



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!!

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

1. To get the last bit of food off your butterfly, tap it gently back and forth inside your bowl. Then place it back on top of the blade, turn on speed 4 to flick any excess ingredients to the side of the bowl, then scrape the last bits out with your spatula. **Remember that the butterfly should never be used above speed 4.**
2. To save on cleaning. Try to prepare dry ingredients before the wet ones – this ensures that you can skip a step of cleaning the bowl!
3. Ensure that when pureeing your hot soups or stocks, to always start on the low speeds and slowly work your way up to higher speeds. This ensures that you get a consistent puree as well as preventing any hot food spatter. **Your machine will not go above speed 4 for hot liquids.**
4. It is a good idea to get into the habit of removing your ingredients from the bowl with the included spatula by moving it in a **clockwise direction**. This ensures that the spatula is coming in contact with the blunt side of the blade, preventing it from getting damaged.
5. Think out of the box - the TC PRO M is such a versatile machine which allows you to do more than just cook. You can knead bread dough, prepare cakes and desserts easily without having to lug out inconvenient cake mixers or food processors.
6. If you have to attach your butterfly whilst the TC PRO M bowl has ingredients in it, **simply use the provided spatula** to move ingredients around until the butterfly snaps on securely.
7. To **remove odours and tastes** such as onion from your TC PRO M, fill the bowl to about a liter with water and 60-70ml of vinegar. Give it a wash with warm water and then turn it to turbo for a few seconds.

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

# THERMOCOOK PRO M TIPS

|  |   |   |  |
|--|---|---|--|
|  <p>grated fruit/veg<br/>speed 5-8, 5 seconds</p>   |  <p>chopped garlic<br/>peel, mince, speed 6<br/>3 seconds</p>                |  <p>grated ginger<br/>peel, mince, speed 6<br/>3 seconds</p>       |  <p>onion, chopped<br/>halve, chop speed 5<br/>5 seconds</p>        |
|  <p>ground spices<br/>speed 12, 1 minute</p>  |  <p>hot soup<br/>puree, 2 minutes<br/>speed 1-4 gradually</p>                |  <p>smoothies<br/>speed 9, 1 minute</p>                            |  <p>coffee grounds<br/>mill, speed 12<br/>1 minute</p>              |
|  <p>whipped cream<br/>butterfly, speed 4<br/>30 seconds</p>                                   |  <p>grated chocolate<br/>break, speed 8<br/>5 seconds</p>                    |  <p>melted butter<br/>cubes, speed 1, 37 degrees<br/>3 minutes</p> |  <p>grated cheese<br/>cubes, speed 8<br/>10 seconds</p>             |
|  <p>steamed rice<br/>water + rice in steamer<br/>basket, 100°C, speed 3,<br/>14 minutes</p> |  <p>warm milk for coffee<br/>70 degrees celcius, speed 1<br/>5 minutes</p> |  <p>steamed veg<br/>100°C, speed 3<br/>10 minutes</p>            |  <p>fresh breadcrumbs<br/>frozen bread, speed 8<br/>5 seconds</p> |





# CONTENTS

## Part 1: Drink

|                                 |    |
|---------------------------------|----|
| Strawberry Smoothie             | 8  |
| Morning Dew Smoothie            | 8  |
| Apricot & Almond Milk Smoothie  | 9  |
| Banana-Kiwi Smoothie            | 9  |
| Banana Smoothie                 | 10 |
| Special Papa-Coco Smoothie      | 10 |
| Mango-Lemon Smoothie            | 11 |
| Pineapple Orange Juice          | 11 |
| Carrot, Cucumber & Orange Juice | 12 |

## Part 2: Sauces & Dips

|                                  |    |
|----------------------------------|----|
| Greek Tarama Dip                 | 14 |
| Eggplant Caviar                  | 15 |
| Pastry cream or Crème Patissière | 16 |
| Tzatziki                         | 16 |
| Butcher's Sauce                  | 17 |
| Hummus                           | 17 |
| Four Cheese Sauce                | 18 |
| Bechamel Sauce                   | 18 |
| Guacamole                        | 19 |
| Pesto Rosso                      | 19 |
| Green Pepper Sauce               | 20 |
| Shrimp & Cocktail Sauce          | 21 |
| Cauliflower Cream                | 22 |
| Eggplant Spread                  | 23 |



## Part 3: Soup

|                                    |    |
|------------------------------------|----|
| Tomato Gazpacho                    | 25 |
| Indian Soup                        | 26 |
| Juliana Soup (Potato-Carrot-Soup)  | 27 |
| Vegetable Soup                     | 28 |
| Beetroot iced soup                 | 29 |
| Cauliflower Velouté                | 29 |
| Chicken & Vermicelli Soup          | 30 |
| Georgian Soup                      | 31 |
| Russian Soup                       | 32 |
| Winter Vegetable Soup              | 32 |
| Asian Pot-Au-Feu                   | 33 |
| Mushroom Velouté                   | 34 |
| Caldo Verde   Portuguese Kale Soup | 35 |
| Chorizo & Pea Velouté              | 36 |
| Blue Cheese Velouté                | 36 |
| Chestnut & Liver Velouté           | 37 |
| Shrimps Bisque                     | 38 |
| Austrian Quenelles                 | 39 |
| Barry Cream Soup                   | 40 |
| Sorrel Soup                        | 41 |
| Borscht                            | 42 |
| Beetroot Soup                      | 43 |



#### Part 4: Mains

|                                   |    |
|-----------------------------------|----|
| Zucchini & Beef Meat Gratin       | 45 |
| Fish Curry                        | 46 |
| Ratatouille                       | 47 |
| Quick Chicken Couscous            | 48 |
| Vegetables Tagine                 | 49 |
| Sausage Rougail                   | 40 |
| Endive Gratin                     | 51 |
| Orange Duck                       | 52 |
| Rabbit Lemongrass Stew            | 53 |
| Pizza Regina                      | 54 |
| Lasagna                           | 55 |
| Tomato Quinoa                     | 56 |
| Smoked Haddock with Curry Lentils | 57 |
| Mushrooms & Garlic Stir Fry       | 58 |
| Beef Cheek & vegetables           | 59 |
| Carbonara Pasta                   | 60 |
| Cheese Macaroni                   | 61 |
| Mozzarella Risotto                | 62 |
| Chili Con Carne                   | 63 |
| Stuffed Tomatoes                  | 64 |
| Mustard Quinoa                    | 65 |
| Spanish Chorizo Stew              | 66 |
| Poulet Basquaise                  | 67 |
| Stuffed Chicken Roll              | 68 |
| Chicken Curry                     | 69 |
| Beef Meatballs                    | 70 |
| Express Paupiettes                | 71 |
| Spinach & Gorgonzola Pie          | 72 |
| Stuffed Bell Peppers              | 73 |

#### Part 5: Side Dish, Salads & Snacks

|                             |    |
|-----------------------------|----|
| Patatas Bravas              | 75 |
| Cheese Soufflé              | 76 |
| Spicy Cod Fishcake          | 77 |
| Meat Samosas                | 78 |
| Potato Salad                | 79 |
| Cheese Naan                 | 80 |
| Greek Mushrooms             | 81 |
| Rice & Mozzarella Croquette | 82 |
| Cheese Gougères             | 83 |
| Greek Salad                 | 84 |
| Asian Chicken Salad         | 85 |

#### Part 6: Bread

|                           |    |
|---------------------------|----|
| Zucchini Cake             | 87 |
| Bacon Strip & Comté Bread | 88 |

#### Part 7: Desserts

|                                  |     |
|----------------------------------|-----|
| Basil Panna Cotta                | 90  |
| Almond Financier/ Almond Cake    | 91  |
| Peanut Butter Cookies            | 92  |
| Coco Flan                        | 93  |
| Hazelnut Spread                  | 93  |
| Shortbread Biscuit (gluten-free) | 94  |
| Madeleines                       | 95  |
| Red Berries Soup                 | 96  |
| Homemade Marshmallows            | 97  |
| Canelé of Bordeaux               | 98  |
| Puff Pastry                      | 99  |
| Chouquettes                      | 100 |
| Strawberry Ice Cream             | 101 |

# 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 SMOOTHI

200g of apricots

200ml 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

100ml 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)**

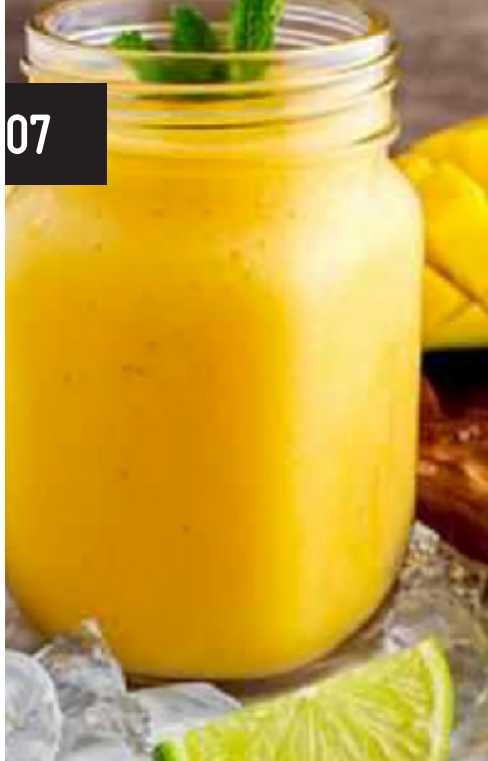
Peel the mango and take out the pit.

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.

# 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.

## EGGPLANT CAVIAR

- 2 eggplants
- 600ml water
- 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

500ml 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  
350ml 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

## HUMMUS

550g tin of Chickpeas  
2 garlic cloves  
1 juice of lemon  
100ml 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  
300ml 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 ripe 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
- 250ml 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**

**250ml 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.



## 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!



# SOUP

**RECIPES HAVE TO COOL TO  
UNDER 60 DEGREES BEFORE BEING PUREED  
AT SPEED 4 OR HIGHER**





24

## TOMATO GAZPACHO

**5 ripe 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 tablespoons of vinegar**

**2 tablespoons 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**

**200ml of coconut milk**

**1 cube of chicken broth**

**1 tablespoon of olive oil**

**500ml of water**

**Salt and pepper**

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

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.

26





26

## JULIANA SOUP (POTATO-CARROT- SOUP)

200g potatoes

1 onion

2 garlic cloves

200g carrots

50g white part of the leek

Salt

800ml 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.





## 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.





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.

30



31

## GEORGIAN SOUP

**500g lamb**  
**100g onions**  
**5 garlic cloves**  
**50ml 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  
50ml 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 button mushroom**

**Salt**

**Pepper**

**80g white of the leeks**

**15g fresh cream**

**600ml 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**

**800ml water**

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

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.



**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**

**750ml 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**

**850ml 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**

**300ml milk**

**4 eggs**

**50g onions**

**50ml oil**

**20g chopped 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  
500ml milk  
200ml 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

600ml 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  
 50ml 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  
750ml chicken broth  
100ml 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**

**200ml chicken broth**

**200ml coconut milk**

**3 teaspoons curry powder**

**2 bay 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.

46





48

## RATATOUILLE

**150g onions**  
**100g red bell pepper**  
**2 garlic cloves**  
**50ml olive oil**  
**250g zucchinis**  
**250g eggplant**  
**300g tomatoes**  
**200ml 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.

## QUICK CHICKEN COUSCOUS

**1 chicken breast (650g)**

**2 garlic cloves**

**1 onion**

**1 red bell pepper**

**50ml olive oil**

**250ml chicken broth**

**Salt**

**1 teaspoon ground coriander**

**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**

**50ml olive oil**

**Salt**

**Pepper**

**1 teaspoon of cumin**

**1 teaspoon of cinnamon**

**250g zucchinis**

**250g fennel**

**300g tomatoes**

**200ml vegetable broth**

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.

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.



51

## SAUSAGE ROUGAIL

**4 x 150g sausages**

**1 onion**

**70g ginger**

**2 garlic clove**

**50ml oil**

**400g tomato passata**

**200ml chicken broth**

**2 dried chillies**

**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.

50



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 leg, halved**

**2 duck fillet**

**1 shallot**

**1 onion**

**1 tablespoon of olive oil**

**10g corn flour**

**150ml orange juice**

**50ml port wine**

**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.

52





54

## RABBIT LEMONGRASS STEW

**15g fresh ginger**  
**50ml olive oil**  
**Salt**  
**4 shallot**  
**1kg rabbit saddle**  
**20g lemongrass**  
**400ml veal stock**  
**4 tablespoons corn flour**  
**100ml 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

**20g fresh yeast or 7g sachet instant yeast**

**400g flour**

**1 teaspoon of salt**

**3 teaspoon olive oil**

**250g mozzarella**

**200ml tomato paste**

**1 teaspoon of oregano**

**250ml 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.

54

## LASAGNA

**300g beef ground meat**

**1 garlic cloves**

**1 onion**

**50ml olive oil**

**500g peeled tomatoes**

**10g oregano**

**50g flour**

**500ml semi-skimmed milk**

**100g grated cheese**

**1 pinch of nutmeg**

**1 box of instant lasagna sheets**

**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**

**50ml olive oil**

**100ml 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 french green lentils**

**1 onion**

**1 garlic clove**

**1 teaspoon curry powder**

**Salt**

**Pepper**

**20ml oil**

**650ml 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 tablespoons 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.

58





60

## BEEF CHEEKS WITH VEGETABLES

**800g of beef cheeks**

**500ml red wine**

**1 onion**

**200g carrots**

**200g potatoes**

**Salt**

**Pepper**

**1 garlic clove**

**50g of bacon strips**

**500ml veal broth**

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

**2 tablespoons 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.



## CARBONARA PASTA

**500g of pasta**

**200g pancetta**

**1 tablespoon of olive oil**

**300ml heavy cream**

**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**  
**500ml 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**  
**150ml cooking cream**  
**350g arborio rice (or any other rice**  
**suitable to make risotto)**  
**1 onion**  
**30g parmesan**  
**900ml chicken broth**  
**100ml 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 tin of red kidney beans**
- Pepper**
- Salt**
- 1 tin of tomatoes**
- 200g long grain rice**
- 1 sachet of chili con carne spices**
- 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 large button mushrooms**

**4 big tomatoes**

**Meat of 1 cased sausages**

**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.

64

## MUSTARD QUINOA

**150g of quinoa**

**1 onion**

**50ml olive oil**

**100ml tomato purée**

**200g diced tomatoes**

**10 basil leaves**

**Salt**

**Pepper**

**300ml water**

**2 teaspoons dijon mustard**

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.

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

## SPANISH CHORIZO STEW

**400g dry white beans**  
**2 Iberico chorizo sweet**  
**150g black sausage**  
**200g Iberico shoulder in pieces**  
**200g pork belly**  
**5 tomatoes**  
**20ml olive oil**  
**500ml 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**  
**120ml 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 or okra), and a red sauce. To the left of the bowl is a small white bowl containing a red paste, likely chili sauce. In front of the bowl are two light-colored wooden chopsticks resting on a white ceramic spoon rest. The entire setup is on a light-colored, textured surface.

70

## CHICKEN CURRY

**1 onion**  
**2 tablespoons of oil**  
**700g chicken**  
**400ml coconut milk**  
**1 piece of ginger**  
**200ml chicken broth**  
**Few leaves of coriander**  
**2 carrots**  
**1 zucchini**  
**Curry powder**  
**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.

70



72

## EXPRESS PAUPIETTES

**4 veal paupiettes**

**1 onion**

**50ml olive oil**

**300ml 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**  
**150ml thickened 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.

72



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 tinned tomatoes**

**12 drops tabasco**

**Salt**

**1 teaspoon of sugar**

**2 teaspoons 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. Each soufflé is served in a white ceramic ramekin and sits on a light-colored wicker tray. The soufflés are golden-brown on top, with a slightly cracked and puffed texture. The background is a soft-focus, light-colored surface.

76

## CHEESE SOUFFLÉ

**40g flour**  
**500ml low fat 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**
- 50ml olive oil**
- 1 teaspoon of chili powder**
- 1 teaspoon of cumin**
- 1 teaspoon of coriander powder**
- 100ml broth**
- 6 samosa wrappers**
- 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 samosa wrapper into 4. 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**

**50ml oil**

**Dill**

**100ml olive oil**

**100g smoked salmon**

**1/2 lemon zest**

**Salt**

**5 cracks of 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**

**2¾ teaspoons baking powder**

**Cheese Spread (example Kiri)**

**1 pinch of salt**

**1 50g natural yoghurt**

**1 tablespoon of neutral oil**

**100ml 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 button mushrooms**

**1 onion**

**100ml white wine**

**4 tablespoons lemon juice**

**140g tomato pulp**

**Salt**

**1 tablespoon of coriander seed**

**1 tablespoon of thyme**

**4 tablespoons of olive oil**

**3 tablespoons of caster 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**  
**100ml olive oil**  
**Salt**  
**Pepper**  
**100g breadcrumbs**  
**80ml white wine**  
**3 eggs**  
**100ml tomato purée**  
**30g parmesan**  
**125g mozzarella**  
**100g flour**  
**900ml 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 tablespoons 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 lettuce  
100g bean sprout  
20g coriander  
100ml lime juice  
100ml soy sauce  
200ml neutral oil  
50ml 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 baking powder**

**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 baking powder, 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 instant yeast  
200ml low fat 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

**400ml light cream**

**100g onions**

**3 gelatin leaves**

**30 leaves of fresh basil**

**Salt**

**Pepper**

**250g buffalo mozzarella**

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.

90



89

## ALMOND FINANCIER/ ALMOND CAKE

**125g ground almonds**

**125g flour**

**180g powdered sugar**

**150g butter**

**5 egg white**

**1 pinch of salt**

**1 teaspoon of baking powder**

**1 teaspoon of vanilla extract**

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 salted 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 evaporated milk  
2 eggs  
40g sugar  
250ml low fat 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 ground hazelnuts  
200ml evaporated 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

## 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.



94

## MADELEINES

**130g slightly salted butter**

**3 eggs**

**10g honey**

**120g 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.



## 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 gelatine leaves**

**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**  
**250ml 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 pearl 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

To find out more, visit Froothie international  
and select your country

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