

## BORA cookbooks add new verve to everyday cooking

BORA is committed to revolutionising the kitchen as a living space, with extraordinary products for extraordinary experiences. In line with this mission, the company has recently published two new cookbooks to provide inspiration for healthy everyday meals. '365 days' with simple, tasty recipes and 'Crispy. Tender. Succulent' for simple cooking with the BORA X BO professional steam oven provide a plethora of mouthwatering suggestions. Whether for small dishes, starters, mains or desserts – the focus is always on the pure joy of cooking. This is why their everyday suitability was a key criterion when creating the wide range of recipes.



Healthy everyday cuisine, simply prepared – for truly enjoyable everyday cooking. The BORA '365 days' cookbook for fans of fresh and simple cuisine contains over 90 recipes and multiple expert tips on healthy eating. Photo: BORA

### '365 days. Everyday recipes – healthy and simple': the cookbook for everyday use

'365 days' brings together around 90 recipes for delicious European cuisine, featuring small dishes, starters, mains and desserts from Germany, Spain, France, Italy, England and the Netherlands. In creating this cookbook, it went without saying that BORA, a manufacturer of premium built-in kitchen appliances, based many of the recipes on the nutritional guidelines that it has defined within the scope of its sponsorship commitments to the BORA – hansgrohe cycling team.

Making fresh and healthy food every day can be a real challenge. At some point, we all simply run out of ideas for quick and easy recipes. BORA created the '365 days. Everyday recipes – healthy and simple' cookbook in cooperation with the publishing house Gräfe und Unzer Verlag to provide plenty of inspiration in this regard. The contents are not linked to the use of a BORA cooktop extractor system and are therefore suitable for anyone who appreciates ideas on healthy eating.

BORA experts – including cookbook author Bettina Matthaei and BORA chefs such as Luigi Cassago, Jaime Seva, Henk van den Born or pâtissier Werner Raith – have used their culinary skills and enthusiasm to give a contemporary twist to many classic dishes. All of these have one thing in common: they enable a varied, nutritious and balanced diet with little effort. Readers will discover both refined and down-to-earth cuisine as well as unusual flavour combinations, all of which are sure to awaken a new desire for European cuisine that anyone can make. These recipes make modern everyday cooking truly enjoyable.

Each recipe begins with a brief cultural or culinary introduction to the dish or the ingredients. The ‘Small dishes’ chapter offers recipes such as ‘Porridge à la bircher’ and ‘Open ham sandwich with quick mango chutney’, which guarantee a healthy start to the day or top up energy reserves as snacks. When it comes to starters, the cookbook makes it easy to serve up ‘Dutch mustard soup with hot-smoked salmon’ or ‘Saltimbocca with gilt-head bream’. Even though the recipes may sound refined, e.g. ‘Pizza bianca with cavolo nero and sultanas’ or ‘Poké with mushroom balls’, the cookbook’s users do not need any ambitions to be a chef in order to make the tasty mains. The carefully curated desserts – such as ‘Spanish egg custard’, ‘Calvados apple tart’ or ‘Steamed dumplings with poppy seeds’ – are not only easy to make but also wonderfully indulgent.

In addition to the recipes, the cookbook also provides plenty of additional inspiration with its large food and table images. The book also starts with lots of handy basic information about cooking and healthy eating. For example, Robert Gorgos, nutritionist and nutritional advisor for the BORA – hansgrohe cycling team, shares fascinating insider knowledge and numerous practical tips.

Topics such as ‘Shopping for healthy everyday meals’ provide simple descriptions of the foods that are essential for everyday life and explain why – and all of this is clearly laid out in short sections. The practical benefits of the cookbook also shine through in the chapters on cooking with herbs and spices, batch cooking, flavour & food pairing, and making healthy snacks.

It should also be noted that ‘365 days’ is not a cookbook with recipes that must be strictly followed. It reveals possibilities and invites users to add a good pinch of experimentation in order to vary dishes in line with personal taste preferences and individual needs. Many of the recipes therefore come with additional tips on vegetarian or seasonal alternatives to the ingredients shown, so wonderfully fresh produce tailored to the diners can be served up every time. It is a well-known fact that we also eat with our eyes, and the recipes are therefore presented with high-quality photos of the finished dishes, taken in BORA’s inhouse photo studio. The title of the cookbook, purposefully chosen as ‘365 days’, attests to the fact that it is ideal for use every single day: whether a ‘Cherry tomato, feta and basil omelette’ or ‘Lemon linguine with burrata’, the book offers plenty of ideas for healthy and delicious meals that are quick and easy to make even at the end of a long working day.

With an RRP of €29.00, the book is available for purchase online on Amazon or from kitchen retailers who have partnered with BORA.

Want a sneak peek? Several of the recipes can be viewed here. [Extract from the cookbook as a PDF]

## Fact sheet

### 365 days – Everyday recipes – healthy and simple

- Published by Gräfe und Unzer Verlag
- Format: 23 x 26 cm
- No. of pages: 224
- Content: over 90 recipes
- ISBN: DE 978-3-8338-9082-6
- RRP: €29.00
- Available to order now on Amazon or to look through in person at kitchen retailers who have partnered with BORA



Pan-seared cod with cherry tomatoes and haricot bean purée



Lemon linguine with burrata



Light chocolate mousse

Photos: BORA

## 'Crispy. Tender. Succulent' – favourite dishes from the BORA X BO steam oven

Even the title sounds mouthwatering: 'Crispy. Tender. Succulent' is a cookbook filled with everyday, healthy recipes that have been specially designed for preparing with the BORA X BO professional steam oven. The book is the successor to the cookbook 'Gourmet cuisine from the steam oven', for which top chefs such as Johann Lafer and Eckart Witzigmann reinterpreted their classic dishes for the innovative BORA oven.

The over 70 everyday recipes in this latest cookbook offer plenty of inspiration for using the professional steam oven to make traditional, international favourites with a contemporary twist – from a marinated flank steak through the perfect onsen egg to molten chocolate cakes. Rounded off with helpful tips from the BORA experts, modern baking and cooking have never been so much fun.

'Crispy. Tender. Succulent' is a cookbook for all steam oven users – offering healthy everyday meals and delicious variety every single day.

With an RRP of €19.00, the book is available for purchase online on Amazon or from kitchen retailers who have partnered with BORA.

Want a sneak peek? Several of the recipes can be viewed here. [\[Extract from the cookbook as a PDF\]](#)



Enjoy simple home cooking with the steam oven every single day: 'Crispy. Tender. Succulent' treats fans of the BORA X BO professional steam oven to over 70 everyday recipes.

Photos: BORA

## Fact sheet

Crispy. Tender. Succulent. The easy way to cook with the professional steam oven – recipes for the BORA X BO.

- Published by BORA's own publishing house
- Format: 21 x 24 cm
- No. of pages: 192
- Content: over 70 recipes
- Available to order now on Amazon or to look through in person at kitchen retailers who have partnered with BORA



Salmon with radish & cucumber salad



Celeriac gyros with tzatziki



Coconut crème brûlée with pineapple



### **About the company**

BORA develops and produces innovative premium built-in kitchen appliances with impressive design standards. The German-Austrian company group positions its portfolio internationally with the claim 'More than cooking.' Since Willi Bruckbauer founded BORA in 2007, the company has been committed to revolutionising the kitchen as a living space by questioning the ordinary. Its mission: to offer extraordinary products for extraordinary experiences.

The story began with the innovative cooktop extractor systems, which use intelligent technology to draw cooking vapours downwards and are continually developed through BORA's own drive for perfection. After the expansion of the product range to include the BORA X BO, a professional steam oven for your home, and the associated BORA multi-drawer, refrigeration and freezing systems as well as lighting followed. BORA products are characterised by outstanding performance, simple cleaning and simple operation. Thanks to their timeless design, they fit perfectly into any kitchen, where they provide fresh air and a clear view.

BORA employs over 500 people, primarily at its sites in Raubling, Niederndorf and Sydney as well as in its flagship stores in Munich and Herford, and sells its products in over 60 countries worldwide.

Back in 2009, the company received its first award within the scope of the innovation contest 365 Orte im Land der Ideen, followed by the Deutscher Gründerpreis and numerous Red Dot Awards, Plus X Awards, German Design Awards, Iconic Awards, German Brand Awards, Good Design Awards and iF Design Awards, among others.

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

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