









Cook smarter, *not harder*

Here's our quick reference guide for how to use your Thermomix® TM6 modes. All times should be adjusted depending on quantity used. See your *Basic Cookbook* for further details.

Mode		
Warm up mode		Baby food or milk 37-55°C / 100-130°F
		Re-heat soup 90°C / 195°F
Thicken mode		Egg based sauces Thickening mode 80°C / 175°F
		Starch based sauce Thickening mode 100°C / 212°F
Slow cook mode		Blade cover directions Below 100°C/212°F /  /speed 1 or below Max cook time 8 hrs Max 800 g / 28 oz meat and 500 g / 18 oz liquid
		To protect against the possibility of rust, add an acid (vinegar, lemon juice, wine, tomatoes or tamarind paste) in the mixing bowl when heating water for more than 4 consecutive hours.
Egg mode		Place between 1 and 6 large (59 g / 2 oz) eggs cold from the fridge and cold water (to 1 litre mark) into mixing bowl and activate mode to cook the eggs to your preference.
Sous vide mode		Use a blade cover to cook extra portions or use simmering basket to cook smaller amount (if you do not have a blade cover).
		To protect against the possibility of rust, 30 g / 1 oz freshly squeezed lemon juice (½ lemon) must be added to the water in the mixing bowl when heating water for more than 4 consecutive hours.
Fermentation mode		Fermentation mode is between 37°C-70°C / 100°F - 160°F for a max of 12 hours.
		To protect against the possibility of rust, 30 g / 1 oz freshly squeezed lemon juice (½ lemon) must be added to the water in the mixing bowl when heating water for more than 4 consecutive hours.
High temperature mode (splash guard)		Always use the splash guard when cooking with high heat recipes through guided cooking. Follow the prompts on your Thermomix® and put it on when advised.

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Here's our quick reference guide to using the functions of your TM6 in manual cooking. All times should be adjusted depending on quantity used. Use the **Chop Mode** for further guidance.

Function	Ingredients	Preparation & Time/Temp/Function (if applicable)/Speed
Fine Chopping	Herbs, garlic, onion	Cut onion into halves 3 sec/speed 7
	Hard vegetables	Peeled and cut into pieces (if applicable) 3 sec/speed 5
	Soft vegetables	Peeled and cut into pieces (if applicable) 3 sec/speed 4
Crushing	Ice	550 g / 19 oz max loose ice cubes 3-8 sec , gradually increase from speed 3 to speed 8, scrape down sides of bowl and repeat if required.
Dry roasting	Spices	3-5 mins/120°C/250°F/speed 1 - cool before milling 1 min/speed 10
Grating	Parmesan, Romano	100-250 g / 3.5-9 oz, cut into pieces (2-3 cm, 1") 12-20 sec/speed 10
	Cheddar, Emmental	70-300 g / 2.5-10.5 oz, 5-14 sec/speed 7
	Breadcrumbs	100 g / 3.5 oz max, cut into pieces (3 cm, 1") 7-20 sec/speed 7
	Citrus peel (e.g. lemon, lime, orange, grapefruit)	Peel without white pith 10-20 sec/speed 6-7 , scrape down sides of bowl and repeat as required
	Chocolate	300 g / 10.5 oz max, broken into pieces Finely grated 8-12 sec/speed 8 — Coarsely grated 3-4 sec/speed 6
Heating	Milk	Kettle mode set to 90°C / 195°F.
Juicing	Fruits, vegetables, herbs	Peeled (if preferred) and chopped; add 100 g / 3.5 oz ice cubes; add 100 g / 3.5 oz liquid 1 min/speed 9 , scrape down bowl and repeat if necessary. Add remaining liquid (max 1.5 L mark) 10 sec/speed 4
Kneading	Dough	Standard dough 2 min/🌀 — Wet (sticky) dough 3 min/🌀. Max dough weight is 1.3 kg / 46 oz. Do not leave machine unattended during kneading - slider board strongly recommended!
Melting	Butter	Chop chilled butter into cubes 1-2 min/50°C/120°F speed 4
	Chocolate	300 g / 10.5 oz chocolate (grated or broken into pieces) 2½-5 min/50°C/120°F/speed 3 . Scrape down sides of bowl as required
Milling	Coffee beans	100-250 g coffee beans 10-15 sec/speed 9 plunger coffee 15-45 sec/speed 9 espresso/coffee machine
	Grains (to flour)	For best results mill up to 250 g 30 sec-1 min 30 sec/speed 9 (depending on desired consistency)
	Raw or white sugar	100 – 200 g (250 g / 9 oz max) 10-20 sec/speed 9 caster sugar 11-20 sec/speed 10 icing sugar
	Nuts (to nut meal)	5-10 sec/speed 7 (250 g / 9 oz max) — Over processing will cause nuts to release their oil.
	Spices	1 min/speed 9
Mincing	Meat, poultry, game	500 g / 17.5 oz max, cut into 2 cm pieces, slightly frozen 10 sec/speed 7 for a fine consistency Process 3-6 times/1 sec/Turbo for a chunkier consistency.
Mixing	Cakes	Dependent on quantity and density of batter ingredients 5-20 sec/speed 5-6
Sautéing	Herbs, bacon, garlic	Chop ingredients 3 sec/speed 7 . Add oil 3 min/120°C/250°F/speed 1 . Scrape down sides of bowl.
Steaming		Add 250 g / 9 oz water to bowl for every 15 mins of steaming (max 2.2 L). Varoma, max speed 6 . Ensure some holes remain unobstructed so steam can circulate.
Whipping	Egg whites	Thoroughly clean and dry mixing bowl. Insert butterfly whisk 4 - 6 egg whites, room temperature with a pinch cream of tartar or salt 3-4 min/speed 3.5 or until stiff peaks form.
	Pouring (whipping) cream	Insert butterfly whisk . 200 – 600 g / 9 - 21 oz cream, chilled 5-40 sec/speed 3.5 or until whipped to desired consistency.