### Recipe Book



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# Getting to know your ThermoPro



### **Operating Buttons**

- 1 Stop/ Cancel
- Start/ Pause/ Scroll
- Timer
- 4 Speed
- Temperature
- 🔞 Wat Power
- 7 Pulse
- 8 Auto Programs
- DIY Program

10 Digital Display



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

### **Accessories** and Icons

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



Blending Bowl

The Blending bowl contains the chopping blade.



Mixing Bowl

The mixing Bowl contains the kneading hook.





Cooking Basket





Steamer



- Steamer base
- Steamer top
- Steamer Lid



Mixing Tool





Spatula





Measuring Cup





### 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 Thermopro 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.







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 Thermopro 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.





\B**[**]

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.





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 minute.

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



### KNEAD



IMPORTANT: Kneading must be done using the ThermoPro 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.











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.







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 ThermoPro 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 SAUTE, 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.







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.



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.







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.







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.







- 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
- For recording: when the DIY icon flashes, press and hold the DIY button for 5 seconds, until the screen shows
  STEP:01 ( [FP:] ()). Set the desired speed, temperature, heat power, timer and press DIY button again, it comes to STEP:02 ( [FP:] ()); 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 ThermoPro 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 Thermopro with plastic

- wrap making clean up easier.
- Do not leave the *ThermoPro* unattended when operating at high speeds.
- Is it not recommended that you grind and store large amounts of spices as they will lose their flavors 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	SMOOTHE
GROUND PULSES, EG LENTILS,SPLIT PEAS	100g	dried lentils, dried split peas	(SMOOTHIE) repeat if required
BESAN FLOUR	100g	dried chickpeas	SMOOTHE repeat if required
GROUND RICE	100g	rice	SMOOTHE
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	SMOOTHE repeat if required
GROUND CLOVES	10g	whole cloves	Select MOOTHIE .Whilst the ThermoPro is running quickly place the cloves in the Measuring Cup and tip into the bowl and lock. Repeat MOOTHIE if required
GROUND CORIANDER	10g	whole coriander seeds	See ground cloves
ALMOND MEAL	200g	whole almonds	SMOOTHIE



### Useful Tips



The ThermoPro 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 ThermoPro. Recipes can be easily converted for use in the ThermoPro. 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. *ThermoPro* 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 *ThermoPro*. We encourage you to substitute flavors and ingredients to your family favorites and to try inventing your own recipes!

- The ThermoPro 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 ThermoPro 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.



Error Code	Description	Possible Reasons	Solution
E1	Safety switch not engaged	Bowl lid is not installed correctly     Bowl is not seated correctly	Secure the lid by turning it clockwise until it clicks in place (see Fig.1 Page 7 in user manual)     Securely and properly seat the bowl onto the main body
E2	Temperature sensor fault	The bowl is not in place	Check the bowl is seated correctly on the main body
E3	Motor operation has been blocked	Bowl overloaded     Food has blocked the blade/hook	Decrease the volume of the food in the bowl, or cut the food to smaller pieces and re-start the machine     Clear any food blockage from around the blade/hook
E4	Bowl temperature exceeded	No food or liquid inside bowl     Small amount of food/liquid in bowl with high temperature setting for a long period of time	Add food/liquid into bowl     Decrease temperature
E5	Motor temperature exceeded	Motor working hard for too long due to bowl overloaded or difficult food to process	Stop and let the motor cool before restarting. Decrease volume in bowl and reduce speed if necessary
E6	Motor current exceeded	Bowl overloaded     Food has blocked the blade/hook	Decrease the volume of the food in bowl, or cut the food to smaller pieces and re-start the machine     Clear any food blockage from around the blade/hook
E7	Speed transfer fault	The unit has high and low level gears. Gears are misaligned during gear change	Remove the bowl. There is a circular piece that the bowl clicks into on the main body (found under the bowl). Turn the circular piece counter clockwise a couple of turns. Re-seat the bowl and restart
E8	Motor sensor fault	Internal fault	Stop using and contact customer service
E9	Fan fault	Internal fault	Stop using and contact customer service
E10	Fan current fault	Internal fault	Stop using and contact customer service
E11	Pulse function does not work when pressed	Pulse function temporarily deactivated when temperature in bowl is above 60°C to protect against risk of scalding by hot food splatter	Allow food in bowl to cool before trying again





### **Bread Crumbs**

#### Ingredients

4 slices frozen bread



### **Preparation**

1. Break up bread and place in bowl



1 min

Ö

### **Whipped Cream**

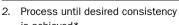
#### Ingredients

200ml thickened cream 2tsp of icing sugar if desired



### **Preparation**

1. Place in ingredients with Mixing Tool attached



is achieved\*

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

Acc.



3 mins









### 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

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



3-5

mins

B/









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 ThermoPro as you follow the steps

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



#### **Preparation**

1. Place in cream



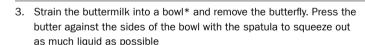








2. Blend until the cream separates (the ThermoPro will move and thump a bit - this is normal) Pause the machine immediately





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 as before

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

9. Press STOP button to clear any remaining time

### Mince Meat

### Ingredients

500g rump or blade steak



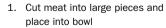
### Preparation

**B**]









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**











- 1. Place in onions, carrot, celery \в∥ & 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

## Vegetable Stock Concentrate

#### Ingredients

700g vegetables roughly chopped (e.g. carrots, onions, zucchini, celery, onion) Fresh herbs 1tbsp olive oil 75g salt

Note: This stock is quite salty in order for it to be kept in the fridge for several weeks. Can also be frozen in usable quantities (in which case you can reduce the salt to taste)

Uses: 1tbls paste = 1 stock cube or 1 tbls + 300ml water when liquid stock is required.



Dua	movetion	Acc.	ā	7	I <sup>c</sup>	
FIE	eparation	ACC.				
1.	Place in vegetables and herbs	B]]				
2.	Select CHOP		10 secs			
3.	Scrape down bowl	6				
4.	Add oil and salt		20 mins	1-4	80°C	6
5.	Increase the speed by 1 every 5 minutes so the last 5 minutes of cooking it is on speed 4					

6. Put into sterilised jar and store

quantities

in the fridge or freeze in usable



## 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 or rosemary, thyme and parsley

- 3 bay leaves
- 5 peppercorns

Approx 1200g water



#### **Preparation**

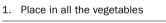












10 secs

- 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

2. Select CHOP

1hr 30 mins

 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**

1. Pour in water





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



11 mins 120°C

Ö

4. For hard boiled eggs: 120°C 14 mins 1

### Arian Style Rice

Serves 4 - Cooking time 50 mins

This style of cooking rice takes longer and is a little drier than the western style of cooking. An edible crust on the bottom of the bowl is normal when cooking this recipe

### Ingredients

400g rice 500g water



#### **Preparation**

1. Place in rice and water



B/







2. Select RICE



## Steamed Rice

### Ingredients

1 cup of rice (rinsed) Water



### Preparation











- 1. Place rice in cooking basket then place into the Blending Bowl
- 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.

### Parta Dough

Serves 4-6

#### Ingredients

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



### **Preparation**

1. Place in all the ingredients











- 2. Select KNEAD
- 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**

 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 Parte**

### 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 lemon grass chopped
- 1 tbsp fish sauce

Lime rind

6 kaffir lime leaves - stems removed

- 1/2 tsp paprika
- 1/2 tsp tumeric



### **Preparation**







8







- 1. Place in black pepper, coriander & cumin seeds
- 2. Select

5 mins

60°C 1

- 3. Set aside
- 4. Add in bowl, oil, chillies, onions, B garlic, lemongrass, galangal, coriander roots, lime rind, kaffir lime leaves.



- 30 secs
- 5. Scrape down sides then repeat



- 30 secs 8
- 6. Add fish sauce paprika, tumeric & fried seeds



- 30 secs
- 7. Scrape down sides then repeat



30 secs

### Porridge

Serves 2

### Ingredients

1 cup of porridge oats 2 cups of milk or water

### **Topping suggestions:**

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



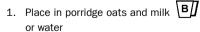
### Preparation











2. Select PORRIDGE

30 mins

3. Serve into bowls and add your favourite toppings



### Broad Bean & Parmeran 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**



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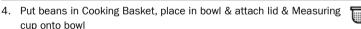








- 1. Place in parmesan cheese and select CHOP
- 2. Tip into bowl and set aside
- Add in water







- 5. Select STEAM
- 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



- 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



### 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**

\B**]** 











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



### Q **Preparation** Acc. В/ 1. Place in water 2. Put carrots in Cooking Basket and lower into in the bowl attach lid and Measuring cup Select STEAM Empty water and set aside carrots в// Place in onion, garlic, cumin and orange juice 10 secs Select CHOP 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 Select SAUTE Allow the mixture to cool, add carrots, lock lid & select SMOOTHE 10. Season to taste NB: If you prefer a smoother dip, wait until cool. PULSE for a few seconds until desired smoothness is reached.



### 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



Pre	eparation	Acc.		7	
1.	Place in cucumbers	B]			
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	B]			
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.	)			

### Hummur & Serame 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**









1. Place in chickpeas and lemon juice

\B*[*]

2.	Select CHOP	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



### **Beetroot Dip**

Serves 4

#### Ingredients

- 4 small Beetroot, cooked & peeled
- 1 tbsp plain yoghurt
- 1 clove garlic
- 1 tbsp lemon juice

Seasoning



### **Preparation**

1. Place in beetroot and garlic





Acc.



Ö

3. Add lemon juice, yoghurt & season

4. Select CHOP

2. Select CHOP

10 secs

### Jam

#### Ingredients

300g raspberries or strawberries 300g sugar



#### **Preparation**

1. Place in all ingredients













3. Pour in warm sterilised jar and refrigerate when cool

### **Jamalade**

### Ingredients

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



Pre	paration	Acc.		7	Ic	
1.	Put a plate in the freezer					
2.	Slice oranges as thinly as possible. Remove pips and cut into quarters					
3.	Add the water, lemon & oranges	В]]	10 mins	3	100°C	
4.	Add the sugar and select		30 mins	2		
5.	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	
6.	Pour into sterilised jar, seal and store in fridge when cool.					



# Mango and Mint Salva

Serves 4

#### Ingredients

2 mangos peeled, stone removed, diced

1 onion peeled & quartered

1/2 cup fresh mint

Freshly ground black pepper

1 tbsp lime juice



Preparation	Acc.	Q
1. Place in onions and fres	sh mint B	
2. Select CHOP	10 secs	
3. Scrape down bowl	<u> </u>	
4. Add mango and lime juic	ce 8 secs 1	
5. Add pepper to taste		

## Tomato and Avocado Salra

#### Ingredients

1/2 red onion

1/2 green chilli, seeds removed

3 tomatoes, diced

2 Avocados, peeled & deseeded Handful of fresh coriander

Pinch of salt



#### **Preparation**

\в[]











3. Scrape down bowl



4. Add diced tomatoes & avocado

1. Place in onion, chilli, coriander

8 secs

## Perto

#### 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



Pre	eparation	Acc.
1.	Place in pine nuts and garlic	\B <i>]</i> ]
2.	PULSE	5 secs
3.	Scrape down bowl and add basil and cheese	d
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 and thaw when required	a week or freeze in usuable amounts



# Basil and Spinach Pesto

Serves 4

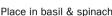
#### Ingredients

- 1 large bunch fresh basil
- 1 large bunch fresh baby spinach
- leaves
- 3 garlic cloves
- 125g olive oil
- 65g toasted pinenuts (optional)
- 50g parmesan cheese
- Season



- 1. Place in basil & spinach
- 2. Add garlic, olive, oil, pinenuts, cheese & seasoning
- 3. Select CHOP
- 4. PULSE 2-3 times until desired consistency is reached

#### **Preparation**







1 min

20 secs







## 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





20 secs 3







2. Select CHOP

- 3. PULSE 2-3 times until desired. consisteny is reached
- 4. Serve with biscuits & a sprig of coriander on top



# Chocolate Hazelnut Spread

Serve 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



ì		V	0	Į,		
Pre	eparation	Acc.			C	
1.	Preheat the oven to 140°C					
2.	Add boiling water	B]				
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 <i>Caution: The cooking bowl will become hot</i> . 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	B]]	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



# Chicken Liver Pate

#### Ingredients

- 1 onion peeled and quartered 250g bacon
- 1 clove of peeled garlic
- 12 juniper berries (crushed with the flat of a knife)
- 500g Chicken livers (washed and deveined)
- 125g butter
- 1/3 tsp nutmeg
- 60ml orange juice
- Pinch of salt
- 2 tbsp thickened cream



#### Preparation

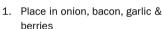














2. PULSE for a few seconds and scrape down the sides



- 3. Add rest of ingredients (except cream)
- 4. Select STIR

15 mins

5

5. Add cream

30 secs

4

- 6. Put into ramekins & place in the fridge once cooled to set for several hours
- 7. Serve with fresh bread or savoury biscuits

# Olive Tapenade

#### Ingredients

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



Pre	paration	Acc.		7	[c]	
1.	Place in garlic	B]]	5 secs	7		
2.	Scrape down sides	8				
	Add rest of ingredients (except olive oil)					
4.	Select CHOP		10 secs			
	Place mixture in jar and cover with olive oil					
6.	Store in refrigerator					



# Carhew Parte

#### Ingredients

300g raw cashews 1 1/2 tbsp macadamia oil 1/2 tsp salt 5-10g rice malt syrup



Pre	eparation	Acc.	
1.	Place in cashews	В	
2.	Select CHOP	10 secs	
3.	Add rest of the ingredients		
4.	Select CHOP	5 mins	

5. Every 30 secs select PAUSE and scrape down the bowl then continue. This helps the mixture to get really creamy and smooth. If at the end of process time it is still too stiff add about 5ml more of macadamia oil and CHOP for another minute

Store in a sterilised jar in the fridge

## 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.











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



Pre	eparation	Acc.	$\Box$	7		
1.	Place in all ingredients	B]]				
2.	Select the following settings		7 secs	7		
3.	Insert Mixing Tool and cook	A	15mins	3	80°C	

4. Put in sterilised jar & store in refrigerator when cool.

# Moroccan Spice Mix

#### Ingredients

Grated zest of 1 orange

2 tsp ground cumin

2 tsp ground coriander

2 tsp ground ginger

1 tsp chili powder

1 tsp coarsely ground pepper

1/2 tsp turmeric

1/2 tsp ground cinnamon

1/2 tsp salt

1/2 tsp sugar

1/4 tsp ground cloves



#### **Preparation**









1. Place in all ingredients

10 secs

2. Store in an airtight container in fridge



# Sweet Murtard Pickler

#### Ingredients

1/4 of a Cauliflower

2 large onions peeled & quartered

1/2 cucumber halved

1L water

60g salt

375g apple cider vinegar

200g sugar

1/4 tbsp turmeric

1/4 tbsp curry powder

1/2 tbsp mustard powder 2tbsp cornflour



#### Preparation









90°C





1. Place in cauliflower, onions and B

2. Select CHOP

5 secs

Add water and salt and soak overnight

4. Select **STIR** (drain when finished)

15 mins 1

5. Add vinegar, sugar & spices

20 .....0

20 mins 1

 Mix cornflour with a little water to make a paste and pour though the measuring cup hole while it is mixing 5 mins 1 100°C

7. Pour into sterilised jars and seal

# Taco Sauce

#### Ingredients

- 1 onion peeled and quartered
- 1 clove garlic peeled
- 1 small red capsicum roughly chopped
- 1 small green capsicum roughly chopped
- 2 large tomatoes quartered
- 1tbsp olive oil
- 1/2 tsp sugar
- 1tsp ground coriander
- 1tsp ground cumin
- Salt and pepper to taste



#### **Preparation**

Acc.









- 1. Place in onion, garlic, capsicum, B/ tomatoes and oil
- 2. Select CHOP

1 min

- 3. Add sugar and spices
- 4. Select STIR

- 10 min
- 80°C

- 5. Season to taste
- 6. Bottle in sterilised jar & store in fridge.



# White Sauce

Makes approx. 1.5 cups

#### Ingredients

60g flour 500g milk 30g butter 1 tbsp

Salt and pepper to taste

#### Variations:

#### **Cheese Sauce**

Add 80g grated cheese and 1/2 tsp mutard powder after 6 mins while machine is running

#### **Parsley Sauce**

Add handful of chopped fresh parsley at the end of the cooking cycle and stir through sauce

#### **Mustard Sauce**

At Step 1 add 3tsp of whole grain mustard

#### **Peppercorn Sauce**

At Step 1 add 55g tin of green peppercorn



#### **Preparation**

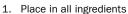












2. Select STIR





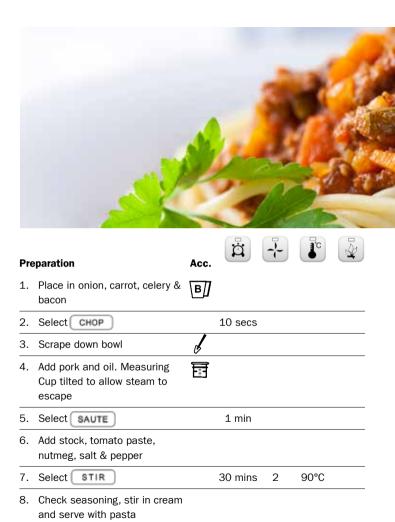
7 mins 90°C 3

# 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





# 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.		(- <del>}</del> -	[c	
1. Place in cheddar & parmesan	B]				
2. Select CHOP. Once completed set aside		10 secs			
3. Place in onion and garlic	B]				
4. Select CHOP		10 secs			
5. Add bacon, butter and oil. Add the mushrooms after 5 mins of cook	ng	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



Pre	eparation	Acc.		-	$\mathbf{l}^{\mathbf{c}}$	
1.	Place in butter	B]	1 min	2	80°C	
2.	Add flour. After 30 secs press Pause. Use the spatula to scrape the flour from the botton of the bowl then continue	m <b>/</b>	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	l				



### Cucumber Lassi

Serves 2

#### Ingredients

150g cucumber, peeled and quartered 150g yoghurt 100g iced water



#### Preparation

1. Place in all ingredients



3. Pour into glasses and serve



\в[]







# 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**

1. Place in all ingredients

2. Select SMOOTHIE

3. Pour into glasses and serve



В[]











# Healthy Breakfast Smoothie

Serves 2

#### Ingredients

Half a banana 200g skim milk

- 2 tbsp peanut butter
- 1/2 tbsp 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



3. Pour into glasses and serve

# 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.

Ö

Acc.

В[]









# Orange and Mango Smoothie

Serves 2

#### Ingredients

- 1 banana peeled and quartered
- 1 mango peeled, stone removed
- 2 peeled oranges, pith and pips removed, cut into quarters 200g skim milk
- 3 tbsp natural yoghurt
- 2 handful of ice cubes



#### **Preparation**

1. Place in all ingredients



3. Pour into glasses and serve

# Mandarin and Lychee Frappe

Serves 2

#### Ingredients

100g mandarin slices 50g canned lychees 2 handfuls of ice



#### **Preparation**

1. Place in all ingredients

2. Select SMOOTHIE

3. Pour into glasses and serve



в[]

Ö

Acc.

\в[]











# Strawberry and Coconut Smoothie

Makes 650ml

#### Ingredients

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



1. Place in all ingredients



3. Pour into glasses and serve

#### Preparation

Acc. В[]











## 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











30 secs

2. Add cold water

- 3. Select SMOOTHIE
- 4. Pour into glasses and serve

# 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 tbls castor sugar 250g ice (add more depending on

how thick you want the drink)



#### **Preparation**

1. Place in all ingredients



3. Pour into glasses and serve



\в[]







# **Bloody Mary**

#### Ingredients

300g tomato juice 80g vodka 5 drops of Tabasco sauce 5 drops of Worchester sauce 20g of Lemon Juice Ground black pepper Salt



#### **Preparation**

1. Place in all ingredients





30 secs





2. Remove Mixing Tool & strain

3. Serve in glass with a stick of celerv



### 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

with soda water



2. Add Gin, lemon & ice cubes 3. Pour into glasses and top up



30 sec

Ö

2

# Champagne and Strawberries

#### Serves 4

#### Ingredients

- 1 punnet fresh strawberries
- 2 tbsp liquor (e.g Cointreau)
- 2 tbsp white sugar

Champagne



#### **Preparation**

1. Marinate strawberries in sugar & liquor for 1 hour













3. Pour into champagne glass & pour champagne on top



## Lemon Ice Tea

Makes 1 Litre

#### Ingredients

1000g water 50g sugar 100g lemons cut into quarters 4 teabags of your choice Ice cubes to serve



#### **Preparation**









1. Pour in water, sugar & lemons

10 mins 3

120°C

- 2. Add in the teabags & allow to steep for approx. 5 mins. Adjust time according to your taste
- 3. Place tea in fridge to cool if necessary
- 4. Serve with ice cubes & slice of lemon



# 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

remaining water & serve

2. Add 350g water

5 secs

20 secs

8

# **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

2. Select the following settings

Acc. в//



20 secs 10











# Pumpkin and Curry Joup

Serves 6

#### Ingredients

300g peeled pumpkin, small dice

- 1 onion peeled & chopped
- 1-2 cloves garlic peeled
- 1 tbsp olive oil
- 2 small potatoes peeled & chopped
- 1000g chicken or vegetable stock Salt
- 1 tsp curry powder



#### **Preparation**

- 1. Place in all ingredients
- 2. Select SMOOTHIE
- Select Thick SOUP
- 4. Serve with sour cream & chopped chives

# Pumpkin Joup

#### Ingredients

750g stock

- 1 onion peeled & guartered
- 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**

1. Place in all ingredients

Select SMOOTHIE

3. Select Thick SOUP

4. Add cream and stir

5. Serve



10 secs 3

Acc.

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Ö

Acc.

В[]













# **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 & papper to taste



#### **Preparation**





10 secs







- 1. Place in onion and garlic
- 2. Scrape bowl down with spatula
- 3. Add oil

- 2 mins
- - 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



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

# Watercress & Potato Soup

Serves 4

#### Ingredients

2 large potatoes peeled & quartered

1 onion peeled and quartered 30g olive oil

4-5 cups of watercress washed 1000g of vegetable stock Salt and pepper to taste



Pre	eparation	Acc.		( <del>-}</del> -	[]c	
1.	Place in potatoes and onion	B/]				
2.	Select CHOP		15 secs			
3.	Add oil and pinch of salt		4 mins	1	80°C	5
4.	Add watercress and stock					
5.	Select Quick SOUP					
6.	Serve with fresh bread					



# French Onion Joup

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 ThermoPro before you start the recipe





Pre	pparation	Acc.		7	[]c	
1.	Place in onion and select 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.		7			
6.	Select SAUTE		4 mins			
7.	Spinkle 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 baki	ng she	eet			
11	. Cook for about 10 minutes each side in the oven					
12	. When soup has finished cooking pour into a casserole dish. Remove b and stir through	ay lea	f, add har	idful of	grated c	heese
13	. Place toasted bread in a layer on top of the soup and spinkle the rest and drizzle with olive oil	of the	cheese th	nickly ov	er the b	read
14	. Cook in oven for about 30 mins					

15. Let cool for a few minutes then serve into individual bowls



# Gazpacho

Serves 6

#### Ingredients

Salt to taste

650g fresh tomatoes, seeds removed
50g red capsicum
50g green capsicum
60g onion peeled and quartered
150g cucumber
90g olive oil
300g water
90g apple cider vinegar
70g breadcrumbs
1 clove peeled garlic



#### Preparation

 Place in roughly chopped vegetables together with the rest of the ingredients (except the salt)









- 2. PULSE twice for 5 secs to get the soup really smooth
- 3. Chill in the fridge for at least a couple of hours prior to serving

Serve with croutons

# Carrot and Coriander Joup

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**









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
- Select SMOOTHIE
- 6. Select Thick SOUP
- 7. Add cream

3

15 secs



# 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



Pr∈	paration	Acc.	Ä	-}-	$\mathbf{l}^{\mathbf{c}}$	
1.	Place in onion & leeks	B/]				
2.	Select CHOP		10 secs			
3.	Add butter and oil		2 mins	2	100°C	
4.	Add potato and stock					
5.	Select Quick SOUP					
3.	Add cream		15 secs	2		

# Cauliflower Soup

Serves 4

#### Ingredients

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



Preparation		Acc.		7	Ic	
1.	Place in parmesan	B]]	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	Acc.		7	C	
1. Place in parsley & coriander	B]				
2. Select CHOP		6 secs			
3. Set aside					
4. Place in carrots & cauliflower and select CHOP	В]]	6 secs			
5. Set aside					
6. Place in onion & garlic and select CHOP		5 secs			
7. Add oil, butter and Moroccan Spice Mix	B/	3 mins	2	90°C	5
8. Add rest of ingredients except for spinach and chopped herbs					
9. Select STEW					
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

# Lentil Soup

Serves 6

#### Ingredients

into small dice

50g parmesan 20g olive oil 20g butter 4 leeks washed throughly & trimmed, cut in half lengthways and thinly sliced 400g of tinned chopped tomatoes 1200g water or veg stock 2 sweet potatoes peeled and cut

1 bunch kale, thick stems removed and leaves cut into strips 100g brown lentils Sprigs of fresh thyme, stems

removed Salt and pepper to taste



# **Preparation**

- 1. Place in the parmesan
- 2. PULSE for 5-7 secs
- 3. Set parmesan aside
- 4. Place in oil, butter & leeks
- 5. Select SAUTE

2-3 mins

Acc.

**B**]]

|B

- 6. Add rest of ingredients except the parmesan
- 7. Select STIR

35 mins 1

8. After 7 mins of cooking reduce the temperature (Press the temperature button and turn down dial)

9. Serve into bowls and sprinkle with parmesan





# Creamy Marhed Potatoes

#### Ingredients

500ml water 750g potatoes peeled and cut into 2cm diced pieces Good pinch of salt 100ml milk or cream



#### **Preparation**





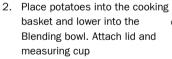
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3. Select STEAM

1. Place in the water

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**









1. Place in parmesan

В]

10 secs 9

10 300

- 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 rashes of bacon, diced 1/2 tbsp vegetable oil 500g water 5 large potatoes peeled & diced into cubes 300g mayonnaise



#### **Preparation**









- 1. Place in spring onions, bacon & oil



4 mins

80°C

- 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











B/ <sub>5</sub>

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

Place Steamer on top of bowl & place on the steamer lid

4. Select STEAM



Acc.

в[]









# Cauliflower & Broccoli with Bechamel Sauce

#### Ingredients

500ml water 200g cauliflower, chopped 200g broccoli, chopped 40g butter 40g plain flour 500g milk



Pre	eparation	Acc.				
1.	Pour in water	ВД				
2.	Place cauliflower and broccoli into Steamer and place on lid	=				
3.	Select STEAM . After 10 minutes pause cooking and check if vegetables are soft. If they are continue to step 4. If not continue with the steam program until they are					
4.	Put vegetables aside and empty water from bowl. Attach Mixing Tool					
5.	Place in butter		1 min	2	80°C	
6.	Add flour. After 30 seconds press pause. Use the spatula to scrape the flour from the bottom of the bowl then continue	6	1 min	2	80°C	3
7.	Add milk slowly through measuring cup hole in lid		4 min	1	80°C	5
8.	Add salt and pepper if you wish					
9.	Pour sauce over cauliflower and broccoli. If you wish you can also sprinkle with cheese					
				C	do Diche	e 79



# Colerlaw

Serves 6-8

#### Ingredients

1 carrot roughly chopped 1/2 brown onion peeled & quartered 1/4 cabbage chopped\* 4 tbsp mayonnaise Season

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



Pre	eparation	Acc.		4	
1.	Place in carrot and onion	\B <b>/</b> ]			
2.	Select CHOP		5 secs		
3.	Scrape down sides and repeat Step 2	1			
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 leaved parsley



Acc. (A)	
В	
10 secs	
<b>d</b>	
3 mins	
ky pieces- es	
30 mins 100°0	2
so steam can	
	10 secs  3 mins  ay pieces- es  30 mins  100°0



### Sauteed Mushrooms

Serves 1

#### Ingredients

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



Pre	eparation	Acc.				(A)
1.	Place in onion and garlic	\B]				
2.	Select CHOP		5 secs			
3.	Scrape down the sides & add oil. Measuring Cup removed	8				
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

1. Pour in the water



2. Place broccolini into the Steamer



Acc.

 $\Box$ 

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





# Winter Warmer Beef Carrerole

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



#### Ö **Preparation** Acc. \B*[*] 1. Place in onions and celery. 10 secs Select [ CHOP 2. Scrape down bowl and add swede, turnip and oil Select SAUTE 5 mins \M/ 4. Transfer mixture to Mixing Bowl Add beef, tomatoes, tomato \м/] paste mixed, herbs, salt and pepper. Stir with Spatula. 6. Select STIR 100°C 15 mins 7. Select STIR 1 hour 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** 

parmesan and coriander



#### ā \в[] 1. Place in onion, garlic & fresh chilli 2. Select CHOP 10 secs 3. Scrape out mixture & transfer to the Mixing Bowl. Add \м/] remaining ingredients. 4. Cook 30-40 85°C 5 mins 5. Serve with sour cream, grated

Acc.



# Meatball

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

1/2 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





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
- Add the meat, sausage meat, herbs, salt, egg and breadcrumb mixture 30 secs
- Shape meatballs with wet hands & place on a baking tray, spray tray with a little oil or cover bare tray with baking paper
- 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.

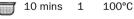
10 secs 5

Scrape down with the spatula & add olive oil

10. Select the following settings

3 mins

11. Add the tomatoes, salt, balsamic & dried oregano. Remove measuring cup & place Cooking Basket upside down on top of the bowl lid. Caution: Cooking basket will become hot



12. Cook some spaghetti as per packet instructions

100°C



# Apricot Chicken

Serves 4

#### Ingredients

1000g chicken thigh fillets chopped into small bite sized pieces

- 1 tbsp olive oil
- 120g dried apricots cut in half
- 400ml can apricot nectar
- 110g chicken stock
- 1 packet french onion soup mix Salt and pepper to taste

Dronaration

4. Sprinkle parsely over the chicken and serve with rice or

mashed potato

1 tablespoon chopped parsely

#### Variation:

Add some curry powder to taste at step 2 and sprinkle with toasted almond flakes when serving



FIG	paration	ACC.				
1.	Add in oil and chicken	B/]	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 or top of the bowl lid to let the sauce thicken. Caution: Cooking Basket will become hot	n	20 mins		90°C	5

# 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

200ml beef stock 400g can diced tomatoes 2 tbsp sour cream

1 tbsp sweet paprika 2 bay leaves

Extra sour cream and some chopped flat leaf parsley to serve



Pre	eparation	Acc.		7	Ic.	
1.	Place in onion and garlic	<b>B</b> ]				
2.	Select CHOP		10 secs			
3.	Add oil, butter and beef		4 mins	1	80°C	5
4.	Add rest of ingredients except sour cream and parsely		1 mins	1		
5.	Select STEW		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



Pre	eparation	Acc.		-}-	$\mathbf{l}^{\mathbf{c}}$	
1.	Place in onion and select CHOP	B]	5 secs			
2.	Scrape down sides of bowl, add butter and oil	8	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. <i>Caution: Cooking Basket will</i>					
	become hot		10 mins	1	100°C	
4.	Add the cream and cornflour.		10 mins	1	100°C	
5.	Serve with pasta or rice					

# 5 Spice Chinese Pork

Serve 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 finely chopped

1tsp 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









		V			
2.	Select STIR	15 mins	1	100°C	
3.	Select STIR	1 hour	1	95°C	

4. Serve with rice or noodles



## Meatloaf

Serves 6

#### Ingredients

12 cream crackers

1 onion peeled & quartered

15g Olive oil & some extra

15g butter

Pinch of Salt & black pepper

1 level tsp ground cumin

1 heaped tsp ground coriander

2 tsp dried oregano

2 heaped tsp Dijon mustard

500g finely minced beef

1 egg

12 slices of pancetta

#### **Tomato Sauce:**

1 onion peeled & quartered

1 clove of garlic peeled

20g olive oil

½ tsp chilli powder

1tsp smoked paprika

2tbsp Worcestershire sauce

800g tins chopped tomatoes

1tbls of lemon juice

2 tbsp balsamic vinegar

½ tsp sugar

2 tsp of dried rosemary





#### Preparation

1. Pre-heat oven to 200°C











2.	Place crackers into the blending bowl and PULSE for 5-8 secs. When
	turned into fine crumbs, tip into a bowl & set aside

3.	Add in onion & select CHOP	10 secs			
4.	Scrape down bowl	<u>/</u>			
5.	Add oil, butter, cumin, coriander, salt & pepper	3 mins	1	80°C	5
6.	Add beef, oregano, mustard, cracker crumb & egg	20 secs	2		

- 7. Oil a baking dish, tip out mixture & shape into a small loaf & gently brush with a little extra olive oil. Then place the pancetta slices on the meatloaf tucking it in gently at the sides. Bake in the oven for 45 mins
- 8. Whilst the meatloaf is cooking make the sauce
- 9. Rinse out Blending Bowl

B 10 secs			
3 mins	1	80°C	5
15 min	1	80°C	5
	3 mins		B 10 secs 3 mins 1 80°C 15 min 1 80°C

- 13. Add the sauce round the meatloaf in the last 15 minutes of cooking time in the oven
- 14. Slice & serve with a green salad



# Zucchini Slice

Serves 6

#### Ingredients

200g rindless bacon

1 large onion peeled & 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.











- Preheat oven to 200°C
- 2. Line a 30cm x 20cm baking 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.

- 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
- 90°C

- 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 Fillet with Noodles

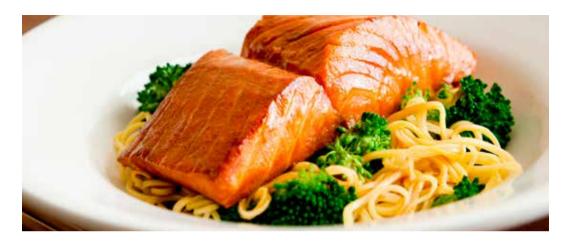
Serves 2

#### 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)

Soy Sauce

fillets



#### **Preparation**

Acc.















4. Add in water

5. Put in place the steamer base

1. Place in all vegetables

Select CHOP



- Place in Hokkien noodles then the vegetables and liberally sprinkle soy sauce over vegetable and noodles
- Place the steamer top onto the steamer base. Add the fish and put on the lid
- 8. Select STEAM
- When finished mix noodles and vegetables through and add more soy sauce if required. Serve with the fillets



### 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**











- 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



Acc.

4 secs

- 4. Tip out and reserve for later
- 5. Place the butter, flour, cream, fish stock and salt and pepper into the Blending bowl
- 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 parsely 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.

# Steamed Asian Fish

Serves 3-4

#### Ingredients

2 shallot stems chopped 500g fresh Perch fillets (or any white fish of choice) 2cm piece of fresh ginger peeled & grated 2 tbsp soy sauce Season 500ml water



#### Preparation





10 mins







- Place a piece of wet scrunched up and flattened piece of baking paper on the Steamer, big enough for the fish
- Place the shallots and then the fish on top of shallots. Add grated ginger and soy sauce. Season



- 3. Add in water
- 4. Place the Steamer on top of Blending Bowl, including the steamer lid
- Select STEAM (if fish is dense or thicker in cut, steaming may take longer)
- Press Pause and check if fish is cooked. Press again to continue steaming if needed.



# Thai Fish Curry

Serves 4

#### Ingredients

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



#### **Preparation**

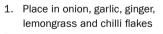












B]

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**

. 3









 First prepare the mixture for the chicken marinade. In a bowl, add chicken, ginger, garlic, yoghurt, garam masasla, 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	<b>B</b> ]			
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 coria	ander			



# 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



				-	100
Pre	eparation Ac	ec.	7	C	
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 Caution: Cooking Basket will become hot	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				

Sliced red 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 marsala 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**













- 1. Place in garlic, ginger, chilli, onion & fresh coriander
- B]

\M]

- 2. PULSE for 3 seconds
- 3. Add oil and diced lamb
- 4. Select SAUTE . Measuring Cup off

2 mins

- 5. Transfer mixture to Mixing Bowl M
- 6. Add garam marsala, ground coriander, cumin, turmeric, salt, tomatoes, tomato puree & potatoes



100°C 15 mins

8. Select . Measuring STIR cup on

1 hour

95°C 1



# **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













- 1. Cook Gnocchi as per packet instructions
- 2. Place in basil, sundried tomatoes with oil & pine nuts







4. Scrape down then repeat Step



- 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!



Pre	paration	Acc.		( <del>-</del> }-)		
1.	Place in onion and garlic	В				
2.	Select CHOP		10 secs			
3.	Scrape down the bowl. Add oil and select SAUTE	1	2 min			
4.	Add tomoatoes, 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	
5.	Shape dough on floured surface and transfer to lightly oiled tray					

6. Cook in oven for 5 minutes on 200°C

8. Cook for a further 10-15 minutes

with cheese.

7. Spread sauce over pizza base, add your favourite toppings & sprinkle



# 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 patmesan cheese (grated)

This is a basic risotto & you can add other ingredients to make y favourite risotto. For example:

Chicken and mushroom: Add 3 chopped chicken thighs (small pieces) & 100g sliced mushroo at Step 7.



**Preparation** 



Acc.









,	1. Place stock into a saucepan and bring	to the boil on the cooktop			
1	2. Whilst this is cooking, place in onion, g	garlic and celery B 10 secs	5		
d)	3. Empty bowl and transfer to Mixing Bow	M <b>/</b>			
in Vour	4. Add olive oil & butter, measuring cup o	ff 15 mins	1	100°C	5
your	5. Add rice	3 mins	1	100°C	5
300g	6. Add wine	2 mins	1	100°C	5
ooms	7. Add hot stock, measuring cup on	15-20 mins	1	100°C	5

8. Add the parmesan cheese & butter & stir through with spatula. Important: Replace lid & let sit for 2-4 mins before serving

# Prawn and Pea Rirotto

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



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



# **Fettuccine** Carbonara

Serves 2-3

#### Ingredients

1 egg+ 1 extra egg yolk 20g milk

50g parmesan or pecorinno cheese

50g butter

100g pancetta (thick slice) diced 375g fresh Fettuccine

1.5 litres approx of boiling water Black pepper



		700		- 2		
Pre	eparation	Acc.		7	[c	
1.	Place in cheese and PULSE for 5 seconds	В				
2.	Tip into a large serving bowl and set aside					
3.	Place in egg, egg yolk and milk and select CHOP	B/	5 secs			
4.	Tip into the serving bowl with the cheese					
5.	Place in butter and pancetta	B/J	2-3 mins	1	100°C	4
6.	Tip into the serving bowl with the cheese and egg mixture. Rinse out the Blending Bowl					
7.	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.	<b>√</b> <u>□</u>	5 mins		100°C	
8.	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	
9.	Drain water off & tip fettuccine into the serving bowl with the egg, che pepper & throughly mix through with two wooden spoons so all the pamixture		•			

10. Serve

# Moroccan ∫tyle 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



Pre	eparation	Acc.			
1.	Place in figs	B]]			
2.	Select CHOP	10 secs			
3.	Set aside				
4.	Add onion, garlic, spice, salt and pepper				
5.	Select CHOP	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				



### Lentil Curry

Makes 4-6

#### Ingredients

1/2 large onion, peeled and halved Add 30g butter
4g ground cumin
290g brown lentils\*
90g yellow split peas\*
(\*soaked in cold water for 2 hours, then rinsed & drained)
1000g vegetable stock
1 large potato, peeled and diced
5 whole garlic cloves peeled
2g ground coriander
1g ground turmeric
75g coconut milk
Salt to taste
Handful of chopped fresh coriander



<b>Pre</b>	eparation Place in onion	Acc.		7	C	
2.	Select CHOP		5 secs			
3.	Add butter and cumin					
4.	Select the following settings		2 mins	1	80°C	4
5.	Add lentils, peas, stock, potato, garlic, ground coriander & turmeric					
6.	Select the following settings	4	0-45 min	s	100°C	
7.	After approx. 8 mins of cooking reduce the temperature setting				95°C	
8.	Check after approx. 35 mins to see if you need to add a little more stock					
9.	In the last 2 mins of cooking add the coconut cream and stir			1		
10	. Add salt to taste					
11	. This is a very soupy style curry. Serve with basmati rice and Roti bread to soak up all the juices					

leaves

### Pumpkin, Courcour & Feta Salad

Serves 4-6

#### Salad dressing:

50g semidried tomatoes and the oil

50g garlic infused olive oil 60g almonds

Handful of coriander leaves 1tbsp lemon juice

#### Ingredients

500g water 300g pumpkin cut into small dice 1/2 capsicum deseeded & sliced 1/4 cup peas 150g grams of couscous, throughly rinsed & drained 150g spinach & rocket leaves 50g toasted pine nuts

75g feta, diced or crumbled



#### **Preparation**

Acc. \B[[









- 1. Place in all the salad dressing ingredients
- 2. Select PULSE- repeat a couple of times
- 3. Set aside in a large serving bowl
- 4. Rinse Blending Bowl and then pour in the water



5. Place pumpkin, capsicum & peas into the Steamer base. Place onto the Blending Bowl



- 6. Rinse in water a piece of baking paper to fit the Steamer top. Wring out and then flattern and place into tray
- 7. Spread the wet couscous evenly onto baking paper & put on the steamer lid.
- Select STEAM
- 9. Gently mix through the steamed vegetables, couscous, spinach & rocket, pine nuts & feta into the serving bowl with the dressing



### Pumpkin & Bean Carrerole

Serves 4 as a meal. Can also be served as a side dish for up to 8 people

#### **Topping Ingredients:**

3 slices of wholemeal bread 50g raw mixed nuts Good handful of flat leaved parsley

#### Ingredients

1 onion peeled & quartered 20g butter 1/2 butternut pumpkin peeled, deseeded and diced 300g vegetable stock 400g tin of chopped tomatoes 1tbsp tomato paste 2 sprigs of frseh thyme 400g tin of butter beans 400g tin of borlotti beans



#### Preparation









1.	Preheat	oven	to	2009	,C
Τ.	richicat	OVCII	ω	200	$\circ$

2.	Place in topping ingredients	В
۷.	ridde iir topping ingredients	

- 3. PULSE for 5 seconds
- Empty topping into a bowl and set aside

5.	Place in onion	В			
6.	Select CHOP	8 secs			
7.	Add butter and select STIR	5 mins		100°C	3
9.	Add the rest of the ingredients except the topping mix	1 min	2		
10	. Select	30 mins		100°C	3
11.	After 8 mins decrease the temperature setting			90°C	3

12. Tip into a casserole dish and sprinkle with the topping. Cook

uncovered for 20-25 mins in the oven

# 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 volks
- 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**

Acc. \в/]



2 mins







- 1. Ensure that bowl is clean, cool & dry. Place in egg whites and process until soft peaks form (approx 2 mins). Remove Mixing tool
- Scrape out egg whites into a bowl and set aside
- Place in potato, carrot, zucchini & onion



M



20 secs 1 min

3

Add in rest of ingredients except oil & egg whites 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





# Chicken Salad with Asian Flavours

Serves 4

#### Ingredients

100g roasted cashews

1 lime (juice and rind)

10g sugar

60g olive oil

20g fish sauce

Salt to taste

1 lemongrass stem- ends trimmed and chopped into 1cm pieces

4cm knob peeled ginger

3 cloves peeled garlic

1 large red chilli halved and deseeded

3 chicken breasts- skinless

#### The Salad:

2 carrots peeled & sliced into matchsticks

7. Select STEAM

4 plates

Handful fresh mint (leaves only)

1 cucumber sliced into matchsticks

200g bean sprouts

111 Main Dishes



Pro	eparation	Acc.		4	1c	
1.	Place in cashews and select CHOP (then set aside)	B]	5 secs			
2.	Without cleaning the bowl make dressing for salad- Add lime juice sugar, 30g olive oil and salt (then set aside)		20 secs	3		
3.	Again without cleaning the bowl add fish sauce, lime rind, lemongrass ginger, garlic, chilli and remaining 30g olive oil	,	10 secs	5		
4.	Scrape down bowl then process	1	10 secs	5		
5.	Rub mixture over the chicken and place in top Steamer					
6.	Place 500g water in Blending Bowl and place Steamer on top	=				

8. Mix salad ingredients together with the dressing and divide between

9. Once chicken is cooked, thinly slice and divide between the salad

plates and serve with sprinkled cashews

### **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 likejust keep the dice small (about 1cm) and evenly spread on the tray for best results)



#### Preparation













1. Place in eggs, milk, salt & pepper Select CHOP

10 secs

- Empty mixture into a bowl and set aside
- 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 quanities). If completed before the Auto program has finished, press PAUSE then STOP/CANCEL button to cancel cooking.



### 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**

Acc.









- 1. Place in the water
- 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
- Cover dough with plastic wrap and put in a warm spot for approx. 1 hour until doubled in size
- 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.



### 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**

Acc. 1 min









- 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.

### Roti Bread

Makes 20 pieces

#### Ingredients

620g plain flour 50g canola oil 600g boiling water Pinch of salt



#### **Preparation**

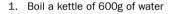












2. Place in flour, oil, salt and boiling water



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



Pre	paration	Acc.	A		The state of the s
1.	Preheat oven to 200°C & dust a baking tray with the extra flour				
2.	Pour in the water	В]			
3.	Place pumpkin into the Cooking Basket & lower into the bowl, attached lid & measuring cup				
4.	Select				
5.	When cooked lift the cooking basket & empty potato into the Mixing bowl & add butter	[M]	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				

### Multireed 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 pumpkin seeds (Pepitas)

30g poppy seeds 30g clear honey 30g olive oil

30g sunflower seeds

30g linseeds



#### **Preparation**











- 1. Pre-heat oven to 200°C. Lightly grease cake tin
- 2. Place in water





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



5. Select CHOP





30 secs







Preparatio	ľ
Preparatio	ľ

- 1. Pre-heat oven to 180°C and lightly grease a standard loaf tin
- \B[] 2. Place in dates 10 secs 3. Add walnuts 5 secs 7 4. Add rest of ingredients
- 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

40g olive oil

Salt and black pepper

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



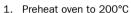
#### **Preparation**











- 2. Line a baking tray with baking paper & spinkle with cornmeal
- 3. Flattern & shape the dough into a large rectangle to fit the tray
- Place in cheese



Select CHOP

10-13 secs

- Set aside
- 7. Place in all the ingredients except the cheese into a large bowl and mix through with clean hands
- 8. Then spinkle 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**

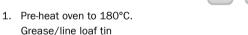












2. Place in Dates

3. Select CHOP





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.
- 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**







3





- 1. Preheat oven to 150°C. Grease/line loaf tin
- 2. Place in mixed dried fruit, sugar and tea



6 secs

3. Add flour and beaten egg

1 min

- 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

Slice, add butter and enjoy



### Sweet Shortcrust Partry

#### Ingredients

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

1 egg lightly beaten



#### **Preparation**

Acc.



2





1. Place in flour, cornflour, baking powder and caster sugar

\B**]** 

5 secs

ä

2

2. Add butter

forms ball.

5 secs 3

3. Remove Measuring Cup and pour egg mixture through the hole in lid with the Thermopro going on speed 2 until mix

20 secs max

This makes enough for a dessert pie case

### Shortcrust Partry

#### Ingredients

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



#### **Preparation**

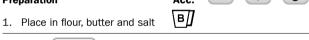
Acc.











- 10 secs 2. Select CHOP
- 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 Partry

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**











- 1. Place butter, sugar, salt & water \B[
- 3 mins

ä

- 1
- 80°C

- 2. Add flour straight away as soon as Step 1 has finished
- 1 min & 3 30 secs
- 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 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	Acc. 🛱 🐍 🖟
1. Place in water, oil and salt	B 1 min 40°C
2. Add yeast and flour	6 sec 4
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	3
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



### Chocolate Cake

Makes 20cm/8inch round cake

#### Ingredients

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



#### **Preparation**











- 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 bowlselect 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.



### Orange / Lemon Cake

Makes a 20cm round cake

#### Ingredients

125g sugar Juice & rind of 1 orange or lemon 170g butter, room temperature 4 eggs 50g milk 250g plain flour 1 tbsp baking powder



#### Preparation

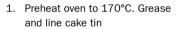












2. Place in sugar & rind

3. Select CHOP





4. Press PAUSE after 10 secs then add butter & eggs. Press START to continue.

5. Add milk, juice, flour and baking powder

10 secs

6

6. Pour cake into prepared tin and bake for 45-55 mins (until skewer comes out clean when inserted in middle of the cake)

### 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.



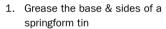


3

2







2. Place in butter



3. Select WARM



4. Add in biscuits

1 min

- 5. Press crumb mix in cake tin and refrigerate
- 6. Place in cream cheese, condensed milk & lemon juice



5 mins

- 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

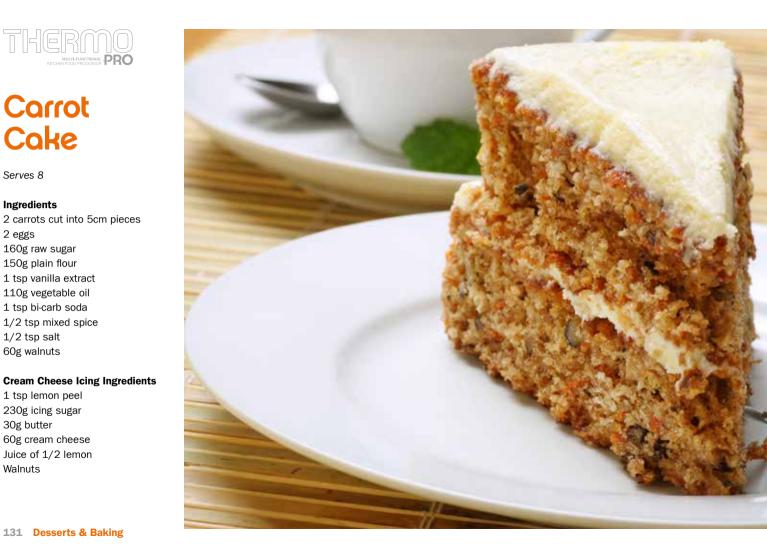
110g vegetable oil

1 tsp bi-carb soda

1/2 tsp mixed spice

1/2 tsp salt 60g walnuts

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



Walnuts



Preparation 1. Pre-heat oven to 180°C В/ 2. Place in carrots 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 в// 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 oil 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**











- 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
- 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 competely
- 8. For honey butter icing, place in all the icing ingredients



40 secs

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

Cake 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**













- 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









- 1. Rinse the Blending Bowl with cold water & empty this will help stop the bowl from catching when heating the milk
- Place in all the creme patissiere ingredients



7 mins

80°C

- 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
- Make your Choux Pastry
- 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
- 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



**B** 20 secs 4

11. Ice the Eclairs immediately as the icing sets quickly



### Vanilla Curtard

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

Acc.

в//

7 mins

Ö

10 secs

90°C 5

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











15 mins 2

90°C

Pour into container, cover & refrigerate

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

# Berry Mourse

Serves 4-6

#### Ingredients

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



#### **Preparation**











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 B



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



### Creme Caramel

Makes 6 half cup ramekins

#### Ingredients

#### Caramel:

100g sugar 1 ths water

#### Cream:

3 eggs 500g full cream milk 60g sugar

1 tsp vanilla extract



#### Preparation











5

- 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

70°C 5 mins 2

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 syrup or goldern syrup 500ml water for steaming



Pre	eparation	Acc.	ä	7	C	
1.	Place in flour, sugar and butter	B]]				
2.	Select CHOP		10 secs			
3.	Scrape down the bowl and add the egg and milk	<b>d</b>				
4.	Select CHOP		20 secs			
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)
- Select STEAM 20-25 mins
- 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**









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



8 mins

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 6. Scrape down bowl



15 secs 9

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











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





80°C

- 3. Add flour, milk and sugar
- Add 1 1/2 cups of your filings of choice (Do not overwork the mixture as they will turn out tough and chewy)

12 secs 2

- 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











 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 filings of choice (Do not overwork the mixture as they will turn out tough and chewy)

12 secs 2

- 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**











- 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.
- 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 dessicated coconut



Pre	eparation	Acc.	ä	7	1c	
1.	Preheat oven to 160°C & line 2 baking trays with baking paper					
2.	Place in butter & golden syrup.	[M]	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



2.	Place in zest, butter and sugar	В			
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	B/	7 secs	8	
9.	Scrape down	<u></u>	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**











1. Preheat oven to 200°C & line a baking tray with baking paper

2. Place in the flour, baking powder, sugar & butter



Acc.

10 secs

3. Add in rest of ingredients, scrape down if required & repeat



10 secs

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 unitil 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
Good 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.









Preheat oven to 180°C

Add oil and water

2. Place in all ingredients except oil and water

B]] 20 s

20 secs 10

15 secs

- 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** 

Preheat oven to 150°C

10. Cut into wedges



т.	Tierieat over to 150 c.				
2.	Place baking paper on 2 baking trays				
3.	Place in butter and sugar	B]]			
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				

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

# 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
- \M/ 2. Place in butter, sugars & vanilla. In the last 30 secs add egg through 1 min 4 the measuring cup hole in the lid 30 secs 3. Add flour and salt 30 secs 3 20 secs 4. Add chocolate chips 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 Moment

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.		7	[c]	
1. Preheat oven to 180°C and line 2 baking trays with baking paper					
Place in butter and icing sugar	\B <b>]</b>				
3. Select CHOP		10 secs			
Scrape down bowl and attach Mixing Tool	M	2 mins	4		
5. Remove Mixing Tool and scrape down bowl	6				
6. Add custard powder and flour		20 secs	4		
7. Roll a teaspoon of the mixture into balls then place onto baking tray. 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. Set aside until the icing has set then store in a airtight container					
11. To make icing add in all the icing ingredients	B <b>]</b>	10 secs	4		

# Fluffy Pancakes

Makes 8 Pancakes

#### Ingredients

3 egg whites Small pinch of salt 3 egg volks 1 cup plain flour 1tbsp baking powder

250g milk

Small amount of butter for frying



#### **Preparation**

1. Place in egg whites and salt













2. Remove Mixing Tool and transfer egg whites to a large bowl and set aside

Place in rest of the ingredients except butter & egg whites



Acc.

\B/

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





12. Place in water & sugar 13. Brush warm buns with syrup

**Preparation** 1. Preheat oven to 220°C & grease or line a baking tray with baking paper \м/] 1 min Pour in milk 90°C Add all remaining ingredients 10 sec 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 & let prove for a further 15 minutes. В[ 7. Meanwhile make piping mixture by placing in the ingredients 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 в// 2 mins 90°C



# Cheery 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



Pre	paration	Acc.		7	[c	
1.	Preheat oven to 180°C					
2.	Line 2 baking trays with baking paper					
3.	Place in the spinach & cheeses	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 refrigerater 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 slighly open and allow the puffs to cool until they are warm. Then serve.					

# Puff Partry Pin Wheel

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

#### Ingredients

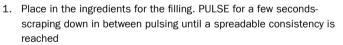
Sheets of Puff Pastry cut in half and defrosted. Filling of your choice

#### Savoury filling suggestions

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



#### **Preparation**



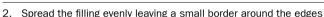












- 3. Roll up as tightly as possible starting from the long end. Seal the end with water brushed on the pastry inside edge - gently press to seal.
- 4. Chill in the fridge for at least 15 minutes
- With a sharp knife cut the roll into 1.5cm rounds. Lay onto a baking tray lined with baking paper
- Brush with eggwash 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







### Scones

#### Ingredients

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

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



#### **Preparation**









- 1. Preheat oven to 210°C
- 2. Place in flour & butter and PULSE for 3 seconds



Acc.





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





# Beef Meatball

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	B
2. Select CHOP	10 secs
Place in vegetables (except for mashed ones)	
4. Select CHOP	10 secs
5. Scrape down bowl if necessary	<u>/</u>
6. Place in mashed vegetables (if using) mince, egg, tomato sauce and Worcestershire sauce	d 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 until meat cooked	or

### Date Ball

Makes 26 balls

#### Ingredients

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



#### **Preparation**

**B**]













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



# Marhed Vegetable Rizoni

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







- 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
- 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

500g milk 50g cheese

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

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



Pre	eparation	ACC.	$\square$			
1.	Cook pasta as per packet instructions					
2.	Place in onion and garlic. Select CHOP	В]	20 secs			
3.	Place in mushrooms and bacon. Select CHOP		10 secs			
4.	Scrape down sides of bowl and add oil. Select SAUTE	1	4 mins			
5.	Set mushroom mixture aside					
6.	Clean out blending bowl and attach Mixing Tool. Add butter	A	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	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		
				Ki	ids Meals	162



# 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**











- 1. Place in mushrooms, carrot & zucchini and select CHOP
- \В/**/**

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**

В]









1.	Peel & roughly chop frozen
	bananas. Place in Blending Bowl

2. Select SMOOTHIE

3. Add cocoa

4. Serve

5 secs

5



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