

# Cook EXPERT magimix®

Cooking made easy  
300  
easy  
recipes  
From starters to desserts



MARABOUT

Recipes & photographs Sandra Mahut



Cook  
EXPERT  
magimix®



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# COOK LIKE A PROFESSIONAL

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The Multifunctional Food Processor  
is brought to you by Magimix.

Invented in Burgundy over 40 years ago,  
it has revolutionised the catering industry.

The world's top restaurants use the professional  
versions of our products.

Always at the cutting edge of innovation,  
Magimix brings you a multifunctional  
cooking food processor:  
Cook Expert.

It will help you make everyday  
meals for the family as well as more elaborate  
dishes to impress your friends.



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## COOKING MADE EASY

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### Multifunctional

You can use the metal bowl for all your culinary needs: cooking, baking, blending...

In just three easy steps, the 3 transparent bowls adapt the machine into a fully functional Food Processor. The high-precision attachments provide an efficient cutting action, for chopping, slicing or grating.

### Simple

The large integrated screen is user-friendly, with 12 automatic programmes to manage the various tasks for you. It can be programmed from 5 seconds to 2 hours. It will even tell you when everything is ready!

### Quick and precise

Induction cooking raises the temperature quickly and precisely. The temperature ranges from 30 °C to 140 °C adaptable by 1 °C.

There are 18 speeds, including 2 intermittent speeds, for mixing all your ingredients, even the lightest.

### Large capacity

It can prepare dishes to serve 6 to 8 people (e.g. up to 2.5 litres of soup or 1.4kg of carrots). Small portions can also be made using the mini bowl and mini blade.

### Expert

For those who want to create or adapt their own recipes, we have developed the Expert programme: set the time, speed and temperature —you are the Chef!



**Cook and blend soups**  
2 options to suit your taste: puréed or creamed (smooth, without chunks).



**Whisk**  
Beat egg whites for a mousse or meringues. It also whips cream.



**Grate**  
Grate fruit, vegetables or cheese using the 2 or 4mm disc.



**Slow cook**  
One-pot meals for all the family.



**Sorbets**  
Produce sorbets quickly using frozen fruit.



**Slice**  
Slice fruit or vegetables using the 2 or 4mm disc.



**Steam cook**  
Healthy cooking to retain flavours and nutrients.



**Smoothies and milkshakes**  
Just like a blender.



**Mini Bowl**  
Small quantities for sauces, dips, etc.



**Knead, mix**  
Bake programmes: bread/brioche or pastry/cake.



**Crush**  
Make granitas or cocktails in just a few minutes.



**Chop**  
Sabatier® metal blade for precision chopping.



## TOP-QUALITY...

.....

**Fruit and vegetables:** use seasonal produce for maximum flavour and nutrition.

**Meat and fish:** choosing the right cut of meat and type of fish is essential to the success of the recipe; it is better to choose quality over quantity.

**Eggs:** before whisking, egg whites should be at room temperature. They should also be extra-fresh if they're going to be eaten uncooked in a mousse...

We recommend medium-sized eggs for our recipes: 60g or 50g without the shell, unless otherwise stated.

## ESSENTIALS

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### In your store cupboard

**Seasonings:** rapeseed oil, olive oil, wine vinegar, cider vinegar, rice vinegar, tomato sauce, tomato puree, coconut milk, soy sauce, fish sauce, passata, Tabasco®.

**Grains and legumes:** wheat, green and red lentils, polenta, quinoa, bulgur.

**Herbs and spices:** paprika, nutmeg, cumin, turmeric, chilli, curry, cinnamon, salt, sea salt, pepper (preferably 5 peppercorn blend, which has more flavour), chicken stock cubes, fish stock, miso stock, garlic, shallots and onions.

**Flours and baking powders:** plain flour for cakes, strong bread flour for bread and brioche, baking powder, easy blend yeast, cornflour.

### In your refrigerator

Milk, butter, eggs, single cream, mustard, Parmesan, soft fresh cheese such as Philadelphia®, lemons, *lardons*, fresh herbs (basil, mint, parsley), filo pastry, wasabi (Japanese horseradish), tahini (sesame seed paste available from organic food stores).

**Pasta and rice:** round risotto rice, long-grain and wholegrain rice, spaghetti,



macaroni, penne, rice vermicelli.

**Jars and tins:** sundried tomatoes, olives, cornichons, tuna, peeled tomatoes, white or red beans, chickpeas...

**Sugar:** caster sugar, brown sugar and icing sugar.

**Other:** gelatine leaves or agar-agar, ground almonds, vanilla pods, cooking chocolate, dried fruit and nuts: raisins, pine nuts, pistachios, walnuts, etc.

### In your freezer

Vegetables (garden peas, green beans, mushrooms), prawns, fillets of fish, herbs (dill, chives, coriander, chervil), a few exotic ingredients (lemongrass, fresh ginger, Thai basil, small red chillies, kaffir lime leaves), frozen fruit.

## ...INGREDIENTS

.....

**Flour:** if you use a type of flour other than the one in the recipe, you may not get the same result and you may have to adjust the amount of liquid.

**Yeast:** We always recommend using easy blend yeast for convenience.

**Cream:** opt for double cream (minimum 32% fat content), especially for whipping. It has more flavour and volume when whipped, than a lighter cream.

## QUICK AND EASY IDEAS

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### Soup



Use 1kg of vegetables per litre of liquid (water or stock). Chop the vegetables into large pieces, add the liquid and run the cream or puréed soup programme. For a thicker consistency, reduce the amount of liquid.

### Puréeed vegetables

Chop 800g vegetables into 2-3cm pieces. Cook in the steamer basket for 20 to 30 minutes. Keep some of the steaming liquid and discard the rest. Add the vegetables, a little cream, butter or olive oil and process for 3 minutes/speed 13. For a gourmet version, pour the puree into a gratin dish, add any leftover, chopped meat or fish, sprinkle with grated cheese and brown in the oven for 20 minutes at 180°C (170°C fan, gas mark 4).

### Steamed meals

Simple, healthy and quick, not only for diets. Add spices or herbs to water (500ml) to flavour food while steaming. Savoury *papillotes* of fish on a bed of chopped vegetables, olive oil, salt and pepper... Sweet-diced fruit with a little honey, sugar or chocolate.

### Mixed salads

Use the food processor programme to quickly make mixed salads, with grated or sliced *crudités*, a little diced chicken or tuna, an egg, croutons...

### Quick desserts

Milkshakes, sorbets, fruit carpaccio...in less than 5 minutes. Mini desserts (*financiers*, muffins, etc.) can also be made and frozen before baking.

## HOW TO READ THE RECIPES

# THREE-CHEESE SOUFFLÉ

Quick reference recipes



PREP TIME: 10 min

COOKING TIME: 40 min Selection of programmes

SERVES 4/6

PROGRAMMES: ATTACHMENT:

Attachments to use

100g Parmesan, diced                      2 tbsp plain flour  
100g Cheddar (or firm cheese), diced    300ml whole milk

The recipes are prepared in the metal bowl, except if the Food processor programme is used. Always leave the cap in the lid, unless otherwise specified in the recipe.

The weight of the fruit and vegetables given in the recipes refers to peeled and seeded ingredients. As always, adjust seasoning suggested in the recipes to your taste.

The words followed by an asterisk\* are explained in the glossary (p. 348–351).

Tsp = teaspoon and tbsp = tablespoon

The below ingredients might have a different name in your country:

courgette = zucchini

aubergine = eggplant

mangetout = snow peas

## ADAPT YOUR OWN RECIPES

Be inspired by cookery books and invent your own recipes.

**The mixing and cooking times may vary depending on the temperature, thickness or variety of the ingredients used, adjust if necessary.**

The steam cooking times are given for a specified quantity, with warm water (around 20 °C), but do not exceed the amounts given in the instructions. These times may vary depending on the freshness or thickness of the ingredients. Check and continue cooking if necessary.

**Every oven is different: check and adjust the cooking time if necessary.**



View and share recipes, hints and tips on

[www.magimix.uk.com](http://www.magimix.uk.com)

[www.magimix.com.au](http://www.magimix.com.au)

Free Magimix Cook Expert app for mobiles and tablets

## INSTRUCTIONS

### Steam cooking



Fish	600g (4 fillets, approx. 2-cm thick)	20 min	-	100 °C
White meat	600g (4 chicken breasts)	25 min	-	100 °C
Vegetables	400 to 600g (diced or sliced)	20 - 40 min	-	110 °C
Potatoes	600g cut into 2- to 3cm pieces Whole unpeeled Ratte potatoes	30 - 40 min	-	110 °C
Rice	300g: place 1 glass of rice per 1 glass of water in a stainless steel bowl suitable for use in the steamer basket	25 min	-	110 °C

### Blender

Crush*	Max 300g (15/20 cubes)	AUTO	-	
Frozen dessert*	Max 400g of frozen fruit, in 2cm cubes	AUTO	-	

### Bake

Bread/Brioche	Bread: max 800g** Leavened bread (brioche): max 600g**	AUTO	-	
Pastry/Cake*	Pastry (e.g. shortcrust): max 1kg	AUTO	-	
Whisk	2 to 6 whites/put the whisk into the clean and dry bowl without the cap in the lid	AUTO	-	

### Expert

Onions, shallots	1 to 4 bulbs, quartered	20 sec	13	-
Hard cheese	200g, in 2cm pieces	30 sec	15	-
Hazelnuts, Almonds	250g whole	20 sec	15	-
Icing sugar	200g caster sugar	1 min	18	-

### Food processor

Chopped, grated	1.4kg of vegetables	AUTO	-	
Minced meat	1.4kg of meat chopped into 2- to 3cm pieces	AUTO	-	

\*You can stop the programme before the end, if the ingredients have already reached the desired consistency.

\*\*Maximum dough weight.





## QUICK RECIPES



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# APPETISERS



# CHEESE AND BACON MUFFINS

PREP TIME: 15 min

COOKING TIME: 15 min

MAKES 10 MUFFINS

PROGRAMMES:  

6 rashers bacon	100ml milk
70g aged cheddar or other hard cheese	50ml olive oil
180g bread flour	2 tsp salt, 5 peppercorn blend
2 tsp baking powder	60g ricotta
3 eggs	1 sprig* rosemary, leaves removed and finely sliced*

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Cook the bacon in a frying pan, without adding any extra fat; drain, chop and set aside.
- 3 Cut the cheese into 2-3cm cubes, place in the metal bowl and run the EXPERT programme (without heating) for 30 seconds/speed 15, then set aside.
- 4 Put the flour, baking powder, eggs, milk, oil, salt and pepper in the metal bowl and run the PASTRY/CAKE programme. About 15 seconds before it ends, press Stop, and push the batter down if necessary, then add the cheese, ricotta, chopped bacon and the rosemary. Restart the programme by pressing Auto.
- 5 Spoon the batter into a muffin tin and bake for 15 minutes.

## CHICKEN, BASIL AND ROAST TOMATO muffins

Replace the cheese, bacon and rosemary with 150g chopped cooked chicken; 100g sundried tomatoes, roughly chopped, and a few finely sliced\* basil leaves.





# TUNA DIP



PREP TIME: 5 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME:

ATTACHMENT:

- |                                |   |
|--------------------------------|---|
| 1 tin (185g) brine packed tuna | 2 tbsp full fat cream cheese<br>such as Philadelphia® |
| 1 shallot                      | juice of ½ lemon                                      |
| 8g bunch chervil               | salt, pepper  |
| 15 sprigs* chives              |   |
| 1 tsp Dijon mustard            |   |

- 1 Drain the tuna. Peel and quarter the shallot. Wash the chervil and chives. Fit the food processing bowl. Install the mini bowl and mini blade, place all the ingredients in it. Run the FOOD PROCESSOR programme for about 10 seconds.
- 2 Refrigerate the tuna dip for 1 hour. Serve chilled with toasted slices of farmhouse bread or vegetable sticks.

# HUMMUS

PREP TIME: 10 min

SERVES 4/6

PROGRAMME:

ATTACHMENT:

- |                                |   |
|--------------------------------|---|
| 275g tinned chickpeas          | 1 sprig* mint, washed and<br>leaves removed |
| 50-75ml olive oil              | 1 tbsp pine nuts, grilled                   |
| juice of 1 lemon, strained     | several fresh basil leaves, washed          |
| 40g tahini (sesame seed paste) | 1 tsp salt and 5 peppercorn blend           |
| 1 garlic clove, germ removed*  |   |

- 1 Fit the food processing bowl and install the mini bowl and mini blade. Rinse, drain and place the chickpeas, 50ml olive oil, the lemon juice, tahini, garlic, mint leaves, salt and pepper in the mini bowl. Run the FOOD PROCESSOR programme for about 1 minute until the hummus is well combined and smooth. If it is too thick, process for another minute, gradually adding the remaining 25ml olive oil.
- 2 Place the hummus in a bowl; garnish with grilled pine nuts and basil leaves; serve with toasted pitta bread.





# WALNUT LOAF

## with smoked ham and gruyère cheese

PREP TIME: 10 min

COOKING TIME: 45 min

SERVES 6

PROGRAMMES:  

100g gruyère, or other semi-hard cheese

100g smoked ham, sliced

100g shelled walnuts

LOAF BATTER:

150g plain flour

1 tsp baking powder

3 eggs

120ml hot milk

100ml olive oil

salt, pepper

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Cut the cheese into 2-3cm cubes, place in the metal bowl and run the EXPERT programme (without heating) for 30 seconds/speed 15. Set aside.
- 3 Prepare the batter. Add the cheese, ham and walnuts to the batter. Restart the PASTRY/CAKE programme for 10 seconds to blend the ingredients, then pour into a buttered and floured loaf tin and bake for 45 minutes.
- 4 Check the loaf is cooked by inserting the tip of a knife into the centre (it should come out dry). If necessary, bake for a little longer.
- 5 Turn the loaf out of the tin and serve warm or cold at picnics.

### loaf batter

- 1 Put the flour, baking powder, eggs, milk, olive oil, salt and pepper into the metal bowl.
- 2 Run the PASTRY/CAKE programme.

### MOZZARELLA AND SUNDRIED TOMATO loaf

Replace the cheese, ham and walnuts with 100g diced mozzarella and 150g sundried tomatoes roughly chopped. Add two pinches of dried oregano to the batter.





# CHEESE CHOUX PUFFS



PREP TIME: 10 min

COOKING TIME: 25 min

MAKES 10/15 CHOUX

PROGRAMME:

80g butter  
200ml water  
180g plain flour  
pinch pepper

pinch salt  
3 standard eggs  
150g gruyère or other semi-hard  
cheese, grated

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Cut the butter into pieces and place into the metal bowl with the water and start the EXPERT programme, 2 minutes/speed 4/90 °C. At the end of the programme, open the lid and add the flour, salt and pepper. Close the lid, remove the cap and restart the EXPERT programme for 3 minutes/speed 4/100 °C. Scrape down the bowl if necessary. The dough should form a ball.
- 3 Restart 1 minute/speed 10 (without heating) adding the eggs, one by one, through the opening, while it's running. Scrape down the bowl if necessary. Add the gruyère and restart the EXPERT programme, 20 seconds/speed 10 (without heating).
- 4 Put the dough into a piping bag\*. Pipe fingers of dough on a lined\* baking tray.
- 5 Bake for 25 to 30 minutes (depending on the size and oven). The choux is ready when golden brown.

## TIPS

Do not open the oven when baking.

When choux are golden brown, leave the oven door ajar and cool the choux at the same time the oven cools down. It will prevent your choux from falling back.





# VEGETABLE CRISPS

PREP TIME: 15 min

COOKING TIME: 15 min

SERVES 6

PROGRAMME: 

ATTACHMENTS:  

2 potatoes (200g)

1 carrot (100g)

1 raw beetroot (150g)

1 turnip (100g)

1 courgette (150g)

500ml grape seed oil

paprika or cumin

salt, 5 peppercorn blend

- 1 Wash and dry the vegetables. Peel the potatoes, carrot, beetroot and turnip; remove the ends of the courgette. Fit the food processing bowl, install the midi bowl and the 2mm slicing disc. Thinly slice each vegetable separately using the FOOD PROCESSOR programme.
- 2 Heat the oil in a deep-fat fryer or sauté pan until it is hot but not smoking. Fry the sliced vegetables in small quantities for about 3 minutes, until golden.
- 3 Drain the crisps and place on kitchen paper; season with paprika or cumin, salt and 5 peppercorn blend.

## TIP

You can also cook the vegetable crisps in the oven at 180 °C (170 °C fan, gas mark 4) for 12 to 15 minutes. Brush with olive oil and season before baking.





# FETA AND APPLE TZATZIKI

PREP TIME: 5 min

RESTING TIME: 10 min

SERVES 4/6

PROGRAMME: 

ATTACHMENTS:   

- |  |  |
|--|--|
| 1 small cucumber (200g)<br>salt                                    | 6 sprigs* mint, washed, leaves<br>removed and finely sliced* |
| 1 Granny Smith, or other green apple<br>juice of ½ lemon, strained | ½ tsp paprika  |
| 150g Greek-style yoghurt   | 200g feta cubes  |
| 6 sprigs* dill, washed and finely sliced*                          | pepper   |

- 1 Fit the food processing bowl, install the midi bowl and the 2mm grating disc. Wash, peel and grate the cucumber. Place in a colander, sprinkle with a little salt to draw out the excess moisture and set aside for 10 minutes to drain. Peel and seed the apple, cut into 8 pieces, and place in the mini bowl. Run the FOOD PROCESSOR programme for about 20 seconds.
- 2 Add the lemon juice, yoghurt, dill, mint, paprika, drained cucumber and season with pepper; restart for 30 seconds. Serve with the feta cubes.

## TRADITIONAL tzatziki

Follow the same recipe without using the apple, feta and dill. Increase the amount of cucumber (add an additional 200g) and add a crushed garlic clove, germ removed\*.

# GUACAMOLE



PREP TIME: 10 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME: 

ATTACHMENT: 

- |  |  |
|--|--|
| 1 spring onion, stem* removed<br>several sprigs* coriander | ½ tsp chilli powder  |
| 2 very ripe avocados<br>juice of ½ lemon                   | 2 tbsp of <i>crème fraîche</i><br>salt, 5 peppercorn blend |
- 1 Peel and halve the spring onion and place in the mini bowl with the coriander. Run the FOOD PROCESSOR programme for about 10 seconds.
  - 2 Add the avocado flesh, chopped roughly, lemon juice, chilli, *crème fraîche*, salt and pepper. Run the FOOD PROCESSOR programme for about 90 seconds.
  - 3 Season to taste and refrigerate for 1 hour before serving.





# AUBERGINE CAVIAR

## with homemade breadsticks

PREP TIME: 10 min

COOKING TIME: 1 h

RESTING TIME: 1 h

SERVES 6

PROGRAMMES:  

3 cloves garlic  
1 onion  
1½ tbsp olive oil  
2 aubergines (600g)  
2 tbsp lemon juice  
salt, pepper

HOMEMADE BREADSTICKS:  
280g strong white bread flour  
1 tbsp olive oil  
1 sachet dried yeast (7g)  
4g salt  
150ml cold water  
dried oregano or  
sweet chilli powder  
sesame seeds

- 1 Prepare the breadstick dough.
- 2 Peel and halve the garlic cloves; remove the germ\*. Peel and cut the onion into large pieces. Place in the metal bowl with the olive oil and run the EXPERT programme for 5 minutes/speed 3/110 °C.
- 3 Wash the aubergines but do not peel; cut into 2cm pieces. Add to the bowl and run the EXPERT programme for 45 minutes/speed 2A/100 °C. Push the mixture down if necessary.
- 4 At the end of the programme, add the lemon juice and season with salt and pepper, then restart the EXPERT programme (without heating) for 2 minutes/speed 13. Repeat as necessary to obtain the desired consistency.
- 5 Chill the aubergine caviar and serve with the homemade breadsticks.

### homemade breadsticks

- 1 Add the flour, olive oil, yeast and salt to the metal bowl. Start the BREAD/BRIOCHE programme. Slowly add the water until a dough ball is formed.
- 2 Place the dough ball in a bowl and set aside to rest at room temperature for 1 hour. Then place the dough ball on a floured work surface, sprinkle with the oregano or chilli and knead\* by hand for 1 minute.
- 3 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Roll out\* the dough and cut it into 12 strips. Twist the strips to form spirals and sprinkle with sesame seeds. Press gently on the seeds to ensure they stick. Place the breadsticks on a baking tray and bake for about 12 minutes until golden brown.





# ANCHOVY PASTE



PREP TIME: 10 min

SERVES 4/6

PROGRAMME:



ATTACHMENT:



- |                                 |   |
|---------------------------------|---|
| 200g olive oil packed anchovies | 2 cloves garlic, peeled and germ removed* |
| 1 slice sandwich bread          | 1 tbsp olive oil                          |
| 3 tbsp milk                     | 5 peppercorn blend                        |
| 1 tsp balsamic vinegar          |   |

- 1 Fit the food processing bowl. Drain the anchovies and pat dry with kitchen paper. Soak the bread in the milk, press to remove the excess moisture and place in the mini bowl with the anchovies, vinegar, garlic and a twist of ground pepper.
- 2 Run the FOOD PROCESSOR programme for about 30 seconds and then, while the machine is still running, pour the oil in a thin stream through the opening until the texture is smooth and creamy.
- 3 Serve the anchovy paste with toasted farmhouse bread.

# TAPENADE



PREP TIME: 5 min

SERVES 4/6

PROGRAMME:



ATTACHMENT:



- |                          |                             |
|--------------------------|-----------------------------|
| 250g stoned black olives | juice of ½ lemon (optional) |
| 5 anchovy fillets        | 1 tbsp olive oil            |
| 1 tbsp capers            | 5 peppercorn blend          |
| 2 tsp Dijon mustard      |                             |

- 1 Fit the food processing bowl and install the mini bowl and mini blade. Put all the ingredients except the oil in the mini bowl and mix using the FOOD PROCESSOR programme for about 30 seconds.
- 2 While the machine is still running, pour the oil through the feed tube until combined.





# SOUPS





# VICHYSOISE



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

500g potatoes ( Bintje ) + 1 for garnish	50g butter
300g leeks (white part + 5cm green)	50ml single cream
800ml water	8g bunch chives, rinsed and finely sliced*
200ml milk	pepper
salt	

- 1 Peel and cut the potatoes into 2cm cubes and place in the metal bowl. Peel and wash the leeks; roughly chop and place in the bowl. Add the water, milk, 1 tsp salt, the 50g butter; run the CREAMED SOUP programme.
- 2 Meanwhile, peel and dice the remaining potato. Heat the 15g butter in a frying pan over medium heat, add the diced potato and pan-fry for 10 to 15 minutes until golden.
- 3 One minute before the programme ends press Stop, pour in the single cream and restart.
- 4 Serve the vichyssoise in bowls or a soup tureen. Garnish the soup with the pan-fried potato, season with pepper and sprinkle with chives.





# FRENCH ONION SOUP

PREP TIME: 10 min

COOKING TIME: 45 min

SERVES 6

PROGRAMME: 

5 large onions  
50g butter, diced  
1 tbsp flour or cornflour  
1L hot water  
100ml white wine  
1 chicken stock cube  
1 tbsp sugar  
100g gruyère (or other semi-hard cheese), grated  
1 tbsp salt and 5 peppercorn blend

CHEESE CROUTONS:  
4 slices slightly stale farmhouse bread  
1½ tbsp olive oil  
salt, pepper  
1 tbsp washed and finely sliced\*  
fresh herbs (basil, thyme, chives, etc.)  
150g cheddar cheese, grated

- 1 Peel and quarter the onions and place in the metal bowl. Run the EXPERT programme (without heating) for 20 seconds/speed 13. Push the mixture down if necessary.
- 2 Add the butter, and sprinkle with flour. Pour in the hot water and white wine. Add the chicken stock cube and sugar; season.
- 3 Run the EXPERT programme for 40 minutes/speed 2A/100 °C. Make the cheese croutons while the soup is cooking.
- 4 Serve the soup in bowls, scatter the croutons over the surface and sprinkle with grated cheese. Place the bowls under the grill for 5 minutes at 240 °C (gas mark 8/9), or until the cheese has browned.

## cheese croutons

- 1 Cut the bread into cubes and place in an ovenproof dish. Drizzle the olive oil over the bread cubes, and season with salt, pepper, herbs and cheese.
- 2 Cook for 10 minutes at 180 °C (170 °C fan, gas mark 4), checking regularly. Remove from the oven and separate the croutons from one and other.

## CURRIED onion soup

To add a subtle flavour to the onion soup, add 1 tbsp curry powder and/or ground turmeric during cooking. Replace the gruyère with gouda and make the croutons using coriander.





# FISH SOUP

## with rouille sauce

PREP TIME: 20 min

COOKING TIME: 30 min

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

- |  |  |
|--|--|
| 1 onion  | 1 kg unsmoked fish (scorpionfish, sea bream, gurnard, coalfish...), deboned, skinned and cut into pieces |
| 1 carrot (100g)                                | pinch saffron  |
| ½ leek (75g)                                   | 70g tomato puree   |
| ½ fennel bulb (100g)                           | 2 tsp olive oil  |
| 1-2 garlic cloves, germ removed*               |  |
| 1 vegetable stock cube                         | <b>ROUILLE SAUCE:</b>  |
| 2 ripe tomatoes, peeled, seeded and quartered  | 2 cloves garlic, germ removed*   |
| 1 tsp salt, 5 peppercorn blend                 | 1 small red chilli, halved and seeded  |
| 1 tsp mixed herb blend                         | 2 egg yolks  |
| 1 tbsp <i>pastis</i> (anised-flavoured spirit) | 1 pinch saffron  |
| 1 tsp powdered fish stock                      | 1 tbsp mustard   |
| 750ml water                                    | 200ml vegetable oil  |
|  | salt, pepper   |
|  | 1 tbsp tomato puree  |

- 1 Prepare the *rouille* sauce. Then, peel and quarter the onion. Wash, peel and chop the carrot. Wash the leek and fennel and cut into small pieces.
- 2 Place the vegetables in the metal bowl and add the garlic, vegetable stock cube, tomatoes, salt, pepper, *herbes de Provence*, *pastis*, fish stock powder and water.
- 3 Close the lid and start the CREAMED SOUP programme.
- 4 Halfway through the cooking time press Stop, add the fish, saffron, tomato puree and olive oil to the bowl. Restart the programme by pressing Auto. At the end of the programme, restart the machine (without heating) for 1 minute/speed 18.
- 5 Serve the soup piping hot with croutons and the *rouille* sauce.

### *rouille* sauce

- 1 Fit the food processing bowl and install the mini bowl and mini blade.
- 2 Add the garlic cloves and the red chilli. Run the FOOD PROCESSOR programme for about 30 seconds until blended. If necessary, push the mixture down using a spatula\*.
- 3 Add the egg yolks, saffron, mustard, and season with salt and pepper. Restart the programme for 1 minute, adding the oil in a thin stream through the opening, then add the tomato puree.





# CREAMY TOMATO soup



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

- |  |   |
|--|---|
| 1 small onion                                | 8g bunch basil, washed,<br>leaves removed and finely<br>sliced* |
| 1 garlic clove + ½ clove<br>for the ciabatta | 125g mozzarella   |
| 1kg ripe tomatoes                            | ½ ciabatta  |
| 1½ tbsp olive oil                            | 1 tbsp mascarpone   |
| 500ml water                                  | 50g pine nuts, grilled  |
| 1 tbsp tomato puree                          | 1 tsp salt, 5 peppercorn blend                                  |
| 1 tsp caster sugar                           |   |

- 1 Peel and quarter the onion. Peel and halve the garlic; remove the germ\*. Peel the tomatoes with a sharp knife or vegetable peeler, quarter and press lightly over the sink to extract the seeds.
- 2 Place the onion, garlic clove and tomatoes in the metal bowl. Add the olive oil, water, tomato puree, sugar, basil and season. Run the CREAMED SOUP programme.
- 3 Slice the mozzarella and bread. Rub the bread with the remaining garlic; place a slice of mozzarella on each piece of bread.
- 4 About 1 minute before the programme ends, press Stop, add the mascarpone to the soup and restart.
- 5 Serve the creamy tomato soup in bowls or a soup tureen. Put a small slice of bread with the mozzarella on each plate, drizzle with olive oil, sprinkle with the grilled pine nuts, and serve piping hot.

## TIP

For a quicker version, or when tomatoes are out of season, replace with peeled, tinned tomatoes.





# ASIAN SOUP

## with eggs



PREP TIME: 10 min

COOKING TIME: 15 min

SERVES 6/8

PROGRAMME:

- |                        |  |
|------------------------|--|
| 1.2L hot water         | 2 tbsp rice vinegar                    |
| 3 miso stock cubes     | 1 tin (170g) crab meat                 |
| 1 stalk lemongrass     | 8g bunch coriander, washed and chopped |
| 1 spring onion         | 3 eggs, beaten                         |
| 1 red chilli, deseeded | 100g bean sprouts                      |
| ½ red onion            | spring onion and coriander for garnish |
| 1 tsp cornflour        |  |
| 2 tsp soy sauce        |  |

- 1 Put the water and miso stock cubes in the metal bowl and run the EXPERT programme for 10 minutes/speed 5/100 °C.
- 2 Meanwhile, remove the tough outer leaves from the lemongrass stalk. Use only 6cm of the stalk from the bulb end. Finely chop the lemongrass and spring onion; thinly slice the chilli and red onion. Mix the cornflour with a little water and while the programme is running, pour it into the stock through the opening. Add the soy sauce, rice vinegar, spring onion and lemongrass.
- 3 At the end of the programme, add the crab, coriander, chilli and red onion. Restart the EXPERT programme for 5 minutes/speed 3/90 °C.
- 4 About 1 minute before the programme ends, add the bean sprouts and gradually pour the beaten eggs through the opening into the soup.
- 5 Serve piping hot in bowls with the bean sprouts; garnish with coriander.

### TIPS

If desired, you could replace the crab meat with chicken, which is less expensive.

Instead of miso stock cubes, use vegetable stock cubes.

For a lighter version, replace the eggs.





# CHORBA

PREP TIME: 20 min

COOKING TIME: 50 min

SERVES 4/6

PROGRAMME: 

1 onion	1 chicken stock cube, crumbled
2 cloves garlic, peeled and germ removed*	½ tsp ground cinnamon
500g minced meat (mixed beef and lamb)	1 tsp ground coriander
salt, pepper	1 tsp ground ginger
5 sprigs* coriander, leaves removed	1 tsp ground cumin
5 sprigs* mint, leaves removed	1 tsp sweet chilli powder
2 tbsp olive oil	1 tsp caster sugar
2 carrots (200g)	1 tin peeled tomatoes (240g)
2 sticks celery	1 tbsp tomato puree
600ml water	50g vermicelli noodles
	210g cooked chickpeas, drained
	8g bunch flat-leaf parsley, washed and finely chopped

- 1 Peel and cut the onion in quarters. Place the onion and garlic cloves in the metal bowl and run the EXPERT programme, 20 seconds/speed 13 (without heating). Set half of the mixture aside.
- 2 Add the ground meat, salt, pepper, coriander and mint leaves. Run the EXPERT programme, 2 minutes/speed 5 (without heating). The meat must be finely minced. Empty the bowl and make small meatballs about 2cm in size. Set aside and rinse the bowl.
- 3 Place the olive oil, remaining onion and garlic mixture in the metal bowl. Run the EXPERT programme for 3 minutes/speed 3/130 °C. Add the sliced vegetables, water, stock cube, spices, sugar, tomatoes and tomato puree. Restart the EXPERT programme for 35 minutes/speed 2A/100 °C.
- 4 Then, add the noodles, meatballs and chickpeas. Restart the EXPERT programme for 10 minutes/speed 1A/120 °C. If the texture is too thick, add water. Serve the Chorba garnished with parsley leaves.

## TIP

You can slice the vegetables using the food processing bowl. Install the midi bowl with the 4mm slicing disc and run the FOOD PROCESSOR programme.





# MINISTRONE

## with Parmesan crisps



PREP TIME: 30 min

COOKING TIME: 40 min

SERVES 6/8

PROGRAMME:

1 carrot (100g)	150g green beans
1 onion	200g white beans, cooked or precooked
1 celery stick	2 tomatoes (200g), diced
1½ tbsp olive oil	150g small shell-shaped pasta
150g small smoked <i>lardons</i> or bacon	3 tbsp flat-leaf parsley, washed and finely sliced*
1 clove garlic, germ removed*	3 tbsp basil, washed and finely sliced*
1.25L water	
2 chicken stock cubes	
salt, pepper	
1 potato (100g)	
1 courgette (150g)	

### PARMESAN CRISPS:

100g Parmesan, grated

- 1 Peel and dice the carrot, onion and celery. Place in the metal bowl with the olive oil and run the EXPERT programme for 3 minutes/speed 2A/120 °C. Add the *lardons* or bacon, garlic, water, stock cubes, salt and pepper. Run the EXPERT programme for 8 minutes/speed 3/110 °C.
- 2 Peel and cut the potato and courgette into 2cm cubes. Cut the green beans into small pieces. Add the potatoes, courgette and green beans to the bowl. Run the EXPERT programme for 20 minutes/speed 1A/110 °C.
- 3 Rinse the tinned beans under running water. At the end of the programme, add the white beans, tomatoes, pasta, basil and chopped parsley. Restart the EXPERT programme for 10 minutes/speed 1A/110 °C (adjust the cooking time depending on the type of pasta used).
- 4 Season to taste, serve immediately with 1 tsp of pesto (p. 232) per serving and Parmesan crisps.

### Parmesan crisps

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Spread a thin layer of Parmesan on a sheet of baking paper. Bake for 5 to 7 minutes; watch carefully, as the Parmesan should only be lightly coloured.
- 2 Remove from the oven; cool before removing the crisps from the paper.



# CREAMY CHESTNUT SOUP, grilled pancetta and pan-fried sage



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

1 onion	salt, pepper
1½ tbsp olive oil	3 slices pancetta
800g vacuum packed chestnuts	several fresh sage leaves (optional)
800ml water	1½ tbsp grapeseed or vegetable oil
1 chicken stock cube	6 tbsp single cream
350ml milk	

- 1 Peel and quarter the onion. Place in the metal bowl with the olive oil, chestnuts, water, chicken stock cube and milk; season to taste. Run the CREAMED SOUP programme.
- 2 Cook the pancetta for 1 minute in a non-stick frying pan without any additional fat. Pan-fry the sage leaves in the rapeseed oil.
- 3 Serve the creamy chestnut soup with a splash of cream; top with the pan-fried sage and pancetta.

## TIP

You could replace the pancetta with bacon.





# RUSTIC SOUP



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

3 carrots (300g)  
1 leek (150g)  
1 stick celery  
2 onions

3 potatoes (300g)  
800ml water  
1 chicken stock cube  
salt, pepper

- 1 Wash and peel the vegetables. Cut the carrots, leek and celery into 1-2cm pieces, quarter the onions, chop the potatoes into 2cm cubes and place in the metal bowl.
- 2 Add the water, stock cube and a little salt; run the PUREED SOUP programme.

## TIPS

Depending on the season, vegetables such as the carrots may take longer to cook. If necessary, continue cooking for a few minutes.  
For a more indulgent version, add a splash of milk or cream and/or grated cheese.



# BUTTERNUT SQUASH SOUP

## with langoustine tails



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

1kg butternut squash	6 shelled langoustine tails
1 chicken stock cube	15g butter, melted
500ml water	150ml coconut milk
300ml semi-skimmed milk	6 sprigs* flat-leaf parsley
½ tsp ground nutmeg	salt, pepper
½ tsp ground cinnamon	

- 1 Clean and peel the squash, remove the seeds, and roughly cut into 3cm cubes.
- 2 Put the cut squash, chicken stock cube, water, milk, nutmeg and cinnamon in the metal bowl. Run the CREAMED SOUP programme.
- 3 Brush the langoustine tails with melted butter, season then pan-fry for 3 minutes on each side.
- 4 Just before serving, add the coconut milk, mix and garnish each bowl with a langoustine tail and sprig\* of parsley.

### TIPS

You can replace langoustine tails with prawns.  
For a gourmet version, add diced *fourme d'Ambert* (or another blue cheese), roasted chestnuts, or even scallops.





# CREAMY COURGETTE SOUP

with goat cheese and mint



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

4 courgettes (800g)	100g fresh light goat cheese
500ml water	8g bunch fresh mint, washed, leaves removed and finely sliced*
1 clove garlic, peeled and germ removed*	
1 chicken stock cube, crumbled	1-1½ tbsp of olive oil
pepper	

- 1 Rinse and peel the courgettes. Cut the courgettes into slices 1-2cm thick. Put the slices in the metal bowl and pour in the water. Add the garlic clove (sliced), stock cube and pepper.
- 2 Run the CREAMED SOUP programme. Five minutes before the programme ends, press Stop, add the cheese and half the mint. Press Auto to restart the programme.
- 3 Serve immediately with a drizzle of olive oil and the remaining mint.



# CREAM OF CAULIFLOWER SOUP

PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMME: 

1 cauliflower (700g-1 kg)	200ml single cream
2 shallots, peeled	several sprigs* fresh herbs, washed
70g butter	30g ground pistachios
1L water	2 tbsp hazelnut oil
1 chicken stock cube	
salt, pepper	

- 1 Remove and discard the cauliflower leaves. Wash, and remove the florets\*, putting a few small ones aside for garnish. Cut the shallots in halves, and place in the metal bowl with the cauliflower, butter, water, and stock cube; season to taste. Run the CREAMED SOUP programme.
- 2 Bring a small saucepan of salted water to the boil. Cook the garnish florets\* for 3 minutes, drain and set aside to cool.
- 3 About 5 minutes before the programme ends, press Stop, add the cream and season to taste. Press Auto to restart the programme. Check the consistency and add a little more cream if the soup is too thick.
- 4 Serve the cream of cauliflower soup in deep bowls, garnished with the florets\*, fresh herbs, ground pistachios and hazelnut oil.

## TIP

You could use smoked salmon as an alternate garnish for this soup.





# GAZPACHO



PREP TIME: 25 min

RESTING TIME: 3-6 h

SERVES 6

PROGRAMME:



- |  |                         |
|--|-------------------------|
| 1.5kg tomatoes                           | 100ml olive oil         |
| 1 cucumber (300g)                        | 2 tbsp balsamic vinegar |
| ½ red pepper (100g)                      | stale bread, cubed      |
| ½ green pepper (100g)                    | chilli powder           |
| 2 spring onions                          | salt, pepper            |
| 1 garlic clove, peeled and germ removed* |                         |

- 1 Blanch, peel and seed the tomatoes, removing the stalks. Quarter the tomatoes. Set two of the firmest tomatoes aside for garnish. Peel, seed and slice the cucumber; set a quarter aside for garnish. Seed the red and green peppers. Put half of each one aside for the garnish; chop the remainder. Peel and halve the onions; put half aside for the garnish. Roughly chop the garlic.
- 2 Place all the chopped vegetables (except those for the garnish) in the metal bowl. Add the olive oil, and vinegar; season with salt and pepper, and run the SMOOTHIE programme. Cover the gazpacho with clingfilm and refrigerate for 3 to 6 hours.
- 3 Finely dice the garnish vegetables: tomatoes, onion, red and green pepper and cucumber; add a little salt.
- 4 Put the olive oil and bread cubes into a pan over medium heat, sauté until the croutons are golden and crispy.
- 5 Verify the seasoning and add the chilli powder to taste. Serve the gazpacho in small bowls; drizzle with olive oil for decoration. Garnish each serving with diced cucumber, peppers, tomatoes, onion and croutons.



# CREAMY CARROT SOUP

## with spinach

PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

1 handful fresh spinach	900ml water
1 onion	3 tbsp cream cheese
6 carrots (600g)	salt, pepper
1 tsp ground cumin	200ml single cream
1 tbsp olive oil	cumin seeds

- 1 Wash the spinach, remove and discard the stalks. Place the leaves in the steamer basket over the metal bowl filled with 500ml water. Run the STEAM programme for 10 minutes. Remove the basket and discard the water. Set aside.
- 2 Peel and quarter the onion. Wash, peel and cut the carrots into 1-2cm pieces. Place the onions and carrots in the metal bowl with the ground cumin, olive oil and remaining water (400ml), cover and run the CREAMED SOUP programme.
- 3 About 5 minutes before the programme ends, press Stop. Add the cheese, season to taste and press Auto to restart the programme.
- 4 Serve the soup in bowls; topped with a spoonful of steamed spinach and a splash of cream; sprinkle with cumin seeds.

### TIPS

Depending on the season, vegetables such as the carrots may take longer to cook. If necessary, continue cooking for a few minutes.

For a quicker version, prepare this soup without the steamed spinach.

For a variation to this soup, replace half the carrots with 300g peeled and diced sweet potato or 300g red lentils.





# CREAMY GARDEN PEA SOUP

with pancetta crisps



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

3 spring onions  
500ml water  
1 chicken stock cube  
700g shelled garden peas  
300ml single cream  
3 sprigs\* fresh mint, washed,  
leaves removed  
salt, ground pepper

PANCETTA CRISPS:  
1 tbsp olive oil  
3 slices pancetta

- 1 Remove the tough outer leaves of the spring onions, halve and place in the metal bowl. Add the water, stock cube and peas; run the CREAMED SOUP programme.
- 2 About 2 minutes before the programme ends, press Stop, add the single cream and season. Restart the programme by pressing Auto.
- 3 Serve the creamy pea soup garnished with pancetta crisps, a dash of cream and mint leaves.

## pancetta crisps

- 1 Heat the oil in a small frying pan.
- 2 Cut each slice of pancetta into three pieces and fry for a few seconds until golden and crispy.
- 3 Remove the pan from the heat. Drain the pancetta and place on kitchen paper to absorb the oil.

## TIP

The pancetta could be replaced with bacon.





# STARTERS





# PEAR AND BLUE CHEESE CLAFOUTIS

PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 6

PROGRAMME: 

3 ripe pears	4 tbsp <i>crème fraîche</i>
300ml milk	1½ tbsp olive oil
200g blue cheese, diced such as Stilton	salt, 5 peppercorn blend
4 eggs	2 sprigs* tarragon (optional), washed, leaves removed and finely sliced*
100g cornflour	15g butter

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Peel, core and slice the pears lengthwise. Set aside.
- 3 Put the milk and cheese in the metal bowl and run the EXPERT programme for 1 minute/speed 8/80 °C. Add the eggs, cornflour, *crème fraîche*, oil, a little seasoning and the tarragon. Restart the EXPERT programme (without heating) for 30 seconds/speed 11.
- 4 Generously butter a gratin dish. Arrange the pear slices in the dish and pour the milk/cheese mixture on top. Bake for 35 minutes until risen and golden.
- 5 Serve warm with a lamb's lettuce or baby spinach salad.

## GOAT CHEESE, BACON AND LEEK *clafoutis*

Replace the pears with two leeks (white part only, 350g), and the *fourme d'Ambert* with 300g of goat cheese. Use two thick rashers of streaky bacon, and omit the tarragon. Wash, roughly chop and brown the leeks in 2 tbsp butter for 10 minutes until soft. Cut the bacon in small strips and place in the gratin dish with the leeks; pour the milk/cheese mixture on top.

### TIP

The *clafoutis* could also be prepared using individual ramekins. In this case, adjust the cooking time.



# THREE-CHEESE SOUFFLÉ



PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

100g Parmesan, diced	2 tbsp plain flour
100g Cheddar (or firm cheese), diced	300ml whole milk
100g Comte (or semi-hard cheese), diced	½ tsp ground nutmeg
20g butter + 15g butter	salt, pepper
	6 eggs

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Chop all the cheese in the metal bowl by running the EXPERT programme (without heating) for 30 seconds/speed 15. Push the mixture down, then add the 20g butter, flour, milk, nutmeg, and salt and pepper; run the EXPERT programme for 8 minutes/speed 4/100 °C.
- 3 Separate the egg whites from the yolks. Restart the EXPERT programme for 1 minute/speed 4/100 °C. Then, add the egg yolks one by one through the opening. Transfer the cheese mixture to a large bowl and set aside to cool.
- 4 Whisk the egg whites: ensure the metal bowl is cold, spotlessly clean and dry, fit the whisk, and pour the egg whites into the bottom of the bowl with a pinch of salt. Remove the cap to allow as much air as possible into the egg whites. Run the WHISK programme.
- 5 Butter a soufflé mould or large ramekin. Gently fold the egg whites into the cheese mixture and pour into the prepared mould. Bake in the preheated oven for about 30 minutes until golden brown and risen. Serve immediately.





# HOMEMADE BLINIS

## with mackerel dip



PREP TIME: 10 min

COOKING TIME: 15 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

### BLINIS:

- 250g plain yoghurt
- 2 eggs
- 250g plain flour
- 1 tsp baking powder
- 2 pinches salt

### MACKEREL DIP:

- 1 shallot
- 200g tinned mackerel fillets
- pinch chilli pepper or smoked paprika
- 10 sprigs\* chives, chopped
- 180g full fat cream cheese such as Philadelphia®
- zest 1 lemon (optional)
- 5 peppercorn blend

### blinis

- 1 Put the blini ingredients into the metal bowl and run the PASTRY/CAKE programme. If necessary, push the mixture down.
- 2 Put the blini batter in a bowl and refrigerate for 1 hour. Prepare the dip.
- 3 Cook the blinis in a blini or small non-stick pan: when holes appear on the surface of the dough, turn and cook the other side of the blini.

### mackerel dip

- 1 Fit the food processing bowl and install the mini bowl and mini blade. Peel, and halve the shallot; chop in the mini bowl for about 20 seconds using the FOOD PROCESSOR programme.
- 2 Drain the mackerel and add to the mini bowl with the remaining dip ingredients. Mix for about 10 seconds to obtain a smoky-flavoured, spreadable paste.

### TIP

Vary the recipe using fish such as tinned sardines, tuna or smoked salmon, instead of the mackerel.





# CHERRY TOMATO AND ASPARAGUS QUICHE



PREP TIME: 10 min

COOKING TIME: 1 h

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

1 shortcrust pastry (see p. 320)      2 tsp mustard  
250g bunch green asparagus      150g cherry tomatoes, washed,  
4 eggs      and halved  
200ml double cream      salt, pepper  
200ml milk

- 1 Prepare the shortcrust pastry. Preheat the oven to 200 °C (190 °C fan, gas mark 5/6).
- 2 Peel the asparagus stalks using a vegetable peeler. Cut the stalks in pieces 3cm long and place in the steamer basket over the metal bowl. Add 500ml water and run the STEAM programme. Set aside.
- 3 Use a rolling pin and thinly roll the shortcrust dough out on a floured work surface; line\* a 23cm flan dish or tin with the dough. Prick the bottom with a fork and blind bake\* for 10 minutes. Remove the baking beans and bake for a further 5 minutes.
- 4 Empty the water in the metal bowl; add the eggs, cream, milk, mustard, salt and pepper. Run the EXPERT programme (without heating) for 30 seconds/speed 7.
- 5 Pour the quiche mixture onto the pastry base. Arrange the asparagus and cherry tomato halves on top. Bake for 30 minutes until set and golden brown.

## SPINACH, BLUE CHEESE AND WALNUT quiche

Replace the asparagus and cherry tomatoes with 600g fresh washed spinach, cooked for 10 minutes using the STEAM programme. Arrange on the blind-baked pastry base with the quiche mixture (omit the mustard); scatter 100g crumbled blue cheese and 40g chopped walnuts over the surface before baking.

## COURGETTE AND GOAT CHEESE quiche

Replace the asparagus with 200g sliced courgette and a sliced onion pan-fried in a little olive oil for 10 minutes. Arrange on the blind-baked\* pastry base with 100g crumbled goat cheese; pour the quiche mixture over the top and bake.





# TUNA EMPANADAS

PREP TIME: 15 min

COOKING TIME: 45 min

MAKES 16-20

PROGRAMMES:  

1 shortcrust pastry (see p. 320)	½ tsp chilli powder
1 carrot (100g)	30g capers, drained
½ courgette (100g)	3 sprigs* parsley, washed and finely sliced*
1 shallot (20g)	salt, pepper
2 tbsp olive oil	1 egg yolk, beaten
200g brine-packed tuna, drained juice + zest 1 lemon	

- 1 Prepare the shortcrust pastry. Wash, peel and cut the carrot and courgette in pieces; peel and quarter the shallot. Place prepared vegetables in the metal bowl and run the EXPERT programme for 30 seconds/speed 13. If necessary, push the mixture down.
- 2 Add the olive oil, tuna, lemon juice and zest, chilli powder, capers and parsley to the bowl. Season with salt and pepper, and run the SIMMER programme.
- 3 Use a rolling pin to thinly roll the shortcrust dough out on a floured work surface. Use a pastry cutter and cut out discs of dough 10-12cm in diameter.
- 4 Preheat the oven to 190 °C (180 °C fan, gas mark 5). Lightly cool the empanada filling. Place a spoonful on each dough disc. Gently moisten the outside border of the dough with a little water and fold into half-moons; crimp the edges to seal.
- 5 Brush the empanadas with the beaten egg yolk and place on a lined\* baking tray. Bake for 12 to 15 minutes until golden brown. Cool for 10 minutes before serving.



# STEAMED ASPARAGUS

## with herb sauce



PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

2 bunches green or white asparagus (450g)

1 tbsp rice vinegar

1 tsp mustard

### HERB SAUCE:

50ml rapeseed or olive oil

1 tbsp maple syrup

8g bunch chervil

½ tsp pink peppercorns

8g bunch tarragon

2 pinches Himalayan pink or sea salt

8g bunch chives

2 small spring onions

- 1 Prepare and set the herb sauce aside. Do not rinse the bowl.
- 2 Rinse, and peel the asparagus using a vegetable peeler; cut off and discard the woody ends. Place in the steamer basket over the metal bowl and add 500ml water. Run the STEAM programme for 30-40 minutes, depending on the size of the asparagus.
- 3 Drain the cooked asparagus on kitchen paper before serving. Accompany with the herb sauce.

### herb sauce

- 1 Rinse the herbs, dry with kitchen paper and roughly chop. Wash and cut the spring onions in halves.
- 2 Place all the ingredients in the metal bowl and run the EXPERT programme (without heating) for 1 minute/speed 13.

### TIP

The asparagus could also be served with a *mousseline* sauce (see p. 224).





# PASTA SALAD

## with crunchy vegetables



PREP TIME: 15 min

COOKING TIME: 10 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME:

ATTACHMENTS:

400g pasta, such as penne	1 courgette (200g), washed and peeled
70ml olive oil	6 radishes
juice of 1 lemon	1 red pepper (150g), deseeded
6 sprigs* basil, washed	1 red onion, peeled
3 sprigs* flat-leaf parsley, washed	pesto (optional) (see p. 232)
1 carrot (100g), washed and peeled	salt, 5 peppercorn blend

- 1 Cook the pasta following the instructions on the packet.
- 2 Drain the cooked pasta and rinse under cold running water to stop the cooking; drain again. Place in a large bowl, drizzle with the olive oil and lemon juice; refrigerate for at least 1 hour.
- 3 Fit the food processing bowl, install the mini bowl and mini blade and chop half the basil and all the parsley using the FOOD PROCESSOR programme; stir the herbs into the pasta and refrigerate.
- 4 Insert the midi bowl, install the 4mm grating disc; grate the carrot and courgette. Replace the grating disc with the 2mm slicing disc; slice the radish, pepper and red onion. Put all the vegetables into a bowl of cold water; refrigerate so they remain crisp.
- 5 Just before serving drain the vegetables and add to the pasta, stir well to combine. Season to taste and, if desired, add spoonful of pesto to enhance the flavours. Garnish with the remaining basil.



# AUTUMN SALAD

## with cider vinaigrette



PREP TIME: 15 min

SERVES 8

PROGRAMME:



ATTACHMENTS:



2 red apples  
300g red cabbage  
100g shelled walnuts  
8g bunch parsley, rinsed and dried  
60g raisins or dried cranberries  
150g blue cheese, such as Stilton

CIDER VINAIGRETTE:  
3 tbsp cider vinegar  
3 tbsp lemon juice  
100ml olive or rapeseed oil  
salt, 5 peppercorn blend

- 1 Wash, peel, core and quarter the apples. Rinse and cut the cabbage in pieces. Fit the food processing bowl, and insert the midi bowl; install the 2mm slicing disc. Slice the apples and cabbage using the FOOD PROCESSOR programme. Chop the walnuts in the mini bowl for about 10 seconds. Set aside.
- 2 Remove the parsley leaves. If using raisins, rehydrate in a little hot water for 5 minutes then drain. Cut the cheese into strips or crumble using your fingers.
- 3 Combine the apples, red cabbage, parsley, raisins or cranberries in a salad bowl. Season with the vinaigrette, and mix well. Just before serving, add the cheese and walnuts. Serve immediately.

### cider vinaigrette

Place the cider vinegar, lemon juice and oil in a bowl. Whisk to emulsify; season to taste.

### REFRESHING SALAD with sesame dressing

Make this salad without the cheese, replace the parsley with coriander and add pomegranate seeds. Serve with a sesame dressing: Place 2 tbsp tahini, 2 tbsp sesame oil, 3 tbsp olive oil, 1 tbsp white wine vinegar and 1 tsp mustard in a bowl. Whisk to emulsify; season.





# VEGETABLE SAMOSAS

PREP TIME: 30 min

COOKING TIME: 40 min

SERVES 6/8

PROGRAMME: 

2 carrots (200g)	1 tbsp Madras curry powder
1 courgette (200g)	½ tsp chilli powder
½ red pepper (75g), deseeded	salt, pepper
1 onion	8g bunch coriander, washed
1 garlic clove, germ removed*	10 sheets filo pastry
3 tbsp olive oil	200ml cooking oil

- 1 Wash and peel all the vegetables, cut them in pieces. Peel and quarter the onion. Place in the metal bowl with the vegetables and the garlic (crushed). Run the EXPERT programme for 30 seconds/speed 13.
- 2 Add the olive oil, curry, chilli powder, salt and pepper. Restart the EXPERT programme for 25 minutes/speed 1A/95 °C. When the vegetables are cooked, drain in a colander.
- 3 Cut the filo pastry sheets in 10 x 25cm strips. Brush the edges with water. Starting at the 10cm end, place a spoonful of vegetable filling and some chopped coriander in one corner of the strip about 3cm away from the edge and fold the other corner diagonally over to form a triangle; continue folding to end of the strip, to seal the filling in the samosa.
- 4 Heat the oil in a sauté pan until hot but not smoking. Cook 3 or 4 samosas at a time, for 2 minutes on each side, until golden. Or, bake in a (preheated) oven at 200 °C (gas mark 5/6) for 15 minutes.

## CHICKEN CURRY samosas

For meat lovers, reduce the vegetable quantities to 1 carrot, ½ a courgette, and add 200g chopped roast chicken.



# CRAB AND AVOCADO MOUSSE, beetroot whipped cream

PREP TIME: 20 min

RESTING TIME: 3 h

SERVES 6

PROGRAMMES:



ATTACHMENT:

- 3 ripe avocados
- 3 tins crab meat (360g), drained and shredded
- 1 tbsp mayonnaise (see p. 230)
- juice of ½ lemon
- 2 sprigs\* dill or chives, rinsed and chopped
- 3 pinches chilli powder
- salt, pepper

BEETROOT WHIPPED CREAM (OPTIONAL):

- 200ml whipping cream (minimum 30% fat content)
- 1 tsp Himalayan pink salt
- ½ cooked beetroot

- 1 Place the avocado flesh, crab, mayonnaise, lemon juice, salt, pepper and a little dill or chives in the metal bowl. Run the EXPERT programme (without heating) for 1 minute 30/speed 10. If necessary, push the mixture down and restart.
- 2 Refrigerate the crab and avocado mousse for at least 3 hours. About 40 minutes before serving, prepare the beetroot whipped cream.
- 3 Remove the mousse from the refrigerator and spoon into small serving cups. Decorate each one with small swirls of beetroot whipped cream. Refrigerate until required, or sprinkle with chilli powder and serve immediately.

## beetroot whipped cream

- 1 Refrigerate the cream and the whisk for at least 30 minutes before starting.
- 2 Finely chop the cooked beetroot and push through a fine mesh wire strainer to obtain a pulp.
- 3 Chill the metal bowl: put a few ice cubes into it, run the CRUSH programme, empty then dry thoroughly. Fit the whisk, pour the cream into the bowl, remove the cap from the lid and run the EXPERT programme (without heating) for 2 minutes 30/speed 7. Depending on the type and temperature of cream used, it may be necessary to restart the programme for a couple of minutes; watch carefully so that the cream does not become butter. Traces of the whisk will appear on the cream when it is firm. Add the salt and beetroot pulp; restart the programme for 5 seconds to combine.
- 4 Place the whipped beetroot cream in a piping bag\* fitted with a fluted nozzle.





# MINI CARROT AND HADDOCK FLANS

PREP TIME: 20 min

COOKING TIME: 1 h

SERVES 4

PROGRAMMES:  

ATTACHMENT: 

200g smoked haddock  
500ml milk  
2 carrots (200g)  
200ml single cream  
4 eggs

5 peppercorn blend  
10g butter  
8g bunch flat-leaf parsley,  
washed

- 1 Poach\* the haddock in the milk and water for 20 minutes. Pour 500ml water into the metal bowl and fit the steamer basket. Wash, peel and cut the carrots into small chunks; place in the steamer basket. Run the STEAM programme for 30 minutes. Then, empty the water and dice the carrot.
- 2 Cut the poached\* haddock into small pieces and set half aside. Place the other half in the metal bowl with the cream, eggs and pepper; mix using the EXPERT programme (without heating) for 1 minute/speed 7.
- 3 Butter small ramekins and fill with the haddock cream. Put the reserved haddock pieces, carrots and finely sliced\* parsley on the surface.
- 4 Fill the metal bowl with 500ml water, place the ramekins in the steamer basket; run the STEAM programme for 30 minutes, or place the ramekins in a *bain-marie*\* and bake in an oven preheated to 180 °C (170 °C fan, gas mark 4) for 30 minutes. Adapt the cooking time if necessary.

## MINI COURGETTE AND PARMESAN flans

Omit the haddock and the chervil. Replace the carrot with two medium-sized courgettes (400g). Add 60g Parmesan and 40g garlic and herb cheese, such as *Boursin*®, to the mixture. For more flavour, add a few finely sliced\* basil leaves.





# SHIRRED EGGS

## with cheese and porcini mushrooms



PREP TIME: 5 min

COOKING TIME: 12 min

SERVES 4

PROGRAMME:

ATTACHMENT:

- |  |  |
|--|--|
| 4 large, very fresh organic eggs,<br>at room temperature | 50g hard cheese such as Cheddar  |
| 4 tbsp <i>crème fraîche</i><br>salt, pepper              | 1 jar oil-packed porcini<br>mushrooms, or 20g dried<br>porcini mushrooms |

- 1 Fill the metal bowl with 500ml water and fit the steamer basket.
- 2 Break the eggs into small ramekins, add a tbsp of *crème fraîche* to each one and season to taste.
- 3 Thinly slice the cheese. Halve or quarter the porcini mushrooms depending on the size and if necessary, dry on kitchen paper. If using dried porcini mushrooms, follow the instructions on the packet.
- 4 Divide the cheese and mushrooms among the ramekins, place in the steamer basket and run the STEAM programme for 12 minutes. If necessary, adapt the cooking time.

### SHIRRED EGGS with salmon and fresh cheese

Replace the mushrooms with strips of smoked salmon and the cheddar with a fresh creamy cheese, such as Philadelphia®.

#### TIPS

Depending on the size, some eggs may take longer to cook.  
You can replace the porcini mushrooms with other mushrooms.





# COUNTRY PÂTÉ

## with onion confit

PREP TIME: 20 min

COOKING TIME: 2 h

SERVES 4/6

PROGRAMMES:   ATTACHMENTS:   

200g pork caul fat  
500g pork shoulder  
250g chicken livers  
1 egg  
2 tbsp Cognac  
150g veal escalope  
5 sage leaves  
1 bay leaf

2 sprigs\* thyme  
½ tsp salt, 5 peppercorn blend

### ONION CONFIT:

3 yellow onions, peeled  
100ml maple syrup  
50g brown sugar  
100ml olive oil  
several sprigs\* thyme

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Soften the pork caul fat in a bowl of warm water; squeeze to remove the excess moisture.
- 2 Fit the food processing bowl with the metal blade. Cut the pork into pieces. If necessary, remove a little fat. Place the pork in the bowl with the chicken livers, salt and pepper. Run the FOOD PROCESSOR programme for about 30 seconds. Add the egg and Cognac and restart for 15 seconds until evenly blended.
- 3 Line a terrine with the caul fat, let the excess to hang over the sides. Place half the pâté mixture in the terrine. If necessary, thinly slice the veal escalope and place on the pâté mixture in the terrine. Cover with the remaining mixture; put the sage, bay leaf and thyme on top.
- 4 Fold the excess caul fat over the pâté to close. Put the terrine in a *bain-marie*\* and cook in a preheated oven for 2 hours. Cool before serving with the onion confit.

### onion confit

- 1 Fit the midi bowl with the 4mm slicing disc. Slice the onions using the FOOD PROCESSOR programme.
- 2 Replace the midi bowl with the metal bowl, add the onions, maple syrup, brown sugar, olive oil and thyme leaves, remove the cap and run the EXPERT programme for 40 minutes/speed 3/90 °C.

### TIP

If you can't find pork caul fat, you can replace it with thin slices of bacon.





# GOAT CHEESE AND PARMA HAM PIZZA



PREP TIME: 10 min

COOKING TIME: 15 min

RESTING TIME: 1 h

MAKES 1 PIZZA

PROGRAMME:

- 6 tbsp tomato sauce
- 5-6 cherry tomatoes, washed and stemmed\*
- 300g goat cheese
- 1 tbsp dried oregano
- 10 black olives
- 150g parma ham
- finely sliced\* basil
- + rocket leaves, for garnish

## PIZZA DOUGH:

- 1 sachet dried yeast (7g)
- 100ml water
- 200g plain flour
- 4g salt
- 2 tbsp olive oil
- 1 tsp dried oregano

- 1 Make the pizza dough. Preheat the oven to 220 °C (gas mark 7/8). Using the back of a tablespoon in circular movements spread the tomato sauce onto the dough about 1cm from the edge. Garnish with halved cherry tomatoes, goat cheese, oregano and olives.
- 2 Bake the pizza at the bottom of the oven for 8 minutes, and then move it to the middle of the oven for 7 minutes. When cooked, scatter the parma ham, basil and rocket leaves on the hot pizza. Serve immediately!

## pizza dough

- 1 Put the yeast and water in the bowl; run the BREAD/BRIOCHE programme. After 1 minute, the programme will stop. Add the flour, salt, olive oil and oregano and press Auto. Remove the dough from the bowl, shape\* into a ball and place in a floured bowl covered with a damp cloth. Set aside to rest in a warm place for about 1 hour.
- 2 Put the dough on a floured work surface. Work it with your hands, gently stretching and tapping to remove the gas bubbles; roll out\* using a rolling pin.

## SCAMORZA-HAM pizza

Replace the goat cheese and parma ham with smoked mozzarella and cooked ham.

## VEGETARIAN pizza

Use the same base; replace the garnish ingredients with ricotta, sliced courgettes, grilled aubergines and oil-packed artichokes.








# THAI SALAD

PREP TIME: 15 min

COOKING TIME: 5 min

SERVES 6

PROGRAMMES:  

ATTACHMENTS:   

- ½ cucumber, peeled
- 1 red onion, peeled
- 50g unsalted peanuts
- 700g minced beef (tartare)
- 8g bunch Thai basil, leaves removed and washed
- 300g rice or soybean noodles
- 10-15 red and yellow cherry tomatoes
- coriander leaves, washed

## THAI SALAD DRESSING:

- coriander leaves, washed
- 1 small chilli, washed and seeded
- 6 tbsp fish sauce
- juice of 1 lime
- 2 tsp golden cane or palm sugar

- 1 Fit the food processing bowl, insert the midi bowl; install the 2mm slicing disc and then slice the cucumber and onion using the FOOD PROCESSOR programme. Fit the mini bowl and blade, press Auto and chop the peanuts for 20 seconds. Set aside and prepare the sauce.
- 2 Place the meat in the metal bowl with the Thai basil (set aside a few leaves for garnish). Add half Thai salad dressing *via* the opening in the lid. Run the EXPERT programme for 5 minutes/speed 1A/60 °C. The meat will marinate\* and gently cook.
- 3 Put the rice noodles into a bowl of boiling water for 3-5 minutes, drain and set aside in cold water until required.
- 4 Place a serving of rice noodles on each plate, top with the marinated\* meat, season with the remaining dressing. Garnish with cucumber, cherry tomato halves, red onion and peanuts. Decorate with basil and coriander leaves.

## Thai salad dressing

Put all the ingredients in the mini bowl. Run the FOOD PROCESSOR programme for 30 seconds.

## TIPS

The quality of the meat is essential to the success of the recipe. Brown the meat for 5 minutes in a frying pan, if you do not like raw meat. The beef and Thai basil could be replaced with prawns and sweet basil.



# COLESLAW with cranberries



PREP TIME: 15 min

RESTING TIME: 1 h

SERVES 8

PROGRAMME: A green circular icon with a white food processor symbol inside.

ATTACHMENTS: Three small circular icons representing different attachments: a 2mm grating disc, a 2mm slicing disc, and a midi bowl.

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 3 carrots (300g), washed and peeled | 1 tbsp cider or sherry vinegar |
| ¼ white cabbage (400g)              | 1 tbsp Dijon mustard           |
| ¼ red cabbage (400g)                | 1 tsp caster sugar             |
| 1 onion                             | salt, 5 peppercorn blend       |
| 5 tbsp mayonnaise (see p. 230)      | few chopped walnuts            |
| 50g dried cranberries               |                                |

- 1 Fit the food processing bowl and insert the midi bowl; install the 2mm grating disc. Grate the carrots using the FOOD PROCESSOR programme and set aside in a large bowl.
- 2 Clean the cabbages and cut in halves or quarters. Peel the onion. Replace the grating disc with the 2mm slicing disc. Slice them using the FOOD PROCESSOR programme and place in the large bowl with the carrots. Add the mayonnaise, dried cranberries, vinegar, mustard, sugar, salt and pepper.
- 3 Stir well to combine all the ingredients and refrigerate for at least 1 hour.
- 4 Just before serving scatter with chopped walnuts.

## TIP

For a more traditional version, omit the cranberries. Or, you could replace them with raisins.







FISH



# FISH GRATIN

PREP TIME: 15 min

COOKING TIME: 1 h 05

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

500g Jerusalem artichokes	salt, pepper
1 carrot (100g)	1 tbsp dried garlic
1 fennel (200g)	8g bunch chives, washed and finely sliced*
2 pollock fillets (240g)	80g breadcrumbs (see p. 170)
2 salmon fillets (300g)	60g grated Parmesan
200ml single cream	

- 1 Wash, peel and dice the vegetables. Put 500ml water into the metal bowl, install the steamer basket and place the vegetables in it. Run the STEAM programme for 30 minutes.
- 2 Put the steamed vegetables into a salad bowl. Do not empty the metal bowl. Place the fish pieces in the steamer basket; restart the STEAM programme for 15 minutes. Set the fish aside.
- 3 Empty the metal bowl and place the steamed vegetables in it. Add the single cream, salt, pepper and garlic. Run the EXPERT programme (without heating) for 5 minutes/speed 13 to puree the mixture (there will be some pieces remaining in the puree).
- 4 Add the chives to the puree. Preheat the oven to 180 °C (170 °C fan, gas mark 4). Use a gratin dish, and spread with alternating layers of puree and fish; end with a layer of fish. Sprinkle with breadcrumbs and grated Parmesan; bake for 20 minutes until golden brown.

## TIP

The Jerusalem artichokes could be replaced with floury potatoes.





# MOROCCAN FISH



PREP TIME: 30 min

COOKING TIME: 55 min

RESTING TIME: 2 h

SERVES 6/8

PROGRAMME:

800g firm white fish (cod, grouper, hake, etc.)	1 turnip (80g)
½ preserved lemon, chopped	150g cooked chickpeas
50ml olive oil + 1 drizzle	2 tbsp ras-el-hanout
2 onions	1 tsp ground turmeric
2 carrots (200g)	pinch saffron
1 courgette (200g)	salt, 5 peppercorn blend
1 aubergine (200g)	300ml fish stock
	50g raisins

- 1 Cut the fish into 3-4cm pieces, removing any bones. Place in a salad bowl with the preserved lemon and olive oil; marinate\* in the refrigerator for 2 hours.
- 2 Meanwhile, peel and quarter the onions; chop using the EXPERT programme for 20 seconds/speed 13. If necessary, push the mixture down. Add a drizzle of olive oil and restart the EXPERT programme for 5 minutes/speed 3/120 °C.
- 3 Wash, peel and cut the vegetables into large cubes. Add the vegetables, chickpeas, spices, pepper and salt to the metal bowl. Add the fish stock and a little water, if necessary, to barely cover the vegetables; run the EXPERT programme for 40 minutes/speed 1A/100 °C. Add the fish pieces and raisins; restart the EXPERT programme and continue cooking for 10 minutes/speed 0/100 °C.
- 4 Serve with couscous.

## TIP

You can replace the preserved lemon with lemon paste.





# SALT COD BRANDADE



PREP TIME: 15 min

COOKING TIME: 20 min

RESTING TIME: 24-48 h

SERVES 6

PROGRAMME:

1kg salt cod	100-150ml warm milk
1 onion	5 peppercorn blend
3 cloves garlic, peeled and halved, germ removed*	2 pinches nutmeg
	juice of 1 lemon
200ml olive oil	

- 1 Place the salt cod in a large ovenproof dish or salad bowl and cover with cold water. Soak for 24 to 48 hours, changing the water at least 4 or 5 times, to remove the salt.
- 2 Then, run the fish under cold water, cut it in pieces, place in the metal bowl and cover with cold water. Run the EXPERT programme for 15 minutes/speed 0/90 °C.
- 3 Peel and quarter the onion. Drain the cooked salt cod, remove the skin and bones; roughly flake the flesh using a fork. Clean the metal bowl, and put the cod into it; add the onion and garlic. Run the EXPERT programme for 5 minutes/speed 12/50 °C. After 1 minute, pour the olive oil through the opening, and gradually add the warm milk until the mixture is smooth. Season with pepper but do not add salt. Add the nutmeg and lemon juice.
- 4 Serve with homemade mashed potatoes (see p. 178).

## TIPS

Contrary to popular belief, an authentic *brandade* does not include potatoes. However, there is no reason why it cannot be served with mashed potatoes. For a quicker version, use desalted cod or, simply, cod fillets.





# SALMON EN PAPILOTE

with crunchy green vegetables and Japanese sauce



PREP TIME: 15 min

COOKING TIME: 50 min

SERVES 4

PROGRAMME: 

ATTACHMENT: 

125g mangetout (snow peas)	JAPANESE SAUCE:
125g green beans	8g bunch chives
½ romanesco broccoli (150g)	1 organic lime (juice + zest)
2cm fresh ginger, peeled	3 tsp soy sauce
1 courgette (150g), washed	2 tbsp rice vinegar
4 salmon fillets (600g)	2 tbsp grapeseed or vegetable oil
zest of ½ organic lime	1cm fresh ginger, grated
salt, pepper	

- 1 Wash the green vegetables. Cut the romanesco broccoli in florets\*. Top and tail the green beans. Fill the metal bowl with 500ml water. Place the mangetout, beans and broccoli in the steamer basket. Run the STEAM programme for 30 minutes.
- 2 Thinly slice the ginger and courgette. Cut 4 pieces of baking paper in rectangles of 30 x 20cm; lightly brush each sheet with oil. Divide the sliced courgette and ginger between the rectangles, and top with the salmon fillets. Sprinkle with a little lime zest and season.
- 3 Close the *papillotes*\* by joining the long sides of the paper and folding them over; then fold the ends underneath like gift wrapped package.
- 4 When the green vegetables are cooked, set aside to keep warm. Place the *papillotes*\* in the steamer basket. Run the STEAM programme at 100 °C. Add a few more minutes if the fillets are thick.
- 5 Place one *papillote*\* on each plate, open, and place the green vegetables beside the salmon. Serve with the Japanese sauce.

## Japanese sauce

- 1 Wash and finely slice the chives. Set aside.
- 2 Place the remaining ingredients in a bowl and mix well; add the chives and ginger.





# SCALLOPS

## on a bed of leeks with light dill-tarragon sauce



PREP TIME: 15 min

COOKING TIME: 25 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:    

1 fennel (300g)

2 leeks (300g)

1 drizzle olive oil

18 scallops, cleaned and trimmed\*

salt and 5 peppercorn blend

LIGHT DILL-TARRAGON SAUCE:

8g bunch dill

8g bunch tarragon

125g plain yoghurt

zest of 1 organic lemon

+ half the juice

salt, pepper

- 1 Wash and quarter the fennel. Chop the leeks (use only 5cm of green), and wash thoroughly. Fit the food processing bowl, and insert the midi bowl; install the 2mm slicing disc. Slice the fennel and leeks separately using the FOOD PROCESSOR programme. Prepare and refrigerate the sauce.
- 2 Install the metal bowl and pour in 500ml water. Fit the steamer basket, add the vegetables, drizzle with olive oil, and season. Run the STEAM programme for 15 minutes. Add the scallops and restart the STEAM programme for 10 to 12 minutes (depending on their thickness) at 100 °C.
- 3 Serve the vegetables and scallops with the sauce.

### light dill-tarragon sauce

- 1 Remove the dill and tarragon leaves, wash the sprigs\* and dry gently. Chop roughly.
- 2 Place all the sauce ingredients in the mini bowl and run the FOOD PROCESSOR programme for 30 seconds.

### TIPS

Scallops require careful cooking and the time will vary depending on their size. When cooked, they become slightly transparent.

The light dill-tarragon sauce can also accompany steamed asparagus (see p. 78), a salad of button mushrooms and smoked salmon slices or salmon *en papillote*\* (see p. 108).





# FISH CURRY, saffron rice



PREP TIME: 10 min

COOKING TIME: 1 h 10

SERVES 4/6

PROGRAMME: 

- |  |  |
|--|--|
| 600g fish fillets (salmon, cod, etc.)<br>juice of 1 lime | 1 green or red chilli pepper,<br>halved and seeded |
| 2 cloves garlic, peeled, halved<br>and germ removed*     | few small sprigs* chervil                          |
| 2 onions, peeled and quartered                           | salt, pepper                                       |
| 1 tbsp vegetable oil                                     | SAFFRON RICE:                                      |
| 1 tbsp ground turmeric                                   | 300g basmati or long-grain rice                    |
| 1 tbsp masala  | 310ml water  |
| 300ml coconut milk                                       | 2 pinches ground saffron                           |
| 200g mangetout, rinsed and halved                        | 1 tsp salt   |

- 1 Cut the fish in 3cm pieces, drizzle with lime juice and salt lightly.
- 2 Put the garlic and the onions in the metal bowl. Run the EXPERT programme (without heating) for 20 seconds/speed 13. If necessary, push the mixture down. Add the oil and spices and restart the EXPERT programme for 5 minutes/speed 2A/100 °C.
- 3 Add the coconut milk, mangetout and chilli pepper, and season to taste. Run the EXPERT programme for 20 minutes/speed 1A/95 °C. Add the fish pieces, restart the EXPERT programme for 20 minutes/speed 0/95 °C; if necessary, adjust the cooking time.
- 4 Garnish the fish curry with sprigs\* of chervil and serve with saffron rice.

## saffron rice

Fit the metal bowl with 500ml water. Place all the ingredients in a stainless-steel bowl that fits the steam basket. Run the STEAM programme for 25 minutes.

## CHICKEN colombo

Replace the fish with 600g chicken breasts, cut into 3cm pieces. Add the chicken with the mangetout and coconut milk. Use the EXPERT programme for 30 minutes/speed 0/100 °C.



# ROLLED SOLE WITH TAPENADE

## and tomato-basil coulis



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

9-10 sole fillets, halved  
salt, pepper

100g tapenade (see p. 32)

200g sundried tomatoes  
a little olive oil

several basil leaves, washed

TOMATO-BASIL COULIS:

5 very ripe Roma tomatoes

1 tbsp olive oil

5 basil leaves, washed

1 onion, peeled and quartered

1 garlic clove, peeled and germ removed\*  
salt, pepper

- 1 Prepare the tomato coulis. Set aside.
- 2 Remove any bones from the fillets. Season with salt and pepper, spread with tapenade and place a sundried tomato at the wide end of each fillet; roll and secure with a wooden cocktail stick.
- 3 Fill the metal bowl with 500ml water, lightly brush the steamer basket with oil and place the rolled sole in the basket. Run the STEAM programme at 100 °C (if necessary, adjust the cooking time depending on the thickness of the fillets).
- 4 Serve the sole with the tomato-basil coulis; garnish with basil leaves. This dish could be accompanied with the *Provençal* vegetables (see p. 196).

### tomato-basil coulis

- 1 Peel, quarter and seed the tomatoes.
- 2 Put the olive oil into the metal bowl and add the tomatoes, basil, onion and garlic. Run the EXPERT programme for 12 minutes/speed 1A/100 °C. Season to taste then restart the programme (without heating) for 45 seconds/speed 18 to mix the coulis.





# PRAWN CURRY



PREP TIME: 5 min

COOKING TIME: 20 min

SERVES 4

PROGRAMME:

- |   |   |
|---|---|
| 1 stalk lemongrass                        | 2 tsp fish stock powder (optional)          |
| 2 tbs olive oil                           | 2 tsp ground coriander                      |
| 1 onion, peeled and quartered             | 2 tsp curry powder                          |
| 2 garlic cloves, peeled and germ removed* | 400g peeled prawns, precooked               |
| ½ red chilli pepper, deseeded             | 8g bunch Thai basil, washed, leaves removed |
| 500ml coconut milk                        |   |

- 1 Peel and discard the tough outer leaves of the lemongrass stalk, keeping only 6cm from the bulb end. Thinly slice the stalk and set aside.
- 2 Put the olive oil into the metal bowl. Add the onion, garlic (crushed), lemongrass and chilli pepper. Run the EXPERT programme (without heating) for 30 seconds/speed 13. If necessary, push the mixture down. Add the coconut milk, fish stock, coriander and curry powder and restart the EXPERT programme for 10 minutes/speed 3/100 °C.
- 3 Finally, add the prawns and the Thai basil; continue cooking with the EXPERT programme for 10 minutes/speed 0/100 °C , if necessary adjust the cooking time.
- 4 Serve the prawn curry with basmati rice.

## CHICKEN curry

Replace the fish stock powder and the prawns with 4 diced chicken breasts and ½ a chicken stock cube. Cook with the EXPERT programme for 15 minutes/speed 0/100 °C.



# HAKE EN PAPILLOTE

## with citrus fruit and julienned vegetables






PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4

PROGRAMMES:  

ATTACHMENTS:   

- |   |                                 |
|---|---------------------------------|
| 1 carrot (100g) washed and peeled           | 1 small orange                  |
| 1 small courgette (150g), washed and peeled | 1 lime                          |
| ½ fennel (100g)                             | 1 drizzle olive oil             |
| ½ pink grapefruit                           | 4 kaffir lime leaves (optional) |
|   | 4 hake fillets (480g)           |
|   | salt, 5 peppercorn blend        |

- 1 Wash and peel the carrot and courgette. Fit the food processing bowl with the midi bowl and install the 4mm grating disc. Grate all the vegetables using the FOOD PROCESSOR programme. Segment the grapefruit and orange and thinly slice the lime.
- 2 Cut 4 pieces of baking paper or aluminium foil in rectangles of 30 x 20cm.
- 3 Fit the metal bowl, add 500ml water and install the steamer basket. Lightly brush the rectangles with olive oil, put the kaffir lime leaves on top and cover with grated vegetables. Put the *papillotes*\* in the basket without closing them. Cook *al dente* for 15 minutes using the STEAM programme. If you prefer more tender vegetables, continue steaming for 5 minutes.
- 4 Put the hake pieces on the steamed vegetables, and season. Place citrus segments and a slice of lime on top of each piece of fish. Tightly close the *papillotes*\* by joining the long sides of the paper and folding them over; then fold the ends underneath like gift wrapped package.
- 5 Restart the STEAM programme at 100 °C for 15 minutes.

### TIP

Before cooking, to enhance the flavour, add a little grated ginger into each *papillote*\*.





# CRAB CROQUETTES

## with ginger mayonnaise



PREP TIME: 15 min

COOKING TIME: 10 min

RESTING TIME: 30 min

SERVES 4/6

PROGRAMME:

ATTACHMENT:

60g breadcrumbs (see p. 170) or Panko (Japanese breadcrumbs)  
5 sprigs\* flat-leaf parsley, washed  
360g crab meat, drained  
2 tbsp mayonnaise (see p. 230)  
1 tbsp Dijon mustard  
2 eggs  
1 tbsp Worcestershire sauce  
salt, 5 peppercorn blend

2 tbsp grapeseed or vegetable oil  
40g butter

GINGER MAYONNAISE:  
3 tbsp mayonnaise  
1 tbsp water  
2cm grated ginger

- 1 Fit the food processing bowl with the metal blade. Add half the breadcrumbs, parsley, crab, mayonnaise, mustard, eggs and Worcestershire sauce. Season to taste and run the FOOD PROCESSOR programme for about 30 seconds.
- 2 Refrigerate the mixture for 30 minutes. Shape\* into balls (moisten your hands and/or add a few breadcrumbs to the mixture to make it easier). Roll the balls in the remaining breadcrumbs, and gently press down on each one to form croquettes 3-4cm in diameter.
- 3 Heat the oil and butter in a frying pan and cook the croquettes for 3 minutes on each side, until golden. Serve immediately on kitchen paper with ginger mayonnaise on the side and a small baby leaf salad.

### ginger mayonnaise

Combine 3 tbsp mayonnaise with 1 tbsp water and 2cm grated ginger, and mix well.

### PRAWN croquettes

Replace the crab with 30g small cooked and peeled prawns or shrimps. Place in the food processing bowl fitted with the metal blade and process for 30 seconds using the FOOD PROCESSOR programme.



# ORIENTAL FISHCAKES

PREP TIME: 15 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME: 

ATTACHMENT: 

2 stalks lemongrass	1 tsp ground turmeric
1 red chilli	1 tsp ground cumin
½ green pepper (75g)	1 tsp ground ginger
1 spring onion – washed, trimmed and halved	1 egg
500g cod, skinned and roughly chopped	1½ tbsp fish sauce salt, 5 peppercorn blend
½ cup breadcrumbs	1½ tbsp olive oil

- 1 Remove the tough outer leaves from the lemongrass stalks and use only 6cm of the stalk from the bulb end; thinly slice and set aside. Wash, quarter and seed the red chilli and the green pepper.
- 2 Fit the food processing bowl with the metal blade. Add the lemongrass, red chilli, green pepper and spring onion; process for 30 seconds using the FOOD PROCESSOR programme. Add the fish, breadcrumbs and spices, then the egg, fish sauce, salt and pepper and process for 1 minute.
- 3 Put the mixture into a salad bowl, then roll in balls, gently flattening each one to form fishcakes of 3-4cm in diameter.
- 4 Heat the oil in a large pan and fry for 3 minutes on each side until the fishcakes are golden.

## TRADITIONAL fishcakes

Replace the turmeric, cumin, ginger and fish sauce with organic lemon zest, 1 tsp fennel seeds and 2 tbsp chopped flat-leaf parsley.

## TIP

If you are unable to find lemongrass, use organic lemon zest instead.





# ASIAN SALMON TARTARE



PREP TIME: 10 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME:

ATTACHMENT:

- |   |                          |
|---|--------------------------|
| 8g bunch Thai basil or coriander            | 1 tbsp capers            |
| 8g bunch chives                             | 1 tbsp sesame oil        |
| 2 small spring onions, peeled and quartered | ½ red chilli, deseeded   |
| 650g fresh salmon, skinned and chopped      | juice of 1 lime or lemon |

- 1 Wash the basil and chives, removing the basil leaves; roughly chop the herbs and set aside. Fit the food processing bowl with the metal blade, add the onions and red chilli and run the FOOD PROCESSOR programme; press the Pulse button 4 times. Add the chopped salmon, capers, herbs, sesame oil and chilli. Pulse 4 times.
- 2 Scrape down the wall of the bowl using a spatula\* and Pulse again until the salmon is fully chopped.
- 3 Place the tartare mixture in a bowl and drizzle with lemon or lime juice.
- 4 Shape\* the salmon tartare on the serving plates using a 6-8cm pastry circle; refrigerate for 1 hour before serving. If desired, accompany with a baby leaf salad and slices of mango.

## CLASSIC tartare

Replace the Thai basil (or coriander), chilli and sesame oil with olive oil and half a diced yellow pepper.

## TIP

The salmon tartare could be served with a wasabi mayonnaise (see p. 230), and/or add a quarter of a cucumber (finely chopped), to give a little crunch.



# PRAWN WONTONS

PREP TIME: 15 min

COOKING TIME: 10 min

RESTING TIME: 30 min

SERVES 4

PROGRAMMES:



ATTACHMENTS:



## WONTON WRAPPERS:

130g plain flour  
80ml warm water  
pinch salt

1 spring onion  
½ tsp sesame oil  
2 tbsp soy sauce  
½ tsp grated ginger

## PRAWN FILLING:

300g peeled prawns

## SEALING MIXTURE:

1 tsp plain flour + 1 tsp warm water

- 1 Sift\* the flour into the metal bowl, remove the cap. Run the PASTRY/CAKE programme. Gradually add the water through the cap opening. Check the consistency of the dough. If it is too sticky or dry, add more flour or water as necessary. Press the dough with a finger; when ready it will retract a little, leaving the finger mark.
- 2 Dust a work surface with flour; place the dough on it. Knead\* for 30 seconds, wrap in cling film and set aside to rest for 30 minutes. Prepare the prawn filling.
- 3 Divide the dough in 2.5 cm balls. Using a rolling pin, roll out the balls to form thin 8 cm discs. Lightly dust with flour if the dough starts to stick. The dough should be slightly transparent.
- 4 Spoon 1 tsp of prawn paste onto each wonton wrapper. Brush the border of the wrapper with wonton sealer; fold in half and lightly press to seal. Continue until the filling has been used. Pour 500 ml water into the metal bowl and fit the steam basket; line\* with baking paper and brush with oil. Make single a layer of wontons in the basket. Run the STEAM programme for 10 minutes. For best results, steam the wontons in several batches without overloading the basket. Serve with soy sauce.

## prawn filling

Fit the food processing bowl; insert the mini bowl and blade. Put the filling ingredients into the mini bowl; PULSE for 30 seconds using the FOOD PROCESSOR. If necessary, scrape down the wall of the bowl with the spatula\*. Continue until the mixture resembles a coarse paste.

## TIP

Unused wrappers can be frozen for 1 month. Lightly flour each one, stack and separate with baking paper and stack.







# MEAT AND POULTRY

.....

# BEEF BOURGUIGNON



PREP TIME: 20 min

COOKING TIME: 2 h 25

RESTING TIME: 12 h

SERVES 4/6

PROGRAMME:

1kg beef chuck	150g smoked <i>lardons</i> or bacon
3 carrots (300g)	3 tbsp oil
1 onion	2 tbsp tomato puree
1 <i>bouquet garni</i> *	salt, pepper
500ml red wine	2 tsp rich beef stock
2 cloves garlic, peeled, germ removed*	4 tbsp cornflour diluted in 4 tbsp of cold water

- 1 Start the day before serving: pare\*, then cut the meat in 3-4cm cubes. Wash and peel the carrots and onion, halve the onion; slice the vegetables. Set the sliced carrots and onion aside. Place the meat cubes in a large glass bowl, add the carrots, onion, *bouquet garni*\* and the wine; set aside to marinate\* overnight.
- 2 The following day: take the beef cubes out of the marinade and set aside. Cut the garlic cloves in halves. Put the *lardons* or the smoked bacon, beef cubes, oil and garlic in the metal bowl. Run the EXPERT programme for 5 minutes/speed 2A/110 °C.
- 3 Add the marinated\* carrots and onion, the *bouquet garni*\*, tomato puree and season with salt and pepper. Dilute the powdered beef stock in 200ml warm water and add to the metal bowl; cover the beef with the marinade. Run the EXPERT programme, 20 minutes/speed 1A/110 °C.
- 4 Add the cornflour then restart the EXPERT programme for 2 hours/speed 1A/95 °C. The meat should be tender when cooked. If necessary, continue the cooking 15 to 30 minutes/speed 0/95 °C (without the cap, to reduce\* the sauce).

## TIPS

If you use another cut of beef than chuck, you may need to adjust the cooking time.

You can add a bit of ginger to enhance the taste.

If the sauce is too thin, thicken with a little cornflour.

For a quicker version, reduce the marination time.





# VEAL BLANQUETTE

PREP TIME: 10 min

COOKING TIME: 1 h 30

SERVES 4/6

PROGRAMMES:    ATTACHMENTS:  

1½ carrots (150g)	1 vegetable stock cube
1 onion	300ml water
50g butter, diced	2 bay leaves
150g button mushrooms	salt, 5 peppercorn blend
800g stewing veal	2 egg yolks
30g cornflour	200ml <i>crème fraîche</i>
200ml white wine	8g bunch parsley, washed and chopped
1 chicken stock cube	

- 1 Fit the food processing bowl, insert the midi bowl and install the 4mm slicing disc. Wash and peel the carrots and onion, halve the onion; thinly slice using the FOOD PROCESSOR programme. Set the sliced carrots and onion aside. Remove the food processing bowl; install the metal bowl.
- 2 Place the butter in the metal bowl, add the carrots and onion; run the EXPERT programme for 2 minutes/speed 1A/120 °C.
- 3 Rinse the mushrooms under running cold water to remove any dirt. Cut in half or quarters depending on the size.
- 4 Cut the meat in 3-4cm cubes, lightly flour with cornflour, place in the metal bowl and restart the EXPERT programme for 4 minutes/speed 1A/120 °C. Add the white wine, stock cubes, water, bay leaves and mushrooms; season to taste and remove the cap. Run the SIMMER programme for 1 h 20 minutes. The meat should be tender when cooked. If necessary, continue cooking for a further 10-20 minutes.
- 5 At the end of the programme, add the egg yolks and *crème fraîche* and restart the SIMMER programme for 5 minutes. If the sauce is too thin, thicken with a little cornflour.
- 6 Sprinkle with the parsley and serve with rice.





# IRISH STEW

PREP TIME: 15 min

COOKING TIME: 1 h 35

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

- |  |   |
|--|---|
| 2 carrots (150g), washed and peeled    | 500ml Guinness® or other stout                    |
| 4 potatoes (400g), washed and peeled   | 2 tbsp tomato puree                               |
| 2 onions, peeled                       | 50ml Worcestershire sauce                         |
| 1 celery stick                         | 250ml water                                       |
| 600g stewing lamb (e.g. shoulder)      | ½ cube beef stock                                 |
| 2 tbsp olive oil                       | 1 tsp cornflour previously mixed with 1 tsp water |
| 2 cloves garlic, peeled, germ removed* | salt, pepper                                      |
|  | 8g flat-leaf parsley, washed                      |

- 1 Fit the food processing bowl with the midi bowl and fit the 4mm slicing disc. Slice the carrots, potatoes, onions and celery using the FOOD PROCESSOR programme. Set the sliced vegetables aside. Install the metal bowl.
- 2 Cut the lamb into 3-4cm cubes, and place in the metal bowl. Add the olive oil and garlic; run the EXPERT programme for 5 minutes/speed 1A/120 °C.
- 3 Add the sliced vegetables, Guinness®, tomato puree, Worcestershire sauce, water, beef stock cube and cornflour; season with salt and pepper. Run the EXPERT programme for 90 minutes/speed 1A/95 °C. Check the meat and cook for longer if required.
- 4 Garnish the Irish stew with finely sliced\* flat-leaf parsley.





# VEAL MEATBALLS, yakitori-style



PREP TIME: 20 min

COOKING TIME: 20 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

500g veal escalope  
200g button mushrooms  
10 sprigs\* coriander, washed,  
leaves removed  
1 tbsp ground tandoori spices  
1½ tbsp sesame oil  
salt, freshly ground pepper  
6 tbsp white or black sesame  
seeds

## YAKITORI SAUCE:

½ small red chilli pepper  
5 sprigs\* chives  
3 tbsp light soy sauce  
1 tbsp sugar  
3 tbsp sake or rice wine

- 1 Roughly chop the veal.
- 2 Fit the food processing bowl with the metal blade. Wash the mushrooms. Add to the bowl with the veal, coriander leaves, tandoori spices, sesame oil, salt and pepper. Chop well using the FOOD PROCESSOR programme until combined.
- 3 Shape\* spoonfuls of the chopped meat mixture into 2cm balls. Place the white or black sesame seeds on a plate. Roll the meatballs in the sesame seeds. Place the meatballs in the steamer basket.
- 4 Pour 500ml water into the metal bowl, fit the steamer basket and run the STEAM programme. Adjust the cooking time if necessary.
- 5 Use wooden skewers, and serve 2 meatballs on each one. Accompany with the yakitori sauce.

## yakitori sauce

- 1 Wash and cut the chilli in half and remove the seeds; thinly slice. Rinse and finely slice the chives.
- 2 Whisk to combine the remaining ingredients; add the chilli and chives.

## TRADITIONAL meatballs

Omit the tandoori spices and sesame seeds, replace the coriander with parsley and serve the meatballs with a classic tomato sauce.





# ROUGAIL SAUSAGES, lentils and rice

PREP TIME: 15 min

COOKING TIME: 40 min

SERVES 6

PROGRAMMES:  

- |   |                                 |
|---|---------------------------------|
| 6 small smoked sausages                     | 2 kaffir lime leaves (optional) |
| 3 onions, peeled and quartered              | 1 level tsp turmeric            |
| 1 garlic clove, peeled,<br>germ removed*    | 3 sprigs* thyme                 |
| 1½ tbsp olive oil                           | salt, freshly ground pepper     |
| 4 tomatoes on the vine, quartered           | 300g rice                       |
| 1 tin peeled and chopped<br>tomatoes (300g) | 300g lentils                    |
| grated zest of 1 kaffir lime<br>(optional)  | 1 bay leaf                      |
|   | several coriander leaves        |

- 1 Pour 500ml water into the metal bowl. Prick the sausages with a fork, place in the steamer basket; run the STEAM programme for 15 minutes. Cut the sausages in 2cm pieces and set aside. Discard the cooking liquid in the metal bowl. Place the onions and garlic in the metal bowl and add the olive oil. Run the EXPERT programme (without heating) for 20 seconds/speed 13. If necessary, scrape the wall of the bowl down, and restart for 5 minutes/speed 2A/120 °C.
- 2 Add the quartered tomatoes, tinned tomatoes (with the juice), smoked sausage pieces, kaffir lime zest and leaves, turmeric and thyme; season with salt and pepper. Run the EXPERT programme for 20 minutes/speed 1A/95 °C.
- 3 Cook the rice and lentils (with a bay leaf) separately, following the instructions on the packets.
- 4 Serve the smoked sausages with the lentils, garnished with coriander leaves. Accompany with the rice.

## TIP

If kaffir limes and leaves are not available, use lemongrass.





# CHILLI CON CARNE

PREP TIME: 15 min

COOKING TIME: 1 h 05

SERVES 6

PROGRAMMES:  

1 carrot (100g)	400g tin peeled tomatoes
1 red pepper (150g)	1 tbsp tomato puree
1 small hot chilli pepper	500g minced rump steak
½ stick celery	1 tbsp ground cumin
1 large onion, peeled and quartered	1 tsp ground cinnamon (optional)
50ml olive oil	400g tinned kidney beans
2 cloves garlic, peeled, germ removed*	salt, freshly ground pepper
	fresh coriander leaves

- 1 Wash and peel the carrot. Wash the red pepper, chilli pepper and celery. Cut the peppers lengthwise in halves and remove the seeds. Slice the carrot and set aside separately. Slice the peppers and celery and set aside.
- 2 Fit the metal bowl. Add the the onion and run the EXPERT programme, 20 secondes/speed 13 (without heating). Scrape down the bowl if necessary. Add the olive oil, garlic (crushed) and sliced carrot. Run the EXPERT programme for 5 minutes/speed 3/120 °C.
- 3 Add the tomatoes (and the juice), tomato puree, beef, red pepper, chilli pepper, celery, spices, salt and pepper. Run the SIMMER programme for 50 minutes. Add the kidney beans and restart the programme for 10 minutes.
- 4 Serve the chilli con carne garnished with fresh coriander leaves; accompany with rice.

## TIP

You can also mince your beef using the FOOD PROCESSOR programme : put the meet cut into large pieces in the food processor bowl with the metal blade and run the programme for 30 seconds.





# PORK SAUTÉ

## with pineapple



PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 4/6

PROGRAMMES:  

600g pork <i>filet mignon</i>	300ml water
1 tbsp olive oil	½ cube chicken stock
2 red peppers (300g), washed and seeded	2 tbsp tomato puree
3 spring onions, peeled	10g cornflour
300g pineapple (tinned or fresh), diced	1 tbsp cold water
	fresh coriander leaves
	salt, pepper

- 1 Use a very sharp knife to remove the fatty parts of the *filet mignon*; cut the meat into 3-4cm pieces. Place the olive oil in the metal bowl, add the meat and run the EXPERT programme for 7 minutes/speed 1A/120 °C.
- 2 Cut the peppers into small pieces and the onions into chunks. Add the peppers and onions to the bowl and restart the EXPERT programme for 5 minutes/speed 1A/120 °C. Add the pineapple, water, chicken stock cube and tomato puree; season with salt and pepper. Run the SIMMER programme.
- 3 Five minutes before the end of the programme, mix cornflour with the cold water. Remove the cap and slowly pour the cornflour mixture into the bowl through the opening in the lid.
- 4 Garnish the pork sauté with coriander; accompany with basmati rice.





# PORK FILLET EN PAPILOTE



## with garlic cream



PREP TIME: 15 min

COOKING TIME: 25 min

SERVES 4

PROGRAMMES:  

ATTACHMENTS:    

400g pork fillet  
1½ tbsp olive oil  
1 courgette (150g), washed  
100g sundried tomatoes, chopped

GARLIC CREAM:  
4 garlic cloves, peeled, germ removed\*  
50g unsalted cashews  
200g *crème fraîche*  
salt, pepper

- 1 Prepare the garlic cream. Set aside. Remove the fat from the pork fillet and cut into slices 1cm thick. Set aside.
- 2 Cut out four rectangles of baking paper and brush with olive oil. Fit the food processing bowl, with the midi bowl and install the 4mm slicing disc. Slice the courgette using the FOOD PROCESSOR programme; place the slices in the centre of each baking paper rectangle.
- 3 Spoon a little garlic cream onto the courgettes, top with sliced pork fillet and sundried tomatoes. Fit the metal bowl and add 500ml water. Tightly close the *papillotes*\* and place in the steamer basket. Run the STEAM programme for 25 minutes.
- 4 Serve the remaining garlic cream on the side.

### garlic cream

- 1 Fit the food processing bowl with the mini bowl and add the garlic cloves (halved), cashews and *crème fraîche*.
- 2 Blend for 45 seconds using the FOOD PROCESSOR programme. Season to taste, adding a little olive oil if the cream is too thick.

### TIP

The garlic cream is also a delicious accompaniment for roast lamb, and grilled or cold meats.





# LAMB CURRY

## with naans

PREP TIME: 25 min

COOKING TIME: 35 min

RESTING TIME: 30 min

SERVES 4

PROGRAMMES:   

2 onions, peeled	100ml single cream
2½ tbsp olive oil	8g coriander
500g leg lamb	
200g cherry tomatoes	<b>NAANS:</b>
1 tbsp ground garam masala	100ml milk
1 tbsp curry powder	1 sachet easy blend yeast (7g)
1 tbsp sweet ground paprika	320g plain flour
1 tbsp ground turmeric	150g plain yoghurt
1 tbsp ground cardamom	2 tbsp soft butter
100g unsalted cashew nuts	1 tbsp olive oil
100g stoned dates	1 tsp salt

- 1 Make the *naans*. Then, quarter the onions and place in the metal bowl with the olive oil; run the EXPERT programme (without heating) for 30 seconds/speed 13. If necessary, scrape down the wall of the bowl. Cut the meat into pieces, and add to the bowl; restart the EXPERT programme for 5 minutes/speed 1A/120 °C. Add the remaining ingredients (except the single cream and coriander) and run the SIMMER programme.
- 2 Wash and finely chop\* the coriander. A minute before the end of the programme, remove the cap and add the single cream and coriander through the opening. Serve the lamb curry with basmati rice and the *naans*.

### *naans*

- 1 Place the milk and yeast in the metal bowl; run the BREAD/BRIOCHE programme. The programme will stop after 1 minute; add the remaining ingredients and press Auto to restart the programme.
- 2 Remove the dough using a spatula\* and place in a salad bowl. Cover with a damp cloth and set aside to rest for at least 30 minutes. Flour the work surface and hands and divide the dough into 6 balls of equal size.
- 3 Shape\* each portion of dough into small discs about 5mm thick. Place a non-stick frying pan over a medium heat, and cook the *naans* for about 2 minutes on each side until golden.





# CHICKEN NUGGETS



PREP TIME: 10 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME:

ATTACHMENT:

500g boneless chicken breasts  
300ml cooking oil

## CORNFLAKE BREADING:

50g cornflakes  
30g plain flour  
50g breadcrumbs (see p. 170)  
2 tsp ground paprika  
1 egg

- 1 Prepare the cornflake breading mixture.
- 2 Cut the chicken breasts into 4cm pieces. Dip in the beaten egg and then roll in the breading mixture.
- 3 Heat the oil in a non-stick sauté or frying pan. Do not allow it to smoke.
- 4 Carefully slide the breaded chicken pieces into the oil and cook for 2-3 minutes on each side until golden brown. Serve the chicken nuggets with cocktail sauce (see p. 230).

## cornflake breading

- 1 Fit the food processing bowl with the mini bowl. Add the cornflakes, flour, breadcrumbs and paprika. Process for 30 seconds using the FOOD PROCESSOR programme then set aside.
- 2 Beat the egg in a bowl.

### TIP

If desired, you could add 60g of sesame seeds to the breading.





# DUCK POT-AU-FEU



PREP TIME: 15 min

COOKING TIME: 45 min

SERVES 4

PROGRAMME:

- |                      |  |
|----------------------|--|
| 3 carrots (300g)     | 1 bay leaf                               |
| 2 parsnips (200g)    | 1 tsp coriander seeds                    |
| 2 celery sticks      | salt, 5 peppercorn blend                 |
| 3 potatoes (300g)    | 4 confit duck legs                       |
| 500ml water          | 8g flat-leaf parsley, washed and chopped |
| 1 chicken stock cube |  |

- 1 Peel and rinse the carrots, parsnips, celery and potatoes; cut into batons or 3cm cubes.
- 2 Pour the water into the metal bowl and add the chicken stock cube, bay leaf and coriander seeds. Run the EXPERT programme for 3 minutes/speed 3/120 °C.
- 3 Add the prepared vegetables, season with salt and pepper and run the EXPERT programme for 30 minutes/speed 0/100 °C. Remove a little duck fat and brown the legs in a frying pan, side skin down, until the skin is crispy. When the programme ends, put the duck legs into the metal bowl. Restart the EXPERT programme for 10 minutes/speed 0/100 °C.
- 4 Sprinkle each serving of duck *pot-au-feu* with a little parsley.

## TIPS

To retain the crispiness of the duck skin, you could also place the legs directly on the serving plates.  
You can use duck legs instead of confit duck legs (adjust the cooking time accordingly).





# BASQUE-STYLE CHICKEN

PREP TIME: 10 min

COOKING TIME: 1 h 05

SERVES 4

PROGRAMMES:  

ATTACHMENTS:  

- |                                       |   |
|---------------------------------------|---|
| 2 red or long sweet peppers (200g)    | 500g tomato flesh, roughly chopped or 400g can chopped tomatoes |
| 2 green peppers (200g)                | 3 sprigs* fresh or dried thyme                                  |
| 2 red onions, peeled                  | 100ml white wine  |
| 50ml olive oil                        | 2 bay leaves  |
| 100g smoked <i>lardons</i>            | 2 chicken legs  |
| 3 cloves garlic peeled, germ removed* | coriander leaves  |
| salt, 5 peppercorn blend              |   |

- 1 Fit the food processing bowl, with the midi bowl and install the 4mm slicing disc. Wash, quarter and deseed the peppers. Cut the onions in halves. Slice the peppers and onions using the FOOD PROCESSOR programme; set aside.
- 2 Fit the metal bowl. Add the oil, *lardons*, garlic (crushed), and onions. Run the EXPERT programme for 5 minutes/speed 3/120 °C. Add the peppers, tomato, thyme, white wine and bay leaves. Restart the EXPERT programme for 30 minutes/speed 2A/95 °C. Cut each chicken leg in two pieces at the joint. Heat a little oil in a frying pan and cook until golden brown on both sides.
- 3 Add the chicken pieces to the metal bowl; season to taste and restart the EXPERT programme for 30 minutes/speed 0/95 °C.
- 4 Wash and finely slice the coriander leaves. Garnish the Basque-style chicken with coriander; accompany with wild rice.

## TIP

The chicken legs could be replaced with chicken breasts (adjust the cooking time accordingly).



# PULLED TURKEY

## with peanuts



PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 4

PROGRAMMES:  

2 cloves garlic	50ml soy sauce
3 sweet onions	black pepper
2 tbsp olive oil	400g basmati rice
500g turkey fillets	3 stalks Thai spring onion or chives
40g peanut butter	

- 1 Peel and halve the garlic cloves, removing the central germ\*. Peel and quarter the onions. Place garlic and onions in the metal bowl and chop using the EXPERT programme (without heating) for 30 seconds/speed 13. If necessary, scrape down the wall of the bowl.
- 2 Add the oil and restart the EXPERT programme for 2 minutes/speed 3/130 °C. Cut the turkey fillets into 3-4cm cubes and add to the bowl. Restart the EXPERT programme for 3 minutes/speed 1A/100 °C.
- 3 Add the peanut butter, soy sauce and pepper; run the SIMMER programme. If necessary, stop and scrape down the wall of the bowl.
- 4 Steam the basmati rice following the instructions on the packet.
- 5 Wash and finely slice the Thai spring onion or chives and use to garnish the pulled turkey and rice.





# CHICKEN WRAPS

## with carrot and red cabbage




PREP TIME: 20 min

COOKING TIME: 10 min

RESTING TIME: 30 min

SERVES 4 (8 WRAPS)

PROGRAMMES:  

ATTACHMENTS:   

¼ red cabbage (250g), washed	8 sundried tomatoes, sliced
3 carrots (300g), washed and peeled	salt, pepper
1 avocado	
8g of chives, rinsed	WRAPS (WHEAT TORTILLAS):
6-8 tbsp of mayonnaise (see p. 230)	400g wheat flour
3 cooked chicken breasts	1 tsp salt
1 handful baby spinach leaves	2 tsp olive oil + 1 drizzle
	150ml warm water

- 1 Make the wraps. Then, cut the red cabbage in large pieces. Fit the main bowl, with the midi bowl, and the 2mm slicing disc. Slice the cabbage using the FOOD PROCESSOR programme. Set aside. Install the 4mm grating disc. Grate the carrots using the FOOD PROCESSOR programme; set aside. Peel and slice the avocado. Finely slice\* the chives and add to the mayonnaise. Cut the chicken breasts into thin strips.
- 2 Place a wrap on a flat surface in front of you; spread with mayonnaise. Then make separate rows of red cabbage, carrot, avocado and chicken. Finish with a little baby spinach and a sundried tomato, season to taste.
- 3 Roll the wrap firmly, from bottom to top. Then wrap in baking paper to retain the freshness and cut in halves on the diagonal.

### wraps (wheat tortillas)

- 1 Put the flour, salt and olive oil in the metal bowl, add 75ml warm water and run the PASTRY/CAKE programme. Add the remaining water through the opening in the lid; restart the PASTRY/CAKE programme. If necessary, add a little water or flour.
- 2 Place the dough on a floured work surface (amount of flour required will depend on the texture of the dough) and divide into 8 balls of equal size. Gently flatten with the palm of the hand, cover with a clean cloth and set aside to rest for 30 minutes.
- 3 Roll out\* the balls of dough as thinly as possible using a rolling pin. Preheat a little olive oil in a frying pan over medium heat. Cook both sides of each wrap for 1 minute; place in a damp cloth to keep them soft.





# SALTED PORK

## with lentils

PREP TIME: 20 min

COOKING TIME: 1 h 25

SERVES 4

PROGRAMME: 

2 carrots (200g)	1 <i>bouquet garni</i> *
2 shallots	1L water
1 onion	400g <i>Puy</i> green lentils
2 cloves	salt, pepper
500g unsmoked gammon joint	
2 <i>Montbéliard</i> or other smoked sausages	

- 1 Wash and peel the carrots; cut in 5mm slices. Peel and halve the shallots; set the carrots and shallots aside.
- 2 Peel and halve the onion; prick with the cloves. Cut the meat in 4cm cubes and the sausages in halves. Put the shallots, onion, and *bouquet garni*\* in the metal bowl, add 500ml water and the meat cubes. Run the SIMMER programme.
- 3 Then, add the sausages, lentils, carrots and the remaining water, which should cover the lentils; season with pepper.
- 4 Restart the SIMMER programme for 55 minutes. Before serving, taste and adjust the seasoning.

### SPICY SALTED PORK with chorizo

Replace the smoked sausages with 125g thickly sliced mild chorizo, add 100g stoned prunes, and 100g dried apricots. At step 4, add a little paprika, cumin and cinnamon.

#### TIP

To desalt the gammon yourself, place it in a bowl of cold water for 2 hours, changing the water regularly.





# STUFFED CHICKEN BREASTS

## with onion and raisin chutney



PREP TIME: 15 min

COOKING TIME: 1 h 15

SERVES 4

PROGRAMMES:  

ATTACHMENT: 

100g ricotta  
60g sundried tomatoes, diced  
salt, pepper  
30g rocket, roughly chopped  
100g pancetta or coppa, thinly  
sliced  
4 free-range chicken breasts  
4 tsp pesto (see p. 232)

ONION AND RAISIN CHUTNEY:  
3 sweet or red onions  
50g raisins  
100ml red wine or cider vinegar  
100ml water  
100g brown sugar  
pinch cinnamon

- 1 Prepare the onion and raisin chutney. Then, combine the ricotta and sundried tomatoes in a bowl and stir well. Add the rocket and lightly season.
- 2 Place a rectangle of catering clingfilm on a work surface and put 2-3 slices of pancetta in the centre. Butterfly and lightly flatten each chicken breast, then spread with pesto. Place a chicken breast on the pancetta and top with a spoonful of the ricotta mixture. Roll the chicken breast over, tightly wrapping it in the clingfilm to seal; twist the ends like a sweet. Prepare the other chicken breasts in the same way.
- 3 Place each roll in the steamer basket and add 500ml water to the metal bowl. Run the STEAM programme for 25 minutes. Serve the chicken breasts with the onion and raisin chutney.

### onion and raisin chutney

- 1 Peel and quarter the onions. Chop using the EXPERT programme (without heating) for 20 seconds/speed 13. If necessary, scrape down the wall of the bowl.
- 2 Add the remaining ingredients; restart the EXPERT programme for 50 minutes/speed 1A/115 °C.





# SPICY LAMB FILO PARCELS



PREP TIME: 15 min

COOKING TIME: 10 min

MAKES 6

PROGRAMME:

ATTACHMENT:

8g flat-leaf parsley	salt, pepper
2 stalks fresh mint	2 eggs
800g lean boned lamb	6-12 sheets filopastry
1 onion, peeled and roughly chopped	3 tomatoes, sliced
3 tsp of curry powder	150ml cooking or grape seed oil

- 1 Fit the food processing bowl and metal blade. Wash the parsley and mint. Cut the lamb into pieces and place in the food processing bowl. Add the herbs, onion, curry powder, eggs, salt and pepper. Pulse using the FOOD PROCESSOR programme until the filling is finely minced. Set aside.
- 2 Unfold the fillo pastry sheets on a work surface. Place 2 overlapping slices of tomato in the centre of each sheet. Top with 2 heaped spoonfuls of lamb filling and fold the sides into the middle to form a square parcel.
- 3 Heat the oil in a frying pan, and before it starts to smoke, place the parcels, seam-side down in the hot oil. Cook for 5 minutes on each side until golden.

## TIP

For the best results fry parcels for a few minutes on each side to colour and then bake in the oven 200 °C (190 °C fan, gas mark 6) until cooked.





# CHEESEBURGERS and buns

PREP TIME: 20 min

COOKING TIME: 15 min

RESTING TIME: 1 h

SERVES 6

PROGRAMMES:  

ATTACHMENTS:  

- 6 lettuce leaves
- 1 red onion, peeled
- 2 tomatoes, washed
- 6 beef burgers (750g)  
salt, pepper
- 6 slices cheddar cheese
- 6 tsp mayonnaise (see p. 230)
- 6 tsp ketchup

- BUNS:
- 1 sachet easy blend yeast (7g)
  - 120ml water
  - 300g bread flour
  - 40g melted butter
  - 25g caster sugar
  - 3g salt
  - 1 egg
  - 1 yolk and 3 tsp milk, beaten
  - 6 pinches of sesame seeds (optional)

- 1 Make the buns. Then, start preparing the garnish: wash the lettuce leaves. Fit the food processing bowl with the midi bowl and fit the 2mm slicing disc; slice the onion and tomatoes using the FOOD PROCESSOR programme and set everything aside.
- 2 Cook the beef burgers in a frying pan, season, and melt a slice of cheddar on the top each one. Cut the buns in halves. Mix the mayonnaise and ketchup in a bowl, spread the sauce on the buns. Put a lettuce leaf, beef burger, sliced tomato and onion on 6 of the halves, top with the remainder.

## buns

- 1 Put the yeast and water into the metal bowl and run the BREAD/BRIOCHE programme. The programme will stop after 1 minute. Open the lid, add the flour, butter, sugar, salt and egg; press Auto to restart the programme. Transfer the dough to a floured salad bowl, cover with a damp cloth; set aside for 30 minutes to rise.
- 2 Place on a floured work surface and gently punch down to push the air out of the dough; divide into 6 balls of equal size. Roll the balls in the palms of the hands until the surface is smooth, to obtain a uniform shape\* after baking. Place on a lined\* baking tray and set aside to rise for another 30 minutes.
- 3 Meanwhile, preheat the oven to 220 °C (210 °C fan, gas mark 7/8). Brush the buns with the beaten egg yolk and milk, sprinkle with sesame seeds. Bake for 10 minutes until golden brown; cool before garnishing.





# KOFTA KEBABS

PREP TIME: 10 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME: 

ATTACHMENT: 

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 2 onions                    | 1 tbsp grapeseed or vegetable oil |
| 6 sprigs* flat-leaf parsley | 2 tsp ground cumin                |
| 6 sprigs* coriander         | 2 tsp ground paprika              |
| 6 sprigs* mint              | 2 tsp curry powder                |
| 500g beef, roughly chopped  | salt, freshly ground pepper       |

- 1 Fit the food processing bowl with the metal blade. Peel and quarter the onions, wash and remove the leaves from all the herbs. Place the onions, herb leaves, beef, oil and spices in the bowl; season with salt and pepper. Pulse for 20-30 seconds using the FOOD PROCESSOR programme until the meat is finely minced and resembles a paste.
- 2 Shape\* the mixture into small balls; if too sticky, moisten your hands to make it easier to work with. Put 2 or 3 balls on each wooden skewer and flatten gently.
- 3 Place the kebabs on a hot griddle, grill or non-stick frying pan; cook until golden and cooked through.





# BEEF & GUINNESS® PIE

PREP TIME: 15 min

COOKING TIME: 1 h 35

SERVES 4

PROGRAMME: 

3 tbsp olive oil	130ml Guinness®
800g stewing or shoulder beef (in 1cm cubes)	130ml beef stock
1 onion, peeled and quartered	puff pastry (see p.322 or readymade)
3 cloves garlic (peeled and germ removed*)	1 beaten egg
1 tbsp rosemary	salt, pepper

- 1 Put 1 tbsp of the oil and half the meat in the metal bowl and run the EXPERT programme for 5 minutes/speed 1A/120 °C. Set the seared meat aside in a bowl. Repeat the process for the remaining meat.
- 2 Put the onion into the metal bowl; add the garlic and rosemary. Run the EXPERT programme for 10 seconds/speed 13. Scrape down the wall of bowl with a spatula\*.
- 3 Add the remaining oil; restart the EXPERT programme for 5 minutes/speed 1A/110 °C. Add the seared meat, Guinness® and beef stock to the metal bowl. Run the EXPERT programme for 1 hour/speed 1A/105 °C. The sauce will gradually thicken and meat will become tender. If desired, thicken the sauce with a little cornflour.
- 4 Preheat the oven to 200 °C (190 °C fan, gas mark 6). Spoon the beef mixture into ramekins. Cut four discs of puff pastry and place one on top of each ramekin. Gently press on the edges to seal the lids. Brush the top of the pastry with a beaten egg. Make a small hole, using a skewer, in the top of each lid to allow the steam to escape.
- 5 Place ramekins on a baking tray; bake for 25 minutes until the pastry has lightly risen and is golden brown.

## LAMB & Guinness® pie

Substitute the beef with lamb.





# STUFFED TOMATOES

PREP TIME: 15 min

COOKING TIME: 35 min

SERVES 6/8

PROGRAMME: 

ATTACHMENT: 

6 beef tomatoes for stuffing  
1 tbsp olive oil

## HERB BREADCRUMBS:

3-4 sprigs\* flat-leaf parsley  
100g stale bread

## STUFFING:

50g white bread, crusts removed  
8 tbsp milk  
1 onion, peeled and quartered  
8g flat-leaf parsley, washed  
2 garlic cloves, peeled, germ removed\*  
300g minced steak  
250g herbed sausage meat  
paprika  
salt, 5 peppercorn blend

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Wash and dry the tomatoes, cut off the tops; set aside. Scoop out the tomatoes (remove the seeds and set the flesh aside for the stuffing); place upside down on kitchen paper to drain. Prepare the breadcrumbs and stuffing.
- 2 Generously fill the tomatoes with stuffing.
- 3 Put the stuffed tomatoes into an oiled gratin dish, sprinkle with herb breadcrumbs, cover with the reserved tomato tops, drizzle with olive oil; bake for 35-45 minutes, depending on the size of tomatoes.

## herb breadcrumbs

- 1 Fit the food processing bowl with the metal blade. Wash the parsley; remove the leaves and place in the bowl with the stale bread.
- 2 Pulse for 20 seconds using the FOOD PROCESSOR programme to obtain fine crumbs. The parsley will enhance the flavour of the breadcrumbs. Set aside.

## stuffing

- 1 Soak the white bread in the milk. Fit the food processing bowl with the metal blade. Place the onion in the bowl with the parsley and garlic. Run the FOOD PROCESSOR programme for 15 seconds.
- 2 Add the minced steak, sausage meat and bread. Squeeze the soaked bread to remove the excess liquid and add to the bowl with half the reserved tomato flesh; season with paprika, salt and pepper. Press Auto and run the FOOD PROCESSOR programme for 20 seconds, until evenly blended.





# FRENCH-STYLE COTTAGE PIE

PREP: 10 min

COOKING TIME: 1 h

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

3 onions, peeled and quartered	100ml milk
600g minced beef	4 tbsp butter
1½ tbsp olive oil	nutmeg
3 sprigs* parsley, washed and finely sliced*	salt, pepper
1kg floury potatoes, peeled	3 tbsp breadcrumbs (see p. 170)

- 1 Put the onions into the metal bowl and run the EXPERT programme 30 seconds/speed 13 (without heating). Scrape down the bowl if necessary.
- 2 Add the meat, olive oil and parsley. Run the EXPERT programme for 10 minutes/speed 3/120 °C. Set the mixture aside.
- 3 Add 500ml water in the metal bowl and install the steamer basket. Cut the potatoes in 3-4cm cubes, rinse in cold water and place in the steamer basket. Run the STEAM programme for 25 minutes. At the end of the programme check that the potatoes are completely cooked if not, continue cooking.
- 4 Discard the cooking liquid in the metal bowl and install the whisk. Add the potatoes, milk and 3 tbsp of the butter; season to taste with nutmeg, salt and pepper. Mash using the EXPERT programme (without heating) for 1 minute 30/speed 3. To obtain the desired consistency, increase the time and/or add a little more milk if necessary. Preheat the oven to 210 °C (200 °C fan, gas mark 6/7).
- 5 Brush a gratin dish with the remaining butter and put the meat mixture into it. Spread the mashed potatoes on top, smooth the surface with a spatula\* and sprinkle with breadcrumbs. Bake for 20 minutes, until browned.

## CLASSIC cottage pie

Wash, peel and finely dice 1 carrot and 2 tomatoes; place in the metal bowl with the chopped meat mixture. Add 1 tbsp of Worcestershire sauce and 1 tbsp tomato ketchup; continue as for the French-style cottage pie. Add 60g grated cheddar to the mashed potatoes.







# VEGETABLES AND SIDES

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# CELERIAC PUREE

PREP TIME: 5 min

COOKING TIME: 35 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

1 celeriac (750g)  
100ml double cream

2-2½ tbsp olive oil  
salt, freshly ground pepper

- 1 Wash, peel and cut the celeriac into 2cm cubes. Pour 500ml water into the metal bowl, place the celeriac in the steamer basket and cook for 30 minutes using the STEAM programme.
- 2 Remove the steamer basket and discard the cooking liquid. Put the steamed celeriac, cream, olive oil, salt and pepper into the metal bowl; mix using the EXPERT programme (without heating) for 3 minutes/speed 13.

## CELERIAC PUREE with apples

Peel core and quarter 3 apples. Reduce the amount of celeriac to 500g. Place the quartered apples and celeriac in the steamer basket and cook using the STEAM programme. Then, follow the classic recipe as indicated.

### TIP

You could add walnut oil and garnish with chopped hazelnuts!





# MASHED POTATO





PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

1 kg peeled floury potatoes  
100ml milk  
50g butter

nutmeg  
salt, pepper

- 1 Fit the metal bowl, and add 500ml water; install the steamer basket. Cut the potatoes in 3-4 cm cubes, rinse in cold water and place in the steamer basket. Run the STEAM programme for 30 minutes. At the end of the programme check that the potatoes are completely cooked if not, continue cooking.
- 2 Discard the cooking liquid from the metal bowl and install the whisk. Add the potatoes, milk and butter; season to taste with nutmeg, salt and pepper. Mash using the EXPERT programme (without heating) for 1 minute 30/speed 3. To obtain the desired consistency, increase the time and/or add a little more milk if necessary.

## MASHED POTATO with truffle and Parmesan

Do not use nutmeg. Add 1 tsp finely chopped black truffle and 50g grated Parmesan to the mashed potatoes. If fresh truffles are unavailable, replace with approx. 1 tsp of truffle oil.

### TIPS

Note that the weight referred to in this recipe is for peeled potatoes. The variety of potatoes is essential: if possible, use floury ones such as Maris Piper or King Edward. Depending on the type of potato used, the cooking time can vary.





# PIPERADE

## with soft-boiled eggs



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

2 red peppers (200g)	100g smoked <i>lardons</i> or bacon
2 yellow peppers (200g)	500g passata
2 green peppers (200g)	salt, pepper
2 cloves garlic, peeled, germ removed*	6 very fresh eggs
50ml olive oil	sprigs* of flat-leaf parsley, washed

- 1 Fit the food processing bowl with the midi bowl; install the 4mm slicing disc. Wash, quarter, deseed and slice all the peppers using the FOOD PROCESSOR programme.
- 2 Fit the metal bowl, add the garlic and olive oil. Run the EXPERT programme for 3 minutes/speed 2A/120 °C. Then, add the *lardons* or bacon and restart for 2 minutes.
- 3 Add the passata, peppers, salt and pepper. Run the EXPERT programme for 25 minutes/speed 1A/110 °C.
- 4 Bring a large saucepan of water to the boil. Lower the eggs gently into the water, and bring it back to the boil; SIMMER for 6 minutes. Transfer the eggs to bowl of ice water to stop cooking and remove the shell.
- 5 Finely slice\* the parsley. Serve the *piperade* and place a soft-boiled egg in the centre of each serving. Garnish with parsley and croutons.





# VEGETABLE CRUMBLE, italian-style



PREP TIME: 15 min

COOKING TIME: 35 min

SERVES 6/8

PROGRAMME:

ATTACHMENTS:

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 aubergine (300g)       | SAVOURY CRUMBLE:                  |
| 2 courgettes (300g)      | 2 cloves garlic                   |
| 1 red pepper (150g)      | 10 sprigs* fresh basil or oregano |
| 1 yellow pepper (150g)   | 120g butter, diced                |
| 60ml olive oil           | 80g plain flour                   |
| salt, 5 peppercorn blend | 50g breadcrumbs (see p. 170)      |

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Fit the food processing bowl with the midi bowl; install the 4mm slicing disc. Wash and quarter the aubergine, courgettes and peppers; seed the peppers. Slice the vegetables using the FOOD PROCESSOR programme.
- 3 Transfer the sliced vegetables to a bowl, add the olive oil, season to taste and gently stir to combine. Place the vegetables in a gratin dish.
- 4 Bake for 15 minutes, then generously sprinkle with the savoury crumble mixture and bake for another 20 minutes until golden browned.

## savoury crumble

- 1 Peel and halve the garlic cloves, removing the central germ\*.
- 2 Chop the garlic and fresh herbs in the mini bowl. Add the butter, flour and breadcrumbs, and Pulse for 30 seconds-1 minute to obtain a sandy consistency.





# CREAMY VEGETABLE GRATIN

PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 6

PROGRAMMES:    ATTACHMENTS:   

1 sweet potato (300g)	CREAMY SAUCE:
2 purple carrots (200g)	100g ricotta
1 potato (200g)	210ml single cream
1 courgette (200g)	100ml milk
100g romanesco broccoli	4 sprigs* tarragon
salt, 5 peppercorn blend	
50g breadcrumbs (see p. 170)	

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Fit the food processing bowl with the midi bowl; fit the 2mm slicing disc. Wash and peel the sweet potato, carrots, potato and courgette; slice using the FOOD PROCESSOR programme. Cut the romanesco broccoli into small florets\*. Fit the metal bowl.
- 3 Pour 500ml water into the bowl. Put all the vegetables into the steamer basket. Run the STEAM programme. Set the steamed vegetables aside. Discard the cooking liquid in the metal bowl. Prepare the creamy sauce.
- 4 Arrange a layer of vegetables in a gratin dish, season to taste and then add a little creamy sauce. Repeat until all the ingredients have been used and sprinkle with breadcrumbs.
- 5 Bake for 15 minutes, adjusting the cooking time if necessary. Brown the gratin, under the grill for 5 minutes.

## creamy sauce

- 1 Place all the ingredients in the metal bowl.
- 2 Run the EXPERT programme (without heating) for 45 seconds/speed 8.

## TIPS

The romanesco broccoli could be replaced with cauliflower.  
For a more filling dish, add small side portion of grilled chicken.





# ONION SQUASH PUREE, Parmesan-hazelnut crumble



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES: 6

PROGRAMMES:    ATTACHMENTS:  

1 onion squash or  
pumpkin (800g)  
300g precooked chestnuts  
3 tbsp *crème fraîche*  
salt, 5 peppercorn blend  
8g flat-leaf parsley, washed

## PARMESAN-HAZELNUT CRUMBLE:

50g shelled hazelnuts  
40g grated Parmesan  
25g salted butter  
pinch nutmeg

- 1 Make the crumble topping.
- 2 Pour 500ml water into the metal bowl. Wash the squash, and remove the seeds. Dice (without peeling) and place in the steamer basket. Run the STEAM programme for 20 minutes, add the chestnuts and restart the programme for 10 minutes.
- 3 Discard the cooking liquid and place the squash, chestnuts, and *crème fraîche* in the metal bowl; season with salt and pepper. Run the EXPERT programme (without heating) for 5 minutes/speed 13. If necessary, use a spatula\* to scrape down the wall of the bowl; restart the programme for 1 minute.
- 4 Chop the parsley. The crumble does not need to be cooked. If desired it could be browned under a preheated grill for 10 minutes. Garnish the onion squash puree with Parmesan-hazelnut crumble and parsley.

## Parmesan-hazelnut crumble

- 1 Fit the food processing bowl with the mini bowl. Press Pulse to chop the hazelnuts; add the Parmesan, butter and nutmeg and Pulse again.
- 2 Be careful not to overwork the mixture, or you will obtain a fine powder rather than a crumble.





# FALAFELS

## with tahini sauce



PREP TIME: 10 min

COOKING TIME: 20 min

RESTING TIME: 1 h

SERVES 6

PROGRAMME:

240g chickpeas, drained	1 tsp salt
2 slices white bread, broken into pieces	pepper
3 cloves garlic, peeled, germ removed*	
15g parsley, washed and chopped	TAHINI SAUCE:
8g coriander, washed and chopped	1 clove garlic, peeled, germ removed*
2 tbsp olive oil	50g tahini
1 tbsp baking powder	juice of 1 lemon
1 tsp cumin	1 tsp honey
½ tsp smoked paprika	2 tbsp olive oil
¼ tsp baharat (optional)	2-3 tbsp of water

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Put the chickpeas, bread and garlic cloves in the metal bowl. Run the EXPERT programme (without heating) for 2 minutes/speed 8.
- 2 If necessary, use a spatula\* to scrape down the wall of the bowl; add the remaining ingredients. Run the EXPERT programme (without heating) for 3 minutes/speed 13, scraping down the wall of the bowl again, if necessary.
- 3 Shape\* a spoonful of the chickpea mixture into balls. To make the mixture easier to work with, moisten the hands before starting. Refrigerate for 1 hour.
- 4 Bake for 20-25 minutes until golden brown; turning the falafels after they have cooked for 10-12 minutes.
- 5 Accompany the hot falafels with tahini sauce.

### tahini sauce

Place all the ingredients in the metal bowl. Run the EXPERT programme (without heating) for 1 minute 30/speed 10 until the sauce is smooth but not too thick or runny. The sauce could also be made in the mini bowl of the FOOD PROCESSOR programme.





# RED LENTIL DHAL



PREP TIME: 10 min

COOKING TIME: 45 min

SERVES 6/8

PROGRAMMES:   ATTACHMENTS:  

250g new potatoes  
1 onion  
1 tbsp olive oil  
250g red lentils, rinsed  
200ml coconut milk  
300ml water

400g tinned, peeled tomatoes  
8g fresh coriander, washed,  
leaves removed  
salt, pepper  
3-4 tbsp curry powder

- 1 Peel and rinse the potatoes. Fit the food processing bowl with the midi bowl; install the 4mm slicing disc. Slice the potatoes using the FOOD PROCESSOR programme. Set the potatoes aside.
- 2 Peel and quarter the onion; chop in the metal bowl using the EXPERT programme (without heating) for 20 seconds/speed 13. Scrape down the wall of the bowl with a spatula\* and add the olive oil. Restart the EXPERT programme for 3 minutes/speed 3/120 °C.
- 3 Add the lentils, potatoes, coconut milk, water, tomatoes (quartered) and juice, and half the coriander leaves to the bowl. Season with salt, a little pepper, and add the curry powder; run the EXPERT programme for 40 minutes/speed 1A/105 °C.
- 4 Serve the dhal in bowls; garnish with the remaining coriander.

## TIPS

Dhal is a traditional Indian dish. As well as being healthy, it is delicious. When red lentils are cooked, they burst, giving the dhal a texture similar to that of a puree.





# PROVENÇAL VEGETABLE TIAN



PREP TIME: 15 min

COOKING TIME: 50 min

SERVES 6

PROGRAMME:

ATTACHMENTS:

- |                          |                          |
|--------------------------|--------------------------|
| 1 onion                  | 1 courgette (200g)       |
| 3 cloves garlic          | 70g black olives         |
| 1 red pepper (150g)      | 1 tsp thyme leaves       |
| 3 tomatoes (240g)        | salt, 5 peppercorn blend |
| 1 large aubergine (500g) | olive oil                |

- 1 Preheat the oven to 210 °C (200 °C fan, gas mark 7). Peel the onion and garlic, quarter the onion, halve the garlic cloves; remove the germ\* if necessary.
- 2 Wash and dry the remaining vegetables; deseed the red pepper. Fit the food processing bowl with the midi bowl; install the 4mm slicing disc. Slice the vegetables using the FOOD PROCESSOR programme; keeping each type of vegetable separate.
- 3 Lightly brush an ovenproof dish with oil. Arrange the vegetables in alternating rows and scatter the olives over the top; season with thyme, salt and pepper. Drizzle generously with olive oil.
- 4 Bake for 50 minutes. If necessary, add half a glass of water halfway through baking to keep the vegetables moist.

## TIP

Cover the gratin dish with aluminium foil halfway through cooking, if the vegetables start to colour too quickly.





# ROSTI






PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 6

PROGRAMME: 

ATTACHMENTS:   

2 cloves garlic                      salt, pepper  
8g parsley                            50ml olive oil  
10 potatoes (1kg) (Maris Piper)    100g butter

- 1 Fit the food processing bowl with the mini bowl. Peel and halve the garlic cloves; remove the germ\*. Wash the parsley and place in the mini bowl with the garlic; chop for 20 seconds using the FOOD PROCESSOR programme.
- 2 Peel and rinse the potatoes. Fit the midi bowl with the 2mm grating disc. Position the potatoes horizontally in the feed tube to grate. Place the grated potatoes in a bowl with the chopped garlic and parsley, season with salt and pepper and mix thoroughly.
- 3 Heat a little oil and butter in a frying pan. Place large spoonfuls of the *rosti* mixture in the pan and press down lightly to form small, flat *galettes*. Cook the *rosti* for about 10 minutes on each side, turning when golden.

## COURGETTE-POTATO *galettes*

Replace half the potatoes with 500g grated courgettes and add 2 beaten eggs.

### TIPS

Use a pastry circle to give the *rosti* a defined shape\*.  
If you would like thicker *galettes*, use the 4mm grating disc.





# PROVENÇAL VEGETABLES

PREP TIME: 15 min

COOKING TIME: 1 h

SERVES 4

PROGRAMMES:  

ATTACHMENT: 

- |                     |                    |
|---------------------|--------------------|
| 1 aubergine (300g)  | 1½ tbsp olive oil  |
| 1 courgette (200g)  | 2 tsp tomato puree |
| 1 red pepper (200g) | 3 sprigs* thyme    |
| 3 garlic cloves     | 2 bay leaves       |
| 3 onions            | salt, pepper       |

- 1 Wash the vegetables. Peel the aubergine and courgette in alternate, lengthwise strips using a vegetable peeler; discard the peeled skin. Deseed the pepper. Cut the vegetables into 2-3 cm pieces.
- 2 Pour 500ml water into the metal bowl. Put the courgette into the steamer basket. Run the STEAM programme for 15 minutes.
- 3 Discard the cooking liquid and dry the bowl. Peel and halve the garlic cloves, removing the central germ\*. Peel and roughly chop the onions.
- 4 Put the oil into the metal bowl with the garlic, onions and red pepper; run the SIMMER programme for 5 minutes/speed 1A/110 °C. Add the aubergine and restart the programme for 40 minutes.
- 5 Add the courgette, tomato puree, thyme, bay leaves, salt and pepper. Restart the SIMMER programme for 2 minutes/speed 1A/90 °C. Remove the cap to allow the water to evaporate while cooking.

## TIP

To avoid finding pieces of garlic in the vegetable stew, chop the cloves in the mini bowl, or use a garlic press.





# GRATIN DAUPHINOIS




## with rosemary

PREP TIME: 15 min

COOKING TIME: 1 h

SERVES 6

PROGRAMME: 

ATTACHMENTS:   

3 sprigs* fresh rosemary	10g butter
400ml milk	salt, pepper
130g Emmental or cheddar	80ml single cream
1 kg potatoes (Desiree, Estima or Maris Piper)	pinch nutmeg
1 clove garlic, peeled	50g grated Parmesan

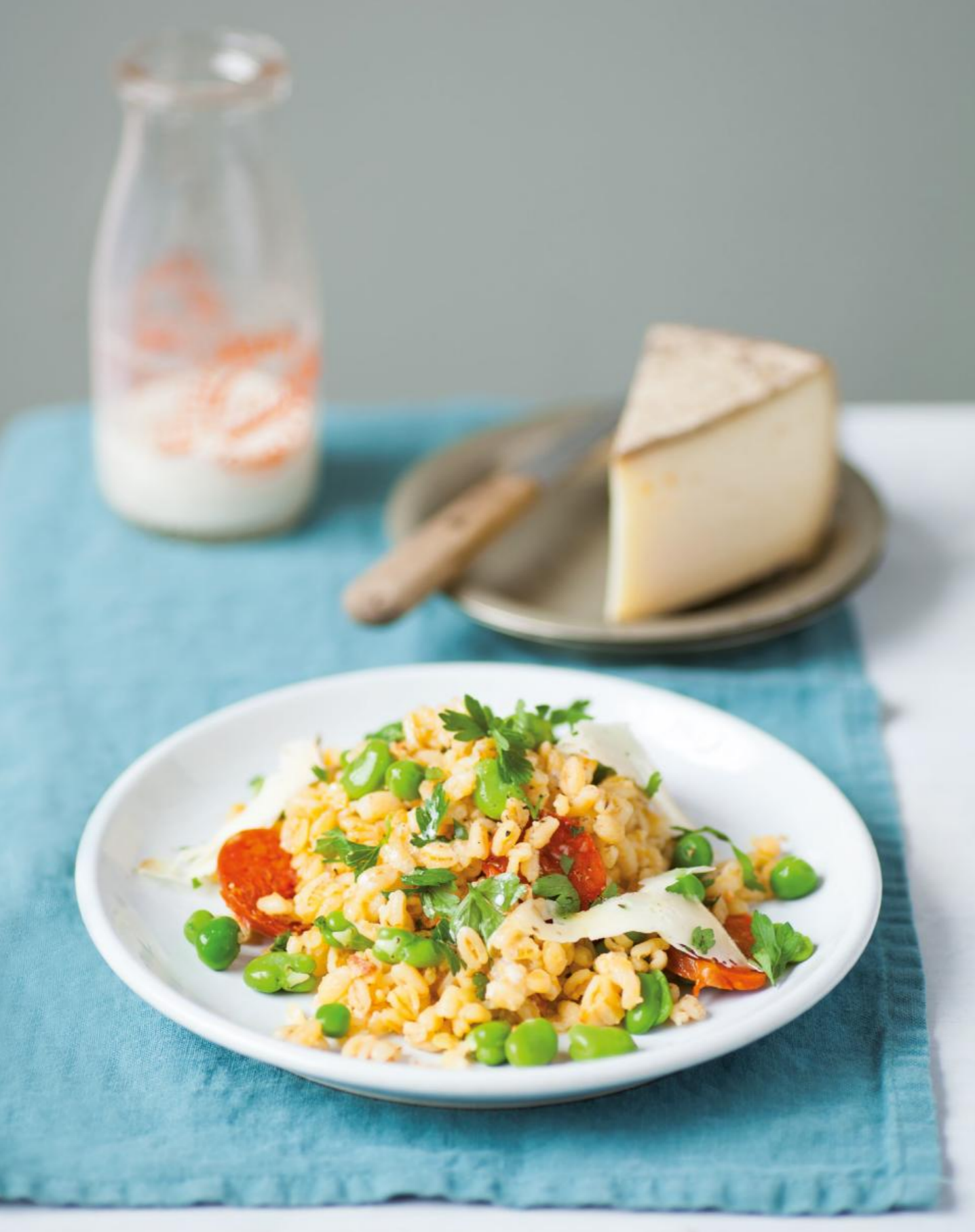
- 1 Place the rosemary sprigs\* in the milk and heat (without boiling) for 10 minutes. Set aside off the heat to infuse. Prepare the gratin. Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Fit the food processing bowl with the midi bowl and the 2mm grating disc and grate the Emmental using the FOOD PROCESSOR programme. Set aside.
- 3 Install the 2mm slicing disc. Peel, rinse and dry the potatoes, slice using the FOOD PROCESSOR programme.
- 4 Rub a gratin dish with a cut garlic clove and brush with butter. Make a thin layer of potatoes in the dish, sprinkle with grated Emmental, salt, pepper and single cream. Repeat until all the ingredients have been used.
- 5 Remove the rosemary sprigs\* from the milk and pour over the gratin *dauphinois*. Add the nutmeg, sprinkle with grated Parmesan and bake in the oven for 1 hour.

### TIP

For a traditional version of the gratin, omit the cheese and rosemary.







# PASTA, RICE AND GRAINS

.....



# CHERRY TOMATO RISOTTO

## with rocket and Parmesan



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMME:

150g cherry tomatoes  
rocket leaves  
basil leaves

1 clove garlic  
40g butter, roughly chopped  
2 tbs olive oil  
320g arborio or carnaroli risotto rice

### BASIC RISOTTO:

100g Parmesan, chopped  
1 spring onion  
1 shallot

100ml white wine  
750ml water  
1 cube vegetable stock  
salt, pepper

Wash and cut the cherry tomatoes in halves. Prepare the basic risotto, adding the halved cherry tomatoes about 30 seconds before the risotto is cooked. Wash the rocket and basil. Place the risotto in shallow bowls, garnish with rocket and basil leaves; serve immediately.

### basic risotto

- 1 Put the Parmesan into the metal bowl; run the EXPERT programme (without heating) for 30 seconds/speed 15. Set aside.
- 2 Peel and quarter the spring onion, shallot and garlic (removing the germ\* if necessary). Place in the metal bowl and run the EXPERT programme (without heating) for 10 seconds/speed 13. Use a spatula\* to scrape the mixture into the centre of the bowl and add the butter and olive oil; restart the EXPERT programme for 3 minutes/speed 2A/100 °C.
- 3 Add the rice to the metal bowl; restart the EXPERT programme for 3 minutes/speed 4/100 °C. After 1 minute, add the wine through the opening. Add the water, stock cube, salt and pepper; restart for 20 minutes/speed 2A/100 °C. If necessary, cook for a few minutes longer. Add the Parmesan through the opening; restart the programme for 2 minutes to mix.

### PUMPKIN-BACON risotto

Brown 600g peeled and diced pumpkin for 10 minutes in a frying pan with a knob of butter. Add 120g chopped smoked bacon and continue cooking for 5 minutes. Season, and add the pumpkin-bacon mixture to the basic risotto 30 seconds before it is cooked.





# SPANISH-STYLE RICE



PREP TIME: 5 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMME:

- |                      |                                     |
|----------------------|-------------------------------------|
| 2 shallots           | 750ml fish stock                    |
| 3 garlic cloves      | 200g frozen garden peas             |
| 300g basmati rice    | 1 sliced chorizo                    |
| 2 tbsp olive oil     | 120g mussels, precooked and shelled |
| 2 strands saffron    | 12 prawns, cooked and peeled        |
| 1 tsp ground paprika |                                     |
| 1 tbsp tomato puree  |                                     |

- 1 Peel and halve the shallots and garlic cloves (remove the germ\* if necessary). Place in the metal bowl and run the EXPERT programme (without heating) for 20 seconds/speed 13. If necessary, scrape down the wall of the bowl and restart for 20 seconds. At the end of the programme, add the rice and olive oil. Run the EXPERT programme for 5 minutes/speed 1A/120 °C.
- 2 Add the saffron, paprika, tomato puree, fish stock then restart the EXPERT programme for 25 minutes/speed 1A/110 °C. Halfway through, add the garden peas through the opening. Adapt the cooking time if necessary.
- 3 Press Stop, 2 minutes before the dish is cooked, and add the slices of chorizo, mussels and prawns; press Auto to restart the programme. Let the rice swell for 5 minutes before serving.

## TIP

Freshly steamed mussels could also be used.





# PILAU RICE

## with girolle mushrooms



PREP TIME: 10 min

COOKING TIME: 20 min

SERVES 4/6

PROGRAMME:

1 courgette (200g)	1 clove garlic
300g girolle mushrooms, fresh or frozen	2 tbsp olive or sunflower oil
250g basmati rice	500ml water
1 shallot	1 cube chicken stock
1 sweet onion	salt, pepper blend
	8g parsley

- 1 Wash, peel and slice the courgette. Carefully wash the girolle mushrooms, and if too large, cut in halves; set the courgette and mushrooms aside. Rinse the rice several times until the water remains clear. Peel and quarter the shallot, onion and garlic (removing the germ\* if necessary).
- 2 Place the shallot, onion and garlic in the metal bowl; run the EXPERT programme (without heating) for 20 seconds/speed 13. Scrape down the wall of the bowl.
- 3 Add the olive oil and run the EXPERT programme for 3 minutes/speed 3/120 °C. Add the rice and run the EXPERT programme for 1 minute/speed 2A/110 °C.
- 4 Add the water, chicken stock cube, courgette, and season to taste. Run the EXPERT programme for 15 minutes/speed 2A/110 °C. Add the mushrooms 5 minutes before the programme ends. Check, and adjust the cooking time if necessary, as it may vary depending on the brand of rice used.
- 5 Wash and finely slice the parsley. Serve the pilau rice piping hot, sprinkled with parsley.

### TIP

You can slice the courgette using the food processing bowl and FOOD PROCESSOR programme.





# PASTA DOUGH



PREP TIME: 5 min

COOKING TIME: 3 min

RESTING TIME: 30 min

SERVES 4

PROGRAMME:

- 4 free range eggs
- 2 free range egg yolks
- 400g plain flour, sifted\*
- 1 tbsp olive oil

- 1 Put the whole eggs and egg yolks into a bowl.
- 2 Place the flour in the metal bowl, close the lid and remove the cap. Run the PASTRY/CAKE programme. Slowly add the eggs, yolk-by-yolk through the opening; wait for a few seconds between the addition of each yolk.
- 3 Add the oil; when the dough starts to form a ball, process for another 10 seconds. The dough should spring back when lightly pressed with your finger.
- 4 On a floured work surface, lightly knead\* the dough for 30 seconds. Wrap in clingfilm and rest in the refrigerator for 30 minutes before rolling and cutting it with a pasta machine. If you do not have a pasta machine, use a rolling pin. The rolled-out dough should be slightly transparent.
- 5 Cook for 3-4 minutes in salted, boiling water and drain; serve with your favourite pasta sauce.

# EGGLESS PASTA DOUGH

PREP TIME: 10 min

COOKING TIME: 5 min

RESTING TIME: 30 min

SERVES 6

PROGRAMME:

- 250g plain flour
- 250g semolina flour
- 250 water
- 1 pinch salt
- 1 tbsp olive oil (if necessary)

- 1 Put the plain flour, semolina flour, water and a pinch of salt into the metal bowl. Close the lid and run the PASTRY/CAKE programme. Scrape down the wall of the bowl if necessary.
- 2 Check the consistency of the dough. A compact, but elastic ball of dough is necessary. If too moist, add a little flour. If too dry, add 1 tbsp of olive oil. Wrap the dough in cling film and set aside to rest for 30 minutes.

## TIP

If the dough is sticky or dry, add more flour or oil as necessary.





# SPAGHETTI

## carbonara



PREP TIME: 5 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMME:

400g spaghetti  
10g coarse salt  
6 egg yolks  
freshly ground pepper

CARBONARA SAUCE:  
200g streaky bacon, thinly sliced  
50ml white wine  
200ml double cream  
150g Parmesan

- 1 Prepare and set the carbonara sauce aside. Pour 1.5 litres of hot water into a large saucepan, add the coarse salt and bring to the boil. Cook the spaghetti following the instructions on the packet. Drain the cooked pasta and transfer to a bowl.
- 2 Pour the carbonara sauce over the pasta and mix gently to combine.
- 3 Divide the pasta among the plates and top each serving with one egg yolk. Season with pepper but no salt as streaky bacon is very salty.

### carbonara sauce

- 1 Cut the slices of streaky bacon in 4cm pieces. Place the bacon pieces in the metal bowl and run the EXPERT programme for 3 minutes/speed 1A/120 °C.
- 2 When the bacon is golden, add the white wine and restart the EXPERT programme for 5 minutes/speed 1A/90 °C.
- 3 Add the cream and Parmesan; run the EXPERT programme for 2 minutes/speed 3/90 °C.

### SPAGHETTI Arrabiata

Peel and finely chop a garlic clove. Cut a small chilli pepper in half; seed and finely slice. Peel and dice 500g tomatoes. Put 2 tbsp water into the metal bowl, add the garlic and chilli pepper. Run the EXPERT programme for 5 minutes/speed 3/100 °C until the water evaporates. Add the tomatoes, 2 tbsp olive oil and season with salt. Restart the EXPERT programme for 30 minutes/speed 3/110 °C. Run the SMOOTHIE program to blend the sauce. If too thin, restart the EXPERT programme for a few minutes/speed 1A/110 °C. Finely chop a little parsley; add it to the sauce before combining with the spaghetti.





# LASAGNE

## bolognese

PREP TIME: 35 min

COOKING TIME: 1 h

SERVES 6/8

PROGRAMMES:  

- |  |                                  |
|--|----------------------------------|
| 1 tbsp olive oil                         | 2 carrots (200g)                 |
| 500ml béchamel sauce (see p. 226)        | 1 stick celery                   |
| 12 sheets lasagne                        | 600g minced beef                 |
| 70g gruyère or other hard cheese, grated | 70ml olive oil                   |
| 125g Parmesan, grated                    | 800g passata or chopped tomatoes |
|  | 100ml red wine                   |
|  | 2 bay leaves                     |
|  | 1 tsp of dried thyme             |
|  | 1 tsp of dried basil             |
|  | salt, pepper                     |
- BOLOGNESE SAUCE:
- 3 onions
  - 2 garlic cloves

- 1 Preheat the oven to 200 °C (190 °C fan, gas mark 5/6). Prepare the bolognese sauce first, then the béchamel.
- 2 Brush a gratin dish with the olive oil, pour in a thin layer of béchamel, arrange the lasagne sheets on top and cover with bolognese sauce. Continue, alternating with the béchamel, lasagne sheets, and bolognese sauce until all the ingredients have been used; end with a layer of béchamel.
- 3 Sprinkle with grated gruyère and Parmesan. Bake the lasagne for 25 minutes until golden brown and lasagne is cooked.

### bolognese sauce

- 1 Peel and halve the onions and garlic cloves (removing the germ\*). Wash, peel and cut the carrots and celery into 2cm pieces. Fit the metal bowl. Add the onions, garlic, carrots, and celery; run the EXPERT programme (without heating) for 40 seconds/speed 13. Scrape down the wall of the bowl if necessary. Add the beef and olive oil; run the EXPERT programme for 5 minutes/speed 2A/120 °C.
- 2 Add the remaining ingredients and run the SIMMER programme. If necessary, continue cooking until meat is tender and sauce thickened.

### TIP

You can mince your meat using the food processing bowl and FOOD PROCESSOR programme.





# RISOTTO-STYLE WHEAT

PREP TIME: 5 min

COOKING TIME: 25 min

SERVES 6

PROGRAMME: 

1 shallot, peeled and halved	1 cube chicken stock
1 tbsp olive oil	100g garden peas, precooked
400g pure durum wheat (Ebly®)	100g broad beans, precooked
100g chorizo, sliced	200ml <i>crème fraîche</i>
300ml white wine	45g Parmesan, grated
350ml water	fresh basil or rocket leaves

- 1 Place the shallot in the metal bowl; run the EXPERT programme (without heating) for 15 seconds/speed 13.
- 2 Scrape the chopped shallot into the centre of the bowl, add the olive oil and run the EXPERT programme for 3 minutes/speed 1A/120 °C.
- 3 Add the wheat and chorizo. Restart the EXPERT programme for 20 minutes/speed 1A/100 °C. After 1 minute, add the white wine, the water, stock cube, garden peas and broad beans through the opening; close the cap.
- 4 At the end of the programme, if necessary, continue cooking for a few more minutes. Stir in the *crème fraîche* and sprinkle with the Parmesan.
- 5 Serve garnished with basil or rocket leaves.





# QUINOA SALAD

## with lime pesto vinaigrette



PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 4/6

PROGRAMME:

1 red onion  
700ml hot water  
1 cube vegetable stock  
300g quinoa  
150g cherry tomatoes  
½ cucumber  
1 avocado  
200g chickpeas, drained  
basil leaves

LIME PESTO VINAIGRETTE:  
8g chives  
8g basil  
2 limes  
1½ tbsp olive oil  
salt, pepper  
1 tbsp pesto (see p. 232)

- 1 Peel, and quarter the red onion and place in the metal bowl. Run the EXPERT programme (without heating) for 15 seconds/speed 13. Set the red onion aside.
- 2 Put the hot water, stock cube and quinoa in the metal bowl; run the EXPERT programme for 20 minutes/speed 1A/110 °C.
- 3 Wash and halve the cherry tomatoes. Wash, peel and dice the half cucumber. Peel and dice the avocado.
- 4 When the quinoa is cooked, remove from the bowl and run it under cold water to cool and drain. Combine the chickpeas, tomatoes, avocado, red onion and cucumber with the quinoa and season with the lime pesto vinaigrette; stir well. Serve chilled like tabbouleh; garnish with basil leaves.

### lime pesto vinaigrette

- 1 Wash the chives and basil, finely sliced\* and mix with the vinaigrette.
- 2 Press the limes, mix the juice with the olive oil, season and add 1 tbsp pesto.





# AUBERGINES & PEPPERS STUFFED

## with bulgur wheat



PREP TIME: 10 min

COOKING TIME: 55 min

SERVES 6/8

PROGRAMMES:  

ATTACHMENT: 

3 red peppers (450g)	200g cooked ham, roughly chopped
2 aubergines (600g)	200g cured ham, roughly chopped
200g bulgur wheat	pepper
1 cube chicken stock	pinch ground cumin
2 onions	4 tbsp fresh herbs, chopped*
1 clove garlic	(oregano, flat-leaf parsley, basil, etc.)
50ml olive oil	60g Parmesan, grated
1 egg	

- 1 Wash the peppers and aubergines. Cut the aubergines in half, remove the pulp using a spoon and set aside. Slice the tops off the peppers and seed. Pour 500ml water into the metal bowl, place the hollowed-out aubergines in the steamer basket and run the STEAM programme for 10 minutes. Discard the cooking liquid and set the aubergines aside.
- 2 Put the bulgur wheat, water and the chicken stock cube into a saucepan; cook following the instructions on the packet. Set aside.
- 3 Preheat the oven to 200 °C (190 °C fan, gas mark 6). Peel and quarter the onions and garlic (remove the germ\* if necessary). Place in the metal bowl and run the EXPERT programme (without heating) for 15 seconds/speed 13. Scrape down the wall of the bowl, if necessary. Add 2 tbsp of the oil, and restart the programme for 5 minutes/speed 3/120 °C.
- 4 Add the aubergine pulp with the egg, the cooked and cured ham; season with pepper, cumin and chopped herbs. Run the EXPERT programme for 7 minutes/speed 6/80 °C. Combine with the bulgur wheat, mix well and spoon the stuffing into the aubergines and peppers.
- 5 Put the stuffed vegetables in a gratin dish, sprinkle with grated Parmesan, drizzle with the remaining olive oil and bake for 35 minutes.

### TIP

To make this dish suitable for vegetarians, simply remove the ham and replace the chicken stock with vegetable stock.





# SWEETCORN FRITTERS

PREP TIME: 5 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME: 

3 eggs  
100g plain flour  
1 tbsp milk

salt, pepper  
250g tinned sweetcorn  
1 knob butter

- 1 Place the eggs, flour, milk, salt and pepper in the metal bowl and run the EXPERT programme (without heating) for 1 minute/speed 13. If necessary, scrape down the wall of the bowl. Drain and add the sweetcorn; restart the EXPERT programme for 1 minute/speed 13.
- 2 Set the fritter batter aside in a bowl. Heat a knob of butter in a frying pan then pour in half a ladle of batter. Cook each side for 2 minutes, until small bubbles appear on the surface of the fritter, and it is golden brown. Repeat until all the mixture has been used.

## TIP

The fritters go well with a meat dish or, for a quick meal, serve with a salad and guacamole (see p. 28).







# SAUCES AND SEASONINGS





# HOLLANDAISE SAUCE

PREP TIME: 5 min

COOKING TIME: 10 min

MAKES 1 BOWL

PROGRAMME: 

3 tbsp water  
3 egg yolks  
salt, pepper

½ lemon juice  
150g diced butter, softened\*

- 1 Put the water, egg yolks, salt and a pinch of pepper in the metal bowl. Run the EXPERT programme for 8 minutes/speed 7/73 °C (cap removed). Egg yolks have to be smooth. If needed, run the programme for 1 or 2 minutes.
- 2 Restart the programme for 2 minutes, add lemon juice and gradually add the diced butter through the opening. Check seasoning, rectify it if necessary. Serve immediately.

## MOUSSELINE sauce

Whisk 2 egg whites and a pinch of salt using the WHISK programme (cap removed); carefully add to the cold *hollandaise* sauce.

## CITRUS HOLLANDAISE sauce

Replace the lemon juice with the juice of a small orange or a large clementine.

## SPICY HOLLANDAISE sauce

Add a pinch of cumin or tagine mix, such as ras-el-hanout, at the end.

## TIPS

If the sauce is too runny, continue cooking for 1-2 minutes. The cooking time may vary depending on the temperature of the ingredients.  
To rectify a sauce, add a splash of water and mix again (without heating) for 1 minute/speed 7.





# BÉCHAMEL

PREP TIME: 5 min

COOKING TIME: 9 min

SERVES 6 (for a family-sized lasagne)

PROGRAMME: 

500ml milk at room temperature  
50g butter at room temperature  
50g plain flour

15g potato flour  
salt, pepper and nutmeg

Put all the ingredients in the metal bowl and run the EXPERT programme for 9 minutes/speed 4/95 °C.

## LIGHT *béchamel*

Use 40ml grapeseed oil instead of the butter, and replace the flour with semi-wholemeal flour, or 60g cornflour.

# PEPPER SAUCE

PREP TIME: 20 min

COOKING TIME: 35 min

RESTING TIME: 2 h

MAKES 1 BOWL

PROGRAMME: 

2 large red peppers (400g)  
1 onion  
50ml olive oil  
2 small cloves garlic,  
germ removed\*

3-4 sprigs\* of basil  
2 pinches ground cumin

- 1 Preheat the oven to 190 °C (180 °C fan, gas mark 5).
- 2 Wash, halve and deseed the peppers; peel and halve the onion. Place the peppers and onion on a lined\* baking tray. Bake for 35-45 minutes, skin side up.
- 3 When the skin of the peppers has blackened and blistered, remove from the oven and put into a plastic bag for 2 minutes. Then, remove the skin using a small knife.
- 4 Put the peeled peppers, olive oil, garlic, basil, cumin and onion in the metal bowl. Run the EXPERT programme (without heating) for 1 minute/speed 18.
- 5 Transfer the sauce to a bowl and refrigerate for 2 hours. Serve with white-fleshed fish, or on toast.





# BEURRE BLANC

PREP TIME: 5 min

COOKING TIME: 8 min

MAKES 1 BOWL

PROGRAMME: 

3 shallots (60g)	30ml water
100ml dry white wine	salt, pepper
1 tbsp white vinegar	250g cold butter, diced

- 1 Peel and halve the shallots. Chop using the EXPERT programme for 20 seconds/speed 13. Scrape the shallots into the centre of the bowl using a spatula\*, add the white wine, vinegar and water; season to taste. Remove the cap and run the EXPERT programme for 5 minutes/speed 5/100 °C.
- 2 Restart the programme for 3 minutes/speed 5/60 °C, gradually adding the butter. If the sauce is not smooth, add a little water and mix for 30 seconds/speed 18.

## BEURRE rouge

Replace the white wine with a red wine such as *Côtes-du-Rhône*.

## TIPS

For a spicy *beurre blanc*, add 1 tsp curry powder and finely sliced\* tarragon leaves. This sauce usually accompanies fish.

# CURRY SAUCE

PREP TIME: 5 min

COOKING TIME: 5 min

MAKES 1 BOWL

PROGRAMME: 

30g butter	150ml water
40g plain flour	½ cube chicken stock
2 tsp curry powder	1½ tbsp <i>crème fraîche</i>
150ml cold milk	salt, pepper

Put all the ingredients in the metal bowl and run the EXPERT programme for 5 minutes/speed 3/80 °C.





# MAYONNAISE

PREP TIME: 5 min

RESTING TIME: 30 min

MAKES 1 BOWL

PROGRAMME: 

ATTACHMENT: 

1 egg yolk  
1 tbsp Dijon mustard  
250ml sunflower oil

1 tbsp white vinegar (optional)  
1 tsp salt, freshly ground pepper

- 1 All the ingredients must be at room temperature. Fit the food processing bowl. Put the egg yolk, mustard and 1 tbsp oil in the mini bowl, season and run the FOOD PROCESSOR programme for 20 seconds. With the machine running, start adding the oil very slowly through the opening, and as the mixture thickens, add the remaining oil in a thin, steady stream.
- 2 Refrigerate the mayonnaise for at least 30 minutes before serving.

## TARTARE sauce

Put a peeled and quartered red onion, 2 tbsp capers, 1 tbsp dried parsley and chives and 5 small gherkins into the mini bowl. Chop for 30 seconds using the FOOD PROCESSOR programme, add the mayonnaise and mix for 10 seconds; refrigerate.

## AIOLI

Peel and halve 3 garlic cloves, removing the germ\*. Put the garlic in the mini bowl; chop for 30 seconds using the FOOD PROCESSOR programme. Add 1 tbsp lemon juice, 1 tbsp olive oil and the mayonnaise; mix for 10 seconds; refrigerate.

## COCKTAIL sauce

Put 130ml ketchup, 1 tbsp *crème fraîche*, 1 tbsp lemon juice, 1 tbsp cognac (or calvados), 2 drops Tabasco® and the mayonnaise into the mini bowl. Mix for 10 seconds with the FOOD PROCESSOR programme; refrigerate.

## TIP

Replace the mustard in the mayonnaise with wasabi.





# BÉARNAISE SAUCE

PREP TIME: 5 min

COOKING TIME: 7 min

MAKES 1 BOWL

PROGRAMME: 

3 shallots (60g) salt, freshly ground pepper  
2 sprigs\* tarragon 3 egg yolks, at room temperature  
30ml white wine vinegar 100g cold butter, diced

- 1 Peel and halve the shallots. Wash, dry and finely slice the tarragon. Put the tarragon, shallots and vinegar into the metal bowl; season with salt and pepper. Run the EXPERT programme for 20 seconds/speed 13. Scrape down the wall of the bowl. Restart programme if needed.
- 2 Remove the cap and run the EXPERT programme for 4 minutes/speed 4/100 °C.
- 3 Restart the EXPERT programme for 1 minute/speed 6/80 °C, and while the machine is running, add the egg yolks.
- 4 Restart the EXPERT programme for 2 minutes/speed 4/45 °C, gradually adding the butter through the opening.

# PESTO

PREP TIME: 10 min

MAKES 1 BOWL

PROGRAMME: 

ATTACHMENT: 

15g basil 50g pine nuts  
2 small cloves garlic 100ml olive oil  
50g Parmesan, grated

- 1 Fit the food processing bowl and the mini bowl. Wash the basil, remove and dry the leaves. Peel, and halve the garlic cloves, removing the germ\*.
- 2 Put the basil leaves, garlic, Parmesan and pine nuts in the mini bowl; mix for 1 minute using the FOOD PROCESSOR programme to obtain a smooth paste. With the machine running, add the oil through the opening until a smooth paste is formed.

## PESTO rosso

Add 200g chopped sundried tomatoes, 2 sprigs\* rosemary, leaves removed and carefully rinsed, and 1 shallot, peeled and halved.

## ROCKET-CASHEW pesto

Add 150g rocket, 15ml lemon juice and 60g cashews.







# DESSERTS





# BLUEBERRY CUPCAKES

PREP TIME: 35 min

COOKING TIME: 25 min

RESTING TIME: 1 h

MAKES 12 CUPCAKES

PROGRAMMES:  

ATTACHMENT: 

## BLUEBERRY MUFFINS:

150g caster sugar  
2 eggs  
2 tsp baking powder  
280g plain flour  
pinch salt  
80g butter, melted  
120ml milk  
200g fresh or frozen blueberries,  
thoroughly dried

## BUTTERCREAM ICING\*:

300g full fat cream cheese, such as  
Philadelphia®  
50g unsalted butter, softened\* or  
at room temperature  
1 tbsp lemon juice  
zest 1 organic lemon  
100g icing sugar (see p. 294)

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Prepare the blueberry muffins and buttercream icing\*.
- 2 When the muffins and the buttercream icing\* are cold, pipe a swirl of buttercream icing\* on the top of each muffin. Decorate with fresh blueberries, coloured pearls or edible glitter.

## blueberry muffins

- 1 Put all the ingredients (except the blueberries) in the bowl and run the PASTRY/CAKE programme. If necessary, scrape down the wall of the bowl; set aside.
- 2 Add the blueberries (setting a few aside for decoration) and mix once with a spatula\*. Place 12 cupcake cases into a cupcake tin and pour the batter into it. Bake for 25 minutes.

## buttercream icing\*

- 1 Fit the food processing bowl with the mini bowl. Place all the ingredients in the mini bowl and mix for 1 minute with the FOOD PROCESSOR programme, until smooth.
- 2 Transfer the buttercream icing\* to a piping bag\* fitted with a star nozzle and refrigerate for at least 1 hour before decorating the cupcakes.





# BANANA BREAD

PREP TIME: 15 min

COOKING TIME: 1 h 05

SERVES 8/10

PROGRAMME: 

2 ripe bananas mashed  
50g ground pecans (optional)

SWEET CAKE BATTER:  
2 eggs  
100g unsalted butter  
175g caster sugar  
225g self-raising flour  
1 tsp baking powder  
2 tbsp milk

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Prepare the sweet cake batter. Add the bananas and pecans at the end and restart the programme for 10 seconds.
- 2 Butter and flour a large loaf tin. Pour the batter into the prepared tin and using a knife, score the batter lengthwise, once. Bake for about 1 hour until well risen and golden.
- 3 Turn the banana bread out onto a rack to cool. When cold, serve with a scoop of vanilla or caramel ice cream.

## sweet cake batter

- 1 Place all the ingredients in the bowl.
- 2 Run the PASTRY/CAKE programme. Scrape down the wall of the bowl, if necessary.

## PEAR CAKE

Make the sweet cake batter. Replace the bananas and pecans with very ripe, sliced pears and roasted hazelnuts or chocolate chips.





# FRUIT CARPACCIO, kiwi-mint coulis



PREP TIME: 20 min

COOKING TIME: 5 min

RESTING TIME: 30 min

SERVES 6

PROGRAMMES:  

ATTACHMENTS:  

- 2 white peaches
- 3 kiwis
- ½ pineapple
- ½ melon
- 2 small oranges
- 1 pomegranate or 80g pomegranate seeds

- KIWI-MINT COULIS:
- 100ml water
  - 1 tbsp mint syrup
  - 50ml honey
  - 5 fresh mint leaves
  - 2 kiwis, peeled

- 1 Prepare the kiwi-mint coulis. Set aside.
- 2 Wash, halve and stone the white peaches. Peel the kiwis, pineapple, melon, and oranges, removing all the pith from the oranges.
- 3 Fit the food processing bowl and midi bowl; fit the 4mm slicing disc. Slice each fruit separately using the FOOD PROCESSOR programme; set aside.
- 4 Cut the pomegranate in half and remove all the seeds, without any of the bitter white skin.
- 5 Decoratively arrange the fruit slices on each plate. Sprinkle with pomegranate seeds and drizzle with kiwi-mint coulis.
- 6 Refrigerate for 30 minutes to 1 hour before serving.

## kiwi-mint coulis

- 1 Pour the water, syrup and honey into the metal bowl and run the EXPERT programme for 5 minutes/speed 2A/130 °C.
- 2 Add the mint leaves and kiwis (halved) to the bowl, through the opening. Close the opening by replacing the cap and run the EXPERT programme for 1 minute/speed 18.








# FROSTED CARROT CAKE

PREP TIME: 20 min

COOKING TIME: 1h

SERVES 8-10

PROGRAMMES:  

ATTACHMENTS:   

## CARROT CAKE:

110g walnuts (optional)  
250g (2 large) carrots,  
washed and peeled  
175g self-raising flour  
175g light brown sugar  
2 tsp baking powder  
175ml light oil (not olive)  
2 tsp cinnamon  
3 eggs

110g sultanas

## FROSTING:

175g full fat cream cheese such  
as Philadelphia®  
75g unsalted room temperature  
butter, cut into 4 pieces  
350g icing sugar, sifted\*  
pinch salt  
½ tsp vanilla extract

## carrot cake

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Lightly butter a 23cm cake tin.
- 2 Install the food processing bowl and blade. Add half the walnuts and chop for about 20 seconds using the FOOD PROCESSOR programme. Set aside.
- 3 Remove the metal blade and install the transparent bowls with the 4mm grating disc. Grate the carrots into the midi bowl using the FOOD PROCESSOR programme. Set aside.
- 4 Remove the transparent bowls and fit the metal bowl. Add the flour, sugar, baking powder, oil, cinnamon, eggs, chopped walnuts and grated carrots.
- 5 Select the PASTRY/CAKE programme. With the machine still running, after 1 minute, remove the cap and add the sultanas.
- 6 Pour the cake batter into the cake tin and bake for 1 hour or until a cake tester comes out clean. When the cake is cool, spread the frosting on top and sprinkle with remaining walnuts.

## frosting

- 1 Install the food processing bowl. Place all of the frosting ingredients in it.
- 2 Select the FOOD PROCESSOR programme for 10-12 seconds or until blended.
- 3 Refrigerate until required.

## FROSTED potato cake

Try replacing the carrots with 250g potatoes washed (but not peeled) and grated and add another 25g soft brown sugar.





# FRENCH APPLE TART





PREP TIME: 15 min

COOKING TIME: 30 min

RESTING TIME: 30 min

SERVES 6/8

PROGRAMMES:  

ATTACHMENTS:  

250g plain flour

1 egg

100g unsalted butter, softened\*

100g icing sugar (see p. 294)

pinch salt

4 apples, such as Golden  
or Reinette (600g)

1 tbsp vanilla sugar

pinch cinnamon

1-2 tbsp clear honey

- 1 Make the pastry: put the flour, egg, butter, sugar and salt in the metal bowl. Run the PASTRY/CAKE programme. Remove the dough from the bowl, shape\* into a ball, wrap in clingfilm and refrigerate for at least 30 minutes.
- 2 Fit the food processing bowl and the midi bowl; fit the 4mm slicing disc. Peel, halve and core the apples. Slice using the FOOD PROCESSOR programme. Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 3 Put the dough on a floured work surface and thinly roll out\* using a rolling pin. Cover a baking tray with baking paper and put a pastry ring on it. Line\* with the dough and prick with a fork. Overlap the apple slices on the dough in a circular pattern, sprinkle with the vanilla sugar and bake for 30 minutes until pastry is browned and apples are cooked. Dust the apple tart with cinnamon, drizzle with honey. You can serve with whipped cream (see p. 276).

## APPLE TART with caramel syrup

Omit the cinnamon and replace the honey with caramel syrup (see p. 278).





# DECONSTRUCTED APPLE-BERRY crumble

PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

½cm fresh root ginger  
500g apples, such as Pink Lady®  
or Gala  
200g raspberries  
150g blackberries

SWEET CRUMBLE TOPPING:  
40g flaked almonds  
100g plain flour  
50g muscovado or brown sugar  
100g unsalted butter

- 1 Prepare the sweet crumble topping. Then, peel and finely slice the ginger. Put 500ml water into the metal bowl and add the ginger. Peel, core and dice the apples. Carefully wash the berries in cold water.
- 2 Fit the steamer basket, add the fruit and run the STEAM programme.
- 3 When the fruit is cooked, divide between dishes or plates and scatter the baked crumble on top. Serve the apple-berry crumble warm or cold.

## sweet crumble topping

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Put the almonds, flour and sugar the metal bowl, adding the butter last. Run the EXPERT programme (without heating) for 10 seconds/speed 13. If necessary, scrape the wall of the bowl down and mix for a further 10 seconds.
- 3 Transfer the sweet crumble topping to a lined\* baking tray; bake for 10 minutes until golden brown.

## TRADITIONAL apple crumble

Replace the ginger and the berries with 600g apples. Peel, core and dice the apples. Place in the metal bowl with 30g brown sugar, 2 tbsp honey and 100ml water. Run the EXPERT programme for 10 minutes/speed 2A/100 °C. Serve the cooked apples in small dishes; topped with sweet crumble.





# FLOATING ISLANDS



PREP TIME: 25 min

COOKING TIME: 20 min

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

6 egg whites  
75g sugar  
100ml caramel

CRÈME ANGLAISE:  
500ml milk at room temperature  
80g sugar  
6 egg yolks  
1 vanilla pod, split

- 1 Fit the whisk in a spotlessly clean and dry metal bowl. Place the 6 egg whites in the bowl. Remove the cap from the lid and whisk using the WHISK programme. When small peaks start to form, add the sugar through the opening.
- 2 Remove the egg whites from the bowl and shape into quenelles\*. Place in the steamer basket.
- 3 Prepare the *crème anglaise*. The egg whites will cook in the steamer basket over the *crème anglaise*.
- 4 Pour the *crème anglaise* into sundae glasses, place the egg whites on top, drizzle with caramel, and serve with almond *tuiles*.

## *crème anglaise*

Put the milk, sugar, 6 egg yolks and split vanilla pod in the metal bowl. Run the EXPERT programme for 10 minutes/speed 4/80 °C.





# BROWNIE

PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6/8

PROGRAMME: 

150g pecans

200g dark chocolate, chopped

125g unsalted butter, diced

150g sugar

3 eggs

70g plain flour

$\frac{1}{2}$  tsp baking powder

pinch salt

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Chop the pecans in the metal bowl using the EXPERT programme (without heating) for 10 seconds/speed 15 and set aside.
- 2 Place the chocolate and butter in the metal bowl. Run the EXPERT programme for 5 minutes/speed 3/60 °C. If necessary, scrape down the wall of the bowl. Add the sugar, eggs, flour, baking powder and salt. Restart the programme (without heating) for 1 minute/speed 8. At the end of the programme, add half the pecans and restart for 10 seconds. Pour the batter into a square brownie tin (24 x 24cm) greased and lined with baking paper.
- 3 Scatter the remaining pecans over the surface and bake for 25 minutes. Lightly cool the brownie, before turning it out.





# RICE PUDDING, raspberry compote

PREP TIME: 15 min

COOKING TIME: 35 min

SERVES 6/8

PROGRAMME: 

650ml milk

120g round-grain pudding rice

1 thick vanilla pod – seeds only  
grated zest ¼ organic orange

50g sugar

fresh raspberries

RASPBERRY COMPOTE:

200g raspberries

100g sugar

50ml water

- 1 Prepare the raspberry compote. Then, rinse and dry the rice. Wash the metal bowl and add the milk, rice, vanilla seeds, orange zest and sugar. Run the EXPERT programme for 30 minutes/speed 2A/100 °C.
- 2 When cooked, to make the rice very creamy, mix using the EXPERT programme (without heating) for 30 seconds/speed 3.
- 3 Spoon the rice pudding into ramekins or small glass containers, top with raspberry compote and decorate with fresh raspberries. Serve warm or cold.

## raspberry compote

Carefully wash the raspberries. Place in the metal bowl with the sugar and water. Run the EXPERT programme for 7 minutes/speed 1A/110 °C; refrigerate.

## RICE PUDDING, salted butter caramel

Place 90g caster sugar and 100ml water in a saucepan over high heat. Bring to the boil. Do not stir and cook until the mixture becomes a golden caramel. Remove from the heat immediately, add 40g diced salted butter, stirring until melted. Put the saucepan over low heat and stir in 4 tbsp cream. When smooth, pour the salted butter caramel onto the rice pudding.

### TIP

It is essential to make this dish using pudding rice.





# CRÈME BRÛLÉE

PREP TIME: 10 min

COOKING TIME: 10 min

RESTING TIME: 2-4 h

SERVES 4/6

PROGRAMME: 

## VANILLA CREAM:

4 gelatine leaves (4g)  
500ml double cream

1 vanilla pod – seeds only  
5 egg yolks

40g caster sugar  
25g cornflour

Demerara sugar for  
caramelising

- 1 Prepare the vanilla cream and pour into ramekins. Cool at room temperature. Then, refrigerate for 2-4 hours.
- 2 Just before serving sprinkle the top of the vanilla cream with Demerara sugar; caramelize using a blowtorch, or under the grill.

## vanilla cream

- 1 Soak the gelatine leaves in cold water for 5 minutes to soften.
- 2 Squeeze the excess water from the gelatine, and put into the metal bowl with the cream, vanilla seeds, egg yolks, sugar, and cornflour.
- 3 Run the EXPERT programme for 8 minutes/speed 5/95 °C.
- 4 Then, run the EXPERT programme (without heating) for 2 minutes/speed 10.

## CHOCOLATE *crème brûlée*

Put 300ml single cream, 90ml milk, 3 egg yolks and 60g sugar in the metal bowl. Run the EXPERT programme for 8 minutes/speed 5/95 °C. Then add 150g chopped chocolate and restart (without heating) for 2 minutes/speed 5. Cool, then refrigerate; caramelize with sugar.





# NUTELLA® BIRTHDAY CAKE

PREP TIME: 15 min

COOKING TIME: 45 min

RESTING TIME: 3 h 30

SERVES 15

PROGRAMMES:  

ATTACHMENTS:  

300g NUTELLA®

NUTELLA® ICING\*:

SPONGE CAKE:

150g full fat cream cheese such as Philadelphia®

5 eggs

30g unsalted butter, at room temperature

160g caster sugar

35g icing sugar (see p. 294)

160g plain flour, sifted\*

3 tbsp NUTELLA®

7g baking powder, sifted\*

1 knob unsalted butter for greasing

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Prepare the sponge cake. When the cake is cold, cut it into 3 equal layers. Generously spread 2 layers with the 300g NUTELLA®, cover with the top layer and refrigerate. Prepare the icing\*.
- 2 Remove the cake from the refrigerator. Coat\* with the NUTELLA® icing\* using a flexible spatula\*. The icing\* can either be smooth or applied in a fish scale pattern.
- 3 Refrigerate the iced cake for at least 3 hours (or overnight) before serving.

## sponge cake

- 1 Fit the metal bowl with the whisk, add the eggs and sugar. Mix using the EXPERT programme for 5 minutes/speed 5/40 °C. Add the flour and baking powder; restart (without heating) for 30 seconds/speed 3.
- 2 Butter and flour an 18-20cm charlotte mould or cake tin and pour the cake batter into it.
- 3 Bake for 40 minutes until golden brown and springy. Cool the cooked cake before turning it out onto a rack.

## NUTELLA® icing\*

Fit the food processing bowl and mini bowl. Add the Philadelphia® and butter and run the FOOD PROCESSOR programme until the mixture is smooth and creamy. Add the icing sugar and NUTELLA® through the opening; Pulse constantly until very smooth. Before using, refrigerate the icing\* for 30 minutes.





# CITRUS FRUIT SABAYON

PREP TIME: 15 min

COOKING TIME: 10 min

RESTING TIME: 30 min

SERVES 4/6

PROGRAMME: 

ATTACHMENT: 

2 grapefruits  
2 oranges

SABAYON:

4 egg yolks  
75g caster sugar  
50ml orange juice (juice of 1 orange)  
2 tbsp Cointreau®

- 1 Remove the segments from the grapefruits and oranges. Prepare the sabayon.
- 2 Arrange the citrus fruit segments in sundae glasses or small glass containers and pour the sabayon on top; refrigerate for at least 30 minutes.
- 3 Serve well chilled.

## sabayon

- 1 Fit the metal bowl with the whisk. Put the egg yolks, caster sugar and orange juice into the metal bowl. Remove the cap and run the EXPERT programme for 10 minutes/speed 4/68 °C. If necessary, scrape down the wall of the bowl using a spatula\*.
- 2 After 7-8 minutes, the sabayon will start to thicken; add the Cointreau® through the opening.

## SABAYON gratin

Fit the metal bowl with the whisk. Put 8 egg yolks, 80g caster sugar and 175ml orange juice into the metal bowl. Remove the cap and run the EXPERT programme for 9 minutes/speed 7/75 °C. Pour the sabayon into a gratin dish, add a few pieces of fruit and bake in a preheated oven at 180 °C for 15 minutes.





# CHOCOLATE ÉCLAIRS



PREP TIME: 30 min

COOKING TIME: 45 min

RESTING TIME: 3 h 30

MAKES 8/10 ÉCLAIRS

PROGRAMME:

## SWEET CHOUX PASTRY:

80g butter  
200ml water  
180g plain flour  
10g sugar  
pinch salt  
3 standard eggs

## CHOCOLATE PASTRY CREAM:

300ml milk at room temperature  
100g dark chocolate  
30g plain flour  
12g cornflour  
2 eggs + 2 yolks  
50g sugar  
2 tbsp vanilla sugar

CHOCOLATE GLAZE (see p. 304)

- 1 Make the sweet choux pastry (see step by step pictures on p. 24), the chocolate pastry cream and glaze.
- 2 Cool the choux, and cut a small slit along the side of each one. Fit a piping bag\* with a plain nozzle; fill with pastry cream and pipe into each choux.
- 3 Coat\* with chocolate glaze, sprinkle with hazelnuts; refrigerate the *éclairs* for 1 hour, or until firm.

## sweet choux pastry

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Cut the butter into pieces and place into the metal bowl with the water and start the EXPERT programme, 2 minutes/speed 4/90 °C. At the end of the programme, open the lid and add the flour, sugar and salt. Close the lid, remove the cap and restart the EXPERT programme for 3 minutes/speed 4/100 °C. Scrape down the bowl if necessary. The dough should form a ball.
- 3 Restart 1 minute/speed 10 (without heating) adding the eggs, one by one, through the opening, while it's running. Scrape down the bowl if necessary.
- 4 Put the dough into a piping bag\*. Pipe fingers of dough on a lined\* baking tray. Bake for 30 minutes (without opening the oven) until golden. If necessary, continue baking.

## chocolate pastry cream

Place the milk in the metal bowl, and add the remaining ingredients. Remove the cap and run the EXPERT programme for 12 minutes/speed 4/95 °C (14 minutes if the milk is cold). Mix for 30 seconds/speed 15. Refrigerate for 2 hours.





# PANNA COTTA

## with red berry coulis



PREP TIME: 25 min

COOKING TIME: 7 min

RESTING TIME: 2-3 h

SERVES 6

PROGRAMMES:  

### PANNA COTTA:

2 vanilla pods  
800ml single cream  
120g caster sugar  
4 gelatine leaves (4g)

### RED BERRY COULIS:

100g strawberries  
100g blueberries  
200g raspberries  
50g blackberries  
60g caster sugar

- 1 Cut the vanilla pods lengthwise in halves; use the point of the knife to scrape the seeds into the metal bowl. Add the cream and sugar; run the EXPERT programme for 6 minutes/speed 1A/85 °C. Cool for 10 minutes.
- 2 Soften the gelatine leaves in cold water for 5 minutes, squeeze to remove excess moisture and add to the metal bowl. Restart the EXPERT programme for 1 minute/speed 3/85 °C.
- 3 Pour the panna cotta mixture into small moulds or ramekins, cool at room temperature, cover with clingfilm and refrigerate for 2-3 hours.
- 4 Turn the panna cotta out. Serve with the red berry coulis.

### red berry coulis

- 1 Place all the ingredients in the metal bowl.
- 2 Run the SMOOTHIE programme. If desired, strain the coulis to remove the seeds. Set aside to cool.

### TIP

To make it easier to turn out the panna cotta, run the moulds under hot water for a few seconds.





# CHEESECAKE

## with apricot coulis



PREP TIME: 20 min

COOKING TIME: 1 h 05

RESTING TIME: 2 h

SERVES 6

PROGRAMME:

20g plain flour  
150g sugar  
600g full fat cream cheese  
e.g. Philadelphia®  
3 egg yolks  
200ml single cream

QUICK BISCUIT BASE:  
200g digestive biscuits  
120g unsalted butter, melted

APRICOT COULIS:  
300g fresh or frozen apricots  
80g caster sugar

- 1 Make the biscuit base and refrigerate for 1 hour. Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Put the flour, sugar and cream cheese in the metal bowl and run the EXPERT programme (without heating) for 4 minutes/speed 13. With the programme running, add the eggs one by one through the opening, followed by the single cream.
- 3 Spread the cream cheese mixture on the cold biscuit base. Bake in the preheated oven for 15 minutes, then lower the temperature to 130 °C (120 °C fan, gas mark 1) and continue cooking for 45 minutes. Make the apricot coulis while the cheesecake is baking.
- 4 Turn off the oven, open the door and leave the cheesecake in the oven for 10 minutes. Cool, then refrigerate for at least 1 hour; serve chilled with the apricot coulis.

### quick biscuit base

- 1 Put the biscuits into the metal bowl and run the EXPERT programme (without heating) for 40 seconds/speed 13. Scrape down the wall of the bowl and restart for 30 seconds. Add the melted butter through the opening while the machine is running.
- 2 Put the biscuit base into the bottom of a 23cm spring-form tin\*, and press it down using the bottom of a glass.

### apricot coulis

Put the apricots and sugar into the metal bowl. Run the EXPERT programme (without heating) for 2 minutes/speed 12. Continue for 5 minutes/speed 7/60 °C. Chill until needed.

### TIP

Replace the apricots with red berries.





# LAMINGTONS

PREP TIME: 10 min

COOKING TIME: 30 min

MAKES 15 LAMINGTONS

PROGRAMMES:  

ATTACHMENT: 

125g unsalted butter, softened\*

350g desiccated coconut

125g caster sugar

½ tsp vanilla essence

CHOCOLATE ICING\*:

3 free range eggs

750g icing sugar

225g self-raising flour, sifted\*

50g unsweetened cocoa powder

1 tsp baking powder,  
to add to the flour

180ml milk

20g unsalted butter, softened\*

120ml milk

- 1 Preheat oven to 180 °C (170 °C fan, gas mark 4). Butter a 3 cm x 20 cm x 30 cm baking tray. Line\* the base with baking paper.
- 2 Place the butter, sugar and vanilla in the metal bowl. Run the PASTRY/CAKE programme. The mixture should be pale and creamy.
- 3 Fit the whisk in the metal bowl. Remove the cap/stopper. Run the EXPERT programme for 3 minutes/speed 7 (without heat). With the programme running, add the eggs one at a time, every 30 seconds, to the butter mixture. Scrape down the bowl if necessary. Continue whisking until the programme ends. The mixture will become pale yellow and fall in a thick ribbon when lifted with a spoon.
- 4 Add the flour, baking powder and half the milk to the mixture; Run the EXPERT programme for 2 minutes/speed 7 (without heat). After 30 seconds, scrape down the bowl and add the remaining flour and milk; continue whisking until the programme stops.
- 5 Pour the batter into the baking tray. Bake for approximately 30 minutes or until the cake retracts when lightly pressed. Cool on a wire rack. Prepare the icing\*.
- 6 Cut the cake into 15 even pieces. Use a fork to dip each piece in the icing\* until completely coated\*; gently shake to remove excess and roll in desiccated coconut to coat\*. Place on a rack until the icing\* firms.

## chocolate icing\*

- 1 Sift\* icing sugar and cocoa into the metal bowl. Add the milk and butter.
- 2 Run the EXPERT programme for 2 minutes/speed 8/80 °C.
- 3 Scrape down the wall of the bowl if required and continue processing until mixture is smooth. Empty into a deep bowl.

## TIP

If icing\* becomes thick during use, microwave for 10 seconds and stir.





# SHORTBREAD



PREP TIME: 10-15 min

COOKING TIME: 15 min

RESTING TIME : 30 min

MAKES APPROX. 20-25

PROGRAMME:

175g plain flour  
pinch salt  
55g caster sugar

115g cold butter  
icing sugar for dusting

Preheat the oven to 175 °C (165 °C fan, gas mark 4). Lightly butter or line\* a baking tray with baking paper. Place all the ingredients in the metal bowl. Select the PASTRY/CAKE programme. The dough should be very soft. Roll out\* the dough to a thickness of 1½-2cm. Use a 5cm round or oblong cutter, to cut out the shortbread shapes. Place on the baking tray and chill for about 30 minutes. Bake until almost firm; about 15-20 minutes. Set aside to cool; sprinkle with icing sugar.

# COCONUT AND CHOCOLATE macaroons

PREP TIME: 10 min

COOKING TIME: 15 min

RESTING TIME: 1 h

MAKES APPROX. 20

PROGRAMME:

ATTACHMENT:

4 egg whites  
pinch salt  
160g caster sugar

250g desiccated coconut  
100g dark chocolate

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Fit the whisk in the metal bowl, add the egg whites and a pinch of salt, remove the cap and run the WHISK programme.
- 2 When small peaks start to form, add the sugar through the opening and restart the WHISK programme for 1 minute.
- 3 Put the whisked egg whites into a bowl, and gently fold in the coconut using a spatula\*.
- 4 Fit a piping bag\* with a fluted tip, fill with the mixture and pipe 2-3cm mounds on a lined\* baking tray or alternatively use 2 spoons to shape\*. Bake for 15 minutes until lightly browned.
- 5 Melt the chocolate in a *bain-marie*\*. Set the baked macaroons aside until cold. Dip the bases in melted chocolate, place on baking paper and refrigerate for 1 hour until firm.





# PISTACHIO FINANCIERS

PREP TIME: 15 min

COOKING TIME: 20 min

MAKES APPROX. 12

PROGRAMMES:  

200g unsalted butter, diced

60g plain flour

150g ground almonds

170g icing sugar (see p. 294)

pinch salt

pinch baking powder

½ tsp bitter almond extract

½ tsp pistachio butter

5 egg whites

30g pistachios, roughly chopped

+ 10g for the decoration

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Put the butter in the metal bowl and run the EXPERT programme for 2 minutes/speed 3/80 °C. Add the flour, ground almonds, sugar, salt, baking powder, bitter almond extract and pistachio butter; run the PASTRY/CAKE programme.
- 3 Scrape the mixture into the centre of the bowl using a spatula\*, and restart the PASTRY/CAKE programme adding the egg whites and the 30g chopped pistachios through the opening.
- 4 Pour the batter into *financier* moulds, alternatively you can use mini muffin moulds or paper cases, sprinkle with the remaining pistachios and bake for 20 minutes. Cool the *financiers* before turning them out.

## TIP

If you cannot find pistachio butter, use 1 tsp pistachio flavouring and a few drops of food colouring instead.





# FLAPJACKS



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 10

PROGRAMME:

250g salted butter

250g Lyle's® Golden Syrup,  
or similar

500g rolled porridge oats

(not the jumbo variety)

- 1 Preheat the oven to 190 °C (180 °C fan, gas mark 5). Cut the butter into approx. 2cm cubes and place it into the metal bowl. Add the golden syrup.
- 2 Run the EXPERT programme for 4 minutes/speed 3/60 °C, until the butter melts and has blended with the golden syrup. Add the oats. Restart the EXPERT programme (without heating) for 2 minutes/speed 3 (without heating). If necessary, stop and scrape the wall of the bowl down; restart the programme.
- 3 Pour the mixture into the baking pan. Bake for 25-30 minutes or until soft to the touch and golden brown.
- 4 Remove from the oven and set aside to cool. After 10 minutes cut the flapjack into squares, and cool for a further 15 minutes. Then, turn out of the pan and set aside until cold.

## FRUITY FLAPJACKS

Add 75g sultanas or 50g halved or chopped glacé cherries to the mixture. Or, coat the top of the flapjack with melted chocolate or softened toffee and allow to set.





# CHOCOLATE, CARAMEL and nut tart



PREP TIME: 25 min

COOKING TIME: 30 min

RESTING TIME: 4 h

SERVES 8

PROGRAMME:

1 sweet shortcrust pastry (see p. 320)	20g raisins
100g caster sugar	30g icing sugar (see p. 294)
100ml single cream	CHOCOLATE GANACHE:
30g salted butter, chopped	200g dark chocolate, roughly chopped
100g mixed shelled nuts (hazelnuts, almonds, pistachios, etc.)	300ml single cream
	25g sugar

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Place the dough on a floured work surface and roll out\* using a rolling pin, dusting with flour from time to time, if necessary. Butter a 25cm flan tin and line\* it with the dough.
- 2 Cover the dough with baking paper and weight it down with ceramic baking or dried beans; blind bake\* for 20 minutes. Lift out the baking paper and beans, and continue baking for 5 minutes. Make the chocolate *ganache* and set it aside.
- 3 Remove the tart shell from the oven and cool. Put the sugar into a saucepan over a low heat until it caramelises; do not stir. In a separate saucepan, bring the single cream to the boil. When the caramel is golden, remove from the heat and carefully add the cream; stir to combine. Add the salted butter, stirring until melted.
- 4 Spread the caramel in the tart shell, and sprinkle with the nuts and raisins. Refrigerate for 1 hour until the caramel sets.
- 5 Pour the chocolate *ganache* over the caramel, smooth with a spatula\* and set aside at room temperature for 3 hours until firm. Just before serving, dust with icing sugar.

## chocolate *ganache*

Put the chocolate, cream and sugar into the metal bowl; run the EXPERT programme for 5 minutes/speed 3/60 °C. If necessary, scrape down the wall of the bowl. Restart for 30 seconds/speed 3/100 °C to smooth the *ganache*.





# VICTORIA SPONGE CAKE

## with whipped cream and jam

PREP TIME: 10-15 min

COOKING TIME: 20 min

SERVES 8-10

PROGRAMMES:    ATTACHMENT: 

### SPONGE CAKE:

225g self-raising flour  
225g caster sugar  
225g soft butter,  
or Bertolli Olive Oil spread  
½ tsp baking powder (optional)  
4 medium eggs  
icing sugar for dusting

### WHIPPED CREAM:

500ml whipping cream  
60g icing sugar, sifted\*  
1 jar of strawberry or  
raspberry jam

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Butter and bottom-line two 18cm sandwich tins.
- 2 Place all the sponge cake ingredients in the metal bowl. Select the PASTRY/CAKE programme. Run for 10-15 seconds, press Stop, scrape down excess flour and restart for a further 5 seconds.
- 3 Evenly divide the cake batter between the sandwich tins. Bake for 20-25 minutes or until cake tester comes out of the cake clean.
- 4 Cool on a wire rack. When cold, spread the jam on the top of one cake; cover with a layer of the whipped cream. Carefully place the remaining cake on top; dust with icing sugar.

### whipped cream

- 1 Refrigerate the cream and the whisk for at least 30 minutes.
- 2 Cool the metal bowl. Put some ice cubes into it, run the CRUSH programme, empty and dry thoroughly.
- 3 Fit the whisk in the metal bowl and add the cream and icing sugar. Remove the cap from the lid and run the EXPERT programme (without heating) for 2 minutes 30 seconds/speed 7. Depending on the type and temperature of cream used, it might be necessary to restart the programme. Watch carefully so that the cream does not become butter. The cream is whipped when traces of the whisk start to appear on the surface.

### TIP

You could fill the cake with fresh berries, and/or replace whipped cream with buttercream.





# CRÈME CARAMEL



PREP TIME: 5 min

COOKING TIME: 50 min

SERVES 6

PROGRAMME:

3 eggs  
100g sugar  
4 tbsp vanilla sugar  
500ml milk

CARAMEL SYRUP:  
250g sugar  
65ml water  
1 tsp white vinegar

- 1 Preheat the oven to 160 °C (150 °C fan, gas mark 3).
- 2 Put the eggs, sugar, vanilla sugar and milk into the metal bowl and run the EXPERT programme for 5 minutes/speed 4/80 °C.
- 3 Make the caramel syrup.
- 4 Put the hot caramel into ramekins and slowly pour the vanilla cream on top. Pour hot water into an ovenproof dish to  $\frac{3}{4}$  full. Put the ramekins into the dish and bake for 45 minutes.
- 5 The *crème caramel* must be cold before turning out.

## caramel syrup

Put the sugar, water and white vinegar into a saucepan over medium heat and cook, without stirring, to a golden caramel.

## COCONUT *crème caramel*

Add 125g desiccated coconut to the vanilla cream 1 minute before the EXPERT programme ends.





# PAVLOVA

## with cherry compote



PREP TIME: 15 min

COOKING TIME: 1 h 30-2 h

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

### FRENCH MERINGUES:

6 egg whites, at room temperature  
pinch salt  
250g icing sugar (see p. 294)

### CHERRY COMPOTE:

225g stoned cherries (fresh, in syrup or frozen)  
4 tbsp caster sugar  
200ml whipped cream (see p. 276)  
100g pistachios, roughly chopped

- 1 Prepare the meringues. Make the cherry compote while they are baking.
- 2 When the meringues are cooked, set aside to cool until required. To serve, place one meringue on each plate and top with 1-2 spoonfuls of whipped cream and a spoonful of cherry compote.
- 3 Sprinkle with pistachios and serve immediately.

### french meringues

- 1 Preheat the oven to 110 °C (100 °C fan, gas mark 1/2).
- 2 Fit the whisk. Place the egg whites and a pinch of salt in a very clean and dry metal bowl. Run the WHISK programme without the cap. After 4 minutes, gradually add the icing sugar through the opening.
- 3 Line\* a baking tray with baking paper. Spoon the meringue onto the paper in mounds of approx. 5cm diameter x 2cm high.
- 4 Using the back of the spoon gently indent the top of each meringue and bake for 1 ½-2 hours. When cooked, they will easily lift off the paper. Leave the oven door ajar and cool the meringues at the same time as the oven cools down.

### cherry compote

- 1 Cut the cherries in halves. Add to the metal bowl with the sugar; run the EXPERT programme for 7 minutes/speed 2A/120 °C.
- 2 Put the compote in a bowl and refrigerate.

### TIP

How long the meringues take to cook, and at what temperature, will depend on their size, and your oven (check the instructions).





# MINI CHARLOTTEs

## with chocolate mousse

PREP TIME: 20 min

COOKING TIME: 10 min

RESTING TIME: 4 h

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

60g sugar  
100ml water  
approx. 20 sponge fingers  
(broken into halves/thirds  
depending on the ramekin  
size)

CHOCOLATE MOUSSE:  
5 eggs, separated  
pinch salt  
200g dark chocolate, roughly  
chopped  
100g double cream

- 1 Put the sugar and water into the metal bowl. Run the EXPERT programme for 7 minutes/speed 4/120 °C. Use this syrup for the sponge fingers. Set aside.
- 2 Prepare the chocolate mousse. Line\* 6 mini charlotte moulds or ramekins with clingfilm. Place a small spoonful of the cooled chocolate mousse at the bottom of each mould. Brush the sponge fingers with the syrup; they should be well saturated but not soggy. Line the sides of the moulds with sponge finger halves or thirds. Fill the moulds with chocolate mousse and fold the clingfilm over the top.
- 3 Refrigerate the charlottes for at least 2 hours before serving.

### chocolate mousse

- 1 Fit the whisk and put the whites into the bowl with a pinch of salt, remove the cap from the lid and run the WHISK programme. Set the egg whites aside and clean the bowl.
- 2 Put the chocolate and cream into the metal bowl; run the EXPERT programme for 5 minutes/speed 3/60 °C. Scrape the wall of the bowl down and restart the programme for 1 minute. Add the egg yolks through the opening. Run the EXPERT programme (without heating) for 20 seconds/speed 10. Transfer the chocolate mixture to a bowl and set aside.
- 3 Using a spatula\* gently fold the whisked egg whites into the chocolate mixture.
- 4 Set the chocolate mousse aside for at least 2 hours before serving.

### WHITE chocolate mousse

Use 200g white chocolate instead of dark chocolate.





# MOLTEN CARAMEL CHOCOLATE cakes

PREP TIME: 20 min

COOKING TIME: 15 min

RESTING TIME: 13 h

MAKES 6 CAKES

PROGRAMMES:  

## SOFT CARAMEL:

70g caster sugar  
50ml single cream  
40g salted butter, diced

## CHOCOLATE CAKE:

100g dark chocolate, roughly chopped  
100g butter  
2 whole eggs + 2 yolks  
50g plain flour  
100g icing sugar (see p. 294)  
+ 40g for the decoration

- 1 Prepare the soft caramel, the day before using.
- 2 The following day, put the chocolate in the metal bowl and add the butter; melt using the EXPERT programme for 4 minutes/speed 3/60 °C. Add the whole eggs, yolks, flour and icing sugar to the metal bowl and run the PASTRY/CAKE programme. If necessary, scrape down the wall of the bowl and restart programme for 15 seconds.
- 3 Brush 6 small ramekins (6-8cm diameter) with butter (or use a sheet of silicone moulds); fill with the chocolate batter and refrigerate for 1 hour.
- 4 Preheat the oven to 210 °C (200 °C fan, gas mark 6/7). Just before baking the cakes, turn out the caramel cubes and push one into the centre of the batter of each cake. Bake immediately for 12 minutes. Turn out onto serving plates and dust with icing sugar.

## soft caramel

- 1 Put the sugar in a saucepan over low heat and cook, without stirring, to a golden caramel. In a separate saucepan, bring the single cream to the boil.
- 2 When the caramel is golden remove from the heat, carefully add the cream and stir well to combine. Add the butter, stirring until melted. Pour the caramel into an ice cube tray or a silicone mould and freeze overnight.

## TIP

For a quicker version, replace the soft caramel with squares of white or milk chocolate.





# TIRAMISU

PREP TIME: 25 min

RESTING TIME: 12 h

SERVES 8/10

PROGRAMMES:  

ATTACHMENT: 

5 eggs, separated  
pinch salt  
60g sugar  
500g mascarpone  
300g sponge fingers

200ml filter coffee or espresso  
3 tbsp Marsala or amaretto  
(optional)  
4 tbsp cocoa powder,  
for dusting

- 1 Fit the metal bowl with the whisk. It should be spotlessly clean and dry, with no trace of fat or water. Place the whites in the bowl with a pinch of salt, remove the cap from the lid and run the WHISK programme. Remove the whisk and set the egg whites aside.
- 2 Place the yolks in the metal bowl, add the sugar. Run the EXPERT programme (without heating) for 2 minutes/speed 13 until the mixture is pale yellow and frothy. Add the mascarpone and restart the EXPERT programme (without heating) for 2 minutes/speed 12. Using a spatula\*, gently fold the egg whites into the mascarpone cream, cover and set aside.
- 3 Combine the coffee and Marsala. Brush the sponge fingers with the mixture; they should be well saturated but not soggy.
- 4 Line a gratin dish with half the sponge fingers. Cover with half the mascarpone cream, and the remaining sponge fingers. Spread the rest of the cream on top; refrigerate overnight.
- 5 Just before serving, dust the tiramisu with the cocoa powder using a fine mesh conical sieve\*, or a small strainer.

## TIP

Replace the Marsala or Amaretto with 2tbsp Baileys®.





# WAFFLES AND CRÊPES

## with chocolate spread

PREP TIME: 20 min

COOKING TIME: 45 min

RESTING TIME: 1 h

SERVES 6/8

PROGRAMME: 

### CRÊPES:

250g plain flour  
3 eggs  
2 tbsp vegetable oil  
50g unsalted butter, melted + 1 knob  
500ml milk  
1 tbsp rum (optional)  
pinch salt

2 eggs  
75g unsalted butter, melted + 1 knob  
pinch salt  
400ml milk  
2 tsp baking powder

### CHOCOLATE SPREAD:

50g hazelnuts  
200g milk chocolate, roughly chopped  
100g dark chocolate, roughly chopped  
400g sweetened condensed milk  
pinch salt

### WAFFLES:

250g plain flour  
100g sugar

### crêpes

- 1 Place all the ingredients in the metal bowl. Run the EXPERT programme (without heating) for 1 minute/speed 13. Rest the batter for 30 minutes.
- 2 Brush a frying pan with a little melted butter and place over medium heat until hot. Pour a ladle of batter into the pan and cook the crêpe for 1 minute on each side. Repeat until all the batter has been used.

### waffles

- 1 Place all the ingredients in the metal bowl. Run the EXPERT programme (without heating) for 1 minute/speed 13. Rest the batter for 30 minutes.
- 2 Place a ladle of batter in a hot buttered waffle maker and cook the waffle for 3-5 minutes; set aside. Repeat until all the batter has been used.

### chocolate spread

- 1 Put the hazelnuts in the bowl and run the EXPERT programme (without heating) for 1 minute/speed 15. If necessary, scrape down the wall of the bowl.
- 2 Add the chocolate, condensed milk and salt. Run the EXPERT programme for 5 minutes/speed 3/60 °C. Scrape down the wall of the bowl with a spatula\*. Restart the EXPERT programme for 2 minutes/speed 3/60 °C.
- 3 Store the spread in jars at room temperature for up 2 weeks.





# CHOCOLATE AND CARAMEL chip cookies



PREP TIME: 10 min

COOKING TIME: 15 min

MAKES APPROX. 15

PROGRAMME:

150g unsalted butter, softened\*

½ tsp vanilla extract

100g caster sugar

50g light brown sugar

1 large egg

300g plain flour

50g dark chocolate chips

50g caramel pieces (or diced soft  
caramels)

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place the butter, vanilla extract, caster and light brown sugar in the metal bowl. Run the EXPERT programme (without heating) for 2 minutes/speed 11. After 1 minute, add the egg through the opening; then, add the flour and restart the programme for 1 minute.
- 3 Restart the EXPERT programme (without heating) for 30 seconds/speed 7, adding the chocolate chips and caramel pieces through the opening.
- 4 Roll 2-3cm balls of cookie dough in the palms of the hands, flatten and place on a lined\* baking tray. Bake the cookies for 15 minutes until spread and beginning to brown, then cool or serve warm.

## WHITE CHOCOLATE AND WALNUT cookies

Replace the dark chocolate with 100g white chocolate chips (or white chocolate broken into pieces) and the caramel with 100g roughly chopped walnut halves.





# LEMON CURD YOGHURT CAKE

## with poppy seed icing

PREP TIME: 10 min

COOKING TIME: 40 min

RESTING TIME: 30 min

SERVES 6

PROGRAMMES:  

### YOGHURT CAKE:

125g plain yoghurt  
250g caster sugar  
375g plain flour  
3 eggs  
150ml oil  
juice and zest of 1 organic lemon  
2 tsp baking powder

1 tbsp lemon juice  
170g icing sugar (see p. 294)  
1 tbsp poppy seeds

### LEMON CURD:

juice of 3 organic lemons  
zest of 1 organic lemon  
150g sugar  
3 eggs  
pinch salt  
100g unsalted butter, diced

### ICING\*:

1 egg white

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place all the cake ingredients in the metal bowl and run the PASTRY/CAKE programme. Butter a 20cm cake tin and pour the cake batter into it.
- 3 Bake for 30 to 35 minutes. Prepare the lemon curd.
- 4 Turn the cake out onto a rack; cool. When cold, cut the cake in two layers; generously spread the one layer with the lemon curd and cover with the other layer.
- 5 Put all the icing\* ingredients, except the poppy seeds, into the metal bowl. Run the EXPERT programme (without heating) for 1 minute 30/speed 3. Pour over the cake and sprinkle with poppy seeds.

### lemon curd

Put all the ingredients, except the butter, into the metal bowl. Run the EXPERT programme for 10 minutes/speed 3/95 °C. After 1 minute, add the butter little by little, through the opening. Let the pieces melt before continuing to add any more. Refrigerate the lemon curd for at least 30 minutes before using.

### CHOCOLATE AND HAZELNUT YOGHURT CAKE with coconut icing\*

Omit the lemon juice in the cake batter; replace the lemon curd with NUTELLA® and the poppy seeds with grated coconut.





# FIG CLAFOUTIS



PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 6

PROGRAMME:

500g figs, fresh or frozen

120g plain flour

4 eggs

400ml whole milk

100g golden or brown sugar

30g salted butter, melted

1 knob butter for the moulds

bunches of redcurrants

for decoration

ICING SUGAR:

100g caster sugar

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 If using fresh figs wash, dry thoroughly and quarter. Thaw if frozen and quarter.
- 3 Put the flour, eggs, milk, sugar and butter into the metal bowl. Run the EXPERT programme (without heating) for 1 minute/speed 8. Scrape the batter into the centre of the bowl and restart the EXPERT programme for 30 seconds.
- 4 Butter individual moulds, or a 23cm spring-form tin\* and fill with the batter. Place the figs on top and gently press into the batter. Bake for 35-50 minutes depending on size, until golden brown. Decorate the *clafoutis* with washed bunches of redcurrants and icing sugar before serving.

## icing sugar

Put the caster sugar into the metal bowl and run the EXPERT programme (without heating) for 30 seconds/speed 18 until it forms a fine powder.

## CHERRY *clafoutis*

Replace the figs for stoned cherries (fresh or thawed) and add to the batter before filling the moulds.





# LEMON MERINGUE TART

PREP TIME: 25 min

COOKING TIME: 1 h 05

RESTING TIME: 30 min

SERVES 8

PROGRAMMES:  

ATTACHMENT: 

## PASTRY:

250g plain flour  
125g icing sugar (see p. 294)  
100g unsalted butter, softened\*  
1 egg

160ml lemon juice  
zest of 2 organic lemons

## SWISS MERINGUE:

4 egg whites  
pinch salt

160g icing sugar

## LEMON CREAM:

400g sweetened condensed milk  
8 egg yolks

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place all the pastry ingredients in the metal bowl and run the PASTRY/CAKE programme. Shape the dough into a ball, wrap in clingfilm and refrigerate for at least 30 minutes. Roll out\* the dough on a floured work surface using a rolling pin. Line\* a 28cm fluted flan tin with the dough, cover with baking paper and weight it down with ceramic or dried beans. Blind bake\* for 15 minutes; lift out the baking paper and beans, and continue baking for 5 minutes, until the pastry shell is cooked.
- 3 Prepare the lemon cream. Pour it into the pastry shell and bake for 25 minutes; remove from the oven. Lower the oven temperature to 150 °C (140 °C fan, gas mark 2); prepare the swiss meringue.
- 4 Spread the meringue onto the surface of the lemon cream, making small peaks with a spoon. Bake the tart for 10 minutes; turn off the oven and leave it in the oven for 10 more minutes. Remove and set the lemon meringue tart aside until cold.

## lemon cream

Place all the ingredients in the metal bowl. Run the EXPERT programme (without heating) for 1 minute/speed 13 (without heating) until the cream is smooth.

## swiss meringue

Fit the whisk. Put all the ingredients into the metal bowl, remove the cap and run the EXPERT programme for 10 minutes/speed 5/50 °C.





# MANGO-GINGER ICE CREAM



PREP TIME: 5 min

SERVES 4/6

PROGRAMME:

400g frozen mango, cut into 1cm cubes  
125g plain yoghurt

1 tsp grated root ginger  
75g caster sugar  
50ml coconut milk

- 1 Chill the metal bowl and put all the ingredients into it. Run the FROZEN DESSERT programme. If necessary, scrape down the wall of the bowl.
- 2 Form *quenelles*\* of ice cream using 2 spoons and serve immediately. Or, to scoop the ice cream, place in the freezer for a few minutes. Do not refreeze.

## BANANA ice cream

Replace the mango with the same quantity of frozen and chopped banana. Just before serving, sprinkle with desiccated coconut.

# RASPBERRY SORBET



PREP TIME: 5 min

SERVES 4/6

PROGRAMME:

400g frozen raspberries  
75g caster sugar

1 egg white  
1 tbsp lemon juice

- 1 Chill the metal bowl and put all the ingredients into it. Run the FROZEN DESSERT programme. If necessary, scrape down the wall of the bowl.
- 2 Form *quenelles*\* of ice cream using 2 spoons and serve immediately. Or, to scoop the ice cream, place in the freezer for a few minutes. Do not refreeze.

## PEACH sorbet

Replace the raspberries with 400g of frozen, diced peaches.

### TIPS

To chill the bowl, place a few ice cubes in it and run the CRUSH programme; empty and dry thoroughly.

For a lighter sorbet, after running the FROZEN DESSERT programme, fit the whisk and run the EXPERT programme for 30 seconds/speed 6.





# APRICOT JAM

PREP TIME: 10 min

COOKING TIME: 45 min

MAKES 2 JARS

PROGRAMME: 

500g apricots  
250g jam sugar

1 tsp vanilla sugar

- 1 Wash and cut the apricots in halves; remove the stones.
- 2 Put the apricots in the metal bowl and add the jam sugar and vanilla sugar. Run the EXPERT programme for 45 minutes/speed 1A/100 °C.
- 3 When the jam has cooled, pour into sterilised jars. Leave to set for 12 hours before using.

## PLUM JAM with vanilla

Replace the apricots with plums and add a split vanilla pod to the metal bowl. Remember to remove the pod before putting the jam into jars.

# APPLE AND PEAR JELLY

PREP TIME: 10 min

COOKING TIME: 20 min

RESTING TIME: 24 h

MAKES 3/4 JARS

PROGRAMME: 

600ml unfiltered apple and  
pear juice  
600g jam sugar  
juice of ½ lemon

1 tbsp vanilla extract  
1 sachet Certo or 14g gelatine

- 1 Put the juices in the metal bowl with the sugar, lemon juice, vanilla extract and pectin. Run the EXPERT programme for 15 minutes/speed 3/100 °C. Restart the EXPERT programme for 5 minutes/speed 5/100 °C.
- 2 Pour the apple-pear jelly mixture into sterilized glass jars. Cool at room temperature for a day, then store in the refrigerator.

## TIP

To check if the jam is cooked, put a drop on a chilled plate. If it sets, the jam is ready.





# APPLE-STRAWBERRY-RHUBARB compote



PREP TIME: 10 min

COOKING TIME: 30 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME:

200g rhubarb  
50g caster sugar  
250g strawberries

400g apples, such as Golden  
50g golden brown sugar

- 1 Wash the rhubarb and peel if stringy, then cut into small 1cm pieces and place in a bowl. Sprinkle with the caster sugar and macerate\* for 1 hour.
- 2 Wash, hull, dry and halve the strawberries. Peel, core and cut the apples, into large pieces.
- 3 Put the apples, strawberries, rhubarb and its juice, in the metal bowl with the golden brown sugar; run the PUREED SOUP programme.

## APRICOT-APPLE-BANANA compote

Reduce the quantity of apples to 300g and replace the strawberries and rhubarb with 400g apricots and 1 banana. If necessary, add sugar.

# APPLE-BANANA-CINNAMON compote

PREP TIME: 5 min

COOKING TIME: 20 min

SERVES 4/6

PROGRAMME:

1 banana (200g)  
3 apples, such as  
Royal Gala (500g)

25g golden brown sugar  
1 tsp ground cinnamon  
100ml water

- 1 Peel and slice the banana. Peel, core and cut the apples into 2cm pieces.
- 2 Then put the apples and bananas into the metal bowl with the sugar, cinnamon and water. Run the EXPERT programme for 20 minutes/speed 2A/100 °C.





# CHOCOLATE MIRROR CAKE

PREP TIME: 10 min

COOKING TIME: 40 min

RESTING TIME: 4-12 h

SERVES 6/8

PROGRAMMES:  

ATTACHMENT: 

4 eggs, separated  
pinch salt  
160g unsalted butter, chopped  
+ 1 knob  
160g dark chocolate, roughly  
chopped  
150g icing sugar (see p. 294)  
60g cornflour  
10 raspberries, washed

CHOCOLATE GLAZE:  
100g dark chocolate, roughly  
chopped  
80g sugar  
50ml water

- 1 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Fit the whisk. The metal bowl should be spotlessly clean and dry, with no trace of fat or water. Place the whites in the metal bowl with a pinch of salt, and run the WHISK programme. Set the egg whites aside and rinse the bowl.
- 2 Put the butter and chocolate in the metal bowl. Run the EXPERT programme for 5 minutes/speed 3/60 °C. Add the icing sugar and egg yolks; restart the EXPERT programme for 2 minutes/speed 9/60 °C.
- 3 Gently fold the chocolate mixture into the whisked egg whites using a spatula\*. Sift\* the cornflour into the mixture and stir to combine. Butter a 24cm spring-form tin\* and pour the batter into it; bake for 30 minutes until risen and springy.
- 4 Remove the cake from the oven and place on a rack until cold.
- 5 Prepare the glaze. Using a flexible spatula\* coat\* the cold cake several times with glaze. Set aside for at least 4 hours (or overnight), until the glaze is firm. Decorate with fresh raspberries.

## chocolate glaze

Put the chocolate, sugar and water into the metal bowl; run the EXPERT programme for 3 minutes/speed 3/90 °C.

## TIP

You can use plain chocolate (70% solids).







# PASTRY AND BREAD





# FARMHOUSE LOAF



PREP TIME: 10 min

COOKING TIME: 30 min

RESTING TIME: 3 h

MAKES 1 LOAF

PROGRAMME: 

1 sachet easy blend yeast (7g)    400g bread flour  
240ml cold water                      5g salt

- 1 Put all of the ingredients into the metal bowl. Start the BREAD/BRIOCHE programme. If the ingredients are not well combined, restart the programme by pressing Auto. Place the dough in a floured bowl, cover with a damp cloth and set aside in a warm place to rise for 2 hours.
- 2 Then, place the dough on a floured work surface. Work with the palm of the hand pushing the dough outwards, then fold the four corners into the centre; turn the dough over and place, seam-side down, on a lined\* baking tray. Cover with a damp cloth and set aside to rise again for 1 hour.
- 3 Preheat the oven to 220 °C (gas mark 7/8) just before the dough finishes rising; fill a roasting tin with water and place on the base of the oven. Dust the ball of dough with flour and using the wet blade of a very sharp knife, make a deep crisscross pattern on the top. Bake for 30 minutes. To check if the bread is cooked turn the loaf over and tap the bottom—it should sound hollow. Cool on a rack.

## TIP

The result may vary depending on the flour used.





# BAGUETTES

PREP TIME: 20 min

COOKING TIME: 15 min

RESTING TIME: 2 h

MAKES 2

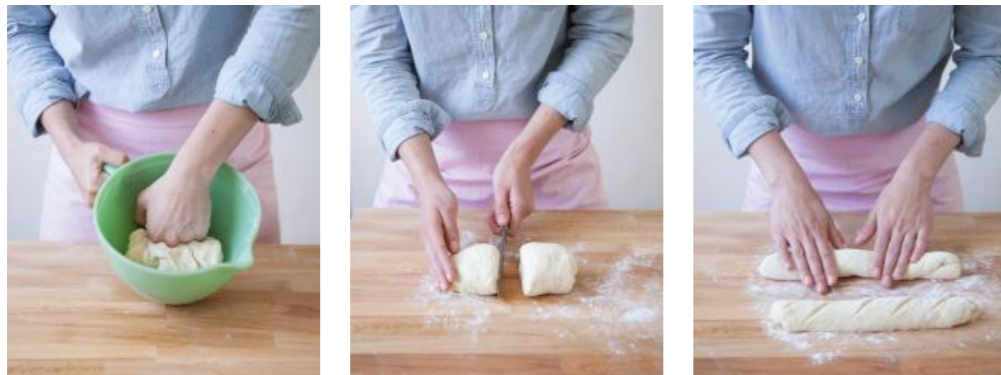
PROGRAMME: 

1 sachet easy blend yeast (7g)    250g bread flour  
150ml cold water                      5g salt

- 1 Put all of the ingredients into the metal bowl. Start the BREAD/BRIOCHE programme. If the ingredients are not well combined, restart the programme by pressing Auto. Place the ball of dough in a floured bowl, cover with a damp cloth and set aside in a warm place to rest for 1 hour.
- 2 Working with floured hands gently punch down the dough to knock the air out. Place the dough on a floured work surface and divide into 2 equal portions. Roll each portion using your fingers to form two *baguettes* of the same length. Line\* a baking tray with baking paper. Place the dough on the paper cover with oiled clingfilm and set it aside to rise in a warm place until it has doubled in size (about 1 hour).
- 3 Preheat the oven to 220 °C (210 °C fan, gas mark 7/8) and put a little water into the drip pan. Lightly dust the *baguettes* with flour and score with the wet blade of a very sharp knife; bake for 15 to 20 minutes. To check if cooked, turn the *baguettes* over and tap the bottom—they should sound hollow. Cool on a rack.

## TIP

The result may vary depending on the flour used.





# GRANARY BREAD

PREP TIME: 15 min

COOKING TIME: 20 min

RESTING TIME: 1 h 30

MAKES 1 LOAF

PROGRAMME: 

250g granary bread or malt flour	1 sachet easy blend yeast (7g)
250g white bread flour	300ml water
10g salt	4 tablespoons mixed seeds
10g caster sugar	1 egg yolk, beaten

- 1 Put all of the ingredients (except seeds and egg yolk) into the metal bowl. Start the BREAD/BRIOCHE programme. If the ingredients are not well combined, restart the programme by pressing Auto.
- 2 When the cycle finishes, and all the ingredients are combined, place the dough in a lightly oiled bowl to rest; cover with a clean damp cloth or oiled clingfilm. When the dough has roughly doubled in size (about 45 minutes), turn it out onto a floured work surface and add half of the seeds. Lightly knead\* the dough to ensure the seeds are evenly distributed. Do not overwork the dough or it will become heavy.
- 3 Lightly oil a loaf pan or baking tray. Shape\* the dough into a loaf and place in the loaf pan or on the baking tray. Lightly brush the top of the loaf with beaten egg and scatter with the remaining seeds. Set aside in a warm place until the dough has doubled in size (about 45 minutes).
- 4 Preheat the oven to 250 °C (240 °C fan, gas mark 9). Put the loaf into the hot oven and immediately lower the temperature to 220 °C (210 °C fan, gas mark 6). Bake for about 20 minutes or until the top is golden brown and the bottom sounds hollow when tapped. Remove from the oven and set aside on a rack to cool.





# CHORIZO-OLIVE

## bread rolls

PREP TIME: 10 min

COOKING TIME: 20 min

RESTING TIME: 1 h 30

MAKES 6

PROGRAMMES:  

80g chorizo  
40g stoned black olives  
½ sachet easy blend yeast (4g)  
180ml water

250g bread flour  
4g salt  
½ tsp *herbes de Provence* or  
mixed herbs

- 1 Dice the chorizo and roughly chop the olives.
- 2 Put the yeast, the water, the flour and the salt into the metal bowl. Start the BREAD/BRIOCHE programme. Add the chorizo, olives and herbs and restart the programme by pressing Auto.
- 3 Place the ball of dough in a floured bowl, cover with a damp cloth and set aside in a warm place until it has doubled in size (about 1 hour).
- 4 Working with floured hands gently punch down the dough to knock the air out. Place the dough on a floured work surface and form a long even cylinder; divide the dough into 6 equal portions. Roll each portion into a smooth ball. Line\* an baking tray with baking paper. Place the dough balls on it and cover with oiled clingfilm set aside to rise for 30 minutes in a warm place. Preheat the oven to 240 °C (230 °C fan, gas mark 8/9); fill a roasting pan with water and place on the bottom of the oven.
- 5 Dust the rolls with flour. Just before baking, make a crisscross incision on the top of each roll using the wet blade of a very sharp knife. Lower the oven temperature to 200 °C (190 °C fan, gas mark 5/6) and bake for 20 minutes.
- 6 To check if the chorizo and olive bread rolls are cooked, turn them over and tap the bottom—they should sound hollow. Cool on a rack.

### SUNDRIED TOMATO AND ITALIAN HAM bread rolls

Replace the chorizo for 80g thinly sliced Italian ham, and the olives for 50g chopped sundried tomatoes.

#### TIP

The result may vary depending on the flour used.





# OLIVE FOUGASSE

PREP TIME: 15 min

COOKING TIME: 15 min

RESTING TIME: 1 h 30

MAKES 1

PROGRAMME: 

100g stoned black olives  
fresh thyme leaves  
2 tsp olive oil  
1 tbsp salt

## FOUGASSE DOUGH:

1 sachet easy blend yeast (7g)  
150ml cold water  
5g sea salt  
250g bread flour  
50ml olive oil

- 1 Prepare the *fougasse* dough.
- 2 Line\* a baking tray and gently place the *fougasse* dough on top, being careful not to knock out the air bubbles.
- 3 Spread the dough roughly with the palms of the hands, flattening with the fingertips until it is about 1cm thick. Garnish one half of the dough with the olives and thyme leaves, brush the edges with water, fold the other half over to form a type of turnover. Brush with olive oil, sprinkle with sea salt and bake for 15 to 20 minutes. Serve warm or cold.

## *fougasse* dough

- 1 Put the ingredients into the metal bowl. Start the BREAD/BRIOCHE programme. If the ingredients are not well combined, restart the programme by pressing Auto.
- 2 Place the dough in an oiled bowl, cover with oiled clingfilm and set aside to rise for 1 hour. Gently fold the dough twice in the bowl, cover with a damp cloth and set aside somewhere warm to rise for 30 minutes or until it has doubled in size. While the dough is rising for the second time, preheat the oven to 240 °C (230 °C fan, gas mark 8/9).

## ANCHOVY *fougasse*

Spread the *fougasse* dough with 150g anchovy paste (see p. 32); omit the thyme and sea salt. Bake 20 minutes at 180 °C (170 °C fan, gas mark 4).

### TIP

The result may vary depending on the flour used.





# PLAITED BRIOCHE



PREP TIME: 20 min

COOKING TIME: 20 min

RESTING TIME: 1 h

MAKES 1 LOAF

PROGRAMME: 

1 sachet easy blend yeast (7g)	40g caster sugar
125ml milk	250g bread flour
20g unsalted butter, diced	1 egg, beaten
4g salt	

- 1 Put the ingredients except the egg into the metal bowl. Start the BREAD/BRIOCHE programme. If the ingredients are not well combined, scrape down the wall of the bowl with a spatula\* and restart the programme by pressing Auto. Place the dough (it should be sticky) in a floured bowl. Cover with a damp cloth and set aside to rise for 30 minutes.
- 2 Preheat the oven to 60 °C (50 °C fan, gas mark ¼). Place the dough on a floured work surface, divide into 3 equal portions and roll using your fingertips to form 3 long ropes of dough. If it starts to stick, dust with flour from time to time. Lay the ropes parallel, pinch one end to hold them together and loosely plait; pinch the other end. Place in a buttered loaf tin; set aside to rise in the oven for 30 minutes.
- 3 Remove the brioche from the oven and increase the temperature to 180 °C (170 °C fan, gas mark 4). Brush the top with the beaten egg, so it will be shiny and golden when baked. Bake for 20 minutes. If the brioche colours too quickly, cover with aluminium foil.
- 4 Cool slightly before turning out; serve warm.






# SHORTCRUST PASTRY

PREP TIME: 5 min

RESTING TIME: 30 min

MAKES 1 TART (SERVES 6/8) PROGRAMME: 

125g unsalted butter, diced  
250g plain flour

80ml cold water  
pinch salt

- 1 Put all the ingredients in the metal bowl and run the PASTRY/CAKE programme.
- 2 Wrap the ball of dough in clingfilm. Refrigerate for at least 30 minutes before rolling out\* on a floured work surface.


SWEET shortcrust pastry

Add 100g caster sugar to the ingredients listed.

# SUGAR CRUST PASTRY

PREP TIME: 5 min

RESTING TIME: 30 min

MAKES 1 TART (SERVES 6/8) PROGRAMME: 

250g plain flour  
125g unsalted butter

100g caster sugar  
1 egg

- 1 Put all the ingredients into the metal bowl. Run the PASTRY/CAKE programme.
- 2 Shape\* the dough into a ball, wrap in clingfilm and refrigerate for at least 30 minutes before using.






# PUFF PASTRY

PREP TIME: 20 min

RESTING TIME: 3 h

MAKES 1 TART (SERVES 6/8) PROGRAMME: 

250g strong plain flour	130ml water
50g unsalted butter, diced and softened*	200g unsalted cold butter salt

- 1 Put the flour, 50g butter, water and salt in the metal bowl. Run the PASTRY/CAKE programme. You may wish to stop, scrape down the bowl and restart. When it stops, the dough should be smooth.
- 2 Remove the dough from the bowl, shape\* into a ball, wrap in clingfilm and lightly flatten to form a square. Refrigerate for 1 hour to rest.
- 3 Dust the dough with flour. Use a rolling pin and roll from the centre of the dough out to the corners of the square to form a type of cross.
- 4 Place the cold butter between two pieces of clingfilm, tap with the rolling pin to flatten into a square, 2cm thick. Place the square of butter in the centre of the cross and fold the four "arms" in towards the centre to completely seal the butter.
- 5 Roll out\* the pastry to form a long rectangle. Fold the bottom third up to the centre and the top third down to make a square. Give the dough a quarter turn (always turn in the same direction), so that the folds are at the sides. Roll and fold again as previously described.
- 6 Wrap the pastry in clingfilm and refrigerate for 30 minutes.
- 7 Repeat steps 5 and 6 twice to obtain a real puff pastry.
- 8 Then, shape\* as desired; refrigerate for 30 minutes before baking.





# SULTANA SCONES



PREP TIME: 10 min

COOKING TIME: 12 to 15 min

MAKES APPROX. 15 SCONES PROGRAMME:

350g plain flour  
1 sachet baking powder (7g)  
30g caster sugar  
pinch salt

60g butter, softened\*  
210ml milk  
70g sultanas

- 1 Preheat the oven to 220 °C (210 °C fan, gas mark 7/8). Put the flour, baking powder, sugar, salt and butter cut in dice into the metal bowl and run the PASTRY/CAKE programme. Stop after 30 seconds.
- 2 Scrape the bowl if needed and restart the programme, then slowly pour the milk through the opening; add the sultanas for the last 20 seconds.
- 3 Flour a work surface and place the dough on it. Lightly dust the dough with flour and flatten by hand to a thickness of 2cm. Use a 5cm floured pastry cutter to cut out rounds of dough. Place them on a lined\* baking tray.
- 4 Brush them with a bit of milk or a beaten egg, then bake for 12-15 minutes until risen and golden. Set aside to cool. Serve with jam and whipped cream.

# SANDWICH BREAD

PREP TIME: 15 min

COOKING TIME: 30 min

RESTING TIME: 1 h 30

MAKES 1 LOAF

PROGRAMME:

1 sachet easy blend yeast (7g)  
275ml milk  
30g unsalted butter, diced and softened\* + 1 knob

5g salt  
10g caster sugar  
350g bread flour

- 1 Place the yeast and milk in the metal bowl. Run the BREAD/BRIOCHE programme. After 1 minute the programme will stop. Add the butter, salt, sugar and flour; restart the programme. Place the dough (it should be sticky) in a floured bowl, cover with a damp cloth and set aside to rest for 1 hour.
- 2 Shape\* the dough into a roll on a floured work surface and place in a buttered loaf tin. Set aside 30 minutes at room temperature.
- 3 Preheat the oven to 180 °C (170 °C fan, gas mark 4). Bake the bread for 30 minutes. Turn out and cool on a rack.







# BABY FOOD





# HAKE

## with sweet potato

PREP TIME: 10 min

COOKING TIME: 20 min

FROM 9 MONTHS

MAKES 4 PORTIONS

PROGRAMME: 

ATTACHMENT: 

1 sweet potato (300g)  
300g hake fillets, bones removed

1 bay leaf  
pinch paprika

- 1 Peel the sweet potato and cut into 5mm cubes.
- 2 Pour 500ml water into the metal bowl and fit the steamer basket, add the sweet potato; place the hake and bay leaf on top. Run the STEAM programme.
- 3 Serve with a pinch of paprika.

# PUREED VEGETABLES

## and beef

PREP TIME: 5 min

COOKING TIME: 30 min

FROM 9 MONTHS

MAKES 4 PORTIONS

PROGRAMME: 

200g potatoes  
200g carrots

200g lean beef  
300ml water

- 1 Peel the potatoes and carrots and cut in 2cm dice. Cut the beef in small pieces.
- 2 Place the potatoes, carrots and beef in the metal bowl. Run the CREAMED SOUP programme.





# HALLOWEEN SOUP

PREP TIME: 10 min

COOKING TIME: 30 min

FROM 9 MONTHS

MAKES 4 PORTIONS

PROGRAMME: 

1 carrot (100g)  
½ onion

200g pumpkin or butternut squash  
450ml water

- 1 Peel and chop the carrot, onion and pumpkin. Place in the metal bowl with the water. Run the CREAMED SOUP programme until the soup is very smooth.
- 2 Depending on the baby's age, if necessary add a little salt.

# CREAMY COURGETTE with chervil

PREP TIME: 5 min

COOKING TIME: 20 min

FROM 1 YEAR

MAKES 4 PORTIONS

PROGRAMMES:  

ATTACHMENT: 

500g courgettes  
120g full fat cream cheese  
e.g. Philadelphia®

2 tsp chervil, finely sliced\*

- 1 Wash, peel, halve the courgettes and cut into 2cm pieces.
- 2 Pour 500ml water into the metal bowl, fit the steamer basket and add the courgettes. Run the STEAM programme.
- 3 Discard the cooking liquid in the metal bowl. Use kitchen paper to pat dry the steamed courgettes and add to the bowl with the cheese and chervil. Run the EXPERT programme (without heating) for 20 seconds/speed 15.





# CREAMED BROCCOLI WITH GRUYÈRE

PREP TIME: 5 min

COOKING TIME: 25 min

FROM 1 YEAR

MAKES 4 PORTIONS

PROGRAMMES:  

ATTACHMENT: 

500g broccoli (fresh or frozen)      70ml single cream  
100g gruyère, grated

- 1 Wash the broccoli and cut into small florets\*. Pour 500ml water into the metal bowl, fit the steamer basket and add the broccoli. Run the STEAM programme for 25 minutes.
- 2 Discard half the cooking liquid in the bowl and add the broccoli, gruyère and cream. Run the EXPERT programme (without heating) for 1 minute/speed 12. If necessary scrape down the bowl and restart the programme for 30 seconds.

## CREAMED CAULIFLOWER with gruyère

The broccoli could be replaced with fresh or frozen cauliflower cut into small florets\*.

# CHICKEN RATATOUILLE

PREP TIME: 15 min

COOKING TIME: 25 min

FROM 9 MONTHS

MAKES 4 PORTIONS

PROGRAMME: 

ATTACHMENT: 

½ aubergine (100g)      200ml water  
1 courgette (150g)      ½ tsp fresh or dried thyme  
2 tomatoes (150g)      2 free-range chicken breasts,  
2 tbsp tomato puree or organic      chopped  
tomato pulp      ½ lemon (optional)

- 1 Wash the vegetables; peel the courgettes and tomatoes. Cut all the vegetables into 2cm cubes. Put the vegetables, tomato puree, water and thyme into the metal bowl. Run the EXPERT programme for 10 minutes/speed 1A/95 °C.
- 2 Then, fit the steam basket and add the chicken breasts. Place lemon slices on the chicken, if desired. Run the EXPERT programme for 15 minutes/speed 1A/95 °C. To obtain a smoother texture than a classic ratatouille, restart the programme for another 20 seconds/speed 10.





# PEACH-BANANA FRUIT CREAM

PREP TIME: 5 min

RESTING TIME: 30 min

FROM 6 MONTHS

MAKES 4/5 PORTIONS

PROGRAMME: 

- 2 bananas (200g)
- 150ml plain yoghurt
- 3 very ripe peaches (300g)

- 1 Peel and cut the fruit into large pieces. Place in the metal bowl. Run the EXPERT programme (without heating) for 1 minute 30 seconds/speed 13. After 30 seconds, add the yoghurt through the opening.
- 2 Divide the cream among small containers and refrigerate for 30 minutes.

# BABY MILKSHAKE

PREP TIME: 5 min

FROM 6 MONTHS

MAKES 4 PORTIONS

PROGRAMME: 

- 300g strawberries
- 100ml growing up milk
- 2 plain yoghurts for babies
- 1 tsp infant cereal (optional)

- 1 Wash, hull and cut the strawberries in halves; place in the metal bowl with the yoghurt and milk.
- 2 Run the SMOOTHIE programme. Serve the baby milkshake in small glasses sprinkled with the cereal.

## STRAWBERRY AND PEAR baby milkshake

For an even more refreshing milkshake, reduce the amount of strawberries to 200g and add 100g sliced, very ripe pears.

## BANANA baby milkshake

Replace the strawberries with 300g very ripe, mashed bananas and use the other ingredients as listed.





# APPLE-APRICOT COMPOTE

PREP TIME: 5 min

COOKING TIME: 25 min

FROM 6 MONTHS

MAKES 4/5 PORTIONS

PROGRAMME: 

400g eating apples (such as Golden Delicious or Braeburn)      600g very ripe apricots  
2 to 3 tbsp water

- 1 Wash the apples, peel, core and cut into large pieces. Wash and halve the apricots, removing the stone.
- 2 Put the fruit in the metal bowl, add the water then run the EXPERT programme for 25 minutes/speed 2A/100 °C. To create a smooth compote, restart the EXPERT programme (without heating) for 30 seconds/speed 15.

# PEAR COMPOTE with vanilla

PREP TIME: 5 min

COOKING TIME: 20 min

FROM 6 MONTHS

MAKES 4/5 PORTIONS

PROGRAMME: 

1 kg very ripe pears      1 thick vanilla pod

- 1 Wash, peel and dice the pears.
- 2 Put the diced pears into the metal bowl. Cut the vanilla pod lengthwise in halves, scrape the seeds into the bowl and add the pod. Run the EXPERT programme for 20 minutes/speed 2A/100 °C, removing the cap.
- 3 Remove the vanilla pod from the compote and replace the cap. Restart the EXPERT programme (without heating) for 10 seconds/speed 15.
- 4 Cool the cooked compote and pour into 4-5 small ramekins. Serve with ladyfinger biscuits.







# DRINKS





# VIRGIN MOJITO



PREP TIME: 5 min

MAKES 4/6 GLASSES

PROGRAMME:

300g ice cubes

4 tbsp golden caster sugar

1 tbsp mint syrup

75ml lime juice

4g bunch mint, washed, leaves removed

500ml sparkling water such as Perrier®

- 1 Put the ice cubes into the metal bowl and run the CRUSH programme. Press Stop when the ice is crushed. Add the sugar, mint syrup and lime. Restart the CRUSH programme.
- 2 Pour the virgin mojito into tall glasses, decorate with the mint leaves and fill with sparkling water. Serve immediately.

# PINK GRAPEFRUIT GRANITA



PREP TIME: 5 min

MAKES 4/6 GLASSES

PROGRAMME:

800g ice cubes

80g caster sugar

300ml pink grapefruit juice (or the juice of 4-5 grapefruits)

- 1 Put the ice cubes in the metal bowl and run the CRUSH programme.
- 2 Add the grapefruit juice and sugar; restart the CRUSH programme for 10 seconds.
- 3 Pour the pink grapefruit granita into tall glasses. Serve immediately.





# STRAWBERRY MILKSHAKE



PREP TIME: 5 min

MAKES 4/6 GLASSES

PROGRAMME: 

400g strawberries  
600ml whole milk  
3 scoops strawberry or vanilla ice cream (+ 4 scoops for garnish)

75g sugar  
1 tsp liquid vanilla extract  
150g ice cubes

- 1 Wash and hull the strawberries. Put all the ingredients in the metal bowl; run the SMOOTHIE programme.
- 2 Pour into glasses and at the last minute put a scoop of ice cream into each glass. Serve immediately.

## BANANA AND CHOCOLATE milkshake

Replace the strawberries and ice cream with 375g sliced bananas and 3 scoops of chocolate ice cream. Use the other ingredients as listed. Serve with chocolate sauce.

# BANANA MILKSHAKE with almond milk

PREP TIME: 5 min

MAKES 4/6 GLASSES

PROGRAMME: 

3 bananas  
3 scoops banana or vanilla ice cream

500ml almond milk  
 $\frac{1}{2}$  tsp sweet almond extract  
3 to 4 tbsp honey or agave syrup

- 1 Roughly chop the bananas, place all the ingredients in the metal bowl and run the SMOOTHIE programme.
- 2 Pour the milkshake into tall glasses. Serve immediately.





# GREEN SMOOTHIE



PREP TIME: 10 min

MAKES 4 GLASSES

PROGRAMME:

200g cucumber  
150g fennel  
250ml apple juice

50ml lime juice  
3 tbsp agave syrup

- 1 Wash the vegetables. Peel the cucumber. Cut the cucumber and fennel into large cubes.
- 2 Put the apple juice, lime juice, cucumber and fennel pieces into the metal bowl.
- 3 Add the agave syrup and run the SMOOTHIE programme.
- 4 Chill well and pour into tall glasses and serve immediately.

## TIP

If you do not have any agave syrup, use honey instead.

# EXOTIC SMOOTHIE



PREP TIME: 5 min

MAKES 4 GLASSES

PROGRAMME:

180g ripe pineapple  
180g mango  
4 passion fruits

200ml orange juice  
2 tbsp agave syrup  
juice of 1 lime

- 1 Peel the pineapple and mango and cut into large pieces.
- 2 Cut the passion fruit in halves and scoop out the pulp. Place in a small colander and gently press the pulp to extract the juice. Discard the seeds.
- 3 Put the orange juice, passion fruit juice, pineapple and mango pieces, agave syrup and lime juice into the metal bowl. Run the SMOOTHIE programme.
- 4 Serve well chilled.

## NECTARINE-BANANA smoothie

Omit the passion fruit. Replace the orange juice with apple juice, and the pineapple and mango with 250g nectarines and 100g bananas.





# COFFEE AND CARAMEL frappuccino

PREP TIME: 5 min

MAKES 4/6 GLASSES

PROGRAMME: 

300ml filter coffee  
150ml semi-skimmed milk  
200g ice cubes  
3 tsp caster sugar

150ml whipped cream (see p. 276)  
caramel sauce  
praline

- 1 Prepare the filtered coffee and set aside to cool.
- 2 Put the milk, ice cubes, sugar and cold coffee into the metal bowl; run the SMOOTHIE programme.
- 3 Pour the mixture into tall glasses and top with whipped cream, caramel sauce and praline. Serve immediately.

## VANILLA frappuccino

Replace the coffee with 300ml vanilla ice cream and add 3 tbsp of vanilla syrup to the preparation before running the SMOOTHIE programme.

# TRADITIONAL HOT CHOCOLATE

PREP TIME: 5 min

COOKING TIME: 5 min

MAKES 4 GLASSES

PROGRAMME: 

240g dark chocolate (70% solids)    400ml whole milk  
20g caster sugar    300ml single cream

- 1 Break the chocolate into pieces. Chop in the metal bowl using the EXPERT programme (without heating) for 30 seconds/speed 15. Scrape down the wall of the bowl.
- 2 Add the sugar, milk and cream; restart the EXPERT programme for 6 minutes/speed 3/90 °C. Pour the hot chocolate into cups. Serve immediately.

## TIPS

You could replace the dark chocolate with milk chocolate. If so, do not add any sugar. You could replace cream with milk for a lighter version.





# GLOSSARY

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## Bain-marie

*Bain-marie* is the French term for a hot water bath. A large pan or roasting tin of water is heated until simmering and a smaller recipient is placed over or in it. For preparations not cooked over direct heat, keeping delicate sauces hot, or for melting chocolate, this method of cooking can be used on the hob, or in the oven.

## Blind bake

Pastry dough baked to keep it dry and crisp, before a filling is added. To blind bake, line a tart tin with the dough, prick with a fork, cover the dough with baking paper weighted down with ceramic baking or dried beans.



If necessary, a crown of aluminium foil can be made to cover the edge of the dough, preventing it from colouring too quickly. To ensure you have an even bake, remove the baking/dried beans and return to the oven until golden.

## Bouquet garni

An herb bundle tied with string, used to enhance the flavour of court-bouillon, soups or sauces. It is removed at the end of cooking. A classic *bouquet garni* includes thyme, bay leaf, parsley, the green part leaf of leek; and sometimes rosemary.



## Coat

To carefully spoon a sauce, jelly or coulis over a dish, just before serving.

## Conical sieve

Used to strain sauces, it is a cone-shaped metal sieve with a handle (also known as a China cap).

## Finely sliced



Vegetables or herbs cut into very thin slices or small pieces using scissors or a knife.

## Floret

Tight, branched clusters of flower buds which form the head of cauliflower or broccoli.



## Icing

A smooth and shiny coating used to decorate cakes. The most commonly used is icing sugar which is mixed with a liquid, which varies depending on

the flavour required (water, lemon, etc.). It can be shaped using a spatula for a rougher texture, or creating a raised effect.

## Knead

To work a bread dough vigorously in order to develop the gluten and elasticity.



## Line

To cover a baking sheet, tin or mould with baking paper or clingfilm before baking or adding a filling.

## Line with dough

Rolled-out pastry dough is pressed into a tart tin or flan ring to line it. This is usually then baked blind.



## Macerate

Soaking fruit or vegetables in a liquid to absorb the flavour or soften. For example, peaches could be macerated in syrup.

## Marinate

Soaking meat or game in a liquid for a specific period of time to tenderise and absorb the flavour.

## Papillote

Baking paper or aluminium foil used to wrap food during cooking is known as a papillote. (banana leaves or tortillas could also be used). It is a cooking method which retains flavour through steaming; papillotes can be cooked in a steamer basket, oven or even on the barbeque.



## Pare (or Trim)

Inedible or unattractive parts of food, such as the fat or tendons of meat are cut off.



## Piping bag

A cone-shaped, plastic-coated canvas, disposable plastic or paper bag with a small opening





at the tapered end, into which a metal (or plastic) nozzle is inserted. Filled with pastes or creams, it is used to decorate cakes, desserts and various dishes. Nozzles come in many shapes and sizes: plain round for choux buns, fluted for whipped cream, and even geometric shapes for cake decorating.

### Poach

Poaching is a method of cooking food in a simmering liquid such as water or stock. Ideal for cooking delicate food.

### Quenelle



Ovals of a soft preparation such as ice cream or whipped cream shaped using two spoons. The spoons are run under cold water to prevent the

mixture sticking. Use one spoon to take a scoop of ice cream. Invert the second spoon over the top and shape the ice cream into an oval (a *quenelle*). Slide the top spoon under the *quenelle* and repeat until it is smooth and oval.

### Reduce

To boil a liquid, such as a stock, in an uncovered pan, allowing it to evaporate which concentrates the

flavour. This technique is known as a reduction.

### Remove the garlic germ

The sprout (or shoot) in the centre of a garlic clove is the "germ". It is often removed from garlic, because it is considered difficult to digest.



### Roll out

It is the action of rolling out dough on a floured work surface, using a rolling pin in a backwards and forwards motion, to obtain the required thickness.



### Shape

Shape dough or other preparations by hand before cooking, to obtain the desired form.

### Sift



Dry ingredients such as flour or icing sugar are sieved using a sifter or fine mesh wire strainer, to separate lumps from the fine powder. This technique is

especially important in baking as it helps to incorporate air.

### Silicone spatula

A flexible spatula used for scraping or gently blending ingredients, which does not deflate whisked egg whites.

### Softened butter



Butter worked with a spatula until smooth and pliable.

### Sprig

End of an herb stem or a cluster of herb leaves, including parsley, rosemary and coriander.

### Spring-form tin

It is a cake tin with a detachable rim (or sides) which clips onto the base. The tin comes in various shapes and is used for cakes, cheesecakes, *clafoutis* and *tarte Tatin*.



### Stem

Remove the stem, of a fruit or vegetable. To remove tough ribs of spinach, fold the leaf in lengthwise in half and gently pull down on the central rib.



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Simple, delicious and healthy recipes every day.

This book is loaded with a multitude of tips and variations; not only will you use the Cook Expert endlessly, your culinary desires can be reached quickly and effortlessly.

