

GRATING

Thermomix Ref Sheet #1

Collettes thermie kitchen - making it easier!

Suggested Cookidoo recipe to try



Parmesan
Cheese Crisps

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



Detox Salad

VEGETABLES

ie: Onion, carrot, zucchini

Max 500g cut into 2cm pieces.

5 secs/speed 5



Fruit and nut
muesli

FRUIT

ie: Apples, peaches, dried apricots

Max 500g cut into pieces.

Turbo/1 sec/3 - 4 times



Sauerkraut

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

Milling

Thermomix Ref Sheet #2

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Grains to Flour

Basic Bread
Rolls

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



Raw or White Sugar to Castor Sugar

Banana Bread

5 secs/speed 9
250g max



Sugar to Icing Sugar

Fruity Dream

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



Nuts to Nut Meal

Keto Sweet
Pastry

10 secs/speed 8 (depending on
quantity and desired consistency.
Over mixing will cause nuts to release oil



Spices

Garam Masala

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

I love to mill my own peppercorns!



Coffee Beans

Coffee Date
Muffins

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

Chopping

Thermomix Ref Sheet #3

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Onion/Garlic

Caramelised
onions

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

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Nuts

Peanut Butter

Chopped nuts 5 secs/speed 8

Nut Butters 1 min/speed 9

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Fresh Herbs - Soft

Soft - i.e: parsley, mint, sage

Herb and
garlic dip

5secs/speed 7
leaves only



Fresh Herbs - Hard

Hard - i.e: rosemary

Pizza bianca

10 secs/speed 7
leaves only



Minced Beef

15 secs/speed 8

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

Pad kra pow



Minced Chicken

8 secs/speed 6

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

Larb

Steam - Seafood

Thermomix Ref Sheet #4

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Suggested Cookidoo recipe to try



Fish Fillets

Steamed fish fillets
in a creamy leek
sauce

12 - 18 mins/Varoma/Speed 1

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



Whole Fish

Baked masala
fish

15 - 17 mins/Varoma/speed 1

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



Prawns - with shell

Drunken Herbal
Prawns

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.



Mussels with shell

Mussels in white
wine and cream
sauce

13 min/Varoma/speed 1.



Scallops

Steamed prawns
or scallops

6 mins/Varoma/Speed 1

A few minutes longer, depending on size
and thickness.

Steam - Vegetables

Thermomix Ref Sheet #5

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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!

Steamed vegetables with kefir dressing (gut health)



Frozen Veggies

15 - 17 mins/Varoma/speed 1

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

Steamed Scallops with Sweet Pea Purée



Fresh Carrots

15 min/Varoma/speed 1

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

20 mins/Varoma/speed 1

Cleaned baby new carrots. Seasoned.



Carrot, feta and mint salad



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.

Potatoes and green beans with parsley pesto



Cauliflower/Broccoli

15 min/Varoma/speed

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

Serve plain or seasoned to taste.

Cauliflower and broccoli gratin



Cabbage/Kale

10-15 mins/Varoma/Speed 1

Cut into strips. Season.

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

Beef and mushroom stroganoff (TM6)

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

Layered chicken
dinner



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.

Spice-rubbed chicken with
maple glaze



Pork Tenderloin

20 mins/Varoma/speed 1

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

Pork Tenderloin
with Carrots and
Pesto Potatoes



Frankfurter Sausages

10-15 mins/Varoma/speed 1

Cheesy Corn
Dogs



Meatballs

20-25 mins/Varoma/speed 1

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

Meatballs in
tomato sauce
(TM6)



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

Fillet with Rice,
Almonds and
Cranberries

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

Fruity Dream



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

Brown sugar
kumara cake



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

Flour tortillas



Baking Powder

10 secs/speed 5

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

Chocolate Lava
Cookies



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.

Blueberry
Breakfast Buns



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.

Caprese Egg White
Omelet

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