



+100
NEW
RECIPES

Optimum 

THERMOCOOK PRO M2.0

BONUS RECIPES





*Welcome to the Froothie family and
congrats on your new ThermoCook!*

If you require any assistance or would like to see more recipes
check us out on Youtube, Facebook and Instagram or
submit a ticket here:

<https://athenasolutions.zendesk.com/hc/en-us/requests/new>

You can even Whatsapp us at: +61 3 8609 2210 or
simply contact us at: 1300 309 900

We'd love to see your beautiful and delicious creations so
don't forget to tag #Froothie @Froothie when you
post something on Instagram, Facebook or Youtube for a
chance to win prizes, we're always watching!



Here are some handy tips that will allow you to make the best use of your brand new Thermocook Pro M2.0!

1. To get the last bit of food off your butterfly, tap it gently back and forth inside your bowl. Then place it back on top of the blade, turn on speed 4 to flick any excess ingredients to the side of the bowl, then scrape the last bits out with your spatula. **Remember that the butterfly should never be used above speed 4.**

2. To save on cleaning. Try to prepare dry ingredients before the wet ones – this ensures that you can skip a step of cleaning the bowl!

3. Ensure that when pureeing your hot soups or stocks, to always start on the low speeds and slowly work your way up to higher speeds. This ensures that you get a consistent puree as well as preventing any hot food spatter. **Your machine will not go above speed 4 for hot liquids.**

4. It is a good idea to get into the habit of removing your ingredients from the bowl with the included spatula by moving it in a **clockwise direction**. This ensures that the spatula is coming in contact with the blunt side of the blade, preventing it from getting damaged.

5. Think out of the box - the TC PRO M2.0 is such a versatile machine which allows you to do more than just cook. You can knead bread dough, prepare cakes and desserts easily without having to lug out inconvenient cake mixers or food processors.

















6. If you have to attach your butterfly whilst the TC PRO M2.0 bowl has ingredients in it, **simply use the provided spatula** to move ingredients around until the butterfly snaps on securely.

7. To **remove odours and tastes** such as onion from your TC PRO M2.0, fill the bowl to about a liter with water and 60-70ml of vinegar. Give it a wash with warm water and then turn it to turbo for a few seconds.

8. To ensure your bowl remains shiny for a long time, wipe it gently with a soft cloth that has been immersed in a paste made of baking soda & water. Alternatively, use something not abrasive like marble paste, that'll **help get it like brand new!**

THERMOCOOK PRO M 2.0

TIPS & HACKS

 <p>Grated fruit/veg</p> <ul style="list-style-type: none"> • Speed 5-8 • 5 seconds 	 <p>Chopped garlic, peel, mince</p> <ul style="list-style-type: none"> • Speed 6 • 6 seconds 	 <p>Grated ginger peel, mince</p> <ul style="list-style-type: none"> • Speed 6 • 3 seconds 	 <p>Onion, chopped halve, chop</p> <ul style="list-style-type: none"> • Speed 5 • 5 seconds
 <p>Ground spices</p> <ul style="list-style-type: none"> • Speed 10 • 50 seconds 	 <p>Hot soup, puree</p> <ul style="list-style-type: none"> • Speed 1-4 gradually • 2 minutes 	 <p>Smoothies</p> <ul style="list-style-type: none"> • Speed 9 • 1 minute 	 <p>Coffee grounds mill</p> <ul style="list-style-type: none"> • Speed 10 • 40 seconds
 <p>Whipped cream butterfly</p> <ul style="list-style-type: none"> • Speed 4 • 2 minutes 	 <p>Grated chocolate break</p> <ul style="list-style-type: none"> • Speed 8 • 5 seconds 	 <p>Melted butter, cubes</p> <ul style="list-style-type: none"> • Speed 1 - 37°C • 3 minutes 	 <p>Grated cheese cubes</p> <ul style="list-style-type: none"> • Speed 8 • 10 seconds
 <p>Steamed rice water + rice in steamer basket</p> <ul style="list-style-type: none"> • Speed 3 - 100°C • 14 minutes 	 <p>Warm milk for coffee</p> <ul style="list-style-type: none"> • Speed 1 - 70°C • 5 minutes 	 <p>Steamed veggies</p> <ul style="list-style-type: none"> • Speed 3 - 120°C • 17 minutes 	 <p>Fresh breadcrumbs, frozen bread</p> <ul style="list-style-type: none"> • Speed 6 • 10 seconds

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DIPS, SAUCES & SOUPS





CARMELIZED ONION DIP

Serving Size: 4

Time: 52 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

2 brown onions, cut into wedges

30g olive oil

160g cream cheese

90g sour cream

2 tsp apple cider vinegar

1 tsp onion powder

0.5 tsp garlic powder

Steps:

1. Add oil and onions to the Thermocook bowl. Start cooking for 12 min / 120°C / speed 1.
2. When done, remove the bowl and set aside to cool down for 40 minutes. Keep aside one tablespoon of onions for garnishing.
3. Add the rest of the ingredients and blend for 12 sec / speed 5.
4. Pour into a serving bowl and top with the reserved sautéed onions. Serve promptly or refrigerate until needed.



TOMATO CHUTNEY

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

9 sprigs fresh coriander, leaves only
270 g fresh tomatoes, cut into halves
and deseeded

2½ garlic cloves

22 g extra virgin olive oil

1½ fresh long red chillies, cut into
pieces and deseeded if preferred

⅓ tsp ground cumin

¾ tsp sea salt

Steps:

1. Add the coriander, garlic, and chili to the mixing bowl and chop for 2 sec / speed 10. Use a spatula to scrape down the sides of the bowl.
2. Add the remaining chutney ingredients and chop for 4 sec / speed 5.
3. Transfer the mixture to a serving bowl, cover, and refrigerate until ready to serve.



GARLIC PASTE

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade
• Butterfly Whisk
• Spatula

Ingredients:

45g lemon juice

85 - 100g boiling water

440g grapeseed oil

4 - 5 garlic cloves

1 ¼ tsp salt

3 egg whites, room temperature

Steps:

1. Combine the grapeseed oil and lemon juice in the mixing bowl, and emulsify for 70 sec / speed 5. Pour the mixture into a jug and set aside.
2. Add the garlic and salt to the mixing bowl, and chop for 4 sec / speed 8.
3. Attach the butterfly whisk. Add the egg whites and beat for 140 sec / 37°C / speed 5.
4. Scrape down the sides and bottom of the mixing bowl with a spatula. Mix for 4 min / speed 4, slowly drizzling the reserved oil emulsion onto the mixing bowl lid, allowing it to gradually flow into the mixing bowl.
5. Add the boiling water and mix for 35 sec / speed 4 until the mixture is smooth and thick.
6. Remove the butterfly whisk. Serve immediately or transfer to an airtight container and refrigerate until ready to use.

SWEET CHILI THAI SAUCE

Serving Size: 8

Time: 80 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

230 g water

215 g raw sugar

135 g rice wine vinegar

4 garlic cloves

55 g fresh long red chillies, trimmed
and cut into halves

½ tsp salt

6 cm piece fresh ginger, peeled and
cut into slices

Steps:

1. Add the vinegar, water, and sugar to the mixing bowl, and cook for 14 min / 110°C / speed 2.
2. Add the garlic, ginger, chillies, and salt, then blend for 50 sec / speed 10.
3. Scrape down the sides of the mixing bowl using the spatula, then cook for 40 min / 100°C / speed 2, until the sauce is thickened and reduced. Lid cap openend.
4. Carefully pour the hot sauce into sterilized jars or bottles, sealing them immediately. Allow the sauce to cool to room temperature before placing it in the refrigerator until ready to use.



ITALIAN BUTTER

Portions: 6

Time: 15 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

**25 g sun-dried tomatoes in oil,
drained**

130 g butter

2½ garlic cloves

22 g pitted green olives

3 pinches sea salt

⅔ tsp paprika

⅓ tsp ground black pepper

Steps:

1. Add the sun-dried tomatoes, olives, and garlic to the mixing bowl, then chop for 14 sec / speed 6. Use a spatula to scrape down the sides of the bowl.

2. Add the remaining ingredients and mix for 24 sec / speed 6.

3. Shape the butter into a sausage form for slicing into rounds, mould it into a rectangular shape, or transfer it to an airtight container.

4. Refrigerate until needed, or use immediately as desired.





TURMERIC-GINGER CHICKEN BROTH

Portions: 5

Time: 2 hours, 20 minutes

Tool Required: • Chopping Blade
• Steam Basket
• Spatula

Ingredients:

1 5cm piece fresh ginger, unpeeled
and cut into slices
1 5cm piece fresh turmeric, unpeeled
and cut into slices
1500g chicken carcass
50g celery
2 medium sized onion
2 carrot
10g vegetable oil
1300g water
1 tsp sea salt
1 apple cider vinegar

Steps:

1. Utilize the broth as needed in soups, sauces, or stews, referring to the Tips section for further guidance.
2. Prepare glass jars with lids by sterilizing them and set them aside.
3. In the Thermocook bowl, add 10g vegetable oil, 2 onions, 2 carrots, and 50g celery.
4. Cook them for 5 min / 100°C / speed 1.
5. Add the chicken carcass, 1 small piece of fresh ginger and 1 small piece of turmeric, water, vinegar and salt to the Thermocook bowl.
6. Place steaming basket instead of measuring cup onto the bowl lid.
7. Boil for 60 min / 100°C / reverse speed 1.
8. Repeat the same process for another 60 min / 100°C / reverse speed 1.
9. Using a spoon, carefully skim off the fat from the surface of the broth.
10. Line a large sieve with muslin cloth and position it over a large bowl. Slowly strain the broth through the lined sieve. Transfer the strained broth into the sterilized jars, seal them immediately with the lids, and allow them to cool.

TURMERIC CHICKEN LIQUID STOCK

Serving Size: 2

Time: 1 hr 40 minutes

Tool Required: • Chopping Blade
• Spatula

80g celery, cut into quarters
90g carrot, cut into quarters
120g brown onion, cut into quarters
5cm piece fresh turmeric
2cm piece fresh ginger (optional)
1 dried bay leaf
8 whole black peppercorns
5 - 6 chicken wings (approx. 500g)
1000g filtered water
 $\frac{3}{4}$ tsp salt

Steps:

1. In the Thermocook bowl place 120g onion, 80g celery, 90g carrot, 1 small turmeric piece and 1 small fresh ginger piece into Thermocook bowl and chop 4 sec / speed 4.
2. Add 1 dried bay leaf, peppercorns, chicken wings and 600 g of the water and cook 60 min / 100°C / reverse speed 1.
3. Add remaining water and cook 35 min / 100°C / reverse speed 1.
4. Stir with the spatula. Strain the liquid in a side jug or deep bowl and once cooled, transfer into a sealable jar then store in the fridge for later use.



CURRY POWDER

Portions: 10

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

1½ tbsp salt

1½ tbsp black peppercorns

6 dried long red chillies

2½ tbsp fenugreek seeds

¼ tsp allspice berries

1 tbsp fennel seeds

2½ tsp black mustard seeds

25 fresh curry leaves

2½ tbsp coriander seeds

1 tbsp cumin seeds

2½ tsp ground turmeric

Steps:

1. Place the curry leaves in the mixing bowl and dry roast for 75 sec / 110°C / speed 1.

2. Next, add the chillies and peppercorns, and continue roasting for 30 sec / 110°C / speed 1.

3. Add the coriander seeds, cumin seeds, fenugreek seeds, fennel seeds, mustard seeds, and allspice berries, and roast for another 50 sec / 110°C / speed 1.

4. Let the mixture cool in the mixing bowl for 5 minutes.

5. Then, add the turmeric and salt, and grind for 40 sec / speed 10.

6. Scrape down the sides of the bowl with the spatula and grind again for an additional 20 sec / speed 10.

7. Transfer the spice blend into an airtight jar or container for storage until ready to use.



CAULIFLOWER BACON CHOWDER

Serving Size: 4

Time: 25 minutes

Tool Required: • Chopping Blade

• Spatula

Ingredients:

700g cauliflower, cut into small florets

800g water

20g butter or olive oil, to taste

2½ tsp vegetable stock paste

40g Parmesan cheese, crust removed
and cut into pieces

2 pinches sea salt, to taste

2 pinches ground black pepper, to taste

100g rindless bacon rashers

Steps:

1. Grate the parmesan into Thermocook bowl 20 sec / speed 8. Transfer into a bowl and set aside.

2. Without cleaning the bowl, add 800g water, 2.5 tsp stock paste, 700g cauliflower, salt and pepper and cook 18 min / 110°C / speed 1.

3. Add the butter or olive oil then cook 5 min / 100°C / speed 1.

4. Then blend 2 min / speed 7.

5. On the side, bake the bacon in a preheated oven (180°C) then blend for 30 sec / speed 8.

6. Serve soup hot with parmesan cheese, topped with the bacon chunks.





RUSTIC VEGGIE SOUP

Serving Size: 4

Time: 35 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

200g potatoes, unpeeled and cut into pieces (1cm)

200g brown onion, cut into quarters

60g salted butter

1 leek, trimmed, white part only cut into pieces (3cm)

200g speck, cut into cubes (1cm)

1½ tsp dried parsley

1200g water

1½ tbsp chicken stock paste

3 pinches ground nutmeg

¼ - ½ tsp ground black pepper, to taste

300g Savoy cabbage, finely shredded

Steps:

1. In the Thermocook bowl, place 200g brown onions and 1 leek then blend for 5 sec / speed 5.

2. Add 60g unsalted butter and sauté 3 min / 120°C / speed 2.

3. Place 200g potatoes pieces, 1.5 tsp dried parsley, 1200g water, 1.5 tbs chicken stock paste, 3 pinches nutmeg and pepper in the Thermocook bowl and cook 22 min / 120°C / speed 2, until potatoes are cooked.

4. In a frying pan, fry speck until crisp, then place on a dish with paper towel to drain.

5. Blend the ingredients in the Thermocook to become a soup for 2 min / speed 6.

6. Add cabbage to the soup and cook 4 min / 100°C / reverse speed 1.

7. Serve hot soup when done.



CURRIED SWEET POTATO SOUP

Serving Size: 4

Time: 25 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

300g coconut milk

15g oil

280g sweet potato, cut into pieces (2 cm)

2½ tsp vegetable stock paste

1½ tbsp coconut cream, for garnishing

1 fresh long red chili, trimmed and cut into slices, for garnishing

40g red lentils

2 tsp Madras curry powder

160g red onion, cut into halves

1½ tsp garlic paste

15g ginger paste

300g water

Steps:

1. In the Thermocook bowl, place the ginger and garlic pastes along with the lentils.
2. Blend 50 sec / speed 9.
3. Then add the sweet potatoes and chop 8 sec / speed 4. Transfer into a side bowl for later use.
4. Without cleaning the Thermocook bowl, place the onions and garlic and blend for 7 sec / speed 6.
5. Cook.5 min / 100°C / speed 1.
6. Add Madras curry powder, stock paste, water, coconut milk and the reserved sweet potato mixture and cook 12 min / 120°C / speed 1.
7. Blend for soup 2 min / speed 6. Serve in bowls and garnish with chillies and coconut cream.

SPINACH AND BROCCOLI COCO SOUP

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

375g water

1 garlic clove

1 cm piece fresh ginger

1 broccoli, broken into florets

1 stalk lemongrass

120g fresh baby spinach leaves

1 fresh long green chili, trimmed,
deseeded and cut into halves

1½ tbsp tamari, gluten-free

¼ tsp ground cumin

300g coconut milk

1½ tbsp lime juice

4 sprigs fresh coriander, leaves and
stalks only

1 spring onion/shallot, cut into slices, for
garnishing

1 eschalot, cut into halves

Fresh coriander leaves, for garnishing

¾ tsp stock paste

Steps:

1. Place 1 garlic clove, 1 halved eschalot, 1 small piece fresh ginger, 1 stalk lemongrass, chilli, cumin, tamari and coriander in the Thermocook bowl.

2. Chop 2 min / speed 8, scrape down the sides of the bowl using the spatula.

3. Now add the broccoli florets and blend 7 sec / speed 4 and hand mix with the spatula.

4. Add the spinach along with the coconut milk, water and stock paste and cook 12 min / 110°C / speed 2.

5. Finally blend for 2 min / speed 6.

6. Add lime juice to the soup and stir using the spatula. Sprinkle the coriander leaves and spring onions and serve.





ARTICHOKE SOUP

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

1 garlic bulb, skin on
2 tbsp olive oil, plus extra to drizzle
1 spring onion/shallot, sliced, to garnish
400g Jerusalem artichokes,
scrubbed and cut into thirds
1 leek, white part only, cut into pieces
400g cauliflower, broken into florets
2cm piece fresh turmeric, peeled and
chopped
600g liquid chicken stock or bone broth
Micro herbs, to garnish
1 onion, peeled and cut into halves

Steps:

1. In a preheated oven at 180°C, roast the artichoke and the garlic bulb with a bit of olive oil until soft.
2. In the Thermocook bowl, add the white part of a leek and 1 onion, then blend 5 sec / speed 8.
3. Add 1 tbs olive oil to the Thermocook and cook for 6 min / 110°C / speed 2 while opening the lid cap.
4. When done, place the cauliflower and turmeric piece and chop at speed 6/4 sec.
5. Pour in 600g liquid chicken stock and cook for 8 min / 110°C / speed 3.
6. Finally, peel the skin off the garlic and add the cloves to the Thermocook along with the artichokes.
7. Blend 1 min / speed 7 or until desired texture. Enjoy!

GREEN SOUP

Serving Size: 6

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

1 avocado, flesh only

2 garlic cloves

700g water, plus extra for soaking

2 spring onions/shallots, trimmed and cut into pieces

100g sunflower seeds

2 fresh bird's eye chillies, trimmed and deseeded if preferred

140g kale, cut into pieces

80g lemon juice (2 lemons)

1 orange, zest and juice

4 sprigs fresh basil, leaves only

1 Lebanese cucumber

2 - 3 tbsp miso paste, to taste

Steps:

1. Weigh 50g sunflower seeds in a bowl on the Thermocook lid then let them soak for around 1 hour aside.

2. In the Thermocook bowl, place garlic, chili, spring onions, orange zest and blend 12 sec / speed 8.

3. Blend again for the ingredients to become very smooth, 17 sec / speed 8.

4. Add all remaining ingredients to the Thermocook and blend 2 min / speed 5.

5. Then cook 3 min / 50°C / speed 1.

6. Blend 30 sec / speed 8, or until you get the desired soup consistency.
Serve.





CHICKPEA SOUP

Serving Size: 5

Time: 45 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

2 brown onion

450g chilled water

50g plain flour

4 tbs olive oil

400g dried chickpeas, soaked
overnight, rinsed and drained

2 tsp salt

40g juice of 1 lemon

3 sprig fresh parsley, leaves only

1500g water

Steps:

1. In the Thermocook bowl, add 2 onions and blend for 7 sec / speed 6. Scrape down sides using spatula.

2. Add oil and sauté 3 min / 90°C / speed 1, then blend until puree at speed 9 / 8 sec.

3. Now place the soaked chickpeas in the Thermocook with 1500g water and salt and cook 30 min / 120°C / speed 1.

4. Weigh in a bowl on the Thermocook lid 450g chilled water, 50g flour, and the juice of 1 lemon and mix them using the spatula.

5. Finally, add the mixture to the Thermocook and cook for 7 min / 120°C / reverse speed 1.

6. Blend the soup and serve.

ITALIAN MINISTRONE

Serving Size: 4

Time: 32 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

80g dried pasta shells

220g canned borlotti beans, rinsed and drained

80g olive oil

3 brown onions, cut into halves

40g tomato paste

1.5 tsp vegetable stock paste

520g water

650g mixed vegetables (potato, carrot, celery), diced

4 garlic cloves

650g canned chopped tomatoes

8 fresh flat-leaf parsley, leaves only

0.8 tsp salt, to taste

Steps:

1. Place the parsley into the mixing bowl and chop for 4 sec / speed 7. Transfer to a separate bowl and set aside.

2. Add the onion and garlic to the mixing bowl and chop for 4 sec / speed 7. Use a spatula to scrape down the sides of the bowl.

3. Pour in the olive oil and sauté for 4 min / 110°C / speed 1.

4. Add the canned tomatoes, vegetable stock paste, water, tomato paste, salt (if desired), and mixed vegetables. Cook for 13 min / 110°C / reverse speed 1.

5. Stir in the beans and pasta, then continue cooking for 14 min / 110°C / reverse speed 1.

6. Top with the reserved chopped herbs and serve hot.





SAVOURY CHICKEN AND CORN SOUP

Serving Size: 4

Time: 22 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

2.5tsp olive oil

200g spring onions/shallots, trimmed and cut into pieces, plus extra for garnishing

1200g water

40g fresh ginger, peeled

2 tbs vegetable stock paste

300g sweet corn cobs, kernels only

500g skinless chicken breast fillets, cut into thin slices

60g tamari, to taste

60g parsley

Steps:

1. Place the ginger in the mixing bowl and chop for 3 sec / speed 8. Use the spatula to scrape down the sides of the bowl.

2. Add the spring onions/shallots and chop for 3 sec / speed 6. Scrape down the sides.

3. Pour in the olive oil and sauté for 3 min / 100°C / speed 1.

4. Add the water, stock paste, tamari, and chicken. Cook for 12 min / 110°C / speed 1.

5. Add the corn and cook for 6 min / 100°C / speed 1.

6. Serve the soup while hot, garnished with some freshly chopped parsley.

PUMPKIN AND GINGER SOUP

Serving Size: 4

Time: 22 minutes

Tool Required: • Chopping Blade

• Spatula

Ingredients:

18g vegetable oil

80g potatoes, cut into 2cm pieces

12g fresh ginger

420g butternut pumpkin, cut into pieces

72g cashews

800-850 g water, adjust to desired consistency

3 pinch ground black pepper, plus extra to season

0.5 tsp sea salt, plus extra to season

Steps:

1. Start by add the oil and ginger to the mixing bowl and chop for 6 sec / speed 6.

2. Start cooking for 4 min / 110°C / speed 1.

3. Add all the remaining ingredients and cook again for 16 min / 100°C / speed 1.

4. Blend for 1 min / speed 4. Serve hot.





MEXICAN CHICKEN SOUP

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Shallow Steamer
• Spatula

Ingredients:

100g onion, cut into halves
600g chicken thigh fillets, cut into pieces
2garlic cloves
2.5 tbs taco seasoning
1.5jalapeño chillies, trimmed and cut into halves
180g green capsicum, cut into pieces
25g extra virgin olive oil
480g canned chopped tomatoes
1.5 tspchicken stock paste
800g water
1 avocado, flesh only, sliced, to serve
120g grated cheddar cheese, to serve
1g sour cream, to serve
1 fresh coriander leaves, to serve

Steps:

1. Place the steaming tray into position and weigh the chicken into it. Add 1 tablespoon of taco seasoning and mix well to combine. Set aside.
2. Add the onion, garlic, chili, and olive oil to the Thermocook bowl. Chop for 4 sec / speed 6, then scrape down the sides of the bowl with a spatula.
3. Cook for 4 min / 120°C / speed 1.
4. Add the capsicum, canned tomatoes, chicken stock paste, water, and the remaining ½ - 1 tablespoon of taco seasoning to the mixing bowl. Place the steaming tray back into position, secure the lid, and steam for 20 min / 120°C / reverse speed 1.
5. Remove the steaming tray and set aside. Divide the soup among 4 serving bowls.
6. Transfer the reserved chicken into the mixing bowl and shred for 45 sec / reverse speed 5. Distribute the shredded chicken evenly among the 4 bowls of soup.
7. Top each bowl with grated cheddar cheese, sour cream, and sliced avocado. Garnish with fresh coriander leaves and serve immediately.

CARROT AND CORIANDER SOUP

Serving Size: 4

Time: 24 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

500g carrots, cut into pieces
50g piece fresh ginger, peeled
1 large red onion, halved
20g lemon zest or orange zest
70g rice
400g water
500g full cream milk
350g heavy cream
2 tbs vegetable stock paste
1.5 tsp salt
2 tsp black pepper
80g butter
6 sprigs fresh coriander

Steps:

1. Mill the rice and zest in the mixing bowl for 35 sec / speed 10, then transfer to a bowl and set aside.
2. Chop the ginger, carrots, and onion for 5 sec / speed 8, and scrape down the sides with the spatula.
3. Place the water, vegetable stock paste, milk, salt, pepper, butter, fresh coriander, and the reserved rice and zest mixture in the mixing bowl. Cook for 18 min / 90°C / speed 1.
4. Pour in the cream and blend for 110 sec / speed 6.
5. Serve the soup hot, garnished with extra fresh coriander leaves.





LENTIL AND CHORIZO SOUP

Serving Size: 4

Time: 50 minutes

Tool Required: • Chopping Blade

• Spatula

Ingredients:

225g dried green lentils

1 brown onion, halved

150g pumpkin, cut into cubes

2 garlic cloves

45g olive oil

2 red capsicums, deseeded and cut into pieces

3 celery stalks, cut into pieces

2 carrots, cut into pieces

1 dried bay leaf

2.5 tbs vegetable stock paste

380g chorizo sausage, cut into slices (1 cm)

900g water, plus extra for soaking

1 tsp ground smoked paprika

4 slices bread, each slice cut into 3 strips

16 pancetta slices

Steps:

1. Place a large bowl on the mixing bowl lid and weigh 225g of lentils into it. Set the bowl aside and cover the lentils with water to soak overnight.

2. Add the onion, garlic, capsicum, and paprika to the mixing bowl and chop for 4 sec / speed 8. Use a spatula to scrape down the sides of the bowl.

3. Pour in the olive oil and sauté for 6 min / 110°C / speed 1.

4. Add the carrot and celery and chop for 4 sec / speed 6. Use the spatula to scrape down the sides of the bowl.

5. Add all remaining soup ingredients, including the soaked lentils, and cook for 30 min / 100°C / reverse speed 1.

6. Preheat the oven to 180°C and line a baking tray with baking paper.

7. Wrap a pancetta slice around each bread strip and place them on the prepared tray. Bake for 10 minutes at 180°C or until crispy.

8. Serve the soup hot with pancetta croutons.

ISLAND PRAWN COCONUT SOUP

Serving Size: 2

Time: 20 minutes

Tool Required: • Chopping Blade

- Deep Steamer
- Shallow Steamer
- Spatula

Ingredients:

3 tbs fish sauce (gluten-free)

120g dried rice noodles

1 piece fresh ginger, peeled

2 spring onions/shallots, trimmed and cut into thin slices, plus extra for garnishing

1200g coconut milk

1000g peeled, medium raw prawns, with tails on

600g boiling water, for soaking

4 tbs red curry paste

80g fresh oyster mushrooms

1 tbs herbs, for garnishing

2 fresh limes, cut into cheeks, to serve

Steps:

1. Place the ginger in the mixing bowl and chop for 4 sec / speed 8. Use a spatula to scrape down the sides of the bowl.

2. Add the mushrooms, spring onions/shallots, coconut milk, curry paste, and fish sauce. Place the steaming dish and place the prawns inside. Secure the lid and steam for 15 min / 110°C / speed 1. Meanwhile, put the noodles in a large bowl and cover them with boiling water. Let them soak for 2 minutes. Drain the noodles, return them to the bowl, and cover to keep warm.

3. Divide the noodles among 4 serving bowls. Place 6 prawns in each bowl, then ladle the soup over them. Garnish with extra spring onions/shallots and optional micro herbs.

4. Serve hot with lime cheeks on the side.





RUSTIC PORCINI AND POTATO SOUP

Serving Size: 4

Time: 25 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

300g dried porcini mushrooms
10g salted butter, cut into pieces
150g dry white wine
900g potatoes, peeled and cut into pieces (2 cm)
600g pouring (whipping) cream
30g brown onion, cut into halves
4 garlic cloves
1.5 tsp vegetable stock paste
2 pinches salt, to taste
0.25 tsp ground nutmeg
750g water
0.25 tsp ground black pepper
0.5 pinch cayenne pepper
2 tbs heavy cream
6 sprigs fresh flat-leaf parsley, leaves and stalks, chopped for garnishing

Steps:

1. Place the mushrooms in the mixing bowl and grind for 12 sec / speed 10.
2. Add potatoes, wine, water, cream, onion, garlic, stock paste, salt, black pepper, nutmeg and cayenne pepper and cook 22 min / 100°C / speed 1.
3. Blend 30 sec / speed 8.
4. Add the butter and mix for 12 sec / reverse speed 7.
5. Portion the soup into serving bowls, swirl in some heavy cream, and garnish with chopped parsley before serving.

FRENCH ONION SOUP

Serving Size: 6

Time: 40 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

600g brown onion, cut into 3-4 cm wedges
200g Gruyère cheese, cut into 3 cm pieces
40g unsalted butter
30g extra virgin olive oil
1 sprig fresh thyme, leaves only, plus extra for garnish
20g plain flour
100g white wine
2 tsp beef stock paste
2 pinch pinches ground black pepper, plus extra for seasoning
1 baguette loaf, cut into slices
1200g water

Steps:

1. Place the cubed cheese inside the jug and grate for 20 sec / speed 8. Transfer the grated cheese to a bowl and set aside. Rinse the mixing bowl.
2. Add the oil and onion to the mixing bowl, then start the Thermocook for 10 min / 120°C / reverse speed 1.
3. Add the butter, thyme, and wine, then cook for 6 min // 110°C / reverse speed 1 with the lid cap open.
4. Add the flour and pepper, then cook for 3 min / 120°C / reverse speed 1 with the lid cap open.
5. Add the stock paste and water, then cook for 9 min / 110°C / reverse speed 1.
6. Preheat the oven grill when ready to serve.
7. Place 6 ovenproof soup bowls onto a baking tray. Ladle the soup into the bowls, top each with 3 baguette slices, and sprinkle with grated cheese. Place under the grill until the cheese melts and turns golden brown. Garnish with extra thyme leaves, season with additional pepper, and serve.



MAINS





VEGAN BBQ PULLED JACKFRUIT

Serving Size: 4

Time: 22 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

120g onion, cut into halves, then sliced

3 bananas, peel only

2 tsp paprika

½ tsp ground cumin

70g barbecue sauce

1 tsp chili powder

1 tsp garlic powder

30g extra virgin olive oil

Steps:

1. Place the olive oil, onion slices, and spices into the mixing bowl, then sauté for 12 min / 110°C / reverse speed 1, lid cap open.
2. To prepare the banana peels, remove the tips and stalks. Use a spoon to scrape off the soft white flesh from the inside of the peels and set it aside for composting. With a fork, shred the peels lengthwise into strips, then use a knife to cut the strips into 3 cm-long pieces.
3. Add the prepared banana peels to the mixing bowl and sauté for 6 min / 100°C / reverse speed 1, lid cap open.
4. Pour in the barbecue sauce and cook for 80 sec / 100°C / reverse speed 1, lid cap open. Transfer the mixture to an airtight container and serve in burgers, pain de mie or as desired.

TOFU CUTLETS WITH ASIAN MUSHROOM MEDLEY

Serving Size: 4

Time: 2 hrs minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

6 garlic cloves

5 cm piece fresh ginger, peeled

50g sesame oil

80g soy sauce

150g kecap manis

700g extra firm tofu, cut into 6 slices

450 - 500g fresh Asian mushrooms of choice, cut into halves

Oil, for brushing

Fresh coriander, leaves only, for garnishing

Sesame seeds, for garnishing

Steps:

1. Place 4 garlic cloves and the ginger into the mixing bowl and chop for 5 sec / speed 6. Use a spatula to scrape down the sides of the bowl.

2. Add 40 g of the sesame oil and sauté for 2 min / 110°C / speed 1.

3. Pour in the soy sauce and kecap manis, then heat for 2 min / 90°C / speed 3. Transfer half of this sauce into a ceramic dish, add the tofu slices, and ensure they are well coated. Cover the dish with plastic wrap and refrigerate for at least 2 hours, or overnight, to marinate. Pour the remaining sauce into a jug, cover, and refrigerate until ready to use.

4. Before cooking, bring the marinated tofu to room temperature, which should take about 10 minutes.

5. Place the remaining 2 garlic cloves into the mixing bowl and chop for 5 sec / speed 6. Scrape down the sides of the bowl with the spatula.

6. Add the remaining 10 g of sesame oil and cook for 2 min / 100°C / speed 1.

7. Add the mushrooms and the reserved sauce, then cook for 7 min / 100°C / reverse speed 1, lid cap open.

8. Preheat a barbecue to medium-high heat or heat a grill pan over medium-high heat on the stovetop. Brush both sides of the tofu with oil and grill for approximately 3 minutes on each side, until they are golden and crispy. Serve the tofu steaks topped with the sautéed mushrooms and sauce. Garnish with fresh coriander leaves and sesame seeds just before serving.





RICOTTA AND SPINACH CAKE

Serving Size: 4

Time: 45 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

450g milk

30g salted butter, cut into pieces,
plus extra for frying

3 eggs

65g thickened cream

100 g Parmesan cheese, cut into pieces
(3 cm)

25g olive oil

5 spring onions/shallots, trimmed
and cut into quarters

450g ricotta

7 sprigs fresh chives, cut into quarters,
plus extra chopped for garnishing

400g fresh baby spinach leaves

3 tbsp polenta (fine)

$\frac{3}{4}$ tsp salt

$\frac{3}{4}$ tsp ground black pepper

150g plain flour

Steps:

1. Grate the Parmesan cheese in the mixing bowl 20 sec / speed 8. Transfer the grated cheese to a bowl and set it aside.
2. Add the chives, flour, polenta, eggs, milk, olive oil, and 50 g of the grated Parmesan to the mixing bowl. Blend the mixture for 40 sec / speed 4. Pour the batter into a jug and set it aside. Clean and dry the mixing bowl.
3. Preheat the oven to 220°C and prepare a shallow ovenproof baking dish (25 cm).
4. Add the spring onions/shallots to the mixing bowl and chop for 5 sec / speed 6. Use a spatula to scrape down the sides.
5. Add the butter and spinach, then sauté for 4 min / 110°C / speed 1, stirring with the spatula until the spinach is wilted.
6. Add the ricotta, salt, and pepper, and mix for 7 sec / speed 5.
7. Heat a 20 cm frying pan over medium-high heat and melt 1 teaspoon of butter. Stir the reserved batter, then pour about $\frac{1}{3}$ cup into the frying pan, swirling to evenly coat the base. Cook for 2 minutes on one side until the edges are golden, then place the crepe on a plate, cooked side down. Continue stirring the batter and cooking each crepe, adding a teaspoon of butter after each one, until you have made about 8 crepes.
8. Place one crepe at the base of the prepared baking dish. Spread around 3 tablespoons of the spinach mixture over it, smoothing with a spatula. Add another crepe on top and repeat the process, layering until all crepes and filling are used, finishing with a crepe.
9. Pour the cream over the top layer and sprinkle with the remaining 50 g of grated Parmesan.
10. Bake for 5 minutes at 220°C, then switch to the grill setting and grill for 1-2 minutes until the top is golden and bubbling. Garnish with extra chopped chives before serving.

SAUTÉED EGGPLANT MEDLEY

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

- 4 garlic cloves
- 1 ½ oz sesame oil
- 2 ½ oz oyster sauce
- 1 ½ tsp fish sauce
- 1 ½ tbsp sugar
- 1 ½ tsp chili broad bean paste
- 3 tsp cornstarch, divided
- 3 oz vegetable oil
- 25 oz Thai eggplants, cubed (3 cm.)
- 15 fresh basil leaves, chopped
- 3 green onions, cut on the bias or curled
- ¾ oz fresh ginger, peeled, sliced

Steps:

1. Place garlic and ginger into mixing bowl and chop 4 sec / speed 7.
2. Scrape down sides of mixing bowl with spatula and chop for 4 sec / speed 7.
3. Add sesame oil, oyster sauce, fish sauce, sugar, chili broad bean paste and 1 tsp cornstarch, place simmering basket onto mixing bowl lid and cook 4 min / 100°C / speed 1. Transfer to a bowl and set aside.
4. Place vegetable oil into the mixing bowl. Place a bowl onto mixing bowl lid, weigh in eggplant, sprinkle with 2 tsp cornstarch and toss to coat. Add coated eggplant to mixing bowl cook 22 min / 110°C / reverse speed 1, lid cap open.
5. Add reserved sauce and chopped basil, insert measuring cup and mix 25 sec / reverse speed 1. Garnish with green onions and serve immediately.





KALE PESTO PASTA BOWL

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

60g walnut halves

100g kale, tough stalks removed, chopped

35g Parmesan cheese, cut into pieces (2 cm)

120g olive oil

30g fresh basil leaves (1 large handful)

1/3 tsp fine sea salt

2 pinches ground black pepper

1500g water

500g fusilli pasta

350g cherry tomatoes, halved

200g rocket

360g bocconcini, torn in halves

1 yellow pepper, sliced (5 mm)

Boiling water

Steps:

1. Place the walnuts in the mixing bowl and toast them for 7 min / 100°C / speed 1. While the walnuts are toasting, place the chopped kale in a large bowl and pour boiling water over it.

Let the kale wilt for 30 seconds, then strain using the steaming dish. Once the kale is cool enough to handle, squeeze out any excess moisture and set aside.

2. Add the Parmesan to the walnuts in the mixing bowl and grate for 8 sec / speed 10.

3. Add the basil, olive oil, garlic, reserved kale, salt, and pepper to the bowl, then blend for 8 sec / speed 6.

4. Scrape down the sides with the spatula and mix again for 12 sec / speed.

5. Transfer the pesto to a glass jar and set aside.

5. Pour the water into the mixing bowl and heat to a boil for 7 min / 110°C / speed 2.

6. Add the fusilli pasta and cook for 12 min / 100°C / reverse speed 1. While the pasta is cooking, place the halved cherry tomatoes, yellow pepper slices, and torn bocconcini in a large salad bowl.

7. Drain the cooked pasta using the simmering basket, then add it to the salad bowl. Place the bowl on the mixing bowl lid and weigh in 150 g of the prepared pesto. Remove the bowl, stir the salad ingredients together well, and set aside to cool.

8. Just before serving, toss in the rocket and serve as part of your buffet menu.

POTATO AND ONION FRITTATA

Serving Size: 6

Time: 45 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

250g onions, sliced (2 mm)

125g olive oil, plus extra for frying

**600g waxy potatoes (e.g. Maris Piper),
peeled and sliced (5 mm)**

7 large eggs

130g water

1 ½ tsp fine sea salt

⅓ tsp ground black pepper

Steps:

1. Start by cleaning the potatoes. Place the slicer attachment in the Thermocook bowl and turn on the machine at speed 8, slice the potatoes and keep them aside. Clean and dry the bowl.

2. Pour the olive oil and water into the mixing bowl and heat for 4 min / 120°C / speed 1.

3. Add the sliced onions and cook for 6 min / 110°C / reverse speed 1.

4. Add the sliced potatoes and sea salt, then cook for 15 min / 100°C / reverse speed.

5. Check if the potatoes are tender but still holding their shape; if needed, cook for an additional 3 min / 110°C / reverse speed 1.

6. In a large bowl, whisk the eggs and ground black pepper together until well combined. Gently fold the potato and onion mixture from the mixing bowl into the eggs.

7. Heat some extra olive oil in a frying pan over medium heat. Carefully pour the egg and potato mixture into the hot pan and cook for about 10 minutes, or until the eggs are set. Flip the tortilla onto a large plate, then slide it back into the frying pan to cook the other side for about 5 minutes. Serve the tortilla hot, warm, or cold.





GOLDEN SPINACH FILO SLICE

Serving Size: 6

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

125g slivered almonds
60g salted butter
1 ½ tsp dried oregano
60g olive oil, plus extra for greasing
100g tasty cheddar cheese, cut into pieces
90g brown onion, cut into halves
4 spring onions/shallots, trimmed and cut into thirds
6 eggs
250g feta cheese, cut into pieces (3-4 cm)
1 ½ tbsp plain flour
1 - 2 pinches nutmeg, to taste
2 - 3 pinches cayenne pepper, to taste
600g frozen spinach leaves, thawed and well drained
40g lemon juice
¾ tsp salt
½ tsp ground black pepper
6 sheets filo pastry

Steps:

1. Preheat the oven to 200°C. Grease a 25 cm springform cake tin and set it aside.
2. Place a bowl on the mixing bowl lid and weigh the almonds into it. Set aside. Heat a non-stick frying pan over medium heat,

add the almonds, and dry-fry until they turn golden, about 2-3 minutes. Set aside to cool.

3. Place the cheddar cheese in the mixing bowl and chop for 4 sec / speed 7. Transfer the chopped cheese to a bowl and set aside.

4. Add the brown onion and spring onions/shallots to the mixing bowl and chop for 6 sec / speed 6. Use a spatula to scrape down the sides of the bowl.

5. Add the butter, oregano, cayenne pepper, and nutmeg, and cook for 3 min / 90°C / speed 1.

6. Add the eggs, flour, feta, drained spinach, lemon juice, salt, pepper, reserved cheese, and three-quarters of the toasted almonds. Mix for 12 sec / reverse speed 3.

7. Brush one sheet of filo pastry with olive oil and use it to line the prepared tin, allowing the edges to hang over the sides. Brush another sheet with oil and place it in the tin at an angle, positioning the corners to form a star shape. Continue oiling and layering with the remaining pastry sheets.

8. Pour the spinach mixture into the lined tin. Fold the overhanging edges of the pastry over the filling to enclose it. Sprinkle the top with the remaining toasted almonds.

9. Place the tin in the oven and reduce the temperature to 180°C. Bake for 20-25 minutes, or until the top is crisp. Allow to cool in the tin for 15 minutes, then slice and serve.

AGLIO OLIO CHEESE SPAGUETTI

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula
• Butterfly Whisk
• Deep Steamer

Ingredients:

600g dried spaghetti, broken into halves

3 ½ tbsp vegetable stock paste

3 garlic cloves

180g dry white wine

120g olive oil

1 pinch ground black pepper, to taste

70 - 140g Parmesan cheese, cut into pieces (3 cm)

1700g water

Sea salt, to taste

Long red chillies, for garnishing

Fresh parsley, leaves only, for garnishing

Steps:

1. Grate the Parmesan cheese in the jug for 20 sec / speed 8. Transfer the grated cheese to a bowl and set aside. Clean and dry the mixing bowl.

2. Insert the blades and butterfly whisk. Add the water to the mixing bowl and heat for 8 min / 110°C / speed 1.

3. Once boiling, add a pinch of sea salt, 60 g of the olive oil, and the spaghetti. Cook for 10 min / 100°C / reverse speed 1.

4. Drain the spaghetti using the steaming dish, then transfer it to a large bowl and cover to keep warm. Remove the butterfly whisk. Clean and dry the mixing bowl.

5. Add the garlic, chilli, and parsley into the mixing bowl and chop for 4 sec / speed 8. Use a spatula to scrape down the sides of the bowl.

6. Add the remaining 60 g of olive oil and cook for 3 min / 100°C / speed 1.

7. Pour in the white wine and vegetable stock paste, then cook for an additional 3 min / 100°C / speed 1.

8. Pour the sauce over the reserved spaghetti and season with salt and black pepper. Garnish with extra fresh parsley leaves, additional red chilli slices, and the reserved Parmesan cheese. Serve immediately.





CREAMY ASPARAGUS RISOTTO

Serving Size: 4

Time: 40 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

220g green asparagus (1 bunch)

50g Parmesan cheese, cut into cubes (3 cm)

2 ½ tsp vegetable stock paste

530g water

3 garlic cloves

2 ½ tbsp olive oil

200g Arborio rice

200g dry white wine

2 - 3 spring onions/shallots, trimmed and cut into pieces

2 pinches ground black pepper, to taste

3 - 4 tsp butter, to serve (optional)

Steps:

1. Place and grate the Parmesan cheese in the bowl for 20 sec / speed 7. Transfer the grated cheese to a bowl and set aside. Clean and dry the mixing bowl.

2. Cut the asparagus stalks into pieces, keeping the tops separate. Place the asparagus stalks, vegetable stock paste, and water into the mixing bowl, then cook for 12 min / 90°C / reverse speed 1.

3. After cooking, blend the mixture for 30 sec / speed 8. Transfer the asparagus purée to a bowl and set aside. Clean and dry the mixing bowl.

4. Add the spring onions/shallots, garlic, and olive oil to the mixing bowl and chop for 5 sec / speed 6.

5. Scrape down the sides of the bowl, then cook for 1 min / 100°C / speed 2.

6. Add the Arborio rice and white wine, and cook for 1 min / 110°C / reverse speed 1, lid cap open.

7. Pour in the reserved asparagus purée and cook for 16 min / 100°C / reverse speed 1.

8. Add the reserved asparagus tops and ground black pepper, and mix for 1 min / reverse speed 1.

9. Transfer the risotto to a large bowl, and cover to keep warm. Stir in the butter (if using) and half of the reserved Parmesan cheese, combining with a spatula.

10. Let the risotto rest for 5 minutes, then serve with the remaining Parmesan cheese sprinkled on top.

MOUDARDARA

Serving Size: 4

Time: 45 minutes

Tool Required: • Chopping Blade

• Butterfly Whisk

• Spatula

Ingredients:

150g vinegar

600g dried brown lentils

110g long grain white rice

4 tsp vegetable stock paste

1 ½ tsp sea salt

250g onion, cut into wedges (3-4 cm)

70g extra virgin olive oil

1600g water

2 tsp tomato paste (optional)

Steps:

1. Attach the butterfly whisk. Add 1300 g of the water, the vegetable stock paste, and lentils to the mixing bowl.

2. Cook for 17 min / 100°C / reverse speed 1.

3. Add the rice, sea salt, optional tomato paste, vinegar, 15 g of the oil, and the remaining 300 g of water.

4. Cook for another 17 min / 110°C / reverse speed 1. Remove the butterfly whisk.

5. Transfer the mixture to a serving bowl and cover to keep warm.

6. Add the remaining 55 g of oil and the onion wedges to the mixing bowl, then start the Thermocook for 10 min / 130°C / reverse speed 1.

7. Chop the onions for 6 sec / speed 4.

8. Transfer the sautéed onions to the bowl with the cooked lentils and stir everything together using a spatula. Let the mixture sit for 5-10 minutes to allow any excess liquid to be absorbed, then serve with a side salad.





EXPRESS NOODLE BOWL

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

30g peanut oil
3 tsp vegetable stock paste
2 fresh long red chillies, trimmed and cut into halves
150g broccoli
1 ½ tsp granulated garlic
2 nori sheets, broken into pieces
1500g boiling water
360g dried quick-cooking noodles, broken into pieces
70g peas, trimmed and sliced lengthways
30g oyster sauce
30 g soy sauce
300 g firm tofu, cut into pieces (3 cm)
3 tsp dried onion flakes
1 carrot, cut into cubes (5 mm)
150 g fresh bean sprouts, to serve
3 fresh coriander, leaves only, to serve
2 onions thinly sliced, to serve

Steps:

1. Place the chilli and peanut oil in the mixing bowl and chop for 5 sec / speed 7.
2. Add the vegetable stock paste, carrot, dried onion flakes, granulated garlic, nori, broccoli and boiling water, then cook for 3 min / 100°C / reverse speed 2.
3. Add the noodles, peas, oyster sauce, soy sauce, and tofu, then cook for 4 min / 100°C / reverse speed 1.
4. Serve the noodles topped with fresh bean sprouts, coriander leaves, and sliced onions.

PEA AND CORN MASH CUPCAKES

Serving Size: 12

Time: 40 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

4 onions trimmed and cut into quarters
4 sprigs fresh basil, leaves only
120g tasty cheese, cut into cubes (3 cm)
600g frozen green peas, thawed
480g canned chickpeas, drained and rinsed (approx. 300 g after draining)
300g frozen corn kernels, thawed
5 eggs
2 ½ tsp seeded wholegrain mustard
65g plain flour
¾ tsp baking powder
1 ¼ tsp salt
¾ tsp ground black pepper, to taste
4 pieces lemon zest (1 x 5 cm), no white pith
2 garlic cloves
130g fresh baby spinach leaves
9 fresh flat-leaf parsley, leaves only
25 sprigs fresh chives, cut into quarters
1 ½ tbsp dried tarragon
65g mayonnaise
65g sour cream
3 tbsp lemon juice
1 pinch sumac (optional)
Butter, for greasing

Steps:

1. Preheat your oven to 200°C. Grease a cupcake tray with butter and line it with baking paper, then set aside.

2. Place the spring onions/shallots, basil, cheese, and 300 g of the peas into the mixing bowl, then chop for 5 sec / speed 6. Use a spatula to scrape down the sides of the bowl.

3. Add the remaining slice ingredients, including the rest of the peas, and mix for 14 sec / reverse speed 3, using the spatula to help combine.

4. Pour the mixture into the prepared baking tray and bake for 30-35 minutes at 200°C, or until golden brown. Clean and dry the mixing bowl.

5. Place the lemon zest and garlic in the mixing bowl and chop for 12 sec / speed 7. Scrape down the sides with a spatula.

6. Add all the remaining dressing ingredients and blend for 40 sec / speed 4. Transfer the dressing to a serving bowl, jar, or container until ready to serve.

7. Enjoy the muffins hot or cold, served with the delicious dressing.





HOMESTYLE PAN PIZZA

Serving Size: 4

Time: 15 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

300g mozzarella, sliced

3 garlic cloves

75g tomato paste

1 ½ tsp dried oregano

3 pinches ground black pepper

30g olive oil, plus extra for drizzling

225g self-raising flour, plus extra for dusting

2 tomatoes, quartered and deseeded

225g lukewarm water

¾ tsp salt, plus extra for dough

Steps:

1. Place one garlic clove in the mixing bowl and chop for 4 sec / speed 8. Use a spatula to scrape down the sides of the bowl.

2. Add the tomato, tomato paste, oregano, pepper, and ½ teaspoon of salt, then blend for 6 sec / speed 8. Transfer the mixture to a bowl and set aside. Clean and dry the mixing bowl.

3. Place 2 garlic cloves in the mixing bowl and chop for 5 sec / speed 8.

4. Add the flour, water, oil, and a pinch of salt, then use the pre-set dough function to form the dough. Transfer the dough onto a well-floured silicone mat or clean work surface and shape it into a ball. Roll the dough out into a circle about 6 mm thick.

5. Preheat the oven grill. Heat an ovenproof non-stick frying pan (25 cm) over high heat. Once the pan is hot, drizzle it with oil. Carefully place the dough into the hot pan. Spread the reserved tomato sauce over the dough and evenly distribute the mozzarella slices on top.

6. Reduce the heat to medium and cook for 7-8 minutes, or until the pizza is cooked and the base is crispy. Remove the frying pan from the heat and place it under the preheated grill for 1-2 minutes, or until the top is golden brown. Add some basil leaves, fresh tomatoes or any toppings of your choice and serve.

ZUCCHINI NOODLE MARINARA SALAD

Serving Size: 4

Time: 5 minutes

Tool Required: • Chopping Blade
• Deep Steamer
• Shallow Steamer
• Spatula

Ingredients:

15 walnuts

120g semi sun-dried tomatoes

2 - 3 pinches ground black pepper

2 - 3 pinches salt

120g filtered water

1 ½ - 2 zucchinis (approx. 900 g total),
spiralized

1 ½ tsp fresh oregano, leaves only

1 ½ - 2 pinches cayenne pepper

45g pine nuts

1 ½ red capsicums, deseeded and cut
into quarters

Steps:

1. Divide the spiralized zucchini noodles among 4 serving bowls and set aside.

2. Place the pine nuts, capsicum, water, oregano, salt, pepper, sun-dried tomatoes, and cayenne pepper into the mixing bowl.

3. Blend for 40 sec / speed 8 until smooth.

4. Add the walnuts and blend for 4 sec / speed 8. Pour the sauce over the zoodles, stir to combine, and serve.





MUSHROOM STROGANOFF

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

30g white wine

2 garlic cloves

4 tsp vegetable stock paste

3 sprigs fresh flat-leaf parsley, leaves only, for garnishing

60g oil

1 ½ tsp paprika

150g sour cream

1 ½ tsp plain flour

4 fresh portobello mushrooms, sliced (1 cm)

60g lemon juice

400g fresh shiitake mushrooms, cut into quarters

1 ½ brown onions, cut into quarters

60g tomato paste

600g fresh Swiss brown mushrooms, quartered

Steps:

1. Place the onion and garlic into the mixing bowl and chop for 4 sec / speed 6. Scrape down the sides of the bowl.

2. Add the oil and sauté for 2 min / 110°C / speed 1.

3. Add the stock paste, tomato paste, wine, flour, paprika, lemon juice, half of the portobello mushrooms, 200 g of the Swiss brown mushrooms, and 50 g of the shiitake mushrooms.

4. Stir with the spatula, then cook for 6 min / 100°C / reverse speed 1.

5. Add the remaining mushrooms and sour cream, stir with the spatula to mix, and cook for 6 min / 100°C / reverse speed 1.

6. Garnish with fresh parsley and serve with your preferred side.

COCONUT SPICED DHAL

Serving Size: 2

Time: 22 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

60g canned coconut milk

50g fresh baby spinach leaves, roughly chopped

50g ripe tomato, cut into quarters

50g water

50g dried red lentils, rinsed thoroughly and drained

1/8 tsp ground turmeric

1/8 tsp ground cumin

1 1/2 tsp lemon juice

1/8 tsp ground ginger

40g onion, cut into quarters

1 pinch dried chilli flakes (optional)

2 tsp vegetable stock paste, salt-free

2 garlic cloves

Steps:

1. Add the garlic, onion, and tomato to the mixing bowl, then chop for 4 sec / speed 7. Scrape down the sides of the bowl.
2. Add the lentils, coconut milk, turmeric, cumin, ginger, optional chilli flakes, vegetable stock, and water. Cook for 20 min / 100°C / reverse speed 1, or until the lentils are soft.
3. Stir in the lemon juice and chopped spinach using a spatula.
4. Serve warm and enjoy with bread.





WARM CARROT SPICE OATMEAL

Serving Size: 8

Time: 15 minutes

Tool Required: • Chopping Blade
• Spatula
• Butterfly Whisk

Ingredients:

40g raisins

1¼ tsp vanilla bean paste

1 pinch sea salt

330g carrots, cut into pieces (4 cm)

75g walnuts, plus extra for garnishing

1¼ tsp ground cinnamon

⅓ tsp ground nutmeg

240g Greek-style natural yoghurt

50g pure maple syrup, plus extra to serve

1100g full cream milk

190g rolled oats

120g crème fraîche

⅔ lemon, juice and finely grated zest, no white pith

Steps:

1. Attach the butterfly whisk and place the heavy cream into the mixing bowl. Whip for 1 min / speed 5. Use the spatula to scrape down the sides of the bowl.

2. Add the yoghurt, lemon juice, and zest, then blend for 45 sec / speed 2. Remove the butterfly whisk, transfer the mixture to a sealable container, and refrigerate until ready to use. Clean and dry the mixing bowl.

3. Place the walnuts in the mixing bowl and chop for 3 sec / speed 5. Transfer the chopped walnuts to a bowl and set them aside.

4. Add the carrots to the mixing bowl and chop for 5 sec / speed 5.

5. Scrape down the sides of the bowl, and if needed, chop again for 4 sec / speed 6 until the carrots are finely diced.

6. Add the remaining ingredients, including the reserved chopped walnuts, and cook for 14 min / 90°C / reverse speed 1.

7. Serve the porridge immediately, topped with the reserved mixture, additional walnuts, and a drizzle of maple syrup.

TOFU DINNER SCRAMBLE

Ingredients:

8 sprigs fresh chives, cut into thin slices
450g firm tofu, cut into cubes (2 cm)
25g lemon juice, to taste
40g fresh baby spinach leaves, cut or torn into pieces
1½ garlic cloves
1½ tbsp olive oil
1½ avocados, flesh only, cut into slices, to serve
8 onions trimmed and cut into quarters
⅓ tsp ground cumin
90g fresh sweet corn kernels
3 tbsp water
⅓ tsp salt, plus extra to serve
5 slices rye bread, toasted, to serve
⅓ tsp ground turmeric
⅓ tsp mustard powder
90g red capsicum, deseeded and cut into pieces (1 cm)
⅓ tsp ground black pepper, plus extra to serve
⅓ tsp dried thyme

Serving Size: 4

Time: 12 minutes

Tool Required: • Chopping Blade
• Spatula

Steps:

1. Chop the spring onions/shallots and garlic in the mixing bowl for 5 sec / speed 6. Scrape down the sides of the bowl with the spatula.
2. Add the mustard powder, turmeric, cumin, thyme, salt, pepper, olive oil, and water. Cook for 4 min / 90°C / speed 1.
3. Add the red capsicum, corn, and tofu, and cook for 4 min / 90°C / reverse speed 1.
4. Add the spinach, chives, and lemon juice. Stir well with a spatula, then cook for 2 min / 90°C / reverse speed 1.
5. Serve right away on toasted bread, topped with avocado slices, and sprinkle with extra salt and pepper if desired.





HOISIN-GLAZED TOFU BOWL & RICE

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade

- Spatula
- Deep Steamer
- Shallow Steamer

Ingredients:

375g firm tofu, pressed and cut into squares (5 cm)

1 ¼ tbsp extra virgin olive oil

125g snow peas, cut into halves

⅜ tsp Chinese five spice powder

⅜ tsp garlic powder

312g brown rice

250g fresh mushrooms, sliced

1250g filtered water

1 ¼ tsp salt

100g hoisin sauce (gluten free)

1 ½ tsp ground ginger

140g broccolini, trimmed and cut into thirds

⅓ tsp ground black pepper

Tamari, to serve (optional)

Sesame seeds, for garnishing

Steps:

1. Line the steaming dish with a piece of wet, well-wrung baking paper, making sure it covers the entire surface, reaching the edges.

2. Place a bowl on top of the mixing bowl lid and weigh the tofu and hoisin sauce into it. Add the olive oil, Chinese five spice, garlic powder, ginger, black pepper, and ½ teaspoon of the salt. Gently stir to evenly coat the tofu, then transfer it onto the lined steaming tray and set aside.

3. Position the inner basket on the mixing bowl lid and weigh the rice into it. Rinse the rice under water until it runs clear. Pour the water and the remaining 1 teaspoon of salt into the mixing bowl. Insert the inner basket with the rice.

4. Cook for 26 min / 100°C / speed 5.

5. Place the deep steaming dish in position and weigh the vegetables into it. Insert the shallow tray with the hoisin tofu, secure the lid, and steam for 12 min / 110°C / speed 5, until the vegetables are just tender.

6. Divide the steamed vegetables, cooked rice, and tofu among serving bowls. Garnish with sesame seeds and serve with tamari, if desired.

BAKED BRIE WITH ZESTY BASIL PESTO

Serving Size: 6

Time: 20 minutes

Tool Required: • Chopping Blade
• Deep Steamer
• Shallow Steamer
• Spatula

Ingredients:

120g roasted pine nuts (or walnuts)

150g Brie cheese

$\frac{3}{4}$ lemon, zest only, no white pith

600g water

50g lemon juice (approx. 1½ lemons)

3 garlic cloves

2 pinches sea salt, to taste

40g extra virgin olive oil

300g cherry tomatoes on the vine, or
grape tomatoes on the vine

60g Parmesan cheese, crust removed
and cut into cubes (3 cm)

30g fresh basil, leaves only

Steps:

1. Place a jug on the mixing bowl lid and weigh the extra virgin olive oil into it. Set the jug aside for later.

2. Add the lemon zest, Parmesan cheese, and garlic to the mixing bowl. Grind the mixture for 12 sec / speed 9. Use a spatula to scrape down the sides of the bowl.

3. Add the lemon juice, pine nuts, basil leaves, and salt, then blend for 6 sec / speed 6. Scrape down the sides of the bowl once more.

4. With the lid cap open, set the machine to speed 2 / 30 sec and gradually pour the reserved olive oil through the lid cap while mixing. Transfer the prepared pesto to a bowl and set it aside.

5. Pour the water into the mixing bowl. Place the deep steaming dish on top and line it with baking paper. Position the unwrapped Brie in.

6. Insert the shallow steamer tray and arrange the tomatoes on it. Secure the lid and steam for 16 min / 110°C / speed 1, or until the cheese is soft and melted in the center.

7. Pour the prepared pesto onto a serving platter, carefully place the melted cheese on top, and arrange the steamed tomatoes on the side. Serve while warm. You can always drizzle some honey on top for a sweet flavour.





POTATO CRUST PIZZA

Serving Size: 2

Time: 50 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

200g mozzarella cheese, cut into pieces (4 cm)

Olive oil, for greasing and drizzling

2 - 3 potatoes, peeled and cut into very thin slices

2 garlic cloves

150g sweet potato, cut into pieces (4-5 cm)

100g carrot, cut into pieces (4-5 cm)

50g zucchini, cut into pieces (4-5 cm)

80g frozen corn kernels

200g cherry tomatoes, cut into halves

Salt, to taste

Ground black pepper, to taste

Steps:

1. In the Thermocook bowl, grate mozzarella 8 sec / speed 8 and transfer to a side bowl.

2. Preheat oven to 180°C, and in 2 oil greased trays, place 2 layers of sliced potatoes and bake for around 18 min or until they are crispy.

3. Place garlic, sweet potato, carrot and zucchini into Thermocook bowl and chop 7 sec / speed 4.

4. Spread mixture over the potatoes in the trays, distribute corn and put the tomatoes over the sauce, season with salt and pepper and sprinkle with reserved grated mozzarella. Bake for 25 min or until cheese is melted.

5. Enjoy.

FISH NUGGETS

Serving Size: 4

Time: 50 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

800g boneless white fish fillets (firm, skinless)

205g panko breadcrumbs

1.3 tsp salt (approximately 1¼ tsp)

48g salted butter

1.143g water

2 pinches ground nutmeg

1.143g full cream milk

Oil, for frying

571g fine semolina

1.9 egg yolks (approx. 2 egg yolks)

137g Parmesan cheese, crust removed and cut into pieces (3 cm)

Tomato sauce (optional)

Steps:

1. Grate the Parmesan cheese in the Thermocook bowl for 7 sec / speed 7. Set the grated cheese aside in a separate bowl.
2. Fill the mixing bowl with water, put the shallow steaming dish in place and arrange the fish fillets inside. Steam for 15 min / 120°C / speed 1, or until the fish is fully cooked then set them aside to cool.
3. Clean and dry Thermocook bowl and add the milk, salt, nutmeg, and butter. Heat the mixture for 7 min / 100°C / speed 2.

4. Incorporate the semolina and egg yolks, cooking for 3 min / 100°C / speed 3. Use a spatula to scrape down the bowl's sides as needed.

5. Flake the cooled fish into small pieces. Return the fish and the grated Parmesan to the Thermocook bowl, and mix at 100°C / reverse speed 2 / 1 min.

6. Prepare a work surface with a silicone mat or parchment paper. Pour the panko breadcrumbs into a bowl, then spread half of them evenly on the mat. Transfer the fish mixture onto the breadcrumbs, flattening it to a 2 cm thickness. Press the remaining breadcrumbs onto the top, ensuring an even coating. Let the mixture cool for about 20 minutes.

7. Line a large plate with paper towels and set aside. Use a cookie cutter (approximately 4 x 9 cm) to cut out nugget shapes. Roll the edges of the nuggets in the breadcrumbs to coat them fully. Continue shaping and coating until all the mixture is used, making roughly 30 nuggets.

8. Heat a large frying pan over medium heat with 2 tbs of oil. Fry the nuggets in batches, cooking each side for 3-4 minutes until golden and crispy. Transfer the cooked nuggets to the prepared plate to drain. Add more oil as needed and repeat with the remaining nuggets. Serve warm with tomato sauce if desired.





SWEET POTATO PURÉE

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Butterfly Whisk
• Spatula

Ingredients:

1½ tsp salt

40g pouring (whipping) cream

Fresh flat-leaf parsley, leaves only,
chopped, for garnishing

600g water

700g sweet potato, peeled and cut
into pieces (approx. 3 cm)

¼ tsp ground black pepper

40g salted butter, plus extra to serve

Steps:

1. Pour the water into the mixing bowl. Insert the simmering basket, weigh in the sweet potato, and cook for 18 min / 110°C / speed 2, until the sweet potato is fully tender.
2. Carefully lift the inner basket using the spatula and set it aside to drain. Discard the remaining cooking liquid.
3. Place the butter and the cooked sweet potato into the mixing bowl, then blend for 12 sec / speed 6.
4. Attach the butterfly whisk. Add the cream, salt, and black pepper, then whip for 40 sec / speed 4, or until the mixture is smooth and creamy. Remove the butterfly whisk.
5. Garnish with chopped parsley and serve warm, with extra butter if desired.

UMAMI MISO SLAW

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

130g shiro (white) miso paste

90g rice wine vinegar

120g carrots, cut into pieces (approx. 3 cm)

2½ garlic cloves

3 spring onions/shallots, trimmed and cut into thirds

1½ red capsicums, deseeded and cut into pieces (approx. 3 cm)

170g purple cabbage, cut into pieces (approx. 3 cm)

60g olive oil

4 cm piece fresh ginger, peeled

80g water

170g green cabbage, cut into pieces (approx. 3 cm)

12 g sesame oil

Steps:

1. Add the garlic and ginger to the mixing bowl and chop for 5 sec / speed 6. Use a spatula to scrape down the sides of the bowl.

2. Add the rice wine vinegar, water, olive oil, sesame oil and shiro (white) miso paste and blend for 12 sec / speed 6. If you're not serving the salad immediately, transfer the dressing to a sealable container and refrigerate until needed.

3. Place the purple and green cabbages into the mixing bowl and chop for 6 sec / speed 3, or until they are roughly chopped to your preference. Transfer the chopped cabbage to a large bowl.

4. Add the carrots to the mixing bowl and chop for 6 sec / speed 7. Transfer the chopped carrots to the bowl with the cabbage.

5. Place the capsicum and spring onions/shallots into the mixing bowl and chop for 4 sec / speed 5. Add them to the large bowl with the cabbage and carrots, then toss everything together to combine.

6. Just before serving, pour approximately 100 g of the miso dressing over the coleslaw and toss to evenly coat.





CRISPY BRUSSELS WITH ZESTY LIME CRUMBLE

Serving Size: 4

Time: 25 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

3 - 4 pinches ground black pepper, to taste
2½ tsp avocado oil, plus extra for drizzling
40 - 50 g bread (approx. 1½ slices),
frozen and cut into quarters
60g pancetta, cut into pieces (1-2 cm)
230g Brussels sprouts, trimmed and
cut into halves
2½ pieces lime zest, no white pith
(approx. 1 cm x 3 cm strips)
1½ tbsp flaked almonds
¾ tsp balsamic glaze, to taste
1½ tbsp water
1½ garlic cloves
1 pinch salt, to taste

Steps:

1. Preheat the oven to 200°C. Line a baking tray (30 x 40 cm) with baking paper and set it aside.
2. Place the lime zest in the mixing bowl and grate for 12 sec / speed 7. Scrape down the sides of the bowl with the spatula.
3. Repeat the process for another 12 sec / speed 7 until finely grated.
4. Add the bread and chop for 3 sec / speed 10.
5. Add the almonds and pancetta to the bowl and mix for 6 sec / reverse speed 3.
6. Spread the mixture evenly onto the prepared baking tray and drizzle with a bit of avocado oil. Toast in the oven for 5-10 minutes at 200°C, or until the bread mixture is golden brown and the pancetta is crispy. Stir the mixture 1-2 times during toasting to ensure even browning. Set aside to cool.
7. Place the garlic in the mixing bowl and chop for 4 sec / speed 7. Scrape down the sides of the bowl with a spatula.
8. Add the avocado oil, balsamic glaze, and water, then cook for 2 min / 100°C / speed 1.
9. Add the Brussels sprouts, salt, and pepper, and cook for 5 min / 100°C / reverse speed 2, or until they are cooked to your liking.
10. To serve, combine the Brussels sprouts with the lime crumb in a serving bowl and gently toss to mix.

QUICK MAC'N CHEESE

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade

• Spatula

Ingredients:

50g unsalted butter

4-5 dashes Worcestershire sauce

1½ garlic cloves

140g carrot, cut into pieces (approx. 3 cm) (optional)

230g pouring (whipping) cream

2/3 tsp Dijon mustard

160g Parmesan cheese, cut into pieces (approx. 3 cm)

280-300 g dried macaroni pasta

2/3 tsp smoked paprika

750g milk

1/3 tsp ground black pepper, plus 4-5 pinches extra to serve

160g cheddar cheese, cut into pieces (approx. 3 cm)

120g frozen green peas

2/3 tsp salt

Crispy fried onion, to serve (optional)

3 pinches nutmeg

Steps:

1. Place a small bowl on the mixing bowl lid and weigh out the peas. Set aside.

2. Add the garlic, Parmesan, and cheddar cheese to the mixing bowl and chop for 12 sec / speed 10. Transfer the mixture to a bowl and set it aside. Clean and dry the mixing bowl.

3. Place the carrot (optional) into the mixing bowl and chop for 5 sec / speed 6. Transfer the chopped carrot to a separate bowl and set aside.

4. Insert the blade cover. Add the butter, milk, cream, salt, pepper, nutmeg, smoked paprika, Dijon mustard, Worcestershire sauce, reserved carrot, and pasta to the mixing bowl. Stir with a spatula and cook for 24 min / 100°C / reverse speed 1. Using a spoon, transfer the pasta and sauce into a thermal serving bowl or another large bowl. Carefully remove the blade cover. Transfer any remaining pasta and sauce into the thermal serving bowl.

5. Add the peas and the reserved cheese mixture, stirring to combine. Let the mixture rest for 5 minutes. Season with additional black pepper to taste, and sprinkle with crispy fried onion (optional) before serving.





BEANS ON TOAST

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Steam Basket
• Spatula

Ingredients:

40g pure maple syrup

1¼ tsp dried thyme

900g canned cannellini beans,
rinsed and drained (approx. 560 g
after draining)

5 slices toast

1¼ tsp paprika

1½ tbsp Worcestershire sauce

600g ripe tomatoes, cut into quarters

⅔ tsp salt

⅔ tsp ground black pepper

Steps:

1. Add the tomatoes, paprika, thyme, maple syrup, salt, and black pepper to the mixing bowl. Cook for 12 min / 110°C / speed 2, using the inner basket in place of the measuring cup on the mixing bowl lid.
2. Add the cannellini beans and Worcestershire sauce to the mixture and continue cooking for 4 min / 110°C / reverse speed 1, again using the inner basket in place of the measuring cup on the lid.
3. Serve the mixture over slices of toast.

SPICED TURMERIC- GINGER MUSSELS

Serving Size: 4

Time: 24 minutes

Tool Required: • Chopping Blade
• Spatula
• Deep Steamer
• Shallow Steamer

Ingredients:

1½ cubes palm sugar (1-2 cm)
1½ stalks lemongrass, cut into thirds
25g lime juice (approx. 1½ limes)
600g water
4 spring onions/shallots, cut into halves
25g sesame oil
3 fresh Kaffir lime leaves
1½ fresh long red chillies, deseeded if preferred, plus extra, thinly sliced for garnishing (optional)
12 sprigs fresh coriander, roots and stalks for broth, leaves reserved for garnishing
1½ tsp fish sauce
3 garlic cloves
1 tsp ground turmeric
1200g fresh mussels, scrubbed and debearded
480g coconut milk
2 - 2½ tsp chicken stock paste, to taste
6 cm piece fresh ginger, peeled

Steps:

1. Add the spring onions/shallots, garlic, Kaffir lime leaves, lemongrass, sesame oil, ginger, palm sugar, coriander roots and stalks, chili, and turmeric to the mixing bowl, then chop for 8 sec / speed 7.
2. Use the spatula to scrape down the sides of the mixing bowl, then sauté the mixture for 4 min / 110°C / speed 1.
3. Pour in the coconut milk, water, and chicken stock paste. Place the steaming tray in position and weigh the mussels into it. Secure the lid and steam for 8 min / 110°C / speed 1.
4. Carefully stir the mussels to ensure they cook evenly, then re-secure the lid and steam for an additional 8 min / 110°C / speed 1.
5. Divide the cooked mussels among serving bowls, discarding any that have not opened.
6. Add the fish sauce and lime juice to the mixing bowl and mix for 8 sec / reverse speed 2. Pour the flavourful broth over the mussels, and garnish with the reserved fresh coriander leaves and sliced chillies before serving.





TUNA PENNE DELIGHT

Serving Size: 4

Time: 25 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

480g water
55g dry white wine, to taste
1 lemon, zest only, no white pith
35g olive oil
510g canned chopped tomatoes
52g Parmesan cheese, crust removed and cut into pieces (3 cm)
2 tbsp vegetable stock paste
2 garlic cloves
400g penne pasta
445g canned tuna in springwater, drained
1 pinch ground black pepper, to taste
1 pinch sea salt, to taste

Steps:

1. Grate the lemon zest and Parmesan cheese in the Thermocook bowl 13 sec / speed 8. Transfer the mixture to a bowl and set it aside. Clean and dry the mixing bowl.
2. After cleaning and drying the mixing bowl, chop the garlic for 5 sec / speed 5.
3. Add oil and sauté 2.5 min / 110°C / speed 1.
4. Add 510g canned tomatoes, 55g white wine, 480g water and 2 tbs vegetable stock paste and let them cook 9 min / 110°C / speed 1.
5. Now drop the pasta and tuna into the Thermocook and cook 12 min / 110°C / reverse speed 1, or until your desired pasta softness.
6. Season with salt and pepper and serve with Parmesan and lemon zest.

FETA AND ARTICHOKE ORZO

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

65g pine nuts, toasted

130g feta cheese

2.5 tbsp extra virgin olive oil

360g marinated artichoke hearts,
drained

420g dried orzo pasta, rinsed and drained

1250g water

4 sprigs fresh flat-leaf parsley, leaves only

1 tbsp lemon juice

1 pinch ground black pepper, to taste

430g canned chickpeas, rinsed and
drained

½ tsp sea salt, to taste

110g sun-dried tomatoes, cut into thin
slices

Steps:

1. Boil the water into the Thermocook bowl for 8 min / 120°C / speed 1.

2. Add the orzo, 1.5 tbs of the olive oil, and the salt. Cook for 7 min / 110°C / reverse speed 1, while opening the lid cap.

3. When cooked, drain and rinse the orzo and place them in a serving bowl. Drizzle them with the remaining olive oil.

4. Clean and dry Thermocook bowl then place the parsley and chop for 5 sec / speed 5 or more, until the parsley is finely chopped. Use the spatula to scrape down the sides of the bowl.

5. Add feta and artichokes and chop 3 sec / speed 5. Transfer into serving bowl with risoni and set aside.

6. Add the pine nuts and sundried tomatoes along with the chickpeas, lemon juice, and ground black pepper to the serving bowl.

7. Hand stir everything together with a spatula until well combined. Garnish the salad with extra parsley leaves before serving and enjoy you dinner.





VEGETABLE MEDLEY (RATATOUILLE)

Serving Size: 2

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

130g brown onion, cut into halves

22g olive oil

320g ripe tomatoes, cut into pieces
(2-3 cm)

105 g red capsicum, deseeded and
cut into pieces (2-3 cm)

1 tsp salt

2 garlic cloves

310g eggplant, cut into pieces (2-3 cm)

210g zucchini, cut into pieces (2-3 cm)

1½ tbsp dried mixed herbs (e.g.,
thyme, rosemary, marjoram, basil,
parsley)

3 pinches ground black pepper

Steps:

1. Chop 2 garlic cloves and 130g onion for 5 sec / speed 5.
2. Scrape down the sides of the bowl and add 22g olive oil. Sauté 4 min / 120°C / reverse speed 1.
3. Add 320g ripe tomatoes, 105g red capsicum, 1.5 tbs dried mixed herbs, salt and black pepper then cook 10 min / 110°C / reverse speed 1.
4. Add 310g eggplant and 210g zucchini.
5. Cook for an extra 12 min / 100°C / reverse speed 1 or until vegetables are cooked to your liking. Enjoy!

GOLDEN SAFFRON PRAWN RISOTTO

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

220g raw prawns, shelled and cleaned

5 spring onions/shallots, trimmed and cut into quarters

3 garlic cloves

3 tbsp olive oil

3 - 4 tsp butter (optional)

620g water, lukewarm

¾ tsp saffron threads

200g Arborio rice

90g dry sherry

2½ tsp vegetable stock paste

1 lemon, zest only, finely grated, and no white pith

1 pinch sea salt, to taste

1 pinch ground black pepper, to taste, plus extra to serve

Steps:

1. Place a ceramic or glass container on the mixing bowl lid and weigh 620 g of water into it. Add the saffron threads to the water and let them steep.

2. Place the spring onions/shallots, garlic, and olive oil into the mixing bowl and chop for 4 sec / speed 8.

3. Scrape down the sides of the mixing bowl using a spatula, then sauté for 2 min / 100°C / speed 1.

4. Add the Arborio rice and dry sherry to the bowl and cook for 1 min / 100°C / reverse speed 1, lid cap open.

5. Incorporate the vegetable stock paste, the remaining 200 g of water, the soaked saffron with its water, salt, and pepper. Cook for 15 min / 100°C / reverse speed 1, until the rice reaches the desired consistency.

6. Add the prawns and lemon zest, then mix for 3 min / reverse speed 1.

7. Transfer the risotto to a thermal serving bowl or a large serving dish, covering it to keep warm. If desired, add the butter to the risotto, stirring with a spatula to combine.

8. Let the risotto rest for 5 minutes before serving, and garnish with additional black pepper to taste.





TOMATO-OLIVE BRUSCHETTA BITES

Serving Size: 4

Time: 15 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

150 g pitted black olives
1 ½ tsp baby pickled capers
2 tbsp extra virgin olive oil, plus extra for brushing
1 anchovy fillet
1 ½ tsp freshly squeezed lemon juice
7 - 8 fresh basil leaves, torn
1 - 2 pinches ground black pepper, to taste
1 tsp fresh thyme, leaves only
120g tomatoes, deseeded and cut into small pieces
100g feta cheese, crumbled, to serve
1 baguette, cut into slices (1 cm thick) and toasted

Steps:

1. Place the olives, capers, anchovy, thyme, olive oil, lemon juice, and black pepper into the mixing bowl. Blend for 6 sec / speed 6. Transfer the tapenade to an airtight container and set aside until ready to use.
2. Preheat the oven to 180°C and line a large baking tray with parchment paper.
3. Brush both sides of the baguette slices with extra olive oil and arrange them in a single layer on the prepared tray. Bake for 3 minutes on each side (180°C) or until they are golden brown. Allow them to cool.
4. When ready to serve, generously spread the tapenade over each baguette slice, then top with diced tomatoes, crumbled feta, and torn basil leaves.

SEASONED BEAN SMASH

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade

Ingredients: • Spatula

3 garlic cloves

1 red onion, cut into quarters

½ tsp ground cumin

35g filtered water

25g extra virgin olive oil

1 red capsicum, deseeded and cut into pieces

450g canned pinto beans, rinsed and drained (approx. 260 g after draining)

¾ tsp ground black pepper

¾ tsp salt

2 - 3 pinches ground chilli

Steps:

1. Place the onion, capsicum, and garlic in the mixing bowl and chop for 5 sec / speed 4. Use a spatula to scrape down the sides of the bowl.
2. Add the olive oil, cumin, and optional chilli, then sauté for 4 min / 110°C / speed 1.
3. Add the pinto beans, water, salt, and pepper, then cook for 3 min / 110°C / speed 2.
4. Blend the mixture for 6 sec / speed 5. Serve as desired.





QUICK & EASY 10-MINUTE NOODLES

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

1 fresh long red chili, trimmed and cut into halves
22g peanut oil
3 tsp vegetable stock paste
220g firm tofu, cut into pieces (3 cm)
1 carrot, cut into cubes (5 mm)
60g snow peas, trimmed and sliced lengthways
2 nori sheets, broken into pieces
2.5 tsp dried onion flakes
2 tsp granulated garlic
21g oyster sauce
130g fresh bean sprouts, to serve
1100g boiling water
24g soy sauce
3 sprigs fresh coriander, leaves only, to serve
320g dried quick-cooking noodles, broken into pieces
1 onion/green thinly sliced, to serve

Steps:

1. Place the chili and peanut oil into the mixing bowl, then chop for 4 sec / speed 5.
2. Add the vegetable stock paste, carrot cubes, dried onion flakes, granulated garlic, nori sheets, and boiling water. Cook for 3 min / 110°C / reverse speed 2.
3. Add the broken noodles, snow peas, oyster sauce, soy sauce, and tofu pieces. Cook for 4 min / 110°C / reverse speed 1.
4. To serve, garnish with fresh bean sprouts, coriander leaves, and sliced spring onion.

BITE-SIZED CHEESE SCONES WITH HERBED BUTTER

Serving Size: 6

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

110g cheddar cheese, cut into pieces (3 cm)

220g plain flour

270g milk

2½ tsp baking powder

2 pinches salt

110g unsalted butter, cut into pieces

3 - 4 tsp savory yeast spread, to taste

Olive oil spray, for greasing

Steps:

1. Preheat your oven to 180°C. Generously spray a 24/30-hole mini muffin tray with olive oil and set it aside.
2. Start by grating the cheddar cheese for 20 sec / speed 8.
3. Add the flour, milk, baking powder, and salt to the bowl, then mix for 7 sec / reverse speed 2.
4. Scrape down the sides of the bowl with the spatula and mix again for 4 sec / reverse speed 4.
5. Fill each muffin cup to about three-quarters full with the batter. Bake for 13-15 minutes at 180°C, or until the scones are golden brown. Meanwhile, clean and dry the mixing bowl. Let the scones cool in the tray for a few minutes while you prepare the savory butter.
6. Place the butter and savory yeast spread into the mixing bowl and heat for 5 min / 90°C / speed 2.
7. Transfer the mini cheese scones to a serving plate and drizzle them with the melted savory butter before serving.





BEEF STROGANOFF

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

500g beef strips (sirloin or tenderloin)

1 large onion, chopped

2 garlic cloves, minced

200g mushrooms, sliced

2 tbs flour

1 cup beef broth

1 cup sour cream

2 tbs tomato paste

2 tsp dijon mustard

2 tbs olive oil

1 pinch salt and pepper

0.5 cup fresh parsley, chopped

Steps:

1. Place onion and garlic into the Thermocook bowl.
2. Chop for 5 sec / speed 5. Transfer into a bowl and set aside.
3. Place mushrooms into the Thermocook bowl. Chop for 5 sec / speed 4. Transfer into a bowl and set aside.
4. Add 1 tbsp of olive oil into the Thermocook bowl. Add half of the beef strips. Cook on for 5 min / 120°C / reverse speed 1, then transfer to a bowl and set aside.
5. Repeat with the remaining beef strips using another 1 tbsp of olive oil. Transfer to the same bowl with the cooked beef.
6. Add the chopped onions and garlic into the Thermocook bowl.
7. Cook on for 3 min / 120°C / speed 1.
8. Add the sliced mushrooms and cook for another 5 min / 100°C / speed 1.
9. Sprinkle flour over the cooked onions and mushrooms in the Thermocook bowl and mix for 10 sec / speed 3.
10. Add beef broth, tomato paste, and Dijon mustard.
11. Cook for 5 min / 100°C / speed 2.
12. Add the cooked beef strips back into the Thermocook bowl and cook for 5 min / 90°C / reverse speed 1.
13. Stir in the sour cream and cook for an additional 3 min / 80°C / reverse speed 1 until the sauce is creamy and well combined. Season with salt and pepper to taste.
14. Serve the beef stroganoff over cooked egg noodles or rice and garnish with freshly chopped parsley.



STEAMED SUNNY EGGS

Serving Size: 2

Time: 15 minutes

Tool Required: • Stirring Blade
• Deep Steamer
• Shallow Steamer

Ingredients:

500 g water

1 ½ tsp oil (e.g., grapeseed, sunflower)

6 eggs, chilled

Sea salt, to taste

Ground pepper, to taste

Steps:

1. Pour the water into the mixing bowl and heat it to a boil for 6 min / 110°C / speed 1. While the water is heating, line the deep steaming dish with baking paper, ensuring it extends about 2 cm up the sides. Lightly grease the paper with oil, then crack the eggs onto it. Season with sea salt and ground pepper.
2. Place the steaming dish in position, close the lid and steam the eggs for 7 min / 110°C / speed 1.
3. Serve and enjoy!

GARLIC BUTTER PRAWNS

Serving Size: 2

Time: 14 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

350 g medium raw prawns,
deveined and patted dry with
paper towel

1 ½ garlic cloves or 30 g brown onion

30 g olive oil

Steps:

1. Add the olive oil and garlic or onion to the mixing bowl and heat for 3 min / 110°C / reverse speed 1, lid cap open.

2. Add the prawns, making sure they are evenly spread in the mixing bowl. Start the Thermocook for 10 min / 110°C / reverse speed 1. Season to your liking and enjoy with a side salad.





CREAMY HERBED CUCUMBER SALAD

Serving Size: 4

Time: 10 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

4 tsp apple cider vinegar
3 sprigs fresh dill, fronds only
300 - 400g sour cream
½ tsp ground black pepper
1 - 2 continental cucumbers
(approx. 250-700 g), trimmed
and peeled
½ - 1 tsp sea salt

Steps:

1. Place a bowl on the mixing bowl lid and weigh the cucumbers into it. Set aside.
2. Thinly slice your cucumbers and transfer them to a serving plate.
3. Add the sour cream, sea salt, dill, black pepper, vinegar, and sugar to the mixing bowl. Mix for 40 sec / speed 4.
4. Pour the dressing over the cucumber slices, mix well and enjoy!

CORNERD BRISKET WITH MUSTARD GLAZE

Serving Size: 6

Time: 2 hours, 40 minutes

Tool Required: • Chopping Blade
• Spatula
• Butterfly Whisk

Ingredients:

1500g corned beef brisket
1 onion, halved
2 garlic cloves
2 bay leaves
1 tsp bay leaves
2500g water
2 tbs butter
2 tbs flour
1 cup milk
2 tbs Dijon mustard
1 tbs whole grain mustard
1 tbs honey
1 pinch salt
1 pinch ground black pepper

Steps:

1. Place 1500g corned beef brisket into the Thermocook bowl.
2. Add the halved onion, garlic cloves, bay leaves, and black peppercorns. Pour in enough water to cover the corned beef.

3. Cook on 100°C / 2.5 hours / speed 1, or until the beef is tender. You may need to check occasionally to ensure the beef is covered with water, adding more if necessary.

4. Once the corned beef is cooked, remove it from the Thermocook bowl and set aside, keeping it warm. Clean and dry the Thermocook bowl.

5. Add 2 tbs butter to the Thermocook bowl and melt on 120°C / 1 min.

6. Insert the butterfly whisk and add 2 tbs flour then mix for 2 min / 100°C / speed 2 to make a roux.

7. Gradually add the milk while mixing at speed 3 until the sauce thickens.

8. Add the 2 tbs Dijon mustard, 1 tbs whole grain mustard, 1 tbs honey, 1 pinch salt, and 1 pinch pepper.

9. Mix for another 2 min / 100°C / speed 2 until well combined.

10. When done, slice the corned beef in a side serving platter and serve with the mustard sauce drizzled over the top. You can serve the corned beef with sides such as boiled potatoes, steamed vegetables, or a fresh salad.





STIR-FRIED MUSHROOMS

Serving Size: 4

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula
• Steam Basket

Ingredients:

400g fresh mushrooms, cut into quarters

20g olive oil

30g water

1 tsp vegetable stock powder

1 pinch salt

1 pinch black pepper

20g parsley

Steps:

1. Pour the water in the Thermocook bowl. Weigh the fresh mushrooms in the inner basket.
2. Steam for 3 min / reverse speed 1 / 100°C.
3. Remove the inner basket with the spatula and discard the water.
4. Put oil and mushrooms into the Thermocook bowl, insert the butterfly whisk.
5. Add the parsley, stock powder, salt and pepper. Start your Thermocook for 3 min / reverse speed 1 / 80°C.
6. When done serve with fresh bread or toast.

MONGOLIAN BEEF DELIGHT

Serving Size: 4

Time: 12 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

500g beef flank steak, thinly sliced

0.25 cup cornstarch

2 tbs vegetable oil

3 garlic cloves

1 small piece fresh ginger, peeled

0.5 cup soy sauce

0.5 cup water

0.5 cup brown sugar

1 tsp chili flakes

4 green onions, sliced

Steps:

1. Tips: Serve with cooked rice on the side. Omit the chili flakes if you don't like it spicy.

2. Coat the beef slices with cornstarch and set aside.

3. Add the garlic and ginger to the Thermocook bowl and blend on speed 6 / 10 sec until finely chopped.

4. Add the soy sauce, water, brown sugar, and chili flakes to the Thermocook bowl.

5. Mix on speed 3 / 10 sec until well combined.

6. Cook at 100°C / speed 1 / 5 min to dissolve the sugar and blend the flavours.

7. Heat the vegetable oil in a frying pan over high heat and add the beef slices. Cook until browned, about 2-3 min per side then transfer to a plate.

8. To the Thermocook bowl with the sauce, add the browned beef slices. Mix on reverse speed 1 / 2 min / 90°C to coat the beef with the sauce.

9. Add the sliced green onions to the Thermocook bowl and mix on speed 1 for an additional 1 min to combine.

10. Serve the Mongolian beef over cooked rice and enjoy.





CLASSIC MEATLOAF WITH TOMATO GLAZE

Serving Size: 4
Time: 1 hour, 30 minutes
Tool Required: • Chopping Blade
• Spatula

Ingredients:

For the Meatloaf
500g rump steak
1 onion, halved
2 garlic cloves
1 cup breadcrumbs
0.5 cup milk
2 eggs
1 tsp salt
0.5 tsp black pepper
1 tsp dried thyme
1 tsp dried oregano
1 tbs Worcestershire sauce

For the Red Sauce
400g diced tomatoes
2 tbs tomato paste
1 tbs olive oil
1 onion, halved
2 garlic cloves
1 tsp dried basil
1 tsp dried oregano
1 tsp sugar
1 tsp salt
0.5 tsp black pepper

Steps:

1. To prepare the Meatloaf, preheat your oven to 180°C.
2. Place the onion and garlic into the Thermocook bowl and chop for 5 sec / speed 5. Scrape down the sides of the bowl using the spatula.
3. Add the minced beef, breadcrumbs, milk, eggs, salt, black pepper, dried thyme, dried oregano, and Worcestershire sauce to the bowl.
4. Mix for 30 sec / speed 4 until well combined.
5. Transfer the meat mixture to a loaf pan and shape it into a loaf and bake in the preheated oven for 1 hour / 75°C.
6. Clean and dry the Thermocook bowl and place the onion and garlic into it.
7. Chop for 5 sec / speed 5. Scrape down the sides of the bowl using the spatula.
8. Add the olive oil to the Thermocook bowl and sauté on 120°C / 5 min / speed 1.
9. Add 400g diced tomatoes, 2 tbs tomato paste, 1 tsp dried basil, 1 tsp dried oregano, 1 tsp sugar, 1 tsp salt, and 0.5 tsp pepper.
10. Cook on 100°C / 15 min / speed 1.
11. Once the meatloaf is done, let it rest for 10 min before slicing. Serve the meatloaf slices with the red sauce spooned over the top and enjoy.

SUNDRIED TOMATO TARTARE

Serving Size: 4

Time: 20 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

140g sun-dried tomatoes, drained

5–6 sprigs fresh chives

1½ tsp Dijon mustard

25g baby pickled capers, rinsed

4–5 sprigs fresh flat-leaf parsley, leaves only

1 dill pickled cucumber (approx. 45 g)

½ tsp smoked paprika

⅓ tsp ground black pepper

Salt, to taste

Steps:

1. Place all ingredients except the sun-dried tomatoes into the mixing bowl and chop for 3 sec / speed 6.
2. Use a spatula to scrape down the sides, then chop again for 4 sec / speed 6.
3. Add the sun-dried tomatoes and chop for another 4 sec / speed 6.
4. Divide the mixture into 4 equal parts. On a serving plate, place a 4 cm round cookie cutter and press one portion of the mixture inside, then carefully lift the cutter away.
5. Repeat this process with the remaining mixture.
6. Garnish with a caper berry if desired and serve with fresh bread or crackers, if preferred.





SALMON TARTARE

Serving Size: 4

Time: 15 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

2½ sprigs fresh dill, leaves only, plus extra to garnish

4 oz watercress leaves or mixed salad

1¼ tsp pink peppercorns, plus extra to garnish

2 tbsp + 1 tsp extra virgin olive oil

11½ oz fresh salmon fillets (sushi quality), skinless, cut into 3 pieces

1¾ oz freshly squeezed lemon juice

¾ tsp salt

1 pinch ground black pepper

⅔ tsp Worcestershire sauce

Steps:

1. Add the pink peppercorns and dill to the mixing bowl and grind for 7 sec / speed 6. Use the spatula to scrape down the sides of the bowl.

2. Add the salmon, lemon juice, olive oil, Worcestershire sauce, salt, and black pepper, then chop for 7 sec / reverse speed 5.

3. Arrange the watercress leaves on six plates, spoon the salmon tartare over the top, and garnish with extra pink peppercorns and dill. Serve chilled.

MEATBALLS WITH CREAMY MUSHROOM WINE SAUCE

Serving Size: 6

Time: 50 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

For the meatballs:

500g minced beef
1 small onion, finely chopped
1 garlic clove, minced
0.5 cup breadcrumbs
0.25 cup milk
1 egg
0.5 tsp black pepper
0.5 tsp dried oregano
0.5 tsp dried thyme
1 tsp salt

For the white wine mushroom sauce:

2 tbs butter
1 tbs olive oil
1 small onion, halved
2 garlic cloves
250g mushrooms, sliced
1 cup white wine
1 cup chicken or beef stock
0.5 cup heavy cream
1 tsp dried thyme
1 tsp salt
0.5 tsp ground black pepper
0.25 cup fresh parsley

Steps:

1. Tips: You can serve the meatballs with white wine mushroom sauce over pasta, rice, or mashed potatoes.

2. To start with the meatballs, in a side mixing bowl, combine the breadcrumbs and milk. Let sit for a few minutes until the breadcrumbs absorb the milk.

3. Add the minced meat, finely chopped onion, minced garlic, egg, salt, pepper, dried oregano, and dried thyme to the breadcrumb mixture. Mix well until all ingredients are combined.

4. Form the mixture into small meatballs and cook them until browned on all sides in a frying pan with olive oil. Remove from the pan and set aside.

5. In the Thermocook bowl, place 1 small onion and 2 garlic cloves.

6. Chop for 5 sec / speed 5. Scrape down the sides of the bowl using the spatula.

7. Add the butter and olive oil to the Thermocook bowl and sauté on 120°C / 5 min / speed 1.

8. Add the sliced mushrooms and cook for another 5 min / 120°C / reverse speed 1.

9. Add 1 cup white wine and cook on 100°C / 5 min / reverse speed 1 to reduce slightly.

10. Add 1 cup chicken or beef stock and 1 tsp dried thyme then cook on 100°C / 10 min / reverse speed 1.

11. Pour 0.5 cup heavy cream, 1 tsp salt, and 0.5 tsp ground black pepper. Mix for 2 min / 100°C / reverse speed 2.

12. Place the browned meatballs into the Thermocook bowl with the mushroom sauce and cook on 100°C / 10 min / reverse speed 1 to ensure the meatballs are fully cooked and the flavors are well combined.

13. Garnish with chopped fresh parsley and enjoy.





MOROCCAN LAMB PILAF

Serving Size: 5

Time: 1 hour, 20 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

For the Moroccan Lamb:

500g lamb shoulder, cut into cubes

2 large onion, halved

3 garlic cloves

1 small piece ginger

4 tbs olive oil

1.5 tsp ground cumin

1.5 tsp ground coriander

1.25 tsp ground cinnamon

1.25 tsp ground turmeric

0.5 tsp ground paprika

0.5 tsp ground allspice

0.5 tsp ground black pepper

1 can diced tomatoes

1 cup beef or lamb stock

0.5 cup dried apricots, chopped

0.25 cup raisins

2 pinch salt

For the rice:

1 cup basmati rice

2 tbs olive oil

1 small onion, halved

1 garlic clove

0.5 tsp ground cumin

0.5 tsp ground coriander

0.25 tsp ground turmeric

0.25 tsp ground cinnamon

2 cup chicken stock

0.25 cup slivered almonds, toasted

0.5 cup fresh parsley leaves for garnish

Steps:

1. Tips: Serve this dish with a side salad. You can also use orange zest or pomegranate with the lamb to give a fruitfull taste.

2. To start with the Moroccan lamb, place the onion, garlic, and ginger into the Thermocook bowl and chop for 5 sec / speed 5. Scrape down the sides of the bowl using the spatula.

3. Add the olive oil to the Thermocook bowl then sauté on 120° / 5 min / speed 1.

4. Add the lamb cubes and cook on 120°/10 min reverse speed 1, or until the meat is browned.

5. Place the ground cumin, ground coriander, ground cinnamon, ground turmeric, ground paprika, ground allspice, and ground black pepper and mix for 10 sec / reverse speed 2.

6. To the Thermocook bowl, add 1 can diced tomatoes, 1 cup beef or lamb stock, 0.5 cup dried apricots, and 0.25 cup raisins.

7. Cook on 100°C / 30 min / reverse speed 1, or until the lamb is tender. Season with salt to taste.

8. Transfer the Moroccan beef to another bowl and cleand then dry the Thermocook bowl to start with the rice.

9. Place the onion and garlic into the Thermocook bowl and chop for 5 sec / speed 5. Scrape down the sides of the bowl using the spatula.

10. Add the olive oil to the Thermocook bowl and sauté on for 5 min / 120° / speed 1.

11. Then put the ground cumin, ground coriander, ground turmeric, and ground cinnamon into the bowl.

12. Mix for 10 sec / speed 2.

13. Add 1 cup basmati rice and 2 cups chicken stock into the bowl.

14. Cook on 100°C / 15 min / reverse speed 1, or until the rice is cooked and the liquid is absorbed. Fluff the rice with a fork.

15. Serve the Moroccan lamb over the cooked rice after garnishing with slivered almonds and fresh parsley leaves.

THAI-STYLE COCONUT PORK CURRY

Serving Size: 4

Time: 35 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

600g coconut cream

90 - 120g Thai red curry paste

1½ brown onions, cut into halves

600g sweet potato, peeled and cut into cubes (2.5 cm)

4.5 cm piece fresh ginger, peeled

300g frozen green beans, cut into pieces (2-3 cm)

1000 g pork loin, cut into cubes (3 cm) and fat trimmed

3 garlic cloves

Fresh coriander, leaves only, for garnishing

Fresh long red chilli, trimmed, deseeded if preferred, and cut into slices, for garnishing (optional)

1½ tbs fish sauce

60g peanut butter

6 fresh Kaffir lime leaves

Cooked rice, to serve

Steps:

1. In the Thermocook, add onion, garlic, ginger, Kaffir lime leaves and curry paste then chop 15 sec / speed 8. Scrape down sides of mixing bowl with the spatula.

2. Chop for a further 12 sec / speed 8 to reach a paste consistency mixture.

3. Add fish sauce, coconut cream, peanut butter and sweet potato to the Thermocook bowl and cook 8 min / 95°C / reverse speed 1.

4. Add pork and cook 9 min / 95°C / reverse speed 1.

5. Now add green beans and cook for further 7 min / 85°C / reverse speed 1, or until pork and potato are cooked.

6. Transfer into a serving bowl. Sprinkle some coriander and chilli (optional) and enjoy with rice.





MARSALA WINE PORK WITH MUSHROOMS

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

310g mascarpone cheese
5 flat-leaf parsley, leaves only
1000g pork fillets, trimmed and cut into pieces (3 cm)
2 ½ garlic cloves
2 ½ tbsp gluten free flour
190g brown onion, cut into halves
250g fresh mixed mushrooms of choice, cut into slices or quarters
1 ¼ tsp salt
⅓ tsp ground black pepper
125g dry Marsala wine
100g unsalted butter, cut into pieces

Steps:

1. Chop the parsley in the Thermocook 7 sec / speed 6 and transfer into a bowl and set aside.
2. Then chop the onion and garlic 5 sec / speed 5. Scrape down the sides of the bowl using the spatula.
3. Add butter and sauté 4 min / 110°C / reverse speed 1.
4. Place pork into a ziplock bag, add salt, pepper and flour, toss to coat pork and set aside.
5. Add Marsala wine and the mushrooms to the Thermocook bowl then cook 4 min / 110°C / reverse speed 1, while opening lid cap.
6. Now place the reserved tossed pork, mascarpone cheese and half of the chopped parsley and cook 10 min / 110°C / reverse speed 2 or until meat is well cooked.
7. Sprinkle the remaining reserved parsley and serve with sides of choice.

GARLIC BUTTER CHICKEN BITES

Serving Size: 2

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

200g bread, cut into pieces

½ tsp sweet paprika

2 pinches ground black pepper

1 tsp dried oregano

40g extra virgin olive oil

½ tsp sea salt

10g fresh chives, finely sliced

250g salted butter, chilled and cut into cubes

8 garlic cloves

½ tsp ground black pepper

10 fresh flat-leaf parsley, leaves only

1000g chicken breast, cut into pieces

2 tsp sea salt

120g Parmesan cheese, cut into pieces

4 eggs, 2 lightly beaten

8 tbs plain flour, extra if needed

Steps:

1. First for the crumb coating, place 200g bread, 0.5 tsp sweet paprika, 2 pinches ground black pepper, 1 tsp dried oregano, 40g olive oil and 0.5 tsp salt in the Thermocook bowl and chop 15 sec / speed 6. transfer to a side dish and set aside.

2. Now for the herb and garlic butter, add 10g fresh chives, 250g salted butter, 8 garlic cloves, 0.5 tsp ground black pepper, 10 sprigs fresh parsley leaves in the Thermocook bowl.

3. Blend 1 min / speed 4.

4. Split the butter between two sheets of baking paper and form it into two long, cigar-shaped rolls. Wrap the butter in the paper, twisting the ends to seal it, and then place it in the freezer.

5. Finally, preheat oven to 200°C. Place flour onto a separate plate and set aside.

6. In the Thermocook bowl, grate the parmesan cheese 8 sec / speed 8.

7. Now add the chicken, 2 eggs, salt and 4 tbs of the reserved crumb mixture, then mince 1 min / speed 8, until smooth.

8. Roll the chicken mixture into balls and roll in the flour. Remove the herb butter from the freezer and cut into 40 pieces. Using the end of a wooden spoon or spatula, make a small whole into each chicken ball and insert piece of butter, then close it with some more chicken mixture again forming a ball. Dip each ball in lightly beaten egg, then coat in reserved breadcrumbs and place onto a lined tray.

9. Bake 20 minutes at 200°C. Enjoy warm.





CHIPOTLE-INFUSED CHICKEN THIGHS

Serving Size: 4

Time: 35 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

6 chicken thighs, bone-in and skin-on
80g raw peanuts
1.5 tsp ground coriander
40g pitted prunes
2 chipotle chillies
400g hot water
2 garlic cloves, unpeeled
300g green unripe tomatoes
1.5 tbs dried Mexican oregano
1.5 tsp cumin seeds
40g sesame seeds
1.5 tsp sea salt flakes
1.5 tsp fennel seeds
0.5 tsp ocoa powder
400g water
2 tsp black peppercorns
0.5 tsp chicken stock paste
1.5 tbs olive oil, for frying
4 sprigs fresh coriander, leaves only

Steps:

1. In a frying pan, add 2 chillies, 2 garlic cloves and 300g green tomatoes and cook until slightly darkened color all over, flipping them as required.

2. Place a bowl on the Thermocook lid and weigh 400g hot water into it.

3. Preheat the oven to 180°C and prepare a baking tray for later use.

4. Discard the stems of the roasted chillies and place the chillies in 200g water. Peel the garlic cloves and set aside with the tomatoes.

5. In the Thermocook bowl, add 1.5 tsp cumin seeds, 1.5 tsp fennel seeds, 2 tsp peppercorns, 40g sesame seeds and 80g peanuts and toast 9 min / 110°C / speed 1, then blend 15 sec / speed 9.

6. Scrape down sides of mixing bowl with spatula and blend again 25 sec / speed 9.

7. Add 40g pitted prunes and 1.5 dried oregano then cook 8 min / 100°C / speed 1.

8. Add 0.5 tsp cocoa, 0.5 tsp chicken stock paste, 200g water, reserved tomatoes, peeled garlic and chillies with the soaking water and blend 7 sec / speed 4, then cook 12 min / 110°C / speed 3. Then blend for another 30 sec / speed 8.

9. Heat oil in a pan over medium-high heat. Brown chicken thighs on both sides. Place in a baking dish, skin side up, and season with coriander and salt. Pour chili sauce over, cover with foil, and bake at 180°C for about 30 min. Remove foil, increase to 190°C, and bake for 10 more min. Serve and enjoy!

COUSCOUS WITH MOROCCAN CHICKEN THIGHS

Serving Size: 4

Time: 40 minutes

Tool Required: • Chopping Blade
• Deep Steamer
• Steam Basket
• Spatula

Ingredients:

500g skinless chicken thigh fillets, cut into pieces
2 garlic cloves
30g sunflower oil
2/3 lemon, zest only, no white pith
300g water
1 tsp salt
6 sprigs fresh parsley, leaves only
1 tsp chicken stock paste
0.5 tsp ground black pepper
1 tbs garam masala
50g brown onion
2 tsp ground turmeric
35g pitted green olives
150g couscous
0.5 cup lemon juice

Steps:

1. Place 1 tbs garam masala, 2 tsp ground turmeric, 1 tsp salt and 0.5 tsp ground black pepper into a side bowl and mix with a spoon.

2. Coat the chicken thighs in half of the spice mix and keep the other half for later use.

3. Place the spiced chicken in the deep steamer and set aside.

4. In a side bowl, weigh 150g couscous, 150g water, and 15g oil, stir with a spoon and let them soak.

5. Chop the parsley in the Thermocook bowl for 4 sec / speed 6 and set aside.

6. Add 2 garlic cloves and 1 onion cut in half into the Thermocook bowl and blend for 5 sec / speed 4. Scrape down sides of mixing bowl with the help of the spatula.

7. Add the remaining oil with the remaining spice mixture. Cook 5 min / 120°C / speed 1.

8. Now add the 150g water, 1 tsp chicken stock paste, olives, lemon juice and lemon zest to the Thermocook bowl.

9. Transfer the soaked couscous to the inner basket and put it in place. Place also the deep steamer with the chicken in the Thermocook and close lid.

10. Steam for 25-28 min / 120°C / speed 1, or until chicken is cooked through.

11. When all ingredients are well cooked, transfer to a serving dish by place the couscous at the bottom, then chicken and drizzle with the sauce and garnish with the chopped parsley. Enjoy hot.





SPICY PERI-PERI BUTTERFLY CHICKEN

Serving Size: 4

Time: 70 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

7 garlic cloves

3 bay leaves

3 tsp paprika

1.5 tsp dried oregano

10 fresh chillies, trimmed

1 whole chicken

0.75 cup olive oil

30g lemon juice

Steps:

1. In the Thermocook bowl, roast 7 garlic cloves with the bay leaves and 10 fresh small chillies on 6 min / 110°C / speed 1, while opening the lid cap.
2. Now add 3 tsp paprika, 1.5 tsp oregano, 0.75 cups olive oil, and 30g lemon juice then cook 3.5 min / 100°C / speed 1.
3. Now blend for 1 min / speed 3-8, increasing speed gradually from speed 3 to 8. When done, transfer the mixture to a sealable container and reserve in the fridge for later use.
4. Now aside, clean the chicken and cut it open to become flat, rub it with the prepared mixture and place it on an oven tray.
5. Roast for 50-60 min in a preheated oven on 180°C or until the juices disappear. Serve the chicken with fries and a salad.

CHICKEN FATTEH

Serving Size: 4

Time: 50 minutes

Tool Required: • Chopping Blade

- Deep Steamer
- Spatula

Ingredients:

500g plain greek yogurt

4 lemons, juice only

13 garlics cloves

4 tbs tahini

1 tsp ground cumin

0.5 cup pine nuts

2 tbs unsalted butter

2 tbs olive oil

3 chicken thighs fillets, cut into pieces

0.5 tsp ground black pepper

1 tsp salt

600g water

2 pita breads, toasted

1 lemon zest, without white pith

Steps:

1. Tips: In the middle east, people eat fatteh for breakfast, lunch, or dinner.

You can add fried or baked eggplants to the fatteh to make it more tasty.

Prepare the pita bread ahead by deep frying them in oil or putting them in oven for about 2 mins to toast.

This dish can be eaten when done or after cooling in the fridge.

2. To start with, in the Thermocook bowl, add 500g of white natural yogurt, with 3 crushed garlic cloves, 4 tbs tahini, 1 tsp of cumin powder and the juice of 2 lemons, with a pinch of salt.

3. Blend for 2 min / speed 3, or until well incorporated and a brownish white sauce is formed.

4. Transfer the yogurt tahini sauce to a side bowl, clean and dry the Thermocook bowl to start with the chicken.

5. In the Thermocook bowl, chop the lemon zest for 15 sec / speed 5 while scraping down the sides with the spatula.

6. Now add 10 garlic cloves, 2 tbs olive oil, with a pinch of salt and 0.5 tsp of ground black pepper to the Thermocook bowl and blend 6 sec / speed 6.

7. Rub well the chicken thigh fillets with the garlic zest paste prepared in the Thermocook and line them in the deep steamer to cook later.

8. After removing all the garlic and lemon zest mixture from the bowl, clean it and pour 600g water in it. Put the deep steamer in place and start cooking for 12 min / 120°C / speed 1.

9. Open and flip the chicken pieces to ensure that all are well cooked. Secure the lid and cook for a further 10 min / 120°C / speed 1.

10. Remove the cooked chicken to a side dish and pour the juice of 2 lemons on them and let them cool for about 20 min.

11. In a wide serving bowl, start layering your fatteh by breaking pita bread into pieces in the bottom of the bowl, shred chicken on top of them and cover with the yogurt tahini sauce.

12. Clean and dry the Thermocook bowl, then place 2 tbs of unsalted butter in it, with 0.5 cup of raw pine nuts and roast for 1 min / 120°C / speed 1.

13. Using the spatula, drizzle the pine nuts with the melted butter on top of the yogurt tahini sauce in the serving bowl and enjoy your chicken fatteh!





HONEY MUSTARD CHICKEN IN CREAM SAUCE

Serving Size: 5

Time: 40 minutes

Tool Required: • Chopping Blade
• Spatula
• Deep Steamer
• Shallow Steamer

Ingredients:

1000g skinless, boneless chicken thighs,
cut into cubes
180g white wine
1.5 bunch asparagus, trimmed and cut into
pieces
180g pouring (whipping) cream
0.75 cup water
4 garlic cloves
240g potatoes, cut into thin slices
2 tbs Dijon mustard
1 tbs honey
2sprigs fresh parsley, leaves only
2 onions, trimmed and cut into thin slices
60g zucchini, peeled into slices
1.5 tbs olive oil
1.5 tsp chicken stock paste
1.5 tbs seeded wholegrain mustard
130g frozen green peas
1.5 pinch ground black pepper
2 yellow pan squash
1.25 tsp oat flour
0.5 tsp salt

Steps:

1. In the Thermocook bowl, chop the fresh parsley leaves for 6 sec / speed 5 then transfer them to a side bowl for later use.

2. Place 4 garlic cloves in the Thermocook bowl and blend 5 sec / speed 5.

3. Add 1.5 tbs olive oil over the garlic and cook 2.5 min / 95°C / speed 1.

4. Add 180g white wine and cook 7 min / 110°C / speed 2, with lid cap open.

5. Add the Dijon and the seeded wholegrain mustards and blend for 20 sec / speed 3.

6. To the Thermocook bowl, add 1.5 tsp stock paste, 180g pouring whipping cream, 1kg boneless chicken thighs, 0.5 cup water, 1 tbs honey with 0.5 tsp salt and a pinch of ground black pepper.

7. In the deep steamer, place the potatoes after seasoning them with salt and pepper and sprinkle them with the spring onions. Put it in place in the Thermocook jug.

8. Let them steam for 10 min / 120°C / reverse speed 1.

9. Mix 1.25 tsp oat flour in the cup with the remaining water until smooth, remove the steaming dish and add flour mixture to the Thermocook jug.

10. Place back the deep steamer and put the shallow dish on top of it holding the peas and zucchini with squash and asparagus.

11. Steam for 10 min / 120°C / reverse speed 1.

12. Enjoy the chicken and mustard sauce accompanied by potatoes and vegetables, garnished with the reserved parsley.

ORANGE GLAZED CHICKEN

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade

• Spatula

Ingredients:

1 orange, zest and flesh without the white

1 garlic cloves

1 tsp sesame oil

30g tamari

1 pinch ground black pepper

1 pinch salt

1 small piece fresh ginger

0.5 tsp apple cider vinegar

2 pitted dates, cut into halves

0.5 tbs tomato paste

1 tsp almond butter

0.25 tsp Chinese five spice

0.25 tsp chili powder

30g butter

6 skinless chicken thigh fillets, cut into pieces

Steps:

1. In the Thermocook bowl, place all the ingredients except the chicken and butter and cook 5 min / 100°C / speed 1, then let them simmer for 6 min / 90°C / speed 1.

2. Blend 1 min / speed 8, until sauce is formed. transfer to a side container and set aside.

3. Clean and dry the Thermocook bowl, then add 30g of unsalted butter and 6 skinless chicken thigh fillets, cut into slices with a pinch of salt and pepper.

4. Cook on 100°C / 12 min / reverse speed 1.

5. Pour the preserved orange sauce over the cooked chicken in the Thermocook bowl and mix for 2 min / reverse speed 1. Scrape down the sides of the bowl using the spatula.

6. Serve the delicious chicken orange with cooked white rice with a side appetizer.





LEMON BUTTER CHICKEN DELIGHT

Serving Size: 4

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

6 whole chicken thighs
4 garlic cloves
50g unsalted butter
100g double cream
40g Parmesan cheese, cut into pieces
1 tsp salt
1 juice of 1 lemon
0.5 tsp dried thyme
1 pinch ground black pepper
2 tsp paprika
1 bunch fresh baby spinach leaves
180g water
1 tbs chicken stock paste

Steps:

1. Let us grate the Parmesan cheese in the Thermocook bowl on speed 8 / 9 sec, and set them aside for later use.
2. To start with, in the Thermocook bowl, place 4 garlic cloves and chop for 7 sec / speed 5.
3. Add 25 g unsalted butter over the garlic in the Thermocook bowl and cook 1 min / 50°C / speed 3. Scrape down the sides of the bowl using the spatula.
4. In a side bowl, season 6 chicken thighs with 2 tsp paprika, 1 tsp of salt and a pinch of ground black pepper. Massage them well so that all the sides of the chicken are well coated.
5. Now add 100g double cream, juice of 1 lemon, 0.5 tsp dried thyme, 1 tbs chicken stock paste, 180g water and the grated Parmesan to the Thermocook bowl, then cook 15 min / 90°C / speed 3 while opening the lid cap.
6. Add the baby spinach to the Thermocook and hand mix with the spatula.
7. Preheat your oven to 200°C.
8. In a cast iron dish, heat remaining 25g butter and sear the chicken on both sides, until golden. Then pour the prepared cream sauce with the spinach over the chicken.
9. Enter the oven and bake for about 40 min, until the chicken is well cooked.
10. Enjoy your creamy spinach chicken thighs with cooked rice or mashed potatoes.

SPINACH AND CHICKEN STUFFED TORTILLAS

Serving Size: 5

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula
• Deep Steamer
• Shallow Steamer

Ingredients:

4 garlic cloves
30g olive oil
120g mozzarella, cut into cubes
70g Parmesan cheese, cut into cubes
500g chopped tomatoes
1 bunch fresh baby spinach leaves
80 cream cheese
6 skinless chicken thigh fillets, cut into thin strips
1 tsp ground cumin
1 tsp cayenne pepper
0.5 tsp dried oregano
1 tsp chilli powder
0.5 tsp ground black pepper
10 tortillas
1 can artichoke hearts
1 tsp salt
1 tsp chili powder

Steps:

1. Preheat oven to 180°C.

2. In the Thermocook bowl, place mozzarella and parmesan cheeses along with a can of artichoke hearts and grate 10 sec / speed 4. Transfer them to a side bowl and set aside for later use.

3. Without cleaning the Thermocook bowl, add 4 garlic cloves with 30g olive oil and chop for 5 sec / speed 5.

4. Now add to the garlic, 500g chopped tomatoes, 1 tsp of each salt, cumin, cayenne and chilli powder with 0.5 tsp dried oregano.

5. In the Deep steamer, place the chicken seasoned with some salt and black pepper. Put in the shallow steamer baby spinach leaves and place it on top of the deep one. Cook for 12 min / 120°C / speed 2.

6. When cooked, remove the trays and a small cup of the tomato mixture, then into the Thermocook insert the cooked chicken with the cream cheese and spinach leaves along with half of the reserved parmesan mix.

7. Mix them 10 sec / reverse speed 3.

8. To prepare the tortillas, fill the breads with the chicken mixture and top with the preserved tomato sauce and more from the parmesan mozzarella mixture. Roll them and line in a baking tray. Bake in the preheated oven for about 10 mins, until cheese is melted and bread is crunchy.





CREAMY BUTTER CHICKEN

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

3 garlic cloves
2 small brown onions
50g butter
2 sprigs fresh coriander, leaves only, chopped
2/3 cup pouring cream
6 chicken thigh fillets
100g cherry tomatoes, cut into halves
2 tbs tomato paste
0.5 tsp ground cumin
0.5 tsp ground cardamon
1 tsp ground coriander
1 tsp sweet paprika
1 tsp garam masala
1 tsp salt
1 bunch fresh baby spinach
1 tbs lime juice
0.5 tsp ground cinnamon
1 small piece fresh turmeric, peeled
1 small piece fresh ginger, peeled

Steps:

1. In the Thermocook bowl, place 3 garlic cloves, 1 small piece of each fresh turmeric and fresh ginger, and 2 onions then chop 4 sec / speed 8. Scrape down sides of mixing bowl using the spatula.
2. Add all the spices and 50g butter and cook 5 min / 110°C / reverse speed 1.
3. Add 100g cherry tomatoes, 2 tbs tomato paste, 6 chicken thigh fillets with 1 tbs lime juice.
4. Cook 20 min / 110°C / reverse speed 1.
5. Add spinach and hand stir using the spatula.
6. Finally, add the salt, 2/3 cup pouring cream and half of the coriander and blend for 50 sec / reverse speed 1.
7. Garnish with remaining coriander and serve with cooked rice or mashed potatoes.

CHICKEN LASAGNA

Serving Size: 6

Time: 60 minutes

Tool Required: • Chopping Blade

• Butterfly Whisk

• Spatula

Ingredients:

3 garlic cloves

5 tbs tomato puree

2 tbs tomato paste

1 onion, cut into pieces

2 tbs olive oil

1 celery stalk, cut into pieces

1 carrot, cut into pieces

1 tbs dried oregano

1 tbs dried basil

1 chicken stock paste cube

2 cooked chicken breasts

0.5 tsp ground black pepper

500g water

4 tbs plain white flour

50g butter

0.25 cup liquid milk

1 tsp Dijon mustard

1 tsp salt

1 box lasagne sheets

150g yellow mozzarella cheese, cut into pieces

100g cheddar cheese, cut into pieces

Steps:

1. In the Thermocook bowl, place 3 garlic cloves, 1 onion, 1 celery stalk and chop 8 sec / speed 4.

2. Sauté 4 min / 90°C / speed 1.

3. Add 1 tbs dried oregano, 1 tbs dried basil, 5 tbs tomato puree, 2 tbs tomato paste, water, 1 cube chicken stock paste and a pinch of ground black pepper.

4. Cook 15 min / 120°C / reverse speed 9.

5. Transfer the sauce to a side bowl and shred the cook breasts inside. Clean and dry mixing bowl.

6. Place both types of cheese into Thermocook bowl and grate for 10 sec / speed 6. Set grated cheese aside in a separate bowl.

7. Without cleaning the Thermocook bowl, insert the butterfly attachment and place 1 tsp Dijon mustard, 0.25 cup liquid milk, 50g butter, and 4 tbs white flour in the bowl and cook 6 min / 110°C / speed 6.

8. Add 70 g of the grated cheese to the milk sauce in the Thermocook and mix 1 min / speed 4.

9. Now in an iron cast, build the lasagna layers by starting with the white sauce, then pasta then chicken sauce, a sprinkle of cheese. Continue this pattern until top and finish with a sprinkle of cheese as a topping.

10. Preheat oven to 180°C and place the tray to bake for about 25 mins until cooked and the cheese turns golden brown.

11. Enjoy your chicken lasagna with a side salad for lunch or dinner.





BUFFALO CHICKEN WINGS

Serving Size: 4

Time: 40 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

140g sour cream

60g milk

120g mayonnaise

100g blue cheese

1 pinch ground black pepper

200g unsalted butter, cut into pieces

100g honey

390g hot sauce

24-28 chicken wings

2 tbs baking powder

2 tsp salt, to taste

1 paprika

Steps:

1. First, add the mayonnaise, sour cream, milk, blue cheese, and pepper into the mixing bowl. Blend for 15 sec / speed 5.

Transfer the mixture to a serving bowl, cover it, and refrigerate until ready to serve. Clean and dry the mixing bowl.

2. Place the butter, honey, and hot sauce into the mixing bowl and heat for 6 min / 110°C / speed 1. Transfer the mixture to a serving bowl, and cover to keep warm. Clean and dry the mixing bowl.

3. Preheat the barbecue or oven to 200°C. If using the oven, line a 40 x 35 cm baking tray with baking paper and place a wire rack on top. Set aside.

4. Set a large bowl on the mixing bowl lid and weigh the chicken wings into it. Pat the chicken dry with a paper towel. Add baking powder, paprika, and salt, then toss to coat. Place the wings on the barbecue grill or the prepared baking tray, then cook in the oven for approximately 30-35 minutes at 200°C, turning until they are cooked and crispy.

5. When done, move the hot wings into the bowl containing the hot sauce and toss to coat them evenly. Serve the wings with the reserved blue cheese dip.

SAUTÉED PRAWNS

Serving Size: 2

Time: 14 minutes

Tool Required: • Stirring Blade
• Spatula

Ingredients:

300g prawns, deveined and dry

30g butter

1 garlic clove

30g diced brown onion

20g dried rosemary

Steps:

1. Place the stirring blade in the Thermo-cook jug. Add 30g butter, 1 garlic and 30g of diced onions into the Thermo-cook bowl.

2. Heat for 2 min / 100°C / speed 1, without the measuring cup on top.

3. Add the prawns and dried rosemary to the mixing bowl. Start your Thermocook for 10 min / 100°C / speed 1.

4. All done, you can serve with stir-fry noodles, jasmine rice or with an avocado dip.





KOFTA MASALA

Serving Size: 6

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

500g minced meat (beef or lamb)

1 medium onion, finely chopped

2 garlic cloves, minced

1 tsp ground cumin

1 tsp ground coriander

0.5 tsp garam masala

0.5 tsp turmeric powder

0.25 cup chopped fresh coriander

0.25 cup chopped fresh parsley

1 egg

2 tbs breadcrumbs

1 pinch salt

1 pinch ground black pepper

Masala Sauce

1 onion, halved

2 garlic cloves

1 small piece ginger

2 tomatoes, roughly chopped

2 tbs olive oil

1 tsp cumin seeds

1 tsp ground coriander

0.5 tsp turmeric powder

1 tsp garam masala

1 tsp red chili powder (optional)

1 cup coconut milk or heavy cream

0.5 tsp salt

Steps:

1. Tips: You can prepare the koftas balls ahead of time and store them in the freezer for up to 6 months or in the fridge for 2 days.

2. To begin with the kofta preparation, in the Thermocook bowl, place 1 halved onion and 2 garlic cloves. Chop for 5 sec / speed 5.

3. In a separate mixing bowl, combine the minced meat, chopped mixture from the Thermocook bowl, ground cumin, ground coriander, garam masala, turmeric powder, fresh coriander and parsley, salt, pepper, egg, and breadcrumbs. Mix well.

4. Form the mixture into small kofta meatballs and set aside for later use.

5. Clean the Thermocook bowl and place the onion, garlic, and ginger into the bowl and chop for 5 sec / speed 5 by scraping down the sides of the bowl to start with the Masala sauce.

6. Add 2 tomatoes and chop for another 5 sec / speed 5.

7. Add the olive oil and cumin seeds to the Thermocook bowl and sauté for 5 min / 120°C / speed 1.

8. Add the ground coriander, turmeric powder, garam masala, red chili powder (if using), and salt and mix for 10 sec / speed 2.

9. Pour the coconut milk or heavy cream and mix for another 10 sec / speed 2.

10. Now gently add the koftas to the masala sauce in the Thermocook bowl. Cook on 100°C / 20 min / reverse speed 1, ensuring the koftas are fully cooked.

11. Serve the Kofta Masala over cooked rice. Garnish with fresh coriander if desired. Enjoy!

BEEF TORTILLA WRAPS

Serving Size: 6

Time: 20 minutes

Tool Required: • Chopping Blade

• Spatula

Ingredients:

1 onion, halved

1 red bell pepper, sliced

1 yellow bell pepper, sliced

2 garlic cloves

500g beef strips

2 tbs olive oil

1 tsp ground cumin

1 tsp paprika

0.5 tsp chili powder

1 pinch salt

1 pinch pepper

1 tbs lime juice

200g cheddar cheese, cut into pieces

Steps:

Tips: Warm your tortillas according to package instructions.

To shred the cheese, place in the Thermocook bowl 200g cheddar cheese cut into pieces and grate 5 sec / speed 5.

2. In the Thermocook bowl, place 1 onion halved and chop for 3 sec / speed 5.

3. Add the sliced yellow and red bell peppers to the Thermocook bowl and chop for another 3 sec / speed 5. Transfer to a bowl and set aside.

4. Without cleaning the Thermocook bowl, add 2 garlic cloves and chop for 3 sec / speed 7. Scrape down the sides of the bowl.

5. Add 500g beef strips to the Thermocook bowl along with 1 tbsp of olive oil.

6. Cook with the garlic on for 5 min / 120°C / reverse speed 1.

7. Add 1 tsp of each cumin and paprika, 0.5 tsp chili powder, and a pinch of salt and pepper to the beef.

8. Cook for an additional 3 min / 120°C / reverse speed 1.

9. Add the chopped onions and bell peppers back into the Thermocook bowl with the beef. Add the remaining 1 tbsp of olive oil and cook for 5 min / 120°C / reverse speed 1, or until the vegetables are tender.

10. Now add the lime juice and mix for 30 sec / reverse speed 1.

11. Serve the beef and vegetable mixture on the tortillas along with your choice of optional toppings, such as sour cream, guacamole, shredded cheese, or salsa.



DESSERTS



CINNAMON CHURROS

Serving Size: 8

Time: 45 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

230g dark chocolate, broken into pieces

1 pinch salt

110g salted butter

120g raw sugar

220g plain flour

350g water

1 cinnamon quill

1 ½ tsp ground cinnamon

100g pouring (whipping) cream

2 ½ eggs

Vegetable oil, for deep frying

Steps:

1. Place the raw sugar and cinnamon quill into the mixing bowl and pulverize for 25 sec / speed 10. Transfer the cinnamon sugar to a bowl and set it aside.

2. Add the dark chocolate pieces to the mixing bowl and grate for 10 sec / speed 10.

3. Scrape down the sides, then heat the chocolate for 3 min / 70°C / speed 2 until melted.

4. Pour in the cream, followed by the ground cinnamon and optional chili powder, then mix for 1 min / 70°C / speed 4.

Transfer the chocolate sauce to a small thermal serving bowl or another small bowl, covering it to keep warm. Clean and dry the mixing bowl.

5. Pour the water, butter, and salt into the mixing bowl, and cook for 3 min / 80°C / speed 4.

6. Add the plain flour, and continue cooking for another 3 min / 80°C / speed 4.

7. Mix at speed 4 / 1 minute, adding the eggs one by one through the lid opening, ensuring each egg is fully incorporated before adding the next. The dough should turn out smooth and glossy. Transfer it to a piping bag fitted with a 2 cm star nozzle.

8. Heat vegetable oil in a large saucepan or deep frying pan to a depth of about 5 cm over medium-high heat, bringing it up to 180°C. You can check the temperature with a kitchen thermometer or by dropping in a teaspoon of batter; it should turn golden within 15 seconds. Working in batches, pipe 15 cm lengths of dough into the hot oil, frying them for 4-5 minutes, turning occasionally with tongs, until they are deep golden brown. Use tongs to remove the churros and drain them on paper towels (makes about 16 churros).

9. Sprinkle the churros with the reserved cinnamon sugar and serve them warm with the chocolate dipping sauce.





APPLE FRITTERS

Serving Size: 24

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

40g fresh yeast, or 3 tsp dried instant yeast (1 ½ sachets)

3 eggs

180g grapeseed oil

250g apples (approx. 2-3), peeled, cored, and cut into quarters

2 pinches sea salt

300g full cream milk

60g white sugar

350g plain flour

Icing sugar, for dusting

Steps:

1. Place the apples in the mixing bowl and chop for 6 sec / speed 5. Transfer the chopped apples to a large bowl and set them aside.

2. In the mixing bowl, combine the milk, eggs, sugar, 60 g of grapeseed oil, yeast, flour, and salt.

3. Knead the mixture using the dough function.

4. Pour the batter into the bowl with the apples and gently fold it together using a spatula. Cover the bowl with a kitchen towel and let the mixture rise for about 25 minutes.

5. Heat a large frying pan over medium-high heat and add 60 g of the grapeseed oil. Once the oil is hot, drop about 2 tablespoons of the batter into the pan for each fritter. Fry for 1-2 minutes on each side, flipping once, until the fritters are golden brown. Lightly press down on the fritters after the first flip.

6. Remove the fritters from the pan and place them on a plate lined with paper towels. Cover them to keep warm. Continue frying the remaining batter, adding more grapeseed oil to the pan as needed, until you have approximately 21 fritters. Dust with icing sugar before serving warm.

LEMON PUDDING

Serving Size: 8

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

250g freshly squeezed lemon juice
(approx. 5 lemons)
300g milk
1 ½ tbsp cornflour
240g caster sugar
600g milk
3 lemons, peel only, no white pith and
cut into strips (4 cm)
300g self-raising flour
3 eggs
Icing sugar, to dust
150g unsalted butter, plus extra to grease
240g caster sugar
3 pinches sea salt

Steps:

1. Preheat the oven to 170°C. Grease a cast iron pot and set it aside.

2. Place the caster sugar and lemon peel strips into the mixing bowl and grind for 12 sec / speed 10. Transfer the mixture to a separate bowl and set aside.

3. Add the butter to the mixing bowl and melt for 3 min / 75°C / speed 2.

4. Add the milk, eggs, self-raising flour, sea salt, and the lemon-infused sugar you set aside earlier. Mix for 7 sec / speed 5.

5. Scrape down the sides of the mixing bowl with a spatula, then mix again for 5 sec / speed 5, until everything is well combined.

6. Pour the batter into the greased cast iron pot and set it aside. Clean and dry the mixing bowl before moving on to the lemon sauce.

7. To prepare the lemon sauce, add the milk to the mixing bowl and heat for 4 min / 60°C / speed 1.

8. Add the caster sugar, cornflour, and freshly squeezed lemon juice, and mix for 5 sec / speed 5. Carefully pour the lemon sauce over the back of a spoon onto the batter in the pot.

8. Bake in the preheated oven for 40 minutes at 170°C until the top is golden brown. Once done, remove the pot from the oven and let it cool for 5 minutes. Dust with icing sugar before serving warm.





RICH COCOA MUFFINS

Serving Size: 16

Time: 50 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

75 g walnuts

2 tsp gluten-free baking powder

115g milk of choice

90g honey

170g coconut oil

200g cashews, dry roasted or activated

70g green banana flour

3.5 tbsp raw cacao powder

2 tsp natural vanilla extract

540g canned black beans, rinsed and drained (approx. 340 g after draining)

140g dark chocolate (minimum 70% cocoa), broken into pieces

90g banana, broken into pieces

4 eggs

Steps:

Preheat the oven to 160°C and prepare a 12-cup muffin tin by lining it with paper liners, then set it aside.

Grind the cashews in the Thermocook bowl for 8 sec / speed 8 until finely milled. Transfer the ground cashews to a separate bowl and set aside.

Add the dark chocolate pieces to the Thermocook bowl and chop for 7 sec / speed 6.

Scrape down the sides, then melt the chocolate for 4 min / 45°C / speed 1.

Combine the black beans, green banana flour, banana pieces, cacao powder, eggs, vanilla extract, coconut oil, milk, honey, and the reserved cashews in the mixing bowl.

Blend the mixture for 3 min / speed 4.

Scrape down the sides of the bowl using the spatula, then blend for an additional 1 min / speed 4.

Add the gluten-free baking powder and walnuts, and mix for 30 sec / speed 4. Let the batter sit for 5 min before spooning it into the lined muffin tin.

Bake in the oven for 25-30 minutes at 160°C or until just set. Allow the muffins to cool in the tin before serving.

ULTIMATE BANANA BLISS CAKE

Serving Size: 12

Time: 50 minutes

Tool Required: • Chopping Blade

Ingredients: • Spatula

500g bananas, over ripe, cut into halves

300g raw sugar

240g milk

160g cream cheese

450g self-raising flour

4 eggs

2 tsp bicarbonate of soda

4 tsp natural vanilla extract

80g unsalted butter, softened

240g unsalted butter, plus extra to grease

4 tsp freshly squeezed lemon juice

360g icing sugar

Steps:

1. Cover two lammington tins with baking paper and preheat the oven to 170°C.

2. In the Thermocook bowl, place sugar, 240g butter, eggs, banana and vanilla and mix 1 min / speed 4.

3. Now add the milk, 2 tsp bicarbonate, 450g flour and 30 sec / speed 3 or until well combined.

4. Pour batter into the prepared tins and bake for 35 min or until you insert a wooden skewer in the cake and it comes out clean.

5. For the icing, in the Thermocook bowl after cleaning it, place 360g icing sugar, 80g unsalted butter, 160g cream cheese and 4 tsp freshly squeezed lemon juice.

6. Blend 1 min / speed 4.

7. Spread the icing over the banana cake and serve as a dessert or with coffee.





PISTACHIO DATE BALLS

Serving Size: 6

Time: 25 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

900g pitted dates

0.75 tsp ground cardamom

200g plain flour

145g unsalted butter, cut into pieces

200g shelled unsalted pistachio nuts

Steps:

1. Chop the pistachios in the Thermocook bowl for 6 sec / speed 6. Transfer to a side bowl with the help of a spatula.

2. Place flour into Thermocook bowl without cleaning it and roast 8 min / 120°C / speed 2.

3. Add the butter and cook for 8 min / 120°C / speed 2.

4. Place dates and cardamom in the Thermocook and cook 2 min / 90°C / speed 4.

5. Add 80 g of the reserved pistachios and cook them for 2 min / 110°C / speed 5.

6. Transfer all mixture using the spatula to another side bowl and let it cool. With damp hands, shape the mixture into small balls, and then roll them in the remaining ground pistachios. Enjoy at room temperature or store them in an airtight container in the fridge.

BANANA SPLIT DELIGHT

Serving Size: 4

Time: 30 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

130g salted butter

4 egg yolks

600g coconut milk butter, for frying

120g raw sugar

120g coconut sugar

5 bananas, halved lengthways

180g double cream

½ - ¾ tsp salt

Raw cacao nibs, to serve

Steps:

1. Add 600 g coconut milk, 4 egg yolks, 120g raw sugar to the mixing bowl and cook for 8 min / 85°C / speed 3. Once done, pour the mixture into ice cube trays and freeze overnight or until completely solid.

2. Place the frozen cubes into the mixing bowl and blend for 80 sec / speed 3, or until the mixture is smooth and creamy. Transfer the blended ice cream to a glass container with a sealable lid and place it back in the freezer until ready to serve.

3. Add the butter, cream, sugar, and salt to the mixing bowl. Cook for 6 min / 110°C / speed 3, lid cap open.

4. Heat a frying pan over medium heat and add butter. In batches, cook the banana halves, turning them until golden on both sides. Place two banana halves in each serving bowl, top with a scoop of coconut ice cream, drizzle with salted caramel sauce, and finish with a sprinkle of raw cacao nibs (optional) before serving.





BANANA BREAD

Serving Size: 1

Time: 60 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

103g walnuts

92g raw almonds

5 bananas cut into pieces

3 eggs

100g milk

174g brown sugar

201g extra virgin olive oil

131g wholemeal self-raising flour

164g self-raising flour

1.2 tsp ground cinnamon

Butter, for greasing, plus extra for serving (optional)

Steps:

1. Chop the walnuts in the Thermocook bowl for 4 sec / speed 4 or until coarsely chopped. Transfer to a side bowl.

2. Mill the almonds in the bowl 20 sec / speed 8.

3. Add the bananas and blend 7 sec / speed 5.

4. Add the eggs, oil, milk, sugar and mix for 15 sec / reverse speed 2 while scraping down the sides of the bowl using the spatula.

5. Preheat the oven to 180°C and prepare a baking tray with cooking paper.

6. Pour the mixture into the prepared loaf tin. Arrange the banana halves on top as a decoration, then bake at 180°C for 50-55 minutes, or until a skewer inserted into the center comes out clean.

7. When cooled, enjoy your banana bread with a scoop of vanilla ice cream or with a cup of coffee.

CHOCOLATE GANACHE

Serving Size: 1

Time: 3 minutes

Tool Required: • Chopping Blade
• Spatula

Ingredients:

100g pure cream

120g dark chocolate, chopped into
pieces

Steps:

1. Weigh 120g of dark chocolate into the Thermocook mixing bowl and grate for 12 sec / speed 8.

2. Weigh 100g of pure cream and heat for 2 min / 50°C / speed 4. Let the ganache cool a bit until thickened.

3. Use to cover a cake, or biscuit filling.





SIMMERED APPLES

Serving Size: 6

Time: 15 minutes

Tool Required: • Chopping Blade
• Steam Basket
• Spatula

Ingredients:

700g Granny Smith apples, peeled,
cored and cut in cubes

600g water

60g brown sugar

½ tsp ground cinnamon

4 orange slices

Steps:

1. Place the stirring blade in the Thermo-cook bowl.
2. Weigh in the 700g of apples, 600g of water, 60g brown sugar, orange slices and ½ teaspoon of cinnamon.
3. Cook for 14 min / 100°C / speed 2.
4. Drain the apples using the inner basket. Use for pie fillings or as you prefer.



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