

*Optimum*  
**ThermoCook**

PROFESSIONAL COOKING ASSISTANT



**100+  
RECIPES  
INSIDE**

RECIPE BOOK



*Welcome to Froothie  
and your professional  
kitchen assistant.*

We hope you enjoy creating these delicious, quick and easy recipes in your Optimum ThermoCook Multi-Function Cooking Appliance.

**Features of the Optimum ThermoCook  
multi-purpose 2.0L Bowls**

**2.0L Blender Bowl**

This multi-purpose bowl offers complete versatility, functions include blending, chopping, mixing, cooking, boiling and much more.

**2.0L Mixing Bowl**

This multi-purpose bowl is featured in a number of recipes that require two bowls.

To purchase the Mixing Bowl, visit Froothie International and select your country,

**[www.froothieinternational.com](http://www.froothieinternational.com)**

# CONTENTS

**Getting to know your  
ThermoCook 4**

**Accessories and Icons 5**

**Auto Programs 6**

- Smoothie
- Quick Soup
- Thick Soup
- Chop
- Sauté
- Stir
- Knead
- Steam
- Stew
- Warm
- Reheat
- Boil
- Yogurt
- Rice
- Porridge

**DIY 10**

**Grinding and Milling 11**

**Useful Tips 12**

**Cleaning advice 13**

**Recipes**

- The Basics – Base recipes  
to get you started with your  
ThermoCook **15**
- Dips, Spreads & Sauces **27**
- Beverages **43**
- Soups **49**
- Side Dishes **59**
- Main Dishes **67**
- Breads & Dough **91**
- Desserts & Baking **105**
- Kids Meals **135**

**Recipe Index 142**

# GETTING TO KNOW YOUR THERMOCOOK



## Operating Buttons

- 1 Stop/ Cancel
- 2 Start/ Pause/ Scroll
- 3 Timer
- 4 Speed
- 5 Temperature
- 6 Heat Power
- 7 Pulse
- 8 Auto Programs
- 9 DIY Program

## 10 Digital Display



- 1 Time Display:  
Hours: minutes: seconds
- 2 Blade Speed: 01 – 10
- 3 Temperature: 037 – 120°C
- 4 Heat Power: 01 – 10
- 5 Auto Programs
- 6 Lid or Bowl not closed/ secured
- 7 Lid and Bowl correctly installed
- 8 DIY

# ACCESSORIES AND ICONS

The following accessory icons are used in each recipe to indicate which accessory is required.



## BLENDED BOWL

The blending bowl contains the chopping blade.



## COOKING BASKET



## MIXING TOOL



## MEASURING CUP



## MIXING BOWL

The mixing bowl contains the kneading hook.



## STEAMER

- 1 Steamer base
- 2 Steamer top
- 3 Steamer lid



## SPATULA



# AUTO PROGRAMS

The 15 preset Auto Programs are designed to enable you to make meals quickly and with minimal fuss. You will find many recipes in The 'BASICS' section include the use of an Auto Program. The 'BASICS' is a great place to start to familiarise yourself with the ThermoCook and learn how the auto programs can be a great help and time saver.

You may find from time to time that you want to adjust an Auto Program. Here you will find a summary of the adjustment parameters for each Program. Several programs cannot be adjusted as the optimum settings have been preset.

Press the Auto Program button to access 15 auto programs.

## SMOOTHIE



Default Setting:

Speed 10 for 30 seconds. All settings non-adjustable.

If left idle for 10 minutes after program completion, machine will turn off automatically.

## Quick SOUP



*Ideal for vegetable soup*

Default Setting:

Step 1: Speed 10 for 30 seconds

Step 2: Speed 2 and temperature 100°C until finish.

Default timer is 20 minutes.

**Timer adjustable** from 15–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

**Tip:** If you prefer your soup to be super smooth allow the soup to cool down and then select SMOOTHIE (a built-in safety feature will not allow the ThermoCook to operate above speed 4 if the temperature is more than 60°C).

## Thick SOUP



*Ideal for soups containing meat*

Default Setting:

Step 1: Speed 10 for 30 seconds

Step 2: Speed 3 and temperature 100°C until finish.

Default timer is 30 minutes.

**Timer adjustable** from 15–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

---

**CHOP**

Default setting:

Speed 5 for 1 minute.

**Timer adjustable** from 1 second – 5 minutes.

If left idle for 10 minutes after program completion, machine will turn off automatically.

---

**SAUTE**

Default setting:

Speed 1, temperature 120°C for 5 minutes.

**Timer adjustable** from 1–30 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

---

**STIR**

Default setting:

Speed 2, Temperature 100°C,  
Heat Power 10, for 30 minutes.

**Speed adjustable** from 0–3

**Temperature adjustable** from 90–120°C.

**Heat power adjustable** from 0–10

**Timer adjustable** from 5–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

---

**KNEAD**

**IMPORTANT:** Kneading *must* be done using the *ThermoCook* Mixing Bowl.

Default setting:

Step 1: Speed 3 for 3 minutes

Step 2: Speed 2 for 7 minutes.

**Speed adjustable** from 2–3

**Temperature adjustable** from 0–37°C.

**Timer adjustable** from 3–10 minutes.

If left idle for 10 minutes after program completion, machine will turn off automatically.

---

**STEAM**

Default setting:  
Continuously boils the water for 20 minutes.

**Timer adjustable** from 15–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

**STEW**

Default setting:  
Step 1: Heats until boils, Speed 0, Heat power auto adjusts  
Step 2: Temperature is maintained around 90–95°C.  
Default timer setting is 3 hours.

**Timer adjustable** from 1–12 hours.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

**Tip:** The *ThermoCook* can be used as a slow cooker by selecting the STEW function. Using a slow cook recipe (ensure quantity does not exceed maximum level in blending bowl) you can SAUTÉ, CHOP etc. any of the ingredients e.g. onions, garlic, meat etc. in the Blending Bowl add the rest of the ingredients then select STEW, select the time and leave.

**WARM**

Default setting:  
Temperature 80°C, Heat power 2, Timer 1 hour.

**Timer adjustable** from 1–12 hours.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

**REHEAT**

Default setting: Heats up and maintains around 90–95°C, Timer 30 minutes.

**Timer adjustable** from 1–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.



## BOIL



Default setting:

Heat Power 10, Speed 0. Stops automatically when it reaches boil.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

## YOGURT



Default setting:

Temperature 37–39°C, Heat power 1, Timer 6 hours.

**Timer adjustable** from 3–12 hours.

If left idle for 10 minutes after program completion, machine will turn off automatically.

## RICE



Default setting:

Step 1: Temperature 105°C (temperature and heat power adjusts automatically depending on volume).

Step 2: Maintains temperature around 105°C until finish.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

## PORRIDGE



Default setting:

Step 1: Timer 1h, Speed 1, Temperature and heat power auto adjusts. Heats until boils.

Step 2: Temperature is maintained around 90–95°C until finish.

**Timer adjustable** from 30–90 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter 'WARM' mode.

# DIY



- There are three DIY programs. This enables you to record your favourite recipes. The DIY program enables you to preset up to 20 steps.
- Press the DIY button, and the icon **DIY1** on the digital display will flash. Press again, to select between **DIY1** **DIY2** **DIY3**.
- For recording: when the DIY icon flashes, press and hold the DIY button for 5 seconds, until the screen shows STEP:01 ( **5F EP:01** ). Set the desired speed, temperature, heat power, timer and press DIY button again, it comes to STEP:02 ( **5F EP:02** ); repeat until you finish the DIY program, up to a maximum of 20 Steps. When finished, hold DIY button again for 5 seconds to record and save the program.
- Please note during program setting
  - You cannot advance to the next step until a time is entered
  - You cannot revise a DIY program. It has to be deleted and re-written.
- A DIY program has a time maximum of 3 hours.
- If the DIY program has no settings the screen will show 'NULL'.
- To operate: Press DIY and select the desired DIY function, and press START to start working as recorded.
- You can only reprogram an existing DIY button by deleting the previous program. To delete, select the DIY button and start the recording process. The first step "Press and hold the DIY button for 5 seconds" will delete the previous recorded program.
- During working of DIY program, the machine will stop for 10 seconds at the end of the step and will beep to allow you to PAUSE the machine and add ingredients if needed. If left idle during these 10 seconds, the machine goes to next step according to the setting.
- During working of DIY program, all settings can be adjusted freely, but it will not revise the recording.
- Press STOP/CANCEL during recording, and the machine will stop recording and abandon the records.

# GRINDING AND MILLING

Your ThermoCook will grind and mill with ease. Here are a few tips and common ingredients to get you started:

- Make sure that your blending bowl and blades are dry and clean, any moisture will not give a good result.
- When you are processing to a very fine powder i.e. granulated sugar to icing sugar wrap the lid of your ThermoCook with plastic wrap making clean up easier.
- Do not leave the *ThermoCook* unattended when operating at high speeds.
- Is it not recommended that you grind and store large amounts of spices as they will lose their flavours if stored for many months. It is best to grind smaller amounts and use at their best.
- All milling and grinding should be performed with the Measuring Cup in locked position on the lid.

| TO MAKE                                 | AMOUNT  | INGREDIENT                      | SELECT   |
|---|---------|---------------------------------|--|
| Castor sugar                            | 100g    | granulated sugar                | PULSE for 3 – 5 seconds  |
| Icing sugar                             | 100g    | granulated sugar                | SMOOTHIE   |
| Ground coffee                           | 125g    | coffee beans                    | SMOOTHIE   |
| Ground pulses, e.g. lentils, split peas | 100g    | dried lentils, dried split peas | SMOOTHIE repeat if required  |
| Besan (chickpea) flour                  | 100g    | dried chickpeas                 | SMOOTHIE repeat if required  |
| Ground rice                             | 100g    | rice                            | SMOOTHIE   |
| Rice flour                              | 100g    | rice                            | SMOOTHIE repeat several times until texture you require is reached   |
| Ground nutmeg                           | 2 whole | nutmegs                         | SMOOTHIE   |
| Ground cinnamon                         | 4       | cinnamon quills                 | SMOOTHIE repeat if required  |
| Ground cloves                           | 10g     | whole cloves                    | Select SMOOTHIE. Whilst the <i>ThermoCook</i> is running quickly place the cloves in the Measuring Cup and tip into the bowl and lock. Repeat SMOOTHIE if required |
| Ground coriander                        | 10g     | whole coriander seeds           | See ground cloves  |
| Almond meal                             | 200g    | whole almonds                   | SMOOTHIE   |

## USEFUL TIPS



The *ThermoCook* recipe book has simple recipes to experiment with and help you to get to know your machine and its functions. There are many other resources available to you so you can experiment and get the best from your machine. “Thermo” style cooking is a new way of cooking and there are many recipe books, websites and blogs that are a great way to further your knowledge and gain confidence with your *ThermoCook*. Recipes can be easily converted for use in the *ThermoCook*. For example when reading through a recipe written for other thermo machines, read through the entire recipe and see if some of the processes can be changed to an auto program available to you. *ThermoCook* does not have reverse so substitute it for speed 1, no speed or use the mixing bowl which has the kneading hook which will gently stir the food. All of the recipes here have been compiled and written for the *ThermoCook*. We encourage you to substitute flavours and ingredients to your family favourites and to try inventing your own recipes!

- The *ThermoCook* gets VERY HOT. Treat it with respect and always be mindful to keep it out of reach of children and away from bench top edges
- Always open the lid away from you. Always pick up the bowl and steaming trays by the handles.
- IMPORTANT: Do not use the Mixing Tool above speed 4– it will detach and get destroyed by the blades.
- Do not insert the Spatula into the bowl when the blades are operating
- When kneading or operating at fast speeds do not leave the machine in case of movement
- For auto programs select the AUTO PROGRAM  button, then turn the dial to select program e.g. **STIR** then you can select and adjust TIME / SPEED / TEMPERATURE / HEAT POWER within the preset where possible.
- Always lock the measuring cup when using the *ThermoCook* unless stated in the recipe
- When cooking with the Measuring Cup off, place the cooking basket upside down over the measuring cup opening to minimize food splatter. 
- If you want to decrease the quantity of a recipe from 4 to 2 servings, halve the ingredients and decrease the cooking time by 20% of the original cooking time.

# CLEANING ADVICE

**IMPORTANT: KEEP THE BOTTOM OF THE BOWL DRY. DO NOT IMMERSE THE BOWLS IN WATER OR PUT IN THE DISHWASHER.**



When cleaning the bowl by hand, add some soapy water into the bowl and use a long handed scrubber or pad. A bottle brush is great for getting the blade assembly clean.

**Auto Clean:** Place enough water to cover the blade assembly. Add a small amount of dishwashing liquid. Close the lid and place on the Measuring Cup to prevent any splashes. Set the following: 4 minutes. Speed 3. 100°C. Rinse with clean water.

**Quick Clean:** Empty food from bowl. Cover blades with water and add a small amount of dishwashing liquid. PULSE on for a few seconds as needed. Rinse with clean water.

**Deep Clean:** To clean hard to remove food that may have burnt on the bottom of the bowl or just to keep your bowl in pristine condition. Add 2tbsp bi carb soda, 2tbsp vinegar and enough water to cover the blade. Cook for 3 minutes, Speed 3, 115°C. Rinse with clean water. If there is any food residue it can be easily wiped with a soft sponge.





**BASICS**

# BREAD CRUMBS

## Ingredients

4 slices frozen bread



## Preparation

Acc.



1. Break up bread and place in bowl

2. Select **CHOP**

1 min

# WHIPPED CREAM

## Ingredients

200ml thickened cream  
2tsp of icing sugar if desired



## Preparation

Acc.



1. Place in ingredients with Mixing Tool attached

2. Process until desired consistency is achieved\*

3 mins 4

\*Note: After 1 min, press PAUSE and check cream density, then continue. Do this every 15 secs. Cream can turn quickly so keep checking.

# YOGHURT

## Ingredients

1200g milk  
200g thickened cream  
200g Greek natural yoghurt



## Preparation

1. Place in all ingredients
2. Select **YOGURT**
3. Walk away for 8-10 hours

Acc.



Store in the fridge. The yoghurt will thicken. If you want a much thicker yoghurt reduce the milk to 1000g

# EGG WHITES

## Ingredients

2-10 egg whites  
Pinch of salt



## Preparation

1. Place in all ingredients

Acc.



3-5 mins      4      37°C

*Tips: Eggs should be at room temperature.*

*Egg whites, bowl, blades and mixing tool must be spotlessly clean with no trace of oils or egg yolk.*

*Temperature should always be set at 37°C*

# PURE BUTTER OR BUTTER BLEND



## Ingredients

600ml cream  
(must be very cold)  
Ice cold water approx 1 litre

Note: The freshness of the cream makes a difference to the time it takes for the cream to separate so setting the machine to 6 mins allows for extra processing time. Press Pause to stop and start the ThermoCook as you follow the steps

\*The strained buttermilk from the first straining can be used in cooking

## Preparation

1. Place in cream

Acc.



6 mins



4



2. Blend until the cream separates (the ThermoCook will move and thump a bit - this is normal) Pause the machine immediately

3. Strain the buttermilk into a bowl\* and remove the butterfly. Press the butter against the sides of the bowl with the spatula to squeeze out as much liquid as possible



4. Add 500g of ice cold water. Press Pause to start and stop

5 secs

4

5. Strain the liquid again, squeezing as much liquid out of the butter

6. If the water is clear you are left with pure butter. If still cloudy repeat steps 4 & 5 again

7. You can now store you butter in the fridge for about 2 weeks

8. If you prefer a soft spreadable butter add 60-80g of light flavoured oil of your choice

30 secs

4

9. Press STOP button to clear any remaining time

# MINCE MEAT

## Ingredients

500g rump or blade steak



## Preparation

Acc.



1. Cut meat into large pieces and place into bowl



2. Select **CHOP** 20 secs

*Chop for another 30 secs if requiring the mince to be finer*

# VEGETABLE STOCK OR BROTH

Makes approx. 1 litre

## Ingredients

2 onions peeled & quartered  
2 carrots quartered  
2 celery sticks quartered  
2 handfuls button mushrooms  
Punnet cherry tomatoes halved  
2 cloves garlic peeled & halved  
Handful of fresh flat leaved parsley  
2 bay leaves  
Few sprigs of fresh thyme  
1 tsp black peppercorns  
1200ml approx of water



## Preparation

Acc.

1. Place in onions, carrot, celery & mushrooms



2. Select **CHOP** 10 secs

3. Add the tomatoes, garlic, herbs and peppercorns

4. Add the water up to the max. level on side of jug

5. Select **STEW** 1 hour & 30 mins

6. Strain the stock through a strainer discarding all vegetables and herbs

7. Allow to cool and store in an air tight container in the fridge or freeze

# MEAT OR FISH STOCK

Makes approx 1 litre

## Ingredients

200-300g chicken wings & bones, roughly cut ( *you can also use meaty beef bones instead to make beef stock or fish heads to make fish stock* )

2 carrots roughly chopped

1/2 sweet potato

1 onion peeled, roughly chopped & quartered

2 small stalks of celery

Few sprigs of rosemary, thyme and parsley

3 bay leaves

5 peppercorns

Approx 1200g water



## Preparation

Acc.



1. Place in all the vegetables
2. Select **CHOP** 10 secs
3. Add rest of ingredients- adding the water last and filling the bowl only to the max. level as indicated on the side of the bowl
4. Select **STEW** 1hr 30 mins
5. Pour the stock from blending bowl through a strainer into a container. Discard vegetables and bones. Cool to room temperature then store in fridge

*Note: When the stock has cooled in the fridge any fat can easily be skimmed off from the top as it will harden on cooling*

# HARD AND SOFT BOILED EGGS

## Ingredients

1-8 eggs  
500g water



## Preparation

Acc.



1. Pour in water



2. Add up to 8 eggs into the  
Cooking Basket



3. For soft boiled eggs (large 700g):

11 mins 1 120°C

4. For hard boiled eggs:

14 mins 1 120°C

# ASIAN STYLE RICE

*Serves 4 - Cooking time 50 mins*

This method of cooking rice takes longer and is drier than the western method of cooking. An edible crust on the bottom of the bowl is normal with this method.



## Ingredients

400g rice  
500g water

## Preparation

Acc.



1. Place in rice and water



2. Select **RICE**

# STEAMED RICE

## Ingredients

1 cup of rice (rinsed)  
Water



## Preparation

Acc.



1. Place rice in cooking basket then place into the Blending Bowl 
2. Fill bowl up with water until it just covers the rice. Secure lid and Measuring Cup
3. Select **STEAM**
4. Remove from bowl using the spatula and let rest for a few minutes before serving.

# PASTA DOUGH

Serves 4-6

## Ingredients

4 eggs  
60g olive oil  
Good pinch of salt  
375g plain flour



## Preparation

Acc.



1. Place in all the ingredients



2. Select **KNEAD**

3. Once finished remove from bowl & place the dough wrapped in plastic wrap in the fridge for approx 30 mins before proceeding with your recipe

# GRATED CHEESE

## Ingredients

Cheese of your choice cut into small portions

Note: This procedure can be used for many items for example garlic or ginger



## Preparation

Acc.



1. Place in the cheese and PULSE 2 or 3 times for a couple of seconds until the desired consistency is achieved.



Note: Hard cheeses will need longer processing times

# RED CURRY PASTE

## Ingredients

- 1 tbsp coriander seeds
- 2 tsp cumin seeds
- 1 tsp black pepper
- 2 tbsp veg oil
- 3 cloves garlic
- 2 small brown onions halved
- 5-10 small and large red chillies (for extra heat leave seeds in)
- Coriander roots
- 1 small piece of galangal
- 4 stalks lemongrass, chopped
- 1 tbsp fish sauce
- Lime rind
- 6 kaffir lime leaves, stems removed
- 1/2 tsp paprika
- 1/2 tsp tumeric



## Preparation

1. Place in black pepper, coriander & cumin seeds
2. Select **CHOP**
3. Set aside
4. Add in bowl, oil, chillies, onions, garlic, lemongrass, galangal, coriander roots, lime rind, kaffir lime leaves.
5. Scrape down sides then repeat
6. Add fish sauce paprika, tumeric & fried seeds
7. Scrape down sides then repeat

Acc.



5 mins 1 60°C



30 secs 8



30 secs 8

30 secs 4



30 secs 4

# PORRIDGE

Serves 2

## Ingredients

1 cup of porridge oats  
2 cups of milk or water

## Topping suggestions:

Sugar, honey, golden syrup,  
fresh berries, fresh figs,  
honey & vanilla yoghurt,  
mixed nuts and honey,  
stewed prunes



## Preparation

Acc.



1. Place in porridge oats and milk  
or water

2. Select **PORRIDGE**

30 mins

3. Serve into bowls and add your favourite toppings



**DIPS, SPREADS  
AND SAUCES**

# BROAD BEAN & PARMESAN DIP



## Ingredients

500ml water  
 250g frozen broad beans  
 1 garlic clove peeled  
 60g extra virgin olive oil  
 1tbsp fresh lemon juice  
 Salt & freshly ground black pepper  
 50g parmesan cheese cut into chunks

## Preparation

1. Place in parmesan cheese and select **CHOP**
2. Tip into bowl and set aside
3. Add in water **B/**
4. Put beans in Cooking Basket, place in bowl & attach lid & Measuring cup onto bowl 
5. Select **STEAM**
6. Remove Cooking Basket, empty water and rinse jug in cold water to cool, run beans under the tap to cool
7. Remove broad bean skins
8. Place in broad beans, oil, garlic & lemon juice **B/**
9. PULSE for a few seconds until smooth
10. Taste and season with salt and pepper
11. Put in a bowl and stir in parmesan. Set aside to cool and then serve with bread

Acc.



7 secs



# CREAM CHEESE DIP

## Ingredients

250g cream cheese at room temperature  
250g sour cream

Use the above as your base then choose from the options below

1. 250g smoked salmon, handful of fresh dill and some drained capers.
2. 185g tin of tuna in water (drained) and 190g tin of sweet corn (drained)
3. 170g tin of drained crabmeat & 190g tin of sweet corn (drained)
4. 2 handfuls of fresh spinach leaves, 60g grated parmesan cheese and 1 tsp garlic powder
5. Sundried tomatoes, black pitted olives & 1/2 red onion peeled & quartered



## Preparation

Acc.



1. Place in all ingredients



2. Select **CHOP**

20 secs

3. Scrape down the sides and repeat until a desired consistency is reached



4. Add salt & pepper to taste

# CHUNKY CARROT AND CUMIN DIP



## Ingredients

500g water  
500g carrots- cut into bite sized pieces  
1 onion peeled and quartered  
1 garlic clove peeled  
1tsp cumin  
60g fresh orange juice  
30g extra virgin olive oil  
Salt and pepper

## Preparation

1. Place in water
2. Put carrots in Cooking Basket and lower into in the bowl attach lid and Measuring cup
3. Select **STEAM**
4. Empty water and set aside carrots
5. Place in onion, garlic, cumin and orange juice
6. Select **CHOP** 10 secs
7. Scrape down sides with spatula and add oil. Remove measuring cup & place Cooking Basket upside down on top of the bowl lid.  
*Caution: Cooking Basket will become hot*
8. Select **SAUTE**
9. Allow the mixture to cool, add carrots, lock lid & select **SMOOTHIE**
10. Season to taste

NB: If you prefer a smoother dip, wait until cool. PULSE for a few seconds until desired smoothness is reached.

Acc.



# TZATZIKI DIP

## Ingredients

2 Lebanese cucumbers,  
cut lengthways, seeds  
removed, skin on

Salt

1 clove of garlic

3tbsp of fresh mint

400g Greek style yoghurt

1tbsp lemon juice



## Preparation

1. Place in cucumbers

2. PULSE a couple of times for 2 seconds each time

3. Tip into Cooking Basket, sprinkle with salt and place on a plate to catch juice. Set aside for 15 minutes

4. Meanwhile, place garlic and mint in Blending Bowl

5. Select **CHOP**

10 secs

6. Add yoghurt and lemon juice

15 secs 4

7. Rinse the cucumber mixture under cold water then squeeze out excess moisture

8. Add the cucumber

20 secs 1

9. Season to taste, transfer to serving bowl and refrigerate until ready to serve.

Acc.



# HUMMUS & SESAME DIP

## Ingredients

- 400g tinned chick peas, drained
- 60g of olive oil
- Juice of 1/2 lemon
- 1 clove garlic peeled
- Salt to taste
- 1/2 tsp cumin powder
- 5 drops of pure sesame oil
- 1 tbsp Greek natural yoghurt



## Preparation

Acc.



1. Place in chickpeas and lemon juice



- |  |             |         |    |
|--|-------------|---------|----|
| 2. Select  | <b>CHOP</b> | 45 secs |    |
| 3. Add in garlic and olive oil                                     |             | 1 min   | 10 |
| 4. Add in salt, cumin, sesame oil                                  |             | 25 secs | 3  |
| 5. Add in Greek yoghurt  |             | 1 min   | 3  |
| 6. Serve in dish with pouring of olive oil and sprinkle of Paprika |             |         |    |

# GUACAMOLE

Serves 4

## Ingredients

2 avocados  
1 tbsp plain yoghurt  
3 cloves garlic  
1 lime juiced  
2 large red chillies  
Handful fresh coriander  
Season



## Preparation

1. Place in all ingredients
2. Select **CHOP**
3. PULSE 2-3 times until desired consistency is reached
4. Serve with biscuits & a sprig of coriander on top

Acc.



20 secs 3



# JAM

## Ingredients

300g raspberries or strawberries  
300g sugar



## Preparation

1. Place in all ingredients
2. Select **STIR**
3. Pour in warm sterilised jar and refrigerate when cool

Acc.



# JAMALADE

## Ingredients

- 2 large oranges
- 100g water
- 1/2 lemon
- 250g sugar



## Preparation

Acc.



- Put a plate in the freezer
- Slice oranges as thinly as possible. Remove pips and cut into quarters
- Add the water, lemon & oranges **B/** 10 mins 3 100°C
- Add the sugar and select **STIR** 30 mins 2
- Test consistency by putting a small amount of Jamalade on the plate that has been in the freezer- if it is still runny cook for a few more minutes 5 mins approx 2 100°C
- Pour into sterilised jar, seal and store in fridge when cool.

# PESTO

## Ingredients

- 50g pine nuts
- 2 garlic cloves, peeled
- 2 good handfuls of fresh basil leaves
- 60g shredded parmesan cheese
- 80g olive oil
- Salt and pepper to taste



## Preparation

Acc.



1. Place in pine nuts and garlic 
2. PULSE 5 secs
3. Scrape down bowl and add basil and cheese 
4. Select **CHOP** 30 secs
5. Whilst processing pour the olive oil in slowly through the top
6. Stir in salt & pepper to taste when finished

*You can keep in a jar for up to a week or freeze in usable amounts and thaw when required*

# CHOCOLATE HAZELNUT SPREAD



Serves 4-6

## Ingredients

300ml boiling water  
 2 tbsp baking soda  
 80g hazelnuts  
 50g sugar  
 100g dark chocolate, broken into pieces  
 30g cocoa or cacao powder  
 70g soft butter  
 100ml milk of choice

## Preparation

Acc.



1. Preheat the oven to 140°C

---

2. Add boiling water 

---

3. Add in baking soda (it will foam a lot) and hazelnuts

---

4. Remove measuring cup and place cooking basket upside down on top of the bowl lid *Caution: The cooking bowl will become hot. The water will turn a blackish purple colour and it may foam up - this is normal*  3 mins 100°C

---

5. Whilst this is cooking prepare a bowl with some ice & cold water

---

6. When finished carefully strain the hazelnuts and water through the Cooking Basket over the sink then tip the hazelnuts into the ice & water 

---

7. The hazelnut skin should rub off cleanly and quickly, Dry the nuts with a clean towel and place on a baking tray and cook for 10 mins in oven

---

8. Rinse and dry the blending bowl well

---

9. Add sugar  10 secs 8

---

10. Add hazelnuts and chocolate 10 secs 8

---

11. Add cocoa or cacao, butter & milk. Cook until mixture is smooth 6-8 mins 3 50°C

---

12. Place spread in sterilised jar and store in fridge. Use within 15 days

# OLIVE TAPENADE

## Ingredients

1 clove of garlic peeled  
300g black olives  
A few Rosemary & Thyme  
leaves  
Salt & Pepper to taste  
Olive oil



## Preparation

Acc.



1. Place in garlic



5 secs

7

2. Scrape down sides



3. Add rest of ingredients (except  
olive oil)

4. Select **CHOP**

10 secs

5. Place mixture in jar and cover  
with olive oil

6. Store in refrigerator

# DUKKAH

## Ingredients

- 150g sesame seeds
- 100g hazelnuts/almonds or a mix of both
- 30g cumin seeds
- 50g coriander seeds
- 1/2 tsp salt
- 1/2 tsp black peppercorns
- 1 tsp dried mint or thyme



## Preparation

Acc.



8 mins



1



100°C



1. Place in seeds and nuts

2. Remove lid and allow to cool

3. Once cool add salt, peppercorns & herbs

4. PULSE a couple of times

5. Store in an airtight container in the refrigerator

# LEMON CURD

## Ingredients

- 100g butter
- Fine zest of 1 lemon
- Juice of 2 lemons
- 2 eggs
- 1 egg yolk
- 150g castor sugar



## Preparation

Acc.



- |   |  |        |   |      |
|---|--|--------|---|------|
| 1. Place in all ingredients                                 |   |        |   |      |
| 2. Select the following settings                            |  | 7 secs | 7 |      |
| 3. Insert Mixing Tool and cook                              |  | 15mins | 3 | 80°C |
| 4. Put in sterilised jar & store in refrigerator when cool. |  |        |   |      |

# BOLOGNESE SAUCE

Serves 4-6

## Ingredients

- 1 onion peeled & quartered
- 1 carrot roughly chopped
- 1 celery stick quartered
- 60g bacon roughly chopped
- 15g oil
- 375g minced pork
- 300g beef stock
- 3 tbsp tomato paste
- Grated nutmeg
- Salt and pepper
- 2 tbsp cream



## Preparation

1. Place in onion, carrot, celery & bacon
2. Select **CHOP** 10 secs
3. Scrape down bowl
4. Add pork and oil. Measuring Cup tilted to allow steam to escape
5. Select **SAUTE** 1 min
6. Add stock, tomato paste, nutmeg, salt & pepper
7. Select **STIR** 30 mins 2 90°C
8. Check seasoning, stir in cream and serve with pasta



Acc.



# MUSHROOM & BACON SAUCE

Serves 4

## Ingredients

- 1 onion peeled & quartered
- 1 clove of garlic peeled
- 150g bacon cut into strips
- 1 tbsp oil
- 20g butter
- 125g mushrooms sliced
- 20g flour
- 220g milk
- 1 egg lightly beaten
- 100g cheddar cheese
- 40g parmesan cheese



## Preparation

- |   | Acc.  |  |  |  |  |
|---|---|---|---|---|---|
| 1. Place in cheddar & parmesan  |  |   |   |   |   |
| 2. Select <b>CHOP</b> . Once completed set aside                        |   | 10 secs   |   |   |   |
| 3. Place in onion and garlic  |  |   |   |   |   |
| 4. Select <b>CHOP</b>   |   | 10 secs   |   |   |   |
| 5. Add bacon, butter and oil. Add the mushrooms after 5 mins of cooking |   | 15 mins   | 1   | 90°C  | 5   |
| 6. Sprinkle the flour through the measuring hole after a further 3 mins |   |   |   |   |   |
| 7. Add milk after further 2 mins of cooking                             |   |   |   |   |   |
| 8. Add egg after further 2 mins of cooking                              |   |   |   |   |   |
| 9. Stir through cheeses and serve                                       |   |   |   |   |   |

# BECHAMEL SAUCE

## Ingredients

- 40g butter, 1cm cubes
- 40g plain flour
- 500g milk



## Preparation

1. Place in butter

Acc.



1 min



2



80°C



5

2. Add flour. After 30 secs press  
Pause. Use the spatula to  
scrape the flour from the bottom  
of the bowl then continue



1 min

2

80°C

3

3. Add milk slowly through  
measuring cup hole in the lid

4 min

1

80°C

5

4. Add salt and pepper if you wish



**BEVERAGES**

# CUCUMBER LASSI

Serves 2

## Ingredients

150g cucumber, peeled and quartered  
150g yoghurt  
100g iced water  
Handful fresh mint  
Good pinch of ground cumin  
Squeeze of lemon



## Preparation

Acc.



1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

# BANANA & MANGO SMOOTHIE

Serves 2

## Ingredients

1 banana, peeled & quartered  
1 mango, peeled (stone removed)  
300g pineapple juice  
150g natural yoghurt  
Handful of ice cubes



## Preparation

Acc.



1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

# HEALTHY BREAKFAST SMOOTHIE

Serves 2

## Ingredients

Half a banana  
200g skim milk  
2 tbsp peanut butter  
1/2 tsp clear honey  
1 scoop of vanilla whey protein  
1 tbsp flax seed with cocoa  
2 handfuls of spinach or kale  
Handful of ice cubes



## Preparation

1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

Acc.



# MIXED BERRY SMOOTHIE

Serves 2

## Ingredients

150g frozen mixed fruit berries  
300g milk  
1 tsp vanilla extract  
1 tsp clear honey



## Preparation

1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

Acc.



# STRAWBERRY AND COCONUT SMOOTHIE

Makes 650ml

## Ingredients

300g strawberries, hulled & washed  
200g chilled coconut water  
100g coconut cream  
50g almond flakes  
30g honey



## Preparation

1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

Acc.  
**B**



# CARROT AND ORANGE JUICE

## Ingredients

1 large carrot  
1 tray of ice cubes  
3 large navel oranges, peeled & quartered  
400g cold water



## Preparation

1. Place in carrots, ice cubes & oranges
2. Add cold water
3. Select **SMOOTHIE**
4. Pour into glasses and serve

Acc.  
**B**

30 secs 8



# FROZEN FRUIT DAIQUIRI

Serves approx 6 glasses

## Ingredients

Approx 2 cups fruit cut into small pieces & frozen (such as mango, strawberry, watermelon)  
125g white rum  
100g lemon juice  
2 tbsp castor sugar  
250g ice (add more depending on how thick you want the drink)



## Preparation

1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

Acc.



# GINGER BEER

## Ingredients

180g of brown sugar  
2 lemons, washed, peeled, pith removed  
180g of ginger peeled & cut into cubes  
1000g mineral water



## Preparation

1. Place in sugar, lemon & ginger
2. Add 350g water
3. Strain mixture into jug, add remaining water & serve

Acc.



20 secs

8

5 secs

8



# GIN FIZZ

## Ingredients

80g of Gin  
40g Lemon Juice  
80g of Sugar  
8 Ice Cubes  
Soda water



## Preparation

1. Place in sugar and PULSE for 3–5 seconds

Acc.



2. Add Gin, lemon & ice cubes



30 sec 2

3. Pour into glasses and top up with soda water

# ICED COFFEE

## Ingredients

300g milk  
2 shots of espresso coffee  
2 scoops icecream  
200g ice cubes  
1 tbsp liquid sugar (optional)



## Preparation

1. Place in all ingredients

Acc.



2. Select the following settings

20 secs 10



SOUPS

# TOMATO SOUP

Serves 4

## Ingredients

2 onions peeled & quartered  
2 cloves of garlic peeled  
1tbsp olive oil  
800g tinned tomatoes  
600g of chicken stock  
Handful of fresh basil  
85g tomato paste  
1/2 tbsp sugar  
Salt & pepper to taste



## Preparation

1. Place in onion and garlic



10 secs

7



2. Scrape bowl down with spatula



3. Add oil

2 mins

1

100°C

4. Add all other ingredients.

5. Select **SMOOTHIE**

6. Select **Quick SOUP**

7. Serve

# CREAMY MUSHROOM SOUP

Serves 4

## Ingredients

- 1 onion peeled & quartered
- 2 cloves of garlic peeled
- 30g butter
- 500g mushrooms- cut into quarters
- 1tbsp of flour
- 600g chicken or vegetable stock
- 60g cream
- Flat leaf parsley to stir through
- Salt & pepper to taste



## Preparation

|  | Acc.  |  |  |  |  |
|--|---|---|---|---|---|
| 1. Place in onion and garlic   |  | 10 secs   | 7   |   |   |
| 2. Scrape bowl down with spatula  |   |   |   |   |   |
| 3. Add butter  |   | 2 mins  | 1   | 100°C   |   |
| 4. Add mushrooms   |   | 30 secs   | 7   |   |   |
| 5. Scrape bowl down with spatula  |   |   |   |   |   |
| 6. Place in flour  |   | 8 secs  | 7   |   |   |
| 7. Pour in stock   |   |   |   |   |   |
| 8. Select <b>SMOOTHIE</b>  |   |   |   |   |   |
| 9. Select <b>Quick SOUP</b>  |   |   |   |   |   |
| 10. Stir in cream, parsley, salt and pepper (to taste) and serve.  |   |   |   |   |   |

# PUMPKIN SOUP

## Ingredients

750g stock

1 onion peeled & quartered

1 carrot peeled & quartered

1 apple, cored & quartered

250g peeled pumpkin,  
small dice

Handful of fresh sage

Salt and black pepper

Cream to taste



## Preparation

Acc.



1. Place in all ingredients

2. Select **SMOOTHIE**

3. Select **Thick SOUP**

4. Add cream and stir

10 secs 3

5. Serve

# CARROT AND CORIANDER SOUP

Serves 4-6

## Ingredients

- 1tbsp rice
- 1tsp sugar
- 1 thick strip of orange rind  
(peel off with vegetable peeler)
- 2cm piece of ginger- peeled
- 300g carrots - tops cut off, roughly chopped
- 1 small onion -peeled and quartered
- 300g stock
- 300g milk
- Black pepper (to taste)
- Fresh coriander- small handful
- 100g cream



## Preparation

- Acc.    
1. Place in rice, sugar, rind & ginger  20 secs 9
  2. Add carrots & onions
  3. Select **CHOP** 20 secs
  4. Add stock, milk, pepper and coriander
  5. Select **SMOOTHIE**
  6. Select **Thick SOUP**
  7. Add cream 15 secs 3

# FRENCH ONION SOUP

Serves 4-6

## Ingredients

2 large onions peeled & quartered  
1 tbsp of light flavoured oil  
2 tbsp butter + 1tsp extra  
Pinch of salt  
1/2 tsp sugar  
2 tbsp flour  
1000g beef stock  
250gdry white or red wine  
1/2 tsp ground sage  
1 bay leaf  
Salt and pepper to taste  
Handful grated Swiss cheese

## Bread:

4-6 slices 1cm thick French bread  
250g Swiss cheese grated\*  
100g parmesan cheese grated\*  
Olive oil for drizzling

*\*cheese can be grated in the ThermoCook before you start the recipe*





## Preparation

- |   | Acc.  |  |  |  |  |
|---|---|---|---|---|---|
| 1. Place in onion and select <b>CHOP</b>  |  | 10 secs   |   |   |   |
| 3. Add oil and butter (except for the extra tsp butter)   |   | 30 secs   | 1   |   |   |
| 4. Select the following settings  |   | 20 mins   | 1   | 80°C  | 5   |
| 5. Add salt and sugar. Remove measuring cup and place cooking basket upside down on top of the bowl lid. Caution: Cooking Basket will become hot. |  |   |   |   |   |
| 6. Select <b>SAUTE</b>  |   | 4 mins  |   |   |   |
| 7. Sprinkle the flour over the onion mixture and the extra butter   |   | 2 mins  | 1   | 80°C  | 4   |
| 8. Add stock, wine, sage and bayleaf  |   | 30 mins   | 1   | 80°C  | 5   |
| 9. Whilst the soup is cooking preheat the oven to 160°C   |   |   |   |   |   |
| 10. Drizzle each side of the bread with a little olive oil and place on a baking sheet  |   |   |   |   |   |
| 11. Cook for about 10 minutes each side in the oven   |   |   |   |   |   |
| 12. When soup has finished cooking pour into a casserole dish. Remove bay leaf, add handful of grated cheese and stir through                     |   |   |   |   |   |
| 13. Place toasted bread in a layer on top of the soup and sprinkle the rest of the cheese thickly over the bread and drizzle with olive oil       |   |   |   |   |   |
| 14. Cook in oven for about 30 mins  |   |   |   |   |   |
| 15. Let cool for a few minutes then serve into individual bowls   |   |   |   |   |   |

# POTATO AND LEEK SOUP

Serves 4

## Ingredients

- 1 onion peeled and quartered
- 500g leeks, cleaned - roughly chopped
- 1tbs oil
- 1tbs butter
- 1 large potato peeled - roughly chopped
- 750g chicken stock
- 100g cream



## Preparation

Acc.



1. Place in onion & leeks



2. Select **CHOP**

10 secs

3. Add butter and oil

2 mins

2

100°C

4. Add potato and stock

5. Select **QuickSOUP**

6. Add cream

15 secs

2

# CAULIFLOWER SOUP

Serves 4

## Ingredients

30g parmesan cheese  
 500g vegetable or chicken stock  
 500-600g cauliflower florets  
 100g milk  
 20g butter  
 Nutmeg to taste  
 Salt to taste



## Preparation

Acc.



1. Place in parmesan



10 secs

8

2. Empty bowl and set aside

10 secs

3. Place in stock, cauliflower, milk & butter

2 mins

2

100°C

4. Select **SMOOTHIE**

5. Select **Quick SOUP**

6. Add nutmeg and salt to taste

20 secs

2

# MOROCCAN STYLE RED LENTIL SOUP

Serves 6

## Ingredients

Handful of fresh parsley & coriander  
 2 carrots each cut into thirds  
 1 onion peeled & quartered  
 2 cloves garlic peeled  
 20g extra-virgin olive oil  
 20g butter  
 1tbsp Moroccan Spice Mix  
 (Recipe on page 44)  
 120g cauliflower  
 750g vegetable stock  
 200g red lentils  
 400g can diced tomatoes  
 1tbsp tomato paste  
 2 cups chopped fresh spinach  
 1tbsp lemon juice



## Preparation

- |  |      |   |   |   |   |           |
|--|------|---|---|---|---|-----------|
| 1. Place in parsley & coriander  | Acc. |  |  |  |  |           |
| 2. Select <b>CHOP</b>  |      |   |   |   |   | 6 secs    |
| 3. Set aside   |      |   |   |   |   |           |
| 4. Place in carrots & cauliflower and select <b>CHOP</b>   |      |   |   |   |   | 6 secs    |
| 5. Set aside   |      |   |   |   |   |           |
| 6. Place in onion & garlic and select <b>CHOP</b>  |      |   |   |   |   | 5 secs vv |
| 7. Add oil, butter and Moroccan Spice Mix  |      |   |   |   |   |           |
| 8. Add rest of ingredients except for spinach and chopped herbs  |      |   |   |   |   |           |
| 9. Select <b>STEW</b>  |      |   |   |   |   |           |
| 10. Add the spinach leaves and chopped herbs at the last 3 mins of cooking. Stir through the measuring cup hole with spatula then replace lid. |      |   |   |   |   |           |
| 11. Serve with fresh crusty bread  |      |   |   |   |   |           |



**SIDE DISHES**

# CREAMY MASHED POTATOES

## Ingredients

500ml water

750g potatoes peeled and cut into 2cm diced pieces

Good pinch of salt

100ml milk or cream



## Preparation

1. Place in the water

Acc.



2. Place potatoes into the cooking basket and lower into the Blending bowl. Attach lid and measuring cup



3. Select **STEAM**

4. Remove basket with spatula & drain potatoes.



5. Empty Blending bowl & attach Mixing Tool

6. Place potatoes and rest of ingredients into the Blending bowl



20-30  
secs 4

# POLENTA

Serves 4-6

## Ingredients

- 85g parmesan cheese
- 1500g chicken stock
- 20g olive oil
- Pinch of salt
- 50g butter
- 350g polenta



## Preparation



Acc.

1. Place in parmesan



10 secs

9

2. Set aside

3. Place in all ingredients except parmesan and butter

4. Select

**STIR**

90°C

5

5. In the last 3 mins of cooking add in butter and parmesan

6. Serve immediately

*Leftover Polenta: Polenta will solidify into the shape of the container in which you store it. Solidified polenta can be sliced into slices, chips or cubes before being roasted, grilled or pan fried*

# POTATO SALAD

## Ingredients

- 4 spring onions thinly chopped
- 250g rashers of bacon, diced
- 1/2 tbsp vegetable oil
- 500g water
- 5 large potatoes peeled & diced into cubes
- 300g mayonnaise



## Preparation

Acc.



1. Place in spring onions, bacon & oil  4 mins 1 80°C 5
2. Set aside in large bowl
3. Rinse out Blending Bowl and pour in water
4. Add potatoes to Cooking Basket  & put into Blending Bowl
5. Select **STEAM**. After 10 mins pause cooking and check if potatoes are soft. If they are continue to step 4. If not continue with steam program until they are
6. Add potatoes to bacon and onions and allow to cool
7. Mix through mayonnaise

# VEGETABLE STIR FRY

Serves 2

## Ingredients

2 cups of vegetables e.g.  
carrots, mushrooms,  
broccoli, snow peas, red  
capsicum, garlic.  
2 tbsp olive oil  
Seasoning



## Preparation

1. Place in all chopped vegetables,  
olive oil & seasoning

Acc.



5 mins



1



80°C



# STEAMED VEGETABLES

## Ingredients

300-500g vegetables  
500ml water



## Preparation

1. Pour in the water
2. Place chopped vegetables in  
the Steamer
3. Place Steamer on top of bowl  
& place on the steamer lid
4. Select **STEAM**

Acc.



# COLESLAW

Serves 6-8

## Ingredients

1 carrot roughly chopped  
1/2 brown onion peeled & quartered  
1/4 white or red cabbage chopped\*  
4 tbsp mayonnaise  
Salt and pepper

\*Tip: Cabbage is best chopped into quarters with the hard spine removed.



## Preparation

Acc.



1. Place in carrot and onion
2. Select **CHOP** 5 secs
3. Scrape down sides and repeat Step 2
4. Add cabbage to bowl
5. Select **CHOP** 3-5 secs
6. Add mayonnaise & seasoning
7. Select the following settings 15 secs 4

# RATATOUILLE

*Serves 4-6 as a side dish or 2-3 as a light meal served with a crusty bread to soak up the juices*

## Ingredients

- 1 medium onion peeled and quartered
- 2 cloves garlic peeled
- 20g olive oil
- 200g zucchini
- 300g eggplant
- 300g ripe tomatoes
- 100g red capsicum
- 2 sprigs of thyme
- Salt and Pepper to taste
- Handful of basil leaves
- Handful of flat leaf parsley



## Preparation



1. Place in onion and garlic 

---

2. Select **CHOP** 10 secs

---

3. Scrape down sides 

---

4. Add oil and select **SAUTE** 3 mins

---

5. Whilst sautéing cut the vegetables into bite size chunky pieces- except the zucchini which should be cut into 1cm slices

---

6. Add vegetables, thyme and seasoning 30 mins 100°C

---

7. About half way through cooking tilt the measuring cup so steam can escape and thicken the sauce 

---

8. Put ratatouille into a serving dish, remove the thyme and add the basil & parsley. Stir through gently.

# SAUTÉED MUSHROOMS

Serves 1

## Ingredients

- 1/4 onion peeled
- 1 clove of garlic peeled
- 20g olive oil
- 100g mushrooms
- Salt & pepper to taste



## Preparation

- Acc.    
1. Place in onion and garlic 
  2. Select **CHOP** 5 secs
  3. Scrape down the sides & add oil. Measuring Cup removed 
  4. Select **SAUTE** 2 mins
  5. Add mushrooms and season 5 mins 1 90°C 5

# STEAMED BROCCOLINI

## Ingredients

- 1 bunch broccolini
- 500g water



## Preparation

- Acc.    
1. Pour in the water 
  2. Place broccolini into the Steamer 
  3. Place Steamer on top of bowl & place on the steamer lid
  4. Select **STEAM**
  5. Serve with a drizzle of oil and season to taste



**MAIN DISHES**

# WINTER WARMER BEEF CASSEROLE

Serves 4-6

## Ingredients

1 onion peeled & quartered  
 2 sticks celery. Each stick quartered  
 300g of small diced turnip and swede (in total)  
 60g oil  
 500g beef rump diced  
 400g tinned tomatoes  
 2tbsp tomato paste  
 Mixed dried herbs and spices  
 Salt and Pepper to taste



## Preparation

|   | Acc.   |  |  |  |  |
|---|--|---|---|---|---|
| 1. Place in onions and celery. Select <b>CHOP</b>                                     |  | 10 secs   |   |   |   |
| 2. Scrape down bowl and add swede, turnip and oil                                     |  |   |   |   |   |
| 3. Select <b>SAUTE</b>  |  | 5 mins  |   |   |   |
| 4. Transfer mixture to Mixing Bowl  |  |   |   |   |   |
| 5. Add beef, tomatoes, tomato paste mixed, herbs, salt and pepper. Stir with Spatula. |  |   |   |   |   |
| 6. Select <b>STIR</b>   |  | 15 mins   | 1   | 100°C   |   |
| 7. Select <b>STIR</b>   |  | 1 hour  | 1   | 95°C  |   |

*If you want a thicker sauce, take the measuring cup off for the last 30 minutes and place cooking basket upside down on top of bowl lid. Caution: Cooking Basket will become hot.*

*Serve with creamy mashed potatoes*

# CHILLI CON CARNE

Serves 4

## Ingredients

2 garlic cloves peeled  
1/2 onion peeled & quartered  
2 large fresh chillies,  
deseeded  
500g mince beef  
400g tin chopped tomatoes  
200g water  
400g tin cannellini beans,  
rinsed & drained  
400g tin red kidney beans,  
rinsed & drained  
2 tbsp tomato paste  
1 tsp chilli spice mix  
Salt



## Preparation

1. Place in onion, garlic & fresh chilli
2. Select **CHOP**
3. Scrape out mixture & transfer to the Mixing Bowl.  
Add remaining ingredients.

Acc.



10 secs

4. Cook
5. Serve with sour cream, grated parmesan and coriander



30-40  
mins

1

85°C

5

# MEATBALLS

*Makes 20 Meatballs*

## **Ingredients**

2 slices of day old bread  
torn into quarters  
Handful of fresh parsley  
50g parmesan cheese  
3 slices prosciutto or 2 slices  
of bacon  
2 tbsp milk  
400g pork or beef mince  
120g sausage meat  
½ tsp dried basil  
½ tsp dried oregano  
½ tsp sea salt  
1 egg

## **Marinara sauce**

4 cloves of garlic peeled  
1 tbsp olive oil  
800g tin peeled tomatoes  
1 pinch of sea salt  
1tbls balsamic vinegar  
1 tsp dried oregano





## Preparation

Acc.



- |  |  |         |   |       |
|--|--|---------|---|-------|
| 1. Preheat the oven to 200°C   |  |         |   |       |
| 2. Place in the bread, parsley, parmesan & prosciutto (or bacon). PULSE for 8 seconds  |  |         |   |       |
| 3. Tip out into a bowl & stir in the milk. Set aside   |  |         |   |       |
| 4. Add the meat, sausage meat, herbs, salt, egg and breadcrumb mixture   |  | 30 secs | 1 |       |
| 5. Shape meatballs with wet hands & place on a baking tray, spray tray with a little oil or cover bare tray with baking paper  |  |         |   |       |
| 6. Bake for 20 minutes   |  |         |   |       |
| 7. Meanwhile- make the marinara sauce  |  |         |   |       |
| 8. Run the blade on empty at speed 5 and drop in the garlic cloves through the measuring cup hole in the lid.  |  | 10 secs | 5 |       |
| 9. Scrape down with the spatula & add olive oil  |  |         |   |       |
| 10. Select the following settings  |  | 3 mins  | 1 | 100°C |
| 11. Add the tomatoes, salt, balsamic & dried oregano. Remove measuring cup & place Cooking Basket upside down on top of the bowl lid. <i>Caution: Cooking basket will become hot</i> |  | 10 mins | 1 | 100°C |
| 12. Cook some spaghetti as per packet instructions   |  |         |   |       |

# APRICOT CHICKEN

Serves 4

## Ingredients

1000g chicken thigh fillets  
chopped into small bite  
sized pieces

1 tbsp olive oil

120g dried apricots, halved

400ml can apricot nectar

110g chicken stock

1 packet French onion  
soup mix

Salt and pepper to taste

1 tablespoon chopped parsley

## Variation:

*Add some curry powder to taste at step 2 and sprinkle with toasted slivered almonds when serving*



## Preparation

|  | Acc.  |  |  |  |  |
|--|---|---|---|---|--|
| 1. Add in oil and chicken  |  | 3 mins  | 1   | 90°C  | 5  |
| 2. Add all the other ingredients except parsley  |   | 5 min   | 1   | 100°C   |  |
| 3. Remove measuring cup & place Cooking Basket upside down on top of the bowl lid to let the sauce thicken. <i>Caution: Cooking Basket will become hot</i> |  | 20 mins   |   | 90°C  | 5  |
| 4. Sprinkle parsley over the chicken and serve with rice or mashed potato  |   |   |   |   |  |

# BEEF GOULASH

**SERVES 4**

## Ingredients

1 large brown onion, peeled and quartered

2 garlic cloves peeled

20g olive oil

20g butter

500g gravy beef trimmed and cut into 3cm cubes

200g button mushrooms, quartered

2 red capsicums peeled and sliced

1 tbsp flour

1 tbsp sweet paprika

2 bay leaves

200ml beef stock

400g can diced tomatoes

2 tbsp sour cream

Extra sour cream and some chopped flat leaf parsley to serve



## Preparation

Acc.



- |   |         |   |      |   |
|---|---------|---|------|---|
| 1. Place in onion and garlic  |         |   |      |   |
| 2. Select <b>CHOP</b>   | 10 secs |   |      |   |
| 3. Add oil, butter and beef   | 4 mins  | 1 | 80°C | 5 |
| 4. Add rest of ingredients except sour cream and parsley  | 1 mins  | 1 |      |   |
| 5. Select <b>STEW</b>   | 2 hours |   |      |   |
| 6. When cooking has finished take a little of the juice and stir in sour cream then add to bowl | 30 secs | 1 |      |   |
| 7. Serve with wide egg noodles or with bread & top with extra sour cream & parsley              |         |   |      |   |

# BEEF STROGANOFF

Serves 4

## Ingredients

- 1 brown onion peeled & halved
- 30g butter
- 30g oil
- 500g beef strips
- 250g sliced mushrooms
- 2 beef stock cubes
- Salt & pepper to taste
- 100g tomato paste
- 375g water
- 300g cream or sour cream
- 50g corn flour



## Preparation

- |    |   |  |         |   |       |
|----|---|--|---------|---|-------|
| 1. | Place in onion and select <b>CHOP</b>   |  | 5 secs  |   |       |
| 2. | Scrape down sides of bowl, add butter and oil   |  | 2 mins  | 1 | 100°C |
| 3. | Add beef strips, mushrooms, tomato paste, stock cubes, salt & pepper and water. Remove Measuring Cup and place Cooking Basket upside down on top of the bowl lid.<br><i>Caution: Cooking Basket will become hot</i> |  | 10 mins | 1 | 100°C |
| 4. | Add the cream and cornflour.  |  | 10 mins | 1 | 100°C |
| 5. | Serve with pasta or rice  |  |         |   |       |

Acc.



# 5 SPICE CHINESE PORK

Serves 4

## Ingredients

- 375g pork fillet trimmed cut into 1 cm cube
- 1 tbsp of porcini dried mushrooms (soaked in hot water to soften then drain)
- 100g whole baby sweet corn sliced in half lengthways
- 170g vegetable stock
- 200g pineapple chunks in juice
- 1/2 green capsicum deseeded and sliced
- 110g water chestnuts
- 1 red chilli, deseeded and finely chopped
- 1 tsp Chinese 5 spice powder
- 2cm fresh ginger, peeled & grated
- 1 tbsp dark soy sauce
- 1 tbsp hoisin sauce
- 1 tbsp Chinese wine vinegar
- 2 tsp corn flour



## Preparation

1. Place in all ingredients and stir with Spatula
2. Select **STIR**
3. Select **STIR**
4. Serve with rice or noodles



|         |   |       |
|---------|---|-------|
| 15 mins | 1 | 100°C |
| 1 hour  | 1 | 95°C  |

# ZUCCHINI SLICE

Serves 6

## Ingredients

- 200g rindless bacon
- 1 large onion, peeled and quartered
- 60g oil
- 375g zucchini, roughly chopped
- 5 eggs
- 150g flour
- 200g grated cheddar cheese
- Salt and pepper to taste
- 1 tsp of mixed dried herbs



## Preparation

Acc.



1. Preheat oven to 200°C

---

2. Line a 30cm x 20cm baking or round cake tin with baking paper making sure it comes up and over the sides for easy removal

---

3. Place in bacon and PULSE 2 or 3 times for a couple of seconds. **B/**

---

4. Remove from bowl and set aside

---

5. Place in onion **B/**

---

6. Select **CHOP** 8 secs

---

7. Scrape down, add oil then select the following settings  2 mins 1 90°C 7

---

8. Add zucchini, eggs and flour

---

9. Select **CHOP** 10 secs

---

10. Scrape down and add bacon, cheese and herbs  1 min 2

---

11. Pour mixture into the lined tin and cook for 25-30 mins until golden. Leave in tin for 5 mins then slice and serve with salad.

# SALMON FILLETS WITH NOODLES

Serves 2

## Ingredients

200g in total of a mix of carrots, red & white cabbage, wombok, spring onions and broccoli (mixed)

500ml water

300g fresh Hokkien noodles

2 fresh salmon (or ocean trout) fillets

Soy Sauce



## Preparation

1. Place in all vegetables
2. Select **CHOP** 10-15 secs
3. Set aside
4. Add in water
5. Put in place the steamer base
6. Place in Hokkien noodles then the vegetables and liberally sprinkle soy sauce over vegetable and noodles
7. Place the steamer top onto the steamer base. Add the fish and put on the lid
8. Select **STEAM**
9. When finished mix noodles and vegetables through and add more soy sauce if required. Serve with the fillets

Acc.



# FISH PIE

Serves 6-8

## Ingredients

50g butter  
50g flour  
300g cream  
200g fish stock  
1tsp sea salt and pepper to taste

## Filling

4 spring onions  
Large handful of fresh parsley  
250g fresh white fish fillets cut into chunks  
250g fresh salmon pieces cut into chunks  
250g fresh prawns  
50g frozen peas  
3 hard boiled eggs halved



## Preparation

Acc.



1. Preheat oven to 200°C
2. Make Creamy Mashed Potato (See page 74) -enough to cover the dish
3. Place in spring onions & parsley **B/** 4 secs 5
4. Tip out and reserve for later
5. Place the butter, flour, cream, fish stock and salt and pepper into the Blending bowl
6. Select **STIR** 8 mins 3 80°C 4
7. Pour sauce into family sized pie dish and add the fish, prawns, peas and eggs. Add the spring onions and parsley set aside earlier. Gently fold the mixture together with spatula and allow to cool for 30 mins 
8. Cover the mixture with the creamy mashed potatoes making sure to cover the entire dish evenly. Make decorative marks with a fork
9. Bake for 30-35 mins or until golden brown.

# THAI FISH CURRY

Serves 4

## Ingredients

- 1 onion peeled and quartered
- 2.5cm peeled ginger
- 1 clove garlic peeled
- 1 lemongrass stalk
- 1/2 tsp dried chilli flakes
- 1 tbsp fish sauce
- 500g vegetable stock
- 1 tsp palm sugar
- 450g Salmon fillets cut into 2.5cm cubes



## Preparation

Acc.



1. Place in onion, garlic, ginger, lemongrass and chilli flakes



2. Select **CHOP** 10 secs
3. Add vegetable stock, fish sauce and sugar 8 secs 2
4. Select **STEW** 2 hours
5. In last 20 minutes of remaining cooking time add the fish

Serve with rice or noodles

# BUTTER CHICKEN

Serves 2-3

## Ingredients

400g chicken diced into bite sized cubes  
 2cm piece ginger peeled & grated  
 1 garlic clove peeled & grated  
 60g natural yoghurt  
 2 1/2 tsp garam masala  
 1tsp chilli powder  
 1 tsp turmeric  
 Pinch of salt  
 Pepper to taste  
 3 tbsp tomato paste  
 Juice of 1/2 lime  
 25g almond meal  
 1 medium onion peeled & quartered  
 80g butter  
 1/2 tbsp olive oil  
 1 small bay leaf  
 2 tbsp cream  
 1 1/2 fresh chopped coriander (save some for garnish)



## Preparation

Acc.



1. First prepare the mixture for the chicken marinade. In a bowl, add chicken, ginger, garlic, yoghurt, garam masala, chilli powder, turmeric, salt, pepper, tomato paste, lime juice and almond meal. Mix well and put in fridge for at least 20 minutes (the longer you leave it the more depth of flavour will develop)

2. Place in onion



3. Select **CHOP**

20 secs

4. Add butter and olive oil

20 mins

2

70°C

5

5. Add the bayleaf and the chicken mixture

22 mins

1

100°C

5

6. In the last 2 mins of cooking, add cream and some of the coriander

7. Serve with remaining coriander as a garnish and Roti bread (for recipe see page 116)

# RED THAI CHICKEN CURRY

Serves 4

## Ingredients

- 50g red Thai curry paste
- 400g coconut milk
- 230g drained can of sliced bamboo shoots
- 3 kaffir lime leaves
- 600g chicken breast cut into bite sized pieces
- 30g palm sugar (soft brown sugar can be used)
- 1 tbsp fish sauce
- 250g broccoli florets, frozen peas and green beans (mixed)
- Handful of fresh basil
- Handful of fresh coriander
- Sliced red chilli



## Preparation

- |  | Acc.  |  |  |  |  |
|--|---|---|---|---|---|
| 1. Place in curry paste and 60g of coconut milk  |  | 2 mins  | 1   | 100°C   | 5   |
| 2. Add remaining coconut milk, bamboo shoots and kaffir lime leaves  |   | 6 mins  | 1   | 100°C   |   |
| 3. Add chicken. Remove measuring cup and place Cooking Basket upside down on top of bowl lid. <i>Caution: Cooking Basket will become hot</i> |  | 10 mins   |   | 95°C  |   |
| 4. Add sugar, fish sauce and vegetables then add basil in the last minute of cooking   |   | 4 mins  | 1   | 100°C   |   |
| 5. Serve with rice and garnish curry with coriander leaves and chilli  |   |   |   |   |   |

# LAMB CURRY

Serves 4

## Ingredients

20g peeled garlic  
40g peeled ginger  
1 red chilli seeds removed  
1 medium onion peeled & quartered  
Good handful of coriander  
30g olive oil  
500g lamb cubed  
1 tsp garam masala  
1 tbsp ground coriander  
2 tbsp ground cumin  
1/2 tsp turmeric  
Pinch of salt  
600g tomatoes chopped  
25g tomato puree  
2 medium potatoes in small dice



## Preparation

Acc.



- Place in garlic, ginger, chilli, onion & fresh coriander 
- PULSE for 3 seconds
- Add oil and diced lamb
- Select **SAUTE** . Measuring Cup off 2 mins
- Transfer mixture to Mixing Bowl 
- Add garam masala, ground coriander, cumin, turmeric, salt, tomatoes, tomato puree & potatoes 
- Select **STIR** . Measuring Cup on 15 mins 1 100°C
- Select **STIR** . Measuring Cup on 1 hour 1 95°C

# BASIL PESTO GNOCCHI

Serves 4

## Ingredients

- 500g Gnocchi
- 1 bunch of basil  
(approximately 30g)
- 100g sundried tomatoes  
in oil
- 40g pine nuts
- 1 bunch asparagus cut into  
2cm long pieces (approx  
6-8 spears)
- 200g cherry tomatoes  
halved



## Preparation

Acc.



1. Cook Gnocchi as per packet instructions
2. Place in basil, sundried tomatoes with oil & pine nuts 
3. Select **CHOP** 20 secs
4. Scrape down then repeat Step 3 
5. Blanch the asparagus in boiling water
6. Add the gnocchi, asparagus & cherry tomatoes to the Blending Bowl 10 secs 2
7. Serve immediately

# PIZZA

## Pizza Sauce Ingredients

- 1 onion peeled & quartered
- 2 cloves garlic peeled
- 30g oil
- 800g diced tinned tomato
- 1 tbsp tomato paste
- 2 tsp dry mixed herbs



Pizza Dough (recipe on page 126)

## Pizza Topping Suggestions

- Mushroom
- Onion
- Ham/Salami/Chicken
- Capsicum
- Olives
- Cheese
- There are many options!

## Preparation

- Place in onion and garlic 
- Select **CHOP** 10 secs 
- Scrape down the bowl. Add oil and select **SAUTE** 2 min 
- Add tomatoes, tomato paste and herbs. Remove measuring cup & place Cooking Basket upside down on top of the Blending Bowl lid. *Caution: Cooking basket will become hot. Note: This makes a batch of sauce. The unused portion can be frozen for future use.* 8 min 2 100°C 
- Shape dough on floured surface and transfer to lightly oiled tray
- Cook in oven for 5 minutes on 200°C
- Spread sauce over pizza base, add your favourite toppings & sprinkle with cheese.
- Cook for a further 10-15 minutes

# BASIC RISOTTO

Serves 4

## Ingredients

- 1L of hot stock (just boiled)
- 1 large onion
- 2 cloves of garlic peeled
- 4 sticks of celery finely sliced
- 20g butter
- 40g olive oil
- 400g risotto (arborio) rice
- 200g dry white wine (or stock)
- Salt & black pepper to taste
- 20g butter extra
- 50g parmesan cheese (grated)

*This is a basic risotto & you can add other ingredients to make your favourite risotto.*

*For example:*

### Chicken and mushroom:

Add 300g chopped chicken thighs (small pieces) & 100g sliced mushrooms at Step 7.



## Preparation

Acc.



- |  |          |            |   |       |   |
|--|----------|------------|---|-------|---|
| 1. Place stock into a saucepan and bring to the boil on the cooktop  |          |            |   |       |   |
| 2. Whilst this is cooking, place in onion, garlic and celery   | <b>B</b> | 10 secs    | 5 |       |   |
| 3. Empty bowl and transfer to Mixing Bowl  | <b>M</b> |            |   |       |   |
| 4. Add olive oil & butter, measuring cup off   |          | 15 mins    | 1 | 100°C | 5 |
| 5. Add rice  |          | 3 mins     | 1 | 100°C | 5 |
| 6. Add wine  |          | 2 mins     | 1 | 100°C | 5 |
| 7. Add hot stock, measuring cup on   |          | 15-20 mins | 1 | 100°C | 5 |
| 8. Add the parmesan cheese & butter & stir through with spatula.<br>Important: Replace lid & let sit for 2-4 mins before serving |          |            |   |       |   |

# PRAWN AND PEA RISOTTO

Serves 6

## Ingredients

60g parmesan cheese cut into chunks  
 2 cloves garlic peeled  
 30 grams butter  
 1tbsp olive oil  
 300g Arborio rice  
 900g stock (either chicken or vegetable)  
 200-400g of green prawn meat  
 100g frozen peas  
 Salt and pepper to taste  
 Parsley to taste  
 Lemon Juice to taste



## Preparation

- |  |  |             |   |   |   |   |  |
|--|--|-------------|---|---|---|---|--|
| 1. Place in parmesan and select  | <b>CHOP</b>  | <b>Acc.</b> |  |  |  |  |  |
|  |  | <b>B/</b>   | 7 secs  |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 2. Set aside   |  |             |   |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 3. Add in garlic   |  |             |   |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 4. Select  | <b>CHOP</b>  |             | 8 secs  |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 5. Transfer contents from the bowl to the Mixing Bowl  |  | <b>M/</b>   |   |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 6. Add butter, oil, rice and stock   |  |             |   |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 7. Select  | <b>SAUTE</b>                                       |             | 13-15 mins  |   |   |   |  |
|  | <i>(May require another 5 minutes of sautéing)</i> |             |   |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 8. Add in green prawns, salt and pepper, peas, parmesan & cook further until prawns are cooked through | 5-8 mins   |             | 85°C  |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 9. Place in serving bowl and allow to rest for 5 minutes   |  |             |   |   |   |   |  |
| <hr/>  |  |             |   |   |   |   |  |
| 10. Adjust salt and pepper, add lemon juice and parsley  |  |             |   |   |   |   |  |

# PASTA CARBONARA

Serves 2-3

## Ingredients

1 egg + 1 extra egg yolk  
 20g milk  
 50g parmesan cheese  
 50g butter  
 100g pancetta (thick slice) diced  
 375g fresh pasta, such as spaghetti  
 1.5 litres boiling water  
 Black pepper



## Preparation

- Place in cheese and PULSE for 5 seconds
- Tip into a large serving bowl and set aside
- Place in egg, egg yolk and milk and select **CHOP**  5 secs
- Tip into the serving bowl with the cheese
- Place in butter and pancetta  2-3 mins 1 100°C 4
- Tip into the serving bowl with the cheese and egg mixture. Rinse out the Blending Bowl
- Add the fresh fettuccine and pour the boiling water over the fettuccine up to the 1.5 litre mark on the side of the bowl. Give a gently swirl with the Spatula gently pushing down the fettuccine so it is covered. Measuring cup lid tilted.  5 mins 100°C 
- When it comes back to the boil (approx 2 mins) turn the temperature setting down immediately- if you don't it will boil over 80°C
- Drain water off & tip fettuccine into the serving bowl with the egg, cheese and pancetta mixture. Add black pepper & thoroughly mix through with two wooden spoons so all the pasta is coated. This will cook the egg mixture.
- Serve



Acc. 

# MOROCCAN STYLE VEGETABLE TAGINE

**SERVES 4**

## Ingredients

1/2 cup dried figs  
 1 onion peeled and quartered  
 2 garlic cloves peeled  
 1 tbsp Moroccan spice  
 Salt and pepper to taste  
 20g olive oil  
 20g butter  
 500g vegetable stock  
 2 x 400g canned chick peas drained  
 400g tin chopped tomatoes  
 2 zucchini diced  
 200g pumpkin small diced  
 Coriander for garnish



## Preparation

Acc.



|    |  |  |  |  |         |          |
|----|--|--|--|--|---------|----------|
| 1. | Place in figs                                  |  |  |  |         |          |
| 2. | Select <b>CHOP</b>                             |  |  |  |         | 10 secs  |
| 3. | Set aside                                      |  |  |  |         |          |
| 4. | Add onion, garlic, spice, salt and pepper      |  |  |  |         |          |
| 5. | Select <b>CHOP</b>                             |  |  |  |         | 8 secs   |
| 6. | Add oil and butter                             |  |  |  | 3 mins  | 1 80°C 5 |
| 7. | Add rest of ingredients except coriander       |  |  |  | 1 min   | 1        |
| 8. | Select the following settings                  |  |  |  | 15 mins | 90°C     |
| 9. | Garnish with coriander and serve with couscous |  |  |  |         |          |

# VEGETABLE FRITTERS

Makes 16

## Ingredients

- 3 eggs whites
- 1 large potato, peeled & quartered
- 1 carrot peeled & quartered
- 2 zucchini, quartered
- 1 onion peeled & quartered
- 3 egg yolks
- 150g self-raising flour
- Good pinch of salt
- Black pepper to taste
- Handful of flat leaved parsley, roughly chopped
- 2tbsp of oil or some oil spray



## Preparation

1. Ensure that bowl is clean, cool & dry. Place in egg whites and process until soft peaks form (approx 2 mins). Remove Mixing tool  
Acc.  2 mins  4  37°C 

---

2. Scrape out egg whites into a bowl and set aside

---

3. Place in potato, carrot, zucchini & onion  


---

4. Select **CHOP**  
20 secs

---

5. Add in rest of ingredients except oil & egg whites  
1 min 3

---

6. Add egg white and fold through with the spatula  


---

7. Heat a large non-stick frying pan on medium heat and add oil if required

---

8. Place in a 1/3 cup of the mixture and cook for approx. 4 mins. Turn over & cook a further 5 mins approx. Cook in batches of 4 at a time.

---

9. Serve with salad

# OMELETTE

Serves 2-4

## Ingredients

6 eggs  
60g milk  
Salt & Pepper to taste  
500ml water  
Ham diced  
Tomatoes diced  
Grated cheese  
Mixed herbs

*Note: The filling are just suggestions and you can use whatever you like- just keep the dice small (about 1cm) and evenly spread on the tray for best results)*



## Preparation

Acc.



1. Place in eggs, milk, salt & pepper 
2. Select **CHOP** 10 secs
3. Empty mixture into a bowl and set aside
4. Rinse the blending bowl out and add the water
5. Take a piece of baking paper that will fit into the steamer top & will hang slightly over the edge of the tray- wet it, wring it, crumple it up then flatten in the tray. This will act like a bowl for the mixture 
6. Sprinkle ham, tomatoes, cheese and herbs onto the baking paper then pour in the egg mixture
7. Place the steamer onto the bowl. Position the lid on top
8. Select **STEAM**
9. Check after 10 mins if mixture is cooked (this will depend on your filling and quantities). If completed before the Auto program has finished, press PAUSE then STOP/CANCEL button to cancel cooking.



# BREADS AND DOUGH

# BREAD

Makes 1 large loaf or  
10 bread rolls

## Ingredients

450g water  
15g fresh or 7g dried yeast  
750g bakers flour  
3tsp bread improver  
(optional)  
1tsp salt



## Preparation

1. Place in the water
2. Add ingredients in this order- yeast, flour, improver (optional) and salt
3. Select **KNEAD**
4. To remove dough, turn bowl upside down over a lightly oiled bowl, unlock the dough hook – Gravity will drop the dough and hook into the bowl. Remove dough hook from the dough
5. Cover dough with plastic wrap and put in a warm spot for approx. 1 hour until doubled in size
6. Remove dough from bowl and knock out by shaping into a loaf, rolls or put straight into a loaf tin
7. Allow to rise for another 30 mins- until almost double in size again
8. Bake for approx. 30 minutes in a pre-heated oven at 180°C. It should sound hollow when the underside of the bread is tapped.

Acc.



1 min



40°C



# MULTIGRAIN BREAD

Makes 1 large loaf or 10 bread rolls

## Ingredients

450g water

15g fresh or 7g dried yeast

750g bakers flour

3tsp bread improver  
(optional)

1tsp salt

1 cup of grains (approx) e.g.

Poppy seed, linseed,  
sunflower, chia, pepitas



## Preparation

1. Place in the water
2. Add ingredients in this order- yeast, flour, improver (optional) and salt
3. Select **KNEAD**
4. Add any grains of choice in the final minute of kneading
5. To remove dough, turn bowl upside down over a lightly oiled bowl, unlock the dough hook – Gravity will drop the dough and hook into the bowl. Remove dough hook from the dough
6. Cover dough with plastic wrap and put in a warm spot for approx. 1 hour until doubled in size
7. Remove dough from bowl and knock out by shaping into a loaf, rolls or put straight into a loaf tin
8. Allow to rise for another 30 mins- until almost double in size again
9. Bake for approx. 30 minutes in a pre-heated oven at 180°C. It should sound hollow when the underside of the bread is tapped.

Acc.



1 min



40°C



# ROTI BREAD

Makes 20 pieces

## Ingredients

620g plain flour

50g canola oil

600g boiling water

Pinch of salt



## Preparation

Acc.



1. Boil a kettle of 600g of water

2. Place in flour, oil, salt and boiling water

3. Select **KNEAD**

4 mins

4. This is a very soft dough. Flour the surface well. Divide dough into 4 pieces and then each piece into 5. Roll out each piece thinly into a circle. You will have 20 Rotis.

5. Warm up a frying pan until medium hot. Place 1 roti in the pan and dry fry until cooked on one side. Flip and cook the other side. Put aside and keep warm. Repeat until all rotis are cooked.

*Delicious served with curry. You can also use them as wraps. Will freeze well.*

# SWEET POTATO & CHIVE DAMPER



## Ingredients

200g of sweet potato diced  
500ml water  
Good pinch of salt  
60g butter  
2 cups self raising flour, plus  
extra for dusting 3/4 cup  
of milk  
1/3 cup of milk  
1/4 cup fresh chives chopped  
1/4 cup fresh flat leaved  
parsley chopped  
Little milk extra for brushing

## Preparation

1. Preheat oven to 200°C & dust a baking tray with the extra flour
2. Pour in the water 
3. Place pumpkin into the Cooking Basket & lower into the bowl, attached lid & measuring cup 
4. Select **STEAM**
5. When cooked lift the cooking basket & empty potato into the Mixing bowl & add butter  1 min 2
6. Add the rest of the ingredients & select **KNEAD** 5 mins
7. Dough should be very soft tip onto the baking tray & dust with a little more flour if needed. Pat & shape into a 20cm round. Mark with a sharp knife into 8 wedges.
8. Lightly brush top with extra milk
9. Bake in oven for 30-35 mins until golden & hollow when tapped
10. Stand for 5 mins & serve warm with butter

Acc.



# MULTISEED BREAD

Makes 20cm square loaf

## Ingredients

- 500g water
- 500g Bakers Flour (can use wholemeal)
- 15g fresh yeast
- 1tsp salt
- 50g oats
- 30g sesame seeds
- 30g linseeds
- 30g sunflower seeds
- 30g pumpkin seeds (Pepitas)
- 30g poppy seeds
- 30g clear honey
- 30g olive oil



## Preparation

Acc.



1. Pre-heat oven to 200°C. Lightly grease cake tin
2. Place in water  1 min 40°C
3. Add rest of ingredients
4. Select **KNEAD**
5. This is a sticky dough- scrape into a 20cm lightly greased square tin
6. Set aside in a warm place for 30 minutes or until risen to the top of the tin
7. Bake in oven for approx 45 minutes
8. Let cool in the tin then turn out

# BANANA, WALNUT AND DATE BREAD

Makes a standard size loaf

## Ingredients

- 60g pitted dates
- 60g walnuts
- 180g self-raising flour
- 60g wholemeal flour
- 1/2 tsp cinnamon
- 120g caster sugar
- 80g light flavoured oil
- 2 egg whites
- 30g water
- 2 ripe bananas, broken into pieces
- 100g milk



## Preparation

Acc.



1. Pre-heat oven to 180°C and lightly grease a standard loaf tin
2. Place in dates B/ 10 secs 7
3. Add walnuts 5 secs 7
4. Add rest of ingredients
5. Select **CHOP** 30 secs
6. Pour into prepared tin and bake in oven for approx. 1 hour or until skewer comes out clean
7. Allow to cool then turn onto wire rack

# BUTTERNUT PUMPKIN FLATBREAD

## Ingredients

- 1 quantity of pizza dough  
(See page 126 for recipe)
- A little cornmeal (polenta) for the baking sheet
- 200g extra- sharp Cheddar
- 500g butternut squash  
peeled, seeded, thinly sliced into small pieces
- 1/2 red onion thinly sliced
- 1/4 cup pine nuts
- 1tbsp fresh thyme leaves
- 40g olive oil
- Salt and black pepper



## Preparation

Acc.



1. Preheat oven to 200°C.
2. Line a baking tray with baking paper & sprinkle with cornmeal
3. Flatten & shape the dough into a large rectangle to fit the tray
4. Place in cheese 
5. Select **CHOP** 10-13 secs
6. Set aside
7. Place in all the ingredients except the cheese into a large bowl and mix through with clean hands
8. Then sprinkle the mixture evenly all over the dough and finish with the grated cheese
9. Bake in oven for 20-25 mins until golden

# DATE LOAF

Makes a standard size loaf

## Ingredients

- 125g dates
- 125g brown sugar
- 60g butter
- 250ml boiling water
- 300g self-raising flour
- 1tsp bi-carb soda
- 1tsp vanilla extract



## Preparation

Acc.



1. Pre-heat oven to 180°C. Grease/line loaf tin

2. Place in Dates



3. Select **CHOP**

20 secs

4. Add the rest of the ingredients

5. Select **CHOP**

20 secs

6. Pour into well greased loaf tin and place in oven for 45-50 minutes.

7. Let it cool for 10 minutes then turn out onto wire rack to cool completely.

*Delicious buttered*

# TEA LOAF

Makes a standard size loaf

## Ingredients

- 500g mixed dried fruit
- 200g soft brown sugar
- 200g cold strong black tea
- 400g self-raising flour
- 1 egg (beaten)



## Preparation

Acc.



1. Preheat oven to 150°C. Grease/line loaf tin
2. Place in mixed dried fruit, sugar and tea
3. Add flour and beaten egg
4. Pat mixture (it will be thick) into a loaf tin
5. Place in the oven and cook on 150°C for 45 minutes
6. Cool in tin for 15 minutes then turn out onto cake rack to cool



6 secs

5

1 min

3

Slice, add butter and enjoy

# SWEET SHORTCRUST PASTRY

## Ingredients

- 225g plain flour
- 30g cornflour
- 1 1/2 tbsp baking powder
- 125g caster sugar
- 140g butter softened
- 1 egg lightly beaten



## Preparation

- |   | Acc.  |  |  |  |  |
|---|---|---|---|---|---|
| 1. Place in flour, cornflour, baking powder and caster sugar  |  | 5 secs  | 2   |   |   |
| 2. Add butter   |   | 5 secs  | 3   |   |   |
| 3. Remove Measuring Cup and pour egg mixture through the hole in lid with the ThermoCook going on speed 2 until mix forms ball. |   | 20 secs   | 2   |   |   |

*This makes enough for a dessert pie case*

# SHORTCRUST PASTRY

## Ingredients

- 200g plain flour
- 100g butter cubed
- Pinch of salt
- 50-60g iced water



## Preparation

Acc.



1. Place in flour, butter and salt



2. Select **CHOP**

10 secs

3. Add 50g of water

4. Select **CHOP**

8 secs

5. Add a little more water if necessary to bind

6. Turn mixture onto floured surface and knead lightly

7. Keep wrapped in cling wrap in fridge in flat disc before use

# CHOUX PASTRY

Makes approx 10-12 eclairs  
or 25-30 profiteroles

## Ingredients

80g butter  
150g water  
1/2 tsp sugar  
Small pinch of salt  
120g plain flour  
3 eggs



## Preparation

- |   | Acc.  |  |  |  |  |
|---|---|---|---|---|---|
| 1. Place butter, sugar, salt & water  |  | 3 mins  | 1   | 80°C  |   |
| 2. Add flour straight away as soon as Step 1 has finished   |   | 1 min & 30 secs   | 3   |   |   |
| 3. Place bowl in fridge for at least 10 mins to make sure the mixture is chilled right down well before adding the eggs |   |   |   |   |   |
| 4. Then put back on base. As mixture is mixing add eggs one by one through the measuring cup lid opening                |   | 30 secs   | 5   |   |   |
| 5. Your mixture is now ready to make eclairs & profiteroles   |   |   |   |   |   |

Tip: *If mixture is too runny chill in the fridge*

# PIZZA DOUGH

## Ingredients

280g water

40g olive oil

Salt

30g yeast

500g Strong bakers flour



## Preparation

1. Place in water, oil and salt

Acc.



1 min



4



40°C



2. Add yeast and flour

6 sec

3. Select **KNEAD**

5 min

4. Transfer dough to floured bowl and rest covered for 30 minutes

5. Divide into 3 portions and allow to rest for a further 15 minutes

6. Shape pizza on floured surface and transfer to lightly oiled tray

7. Cook in oven for 5 mins at 200°C

8. Add your favourite toppings and cook for 10-15 minutes at 200°C



**DESSERTS AND BAKING**

# CHOCOLATE CAKE

Makes 20cm/8inch cake

## Ingredients

250g sugar  
200g self raising flour  
50g cocoa or cacao  
120g softened butter  
1tsp vanilla extract  
2 eggs  
160g water



## Preparation

Acc.



1. Pre-heat oven to 180°C. Grease/line cake tin



2. Place in sugar and PULSE for 7 seconds

3. Add in rest of ingredients

4. Select **CHOP**

10 secs

5. Scrape down sides of bowl. Select **CHOP**



10 secs

6. Pour mixture into greased or lined cake tin and bake for approx. 45-50 minutes

7. Stand in tin for 5 mins, then turn onto cake rack.

When completely cool you can ice and decorate.

# CHEESE CAKE

Makes a 22cm round cake

## Ingredients

- 3 tbsp butter
- 1 pack of plain sweet biscuits  
(approx 250g)
- 250g cream cheese
- 395g tin condensed milk
- 125g lemon juice
- Whipped cream for top



## Preparation

Acc.



1. Grease the base & sides of a spring-form tin

2. Place in butter



3. Select **WARM**

1 min

4. Add in biscuits

1 min

3

5. Press crumb mix in cake tin and refrigerate

6. Place in cream cheese, condensed milk & lemon juice



5 mins

2

7. Pour into base and set in fridge for 2 hours

8. Serve with whipped cream

# CARROT CAKE

Serves 8

## Ingredients

2 carrots cut into 5cm pieces  
2 eggs  
160g raw sugar  
150g plain flour  
1 tsp vanilla extract  
110g vegetable oil  
1 tsp bi-carb soda  
1/2 tsp mixed spice  
1/2 tsp salt  
60g walnuts

## Cream Cheese Icing

### Ingredients

1 tsp lemon peel  
230g icing sugar  
30g butter  
60g cream cheese  
Juice of 1/2 lemon  
Walnuts





## Preparation

Acc.



1. Pre-heat oven to 180°C

2. Place in carrots



3. Select **CHOP**

35 secs

4. After 10 secs press PAUSE & add all other ingredients except walnuts.  
Press PAUSE again to restart

5. After another 10 secs press PAUSE, add walnuts then press PAUSE  
again to restart

6. Pour into well greased 20cm ring tin or small loaf tin

7. Bake in oven for 45 minutes

8. Meanwhile make the cream cheese icing



9. Add lemon peel and sugar to bowl

10. Select **CHOP**

35 secs

11. After 10 secs press PAUSE, add butter, lemon juice, cream cheese.  
Press PAUSE again to restart

12. After another 10 secs press PAUSE and scrape down with a spatula.  
Press PAUSE again to restart



13. Spread over cooled carrot cake & sprinkle with walnuts if you desire

# HONEY CAKES

Makes approx 18

## Ingredients

180g plain flour  
1 1/4 tsp baking powder  
1 tsp ground cinnamon  
Pinch each of ground cloves  
and nutmeg  
1/4 tsp bicarbonate of soda  
110g raw caster sugar  
40g brown sugar  
120g honey  
75g almond or vegetable oil  
100g milk  
1 egg  
1 tbsp scotch whisky

## Honey butter icing

80g honey  
50g softened butter  
200g pure icing sugar sifted  
1 tsp lemon juice



## Preparation

Acc.



1. Preheat oven to 180°C. Grease and flour 1/3 cup capacity muffin tins
2. Sift together flour, baking powder, spices and bi-carbonate of soda and place into bowl 
3. Add sugars 10 secs 3
4. Add honey, oil, milk, egg and whisky and select **CHOP** 20 secs
5. Spoon into greased muffin tins
6. Bake for approx 15-20 mins. Cake will spring back when lightly pressed with fingertip
7. Let cool in tins for approx 10 mins then transfer to a wire rack to cool completely
8. For honey butter icing, place in all the icing ingredients  40 secs 4
9. Scrape down the sides of the bowl and attach Mixing Tool. It should be creamy and smooth. Scrape down and repeat if required  1 mins 3
10. Ice or spread icing on tops of cooled cakes

*Cakes best eaten on day of making*

# BERRY SORBET

Serves 6

## Ingredients

30 ice cubes (2 trays)  
250g white sugar (or castor)  
250g mixed frozen berries  
1 small lemon chopped  
(rindless)  
1 egg white



## Preparation

Acc.



1. Place in ice cubes



2. PULSE for 10 secs twice

3. Place snow aside and dry the bowl



4. Place in sugar and PULSE until very fine granules appear

5. Add in snow, frozen berries, lemon and egg white

30 secs 4

6. Open lid and using spatula, scrape remaining ingredients from side of the bowl



7. Freeze

*Tip: More berries intensifies flavour and colour*

# COFFEE ECLAIRS

*Makes 10-12*

## **Creme Patissiere**

### **Ingredients**

300g milk  
30g butter  
60g sugar  
30g plain flour  
3 eggs  
Seeds only from one vanilla  
pod split & seeds scraped

**1 qty of Choux pastry** (see  
recipe page 125)

### **Glace Icing Ingredients**

2 tsp of instant coffee,  
dissolved in a small  
amount of boiling water  
200g icing sugar, sifted





## Preparation

Acc.



1. Rinse the Blending Bowl with cold water & empty - this will help stop the bowl from catching when heating the milk

2. Place in all the creme patissiere ingredients



7 mins

4

80°C

5

3. Pour into a bowl & cover with plastic wrap. Make sure it touches the entire surface of the creme so it does not form a skin & set aside to cool to room temperature

4. Whilst this is cooling pre-heat oven to 180°C

5. Make your Choux Pastry

6. Place pastry mixture into a piping bag and pipe 7cm long by 3cm wide eclairs on a baking tray lined with baking paper. Ensure there are gaps between each one as they will expand

7. Clean the Blending Bowl so it will be ready to make the icing later

8. Bake for 30 mins. When they are cooked turn the oven off but leave them to cool and dry completely in the oven- leave the oven door slightly ajar. This will stop the pastry from collapsing

9. When completely cool split each one open & pipe or spoon your creme patissiere in one half & put the two together

10. Make the Glace icing - Place in the ingredients



20 secs

4

11. Ice the Eclairs immediately as the icing sets quickly

# VANILLA CUSTARD

Serves 1

## Ingredients

90g sugar  
30g corn flour  
2 eggs or 3 for a richer custard  
700g milk  
1 tsp vanilla bean paste



## Preparation

1. Place in sugar & corn flour



2. Scrape down bowl & add eggs,  
milk & vanilla bean paste



*This makes a pouring custard- great with puddings.  
For a thicker custard just reduce the amount of milk*

# CARAMEL SAUCE

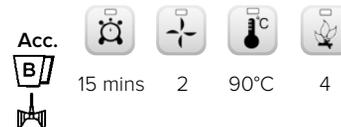
## Ingredients

395g condensed milk  
50g butter  
70g soft brown sugar  
1tsp vanilla extract



## Preparation

1. Place in all ingredients



2. Pour into container, cover & refrigerate

3. Serve hot over steamed puddings or warm/cold with ice cream

# BERRY MOUSSE

Serves 4-6

## Ingredients

50g water  
1 1/2 tsp gelatin powder  
100g sugar  
250g berries (your choice)  
300g cream



## Preparation

Acc.



1. Put water into a bowl, sprinkle the gelatin over the water
2. Put the bowl over a bowl of just boiled water so the gelatin swells.  
Stir to dissolve and set aside
3. Place in sugar, berries & cream 
4. Select **CHOP** 20 secs
5. Add the gelatin mixture
6. Select **CHOP** 5 secs
7. Pour into dessert dishes
8. Place in fridge until set

# CRÈME CAMEL

Makes 6 half cup ramekins

## Ingredients

### Caramel:

100g sugar  
1 tbs water

### Cream:

3 eggs  
500g full cream milk  
60g sugar  
1 tsp vanilla extract



## Preparation

Acc.



1. Ensure your ramekins fits into the steamer with the lid on before beginning
2. Put the sugar and water in a saucepan. Heat on medium heat, swirl the pan regularly to spread the heat evenly
3. As soon as the colour turns pale amber, divide the caramel evenly into each ramekin. Tilt the ramekins to spread the caramel around and set aside.
4. Place in eggs and sugar 
5. Select **CHOP** 5 secs
6. Add the milk and vanilla 5 mins 2 70°C 5
7. Pour the mixture into the ramekins. Place them in the steamer loosely covered with baking paper that has been wet then wrung. Put the lid on the Steamer and place 500ml of water in the bowl. You can use all sections of the steamer to fit them all in. 
8. Select **STEAM**
9. Carefully lift the ramekins with oven gloves and leave to cool, then place in fridge for at least 2 hours. Unmould and turn upside down on a plate

# STEAMED PUDDINGS

Makes 4 1/2 cup serves

## Ingredients

120g self-raising flour  
80g sugar  
70g butter  
1 egg  
60g milk  
Maple or golden syrup  
500ml water for steaming



## Preparation

- |  |      |   |   |   |   |
|--|------|---|---|---|---|
| 1. Place in flour, sugar and butter  | Acc. |  |  |  |  |
| 2. Select <b>CHOP</b>  |      |  |   |   |   |
| 3. Scrape down the bowl and add the egg and milk   |      |   |  |   |   |
| 4. Select <b>CHOP</b>  |      |   |   |   |   |
| 5. Pour a generous amount of syrup into 4 small ramekins or silicon moulds. Carefully pour the mixture over the syrup. Place each of the puddings into the Steamer |      |   |  |   |   |
| 6. Pour 500ml of water into the Blending Bowl and place Steamer on top   |      |   |   |   |   |
| 7. Place a sheet of baking paper under the Steamer lid (this stops the steam from dripping onto the puddings)  |      |   |   |   |   |
| 8. Select <b>STEAM</b>   |      |   |   |   |   |
| 9. Use a skewer to check if they are cooked. It should come out clean when they are cooked through. Turn out and serve with custard, cream or ice cream.           |      |   |   |   |   |

# VANILLA ICECREAM

## Ingredients

2 vanilla pods  
600g full cream milk  
200g full cream  
180g sugar  
6 egg yolks  
Pinch of salt



## Preparation

Acc.



1. Split the vanilla pods lengthways and put them in the bowl with all the ingredients



8 mins

2

90°C

6

2. Remove the vanilla pods & pour mixture into a suitable container & cover. Set aside to cool

3. Place in freezer for at least 10 hours

4. Put in fridge 15 minutes before serving then cut the icecream into pieces

5. Place in blending bowl



15 secs

9

6. Scrape down bowl



30 secs

6

# SWEET MUFFINS

Makes 12

## Ingredients

125g butter (in pieces)  
250g self raising flour  
300g milk  
100g sugar

## Sweet filling suggestions

Blueberries, raspberries,  
diced cooked apples,  
cinnamon, lemon  
butter, chopped dates,  
chocolate bits.



## Preparation

Acc.



1. Pre-heat oven to 190°C and lightly grease the bottom of a muffin pan or insert cases

2. Place in butter



30 secs

80°C

3. Add flour, milk and sugar

4. Add 1 1/2 cups of your fillings of choice

12 secs

2

*(Do not overwork the mixture as they will turn out tough and chewy)*

5. Place mixture into muffin tins/cases on middle shelf in oven and cook for 25 minutes.

6. Place on rack and allow to cool

# SAVOURY MUFFINS

Makes 12

## Ingredients

125g butter (in pieces)  
250g self raising flour  
300g milk  
Pinch of Salt

## Savoury filling suggestions

Cooked diced bacon, ham,  
grated cheese, crumbled  
feta, sundried tomatoes,  
chopped olives, pesto,  
mixed herbs.



## Preparation

Acc.



1. Pre-heat oven to 190°C and lightly grease the bottom of a muffin pan or insert cases

2. Place in butter



30 secs

80°C

3. Add flour, milk and salt

4. Add 1 1/2 cups of your fillings of choice

12 secs 2

*(Do not overwork the mixture as they will turn out tough and chewy)*

5. Place mixture into muffin tins/cases on middle shelf in oven and cook for 25 minutes.

6. Place on rack and allow to cool

# PEANUT BUTTER COOKIES

Makes 24

## Ingredients

- 250g peanut butter (smooth)
- 250g sugar
- 1 large egg
- 1 teaspoon baking soda



## Preparation

Acc.



1. Pre-heat oven to 180°C
2. Line a baking tray with baking paper
3. Place in all the ingredients 
4. Select **CHOP** 20 secs
5. Roll 1 tsp of the dough into a ball and place on the baking tray. Repeat.
6. Place dough balls 3 cm apart on cookie sheet and flatter with tines of fork making a cross pattern
7. Bake until puffed and a golden pale- about 10 minutes
8. Cool cookies on baking tray for about 5 minutes and then transfer with spatula to rack to cool

*May be kept in air tight container at room temperature for 5 days*

# ANZACS

MAKES APPROX 30

## Ingredients

- 120g butter room temperature
- 65g golden syrup
- 1tsp bi-carb soda
- 100g rolled oats
- 150g plain flour
- 50g sugar
- 50g dark brown sugar
- 60g desiccated coconut



## Preparation

Acc.



1. Preheat oven to 160°C & line 2 baking trays with baking paper
2. Place in butter & golden syrup. 

|          |        |   |      |   |
|----------|--------|---|------|---|
| <b>M</b> | 2 mins | 2 | 70°C | 5 |
|----------|--------|---|------|---|
3. Butter should be dissolved
4. Add bi-carb soda 

|  |        |   |  |  |
|--|--------|---|--|--|
|  | 5 secs | 3 |  |  |
|--|--------|---|--|--|
5. Add remaining ingredients. It should just be just mixed – you do not want to overmix 

|  |         |   |  |  |
|--|---------|---|--|--|
|  | 30 secs | 3 |  |  |
|--|---------|---|--|--|
6. Place 1 tbsp of the mixture at a time on the prepared trays, leaving space for spreading and gently press with back of the spoon
7. Bake for 10-15 mins until lightly golden
8. Allow to cool on the trays

# LEMON AND COCONUT COOKIES

**MAKES 24**

## Ingredients

Zest of 2 lemons finely  
grated  
120g butter  
170g brown sugar  
Juice of 1 lemon  
120g plain flour  
60g self raising flour  
90g rolled oats  
50g shredded coconut  
1 egg  
1 tsp vanilla extract  
100g white chocolate  
(optional)



## Preparation

Acc.



1. Preheat oven to 180°C

---

2. Place in zest, butter and sugar 

---

3. Select **CHOP** 10 secs

---

4. Add all remaining ingredients except chocolate 10 secs 4 80°C

---

5. Place heaped teaspoons of the mixture onto lined baking trays and cook in oven for 12-15 minutes until just golden around the edges

---

6. Whilst cooking clean the Blending Bowl

---

7. Remove cookies from oven and leave to cool completely

---

8. Place in chocolate, if using  7 secs 8

---

9. Scrape down  2 mins 1 50°C

---

10. With a small spoon drizzle the chocolate over the cookies

# ROCK CAKES

## Ingredients

225g self raising flour  
1 tsp baking powder  
75g caster sugar  
115g unsalted butter  
115g sultanas  
50g mixed peel  
Grated zest of 1 orange  
2 eggs



## Preparation

Acc.



1. Preheat oven to 200°C & line a baking tray with baking paper
2. Place in the flour, baking powder, sugar & butter 

|  |         |   |
|--|---------|---|
|  | 10 secs | 4 |
|--|---------|---|
3. Add in rest of ingredients, scrape down if required & repeat 

|  |         |   |
|--|---------|---|
|  | 10 secs | 4 |
|--|---------|---|
4. Dough should be stiff. If you wish add 1 tbsp of orange juice
5. Spoon walnut sized mounds onto a baking paper lined oven tray, leaving space for spreading
6. Bake for 15-20 mins until golden brown
7. Cool on tray

# NUT CRACKERS

Makes approx 20-30  
depending on cracker size

## Ingredients

- 120g almonds
- 40g of various seeds of your choice (e.g sunflower, chia, psyllium husks)
- 1/4 tsp cayenne pepper
- 1/2 bicarb soda
- Pinch of mixed dry herbs
- 150g parmesan cheese
- 1 clove of garlic (optional)
- 30g of light flavoured oil (e.g canola, grapeseed, coconut)
- 1 tbsp water



## Preparation

Acc.



1. Preheat oven to 180°C
2. Place in all ingredients except oil and water **B/** 20 secs 10
3. Add oil and water 15 secs 4
4. Empty out onto baking paper and push ingredients together to form one piece. Place another piece of baking paper on top and roll out to about 3mm- remove top piece of baking paper
5. Use a shape cutter or cut into squares. Place with the baking paper onto a baking tray and cook for 25 minutes. Check after 15 mins and if edges are getting too brown cover with baking paper
6. When cooked remove and place biscuits carefully on cooling rack
7. When completely cold keep in an airtight container for up to 5 days

# SHORTBREAD

Makes approx 16 pieces

## Ingredients

250g butter, at room temperature  
100g caster sugar  
300g plain flour, sifted  
90g rice flour, sifted



## Preparation

Acc.



1. Preheat oven to 150°C.
2. Place baking paper on 2 baking trays
3. Place in butter and sugar 
4. Select **CHOP**
5. Add the flours 1 min 3
6. Turn the mixture out onto a floured surface and bring the mixture together with your hands and knead gently until smooth
7. Divide the mixture in half. Shape one half into a 18cm circle with your hands, then carefully place onto the baking tray
8. Press the surface with your palm as evenly as possible. Prick all over with a fork and score the dough into 8 wedges. Sprinkle with a little extra caster sugar and repeat with the remaining dough
9. Place the trays in the oven for 40 mins or until light golden. Let cool on trays for 15 mins then transfer to a wire rack to cool completely
10. Cut into wedges

# CHOCOLATE CHIP COOKIES

Makes approx 30

## Ingredients

125g soft butter  
100g white sugar  
100g brown sugar  
1/2 tsp vanilla extract  
1 egg  
260g self raising flour  
1/2 tsp salt  
160g chocolate chips



## Preparation

Acc.



1. Preheat oven to 180°C
2. Place in butter, sugars & vanilla. In the last 30 secs add egg through the measuring cup hole in the lid  1 min 4  
30 secs
3. Add flour and salt 30 secs 3
4. Add chocolate chips 20 secs 1
5. Drop heaped teaspoonfuls of the mixture onto baking paper lined trays leaving room for spreading
6. Bake in oven for approx 10-12 mins
7. Let cool on trays for 15 mins then place on a wire rack to cool completely

# MELTING MOMENTS

Makes approx 40 biscuits

## Ingredients

185g butter  
60g icing sugar  
45g custard powder  
225g plain flour

## Icing

80g icing sugar  
40g butter  
2 tsp custard powder  
1/2 vanilla essence



## Preparation

Acc.



- |   |  |         |   |
|---|--|---------|---|
| 1. Preheat oven to 180°C and line 2 baking trays with baking paper  |  |         |   |
| 2. Place in butter and icing sugar  |  |         |   |
| 3. Select <b>CHOP</b>   |  | 10 secs |   |
| 4. Scrape down bowl and attach Mixing Tool  |  | 2 mins  | 4 |
| 5. Remove Mixing Tool and scrape down bowl  |  |         |   |
| 6. Add custard powder and flour   |  | 20 secs | 4 |
| 7. Roll a teaspoon of the mixture into balls then place onto baking tray.<br>Press each one gently with a fork leaving space for spreading                                  |  |         |   |
| 8. Bake for approx 12-14 mins until very lightly golden   |  |         |   |
| 9. Remove to a cooling rack   |  |         |   |
| 10. When the biscuits are completely cold make the icing. Ice one half & join with another biscuit.<br>Set aside until the icing has set then store in a airtight container |  |         |   |
| 11. To make icing add in all the icing ingredients  |  | 10 secs | 4 |

# FLUFFY PANCAKES

Makes 8 Pancakes

## Ingredients

3 egg whites  
Small pinch of salt  
3 egg yolks  
1 cup plain flour  
1tbsp baking powder  
250g milk  
Butter for frying



## Preparation

1. Place in egg whites and salt  3 mins  4  37°C
2. Remove Mixing Tool and transfer egg whites to a large bowl and set aside 
3. Place in rest of the ingredients except butter & egg whites 
4. Select **CHOP** 30 secs
5. Pour batter onto the egg whites and fold with a spatula until no egg white streaks remain 
6. Heat the butter in a medium high heat frying pan. Pour a ladle of the batter- cook until golden on both sides and repeat until all the mixture is used
7. Serve with your favourite toppings such as raspberries, blueberries, maple syrup & cream

# HOT CROSS BUNS

*Makes approx 10*

## **Ingredients**

250g milk  
20g mixed peel  
500g bakers flour  
1 tsp salt  
70g butter  
45g sugar  
1 egg  
20g fresh yeast or  
15g dry yeast  
1 1/2 tsp ground cinnamon  
1 1/2 tsp ground nutmeg  
1/2 tsp ground cloves  
150g sultanas

## **Piping mixture:**

80g flour  
Pinch salt  
1tsp of oil  
100g water

## **Sugar syrup:**

2tbsp water  
2tbsp sugar





## Preparation

Acc.



1. Preheat oven to 220°C & grease or line a baking tray with baking paper

---

2. Pour in milk **M/** 1 min 4 90°C

---

3. Add all remaining ingredients 10 sec 4

---

4. Select **KNEAD**

---

5. Tip dough into a lightly greased bowl. Cover with plastic wrap & leave to prove in a warm place for approx 1 hour. It should double in size

---

6. Cut evenly into approx. 10 pieces and shape into buns. Place the buns close together on a baking tray lined with baking paper. Cover and let prove for a further 15 minutes.

---

7. Meanwhile make piping mixture by placing in the ingredients **B/**

---

8. Select **CHOP** 30 secs

---

9. Pour mixture into a piping bag

---

10. Pipe crosses onto the buns & bake in oven for 10-15 minutes until golden

---

11. When cooked remove from oven & proceed to make the sugar syrup

---

12. Place in water & sugar **B/** 2 mins 4 90°C 6

---

13. Brush warm buns with syrup

---

# CHEESY SPINACH PUFFS

Makes 24

## Ingredients

100g fresh spinach leaves  
 125g cheddar cheese, cut into chunks  
 50g parmesan cheese, cut into chunks  
 250g milk  
 125g butter  
 125g plain flour  
 3 eggs



## Preparation

Acc.



- |  |           |        |      |   |
|--|-----------|--------|------|---|
| 1. Preheat oven to 180°C   |           |        |      |   |
| 2. Line 2 baking trays with baking paper   |           |        |      |   |
| 3. Place in the spinach & cheeses  | <b>B/</b> |        |      |   |
| 4. PULSE for 7 seconds   |           |        |      |   |
| 5. Put the Blending Bowl aside   |           |        |      |   |
| 6. Add in milk and butter to the Mixing Bowl   | <b>M/</b> | 3 mins | 80°C | 4 |
| 7. Add the flour   |           | 1 min  | 3    |   |
| 8. Let stand for 5 mins for the mixture to cool or place in the refrigerator for 5 minutes             |           |        |      |   |
| 9. Add the eggs slowly through the Measuring Cup opening in the bowl lid one at a time                 |           | 1 min  | 3    |   |
| 10. Add the spinach mixture to the dough   |           | 1 min  | 2    |   |
| 11. Then drop the mixture by tablespoons 3 cm apart onto the baking trays.                             |           |        |      |   |
| 12. Bake for approx 25-30 min until puffed and golden  |           |        |      |   |
| 13. Turn oven off and leave slightly open and allow the puffs to cool until they are warm. Then serve. |           |        |      |   |

# PUFF PASTRY PIN WHEELS

*This would be the easiest snack ever! Variations are endless. Great for children's snacks, nibbles, canapes etc.*

## Ingredients

Sheets of Puff Pastry cut in half and defrosted.

Filling of your choice

Savoury filling suggestions:

1. Olives (deseeded), salami, sundried tomatoes.
2. Cream cheese, smoked salmon and chives
3. Mushrooms and seasoning
4. Ham, grated cheese and tomato paste
5. Fresh spinach, Gruyère cheese, garlic powder
6. Sausage meat, onion and tomato puree



## Preparation

1. Place in the ingredients for the filling. PULSE for a few seconds – scraping down in between pulsing until a spreadable consistency is reached
2. Spread the filling evenly leaving a small border around the edges
3. Roll up as tightly as possible starting from the long end. Seal the end with water brushed on the pastry inside edge - gently press to seal.
4. Chill in the fridge for at least 15 minutes
5. With a sharp knife cut the roll into 1.5cm rounds. Lay onto a baking tray lined with baking paper
6. Brush with egg wash and sprinkle on any additional flavourings e.g. herbs, grated cheese
7. Bake for approx 15 minutes (check after 10 minutes) until puffed and golden
8. Serve after standing for 5 minutes

Acc.



# SCONES

## Ingredients

450g self raising flour  
50g butter  
50g sugar for sweet  
scones or 1/2 tbsp salt for  
savory scones  
1 egg  
250g milk

Add sultanas or dates  
for fruit scones or grated  
cheese, herbs or sundried  
tomatoes for savory scones



## Preparation

Acc.



1. Preheat oven to 210°C
2. Place in flour & butter and PULSE for 3 seconds 
3. Transfer flour mixture to the Mixing Bowl & add rest of ingredients  30 secs 3
4. Turn the bowl upside down & place on floured work surface. Unlock kneading blade & allow dough to drop onto the work surface & remove blade from dough
5. Pat dough into a thick round shape & cut into 12 rounds using a cutter
6. Put onto a baking paper lined tray & bake for approx. 10 mins - until just golden brown
7. Remove from oven and place on a cooling rack covered with a tea towel



**KIDS MEALS**

# BEEF MEATBALLS

Makes 50 balls

## Ingredients

- 1 garlic clove peeled
- 3/4 to 1 cup of vegetables  
(e.g. zucchini, carrot, mushroom, capsicum, mashed pumpkin, mashed sweet potato)
- 500g beef mince
- 1 egg
- 2 tbsp tomato sauce
- 1/2 tsp Worcestershire sauce
- 40g bread crumbs ( you may require more if you are using lots of mashed vegetables)
- 1 tbsp cooking oil
- 400g tomato soup



## Preparation

Acc.



- |  |  |         |   |
|--|--|---------|---|
| 1. Place in garlic   |  |         |   |
| 2. Select <b>CHOP</b>  |  | 10 secs |   |
| 3. Place in vegetables (except for mashed ones)  |  |         |   |
| 4. Select <b>CHOP</b>  |  | 10 secs |   |
| 5. Scrape down bowl if necessary   |  |         |   |
| 6. Place in mashed vegetables (if using) mince, egg, tomato sauce and Worcestershire sauce |  | 30 secs | 2 |
| 7. Add in half the bread crumbs  |  | 15 secs | 3 |
| 8. Add more bread crumbs until the mixture is moist but not wet                            |  | 15 secs | 3 |
| 9. Roll into 1/2 tablespoon sized balls and refrigerate to firm up                         |  |         |   |
| 10. Heat oil in a fry pan. Place in the balls and brown on all sides                       |  |         |   |
| 11. Pour in the tomato soup and put on the lid. Simmer for 10 minutes or until meat cooked |  |         |   |

# DATE BALLS

Makes 26 balls

## Ingredients

- 150g pitted dates
- 40g coconut
- 20g flaked almonds (optional  
– can be substituted for  
other nuts, pumpkin  
seeds, etc)
- 2 tsp cocoa or cacao
- 2 tsp water



## Preparation

Acc.



1. Place in all ingredients



2. Select **CHOP**

40 secs

3. Check that all ingredients are well chopped and will form into a ball, add more water or **CHOP** for longer if necessary.

4. Roll into 1 teaspoon sized balls and refrigerate

5. If you wish the balls can be rolled in coconut/cocoa or nuts

# MASHED VEGETABLE RISONI

Serves 4 to 6

## Ingredients

- 1000g water
- 2 tsp vegetable stock powder
- 50g risoni
- 1 small potato peeled and cut into 1cm cubes
- 1 carrot peeled and cut into 1 cm cubes
- 150g sweet potato peeled and cut into 1 cm cubes
- 150g pumpkin peeled and cut into 1cm cubes
- 50g grated cheese



## Preparation

1. Place in water, stock and risoni 
2. Place in cooking basket and add vegetables 
3. Select **STEAM**. After 10 minutes press PAUSE and check if vegetables are soft. If they are continue to step 4. If not, continue with the steam program until they are.
4. Remove the cooking basket with the spatula. *Caution: It will be hot.* Set the vegetables aside 
5. Save 1/2 cup of the cooking water then drain the risoni through the cooking basket 
6. Place the vegetables and saved water back into the Blending Bowl & select **SMOOTHIE**
7. Add cheese and risoni 1 min 2
8. Serve as a side dish or enjoy on its own

# MUSHROOM & BACON PENNE

Serves 4 to 6

## Ingredients

- 150g penne (or macaroni)
- 1/2 onion peeled and quartered
- 1 garlic clove peeled
- 100g mushrooms quartered
- 2 shortcut rashers of bacon roughly chopped
- 1/2 tbsp vegetable oil
- 40g butter
- 40g plain flour
- 500g milk
- 50g cheese

*Note: This recipe is very versatile. Any meat or vegetable can be added to this dish, some suggestions are tuna and peas or cooked chicken and avocado*



## Preparation

Acc.



|    |  |  |         |   |      |   |
|----|--|--|---------|---|------|---|
| 1. | Cook pasta as per packet instructions  |  |         |   |      |   |
| 2. | Place in onion and garlic. Select <b>CHOP</b>  |  | 20 secs |   |      |   |
| 3. | Place in mushrooms and bacon. Select <b>CHOP</b>   |  | 10 secs |   |      |   |
| 4. | Scrape down sides of bowl and add oil. Select <b>SAUTE</b>   |  | 4 mins  |   |      |   |
| 5. | Set mushroom mixture aside   |  |         |   |      |   |
| 6. | Clean out blending bowl and attach Mixing Tool. Add butter   |  | 1 min   | 2 | 80°C |   |
| 7. | Add flour. After 30 secs press PAUSE. Use the spatula to scrape the flour from the bottom of the bowl and continue |  | 1 min   | 2 | 80°C | 3 |
| 8. | Add milk slowly through measuring cup hole in lid  |  | 4 mins  | 1 | 80°C | 5 |
| 9. | Add in cheese, pasta, mushroom mixture   |  | 20 secs | 2 |      |   |

# SAN CHOY BOW

Serves 4 to 6

## Ingredients

- 150g mushrooms quartered
- 1 carrot peeled and roughly chopped
- 1 zucchini ends trimmed and roughly chopped
- 1 onion peeled and quartered
- 1 garlic clove peeled
- 1 tbsp vegetable oil
- 500g extra lean pork mince
- 2 tbsp hoisin sauce
- 8 or more iceberg lettuce leaves washed



## Preparation

Acc.



1. Place in mushrooms, carrot & zucchini and select **CHOP** **B/** 20 secs
2. Set aside
3. Place in onion and garlic and select **CHOP** 15 secs
4. Scrape down sides of bowl add oil and select **SAUTE**  1 min
5. Add in pork & select **SAUTE**
6. Check that pork is browned. Saute again if necessary
7. Add chopped vegetables, hoisin sauce and select **SAUTE**
8. When the carrot is tender and the meat cooked it is ready. Drain off any liquid.
9. Spoon the pork mixture evenly into the lettuce cups.

# CHOC BANANA ICECREAM

Serves 2-4

## Ingredients

- 2 medium bananas frozen until solid
- 1 tsp sifted cocoa or cacao



## Preparation

1. Peel & roughly chop frozen bananas. Place in Blending Bowl
2. Select **SMOOTHIE**
3. Add cocoa
4. Serve

Acc.



5 secs 5

# INDEX

|                             |           |
|-----------------------------|-----------|
| <b>Basics</b>               | <b>14</b> |
| Asian Style Rice            | 22        |
| Breadcrumbs                 | 16        |
| Egg Whites                  | 17        |
| Grated Cheese               | 24        |
| Hard or Soft Boiled Eggs    | 22        |
| Meat or Fish Stock          | 21        |
| Mince Meat                  | 19        |
| Pasta Dough                 | 24        |
| Porridge                    | 26        |
| Pure Butter or Butter Blend | 18        |
| Red Curry Paste             | 25        |
| Steamed Rice                | 23        |
| Vegetable Stock or Broth    | 20        |
| Whipped Cream               | 16        |
| Yoghurt                     | 17        |

|                                 |           |
|---------------------------------|-----------|
| <b>Dips, Spreads and Sauces</b> | <b>27</b> |
| Béchamel Sauce                  | 42        |
| Bolognese Sauce                 | 40        |
| Broad Bean & Parmesan Dip       | 28        |
| Chocolate Hazelnut Spread       | 36        |
| Chunky Carrot & Cumin Dip       | 30        |
| Cream Cheese Dip                | 29        |
| Dukkah                          | 38        |
| Guacamole                       | 33        |
| Hummus & Sesame dip             | 32        |
| Jam                             | 33        |
| Jamalade                        | 34        |
| Lemon Curd                      | 39        |
| Mushroom & Bacon Sauce          | 41        |
| Olive Tapenade                  | 37        |
| Pesto                           | 35        |
| Tzatziki Dip                    | 31        |
| <b>Beverages</b>                | <b>43</b> |
| Banana & Mango Smoothie         | 44        |
| Carrot & Orange Juice           | 46        |
| Cucumber Lassi                  | 44        |
| Frozen Fruit Daiquiri           | 47        |
| Gin Fizz                        | 48        |
| Ginger Beer                     | 47        |
| Healthy Breakfast Smoothie      | 45        |
| Iced Coffee                     | 48        |
| Mixed Berry Smoothie            | 45        |
| Strawberry & Coconut Smoothie   | 46        |

|                                |           |
|--------------------------------|-----------|
| <b>Soups</b>                   | <b>49</b> |
| Carrot & Coriander Soup        | 53        |
| Cauliflower Soup               | 57        |
| Creamy Mushroom Soup           | 51        |
| French Onion Soup              | 54        |
| Moroccan Style Red Lentil Soup | 58        |
| Potato & Leek Soup             | 56        |
| Pumpkin Soup                   | 52        |
| Tomato Soup                    | 50        |
| <b>Side Dishes</b>             | <b>59</b> |
| Coleslaw                       | 64        |
| Creamy Mashed Potatoes         | 60        |
| Polenta                        | 61        |
| Potato Salad                   | 62        |
| Ratatouille                    | 65        |
| Sauteed Mushrooms              | 66        |
| Steamed Broccolini             | 66        |
| Steamed Vegetables             | 63        |
| Vegetable Stir Fry             | 63        |

|                                 |           |                             |            |                         |            |
|---------------------------------|-----------|-----------------------------|------------|-------------------------|------------|
| <b>Main Dishes</b>              | <b>67</b> | <b>Breads and Dough</b>     | <b>91</b>  | Nut Crackers            | 125        |
| 5 Spice Chinese Pork            | 75        | Banana, Walnut & Date Bread | 97         | Peanut Butter Cookies   | 121        |
| Apricot Chicken                 | 72        | Bread                       | 92         | Puff Pastry Pin Wheels  | 133        |
| Basic Risotto                   | 85        | Butternut Pumpkin Flatbread | 98         | Rock Cakes              | 124        |
| Basil Pesto Gnocchi             | 83        | Choux Pastry                | 103        | Savoury Muffins         | 120        |
| Beef Goulash                    | 73        | Date Loaf                   | 99         | Scones                  | 134        |
| Beef Stoganoff                  | 74        | Multigrain Bread            | 93         | Shortbread              | 126        |
| Butter Chicken                  | 80        | Multiseed Bread             | 96         | Steamed Puddings        | 117        |
| Chilli Con Carne                | 69        | Pizza Dough                 | 104        | Sweet Muffins           | 119        |
| Fish Pie                        | 78        | Roti Bread                  | 94         | Vanilla Custard         | 114        |
| Lamb Curry                      | 82        | Shortcrust Pastry           | 102        | Vanilla Icecream        | 118        |
| Meatballs                       | 70        | Sweet Potato & Chive Damper | 95         |                         |            |
| Moroccan Style Vegetable Tagine | 88        | Sweet Shortcrust Pastry     | 101        | <b>Kids Meals</b>       | <b>135</b> |
| Omelette                        | 90        | Tea Loaf                    | 100        | Beef Meatballs          | 136        |
| Pasta Carbonara                 | 87        |                             |            | Choc Banana Icecream    | 141        |
| Pizza                           | 84        | <b>Desserts and Baking</b>  | <b>105</b> | Date Balls              | 137        |
| Prawn & Pea Risotto             | 86        | Anzacs                      | 122        | Mashed Vegetable Risoni | 138        |
| Red Thai Chicken Curry          | 81        | Berry Mousse                | 115        | Mushroom & Bacon Penne  | 139        |
| Salmon Fillets with Noodles     | 77        | Berry Sorbet                | 111        | San Choy Bow            | 140        |
| Thai Fish Curry                 | 79        | Caramel Sauce               | 114        |                         |            |
| Vegetable Fritters              | 89        | Carrot Cake                 | 108        |                         |            |
| Winter Warmer Beef Casserole    | 68        | Cheese Cake                 | 107        |                         |            |
| Zucchini Slice                  | 76        | Cheesy Spinach Puffs        | 132        |                         |            |
|                                 |           | Chocolate Cake              | 106        |                         |            |
|                                 |           | Chocolate Chip Cookies      | 127        |                         |            |
|                                 |           | Coffee Eclairs              | 112        |                         |            |
|                                 |           | Crème Caramel               | 116        |                         |            |
|                                 |           | Fluffy Pancakes             | 129        |                         |            |
|                                 |           | Honey Cakes                 | 110        |                         |            |
|                                 |           | Hot Cross Buns              | 130        |                         |            |
|                                 |           | Lemon & Coconut Cookies     | 123        |                         |            |
|                                 |           | Melting Moments             | 128        |                         |            |

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