



THERMOCOOK PRO M 3.0

QUICK REFERENCE GUIDE



WELCOME TO THE OPTIMUM THERMOCOOK PRO M 3.0

QUICK REFERENCE GUIDE

This Quick Reference Guide is designed to **help you make the most of your Thermocook** by providing all the time, speed and temperature settings for the most common kitchen tasks such as grating, chopping, milling, cooking and steaming for a variety of ingredients.

Whether you are preparing a simple meal or experimenting with new recipes, **this guide will ensure you achieve perfect results every time.**

Use it as your go-to resource for quick and easy settings, allowing you to save time and bring out the best flavours in all your dishes.

Let's get cooking with confidence!

YOU'LL NEED THE FOLLOWING ATTACHMENTS

Multifunction blades	Designed for a variety of tasks, from chopping and slicing to blending and mixing. These blades are made to handle both soft and hard ingredients.
Stirring / Kneading blades	Ideal for stirring sauces, sautéing and kneading dough. It provides precise control and thorough mixing, ensuring your recipes turn out perfectly every time.
Butterfly whisk	Perfect for whipping cream, beating eggs, and creating light, airy mixtures. Its unique shape ensures even aeration and smooth, consistent results.
Inner basket	Useful for cooking or steaming ingredients separately from those being prepared in the main bowl. It can also be used to rinse grains or strain ingredients.
Steamer and tray	Designed to fit on top of the mixing bowl, this steamer and tray allows for healthy steaming of vegetables, fruits, fish and meats, enabling you to cook multiple components of your meal simultaneously.
Food Processor Disc - Side for slicing	Slice vegetables, fruits and cheese for salads, garnishes and any dish needing evenly sliced ingredients.
Food Processor Disc - Side for grating	Achieves coarse grating with ease. Perfect for quickly grating cheese, vegetables, and other ingredients, adding flavour to your favourite dishes.



GRATING, CHOPPING AND MILLING

Below are the recommended Thermocook speeds and times for grating, chopping and milling. These settings are tailored for the best results for each ingredient and can be used in a wide range of recipes.

GRATING

INGREDIENTS	TIME / SPEED	ATTACHMENT
Apples - cut into quarters	Speed 6	Food Processor Disc - Side for grating
Cabbage - roughly chopped	Speed 6	Food Processor Disc - Side for grating
Carrots	Speed 5	Food Processor Disc - Side for grating
Cheese - medium-hard	Speed 5	Food Processor Disc - Side for grating
Cheese - parmesan, cut into 3cm pieces	Speed 6	Food Processor Disc - Side for grating
Chocolate	Speed 5	Food Processor Disc - Side for grating
Cucumbers	Speed 6	Food Processor Disc - Side for grating
Pears, nectarines, apricots - drupe removed	Speed 6	Food Processor Disc - Side for grating
Zucchini	Speed 5	Food Processor Disc - Side for grating



GRATING

INGREDIENTS	QUANTITY	TIME / SPEED	ATTACHMENT
Apples - cut into quarters	100g - 400g	3 sec / speed 6	Food Processor Disc - Side for grating
Breadcrumbs - bread cut into 3cm pieces	200g	8 sec / speed 7	Food Processor Disc - Side for grating
Cabbage - roughly chopped	300g - 600g	8 sec / speed 7	Food Processor Disc - Side for grating
Carrots	200g - 400g	6 sec / speed 7	Food Processor Disc - Side for grating
Cheese - medium-hard and cut into 3cm pieces	80g - 300g	10 sec / speed 9	Food Processor Disc - Side for grating
Cheese - parmesan, cut into 3cm pieces	80g - 300g	10 sec / speed 9	Food Processor Disc - Side for grating
Chocolate - dark and coarsely grated	200g - 350g	5 sec / speed 9	Food Processor Disc - Side for grating
Chocolate - milk and coarsely grated	200g - 350g	5 sec / speed 8	Food Processor Disc - Side for grating
Chocolate - white and coarsely grated	200g - 350g	5 sec / speed 9	Food Processor Disc - Side for grating
Pears, nectarines, apricots - drupe removed	180g - 400g	5 sec / speed 6	Food Processor Disc - Side for grating
Potatoes - peeled and cut into pieces	200g - 800g	8 sec / speed 6	Food Processor Disc - Side for grating
Plums - drupe removed	180g - 400g	5 sec / speed 7	Food Processor Disc - Side for grating



CHOPPING

INGREDIENTS	QUANTITY	TIME / SPEED	ATTACHMENT
Beef - sinew-free, partially frozen and cut in 4cm pieces	250g - 400g	8 sec / speed 10	Multifunction blades
	400g - 500g	12 sec / speed 10	Multifunction blades
Garlic	1 clove	3 sec / speed 7	Multifunction blades
	30g - 70g	3 sec / speed 6	Multifunction blades
	120g - 200g	5 sec / speed 8	Multifunction blades
Hazelnuts or almonds - coarsely chopped	100g - 150g	4 sec / speed 7	Multifunction blades
	150g - 350g	6 sec / speed 7	Multifunction blades
Herbs - fresh and leaves only	15g -30g	3 sec / speed 6	Multifunction blades
	30g - 45g	4 sec / speed 6	Multifunction blades
	45g - 80g	6 sec / speed 7	Multifunction blades
Ice - crushed	150g - 500g	6 sec / speed 5	Multifunction blades
Lamb - sinew-free, partially frozen and cut in 4cm pieces	250g - 400g	12 sec / speed 9	Multifunction blades
Onion - cut in half	20g - 100g	3 sec / speed 7	Multifunction blades
	100g - 500g	6 sec / speed 7	Multifunction blades
	600g	6 sec / speed 8	Multifunction blades
Peanuts, cashews, walnuts and pecans - coarsely chopped	80g - 180g	5 sec / speed 7	Multifunction blades
	180g - 400g	6 sec / speed 6	Multifunction blades
Pork - sinew-free, partially frozen and cut in 4cm pieces	250g - 350g	10 sec / speed 8	Multifunction blades
	400g - 500g	15 sec / speed 8	Multifunction blades
Poultry - partially frozen and chopped into 4 cm pieces	250g - 350g	6 sec / speed 8	Multifunction blades
	400g - 500g	8 sec / speed 9	Multifunction blades

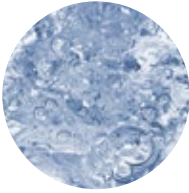
**MILLING**

INGREDIENTS	QUANTITY	TIME / SPEED	ATTACHMENT
Coffee beans	80g - 400g	40 sec / speed 12	Multifunction blades
Dried pulses - chickpeas	100g - 500g	50 sec / speed 12	Multifunction blades
Grains	80g - 400g	1 min / speed 12	Multifunction blades
Nuts	100g - 400g	10 sec / speed 9	Multifunction blades
Poppy seeds	80g - 400g	40 sec / speed 10	Multifunction blades
Rice	80g - 300g	2 min / speed 10	Multifunction blades
Sesame seeds	80g - 300g	16 sec / speed 12	Multifunction blades
Spices	20g - 300g	50 sec / speed 10	Multifunction blades
Sugar - white and brown	100g - 400g	18 sec / speed 12	Multifunction blades



COOKING

Explore the Thermocook's cooking settings for boiling, sauteing, chopping, slow cooking, kneading, and simmering. Each setting provides the speeds, times and temperatures for optimal results in all your meals.



Boiling: To achieve boiling, ensure there is sufficient liquid or water in the bowl, then set the temperature to 100°C and speed to reverse 1 for 9 minutes.



Simmering: For gentle cooking and simmering of ingredients, set the temperature to 95°C which is just below boiling and set speed to reverse 1 for your desired time. This allows for a gentle simmer, ensuring your ingredients cook evenly and retain their flavour.



Sautéing: To sauté ingredients directly in the bowl, set the temperature to 120°C and set speed to reverse 1. Allow the ingredients to sauté for 5-10 minutes for optimal flavour infusion.



Chopping: For precise and efficient chopping, add your ingredients to the bowl, then set the speed to 5-7 depending on the desired coarseness. Pulse for a few seconds at a time until the ingredients reach the desired consistency. The powerful blades ensure uniform cuts, making prep work quick and easy.



Kneading: To knead dough effortlessly, use the kneading function by setting the speed to 2-4 and running the appliance for 3 minutes. This setting mimics the traditional kneading process, ensuring your dough is smooth and elastic, ready for baking.



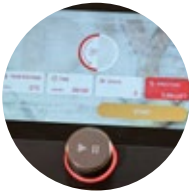
Whipping: To whip cream or egg whites, use the butterfly whisk, set Speed 3 (max 4), no temperature, and whip for 30-50 seconds. If you have more content in the jug, you may go up to 2 minutes, checking for the desired consistency.



Puréeing: To purée, use Speed 8-12 for 30 seconds to 1 minute, adjusting time for smoother consistency; for hot purées like soups, set the temperature to 90-100°C if needed and increase cooking time to 6 minutes.



Melting: To melt ingredients, set the temperature to 50-60°C, use Speed 2-3, and mix for 3-5 minutes, depending on the ingredient and quantity. Adjust time as needed for complete melting.



Reverse Cooking: For reverse cooking, tap on reverse, set Speed 1-2, and adjust the temperature as needed for your recipe. This setting ensures gentle stirring, preventing ingredients from being chopped while cooking. It is recommended to use the stirring paddle for the best results.



STEAMING

Discover the best settings for steaming vegetables, fruits, fish, and meats with the Thermocook. Each ingredient goes through the temperatures, times and speeds for achieving the perfect results.



- Remember to fill the bowl with water and use the steamer and tray or inner basket.
- When steaming for extended times, consider adding extra water to the bowl.
- Make sure the holes in the steamer tray aren't covered so the steam can circulate freely.

STEAMING VEGETABLES

INGREDIENTS	QUANTITY	TIME / SPEED / TEMP	ATTACHMENT
Artichoke hearts	500g - 900g	34 min / speed 2 / 120°C	Steamer and tray
Asparagus	200g - 750g	20 min / speed 2 / 120°C	Steamer and tray
Beetroots - quartered	300g - 800g	60 min / speed 2 / 120°C	Steamer and tray
Bell pepper - cut or sliced	80g - 250g	14 min / speed 1 / 120°C	Inner basket
	300g - 800g	16 min / speed 2 / 120°C	Steamer and tray
Broccoli florets	100g - 250g	12 min / speed 1 / 120°C	Inner basket
	300g - 750g	18 min / speed 2 / 120°C	Steamer and tray
Brussel sprouts	200g - 600g	28 min / speed 2 / 120°C	Steamer and tray
Carrots - sliced	100g - 450g	22 min / speed 1 / 120°C	Inner basket
	500g - 750g	26 min / speed 2 / 120°C	Steamer and tray
Cauliflower florets	250g	18 min / speed 1 / 120°C	Inner basket
	300g - 800g	22 min / speed 2 / 120°C	Steamer and tray
Celery	180g - 350g	22 min / speed 1 / 120°C	Inner basket
	400g - 750g	26 min / speed 2 / 120°C	Steamer and tray
Corn - on the cob	250g - 900g	26 min / speed 2 / 120°C	Steamer and tray
Eggplant - medium-sized	250g - 750g	16 min / speed 2 / 120°C	Steamer and tray
Fennel - quartered	180g - 450g	22 min / speed 1 / 120°C	Inner basket
	500g - 850g	28 min / speed 2 / 120°C	Steamer and tray
Fresh green beans - cut into pieces	180g - 250g	18 min / speed 1 / 120°C	Inner basket
	300g - 750g	24 min / speed 2 / 120°C	Steamer and tray
Leeks	180g - 350g	20 min / speed 1 / 120°C	Inner basket
	400g - 750g	24 min / speed 2 / 120°C	Steamer and tray
Mushrooms - whole	80g - 250g	14 min / speed 1 / 120°C	Inner basket
	300g - 800g	16 min / speed 2 / 120°C	Steamer and tray
Peas - frozen	180g - 450g	16 min / speed 1 / 120°C	Inner basket
	400g - 750g	20 min / speed 2 / 120°C	Steamer and tray
Potatoes and sweet potatoes	180g - 500g	25 min / speed 1 / 120°C	Inner basket
	550g - 900g	28 min / speed 2 / 120°C	Steamer and tray
Pumpkin - chopped into 3cm pieces	250g - 900g	30 min / speed 2 / 120°C	Steamer and tray
Spinach - fresh	500g	12 min / speed 2 / 120°C	Steamer and tray
Zucchini - sliced	180g - 450g	16 min / speed 1 / 120°C	Inner basket
	500g - 850g	22 min / speed 2 / 120°C	Steamer and tray



STEAMING FRUITS

INGREDIENTS	QUANTITY	TIME / SPEED / TEMP	ATTACHMENT
Apple - quartered	180g – 450g	20 min / speed 1 / 120°C	Inner basket
	500g - 650g	22 min / speed 2 / 120°C	Steamer and tray
Apricot and peach - halved	250g - 350g	12 min / speed 1 / 120°C	Inner basket
	400g - 750g	14 min / speed 2 / 120°C	Steamer and tray
Pear - peeled and quartered	180g – 450g	14 min / speed 1 / 120°C	Inner basket
	500g - 750g	18 min / speed 2 / 120°C	Steamer and tray
Pineapple - peeled, cored and cut into thin pieces	180g – 450g	16 min / speed 1 / 120°C	Inner basket
	500g - 650g	22 min / speed 2 / 120°C	Steamer and tray
Plum - halved	180g – 350g	12 min / speed 1 / 120°C	Inner basket
	400g - 650g	14 min / speed 2 / 120°C	Steamer and tray

STEAMING FISH

INGREDIENTS	QUANTITY	TIME / SPEED / TEMP	ATTACHMENT
Clams	300g - 800g	17 min / speed 2 / 120°C	Steamer and tray
Fish fillets - salmon, sea bass and snapper	2 - 6 fillets 120g -180g each	16 min / speed 2 / 120°C	Steamer and tray
Mussels	400g	14 min / speed 1 / 120°C	Steamer and tray
	900g	17 min / speed 2 / 120°C	Steamer and tray
Raw prawns - peeled	300g - 800g	14 min / speed 2 / 120°C	Steamer and tray
Raw prawns - unpeeled, large prawns, shell and head on	300g - 800g	16 min / speed 2 / 120°C	Steamer and tray
Scallops	400g	16 min / speed 1 / 120°C	Steamer and tray
	900g	19 min / speed 2 / 120°C	Steamer and tray
Whole fish - barramundi, trout and snapper	2 (450g each)	16 min / speed 1 / 120°C	Steamer and tray
	4 (450g each)	19 min / speed 2 / 120°C	Steamer and tray

STEAMING MEAT

INGREDIENTS	QUANTITY	TIME / SPEED / TEMP	ATTACHMENT
Beef fillet	450g - 600g	26 min / speed 1 / 120°C	Steamer and tray
Chicken breasts	500g	20 min / speed 1 / 120°C	Steamer and tray
	600g - 900g	24 min / speed 2 / 120°C	Steamer and tray
Chicken thigh fillets	250g - 900g	24 min / speed 1 / 120°C	Steamer and tray
Lamb cutlets	400g - 800g	18 min / speed 2 / 120°C	Steamer and tray
Meatballs	450g - 600g	22 min / speed 1 / 120°C	Steamer and tray
	650g - 1000g	26 min / speed 1 / 120°C	Steamer and tray
Pork tenderloin	400g - 1400g	32 min / speed 1 / 120°C	Steamer and tray



MAINTENANCE AND CLEANING

Proper maintenance and regular cleaning are essential to keeping your Thermocook in optimal condition. Here's how to care for your appliance:

DAILY CLEANING



After Each Use: Clean the mixing bowl, blades, and accessories immediately after use to prevent food from hardening. Most components are dishwasher safe, but check the manual user to be sure.



Wiping Down: Regularly wipe the exterior and touch screen with a soft, damp cloth to keep it free of smudges and spills.

DEEP CLEANING

The Mixing Bowl

- ▶ **Initial Rinse:** Empty any leftovers and rinse the bowl with warm water to remove loose particles.
- ▶ **Soapy Water:** Fill the bowl with warm water and add a few drops of dish soap. Run the machine for 30 sec / speed 10 to let the soapy water clean the blades and interior.
- ▶ **Scrub if Needed:** For stubborn residue, use a non-abrasive sponge or brush to gently scrub the inside of the bowl. Avoid harsh scrubbing pads that can scratch the surface.
- ▶ **Rinse and Dry:** Thoroughly rinse the bowl with clean water and dry it with a clean towel or let it air dry.

The Base and Touch Screen

- ▶ **Wipe Down:** Use a soft, slightly damp cloth to wipe down the base and touch screen. Avoid spraying any cleaning agents directly onto the base. Instead, apply a mild cleaner to the cloth if needed.
- ▶ **Avoid Moisture:** Ensure that no water seeps into the electrical components. Keep the cleaning cloth only lightly damp.

The Accessories (Steaming Basket, Blades, Lid, Measuring Cup)

- ▶ **Disassemble and Soak:** Remove all detachable parts and soak them in hot soapy water for a few minutes.
- ▶ **Scrub Each Part:** Use a dish brush or sponge to clean each part thoroughly, paying special attention to areas where food residue can accumulate.
- ▶ **Rinse and Dry:** After scrubbing, rinse all parts with clean water and dry them thoroughly before reassembling.

For stains at the bottom of the bowl

- ▶ Add 2 tablespoons of bicarbonate of soda, 1 tablespoons of white vinegar and enough water to cover the blades.
- ▶ Start your machine for 3 min / 100°C / speed 3. Then rinse with clean water and it's ready to go.

SAFETY TIPS



- Check seals and gaskets around the lid and blades for wear and tear. Replace them if they show signs of deterioration to maintain the appliance's efficiency and safety.
- Keep the bottom of the bowl dry. Do not immerse the bowl in water and always remove the blade assembly before cleaning it in the dishwasher.
- Make sure to switch the appliance off and remove the plug from the socket while cleaning.



SEE THE THERMOCOOK PRO M 3.0 IN ACTION



Explore the amazing capabilities of the Thermocook Pro M 3.0 with our easy-to-follow video tutorials.

Discover how to effortlessly prepare a variety of delicious meals, including steamed salmon with veggies, hearty curries, and so much more. Watch our step-by-step guides to unlock the full potential of your Thermocook Pro M 3.0 and make cooking a breeze!

