Optimum ThermoCook
PROFESSIONAL COOKING ASSISTANT

100+ RECIPES INSIDE

RECIPE BOOK
Welcome to Froothie and your professional kitchen assistant.

We hope you enjoy creating these delicious, quick and easy recipes in your Optimum ThermoCook Multi-Function Cooking Appliance.

Features of the Optimum ThermoCook multi-purpose 2.0L Bowls

2.0L Blender Bowl
This multi-purpose bowl offers complete versatility, functions include blending, chopping, mixing, cooking, boiling and much more.

2.0L Mixing Bowl
This multi-purpose bowl is featured in a number of recipes that require two bowls.

To purchase the Mixing Bowl, visit Froothie International and select your country, www.froothieinternational.com
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GETTING TO KNOW YOUR THERMOCOOK

Operating Buttons

1. Stop/ Cancel
2. Start/ Pause/ Scroll
3. Timer
4. Speed
5. Temperature
6. Heat Power
7. Pulse
8. Auto Programs
9. DIY Program

Digital Display

1. Time Display: Hours: minutes: seconds
2. Blade Speed: 01 – 10
3. Temperature: 037 – 120°C
4. Heat Power: 01 – 10
5. Auto Programs
6. Lid or Bowl not closed/ secured
7. Lid and Bowl correctly installed
8. DIY
ACCESSORIES AND ICONS

The following accessory icons are used in each recipe to indicate which accessory is required.

BLENDING BOWL
The blending bowl contains the chopping blade.

COOKING BASKET

MIXING TOOL

MEASURING CUP

MIXING BOWL
The mixing bowl contains the kneading hook.

STEAMER
1. Steamer base
2. Steamer top
3. Steamer lid

SPATULA
The 15 preset Auto Programs are designed to enable you to make meals quickly and with minimal fuss. You will find many recipes in The ‘BASICS’ section include the use of an Auto Program. The ‘BASICS’ is a great place to start to familiarise yourself with the ThermoCook and learn how the auto programs can be a great help and time saver.

You may find from time to time that you want to adjust an Auto Program. Here you will find a summary of the adjustment parameters for each Program. Several programs cannot be adjusted as the optimum settings have been preset.

Press the Auto Program button to access 15 auto programs.

**AUTO PROGRAMS**

**SMOOTHIE**

Default Setting:
Speed 10 for 30 seconds. All settings non-adjustable.
If left idle for 10 minutes after program completion, machine will turn off automatically.

**Quick SOUP**

*Ideal for vegetable soup*
Default Setting:
Step 1: Speed 10 for 30 seconds
Step 2: Speed 2 and temperature 100°C until finish.
Default timer is 20 minutes.

**Timer adjustable** from 15–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.

**Tip:** If you prefer your soup to be super smooth allow the soup to cool down and then select SMOOTHIE (a built-in safety feature will not allow the ThermoCook to operate above speed 4 if the temperature is more than 60°C).

**Thick SOUP**

*Ideal for soups containing meat*
Default Setting:
Step 1: Speed 10 for 30 seconds
Step 2: Speed 3 and temperature 100°C until finish.
Default timer is 30 minutes.

**Timer adjustable** from 15–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.
**CHOP**

Default setting:
- Speed 5 for 1 minute.

**Timer adjustable** from 1 second – 5 minutes.

If left idle for 10 minutes after program completion, machine will turn off automatically.

**SAUTE**

Default setting:
- Speed 1, temperature 120°C for 5 minutes.

**Timer adjustable** from 1–30 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.

**STIR**

Default setting:
- Speed 2, Temperature 100°C,
- Heat Power 10, for 30 minutes.

**Speed adjustable** from 0–3
**Temperature adjustable** from 90–120°C.
**Heat power adjustable** from 0–10
**Timer adjustable** from 5–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.

**KNEAD**

IMPORTANT: Kneading *must* be done using the *ThermoCook* Mixing Bowl.

Default setting:
- Step 1: Speed 3 for 3 minutes
- Step 2: Speed 2 for 7 minutes.

**Speed adjustable** from 2–3
**Temperature adjustable** from 0–37°C.
**Timer adjustable** from 3–10 minutes.

If left idle for 10 minutes after program completion, machine will turn off automatically.
**Introduction**

**STEAM**

Default setting:
Continuously boils the water for 20 minutes.

**Timer adjustable** from 15–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.

**STEW**

Default setting:
Step 1: Heats until boils, Speed 0, Heat power auto adjusts
Step 2: Temperature is maintained around 90–95°C.
Default timer setting is 3 hours.

**Timer adjustable** from 1–12 hours.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.

**Tip:** The ThermoCook can be used as a slow cooker by selecting the STEW function. Using a slow cook recipe (ensure quantity does not exceed maximum level in blending bowl) you can SAUTÉ, CHOP etc. any of the ingredients e.g. onions, garlic, meat etc. in the Blending Bowl add the rest of the ingredients then select STEW, select the time and leave.

**WARM**

Default setting:
Temperature 80°C, Heat power 2, Timer 1 hour.

**Timer adjustable** from 1–12 hours.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.

**REHEAT**

Default setting: Heats up and maintains around 90–95°C, Timer 30 minutes.

**Timer adjustable** from 1–60 minutes.

If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.
<table>
<thead>
<tr>
<th>Mode</th>
<th>Default setting</th>
<th>Timer adjustable</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOIL</strong></td>
<td>Heat Power 10, Speed 0. Stops automatically when it reaches boil.</td>
<td></td>
<td>If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode.</td>
</tr>
<tr>
<td><strong>YOGURT</strong></td>
<td>Temperature 37–39°C, Heat power 1, Timer 6 hours.</td>
<td>3–12 hours</td>
<td>If left idle for 10 minutes after program completion, machine will turn off automatically.</td>
</tr>
</tbody>
</table>
| **RICE**   | Step 1: Temperature 105°C (temperature and heat power adjusts automatically depending on volume).  
            | Step 2: Maintains temperature around 105°C until finish.                        |                  | If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode. |
| **PORRIDGE** | Step 1: Timer 1h, Speed 1, Temperature and heat power auto adjusts. Heats until boils.  
            | Step 2: Temperature is maintained around 90–95°C until finish.                 | 30–90 minutes    | If left idle for 10 minutes after program completion, machine will automatically enter ‘WARM’ mode. |
• There are three DIY programs. This enables you to record your favourite recipes. The DIY program enables you to preset up to 20 steps.

• Press the DIY button, and the icon [DIY] on the digital display will flash. Press again, to select between [DIY1] [DIY2] [DIY3].

• For recording: when the DIY icon flashes, press and hold the DIY button for 5 seconds, until the screen shows STEP:01 (STEP:01). Set the desired speed, temperature, heat power, timer and press DIY button again, it comes to STEP:02 (STEP:02); repeat until you finish the DIY program, up to a maximum of 20 Steps. When finished, hold DIY button again for 5 seconds to record and save the program.

• Please note during program setting
  • You cannot advance to the next step until a time is entered
  • You cannot revise a DIY program. It has to be deleted and re-written.

• A DIY program has a time maximum of 3 hours.

• If the DIY program has no settings the screen will show ‘NULL’.

• To operate: Press DIY and select the desired DIY function, and press START to start working as recorded.

• You can only reprogram an existing DIY button by deleting the previous program. To delete, select the DIY button and start the recording process. The first step “Press and hold the DIY button for 5 seconds” will delete the previous recorded program.

• During working of DIY program, the machine will stop for 10 seconds at the end of the step and will beep to allow you to PAUSE the machine and add ingredients if needed. If left idle during these 10 seconds, the machine goes to next step according to the setting.

• During working of DIY program, all settings can be adjusted freely, but it will not revise the recording.

• Press STOP/CANCEL during recording, and the machine will stop recording and abandon the records.
GRINDING AND MILLING

Your ThermoCook will grind and mill with ease. Here are a few tips and common ingredients to get you started:

- Make sure that your blending bowl and blades are dry and clean, any moisture will not give a good result.
- When you are processing to a very fine powder i.e. granulated sugar to icing sugar wrap the lid of your ThermoCook with plastic wrap making clean up easier.
- Do not leave the ThermoCook unattended when operating at high speeds.
- Is it not recommended that you grind and store large amounts of spices as they will lose their flavours if stored for many months. It is best to grind smaller amounts and use at their best.
- All milling and grinding should be performed with the Measuring Cup in locked position on the lid.

<table>
<thead>
<tr>
<th>TO MAKE</th>
<th>AMOUNT</th>
<th>INGREDIENT</th>
<th>SELECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castor sugar</td>
<td>100g</td>
<td>granulated sugar</td>
<td>PULSE for 3 – 5 seconds</td>
</tr>
<tr>
<td>Icing sugar</td>
<td>100g</td>
<td>granulated sugar</td>
<td>SMOOTHIE</td>
</tr>
<tr>
<td>Ground coffee</td>
<td>125g</td>
<td>coffee beans</td>
<td>SMOOTHIE</td>
</tr>
<tr>
<td>Ground pulses, e.g.</td>
<td>100g</td>
<td>dried lentils, dried split peas</td>
<td>repeat if required</td>
</tr>
<tr>
<td>lentils, split peas</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Besan (chickpea) flour</td>
<td>100g</td>
<td>dried chickpeas</td>
<td>SMOOTHIE repeat if required</td>
</tr>
<tr>
<td>Ground rice</td>
<td>100g</td>
<td>rice</td>
<td>SMOOTHIE</td>
</tr>
<tr>
<td>Rice flour</td>
<td>100g</td>
<td>rice</td>
<td>SMOOTHIE repeat several times until texture you require is reached</td>
</tr>
<tr>
<td>Ground nutmeg</td>
<td>2 whole</td>
<td>nutmegs</td>
<td>SMOOTHIE</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>4</td>
<td>cinnamon quills</td>
<td>SMOOTHIE repeat if required</td>
</tr>
<tr>
<td>Ground cloves</td>
<td>10g</td>
<td>whole cloves</td>
<td>Select SMOOTHIE. Whilst the ThermoCook is running quickly place the cloves in the Measuring Cup and tip into the bowl and lock. Repeat SMOOTHIE if required</td>
</tr>
<tr>
<td>Ground coriander</td>
<td>10g</td>
<td>whole coriander seeds</td>
<td>See ground cloves</td>
</tr>
<tr>
<td>Almond meal</td>
<td>200g</td>
<td>whole almonds</td>
<td>SMOOTHIE</td>
</tr>
</tbody>
</table>
The ThermoCook recipe book has simple recipes to experiment with and help you to get to know your machine and its functions. There are many other resources available to you so you can experiment and get the best from your machine. “Thermo” style cooking is a new way of cooking and there are many recipe books, websites and blogs that are a great way to further your knowledge and gain confidence with your ThermoCook. Recipes can be easily converted for use in the ThermoCook. For example when reading through a recipe written for other thermo machines, read through the entire recipe and see if some of the processes can be changed to an auto program available to you. ThermoCook does not have reverse so substitute it for speed 1, no speed or use the mixing bowl which has the kneading hook which will gently stir the food. All of the recipes here have been compiled and written for the ThermoCook. We encourage you to substitute flavours and ingredients to your family favourites and to try inventing your own recipes!

- The ThermoCook gets VERY HOT. Treat it with respect and always be mindful to keep it out of reach of children and away from bench top edges.
- Always open the lid away from you. Always pick up the bowl and steaming trays by the handles.
- IMPORTANT: Do not use the Mixing Tool above speed 4– it will detach and get destroyed by the blades.
- Do not insert the Spatula into the bowl when the blades are operating.
- When kneading or operating at fast speeds do not leave the machine in case of movement.
- For auto programs select the AUTO PROGRAM button, then turn the dial to select program (e.g. STIR), then you can select and adjust TIME / SPEED / TEMPERATURE / HEAT POWER within the preset where possible.
- Always lock the measuring cup when using the ThermoCook unless stated in the recipe.
- When cooking with the Measuring Cup off, place the cooking basket upside down over the measuring cup opening to minimize food splatter.
- If you want to decrease the quantity of a recipe from 4 to 2 servings, halve the ingredients and decrease the cooking time by 20% of the original cooking time.
IMPORTANT: KEEP THE BOTTOM OF THE BOWL DRY. DO NOT IMMERSE THE BOWLS IN WATER OR PUT IN THE DISHWASHER.

Deep Clean: To clean hard to remove food that may have burnt on the bottom of the bowl or just to keep your bowl in pristine condition. Add 2tbsp bi carb soda, 2tbsp vinegar and enough water to cover the blade. Cook for 3 minutes, Speed 3, 115°C. Rinse with clean water. If there is any food residue it can be easily wiped with a soft sponge.

Auto Clean: Place enough water to cover the blade assembly. Add a small amount of dishwashing liquid. Close the lid and place on the Measuring Cup to prevent any splashes. Set the following: 4 minutes, Speed 3, 100°C. Rinse with clean water.

Quick Clean: Empty food from bowl. Cover blades with water and add a small amount of dishwashing liquid. PULSE on for a few seconds as needed. Rinse with clean water.

When cleaning the bowl by hand, add some soapy water into the bowl and use a long handed scrubber or pad. A bottle brush is great for getting the blade assembly clean.

Cleaning Advice: When cleaning the bowl by hand, add some soapy water into the bowl and use a long handed scrubber or pad. A bottle brush is great for getting the blade assembly clean.

When cleaning the bowl by hand, add some soapy water into the bowl and use a long handed scrubber or pad. A bottle brush is great for getting the blade assembly clean.
**BREAD CRUMBS**

**Ingredients**
4 slices frozen bread

**Preparation**
1. Break up bread and place in bowl
   
   2. Select **CHOP** 1 min

**WHIPPED CREAM**

**Ingredients**
200ml thickened cream
2 tsp of icing sugar if desired

**Preparation**
1. Place in ingredients with Mixing Tool attached

   2. Process until desired consistency is achieved* 3 mins 4

   *Note: After 1 min, press PAUSE and check cream density, then continue. Do this every 15 secs. Cream can turn quickly so keep checking.
YOGHURT

**Ingredients**
1200g milk
200g thickened cream
200g Greek natural yoghurt

**Preparation**
1. Place in all ingredients
2. Select **YOGURT**
3. Walk away for 8-10 hours

Store in the fridge. The yoghurt will thicken. If you want a much thicker yoghurt reduce the milk to 1000g

EGG WHITES

**Ingredients**
2-10 egg whites
Pinch of salt

**Preparation**
1. Place in all ingredients

**Acc.**
- 3-5 mins
- 4
- 37°C

**Tips:** Eggs should be at room temperature.

*Egg whites, bowl, blades and mixing tool must be spotlessly clean with no trace of oils or egg yolk.*

*Temperature should always be set at 37°C*
## PURE BUTTER OR BUTTER BLEND

### Ingredients
- 600ml cream (must be very cold)
- Ice cold water approx 1 litre

Note: The freshness of the cream makes a difference to the time it takes for the cream to separate so setting the machine to 6 mins allows for extra processing time. Press Pause to stop and start the ThermoCook as you follow the steps.

*The strained buttermilk from the first straining can be used in cooking*

### Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
<th>Time</th>
<th>Acc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in cream</td>
<td>6 mins</td>
<td>4</td>
</tr>
<tr>
<td>2.</td>
<td>Blend until the cream separates (the ThermoCook will move and thump a bit - this is normal) Pause the machine immediately</td>
<td>5 secs</td>
<td>4</td>
</tr>
<tr>
<td>3.</td>
<td>Strain the buttermilk into a bowl* and remove the butterfly. Press the butter against the sides of the bowl with the spatula to squeeze out as much liquid as possible</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Add 500g of ice cold water. Press Pause to start and stop</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Strain the liquid again, squeezing as much liquid out of the butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>If the water is clear you are left with pure butter. If still cloudy repeat steps 4 &amp; 5 again</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>You can now store your butter in the fridge for about 2 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>If you prefer a soft spreadable butter add 60-80g of light flavoured oil of your choice</td>
<td>30 secs</td>
<td>4</td>
</tr>
<tr>
<td>9.</td>
<td>Press STOP button to clear any remaining time</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**MINCE MEAT**

**Ingredients**
500g rump or blade steak

**Preparation**

1. Cut meat into large pieces and place into bowl

2. Select **CHOP** 20 secs

   Chop for another 30 secs if requiring the mince to be finer
VEGETABLE STOCK OR BROTH

Makes approx. 1 litre

Ingredients
2 onions peeled & quartered
2 carrots quartered
2 celery sticks quartered
2 handfuls button mushrooms
Punnet cherry tomatoes halved
2 cloves garlic peeled & halved
Handful of fresh flat leaved parsley
2 bay leaves
Few sprigs of fresh thyme
1 tsp black peppercorns
1200ml approx of water

Preparation

1. Place in onions, carrot, celery & mushrooms

2. Select CHOP 10 secs

3. Add the tomatoes, garlic, herbs and peppercorns

4. Add the water up to the max. level on side of jug

5. Select STEW 1 hour & 30 mins

6. Strain the stock through a strainer discarding all vegetables and herbs

7. Allow to cool and store in an air tight container in the fridge or freeze
MEAT OR FISH STOCK

Makes approx 1 litre

Ingredients
200-300g chicken wings & bones, roughly cut (you can also use meaty beef bones instead to make beef stock or fish heads to make fish stock)
2 carrots roughly chopped
1/2 sweet potato
1 onion peeled, roughly chopped & quartered
2 small stalks of celery
Few sprigs or rosemary, thyme and parsley
3 bay leaves
5 peppercorns
Approx 1200g water

Preparation

1. Place in all the vegetables
2. Select 10 secs
3. Add rest of ingredients- adding the water last and filling the bowl only to the max. level as indicated on the side of the bowl
4. Select 1hr 30 mins
5. Pour the stock from blending bowl through a strainer into a container. Discard vegetables and bones. Cool to room temperature then store in fridge

Note: When the stock has cooled in the fridge any fat can easily be skimmed off from the top as it will harden on cooling
HARD AND SOFT BOILED EGGS

**Ingredients**
1-8 eggs
500g water

**Preparation**
1. Pour in water
2. Add up to 8 eggs into the Cooking Basket
3. For soft boiled eggs (large 700g): 11 mins 1 120°C
4. For hard boiled eggs: 14 mins 1 120°C

**ASIAN STYLE RICE**

*Serves 4 - Cooking time 50 mins*

This method of cooking rice takes longer and is drier than the western method of cooking. An edible crust on the bottom of the bowl is normal with this method.

**Ingredients**
400g rice
500g water

**Preparation**
1. Place in rice and water
2. Select RICE
Ingredients
1 cup of rice (rinsed)
Water

Preparation
1. Place rice in cooking basket then place into the Blending Bowl
2. Fill bowl up with water until it just covers the rice. Secure lid and Measuring Cup
3. Select STEAM
4. Remove from bowl using the spatula and let rest for a few minutes before serving.
PASTA DOUGH

Serves 4-6

**Ingredients**
- 4 eggs
- 60g olive oil
- Good pinch of salt
- 375g plain flour

**Preparation**

1. Place in all the ingredients

2. Select **KNEAD**

3. Once finished remove from bowl & place the dough wrapped in plastic wrap in the fridge for approx 30 mins before proceeding with your recipe

---

GRATED CHEESE

**Ingredients**
- Cheese of your choice cut into small portions

**Note:** This procedure can be used for many items for example garlic or ginger

**Preparation**

1. Place in the cheese and PULSE 2 or 3 times for a couple of seconds until the desired consistency is achieved.

**Note:** Hard cheeses will need longer processing times
RED CURRY PASTE

Ingredients
1 tbsp coriander seeds
2 tsp cumin seeds
1 tsp black pepper
2 tbsp veg oil
3 cloves garlic
2 small brown onions halved
5-10 small and large red chillies (for extra heat leave seeds in)
Coriander roots
1 small piece of galangal
4 stalks lemon grass, chopped
1 tbsp fish sauce
Lime rind
6 kaffir lime leaves, stems removed
1/2 tsp paprika
1/2 tsp tumeric

Preparation

1. Place in black pepper, coriander & cumin seeds
2. Select CHOP
3. Set aside
4. Add in bowl, oil, chillies, onions, garlic, lemongrass, galangal, coriander roots, lime rind, kaffir lime leaves.
5. Scrape down sides then repeat
6. Add fish sauce paprika, tumeric & fried seeds
7. Scrape down sides then repeat
PORRIDGE

Serves 2

Ingredients
1 cup of porridge oats
2 cups of milk or water

Topping suggestions:
Sugar, honey, golden syrup, fresh berries, fresh figs, honey & vanilla yoghurt, mixed nuts and honey, stewed prunes

Preparation

1. Place in porridge oats and milk or water
2. Select 30 mins
3. Serve into bowls and add your favourite toppings
DIPS, SPREADS AND SAUCES
BROAD BEAN & PARMESAN DIP

Ingredients
500ml water
250g frozen broad beans
1 garlic clove peeled
60g extra virgin olive oil
1 tbsp fresh lemon juice
Salt & freshly ground black pepper
50g parmesan cheese cut into chunks

Preparation

1. Place in parmesan cheese and select ✨CHOP✨
2. Tip into bowl and set aside
3. Add in water
4. Put beans in Cooking Basket, place in bowl & attach lid & Measuring cup onto bowl
5. Select ✨STEAM✨
6. Remove Cooking Basket, empty water and rinse jug in cold water to cool, run beans under the tap to cool
7. Remove broad bean skins
8. Place in broad beans, oil, garlic & lemon juice
9. PULSE for a few seconds until smooth
10. Taste and season with salt and pepper
11. Put in a bowl and stir in parmesan. Set aside to cool and then serve with bread
CREAM CHEESE DIP

Ingredients
250g cream cheese at room temperature
250g sour cream

Use the above as your base then choose from the options below
1. 250g smoked salmon, handful of fresh dill and some drained capers.
2. 185g tin of tuna in water (drained) and 190g tin of sweet corn (drained)
3. 170g tin of drained crabmeat & 190g tin of sweet corn (drained)
4. 2 handfuls of fresh spinach leaves, 60g grated parmesan cheese and 1 tsp garlic powder
5. Sundried tomatoes, black pitted olives & 1/2 red onion peeled & quartered

Preparation
1. Place in all ingredients
2. Select CHOP 20 secs
3. Scrape down the sides and repeat until a desired consistency is reached
4. Add salt & pepper to taste
# Chunky Carrot and Cumin Dip

**Ingredients**
- 500g water
- 500g carrots - cut into bite-sized pieces
- 1 onion peeled and quartered
- 1 garlic clove peeled
- 1 tsp cumin
- 60g fresh orange juice
- 30g extra virgin olive oil
- Salt and pepper

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in water</td>
</tr>
<tr>
<td>2.</td>
<td>Put carrots in Cooking Basket and lower into in the bowl attach lid and Measuring cup</td>
</tr>
<tr>
<td>3.</td>
<td>Select STEAM</td>
</tr>
<tr>
<td>4.</td>
<td>Empty water and set aside carrots</td>
</tr>
<tr>
<td>5.</td>
<td>Place in onion, garlic, cumin and orange juice</td>
</tr>
<tr>
<td>6.</td>
<td>Select CHOP 10 secs</td>
</tr>
<tr>
<td>7.</td>
<td>Scrape down sides with spatula and add oil. Remove measuring cup &amp; place Cooking Basket upside down on top of the bowl lid. Caution: Cooking Basket will become hot</td>
</tr>
<tr>
<td>8.</td>
<td>Select SAUTE</td>
</tr>
<tr>
<td>9.</td>
<td>Allow the mixture to cool, add carrots, lock lid &amp; select SMOOTHIE</td>
</tr>
<tr>
<td>10.</td>
<td>Season to taste</td>
</tr>
</tbody>
</table>

**NB:** If you prefer a smoother dip, wait until cool. PULSE for a few seconds until desired smoothness is reached.
TZATZIKI DIP

Ingredients
2 Lebanese cucumbers, cut lengthways, seeds removed, skin on
Salt
1 clove of garlic
3 tbsp of fresh mint
400g Greek style yoghurt
1 tbsp lemon juice

Preparation

1. Place in cucumbers

2. PULSE a couple of times for 2 seconds each time

3. Tip into Cooking Basket, sprinkle with salt and place on a plate to catch juice. Set aside for 15 minutes

4. Meanwhile, place garlic and mint in Blending Bowl

5. Select [CHOP] 10 secs

6. Add yoghurt and lemon juice 15 secs 4

7. Rinse the cucumber mixture under cold water then squeeze out excess moisture

8. Add the cucumber 20 secs 1

9. Season to taste, transfer to serving bowl and refrigerate until ready to serve.
HUMMUS & SESAME DIP

Ingredients
- 400g tinned chick peas, drained
- 60g of olive oil
- Juice of 1/2 lemon
- 1 clove garlic peeled
- Salt to taste
- 1/2 tsp cumin powder
- 5 drops of pure sesame oil
- 1 tbsp Greek natural yoghurt

Preparation

1. Place in chickpeas and lemon juice
2. Select **CHOP** 45 secs
3. Add in garlic and olive oil 1 min 10
4. Add in salt, cumin, sesame oil 25 secs 3
5. Add in Greek yoghurt 1 min 3
6. Serve in dish with pouring of olive oil and sprinkle of Paprika
GUACAMOLE

Serves 4

Ingredients
2 avocados
1 tbsp plain yoghurt
3 cloves garlic
1 lime juiced
2 large red chillies
Handful fresh coriander
Season

Preparation
1. Place in all ingredients
2. Select CHOP
3. PULSE 2-3 times until desired consistency is reached
4. Serve with biscuits & a sprig of coriander on top

JAM

Ingredients
300g raspberries or strawberries
300g sugar

Preparation
1. Place in all ingredients
2. Select STIR
3. Pour in warm sterilised jar and refrigerate when cool
Ingredients
2 large oranges
100g water
1/2 lemon
250g sugar

Preparation

1. Put a plate in the freezer

2. Slice oranges as thinly as possible. Remove pips and cut into quarters

3. Add the water, lemon & oranges

4. Add the sugar and select STIR

5. Test consistency by putting a small amount of Jamalade on the plate that has been in the freezer- if it is still runny cook for a few more minutes

6. Pour into sterilised jar, seal and store in fridge when cool.
**PESTO**

**Ingredients**
- 50g pine nuts
- 2 garlic cloves, peeled
- 2 good handfuls of fresh basil leaves
- 60g shredded parmesan cheese
- 80g olive oil
- Salt and pepper to taste

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in pine nuts and garlic</td>
</tr>
<tr>
<td>2.</td>
<td>PULSE</td>
</tr>
<tr>
<td>3.</td>
<td>Scrape down bowl and add basil and cheese</td>
</tr>
<tr>
<td>4.</td>
<td>Select <strong>CHOP</strong></td>
</tr>
<tr>
<td>5.</td>
<td>Whilst processing pour the olive oil in slowly through the top</td>
</tr>
<tr>
<td>6.</td>
<td>Stir in salt &amp; pepper to taste when finished</td>
</tr>
</tbody>
</table>

*You can keep in a jar for up to a week or freeze in usable amounts and thaw when required*
### CHOCOLATE HAZELNUT SPREAD

**Serves 4-6**

**Ingredients**
- 300ml boiling water
- 2 tbsp baking soda
- 80g hazelnuts
- 50g sugar
- 100g dark chocolate, broken into pieces
- 30g cocoa or cacao powder
- 70g soft butter
- 100ml milk of choice

**Preparation**

1. **Preheat the oven to** 140°C

2. **Add boiling water**

3. **Add in baking soda (it will foam a lot) and hazelnuts**

4. **Remove measuring cup and place cooking basket upside down on top of the bowl lid.** _Caution: The cooking bowl will become hot_. The water will turn a blackish purple colour and it may foam up - this is normal.

5. **Whilst this is cooking prepare a bowl with some ice & cold water**

6. **When finished carefully strain the hazelnuts and water through the Cooking Basket over the sink then tip the hazelnuts into the ice & water**

7. **The hazelnut skin should rub off cleanly and quickly. Dry the nuts with a clean towel and place on a baking tray and cook for 10 mins in oven**

8. **Rinse and dry the blending bowl well**

9. **Add sugar**

10. **Add hazelnuts and chocolate**

11. **Add cocoa or cacao, butter & milk. Cook until mixture is smooth**

12. **Place spread in sterilised jar and store in fridge. Use within 15 days**
OLIVE TAPENADE

Ingredients
1 clove of garlic peeled
300g black olives
A few Rosemary & Thyme leaves
Salt & Pepper to taste
Olive oil

Preparation

1. Place in garlic  
   Acc.  
   5 secs  7

2. Scrape down sides

3. Add rest of ingredients (except olive oil)

4. Select CHOP  
   10 secs

5. Place mixture in jar and cover with olive oil

6. Store in refrigerator
DUKKAH

Ingredients
150g sesame seeds
100g hazelnuts/almonds or a mix of both
30g cumin seeds
50g coriander seeds
1/2 tsp salt
1/2 tsp black peppercorns
1 tsp dried mint or thyme

Preparation

1. Place in seeds and nuts
   Acc. B 8 mins 1 100°C

2. Remove lid and allow to cool

3. Once cool add salt, peppercorns & herbs

4. PULSE a couple of times

5. Store in an airtight container in the refrigerator
LEMON CURD

Ingredients
100g butter
Fine zest of 1 lemon
Juice of 2 lemons
2 eggs
1 egg yolk
150g castor sugar

Preparation

1. Place in all ingredients

2. Select the following settings  7 secs 7

3. Insert Mixing Tool and cook  15mins 3 80°C

4. Put in sterilised jar & store in refrigerator when cool.
BOLOGNESE SAUCE

Serves 4-6

Ingredients
1 onion peeled & quartered
1 carrot roughly chopped
1 celery stick quartered
60g bacon roughly chopped
15g oil
375g minced pork
300g beef stock
3 tbsp tomato paste
Grated nutmeg
Salt and pepper
2 tbsp cream

Preparation

1. Place in onion, carrot, celery & bacon

2. Select **CHOP** 10 secs

3. Scrape down bowl

4. Add pork and oil. Measuring Cup tilted to allow steam to escape

5. Select **SAUTE** 1 min

6. Add stock, tomato paste, nutmeg, salt & pepper

7. Select **STIR** 30 mins 2 90°C

8. Check seasoning, stir in cream and serve with pasta
MUSHROOM & BACON SAUCE

Serves 4

Ingredients
1 onion peeled & quartered
1 clove of garlic peeled
150g bacon cut into strips
1 tbsp oil
20g butter
125g mushrooms sliced
20g flour
220g milk
1 egg lightly beaten
100g cheddar cheese
40g parmesan cheese

Preparation

1. Place in cheddar & parmesan

2. Select [CHOP]. Once completed set aside

3. Place in onion and garlic

4. Select [CHOP]

5. Add bacon, butter and oil. Add the mushrooms after 5 mins of cooking

6. Sprinkle the flour through the measuring hole after a further 3 mins

7. Add milk after further 2 mins of cooking

8. Add egg after further 2 mins of cooking

9. Stir through cheeses and serve
**BECHAMEL SAUCE**

**Ingredients**
40g butter, 1cm cubes
40g plain flour
500g milk

<table>
<thead>
<tr>
<th>Preparation</th>
<th>Acc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Place in butter</td>
<td>1 min 2 80°C</td>
</tr>
<tr>
<td>2. Add flour. After 30 secs press Pause. Use the spatula to scrape the flour from the bottom of the bowl then continue</td>
<td>1 min 2 80°C 3</td>
</tr>
<tr>
<td>3. Add milk slowly through measuring cup hole in the lid</td>
<td>4 min 1 80°C 5</td>
</tr>
<tr>
<td>4. Add salt and pepper if you wish</td>
<td></td>
</tr>
</tbody>
</table>
CUCUMBER LASSI

Serves 2

Ingredients
150g cucumber, peeled and quartered
150g yoghurt
100g iced water
Handful fresh mint
Good pinch of ground cumin
Squeeze of lemon

Preparation
1. Place in all ingredients
2. Select SMOOTHIE
3. Pour into glasses and serve

BANANA & MANGO SMOOTHIE

Serves 2

Ingredients
1 banana, peeled & quartered
1 mango, peeled (stone removed)
300g pineapple juice
150g natural yoghurt
Handful of ice cubes

Preparation
1. Place in all ingredients
2. Select SMOOTHIE
3. Pour into glasses and serve
HEALTHY BREAKFAST SMOOTHIE

Serves 2

Ingredients
Half a banana
200g skim milk
2 tbsp peanut butter
1/2 tbsp clear honey
1 scoop of vanilla whey protein
1 tbsp flax seed with cocoa
2 handfuls of spinach or kale
Handful of ice cubes

Preparation

1. Place in all ingredients
2. Select SMOOTHIE
3. Pour into glasses and serve

MIXED BERRY SMOOTHIE

Serves 2

Ingredients
150g frozen mixed fruit berries
300g milk
1 tsp vanilla extract
1 tsp clear honey

Preparation

1. Place in all ingredients
2. Select SMOOTHIE
3. Pour into glasses and serve
STRAWBERRY AND COCONUT SMOOTHIE

*Makes 650ml*

**Ingredients**
- 300g strawberries, hulled & washed
- 200g chilled coconut water
- 100g coconut cream
- 50g almond flakes
- 30g honey

**Preparation**
1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

STRAWBERRY AND COCONUT SMOOTHIE

**CARROT AND ORANGE JUICE**

**Ingredients**
- 1 large carrot
- 1 tray of ice cubes
- 3 large navel oranges, peeled & quartered
- 400g cold water

**Preparation**
1. Place in carrots, ice cubes & oranges
2. Add cold water
3. Select **SMOOTHIE**
4. Pour into glasses and serve
**FROZEN FRUIT DAIQUIRI**

*Serves approx 6 glasses*

**Ingredients**
Approx 2 cups fruit cut into small pieces & frozen (such as mango, strawberry, watermelon)
125g white rum
100g lemon juice
2 tbsp castor sugar
250g ice (add more depending on how thick you want the drink)

**Preparation**

1. Place in all ingredients
2. Select **SMOOTHIE**
3. Pour into glasses and serve

---

**GINGER BEER**

**Ingredients**
180g of brown sugar
2 lemons, washed, peeled, pith removed
180g of ginger peeled & cut into cubes
1000g mineral water

**Preparation**

1. Place in sugar, lemon & ginger  
   20 secs  
   8
2. Add 350g water  
   5 secs  
   8
3. Strain mixture into jug, add remaining water & serve
GIN FIZZ

**Ingredients**
- 80g of Gin
- 40g Lemon Juice
- 80g of Sugar
- 8 Ice Cubes
- Soda water

**Preparation**

1. Place in sugar and PULSE for 3–5 seconds
2. Add Gin, lemon & ice cubes
3. Pour into glasses and top up with soda water

ICED COFFEE

**Ingredients**
- 300g milk
- 2 shots of espresso coffee
- 2 scoops ice cream
- 200g ice cubes
- 1 tbsp liquid sugar (optional)

**Preparation**

1. Place in all ingredients
2. Select the following settings
TOMATO SOUP

Serves 4

Ingredients
2 onions peeled & quartered
2 cloves of garlic peeled
1 tbsp olive oil
800g tinned tomatoes
600g of chicken stock
Handful of fresh basil
85g tomato paste
1/2 tbsp sugar
Salt & pepper to taste

Preparation

1. Place in onion and garlic
   Acc. 10 secs 7

2. Scrape bowl down with spatula

3. Add oil
   2 mins 1 100°C

4. Add all other ingredients.

5. Select [SMOOTHIE]

6. Select [Quick SOUP]

7. Serve
CREAMY MUSHROOM SOUP

Serves 4

Ingredients
1 onion peeled & quartered
2 cloves of garlic peeled
30g butter
500g mushrooms- cut into quarters
1 tbsp of flour
600g chicken or vegetable stock
60g cream
Flat leaf parsley to stir through
Salt & pepper to taste

Preparation

1. Place in onion and garlic
2. Scrape bowl down with spatula
3. Add butter
4. Add mushrooms
5. Scrape bowl down with spatula
6. Place in flour
7. Pour in stock
8. Select SMOOTHIE
9. Select Quick SOUP
10. Stir in cream, parsley, salt and pepper (to taste) and serve.
PUMPKIN SOUP

Ingredients
750g stock
1 onion peeled & quartered
1 carrot peeled & quartered
1 apple, cored & quartered
250g peeled pumpkin, small dice
Handful of fresh sage
Salt and black pepper
Cream to taste

Preparation

1. Place in all ingredients
2. Select Smoothie
3. Select Thick Soup
4. Add cream and stir 10 secs 3
5. Serve
CARROT AND CORIANDER SOUP

Serves 4-6

Ingredients
1 tbsp rice
1 tsp sugar
1 thick strip of orange rind (peel off with vegetable peeler)
2 cm piece of ginger - peeled
300 g carrots - tops cut off, roughly chopped
1 small onion - peeled and quartered
300 g stock
300 g milk
Black pepper (to taste)
Fresh coriander - small handful
100 g cream

Preparation

1. Place in rice, sugar, rind & ginger
   Acc. 20 secs 9

2. Add carrots & onions

3. Select CHOP 20 secs

4. Add stock, milk, pepper and coriander

5. Select SMOOTHIE

6. Select Thick SOUP

7. Add cream 15 secs 3
FRENCH ONION SOUP

Serves 4-6

Ingredients
2 large onions peeled & quartered
1 tbsp of light flavoured oil
2 tbsp butter + 1 tsp extra
Pinch of salt
1/2 tsp sugar
2 tbsp flour
1000g beef stock
250g dry white or red wine
1/2 tsp ground sage
1 bay leaf
Salt and pepper to taste
Handful grated Swiss cheese

Bread:
4-6 slices 1cm thick French bread
250g Swiss cheese grated*
100g parmesan cheese grated*
Olive oil for drizzling

*cheese can be grated in the ThermoCook before you start the recipe
Preparation

1. Place in onion and select **CHOP**

3. Add oil and butter (except for the extra tsp butter)

4. Select the following settings

5. Add salt and sugar. Remove measuring cup and place cooking basket upside down on top of the bowl lid. Caution: Cooking Basket will become hot.

6. Select **SAUTE**

7. Sprinkle the flour over the onion mixture and the extra butter

8. Add stock, wine, sage and bayleaf

9. Whilst the soup is cooking preheat the oven to 160°C

10. Drizzle each side of the bread with a little olive oil and place on a baking sheet

11. Cook for about 10 minutes each side in the oven

12. When soup has finished cooking pour into a casserole dish. Remove bay leaf, add handful of grated cheese and stir through

13. Place toasted bread in a layer on top of the soup and sprinkle the rest of the cheese thickly over the bread and drizzle with olive oil

14. Cook in oven for about 30 mins

15. Let cool for a few minutes then serve into individual bowls
POTATO AND LEEK SOUP

Serves 4

Ingredients
1 onion peeled and quartered
500g leeks, cleaned - roughly chopped
1 tbs oil
1 tbs butter
1 large potato peeled - roughly chopped
750g chicken stock
100g cream

Preparation

1. Place in onion & leeks

2. Select \textbf{CHOP} \hspace{1cm} 10 secs

3. Add butter and oil \hspace{1cm} 2 mins \hspace{0.5cm} 2 \hspace{0.5cm} 100°C

4. Add potato and stock

5. Select \textbf{Quick SOUP}

6. Add cream \hspace{1cm} 15 secs \hspace{0.5cm} 2
# CAULIFLOWER SOUP

Serves 4

## Ingredients
- 30g parmesan cheese
- 500g vegetable or chicken stock
- 500-600g cauliflower florets
- 100g milk
- 20g butter
- Nutmeg to taste
- Salt to taste

## Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
<th>Acc.</th>
<th>Time</th>
<th>Temp</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in parmesan</td>
<td>B/</td>
<td>10 secs</td>
<td>8</td>
</tr>
<tr>
<td>2.</td>
<td>Empty bowl and set aside</td>
<td></td>
<td>10 secs</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Place in stock, cauliflower, milk &amp; butter</td>
<td></td>
<td>2 mins</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>Select</td>
<td>SMOOTHIE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Select</td>
<td>Quick SOUP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Add nutmeg and salt to taste</td>
<td></td>
<td>20 secs</td>
<td>2</td>
</tr>
</tbody>
</table>
MOROCCAN STYLE RED LENTIL SOUP

Serves 6

Ingredients
Handful of fresh parsley & coriander
2 carrots each cut into thirds
1 onion peeled & quartered
2 cloves garlic peeled
20g extra-virgin olive oil
20g butter
1 tbsp Moroccan Spice Mix
120g cauliflower
750g vegetable stock
200g red lentils
400g can diced tomatoes
2 cups chopped fresh spinach
1 tbsp lemon juice

Preparation

1. Place in parsley & coriander

2. Select [CHOP] 6 secs

3. Set aside

4. Place in carrots & cauliflower and select [CHOP] 6 secs

5. Set aside

6. Place in onion & garlic and select [CHOP] 5 secs

7. Add oil, butter and Moroccan Spice Mix [B] 3 mins 90°C 5

8. Add rest of ingredients except for spinach and chopped herbs

9. Select [STEW]

10. Add the spinach leaves and chopped herbs at the last 3 mins of cooking. Stir through the measuring cup hole with spatula then replace lid.

11. Serve with fresh crusty bread
## CREAMY MASHED POTATOES

### Ingredients
- 500ml water
- 750g potatoes peeled and cut into 2cm diced pieces
- Good pinch of salt
- 100ml milk or cream

### Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in the water</td>
</tr>
<tr>
<td>2.</td>
<td>Place potatoes into the cooking basket and lower into the Blending bowl. Attach lid and measuring cup</td>
</tr>
<tr>
<td>3.</td>
<td>Select <strong>STEAM</strong></td>
</tr>
<tr>
<td>4.</td>
<td>Remove basket with spatula &amp; drain potatoes.</td>
</tr>
<tr>
<td>5.</td>
<td>Empty Blending bowl &amp; attach Mixing Tool</td>
</tr>
</tbody>
</table>
| 6.     | Place potatoes and rest of ingredients into the Blending bowl         | 20-30 secs

---
POLENTA

Serves 4-6

Ingredients
85g parmesan cheese
1500g chicken stock
20g olive oil
Pinch of salt
50g butter
350g polenta

Preparation

1. Place in parmesan
2. Set aside
3. Place in all ingredients except parmesan and butter
4. Select STIR
5. In the last 3 mins of cooking add in butter and parmesan
6. Serve immediately

Leftover Polenta: Polenta will solidify into the shape of the container in which you store it. Solidified polenta can be sliced into slices, chips or cubes before being roasted, grilled or pan fried.
POTATO SALAD

Ingredients
4 spring onions thinly chopped
250g rashes of bacon, diced
1/2 tbsp vegetable oil
500g water
5 large potatoes peeled & diced into cubes
300g mayonnaise

Preparation

1. Place in spring onions, bacon & oil
   Acc.  4 mins  1  80°C  5

2. Set aside in large bowl

3. Rinse out Blending Bowl and pour in water

4. Add potatoes to Cooking Basket & put into Blending Bowl

5. Select (STEAM). After 10 mins pause cooking and check if potatoes are soft. If they are continue to step 4. If not continue with steam program until they are

6. Add potatoes to bacon and onions and allow to cool

7. Mix through mayonnaise
VEGETABLE STIR FRY

Serves 2

Ingredients
2 cups of vegetables e.g. carrots, mushrooms, broccoli, snow peas, red capsicum, garlic.
2 tbsp olive oil
Seasoning

Preparation

1. Place in all chopped vegetables, olive oil & seasoning

STEAMED VEGETABLES

Ingredients
300-500g vegetables
500ml water

Preparation

1. Pour in the water
2. Place chopped vegetables in the Steamer
3. Place Steamer on top of bowl & place on the steamer lid
4. Select STEAM
COLESLAW

Serves 6-8

Ingredients
1 carrot roughly chopped
1/2 brown onion peeled & quartered
1/4 white or red cabbage chopped*
4 tbsp mayonnaise
Salt and pepper

*Tip: Cabbage is best chopped into quarters with the hard spine removed.

Preparation
1. Place in carrot and onion

2. Select CHOP 5 secs

3. Scrape down sides and repeat Step 2

4. Add cabbage to bowl

5. Select CHOP 3-5 secs

6. Add mayonnaise & seasoning

7. Select the following settings 15 secs 4
# RATATOUILLE

Serves 4-6 as a side dish or 2-3 as a light meal served with a crusty bread to soak up the juices

**Ingredients**
- 1 medium onion peeled and quartered
- 2 cloves garlic peeled
- 20g olive oil
- 200g zucchini
- 300g eggplant
- 300g ripe tomatoes
- 100g red capsicum
- 2 sprigs of thyme
- Salt and Pepper to taste
- Handful of basil leaves
- Handful of flat leaf parsley

**Preparation**

<table>
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<th>Time</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in onion and garlic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Select <strong>CHOP</strong></td>
<td>10 secs</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Scrape down sides</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Add oil and select <strong>SAUTE</strong></td>
<td>3 mins</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Whilst sautéing cut the vegetables into bite size chunky pieces—except the zucchini which should be cut into 1cm slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Add vegetables, thyme and seasoning</td>
<td>30 mins</td>
<td>100°C</td>
</tr>
<tr>
<td>7.</td>
<td>About half way through cooking tilt the measuring cup so steam can escape and thicken the sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Put ratatouille into a serving dish, remove the thyme and add the basil &amp; parsley. Stir through gently.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SAUTÉED MUSHROOMS

Serves 1

Ingredients
1/4 onion peeled
1 clove of garlic peeled
20g olive oil
100g mushrooms
Salt & pepper to taste

Preparation

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in onion and garlic</td>
</tr>
<tr>
<td>2.</td>
<td>Select <strong>CHOP</strong> 5 secs</td>
</tr>
<tr>
<td>3.</td>
<td>Scrape down the sides &amp; add oil. Measuring Cup removed</td>
</tr>
<tr>
<td>4.</td>
<td>Select <strong>SAUTE</strong> 2 mins</td>
</tr>
<tr>
<td>5.</td>
<td>Add mushrooms and season 5 mins 1 90°C 5</td>
</tr>
</tbody>
</table>

STEAMED BROCCOLINI

Ingredients
1 bunch broccolini
500g water

Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pour in the water</td>
</tr>
<tr>
<td>2.</td>
<td>Place broccolini into the Steamer</td>
</tr>
<tr>
<td>3.</td>
<td>Place Steamer on top of bowl &amp; place on the steamer lid</td>
</tr>
<tr>
<td>4.</td>
<td>Select <strong>STEAM</strong></td>
</tr>
<tr>
<td>5.</td>
<td>Serve with a drizzle of oil and season to taste</td>
</tr>
</tbody>
</table>
MAIN DISHES
WINTER WARMER BEEF CASSEROLE

Serves 4-6

Ingredients
1 onion peeled & quartered
2 sticks celery. Each stick quartered
300g of small diced turnip and swede (in total)
60g oil
500g beef rump diced
400g tinned tomatoes
2tbsp tomato paste
Mixed dried herbs and spices
Salt and Pepper to taste

Preparation

1. Place in onions and celery. Select CHOP 10 secs
2. Scrape down bowl and add swede, turnip and oil
3. Select SAUTE 5 mins
4. Transfer mixture to Mixing Bowl
5. Add beef, tomatoes, tomato paste mixed, herbs, salt and pepper. Stir with Spatula.
6. Select STIR 15 mins 1 100°C
7. Select STIR 1 hour 1 95°C

If you want a thicker sauce, take the measuring cup off for the last 30 minutes and place cooking basket upside down on top of bowl lid. Caution: Cooking Basket will become hot.

Serve with creamy mashed potatoes
CHILLI CON CARNE

Serves 4

Ingredients
2 garlic cloves peeled
1/2 onion peeled & quartered
2 large fresh chillies, deseeded
500g mince beef
400g tin chopped tomatoes
200g water
400g tin cannellini beans, rinsed & drained
400g tin red kidney beans, rinsed & drained
2 tbsp tomato paste
1 tsp chilli spice mix
Salt

Preparation
1. Place in onion, garlic & fresh chilli

2. Select CHOP 10 secs

3. Scrape out mixture & transfer to the Mixing Bowl. Add remaining ingredients.

4. Cook 30-40 mins 1 85°C 5

5. Serve with sour cream, grated parmesan and coriander
MEATBALLS

Makes 20 Meatballs

Ingredients
2 slices of day old bread
torn into quarters
Handful of fresh parsley
50g parmesan cheese
3 slices prosciutto or 2 slices of bacon
2 tbsp milk
400g pork or beef mince
120g sausage meat
½ tsp dried basil
½ tsp dried oregano
½ tsp sea salt
1 egg

Marinara sauce
4 cloves of garlic peeled
1 tbsp olive oil
800g tin peeled tomatoes
1 pinch of sea salt
1 tbls balsamic vinegar
1 tsp dried oregano
### Preparation

1. Preheat the oven to 200°C
2. Place in the bread, parsley, parmesan & prosciutto (or bacon). PULSE for 8 seconds
3. Tip out into a bowl & stir in the milk. Set aside
4. Add the meat, sausage meat, herbs, salt, egg and breadcrumb mixture
5. Shape meatballs with wet hands & place on a baking tray, spray tray with a little oil or cover bare tray with baking paper
6. Bake for 20 minutes
7. Meanwhile- make the marinara sauce
8. Run the blade on empty at speed 5 and drop in the garlic cloves through the measuring cup hole in the lid.
9. Scrape down with the spatula & add olive oil
10. Select the following settings
11. Add the tomatoes, salt, balsamic & dried oregano. Remove measuring cup & place Cooking Basket upside down on top of the bowl lid. Caution: Cooking basket will become hot
12. Cook some spaghetti as per packet instructions
APRICOT CHICKEN

Serves 4

Ingredients
1000g chicken thigh fillets chopped into small bite sized pieces
1 tbsp olive oil
120g dried apricots, halved
400ml can apricot nectar
110g chicken stock
1 packet French onion soup mix
Salt and pepper to taste
1 tablespoon chopped parsley

Variation:
Add some curry powder to taste at step 2 and sprinkle with toasted slivered almonds when serving

Preparation

1. Add in oil and chicken

   Acc. B 3 mins 1 90°C 5

2. Add all the other ingredients except parsley

   5 min 1 100°C

3. Remove measuring cup & place Cooking Basket upside down on top of the bowl lid to let the sauce thicken. Caution: Cooking Basket will become hot

   20 mins 90°C 5

4. Sprinkle parsley over the chicken and serve with rice or mashed potato
BEEF GOULASH

SERVES 4

Ingredients
1 large brown onion, peeled and quartered
2 garlic cloves peeled
20g olive oil
20g butter
500g gravy beef trimmed and cut into 3cm cubes
200g button mushrooms, quartered
2 red capsicums peeled and sliced
1 tbsp flour
1 tbsp sweet paprika
2 bay leaves
200ml beef stock
400g can diced tomatoes
2 tbsp sour cream
Extra sour cream and some chopped flat leaf parsley to serve

Preparation

1. Place in onion and garlic

2. Select [CHOP] 10 secs

3. Add oil, butter and beef 4 mins 1 80°C 5

4. Add rest of ingredients except sour cream and parsley 1 mins 1

5. Select [STEW] 2 hours

6. When cooking has finished take a little of the juice and stir in sour cream then add to bowl 30 secs 1

7. Serve with wide egg noodles or with bread & top with extra sour cream & parsley
BEEF STROGANOFF

Serves 4

Ingredients
1 brown onion peeled & halved
30g butter
30g oil
500g beef strips
250g sliced mushrooms
2 beef stock cubes
Salt & pepper to taste
100g tomato paste
375g water
300g cream or sour cream
50g corn flour

Preparation

1. Place in onion and select CHOP

2. Scrape down sides of bowl, add butter and oil

3. Add beef strips, mushrooms, tomato paste, stock cubes, salt & pepper and water. Remove Measuring Cup and place Cooking Basket upside down on top of the bowl lid.
   Caution: Cooking Basket will become hot

4. Add the cream and cornflour.

5. Serve with pasta or rice
5 SPICE CHINESE PORK

Serves 4

Ingredients
375g pork fillet trimmed cut into 1 cm cube
1 tbsp of porcini dried mushrooms (soaked in hot water to soften then drain)
100g whole baby sweet corn sliced in half lengthways
170g vegetable stock
200g pineapple chunks in juice
1/2 green capsicum deseeded and sliced
110g water chestnuts
1 red chilli, deseeded and finely chopped
1 tsp Chinese 5 spice powder
2cm fresh ginger, peeled & grated
1 tbsp dark soy sauce
1 tbsp hoisin sauce
1 tbsp Chinese wine vinegar
2 tsp corn flour

Preparation
1. Place in all ingredients and stir with Spatula
2. Select STIR 15 mins 1 100°C
3. Select STIR 1 hour 1 95°C
4. Serve with rice or noodles
**ZUCCHINI SLICE**

**Serves 6**

**Ingredients**
- 200g rindless bacon
- 1 large onion, peeled and quartered
- 60g oil
- 375g zucchini, roughly chopped
- 5 eggs
- 150g flour
- 200g grated cheddar cheese
- Salt and pepper to taste
- 1 tsp of mixed dried herbs

**Preparation**

1. Preheat oven to 200°C

2. Line a 30cm x 20cm baking or round cake tin with baking paper making sure it comes up and over the sides for easy removal.

3. Place in bacon and PULSE 2 or 3 times for a couple of seconds.

4. Remove from bowl and set aside.

5. Place in onion.

6. Select **CHOP** 8 secs

7. Scrape down, add oil then select the following settings: 2 mins 1 90°C 7

8. Add zucchini, eggs and flour.

9. Select **CHOP** 10 secs

10. Scrape down and add bacon, cheese and herbs 1 min 2

11. Pour mixture into the lined tin and cook for 25-30 mins until golden. Leave in tin for 5 mins then slice and serve with salad.
SALMON FILLETS WITH NOODLES

Serves 2

Ingredients
200g in total of a mix of carrots, red & white cabbage, wombok, spring onions and broccoli (mixed)
500ml water
300g fresh Hokkien noodles
2 fresh salmon (or ocean trout) fillets
Soy Sauce

Preparation

1. Place in all vegetables
2. Select CHOP 10-15 secs
3. Set aside
4. Add in water
5. Put in place the steamer base
6. Place in Hokkien noodles then the vegetables and liberally sprinkle soy sauce over vegetable and noodles
7. Place the steamer top onto the steamer base. Add the fish and put on the lid
8. Select STEAM
9. When finished mix noodles and vegetables through and add more soy sauce if required. Serve with the fillets
**FISH PIE**

Serves 6-8

**Ingredients**
50g butter  
50g flour  
300g cream  
200g fish stock  
1 tsp sea salt and pepper to taste

**Filling**
4 spring onions  
Large handful of fresh parsley  
250g fresh white fish fillets cut into chunks  
250g fresh salmon pieces cut into chunks  
250g fresh prawns  
50g frozen peas  
3 hard boiled eggs halved

**Preparation**

1. Preheat oven to 200°C

2. Make Creamy Mashed Potato (See page 74) - enough to cover the dish

3. Place in spring onions & parsley  

4. Tip out and reserve for later

5. Place the butter, flour, cream, fish stock and salt and pepper into the Blending bowl

6. Select **STIR**  

7. Pour sauce into family sized pie dish and add the fish, prawns, peas and eggs. Add the spring onions and parsley set aside earlier. Gently fold the mixture together with spatula and allow to cool for 30 mins

8. Cover the mixture with the creamy mashed potatoes making sure to cover the entire dish evenly. Make decorative marks with a fork

9. Bake for 30-35 mins or until golden brown.
THAI FISH CURRY

Serves 4

Ingredients
1 onion peeled and quartered
2.5cm peeled ginger
1 clove garlic peeled
1 lemongrass stalk
1/2 tsp dried chilli flakes
1 tbsp fish sauce
500g vegetable stock
1 tsp palm sugar
450g Salmon fillets cut into 2.5cm cubes

Preparation

1. Place in onion, garlic, ginger, lemongrass and chilli flakes

2. Select **CHOP** 10 secs

3. Add vegetable stock, fish sauce and sugar 8 secs 2

4. Select **STEW** 2 hours

5. In last 20 minutes of remaining cooking time add the fish

Serve with rice or noodles
**BUTTER CHICKEN**

Serves 2-3

**Ingredients**
400g chicken diced into bite-sized cubes
2cm piece ginger peeled & grated
1 garlic clove peeled & grated
60g natural yoghurt
2 1/2 tsp garam masala
1 tsp chilli powder
1 tsp turmeric
Pinch of salt
Pepper to taste
3 tbsp tomato paste
Juice of 1/2 lime
25g almond meal
1 medium onion peeled & quartered
80g butter
1/2 tbsp olive oil
1 small bay leaf
2 tbsp cream
1 1/2 fresh chopped coriander (save some for garnish)

**Preparation**

1. First prepare the mixture for the chicken marinade. In a bowl, add chicken, ginger, garlic, yoghurt, garam masala, chilli powder, turmeric, salt, pepper, tomato paste, lime juice and almond meal. Mix well and put in fridge for at least 20 minutes (the longer you leave it the more depth of flavour will develop)

2. Place in onion

3. Select **CHOP** 20 secs

4. Add butter and olive oil 20 mins 2 70°C 5

5. Add the bayleaf and the chicken mixture 22 mins 1 100°C 5

6. In the last 2 mins of cooking, add cream and some of the coriander

7. Serve with remaining coriander as a garnish and Roti bread (for recipe see page 116)
RED THAI CHICKEN CURRY

Serves 4

Ingredients
50g red Thai curry paste
400g coconut milk
230g drained can of sliced bamboo shoots
3 kaffir lime leaves
600g chicken breast cut into bite sized pieces
30g palm sugar (soft brown sugar can be used)
1 tbsp fish sauce
250g broccoli florets, frozen peas and green beans (mixed)
Handful of fresh basil
Handful of fresh coriander
Sliced red chilli

Preparation

1. Place in curry paste and 60g of coconut milk
   2 mins 1 100°C 5

2. Add remaining coconut milk, bamboo shoots and kaffir lime leaves
   6 mins 1 100°C

3. Add chicken. Remove measuring cup and place Cooking Basket upside down on top of bowl lid. Caution: Cooking Basket will become hot
   10 mins 95°C

4. Add sugar, fish sauce and vegetables then add basil in the last minute of cooking
   4 mins 1 100°C

5. Serve with rice and garnish curry with coriander leaves and chilli
LAMB CURRY

Serves 4

Ingredients
20g peeled garlic
40g peeled ginger
1 red chilli seeds removed
1 medium onion peeled & quartered
Good handful of coriander
30g olive oil
500g lamb cubed
1 tsp garam masala
2 tbsp ground coriander
1/2 tsp turmeric
Pinch of salt
600g tomatoes chopped
25g tomato puree
2 medium potatoes in small dice

Preparation

1. Place in garlic, ginger, chilli, onion & fresh coriander

2. PULSE for 3 seconds

3. Add oil and diced lamb

4. Select [SAUTE]. Measuring Cup off 2 mins

5. Transfer mixture to Mixing Bowl

6. Add garam masala, ground coriander, cumin, turmeric, salt, tomatoes, tomato puree & potatoes

7. Select [STIR]. Measuring Cup on 15 mins 1 100°C

8. Select [STIR]. Measuring Cup on 1 hour 1 95°C
BASIL PESTO GNOCCHI

Serves 4

Ingredients
500g Gnocchi
1 bunch of basil  
(approximately 30g)
100g sundried tomatoes in oil
40g pine nuts
1 bunch asparagus cut into  
2cm long pieces (approx 6-8 spears)
200g cherry tomatoes halved

Preparation

1. Cook Gnocchi as per packet instructions

2. Place in basil, sundried tomatoes with oil & pine nuts

3. Select CHOP 20 secs

4. Scrape down then repeat Step 3

5. Blanch the asparagus in boiling water

6. Add the gnocchi, asparagus & cherry tomatoes to the Blending Bowl 10 secs 2

7. Serve immediately
Main Dishes

PIZZA

**Pizza Sauce Ingredients**
1 onion peeled & quartered
2 cloves garlic peeled
30g oil
800g diced tinned tomato
1 tbsp tomato paste
2 tsp dry mixed herbs

Pizza Dough (recipe on page 126)

**Pizza Topping Suggestions**
Mushroom
Onion
Ham/Salami/Chicken
Capsicum
Olives
Cheese
There are many options!

**Preparation**

1. Place in onion and garlic

2. Select **CHOP**

3. Scrape down the bowl. Add oil and select **SAUTE**

4. Add tomatoes, tomato paste and herbs. Remove measuring cup & place Cooking Basket upside down on top of the Blending Bowl lid. Caution: **Cooking basket will become hot.**
   
   **Note:** This makes a batch of sauce. The unused portion can be frozen for future use.

5. Shape dough on floured surface and transfer to lightly oiled tray

6. Cook in oven for 5 minutes on 200°C

7. Spread sauce over pizza base, add your favourite toppings & sprinkle with cheese.

8. Cook for a further 10-15 minutes
## BASIC RISOTTO

**Serves 4**

### Ingredients
- 1L of hot stock (just boiled)
- 1 large onion
- 2 cloves of garlic peeled
- 4 sticks of celery finely sliced
- 20g butter
- 40g olive oil
- 400g risotto (arborio) rice
- 200g dry white wine (or stock)
- Salt & black pepper to taste
- 20g butter extra
- 50g parmesan cheese (grated)

*This is a basic risotto & you can add other ingredients to make your favourite risotto. For example:*

**Chicken and mushroom:**
Add 300g chopped chicken thighs (small pieces) & 100g sliced mushrooms at Step 7.

### Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
<th>Acc.</th>
<th>Temp</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place stock into a saucepan and bring to the boil on the cooktop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Whilst this is cooking, place in onion, garlic and celery</td>
<td>B</td>
<td>100°C</td>
<td>5 secs</td>
</tr>
<tr>
<td>3.</td>
<td>Empty bowl and transfer to Mixing Bowl</td>
<td>M</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Add olive oil &amp; butter, measuring cup off</td>
<td></td>
<td>100°C</td>
<td>15 mins</td>
</tr>
<tr>
<td>5.</td>
<td>Add rice</td>
<td></td>
<td>100°C</td>
<td>3 mins</td>
</tr>
<tr>
<td>6.</td>
<td>Add wine</td>
<td></td>
<td>100°C</td>
<td>2 mins</td>
</tr>
<tr>
<td>7.</td>
<td>Add hot stock, measuring cup on</td>
<td></td>
<td>100°C</td>
<td>15-20 mins</td>
</tr>
<tr>
<td>8.</td>
<td>Add the parmesan cheese &amp; butter &amp; stir through with spatula. Important: Replace lid &amp; let sit for 2-4 mins before serving</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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Main Dishes 85
# PRAWN AND PEA RISOTTO

**Serves 6**

**Ingredients**
- 60g parmesan cheese cut into chunks
- 2 cloves garlic peeled
- 30 grams butter
- 1 tbsp olive oil
- 300g Arborio rice
- 900g stock (either chicken or vegetable)
- 200-400g of green prawn meat
- 100g frozen peas
- Salt and pepper to taste
- Parsley to taste
- Lemon Juice to taste

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in parmesan and select <strong>CHOP</strong> 7 secs</td>
</tr>
<tr>
<td>2.</td>
<td>Set aside</td>
</tr>
<tr>
<td>3.</td>
<td>Add in garlic</td>
</tr>
<tr>
<td>4.</td>
<td>Select <strong>CHOP</strong> 8 secs</td>
</tr>
<tr>
<td>5.</td>
<td>Transfer contents from the bowl to the Mixing Bowl</td>
</tr>
<tr>
<td>6.</td>
<td>Add butter, oil, rice and stock</td>
</tr>
<tr>
<td>7.</td>
<td>Select <strong>SAUTE</strong> 13-15 mins <em>(May require another 5 minutes of sautéing)</em></td>
</tr>
<tr>
<td>8.</td>
<td>Add in green prawns, salt and pepper, peas, parmesan &amp; cook further until prawns are cooked through 5-8 mins 85°C</td>
</tr>
<tr>
<td>9.</td>
<td>Place in serving bowl and allow to rest for 5 minutes</td>
</tr>
<tr>
<td>10.</td>
<td>Adjust salt and pepper, add lemon juice and parsley</td>
</tr>
</tbody>
</table>
# PASTA CARBONARA

**Serves 2-3**

**Ingredients**
- 1 egg + 1 extra egg yolk
- 20g milk
- 50g parmesan cheese
- 50g butter
- 100g pancetta (thick slice) diced
- 375g fresh pasta, such as spaghetti
- 1.5 litres boiling water
- Black pepper

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in cheese and PULSE for 5 seconds</td>
</tr>
<tr>
<td>2.</td>
<td>Tip into a large serving bowl and set aside</td>
</tr>
<tr>
<td>3.</td>
<td>Place in egg, egg yolk and milk and select CHOP 5 secs</td>
</tr>
<tr>
<td>4.</td>
<td>Tip into the serving bowl with the cheese</td>
</tr>
<tr>
<td>5.</td>
<td>Place in butter and pancetta 2-3 mins 1 100°C 4</td>
</tr>
<tr>
<td>6.</td>
<td>Tip into the serving bowl with the cheese and egg mixture. Rinse out the Blending Bowl</td>
</tr>
<tr>
<td>7.</td>
<td>Add the fresh fettuccine and pour the boiling water over the fettuccine up to the 1.5 litre mark on the side of the bowl. Give a gently swirl with the Spatula gently pushing down the fettuccine so it is covered. Measuring cup lid tilted.</td>
</tr>
<tr>
<td>8.</td>
<td>When it comes back to the boil (approx 2 mins) turn the temperature setting down immediately- if you don’t it will boil over 80°C</td>
</tr>
<tr>
<td>9.</td>
<td>Drain water off &amp; tip fettuccine into the serving bowl with the egg, cheese and pancetta mixture. Add black pepper &amp; thoroughly mix through with two wooden spoons so all the pasta is coated. This will cook the egg mixture.</td>
</tr>
<tr>
<td>10.</td>
<td>Serve</td>
</tr>
</tbody>
</table>
MOROCCAN STYLE VEGETABLE TAGINE

SERVES 4

Ingredients
1/2 cup dried figs
1 onion peeled and quartered
2 garlic cloves peeled
1 tbsp Moroccan spice
Salt and pepper to taste
20g olive oil
20g butter
500g vegetable stock
2 x 400g canned chick peas drained
400g tin chopped tomatoes
2 zucchini diced
200g pumpkin small diced
Coriander for garnish

Preparation

1. Place in figs

2. Select CHOP 10 secs

3. Set aside

4. Add onion, garlic, spice, salt and pepper

5. Select CHOP 8 secs

6. Add oil and butter 3 mins 1 80°C 5

7. Add rest of ingredients except coriander 1 min 1

8. Select the following settings 15 mins 90°C

9. Garnish with coriander and serve with couscous
# VEGETABLE FRITTERS

*Makes 16*

## Ingredients
- 3 egg whites
- 1 large potato, peeled & quartered
- 1 carrot peeled & quartered
- 2 zucchini, quartered
- 1 onion peeled & quartered
- 3 egg yolks
- 150g self-raising flour
- Good pinch of salt
- Black pepper to taste
- Handful of flat leaved parsley, roughly chopped
- 2 tbsp of oil or some oil spray

## Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ensure that bowl is clean, cool &amp; dry. Place in egg whites and process until soft peaks form (approx 2 mins). Remove Mixing tool.</td>
</tr>
<tr>
<td>2.</td>
<td>Scrape out egg whites into a bowl and set aside.</td>
</tr>
<tr>
<td>3.</td>
<td>Place in potato, carrot, zucchini &amp; onion.</td>
</tr>
<tr>
<td>4.</td>
<td>Select CHOP (20 secs).</td>
</tr>
<tr>
<td>5.</td>
<td>Add in rest of ingredients except oil &amp; egg whites.</td>
</tr>
<tr>
<td>6.</td>
<td>Add egg white and fold through with the spatula.</td>
</tr>
<tr>
<td>7.</td>
<td>Heat a large non-stick frying pan on medium heat and add oil if required.</td>
</tr>
<tr>
<td>8.</td>
<td>Place in a 1/3 cup of the mixture and cook for approx. 4 mins. Turn over &amp; cook a further 5 mins approx. Cook in batches of 4 at a time.</td>
</tr>
<tr>
<td>9.</td>
<td>Serve with salad.</td>
</tr>
</tbody>
</table>
**OMELETTES**

Serves 2-4

**Ingredients**
- 6 eggs
- 60g milk
- Salt & Pepper to taste
- 500ml water
- Ham diced
- Tomatoes diced
- Grated cheese
- Mixed herbs

*Note: The filling are just suggestions and you can use whatever you like - just keep the dice small (about 1cm) and evenly spread on the tray for best results)*

**Preparation**

1. Place in eggs, milk, salt & pepper
2. Select **CHOP** 10 secs
3. Empty mixture into a bowl and set aside
4. Rinse the blending bowl out and add the water
5. Take a piece of baking paper that will fit into the steamer top & will hang slightly over the edge of the tray - wet it, wring it, crumple it up then flatten in the tray. This will act like a bowl for the mixture
6. Sprinkle ham, tomatoes, cheese and herbs onto the baking paper then pour in the egg mixture
7. Place the steamer onto the bowl. Position the lid on top
8. Select **STEAM**
9. Check after 10 mins if mixture is cooked (this will depend on your filling and quantities). If completed before the Auto program has finished, press PAUSE then STOP/CANCEL button to cancel cooking.
**BREAD**

Makes 1 large loaf or 10 bread rolls

**Ingredients**
- 450g water
- 15g fresh or 7g dried yeast
- 750g bakers flour
- 3tsp bread improver (optional)
- 1tsp salt

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in the water</td>
</tr>
<tr>
<td>2.</td>
<td>Add ingredients in this order- yeast, flour, improver (optional) and salt</td>
</tr>
<tr>
<td>3.</td>
<td>Select <strong>KNEAD</strong></td>
</tr>
<tr>
<td>4.</td>
<td>To remove dough, turn bowl upside down over a lightly oiled bowl, unlock the dough hook – Gravity will drop the dough and hook into the bowl. Remove dough hook from the dough</td>
</tr>
<tr>
<td>5.</td>
<td>Cover dough with plastic wrap and put in a warm spot for approx. 1 hour until doubled in size</td>
</tr>
<tr>
<td>6.</td>
<td>Remove dough from bowl and knock out by shaping into a loaf, rolls or put straight into a loaf tin</td>
</tr>
<tr>
<td>7.</td>
<td>Allow to rise for another 30 mins- until almost double in size again</td>
</tr>
<tr>
<td>8.</td>
<td>Bake for approx. 30 minutes in a pre-heated oven at 180°C. It should sound hollow when the underside of the bread is tapped.</td>
</tr>
</tbody>
</table>
MULTIGRAIN BREAD

Makes 1 large loaf or 10 bread rolls

Ingredients
450g water
15g fresh or 7g dried yeast
750g baker's flour
3 tsp bread improver (optional)
1 tsp salt
1 cup of grains (approx) e.g. Poppy seed, linseed, sunflower, chia, pepitas

Preparation

1. Place in the water

2. Add ingredients in this order- yeast, flour, improver (optional) and salt

3. Select KNEAD

4. Add any grains of choice in the final minute of kneading

5. To remove dough, turn bowl upside down over a lightly oiled bowl, unlock the dough hook – Gravity will drop the dough and hook into the bowl. Remove dough hook from the dough

6. Cover the dough with plastic wrap and put in a warm spot for approx. 1 hour until doubled in size

7. Remove dough from bowl and knock out by shaping into a loaf, rolls or put straight into a loaf tin

8. Allow to rise for another 30 mins- until almost double in size again

9. Bake for approx. 30 minutes in a pre-heated oven at 180°C. It should sound hollow when the underside of the bread is tapped.
ROTIBREAD

Makes 20 pieces

Ingredients
620g plain flour
50g canola oil
600g boiling water
Pinch of salt

Preparation

1. Boil a kettle of 600g of water
2. Place in flour, oil, salt and boiling water
3. Select KNEAD
4. This is a very soft dough. Flour the surface well. Divide dough into 4 pieces and then each piece into 5. Roll out each piece thinly into a circle. You will have 20 Rotis.
5. Warm up a frying pan until medium hot. Place 1 roti in the pan and dry fry until cooked on one side. Flip and cook the other side. Put aside and keep warm. Repeat until all rotis are cooked.

Delicious served with curry. You can also use them as wraps. Will freeze well.
SWEET POTATO & CHIVE DAMPER

Ingredients
200g of sweet potato diced
500ml water
Good pinch of salt
60g butter
2 cups self raising flour, plus extra for dusting
3/4 cup milk
1/3 cup milk
1/4 cup fresh chives chopped
1/4 cup fresh flat leaved parsley chopped
Little milk extra for brushing

Preparation

1. Preheat oven to 200°C & dust a baking tray with the extra flour

2. Pour in the water

3. Place pumpkin into the Cooking Basket & lower into the bowl, attached lid & measuring cup

4. Select STEAM

5. When cooked lift the cooking basket & empty potato into the Mixing bowl & add butter

6. Add the rest of the ingredients & select KNEAD

7. Dough should be very soft tip onto the baking tray & dust with a little more flour if needed. Pat & shape into a 20cm round. Mark with a sharp knife into 8 wedges.

8. Lightly brush top with extra milk

9. Bake in oven for 30-35 mins until golden & hollow when tapped

10. Stand for 5 mins & serve warm with butter
MULTISEED BREAD

Makes 20cm square loaf

Ingredients
500g water
500g Bakers Flour (can use wholemeal)
15g fresh yeast
1tsp salt
50g oats
30g sesame seeds
30g linseeds
30g sunflower seeds
30g pumpkin seeds (Pepitas)
30g poppy seeds
30g clear honey
30g olive oil

Preparation

1. Pre-heat oven to 200°C. Lightly grease cake tin
2. Place in water
3. Add rest of ingredients
4. Select KNEAD
5. This is a sticky dough- scrape into a 20cm lightly greased square tin
6. Set aside in a warm place for 30 minutes or until risen to the top of the tin
7. Bake in oven for approx 45 minutes
8. Let cool in the tin then turn out
BANANA, WALNUT AND DATE BREAD

Makes a standard size loaf

**Ingredients**
60g pitted dates
60g walnuts
180g self-raising flour
60g wholemeal flour
1/2 tsp cinnamon
120g caster sugar
80g light flavoured oil
2 egg whites
30g water
2 ripe bananas, broken into pieces
100g milk

**Preparation**

1. Pre-heat oven to 180°C and lightly grease a standard loaf tin

2. Place in dates

3. Add walnuts

4. Add rest of ingredients

5. Select **CHOP**

6. Pour into prepared tin and bake in oven for approx. 1 hour or until skewer comes out clean

7. Allow to cool then turn onto wire rack
**BUTTERNUT PUMPKIN FLATBREAD**

**Ingredients**
- 1 quantity of pizza dough
  (See page 126 for recipe)
- A little cornmeal (polenta) for the baking sheet
- 200g extra-sharp Cheddar
- 500g butternut squash peeled, seeded, thinly sliced into small pieces
- 1/2 red onion thinly sliced
- 1/4 cup pine nuts
- 1 tbsp fresh thyme leaves
- 40g olive oil
- Salt and black pepper

**Preparation**

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper & sprinkle with cornmeal.
3. Flatten & shape the dough into a large rectangle to fit the tray.
4. Place in cheese.
5. Select 10-13 secs
6. Set aside.
7. Place in all the ingredients except the cheese into a large bowl and mix through with clean hands.
8. Then sprinkle the mixture evenly all over the dough and finish with the grated cheese.
DATE LOAF

Makes a standard size loaf

Ingredients
125g dates
125g brown sugar
60g butter
250ml boiling water
300g self-raising flour
1 tsp bi-carb soda
1 tsp vanilla extract

Preparation

1. Pre-heat oven to 180°C. Grease/line loaf tin

2. Place in Dates

3. Select 20 secs

4. Add the rest of the ingredients

5. Select 20 secs

6. Pour into well greased loaf tin and place in oven for 45-50 minutes.

7. Let it cool for 10 minutes then turn out onto wire rack to cool completely.

Delicious buttered
TEA LOAF

Makes a standard size loaf

Ingredients
500g mixed dried fruit
200g soft brown sugar
200g cold strong black tea
400g self-raising flour
1 egg (beaten)

Preparation

1. Preheat oven to 150°C. Grease/line loaf tin
2. Place in mixed dried fruit, sugar and tea
3. Add flour and beaten egg
4. Pat mixture (it will be thick) into a loaf tin
5. Place in the oven and cook on 150°C for 45 minutes
6. Cool in tin for 15 minutes then turn out onto cake rack to cool

Slice, add butter and enjoy
SWEET SHORTCRUST PASTRY

Ingredients
225g plain flour
30g cornflour
1 1/2 tbsp baking powder
125g caster sugar
140g butter softened
1 egg lightly beaten

Preparation

1. Place in flour, cornflour, baking powder and caster sugar
2. Add butter
3. Remove Measuring Cup and pour egg mixture through the hole in lid with the ThermoCook going on speed 2 until mix forms ball.

This makes enough for a dessert pie case
## SHORTCRUST PASTRY

### Ingredients
- 200g plain flour
- 100g butter cubed
- Pinch of salt
- 50-60g iced water

### Preparation

1. Place in flour, butter and salt
2. Select **CHOP** for 10 secs
3. Add 50g of water
4. Select **CHOP** for 8 secs
5. Add a little more water if necessary to bind
6. Turn mixture onto floured surface and knead lightly
7. Keep wrapped in cling wrap in fridge in flat disc before use
CHOUX PASTRY

Makes approx 10-12 eclairs or 25-30 profiteroles

**Ingredients**
- 80g butter
- 150g water
- 1/2 tsp sugar
- Small pinch of salt
- 120g plain flour
- 3 eggs

**Preparation**

1. Place butter, sugar, salt & water
   - **Acc.**
   - B 3 mins 1 80°C

2. Add flour straight away as soon as Step 1 has finished
   - 1 min & 30 secs

3. Place bowl in fridge for at least 10 mins to make sure the mixture is chilled right down well before adding the eggs

4. Then put back on base. As mixture is mixing add eggs one by one through the measuring cup lid opening
   - 30 secs 5

5. Your mixture is now ready to make eclairs & profiteroles

**Tip:** *If mixture is too runny chill in the fridge*
PIZZA DOUGH

Ingredients
280g water
40g olive oil
Salt
30g yeast
500g Strong bakers flour

Preparation
1. Place in water, oil and salt
   Acc. 1 min 40°C
2. Add yeast and flour
   Acc. 6 sec 4
3. Select [KNEAD]
   Acc. 5 min
4. Transfer dough to floured bowl and rest covered for 30 minutes
5. Divide into 3 portions and allow to rest for a further 15 minutes
6. Shape pizza on floured surface and transfer to lightly oiled tray
7. Cook in oven for 5 mins at 200°C
8. Add your favourite toppings and cook for 10-15 minutes at 200°C
DESSERTS AND BAKING
CHOCOLATE CAKE

Makes 20cm/8inch cake

Ingredients
250g sugar
200g self raising flour
50g cocoa or cacao
120g softened butter
1tsp vanilla extract
2 eggs
160g water

Preparation

1. Pre-heat oven to 180°C. Grease/line cake tin
2. Place in sugar and PULSE for 7 seconds
3. Add in rest of ingredients
4. Select 10 secs
5. Scrape down sides of bowl. Select 10 secs
6. Pour mixture into greased or lined cake tin and bake for approx. 45-50 minutes
7. Stand in tin for 5 mins, then turn onto cake rack.

When completely cool you can ice and decorate.
CHEESECAKE

Makes a 22cm round cake

Ingredients
3 tbsp butter
1 pack of plain sweet biscuits
(approx 250g)
250g cream cheese
395g tin condensed milk
125g lemon juice
Whipped cream for top

Preparation

1. Grease the base & sides of a spring-form tin

2. Place in butter

3. Select WARM 1 min

4. Add in biscuits 1 min 3

5. Press crumb mix in cake tin and refrigerate

6. Place in cream cheese, condensed milk & lemon juice B 5 mins 2

7. Pour into base and set in fridge for 2 hours

8. Serve with whipped cream
CARROT CAKE

Serves 8

Ingredients
2 carrots cut into 5cm pieces
2 eggs
160g raw sugar
150g plain flour
1 tsp vanilla extract
110g vegetable oil
1 tsp bi-carb soda
1/2 tsp mixed spice
1/2 tsp salt
60g walnuts

Cream Cheese Icing
Ingredients
1 tsp lemon peel
230g icing sugar
30g butter
60g cream cheese
Juice of 1/2 lemon
Walnuts
Preparation

1. Pre-heat oven to 180°C

2. Place in carrots

3. Select CHOP 35 secs

4. After 10 secs press PAUSE & add all other ingredients except walnuts. Press PAUSE again to restart

5. After another 10 secs press PAUSE, add walnuts then press PAUSE again to restart

6. Pour into well greased 20cm ring tin or small loaf tin

7. Bake in oven for 45 minutes

8. Meanwhile make the cream cheese icing

9. Add lemon peel and sugar to bowl

10. Select CHOP 35 secs

11. After 10 secs press PAUSE, add butter, lemon juice, cream cheese. Press PAUSE again to restart

12. After another 10 secs press PAUSE and scrape down with a spatula. Press PAUSE again to restart

13. Spread over cooled carrot cake & sprinkle with walnuts if you desire
HONEY CAKES

Makes approx 18

Ingredients
180g plain flour
1 1/4 tsp baking powder
1 tsp ground cinnamon
Pinch each of ground cloves and nutmeg
1/4 tsp bicarbonate of soda
110g raw caster sugar
40g brown sugar
120g honey
75g almond or vegetable oil
100g milk
1 egg
1 tbsp scotch whisky

Honey butter icing
80g honey
50g softened butter
200g pure icing sugar sifted
1 tsp lemon juice

Preparation

1. Preheat oven to 180°C. Grease and flour 1/3 cup capacity muffin tins

2. Sift together flour, baking powder, spices and bi-carbonate of soda and place into bowl

3. Add sugars 10 secs 3

4. Add honey, oil, milk, egg and whisky and select 20 secs

5. Spoon into greased muffin tins

6. Bake for approx 15-20 mins. Cake will spring back when lightly pressed with fingertip

7. Let cool in tins for approx 10 mins then transfer to a wire rack to cool completely

8. For honey butter icing, place in all the icing ingredients 40 secs 4

9. Scrape down the sides of the bowl and attach Mixing Tool. It should be creamy and smooth. Scrape down and repeat if required 1 mins 3

10. Ice or spread icing on tops of cooled cakes

Cakes best eaten on day of making
BERRY SORBET

Serves 6

**Ingredients**
- 30 ice cubes (2 trays)
- 250g white sugar (or castor)
- 250g mixed frozen berries
- 1 small lemon chopped (rindless)
- 1 egg white

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in ice cubes</td>
</tr>
<tr>
<td>2.</td>
<td>PULSE for 10 secs twice</td>
</tr>
<tr>
<td>3.</td>
<td>Place snow aside and dry the bowl</td>
</tr>
<tr>
<td>4.</td>
<td>Place in sugar and PULSE until very fine granules appear</td>
</tr>
<tr>
<td>5.</td>
<td>Add in snow, frozen berries, lemon and egg white</td>
</tr>
<tr>
<td>6.</td>
<td>Open lid and using spatula, scrape remaining ingredients from side of the bowl</td>
</tr>
<tr>
<td>7.</td>
<td>Freeze</td>
</tr>
</tbody>
</table>

**Tip:** More berries intensifies flavour and colour
COFFEE ECLAIRS

Makes 10-12

Creme Patissiere
Ingredients
300g milk
30g butter
60g sugar
30g plain flour
3 eggs
Seeds only from one vanilla pod split & seeds scraped

1 qty of Choux pastry (see recipe page 125)

Glace Icing Ingredients
2 tsp of instant coffee, dissolved in a small amount of boiling water
200g icing sugar, sifted
Preparation

1. Rinse the Blending Bowl with cold water & empty - this will help stop the bowl from catching when heating the milk

2. Place in all the creme patissiere ingredients

3. Pour into a bowl & cover with plastic wrap. Make sure it touches the entire surface of the creme so it does not form a skin & set aside to cool to room temperature

4. Whilst this is cooling pre-heat oven to 180°C

5. Make your Choux Pastry

6. Place pastry mixture into a piping bag and pipe 7cm long by 3cm wide eclairs on a baking tray lined with baking paper. Ensure there are gaps between each one as they will expand

7. Clean the Blending Bowl so it will be ready to make the icing later

8. Bake for 30 mins. When they are cooked turn the oven off but leave them to cool and dry completely in the oven- leave the oven door slightly ajar. This will stop the pastry from collapsing

9. When completely cool split each one open & pipe or spoon your creme patissiere in one half & put the two together

10. Make the Glace icing - Place in the ingredients

11. Ice the Eclairs immediately as the icing sets quickly
VANILLA CUSTARD

Serves 1

Ingredients
90g sugar
30g corn flour
2 eggs or 3 for a richer custard
700g milk
1 tsp vanilla bean paste

Preparation

1. Place in sugar & corn flour 10 secs 9
2. Scrape down bowl & add eggs, milk & vanilla bean paste 7 mins 4 90°C 5

This makes a pouring custard- great with puddings.
For a thicker custard just reduce the amount of milk

CARAMEL SAUCE

Ingredients
395g condensed milk
50g butter
70g soft brown sugar
1 tsp vanilla extract

Preparation

1. Place in all ingredients 15 mins 2 90°C 4
2. Pour into container, cover & refrigerate
3. Serve hot over steamed puddings or warm/cold with ice cream
BERRY MOUSSE

Serves 4-6

Ingredients
50g water
1 1/2 tsp gelatin powder
100g sugar
250g berries (your choice)
300g cream

Preparation

1. Put water into a bowl, sprinkle the gelatin over the water
2. Put the bowl over a bowl of just boiled water so the gelatin swells. Stir to dissolve and set aside
3. Place in sugar, berries & cream
4. Select CHOP 20 secs
5. Add the gelatin mixture
6. Select CHOP 5 secs
7. Pour into dessert dishes
8. Place in fridge until set
CRÈME CARMEL

Makes 6 half cup ramekins

**Ingredients**

**Caramel:**
- 100g sugar
- 1 tbs water

**Cream:**
- 3 eggs
- 500g full cream milk
- 60g sugar
- 1 tsp vanilla extract

**Preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ensure your ramekins fits into the steamer with the lid on before beginning.</td>
</tr>
<tr>
<td>2.</td>
<td>Put the sugar and water in a saucepan. Heat on medium heat, swirl the pan regularly to spread the heat evenly.</td>
</tr>
<tr>
<td>3.</td>
<td>As soon as the colour turns pale amber, divide the caramel evenly into each ramekin. Tilt the ramekins to spread the caramel around and set aside.</td>
</tr>
<tr>
<td>4.</td>
<td>Place in eggs and sugar.</td>
</tr>
<tr>
<td>5.</td>
<td>Select <strong>CHOP</strong> 5 secs</td>
</tr>
<tr>
<td>6.</td>
<td>Add the milk and vanilla 5 mins 2 70°C 5</td>
</tr>
<tr>
<td>7.</td>
<td>Pour the mixture into the ramekins. Place them in the steamer loosely covered with baking paper that has been wet then wrung. Put the lid on the Steamer and place 500ml of water in the bowl. You can use all sections of the steamer to fit them all in.</td>
</tr>
<tr>
<td>8.</td>
<td>Select <strong>STEAM</strong></td>
</tr>
<tr>
<td>9.</td>
<td>Carefully lift the ramekins with oven gloves and leave to cool, then place in fridge for at least 2 hours. Unmould and turn upside down on a plate</td>
</tr>
</tbody>
</table>
STEAMED PUDDINGS

Makes 4 1/2 cup serves

Ingredients
120g self-raising flour
80g sugar
70g butter
1 egg
60g milk
Maple or golden syrup
500ml water for steaming

Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Place in flour, sugar and butter</td>
</tr>
<tr>
<td>2.</td>
<td>Select <strong>CHOP</strong> 10 secs</td>
</tr>
<tr>
<td>3.</td>
<td>Scrape down the bowl and add the egg and milk</td>
</tr>
<tr>
<td>4.</td>
<td>Select <strong>CHOP</strong> 20 secs</td>
</tr>
<tr>
<td>5.</td>
<td>Pour a generous amount of syrup into 4 small ramekins or silicon moulds. Carefully pour the mixture over the syrup. Place each of the puddings into the Steamer</td>
</tr>
<tr>
<td>6.</td>
<td>Pour 500ml of water into the Blending Bowl and place Steamer on top</td>
</tr>
<tr>
<td>7.</td>
<td>Place a sheet of baking paper under the Steamer lid (this stops the steam from dripping onto the puddings)</td>
</tr>
<tr>
<td>8.</td>
<td>Select <strong>STEAM</strong> 20-25 mins</td>
</tr>
<tr>
<td>9.</td>
<td>Use a skewer to check if they are cooked. It should come out clean when they are cooked through. Turn out and serve with custard, cream or ice cream.</td>
</tr>
</tbody>
</table>
## VANILLA ICECREAM

### Ingredients
- 2 vanilla pods
- 600g full cream milk
- 200g full cream
- 180g sugar
- 6 egg yolks
- Pinch of salt

### Preparation

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Acc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Split the vanilla pods lengthways and put them in the bowl with all the ingredients</td>
<td>B/ 8 mins 2 90°C 6</td>
</tr>
<tr>
<td>2</td>
<td>Remove the vanilla pods &amp; pour mixture into a suitable container &amp; cover. Set aside to cool</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Place in freezer for at least 10 hours</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Put in fridge 15 minutes before serving then cut the icecream into pieces</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Place in blending bowl</td>
<td>B/ 15 secs 9</td>
</tr>
<tr>
<td>6</td>
<td>Scrape down bowl</td>
<td>30 secs 6</td>
</tr>
</tbody>
</table>
SWEET MUFFINS

Makes 12

Ingredients
125g butter (in pieces)
250g self raising flour
300g milk
100g sugar

Sweet filling suggestions
Blueberries, raspberries, diced cooked apples, cinnamon, lemon butter, chopped dates, chocolate bits.

Preparation

1. Pre-heat oven to 190°C and lightly grease the bottom of a muffin pan or insert cases

2. Place in butter

3. Add flour, milk and sugar

4. Add 1 1/2 cups of your filings of choice
   (Do not overwork the mixture as they will turn out tough and chewy)

5. Place mixture into muffin tins/cases on middle shelf in oven and cook for 25 minutes.

6. Place on rack and allow to cool
**SAVOURY MUFFINS**

*Makes 12*

**Ingredients**
- 125g butter (in pieces)
- 250g self raising flour
- 300g milk
- Pinch of Salt

**Savoury filling suggestions**
- Cooked diced bacon, ham, grated cheese, crumbled feta, sundried tomatoes, chopped olives, pesto, mixed herbs.

**Preparation**

1. Pre-heat oven to 190°C and lightly grease the bottom of a muffin pan or insert cases
2. Place in butter  
   ![B](30 secs 80°C)
3. Add flour, milk and salt
4. Add 1 1/2 cups of your fillings of choice  
   *(Do not overwork the mixture as they will turn out tough and chewy)*
5. Place mixture into muffin tins/cases on middle shelf in oven and cook for 25 minutes.
6. Place on rack and allow to cool
PEANUT BUTTER COOKIES

Makes 24

Ingredients
250g peanut butter (smooth)
250g sugar
1 large egg
1 teaspoon baking soda

Preparation

1. Pre-heat oven to 180°C

2. Line a baking tray with baking paper

3. Place in all the ingredients

4. Select CHOP 20 secs

5. Roll 1 tsp of the dough into a ball and place on the baking tray. Repeat.

6. Place dough balls 3 cm apart on cookie sheet and flatter with tines of fork making a cross pattern

7. Bake until puffed and a golden pale- about 10 minutes

8. Cool cookies on baking tray for about 5 minutes and then transfer with spatula to rack to cool

May be kept in air tight container at room temperature for 5 days
ANZACS

MAKES APPROX 30

**Ingredients**
- 120g butter room temperature
- 65g golden syrup
- 1 tsp bi-carb soda
- 100g rolled oats
- 150g plain flour
- 50g sugar
- 50g dark brown sugar
- 60g desiccated coconut

**Preparation**

1. Preheat oven to 160°C & line 2 baking trays with baking paper

2. Place in butter & golden syrup.  
   ![M] 2 mins 2 70°C 5

3. Butter should be dissolved

4. Add bi-carb soda  
   5 secs 3

5. Add remaining ingredients. It should just be just mixed – you do not want to overmix  
   30 secs 3

6. Place 1 tbsp of the mixture at a time on the prepared trays, leaving space for spreading and gently press with back of the spoon

7. Bake for 10-15 mins until lightly golden

8. Allow to cool on the trays
## Lemon and Coconut Cookies

### Makes 24

**Ingredients**
- Zest of 2 lemons finely grated
- 120g butter
- 170g brown sugar
- Juice of 1 lemon
- 120g plain flour
- 60g self raising flour
- 90g rolled oats
- 50g shredded coconut
- 1 egg
- 1 tsp vanilla extract
- 100g white chocolate (optional)

**Preparation**

1. Preheat oven to 180°C
2. Place in zest, butter and sugar
3. Select **CHOP** 10 secs
4. Add all remaining ingredients except chocolate 10 secs 4 80°C
5. Place heaped teaspoons of the mixture onto lined baking trays and cook in oven for 12-15 minutes until just golden around the edges
6. Whilst cooking clean the Blending Bowl
7. Remove cookies from oven and leave to cool completely
8. Place in chocolate, if using 7 secs 8
9. Scrape down 2 mins 1 50°C
10. With a small spoon drizzle the chocolate over the cookies
**ROCK CAKES**

**Ingredients**
- 225g self raising flour
- 1 tsp baking powder
- 75g caster sugar
- 115g unsalted butter
- 115g sultanas
- 50g mixed peel
- Grated zest of 1 orange
- 2 eggs

**Preparation**

1. Preheat oven to 200°C & line a baking tray with baking paper

2. Place in the flour, baking powder, sugar & butter

3. Add in rest of ingredients, scrape down if required & repeat

4. Dough should be stiff. If you wish add 1 tbsp of orange juice

5. Spoon walnut sized mounds onto a baking paper lined oven tray, leaving space for spreading

6. Bake for 15-20 mins until golden brown

7. Cool on tray
**NUT CRACKERS**

*Makes approx 20-30 depending on cracker size*

**Ingredients**
- 120g almonds
- 40g of various seeds of your choice (e.g. sunflower, chia, psyllium husks)
- 1/4 tsp cayenne pepper
- 1/2 bicarb soda
- Pinch of mixed dry herbs
- 150g parmesan cheese
- 1 clove of garlic (optional)
- 30g of light flavoured oil (e.g. canola, grapeseed, coconut)
- 1 tbsp water

**Preparation**

1. Preheat oven to 180°C
2. Place in all ingredients except oil and water
3. Add oil and water
4. Empty out onto baking paper and push ingredients together to form one piece. Place another piece of baking paper on top and roll out to about 3mm- remove top piece of baking paper
5. Use a shape cutter or cut into squares. Place with the baking paper onto a baking tray and cook for 25 minutes. Check after 15 mins and if edges are getting too brown cover with baking paper
6. When cooked remove and place biscuits carefully on cooling rack
7. When completely cold keep in an airtight container for up to 5 days
SHORTBREAD

Makes approx 16 pieces

Ingredients
250g butter, at room temperature
100g caster sugar
300g plain flour, sifted
90g rice flour, sifted

Preparation

1. Preheat oven to 150°C.

2. Place baking paper on 2 baking trays

3. Place in butter and sugar

4. Select CHOP

5. Add the flours 1 min 3

6. Turn the mixture out onto a floured surface and bring the mixture together with your hands and knead gently until smooth

7. Divide the mixture in half. Shape one half into a 18cm circle with your hands, then carefully place onto the baking tray

8. Press the surface with your palm as evenly as possible. Prick all over with a fork and score the dough into 8 wedges. Sprinkle with a little extra caster sugar and repeat with the remaining dough

9. Place the trays in the oven for 40 mins or until light golden. Let cool on trays for 15 mins then transfer to a wire rack to cool completely

10. Cut into wedges
CHOCOLATE CHIP COOKIES

Makes approx 30

Ingredients
125g soft butter
100g white sugar
100g brown sugar
1/2 tsp vanilla extract
1 egg
260g self raising flour
1/2 tsp salt
160g chocolate chips

Preparation

1. Preheat oven to 180°C

2. Place in butter, sugars & vanilla. In the last 30 secs add egg through the measuring cup hole in the lid

3. Add flour and salt

4. Add chocolate chips

5. Drop heaped teaspoonfuls of the mixture onto baking paper lined trays leaving room for spreading

6. Bake in oven for approx 10-12 mins

7. Let cool on trays for 15 mins then place on a wire rack to cool completely
MELTING MOMENTS

Makes approx 40 biscuits

Ingredients
185g butter
60g icing sugar
45g custard powder
225g plain flour

Icing
80g icing sugar
40g butter
2 tsp custard powder
1/2 vanilla essence

Preparation

1. Preheat oven to 180°C and line 2 baking trays with baking paper

2. Place in butter and icing sugar

3. Select CHOP

4. Scrape down bowl and attach Mixing Tool

5. Remove Mixing Tool and scrape down bowl

6. Add custard powder and flour

7. Roll a teaspoon of the mixture into balls then place onto baking tray. Press each one gently with a fork leaving space for spreading

8. Bake for approx 12-14 mins until very lightly golden

9. Remove to a cooling rack

10. When the biscuits are completely cold make the icing. Ice one half & join with another biscuit. Set aside until the icing has set then store in a airtight container

11. To make icing add in all the icing ingredients
FLUFFY PANCAKES

Makes 8 Pancakes

Ingredients
3 egg whites
Small pinch of salt
3 egg yolks
1 cup plain flour
1 tbsp baking powder
250g milk
Butter for frying

Preparation

1. Place in egg whites and salt

2. Remove Mixing Tool and transfer egg whites to a large bowl and set aside

3. Place in rest of the ingredients except butter & egg whites

4. Select

5. Pour batter onto the egg whites and fold with a spatula until no egg white streaks remain

6. Heat the butter in a medium high heat frying pan. Pour a ladle of the batter- cook until golden on both sides and repeat until all the mixture is used

7. Serve with your favourite toppings such as raspberries, blueberries, maple syrup & cream
**HOT CROSS BUNS**

*Makes approx 10*

**Ingredients**
- 250g milk
- 20g mixed peel
- 500g bakers flour
- 1 tsp salt
- 70g butter
- 45g sugar
- 1 egg
- 20g fresh yeast or 15g dry yeast
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp ground nutmeg
- 1/2 tsp ground cloves
- 150g sultanas

**Piping mixture:**
- 80g flour
- Pinch salt
- 1tsp of oil
- 100g water

**Sugar syrup:**
- 2tbsp water
- 2tbsp sugar
**Preparation**

1. Preheat oven to 220°C & grease or line a baking tray with baking paper

2. Pour in milk

3. Add all remaining ingredients

4. Select KNEAD

5. Tip dough into a lightly greased bowl. Cover with plastic wrap & leave to prove in a warm place for approx 1 hour. It should double in size

6. Cut evenly into approx. 10 pieces and shape into buns. Place the buns close together on a baking tray lined with baking paper. Cover and let prove for a further 15 minutes.

7. Meanwhile make piping mixture by placing in the ingredients

8. Select CHOP

9. Pour mixture into a piping bag

10. Pipe crosses onto the buns & bake in oven for 10-15 minutes until golden

11. When cooked remove from oven & proceed to make the sugar syrup

12. Place in water & sugar

13. Brush warm buns with syrup
# Cheesy Spinach Puffs

**Makes** 24

**Ingredients**
- 100g fresh spinach leaves
- 125g cheddar cheese, cut into chunks
- 50g parmesan cheese, cut into chunks
- 250g milk
- 125g butter
- 125g plain flour
- 3 eggs

**Preparation**

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<th>Action</th>
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<td>Preheat oven to 180°C</td>
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<td>2.</td>
<td>Line 2 baking trays with baking paper</td>
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<tr>
<td>3.</td>
<td>Place in the spinach &amp; cheeses</td>
</tr>
<tr>
<td>4.</td>
<td>PULSE for 7 seconds</td>
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<tr>
<td>5.</td>
<td>Put the Blending Bowl aside</td>
</tr>
<tr>
<td>6.</td>
<td>Add in milk and butter to the Mixing Bowl</td>
</tr>
<tr>
<td>7.</td>
<td>Add the flour</td>
</tr>
<tr>
<td>8.</td>
<td>Let stand for 5 mins for the mixture to cool or place in the refrigerator for 5 minutes</td>
</tr>
<tr>
<td>9.</td>
<td>Add the eggs slowly through the Measuring Cup opening in the bowl lid one at a time</td>
</tr>
<tr>
<td>10.</td>
<td>Add the spinach mixture to the dough</td>
</tr>
<tr>
<td>11.</td>
<td>Then drop the mixture by tablespoons 3 cm apart onto the baking trays.</td>
</tr>
<tr>
<td>12.</td>
<td>Bake for approx 25-30 min until puffed and golden</td>
</tr>
<tr>
<td>13.</td>
<td>Turn oven off and leave slightly open and allow the puffs to cool until they are warm. Then serve.</td>
</tr>
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</table>
PUFF PASTRY PIN WHEELS

This would be the easiest snack ever! Variations are endless. Great for children’s snacks, nibbles, canapes etc.

Ingredients
Sheets of Puff Pastry cut in half and defrosted.
Filling of your choice

Savoury filling suggestions:
1. Olives (deseeded), salami, sundried tomatoes.
2. Cream cheese, smoked salmon and chives
3. Mushrooms and seasoning
4. Ham, grated cheese and tomato paste
5. Fresh spinach, Gruyère cheese, garlic powder
6. Sausage meat, onion and tomato puree

Preparation
1. Place in the ingredients for the filling. PULSE for a few seconds – scraping down in between pulsing until a spreadable consistency is reached

2. Spread the filling evenly leaving a small border around the edges

3. Roll up as tightly as possible starting from the long end. Seal the end with water brushed on the pastry inside edge - gently press to seal.

4. Chill in the fridge for at least 15 minutes

5. With a sharp knife cut the roll into 1.5cm rounds. Lay onto a baking tray lined with baking paper

6. Brush with egg wash and sprinkle on any additional flavourings e.g. herbs, grated cheese

7. Bake for approx 15 minutes (check after 10 minutes) until puffed and golden

8. Serve after standing for 5 minutes
SCONES

Ingredients
450g self raising flour
50g butter
50g sugar for sweet
scones or 1/2 tbsp salt for
savoury scones
1 egg
250g milk

Add sultanas or dates
for fruit scones or grated
cheese, herbs or sundried
tomatoes for savoury scones

Preparation

1. Preheat oven to 210°C

2. Place in flour & butter and PULSE for 3 seconds

3. Transfer flour mixture to the Mixing Bowl & add rest of ingredients 30 secs 3

4. Turn the bowl upside down & place on floured work surface. Unlock kneading blade & allow dough to drop onto the work surface & remove blade from dough

5. Pat dough into a thick round shape & cut into 12 rounds using a cutter

6. Put onto a baking paper lined tray & bake for approx. 10 mins - until just golden brown

7. Remove from oven and place on a cooling rack covered with a tea towel
BEEF MEATBALLS

Makes 50 balls

Ingredients
1 garlic clove peeled
3/4 to 1 cup of vegetables
(e.g. zucchini, carrot, mushroom, capsicum, mashed pumpkin, mashed sweet potato)
500g beef mince
1 egg
2 tbsp tomato sauce
1/2 tsp Worcestershire sauce
40g bread crumbs (you may require more if you are using lots of mashed vegetables)
1 tbsp cooking oil
400g tomato soup

Preparation

1. Place in garlic

2. Select [CHOP] 10 secs

3. Place in vegetables (except for mashed ones)

4. Select [CHOP] 10 secs

5. Scrape down bowl if necessary

6. Place in mashed vegetables (if using) mince, egg, tomato sauce and Worcestershire sauce 30 secs 2

7. Add in half the bread crumbs 15 secs 3

8. Add more bread crumbs until the mixture is moist but not wet 15 secs 3

9. Roll into 1/2 tablespoon sized balls and refrigerate to firm up

10. Heat oil in a fry pan. Place in the balls and brown on all sides

11. Pour in the tomato soup and put on the lid. Simmer for 10 minutes or until meat cooked
DATE BALLS

Makes 26 balls

Ingredients
150g pitted dates
40g coconut
20g flaked almonds (optional – can be substituted for other nuts, pumpkin seeds, etc)
2 tsp cocoa or cacao
2 tsp water

Preparation

1. Place in all ingredients

2. Select [CHOP] 40 secs

3. Check that all ingredients are well chopped and will form into a ball, add more water or [CHOP] for longer if necessary.

4. Roll into 1 teaspoon sized balls and refrigerate

5. If you wish the balls can be rolled in coconut/cocoa or nuts
MASHED VEGETABLE RISONI

Serves 4 to 6

Ingredients
1000g water
2 tsp vegetable stock powder
50g risoni
1 small potato peeled and cut into 1 cm cubes
1 carrot peeled and cut into 1 cm cubes
150g sweet potato peeled and cut into 1 cm cubes
150g pumpkin peeled and cut into 1 cm cubes
50g grated cheese

Preparation

1. Place in water, stock and risoni

2. Place in cooking basket and add vegetables

3. Select [STEAM]. After 10 minutes press PAUSE and check if vegetables are soft. If they are continue to step 4. If not, continue with the steam program until they are.

4. Remove the cooking basket with the spatula. 
   Caution: it will be hot. Set the vegetables aside

5. Save 1/2 cup of the cooking water then drain the risoni through the cooking basket

6. Place the vegetables and saved water back into the Blending Bowl & select [SMOOTHIE]

7. Add cheese and risoni

8. Serve as a side dish or enjoy on its own
**Mushroom & Bacon Penne**

Serves 4 to 6

**Ingredients**
- 150g penne (or macaroni)
- 1/2 onion peeled and quartered
- 1 garlic clove peeled
- 100g mushrooms quartered
- 2 shortcut rashes of bacon roughly chopped
- 1/2 tbsp vegetable oil
- 40g butter
- 40g plain flour
- 500g milk
- 50g cheese

*Note: This recipe is very versatile. Any meat or vegetable can be added to this dish, some suggestions are tuna and peas or cooked chicken and avocado.*

**Preparation**

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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Cook pasta as per packet instructions</td>
</tr>
<tr>
<td>2.</td>
<td>Place in onion and garlic. Select <strong>CHOP</strong> 20 secs</td>
</tr>
<tr>
<td>3.</td>
<td>Place in mushrooms and bacon. Select <strong>CHOP</strong> 10 secs</td>
</tr>
<tr>
<td>4.</td>
<td>Scrape down sides of bowl and add oil. Select <strong>SAUTE</strong> 4 mins</td>
</tr>
<tr>
<td>5.</td>
<td>Set mushroom mixture aside</td>
</tr>
<tr>
<td>6.</td>
<td>Clean out blending bowl and attach Mixing Tool. Add butter 1 min 2 80°C</td>
</tr>
<tr>
<td>7.</td>
<td>Add flour. After 30 secs press PAUSE. Use the spatula to scrape the flour from the bottom of the bowl and continue 1 min 2 80°C 3</td>
</tr>
<tr>
<td>8.</td>
<td>Add milk slowly through measuring cup hole in lid 4 mins 1 80°C 5</td>
</tr>
<tr>
<td>9.</td>
<td>Add in cheese, pasta, mushroom mixture 20 secs 2</td>
</tr>
</tbody>
</table>
**San Choy Bow**

*Serves 4 to 6*

**Ingredients**
- 150g mushrooms quartered
- 1 carrot peeled and roughly chopped
- 1 zucchini ends trimmed and roughly chopped
- 1 onion peeled and quartered
- 1 garlic clove peeled
- 1 tbsp vegetable oil
- 500g extra lean pork mince
- 2 tbsp hoisin sauce
- 8 or more iceberg lettuce leaves washed

**Preparation**

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<tr>
<th>Step</th>
<th>Instruction</th>
<th>Acc.</th>
</tr>
</thead>
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<td>Place in mushrooms, carrot &amp; zucchini and select chop</td>
<td>B 20 secs</td>
</tr>
<tr>
<td>2.</td>
<td>Set aside</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Place in onion and garlic and select chop</td>
<td>15 secs</td>
</tr>
<tr>
<td>4.</td>
<td>Scrape down sides of bowl add oil and select saute</td>
<td>1 min</td>
</tr>
<tr>
<td>5.</td>
<td>Add in pork &amp; select saute</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Check that pork is browned. Saute again if necessary</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Add chopped vegetables, hoisin sauce and select saute</td>
<td></td>
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<tr>
<td>8.</td>
<td>When the carrot is tender and the meat cooked it is ready. Drain off any liquid.</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Spoon the pork mixture evenly into the lettuce cups.</td>
<td></td>
</tr>
</tbody>
</table>
**CHOC BANANA ICECREAM**

*Serves 2-4*

**Ingredients**
2 medium bananas frozen until solid
1 tsp sifted cocoa or cacao

**Preparation**

1. Peel & roughly chop frozen bananas. Place in Blending Bowl
2. Select **SMOOTHIE**
3. Add cocoa 5 secs 5
4. Serve
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