

# RECIPE BOOK



## APPERTIZERS

### COD FISH CAKES

#### *Ingredients*

60gr. Olive oil  
 ½ medium size onion  
 1 small green pepper  
 2 cloves garlic  
 50gr. mushrooms  
 100gr. peeled small shrimps  
 150gr. cod fish fillet  
 50gr. cognac  
 80gr. tomato sauce  
 50gr. liquid cream  
 4 puff pastry tartlets  
 Finely chopped parsley  
 Grated cheese  
 Salt

#### *Preparation*

Place the mixing tool in the bowl with oil and select 3 minutes, temperature 100°C and speed 1.  
 Add the finely chopped onion, the green pepper and garlic. Select 20 minutes, temperature 100°C and speed 1.  
 Add the mushrooms, cod fish, shrimps, tomato sauce, cognac and the liquid cream. Select 15 minutes, temperature 100°C and speed 1.  
 Fill the tartlets with this mixture and decorate with the parsley and grated cheese.

### SCRAMBLED GARLIC WITH SHRIMPS

#### *Ingredients*

1 bunch fresh garlic  
 200gr. peeled shrimps  
 2 tbs. olive oil  
 1 clove finely chopped garlic  
 2 eggs  
 Salt to taste

#### *Preparation*

Place the mixing tool in the bowl with oil and select 4 minutes, temperature 100°C and speed 1.  
 After this time, place the onions cut into small pieces and the garlic clove, select 5 minutes, temperature 100°C and speed 1.  
 Add the shrimps, season to taste and select 5 minutes temperature 100°C and speed 1.  
 With 2 minutes left before this process is finished, pour the mixed eggs in the bowl through the continuous feed tube.

### MUSHROOMS

#### *Ingredients*

3 tps. olive oil  
 1 small finely chopped onion  
 500gr. mushrooms  
 2 cloves garlic cut into strips  
 Finely chopped parsley  
 Black pepper  
 Salt to taste

#### *Preparation*

Place the mixing tool in the bowl and add the finely chopped onion and oil. Select 5 minutes, 100°C and speed 1.  
 Add the garlic, parsley, black pepper and the mushrooms. Select 5 minutes, 100°C and speed 1.

## **SWEET PEPPER & HAM SALAD**

### *Ingredients*

3 red peppers  
3 green peppers  
200gr. York ham  
Emmental cheese  
Mayonnaise to taste  
Spicy paprika

### *Preparation*

Add the peppers cut into 4 pieces to the bowl together with the ham. Select 10 seconds, speed 4-5.  
Place the mixing tool in the bowl, cut the Emmental cheese into small dices and add the rest of the Ingredients to the bowl.  
Select a few seconds and speed 3-4.  
Decorate with paprika.

## **ROQUEFORT WITH NUTS SAVOURY**

### *Ingredients*

250gr. Roquefort cheese  
Evaporated milk  
Toasts  
Nuts

### *Preparation*

Place the mixing tool in the bowl and add the cheese, select speed 4.  
Through the continuous feed tube, add the evaporated milk a little at a time until the mixture becomes creamy.  
Spread the cream on the toasts and decorate with nuts.

## **CREAM CHEESE SPREAD**

### *Ingredients*

300gr. creamy cheese  
1 clove garlic  
60gr. red pepper  
60gr. green pepper  
60gr. cucumber  
A pinch of curry  
½ tsp. paprika

### *Preparation*

Add the garlic clove to the bowl and select 5 minutes at speed 5.  
Add the peppers, the cucumber, select 5 seconds at speed 5.  
With the spatula press the mixture until all the liquid has evaporated from the peppers.  
Place the mixing tool in the bowl and add the cream cheese, a pinch of curry and the paprika.  
Select 15 seconds at speed 2-3. Remove the mixture from the bowl and reserve in the refrigerator. After this time the mixture is ready for serving and is edible for 4-5 days if kept in the refrigerator.  
Serve with finely chopped onion, olives or sweet corn on toasts.

## STARTERS

### AU GRATIN MUSHROOMS

#### *Ingredients*

600gr. mushrooms  
70gr. olive oil  
3 garlic cloves  
120gr. flour  
240gr. milk  
150gr. grated cheese  
Salt and pepper

#### *Preparation*

Pour the oil into the bowl and select 6 minutes, temperature 100°C and speed 3. At 1 minute before this process is finished, add the garlic through the continuous feed tube of the bowl.

Place the mixing tool into the bowl and add the mushrooms cut into strips. Select 2 minutes, temperature 100°C and speed 1-2.

Add the milk, select 6 minutes, temperature 100°C and speed 1-2.

Pour the contents in a baking dish, sprinkle with cheese and place into the oven to cook au gratin style.

### GREEK SALAD

#### *Ingredients*

200gr. cherry tomatoes  
200gr. feta cheese or fresh goat cheese  
100gr. small onions cut into slices  
100gr. green pepper  
100gr. cucumber  
50gr. seedless black olives  
40gr. virgin olive oil  
2 tps. oregano  
Salt  
Lettuce for decoration

#### *Preparation*

Cut the tomatoes in half and reserve. Place the cheese to the jar and select 3 seconds, speed 4. Remove and reserve.

Add the pepper, onions, the peeled cucumber, olives, oil, oregano and salt.

Select 4 seconds and add the tomato and the reserved cheese.

Select 5 seconds at speed 2. Place this mixture on the lettuce leaves for serving.

Suggestion: This salad can be used for filling the cucumbers that were previously cored by making use of the pulp.

### CROQUETTES

#### *Ingredients*

2 hard boiled eggs  
150gr. sweet ham  
30gr. onion  
100gr. margarine  
170gr. flour  
800gr. milk  
Nutmeg, pepper and salt

#### *Preparation*

Place the ham in the bowl and select 6 seconds at speed 4.

Remove it from the bowl and reserve.

Pour the oil into the bowl and add the margarine and onion. Select 3 minutes, temperature 120°C and speed 3.

Add the flour and select 1 minute, temperature 100°C and speed 3.

Place the rest of the Ingredients in the bowl except the ham and eggs. Select 10 seconds and speed 3 and add the ham chopped in small pieces to the Ingredients. Select 7 minutes, temperature 120°C and speed 3.

When this process is finished, leave to rest for several minutes.

Add the eggs and program 15 minutes at speed 4. Make sure the seasoning is adequate.

Finally, pour the béchamel in a greased baking dish and leave to cool.

When this mixture is cooled, shape the croquettes and fry them in well heated oil.

## **CHICKEN WITH LAMB'S LETTUCE**

#### *Ingredients*

1 apple or fresh pineapple

3 tbs. mayonnaise

1 pack lamb's lettuce

5 lettuce leaves

200gr. roasted chicken, cleaned and boneless

20gr. nuts peeled and toasted

Cider vinegar

Salt and pepper to taste

#### *Preparation*

Put the chicken in the bowl and program 15 seconds at speed 5.

Add the yogurt with the apple or pineapple cut into small pieces, the nuts, mayonnaise, and a drop of vinegar, salt and pepper.

Select 20 seconds at speed 1.

Wash the lettuces and spread the chicken with the yogurt sauce on top of them.

## **CHESTNUT SALAD**

#### *Ingredients*

10 lettuce bulbs

1 tin of Bonito fish or tuna

250gr. chestnuts

1 orange skin grating

#### *Preparation*

Separate the lettuce leaves selecting the leaves that have an oval shape and leave them to soak.

Peel the chestnuts and boil them during 3 minutes, temperature 120°C at speed 3. Remove them from the boiling water and peel the rest of the skin off.

Once cold, place them in the bowl together with the orange skin gratings, select 15 seconds at speed 4.

Fill the lettuce leaves with this mixture

Put the Bonito or tuna in the bowl and select 10 seconds at speed 3.

Remove from the bowl and place them on top of the lettuce leaves.

Serve with a sprinkle of vinaigrette sauce.

## **CROQUETTES WITH CHIKEN & HAM**

#### *Ingredients*

250gr. cooked chicken and ham

60gr. onion

90gr. butter

200gr. flour

800gr. milk

Nutmeg

Salt

#### *Preparation*

Place the meat in the bowl and program 5 seconds at speed 4-5-6.

Put this mixture in a bowl and reserve.

Without washing the bowl, add the butter and select 2 minutes, temperature 90°C.

Add the onion and program for another 4 minutes, temperature 100°C at speed 3.

Add the milk, a pinch of nutmeg and salt, selecting 7 minutes, temperature 100°C at speed 3.

Place the meat mixture in the bowl and select 15 seconds at speed 3.

Put them in a greased baking dish and reserve and leave to cool. (Preferably use the following day.

Make the croquettes by dipping them in egg and rolling them in bread crumbs.

Fry with a sufficient olive oil.

### **GARLIC MUSHROOMS**

#### *Ingredients*

50gr. olive oil

500gr. mushrooms

3 or 4 garlic cloves

Parsley stems

1 cayenne pepper (optional for a spicy taste)

Salt and pepper

#### *Preparation*

Add the oil to the bowl and select 2 minutes, temperature 100°C and speed 2.

Place the mixing tool and add the onions cut into slices, select 3 minutes, temperature 100°C and speed 3.

Add the mushrooms, the salt, pepper and cayenne pepper, select 15 minutes, temperature 120°C and speed 1-2.

When it is 5 minutes before this process is finished, add the finely chopped parsley. If there is too much liquid at the end of this process, leave to cook for some minutes more at the same temperature.

### **CRAB & SHRIMP PÂTÉ**

#### *Ingredients*

200gr. peeled shrimps

150gr. crab meat

100gr. butter

150gr. evaporated milk

Bunch small onions

½ cup sherry

#### *Preparation*

Add the butter, small onion, shrimps and crab meat to the bowl. Select 6 minutes, temperature 100°C and speed 3.

When it is 2 minutes left to finish, add the sherry and pour the evaporated milk through the continuous feed tube, select 15 seconds at speed 8.

Remove and pour the mixture into a bowl.

Leave in the refrigerator until its set. Serve with toasts.

### **CHARD WITH POTATOES**

#### *Ingredients*

500gr. fresh chard

2 medium size potatoes cut into pieces

4 cloves garlic

40ml. olive oil

Salt

1 tps. black pepper

750gr. water

#### *Preparation*

Fill the bowl with water enough for steaming, place the cooking basket and add the potatoes.  
Place the chards in the steam tray and on top of the bowl. Select 20 minutes, temperature 120°C and speed 1.  
After this time, remove the potatoes and the chards and reserve.  
Add the garlic cloves, select 4 seconds and speed 4.  
Add the oil, select 4 minutes, temperature 100°C and speed 2.  
With this time has passed, wait a few minutes until the temperatures lowers and add the black pepper.  
Place the mixing tool and add the chards and potatoes, select 9 minutes, temperature 120°C and speed 1-2.

### **DUCK FOIE**

#### *Ingredients*

750gr. fresh duck liver  
1litre whole milk  
1 tps. sugar  
Salt to taste  
Grounded black pepper  
1 tbs. port  
2 tbs. cognac  
½litre water

#### *Preparation*

Soak the liver in the milk for 24 hours (to eliminate any toxic elements).  
Remove the meat from milk and throw the used milk away.  
Put the liver in transparent paper, sprinkle with sugar, salt and black pepper. Add the liquors to the liver and wrap tightly with the transparent paper in form of a roll. Leave it in the refrigerator for at least 8 hours, preferably 24 hours.  
After this time, add another layer of transparent paper, pressing tightly and cover with aluminum foil.  
Place in the steam tray and make some holes in the transparent paper and reserve.  
Add the water to the bowl and select 12 minutes, temperature 120°C and speed 2.  
After this process, turn the wrapping on the other side and program for 7 minutes more at the temperature and velocity.  
Remove it and leave to chill with some ice. Reserve for 24 hours in the refrigerator before tasting.

### **CAULIFLOWER IN TARTAR SAUCE**

#### *Ingredients*

1 cauliflower  
1litre water  
For the Tartar sauce:  
2 pickles  
2 onions soaked in vinegar  
1 bunch parsley or finely chopped parsley  
200gr. mayonnaise

#### *Preparation*

Add the water to the jar and select 10 minutes, temperature 120°C and speed 1.  
Meanwhile, separate the stems of the cauliflower and place them in the steam tray.  
After the 10 minutes have passed, put the cooking basket in place. Select 20 minutes, temperature 120°C and speed 1-2-3.  
If the mixture does not have the desired taste after this time, leave to cook for 4-5 minutes more at 120°C and speed 1-2-3.  
Reserve the cauliflower in a baking dish.

#### *Sauce Preparation*

In the clean bowl, place all the sauce Ingredients, select 30 seconds and speed 4.  
Serve the cauliflower cold or warm with the sauce.

## LEEK WITH POTATOES

### *Ingredients*

5 leeks  
3 potatoes  
20gr. olive oil  
1 tps. salt  
1litre water  
1 stock cube

### *Preparation*

Prepare the leek and potatoes and place them in the bowl together with water, salt and the stock cube. Select 20 minutes, temperature 120°C and speed 1.

When this process is finished, make sure that all the vegetables are cooked to taste. If necessary add a bit more salt and oil, select 1 minute at speed 1.

## PARMESAN STYLE EGGPLANT

### *Ingredients*

2 eggplants cut in slices  
1 pack mozzarella cheese slices  
Grated Parmesan cheese  
Tomato sauce:  
400gr. finely blended natural tomato sauce  
40gr. virgin olive oil  
1 leveled tps. sugar  
½ tps. oregano  
½ tps. basil

### *Preparation*

Cut the eggplant in slices and place them in the steam tray in a vertical position to leave for easy steaming.

After 5 minutes, put the steam tray into place on top of the bowl until the cooking is finished.

Preheat the oven at 200°C and place the eggplants in a baking dish, sprinkled with some cheese.

Add the mozzarella cheese on top and cover with the tomato sauce. Repeat this process until all the eggplants are well covered with the tomato and grated cheese.

Leave to cook in the oven for 12 minutes and au gratin until golden brown.

## MUSHROOM IN SAUCE

### *Ingredients*

3 cloves garlic  
1 onion cut into 4 pieces  
80grs. olive oil  
1 tray of mushrooms cut in slices  
100gr. white wine  
Salt and pepper  
Finely chopped parsley  
1 tps. Maizena (optional)

### *Preparation*

Wash the mushrooms well and leave to drain.

Put the garlic cloves and onion into the bowl and select 5 seconds at speed 5. Leave for 4 seconds more at speed 5 to chop the parsley finer.

Add the oil and select 7 minutes, temperature 120°C and speed 1.

Put the mixing tool in place; add the mushrooms, white wine, salt and pepper. Select 12 minutes, temperature 100°C and speed 1.

For a thicker sauce, add the teaspoon of Maizena and select 1 minute, temperature 100°C and speed 1.

Serve in a dish and sprinkle the chopped parsley on top.



## FRIED POTATOES & EGGS

### *Ingredients*

70gr. oil  
500gr. onion  
200gr. green pepper  
200gr. red pepper  
3 cloves garlic  
1 kilo natural tomato sauce  
2 stock cube or salt  
Cayenne pepper  
For steaming:  
800gr. potatoes cut into slices  
4 eggs

### *Preparation*

Wash, clean and cut the vegetables and place them in the bowl, selecting 10 seconds and speed 4. Reserve them. In the meantime, add the oil to the bowl, put the mixing accessory in place and add all the Ingredients. Select 12 minutes, temperature 120°C and speed 1.

Place the potatoes cut into slices in the steam tray with the eggs on top, (Put the potatoes sideways to leave for faster steaming) and reserve.

After the 12 minutes have passed, put the cooking basket on top of the cover and select 20 minutes, temperature 120°C and speed 1. Add more seasoning if necessary.

Serve in a large round dish, putting the fried Ingredients in the middle and the potato slices around this mixture. Cut the hard boiled eggs in segments and use them as decoration.

## SAUTED CABBAGE WITH HAM

### *Ingredients*

600gr. cabbage without the stem  
100gr. olive oil  
150gr. sweet ham or bacon cut into small cubes  
Salt to taste  
1 pinch of black pepper  
¼ tps. sweet pepper

### *Preparation*

Cut the cabbage into even pieces and place half of it in the bowl, selecting 3 seconds at speed 4 and reserve after this time.

Add the other half of the cabbage and repeat the previous step.

Add oil to the bowl with a bit of garlic and the ham (or bacon). Select 7 minutes, temperature 120°C and speed 1.

Add the cabbage, salt, black pepper and sweet pepper. Select 15 minutes, temperature 120°C and speed 1.

## SAUCES

### MAYONNAISE

#### *Ingredients*

1 egg  
Salt  
250ml. olive oil

#### *Preparation*

Add the egg and the salt in the bowl at speed 6.  
Add the oil slowly through the continuous feed tube of the cover.

### GARLIC MAYONNAISE WITH OLIVE OIL

#### *Ingredients*

1 egg  
3 cloves garlic  
400ml. olive oil  
Salt to taste

#### *Preparation*

Place all the Ingredients in the bowl except the oil and select speed 6-7.  
Add the oil little at a time through the continuous feed tube of the cover.

### BECHAMEL SAUCE

#### *Ingredients*

400gr. butter  
70gr. flour  
500gr. milk  
Nutmeg

#### *Preparation*

Put the mixing accessory in the bowl. Add the butter and select speed 3 during 2 minutes at temperature 70°C.  
Add the flour and maintain the speed and temperature for 1 minute more.  
Add the milk, nutmeg and salt through the continuous feed tube, selecting 7 minutes, speed 3 and temperature 100°C.

### PESTO SAUCE

#### *Ingredients*

50gr. basil  
50gr. pine kernels  
100gr. Parmesan cheese grated  
250ml. olive oil  
½ measuring cover water  
1 clove garlic  
Salt to taste

#### *Preparation*

Put all the Ingredients in the bowl and select 30 seconds at speed 10.

## DUTCH SAUCE

### *Ingredients*

150gr. butter  
20gr. white wine  
¼ measuring cover water  
4 egg yolks  
20gr. capers  
30gr. pickles  
50gr. onion  
Salt to taste

### *Preparation*

Cut the pickles and the onion and add the water and wine. Select 10 seconds at speed 6.

Put the mixing accessory in place and add the rest of Ingredients. Select 15 minutes, temperature 70°C and speed 3.

## DRIED FRUIT DRESSING

### *Ingredients*

50gr. toasted almonds  
50gr. toasted hazelnuts  
50gr. sweet biscuits  
2 cloves garlic  
½ measuring cover chopped parsley  
1 measuring cup olive oil  
Salt to taste

### *Preparation*

Place all of the Ingredients in the bowl except the oil. Select 10 seconds at speed 4.

Add the oil slowly through the continuous feed tube during 10 seconds.

This dressing is used for different types of meat dishes, salads and vegetables.

## BOLOGNESE SAUCE

### *Ingredients*

100gr. tomato  
150gr. onion  
75gr. carrots  
350gr. minced meat  
¼ measuring cover white wine  
¼ measuring cover olive oil  
1 bay leaf (optional)  
Grounded black pepper  
Salt to taste

### *Preparation*

Put the mixing accessory in place and add the oil.

Select 2 minutes, speed 1 temperature 100°C.

Add the finely chopped onion and program the machine for another 6 minutes.

Add the chopped carrots and the minced meat in the same speed and temperature for 6 minutes more.

Add the tomato, white wine and season to taste and select 10 minutes, temperature 100°C, speed 2.

## ALMOND SAUCE

### *Ingredients*

500gr. evaporated milk  
100gr. toasted almonds  
120gr. onion  
100g. white wine  
50g. olive oil  
Salt to taste

### *Preparation*

Put the mixing accessory in place and add the oil selecting 1 minute, temperature 120°C, speed 1.

Sauté the onion for 6 minutes at temperature 120°C and speed 1.

Add the almonds and the wine and program for 4 minutes temperature 120°C, speed 1.

Pour the evaporated milk through the continuous feed tube and program 10 minutes, temperature 120°C, speed 2.

## MUSTARD SAUCE

### *Ingredients*

4 egg yolks  
50g. water  
1 tbs. white wine  
150gr. butter  
100g. mustard  
½ squeezed lemon juice  
Salt to taste

### *Preparation*

Put the mixing accessory in place and add all the Ingredients to the bowl. Select 14 minutes, temperature 60°C, speed 1-2.

## MUSHROOM SAUCE

### *Ingredients*

300gr. mushrooms  
500gr. evaporated milk  
50gr. white wine  
¼ measuring cover olive oil  
Salt to taste

### *Preparation*

Put the mixing accessory in place and add the oil to the bowl.

Select 1 minute, temperature 120°C and speed 1.

Add the mushrooms and keep cooking for 4 minutes more at the same temperature and speed.

Add the rest of the Ingredients, select 15 minutes and speed 3.

## TOMATO SAUCE

### *Ingredients*

750gr. peeled ripe tomatoes  
50g. olive oil  
1 tps. sugar  
1 medium size onion  
Basil  
1 clove garlic  
Salt to taste

*Preparation*

Add the oil and select 2 minutes, temperature 100°C and speed 1.

Add the chopped onion, select 6 minutes, temperature 100°C and speed 1.

Put the tomato cut into pieces and program for 25 minutes, temperature 100°C and speed 1.

Mix until you have the desired texture at speed 8.

## **SALSA ROSA**

*Ingredients*

3 egg yolks

100gr. orange juice

75gr. ketchup

2 tbs. whisky

Drops of hot sauce

400ml. olive oil

Salt to taste

*Preparation*

Put the mixing accessory in place.

Add all the Ingredients to the bowl except the oil and mix them well.

Select 10 seconds at speed 3-4.

Slowly add the oil to this mixture through the continuous feed tube in the cover.

## **TARTAR SAUCE**

*Ingredients*

200gr. mayonnaise

1 hard boiled egg

25gr. capers (washed and drained)

25gr. pickles

50gr. onion

1 tps. mustard

1 tps. finely chopped parsley

*Preparation*

Fill the bowl with the capers, pickles, onion and the egg.

Mix these Ingredients together to form a creamy texture at 30 seconds and speed 4.

Put the mixing accessory in place and add the mayonnaise, the finely chopped parsley and the mustard mixing at speed 3.

## **GREEN SAUCE**

*Ingredients*

500gr. fish stock

150gr. leek

40gr. flour

50gr. olive oil

50gr. white wine

2 cloves garlic

1 measuring cover chopped parsley

*Preparation*

Add oil to the bowl and select 2 minutes, temperature 100°C and speed 1.

Place the garlic and leek in the bowl and program 6 minutes, temperature 100°C and speed 1.

Add the flour and continue mixing for 1 minute, temperature 100°C and speed 1

Pour the wine in the bowl and leave it to cook for 2 minutes temperature 120°C and speed 1.

Finally, add the fish stock and the rest of Ingredients and program 10 minutes, temperature 120°C and speed 3.

## PICKLING BRINE SAUCE

### *Ingredients*

200gr. carrots  
200gr. onion  
2 measuring cup vinegar until  $\frac{3}{4}$  mark  
5 cloves garlic  
2 bay leaves  
2 measuring cup olive oil  
1 tps. paprika  
2 tbs. parsley  
Salt, pepper and oregano

### *Preparation*

Put the carrots, paprika, onion and vinegar in the bowl and select 10 seconds.

Place the mixing accessory in the bowl and add the rest of the Ingredients at speed 3 and temperature between 90°C to 100°C.

## CURRY SAUCE

### *Ingredients*

120gr. onion  
1 clove garlic  
2 tbs. curry powder  
1 tbs. flour  
1½ measuring cup meat stock  
1 small apple  
1 tps. mustard  
1 tps. lemon juice  
2 tbs. evaporated milk  
¼ measuring cup olive oil

### *Preparation*

Put the mixing accessory in place and add the finely chopped onion and garlic.

Cook during 6 minutes at speed 1-2.

Add the flour and cook for 2 minutes more.

Add the curry, meat stock and select 10 minutes at temperature 100°C.

In the mean time grate the apple and add the sauce through the continuous feed tube in the cover.

Add the mustard, lemon juice and evaporated milk and mix at speed 1 or 2 until the desired texture is achieved.

## ONION AND MUSHROOM SAUCE

### *Ingredients*

1 sautéed onion medium size  
1 tin mushrooms  
300gr. evaporated milk  
30gr. soya sauce  
Black pepper

### *Preparation*

Place the fried onion and mushrooms in the bowl and select 3 minutes, temperature 120°C at speed 2.

Add the evaporated milk, soya sauce and a pinch of black pepper.

Program 2 minutes, temperature 90°C at speed 2.

Mix during 30 seconds progressively increasing the speed from 6 to 7 to 8.

## CREAMS, SOUPS & STOCKS

### CREAM OF TURNIP GREENS

#### *Ingredients*

1 bunch turnip greens  
1 medium size potato  
1 leek  
1 small onion  
1 clove garlic  
1 celery stalk  
1 bay leaf  
300gr. water  
200gr. evaporated milk  
100gr. milk  
50gr. virgin olive oil  
Salt

#### *Preparation*

Wash the turnips and leave them to boil for the first round or boiling as they are very bitter.  
After 2 minutes, wash and drain them and cut them into small pieces.  
Add the oil, onion and garlic to the bowl to cook for 3 minutes, temperature 120°C at speed 1.  
Next, program 5 seconds, speed 7 and add all the Ingredients except the bay leaf and celery.  
Select 25 seconds at speed 7.  
Add the bay leaf and celery and select 20 minutes, temperature 100°C at speed 1.  
Remove the bay leaf and the celery, program 40 seconds at speed 4.

### ASPARAGUS CREAM

#### *Ingredients*

1 bunch of green asparagus  
250gr. potatoes cut into small cubes  
50gr. virgin extra olive oil  
200gr. leek cut into slices  
2 garlic cloves  
2 stock cubes  
400gr. evaporated milk  
1litre water  
Salt and pepper to taste

#### *Preparation*

Cut the asparagus from the soft part of the stem and place them in the bowl with water, program 10 seconds, slowly changing the speed from 6 to 7 and finally to 8.  
Next, select 10 minutes, temperature 100°C at speed 3.  
Strain this mixture, reserve the water and throw away the remainders left in the strainer.  
Following this step, put the leek cut into slices on the bowl together with the garlic and program 10 seconds at speed 3 to 4.  
Pour the oil and program for another 7 minutes at 100°C and speed 1.  
Add the evaporated milk and cook for 30 seconds at speed 6 – 9 progressively.  
Add the previously reserved water together with the cut potatoes, stock cubes, salt and the soft part of the asparagus cut in small pieces including the tips.  
Add the pepper and select 25 minutes, temperature 100°C and speed 1.  
If necessary pour more water and seasoning.  
This cream can be served hot or cold.

## VICHYSOISSE

### *Ingredients*

400gr potatoes  
200gr. leek  
2 tbs. butter  
2 tbs. oil  
1 tin evaporated milk  
Salt, pepper  
4 measuring cup water  
Milk

### *Preparation*

Cut the leek in slices and peel and cut the potatoes and place them in the bowl, programming 8 seconds at speed 3 to 4.

Add the oil and program 6 minutes, temperature 100°C at speed 1 to 2.

Pour the evaporated milk to this mixture and add the salt, pepper and water.

Select 20 minutes, temperature 100°C at speed 1 to 2.

After 15 minutes, lower the temperature to 90°C.

Add the milk, select 10 seconds at speed 3 and add more salt and pepper to taste.

This dish can be served hot or cold.

## CRAB CREAM

### *Ingredients*

2 carrots  
500gr. crab  
6 shrimps  
½ onion  
1 small box of evaporated milk  
1 large leek  
2 ripe tomatoes  
1litre water  
70gr. oil  
1 cup brandy, sherry or white wine  
1 cube fish stock

### *Preparation*

Peel the shrimps and place them in the bowl with the crab and 250gr. water, selecting 3 seconds at speed 6 to mix the seafood.

Next, program 8 minutes at 100°C and speed 1, so that the mixture is not blended too finely and strain it.

Add the oil, leek, onion and carrots to the bowl selecting 30 seconds at speed 6.

After this step, program for 8 minutes more at 100°C and speed 1.

Add the finely chopped tomatoes, program for 15 seconds at speed 7.

Select 5 minutes, temperature 100°C and speed 1 and add the crab stock previously prepared with the shrimps and program 1 minute at speed 8 until the mixture is very smooth.

Add the rest of the water, cognac and the stock cube, selecting 20 minutes, temperature 100°C and speed 1.

For serving, add some evaporated milk on top and some shrimps.

## MUSHROOM CREAM

### *Ingredients*

60gr. rice  
250gr. fresh mushrooms  
½ lemon  
30gr. extra virgin olive oil  
30gr. butter  
400gr. evaporated milk  
600gr. water  
White pepper



### *Preparation*

Add the rice to the bowl and select 1 minute at speed 10 to crush it.

Reserve.

Wash down the mushrooms with lemon juice and place them in the bowl with oil and butter.

Select 4 minutes at 100°C and speed 1.

Add the reserved rice now turned to flour and select 3 minutes, at 100°C and speed 1.

Include the rest of the Ingredients to this mixture and select 25 minutes at 100°C and speed 3.

After this time program for 1 minute more at speed 7.

This dish can be served with crouton.

## **VEGETABLE CREAM**

### *Ingredients*

2 turnips

1 potato

3 leeks

3 carrots

100gr. ham cubes

1 stock cube

700gr. water

### *Preparation*

Place all the Ingredients in the bowl and select 6 seconds at speed 5.

Add the water, ham and stock cube.

Program for 20 minutes at 100°C and speed 1.

Add more water if necessary and other vegetables that you would like to cook.

## **CONSOMMÉ**

### *Ingredients*

½ medium size potato

3 medium size carrots

1 breast chicken or turkey

1 large leek

1 bunch celery

100gr. corn

Salt to taste

Water

### *Preparation*

Place all the Ingredients chopped into small pieces in the bowl and cover them with water ensuring not to surpass the maximum level mark of the bowl.

Select 35 minutes at 120°C and speed 1

When the steam starts to rise, place the steam tray on top of the cover to cook the chicken or vegetables. Up two litres of water can be added.

Strain in the liquid and serve it as consommé or mix it at speed 4.

Serve with a sprinkle of parsley.

## **CHICKEN STOCK**

### *Ingredients*

1300ml water

2 chicken thighs

1 leek (the white part)

1 carrot

1 bunch celery

100gr. finely chopped green beans

1 small tomato

Salt to taste

½ tps. colouring

#### *Preparation*

Peel and clean all the Ingredients.

Cut the carrots, celery and leek into 2 or 3 pieces.

Add the Ingredients and program 35 minutes at 100°C and speed 1.

Strain the stock and cook some spaghetti in it for a couple of minutes.

### **POTATO PUREE**

#### *Ingredients*

400gr. milk

800gr. potatoes

50gr. olive oil

Pepper and salt to taste

#### *Preparation*

Cut the potatoes into small pieces.

Put the mixing accessory in place and add all the Ingredients except the oil and pepper.

Select 25 minutes, temperature 100°C and speed 1.

Add the pepper and oil and program for 20 minutes at speed 3.

If the puree does not have a smooth texture, leave to cook for several more minutes.

### **SEAFOOD SOUP**

#### *Ingredients*

200gr. shrimps

250gr. baby clams

500ml. fish stock

2 chicken breasts

2 cloves garlic

1 onion

1 small green pepper

1 small red pepper

200gr. natural tomato sauce

700ml. water

2 eggs

50gr. olive oil

Salt to taste

Paprika

1 bay leaf

#### *Preparation*

Clean the baby clams with water and salt. Peel the shrimps and reserve.

Put onions and garlic in the bowl and select 5 seconds at speed 4.

Add the peppers and tomato sauce and program 12 seconds at speed 10.

Add the oil and select 6 minutes, temperature 120°C and speed 2.

Add the water, salt, pepper and stock to the bowl programming the cooking for 15 minutes, temperature 120°C and speed 2.

Place the baby clams in the cooking basket together with the eggs, chicken breasts, seasoning for 15 minutes, temperature 120°C and speed 2.

When this process is finished, add the shrimps through the continuous feed tube.

Leave to settle for 15 minutes.

Serve the soup with the clams and the fish cut into small pieces.

## CARROT CREAM

### Ingredients

300gr. peeled carrots  
1 medium size potato  
1 small leek  
½ vegetable stock cube  
600gr. water  
35gr. olive oil  
75gr. creamy cheese  
Salt

### Preparation

Place the potato and carrots peeled and cut into small pieces into the bowl to cook for 5 minutes at speed 5.  
Add the leek cut in pieces, the stock, water and oil and select 25 minutes, temperature 90°C and speed 1-2.  
Add the cheese and program again for 5 minutes at 90°C and speed 1-2.  
If the cream is too thick, add some more water and select 3 minutes at 90°C and speed 1-2.

## VEGETABLE CREAM WITH CHICKEN

### Ingredients

2 leeks  
4 carrots  
1 courgette  
300gr. green beans  
60gr. virgin extra olive oil  
1 ripe tomato  
350gr. chicken breast  
600gr. water  
Salt

### Preparation

Wash and peel the vegetables.  
Add the leek cut into small pieces to the jar and program 5 seconds at speed 5.  
Pour the oil to this mixture and select 7 minutes, temperature 100°C and speed 1-2.  
Add the green beans and select 5 seconds at speed 4.  
Add the tomatoes, water and salt.  
Program 12 minutes, temperature 120°C and speed 1-2.  
After this time, add the chicken breasts and select 12 minutes, temperature 120°C and speed 1.  
Leave to settle for a few minutes and select 1 minute at speeds 5 -6-7 progressively.

## LEEK SOUP WITH POTATOES

### Ingredients

5 leeks  
3 medium size potatoes  
20gr. olive oil  
1 tps. salt  
1 litre water  
1 stock cube

### Preparation

Cut the potatoes and leeks in small pieces and place them in the bowl together with the water, salt and stock.  
Program for 25 minutes at 120°C and speed 1.  
Add the oil and select 1 minute at speed 1.

## PUMPKIN CREAM

### Ingredients

800gr. peeled pumpkin  
500gr. vegetable stock  
150gr. onion  
1 clove garlic  
30gr. olive oil  
Salt

### Preparation

Add the oil and garlic to the bowl and select 1 minute at 100°C and speed 1.

Put the onion and reprogram for 5 minutes at 100°C and speed 1.

Add the pumpkin cut into small pieces, the vegetable stock and a pinch of salt selecting 15 minutes at 100°C and speed 1.

Finally, program 20 seconds at speed 6.

## SPINACH CREAM WITH TRUFFLES

### Ingredients

600gr. cooked spinach  
200gr. evaporated milk  
30gr. oil  
4 eggs  
2 cloves garlic  
Salt

### Preparation

Add the garlic to the bowl and select 1 minute at 90°C and speed 1.

Place the spinach in the bowl and add the evaporated milk and salt.

Wrap the egg in transparent film and place it to cook in the steam tray for 15 minutes at 120°C and speed 1.

Before this process is finished, press the PULSE button to ensure the desired texture.

Serve with liquid cream, the poached eggs and the grated truffles.

## CHERRY GAZPACHO (COLD SOUP)

### Ingredients

700gr. seedless cherry  
400gr. tomato  
30gr. vinegar  
100gr. ice  
400gr. water  
Salt to taste

### Preparation

Wet the ice a bit and add all the Ingredients to the bowl.

Select 2-3 minutes at speed 7-8.

Reserve in the refrigerator and serve cold.

## GAZPACHO (COLD SOUP)

### Ingredients

1 kilo peeled ripe tomatoes  
200gr. red pepper  
2 cloves garlic  
30gr. onion  
100gr. olive oil  
Salt and pepper  
2 tps. cumin  
1 tray of ice  
Water

*Preparation*

Place all the Ingredients in the bowl except the oil and select 30 seconds at speed 5.

Add the oil and program a few more seconds at speed 2-3.

Add more seasoning and water if necessary.

Reserve in the refrigerator and serve cold.

This cold soup can be served with crouton, red or green pepper, onion and cucumber all cut into very small pieces.

## PUREES

### FRUIT PUREE

#### *Ingredients*

½ apple  
½ pear  
1 orange  
½ banana

#### *Preparation*

Peel and cut all the Ingredients into small pieces and add them to the bowl.  
Select 2 minutes at speed 5-6.  
If this mixture is too thick add some orange juice.

### FRUIT PUREE WITH YOGURT

#### *Ingredients*

½ peach  
½ banana  
5 strawberries  
½ pear  
Natural yogurt

#### *Preparation*

Peel and cut all the Ingredients into small pieces and add them to the bowl selecting 2 minutes at speed 5-6.  
Mix well until the texture is fine and smooth.  
Add some orange juice if the mixture is too thick.

### VEGETABLE PUREE WITH BEEF

#### *Ingredients*

200gr. potatoes  
100gr. onions  
100gr. tomatoes  
100gr. carrots  
100 gr. green beans  
200gr. beef steak  
½ litre water  
2 tbs. olive oil

#### *Preparation*

Put the mixing accessory in place and add all the Ingredients cut into small pieces to the bowl except the oil.  
Select 25 minutes at 120°C and speed 1.  
Remove the mixing tool from the bowl and add the oil at speed 4-5-6 progressively until it has the desired texture.

### VEGETABLE PUREE WITH CHICKEN

#### *Ingredients*

200gr. potatoes  
100gr. onions  
100gr. tomatoes  
100gr. carrots  
100 gr. courgettes  
200gr. boneless chicken  
½ litre water  
2 tbs. olive oil

*Preparation*

Put the mixing accessory in place and add all the Ingredients cut into small pieces to the bowl except the oil.  
Select 25 minutes at 120°C and speed 1.  
Remove the mixing tool from the bowl and add the oil at speed 4-5-6 progressively until it has the desired texture.

## **VEGETABLE PUREE WITH FISH**

*Ingredients*

200gr. potatoes  
100gr. onions  
100gr. leeks  
100gr. carrots  
200gr. sole fish  
½ litre water  
2 tbs. olive oil  
1 tbs. finely chopped parsley

*Preparation*

Put the mixing accessory in place and add all the Ingredients cut into small pieces to the bowl except the oil.  
Select 25 minutes at 120°C and speed 1.  
Remove the mixing tool from the bowl and add the oil at speed 4-5-6 progressively until it has the desired texture.

## **VEGETABLE PUREE**

*Ingredients*

200gr. potatoes  
100gr. green beans  
100gr. courgettes  
50gr. pumpkin  
50gr. leek  
50gr. carrots  
50gr. Swiss chard  
½ litre water or vegetable stock  
2 tbs. olive oil  
1 tbs. finely chopped parsley

*Preparation*

Put the mixing accessory in place and add all the Ingredients cut into small pieces to the bowl except the oil.  
Select 25 minutes at 120°C and speed 1.  
Remove the mixing tool from the bowl and add the oil at speed 4-5-6 progressively until it has the desired texture.

## **VEGETABLE PUREE WITH LEGUMES**

*Ingredients*

200gr. potatoes  
100gr. pumpkin  
50gr. onion  
50gr. carrots  
100gr. chickpeas or lentils  
½ litre water or vegetable stock  
2 tbs. olive oil

*Preparation*

Put the mixing accessory in place and add all the Ingredients cut into small pieces to the bowl except the oil.  
Select 25 minutes at 120°C and speed 1.  
Remove the mixing tool from the bowl and add the oil at speed 4-5-6 progressively until it has the desired texture.

## RICE & PASTA

### MACARONIS WITH HAM

#### *Ingredients*

125gr. grated Parmesan cheese  
100gr. sweet ham cut in small cubes of 1cm  
120gr. onion  
60gr. olive oil  
425gr. water  
250gr. macaronis  
400gr. natural tomato sauce  
Salt  
Oregano

#### *Preparation*

Cut the ham and onion in small pieces.

Put the mixing accessory in place and add the oil and onion selecting 7 minutes at 120°C and speed 1.

Add the tomato, a bit of salt and the oregano and sauté these Ingredients together during 10 minutes at 120°C and speed 1.

Add the ham and program 3 minutes at 120°C and speed 1.

Pour the water and program 7 minutes more at 120°C and speed 1.

Add the macaronis and adjust the cooking time to 10 -12 minutes at 120°C and speed 1.

### FUSILLI PASTA WITH VEGETABLES

#### *Ingredients*

150gr. peeled potatoes  
1 garlic clove  
100gr. soya sauce  
50gr. water  
150gr. red pepper  
150gr. green pepper  
150gr. mushrooms cut in strips  
150gr. soya sprouts  
Salt and pepper

#### *For the pasta:*

1,5litres water  
A drop of olive oil  
Salt  
500gr. Fusilli pasta

#### *Preparation*

Cut the carrots in three parts and place them in the bowl to cook for 5 seconds with the garlic at speed 5. Leave to settle.

Pour the soya sauce and the water into the bowl program the cooking for 5 minutes at 120°C and speed 1.

Add the peppers cut in small pieces and the mushrooms and program for 7 minutes at 120°C and speed 1.

Cook the soya sprouts with pepper and select 3 minutes at 120°C and speed 1-2.

Leave to settle.

In the same bowl, add the water, a drop of oil and a pinch of salt to cook for 11 minutes at 100°C and speed 1-2.

Put the mixing accessory in place and add the pasta, select 10 -12 minutes, temperature 100°C and speed 1.



## SPAGHETTIS SHRIMPS

### *Ingredients*

250 gr. black spaghetti  
750ml. water  
3 cloves garlic cut into slices  
50gr. olive oil  
125gr. shrimps  
Salt

### *Preparation*

Put the mixing accessory in the bowl and add water, salt and oil and select 8 minutes, temperature 120°C and speed 1.

Add the pasta through the continuous feed tube and reprogram the time to cook the spaghetti at speed 1.

Wash the bowl and put the mixing accessory in place.

Heat the oil during 4 minutes at 90°C and speed 1.

Add the garlic and cook for another 5 minutes at 90°C and speed 1.

When this is finished, add the shrimps and program for 4 minutes at 90°C and speed 1-2.

## PIZZA WITH OLD CHEESE, BACON & MUSHROOMS

### *Ingredients*

For the pizza dough:

200gr. water  
50gr. olive oil  
20gr. fresh yeast or 1 packet  
400gr. special flour for dough  
1tps. salt

### *For the toppings:*

1 block of "Old Amsterdam" cheese  
1 tin of fried tomato sauce  
80gr. olive oil  
½ onion cut in slices  
1 tray of mushrooms cut in slices  
1 pack smoked bacon  
Salt and pepper  
Oregano  
Grated cheese

### *Preparation*

Pour the water and oil in the bowl and cook for 30 seconds at 40°C and speed 1.

Add the yeast and mix during 5 seconds at speed 4.

Add the flour and salt and select 1 minute at speed 6-7-8 progressively.

Put the dough in a bowl and reserve.

Wash and dry the bowl and cover.

Pour oil into the bowl and the onion. Select 5 minutes at 120°C and speed 1.

Put the mixing tool in place and add the mushrooms, salt and pepper and program 12 minutes at 100°C and speed 1. Reserve for later use.

Preheat the oven at 250°C.

Spread and flatten the dough and add tomato sauce on top with the slices of cheese, mushrooms, onion and bacon.

Sprinkle some grated cheese and oregano on top.

Leave to cook in the oven for 15 to 20 minutes.

## RICE WITH MONK FISH & SHRIMPS

### *Ingredients*

1litre fish stock  
90gr. natural tomato sauce  
40gr. onion  
2-3 cloves garlic  
500gr. monkfish cut in pieces  
500gr. shrimps  
100gr. olive oil  
200gr. rice  
1 tps. sweet pepper  
1 chilli pepper  
Salt

### *For the fish stock*

1 onion  
6 cloves garlic  
100gr. olive oil  
200gr. monkfish  
200gr. hake fish  
1200gr. water

### *Preparation*

Cut the onion and the garlic in the bowl during 6 seconds at speed 4.

Add the oil and fish and select 10 minutes, 120°C and speed 1.

Pour the water to this mixture and program 50 minutes, temperature 100°C and speed 1. Strain this stock and reserve.

Wash and dry the bowl.

Add the tomatoes, onion, garlic and mix together for 8 seconds at speed 6 and reserve for later.

Put the mixing accessory in place and add the oil and monk fish to cook for 10 minutes, at 120°C and speed 1-2.

Remove the pieces of fish from the bowl and leave the oil in the bowl.

Sauté the peeled shrimps for 5 minutes at 100°C and speed 1-2. Reserve for later use.

Add the tomato, onion and garlic to cook for 10 minutes at 100°C and speed 1.

Pour the stock to this mixture and add the peppers and a pinch of salt to cook for 10 minutes at 100°C and speed 1.

Add the rice through the continuous feed tube of the cover and program for another 13 minutes at 100°C and speed 1.

With 5 minutes remaining before the rice is finished cooking, add the monk fish.

## BROWN RICE WITH SPINACH

### *Ingredients*

1litre water  
300gr. brown rice  
500gr. fresh spinach  
1 onion cut in small pieces  
2 cloves garlic  
70gr. olive oil  
50gr. white wine  
Salt and pepper

### *Preparation*

Pour the water in the bowl and add some salt.

Put the cooking basket in place and add the rice to cook for 20 minutes at 100°C at speed 4 and reserve it after cooking.

Mix the onion, garlic and oil together in the bowl for 5 seconds at speed 4.

Next, select 6 minutes at 100°C

at speed 1.

Put the cooking basket in place and add a bit of salt, pepper, the spinach and white wine to cook for 8 minutes at 100°C at speed 1-2.

Now add the reserved rice to this mixture and select 1 minute at speed 1-2.

## **MEDITERRANEAN RICE**

### *Ingredients*

For the stock

800gr. water

50gr. natural orange juice

50gr. natural lemon juice

4 garlic cloves

Some saffron strings

1 measuring cup parsley leaves

1 tps. salt

1 cayenne pepper (optional)

### *For the sauté*

100gr. red pepper

100gr. green pepper

200gr. natural tomato sauce

2 garlic cloves

100gr. virgin olive oil

### *For the vegetables*

500gr. frozen vegetables

350gr. rice

### *Preparation*

Cut the garlic and parsley in small pieces and add salt.

Leave to cook for 15 minutes at speed 4.

Add the fruit juices, water, saffron and cayenne pepper and select 20 seconds at speed 8.

Reserve the stock for later use.

In the same bowl, add the peppers, tomato and garlic to cook for 6 seconds at speed 4.

Next, select 5 minutes, temperature 100°C and speed 1-2.

Put the mixing accessory in place and add the frozen vegetables to cook for 7 minutes at 100°C and speed 1-2.

Add the rice and select 3 minutes at 100°C and speed 1-2.

Pour the reserved stock to this mixture and select 13 minutes, temperature 120°C and speed 1-2.

## **RISSOTTO**

### *Ingredients*

50gr. grated Parmesan cheese

200gr. finely chopped onion

250gr. mushrooms

350gr. rice

30gr. virgin olive oil

700gr. vegetable stock

10gr. butter cut in pieces

Salt

#### *Preparation*

Cook the onion cut into small pieces and half the amount of mushrooms in the bowl with oil to cook for 8 minutes at 100°C and speed 1.

Put the mixing accessory in place and add the rice to be cooked for 3 minutes at 100°C and speed 1.

After this time add the vegetable stock and salt. Select 12 minutes, temperature 100°C and speed 1.

With 5 minutes remaining, add the rest of the mushrooms through the continuous feed tube.

Serve the risotto in a buttered dish and sprinkle some Parmesan cheese on top.

### **RICE & GREEN BEANS**

#### *Ingredients*

1 kilo fresh green beans

400gr. rice

40gr. butter

50gr. olive oil

1 small onion

80gr. dry white wine

50gr. bacon cut in dices

80gr. Parmesan cheese

500gr. water

1 vegetable stock cube

Salt and pepper to taste

1 bunch parsley

#### *Preparation*

Cut the parsley in the bowl during 15 seconds at speed 5 and reserve for later.

Put the mixing tool in place and add the green beans with some water enough to cover them and a pinch of salt.

Select 30 minutes, temperature 100°C and speed 1-2.

Strain the beans to remove the water.

Remove the mixing tool and crush the beans selecting 30 seconds at speed 6-7 and reserve the creamy mixture.

Put the mixing tool in the bowl once again and cut the onion in the bowl during 30 seconds at speed 5.

Add half of the butter, the water and bacon to cook during 4 minutes at 100°C and speed 1-2.

Add the rice and program 3 minutes at 100°C and speed 1-2.

Put the green mixture to cook in the bowl with water and the vegetable stock for 15 minutes at 100°C and speed 1-2.

Butter the rice and add the rest of cheese and parsley on top for serving.

### **RICE & ARTICHOKE**

#### *Ingredients*

6-7 cleaned artichokes cut lengthwise

350gr. rice

Lemon juice

20gr. butter

30gr. olive oil

½ small onion

30gr. Parmesan cheese

880gr. vegetable stock

1 tps. finely chopped parsley

Salt and pepper to taste

#### *Preparation*

Place the artichoke slices in a bowl with water and the lemon juice.

In the bowl add the onions and select 10 seconds at speed 7.

Put the mixing tool in place and add the oil and butter to cook for 3 minutes at 100°C and speed 1-2.

Strain the strips of artichokes and add them to the bowl to cook for 5 minutes at 100°C and speed 1-2.

Add the rice and program for 3 minutes at the same temperature and speed.

Add the vegetable stock and select 15 minutes, temperature 100°C and speed 1-2.

Butter the rice and add the rest of cheese and parsley on top for serving.

## RICE & ASPARAGUS

### *Ingredients*

800gr. green asparagus  
350gr. rice  
30gr. butter  
40gr. olive oil  
1 small onion  
100gr. dry white wine  
30gr. Parmesan cheese  
880gr. meat or chicken stock  
Salt and pepper to taste

### *Preparation*

Wash the asparagus and cut off 2-3cm of the lower part and cut them in 2 or 3 pieces.  
Cook the onion in the bowl for 10 seconds at speed 5.  
Put the mixing tool in place and add the oil and half of the butter to cook for 3 minutes at 100°C and speed 1.  
Add the asparagus to the bowl and program 3 minutes at 100°C and speed 2.  
Cook the rice for 3 minutes at 100°C and speed 2.  
Pour the wine and leave to cook for 1 minute at the same temperature and speed.  
Add the meat or chicken stock and select 15 minutes, temperature 100°C and speed 1-2.  
With 2 minutes remaining before this process is finished add the cheese and butter.

## RICE & MUSHROOMS

### *Ingredients*

350gr. rice  
40gr. mushrooms  
30gr. olive oil  
1 small onion  
100gr. dry white wine  
30gr. Parmesan cheese  
1tps. finely chopped parsley  
880gr. meat or chicken stock  
Salt to taste

### *Preparation*

Cut the mushrooms in small pieces during 7 seconds at speed 5 and reserve.  
Add the onion cut in small pieces and cook during 10 seconds at speed 5.  
Put the mixing tool in place and cook this mixture with oil during 3 minutes at 100°C and speed 1.  
Add the mushrooms and program 2 minutes at 100°C and speed 1.  
Cook the rice for 3 minutes at speed 1.  
Add the wine and water to the mushrooms and cook during 3 minutes at 100°C and speed 1.  
Add the meat or chicken stock and cook during 15 minutes at 100°C and speed 1.  
With 2 minutes remaining before this is finished add the cheese.  
Butter the rice and add the rest of cheese for serving.

## GORGONZOLA RICE

### *Ingredients*

350gr. rice  
250gr. Gorgonzola cheese cut in small cubes  
20gr. olive oil  
20gr. butter  
½ small onion  
150gr. dry white wine  
30gr. Parmesan cheese  
880gr. meat or chicken stock  
Salt and white pepper to taste

#### *Preparation*

Cut the onions in the bowl during 10 second at speed 5.

Put the mixing tool in place and add the oil and butter. Select 3 minutes, temperature 100°C and speed 1.

Add the rice and cook for 3 minutes at 100°C and speed 1-2.

Add the stock to this mixture and cook for 15 minutes at 100°C and speed 1-2.

With 1 minute remaining before this mixture is finished add the Gorgonzola cheese.

Butter the rice and add the Parmesan cheese for serving.

### **MILANESE RICE**

#### *Ingredients*

400gr. rice

40gr. olive oil

30gr. butter

1 small onion

100gr. dry white wine

40gr. grated Parmesan cheese

2 packets Saffron

980gr. chicken or meat stock

Salt to taste

#### *Preparation*

Cut the onions in the bowl during 10 second at speed 5-6.

Put the mixing tool in place and add the oil and half the butter. Select 3 minutes, temperature 100°C and speed 1.

Add the rice and cook for 3 minutes at 100°C and speed 1-2.

Add the wine and select 1 minute at 100°C and speed 1-2.

Add the stock to this mixture and cook for 15 minutes at 100°C and speed 1-2.

With 2 minutes remaining before this mixture is finished add the dissolved saffron, some water and half of the Parmesan cheese.

Butter the rice and add the Parmesan cheese for serving.

### **SPINACH RICE**

#### *Ingredients*

200gr. spinach

350gr. rice

1 celery stem

1 leek

20gr. olive oil

40gr. butter

1 small onion

30gr. Parmesan cheese

880gr. meat or vegetable stock

Salt and white pepper to taste

#### *Preparation*

Cut the onions in the bowl during 10 second at speed 5-6.

Put the mixing tool in place and add the oil and half the butter. Select 4 minutes, temperature 70°C and speed 1.

Add the spinach and cook for 4 minutes at 70°C and speed 1-2.

Add the rice and select 1 minute at 100°C and speed 1.

Add the stock to this mixture and cook for 15 minutes at 100°C and speed 1.

With 2 minutes remaining before this mixture is finished add the dissolved saffron, some water and half of the Parmesan cheese.

Butter the rice and add the Parmesan cheese for serving.

## **RICE WITH CHICKEN & GREEN BEANS**

### *Ingredients*

400gr. rice  
2 chicken breasts cut in strips  
125gr. green beans  
20gr. olive oil  
1 small onion  
2 cloves garlic  
1 seedless red pepper  
1 chilli pepper  
100gr. dry white wine  
980gr. chicken stock  
2 tps. finely chopped parsley  
Salt and black pepper to taste

### *Preparation*

Cut the peppers for 10 seconds at speed 5-6 and reserve.  
Prepare the onion and garlic in bowl during 10 seconds at speed 5-6.  
Put the mixing tool in place and leave the oil to heat during 3 minutes at 70°C and speed 1-2.  
Add the mixture of peppers and the chicken and cook for 5 minutes at 100°C and speed 1-2.  
Cook the rice for 2 minutes at 100°C and speed 1-2.  
Add the chicken stock, salt and pepper and cook for 10 minutes at 100°C and speed 1.  
Bring the beans and parsley to the bowl and select 5 minutes, temperature 100°C and speed 1.

## **RICE WITH MOZZARELLA & LIQUID CREAM**

### *Ingredients*

250gr. mozzarella cheese cut in small cubes  
150gr. liquid cream  
350gr. rice  
30gr. butter  
1 small onion  
30gr. Parmesan cheese  
100gr. dry white wine  
880gr. chicken or meat stock  
Salt and white pepper to taste

### *Preparation*

Cut the onion in small pieces selecting 10 seconds at speed 5-6.  
Put the mixing tool in place and add the butter to cook for 3 minutes at 70°C and speed 1-2.  
Add the rice and program 1 minute, temperature 100°C and speed 1.  
Pour the wine and leave to cook for 1 minute at 100°C and speed 1.  
Add the stock and program for 8 minutes, temperature 100°C and speed 1.  
Add the liquid cream and cook for 7 minutes at 100°C and speed 1-2.  
With 4 minutes remaining, before this process is finished add the mozzarella, salt and pepper.  
Butter the rice and add the Parmesan cheese for serving.

## RICE WITH SALMON

### *Ingredients*

200gr. smoked salmon  
275gr. rice  
1 leek  
20gr. olive oil  
1 small onion  
2 cloves garlic  
225gr. dry white wine  
75gr. Parmesan cheese  
600gr. chicken stock  
Salt and black pepper to taste

### *Preparation*

Cut the onion and garlic for 10 seconds at speed 5-6.  
Put the mixing tool in place and add the white part of the leek cut in small pieces and leave the oil to heat during 4 minutes at 70°C and speed 1.  
Add the rice and select 2 minutes at 100°C and speed 1.  
Pour the wine and cook for 2 minutes at 100°C and speed 1.  
Add the stock, salt and pepper to this mixture and cook for 15 minutes at 100°C and speed 1.  
With 1 minute remaining before this mixture is finished, add the salmon cut in small pieces and the Parmesan.  
Put in a dish and leave to settle for 3 minutes before serving.

## PUMPKIN RICE

### *Ingredients*

1kilo yellow pumpkin  
400gr. rice  
40gr. olive oil  
100gr. butter  
100gr. dry white rice  
100gr. Parmesan cheese  
980gr. vegetable stock  
Salt and pepper to taste

### *Preparation*

Peel the pumpkin and remove the threads and cut in small squares.  
Put the mixing tool in place and cook the pumpkin in the oil with half the butter for 5 minutes at 100°C and speed 1-2.  
Add the rice; select 2 minutes for cooking at the same temperature and speed.  
Add the salt, pepper and vegetable stock to cook for 15 minutes at 100°C and speed 1.  
Butter the rice and add the Parmesan cheese for serving.

## PASTA WITH CHICKEN & PUMPKIN SAUCE

### *Ingredients*

400gr. peeled pumpkin cut in small squares  
400gr. ripe tomato cut in small pieces  
1 onion cut in four  
350gr. vegetable stock  
20gr. olive oil  
100gr. evaporated milk  
500gr. pasta  
1,5litres water  
1 tbs. olive oil  
1 chicken breast cut in strips  
Finely chopped parsley  
Salt and a pinch of nutmeg



### *Preparation*

Cut the onion in small pieces in the bowl for 5 seconds at speed 4.

Add the oil and sauté for 10 minutes at 100°C and speed 1-2.

Bring the pumpkin, tomatoes and stock to cook selecting 25 minutes, 100°C and speed 2.

Pour the evaporated milk and cook for 5 minutes at 90°C and speed 2 and reserve this mixture.

Add the water to the bowl with salt and a tablespoon of oil and cook for 12 minutes at 100°C and speed 1.

Next, add the pasta through the continuous feed tube and program for 10 minutes at 100°C and speed 1. After this time drain the pasta.

Whilst the pasta is cooking, fry the strips of chicken in a frying pan and season with salt and parsley.

Serve the pasta with the chicken and pour the sauce on top.

## MEATS

### TENDERLOIN STEAK WITH GREEN PEPPERS

#### *Ingredients*

4 tenderloin steaks

#### *For the sauce:*

50gr. green pepper  
200gr. evaporated milk  
2 cloves garlic  
50gr. onion  
50gr. olive oil  
White wine  
Salt to taste

#### *Preparation*

Finely chop the onions and garlic in the bowl with oil for 5 seconds at speed 4-5 and sauté this mixture for 5 minutes at 100°C at speed 1.

Put the mixing tool in place and add the green pepper, evaporated milk, a drop of wine and seasoning. Select 5 minutes, temperature 100°C at speed 1.

Reserve the sauce for later.

Fry the tenderloins in a frying pan with oil on both sides.

Put them in a dish and serve with the sauce on top.

### BEEF & POTATOES

#### *Ingredients*

600gr. potatoes  
1 bay leaf  
2 tps. sweet pepper  
750gr. water  
200gr. lean meat  
1 tps. oregano  
Salt to taste

#### *For the sautéed vegetables:*

½ green pepper  
½ red pepper  
½ onion  
1 tomato  
2 cloves garlic  
50gr. olive oil  
1 stock cube  
Salt to taste

#### *Preparation*

Cut the potatoes, tomatoes and onion in small pieces.

Put all the Ingredients for the sautéed vegetables in the bowl to cut into small pieces for 7 seconds at speed 4-5.

Lightly fry these Ingredients for 6 minutes at 100°C at speed 1.

Put the mixing tool in place and add all the Ingredients to the bowl except the meat and oregano.

Cook them for 15 minutes at 100°C at speed 1.

Add the meat and oregano to cook for 15 minutes, temperature 100°C at speed 1.

## MEATBALLS

### *Ingredients*

For the meatballs:

400gr. mince meat

1 stem parsley

1 garlic clove

1 egg

Breadcrumbs

Salt to taste

Oil

### *For the sauce:*

100gr. virgin olive oil

1 medium onion

2 medium tomatoes

500ml. water

Food colouring

1 stock cube

### *For the side dish:*

5 potatoes

1 carrot

### *Preparation*

Finely chop the garlic and parsley in the bowl for 5 seconds at speed 5.

Mix the eggs in a bowl with the parsley, garlic and salt.

Add the meat to this mixture and mix well. If the mixture is not thick enough, add some bread crumbs.

Make the meatballs and fry them in a frying pan and reserve for later.

Warm the oil in the bowl for 2 minutes at 120°C and speed 1.

Add the onion cut in small pieces selecting 5 minutes at 120°C and speed 1.

Add the tomato cut in large slices and cook for 6 minutes at 120°C and speed 1.

Add the water, colouring and stock.

Mix finely with the Pulse button three times.

Put the potatoes and carrots in the steam tray with the meat balls and leave to cook for 18 minutes at 120°C and speed 3.

## CHICKEN ROLLS WITH CURRENTS SAUCE

### *Ingredients*

1 chicken breast cut in fine fillets

½ onion

Slices of cheese

Slices of ham

2 cloves garlic

75gr. currants

2 cups of water

1 cup whisky

2 tbs. honey

1 tps. thyme

1 tps. white pepper

2 vegetable stock

Salt to taste

#### *Preparation*

Pour the water to fill half of the bowl and heat for 5 minutes at 120°C.

Spread out the fillets and put on each of them a strip of cheese and a strip of ham.

Form rolls with the fillets and wrap them in paper foil and prick them with a fork for easy cooking.

Put them in the steam tray and select 25 minutes at 120°C.

After this time leave them in the steam tray to cool.

Remove the liquid from the bowl and put the bowl in place again.

Add the onion with the garlic and a bit of oil to mix for 3 seconds at speed 5.

Put the mixing tool in place and select 2 minutes, temperature 100°C and speed 1.

Add the currants and thyme and program 2 minutes at 120°C and speed 1.

Dissolve the honey in the whisky and mix until the whisky has evaporated at 100°C and speed 1.

Now add the currants dissolved in water to this mixture and cook for 2 minutes at 120°C and speed 1.

Remove the mixing tool from the bowl and program 20 seconds at speed 5 and reserve the sauce for later.

Remove the fillets from the paper foil and cut them in large slices.

Serve the sauce as a side dish.

## **LAMB CHOPS WITH OLIVES**

#### *Ingredients*

500gr. boneless lamb chops cut in strips

150gr. seedless olive oil

2 garlic cloves

60gr. virgin olive oil

100gr. onion cut in four pieces

120gr. tomato sauce

100gr. white wine

1 pinch of salt

1 pinch of white pepper

Finely chopped parsley for decoration

#### *Preparation*

Mix the olives in the bowl for 4 seconds at speed 4-5.

Remove this mixture from the bowl and reserve for later.

In the same bowl, chop the onion, garlic and oil for 4 seconds at speed 7-10.

Put the mixing tool in place and sauté for 5 minutes at 120°C at speed 1.

Add the reserved olive mixture, the tomato sauce, wine and white pepper.

Put the lamb chops in the steam tray and cook for 10 minutes at 120°C at speed 1.

## **CHICKEN BREAST SAUCE**

#### *Ingredients*

60gr. oil

200gr. onion

2 cloves garlic

100gr. mushrooms

800gr. chicken breasts

90gr. currants or prunes

60gr. white wine

½ lemon juice

200gr. evaporated milk

1 stock cube

1 tps. Maizena or flour

½ chicken stock

Bay leaf

Salt and pepper

#### *Preparation*

Cook the mushrooms in the bowl with the garlic, onion and some oil for 7 minutes at 120°C at speed 2.  
Put the mixing tool in place and add the chicken to cook for 3 minutes at 100°C at speed 1-2.  
Add the rest of Ingredients to cook for 20 minutes at 100°C at speed 1.

### **BEEF TENDERLOIN**

#### *Ingredients*

700gr. tenderloin  
70gr. anchovies  
70gr. nuts  
2 cloves garlic  
1 measuring cup parsley  
150gr. olive oil  
Salt and black pepper to taste

#### *Preparation*

Put all the Ingredients in the bowl except the meat and mix for 30 seconds at speed 5.  
Season the meat with the previous mixture.  
Wrap the meat in paper foil and prick them with a fork.  
Pour the water in the bowl, put the steam tray in place and add the meat.  
Select 20 minutes, temperature 120°C at speed 1.  
Reserve in the refrigerator without removing the wrapping until it is cool for eating.  
Cut in fine strips for serving.

### **OSSO BUCO**

#### *Ingredients*

6 pieces marrow bone beef  
100gr. oil  
200gr. carrots  
4 tbs. chopped parsley  
250gr. onion  
2 cloves garlic  
50gr. celery  
½ kilo natural tomato sauce  
250gr. white wine  
100gr. water  
2 cubes meat stock  
Lemon juice  
Flour  
Thyme  
Salt and pepper

#### *Preparation*

Season the bone well with salt, thyme and some lemon juice and leave to marinade for 10 minutes.  
Flour the meat and fry lightly in a frying pan and reserve.  
Fine chop the carrots, onion, garlic and celery in the bowl for 10 minutes at speed 5-10.  
Cook the oil and the tomato sauce during 15 minutes at 120°C and speed 1.  
Add the wine, water, seasoning and lemon juice and program for 5 minutes at 120°C and speed 1.  
Cook the meat with this stew for 25 minutes, temperature 100°C and speed 1-2.

## CHICKEN WINGS WITH SOYA SAUCE, HONEY AND LEMON

### *Ingredients*

1 kilo chicken wings  
6 garlic cloves  
50gr. lemon juice  
70gr. honey  
70gr. soya sauce  
50gr. olive oil  
½ tps. ginger powder  
Black pepper

### *Preparation*

Cut the garlic cloves in the bowl during 5 seconds at speed 7.

Place of the Ingredients in the bowl except the chicken wings and mix during 5 – 10 seconds at speed 5.

In a separate bowl mix the chicken wings in the previous mixture and marinade for 1 hour.

After this time, put the mixing tool in place and add the marinating in the bowl to cook for 25 -30 minutes at 100°C and speed 2-3.

## CHICKEN WINGS WITH SOYA SAUCE, HONEY AND LEMON

### *Ingredients*

600gr. filleted turkey breasts  
1 tbs. flour  
15gr. butter  
1½ lemon  
150ml. white wine  
200ml. water  
Olive oil

### *Preparation*

Season and flour the fillets and fry them in a frying pan for 2 minutes.

Reserve in a separate bowl and reserve the oil left from this step.

Cut the lemons in halves and in fine slices, removing the skin and reserve.

Put the peeled lemons (without seeds) in the bowl with 100ml. of water.

Mix for 30 seconds at speed 5-7. Strain and reserve.

Add the previously used oil, the fillets and butter and leave to cook for 1 minute at 100°C and speed 1-2-3 progressively.

Put the mixing tool in place and add the fillets, lemon slices, wine, 100ml. of water and lemon juice.

Cook for 7 minutes at 90°C and speed 3 progressively.

When this is finished remove the fillets.

For a thicker sauce leave to cook for 2 minutes more.

## PEPITORIA CHICKEN

### *Ingredients*

800gr. chicken  
120gr. olive oil  
350gr. onion  
100gr. almonds  
3 cloves garlic  
250gr. white wine  
3 hard boiled eggs  
150gr. water  
Saffron  
Black pepper  
Parsley

#### *Preparation*

First fry the chicken in a frying pan and reserve in a casserole dish.

Cut the almonds in the bowl at speed 7-9 and reserve for later.

Finley chop the garlic and onion with some oil for 6 seconds at speed 6.

Next, lightly fry selecting 5 minutes at 100°C and speed 2.

Add the wine, almonds, water, saffron and black pepper to cook for 10 minutes at 100°C and speed 2.

Leave to cook for 15 more seconds for a thinner sauce.

After this step, add the eggs and parsley and mix for 4 seconds at speed 4.

Put the mixing tool in place and add the chicken cut in small pieces to cook for 15-20 minutes at 100°C and speed 2 or until it is cooked.

### **FILLED TENDERLOIN CHICKEN**

#### *Ingredients*

8pcs. chicken tenderloin cut in half

Cheese slices

1 apple cut in fine slices

Nuts

Prunes

Pumpkin sauce

Spinach sauce

Onion

Liquid caramel

Salt and pepper

#### *For the golden brown onions:*

30gr. liquid caramel

700gr. onion

30gr. olive oil

70gr. butter

1 cube chicken stock

Pinch of black pepper

#### *Preparation*

Open the tenderloin in half, season it and fill it with the apples, cheese slices, nuts and prunes.

Put another tenderloin split in half on top of the first one to create a layer.

Tightly wrap the meat in transparent paper and place in the steam basket.

Repeat these steps with the rest of the meat.

#### *For the golden brown onions:*

Cut the onions for 4 seconds at speed 5 and add oil and butter.

Put the steam tray on top of the cover.

Cook for 10 minutes at 120°C and speed 1. Leave to cook for a few minutes more if necessary.

Add the onion and the rest of the Ingredients and program 3 minutes, temperature 100°C and speed 1.

### **STEWED BEEF WITH VEGETABLES**

#### *Ingredients*

700gr. beef cut in small pieces

1 big onion

2 cloves garlic

50gr. olive oil

1 tbs. flour

2 carrots cut in small pieces

100ml. white wine

200ml. water

200gr. mushrooms

Salt, pepper and nutmeg

Preserved green beans

#### *Preparation*

Finely cut the onion, garlic in the bowl with oil for 6 seconds at speed 5-6.

Next, select 10 minutes, temperature 120°C and speed 1.

Put the mixing tool in place and add the meat, carrots and seasoning.

Cook these for 5 minutes at 100°C and speed 1.

Add the mushrooms and wine and cook for 1 minute at 100°C and speed 1.

Pour the water and allow this mixture to cook for 35 minutes at 120°C and speed 1-2.

Add the green beans and leave to cook for another 5 minutes at the same temperature and speed.

Allow to settle before serving.

## **CHICKEN WITH ALMONDS**

#### *Ingredients*

70gr. olive oil

300gr. onion

400gr. chicken breast cut in small pieces

100gr. toasted almonds

80gr. soya sauce

Salt and pepper

#### *Preparation*

Finely cut the onion in the bowl during 5 seconds at speed 4-5 and reserve for later.

In the same bowl, add the mixing tool and pour some oil to this mixture and fry lightly for 2 minutes at 120°C and speed 1-2.

Add the chicken cut in small pieces and cook for 15 minutes more at the same temperature and speed.

Add the almonds and the soya sauce to cook for 5 minutes at 120°C and speed 1-2.

## **FILLED TURKEY BREASTS**

#### *Ingredients*

900gr. turkey breast

70gr. seedless prunes cut in small pieces

70gr. nuts

6 small cheeses

1 apple cut in slices

Salt and pepper

#### *For the golden brown onions:*

700gr. onion

70gr. butter

30gr. olive oil

2 cubes chicken stock

30gr. liquid caramel

200gr. red wine

50gr. water

Black pepper

#### *Preparation*

Spread the chicken breast, season and fill with the apples, cheese and dry fruits.

Tightly wrap the meat in aluminum foil and place in the steam tray.

#### *For the golden brown onions:*

Cut the onions for 6 seconds at speed 3-4 and reserve.

Put the mixing tool in place and add the chopped onion to the bowl with butter and oil.

Select 10 minutes, temperature 100°C and speed 1.

Put the steam tray with the meat on top.

Add the stock cubes, liquid caramel, wine, water and black pepper.

Leave to cook for 10 minutes at 120°C and speed 1-2.

Remove the wrapping and leave to cool before cutting the meat.

Cut the chicken breasts in slices and put the onion sauce on top for serving.



## CHICKEN MARINATED WITH BEER

### *Ingredients*

1kg. chicken cut in small pieces  
 ½ onion  
 5 cloves garlic  
 1 tomato  
 ½ sweet pepper (red or green)  
 1 small bottle of beer  
 1 bay leaf  
 Grated cheese  
 Salt

### *Preparation*

Cut the onion, garlic, peppers and tomatoes in small pieces in the bowl with some oil for some seconds at speed 5-6. Lightly fry this mixture for 7 minutes at 100°C and speed 1.  
 Put the mixing tool in place and cook the chicken for 3-4 minutes at the same temperature and speed.  
 Pour the beer and add the beer, bay leaf and salt and leave to cook for 20 minutes at 100°C and speed 1.  
 For a thicker sauce, leave to cook for 4 minutes more at 120°C and speed 1.

## CHICKEN BREAST IN CHEESE SAUCE

### *Ingredients*

½kg. chicken or turkey breast  
 50gr. onion  
 ½ stock cube  
 ½ measuring cup white wine  
 1 pack of grated cheese or 45gr. of grated cheese  
 1 tbs. flour  
 Olive oil  
 Salt

### *Preparation*

Cut the chicken in small pieces and season it.  
 Batter it with flour and fry in a frying pan with some oil and reserve for later.  
 Add the onion to this mixture.  
 Put the mixing tool in place and cook for 3 minutes at 100°C and speed 1.  
 Add a tablespoon of flour and cook for another 2 minutes, temperature 90°C and speed 1.  
 Add the stock, wine, cheese and 2 measuring cups of water. Program 2 minutes, temperature 90°C and speed 3.  
 For a thicker sauce add more water and mix for 10 seconds at speed 5.  
 Mix this sauce with the reserved chicken and bring this mixture to the boil.

## SIRLOIN WITH PINEAPPLE

### *Ingredients*

30gr. olive oil  
 100gr. onion  
 10gr. flour  
 300gr. pineapple in syrup  
 30gr. soya sauce  
 500gr. liquid cream  
 8-12 sirloin fillets  
 Salt to taste

#### *Preparation*

Chop the onion in the bowl for 4 seconds at speed 5 and add the oil.  
Put the mixing tool in place and program 3 minutes, temperature 120°C and speed 2.  
Add the flour, pineapple in syrup cut in halves, the soya sauce and the liquid cream.  
Put the sirloins in the steam tray to cook for 20 minutes at 100°C and speed 2.  
When this is finished cooking, serve with the prepared sauce.

### **RIBS WITH NOODLES**

#### *Ingredients*

250gr. pork ribs cut in small pieces  
200gr. streaky bacon  
250gr. noodles  
150gr. onion  
250gr. tomato  
2 cloves garlic  
50gr. olive oil  
500gr. water  
1 bay leaf  
Salt to taste  
Grounded black pepper

#### *Preparation*

Chop the onion and garlic in the bowl for 4 seconds at speed 5.  
Add the oil and put the mixing tool in place.  
Cook for 5 minutes, temperature 100°C and speed 1.  
Add the tomato and salt and program 3 minutes, temperature 120°C and speed 1.  
Place the sirloins, streaky bacon and bay leaf to cook for 7 minutes at 100°C and speed 2-3.  
Add the noodles and water and cook for 15 minutes at 100°C and speed 1.

### **TRIP**

#### *Ingredients*

600gr. trip  
200gr. streaky bacon  
100gr. ham  
150gr. onion  
100gr. tomato  
2 cloves garlic  
100gr. white wine  
50gr. olive oil  
2 cayenne peppers  
Salt to taste  
Black pepper

#### *Preparation*

Lightly fry the garlic in the bowl for 2 minutes, temperature 120°C and speed 1.  
Add the garlic and tomato and fry for 5 minutes at 120°C and speed 1.  
Put the mixing tool in place and add the tripe, streaky bacon, peppers and laurel and cook for 30 minutes at 120°C and speed 2.  
Add the ham and wine and cook for another 30 minutes, temperature 120°C and speed 1.

## FISH

### COD CROQUETTES

#### *Ingredients*

300gr. soaked cod  
80gr. flour  
125gr. water  
50gr. butter  
2 eggs  
2 cloves garlic  
Parsley  
Salt and pepper to taste

#### *Preparation*

Add the water, butter, salt and sugar and cook for 5 minutes, temperature 100°C and speed 1.

Add the flour to this mixture and mix for 15 seconds at speed 4.

Leave to settle for 5 minutes.

In another bowl mix the eggs and pour them through the continuous feed tube to mix at speed 4. Leave to settle.

Mix the cod, garlic, pepper and parsley together for a few seconds at speed 5-6.

Use a tablespoon to form the croquettes from this mixture and fry.

### MARMITAKO

#### *Ingredients*

300gr. bonito fish or tuna  
600gr. potatoes cut in small pieces  
750gr. water  
2 cubes fish stock  
2 tbs. parsley  
Cayenne pepper to taste

#### *For the sautéed Ingredients*

2 cloves garlic  
50gr. olive oil  
1 finely chopped green pepper  
2 tbs. tomato sauce

#### *Preparation*

Sauté all the Ingredients, frying them lightly for 5 minutes at 100°C and speed 2.

Put the mixing tool in place except the fish and parsley and cook for 15 minutes, temperature 100°C and speed 1.

After this process, add the fish and finely chopped parsley, program 10 minutes, temperature 100°C and speed 1.

Lower the temperature if necessary for a slower cooking if desired.

### COD & POTATOES

#### *Ingredients*

150gr. desalted cod fish  
800gr. potatoes cut in small pieces  
70gr. oil  
¾litre water  
1 large onion  
1 cube stock or salt  
1 tps. paprika  
1 measuring cover rice  
1 green pepper  
1 large onion  
2 cloves garlic  
3 slices red pepper  
Finely chopped parsley

#### *Preparation*

Mix the oil, peppers, garlic and onion in the bowl for 6 seconds at speed 4-5.

Next, cook for 5 minutes at 100°C and speed 2.

Put the mixing tool in place and add the potatoes and ½litre of water. Cook for 10 minutes at 100°C and speed 2. After this step, add the cod fish, rice, paprika, stock and the rest of the water. Program 15 minutes, temperature 100°C and speed 1.

In the last 5 minutes of cooking, lower the temperature to 90°C.

### **BUTTERED SWORD FISH**

#### *Ingredients*

400gr. sword fish

100gr. butter

1tps. tarragon

1tbs. capers

100gr. beer

Brochettes

Salt and grounded pepper

#### *Preparation*

Cut the fish in squares of 3x3cm. Add 3 pieces of the fish to the brochettes season and fry them in a frying pan. Remove the brochettes and reserve in a serving dish.

Add the butter, tarragon, capers, salt and pepper to the bowl for 5 minutes, temperature to 120°C and speed 2 – 3.

Pour the beer and cook for another 3 minutes at the same temperature and speed.

Serve the brochettes with this mixture on top.

### **ONION SQUIDS**

#### *Ingredients*

1kilo squids (cut in pieces of 3x3cm)

70gr. olive oil

3 cloves garlic

2 large onions

2 bay leaves

½ tps. sweet pepper

Parsley

Salt and pepper to taste

#### *Preparation*

Mix the onion, garlic and parsley in the bowl for 3 seconds at speed 5.

Put the mixing tool in place and add the oil to cook this mixture for 5 minutes at 120°C and speed 1.

Add the squids, the peppers, bay leaves to cook for 35 minutes at 100°C and speed 2.

After this time make sure the squids are soft and there is little sauce left over.

If not, continue to cook for 10 minutes more at the same temperature and speed.

### **STEAMED HAKE WITH DILL**

#### *Ingredients*

200gr. broccoli (without the stems)

200gr. cauliflower (without the stems)

600gr. fillet hake

½litre water

Dill stems

Oil

Salt and pepper

#### *Preparation*

Cut a piece of transparent paper and grease it with a bit of oil and put a dill stem on top.

Oil the fish and put it on top of the dill stem and put another stem on top of the fish.

Wrap the fish tightly to form a round shape and repeat this action with the other pieces of fish. Reserve for later use.

Add the stems of broccoli and cauliflower to the steam tray with some salt.

Pour some water in the bowl and heat for 5 minutes at 120°C and speed 2.

When the water is boiling, put the steam tray on top of the bowl and cook the Ingredients for 10 minutes at 120°C and speed 2.

After this time, open the steam tray and put the fish inside to cook selecting 10 minutes, temperature 120°C and speed 2.

Open the wrappings carefully and serve the fish with the vegetables.

### **FISH NUGGETS**

#### *Ingredients*

250gr. fillets hake

60gr. cream cheese

60gr. whole milk

60gr. loaf bread

Salt and onion (optional)

#### *To batter*

Flour, eggs and olive oil

#### *Preparation*

Cut the hake fillets in small pieces and mix them in the bowl with garlic and pepper for 5 seconds at speed 7.

Add the cheese, milk and bread to mix during 10 seconds at speed 7.

Form the nuggets with this mixture and add flour and the eggs.

Fry in a frying pan.

### **FILLED TROUT**

#### *Ingredients*

1 trout per person

50gr. olive oil

50gr. water

Slices of York ham and cheese

1 medium size potato cut in small pieces

1 onion cut in small pieces

2 cloves garlic

Half red pepper

Salt

#### *Preparation*

Open the trout and fill it with the ham and cheese cut in small pieces.

Close the fish with small toothpicks so that both sides are well closed.

Place in the steam tray and reserve for later.

Heat the water in the bowl for 5 minutes at 120°C at speed 1.

Put the steam tray in place and add the potatoes, onion, pepper and garlic.

Make sure the fish has the desired taste before serving.

## FILLED SMOKED SALMON

### *Ingredients*

6 slices smoked salmon  
200gr. king prawns  
200gr. shrimps  
200gr. liquid cream  
50gr. ketchup  
6 drops of Tabasco  
6 drops of Perrier sauce

### *Preparation*

Remove the shells from the prawns and shrimps and mix them in the bowl for 10 seconds at speed 5-6.  
Reserve for later.

Wash the bowl with cold water and dry it.

Put the mixing tool in place and whip the liquid cream at speed 5 until the desired texture is achieved.

Add all the Ingredients except the salmon and mix for 1 minute at speed 3.

Spread the slices of salmon on a plane surface and on each one of them put some of the previous mixture and fold them.

## GALLEGAN HAKE

### *Ingredients*

1kilo fillets hake  
70gr. olive oil  
2 cloves garlic  
4 small potatoes  
1 onion  
Paprika and salt to taste

### *Preparation*

Heat the oil in the bowl for 5 minutes, temperature 120°C and speed 1.

Lightly fry the garlic for 3 minutes at 100°C and speed 1.

After this time, add the paprika and continue to mix at speed 1 with out programming the temperature.

When the Ingredients are well mixed, add 0.4litres of water, the onion and salt and cook for 30 minutes at 120°C and speed 1-2.

In the mean time this is cooking, cut the potato in strips to be cooked in the steam tray. When the mixture in the bowl creates enough steam put the steam tray on top and allow to cook for the remaining time.

## TUNA PIE

### *Ingredients*

½ kilo flour  
1gr. margarine  
Juice from 3 oranges

### *For the filling:*

1/3 kilo tuna  
3 hard boiled eggs  
1 tin tomato sauce  
1 red pepper  
1 egg yolk for brushing the top

#### *Preparation*

Mix the orange juice with the margarine for 2 minutes at 40°C and speed 1-2.

When the margarine has melted, add the flour and season to taste and select 2 minutes at speed 10.

Add more flour if necessary and leave to settle for half an hour.

In the mean time, mix the tuna with the hard boiled eggs, red pepper and the tomato sauce.

Cut the previously reserved dough in half and flatten with a rolling pin on a floured surface.

Cover a baking dish with baking paper and place half of the flattened dough in this dish.

Spread the filling on top of the dough in the baking dish and cover this mixture with the second half of the dough.

Brush with the egg yolk of the egg mixed with one tablespoon of water and prick the dough with a fork.

Cook for 30 minutes in the oven at 200°C.

## **SALMON TARTAR**

#### *Ingredients*

300gr. fresh salmon

50gr. finely chopped gherkin

50gr. caper

1 cooked egg

50gr. lemon juice

50gr. mustard

1 bunch coriander

50gr. olive oil extra

Salt and pepper to taste

Red pepper to decorate

#### *Preparation*

Cut the salmon in small pieces, removing the skin and bones.

Chop in the bowl for 8 seconds at speed 7-8 and reserve for later.

Add the rest of the Ingredients except the lemon juice, oil and mustard and mix for 10-15 seconds at speeds 5-9 progressively.

With the machine still mixing, slowly add the pieces of salmon through the continuous feed tube and the lemon juice, oil and mustard.

Fill a greased dish with this mixture, turned on the other side and decorate with a red pepper.

## **SAUTÉED COD**

#### *Ingredients*

500gr. desalted cod fillet

500gr. onion

100gr. olive oil

8 eggs

500gr. milk

Pepper to taste

1 bunch of parsley

#### *Preparation*

Crumble the cod fillets removing the skin and bones.

Peel the onions and cut them in fine slices.

Mix the parsley in the bowl for 15 seconds at speed 6 and reserve for later.

Sauté the onion with some oil for 7 minutes at 100°C and speed 1.

Add the cod fish and cook for 5 minutes at 100°C and speed 1.

Add the rest of the Ingredients and cook for 2 minutes, temperature 90°C and speed 2.

Fill a greased dish with this mixture and turned on the other side and decorate with parsley.

## SOLE FILLET IN WHITE WINE

### *Ingredients*

8 fillets sole  
8 mushrooms  
2 cloves garlic  
250gr. white wine  
250gr. liquid cream  
50gr. olive oil  
Salt to taste

### *Preparation*

Clean the mushrooms and cut the in thin slices.  
Put the sole fillets in the steam tray with the mushrooms and reserve for later.  
Mix the garlic cloves in the bowl for 4 seconds at speed 7.  
Add the rest of the Ingredients and program 30 minutes, temperature 100°C at speed 1.  
After 7 or 8 minutes, put the mixing tool in place to cook with for the remaining time.  
Add more salt if necessary.  
Serve the fish in a plate with the mushrooms and sprinkle

## SOLE FILLED WITH TOMATO SAUCE

### *Ingredients*

6 fillets sole  
6 fillets salmon  
Several spinach leaves  
Salt to taste

### *For sautéed Ingredients:*

50gr. olive oil  
100gr. onion  
100gr. red pepper  
100gr. green pepper  
2 cloves garlic

### *For the tomato sauce:*

½kg. finely chopped tomato  
Basil leaves  
1 cube fish stock

### *Preparation*

Clean the fish well and remove the bones.  
On 3 separate strips of transparent paper and put 2 salmon fillets on top on top of 2 sole fillets.  
Add the spinach and season to taste.  
Roll the three strips and tie the ends.  
Put them in the steam tray and reserve for later.  
Put the Ingredients for the sauté in the bowl and cook them for 7 minutes at 100°C at speed 2.  
After this time mix for another 15 seconds at speed 6.  
Add all the Ingredients for the tomato sauce and cook for 30 minutes at 120°C at speed 1.  
After 6-8 minutes put the steam tray in place and cook the fish for the remaining time.  
Reserve for a few minutes after which remove the transparent paper and cut the fish rolls in slices.  
Serve with the tomato sauce on top.



## BOILED HAKE WITH VINAGRETTA

### *Ingredients*

3 boneless fillets hake  
300gr. ripe tomatoes  
3 measuring cups olive oil  
1 measuring cup cherry vinegar  
1 stem small onion  
Salt to taste

### *Preparation*

Cut the onion in the bowl during 6 seconds at speed 5 and reserve for later.  
Add the tomatoes cut in small pieces and mix for 6 seconds at speed 4.  
Put the mixing tool in place and add oil to cook the previous mixture during 30 minutes, temperature 90°C at speed 1.  
Cut the hake in two and put them in the steam tray to cook for the remainder of the time.  
Put the fish in a serving dish.  
Add the vinegar and onion to mix for 2 minutes at speed 1-2 and add more salt if necessary.  
Pour the sauce of top of the fish for serving.

## COD CASSEROLE WITH BÉCHAMEL

### *Ingredients*

600gr. desalted cod  
150gr. olive oil  
600gr. onion rings  
2 cloves garlic  
800gr. boiled potatoes  
250gr. boiled carrots  
4 hard boiled eggs

### *For the béchamel sauce:*

50gr. butter  
40gr. oil  
40gr. onion  
90gr. flour  
700gr. whole milk  
Salt and pepper  
Nutmeg

### *Dressing:*

100gr. seedless olives  
100gr. bread crumbs  
50gr. butter  
Parsley

### *Preparation*

Mix the bread crumbs with butter and parsley for 15 seconds slowly increasing the speed from 5 to 7.  
Put the mixing tool in place and add the oil, onions cut in small pieces, garlic, salt and pepper and heat for 6 minutes at 120°C at speed 1.  
In the mean time, peel the potatoes and carrots and cut them in fine slices to cook in the steam basket.  
Add the eggs also.  
When the previous cooking process is finished, put the steam tray in place and select 20 minutes at 120°C at speed 1.  
Make sure the potatoes are cooked to taste, if not leave to cook for another 5 minutes.  
In a large casserole dish place the fish in different layers where the first layer has the onion, the rest of the oil, half the amount of potatoes and carrots. The second layer has the other half of the carrots and potatoes, some oil, salt and pepper and the eggs cut in slices on top.  
Reserve for later.

*For the béchamel sauce:*

Lightly fry the onion with butter and oil for 4 minutes at 120°C at speed 3.

Add the flour and select 2 minutes, temperature 90°C at speed 3.

Add the milk, salt, nutmeg and black pepper to this mixture and mix for 6 seconds at speed 8.

Cook for 7 minutes at 90°C at speed 3.

Cover the fish in the casserole dish with this mixture and sprinkle the top with grated cheese and butter.

Bake for 15 minutes at 180°C at speed 3 and au gratin until it has a golden brown color.

## DESSERTS

### A CUP OF CHOCOLATE

#### *Ingredients*

300gr. whole milk  
350gr. finely cut chocolate

#### *Preparation*

Put the milk in the bowl and heat during 5 minutes at 100°C at speed 1.  
Put the mixing tool in place and select 5 minutes at 100°C at speed 1.  
Slowly add the chocolate through the continuous feed tube.

### CHOCOLATE SPONGE CAKE WITH NUTS

#### *Ingredients*

100gr. chocolate  
200gr. sugar  
100gr. finely crushed walnuts  
125gr. olive oil  
4 eggs  
2 measuring cups flour  
1 packet yeast

#### *Preparation*

Melt the chocolate in the microwave and reserve for later use.  
Mix the eggs in the bowl during 10 seconds at speed 3 and slowly increase the speed from 5-6-7.  
Add the rest of the Ingredients through the continuous feed tube one at a time until the mixture is smooth.  
Put the mixture in a baking dish and bake in the oven at 180°C for 40 -45 minutes.

### LEMON SPONGE CAKE

#### *Ingredients*

4 eggs  
125gr. yogurt  
200gr. sugar  
125gr. olive oil  
250gr. flour  
Grated lemon skin of 1 lemon  
1 packet yeast

#### *Preparation*

Mix the eggs in the bowl for 10 seconds at speed 3-4.  
Add the rest of Ingredients through the continuous feed tube one at a time until the mixture is smooth.  
Put the mixture in a baking dish and bake in the oven at 180°C for 40 -45 minutes.

### PINEAPPLE CAKE

#### *Ingredients*

4 small slices of pineapple in syrup  
Liquid caramel  
1 pineapple yogurt  
250gr. flour  
200gr. sugar  
1 packet yeast  
4 eggs

#### *Preparation*

Mix the eggs in the bowl for 10 seconds at speed 3-4.

Add the rest of Ingredients, except the pineapple and liquid caramel, through the continuous feed tube one at a time until the mixture is smooth.

Slowly increase the speed from 4-5-6.

Grease a baking dish with butter and pour the liquid caramel in the base of this dish.

Add the slices of pineapple to this dish and pour the previous mixture on top.

Bake in the oven at 180°C for 40 -45 minutes.

### **CHEESE CAKE**

#### *Ingredients*

5 eggs

100gr. Maizena

50 gr. powdered milk

200gr. sugar

250gr. cream cheese

#### *Preparation*

Separate the egg yolks from the egg whites.

Mix the egg yolks in the bowl with the milk for 10 seconds at speed 4-5.

Add the Maizena and mix the egg whites with sugar until snow white at speed 4-5.

Put the mixture in a greased baking dish and bake in the oven at 180°C for 40 -45 minutes.

### **ALMOND SPONGE CAKE**

#### *Ingredients*

3 eggs

200gr. sugar

200gr. flour

75gr. finely crushed almonds

1 packet yeast

#### *Preparation*

Mix the egg in the bowl during 10 seconds at speed 5.

Add the rest of Ingredients through the continuous feed tube and mix until smooth at speed 4-5.

Put the mixture in a greased baking dish and bake in the oven at 180°C for 40 -45 minutes.

### **EGG CREME CARAMEL**

#### *Ingredients*

4 eggs

½litre whole milk

125gr. sugar

Liquid cream

#### *Preparation*

Put the mixing tool in place and beat the eggs to the bowl for 10 seconds at speed 4-5.

Add the sugar through the continuous mixing tube and add the milk.

Mix for 10 seconds at speed 4.

Pour this mixture in a dessert dish and cook with the steam tray in a bain-marie style for 40 minutes.

## ENGLISH CREAM

### *Ingredients*

225gr. milk  
50gr. sugar  
3 egg yolks  
1 vanilla stick

### *Preparation*

Put the mixing tool in place and add all the Ingredients to the jar.

Select 11 minutes, temperature 100°C at speed 1.

Next step, mix for 10 minutes, temperature 120°C and speed 1.

To remove the lumps, mix for 3 seconds more at speed 4.

Leave to cool and serve in different dessert cups.

Perfect for covering cakes or giving the final touches to a dish as well as for making ice creams.

## ORANGE CREME CARAMEL

### *Ingredients*

7 egg yolks  
100gr. condensed milk  
100gr. orange juice  
125gr. sugar  
Orange slices  
Whipped cream  
Liquid cream

### *Preparation*

Put the mixing tool in place and add the egg yolks and sugar to mix for 10 seconds at speed 3-4.

Through the continuous feed tube, add the condensed milk and juice and beat for 10 seconds until the mixture is creamy.

Pour the mixture in a baking tray sprinkled with liquid caramel.

## STRAWBERRY MARMALADE

### *Ingredients*

500gr. strawberries  
400gr. sugar  
50gr. water  
1 freshly squeezed lemon

### *Preparation*

Put the mixing tool in place and add the water, lemon juice and sugar.

Select 7 minutes, temperature 100°C at speed 2.

Add the strawberries and program 40 minutes, temperature 100°C and speed 1.

Leave to cool and place in the refrigerator in a glass jar.

## PEACH MARMALADE

### *Ingredients*

500gr. peach  
400gr. sugar  
50gr. water  
1 freshly squeezed lemon

### *Preparation*

Put the mixing tool in place and add the water, lemon juice and sugar.

Select 7 minutes, temperature 100°C at speed 2.

Add the peaches cut in small pieces and program 40 minutes, temperature 100°C and speed 1.

Leave to cool and place in the refrigerator in a glass jar.

## YOGURT

### *Ingredients*

125gr. yogurt  
1litre milk  
Sugar to taste

### *Preparation*

Put the mixing tool in place and all the Ingredients to the bowl to cook for 5 minutes at 100°C and speed 1.  
Remove the mixing tool and leave to settle with the bowl covered for 8 hours.  
Pour the yogurt in smaller dessert dishes and reserve in the refrigerator.  
For more taste, add fruits, cereals, sugar etc.

## SPONGE CAKE WITH WINE

### *Ingredients*

4 eggs  
200gr. butter (at room temperature)  
200gr. sugar  
250gr. powdered cocoa  
110gr. red wine  
200gr. flour for cakes  
1 packet yeast  
Icing sugar

### *Preparation*

Put the mixing tool in place and mix the eggs and sugar for 2 minutes at speed 2.  
Add the butter and melt for 1 minute at 37°C and speed 3.  
Add the cocoa and wine and mix during 15 seconds at speed 3.  
Add the flour and yeast and program 15 seconds at speed 3.  
Pour the mixture in a bowl lined with baking paper and sprinkle with glaze sugar.  
Bake in the oven for 35-40 minutes at 180°C.

## PRUNE MARMALADE

### *Ingredients*

600gr. yellow prunes  
400gr. sugar  
50gr. water  
1 freshly squeezed lemon

### *Preparation*

Peel the prunes and remove the seeds.  
Place them in the bowl and mix with the lemon for 15 seconds for speed 5-10.  
Slowly add the sugar and select 25 minutes, temperature 120°C and speed 3.  
For a thicker marmalade, allow to cook for a few minutes more until the desired texture is obtained.  
Put in a glass jar and leave to cool in the refrigerator.

## TOMATO MARMALADE

### *Ingredients*

325gr. peeled ripe tomatoes  
250gr. sugar  
3 cloves  
50gr. water

### *Preparation*

Peel the tomatoes and cut them in small pieces.  
Put them in the bowl with the sugar and the cloves and select 20 minutes, temperature 100°C and speed 2.  
Program for another 10 minutes at 120°C and speed 2.  
Leave for 2 to 3 minutes to ensure the desired thickness of the marmalade.  
Remove the cloves; pour in a glass jar and leave to cool in the refrigerator.

## KIWI MARMALADE

### *Ingredients*

500gr. kiwi  
400gr. sugar  
1 tbs. lemon juice  
50gr. water

### *Preparation*

Peel the kiwis and mix in the jar together with the sugar and lemon juice for 15 seconds at speed 5.  
Cook for 30 minutes at 100°C and speed 2.  
Pour the mixture in a glass jar and reserve in the refrigerator.

## SUGAR FREE APPLE CAKE

### *Ingredients*

#### *Dough*

2 golden apples (peeled and seedless)  
1 skimmed natural yogurt  
5 tbs. sweetening  
2 large eggs  
100gr. flour  
1 packet yeast  
1 pinch of salt

#### *For the custard cream*

400gr. skimmed milk  
1 packet custard cream  
2 tbs. sweetening

#### *Toppings*

2 golden apples (peeled, seedless and cut in thin slices)  
200gr. peach marmalade (sugar free)

### *Preparation*

Heat the oven at 180°C and prepare the baking dish by greasing it and sprinkling some flour on it.  
Mix the apples, yogurt, sweetening, one whole egg and the egg white from the other (reserve the yolk for later) for 15 seconds slowly increasing the speed from 5 – 10.  
Add the flour, yeast and a pinch of salt to mix for 4 seconds at speed 3.  
Put this mixture in the baking dish and reserve for later.

In the same bowl, add the previously reserved egg yolk, milk, two tablespoons of sweetening and the packet of custard cream.

Select 7 minutes, temperature 90°C and speed 3.

Pour this mixture very slowly on top of the reserved dough.

Cover the top of the dough with the thin slices of apple and leave to bake for 30 minutes.

Cover the cake with marmalade and leave it in the oven for while with the temperature turned off.

Leave to settle in the refrigerator for at least 4 hours before serving.

## THREE CHOCOLATE CAKE

### *Ingredients*

1 pack Oreos cookies  
2 tbs. margarine  
200gr. black chocolate  
200gr. milk chocolate  
200gr white chocolate  
600gr. liquid cream 35% m.g.  
600gr. whole milk  
240gr. sugar  
3 packets curd

#### *Preparation*

Mix the cookies and the melted margarine in the bowl for 15 seconds at speed 5.

Put this mixture in a baking dish that has an easy to remove base and press it down to form the base of the cake.

Reserve in the refrigerator until stiff.

Clean the bowl with kitchen paper to remove the remainders of the cookies.

For the first layer of chocolate, put the black chocolate in the bowl together with 200gr. liquid cream, 200gr. milk, 80gr. sugar and 1 packet of curd.

Slowly pour the cookies mixture on top and leave in the refrigerator.

When this is set, make some lines in the chocolate with a fork before pouring the second layer.

Rinse the bowl.

For the second layer of the cake, mix the milk chocolate with 200gr. liquid cream, 200gr. milk, 80gr. sugar and 1 packet of curd.

Select 8 minutes, temperature 90°C and speed 3.

Slowly pour the cookies mixture on top and leave in the refrigerator.

When this is set, make some lines in the chocolate with a fork before pouring the second layer.

Rinse the bowl.

For the third layer of the cake, mix the white chocolate with 200gr. liquid cream, 200gr. milk, 80gr. sugar and 1 packet of curd.

Select 8 minutes, temperature 90°C and speed 3.

Slowly pour the cookies mixture on top and leave in the refrigerator.

Leave to settle for 3-4 hours before serving

### **BROWNIE**

#### *Ingredients*

150gr.walnuts

150gr. chocolate

150gr. sugar

2 eggs

100gr. margarine

70gr. flour

1tps. yeast

Salt

#### *Preparation*

Grind the walnuts in the bowl selecting 3 seconds at speed 5-6 and reserve.

Program the kitchen machine for 10 -15 seconds at speed 5-6 and slowly add the chocolate through the continuous feed tube and mix well.

Put the mixing tool in place and mix the sugar and egg for 5 minutes at 40°C and speed 2-3.

Add the butter and the chocolate to mix for 6 seconds at speed 2.

Remove the mixing tool; add the walnuts and program 2 minutes at speed 4.

Grease a baking tray and pour the mixture into it.

Bake for 30- 40 minutes.

### **CATALAN CREME**

#### *Ingredients*

1litre whole milk

8 egg yolks

200gr. sugar

40gr. corn flour

Lemon skin

Orange skin

Cinnamon



#### *Preparation*

Put the mixing tool in place and mix the yolks for 5 seconds at speed 4.

Add the rest of Ingredients to the bowl and select 20 minutes, temperature 100°C and speed 1-2.

Remove the lemon skin and mix for 5 seconds at speed 5.

Put in different dessert bowls and leave to cool before serving.

### **BANANA CAKE**

#### *Ingredients*

4 bananas smashed

100gr. sugar

2 eggs

125gr. butter

200gr. flour

1tps sodium bicarbonate

30gr. Yeast

50gr. whole milk

#### *Preparation*

Melt the butter in the microwave and reserve for later.

Put the mixing tool in place and beat the eggs for 10 seconds at speed 3.

Add the other Ingredients through the continuous feed tube and mix until you have a smooth texture.

Bake in the oven for 45 minutes at 180°C.

### **COCOA SPONGE CAKE**

#### *Ingredients*

200gr. Cocoa

200gr. baking flour

4 eggs

150gr. butter

170gr. sugar

150gr. whole milk

1 packet yeast

#### *Preparation*

Put the mixing tool in place and add the flour, cocoa and yeast to mix for 15 seconds at speed 4.

Reserve for later.

Now, add the eggs and sugar and mix for 3 minutes at speed 4.

Add the butter and mix for another 3 minutes at speed 4.

Mix the milk for 20 seconds at speed 4.

Add the flour mixture together with the cocoa and yeast and mix for 25 seconds at speed 3.

This should result in a smooth and thick cream.

Pre heat the oven to 180°C and grease a baking tin and sprinkle some flour in it.

Pour the mixture into the prepared baking tin and bake for 40 -45 minutes.

### **ORANGE MARMALADE**

#### *Ingredients*

500gr. oranges

400gr. sugar

1 lemon juice

¼ measuring cup water

#### *Preparation*

Cut the oranges in half with the skin and mix them in the bowl for 2 minutes at speed 4.

Reserve for later.

Put the mixing tool in place and add the water, lemon juice and sugar and mix for 7 minutes at 100°C and speed 1.

Leave to cook and reserve in glass jars in the refrigerator.

## RICE DESSERT

### *Ingredients*

1,3litres whole milk  
200gr. puffed rice  
1 cinnamon stick  
150gr. sugar to taste  
Lemon skin shavings

### *Preparation*

Put the mixing tool in place and add all the Ingredients except the rice to cook for 10 minutes at 100°C and speed 1.  
Add the rice and cook for 35 minutes at 100°C and speed 1-2.  
For a thicker mixture, add more milk in the last Preparation step.  
Pour in different dessert bowls and leave to cool before serving.  
Sprinkle some cinnamon powder on top.

## SHAKES & COLD DRINKS

### CHOCOLATE MILK SHAKE

#### *Ingredients*

4 measuring cups milk  
2tbs. sugar  
¾ bowl of cocoa  
8-10 ice cubes

#### *Preparation*

Put all the Ingredients in the bowl and mix at speed 4 until well mixed and the ice crushed.

### ICED LEMON DRINK

#### *Ingredients*

4 -5 lemons  
550gr. water  
200gr. sugar  
850gr. ice

#### *Preparation*

Wash the lemons well and without peeling them cut them in four pieces.  
Mix them in the bowl with water and sugar at speed 4.  
Press the PULSE 5 times to crush the ice.

### STRAWBERRY COCKTAIL

#### *Ingredients*

125gr. strawberries  
1 lemon  
100gr. sugar  
50ml. sparkling water with lemon flavour  
Champagne

#### *Preparation*

Peel the lemon and remove the threads.  
Mix the strawberry and the lemon in the bowl for 30 seconds at speed 4.  
Increase the speed to 8 during 2 minutes.  
Add the sparkling water and mix for 30 seconds at speed 1.  
Finally, add the sparkling water.

### FRUIT SORBET

#### *Ingredients*

800gr. frozen fruits (may be different types of fruits or one only)  
200gr. sugar  
1 lemon (peeled and threads removed)  
1 egg white (optional)

#### *Preparation*

Take the fruits out of the refrigerator 10 minutes before preparing the sorbet.  
Add all the Ingredients to the bowl and select 2 minutes at speeds 5-7-9.  
Add half a measuring cup of water if the fruits are still too frozen for easy mixing.

## KIWI & BANANA JUICE

### *Ingredients*

4 kiwis  
2 bananas  
3litres orange juice  
1 lemon juice  
2 tbs. shavings white chocolate

### *Preparation*

Peel and cut the kiwis and bananas in small pieces.  
Add all the Ingredients to the bowl and mix for 1 minute at speed 5-7-9.  
Leave to chill in the refrigerator  
Sprinkle some white chocolate shavings on top for serving.

## HAWAI COCKTAIL

### *Ingredients*

3 slices pineapple  
½litre sparking water  
½litre white wine  
1tbs. sugar  
4 ice cubes

### *Preparation*

Mix all the Ingredients in the bowl for 30 seconds at speed 5-6.

## KIWI JUICE

### *Ingredients*

5 peeled kiwis  
500ml water  
1 lemon (peeled and threads removed)  
1 measuring cup sweetening  
6 ice cubes

### *Preparation*

Mix all the Ingredients together for 1 minute and slowly increasing the speed from 5 to 10.  
Add the water and mix for 15 seconds at speed 4-5.  
Pour this mixture in a jar with ice, straining to eliminate the seeds of the fruits.

## CHRISTMAS SORBET

### *Ingredients*

2 egg yolks  
110gr. powdered milk  
140gr. crystallized fruits  
60gr. currants  
140gr. sugar  
150gr. sherry or cognac  
Vanilla essence

### *Preparation*

Soak the fruits with the sherry or cognac and strain.  
Put them in the jar and mix for 1-2 minutes at speeds 5-6 and reserve for later.  
Add the yolks to this mixture as well as the sherry, essence, sugar and powdered milk.  
Mix for 3 seconds at speed 1-2.  
Fill the bowl with ice cubes and mix until the desired texture is obtained at speeds 5-7-9.

## SANGRÍA

### *Ingredients*

3 peaches  
1 lemon  
1 orange  
½litre red wine  
150gr. sugar  
50gr. vermouth  
50gr. gin  
50gr. brandy  
¼litre sparkling water  
1tbs. cinnamon powder (optional)  
Ice to taste

### *Preparation*

Peel and cut the peaches in small pieces in the bowl for 3 seconds at speed 3 and reserve in a jar for later.

Peel the lemon and orange and reserve.

Remove the white part of the fruits and add them to the jar to mix with the sugar, lemon and orange.

Select 1 minute and slowly increase the speed from 5 to 10.

Add all the other Ingredients and select 1 minute at speed 1.

Pour this mixture the jar with the peaces and decorate with the orange and lemon skin.

## Breads and Baking

### FOCACCIA

There are many variations to focaccia – use this as your basic recipe.

Tip: halfway through the baking, remove from oven, sprinkle water over the surface of the focaccia then return to the oven. This helps to keep the focaccia moist and tender. Serves 8 to 12.

500 g strong white bread flour  
1 to 1/2 tsp salt plus 1 tsp sea salt or rock salt to sprinkle  
1 tsp sugar  
1 sachet instant yeast or 30 g fresh yeast  
30 g olive oil plus more to drizzle  
350 g warm water plus 50 g extra if using organic flour  
2 Tbsp chopped fresh rosemary leaves

1. Mix flour, sugar, yeast, oil, water and the 2 tsp salt for 20seconds/Speed 6.
2. Knead 2 minutes/Dough Setting. This will be a very wet sticky dough. Pour out and scrape into a lightly oiled bowl. Place the TM bowl back on the base and spin remaining dough off the blades 5 seconds/Speed 6. Scrape out and add to bowl.
3. Leave to rise until doubled in size. This can take between 1 and 4 hours.
4. Tip the dough out on oiled baking tray (about 22 x 33 cm) and spread it out – it helps to flour your hands. Leave to rise about 30 minutes.
5. Make indentations all over the risen dough with your fingertips and sprinkle the dough with extra olive oil, the sea salt and rosemary. Sprinkle water over the surface of the dough. Bake 20 minutes at 220°C/425°F/gas 7. Aga Ovens: Roasting Oven on the rack on the floor.

#### *Variations:*

Fry some red onion in a little olive oil and spread on top before baking.

Sprinkle with parmesan and black pepper before baking.

Add sundried tomatoes at step 1.

### BREAD LOAF OR ROLLS

This is a basic bread recipe which can be varied endlessly. Have fun making and eating the variations. You will save a lot of money by making your own bread.

400 g strong bread flour (white, brown, granary or a mixture)  
1 sachet of instant yeast or 30 g fresh yeast  
1 tsp salt  
1 tsp sugar  
200 g warm water  
50 g olive oil

A loaf tin greased with a little olive oil or a baking tray lined with baking parchment

1. Mix all Ingredients 20 seconds/Speed 3 to combine. The mixture should form a ball and the dough should begin to clean the sides of the bowl. If it is too dry, add a little more water (common with organic flours) and mix a few seconds more.
2. Set the timer for 1+1/2 minutes, put the Speed dial to lid locked position, and press the Dough button. The mixture should end up soft and pliable and a bit tacky.
3. Remove the TM lid, turn the TM bowl upside down, undo the base unit and the dough will drop out, bringing the blades with it. Gather the dough together into a ball. Press lightly into the tin, or make a loaf shape or rolls and place on the baking sheet. Brush lightly with olive oil. Cover with a clean tea towel and leave to rise in a warm place (e.g. an airing cupboard) for about an hour, or until doubled in size. Aga Ovens: Place the tin or baking tray on a folded tea towel on the Aga Simmering Plate lid for the dough to rise.
4. Bake 20 to 30 minutes for a loaf or 10 to 12 minutes for rolls at 220°C/425°F/gas 7. Aga Ovens: Bake in the Aga Roasting Oven on the rack on the floor.

## BREAD WITH SEEDS OR NUTS

1. Make the bread recipe above. Add 100 g seeds and/or nuts before kneading at Step 2.

## WALNUT BREAD

1. Add 100 g walnuts before kneading at Step 2.

## APRICOT AND HAZELNUT BREAD

1. Make the bread recipe, using 270 g granary flour and 130 g white flour instead of the 400 g flour.
2. Add 30 g butter, 80 g toasted hazelnuts, 80 g dried apricots and 2 Tbsp molasses at Step 1.

## CHEESE AND APPLE BREAD

1. Refer to the bread recipe but before Step 1, place 120 g mature Cheddar cut into pieces, and 1 small crisp apple, peeled and cored, into the TM bowl. Chop 5 seconds/Speed 7.
2. Add flour, yeast, sugar, salt, olive oil as in the bread recipe, plus 50 g roasted salted peanuts (optional), 30 g butter and 1/4 tsp pepper.
3. Replace the water with 1 egg plus enough milk to make up the 200 g weight. Mix, knead and bake as in the bread recipe.

## APPLE CRUMBLE

A true English classic, this is lovely served with vanilla ice cream (page 199.) or crème anglaise (page 189).

200 g plain flour  
100 g butter or margarine, in pieces  
100 g sugar  
500 g apples, peeled, cored, sliced  
1 tsp cinnamon  
Extra sugar for the apples

1. Weigh flour and butter into TM bowl. Turbo pulse until crumbs.
2. Add sugar. Turbo pulse a few more times to mix.
3. Place apples into an ovenproof dish, sprinkle with cinnamon and extra sugar to taste. Cover with crumble topping.
4. Bake at 180°C/350°F/gas 4 until golden, and bubbling at the edges. Aga Ovens: Bake in the Aga Roasting Oven on the rack on the floor until golden, and bubbling at the edges. Insert cold plain shelf if browning too quickly.

## GLUTEN FREE BREAD

This gluten free bread is made with yeast and the gluten free flour on the next page. It has much better cutting and taste qualities than the gluten free loaves one can buy in a supermarket.

2 Tbsp granulated sugar  
130 g gluten free flour (you must use flour from the following recipe for this bread to work well)  
1/2 tsp salt  
1+1/2 tsp xanthum gum  
1 tsp unflavoured gelatine granules  
1/2 TM Measuring Cup finely ground almonds or 30 gm dry milk power  
30 g fresh yeast or 2 tsp instant yeast  
2 eggs  
3 Tbsp margarine or butter or 45 g olive oil  
1/2 tsp dough enhancer or vinegar  
2 tsp honey or molasses  
200 g warm water

1. Place all Ingredients into the TM bowl. Mix 20 seconds/Speed 4.
2. Scrape down the sides of the TM bowl with the spatula. Knead 2 minutes/Dough Settings. Scrape dough out of bowl into a greased and floured 1+1/2 loaf tin or drop into mini loaf tins or muffin tins or shape the whole amount of dough into a flatter loaf and place in a greased round cake tin.
3. Lightly oil the top of the buns/loaf. Cover with a clean tea towel and leave in a warm place to rise until doubled in size.
4. Bake loaf at 200°C for 50 to 60 minutes. (Cover loosely with foil after the first 10 minutes to prevent overbrowning.) Baker rolls 10 to 15 minutes. Aga Ovens: Bake loaf on rack on the floor of the Roasting Oven for 10 minutes. After this first period of baking, slide the cold plain shelf onto the runners so there is a 3" (8cm) gap above the loaf. Turn the pan if necessary to prevent too much browning. Bake for a further 22 to 25 minutes (15 to 20 minutes for the cake tin loaf.) Bake rolls 10 to 12 minutes in the same place in the Roasting Oven (no cold plain shelf required).

## GLUTEN FREE FLOUR

Use in cake recipes or in the gluten free bread recipe on the preceding page.

250g rice flour  
250g tapioca flour  
250g corn flour  
2 tsp potato flour

1. Place a large bowl on top of the Thermomix lid. Into this bowl, weigh the flours.
2. Stir flours together gently until thoroughly mixed and store in a sealed bag or storage jar in a cool place or in the fridge.

Tip: you can make your own rice flour by grinding 250g rice for 3 minutes/Speed 10.

## CHOUX PASTRY

Perfect for savoury or sweet choux buns, e.g. for little appetisers with various fillings or for profiteroles. Thermomix choux pastry is very light. Try Mark Walker's spinach variation too. He's Executive Chef at the Macdonald Old England hotel in Windermere.

150g water (or 130g water and 50g spinach)  
80g butter  
1 tsp salt  
(1 Tbsp sugar for sweet choux pastry)  
120g plain flour  
3 eggs

1. Mix and heat the water, (save the spinach for later if using), butter, salt and sugar if using 5 minutes/100 / Speed 1.
2. Add the flour and mix 1+1/2 minutes/Speed 3.
3. Take the TM bowl off the machine, and plunge the base of the bowl into cold water for 30 seconds to cool the mixture slightly. Dry the outside and underside of the TM bowl.
4. Add the eggs, one at a time through the hole in the TM lid onto the running blades at Speed 5, then continue to mix 30 seconds/Speeds 5.
5. (Add spinach if using and mix 30 seconds/Speed 5.) Turn out. Shape and bake as required for your recipe.



## FERGOSA

This is a delicious Italian bread (Canadian style!) which will disappear before your eyes when it comes out of the oven. Serves 4 to 6.

280g cheddar cheese, in 2cm chunks, weighed as 200g and 80g  
150g onions, peeled and quartered  
1 Tbsp butter  
120g flour  
1 tsp baking powder  
Pinch of salt  
60g milk  
20 to 30g olive oil  
1 egg  
1 Tbsp poppy seeds

1. Pre-heat oven to 220°C/425°F/gas 7. Drop 200g cheddar chunks onto the running blades at Speed 6. Stop immediately. Tip out and reserve.
2. Drop the onion onto the running blades at Speed 5 and switch off after about 3 to 5 seconds.
3. Scrape down the sides of the TM bowl with the spatula. Add the butter and saute 5 minutes/100 /Speed 1. Scrape out and reserve.
4. Weigh the flour, baking powder, salt and 80g cheddar chunks into the TM bowl. Pulse with the Turbo button several times to chop the cheese into the flour.
5. Add the milk and 20g olive oil. Knead 30 seconds/Dough Setting, stopping to add more oil if it looks dry. It should cling together. Tip the dough out into a 20 to 23 cm pie tin and pat out evenly with lightly oiled hands.
6. Combine the egg and the reserved 200g chopped cheddar with a fork and spread evenly over the dough. Sprinkle the onion and butter mixture over the top and sprinkle with poppy seeds.
7. Bake 20 minutes. Aga Ovens: Bake 20 minutes in the Roasting Oven placing the pie tin directly on the floor of the oven.

## SCONES

These scones are amongst the best! Tip: When using a biscuit cutter on scone dough, do not twist it or your scones will not rise evenly. Just press straight down and lift straight up, shaking cutter to loosen dough if necessary. Lovely with strawberry jam (page 164) and whipped cream (page 205)

450g organic plain or strong white flour  
3 tsp baking powder  
120g butter or margarine made with olive oil, e.g. Bertolli  
50g sugar for sweet scones or 1/2 tsp salt for savoury scones  
250g milk

1. Pre-heat the oven to 230°C/450°F/gas 8.
2. Knead all the Ingredients 20 seconds/Dough Setting.
3. Scrape down the sides of the TM bowl then knead again 10seconds/Dough Setting.
4. Turn the TM bowl upside down on a floured surface and release the blades to allow the dough to drop out. Pull dough carefully off the blades. Pat the dough gently into a round shape about 1.5cm thick and cut into triangular pieces or cut rounds with a biscuit cutter, then arrange on a baking tray lined with baking paper.
5. Bake for 10 to 15 minutes until lightly golden. Aga Ovens: Bake 9 to 12 minutes on rack set on lowest set of runners in the Roasting Oven. Serve warm or cool, ideally on the day they are made.

Variations: Try adding a handful of raisins, sultanas, currants or mixed dried fruits. More ideas: grate some cheddar cheese into the flour before kneading; Cheese and sun-dried tomatoes; Herbs; Cheese and dates; Blue Cheese and apricots; Cheese and apple; Parmesan.

## MILK ROLLS, BURGER BUNS, FINGER ROLLS

If you make these for a bar-b-que or dinner party, your friends will be amazed. They are light and delicious. Make 12 large burger buns or 12 finger rolls or 20 milk rolls.

650g strong white bread flour  
1 level Tbsp salt (yes, this is the correct amount)  
2tsp caster sugar  
50g unsalted butter, diced  
1 sachet instant yeast or 30g fresh yeast  
400g milk plus 3 Tbsp extra to glaze  
1 large egg  
Sesame seeds to sprinkle – optional  
Salt to glaze  
Greased baking sheets

1. Mix the flour, salt, yeast and sugar 5 seconds/Speed 10. Add the butter and Turbo pulse a few times until the mixture looks like breadcrumbs.
2. Lightly beat the egg in a jug and add the 400g milk. With the blades running at Speed 3, add the liquid slowly through the hole in the TM lid to form a soft but not sticky dough. If the dough feels sticky add a little more flour; if there are dry crumbs in the bowl add a little more milk.
3. Knead 3 minutes/Dough Setting until silky and pliable. Put dough into an oiled bowl, cover with clingfilm or a tea towel and leave to rise in a warm place until doubled in size.
4. Turn out the dough on a floured surface and punch down to deflate. Divide into 12 equal pieces. To make round buns (i.e. burger buns), shape the dough into balls. Gently flatten to make a burger bun about 10cm across. To make long (hot dog or finger) rolls, shape each piece into a sausage shape about 15cm long and gently taper the ends by squeezing with your hands. To make the milk rolls, divide into 20 balls.
5. Place the rolls on the baking sheets with space between them to allow for rising, cover with a tea towel or oiled clingfilm and let rise about 45 minutes, until doubled in size.
6. Uncover the dough and brush the rolls with the 3 Tbsp milk mixed with a little salt then sprinkle with sesame seeds. Bake for 5 minutes at 230°C/450°F/gas 8. Aga Ovens: Bake in the Roasting Oven on the rack on the floor.
7. Lower the oven temperature and bake another 5 to 10 minutes until golden brown at 200°C/400°F/gas 6. Aga Ovens: insert cold plain shelf 2 sets of runners above the top of the rolls. As soon as they come out of the oven, cover the rolls with a clean tea towel to help keep the crusts soft. Cool on a wire rack.

Variation: Bake as a loaf. This bread is tender, similar to a brioche.

## PITTA

Pitta breads are quick to make as they don't need any rising time. They can be served warm or cold, stuffed with hummus (page 40), salad, koftas, falafel, or any number of other fillings. Makes 8.

400g strong white and/or strong brown flour  
1 sachet instant yeast or 20g fresh yeast  
10g salt  
10g olive oil plus a little extra  
240g water

1. Pre-heat oven and a large baking sheet to 230°C/450°F/gas 8.
2. Mix all Ingredients 20 seconds/Speed 5.
3. Knead 3 minutes/Dough Setting. Tip out and put the dough into an oiled bowl, cover with a tea towel or oiled cling film and leave to rise in a warm place until doubled in size.
4. Divide the dough into 8 equal balls and flatten them to very thin ovals, about 6mm thick. Place on the hot baking sheet and bake for 6 minutes until well risen and a pale gold colour. They puff up and form a pocket. Aga Ovens: bake pitta breads directly on the floor of the Roasting Oven.
5. Remove from the oven, cool slightly then immediately place in a tightly closed plastic bag for at least 15 minutes to soften and flatten slightly.

Variation: Chop some garlic and/or chillies into the flour before mixing.

## FRENCH BREAD

You will be amazed how good home-made French bread can be. Use it to make garlic bread, too. Makes 2 baguettes.

1 Tbsp granulated sugar  
650g strong white flour  
2 tsp salt  
30g fresh yeast or 1 sachet instant yeast  
500g water  
1 egg white to brush  
1 Tbsp water

1. Mix first five Ingredients 20 seconds/37°C/Speed 3 until the dough has formed into a sticky mixture. Scrape down the sides of the TM bowl with the spatula and mix again a few seconds.
2. Knead 2 minutes/Dough Setting. Scrape the dough into a large bowl, greased with olive oil or butter, cover with a tea towel and leave in a warm place to rise until doubled in size.
3. Punch the dough down and knead all the air out of it. On a floured surface divide into 2 portions and roll each into a 30X40cm rectangle. Roll up from the long side and pinch to seal. Press the ends to taper and place each loaf, seam side down, on a greased baking sheet or French bread form.
4. Beat the egg white and water with a fork in a small bowl and brush over the loaves. Cover with a tea towel and leave to rise again, until doubled in size.
5. With a very sharp knife, make 3 diagonal cuts 3mm deep, across the top of each risen loaf. Bake 40 to 45 minutes at 190°C/375°F /gas 5. Aga Ovens: Bake in the Baking Oven 40 to 45 minutes or bake in Roasting Oven on the rack on the floor, about 20 minutes, turning pan half way through baking time.

## QUICK PUFF PASTRY

Very easy to make, and to work with, this pastry truly puffs into many layers. Can be doubled easily – you can use one portion and freeze the other for another day.

150g plain flour  
150g butter, diced and put in the freezer for at least 10 minutes  
75g chilled water  
Pinch of salt

1. Mix all the Ingredients 15 seconds/Speed 6.
2. Mix 10 seconds/Speed 2/Reverse Blades Direction and turn out the pastry onto clingfilm. Wrap and chill in the fridge for 1 hour or in the freezer for 20 minutes until firm but not frozen.
3. Roll the chilled dough into a rectangle and fold into 3 by folding the bottom third up and the top third down.
4. Turn the pastry so that the folds are at the sides and roll out again into a rectangle and fold into 3.
5. Repeat Step 3 and 4 three or more times to give many layers. If the pastry becomes sticky, place in the freezer for 10 minutes before each rolling. Use and bake in a hot oven according to your recipe.

## SABLEE PASTRY

This pastry is perfect for sweet tarts. Inspired by a Raymond Blanc recipe. Enough for 1 tart base, 28cm diameter.

50g sugar  
150g plain flour  
130g butter, diced  
25g whipping cream  
2 egg yolks  
Pinch of salt

1. Put the sugar in the TM bowl and grind 10 seconds/Speed 9.
2. Add all the other Ingredients except the flour and mix 20 seconds/Speed 4.
3. Add the flour and Turbo pulse briefly a few times until JUST clinging together. Turn out and chill the pastry 30 to 40 minutes in the fridge before rolling out.

## SHORTCRUST PASTRY

A reliable recipe from my Scottish grandmother. Makes enough for a bottom pastry for a 20 cm pie. See tips below for larger amounts.

80 g chilled butter, diced and put in the freezer for at least 10 minutes

150 g plain flour

Pinch of salt

50 g chilled water

1. Chop the butter into the flour and salt 10 seconds / Speed 8.
2. Add the water. Turbo pulse briefly a few times until JUST clinging together. Turn out and chill the pastry 30 to 40 minutes in the fridge before rolling out or pressing into the pie or tart tin.

Tip: to make the right amount for lining a 28 cm tart tin, use 200 g flour, 100 g butter, pinch salt, 70 g chilled water.

Tip: to double or triple the quantity, double or triple all Ingredients. Chop the butter into the flour and salt 20 seconds / Speed 8. Add the water and mix at Speed 6 until JUST clinging together. Turn out and chill the pastry 30 to 40 minutes in the fridge before rolling out or pressing into the pie or tart tin.

## FILO PASTRY – STRUDEL PASTRY

I never bothered making filo pastry before having a Thermomix. Now I always use home-made filo as it is so easy to handle and bakes beautifully. Do roll it very thin-in Vienna it is said that one should be able to read a love letter through strudel pastry!

130 g plain white flour

30 g butter

Pinch of salt

50 g water plus more as needed

Up to 250 g melted butter for brushing

1. Put flour, butter, salt and 50 g water into the TM bowl and mix on Dough Setting until a soft
2. pliable dough forms. Watch through the opening and add a little more water if needed to make it soft and pliable.
3. Leave the dough to rest wrapped in cling film in the fridge for 30 minutes.
4. Roll out on a patterned tablecloth or pillowcase dusted with flour. Keep rolling gently until the
5. pastry is thin enough to see the pattern of the cloth.
6. Use and bake according to your recipe.

Tip: a filling must be cold before putting it onto the filo pastry.

Suggestion: Brush with melted butter and put the filling you are using on the first quarter of the pastry. Roll up gently, folding in the sides and brushing each piece of exposed pastry with more melted butter.

## HOT WATER CRUST

Hot water crust is traditionally used for pork pies and game pies. This pastry should be used while it is still warm.

70 g lard

1/2 tsp salt

3 Tbsp water

3 Tbsp milk

250 g plain flour

1. Put the lard, salt, water and milk into the TM bowl. Heat 3 minutes/90°C/Speed 2.
2. Place a cereal bowl on the TM lid. Set weighing scales to zero and weigh the flour into the bowl. Turn blades to Speed 2 then add the flour 1 Tbsp at a time through a jam funnel set in the hole in the TM lid, until all the flour is incorporated.
3. Scrape down the sides of the TM bowl with the spatula and mix again 5 seconds/ Speed 5.
4. Knead 1 minute/Dough Setting. If your filling is not quite ready, wrap the dough in a clean tea towel for up to 30 minutes to stop it drying out. Bake according to your recipe.

## VETEBROD

Vetebrod is a fragrant loaf from Sweden. It is sliced almost all the way through before baking, with each slice pulled alternately to left and right. This is a delicious and beautiful loaf. Serves 8 to 12. Vetebrod

### *Bread*

10 green cardamom pods  
300 g strong white bread flour, divided 100 g and 100 g  
1/2 tsp salt  
30 g sugar  
1 sachet instant yeast or 20 g fresh yeast  
50 g unsalted butter, diced  
150 g milk  
icing sugar to dust

### *cinnamon filling*

50 g unsalted butter  
50 g light muscavado sugar  
1 tsp ground cinnamon

1. Loosen the dark seeds from the cardamom pods 15 seconds/Speed 4/Reverse Blade Direction. Discard the husks.
2. Add the 100 g flour to the cardamom seeds and grind 20 seconds/Speed 10 until powdered.
3. Add the remaining 200 g flour, salt, sugar, yeast, butter and milk. Mix 30 seconds/37°C /Speed 3 until it leaves the sides of the bowl clean.
4. Knead 2 minutes/ Dough Setting, turn out into a greased bowl, cover with clingfilm and let rise in a warm place until doubled in size, about 1 hour. Meanwhile wash and dry the TM bowl.
5. Add all the Ingredients for the filling. Mix at Speed 5 until blended and creamy.
6. Turn out the risen dough onto a lightly floured board and punch down twice to deflate. Pat or roll out a 30 cm square, spread evenly with the filling and roll up tightly like a swiss roll. Pinch the seam well to seal and with the seam underneath, put onto a baking sheet lined with baking parchment. Slice the roll almost all the way through (still connected at the bottom of the roll ) at 1 cm intervals. Then pull the slices to right and left alternately. Cover with a tea towel or oiled cling film. Let it rise until doubled in size.
7. Pre-heat the oven to 200°C/ 400°F/ gas 5. Uncover the dough and bake for 20 minutes until firm and golden. Aga Ovens: Bake 25 to 30 minutes in Baking Oven, or bake 15 to 18 minutes in Roasting Oven on rack placed in lowest set of runners with cold plain shelf placed two sets of runners above the slices. Remove to a wire rack, cover with a tea towel and let cool. Dust with icing sugar before serving.

## SOUTHERN CORNBREAD

Cornbread muffins are delicious spread with butter and honey. They are a favourite in the States. For a more savoury cornbread, use just 1 tsp sugar.

210 g fine cornmeal ( sometimes sold as polenta meal )  
140 g plain flour  
20 g sugar  
1 Tbsp baking powder  
1 tsp salt  
150 g butter  
400 g milk  
2 eggs

1. Pre-heat oven to 200°C/400°F/ gas 5. Mix the cornmeal, flour, sugar, baking powder and salt 10 seconds / Speed 5 and tip out into a bowl.
2. Melt the butter 2 minutes/ 90°C/ Speed 3.
3. Add the milk and eggs and mix 15 seconds/ Speed 5.
4. Tip in the flour mixture and mix a few seconds / Speed 4 just until combined. Do not over mix.
5. Pour the batter into a greased loaf tin or muffin pans and bakes 35 to 40 minutes for the loaf and 18 to 20 minutes for muffins. Aga Ovens: Bake on the rack set on the floor of the Roasting Oven 25 minutes for the loaf, 12 to 15 minutes for the muffins, with the cold plain shelf placed two sets of runners above the tin or pans at start of baking. Cool on a rack in the tin or pans for 5 minutes, then remove and cool completely on the rack.

## CHOLLAH

Many thanks to my friend Sigal Ivry for this recipe. She regularly impresses all her friends by serving home-made chollah bread made in her Thermomix. It's a lovely start to the Sabbath.

400 g strong white bread flour  
1 tsp salt  
1 sachet instant yeast or 20 g fresh yeast  
200 g warm milk  
1 large egg  
30 g butter  
40 g honey  
Beaten egg to glaze  
Poppy seeds to sprinkle

1. Mix all Ingredients 20 seconds / Speed 3.
2. Knead 2 minutes / Dough Setting. Remove the dough and put it into a large oiled bowl, cover and leave to rise in a warm place about 1 hour until doubled in size.
3. Turn out on a floured surface and punch down the dough. Divide into 3 portions and roll each into a long sausage. Plait together loosely on a greased baking sheet, tucking the ends underneath.
4. Pre-heat the oven to 220°C/425°F/ gas 7. Leave the plaited Chollah to rise in a warm place until doubled in size. Brush gently with beaten egg and sprinkle with poppy seeds.
5. Bake for 20 minutes until golden brown. Aga Oven: bake 20 minutes on the rack standing on the floor of the Roasting Oven.

## YORKSHIRE PUDDING

This Yorkshire favourite is a must with roast beef and gravy. In times of scarcity, it was served with gravy before the meat course to fill everyone up. Makes 8.

2 large eggs  
150 g plain flour  
400 g milk  
Salt and pepper  
Lard, goose or duck fat, or oil for baking tin

1. Pre-heat oven to 230°C/450°F/ gas 8.
2. Mix eggs, flour, milk, salt and pepper 12 to 15 seconds / Speed 6. Check the consistency: the batter should be the consistency of single cream. If it is too thick, add a little more milk and mix again a few seconds.
3. Place tins with 1/2 to 1 tsp fat in each muffin or Yorkshire pudding cup into the hot oven ( Aga Oven: Aga Roasting Oven ) until the fat is hot, about 5 minutes.
4. Carefully take hot tins out of the oven then pour in the batter and cook individual puddings 15 to 20 minutes or one large pudding for 30 to 40 minutes until brown and well risen. Aga Oven: Bake individual Yorkshire puddings in the top half of the Roasting Oven. Bake one large Yorkshire pudding in the middle of the Roasting Oven.
5. Serve immediately with lots of gravy.

## BÁSIC BREAD RECIPE

### *Ingredients*

175gr. Water  
310gr. Baking flour  
20gr. Oil  
15gr. Yeast  
1 tps. Salt

1. Mix the water, oil and yeast for 2 minutes at 37°C and speed 2.
2. Add the flour and the tablespoon of salt and mix for 10 seconds at speed 6. Mix for another 2 minutes at speed 10.
3. When this is finished, make sure that the dough does not stick to the walls of the bowl. The perfect mixture has to be flexible and not too sticky.
4. If the mixture is sticky, then add a bit more flour.
5. On a floured surface knead the dough a bit to form a round shape that will be the loaf of bread.
6. Brush with a bit of oil and sprinkle with some flour.
7. Place in a round baking tray, previously well-greased.
8. Make some light cuts in the dough.
9. Place in the oven without preheating at 220°C and cook for 40 minutes.

## WHOLE WHEAT BREAD

### *Ingredients*

100gr. Water  
20gr. Fresh yeast  
5gr. Sugar  
130gr. Baking flour

### *Preparation*

Mix the water, yeast, sugar and flour in the bowl for 30 seconds at speed 4.  
Allow to rest until the mixture has fermented.

### *Ingredients for the bread*

100 gr. Baking flour  
190gr. Whole wheat flour  
30gr. Wheat bran  
10gr. Salt  
150gr. Milk  
50gr. Pork margarine (pork fat)  
10 gr. Sesame seeds

1. Once the previous mixture has fermented, add the baking flour, the whole wheat baking flour, wheat bran, yeast, salt, and milk and pork margarine.
2. Mix for 15 seconds at speed 6 and continue mixing for another 2 minutes at speed 10.
3. Sprinkle some sesame seeds put the dough mixture on top in a cylindrical form.
4. Grease a bowl with some oil and place the dough making sure that all the corners are filled.
5. Allow the dough to rise in a closed place until it has doubled its size.
6. Preheat the oven at 200°C and cook for about 30 minutes.
7. When cool, wrap in transparent film and keep in a fresh and dry place.

