GRATING Thermomix Ref Sheet #1

Collettes thermie kitchen - making it easier!

Suggested Cookidoo recipe to try





CHEESE

Max 250g cut into roughly 2cm pieces

HARD - (ie: Parmesan) 15 secs/speed 10 SOFT - (ie: Mozzarella) 10 secs/speed 6



Creamed Cod

BREADCRUMBS

200g stale or fresh bread cut into roughly 3cm pieces.

COARSE - . 10 secs/speed 4 **FINE** - 15 secs/speed 7



VEGETABLES

ie: Onion, carrot, zucchini Max 500g cut into 2cm pieces. 5 secs/speed 5



-ruit and nut

FRUIT

ie: Apples, peaches, dried apricots Max 500g cut into pieces. Turbo/1 sec/3 - 4 times



CABBAGE

Cut into wedges
Max 500g cut into 2cm pieces.
10-12 sec/speed 4.



CHOCOLATE

FINE

200g cut into 2cm pieces. 7 secs/speed 8

Coarse

200g cut into 2sm pieces 4 secs/speed 7

Sauerkraut

Milling Thermomix Ref Sheet #2

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Suggested Cookidoo recipe to try





Grains to Flour

1 min/speed 10 (depending on quantity and desired consistency. No more that 250g at once)



Raw or White Sugar to Castor Sugar

5 secs/speed 9 250g max



Sugar to Icing Sugar

20 secs/speed 10 Best to use castor sugar and no more than 200g at a time!

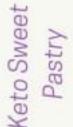


Banana Bread

Nuts to Nut Meal

10 secs/speed 8 (depending on quantity and desired consistency.

Over mixing will cause nuts to release oil





Fruity Dream

Spices

1 min/speed 10 To bring out more flavour, dry roast 2-3 min/120°C/speed 1

I love to mill my own pepercorns!.



Coffee Date

Coffee Beans

Ground Coffee - 1 min/speed 10 Plunger Coffee - 10 secs/speed 9 Expresso/coffee machine 30 secs /speed 9

Garam Masala

Chopping Thermomix Ref Sheet #3

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Suggested Cookidoo recipe to try

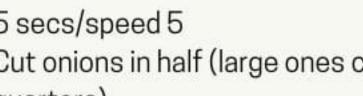




Caramelised

Onion/Garlic

5 secs/speed 5 Cut onions in half (large ones cut in quarters).





Nuts

Chopped nuts 5 secs/speed 8

Nut Butters 1 min/speed 9



Fresh Herbs - Soft

Soft - i.e: parsley, mint, sage

Herb and

5secs/speed 7 leaves only



Pizza bianca

Peanut Butter

Fresh Herbs - Hard

Hard - i.e: rosemary

10 secs/speed 7 leaves only



Minced Beef

15 secs/speed 8

Cut <u>partially frozen</u> beef into even sized cubes, around 3cm. Around 500g of meat at a time.



Minced Chicken

8 secs/speed 6

Larb

Cut partially frozen chicken (breast or thigh) into even sized cubes, around 3cm. Around 500g of meat at a time.

Pad kra pow

Steam - Seafood Thermomix Ref Sheet #4

Collettes thermie kitchen - making it easier!

Suggested Cookidoo recipe to try





teamed fish fillet in a creamy leek sauce

Fish Fillets

12 - 18 mins/Varoma/Speed 1

Ensure holes in Varoma remain unobstructed Fillets around 150g, around 2.5cm thickness Increase time by 5 minds if cooking from frozen



Baked masala

Whole Fish

15 - 17 mins/Varoma/speed 1

Cooking time will depend on thickness. Make sure holes in Varoma are unobstructed.



ınken Herb Prawns

Prawns - with shell

8 -10 mins/Varoma/Speed 1 Shell and head on. Cook in Varoma dish or basket. Increase time by 2 mins if cooking from frozen.



Prawns - no shell

Prawn and noodle stir-fry

8 -10 mins/Varoma/Speed 1
No shell. Cook in Varoma dish or basket. Increase time by 2 mins if cooking from frozen.



Mussles with shell

13 min/Varoma/speed 1.



scallops

Steamed prawns

Scallops

6 mins/Varoma/Speed 1

A few minutes longer, depending on size and thickness.

Mussels in white wine and cream sauce

Steam - Vegetables Thermomix Ref Sheet #5

Collettes thermie kitchen - making it easier!

Collette Mitrega - Thermomix Consultant 0439 873 901





Steamed vegetables with efir dressing (gut health)

Steaming General

Place 500g of tap hot water or broth into mixing bowl. Add a heaped tbsp of vegetable stock paste for added flavour! Save water for use in other dishes, using as a vegetable stock.

Make sure you have gaps in the Varoma dish to allow the steam to circulate - don't cover up all the holes! You can steam in your basket as well as your Varoma!



Frozen Veggies

15 - 17 mins/Varoma/speed 1

Steamed Scallops with Sweet Pea Purée

Place up to 500g of frozen vegies into varoma dish. Add some herbs leaves as desired, ie mint with peas. Season and steam.



mint salad

Carrot, feta and

Fresh Carrots

15 min/Varoma/speed 1

Sliced rounds, around 1/2 cm. Seasoned, add a knob of butter if liked.



Cleaned baby new carrots. Seasoned.



Potatoes and greer beans with parsley pesto

Potatoes / Sweet Potatoes

25-30 min/Varoma/speed 1

Whole baby potatoes or cut potatoes into approx 3cm pieces.

Test doneness by inserting a knife.



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15 min/Varoma/speed

Cut into florets. Peel stems and cut them into 2cm pieces.

Cauliflower/Broccoli

Serve plain or seasoned to taste.



Beef and mushroon

stroganoff (TM6)

Cabbage/Kale

10-15 mins/Varoma/Speed 1

Cut into strips. Season.

Kale is nice seasoned salt. pepper and a squeeze of lemon!

Cauliflower and broccoli gratin

Steam - Meat Thermomix Ref Sheet #6

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Whole Chicken

60mins/Varoma/speed 1

1.5 - 1.8kg chicken

Place 1000g tap hot water into mixing bowl*.

Place Chicken into Varoma dish, sitting it on a trivet so it is raised and does not block holes. (Mix shop sell these). Season.

After time is up, check it's done. Use a thermometer to check; 75°C is a safe temp.

*Add some aromats, (onion quarters, herbs, peppercorn, carrot & celery) to the water. Strain and use as stock once chicken has finished cooking



Spice-rubbed chicken with

maple glaze

Chicken Breast/Thigh

20-25 mins/Varoma/speed 1

Place 500 tap hot water in mixing bowl.

Place (around 500g) chicken breast in an oil sprayed Varoma dish or /and tray. Make sure some holes are unobstructed. Season.

Check temp when done. 75°C is a safe temp.

Cut large, thick breasts in half horizontally.

You could finish chicken off in an oven for 10 mins to brown skin or cool and debone. Then return meat to thermomix and shred 4 secs/reverse/speed 4.



Pork Tenderloin

20 mins/Varoma/speed 1

500g cut into two pieces. Place in varoma dish and or tray. Season.



Frankfurter Sausages

10-15 mins/Varoma/speed 1

Fillet with Rice,

Almonds and



Meatballs

20-25 mins/Varoma/speed 1

Place in an oiled varoma dish and/or tray. Make sure some holes are unobstructed



Cranberries

Beef Fillet

20-40 mins/Varoma/Speed 1

500g piece placed on a trivet in the varoma dish. Season. Cook to your liking following this guide

- For a rare cooked fillet program 20-26 min/Varoma/speed 2.
- For a medium cooked fillet program 30 minutes/Varoma/speed 2.
- For a well-done fillet program 40 min/Varoma/speed 2.

Finish of in a hot non stick pan, 30 seconds each side, basting in hot butter.

tomato sauce Meatballs in (TM6)

Baking Thermomix Ref Sheet #7

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Sugar

Caster Sugar

100 - 200g sugar 3 secs/speed 9

Icing Sugar

100g - 200g sugar 20 secs/speed 10



Sugar

Dark Brown Sugar

230g sugar & 30g molasses 20 sec/speed 4, scrape down bowl and repeat

Vanilla Sugar

Place 200g sugar and 1 vanilla bean cut into pieces in a sealed container. Shake well. After 3 days mill 20 secs/speed 10



Flour

Self Raising

150g plain flour, 1 1/2 tsp baking powder & a pinch of salt. Mix 10 secs/speed 5

Rice Flour

250g rice (white or brown) - mill 2 mins/speed 10

Flour from Grains - (rye, wheat, spelt etc) Up to 250g grains - 1 min/speed 10



Brown sugar

Baking Powder

10 secs/speed 5

Place 50g rice flour, 50g bicarbonate of soda and 100g cream of tarter and mix.



Royal Icing

Place 200g white sugar into mixing bowl and mill 30 sec/speed 10.

Add one egg white and 1/4 tsp lemon juice and mix 10 sec/speed 6.



Chocolate Lava

Caprese Egg White

Whipped Egg Whites

4 min/Varoma/Speed 3.5

Insert butterfly to clean bowl. Add 4 room temp egg whites and whip.

Generally 1 min per egg white. For a stiffer result, add a pinch of salt or a few teaspoons sugar half way through the whipping process.

Flour tortillas

Breakfast Buns Blueberry

Temp/Speed Thermomix Ref Sheet #8

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Temperature

37° to 55°

Gently warm up food & melt food such as butter and chocolate. Heat baby food at 37°

60° to 80°

Cook very gently, such as delicate sauces, dissolving gelatine at 60°

80° to 95°

Heat to just below boiling

100°

Cook soups and stews and boil water

105° to 115°

Cook sugar syrups, rapid boil

120°

Saute meats and vegetables

Varoma

Steamegetables, fruit, met etc

High Heat

Pre programmed setting to stir fry and sear.

Speed

Spoon speed



Gently stir, similar to gently stirring with a wooden spoon in a warm pot i.e for risotto

Speed 1-3

Chop soft ingredients i.e mushrooms and hard boiled eggs. Mash potatoes - to mix gently

Speed 4-6

Chop medium hard ingredients such as onions and carrots. To emulsify sauces, i.e Mayonnaise

Speed 7 to 10

Grind/mill or chop hard ingredients such as cheese & grains. Blend until completely smooth

Reverse Blade

Spoon to speed 3

Gently stirring with ingredients hitting the blunt side of the blade

Speed 4

Shred rather than chop ingredients such as cooked chicken