

# Use Different Temperatures and Speeds

## Temperatures

→ When cooking manually choose temperatures between 100 °F and 250 °F, according to the guidelines in the table.

### Temperatures

100–130 °F

140–175 °F

175–195 °F

212 °F

220–240 °F

250 °F

Varoma

### Ideal for...

Melting or gently warm (e.g. chocolate)

Cooking gently as in a bain-marie (this is ideal for sauces)

Heating water for tea, heating milk without over-boiling

Cooking soups and stews

Cooking sugar syrups

Sautéing

Steaming ingredients

## Speeds

→ Select the speed that best suits the recipe according to the following indications.

### Speeds


 speed

Speed 1–3

Speed 4–6

Speed 7–10

**Turbo** (maximum speed at short bursts)

Reverse  with low speeds  
( up to speed 3)

Reverse  with speed 4

### Ideal for...

Stirring as if using a wooden spoon (e.g. risotto)

Gently mix, mash potatoes or chop soft ingredients (e.g. boiled eggs, raw mushrooms)

Chopping (e.g. onions, carrots), emulsifying (e.g. mayonnaise, hollandaise sauce)

Grind or mill (e.g. sugar, wheat, coffee), blend to a completely smooth texture (e.g. creamy soups, smoothies, ice creams) or chop hard ingredients (e.g. cured ham, hard cheeses).

Ideal for evenly chopping ingredients without making them too small (e.g. lemons to make lemonade), to chop harder ingredients (e.g. raw cured ham for a pasta sauce or pie filling), or to chop larger amounts of hard ingredients that you will later chop or grind further (e.g. Parmesan cheese). Simply select a duration of 0.5 sec, 1 sec, or 2 sec and turn the selector. Repeat if necessary. If you are unsure which duration to choose, go for the shorter time and repeat until you obtain the desired result.

Prevent delicate foods from falling apart (e.g. lentils)

Shredding ingredients without cutting them (e.g. cod, chicken)

# Chopping Functions

Use this table as a guide for chopping your ingredients. Ingredient amounts can be adapted to the quantity that you need. For some ingredients (e. g. nuts), results will be more consistent if you chop in several batches instead of increasing quantities.

## Grate

Food	Amount	Time/Speed	Tips
Carrots, turnips or daikon	3.5–6.5 oz, cut into pieces (1½ in.) 7–16 oz, cut into pieces (1½ in.) 18–25 oz, cut into pieces (1½ in.)	3–4 sec/speed 5 4–6 sec/speed 5 5–7 sec/speed 5	
Cabbage (white/red), finely grated	7–14 oz, cut into pieces	6–8 sec/speed 5	
Cabbage (white/red), coarsely grated	7–14 oz, cut into pieces	2–4 sec/speed 5	
Apples	3.5–10.5 oz, quartered 12–21 oz, quartered	2–3 sec/speed 4.5 3–4 sec/speed 4.5	
Plums, medium ripeness	7–10.5 oz, quartered 12–21 oz, quartered	3–5 sec/speed 4.5 4–6 sec/speed 4.5	
Pears, nectarines, apricots, medium ripeness	7–10.5 oz, quartered 12–21 oz, quartered	3–5 sec/speed 4.5 4–6 sec/speed 4.5	
Dark chocolate	2.5–7 oz, cut into pieces 9–10.5 oz, cut into pieces	3–4 sec/speed 7 4–5 sec/speed 7	• For thick chocolate bars, use the longer time, adding 1–2 seconds as needed.
Milk Chocolate	2.5–3.5 oz, cut into pieces 5–7 oz, cut into pieces 9–10.5 oz, cut into pieces	3–4 sec/speed 6 4 sec/speed 6 4–5 sec/speed 6	• For thick chocolate bars, use speed 7.
White Chocolate	2.5–7 oz, quartered 8 oz–10.5 oz, quartered	2–3 sec/speed 7 4 sec/speed 7	• For thick chocolate bars, use the longer time, adding 1–2 seconds as needed.
Dark chocolate, finely grated	2.5–7 oz, quartered 9–10.5 oz, quartered	10–12 sec/speed 8 12–15 sec/speed 8	• Use the longer time for a finer grind.
Milk chocolate, finely grated	2.5–7 oz, cut into pieces 9–10.5 oz, cut into pieces	6–7 sec/speed 8 7–9 sec/speed 8	• Use the longer time for a finer grind.
White chocolate, finely grated	2.5–7 oz, cut into pieces 9–10.5 oz, cut into pieces	6–8 sec/speed 8 8–9 sec/speed 8	• Use the longer time for a finer grind.
Bread roll, finely grated	3.5 oz bread, fresh, cut into pieces (1 in.)	3–10 sec/speed 6	<ul style="list-style-type: none"> <li>• Use any type of bread.</li> <li>• You can add herbs or garlic to the bread before grating.</li> <li>• Bread crumbs made from dry bread will keep for several weeks if stored in an airtight container.</li> <li>• Breadcrumbs made from fresh bread must be stored in the freezer.</li> </ul>

Food	Amount	Time/Speed	Tips
Bread roll, finely grated	3.5 oz bread, cut into pieces (1 in.)	7–20 sec/speed 7	
Potatoes and sweet potatoes	7–18 oz, cut into pieces 21–28 oz, cut into pieces	4–7 sec/speed 5 5–10 sec/speed 5	
Cheese, medium-hard (e. g. gruyère, Emmental)	2.5–10.5 oz, cut into pieces (¾ in–1 in.)	5–14 sec/speed 7	• Use the longer time for a finer grind.
Parmesan cheese (or other hard cheese)	3.5–9 oz, cut into pieces (1 in.) 2–2.5 oz, cut into pieces (1 in.)	12–20 sec/speed 10 10 sec/speed 10	• Remove crusts before grinding

## Chop, Crush, Mince and Grate

Food	Amount	Time/Speed	Tips
Fresh herbs (e. g. parsley, cilantro, sage, thyme, mint)	0.5 oz, leaves only, washed and dried 0.5–1 oz, leaves only, washed and dried 1–1.5 oz, leaves only	3–4 sec/speed 6 4–6 sec/speed 6 5–9 sec/speed 6	• Use the longer time for a finer chopping result.
Dill	0.5–1.5 oz, leaves only, washed and dried	4 sec/speed 8	• If further chopping is required: Scrape down sides of mixing bowl and chop again 2 sec/speed 8
Rosemary	0.5–1 oz, leaves only	10 sec/speed 8, scrape down sides of mixing bowl, then again 5 sec/speed 8 if necessary	• Moisture content of rosemary is variable.
Mixed fresh herbs	0.5–1 oz, leaves only	3–4 sec/speed 7	
Garlic	1 clove 0.5–1 oz 1–2.5 oz 3.5 oz	2 sec/speed 8 3 sec/speed 8 3 sec/speed 5 3–5 sec/speed 5	
Onion	1–2.5 oz, halved 3.5–7 oz, halved 7.5–12 oz, halved 14–18 oz, quartered	3–4 sec/speed 5 4 sec/speed 5 4–5 sec/speed 5 5–6 sec/speed 5	• Cut large onions in quarters.
Crushed ice	7–19 oz ice cubes	3–8 sec/speed	• The length of time depends on size of ice cubes and desired result. The quantity of ice can be increased as long as ice cubes do not exceed the 1 liter mark in the mixing bowl.

Food	Amount	Time/Speed	Tips
Beef	10.5 oz, cut into pieces (1 in.), partially frozen	10–13 sec/speed 8	<ul style="list-style-type: none"> <li>To achieve a uniform result, cut meat in evenly sized pieces. The best result is achieved with meat that is partially frozen for 60 minutes.</li> </ul>
	18 oz, cut into pieces (1 in.), partially frozen	13–16 sec/speed 8	
Pork	10.5 oz, cubed (1 in.), partially frozen	8–10 sec/speed 6	
	18 oz, cubed (1 in.), partially frozen	12–14 sec/speed 6	
Poultry (white meat)	10.5 oz, cubed (1 in.), partially frozen	5–6 sec/speed 6	
	18 oz, cubed (1 in.), partially frozen	7–8 sec/speed 6	
Lamb	10.5 oz, sinew free, cubed (¾ in–1 in.) partially frozen	10–13 sec/speed 8	
Nuts (e.g. almonds, hazelnuts), coarsely chopped	3.5 oz	3–5 sec/speed 6	
	7–10.5 oz	4–6 sec/speed 6	
Nuts (e.g. peanuts, cashews, coarsely chopped)	3.5–7 oz	3–6 sec/speed 5	
	10.5 oz	2–5 sec/speed 5	
Nuts (e.g. walnuts, pecans), coarsely chopped	3.5 oz	2–6 sec/speed 4	
	7 oz	3–7 sec/speed 4	
	10.5 oz	1–3 sec/speed 5	

## Grind and Mill

Food	Amount	Time/Speed	Tips
Nuts (e.g. walnuts, pecans), fine	3.5 oz	4–6 sec/speed 6	<ul style="list-style-type: none"> <li>For best results, grind up to 9 oz at a time. If more flour is needed, repeat the process in batches of up to 9 oz.</li> <li>Time depends on type of pulse.</li> <li>The longer the grinding time, the finer the flour.</li> </ul>
	5–9 oz	5–7 sec/speed 6	
Nuts (e.g. almonds, hazelnuts, cashews, peanuts), fine	3.5 oz	6–8 sec/speed 7	
	5–9 oz	6–10 sec/speed 7	
Dried pulses (e.g. chickpeas, lentils, dried beans)	3.5 oz	20–50 sec/speed 10	
	5–9 oz	30–60 sec/speed 10	
Cereal grains (e.g. wheat, rye, spelt, buckwheat, millet)	3.5 oz	10–50 sec/speed 10	<ul style="list-style-type: none"> <li>Cereal grains can be ground coarsely or very fine (flour). The longer the grinding time, the finer the grind.</li> <li>For best results, grind up to 9 oz at a time. If more flour is needed, repeat the process in batches of up to 9 oz.</li> </ul>
	5–9 oz	15–60 sec/speed 10	



<b>Food</b>	<b>Amount</b>	<b>Time/Speed</b>	<b>Tips</b>
Coffee beans	3.5–9 oz	1 min/speed 9	
Poppy seeds	3.5–9 oz	30 sec/speed 9	
Peppercorns, coarse	0.35 oz	10 sec–1 min/speed 10	• Increase time for a finer grind.
Rice	3.5–5 oz	1–1 min 30 sec/speed 10	• Increase time for a finer grind.
Sesame seeds	3.5–5 oz 5.5–7 oz	6–10 sec/speed 9 9–15 sec/speed 9	• Use unpeeled sesame seeds for fine flour, and peeled sesame seeds for sesame seed paste.
Spices	0.7 oz	20–60 sec/speed 9	• Grinding time depends on the spices used.
Confectioner’s Sugar (white, brown and dark brown)	3.5 oz 5 oz 7 oz	11–14 sec/speed 10 15–18 sec/speed 10 17–20 sec/speed 10	• For best results, grind sugar in 3.5–7 oz batches.

# Steaming Functions

Use this table as a guide to steaming times, adjusting amounts and times according to your preference. Cooking times will vary depending on the quantity, quality, density and size of ingredients. To extend cooking time beyond 30 minutes, add 9 oz water for each additional 15 minutes. Make sure a few holes in the Varoma dish and Varoma tray remain unobstructed, and that the Varoma lid is properly closed. Place 18 oz room temperature water or broth in the mixing bowl and steam **stated time/Varoma/speed 1**.

## Steaming Vegetables

Food	Amount	Time	TM part	Tips
Carrots	7–18 oz, sliced (¼ in.)	<b>18–24 min</b>	Simmering basket	
	19–28 oz, sliced (¼ in.)	<b>25–30 min</b>	Varoma	
	7–21 oz, thin, whole	<b>17–25 min</b>	Simmering basket	
	25–42 oz, thin, whole	<b>25–30 min</b>	Varoma	
Parsnips	7–18 oz, peeled, cut into bite-size pieces	<b>10–15 min</b>	Simmering basket	• To achieve uniform results, cut parsnips in evenly sized pieces.
	21–35 oz, peeled, cut into bite-size pieces	<b>15–20 min</b>	Varoma	
Kohlrabi, turnips, daikon	7–21 oz, peeled, cut into bite-size pieces (¾ in–1 in.)	<b>18–25 min</b>		
	25–35 oz, peeled, cut into bite-size pieces (¾ in–1 in.)	<b>24–30 min</b>		
Broccoli florets	9 oz	<b>11–15 min</b>	Simmering basket	
	14–28 oz	<b>15–22 min</b>	Varoma	
Cauliflower florets	10.5 oz	<b>15–20 min</b>	Simmering basket	
	14–32 oz	<b>20–25 min</b>	Varoma	
Cabbage	10.5 oz, cut into strips (½–¾ in.)	<b>10–15 min</b>	Simmering basket	
	14–28 oz, cut into strips (½–¾ in.)	<b>13–18 min</b>	Varoma	
Asparagus	28 oz	<b>23–35 min</b>	Varoma	• Time depends on thickness of stalks.
Peppers	3.5–10.5 oz, cut into strips (⅝ in.)	<b>10–14 min</b>	Simmering basket	
	14–28 oz, cut into strips (⅝ in.)	<b>12–15 min</b>	Varoma	
Button mushrooms	3.5–10.5 oz	<b>10–15 min</b>	Simmering basket	
	14–18 oz	<b>15 min</b>	Varoma	
	7–10.5 oz, quartered	<b>10–12 min</b>	Simmering basket	Cut large mushrooms in eighths.
	14–18 oz, quartered	<b>13–15 min</b>	Varoma	

<b>Food</b>	<b>Amount</b>	<b>Time</b>	<b>TM part</b>	<b>Tips</b>
Peas	7–18 oz frozen	<b>15–18 min</b>	Simmering basket	
	21 oz frozen	<b>18–22 min</b>	Varoma	
Potatoes, new, small	21 oz, cut into pieces (¾–1 in.)	<b>30–35 min</b>	Simmering basket	
	25–42 oz, cut into pieces (¾–1 in.)	<b>35–40 min</b>	Varoma	
Potatoes and sweet potatoes	7–21 oz, cut into pieces (¾–1 in.)	<b>17–30 min</b>	Simmering basket	
	25–35 oz, cut into pieces (¾–1 in.)	<b>20–35 min</b>	Varoma	
Leeks	7–14 oz, sliced	<b>15–20 min</b>	Simmering basket	
	18–28 oz, sliced	<b>20–25 min</b>	Varoma	
Celery cut in pieces	18–28 oz, sliced cut into pieces (¾ in.)	<b>20–25 min</b>	Simmering basket	
	18–28 oz, sliced cut into pieces (¾ in.)	<b>25–30 min</b>	Varoma	
Celery root	7–16 oz sliced cut in pieces (¾–1 in.)	<b>13–17 min</b>	Simmering basket	
	18–28 oz sliced cut in pieces (¾–1 in.)	<b>20–25 min</b>	Varoma	
Green beans	7–10.5 oz, cut into pieces (1–2 in.)	<b>15–25 min</b>	Simmering basket	
	14–28 oz whole	<b>15–30 min</b>	Varoma	
Fennel bulbs	7–14 oz, quartered	<b>18–25 min</b>	Simmering basket	
	18–28 oz, quartered	<b>27–30 min</b>	Varoma	
	3.5–14 oz, sliced (2/5 in.)	<b>15–20 min</b>	Simmering basket	
	18–28 oz, sliced (2/5 in.)	<b>18–25 min</b>	Varoma	
Spinach, fresh	18 oz	<b>10–12 min</b>	Varoma	• Maximum 18 oz
Zucchini	7–18 oz, halved, then sliced (2/5 in.)	<b>14–19 min</b>	Simmering basket	
	21–28 oz, halved, then sliced (2/5 in.)	<b>20–25 min</b>	Varoma	

# Steaming Fruits

Food	Amount	Time	TM part	Tips
Apples	7–14 oz, quartered 18 oz, quartered	10–22 min 12–25 min	Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of apples.</li> <li>To double the quantity, insert Varoma tray and add a further 18 oz.</li> </ul>
Pears	7–14 oz, quartered 18–28 oz, quartered 7–14 oz, halved 18–28 oz, halved	10–16 min 15–20 min 13–18 min 18–23 min	Simmering basket Varoma Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of pears.</li> </ul>
Apricots	10.5–14 oz, halved 18 oz, halved	9–12 min 10–15 min	Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of apricots.</li> <li>To double the quantity, insert Varoma tray and add a further 18 oz.</li> </ul>
Peaches	10.5–16 oz, halved 18 oz, halved	8–12 min 10–15 min	Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of peaches.</li> <li>To double the quantity, insert Varoma tray and add a further 18 oz.</li> </ul>
Plums	7–14 oz, halved 18 oz, halved	7–10 min 12–14 min	Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of plums.</li> </ul>
Rhubarb	10.5–16 oz, cut in pieces ( $\frac{5}{8}$ – $\frac{3}{4}$ in.) 18–28 oz, cut in pieces ( $\frac{5}{8}$ – $\frac{3}{4}$ in.)	8–18 min 12–22 min	Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of rhubarb.</li> <li>To make compote, sprinkle 14 oz rhubarb in simmering basket with 3 oz sugar and steam without measuring cup (to avoid overboiling) 13–18 minutes. For double the quantity, in Varoma dish, steam 17–20 minutes. Transfer steamed rhubarb to a bowl, pour over the cooking liquid and allow to cool.</li> </ul>
Pineapple	7–14 oz, cut into triangles ( $\frac{1}{4}$ in. thick) 18 oz, cut into triangles ( $\frac{1}{4}$ in. thick)	10–15 min 15–20 min	Simmering basket Varoma	<ul style="list-style-type: none"> <li>Steaming time depends on type and ripeness of pineapple.</li> <li>To increase the quantity, insert Varoma tray and add a further 14 oz.</li> </ul>
Bananas with chocolate filling	2 bananas	12 min	Varoma	<ul style="list-style-type: none"> <li>Make a deep cut in the top of the banana and insert 1–2 pieces chocolate.</li> </ul>
Papaya	1 small papaya, halved	10–15 min	Varoma	<ul style="list-style-type: none"> <li>To double the quantity, insert Varoma tray and add another papaya, halved.</li> </ul>



## Steaming Fish and Seafood

Food	Amount	Time	TM part	Tips
Fish fillets (e. g. salmon, perch, bass, kingfish, snapper)	2-3 pieces, 5 oz each (¾-1 in.) 5-6 pieces, 5 oz each	<b>12-18 min</b>	Varoma dish Varoma dish and Varoma tray	<ul style="list-style-type: none"> <li>• For frozen fish, increase steaming time by 5 min</li> <li>• To cook 5 pieces of fish, place 2 pieces in Varoma dish and 3 pieces in Varoma tray.</li> </ul>
Mussels, in the shell	18 oz 35 oz	<b>15 min</b> <b>23 min</b>	Varoma dish	<ul style="list-style-type: none"> <li>• Add mussels into the Varoma dish. When the water has reached Varoma temperature, put the Varoma in place and start cooking the mussels</li> </ul>
Shrimp raw, with shell	14 oz 18 oz	<b>8-10 min</b> <b>10-15 min</b>	Simmering basket Varoma	<ul style="list-style-type: none"> <li>• For frozen shrimp, increase time by 2 min.</li> </ul>
Whole fish (e. g trout, dorado, bass, perch, bream, snapper)	2 (approx. 15.5 oz each) 4 (approx. 15.5 oz each)	<b>15-17 min</b> <b>17-20 min</b>	Varoma Tray 2 in. Varoma dish and 2 on Varoma tray	

# Steaming Meat

Food	Amount	Time	TM part	Tips
Meatballs	18 oz (approx. 1 in.) 39 oz (approx. 1 in.)	20–25 min	Varoma dish 18 oz in Varoma dish and 21 oz on Varoma tray	
Chicken breasts	3 pieces (approx. 18 oz.) 6 pieces (approx. 28 oz.)	20–25 min	Varoma dish 2 in. Varoma dish and 4 on Varoma tray	• Make sure some holes remain unobstructed so that steam can circulate.
Turkey escalopes	3 pieces (approx. 21 oz.)	15–25 min	1 in. Varoma dish and 2 on Varoma tray	• Make sure some holes remain unobstructed so that steam can circulate.
Sausages	6 pieces 12–14 pieces	10–15 min	Varoma dish 6 in. Varoma dish and 6–8 on Varoma tray	• Time depends on thickness of sausages.
Pork tenderloin	18 oz, halved 53 oz, halved	18–23 min 25–30 min	Varoma dish 18 oz (halved) in Varoma dish and 35 oz (halved) on Varoma tray	• Make sure some holes remain unobstructed so that steam can circulate.
Beef fillet	18 oz (1 piece)	12–30 min	Varoma dish	• Adjust steaming time to desired cooking point of meat (longer for well-done meat). • For a delicious browned crust, briefly sear the fillet after steaming in a very hot nonstick frying pan and allow to rest for approx. 10 minutes in aluminum foil.