



## A Taste of Autumn

### Ingredients

- 2pc Slices Rye sourdough
- 2 tbsp. Blue Stilton cheese
- 2pc Slices Pumpkin (1cm thick)
- 10g Brown Sugar
- 30g Sliced shallots
- Handful of spinach and watercress

### Cooking cycle – 3 phase, flex model

	Top temp	Bottom t.	Tot time	Microwave	Bef/after	Flex	Food temp
SpeedLight	250°C	220°C	1.15 min	30	Before	On	+3°C



### Chef Tips

Slice pumpkin 1cm thick, coat with oil, season and grill on automatic grilled vegetable cycle on Skyline.

Cook shallots in a little oil, 10g brown sugar until caramelized.

Assemble the sandwich on sliced rye sourdough. First a layer of onions, then top with pumpkin, pieces of blue stilton and then spinach and watercress.

English specialty



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