

# Cocktails



**magimix®**



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Lisez attentivement les consignes de sécurité indiquées dans le mode d'emploi de votre produit avant d'utiliser cet accessoire

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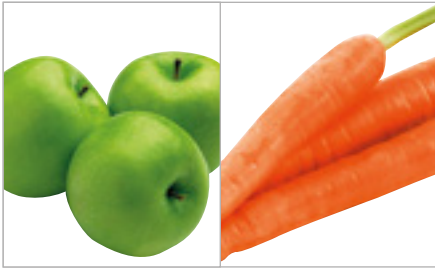
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Ideal for hard fruit and vegetables, such as apples, carrots, melons and cucumbers...

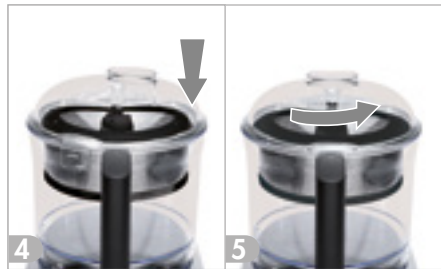
**Result:** a clear juice with no pulp.



**Assembly:** Ensure the removable rim is firmly fitted to the juice extractor basket. Simply apply a little pressure around the rim until it clicks into place.



Slide the juice extractor basket onto the motor shaft.



Place the lid on the bowl and turn anti-clockwise until it locks into place.



Switch the appliance on and insert the fruit and vegetables a few at a time, guiding them down with the pusher. Switch the processor off when finished.

## WARNING

- Never insert your fingers or a foreign object into the feed tube. Always use the pusher supplied.
- Wait until the juice extractor basket has stopped turning before you unlock the lid.
- Do not use the juicer if the sieve has been damaged.



If your appliance starts to vibrate, switch off and empty the juice extractor basket. **For maximum juice extraction, apply gentle pressure so that the fruit or vegetable comes in direct contact with the grater.**

At the end of juicing, wait a few seconds for the appliance to finish extracting the juice before switching it off.

# USING THE SMOOTHIEMIX



**Ideal** for soft or cooked fruit and vegetables, such as raspberries, blackcurrants and tomatoes,...

**Result:** a thick juice like a nectar or coulis.



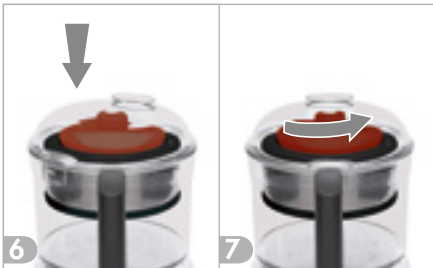
**Assembly:** Ensure the removable rim is firmly fitted to the juice extractor basket. Simply apply a little pressure around the rim until it clicks into place.



Slide the juice extractor basket onto the motor shaft.



Fit the SmoothieMix paddle inside the juice extractor basket.



Place the lid on the bowl and turn anti-clockwise until it locks into position.



Fit the funnel onto the feed tube. Switch the appliance on.

**\*** If your appliance starts to vibrate, switch off and empty the juice extractor basket. **For maximum juice extraction, apply gentle pressure so that the fruit or vegetable comes in direct contact with the grater.**

At the end of juicing, wait a few seconds for the appliance to finish extracting the juice before switching it off.



Feed the fruit and vegetables in a few at a time. Switch the appliance off.

## WARNING

- Never insert your fingers or a foreign object into the feed tube. Always use the pusher supplied.
- Wait until the juice extractor basket has stopped turning before you unlock the lid.
- Never attempt to process hard fruit and vegetables using the SmoothieMix attachment.

## CLEANING

Always switch off your appliance before cleaning it.

Clean the removable parts immediately after use, using water and washing-up liquid.



**Juice Extractor Basket:** Remove the rim by pressing down on PUSH and lifting the rim away from the basket.



Insert the thin end of the spatula into the basket and scrape away the pulp.



Hold the basket vertically under a running tap. Clean it inside and out, rinsing away any food remains.



If necessary (e.g. when using berries), use a brush.



To avoid seriously damaging removable parts:

- Detergents: check that they are compatible with plastic parts.
- Dishwasher: select the lowest temperature, below 40°C and avoid the drying cycle
- Washing by Hand: do not leave parts to soak in detergent for too long. Avoid abrasive products.

## GOLDEN RULES

- 1 **Respect the seasons.** Fruits that are picked within season close to where you live have much better nutritional qualities and taste than any fruit which has ripened in a fridge or on a boat. And it's better for the planet!
- 2 **Buy fresh produce in small amounts.** The fresher the fruit and vegetables are, the more vitamins they have and the more juice they will give so it is much better to buy as and when needed. If possible, choose organic produce and in particular for the fruit and vegetables whose skin is edible, as they are generally rich in nutritional value. They also have much more taste!
- 3 **Use a variety** of fruit and vegetables as they don't all have the same compounds and are good for your health in different ways.
- 4 **Always rinse** your fruit and vegetables before use.
- 5 **Store in a cool place.** Some fruit and vegetables can be stored in the vegetable compartment of the refrigerator (carrots, cucumbers, peppers...), others however don't like the cold and prefer to be in a fruit basket (tomatoes, avocados...). In any case, prior to juicing, put all fruits and vegetables in the fridge for 1 hour as juice is better served chilled than warm.
- 6 **Drink immediately.** Drink or use the juice straightaway if you can, as vitamins, like vitamin C, are most fragile and sensitive to light and air. If you have to keep juice, add a few drops of lemon which acts as a food preservative and store in the refrigerator.
- 7 **Have fun!** Let your imagination run free!

Fruit is rich in fructose (natural sugar), so if you have a sugar intolerance, do not overdo it.

## RECIPE KEY

Measurements: tsp = teaspoon - tbs = tablespoon



Use the citrus press\*  
for citrus fruits



juice extractor basket  
for hard fruits and vegetables



Use the SmoothieMix  
for soft fruits and cooked  
vegetables

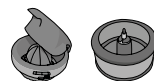
\*Included with some food processors. You can buy the citrus press as an optional accessory.





SPRING

## Cucumber, carrot and lime



Preparation: 5 min

### For 2 glasses

½ cucumber  
3 carrots  
½ lime

**Wash** and peel the vegetables. Cut the lime in half and juice using the small cone in the citrus press.

**Process** all remaining ingredients in the juice extractor basket.

**Serve** straightaway.

Refreshing and good for the skin.

## Strawberry and banana nectar



Preparation: 5 min

### Serves 2

10 strawberries  
1 banana  
1 lime  
1 tsp of runny honey

**Peel** and cut the banana into pieces. Wash and hull the strawberries.

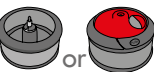
Process the banana followed by the strawberries using the SmoothieMix.

**Cut** the lime in half and juice using the small cone in the citrus press. Add the honey and to the fruit juice and mix.

Serve over 2 tablespoons of crushed ice.

Dilute if you wish with a little water if the nectar is too thick.

## Gaspacho



Preparation: 5 min

### Serves 4 \*

600 g very ripe tomatoes  
¼ cucumber  
¼ red pepper  
½ garlic clove  
2 tbs olive oil  
salt and pepper

**Wash** the vegetables.

Roughly peel the cucumber, remove the pepper stem, seeds and tomato stalks.

**Cut** the vegetables into small enough pieces to fit through the feed tube.

**Peel** the garlic.

**Process** the vegetables using the SmoothieMix to obtain a creamy mixture (use the juice extractor basket for a thinner consistency). Season with salt, pepper and olive oil.

Chill for at least 3 hours.

For a more sophisticated starter, add diced vegetables when serving.

\* less when using the juicer (2-3 servings)

## Classic tomato coulis



Preparation: 10 min • Cooking: 30 min

**Makes 500ml coulis**  
(after reduction)

1 kg tomatoes  
2 tbs olive oil  
2 tsp sugar  
2 garlic cloves  
fresh thyme or basil  
salt and pepper

**Wash** and cut the tomatoes into quarters, then process using the SmoothieMix and set aside.

**Pour** the olive oil into a large frying pan, add the tomato coulis, crushed garlic cloves, thyme or basil and sugar. Season with salt and pepper according to taste.

**Reduce** over a low heat for approx. 30 minutes. Season as required.

Delicious with fresh pasta, this coulis can also be reduced further and spread over a pizza base.

Tip: make large quantities of this coulis when tomatoes are in season and freeze it.

## Strawberry jam



Preparation: 10 min • Cooking 10 min

**Makes 6-8 jars**

1.5 kg strawberries  
1.6 kg sugar  
40 g pectin  
1 knob butter

**Wash** and hull the strawberries. Process them using the SmoothieMix and weigh out 1.4 kg. Pour the coulis into a saucepan and heat.

**In a bowl**, mix the pectin with 2 tablespoons of sugar. Sprinkle this onto the coulis and stir in gently with a wooden spoon. Bring to the boil and simmer for 3 minutes, stirring constantly. Add the butter and sugar and bring back to the boil for a further 3 minutes, still stirring. As soon as these 3 minutes are up, fill your jam jars right up to the top.

Note: commercial pectin (extracted from apples) is freely available. You will find it next to the sugar at your local supermarket.

## Strawberry wine sauce



Preparation: 5 min • Cooking: 10 min • Cooling: 1h

**Makes 500 ml**

200 g strawberries  
1 lemon  
4 tbs honey  
90 g sugar  
500 ml Côtes-du-Rhône wine\*

**Wash** zest a lemon. Bring the wine, lemon zest and sugar to the boil. Cook over high heat until the liquid is reduced by half then leave to cool for approx. 1 hour. Wash and hull the strawberries then process them using the SmoothieMix. Mix the strawberry coulis with honey and the reduced liquid.

\* Alcohol abuse is bad for your health, consume in moderation.

SUMMER



## Melon, cucumber, pear and mint



Preparation: 5 min

### Makes 2 glasses

½ melon  
1 small cucumber  
1 pear  
10 mint leaves  
(optional)

**Remove** the skin of the melon and scoop out the seeds.  
Roughly peel the cucumber and cut into large pieces.

**Process** the mint followed by the fruit in the juicer.  
Serve straightaway.

Very refreshing.

## Sun Smoothie \*



Preparation: 5 min

### Makes 4 glasses

2 pink grapefruit  
1 yellow nectarine  
1 banana  
1 pinch of ground ginger  
ice cubes

**Peel** the banana and the nectarine. Process the banana followed by the nectarine using the SmoothieMix.

**Remove** the SmoothieMix and position the citrus press. Extract juice from the grapefruits.

**Mix** the juices and add ice cubes.  
Serve straightaway.

You can also peel the grapefruit and process them in the SmoothieMix.

## Green vegetable Smoothie \*



Preparation: 10 min

### Makes 4 glasses

2 green peppers  
1 cucumber  
3 green tomatoes  
1 green onion  
1 bunch of basil  
ice cubes (optional)  
salt and ground pepper

**Peel** the cucumber and onion. Wash and cut the vegetables into large pieces.  
Process all the vegetables using the SmoothieMix starting with the basil.

**Season** with salt and pepper.  
Serve chilled with ice cubes as required.



\* These recipes were created by our partner Interfel (Jessyca Kopacz).

## Blueberry and pear milk-shake with wheat germ



Preparation: 5 min

### Makes 2 large glasses

1 pear  
150 g blueberries  
20 cl milk  
2 tsp honey  
1 tbs wheat germ  
1 tbs ground almonds

**Wash** and cut the pear into pieces. Wash the blueberries.

Process the fruit using the SmoothieMix to obtain the juice.

**Add** the other ingredients to the fruit juice and in a jug mix well with a whisk.

## Sparkling red fruit

Preparation: 5 min

### Makes 4 glasses

150 g strawberries  
150 g raspberries  
½ lemon  
2 tbs honey  
½ litre sparkling water



**Gently** wash the fruit. Hull the strawberries and process using the SmoothieMix attachment.

Remove the SmoothieMix and position the citrus press. Juice the lemon using the citrus press.

**Add** the honey and chilled sparkling water, then mix. Serve straightaway.

Home-made soda is guaranteed to contain no colouring and is rich in vitamin C.

## Melon, strawberry and raspberry ice lollies

Preparation: 10 min • Freezer: 24h

### Makes 4 ice lollies

1 melon  
250 g strawberries  
250 g raspberries  
sugar cane syrup (optional)

**Cut** the melon into pieces and remove the skin.

**Gently** wash the red fruit and hull the strawberries. Process all the fruit using the SmoothieMix and add some sugar cane syrup if you find the mixture too sour. Pour the mixture into the ice lolly moulds and put them in the freezer for 24 hours.

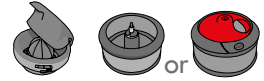




**AUTUMN**

## Popeye's potion

Preparation: 5 min



### Makes 2 glasses

½ pineapple  
1 handful of baby spinach  
1 apple  
20 mint leaves  
2 limes

**Remove** the skin of the pineapple and cut it into large slices. Wash the baby spinach leaves, mint and apple. Cut the limes in half and juice using the small cone on the citrus press. Process the remaining ingredients using the SmoothieMix (or juicer) first the baby spinach and mint rolled together, followed by the apple and limes and finally the pineapple.

## Grape, carrot and lemon

Preparation: 5 min



### Makes 2 glasses

1 large bunch black grapes  
3 carrots  
½ lemon

**Wash** the grapes and strip off their stalks. Wash, top and tail the carrots and cut them into pieces. Process the grapes and carrots in the juicer. Add the lemon juice. Mix and serve.

## Green cake

Preparation : 5 min • Cooking : 30 min



### Serves 6

8 average size apples  
3 eggs  
2 glasses\* of flour  
1 glass of oats  
1 ½ glasses of sugar  
1 glass of oil  
1 sachet of baking powder  
1 pinch of cinnamon  
icing sugar  
\*1 glass = 200g

**Core** the apples and process them in the juicer. Drink the juice or use it to make sorbet. Pre-heat your oven to 180°C (Gas Mark 4).

Remove all the apple pulp from the juice extractor basket and put in a large mixing bowl. Add all the ingredients leaving the flour until last. Mix thoroughly (it is normal if the batter is a little elastic).

Grease a cake tin and pour in the batter. Smooth the surface and put into the oven for approx. 30 min. Allow it to cool and sprinkle with icing sugar and cinnamon.

**Nothing is wasted as everything is recycled. And it is delicious!**



## Pineapple and broccoli



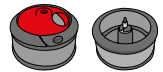
Preparation: 5 min

### Makes 2 glasses

4 broccoli florets  
½ pineapple

Remove 4 florets from the head of the broccoli and wash them carefully. Remove the skin of the pineapple and process in the juicer basket, then add the broccoli. **Serve** straightaway over ice.

## Guava, apple and raspberry



Preparation: 5 min

### Makes 1 glass

1 guava  
1 handful of raspberries  
1 Granny Smith apple

**Peel** the guava. Cut the guava and apple into pieces. Process the raspberries using the SmoothieMix kit. Remove the SmoothieMix attachment and process the remaining fruit alternating guava and apple.

**Serve** straightaway over ice.

## Grape and raspberry yoghurt



Preparation: 10 min

### Makes 4 glasses

300 g raspberries  
1 large bunch black grapes  
300 g creamy yoghurt  
100 ml milk  
½ tsp white pepper  
2 tsp honey

**Rinse** the raspberries (keep a few raspberries for decoration). Wash the grapes and remove from their stalks, then process the fruit in the SmoothieMix. Whisk the grape and raspberry coulis into the yoghurt, milk, pepper and honey.

**Divide** between 4 short glasses. Add a few raspberries as a decorative touch.

WINTER



## Trip to Thailand

Preparation: 5 min



### Makes 2 glasses

10 lychees  
¼ pineapple  
1 apple  
200 ml coconut milk  
1 cm lemongrass\*

**Peel** the lychees and remove the pips. Remove the skin from the pineapple and cut it into large pieces. Wash the apple. Process the lemongrass, followed by the lychees using the SmoothieMix. Remove the SmoothieMix attachment and juice the pineapple and apple in the juice extractor basket. Add the coconut milk to the juice and mix.

*\* You can also use ground lemongrass.*

## Milky delight

Preparation: 5 min



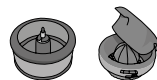
### Makes 2 glasses

2 kiwi fruit  
1 Granny Smith apple  
150 ml milk  
1 tbs mint syrup

**Peel** the kiwi fruit and wash the apple. Cut the fruit into pieces and then process in the juicer. Whisk the milk, fruit juice and a tablespoon of mint syrup in a jug. Serve straightaway.

## Apple, carrot and orange

Preparation: 5 min



### Makes 2 glasses

1 apple  
2 oranges  
2 carrots

**Wash** the fruit and vegetables. Top and tail the carrots, cut the apple into pieces and process them in the juicer. Set aside the juice.

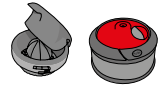
**Remove** the juice extractor basket and attach the citrus press. Cut the oranges in half and juice using the large cone on the citrus press.

**Mix** all the juices in a cocktail shaker with crushed ice as required.

Serve chilled straightaway.

It's a must-have cocktail which everyone will enjoy! Add a stick of celery as a decorative touch..

# Cranberries, orange and pear



Preparation: 5 min

## Makes 2 glasses

- 1 handful of cranberries\*
- 2 oranges
- 1 pear

**Wash** the cranberries and the pear and destalk the pear. Cut the oranges in half.

**Process** the fruit in the SmoothieMix starting with the cranberries, followed by the pear. Remove the SmoothieMix attachment and attach the citrus press, juice the oranges using the large cone of the citrus press.

*\* Cranberries, originally from North America, are rich in antioxidants and effective in preventing urinary infections. You can replace them with bottled bilberries (their European cousin) or dried cranberries (easier to find) that you soak in hot tea for at least 1 hour before using.*

# Digestion booster

Preparation: 5 min

## Makes 2 glasses

- 1 large slice of white cabbage
- ½ pineapple
- 4 bunches of mint
- 1 cm piece fresh ginger

**Remove** the skin of the pineapple. Process all the ingredients using the SmoothieMix starting with the pineapple.

Serve straightaway.



# Grenadine syrup

Preparation: 15 min • Cooking: 15 min

## For approx. ½ litre of syrup

- 3 pomegranates
- Sugar
- ½ lemon

**Open** the pomegranate and remove the seeds taking care not to include the inedible white pulp membranes. Process the seeds in the juicer.

**Mix** a volume of pomegranate juice with the same volume of sugar in a small heavy-bottomed saucepan. Bring to the boil, constantly stirring the mixture with a whisk until the sugar is completely dissolved.

**Reduce** for approx. 10 min stirring occasionally.

**Leave** to cool a little before adding 1 tablespoon of lemon juice, then pour the syrup into a glass bottle with a hermetic seal.

Keeps for 1 month in the refrigerator.

Choose pomegranates which are ripe and heavy.





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