



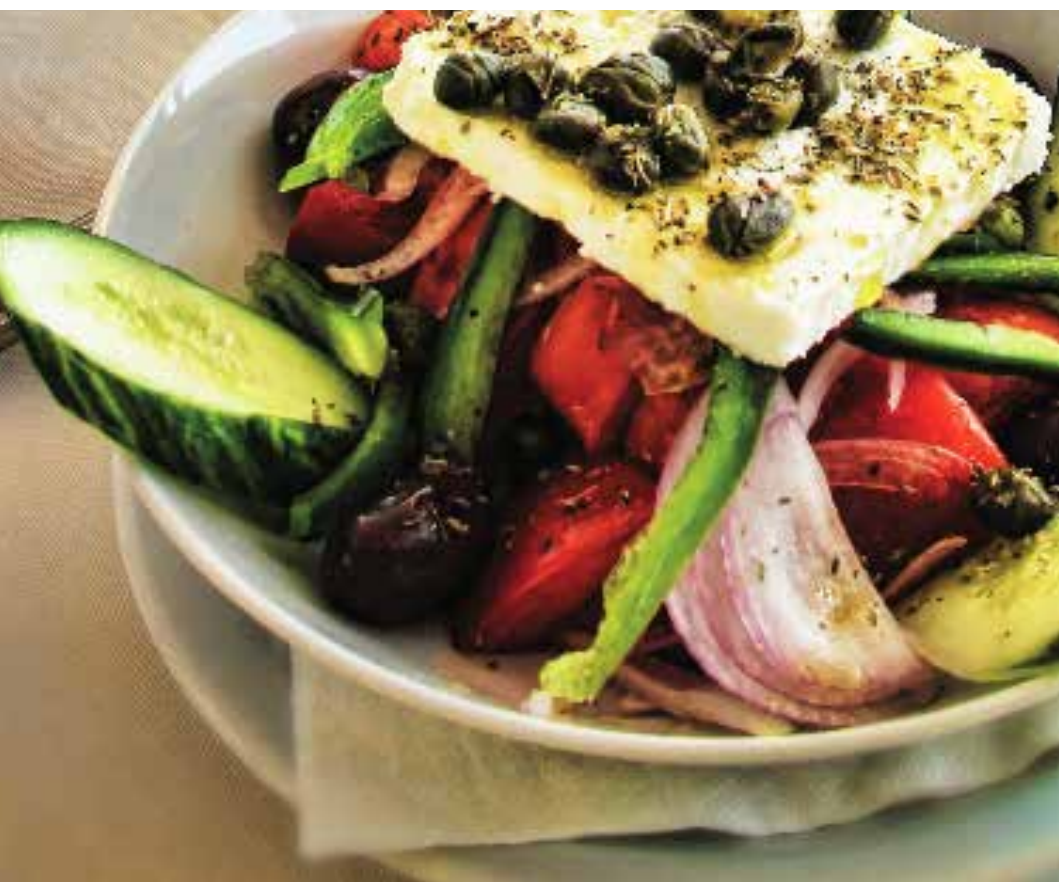
100
RECIPES
INSIDE

Optimum

THERMOCOOK PRO M

MULTI-FUNCTION COOKING APPLIANCE

YOUR PROFESSIONAL KITCHEN ASSISTANT





*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!!

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DRINKS



STRAWBERRY SMOOTHIE

850g of fresh strawberries

1 orange

some fresh mint leaves

1 tablespoon of sugar

6 ice cubes

Wash the strawberries and peel the orange.

Put all ingredients in the ThermoCook bowl.

Blend it at maximal speed.

Enjoy !!



01



02

MORNING DEW SMOOTHIE

300g of apples

30g of liquid cane sugar

150g of frozen raspberries

Peel the apples and cut them into pieces.

Add all the ingredients in the ThermoCook bowl.

Blend it at maximal speed. Add some whole liquid cream to get a creamier consistency.



03

APRICOT & ALMOND MILK SMOOTHIE

200g of apricots

20cl of almond milk

2 teaspoons of liquid honey

Remove the pits from the .

Add the almond milk, honey and apricots into the ThermoCook Pro M bowl.

Blend at high speed.

If you like the smoothie ice-cold we recommend to add some ice cubes before blending.

BANANA-KIWI SMOOTHIE

6 kiwis

2 bananas

10 ice cubes

10cl of skimmed milk

Peel the bananas and the kiwis and cut them into pieces.

Add icing sugar and vanilla.

Setting: speed 4, timer 5 seconds.

Blend at high speed until you get a creamy consistency.

Serve it right away.



04



05

BANANA SMOOTHIE

Frozen banana or 1 fresh banana

1 apple

Date paste or some fresh dates

150ml of rice milk

6 ice cubes (if the banana is fresh)

Combine all ingredients in the bowl and ensure the lid is closed well.

Blend all ingredients at high speed. if needed use the tamper.

Serve your smoothie fresh.

SPECIAL PAPA-COCO SMOOTHIE

1 papaya

1 pineapple

1 banana

1 lime

2 tablespoons of coconut cream

Peel the pineapple, take out the core and cut it in pieces. Peel the papaya, cut it in half and take out the seeds. Peel the banana and chop it into pieces. Juice the lemon with a juicer.

Put all the ingredients in the Thermocook bowl.

Now add the coconut cream to achieve a creamy consistency.



06

MANGO-LEMON SMOOTHIE

1 fresh mango

4 oranges

1 lime

1 yogurt (sugar-free)

Peel the mango and take out the pit.

Peel the oranges and the lime.

Add the mango, the lime and the oranges in the ThermoCook Pro M bowl and blend until smooth. Now add the yogurt.

Drain and serve with sauce.

07



08

PINEAPPLE ORANGE JUICE

1 pineapple

3 oranges

1 banana

1 lime

Peel the pineapple, take out the core and cut it in big pieces.

Peel the banana and cut the banana into pieces.

Peel the oranges and lime and extract the juice with the help of a juicer.

Put all the ingredients in the Thermocook bowl and blend them.

Serve cold





09

CARROT, CUCUMBER & ORANGE JUICE

3 carrots

1 celery stick

1 cucumber

2 oranges

1 lime

parsley leaves

To make the juice you just need to blend your fruits and veggies in the blender with some water, place the nut milk bag on the top of a bowl and pour the juice through it. Squeeze with your hands until all the juice is in the bowl.

Celery juice is made by blending and straining celery.

Whole stalks of celery packs tons of vitamins and minerals, including vitamin K, vitamin A, potassium, and folate and studies show that celery may help to fight against cancer and liver disease, reduce inflammation (especially for brain-related diseases) and boost cardiovascular health.

10

SAUCES & DIPS





10

GREEK TARAMA DIP

3 medium-sized potatoes

1/2 small onion

5 tablespoons olive oil

1/2 lemon juiced

3 tablespoons carp roe (Tarama)

1 tablespoon red wine vinegar

Peel and cut the potatoes into small pieces.

Boil the potatoes along with a tiny bit of salt (do not add too much because the carp roe is salty enough) until they become very soft.

Add the remaining ingredients in the Thermocook Pro M and blend until a paste forms.

Add the potatoes and blend as well. Add some of the water, of which you boiled the potatoes in, until a very soft fluffy mash forms.

Refrigerate for 2 hours before serving.

12

EGGPLANT CAVIAR

2 eggplants

600g d'eau

2 garlic cloves

parsley

40g of olive oil

1 teaspoon of salt (6 g)

1 teaspoon of pepper (6 g)

1 teaspoon of cumin (6 g)

1 teaspoon of paprika (5 g)

Cut the eggplants in small pieces, put them in the cooking basket and put 600 ml of water in the bowl then slot the basket in,

Or cut the eggplant into small pieces, put them in the steaming tray and add 600 ml of water in the bowl.

Let it cook for 20 minutes at speed 1.

Once the eggplants are fully cooked, take out the basket and set aside to cool down.

Pour the water out of the bowl and dry it.

Chop the garlic and parsley for 5 seconds at speed 1.

Add the cooked eggplants, salt, pepper, cumin, paprika, and chop for 2 seconds at speed 4.

Cook for 5 minutes at 90° at speed 1.

Once done let the food cool down.

Put the caviar in a glass and garnish it with some parsley.



12

PASTRY CREAM OR CRÈME PATISSIÈRE

50cl whole milk

60g sugar

3 teaspoons of cornstarch

1 vanilla bean

Eggs

Split the vanilla bean in two and scrape the vanilla seeds out of the bean. Mix all ingredients into the bowl.

Set it for 10 minutes at 80° at speed

2. Once done pour the cream into a container and let it cool. Stays fresh in the fridge for about 2 days.

TZATZIKI

250g fromage blanc or greek yoghurt

125g cucumber

1 tablespoon of chives

1 tablespoon of parsley

Cut the cucumber into half and remove seeds with a spoon. Then cut it into smaller pieces.

Add all ingredients into the bowl with the blade assembly attached. Blend at speed 8 for 20 seconds.

Serve.



13

BUTCHER'S SAUCE

2 onions
1 shallot
1 tablespoon of ketchup
1 tablespoon of wine vinegar
3 tablespoon of flour
30g butter
35cl broth
Pepper
Salt
4 pickle
Caper

Put all the ingredients into the bowl and blend for about 5-10 seconds at speed 4. Replace the blade assembly with the butterfly tool and set it at 90°, speed 3 for about 6 minutes.

Ideally served warm with pasta.

14



15

HOUMOUS

550g Chickpeas in jar
2 Garlic cloves
1 Juice of lemon
10cl Olive oil
Some cumin
Some salt

Peel the garlic cloves. Then add all ingredients into the ThermoCook bowl with the blade assembly. Mix at speed 10 for 3 minutes. Serve fresh.





16

FOUR CHEESE SAUCE

50g parmesan
50g pecorino
50g comté
Salt
Pepper
50g gorgonzola
2 egg yolk
30cl liquid cream

Remove the cheese rind. Attach the blade assembly. Then add the parmesan, pecorino and the comte and blend for 1 minute by pressing the pulse button. Now cut the gorgonzola into small pieces and add it. Replace the blade assembly with the butterfly tool, then add the egg yolks, and the cream + some salt and pepper. Then let it stew at 90°C for 6 minutes. Once done serve warm with pasta.

BECHAMEL SAUCE

1/4L milk
30g butter
2 tablespoon of flour

Add the milk into the bowl and bring to boil at 100°C at speed 1. Program 2 minutes at 80°C at speed 1.

Add the melted butter, the flour and the milk in the bowl while the program is running.



17

GUACAMOLE

3 matured avocados

1 onion

1 garlic clove

Salt

Pepper

1 tablespoon tomato pulp

1 tablespoon of tabasco

Peel and cut the red onion and garlic clove. Peel the avocados and remove the pit.

Attach the blade assembly and add the onions and garlic, then blend at speed 10 for about 10 seconds.

Add the avocados, the pulp of tomato and the juice of the lime, then salt and pepper. Blend at speed 10 for 30 seconds. Serve fresh.

18



19

PESTO ROSSO

200g dried tomatoes

2 garlic cloves

Salt

Pepper

30g pine nut

25cl olive oil

40g basil

Peel of garlic cloves. Add all ingredients in the bowl. Mix at speed 10 for 10 seconds. Use the spatula to mix through. Then switch on the ThermoCook Pro M again for 10 seconds.





20

GREEN PEPPER SAUCE

50g green pepper

150g mushrooms

1 onion

1 white part of the leek

1 garlic clove

300ml liquid cream

Broth cube

Put all the ingredients in the bowl except the green pepper, the cube of broth and the liquid cream. Mix 6 seconds at speed 3.

Program 7 minutes at 100°C at speed 4. Add the cream, the broth cube and a small spoon of the green pepper. Program 8 minutes at 100°C at speed 4.

Add the rest of the green pepper and put it 3 minutes at 90°C at speed 1.

Serve warm.



21

SHRIMP & COCKTAIL SAUCE

350g peeled prawns

1 egg yolk

25cl neutral oil

Salt

Pepper

1 teaspoon of mustard

1 teaspoon of white vinegar

1 tablespoon of ketchup

1 tablespoon of cognac

Few drops of tabasco

Once the mixture has formed into a mayonnaise, add the ketchup and tabasco and mix again for 1 minute.

Best served with some fresh prawns.

Attach the butterfly tool, then add egg yolk, mustard, vinegar, salt and pepper. Start the ThermoCook Pro M at speed 7 and add the oil during the mixing process.



22

CAULIFLOWER CREAM

800g cauliflower
600ml water
2 egg yolk
20g butter
50g crème fraîche
2 onions
Pepper
1 teaspoon of nutmeg
1 teaspoon of celery
Salt

Peel and cut the onions into big pieces and put them into the mixing bowl. Then blend at speed 5 for 5 seconds.

Scrape down the edges of the bowl with the help of the spatula. Add the butter and cook for 3 minutes at 100°C (speed 1).

At the end of the 3 minutes, add the water, the cauliflower (cut) and salt.. Mix for 15 seconds at speed 5.

Program the Thermocook Pro M for 25 minutes at 100°C at speed 1.

Then add the crème fraîche, the 2 eggs yolk and the nutmeg. Mix at 100° at speed 4 for 5 minutes.

Then blend everything for one minute at speed 10. Garnish with parsley or coriander before serving.



23

EGGPLANT SPREAD

3 eggplants

1 garlic clove

4 tablespoon of olive oil

1 french baguette

**1 teaspoon of herbs of the
provence**

Salt

Pepper

A few basil leaves

Parmesan

Preheat the oven to 200°C. Cut the eggplants in half and form squares into the flesh with the tip of the knife.

Season them with the herbs of provence, the olive oil, salt and pepper. Then place the half eggplant

onto a tray covered with baking paper and cook in the oven for about 25 minutes.

Now chop the garlic. Spoon out the flesh of the cooked eggplant with a spoon. (Don't use the skin of the eggplant)

Put the eggplant flesh into the bowl, add the garlic, basil and olive oil and mix at speed 8 for 2 minutes.

Now cut the dry bread into slices and brush them with olive oil. Put into the oven at 180°C until the crust is brown (approximately 15 minutes).

Place some eggplant spread onto the slices of baguette and enjoy!

SOUPS





24

TOMATO GAZPACHO

5 mature tomatoes

A spoon of tomato paste

1 red bell pepper

1 cucumber

1 onion

1 garlic clove

A pinch of Espelette pepper

Slice of soft bread

2 tablespoon of vinegar

2 tablespoon of olive oil

Salt

Peel the tomatoes, one-half cucumber, one onion, one garlic clove and the bell pepper, then put it in the bowl. Blend for 1 minute at speed 8.

Then mix again for 1 minute at speed 5. Add the bread, the oil, the vinegar, the pepper, and the salt. Blend 30 seconds at speed 8.

Add water until you get the consistency you want. Blend 20 seconds at speed 8. Taste it then add seasoning if needed.

Enjoy!



25

INDIAN SOUP

800g of zucchini

2 fresh onions

The juice of 1/2 lemon

1 garlic clove

3 teaspoons of curry

20cl of coconut milk

1 cube of chicken broth

1 tablespoon of olive oil

50cl of water

Salt and pepper

Now combine all ingredients in the ThermoCook Pro M bowl and blend for about 15 minutes.

Serve your soup while it is hot.

Bon appétit.

Peel and chop the onions.

Rinse and dry the zucchinis then cut them into small dices.

Peel and crush the garlic clove.

Heat the oil in a saucepan, add the onions and cook them until they get tender. Then add the curry.

24



26

JULIANA SOUP (POTATO-CARROT- SOUP)

200g potatoes

1 onion

2 garlic cloves

200g carrots

50g white part of the leek

Salt

80cl water

Add all the ingredients in the bowl, add 80 cl of water and some salt. Let it cook for 40 minutes at 100° at speed 1.

Peel the garlic cloves, the onion, the potatoes, the carrots, and the pumpkin, then cut them in pieces..

Wash the white part of the leeks and the zucchini, then cut them into pieces.



27

VEGETABLE SOUP

2 garlic cloves

1 onion

250g potatoes

150g white part of the leek

50g celery stick

150g bacon

Salt

Peel the onions, garlic cloves and potatoes, then cut them into pieces. Wash the white parts of the leek and the celery, then cut them into pieces.

Peel the carrots and turnips, then cut them into cubes. Cut the bacon and also remove some of the fat.

Add olive oil into the blending bowl of the ThermoCook Pro M.

Add the onion, garlic, bacon and the celery. Let it cook for 120°C for 5 minutes.

Add water, potatoes, turnips, carrots and leek, then salt lightly. Let it cook for 45 minutes at 100°C.



28

BEETROOT ICED SOUP

350g Beetroots

80g Granny apple

Salt

Peel the apple and cut it into pieces.

Also cut the beetroot into pieces.

Add the pieces of apple and beetroot, ginger, the liquid cream, broth, and the salt in the bowl.

Mix at a speed of 10 for 3 minutes.

Serve it fresh.

CAULIFLOWER VELOUTÉ

500g cauliflower

50g white part of the leek

Chicken broth

Salt

Chop the Cauliflower and cut it into pieces. Cut the white part of the leek into four pieces.

Add all ingredients in the Thermocook bowl with the blade assembly and blend for about 30-60seconds. Then replace the blade assembly with the butterfly tool, add the ½ cube of chicken broth, water and some salt. Let it cook at 100°C for 40 minutes. Serve warm.



29



30

CHICKEN & VERMICELLI SOUP

300g chicken thigh
150g potatoes
150g carrots
100g celery stick
60g onion
1 teaspoon of ginger powder
1 teaspoon of coriander powder
20g parsley
Salt
Pepper
1 teaspoon of olive oil

Peel the vegetables and cut them into small dices.

Peel the onion and garlic and cut them approximately, then put them in the ThermoCook Pro M.

Ensure the blades are inserted. Set at a speed of 10 for 30 seconds. Take out the blade assembly and insert the butterfly tool.

Add the butter, the oil, the carrots and the celery. Let it simmer at 120°C for 4 minutes.

Add 1 L of water, the chicken, potatoes, coriander and ginger.

Add salt and pepper, then let it simmer at 95°C for 40 minutes. 5 minutes before the end of cooking, add the vermicelli.

Serve it warm and garnish with parsley.



31

GEORGIAN SOUP

500g lamb
100g onions
5 garlic cloves
5cl oil
1L chicken broth
250g tomatoes
Pepper
Salt
Rice

Cut the lamb. Peel the onions, garlic, then put it in the ThermoCook Pro M (ensure the blade is inserted). Blend at a speed 10 for 20 seconds. Take out the blades and add the butterfly tool.

Add the oil, then set it at 120°C for 5 minutes.

At the end of the 5 minutes add the broth, lamb, tomatoes, parsley and the cooked rice. Salt and pepper, then leave it stew at 95°C for one hour. Serve warm



32

RUSSIAN SOUP

300g beef
60g onions
5cl oil
80g barley
200g potatoes
100g carrots

Cut the beef in pieces. Peel the onion then put it in the ThermoCook. Blend at speed 10 for 30 seconds.

Switch the blade attachment with the butterfly tool and add the oil. Let it stew at 120° for 5 minutes. Peel the potatoes and carrots, then cut them in pieces of 2 cm. At the end of the 5 minutes add all the other ingredients with 1l of water and some salt. Leave it stew at 95° for 45 minutes. Serve warm.

WINTER VEGETABLE SOUP

250g pumpkin
200g parsnip
200g sunchoke (Jerusalem Artichoke)
80g white part of the leek
30g celeriac
1/2 chicken broth cube

Peel the vegetables and cut them into cubes. Attach the butterfly tool, and add all the vegetables in the bowl. Then also add the chicken broth and 1L water. Let cook at 100°C for 40 minutes.

Serve warm.

33





34

ASIAN POT-AU-FEU

1 garlic cloves
1 onion
200g carrots
200g shrimps
2 cube of beef broth
15g fresh ginger
1.5L water
Lemongrass stalk
8 coriander branch

Peel and chop onions, the garlic and the carrots. Crush the lemongrass stalk with the blade of a knife.

Attach the blade assembly and add 1.5L water, broth cube, carrots, ginger, garlic, lemongrass and half of the coriander.

Let it cook at 95°C for 20 minutes. At the end of the 20 minutes, add the shrimps and cook again at 95°C for 10 minutes. To finish, serve it in a bowl and garnish with the rest of the coriander. Enjoy!



35

MUSHROOM VELOUTÉ

1 onion

400g paris mushroom

Salt

Pepper

80g white of the leeks

15g fresh cream

60cl water

Wash the mushrooms and cut them into slices. Then peel the onion and the white part of the leek then cut them into four pieces

Attach the butterfly tool in the ThermoCook bowl, add the mushrooms, onion, the white part of the leek then add 60 cl of water, salt and pepper.

Let it cook at 100°C for 25 minutes.

At the end of the cooking time add the cream and blend it at speed 10 for 30 seconds. (Don't forget to attach the blade assembly instead of the butterfly tool)

Serve warm.



36

CALDO VERDE (PORTUGUESE KALE SOUP)

400g potatoes

1 cabbage

1 chorizo

2 garlic clove

80cl water

Peel the potatoes and garlic cloves, then cut them into pieces. Cut the chorizo in small pieces. Wash the cabbage, take out the outer leaves and cut the rest into slices.

Attach the blade assembly and add all ingredients in the ThermoCook bowl.

Let it cook for 45 minutes at 100°C.
Serve it warm.



37

CHORIZO & PEA VELOUTÉ

180g peas

50g white part of the leek

1 onion

Salt

50g carrots

80g chorizo

15g Liquid cream

1.5L water

Pepper

Peel the white part of the leeks, the onion, the carrot and the chorizo and cut everything into pieces.

Attach the butterfly tool, add all ingredients and let it stew at 100°C for 30 seconds. Season with salt and pepper and serve warm.

BLUE CHEESE VELOUTÉ

350g broccoli

80g white part of the leek

Pepper

Salt

75cl water

80g blue cheese like Roquefort

1/2 chicken broth cube

Cut the broccoli and leek into pieces. Attach the butterfly tool and add the leek, broccoli, chicken broth and water. Let it cook at 100°C for 40 minutes.

After the 40 minutes, add the blue cheese and blend at speed 10 for 1 minute. Serve warm.

38





39

CHESTNUT & LIVER VELOUTÉ

600g frozen chestnuts

40g celeriac

85cl water

40g white part of the leeks

2 shallot

1 garlic clove

1 broth cube

Peel and cut the vegetables. Attach the butterfly tool, add the broth cube, the chestnuts and the water. Let it simmer for 40 minutes at 100°C.

Cut the foie gras into cubes and then once the 40 minutes are finished, replace the butterfly tool with the blade attachment and add the foie gras and blend it at speed 10 for 1 minutes. Serve warm.



40

SHRIMPS BISQUE

1 onion
4-6 garlic cloves
50g olive oil
20g salt
70g tomato puree
Parsley
Thyme
2 bay tree leaves
Pinch of Cayenne pepper
Pepper
250g shrimps
30g pastis
1/2 dose of saffron
Water

Peel the onion and the garlic. Then add them into the mixing bowl and blend for 5 seconds at speed 5. Add the oil, the tomato puree and all the herbs except the saffron and the pastis, then cook it for 4 minutes at 100°C at speed 1.

Switch to the butterfly tool, add the shrimps, the pastis, saffron and 300ml of water, then keep cooking for 10 minutes at 100°C at speed 4. Add the water until the 1.5l mark and mix again for 1 minute at speed 10.



41

AUSTRIAN QUENELLES

400g stale bread

30cl milk

4 eggs

50g onions

5cl oil

20g chiseled parsley

100g breadcrumbs

1.5L water

Cut the bread into small pieces of 1 cm, then put it into a bowl and cover with milk. Let it rest for 10 minutes.

Peel the onions and cut them into a few pieces. Blend at speed 10 for about 10 seconds.

Attach the butterfly tool, add the oil and let it cook at 120°C for 5 minutes.

Attach the blade, add the pieces of bread and the milk and mix at speed 6 for 30 seconds. Add the breadcrumbs and the parsley and mix 10 extra seconds.

Put the mixture into a bowl, cover and let it rest for 3 hours in the fridge. Once done form quenelles (about 4 cm diameter).

Put 1,5l of salted water into the bowl and cook it at 100°C for 25 minutes.

After 20 minutes open the lid and add the quenelles into the bowl.

BARRY CREAM SOUP

1 cauliflower
50cl milk
20cl liquid cream
2 slice of ham
4 chervil leaves (French Parsley)
Pepper
Salt
Tablespoon of oil
Chicken broth

Clean and cut the cauliflower into pieces.

Put the cauliflower, milk and the chicken broth into the bowl and cook at speed 1, 100°C for 30 minutes.

5 Minutes before the end of the program add the liquid cream. Mix everything together at speed 10 for 30 seconds. Season with salt and pepper.

Garnish with some croutons and ham.

Tip: Make your own croutons:

Dice your bread: Choose whatever size of cubes you prefer, either cut with a knife or torn into small chunks by hand. It's just important that the croutons be uniformly sized so that they cook evenly.

Toss with oil and seasonings: In a large bowl, drizzle the bread evenly with the oil and seasonings. Then toss until evenly combined.

Spread out on a baking sheet: Turn the croutons out onto a parchment-covered baking sheet, and spread out in a single layer.

42



Bake until crispy: Flipping the croutons once halfway through baking. Then baking until they croutons reach your desired level of crispiness. (If they start to get too brown, lower the heat and let them bake lower and slower.)

Serve or store: Then serve immediately. Or let the croutons cool until they reach room temperature, then store in a sealed container for up to 2 weeks.



43

SORREL SOUP

20 leaves of sorrel

1 cube of chicken broth

4 spoons of cooked rice or 3 potatoes

60cl of water

1 egg yolk

1 tablespoon of crème fraîche

Salt

Pepper

Wash the sorrel.

Put the sorrel, chicken broth, water, salt and pepper into the bowl and blend for 20 seconds on pulse.

Add the cooked rice or the potatoes.

Mix the egg yolk into the crème fraîche, add everything to the bowl and mix 1 minute on pulse.



44

BORSCHT

500g beef
 200g raw beetroot
 200g white kale
 50g onion
 120g carrots
 4 garlic cloves
 Salt
 Pepper
 1L beef broth
 300g chopped tomatoes
 3 bay leaves
 Crème fraîche
 5 sprigs of dill
 5cl oil

Cut the beef and the vegetables into big pieces. Then put everything into the ThermoCook and mix for about 10 seconds and then again for 30 seconds.

Empty the content into a bowl.

Attach the blade protection and the butterfly tool.

Now put the carrots, kale, garlic and the oil into the ThermoCook Pro M bowl and cook at 120°C for about 10 minutes.

Now add the beef, broth, beetroot, tomatoes, bay leaves, salt and pepper.

Let everything cook at 95°C for 1:30h.

Add the crème fraîche and the dill on top before serving.



45

BEETROOT SOUP

2 raw beetroots
150g of white kale
1 white part of the leek
1 onion
75cl chicken broth
10cl crème fraîche
1 natural yoghurt
3 sprigs of dill
1/2 bundle of chopped parsley
3 tablespoons of cider vinegar
1/2 of teaspoon of sugar
6 slices of swiss dried beef
50g of butter
Salt
Pepper

Wash the leek and the kale.

Peel the onion and the leek and cut into big pieces before adding them into the bowl.

Add the rest of the vegetables and deglaze with the vinegar.

Now add the sugar and the chicken broth.

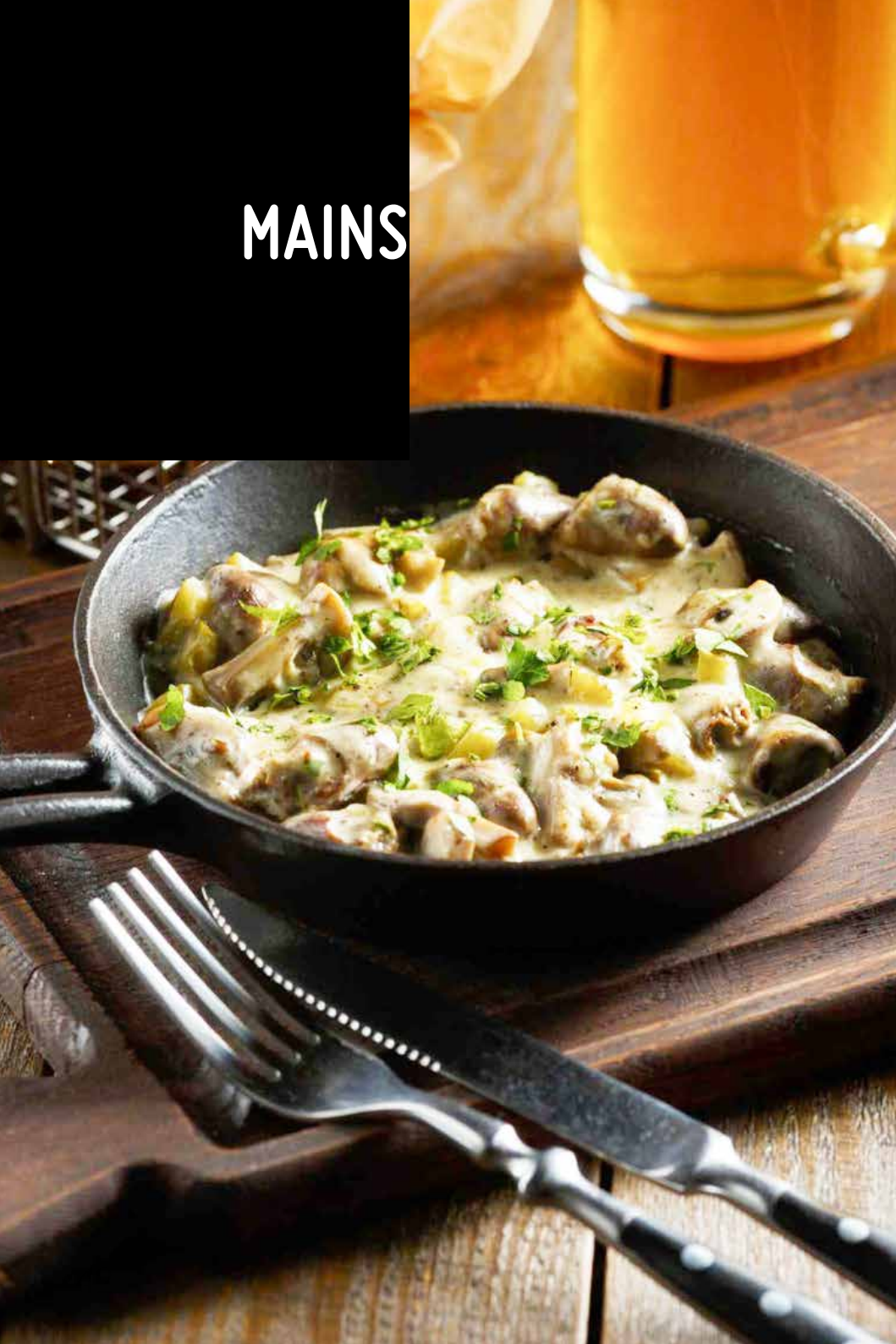
Use the blending function to create a smooth soup.

When smooth add the dill, chopped parsley and season with salt and pepper.

Also add the crème fraîche and yoghurt and mix the soup with the pulse button until smooth and warm.

Important: If required add some water to create a good consistency

MAINS





46

ZUCCHINI & BEEF MEAT GRATIN

3 zucchinis

4 tomatoes

1 onion

300g of ground meat

150g of fresh cream

100g of Emmentaler cheese

20g of butter

Salt and pepper

Peel and cut the onions.

Put the onions in the bowl and blend for 4 seconds at speed 6.

Add the butter in the bowl, cook it for 2 min 30s at 100° at speed 1.

Wash the zucchinis, remove the seeds and cut them into pieces, put everything in the bowl, cook 12 minutes at 100° at speed 1.

Cut the tomatoes into dices and add them in the bowl, 12 min at 100 °.

Incorporate the ground meat and cook it for 10 minutes at speed 1.

Add the fresh cream and mix with the spatula.

Put the mixture into an oven safe dish.

Add some grated Emmentaler cheese on top.

Preheat the oven (convection mode) 8 min at 220°, then 200° for 15 minutes.

Enjoy!



47

FISH CURRY

600g white fish

2 garlic cloves

1 shallot

Salt

300g potatoes

200g zucchinis

Juice of a lime

20cl chicken broth

20cl coconut milk

3 short teaspoon of Colombo

2 bay tree leaves

Peel and cut the garlic cloves and the shallot into halves. Attach the blade assembly and blend at speed 10 for 10 seconds.

Peel the potatoes and zucchinis then cut them into dices. Cut the fish into big pieces.

Replace the blade assembly with the butterfly tool, then add the vegetables, the broth, the coconut milk, the Colombo, the bay tree leaves and the juice of a lime, salt and mix.

Place the pieces of the fish into the steaming basket and insert it in the ThermoCook. Let it stew at 95°C for 20 minutes with lid closed. Take out the steaming basket with precaution, and serve the fish with the sauce and vegetables.



48

RATATOUILLE

150g onions
100g red bell pepper
2 garlic cloves
5cl olive oil
250g zucchinis
250g eggplant
300g tomatoes
20cl vegetable broth
Salt
Pepper

Peel and chop the onions. Wash the bell pepper and remove out the seeds and then then cut it in pieces. Attach the blade assembly in the ThermoCook Pro M bowl and mix the onions and bell peppers at speed 10 for 15 seconds.

Replace the blade assembly with the butterfly tool. Crush the garlic cloves

with the blade of a knife, then add them into the bowl with the olive oil. Let it cook at 120°C for 8 minutes without the lid.

Chop the zucchinis, the eggplant and tomatoes. At the end of the program add the broth and the vegetables. Season with salt and pepper then let it cook at 95°C for 30 minutes. Serve warm or cold.



49

QUICK CHICKEN COUSCOUS

1 chicken breast (650g)

2 garlic cloves

1 onion

1 red bell pepper

5cl olive oil

25cl chicken broth

Salt

1 teaspoon of coriander in powder

Semolina

Peel the garlic and the onion, then cut the red bell pepper into pieces. Attach the blade assembly, add all vegetables and blend at speed 10 for 20 seconds.

Remove the blade assembly and attach the butterfly tool.

With the help of the spatula, move the chopped vegetables toward the

center of the jug, then add the oil and the spices.

Let it cook at 120°C for 8 minutes.

Then cut the chicken into dices. At the end of the program add the chicken and the broth, then season with salt.

Let it cook at 95°C for 30 minutes. At the end of the cooking, serve right away with the semolina.



50

VEGETABLE TAGINE

80g red onion

100g red bell peppers

2 garlic cloves

5cl olive oil

Salt

Pepper

1 teaspoon of cumin

1 teaspoon of cinnamon

250g zucchinis

250g fennel

300g tomatoes

20cl vegetable broth

Crush the garlic cloves with the blade of a knife, then add them in the bowl with the olive oil and let it cook at 120°C for 4 minutes.

Cut the zucchinis, fennel and the tomatoes. Add the broth, spices and vegetables, then season with salt and pepper. Let it cook at 95°C for 40 minutes.

Serve warm or cold with some coriander as garnish.

Peel and chop the red onion. Wash the bell pepper, remove the seeds, then cut it in pieces. Attach the blade assembly and add the onions and bell pepper and mix at speed 10 for 15 seconds.

Replace the blade assembly with the butterfly tool.



51

SAUSAGE ROUGAIL

4 sausage of 150 g

1 onion

70g ginger

2 garlic clove

5cl oil

400g tomato pulp

20cl chicken broth

2 dry chili

150g jasmine rice

Peel the onions, the ginger and the garlic cloves. Chop them a bit, then add them into the mixing bowl and mix at speed 10 for 20 seconds.

Replace the blade assembly with the butterfly tool. Then add the oil and let it simmer at 120°C for 5 minutes.

Cut the sausages into 6 pieces.

At the end of the 5 minutes add the sausages, tomato pulp, chicken broth,

chili, salt and pepper. Let it cook at 95°C for 20 minutes.

Add the rice and 50 cl of water. Then cook it again at 95°C for 15 minutes.

Serve right away.



52

ENDIVE GRATIN

3 endives

40g flour

40g soft butter

40ml milk

200g grated cheese

Preheat the oven to 210°C. Add the flour, milk, salt and pepper in the Thermocook bowl (butterfly tool) and mix at speed 7 for 1 minute.

Add the butter and let it cook at speed 4, 90°C for 8 minutes. Add 50g of grated cheese and mix at speed 5 for 30 seconds. Take out the food and clean the bowl.

Then pour 0,7l of water in the jug, add the endives in the steaming basket and let it cook for 30 minutes at 30°C.

Wrap each endive in a slice of ham and put them in a dish for gratins. Cover

with the sauce and spread the cheese over the endives. Season with pepper.

Cook in the oven for about 15 minutes. Serve warm.



53

ORANGE DUCK

1 duck legs cut in half

2 duck fillet

1 shallot

1 onion

1 tablespoon of olive oil

10g corn flour

15cl orange juice

5cl porto

20g liquid honey

Remove the skin of the duck fillets and cut them into 6 pieces.

Peel the shallot and the onion, then cut them into a few pieces, before adding them in the Thermocook bowl. Mix at speed 10 for 10 seconds.

Remove the blade assembly and attach the butterfly tool. Add the olive oil, the duck, then let it cook at 120°C for 5 minutes.

Then add the orange juice, Porto, honey and the corn flour, chicken broth and some orange zest. Season with salt, then let it cook at 95°C for 40 minutes. Serve.



54

RABBIT LEMONGRASS STEW

15g fresh ginger

5cl olive oil

Salt

4 shallot

1kg rabbit saddle

20g lemongrass

40cl veal stock

40cl tablespoon of corn flour

10cl lime juice

Peel the shallots and ginger, then cut the lemongrass into thin slices. Add the ginger, shallots and lemongrass in the Thermocook bowl and blend at speed 10 for 1 minute.

Remove the blade assembly and attach the butterfly tool.

Add the olive oil and let it stew at 120°C for 5 minutes.

Add the rabbit, lime juice, veal stock and corn flour. Season with salt and let it cook at 95°C for 45 minutes. Serve it with some rice.



55

PIZZA REGINA

1 yeast (20g)

400g flour

1 teaspoon of salt

3 teaspoon olive oil

250g mozzarella

20cl tomato paste

1 teaspoon of oregano

25cl water

1 dash of olive oil

10 basil leaves

Preheat the oven to 240°C and cover a baking tray with baking paper.

Attach the kneading tool and add 25cl of water and yeast.

Mix at speed 5 for 2 minutes and 30 seconds. Add the flour, salt and two tablespoon of olive oil.

Cut the slices of ham in four, then cut the mushrooms and mozzarella. Once

the dough is ready shape it and put it on the baking paper. Add the tomato paste and the oregano. Now add the mozzarella, the ham and the mushrooms. Drizzle some olive oil on the pizza. Cook in the oven for about 15 minutes. Garnish with fresh basil leaves.

52

LASAGNA

300g beef ground meat

1 garlic cloves

1 onion

5cl olive oil

500g peeled tomatoes

10g oregano

50g flour

50cl semi-skimmed milk

100g grated cheese

1 pinch of nutmeg

1 box of lasagna precooked

50g butter

Peel the onion and garlic and blend them in the Thermocook bowl at speed 10 for 10 seconds. Now remove the blade assembly and attach the butterfly tool.

Add the oil to the mixture and let it cook at 120°C for 5 minutes.

Add the meat, tomatoes and oregano. Season with salt and pepper and let it cook at 90°C for 35 minutes. Put the sauce aside and clean the bowl.

Preheat the oven at 180°.

Add the flour, milk, nutmeg, some salt and pepper in the bowl and mix at speed 7 for 1 minutes. Add the butter and let it cook at 90°C - speed 4 for 8 minutes.

Oil a gratin dish and spread a little bit of tomato sauce. Now add the lasagne sheets, then tomato sauce, some bechamel and grated cheese. Bake in the oven for about 25 minutes to 30 minutes.



TOMATO QUINOA

150g quinoa

1 onion

5cl olive oil

10cl tomato passata

(uncooked tomato puree)

200g tomatoes

Peel and chop the onion. Mix at speed 10 for 10 seconds.

Attach the butterfly tool. Add the olive oil, the quinoa, the tomato passata, water, salt and pepper. Let it cook at 95°C for 20 minutes with the lid closed.

Cut the tomatoes into small dice and add them at the end of the cooking process and mix them into the quinoa with a spatula. Best served warm. Garnish with basil leaves.



58

SMOKED HADDOCK WITH CURRY LENTILS

250g green lentil du Puy

1 onion

1 garlic clove

5g teaspoon of curry

Salt

Pepper

2cl oil

65cl water

1 bay leaves

250g smoked haddock filet

At the end of the 20 minutes, cut the smoked haddock into small pieces and let it stew at 100°C for 10 minutes. Serve warm or cold.

Peel the onion and the garlic and put them into the ThermoCook Pro M bowl.

Blend at speed 10 for 15 seconds.

Remove the blade assembly and attach the butterfly tool, then add curry, lentils, oil, bay leaves and water into the bowl. Let it cook at speed 1 at 100°C for 20 minutes.



59

MUSHROOM & GARLIC STIR FRY

1 bunch of parsley
500g mushrooms
2 garlic clove
3 tablespoon of oil
Salt
Pepper

Put the parsley and the garlic into the Thermocook Pro M bowl and blend for 5 seconds at speed 2. Pour everything into an empty bowl.

Attach the butterfly tool, add the oil and set it to 100°C, speed 2 for 2 minutes.

Then add the mushrooms, salt and pepper. Cook for 15 minutes at 120°C at speed 1.

After 7-10 minutes, add the parsley and the chopped garlic into your mushroom stir fry.

56



60

BEEF CHEEKS WITH VEGETABLES

800g of beef cheeks

50cl red wine

1 onion

200g carrots

200g potatoes

Salt

Pepper

1 garlic clove

50g of bacon strips

50cl veal broth

**1 bouquet garni (bundle of herbs
usually tied together with a string)**

2 tablespoon of olive oil

1 tablespoon of corn flour

Place the beef cheeks into a dish and cover with red wine.

Cover with plastic wrap and leave it marinated into the fridge overnight.

The next day take out the meat and cut it into pieces. Strain the wine and put it aside.

Peel the onions, garlic, potatoes and carrots and cut them into pieces.

Now put the onion into the bowl and mix for about 10 seconds at speed 10.

Switch the blade with the butterfly tool. Then add olive oil, garlic, bacon strips and the vegetables. Let it simmer at 120°C for about 5 minutes.

Now dilute cornstarch in a little bit of cold water and add to the veal broth.

After 5 minutes of cooking add the beef, the veal broth mixture, the bundle of herbs and the red wine. Season with salt and pepper and cook at 100°C or about 2h.

Serve warm.



61

CARBONARA PASTA

500g of pasta

200g pancetta

1 tablespoon of olive oil

30cl of semi thick crème fraîche

120g of grated parmesan

1 egg yolk

Pepper

1 pinch of nutmeg

Cook the pasta in a big pot filled with salted water.

Cut the pancetta into small pieces. Attach the blade protection and the butterfly tool and then add the pancetta into the bowl.

Now add the oil and let it cook for 6 minutes at 120°C without the lid on.

At the end add the semi-thick cream, the pepper and the pinch of nutmeg and let it cook for about 5 minutes at 85°C at speed 1.

When the pasta is ready add some sauce on top, then add one egg yolk and parmesan.



62

CHEESE MACARONI

300g macaroni

40g flour

40g soft butter

50cl semi-skimmed milk

1 pinch of nutmeg

Salt

Pepper

250g tomatoes

120g grated parmesan

40g bread crumbs

Preheat the oven to 220°C. Cook the macaroni per instruction.

Attach the butterfly tool. Then add the flour, milk, nutmeg, salt and pepper.

Mix at speed 7 for 1 minute. Now add the butter and let it cook at speed 4, 90°C for about 8 minutes.

Cut the tomatoes into pieces.

Once the 8 minutes cooking is done add the parmesan cheese and mix for 45 seconds at speed 6.

Add the tomatoes and mix 30 seconds at speed 6

Now mix the macaroni and cheese sauce.

Pour the mixture into a dish and sprinkle the bread crumbs over the top. Bake it in the oven for about 25 to 30 minutes until bubbly and golden brown.

MOZZARELLA RISOTTO

250g mozzarella
15cl liquid cream
350g arborio rice (or any other rice
suitable to make risotto)
1 onion
30g parmesan
900ml chicken broth
10cl dry white wine
30g butter
Salt
Pepper

Start by putting the peeled onion into the bowl and chop it at speed 6 for about 10 seconds.

Now attach the butterfly tool, add the butter and program it to 3 minutes, speed 2, 70°C

Add the rice and set it at 100°C, speed 1, 1 minute. Then add the wine and let it cook for 1 minute at 100°C, speed 1.

Now set the ThermoCook Pro M at 80°C, speed 1 for 20 minutes and add the chicken broth slowly. Season with salt and pepper.

Add the liquid cream and set the timer to 7 minutes at 100°C, speed 1.

Roughly 4 minutes before the program ends add the mozzarella and again season with some salt and pepper.

Serve the risotto with parmesan cheese on top.



64

CHILI CON CARNE

1 onion
1 garlic clove
600g ground beef
1 middle size can of red beans
Pepper
Salt
1 middle size can of tomatoes
200g long grain rice
1 bag of spices for chili con carne
3 soups spoons of olive oil

Peel the onion and the garlic and cut them into quarters. Put them into the bowl and mix at speed 5 for 5 seconds.

Now attach the blade protection, add the oil and a pinch of salt and set to 90°C, speed 2, 3 minutes.

Attach the butterfly tool and add the ground meat and spices. Set the ThermoCook Pro M to 80°C, speed 1, 3 minutes.

Place the rice into the steaming basket. Add the tomatoes into the bowl and set to 90°C, speed 1, 30 minutes.

Once the program finishes, add the drained beans and cook at speed 1, 80°C for 5 minutes.



65

STUFFED TOMATOES

250g of paris mushrooms

4 big tomatoes

1 sausage meat

1 garlic clove

30g breadcrumbs

Salt

Pepper

Olive oil

Preheat the oven to 200°C. Cut off the top of the tomatoes and hollow them out. Clean the mushrooms and cut the bottom part off. Peel the garlic.

Attach the blades, add the mushrooms and garlic and mix at speed 10 for 30 seconds.

Now attach the blade protection and add a dash of olive oil. Let everything cook at 120°C for 10 minutes.

At the end of the program, take out the mixing blade, add the sausage meat and the breadcrumbs salt and pepper. Mix the stuffing with the spatula.

Put the tomatoes into an oven dish and stuff them with the filling. Add the top part of the tomato and bake in the oven for 40 minutes.

62



66

MUSTARD QUINOA

150g of quinoa

1 onion

5cl olive oil

10cl tomato purée

200cl tomatoes

10 basil leaves

Salt

Pepper

300ml water

Once the cooking program has finished, add the tomatoes and stir with a spatula until smooth. Serve warm garnished with basil leaves.

Peel the onion and cut it into pieces. Put them into the ThermoCook bowl, attach the blades and mix at speed 10 for 10 seconds.

Attach the butterfly tool. Add the olive oil, the quinoa, the tomato purée and the water. Season with salt and pepper. Let it cook at 95°C for 20 minutes (lid closed)

Cut the tomatoes into small dice.



67

SPANISH CHORIZO STEW

400g dry white beans
2 Iberico chorizo sweet
150g black sausage
200g Iberico shoulder in pieces
200g pork belly
5 tomatoes
2cl olive oil
50cl chicken broth
1 onion
3 garlic cloves

Soak the shoulder and the pork belly for about 12 hours to tenderize them. (brining is a process to prevent meat from drying out upon cooking.).

Soak the beans in a bowl of water for about 12 hours.

Peel the onion, cut it into big pieces and then put it into the ThermoCook and blend at speed 10 for 10 seconds.

Take out the blade assembly and attach the butterfly tool. Add the tomatoes (cut into 4 pieces) and the oil. Let it cook at 120°C for 10 minutes.

Add the rest of the ingredients and leave it simmer at 95°C for 1h 45min.



68

POULET BASQUAISE

800g chicken escalope

4 tomatoes

4 red bell peppers

1 orange bell peppers

3 garlic cloves

2 onion

1 bundle of herbs

12cl white wine

Salt

Pepper

2 tablespoons of olive oil

Cut the chicken into big dice. Peel the garlic cloves and the onion and cut them into quarters. Wash the tomatoes and the bell pepper. Cut the peppers into slices.

Put the onion and garlic into the ThermoCook bowl and blend for 10

seconds and speed 4. Attach the blade cover.

Now add the oil, the bell pepper and cook for 5 minutes at 80°C, speed 2. Add the tomatoes (cut into 4 pieces) and season with salt. Program to 80°C, speed 2 for 15 minutes.

Now add the chicken, white wine, bundle of herbs and cook for 30 minutes at 70°C, speed 1.



69

STUFFED CHICKEN ROLL

2 chicken breasts

80g mozzarella

7 dried tomatoes

8 basil leaves

0,7L water

Cut the mozzarella and the dried tomatoes into small dice. Chop the basil leaves. Stuff the chicken breast with a mix of mozzarella, dried tomatoes, basil leaves, salt and pepper. Wrap the chicken breast with plastic wrap to form a cylinder.

Pour 0.7l water into the ThermoCook bowl.

Place the steaming basket into the bowl and add the in plastic wrap rolled chicken breast. Now let it cook at 30°C

for about 20 minutes.

Taste and season before serving.

Tip: If you want you can replace the dried tomatoes with mushrooms and mozzarella with fresh cheese.

A photograph of a white ceramic bowl filled with chicken curry. The curry contains pieces of fried chicken, green vegetables (possibly zucchini and carrot), and a rich red sauce. To the left of the bowl is a small white dish containing a red paste, likely chili or a dipping sauce. A pair of light-colored wooden chopsticks rests on a white ceramic spoon rest in front of the bowl. The entire scene is set on a light-colored, textured surface.

70

CHICKEN CURRY

1 onion
2 tablespoons of oil
700g chicken
40cl coconut milk
1 piece of ginger
20cl chicken broth
Few leaves of coriander
2 carrots
1 zucchini
Curry spices
Salt
Pepper

Peel the onion and ginger, put them into the bowl and start blending for 5 seconds at speed 6 (bit longer if needed).

Now attach the blade protection, add the oil and cook at 80°C, speed 1 for 3 minutes.

Use a peeler for the carrot and zucchini to form vegetable tagliatelle. Now place them into the steaming basket season and put aside for now.

Cut the chicken into cubes of about 1,5cm length. Put the coconut milk, a little bit of the broth and some spices into the bowl. Then add the chicken onto a second steaming basket and season with spices.

Steam the chicken and vegetable tagliatelle at 90°C, speed 1 for 12 minutes.

Once the program ends, place the chicken into the bowl to the sauce and cook at speed 1, 90°C for 30 minutes.



71

BEEF MEATBALLS

500g beef meat

1 egg yolk

10g paprika

20g parsley

Salt

Pepper

Olive oil

Blend the meat in the bowl at speed 10 for 30 seconds. Now mix by hand with the spatula, add the egg yolk, parsley and paprika.

Salt and pepper and blend again for 10 seconds. Then take the stuffing out of the bowl and mix slightly with your hands to form the meatballs.

Cook them in a frying pan at high heat. (in olive oil)

Cook the meatballs for around 10 minutes.

68



72

EXPRESS PAUPIETTES

4 veal paupiettes

1 onion

5cl olive oil

30cl tomato purée

Salt

Pepper

5 sprigs of tarragon

1 pinch of cayenne pepper

Peel the onion, cut it into 4 pieces and put it into the ThermoCook bowl. Mix at speed 10 for 10 seconds.

Attach the blade protection and butterfly tool.

Then add the olive oil and let it cook at 120°C for 5 minutes.

Now add the paupiettes, the tomato purée, the tarragon and the cayenne pepper. Salt and pepper, then let it simmer at 100° for 20 minutes.



73

SPINACH & GORGONZOLA PIE

1 shortcrust pastry
300g spinach
100g gorgonzola
15cl whole cream
2 eggs
20g butter
White pepper
Salt

Preheat the oven to 180°, spread the pastry in a pie mould and prick it with a fork. Place in the fridge for 30 minutes.

Now put eggs, cream and the crumbled gorgonzola into the ThermoCook bowl and blend for 30 seconds at speed 4.

Add the spinach, melted butter, salt and white pepper and let it cook at speed 1, 60°C for 5 minutes.

After that mix at speed 8 for 30 seconds.

Pour the mix into the pie mould and bake in the oven for 25 minutes.

70



74

STUFFED BELL PEPPERS

4 bell peppers

1 garlic clove

1 onion

500g ground meat

10 sprig of mint

50 pine nuts

Salt

Preheat the oven to 200°C. Peel the garlic and onion and cut them into big pieces. Put everything into the ThermoCook bowl and mix at speed 10 for 30 seconds.

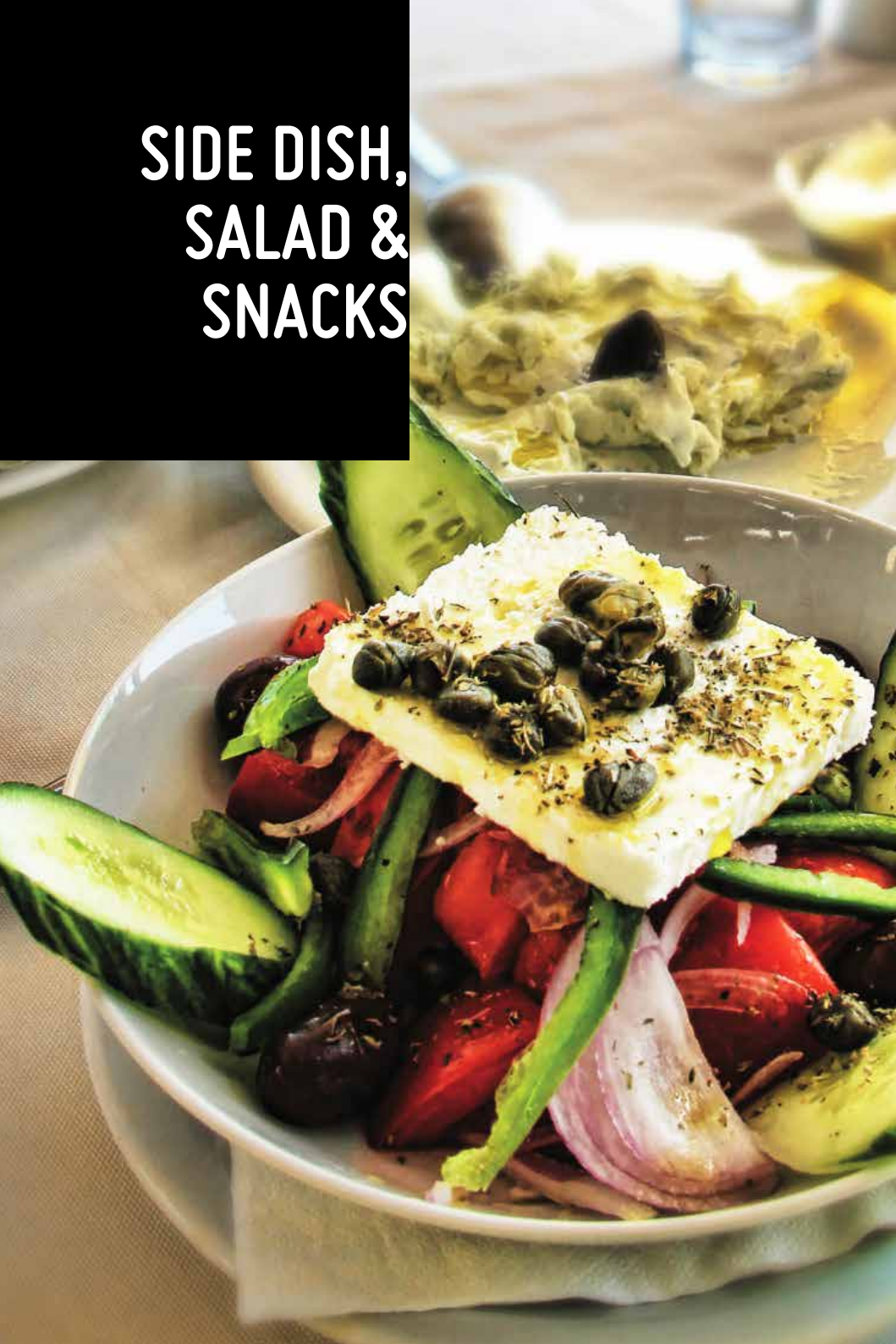
Use a spatula to scrape down the sides of the bowl.

Now take the stuffing out of the bowl, add the pine nuts and mix everything together with your hands.

Cut off the top of the bell pepper, take out the white parts and the seeds.

Place them into an oven dish and stuff them. Now cover with the top part of the bell peppers and cook in the oven for about 30 to 35 minutes.

**SIDE DISH,
SALAD &
SNACKS**





75

PATATAS BRAVAS

350g potatoes

1 onion

3 garlic cloves

400g peel tomatoes in can

12 drops tabasco

Salt

1 teaspoon of sugar

2 teaspoon of vinegar

0.7L water

Peel the potatoes and cut them into pieces, then put them in the steam basket. Add 0.7l water and put the steaming basket in the ThermoCook.

Let it cook at 30°C for 25 minutes.

Then pour out the rest of the water.

Sauté the potatoes in a frying pan with 2 tablespoons of olive oil.

Peel the garlic cloves then put them in the Thermocook. Ensure the blade assembly is attached. Then blend at speed 10 for 10 seconds. Add the olive oil and let it cook at 120°C for 3 minutes.

Add the tomatoes, the Pimentón, the Tabasco, the vinegar, the sugar, salt, then let it cook at 95°C for 20 minutes with the lid closed.

A close-up photograph of two cheese soufflés. The soufflé in the foreground is in a white ceramic ramekin and sits on a light-colored wicker tray. It has a golden-brown, puffed top. A second, similar soufflé is visible in the background, also in a white ramekin. The background is a soft-focus, light-colored surface.

76

CHEESE SOUFFLÉ

40g flour
50cl semi-skimmed milk
40g butter
1 pinch of nutmeg
150g grated gruyere cheese
5 eggs
Salt
Pepper

Preheat the oven to 180°C.

Add the flour, milk, salt, pepper and nutmeg into the bowl. Mix at speed 7 for 1 Minute. Then add the butter and mix for 8 minutes at speed 4 at 90°C.

At the end of the program add the gruyere cheese and mix again for 45 seconds at speed 8.

If needed, mix 30 extra seconds.

Separate the egg whites from the egg yolks. Add the egg yolks to the mixture and blend again for 45 seconds.

Pour the mixture into a big bowl and wash the blending bowl. Attach the butterfly tool, pour in the egg whites and add a pinch of salt. Then set the ThermoCook Pro M to speed 7 for 7 minutes and 30 seconds (without the lid).

Grease a soufflé mold. Carefully fold the beaten egg whites into the mixture.

Then pour everything into the mold and bake for about 30-35 minutes.

Important: Do not open the oven during the baking process.



77

SPICY COD FISHCAKE

300g desalted cod

300g potatoes

2 eggs

1 garlic clove

1 onion

70g flour

Salt

Pepper

1 bunch of parsley

1 teaspoon of chili powder

Put 0,7L water into the bowl. Peel the potatoes and cut them into 2cm pieces. Place them into the steaming basket and let them cook at 100°C for about 20 minutes.

Empty the bowl.

Peel the garlic and the onion and blend them for 10 seconds at speed 10.

Add the cod and mix again for 10 seconds. Add some salt and pepper, as well as the cooked potatoes (peeled), the flour, the eggs, chili powder and parsley. Mix for 1 minute at speed 7.

Once done form some small balls with the help of a spoon.

Preheat the air fryer to 170°C. Once hot place the spicy cod fishcake bowls into the air fryer and let them cook for about 5 to 10 minutes.



MEAT SAMOSAS

250g beef
250g carrots
1 garlic clove
Salt
Pepper
1 Onion
5cl olive oil
1 teaspoon of chili powder
1 teaspoon of cumin
1 teaspoon of coriander powder
10cl broth
6 brik pastry sheet
2 egg whites

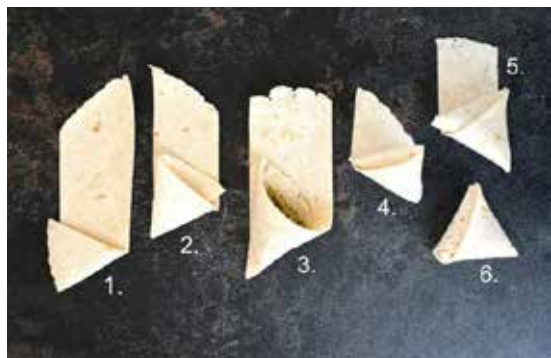
Cut the meat into cubes, put it into the bowl and mix at speed 10 for 10 seconds, then put aside.

Peel the carrots, the garlic, the onion then cut them into pieces. Put them into the bowl and mix at speed 10 for 30 seconds.

Remove the blades and attach the butterfly tool. Then add the oil and the spices and let it cook at 120°C for 5 minutes (without the lid on the bowl).

Now add the meat and the broth, salt and pepper and let it simmer at 120°C for 12 minutes.

Divide each brik pastry sheet into 4 bands. Brush the outer edges with the egg white, add some stuffing, fold and form the samosa into a triangle.



Cook them 5 minutes in a frying pan on high heat with a little oil or in the oven at 150°C for 15 minutes.



79

POTATO SALAD

300g potatoes

150g yoghurt

5cl oil

Dill

10cl olive oil

100g smoked salmon

1/2 lemon zest

Salt

5 berry pepper

0.7L water

Cut the smoked salmon into slices.

Now serve the potatoes covered in sauce and some lemon zest. Top with the salmon slices.

Serve cold.

Peel the potatoes and dice them. Add the 1.0l water into the bowl and heat it up to 100°C (takes about 5 minutes). Then place the potatoes into the steaming basket and put the steamer into the bowl. Let the potatoes cook at 100°C for about 20 minutes.

When the potatoes are ready, pour them into an empty bowl and rinse the ThermoCook Pro M bowl with cold water.

Add yoghurt, dill and olive oil into the bowl and blend at speed 10 for 20 seconds.



80

CHEESE NAAN

300g flour

11g sachet of baking powder

Cheese Spread (example Kiri)

1 pinch of salt

1 natural yoghurt

1 tablespoon of neutral oil

10cl water

Put the flour, baking powder, salt, water, oil and yoghurt into the bowl and let it knead until the dough is ready.

Divide the dough in 6 balls. Flatten each of them, add some cheese and close the dough. Repeat this process for the other 5 naan breads.

Heat a frying pan and cook the naan for about 2 minutes each side. Best served warm.



81

GREEK MUSHROOMS

800g paris mushrooms

1 onion

10cl white wine

6cl juice of lemon

140g tomato pulp

Salt

1 tablespoon of coriander seed

1 tablespoon of thyme

4 tablespoon of olive oil

3 tablespoon of powder sugar

Peel the onion and cut it into big pieces. Then add it into the bowl and mix for 20 seconds at speed 10.

Attach the butterfly tool. Add the oil and the coriander. Let it cook for 5 minutes at 120°C.

Meanwhile, wash and cut the mushrooms into four pieces. After the five minutes of cooking, add the mushrooms, the thyme, the white wine, the lime juice, the tomato pulp, the sugar and salt.

Cook for 30 minutes at 100°C.

Let them cool down, put them into the fridge and serve cold.

RICE & MOZZARELLA CROQUETTE

300g arborio rice
1 shallot
10cl olive oil
Salt
Pepper
100g breadcrumbs
8cl white wine
3 eggs
10cl tomato purée
30g parmesan
125g mozzarella
100g flour
90cl chicken broth

Peel the shallot and cut it into 4 pieces. Then put it into the bowl and mix at speed 10 for 10 seconds.

Attach the blade protection and the butterfly tool. Then add the olive oil and let it simmer at 120°C for 7 minutes (without the lid). When the timer says that there are 4 minutes left, add the rice. When it shows that there is 1 minute left add the white wine and the tomato purée.

At the end of the 7 minutes add the chicken broth, salt and let it cook at 95°C for 25 minutes without the lid. Then pour the mixture into a bowl to cool down.

Add one egg and the parmesan into the ThermoCook bowl and mix it. Cut the mozzarella into dices of about 1 cm of length. Form rice balls by placing a dice of mozzarella in the center.

Roll each ball in the flour, the 2 beaten eggs and then the breadcrumbs. Fry them in an airfryer 180°C for 5 minutes, the croquettes must be well colored.



83

CHEESE GOUGÈRES

200g cheese

4 eggs

200g flour

150g butter

1 egg yolk

Salt

Pepper

100g grated cheese

Preheat the oven to 180°C.

Cut the cheese into big pieces and put them into the bowl. Mix for 20 seconds at speed 7. Put aside for now.

Now put the butter, the salt, the pepper and the water into the bowl and start for 5 minutes at 100°C at speed 1. Add the flour and mix for 1 minute and 30 seconds at speed 3.

Let it cool down by removing the lid for a few minutes. Then start at speed 5 and add the eggs one by one through the hole in the lid. Let it spin for 30 seconds before adding the last egg.

Add 100g of grated cheese and mix 30 seconds at speed 2.

Pour the mix into a pastry bag. Cover a baking tray with baking paper. Now use the pastry bag to place the mixture into small pieces onto the tray and spread with some grated cheese. Bake in the oven for 25 minutes.



84

GREEK SALAD

200g cherry tomatoes

200g feta cheese

1 shallot sliced

Salt

100g bell pepper

100g cucumber

50g black olives

4 tablespoon of olive oil

2 tablespoons of fresh oregano

Cut the tomatoes in half. Put the feta into the bowl and mix 3 seconds at speed 4.

Now add the bell pepper, the shallot, the peeled cucumber (seeds removed), the olives, olive oil, oregano, pepper and salt in the bowl and mix for 4 seconds and speed 4.

Add the tomatoes and the feta cheese and mix for 5 seconds at speed 2.

**85**

ASIAN CHICKEN SALAD

1 chicken breast
100g cucumber
100g carrots
100g Iceberg salad
100g bean sprout
20g coriander
10cl lime juice
10cl soy sauce
20cl neutral oil
5cl sesame oil
1 teaspoon of tabasco
Salt
Pepper
0,7L water

Cut the chicken into strips. Put the water into the bowl and cook it to 100°C for 5 minutes. Put the chicken strips into the steaming basket. Season with salt and pepper.

Place the steaming basket into the ThermoCook and set it to 20 minutes. Now peel the cucumbers and carrots and form thin bands with a peeler.

Cut the salad into strips as well. Mix the carrots, cucumber, bean sprouts and the coriander in a salad bowl. Once the chicken is cooked, empty the bowl.

Now put the lime juice, soy sauce, neutral oil, sesame oil and tabasco into the bowl and blend at speed 10 for 45 seconds.

Add the chicken strips and half of the soy sauce into the salad bowl. Mix and serve.

BREAD





86

ZUCCHINI CAKE

900g of zucchinis

2 onions

3 garlic cloves

6g of agar-agar

50g of olive oil

some fresh mint leaves

2 cups of raw, fresh or frozen peas

1 teaspoon of salt (6 g)

1 teaspoon of pepper (6g)

Put the onions in the ThermoCook bowl and mix 5 seconds at speed 5, then add the olive oil.

Bake everything for 10 minutes at 120°, speed 1.

Add the zucchinis, the water, the Agar-agar, salt, pepper and cook it for 20 minutes at 100° Speed 1.

Add the garlic and the mint leaves and mix for 45 seconds at speed 10.

Pour everything in a cake mold and mix the peas into the mixture.

Put in the fridge for 5 to 6 hours.

BACON STRIP & COMTÉ BREAD

5g baker's yeast
20cl semi skimmed milk
350g flour
6g salt
180g comté
45g butter (at room temperature)
100g bacon

Add yeast and milk to the bowl.

Mix at 40°C at speed 5 for 3 minutes.

Then add the flour, the salt and the butter. Knead until the dough is ready.

Meanwhile, cut the comte into bands.

When the dough is ready, take it out of the bowl and put it onto a plate (that is covered with backing paper.)

Roll the dough into a rectangular shape. In the center add one third of the comte, some bacon and then close the dough.

Repeat this process.

Cover the dough with a dish towel and let it rise for 2 hours. Preheat the oven to 200°C.

Then bake the bread in the oven for about 20 to 30 minutes.

DESSERTS





88

BASIL PANNA COTTA

40cl light cream

100g onions

3 sheet of edible gelatin

30 leaves of fresh basil

Salt

Pepper

2x125g mozzarella di bufala

Soak gelatine leaves in cold water for 5 minutes to soften

Chop the basil leaves and cut the mozzarella into pieces.

Pour the light cream into the bowl and add the basil. Cook for 15 minutes at 90°C at speed 1.

Then add the mozzarella, salt and pepper and cook for 4 minutes at 80°C (speed 1).

Then attach the blades and mix at speed 5 for 10 seconds.

Squeeze gelatine to remove excess water, then add the gelatine leaves to the mixture and mix at speed 3 for 30 seconds.

Divide the liquid among glasses or moulds and leave in the fridge to set.

ALMOND FINANCIER/ ALMOND CAKE

125g almond powder

125g flour

180g powdered sugar

150g butter

5 egg white

1 pinch of salt

1 teaspoon of baking powder

1 teaspoon of vanilla powder

Grease your financier mould and fill them 2/3 with the dough. Bake for 15-20 minutes. Once done let them cool before taking them out of the mould.

Preheat the oven to 200°C.

Put the butter into the bowl and let it melt at 120°C, speed 3 for 10 minutes.

Then add the other ingredients and let it knead for 40 seconds at speed 3, then again for 3 minutes and speed 9.

Then wrap the dough in cling film and chill in the fridge for 30 minutes.



90

PEANUT BUTTER COOKIES

80g salty butter

80g sugar

180g flour

1 egg

100g chocolate chips

1 teaspoon baking powder

2 big tablespoons of crunchy peanut butter

With the help of the palm of your hand, shape the cookies then put them onto a baking tray, lined with parchment paper. Cook in the oven for about 12 minutes.

Preheat the oven to 180°C. The butter must be at the room temperature and really soft.

Put the butter into the bowl. Then add all the other ingredients except for the chocolate chips. Blend at speed 5 for 5 seconds. Now add the chocolate chips and mix 3 seconds at speed 5.



91

COCO FLAN

80g grated coconut
250g concentrated milk (sugar free)
2 eggs
40g sugar
25cl semi skimmed milk

Preheat the oven to 180°C

Add all the ingredients into the ThermoCook Pro M bowl and mix at speed 10 for 1 minute.

If needed use the spatula to push the mixture towards the center and blend again for 30 seconds. Pour the mixture into ramekins and bake in the oven for about 30 minutes.

HAZELNUT SPREAD

100g lightly salted butter
80g dark chocolate
120g milk chocolate
60g blended hazelnuts
20cl concentrated milk

Attach the blade assembly, then add the butter and mix at speed 3, 70°C for 3 minutes. Add the pieces of chocolate and let it melt at speed 3, 45°C for 5 minutes. Remove the blades and attach the kneading tool. Now add the concentrated milk and the blended hazelnuts and mix at speed 7 for 30 seconds.



92



93

SHORTBREAD BISCUIT (GLUTEN-FREE)

200g rice flour

120g brown sugar

Icing sugar

125g lightly salt butter

3 eggs yolks

Zest of one orange

Put the rice flour, sugar, small pieces of butter, egg yolks and the orange zest into the bowl. Mix at speed 8 for 3 minutes.

If needed use the spatula to push the mixture towards the center and blend again for 30 seconds.

Then wrap the dough in cling film and chill in the fridge for 60 minutes.

Preheat the oven to 180°C. Now use a rolling pin to roll out the dough and use a cookie cutter to prepare your shortbread biscuits. Then put them onto a baking tray, lined with parchment paper and bake for 15 minutes.

Serve with some icing sugar before serving.

92



94

MADELEINES

130g slightly salted butter

3 eggs

10h honey

12g sugar

130g flour

4g baking powder

Put the butter into the bowl and let it melt at 120°C at speed 5 for 3 minutes.

Then add all the other ingredients and start the program dough for 2 minutes. Then wrap the dough in cling film and chill in the fridge for 120 minutes.

Preheat the oven to 180°C. Prepare some madeleine moulds and fill up to 3/4 with dough. (The madeleines will rise during the baking process).

Bake in the oven for 15 minutes.
Once done let them cool before taking them out of the mould.



95

RED BERRIES SOUP

600g red berries of your choice

250ml of white wine

1 tablespoon of rum

3 tablespoons of corn flour

1 bag of vanilla sugar

100g sugar

Put half of the red berries, the white wine, rum, corn flour, vanilla sugar and sugar into the bowl and mix at speed 10 for 20 seconds. Then set the Thermocook Pro M at 100°C, speed 2 for 9 minutes. Now add the rest of the red berries and mix for 30 seconds at speed.

Pour the soup into a bowl and garnish with fresh berries.

HOMEMADE MARSHMALLOWS

250g sugar

3 egg whites

9 sheets of edible gelatin

Vanilla

60g cornstarch

Soak gelatine leaves in cold water for 5 minutes to soften

Put 190g sugar into the bowl and mix for 10 seconds at speed 10. Pour the sugar into a bowl.

Then add the rest of the sugar (60g) into the ThermoCook bowl + 3 egg whites. Set at 90°C, speed 4 for 5 minutes.

After 3 minutes squeeze gelatine to remove excess water, then add the

gelatine leaves and the vanilla to the mixture.

Again set to 3 minutes at speed 4. In a separate bowl mix the cornstarch with the powdered sugar. Hold the wire mesh strainer by its handle over a square mould covered with parchment paper. Spoon the powdered sugar into the strainer. Tap the side of the strainer with your free hand very lightly until all of the sugar has fallen through the mesh.

Now pour the mixture from the bowl into the mould.

Put everything into the fridge for about 3 hours.

When done take the marshmallows out of the mould and cut them into cubes and cover in some powdered sugar and cornstarch.



97

CANELÉ DE BORDEAUX

500ml milk
1 pinch of salt
2 whole eggs
2 egg yolks
1/2 vanilla bean
2 tablespoons rum
150g flour
250g sugar

Put the butter and the milk into the bowl and cook for 5 minutes at 100°C, speed 1. Empty the bowl.

Now add the flour, sugar, salt, vanilla sugar and the eggs and mix 10 seconds at speed 6, then 30 seconds at speed 4 by adding the milk and butter.

Mix little by little through the hole in the lid. Then wrap the dough in cling film and chill in the fridge for 12 hours.

Preheat the oven to 270°C.

Now add the rum to the dough. Grease the moulds and fill them $\frac{3}{4}$ with the cake batter.

Bake for 10 minutes at 270°C, then for 40 minutes at 180°C.

PUFF PASTRY

500g flour
400g butter
10g salt
25cl water

Add the flour into the bowl. Then add the water. Slowly mix everything together. Add a pinch of salt and small pieces of butter.

Wrap in cling film then chill the dough in the fridge for 15 minutes.

Lightly flour the work surface and the pastry. Roll out the pastry in one direction until it's about 1cm thick and three times as long as it is wide, or about 45x15cm/18x6in. Straighten up the sides with your hands now and again, and try to keep the top and bottom edges as square as possible.

Fold the bottom third of the pastry up, then the top third down, to make a block about 15x15cm. It doesn't matter if the pastry isn't exactly the right size - the important thing is that the corners are nice and square.

Turn the dough so that its open edge is facing to the right, like a book. Press the edges of the pastry together with the rolling pin.

Roll out and fold the pastry again, repeating this four times in all to make a smooth dough, with buttery streaks here and there. If the pastry feels greasy at any point, or starts to spring back as you roll, then cover and chill it for 10 minutes before continuing.

Chill the finished pastry for an hour, or ideally overnight, before using.

When you use the pastry, roll it out to about the thickness of a \$1 coin, and cook it at 200°C for about 30 minutes



99

CHOUQUETTES

150ml water

80g butter

120g flour

3 eggs

30g crystal sugar

1/2 teaspoon of salt

1 tablespoon sugar

Preheat the oven to 200°C. Put the water, butter, salt and the sugar into the bowl and cook for 4 minutes at 100°C at speed 1.

Add the flour and blend for 1 minute at speed 3. Your mixture should look like a sweet shortcrust pastry.

Now mix everything at speed 5, then add the eggs (one by one through the hole of the lid). Keep mixing for 3 seconds at speed 5.

Cover the baking tray with parchment paper.

Take a spoon, spoon out some mixture and form small balls. Then roll them into crystal sugar before placing them about 2-3cm apart from each other onto the baking tray.

Cook in the oven for 15 minutes at 200°C, then 15 minutes at 180°C.

Take the chouquettes out of the oven and let them cool down.

Then cover the baking tray with plastic wrap and put it in the fridge for at least 6 hours.



100

STRAWBERRY ICE CREAM

200g ripe strawberries, chopped

250g thickened cream

250ml milk

150g caster sugar

2 egg yolks

1 tablespoon vanilla extract

Add all ingredients except strawberry into the jar (butterfly tool), 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 the refrigerator until semi-frozen

Take out the cubes from the refrigerator, and blend until smooth.

Return the mixture into refrigerator until firm, to serve.

ThermoCook

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