

# Dish

by WMF



## KNOW-HOW

Visiting the WMF  
cookware production facility

## STYLE

Profile of Danish  
stylist Signe Bay

## ENJOYMENT

A pot for every kitchen in  
the world





# "GERMANY'S NO.1 BRAND IN HOMEWARES" – that's us!

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Every day, millions of people all over the world use WMF products for preparing, eating and cooking food. We are proud to be number one in Germany. And we won't be satisfied with anything less than the very best quality in the future either!







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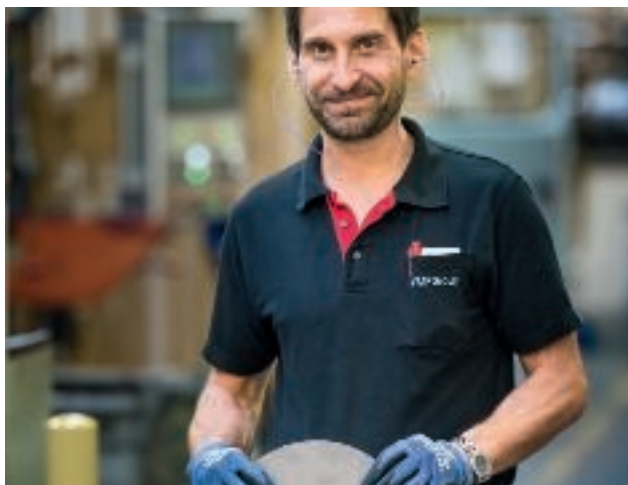
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Know-how









Forged in Germany,

# at home every- where

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GERMANY HAS DECIDED: WMF IS THE FIRST CHOICE WHEN IT COMES TO KITCHEN KNIVES. IS THAT ALSO TRUE IN OTHER COUNTRIES? DISH PACKS ITS SUITCASE AND EMBARKS ON A DISCOVERY JOURNEY.







*Dishes from the different Asian cuisines are particularly light and healthy.*



*The variety of Mediterranean cuisine makes it a favourite among many gourmets.*



*Berries, game and of course fish are what make Scandinavian cuisine what it is.*





## *Mediterranean cuisine: Pure holiday feeling*

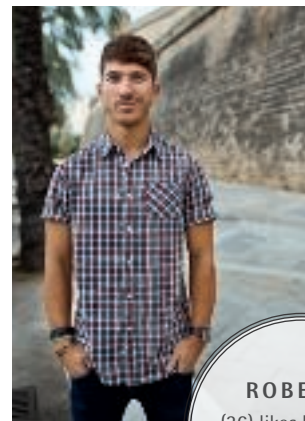
Aromatic herbs, sun-drenched vegetables, the best olive oil and tasty cheeses make up the majority of Greek, Italian or Portuguese cuisine, which is as healthy as it is delicious. And people all over the world love a bit of tapas, which by the way originated as something very practical: Historically, the Spanish used to put an edible lid ("tapa" in Spanish) on their glass of sherry to keep the flies out. Even the fussiest of gourmets will find something in Mediterranean cuisine that's to their liking. The table often bends under the weight of the various dishes, from which everyone can eat as they please. Fresh salads and appetizers, traditional stews, fish and meat, as well as pizza and all the different types of pasta in Italy of course, are the best combination of healthy eating and enjoyment!





#### FOR MORE THAN JUST BAKED GOODS

The blades of a good bread knife can handle crispy crusts and are also easy on the sensitive insides of bread and bread rolls. The WMF double serrated edge ensures even halves every time and fresh bread can also be cut into smooth slices. The bread knife can also cut soft fruits or delicate vegetables such as tomatoes without crushing them.



#### ROBERTO

(36) likes his home-made bread best with some spicy dip.

A tidy knife block with all the most important shapes and sizes of blade is the new status symbol in the kitchen – those who know about these things invest in high-quality knives. A survey by the German Institute for Service Quality (DISQ) shows that a higher price does not scare off people who have been won over by the quality of the new knives. Many of those surveyed were willing to reach a bit deeper in their pocket for a good kitchen knife. Almost 40 percent of customers spent EUR 50 or more on their knife, while 42 percent of those who owned a knife block spent at least EUR 150. And more than four-fifths of those surveyed said the performance of their knives made them worth the price.

#### QUALITY ASSESSMENT "VERY GOOD"

The winner of the survey and thus the most popular brand of kitchen knife is WMF. The company's range of knives performed better than its competitors when it came to price-performance ratio – 96 percent of users said they were happy in this respect. In addition to some very good results in terms of product quality and range, the brand's image is also perceived positively. What's more, the number of people who have ever been annoyed with WMF was the lowest of all the brands surveyed at 2.5 percent. Two other brands were rated as "Very good" in addition to WMF. Eight manufacturers were rated as





**SANAE (29)**  
loves cooking  
traditional foods  
from her home  
country of Japan.

"Good", and the kitchen knives of a large Swedish furniture company ranked last of the total of 13 brands.

In Germany, product quality is paramount when it comes to buying knives. The DISQ testers revealed that around 86 percent of the people surveyed rated the quality of their own kitchen knives positively. "Because of the high levels of satisfaction, it is not surprising that over 95 percent of people surveyed said they would remain loyal to the same brand when buying a new kitchen knife," said DISQ managing director Markus Hamer.

WMF is increasingly adjusting to changing cooking habits and customs in order to be the first choice outside of Europe as well when it comes to kitchen knives. Take Asia for example: The two types of knives mainly used in the kitchen are choppers and slicers. A variety of food is chopped up using the chopper, also known as the Chinese chopper, while the slicer deals with the rest. That is why the first step in expanding WMF's knife range as part of the plans to move into the Asian market was to add a Chinese chef's knife, followed by a chopping knife.

#### SHARPNESS IS KEY

According to DISQ, most people surveyed use their kitchen knives on a regular basis – over 80 percent every day or several times a day. Only about seven percent of customers admitted to having been annoyed with their kitchen knife at some stage. The most common reason



#### A KNIFE FOR ALL OCCASIONS

A generously sized chef's knife with an extremely wide blade surface is used in almost all steps of Asian cooking. This giant among knives effortlessly chops up fresh fish, crunchy vegetables and aromatic herbs – for every meal of the day.







## *Asian cuisine: Vitamin bombs with many variations*

Asian cuisine, from India in the west to Japan in the east, from China in the north to Vietnam in the south and all points beyond, is especially varied and easy to digest. Fish and shrimp curries provide your body with valuable omega-3 fatty acids. Vegetarians in particular get their money's worth – whether it's Indian stews, fried noodles cooked in a wok, vegetable dishes with tofu or spicy salads with mango or papaya, sprouts and peanuts. Other Asian classics include tom kha gai from Thailand, a hot soup with coconut, chicken and vegetables, as well as all kinds of natural sushi. There are only two typical ingredients where opinions differ: Ginger and coriander are either loved or left out altogether.





## *Scandinavian cuisine: Fish is still number one*

Scandinavian cuisine has become one of the most popular cuisines in the world. It is known for ingredients such as berries and wild game – and of course fish, especially in Denmark, Norway and Finland. Danish cuisine for example is very similar to what is commonly eaten in northern Germany. For example, lobscouse is also eaten on the other side of the Flensburg border. A typical Danish dish is smørrebrød: Slices of bread with herring, crabs, roast beef, onions, pickles and a whole host of other ingredients. The national dish however is known as torsk – cod with boiled potatoes and mustard sauce. Norwegians on the other hand love a bit of cheap herring, salted and dried cod as well as lutefisk – dried fish that has been soaked and then cooked.





#### SOMETHING SHARP FOR SOMETHING TENDER

The flexible and extremely precise blade of a filleting knife separates fish fillets from the skin and bones. It is also just as well suited for preparing and portioning meat because of the way it severs the fibres cleanly.



#### NIKLAS

(33) has gone fishing with his Dad from an early age – and likes cooking fresh fish as often as he can.

given for this is blunt blades. However, around two-thirds of the people asked also said that they rarely sharpen their knives despite frequent use or had never sharpened them. So the frustration felt by some customers as a result of blunt blades is also partly of their own doing.

#### CRAFTSMANSHIP AND INNOVATION

WMF does everything it can to ensure that the owner of a knife only needs to resharpen it much later on, and then only rarely. The company refines its kitchen knives so that they stay sharp for a long time. The Performance Cut technology is a special method incorporating an exact grinding angle for precise results. Each red-hot piece of steel to be processed into a kitchen knife is first processed across its whole length with a mechanical forging hammer under 3000 tonnes of pressure. The knives are then subsequently placed in the furnace. This heat treatment changes the structure of the blade steel. The steel becomes harder and can be ground to a sharper angle than was previously possible. During the final sharpening process, the precision technology ultimately creates knife blades that are significantly sharper – and which stay that way longer. This way, WMF blades with Performance Cut technology achieve twice the sharpness level that the DIN standard requires for cutting performance!



## CHEF'S EDITION – BY PROFESSIONALS FOR PROFESSIONALS

The idea behind the collection came in a workshop on cutting techniques. This is because professional chefs hold wide knives at the bolster junction between thumb and index finger – exactly where there is often a sharp edge. The result: Cutting tools with smooth transitions between the blade, bolster and spine.

**Chef's Edition**  
chef's knife, 32 cm  
18 8200 6032



## GRAND GOURMET – PERFECTLY BALANCED

The knives from the Grand Gourmet collection impress with their stylish look and exclusive extras: The Cromargan® handles are safe to hold in your hand and their seamless workmanship guarantees maximum hygiene. When cutting, the bolster gives you the balance you need between the handle and blade, which more than lives up to the description of "razor-sharp".

**Grand Gourmet**  
chef's knife, 33 cm  
18 8039 6030



## GRAND CLASS –WHERE NOSTALGIA MEETS CUTTING-EDGE DESIGN

The black handles with stainless steel rivets are reminiscent of the traditional craftsmanship of past eras. Its ergonomic shape makes it pleasant and safe to handle. And like all WMF knives, the blades from the Grand Class Edition are also made of high-quality special steel with Performance Cut for extraordinary and long-lasting sharpness.

**Grand Class**  
chef's knife, 20 cm  
18 9171 6032



## SPITZENKLASSE PLUS – THE CLASSIC

The updated design of the traditional classic collection looks great with its rounded handles, which make the knives more pleasant to hold in your hand. The seamless construction of the handles, a forged bolster for the perfect balance and blades refined with Performance Cut guarantee clean, safe and reliable working at all times.

**Spitzenklasse Plus**  
chef's knife  
18 9548 6032





# A short blade guide

THERE IS THE RIGHT KNIFE FOR EVERY PURPOSE



**Paring knife:**  
The beak-shaped blade adapts to every curve and removes a thin layer of peel from the fruit.



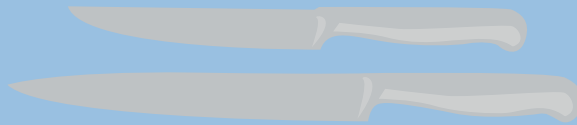
**Utility and larding knives:**  
Every household needs these two knives. The short blade of the utility knife allows you to peel, cut and prepare salad, fruit and vegetables. The long point of the larding knife makes deep cuts into any kind of meat.



**Vegetable knife:**  
Pull out the short, handy blade to peel and cut fruit, vegetables and mushrooms.



**Chef's knife:**  
Skilfully chop meat, fish and vegetables with the chef's knife. You can also use the wide, strong blade to chop herbs or nuts. The broad side of the blade flattens everything – even schnitzel, which is already thin when it goes into the frying pan.



**Carving and filleting knives:**  
The extremely sharp flexible blades remove the skin and bones from fish fillets, and portions large pieces of meat and Sunday roasts. Your chunks and slices remain nice and juicy because the blade cuts the meat fibres cleanly.



**Santoku knives:**  
The Japanese knife for creating hot and spicy wok dishes and wafer-thin sushi: This unbelievably sharp knife cuts and chops meat, fish, vegetables and herbs.



**Bread knife:** Listen to the crispy sound as the long powerful blade rips through the hard crust and cuts fresh bread into smooth slices. The beautiful double serrated edge is exclusive to WMF knives. It makes sure that you can cut even soft fruits with the bread knife without crushing them.



**Chinese chef's knife:** This impressively large knife is used for everything in China: cutting, chopping and dicing, for meat, vegetables and herbs – a magnificent addition to any kitchen!



## KITCHEN KNIVES

**Knife sharpener**  
18 7651 6030



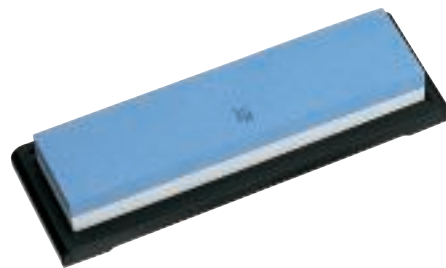
**Knife block with chopping board**  
18 8061 4500



**Chef's Edition knife set, 3-piece**  
18 8210 9992



**Whetstone**  
18 7513 6030



**Grand Gourmet Damasteel Santoku knife**  
18 9194 9998



**Spitzenklasse Plus Steel**  
18 9594 6030



**Grand Gourmet kitchen scissors**  
18.8026.6030



**Chopping board with dish**  
18 7988 4500





## KITCHEN KNIVES

Spitzenklasse Plus knife block, 6-piece  
18 9215 9992



Grand Gourmet knife block, 5-piece  
18 8966 9992



Chef's Edition knife block, 6-piece  
18 8232 9992



Grand Class knife block, 6-piece  
18 9174 9992







# A kitchen full of PROFESSIONALS

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A RECIPE FOR SUCCESS BY STAR CHEF SONJA  
FRÜHSAMMER: TRANQUILLITY, FRESH INGREDIENTS  
AND A DIVERSE RANGE OF KITCHEN GADGETS.

**W**hoever wants to know something about Sonja Frühsammer needs to speak to her husband Peter – or observe her at work in her kitchen. To watch how she calmly and cautiously whisks the herb broth into a froth with such concentration, looks at the carrots and then reaches for the purple ones, peeling and cutting them into fine slices. "Don't they look pretty!" she says, adding: "But somehow they also taste a bit boring." She then drizzles a little oil on top out of a marmalade glass with vanilla pods at the bottom. "Yes, that's vanilla oil, I just put some pods in a neutral oil to make that," she says succinctly. When Sonja Frühsammer talks, everything seems easy,

done as a matter of course, without a trace of pretension. For example, that she was born in Australia, went to school in Berlin, studied mathematics and physical education for a couple of semesters and then realised that she liked cooking more. Also, that she trained in the company guest restaurant at Siemens which had its own French chef in the kitchen, was hired by the Berlin gourmet restaurant "Alt Luxembourg" right after, had two children in her first marriage, met Peter Frühsammer and is now one of the few female chefs in Germany to have been awarded a Michelin star. "It wasn't my goal to become a star chef, I just wanted to do what I enjoyed," says Sonja Frühsammer. What's her secret? She lets out an embarrassed giggle and shrugs her



**FRESH AND SHARP**

Star chef Sonja Frühsammer loves fresh ingredients: "They just taste better." Her high-quality utensils such as the WMF Profi Plus peeler (far left on the left-hand page) and the truffle slicer, which sometimes doubles as a carrot peeler are equally as important. She also appreciates how no herbs get caught in the WMF Profi Plus flexi whisk like they do in a traditional whisk.







#### PRECISION RIGHT DOWN TO THE LAST DETAIL

Sonja Frühsammer relies on professional quality kitchen gadgets for preparing, cooking and serving food.

shoulders. "You have to be quick, have good timing and a clear head." And of course having the right ingredients is essential. "They're just tastier." She says nothing about talent or hard work.

#### TWO SIDES TO EVERY STORY

If you listen to Peter Frühsammer, you get a completely different perspective. "Sonja always has so many exciting things going on, she always has 1000 ideas running through her head, and she has the discipline to make sure that every plate sent out to the guest is perfect. "She loves doing things properly," he says. And she is also extremely hardworking and ambitious. Peter and Sonja Frühsammer are a dream team. He, once a star chef in his own right, is restless and messy. She, the quiet one, with friendly dimples in her cheeks, is the reserved perfectionist. He: "Sometimes when I call her over to the guests in the evening, she's still scrubbing the extractor hood with the staff." She: "A chef is only ever as good as her team – and I always clean my workspace myself."

Sonja and Peter first met each other in 1998 at his catering company SerVino and it soon became clear that Sonja was the chef, Peter the host and sommelier. 13 years ago they took over the catering for the Grunewald tennis club in their imposing club house – at first for members only. In 2007, they set up their own restaurant there. "We're a tennis kitchen with a star," says the 48-year-old, another sentence that shows how unflustered she is. In the evenings there is Sonja's award-winning cuisine. In addition, the Frühsammers offer a lunch menu in the bistro attached to it.

"Then I get to do some of the cooking as well," says Peter. Typical dishes on the lunch menu are hand-scraped Spätzle (a type of pasta) or pumpkin soup with zander. "A clear taste and cooked to perfection," is the way he describes it.

For Sonja on the other hand, every detail has to be right: The spray is used for the small flecks of carrot purée and the pipette for the fine oil, then she plucks a bit more green off the carrots and puts it on the plate. "Ideally we hope the guest will never forget the plate," is how she describes her motivation. "Both the decoration and taste should captivate the guest and transport them to another world."

#### UNPRETENTIOUS AND PLEASANT

Sonja Frühsammer loves trying out new things. That applies to tastes as well as gadgets. She uses the truffle slicer to slice the carrots, and looks on attentively at how the fine orange slices curl up. "I like using things for lots of different purposes," she says. Sonja Frühsammer loves eating as well – something she feels is a must for a chef. She and her husband eat out at least twice a month to get some inspiration, and they love travelling whenever they have the time. And then there are her Icelandic horses and her dog. Does she feel she's in competition with other chefs? No. "Berlin's a big enough place." Is she accepted as a woman in a male-dominated profession? "You always have to assert and prove yourself, whether you're a man or a woman." To get new ideas she browses through cookbooks or visits trade fairs. And then she makes another remark: "It's the guests that make us better." That's how unpretentious and pleasant haute cuisine can be.





*"It's the  
quests that make  
us better."*

SONJA FRÜHSAMMER,  
star chef



**A LOVE FOR DETAIL**

In Sonja Frühsammer's professional kitchen everything has to be just right. Especially where the finish is concerned, the chef leaves no stone unturned – even when it comes to the last carrot green.



## KITCHEN GADGETS

<p><b>Ladle PROFI PLUS</b> 18 7101 6030</p> 	<p><b>Vegetable peeler PROFI PLUS</b> 18 7155 6030</p> 	<p><b>Garlic press PROFI PLUS</b> 18 7163 6030</p> 
<p><b>Potato masher PROFI PLUS</b> 18 7138 6030</p> 	<p><b>Pizza cutter PROFI PLUS</b> 18 7134 6030</p> 	
<p><b>Whisk PROFI PLUS 25 cm</b> 18 7114 6030</p> 	<p><b>Vegetable peeler PROFI PLUS</b> 18 7139 6030</p> 	<p><b>Meat fork PROFI PLUS</b> 18 7106 6030</p> 
<p><b>Meat mallet PROFI PLUS 25 cm</b> 18 7294 6030</p> 	<p><b>Skimming ladle PROFI PLUS</b> 18 7154 6030</p> 	<p><b>Flexi whisk PROFI PLUS 27cm</b> 18 7300 6030</p> 
<p><b>Peeler PROFI PLUS</b> 18 7261 6030</p> 		<p><b>Tin opener PROFI PLUS</b> 18 7148 6030</p> 
<p><b>Dough scraper PROFI PLUS</b> 18 7195 6030</p> 	<p><b>Blanching insert PROFI PLUS 20 cm</b> 18 7173 6030</p> 	<p><b>Cheese knife PROFI PLUS</b> 18 7165 6030</p> 
<p><b>Steak hammer PROFI PLUS</b> 18 7222 6030</p> 	<p><b>Sauce ladle PROFI PLUS</b> 18 7103 6030</p> 	<p><b>Lifter PROFI PLUS</b> 18 7105 6030</p> 



## KITCHEN GADGETS

<p><b>Serving spoon PROFI PLUS</b> 18 7143 6030</p> 	<p><b>Lemon scraper PROFI PLUS</b> 18 7143 6030</p> 	<p><b>Silicone baking and marinade brush PROFI PLUS</b> 18 7498 6030</p> 
<p><b>Pouring ladle PROFI PLUS</b> 18 7104 6030</p> 	<p><b>Cheese grater PROFI PLUS</b> 18 7137 6030</p> 	<p><b>Whisk PROFI PLUS 30 cm</b> 18 7115 6030</p> 
<p><b>Lifter PROFI PLUS</b> 18 7159 6030</p> 		<p><b>Cheese plane PROFI PLUS</b> 18 7136 6030</p> 
<p><b>Whisk PROFI PLUS, silicone 25 cm</b> 18 7265 6030</p> 	<p><b>Potato peeling fork PROFI PLUS</b> 18 7123 6030</p> 	<p><b>Pasta serving spoon PROFI PLUS</b> 18 7108 6030</p> 
<p><b>Cheese plane PROFI PLUS, adjustable</b> 18 7353 6030</p> 	<p><b>Angled spatula PROFI PLUS</b> 18 7133 6030</p> 	<p><b>Apple corer PROFI PLUS</b> 18 7290 6030</p> 
<p><b>Wok mesh strainer PROFI PLUS 13 cm</b> 18 7357 6030</p> 	<p><b>Julienne knife PROFI PLUS</b> 18 7354 6030</p> 	<p><b>Pancake spatula PROFI PLUS</b> 18 7249 6030</p> 



A man with a beard and short brown hair, wearing a black polo shirt with a red collar and blue work gloves, stands in a factory setting. He is holding a large, circular, light-colored metal blank. The background is blurred, showing industrial equipment. The man is smiling slightly and looking at the camera. He is wearing a watch on his left wrist and has a small object in his ear.

#### THE MASTER AT WORK

Kai-Uwe König's job of producing round blanks calls for maximum concentration and absolute precision. "Even the slightest mistake would make the material unusable," he says.

WMF Group



For more than 70 years, the employees in the WMF cookware production department have had

# A GOOD HANDLE ON THINGS

– particularly when it comes to manufacturing high-quality pressure cookers



**WHERE RAW FORCES ARE USED SENSIBLY**  
The bases of all WMF pots are pressed with a force of up to 1300 tonnes at temperatures of over 500 °C. This is what makes them especially robust.



**RAW MATERIALS LINED UP**  
All WMF pots have a TransTherm® universal base. Its core consists of solid aluminium for optimum heat conduction and storage.



**THINKING OF  
THE CHEFS**

Foreman Wolfgang Wiedmann from the cookware production department always has the cooked food in mind when developing a new product: "Our aim is optimum cooking results with a high level of comfort for the user, minimum energy consumption and maximum safety."





**W**olfgang Wiedmann works as foreman at one of the most modern production facilities in the world, where up to 6500 pots are produced every day. The 61-year-old has worked at the WMF plant in Geislingen since 1981, and is one of a total of 180 employees in the cookware production department. Every one of them has a key role to play because even though a lot of the work on the production line is done by robots, there are plenty of tasks in the process which can only be done by hand – to ensure the highest possible safety standards and product quality.

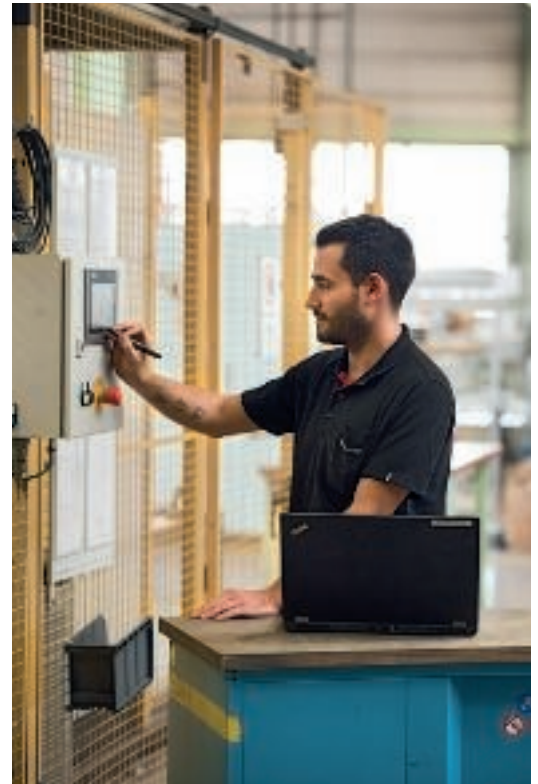
The staff here are especially proud of the WMF pressure cookers. Not only have they been awarded numerous prizes but also bear the coveted TÜV seal of safety. Their most extraordinary features are the sealing technology, which has been developed and constantly improved over decades, and the control system which is housed inside the handle. "You don't get that from any other manufacturer," explains Wiedmann.

The sophisticated handle system, which also has a number of safety functions as well as a wide range of functions for simple, quick and precise cooking, is made up of over 40 individual parts. Every handle is still assembled by hand here – a delicate job which requires maximum precision. It goes without saying that employees also put the same amount of care into manufacturing the actual pot. This job involves more than a dozen finely coordinated steps. This is in addition to checking the countless quality and safety features which must be strictly adhered to.

#### FROM THE COIL TO THE FINISHED POT

When you're holding the elegant piece of cookware in your hands it's hard to imagine that each pressure cooker starts out as a stainless steel band a few millimetres thick, rolled up into long coils. The round blanks are then punched out of these coils – circular discs which are later used to form the pot bodies. "Even here you need to be absolutely precise down to the millimetre," explains WMF plant operator Kai-Uwe König, "because even the smallest of deviations can damage the material and make it unusable."

The punched-out round blanks are then deep-drawn using up to 300 tonnes of force. This is how every WMF pot blank is formed. "The process of deep-drawing with stainless steel is very demanding," explains Wiedmann. "You need to have the right steel for it to work properly." As far as back as 1927, WMF developed and patented its own



#### THE MAN TO CALL IN AN EMERGENCY

Dennis Fröscher works in process control and is part of the rapid response team in the event of technical failures. He says, "If it's an acute failure we'll come in and sort it out in the evenings, but our aim of course is to make sure that failures don't happen at all."



#### REAL CRAFTSMANSHIP

Depending on the model, the handle on a pressure cooker consists of up to 42 different parts, which are put together by hand – a delicate job which requires maximum precision.





#### HIGH TECH UNDER HIGH PRESSURE

Every pot is given its shape, a process whereby a circular blank is deep-drawn under up to 300 tonnes of pressure. WMF developed Cromargan® especially for this purpose back in 1927.

mixture of chromium, nickel and stainless steel especially for this: Cromargan®. It is a rust-proof material with ideal deformation properties. This means that the pot body can be *drawn* without damaging the material.

During one of the last steps in the process, the blank is given another essential quality feature: the TransTherm® universal base. It's not just embedded in pressure cookers but in every WMF pot. An aluminium core is embedded between the pot body and a magnetic stainless steel circular blank. The base, which is pressed with a force of up to 1300 tonnes at temperatures of over 500 °C is especially robust and suitable for all kind of hobs. The way it is designed also creates the optimum heat distribution inside the pot.

#### DESIGNED FOR ABSOLUTE PERFECTION

This is the final step in the manufacturing process, but the pots are far from being ready to hit the shelves. They are then given the so-called sun-brushed finish in one of the biggest interlinked robotic grinding machines in cookware production in the world, which gives the pots their unique elegance.

*"There's no way a machine could do this job."*



#### ISSUED THE TÜV SEAL OF SAFETY

Every pressure cooker lid produced by WMF is tested under high pressure. The forces involved in the test are many times stronger than what a lid would be subjected to during regular use. But only if the lid functions perfectly under these extreme conditions is it issued the TÜV seal of safety.

The quality control carefully checks that it has been applied 100 percent. "There's no way a machine could do this job," explains Matthias Moll, process engineer at WMF. Even the slightest irregularity would cause the pot to be rejected. "Here at WMF, we're perhaps a little bit too critical in this respect," explains Moll. "The customer wouldn't even notice such tiny flaws, but that's exactly the kind of thing that goes to show that we strive for absolute perfection."

Only now are the grip handles welded on and the base cambered. The base of the pot is pressed slightly inwards by a robot using a wooden stamp. If, for example, a pressure cooker is heated up at a later stage, the cambering offsets the expansion of the material in the base so that the pot doesn't shake. During the final step, an employee then fits the handles and carries out a final and comprehensive test of the functions and safety features. This involves putting the lid on a specially prepared dummy pot and placing it under high pressure. The forces at work during the test are several times higher than what the lid would be subjected to during normal everyday cooking. Only when the lid also functions perfectly even under these extreme conditions is it given the TÜV seal of safety. Incidentally, every pot is clearly marked with a batch number that has been assigned to it. This way, the entire batch can be recalled in the event of any quality defects. However, this has never happened even once in the long and successful history of WMF.





#### THE FINAL CHECK

Edelmira Holzbrecher performing the 100 percent check, in which all the functions and safety features are checked on each pot. "Our team is the last stage in the process before the finished pot is packed up," she explains.



## COOKWARE

### FUNCTION 4

The inspiration for the lid design of this piece of cookware was the click wheel of the Apple iPod. Made of stainless steel and silicone, each lid has four different functions – this is very practical because you can regulate how much liquid is poured off with the lid closed depending on the position. The boiling water escapes through the large sieve openings, while the pasta stays in the pot. The boiling water escapes through the large sieve openings, while the pasta stays in the pot. The small sieve openings work in the same way for rice.

**Function 4 high casserole 20 cm**  
07 6120 6380



**Function 4 low casserole 20 cm**  
07 6020 6380



**Function 4 saucepan 16 cm**  
07 6316 6381



**Function 4 steaming insert 20 cm**  
07 6620 6380



### PREMIUM ONE

The stainless steel series not only looks stylish – it also scores top marks for its high ease of use. For example, the handles can be touched without potholders even during the cooking process thanks to the patented Cool+ technology.

**Premium One high casserole 20 cm**  
17 8920 6040



**Premium One low casserole 20 cm**  
17 8820 6040



**Premium One stock pot 24 cm**  
17 9024 6040



**Premium One saucepan 16 cm**  
17 9116 6041



**Premium One steaming insert 20 cm**  
17 9620 6040



### GOURMET PLUS

These pots are perfect for all who value high-quality kitchen equipment. They are made of easy-care Cromargan®: Rust-proof, heavy-duty quality stainless steel 18/10 with hollow handles that don't heat up even after prolonged cooking.

**Gourmet Plus high casserole 20 cm**  
07 2420 6030



**Gourmet Plus low casserole 20 cm**  
07 2220 6030



**Gourmet Plus steaming insert 20 cm**  
07 2906 6030



**Gourmet Plus stock pot 24 cm**  
07 2524 6030



**Gourmet Plus saucepan 16 cm**  
07 2616 6031





## COOKWARE

### CONCENTO

The Concento series combines Italian style and German engineering – the result is bellied pots with slightly domed lids and elegantly curved “Made in Germany” handles. The heavy stainless steel lids sit firmly in place and an opening allows for the controlled release of steam. The sturdy handles, which are slightly curved on the inside, also sit perfectly in your hand.

**Concento high casserole 20 cm**  
17 2720 6040



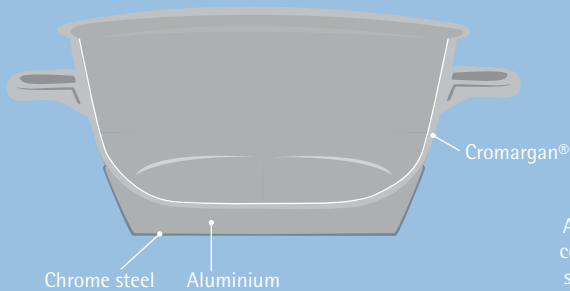
**Concento low casserole 20 cm**  
17 2620 6040



**Concento stock pot 24 cm**  
17 2824 6040



**Concento saucepan with lid 16 cm**  
17 2916 6040



Because chrome steel is magnetic, the WMF TransTherm® universal base can be used on all hob types, including induction.

## Just right, every day

A high-quality piece of cookware is characterised by a very good base, which conducts heat optimally without becoming deformed and unsteady. The WMF standard is the TransTherm® universal base. It consists of a strong aluminium core for optimum heat conduction and retention, which is completely sealed by a chrome steel capsule. This makes it magnetic and suitable for all kind of hobs, including induction. And because it also heats up very quickly and retains heat, the TransTherm® universal base makes extremely energy efficient cooking possible.

**Vitalis steamer, round, 28 cm**  
17 4301 6040



**Vitalis Aroma steamer**  
17 4101 6040





## THE GENTLE FRYERS

The ideal frying pans for cooking delicate foods. In pans with a three-layer PermaDur non-stick coating, nothing gets burnt or sticks to the surface – even when cooking with very little fat. A great additional advantage is that the coated frying pans are especially easy to clean.  
Many frying pans are available in different sizes.

**PermaDur Premium**  
Frying pan,  
flat, 24 cm  
05 7624 4291



**PermaDur Premium**  
Frying pan, deep, 24 cm  
05 7644 4291



**PermaDur Premium**  
Grill pan, 28x28 cm  
05 7650 4291



**PermaDur Premium**  
Serving pan, 24 cm  
05 7634 4291



**PermaDur Excellent**  
Frying pan, 24 cm  
05 7524 4021



**PermaDur Excellent**  
Serving pan, 24 cm  
05 7534 4021





## THE ALL-ROUNDERS

These multifunctional pans with a CeraDur non-stick, ceramic-based coating are extremely versatile and can be used for any dish. And even if they are heated to the maximum temperature of 400 °C, nothing sticks to the cooking surface – even when using very little fat. The SpeedProfi pans make particularly tasty fried food. Rapid heating and precise control after the pan is removed from the heat ensure a surprising result.

Many frying pans are available in different sizes.

**CeraDur Plus**  
Frying pan,  
24 cm  
05 7324 4021



**CeraDur Plus**  
Serving pan,  
24 cm  
05 7334 4021



**CeraDur Plus**  
Roasting pan, 28 cm  
05 7340 4021



**CeraDur Plus**  
Wok, 28 cm  
05 7342 4021



**Speed Profi**  
Frying pan, 24 cm  
17 7524 4021



**CeraDur Line**  
Frying pan, 24 cm  
05 5724 4021



**CeraDur Profi**  
Frying pan, 24 cm  
07 4424 6021



**CeraDur Profi**  
Serving pan,  
24 cm  
07 4524 6021



## THE ROBUST PANS

For searing at high temperatures: The Profi Resist or pans made of Cromargan®: 18/10 rust-free stainless steel pans can withstand very high temperatures. They are very durable and also last for a particularly long time.

Many frying pans are available in different sizes.

**Profi frying pan,**  
24 cm  
07 9464 9991



**Profi frying pan, 24 cm**  
07 3224 6041



**Profi Resist**  
Frying pan, 28 cm, deep  
17 5648 6411



**Profi Resist**  
Wok, 28 cm  
17 5652 6411



**Profi Resist**  
Serving pan, 24 cm  
17 5634 6411





Style











I like  
imagining  
things – like  
how people  
live and what  
they do.

SIGNE BAY, stylist, photographer and creative director





Signe knows that there are the right accessories for every kind of atmosphere – and where to find them.











**ART AT THE TABLE**

Flowers, colours and shapes as well as beautiful cutlery – WMF Corvo on the left – give every table that special something.





## SHE IS AN ONLINE SUPERSTAR – AND WORKS AS A STYLIST FOR WMF. BUT SIGNE BAY DOESN'T JUST CREATE ATMOSPHERIC PHOTOS OF CUTLERY, SHE DESIGNS ENTIRE WORLDS AROUND IT.

**S**igne Bay is famous – at least on Instagram, where she has around 300,000 followers. When you look at her pictures you immediately know why. The Dane's photos are beautiful, atmospheric and very unique. So unique in fact that even the entire editorial team of Vogue recently declared themselves to be die-hard fans of hers. Just a couple of years ago, Signe's day job was working as a music and English teacher; photography and styling were just hobbies she was passionate about.

The blonde Dane with the ponytail is wearing a bright red sweater and laughs a lot. She looks unassuming, happy and extremely likeable. She enthusiastically shows us the large window in her studio in Copenhagen, which was once a stamp factory. All windows here face north. That was extremely important for the mother of two because she prefers working with natural light. "You can honestly see the northern light in my pictures because they are somewhat melancholy," she says, explaining her style.

### FROM SET DESIGNER TO SOCIAL MEDIA SENSATION

She prefers to describe herself as a "creative storyteller" because she is a stylist, photographer and creative director all in one person. "I've always had a vivid imagination, I like imagining things – like how people live and what they would do," says Signe. Even as a child, she was creative, and developed a love of music, theatre and photography at an early age. About four years ago, she began posting her pictures on Instagram because she wanted a space where she could showcase her photos. Signe never imagined that she would become so successful. Even during her career as a teacher she was always involved in creative pursuits. She designed and built sets for the plays and musicals put on at the school.

Most recently, Signe created settings for entire WMF cutlery types in her unmistakable style. Her arrangements are a wonderful inspiration when it comes to styling. They show how a unique look can be created out of a timeless classic, an elegant yet simple or expressive and distinctive cutlery model, matching cookware and individual accessories. To do this, Signe has tried to develop a whole story around the product. "I thought about who buys this cutlery and what his or her life is like," she says, explaining

her work. This is how she knows what the table as a whole should look like – and she even has an idea of the entire home. "All of that is in my head," sums up Signe.

### SOUGHT AND FOUND

She loves working with high-quality materials and products. What impresses her most about WMF cutlery is its quality. Each individual part is first class and made from extremely good materials. In addition, there is also matching cutlery for every occasion. "Virginia for example would be perfect for a woman who is interested in design. This is why I used some very stylish accessories and paid a lot of attention to graphic shapes," explains Signe. Premiere is traditional but exclusive, and has a modern twist. For the creative storyteller this requires a stiff white tablecloth. It's a different story for the calm, casual Atic cutlery. This goes well with a linen cloth which can be a little bit wrinkled, as well as artichokes, bread and an olive branch for example. The work that Signe does for WMF is particularly varied, which is what makes it so much fun. "I'm very happy indeed that WMF found me," she says.

Searching for things and finding them are things the stylist does a lot of in her free time. "I spend a lot of time at flea markets and antique markets, and I'm always on the lookout for props." She also spends a lot of time in Italy, and describes Rome as her second home. Rome is where she studied, fell in love and then lived for two years. Signe is still so fond of Italy today that she tries to go there every three months. The Italians are well known for eating well, something which Signe herself is also passionate about. "I love eating, especially healthy eating. I eat a lot of fruit and vegetables, I think that's what keeps me fit," she explains with a smile on her face.

### WHAT MAKES THE PERFECT TABLE

Of course it's not just what the stylist eats that's important to her, but the environment she eats it in. What does the perfect table look like for you? "That's something very individual. It should be a personal choice, it should give an idea of what kind of person lives there. Actually the most important thing is that it looks inviting," says Signe. Her followers can see what she means by this by checking her updates on Instagram every day.





**FOODIE LOOK**

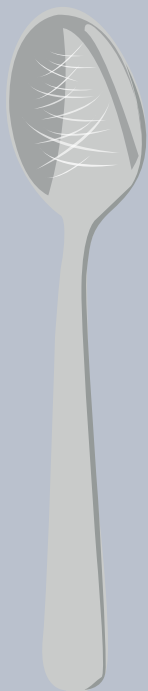
At the heart of Signe's arrangements are fresh and tasty ingredients. "I love eating, especially healthy eating," she says.





## CUTLERY

Iconic 30-piece incl. cutlery case  
12 0591 6333



Cutlery made of  
Cromargan®



Cutlery made from  
Cromargan protect®

## A perceptible difference

Cutlery must still look beautiful even after many years of use – no matter how often it is used and washed. This is why WMF has been producing cutlery out of Cromargan® for 80 years – “Crom” because the steel has a particularly high chrome content and “Argan” because the cutlery has a silver-like appearance.

The benefits of the material are obvious. It is acid resistant, rust proof, tasteless, easy to care for, dishwasher safe and has an almost unlimited shelf life. Since 2007 things have gotten even better: WMF developed Cromargan® further to create Cromargan protect®. The benefits of Cromargan® have been enhanced by a further characteristic: It is extremely scratch resistant.

Even frequent heavy-duty use can't damage the material. That means that polished surfaces remain shiny and matt surfaces remain matt.



**Linum 30-piece**  
12 0291 6332

**Linum 66-piece**  
12 0200 6332



**Corvo 30-piece**  
11 5891 6330

**Corvo 66-piece**  
11 5800 6331



**Evoque 30-piece**  
11 2291 6330

**Evoque 66-piece**  
11 2200 6331



**Vision 30-piece**  
12 7191 6330

**Vision 66-piece**  
12 7100 6331





## CUTLERY – CASUAL LIVING

**Ambiente 30-piece**  
12 2891 6340

**Ambiente 66-piece**  
12 2800 6341



**Stratic 30-piece**  
11 8191 6340

**Stratic 66-piece**  
11 8100 6341



**Atic 30-piece**  
11 0691 6342

**Atic 66-piece**  
11 0600 6342



**Lyric 30-piece**  
11 6191 6390

**Lyric 66-piece**  
11 6100 6391





# CUTLERY – NEW TRADITIONAL

**Merit 30-piece**  
11 4091 6340

**Merit 66-piece**  
11 4000 6341



**Premiere 30-piece**  
11 1991 6340

**Premiere 66-piece**  
11 1900 6341



**Jette 30-piece**  
12 7491 6340

**Jette 66-piece**  
12 7400 6341



**Kent 30-piece**  
12 0791 6342

**Kent 66-piece**  
12 0700 6342





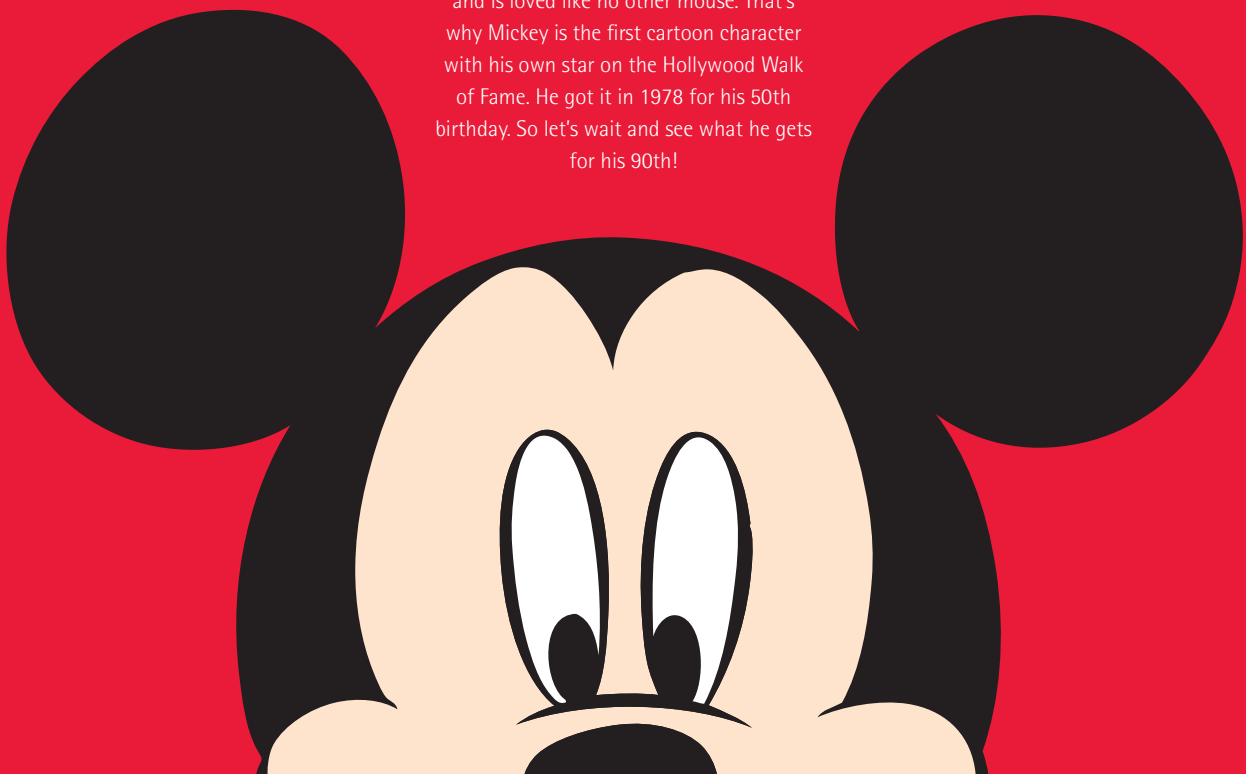
CHILDREN

# A mouse turns 90!

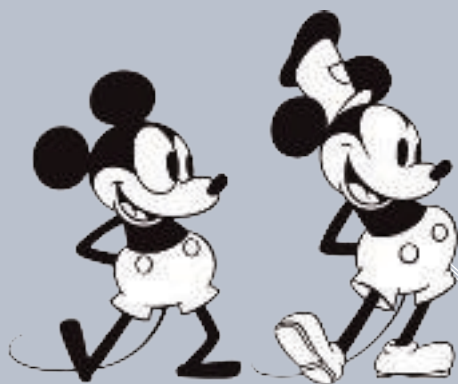
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CHILDREN'S CUTLERY IS OFTEN DECORATED WITH HEROES FROM COMICS OR CHILDREN'S BOOKS. IN 2018, THE MOST FAMOUS OF THEM IS CELEBRATING A MILESTONE ANNIVERSARY – HAPPY BIRTHDAY, MICKEY!

**94 percent** of all children between the ages of 4 and 12 are familiar with Mickey Mouse. So, in 2018, quite a few fans are set to wish the smart mouse all the best on his birthday. He has had a career like no other and is loved like no other mouse. That's why Mickey is the first cartoon character with his own star on the Hollywood Walk of Fame. He got it in 1978 for his 50th birthday. So let's wait and see what he gets for his 90th!





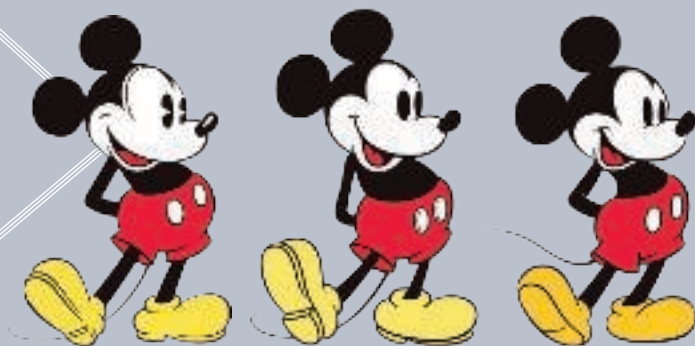


**1928**

At the end of the 1920s, the cartoon film artist Walt Disney invented "Oswald, the lucky rabbit", only to lose the rights to the character the following year. He decided to make a new start – with a mouse called Mickey!

*"I only hope that we don't lose sight of one thing – that it was all started by a mouse."*

WALT DISNEY



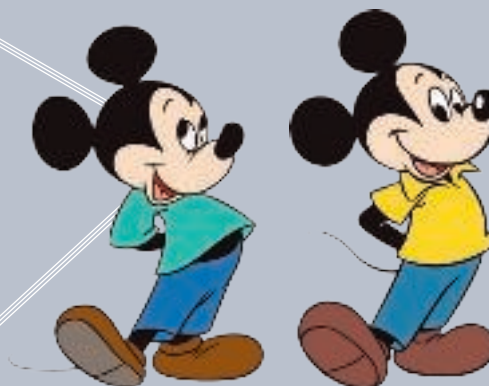
**1930–1938**

It was in his early years that Mickey Mouse underwent a noticeable visual transformation. Between 1928 and 1938, the black-and-white mouse became a hero in red trousers.



**1940**

"Fantasia", with Mickey as the Sorcerer's Apprentice, was the third full-length cartoon film from Walt Disney Studios.



**1950–1966**

Over the years, Disney continued to develop Mickey's appearance. And his adventures continue to enthrall one generation after another.



**2000**

Again in red trousers, but now in 3-D, Mickey is still a hit in the new millennium.



## CHILDREN

Unicorn children's cutlery set  
6-piece  
12 8605 9964



©Steinbeck

+3  
YEARS

King Lion children's cutlery set  
6-piece  
12 8604 9964



©Disney

+3  
YEARS



## CHILDREN

Frozen children's cutlery set  
6-piece  
12 8600 9964



©Disney

+3  
YEARS

Cars children's cutlery set  
6-piece  
12 8601 9964



©Disney/Pixar

+3  
YEARS

Mickey Mouse children's cutlery set  
6-piece  
12 8295 9964



©Disney

+3  
YEARS

Janosh children's cutlery set  
6-piece  
12 9410 9964



Design by ©Janosch  
Licensed by Bavaria Media GmbH

+3  
YEARS

Princess Anneli children's cutlery set  
6-piece  
12 9415 9964



Design by ©Steinbeck

+3  
YEARS

Safari children's cutlery set  
6-piece  
12 8002 9964



Design Markus Binz

+3  
YEARS



STYLE

# WELCOME GUESTS

NATURALLY WE ALWAYS ACCEPT  
KIND INVITATIONS.  
BUT WHAT SHOULD YOU BRING  
FOR THE HOST?  
A FEW SUGGESTIONS,  
GUARANTEED NO FLOWERS.

#### FOR NEW PARENTS

The nights are shorter when there is a newborn in the home – this screams out for an extra caffeine kick! Hand filter coffee pot & roast coffee, e.g. from a local roasting plant like Codos in Hamburg

#### JUST BECAUSE

Fresh fabric for the dressed table: Tavola napkin ring set of 2 & high-quality fabric napkins

## STEAKS

MEISTERSTÜCKE FÜR MÄNNER

**BEEF!**

Tre Torri

#### JUST LIKE IN ITALY

Before pizza or pasta – or simply with red wine. Nuova perforated serving spoon 16 cm & olives, e.g. from Calabriamia Attina

#### FOR MEN WITH TASTE

High-quality meat tastes great 365 days a year. Nuova 12-piece steak knife and fork set & BEEF! Cookbook "Steaks", Tre Torri Verlag, available in bookshops



#### FOR TAKING WALKS

Keeps drinks and connoisseurs warm: Insulation cup 0.35 l Impulse stainless steel, herb/tea infuser and loose tea, e.g. just t N° 24 Organic Black Assam Tea via just-t.de



#### THE RIGHT PARTY SPICES

Fresh herbs liven up buffets and cocktails – and add a decorative touch: Herb scissors & herbs in a pot, e.g. from the weekly market

#### BECAUSE SOUTHERN GERMANY CAN BE ANYWHERE

Suggestion for the next invitation to a Swabian or Bavarian evening: Spätzle press/potato-masher, different coloured potatoes from the market & a tea towel, e.g. Jasmina Blue via pinkmilk.de



#### CARIBBEAN FEELING TO BRING ALONG

Just as tangy as an afternoon at the beach bar: Pineapple cutter Hello FUNctionals & t-shirt with pineapple print, e.g. from Inct Apparel via Amazon

#### FOR WELL-OILED KITCHENS

High-quality oil is the new champagne: Salad servers Nuova 25 cm & a spray oil, e.g. Quattrociocchi Americo Superbo Bio via olivenoele.com





## Breslau

Measuring just 29m<sup>2</sup>, this apartment designed by Polish agency 3XA includes a separate bedroom. The designers created the space needed by cleverly incorporating living, cooking and eating in one area. A small bar with two stools can be used as both a dining table and a desk as well as a partition between the kitchen and the living room – just one inspiring concept from the design book "Small Homes, Grand Living" published by Gestalten Verlag.





STYLE

# Less is MORE

---

HOUSEHOLDS AS WELL AS KITCHENS ARE BECOMING  
INCREASINGLY SMALLER AROUND THE WORLD.  
THIS TREND GIVES THE WMF KITCHENminis®  
AN OPPORTUNITY TO SHINE.



#### ONE EGG – MY EGG

Gift idea: A stylish miniature 1-egg  
cooker and egg cup as a set.





For years, designers, architects and creative residents the world over have come up with imaginative approaches in response to a key trend: people are increasingly flocking to cities with limited living space. This means there are more and more small apartments – due in part to the fact that a traditional large family living in a property has not been the norm for some time now. The current hype around “tiny houses” embodies the principles of minimalism and combination: how to make the most out of small, narrow or low spaces – whether by choice or through necessity.

“Compact living is creating a new standard,” says architect Sigurd Larsen in the preface to the book “Small Homes, Grand Living”. It shows selected examples of work that have improved the quality of life in small spaces. To illustrate this using a current concept, Larsen offers an example from design-conscious Northern Europe: “samtalekøkken” (“conversation kitchen”), an 85-cm high, free-standing kitchen island that can be found in many modern houses in Scandinavia.

Product developers – such as WMF – are also focusing on trends for compact living and are working on modern solutions for small households. Space-saving, practical,

simple: the WMF KITCHENminis®. They work just as well as larger appliances, fit in small kitchens, and can be combined as desired. Whether for eating at home or on the go: all 22 Minis allow you to prepare a rich variety of dishes. Revealing a love for detail in terms of design and functionality, they are the perfect companion for smaller households and create a cosy ambience in the kitchen.

Even at breakfast time, mini appliances keep your home tidy. The compact, space-saving filter coffee machine for five cups with thermal jug made of high-quality, matt Cromargan® fits in harmoniously in even the smallest kitchen. For those in a





**AS YOU LIKE IT**  
Prepare your own fresh and tasty yoghurts in no time at all and enjoy them on the go – it couldn't be easier!



**TWO IN ONE**  
Freshly-brewed filter coffee pours into the thermal jug – or directly into the thermal to-go drinking cup.



**COMPACT SOLUTION**  
The long-slot toaster is a small space-saving miracle and still has space for XXL slices. Bread rolls and croissants turn wonderfully crusty when placed on the fold-out attachment.



#### THE TOP CHOPPER

The multi-chopper does everything at the push of a button – no more time spent chopping herbs, onions or nuts!



#### HOT RICE

Cook a variety of dishes in the rice cooker and safely transport them in the to-go lunch box.



#### FULL STEAM AHEAD FOR VITAMINS

The steam cooker provides healthy meals packed with nutrients.



#### HEALTHY SNACKS OVERNIGHT

The automatic dryer dries delicious snacks and muesli bars on up to five layers in virtual silence.







hurry, the integrated thermal drinking cup can be placed directly under the filter. And if nobody is around to brew the coffee, the 24-hour timer ensures you wake up to the aroma of a fresh batch.

#### INCLUDES TO-GO SOLUTIONS

The WMF KITCHENminis® range also includes stylishly designed appliances with to-go boxes. The automatic dryer has up to five layers, which are the equivalent of around two baking trays, for drying fruit, vegetables, meat, herbs and mushrooms virtually overnight. An absolute highlight: thanks to the exclusive muesli bar silicone mould, healthy snacks made of fruit, nuts

and grains can be conjured up quickly and easily. The rice cooker is the ideal choice for wholesome meals. It is also suitable for cooking many legumes and popular superfoods such as quinoa. It comes with a steamer insert for vegetables.

In addition to space-saving products, WMF KITCHENminis® also offer solutions for the needs of city-dwellers. Urban living in 2018 continues to be shaped by the growing trend for healthy eating and carefully prepared ingredients – and not only at home. This is where some of the advantages of WMF KITCHENminis® come into play: all homemade dishes can be packed up and transported easily and enjoyed on the go. •



#### RECOMMENDED READING: SMALL HOMES, GRAND LIVING

Big ideas for small apartments, Gestalten Verlag 2017, 256 pages, EUR 39.90, German ISBN: 978-3-89955-912-5 (English ISBN: 978-3-89955-698-8)



## SMALL ELECTRICAL APPLIANCES

WMF KITCHENminis®  
Steamer  
04 1509 0011



WMF KITCHENminis®  
Vario 1.0-litre glass kettle  
04 1318 0011



WMF KITCHENminis®  
Raclette for two  
04 1510 0011



WMF KITCHENminis®  
Ice machine 3-in-1  
04 1645 0011



WMF KITCHENminis®  
Yoghurt maker  
04 1520 0011



WMF KITCHENminis®  
Aroma glass coffee machine  
04 1227 0011





## SMALL ELECTRICAL APPLIANCES

WMF KITCHENminis®  
My Egg one-egg boiler  
04 1522 0011



WMF KITCHENminis®  
0.8-litre blender  
04 1649 0011



WMF KITCHENminis®  
One for All food mixer, dark grey  
04 1644 0071



WMF KITCHENminis®  
Smoothie to go  
04 1650 0011



WMF KITCHENminis®  
Single-slice toaster  
04 1410 0011







Enjoyment







ENJOYMENT

# A pot for every KITCHEN IN THE WORLD

PRESSURE COOKERS COMBINE TIME AND  
ENERGY SAVINGS WITH DIVERSITY,  
AND NOT JUST IN GERMANY.







*"The pressure cooker  
can achieve in 15  
minutes what takes  
40 minutes in a  
normal pot."*

ÖZGÜL (37)  
is from Turkey





EVERY KITCHEN NEEDS  
A MODERN PRESSURE  
COOKER. PEOPLE THE  
WORLD OVER ARE  
SEEING THE BENEFITS  
THIS VERSATILE  
APPLIANCE OFFERS.

**M**ore than 330 years ago, the Frenchman Denis Papin invented the steam digester, which was able to generate different pressures and influence the boiling point of water. However, it was a long time before it would make its way into the kitchen: The innovative steel container was first used at the end of the 17th century, primarily in science laboratories. It took until 1927 for a modern pressure cooker to be launched by WMF under the brand name Sicomatic (Siko for short). The Flexsil pressure cooker from Sigg was first popular in Switzerland, while the Kelomat was developed in Austria in the 1950s. Each of the brand names is used synonymously for pressure cookers in the respective country.

#### 1001 DELICACIES

The pressure cooker is ideal for preparing virtually all kinds of food: vegetables, meat and fish, grains and legumes. The results are also excellent for soups, stews, light foods and baby food. In a nutshell, it is an all-rounder which every kitchen should have.

Not to mention the time they save. Oriental cuisine in particular is familiar with 1001 dishes in which legumes such as chick peas or different kinds of lentil play a key role – and are therefore predestined for being prepared in the pressure cooker pot: Lentils take up to 40 minutes to cook in a normal pot, however due to the extreme pressure and high temperatures in the pressure cooker, they cook in just 15 minutes. This represents a time saving of up to 70 percent – with energy savings of around 50 percent. That also applies to spicy stews and rice dishes, such as in Turkish cuisine.

*Do-it-yourself*

## Oriental lentil salad

*A delicate spring onion and mint dressing adds that little something to this dish served lukewarm.*



#### SERVES 4 PEOPLE

**250 g large brown lentils, 1 onion, 1 clove of garlic, approx. 500 ml vegetable stock (instant), 1 bay leaf  
2 cloves, 1 small dried chilli pepper,  
3 tbsp white wine vinegar, 3–4 tbsp lemon juice, 1 tsp honey, sea salt, ground pepper, pul biber, sumach, 6 tbsp olive oil, 3 spring onions, 4–5 stems of fresh mint, 4 beef tomatoes, 2 bell peppers (e.g. red and green), 4 tbsp black olives, 4 mild pickled green peppers, 1 bunch flat parsley**

#### PREPARATION

1. Sort the lentils, rinse them in cold water and leave to drain. Peel and finely dice the onion and garlic. Add to the pressure cooker with the lentils and stock. Add the bay leaf, cloves and chilli. Close the pot according to the instructions and gently cook the lentils on cooking setting 2 for approx. 12 minutes, but not too soft.
2. Meanwhile, mix together the vinegar, lemon juice, honey, salt and pepper in a mixing bowl along with a pinch of pul biber and a pinch of sumach. Mix in the oil using a whisk until a creamy vinaigrette forms. Trim, rinse, shake dry and finely slice the spring onions and mint, and add them to the mixture.
3. Allow the steam to release from the pressure cooker as per the instructions and open. Drain the lentils and mix into the vinaigrette. Leave to cool until lukewarm, stirring occasionally.
4. Rinse the tomatoes and peppers, leave to drain and trim. Cut both vegetables into large pieces or slices. Allow the olives and chilli peppers to drain. Rinse the parsley, shake it dry and chop coarsely.
5. Add salt, pepper and sumach to the lentil salad to taste and arrange with the prepared vegetables and parsley on a plate or in pitta bread pockets.



## Conejo al ajillo

*Rabbit with chick peas and garlic.*



### SERVES 4 PEOPLE

150 g dried chick peas, 2 onions, 4 garlic cloves, 4 small rabbit joints (200 g each), sea salt, pepper, 100 g chorizo (Spanish chilli sausage), 1 tbsp olive oil, 4 tbsp sherry, 1 small bunch of soup vegetables, 1 bay leaf, ½–1 tsp ground cumin, 1 large pinch of ground cinnamon 1 tbsp brown sugar, approx. 400 ml vegetable or chicken stock (instant), 2 bell peppers, 400 g chopped tomatoes (tin), Pimentón de la Vera, 1 bunch flat parsley, ½ bunch fresh coriander

### PREPARATION

1. Leave the chick peas to soak overnight in plenty of cold water. The next day, drain the chick peas, rinse them thoroughly in cold water and drain well. Meanwhile peel and dice the onions and garlic. Wash the meat in cold water, pat dry thoroughly, season with salt and pepper. Cut the chorizo into slices. Heat up the oil in the pressure cooker. Sear the joints on both sides in portions until golden brown. Add the chorizo and sear briefly. Remove everything from the pot, drizzle sherry over the top, cover and put to one side.
2. Roast the garlic and onion in frying fat until golden brown. Put half of it to one side.
3. Trim, wash and dice the soup vegetables. Add to the pot together with the chick peas, bay leaf, ½ tsp salt, cumin, cinnamon and sugar and braise briefly. Pour over the stock until everything is covered with around 1 cm of liquid. Close the pot according to the instructions and cook everything on cooking setting 2 for approx. 15 minutes.
4. Meanwhile, trim and wash the peppers and finely chop.
5. Allow the steam to release from the pressure cooker as per the instructions and open. Mix together the pepper and tomatoes, season with salt, pepper and paprika. Add the joints, chorizo and remaining garlic and onion mix. Close the pot according to the instructions and heat up to the hottest setting, until you reach cooking level 1. Finish cooking the meat and vegetables (approx. 15 minutes).
6. Rinse, dry and chop the herbs. Allow the steam to release from the pressure cooker as per the instructions and open. Season the rabbit stew with salt and pepper, sprinkle over some of the chopped herbs.







*"What I serve is  
just as healthy as  
the raw ingredients."*

ISABEL (54)  
lives in Lübeck and Madrid

#### VEGETABLE SPECIALITIES IN NEXT TO NO TIME

The added bonus of the pressure cooker: Vitamins, nutrients and minerals are largely retained through the gentle cooking process, which leaves you wanting more. The biggest fans of the pressure cooker can therefore be found in the kitchens of Mediterranean countries. The Italians and Spanish for example love vegetables – everything that grows in their own gardens and with unmatched diversity.

A pressure cooker transforms tomatoes, peppers, courgettes and aubergines into spicy spreads, hearty antipasti and aromatic sauces and soups in next to no time. Incidentally, the fact that virtually all the healthy parts of vegetables can be included in the finished dish thanks to the reduced cooking time in a closed pot, was the most important factor for nearly half of all people interested in purchasing one around the world.





*"Those who only use  
their pressure  
cooker to cook rice are  
missing out!"*

SUNG-JIN (46)  
lives in Berlin and has Korean roots

### MUCH MORE THAN RICE

In Asia – especially in China, Japan and Korea – rice is the main food that is prepared in the pressure cooker. This is no surprise, as the small white grains of rice take far less time to cook than in a normal pot, and a large pot is practical for the large amounts that are consumed on a daily basis. However, a pressure cooker is capable of far more than just cooking rice – wonderful spicy soups and stews are guaranteed too!

The pressure cooker also takes care of everything that needs to be steamed. This special item of cookware demonstrates its benefits with the gentle preparation of fish as well as the traditional cooking of hearty dim sum or sweet desserts. Together with different perforated inserts, in Asian cuisine a pressure cooker is a modern alternative to using the combination of normal pot and bamboo basket steamer from Asian shops. •





*Do-it-yourself*

## Jjinppang

*Steamed dough balls stuffed with red bean paste –  
best served warm!*



**MAKES APPROX. 8 TO 10 BALLS**

**150 g Azuki beans, 125 g brown sugar, 1 pinch of salt,  
½ cube of fresh yeast (approx. 21 g), 2 tbsp sugar, 250 g flour,  
½ tsp salt, 125 ml milk, 1 tsp oil, a little butter for spreading**

### PREPARATION

1. Sort the beans, add to the pressure cooker, cover with plenty of water and bring to the boil. Drain, quickly rinse and return to the pot with 600 ml water. Close the pot according to the instructions and cook the beans on cooking setting 2 for approx. 45 minutes until very soft.
2. Allow the steam to release from the pressure cooker as per the instructions and open. Drain off any liquid. Mix the sugar and pinch of salt into the bins and heat up until the sugar has melted. Purée the beans (not too fine) and boil down in the pot without the lid until most of the liquid has evaporated. Transfer the bean purée to a bowl and leave to cool, stirring frequently.
3. Meanwhile, mix together the yeast, sugar and 1 tbsp flour in a bowl, cover it and leave for approx. 5 minutes. Heat up the salt, milk and oil. Add the yeast dough and milk mixture to the rest of the flour, knead together for approx. 5 minutes to create a smooth dough, cover and leave in a warm place for around 30 minutes.
4. Knead the dough again thoroughly, create 8 to 10 flat disks (Ø approx. 8 cm). Use a rolling pin to roll it thin, starting from the thick centre gradually moving towards the edge. Place around 1 tbsp of the bean mixture onto each disk and form small balls, firmly pressing the edges of the dough together. Place on baking paper with the seam facing downwards, cover and leave for another 30 minutes.
5. Place the tripod insert in the cleaned pressure cooker, fill with around 2 cm of water and bring to a boil.
6. Coat the perforated insert with butter, place the small balls on the insert, keeping a slight distance between each ball. Place in the pot. Close the pot according to the instructions and heat up to the hottest setting, until you reach cooking level 1. Turn off the hob. Steam the balls for 3 to 5 minutes.
7. Remove the pot from the hob, release the steam as per the instructions and open. Steam the balls next to each other (or above each other if you have two perforated inserts).



## WMF PERFECT PREMIUM

Thanks to sophisticated technology, the WMF Perfect Premium can be operated in just a few steps. The all-in-one rotary knob conveniently controls all the settings: opening and closing, pre-selection of the two cooking levels and steam release. To clean, simply remove the handle and hold it under running water. The pots are made of Cromargan®: 18/10 stainless steel featuring a TransTherm® universal base for all types of hobs including induction and an inside scale. Available in sizes 3.0 l, 4.5 l, 6.5 l and 8.5 l and as a two-piece stackable set.



WMF Perfect Premium 4.5 l  
07 9582 9990

## WMF PERFECT PLUS

The WMF Perfect Plus pressure cooker offers you tried-and-tested technology with a modern design. Handling and operation are very easy: The rings on the clear cooking indicator display two cooking levels and the residual pressure safety device – and all of the technology is incorporated in the handle. The pots are made of Cromargan®: 18/10 stainless steel featuring an inside scale and a TransTherm® universal base for all kinds of hobs, including induction. Available in sizes 2.5 l, 3.0 l, 4.5 l, 6.5 l and 8.5 l and as a two-piece, stackable set.



WMF Perfect Plus 4.5 l  
07 9312 9990

## WMF PERFECT

The classic among the WMF pressure cookers has been a mainstay of the WMF product range for many years – and with good reason. Its classic design is timeless and its solid function has already stood the test of time. Like all WMF pressure cookers, it is made of Cromargan®: 18/10 stainless steel, making it easy to clean and robust. Its large cooking indicator allows for easy operation, its inside scale for exact filling and the removable handle for easy cleaning. But that's not all. Thanks to its TransTherm® universal base, it is suitable for all kinds of hobs, including induction. Available in sizes 2.5 l, 3.0 l, 4.5 l, 6.5 l and 8.5 l and as a two-piece set.



WMF Perfect 4.5 l  
07 9262 9990



## The jack of all trades



A pressure cooker is a real all-rounder. It combines saving time and energy with versatility and protects the goodness of the ingredients. But how precisely does it do this?

The pressure cooking principle is both easy and great: The pot is closed with a special lid and heated up on the hob together with its contents. The water inside starts to vaporise. Since the water steam cannot escape, the pressure increases inside the pot. The following applies to water and most other substances: The higher the pressure, the higher the boiling point. Therefore, the temperature of the water in the pot heats up to higher than the usual boiling point of 100 degrees. The maximum pressure at which this kind of pressure cooker operates is around 1.8 times higher than normal air pressure, the boiling point of the water reaches up to 117 degrees. The food cooks quicker as a result of these higher temperatures. This saves time and money – and all the ingredients are cooked very gently.

The special lid on the pressure cooker has a rubber ring seal as well as a safety and control valve. This means that the pressure in the pot can be easily checked and balanced.

There is a separate perforated insert available for many pots. Meat and fish, for example, can be cooked in the insert – products that should not come into direct contact with the water.

Pressure cooker accessories set, 3-piece  
07 8961 6040



Pressure cooker insert set, 2-piece, Ø 22 cm  
07 8942 6030



Pressure cooker insert Ø 22 cm, non-perforated  
07 8940 6000





# IMMEDIATE enjoyment

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More and more people are eating on the go.  
This requires smart solutions  
for transporting meals – ideally without  
packaging waste.







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## DISH AUTHOR ANNE-KATRIN GÜLCK GIVES IT A SHOT: HOW MUCH ENJOYMENT AND SUSTAINABILITY CAN THERE REALLY BE ON THE GO?



**C**opious sandwiches, hardboiled eggs and coffee from an insulated jug: A "packed lunch" used to be something people only ate on long holiday car journeys or when picnicking by the lake. Today, transporting food and drink around is quite the norm. Mobility is playing an increasingly important role in nutrition. In 2016, consumer expenditure on away-from-home products rose by around three percent. Christoph Minhoff, General Director of the Federal Association of the German Food Industry (BVE) knows why: "The population is increasingly working, flexible, international, connected and constantly pressed for time." And this is nothing new: The "coffee-to-go" concept has embodied this development around the world for decades. Besides the large coffee house chains, restaurants and kiosks have also started to cater to their customers' need to purchase their favourite hot drinks at any time of day and wherever they may be.

### HEALTHY ON THE GO

Always and everywhere – this is also the prominent trend for eating. Today around a quarter of consumer expenditure is spent on food outside of the home. "A large majority of Germans simply do not have the time, ability or

inclination to prepare food at home themselves," says Minhoff. Whether sushi or salad, even the supermarkets have responded to the changes in eating behaviour, as have most restaurants, which also offer meals to take away. The choice in towns and cities is extremely diverse. When the sun is shining, inner cities around the world are densely populated, people sit on stairways, benches and in parks to eat their warm or cold food from lunch boxes balanced on their knees, or they queue up at takeaway food trucks. The concept of the traditional lunch is waning, particularly among younger employees.

The trend for "eating on the go" has been further boosted by the trend for eating healthy. "There is demand above all for vegetarian products as well as foods with additional health benefits. Over the last few years, we have seen increased interest in ready-made meals, such as fresh salads, in the fresh food segment," continues BVE General Director Minhoff. And Germany is not alone: The American salad fast food restaurants Sweetgreen and Just Salad can now be found on every street corner of New York, while specialist delivery services such as Stadtsalat in Hamburg are on the rise. Whether baby spinach, tomatoes, goat cheese, beetroot, chick peas, chopped almonds, pumpkin





#### CLEVER AND STYLISH

In Germany alone, according to Environmental Action Germany, around 7.6 million disposal cups are thrown away every day. Anne-Katrin Gülck is setting an example. Her Impulse mug from WMF not only helps to protect the environment and keep hot drinks warm for a long time – the design also continues to win prestigious awards.

## How about a little less? Enjoyment without plastic

### REFILL DEUTSCHLAND

Instead of always buying water in plastic bottles, people can now fill up their own bottle with tap water at the many bars, cafés and shops displaying the Refill sticker on their door.  
[www.refill-deutschland.de](http://www.refill-deutschland.de)

### BECHERHELD

Through this project, Environmental Action Germany is encouraging coffee houses to offer reusable cups as well as rewards for using them.  
[www.duh.de/becherheld](http://www.duh.de/becherheld)



### STÜCKGUT HAMBURG

In this zero-waste supermarket, customers fill unpacked foods or cleaning products into their own containers. Since it opened in January 2017, it has already saved almost 50,000 items of disposable packaging. Similar markets are currently opening in many German and European cities.  
[www.stueckgut-hamburg.de](http://www.stueckgut-hamburg.de)



*Do-it-yourself*

## Quick layer salad

*Beets in a variety of shades make this a very colourful and healthy lunch.*



### MAKES ONE GLASS

2 carrots, 2 yellow beets, 2 purple carrots  
1 courgette, 5 radicchio leaves, 1 handful  
baby spinach, 2 tbsp almonds, 30 g pecorino,  
4 tbsp cooked colourful quinoa

### FOR THE DRESSING

2 tbsp yuzu juice (Asian food store; or strongly  
salted lemon juice), 1 tbsp lemon jelly,  
Zest of one and juice of two untreated  
lemons, salt & pepper, 6 tbsp cold-pressed  
sunflower oil

### PREPARATION

Peel the carrots, wash the courgette and use the coarse grating attachment to grate them separately into the salad to-go. Cut the radicchio into fine strips. Slice the almonds using the slicing attachment and finely grate the pecorino cheese using the grating attachment. For the dressing, generously season all the ingredients with salt and pepper – the pure dressing may taste a little too salty – and shake well in a tightly sealed glass with screw-on lid. Arrange the grated vegetables in layers, top with radicchio and spinach, sprinkle almonds and pecorino on top and just before eating pour over the dressing.

*“The away-from-home culture affects sustainability-oriented consumers”*

seeds or pitta bread sticks, the more colourful and diverse the better. Even amateur chefs are joining the trend. “The away-from-home culture, shaped by time pressure and the pressure to succeed, is increasingly affecting consumption-aware and sustainability-oriented consumers, who are rediscovering the fun of preparing their own healthy meals at home,” explains Minhoff. They are using ingredients whose origin is clear. Gourmet products, regional and ecological are also trendy themes.

### 320,000 CUPS PER HOUR

When it comes to the combination of quality, health awareness, sustainability and mobility, consumers require smart solutions for transporting purchased or homemade meals with ease. Ideally without packaging waste. In the Indian city of Mumbai, the concept of the mobile lunch has been popular for a long time and follows the zero waste



### YOUR OWN PICNIC

Whenever the weather in Northern Germany permits, the author enjoys her lunch break outdoors. A healthy salad is quick to make in the morning with the WMF Salad-to-go and stays fresh until lunchtime in the handy bowl with integrated dressing container.





#### A QUICK SOLUTION

A raw vegetable salad is quick to prepare – especially with a practical appliance such as the WMF Salad-to-go, which effortlessly chops even carrots and celery with its various attachments.

principle. A well organized delivery service called Dabbawala delivers a warm lunch in a "dabba" to office workers. The dabba is a multi-compartment metal container that is often referred to as a "tiffin tin" or simply "tiffin" in English.

In Germany, it is the coffee-to-go culture that is currently changing – where less waste is also the order of the day. According to a study by Environmental Action Germany, around 320,000 disposable cups are thrown away every hour. As a result, the number of coffee fans using their own insulated cup is steadily increasing. More and more

catering outlets are offering to fill up customers' own cups or are setting up a cup deposit system.

Besides the classic insulated cups, there is also a wide range of high-quality and durable containers made of glass, stainless steel and plastic (without plasticisers) available. Not only do they keep drinks fresh, they also look good – and for many consumers they have become part of their new lifestyle. And no matter whether you prepare copious sandwiches, hardboiled eggs or a vegan salad: There is a taste of freedom when eating on the go. •





#### HIGH LINE PARK, NEW YORK CITY

The former elevated railway route has been a place of attraction for both New Yorkers and tourists since its completion in 2009. The High Line is a 2.3-kilometre-long park that winds like a green river through the meatpacking district in Manhattan – ten metres above the streets, alternating between diverse vegetation and urban areas. The old railway tracks and wooden beams can be seen all over the park. Secluded corners, layered terraces, works of art and lots of benches make this the ideal place for lunch.

# HIGH NOON in the city

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FOOD TASTES BETTER OUTDOORS! DISH  
REVEALS SOME OF THE MOST BEAUTIFUL  
SPOTS ON EARTH FOR LUNCH OUTDOORS



#### PARQUE DEL BUEN RETIRO, MADRID

On an area stretching 1.4 square kilometres right in the heart of the Spanish capital on the former palace grounds is Buen Retiro park (beautiful sanctuary). The 15,000 or so trees and the breathtaking gardens are not just a paradise for botanists. Residents of Madrid and tourists alike appreciate the wide range of cultural, leisure and sporting activities. With its glass palaces, pavilions, sculptures, fountains, cafés and large lake with rowboat rental, Buen Retiro is the perfect place for an extended lunch break.



## ENJOYMENT



### PARC ANDRÉ CITROËN, PARIS

On the land of the former Citroën car manufacturing plant in the heart of the 15th arrondissement, the architecturally designed park covers an area of 14 hectares – the equivalent of 20 football fields. Its spacious lawned areas traversed by streams, themed gardens and greenhouses, water games and the tethered helium balloon that offers views of the city make this park a popular spot on the left bank of the Seine.



### VONDELPARK, AMSTERDAM

The "green lung" of Amsterdam near the museum quarter is the perfect location to escape the hectic city and enjoy a picnic, lunch or walk. The 15 kilometres of pathways lined by various types of trees stretch throughout the park, which was named after the city's most famous poet Vondel Joost. Vondelpark is also well known outside of the city thanks to its wide variety of birds. Wild parrots, for example, fly around the park, and it is also renowned for its many free concerts and sporting events.



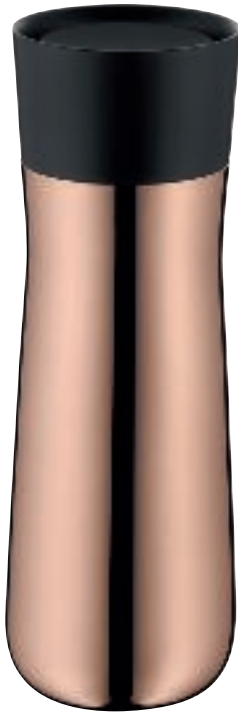


ENJOY ON THE GO

Insulating mug 0.35 l Impulse  
stainless steel  
06 9072 6040



Insulating mug 0.35 l Impulse  
vintage copper  
06 9072 6600



Insulating mug 0.35 l Impulse  
taupe  
06 9073 7270



Insulating mug 0.35 l Impulse  
lime  
06 9073 7200



Insulating mug 0.35 l Impulse  
prussian blue  
06 9073 7530



Insulating mug 0.35 l Impulse  
black  
06 9073 7390



Insulating mug 0.35 l Impulse  
white  
06 9073 7410





Drinking bottle Basic, 0.75l  
turquoise  
06 9084 6040



Drinking bottle Basic, 0.75l  
warm grey  
06 9083 6040



Drinking bottle Basic, 0.5l  
turquoise  
06 9082 6040



Drinking bottle Basic, 0.5l  
warm grey  
06 9081 6040





ENJOY ON THE GO

WMF KÜCHENminis®  
Snack To Go automatic dryer  
04 1525 0011



WMF KÜCHENminis®  
Muesli bar silicone mould  
04 1595 0071





WMF KÜCHENminis®  
rice cooker with lunch-to-go box  
04 1526 0011



WMF KULT X  
Mix & Go  
04 1627 0011



WMF KÜCHENminis®  
Salad to go  
04 1640 0011



WMF KULT X  
Mix & Go Keep Cool  
04 1641 0011





ENJOYMENT





# GREEN SUPER- HEROES

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HERBS OFTEN GIVE DELICACIES  
FROM THE KITCHEN THE FINAL  
TOUCH – AND CAN CURE MANY  
ACHES AND PAINS ALONG THE WAY.





**DANDELION**  
 Dandelion is the all-rounder for and against all ailments. It even dissolves kidney stones. Dandelion can be purchased all year round, but it also grows in the wild. It is best picked in meadows along with the roots. It is a natural stimulant and ideal as a coffee bean substitute – during wartime it was also known as "false coffee". The roots must first be dried, then roasted and finally ground. A teaspoon of the powder is brewed in a cup of hot water, but not for too long, otherwise the coffee will become too bitter. Not only does the herb coffee make you feel alert, it also aids digestion and strengthens the heart.





**R**osemary potatoes, dill cucumber and basil pesto? Delicious! But it gets even more exciting. Some ice cream parlours have raspberry and basil ice cream on their menus and bartenders are mixing gin with sage or thyme. With the slow food movement, instead of mixed spices and seasonings, we are increasingly seeing fresh herbs on our plates and in our glasses. Whether lemon fresh, hot and spicy or slightly peppery – herbs are real aromatic miracles, add the final touch to many dishes and are also packed full of goodness. They provide important vitamins and minerals, and their essential oils have a soothing effect aiding digestion.

#### ANCIENT KNOWLEDGE OF HEALING

One of the oldest herbs used in cooking is coriander. Fans of Asian cuisine love it for its sweet fresh flavour. Above all, however, it has been hailed for its healing powers in India, China and Egypt for thousands of years: It helps soothe digestive complaints and reduces inflammation. Coriander is also a popular ingredient in South American cuisine, where it refines ceviche –an everyday dish of fresh fish marinated in lemon juice and cooked slowly.

Whether traditional cuisine or new nutritional trends, green is good! For a long time, followers of the superfood movement have known how herbs can enhance your diet. In the green smoothie, mix together berries, avocado and kohlrabi or carrot leaves along with wild herbs such as nettle and dandelion. Not only are they stars of the kitchen because of



#### SAGE

*Salvia officinalis* is rich in vitamins, especially B3 and C, as well as minerals and tannins. The latter reduce inflammation and have an antioxidant effect. Without sage, there are countless Italian dishes, such as Saltimbocca alla Romana that simply would not exist.

#### Do-it-yourself

## Herby salmon tart

*This treat for the eyes served fresh out of the oven is packed full of the herbal power of sage and kohlrabi leaves.*



#### FOR 1 TART, DIAMETER 20 CM

300 g flour 2 pinches of salt, 120 g butter, 1 egg, butter for greasing the mould, flour for rolling, baking beans; 4–5 sage leaves, 1 handful flat parsley, 1–2 bunches wild garlic, 2 handfuls kohlrabi leaves, 300 g green asparagus, 150 g sugar snap, salt, freshly ground pepper, 100 ml cream, 5 egg yolks; as well as: 40 g pine nuts, 200 g smoked salmon fillet, 3–4 sugar snaps, edible flowers, spinach and lettuce leaves for garnish

#### PREPARATION

1. Mix the flour and salt, rub together with the butter to make crumbs. Add the egg and quickly knead to create a smooth dough. Mould into a ball shape and wrap in cling film. Leave in the refrigerator for around one hour. Preheat the oven to 180 °C upper and lower heat, grease the mould.
2. Roll out the dough onto a floured surface to create a round shape slightly larger than the mould, place onto the mould and shape the edge of the dough. Cover the dough base with baking paper, place the baking beans on the paper to weigh it down and bake blind for 15–20 minutes to a blonde colour. Remove from the oven and allow to cool.
3. Meanwhile, blanch the herbs and kohlrabi leaves for 1–2 minutes, quench in iced water and finely purée while dripping wet.
4. Trim and peel the asparagus, trim the sugar snaps. Cook both in salted boiling water for around 10 minutes until soft, quench in cold water. Put 2–3 asparagus sticks to one side for garnishing, purée the rest with the herb cream and sugar snaps. Season with salt and pepper, mix together with the cream and egg yolks. Coat the base of the tart with the mixture and bake in the oven at 160 °C upper and lower heat for approx. 25 minutes until the vegetable herb mix has thickened.
5. Dry roast the pine nuts until fragrant. Tear the smoked salmon fillet apart, distribute both ingredients together with the remaining asparagus over the tart. Garnish with the sugar snap, edible flowers, spinach and lettuce leaves.





#### THYME

Depending on the variety, the small delicate leaves of this herb have a slight taste of lemon or caraway and add a lovely touch.

Thyme tea helps respiratory illnesses and its carvacrol content has inflammation reducing properties.

their valuable contents but also offer healing benefits. Unlike many exclusive superfoods such as goji berries, they can also be grown regionally – if they cannot be found in the wild. Dandelion for example, grows in abundance on grassland and by the side of the road. Not only does it have a positive effect on the liver, gall bladder and the entire digestive system, *Taraxacum officinale* also helps rheumatism and soothes chronic skin disorders. Chefs use the young leaves of the spicy, slightly bitter and nutty tasting wild herb primarily in salads, soups and smoothies.

#### GOODNESS FROM THE WHOLE PLANT

It is also astounding how healthy and tasty the supposed leftovers of vegetables are. Carrot and kohlrabi leaves even surpass the actual turnips and tubers themselves in terms of their healthy contents.

Aroma, health and appearance: Our ancestors around the world knew about the all-round benefits of herbs. And in today's modern, urbanised and fast-paced world, basil, parsley and other herbs have an added benefit: They also thrive at home in pots without any effort.

#### Do-it-yourself

## Green Smoothie

*Carrot leaves, thyme & chia seeds make this vegan vitamin cocktail a superfood star!*



#### SERVES 4 PEOPLE

**2 ripe pears, 1 banana,  
100 g baby spinach leaves, 1 handful carrot leaves,  
250 ml cloudy apple juice,  
1 tsp fresh thyme leaves, 1 tbsp chia seeds**

#### PREPARATION

Peel, halve and core the pears, and cut them into small pieces. Peel the banana and cut it up. Trim and wash the baby spinach, wash the carrot leaves and leave to drain. Finely purée all the prepared ingredients in the blender together with the apple juice, thyme and chia seeds,

and serve immediately. Those who prefer it cold can add a few ice cubes into the blender.

**TIP:** Ripe fruit in the green smoothie not only give it a creamy texture but also add a sweet touch. They make the drink easier to digest too.





#### KOHLRABI LEAVES

Kohlrabi leaves, which many chefs simply throw away after preparing the vegetable, contain lots of fibre, vitamins and minerals – including twice as much vitamin C and cell-protecting carotenoids than in the tuber.



#### CARROT LEAVES

Finely chopped, the part of the carrot that grows above the ground can be mixed into the leafy salad, just like parsley. When steamed for just a short while, carrot leaves retain their valuable properties, even when served in warm dishes – the calcium content is higher in the leaves than in the root.



## SPICES

WMF LINEO 4-in-1 stainless steel stick blender  
04 1635 0011



Ceramill Nature  
Salt and pepper mill set,  
2-piece  
06 5233 4500



Chopping knife  
18 7337 6030



Moto  
Oil/vinegar set  
06 5616 6040



Chopping board  
18 8726 4500



Salt/pepper mill  
Birch, lacquered black, 50 cm  
06 6715 4500



Ceramill Trend white  
06 4790 7630



Ceramill de Luxe  
Spice mill with the exclusive  
ceramic grinding mechanism  
06 6771 6040



WMF KULT pro  
Power Green Smoothie  
blender 2.0 l  
61 3022 2132



Spice cutter  
06 4808 6030



WMF LINEO stainless steel chopper  
04 1620 0011





## Lights on & water go!

A garden for fresh herbs in the kitchen all the time – with the WMF AMBIENT Herbs@home. The indoor plant pot has space for two herb or flower pots and incorporates intelligent functions to make sure that basil and other herbs stay fresh and look good for a long time.



Thanks to a special technique for adding water using wick watering, the herbs or flowers in the WMF AMBIENT Herbs@home can be supplied with the perfect amount of water at any time using the self-watering system. Too much or too little water is a thing of the past. You can check the water level quickly and easily with the inconspicuous water level display, and fill it up if necessary without having to remove the plants. The tank contains enough water for up to four days. After a long weekend away, you won't ever come home to wilted herbs again!



And a cool little bonus: A sophisticated, energy-efficient LED lighting system creates exciting light effects and lets the plants shine. By gently touching the stainless steel housing you can turn the lamp on and off and adjust the brightness (three levels). This creates an all-round harmonious atmosphere, which showcases the decorative green colour to perfection.

WMF AMBIENT Herbs@home  
04 1901 0011



**Herb scissors**  
18 8248 6030



**Gourmet  
herb garden pot, individual**  
06 4131 6040



**Gourmet herb garden 3-piece with watering system**  
06 4130 6040





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