

# Tefal

Companion



1 MILLION MENUS





# Tefal

## Companion

GUIDE

### 6 AUTOMATIC PROGRAMS



Saute



Soup



Keep Warm



Steam



Pastry



Dessert



Chops



Prepares



Cooks



## QUICK START GUIDE

1

ON & OFF



2

Choose  
your accessory



3

Add  
the ingredients



4

Select  
the program



5

Start  
cooking



6

Enjoy!



➤ To cook on manual mode, select speed settings, temperature and cooking time.  
See at the back for more details.



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———— 1 MILLION MENUS ————

# EDITORIAL

THE COMPANION COOKING FOOD PROCESSOR HAS NOW FOUND A PERMANENT HOME IN YOUR KITCHEN AND IS SET TO BECOME YOUR BEST ALLY! THIS BOOK WILL ALLOW YOU TO DISCOVER ALL THE POSSIBILITIES COMPANION CAN OFFER YOU AS WELL AS SHOW YOU HOW TO SERVE UP TO 1 MILLION DIFFERENT MENUS! HAVE A FLICK THROUGH, CHOOSE YOUR STARTER, MAIN AND DESSERT, AND THEN? GET STARTED OF COURSE

**BON APPÉTIT AND MORE IMPORTANTLY, HAVE FUN!**



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# Tefal

SINCE ITS CREATION, TEFAL HAS BEEN CREATING INGENIOUS SOLUTIONS FOR MORE PLEASURABLE COOKING EXPERIENCE WHILE STILL ENSURING A QUALITY END RESULT. BY OFFERING YOU APPLIANCES THAT ARE EASY TO USE AND MAINTAIN, TEFAL GIVES YOU MORE TIME TO LIVE LIFE AS YOU CHOOSE!

THESE APPLIANCES ALLOW YOU TO COOK UP QUICK AND SIMPLE RECIPES THAT TAKE THE STRESS OUT OF DAILY LIFE. THEY ALSO ENABLE YOU TO PREPARE ORIGINAL HOME-MADE RECIPES THAT YOU CAN ENJOY WITH ALL YOUR NEAREST AND DEAREST.

# 100% **FRENCH** CREATIVITY IN **YOUR** KITCHEN!

## **TEFAL BOLD SOLUTIONS**

Cordons-bleus, inspired food enthusiasts, budding chefs, Sunday cooks... In France, cooking is the nation's favourite hobby and Tefal is one of the key ingredients. From our grandmothers' ingenious food mills to the Food processors of today, Tefal products embody French culinary know-how in all of its creativity. Flair, the quality of the raw ingredients and a pinch of inspired audacity can make all the difference in the kitchen and bring about the most stunning results. From our project leaders to our engineers, production and marketing teams, cooking is a passion we all share at Tefal. A passion that fires up an appetite for fine things and that always entices us to try out new culinary experiences.

**TO ENHANCE YOUR TALENT AND GIVE FULL SENSE TO YOUR DAILY ACTIVITIES...**



# HOW TO USE THIS BOOK

## AUTOMATIC




 <p><b>DEVILED EGGS</b> — N° 01</p> <p>PEOPLE 4-6 - PREPARATION 10 MINS - COOKING 20 MINS</p> <ol style="list-style-type: none"> <li>1 Pour water into the bowl up to the 0.7 L mark, place the eggs in the basket and launch the steam program for 20 mins. At the end of cooking, let the eggs and bowl cool down.</li> <li>2 Place the egg yolk, mustard and vinegar in the bowl fitted with the whisk. Season with salt and pepper. Set the processor to speed 7 and gradually pour in the oil. Once the mayonnaise is ready, stir the Companion.</li> <li>3 Separate the cooked eggs. Place the yolks in a separate bowl and the whites on a plate. Mix the yolks using a fork and add the mayonnaise. Mix and garnish the egg whites with this mixture. To serve, decorate with the sprigs of chives.</li> </ol> <p><i>TIP You could add 1 slice of ham in brine or ham.</i></p> <p>6 LARGE EGGS • 1 EGG YOLK • 1 TSP MUSTARD • 1 TSP WHITE VINEGAR • 100 ml CANOLA OIL • 1 CORN SPRIG • SALT • PEPPER</p>	 <p><b>CHOUX PASTRY WITH CHEESE</b> — N° 02</p> <p>PEOPLE 4 - PREPARATION 15 MINS - COOKING 30 MINS</p> <ol style="list-style-type: none"> <li>1 Preheat the oven to 180°C.</li> <li>2 Place 200 ml of water, the butter and salt in the bowl fitted with the kneading/crushing blade and turn on at speed 3 at 90°C for 8 mins. Add the flour and mix at speed 6 for 2 mins. Transfer the mixture to a separate bowl and wash the bowl in cold water to cool down.</li> <li>3 Return the mixture to the bowl fitted with the kneading/crushing blade and turn on at speed 7. Add the eggs one by one and leave to work for 2 mins. Add 120 g of the grated cheese and the roux and leave to work for 1 min.</li> <li>4 Line a baking tray with baking paper. Using a spoon, place small heaps of the pastry on the tray. Sprinkle over the remaining tasty cheese. Bake for 18 to 20 mins. Enjoy warm or cold.</li> </ol> <p><i>TIP You can change the taste by varying the cheese!</i></p> <p>80 g BUTTER • 100 g PLAIN FLOUR • 4 EGGS • 10 g GRATED TASTY CHEESE • 1 PINCH OF GARDEN OF EDELWEIS • 1 PINCH OF SALT • 250 ml WATER</p>
 <p><b>HAM AND PEA RISOTTO</b> — N° 101</p> <p>PEOPLE 4-6 - PREPARATION 10 MINS - COOKING 30 MINS</p> <ol style="list-style-type: none"> <li>1 Peel the shallot and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer. Pour the olive oil into the processor and launch the 7° slow cook program (without the stopper) at 130°C for 7 mins.</li> <li>2 At the end of the program add the rice and rubabout for 3 mins. Add the white wine and relaunch for 1 min.</li> <li>3 When the program has finished, pour in the chicken stock and launch the 7° slow cook program at 95°C for 12 mins, and attach the stopper. Add the peas 10 mins before the end of cooking.</li> <li>4 At the end of cooking, add the parmesan cheese and chopped ham and mix gently. Adjust the seasoning and serve immediately.</li> </ol> <p>300 g ARBORIO RICE • 1 SHALLOT • 100 ml OLIVE OIL • 80 ml WHITE WINE • 800 ml CHICKEN STOCK • 100 g PEAS • 100 g FROZEN PEAS • 30 g GRATED PARMESAN CHEESE • 50 g HAM</p>	 <p><b>COTTAGE PIE</b> — N° 102</p> <p>PEOPLE 4-6 - PREPARATION 15 MINS - COOKING 45 MINS</p> <ol style="list-style-type: none"> <li>1 Preheat the oven to 220°C.</li> <li>2 Peel the onion and place in the bowl fitted with the ultrablade knife. Mix on Turbo for 10 s. Add the meat, the tomato puree and parsley, then mix on Turbo for 20 s. Bring the mixture to the centre using a spoon and mix for 10 s.</li> <li>3 Butter an oven dish and fill with the mixture. Clean the bowl.</li> <li>4 Peel potatoes and dice. Pour 0.7 L of water into the bowl and place the potatoes in the steam basket. Launch the steam program for 30 mins.</li> <li>5 Empty the water. Place the cooked potatoes and butter into the bowl fitted with the kneading/crushing blade and mix at speed 6 for 1 min 30 s. Taste and adjust the seasoning accordingly.</li> <li>6 Spread the puree over the meat and cover with the grated cheese. Cook in the oven for 15 mins. Serve hot.</li> </ol> <p>1 ONION • 200 g Diced COOKED MEAT (BUFFONERS) • 100 ml TOMATO PUREE • 100 ml SPREAD OF PLANT-BASED MAYO • 100 g PARSLEY • 100 g BUTTER • A LITTLE FOR THE DISH • 50 g GRATED CHEESE (GOPFONAL) • SALT • PEPPER</p>
 <p><b>CREAMY RICE PUDDING</b> — N° 201</p> <p>PEOPLE 4 - PREPARATION 5 MINS - COOKING 40 MINS - RESTING 2 HRS 30 MINS</p> <ol style="list-style-type: none"> <li>1 Place the milk, whipping cream, sugar and vanilla essence in the bowl fitted with the mixer. Cook at speed 3 at 95°C for 8 mins without the stopper.</li> <li>2 Add the rice and cook at speed 2 at 95°C for 30 mins, still without the stopper.</li> <li>3 At the end of cooking, leave the rice to rest for approximately 30 mins.</li> <li>4 Transfer to a separate bowl, cover with cling film and leave to rest in the fridge for at least 2 hours before serving.</li> </ol> <p><i>TIP Add a little orange blossom water or citrus zest.</i></p> <p>100 ml SHORT GRAIN (DESSERT) RICE • 1 L SWEETENED MILK • 50 ml WHIPPING CREAM • 70 g SUGAR • 1 TSP VANILLA ESSENCE</p>	 <p><b>CHOCOLATE TART</b> — N° 202</p> <p>PEOPLE 4 - PREPARATION 10 MINS - COOKING 30 MINS - RESTING 2 HRS</p> <ol style="list-style-type: none"> <li>1 Preheat the oven to 220°C.</li> <li>2 Roll out the pastry, place in a buttered flan dish and cover with a sheet of baking paper. Blind bake with baking beads for 15 mins. Remove the baking beads and bake again for 10 mins then leave the pastry to cool.</li> <li>3 Place the single cream in the bowl fitted with the kneading/crushing blade and heat to 70°C at speed 4 for 5 mins.</li> <li>4 After 2 mins 30 s add the chopped chocolate. When the time has elapsed, mix at speed 5 for 30 s. Pour the mixture onto the pastry and chill for 2 hrs.</li> </ol> <p><i>TIP You could add preserved oranges or fresh cherries on top of the tart to serve.</i></p> <p>1 SHORTBREAD PASTRY (SEE P. 14) • 250 g DARK CHOCOLATE (CHOPPED) • 200 ml SINGLE CREAM</p>

STARTER  
MAIN  
DESSERT

N°01 - N°100  
N°101 - N°200  
N°201 - N°300

Together, this book and your Companion can help you make up to 1 million menus, both simple and tasty. With its ingenious page tabs, this interactive book allows you to select the starter, main and dessert of your choice to create your menu.

From the simple to the sophisticated, the traditional to the exotic, you'll find a menu to suit every occasion and every wish! Festive meals, light dishes, food to please the children... specific recipes can be identified by the little labels under the photos.

The programs used – automatic or manual  – are clearly indicated for each recipe. A quick glance is all that's needed to find the right button to press. Every recipe is accompanied by beautiful photos which will guide you in your choice and most certainly awaken your senses!

To help you choose the recipes for your menus, a detailed index can be found (see p. 20). But before you start, there's also a practical guide on how to get yourself best organised in the kitchen (see p. 10) as well as some basic recipes (see p. 14) and suggested themed menus (see p. 12) that will allow you to shine!

With these 300 recipes, explore a world of almost infinite possibilities brought to you by your Companion cooking food processor. The recipes allow you to use its functions in an optimum manner, helping you and your cooking food processor become allies in the kitchen. And when the cooking food processor has no more secrets up its sleeve, it's time for you to get creative and invent your own recipes! With your new culinary companion, cooking will be a piece of cake!



# Tefal

## Companion



### DAILY SUPPORT FOR LIMITLESS SUCCESS IN THE KITCHEN

#### — FROM THE STARTER TO THE DESSERT —

Companion cooks, simmers, steams, browns, mixes, kneads, prepares, blends, minces...

#### — 6 AUTOMATIC PROGRAMS —

To help you take your first steps and for your everyday recipes: sauce, slow cook, soup, steam, pastry and dessert.

#### — MANUAL MODE —

Do you want to be able to set your own cooking times, temperatures and mixing speeds? No problem. The manual mode allows you to modify the recipes to suit your own taste buds or even to create your own!

#### — FOR ALL TYPES OF COOKING —

From the slow to the intense, right until the browning.


#### — 12 SPEEDS —

From delicate mixing to ultra-fast blending. With extra pulse and turbo functions.

#### — A LARGE BOWL CAPACITY —

4.5 L (cooking capacity: 2.5 L), perfect for family recipes.

#### — DEDICATED ACCESSORIES —

To suit every preparation: an **ultra blade**  knife for mincing and chopping, a kneading and crushing blade, a mixer for risottos and stews, a whisk perfect for sauces and beating egg whites and a steam basket.



**ultra blade**   
KNIFE



**WHISK**



**MIXER**



**KNEADING/  
CRUSHING BLADE**



**STEAM BASKET**

# PRACTICAL TIPS FOR GETTING ORGANISED IN THE KITCHEN

## THE HIDDEN SECRET OF CULINARY SUCCESS?

ORGANISATION OF COURSE! WHETHER YOU'RE RUSTLING UP A QUICK MEAL DURING THE WEEK OR DISHING UP A MORE SOPHISTICATED MENU DURING THE HOLIDAYS, YOU CAN'T AFFORD TO LOSE TIME IN THE KITCHEN. HERE ARE SOME KEY TIPS FOR GETTING ORGANISED.

### CHOOSE YOUR MENUS IN ADVANCE

Using your 1 million menus book, take the time to choose your recipes for an entire week. This will allow you to reduce your grocery shopping down to once a week and to save time when you're busy. Check carefully what you already have in your kitchen and make a list of what you need to buy. Note down exact measurements to minimise waste. Be sure to check the preparation and cooking time required and to make sure that these fit in with the hours you have available come cooking day.

### MAKE SURE YOUR CUPBOARDS ARE WELL-STOCKED

Keep all the essential basic ingredients in your cupboards (See p.11).

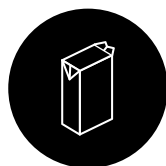
### DO YOUR GROCERY SHOPPING

Opt for products that are fresh and in season. If you have time, pay a visit to your local market where the merchants will know everything there is to know about their products. If you're in a rush, head on down to the supermarket where you'll find a large number of products in a very short space of time. But pay attention to the quality of the products you choose as the success of your recipes will depend on it. You might also want to consider frozen products which will help save time!

### PREPARING YOUR MENU

Before starting to cook, read the recipes thoroughly. Sort out all the ingredients and utensils you will need. Above all be organised and tidy and clean up after yourself as you go to avoid getting overwhelmed. Fortunately, your Companion cooking food processor allows you to considerably reduce the number of utensils and appliances you'll need to use.

# THE **BASIC** INGREDIENTS



## STOCK UP YOUR CUPBOARDS AND YOUR FRIDGE

THESE BASIC PRODUCTS WILL ALLOW YOU TO COOK UP THE MAJORITY OF THE RECIPES IN THIS BOOK. THEN ALL YOU'LL NEED TO TOP UP ON ARE THE FRESH PRODUCTS!

### OILS AND VINEGARS

Olive oil and neutral oil (canola, sunflower), white vinegar and another vinegar (wine, balsamic or sherry).

### SAUCES

Soy sauce, Tabasco®, mustard and coconut milk.

### SEASONING, SPICES

Fine salt, pepper, curry, stock cubes (vegetable, beef and chicken), onions and garlic cloves.

### CANNED PRODUCTS

Tomato paste or puree, olives and tuna.

### PASTAS, CEREALS AND LÉGUMES

Basmati rice, Arborio rice, pasta (according to your preference), semolina, lentils, chickpeas and white beans.

### FOR DESSERTS

Plain and self raising flours, sugar (white, brown, icing), honey, dried fruits (nuts, almonds, hazelnuts), bar of dark chocolate, almond powder, cinnamon, vanilla essence, yeast and baking powder.

### IN THE FRIDGE

Butter, crème fraîche, single cream, eggs, parmesan and grated cheese.



# SOME MENUS



## SUGGESTIONS

HERE ARE A FEW MENU SUGGESTIONS TO MAKE YOUR LIFE  
THAT LITTLE BIT EASIER

### EVERYDAY MENUS FOR SPRING

STARTER N° 07: Tzatziki  
MAIN N° 101: Ham and pea risotto  
DESSERT N° 249: Banana cake with choc chips

STARTER N° 26: Asian chicken salad  
MAIN N° 176: Flamiche tart  
DESSERT N° 229: Lemon crème dessert

### EVERYDAY MENUS FOR AUTUMN

STARTER N° 32: Curried lentils and haddock  
MAIN N° 156: Lamb curry  
DESSERT N° 270: Apple and hazelnut muffins

STARTER N° 23: Steamed pork and mushroom balls  
MAIN N° 184: Slow cooked lamb shanks  
DESSERT N° 218: Chocolate mousse

### EVERYDAY MENUS FOR SUMMER

STARTER N° 29: Eggplant dip  
MAIN N° 112: Chicken escalopes with mozzarella  
and pesto  
DESSERT N° 225: Red berry sorbet

STARTER N° 73: Gazpacho  
MAIN N° 114: Stuffed tomatoes  
DESSERT N° 226: Yoghurt and watermelon granita

### EVERYDAY MENUS FOR WINTER

STARTER N° 75: Potato and leek soup  
MAIN N° 129: Root vegetable stew  
DESSERT N° 201: Creamy rice pudding

STARTER N° 69: Winter vegetable soup  
MAIN N° 150: Beef bourguignon  
DESSERT N° 224: Apple and cinnamon puree



## CHRISTMAS SWEETS

DESSERT N° 221: Christmas fruit mince tarts

DESSERT N° 233: Christmas pudding

DESSERT N° 283: Pavlova

## EASTER MENU

STARTER N° 01: Deviled eggs

MAIN N° 148: Lamb with spring vegetables

## MENUS FOR THE LITTLE ONES

STARTER N° 18: Vegetable muffins

MAIN N° 116: Chicken nuggets with oats

DESSERT N° 213: Chocolate cream mousse

STARTER N° 20: Blinis

MAIN N° 102: Cottage pie

DESSERT N° 219: Chocolate cookies

STARTER N° 15: Tuna paté

MAIN N° 115: Beef meatballs

DESSERT N° 276: Marble cake

## SLIMMING MENUS

STARTER N° 25: Salmon tartare

MAIN N° 125: Asian-style pot-au-feu

DESSERT N° 220: Peach puree

STARTER N° 78: Steamed prawn wontons

MAIN N° 122: Scallops with leek

DESSERT N° 263: Citrus fruit sorbet

## GLUTEN-FREE MENU\*

STARTER N° 79: Broad beans with cumin

MAIN N° 159: Thai chicken red curry with capsicum

DESSERT N° 238: Raspberry mousse

## DAIRY-FREE MENU\*

STARTER N° 45: Hummus

MAIN N° 186: Chicken, carrots and coriander

DESSERT N° 274: Rockmelon and mango gazpacho

## VEGETARIAN MENU\*

STARTER N° 65: Cream of asparagus soup

MAIN N° 132: Quinoa with tomatoes

DESSERT N° 255: Chestnut and almond cake

\* subject to the use of appropriate ingredients/specific recipes

# BASIC RECIPES



## SHORTCRUST PASTRY

Place 240 g of plain flour, 120 g of soft butter, 70 ml of water and a pinch of salt in the bowl fitted with the kneading/crushing blade. Launch the **P1** Pastry Program. When finished wrap in cling film and leave to rest in the fridge for 30 mins.



## SHORTBREAD PASTRY

Place 300 g of plain flour, 180 g of soft butter, 110 g of icing sugar and a pinch of salt in the bowl fitted with the kneading/crushing blade. Mix at speed 8 for 1 min. Add 1 egg, then mix at speed 6 for 30 sec; a ball should form. Wrap in cling film and leave to rest in the fridge for 30 mins.



# BASIC RECIPES



## PIZZA DOUGH

Place 250 ml of warm water and 20 g of fresh baker's yeast (or 10 g of dry yeast) in the bowl fitted with the kneading/crushing blade. Launch the **P1** pastry program. After 30 sec, add 400 g of plain flour, a pinch of salt and 2 tbsp of olive oil. At the end of the program, roll out the dough and garnish it according to taste. Bake in the oven at 200°C for 10 to 15 mins.



## SAVOURY CAKE MIXTURE

Place 4 eggs, 170 g of self raising flour, 50 ml of olive oil, 100 ml of white wine and a pinch of salt in the bowl fitted with the kneading/crushing blade. Launch the **P3** pastry program. Next add your chosen garnish and mix at speed 4 for 1 min. Place mixture in a greased loaf tin and bake at 180°C for 45 mins.


# BASIC RECIPES



## SAVOURY CHOUX PASTRY

Place 250 ml water, 80 g butter and a pinch of salt in the bowl fitted with the kneading/crushing blade. Launch the Companion at speed 1 at 90°C for 8 mins. Next add 150 g of plain flour and mix at speed 4 for 2 mins. Place the mixture in a separate bowl and wash the Companion bowl in cold water to cool it down. Return the mixture to the Companion bowl fitted with the kneading/crushing blade and mix at speed 5. Add 4 eggs one by one through the top of the Companion and leave to work for 2 mins. Use immediately.

## SWEET CHOUX PASTRY

Place 250 ml of water, 80 g of butter, 40 g of sugar and a pinch of salt in the bowl fitted with the kneading/crushing blade and mix at speed 1 at 90°C for 8 mins. Add 150 g of plain flour and mix at speed 4 for 2 mins. Place the pastry into a separate bowl and wash the Companion bowl in cold water to cool it down. Return the pastry to the Companion fitted with the **ultra blade**  knife. Mix at speed 5 and add 4 eggs one by one. Leave to work for 2 mins. Use immediately.


## BÉCHAMEL SAUCE

Place 50 g of plain flour with 500 ml of milk in the bowl fitted with the whisk, season with salt and pepper and nutmeg. Mix at speed 7 for 1 min. Add 50 g of butter chopped into pieces and launch the sauce program at speed 4 at 90°C for 8 mins.

## HOLLANDAISE SAUCE

Place 150 g of butter chopped into pieces, 40 ml of lemon juice, 4 egg yolks and 50 ml of water in the bowl fitted with the whisk. Season with salt and pepper and start the sauce program at speed 6 at 70°C for 8 mins.

## GRATED CHEESE

Place the chopped cheese in the bowl fitted with the **ultra blade**  knife and mix at speed 12 for 30 sec.

# BASIC RECIPES



## HOME-MADE BUTTER

Pour 400ml of single cream (at least 35% fat) in the bowl fitted with the whisk and mix at speed 7 for 7 mins. Remove the butter and shape as desired. You can use the remaining liquid (buttermilk) to make drinks or desserts.

## PEPPER SAUCE

Place 1 tsp of ground pepper, 10 ml of cognac, 100 ml of single cream, 1 tsp veal stock and 1 tsp of plain flour in the bowl fitted with the whisk. Add 150 ml of water and mix at speed 6 for 10 sec then start the sauce program at speed 4 at 90°C for 12 mins. Serve with steaks.

## MUSTARD SAUCE (FOR ROAST PORK)

Place 2 shallots in the bowl fitted with the **ultrablade** knife and mix at speed 11 for 10 sec. Replace the **ultrablade** knife with the mixer, scrape the walls and add 20 ml of oil. Start the **P1** slow cook program at 130°C for 5 mins. Dissolve 1 tbsp of veal stock cube and 1 tsp of cornflour in 250 ml of water, and place in the bowl. Start the sauce program at speed 4 at 90°C for 8 mins. Add 125 g of double cream and 1 tbsp of mustard then restart the sauce program at speed 6 at 90°C for 8 mins.

## BÉARNAISE SAUCE

Place 2 peeled shallots and 2 sprigs of Tarragon leaves in the bowl fitted with the **ultrablade** knife and mix on Turbo for 10 sec. Replace the **ultrablade** knife with the mixer and add 60 ml of white wine and 40 ml of vinegar, and launch the Companion at speed 3 at 95°C for 15 mins. Once the shallots are cooked, replace the mixer with the whisk and add 60 ml of water, 4 egg yolks and 170 g of butter chopped into pieces. Season with salt and pepper and start the sauce program at speed 6 at 70°C for 8 mins with the stopper on.

## TOMATO SAUCE

Peel 1 onion and 2 garlic cloves and cut onion into four. Place in the bowl fitted with the **ultrablade** knife. Mix at speed 11 for 10 sec. Replace the **ultrablade** knife with the mixer, scrape the edges and add 50 ml of oil. Start the **P1** slow cook program at 130°C for 5 mins. Replace the mixer with the **ultrablade** knife and add 700 g of fresh tomatoes cut into quarters, 1 tsp of oregano, 20 g of sugar, 1 tbsp of tomato paste, 100 ml of water and season with salt and pepper. Start the **P3** slow cook program at 100°C for 20 mins. At the end of cooking, mix at speed 12 for 1 min.



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# RECIPES

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## STARTER



## MAIN



## DESSERT



## STARTERS

Aperitif biscuits . . . . .	N° 16	Broad beans with cumin . . .	N° 79	Chicken and sweet corn soup . . . . .	N° 91
Arancini risotto croquettes . . . . .	N° 82	Brook trout with green sauce. . . . .	N° 88	Chicken paté with port . . .	N° 06
Artichoke tapenade . . . . .	N° 46	Caldo verde . . . . .	N° 84	Chicken samosas . . . . .	N° 35
Asian chicken salad . . . . .	N° 26	Carrot and cumin flan . . .	N° 53	Chicken soup with vermicelli . . . . .	N° 95
Austrian dumplings . . . . .	N° 96	Cauliflower soup . . . . .	N° 68	Chicken stock . . . . .	N° 24
Bacon and lentil soup . . . . .	N° 08	Cheddar and chive scones. .	N° 13	Chilled beetroot soup . . . . .	N° 74
Beetroot dip . . . . .	N° 60	Cheese naans . . . . .	N° 56	Chilled tomato and jalapenos soup . . . . .	N° 77
Blinis . . . . .	N° 20	Cheese soufflé . . . . .	N° 31	Choux pastry with cheese . . . . .	N° 02
Bread with bacon and cheese . . . . .	N° 03	Cheese turnovers . . . . .	N° 12		
		Chestnut bread . . . . .	N° 97		

## MAINS

Asian-style pot-au-feu. . . . .	N° 125	Bolognaise . . . . .	N° 118	Chicken tagine, with preserved lemons and coriander . . . . .	N° 164
Basque chicken . . . . .	N° 163	Burger buns . . . . .	N° 169	Chicken with cashew nuts. . . . .	N° 162
Beef bourguignon. . . . .	N° 150	Cannelloni . . . . .	N° 136	Chicken with prunes. . . . .	N° 158
Beef cheek with red wine and winter vegetables . . .	N° 157	Carbonara . . . . .	N° 108	Chicken, carrots and coriander . . . . .	N° 186
Beef meatballs . . . . .	N° 115	Carrot and orange purée. . . . .	N° 174	Chicken, tomatoes and mushrooms . . . . .	N° 165
Beef stock . . . . .	N° 124	Chicken escalopes with mozzarella and pesto. . . . .	N° 112	Christmas stuffing . . . . .	N° 121
Beef stroganoff . . . . .	N° 151	Chicken nuggets with oats . . . . .	N° 116	Classic chilli . . . . .	N° 154
Beef tacos . . . . .	N° 144			Classic risotto. . . . .	N° 181
Beef tartare . . . . .	N° 173				
Belgian chicken stew . . . . .	N° 200				

## DESSERTS

Amaretto biscuits . . . . .	N° 267	Banana and vanilla milkshake . . . . .	N° 216	Chocolate and chestnut truffles. . . . .	N° 245
Anzac biscuits. . . . .	N° 239	Banana cake with choc chips . . . . .	N° 249	Chocolate brioche roll. . . . .	N° 264
Apple and cinnamon puree. . . . .	N° 224	Belgian raisin bread . . . . .	N° 280	Chocolate cookies . . . . .	N° 219
Apple and hazelnut muffins . . . . .	N° 270	Berry eton mess . . . . .	N° 261	Chocolate cream mousse . . . . .	N° 213
Apple cake . . . . .	N° 248	Brioche . . . . .	N° 207	Chocolate fondant . . . . .	N° 259
Apple crumble. . . . .	N° 228	Caramel butter cake . . . . .	N° 217	Chocolate mousse . . . . .	N° 218
Banana and coconut smoothie . . . . .	N° 292	Carrot cake . . . . .	N° 251	Chocolate mud cake. . . . .	N° 286
		Cheesecake. . . . .	N° 204	Chocolate spread . . . . .	N° 299
		Chestnut and almond cake . . . . .	N° 255	Chocolate tart. . . . .	N° 202
				Chouquettes . . . . .	N° 211



Clams with lemon . . . . .	N° 81	Cream of split peas and chorizo soup . . . . .	N° 70	Flemish asparagus . . . . .	N° 83
Cream of asparagus soup	N° 65	Croquettes . . . . .	N° 36	Gazpacho . . . . .	N° 73
Cream of broccoli and blue cheese soup . . .	N° 66	Curried lentils and haddock . . . . .	N° 32	Georgian soup . . . . .	N° 63
Cream of capsicum with chorizo . . . . .	N° 61	Deviled eggs . . . . .	N° 01	Gluten-free bread . . . . .	N° 100
Cream of fennel and salmon . . . . .	N° 52	Eggplant dip . . . . .	N° 29	Greek style mushrooms . .	N° 14
Cream of Jerusalem artichokes with mushroom soup . . .	N° 62	Eggplants with parmesan	N° 54	Guacamole . . . . .	N° 05
Cream of mushroom soup	N° 67	Empanadas . . . . .	N° 87	Hummus . . . . .	N° 45
Cream of roquefort and pears . . . . .	N° 51	Falafels . . . . .	N° 41	Juliana soup . . . . .	N° 94
		Farmhouse terrine . . . . .	N° 76	Leek vinaigrette . . . . .	N° 30
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Cod gratin . . . . .	N° 191	Fried fillet of sole . . . . .	N° 197	Lamb with spring vegetables . . . . .	N° 148
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fruit . . . . . N° 254  
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granita . . . . . N° 226





## DEVILED EGGS

N° 01



6 LARGE EGGS • 1 EGG YOLK • 1 TSP MUSTARD • 1 TSP WHITE VINEGAR • 150 ml CANOLA OIL • 5 CHIVE SPRIGS • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Pour water into the bowl up to the 0.7 L mark, place the eggs in the basket and launch the steam program for 20 mins. At the end of cooking, let the eggs and bowl cool down.
- 2 Place the egg yolk, mustard and vinegar in the bowl fitted with the whisk. Season with salt and pepper. Set the processor to speed 7 and gradually pour in the oil. Once the mayonnaise is ready, stop the Companion.
- 3 Separate the cooked eggs. Place the yolks in a separate bowl and the whites on a plate. Mash the yolks using a fork and add the mayonnaise. Mix and garnish the egg whites with this mixture. To serve, decorate with the sprigs of chive.

**TIP** You could add 1 tbsp of tuna in brine or ham.



## HAM AND PEA RISOTTO

N° 101



300 g ARBORIO RICE • 1 SHALLOT • 100 ml OLIVE OIL • 80 ml WHITE WINE • 900 ml CHICKEN STOCK • 170 g FROZEN PEAS • 30 g GRATED PARMESAN CHEESE • 80 g HAM

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Peel the shallot and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer. Pour the olive oil into the processor and launch the **P1** slow cook program (without the stopper) at 130°C for 7 mins.
- 2 At the end of the program add the rice and relaunch for 3 mins. Add the white wine and relaunch for 1 min.
- 3 When the program has finished, pour in the chicken stock and launch the **P3** slow cook program at 95°C for 12 mins, and attach the stopper. Add the peas 10 mins before the end of cooking.
- 4 At the end of cooking, add the parmesan cheese and chopped ham and mix gently. Adjust the seasoning and serve immediately.



## CREAMY RICE PUDDING

N° 201



160 g SHORT GRAIN (DESSERT) RICE • 1 L SEMI-SKIMMED MILK • 50 ml WHIPPING CREAM • 70 g SUGAR • 1 TSP VANILLA ESSENCE

PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS – RESTING 2 HRS 30 MINS

- 1 Place the milk, whipping cream, sugar and vanilla essence in the bowl fitted with the mixer. Cook at speed 3 at 95°C for 8 mins without the stopper.
- 2 Add the rice and cook at speed 2 at 95°C for 30 mins, still without the stopper.
- 3 At the end of cooking, leave the rice to rest for approximately 30 mins.
- 4 Transfer to a separate bowl, cover with cling film and leave to rest in the fridge for at least 2 hours before serving.

**TIP** Add a little orange blossom water or citrus zest.





## CHOUX PASTRY WITH CHEESE – N° 02



80 g BUTTER • 150 g PLAIN FLOUR • 4 EGGS • 150 g GRATED TASTY CHEESE • 1 PINCH OF GRATED NUTMEG • 1 PINCH OF SALT • 250 ml WATER

PEOPLE 4 – PREPARATION 15 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Place 250 ml of water, the butter and salt in the bowl fitted with the kneading/crushing blade and turn on at speed 3 at 90°C for 8 mins. Add the flour and mix at speed 6 for 2 mins. Transfer the mixture to a separate bowl and wash the bowl in cold water to cool down.
- 3 Return the mixture to the bowl fitted with the kneading/crushing blade and turn on at speed 7. Add the eggs one by one and leave to work for 2 mins. Add 120 g of the grated cheese and the nutmeg and leave to work for a further 1 min.
- 4 Line a baking tray with baking paper. Using a spoon, place small heaps of the pastry on the tray. Sprinkle over the remaining tasty cheese. Bake for 18 to 20 mins. Enjoy warm or cold.

**TIP** You can change the taste by varying the cheese!



MENU FOR LITTLE ONE

## COTTAGE PIE – N° 102



1 ONION • 350 g DICED COOKED MEAT (LEFTOVERS) • 100 ml TOMATO PUREE • 10 SPRIGS OF FLAT LEAF PARSLEY • 800 g POTATOES • 150 g SALTED BUTTER + A LITTLE FOR THE DISH • 50 g GRATED CHEESE (OPTIONAL) • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 45 MINS

- 1 Preheat the oven to 220°C.
- 2 Peel the onion and place in the bowl fitted with the ultrablade knife. Mix on Turbo for 10 s. Add the meat, the tomato puree and parsley, then mix on Turbo for 20 s. Bring the mixture to the centre using a spatula and mix for 10 s.
- 3 Butter an oven dish and fill with the mixture. Clean the bowl.
- 4 Peel potatoes and dice. Pour 0.7 L of water into the bowl and place the potatoes in the steam basket. Launch the steam program for 30 mins.
- 5 Empty the water. Place the cooked potatoes and butter into the bowl fitted with the kneading/crushing blade and mix at speed 6 for 1 min 30 s. Taste and adjust the seasoning accordingly.
- 6 Spread the puree over the meat and cover with the grated cheese. Cook in the oven for 15 mins. Serve hot.



## CHOCOLATE TART – N° 202



1 SHORTBREAD PASTRY (SEE P. 14) • 250 g DARK CHOCOLATE (CHOPPED) • 200 ml SINGLE CREAM

PEOPLE 4 – PREPARATION 10 MINS – COOKING 30 MINS – RESTING 2 HRS

- 1 Preheat the oven to 210°C.
- 2 Roll out the pastry, place in a buttered flan dish and cover with a sheet of baking paper. Blind bake with baking beads for 15 mins. Remove the baking beads and bake again for 10 mins then leave the pastry to cool.
- 3 Place the single cream in the bowl fitted with the kneading/crushing blade and heat to 70°C at speed 4 for 5 mins.
- 4 After 2 mins 30 s add the chopped chocolate. When the time has elapsed, mix at speed 5 for 30 s. Pour the mixture onto the pastry and chill for 2 hrs.

**TIP** You could add preserved oranges or fresh cherries on top of the tart to serve.



## BREAD WITH BACON AND CHEESE

N° 03



5 g DRY YEAST • 200 ml SEMI-SKIMMED MILK • 350 g PLAIN FLOUR • 6 g SALT • 45 g BUTTER AT ROOM TEMPERATURE • 180 g SWISS GRUYERE • 100 g BACON

PEOPLE 4 – PREPARATION 15 MINS – COOKING 30 MINS – RESTING 2 HRS

- 1 Place the yeast and milk in the bowl fitted with the kneading/crushing blade. Heat at 40°C at speed 5 for 3 mins. Add the flour, salt and butter. Launch the P1 pastry program.
- 2 Meanwhile, slice the Swiss gruyere. When the dough is ready, remove from the bowl and place on a tray lined with baking paper.
- 3 Roll out so that it forms a rectangle. Add a third of the gruyere cheese and bacon to the centre and close over the dough. Repeat this step twice, very gently. Cover with a cloth and leave the dough to proof for 2 hrs, away from draughts.
- 4 Preheat the oven to 200°C.
- 5 Bake for approximately 20 to 30 mins.



## LASAGNA

N° 103



300 g MINCED BEEF • 1 GARLIC CLOVE • 1 ONION • 50 ml OLIVE OIL • 500 g TOMATOES, PEELED AND DRAINED (TINNED) • 10 g OREGANO • 50 g PLAIN FLOUR • 50 g BUTTER • 500 ml SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 1 BOX OF LASAGNA SHEETS, PRE-COOKED • 100 g GRATED TASTY CHEESE • SALT • PEPPER

PEOPLE 4 – PREPARATION 20 MINS – COOKING 1HR 20 MINS

- 1 Preheat the oven to 180°C.
- 2 Peel the onion and garlic and place them in the bowl with the ultrablade knife, then mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer, add the oil and launch the P1 slow cook program at 130°C for 5 mins. Add the meat, tomatoes and oregano. Season with salt and pepper and launch the P2 slow cook program at 90°C for 35 mins. Set the sauce aside and clean the bowl.
- 3 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper. Mix at speed 7 for 1 min. Add the butter and launch the sauce program at 90°C at speed 4 for 8 mins.
- 4 Oil an oven dish and pour in a little of the tomato sauce. Cover with lasagna sheets, add some tomato sauce, white sauce and grated tasty cheese. Repeat this step until all the ingredients are used, finishing off with grated tasty cheese. Cook in the oven for 25 to 30 mins.



## PECAN BROWNIES

N° 203



200 g DARK CHOCOLATE (CHOPPED) • 200 g CUBED SEMI-SALTED BUTTER • 160 g SUGAR • 80 g SELF RAISING FLOUR • 4 EGGS • 100 g PECAN NUTS

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the cubed butter and chopped chocolate in the bowl fitted with the kneading/crushing blade. Turn on to speed 3 at 45°C for 10 mins.
- 3 Scrape the edges of the bowl and add the sugar, flour, eggs, and pecan nuts. Launch the P3 pastry program.
- 4 Line a square baking tin with baking paper. Pour the mixture into the tin and bake for approximately 20 to 30 mins.
- 5 At the end of baking, leave to cool and remove from the tin.

**TIP** You could use pistachios, hazelnuts, almonds... or even a mixture of two to vary the taste of this dessert. If you would like large pieces of nuts in the brownies, add these at the end of the program and mix quickly with a spatula.





150 g SUN-DRIED TOMATOES • 4 EGGS • 200 g SELF RAISING FLOUR • 50 ml OLIVE OIL • 100 ml WHITE WINE • 2 TBSP PITTED GREEN OR BLACK OLIVES • 100 g FETA CHEESE • 3 PINCHES OF SEA SALT

## SUN-DRIED TOMATO, OLIVE AND FETA CAKE — N° 04

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the eggs, oil, flour, white wine and salt in the bowl fitted with the kneading/crushing blade. Launch the **P3** pastry program.
- 3 Line a cake tin with baking paper.
- 4 At the end of the program, add the sun-dried tomatoes, olives and feta and mix at speed 6 for 1 min.
- 5 Pour the cake mixture into the tin and bake for approximately 45 mins. If the cake is too brown towards the end of cooking, lower the oven to 160°C. Leave to cool and serve.

**TIP** You could replace the feta with goat's cheese or parmesan cheese and the sun-dried tomato with diced ham.



4 VEAL FILLETS • 1 ONION • 50 ml OLIVE OIL • 300 ml TOMATO PURÉE • 5 SPRIGS OF TARRAGON • 1 PINCH OF CAYENNE PEPPER • SALT • PEPPER

## QUICK VEAL IN TOMATO SAUCE — N° 104

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Peel the onion and cut into quarters then place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer, add the oil and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 Add the veal fillets, tomato purée, tarragon and cayenne pepper. Season with salt and pepper and launch the **P2** slow cook program at 100°C for 20 mins.
- 4 Serve hot.

**TIP** You could replace the tomato purée with stock and a little white wine and add 250 g of mushrooms and 100 ml of cream.



125 g BUTTER • 160 g ARNOTTS "NICE" BISCUITS • 600 g CREAM CHEESE • 130 g SUGAR • 2 EGG WHITES (LIGHTLY BEATEN) • 50 ml LEMON JUICE

## CHEESECAKE — N° 204

PEOPLE 6/8 – PREPARATION 5 MINS – COOKING 35 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the biscuits in the bowl fitted with kneading/crushing blade and mix at speed 12 for 30 s or until finely crushed. Set aside.
- 3 Rinse the bowl then place the butter in the bowl fitted with the kneading/crushing blade and melt at speed 5 at 80°C for 3 mins. Add the crushed biscuits and mix at speed 11 for 30 s.
- 4 Cover the bottom of a greased springform tin (23cm) with the mixture. Use the back of a spoon to push down evenly and leave to chill.
- 5 Rinse the bowl and attach the kneading/crushing blade. Insert the cream cheese, sugar, lightly beaten egg whites and lemon juice. Mix at speed 12 for 50 s to 1 min. Pour the mixture into the tin.
- 6 Bake for 30 to 35 mins, the cream should have set. Serve cold.

**TIP** Serve with fresh raspberries.



3 WELL-RIPENED AVOCADOS • 1 RED ONION • 1 GARLIC CLOVE • 1 TBSP DICED TOMATO (TINNED) • 1 TSP TABASCO® • JUICE OF 1 LIME • SALT • PEPPER

#### PEOPLE 4 – PREPARATION 5 MINS

- 1 Peel the red onion and garlic clove and cut into quarters.
- 2 Remove the avocado skin and take out the seed.
- 3 Place the onion and garlic in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 4 Add the avocados, diced tomato, Tabasco® and lime juice and season with salt and pepper.
- 5 Mix at speed 7 for 30 s. Scrape the walls and mix again if you prefer a creamier consistency.
- 6 Serve chilled.

**TIP** Perfect as an aperitif, accompanied with fresh herbs (chives or coriander) and corn chips. For a milder version, replace the Tabasco® with 1 tsp of paprika.



150 g ONIONS • 100 g RED CAPSICUM • 2 GARLIC CLOVES • 50 ml OLIVE OIL • 250 g ZUCCHINIS • 250 g EGGPLANTS • 300 g TOMATOES • 200 ml VEGETABLE STOCK • SALT • PEPPER

#### PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 40 MINS

- 1 Peel the onions and roughly chop. Wash, peel and chop the capsicum. Place the onions and capsicum in the bowl fitted with the ultrablade knife and mix at speed 11 for 15 s.
- 2 Replace the ultrablade knife with the mixer. Crush the garlic cloves using the blade of a knife and place in the bowl with the olive oil. Launch the P1 slow cook program at 130°C for 8 mins without the stopper.
- 3 Chop the zucchini, eggplant and tomatoes into pieces.
- 4 At the end of the program add the stock and vegetables. Season with salt and pepper and launch the P2 slow cook program at 95°C for 30 mins.
- 5 Serve hot or cold.

**TIP** You can vary the quantities of vegetables to your taste.



100 g BUTTER • 125 g FULL CREAM MILK • 25 g SUGAR • 110 g SELF RAISING FLOUR • 3 EGG WHITES • 1 TSP VANILLA ESSENCE • SALT

#### PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS

- 1 Place the butter in the bowl fitted with the ultrablade knife and melt at 90°C at speed 5 for 3 mins.
- 2 Add the milk and sugar and mix at speed 10. Gradually add the flour via the opening. Once the flour is mixed in, add the vanilla essence and leave to work for a further 2 mins. Pour the mixture into a separate bowl and wash and dry the Companion bowl.
- 3 Place the egg whites and a pinch of salt in the bowl fitted with the whisk. Mix at speed 6 for 5 mins without the stopper.
- 4 Using a spatula, gently mix the whipped egg whites into the mixture.
- 5 Heat the waffle maker and lightly grease with butter. When it is hot, pour a ladle of the batter into the waffle maker. Let it cook for a few minutes while supervising. Remove the waffle to a plate and repeat this step until all the batter has been used.



## CHICKEN PATÉ WITH PORT N° 06



300 g CHICKEN LIVERS • 50 g SHALLOTS • 160 g SOFT BUTTER • 50 ml PORT • 100 ml THICK CRÈME FRAÎCHE • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 15 MINS – RESTING 2 HRS

- 1 Peel the shallots and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add 20 g of butter, the port and the chicken livers. Launch the **P1** slow cook program for 12 mins.
- 3 At the end of the program, drain the livers and rinse the bowl in cold water.
- 4 Replace the mixer with the ultrablade knife, place the livers in the bowl, add the remaining butter and crème fraîche. Add salt and pepper and mix at speed 12 for 30 s. Using a spatula, scrape the edges of the bowl and bring the mixture to the middle. Mix again for 10 s (if you want a very smooth texture, mix again).
- 5 Pour the mixture into a small terrine dish and place in the fridge for at least 2 hours before eating.



## FRENCH VEAL RAGOUT N° 106



800 g VEAL (SHOULDER) • 100 g MUSHROOMS • 200 g CARROTS • 30 g CELERY STICKS • 50 g ONIONS • 50 ml OLIVE OIL • 1 BOUQUET GARNI • 20 g PLAIN FLOUR • 600 ml CHICKEN STOCK • 300 ml THICK CRÈME FRAÎCHE • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 1 HR

- 1 Cut the meat into pieces. Peel the vegetables. Slice the carrots, and cut the mushrooms and onions into quarters.
- 2 Place the onion and oil in the bowl fitted with the mixer and launch the **P1** slow cook program at 130°C for 3 mins.
- 3 Add in the meat (coated with flour), the bouquet garni, carrots, celery stick and stock. Season with salt and pepper and launch the **P2** slow cook program at 100°C for 30 mins. At the end of the program, add the mushrooms and relaunch the **P2** slow cook program for 30 mins.
- 4 At the end of cooking, remove half of the stock and mix with the cream. Place the meat and vegetables on a plate and cover with the sauce. Serve immediately.

**TIP** For a thicker sauce, add 1 egg yolk.



## STICKY DATE PUDDING N° 206



250 g PITTED DATES • 250 ml BOILING WATER • 1 TSP BI-CARB SODA • 60 g DICED BUTTER, AT ROOM TEMPERATURE • 220 g CASTER SUGAR • 2 EGGS • 1 TSP VANILLA EXTRACT • 200 g SELF-RAISING FLOUR

PEOPLE 8/10 – PREPARATION 15 MINS – COOKING 1 HR

- 1 Preheat oven to 170°C. Grease and line the base of a springform tin (23 cm) with baking paper.
- 2 Put the dates in the bowl with the ultrablade knife. Mix on speed 12 for 40 s. Scrape sides of bowl with a spatula.
- 3 Remove the ultrablade. Add the boiling water and bi-carb soda. Stand covered for 5 mins. Place the kneading/crushing blade in the bowl and add diced butter. Mix on speed 9 for 10 s. Scrape sides of the bowl with a spatula. Add sugar, eggs and vanilla. Mix on speed 6 for 10 s, scraping sides of the bowl. Add sifted flour. Mix on speed 6 for 20 s.
- 4 Spoon mixture into the pan and bake for 50-55 mins. Cool and place on a wire rack.

**TIP** This can be served with caramel sauce.





## TZATZIKI

N° 07



250 g NATURAL YOGHURT • 125 g CUCUMBER • 1 TBSP CHIVES • 1 TBSP FLAT LEAF PARSLEY • 2 PINCHES OF SALT • JUICE OF ½ LEMON

## PEOPLE 4 – PREPARATION 5 MINS

- 1 Cut the cucumber in two along the length and remove the seeds using a spoon. Cut into small pieces.
- 2 Place all the ingredients in the bowl fitted with the ultrablade knife. Mix at speed 8 for 20 s.
- 3 Serve chilled with vegetable sticks or on slices of grilled bread.

**TIP** If you prefer a smoother texture, mix for a further 30 s.



## QUICK CHICKEN COUSCOUS — N° 107



650 g CHICKEN BREASTS DICED • 2 GARLIC CLOVES • 1 ONION • 1 RED CAPSICUM • 50 ml OLIVE OIL • 1 TSP GROUND CUMIN • 1 TSP GROUND CORIANDER • 250 ml CHICKEN STOCK • SALT • 300 g INSTANT COUSCOUS

## PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Peel the garlic and onion and dice the capsicum. Place the ingredients in the bowl fitted with the ultrablade knife, then mix at speed 11 for 20 s. Replace the ultrablade knife with the mixer.
- 2 Using a spatula bring the chopped vegetables into the centre of the bowl and add the oil and spices. Launch the P1 slow cook program at 130°C for 8 mins.
- 3 At the end of the program, add the diced chicken and the stock, and season with salt. Launch the P2 slow cook program at 95°C for 30 mins.
- 4 Cook couscous as per packet instructions. Serve immediately with cooked chicken.

**TIP** You could add preserved lemons and fresh coriander to serve.



## BRIOCHE

N° 207



3 TBSP SEMI-SKIMMED MILK • 14 g DRY YEAST • 2 EGGS • 250 g PLAIN FLOUR • 50 g SUGAR • 1 TSP SALT • 80 g SOFT BUTTER • 100 g PINK PRALINE

## PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 30 MINS – RESTING 4 HRS

- 1 Dissolve the yeast in the milk. Pour this mixture into the bowl fitted with the kneading/crushing blade. Add the eggs, flour, sugar, salt and butter. Launch the P2 pastry program, leaving the stopper out.
- 2 At the end of the program, place the dough in a separate bowl and cover with cling film. Leave in the fridge for 2 hrs.
- 3 Line a tray with baking paper. Remove the dough and incorporate the pralines into it. Form a ball, place on the tray and cover with a cloth. Leave to proof for another 2 hrs at room temperature, away from draughts.
- 4 Preheat the oven to 160°C.
- 5 Bake for 30 mins.

**TIP** Before baking, brush with egg yolk.



## BACON AND LENTIL SOUP N° 08



160 g RAW PUY LENTILS • 50 g CARROT • 50 g LEEK (WHITE PART ONLY) • 1 ONION • 80 g SMOKED BACON • 150 ml SINGLE CREAM • SALT • 1 L WATER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Peel the carrot, the white part of the leek and the onion, then cut into small pieces. Dice bacon.
- 2 Place the vegetables, lentils, bacon, 1 L of water and salt in the bowl fitted with the ultrablade knife. Launch the **P1** soup program.
- 3 Once the program is ended, add the single cream and mix at speed 12 for 30 s.
- 4 Serve hot.

**TIP** You could add 1 tbsp of curry powder and replace the single cream with coconut milk. In this case, do not add the bacon.



## CARBONARA N° 108



400 g PENNE PASTA • 200 g PANCETTA • 20 ml OLIVE OIL • 300 ml SINGLE CREAM • 120 g GRATED PARMESAN CHEESE • 1 EGG YOLK • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 14 MINS

- 1 Cook the penne in a large saucepan as indicated on the packaging.
- 2 Cut the pancetta into small pieces and place in the bowl fitted with the mixer. Add the oil and launch the **P1** slow cook program at 130°C for 6 mins without the stopper.
- 3 At the end of the program, add the cream and the egg yolk, then launch the sauce program at speed 5 at 85°C for 8 mins.
- 4 Pour the sauce onto the drained pasta and add generous amounts of parmesan cheese and pepper. Mix and serve.

**TIP** You could replace the pancetta with smoked bacon.



## TIRAMISU N° 208



16 SPONGE FINGERS • 3 EGGS • 50 g SUGAR • 250 g MASCARPONE • 250 ml STRONG COFFEE • 50 g COCOA POWDER

PEOPLE 6 – PREPARATION 15 MINS

- 1 Separate the egg whites from the yolks. Place the yolks and 25 g of sugar in the bowl fitted with the whisk. Mix at speed 7 for 1 min 30 s. Add the mascarpone and mix at speed 7 for 3 mins. Transfer to a separate bowl and wash and dry the bowl.
- 2 Place the egg whites in the bowl fitted with the whisk and operate at speed 7 for 2 mins. Add 25 g of sugar and leave to work at speed 7 for 4 mins without the stopper. Using a spatula, gently fold the egg whites into the mascarpone mixture.
- 3 Soak the sponge fingers in the coffee and leave to rest on a plate. Cover them with the cream and sprinkle with cocoa. Chill until ready to eat.

**TIP** You could add amaretto to the coffee and use chocolate shavings instead of cocoa.



## SALMON MOUSSE

N° 09



250 g SMOKED SALMON • 180 g MASCARPONE • 250 ml SINGLE CREAM (30% FAT) • JUICE OF 1 LIME • 10 CHIVE SPRIGS

PEOPLE 4/6 – PREPARATION 5 MINS

- 1 Place the bowl in the freezer for 5 mins. Pour the single cream into the very cold bowl fitted with the whisk. Operate at speed 7 for 2 mins 30 s. Pour the whipped cream into a separate bowl.
- 2 Replace the whisk with the ultrablade knife. Place the smoked salmon, mascarpone and lime juice in the bowl. Mix at speed 12 for 30 s. Using a spatula, bring the mousse into the centre and mix again at speed 12 for 30 s.
- 3 Remove the ultrablade knife and gently add the whipped cream. Mix using a spatula. Share the mixture out between the verrine glasses and keep in the fridge. Serve chilled sprinkled with chopped chives.

**TIP** Replace the salmon with smoked trout or haddock.



## POTATO PURÉE

N° 109



800 g POTATOES • 150 ml SEMI-SKIMMED MILK • 50 g BUTTER • SALT • NUTMEG

PEOPLE 4 – PREPARATION 15 MINS – COOKING 30 MINS

- 1 Peel the potatoes and cut into 2 cm cubes.
- 2 Pour 0.7 L of water in the bowl and place the potatoes in the steam basket. Launch the steam program for 30 mins.
- 3 When the potatoes are cooked, empty the water from the bowl and attach the whisk. Add the potatoes and mix at speed 6 for 30 s. Add the milk, butter, salt and nutmeg and mix at speed 6 for 30 s.
- 4 Serve immediately.

**TIP** You could add cheese to the purée. The purée can be reheated at speed 3 at 80°C for 5 mins.



## MERINGUES

N° 209



3 EGG WHITES • 125 g CASTER SUGAR • 1 PINCH OF SALT

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 1 HR 40 MINS

- 1 Preheat the oven to 110°C.
- 2 Place the egg whites, sugar and a pinch of salt in the bowl fitted with the whisk. Launch the Companion at speed 8 at 40°C for 10 mins, without the stopper.
- 3 Line an oven tray with baking paper. Using a spoon gently place small heaps of the meringue mixture onto the tray. Bake in the oven for 1 hr 30 mins.
- 4 At the end of baking, turn oven off and leave meringue to cool with oven door ajar.

**TIP** The meringues will keep for several days. Just before baking, sprinkle them with chopped pistachios or pralines for a more festive look.





20 g FRESH YEAST • 400 g STRONG WHITE BREAD FLOUR • 50 ml OLIVE OIL • 1¼ TSP SALT • 30 g GREEN OR BLACK OLIVES, STONES REMOVED • 1 TBSP FINELY CHOPPED FRESH THYME • 190 ml COLD WATER

**SERVES 6 – PREPARATION 15 MINS – COOKING 25 MINS – RESTING 1 HR 20 MINS**

- 1 Place the yeast and 190 ml cold water in the bowl fitted with a kneading/crushing blade. Heat at speed 3 at 35°C for 5 mins.
- 2 Add the flour, olive oil, salt, olives and thyme. Launch the **P1** pastry program.
- 3 At the end of the program, leave the dough in the bowl to proof for 40 mins. Remove the blade and then reset the Companion at 30°C for 40 mins for a second proofing.
- 4 Preheat the oven to 220°C.
- 5 When the dough is ready, remove from the bowl and roll out to a rectangle about 1 cm thick. Place on a baking tray lined with baking paper. Cut slits with a sharp knife like a leaf pattern and stretch the open cuts. Brush with oil and bake for 25 mins.

**TIP** Garnish with tapenade, pesto or diced cheese.

# SALTED PORK WITH LENTILS – N° 110



250 g RAW LENTILS • 100 g CARROTS • 50 g ONIONS • 50 ml OLIVE OIL • 500 g SEMI-SALTED PORK BELLY • 200 g SMOKED SAUSAGES • 1 TBSP LIQUID VEAL STOCK • 1 TBSP CORNFLOUR • BAY LEAF • 1 L WATER

**PEOPLE 4 – PREPARATION 5 MINS – COOKING 50 MINS**

- 1 Peel the carrots and onion and cut into pieces. Cut the pork belly into four long slices. Place the onion in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the carrots and oil and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the lentils, pork belly, sausages, veal stock, cornflour, bay leaf and 1 L of water. Launch the **P2** slow cook program at 95°C for 45 mins. Eat hot.

**TIP** For a quick version, brown the onion in the bowl, add 250 g of tinned lentils and 4 sausages and start cooking at speed 1 at 95°C for 15 mins.

# HOT CHOCOLATE



165 g DARK CHOCOLATE • 500 ml SEMI-SKIMMED MILK • 1 TSP VANILLA FLAVOURING

**PEOPLE 2/4 – PREPARATION 5 MINS – COOKING 8 MINS**

- 1 Cut the chocolate into pieces. Place 40 g of chocolate in the bowl fitted with the kneading/crushing blade. Mix at speed 12 for 30 s. Remove the chocolate and set aside in a bowl.
- 2 Place the remaining chocolate, vanilla and milk in the bowl. Launch the Companion at speed 5 at 90°C for 8 mins.
- 3 At the end of cooking, mix at speed 11 for 20 s.
- 4 Pour into glasses or mugs, sprinkle with chocolate and serve immediately.

**TIP** You can replace the milk with a plant-based milk (rice or almond milk) and add spices such as cinnamon or a pinch of pepper.



## POTATO SALAD

N° 11



300 g POTATOES • 150 g NATURAL YOGHURT • 10 SPRIGS OF DILL • 100 ml OLIVE OIL • 100 g SMOKED SALMON • ZEST OF ½ LEMON • SALT • PEPPER

PEOPLE 3/4 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Peel the potatoes and cut into small pieces. Pour 0.7 L of water into the bowl. Place the potatoes in the steam basket and insert in the bowl. Launch the steam program for 20 mins. When the potatoes are cooked, place them in a separate bowl and rinse the bowl in cold water.
- 2 Place the yoghurt, dill and olive oil in the bowl fitted with the ultrablade knife. Season with salt and pepper and mix at speed 11 for 30 s. Cut the smoked salmon into strips.
- 3 Pour the sauce over the potatoes, mix and grate over the lemon zest. Place the strips of salmon on top. Enjoy the salad cold.

**TIP** You could use smoked ham instead of the salmon. You could prepare the salad the night before to allow the flavour of the potatoes to develop.



## QUICHE LORRAINE

N° 111



1 SHORTCRUST PASTRY (SEE P. 14) • 300 g BACON • 4 EGGS BEATEN • 200 g THICK CRÈME FRAÎCHE • 1 TSP GRATED NUTMEG • 100 g GRATED PARMESAN CHEESE • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Spread the pastry over a flan dish, line with a sheet of baking paper. Then blind bake in the oven using baking beads for 15 mins. Leave to cool down.
- 3 Place the bacon in the bowl fitted with the mixer and launch the P1 slow cook program at 130°C for 5 mins. Place the bacon on a paper towel and wash the bowl.
- 4 Place the beaten eggs, cream and nutmeg in the bowl fitted with the kneading/crushing blade. Season with salt and pepper and mix at speed 7 for 50 s.
- 5 Place the bacon on the bottom of the tart, add the cream/eggs mixture and sprinkle with the grated parmesan cheese. Bake in the oven for approximately 30 mins. Serve warm or cold.

**TIP** Replace the bacon with leek whites.



## CHOUQUETTES

N° 211



80 g CUBED BUTTER • 150 g PLAIN FLOUR • 4 EGGS • 100 g PEARL SUGAR • 250 ml WATER • SALT

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 35 MINS

- 1 Preheat the oven to 180°C. Place 250 ml of water, the cubed butter and salt in the bowl fitted with the kneading/crushing blade. Turn the Companion on at speed 3 at 90°C for 8 mins.
- 3 Once the program has finished, add the flour and mix at speed 6 for 2 mins.
- 4 Place the pastry in a separate bowl and wash the bowl in cold water to cool it down. Return the pastry to the bowl fitted with the kneading/crushing blade and set to speed 6. Add the eggs one by one through the top of the lid. Continue to mix for 2 mins.
- 5 Line a baking tray with baking paper. Using a spoon place small heaps of pastry onto the tray and sprinkle with the pearl sugar. Bake in the oven for 25 to 30 mins.

**TIP** Decorate with chopped pistachios, pralines or hazelnuts.



## CHEESE TURNOVERS

N° 12



40 g PLAIN FLOUR • 40 g SOFT BUTTER CUBED • 300 ml SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 2 SHEETS OF PUFF PASTRY • 1 EGG YOLK • 150 g GRATED CHEESE • SALT • PEPPER • 1 TSP WATER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper and mix at speed 7 for 1 min. Add the cubed butter and launch the sauce program at speed 4 at 90°C for 8 mins.
- 3 When the program has finished, add the grated cheese and mix at speed 6 for 50 s. Mix for a further 30 s if required.
- 4 Place the pastry sheet on a bench top and cut out round shapes using a biscuit cutter. Line a baking tray with baking paper.
- 5 Pour 1 tbsp of the mixture on half of the round shape pastry and fold to make a turnover. Pinch the edges to seal. Mix the egg yolk with 1 tsp of water and brush over each turnover. Repeat this step until all the pastry has been used.
- 6 Bake in the oven for 15 to 20 mins. Eat warm.



## CHICKEN ESCALOPES WITH MOZZARELLA AND PESTO

N° 112



2 CHICKEN BREASTS • 100 g MOZZARELLA CHEESE • 35 g PESTO • SALT • PEPPER

PEOPLE 2 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Cut the mozzarella into small pieces. Place each of the chicken breasts on a sheet of cling film. Using a knife, make an incision along the length of each breast without cutting all the way through. Insert the mozzarella in the slits. Season with salt and pepper and brush generously with pesto. Using the cling film, roll each escalope to obtain a very tight roll.
- 2 Pour 0.7 L of water in the bowl. Place the rolls in the steam basket. Place the basket in the bowl and launch the steam program for 20 mins.
- 3 At the end of cooking, remove the cling film and serve immediately.

**TIP** You could replace the pesto with tapenade.



## PROFITEROLES

N° 212



80 g CUBED BUTTER • 150 g PLAIN FLOUR • 4 EGGS • 200 g DARK CHOCOLATE (CHOPPED) • 200 ml SINGLE CREAM • SALT • 250 ml WATER • 500 ml VANILLA ICE CREAM FOR SERVING

PEOPLE 4/6 – PREPARATION 20 MINS – COOKING 30 MINS

- 1 Preheat the oven to 240°C.
- 2 Place 250 ml of water, diced butter and salt in the bowl fitted with the kneading/ crushing blade. Launch the Companion at speed 3 at 90°C for 8 mins. At the end of the program, add the flour and mix at speed 6 for 2 mins or until mixture comes away from the sides of the bowl. Cool for approximately 10 mins.
- 3 Then add the eggs one by one through the top of the lid at speed 6 until all eggs have been added and mixture is thick and glossy.
- 4 Use a piping bag, place small heaps of the mixture onto a baking tray covered with baking paper. Bake for 20 to 25 mins without opening the oven door.
- 5 Place the chopped chocolate and cream in the bowl fitted with the kneading/ crushing blade and melt at 60°C at speed 4 for 5 mins. Scrape the edges then mix at speed 7 for 1 min. Gently make slits in the choux buns and garnish with the vanilla ice cream. Serve immediately with the hot chocolate sauce.





## CHEDDAR AND CHIVE SCONES – N° 13



450 g SELF RAISING FLOUR • 1 TSP OF MUSTARD SEEDS • 1 TSP PEPPER • 50 g GRATED CHEDDAR CHEESE • 50 g GRATED PARMESAN CHEESE • 2 TBSP CHOPPED CHIVES • 50 g BUTTER • 220 ml MILK • 1 LARGE EGG • 1 TSP SALT • 1 EGG YOLK

**MAKES 12 – PREPARATION 10 MINS – COOKING 15 MINS – RESTING 30 MINS**

- 1 Preheat the oven to 180°C.
- 2 Place the flour, mustard seeds, cheeses, chives, butter, milk, whole egg, salt and pepper in the bowl fitted with the kneading/crushing blade. Mix at speed 8 for 1 min. Leave the ball of dough to rest in the fridge for 30 mins.
- 3 Cut the dough into 12 pieces and form into 2 cm thick discs. Place on a baking tray covered with baking paper, brush with the egg yolk and bake for 15 mins. Leave to cool slightly before serving.

**TIP** Serve the scones as an aperitif or garnish with smoked ham or deviled eggs.



## POLENTA – N° 113



150 g POLENTA • 1 CHICKEN STOCK CUBE • 30 g BUTTER • 30 g PARMESAN CHEESE

**PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 16 MINS**

- 1 Place 0.7 L of water, the polenta and the crumbled chicken stock cube in the bowl fitted with the whisk. Start cooking at speed 4 at 90°C for 16 mins.
- 2 At the end of cooking, add the butter and parmesan cheese then mix at speed 5 for 1 min.

**TIP** You could add herbs or tomato paste. The polenta can be eaten as a purée or cold, cut into cubes and fried in a frying pan.



MENU FOR LITTLE ONE

## CHOCOLATE CREAM MOUSSE – N° 213



90 g DARK CHOCOLATE • 2 EGGS • 15 g BITTER COCOA POWDER • 70 g SUGAR • 500 ml SEMI-SKIMMED MILK • 1 TSP CORNFLOUR

**PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 10 MINS – RESTING 3-4 HRS**

- 1 Cut the chocolate into pieces. Place all the ingredients in the bowl fitted with the whisk. Launch the dessert program at 90°C at speed 6 for 10 mins.
- 2 At the end of the program, share the cream out among ramekins. Cover with cling film and put in the fridge for 3-4 hrs. Serve chilled.



## GREEK STYLE MUSHROOMS — N° 14

PEOPLE 6 – PREPARATION 10 MINS – COOKING 35 MINS

- 1 Peel the onion and roughly chop, place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 20 s.
- 2 Replace the ultrablade knife with the mixer, scrape the edges of the bowl and add the oil and coriander. Start the **P1** slow cook program at 130°C for 5 mins.
- 3 Meanwhile wash and cut the mushrooms into quarters. After 5 mins of cooking, add the mushrooms, thyme, white wine, lemon juice, diced tomato, sugar and season with salt. Launch the **P2** slow cook program at 100°C for 30 mins.
- 4 Leave to cool, place in the fridge and serve well chilled.

**TIP** This dish tastes better the following day.



800 g BUTTON MUSHROOMS • 1 ONION • 1 TBSP CORIANDER SEEDS • 1 TBSP THYME • 4 TBSP OLIVE OIL • 100 ml WHITE WINE • 60 ml LEMON JUICE • 140 g DICED TOMATO • 3 TBSP CASTER SUGAR • SALT



## STUFFED TOMATOES — N° 114

PEOPLE 4 – PREPARATION 15 MINS – COOKING 50 MINS

- 1 Preheat the oven to 200°C.
- 2 Cut off the top of each tomato and scoop out the inside and discard. Clean the mushrooms and cut off the stems. Peel the garlic clove. Place the mushrooms and garlic in the bowl fitted with the ultrablade knife and mix at speed 12 for 30 s. Replace the ultrablade knife with the mixer and add a touch of olive oil. Launch the **P1** slow cook program at 130°C for 10 mins.
- 3 At the end of the program, remove the mixer. Add the sausage meat and breadcrumbs and season with salt and pepper. Mix the stuffing with a spatula.
- 4 Place the tomatoes in an oven dish and garnish with the stuffing. Add the tops to the tomatoes and bake for 40 mins.



4 LARGE TOMATOES • 250 g BUTTON MUSHROOMS • 1 GARLIC CLOVE • 250 g SAUSAGE MEAT • 30 g BREADCRUMBS • 1 TBSP OLIVE OIL • SALT • PEPPER



## CRÊPES — N° 214

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 5/10 MINS

- 1 Place the butter in the bowl fitted with the kneading/crushing blade and mix at speed 5 at 80°C for 3 mins.
- 2 Add the milk, eggs and sugar and mix at speed 10.
- 3 Gradually add the flour. When mixed, add the orange blossom water and allow to work for another 2 mins.
- 4 Heat a non-stick frying pan on a high heat and lightly grease with butter. When hot, add a ladle of the batter. After a few minutes flip the crêpe and allow to cook for a further 1 to 2 mins. Transfer to a plate and repeat until all the batter has been used.

**TIP** You could replace the milk with a plant-based milk (rice or almond milk).



100 g BUTTER • 750 ml SEMI-SKIMMED MILK • 4 EGGS • 50 g SUGAR • 375 g PLAIN FLOUR • 1 TBSP OF ORANGE BLOSSOM WATER • EXTRA BUTTER



## TUNA PATÉ

N° 15



350 g TINNED TUNA IN BRINE (NET DRAINED WEIGHT) • JUICE OF 1 LIME •  
80 g GREEK YOGHURT • 1 TSP CURRY POWDER • 3 TBSP CHOPPED CHIVES

PEOPLE 4/6 – PREPARATION 5 MINS

- 1 Place the tuna, lime juice, greek yoghurt and curry powder in the bowl fitted with the ultrablade knife.
- 2 Mix at speed 10 for 15 to 30 s, depending on whether you would like a smoother consistency.
- 3 Serve cold, garnished with chopped chives.

**TIP** You could replace the tuna with smoked salmon or haddock. For a creamier texture use mascarpone instead of greek yoghurt.



MENU FOR LITTLE ONE

## BEEF MEATBALLS

N° 115



500 g BEEF • 1 EGG YOLK BEATEN • 10 g PAPRIKA • 20 g FLAT-LEAF PARSLEY • SALT • PEPPER • OLIVE OIL

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS

- 1 Place the meat in the bowl fitted with the ultrablade knife and mix at speed 12 for 30 s. Mix the contents using a spatula, add the beaten egg yolk, parsley and paprika. Season with salt and pepper and mix again for 10 s (you can mix for a further 20 secs if you would like your stuffing to be less coarse).
- 2 Remove the ultrablade knife and mix one last time using your hands. Form into balls.
- 3 Heat a frying pan on a high heat and add a little olive oil. Fry the meatballs for around 10 minutes.
- 4 Serve immediately.

**TIP** You could also cook in the oven; if so, add a little tomato purée to the dish. These meatballs can also be made with veal or pork.



## CUSTARD

N° 215



6 EGG YOLKS • 80 g SUGAR • 500 ml MILK • 1 TSP VANILLA EXTRACT

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 12 MINS

- 1 Place the egg yolks and sugar in the bowl fitted with the whisk. Mix at speed 4 for 1 min. After 30 s, add the vanilla extract and milk through the opening of the lid.
- 2 Launch the dessert program at speed 4 at 85°C for 12 mins.
- 3 At the end of cooking leave to cool and serve.

**TIP** This is a French style custard and has a runny consistency.





MENU FOR LITTLE ONE

## APERITIF BISCUITS

N° 16



175 g PLAIN FLOUR • 100 g DICED SWISS/JARLSBERG CHEESE • 90 g SOFT BUTTER • 1 EGG • 1 TBSP OLIVE OIL • 1 TSP PAPRIKA • 1 TSP CUMIN SEEDS

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 20 MINS – RESTING 1 HR

- 1 Place the diced cheese in the bowl fitted with the kneading/crushing blade and mix at speed 12 for 30 s. Add all the other ingredients and mix at speed 10 for 50 s. Wrap the mixture in cling film to form a roll.
- 2 Leave to rest in the fridge for 1 hr.
- 3 Preheat the oven to 180°C.
- 4 Line a baking tray with baking paper. Cut the roll into 5 mm thick slices to obtain the biscuits. Place on the tray.
- 5 Bake for 20 mins. Serve warm or cold as an aperitif.

**TIP** The biscuits will keep for several days in a sealed box.



MENU FOR LITTLE ONE

## CHICKEN NUGGETS WITH OATS

N° 116



500 g CHICKEN BREASTS • 50 g PLAIN FLOUR • 10 g PAPRIKA • 3 EGG WHITES BEATEN • 150 g OATS • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the chicken breasts, salt and pepper in the bowl fitted with the ultrablade knife. Mix at speed 12 for 30 s. Mix using a spatula and mix again for 10 s (mix for 20 s if you would like a less coarse mixture).
- 3 Place the flour and paprika on one plate, the beaten egg whites on another and the oats on a third. Form the chicken into small nuggets using your hands and dip them in the flour, egg whites and finally the oats.
- 4 Place the nuggets in an oven dish and cook in the oven for 20 to 25 mins.

**TIP** You could brown in a frying pan with a little oil. Wet your hands before shaping the nuggets otherwise the mixture will stick!



MENU FOR LITTLE ONE

## BANANA AND VANILLA MILKSHAKE

N° 216



1 BANANA • 350 ml VANILLA ICE CREAM • 350 ml SKIMMED MILK

PEOPLE 2 – PREPARATION 5 MINS

- 1 Peel the banana and slice.
- 2 Place in the bowl fitted with the kneading/crushing blade. Add the vanilla ice cream and milk, pulse for 1 min.
- 3 Mix at speed 12 for 1 min.
- 4 Serve chilled.

**TIP** For a very cold milkshake you could add 2 ice cubes at the same time as the milk. This drink can also be made with rice or oat milk.



MENU FOR LITTLE ONE

## VEGETABLE PURÉE WITH PARMESAN

N° 17



250 g LEEKS • 250 g POTATOES • 250 g CARROTS • ½ CHICKEN STOCK CUBE • 80 g GRATED PARMESAN CHEESE • 1 L WATER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Peel the vegetables and cut into cubes.
- 2 Place all the vegetables in the bowl fitted with the ultrablade knife. Add ½ cube of chicken stock and 1 L of water. Launch the P2 soup program.
- 3 Once the program has ended, add the parmesan cheese and pulse once or twice.
- 4 Serve hot.

**TIP** You could replace the potatoes with Jerusalem artichoke or sweet potatoes.



MENU FOR LITTLE ONE

## MACARONI CHEESE

N° 117



300 g MACARONI • 40 g PLAIN FLOUR • 40 g SOFT BUTTER • 500 ml SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 250 g TOMATOES (DICED) • 120 g GRATED PARMESAN CHEESE • 40 g BREADCRUMBS • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 12 MINS – COOKING 40 MINS

- 1 Preheat the oven to 220°C.
- 2 Cook the macaroni according to the package instructions.
- 3 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper. Mix at speed 7 for 1 min. Add the butter and launch the sauce program at speed 4 at 90°C for 8 mins.
- 4 At the end of the program, add the parmesan cheese and mix for 5 s at speed 6. Then add the diced tomatoes and mix for a further 30 s.
- 5 Mix together the macaroni and sauce. Place this mixture in an oven dish and sprinkle with the breadcrumbs. Bake for 25 to 30 mins. Serve warm.

**TIP** You could replace the parmesan cheese with another cheese and fresh tomatoes with 60 g of tomato sauce.



MENU FOR LITTLE ONE

## CARAMEL BUTTER CAKE

N° 217



150 g SINGLE CREAM • 100 g SUGAR • 100 g HONEY • 100 g BUTTER • 120 g SELF RAISING FLOUR • 140 g ALMOND PASTE • 3 EGGS

PEOPLE 4/6 – PREPARATION 40 MINS – COOKING 1 HR 5 MINS

- 1 Preheat the oven to 180°C.
- 2 Make the caramel. Place 100 g of cream, the sugar, honey and 50 g of butter in the bowl fitted with the mixer. Cook at 125°C at speed 4 for 25 mins, without the stopper.
- 3 When the caramel is cooked, add the cream and remaining butter, then mix at speed 5 for 1 min. Remove the caramel carefully so as not to burn yourself, leave to cool and wash the bowl.
- 4 Place the flour, almond paste cut into pieces, cold caramel, and eggs in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program for 3 mins 40 s.
- 5 Pour the mixture into a buttered and floured cake tin. Bake for 40 mins then leave to cool before turning out.

**TIP** You could add diced apple to the cake.



MENU FOR LITTLE ONE

## VEGETABLE MUFFINS

N° 18



120 g ZUCCHINI • 60 g CARROT • 3 EGGS • 150 g SELF RAISING FLOUR • 120 ml SEMI-SKIMMED MILK • 100 ml OIL • 70 g GRATED CHEESE • ½ TSP GROUND CUMIN • 1 TSP SALT • PEPPER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 20 MINS

- 1 Preheat the oven to 180°C.
- 2 Cut the zucchini and carrot into small pieces.
- 3 Place the eggs, flour, milk, oil, cumin, salt and pepper in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 4 At the end of the program, add the vegetables and grated cheese, mix at speed 4 for 30 s.
- 5 Pour the mixture into a muffin tin and bake for approximately 20 mins. Leave to cool and serve.

**TIP** You can bake the mixture in a cake tin, in which case you should double the baking time.



MENU FOR LITTLE ONE

## BOLOGNAISE

N° 118



300 g BEEF • 1 ONION • 1 GARLIC CLOVE • 15 ml OLIVE OIL • 500 g PASSATA TOMATO SAUCE • 420 g DICED TINNED TOMATO • 30 g TOMATO PASTE • 1 TBSP OREGANO • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Dice the beef and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 10 s. Set aside in a separate bowl.
- 2 Peel the onion and garlic and roughly chop. Place in the bowl and mix at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add the oil and launch the P1 slow cook program at 130°C for 5 mins.
- 4 At the end of the program, add the meat, passata tomato sauce, diced tomato, tomato paste, oregano, salt and pepper. Launch the P2 slow cook program at 90°C for 35 mins.
- 5 At the end of cooking, serve with pasta.

**TIP** This sauce freezes well. If you would like a more liquid sauce, add 200 ml of beef stock during cooking.



MENU FOR LITTLE ONE

## CHOCOLATE MOUSSE

N° 218



250 g DARK CHOCOLATE • 50 g DICED BUTTER • 6 EGG WHITES • 1 PINCH OF SALT • 30 g SUGAR • 3 EGG YOLKS BEATEN

PEOPLE 4 – PREPARATION 10 MINS – COOKING 10 MINS – RESTING 2 HRS

- 1 Place the chocolate cut into pieces and diced butter in the bowl fitted with the kneading/crushing blade. Melt at 45°C at speed 3 for 10 mins. After 5 mins, scrape the edges of the bowl and restart the Companion by pressing start. Keep in a separate bowl and wash and dry the bowl.
- 2 Place the egg whites in the bowl fitted with the whisk and add salt. Launch at speed 7 for 8 mins without the stopper. After 4 minutes, add the sugar.
- 3 Add the beaten egg yolks to the chocolate and mix. Then gently incorporate the egg whites into this mixture.
- 4 Divide the mousse among individual serving glasses and cover with cling film. Chill for at least 2 hrs before serving.

**TIP** This mixture contains raw eggs and will therefore not keep for a long time.



## SPICY STEAMED PRAWNS — N° 19



1 GREEN ONION (SHALLOT) • 1 LONG RED CHILLI • 2 CLOVES GARLIC • 2 cm PIECE GINGER • ½ CUP FRESH CORIANDER LEAVES • 1 LIME • 20 ml (1 TBS) PEANUT OIL • 500 g PEELED GREEN PRAWNS (TAILS INTACT) • LIME AIOLI • 1 LIME • 1 SMALL CLOVE GARLIC • ½ CUP WHOLE EGG MAYONNAISE (OR SEE MAYONNAISE RECIPE SEE P.58) • SALT AND FRESHLY GROUND BLACK PEPPER

PEOPLE 6 – PREPARATION 10 – COOKING 15 MINS

- 1 Roughly chop onion and chilli. Peel garlic and ginger. Place the onion, chilli, garlic, ginger and coriander in the bowl fitted with the ultrablade knife and mix on speed 12 for 15 seconds. Put mixture in a separate bowl. Add grated lime rind, lime juice and oil to the mixture. Add the prawns and combine. Cover with cling film and place in the fridge to marinate.
- 2 Remove the ultrablade knife and clean the bowl. Pour 0.7 L of water into bowl. Place steam basket in the bowl, add prawns. Launch the steam program for 12-15 mins or until prawns are cooked. Serve with lime aioli.

*To make the Lime aioli*

- 1 Finely grate and juice the lime. Peel and crush the garlic. Combine with all other aioli ingredients.



## SPAGHETTI MARINARA — N° 119



350 g DRIED SPAGHETTI PASTA • 1 ONION • 2 CLOVES GARLIC • 20 ml OLIVE OIL • 80 ml WHITE WINE • 425 g CAN OF ITALIAN CHERRY TOMATOES • 2 TBSP TOMATO PASTE • 500 g SEAFOOD MARINARA MIX • ¼ CUP FINELY CHOPPED FRESH FLAT-LEAF PARSLEY • SALT AND FRESHLY GROUND BLACK PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 17 MINS

- 1 Cook the pasta according to packet directions and drain.
- 2 Peel the onion and garlic and cut in half. Place in the bowl with the ultrablade knife and mix on speed 12 for 10 s. Scrape down the sides of the bowl with a spatula.
- 3 Replace the ultrablade knife with the mixer, add the oil and launch the P1 slow cook program at 130°C for 7 mins. After 5 mins (with 2 mins remaining on the timer) add the wine through the opening in the lid and continue to cook for 2 mins.
- 4 Add the tomatoes and tomato paste and launch the P3 slow cook program at 95°C for 10 mins. After 5 mins (with 5 mins remaining on the timer) add the seafood and cook till the end of the program. Stir the seafood sauce through the pasta, add the parsley, salt and pepper and toss to combine.



MENU FOR LITTLE ONE

## CHOCOLATE COOKIES — N° 219



350 g SELF RAISING FLOUR • 180 g BROWN SUGAR • 250 g REDUCED SALT BUTTER • 2 EGGS • 200 g DARK CHOCOLATE CHIPS

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 20 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, sugar, butter, eggs and chocolate chips in the bowl fitted with the kneading/crushing blade. Launch the Companion at speed 8 for 2 mins.
- 3 Meanwhile line a baking tray with baking paper.
- 4 Using a spoon, place small heaps of the mixture on the tray, spacing them out evenly.
- 5 Bake for 15 mins. The cookies should be golden and soft at the end of cooking; they will harden as they cool.

**TIP** Use white or milk chocolate or add dried fruit or nuts.





2 EGGS • 300 ml SEMI-SKIMMED MILK • 5 g SUGAR • 175 g SELF RAISING FLOUR • SALT • OIL

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS

- 1 Separate the egg whites from the yolks. Place the yolks, milk and sugar in the bowl fitted with the ultrablade knife and mix at speed 11. Gradually add the flour while the appliance is working. Leave the Companion to work for another 2 mins. Place the mixture in a separate bowl and wash the Companion bowl.
- 2 Place the egg whites and a pinch of salt in the bowl fitted with the whisk and launch at speed 6 for 5 mins without the stopper. Gently incorporate the egg whites into the mixture.
- 3 Heat a lightly oiled frying pan and place small heaps of the mixture in the pan, spreading them out. After a few minutes, check and flip the blinis. Transfer to a plate and repeat until all the batter has been used.

**TIP** You could replace half of the flour with buckwheat flour.



# REGINA PIZZA



20 g FRESH YEAST (10 g DRY YEAST) • 400 g PLAIN FLOUR • 1 TSP SALT • 3 TBSP OLIVE OIL • 4 SLICES OF HAM • 6/8 BUTTON MUSHROOMS • 250 g MOZZARELLA CHEESE • 200 g TOMATO PURÉE • 1 TSP OREGANO • 250 ml WATER

PEOPLE 4 – PREPARATION 15 MIN – COOKING 15 MIN

- 1 Preheat the oven to 240°C.
- 2 Put 250 ml of lukewarm water and the yeast in the bowl fitted with kneading/ crushing blade. Start the dough program P1. After 30 secs, add the flour, salt and 2 tbsp of olive oil.
- 3 Cut the slices of ham into four. Chop the mushrooms into thin slices and cut the mozzarella into cubes.
- 4 At the end of the program, roll out the dough onto a baking tray lined with baking paper. Spread the tomato purée on the dough and sprinkle with oregano. Add the mozzarella, ham and mushrooms. Sprinkle with a little oil. Bake for approximately 15 mins.

**TIP** Choose the topping according to your preferences!



# PEACH PUREE



1 kg PEACHES • 150 g RUNNY HONEY • 1 TSP VANILLA EXTRACT • 100 ml WATER

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 15 MINS

- 1 Peel the peaches and cut them into quarters.
- 2 Put them in the bowl fitted with the ultrablade knife. Add the honey, 100 ml water and the vanilla extract.
- 3 Cook at speed 3, at 100°C for 15 min.
- 4 At the end of the cooking time, mix at speed 10 for 3 secs.

**TIP** You can make this recipe with apricots, figs, mangoes, etc. If you prefer a smoother consistency, mix for a further 30 sec.





## SAN CHOY BAU

N° 21



100 g SHITAKE MUSHROOMS • 10 ml (2 TSP) PEANUT OIL • 500 g PORK MINCE • 4 GREEN ONIONS (SHALLOTS) •  $\frac{1}{3}$  CUP WATER CHESTNUTS • 1 TBSP HOISIN SAUCE • 1 TBSP SWEET CHILLI SAUCE • 8 LETTUCE LEAVES • BEAN SPROUTS AND CORIANDER LEAVES, TO SERVE

PEOPLE 4 – PREPARATION 15 MINS – COOKING 20 MINS

- 1 Finely chop the shitake mushrooms. Place the mushrooms and oil in the bowl with the mixer and launch the **P1** slow cook program at 130°C for 5 mins, without the stopper. Add the mince and launch the **P3** slow cook program at 95°C for 10 mins. When the program finishes, break up the lumps using a spatula and relaunch program for 5mins. Drain excess liquid from the mince.
- 2 Thinly slice the onions and finely chop the water chestnuts. Add the onions, water chestnuts, hoisin sauce and sweet chilli sauce to the mince. Continue to cook for a further 5 mins.
- 3 Using a slotted spoon drain excess liquid. Serve in lettuce leaves with beansprouts and coriander leaves.



## CHRISTMAS STUFFING

N° 121



5 SHALLOTS • 200 g SMOKED PORK BELLY • 100 g CHICKEN LIVER • 300 g PORK LOIN • 25 g BUTTER • 450 g CHESTNUTS, VACUUM-PACKED OR TINNED • 15 g PARSLEY • 50 g APPLE •  $\frac{1}{4}$  LEVEL TSP FOUR-SPICE MIX • SALT • PEPPER

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 4 MINS

- 1 Peel the shallots and dice the pork belly, liver and pork loin. Place the shallots in the bowl fitted with the ultrablade knife and mix at speed 12 for 20 s. Replace the ultrablade knife with the mixer. Add the pork belly, liver, pork loin and butter then launch the **P1** slow cook program at 130°C for 4 mins.
- 2 Replace the mixer with the ultrablade knife. Add the chestnuts, parsley and apple. Season with salt and pepper and add the spices and mix at speed 12 for 10 s. Bring the mixture to the centre of the bowl using a spatula and mix again for 10 s. If you would like stuffing that is less coarse, mix again.
- 3 The stuffing is ready for garnishing a turkey, roast or chicken.

**TIP** The stuffing can be frozen for later use.



## CHRISTMAS FRUIT MINCE TARTS

N° 221



125 g CHILLED BUTTER, DICED • 300 g (2 CUPS) PLAIN FLOUR • 55 g ( $\frac{1}{2}$  CUP) ICING SUGAR • 1 EGG YOLK • 40-60 ml (2-3 TBSP) CHILLED WATER • 410 g JAR FRUIT MINCE • 2 TSP CASTER SUGAR

MAKES 24 – PREPARATION 30 MINS – COOKING 25 MINS

- 1 Preheat the oven to 180°C. Place the diced butter, flour, icing sugar in the bowl fitted with the kneading/crushing blade. Mix at speed 8 for 1 min or until mixture resembles breadcrumbs. Add the egg yolk and 2 tablespoons water, through the opening on the lid. Scrape down the bowl with a spatula and mix on speed 8 for 1min or until mixture comes together. (Add extra water if needed).
- 2 On a lightly floured surface knead pastry until smooth. Wrap in cling film and place in fridge for 30 mins to rest.
- 3 Lightly grease 24 x 40 ml patty pan holes. Roll pastry out between 2 sheets of baking paper until 3mm thick. Using a 6.5cm fluted round cutter, cut out 24 circles. Press circles into prepared holes. Press leftover pastry together. Roll out again. Using a 5cm star-shaped cutter, cut out 24 stars.
- 4 Spoon teaspoons of fruit mince into pastry cases, top with the stars and press to seal. Sprinkle over caster sugar. Bake for 25 mins or until golden. Stand for 5 mins, then transfer to a wire rack.



## SWEET CORN FRITTERS

N° 22



3 CORN COBS • 1/3 CUP FRESH FLAT-LEAF PARSLEY LEAVES • 150 g (1 CUP) SELF-RAISING FLOUR • 3 EGGS • 4 GREEN ONIONS (SHALLOTS) • SALT AND FRESHLY GROUND BLACK PEPPER • 40 ml (2 TBSP) OLIVE OIL • CREAM CHEESE, SMOKED SALMON AND ROCKET LEAVES, TO SERVE

**MAKES ABOUT 16 – PREPARATION 10 MINS – COOKING 20 MINS**

- 1 Remove husks and kernels from the corn cobs.
- 2 Place half of the corn kernels, parsley and shallots in the bowl fitted with the ultrablade knife. Add the flour and eggs and pulse until combined.
- 3 Transfer mixture to a bowl and stir in the remaining corn, onions, salt and pepper.
- 4 Heat a little of the oil in a frying pan over medium-low heat. Add tablespoons of mixture and cook in batches for about 2-3 mins each side. Serve fritters spread with a little cream cheese, topped with smoked salmon and rocket leaves.

**TIP** These can also be served for breakfast or brunch with sliced avocado, crispy bacon and baby spinach leaves. You can also make cocktail size fritters and serve as finger food.



SLIMMING MENU

## SCALLOPS WITH LEEK

N° 122



250 g SCALLOPS • 200 g LEEKS (WHITE PART ONLY) • 50 ml VERMOUTH • SALT • PEPPER

**PEOPLE 2 – PREPARATION 5 MINS – COOKING 15 MINS**

- 1 Cut the white part of the leeks very finely. Pour 0.7 L of water into the bowl. Place the steam basket in the bowl, add the leeks and place the scallops on top. Cover with the vermouth and launch the steam program for 15 mins.
- 2 At the end of cooking, season with salt and pepper and eat immediately.

**TIP** Keep the scallop shell to make a sauce. Replace the vermouth with single cream and a pinch of curry powder.



## GINGERBREAD

N° 222



250 g RUNNY HONEY • 200 g SELF RAISING FLOUR • 50 g BROWN SUGAR • 1 EGG • 1 PINCH OF SALT • 1 TSP CINNAMON • 1 TSP GINGER • 2 TBSP WATER

**PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS**

- 1 Preheat the oven to 180°C.
- 2 Place 2 tbsp of water and the honey in the bowl fitted with the kneading/crushing blade. Mix at speed 6 for 1 min.
- 3 Add the flour, brown sugar, eggs, salt and spices, then launch the P3 pastry program.
- 4 Line a loaf tin with baking paper. Pour the mixture into the tin and bake for approximately 30 to 40 mins.
- 5 At the end of baking, leave to cool and remove from the tin.

**TIP** For a stronger taste, replace half the flour with chestnut flour. You could add preserved fruits. Wrapped in cling film, the cake will last for several days.



## STEAMED PORK AND MUSHROOM BALLS

N° 23

MAKES 16 – PREPARATION 15 MINS – COOKING 10 MINS



2 GREEN ONIONS (SHALLOTS) • 1 LONG RED CHILLI • ¼ CUP FRESH CORIANDER LEAVES • 50 g SHITAKE MUSHROOMS • 300 g PORK MINCE • 1 TBSP SWEET SOY SAUCE • SWEET CHILLI SAUCE, TO SERVE

- 1 Trim and roughly chop onions. Remove seeds and roughly chop chilli. Place onions, chilli, coriander and mushrooms in the bowl fitted with the ultrablade knife and mix on speed 12 for 10 s. Scrape down the sides of the bowl with a spatula. Add the pork and soy sauce and mix on speed 8 for 15 s or until mixture is well combined.
- 2 Using wet hands shape mixture into 16 small balls. Clean the bowl and pour water into the bowl up to the 0.7 L marker. Place the balls in the steam basket then place in the Companion bowl. Launch the steam program for 10 mins.

**TIP** Serve with sweet chilli sauce.



## HAMBURGER MEAT PATTIES – N° 123

PEOPLE 4 – PREPARATION 10 MINS – COOKING 10 MINS



1 SLICE FROZEN WHITE SANDWICH BREAD • 1 SMALL ONION • ¼ CUP FLAT-LEAF PARSLEY LEAVES • 400 g LEAN BEEF MINCE • 1 EGG YOLK • 20 ml (1 TBSP) WORCESTERSHIRE® SAUCE • SALT AND FRESHLY GROUND BLACK PEPPER

- 1 Break the bread into pieces and place in the bowl fitted with the ultrablade knife and mix on speed 12 for 30 s. Place into a separate bowl.
- 2 Peel the onion and cut in half. Place the onion and parsley in the bowl and mix at speed 12 for 10 s. Scrape down the sides of the bowl with a spatula.
- 3 Add the mince, egg yolk, breadcrumbs, sauce, salt and pepper and mix at speed 12 for 10 s or until mixture is well combined. Shape mixture into four patties. Cover with cling film and place in the fridge until ready to cook.
- 4 Cook patties on a barbecue plate or in a frying pan for about 5 mins each side or until cooked. Serve patties on hamburger buns with tomato, beetroot and lettuce.



## CHRISTMAS BISCUITS – N° 223

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS – RESTING 1 HR



300 g SELF RAISING FLOUR • 100 g GROUND ALMONDS • 100 g SUGAR • 2 EGGS • 150 g SOFT BUTTER CUBED • 1 TSP VANILLA ESSENCE • 1 TBSP GROUND CINNAMON • 1 TBSP GROUND GINGER • ICING SUGAR

- 1 Place the flour, ground almonds, sugar, eggs, cubed butter, vanilla essence and spices in the bowl fitted with the kneading/crushing blade. Mix at speed 8 for 1 min.
- 2 Bring together the dough to form a ball then wrap in cling film. Leave to rest in the fridge for 1 hr.
- 3 Preheat the oven to 180°C.
- 4 Line a baking tray with baking paper. Roll out the mixture using a rolling pin then cut using a biscuit cutter or glass. Place the biscuits on the tray.
- 5 Bake for 10 mins. At the end of cooking, the biscuits should be soft as they will harden as they cool. Sprinkle over the icing sugar and serve.

**TIP** These biscuits will keep for several days if stored in a sealed container.





SLIMMING MENU

## CHICKEN STOCK

N° 24



1 CHICKEN CARCASS • 1 ONION • 1 CARROT • 1 LEEK • 1 PINCH OF SALT •  
1.5 L WATER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Peel and roughly chop the onion, carrot and leek. Crush the chicken carcass.
- 2 Place the vegetables, chicken carcass and 1.5 L of water in the bowl fitted with the mixer. Season with salt and launch the **P2** slow cook program at 95°C for 50 mins. Remove the carcass and reserve the stock.
- 3 Serve hot or cold.

**TIP** You can vary the amount of vegetables according to your taste. Use this stock to make a risotto (N°101 or 133), polenta (N°113) or sauce recipes.



SLIMMING MENU

## BEEF STOCK

N° 124



1 ONION • 15 g FRESH GINGER • 300 g BEEF (CHEEK OR OXTAIL) • A FEW  
DROPS OF FISH SAUCE • 1 STAR ANISE • 3 CLOVES • 1 PINCH OF FENNEL  
SEEDS • 1 CINNAMON STICK • 1 HANDFUL OF SOYA BEANS • FRESH MINT •  
CORIANDER • 1.5 L WATER

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 1 HR 30 MINS

- 1 Peel and roughly chop the onion and ginger. Cut the beef into pieces.
- 2 Place the onion, ginger, beef, fish sauce, star anise, cloves, fennel seeds and cinnamon in the bowl fitted with the mixer. Add 1.5 L of water then launch the **P2** slow cook program at 90°C for 1 hr 30 mins.
- 3 At the end of cooking, skim the stock and strain.
- 4 Serve hot or cold with the soya beans, fresh herbs and lime wedges.

**TIP** Add a small red chili if you would like a more spicy stock! This stock can be frozen and used as a base for soup.



SLIMMING MENU

## APPLE AND CINNAMON PUREE

N° 224



1 kg APPLES • 80 g BROWN SUGAR • 100 ml LEMON JUICE • 1 TSP CINNAMON

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Peel the apples and cut into quarters.
- 2 Place apples in the bowl fitted with the ultrablade knife. Add the brown sugar, lemon juice and cinnamon. Start cooking at speed 3 at 100°C for 20 mins.
- 3 At the end of cooking, mix at speed 10 for 40 secs.

**TIP** You could replace the cinnamon with vanilla. If you would like a smoother puree, mix for a further 20 s. Replace half of the apples for pears.



SLIMMING MENU

## SALMON TARTARE

N° 25



300 g FRESH SALMON • 120 g SMOKED SALMON • ½ RED ONION • 1 KNIFE TIP OF GROUND GINGER • 15 CHIVE SPRIGS • 3 DROPS OF TABASCO® • 2 TBSP OLIVE OIL • JUICE OF 1 LIME • SALT AND PEPPER

PEOPLE 4 – PREPARATION 5 MINS

- 1 Peel ½ an onion, cut in two and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 20 s.
- 2 Chop the chives and place all the other ingredients in the bowl then mix at speed 6 for 30 s.
- 3 Serve chilled.

**TIP** This starter contains fresh fish and should be eaten straight away.



SLIMMING MENU

## ASIAN-STYLE POT-AU-FEU — N° 125



1 ONION • 1 GARLIC CLOVE • 200 g CARROTS • 2 CUBES OF BEEF STOCK • 15 g FRESH GINGER • 1 STICK OF LEMONGRASS • 8 SPRIGS OF CORIANDER • 200 g RAW PRAWNS OR FROZEN PRAWNS • 1.5 L WATER

PEOPLE 4/5 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Peel and roughly chop the onion, garlic and carrots. Crush the lemongrass stick using a knife.
- 2 Place 1.5 L of water, the stock cubes, onion, carrots, ginger, garlic, lemongrass and half the bunch of coriander in the bowl fitted with the mixer. Launch the P2 slow cook program at 95°C for 20 mins.
- 3 At the end of the program, add the prawns and relaunch the P2 slow cook program at 95°C for 10 mins.
- 4 Serve in bowls and garnish with the remaining coriander.

**TIP** You could replace the prawns with chicken; add it 15 mins before the end of cooking.



SLIMMING MENU

## RED BERRY SORBET — N° 225



300 g BERRIES (RASPBERRIES / STRAWBERRIES) • 2 TBSP ICING SUGAR • 1 EGG WHITE

PEOPLE 4/6 – PREPARATION 5 MINS – RESTING 6 HRS

- 1 Wash and chop the berries then place in a dish and put in the freezer. Keep in the freezer for 6 hrs.
- 2 When the berries are hard, place them in the cold bowl fitted with the kneading/ crushing blade.
- 3 Pulse for 1 min 30 s. Scrape the walls of the bowl and lid, add the icing sugar and egg white, then mix at speed 12 for 30 s.
- 4 Eat the sorbet straight away.

**TIP** Use frozen berries to reduce resting time. You could add mint or basil. Once served, the sorbet should be eaten, it cannot be refrozen.





SLIMMING MENU

## ASIAN CHICKEN SALAD

N° 26



350 g CHICKEN BREASTS • 100 g CUCUMBER • 100 g CARROTS • 100 g ICEBERG LETTUCE • 100 g TINNED SOY BEANS • 20 g CORIANDER • 100 ml LIME JUICE • 40 ml SOY SAUCE • 100 ml CANOLA OIL • 20 ml SESAME OIL • 1 TSP TABASCO® (OPTIONAL) • SALT • PEPPER

PEOPLE 2/4 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Cut the chicken into strips. Pour water in the bowl, up to the 0.7 L marker. Place the chicken strips into the steam basket. Season with salt and pepper. Place the basket in the bowl and launch the steam program for 20 mins.
- 2 At the end of cooking, remove the steamed chicken and set aside. Remove the water from bowl. Attach the ultrablade knife and place the lime juice, soy sauce, oils and Tabasco® in the Companion bowl and mix at speed 11 for 50 s.
- 3 Peel the cucumber and carrots and shave into strips using a peeler. Cut the lettuce into strips. In a salad bowl, mix the carrots, cucumber, lettuce, soy beans and coriander.
- 4 Add the chicken strips and the sauce into the salad bowl. Mix and serve.



SLIMMING MENU

## WHITE FISH ROULADE WITH LEMON

N° 126



4 SMALL WHITE FISH FILLETS (120 g TO 140 g EACH) • JUICE OF 1 LEMON • 1 TBSP OLIVE OIL • 5 g DILL • SALT • PEPPER

PEOPLE 2 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Place the fish fillets on a plate. Cover with the lemon juice, olive oil and sprinkle with the dill. Season with salt and pepper.
- 2 Pour water into the bowl, up to the 0.7 L marker. Line the steam basket with baking paper.
- 3 Roll the fillets up and place in the basket. Place the basket in the bowl. Launch the steam program for 20 mins.
- 4 At the end of cooking serve immediately.

**TIP** This dish may be served with rice.



SLIMMING MENU

## YOGHURT AND WATERMELON GRANITA

N° 226



400 g WATERMELON • 100 g GREEK YOGHURT • 40 g ICING SUGAR

PEOPLE 4 – PREPARATION 10 MINS – RESTING 6 HRS

- 1 The night before, cut the watermelon into 1 cm cubes and remove the skin. Place on baking paper and put in the freezer overnight.
- 2 When the cubes are well frozen, place in the bowl fitted with the kneading/crushing blade. Pulse for 1 min.
- 3 Scrape the walls of the bowl and lid using a spatula, add the icing sugar and yoghurt and mix on Turbo for 20 s.
- 4 Serve immediately in glasses or place the mixture in the freezer for another 30 mins to form balls.

**TIP** Do not re-freeze once defrosted.



VEGETARIAN MENU

## VEGETABLE FLAN

N° 27



150 g ZUCCHINIS • 150 g TOMATOES • 100 g LEEKS • 20 g BASIL LEAVES • 200 ml FRESH SINGLE CREAM • 4 EGGS • 50 g CHEESE (GRUYERE, PARMESAN, GOAT'S CHEESE) • OLIVE OIL • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Cut the vegetables into pieces.
- 3 Pour water into the bowl, up to the 0.7 L marker. Place the vegetables in the steam basket. Season with salt and pepper. You could add a trickle of olive oil. Place the basket in the bowl and launch the steam program for 15 mins.
- 4 At the end of the cooking, wait for the vegetables to cool down and remove the water from the bowl.
- 5 Attach the ultrablade knife to the bowl and add the vegetables and other ingredients. Mix at speed 11 for 50 s. Pour the mixture into an oven dish and cook in the oven for 30 mins.

**TIP** If you would like your flan to contain some pieces of vegetables, only add half of the vegetables to the mixture and add the remainder to the dish.



VEGETARIAN MENU

## VEGETABLE COUSCOUS

N° 127



300 g COUSCOUS • 100 g RED ONION • 1 GARLIC CLOVE • 150 ml OLIVE OIL • 1 TBSP MOROCCAN SPICE BLEND • 300 g CARROTS • 300 g TURNIPS • 50 g CELERY STICKS • 600 ml CHICKEN STOCK • 1 BAY LEAF • 1 TSP TOMATO PASTE • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Prepare the couscous as indicated on the packaging. Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. If necessary, bring the onion to the middle using a spatula and mix again for 10 s.
- 2 Replace the ultrablade knife with the mixer. Crush the garlic clove using the blade of a knife. Place in the bowl along with the olive oil, Moroccan spice blend and bay leaf. Launch the P1 slow cook program at 130°C for 4 mins.
- 3 Peel the vegetables and cut into pieces. At the end of the program, add the stock, tomato paste and vegetables. Season with salt and pepper. Launch the P2 slow cook program at 95°C for 40 mins.
- 4 Serve hot with the couscous.

**TIP** Add tinned chickpeas 8 mins before the end of cooking.



VEGETARIAN MENU

## FROZEN RASPBERRY YOGHURT

N° 227



300 g FROZEN RASPBERRIES • 450 g GREEK YOGHURT • 2 TBSP RUNNY HONEY

PEOPLE 2 – PREPARATION 2 MINS

- 1 Place the frozen raspberries in the bowl fitted with the kneading/crushing blade. Add the greek yoghurt and honey.
- 2 Mix at speed 12 for 1 min.
- 3 Remove the attachment and serve immediately.

**TIP** You can make this recipe with other frozen fruit. Warning: this will not keep, eat immediately!



VEGETARIAN MENU

# SPINACH PIE

N° 28



300 g FRESH SPINACH • 1 EGG (BEATEN) • 200 g FETA CHEESE (CRUMBLED) •  
10 SHEETS OF FILO PASTRY • 20 g MELTED BUTTER • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Preheat the oven to 200°C.
- 2 Wash the spinach and roughly chop. Place in the steamer basket. Pour 0.7 L of water into the bowl. Place the basket in the bowl and launch the steam program for 15 mins. Remove the spinach and strain, empty the bowl.
- 3 Place the beaten egg and crumbled feta in the bowl fitted with the kneading/crushing blade. Season with salt and pepper. Mix at speed 6 for 30 s, add the spinach and mix for 30 s.
- 4 Cut the filo pastry sheets in two then brush with the melted butter. Oil a square tin. Place half of the sheets in the tin, add the spinach mixture and cover with the rest of the sheets.
- 5 Bake for 25 mins or until surface is golden brown. Cut into rectangles and serve.



VEGETARIAN MENU

# MIXED VEGETABLES

N° 128



250 g POTATOES • 250 g CARROTS • 250 g PEAS • 15 g BUTTER • 2 SPRIGS  
OF TARRAGON • SALT

PEOPLE 4 – PREPARATION 5 MINS – COOKING 30 MINS

- 1 Peel the potatoes and carrots then dice.
- 2 Pour 0.7 L of water into the bowl. Place all the vegetables in the steamer basket. Place the basket in the bowl and launch the steam program for 30 mins.
- 3 Serve immediately with a knob of butter, tarragon and a bit of salt.

**TIP** You could use frozen peas. You could replace the butter with a soy sauce vinaigrette: 40 ml olive oil, 1 tbsp soy sauce, 2 sprigs of tarragon. In this case, do not add salt.



VEGETARIAN MENU

# APPLE CRUMBLE

N° 228



150 g PLAIN FLOUR • 125 g GROUND ALMONDS • 150 g SUGAR • 200 g  
REDUCED SALT BUTTER • 850 g APPLES

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, ground almonds, sugar and butter in the bowl fitted with the kneading/crushing blade and mix at speed 8 until the pastry forms little balls (approx. 1 min 30 s). The mixture does not necessarily have to form a ball.
- 3 Peel the apples and dice then place in a dish. Crumble the above mixture over the diced apples.
- 4 Bake for 40 mins. Enjoy warm or cold.

**TIP** The apples may be replaced by pears.





VEGETARIAN MENU

## EGGPLANT DIP

N° 29



600 g EGGPLANTS • 3 GARLIC CLOVES • 150 ml OLIVE OIL • JUICE OF 1 LEMON • 1 TSP GROUND CUMIN • 1 TSP PAPRIKA • SALT • PEPPER • 100 ml WATER

PEOPLE 6 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Cut the eggplant into pieces.
- 2 Peel the garlic cloves and place in the bowl with the ultrablade knife attached. Mix at speed 11 for 20 s. Add the olive oil and launch the **P1** slow cook program at 130°C for 3 mins.
- 3 At the end of cooking add the eggplants, lemon juice, 100 ml of water, cumin and paprika. Season with salt and pepper. Launch the **P2** slow cook program at 95°C for 35 mins.
- 4 At the end of the program, bring the mixture to the centre of the bowl using a spatula and mix at speed 6 for 2 mins. Serve cold.

**TIP** This mixture keeps well in the fridge covered with a small layer of olive oil.



VEGETARIAN MENU

## ROOT VEGETABLE STEW

N° 129



100 g RED ONION • 1 GARLIC CLOVE • 100 ml OLIVE OIL • 1 TSP PAPRIKA • 250 g PUMPKIN • 250 g PARSNIPS • 300 g CARROTS • 200 ml CHICKEN STOCK • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Crush the garlic clove using the blade of a knife and place in the bowl along with the olive oil and paprika. Launch the **P1** slow cook program at 130°C for 4 mins.
- 3 Peel the pumpkin, parsnips and carrots and cut into pieces. At the end of the 4 mins, add the stock and vegetables. Season with salt and pepper. Launch the **P2** slow cook program at 95°C for 40 mins. Serve hot.

**TIP** Potatoes, sweet potatoes, Jerusalem artichokes, the choice is vast! Do not hesitate to vary the vegetables.



VEGETARIAN MENU

## LEMON CRÈME DESSERT

N° 229



3 EGGS • 150 g CASTER SUGAR • 3 TBSP CORNFLOUR • 500 ml SEMI-SKIMMED MILK • 150 ml FRESH LEMON JUICE (ABOUT 5 LEMONS)

SERVES 4/6 – PREPARATION 5 MINS – COOKING 12 MINS – CHILLING 3-4 HRS

- 1 Place the eggs and sugar in the Companion bowl fitted with the whisk. Mix at speed 6 for 1 min.
- 2 Add the cornflour, milk and lemon juice and launch the dessert program at 90°C at speed 5 for 12 mins, without the stopper.
- 3 Divide the mixture evenly among ramekins. When cool cover with cling film and put in the fridge for 3-4 hrs. Serve chilled.

**TIP** Decorate with thin strips of lemon zest on top of each dessert.





VEGETARIAN MENU

## LEEK VINAIGRETTE

N° 30



350 g LEEKS (WHITE PART ONLY) • 1 SHALLOT • 10 g STRONG MUSTARD •  
300 ml OIL • 150 ml SHERRY VINEGAR • SALT • PEPPER

PEOPLE 2 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Chop the leek whites. Pour water into the bowl, up to the 0.7 L marker. Place the leeks in the steam basket and season with salt and pepper. Place the basket in the bowl and launch the steam program for 25 mins.
- 2 At the end of cooking, allow the leeks to cool. Empty the water from the bowl and attach the ultrablade knife.
- 3 Peel the shallot. Place in the bowl with the mustard, oil, vinegar, salt and pepper. Mix at speed 11 for 50 s. Serve the leeks along with the vinaigrette.

**TIP** The vinaigrette will keep well in the fridge. Make a larger quantity so you have it when you need it.



VEGETARIAN MENU

## VEGETABLE TAGINE

N° 130



80 g RED ONION • 100 g RED CAPSICUM • 2 GARLIC CLOVES • 50 ml OLIVE OIL • 1 TSP CINNAMON • 1 TSP GINGER • 1 TSP CUMIN • 250 g ZUCCHINIS • 250 g FENNEL • 300 g TOMATOES • 200 ml VEGETABLE STOCK • ½ BUNCH OF CORIANDER • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 45 MINS

- 1 Peel the red onion and roughly chop. Chop the capsicum, removing seeds and white part. Place the onion and capsicum in the bowl fitted with the ultrablade knife and mix at speed 11 for 15 s.
- 2 Replace the ultrablade knife with the mixer. Crush the garlic cloves with the blade of a knife. Place in the bowl with the olive oil and launch the P1 slow cook program at 130°C for 4 mins.
- 3 Chop the zucchinis, fennel and tomatoes. Add the stock, spices and vegetables to the bowl and season with salt and pepper. Launch the P2 slow cook program at 95°C for 40 mins.
- 4 Serve hot or cold sprinkled with chopped coriander.

**TIP** Replace the fennel and zucchinis with parsnips, carrots and pumpkin.



VEGETARIAN MENU

## CUSTARD FLAN

N° 230



300 g PITTED PRUNES • 20 g REDUCED SALT BUTTER MELTED • 750 ml SEMI-SKIMMED MILK • 5 EGGS • 140 g SUGAR • 1 TSP OF VANILLA ESSENCE • 220 g PLAIN FLOUR • 50 ml COINTREAU®

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 1 HR 05 MINS

- 1 Preheat the oven to 180°C.
- 2 Butter an oven dish and add the prunes.
- 3 Place the butter in the bowl fitted with the kneading/crushing blade and operate at speed 5 at 80°C for 3 mins.
- 4 Add the milk, eggs, sugar and vanilla essence, then mix at speed 8.
- 5 Gradually add the flour. When it is incorporated, add the Cointreau® and leave to work for another 2 mins.
- 6 Pour the mixture over the prunes and bake for 1hr. Leave to cool before eating.

**TIP** You could replace the prunes with figs or cherries.



## CHEESE SOUFFLÉ

N° 31



40 g PLAIN FLOUR • 40 g BUTTER • 500 ml SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 150 g GRATED PARMESAN CHEESE • 5 EGGS • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 25 MINS – COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper and mix at speed 7 for 1 min. Add the butter and launch the sauce program for 8 mins at speed 4 at 90°C.
- 3 Separate the egg whites from the yolks. At the end of the program add the parmesan cheese and mix for 50 s at speed 8. If necessary, mix for 30 s more. Add the egg yolks and mix for 50 s. Pour the mixture into a large bowl and wash the Companion bowl.
- 4 Place the egg whites and a pinch of salt in the bowl fitted with the whisk. Launch the Companion at speed 7 for 7 mins 30 s, without the stopper.
- 5 Gently mix the stiff egg whites into the mixture. Butter a soufflé dish. Pour in the dish and bake for 30 to 35 mins without opening the oven door. Serve immediately.



## VEGETABLE BARLEY RISOTTO – N° 131



250 g BARLEY • 1 ONION • 100 ml OLIVE OIL • 80 ml WHITE WINE • 700 ml CHICKEN STOCK • 80 g TOMATOES • 80 g ZUCCHINI • 30 g PARMESAN CHEESE • 10 BASIL LEAVES • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade with the mixer. Add the olive oil and launch the P1 slow cook program for 3 mins, without the stopper.
- 3 Add the barley and relaunch for 3 mins. At the end add the white wine and relaunch the program for 1 min.
- 4 At the end of the program, add the chicken stock, season with salt and pepper, and launch the P3 slow cook program at 95°C for 20 mins, with the stopper on.
- 5 Chop the tomatoes and zucchini into small pieces. At the end of cooking, add the parmesan cheese, tomatoes and zucchini. Mix gently using a spatula. Serve immediately garnishing with the basil leaves.



## MUESLI WITH DRIED FRUITS – N° 231



250 g OAT FLAKES • 40 g REDUCED SALT BUTTER • 100 g RUNNY HONEY • 50 g BROWN SUGAR • 80 g SHELLD HAZELNUTS • 80 g CHOPPED ALMONDS • 40 g SHELLD WALNUTS • 100 g RAISINS • 1 TSP GROUND GINGER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 15 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the butter in the bowl fitted with the ultrablade knife and melt at 100°C at speed 5 for 1 min 30 s.
- 3 Add the rest of the ingredients to the bowl. When cool, mix at speed 3 for 2 mins.
- 4 Spread the mixture over a baking tray lined with baking paper and bake for 10 to 15 mins. The mixture should be golden. Leave to cool down. This mixture will keep for several days in an airtight container.

**TIP** You could add dried apricots, prunes, etc., according to your tastes.



## CURRIED LENTILS AND HADDOCK

N° 32



250 g GREEN PUY LENTILS • 1 ONION • 1 GARLIC CLOVE • 1 TSP CURRY POWDER • 20 ml OIL • 1 BAY LEAF • 250 g HADDOCK FILLET • 650 ml WATER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Peel the onion and garlic and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 15 s.
- 2 Replace the ultrablade knife with the mixer and add the curry powder, lentils, oil, bay leaf and 650 ml of water. Launch the P2 slow cook program at 100°C for 20 mins.
- 3 At the end of the program, cut the haddock into small pieces and add to the bowl. Relaunch the P2 slow cook program at 100°C for 10 mins. Serve hot or cold.

**TIP** If you like your lentils cooked longer, cook for a few minutes more. Haddock can be replaced with smoked cod.



VEGETARIAN MENU

## QUINOA WITH TOMATOES

N° 132



150 g QUINOA • 1 ONION • 50 ml OLIVE OIL • 100 ml TOMATO PUREE • 200 g TOMATOES • 10 BASIL LEAVES • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil, quinoa, tomato purée and twice as much water as quinoa. Season with salt and pepper. Launch the P3 slow cook program at 95°C for 20 mins, with the stopper on.
- 3 Chop the tomatoes into small pieces.
- 4 At the end of cooking, add the tomatoes and gently mix with a spatula. Serve immediately garnishing with the basil leaves.

**TIP** You could cook the quinoa on its own add fresh herbs and spices when serving. It is delicious served cold in a salad.



## PORRIDGE

N° 232



200 g OATS • 500 ml SEMI-SKIMMED MILK • 50 g RUNNY HONEY • 1 TSP CINNAMON • 80 g DRIED APRICOTS (CHOPPED) • 40 g HAZELNUTS (SHELLED) • 400 ml WATER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS

- 1 Place the milk, 400 ml of water and oats in the bowl fitted with the mixer. Cook at 80°C at speed 4 for 10 mins.
- 2 Add the honey, cinnamon, chopped apricots and shelled hazelnuts. Mix at speed 6 for 1 min.
- 3 Serve in bowls.

**TIP** This dish is eaten warm for breakfast.





## STUFFED CAPSICUM

N° 33



4 CAPSICUM • 1 GARLIC CLOVE • 1 ONION • 500 g BEEF • 10 SPRIGS OF MINT • 50 g PINE NUTS • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Preheat the oven to 200°C.
- 2 Peel the garlic and onion and roughly chop. Place in the bowl fitted with the ultrablade knife along with the meat and mint. Season with salt and pepper. Mix at speed 12 for 30 s.
- 3 Mix the contents of the bowl using a spatula and mix for a further 10 s (mix for an additional 20 s if you would like the stuffing to be less coarse).
- 4 Remove the ultrablade knife, add the pine nuts and mix the stuffing using your hands.
- 5 Cut the top off the capsicum and remove the white part and seeds. Place on an oven dish and garnish with the stuffing. Return the tops and cook in the oven for 30 to 35 mins. Serve hot.

**TIP** You could replace the beef with veal.



## SUMMER RISOTTO

N° 133



300 g ARBORIO RICE • 1 SHALLOT • 100 ml OLIVE OIL • 80 ml WHITE WINE • 900 ml CHICKEN STOCK • 50 g PARMESAN CHEESE • 50 g SUN-DRIED TOMATOES (CHOPPED) • 10 BASIL LEAVES • 50 g BUTTER • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Peel the shallot and roughly chop. Place in the bowl fitted with the ultrablade knife and mix for 15 s at speed 11.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil and launch the **P1** slow cook program for 3 mins, without the stopper.
- 3 Add the rice then launch **P1** slow cook program without the stopper for 3 mins, then add the white wine and relaunch for 1 min. At the end of the program, pour in the chicken stock and launch the **P3** slow cook program at 95°C for 20 mins and attach the stopper.
- 4 At the end of cooking, add the parmesan cheese, butter and chopped sun-dried tomatoes and gently mix using a spatula. Adjust the seasoning. Serve immediately garnishing with the basil leaves.

**TIP** Do not be surprised if there is some liquid left over, the parmesan cheese will give the risotto a creamy consistency.



## CHRISTMAS PUDDING

N° 233



375 g MIXED DRIED FRUIT • 125 ml WATER • 110 g BROWN SUGAR • 60 g BUTTER, AT ROOM TEMPERATURE • ½ TSP BI-CARB SODA • 75 g PLAIN FLOUR • 75 g SELF-RAISING FLOUR • ½ TSP MIXED SPICE • ½ TSP GROUND CINNAMON • 1 EGG • 20 ml BRANDY • CUSTARD, TO SERVE

PEOPLE 8/10 – PREPARATION 15 MINS – COOKING 2 HRS 35 MINS

- 1 Grease a 1.25 L (5-cup) pudding basin.
- 2 Place the fruit, water, sugar and butter in the bowl fitted with the kneading/crushing blade. Launch the dessert program on 90°C for 5 mins. Transfer mixture to a bowl and stir in bi-carb soda. Leave to cool.
- 3 Sift the flours and spices together. Stir in the egg, flours and brandy.
- 4 Spoon mixture into the pudding basin and cover with baking paper, foil and a tight lid. Place in a large saucepan with water coming half way up the sides or the pan and steam for 2 ½ hours. Serve warm with custard.





## TUNA AND POTATO CAKES N° 34

**MAKES 16 – PREPARATION 15 MINS – COOKING 16 MINS – RESTING 30 MINS**



500 g SEBAGO POTATOES • 3 GREEN ONIONS (SHALLOTS) • 2 TBSP FINELY CHOPPED FRESH FLAT-LEAF PARSLEY • 60 g FROZEN PEAS, THAWED • 185 g CAN TUNA, DRAINED • 1 EGG • SALT AND FRESHLY GROUND BLACK PEPPER • 50 g DRIED BREADCRUMBS • 80 ml VEGETABLE OIL FOR COOKING • LEMON WEDGES AND SALAD GREENS, TO SERVE

- 1 Peel the potatoes and cut into 2 cm pieces. Pour 0.7 L of water into the bowl and place the potatoes in the steam basket and then in the appliance. Launch the steam program for 30 mins. Rinse and drain the potatoes. Empty water from the bowl and attach the kneading/crushing blade tool.
- 2 Thinly slice the onions. Place the potatoes, onions, parsley, peas, tuna, egg, salt and pepper in the bowl. Mix on speed 6 for 15 s. Transfer mixture to a separate bowl.
- 3 Using wet hands shape mixture into 16 small 5 cm patties. Toss and coat in the breadcrumbs, cover with cling film and place in the fridge for 30 mins before cooking.
- 4 Heat a little of the oil in a large frying pan and cook patties in batches for 1-2 mins each side or until golden. Serve with lemon wedges and salad greens.



## POTATO DUMPLINGS N° 134

**PEOPLE 2/4 – PREPARATION 15 MINS – COOKING 50 MINS**



300 g POTATOES • 1 EGG • 20 g BREADCRUMBS • 75 g PLAIN FLOUR • 200 ml SINGLE CREAM • 1 TSP CHIVES (CHOPPED) • 1 TSP GROUND NUTMEG • 50 g GRATED CHEESE • SALT • PEPPER

- 1 Preheat the oven to 180°C.
- 2 Peel the potatoes, dice and place in the steam basket. Pour 0.7 L of water into the bowl and place the steam basket in the bowl. Launch the steam program for 20 mins.
- 3 At the end of cooking, place the potatoes in a separate bowl and mash. Season with salt and pepper, add the egg, breadcrumbs and flour. Mix well.
- 4 Form small dumplings and cook for 8 mins in a pan of boiling water. Drain the dumplings on a paper towel and place in a buttered oven dish.
- 5 In a separate bowl mix the single cream, chopped chives, nutmeg, salt and pepper and pour over the dumplings. Sprinkle over the grated cheese and cook in the oven for 20 mins.

**TIP** You could add smoked bacon.



## PIKELETS N° 234

**MAKES 20 – PREPARATION 10 MINS – COOKING 20 MINS**



30 g BUTTER, AT ROOM TEMPERATURE • 1 EGG • 55 g CASTER SUGAR • 150 g SELF-RAISING FLOUR • ½ TSP BI-CARB SODA • 160 ml BUTTERMILK • EXTRA BUTTER FOR COOKING • JAM AND CREAM, TO SERVE

- 1 Place the butter in the bowl fitted with the kneading/crushing blade and launch the dessert program on 90°C for 5 mins. After 3 mins the butter should be melted. Transfer the butter to a jug and wash and clean the bowl and blade.
- 2 Place the egg and sugar in the bowl fitted with whisk and mix on speed 7 for 1 min. Sift the flour and bi-carb soda together and add to the eggs with the buttermilk and butter. Scrape down the sides of the bowl with a spatula. Mix on speed 7 for 15 s, scrape down the bowl and mix for a further 15 s.
- 3 Heat a little butter in a frying pan and add dessertspoons of mixture. Cook in batches for about 2 mins each side. Serve pikelets with jam and cream.



## CHICKEN SAMOSAS

N° 35



250 g CHICKEN FILLET • 1 ONION • 50 ml OLIVE OIL • 1 TSP CURRY POWDER • 1 KNIFE TIP OF GROUND GINGER • 100 ml TOMATO PASSATA • 10 SPRIGS OF CORIANDER • 5 FILO PASTRY SHEETS • SALT • PEPPER • 2 EGG WHITES

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 20 MINS

- 1 Peel the onion and cut into quarters then place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer. Add the oil and spices and launch the **P1** slow cook program at 130°C for 5 mins.
- 2 Dice the chicken and add to the bowl with the tomato passata, then launch the **P3** slow cook program at 95°C for 10 mins.
- 3 At the end of cooking add the coriander and season with salt and pepper. Divide each filo sheet into 4 strips. Place a small heap of stuffing at one of the ends. Fold to make a triangle then refold to the end of the strip and seal the pastry with a little egg white. Repeat with the other strips.
- 4 Cook for 5 mins in a frying pan on a high heat with a little oil or for 15 mins in the oven at 150°C on a tray lined with baking paper. Serve.



## VOL-AU-VENTS

N° 135



6 VOL-AU-VENT PASTRY SHELLS • 40 g PLAIN FLOUR • 60 g BUTTER • 500 ml SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 180 g CHICKEN BREASTS (DICED) • 100 g VEAL (DICED) • 60 g SHALLOTS • 2 TBSP OIL • 100 ml CHICKEN STOCK • 180 g WHOLE BUTTON MUSHROOMS, TINNED • SALT • PEPPER

PEOPLE 4 – PREPARATION 15 MINS – COOKING 50 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper. Mix at speed 7 for 1 min. Add 40 g of butter and launch the sauce program at speed 4 at 90°C for 8 mins. Set aside and wash the bowl.
- 3 Peel the shallots and place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 4 Replace the ultrablade knife with the mixer and add 20 g of the remaining butter and the oil. Launch the **P1** slow cook program at 130°C for 5 mins. Add the diced chicken, diced veal, stock and launch the **P2** program at 90°C for 25 mins. After 15 mins, add the mushrooms.
- 5 Empty the stock and mix the mixture with the white sauce, fill the vol-au-vents and bake for 20 mins.



## VANILLA CRÈME BRÛLÉE

N° 235



4 EGG YOLKS • 50 g SUGAR • 400 ml SINGLE CREAM • 1 TSP VANILLA (GROUNDED OR FLAVOURING) • 100 g BROWN SUGAR

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 35 MINS

- 1 Preheat the oven to 120 °C.
- 2 Place the egg yolks, sugar and vanilla in the bowl fitted with the whisk and mix at speed 7 for 1 min. After 30 s, add the cream through the lid.
- 3 Divide the mixture among individual dishes.
- 4 Place dishes in a pan filled half way with water and bake in the oven for 35 mins.
- 5 Sprinkle the brown sugar over the crème brûlées and place under a blowtorch or grill for 2 mins.

**TIP** You could add crushed pistachios before serving.



## CROQUETTES

N° 36



40 g PLAIN FLOUR • 40 g BUTTER • 200 ml SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 120 g GRATED PARMESAN CHEESE • 120 g COOKED OR SMOKED HAM (SLICED) • 2 EGGS • EXTRA FLOUR • BREADCRUMBS • COOKING OIL • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS

- 1 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper and mix at speed 7 for 30 s. Add the butter and launch the sauce program at speed 4 at 90°C for 5 mins.
- 2 Replace the whisk with the kneading/crushing blade, add the cheese and sliced ham and mix at speed 9 for 50 s. If necessary, mix again for 30 s. Leave to cool.
- 3 Flour the bench top and gently form the mixture into a roll. Cut to make croquettes and dip in the beaten egg followed by the breadcrumbs. Repeat the process again.
- 4 Heat the cooking oil in a pan or deep fryer. Immerse the croquettes in the very hot oil (150°C) and cook for 1 to 2 mins. They should be golden brown. Serve.



## CANNELLONI

N° 136



12 CANNELLONI TUBES • 50 g ONIONS • 1 GARLIC CLOVE • 100 ml OLIVE OIL • 250 g FROZEN SPINACH ON STALKS • 400 g RICOTTA CHEESE • 1 EGG • 125 g GRATED PARMESAN CHEESE • 250 ml CRÈME FRAÎCHE • SALT

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Preheat the oven to 200°C.
- 2 Peel the onion and garlic and roughly chop, place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 3 Add the oil and spinach and launch the P1 slow cook program at 130°C for 5 mins.
- 4 At the end of the program, add the ricotta cheese, beaten egg, salt and half of the grated parmesan cheese then mix at speed 9 for 30 s. Bring the mixture to the centre using a spatula and mix for 30 s.
- 5 Fill the cannelloni tubes with this mixture and place in an oven dish. Cover with crème fraîche and sprinkle with the remaining parmesan cheese. Cook in the oven for 35 mins. Serve hot.

**TIP** Replace the stuffing with bolognaise.



## PEAR AND CHOCOLATE DESSERT

N° 236



200 g GINGER BISCUITS • 40 g MELTED BUTTER • 3 SHEETS OF GELATINE • 350 g PEARS IN SYRUP (DRAINED WEIGHT) • 200 ml WHIPPING CREAM (30% FAT) • 60 g SUGAR • 120 g MASCARPONE • 100 g DARK CHOCOLATE • 80 ml MILK

PEOPLE 6/8 – PREPARATION 20 MINS – RESTING 3 HRS

- 1 Mix the biscuits in the bowl fitted with the ultrablade knife at speed 10 for 30 s. Add the melted butter, mix with a spatula and then press into the bottom of a tin.
- 2 Soak the gelatine sheets in cold water. Place the drained pears with 2 tbsp of the syrup in the bowl and mix at speed 10 for 1 min. Keep in a separate bowl.
- 3 Heat 2 tbsp of the pear syrup in a pan and add the gelatine sheets. Wash the bowl and attach the whisk. Pour in the cream and mix at speed 7 for 3 mins. Add the sugar, chopped pears, mascarpone and gelatine. Mix at speed 4 for 1 min 30 s. Pour into the tin and place in the fridge.
- 4 Put the chocolate and milk in the bowl fitted with the kneading/crushing blade. Melt at 70°C at speed 5 for 8 mins. Pour the chocolate over the pears and cream. Chill for at least 3 hrs.





## ZUCCHINI FRITTATA

N° 37



100 g ZUCCHINI • 20 BASIL LEAVES • 4 EGGS • 40 g PARMESAN CHEESE •  
10 g BREADCRUMBS • SALT • PEPPER

PEOPLE 2/4 – PREPARATION 5 MINS – COOKING 15 MINS

- 1 Dice the zucchini and chop the basil.
- 2 Place all the ingredients in a separate bowl and mix.
- 3 Season with salt and pepper.
- 4 Pour 0.7 L of water into the Companion bowl and line the steam basket with baking paper. Pour the mixture into the basket and place in the machine.
- 5 Launch the steam program for 15 mins. Serve hot or cold.

**TIP** You can add sun-dried tomatoes, feta, olives, etc.



## SPINACH GRATIN WITH BÉCHAMEL SAUCE

N° 137



600 g SPINACH LEAVES • 40 g PLAIN FLOUR • 40 g SOFT BUTTER • 500 ml  
SEMI-SKIMMED MILK • 1 PINCH OF NUTMEG • 120 g GRATED PARMESAN  
CHEESE • SALT • PEPPER • 500 ml WATER

PEOPLE 4/6 – PREPARATION 12 MINS – COOKING 1 HR

- 1 Preheat the oven to 180°C.
- 2 Cut the spinach leaves into chunks. Place the spinach and 500 ml of water in the bowl fitted with the mixer. Launch the P3 slow cook program at 95°C for 15 mins. At the end of cooking, leave to drain in a sieve. Wash the bowl.
- 3 Place the flour, milk and nutmeg in the bowl fitted with the whisk. Season with salt and pepper. Mix at speed 6 for 30 s. Add the butter and launch the sauce program at speed 4 at 90°C for 8 mins.
- 4 When the program has finished, add the grated cheese and mix at speed 6 for 50 s. If the mixture is not even, mix for a further 30 s.
- 5 Mix the spinach and white sauce. Pour the mixture into an oven dish. Cook in the oven for 30 mins. Serve warm.



## FLOATING ISLANDS

N° 237



6 EGGS • 160 g CASTER SUGAR • 500 ml MILK • 1 TSP VANILLA EXTRACT

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Separate the egg whites from the yolks. Place the yolks and 80 g of sugar in the bowl fitted with the whisk. Mix at speed 6 for 1 min. After 30 s, add the milk and vanilla.
- 2 Launch the dessert program at 85°C at speed 4 for 12 mins. Set aside the custard and wash the bowl.
- 3 Place the egg whites and remaining sugar in the dry bowl fitted with the whisk. Turn the Companion on at speed 7 at 70°C for 6 mins 30 s, without the stopper. When finished, shape your egg whites and drain on a paper towel.
- 4 Divide the custard among the glasses and add the cooked whipped up egg whites. Serve chilled.

**TIP** You could sprinkle the whipped up egg whites with cocoa powder, dried fruits or caramel (caramel butter cake recipe N° 217).





## STUFFED OLIVES

N° 38



50 LARGE GREEN OLIVES • 150 g BEEF • 80 g PORK • 70 g CHICKEN LIVER • 50 g BACON • 50 ml OLIVE OIL • 250 ml VEGETABLE STOCK • 2 EGGS • 50 g GRATED PARMESAN CHEESE • 100 g BREADCRUMBS • 50 g PLAIN FLOUR • COOKING OIL • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Dice the meat, liver and bacon and place in the bowl fitted with the ultrablade knife. Mince at speed 12 for 10 s.
- 2 Add the olive oil and stock, and season with salt and pepper. Launch the P1 slow cook program at 130°C for 15 mins.
- 3 At the end of the program, add 1 egg and the parmesan cheese then mix at speed 6 for 30 s. Mix again if you would like the stuffing to be less coarse.
- 4 Garnish the olives with this stuffing. Heat a deep fryer. Dip the olives in the flour and the remaining beaten egg, then in the breadcrumbs.
- 5 Immerse in the deep fryer for a few minutes. Serve hot.

**TIP** You could add onions to the stuffing or use veal rather than pork.



## DAHL CURRY

N° 138



250 g DAHL LENTILS • 80 g RED ONION • 2 GARLIC CLOVES • 100 ml OLIVE OIL • 1 TSP CURRY POWDER • 1 TSP GROUND GINGER • 1 TSP GROUND CORIANDER • 250 ml COCONUT MILK • SALT • PEPPER • 700 ml WATER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Crush the garlic cloves with the blade of a knife. Place in the bowl along with the olive oil and spices. Launch the P1 slow cook program at 130°C for 4 mins.
- 3 Add the lentils, 0.7 L of water and the coconut milk. Season with salt and pepper and launch the P2 slow cook program at 95°C for 40 mins.
- 4 Serve hot or cold.

**TIP** This Indian curry Dahl resembles a puree. It is delicious served with rice and garnished with fresh coriander.



GLUTEN-FREE MENU

## RASPBERRY MOUSSE

N° 238



300 g RASPBERRIES • 300 ml WHIPPING CREAM (30% FAT) • 6 g GELATINE • 25 g SUGAR

PEOPLE 4/6 – PREPARATION 15 MINS – RESTING 4 HRS

- 1 Soak the gelatine in a bowl of cold water.
- 2 Place the raspberries in the bowl fitted with the ultrablade knife. Mix at speed 9 at 50°C for 5 mins. Let it rest for no more than 1 min and add the drained gelatine. Set aside in a bowl.
- 3 Wash the bowl in cold water and dry well. Attach the whisk to the bowl, add the whipping cream and sugar. Mix at speed 6 for 2 mins without the stopper. Let it rest for no more than 2 mins.
- 4 When the cream has been whipped, add the cold raspberry coulis, scrape the edges of the bowl and mix at speed 5 for 5 s.
- 5 Pour into glasses and leave in the fridge for 4 hrs.

**TIP** You could add extra sugar for more sweetness. Decorate the mousse with fresh fruits.



## MEAT SAMOSAS

N° 39



250 g BEEF • 250 g CARROTS • 1 GARLIC CLOVE • 1 ONION • 50 ml OLIVE OIL • 1 TSP GROUND PEPPER • 1 TSP CUMIN • 1 TSP GROUND OF CORIANDER • 100 ml BEEF STOCK • 6 FILO PASTRY SHEETS • SALT • PEPPER • 2 EGG WHITES

PEOPLE 4 – PREPARATION 10 MINS – COOKING 20 OR 30 MINS

- 1 Cut the meat into cubes, place in the bowl fitted with the ultrablade knife and mix at speed 12 for 10 s. Set aside.
- 2 Peel and dice the carrots, garlic and onion. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 30 s. Replace the ultrablade knife with the mixer, add the oil and spices and launch the **P1** slow cook program at 130°C for 5 mins, without the stopper. Then add the meat and stock, season with salt and pepper and launch the **P1** slow cook program at 130°C for 12 mins.
- 3 Divide each sheet of filo pastry into 4 strips. Place a small heap of stuffing at one of the ends. Fold to make a triangle, then refold until the end of the strip. Seal with a little egg white. Repeat this step.
- 4 Cook for 5 mins in a frying pan on a high heat with a little oil or for 15 mins in the oven at 150°C. Serve.



## GOULASH

N° 139



1 kg CHUCK STEAK • 200 g ONIONS • 2 GARLIC CLOVES • 300 g POTATOES • 100 g RED CAPSICUM • 50 g PLAIN FLOUR • 2 TBSP OIL • 1 TBSP PAPRIKA • 250 g DICED TOMATOES (TINNED) • 600 ml BEEF STOCK • 100 ml RED WINE • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 1 HR 25 MINS

- 1 Peel the onions, garlic and potatoes and cut into quarters. Dice the capsicum. Dice the meat and dip in the flour. Place the onion and garlic in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer and bring the ingredients to the centre of the bowl. Add the oil, capsicum and paprika and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the beef, potatoes, diced tomatoes, stock and red wine. Season with salt and pepper. Launch the **P2** slow cook program at 95°C for 1 hr 20 mins. Serve very hot.

**TIP** You could add a bit of cream before serving. Choose quite fatty pieces of beef and cut into 2 cm cubes.



## ANZAC BISCUITS

N° 239



125 g BUTTER, AT ROOM TEMPERATURE • 2 TBSP GOLDEN SYRUP • 2 TBSP WATER • 1 TSP BI-CARB SODA • 90 g ROLLED OATS • 165 g BROWN SUGAR • 150 g PLAIN FLOUR • 60 g DESICCATED COCONUT

MAKES 30 – PREPARATION 15 MINS – COOKING 15-17 MINS

- 1 Preheat the oven to 150°C. Line two baking trays with baking paper.
- 2 Dice the butter and place the butter, syrup and water in bowl fitted with the kneading/crushing blade. Launch the dessert program 4 at 90°C for 5 mins.
- 3 Stir in bi-carb soda and then add the oats, sugar, flour and coconut. Mix on speed 6 for 15 s or until mixture is smooth. Transfer mixture to a bowl.
- 4 Place tablespoons of mixture on the baking trays and flatten. Bake for about 15-17 mins or until golden. Repeat with remaining mixture.

**NOTE** Store biscuits in a air-tight container.



## RICE AND MOZZARELLA CROQUETTES

N° 40



300 g ARBORIO RICE • 1 SHALLOT • 100 ml OLIVE OIL • 80 ml WHITE WINE • 100 ml TOMATO PURÉE • 900 ml CHICKEN STOCK • 3 EGGS • 30 g PARMESAN CHEESE • 125 g MOZZARELLA CHEESE • 100 g BREADCRUMBS • 100 g PLAIN FLOUR • SALT • PEPPER

PEOPLE 6 – PREPARATION 20 MINS – COOKING 40 MINS

- 1 Peel the shallot and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer. Add the olive oil and launch the **P1** slow cook program for 7 mins (without the stopper). When the timer indicates that there are 4 mins remaining, add the rice. When it indicates 1 min, add the white wine and tomato purée.
- 2 At the end of the program, add the chicken stock, season with salt and pepper then launch the **P3** slow cook program at 95°C for 25 mins, without the stopper. Place the rice in a separate bowl to cool down.
- 3 Add 1 egg and the parmesan cheese and mix. Cut the mozzarella into 1 cm pieces. Form the rice into balls, placing a piece of mozzarella in the middle. Roll each ball in the flour, the 2 beaten remaining eggs and the breadcrumbs. Fry for 5 mins in a deep fryer at 180°C, the croquettes should be well browned. Serve.



## CREAMED SPINACH

N° 140



800 g FRESH SPINACH • ½ CUBE OF VEGETABLE STOCK • 150 ml SINGLE CREAM • NUTMEG • SALT

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 15 MINS

- 1 Wash the spinach and cut into thin slices. Place in the bowl fitted with the mixer and press down if necessary. Add the vegetable stock cube mixed into the cream. Sprinkle over a little nutmeg and add salt. Launch the **P2** slow cook program at 90°C for 15 mins.
- 2 After 5 mins cooking, open the lid and bring the mixture to the centre of the bowl. After 10 mins cooking, repeat this step.
- 3 Serve hot.

**TIP** You could vary the vegetables using fennel or cabbage for example.



## COCONUT FLAN

N° 240



80 g GRATED COCONUT • 250 g CONDENSED MILK, SUGAR-FREE • 250 ml SEMI-SKIMMED MILK • 2 EGGS • 40 g SUGAR

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Place all the ingredients in the bowl fitted with the kneading/crushing blade and mix at speed 11 for 1 min. If necessary, bring the mixture to the centre using a spatula and mix for a further 30 s.
- 3 Pour the mixture into 4 to 6 ramekins and bake for 30 mins. Enjoy warm or cold.

**TIP** You could replace the milk with a plant-based milk (rice or almond) or coconut milk, in which case do not add sugar to the mixture.





## FALAFELS

N° 41



500 g DRIED CHICKPEAS • 1 ONION • 3 GARLIC CLOVES • 1 TBSP SESAME SEEDS • ½ BUNCH OF CORIANDER • 1 TSP GROUND CUMIN • 1 TSP BI-CARB SODA • 1 TBSP PLAIN FLOUR • SALT • A LITTLE OIL FOR FRYING

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS – RESTING 24 HRS

- 1 Soak the dried chickpeas in a large amount of cold water 24 hrs before beginning this recipe. On the day itself, drain and dry them.
- 2 Peel the onion and garlic and cut into quarters. Wash the coriander and remove the stalks. Place all the ingredients in the bowl fitted with the ultrablade knife. Season with salt and mix at speed 12 for 30 s. Bring the mixture to the centre of the bowl using a spatula.
- 3 Mix for 30 s. Bring the mixture to the centre again and mix for a further 30 s. The mixture should not be completely uniform; it should still contain some small chunks. Wet your hands and form little balls. Press them quite hard so that they keep their shape during cooking. Fry in a frying pan for 2 mins on each side. Serve hot.

**TIP** For a quicker version used tinned chickpeas (500 g).



## PATATAS BRAVAS

N° 141



350 g POTATOES • 50 ml + 2 TBSP OLIVE OIL • 3 GARLIC CLOVES • 400 g PEELED TOMATOES, TINNED • 4 TSP PAPRIKA • 12 DROPS OF TABASCO® • 2 TSP VINEGAR • 1 TSP SUGAR • SALT

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Peel the potatoes, dice and place in the steam basket. Pour 0.7 L of water into the bowl and place in the steam basket. Launch the steam program for 25 mins. At the end of cooking, empty the bowl. Sauté the potatoes in a frying pan with 2 tbsp of olive oil.
- 2 Peel the garlic cloves and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Add the olive oil and launch the **P1** slow cook program at 130°C for 3 mins.
- 3 Add the tomatoes, paprika, Tabasco®, vinegar and sugar, and season with salt, then launch the **P2** slow cook program at 95°C for 20 mins, with the stopper.
- 4 Cover the potatoes with the sauce and serve.



## FRENCH CUSTARD TART

N° 241



SHORTCRUST PASTRY (SEE P. 14) • 3 EGGS • 150 g CASTER SUGAR • 60 g CORNFLOUR • 250 ml SEMI-SKIMMED MILK • 250 ml DOUBLE CREAM • 1 TSP VANILLA EXTRACT

SERVES 6 – PREPARATION 10 MINS – COOKING 50 - 60 MINS

- 1 Preheat the oven to 180°C.
- 2 Roll out the shortcrust pastry and line a 20 cm deep sided flan tin. Blind bake for 15 mins.
- 3 Place the eggs and sugar in the bowl fitted with the whisk and mix at speed 6 for 1 min.
- 4 Mix the cornflour with 50 ml of the milk. Add the cornflour mixture, remaining milk, cream and vanilla extract to the bowl. Set the dessert program at 90°C at speed 5 for 10 mins.
- 5 Pour the custard over the pastry and bake for 30 to 35 mins. Leave the tart to cool before eating.

**TIP** This recipe tastes much better when prepared the day before.





200 g PUMPKIN FLESH • 80 g BACON • 70 g GRATED GRUYERE CHEESE • 3 EGGS • 60 g BUTTER • 100 g SELF RAISING FLOUR

## PUMPKIN, GRUYERE CHEESE AND BACON CAKE — N° 42

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Dice the pumpkin flesh. Place the pumpkin, bacon and cheese in the bowl fitted with the kneading/crushing blade. Mix at speed 11 for 30 s. Using a spatula, bring the ingredients to the centre of the bowl.
- 3 Add the eggs, butter, and flour. Launch the **P3** pastry program.
- 4 Line a loaf tin with baking paper. Pour the mixture into the tin and bake for around 45 mins. If it is getting too brown at the end of cooking, lower the oven to 160°C.

**TIP** You could replace the gruyere cheese with goat's cheese and the pumpkin with zucchini.



1 ONION • 1 TBSP CANOLA OIL • 700 g LAMB LEG STEAKS • 1/3 CUP ROGAN JOSH CURRY PASTE • 400 g CAN OF THICK CHOPPED TOMATOES • 1/2 BUNCH ENGLISH SPINACH • 200 g RICE (LONG GRAIN, BASMATI OR JASMINE) • 375 ml WATER • FRESH MINT TO SERVE

## ROGAN JOSH LAMB CURRY — N° 142

PEOPLE 4 – PREPARATION 15 MINS – COOKING 1 HR 35 MINS

- 1 Peel the onion and cut in half. Place the onion in the bowl fitted with the ultrablade knife and mix on speed 12 for 10 s. Scrape down the sides of the bowl with a spatula.
- 2 Replace the ultrablade knife with the mixer. Add the oil and launch the **P1** slow cook program at 130°C for 5 mins. Cut the lamb into 3 cm pieces. Add the curry paste, tomatoes and lamb. Stir to combine and launch the **P2** slow cook program at 95°C for 1 hour 30 mins. Wash, trim and roughly chop the spinach. After 1 hour 27 mins (with 3 mins remaining on the timer) stir in the spinach and continue to cook for 3 mins. Top with mint and serve with rice.

### Rice

- 1 Wash the rice under cold running water in a sieve until the water runs clear. Place the rice and water in the bowl without any blades. Make sure the rice is level in the bowl. Launch the **P3** slow cook program at 95°C for 20 mins. Leave to stand with the lid on for 10 mins.



150 ml WHOLE MILK • 600 ml DOUBLE CREAM • 50 g SUGAR • 1 VANILLA POD • 3 SHEETS OF GELATINE (6 g)

## PANNA COTTA — N° 242

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 5 MINS – RESTING 2 HRS

- 1 Immerse the sheets of gelatine in a bowl of cold water. Open the vanilla pod and remove the seeds.
- 2 Place the milk, cream, sugar and vanilla seeds in the bowl fitted with the whisk and launch the dessert program at speed 4 at 95°C for 5 mins.
- 3 At the end of cooking, add the drained gelatine and mix at speed 6 for 1 min.
- 4 Pour the mixture into ramekins, cover with cling film and leave to set in the fridge for at least 2 hrs.

**TIP** Serve with red berry coulis (see recipe n° 297).



## FIG, HAM AND WALNUT CAKE - N° 43



100 g DRIED FIGS • 120 g HAM OR BACON • 4 EGGS • 170 g SELF RAISING FLOUR • 50 ml OLIVE OIL • 100 ml WHITE WINE • 2 TBSP SHELLED WALNUTS • 80 g GOAT'S CHEESE (FRESH OR DRY) • 3 PINCHES OF SEA SALT

PEOPLE 4/6 - PREPARATION 15 MINS - COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Cut the figs and ham into small dice.
- 2 Place the eggs, flour, olive oil, white wine and salt in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 3 Line a loaf tin with baking paper. At the end of the program, add the figs, ham or bacon, walnuts and goat's cheese, then mix at speed 6 for 30 s.
- 4 Pour the cake mixture into the tin and bake for approximately 40 mins. If the cake is getting too brown at the end of cooking, cover with tin foil or baking paper. Leave to cool and serve.

**TIP** Replace the figs with olives and the goat's cheese with Swiss gruyere cheese.



## MONKFISH RAGOUT - N° 143



500 g MONKFISH • 100 g CARROTS • 100 g FENNEL • 30 g CELERY STICK • 50 g SHALLOT • 100 ml OLIVE OIL • 100 ml WHITE WINE • 200 ml CHICKEN STOCK • 2 g GROUND SAFFRON • 400 ml THICK CRÈME FRAÎCHE • SALT • PEPPER

PEOPLE 4 - PREPARATION 15 MINS - COOKING 25 MINS

- 1 Dice the monkfish. Peel the vegetables. Slice the fennel, celery, carrots and shallot.
- 2 Place the shallot and oil in the bowl fitted with the mixer and launch the P1 slow cook program at 130°C for 5 mins. After 2 mins, add the white wine.
- 3 At the end of the program, add the monkfish, vegetables and stock. Season with salt and pepper and launch the P2 slow cook program at 100°C for 20 mins.
- 4 At the end of cooking, remove half the stock and mix with the cream and saffron. Place the fish and vegetables on a plate and cover with the sauce. Serve immediately.

**TIP** You could replace the white wine with cognac and the vegetables with tomatoes.



## LAMINGTONS - N° 243



125 g BUTTER DICED, AT ROOM TEMPERATURE • 220 g CASTER SUGAR • 1 TSP VANILLA EXTRACT • 3 EGGS • 300 g SELF-RAISING FLOUR • 125 ml MILK • CHOCOLATE ICING • 200 g DESICCATED COCONUT • 480 g ICING SUGAR MIXTURE • 50 g COCOA POWDER • 180 ml BOILING WATER

MAKES ABOUT 16 - PREPARATION 25 MINS - COOKING 30 MINS - RESTING TIME 12 HOURS

- 1 Preheat the oven to 180°C. Grease and line a 16 x 26 cm lamington pan with baking paper.
- 2 Put the diced butter, sugar and vanilla in the bowl fitted with the kneading/crushing blade. Mix at speed 9 for 3 mins. Scrape walls with a spatula. Continue to mix on speed 9 for 3 mins. Add eggs one at a time through the lid. Put the mixture into a bowl.
- 3 Sift half the flour through the butter mixture. Add half the milk and combine. Repeat. Spoon mixture into a cake pan. Bake for 30 mins or until cooked. Stand for 5 mins, then transfer to a wire rack. Cover and leave overnight.
- 4 Cut cake into 5 x 5 cm squares. Sift the icing sugar and cocoa. Add boiling water and stir until smooth. Coat the cakes and roll in coconut.
- 5 Serve cooled.



1 EGG YOLK • 1 TSP MUSTARD • 1 TSP WHITE VINEGAR • 250 ml CANOLA OIL • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS

- 1 Place the egg yolk, mustard and vinegar in the bowl fitted with the whisk. Season with salt and pepper.
- 2 Set the Companion to speed 7 and gradually pour in the oil. Once the mayonnaise is ready, stop the machine.

**TIP** Since this mixture contains raw egg yolk, it should be eaten straight away.



# BEEF TACOS

N° 144



1 ONION • 2 CLOVES GARLIC • 10 ml CANOLA OIL • 500 g LEAN BEEF MINCE • 30 g TACO PACKET SEASONING • 125 ml WATER • 2 TBS TOMATO PASTE • TACO SHELLS, TOMATO, LETTUCE AND SOUR CREAM, TO SERVE

PEOPLE 4 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Peel the onion and garlic and cut in half. Place the onion and garlic in the bowl fitted with the ultrablade knife and mix on speed 12 for 10 s. Scrape down the sides of the bowl with a spatula.
- 2 Replace the blade with the mixer, add the oil and launch the P1 slow cook program at 130°C for 5 mins, without the stopper. Add the mince, seasoning, water and tomato paste and launch the P3 slow cook program at 95°C for 20 mins.
- 3 Using a slotted spoon drain excess liquid, spoon mixture into a serving dish.
- 4 Serve mince in heated taco shells with tomato, lettuce and sour cream.



# WALNUT FONDANT

N° 244



125 g SOFT BUTTER • 250 g WALNUTS • 300 g BROWN SUGAR • 80 g SELF RAISING FLOUR • 5 EGGS • 2 TBSP DARK RUM

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the walnuts in the bowl fitted with the kneading/crushing blade. Mix at speed 12 for 50 s. Add all the remaining ingredients and launch the P3 pastry program.
- 3 Butter and flour a square tin. At the end of the program, pour the mixture into the tin. Bake for approximately 40 mins.
- 4 Allow to cool before turning out. Enjoy warm or cold.

**TIP** You could replace the walnuts with hazelnuts, almonds or any other nuts.





DAIRY FREE

## HUMMUS

N° 45



1 TIN OF CHICK PEAS • 2 GARLIC CLOVES • JUICE OF 1 LEMON • 100 ml OLIVE OIL • 1 KNIFE TIP OF GROUND CUMIN • 1 TSP TAHINI (OPTIONAL) • SALT

PEOPLE 4/6 – PREPARATION 5 MINS

- 1 Drain the chickpeas. Peel the garlic cloves.
- 2 Place the chickpeas, garlic, lemon juice, olive oil, cumin and tahini in the bowl fitted with the ultrablade knife. Season with salt and mix at speed 12 for 3 mins.
- 3 Serve chilled.

**TIP** To serve add a touch of olive oil. You could replace the cumin with paprika. Tahini is puréed sesame, it can be bought from supermarkets.



## PRAWN CURRY

N° 145



500 g RAW PRAWNS, DEFROSTED • 1 GARLIC CLOVE • 1 LARGE ONION • 1 TBSP OIL • 1 LEVEL TBSP CURRY POWDER • 1 TBSP TOMATO PASTE • 250 ml COCONUT MILK • 1 TBSP CHOPPED CORIANDER • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Peel the garlic and onion and cut the onion into quarters. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Scrape the edges of the bowl using the spatula. Add the oil, a pinch of salt and the curry powder. Launch the P1 slow cook program at 130°C for 5 mins.
- 3 At the end of cooking add the prawns (with antennas removed), tomato paste and coconut milk. Season with salt and pepper. Launch the P3 slow cook program at 95°C for 15 mins.
- 4 At the end of cooking, sprinkle with coriander and serve immediately.

**TIP** You will easily find bunches of coriander in supermarkets.



## CHOCOLATE AND CHESTNUT TRUFFLES

— N° 245



200 g DARK CHOCOLATE • 100 g REDUCED SALT BUTTER • 300 g CHESTNUT CREAM • 40 g COCOA POWDER

MAKES 50 – PREPARATION 10 MINS – RESTING 2 HRS – COOKING 10 MINS

- 1 Cut the chocolate into pieces. Place chocolate and butter in the bowl fitted with the kneading/crushing blade and mix at speed 3 at 45°C for 10 mins.
- 2 Add the chestnut cream and mix at speed 10 for 30 s.
- 3 Pour the mixture into a silicone cake tin and leave to rest for at least 2 hrs in the fridge.
- 4 Roll tablespoonfuls of mixture between the palms of your hands then roll in cocoa powder. Keep in fridge.

**TIP** Replace the cocoa powder with grated coconut or biscuit crumbs. Chestnut cream can be replaced by hazelnut spread. Use wet hands when rolling balls so mixture doesn't stick to your palms.





## ARTICHOKE TAPENADE

N° 46



300 g ARTICHOKE HEARTS, IN OIL • 50 ml OIL • 1 GARLIC CLOVE • 40 g BLACK OLIVES

PEOPLE 6 – PREPARATION 5 MINS

- 1 Place all the ingredients in the bowl fitted with the ultrablade knife.
- 2 Mix at speed 12 for 30 s, then mix for a further 30 s if necessary.
- 3 Leave to rest in the fridge. Serve cold with small slices of bread.

**TIP** You could add small anchovy fillets or even fresh basil. This is delicious served with white fish.



## ZUCCHINI AND SALMON DUMPLINGS

N° 146



500 g ZUCCHINI • 150 g FRESH SALMON • 1 SMALL WHITE ONION • 1 EGG • SALT • PEPPER

SAUCE : 100 ml SOY SAUCE • 50 ml RICE VINEGAR • 1 TSP SESAME OIL • 1 TSP FISH SAUCE • 1 TSP SESAME SEEDS • 1 PINCH OF CHILLI POWDER

30 SMALL DUMPLINGS – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Prepare 30 squares of cling film: 15 × 15 cm. Dice the zucchini, salmon and onion. Place in the bowl fitted with the ultrablade knife. Add the egg and season with salt and pepper. Mix at speed 10 for 10 s.
- 2 Form around 30 small dumplings with the mixture, then individually wrap in cling film.
- 3 Pour 0.7 L of water into the bowl and place a first batch of the wrapped dumplings in the steam basket. Launch the steam program for 20 mins. Repeat this step until all the dumplings have been cooked.
- 4 Leave the dumplings to cool before unwrapping. Mix all the remaining ingredients for the sauce and serve with the dumplings.



## RUSSIAN EASTER CAKE

N° 246



130 ml SEMI-SKIMMED MILK • 2 EGG YOLKS • 300 g SELF RAISING FLOUR • 5 g SALT • 240 g CASTER SUGAR • 5 g VANILLA EXTRACT • 40 g BUTTER (DICED) • 75 g CHOPPED PRESERVED FRUIT • 75 g CHOPPED ALMONDS • ZEST OF 1 ORANGE • 1 EGG WHITE • JUICE OF ½ LEMON

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 40 MINS – RESTING 2 HRS

- 1 Add the milk, egg yolks, flour, salt, 40 g of sugar, vanilla and diced soft butter to the bowl fitted with the kneading/crushing blade. Launch the P2 pastry program.
- 2 After 40 mins, remove the mixture and roll out on a floured bench top. Add the preserved fruit, almonds, orange zest and roll the mixture on itself. Cut into 5 cm slices and place beside one another in a buttered and floured cake tin.
- 3 Cover with a tea towel and leave to rest for 2 hrs.
- 4 Preheat the oven to 180°C then bake for 40 mins.
- 5 Beat the egg white and gradually add the rest of the caster sugar and lemon juice. Using a brush, coat the cake with this topping. Leave to cool before serving.



## TARAMASALATA

N° 47



70 g WHOLEMEAL BREAD • 100 ml SEMI-SKIMMED MILK • 150 g SMOKED COD ROE OR SALMON ROE • 200 ml SUNFLOWER OIL

## PEOPLE 6/8 – PREPARATION 10 MINS

- 1 Soak the wholemeal bread in the milk for a few minutes and then drain.
- 2 Remove the pouch skin from the roe eggs, and dice.
- 3 Place the bread, milk and eggs in the bowl fitted with the ultrablade knife. Mix at speed 10 for 2 to 3 mins. Gradually add the sunflower oil. Stop the Companion after 2 to 3 mins, the dip should be whipped up like mayonnaise.
- 4 Leave to rest in the fridge. Serve cold with blinis (see recipe N°20)

**TIP** Add lemon juice or wasabi to bring out the taste of the dip. Cod roe can be bought from a fishmongers or a good grocery store.



## MONKFISH TAGINE

N° 147



1 kg FILLETS OF MONKFISH TAIL • 3 GARLIC CLOVES • 3 TBSP OLIVE OIL • 2 TSP PAPRIKA • 2 TSP CUMIN • JUICE OF ½ LIME • 150 ml VEGETABLE STOCK • 12 g FRESH CORIANDER • 12 g FLATY-LEAF PARSLEY • 1 TSP CORN-FLLOUR • SALT

## PEOPLE 4 – PREPARATION 5 MINS – COOKING 25 MINS

- 1 Peel the garlic cloves and cut in two. Place in the bowl fitted with the ultrablade knife and chop at speed 11 for 30 s. Using a spatula bring the garlic to the centre.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil, a pinch of salt, paprika, cumin and lime juice. Launch the P1 slow cook program at 130°C for 3 mins.
- 3 During this time, cut the fish into cubes. At the end of the program, add the fish, cornflour which has been dissolved in the vegetable stock and the herbs. Launch the P3 slow cook program at 95°C for 20 mins.
- 4 At the end of cooking serve immediately.

**TIP** You could replace the monkfish with prawns or chicken.



## GREEK YOGHURT CAKE

N° 247



1 kg GREEK YOGHURT (40% FAT) • 200 g CASTER SUGAR • 3 EGG YOLKS • 15 g VANILLA SUGAR • 100 ml THICK CRÈME FRAÎCHE • 100 g SOFT BUTTER (DICED) • 50 g RAISINS • 50 g PRESERVED FRUIT

## PEOPLE 4/6 – PREPARATION 20 MINS – COOKING 5 MINS – RESTING 1 NIGHT + 4 HRS

- 1 Strain the greek yoghurt well using a fine sieve. Place the sugar and egg yolks in the bowl fitted with the whisk and mix at speed 6 for 2 mins. Add the vanilla sugar and crème fraîche and launch the Companion at speed 3 at 100°C for 4 mins.
- 2 Add the finely sliced butter, greek yoghurt, raisins and preserved fruit (keep a few aside for final decoration). Mix at speed 6 for 1 min. Using a spatula, bring the mixture to the centre and mix for a further 1 min.
- 3 Pour the mixture into a cloth and place in a sieve. Leave to drain overnight.
- 4 The following day, place the mixture in a tin. Place in the fridge for 3 to 4 hrs before serving.



## RED PESTO

N° 48



200 g SUN-DRIED TOMATOES • 2 GARLIC CLOVES • 30 g PINE NUTS • 250 ml OLIVE OIL • 40 g BASIL • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS

- 1 Peel the garlic cloves. Place all the ingredients in the bowl fitted with the ultrablade knife. Mix at speed 12 for 10 s.
- 2 Using a spatula, scrape the edges of the bowl and bring the mixture to the centre. Mix again for 10 s (if you want a very smooth texture, mix again).
- 3 Place the mixture in a jar and keep in the fridge. Serve on a slice of bread or over pasta.

**TIP** Cover the surface with olive oil and this mixture will keep in the fridge for 3 weeks or a month.



## LAMB WITH SPRING VEGETABLES

N° 148



800 g LAMB • 60 g PEARL ONIONS • 3 TBSP OLIVE OIL • 400 ml VEAL STOCK • 250 g CARROTS • 100 g BROAD BEANS OR FRESH PEAS • 50 g CELERY STICKS • 1 TSP PLAIN FLOUR • SALT

PEOPLE 4 – PREPARATION 10 MINS – COOKING 1 HR 35 MINS

- 1 Cut the lamb into pieces. Place the lamb, oil and salt into the bowl fitted with the mixer and launch the **P1** slow cook program at 130°C for 5 mins. Peel and slice the carrots and celery.
- 2 At the end of the program, sprinkle the lamb with the flour and add the onions, carrots, celery and veal stock. Launch the **P2** slow cook program at 95°C for 1 hr 10 mins.
- 3 Then add the broad beans or peas and relaunch the **P2** slow cook program for 20 mins.
- 4 At the end of cooking serve immediately.

**TIP** Vary the vegetables according to the season!



## APPLE CAKE

N° 248



6 APPLES (GRANNY SMITH) • 3 EGGS • 180 g BROWN SUGAR • 125 g SELF RAISING FLOUR • 1 TSP VANILLA EXTRACT • PINCH OF CINNAMON • 1 TBSP RUM

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Butter a standard size high-edged tin.
- 3 Peel and core the apples, slice and spread out in the tin.
- 4 Place the eggs, brown sugar, flour, vanilla, cinnamon and rum in the bowl fitted with the kneading/crushing blade. Launch the **P3** pastry program.
- 5 At the end of cooking pour the mixture into the tin. Bake in the oven for approximately 40 mins. Leave to cool and serve.

**TIP** A springform tin will make this recipe easier!





## ZUCCHINI AND CARROT SLICE – N° 49



1 MEDIUM ONION • 20 ml OLIVE OIL • 100 g DICED BACON • 1 MEDIUM CARROT • 1 MEDIUM ZUCCHINI • 50 g FINELY GRATED PARMESAN CHEESE • 5 EGGS • 150 g SELF-RAISING FLOUR, SIFTED • SALT AND FRESHLY GROUND BLACK PEPPER

PEOPLE 8 – PREPARATION 15 MINS – COOKING 30-35 MINS

- 1 Preheat the oven to 180°C. Grease and line a 16 x 26 cm slice pan with baking paper.
- 2 Peel the onion and cut in half. Place the onion in the bowl fitted with the ultrablade knife and mix at speed 12 for 10 s. Scrape down the sides of the bowl with a spatula.
- 3 Replace the ultrablade knife with the mixer, add the oil and bacon and launch the P1 slow cook program at 130°C for 5 mins. Peel and grate the carrot and grate the zucchini. Add the carrot and zucchini and mix on speed 6 for 10 s. Add the cheese, eggs, sifted flour, salt and pepper and mix on speed 10 for 20 s.
- 4 Pour mixture into the slice pan and bake for 30-35 mins or until cooked. Serve warm.

**TIP** You can also serve the slice as a main with a garden salad.



## SATAY BEEF – N° 149



500 g BEEF RUMP STEAK (DICED) • 1 GARLIC CLOVE • 150 g ONIONS • 50 ml PEANUT OIL • 40 g SATAY SAUCE • 250 g PEELED TOMATOES, TINNED) • 100 ml SOY SAUCE • 100 ml BEEF STOCK (OPTIONAL) • 1 TSP CORNFLOUR • PEPPER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 1 HR

- 1 Peel the garlic and onions and place in the bowl fitted with the ultrablade knife. Chop at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the oil and launch the P1 slow cook program at 130°C for 5 mins. Cut the beef into fine strips.
- 3 At the end of the program, add the beef, satay, tomatoes, soy sauce and corn-flour dissolved in the stock and season with pepper. Launch the P2 slow cook program at 95°C for 55 mins.
- 4 At the end of cooking serve with white rice.

**TIP** If you like spicier dishes, add more satay.



## BANANA CAKE WITH CHOC CHIPS — N° 249



100 g SOFT REDUCED SALT BUTTER • 100 g BROWN SUGAR • 2 EGGS • 50 ml SINGLE CREAM • 120 g CHOCOLATE CHIPS • 220 g SELF RAISING FLOUR • 2 BANANAS (250 g APPROX)

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the diced butter, sugar, eggs, single cream, and flour into the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 3 Peel the bananas and roughly chop. At the end of the program, add the bananas and the chocolate chips, then mix at speed 6 for 40 s.
- 4 Pour the mixture into a cake tin lined with baking paper and bake for approximately 45 mins. If the cake is too brown towards the end of cooking, lower the oven to 160°C.
- 5 Leave to cool, then turn out.

**TIP** Use well-ripened bananas for this recipe. You could make this with chopped caramel bits.





600 g FRESH PEACHES • 120 g RUNNY HONEY • 100 ml SHERRY VINEGAR • 10 SPRIGS OF MINT • 1 TSP TABASCO® • 150 g FILLET OF SMOKED DUCK

## PEACH AND SMOKED DUCK VERRINE — N° 50

PEOPLE 6/8 – PREPARATION 5 MINS – COOKING 15 MINS

- 1 Peel the peaches, cut into quarters and place in the bowl fitted with the ultrablade knife. Add the honey, the vinegar and cook quickly at speed 1 at 100°C for 15 mins.
- 2 At the end of cooking, add the mint and Tabasco®, and mix at speed 10 for 30 s. If you prefer a smoother consistency, mix for a further 30 s.
- 3 Leave to cool. Distribute the puree among the verrine glasses and place fine slices of duck on top and serve.

**TIP** You could make this recipe with apricots, figs or mangoes and replace the duck with ham or smoked salmon.



1 kg BEEF (CHUCK STEAK) • 500 ml RED WINE • 1 ONION • 250 g CARROTS • 2 GARLIC CLOVES • 50 g DICED BACON • 50 ml OIL • 25 g PLAIN FLOUR • 400 ml VEAL STOCK • 1 BOUQUET GARNI

## BEEF BOURGUIGNON — N° 150

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 2 HRS 10 MINS – RESTING 12 HRS

- 1 The night before, cut the meat into cubes, place in a bowl and add red wine. Cover and chill overnight.
- 2 The following day, peel the onion and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 15 s.
- 3 Peel the carrots and dice. Peel the garlic. Replace the ultrablade knife with the mixer. Add the carrots, garlic, bacon and oil. Launch the **P1** slow cook program at 130°C for 8 mins.
- 4 Meanwhile, coat the meat in the flour. Once cooking has ended, add the veal stock, meat, red wine and bouquet garni. Launch the **P2** slow cook program at 100°C for 2 hrs.
- 5 Serve hot with steamed potatoes or pasta.

**TIP** You could add black olives and some tomatoes, to resemble a stew.



6 EGG YOLKS • 60 g SUGAR • 500 ml SEMI-SKIMMED MILK • 1 TSP VANILLA EXTRACT • 12 g GELATINE (5 TO 6 SHEETS) • 200 g BERRIES (BLACKBERRIES, RASPBERRIES, BLUEBERRIES)

## VANILLA AND BERRIES DESSERT — N° 250

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 12 MINS – CHILLING 3 HRS

- 1 Place the egg yolks and sugar in the bowl fitted with the whisk. Mix at speed 6 for 1 min. Add the milk and vanilla and launch the dessert program at 85°C for 12 mins without the stopper.
- 2 During this time, line a round tin with cling film. Place the sheets of gelatine in a bowl of cold water and leave to soak for 5 mins.
- 3 At the end of the program, drain the gelatine and add to the bowl. Mix at speed 6 for 1 min. Pour the dessert into the tin and place in the fridge for at least 3 hrs.
- 4 Turn out onto a dish and place the berries on top of the dessert.

**TIP** If you would like to flavour the desserts, add red berry coulis or cocoa powder at the same time as the gelatine.



## CREAM OF ROQUEFORT AND PEARS

N° 51



400 g PEARS • 120 g ROQUEFORT OR BLUE CHEESE • 100 g RICOTTA CHEESE • 100 ml SINGLE CREAM

PEOPLE 6 – PREPARATION 10 MINS

- 1 Peel the pears, dice one pear and distribute evenly along bottom of the 6 serving glasses. Slice the remaining pears.
- 2 Place the cheeses, cream and half the sliced pears in the bowl fitted with the ultrablade knife. Mix at speed 12 for 30 s. Using a spatula bring the mixture to the centre and mix again at speed 12 for another 30 s.
- 3 Divide the mixture amongst the prepared serving glasses. Garnish the top with a pear slice and a bit of crumbled cheese. Keep in the fridge until ready to serve.

**TIP** You could replace the blue cheese with fresh goat's cheese.



## BEEF STROGANOFF

N° 151



500 g BEEF (STEAK) • 250 g BUTTON MUSHROOMS • 60 g ONIONS • 20 ml OLIVE OIL • 90 g TOMATO PASTE • 7 g PAPRIKA • 150 ml THICK CRÈME FRAÎCHE • SALT • PEPPER • 2 TBSP WATER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 25 MINS

- 1 Finely slice the mushrooms and meat.
- 2 Peel the onion, dice and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer, add the oil and launch the **P1** slow cook program at 130°C for 5 mins. Add the meat, tomato paste and 2 tbsp of water. Launch the **P3** slow cook program at 100°C for 10 mins.
- 4 Add the mushrooms and paprika. Season with salt and pepper and launch the **P3** slow cook program at 100°C for 10 mins. At the end of 5 mins, add the cream. Serve hot.

**TIP** You can cook for longer if you like your meat well done. You can use tinned mushrooms.



## CARROT CAKE

N° 251



300 g CARROTS • 3 EGGS • 190 g BROWN SUGAR • 260 g SELF RAISING FLOUR • ½ TSP CINNAMON • ½ TSP NUTMEG • 1 TSP VANILLA EXTRACT • 250 ml SUNFLOWER OIL

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 1 Hr

- 1 Preheat the oven to 160°C.
- 2 Peel the carrots, dice and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 20 s. Set aside in a separate bowl.
- 3 Place all the other ingredients in the bowl fitted with the kneading/crushing blade and launch the **P3** pastry program for 3 mins.
- 4 At the end of the program, add the carrots and mix at speed 6 for 20 s. Line a cake tin with baking paper and pour in the mixture. Bake for approximately 50 to 60 mins. To check whether it is done, pierce with a knife, the blade should come out clean.

**TIP** Leave to cool before turning out. Use twice the amount of cinnamon for a stronger flavour.



## CREAM OF FENNEL AND SALMON

N° 52



200 g FENNEL • 150 g SMOKED SALMON • 120 g MASCARPONE • 30 g DILL • SALT • PEPPER

PEOPLE 6 – PREPARATION 10 MINS – COOKING 15 MINS

- 1 Finely slice the fennel. Pour water into the bowl, up to the 0.7 L marker. Place the fennel in the steam basket. Place the basket in the bowl and launch the steam program for 15 mins.
- 2 At the end of cooking, wait for the fennel to cool down and empty the water from the bowl. Attach the ultrablade knife. Place all the ingredients in the bowl and mix at speed 11 for 30 s. Using a spatula, bring the mixture to the centre of the bowl. Mix for a further 10 s.
- 3 Place the cream in the verrine glasses and chill before eating.

**TIP** Set aside 10 g of salmon and a few slices of fennel to garnish. Serve with thin breadsticks or spread on toasts as an aperitif.



## DUCK À L'ORANGE

N° 152



1 kg DUCK (1 LEG CUT IN 2 + 2 FILLETS) • 1 SHALLOT • 1 ONION • 1 TBSP OLIVE OIL • 150 ml ORANGE JUICE • 50 ml PORT • 20 g RUNNY HONEY • 100 ml CHICKEN STOCK • 10 g CORNFLOUR • ZEST OF 1 ORANGE • SALT • RICE TO SERVE

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Remove the skin from the duck fillets and cut into 6 pieces.
- 2 Peel the shallot and onion and roughly chop. Place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add olive oil and the diced duck and launch the P1 slow cook program at 130°C for 5 mins.
- 4 At the end of the program, bring the mixture to the centre. Add the orange juice, port, honey and cornflour mixed in the chicken stock and the orange zest. Season with salt and launch the P2 slow cook program at 95°C for 40 mins.
- 5 At the end of cooking, serve with rice.



## STRAWBERRY CHARLOTTE

N° 252



400 g STRAWBERRIES • 8 g GELATINE SHEETS • 18 SPONGE FINGERS • 150 ml STRAWBERRY SYRUP • 200 g NATURAL GREEK YOGHURT (40% FAT) • 100 g MASCARPONE • 60 g SUGAR • JUICE OF ONE LEMON

PEOPLE 4/6 – PREPARATION 25 MINS – RESTING 4 HRS

- 1 Soak the gelatine in a bowl of cold water for 20 mins. Drain and place in the lemon juice. Place in the microwave for 30 s to melt. Soak the biscuits in the strawberry syrup and place at the bottom of a pudding mould.
- 2 Remove the stalks from the strawberries and cut into quarters. Keep 100 g in a separate bowl.
- 3 Place the yoghurt, mascarpone, 300 g strawberries, sugar and lemon juice in the bowl fitted with the kneading/crushing blade. Mix at speed 5 for 1 min. If necessary, bring the mixture to the centre of the bowl using a spatula and mix for a further 30 s.
- 4 Pour the mixture into the pudding mould and leave to set in the fridge for at least 4 hrs.
- 5 Serve by garnishing with the fresh strawberries.





## CARROT AND CUMIN FLAN — N° 53



350 g CARROTS • 1 SMALL ONION • 4 EGGS BEATEN • 200 ml THICK CRÈME FRAÎCHE • 30 g CORNFLOUR • 1 TBSP CUMIN • 80 g GRATED PARMESAN CHEESE • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Preheat the oven to 160°C.
- 2 Butter 6 small oven-proof ramekins.
- 3 Peel the carrots and onion and dice. Place in the bowl fitted with the ultrablade knife and mix at speed 12 for 30 s.
- 4 Add the beaten eggs, crème fraîche and cornflour. Season with salt and pepper and mix at speed 7 for 50 s. Add the cumin and grated parmesan cheese then mix at speed 6 for 10 s.
- 5 Divide the mixture among the ramekins, place in an oven dish with water (bain marie) and bake for approximately 30 mins. Serve warm or cold.

**TIP** You could grate the parmesan cheese in the bowl at speed 12 for 30 s with the ultrablade knife.



## RUSSIAN STUFFED CABBAGE — N° 153



30 LEAVES OF WHITE CABBAGE • 60 g ONIONS • 3 GARLIC CLOVES • 300 g PORK (SHOULDER, LOIN) • 100 g PORK BELLY • 100 g COOKED WHITE RICE • 1 BUNCH FLAT-LEAF PARSLEY • 10 CORIANDER SEEDS • 500 g CRUSHED TOMATOES, TINNED • 300 ml STOCK • OIL • BUTTER • SALT

PEOPLE 6/8 – PREPARATION 20 MINS – COOKING 1 HR 15 MINS

- 1 Blanch the cabbage leaves for a few minutes in a large pan of water.
- 2 Peel the onion and garlic and dice the meat. Place the pork in the bowl fitted with the ultrablade knife, mix at speed 12 for 20 s. Transfer to a bowl. Place the onions and garlic in the bowl and mix at speed 12 for 10 s. Add the pork belly and mix for 10 s. Add the minced pork, rice, salt, parsley and coriander seeds and mix at speed 10 for 20 s. Between each step, bring the mixture to the centre of the bowl using a spatula.
- 3 Garnish the cabbage leaves with this stuffing and roll.
- 4 Brown the rolls on all sides in a little oil and butter. Set aside. Pour the tomatoes along with their juices and the stock into a casserole dish. Bring to the boil, then reduce the heat and add the rolls. Cook for 1 hr, covered.



## RICOTTA AND APRICOT FONDANT — N° 253



3 EGGS • 90 g BROWN SUGAR • 200 g GROUND ALMONDS • 30 g CORNFLOUR • ½ TSP BI-CARB SODA • 1 TBSP OLIVE OIL • 250 g RICOTTA CHEESE • 150 g FRESH APRICOTS

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Preheat the oven to 180°C. Line a high-edged tin with baking paper.
- 2 Place the eggs, brown sugar, ground almonds, cornflour, bi-carb soda, olive oil and ricotta cheese in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 3 Wash the apricots and cut into quarters. At the end of the program, add via the opening on the appliance and mix at speed 6 for 1 min.
- 4 Pour the mixture into the tin and bake for approximately 50 mins. If the cake is browning too much at the end of cooking, cover with tin foil.
- 5 At the end of baking, leave to cool and remove from the tin.

**TIP** Replace the apricots with frozen raspberries, plums or any other fruit.





# EGGPLANTS WITH PARMESAN · N° 54



1 ONION • 1 GARLIC CLOVE • 15 g OLIVE OIL • 500 g DICED TOMATOES • 30 g TOMATO PASTE • 1 TBSP OREGANO • 600 g EGGPLANTS • 50 g PARMESAN CHEESE • 120 g MOZZARELLA CHEESE SLICED • 100 g BREADCRUMBS • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 35 MINS

- 1 Preheat the oven to 180°C.
- 2 Peel the onion and garlic and roughly chop, place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 30 s.
- 3 Replace the ultrablade knife with the mixer, add the oil and launch the P1 slow cook program at 130°C for 5 mins. Add the diced tomatoes and paste, oregano, salt and pepper and mix using a spatula.
- 4 Cut the eggplants in thin slices. Fry for a few minutes in a frying pan and place on a paper towel. Oil an oven dish and add a layer of eggplants then cover with the tomato sauce. Repeat this process until all ingredients have been used. Add the parmesan cheese and sliced mozzarella and cover with breadcrumbs. Cook in the oven for 30 mins.

**TIP** You could make this recipe with zucchinis instead of eggplants.



# CLASSIC CHILLI · N° 154



500 g MINCED BEEF • 2 GARLIC CLOVES • 1 RED CAPSICUM • 1 SMALL RED CHILLI • 50 ml OLIVE OIL • 1 TSP GROUND CUMIN • 2 ONIONS • 600 g DICED TOMATOES • 20 g TOMATO PASTE • 500 g KIDNEY BEANS, TINNED • SALT

PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Peel the garlic, cut the capsicum in two and remove the seeds and white part. Place the capsicum, garlic and whole chilli in the bowl fitted with the ultrablade knife. Chop at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the oil and cumin, then launch the P1 slow cook program at 130°C for 8 mins.
- 3 Peel the onions and slice. After 8 mins, add the diced tomatoes, onions, minced beef, tomato paste, kidney beans and season with salt. Launch the P2 slow cook program at 95°C for 35 mins.
- 4 At the end of cooking serve immediately.

**TIP** If you would like a more liquid sauce, add 200 ml of veal stock.



# YOGHURT CAKE WITH DRIED FRUIT · N° 254



1 NATURAL YOGHURT (125 g) • 170 g SELF RAISING FLOUR • 250 g SUGAR • 80 ml OIL • 3 EGGS • 82 g DRIED FRUIT (RAISINS, FIGS, DATES) • 1 TSP VANILLA FLAVOURING

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the yoghurt, flour, sugar, oil, eggs, dried fruit and vanilla in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 3 Line a high-edged tin with baking paper.
- 4 At the end of the program, pour the mixture into the tin and bake for approximately 30 mins.
- 5 Leave to cool and serve.

**TIP** If you would prefer to leave the dried fruit whole, add at the end of the program and mix at speed 6 for 30 s.



## PRETZELS

N° 55



8 g DRIED YEAST • 200 ml SKIMMED MILK • 650 g PLAIN FLOUR • 10 g CASTER SUGAR • 5 g FINE SALT • 60 g SOFT BUTTER (DICED) • 50 g BI-CARB SODA • 1 EGG YOLK • 180 ml WATER

**MAKES 10 – PREPARATION 15 MINS – COOKING 25 MINS – RESTING 45 MINS**

- 1 Place the yeast, 180 ml of water and the milk in the bowl fitted with the kneading/crushing blade. Warm at speed 3 at 35°C for 3 mins.
- 2 Next add the flour, sugar, salt and diced butter. Attach the stopper and launch the **P1** pastry program for 2 mins 30 s.
- 3 At the end of the program roll into long rolls, form the pretzels and leave on a plate lined with baking paper. Leave to proof for 45 mins, away from draughts.
- 4 Preheat the oven to 200°C.
- 5 Bring 1 L of water and the bi-carb soda to the boil, immerse the rolls into the boiling water for 5 s, one after the other. Brush the pretzels with the egg yolk and bake for approximately 15 to 20 mins.

**TIP** Sprinkle with sesame seeds and coarse salt.



## RICE PILAF

N° 155



200 g LONG GRAIN RICE • 375 ml WATER • 20 ml PEANUT OIL • 75 g DICED BACON • 4 SHALLOTS (GREEN ONIONS) • 1 SMALL CARROT • 20 ml SOY SAUCE • 90 g FROZEN PEAS, THAWED

**PEOPLE 4 – PREPARATION 15 MINS – COOKING 40 MINS + STANDING TIME**

- 1 Wash the rice and drain. Place the rice and water in bowl without any blades. Make sure the rice is level in the bowl. Launch the **P3** slow cook program at 95°C for 20 mins. Leave to stand with the lid on for 10 mins. Wash the bowl.
- 2 Peel and grate the carrot and thinly slice the shallots.
- 3 Place the mixer in the bowl with the oil and bacon. Launch the **P1** slow cook program at 130°C for 10 mins. After 5 mins (with 5 mins remaining on the timer) add the carrot, peas, shallots, cooked rice and soy sauce, let the program finish.



VEGETARIAN MENU

## CHESTNUT AND ALMOND CAKE

N° 255



70 g RICE FLOUR • 70 g CHESTNUT FLOUR • 80 g ALMOND SPREAD • 80 ml ALMOND MILK • 60 g BROWN SUGAR • 2 EGGS • 8 g BAKING POWDER • 50 g DRIED FRUIT (FIGS, APRICOTS)

**PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 35 MINS**

- 1 Preheat the oven to 180°C.
- 2 Place all the ingredients in the bowl fitted with the kneading/crushing blade. Launch the **P3** pastry program.
- 3 Line a cake tin with baking paper. At the end of the program, pour the mixture into the tin.
- 4 Bake for approximately 35 mins. Leave to cool and serve.

**TIP** You could add chocolate chips or replace the almond spread with honey.



## CHEESE NAANS

N° 56



300 g PLAIN FLOUR • 11 g DRY YEAST • 1 PINCH OF SALT • 1 TBSP PEANUT OIL • 125 g NATURAL YOGHURT • 6 PORTIONS OF KIRI® CHEESE OR PHILADELPHIA (120 g) • 100 ml WATER

PEOPLE 6 – PREPARATION 15 MINS – COOKING 10 MINS

- 1 Place the flour, yeast, salt, 100 ml of water, oil and yoghurt in the bowl fitted with the kneading/crushing blade. Launch the P1 pastry program for 1 min.
- 2 When the dough is ready, divide into 6 balls. Flatten each ball and place a portion of cheese on one half. Close the dough over the cheese and seal the edges well. Repeat this step.
- 3 Heat a non-stick frying pan on a high heat and cook the naans for approximately 2 mins on each side. Serve hot.

**TIP** These Indian breads are perfect with curries or as an aperitif. You could sprinkle with curry powder to serve.



## LAMB CURRY

N° 156



800 g LAMB (SHOULDER, BONED) • 1 ONION • 2 GARLIC CLOVES • 60 ml OLIVE OIL • 2 TBSP CURRY POWDER • 250 ml COCONUT MILK • 200 g CANNED DICED TOMATOES • 300 ml CHICKEN STOCK • 50 g APPLES (GRANNY SMITH) • SALT

PEOPLE 4 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Peel the garlic and onion and place in the bowl fitted with the ultrablade knife. Chop at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the oil and curry powder into the bowl and launch the P1 slow cook program, at 130°C for 5 mins.
- 3 Cut the lamb into large cubes. After 5 mins, add the lamb, coconut milk, diced tomatoes and stock, and season with salt. Launch the P2 slow cook program at 95°C for 45 mins.
- 4 Peel the apple and dice. At the end of cooking, serve immediately with the diced apple.

**TIP** Serve this dish with basmati rice.



## MANGO SMOOTHIE

N° 256



250 g WELL RIPENED MANGO • 400 ml COCONUT MILK

PEOPLE 2 – PREPARATION 5 MINS

- 1 Peel the mango and remove the nut.
- 2 Place in the bowl fitted with the ultrablade knife. Add the coconut milk and mix for 1 min at speed 12.
- 3 Serve chilled.

**TIP** You could add an ice cube at the same time as the coconut milk for a colder smoothie. This drink could also be made with almond milk.





80 g BASIL LEAVES • 3 GARLIC CLOVES • 50 g PARMESAN CHEESE • 50 g PINE NUTS • 200 ml OLIVE OIL • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 5 MINS

- 1 Peel the garlic cloves. Place all the ingredients in the bowl fitted with the ultrablade knife.
- 2 Mix at speed 12 for 10 s. Using a spatula, scrape the sides of the bowl and bring the mixture to the centre. Mix again for 10 s (if you want a very smooth texture, mix again).
- 3 Place the mixture in a jar and put in the fridge.

**TIP** Replace half of the basil with pistachios or rocket for a more original pesto.



## BEEF CHEEK WITH RED WINE – N° 157

PEOPLE 4 – PREPARATION 10 MINS – COOKING 2 HRS – RESTING 12 HRS



800 g BEEF CHEEK • 500 ml RED WINE • 1 ONION • 200 g CARROTS • 200 g POTATOES • 2 TBSP OLIVE OIL • 1 GARLIC CLOVE • 50 g BACON • 1 TBSP CORNFLOUR • 500 ml VEAL STOCK • 1 BOUQUET GARNI • SALT • PEPPER

- 1 The night before, place the beef cheek and red wine in a dish. Cover with cling film and marinate in the fridge overnight.
- 2 The next day, drain the wine, set aside and dice the meat. Peel the onion, garlic, potatoes and carrots and dice. Place the onion into the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add the olive oil, garlic, bacon and vegetables. Launch the P1 slow cook program at 130°C for 5 mins.
- 4 Dissolve the cornflour in the veal stock. At the end of the program, add the beef, stock, bouquet garni and red wine. Season with salt and pepper. Launch the P2 slow cook program at 100°C for 2 hrs. Serve hot.

**TIP** Chuck steak can be used instead of beef cheek.



## PEAR AND HAZELNUT CAKE — N° 257

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 40 MINS



250 g SELF RAISING FLOUR • 175 g REDUCED SALT BUTTER (DICED) • 3 EGGS • 100 g BROWN SUGAR • 120 g GROUND HAZELNUTS • 6 PEAR HALVES IN SYRUP

- 1 Preheat the oven to 180°C.
- 2 Place the flour, diced butter, eggs, sugar and ground hazelnut in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 3 Line a cake tin with baking paper.
- 4 Dice the pears. At the end of the program, add the pears to the bowl and mix at speed 6 for 15 s.
- 5 Pour the mixture into the tin and bake for 40 to 45 mins.
- 6 Leave to cool, turn out and serve in slices.

**TIP** You could add chocolate chips or make this recipe with a mixture of apples and walnuts or apricots and almonds.





## LOW-FAT MAYONNAISE N° 58



1 EGG YOLK • 1 TSP MUSTARD • 1 TSP VINEGAR • 100 ml CANOLA OIL •  
200 g GREEK YOGHURT WITH 0% FAT • SALT • PEPPER

### PEOPLE 4 – PREPARATION 10 MINS

- 1 Place the egg yolk, mustard and vinegar into the bowl fitted with the whisk. Season with salt and pepper. Set the Companion to speed 7 and gradually pour in the oil. Once the mayonnaise is ready, stop.
- 2 Add the greek yoghurt and mix at speed 7 for 30 s to 1 min.
- 3 Keep chilled until use.

**TIP** This mixture contains raw egg yolk and has a short shelf life. You could add spices (paprika, curry powder) or fresh herbs (dill, chervil, etc.).



## CHICKEN WITH PRUNES N° 158



750 g DICED CHICKEN • 50 g ONIONS • 1 GARLIC CLOVE • 50 ml OLIVE OIL • 100 g SMOKED PORK BELLY • 180 g PITTED PRUNES • 250 ml CHICKEN STOCK • 250 ml WHITE WINE • 1 TBSP CORNFLOUR • SALT

### PEOPLE 4 – PREPARATION 5 MINS – COOKING 50 MINS

- 1 Peel the onion and garlic and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil and smoked pork belly, then launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the chicken, prunes, chicken stock, white wine and cornflour and season with salt. Launch the **P2** slow cook program at 95°C for 45 mins. For the first 5 mins, leave the stopper off to let the alcohol evaporate.
- 4 At the end of cooking, serve immediately with pasta or a gratin.



## WHITE CHOCOLATE BLONDIES WITH RASPBERRIES N° 258



200 g REDUCED SALT BUTTER • 300 g WHITE CHOCOLATE (CHOPPED) • 200 g PLAIN FLOUR • 200 g CASTER SUGAR • 6 EGGS • 150 g RASPBERRIES • 150 g WALNUTS

### PEOPLE 4/6 – PREPARATION 15 MIN – COOKING 55 MIN

- 1 Preheat the oven to 180°C.
- 2 Place the butter and diced chocolate into the bowl fitted with the mixer. Launch at speed 3 at 45°C for 7 mins. Check the chocolate is properly melted otherwise continue for 2 mins.
- 3 Replace the mixer with the kneading/crushing blade. Add the flour, sugar and eggs then launch the **P3** pastry program.
- 4 Line a square baking tin with baking paper. When the mixture is ready, add the raspberries and walnuts. Mix at speed 6 for 30 s.
- 5 Pour the mixture into the tin and bake for approximately 45 mins. If the cake is browning too much at the end of cooking, cover with tin foil. Leave to cool then turn out.

**TIP** You could place the raspberries on top of the mixture.



## PRAWN BISQUE

N° 59



400 g RAW PRAWNS, WHOLE • 50 g POTATOES • 1 ONION • 1 GARLIC CLOVE • 50 ml OLIVE OIL • 60 g FENNEL • 50 g LEEKS (WHITE PART ONLY) • 400 g DICED TOMATOES • 50 ml WHITE WINE • 200 ml FISH STOCK • 50 ml SINGLE CREAM • 1 PINCH CHILLI POWDER • CHIVES • BREAD CROUTONS • SALT

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 25 MINS

- 1 Peel the potatoes and cut in quarters. Peel the onion and garlic and roughly chop.
- 2 Place the onion, garlic, oil and prawns in the bowl fitted with the ultrablade knife. Launch the **P1** slow cook program at 130°C for 5 mins without the stopper.
- 3 Add the fennel, potatoes, leeks, diced tomatoes, white wine, fish stock, chilli powder and salt. Launch the **P3** slow cook program for 20 mins without the stopper.
- 4 At the end of cooking, add the cream and pulse for 1 min.
- 5 Strain the mixture pressing down hard to get as much juice as possible. Serve hot or cold with bread croutons sprinkled with chives.

**TIP** Make this soup with white fish.



GLUTEN-FREE MENU

## THAI CHICKEN RED CURRY — N° 159

PEOPLE 4 – PREPARATION 10 MINS – COOKING 25 MINS



1 ONION • 20 ml PEANUT OIL • 1 RED CAPSICUM • 600 g CHICKEN BREAST FILLETS OR THIGH FILLETS • 175 ml COCONUT CREAM • ¼ CUP THAI RED CURRY PASTE • FRESH CORIANDER LEAVES AND RICE, TO SERVE • SALT

- 1 Peel and thinly slice the onion. Place the onion and oil in the bowl fitted with the mixer and launch the **P1** slow cook program at 130°C for 5 mins.
- 2 Remove seeds from the capsicum and thinly slice. Thinly slice the chicken. Add the capsicum, chicken, coconut cream, curry paste and pinch of salt to the bowl, stir with a spatula to combine. Launch the **P3** slow cook program at 95°C for 20 mins. Top with coriander leaves and serve with rice.

**TIP** Adjust the amount of curry paste to taste as some brands are hotter than others.



## CHOCOLATE FONDANT — N° 259

PEOPLE 4/6 – PREPARATION 25 MINS – COOKING 30 MINS



200 g DARK CHOCOLATE (CHOPPED) • 100 g SOFT REDUCED SALT BUTTER • 3 EGGS • 120 g BROWN SUGAR • 150 g GROUND ALMONDS • 6 g BAKING POWDER

- 1 Preheat the oven to 180°C.
- 2 Place the butter and diced chocolate into the bowl fitted with the kneading/ crushing blade. Turn the bowl on at speed 3 at 45°C for 10 mins.
- 3 Add the eggs, sugar, ground almonds and baking powder and launch the **P3** pastry program.
- 4 Line a high-edged tin with baking paper. At the end of the program, pour the mixture into the tin and bake for 20 to 30 mins.
- 5 Leave to cool before eating the cake.

**TIP** Replace the ground almonds with the ground hazelnuts.



## BEETROOT DIP

N° 60



2 LARGE BEETROOTS (ABOUT 400G) • 140 g GREEK YOGHURT • ½ TSP GROUND CUMIN • 1 TBSP DILL LEAVES • SALT AND FRESHLY GROUND BLACK PEPPER • VEGETABLE STICKS OR CRACKERS, TO SERVE

**MAKES 1 ½ CUPS – PREPARATION 10 MINS – COOKING 35 MINS**

- 1 Peel the beetroot and cut into 2 cm pieces. Pour 0.7 L of water into the bowl and place the beetroot in the steam basket and then place in the Companion. Launch the steam program for 35 mins. Drain the beetroot and leave to cool.
- 2 Place the beetroot, yoghurt, cumin, dill, salt and pepper in bowl fitted with the ultrablade knife and mix on speed 8 for 15 s. Scrape down the sides of the bowl with a spatula and mix on speed 12 for 30-40 s or until mixture is processed.
- 3 Spoon mixture into a bowl and serve with crackers or vegetable sticks.



## OSSO BUCCO

N° 160



1 kg VEAL SHANK • 80 g ONIONS • 1 GARLIC CLOVE • 250 g CARROTS • 50 g CELERY STICK • 50 ml OLIVE OIL • 100 ml WHITE WINE • 400 g PEELED TOMATOES, (TINNED) • 400 ml VEAL STOCK • ZEST OF 1 LEMON • 2 BAY LEAVES • 20 g PLAIN FLOUR • SALT • PEPPER

**PEOPLE 4 – PREPARATION 10 MINS – COOKING 2 HRS 5 MINS**

- 1 Peel the onions and garlic and roughly chop. Peel the carrots and slice. Dice the celery sticks.
- 2 Place the onion and garlic in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add the oil and celery stick then launch the **P1** slow cook program at 130°C for 5 mins. After 2 mins cooking, add the white wine.
- 4 At the end of the program, add the veal which has been rolled in the flour, the carrots, tomatoes, stock, half of the lemon zest and bay leaves. Season with salt and pepper and launch the **P2** slow cook program at 95°C for 2 hrs.
- 5 At the end of cooking, serve sprinkled with the remaining lemon zest.

**TIP** Serve with tagliatelle



## RICOTTA ICE-CREAM

N° 260



400 g RICOTTA CHEESE • 100 ml LEMON JUICE • 250 ml WHIPPING CREAM • 75 g ICING SUGAR • 1 EGG WHITE

**PEOPLE 6/8 – PREPARATION 15 MINS – RESTING 6 HRS**

- 1 Place the ricotta cheese, lemon juice, cream and icing sugar in the bowl fitted with the whisk. Mix at speed 6 for 1 min. Pour the mixture into ice cube trays and leave to set in the freezer for 6 hrs.
- 2 When the ice cubes are hard, place in the well chilled bowl fitted with the kneading/crushing blade. Pulse for 1 min 30 s. Scrape the sides of the bowl and lid, add the egg white and mix at speed 12 for 30 s.
- 3 Eat the ice cream straight away.

**TIP** You could serve this ice cream with fresh raspberries.



## CREAM OF CAPSICUM WITH CHORIZO

N° 61



850 g RED CAPSICUM • 1 ONION • 1 GARLIC CLOVE • 80 g CHORIZO •  
1 TSP SMOKED PAPRIKA • 100 ml SINGLE CREAM • SALT • 500 ml WATER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Wash the capsicum, remove the seeds and cut in quarters. Peel the onion and garlic and roughly chop. Dice the chorizo.
- 2 Place the capsicum, onion, garlic, chorizo, smoked paprika and salt in the bowl fitted with the ultrablade knife. Add 500 ml of water and launch the P1 soup program.
- 3 At the end of the program, add the single cream and mix at speed 12 for 30 s. Serve hot or cold.

**TIP** You could replace half of the capsicums with tomatoes.



## US-STYLE SQUID

N° 161



1 kg SQUID RINGS • 1 ONION • 1 GARLIC CLOVE • 20 ml OIL • 20 ml  
COGNAC • 400 g DICED TOMATOES • 150 ml FISH STOCK • PINCH OF CHILLI  
POWDER • SALT • PEPPER • 1 TSP CORNFLOUR • 200 ml SINGLE CREAM

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Peel the onion and garlic and cut into quarters. Place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer, scrape the walls of the bowl using a spatula and add the oil and cognac. Start the P1 slow cook program at 130°C for 5 mins.
- 3 Add the squid, diced tomatoes, fish stock, a pinch of chilli powder and season with salt and pepper. Launch the P2 slow cook program at 100°C for 30 mins.
- 4 Dissolve the cornflour in the single cream and at the end of the program and add this mixture to the bowl. Relaunch the P2 slow cook program at 100°C for 10 mins.
- 5 Serve hot with rice.



## BERRY ETON MESS

N° 261



250 g STRAWBERRIES • 125 g RASPBERRIES • 300 ml THICKENED CREAM •  
2 TBSP ICING SUGAR • 1 TSP VANILLA EXTRACT • 175 g VANILLA YOGHURT •  
4 (40 g) PAVLOVA OR MERINGUE NESTS

PEOPLE 4 – PREPARATION 10 MINS

- 1 Hull and chop three quarters of the strawberries. Place three quarters of the raspberries and strawberries in a bowl and using a fork crush the berries.
- 2 Place the cream, icing sugar and vanilla in the bowl fitted with the whisk and mix on speed 6 for 1 min 15 s or until whipped.
- 3 Place the cream and crushed berries in the bowl and stir in the yoghurt. Lightly crush pavlova nests and stir three quarters through with the berries. Spoon mixture into serving bowls and top with remaining raspberries, strawberries and crushed pavlova nests.





## CREAM OF JERUSALEM ARTICHOKES WITH MUSHROOMS SOUP — N° 62

PEOPLE 2/3 – PREPARATION 5 MINS – COOKING 40 MINS



100 g LEEKS (WHITE PART ONLY) • 400 g JERUSALEM ARTICHOKE • 20 g CELERY STICKS • ½ VEGETABLE STOCK CUBE • 100 ml SINGLE CREAM • 1 TBSP GROUND DRIED MUSHROOMS • SALT • 850 ml WATER

- 1 Peel the artichokes and roughly chop. Slice the white part of the leeks and celery.
- 2 Place the artichokes, leeks, celery and stock cube in the bowl fitted with the ultrablade knife. Add 850 ml of water. Launch the **P1** soup program.
- 3 At the end of the program, add the single cream, a pinch of salt (if desired) and ground mushrooms and mix at speed 12 for 30 s. Serve hot.

**TIP** You could replace half the Jerusalem artichoke with celeriac and serve this soup with diced foie gras.



## CHICKEN WITH CASHEW NUTS — N° 162

PEOPLE 4 – PREPARATION 5 MINS – COOKING 50 MINS



750 g CHICKEN THIGHS • 100 g TOASTED SALTED CASHEW NUTS • 2 GARLIC CLOVES • 1 ONION • 300 g RED CAPSICUMS • 50 ml OLIVE OIL • 50 ml SOY SAUCE • 20 g TOMATO PASTE • 250 ml CHICKEN STOCK • 12 g FRESH CORIANDER • JUICE OF ½ LEMON • PEPPER

- 1 Peel the garlic and onion. Remove the seeds from the capsicums and cut into strips.
- 2 Place the garlic and onion into the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add the olive oil and launch the **P1** slow cook program at 130°C for 5 mins.
- 4 At the end of the program, add the chicken, capsicums, soy sauce, tomato paste, cashew nuts, pepper and stock. Launch the **P2** slow cook program at 95°C for 45 mins.
- 5 Wash and chop the coriander. At the end of cooking, serve immediately sprinkling with the coriander and lemon juice.

**TIP** You could add 1 tsp Harissa paste.



## GRAND MARNIER® SOUFFLÉ — N° 262

PEOPLE 6 – PREPARATION 20 MINS – COOKING 8 MINS



4 EGGS • 50 ml GRAND MARNIER® • 15 g PLAIN FLOUR • 120 g SUGAR • 20 g BUTTER

- 1 Preheat the oven to 200°C.
- 2 Separate the egg whites from the egg yolks. Place the egg yolks, Grand Marnier® and flour in the bowl fitted with the whisk. Mix at speed 7 for 3 min. Transfer to a large bowl. Rinse the bowl.
- 3 Place the egg whites and 80 g sugar in the bowl fitted with the whisk. Mix at speed 7 for 6 min. Butter 6 individual ramekins with the soft butter and sprinkle them with the remaining sugar.
- 4 Incorporate a third of the whipped up egg whites to the egg yolks whipping energetically, then add the remaining whites and gently mix using a spatula. Fill level with the edge of each ramekin. Smooth the surface and clean the edges of the ramekins. Bake for 8 mins. Serve immediately.



## GEORGIAN SOUP

N° 63



500 g LAMB (DICED) • 100 g ONIONS • 5 GARLIC CLOVES • 50 ml OIL • 1 L CHICKEN STOCK • 250 g DICED TOMATOES • 15 g TOMATO PASTE • 25 g FLAT LEAF PARSLEY • 150 g COOKED RICE • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 1 HR 5 MINS

- 1 Peel the onions and garlic and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 20 s.
- 2 Replace the ultrablade knife with the mixer. Add the oil and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the stock, diced lamb, diced tomatoes, paste, parsley and cooked rice. Season with salt and pepper and launch the **P2** slow cook program at 95°C for 1 hr. Serve hot.

**TIP** This very thick soup is a very nourishing dish. For a more liquid result, increase the quantity of stock; do not exceed the MAX level.



## BASQUE CHICKEN

N° 163



750 g CHICKEN THIGHS • 1 ONION • 2 GARLIC CLOVES • 1 RED CAPSICUM • 50 ml OLIVE OIL • 50 ml WHITE WINE • 250 g CRUSHED TOMATOES, TINNED • 125 ml CHICKEN STOCK • SALT

PEOPLE 4 – PREPARATION 5 MINS – COOKING 55 MINS

- 1 Peel the onion and garlic cloves. Wash the capsicum, peel and chop.
- 2 Place the garlic, onion and capsicum into the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add the olive oil and white wine then launch the **P1** slow cook program at 130°C for 8 mins.
- 4 Once the cooking has ended, add the chicken, tomatoes and stock and season with salt. Launch the **P2** slow cook program at 95°C for 45 mins.
- 5 At the end of cooking serve immediately.

**TIP** You could add black olives.



SLIMMING MENU

## CITRUS FRUIT SORBET

N° 263



50 g CASTER SUGAR • 200 ml ORANGE JUICE • 200 ml GRAPEFRUIT JUICE • 50 ml LEMON JUICE • 1 EGG WHITE • 1 TBSP ICING SUGAR • 400 ml WATER

PEOPLE 4 – PREPARATION 5 MIN – COOKING 3 MINS – RESTING 6 HRS

- 1 Place the sugar and 400 ml of water in the bowl fitted with the mixer. Launch the Companion at 100°C for 3 mins.
- 2 Add the citrus juices and mix at speed 7 for 30 s. Fill ice trays with this mixture and place in the freezer for at least 6 hrs.
- 3 When the cubes are hard, place them in the bowl fitted with the kneading/crushing blade. Pulse for 30 s. Scrape the walls of the bowl with the spatula, add the egg white and icing sugar. Mix at speed 10 for 15 s.
- 4 Serve straight away or place the sorbet in the freezer for a few minutes if you want to form into balls.

**TIP** Do not re-freeze.



## RUSSIAN SOUP

N° 64



300 g BEEF • 1 L BEEF STOCK • 60 g ONIONS • 50 ml OIL • 80 g BARLEY • 200 g POTATOES • 100 g CARROTS • 1 GHERKIN • 20 g FLAT LEAF PARSLEY • SALT

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Peel the onion and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 30 s.
- 2 Replace the ultrablade knife with the mixer and add oil. Launch the **P1** slow cook program at 130°C for 5 mins.
- 3 Dice the beef and gherkin. Peel the potatoes and carrots then cut into 2 cm cubes.
- 4 At the end of the program above, add all the ingredients and beef stock to the bowl. Launch the **P2** slow cook program at 95°C for 45 mins. Serve hot.

**TIP** For a more liquid result, increase the quantity of stock. This soup is served accompanied with pickles and cucumber.



## CHICKEN TAGINE WITH PRESERVED LEMONS AND CORIANDER

N° 164



750 g CHICKEN THIGHS • 2 GARLIC CLOVES • 1 ONION • 1 PRESERVED LEMON • 50 ml OLIVE OIL • 400 g POTATOES • 100 g GREEN OLIVES, PITTED • 400 ml CHICKEN STOCK • 12 g FRESH CORIANDER • SALT

PEOPLE 4 – PREPARATION 5 MIN – COOKING 50 MINS

- 1 Peel the garlic and onion. Roughly chop the preserved lemon. Place the garlic, onion and preserved lemon in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 Peel the potatoes and dice.
- 4 At the end of the program, add the chicken, diced potatoes, olives and stock and season with salt. Launch the **P2** slow cook program at 95°C for 45 mins. Wash and chop the coriander. Serve immediately sprinkling with coriander.

**TIP** You could replace half the potatoes with zucchinis.



## CHOCOLATE BRIOCHE ROLL — N° 264



200 g CHOCOLATE SPREAD (SEE N° 299) • 130 ml SEMI-SKIMMED MILK • 11 g DRY YEAST • 3 EGG YOLKS • 300 g PLAIN FLOUR • 40 g SUGAR • 40 g DICED SOFT BUTTER • 50 g CHOCOLATE CHIPS (OPTIONAL) • SALT

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 25 MINS – RESTING 1 HR 30 MINS

- 1 Place the milk and yeast in the bowl fitted with the kneading/crushing blade and heat at 35°C at speed 5 for 3 mins. Add the flour, 2 egg yolks, salt, sugar and butter. Launch the **P2** pastry program.
- 2 Work the dough by hand for 1 min and roll out using a rolling pin to form a rectangle. Cut 8 strips and brush them with the chocolate spread. Roll each band on itself and place in a prepared cake tin sealing them. Leave to rest for 1 hr 30 mins away from any draughts.
- 3 Preheat the oven to 165°C.
- 4 Brush the brioche with the remaining egg yolk and sprinkle with chocolate chips. Bake for 25 mins.

**TIP** You could replace the chocolate spread with almond spread or jam.





VEGETARIAN MENU

## CREAM OF ASPARAGUS SOUP — N° 65



800 g GREEN ASPARAGUS • 2 SHALLOTS • 40 g CELERY STICKS • 1 CHICKEN STOCK CUBE • 200 ml SINGLE CREAM • 600 ml WATER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Peel the shallots and roughly chop. Dice the asparagus and celery.
- 2 Place the asparagus, shallots, celery and chicken stock cube in the bowl fitted with the ultrablade knife. Add 0.6 L of water. Launch the **P1** soup program.
- 3 At the end of the program, add the single cream and mix at speed 12 for 1 min.
- 4 Chill the mixture. Serve hot or cold.

**TIP** You could serve this soup with strips of smoked salmon.



## CHICKEN, TOMATOES AND MUSHROOMS — N° 165



750 g CHICKEN THIGHS • 2 SHALLOTS • 250 g BUTTON MUSHROOMS • 50 ml OLIVE OIL • 150 ml WHITE WINE • 200 g PEELED TOMATOES, (TINNED) • 1 SPRIG OF THYME • 1 BAY LEAF • 150 ml CHICKEN STOCK • 1 TSP CORNFLOUR • SALT

PEOPLE 4 – PREPARATION 5 MINS – COOKING 55 MINS

- 1 Peel the shallots. Cut the mushrooms into quarters.
- 2 Place the shallots in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer. Add the olive oil and white wine then launch the **P1** slow cook program at 130°C for 5 mins.
- 4 At the end of the program, add the chicken, tomatoes, thyme, bay leaf and cornflour dissolved in the stock cube and season with salt. Launch the **P2** slow cook program at 95°C for 50 mins. At the end of 20 mins, add the mushrooms. At the end of cooking, serve immediately.

**TIP** You could replace the mushrooms with potatoes. If so, add them at the start of cooking. The stock is not required if the tomatoes are very juicy.



## EASTER BRIOCHE — N° 265



250 g PRESERVED FRUITS • 130 ml SKIMMED MILK • 6 g DRY YEAST • 300 g PLAIN FLOUR • 2 EGG YOLKS • 3 g FINE SALT • 40 g SUGAR • 40 g BUTTER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 25 MINS – RESTING 2 TO 3 HRS

- 1 Cut the preserved fruits into small pieces and set aside.
- 2 Place the milk and yeast in the bowl fitted with the kneading/crushing blade and heat at 35°C at speed 5 for 3 mins. Add the flour, 2 egg yolks, salt, sugar and butter. Launch the **P2** pastry program.
- 3 At the end of cooking, place the dough in a bowl and leave to rest for 1 to 2 hrs away from draughts.
- 4 Mix the preserved fruits into the dough. Form 3 balls and place them in a prepared cake tin one after the other. Cover with a cloth and leave to proof for 1 hr 30 mins at room temperature.
- 5 Preheat the oven to 170°C. Bake for 25 mins.

**TIP** Before baking, brush the brioche with egg yolk.





## CREAM OF BROCCOLI AND BLUE CHEESE SOUP

N° 66



350 g BROCCOLI • 80 g LEEKS (WHITE PART ONLY) • ½ VEGETABLE STOCK CUBE (OPTIONAL) • 80 g BLUE CHEESE • SALT • PEPPER • 750 ml WATER

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Cut the broccoli to remove the florets. Dice the leeks.
- 2 Place the florets, leek, stock cube, salt and pepper into the bowl fitted with the ultrablade knife. Add 750 ml of water and launch the P1 soup program.
- 3 At the end of the program, add the blue cheese and mix at speed 10 for 1 min.
- 4 Serve hot.

**TIP** You could replace the broccoli with cauliflower.



## SALTIMBOCCA

N° 166



4 VERY THIN VEAL ESCALOPEs • 4 SLICES OF PROSCIUTTO HAM • 8 SAGE LEAVES • 60 g ONIONS • 50 ml OIL • 50 ml WHITE WINE • 250 ml TOMATO PURÉE • SALT • PEPPER • 2 TBSP WATER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Place the prosciutto slices and sage leaves on the veal escalopes, then roll them up. Secure them using a toothpick.
- 2 Peel the onion and cut into quarters then place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer, add the oil and white wine and launch the P1 slow cook program at 130°C for 5 mins.
- 4 Add the escalopes, tomato purée and 2 tbsp water. Season with salt and pepper and launch the P2 slow cook program at 100°C for 20 mins. Serve hot.

**TIP** You could replace the tomato purée with a little white wine and garnish the escalopes with a slice of mozzarella.



## GUGELHUPF

N° 266



300 g PLAIN FLOUR • 100 g RAISINS • 50 ml KIRSCH OR RUM • 100 ml SKIMMED MILK • 6 g DRY YEAST • 1 EGG • 1 PINCH OF SALT • 60 g SUGAR • 60 g SOFT BUTTER (DICED) • 12 BLANCHED ALMONDS • ICING SUGAR • 200 ml HOT WATER

PEOPLE 6 – PREPARATION 50 MIN – COOKING 50 MINS – RESTING 12 HRS

- 1 The night before, soak the raisins in the kirsch or rum along with 200 ml of hot water.
- 2 The following day, place the milk and yeast in the bowl fitted with the kneading/ crushing blade and warm at speed 3 at 35°C for 3 mins. Keep in a container.
- 3 Place the egg, flour, salt, sugar and diced butter into the bowl and launch the P2 pastry program. Slowly incorporate the milk and yeast mixture during the program.
- 4 Butter a 24 cm moulding tin and place the almonds at the bottom. Add the soaked raisins into the mixture. Gently rework using your hands. Place in the tin, cover with a cloth and leave to rest for 2 hrs.
- 5 Preheat the oven to 140°.
- 6 Cook in the oven for 50 mins. Leave to cook, turn out and sprinkle with the icing sugar before eating.



## CREAM OF MUSHROOM SOUP – N° 67



400 g BUTTON MUSHROOMS • 1 ONION • 80 g LEEKS (WHITE PART ONLY) • 150 ml CRÈME FRAÎCHE • SALT • PEPPER • 500 ml WATER

PEOPLE 4 – PREPARATION 5 MIN – COOKING 25 MINS

- 1 Wash the mushrooms and roughly chop. Peel the onion and white part of the leek and cut into quarters.
- 2 Place the mushrooms, onion and leek whites in the bowl fitted with the ultrablade knife. Add 500 ml of water and season with salt and pepper.
- 3 Launch the **P1** soup program for 25 mins.
- 4 At the end of the program, add the cream and mix at speed 11 for 30 s. Serve hot.

**TIP** You could add 150 g of bacon or chorizo during cooking for a more rustic soup.



## LAMB TAGINE — N° 167



800 g LAMB CUBED • 3 GARLIC CLOVES • 3 TBS OIL • 1 TSP GROUND CORIANDER • 1 TSP GROUND CINNAMON • 1 TSP GROUND CUMIN • 1 TSP GROUND GINGER • ¼ TSP GROUND BLACK PEPPERCORNS • ¼ TSP CAYENNE PEPPER • JUICE OF 1 ½ LIMES • 150 ml OF VEGETABLE STOCK • 12 g FRESH CORIANDER • 12 g FRESH FLAT LEAF PARSLEY • SALT AND PEPPER

PEOPLE 4 – PREPARATION 5 MIN – COOKING 50 MINS

- 1 Measure out the spices, mix together and sprinkle evenly over the meat and set aside.
- 2 peel the garlic cloves, place in the bowl fitted with the ultrablade knife and chop at speed 12 for 10 s.
- 3 Replace the ultra blade knife with the mixer. Add the olive oil, a pinch of salt and the lime juice. Launch **P1** slow cook program 130°C for 3 mins.
- 4 Meanwhile chop the herbs. Add the coated lamb, stock and herbs to the bowl. Season with salt and pepper. Launch the **P2** slow cook program at 95°C for 45 mins.
- 5 Serve with couscous.

**TIP** You could replace the lamb with chicken legs.



## AMARETTO BISCUITS — N° 267



3 EGG WHITES • 150 g SUGAR • 250 g GROUND ALMONDS • 2 DROPS OF ALMOND EXTRACT • ICING SUGAR

PEOPLE 4 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Preheat the oven to 160°C.
- 2 Place the egg whites in the bowl fitted with the whisk. Mix at speed 7 for 6 mins without the stopper.
- 3 Add the sugar and mix for 2 mins at speed 6.
- 4 Scrape the sides of the bowl, add the ground almonds and almond extract and mix at speed 6 for 20 s.
- 5 Line a tray with baking paper. Using a spoon, place small heaps of the mixture on the tray.
- 6 Bake for 20 mins. Leave to cook and sprinkle with icing sugar and enjoy.

**TIP** You could add 1 tbsp of amaretto or limoncello to the mixture or replace with the ground almond with ground hazelnuts.



## CAULIFLOWER SOUP

N° 68



500 g CAULIFLOWER • 50 g LEEKS (WHITE PART ONLY) • 1 CHICKEN STOCK CUBE • 600 ml WATER

PEOPLE 4 – PREPARATION 5 MIN – COOKING 40 MINS

- 1 Cut the cauliflower and dice. Chop the leek whites.
- 2 Place the cauliflower and leek whites in the bowl fitted with the ultrablade knife. Add chicken stock cube and 600 ml of water. Launch the P1 soup program.
- 3 Serve hot.

**TIP** You could add 50 g of blue cheese or 1 tbsp of crème fraîche before mixing this soup.



## THAI BEEF MASAMAN

N° 168



1 ONION • 20 ml PEANUT OIL • 700 g CHUCK STEAK OR GRAVY BEEF • ½ CUP MASSAMAN CURRY PASTE • 175 ml COCONUT CREAM • 500 g POTATOES • 2 TSP BROWN SUGAR • 10 ml FISH SAUCE • FRESH CORIANDER LEAVES AND RICE, TO SERVE

PEOPLE 4 – PREPARATION 15 MIN – COOKING 2 HRS 05 MINS

- 1 Peel and thinly slice the onion. Place the onion and oil in the bowl fitted with the mixer and launch the P1 slow cook program at 130°C for 5 mins.
- 2 Cut the beef into 3 cm pieces. Place the beef, paste and coconut cream in the bowl and stir to combine. Launch the P2 slow cook program at 95°C for 2 hours.
- 3 Peel and cut the potatoes into 2.5 cm pieces. After 1 hour 15 mins (with 45 mins remaining on the timer) add the potatoes, sugar and fish sauce. Stir to combine and continue to cook for 45 mins or until potatoes are tender. Transfer to a serving dish, top with coriander leaves and serve with rice.

**TIP** Adjust the amount of curry paste to taste as some brands are hotter than others.



## MACAROONS

N° 268



110 g GROUND ALMONDS • 200 g ICING SUGAR • 100 g EGG WHITES • 40 g CASTER SUGAR

PEOPLE 6 – PREPARATION 15 MINS – COOKING 15 MINS – RESTING 30 MINS

- 1 Place the ground almonds and icing sugar into the bowl fitted with the ultrablade knife and mix at speed 10 for 30 s. Remove and wash the bowl.
- 2 Place the egg whites into the bowl fitted with the whisk and operate at speed 7 for 6 mins without the stopper. After 2 mins, add the caster sugar through the top of the lid.
- 3 Preheat the oven to 180°C. Using a spatula, gently mix the two mixtures. The mixture should be smooth and shiny. Place in a piping bag and place little disks of the mixture on a tray lined with baking paper. The disks should be the same size. Leave to dry for 30 mins in the fresh air.
- 4 Bake in the oven for 12 to 15 mins. Leave the macaroons to cool and garnish with jam (N° 300) or chocolate spread (N° 299).



## WINTER VEGETABLE SOUP N° 69



250 g PUMPKIN • 200 g PARSNIP • 200 g JERUSALEM ARTICHOKE • 80 g LEEKS (WHITE PART ONLY) • 30 g CELERY STICKS • ½ CHICKEN STOCK CUBE • 600 ml WATER

PEOPLE 2/4 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Peel the vegetables and cut into cubes. Finely chop the celery.
- 2 Place the vegetables in the bowl fitted with the ultrablade knife. Add ½ cube of chicken stock and 600 ml of water. Launch the **P1** soup program.
- 3 Serve hot.

**TIP** You could add a knife tip of curry powder and 1 tbsp of cream before mixing the soup.



## BURGER BUNS N° 169



70 ml MILK • 5 g DRY BAKER'S YEAST • 1 BEATEN EGG • 300 g PLAIN FLOUR • 5 g SALT • 15 g SUGAR • 20 g BUTTER • 1 EGG YOLK • 40 g SESAME SEEDS • 60 ml WATER (WARM)

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 15 MINS – RESTING 2 HRS 15 MINS

- 1 Place 60 ml of warm water in a bowl and dissolve the yeast. Add the milk and beaten egg. Place the flour, salt, sugar and butter in the bowl fitted with the kneading/crushing blade. Launch the **P1** pastry program for 2 mins 30 s. After 30 s, add the liquid with the yeast. After kneading, leave the dough to proof for 40 mins.
- 2 Using a spatula, remove the dough from the bowl and separate into 4 to 6 equal pieces. Form into balls and place on a tray lined with baking paper and flatten with the palm of your hand. Leave to proof for 1 hr 30 s.
- 3 Preheat the oven to 180°C. Brush the buns with egg yolk and sprinkle with sesame seeds. Bake for 15 to 20 mins. Leave to cool on a rack.

**TIP** They are perfect for making home-made burgers.



## MADELEINES N° 269



130 g REDUCED SALT BUTTER • 3 EGGS • 10 g RUNNY HONEY • 125 g SUGAR • 130 g SELF RAISING FLOUR

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 15 MINS – RESTING 2 HRS

- 1 Place the butter in the bowl fitted with the kneading/crushing blade and melt at 130°C at speed 5 for 3 mins.
- 2 Add all the other ingredients and launch the **P3** pastry program for 2 mins. Chill for at least 2 hrs.
- 3 Preheat the oven to 180°C. Butter a madeleine tin and three-quarter fill the moulds (the madeleines will rise during cooking).
- 4 Bake for 15 mins. Leave to cool before turning out.

**TIP** You could add vanilla, lemon or even rose extract to the mixture.





## CREAM OF SPLIT PEAS AND CHORIZO SOUP

N° 70



180 g SPLIT PEAS • 50 g LEEKS (WHITE PART ONLY) • 1 ONION • 50 g CAR-  
ROTS • 80 g CHORIZO • 150 ml SINGLE CREAM • SALT • PEPPER • 1 L WATER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Peel the leek whites, onion, carrots and chorizo and cut into four.
- 2 Place these and the split peas in the bowl fitted with the ultrablade knife and pour in 1 L of water and season with salt. Launch the P1 soup program at 100°C for 40 mins.
- 3 At the end of the program, add the single cream and mix at speed 12 for 30 s. Season with pepper and serve hot.

**TIP** You could add 1 tbsp of smoked paprika.



## PANCETTA WITH PASTA SAUCE

N° 170



400 g SPAGHETTI • 3 GARLIC CLOVES • ½ RED CHILI • 50 ml OLIVE OIL •  
200 g PANCETTA • 800 g CRUSHED TOMATOES, TINNED • 100 g GRATED  
PARMESAN CHEESE • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Cook the spaghetti in a large saucepan as indicated on the packaging.
- 2 Peel the garlic cloves and place along with the chilli in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 3 Replace the ultrablade knife with the mixer and add the oil and pancetta. Launch the P1 slow cook program at 130°C for 5 mins.
- 4 At the end of the program, add the crushed tomatoes and season with salt and pepper. Launch the P2 slow cook program at 95°C for 35 mins.
- 5 Pour the sauce over the pasta and add the cheese. Mix and serve.

**TIP** You could replace the pancetta with chopped eggplants and the parmesan cheese with mozzarella.



## APPLE AND HAZELNUT MUFFINS

N° 270



200 g SELF RAISING FLOUR • 50 g GROUND HAZELNUTS • 80 g BROWN  
SUGAR • 250 ml SEMI-SKIMMED MILK • 1 EGG • 25 g SOFT REDUCED SALT  
BUTTER (DICED) • 1 TSP GROUND CINNAMON • 1 PINCH OF SALT • 180 g  
APPLES

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 25 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, ground hazelnuts, sugar, milk, egg, diced butter, cinnamon and salt in the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program for 3 mins.
- 3 Dice the apples without peeling.
- 4 At the end of the program, add the diced apples to the bowl and mix at speed 6 for 50 s.
- 5 Share the mixture between a 6 cup muffin tin.
- 6 Bake for 25 mins. At the end of cooking, enjoy warm or cold.



## PUMPKIN SOUP

N° 71



800 g PUMPKIN • 100 g POTATOES • 50 g ONIONS • 50 g CELERY STICKS •  
½ CHICKEN STOCK CUBE • SALT • PEPPER • 600 ml WATER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 35 MINS

- 1 Peel the vegetables and dice.
- 2 Place the vegetables in the bowl fitted with the ultrablade knife. Add the chicken stock cube and 600 ml of water. Launch the P1 soup program at 100°C for 35 mins.
- 3 Season with salt and pepper and serve hot.

**TIP** You could replace the pumpkin with butternut squash or make half pumpkin, half carrots.



## FRESH PASTA

N° 171



500 g PLAIN FLOUR • 5 EGGS • 6 g SALT • 100 ml OLIVE OIL

PEOPLE 6 – PREPARATION 5 MIN – COOKING 15 MINS – RESTING 1 HR

- 1 Place all the ingredients in the bowl fitted with the kneading/crushing blade and mix at speed 5 for 3 mins.
- 2 Remove the dough and form a ball. Place in a bowl and cover with a cloth. Leave to rest for 1 hr.
- 3 Roll out the dough until it is very thin using a rolling pin on a floured bench top or using a pasta machine. Shape as desired.
- 4 Cook for a few minutes in a large saucepan of boiling water and serve with bolognaise (N° 118) or 4-cheese sauce (N° 175).



## COCONUT MACAROONS

N° 271



200 g GRATED COCONUT • 4 EGG WHITES • 120 g CASTER SUGAR • ½ TSP VANILLA EXTRACT

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 5 TO 10 MINS

- 1 Preheat the oven to 210°C.
- 2 Place the egg whites in the bowl fitted with the whisk and mix at speed 6 for 5 mins, without the stopper.
- 3 Add the sugar, coconut and vanilla extract, then mix at speed 4 for 30 s. If the mixture is not consistent, bring the ingredients to the centre of the bowl using a spatula, then mix again.
- 4 Line a tray with baking paper. Form the mixture into small balls and place on a tray. Bake for 5 to 10 mins. The macaroons should be soft at the end of cooking, they will harden as they cool.

**TIP** The biscuits will keep for several days in a sealed box.



## MINESTRONE

N° 72



120 g WHITE BEANS • 50 g ONIONS • 1 GARLIC CLOVE • 100 g POTATOES • 100 g CARROTS • 50 g LEEKS (WHITE PART ONLY) • 50 g ZUCCHINIS • 20 g CELERY STICKS • 80 g SMOKED BACON • 40 g BUTTER • 1 BAY LEAF • 1.5 L CHICKEN STOCK • 250 g PEELED TOMATOES, TINNED • 80 g SMALL PASTA • SALT AND PEPPER • BASIL LEAVES TO SERVE

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 1 HR 15 MINS – RESTING TIME 12 HOURS

- 1 The night before, soak the white beans in water.
- 2 On the day, peel the onion and garlic then roughly chop. Chop the other vegetables and bacon into small pieces.
- 3 Place the onion and garlic in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer. Add the butter, bay leaf and bacon then launch the **P1** slow cook program at 130°C for 4 mins.
- 4 Add the stock, diced vegetables, beans and peeled tomatoes. Season with salt and pepper and launch the **P2** slow cook program at 95°C for 1 hr.
- 5 Add the pasta and relaunch the **P2** slow cook program at 100°C for 10 mins. Serve hot with chopped basil leaves.



## MEATLOAF

N° 172



400 g BEEF • 200 g PORK LOIN • 1 ONION • 1 EGG • 250 ml SEMI-SKIMMED MILK • 100 g BREADCRUMBS • 1 TBSP WORCESTERSHIRE® SAUCE • 1 TBSP MUSTARD • 3 TBSP KETCHUP • 2 TBSP BROWN SUGAR • SALT • PEPPER

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 1 HR

- 1 Preheat the oven to 180°C. Peel the onion and dice along with the meat.
- 2 Place the pork loin in the bowl fitted with the ultrablade knife and mix at speed 12 for 20 s. Remove.
- 3 Place the onion in the bowl and mix at speed 12 for 10 s. Add the beef and mix for 10 s. Add the minced pork loin, egg, milk, breadcrumbs, worcestershire® sauce, salt and pepper and mix at speed 12 for 10 to 20 s. If necessary, bring the mixture to the centre using a spatula.
- 4 Place the mixture in a prepared cake tin. Mix the mustard, ketchup and brown sugar in a bowl. Place this mixture over the meat. Cook in the oven for 1 hr. Serve warm or cold.

**TIP** If some juices have run out of the meatloaf, drain before eating!



## GLUTEN-FREE BISCUITS

N° 272



200 g RICE FLOUR • 120 g BROWN SUGAR • 125 g SOFT REDUCED BUTTER (DICED) • 3 EGG YOLKS • ZEST OF 1 ORANGE • ICING SUGAR

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 15 MINS – RESTING 1 HR

- 1 Place the rice flour, sugar, diced butter, egg yolks and orange zest in the bowl fitted with the kneading/crushing blade. Mix at speed 8 for 3 min. Using a spatula, bring the mixture to the centre and mix again for 30 s.
- 2 Bring together the mixture to make a ball and wrap in cling film. Leave to rest in the fridge for 1 hr.
- 3 Preheat the oven to 180°C.
- 4 Line a tray with baking paper. Roll out the mixture using a rolling pin then cut using a biscuit cutter or glass. Place the biscuits on the tray.
- 5 Bake for 15 mins. At the end of cooking, the biscuits should be soft as they will harden as they cool. Sprinkle over the icing sugar and serve.



## GAZPACHO

Nº 73



500 g TOMATOES • 2 GARLIC CLOVES • 1 ONION • 100 g CUCUMBER • 150 g RED CAPSICUM • 150 g GREEN CAPSICUM • 70 g WHITE BREAD • 2 TBSP SHERRY OR WHITE WINE VINEGAR • 150 ml OLIVE OIL • 10 BASIL LEAVES • SALT • 600 ml WATER

### PEOPLE 4 – PREPARATION 10 MINS

- 1 Peel the garlic, onion and cucumber and roughly chop. Wash, deseed and dice the capsicum. Roughly chop the tomatoes.
- 2 Place the vegetables, white bread, oil, sherry vinegar and 600 ml of cold water in the bowl fitted with the ultrablade knife. Add the basil leaves and mix at speed 12 for 3 mins.
- 3 Season with salt and mix one last time at speed 12 for 30 s. Serve cold.

**TIP** If you would like the gazpacho to be a little sweet, place the vegetables in a bowl with the oil, sherry vinegar and a pinch of salt and marinade overnight in the fridge. The following day, add the rest of the ingredients and mix.



## BEEF TARTARE

Nº 173



600 g BEEF • 2 SHALLOTS • 30 g CAPERS • 40 g GHERKINS • 1 SMALL BUNCH OF PARSLEY • 1 TBSP STRONG MUSTARD • 3 DROPS OF TABASCO® • 2 TBSP WORCESTERSHIRE® SAUCE • 2 EGG YOLKS • SALT • PEPPER

### PEOPLE 4 – PREPARATION 15 MINS

- 1 Peel the shallots, dice and place in the bowl fitted with the ultrablade knife along with the capers and gherkins. Mix at speed 12 for 10 s then place in a bowl.
- 2 Dice the beef, place in the bowl and mix at speed 12 for 10 to 20 s. Remove the parsley leaves and chop using a knife.
- 3 Mix the mustard, parsley, Tabasco®, Worcestershire® sauce and egg yolks together. Add the meat to the condiments, season with salt and pepper and mix.
- 4 Share the tartare among four plates. Serve with chips.

**TIP** The tartare will not keep, eat immediately. You can mix more or less meat depending on your tastes.



## GINGER BISCUITS

Nº 273



250 g SELF RAISING FLOUR • 175 g SOFT BUTTER • 175 g BROWN SUGAR • 1 EGG • 1 TBSP CINNAMON • ½ TBSP GROUND GINGER • SALT

### MAKES 40 – PREPARATION 5 MINS – COOKING 15 MINS – RESTING 2 HRS

- 1 Place all the ingredients in the bowl fitted with the kneading/crushing blade and mix at speed 8 for 2 mins 30 s. Bring the mixture into a roll and wrap in cling film. Leave to rest in the fridge for 2 hrs.
- 2 Preheat the oven to 160°C.
- 3 Line a tray with baking paper. Roll out half of the mixture using a rolling pin and cut into small squares. Place the biscuits on the tray, spacing them out as they will spread during cooking.
- 4 Bake for 15 mins. The biscuits should be soft at the end of cooking as they will harden as they cool. Repeat this operation with the rest of the mixture.

**TIP** You could replace half of the cinnamon with a four-spice mixture.





## CHILLED BEETROOT SOUP — N° 74



350 g COOKED BEETROOT • 80 g APPLES (GRANNY SMITH) • 1 TSP GROUND GINGER • 300 ml VEGETABLE STOCK • SALT

PEOPLE 4 – PREPARATION 10 MINS

- 1 Peel the apple. Dice the apple and the beetroot.
- 2 Place the diced apple, beetroot, ginger, vegetable stock and salt in the bowl fitted with the ultrablade knife.
- 3 Mix at speed 12 for 3 min.
- 4 Serve cold.



## CARROT AND ORANGE PURÉE . N° 174



800 g CARROTS • 50 ml ORANGE JUICE • 15 g BUTTER • 700 ml WATER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 30 MINS

- 1 Peel and slice the carrots. Place in the steam basket and pour 0.7 L of water into the bowl and launch the steam program for 30 mins.
- 2 At the end of cooking empty the water from the bowl. Place the carrots in the fitted with the ultrablade knife, add the orange juice and butter and mix at speed 12 for 3 mins.

**TIP** You can reheat the purée by heating for 5 mins at speed 7, 85°C. You could replace the orange juice and butter with single cream.



DAIRY FREE

## ROCKMELON AND MANGO GAZPACHO — N° 274



300 g ROCKMELON (NET WEIGHT) • 300 g MANGO (NET WEIGHT) • 50 ml LIME JUICE • 100 ml OLIVE OIL • 1 TSP GROUND GINGER • 10 MINT LEAVES

PEOPLE 4/6 – PREPARATION 10 MINS

- 1 Place the flesh of the rockmelon and mango, lime juice, olive oil and ginger in the bowl fitted with the ultrablade knife.
- 2 Mix at speed 12 for 4 min.
- 3 Serve cold with the mint leaves.



## POTATO AND LEEK SOUP N° 75



2 LEEKS • 2 CLOVES GARLIC • 40 g BUTTER • 20 ml OLIVE OIL • 500 g POTATOES (COLIBAN OR DESIREE) • 600 ml VEGETABLE OR CHICKEN STOCK • 250 ml THICKENED CREAM • SALT AND FRESHLY GROUND BLACK PEPPER • THINLY SLICED FRESH CHIVES AND CRUSTY BREAD TO SERVE

PEOPLE 4 – PREPARATION 10 MINS – COOKING 55 MINS

- 1 Trim and roughly chop the leek. Peel the garlic. Place the leek and garlic in the bowl fitted with the ultrablade knife and mix at speed 12 for 5 s. Scrape down the sides of the bowl with a spatula.
- 2 Add the butter and oil and launch the **P1** slow cook program at 130°C for 5 mins. Scrape down the sides of the bowl with a spatula.
- 3 Peel and cut the potatoes into 2 cm dice. Add the potatoes to the bowl with the stock and launch the **P2** soup program 100°C for 50 mins. At the end of the program add the cream, salt and pepper and mix on speed 10 for 20 s. Top with chives and serve with crusty bread.



## FOUR-CHEESE SAUCE N° 175



50 g PARMESAN CHEESE • 50 g PECORINO CHEESE • 50 g SWISS CHEESE • 50 g GORGONZOLA CHEESE • 2 EGG YOLKS (BEATEN) • 300 ml SINGLE CREAM • SALT • PEPPER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 6 MINS

- 1 Remove the rind from the cheese. Place the parmesan cheese, pecorino and Swiss gruyere in the bowl fitted with the ultrablade knife and mix for 1 min holding down the Pulse button. Dice the gorgonzola and add.
- 2 Replace the ultrablade knife with the whisk and add the beaten egg yolks and cream. Season with salt and pepper and launch the sauce program at 90°C for 6 mins.
- 3 Mix and serve hot with pasta or vegetables.

**TIP** You could replace the gorgonzola with any type of blue cheese.



## MIRABELLE PLUM TART N° 275



1 SHORTBREAD PASTRY (SEE P. 14) • 3 EGGS (BEATEN) • 125 g GROUND ALMONDS • 70 g BROWN SUGAR • 125 g SOFT BUTTER (DICED) • 500 g MIRABELLE PLUMS, PIT REMOVED

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Preheat the oven to 180°C.
- 2 Roll out the pastry and place on a buttered flan dish.
- 3 Place the beaten eggs, ground almonds, brown sugar and diced butter into the bowl fitted with the kneading/crushing blade. Launch the **P3** pastry program for 1 min 40 s.
- 4 Spread the almond cream over the bottom of the tart and place the mirabelle plums on top, standing vertically and tightly packed together.
- 5 Bake for approximately 25 mins. Serve warm or cold.

**TIP** You could replace the mirabelle plums with pears.



## FARMHOUSE TERRINE

N° 76



1 ONION • 250 g PORK LOIN • 10 SPRIGS OF FLAT LEAF PARSLEY • 100 g BACON • 100 g VEAL SHOULDER • 2 EGGS • 50 ml SWEET MARTINI® (VERMOUTH) • 80 g HAZELNUTS • 1 BAY LEAF • 1 SPRIG OF THYME • SALT • PEPPER • 1 EGG

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 1HR 30 MINS – RESTING 24 TO 48 HRS

- 1 Preheat the oven to 180°C.
- 2 Peel the onion and dice the pork loin and veal shoulder.
- 3 Place the pork loin into the bowl fitted with the ultrablade knife and mix at speed 12 for 20 s. Transfer to a separate bowl.
- 4 Place the onion, parsley, thyme and bay leaf into the bowl and mix at speed 12 for 10 s. Add the bacon and veal and mix at speed 12 for 10 s. Add the minced pork, eggs and Martini® and mix for 10 to 20 s at speed 12. Bring the mixture to the centre using a spatula between each step. Season with salt and pepper.
- 5 Place the mixture into a terrine dish with a lid. Sprinkle with the hazelnuts before closing the lid.
- 6 Cook in the oven for 1 hr 30 mins. When cool, refrigerate for 24 to 48 hrs placing a weight on the terrine. Serve.



## FLAMICHE TART

N° 176



2 SHORTCRUST PASTRY (SEE P. 14) • 750 g LEEKS (WHITE PART ONLY) • 50 ml OIL • 40 g BUTTER • 120 ml SINGLE CREAM • 3 EGG YOLKS • SALT • PEPPER

PEOPLE 8 – PREPARATION 15 MINS – COOKING 1 HR

- 1 Wash the leeks and slice. Place the leeks, oil, butter, salt and pepper into the bowl fitted with the mixer. Cook at speed 3 at 130°C for 20 mins.
- 2 Preheat the oven to 200°C.
- 3 Add the cream and 2 egg yolks and launch the bowl at speed 3 at 85°C for 5 mins.
- 4 Meanwhile, roll out 2 circles of shortcrust pastry. Place the first in a buttered and floured flan dish. Spread over the leek mixture and cover with the second pastry. Seal the edges well and brush with the remaining 1 egg yolk.
- 5 Bake for 35 mins. Serve hot.



MENU FOR LITTLE ONE

## MARBLE CAKE

N° 276



175 g SELF RAISING FLOUR • 200 g CASTER SUGAR • 3 EGGS • 175 g SOFT REDUCED SALT BUTTER • 25 g COCOA POWDER, SUGAR-FREE

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, sugar, eggs and butter into the bowl fitted with the kneading/crushing blade. Launch the P3 pastry program.
- 3 Line a cake tin with baking paper. At the end of the program, pour half of the mixture into the tin.
- 4 Add the cocoa powder to the mixture and mix at speed 6 for 50 s. Pour the remaining mixture into the tin. Using a spoon, swirl together but not combine completely. Do not overmix.
- 5 Bake for approximately 40 mins. Leave to cool and serve.

**TIP** You could replace the cocoa powder with pistachio cream or flavour some of the mixture with lemon.



## CHILLED TOMATO AND JALAPENOS SOUP

N° 77



350 g PEELED TOMATOES (TINNED) • 100 g JALAPENOS • 150 ml CHICKEN STOCK • 50 ml OLIVE OIL • 1 TSP PAPRIKA • SALT

PEOPLE 4 – PREPARATION 10 MINS

- 1 Place the tomatoes, jalapenos, stock, olive oil, paprika and salt in the bowl fitted with the ultrablade knife.
- 2 Mix at speed 12 for 3 min.
- 3 Serve cold.

**TIP** For a more spicier soup, replace the paprika with pepper. Alternatively, turn this into a cocktail by adding Vodka.



## STUFFED CABBAGE

N° 177



8 GREEN CABBAGE LEAVES • 80 g ONIONS • 1 GARLIC CLOVE • 280 g CHICKEN • 100 g BACON • 1 BUNCH FLAT LEAF PARSLEY • 125 ml VEGETABLE OR CHICKEN STOCK • SALT

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 35 MINS

- 1 Blanch the cabbage leaves for a few minutes in a large pan of water.
- 2 Peel the onion and garlic and cut into quarters. Dice the chicken and bacon. Place the bacon, garlic and onion into the bowl fitted with the ultrablade knife. Mix at speed 12 for 20 s. Add the chicken and a pinch of salt then mix for 10 s. Add the parsley and mix for a further 10 to 20 s. Bring the mixture to the centre of the bowl using a spatula between each step.
- 3 Garnish the cabbage leaves with this stuffing and fold the leaves over to obtain a small parcel. Hold together with a string.
- 4 Stew in a pan with the stock for 30 mins. Serve hot along with tomato sauce.



## ORANGE CAKE

N° 277



1 ORGANIC ORANGE • 200 g SUGAR • 100 ml OLIVE OIL • 3 EGGS • 100 ml SEMI-SKIMMED MILK • 250 g SELF RAISING FLOUR

PEOPLE 6/8 – PREPARATION 15 MINS – COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Cut the orange into quarters without peeling. Remove the seeds and pith as well as the stalk. Place the rest, i.e. the quarters with the peel in the bowl fitted with the ultrablade knife.
- 3 Add the sugar, oil, eggs and milk. Mix at speed 11 for 3 min. Launch the P3 pastry program and gradually add the flour.
- 4 Butter a high-edged tin and pour in the mixture. Bake for 35 to 40 mins approximately. Leave to cool and serve.

**TIP** You could serve with a bitter chocolate sauce.





SLIMMING MENU

## STEAMED PRAWN WONTONS — N° 78



20 WONTON PASTRY SHEETS • 200 g RAW PRAWN MEAT • ½ ONION • 1 EGG WHITE • 10 g CHIVES • 30 ml SESAME OIL

PEOPLE 2/4 – PREPARATION 10 MIN – COOKING 30 MIN

- 1 Peel the onion. Place the prawns, onion, egg white, chives and oil into the bowl fitted with the ultrablade knife and mix at speed 12 for 30 s.
- 2 Brush perimeter of wonton sheet with water. Garnish the centre of each wonton sheet with a little stuffing until all used. Clean the bowl.
- 3 Pour 0.7 L of water into the clean bowl. Lightly oil steam basket and place into the bowl. Cook wontons in batches, ensuring not to overfill the basket, using the steam program for 12-15 mins or until cooked. Then repeat for the remaining wontons.
- 4 Serve hot with soy sauce.

**TIP** You can buy wonton pastry from Asian stores.



## TURKEY WITH CHORIZO — N° 178



800 g DICED TURKEY • 100 g DICED CHORIZO • 2 ONIONS • 1 GARLIC CLOVE • 50 ml OLIVE OIL • 150 ml WHITE WINE • 250 g PEELED TOMATOES, (TINNED) • 1 SPRIG OF THYME • 1 BAY LEAF • 1 TSP CORNFLOUR • 200 ml CHICKEN STOCK • SALT

PEOPLE 4 – PREPARATION 5 MINS – COOKING 50 MINS

- 1 Peel the onions and garlic. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 20 s.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil and white wine then launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the diced turkey, tomatoes, thyme, bay leaf, diced chorizo and cornflour dissolved in the stock and season with salt. Launch the **P2** slow cook program at 95°C for 45 mins. At the end of cooking, serve immediately.

**TIP** You could add potatoes at the start of cooking. The stock is not required if the tomatoes are very juicy.



## RHUBARB CLAFOUTIS — N° 278



600 g RHUBARB • 300 g SUGAR • 4 EGGS • 100 ml MILK • 150 ml SINGLE CREAM • 1 TBSP VANILLA EXTRACT • 90 g PLAIN FLOUR

PEOPLE 8 – PREPARATION 15 MINS – COOKING 50 MINS – RESTING 40 MINS

- 1 Peel the rhubarb and chop into small 2 cm pieces. Place on a plate and sprinkle with 150 g of sugar then leave to rest for 40 mins.
- 2 Place the eggs, milk, cream, the remaining 150 g of sugar and vanilla into the bowl fitted with the ultrablade knife. Mix at speed 10 for 2 min. After 30 s, add the flour through the top of the lid.
- 3 Pour the mixture into a buttered and floured high-edged tin and leave to rest.
- 4 Preheat the oven to 180°C.
- 5 Drain the rhubarb and place in the steam basket. Pour water into the bowl up to 0.7 L mark and insert the basket. Launch the steam program for 12 mins at 100°C.
- 6 When the rhubarb is cooked, spread over the pastry and bake for 35 mins. Leave to cool before turning out.



GLUTEN-FREE MENU

## BROAD BEANS WITH CUMIN — N° 79



600 g FRESH BROAD BEANS • 2 TBSP OLIVE OIL • 50 ml LEMON JUICE • 1 TBSP CUMIN SEEDS • 1 TBSP MUSTARD • SALT • PEPPER

PEOPLE 2/3 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Pour water up to the 0.7 L marker in the bowl. Place the broad beans in the steam basket. Place the basket into the bowl and launch the steam program for 20 mins.
- 2 At the end of cooking, remove the film covering the beans.
- 3 Place the peeled beans in a bowl and add olive oil, lemon juice, mustard and cumin. Season with salt and pepper. Mix, serve warm or cold.

**TIP** You could replace the broad beans with peas, the lemon juice with fresh goat's cheese and the cumin with mint. For a quick version, use frozen peeled broad beans.



## HASH BROWN — N° 179



500 g POTATOES • 50 g ONIONS • 1 EGG + 1 YOLK • 60 g PLAIN FLOUR • SALT • PEPPER • OIL • 250 ml WATER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 25 MINS

- 1 Peel and dice the potatoes.
- 2 Peel the onion, roughly chop and place in the bowl fitted with the ultrablade knife. Chop at speed 11 for 10 s. Set aside.
- 3 Place the potatoes and 250 ml of water in the bowl fitted with the ultrablade knife. Launch the P1 slow cook program for 10 mins.
- 4 At the end of the program, add the flour, egg, yolk and onions. Season with salt and pepper and mix at speed 6 for 20 s. Bring the mixture to the centre using the spatula and mix again for 20 s.
- 5 Form into small cakes and cook in a little oil in a frying pan for 15 mins approximately, turning halfway.



## CHURROS WITH CHOCOLATE SAUCE — N° 279



300 ml SEMI-SKIMMED MILK • 200 g SELF RAISING FLOUR • 1 PINCH OF SALT (3 g) • 1 EGG WHITE • 165 g DARK CHOCOLATE (CHOPPED) • 1 TSP VANILLA FLAVOURING • 150 ml WATER • OIL FOR FRYING

PEOPLE 4 – PREPARATION 15 MINS – COOKING 25 MINS

- 1 Place 150 ml of milk and 150 ml of water in the bowl fitted with the kneading/crushing blade. Launch the bowl at speed 6 at 100°C for 4 mins. Add the flour, egg white and salt, mix at speed 4 for 30 s.
- 2 Remove dough from the bowl and place on a floured bench top, then roll the dough into logs (approx. 10cm in length). Cook the logs in a deep fryer or fry in oil in a saucepan for approx. 2-3 minutes or until golden. Drain on a paper towel. Repeat with remaining dough.
- 3 Place the chocolate, remaining milk and vanilla in the bowl fitted with the kneading/crushing blade. Launch the sauce program at 80°C at speed 5 for 8 mins. Then mix at speed 10 for 20 s. Pour into a bowl. Dip the churros into the sauce and enjoy.

**TIP** To get the Churros shape use a 2 cm-diameter fluted nozzle piping bag. For a sweeter taste, toss the churros in sugar once cooked.



## PORK BELLY TERRINE

N° 80



1 kg PORK BELLY (RIND REMOVED AND BONED) • 1 ONION • 2 GARLIC CLOVES • 30 ml OIL • 100 ml WHITE WINE • 50 ml BRANDY • 1 TSP RABELAIS® SPICES OR 5 SPICE MIX • 17 g SALT • 3 g PEPPER

PEOPLE 12 – PREPARATION 10 MINS – COOKING 2 HRS

- 1 Peel the onion and garlic and cut into quarters. Cut the pork belly into large cubes.
- 2 Place the onion and garlic in the bowl fitted with the ultrablade knife. Mix on Turbo for 15 s. Transfer to a bowl.
- 3 Place the pork belly in the bowl and mix at speed 12 at 100°C for 30 s. Remove the meat and replace the ultrablade knife with the mixer. Place all the ingredients in the bowl. Launch the P3 slow cook program at 100°C for 2 hrs. After 30 mins, break up the large pieces of meat using the spatula.
- 4 At the end of cooking, place the cooked meat in a terrine dish and remove some of the fat from the surface.

**TIP** Leave enough fat for the terrine to hold.



## HADDOCK WITH CARROTS JULIENNE

N° 180



1 HADDOCK FILLET (250 g) • 350 g CARROTS • 3 TBSP OLIVE OIL • 1 PINCH OF CURRY POWDER • SALT • PEPPER

PEOPLE 2 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Peel the carrots and julienne or slice. Cut the haddock in two.
- 2 Pour water up to the 0.7 L marker in the bowl. Line the steam basket with baking paper. Insert the carrots and sprinkle with the olive oil, salt and curry powder. Add the haddock fillets and place in the steam basket.
- 3 Launch the steam program for 20 mins.
- 4 Sprinkle with pepper and serve hot.

**TIP** The haddock will give the carrots a slightly smoked flavour. You could replace them with white cabbage. Do not hesitate to eat the haddock raw, if it is very salty immerse in milk for 2 hrs. Smoked cod can be used in instead of smoked haddock.



## BELGIAN RAISIN BREAD

N° 280



130 ml SEMI-SKIMMED MILK • 5 g DRY YEAST • 350 g PLAIN FLOUR • 5 g SALT • 2 EGGS • 60 g SUGAR • 7.5 g VANILLA SUGAR • 70 g BUTTER • 120 g RAISINS • 60 g PEARL SUGAR (OPTIONAL)

PEOPLE 4/6 – PREPARATION 20 MINS – COOKING 40 MINS – RESTING 13 HRS 30 MINS

- 1 The night before, place the milk and yeast in the bowl fitted with the kneading/ crushing blade and warm at speed 5 at 35°C for 3 mins. Add the flour, salt, 1 egg, sugar, vanilla sugar and butter and launch the P2 pastry program.
- 2 After 40 mins, remove the dough, add the raisins and form a ball. Place in a bowl, cover with cling film and leave to rest in the fridge for 12 hrs.
- 3 The following day, form 8 balls of dough and place in a prepared cake tin, they should be tightly packed together. Leave to rest for 1 hr 30m mins away from any draughts.
- 4 Preheat the oven to 180°C. Brush the bread with the beaten egg and cover with the pearl sugar. Bake for 40 mins. Leave to cool before serving.





## CLAMS WITH LEMON

N° 81



350 g CLAMS • 2 GARLIC CLOVES • 4 TBSP OLIVE OIL • 2 TBSP WHITE WINE • 1 LEMON • 5 SPRIGS OF CORIANDER • PEPPER

PEOPLE 2 – PREPARATION 5 MINS – COOKING 8 MINS

- 1 Rinse the clams by scrubbing them. Peel the garlic cloves, place in the bowl fitted with the ultrablade knife and chop for 10 s in Turbo mode.
- 2 Replace the ultrablade knife with the mixer and add olive oil. Cook at speed 3 at 130°C for 8 mins.
- 3 After 2 mins 30 s, add the clams and white wine.
- 4 To serve, sprinkle the clams with the lemon juice and add the chopped coriander and pepper.

**TIP** You could replace the clams with mussels, the garlic with shallots and the coriander with chives.



## CLASSIC RISOTTO

N° 181



300 g ARBORIO RICE • 50 g WHITE ONION • 100 ml OLIVE OIL • 80 ml WHITE WINE • 900 ml CHICKEN STOCK • 30 g PARMESAN CHEESE • 15 g BUTTER • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 30 MINS

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer, add the oil and launch the **P1** slow cook program without the stopper for 3 mins.
- 2 Add the rice then launch the **P1** slow cook program without the stopper for 3 mins. Add white wine and relaunch for 1 min.
- 3 At the end of the program, add the chicken stock and launch the slow cook program at 95°C for 20 mins without the stopper.
- 4 At the end of cooking, add the parmesan cheese and butter and gently mix. Adjust the seasoning and serve immediately.

**TIP** Garnish the risotto according to taste, using vegetables, spices, herbs, etc.



## GENOA BREAD

N° 281



6 EGGS • 250 g SUGAR • 80 g BUTTER • 1 TSP VANILLA ESSENCE • 125 g GROUND ALMONDS • 60 g PLAIN FLOUR • 60 g CORNFLOUR

PEOPLE 8 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the eggs, sugar, butter and vanilla essence in the bowl fitted with kneading/crushing blade. Mix at speed 5 at 60°C for 10 mins.
- 3 After 10 mins, add the ground almonds, flour and cornflour. Mix at speed 5 for 15 s.
- 4 Pour this mixture into a buttered and floured high-edged tin. Bake for 40 mins.
- 5 Leave to cool before turning out.

**TIP** This cake is usually served with coffee and can be used as a biscuit for making desserts.





## ARANCINI RISOTTO CROQUETTES

N° 82



300 g COLD CLASSIC RISOTTO (SEE N°181) • 300 g BEEF (CHUCK STEAK) • 1 ONION • 1 GARLIC CLOVE • 15 ml OLIVE OIL • 500 g DICED TOMATOES • 30 g TOMATO PASTE • 1 TBSP OREGANO • 250 g MOZZARELLA CHEESE • 3 EGGS • 100 g BREADCRUMBS • 100 g PLAIN FLOUR • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 20 MINS – COOKING 45 MINS

- 1 Dice the meat, place in the bowl fitted with the ultrablade knife and mix at speed 12 for 10 s. Set aside.
- 2 Peel the onion and garlic and roughly chop. Place in the bowl. Chop at speed 11 for 10 s. Replace the ultrablade knife with the mixer and add the oil. Launch the **P1** slow cook program at 130°C for 5 mins.
- 3 Add the meat, diced tomatoes, tomato paste and the oregano. Season and launch the **P2** slow cook program at 95°C for 35 mins. Leave to cool down.
- 4 Cut the mozzarella into 2 cm dice. Mix 1 egg into the cold risotto and form balls, placing a little sauce and a piece of mozzarella in the middle.
- 5 Roll each ball in the flour, beaten eggs and then in the breadcrumbs. Cook in a deep fryer for 5 mins.



## VEGETABLE SOUP

N° 182



2 GARLIC CLOVES • 1 ONION • 250 g POTATOES • 150 g LEEKS (WHITE PART ONLY) • 50 g CELERY STICKS • 250 g CARROTS • 250 g TURNIP • 150 g BACON • 50 ml OLIVE OIL • SALT • 800 ml WATER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 50 MINS

- 1 Peel the onions, garlic cloves and potatoes and cut into quarters. Wash the leek whites and the celery and cut into chunks. Peel the carrots and turnips and cut into cubes. Slice the bacon taking off some of the fat.
- 2 Insert the mixer and pour the olive oil in the bowl. Add the onions, garlic, bacon and celery. Launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, replace the mixer with the ultrablade knife. Add 800 ml of water, the potatoes, turnips, carrots and leeks and lightly season with salt. Launch the **P2** soup program. Serve hot.

**TIP** For a thinner soup add 200 ml of water.



## VANILLA ÉCLAIRS

N° 282



2 WHOLE EGGS • 3 EGG YOLKS • 100 g SUGAR • 40 g PLAIN FLOUR • 30 g CORNFLOUR • 700 ml SEMI-SKIMMED MILK • 1 TSP GROUND VANILLA • CHOUX PASTRY • 80 g BUTTER • 150 g PLAIN FLOUR • 4 EGGS • SALT • 250 ml WATER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 40 MINS

- 1 Preheat the oven to 180°C.
- 2 Place 250 ml of water, the butter and salt in the bowl fitted with the kneading/crushing blade and launch at speed 3 at 90°C for 8 mins. Add the flour and mix at speed 6 for 2 mins. Place the dough in a separate bowl and wash the bowl in cold water. Return the dough to the bowl. Launch at speed 7 and add the eggs one by one. Leave to work for 2 mins.
- 3 Line a tray with baking paper, place the mixture in a piping bag and form 12 cm rolls. Bake for 20 to 25 mins.
- 4 Place the eggs and yolks, sugar, flour and cornflour in the bowl fitted with the whisk. Mix at speed 6 for 1 min while adding the milk. Attach the stopper and launch the dessert program at speed 4 at 90°C for 12 mins. Add the vanilla and mix at speed 7 for 1 min. Place the cream in a piping bag. Wash the bowl.
- 5 Gently cut the top of the éclairs and garnish with cream.



## FLEMISH ASPARAGUS

N° 83



300 g WHITE ASPARAGUS • 2 EGGS • 60 g MELTED BUTTER • 10 SPRIGS OF FLAT LEAF PARSLEY • SALT • PEPPER

PEOPLE 2 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Peel the asparagus and cut into two.
- 2 Pour 0.7 L of water into the bowl. Place the asparagus and eggs in the steam basket and launch the steam program for 20 mins.
- 3 At the end of cooking place the asparagus on a plate. Remove the egg shells.
- 4 Wash the bowl and place the boiled eggs, melted butter and parsley in the bowl fitted with the ultrablade knife. Season with salt and pepper and mix at speed 12 for 10 s.
- 5 Spread this mixture over the asparagus and serve straight away.

**TIP** Green asparagus are easier to peel than white asparagus.



## COD PARCELS WITH HONEY AND PRESERVED LEMON — N° 183

PEOPLE 2 – PREPARATION 5 MINS – COOKING 20 MINS



2 COD STEAKS (120 g TO 140 g PER PIECE) • ¼ PRESERVED LEMON • 1 TBSP HONEY • 1 TBSP SOY SAUCE • 1 TBSP SUNFLOWER OIL

- 1 Finely dice the preserved lemon. Place in a bowl with the honey, soy sauce and oil.
- 2 Place the cod steaks in the middle of 2 sheets of baking paper.
- 3 Pour over the marinade and close the parcels.
- 4 Pour water up to the 0.7 L marker in the bowl. Place the parcels in the steam basket. Place the steam basket in the bowl and launch the steam program for 20 mins.
- 5 At the end of cooking, serve immediately with rice.

**TIP** Do not add salt to the fish, the lemons are preserved in salt and are already salty.



## PAVLOVA

N° 283



4 LARGE EGG WHITES • 220 g CASTER SUGAR • 5 ml VINEGAR • 2 TSP CORNFLOUR • 300 ml THICKENED CREAM • SLICED BANANAS, STRAWBERRIES AND PASSIONFRUIT, TO SERVE

PEOPLE 8 – PREPARATION 15 MINS – COOKING 45 MINS

- 1 Preheat oven to 140°C. Line a round baking tray with baking paper.
- 2 Place egg whites in the bowl fitted with the whisk and mix on speed 8 for 1 min or until egg whites are stiff. Gradually add the sugar 1 tbsp at a time through the opening on the lid on speed 8 for 5 mins. Reduce speed to 4 and add vinegar and cornflour.
- 3 Spoon mixture onto the baking tray in a circle and spread evenly with a spatula. Reduce the oven temperature to 120°C and bake for 45 mins. Turn oven off and allow to cool in the oven with the door ajar.

### Topping

- 1 Place cream in the bowl fitted with the whisk. Mix on speed 6 for 1 min 15 s or until cream is whipped.
- 2 Spread cream over pavlova and top with sliced banana, strawberries and passionfruit pulp.



## CALDO VERDE

N° 84



400 g POTATOES • 2 GARLIC CLOVES • 80 g SWEET CHORIZO • 180 g GREEN CABBAGE • SALT • 800 ml VEGETABLE OR CHICKEN STOCK • FRESH OREGANO • BAY LEAF • THYME

PEOPLE 4 – PREPARATION 5 MINS – COOKING 45 MINS

- 1 Peel the potatoes and garlic cloves and dice. Cut the chorizo into small pieces. Wash the cabbage, remove the outer leaves and cut the rest into strips.
- 2 Place the ingredients in the bowl fitted with the ultrablade knife. Add 800 ml of vegetable or chicken stock and lightly season with salt. Launch the **P2** soup program.
- 3 Serve hot.

**TIP** You could replace the chorizo with bacon or pancetta.



## SLOW COOKED LAMB SHANKS

N° 184



1 ONION • 2 CLOVES GARLIC • 20 ml OLIVE OIL • 1 TBSP PLAIN FLOUR • 4 x 250 g FRENCH-TRIMMED LAMB SHANKS • 1 LARGE CARROT • 1 LARGE STICK CELERY • 150 g SMALL CUP MUSHROOMS • 400 g CAN THICK CHOPPED TOMATOES WITH HERBS • 120 ml BEEF CONSOMMÉ • SALT AND FRESHLY GROUND BLACK PEPPER • ¼ CUP CHOPPED FRESH FLAT-LEAF PARSLEY

PEOPLE 4 – PREPARATION 15 MINS – COOKING 2 HRS 5 MINS

- 1 Peel the onion and garlic and cut in half. Place the onion and garlic in the bowl fitted with the ultrablade knife and mix on speed 12 for 10 s. Scrape down the sides of the bowl with a spatula.
- 2 Replace the ultrablade knife with the mixer, add the oil and launch the **P1** slow cook program at 130°C for 5 mins. Place the flour and the lamb shanks in a plastic bag, shake to coat evenly. Peel the carrot and thinly slice. Thinly slice the celery and mushrooms. Place the lamb, carrot, celery, mushrooms, tomatoes, consommé, salt and pepper in the bowl. Launch the **P2** slow cook program at 95°C for 2 hours, stirring from time to time to make sure shanks are evenly placed.
- 3 Transfer lamb to a serving dish, stir in parsley.

**TIP** Serve with potato mash.



## SCONES

N° 284



50 g CHILLED BUTTER • 300 g SELF-RAISING FLOUR • 2 TSP ICING SUGAR MIXTURE • 250 ml BUTTERMILK • JAM AND CREAM, TO SERVE

MAKES 12 – PREPARATION 15 MINS – COOKING 15-17 MINS

- 1 Preheat oven to 220°C. Grease and flour a 20 x20 cm deep square cake pan.
- 2 Dice the butter. Place the flour, icing sugar and butter in the bowl fitted with the kneading/crushing blade. Mix at speed 9 for 50 s or until mixture resembles breadcrumbs. With the machine running add the buttermilk through the opening on the lid and mix on speed 9 for 20-30 s or until dough just comes together.
- 3 Remove dough from the bowl and place on a floured surface. Knead lightly and press dough out to a 3 cm thick round. Using a 5 cm round cutter, cut rounds from the dough and place in the pan touching each other. Bake for 15-17 mins or until golden. Serve with jam and cream.



## PRAWN COCKTAIL

N° 85



350 g PINK PRAWNS (COOKED) SHELLED • 1 EGG YOLK • 1 TSP MUSTARD • 1 TSP WHITE VINEGAR • 1 TBSP TOMATO SAUCE • A FEW DROPS OF TABASCO® • 250 ml VEGETABLE OIL • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MINS

- 1 Place the egg yolk, mustard and vinegar in the bowl fitted with the whisk. Season with salt and pepper. Launch the bowl at speed 7 and gradually add the oil.
- 2 Once the mayonnaise has been whipped, add the tomato sauce and Tabasco®, and allow to mix for a further 1 min.
- 3 Serve the sauce with the prawns.

**TIP** You could replace the tomato sauce with tomato paste.



## SALMON STEAK WITH PESTO N° 185



2 SALMON STEAKS 125 g EACH • 50 g PESTO (SEE N° 57)

PEOPLE 2 – PREPARATION 5 MINS – COOKING 15 MINS

- 1 Spread the pesto on each salmon steak.
- 2 Pour 0.7 L of water in the bowl. Line the steam basket with baking paper and insert the salmon steaks. Place the basket in the bowl.
- 3 Launch the steam program for 15 mins.
- 4 At the end of cooking, serve immediately.

**TIP** You could also cook with a little lemon juice and a few sprigs of dill.



## NATILLAS

N° 285



6 EGG YOLKS • 80 g SUGAR • 500 ml SEMI-SKIMMED MILK • 1 TSP VANILLA EXTRACT • 1 TSP GROUND CINNAMON

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the egg yolks and sugar in the bowl fitted with the whisk. Mix at speed 6 for 1 min. After 30 s, add the milk and vanilla. Launch the dessert program at 70°C at speed 6 for 5 mins.
- 3 At the end of cooking, pour the mixture into ramekins.
- 4 Place the ramequins in an oven dish with water and bake for 25 mins. Sprinkle with cinnamon and serve.

**TIP** Serve this cream with caramel or a fruit coulis.





## PRAWN CROQUETTES

N° 86



200 g COOKED PRAWNS SHELLS • 30 g PLAIN FLOUR • 30 g BUTTER • 200 ml SEMI-SKIMMED MILK • 3 EGGS • BREADCRUMBS • COOKING OIL • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 20 MINS – RESTING 2 HRS

- 1 Place the flour and milk in the bowl fitted with the whisk. Season with salt and pepper, mix at speed 7 for 1 min. Add the butter and launch the sauce program at speed 4 at 90°C for 8 mins.
- 2 At the end of the program, replace the whisk with the ultrablade knife, add 1 beaten egg and the prawns and mix at speed 9 for 30 s. If the mixture is not consistent, mix for a further 30 s. Leave to rest for at least 2 hrs in the fridge.
- 3 Flour the bench top and form the mixture into dumplings. Dip in the remaining beaten egg and then the breadcrumbs. Repeat this step.
- 4 Heat a deep fryer. Immerse the croquettes in the boiling oil and cook for 1 to 2 mins. Place on a paper towel to remove the excess grease. Serve immediately.



DAIRY FREE

## CHICKEN, CARROTS AND CORIANDER

N° 186



2 CHICKEN BREASTS • 280 g CARROTS • ZEST OF ½ ORANGE • 10 SPRIGS OF CORIANDER • 2 PINCHES OF SALT • 1 DRIZZLE OF OLIVE OIL

PEOPLE 2 – PREPARATION 10 MINS – COOKING 20 MINS

- 1 Peel the carrots and shave into strips using a peeler. Cut the chicken breasts into strips. Wash and chop the coriander.
- 2 Place the carrots, chicken, orange zest and half the bunch of coriander in a bowl. Mix all together with a spatula.
- 3 Pour 0.7 L of water into the bowl. Place the carrot/chicken mixture into the steam basket. Place the basket onto the bowl and launch the steam program for 20 mins.
- 4 At the end of cooking, sprinkle with the remaining coriander, season with salt, pour over the olive oil and serve with rice.

**TIP** The orange zest could be replaced with lemon zest. You could then add a few green olives.



## CHOCOLATE MUD CAKE

N° 286



100 g DARK CHOCOLATE • 200 g BUTTER DICED, AT ROOM TEMPERATURE • 60 ml MILK • ¼ CUP COCOA POWDER • 1 ½ TBSP COFFEE GRANULES • 1 TSP VANILLA EXTRACT • 3 EGGS • 220 g CASTER SUGAR • 115 g SELF RAISING FLOUR SIFTED

CHOCOLATE GLAZE: 180 g DARK CHOCOLATE • 75 g CASTER SUGAR • 80 ml THICKENED CREAM • SLICED STRAWBERRIES, TO DECORATE

PEOPLE 10 – PREPARATION 15 MINS – COOKING 1 HR

- 1 Preheat oven to 160°C. Lightly grease and line the base of a 23 cm springform cake tin with baking paper.
- 2 Break the dark chocolate into pieces and place in the bowl fitted with the kneading/crushing blade. Mix on speed 12 for 1 min. Scrape down the sides of the bowl with a spatula. Dice the butter. Add the butter, milk, cocoa, coffee granules and vanilla and launch the dessert program at 90°C for 4 - 5 mins or until the chocolate and butter has melted. Transfer to a bowl to cool. Wash the bowl and blade.
- 3 Add the eggs and sugar to the bowl fitted with the kneading/crushing blade and mix on speed 10 for 1 min 30 s. Return chocolate mixture to the bowl and mix on speed 8 for 10-15 s. Add the sifted flour to the mixture, continue to mix on speed 8 for 10 s or until mixture is combined. Pour mixture into the cake tin and bake for 55 mins. Cool in the pan for 5 mins then turn out onto a wire rack. When cool spread with chocolate glaze and decorate with sliced strawberries.

**To make the glaze:**

- 1 Break the chocolate and place in the bowl fitted with the kneading/crushing blade. Mix on speed 1 min. Scrape down the sides of the bowl with a spatula. Add the sugar and cream and launch the dessert program at 90°C for 5 mins. Leave to cool then spread over cake.



## EMPANADAS

N° 87



2 SHORTCRUST PASTRY (SEE P. 14) • 50 g ZUCCHINI • 100 g RED CAPSICUM • 40 g ONION • 1 GARLIC CLOVE • 50 ml OLIVE OIL • 10 g TOMATO PASTE • 150 ml VEGETABLE STOCK • 150 g TUNA • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 55 MINS

- 1 Preheat the oven to 180°C.
- 2 Peel the onion and garlic and roughly chop, place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10 s, and add olive oil. Launch the **P1** slow cook program at 130°C for 5 mins. Dice the zucchini and capsicum.
- 3 Add the diced zucchini and capsicum, tomato paste and stock. Season with salt and pepper and launch the **P2** slow cook program at 95°C for 20 mins. At the end of cooking, add the tuna and mix at speed 4 for 30 s.
- 4 Roll out the pastry and cut into disks using a large glass. Garnish half the surface with the stuffing, fold the pastry to form a turnover and pinch the edges. Place on a tray lined with baking paper and bake for 30 mins. Serve hot or cold.

**TIP** Brush with egg yolk so that the empanadas will brown.



## WITLOF GRATIN

N° 187



3 WITLOF WHITES • 40 g PLAIN FLOUR • 40 g SOFT BUTTER • 40 g MILK • 200 g GRATED CHEESE • 3 SLICES OF COOKED HAM • SALT • PEPPER

PEOPLE 3 – PREPARATION 10 MINS – COOKING 1 HR

- 1 Preheat the oven to 210°C.
- 2 Place the flour, milk, salt and pepper in the bowl fitted with the whisk. Mix at speed 7 for 1 min. Add the butter and launch the sauce program at speed 4 at 90°C for 8 mins. Add 50 g of grated cheese and mix at speed 5 for 30 s. Set aside and wash the bowl.
- 3 Pour 0.7 L of water into the Companion bowl, place the witlofs in the steam basket and launch the steam program for 30 mins.
- 4 Roll each witlof in a slice of ham and place in an oven dish. Take the white sauce and spread the remaining cheese over the witlofs. Season with pepper.
- 5 Bake for approximately 15 mins. Serve hot.

**TIP** For a more chic version, replace the cooked ham with a cured ham and sprinkle with 30 g of hazelnuts.



## PUDDING

N° 287



300 g STALE BREAD • 5 EGG YOLKS • 80 g SUGAR • 500 ml MILK • 1 TSP VANILLA EXTRACT

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Cut the bread into small pieces.
- 3 Place the egg yolks and sugar in the bowl fitted with the whisk. Mix at speed 6 for 1 min adding the milk and vanilla.
- 4 Add the bread and mix using a spatula, it should be well soaked.
- 5 Pour the mixture into an oven dish and press down well. Bake for 30 mins. Serve warm.

**TIP** Add seasonal fruit: raspberries, apricots, apples, figs or dried fruit.



## BROOK TROUT WITH GREEN SAUCE

N° 88



1 kg FILLET OF BROOK TROUT • 100 g SPINACH • 20 g PARSLEY • 20 g TARRAGON • 10 g SAGE • 10 g MINT • 100 ml VEGETABLE STOCK • 25 g BUTTER • 100 ml THICK CRÈME FRAÎCHE • SALT • PEPPER • 150 ml WHITE WINE • BAY LEAF

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 16 MINS

- 1 Cook the brook trout fillet by steaming or by poaching in a vegetable broth with 150 ml of white wine and bay leaf.
- 2 Wash and roughly chop the spinach and herbs. Place in the bowl fitted with the ultrablade knife along with the vegetable stock. Launch the sauce program at speed 4 at 90°C for 8 mins.
- 3 When the herbs are cooked, add the cream, butter and season with salt and pepper. Relaunch the sauce program at speed 8 at 95°C for 8 mins.
- 4 Serve hot poured over the trout.

**TIP** You could replace the trout with salmon.



## STUFFED CHICKEN ROULADE — N° 188



2 CHICKEN BREASTS • 80 g MOZZARELLA CHEESE • 4 SEMI DRIED TOMATOES • 8 BASIL LEAVES • SALT • PEPPER

PEOPLE 2 – PREPARATION 10 MIN – COOKING 20 MINS

- 1 Cut the mozzarella cheese and semi dried tomatoes into small dice. Chop the basil leaves. Place each chicken breast on a sheet of cling film. Garnish each breast with the diced mozzarella and semi dried tomatoes and add the basil. Season with salt and pepper and roll each escalope in the cling film to obtain a roll.
- 2 Pour 0.7 L of water into the bowl. Attach the steam basket to the bowl and insert the chicken rolled up in the cling film. Launch the steam program for 10 mins.
- 3 At the end of cooking, serve immediately with pasta.

**TIP** You could use sundried tomatoes in lieu of semi dried or even replace tomatoes with mushrooms.



## ROSQUILLAS - SPANISH DOUGHNUTS — N° 288



50 ml SEMI-SKIMMED MILK • 11 g BAKING POWDER • 350 g PLAIN FLOUR • 80 g SUGAR • 1 EGG • 50 ml OLIVE OIL • 50 ml ANIS LIQUEUR • EXTRA OIL FOR DEEP FRYING • SUGAR (FOR DUSTING)

PEOPLE 4/6 – PREPARATION 5 MINS – COOKING 10 MINS

- 1 Place all the ingredients in the bowl fitted with the kneading/crushing blade and launch the P2 pastry program.
- 2 Form the mixture into thin circles and seal to make rings of 5 cm in diameter.
- 3 Cook for a few minutes in the deep fryer. The doughnuts should be nice and brown. Sprinkle with sugar before serving.

**TIP** You could add the zest of 1 lemon to this recipe.





## POTATOES WITH A SPICY SAUCE — N° 89

PEOPLE 4 – PREPARATION 15 MINS – COOKING 40 MINS



2 GARLIC CLOVES • 200 g RED CAPSICUM • 15 g OLIVE OIL • 1 TBSP WINE VINEGAR • 1 TSP CUMIN • 2 TBSP CHILLI POWDER • 700 g SMALL POTATOES • SALT

- 1 Peel the garlic cloves and capsicum and place in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 2 Add the oil, vinegar and a pinch of salt. Launch the P1 slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the cumin and chilli powder and mix at speed 10 for 1 min. Set aside in a container and clean the bowl.
- 4 Wash the potatoes and place in the bowl with no attachment, add a pinch of salt and cover with water to the top. Cook at 100°C for 30 mins. Remove the water and relaunch for 2 mins at 100°C.
- 5 Serve the potatoes covered with the sauce.

**TIP** This sauce can also be eaten cold.



## VEGETABLE TAGLIATELLE — N° 189

PEOPLE 2 – PREPARATION 10 MINS – COOKING 15 MINS



200 g CARROTS • 100 g PARSNIPS • 50 g SMOKED HAM • 20 g GRATED PARMESAN CHEESE • 50 ml SINGLE CREAM • PEPPER

- 1 Peel the carrots and parsnips and shave into strips using a peeler.
- 2 Pour 0.7 L of water into the bowl. Place the vegetables in the steam basket and insert in the bowl. Launch the steam program for 15 mins.
- 3 Cut the ham into matchsticks. Place the ham, parmesan cheese and cream in a bowl, season with pepper and mix well.
- 4 At the end of cooking, place the vegetable tagliatelle in a bowl and mix. Serve immediately.

**TIP** You could replace turnip with zucchini and replace the sauce with pesto.



## CRANBERRY AND ORANGE FAIRY CAKES — N° 289

MAKES 12 – PREPARATION 10 MINS – COOKING 20-25 MINS



200 g SOFT MARGARINE • 200 g CASTER SUGAR • 3 EGGS • 200 g SELF-RAISING FLOUR • ½ TSP BAKING POWDER • FINELY GRATED ZEST AND JUICE OF 1 ORANGE • 125 g SWEETENED DRIED CRANBERRIES PLUS EXTRA FOR DECORATION • 200 g ICING SUGAR, SIFTED

- 1 Preheat the oven to 180°C. Line a 12 hole cupcake tray with paper cases.
- 2 Place the margarine, caster sugar, eggs, flour, baking powder and orange zest in the Companion fitted with the kneading/crushing blade. Process on speed 9 for 45 s. Add the cranberries and briefly process on speed 3 for 30 s or until evenly mixed.
- 3 Spoon mixture into cases and bake for 20 to 25 mins or until they spring back when lightly pressed. Leave to cool on a wire rack.
- 4 For the glacé icing, place the icing sugar in a bowl and gradually add 2 tbsp fresh orange juice until you have a stiff icing. Spoon over the top of the cakes. Decorate each cake with a dried cranberry.





## PORTUGUESE COD CROQUETTES

N° 90



300 g POTATOES • 250 g UNSALTED COD • ½ BUNCH OF FLAT LEAF PARSLEY • 1 GARLIC CLOVE • 1 EGG • PEPPER

PEOPLE 4/6 – PREPARATION 20 MINS – COOKING 40 MINS – RESTING TIME 2 HOURS

- 1 Peel and dice the potatoes. Pour 0.7 L of water into the bowl and place the potatoes in the steam basket. Launch the steam program for 30 mins. At the end of cooking, place the potatoes in a separate bowl and empty the Companion bowl.
- 2 Place the cod in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Peel the garlic clove and pick the parsley leaves then add to the bowl. Mix at speed 11 for 10 s. Add the egg and mix for 10 s.
- 3 Pour this mixture over the potatoes and mash using a fork. Season with pepper, mix and chill for 2 hrs.
- 4 Using a spoon form little balls and cook in a deep fryer for 5 to 10 mins. Serve immediately.

**TIP** If required you could loosen the mixture with 50 ml of milk.



## SHEPHERD'S PIE

N° 190



1 ONION • 1 CARROT • 1 CELERY STICK • 20 ml OLIVE OIL • 500 g LAMB MINCE • 125 ml BEEF STOCK • 40 ml TOMATO PASTE • 10 ml WORCESTER-SHIRE® SAUCE • 125 g FROZEN PEAS, THAWED • SALT • PEPPER • 1 TBSP CORNFLOUR • 40 ml WATER

MASHED POTATO TOPPING: 600 g SEBAGO POTATOES • 40 g BUTTER • 80 ml MILK • SALT • PEPPER

PEOPLE 6 – PREPARATION 20 MINS – COOKING 1 HR 15 MINS

- 1 Preheat oven to 220°C. Lightly grease an ovenproof baking dish.
- 2 Peel the onion and cut in half. Place the onion in the bowl fitted with the ultrablade knife and mix on speed 12 for 10 seconds. Scrape down the sides of the bowl with a spatula.
- 3 Peel and finely chop the carrot and celery. Replace the ultrablade knife with the mixer, add the oil, chopped carrot and celery then launch the **P1** slow cook program at 130°C for 5 mins, without the stopper. Scrape down the sides of the bowl with a spatula.
- 4 Add the mince and launch the **P3** slow cook program for 10 mins. Drain the excess liquid from the mince. Add the rest of ingredients except cornflour and water. Launch the **P3** slow cook program at 95°C for 10 mins. Mix the cornflour and water together then pour through the opening on the lid and relaunch for 2 minutes. Spoon mixture into a baking dish & top with mashed potato.

### MASHED POTATO TOPPING

- 1 Peel the potatoes and cut into 2 cm pieces. Pour 0.7 L of water into the bowl and place the potatoes in the steam basket. Launch the steam program for 30-35 mins or until cooked. Empty water from the bowl and attach the whisk.
- 2 Place the potatoes in the bowl and mix on speed 6 for 30 seconds. Add the milk, butter, salt and pepper and mix on speed 8 for 20 seconds. Spoon mixture over the mince and bake in the oven for about 10-15 mins or until heated through and golden on top. Serve.



## SEMOLINA PUDDING

N° 290



750 ml SEMI-SKIMMED MILK • 150 g FINE SEMOLINA • 125 g SUGAR • 1 PINCH OF SALT • 3 EGGS BEATEN • 150 ml CRÈME FRAÎCHE • 125 g RAISINS

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING TIME 40-45 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the milk, semolina, sugar and salt in the bowl fitted with the mixer. Launch the dessert program at speed 4 at 90°C for 10 mins. Pour the mixture into a bowl to allow to cool down. Wash the Companion bowl.
- 3 Place the beaten eggs and crème fraîche in the bowl fitted with the kneading/crushing blade. Mix at speed 6 for 30 to 40 s.
- 4 Pour this mixture over the semolina, add the raisins and mix using a spatula. Pour the mixture into a high edged baking tin and bake for 30 to 35 mins. Enjoy warm or cold.

**TIP** You could add 50 ml of rum and the zest of a preserved orange.



## CHICKEN AND SWEET CORN SOUP — N° 91

PEOPLE 4 – PREPARATION 10 MINS – COOKING 25 MINS



1 L CHICKEN STOCK • 2 × 175 g CHICKEN BREAST FILLETS • 3 GREEN ONIONS (SHALLOTS) • 420 g CANNED CREAMED CORN • 310 g CANNED CORN KERNELS • 2 TSP SOY SAUCE • 2 EGG WHITES

- 1 Pour 0.7 L of the stock into the bowl and place the chicken fillets in the steam basket then place in the appliance. Launch the steam program for 15-16 mins or until chicken is just cooked. Remove the basket and leave the chicken to rest for 5 mins. When cool shred the chicken.
- 2 Thinly slice the onions. Place the mixer in the bowl and add the remaining chicken stock, onions, creamed corn, corn kernels, soy sauce and shredded chicken. Launch the P3 slow cook program at 95°C for 10 mins. Lightly beat the egg whites and after 8 mins (with 2 mins remaining on the timer) slowly add the egg whites through the opening on the lid. Serve.



## COD GRATIN — N° 191

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 45 MINS



400 g COOKED COD • 1 ONION • 1 GARLIC CLOVE • 200 ml SEMI-SKIMMED MILK • 10 SPRIGS OF FLAT-LEAF PARSLEY • 800 g POTATOES • 50 g BUTTER • SALT • PEPPER

- 1 Preheat the oven to 220°C.
- 2 Peel and roughly chop the onion and garlic. Place in the bowl fitted with the ultrablade knife and mix at speed 12 for 10 s.
- 3 Add the cod, 100 ml of milk and parsley, then mix at speed 12 for 20 s. Bring the mixture to the centre and mix for 10 s. Butter an oven dish and pour in the mixture.
- 4 Clean the bowl. Peel the potatoes, roughly dice and place in the steam basket. Pour 0.7 L of water into the bowl and launch the steam program for 30 mins.
- 5 Empty the water and attach the whisk blade. Place the cooked potatoes in the bowl and mix on speed 6 for 30 seconds. Add 100 ml milk, butter, salt and pepper and mix on speed 8 for 20 seconds or until smooth.
- 6 Pour the mashed potato over the cod mixture and bake in the oven for 15 to 20 mins.



## PANCAKES — N° 291

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS



250 g SELF RAISING FLOUR • 300 ml SEMI-SKIMMED MILK • 3 EGGS • 30 g SUGAR • SALT

- 1 Place the milk, eggs, sugar and salt in the bowl fitted with the kneading/crushing blade. Mix at speed 10 for 30 s. Gradually add the flour through the opening on the lid, still at speed 10.
- 2 Heat a lightly oiled frying pan on a high heat, pour in small heaps of the batter and fry for 5 mins turn halfway.
- 3 Repeat until all the batter has been used.

**TIP** You could serve the pancakes for breakfast with fresh fruits.



## OCTOPUS SALAD

N° 92



500 g OCTOPUS • 150 g ONIONS • 120 g GREEN CAPSICUM • 100 g TOMATOES • 100 ml OLIVE OIL • 100 ml LIME JUICE • 2 g PARSLEY • SALT • PEPPER

PEOPLE 4 – PREPARATION 10 MIN – COOKING 30 MINS – RESTING 2 HRS

- 1 Cook the octopus in a saucepan with 2 L of boiling water for 30 mins.
- 2 Peel the onion and roughly chop along with the capsicum and tomatoes. Place them in the bowl fitted with the ultrablade knife along with the olive oil, lime juice and parsley. Season with salt and pepper and mix at speed 11 for 10 s. Mix further if required.
- 3 Dice the octopus and place on a plate. Pour over the sauce and mix well. Chill for at least 2 hrs then eat.

**TIP** You could marinade the octopus so that it soaks in the sauce.



## SAUSAGE ROUGAIL

N° 192



4 150 g SAUSAGES • 1 ONION • 70 g GINGER • 2 GARLIC CLOVES • 50 ml OIL • 400 g DICED TOMATOES • 200 ml CHICKEN STOCK • 2 DRIED PEPPERS • 150 g RICE • SALT • PEPPER • 500 ml WATER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 40 MINS

- 1 Peel the onion, ginger and garlic cloves. Roughly chop and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 20 s.
- 2 Replace the ultrablade knife with the mixer and add oil. Launch the P1 slow cook program at 130°C for 5 mins.
- 3 Cut the sausages into 6. At the end of the program, add the sausages, diced tomatoes, chicken stock, peppers and season with salt and pepper. Launch the P2 slow cook program at 95°C for 20 mins.
- 4 At the end of the program, add the rice and 500 ml of water then relaunch the P2 slow cook program at 95°C for 15 mins. Serve immediately.

**TIP** You could add 1 tsp of curry powder.



## BANANA AND COCONUT SMOOTHIE

N° 292



250 g BANANA • 250 ml COCONUT MILK • 150 g GREEK YOGHURT

PEOPLE 2 – PREPARATION 5 MINS

- 1 Peel the banana and cut into round pieces.
- 2 Place in the bowl fitted with the kneading/crushing blade. Add the coconut milk and yoghurt and mix at speed 12 for 1 min. If necessary, fold the mixture with a spatula and mix again for 30 s.
- 3 Serve chilled.

**TIP** For a very cold milk-shake you could add 2 ice cubes at the same time as the coconut milk. This drink can also be made with milk and soy yoghurt.





## SHELLFISH SALAD

N° 93



150 g RAW PRAWNS • 400 g MUSSELS • 50 g ONIONS • 50 g RED CAPSICUM • 50 g TOMATO • 100 ml OLIVE OIL • 20 ml SHERRY VINEGAR • SALT • PEPPER

PEOPLE 2 – PREPARATION 10 MINS – COOKING 15 MINS

- 1 Pour 0.7 L of water in the bowl. Place the prawns and mussels into the steam basket and place in the bowl. Launch the steam program for 15 mins. At the end of cooking, empty the bowl.
- 2 Peel the onion and roughly chop with the capsicum and tomato. Place in the bowl fitted with the ultrablade knife blade. Add the olive oil and vinegar, season with salt and pepper and mix at speed 11 for 10 s. You could mix again for a more compact consistency.
- 3 Place the prawns on a plate, remove the mussels from their shells and add to the plate. Cover with the sauce and serve chilled.

**TIP** You could vary the shellfish depending what is available at the market: scampi, clams...



## GERMAN MEATBALLS

N° 193



100 g BREAD • 100 ml MILK • 70 g ONION • 250 g VEAL (SHOULDER) • 250 g PORK LOIN • 1 EGG YOLK • 5 g OREGANO • 100 ml CRÈME FRAÎCHE • 30 g PLAIN FLOUR • 30 g BUTTER • 100 ml WHITE WINE • 200 ml BEEF STOCK • SALT • PEPPER • EXTRA BEEF STOCK (APPROX 1 L) FOR SIMMERING

PEOPLE 6/8 – PREPARATION 20 MINS – COOKING 20 MINS – RESTING 30 MINS

- 1 Soak the bread in the milk. Peel the onion and dice the meat. Place the pork loin in the bowl fitted with the ultrablade knife and mix at speed 12 for 20 s. Transfer to a separate bowl. Place the onions and veal in the bowl and mix at speed 12 for 20 s. Add the minced pork, oregano, bread, salt and pepper and mix at speed 12 for 20 s. Pour the contents of the bowl into a separate bowl. Integrate the egg yolk into the mixture. Form balls and chill for 30 mins.
- 2 Wash the bowl and attach the whisk. Add the flour, butter, white wine and stock, season with salt and pepper and mix at speed 7 for 30 s. Launch the sauce program at 90°C at speed 4 for 5 mins. Add the crème fraîche 2 mins before the end of cooking. Mix at speed 4 for 20 s.
- 3 To cook the meatballs, fill a saucepan with the extra stock, add the meatballs and bring to the boil. Then simmer the meatballs until cooked. Once cooked, strain and serve with the sauce.



## EASY TRUFFLES

N° 293



200 g DARK CHOCOLATE (CHOPPED) • 100 g REDUCED SALT BUTTER • 15 g ICING SUGAR • 80 g COCOA POWDER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 10 MINS – RESTING 1 HR

- 1 Place the butter and chopped chocolate in the bowl fitted with the kneading/ crushing blade. Adjust the bowl at speed 3 at 45°C for 10 mins. Add the icing sugar and mix at speed 8 for 20 s.
- 2 Place the mixture on a plate and cover with cling film. Leave to rest in the fridge for at least 1 hr.
- 3 Place the cocoa powder on a plate. Take a little of mixture using a spoon. Form a ball using your hands and roll in the cocoa. Repeat until all the mixture has been used.

**TIP** You could add 2 tsp of brandy or rum to the mixture. The truffles keep well in the fridge for a few days.





## JULIANA SOUP

N° 94



200 g POTATOES • 2 GARLIC CLOVES • 1 ONION • 200 g CARROTS • 50 g LEEKS (WHITE PART ONLY) • 250 g ZUCCHINI • 100 g SNOW PEA • 100 g PUMPKIN • SALT • 15 g BUTTER • 15 ml OLIVE OIL • 800 ml WATER

PEOPLE 4 – PREPARATION 5 MINS – COOKING 45 MINS

- 1 Peel the garlic cloves, onion, potatoes, carrots and pumpkin and cut into quarters. Wash the leek whites and cut into chunks. Chop the snow pea.
- 2 Put the onion and garlic in the bowl with the ultrablade and chop roughly speed 11 for 15 s. Change to the mixer blade and add 15 g butter and 15 ml olive oil and put on slow cook program at 130°C for 5 mins.
- 3 Place all the ingredients in the bowl fitted with the ultrablade knife. Add 800 ml of water and lightly season with salt. Launch the P2 soup program.
- 4 Serve hot.

**TIP** Add bacon to the soup to make it a more complete meal.



## FLEMISH BEEF STEW

N° 194



800 g BEEF SHOULDER (DICED) • 3 ONIONS • 2 GARLIC CLOVES • 50 ml OIL • 150 g BACON • 15 g CORNFLOUR • 100 ml BEEF STOCK • 700 ml DARK BEER • 30 g GINGER POWDER • 10 PINK PEPPERCORNS • 1 BOUQUET GARNI

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 2 HRS 10 MINS

- 1 Peel the onion and garlic and place in the bowl fitted with the ultrablade knife. Mince at speed 12 for 30 s.
- 2 Replace the ultrablade knife with the mixer. Add the oil and bacon and launch the P1 slow cook program at 130°C for 10 mins.
- 3 Meanwhile, dissolve the cornflour in the stock. At the end of the program, add the stock, beer, diced meat, ginger powder, pink peppercorns and bouquet garni. Launch the P2 slow cook program at 95°C for 2 hrs.
- 4 Serve hot with steamed potatoes or tagliatelle.



## PEAR JELLY

N° 294



500 ml PEAR JUICE • 150 g SUGAR • ½ TSP GELATINE

PEOPLE 4 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Place all the ingredients in the bowl fitted with the mixer.
- 2 Launch the dessert program at speed 3 at 105°C for 20 mins, with the stopper in the high steam setting.
- 3 Pour the mixture into sterilised containers.



## CHICKEN SOUP WITH VERMICELLI

N° 95



300 g CHICKEN (LEGS) • 150 g POTATOES • 150 g CARROTS • 100 g CELERY STICKS • 60 g ONIONS • 2 GARLIC CLOVES • 30 g BUTTER • 2 TBSP OIL • 100 g VERMICELLI NOODLES • 20 g FLAT LEAF PARSLEY • 1 TSP GROUND GINGER • 1 TSP GROUND CORIANDER • SALT AND PEPPER • 1 L WATER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Peel the vegetables and cut into small dice. Peel the onions and garlic and roughly chop then place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 30 s.
- 2 Replace the ultrablade knife with the mixer. Add the butter, oil, carrots and celery. Launch the **P1** slow cook program at 130°C for 4 mins.
- 3 Add 1 L of water, the chicken, potatoes, coriander and ginger. Season with salt and pepper and launch the **P2** slow cook program at 95°C for 40 mins. Add the vermicelli noodles 5 mins before the end of cooking.
- 4 Serve hot garnished with parsley leaves.



## PORTUGUESE POT-AU-FEU

N° 195



300 g PORK LOIN (BONED) • 1 PORTUGUESE SAUSAGE • 150 g PORK RIBS • 100 g GREEN CABBAGE • 100 g CARROTS • 100 g TURNIPS • 200 g POTATOES • 1 L WATER

PEOPLE 4/6 – PREPARATION 15 MINS – COOKING 45 MINS

- 1 Chop the pork. Peel the vegetables and roughly chop.
- 2 Place 1 L of water, the meat, ribs, sausage and vegetables in the bowl fitted with the mixer.
- 3 Launch the **P2** slow cook program at 95°C for 45 mins.
- 4 At the end of cooking, strain the stock and serve.



## MANGO CHUTNEY

N° 295



600 g MANGO • 60 g RED ONION • 2 GARLIC CLOVES • 100 g RAISINS • 120 ml WHITE VINEGAR • 200 g BROWN SUGAR • 3 g SALT • ½ TSP GROUND GINGER • ½ TSP CURRY POWDER

PEOPLE 4 – PREPARATION 10 MINS – COOKING 45 MINS

- 1 Peel the onion and garlic and roughly chop, place in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 2 Add the other ingredients and mix at speed 6 for 10 s. Launch the **P2** slow cook program at 100°C for 45 mins without the stopper.
- 3 Pour the mixture into sterilised jars.

**TIP** The chutney will keep for a few months in the fridge. Eat with cheese; it goes well with goat's cheese or blue vein cheeses.



## AUSTRIAN DUMPLINGS

N° 96



400 g STALE BREAD • 300 ml MILK • 50 g ONION • 50 ml OIL • 20 g CHOPPED PARSLEY • 100 g BREADCRUMBS

PEOPLE 2 – PREPARATION 5 MINS – COOKING 30 MINS – RESTING 2-3 HRS

- 1 Cut the bread into small 1 cm pieces and place in a bowl and cover with milk. Leave to rest for 10 mins.
- 2 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer and add oil. Start the slow cook program P1 at 130°C for 5 mins.
- 3 Re-attach the ultrablade knife, add the bread and milk and mix at speed 6 for 30 s. Add the breadcrumbs and parsley and mix for 10 more seconds. Place the mixture in a bowl, cover and leave to rest in the fridge for 2-3 hrs.
- 4 Form dumplings with a 4 cm diameter. Pour 1.5 L of salted water into the bowl and heat to 100°C for 25 mins. After 5 mins open the lid and gently immerse the dumplings into the Companion. When finished, drain and serve immediately.



## SPANISH CHORIZO STEW

N° 196



300 g DRIED WHITE BEANS • 2 SPANISH CHORIZOS (150 g) • 2 BLACK PUDDING (150 g) • 200 g SLICED HAM (OPTIONAL) • 200 g BACON (DICED) • 5 TOMATOES • 20 ml OLIVE OIL • 500 ml CHICKEN STOCK • 1 ONION • 3 UNPEELED GARLIC CLOVES

PEOPLE 4 – PREPARATION 10 MINS – COOKING 1 HR 55 MINS – RESTING 12 HRS

- 1 Soak the white beans in water for 12 hours to rehydrate them.
- 2 Peel the onion. Chop the onion and tomatoes into quarters. Place the onion and garlic in the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s. Replace the ultrablade knife with the mixer. Add the tomatoes and oil. Launch the P1 slow cook program at 130°C for 10 mins.
- 3 In the meantime, dice the chorizos and black pudding. At the end of the program, add the diced chorizos and black pudding, bacon, sliced ham (optional), white beans and chicken stock to the bowl and launch the P2 slow cook program at 95°C for 1 hr 45 mins.
- 4 Serve hot.

**TIP** This dish tastes better the following day and freezes well.



## HAZELNUT SPREAD

N° 296



100 g REDUCED SALT BUTTER • 80 g DARK CHOCOLATE (CHOPPED) • 120 g MILK CHOCOLATE (CHOPPED) • 200 ml SWEETENED CONDENSED MILK • 60 g HAZELNUT MEAL

PEOPLE 4/6 – PREPARATION 10 MIN – COOKING 10 MIN

- 1 Place the butter in the bowl fitted with the mixer and mix at speed 3 at 70°C for 3 mins.
- 2 Add the chocolate squares and melt at speed 3 at 45°C for 5 mins.
- 3 Replace the mixer with the kneading/crushing blade. Add the condensed milk and hazelnut meal and mix at speed 7 for 30 s.
- 4 Place the mixture in a jar and keep in the fridge until ready to use.

**TIP** You could replace the hazelnut meal with almond meal.





## CHESTNUT BREAD

N° 97



300 g PLAIN FLOUR • 100 g CHESTNUT FLOUR • 10 g DRY YEAST • 1 TSP SALT • 250 ml WATER

PEOPLE 4 – PREPARATION 15 MINS – COOKING 30 MINS – RESTING 1 HR

- 1 Preheat the oven to 240°C.
- 2 Place 250 ml of warm water and the yeast into the bowl fitted with the kneading/ crushing blade. Launch the P1 pastry program. After 30 s, add the flours and salt.
- 3 At the end of the program, remove the pastry from the bowl and knead into a ball. Leave on a plate covered with a cloth to rest for 1 hr.
- 4 Once rested, place the dough in a greased baking tin. Then make slits in the dough using a knife. Bake for approximately 30 mins. Place a bowl of water in the oven beside the bread to obtain a nice crust.

**TIP** You could replace the chestnut flour with rice flour, small spelt flour, wholemeal or semi wholemeal flour.



## FRIED FILLET OF SOLE

N° 197



40 g PLAIN FLOUR • 40 g SOFT BUTTER (DICED) • 200 ml SEMI-SKIMMED MILK • 20 ml FISH STOCK • 600 g FILLETS OF SOLE • 50 g SHELLED MUSSELS • 100 g COOKED PRAWNS • 80 g GRATED PARMESAN CHEESE • 25 g BREADCRUMBS • SALT • PEPPER

PEOPLE 4/6 – PREPARATION 10 MINS – COOKING 35 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the flour, butter, milk and fish stock into the bowl fitted with the whisk. Season with salt and pepper. Mix at speed 7 for 30 s and launch the sauce program at 90°C at speed 4 for 8 mins.
- 3 Place the fillets of sole in an oven dish and put the mussels and prawns on top. Cover with the sauce and sprinkle with the grated cheese and breadcrumbs. Cook in the oven for 20 to 25 mins. Serve hot.

**TIP** Replace the sole with cod or salmon. You could add 100 ml of single cream 2 mins before the end of cooking.



## RED BERRY COULIS

N° 297



200 g STRAWBERRIES • 200 g CHERRIES • 50 g SUGAR • 50 ml WATER

PEOPLE 6 – PREPARATION 5 MINS – COOKING 15 MINS

- 1 Wash the fruits, cut the strawberries in halves and deseed the cherries.
- 2 Place the fruits, 50 ml of water, and the sugar into the bowl fitted with the ultrablade knife.
- 3 Turn on the Companion on to speed 7 at 80°C for 15 mins.
- 4 Mix on Turbo for 10 s, leave to cool and serve.

**TIP** This coulis freezes really well.





## WHOLEGRAIN BREAD

N° 98



10 g DRIED BAKER'S YEAST • 300 g PLAIN FLOUR • 100 g RYE FLOUR • 50 g WHOLEMEAL FLOUR • 50 g SEEDS • 5 g SALT • 300 ml WARM WATER

PEOPLE 4 – PREPARATION 15 MINS – COOKING 85 MINS – RESTING 1 Hr 30 MINS

- 1 Place the yeast and 300 ml of warm water in the bowl fitted with the kneading/crushing blade. Launch the **P1** pastry program. After 30 s, open the lid and add the flours, seeds and salt. Relaunch program.
- 2 After 40 mins, remove the dough using a spatula and rework for 5 mins by hand. Form a ball and leave on a tray lined with baking paper. Leave to rest for 1 hr 30 mins.
- 3 Preheat the oven to 200°C.
- 4 Place a bowl of water on the lower rack in the oven (this will help achieve a nice crust). Bake for 25 mins. Lower the oven to 180°C and cook for an extra 15 to 20 mins.

**TIP** You could also use multi-seed type ready-made flours.



## HERB CHICKEN SCHNITZEL — N° 198



4 SLICES FROZEN WHITE SANDWICH BREAD • ¼ CUP FLAT-LEAF PARSLEY LEAVES • 2 TBSP CHOPPED CHIVES • 1 TBSP THYME LEAVES • 25 g FINELY GRATED PARMESAN CHEESE • 35 g PLAIN FLOUR • 1 EGG • 20 ml MILK • 2 x 180 g CHICKEN BREASTS FILLETS • 80 ml VEGETABLE OIL FOR FRYING

PEOPLE 4 – PREPARATION 15 MINS – COOKING 8 MINS

- 1 Place bread in the bowl fitted with the ultrablade knife, mix on speed 12 for 1 min. Transfer to a separate bowl. Add herbs to the Companion bowl and mix on speed 12 for 20 seconds. Return bread to bowl with parmesan cheese. Scrape down the sides of the bowl with a spatula. Mix on speed 12 for 20 seconds. Transfer to a separate bowl.
- 2 In a separate bowl, beat the egg and milk together. Then coat the chicken in the flour, followed by egg wash and then breadcrumb mix.
- 3 Heat 2 tablespoons oil in a large frying pan over medium heat. Cook chicken in batches for 2 minutes each side until golden. Serve with potatoes and salad.



## VIENNESE BREAD

N° 298



100 ml SEMI-SKIMMED MILK • 5 g DRY YEAST • 1 EGG + 1 YOLK • 250 g PLAIN FLOUR • 25 g SUGAR • 5 g SALT • 35 g SOFT BUTTER (DICED)

PEOPLE 4/6 – PREPARATION 15 MIN – COOKING 40 MIN – RESTING 1 Hr

- 1 Place the milk and yeast in a bowl and mix.
- 2 Pour the mixture into the bowl fitted with the kneading/crushing blade. Add the egg, flour, sugar, salt and butter. Launch the **P2** pastry program (with the stopper on), and leave to work for 40 mins.
- 3 At the end of the program, transfer the dough to a bowl using a spatula, cover with a cloth and leave to rest for 1 hr.
- 4 Preheat the oven to 210°C. Form small rolls and place on a tray lined with baking paper. Make slits using a knife tip.
- 5 Brush with the egg yolk and bake for 15 mins.

**TIP** You could add chocolate chips.



## WHITE BREAD AND PAPRIKA — N° 99 BUTTER

PEOPLE 4 – PREPARATION 35 MINS – COOKING 30 MINS – RESTING 1 HR



400 g PLAIN FLOUR • 11 g DRY YEAST • 1 TSP SALT • 2 TBSP OLIVE OIL • 200 g BUTTER • 10 g PAPRIKA • 250 ml WARM WATER

- 1 Preheat the oven to 240°C.
- 2 Place 250 ml of warm water and the yeast into the bowl fitted with the kneading/crushing blade. Launch the **P1** pastry program. After 30 s, add the flour, salt and oil.
- 3 At the end of the program, remove the pastry from the bowl, leave on a plate and cover with a cloth. Leave to rest for 1 hr.
- 4 Make slits in the dough using a knife and bake for approximately 30 mins.
- 5 Soften the butter for a few seconds in the microwave without melting. Insert in the bowl fitted with the ultrablade knife along with the paprika. Mix at speed 11 for 10 s. Using a spatula, bring the mixture to the centre and mix again for 10 s. Spread the butter on the warm bread.

**TIP** You could replace the paprika with garlic and parsley.



## PEA SOUP — N° 199

PEOPLE 4 – PREPARATION 5 MINS – COOKING 50 MINS



150 g SPLIT PEAS • 100 g LEEKS (WHITE PART ONLY) • 100 g CARROTS • 80 g CELERY STICKS • 1 ONION • 1 TBSP OIL • 150 g POTATOES • 100 g BACON • 800 ml VEGETABLE OR CHICKEN STOCK • ½ LEVEL TSP GROUND CUMIN

- 1 Peel and quarter the vegetables. Cut the bacon into small pieces. Place the onion into the bowl fitted with the ultrablade knife and mix at speed 11 for 10 s.
- 2 Scrape the walls of the bowl with a spatula, add the bacon, celery and oil and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the other ingredients and stock then cook at speed 1 at 100°C for 45 mins.
- 4 Serve hot.

**TIP** If you want the texture to be smoother, press the **Pulse** button for 15 s.



## CHOCOLATE SPREAD — N° 299

PEOPLE 4/6 – PREPARATION 10 MIN – COOKING 10 MIN



180 g DARK CHOCOLATE (CHOPPED) • 100 g MARGARINE • 200 ml SWEETENED CONDENSED MILK

- 1 Place the margarine in the bowl fitted with the mixer and mix at speed 3 at 70°C for 3 mins.
- 2 Add the chocolate squares and mix at speed 3 at 45°C for 5 mins.
- 3 Replace the mixer with the kneading/crushing blade. Add the condensed milk and mix at speed 12 for 30 s.
- 4 Place the mixture in a pot and keep in the fridge until ready to use.



## GLUTEN-FREE BREAD — N° 100



350 g GLUTEN-FREE FLOUR • 4 g DRY YEAST • 5 g SALT • 5 g SUGAR • 50 ml OLIVE OIL • 350 ml WATER

PEOPLE 4 – PREPARATION 15 MINS – COOKING 40 MINS – RESTING 2 HRS

- 1 Place the flour, yeast, sugar and oil in the bowl fitted with the kneading/crushing blade. Launch the **P1** pastry program and gradually add 350 ml of water. Add the salt.
- 2 Leave the dough to proof in the bowl for 40 mins.
- 3 At the end of the program, place the mixture in an oiled cake tin. Leave to proof under a cloth for 45 mins, until it doubles in volume.
- 4 Preheat the oven to 240°C. Bake for 40 mins. The crust should be nice and brown.
- 5 Turn out the bread as soon as it leaves the oven and leave to cool. Wait for the bread to cool before slicing.

**TIP** *Gluten-free bread is more difficult to work than a classic bread, do not be surprised if the dough seems different.*



## BELGIAN CHICKEN STEW — N° 200



750 g CHICKEN THIGHS • 1 ONION • 200 g CARROTS • 200 g LEEKS • 50 g CELERY • 2 TBSP OLIVE OIL • 200 ml DRY WHITE WINE • 200 ml CHICKEN STOCK • 1 BAY LEAF • 1 SPRIG OF THYME • 150 ml SINGLE CREAM • 1 EGG YOLK • 10 SPRIGS OF TARRAGON • SALT

PEOPLE 4 – PREPARATION 10 MINS – COOKING 50 MINS

- 1 Peel and chop the onion, leeks and celery. Peel and slice the carrots. Place the onion in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10 s.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil, celery, white wine and stock and launch the **P1** slow cook program at 130°C for 5 mins.
- 3 At the end of the program add the chicken, carrots, leeks, bay leaf and thyme and season with salt. Launch the **P2** slow cook program at 95°C for 45 mins.
- 4 At the end of the program drain the meat and vegetables and place on a plate. Add the cream mixed with the egg yolk into the remaining juice. Mix at speed 6 for 2 mins then pour the sauce over the meat and vegetables. Serve immediately with the sprigs of tarragon.



## RED BERRY JAM — N° 300



600 g RED BERRIES (BLACKBERRIES, RASPBERRIES, STRAWBERRIES) • 400 g SUGAR • 50 ml LEMON JUICE • 1 TSP GELATINE

PEOPLE 4 – PREPARATION 5 MINS – COOKING 40 MINS

- 1 Place all the ingredients in the bowl with the kneading/crushing blade. Mix at speed 7 for 10 s.
- 2 Launch the dessert program at speed 5 at 105°C for 40 mins, with the stopper in the high steam setting.
- 3 Pour the mixture into sterilised containers.

**TIP** *Using gelatine reduces the amount of sugar used in jam. To make jams, the temperature must be 105°C and the maximum quantity 1.5 kg.*

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