



90+
RECIPES
INSIDE

Optimum
THERMOCOOK
MULTI-FUNCTION COOKING APPLIANCE

YOUR PROFESSIONAL KITCHEN ASSISTANT





Welcome to Froothie and your professional kitchen assistant.

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

Features of the Optimum ThermoCook multi-purpose 2.0L Jugs

2.0L Blender Jug

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

2.0L Cooking Jug

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

To purchase the additional jug, visit Froothie International and select your country, www.froothieinternational.com



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BASICS

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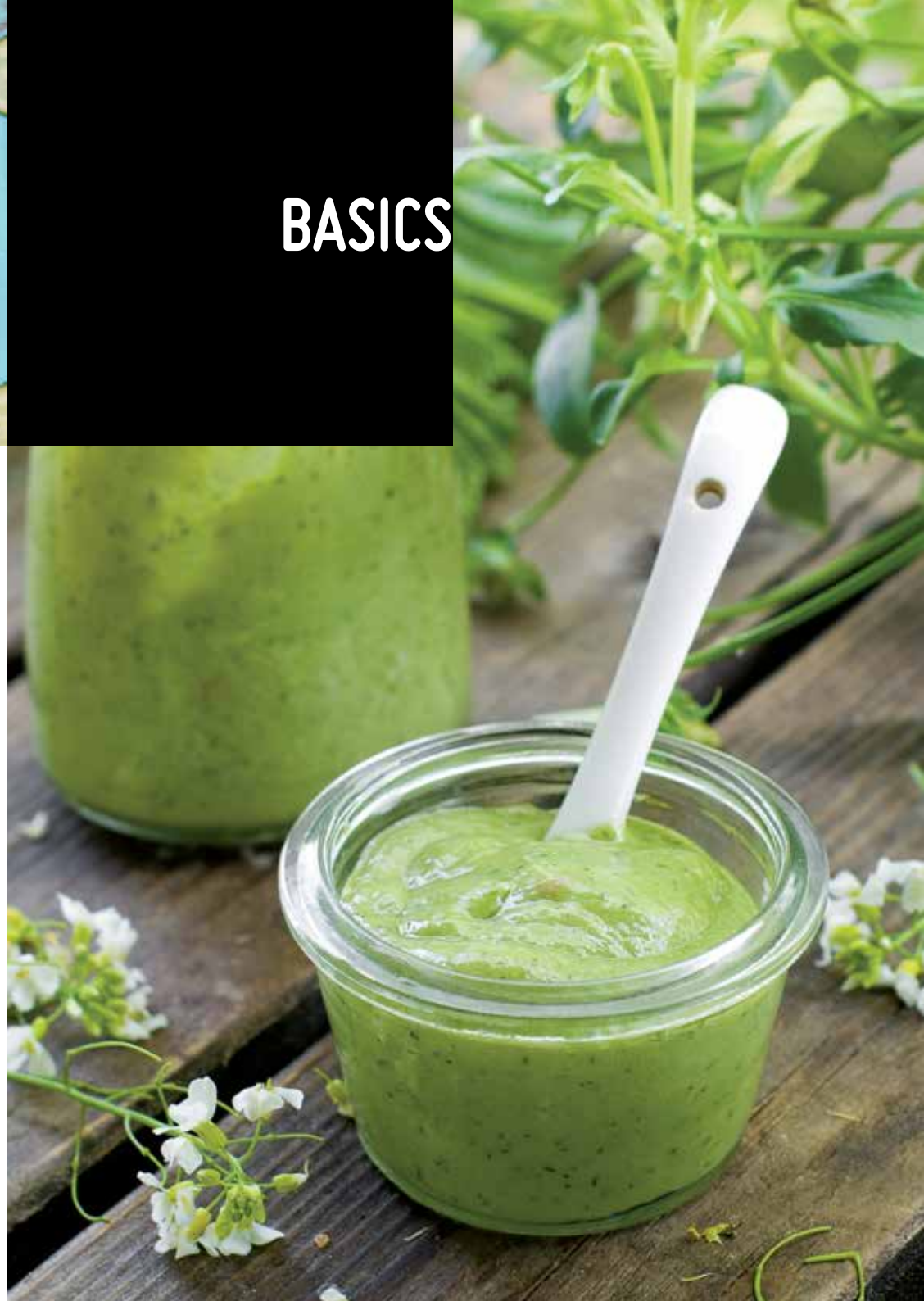
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01

BOIL WATER

Blade type: Blade assembly

Water of 500ml, or 1L, or 1.5L, or 2L

Add water into the jar, choose “BOIL” program until finished.

BREADCRUMBS

Blade type: Blade assembly

Sliced bread, frozen. Amount as desired.

Break frozen bread slices into the jar, choose “CHOP” program for 30 seconds.



02

ICE CRUSH

Blade type: Blade assembly

300-500g ice cubes

Run speed 10, and add the ice cubes from the hole on the lid gradually.

04

MINCE MEAT

Blade type: Blade assembly

300-500g meat

Add meat into the jar, choose “CHOP” program for 1 minute.

05

VANILLA SUGAR

Blade type: Blade assembly

250-500g sugar

1 vanilla bean

Place vanilla bean and sugar into a container and store for a few days until the vanilla flavor is infused into the sugar.

Add vanilla bean and sugar into the jar, choose speed 10 for 30 seconds. Transfer to an airtight container and store for use.



06

BEATING EGG WHITES

Blade type: Mixing tool

4-8 egg whites, at room temperature
pinch of cream of tartar

Thoroughly clean the jar and mixing tool, all parts must be clean, dry and free of grease. Separate egg whites from yolks clearly, without any smallest amount of yolk.

Fix mixing tool, add all ingredients into the jar. Choose speed 4 for 3-5 minutes until desired consistency. Egg whites are ready once there is no more liquid in the bowl.

07

WHISK CREAM

Blade type: Mixing tool

300g-500g thickened cream
Icing sugar
Vanilla extract

Fix mixing tool, add cream. Setting: speed 4, timer 20-60 seconds until desired consistency.

Add icing sugar and vanilla. Setting: speed 4, timer 5 seconds.



03



08

STEAM VEGETABLES

300-500g seasonal vegetables
500ml water

Add the water into the jar, put the firmer vegetables like carrots in the below layer and vegetables like cabbages in the upper layer, fix the steamer on the top of the jar.

Setting: steam program, timer 10-15 minutes until vegetables cooked. Season to serve.

09

STEAM EGGS

500ml water
4-10 eggs

Add 500ml water into the jar. Place the eggs in the filter basket and fix the filter basket onto the jar.

Setting: Steam program
Soft eggs - 11 minutes
Hard eggs - 13 minutes

COOK PASTA

Blade type: Kneading shaft

2L water
300-500g dry pasta
Salt to taste

Add water and salt, choose "BOIL" program until finished.

Add pasta, choose "STIR" program and re-set temperature to be 100°C. The timer setting depends on different pasta, take note of the cooking time on the package of the pasta.

Drain and serve with sauce.

10



11

STEAM RICE

400g white rice
2L water

Add water into the jar. Wash rice clean and put into the filter basket, choose "STEAM" program for 15 minutes.

Take out the filter basket, pour some water until 500ml remains, choose "STEAM" program for another 15 minutes.

12

COOK RICE

Blade type: Kneading shaft

400g white rice
1L water

Add rice and water into the jar, choose "RICE" function until finished.

VEGETABLE PUREE

Blade type: Blade assembly

500-1000g vegetables desired
500-1000ml water

Add all ingredients into the jar, choose "SMOOTHIE".



13



15

14

FRUIT PUREE

Blade type: Blade assembly

1 apple, peeled, quartered and seeds removed
1 kiwi fruit, peeled and cubed
50g caster sugar
1 tsp lemon juice

Add all ingredients into the jar, choose speed 5 for 20 seconds and transfer to speed 10 for another 20 seconds until desired consistency.



MASHED POTATO

Blade type: Blade assembly

500ml water
750g potatoes, peeled and cubed into 1-2cm pieces
30g butter
150-200g milk
Salt to taste

Add water into the jar and choose "BOIL" program. Add potatoes, choose "STEAM" program for 15 minutes.

Drain the water (put the filter basket into the jar, use the spatula hold it and turn the jar bottom side up to drain). Add butter, milk and salt, choose "CHOP" program for 30 seconds. Fix mixing tool, choose speed 4 to beat 1 minute.

16

ONION SAUTÉ

Blade type: Blade assembly

500g onion, peeled and quartered
100g oil

Add onion into the jar, choose "CHOP" program for 1 minute. Remove and add oil into the jar, choose "SAUTE" program for 30 minutes. After 2 minutes, PAUSE and add the onions and continue until desired consistency.



17

RICE PORRIDGE

Blade type: Kneading shaft

Ingredients

200g rice

1500ml water or 1500ml milk

Add all ingredients into the jar, choose "PORRIDGE" program until finished.

YOGURT

Blade type: Kneading shaft

100g yogurt

1000ml milk

200g sugar

Add all ingredients into the jar, choose "YOGURT" program until desired consistency. Timing is adjustable from 3-12h, 6h is suggested timing.

18



12

DRINKS



CARROT JUICE

Blade type: Blade assembly

4 carrots, roughly chopped
1 lemon, peeled, chopped and seeds removed
100g caster sugar
500ml water

Add carrots into the jar, choose "CHOP" program for 30 seconds.

Add the remain ingredients, choose "SMOOTHIE" program until finished. Drain and cool in refrigerator to serve.

19



21

FRUIT SMOOTHIE

Blade type: Blade assembly

500g fruit desired
500g natural yoghurt
500ml milk
5-10 ice cubes

Add fruit into the jar, choose "CHOP" for 30 seconds. Add remain ingredients and choose speed 10 for 30 seconds.



20

PINEAPPLE JUICE

Blade type: Blade assembly

500g pineapple, sliced
1 lemon, peeled, chopped and seeds removed
50g caster sugar
500ml water

Add all ingredients into the jar, choose "SMOOTHIE" program for 5 minutes

Drain the pulp to serve, or to cool in refrigerator to serve.



LEMONADE

Blade type: Blade assembly

3 lemons, peeled, chopped and seeds removed
100g caster sugar
Rind of half lemon
1L sparkling water
6 ice cubes

Choose "CHOP" program and run for 1 minute, add the sugar and ice cubes from the hole of the lid gradually.

Add lemon, rind and 500ml water, use "PULSE" program 2-3 seconds for 4 times

Add the remain 500ml water, drain the pulp to serve.

22





23 LEMON GRANITA

Blade type: Blade assembly

- 3 lemons, peeled, chopped and seeds removed
- 3cm lemon rind
- 200g caster sugar
- 500ml water
- 250g ice cubes

Choose "CHOP" program and run for 1 minute, add sugar and rind into the jar gradually. Add lemon, use "PULSE" program 2-3 seconds for 4 times.

Add water and ice cubes, choose "CHOP" program for 30 seconds.

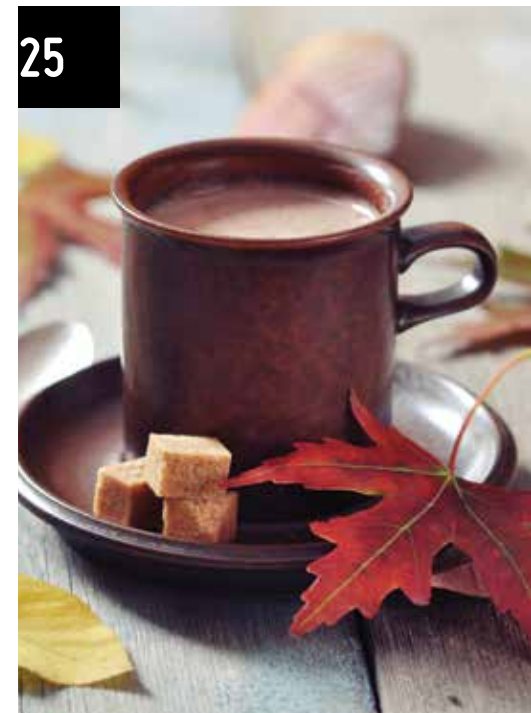
HOT CHOCOLATE

Blade type: Mixing tool

- 500ml milk
- 30g cocoa powder
- 50g sugar

Fix mixing tool, add all ingredients into the jar, choose speed 3, temperature 80C, heat power 5, timer 7 minutes.

25



MILKSHAKE

Blade type: Blade assembly

- 500ml milk
- 3 scoops ice cream, flavour of your choosing
- Strawberry for topping, optional

Add milk and ice cream into the jar, choose "CHOP" program for 1 minute. Top with strawberry and serve.

24



26

STRAWBERRY DAIQUIRI

Blade type: Blade assembly

- 200g ripe strawberries, hulled and chopped
- 25ml lemon juice
- 25ml lime juice
- 100- 120ml white rum
- 100g ice cubes

Add all ingredients into the jar, choose "CHOP" for 2 minutes.





27

GINGER BEER

Blade type: Blade assembly

2-3 lemons, peeled, chopped and seeds removed

150g brown sugar

150g fresh ginger, peeled and chopped

1L sparkling water

Add lemon, sugar and ginger into the jar, choose "PULSE" for a few times.

Add 500ml sparkling water, choose speed 10 for 30 seconds.

Add the remain 500ml water, drain the pulp to serve.

18

28

ISLAND MOCKTAIL

Blade type: Blade assembly

135ml pineapple juice

180ml orange and mango juice

90g coconut cream

120g ice cubes

2 tsp lime cordial

Add all ingredients into the jar, choose "CHOP" for 1-2 minutes until desired consistency.

SAUCES & DIPS





29

MAYONNAISE

Blade type: Mixing tool

- 2 egg yolks
- 250ml extra virgin olive oil
- 40ml lemon juice
- Salt

Fix mixing tool, add yolks, lemon juice and salt into the jar, choose speed 4 for beating. Pour the oil in steady stream from the measuring cup hole. Keep working until desired consistency.

MIXED BERRY SAUCE

Blade type: Blade assembly

- 300-500g ripe strawberries
- 50g raspberries
- Juice of half lemon
- 100g caster sugar
- ¼ cup mint leaves, finely chopped

Add all ingredients into the jar, choose speed 4, temperature 80°C, heat power 6, timer 5 minutes.

30



PLUM JAM

Blade type: Blade assembly

- 1000g ripe plums, washed and stones removed
- 750g caster sugar
- Juice of 1 lemon
- 1 vanilla bean

Add plums into the jar, choose “CHOP” program for 30 seconds, and PAUSE at 15 seconds, add remaining ingredients into the jar, and restart CHOP until finished.

Then choose speed 3, temperature 90°C, heat power 7, timer 50-60min until jam form paste.

31



32

PEANUT BUTTER

Blade type: Blade assembly

- 400g roasted salted peanuts
- 80ml peanut oil

Add peanut into the jar, choose “SMOOTHIE”; remove the measuring cup and add oil gradually, mix until smooth paste formed. You can PAUSE working and scrap down from the side wall for a better performance. Store in refrigerator.





33

HOLLANDAISE SAUCE

Blade type: Mixing tool

- 4 egg yolks
- 130g butter
- 40ml lemon juice
- Salt and pepper

Fix mixing tool, add all ingredients into the jar, choose speed 4, temperature 70°C, heat power, timer 3 minutes.



35

WHITE SAUCE

Blade type: Mixing tool

- 500ml milk
- 30g butter
- 60g plain flour
- 1 tbsp oil
- Salt and pepper

Fix mixing tool, add all ingredients into the jar, choose speed 3, temperature 70C, heat power 4, time 10 minutes.

34

ASIAN DRESSING

Blade type: Blade assembly

- 1 clove garlic
- 2cm piece ginger, peeled
- Half cup fresh coriander leaves
- 4 tbsp light soy sauce
- 2 tbsp each sesame oil and lime juice
- 6 tbsp white wine vinegar or rice vinegar
- 1 tbsp sesame seeds, toasted
- Chilli paste to taste

Add garlic, ginger, coriander into the jar, setting: speed 6, timer 5 seconds. Add soy sauce, sesame oil, vinegar, lime juice and chili, setting: speed 4, 5 seconds. Combine with sesame seeds.

MOCHA SAUCE

Blade type: Blade assembly

- 160g dark chocolate, roughly chopped
- 2 tbsp instant coffee
- 100ml milk
- 20g unsalted butter
- 1 tsp vanilla extract

Add chocolate and coffee into the jar, choose "CHOP" program 20 seconds
Add milk, butter and vanilla, choose setting speed 3, temperature 50°C, heat power 4, timer 4 minutes

36





38

RICE SALAD

Blade type: Blade assembly

- 400g rice
- 900ml water
- 800g mixed seasonal vegetables, cubed
- 440g canned chick peas, drained
- Juice of 1 lemon
- Half tsp sesame oil
- Salt and pepper
- ½ cup fresh coriander leaves, to serve

Add water into the jar, wash rice clean and put in filter basket, put the filter into the jar
Put vegetables in the steamer and fix steamer on the top of the jar

Setting: speed 2, temperature 120°C, timer 20 minutes.

Mix all ingredients together and garnish with coriander.

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ORIENTAL SALAD

Blade type: Blade assembly

- 100g bok choy, chopped
- 200g cabbage, chopped
- 1 small red capsicum, chopped
- 150g bean shoots
- 1 bunch coriander leaves
- 2cm piece ginger, peeled
- Coriander leaves, extra, for garnishing

Add coriander and ginger into the jar, choose "PULSE" for a few times.

Add bok choy, cabbage and capsicum into the jar, choose "CHOP" for 10 seconds, and then transfer to a bowl.

Add 100g bean shoots into the mixture and mix together. Garnish with remain 50g bean shoots and extra coriander.

24



39

GUACAMOLE

Blade type: Blade assembly

- 2 ripe avocados, stones removed
- 50g onion, chopped
- 1 clove garlic
- 1 tomato, quartered
- Juice of half lemon
- Juice of half lime
- Salt to taste
- Optional: low fat sour cream

Add onion and garlic into the jar, use "PULSE" program for 2-3 seconds twice.

Add remain ingredients into the jar. Select "CHOP" program for 15 seconds.

To form a smooth dip: fix the mixing tool to the jar, add some low fat sour cream, choose speed 3 and time 1 minute.

40

TZATZIKI

Blade type: Blade assembly

- 2 cucumbers, chopped
- 2 cloves garlic
- Juice of half a lemon
- 300g natural yoghurt
- Salt and pepper to taste

Add garlic and lemon juice into the jar, choose "PULSE" for a few times.

Add cucumber, choose "PULSE" for a few times.

Add yoghurt, setting: speed 3, timer 10 -20 seconds

Season to taste.





41

HUMMUS

Blade type: Blade assembly

- 600g tinned chick peas, drained and 60g of brine reserved
- 3 cloves garlic
- Juice of 1 lemon
- 2 tbsp tahini
- 100ml oil
- 1 tsp ground cumin
- Salt and pepper

Add garlic into the jar, choose "PULSE" for a few times.

Add remain ingredients (except brine) into the jar, choose "CHOP" for 45 seconds

Add brine, setting: speed 4, timer 30 seconds until desired consistency.

42

DUKKAH

Blade type: Kneading shaft

- 15g sesame seeds
- 80g hazelnuts
- 20g almonds
- 30g cumin seeds
- 50g coriander seeds
- Salt
- Half tbsp black peppercorns
- Half tsp chilli powder

Add sesame seeds, hazelnuts, almonds, cumin and coriander seeds into the jar, choose "SAUTE" for 6 minutes.

Cool down, add salt, peppercorn, chilli powder, choose "PULSE" for a few times.

Pour into an airtight container and put into the refrigerator, store for use.



43

CLASSIC BASIL PESTO

Blade type: Blade assembly

- 30g pine nuts, toasted
- 50g parmesan cheese, cubed
- 2 garlic cloves
- 1 bunch fresh basil leaves
- 75ml olive oil
- Salt and pepper

Add garlic, basil, pine nuts and cheese into the jar, choose "PULSE" for a few times.

Add salt and pepper, choose speed 4 for 30 seconds. Add the oil steadily when running.

44

CHUNKY CASHEW DIP

Blade type: Blade assembly

- 120g cashews
- 15g parmesan cheese
- 1 clove garlic
- 35ml oil
- 1.5 tsp white vinegar
- Small bunch of basil leaves
- Salt

Add cashew and garlic into the jar, choose "CHOP" for one minute.

Add remains, choose speed 4 for 30 seconds.



45

OLIVE TAPENADE

Blade type: Blade assembly

- 300g black kalamata olives, pitted
- 1 clove garlic
- 2 tsps capers
- 1tbsp fresh parsley leaves
- 2 tsps olive oil
- Salt and pepper

Add olives, garlic, capers, parsley and 1tsp olive oil into the jar, choose "PULSE" for a few times.

Add remain 1tsp olive oil, choose speed 4 for 15 seconds.

46

BEETROOT DIP

Blade type: Blade assembly

- 450g baby beetroot, drained
- 200g natural yoghurt
- 1.5 tbsp lemon juice
- 0.5 tsp ground cumin
- 0.5 tsp ground coriander
- Salt and pepper

Add all ingredients into the jar, choose "PULSE" for a few times.

SOUPS



47

TOMATO SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

500g tomatoes, chopped
 50g tomato paste
 100g red lentils
 1 onion, chopped
 1 tsp white wine vinegar
 1 tsp sugar
 1 cup fresh basil leaves
 500g vegetable broth
 Salt and black pepper, to taste
 125g cream, softened
 Extra fresh basil leaves for garnishing

Add red lentils into the jar, choose "PULSE" for a few times. Add tomato, tomato paste, onion, vinegar, sugar, basil leaves, broth, salt and pepper.

To make soup with crushed food, choose "QUICK SOUP" for 15 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished). "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add cream and parsley, choose "STIR" for 1 minute.

30



48

TOMATO BARLEY SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

2 tins or 400ml diced tomato, undrained
 50g pearl barley
 2 onions, chopped
 2 carrots, chopped
 400ml vegetable broth
 150ml water
 Salt and pepper to taste
 1 tsp. dried thyme leaves

Add onion and carrots, choose "PULSE" for a few times.

To make soup with crushed food, add oil, choose "SAUTE" for 5 minutes, (mixing tool will be helpful for SAUTE).

Add remains, choose "QUICK SOUP" for 15 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

49

CARROT SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

200g carrots, chopped
 50g red onion, chopped
 280ml milk
 320g vegetable broth
 40g cashew nuts
 200g cream, softened
 55g butter
 1 tsp sugar
 3cm piece of lemon rind
 2cm cube ginger, peeled
 Salt and freshly ground pepper, to taste
 1 cup of fresh coriander leaves

Add sugar, rind, ginger and nuts into the jar, choose "PULSE" for a few times.

To make soup with crushed food, add carrots and onion, milk, broth, salt, pepper, butter and coriander, choose "QUICK SOUP" for 15 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add cream and parsley, choose "STIR" for 1 minute.

31

50

POTATO CARROT SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

500g potatoes, chopped
250g carrots, chopped
1 onions, chopped
1 cloves garlic, chopped
400ml vegetable broth
150ml water
40g oil
40g cream
Salt to taste

Add onion, garlic into the jar, choose "PULSE" for a few times.

Add oil, choose "SAUTE" 5 minutes (mixing tool will be helpful for SAUTE)

To make soup with crushed food, add potatoes, carrots, broth and water, choose "QUICK SOUP" for 20 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add cream, choose "STIR" for 1 minute.



51

POTATO LEEK SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

2 potatoes, chopped
100g leek, chopped
1 onion, chopped
1 clove garlic, chopped
500ml vegetable broth
40g unsalted butter
40ml white wine
Salt and ground white pepper to taste

Add onion, leek and garlic, choose "PULSE" for a few times.

Add butter, choose "SAUTE" 7 minutes and add wine from measuring cup hole steadily after 5 minutes (mixing tool will be helpful for SAUTE).



52

FRENCH ONION SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

3 onions, chopped
60g flour
400ml vegetable broth
100ml white wine
30g butter
30g olive oil
20g Sugar
Salt and white pepper to taste

Add onion, choose "PULSE" for a few times.

Transfer to cooking jar, add oil, choose "SAUTE" for 5 minutes.

Add remains, choose "STIR" for 15 minutes and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

53

VANILLA PUMPKIN SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

500g pumpkin
1 onion, chopped
40ml olive oil
300ml water
20g cream
40ml milk
1 tsp. ground vanilla
Salt and white pepper to taste

Add onion and garlic, choose "PULSE" for a few times.

Add oil, choose "SAUTE" for 5 minutes (mixing tool will be helpful for SAUTE).

To make soup with crushed food, add pumpkin, water and salt, choose "QUICK SOUP" for 15 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add vanilla, milk, cream, choose "STIR" for 1 minute.



54

BACON PUMPKIN SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

500g pumpkin peeled and cubed
2 rashers bacon, chopped
1 potato, peeled and cubed
1 onion, chopped
¼ teaspoon smoked sweet paprika
20ml olive oil
500ml chicken broth
3 tbsp cream, softened
Fresh parsley leaves, chopped
Salt to taste

Add bacon and onion, choose "PULSE" for a few times.

Add oil and paprika, choose "SAUTE" for 5 minutes (mixing tool will be helpful for SAUTE).

To make soup with crushed food, add pumpkin, potato, broth and salt, choose "THICK SOUP" for 30 minutes (During "THICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add cream and parsley, choose "STIR" for 1 minute.

55

MUSHROOM SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

400g fresh mushroom, chopped
400ml vegetable broth
30g oil
1 onion, chopped
20g ground pepper
100ml cream
Salt to taste

Add onion, choose "PULSE" for a few times.

Add oil, choose "SAUTE" for 5 minutes (mixing tool will be helpful for SAUTE).

To make soup with crushed food, add mushroom, broth, pepper and salt, choose "QUICK SOUP" for 15 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add pepper and cream, choose "STIR" for 1 minute.

SPINACH SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

300g spinach, chopped
100ml cream
400ml vegetable broth
1 onion, chopped
20ml olive oil
30g flour
Salt to taste

Add onion, choose "PULSE" for a few times.

Add oil, choose "SAUTE" for 5 minutes (mixing tool will be helpful for SAUTE).

To make soup with crushed food, add spinach, flour, broth and salt, choose "QUICK SOUP" for 20 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds. Add cream, choose "STIR" for 1 minute.

57

ZUCCHINI SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

500g zucchini, chopped

56



1 onion, chopped
400ml milk
100g cream
50g oil
Salt and pepper, to taste

Add onion, choose "PULSE" for a few times.

Add oil, choose "SAUTE" for 5 minutes (mixing tool will be helpful for SAUTE).

To make soup with crushed food, add milk, zucchini, salt and pepper into the jar, choose "QUICK SOUP" for 20 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add cream, choose "STIR" for 1 minute.

58



CAULIFLOWER SOUP

Blade type: Kneading shaft

1 head cauliflower, chopped
1 onion, chopped
20g butter
2 cloves garlic, chopped
200ml vegetable broth
150ml milk
1/4 tsp. ground nutmeg
Salt and ground white pepper to taste
Coriander for garnishing

Add onion and garlic, choose "PULSE" for a few times.

Add butter, choose "SAUTE" for 5 minutes (mixing tool will be helpful for SAUTE).

To make soup with crushed food, add cauliflower, broth and salt, choose "QUICK SOUP" for 10 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

Add pepper, nutmeg and milk, choose "STIR" for 2 minute.

Garnish with coriander.

59

MINISTRONE SOUP

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

400g fresh ripe tomatoes
450g seasonal vegetables, chopped
400g tinned borlotti beans, drained
60g tomato paste
1 onion, chopped
1 cup Italian parsley leaves
10 basil leaves
700ml vegetable broth
2 cloves garlic
40g olive oil
1 tbsp castor sugar
Salt and pepper, to taste

Add parsley and basil into the jar, choose "PULSE" for a few times, and transfer to a bowl.

Add onion and garlic, choose "CHOP" for 1 minute. Add oil, choose "SAUTE" for 5 minutes.

To make soup with crushed food, add remain ingredients, choose "QUICK SOUP" for 20 minutes. (During "QUICK SOUP" procedure, after the quick chopping has finished, it can also PAUSE and transfer to the cooking jar and continue until finished).

To make soup with solid food, transfer to the cooking jar, choose "STIR" for 15 minutes, and adjust the temperature to 100°C.

Cool down for 5 minutes, add parsley and basil, then choose speed 1 and gradually increase from 1 to 5 for 30 seconds.

MAINS





60

STEAM FISH

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

- Fish or fish fillets
- 500g water
- 50ml oil
- 1 cloves garlic
- 2cm piece lemon rind
- 2cm piece ginger, peeled and roughly chopped
- Half green chili, deseeded
- 1 tbsp fresh coriander leaves
- Salt to taste

Add ginger, garlic, chili, coriander and lemon rind, oil and salt into the jar, choose “CHOP” for 10 seconds; use spatula to clean the inside wall and “CHOP” for 10 seconds more.

Transfer the mixture to cover the fish and put the fish on the steamer rack.

Add water into the jar, put the steamer on top of the jar, choose “STEAM” for 15-20 minutes.

40

61

CHICKEN WITH CARAMLIZED ONION

Blade type: Mixing tool

- 5 onions, roughly chopped
- 1 tbsp brown sugar
- 30g balsamic vinegar
- 100g oil
- 50g currants
- 2 chicken breasts, thinly sliced horizontally
- 2 beef stock cubes
- pepper, to taste
- 250g dry white wine
- 500ml water for steaming

Add onions into the jar, choose “CHOP” for 1 minute and transfer into a bowl and set aside.

Add 500ml into the jar, place seasoned chicken in steamer and cover, choose “STEAM” program for 20 minutes. After steaming, remove the steamer and set aside, pour the water out.

Fix mixing tool, add all remained ingredients and choose “SAUTE” for 7 minutes.

Lay chickens on the tops of onions, and drizzle the sauce onto the chicken and serve.



62

BUTTER CHICKEN

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

- 1 tbsp each fennel seeds and cumin seeds
- 3cm piece ginger, peeled
- 2 small onions, peeled and chopped
- 3 cloves garlic
- 125g butter
- 20g olive oil
- 5 ripe tomatoes, chopped
- 175g raw cashew nuts
- 100g water
- 700g chicken breast, sliced into strips
- 250g thickened cream
- 1tsp each garam masala and tumeric powder
- pinch of salt
- 20g butter, extra

½ cup coriander leaves, finely chopped
steamed rice, for serving

Add fennel and cumin seeds into the blending jar, choose speed 4, temperature 120°C, timer 2 minutes. Transfer into a bowl and set aside.

Add ginger, onion and garlic, choose “CHOP” for 10 seconds

Add butter and oil, choose “SAUTE” for 5 minutes.

Add tomatoes, cashews and water, choose “CHOP” for 1 minute

Transfer all into cooking jar, add chicken, cream and spices, choose “STIR” and change temperature to be 100°C, timer 25 minutes.

Add remains, choose “STIR” for one more minute

Serve with rice.

41

LENTILS WITH CHORIZO

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

- 1L water
- 350g lentils
- 2 onions, roughly chopped
- 1 green pepper, roughly chopped
- 1 small carrot, roughly chopped
- 1 tomato, quartered
- 1 potatoes chopped
- 2 chorizo sausages, thinly sliced
- 2 garlic cloves
- 1 bay leaf
- 1 tbsp paprika
- 50g oil
- Salt to taste
- Fresh parsley, chopped for garnishing

Soak the lentils overnight.

Add onion, green pepper, carrot, tomato, garlic, oil and salt into the blending jar, choose "PULSE" for a few times.

Transfer to the cooking and choose "SAUTE" for 5 minutes.

Add lentils, potatoes, bay leaf, paprika, water into the jar, choose "STIR" for 20 minutes with temperature adjusted to be 100°C. Add Sausage and keep on "STIR" for another 5 minutes.

Garnish with parsley.

63



64

VEGETABLE RISOTTO

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

- 50g parmesan cheese, cubed
- 1 medium onion, quartered
- 1 clove garlic
- ½ cup fresh basil leaves
- 40g olive oil
- 375g Arborio rice
- 100g dry white wine
- 800-900 vegetable stock
- 100g fresh mushrooms, sliced
- 100g mixed assorted vegetables (Zucchini, peppers, semi-dried tomatoes), sliced

- salt and pepper, to taste
- 40g butter

Add cheese into the blending jar, use "PULSE" for a few times. Pour out to a bowl and set aside.

Add onion, garlic and basil and choose "CHOP" for 15 seconds.

Transfer to cooking jar and add oil, choose "SAUTE" for 5 minutes

Add rice and choose "SAUTE" for 5 minutes, add wine from the measuring cup hole gradually while running.

Add stock and vegetables and choose "STIR" for 15-20 minutes.

Season to taste. Add cheese and butter and choose "STIR" for 1 minute.

65

BOLOGNESE

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

- 400g beef, cubed or minced
- 400g tomato puree
- 1 carrot, roughly chopped
- 1 onion, quartered
- 1 clove garlic
- 80g celery, roughly chopped
- 50g bacon
- 50g oil
- 50g red wine
- 2 tbsp tomato paste
- 1 tsp mixed herbs
- Salt and pepper to taste
- cooked long pasta, such as spaghetti or fettuccine, to serve

Add cubed beef into the jar, choose "CHOP" for 1 minute. Transfer to a bowl.

Add carrot, onion, garlic, celery and bacon into the jar, choose "PULSE" for a few times.

Transfer to the cooking jar, add oil, choose "SAUTE" for 5 minutes

Add beef, red wine, tomato puree, tomato paste, herbs, salt and pepper into the jar, choose "STIR" for 15 minutes, adjust temperature to 100°C.

Transfer to mix with the pasta to serve.



67

PASTA CARBONARA

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

50g parmesan cheese
200g bacon, roughly chopped
500g thickened cream
2 eggs
1 onion, roughly chopped
50g butter
1 tbsp oil
Salt and black pepper to taste
Fresh parsley leaves, for garnishing
Cooked pasta, to serve

Add cheese into the blending jar, use "PULSE" for a few times. Transfer to a bowl and set aside.

Add the onion, bacon and pepper into the jar, choose "CHOP" for 1 minute. Transfer into the cooking jar.

Add oil and butter, choose "SAUTE" for 5 minutes.

Add cream, egg and cheese into the jar, choose "STIR" for 10 minutes.

Transfer the sauce over the pasta, garnish with parsley and serve.

66

NAPOLI SAUCE

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

800g tomatoes
1 onion chopped
60g olive oil
1 clove garlic
Salt and pepper to taste
Fresh parsley leaves for garnishing
Cooked pasta, to serve

Add all the ingredients into the blending jar, choose "CHOP" for 1 minutes and transfer to the cooking jar.

Choose "STIR" for 30 minutes.

Transfer the sauce over the pasta, garnish with parsley and serve.

BREAD & CAKE





68

BREAD

Blade type: Kneading shaft

- 800g plain flour
- 400g water
- 50ml olive oil
- 2 eggs
- 100g caster sugar
- 1 tsp fresh yeast
- 2 tbsp self raising flour, for dusting

Add water, oil, eggs, sugar and yeast first, then add the flour, choose "KNEAD" for 10 minutes, and select temperature 37°C in the meantime.

Transfer to setting: temperature 37°C, timer 30 minutes to rise.

Pre-heat oven to 180°C, dust tray with flour. Transfer the dough with floured hands and roll out to a floured baking tray. And bake for 20-30 minutes until golden.

46



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PIZZA

Blade type: Kneading shaft

- 500g plain flour
- 300g water
- 50ml olive oil
- Salt
- 1 tsp fresh yeast
- Pizza toppings of your choice
- 2 tbsp self raising flour, for dusting

Add water, oil, salt and yeast into the jar first, and then flour, choose "KNEAD" for 5-10 minutes and select temperature 37°C in the meantime.

Transfer to setting: temperature 37°C, timer 30 minutes to rise.

Pre-heat oven to 230°C, dust tray with flour.

Transfer the dough with floured hands and roll out to a floured baking tray. Add pizza toppings and bake for 15 to 20 minutes until pizza golden and crisp.



71

SCONES

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

- 450g self raising flour
- 360ml milk
- 65g unsalted butter, chopped
- 1 tbsp caster sugar
- Salt
- 2 tbsp self raising flour, for dusting

Add flour, butter, sugar and salt into the blending jar, choose "CHOP" for 1 minute.

Add milk to the cooking jar, and then pour the ingredients from the blending jar into the cooking jar, choose "KNEAD" for 5-10 minutes, and select temperature 37°C in the meantime.

Transfer to setting: temperature 37°C, timer 30 minutes to rise.

Pre-heat oven to 220°C, dust tray with flour.

Transfer the dough to a floured board and roll out to a plate. Cut dough and put into the tray. Bake for 15 minutes until golden.

47

72

MUFFINS

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

200g plain flour
200g butter
4 eggs
200g caster sugar
50g chocolate
3cm orange rind
3 tsp baking powder
Salt

Pre-heat oven to 180°C. Put the muffin paper into muffin tins.

Add sugar and rind into the blending jar, choose "CHOP" for 30 seconds. Scrape down the side wall and repeat.

Fix mixing tool, add eggs, beat by speed 4 for 5 minutes.

Transfer to the cooking jar, add butter, flour, baking powder and salt, choose "KNEAD" for 5 minutes.

Transfer mixture to the muffin tin, sprinkle with extra sugar and bake for 25 minutes until golden.



73

SHORTBREAD

Blade type: Kneading shaft

150g plain flour
75g rice flour or corn flour
150g soften butter
75g caster sugar
Pre-heat oven to 160°C.

Add all ingredients into the jar, choose "KNEAD" for 5 minutes

Transfer the mixture into a floured shortbread mould, bake 30-40 minutes until golden.

74

CHOCOLATE CAKE

Blade type: Kneading shaft

125g self raising flour
125ml milk
75g soften unsalted butter
175g caster sugar
2 eggs
3 tbsp cocoa
Half tsp vanilla essence
1 tsp baking powder
50g chocolate
Extra sugar for sprinkling

Pre-heat oven to 180°C.

Add milk, butter, sugar, eggs, cocoa, essence and baking powder, then add the flour, choose "KNEAD" for 5 minutes.

Transfer the mixture into cake tin and press chocolate into the mixture. Bake for 30 minutes. Sprinkle with extra caster sugar and serve.



75

PEACH CAKE

Blade type: Blade assembly & kneading shaft, recommended additional jug to create recipe

300g self raising flour
2 eggs
120g soften unsalted butter
250g caster sugar
1kg ripe peaches, halved and stone removed

Crumble ingredients

200g plain flour
100g unsalted butter
80g caster sugar
1 tsp vanilla extract

Pre-heat oven to 180°C.

Add eggs, butter and sugar into the cooking jar, choose speed 3 for 1 minute

Add flour, choose "KNEAD" for 5 minutes. Transfer the pastry onto a floured plate and roll out, put peaches over pastry with the cut side up.

Add all the crumble ingredients into the blending jar, setting: speed 7, timer 10 seconds. Sprinkle the crumble over the peaches. Bake for 50-60 minutes until golden.



77

ANZACS

Blade type: Kneading shaft

- 155g plain flour
- 100g golden syrup
- 130g unsalted butter
- 55g desiccated coconut
- 105g rolled oats
- 80g dark brown sugar
- 60g caster sugar
- 1 tsp bicarbonate of soda
- 1 tbsp boiling water

Pre-heat oven to 160°C. Place baking paper on the baking tray.

Add golden syrup and butter into the jar, choose speed 3, temperature 60 degrees for 2 minutes;

Add bicarbonate of soda and boiling water, choose speed 3 for 10 seconds;

Add remain ingredients, choose "KNEAD" for 5 minutes.

Transfer and roll out the pastry into baking tray in separate round, bake for 10 minutes until golden.

76

PANCAKE

Blade type: Kneading shaft

- 100g plain flour
- 100ml milk
- 30g butter
- 1 eggs
- 1 tbsp sugar
- Half tsp baking powder
- Salt

Fix mixing tool, add butter into the jar, setting: temperature 60°C, timer 30 seconds to melt.

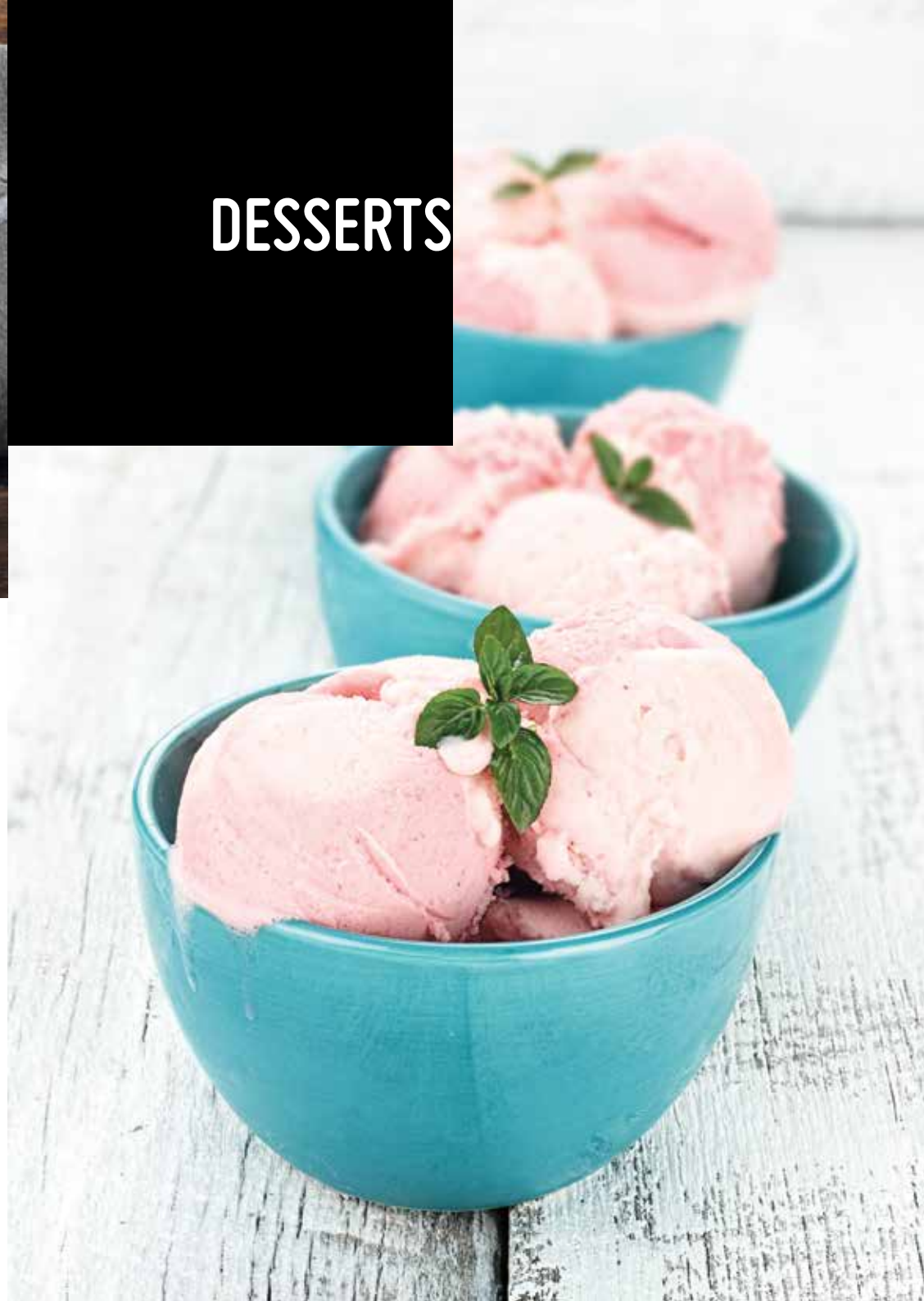
Add all ingredients into the jar, choose speed 4 for 5 minutes.

Preheat fry pan and grease with butter.

Pour the mixture into the pan to fry until both sides golden.

50

DESSERTS





78

STRAWBERRY ICE CREAM

Blade type: Kneading shaft

- 200g ripe strawberries, chopped
- 250g thickened cream
- 250ml milk
- 150g caster sugar
- 2 egg yolks
- 1 tbsp vanilla extract

Add all ingredients except strawberry into the jar, setting: speed 4, temperature 70°C, timer 6 minutes.

Add strawberry and choose speed 3 for 1 minute. Pour into the ice cube tray and put into refrigerator until semi frozen

Take out the cubes from refrigerator, choose "SMOOTHIE" until finished. Return the mixture into refrigerator until firm, to serve.

CITRUS AND BERRY SORBET

Blade type: Kneading shaft

- 200g ripe oranges, peeled
- 200g ripe strawberries, frozen
- 100g caster sugar

Add all ingredients into the jar, choose "SMOOTHIE" until finished.



79

80

CUSTARD

Blade type: Kneading shaft

- 500ml milk
- 6 egg yolks
- 125g caster sugar
- Half tsp vanilla extract

Add all ingredients into the jar, setting: speed 4, temperature 80°C, timer 8 minutes.

Transfer the mixture into a bowl and store in a refrigerator to cool.



81

CHOCOLATE MOUSSE

Blade type: Mixing tool

- 3 eggs
- 150g chocolate, chopped
- 100ml milk
- 100g unsalted butter, softened at room temperature
- 75g caster sugar
- Half tsp lemon juice
- Salt

Separate the egg white and egg yolk.

Fix mixing tool, add milk, egg yolks, butter and sugar into the jar, choose speed 4, temperature 80°C, power 4, timer 5 minutes.

Add chocolate into the jar, choose speed 4, timer 15 seconds and pour out to a bowl and set aside.

Thoroughly clean and dry the jar, fix the mixing tool, add egg white, lemon juice and salt, choose speed 4 for 5 minutes. Pour to the chocolate and mix together. Store refrigerator until set.

82

LEMON MOUSSE

Blade type: Kneading shaft

100ml lemon juice
400g condensed milk
200g thickened cream
50g natural yoghurt

Add all ingredients into the jar, choose "CHOP" for 1 minute; Transfer to a bowl and store in refrigerator to cool.



**BABY
FOOD**



ORANGE EGG CUSTARD

Blade type: Mixing tool

2 oranges, peeled and seeds removed
3 eggs
20g sugar
Salt
500ml water for steaming

Fix mixing tool, add eggs and salt into the jar, choose speed 4 for 5 minutes.

Remove mixing tool, add orange and sugar, choose "CHOP" for 20 seconds.

Transfer the mixture to a bowl, put the bowl into the steamer.

Add water into the jar, fix steamer, setting: steam program, timer 8 minutes.

83





84

CORN JUICE FOR 3-4 MONTHS BABY

Blade type: Kneading shaft

100g fresh corn
100g water

Add grains into the jar, add water with volume 1:1 to corn grains.

Choose speed 10 for 30 seconds, and then choose "STIR" for 5-10 minutes until desired consistency, and adjust the temperature to 100°C.

Use filter basket to drain the pulp and feed.

CABBAGE APPLE JUICE FOR 3-4 MONTHS BABY

Blade type: Kneading shaft & Mixing tool

100g cabbage, roughly chopped
2 apples, peeled, cored and cubed
Pinch of sugar (optional)
100-200ml water

Add all ingredients into the jar, choose "CHOP" for 3 minutes.

Fix mixing tool, choose "STIR" for 10 minutes until desired consistency, adjust the temperature to 100°C.

Use filter basket to drain the pulp and feed.

85



VEGETABLE PUREE FOR 3-4 MONTHS BABY

Blade type: Kneading shaft & Mixing tool

1 cucumber, cubed
1 carrot, cubed
1 mango, peeled and stone removed
Pinch of sugar
50-100g water

Add all ingredients into the jar, choose speed 10 for 30 seconds; then fix mixing tool and choose "STIR" for 5 minutes and adjust the temperature to 100°C.

86



87

BANANA MILK PUREE FOR 5-6 MONTHS BABY

Blade type: Mixing tool

100g banana, peeled and cubed
200ml milk
20g corn flour
Pinch of sugar

Fix mixing tool, add 100ml milk, flour, sugar into the jar, choose speed 2, temperature 80°C, power 4, timer 5 minutes.

Add 100ml milk and banana, use "PULSE" for a few times, and then choose "STIR" for 2 minutes.

MILK RICE PORRIDGE

FOR 5-6 MONTHS BABY

Blade type: Kneading shaft

250ml milk
20g rice
100ml water
Pinch of sugar, optional

Add rice and water into the jar, choose "STIR" for 10 minutes, adjust the temperature to 100°C, until rice semi-cooked.

Drain the water, add the milk, choose "STIR" for 20 minutes at 95°C.

88



90

TARO CORN PUREE

FOR 7-8 MONTHS BABY

Blade type: Kneading shaft

100g taro cubed
100g corn grains
100g milk
500ml water

Add taro, corn and water into the jar, choose temperature 105°C, timer 15 minutes until taro and corn are cooked.

Drain the water, add milk, choose "PULSE" for a few times.



89

VEGETABLE MILK SOUP

FOR 5-6 MONTHS BABY

Blade type: Kneading shaft & Mixing tool

50g broccoli roughly chopped
50g carrot roughly chopped
200ml milk

Other vegetables can be used instead of broccoli or carrot.

Add all ingredients into the jar, choose speed 10 for 30 seconds.

Fix mixing tool, add the milk, choose "STIR" for 5 minutes, adjust temperature to 100°C.



STRAWBERRY PUREE

FOR 7-8 MONTHS BABY

Blade type: Kneading shaft

250g strawberry
100ml milk
50ml distilled water
5g honey

Add strawberry, milk, water into the jar, choose speed 10 for 30 seconds.

Add honey, choose speed 3, timer 15 seconds.

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