm pieces. Mix lemon juice, olive oil, finely chopped garlic, pepper and salt in a bowl. Rub thoroughly the fish with the resulting marinade and marinate it in the refrigerator for 1 hour. Then put the fish on skewers in turn with tomatoes.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 220 degrees, set the cooking time 8 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fish the shish kebab. Put the kebab on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

*We recommend using the flat grill plate for cooking.



Beef steak



Difficulty
Medium



Preparation
60 min



Cooking
7 min



Servings
2




Ingredients:

Beef steaks	600 g (4 pcs.)
Dry garlic	
Cayenne pepper	
Thyme	
Ground paprika	
Grill seasoning	
Salt	

How to cook:

Rub the meat well with dry garlic, cayenne pepper, thyme, ground paprika, grill seasoning and salt on all sides. Marinate in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 230 degrees, set the cooking time 7 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the fish the steaks. Put the steaks on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

Pork ribs in the sweet and sour sauce

Ingredients:

Pork ribs (boiled)	600 g
Chili ketchup	150 g
French mustard	35 g
American mustard	25 g
Hop suneli	
Dry garlic	
Honey or sugar	40 g
Seasoning for barbecue	
Salt to your liking	



Difficulty
Medium



Preparation
60 min



Cooking
5 min




Servings
2-3

How to cook:

Cool the boiled ribs to room temperature. In a bowl, mix chili ketchup, French and American mustard, hop suneli, dry garlic, honey or sugar, barbecue seasoning, salt and stir thoroughly.

Coat the cooled ribs on all sides with the prepared sauce. Marinate in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH  GRILL button, select 220 degrees, set the cooking time 6 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the meat. Put the steaks on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

*We recommend using the flat grill plate for cooking.



Pork tenderloin in the honey mustard marinade

 Difficulty Medium	 Preparation 60 min	 Cooking 8 min	 Servings 3
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Ingredients:

Pork tenderloin	500 g
Dijon mustard	100 g
Lemon zest	1 g
Honey	70 g
Ground chili pepper	
Salt to your liking	

How to cook:

Cut the meat. In a bowl, mix mustard, honey, lemon zest, chili pepper, salt and mix thoroughly. Rub thoroughly the meat with the resulting marinade and marinate it in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 230 degrees, set the cooking time 8 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the meat. Put the meat on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

*We recommend using the flat grill plate for cooking.

Turkey steak in the yogurt marinade



Difficulty
Medium



Preparation
60 min



Приготовление
7 min



Servings
2



Ingredients:


Turkey fillet	400 g
Greek yogurt	200 g
Bell pepper	50 g
Parsley	20 g
Ground black pepper	
American mustard	15 g
Salt to your liking	

How to cook:

Cut the turkey fillet into 2-3 steaks. Cut the turkey fillet into 2-3 steaks. Finely chop the bell pepper and parsley. In a bowl, add yogurt, mustard, salt, ground black pepper, chopped parsley and mix thoroughly.

Coat the steaks with the resulting marinade and marinate them in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 230 degrees, set the cooking time 8 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the meat. Put the meat on the bottom plate of the grill and press down the top plate, then press the START  button. Cook till the program runs out.

Potato pancakes

 Difficulty Medium	 Preparation 15 min	 Cooking 20 min	 Servings 2
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Ingredients:


Potatoes	400 g
Onions	80 g
Eggs	1 pcs.
Dried garlic	2 g
Flour	20-30 g
Salt	

How to cook:

Peel the potatoes and onions and grate them using a fine grater. Drain the potato water, add the egg, garlic, flour, salt, black pepper and mix thoroughly.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 230 degrees, set the cooking time 20-25 minutes and press the START  button. The grill will start heating up to the set temperature.

After a few minutes, you will hear a beep, the grill has heated up and it is time to put the pancakes.

Using a spoon, carefully put 8 potato pancakes on the grill surface and level them slightly. Press the START  button. Cook until brown, then flip over the pancakes and fry the other side. Do the same action with the remaining potato mass.

Serve hot, top with sour cream or mushroom sauce.



*We recommend using the flat grill plate for cooking.


Chicken nuggets

 Difficulty Medium	 Preparation 60 min	 Cooking 7 min	 Servings 2
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How to cook:

Add salt and ground black pepper to minced meat and mix thoroughly. Form small rectangular cutlets 3x4 cm of the minced meat. Roll small cutlets in breadcrumbs and put them in the refrigerator for 1 hour.

Grease the grill plates with oil. Press the BOTH GRILL  button, select 230 degrees, set the cooking time 7-10 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to fry the nuggets.

Put the nuggets on the grill, then click on the START  button. Cook until brown, then flip over the nuggets and fry the other side.

Serve nuggets with sweet-and-sour sauce.

*We recommend using the flat grill plate for cooking.

Ingredients:

Minced chicken	350 g
Breadcrumbs	40-50 g
Ground black pepper	
Salt	




Grilled vegetables

 <p>Difficulty Low</p>	 <p>Preparation 20 min</p>	 <p>Cooking 10 min</p>	 <p>Servings 2-3</p>
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How to cook:

Cut zucchini and eggplants into rings. Cut bell peppers into strips. Place vegetables in a bowl, add olive oil, ground black pepper, soy sauce, salt and mix thoroughly. Marinate 15 minutes.

Set 180 degrees on the grill. Grease the grill plates with oil. Press the BOTH GRILL  button, select 200 degrees, set the cooking time 10 minutes and press the START  button. The grill will start heating up to the set temperature. After a few minutes, you will hear a beep, the grill has heated up and it is time to put the vegetables.

Put the vegetables evenly on the two grill plates, then press the START  button. After 5 minutes, flip over the vegetables and fry the other side until the program runs out.

Ingredients:

Zucchini	1500 g
Eggplants	10 g
Red bell peppers	100 g
Yellow bell peppers	100 g
Olive oil	30 g
Soy sauce	25 g
Ground black pepper	
Salt	

