









Cook smarter, *not harder*

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

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

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Here's our quick reference guide to using the functions of your TM6 in manual cooking. All times should be adjusted depending on quantity used. See your *Basic Cookbook* for further details.

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

* Refer to your *Basic Cookbook*.