

## Quick, healthy cooking with BORA and the new 5|5 Team Edition

**Raubling.** BORA Lüftungstechnik GmbH, manufacturer of innovative cooktop extractors, is adding a new, more compact edition to its cookbook series. It was originally launched with several 10|10 editions, and now BORA is bringing more inspiration to the kitchen with creative recipes using the new 5|5 concept. 'Enjoy the simple things' is the motto behind the concept. It is aimed at everyone who likes to serve up quick and tasty meals which are still healthy and nutritious to eat even if there is little time to cook. The recipes only take five minutes to prepare and five minutes to cook, meaning anyone can create delicious dishes from just a few ingredients.

The BORA – hansgrohe cycling team are the stars of this second 5|5 Edition cookbook. Drawing inspiration from the team's international line-up, BORA has compiled ten recipes from ten countries, combining the sportsmen's favourite tastes with flavours from around the world.

Recipes include the Australian creation flank steak on pomelo salad; steak with sweet potato fries and healthy barbecue sauce, a dish reflecting Belgian culinary tastes; grilled romaine lettuce with parmesan dressing and crispy South Tyrolean bacon for an Italian touch; and halloumi burger with cranberry and maple sauce and salad, bringing a dash of Canadian style to the plate.

All of these meals can be easily recreated on BORA cooktops. All BORA products feature innovative controls combined with a high-performance cooktop extractor system that removes cooking smells and vapours before they have a chance to rise and spread, drawing them right from where they are created: at the cooktop or from the saucepan, roaster, pan or grill. Cooking healthy and tasty meals has never been so easy.



The latest 5|5 Edition was inspired by the BORA – hansgrohe cycling team: 27 cyclists from nine countries with tastes from around the world.



### **About the company:**

Since 2007, BORA Lüftungstechnik GmbH, headquartered in Raubling, Upper Bavaria, has successfully developed and sold cooktop extractor systems that draw vapours downwards thanks to the use of patented technology. The innovative BORA Professional, BORA Classic, BORA X Pure, BORA Pure and BORA Basic product ranges are sold in 60 countries worldwide.

BORA founder Willi Bruckbauer has a vision: the end of the extractor hood. The patent he developed has multiple advantages: the premium-quality systems are more effective than conventional hoods, extremely quiet, energy efficient and easy to clean. They enable maximum design freedom for kitchens and a clear view.

The company received its first award within the scope of the innovation contest “365 Orte im Land der Ideen” (365 Places in the Land of Ideas) back in 2009, followed by the German Entrepreneurs’ Award, Red Dot Awards, Plus X Awards, German Design Awards, Iconic Awards, German Brand Award, Good Design Awards, iF Design Awards and others.

For further information, please visit [www.bora.com](http://www.bora.com).

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