

25
RECIPES
INSIDE



THERMOCOOK PRO M

25 Classic Australian Recipes





Hey there, Froothie Fam!

Hey there, Froothie Fam! If you own the ThermoCook Pro-M, you're going to LOVE this mini recipe book that contains 25 Classic Australian recipes that you can easily prepare in your Thermocook Pro-M!

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!!



01

CLASSIC PRAWN COCKTAIL

Ingredients:

12 medium size prawns (400gm) or
12 Vegan Prawns

Cocktail Sauce:

300 g mayonnaise (can use Vegan)
1 tsp Worcestershire sauce
1 tsp lemon juice
Dash Tabasco Sauce
35 g Tomato Sauce
45 g Thickened Cream (or Coconut
Cream)

Method:

Wash, devein and strain prawns. Dry with some paper towel and set prawns aside.

Measure out 600g of water into the Thermocook bowl and bring water to a

boil for 8 mins / Speed 2.

Once water is boiling, place prawns on the steamer tray and steam until just tender. Cook for 4 mins / 100C / Speed 3. (The steaming time varies depending on the size of the prawns).

Once prawns are cooked, remove and set aside to cool. Clean your Thermocook bowl and begin preparing the Prawn Cocktail sauce.

Insert Butterfly and add all ingredients for the sauce into the Thermocook bowl and whip for 15 seconds / Speed 3.

WWTo serve, place shredded lettuce or other greens in individual cocktail glasses or bowls. Arrange 4–6 large prawns per person and pour Cocktail Sauce over.

Serve with lemon wedges.



02

PORK AND PRAWN DIM SIMS

Ingredients:

- 4 cloves Garlic
- 250 g Pork Steaks, cut into 3cm cubes
- 250 g fresh Prawns, peeled and deveined
- 2 Spring Onions
- 40 g Fish sauce
- 40 g Oyster Sauce
- 1 teaspoon White Pepper, ground
- 1 tablespoon Brown Sugar or Palm Sugar
- 1 package Wonton wrappers
- 1 Egg, beaten with 1 tablespoon of Water

Method:

Place garlic in your Thermocook bowl and chop for 2 seconds / Speed 7.

Add pork and finely chop for 15 seconds / Speed 8.

Add prawns, spring onions and chop

for 3 seconds / Speed 7 (depending on your preferred consistency).

Place blade cover onto your Thermocook blades. Add fish sauce, oyster sauce, white pepper, sugar and mix for 8 seconds / Speed 4.

Empty mixture into a bowl and clean bowl. Half fill the bowl with cold water and heat water for 5 minutes / Speed 1 / 100C.

While water is heating, make the wontons by spooning mixture into the centre of the wrappers, brushing edges with egg wash.

Close the sides by lifting corners and pinching them. Repeat until all the filling is used up.

Spray the steamer trays with oil to prevent sticking. Place wontons onto trays – remembering not to bunch them up as they will expand as they cook.

Cook for 15 minutes / Speed 1 / 100C. Check that the filling and wonton wrapper is cooked.

Repeat with remaining wontons until all are cooked. Serve fresh with Soy Sauce or Black Vinegar!



03

VEGAN SAUSAGE ROLLS

Ingredients:

- 3 tablespoons Chia Seeds
- 3 tablespoons Water
- 1 Onion, peeled and halved
- 2 teaspoons Mixed Herbs
- 6-8 sprigs fresh Parsley, leaves only
- 1 Carrot, peeled and roughly cut
- 100 g Walnuts
- 95 g Rolled Oats
- 2 tablespoons Tomato Sauce
- 1 tablespoons Soy Sauce
- 45 g Breadcrumbs (can be premade in Thermocook)
- 3 sheets Ready Rolled Puff Pastry
- 60 g Soy Milk, for brushing
- Sesame Seeds, for garnishing

Method:

Preheat the oven to 200 degrees C.

Soak chia seeds in water. Remove pastry from freezer to thaw.

Put onion, herbs, parsley and carrot into Thermocook mixing bowl and chop 6 seconds / Speed 6.

Add walnuts and oats and chop 3 seconds / Speed 6.

Scape down. Add soaked chia seeds, sauces and breadcrumbs and mix for 20 seconds / Speed 5. You may need to give it a scrape down or mix with the spatula.

Cut each sheet of thawed pastry in half, spread mixture onto one side of the long half on the pastry, brush edges with water and fold to enclose the filling.

Brush with soy milk, sprinkle with sesame seeds and cut into desired lengths. Repeat until all mixture is used.

Bake for 20 mins, or until golden brown. Serve with extra Tomato Sauce on the side.



04

3 MINUTE BEET-ROOT HUMMUS

Ingredients:

40 g Hulled Tahini
1 Garlic clove
400 g tin of Chickpeas, drained & rinsed
Juice of 1 Lemon
1/2 large fresh Beetroot, peeled and cut in half
1 teaspoon Cumin, ground
1 teaspoon Coriander ground
1/2 teaspoon smoked Smoked Paprika
20 g Extra Virgin Olive Oil
Salt/Pepper, to taste

Method:

Place garlic into the Thermocook bowl & process for 2 seconds / Speed 7.

Add all remaining ingredients & chop for 10 seconds / Speed 5 or until desired

consistency is reached.

Sprinkle with extra paprika & a drizzle of olive oil to serve.

Perfect with pita chips, flatbread or raw veggies.



05

SMASHED CHICKPEA BRUSCHETTA

Ingredients:

420 g can chickpeas, rinsed and drained
1 tablespoon Lemon Juice
1 tablespoon Hulled Tahini
150 g Cherry Tomatoes, quartered
2 tablespoons chopped fresh Parsley
2 tablespoons Extra Virgin Olive Oil
Salt/Pepper, to taste
Toasted bread, to serve
Lemon wedge, to serve

Method:

Place chickpeas, lemon juice, tahini and some salt/pepper into a Thermocook bowl. Chop for 8-10 seconds / Speed 5. You want the chickpea mixture to retain some texture.

Combine tomatoes, parsley and oil for a quick tomato salad.

Spread chickpea mixture over toast and top with tomato salad. Finish with a drizzle of olive oil to serve.

06



ZUCCHINI AND CHEESE FRITTERS

Ingredients:

2 Zucchinis, roughly chopped
30 g of Parmesan Cheese
80 g of Feta Cheese
30 g of Tasty Cheese
1 small Onion
2 cloves of Garlic
3/4 cup Self Raising Flour
Salt/Pepper, to taste
2 Eggs
Olive Oil, for frying

Method:

Place the parmesan cheese, feta cheese and tasty cheese into the Thermocook bowl and grate on for 8 seconds / Speed 10. Set aside.

Place the chopped zucchini into the Thermocook bowl and press Pulse 5-10 times or until coarsely grated. Place into a strainer and squeeze out ALL of the excess liquid.

Attach blade cover to Thermocook blades. Place the 3 cheeses, strained zucchini, Flour, Egg and Salt/Pepper into the bowl. Mix for 10 seconds / Speed 4. Scrape down the sides of the bowl and repeat once more.

Add a light layer of olive oil to a frying pan over medium heat. Add tablespoons of the mixture and flatten down. Cook for 2-3 minutes either side or until golden and crisp.



07

OLIVE DAMPER

Ingredients:

410 g Self Raising Flour

2 teaspoons sugar

1 pinch salt

80 gr chilled Butter, cubed

170 g water

100 grams Parmesan Cheese

100 grams halved black olives

Method:

Preheat the oven to 190C and line a baking tray with baking paper.

Grate Parmesan in Thermocook Bowl for 10 seconds / Speed 9. Set aside.

Chop Olives for 2-3 seconds / Speed 7. Set aside.

Place flour, sugar and salt in a Thermocook bowl with chilled and cubed butter. Mix for 5 seconds / Speed 5 until it resembles bread crumbs.

Add water and pulse a few times / Speed 5 until dough forms.

Add Olives and Parmesan cheese. Attach blade cover onto Thermocook blades and continue mixing for 30 seconds / Speed 3.

The dough may seem a little sticky at this point. Transfer to a lightly floured surface or and shape into a 17cm round. Cut a deep cross in the dough and lightly brush with milk.

Bake for 30 minutes or until golden and hollow sounding when tapped. Serve immediately with warm butter.

TUNA PASTA CASSEROLE

Ingredients:

250 g Spiral Pasta
 420 g condensed Soup (mushroom or chicken)
 180 g Milk
 1/2 cup Tasty Cheese
 1 Red Capsicum, roughly chopped
 4 carrots, roughly chopped
 3 celery stalks
 425 g tin of tuna, drained
 1/2 cup frozen peas
 1/2 cup frozen corn
 1 1/2 cups breadcrumbs
 3 tablespoons olive oil
 Extra grated Tasty Cheese

Method:

Preheat the oven to 200C (fan-

forced). Bring 1 litre of water to a boil in the Thermocook bowl for 8 mins / Speed 2.

Once the water is boiling, cook the pasta according to the packet instructions, drain and set aside.

Grate the tasty cheese in the Thermocook bowl for 10 seconds / Speed 6.

Add the condensed soup and milk and mix for 10 seconds / Speed 5.

Attach blade cover to Thermocook blades.

Add the red capsicum, carrots, celery and tuna and cook for 8 minutes / Speed 1 / 100C.

Add the frozen corn and peas and mix on for 10 seconds / Speed 3.

Pour the cooked pasta into a large casserole dish. Pour over the creamy mixture and mix through well.

Stir the olive oil through the breadcrumbs and then sprinkle over the top of the casserole.

Grate over some extra cheese and bake for 30 minutes or until golden.



09

SIMPLE MUSHROOM RISOTTO

Ingredients:

40 g Parmesan Cheese, cut into large chunks
1 Brown Onion, halved
40 g Butter
40 g Olive Oil
320 g Arborio Rice
60 g dry White Wine
1-2 tbsp Vegetable Stock Powder
250 g fresh Mushrooms, cut into slices
720 g Water

Method:

Place Parmesan cheese into the Thermocook mixing bowl and grate for 10 seconds / Speed 10. Transfer to a bowl and set aside. Clean and dry mixing bowl.

Place onion into the mixing bowl and

chop for 3 seconds / Speed 5. Scrape down the sides of the mixing bowl with spatula.

Add butter and extra virgin olive oil and sauté for 3 minutes / Speed 1 / 120C. Insert butterfly and remove measuring cup. Add risotto rice and sauté FOR 1 minute / Speed 2 / 120 C.

Add white wine and sauté for 2 minutes / Speed 2 / 100C. Scrape bottom of mixing bowl well with spatula to loosen rice.

Add Vegetable stock powder, mushrooms and water and scrape the bottom of the bowl with spatula again to loosen rice. Cook for 13 minutes / Speed 2 / 100C, placing the simmering basket instead of measuring the cup onto the mixing bowl lid.

Transfer to a large bowl or dish and, using the spatula, combine with reserved Parmesan. Cover the dish and set aside for a few minutes to thicken, then serve.



10

HEALTHIER FRIED RICE

Ingredients:

- 2 Carrots
- 1 stick Celery
- 6 Button Mushrooms
- 100 g Frozen Corn Kernels
- 200 g frozen Peas
- 20 g Sesame Oil
- 1/2 an Onion, peeled
- 2 Garlic cloves, peeled
- 4-6 Rindless Bacon Rashers (optional)
- 350 g Jasmine Rice
- 950 g Water
- 1 tbsp Kecap Manis
- 1 tbsp Oyster Sauce

Method:

Put carrots & celery into the Thermocook bowl and chop for 4 seconds

/ Speed 5. Add mushrooms to bowl and chop for 3 seconds / Speed 3. Place veggies onto the steamer tray.

Weigh peas & corn on top of the veg & mushrooms. Set the stamer tray aside for now.

Without washing the bowl, throw in onion & garlic and chop for 3 seconds / Speed 6. Add bacon to bowl and chop for 2 seconds / Speed 5.

Scrape down the bowl & repeat if necessary. Add the sesame oil and saute for 5 minutes/ Speed 1 / 100C.

Add mixture on top of your veggies on the steamer tray.

Without washing the bowl, pour water in, insert basket and weigh in rice (no need to wash).

Put the lid on and place the steamer rack into place. Cook for 15 minutes / Speed 4 / 100C.

Once cooked, combine cooked rice, veggies and sauces in a large bowl and toss to combine. Enjoy!

THE BEST LASAGNA (VEGAN OPTION)

Ingredients:

2 cloves of Garlic
1 brown Onion - cut in half
20 g Olive Oil
1 Zucchini
1 Carrot
800 g crushed tomatoes
1 tbsp Mixed Herbs
100 g Water
50 g Tomato Paste
500 g Beef Mince or Plant Mince
1 box of Instant Lasagna sheets

Bechamel:

30 g Butter or Vegan Margarine
15 g Plain Flour
250 g Milk or Soy Milk
100 g Tasty Cheese or BioCheese
25 g Parmesan Cheese or Vegan Parmesan
Salt/Pepper, to taste
1/2 tsp of Nutmeg

Method:

Place the garlic, brown onion into your Thermocook bowl. Chop for 4 seconds / Speed 5. Add the olive oil and cook for 3 mins / Speed 2 / 100C.

Add the zucchini and carrot and chop for 4 seconds / Speed 5. Blitz for longer if you want it finer.

Add the crushed tomatoes, mixed herbs, water and tomato paste and cook for 5 minutes / Speed 2 / 100C.

Place the beef or plant mince into the steaming basket and break up with your spatula. Place blade cover onto Thermocook blades.

Gently and carefully pop the steamer basket into the Thermocook bowl and cook for 8 minutes / Speed 3 / 100C.

At the 8 min mark, gently stir mince and cook for another 4 mins (or longer until it's cooked through).

Carefully remove the basket from the Thermocook bowl and transfer cooked



mince into the prepared tomato sauce. Stir for 10 seconds / Speed 3 to combine. Set aside until needed.

Clean your Thermocook bowl and prepare the Bechamel. Place 2cm cubed pieces of the tasty and parmesan cheese into the clean bowl and chop for 10 seconds / Speed 10.

Add the butter, plain flour, milk, nutmeg and salt and pepper to the bowl and cook for 7 minutes / Speed 4 / 80C.

Preheat your oven to 180 degrees and take out a large lasagna dish.

Place a layer of pasta on the bottom of the dish and add 1/3 of the meat sauce. Place another layer of pasta on top before adding another 1/3 of the meat sauce on top. Repeat until you have used all of your meat sauce and have a layer of pasta on top.

Pour the cheese sauce over the top layer of pasta and place the baking dish into the oven to cook for 35 - 40 minutes. Cut into pieces to serve.

EASY CHICKEN PARMA BITES

Ingredients:

For the Chicken Bites:

120 g Stale Bread
1 Brown Onion, halved
1 handful Parsley
500 g Chicken Breast, diced
1 Egg
Salt / Pepper, to taste

Tomato Sauce:

1 Onion, halved
1 clove Garlic
1 tbsp chopped Parsley
1 tbsp Olive Oil
400 grams Diced Tomatoes (canned or fresh)
20 g Tomato Paste
250 g Water
½ tsp dried oregano
1 tsp Sugar
125 g grated Tasty Cheese

Method:

Preheat the oven to 190C. Place the stale bread into the Thermocook Bowl and grate for 10 seconds / Speed 8. Set aside.

Place the onion, parsley and oregano into the Bowl and chop for 6 seconds / Speed 7. Add this mixture to the breadcrumbs.

Place the diced chicken breast into the Bowl and mince for 15-20 seconds / Speed 9.

Return the breadcrumb, onion, oregano & parsley mixture to the bowl. Add the egg and season with salt and pepper.

Mix for 10 seconds / Speed 4.

With wet hands form mixture into small



12

meatballs and place into a greased baking dish.

Bake in the oven for 35 minutes.

Meanwhile, prepare tomato sauce.

Place the onion, garlic, parsley into a clean Thermocook bowl and chop for 5 seconds / Speed 7.

Scrape down the sides and then add oil and sauté for 2 minutes / Speed 1/100C.

Add the tomatoes, tomato paste, water, dried oregano, sugar, salt & pepper to the bowl.

Cook for 20 minutes / Speed 1 / 100C.

Remove the sauce from the bowl and pour it over the meatballs in the final 10 minutes of cooking time.

Sprinkle grated tasty cheese in the final 5 minutes and cook till golden.

LAMB AND SPINACH GOZLEME

Ingredients:

Dough:

600 g Plain Flour
410 g warm Water
1 tsp Salt
20 g Olive Oil

Filling:

150 g grated Cheese (mozzarella or cheddar)
Handful of Mint
¼ cup chopped Parsley
150 g Baby Spinach
2 tsp minced Garlic
20 g Lemon Juice
250 g Feta, crumbled
300 g cooked Lamb, thinly sliced

Method:

Attach blade cover to Thermocook blades. Place the flour, warm water, salt and olive oil into the Thermocook bowl. Mix for 10 seconds / Speed 10.

Scrape down the sides and then mix for another 3 minutes. Place dough into a lightly oiled bowl and cover with plastic wrap. Leave for at least 30 minutes to rest. Remove blade cover.

Place the cheese into the Thermocook bowl and grate for 8 seconds / Speed 9. Set aside.

Add the mint, parsley and baby spinach into the bowl and mix for 15 seconds / Speed. Scrape down the sides and repeat until finely chopped.

Add the grated cheese, minced garlic, lemon juice and feta. Season with salt and pepper. Mix for 15 seconds / Speed 4.

Thinly slice the cooked lamb and set aside.

Divide the dough into 6 equal



portions. Roll each ball into a large, thin circle.

Place one-sixth of the spinach/cheese mixture onto one side of the circle (leaving a 2cm gap near the outside edge), top with one-sixth of the sliced lamb.

Fold the other half over and press down to seal the filling.

Brush the dough with olive oil and cook over a BBQ grill or in a frying pan for approximately 5 minutes (flipping halfway through), until golden and crispy.

Repeat with the remaining gozlemes and enjoy!



14

BUTTER CHICKEN (VEGAN OPTION)

Ingredients:

700 g Chicken Breast, diced (or 2 tins of Chickpeas, drained)
150 g Cashews
300 g Cream or Coconut Cream
50 g Honey or Maple Syrup
1 bunch fresh Coriander, chopped

Marinade for Chicken:

½ tbsp Salt
¼ tsp Chilli Powder
1 tsp Garam Masala
10 g Ginger
1 clove Garlic, peeled
15 g Apple Cider Vinegar

Tomato Paste:

2 cloves Garlic
10 g Ginger

400 g tin Chopped Tomatoes

100 g Tomato Paste

Sauce:

200 g brown Onions peeled, halved
125 g Butter or Vegan Margarine
1 stick Cinnamon
3 Cloves
5 Cardamom Pods, bruised
1 star Anise
1 tsp ground Cumin
1 tsp ground Coriander
1 tsp Garam Masala

Method:

Add Cashews to the Thermocook bowl and chop for 10 seconds / Speed 9. Set aside.

Without washing the bowl, add chicken marinade ingredients to the mixer bowl. Blend for 10 seconds / Speed 9.

Transfer marinade to a bowl and add the chicken and stir through. Leave to marinade for at least 30 minutes. If you are using chickpeas, you can skip this step.

Wash the Thermocook bowl and then add tomato paste ingredients/ Blend for 1 min / Speed 8. Set paste aside.

Without washing the bowl, add onions to the bowl and chop for 5 seconds / Speed 5. Scrape bowl down. Attach butterfly to blades, the butterfly will remain on for the remainder of the cooking process.

Add 60 g of butter or margarine to the bowl and cook for 10 minutes / Speed 2 / 100C.

Add remaining butter, cinnamon, whole cloves, cardamom, star anise, cumin and paprika to the mixer bowl.

Cook for 5 minutes / Speed 1 / 100C.

Add reserved tomato paste mixture, garam masala and 2 tsp salt to the mixer bowl. Cook for 4 minutes / Speed 1 / 100C.

Add reserved marinated chicken mixture or drained chickpeas to the mixer bowl. Cook for 12 minutes / Speed 1 / 100C.

Add reserved cashew meal, cream and honey to the mixer bowl. Cook for 4 minutes / Speed 1 / 100C.

Remove whole spices from the curry and stir in chopped Coriander. Enjoy with steamed rice!

PORK BELLY CASSOULET

Ingredients:

4 Italian Pork Sausages
 600g Pork Belly Roast Boneless, rind removed, cut into 3cm pieces
 4 Bacon rashers, coarsely chopped
 1 brown Onion, halved
 1 Fennel, thickly sliced
 2 Garlic cloves, peeled
 100g dried White Beans
 250ml White Wine
 400g can Diced Tomatoes
 500ml Chicken Stock
 2 sprigs Thyme
 2 sprigs Rosemary
 2 dried Bay Leaves
 150g Breadcrumbs
 40g Butter, melted

Method:

Heat a frying pan up. Add the sausages and cook, turning occasionally, for 8 mins or until brown all over and cooked through. Transfer to a clean work surface. Thickly slice the cooked sausages diagonally.

Add half the pork to the pan and cook, turning occasionally, for 5 mins or until brown all over. Transfer to a plate. Repeat with remaining pork.

Add the bacon, onion, fennel and garlic to the Thermocook bowl. Chop for 30 seconds / Speed 8.

Attach blade cover to Thermocook blades and cook for 5 minutes / Speed 2 / 100C.

Return sausage and pork to the Thermocook bowl. Add white beans and stir to combine.

Pour over the wine and bring to the boil (100C / Speed 1). Continue cooking for 2 mins or until wine reduces by half.

Add the tomato, stock, thyme, rosemary and bay leaves. Place the Thermocook bowl lid on and cook for 90 minutes / Speed 1 / 100C. Pork will be very tender.

Transfer cooked pork and its juices to a large casserole dish. Combine breadcrumbs, butter and thyme in a bowl. Sprinkle over pork mixture.

Bake, uncovered, in a preheated oven for 30 mins or until golden brown.

BEETROOT AND CHICKPEA BURGERS

Ingredients:

For Patties:

400 g can Chickpeas, rinsed, drained
 380 g cooked Beetroot (available in vacuum packs)
 70 g Breadcrumbs
 1 tsp Ground Cumin
 1 tsp Ground Coriander
 50g Potato Flour, plus extra to dust
 1/3 cup chopped Parsley

To Serve:

Burger Buns
 Lettuce
 Mayonnaise

Sweet Chilli Sauce

Vegan Cheese or Tasty Cheese slices

Method:

For patties, place all ingredients in a Thermocook bowl. Season well and then, process until smooth - about 1 min / Speed 5.

Using floured hands, form into 4 patties. Dust with extra potato flour and place on a plate. Chill for 30 minutes to firm up before cooking.

Heat 2 tbsp oil in a large frying pan. Cook patties, turning halfway, for 8 minutes or until firm and golden.

Top each patty with a slice of cheese, then cover pan, and cook for 1 minute or until cheese is melted.

To serve, spread mayonnaise evenly over bun bases, then top with a patty, lettuce, and sweet chilli sauce.



TASTY VEGEMITE AND CHEESE SCROLLS

Ingredients:

300g Self Raising Flour

90 g Butter

½ teaspoon of salt

160g Milk

¼ cup Vegemite, or more to taste- at room temperature

1 1/2 cups of grated Tasty Cheese

Milk, to brush edges

Method:

Preheat your oven to 210 C and line an oven tray with baking paper.

Place the flour, butter and salt into the Thermocook bowl and mix for 10 seconds on Speed 9, until mixture is the same

consistency as bread crumbs.

Add the milk and mix for 7 seconds / Speed 4 to combine.

Attach blade cover to Thermocook blades. Knead dough for 1 minute / Speed 3

Turn the dough out onto a floured bench and using a rolling pin, roll the dough out until you have a 30cm x 40cm rectangle.

Spread the vegemite over the dough, leaving a 2cm gap around the edges. Brush one long edge with a little bit of milk.

Scatter approximately 1 1/4 cups of cheese over the vegemite.

Starting at the long side (without milk) carefully roll the dough until enclosed. Cut into 12 slices – approximately 2cm thick.

Place on a baking tray and sprinkle with the remaining grated cheese.

Bake in the oven for 25 minutes or until golden brown on top and cooked through.

CHEWY ANZAC BISCUITS

Ingredients:

110 g Rolled Oats
 150 g Plain Flour
 120 g Brown Sugar
 70 g Desiccated Coconut
 125 g Butter or Vegan Margarine
 2 tbsp Golden Syrup
 1/2 tsp Baking Soda

Method:

Preheat the oven to 160C. Grease and line three flat baking trays with baking paper.

Place the butter, golden syrup and brown sugar into the Thermocook bowl. Melt for 3 minutes / Speed 2 / 100C.

Add the baking soda and 2 tbsp cold water to the melted butter mixture and mix for 10 seconds / Speed 3.

Attach blade cover to Thermocook blades.

Add the rolled oats, plain flour and coconut. Mix together for 40 seconds / Speed 2.

Roll level tablespoons of mixture into balls. Place on trays, 5cm apart and flatten slightly.

For chewy ANZACS, bake for 10 to 12 minutes or until light golden. For crunchy ANZACS, increase cooking time to 12-15 minutes.

Leave on the baking trays for 5 minutes before transferring to a wire rack to cool completely.



19

OLD SCHOOL CHOCOLATE CHIP COOKIES

Ingredients:

150 g Salted Butter, softened
80 g Caster Sugar
80 g Brown Sugar
1 Egg
2 tsp Vanilla Extract
1/2 tsp Baking Soda
225 g Plain Flour
1 tablespoon Cornstarch
220 g Chocolate Chips

Method:

Preheat the oven to 170C. Line a cookie tray with parchment and set aside.
Insert the butterfly into the Thermocook bowl and add the butter,

caster sugar and brown sugar. Mix for 20 seconds / Speed 4.

Scrape down the sides of the bowl and mix on Speed 5 for 40 seconds (or until pale and creamy).

Reduce to Speed 2, and add the eggs and vanilla extract through the MC hole. Increase to Speed 4, and mix for 15 seconds. Remove the butterfly.

Add the salt, baking soda, plain flour and cornstarch and mix for 10 seconds / Speed 4. Scrape down the sides of the bowl and mix for a further 5 seconds.

Fold the chocolate chips through with a spatula. Roll heaped teaspoon-sized balls of the mixture and place onto prepared baking trays. Leave a gap to allow for spreading.

Cook for 8-10 minutes or until just lightly golden. Allow to cool on the baking trays for 10 minutes before transferring to a wire rack to cool completely.

21



20

CLASSIC LAMINGTONS

Cake:

120 g Sugar

4 eggs

1 tsp Vanilla Bean Paste

50 g unsalted Butter or Vegan Margarine,
melted

120 g Self Raising Flour

Chocolate Icing:

25 g unsalted Butter or Vegan Margarine

160 g Milk or Soy Milk

500 g Icing Sugar

50 g Dutch processed Cocoa

Shredded Coconut, to coat

Method:

Preheat the oven to 190C. Butter and
line a 20cm square cake tin and set aside.

Place sugar into the Thermocook
bowl and mill for 10 seconds / Speed 10.

Insert Butterfly. Crack eggs into the
bowl and whip for 7 minutes / Speed 3.
Add butter and vanilla paste and stir for 5
seconds / Speed 4.

Remove Butterfly and replace with
Blade Cover.

Add flour into the bowl and attach the
lid. Mix for 10 seconds / Speed 3.

Pour mixture into prepared tin, level
and bake for 15 - 20 minutes or until
golden and springy to touch. Cool for 5
minutes before turning out onto a rack to
cool completely.

Freeze for 30 minutes before cutting.
Meanwhile, prepare icing.

Place butter and milk into a clean
Thermocook bowl and cook for 2 minutes
/ Speed 2/ 80C.

Add sugar and cocoa and blend for
20 - 25 seconds / Speed 4.

Trim sides of sponge and cut cake
into 16 equal sized cubes. Scatter coconut
over a tray or plate.

Pour icing into a deep bowl. Using
tongs, dunk each piece of cake into icing
and coat liberally. Place onto coconut and
shimmy around so that the entire cake
cube is covered in coconut.

Transfer to a flat tray lined with baking
paper. Repeat until all cake cubes are
covered, refreshing coconut if necessary.
Allow icing to set before serving.



21

VANILLA SLICE

Ingredients:

2 sheets ready rolled Puff Pastry
200 grams Sugar
100 grams Cornstarch
1000 grams Milk
60 grams Butter
2 Egg Yolks
2 teaspoons Vanilla Bean Paste

Icing:

250 grams Icing Sugar
2 teaspoons softened Butter
3 tablespoons Boiling Water

Method:

Preheat the oven to 220C. Place puff pastry on lined baking trays and bake for approx 10 mins until well browned. Remove from the oven and gently press down with a spatula to flatten. Allow to cool.

Line a 23-25cm square baking tray or oven dish with baking paper.

Place sugar into the Thermocook bowl and mill for 7 seconds / Speed 9. Add remaining ingredients except for egg yolks and cook for 10 minutes / Speed 3 / 80C.

Add egg yolks and increase temp to 100C and cook for a further 5-7 minutes / Speed 4.

Trim pastry sheet to fit bottom of tray. Place in the prepared tray browned side up. Pour custard over the pastry and top with another slice of trimmed pastry browned side down. Refrigerate until completely cooled, approx 5 hours.

To make icing, place icing sugar, butter and water into a Thermocook bowl and mix at Speed 4 until butter, icing sugar and water are incorporated.

Spread icing over the top pastry sheet. Refrigerate until firm, cut, serve and devour!

23



MIXED BERRY PAVLOVA STACK

Ingredients:

Pavlova:

330 g White Sugar
250 g Egg Whites, room temperature (do not use carton whites)
1 pinch Cream of Tartar
1 tsp white Vinegar
1 tsp natural Vanilla Extract
2 tbsp Cornstarch

Berry Cream:

600 g pouring (whipping) cream
20 g frozen raspberries, thawed and well-drained
500 g Fresh mixed berries, for garnishing
Extra Berry Coulis, for serving

Method:

Preheat the oven to 150°C. Line 2 large baking trays (40 x 35 cm) with baking paper. Trace 2 circles (approx. 20 cm) on the underside of each piece of baking paper, then set baking trays aside.

Place 200 g of the white sugar into the Thermocook mixing bowl and mill for 15 seconds / Speed 9. Transfer out and set aside. Repeat the process with remaining sugar and set aside.

Insert butterfly. Remove the measuring cup from the lid. Place egg whites and cream of tartar into the mixing bowl and whip for 5 minutes / Speed 4 / 30C.

With the butterfly still in place, mix for 5 minutes / Speed 3 / 30C whilst slowly adding milled sugar through hole 1 spoon at a time.

Once all of the sugar is incorporated, mix for 40 seconds / Speed 4, adding vinegar, vanilla and cornflour through hole in the mixing bowl lid until combined.

Spoon mixture into traced circle guides to form discs approx. 4-6 cm thick. Bake for 10 minutes (150°C), then reduce oven temperature to 120°C and bake for 1 hour (120°C).

Turn the oven off and leave pavlova discs to cool completely in the oven with the oven door shut (approx. 3 hours or overnight).

On the next day, insert butterfly into the Thermocook bowl. Place cream into the mixing bowl and whip until soft peaks form at Speed 4. Watch the cream carefully through hole in the mixing bowl and ensure that you do not over whip or it will turn into butter.

Add raspberries and mix for 10-20 seconds / Speed 2, or until just combined.

To assemble pavlova stack, place 1 of the discs onto a serving platter. Top disc with half of the raspberry cream, then decorate with half of the fresh mixed berries and drizzle with 1-2 tablespoons of berry coulis.

Place remaining pavlova disc on top, then repeat layering with remaining cream, fresh berries and 1-2 tablespoons of the coulis. Serve immediately.

GOOEY CARAMEL SLICE

Ingredients:

Base:

125 g Butter, cubed
160 g Flour
40 g Desiccated Coconut
90 g Brown Sugar

Caramel:

120 g Golden Syrup
125 g Salted Butter
2 x 390 g tins Condensed Milk
125 g butter salted

Chocolate Topping:

180 g Dark Chocolate
2 tsp Vegetable Oil
Metric - US Customary

Instructions

Method:

Preheat the oven to 180C. Line a 20 x 30cm (8 x 12 inch) slice tray with baking paper.

Place butter in the Thermocook bowl. Melt for 3 mins / Speed 2 / 100 C.

Add flour, coconut and brown sugar to the butter. Mix for 8 seconds / Speed 6.

Add ingredients to the prepared tray and press down to form the base. Bake for 15 minutes and then remove from the oven whilst making caramel layer.

Add golden syrup, butter and condensed milk into a clean Thermocook bowl. Remove the measuring cup lid. Heat for 10 minutes / Speed 3 / 100C.

Open and wipe moisture from the lid without getting liquid in the caramel. Cook for a further 2 minutes / Speed 3 / 100C. Pour the caramel over the base and return to the oven for 10 minutes.

Refrigerate the slice until it has fully



23

cooled. Once cooled, combine chocolate and oil in a microwave safe bowl. Heat in the microwave for 90 seconds stopping at intervals to stir.

Once the chocolate is fully melted pour over the cooled slice. Leave the slice to set at room temperature. Slice as soon as the chocolate has cooled. Refrigerate until required.



24

BEAUTIFUL BLUEBERRY MUFFINS

Ingredients:

265 g Self Raising flour
190 g Sugar
1 Egg
75 g Vegetable Oil
240 g Milk
1 teaspoon Vanilla Extract
Zest of ½ a Lemon
125 g Blueberries, fresh or frozen
¼ cup Raw Sugar, for sprinkling

Method:

Preheat the oven to 180C and line the muffin tray with liners. Place the self raising flour into the Thermocook bowl and sift by pulsing at Speed 10 two or three times.

Add the remaining ingredients (except for the blueberries) and mix for 10 seconds / Speed 5.

Scrape down the sides of the bowl and repeat for a further 5 seconds (the batter should be lumpy).

Use the spatula to gently fold through the blueberries (do not over-mix). Spoon the mixture into the muffin cases (fill 2/3 to the top). Sprinkle each muffin with raw sugar (optional).

Bake for 20-25 minutes or until lightly golden. Allow to cool in the baking tray for 5 minutes before transferring to a wire rack to cool completely.



25

HOMEMADE “NUTELLA”

Ingredients:

275 g Roasted Hazelnuts
7 Tbsp Cocoa Powder
160 g icing sugar
1/4 tsp Salt
1 tsp Vanilla Extract
100 ml Refined Coconut Oil

Method:

Add toasted hazelnuts into the Thermocook mixing bowl and blend for 10 seconds / Speed 10. Scrape down with spatula and blend for another 30 seconds / Speed 5.

Scrape down, then repeat three more times, scraping down in between, until you have a smooth hazelnut butter.

Add the cocoa powder, icing sugar, salt, vanilla extract and coconut oil then blend again for 20 seconds / Speed 10.

Transfer into sterilised jam jars and store in the fridge

THERMOCOOK PRO M

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

www.froothieinternational.com