



Tefal[®]

QUICK CHEF

Summary

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AUBERGINE & CUMIN CAVIAR

WHITE BEAN & CASHEW NUT HOUMOUS

MARINATED PEPPER TAPENADE



JERUSALEM ARTICHOKE SOUP,
WITH BACON FOAM & HAZELNUT OIL

SWEETCORN & WHITE PEPPER SOUP

GREEN CABBAGE, CHESTNUT & BACON SOUP

CARROT, LANGOUSTINE & CHORIZO SOUP

GAZPACHO

MUSHROOMS FILLED WITH PISTACHIOS
& FROMAGE FRAIS



CURRY PASTE

CARROT KETCHUP

ROCKET & GRILLED ALMOND PESTO



PEACH & ELDERFLOWER COMPOTE

GUAVA & MAPLE SYRUP COMPOTE

NUT SPREAD

Tefal®

Powelix



THE NEXT GENERATION OF BLENDING

Because innovation is part of our DNA, our experts have developed the new Powelix blades technology. Combined to the power of our motor, this new technology amplifies the mixing power, to reach perfect results in no time. And for long.

Powelix blades technology ensures incredible smoothness in a flash and effortless blending on even the hardest ingredients!

ONE AIM: NEVER STOP BLENDING!

Aubergine and cumin caviar



15 min.



45 min.

Ingredients

- 2 large aubergines
- 2 cloves of garlic
- 1/4 lemon
- 2 tablespoons of olive oil
- 50 g cream cheese
- 1/2 teaspoon of cumin
- Salt, Pepper



Preparation

- 1 | Preheat the oven to 210°C. Peel the clove of garlic and chop it.
- 2 | Pour a little water in the bottom of a gratin dish and set the halved aubergines in lengthwise, skin side down. Pour the oil over the aubergines and seal the dish with a sheet of aluminium foil. Bake for 45 minutes.
- 3 | Using a fork, scrape out the aubergine flesh and put it into a tall container.
- 4 | Add the lemon juice, cumin and olive oil. Season with salt and pepper. Mix with the Quick Chef at speed 8, until a smooth texture is obtained.

Tip - Add little pieces of dried tomatoes.

White bean and cashew nut houmous



15 min.

Ingredients

- 200 g tinned chickpeas
- 200 g tinned white beans
- 50 g cashew nuts
- 1 clove of garlic
- 6 tablespoons of olive oil
- 1 tablespoon of lemon juice
- 1 pinch of Espelette Pepper
- 50 ml water
- Salt, Pepper
- A few sprigs of coriander



Preparation

- 1 | Drain and rinse the white beans and chickpeas. Peel the clove of garlic, cut it in half and remove the sprout.
- 2 | In a relatively tall container (such as a measuring jug), add the cashew nuts, garlic, white beans and chickpeas. Season with salt and pepper.
- 3 | Add 5 tablespoons of oil, as well as the water and lemon juice and blend in the Quick Chef in turbo mode until a purée is obtained.
- 4 | Put the houmous in a bowl and add the rest of the oil. Season with salt and pepper. Sprinkle with the chilli pepper and chopped coriander, and serve.

Tip - You can just use chickpeas if you prefer.

Marinated pepper tapenade



Ingredients

- 3 red peppers
- 1 clove of garlic
- 6 sprigs of thyme
- 1 pinch of paprika
- 100 ml olive oil
- 3 black peppercorns
- 100 g ricotta
- 4 de-stoned black olives
- Salt, Pepper



Preparation

- 1 | Preheat the oven to 220°C. Wash the peppers and put them on a baking tray covered with grease-proof paper. Cook in the oven for 20 minutes until they blacken.
- 2 | Remove the peppers from the oven and put them in a freezer bag and leave them to cool. Once cooled, remove the skin and seeds and cut the flesh of the peppers into pieces.
- 3 | Peel and crush the garlic clove. In a deep dish, add the peppers, garlic, sprigs of thyme and pour in the olive oil.
- 4 | Season with the salt and pepper, and mix. Leave to marinate in the refrigerator for 1 hour.
- 5 | Then put the peppers (removing the thyme and oil) into a measuring jug. Add the paprika and black olives. Blend with the Quick Chef at speed 6, until a smooth texture is obtained.
- 6 | Add the ricotta and mix gently with a spatula.

Tip - Use this tapenade to make crudité wraps.

Jerusalem artichoke soup, with bacon foam and hazelnut oil



25 min.



30 min.

Ingredients

- 400 g Jerusalem artichokes
- 2 potatoes
- 1 celery stalk
- 600ml chicken stock
- 1 onion
- 200 ml milk
- 4 thin-cut rashers of smoked bacon
- 1 dash of hazelnut oil
- Salt, Pepper
- 2 sprigs of parsley



Preparation

- 1 | Peel the artichokes and potatoes and cut them into pieces. Peel and chop the onion. Chop the celery.
- 2 | In a stewpot, add the artichokes, potatoes, celery and onion. Season lightly. Pour in the chicken stock, cover and cook for around 30 minutes.
- 3 | Pour the milk into a small pan and add the rashers of bacon. Heat. When it starts to boil, remove it from the heat and leave it to infuse.
- 4 | Once the vegetables are cooked, blend the soup in the Quick Chef on speed 8 until a creamy texture is obtained.
- 5 | When serving, remove the bacon rashers and pour the infused milk into a measuring jug. Blend the milk in turbo mode to incorporate the air, so that a light foam forms on the surface.
- 6 | Divide the soup into bowls and pour over a dash of hazelnut oil. Collect the foam and scoop a large spoonful onto each bowl of soup.
- 7 | Sprinkle with chopped parsley and serve immediately.

Tip - Grill the bacon under the grill and add it to the soup when serving.

Sweetcorn and white pepper soup



10 min.



12 min.

Ingredients

- 400 g canned sweetcorn
- 1 celery stalk
- 400 ml chicken stock
- 1 yellow onion
- 1 tablespoon of olive oil
- 200 ml thick crème fraiche
- 1 generous pinch of white pepper
- A few sprigs of parsley
- Salt



Preparation

- 1 | Drain and rinse the corn. Peel and chop the onion. Chop the celery as well. In a pan, heat the olive oil and brown the onion and pepper for 2 minutes.
- 2 | Add the corn and pour in the stock. Cook for 10 minutes over a medium heat.
- 3 | Then blend the soup in the Quick Chef on speed 10. Add the crème fraiche and season with salt. Stir, sprinkle with chopped parsley and serve.

Tip - For a creamier version, use Chinese corn. You can add a few sautéed mushrooms when serving.

Green cabbage, chestnut and bacon soup



Ingredients

350 g green cabbage
200 g tinned or frozen chestnuts
2 rashers of smoked bacon
1 potato
1 carrot
1 leek
700 ml vegetable stock
1 onion
Salt, Pepper



Preparation

- 1 | Cut the bacon into small lardons. Peel and chop the onion. Peel the carrot and potato then wash the leek. Cut the vegetables into pieces. Wash and break the cabbage into pieces.
- 2 | In a large stewpot, brown the lardons and onions for 2 minutes. Add the leek, potato and carrot and brown for 2 minutes. Add the cabbage and pour in the stock.
- 3 | Cover and simmer on a low heat for 20 minutes.
- 4 | Add the chestnuts and cook for a further 15 minutes.
- 5 | Then blend the soup in the Quick Chef on speed 4 until just a few pieces remain.

Tip - Add a handful of diced Tomme just before serving.

Carrot, langoustine and chorizo soup



Ingredients

- 600 g carrots
- 2 cloves of garlic
- 2 stalks of lemongrass
- 700 ml chicken stock
- 2 tablespoons of olive oil
- 2 tablespoons of sesame oil
- 8 thin slices of chorizo
- 8 langoustines
- Salt, Pepper
- A few Thai basil leaves or edible flowers



Preparation

- 1 | Peel the garlic cloves and carrots. Chop them. Remove the outer leaf from the lemongrass and cut it into slices.
- 2 | Heat the olive oil in a saucepan and brown the lemongrass and garlic. Add the carrots and brown for 5 to 10 minutes. Pour in the stock and simmer for 25 minutes on a low heat.
- 3 | Place sliced chorizo on a baking tray lined with greaseproof paper and grill for a few minutes under the grill.
- 4 | Once the carrots are cooked, blend the soup in the Quick Chef for a few moments on speed 10 to enhance the flavours. Pass the soup through a strainer for a smoother texture. Keep warm.
- 5 | Shell the langoustines. Heat the sesame oil in a small pan and brown the langoustines.
- 6 | Put a ladle of carrot soup in each bowl, then add the langoustines and 2 slices of grilled chorizo. Decorate with basil or a flower.

Tip - If you don't want to pass the soup through a strainer, remove the lemongrass before blending.

Gazpacho



4



15 min.



1H

Ingredients

400 g ripe tomatoes

½ cucumber

½ stalk of celery

1 small red pepper

½ bunch of basil

1 clove of garlic

200 ml olive oil

100 ml water

1 tablespoon
of white wine vinegar

Salt, Pepper



Preparation

- 1 | Wash the tomatoes, cucumber and red pepper. Remove the seeds from the pepper and peel the cucumber. Cut the vegetables into pieces. Wash and chop the basil. Peel and cut the garlic clove in half then remove the sprout.
- 2 | Put the vegetables, basil and garlic into a bowl and add the olive oil and vinegar. Season with the salt and pepper, and mix well. Leave to marinate in the refrigerator for 1 hour.
- 3 | Blend the contents of the bowl with the Quick Chef on speed 10, adding a little water until the desired texture is reached. Serve cold.

Tip - Serve with garlic-rubbed toast.

Mushrooms filled with pistachios and fromage frais



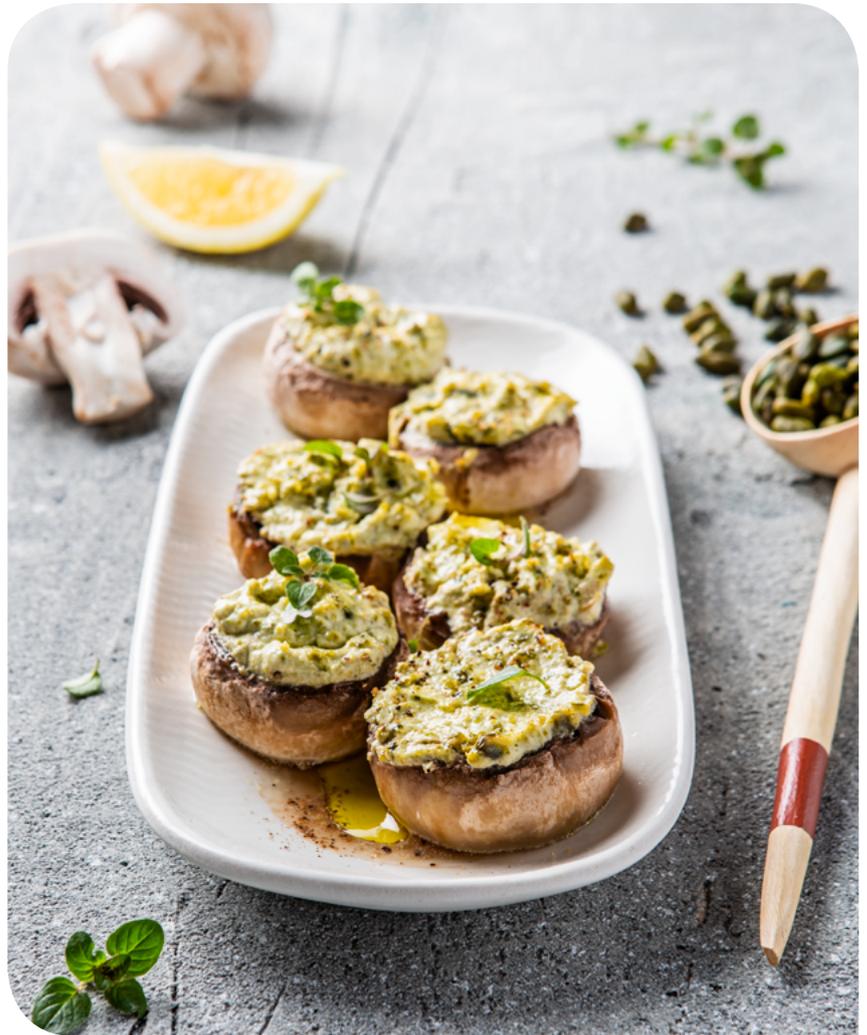
Ingredients

- 12 large white mushrooms
- 1 lemon
- 100 g fromage frais
- 70 ml liquid cream
- 50 g shelled pistachios
- 1 clove of garlic
- 1 dash of olive oil
- Salt, Pepper
- A few sprigs of oregano or thyme

Preparation

- 1 | Preheat the oven to 180°C. Clean the mushrooms and remove the stalks. Peel the lemon and remove the flesh. Peel and cut the garlic clove in half then remove the sprout.
- 2 | In a measuring jug, add the garlic, pistachios, flesh from the lemon and the fromage frais. Season with salt and pepper.
- 3 | Blend with the Quick Chef on speed 4 for 10 to 15 seconds, pouring in the cream a little at a time. A few pistachios should remain.
- 4 | Divide the filling among the mushrooms and put them in a gratin dish. Add a dash of olive oil and sprinkle with oregano.
- 5 | Bake for 20 minutes.

Tip - For barbecues, cook the mushrooms on the plancha.



Curry paste



20 min.



15 min.

Ingredients

- 3 cloves of garlic
- 2 cm ginger root
- 1 red chilli pepper (according to preference)
- 5 cardamom pods
- 1 teaspoon of fennel seeds
- 1 teaspoon of coriander seeds
- 1 teaspoon of ground turmeric
- 1 teaspoon of ground cumin
- 1 teaspoon of curry powder
- 1 teaspoon of black peppercorns
- 1 teaspoon of paprika
- 2 tablespoons of tomato purée
- 2 tablespoons of cider vinegar
- 3 tablespoons of olive oil
- 1 tablespoon of water



Preparation

- 1 | Peel and cut the garlic cloves in half then remove the sprout. Peel the ginger and cut it into small pieces. Heat one tablespoon of oil and brown the ginger and garlic over a low heat for around 10 minutes to tenderise them. Set aside.
- 2 | In a pan, dry roast the fennel, coriander, turmeric, pepper, cumin and paprika. Set aside.
- 3 | Collect the seeds from inside the cardamom pods.
- 4 | Put the spices into a measuring jug, add the garlic and ginger, cardamom seeds, curry powder, chilli pepper, tomato paste and apple cider vinegar. Add the rest of the olive oil. Blend on speed 6 to obtain a uniform paste.
- 5 | Put in a pot.

Tip - Use this paste with grilled chicken fillets or rice.

Carrot ketchup



20 min.



70 min.

Ingredients

500 g carrots
2 onions
2 cloves of garlic
2 tablespoons of white wine vinegar
1 tablespoon of balsamic vinegar
2 tablespoons of olive oil
1 pinch of ground ginger
1 pinch of paprika
1 bay leaf
50 g brown sugar
300 ml tomato sauce
120 ml water
Salt, Pepper



Preparation

- 1 | Peel and chop the onions and garlic cloves. Peel and chop the carrots.
- 2 | Heat the oil in a frying pan and brown the onion and garlic with the carrots over a high heat. After 5 minutes, sprinkle with brown sugar and caramelize for 3 minutes. Deglaze with the white wine vinegar and balsamic vinegar. Once the vinegar has evaporated, add the ginger, paprika, 50 ml of water and tomato sauce. Season with salt and pepper.
- 3 | Cover and simmer for 1 hour over a very low heat, stirring from time to time, and checking that a little liquid remains.
- 4 | Remove the bay leaf and blend in the Quick Chef in turbo mode, adding 70 ml of water until a smooth texture is obtained.
- 5 | Leave the ketchup to cool then put it in the refrigerator.

Tip - Serve this ketchup with homemade chicken nuggets.

Rocket and grilled almond pesto



15 min.



5 min.

Ingredients

- 100 g rocket
- 10 basil leaves
- 1 clove of garlic
- 60 g shelled and crushed almonds
- 150 ml olive oil
- 50 g powdered parmesan
- Salt, Pepper

Preparation

- 1 | Wash and thoroughly dry the rocket and basil leaves. In a pan, dry roast the almonds.
- 2 | Peel the clove of garlic, cut it in half and remove the sprout.
- 3 | Pour the oil into a measuring jug. Add the rocket, basil, garlic, almonds and parmesan. Season with salt and pepper.
- 4 | Blend with the Quick Chef on speed 4 until a uniform texture is obtained.

Tip - You can make this pesto by replacing the almonds with pine nuts.



Peach and elderflower compote



10 min.



20 min.

Ingredients

- 1 kg yellow peaches
- 2 g dried elderflower
- 1 tablespoon of agave syrup

Preparation

- 1 | Peel the peaches and remove the stones. Dice them.
- 2 | In a pan, add the peaches along with the elderflower and agave syrup. Cover and cook over a medium heat for approximately 20 minutes. Add a dash of water if necessary.
- 3 | Then blend with the Quick Chef on speed 6 for a smooth compote. Leave to chill before consuming.

Tip - Dried elder flowers are found in the infusion section of organic shops. You can also pick them when in season and dry them.



Guava and maple syrup compote



10 min.



20 min.

Ingredients

2 papayas

3 tablespoons
of maple syrup

1 tablespoon
of lemon juice

1 stalk of lemongrass

50 ml water



Preparation

1 | Halve the papayas. Remove the seeds and flesh then cut the flesh into pieces. Remove the outer leaf and hard end of the lemongrass then cut the stalks in half along the length.

2 | In a pan, add the papaya and lemongrass, pour in the water and cook over a low heat for around 20 minutes.

3 | After cooking, remove the lemongrass stalks and blend with the Quick Chef on speed 4, gradually adding the maple syrup and lemon juice.

4 | Leave to chill before consuming.

Tip - Papaya is rich in fibre and aids digestion.

Nut spread



15 min.



5 min.

Ingredients

60 g hazelnut powder

150 g milk chocolate

1 teaspoon of hazelnut purée

50 g dark chocolate

4 tablespoons of hazelnut oil



Preparation

- 1 | Dry roast the hazelnut powder for a few moments in a pan.
- 2 | Break the milk chocolate and dark chocolate into pieces and melt them over a bowl of hot water. Let to cool.
- 3 | Put the hazelnut powder in a measuring jug. Add the melted chocolate, hazelnut purée and oil, then blend in the Quick Chef on speed 8 until a uniform mixture is achieved.
- 4 | Put in a glass jar.

*Tip - Keep the spread in a dry place that is protected from direct light.
If it hardens, reheat it for a few seconds so that it spreads more easily.*