

Cook
EXPERT
magimix®



MARABOUT

Recipes and photographs Sandra Mahut



EFFORTLESS CULINARY CREATIVITY

The multifunctional Food Processor,
invented in burgundy over 40 years ago,
revolutionised the culinary world.

Bringing innovation to this Magimix presents
the multifunctional cooking food processor:

Cook
EXPERT

This revolutionary new machine will make everyday
family meals, as well as more elaborate
dishes to impress your friends.



Discover the world of Cook Expert

Download the free Cook Expert app:



Free recipes, tutorials, videos and more...

Book collection:



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COOKING MADE EASY

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Multifunctional

Cook Expert combines 12 machines in one for all your culinary needs. Use the metal bowl to cook, steam, knead, blend, whisk and more. Then, in three easy steps, transform your Cook Expert into a fully functional Food Processor, to slice, chop, grate and emulsify sauces, dips and smaller preparations.

Easy to use

The large integrated screen is user-friendly, with 12 automatic programmes, can be programmed from 5 seconds to 4 hours and will let you know when everything is ready.

Quick and precise

Induction cooking for faster and more precise heating with temperatures between 30°C to 160°C adjustable in increments of 1°C.

Combine, stir, mix and chop your ingredients with 18 speeds, including 2 interval settings.

Large capacity

For entertainers and batch cookers, prepare dishes easily for up to 8 people (2.5 litres of soup).

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 have total control.



Soups

Homemade soups with 2 options: puréed or creamed.



Knead and mix

Bread dough, brioche, pastry and cake.



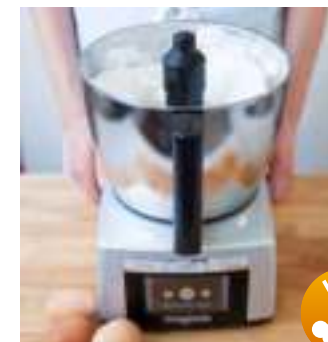
Crushed ice

Make granitas or cocktails in a matter of minutes.



Simmer

One-pot meals for all the family.



Whisk

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



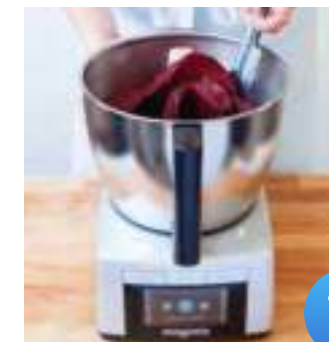
Slice and grate

Slice or grate your produce using the 2 or 4mm discs.



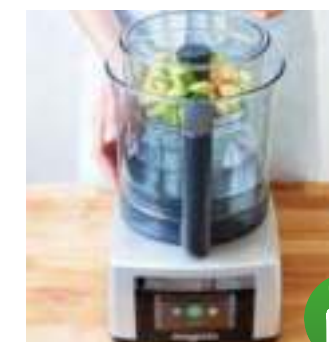
Steam

Healthy cooking to retain flavours and nutrients.



Frozen desserts

Produce sorbets quickly using frozen fruit.



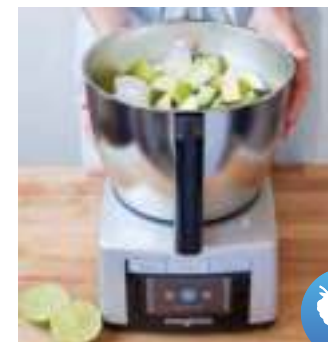
Mini Bowl

Small quantities for sauces, dips, etc.



Stir-Fry

The optimal combination of heat and stirring.



Smoothies and shakes

Use it like a Blender.

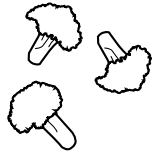


Chop

Sabatier® metal blade to chop the toughest of ingredients.

THE GOLDEN RULES

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1. Choose high-quality ingredients that are in season

The quality of the ingredients is the key to successful cooking. Respect the seasons to maximize the flavour and nutritional content of fruit and vegetables. When they are not in season, do not hesitate to use preserves but in this case, reduce the cooking or blending time.



2. Respect the type of ingredients indicated

If you use a different flour from the one indicated in the recipe, the result may differ and you may have to adjust the amount of liquid. Similarly, the cooking time and the way meat cooks will vary considerably according to the cut.



3. Cut ingredients to the right size

The recommended size affects the cooking time and/or the blending quality. Cut all the ingredients to the same size so they will be cooked evenly.



4. Check the temperature of your ingredients

The colder the ingredients are the more cooking time will need. Use ingredients at room temperature whenever possible, especially milk, butter and eggs.



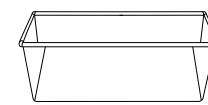
THE GOLDEN RULES

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5. Know your ingredients

The type of ingredient affects the cooking time - spring carrots cook quicker than winter carrots. For the same cut of meat (e.g. chuck), the quality can vary according to where it comes from, the age of the animal, etc. Always taste and cook for longer if necessary.



6. Know your oven

Each oven is different. The cooking time can also vary according to the quality of the ingredients and the type of dish used. Check and adjust the cooking time if necessary. Always preheat the oven unless indicated otherwise.



7. Don't forget the cap

Always leave the cap or pusher in the lid, unless otherwise specified in the recipe, such as beating egg whites and reducing sauces.



8. Adapt recipes to suit your taste

The seasoning given for a recipe is only an indication. Taste your preparations and adjust as needed. Do not hesitate to replace an ingredient and/or change the quantity. Always check the food is ready and change the time or temperature if necessary.



HOW TO READ THE RECIPES



PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 4/6

PROGRAMMES :



ATTACHMENT:



- A** When an icon appears here it signifies if the recipe is part of the selection (see p.12-15).
- B** This shows which programmes will be used (see bookmark).
- C** This shows which accessories will be used (see bookmark).

Automatic programmes:

To run a programme (e.g. run **CREAMED SOUP**) simply press Auto.

If a setting needs to be adjusted it will be indicated (e.g. run **CREAMED SOUP, 30 seconds**). For this, select the setting, adjust as required; then press Auto.

Manual mode (EXPERT):

To run **EXPERT** our recipes will always indicate the required settings as follows: run **EXPERT, time/speed/temperature**.

The metal bowl is used for all recipes, unless FOOD PROCESSOR is indicated. Always leave the cap or pusher in the lid, unless indicated otherwise in the recipe.

Adjust the seasoning indicated in the recipe to suit your own taste.

tsp = teaspoon and tbsp = tablespoon

ADAPT YOUR OWN RECIPES

Use the recipes in the book to inspire your own.

The blending and cooking times can vary depending on the ingredients used; remember the golden rules and adapt if necessary.

When steaming, check times used in the recipe but remember the golden rules and adapt cooking times if necessary.

INSTRUCTIONS



Steam

Fish fillets	600 g (4 fillets about 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	1kg cut into 2 to 3cm cubes New, whole potatoes in their skins	30 - 40 min	-	110 °C
Rice	300g: in stainless steel bowl to fit steamer basket; use 1 cup of rice for 1 cup of water	25 min	-	110 °C

Blender

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

Bake

Bread/Brioche	Bread: max 0.8kg** Dough (e.g. brioche): max 0.6kg**	AUTO	-	
Pastry/Cake*	Pastry (e.g. shortcrust): max 1kg	AUTO	-	
Beaten egg whites	2 to 6 whites (use the egg whisk in a clean and dry bowl/cap removed from lid)	AUTO	-	

Expert

Onions, shallots	1 to 4 onions, quartered	20 sec	13	-
Hard cheese	200g, in 2cm cubes	30 sec	15	-
Icing sugar	200g caster sugar	1 min	18	-

Food Processor

Chopped, grated	1.4kg of vegetables	AUTO	-	
Minced meat	1 kg of meat chopped into 2-3cm cubes	AUTO	-	-
Hazelnuts, kernels	250g whole	20 sec	15	-

*You can stop or extend the programmes to obtain a specific result (texture).

**Total weight of ingredients.



QUICK RECIPES



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CHEESY BACON MUFFINS

PREP TIME: 15 min

COOKING TIME: 15 min

MAKES 10 MUFFINS

PROGRAMME: 

- | | |
|-------------------------|---|
| 6 rashers streaky bacon | 70g mature cheddar or other hard cheese, grated |
| 180g bread flour | 60g ricotta |
| 2 tsp baking powder | 1 sprig rosemary, leaves removed and finely chopped |
| 3 eggs | 2 tsp salt, pepper |
| 100ml whole milk | |
| 50ml olive oil | |

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Cook the bacon in a frying pan; drain, chop and set aside.
- 2 Put flour, baking powder, eggs, milk, oil, salt and pepper in the metal bowl and run **PASTRY/CAKE**.
- 3 Add cheese, ricotta, bacon and rosemary. Press Auto to restart **PASTRY/CAKE**; press Stop after 15 seconds.
- 4 Put muffin cases into a muffin tin and divide the mixture evenly and bake for 15 minutes.

CHICKEN, BASIL AND ROAST TOMATO MUFFINS

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



WALNUT LOAF

with smoked ham and gruyère cheese

PREP TIME: 10 min

COOKING TIME: 45 min

SERVES 6

PROGRAMME: 

150g plain flour
1 tsp baking powder
3 eggs
120ml hot whole milk
100ml olive oil
salt, pepper

100g gruyère, or other semi-hard
cheese, grated
100g smoked ham, sliced in strips
100g shelled walnuts

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Put flour, baking powder, eggs, milk, olive oil, salt and pepper into the metal bowl and run **PASTRY/CAKE**.
- 3 Add cheese, ham and walnuts to the mixture. Restart **PASTRY/CAKE, 10 seconds** to combine. Line a greased loaf tin and pour in the mixture, 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.

SIMPLE LOAF

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

MOZZARELLA AND SUNDRIED TOMATO LOAF

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



CHEESE CHOUX PUFFS



PREP TIME: 10 min

COOKING TIME: 25 min

MAKES 10/15 CHOUX

PROGRAMME:

80g butter

200ml water

180g plain flour

3 eggs

150g mature cheddar, grated

salt, pepper

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Cut the butter into pieces and add to the metal bowl with water; run **EXPERT, 2 minutes/speed 4/90 °C**. Once finished, open the lid and add flour, salt and pepper. Close the lid, remove the cap and run **EXPERT, 3 minutes/speed 4/100 °C**. If necessary, scrape down the metal bowl; the mixture should form a ball.
- 3 Run **EXPERT, 1 minute/speed 10 (without heating)**. Add eggs one by one whilst the machine is running.
- 4 Scrape down the bowl. Add cheese and run **EXPERT, 20 seconds/speed 10 (without heating)**.
- 5 Place mixture into a piping bag. Pipe the mixture into rounds of 2 to 3cm on a lined baking tray. Bake for 25 to 30 minutes, until golden brown.

TIPS

For an alternative, replace the cheddar with the gruyère and/or add a pinch of nutmeg.

Do not open the oven during baking.

To prevent your choux from collapsing, allow them to cool in the oven, with the door ajar once the cooking time is complete.



AUBERGINE CAVIAR

with homemade breadsticks

PREP TIME: 10 min

COOKING TIME: 1 h

RESTING TIME: 1 h

SERVES 6

PROGRAMMES:  

AUBERGINE CAVIAR:

- 3 garlic cloves
- 1 onion, quartered
- 1½ tbsp olive oil
- 2 aubergines (approx. 600g), cut in 2cm cubes
- 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 Place the garlic cloves, onions and olive oil in the metal bowl and run **EXPERT, 5 minutes/speed 3/110 °C**.
- 2 Add aubergines to the bowl and run **EXPERT, 45 minutes/speed 2A/100 °C**.
- 3 At the end of the programme, scrape down if required. Add lemon juice and season with salt and pepper. Restart **EXPERT, 2 minutes/speed 13 (without heating)**. Repeat as necessary to obtain the desired consistency.
- 4 Chill the aubergine caviar and serve with the homemade breadsticks.

homemade breadsticks

- 1 Add flour, olive oil, yeast and salt to the metal bowl. Run **BREAD/BRIOCHE**, remove cap and slowly add water until a dough ball is formed.
- 2 Prove the dough in the metal bowl by placing the cap back on and run **EXPERT, 30 minutes/speed 0/35°C**.
- 3 Place dough on a floured work surface, sprinkle with the oregano or chilli and knead by hand for approx. 1 minute.
- 4 Heat the oven to 180 °C (170 °C fan, gas mark 4). Roll out the dough and cut it into 12 strips. Twist the strips and sprinkle with sesame seeds, pressing 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 PÂTÉ



PREP TIME: 10 min

SERVES 4/6

PROGRAMME:



ATTACHMENT:



- | | |
|--------------------------------------|------------------|
| 1 slice sandwich bread | 2 garlic cloves |
| 3 tbsp milk | 1 tbsp olive oil |
| 200g anchovies in olive oil, drained | pepper |
| 1 tsp balsamic vinegar | |

- 1 Fit the food processing bowl with the mini bowl and mini blade. Soak the bread in the milk, press to remove the excess moisture and place in the mini bowl with anchovies, vinegar, garlic and pepper.
- 2 Run **FOOD PROCESSOR, 30 seconds**. Whilst the machine is still running, remove the inner feed tube and slowly pour in the oil until desired consistency.
- 3 Serve with toasted bread.

BLACK OLIVE 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 | pepper |
| 2 tsp Dijon mustard | |

- 1 Fit the food processing with the mini bowl and mini blade. Add all ingredients except oil and run **FOOD PROCESSOR, 30 seconds**.
- 2 Whilst the machine is running, remove the inner feed tube and slowly pour in the oil until combined.



TUNA DIP



PREP TIME: 5 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME:

ATTACHMENT:

- | | |
|-----------------------------------|--|
| 2 cans tuna in brine, drained | 1 tsp Dijon mustard |
| 7 sprigs parsley, roughly chopped | 2 tbsp full fat cream cheese such as Philadelphia® |
| 15 sprigs chives, roughly chopped | juice of ½ lemon |
| 1 shallot, quartered | salt, pepper |

- 1 Fit the food processing bowl along with the mini bowl and mini blade. Place all the ingredients in it and run **FOOD PROCESSOR, 10 seconds**.
- 2 Place the tuna dip in a bowl and refrigerate for a minimum of 1 hour before serving.

HUMMUS

PREP TIME: 10 min

SERVES 4/6

PROGRAMME:

ATTACHMENT:

- | | |
|--|---------------------------|
| 1 can of chickpeas, rinsed and drained | 1 garlic clove, peeled |
| 50-75ml olive oil | 1 sprig mint |
| juice of 1 lemon | 1 tbsp pine nuts, toasted |
| 40g tahini | fresh basil leaves |
| | salt, pepper |

- 1 Fit the food processing bowl along with the mini bowl and mini blade. Place chickpeas, 50ml olive oil, lemon juice, tahini, garlic, mint, salt and pepper in it and run **FOOD PROCESSOR, 1 minute** until smooth. If too thick, remove the inner feed tube and process for another minute, gradually adding the remaining 25ml olive oil.
- 2 Place the hummus in a bowl; garnish with pine nuts and basil.



GUACAMOLE



PREP TIME: 10 min

RESTING TIME: 1 h

SERVES 4/6

PROGRAMME:



ATTACHMENT:



- 1 red onion, halved
- bunch of coriander
- 2 very ripe avocados
- juice of 1 lime
- $\frac{1}{2}$ tsp chilli powder
- 2 tbsp crème fraîche
- salt, pepper

- 1 Fit the food processing bowl along with the mini bowl and mini blade. Add onion and coriander and run **FOOD PROCESSOR, 10 seconds**.
- 2 Add avocado flesh and remaining ingredients. Run **FOOD PROCESSOR, 1 minute 30 seconds**.
- 3 Season to taste and refrigerate for 1 hour before serving.

TZATZIKI

PREP TIME: 5 min

RESTING TIME: 10 min

SERVES 4/6

PROGRAMME:



ATTACHMENTS:



- 2 small cucumbers, peeled
- juice of $\frac{1}{2}$ lemon
- 150g Greek-style yoghurt
- 1 garlic clove, crushed
- 6 sprigs mint, finely chopped
- $\frac{1}{2}$ tsp paprika
- salt, pepper

- 1 Fit the food processing bowl along with the midi bowl and 2mm grating disc. Grate cucumbers using **FOOD PROCESSOR** and place in a colander, sprinkle with a little salt to draw out excess moisture; set aside for 10 minutes.
- 2 Fit the mini bowl and mini blade; add the lemon juice, yoghurt, garlic, mint, paprika, pepper and the well-drained cucumber. Run **FOOD PROCESSOR, 30 seconds**.

FETA AND APPLE TZATZIKI

Discard the garlic. Use 1 cucumber, grated as previously described, add 1 green apple (finely diced), 6 sprigs dill and 200g feta. For step 2, place all the ingredients, except the feta, in the mini bowl and run **FOOD PROCESSOR**. If necessary, push the mixture down and restart the programme. Serve with diced feta.





SOUPS

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RUSTIC VEGETABLE SOUP



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

- | | |
|------------------|------------------------|
| 3 carrots (300g) | 3 potatoes (300g) |
| 1 leek (150g) | 800ml water |
| 1 stick celery | 1 vegetable stock cube |
| 2 onions | salt |

- 1 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, salt and pepper; run **PURÉED SOUP**.

COURGETTE SOUP with basil

Replace the carrots and potatoes with 2 courgettes (600g); do not use the stock cube. Serve the soup drizzled with olive oil and finely sliced basil.

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.
For a thicker consistency, decrease the amount of water to 600ml.



COURGETTE SOUP

with goat cheese and mint



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

- | | |
|------------------------|---|
| 4 courgettes (800g) | 8g fresh mint, washed, leaves removed and finely sliced |
| 500ml water | 1-1 1/2 tbsp of olive oil |
| 1 garlic clove, peeled | pepper |
| 1 chicken stock cube | |
| 100g soft goat cheese | |

- 1 Cut the courgettes into slices 1-2cm thick. Put the slices in the metal bowl and pour in the water. Add the garlic (sliced), stock cube and pepper. Run **CREAMED SOUP**.
- 2 At the end of the programme, add the cheese and half the mint then restart **CREAMED SOUP, 30 seconds**.
- 3 Serve immediately with a drizzle of olive oil and the remaining mint.

CURRIED COURGETTE SOUP

Discard the goat cheese and mint. Replace the garlic with a spring onion. In step 1, add a teaspoon of curry powder. In step 3, add 100ml coconut milk. If desired, sprinkle the soup with chopped coriander.

TIP

For a thicker consistency, decrease the amount of water to 350ml.



PEA SOUP



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

3 spring onions	300ml single cream
500ml water	3 sprigs fresh mint
1 chicken stock cube	salt, pepper
700g frozen peas	

- 1 Halve the onions and place in the metal bowl. Add the water, stock cube and peas; run **CREAMED SOUP**.
- 2 At the end of the programme, pour the single cream through the opening and season to taste. Restart **CREAMED SOUP, 10 seconds**.
- 3 Serve the soup garnished with a dash of cream, mint leaves and pancetta crisps, see tips below.

TIPS

Garnish the soup with pancetta or bacon crisps: cut 3 slices pancetta or bacon into three pieces and fry for a few seconds until golden and crisp. Drain the pancetta and place on kitchen paper to absorb the oil. For a thicker consistency, decrease the amount of water to 150ml.



GAZPACHO



PREP TIME: 25 min

RESTING TIME: 3-6 h

SERVES 6

PROGRAMME:

- | | |
|----------------------|-------------------------|
| 1.5kg tomatoes | 1 garlic clove, peeled |
| 1 cucumber (300g) | 100ml olive oil |
| ½ red pepper (50g) | 2 tbsp balsamic vinegar |
| ½ green pepper (50g) | chilli powder |
| 2 spring onions | salt, pepper |

- 1 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 and chop the peppers; set half aside for garnish. Halve the spring onions; set half aside for 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 **SMOOTHIE**. Cover the gazpacho with clingfilm and refrigerate for 3 to 6 hours.
- 3 Finely dice the reserved vegetables and add a little salt.
- 4 Season to taste with the chilli powder, salt and pepper. Serve the gazpacho in small bowls; drizzle with olive oil for decoration. Garnish with the diced vegetables and croutons, see tips below.

TIP

Serve the gazpacho with pan-fried croutons. Cut and dice slices of stale bread. Heat a little olive oil in a frying pan, add the diced bread, and pan-fry until the croutons are golden and crunchy.



VICHYSOISE



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

500g potatoes, peeled and
cut in 2cm cubes
300g leeks, sliced
800ml water
200ml whole milk

50g butter
50ml single cream
8g chives, chopped
salt, pepper

- 1 Place potatoes, leeks, water, milk, butter and 1 tsp salt in the metal bowl; run **CREAMED SOUP**.
- 2 Add single cream and restart **CREAMED SOUP, 20 seconds**.
- 3 Serve the Vichyssoise in bowls, season and garnish with chives.

LEEK AND POTATO SOUP

Remove milk and cream, and increase the water to 1 litre. Use 1 clove garlic (halved), 1 onion, 1 chicken or vegetable stock cube; replace chives with thyme. Chop the garlic and onion and place in the metal bowl. Run **EXPERT, 3 minutes/speed 3/120 °C**. Add water, leeks, potatoes, stock cube and thyme; run **CREAMED SOUP**.

TIPS

Gently pan-fry diced potatoes in a little salted butter for 10-15 minutes until golden. Sprinkle on the soup just before serving.
For a thicker consistency, reduce the water to 600ml.



CREAMY TOMATO SOUP



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

- | | |
|--------------------------|---------------------|
| 1 kg ripe tomatoes | 1 tbsp tomato purée |
| 1 small onion, quartered | 1 tsp caster sugar |
| 1 garlic clove | 8g basil, chopped |
| 1½ tbsp olive oil | 1 tbsp mascarpone |
| 500ml water | 1 tsp salt, pepper |

- 1 Peel the tomatoes, see tips below.
- 2 Place onion, garlic, tomatoes, olive oil, water, tomato purée, sugar, basil and season with salt and pepper in the metal bowl and run **CREAMED SOUP**.
- 3 Once complete, add mascarpone and restart **CREAMED SOUP, 1 minute**.
- 4 Serve the creamy tomato soup in bowls and drizzle with olive oil.

TIPS

Score a cross in the skin of the base of the tomatoes. Place in a bowl, pour boiling water over the tomatoes. Leave for a few seconds, until the skin near the cross starts to curl. Place tomatoes in cold water then peel off the skin. For a quicker version, or when tomatoes are out of season, replace with peeled, tinned tomatoes. For a thicker consistency, decrease the amount of water to 350ml.



CREAM OF CAULIFLOWER SOUP

PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMME: 

- | | |
|---------------------------|---|
| 1 cauliflower (700g-1 kg) | 1 tbsp fresh thyme leaves |
| 2 shallots, halved | 30g chopped, browned hazelnuts (optional) |
| 50g butter | 2 tbsp olive oil |
| 800ml water | salt, pepper |
| 1 chicken stock cube | |
| 200ml single cream | |

- 1 Remove and discard the cauliflower leaves. Place the shallots in the metal bowl with the cauliflower, butter, water, and stock cube; season to taste. Run **CREAMED SOUP**.
- 2 At the end of the programme, add the cream through the opening. Restart **CREAMED SOUP, 30 seconds**. Check the consistency and add a little more cream if the soup is too thick.
- 3 Serve the soup in deep bowls, garnished with thyme leaves, hazelnuts and olive oil.

TIPS

You could use smoked salmon as an alternate garnish for this soup.
For a thicker consistency, decrease the amount of water to 600ml.



SPICED CARROT SOUP

PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:



- | | |
|--------------------|---------------------|
| 1 onion, quartered | 3 tbsp cream cheese |
| 6 carrots (600g) | single cream |
| 1 tsp ground cumin | cumin seeds |
| 1 tbsp olive oil | salt, pepper |
| 400ml water | |

- 1 Peel and cut the carrots into 1-2cm pieces. Place the onion and carrots in the metal bowl with the ground cumin, olive oil and water. Cover and run **CREAMED SOUP**.
- 2 At the end of the programme, add the cream cheese through the opening and season to taste. Restart **CREAMED SOUP, 20 seconds**.
- 3 Serve the soup in bowls, topped with a splash of cream; sprinkle with a few 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.

Garnish this soup with a tablespoon of fresh spinach (previously steamed for 10 minutes).

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



ASIAN SOUP



PREP TIME: 10 min

COOKING TIME: 15 min

SERVES 6/8

PROGRAMME:

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

- 1 Put water and miso stock cubes in the metal bowl and run **EXPERT, 10 minutes/speed 5/100 °C**.
- 2 Whilst the programme is running, mix the cornflour with a little water in a measuring cup then remove the cap and pour it into the stock through the opening. Then add the soy sauce, rice vinegar, spring onion and lemongrass.
- 3 Once complete, add the crab, coriander, chilli and red onion. Restart **EXPERT, 5 minutes/speed 3/90 °C**.
- 4 Add the bean sprouts and gradually pour the beaten eggs through the opening into the soup. Restart **EXPERT, 30 seconds/speed 3/90 °C**.
- 5 Serve immediately.

TIPS

The crab meat can be replaced with chicken and vegetable stock cubes can be used instead of miso.
For a lighter soup, omit the eggs.



BUTTERNUT SQUASH SOUP

with prawns



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

- | | |
|-------------------------|----------------------------|
| 1kg butternut squash | 6 shelled prawns |
| 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 Peel the squash, remove the seeds, and roughly cut into 3cm cubes.
- 2 Put the squash, chicken stock cube, water, milk, nutmeg and cinnamon in the metal bowl. Run **CREAMED SOUP**.
- 3 Brush the prawns with melted butter, season then pan-fry for 1-2 minutes on each side.
- 4 Just before serving, add the coconut milk, mix and garnish each bowl with a prawn and sprig of parsley.

TIPS

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



CHICKEN AND SWEETCORN SOUP

PREP TIME: 15 min

COOKING TIME: 40 min

SERVES 4/6

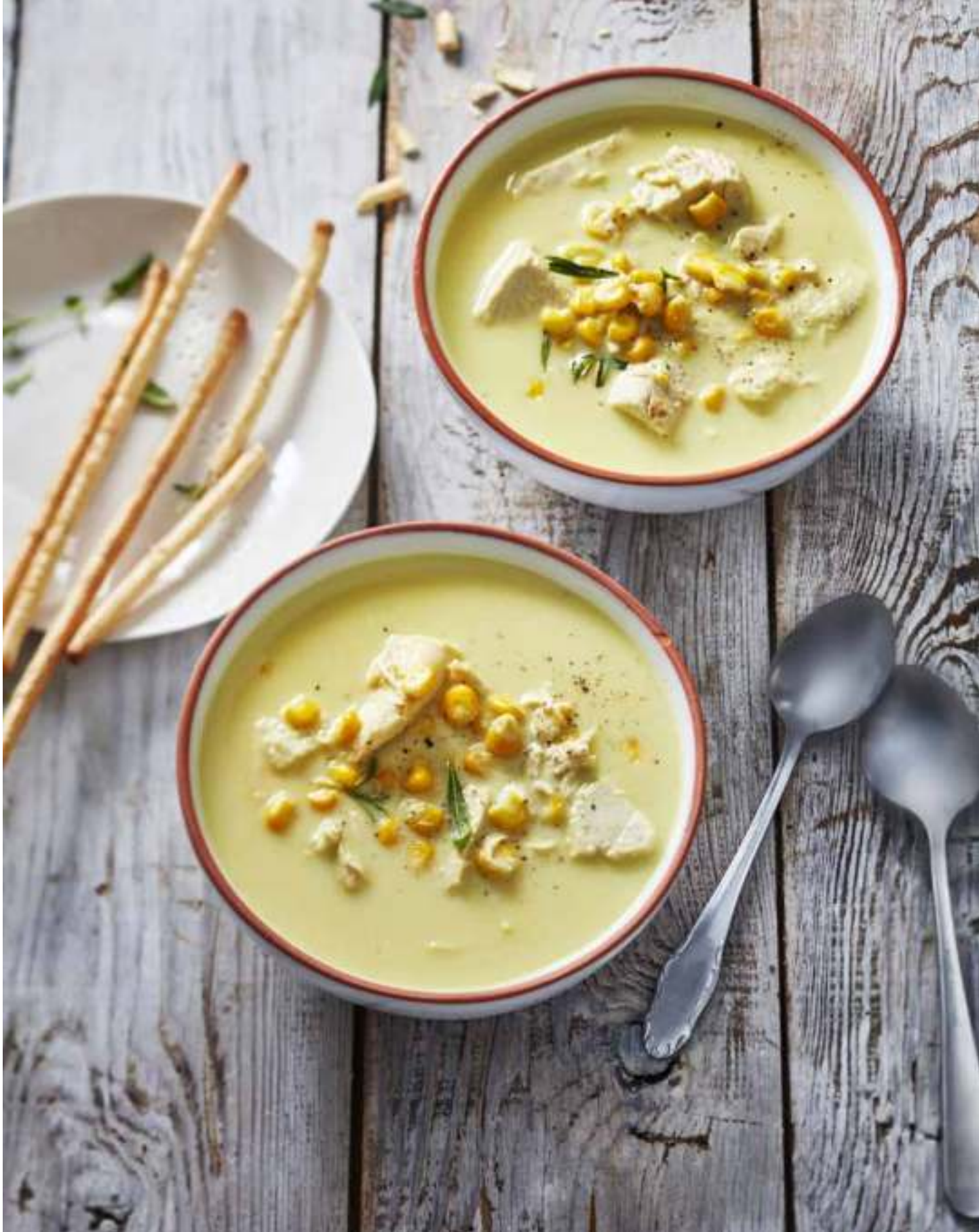
PROGRAMMES:  

2 leeks, cut into 3cm pieces	1L chicken stock
2 sticks of celery, cut into 3cm pieces	200ml milk
2 spring onions, sliced	3 chicken breasts
1 clove of garlic	150g tinned sweetcorn, drained
30g unsalted butter	75-100ml of cream
2 sprigs of tarragon, stalks removed	salt, pepper

- 1 Place the leek, celery, onions and garlic into the metal bowl and Pulse until they are finely chopped.
- 2 Add the butter and tarragon leaves into the metal bowl and run **EXPERT, 4 minutes/speed 1A/120 °C**.
- 3 Add the chicken stock, milk and seasoning to the metal bowl. Fit the steamer basket and place the chicken breasts inside. Run **CREAMED SOUP**.
- 4 Remove the chicken from the steamer basket and shred to 2-3cm pieces. With the basket removed, run **EXPERT, 1 minute/speed 16/110 °C** or until the soup is smooth.
- 5 Place the shredded chicken into the metal bowl, along with the sweetcorn and cream. Run **EXPERT, 2 minutes/speed 3/110 °C**.
- 6 Season to taste and serve immediately.

TIP

For a slightly thicker soup use 800ml of chicken stock.



CHESTNUT SOUP

with grilled pancetta and pan-fried sage



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6

PROGRAMME:

1 onion, quartered	3 slices pancetta
1½ tbsp olive oil	several fresh sage leaves
750g vacuum packed chestnuts	1½ tbsp vegetable oil
700ml water	6 tbsp single cream
1 chicken stock cube	salt, pepper
350ml whole milk	

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

TIPS

You could replace the pancetta with bacon.
For a thicker consistency, decrease the amount of water to 500ml.



MINISTRONE SOUP

with Parmesan crisps



PREP TIME: 30 min

COOKING TIME: 40 min

SERVES 6/8

PROGRAMME:

- | | |
|---------------------------|---|
| 1 carrot (100g) | 150g green beans |
| 1 onion | 200g tinned kidney beans |
| 1 celery stick | 2 tomatoes (200g), diced |
| 1½ tbsp olive oil | 150g small shell-shaped pasta |
| 150g smoked bacon lardons | 3 tbsp basil, finely sliced |
| 1 garlic clove | 3 tbsp flat-leaf parsley, finely sliced |
| 1.25L water | salt, pepper |
| 2 chicken stock cubes | |
| 1 potato (100g) | PARMESAN CRISPS: |
| 1 courgette (150g) | 100g Parmesan, grated |

- 1 Dice the carrot, onion and celery; place in the metal bowl with the olive oil and run **EXPERT, 3 minutes/speed 2A/120 °C**.
- 2 Add the bacon, garlic, water, stock cubes, salt and pepper. Run **EXPERT, 8 minutes/speed 3/110 °C**.
- 3 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 **EXPERT, 20 minutes/speed 1A/110 °C**.
- 4 Rinse the kidney beans under running water. At the end of the programme, add the beans, tomatoes, pasta, basil and parsley. Restart **EXPERT, 10 minutes/speed 1A/110 °C** (adjust the cooking time depending on the type of pasta used).
- 5 Season to taste, serve immediately with 1 tsp of pesto (p. 232) per serving and Parmesan crisps.

Parmesan crisps

- 1 Heat 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.



FRENCH ONION SOUP

WITH CHEESE CROUTONS

PREP TIME: 10 min

COOKING TIME: 45 min

SERVES 6

PROGRAMME: 

5 large onions, quartered
50g butter, cubed
1 tbsp cornflour
1L hot water
100ml white wine
1 chicken stock cube
100g Gruyère (or other semi-hard cheese), grated

1 tbsp salt and pepper
CHEESE CROUTONS:
4 slices slightly stale farmhouse loaf
1½ tbsp olive oil
1 tbsp mixed herbs
150g cheddar cheese, grated
salt, pepper

- 1 Place onions in the metal bowl. Run **EXPERT, 20 seconds/speed 13 (without heating)**. Scrape down if necessary.
- 2 Add butter to brown the onions with **EXPERT, 3 minutes/speed 3/120 °C**.
- 3 Add cornflour, hot water, white wine, chicken stock cube and seasoning and run **EXPERT, 40 minutes/speed 2A/100 °C**. Make the cheese croutons while the soup is cooking.
- 4 Serve with croutons over the surface and sprinkle with grated cheese.

cheese croutons

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

CURRIED ONION SOUP

Add 1 tbsp curry powder and/or ground turmeric. Replace the Gruyère with gouda and make the croutons using coriander.





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PEAR AND BLUE CHEESE BAKE

PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 6

PROGRAMME: 

- | | |
|---|------------------------------|
| 3 ripe pears | 4 tbsp crème fraîche |
| 300ml whole milk | 1½ tbsp olive oil |
| 200g blue cheese (such as Stilton), diced | 2 sprigs tarragon (optional) |
| 4 eggs | 15g butter |
| 100g cornflour | salt, pepper |

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Peel, core and slice the pears lengthwise. Set aside.
- 2 Put the milk and cheese into the metal bowl and run **EXPERT, 1 minute/speed 8/80 °C**.
- 3 Add the eggs, cornflour, crème fraîche, olive oil, a little seasoning and the finely sliced tarragon. Restart **EXPERT, 30 seconds/speed 11 (without heating)**.
- 4 Generously butter an ovenproof 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 mixed leaf salad.

GOAT CHEESE, BACON AND LEEK BAKE

Replace the pears with two leeks (white part only, 350g), and the blue cheese 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 ovenproof dish with the leeks; pour the milk/cheese mixture on top.

TIP

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

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Chop all the cheese in the metal bowl by running **EXPERT, 30 seconds/speed 15 (without heating)**. Separate the egg whites from the yolks.
- 3 Scrape the bowl with the rubber spatula, then add the 20g butter, flour, milk, nutmeg, salt and pepper; run **EXPERT, 8 minutes/speed 4/100 °C**.
- 4 Restart **EXPERT, 1 minute/speed 4/100 °C**. Then, with the machine running, add the egg yolks one by one through the cap opening. Transfer the cheese mixture to a large bowl and set aside to cool.
- 5 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 **BEATEN EGG WHITES** until stiff peaks form.
- 6 Butter a large ramekin or ovenproof dish. Gently fold the egg whites into the cheese mixture and pour into the prepared mould. Bake in the oven for about 30 minutes until golden brown and risen. Serve immediately.



GOAT CHEESE and parma ham pizza



PREP TIME: 10 min

COOKING TIME: 15 min

RESTING TIME: 1 h

MAKES 1 PIZZA

PROGRAMME:



- | | |
|--------------------------------------|---------------------------|
| 10 tbsp tomato sauce
(see p. 232) | fresh rocket leaves |
| 5-6 cherry tomatoes | PIZZA DOUGH: |
| 300g goat cheese | 1 sachet dried yeast (7g) |
| 1 tbsp dried oregano | 100ml water |
| 10 black olives | 200g plain flour |
| 80g parma ham, thinly sliced | 4g salt |
| fresh basil | 2 tbsp olive oil |
| | 1 tsp dried oregano |

- 1 Make the pizza dough first then heat the oven to 220 °C (210 °C fan, 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 into the bowl; run **BREAD/BRIOCHE**.
- 2 After 1 minute, the programme will stop. Add the flour, salt, olive oil and oregano and press Auto to restart **BREAD/BRIOCHE**. 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.
- 3 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, place onto a lightly floured baking sheet..

HAM AND MOZARELLA PIZZA

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

VEGETARIAN PIZZA

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



TOMATO and asparagus quiche



PREP TIME: 10 min

COOKING TIME: 1 h

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

1 shortcrust pastry (see p. 322)	200ml whole milk
250g asparagus	2 tsp English mustard
4 eggs	150g cherry tomatoes
200ml double cream	salt, pepper

- 1 Prepare the shortcrust pastry first then heat 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 0.5 L water and run **STEAM, 3 minutes**. Set aside.
- 3 Roll the shortcrust dough out; 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 Discard the water in the metal bowl; add the eggs, double cream, milk, mustard, salt and pepper. Run **EXPERT, 30 seconds/speed 7 (without heating)**.
- 5 Pour the quiche mixture into the blind-baked pastry case. Arrange the asparagus and cherry tomatoes on top. Bake for 30 minutes until set and golden.

SPINACH AND BLUE CHEESE QUICHE

Replace the asparagus and cherry tomatoes with 400g fresh washed spinach, run **STEAM, 10 minutes**. Arrange in the blind-baked pastry case 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 1 sliced onion, pan-fried in a little olive oil for 10 minutes. Arrange in the blind-baked pastry case with 100g crumbled goat cheese; pour the quiche mixture over the top and bake.



BAKED EGGS

with cheese and porcini mushrooms



PREP TIME: 5 min

COOKING TIME: 12 min

SERVES 4

PROGRAMME:

ATTACHMENT:

- 4 large, very fresh organic eggs, at room temperature
- 4 tbsp crème fraîche
- 50g Cheddar
- 20g dried porcini mushrooms
- salt, pepper

- 1 Fill the metal bowl with 0.5 L water and fit the steamer basket.
- 2 Break the eggs into small ramekins, add 1 tbsp of crème fraîche to each one and season.
- 3 Thinly slice the cheese and the mushrooms. For the 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 **STEAM, 12 minutes**. If necessary, adapt the cooking time to personal preference.

BAKED 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.



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, halved
- 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)
- pepper

blinis

- 1 Put the blini ingredients into the metal bowl and run **PASTRY/CAKE**. If necessary, scrape the bowl with the rubber spatula.
- 2 Put the blini batter in a bowl and refrigerate for 1 hour. Prepare the dip.
- 3 Cook the blinis in a small non-stick pan: when holes appear on the surface of the dough, turn and cook the other side of the blini (this will take roughly 1 minute each side).

mackerel dip

- 1 Fit the food processing bowl along with the mini bowl and mini blade. Peel and halve the shallot; chop in the mini bowl with **FOOD PROCESSOR, 20 seconds**.
- 2 Drain the mackerel; place it in the mini bowl and add the remaining dip ingredients. Pulse for about 10 seconds to obtain a smooth, spreadable mixture.

TIP

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



CRAB AND AVOCADO MOUSSE

with beetroot whipped cream

PREP TIME: 20 min

RESTING TIME: 3 h

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

- | | |
|--------------------------------|-------------------------|
| 3 avocados | BEETROOT WHIPPED CREAM: |
| 3 tins crab meat (360g) | 200ml double cream |
| 1 tbsp mayonnaise (see p. 230) | ½ cooked beetroot |
| juice of ½ lemon | 1 tsp sea salt |
| 2 sprigs dill or chives | |
| 3 pinches chilli powder | |
| salt, pepper | |

- 1 Place the avocado flesh, crab, mayonnaise, lemon juice, salt, pepper and a little dill or chives in the metal bowl. Run **EXPERT, 1 minute 30/speed 10 (without heating)**. If necessary, scrape the sides of the bowl with the rubber spatula 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. Sprinkle with chilli powder before serving.

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 **CRUSHED ICE**, empty then dry thoroughly.
- 4 Fit the whisk, pour the cream into the bowl, remove the cap from the lid and run **EXPERT, 2 minutes 30/speed 7 (without heating)**. 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.
- 5 When the cream starts to thicken and hold its shape, add the salt and beetroot pulp. Restart **EXPERT, 5 seconds/speed 7 (without heating)** to combine.



MINI TUNA AND CARROT FLANS

PREP TIME: 10 min

COOKING TIME: 50 min

SERVES 4

PROGRAMMES:  

ATTACHMENT: 

2 carrots (200g)
200g tuna, tinned
500ml whole milk
200ml single cream

4 eggs
10g butter
8g flat-leaf parsley
pepper

- 1 Pour 0.5 L water into the metal bowl and fit the steamer basket. Cut the carrots into small chunks; place in the steamer basket. Run **STEAM, 25 minutes**. Then discard the water.
- 2 Put the drained tuna into the metal bowl with the milk, cream, eggs and pepper; mix using **EXPERT, 1 minute/speed 7 (without heating)**.
- 3 Butter small ramekins and fill with the tuna cream. Put the carrots and finely sliced parsley on the surface.
- 4 Fill the metal bowl with 0.5 L water, place the ramekins in the steamer basket; run **STEAM, 25 minutes**, or place the ramekins in a bain-marie and bake in an oven at 180 °C (170 °C fan, gas mark 4) for 25 minutes. Adapt the cooking time if necessary. Serve lukewarm or cold.

MINI COURGETTE AND PARMESAN FLANS

Omit the tuna and the parsley. Replace the carrot with two medium courgettes (400g). Run **STEAM, 15 minutes** instead of 25 minutes. 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.



TUNA EMPANADAS

PREP TIME: 15 min

COOKING TIME: 45 min

MAKES 16-20

PROGRAMMES:  

- | | |
|----------------------------|------------------------------------|
| 1 carrot (100g) | 30g capers, drained |
| ½ courgette (100g) | 3 sprigs parsley |
| 1 shallot (20g), quartered | 2 shortcrust pastries (see p. 322) |
| 2 tbsp olive oil | 1 egg yolk |
| 200g tinned tuna, drained | salt, pepper |
| 1 lemon (juice + zest) | |
| ½ tsp chilli powder | |

- 1 Cut the vegetables in slices. Place the vegetables and shallot in the metal bowl and run **EXPERT, 30 seconds/speed 13 (without heating)**. If necessary, scrape the bowl with the rubber spatula.
- 2 Add the olive oil, tuna, lemon juice and zest, chilli powder, capers and the finely sliced parsley to the bowl. Season with salt and pepper, and run **SIMMERING**.
- 3 Meanwhile, thinly roll the shortcrust pastry out on a floured work surface. Use a pastry cutter to cut out discs of dough 10-12cm in diameter.
- 4 Heat the oven to 190 °C (180 °C fan, gas mark 5). Lightly cool the empanada filling. Place a spoonful on each pastry disc. Gently moisten the border of the pastry 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.



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	10 sheets filo pastry
1 onion, quartered	8g coriander, chopped
1 garlic clove, crushed	200ml cooking oil
3 tbsp olive oil	salt, pepper

- 1 Cut the vegetables in pieces. Place the onion in the metal bowl with the vegetables and garlic. Run **EXPERT, 30 seconds/speed 13 (without heating)**.
- 2 Add the olive oil, curry, chilli powder, salt and pepper. Restart **EXPERT, 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 edge, 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 the end of the strip, to seal the filling in the samosa.
- 4 Heat the oil in a saucepan until hot but not smoking. Cook 4 samosas at a time, for 2 minutes on each side, until golden. Or, bake in an oven at 200 °C (190 fan, 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.



THAI SALAD

PREP TIME: 15 min

COOKING TIME: 5 min

SERVES 6

PROGRAMMES:  

ATTACHMENTS:  

50g unsalted peanuts
700g minced beef
8g Thai basil
300g rice or soybean noodles
½ cucumber, sliced
10-15 cherry tomatoes, halved
1 red onion, sliced
coriander leaves

THAI SALAD DRESSING:
coriander leaves
1 small chilli, seeds removed
6 tbsp fish sauce
juice of 1 lime
2 tsp palm sugar

- 1 Place the peanuts in the metal bowl and run **EXPERT, 20 seconds/speed 15 (without heating)**. Set aside and prepare the Thai salad dressing.
- 2 Place the meat in the metal bowl with the Thai basil (set aside a few leaves for garnish). Add half of the Thai salad dressing via the cap opening in the lid. Run **EXPERT, 5 minutes/speed 1A/60 °C**. The meat will marinate and gently cook.
- 3 Meanwhile, 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

Fit the food processing bowl along with the mini bowl and mini blade. Add all ingredients and run **FOOD PROCESSOR, 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.



AUTUMN SALAD

with cider vinaigrette



PREP TIME: 15 min

SERVES 8

PROGRAMME:



ATTACHMENTS:



- | | |
|-----------------------------------|-----------------------------|
| 2 red apples | CIDER VINAIGRETTE: |
| 300g red cabbage | 3 tbsp cider vinegar |
| 100g walnuts | 3 tbsp lemon juice |
| 60g raisins or dried cranberries | 100ml olive or rapeseed oil |
| 8g bunch parsley, chopped | salt, pepper |
| 150g blue cheese, such as Stilton | |

- 1 Peel, core and quarter the apples. Cut the cabbage in pieces. Fit the food processing bowl with the midi bowl and the 2mm slicing disc. Slice the apples and red cabbage using **FOOD PROCESSOR**.
- 2 Chop the walnuts in the mini bowl with the mini blade and run **FOOD PROCESSOR**.
- 3 If using raisins, rehydrate in a little hot water for 5 minutes then drain. Cut the cheese into strips or crumble using your fingers.
- 4 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

Fit the food processing bowl along with the mini bowl and mini blade. Add all ingredients and run **FOOD PROCESSOR** until completely mixed.

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: combine 2 tbsp tahini, 2 tbsp sesame oil, 3 tbsp olive oil, 1 tbsp white wine vinegar and 1 tsp Dijon mustard in the mini bowl and mini blade. Run **FOOD PROCESSOR** until completely mixed; season to taste.



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) |
| 70ml olive oil | 6 radishes |
| juice of 1 lemon | 1 red pepper (150g) |
| 6 sprigs basil | 1 red onion |
| 3 sprigs flat-leaf parsley | pesto (optional) (see p. 232) |
| 1 carrot (100g), peeled | salt, pepper |

- 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, along with the mini bowl and mini blade and chop half the basil and all the parsley using **FOOD PROCESSOR**; stir the herbs into the pasta and refrigerate.
- 4 Fit the midi bowl with the 4mm grating disc; grate the carrot and courgette. Replace the grating disc with the 2mm slicing disc; slice the radishes, pepper and red onion. Put all the vegetables into a bowl of cold water; refrigerate so they remain crisp.
- 5 Just before serving drain and dry the vegetables and add to the pasta, stir well to combine. Season to taste and, if desired, add a spoonful of pesto to enhance the flavours. Garnish with the remaining basil.



COLESLAW

with cranberries



PREP TIME: 15 min

RESTING TIME: 1 h

SERVES 8

PROGRAMME:

ATTACHMENTS:

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

- 1 Fit the food processing bowl with the midi bowl and the 2mm grating disc. Grate the carrots using **FOOD PROCESSOR** and set aside in a large bowl.
- 2 Cut the white and red cabbage pieces in halves or quarters. Replace the grating disc with the 2mm slicing disc. Slice the cabbage and onion using **FOOD PROCESSOR** 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.



COUNTRY PÂTÉ




with onion chutney

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, pepper
ONION CHUTNEY:
3 onions
100ml maple syrup
50g brown sugar
100ml olive oil
several sprigs thyme

- 1 Heat 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 **FOOD PROCESSOR, 30 seconds**.
- 3 Add the egg and Cognac and restart **FOOD PROCESSOR, 15 seconds**, until evenly blended.
- 4 Line a terrine with the caul fat, let the excess 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.
- 5 Fold the excess caul fat over the pâté to close. Put the terrine into a bain-marie and cook in the preheated oven for 2 hours. Cool. Serve with the onion chutney.

onion chutney

- 1 Fit the midi bowl with the 4mm slicing disc. Slice the onions using **FOOD PROCESSOR**.
- 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 **EXPERT, 40 minutes/speed 3/90 °C**.

TIP

If you cannot find pork caul fat, replace it with thin slices of bacon.



STEAMED ASPARAGUS

with herb sauce



PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

- | | |
|----------------------------|----------------------------|
| 2 bunches asparagus (450g) | 2 small spring onions |
| HERB SAUCE: | 1 tbsp rice vinegar |
| 8g chervil | 1 tsp Dijon mustard |
| 8g tarragon | 50ml rapeseed or olive oil |
| 8g chives | 1 tbsp maple syrup |
| | ½ tsp pink peppercorns |
| | 2 pinches sea salt |

- 1 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 0.5 L water. Run **STEAM, 40 minutes**, depending on the size of the asparagus.
- 2 Drain the cooked asparagus before serving. Accompany with the herb sauce.

herb sauce

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





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COD WRAPPED IN PARMA HAM

with a rustic pea purée

PREP TIME: 15 min

COOKING TIME: 15 min

SERVES 4

PROGRAMME:  

ATTACHMENTS:  

2 pieces of cod fillet,
150-200g each
25g flat leaf parsley
1 clove garlic
5 slices Parma ham
5g sage
zest of 1 lemon
salt, pepper

PEA PURÉE
375g frozen peas
25g unsalted butter
0.5 L water
salt

- 1 Fit the food processing bowl along with the mini bowl and mini blade. Add the parsley, sage, garlic and lemon zest and Pulse until finely chopped.
- 2 Empty the herb mixture on to a plate with salt and pepper and roll the cod pieces in it until they are well coated. Lay 4 slices of Parma ham on a chopping board, so that they overlap slightly. Place the cod down the centre of the ham and wrap the fish with it. Place the Parma ham wrapped cod in the steamer basket.
- 3 Replace the food processing bowl with the metal bowl and add the peas, 0.5 L of boiling water and a generous pinch of salt.
- 4 Place the steamer basket with the fish above the peas and run **STEAM, 15 minutes/120 °C**. Half way through the cooking time, once the fish is cooked through, remove the fish from the steamer basket and keep warm.
- 5 Strain the cooked peas over a jug, ensuring you keep the cooking liquid. Return the peas to the metal bowl with the unsalted butter and 50ml of the reserved cooking liquid. Pulse the peas on **EXPERT, speed 8/120 °C** until a thick, textured purée is achieved. Adjust the consistency with a little more of the liquid if required.
- 6 Slice the fish and serve on a bed of pea purée.

TIP

Cooking time may vary depending on the quality of the fish, it is best to keep checking the fish and once cooked through remove from the steamer basket and keep warm.



STEAMED SALMON PARCELS

with crunchy green vegetables and Japanese sauce



PREP TIME: 15 min

COOKING TIME: 35 min

SERVES 4

PROGRAMME:

ATTACHMENT:

250g green beans and/or
mangetout
4 broccoli florets
(optional)
2cm fresh ginger, peeled
1 courgette (150g)
4 salmon fillets (600g)
zest of ½ lime
salt, pepper

JAPANESE SAUCE:

8g chives
1 lime (juice + zest)
3 tsp soy sauce
2 tbsp rice vinegar
2 tbsp vegetable oil
1cm fresh ginger, grated

- 1 Fill the metal bowl with 0.5 L water. Place the green beans and/or mangetout, and the broccoli florets in the steamer basket. Run **STEAM, 20 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 parcels by joining the long sides of the paper and folding them over; then fold the ends underneath like a gift-wrapped package.
- 4 Place the parcels in the steamer basket on top of the vegetables. Run **STEAM, 15 minutes/100 °C**. Add a few more minutes if the fillets are thick.
- 5 Place one parcel 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 Fit the food processing bowl along with the mini bowl and mini blade. Add the remaining ingredients and run **FOOD PROCESSOR** until combined. Pour into a dish and add the chives.



HAKE IN PARCHMENT

with citrus fruit and straw vegetables






PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4

PROGRAMMES:  

ATTACHMENTS:   

- | | |
|--------------------------|-----------------------|
| 1 carrot (100g) | 1 lime |
| 1 small courgette (150g) | 1 drizzle olive oil |
| ½ fennel (100g) | 4 hake fillets (480g) |
| ½ pink grapefruit | salt, pepper |
| 1 small orange | |

- 1 Fit the food processing bowl with the midi bowl and the 4mm grating disc. Grate all the vegetables using **FOOD PROCESSOR**. 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 0.5 L water and install the steamer basket. Lightly brush the rectangles with olive oil and top with the grated vegetables. Put the rectangles in the basket without closing them. Cook al dente using **STEAM, 15 minutes**. If you prefer more tender vegetables, continue steaming for 5 minutes.
- 4 Put the hake fillets on the steamed vegetables, and season. Place citrus segments and a slice of lime on top of each piece of fish. Tightly close the paper/foil by joining the long sides and folding them over; then fold the ends underneath like a gift-wrapped package.
- 5 Restart **STEAM, 15 minutes/100 °C**.

TIP

Before cooking, to enhance the flavour, grate a little ginger into each parcel.



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 lemon, zested	150g cooked chickpeas
50ml olive oil + 1 drizzle	2 tbsp ras-el-hanout
2 onions, quartered	1 tsp ground turmeric
2 carrots (200g)	pinch saffron
1 courgette (200g)	300ml fish stock
1 aubergine (200g)	50g raisins
	salt, pepper

- 1 Cut the fish into 3-4cm pieces, removing any bones. Place in a salad bowl with the lemon zest and olive oil; marinate in the refrigerator for 2 hours.
- 2 Meanwhile, chop the onions using **EXPERT, 20 seconds/speed 13 (without heating)**. If necessary, scrape down the bowl with a rubber spatula.
- 3 Add a drizzle of olive oil and restart **EXPERT, 5 minutes/speed 3/120 °C**.
- 4 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 **EXPERT, 40 minutes/speed 1A/100 °C**.
- 5 Add the fish pieces and raisins; restart **EXPERT, 10 minutes/speed 0/100 °C**.



FISH GRATIN

PREP TIME: 15 min

COOKING TIME: 1 h 10

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

500g floury potatoes e. g. Maris piper	200ml single cream
1 carrot (100g)	1 tbsp dried garlic
1 fennel (200g)	8g chives
2 pollock fillets (240g)	80g breadcrumbs (see p. 160)
2 salmon fillets (300g)	60g grated Parmesan
	salt, pepper

- 1 Dice all the vegetables into 2cm pieces. Put 0.5 L water into the metal bowl, install the steamer basket and place the diced vegetables in it. Run **STEAM, 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 **STEAM, 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 **EXPERT, 5 minutes/speed 13 (without heating)** to purée the mixture (there will be some pieces remaining in the purée).
- 4 Add the finely sliced chives to the purée. Heat the oven to 180 °C (170 °C fan, gas mark 4). Use an ovenproof dish, and spread with alternating layers of purée and fish; end with a layer of fish. Sprinkle with breadcrumbs and grated Parmesan; bake for 20 minutes until golden brown.

TIP

The floury potatoes could be replaced with tinned artichokes.



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. 160) or Panko (Japanese breadcrumbs) | 2 tbsp vegetable oil |
| 5 sprigs flat-leaf parsley | 40g butter |
| 360g crab meat, drained | salt, pepper |
| 2 tbsp mayonnaise (see p. 230) | GINGER MAYONNAISE: |
| 1 tbsp Dijon mustard | 3 tbsp mayonnaise |
| 2 eggs | 1 tbsp water |
| 1 tbsp Worcestershire sauce | 2cm grated ginger |

- 1 Fit the food processing bowl with the metal blade. Add half the breadcrumbs, the parsley, crab, mayonnaise, mustard, eggs and Worcestershire sauce. Season to taste and run **FOOD PROCESSOR, 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 all ingredients and mix well.

PRAWN CROQUETTES

Replace the crab with 300g small cooked and peeled prawns or shrimps. Place in the food processing bowl fitted with the metal blade and process for **30 seconds** using **FOOD PROCESSOR**.



SCALLOPS

on a bed of leeks with a 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, pepper

LIGHT DILL-TARRAGON SAUCE:

8g dill

8g tarragon

125g plain yoghurt
zest of 1 lemon
+ half the juice
salt, pepper

- 1 Quarter the fennel. Fit the food processing bowl with the midi bowl and the 2mm slicing disc. Slice the fennel and leeks separately using **FOOD PROCESSOR**. Prepare and refrigerate the sauce.
- 2 Install the metal bowl and pour in 0.5 L water. Fit the steamer basket, add the vegetables, drizzle with olive oil, and season. Run **STEAM, 15 minutes**.
- 3 Add the scallops and restart **STEAM, 10 minutes/100 °C**. Continue cooking for 2 minutes if necessary. Serve the scallops on a bed of vegetables, and the sauce on the side.

light dill-tarragon sauce

- 1 Remove the dill and tarragon leaves, wash and gently dry the sprigs. Chop roughly.
- 2 Place all the sauce ingredients in the mini bowl and run **FOOD PROCESSOR, 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. 94), a salad of button mushrooms and smoked salmon slices or steamed salmon parcels (see p. 100).



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, add the salt, remove the cap. Run **PASTRY/CAKE**. 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 2.5cm balls. Using a rolling pin, roll out the balls to form thin 8cm 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 the sealing mixture; fold in half and lightly press to seal. Continue until the filling has been used. Pour 0.5 L 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 **STEAM**, 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 with the mini bowl mini and blade. Put the filling ingredients into the mini bowl; Pulse for 30 seconds using **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, separate with baking paper and stack.



ROLLED SOLE WITH black olive tapenade and tomato-basil coulis



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

9-10 sole fillets, halved
100g black olive tapenade
(see p. 26)
200g sundried tomatoes
olive oil
several basil leaves, washed
salt, pepper

TOMATO-BASIL COULIS:

5 very ripe plum tomatoes
5 basil leaves, washed
1 tbsp olive oil
1 onion, quartered
1 garlic clove
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 Add 0.5 L water to the metal bowl, lightly brush the steamer basket with oil and place the rolled sole in the basket. Run **STEAM, 100 °C** (if necessary, adjust the cooking time based 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. 198).

tomato-basil coulis

- 1 Peel, quarter and seed the tomatoes. Wash the basil.
- 2 Put the olive oil into the metal bowl and add the tomatoes, basil, onion and garlic. Run **EXPERT, 12 minutes/speed 1A/100 °C**.
- 3 Season to taste then restart **EXPERT, 45 seconds/speed 18 (without heating)** 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 tbsp olive oil | 2 tsp ground coriander |
| 1 onion, quartered | 2 tsp curry powder |
| 2 garlic cloves | 400g peeled prawns, precooked |
| ½ red chilli pepper, deseeded | 8g Thai basil |
| 500ml coconut milk | |

- 1 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 **EXPERT, 30 seconds/speed 13 (without heating)**. If necessary, scrape the sides with a rubber spatula.
- 3 Add the coconut milk, fish stock, coriander and curry powder; restart **EXPERT, 10 minutes/speed 3/100 °C**.
- 4 Finally, stir in the prawns and the Thai basil; continue cooking with **EXPERT, 10 minutes/speed 0/100 °C**, if necessary adjust the cooking time.
- 5 Serve the prawn curry with basmati rice.

CHICKEN CURRY

Replace the fish stock powder and the prawns with 4 chicken breasts cut into 3-4cm and ½ a chicken stock cube. Cook with **EXPERT, 15 minutes/speed 0/100 °C**.



FISH CURRY

with saffron rice



PREP TIME: 10 min

COOKING TIME: 1 h 10

SERVES 4/6

PROGRAMMES: 

ATTACHMENT: 

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

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

saffron rice

Fit the metal bowl and add 0.5 L water. Place all the ingredients in a stainless-steel bowl that fits in the steam basket. Run **STEAM, 25 minutes**. Continue cooking for 5 minutes if necessary.

CHICKEN colombo

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



CLASSIC BRANDADE



PREP TIME: 15 min

COOKING TIME: 20 min

RESTING TIME: 24 h

SERVES 6

PROGRAMME:

1 kg salt cod	100-150ml warm whole milk
1 onion, quartered	2 pinches nutmeg
3 garlic cloves, halved	juice of 1 lemon
200ml olive oil	pepper

- 1 Place the salt cod in a large ovenproof dish or salad bowl and cover with cold water. Soak for 24 hours, changing the water at least 4 times, to remove the salt.
- 2 Then, rinse the fish under cold running water, cut it in pieces, place in the metal bowl and cover with cold water. Run **EXPERT, 15 minutes/speed 0/90 °C**.
- 3 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 **EXPERT, 5 minutes/speed 12/50 °C**. After 1 minute, pour the olive oil through the cap opening, and gradually add the warm milk until the mixture is smooth. Season with pepper but do not add salt.
- 4 Add the nutmeg and lemon juice. Serve with homemade mashed potatoes (see p. 176).

TIPS

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



CLASSIC TARTARE



PREP TIME: 10 min

SERVES 4/6

PROGRAMME:

ATTACHMENT:

- | | |
|--|--------------------------|
| 8g chives | 1 tbsp capers |
| 2 small spring onions, quartered | 1 tbsp olive oil |
| 650g fresh salmon, skinned and chopped | ½ yellow pepper, diced |
| | juice of 1 lemon or lime |

- 1 Roughly chop the chives and set aside. Fit the food processing bowl with the metal blade, add the onions and press the Pulse button 4 times. Add the chopped salmon, capers, chives, olive oil and yellow pepper. 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 juice.
- 4 Shape the salmon tartare on the serving plates using a 6-8cm pastry circle; serve chilled. If desired, accompany with a baby leaf salad.

ASIAN SALMON TARTARE

Replace the olive oil and yellow pepper with 8g Thai basil (or coriander), ½ a red chilli and sesame oil. Serve the tartare with slices of mango, wasabi and mayonnaise (see p. 230)

TIP

Add a quarter of a finely chopped cucumber, to give a little crunch.





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CLASSIC COTTAGE PIE



PREP TIME: 10 min

COOKING TIME: 1 h

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

3 onions, quartered	100ml whole milk
600g minced beef	4 tbsp butter
1 carrot, finely diced	nutmeg
2 tomatoes, finely diced	3 tbsp breadcrumbs (see p. 160)
1½ tbsp olive oil	1 tbsp Worcestershire sauce
3 sprigs parsley	1 tbsp tomato ketchup
1kg floury potatoes	60g grated cheddar
	salt, pepper

- 1 Put the onions into the metal bowl and run **EXPERT, 30 seconds/speed 13 (without heating)**. Scrape down the bowl if necessary.
- 2 Add the meat, carrot, tomatoes, olive oil and parsley. Run **EXPERT, 10 minutes/speed 3/120 °C**. Set the mixture aside.
- 3 Pour 0.5 L water into 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 **STEAM, 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 **EXPERT, 1 minute 30/speed 3 (without heating)**. To obtain the desired consistency, increase the time and/or add a little more milk if necessary. Heat the oven to 210 °C (200 °C fan, gas mark 6/7).
- 5 Brush an ovenproof 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 and the grated cheese. Bake for 20 minutes, until browned.

FRENCH STYLE COTTAGE PIE

Follow the method for the classic cottage pie. Omit the carrot, tomatoes, Worcestershire sauce, tomato ketchup and grated cheese.



BEEF & GUINNESS® PIE

PREP TIME: 15 min

COOKING TIME: 1 h 40

SERVES 4

PROGRAMME: 

3 tbsp olive oil	130ml Guinness®
800g stewing or shoulder beef (in 1cm cubes)	130ml beef stock
1 onion, quartered	puff pastry (see p. 324 or readymade)
3 garlic cloves (peeled)	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 **EXPERT, 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 **EXPERT, 10 seconds/speed 13 (without heating)**. Scrape down the wall of bowl with a spatula.
- 3 Add the remaining oil; restart **EXPERT, 5 minutes/speed 1A/110 °C**. Add the seared meat, Guinness® and beef stock to the metal bowl. Run **EXPERT, 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 Heat 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.



TOAD IN THE HOLE

with onion gravy

PREP TIME: 35 min

COOKING TIME: 1 h 40

SERVES 4

PROGRAMMES:



ATTACHMENTS:



3 tbsp vegetable oil
8 sausages
2 large eggs
115g flour
115ml whole milk
½ tsp salt

3 tbsp vegetable oil
1 tbsp soft brown sugar
1 tbsp plain flour
1 beef stock cube
dash of Worcestershire sauce
salt, pepper

ONION GRAVY:

2 large onions

- 1 Heat oven to 200 °C. Pour the oil into a deep sided roasting tin and place in the oven. When the oil is hot, place the sausages into the roasting tin and turn to coat. Place in the oven for 10 minutes.
- 2 Fit the whisk attachment to the metal bowl and add the eggs, flour, salt and half of the milk. Run **EXPERT, 1 minute/speed 5 (without heating)**. Pour the remaining milk in through the hole in the top whilst the machine is running. Continue whisking until you have a smooth batter.
- 3 Turn the sausages in the oil and pour the batter into the tin, making sure you cover the base. Place in the oven and bake for 40 minutes, until crisp and well risen.

onion gravy

- 1 Fit the food processing bowl along with the midi bowl and 2mm slicing disc. Slice the onion using **FOOD PROCESSOR**.
- 2 Replace the food processing bowl with the metal bowl and add the sliced onions, oil and soft brown sugar. Run **EXPERT, 25 minutes/speed 1A/100 °C** until the onions start to lightly colour.
- 3 Add the flour and run **EXPERT, 3 minutes/1A/100 °C**.
- 4 Dissolve the stock cube in 400 ml of boiling water and add to the bowl. Remove the cap so the gravy can reduce and run **EXPERT, 20 minutes/speed 1A/110 °C**.
- 5 At the end of cooking season with Worcestershire sauce, salt and pepper.
- 6 Serve hot with Toad in the Hole.

YORKSHIRE PUDDINGS

1. Heat oven to 220 °C. Drizzle the oil evenly into a 6-hole Yorkshire pudding tin or a 12-hole non-stick muffin tin and place in the oven.
2. Follow step 2 to create the batter then carefully and evenly pour the batter into the holes and bake in the oven for 20-25 mins, until crisp and well risen.



BEEF BOURGUIGNON



PREP TIME: 15 min

COOKING TIME: 2 h 55

RESTING TIME: 12 h

SERVES 4/6

PROGRAMME:

1kg beef chuck, diced (3-4cm)	3 tbsp oil
500ml red wine	2 garlic cloves
3 carrots (300g), sliced	2 tbsp tomato purée
1 onion, sliced	1 beef stock cube
1 bouquet garni	4 tbsp cornflour
150g smoked bacon lardons	salt, pepper

- 1 Start the day before serving: marinate the diced beef overnight in red wine with the sliced carrots, onion and bouquet garni.
- 2 The following day: take the beef out of the marinade and set aside. Put the bacon, diced beef, oil and garlic in the metal bowl. Run **EXPERT, 5 minutes/speed 2A/110 °C**.
- 3 Add the marinated carrots and onion, bouquet garni, tomato purée and season with salt and pepper. Dilute the stock cube in 200ml warm water and add to the metal bowl; cover the beef with the marinade. Run **EXPERT, 20 minutes/speed 1A/110 °C**.
- 4 Add the cornflour (diluted in 4 tbsp of cold water beforehand) then restart **EXPERT, 2 hours/speed 1A/95 °C**.
- 5 The meat should be tender when cooked. If necessary, continue the cooking on **EXPERT, 15-30 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 more cornflour.
For a quicker version, reduce the marination time.



IRISH STEW

PREP TIME: 15 min

COOKING TIME: 1 h 45

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

- | | |
|-----------------------------------|---------------------------|
| 2 carrots (150g) | 2 tbsp tomato purée |
| 4 potatoes (400g) | 50ml Worcestershire sauce |
| 2 onions | 250ml water |
| 1 celery stick | ½ cube beef stock |
| 600g stewing lamb (e.g. shoulder) | 1 tsp cornflour |
| 2 tbsp olive oil | 8g flat-leaf parsley |
| 2 garlic cloves | salt, pepper |
| 300ml Guinness® or other stout | |

- 1 Fit the food processing bowl with the midi bowl and the 4mm slicing disc. Slice the carrots, potatoes, onions and celery using **FOOD PROCESSOR**. Set the sliced vegetables aside.
- 2 Cut the lamb into 3-4cm cubes, and place in the metal bowl. Add the olive oil and garlic; run **EXPERT, 5 minutes/speed 1A/120 °C**.
- 3 Add the sliced vegetables, Guinness®, tomato purée, Worcestershire sauce, water, beef stock cube and season with salt and pepper. Run **EXPERT, 1 h 40 minutes/speed 1A/95 °C**. Fifteen minutes before the end of the cooking time, add the cornflour previously mixed with one tablespoon water.
- 4 Garnish the Irish stew with finely sliced flat-leaf parsley leaves.

TIPS

Cooking time will vary depending on the quality of the meat. The longer you cook it the more tender it will be.



CHEESEBURGERS

PREP TIME: 20 min

COOKING TIME: 15 min

RESTING TIME: 1 h

SERVES 6

PROGRAMME: 

- | | |
|-------------------------------|--------------------------------------|
| 6 beef burgers (750g) | BUNS: |
| 6 slices cheddar cheese | 1 sachet easy blend yeast (7g) |
| 6 tsp mayonnaise (see p. 230) | 120ml water |
| 6 tsp ketchup | 300g bread flour |
| 6 lettuce leaves | 40g melted butter |
| 1 red onion, sliced (2mm) | 25g caster sugar |
| 2 tomatoes, sliced (2mm) | 3g salt |
| salt, pepper | 1 egg |
| | 1 yolk and 3 tsp whole milk, beaten |
| | 6 pinches of sesame seeds (optional) |

- 1 Make the buns. Then, prepare the garnish.
- 2 Cook the beef burgers in a frying pan, season, and melt a slice of Cheddar on the top of each one.
- 3 Cut each bun in half. Mix the mayonnaise and ketchup in a bowl, spread the sauce on the buns. Put a lettuce leaf, beef burger, tomato and onion on 6 of the halves, cover with the remainder.

buns

- 1 Put the yeast and water into the metal bowl and run **BREAD/BRIOCHE**. The programme will stop after 1 minute. Open the lid, add the flour, butter, sugar, salt and egg; press Auto to restart **BREAD/BRIOCHE**. Transfer the dough to a floured mixing 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, heat the oven to 220 °C (210 °C fan, gas mark 7/8). Brush the tops of the buns with the beaten egg yolk and milk, sprinkle with sesame seeds. Bake for 10 minutes until golden brown; cool before serving.



CHICKEN NUGGETS



PREP TIME: 10 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME:

ATTACHMENT:

50g cornflakes	1 egg
30g plain flour	500g boneless chicken breasts
50g breadcrumbs (see p. 160)	300ml sunflower oil
2 tsp ground paprika	

- 1 Fit the food processing bowl with the mini bowl and mini blade. Add the cornflakes, flour, breadcrumbs and paprika. Run **FOOD PROCESSOR, 30 seconds**, then set aside.
- 2 Beat the egg in a bowl.
- 3 Cut the chicken breasts into 4cm pieces. Dip in the beaten egg and then roll in the breading mixture.
- 4 Heat the oil in a non-stick sauté or frying pan. Do not allow it to smoke.
- 5 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).

TIP

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



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:   

- | | |
|-------------------------------------|-----------------------------|
| 1/4 red cabbage (250g) | 8 sundried tomatoes |
| 3 carrots (300g) | salt, pepper |
| 1 avocado | |
| 8g 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 2 mm slicing disc. Slice the cabbage using **FOOD PROCESSOR**. Set aside.
- 2 Install the 4 mm grating disc. Grate the carrots using **FOOD PROCESSOR**; set aside. Slice the avocado. Finely slice the chives and add to the mayonnaise. Cut the chicken breasts into thin strips.
- 3 Place a wrap on a flat work surface; 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.
- 4 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 half of the warm water and run **PASTRY/CAKE**.
- 2 Add the remaining water through the cap opening in the lid and restart **PASTRY/CAKE**. If necessary, add a little water or flour.
- 3 Place the dough on a floured work surface 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.
- 4 Preheat a drizzle olive oil in a frying pan over medium heat. Roll out the balls of dough as thinly as possible using a rolling pin. Cook both sides of each wrap for 1 minute; place in a damp cloth to keep them soft.



STUFFED CHICKEN BREASTS



PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 4

PROGRAMME:

ATTACHMENT:

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

- 1 Combine the ricotta and sundried tomatoes in a bowl and stir well. Add the rocket and lightly season.
- 2 Place a rectangle of 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.
- 3 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.
- 4 Place each roll in the steamer basket and add 0.5 L water to the metal bowl. Run **STEAM**.



SPANISH STYLE CHICKEN

PREP TIME: 10 min

COOKING TIME: 1 h 05

SERVES 4

PROGRAMMES:  

ATTACHMENTS:  

- | | |
|---|-------------------------------|
| 2 red or long sweet peppers (200g) | 3 sprigs fresh or dried thyme |
| 2 green peppers (200g) | 100ml white wine |
| 2 red onions, halved | 2 bay leaves |
| 50ml olive oil | 2 chicken legs |
| 100g smoked bacon lardons | coriander leaves |
| 3 garlic cloves | salt, pepper |
| 500g tomatoes, seeds removed, roughly chopped | |

- 1 Fit the food processing bowl with the midi bowl and the 4 mm slicing disc. Quarter and deseed the peppers. Slice the peppers and onions using **FOOD PROCESSOR**; set aside.
- 2 Fit the metal bowl. Add the oil, bacon, garlic (crushed), and onions. Run **EXPERT, 5 minutes/speed 3/120 °C**.
- 3 Add the rest of the ingredients except the chicken and the coriander. Restart **EXPERT, 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.
- 4 Add the chicken pieces to the metal bowl; season and restart **EXPERT, 30 minutes/speed 0/95 °C**.
- 5 Garnish the chicken with the finely sliced coriander leaves; accompany with wild rice.

TIP

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



CHILLI CON CARNE

PREP TIME: 15 min

COOKING TIME: 1 h 05

SERVES 6

PROGRAMMES:  

- | | |
|-----------------------------|--|
| 1 large onion, quartered | 1 small hot chilli pepper, sliced |
| 50ml olive oil | ½ stick celery, sliced |
| 2 garlic cloves | 1 tbsp ground cumin |
| 1 carrot (100g), sliced | 400g tinned kidney beans, drained and rinsed |
| 400g tin peeled tomatoes | fresh coriander leaves |
| 1 tbsp tomato purée | salt, pepper |
| 500g minced beef | |
| 1 red pepper (150g), sliced | |

- 1 Fit the metal bowl. Add the the onion and run **EXPERT, 20 seconds/speed 13 (without heating)**.
- 2 Scrape down the bowl if necessary. Add the olive oil, garlic (crushed) and carrot. Run **EXPERT, 5 minutes/speed 3/120 °C**.
- 3 Add the tomatoes (and the juice), tomato purée, beef, red pepper, chilli pepper, celery, cumin, salt and pepper. Run **SIMMERING, 50 minutes**.
- 4 Add the kidney beans and restart **SIMMERING, 10 minutes**.
- 5 Serve the chilli con carne garnished with fresh coriander leaves; accompany with rice.

TIP

You can also buy rump steak and mince it yourself using **FOOD PROCESSOR**. Cut the meat in large pieces and place in the food processing bowl, equipped with the metal blade; run the **FOOD PROCESSOR**, for **30 seconds**.



PULLED TURKEY

with peanuts



PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 4

PROGRAMMES:



2 garlic cloves	40g peanut butter
3 white onions, quartered	50ml soy sauce
2 tbsp olive oil	chives
500g turkey fillets	pepper

- 1 Place garlic and onions in the metal bowl and chop using **EXPERT, 30 seconds/speed 13 (without heating)**. If necessary, scrape down the wall of the bowl.
- 2 Add the oil and restart **EXPERT, 2 minutes/speed 3/130 °C**.
- 3 Cut the turkey fillets into 3-4 cm cubes and add to the bowl. Restart **EXPERT, 3 minutes/speed 1A/100 °C**.
- 4 Add the peanut butter, soy sauce and pepper; run **SIMMERING**. If necessary, stop and scrape down the wall of the bowl.
- 5 Garnish the pulled turkey with finely sliced chives and rice.



CLASSIC CHICKEN STIR-FRY

PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 4

PROGRAMME: 

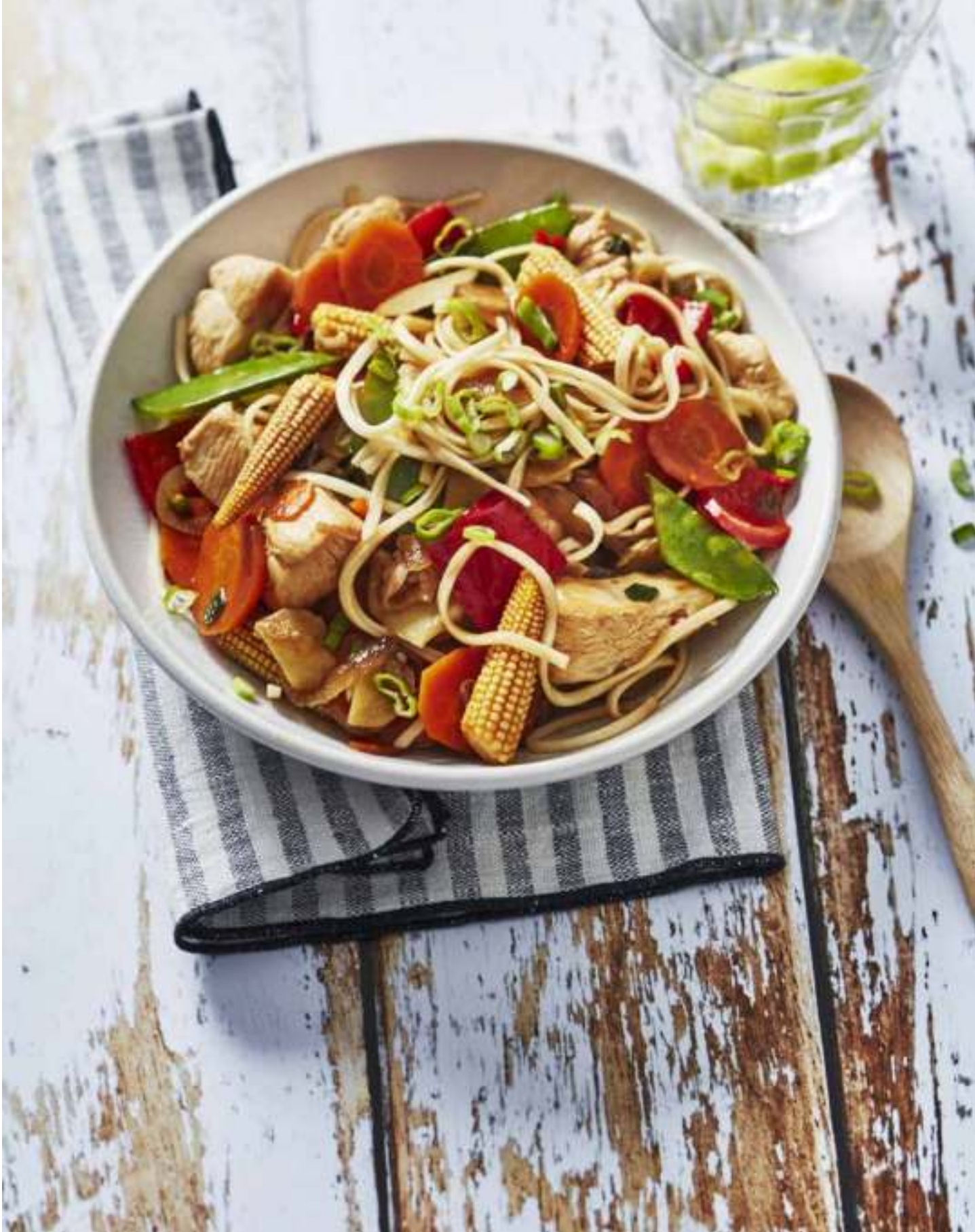
ATTACHMENT: 

- | | |
|---|-----------------------------------|
| 3 tbsp toasted sesame oil | 100g water chestnuts, sliced |
| 3 chicken breasts, diced into 4cm pieces | 275g fresh egg noodles |
| 1 onion, sliced | 1 red chilli, deseeded and sliced |
| 50g root ginger, peeled and thinly sliced | 50g mange tout, halved |
| 50g baby corn, cut into 2cm pieces | 2 spring onions, sliced finely |
| 1 red pepper, deseeded, diced into 2cm pieces | 3 tbsp soy sauce |
| 1 carrot, peeled and sliced | 2 tsp light brown sugar |
| | 75 ml chicken stock |
| | salt, pepper |

- 1 Place 1 tbsp of oil and the chicken into the metal bowl, run **STIR FRY**.
- 2 Remove the chicken pieces and place into the steamer basket (keep this in the metal bowl during cooking to keep the chicken hot).
- 3 Add 1 tbsp of oil, onion and ginger to the metal bowl and run **STIR FRY, 3 minutes**.
- 4 Add the corn, pepper, carrots and water chestnuts to the metal bowl. Place the noodles into the bottom section of the steamer basket and run **STIR FRY, 5 minutes**.
- 5 Add the remaining ingredients into the metal bowl, reserving half of the spring onion for garnish. Run **STIR FRY, 4 minutes**.
- 6 At the end of cooking time, add the hot chicken into the stir fry mixture and season to taste. Toss the noodles in the remaining oil. Serve immediately.

SIMPLE CHICKEN AND CASHEW STIR FRY

Follow classic chicken stir fry, omitting the water chestnuts and chilli, and replacing the ginger with 50g of unsalted cashew nuts.



CHICKEN TIKKA MASALA

PREP TIME: 15 min

COOKING TIME: 50 min

SERVES 4-6

PROGRAMME: 

- | | |
|--|----------------------|
| 2 onions, roughly chopped | 2 tbsp tomato purée |
| 3 tbsp vegetable oil | 100g ground almonds |
| 3 tbsp tikka masala paste | 75ml double cream |
| 6 boneless, skinless chicken thighs, cut into 3 cm cubes | 75ml natural yoghurt |
| 1 tin chopped tomatoes | 2 tbsp mango chutney |
| | salt, pepper |

- 1 Place the onions and oil in the metal bowl and run **EXPERT, 5 minutes/speed 1A/110 °C**.
- 2 Add the tikka masala paste to the metal bowl and run **EXPERT, 5 minutes/speed 1A/100 °C**.
- 3 Add the chicken to the metal bowl, stir to coat and run **EXPERT, 5 minutes/speed 1A/100 °C**. At the end of the cooking time, remove the chicken mix from the bowl and set aside. Make sure to scrape down the sides of the bowl to remove as much as possible.
- 4 Add the tinned tomatoes, tomato purée, 100ml of water and the ground almonds into the metal bowl and run **EXPERT, 1 minute/speed 10/120 °C**, until a smooth sauce is obtained. Stir the chicken mixture back into the sauce and run **EXPERT, 30 minutes/speed 0/120 °C**.
- 5 At the end of the cooking time, stir in the double cream, natural yoghurt and mango chutney and run **EXPERT, 5 minutes/speed 0/120 °C**.
- 6 Check that the chicken is thoroughly cooked through and serve immediately.



LAMB CURRY

with naans

PREP TIME: 25 min

COOKING TIME: 35 min

RESTING TIME: 30 min

SERVES 4

PROGRAMMES:   

- | | |
|----------------------------|--------------------------------|
| 2 onions, quartered | 100ml single cream |
| 2½ tbsp olive oil | 8g coriander |
| 500g leg lamb | |
| 200g cherry tomatoes | NAANS: |
| 1 tbsp ground garam masala | 100ml whole milk |
| 1 tbsp curry powder | 1 sachet easy blend yeast (7g) |
| 1 tbsp sweet 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, place the onions in the metal bowl with the olive oil; run **EXPERT, 30 seconds/speed 13 (without heating)**. If necessary, scrape down the wall of the bowl.
- 2 Cut the meat into 3-4 cm pieces, and add to the bowl; restart **EXPERT, 5 minutes/speed 1A/120 °C**.
- 3 Add the remaining ingredients (except the single cream and coriander) and run **SIMMERING**.
- 4 Wash and finely slice the coriander leaves. 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 **BREAD/BRIOCHE**. The programme will stop after 1 minute; add the remaining ingredients and press Auto to restart.
- 2 Remove the lid and cover with a damp cloth, allowing 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 5 mm thick. Place a non-stick frying pan over a medium heat, and cook the naans for about 2 minutes on each side until golden.

TIP

To make the curry more spicy, adjust the amount of curry powder and paprika used.



KOFTA KEBABS

PREP TIME: 10 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME: 

ATTACHMENT: 

- | | |
|----------------------------|----------------------|
| 2 onions, quartered | 1 tbsp 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 minced beef | salt, pepper |

- 1 Fit the food processing bowl with the metal blade. 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 **FOOD PROCESSOR** 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.



SPICY LAMB FILO PARCELS



PREP TIME: 15 min

COOKING TIME: 10 min

MAKES 6

PROGRAMME:

ATTACHMENT:

- | | |
|--------------------------|----------------------|
| 800g lamb mince | 2 eggs |
| 8g flat-leaf parsley | 6 sheets filo pastry |
| 2 stalks fresh mint | 3 tomatoes, sliced |
| 1 onion, roughly chopped | 150ml vegetable oil |
| 3 tsp curry powder | salt, pepper |

- 1 Fit the food processing bowl and metal blade. Place the lamb mince into the food processing bowl. Add the herbs, onion, curry powder, eggs, salt and pepper. Pulse using **FOOD PROCESSOR** until the filling is finely minced. Set aside.
- 2 Unfold a filo pastry sheet on the 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 filo 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.



STUFFED TOMATOES

PREP TIME: 15 min

COOKING TIME: 45 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 whole milk
1 onion, quartered
8g flat-leaf parsley
2 garlic cloves
300g minced beef
250g herbed sausage meat
paprika
salt, pepper

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Cut off the tops of the tomatoes; set aside. Scoop out the tomatoes (deseed 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 ovenproof dish, sprinkle with herb breadcrumbs, cover with the reserved tomato tops, drizzle with olive oil; bake for 45 minutes, depending on the size of tomatoes.

herb breadcrumbs

- 1 Fit the food processing bowl with the metal blade. Wash and dry the parsley; remove the leaves and place in the bowl with the stale bread.
- 2 Pulse for **20 seconds** using **FOOD PROCESSOR** 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 **FOOD PROCESSOR, 15 seconds**.
- 2 Add the minced beef and sausage meat. 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 **FOOD PROCESSOR, 20 seconds**, until evenly blended.



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
1 tbsp ground tandoori spices
1½ tbsp sesame oil
6 tbsp white or black sesame seeds
salt, pepper

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 **FOOD PROCESSOR** until combined.
- 3 Shape spoonfuls of the chopped veal mixture into 2 cm balls. Put the white or black sesame seeds onto a plate. Roll the meatballs in the sesame seeds. Place the meatballs in the steamer basket.
- 4 Pour 0.5 L water into the metal bowl, fit the steamer basket and run **STEAM**. 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, deseed and 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 (see p. 232).



VEAL RAGOUT

PREP TIME: 10 min

COOKING TIME: 1 h 40

SERVES 4/6

PROGRAMMES:  

50g butter	1 vegetable stock cube
1 onion, sliced	300ml water
1 large carrot, sliced (4 mm)	2 bay leaves
150g button mushrooms	2 egg yolks
800g stewing veal	200ml crème fraîche
40g cornflour	8g parsley, finely sliced
150ml white wine	salt, pepper
1 chicken stock cube	

- 1 Place the butter in the metal bowl, add the onion and the carrot; run **EXPERT, 2 minutes/speed 3/120 °C**.
- 2 Rinse the mushrooms and cut off the stem; halve or quarter depending on the size.
- 3 Cut the meat in 3-4cm cubes, lightly dust with cornflour, place in the metal bowl and restart **EXPERT, 4 minutes/speed 1A/120 °C**.
- 4 Add the white wine, the carrot, stock cubes, water, bay leaves and mushrooms; season to taste. Remove the cap and run **EXPERT, 1 h 30 minutes/speed 0/105 °C**. The meat should be tender when cooked. If necessary, continue cooking for 10-20 minutes.
- 5 At the end of the cooking time, add the egg yolks and crème fraîche and start **EXPERT, 2 minutes/speed 1A/98 °C**. If the sauce is too thin, thicken with a little cornflour (mixed with one tablespoon cold water).
- 6 Sprinkle with finely sliced parsley and serve with rice.

TIPS

For an alternative, you could use chuck or stewing steak.



TOULOUSE SAUSAGES

with lentils and rice

PREP TIME: 15 min

COOKING TIME: 40 min

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

- | | |
|---|------------------------------------|
| 6 Toulouse sausages
(or any herbed sausages) | zest of 1 lemon or lime (optional) |
| 3 onions, quartered | 1 level tsp turmeric |
| 1 garlic clove | 3 sprigs thyme |
| 1½ tbsp olive oil | 300g rice |
| 4 vine ripened tomatoes, quartered | 300g lentils |
| 1 tin peeled and chopped
tomatoes (300g) | 1 bay leaf |
| | several coriander leaves |
| | salt, pepper |

- 1 Pour 0.5 L water into the metal bowl. Prick the sausages with a fork, place in the steamer basket; run **STEAM, 15 minutes**. Cut the sausages in 2cm pieces and set aside. Discard the cooking liquid in the metal bowl.
- 2 Place the onions and garlic in the metal bowl and add the olive oil. Run **EXPERT, 20 seconds/speed 13 (without heating)**.
- 3 If necessary, scrape the wall of the bowl down, and restart **EXPERT, 5 minutes/speed 3/120 °C**.
- 4 Add the quartered tomatoes, tinned tomatoes (with the juice), sausage pieces, lime zest, turmeric and thyme; season with salt and pepper. Run **EXPERT, 20 minutes/speed 1A/95 °C**.
- 5 Cook the rice and lentils separately (with a bay leaf), following the instructions on the packets.
- 6 Serve the sausages with the lentils, garnished with coriander leaves. Accompany with the rice.



SALTED PORK

with lentils

PREP TIME: 20 min

COOKING TIME: 1 h 25

SERVES 4

PROGRAMME: 

- | | |
|----------------------------|--------------------------------|
| 1 onion, halved | 2 herbed sausages |
| 2 cloves | 400g Puy green lentils |
| 2 shallots, halved | 2 carrots (200g), sliced (4mm) |
| 1 bouquet garni | salt, pepper |
| 1L water | |
| 500g unsmoked gammon joint | |

- 1 Prick the onion with the cloves. Cut the meat in 4 cm cubes. Put the shallots, onion, and bouquet garni in the metal bowl, add 0.5 L water and the meat cubes. Run **SIMMERING**.
- 2 Then, add the sausages cut in slices, lentils, carrots and the remaining water, which should cover the lentils.
- 3 Season with pepper. Restart **SIMMERING, 55 minutes**. Before serving, season to taste.

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 3, 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.



PORK SAUTÉ

with pineapple



PREP TIME: 10 min

COOKING TIME: 40 min

SERVES 4/6

PROGRAMME:

600g pork tenderloin	½ cube chicken stock
1 tbsp olive oil	2 tbsp tomato purée
2 red peppers (300g)	10g cornflour
3 spring onions	1 tbsp cold water
300g pineapple (tinned or fresh), diced	fresh coriander leaves
200ml water	salt, pepper

- 1 Use a very sharp knife to remove the fatty parts of the tenderloin; cut the meat into 3-4cm pieces. Place the olive oil in the metal bowl and run **EXPERT, 5 minutes/speed 1A/120 °C**. After 1 minute add the tenderloin through the cap opening in the lid.
- 2 Cut the peppers into small pieces and the onions into chunks. Add the peppers and onions to the bowl and restart **EXPERT, 3 minutes/speed 1A/120 °C**.
- 3 Add the pineapple, water, chicken stock cube and tomato purée; season with salt and pepper. Remove the cap of the lid. Run **EXPERT, 30 minutes/speed 0/98 °C**.
- 4 Mix cornflour with one tablespoon of cold water. Slowly pour the cornflour mixture into the bowl through the cap opening in the lid. Restart **EXPERT, 2 minutes/speed 1A/95 °C**.
- 5 Garnish the pork *sauté* with coriander; accompany with basmati rice.



PORK FILLET PARCELS

with garlic cream



PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 4

PROGRAMMES:  

ATTACHMENTS:  

400g pork fillet
1½ tbsp olive oil
1 courgette, sliced
100g sundried tomatoes

GARLIC CREAM:
4 garlic cloves
50g unsalted cashews
200g crème fraîche
salt, pepper

- 1 Prepare the garlic cream. Set aside. Remove any fat from the pork fillet and slice 1 cm thick. Set aside.
- 2 Cut out four rectangles of baking paper and brush with olive oil. Place the sliced courgette 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 0.5 L water. Tightly close the parcels and place in the steamer basket. Run **STEAM**. If necessary, continue steaming.
- 4 Serve the remaining garlic cream on the side.

garlic cream

- 1 Fit the food processing bowl with the mini bowl; add the garlic cloves (halved), cashews and crème fraîche.
- 2 Blend using **FOOD PROCESSOR, 45 seconds**. 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.





VEGETABLES AND SIDES

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MASHED POTATO



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

1 kg peeled floury potatoes e.g.
Maris piper
100ml whole milk

50g butter
nutmeg
salt, pepper

- 1 Fit the metal bowl, and add 0.5 L water; install the steamer basket. Cut the potatoes in 2-3cm cubes, rinse in cold water and place in the steamer basket. Run **STEAM, 30 minutes**. At the end of the programme, check that the potatoes are completely cooked if not, continue cooking.
- 2 Discard the cooking liquid in the metal bowl and install the whisk. Add the potatoes, milk and butter; season to taste with nutmeg, salt and pepper. Mash using **EXPERT, 1 minute 30/speed 3 (without heating)**. 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.



CELERIAC PURÉE

PREP TIME: 5 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENT: 

1 celeriac (750g)
100ml double cream

2-2½ tbsp olive oil
salt, pepper

- 1 Peel and cut the celeriac into 2cm cubes. Pour 0.5 L water into the metal bowl, place the celeriac in the steamer basket and cook using **STEAM, 30 minutes**.
- 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 **EXPERT, 3 minutes/speed 13 (without heating)**.

CELERIAC PURÉE 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 **STEAM**. Then, follow the classic recipe as indicated.

TIP

You could add walnut oil and garnish with chopped hazelnuts.



PUMPKIN PURÉE, Parmesan-hazelnut crumble



PREP TIME: 10 min

COOKING TIME: 30 min

SERVES: 6

PROGRAMMES:



ATTACHMENTS:



1 pumpkin (800g)
300g precooked chestnuts
3 tbsp crème fraîche
8g flat-leaf parsley
salt, pepper

PARMESAN-HAZELNUT CRUMBLE:

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

- 1 Pour 0.5 L water into the metal bowl. Dice (without peeling) and place the pumpkin in the steamer basket. Run **STEAM, 30 minutes**. After 20 minutes, add the chestnuts.
- 3 Discard the cooking liquid and place the pumpkin, chestnuts, and crème fraîche in the metal bowl; season with salt and pepper. Run **EXPERT, 5 minutes/speed 13 (without heating)**. If necessary, use a spatula to scrape down the wall of the bowl; restart the **EXPERT, 1 minute/speed 13 (without heating)**. Set the purée aside.
- 4 Garnish the pumpkin purée with Parmesan-hazelnut crumble and parsley. The crumble does not need to be cooked. If desired it could be browned under a preheated grill for 10 minutes.

Parmesan-hazelnut crumble

- 1 Fit the food processing bowl with the mini bowl. Chop the hazelnuts using **FOOD PROCESSOR**. Press Pulse. 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.



RED LENTIL DHAL



PREP TIME: 10 min

COOKING TIME: 45 min

SERVES 6/8

PROGRAMME:



- | | |
|---------------------------------|-------------------------------------|
| 1 onion, quartered | 200ml coconut milk |
| 1 tbsp olive oil | 8g coriander sprigs, leaves removed |
| 300ml water | 3-4 tbsp curry powder |
| 400g tinned, peeled tomatoes | salt, pepper |
| 250g new potatoes, sliced (4mm) | |
| 250g red lentils, rinsed | |

- 1 Chop the onion in the metal bowl using **EXPERT, 15 seconds/speed 13 (without heating)**.
- 2 Scrape down the wall of the bowl with a spatula and add the olive oil. Restart **EXPERT, 3 minutes/speed 3/120 °C**.
- 3 Add the water, tomatoes (quartered) and juice, potatoes, lentils, coconut milk, and half the coriander leaves to the bowl. Season with salt, a little pepper, and add the curry powder; run **EXPERT, 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 purée. To create a thinner consistency, adjust the amount of water.



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, torn into pieces | pepper |
| 3 garlic cloves | |
| 15g parsley, chopped | TAHINI SAUCE: |
| 8g coriander, chopped | 1 garlic clove |
| 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 Heat the oven to 180 °C (170 °C fan, gas mark 4). Put the chickpeas, bread and garlic cloves in the metal bowl. Run **EXPERT, 2 minutes/speed 8 (without heating)**.
- 2 If necessary, use a spatula to scrape down the wall of the bowl; add the remaining ingredients. Run **EXPERT, 3 minutes/speed 13 (without heating)**, 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 **EXPERT, 1 minute 30/speed 10 (without heating)** until the sauce is smooth but not too thick or runny. The sauce could also be made in the mini bowl using **FOOD PROCESSOR**.

TIP

Falafels are even better when cooked in a deep fryer.



PIPERADE

with soft-boiled eggs



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4/6

PROGRAMMES:  

ATTACHMENTS:  

- | | |
|-------------------------|-----------------------------|
| 2 red peppers (200g) | 100g smoked bacon lardons |
| 2 yellow peppers (200g) | 600g passata |
| 2 green peppers (200g) | 6 very fresh eggs |
| 2 garlic cloves | sprigs of flat-leaf parsley |
| 50ml olive oil | salt, pepper |

- 1 Fit the food processing bowl with the midi bowl; install the 4mm slicing disc. Wash, quarter, deseed and slice all the peppers using **FOOD PROCESSOR**.
- 2 Fit the metal bowl, add the garlic and olive oil. Run **EXPERT, 3 minutes/speed 2A/120 °C**.
- 3 Add the bacon and restart **EXPERT, 2 minutes/speed 2A/120 °C**.
- 4 Add the passata, peppers, salt and pepper. Run **EXPERT, 25 minutes/speed 1A/110 °C**.
- 5 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.
- 6 Serve the piperade and place a soft-boiled egg in the centre of each serving. Garnish with finely sliced parsley and croutons.



ROSTI



PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 6

PROGRAMME:

ATTACHMENTS:

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

- 1 Fit the food processing bowl with the mini bowl and mini blade. Place the parsley in the mini bowl with the garlic (halved); chop using **FOOD PROCESSOR, 20 seconds.**
- 2 Fit the midi bowl with the 2mm grating disc. Position the potatoes horizontally in the large 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 circles. Cook the rosti for about 10 minutes on each side, turning when golden.

COURGETTE-POTATO ROSTI

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 a thicker rosti, use the 4mm grating disc.






POTATO GRATIN

PREP TIME: 15 min

COOKING TIME: 1 h

SERVES 6

PROGRAMME: 

ATTACHMENTS:   

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

- 1 Heat 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 **FOOD PROCESSOR**. Set aside.
- 3 Install the 2mm slicing disc. Peel, rinse and dry the potatoes, slice using **FOOD PROCESSOR**.
- 4 Rub an ovenproof 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 Pour the milk over the potatoes. Add the nutmeg, sprinkle with grated Parmesan and bake in the oven for 1 hour.

GRATIN DAUPHINOIS (traditional potato gratin)

To make the traditional version of this classic French dish omit the cheese.

TIP

Give flavor to your gratin with rosemary: heat the milk (without boiling) for 10 minutes. Set aside off the heat to infuse. Follow the rest of the recipe.



CREAMY VEGETABLE GRATIN

PREP TIME: 10 min

COOKING TIME: 35 min

SERVES 6

PROGRAMMES:    ATTACHMENTS:   

1 sweet potato (300g)	210ml single cream
2 carrots (200g)	100ml whole milk
1 potato (200g)	4 sprigs tarragon
1 courgette (200g)	50g breadcrumbs (see p. 160)
100g broccoli	salt, pepper
100g ricotta	

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Fit the food processing bowl with the midi bowl and the 2mm slicing disc. Peel the vegetables and slice using **FOOD PROCESSOR**. Cut the broccoli into small florets. Fit the metal bowl.
- 3 Pour 0.5 L water into the bowl. Put all the vegetables into the steamer basket. Run **STEAM**. Set the steamed vegetables aside. Discard the cooking liquid in the metal bowl.
- 4 To make the creamy sauce: place the ricotta, single cream, milk and tarragon in the metal bowl. Run **EXPERT, 45 seconds/speed 8 (without heating)**.
- 5 Arrange a layer of vegetables in an ovenproof dish, season to taste and then add a little creamy sauce. Repeat until all the ingredients have been used and sprinkle with breadcrumbs.
- 6 Bake for 15 minutes, adjusting the cooking time if necessary. Brown the gratin, under the grill for 5 minutes.

TIPS

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






VEGETABLE CRUMBLE

PREP TIME: 10 min

COOKING TIME: 50 min

SERVES 6/8

PROGRAMME: 

ATTACHMENTS:   

- | | |
|-----------------------------------|---------------------|
| 1 aubergine (300g), quartered | SAVOURY CRUMBLE: |
| 2 courgettes (300g) | oregano or thyme |
| 1 red pepper (100g), quartered | 60g cold butter |
| 1 yellow pepper (100g), quartered | 60g plain flour |
| 60ml olive oil | 60g ground almonds |
| salt, pepper | 60g grated Parmesan |

- 1 Heat 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. Slice the vegetables using **FOOD PROCESSOR**.
- 3 Transfer the sliced vegetables to a bowl, add the olive oil, season to taste and gently stir to combine. Place the vegetables in an ovenproof dish.
- 4 Bake for 30 minutes, then generously sprinkle with the savoury crumble mixture and bake for another 20 minutes until golden browned.

savoury crumble

Place all ingredients in the mini bowl. Using **FOOD PROCESSOR**, press Pulse for about **30 seconds**, until the mixture becomes grainy.



PROVENÇAL BAKE



PREP TIME: 15 min

COOKING TIME: 40 min

SERVES 6

PROGRAMME:

ATTACHMENTS:

- | | |
|--------------------------|---------------------------------|
| 3 tomatoes (240g) | 3 garlic cloves |
| 1 large aubergine (500g) | 70g stoned black olives, sliced |
| 1 courgette (200g) | 1 tsp thyme leaves |
| 1 red pepper (100g) | olive oil |
| 1 onion, quartered | salt, pepper |

- 1 Heat the oven to 210 °C (200 °C fan, gas mark 7).
- 2 Fit the food processing bowl with the midi bowl and the 4mm slicing disc. Slice the vegetables and garlic using **FOOD PROCESSOR**; 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 40 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.



PROVENÇAL VEGETABLES

PREP TIME: 15 min

COOKING TIME: 1 h

SERVES 4

PROGRAMMES:  

ATTACHMENT: 

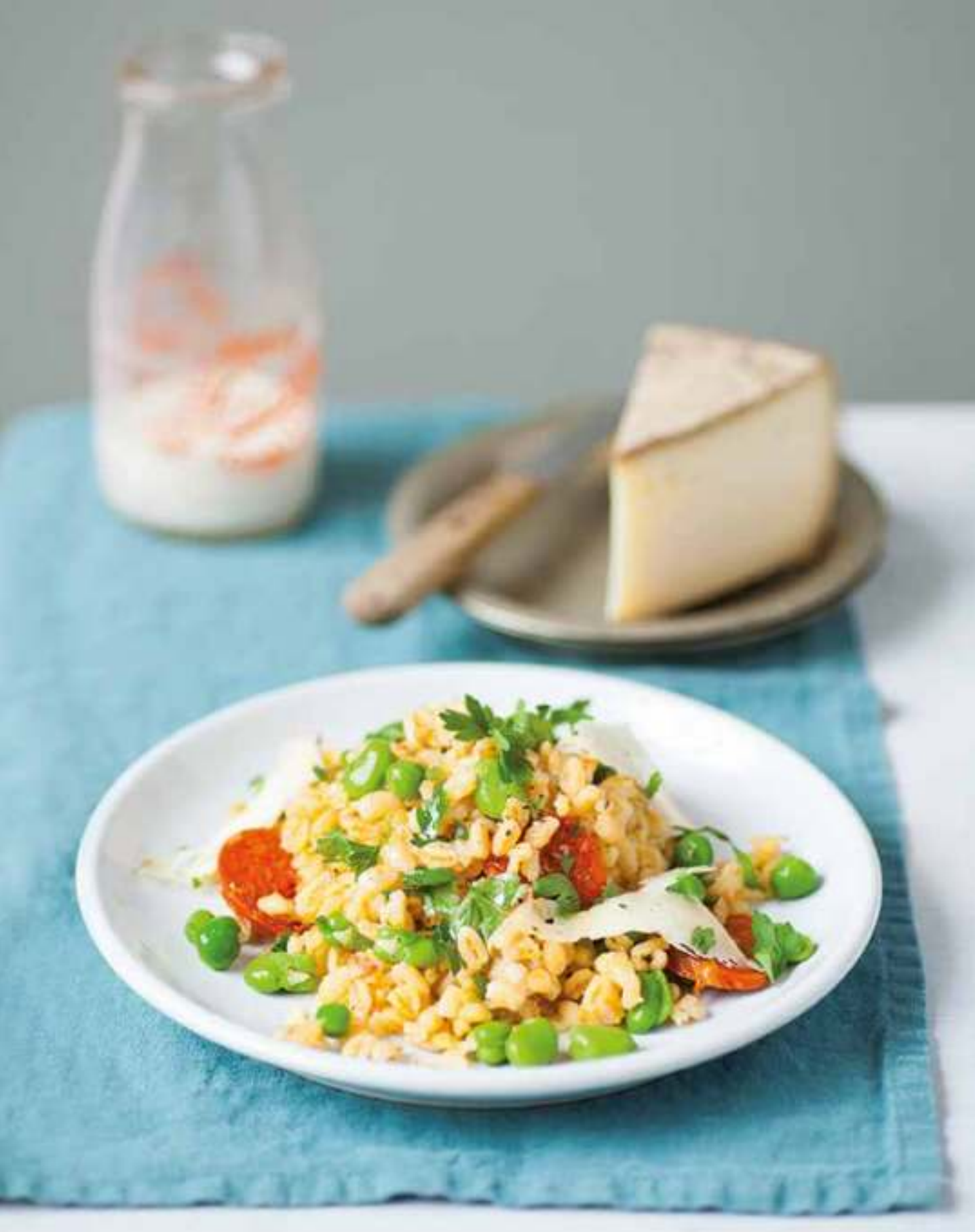
- | | |
|---------------------|----------------------------|
| 1 red pepper (100g) | 3 onions, coarsely chopped |
| 1 aubergine (300g) | 2 tsp tomato purée |
| 1 courgette (200g) | 3 sprigs thyme |
| 1½ tbsp olive oil | 2 bay leaves |
| 3 garlic cloves | salt, pepper |

- 1 Deseed the pepper. Cut the vegetables into 2-3cm pieces.
- 2 Pour 0.5 L water into the metal bowl. Put the courgette into the steamer basket. Run **STEAM, 15 minutes**. Set the courgette aside. Discard the cooking liquid and dry the bowl.
- 3 Put the oil into the metal bowl with the garlic, onions and red pepper; run **EXPERT, 5 minutes/speed 1A/110 °C**.
- 4 Add the aubergine and restart **EXPERT, 40 minutes/speed 1A/110 °C**.
- 5 Add the courgette, tomato purée, thyme, bay leaves, salt and pepper. Restart **EXPERT, 2 minutes/speed 1A/110 °C**. Remove the cap to allow the liquid 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.





PASTA, RICE AND GRAINS

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PORRIDGE

PREP TIME: 5 min

COOKING TIME: 5 min

SERVES 1

PROGRAMME: 

40g oats

200g semi skimmed milk

1 Put all ingredients into the metal bowl, run **EXPERT, 5 minutes/speed 2A/85 °C**.

TIPS

For a dairy free alternative, replace the milk with coconut/rice/soya/nut milk or water. Run **RINSE** immediately after use.

BAKED APPLE and cinnamon porridge

PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 4

PROGRAMME: 

160g oats

2 tsp ground cinnamon

700g semi skimmed milk

3 tbsp raisins

2 red apples

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Put the oats, cinnamon, milk and raisins into the metal bowl and run **EXPERT, 30 seconds/speed 3 (without heating)**.
- 3 Chop and core the apples and add to the metal bowl and Pulse to mix in.
- 4 Pour mixture into an ovenproof dish and bake for approx. 30 minutes, until the oats have absorbed the milk and the dish is creamy.

TIPS

Run **RINSE** immediately after use.



SWEETCORN FRITTERS

PREP TIME: 5 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME: 

3 eggs
100g plain flour
1 tbsp whole milk

250g tinned sweetcorn
30g butter
salt, pepper

- 1 Place the eggs, flour, milk, salt and pepper in the metal bowl and run **EXPERT, 1 minute/speed 13 (without heating)**.
- 2 Scrape down the wall of the bowl. Drain and add the sweetcorn; restart **EXPERT, 1 minute/speed 13**.
- 3 Set the fritter batter aside in a bowl. Heat 10g of butter in a frying pan then pour in half a ladle of batter. Cook each side of the fritter for 2 minutes, until small bubbles appear on the surface, and it is golden brown. Repeat until all the batter has been used, frying with the remaining butter.

TIP

The fritters go well with a meat dish or, for a quick meal, serve with a salad and guacamole (see p. 30).



QUINOA SALAD

with lime pesto vinaigrette



PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 4/6

PROGRAMME:

- | | |
|------------------------------|---------------------------|
| 1 red onion, quartered | LIME PESTO VINAIGRETTE: |
| 700ml hot water | 2 limes |
| 1 cube vegetable stock | 1½ tbsp olive oil |
| 300g quinoa | 1 tbsp pesto (see p. 232) |
| 200g chickpeas, drained | 8g chives |
| 150g cherry tomatoes, halved | 8g basil |
| 1 avocado, diced | salt, pepper |
| ½ cucumber, diced | |
| basil leaves | |

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

lime pesto vinaigrette

- 1 Juice the limes, mix the juice with the olive oil, season and add 1 tbsp pesto.
- 2 Wash and finely slice the chives and basil; mix with the vinaigrette.



CHERRY TOMATO RISOTTO



PREP TIME: 10 min

COOKING TIME: 25 min

SERVES 4/6

PROGRAMME:

- | | |
|--|------------------------------|
| 1 spring onion | 1 cube vegetable stock |
| 1 shallot | 50g Parmesan, grated |
| 1 garlic clove | 150g cherry tomatoes, halved |
| 40g butter, roughly chopped | rocket leaves |
| 320g arborio or carnaroli risotto rice | basil leaves |
| 100ml white wine | salt, pepper |
| 700ml water | |

- 1 Quarter the spring onion, shallot and garlic. Place in the metal bowl and run **EXPERT, 10 seconds/speed 13 (without heating)**.
- 2 Use the spatula to scrape the mixture into the centre of the bowl and add the butter; restart **EXPERT, 3 minutes/speed 3/120 °C**.
- 3 Add the rice to the metal bowl; restart **EXPERT, 3 minutes/speed 3/120 °C**. After 1 minute, add the wine through the cap opening.
- 4 Add the water, stock cube; restart **EXPERT, 17-18 minutes/speed 2A/100 °C**. Do not overcook the risotto. The rice will continue to cook in the residual heat.
- 5 At the end of the cooking time, add the Parmesan and the cherry tomatoes, stir with a spatula. Season with salt and pepper.
- 6 Pour the risotto into the plates and garnish with some rocket and basil leaves. Serve immediately.

MUSHROOM RISOTTO

Replace the cherry tomatoes and basil with 200g mixed wild mushrooms, and add them into the machine 10 minutes after the water and stock cube.

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.



RISOTTO WITH PRAWNS



PREP TIME: 10 min

COOKING TIME: 50 min

SERVES 6

PROGRAMMES:    ATTACHMENT: 

- | | |
|--|---|
| 400g raw whole prawns | 1 clove garlic |
| 2 very ripe tomatoes, coarsely chopped | 4 tbsp extra virgin olive oil |
| 2 onions, quartered | 320g arborio or carnaroli risotto rice |
| 8 sprigs parsley | 100ml dry white wine |
| 500ml water | 1 cuttlefish or octopus, washed and cut in strips |
| 500g mussels, carefully washed | 1 calamari, washed and cut in strips |
| 500g clams, carefully washed | |

- 1 Peel the prawns. Set the peeled tails aside. Put the heads in the metal bowl; add the tomatoes, 1 onion, 2 sprigs parsley and the water. Install the steam basket and place the mussels and clams in it. Run **STEAM**. At the end of the programme, verify that the shells are open, if not steam a little longer. If the shells have still not opened, discard.
- 2 Remove the steam basket from the metal bowl; set a few whole shellfish aside for garnish. Shell the remaining mussels and clams; set aside.
- 3 Make a broth from the cooking liquid in the metal bowl. Close the lid and run **SMOOTHIE**. Strain the broth using a fine-mesh sieve. If necessary, add a little water to obtain 700ml broth. Rinse and dry the metal bowl.
- 4 Put the remaining onion, and halved garlic into the metal bowl, run **EXPERT, 10 seconds/speed 13 (without heating)**.
- 5 Scrape down the wall of the bowl, add the olive oil and run **EXPERT, 3 minutes/speed 3/120 °C**.
- 6 Add the rice and restart **EXPERT, 3 minutes/speed 3/120 °C**. After 2 minutes, add the white wine through the cap opening.
- 7 Add the prawn tails and run **EXPERT, 18 minutes/speed 2A/100 °C**, adding the broth little by little. After a few minutes, add the cuttlefish or octopus and calamari strips. Depending on the quality of the rice, the cooking time will vary. If necessary, add a little more broth and continue cooking.
- 8 When the rice is cooked, add the shelled mussels and clams, and chopped parsley; stir the contents of the metal bowl using a spatula. Serve the risotto garnished with the reserved shellfish.



BULGUR WHEAT RISOTTO

PREP TIME: 5 min

COOKING TIME: 25 min

SERVES 6

PROGRAMME: 

- | | |
|----------------------|------------------------------|
| 1 shallot, halved | 1 cube chicken stock |
| 1 tbsp olive oil | 100g garden peas, frozen |
| 400g bulgur wheat | 100g broad beans, frozen |
| 100g chorizo, sliced | 200ml crème fraîche |
| 300ml white wine | 45g Parmesan, grated |
| 350ml water | fresh basil or rocket leaves |

- 1 Place the shallot in the metal bowl; run **EXPERT, 15 seconds/speed 13 (without heating)**.
- 2 Scrape the chopped shallot into the centre of the bowl, add the olive oil and run **EXPERT, 3 minutes/speed 1A/120 °C**.
- 3 Add the wheat and chorizo. Restart **EXPERT, 20 minutes/speed 1A/100 °C**. After 1 minute, add the white wine, the water, stock cube, garden peas and broad beans through the cap 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.



PILAU RICE

with girolle mushrooms



PREP TIME: 10 min

COOKING TIME: 20 min

SERVES 4/6

PROGRAMME:



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

- 1 Carefully wash the girolle mushrooms, and if too large, cut in halves; set the mushrooms aside. Rinse the rice several times in cold water until the water is clear.
- 2 Place the shallot, onion and garlic in the metal bowl; run **EXPERT, 20 seconds/speed 13 (without heating)**. Scrape down the wall of the bowl.
- 3 Add the olive oil and run **EXPERT, 3 minutes/speed 3/120 °C**.
- 4 Add the rice and run **EXPERT, 1 minute/speed 2A/110 °C**.
- 5 Add the water, chicken stock cube, courgette, and season to taste. Run **EXPERT, 10 minutes/speed 2A/110 °C**.
- 6 Add the mushrooms and restart **EXPERT, 5 minutes/speed 2A/110°C**. Check, and adjust the cooking time if necessary, as it may vary depending on the brand of rice used. Serve the pilau rice piping hot, sprinkled with finely sliced parsley.



STUFFED AUBERGINES & PEPPERS



PREP TIME: 10 min

COOKING TIME: 55 min

SERVES 6/8

PROGRAMMES:



ATTACHMENT:



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

- 1 Cut the aubergines in half, remove the pulp using a spoon and set aside. Slice the tops off the peppers and deseed. Pour 0.5 L water into the metal bowl, place the hollowed-out aubergines in the steamer basket and run **STEAM, 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 Heat the oven to 200 °C (190 °C fan, gas mark 6). Place the onions and garlic in the metal bowl and run **EXPERT, 15 seconds/speed 13 (without heating)**.
- 4 Scrape down the wall of the bowl. Add 2 tbsp of the oil, and restart **EXPERT, 5 minutes/speed 3/120 °C**.
- 5 Add the aubergine pulp with the egg, and the cooked and cured ham; season with pepper, cumin and chopped herbs. Run **EXPERT, 7 minutes/speed 6/80 °C**. Combine with the cooked bulgur wheat, mix well and spoon the stuffing into the aubergines and peppers.
- 6 Put the stuffed vegetables in an oventproof 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.



PASTA DOUGH



PREP TIME: 5 min

COOKING TIME: 3 min

RESTING TIME: 30 min

SERVES 4

PROGRAMME:

- 4 whole eggs
- 2 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 **PASTRY/CAKE**. Slowly add the whole eggs and egg yolks, one by one, through the cap opening; wait for a few seconds between the addition of each one.
- 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
- 250ml 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 **PASTRY/CAKE**. 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, arrabbiata



PREP TIME: 5 min

COOKING TIME: 10 min

SERVES 4/6

PROGRAMME:

CARBONARA SAUCE:

200g streaky bacon
200ml double cream
150g Parmesan

ARRABBIATA SAUCE:

1 garlic clove, finely chopped
1 jalapeno pepper, halved
and sliced
2 tbsp olive oil
500g tomatoes, peeled
5 sprigs parsley, finely chopped
salt

carbonara sauce

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

arrabbiata sauce

- 1 Put the garlic, jalapeno pepper and oil into the metal bowl; run **EXPERT, 5 minutes/speed 3/100 °C**.
- 2 Add the tomatoes, season with salt and restart **EXPERT, 30 minutes/speed 3/110 °C**.
- 3 Run **SMOOTHIE** to make a sauce.
- 4 If the sauce is too thin, remove the cap and restart **EXPERT, a few minutes, speed 1A/110 °C**.
- 5 Add the parsley at the end.

TIPS

If desired, you could add 50ml of white wine to the carbonara sauce.
Garnish the spaghetti carbonara with one egg yolk per serving.



LASAGNE

bolognese

PREP TIME: 35 min

COOKING TIME: 1 h

SERVES 6/8

PROGRAMMES:  

BOLOGNESE SAUCE:

- 3 onions, halved
- 2 garlic cloves
- 2 carrots (200g)
- 1 stick celery
- 600g minced beef
- 70ml olive oil
- 800g passata or chopped tomatoes
- 100ml red wine
- 2 bay leaves

- 1 tsp of dried thyme
- salt, pepper

LASAGNE:

- 1 tbsp olive oil
- 600ml béchamel sauce (see p. 226)
- 12 sheets lasagne
- 70g gruyère or other hard cheese, grated
- 125g Parmesan, grated

bolognese sauce

- 1 Fit the metal bowl. Add the onions, garlic, carrots, and the celery cut into pieces; run **EXPERT, 20 seconds/speed 13 (without heating)**.
- 2 Scrape down the wall of the bowl if necessary. Add the beef and olive oil; run **EXPERT, 5 minutes/speed 3/120 °C**.
- 3 Add the remaining ingredients and run **SIMMERING**. If necessary, continue cooking until meat is tender and sauce thickened. Set aside.

lasagne

- 1 Heat the oven to 200 °C (190 °C fan, gas mark 5/6). Prepare the béchamel sauce.
- 2 Brush an ovenproof 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.

TIP

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





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BÉCHAMEL

PREP TIME: 5 min

COOKING TIME: 9 min

SERVES 6 (for a family-sized lasagne)

PROGRAMME: 

500ml whole milk at room temperature

50g plain flour

50g butter at room temperature

salt, pepper and nutmeg

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

LIGHT BÉCHAMEL


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

HOLLANDAISE SAUCE

PREP TIME: 5 min

COOKING TIME: 10 min

MAKES 1 BOWL

PROGRAMME: 

3 tbsp water

150g diced butter, softened

3 egg yolks

salt, pepper

juice of ½ lemon

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

CITRUS HOLLANDAISE SAUCE

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


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 using **EXPERT, 1 minute/speed 7 (without heating)**.



SATAY DIPPING SAUCE

PREP TIME: 15 min COOKING TIME: 25 min
 SERVES 6 PROGRAMME:   ATTACHMENTS:  

- | | |
|------------------------------|------------------------|
| 1 small onion | 200ml coconut milk |
| 8 tbsp crunchy peanut butter | 1 tbsp dark soy sauce |
| 2 tsp soft, dark brown sugar | ½ tsp red chili flakes |
- 1 Fit the food processing bowl along with the midi bowl and 2mm slicing disc. Slice the onion using **FOOD PROCESSOR**.
 - 2 Replace the food processing bowl with the metal bowl and add in all the ingredients. Run **EXPERT, 25 minutes/speed 1A/110 °C**, or until the mixture reaches the desired thick consistency.

TIP
 Replace the chili flakes with a finely chopped red chili and add the zest of 1 lime and 1 tbsp lime juice for a slightly more fragrant dipping sauce.

PEANUT BUTTER

PREP TIME: 1 min
 MAKES 1 BOWL PROGRAMME: 

- | | |
|----------------------|----------------|
| 125g roasted peanuts | salt, to taste |
|----------------------|----------------|
- Fit the food processing bowl along with the mini bowl and mini blade. Add the peanuts and salt if desired and blend using **FOOD PROCESSOR, for approx. 1min** or until desired consistency has been reached.

TIP
 If you are making other nut butters it is best to soak the nuts over night before processing.

CURRY SAUCE

PREP TIME: 5 min COOKING TIME: 5 min
 MAKES 1 BOWL PROGRAMME:  ATTACHMENTS: 

- | | |
|-------------------------|------------------------|
| 30g butter (see p. 320) | 150ml water |
| 40g plain flour | ½ cube chicken stock |
| 2 tsp curry powder | 1 ½ tbsp crème fraîche |
| 150ml cold whole milk | salt, pepper |
- Put all the ingredients in the metal bowl and run **EXPERT, 5 minutes/speed 3/80 °C**.



MAYONNAISE

PREP TIME: 5 min

RESTING TIME: 30 min

MAKES 1 BOWL

PROGRAMME: 

ATTACHMENT: 

- | | |
|----------------------|---------------------|
| 1 egg yolk | 250ml sunflower oil |
| 1 tbsp Dijon mustard | 1 tsp salt, 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 **FOOD PROCESSOR**, for **20 seconds**.
- 2 With the machine running, start adding the oil very slowly through the feed tube, and as the mixture thickens, add the remaining oil in a thin, steady stream. It is recommended to 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 **FOOD PROCESSOR**, add the mayonnaise and mix for **10 seconds**; refrigerate.

AIOLI

Peel and halve 3 garlic cloves, removing the green core. Put the garlic in the mini bowl; chop for **30 seconds** using **FOOD PROCESSOR**. 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 **FOOD PROCESSOR**; refrigerate.

TIP

Replace the mustard in the mayonnaise with wasabi.



TOMATO SAUCE

PREP TIME: 10 min

COOKING TIME: 15 min

MAKES 1 BOWL

PROGRAMME: 

- | | |
|-----------------------------|---------------------|
| 1 onion, quartered | 1 tbsp tomato purée |
| 1 clove of garlic, peeled | 1 tin of tomatoes |
| 2 tsp dried oregano | 1 tbsp sugar |
| 1 tbsp Worcestershire sauce | salt, pepper |
| 1 tbsp olive oil | |

- 1 Place the onion and garlic into the metal bowl and run **EXPERT, 1 minute/speed 13 (without heating)**.
- 2 Scrape down the sides of the bowl using the spatula. Run **EXPERT, 4 minutes/speed 2A/110 °C**.
- 3 Scrape down the sides of the bowl using the spatula. Add the remaining ingredients to the metal bowl. Run **EXPERT, 10 minutes/speed 2A/110 °C** with the cap removed.
- 4 At the end of the cooking time, taste and adjust the seasoning. Use as required.

TIP

If you want a smoother sauce, Pulse until desired consistency is achieved.

PESTO

PREP TIME: 10 min

MAKES 1 BOWL

PROGRAMME: 

ATTACHMENT: 

- | | |
|-------------------------------|------------------|
| 15g basil | 50g pine nuts |
| 2 small garlic cloves, halved | 100ml olive oil |
| 50g Parmesan, grated | juice of ½ lemon |

- 1 Fit the food processing bowl and the mini bowl. Wash the basil, remove and dry the leaves.
- 2 Put all the ingredients into the mini bowl; mix using **FOOD PROCESSOR**, for **1 minute** to obtain a smooth paste. With the machine running, add the oil through the feed tube until a smooth paste is formed, add lemon juice to taste.

PESTO ROSSO

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





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APPLE TART



PREP TIME: 15 min

COOKING TIME: 30 min

RESTING TIME: 30 min

SERVES 6/8

PROGRAMMES:  

ATTACHMENTS:  

- | | |
|---|--|
| 250g plain flour | 4 apples, such as Golden delicious or Coxes (600g) |
| 1 egg | |
| 100g unsalted butter, softened (see p. 320) | 1 tbsp vanilla sugar |
| | pinch cinnamon |
| 100g icing sugar (see p. 288) | 1-2 tbsp clear honey |
| pinch salt | |

- 1 Make the pastry: put the flour, egg, butter, sugar and salt in the metal bowl. Run **PAstry/CAKE**. 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 and the 4mm slicing disc. Peel, halve and core the apples. Slice using **FOOD PROCESSOR**. Heat 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 the pastry is browned and the apples are cooked. Dust the apple tart with cinnamon, drizzle with honey. You can serve with whipped cream (see p. 272).

APPLE TART WITH CARAMEL SYRUP

Omit the cinnamon and replace the honey with caramel syrup (see p. 294).



DECONSTRUCTED APPLE-BERRY crumble

PREP TIME: 15 min

COOKING TIME: 20 min

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

- | | |
|---------------------------------|-----------------------------------|
| ½cm fresh root ginger | SWEET CRUMBLE TOPPING: |
| 200g raspberries | 40g flaked almonds |
| 150g blackberries | 100g plain flour |
| 500g apples, such as Pink Lady® | 50g muscovado or brown sugar |
| or Gala, diced | 100g unsalted butter (see p. 320) |

- 1 Prepare the sweet crumble topping. Put 0.5 L water into the metal bowl and add the ginger, peeled and finely sliced. Carefully wash the berries in cold water.
- 2 Fit the steamer basket, add the fruit and run **STEAM**.
- 3 When the fruit is cooked, divide it among small dishes or bowls; scatter the baked crumble on top. Serve the apple-berry crumble warm or cold.

sweet crumble topping

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Put all the ingredients into the metal bowl, adding the butter last. Run **EXPERT, 10 seconds/speed 13 (without heating)**. If necessary, scrape the wall of the bowl down and restart **EXPERT, 10 seconds/speed 13 (without heating)**.
- 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 **EXPERT, 10 minutes/speed 2A/100 °C**. Serve the cooked apples in small dishes; topped with sweet crumble.



APPLE-STRAWBERRY-RHUBARB

compote



PREP TIME: 10 min COOKING TIME: 30 min RESTING TIME: 1 h
SERVES 4/6 PROGRAMME:

200g rhubarb, peeled and cut into 1cm pieces 400g apples, such as Golden delicious or Coxes, peeled and diced
50g caster sugar 50g golden brown sugar
250g strawberries, halved

- 1 Sprinkle the rhubarb with the caster sugar and macerate for 1 hour.
- 2 Put the apples, strawberries, rhubarb and its juice, in the metal bowl with the golden brown sugar; run **PURÉED SOUP**.

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 to taste.

APPLE-BANANA-CINNAMON

compote

PREP TIME: 5 min COOKING TIME: 20 min
SERVES 4/6 PROGRAMME:

1 banana (200g), sliced 25g golden brown sugar
3 apples, such as Royal Gala (500g) 1 tsp ground cinnamon
100ml water

- 1 Cut the apples into 2cm pieces.
- 2 Then put the apples and bananas into the metal bowl with the sugar, cinnamon and water. Run **EXPERT, 20 minutes/speed 2A/100 °C**.



APRICOT JAM

PREP TIME: 10 min

COOKING TIME: 25 min

MAKES 3/4 JARS

PROGRAMME: 

500g stoned, peeled apricots
400g jam sugar

juice of ½ lemon

- 1 Put the apricots into the metal bowl; add the sugar and the lemon juice. Remove the cap from the lid and run **EXPERT, 25 minutes/speed 2A/105 °C**. Put a drop of jam on a chilled plate, if it sets the jam is ready. If not, restart **EXPERT, speed 2A/105 °C** for a few minutes.
- 2 Use sterilised (or previously boiled) jars. Immediately ladle the hot jam into the jars and tightly close the lids. While the jam is still hot, turn the jars upside down on a rack for about 15 minutes. Then, turn the jars into the upright position and set aside to cool.

TIP

Depending on the season, the sugar content of fruit increases causing the jam to foam up during cooking; if so, watch carefully.

APPLE AND PEAR JELLY

PREP TIME: 10 min

COOKING TIME: 25 min

MAKES 3/4 JARS

PROGRAMME: 

1kg apples and/or pears
or 600ml unfiltered apple
and pear juice

600g jam sugar
juice of ½ lemon
1 tbsp vanilla extract

- 1 Wash and cut the apples and/or pears in quarters; extract the juice using a juice extractor. Or, use commercial, unsweetened apple and/or pear juice.
- 2 Pour the juice into the metal bowl; add the sugar, lemon juice and vanilla extract. Remove the cap from the lid and run **EXPERT, 25 minutes/speed 3/105 °C**. Put a drop of jelly on a chilled plate, if it sets the jelly is ready. If not, restart **EXPERT, speed 3/105 °C** for a few minutes.
- 3 Use sterilised (or previously boiled) jars. Immediately ladle the hot jelly into the jars and tightly close the lids. While the jelly is still hot, turn the jars upside down on a rack for about 15 minutes. Then, turn the jars into the upright position and set aside to cool.



PANNA COTTA

with red berry coulis



PREP TIME: 25 min

COOKING TIME: 10 min

RESTING TIME: 2-3 h

SERVES 6-8

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 **EXPERT, 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 **EXPERT, 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 out the panna cotta. Serve with the red berry coulis.

red berry coulis

- 1 Place all the ingredients in the metal bowl.
- 2 Run **SMOOTHIE**. 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.



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; install the 4mm slicing disc. Slice each fruit separately using **FOOD PROCESSOR**; 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 **EXPERT, 5 minutes/speed 2A/130 °C**.
- 2 Add the mint leaves and kiwis (halved) to the bowl, through the cap opening. Close the cap and run **EXPERT, 1 minute/speed 18 (without heating)**.



CHILLED CITRUS CUSTARD

PREP TIME: 15 min

COOKING TIME: 10 min

RESTING TIME: 30 min

SERVES 4/6

PROGRAMME: 

ATTACHMENTS: 

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

- 1 Fit the metal bowl with the whisk. Put the egg yolks, caster sugar and orange juice into the metal bowl.
- 2 Remove the cap and run **EXPERT, 10 minutes/speed 4/68 °C**. If necessary, scrape down the wall of the bowl using a spatula.
- 3 After 7-8 minutes, the custard will start to thicken; add the Cointreau® through the cap opening.
- 4 Remove the segments from the grapefruits and oranges.
- 5 Arrange the citrus fruit segments in sundae glasses or small glass containers and pour the custard on top; refrigerate for at least 30 minutes. Serve well chilled.

CLASSIC SABAYON

Remove the grapefruits and oranges from the recipe.

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 **EXPERT, 9 minutes/speed 7/75 °C**. Pour the sabayon into an ovenproof dish, add a few pieces of fruit and bake in a heated oven at 180 °C for 15 minutes.



PAVLOVA

with cherry compote



PREP TIME: 15 min

COOKING TIME: 1 h 35

SERVES 6

PROGRAMMES:  

ATTACHMENTS: 

FRENCH MERINGUES:

6 egg whites, at room temperature
pinch salt
250g icing sugar (see p. 288)

CHERRY COMPOTE:

225g stoned cherries (fresh, in syrup or frozen)
4 tbsp caster sugar
200ml whipped cream (see p. 272)
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 Heat 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 **BEATEN EGG WHITES** without the cap. After 4 minutes, gradually add the icing sugar through the cap opening.
- 3 Line a baking tray with baking paper. Spoon the meringue, creating a slight well in the center onto the paper in mounds approx. 5cm diameter x 2cm high.
- 4 Using the back of the spoon gently indent the top of each meringue and bake for 1 hour 30-2 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 **EXPERT, 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).



LEMON MERINGUE PIE

PREP TIME: 25 min

COOKING TIME: 1 h 05

SERVES 8

PROGRAMMES:  

ATTACHMENT: 

PASTRY:

250g plain flour

125g icing sugar (see p. 288)

100g unsalted butter, softened
(see p. 320)

1 egg

LEMON CREAM:

3 eggs

the juice of 4 lemons

zest of 2 lemons

150g sugar

1 tbsp cornflour

SWISS MERINGUE:

4 egg whites

160g icing sugar (see p. 288)

pinch salt

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place all the pastry ingredients in the metal bowl and run **PASTRY/CAKE**. 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 20 minutes.
- 3 Prepare the lemon cream: put the eggs in the metal bowl and run **EXPERT, 1 minute/speed 13 (without heating)**.
- 4 Add the lemon juice, zest, sugar and cornflour then restart **EXPERT, 1 minute/speed 13 (without heating)**.
- 5 Pour the cream 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 pie aside until cold.

Swiss meringue

Fit the whisk. Put all the ingredients into the metal bowl, it should be perfectly clean and dry, with no traces of fat or water. Remove the cap and run **EXPERT, 10 minutes/speed 5/50 °C**.



MANGO AND GINGER ICE CREAM



PREP TIME: 5 min

SERVES 4/6

PROGRAMME:

- | | |
|---------------------------------------|--------------------------|
| 400g frozen mango, cut into 1cm cubes | 1 tsp grated root ginger |
| 125g plain yoghurt | 75g caster sugar |
| | 50ml coconut milk |

- 1 Chill the metal bowl and put all the ingredients into it. Run **FROZEN DESSERT**. 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 | 1 egg white |
| 75g caster sugar | 1 tbsp lemon juice |

- 1 Chill the metal bowl and put all the ingredients into it. Run **FROZEN DESSERT**. 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 metal bowl, place a few ice cubes in it and run **CRUSH**; empty and dry thoroughly.

For a lighter sorbet, after running **FROZEN DESSERT**, fit the whisk and run **EXPERT, 30 seconds/speed 6 (without heating)**.



LAMINGTONS

PREP TIME: 10 min

COOKING TIME: 30 min

MAKES 15 LAMINGTONS

PROGRAMMES:  

ATTACHMENT: 

125g unsalted butter, softened
125g caster sugar
½ tsp vanilla essence
3 eggs
225g self-raising flour, sifted
1 tsp baking powder,
to add to the flour
120ml whole milk
350g desiccated coconut
CHOCOLATE ICING:
750g icing sugar (see p. 288)
50g unsweetened cocoa powder
180ml whole milk
20g unsalted butter, softened

- 1 Heat oven to 180 °C (170 °C fan, gas mark 4). Butter a 3cm x 20cm x 30cm baking tray. Line the base with baking paper.
- 2 Place the butter, sugar and vanilla in the metal bowl. Run **PASTRY/CAKE**. The mixture should be pale and creamy.
- 3 Fit the whisk in the metal bowl. Remove the cap. Run **EXPERT, 3 minutes/speed 7 (without heating)**. With the machine running, add the eggs one by one, every 30 seconds. 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; run **EXPERT, 2 minutes/speed 7 (without heating)**. 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 **EXPERT, 2 minutes/speed 8/80 °C**.
- 3 Scrape down the wall of the bowl if required and continue processing until smooth. Empty into a deep bowl.

TIPS

If the icing becomes too thick during use, microwave for 10 seconds and stir.
You can make your own butter using double cream, see p. 320



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 unsalted butter
(see p. 320)

icing sugar for dusting
(see p. 288)

Heat 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. Run **PASTRY/CAKE**. 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. Cool on a rack; 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 Heat 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 **BEATEN EGG WHITES**.
- 2 When small peaks start to form, add the sugar through the cap opening and restart **BEATEN EGG WHITES**, 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 on a rack until cold. Dip the bases in melted chocolate, place on baking paper and refrigerate for 1 hour until firm.



MINI ALMOND SPONGES

PREP TIME: 15 min

COOKING TIME: 20 min

MAKES APPROX. 12

PROGRAMMES:  

- | | |
|-------------------------------|------------------------------|
| 200g unsalted butter, diced | ½ tsp almond extract |
| 60g plain flour | 5 egg whites |
| 150g ground almonds | 30g almonds, roughly chopped |
| 170g icing sugar (see p. 288) | + 10g for the decoration |
| pinch salt | |
| pinch baking powder | |

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

MINI PISTACHIO SPONGES

Follow the recipe with the addition of chopped pistachios instead of almonds and ½ tsp of pistachio butter.

TIPS

You can make your own butter using double cream, see p. 320.
If you make the Mini pistachio sponges chop up some pistachios to add to it.
Alternatively use 1 tsp pistachio flavouring and a few drops of food colouring instead.



BLUEBERRY CUPCAKES

PREP TIME: 35 min

COOKING TIME: 25 min

RESTING TIME: 1 h

MAKES 10 CUPCAKES

PROGRAMMES:  

ATTACHMENT: 

BLUEBERRY MUFFINS:

150g caster sugar
2 eggs
2 tsp baking powder
280g plain flour
80g butter, melted (see p. 320)
120ml whole milk
200g fresh or frozen blueberries,
thoroughly dried
pinch salt

BUTTERCREAM ICING:

300g full fat cream cheese, such as
Philadelphia®
50g unsalted butter, softened or
at room temperature
(see p. 320)
1 tbsp lemon juice
zest 1 lemon
100g icing sugar (see p. 288)

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Prepare the buttercream icing.
- 2 Put all the ingredients (except the blueberries) in the metal bowl and run **PASTRY/CAKE**. If necessary, scrape down the wall of the bowl.
- 3 Add the blueberries (setting a few aside for decoration) and stir once with a spatula. Place 10 cupcake cases in a cupcake tin and pour the batter into them. Bake for 25 minutes.
- 4 When the muffins and the buttercream icing are cold, pipe a swirl of buttercream icing on the top of each one. Decorate with fresh blueberries, coloured pearls or edible glitter.

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** using **FOOD PROCESSOR**, until smooth.
- 2 Place the buttercream into a piping bag fitted with a star nozzle and refrigerate for at least one hour before decorating. If you do not have a piping bag, chill the buttercream, and then spread onto the muffins with a palette/butter knife.

CHOCOLATE CHIP MUFFINS

Reduce quantity of flour to 200g and sugar to 100g. Replace blueberries with 120g chocolate chips. Bake for 20 minutes (180 °C).



LEMON CURD YOGHURT CAKE

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

150g sugar
3 eggs
100g unsalted butter, diced
(see p. 320)
pinch salt

ICING:

1 egg white
1 tbsp lemon juice
170g icing sugar (see p. 288)
1 tbsp poppy seeds

LEMON CURD:

juice of 3 lemons
zest of 1 lemon

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place all the cake ingredients in the metal bowl and run **PASTRY/CAKE**. 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 one layer with the lemon curd and cover with the other layer. Put all the icing ingredients, except the poppy seeds, into the metal bowl. Run **EXPERT, 1 minute 30/speed 3 (without heating)**. Pour over the cake and sprinkle with poppy seeds.

lemon curd

Put all the ingredients, except the butter, into the metal bowl. Run **EXPERT, 10 minutes/speed 3/95 °C**. After 1 minute, add the butter little by little, through the cap 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

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



BANANA BREAD

PREP TIME: 15 min

COOKING TIME: 1 h

SERVES 8/10

PROGRAMME: 

- | | |
|-------------------------|-------------------------------|
| 2 eggs | 1 tsp baking powder |
| 100g unsalted butter | 2 tbsp whole milk |
| 175g caster sugar | 2 ripe bananas, mashed (250g) |
| 225g self-raising flour | 50g ground pecans (optional) |

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place all the ingredients except the bananas and pecans in the metal bowl.
- 3 Run **PASTRY/CAKE**. Scrape down the wall of the bowl, if necessary.
- 4 Add the bananas and pecans at the end and restart **PASTRY/CAKE, 10 seconds**.
- 5 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.
- 6 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

Place all the ingredients except the bananas and pecans in the metal bowl, and run **PASTRY/CAKE**.

PEAR CAKE

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

TIP

You can make your own butter using double cream, see p. 320.






FROSTED CARROT CAKE

PREP TIME: 20 min

COOKING TIME: 1h

SERVES 8-10

PROGRAMMES:  

ATTACHMENTS:   

CARROT CAKE:

110g walnuts (optional)
250g (2 large) carrots, 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 (see p. 320)
350g icing sugar (see p. 288)
pinch salt
½ tsp vanilla extract

carrot cake

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Lightly butter a 23cm cake tin.
- 2 Install the transparent bowl and metal blade. Add half the walnuts and chop using **FOOD PROCESSOR, 20 seconds**. Set aside.
- 3 Remove the metal blade and install the midi bowl with the 4mm grating disc. Grate the carrots into the midi bowl using **FOOD PROCESSOR**. Set aside.
- 4 Remove the midi bowl and fit the metal bowl. Add the flour, sugar, baking powder, oil, cinnamon, eggs, chopped walnuts and grated carrots.
- 5 Select **PASTRY/CAKE**. 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 the frosting ingredients in it.
- 2 Run **FOOD PROCESSOR, 10-12 seconds** or until blended.
- 3 Refrigerate until required.

FROSTED POTATO CAKE

Try replacing the carrots with 250g potatoes washed (unpeeled) and grated; plus an additional 25g soft brown sugar.



CHEESECAKE

with apricot coulis



PREP TIME: 20 min

COOKING TIME: 1 h 05

RESTING TIME: 2 h

SERVES 6

PROGRAMME: 

200g digestive biscuits
120g unsalted butter, melted
20g plain flour
150g sugar
600g full fat cream cheese
e.g. Philadelphia®

3 egg yolks
200ml single cream
APRICOT COULIS:
300g fresh or frozen apricots
80g caster sugar

- 1 Put the biscuits into the metal bowl and run **EXPERT, 40 seconds/speed 13 (without heating)**. Scrape down the wall of the bowl and restart for **30 seconds**. Add the melted butter through the cap opening while the machine is running.
- 2 Put the biscuit base into the bottom of a 23cm spring-form tin; press it down using the bottom of a glass. Refrigerate for 1 hour.
- 3 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 4 Put the flour, sugar and cream cheese in the metal bowl and run **EXPERT, 4 minutes/speed 13 (without heating)**. With the machine is running, add the eggs one by one through the cap opening, followed by the single cream.
- 5 Spread the cream cheese mixture on the cold biscuit base. Bake in the heated 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.
- 6 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.

apricot coulis

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

QUICK BISCUIT BASE

Follow steps 1 and 2 of the recipe.

TIPS

Replace the apricots with red berries.
You can make your own butter using double cream, see p. 320.



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 unsalted butter
- ½ tsp baking powder (optional)
- 4 medium eggs
- icing sugar for dusting (see p. 288)

WHIPPED CREAM:

- 500ml double cream
- 60g icing sugar (see p. 288)
- 1 jar of strawberry or raspberry jam

- 1 Heat 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. Run **PASTRY/CAKE, 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 a 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 **CRUSHED ICE**, 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 **EXPERT, 2 minutes 30 seconds/speed 7 (without heating)**. 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 it starts to thicken and hold its shape.

TIPS

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

You can make your own butter using double cream, see p. 320



NUTELLA® BIRTHDAY CAKE

PREP TIME: 15 min

COOKING TIME: 45 min

RESTING TIME: 3 h 30

SERVES 15

PROGRAMMES:  

ATTACHMENTS:  

SPONGE CAKE:

- 5 eggs
- 160g caster sugar
- 160g plain flour, sifted
- 7g baking powder, sifted
- 25g unsalted butter for greasing (see p. 320)

NUTELLA® ICING:

- 150g full fat cream cheese such as Philadelphia®
- 30g unsalted butter, at room temperature (see p. 320)
- 35g icing sugar (see p. 288)
- 3 tbsp NUTELLA®

GARNISH:

- 300g NUTELLA®

- 1 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 Heat the oven to 180 °C (170 °C fan, gas mark 4). Fit the metal bowl with the whisk, add the eggs and sugar. Mix using **EXPERT, 5 minutes/speed 5/40 °C**.
- 2 Add the flour and baking powder; restart **EXPERT, 30 seconds/speed 3 (without heating)**.
- 3 Butter and flour an 18-20cm cake tin and pour the cake batter into it.
- 4 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 with the mini bowl and blade. Add the Philadelphia® and butter; run **FOOD PROCESSOR** until the mixture is smooth and creamy. Add the icing sugar and NUTELLA® through the feed tube; Pulse constantly until very smooth. Before using, refrigerate the icing for 30 minutes.



BROWNIE

PREP TIME: 10 min

COOKING TIME: 30 min

SERVES 6/8

PROGRAMME: 

200g dark chocolate, chopped
125g unsalted butter, diced (see
p. 320)
150g sugar
3 eggs
70g plain flour

½ tsp baking powder
pinch salt

GARNISH:
150g pecans

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4).
- 2 Place the chocolate and butter in the metal bowl. Run **EXPERT, 5 minutes/speed 3/60 °C**. If necessary, scrape down the wall of the bowl.
- 3 Add 100g of the pecans, the sugar, eggs, flour, baking powder and salt. Restart **EXPERT, 1 minute/speed 8 (without heating)**. At the end of the programme, pour the batter into a square brownie tin (24 x 24cm) buttered and lined with baking paper.
- 4 Scatter the remaining pecans over the surface and bake for 25 minutes. Lightly cool the brownie, before turning it out.

GLUTEN-FREE BROWNIE

Replace the plain flour with 100g rice flour, remove the baking powder and increase the butter quantity to 150g. To vary, you can use almonds or other nuts instead of pecans.



MOLTEN CARAMEL CHOCOLATE cakes

PREP TIME: 15 min

COOKING TIME: 15 min

MAKES 6 CAKES

PROGRAMMES:  

100g dark chocolate, roughly chopped

100g butter (see p. 320)
2 whole eggs + 2 yolks

50g plain flour

100g icing sugar (see p. 288)
+ 40g for the decoration

150g salted caramel (purchased), cool

- 1 Heat the oven to 210 °C (200 °C fan, gas mark 6/7). Put the chocolate in the metal bowl and add the butter; melt using **EXPERT, 4 minutes/speed 3/60 °C**.
- 2 Add the whole eggs, yolks, flour and icing sugar to the metal bowl and run **PASTRY/CAKE**. If necessary, scrape down the wall of the bowl and restart **PASTRY/CAKE, 15 seconds**.
- 3 Brush 6 small ramekins (6-8cm diameter) with butter (or use a sheet of silicone moulds); pour chocolate batter into each ramekin to come to the halfway mark. Then, place a teaspoon of salted caramel in the middle. Cover and fill the ramekins with the remaining batter.
- 4 Bake immediately for 12 minutes. Turn out onto serving plates and dust with icing sugar.

TIP

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



CHOCOLATE MOUSSE

PREP TIME: 10 min

COOKING TIME: 5 min

RESTING TIME: 2 h

SERVES 6

PROGRAMMES:  

ATTACHMENT: 

5 eggs, separated
200g dark chocolate,
roughly chopped

100g double cream
pinch salt

- 1 Prepare the egg whites: fit the whisk and put the whites into a very clean and dry metal bowl with a pinch of salt, remove the cap from the lid and run **BEATEN EGG WHITES** until the egg whites hold their shape and form 'stiff peaks'. Set the egg whites aside.
- 2 Put the chocolate and cream into the metal bowl; run **EXPERT, 5 minutes/speed 3/60 °C**.
- 3 Scrape the wall of the bowl down and restart **EXPERT, 1 minute/speed 3/60 °C**.
- 4 Add the egg yolks through the cap opening. Run **EXPERT, 20 seconds/speed 10 (without heating)**. Transfer the chocolate mixture to a bowl and set aside.
- 5 Using a spatula gently fold the whisked egg whites into the chocolate mixture.
- 6 Set the chocolate mousse aside for at least 2 hours before serving.

WHITE CHOCOLATE MOUSSE

Use 200g white chocolate instead of dark chocolate.



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
+ 30g (see p. 320)
160g dark chocolate, roughly
chopped
150g icing sugar (see p. 288)
60g cornflour
10 raspberries, washed

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

- 1 Heat 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 **BEATEN EGG WHITES**. Set the egg whites aside and rinse the bowl.
- 2 Put the butter and chocolate in the metal bowl. Run **EXPERT, 5 minutes/speed 3/60 °C**.
- 3 Add the icing sugar and egg yolks; restart **EXPERT, 2 minutes/speed 9/60 °C**.
- 4 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.
- 5 Remove the cake from the oven and place on a rack until cold.
- 6 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 **EXPERT, 3 minutes/speed 3/90 °C**.

TIP

You can use plain chocolate (70% solids).



CHOCOLATE, CARAMEL and nut tart



PREP TIME: 20 min

COOKING TIME: 25 min

RESTING TIME: 3 h 30

SERVES 8

PROGRAMME:

1 sweet shortcrust pastry (see p. 322)	30g icing sugar (see p. 288)
200g salted caramel	CHOCOLATE GANACHE:
100g mixed shelled nuts (hazelnuts, almonds, pistachios, etc.)	250g dark chocolate, roughly chopped
20g raisins	100ml single cream
	50g butter (see p. 320)

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Butter a 25cm tart tin and line it with the dough.
- 2 Blind bake the tart shell for 25 minutes (it must be well cooked). While the tart shell is baking, make the chocolate ganache and set it aside.
- 3 Remove the tart shell from the oven and cool.
- 4 Spread the caramel in the tart shell, and sprinkle with the nuts and raisins. Refrigerate for 30 minutes 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 butter into the metal bowl; run **EXPERT, 5 minutes/speed 3/60 °C**. Scrape down the wall of the bowl. Restart **EXPERT, 30 seconds/speed 3/100 °C** to smooth the ganache.

TIP

Make the salted butter caramel: heat 100g sugar in a saucepan and cook, without stirring, until it caramelizes. In a separate saucepan, bring 100ml single cream to the boil. When the caramel is golden, remove from the heat and carefully add the cream; stir well to combine. Add 30g diced salted butter and stir until completely melted.



TIRAMISU

PREP TIME: 25 min

RESTING TIME: 12 h

SERVES 8/10

PROGRAMMES:  

ATTACHMENT: 

- | | |
|---------------------------------|---------------------------------------|
| 5 eggs, separated | 3 tbsp Marsala or amaretto (optional) |
| 60g sugar | 4 tbsp cocoa powder, for dusting |
| 500g mascarpone | pinch salt |
| 300g sponge fingers | |
| 200ml filter coffee or espresso | |

- 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 **BEATEN EGG WHITES** until the egg whites start to hold their shape and form 'stiff peaks'. Remove the whisk and set the egg whites aside.
- 2 Place the yolks in the metal bowl, add the sugar. Run **EXPERT, 2 minutes/speed 13 (without heating)** until the mixture is pale yellow and frothy.
- 3 Add the mascarpone and restart **EXPERT, 2 minutes/speed 12 (without heating)**. Using a spatula, gently fold the egg whites into the mascarpone cream, cover and set aside.
- 4 Combine the coffee and Marsala. Brush the sponge fingers with the mixture; they should be well saturated but not soggy.
- 5 Line an ovenproof dish with half the sponge fingers. Cover with half the mascarpone cream mixture, and the remaining sponge fingers. Spread the rest of the cream mixture on top; refrigerate overnight.
- 6 Just before serving, dust the tiramisu with the cocoa powder using a fine sieve.

BISCOFF TIRAMISU

Replace the sponge fingers with Lotus® Biscoff biscuits. Reserve a quarter of the biscuits for later use. Lightly brush the remaining biscuits with cold coffee (and alcohol if desired). Make a layer of soaked biscuits in the ovenproof dish, cover with a layer of the cream. Alternate the layers, finishing with a layer of cream. Install the food processing bowl, insert the mini bowl and put the reserved biscuits into it; select **FOOD PROCESSOR** and use Pulse to create a powder. Replace the cocoa with the powdered Biscoff biscuits to dust the tiramisu.

TIP

Replace the Marsala or Amaretto with 2 tbsp Baileys® Irish Cream liqueur.



MILLEFEUILLE



PREP TIME: 20 min

COOKING TIME: 15 min

SERVES 6

PROGRAMME:

500g flaky pastry	1 vanilla bean
1 whole egg	500ml whole milk, room temperature
3 yolks	
75g sugar	100g caster sugar
50g cornflour	

- 1 Heat the oven to 200 °C (190 °C fan, gas mark 5/6). Roll out flaky pastry very thinly and cut into 3 rectangles.
- 2 Place rectangles on baking tray with an oven rack above to stop them puffing up and bake for about 10 minutes. Turn rectangles over carefully, reposition the oven rack and bake on the other side for about 5 minutes until pastry is golden and dry.
- 3 Meanwhile make crème pâtissière.
- 4 When pastry is cooked and cooled, spread crème pâtissière over first layer, then repeat with second layer and place one on top of the other. Add a layer of pastry on the top and sprinkle with icing sugar.

vanilla crème pâtissière

- 1 Place eggs, sugar, cornflour and scraped-inside of vanilla bean in bowl. Run **EXPERT, 1 minute/speed 3 (without heating)**.
- 2 Add milk and run **EXPERT, 10 minutes/speed 4/90°C**.
- 3 Run **EXPERT, 5 minutes/speed 4/95°C** again. The vanilla cream must be thick. Leave to cool.

icing sugar

Place castor sugar in bowl and run **EXPERT, 30 seconds/speed 18 (without heating)**.

TIP

Add halved or quartered fresh strawberries or raspberries between each layer of pastry.



PROFITEROLES

PREP TIME: 20 min

COOKING TIME: 45 min

SERVES 16-20 PROFITEROLES PROGRAMME: 

SWEET CHOUX PASTRY:

80g unsalted butter, cubed
200ml water
180g flour
10g sugar
pinch salt
3 medium-sized eggs
A few ground hazelnuts

CHOCOLATE SAUCE:

250g dark cooking chocolate
150ml milk
20g unsalted butter

Vanilla ice-cream

sweet choux pastry

- 1 Heat the oven to 180 °C (170 °C fan, gas mark 4). Put butter and water in the metal bowl and run **EXPERT, 2 minutes/speed 3/90°C**.
- 2 At end of programme, open lid and add flour, sugar and salt. Close lid, remove the cap and run **EXPERT, 3 minutes/speed 4/100°C**. Mixture should form a ball.
- 3 Run **EXPERT, 1 minute/speed 10 (without heating)** and add eggs one at a time through cap opening whilst is running. If necessary, scrape down the metal bowl.
- 4 Place mixture into piping bag and line a baking tray with greaseproof paper. Pipe the choux pastry onto the tray, in 3cm balls, spacing them 3cm apart.
- 5 Bake for about 30 minutes until dry and golden. Do not open oven during cooking. Leave to cool.

chocolate sauce

- 1 Place all the ingredients in metal bowl. Run **EXPERT, 8 minutes/speed 3/60°C**.
- 2 Cut profiteroles in two and place a scoop of ice-cream in each one half. Top with chocolate sauce and ground hazelnuts and serve immediately.

TIPS

When cooking profiteroles: choose traditional rather than convection heat.
When profiteroles are cooked, open oven slightly and let cool slowly in oven to prevent them from collapsing.



CRÈME BRÛLÉE

PREP TIME: 10 min

COOKING TIME: 10 min

RESTING TIME: 2-4 h

SERVES 4/6

PROGRAMME: 

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 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 **EXPERT, 8 minutes/speed 5/95 °C**.
- 4 Then, run **EXPERT, 2 minutes/speed 10 (without heating)**.
- 5 Pour the cream into ramekins. Cool at room temperature. Refrigerate for 2-4 hours.
- 6 Just before serving sprinkle the top of the vanilla cream with Demerara sugar; caramelize using a blowtorch, or under a preheated grill.

VANILLA CREAM

Follow the recipe until step 5.

CHOCOLATE crème brûlée

Put 285ml single cream, 90ml whole milk, 3 egg yolks and 60g sugar in the metal bowl. Run **EXPERT, 8 minutes/speed 5/95 °C**. Add 150g chopped chocolate and restart for **2 minutes/speed 5 (without heating)**. Cool and refrigerate; caramelize with sugar just before serving.



CRÈME CARAMEL



PREP TIME: 5 min

COOKING TIME: 50 min

SERVES 6

PROGRAMME: 

3 eggs	250g sugar
80g sugar	65ml water
4 tbsp vanilla sugar	1 tsp white vinegar
500ml whole milk	

- 1 Heat 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 **EXPERT, 5 minutes/speed 4/80 °C**.
- 3 Put the sugar, water and white vinegar into a saucepan over medium heat and cook, without stirring, to a golden caramel.
- 4 Put the hot caramel into ramekins, allow to cool slightly, then 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.

COCONUT CRÈME CARAMEL

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



FLOATING ISLANDS





PREP TIME: 25 min

COOKING TIME: 20 min

SERVES 6

PROGRAMMES:  

ATTACHMENT:  

6 egg whites
60g sugar
100ml caramel

CUSTARD:
500ml whole milk at room
temperature
60g 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 run **BEATEN EGG WHITES**. When small peaks start to form, add the sugar through the opening.
- 2 Remove the egg whites from the bowl, shape into quenelles and place in the steamer basket, lined with baking paper. Put the custard ingredients into the metal bowl. Insert the steamer basket and cook the egg white quenelles at the same time as the custard.
- 3 Pour the custard into sundae glasses, place the egg whites on top, drizzle with caramel, and serve.

custard

Put the milk, sugar, 6 egg yolks and split vanilla pod in the metal bowl. Run **EXPERT, 10 minutes/speed 4/82 °C**.

TIP

For firmer egg whites, poach the quenelles in a pan of simmering water, 30 seconds on both sides.



CHOCOLATE AND CARAMEL chip cookies



PREP TIME: 10 min

COOKING TIME: 15 min

MAKES APPROX. 15

PROGRAMME:

- | | |
|--------------------------------|---|
| 150g unsalted butter, softened | 300g plain flour |
| ½ tsp vanilla extract | 50g dark chocolate chips |
| 100g caster sugar | 50g caramel pieces (or diced soft caramels) |
| 50g light brown sugar | |
| 1 large egg | |

- 1 Heat 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 **EXPERT, 2 minutes/speed 11 (without heating)**. After 1 minute, add the egg through the cap opening.
- 3 Add the flour and restart **EXPERT, 1 minute/speed 11 (without heating)**.
- 4 Restart **EXPERT, 30 seconds/speed 7 (without heating)**, adding the chocolate chips and caramel pieces through the opening.
- 5 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 50g white chocolate chips (or white chocolate broken into pieces) and the caramel with 50g roughly chopped walnut halves.



FLAPJACKS



PREP TIME: 15 min

COOKING TIME: 30 min

SERVES 10

PROGRAMME:

250g salted butter, chilled
250g Lyle's® Golden Syrup,
or similar

500g rolled porridge oats
(not the jumbo variety)

- 1 Heat the oven to 190 °C (180 °C fan, gas mark 5). Cut the chilled butter into approx. 2cm cubes and place it into the metal bowl. Add the golden syrup.
- 2 Run **EXPERT, 4 minutes/speed 3/60 °C**, until the butter melts and has blended with the golden syrup.
- 3 Add the oats. Restart **EXPERT, 2 minutes/speed 3 (without heating)**. If necessary, stop and scrape the wall of the bowl down; restart **EXPERT**.
- 4 Pour the mixture into the baking pan. Bake for 25-30 minutes or until soft to the touch and golden brown, this can vary depending on your oven.
- 5 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.

TIPS

Time cooking can change depending on your oven.
You can make your own butter using double cream, see p. 320.



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 whole milk
1 tbsp rum (optional)
pinch salt

2 eggs
75g unsalted butter, melted + 1 knob
pinch salt
400ml whole 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 **EXPERT, 1 minute/speed 13 (without heating)**. 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 **EXPERT, 1 minute/speed 13 (without heating)**. 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 **EXPERT, 1 minute/speed 15 (without heating)**. If necessary, scrape down the wall of the bowl.
- 2 Add the chocolate, condensed milk and salt. Run **EXPERT, 5 minutes/speed 3/60 °C**.
- 3 Scrape down the wall of the bowl with a spatula. Restart **EXPERT, 2 minutes/speed 3/60 °C**.
- 4 Store the spread in jars at room temperature for up to 2 weeks.



RICE PUDDING, raspberry compote

PREP TIME: 15 min

COOKING TIME: 35 min

SERVES 6/8

PROGRAMME: 

120g round-grain pudding rice
650ml whole milk
1 thick vanilla pod – seeds only
grated zest ¼ 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 **EXPERT, 30 minutes/speed 2A/100 °C**.
- 2 When cooked, to make the rice very creamy, run **EXPERT, 30 seconds/speed 3 (without heating)**.
- 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 **EXPERT, 7 minutes/speed 1A/110 °C**; refrigerate.

RICE PUDDING, SALTED 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.



YOGHURTS

PREP TIME: 15 min

COOKING TIME: 4 h

RESTING TIME: 4 h

MAKES 8 YOGHURTS

PROGRAMME: 

ATTACHMENT : 

1 yoghurt
60g skimmed milk powder

1L whole milk, at room temperature

- 1 Place all the ingredients in the metal bowl and run **EXPERT, 20 seconds/speed 7 (without heating)**.
- 2 Pour the mixture into 8 yoghurt pots and set aside.
- 3 Rinse out the metal bowl and pour in 0.5l water. Fit the steamer basket and place the yoghurt pots inside, fit the lid and run **EXPERT, 4 hours/speed 0/55°C**.
- 4 Once the programme has finished, leave the yoghurt pots in the Cook Expert with the lid on, for an additional 4 hours. After which remove the yoghurt pots and place in the fridge for a few hours to set.

VANILLA YOGHURT

Add 60 g of sugar and 25 g of liquid vanilla in step 1.

PLAIN YOGHURT WITH CHOCOLATE CHIPS

Before pouring the mixture into the yoghurt pots in step 2, evenly distribute 50 g of chocolate chips between the 8 pots then pour the mixture on top.

PLAIN YOGHURT WITH GRANOLA

Before pouring the mixture into the yoghurt pots in step 2, evenly distribute 50 g of granola between the 8 pots then pour the mixture on top.





BREAD AND PASTRY

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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. Run **BREAD/BRIOCHE**. 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 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 Heat 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.



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. Run **BREAD/BRIOCHE**. 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 Heat the oven to 220 °C (gas mark 7/8) just before the dough finishes rising; fill a drip pan with water and place it in the bottom 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.



CHORIZO-OLIVE

bread rolls

PREP TIME: 10 min

COOKING TIME: 20 min

RESTING TIME: 1 h 30

MAKES 6

PROGRAMMES:  

½ sachet easy blend yeast (4g) 80g chorizo, diced
180ml water 40g stoned black olives
250g bread flour ½ tsp dried mixed herbs
4g salt

- 1 Put the yeast, the water, the flour and the salt into the metal bowl. Run **BREAD/BRIOCHE**. If the ingredients are not well combined, restart the programme by pressing Auto.
- 2 At the end of the programme, add the chorizo, olives and herbs; run **EXPERT, 20 seconds/speed 6 (without heating)**.
- 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 a 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. Heat the oven to 240 °C (230 °C fan, gas mark 8/9); pour a little water into the drip pan and place in 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 HAM BREAD ROLLS

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

TIP

The result may vary depending on the flour used.



OLIVE FOCACCIA

PREP TIME: 15 min

COOKING TIME: 15 min

RESTING TIME: 1 h 30

MAKES 1

PROGRAMME: 

1 sachet easy blend yeast (7g)	100g stoned black olives
150ml cold water	fresh thyme leaves
250g bread flour	2 tsp olive oil
50ml olive oil	
20g sea salt	

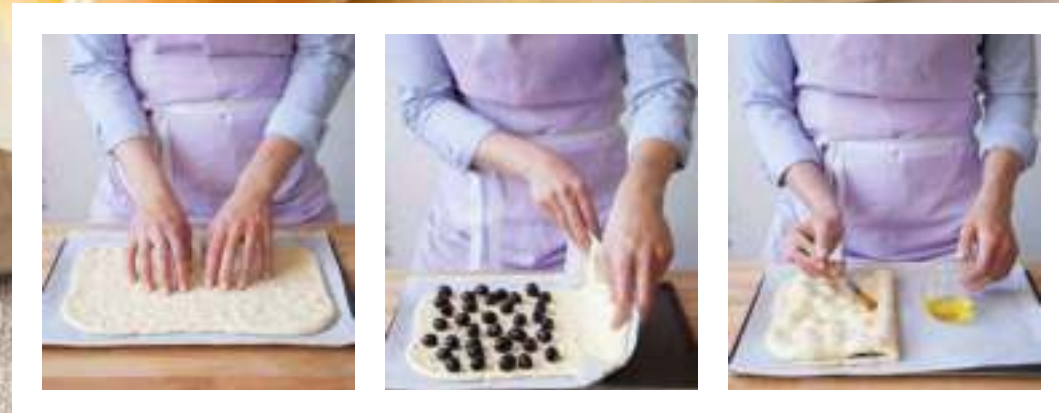
- 1 Put the yeast, the water, the flour, 5g salt and the olive oil in the metal bowl. Run **BREAD/BRIOCHE**. If the ingredients are not well combined, restart the programme by pressing Auto.
- 2 Place the dough in an oiled bowl, cover with oiled clingfilm and set aside to rise for 1 hour. Gently fold the dough twice in the bowl, cover with a damp cloth and set aside in a warm place to rise for 30 minutes or until it has doubled in size.
- 3 While the dough is rising for the second time, heat the oven to 240 °C (230 °C fan, gas mark 8/9). Line a baking tray and gently place the focaccia dough on top, being careful not to knock out the air bubbles.
- 4 Spread the dough roughly with the palms of the hands, flattening with the fingertips until it is about 1 cm 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.

ANCHOVY FOCACCIA

Spread the focaccia dough with 150g anchovy pâté (see p. 26); 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 whole milk | 250g bread flour |
| 20g unsalted butter, diced (see p. 320) | 4g salt |
| | 1 egg, beaten |

- 1 Put all of the ingredients except the egg into the metal bowl. Start **BREAD/BRIOCHE**. If the ingredients are not well combined, scrape down the wall of the bowl with a spatula and restart the programme by pressing Auto.
- 2 Place the dough (it should be sticky) in a floured bowl. Cover with a damp cloth and set aside to rise for 30 minutes.
- 3 Heat 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.
- 4 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.
- 5 Cool slightly before turning out; serve warm.



SCONES



PREP TIME: 20 min

COOKING TIME: 10-15 min

SERVES 4

PROGRAMME:  ATTACHMENT: 

350g self-raising flour	85g butter, cubed
1 tsp baking powder	175ml whole milk
3 tbsp sugar	1 tsp lemon juice
1 tsp vanilla extract	1 beaten egg to glaze
50g sultanas	BUTTER:
¼ tsp salt	300ml double cream

- 1 Heat the oven to 220 °C (210 °C fan, gas mark 7/8).
- 2 Pour the milk into the metal bowl and run **EXPERT, 1 minute/speed 0/70 °C**. Pour into a measuring jug and set aside.
- 3 Clean the metal bowl and add self-raising flour, salt, baking powder and butter. Run **CAKES/PASTRY, 1 minute** until the mixture resembles fine breadcrumbs and stir in the sugar.
- 4 Add lemon juice and vanilla extract into the reserved milk (*don't worry as it starts to look curdled*). Remove the cap and run **CAKES/PASTRY, 20 seconds** adding the milk mixture through the opening. You should end up with a soft but not sticky dough.
- 5 Turn the dough onto a lightly floured board and carefully knead in the sultanas. Using your hands, gently press out the dough until it is 1 inch thick. Using a plain circle cutter, dusted lightly in flour, punch circles out of the dough and place onto a tray lined with greaseproof paper.
- 6 Carefully glaze the tops with beaten egg and place in the oven for 10-12 minutes depending on the size of your scones.
- 7 Serve with jam and clotted cream.

butter


- 1 Fit the whisk to the metal bowl, pour in the double cream and remove the cap. Run **EXPERT 5 minutes/speed 8 (without heating)**. Check consistency, and press Stop once separated. Run for longer if necessary.
- 2 Drain of the buttermilk and remove the butter from the metal bowl.
- 3 Using butter paddles or spatulas, pat the butter to remove the whey and wipe any excess with a kitchen roll.



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 **PASTRY/CAKE**.
- 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.

SWEET 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 **PASTRY/CAKE**.
- 2 Shape the dough into a ball, wrap in clingfilm and refrigerate for at least 30 minutes before using.

TIP


You can make your own butter using double cream, see p. 320.



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 **PASTRY/CAKE**. If necessary, scrape down the bowl and restart. When the programme 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.





BABY FOOD

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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 Cut the broccoli into small florets. Pour 0.5 L water into the metal bowl, fit the steamer basket and add the broccoli. Run **STEAM, 25 minutes**.
- 2 Discard half the cooking liquid in the bowl and add the broccoli, gruyère and cream. Run **EXPERT, 1 minute/speed 12 (without heating)**. If necessary scrape down the bowl and restart **EXPERT, 30 seconds/speed 12 (without heating)**.

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: 

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

- 1 Peel the courgette and tomatoes. Cut all the vegetables into 2cm cubes. Put the vegetables, tomato purée, water and thyme into the metal bowl. Run **EXPERT, 10 minutes/speed 1A/95 °C**.
- 2 Fit the steam basket and add the chicken breasts. Place lemon slices on the chicken, if desired. Run **EXPERT, 15 minutes/speed 1A/95 °C**.
- 3 At the end of the cooking time, to obtain a smoother texture than a classic ratatouille, restart **EXPERT, 20 seconds/speed 10/95 °C**.



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 0.5 L water into the metal bowl and fit the steamer basket, add the sweet potato; place the hake and bay leaf on top. Run **STEAM**.
- 3 Serve with a pinch of paprika.

TIP

You can replace the hake with any white fish if desired.

PURÉED 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 **CREAMED SOUP**.



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 **CREAMED SOUP** 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 0.5 L water into the metal bowl, fit the steamer basket and add the courgettes. Run **STEAM**.
- 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 **EXPERT, 20 seconds/speed 15 (without heating)**.




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

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 vanilla pod

- 1 Wash, peel, core 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 **EXPERT, 20 minutes/speed 2A/100 °C**, without the cap.
- 3 Remove the vanilla pod from the compote and replace the cap. Restart **EXPERT, 10 seconds/speed 15 (without heating)**.
- 4 Cool the cooked compote and spoon into 4-5 small ramekins. Serve with ladyfinger biscuits.



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 **EXPERT, 1 minute 30 seconds/speed 13 (without heating)**. After 30 seconds, add the yoghurt through the cap 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 **SMOOTHIE**. 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.





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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 mint
500ml sparkling water such
as Perrier®

- 1 Put the ice cubes into the metal bowl and run **CRUSHED ICE**. Press Stop when the ice is crushed.
- 2 Add the sugar, mint syrup and lime. Restart **CRUSHED ICE**.
- 3 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
300ml pink grapefruit juice (or the juice
of 4-5 grapefruits)

80g caster sugar

- 1 Put the ice cubes in the metal bowl and run **CRUSHED ICE**.
- 2 Add the grapefruit juice and sugar; restart **CRUSHED ICE, 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 vanilla extract
150g ice cubes

- 1 Wash and hull the strawberries. Put all the ingredients in the metal bowl; run **SMOOTHIE**.
- 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
½ 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 **SMOOTHIE**.
- 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 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 **SMOOTHIE**.
- 4 Pour into tall glasses and serve chilled.

TIP

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

EXOTIC SMOOTHIE



PREP TIME: 5 min

MAKES 4 GLASSES

PROGRAMME:

180g 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 sieve 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 **SMOOTHIE**.
- 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.



ICED COFFEE WITH CREAM

PREP TIME: 5 min

MAKES 4/6 GLASSES

PROGRAMME: 

300ml filter coffee

3 tsp caster sugar

150ml semi-skimmed milk

150ml whipped cream (see p. 272)

200g ice cubes

caramel sauce

- 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 **SMOOTHIE**.
- 3 Pour the mixture into tall glasses and top with whipped cream and caramel sauce. Serve immediately.

ICED VANILLA DRINK

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

TRADITIONAL HOT CHOCOLATE



PREP TIME: 5 min

COOKING TIME: 5 min

MAKES 4 GLASSES

PROGRAMME: 

200g dark chocolate (70% solids)

100ml single cream

500ml whole milk

- 1 Break the chocolate into pieces. Chop in the metal bowl using **EXPERT, 30 seconds/speed 15 (without heating)**. Scrape down the wall of the bowl.
- 2 Add the milk and cream; restart **EXPERT, 5 minutes/speed 3/90 °C**. Pour the hot chocolate into cups. Serve immediately.

TIP

You could replace the dark chocolate with milk chocolate. For a lighter version, replace the cream with milk.



GLOSSARY

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 mixed with a liquid, which varies depending on the flavour

required (water, lemon, etc.). It can be shaped using a spatula, to give a rough texture or to create an embossed effect.

Knead

To work a 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). This 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.

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

This 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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