

TM ESSENTIALS GUIDE TO CONVERTING RECIPES

Converting family favourite or even new recipes is a breeze when you follow our guidelines. We’ve compiled the best hints and tips to make adapting recipes for your Thermomix super easy.

Read the recipe first to check for ingredients that should be milled, such as almond meal, chopping nuts, making bread crumbs, grated cheese, and milling seeds. Prepare dry ingredients first. Plan your recipes to make the most of your Thermomix as follows

- Dry to wet: process ingredients that require a clean and dry bowl, then move to wet ingredients.
- Cold to hot: whip cream, make mayonnaises, chop veges before using heating elements.

When using the **Butterfly** do not use it higher then Speed 4 as it will come off and be chopped by the blades. 😞

Find a **similar recipe** to use as a template for determining times, speeds & order of adding ingredients.

Never use the **Turbo button** or abruptly increase the speed when processing food above 60°C.

When **cooking cubed beef, lamb or chicken**, set the speed no higher than Speed 2/Reverse so as not to turn the meat to mince.

Use only low speed levels (Speeds Soft to 2) when selecting **Varoma temperature**. Higher speed levels can lead to splashing of hot food or frothing up of liquid.

Use the **simmering basket** for

- Filtering fruit and vegetable juices.
- Cooking delicate food such as meatballs or fishballs that are not suited to be cooked in the mixing bowl.
- For cooking side dishes (e.g. rice, potatoes).

Chop **vegetables** with oil before sautéing them. Sauté at Varoma temp, Speed 1 for 3 to 7 minutes.

Use the Butterfly for

- When whipping cream or beating egg whites.
- Preparing creamy puddings or cream mixtures.
- Preparing emulsions such as mayonnaises and vinaigrettes, egg-based sauces and roux’s such as béchamel and veloute sauce.

When using the **Varoma**, ensure that the lid is fitted properly, or the steam will escape and the food in the Varoma will not cook properly.

Place a **maximum filling quantity** of 2 litres of food and/or liquid into the mixing bowl in the TM31; and 2.2 litres in the TM5.

When **cooking with milk or cream**, restrict the cooking temperature to between 90 and 95C and Speed 2-4.

Temperature guides

- 37°C - warm baby food & yeast in liquid
- 40-55°C – gentle warming & melting
- 60-80°C – cook gently, ideal for sauces
- 80-95°C – heat liquids without boiling
- 100°C – heat to boiling temperature
 - 105-115°C – cook sugar syrup
 - 120°C – sauté
 - Varoma – steaming

Steam in the **Varoma** by using at least 500g (0.5 l) of water in the mixing bowl for up to 30 minutes of steaming. For every additional 15 minutes of cooking time, add an additional 250g water. It will take around 5 minutes at Varoma temp for 500g of water to reach boiling point. Select the time, Varoma temp and Speed 2 for the required steaming time.

When **chopping vegetables**, process at Speed 4 for a few seconds and then check the consistency. Repeat until chopped as required.

Speed guides

- Speed soft – replicates mixing with a wooden spoon
- Speed 1-3 – mix gently, whip cream, chop soft ingredients, mash potatoes
 - Speed 4-6 – chop vegetables, emulsify sauces, crush ice
- Speed 7-10 and Turbo – pulverise or mill/grind nuts & grains, blend to smooth texture for soups, smoothies, ice creams, chop hard ingredients
- Reverse mode with low speeds (soft-3) – gently stir without breaking up ingredients
- Reverse mode with higher speeds (4-10) – shred ingredients without chopping them
 - Dough mode – doughs that require vigorous kneading

GRATE	Amt	Spd	Time
Fruit (apples, pears), quartered	600g	4	4-6 sec
Bread, course, roughly torn	200g	4	9-10 sec
Cabbage, roughly chopped	500g	4	10-12 sec
Carrot, quartered	500g	5	4-5 sec
Potatoes, cubed	1000g	5	12-15 sec
Cheese, medium hard, cubed	200g	5-6	15-17 sec
Chocolate, coarse	200g	7	3-4 sec
Bread, fine, roughly torn	200g	7	15-20 sec
Chocolate, fine	200g	8	6-8 sec
Cheese, hard, cubed	100g	10	15-20 sec

CHOP, CRUSH, MINCE	Amt	Spd	Time
Nuts	200g	4	10-12 sec
Onion, halved	200g	5	3-8 sec
Meat, cubed, partially frozen	300g	6	10-12 sec
Garlic cloves	1 - 6	8	2-4 sec
Fresh herbs	20g	8	3 sec

GRIND, MILL	Amt	Spd	Time
Nuts	250g	7	8-10 sec
Coffee beans	250g	9	1 min
Poppy seeds	100g	9	30 sec
Peppercorns, coarse	10g	9	8-11 sec
Sesame seeds, fine	10g	9	16-18 sec
Spices	50g	9	1 min
Grains or pulses	250g	10	1 min
Rice	100g	10	1-1½ min
Sugar	200g	10	15-20 sec