

# Tefal

Cuisine companion



---

## 1 MILLION MENUS

---







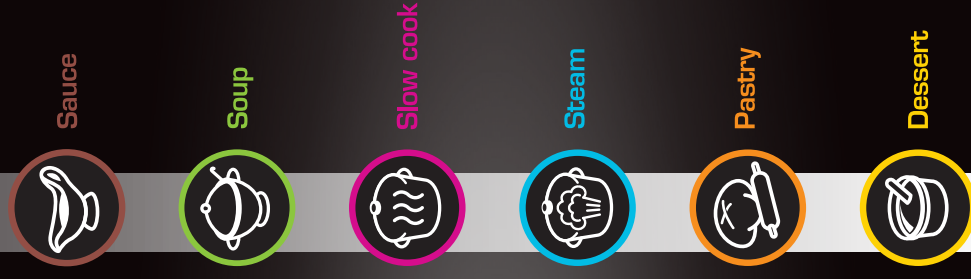
# Tefal®

Cuisine companion



GUIDE

## 6 AUTOMATIC PROGRAMS



Cooks



Prepares



Chops

# QUICK START GUIDE

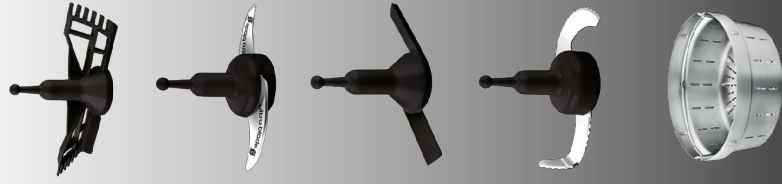
1

ON & OFF



2

Choose your accessory



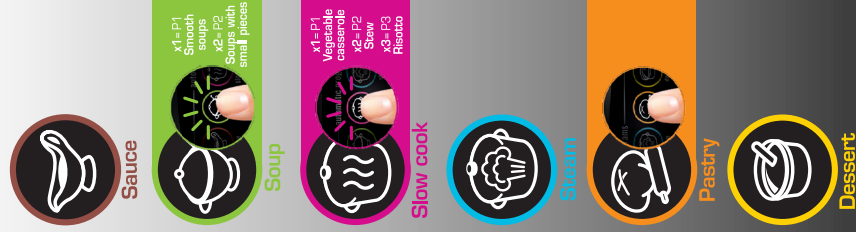
3

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.

For any questions, please call TEFAL CUSTOMER SERVICE at 1300 307 824



———— 1 MILLION MENUS ————



# EDITORIAL

THE CUISINE 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 CUISINE 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!**



# Tefal

Cuisine companion



# 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



### 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, 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 and the sun-dried tomato with diced ham.

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



### QUICK PAUPIETTES 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 10s.
- 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 paupiettes, 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** For paupiettes à la Normandy, replace the tomato purée with stock and a little white wine and add 250g of mushrooms and 100ml of cream.

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



### CHEESECAKE N°204

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

- 1 Preheat the oven to 180°C.
- 2 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 30s.
- 3 Cover the bottom of a tin (23cm) with this mixture. Use the back of a spoon to push down and leave to chill.
- 4 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 50s to 1 min. Pour the mixture into the tin.
- 5 Bake for 30 to 35 mins, the cream should have set. Serve cold.

**TIP** You could replace the lemon with vanilla and serve with fresh raspberries.

125g	BUTTER	130g	SUGAR
160g	ARNOTT'S "NICE" BISCUITS	2	EGG WHITES
600g	CREAM CHEESE	50ml	LEMON JUICE



### GUACAMOLE N°05

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 seconds.
- 4 Add the avocados, diced tomato, Tabasco® and lime juice and season with salt and pepper.
- 5 Mix at speed 7 for 30s. 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.

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



### RATATOUILLE N°105

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 15s.
- 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.

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



### WAFFLES N°205

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 flavouring and leave to work for a further 2 mins. Pour the mixture into a separate bowl and wash and dry the Cuisine Companion bowl.
- 3 Place the egg whites and a pinch of salt in the bowl fitted with the whisk. Whisk the mixture remove Turn on the Cuisine Companion 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.

100g	BUTTER	3	EGG WHITES
125ml	WHOLE MILK	1	TSP VANILLA ESSENCE
25g	SUGAR		SALT
110g	FLOUR		



STARTER — N°01 - N°100

MAIN — N°101 - N°200

DESSERT — N°201 - N°300

Together, this book and your Cuisine 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 programmes 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 at the back of this book (see p. 230). But before you start, there's also a practical guide on how to get yourself best organised in the kitchen (see p. 11) as well as some basic recipes (see p. 15) and suggested themed menus (see p. 13) that will allow you to shine!

With these 300 recipes, explore a world of almost infinite possibilities brought to you by your Cuisine 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

## Cuisine companion



### DAILY SUPPORT FOR LIMITLESS SUCCESS IN THE KITCHEN

#### FROM THE STARTER TO THE DESSERT

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

#### 6 AUTOMATIC PROGRAMMES

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

of 4.5 L (useful 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.

### 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!

### MAKE SURE YOUR CUPBOARDS ARE WELL-STOCKED

Keep all the essential basic ingredients in your cupboards (see list below).

### 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 Cuisine 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, coconut milk.

## SEASONING, SPICES

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

## CANNED PRODUCTS

Tomato paste or puree, olives, tuna.

## PASTAS, CEREALS AND LÉGUMES

Basmati rice, risotto rice, pasta (according to your preference), semolina, lentils, chickpeas, 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, 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 curd

### 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° 67: Steamed pork and mushroom balls  
MAIN N° 251: Slow cooked lamb shanks  
DESSERT N° 54: 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: Yogurt 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

- N° 221: Christmas fruit mince tarts
- N° 233: Christmas pudding
- 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 cereals
- 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

# BASIC RECIPES



## SHORTCRUST PASTRY

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



## SHORTBREAD PASTRY

Place 300 g of 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 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.



## 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. Bake at 180°C for 45 min.


# 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 Cuisine Companion at speed 1 at 90°C for 8 mins. Next add 150 g of flour and mix at speed 4 for 2 mins. Place the mixture in a separate bowl and wash the Cuisine Companion bowl in cold water to cool it down. Return the mixture to the Cuisine Companion bowl fitted with the kneading/crushing blade and mix at speed 5. Add 4 eggs one by one through the top of the Cuisine 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 flour and mix at speed 4 for 2 mins. Place the pastry into a separate bowl and wash the Cuisine Companion bowl in cold water to cool it down. Return the pastry to the Cuisine 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 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 400 ml of single cream (at least 35 % fat), 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 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 cornstarch 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 30 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 appliance 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.

# SUMMARY

## STARTERS

Aperitif biscuits	N° 16	Cream of asparagus soup	N° 65	Mayonnaise	N° 44
Arancini risotto croquettes	N° 82	Cream of broccoli and blue cheese soup	N° 66	Meat samosas	N° 39
Artichoke tapenade	N° 46	Cream of capsicum with chorizo	N° 61	Minestrone	N° 72
Asian chicken salad	N° 26	Cream of fennel and salmon	N° 52	Octopus salad	N° 92
Austrian dumplings	N° 96	Cream of Jerusalem artichokes with ceps	N° 62	Peach and smoked duck verrine	N° 50
Bacon and lentil soup	N° 08	Cream of mushroom soup	N° 67	Pesto	N° 57
Beetroot dip	N° 60	Cream of roquefort and pears	N° 51	Pork belly terrine	N° 80
Blinis	N° 20	Cream of split peas and chorizo soup	N° 70	Portuguese cod croquettes	N° 90
Bread with bacon and cheese	N° 03	Croquettes	N° 36	Potato and leek soup	N° 75
Broad beans with cumin	N° 79	Curried lentils and haddock	N° 32	Potato salad	N° 11
Brook trout with green sauce	N° 88	Deviled eggs	N° 01	Potatoes with a spicy sauce	N° 89
Caldo verde	N° 84	Eggplant dip	N° 29	Prawn bisque	N° 59
Carrot and cumin flan	N° 53	Eggplants with parmesan	N° 54	Prawn cocktail	N° 85
Cauliflower soup	N° 68	Empanadas	N° 87	Prawn croquettes	N° 86
Cheddar & chive scones	N° 13	Falafels	N° 41	Pretzels	N° 55
Cheese naans	N° 56	Farmhouse terrine	N° 76	Pumpkin soup	N° 71
Cheese soufflé	N° 31	Fig, ham and walnut cake	N° 43	Pumpkin, gruyere cheese and bacon cake	N° 42
Cheese turnovers	N° 12	Flemish asparagus	N° 83	Red pesto	N° 48
Chestnut bread	N° 97	Fougasse	N° 10	Rice & mozzarella croquettes	N° 40
Chicken and sweet corn soup	N° 91	Gazpacho	N° 73	Russian soup	N° 64
Chicken paté with port	N° 06	Georgian soup	N° 63	Salmon mousse	N° 09
Chicken samosas	N° 35	Gluten-free bread	N° 100	Salmon tartare	N° 25
Chicken soup with vermicelli	N° 95	Greek style mushrooms	N° 14	San choy bau	N° 21
Chicken stock	N° 24	Guacamole	N° 05	Shellfish salad	N° 93
Chilled beetroot soup	N° 74	Hummus	N° 45	Spicy steamed prawns	N° 19
Chilled tomato & jalapenos soup	N° 77	Juliana soup	N° 94	Spinach pie	N° 28
Choux pastry with cheese	N° 02	Leek vinaigrette	N° 30	Steamed pork and mushroom balls	N° 23
Clams with lemon	N° 81	Low-fat mayonnaise	N° 58	Steamed prawn wontons	N° 78
				Stuffed capsicums	N° 33
				Stuffed olives	N° 38

Sun-dried tomato, olive and feta cake	N° 04
Sweet corn fritters	N° 22
Taramasalata	N° 47
Tuna and potato cakes	N° 34
Tuna paté	N° 15
Tzatziki	N° 07
Vegetable flan	N° 27
Vegetable muffins	N° 18
Vegetable purée with parmesan	N° 17
White bread and paprika butter	N° 99
Wholegrain bread	N° 98
Winter vegetable soup	N° 69
Zucchini and carrot slice	N° 49
Zucchini frittata	N° 37

## MAINS

Asian-style pot au feu	N° 125
Basque chicken	N° 163
Beef bourguignon	N° 150
Beef cheek with red wine and winter vegetables	N° 157
Beef meatballs	N° 115
Beef stock	N° 124
Beef stroganoff	N° 151
Beef tacos	N° 144
Beef tartare	N° 173
Belgian chicken stew	N° 200
Bolognaise	N° 118
Burger buns	N° 169
Cannelloni	N° 136
Carbonara	N° 108
Carrot and orange purée	N° 174
Chicken escalopes with mozzarella and pesto	N° 112
Chicken nuggets with oats	N° 116

Chicken tagine, with preserved lemons and coriander	N° 164
Chicken with cashew nuts	N° 162
Chicken with prunes	N° 158
Chicken, carrots and coriander	N° 186
Chicken, tomatoes and mushrooms	N° 165
Christmas stuffing	N° 121
Classic chilli	N° 154
Classic risotto	N° 181
Cod gratin	N° 191
Cod parcels, with honey and preserved lemons	N° 183
Cottage pie	N° 102
Creamed spinach	N° 140
Dahl curry	N° 138
Duck à l'orange	N° 152
Flamiche tart	N° 176
Flemish Beef Stew	N° 194
Four-cheese sauce	N° 175
French veal ragout	N° 106
Fresh pasta	N° 171
Fried fillet of sole	N° 197
German meatballs	N° 193
Goulash	N° 139
Haddock with carrots julienne	N° 180
Ham and pea risotto	N° 101
Hamburger meat patties	N° 123
Hash Brown	N° 179
Herb chicken schnitzel	N° 198
Lamb curry	N° 156
Lamb tagine	N° 167
Lamb with spring vegetables	N° 148
Lasagna	N° 103
Macaroni cheese	N° 117
Meatloaf	N° 172

Mixed vegetables	N° 128
Monkfish ragout	N° 143
Monkfish tagine	N° 147
Osso bucco	N° 160
Pancetta with Pasta Sauce	N° 170
Patatas bravas	N° 141
Pea soup	N° 199
Polenta	N° 113
Portuguese pot-au-feu	N° 195
Potato dumplings	N° 134
Potato purée	N° 109
Prawn curry	N° 145
Quiche lorraine	N° 111
Quick chicken couscous	N° 107
Quick paupiettes	N° 104
Quinoa with tomatoes	N° 132
Ratatouille	N° 105
Regina pizza	N° 120
Rice Pilaf	N° 155
Rogan josh lamb curry	N° 142
Root vegetable stew	N° 129
Russian stuffed cabbage	N° 153
Salmon steak with pesto	N° 185
Salted pork with lentils	N° 110
Saltimbocca	N° 166
Satay beef	N° 149
Sausage rougail	N° 192
Scallops with leek	N° 122
Shepherd's pie	N° 190
Slow cooked lamb shanks	N° 184
Spaghetti marinara	N° 119
Spanish chorizo stew	N° 196
Spinach gratin with béchamel sauce	N° 137
Stuffed cabbage	N° 177
Stuffed chicken roulade	N° 188
Stuffed tomatoes	N° 114
Summer risotto	N° 133



Thai beef masaman	N° 168
Thai chicken red curry with capsicum	N° 159
Turkey with chorizo	N° 178
US-style squid	N° 161
Vegetable barley risotto	N° 131
Vegetable couscous	N° 127
Vegetable soup	N° 182
Vegetable tagine	N° 130
Vegetable tagliatelle	N° 189
Vol-au-vents	N° 135
White fish roulade with lemon	N° 126
Witlof gratin	N° 187
Zucchini and salmon dumplings	N° 146

## DESSERTS

Amaretto biscuits	N° 267
Anzac biscuits	N° 239
Apple and cinnamon puree	N° 224
Apple and hazelnut muffins	N° 270
Apple cake	N° 248
Apple crumble	N° 228
Banana and coconut smoothie	N° 292
Banana and vanilla milkshake	N° 216
Banana Cake with choc chips	N° 249
Belgian raisin bread	N° 280
Berry Eton Mess	N° 261
Brioche	N° 207
Caramel butter cake	N° 217
Carrot Cake	N° 251
Cheesecake	N° 204
Chestnut and almond cake	N° 255

Chocolate and chestnut truffles	N° 245
Chocolate brioche roll	N° 264
Chocolate cookies	N° 219
Chocolate cream mousse	N° 213
Chocolate fondant	N° 259
Chocolate mousse	N° 218
Chocolate mud cake	N° 286
Chocolate spread	N° 299
Chocolate tart	N° 202
Chouquettes	N° 211
Christmas biscuits	N° 223
Christmas brioche	N° 289
Christmas fruit mince tarts	N° 221
Christmas pudding	N° 233
Churros with chocolate sauce	N° 279
Citrus fruit sorbet	N° 263
Coconut flan	N° 240
Coconut macaroons	N° 271
Creamy rice pudding	N° 201
Crêpes	N° 214
Custard	N° 215
Custard flan	N° 230
Custard tart	N° 241
Easter brioche	N° 265
Easy truffles	N° 293
Floating islands	N° 237
Frozen raspberry yoghurt	N° 227
Genoa bread	N° 281
Ginger biscuits	N° 273
Gingerbread	N° 222
Gluten-free biscuits	N° 272
Grand Marnier® soufflé	N° 262
Greek Yoghurt cake	N° 247
Gugelhupf	N° 266
Hazelnut spread	N° 296
Hot chocolate	N° 210

Lamingtons	N° 243
Lemon curd	N° 229
Macaroons	N° 268
Madeleines	N° 269
Mango chutney	N° 295
Mango smoothie	N° 256
Marble cake	N° 276
Meringues	N° 209
Mirabelle plum tart	N° 275
Muesli with dried fruits	N° 231
Natillas	N° 285
Orange cake	N° 277
Pancakes	N° 291
Panna Cotta	N° 242
Pavlova	N° 283
Peach purée	N° 220
Pear and chocolate dessert	N° 236
Pear and hazelnut cake	N° 257
Pear jelly	N° 294
Pecan brownies	N° 203
Pikelets	N° 234
Porridge	N° 232
Profiteroles	N° 212
Pudding	N° 287
Raspberry mousse	N° 238
Red berry coulis	N° 297
Red berry jam	N° 300
Red berry sorbet	N° 225
Rhubarb clafoutis	N° 278
Ricotta & apricot fondant	N° 253
Ricotta ice-cream	N° 260
Rockmelon and mango gazpacho	N° 274
Rosquillas - Spanish doughnuts	N° 288
Russian Easter cake	N° 246
Scones	N° 284
Semolina pudding	N° 290

Sticky date pudding	N° 206	Vanilla éclairs	N° 282	Yoghurt cake with dried fruit	N° 254
Strawberry charlotte	N° 252	Viennese bread	N° 298	Yogurt and watermelon granita	N° 226
Tiramisu	N° 208	Waffles	N° 205		
Vanilla and red berry dessert	N° 250	Walnut fondant	N° 244		
Vanilla crème brûlée	N° 235	White chocolate blondies with red berries	N° 258		







---

# RECIPE

---





---

## STARTER

---



---

## MAIN

---



---

## DESSERT

---







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

## DEVILED EGGS — N°01

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

- 1 Pour the water into the bowl up to the 0.7l 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 Cuisine 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.



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

## HAM AND PEA RISOTTO — N°101

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

- 1 Peel the shallot and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10s. 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 When the timer shows 4 mins remaining, add the rice. When there is just 1 min remaining, add the white wine.
- 3 When the program has finished, pour in the chicken stock and launch the P3 slow cook program at 95°C for 22 mins, and attach the stopper. Add the peas 10 mins before the end of cooking.
- 4 At the end of cooking, add the parmesan and chopped ham and mix gently. Adjust the seasoning and serve immediately.



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

## CREAMY RICE PUDDING — N°201

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

- 1 Place the milk, whipping cream, sugar and vanilla flavouring 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 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.





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

## CHOUX PASTRY WITH CHEESE · N°02

PEOPLE 4 - PREPARATION 15 MINS - COOKING 20 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!



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

## COTTAGE PIE · N°102

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 10s. Add the meat, the tomato purée and parsley, then mix on Turbo for 20s. Bring the mixture to the centre using a spatula and mix for 10s.
- 3 Butter an oven dish and fill with the mixture. Clean the bowl.
- 4 Peel potatoes and dice. Pour 0.7l 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 30s. Taste and adjust the seasoning according to taste.
- 6 Spread the purée over the meat and cover with the grated cheese. Cook in the oven for 15 mins. Serve hot.



1	SHORTBREAD PASTRY (SEE P. 15)	200ml	SINGLE CREAM, VERY COLD
250g	DARK CHOCOLATE		

## CHOCOLATE TART · N°202

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. Cover with dried vegetables and bake for 15 mins. Remove the paper and dried vegetables; 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 30s add the chopped chocolate. When the time has elapsed, mix at speed 5 for 30s. 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.



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

## BREAD WITH BACON AND CHEESE N°03

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

- 1 Preheat the oven to 200°C.
- 2 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.
- 3 Meanwhile, slice the Swiss gruyere. When the dough is ready, remove from the bowl and place on a tray lined with baking paper.
- 4 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.
- 5 Bake for approximately 20 to 30 mins.



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

## LASAGNA N°103

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

- 1 Peel the onion and garlic and place them in the bowl with the ultrablade knife, then mix at speed 11 for 10s. 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.
- 2 Preheat the oven to 180°C. 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.
- 3 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.



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

## PECAN BROWNIES N°203

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

- 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. 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.





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

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

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

- 1 Preheat the oven to 180°C.
- 2 Place the eggs, 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 to-wards 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 and the sun-dried tomato with diced ham.



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

## QUICK PAUPIETTES N°104

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

- 1 Peel the onion and cut into quarters then place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10s.
- 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 paupiettes, 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** For paupiettes à la Normandy, replace the tomato purée with stock and a little white wine and add 250g of mushrooms and 100ml of cream.



125g	BUTTER	130g	SUGAR
160g	ARNOTT'S "NICE" BISCUITS	2	EGG WHITES
600g	CREAM CHEESE	50ml	LEMON JUICE

## CHEESECAKE N°204

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

- 1 Preheat the oven to 180°C.
- 2 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 30s.
- 3 Cover the bottom of a tin (23cm) with this mixture. Use the back of a spoon to push down and leave to chill.
- 4 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 50s to 1 min. Pour the mixture into the tin.
- 5 Bake for 30 to 35 mins, the cream should have set. Serve cold.

**TIP** You could replace the lemon with vanilla and serve with fresh raspberries.



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

## GUACAMOLE

N°05

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 seconds.
- 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.



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

## RATATOUILLE

N°105

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.



- |       |            |   |                     |
|-------|------------|---|---------------------|
| 100g  | BUTTER     | 3 | EGG WHITES          |
| 125ml | WHOLE MILK | 1 | TSP VANILLA ESSENCE |
| 25g   | SUGAR      |   | SALT                |
| 110g  | FLOUR      |   |                     |

## WAFFLES

N°205

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 flavouring and leave to work for a further 2 mins. Pour the mixture into a separate bowl and wash and dry the Cuisine Companion bowl.
- 3 Place the egg whites and a pinch of salt in the bowl fitted with the whisk. Whisk the mixture remove Turn on the Cuisine Companion 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.





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

## CHICKEN PATÉ WITH PORT — N°06

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

- 1 Peel the shallots and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 10s.
- 2 Replace the ultrablade knife with the mixer. Add 20g 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 30s. Using a spatula, scrape the edges of the bowl and bring the mixture to the middle. Mix again for 10s (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.



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

## FRENCH VEAL RAGOUT — N°106

PEOPLE 4 - PREPARATION 10MINS - COOKING 1HR

- 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 and launch the **P1** slow cook program at 130°C for 3 mins.
- 3 Then add the meat which has been covered in the 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.



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

## STICKY DATE PUDDING — N°206

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

- 1 Preheat oven to 170°C/150°C fan forced. Grease and line the base of 22 cm spring-form pan with baking paper.
- 2 Put the dates in the bowl with the ultrablade knife. Mix on speed 12 for 40s. 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 10s. Scrape sides of the bowl with a spatula. Add sugar, eggs and vanilla. Mix on speed 6 for 10s, 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. Top with caramel sauce





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

## TZATZIKI

N°07

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 20s.
- 3 Serve chilled with vegetable sticks or on slices of grilled bread.

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



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

## QUICK CHICKEN COUSCOUS — N°107

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 20s. 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 At the end of cooking, serve immediately with the couscous.

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



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

## BRIOCHE

N°207

PEOPLE 4/6 - PREPARATION 15 MINS - COOKING 30 MINS - RESTING 4 HRS

- 1 Preheat the oven to 160°C.
- 2 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.
- 3 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.
- 4 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.
- 5 Bake for 30 mins.

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



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

## BACON AND LENTIL SOUP — N°08

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 30s.
- 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.



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

## CARBONARA — N°108

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 and pepper. Mix and serve.

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



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

## TIRAMISU — N°208

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 30s. 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



250g SMOKED SALMON  
 180g MASCARPONE  
 250ml SINGLE CREAM (30% FAT)

10

JUICE OF 1 LIME  
 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 30s. 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 30s. Using a spatula, bring the mousse into the centre and mix again at speed 12 for 30s.
- 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



800g POTATOES  
 150ml SEMI-SKIMMED MILK  
 50g BUTTER

SALT  
 NUTMEG

PEOPLE 4 - PREPARATION 15 MINS - COOKING 30 MINS

- 1 Peel the potatoes and cut into 2 cm cubes.
- 2 Pour 0.7l 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 30s. Add the milk, butter, salt and nutmeg and mix at speed 6 for 30s.
- 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  
 125g 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 Cuisine 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, remove the oven tray and leave the meringues to cool.

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



## FOUGASSE

N°10



20g	FRESH BAKER'S YEAST (OR 10G OF DRIED YEAST)	10	SALT
400g	FLOUR	1	OLIVES, STONES REMOVED
50ml	OLIVE OIL		TBSP THYME

PEOPLE 4 - PREPARATION 15 MINS - COOKING 25 MINS - RESTING 1 HR 30 MINS

- 1 Preheat the oven to 200°C.
- 2 Place the yeast and 180 ml of water in the bowl fitted with the kneading/crushing blade. Heat at speed 3 at 35°C for 2 mins.
- 3 Add the flour, olive oil, salt, olives and thyme. Launch the P1 pastry program.
- 4 After 40 mins, remove the kneading/crushing blade keeping the dough in the bowl. Relaunch the Cuisine Companion at 30°C for 40 mins.
- 5 When the dough is ready, remove from the bowl and place on a baking tray lined with baking paper. Roll it out and make slits with a knife. Bake in the oven for approximately 25 mins.

**TIP** Garnish with tapenade, pesto, bacon, grated cheese...



## SALTED PORK WITH LENTILS N°110



250g	RAW LENTILS	200g	SMOKED SAUSAGES
100g	CARROTS	1	TBSP LIQUID VEAL STOCK
50g	ONIONS	1	TBSP CORN STARCH
50ml	OLIVE OIL		BAYLEAF
500g	SEMI-SALTED PORK BELLY		

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, cornstarch, 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 N°210



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

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 processor at speed 5 at 90°C for 8 mins.
- 3 At the end of cooking, mix at speed 11 for 20 s.
- 4 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



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

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

- 1 Peel the potatoes and cut into small pieces. Pour 0.7l 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 30s. 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. 15)	1	TSP GRATED NUTMEG
300g	BACON	100g	GRATED PARMESAN CHEESE
4	EGGS		SALT
200g	THICK CRÈME FRAÎCHE		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 and add dried vegetables. Bake in the oven 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 kitchen paper 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 50s.
- 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



80g	CUBED BUTTER	100g	PEARL SUGAR
150g	FLOUR	250ml	WATER
4	EGGS		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 Cuisine 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. Set the Cuisine Companion not processor to speed 6 and add the eggs one by one through the top of the appliance. Leave to work 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.





40g	FLOUR	2	ROLLS OF PUFF PASTRY
40g	SOFT BUTTER	1	EGG YOLK
400ml	SEMI-SKIMMED MILK	120g	GRATED CHEESE
1	PINCH OF NUTMEG		SALT
			PEPPER

## CHEESE TURNOVERS N°12

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 Roll out the pastry and cut out round shapes using a biscuit cutter. Line a baking tray with baking paper. Mix the egg yolk with 1 tsp of water.
- 4 When the program has finished, add the grated cheese and mix at speed 6 for 50s. If the mixture is not even mix for a further 30s.
- 5 Pour 1 tbsp of the mixture on half of the disk of pastry and fold in two to make a turnover. Pinch the edges to seal, brush with the yolk and place the turnover on the tray. Repeat this step until all the pastry has been used.
- 6 Bake in the oven for 15 to 20 mins. Eat warm.



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

## CHICKEN ESCALOPE WITH MOZZARELLA AND PESTO N°112

PEOPLE 2 - PREPARATION 10 MINS - COOKING 30 MINS

- 1 Cut the mozzarella into small dice. 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 0.7l 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 with ratatouille for example.

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



80g	CUBED BUTTER	500 mL	VANILLA ICE CREAM
150g	FLOUR	200g	DARK CHOCOLATE
4	EGGS	200ml	SINGLE CREAM
			SALT

## PROFITEROLES N°212

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

- 1 Preheat the oven to 240°C. Place 250 ml of water, the diced butter and salt in the bowl fitted with the kneading/crushing blade. Launch the Cuisine 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. Place the mixture in a separate bowl and wash the bowl. Return the pastry to the bowl fitted with the kneading/crushing blade. Mix at speed 6 adding the eggs one by one. Leave to work for 2 mins.
- 2 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.
- 3 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.



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

## CHEDDAR & CHIVE SCONES — N°13

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

- 1 Preheat the oven to 180°C.
- 2 Place the flour, pepper, cheeses, chives, butter, milk, whole egg and salt 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, coat in 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.



150g	PRECOOKED POLENTA	30g	BUTTER
1	CHICKEN STOCK CUBE	30g	PARMESAN

## POLENTA — N°113

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

- 1 Place 0.7l 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 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.



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

## CHOCOLATE CREAM MOUSSE N°213

**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. Eat well chilled.

**TIP** You could make a crème caramel by replacing the chocolate with salted butter caramel cream.





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

## GREEK STYLE MUSHROOMS — N°14

PEOPLE 6 - PREPARATION 10MINS - COOKING 35MINS

- 1 Peel the onion and roughly chop, place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 20s.
- 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.



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

## STUFFED TOMATOES — N°114

PEOPLE 4 - PREPARATION 15MINS - COOKING 50MINS

- 1 Preheat the oven to 200°C.
- 2 Cut off the top of the tomato and scoop out the inside. 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 30s. 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 and bake for 40 mins.



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

## CRÊPES — N°214

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

- 1 Place the butter in the bowl fitted with the kneading/crushing blade and operate 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).



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

## TUNA PATÉ N°15

PEOPLE 4/6 - PREPARATION 5 MINS

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

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



<b>500g</b>	BEEF	<b>20g</b>	FLAT-LEAF PARSLEY
<b>1</b>	EGG YOLK		SALT
<b>10g</b>	PAPRIKA		PEPPER
			OLIVE OIL

## BEEF MEATBALLS N°115

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 30s. Mix the contents using a spatula, add the beaten egg yolk, parsley and paprika. Season with salt and pepper and mix again for 10s (you can mix for a further 20secs 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.



<b>6</b>	EGG YOLKS	<b>500ml</b>	MILK
<b>80g</b>	SUGAR	<b>1</b>	TSP VANILLA EXTRACT

## CUSTARD N°215

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 30s, 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.





MENU FOR LITTLE ONE

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

## APERITIF BISCUITS — N°16

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

- 1 Preheat the oven to 180°C.
- 2 Place the diced cheese in the bowl fitted with the kneading/crushing blade and mix at speed 12 for 30s. Add all the other ingredients and mix at speed 10 for 50s. Wrap the mixture in cling film to form a roll.
- 3 Leave to rest in the fridge for 1 hr.
- 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

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

## CHICKEN NUGGETS WITH OATS — N°116

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 30s. Mix using a spatula and mix again for 10s (mix for 20s 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

1	BANANA	350 ml	SKIMMED MILK
350 ml	VANILLA ICE CREAM		

## BANANA AND VANILLA MILKSHAKE — N°216

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

250g	LEeks	½	CHICKEN STOCK CUBE
250g	POTATOES	80g	GRATED PARMESAN
250g	CARROTS		CHEESE

## VEGETABLE PURÉE WITH PARMESAN N°17

PEOPLE 4 - PREPARATION 10MINS - COOKING 45MINS

- 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 and pulse once or twice.
- 4 Serve hot.

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



MENU FOR LITTLE ONE

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

## MACARONI CHEESE N°117

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

- 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 Dice the tomatoes. At the end of the program, add the parmesan and mix for 50s at speed 6. Then add the diced tomatoes and mix for a further 30s.
- 5 Mix together the macaroni and sauce. Place this mixture in an oven dish and sprinkle with the breadcrumbs. Bake for 25 to 20 mins. Serve warm.

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



MENU FOR LITTLE ONE

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

## CARAMEL BUTTER CAKE N°217

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

- 1 Preheat the oven to 180°C.
- 2 Make the caramel. Place 100g of cream, the sugar, honey and 50g 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 40s.
- 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

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

## VEGETABLE MUFFINS N°18

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

- 1 Preheat the oven to 180°C.
- 2 Cut the zucchini and carrot into small dice.
- 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 30s.
- 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

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

## BOLOGNAISE N°118

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 10s. 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 10s.
- 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, 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 200ml of beef stock during cooking.



MENU FOR LITTLE ONE

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

## CHOCOLATE MOUSSE N°218

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 Cuisine 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 Cover with cling film and chill for at least 2 hrs.

**TIP** This mixture contains raw eggs and will therefore not keep for a long time. Share the mousse among glasses before chilling.





- ## SPICY STEAMED PRAWNS — N°19

**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, lime juice and oil to the mixture. Add the prawns and combine. Cover with plastic wrap 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 ajoli.

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



- ## SPAGHETTI MARINARA — N°119

- 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 for 5 mins. Stir the seafood sauce through the pasta, add the parsley, salt and pepper and toss to combine.



350g	SELF RAISING FLOUR	2	EGGS
180g	BROWN SUGAR	200g	DARK CHOCOLATE
250g	SOFT SEMI-SALTED BUTTER		CHIPS

## CHOCOLATE COOKIES — N°219

**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 Cuisine 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 20 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 175g SELF RAISING FLOUR  
300ml SEMI-SKIMMED MILK SALT  
5g SUGAR OIL

## BLINIS

N°20

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

- 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 Cuisine Companion to work for another 2 mins. Place the mixture in a separate bowl and wash the Cuisine 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.



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

## REGINA PIZZA

N°120

PEOPLE 4 - PREPARATION 15MIN - COOKING 15MIN

- 1 Preheat the oven to 240°C. Cover a plate with baking paper.
- 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 on a plate covered 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!



1 KG PEACHES 1 TSP VANILLA EXTRACT  
150g RUNNY HONEY

## PEACH PUREE

N°220

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

- 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, blend for 3 sec. at speed 10.

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





## SAN CHOY BAU

N°21



100g	SHITAKE MUSHROOMS	1	TBSP HOISIN SAUCE
10ml	(2 TSP) PEANUT OIL	1	TBSP SWEET CHILLI SAUCE
500g	PORK MINCE		
4	GREEN ONIONS (SHALLOTS)	8	LETTUCE LEAVES
1/3	CUP WATER CHESTNUTS		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 15 mins. After 10 mins, (with 5 mins remaining on the timer) break up any lumps using a wooden spoon. 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	15g	PARSLEY
200g	SMOKED PORK BELLY	50g	APPLE
100g	CHICKEN LIVER	1/4	LEVEL TSP
300g	PORK LOIN		4-SPICE MIX
25g	BUTTER		SALT
450g	CHESTNUTS, VACUUM-PACKED OR TINNED		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 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



125g	CHILLED BUTTER	40-60ml	(2-3 TBSP) CHILLED WATER
300g	(2 CUPS) PLAIN FLOUR		
55g	(1/2 CUP) ICING SUGAR	410g	JAR FRUIT MINCE
1	EGG YOLK	2	TSP CASTER SUGAR

MAKES 24 - PREPARATION 30 MINS - COOKING 25 MINS

- 1 Preheat the oven to 180°C/160°C fan forced. 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 plastic and place in fridge for 30 mins to rest.
- 3 Roll the pastry out between 2 sheets of baking paper until 3mm thick. Using a 6.5cm round cutter, cut 24 rounds and patty pans. Prick bases with a fork. Roll remaining pastry using a 5cm star cutter, cut 24 stars, re-rolling pastry scraps.
- 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.



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

## SWEET CORN FRITTERS — N°22

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

- 1 Remove husks and kernels from the corn cobs.
- 2 Place half of the corn kernels 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.



250g	SCALLOPS	50ml	VERMOUTH
200g	LEEK (WHITE PART)		SALT PEPPER

## SCALLOPS WITH LEEK — N°122

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

- 1 Cut the white part of the leeks very finely. Pour 0.7l 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.



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

## GINGERBREAD — N°222

**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 cake 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.





2	GREEN ONIONS (SHALLOTS)	50g	SHITAKE MUSHROOMS
1	LONG RED CHILLI	300g	PORK MINCE
1/4	CUP FRESH CORIANDER LEAVES	1	TBSP SWEET SOY SAUCE
			SWEET CHILLI SAUCE, TO SERVE

## STEAMED PORK AND MUSHROOM BALLS N°23

MAKES 16 - PREPARATION 15 MINS - COOKING 10 MINS

- 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 10s. Scrape down the sides of the bowl with a spatula. Add the pork and soy sauce and mix on speed 8 for 15s or until mixture is well combined.
- 2 Using wet hands shape mixture into 16 small balls. Clean the bowl and pour the water into the bowl up to the 0.7l marker. Place the balls in the steam basket then place in the appliance. Launch the steam program for 10 mins.

**TIP** Serve with sweet chilli sauce.



1	SLICE FROZEN WHITE SANDWICH BREAD	1	EGG YOLK (1 TBSP)
1	SMALL ONION	20ml	WORCESTERSHIRE SAUCE
1/4	CUP FLAT-LEAF PARSLEY LEAVES		SALT AND FRESHLY GROUND BLACK PEPPER
400g	LEAN BEEF MINCE		

## HAMBURGER MEAT PATTIES - N°123

PEOPLE 4 - PREPARATION 10 MINS - COOKING 10 MINS

- 1 Break the bread into pieces and place in the bowl fitted with the ultrablade knife and mix on speed 12 for 30s. Place into the bowl.
- 2 Peel the onion and cut in half. Place the onion and parsley in the bowl and mix at speed 12 for 10s. 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 10s or until mixture is well combined. Shape mixture into four patties. Cover with plastic wrap 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.



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

## CHRISTMAS BISCUITS N°223

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

- 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** Keep for several days in a sealed container.





## CHICKEN STOCK N°24

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 1.5l 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 (no. 02, 98 or 242), polenta (no. 8) or sauce recipes.



### SLIMMING MENU

1	CHICKEN CARCASS	1	LEEK
1	ONION	1	PINCH OF SALT
1	CARROT		



## BEEF STOCK N°124

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 1.5l 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

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



## APPLE AND CINNAMON PUREE N°224

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

- 1 Peel the apples and cut into quarters.
- 2 Place 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 20s. Replace half of the apples for pears.



### SLIMMING MENU

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



#### SLIMMING MENU

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

## SALMON TARTARE — N°25

### 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 20s.
- 2 Chop the chives and place all the other ingredients in the bowl then mix at speed 6 for 30s.
- 3 Serve chilled.

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



#### SLIMMING MENU

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

## ASIAN-STYLE POT AU FEU — N°125

### 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, 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

300g	RED BERRIES	1	EGG WHITE
2	TBSP ICING SUGAR		

## RED BERRY SORBET — N°225

### 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 30s. Scrape the walls of the bowl and lid, add the icing sugar and egg white, then mix at speed 12 for 30s.
- 4 Eat the ice cream 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.



## ASIAN CHICKEN SALAD — N°26



### SLIMMING MENU

350g	CHICKEN BREASTS	100ml	SOYA SAUCE
100g	CUCUMBER	200ml	CANOLA OIL
100g	CARROTS	50ml	SESAME OIL
100g	ICEBERG LETTUCE	1	TSP TABASCO® (OPTIONAL)
100g	TINNED SOYA BEANS		SALT
20g	CORIANDER		PEPPER
100ml	LIME JUICE		

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

- 1 Cut the chicken into strips. Pour the water in the bowl, up to the 0.7l 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 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, soya beans and coriander.
- 3 At the end of cooking remove the water from the bowl. Attach the ultrablade knife and place the lime juice, soya sauce, oils and Tabasco® in the bowl, then mix at speed 11 for 50s. Add the chicken strips and half of the sauce into the salad bowl. Mix and serve.



## WHITE FISH ROULADE — N°126



### SLIMMING MENU

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

PEOPLE 2 - PREPARATION 5MINS - COOKING 20MINS

- 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 0.7l 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 with rice.

**TIP** You could add curry powder or even diced fresh tomatoes to the marinade.



## YOGURT AND WATERMELON - N°226



### SLIMMING MENU

400g	WATERMELON	40g	ICING SUGAR
100g	GREEK YOGURT		

PEOPLE 4 - PREPARATION 10MINS - 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.
- 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 yogurt and mix on Turbo for 20s.
- 4 Serve immediately in glasses or place the mixture in the freezer for another 30 mins to form balls.

**TIP** You could replace the yogurt with fromage blanc (20% fat). Do not re-freeze once defrosted.





## VEGETABLE FLAN

N°27



VEGETARIAN MENU

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

PEOPLE 4 - PREPARATION 10 MINS - COOKING 45 MINS

- 1 Preheat the oven to 180°C.
- 2 Cut the vegetables into pieces.
- 3 Pour the water into the bowl, up to the 0.7l 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.



## VEGETABLE COUSCOUS

N°127



VEGETARIAN MENU

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

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.



## FROZEN RASPBERRY YOGHURT

N°227



VEGETARIAN MENU

300g	FROZEN RASPBERRIES	2	TBSP RUNNY HONEY
450g	GREEK YOGURT		

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!



## SPINACH PIE

N°28



### VEGETARIAN MENU

300g	FRESH SPINACH	10	SHEETS OF FILO PASTRY
1	EGG		MELTED BUTTER
200g	FETA	20g	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 steam basket. Pour 0.7l 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 30s, add the spinach and mix for 30s.
- 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 Cut into rectangles and bake for 25 mins. The surface should be golden brown.



## MIXED VEGETABLES

N°128



### VEGETARIAN MENU

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

PEOPLE 4 - PREPARATION 5 MINS - COOKING 30 MINS

- 1 Peel the potatoes and carrots then dice.
- 2 Pour 0.7l of water into the bowl. Place all the vegetables in the steam 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 soya sauce vinaigrette: 40 ml olive oil, 1 tbsp soya sauce, 2 sprigs of tarragon. In this case, do not add salt.



## APPLE CRUMBLE

N°228



### VEGETARIAN MENU

150g	PLAIN FLOUR	200g	SEMI-SALTED BUTTER
125g	GROUND ALMONDS	850g	APPLES
150g	SUGAR		

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 30s). 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 or mixed with red berries.





## EGGPLANT DIP

N°29



### VEGETARIAN MENU

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

PEOPLE 6 - PREPARATION 5 MINS - COOKING 40 MINS

- 1 Cut the eggplant into pieces. Peel the garlic cloves and place in the bowl with the ultrablade knife attached. Mix at speed 11 for 20s. Add the olive oil and launch the P1 slow cook program at 130°C for 3 mins.
- 2 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.
- 3 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.
- 4 Serve cold.

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



## ROOT VEGETABLE STEW

N°129



### VEGETARIAN MENU

100g	RED ONION	250g	PARSNIPS
1	GARLIC CLOVE	300g	CARROTS
100 ml	OLIVE OIL	200ml	CHICKEN STOCK
1	TSP PAPRIKA		SALT
250g	PUMPKIN		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 10s.
- 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.



## LEMON CURD

N°229



### VEGETARIAN MENU

3	EGGS	500ml	SEMI-SKIMMED MILK
150g	SUGAR	180ml	LEMON JUICE
20g	CORNSTARCH		

PEOPLE 6 - PREPARATION 5 MINS - COOKING 12 MINS - RESTING 3-4 HRS

- 1 Place the eggs and sugar in the bowl fitted with the mixer. Mix at speed 6 for 1 min.
- 2 Add the cornstarch, milk and lemon juice and launch the dessert program at 90°C at speed 5 for 12 mins, without the stopper.
- 3 Share the curd out among ramekins. Cover with cling film and put in the fridge for 3-4 hrs. Eat well chilled.

**TIP** Vary the citrus fruits and add preserved zest on top of the curds!





## LEEK VINAIGRETTE

N°30



VEGETARIAN MENU

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

PEOPLE 2 - PREPARATION 10MINS - COOKING 25MINS

- 1 Chop the leek whites. Pour the water into the bowl, up to the 0.7l 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 50s. 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.



## VEGETABLE TAGINE

N°130



VEGETARIAN MENU

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

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

- 1 Peel the red onion and roughly chop. Wash, peel and chop the capsicum. Place the onion and capsicum in the bowl fitted with the ultrablade knife and mix at speed 11 for 15s.
- 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.



## CUSTARD FLAN

N°230



VEGETARIAN MENU

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

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

- 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



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

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

- 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 50s at speed 8. If necessary, mix for 30s more. Add the egg yolks and mix for 50s. Pour the mixture into a large bowl and wash the Cuisine Companion bowl.
- 4 Place the egg whites and a pinch of salt in the bowl fitted with the whisk. Launch the Cuisine Companion at speed 7 for 7 mins 30s, 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



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

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

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10s.
- 2 Replace the ultrablade knife with the mixer and pour the olive oil into the bowl. Launch the P1 slow cook program for 7 mins, without the stopper.
- 3 When the timer indicates 4 minutes remaining, add the barley. When there is just 1 min remaining, add the white wine.
- 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, tomatoes and zucchini. Mix gently using a spatula. Serve immediately garnishing with the basil leaves.



## MUESLI WITH DRIED FRUITS N°231



250g	OAT FLAKES	80g	CHOPPED ALMONDS
40g	SEMI-SALTED BUTTER	40g	SHELLED WALNUTS
100g	RUNNY HONEY	100g	RAISINS
50g	BROWN SUGAR	1	TSP GROUND GINGER
80g	SHELLED HAZELNUTS		

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

- 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 30s.
- 3 Add the rest of the ingredients to the bowl. Mix when cold 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 a sealed box.

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





250g	GREEN PUY LENTILS	20ml	OIL
1	ONION	1	BAYLEAF
1	GARLIC CLOVE	250g	HADDOCK FILLET
1	TSP CURRY POWDER		

## CURRIED LENTILS AND HADDOCK

N°32

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

- 1 Peel the onion and garlic and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 15s.
- 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. 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.



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

## QUINOA WITH TOMATOES

N°132

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

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10s.
- 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 dice.
- 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.



200g	OATS	1	TSP CINNAMON
500ml	SEMI-SKIMMED MILK	80g	DRIED APRICOTS
50g	RUNNY HONEY	40g	HAZELNUTS

## PORRIDGE

N°232

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

- 1 Place the milk, 400 ml of water and oat flakes 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.





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

## STUFFED CAPSICUM N°33

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

- 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 30s.
- 3 Mix the contents of the bowl using a spatula and mix for a further 10s (mix for an additional 20s 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 pepper 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.



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

## SUMMER RISOTTO N°133

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

- 1 Peel the shallot and roughly chop. Place in the bowl fitted with the ultrablade knife and mix for 15s at speed 11.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil and launch the P1 slow cook program for 7 mins, without the stopper.
- 3 When the timer shows 4 mins remaining, add the rice. When there is just 1 min remaining, add the white wine. At the end of the program, pour in the chicken stock and launch the P3 slow cook program at 95°C for 20mins, then attach the stopper.
- 4 At the end of cooking, add the parmesan, 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 will give the risotto a creamy consistency.



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

## CHRISTMAS PUDDING N°233

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

- 1 Grease a 1.25l (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.



500g	SEBAGO POTATOES		SALT AND FRESHLY GROUND BLACK PEPPER
3	GREEN ONIONS (SHALLOTS)		
2	TBSP FINELY CHOPPED FRESH FLAT-LEAF PARSLEY	50g	(½ CUP) DRIED BREADCRUMBS
60g	(½ CUP) FROZEN PEAS, THAWED	80ml	(⅓ CUP) VEGETABLE OIL FOR COOKING
185g	CAN TUNA, DRAINED		LEMON WEDGES AND SALAD GREENS, TO SERVE
1	EGG		

## TUNA AND POTATO CAKES — N°34

**MAKES 16 - PREPARATION 15 MINS - COOKING 16 MINS**

- 1 Peel the potatoes and cut into 2 cm pieces. Pour 0.7l 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 plastic wrap 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.



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

## POTATO DUMPLINGS — N°134

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

- 1 Preheat the oven to 180°C.
- 2 Peel the potatoes, dice and place in the steam basket. Pour 0.7l 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 kitchen paper and place in a buttered oven dish.
- 5 In a separate bowl mix the crème fraîche, 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.



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

## PIKELETS — N°234

**MAKES 20 - PREPARATION 10 MINS - COOKING 20 MINS**

- 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 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.





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

## CHICKEN SAMOSAS — N°35

PEOPLE 4/6 - PREPARATION 15 MINS - COOKING 20 MINS OR 30 MINS

- 1 Peel the onion and cut into quarters then place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10s. 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 pulp, 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.



6	VOL-AU-VENTS	2	BREAD DUMPLINGS (200 G)
40g	FLOUR	60g	SHALLOTS
60g	BUTTER	2	TBSP OIL
500ml	SEMI-SKIMMED MILK	100ml	CHICKEN STOCK
1	PINCH OF NUTMEG	180g	WHOLE BUTTON MUSHROOMS,
180g	CHICKEN BREASTS		TINNED
100g	VEAL		SALT AND PEPPER

## VOL-AU-VENTS — N°135

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 Dice the chicken, veal and dumplings. Peel the shallots and place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10s.
- 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 chicken, veal and stock and launch the P2 program at 90°C for 25 mins. After 15 mins, add the mushrooms and dumplings.
- 5 Empty the stock and mix the mixture with the white sauce, fill the vol-au-vents and bake for 20 mins.



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

## VANILLA CRÈME BRÛLÉE — N°235

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 30s, add the cream through the lid.
- 3 Share the mixture among individual dishes.
- 4 Bake in a pan with water for 35 mins. Leave to cool and place in the fridge.
- 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.





40g	FLOUR	120g	COOKED OR SMOKED HAM
40g	BUTTER		
300ml	SEMI-SKIMMED MILK	2	EGGS
1	PINCH OF NUTMEG		FLOUR
120g	GRATED PARMESAN CHEESE		BREADCRUMBS
			COOKING OIL
			SALT
			PEPPER

## CROQUETTES

N°36

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

- 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 30s. 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 50s. If necessary, mix again for 30s. Leave to cool.
- 3 Flour the worktop 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.



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

## CANNELLONI

N°136

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

- 1 Preheat the oven to 200°C.
- 2 Heat the cannelloni in a pan for a few moments. Peel the onion and garlic and roughly chop, place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10s.
- 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, beaten egg, salt and half of the grated parmesan then mix at speed 9 for 30s. Bring the mixture to the centre using a spatula and mix for 30s.
- 5 Fill the cannelloni with this mixture and place in an oven dish. Cover with crème fraîche and sprinkle with the remaining parmesan. Cook in the oven for 35 mins. Serve hot.

**TIP** Replace the stuffing with bolognaise.



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

## PEAR AND CHOCOLATE DESSERT

N°236

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

- 1 Mix the biscuits in the bowl fitted with the ultrablade knife at speed 10 for 30s. 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 30s. 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



100g	ZUCCHINI	40g	PARMESAN
20	BASIL LEAVES	10g	BREADCRUMBS
4	EGGS		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 0.7l of water into the Cuisine 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 N°137



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

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 30s. 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 50s. If the mixture is not even, mix for a further 30s.
- 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	500ml	MILK
160g	SUGAR	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 80g of sugar in the bowl fitted with the whisk. Mix at speed 6 for 1 min. After 30s, 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 Cuisine Companion on at speed 7 at 70°C for 6 mins 30s, without the stopper. When finished, shape your egg whites and drain on kitchen paper.
- 4 Share 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 cake recipe no.51).





## STUFFED OLIVES

N°38



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

PEOPLE 4 - PREPARATION 10MINS - COOKING 20MINS

- 1 Dice the meat, liver and bacon and place in the bowl fitted with the ultrablade knife. Mince at speed 12 for 10s.
- 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 30s. 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



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

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

- 1 Peel the onion and roughly chop. Place in the bowl fitted with the ultrablade knife and mix at speed 11 for 10s.
- 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, 0.7l 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.



## RASPBERRY MOUSSE

N°238



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

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

- 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 and add the whipping cream. Mix at speed 6 for 5 mins without the stopper. Let it rest for no more than 2 mins and add the sugar.
- 4 When the cream has been whipped, add the cold raspberry coulis, scrape the edges of the bowl and mix at speed 5 for 5s.
- 5 Pour into glasses and leave in the fridge for 4 hrs.

**TIP** You could decorate the mousse with fresh fruits.





## MEAT SAMOSAS

N°39



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

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

- 1 Cut the meat into cubes, place in the bowl fitted with the ultrablade knife and mix at speed 12 for 10s. 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 30s. 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	1	TBSP PAPRIKA
200g	ONIONS	250g	DICED TOMATOES (TINNED)
2	GARLIC CLOVES		
300g	POTATOES	600ml	BEEF STOCK
100g	RED CAPSICUM	100ml	RED WINE
50g	FLOUR		SALT
2	TBSP OIL		PEPPER

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

- 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 10s.
- 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



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

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

- 1 Preheat the oven to 150°C/130°C fan forced. 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 and then add the oats, sugar, flour and coconut. Mix on speed 6 for 15s 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 & MOZZARELLA CROQUETTES

N°40



300g ARBORIO RICE  
1 SHALLOT  
100ml OLIVE OIL  
80ml WHITE WINE  
100ml TOMATO PURÉE  
900ml CHICKEN STOCK

3 EGGS  
30g PARMESAN  
125g MOZZARELLA  
100g BREADCRUMBS  
100g 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 10s. 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 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 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



800g FRESH SPINACH  
1/2 CUBE OF VEGETABLE STOCK

150ml SINGLE CREAM  
NUTMEG  
PEPPER

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



80g GRATED COCONUT  
250g CONDENSED MILK, SUGAR-FREE

250ml SEMI-SKIMMED MILK  
2 EGGS  
40g 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 30s.
- 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.





500g	DRIED CHICKPEAS	1	TSP GROUND CUMIN
1	ONION		
3	GARLIC CLOVES	1	TSP BICARBONATE SODA
1	TBSP SESAME SEEDS		OF SODA
1/2	BUNCH OF CORIANDER	1	TBSP FLOUR
			SALT

## FALAFELS

N°41

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

- 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 30s. Bring the mixture to the centre of the bowl using a spatula.
- 3 Mix for 30s. Bring the mixture to the centre again and mix for a further 30s. 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 (500g).



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

## PATATAS BRAVAS

N°141

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

- 1 Peel the potatoes, dice and place in the steam basket. Pour 0.7l 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 10s. 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.



1	SHORTBREAD PASTRY (SEE P. 15)	100g	CORNSTARCH
5	EGGS	2	TSP VANILLA ESSENCE
180g	SUGAR	11	SKIM MILK

## CUSTARD TART

N°241

PEOPLE 6/8 - PREPARATION 10MINS - COOKING 40MINS

- 1 Preheat the oven to 180°C.
- 2 Place the eggs, sugar, cornstarch and vanilla essence in the bowl fitted with the whisk and mix at speed 6 for 1 min. After 30s, add the milk.
- 3 Launch the dessert program at 90°C at speed 5 for 10 mins.
- 4 Roll out the pastry and place in a tin with high edges. Pour the cream over the pastry and bake for 30 to 35 mins. Leave the tart to cool before serving.

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





200g	PUMPKIN FLESH	3	EGGS
80g	BACON	60g	BUTTER
70g	GRATED PARMESAN CHEESE	100g	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 30s. 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 cake 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 parmesan cheese with goat's cheese and the pumpkin with zucchini.



1	ONION	½	BUNCH ENGLISH SPINACH
1	TBSP CANOLA OIL		
700G	LAMB LEG STEAKS	Rice	
⅓	CUP ROGAN JOSH CURRY PASTE		LONG GRAIN, BASMATI AND JASMINE
400G	CAN OF THICK CHOPPED TOMATOES	200g	(1 CUP) RICE
		375ml	(1 ½ CUPS) WATER

## 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 10s. 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.



150ml	WHOLE MILK	1	VANILLA POD
600ml	WHOLE-FAT SINGLE CREAM	3	SHEETS OF GELATIN (6G)
50g	SUGAR		

## 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 cream into ramekins, cover with cling film and leave to set in the fridge for at least 2 hrs.

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



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

## FIG, HAM AND WALNUT CAKE — N°43

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 cake 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 30s.
- 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.



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

## MONKFISH RAGOUT — N°143

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.



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

## BUTTER CAKE WITH CHOCOLATE ICING — N°243

MAKES ABOUT 16 - PREPARATION 25 MINS - COOKING 30 MINS

- 1 Preheat the oven to 180°C/160°C fan forced. Grease and line a 16×26 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 Sift the icing sugar and cocoa. Add boiling water and stir until smooth. Coat the cake and sprinkle the coconut.
- 5 Serve cooled.





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

## MAYONNAISE

N°44

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 Cuisine 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.



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

## BEEF TACOS

N°144

PEOPLE 4 - PREPARATION 10 MINS - COOKING 15 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 10s. 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 10 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.



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

## WALNUT FONDANT

N°244

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 50s. 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.





- |       |                                |   |                           |
|-------|--------------------------------|---|---------------------------|
| 1     | TIN OF CHICK PEAS (550 G NET)  | 1 | KNIFE TIP OF GROUND CUMIN |
| 2     | GARLIC CLOVES JUICE OF 1 LEMON | 1 | TSP TAHINI (OPTIONAL)     |
| 100ml | OLIVE OIL                      |   | SALT                      |

## HUMMUS

N°45

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.



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

## PRAWN CURRY

N°145

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 10s.
- 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.



- |      |                    |      |                |
|------|--------------------|------|----------------|
| 200g | DARK CHOCOLATE     | 300g | CHESTNUT CREAM |
| 100g | SEMI-SALTED BUTTER | 40g  | COCOA POWDER   |

## CHOCOLATE AND CHESTNUT TRUFFLES

- N°245

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

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

**TIP** Replace the cocoa powder with grated coconut or biscuit crumbs.



## ARTICHOKE TAPENADE — N°46



300g	ARTICHOKE HEARTS, IN OIL	1	GARLIC CLOVE
50ml	OIL	40g	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 30s, then mix for a further 30s 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 — N°146



500g	ZUCCHINI	50ml	RICE VINEGAR
150g	FRESH SALMON	1	TSP SESAME OIL
1	SMALL WHITE ONION	1	TSP
1	EGG	1	FISH SAUCE
	SALT	1	TSP SESAME
	PEPPER		SEEDS
100ml	SOYA SAUCE	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 10s.
- 2 Form around 30 small dumplings with the mixture, then individually wrap in cling film.
- 3 Pour 0.7l 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



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

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

- 1 Add the egg yolks, flour, salt, 40g of sugar, vanilla and diced soft butter. Launch the P2 pastry program.
- 2 After 40 mins, remove the mixture and roll out on a floured worktop. 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 brioche with this topping. Leave to cool before serving.





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

## TARAMASALATA N°47

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 Cuisine Companion after 2 to 3 mins, the dip should be whipped up like mayonnaise.
- 4 Leave to rest in the fridge. Serve cold and eat with blinis.

**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.



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

## MONKFISH TAGINE N°147

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 30s. 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, cornstarch 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.



1 kg	GREEK YOGURT (40% FAT)	100ml	THICK CREME FRAICHE
200g	CASTER SUGAR	100g	SOFT BUTTER
3	EGG YOLKS	50g	RAISINS
15g	VANILLA SUGAR	50g	PRESERVED FRUIT

## GREEK YOGHURT CAKE N°247

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

- 1 Strain the greek yogurt 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 Cuisine Companion at speed 3 at 100°C for 4 mins.
- 2 Add the finely sliced butter, greek yogurt, 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.





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

## RED PESTO N°48

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 10s.
- 2 Using a spatula, scrape the edges of the bowl and bring the mixture to the centre. Mix again for 10s (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.



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

## LAMB WITH SPRING VEGETABLES N°148

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

- 1 Cut the meat into pieces. Place the meat, 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!



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

## APPLE CAKE N°248

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!



- |             |                               |             |                                      |
|-------------|-------------------------------|-------------|--------------------------------------|
| <b>1</b>    | MEDIUM ONION                  | <b>5</b>    | EGGS                                 |
| <b>20ml</b> | (1 TBSP) OLIVE OIL            | <b>150g</b> | SELF-RAISING FLOUR, SIFTED           |
| <b>100g</b> | DICED BACON                   |             | SALT AND FRESHLY GROUND BLACK PEPPER |
| <b>1</b>    | MEDIUM CARROT                 |             |                                      |
| <b>1</b>    | MEDIUM ZUCCHINI               |             |                                      |
| <b>50g</b>  | FINELY GRATED PARMESAN CHEESE |             |                                      |

## ZUCCHINI AND CARROT SLICE N°49

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

- 1 Preheat the oven to 180°C/160°C fan forced. 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 10s. 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 10s. Add the cheese, eggs, sifted flour, salt and pepper and mix on speed 10 for 20s.
- 4 Pour mixture into the slice pan and bake for 30-35 mins or until cooked. Serve warm.

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



- |             |                   |              |                          |
|-------------|-------------------|--------------|--------------------------|
| <b>500g</b> | BEEF (RUMP STEAK) | <b>250g</b>  | PEELED TOMATOES, TINNED) |
| <b>1</b>    | GARLIC CLOVE      | <b>100ml</b> | SOYA SAUCE               |
| <b>150g</b> | ONIONS            | <b>100ml</b> | CHICKEN STOCK (OPTIONAL) |
| <b>50ml</b> | GROUNDNUT OIL     | <b>1</b>     | TSP CORNSTARCH           |
| <b>40g</b>  | SATAY             |              | PEPPER                   |

## SATAY BEEF N°149

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 10s.
- 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, soya sauce and cornstarch 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.



- |             |                         |             |                       |
|-------------|-------------------------|-------------|-----------------------|
| <b>100g</b> | SOFT SEMI-SALTED BUTTER | <b>120g</b> | CHOCOLATE CHIPS       |
| <b>100g</b> | BROWN SUGAR             | <b>220g</b> | SELF RAISING FLOUR    |
| <b>2</b>    | EGGS                    | <b>2</b>    | BANANAS (250G APPROX) |
| <b>50ml</b> | SINGLE CREAM            |             |                       |

## BANANA CAKE WITH CHOC CHIPS N°249

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 40s.
- 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.





600g	FRESH PEACHES	10	SPRIGS OF MINT
120g	RUNNY HONEY	1	TSP TABASCO®
100ml	SHERRY VINEGAR	150g	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)	50g	DICED BACON
500ml	RED WINE	50ml	OIL
1	ONION	25g	FLOUR
250g	CARROTS	400ml	VEAL STOCK
2	GARLIC CLOVES	1	BOUQUET GARNI

## BEEF BOURGIGNON 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		EXTRACT
60g	SUGAR	12g	GELATIN
500ml	SEMI-SKIMMED MILK		(5 TO 6 SHEETS)
1	TSP VANILLA	200g	RED BERRIES

## VANILLA AND RED BERRY 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 red 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.





<b>300g</b>	PEARS	<b>150g</b>	RICOTTA
<b>120g</b>	ROQUEFORT OR BLUE CHEESE	<b>200ml</b>	SINGLE CREAM

## CREAM OF ROQUEFORT AND PEARS N°51

PEOPLE 4/6 - PREPARATION 5 MINS

- 1 Peel the pears and dice. Distribute evenly among the bottom of the verrine glasses.
- 2 Place the blue cheese, ricotta and cream in the bowl fitted with the ultrablade knife. Mix at speed 12 for 30s. Using a spatula, bring the cream to the centre and mix again at speed 12 for 30s.
- 3 Share the mixture among the verrine glasses and keep in the fridge. Serve chilled.

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



<b>500g</b>	BEEF (STEAK)	<b>90g</b>	TOMATO PASTE
<b>250g</b>	BUTTON MUSHROOMS	<b>7g</b>	PAPRIKA
<b>60g</b>	ONIONS	<b>150ml</b>	THICK CRÈME FRAÎCHE
<b>200ml</b>	OLIVE OIL		SALT
			PEPPER

## BEEF STROGANOFF N°151

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

- 1 Finely slice the mushrooms and meat. Peel the onion, dice and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10s.
- 2 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.
- 3 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.



<b>300g</b>	CARROTS	<b>1/2</b>	TSP CINNAMON
<b>3</b>	EGGS	<b>1/2</b>	TSP NUTMEG
<b>190g</b>	BROWN SUGAR	<b>1</b>	TSP VANILLA EXTRACT
<b>260g</b>	SELF RAISING FLOUR	<b>250ml</b>	SUNFLOWER OIL

## CARROT CAKE N°251

PEOPLE 4/6 - PREPARATION 15 MINS - COOKING 1 HR 30 MINS

- 1 Preheat the oven to 180°C.
- 2 Peel the carrots, dice and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 20s. 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 20s. Line a cake tin with baking paper and pour in the mixture. Bake for approximately 1 hr 30 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

PEOPLE 6 - PREPARATION 10 MINS - COOKING 15 MINS



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

- 1 Finely slice the fennel. Pour the water into the bowl, up to the 0.7l 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 30s. Using a spatula, bring the mixture to the centre of the bowl. Mix for a further 10s.
- 3 Place the cream in the verrine glasses and chill before eating.

**TIP** Set aside 10g 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

PEOPLE 4 - PREPARATION 10 MINS - COOKING 45 MINS



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

- 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 10s.
- 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 cornstarch 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 celery purée or rice.



## STRAWBERRY CHARLOTTE N°252

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



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

- 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 30s 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 100g in a separate bowl.
- 3 Place the yogurt, mascarpone, 300g 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 30s.
- 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.





<b>350g</b>	CARROTS	<b>30g</b>	CORNSTARCH
<b>1</b>	SMALL ONION	<b>1</b>	TBSP CUMIN
<b>4</b>	EGGS	<b>80g</b>	PARMESAN CHEESE
<b>200ml</b>	THICK CRÈME FRAÎCHE		SALT
			PEPPER

## CARROT AND CUMIN FLAN — N°53

PEOPLE 4 - PREPARATION 10MINS - COOKING 30MINS

- 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 30s.
- 4 Add the beaten eggs, crème fraîche and cornstarch. Season with salt and pepper and mix at speed 7 for 50s. Add the cumin and grated parmesan cheese then mix at speed 6 for 10s.
- 5 Share the mixture among the ramekins, place in a oven dish with water (bain marie) and bake for approximately 30mins. Serve warm or cold.

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



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

## RUSSIAN STUFFED CABBAGE · N°153

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

- 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 20s. Transfer to a bowl. Place the onions and garlic in the bowl and mix at speed 12 for 10s. Add the pork belly and mix for 10s. Add the minced pork, rice, parsley and coriander seeds and mix at speed 10 for 20s. 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.



<b>3</b>	EGGS	<b>½</b>	TSP BICARBONATE OF SODA
<b>90g</b>	BROWN SUGAR	<b>1</b>	TBSP OLIVE OIL
<b>200g</b>	GROUND ALMONDS	<b>250g</b>	RICOTTA
<b>30g</b>	CORNSTARCH	<b>150g</b>	FRESH APRICOTS

## RICOTTA & APRICOT FONDANT — N°253

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

- 1 Preheat the oven to 180°C. Line a high-edged tin with baking paper.
- 2 Place the eggs, brown sugar, ground almonds, cornstarch, bicarbonate of soda, olive oil and ricotta 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 50mins. 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, mirabelle plums or any other fruit.





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

## EGGPLANTS WITH PARMESAN N°54

PEOPLE 4 - PREPARATION 10MINS - COOKING 35MINS

- 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. Chop at speed 11 for 30s.
- 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 aubergines in thin slices. Fry for a few minutes in a frying pan and place on kitchen paper. Oil an oven dish and add a layer of aubergines then cover with the tomato sauce. Repeat this operation until all ingredients have been used. Add the parmesan and sliced mozzarella and cover with breadcrumbs. Cook in the oven for 30 mins.

**TIP** You could make this recipe with zucchinis.



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

## CLASSIC CHILLI N°154

PEOPLE 4 - PREPARATION 5MINS - COOKING 40MINS

- 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 kneading/crushing blade. Chop at speed 11 for 10s.
- 2 Replace the kneading/crushing blade 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 cooking.



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

## YOGHURT CAKE WITH DRIED FRUIT N°254

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

- 1 Preheat the oven to 180°C.
- 2 Place the yoghurt, flour, sugar, oil, eggs, dried fruit, yeast and flavouring 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 30s.



8g	DRIED YEAST	5g	FINE SALT
200ml	SKIMMED MILK	60g	SOFT BUTTER
650g	PLAIN FLOUR	50g	BICARBONATE SODA
10g	SUGAR	1	EGG YOLK

## PRETZELS

N°55

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

- 1 Place the yeast and 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 bicarbonate 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.



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

## RICE PILAF

N°155

**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 then rinse the rice and drain. Clean the bowl.
- 2 Place the mixer in the bowl with the oil and bacon. Launch the **P1** slow cook program at 130°C for 10 mins. Peel and grate the carrot and thinly slice the shallots. After 5 mins (with 5 mins remaining on the timer) add the carrot, shallots and soy sauce. Stir vegetables through the rice with the peas.
- 3 Pour the water into the bowl up to the 0.7l marker. Place rice in the steam basket then place in the bowl and launch the steam program for 10 mins. Serve.

**TIP** Wash rice under cold running water in a sieve until the water runs clear.



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

## CHESTNUT AND ALMOND CAKE

N°255

**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 purée with chestnut honey.





300g	FLOUR	125g	NATURAL YOGHURT
11g	DRY YEAST	6	PORTIONS OF KIRI® CHEESE OR PHILADELPHIA (120 G)
1	PINCH OF SALT		
1	TBSP NEUTRAL OIL		

## CHEESE NAANS

N°56

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.



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

## LAMB CURRY

N°156

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 10s.
- 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.



250g	WELL RIPENED MANGO	400ml	COCONUT MILK
------	--------------------	-------	--------------

## MANGO SMOOTHIE

N°256

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.





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

## PESTO

N°57

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 processor 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.



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

## BEEF CHEEK WITH RED WINE N°157 AND WINTER VEGETABLES

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

- 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 cornstarch 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.



250g	SELF RAISING FLOUR	100g	BROWN SUGAR
175g	SOFT SEMI-SALTED BUTTER	120g	GROUND HAZELNUTS
3	EGGS	6	PEAR HALVES IN SYRUP

## PEAR AND HAZELNUT CAKE - N°257

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

- 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.



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

## LOW-FAT MAYONNAISE — N°58

PEOPLE 4 - PREPARATION 10MINS

- 1 Place the egg yolk, mustard and vinegar into the bowl fitted with the mixer. Season with salt and pepper. Set the Cuisine Companion to speed 7 and gradually pour in the oil. Once the mayonnaise is ready, stop.
- 2 Add the greek yogurt and mix at speed 7 for 30s 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.).



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

## CHICKEN WITH PRUNES — N°158

PEOPLE 4 - PREPARATION 5MINS - COOKING 50MINS

- 1 Peel the onion and garlic and place in the bowl fitted with the ultrablade knife. Mix at speed 11 for 10s.
- 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, veal stock, white wine and cornstarch 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.



200	SEMI-SALTED BUTTER	6	EGGS
300g	WHITE CHOCOLATE	150g	RED BERRIES
200g	FLOUR	150g	WALNUTS
200g	SUGAR		

## WHITE CHOCOLATE BLONDIES WITH RED BERRIES — N°258

PEOPLE 4/6 - PREPARATION 15MIN - COOKING 55MIN

- 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 egg then launch the P3 pastry program.
- 4 Line a square baking tin with baking paper. When the mixture is ready, add the red berries and walnuts. Mix at speed 6 for 30s.
- 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 red berries on top of the mixture.





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

## PRAWN BISQUE — N°59

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.



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

## THAI CHICKEN RED CURRY — N°159

PEOPLE 4 - PREPARATION 10 MINS - COOKING 25 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 Remove seeds from the capsicum and thinly slice. Thinly slice the chicken. Add the capsicum, chicken, coconut cream and curry paste, and stir to combine. Launch the **P3** slow cook program at 95°C for 20 mins. Top with coriander leaves and serve with rice.

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



200g	DARK CHOCOLATE	120g	BROWN CANE SUGAR
100g	SOFT SEMI-SALTED BUTTER	150g	GROUND ALMONDS
3	EGGS	6g	BAKING POWDER

## CHOCOLATE FONDANT — N°259

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

- 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. Adjust the cooking time to your taste: at 15 mins it will be melting soft!





## BEETROOT DIP

N°60



- |      |                                 |  |
|------|---------------------------------|--|
| 2    | LARGE BEETROOTS<br>(ABOUT 400G) | SALT AND FRESHLY<br>GROUND BLACK<br>PEPPER |
| 140g | GREEK YOGHURT                   | VEGETABLE STICKS OR<br>CRACKERS, TO SERVE  |
| 1/2  | TSP GROUND CUMIN                |  |
| 1    | TBSP DILL LEAVES                |  |

**MAKES 1 1/2 CUPS - PREPARATION 10 MINS - COOKING 35 MINS**

- 1 Peel the beetroot and cut into 2 cm pieces. Pour 0.7l of water into the bowl and place the beetroot in the steam basket and then place in the Cuisine 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 15s. Scrape down the sides of the bowl with a spatula and mix on speed 12 for 30-40s 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   | 400g  | PEELED TOMATOES,<br>(TINNED) |
| 80g   | ONIONS       | 400ml | VEAL STOCK                   |
| 1     | GARLIC CLOVE |       | ZEST OF 1 LEMON              |
| 250g  | CARROTS      | 2     | BAYLEAVES                    |
| 50g   | CELERY STICK | 20g   | FLOUR                        |
| 50ml  | OLIVE OIL    |       | SALT                         |
| 100ml | WHITE WINE   |       | 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 10s.
- 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 and bay leaf. 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. Serve with tagliatelle.



## RICOTTA ICE-CREAM

N°260



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

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

- 1 Place the ricotta, lemon juice, cream and icing sugar in the bowl and 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, remove 300g and place in the well chilled bowl fitted with the kneading/crushing blade. Pulse for 1 min 30s. Scrape the sides of the bowl and lid, add the egg white and mix at speed 12 for 30s.
- 3 Eat the ice cream straight away.

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



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

## CREAM OF CAPSICUM WITH CHORIZO N°61

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, onions, garlic, chorizo, smoked paprika and salt in the bowl fitted with the ultrablade knife. Add 500ml 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 30s. Serve hot or cold.

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



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

## US-STYLE SQUID N°161

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 10s.
- 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 slow cook program P1 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 cornstarch 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.



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

## BERRY ETON MESS N°261

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 15s or until whipped.
- 3 Place the cream 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.





100g	LEEK (WHITE ONLY)		CUBE
400g	JERUSALEM ARTICHOKE	100ml	SINGLE CREAM
20g	CELERY STICKS	1	TBSP GROUND DRIED MUSHROOMS
1/2	VEGETABLE STOCK		SALT

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

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

- 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 and ground mushrooms and mix at speed 12 for 30s. Serve hot.

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



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

## CHICKEN WITH CASHEW NUTS — N°162

PEOPLE 4 - PREPARATION 5 MINS - COOKING 50 MINS

- 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 10s.
- 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, soya sauce, tomato paste, cashew nuts 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.



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

## GRAND MARNIER® SOUFFLÉ - N°262

PEOPLE 6 - PREPARATION 20 MINS - COOKING 8 MINS

- 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.





500g	LAMB	250g	DICED TOMATOES
100g	ONIONS	15g	TOMATO PASTE
5	GARLIC CLOVES	25g	FLAT LEAF PARSLEY
50ml	OIL	200g	COOKED RICE
1l	CHICKEN STOCK		SALT
			PEPPER

## GEORGIAN SOUP N°63

PEOPLE 4/6 - PREPARATION 10 MINS - COOKING 1 H 5 MINS

- 1 Cut the lamb. Peel the onions and garlic and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 20s.
- 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, 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.



750g	CHICKEN THIGHS	50ml	OLIVE OIL
1	ONION	50ml	WHITE WINE
2	GARLIC CLOVES	200g	CRUSHED TOMATOES, TINNED
1	RED CAPSICUM	250ml	CHICKEN STOCK
			SALT

## BASQUE CHICKEN N°163

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 10s.
- 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.



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

## CITRUS FRUIT SORBET N°263

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

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

**TIP** Do not re-freeze.



## RUSSIAN SOUP

N°64



300g	BEEF	100g	CARROTS
60g	ONIONS	1	GERKIN
50ml	OIL	10g	PEPPERCORNS
80g	BARLEY	20g	FLAT LEAF PARSLEY
200g	POTATOES		SALT

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

- 1 Dice the beef. Peel the onion and place in the bowl fitted with the ultrablade knife. Mix at speed 12 for 30s.
- 2 Replace the ultrablade knife with the mixer and add oil. Launch the P1 slow cook program at 130°C for 5 mins.
- 3 Peel the potatoes, carrots and salt, then cut into 2 cm cubes. At the end of the program, add all the ingredients with 1 l of water. 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



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

PEOPLE 4 - PREPARATION 5MIN - COOKING 50MINS

- 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 10s.
- 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



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

PEOPLE 4/6 - PREPARATION 15MINS + 45MINS - COOKING 25MINS - RESTING 1 HR 30MINS

- 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 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** Replace the spread with creamed almonds, jam, etc.





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

## CREAM OF ASPARAGUS SOUP · N°65

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 0.7l 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 cream with strips of smoked salmon.



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

## CHICKEN, TOMATOES AND MUSHROOMS · N°165

PEOPLE 4 - PREPARATION 5 MINS - COOKING 55 MINS

- 1 Peel the shallots. Cut the mushrooms into quarters. Place the shallots 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 white wine then launch the P1 slow cook program at 130°C for 5 mins.
- 3 At the end of the program, add the chicken, tomatoes, thyme, bay leaf and cornstarch 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.



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

## EASTER BRIOCHE · N°265

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 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, brown the brioche with egg yolk.





<b>350g</b>	BROCCOLI	<b>80g</b>	BLUE CHEESE
<b>80g</b>	LEEK (WHITE ONLY)		SALT
<b>1/2</b>	VEGETABLE STOCK CUBE (OPTIONAL)		PEPPER

## CREAM OF BROCCOLI AND BLUE CHEESE SOUP N°66

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

- 1 Cut the broccoli to remove the florets. Dice the leeks.
- 2 Place the florets and stock cube 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.



<b>4</b>	VERY THIN VEAL ESCALOPE	<b>50ml</b>	OIL
<b>4</b>	SLICES OF PROSCIUTTO HAM	<b>50ml</b>	WHITE WINE
<b>8</b>	SAGE LEAVES	<b>250ml</b>	TOMATO PURÉE
<b>60g</b>	ONIONS		SALT
			PEPPER

## SALTIMBOCCA N°166

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 10s.
- 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.



<b>300g</b>	PLAIN FLOUR	<b>1</b>	EGG
<b>100g</b>	RAISINS	<b>1</b>	PINCH OF SALT
<b>50ml</b>	KIRSCH OR RUM	<b>60g</b>	SUGAR
<b>100ml</b>	SKIMMED MILK	<b>60g</b>	SOFT BUTTER
<b>6g</b>	DRY YEAST	<b>12</b>	BLANCHED ALMONDS
	YEAST		ICING SUGAR

## GUGELHUPF N°266

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.



**400g** BUTTON MUSHROOMS  
**1** ONION  
**80g** LEEKS (WHITE ONLY)  
**150ml** CRÈME FRAÎCHE  
 SALT  
 PEPPER

## CREAM OF MUSHROOM SOUP · N°67

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 600 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 30s. Serve hot.

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



**800g** LAMB  
**3** GARLIC CLOVES  
**3** TBSP OLIVE OIL  
**1** TSP GROUND CORIANDER  
**1** TSP GROUND CINNAMON  
**1** TSP GROUND CUMIN  
 JUICE OF 1 LIME  
**200ml** VEGETABLE STOCK  
**12g** FRESH CORIANDER  
**12g** FLAT-LEAF PARSLEY  
 SALT

## LAMB TAGINE · N°167

PEOPLE 4 - PREPARATION 5 MIN - COOKING 50 MINS

- 1 Peel the garlic cloves, place in the bowl fitted with the ultrablade knife and chop at speed 12 for 10s.
- 2 Replace the ultrablade knife with the mixer. Add the olive oil, a pinch of salt, the spices and the lime juice. Launch the **P1** slow cook program at 130°C for 3 mins.
- 3 Meanwhile, cut the lamb into cube and chop the herbs. Once the garlic is cooked, add the lamb, stock and herbs and season with salt. Launch the **P2** slow cook program at 95°C for 45 mins.
- 4 At the end of cooking, serve immediately with couscous.

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



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

## AMARETTO BISCUITS · N°267

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 bitter almond extract and mix at speed 6 for 20s.
- 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



500g CAULIFLOWER  
50g LEEKS (WHITE ONLY)

1/2 CHICKEN STOCK CUBE

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 1/2 the chicken stock cube and 850 ml of water. Launch the P1 soup program.
- 3 Serve hot.

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



## THAI BEEF MASAMAN

N°168



1 ONION  
20mls (1 TBSP) PEANUT OIL  
700g CHUCK STEAK OR GRAVY BEEF  
1/3 CUP MASAMAN CURRY PASTE  
175ml COCONUT CREAM

500g POTATOES  
2 TSP BROWN SUGAR  
10ml (2 TSP) 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



110g GROUND ALMONDS  
200g ICING SUGAR

100g EGG WHITES  
40g 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 30s. 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. At the end of 2 mins add the caster sugar through the top of the appliance.
- 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 (no. 300) or chocolate spread (no. 297).





250 g	PUMPKIN	80 g	LEeks (WHITE ONLY)
200 g	PARSNIP	30 g	CELERY STICKS
200 g	JERUSLEM ARTICHOKE	½	CHICKEN STOCK CUBE

## WINTER VEGETABLE SOUP — N°69

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

- 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 veal stock and 1 l 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.



70ml	MILK	5 g	SALT
5 g	DRY BAKER'S YEAST	15 g	SUGAR
1	BEATEN EGG	20 g	BUTTER
300 g	FLOUR	1	EGG YOLK
		40 g	SESAME SEEDS

## BURGER BUNS — N°169

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

- 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.



130 g	SEMI-SALTED BUTTER	125 g	SUGAR
3	EGGS	130 g	SELF RAISING FLOUR
10 g	RUNNY HONEY		

## MADELEINES — N°269

PEOPLE 4/6 - PREPARATION 10MINS - COOKING 15MINS -  
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.



180g	SPLIT PEAS	80g	CHORIZO
50g	LEEK (WHITE ONLY)	150ml	SINGLE CREAM
1	ONION		SALT
50g	CARROTS		PEPPER

## CREAM OF SPLIT PEAS AND CHORIZO SOUP — N°70

PEOPLE 4 - PREPARATION 10MINS - COOKING 40MINS

- 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 1.5l 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 30s. Season with pepper and serve hot.

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



400g	SPAGHETTI	800g	CRUSHED TOMATOES, TINNED
3	GARLIC CLOVES	100g	GRATED PARMESAN CHEESE
1/2	RED CHILI		SALT
50ML	OLIVE OIL		PEPPER
200g	PANCETTA		

## PANCETTA WITH PASTA SAUCE — N°170

PEOPLE 4 - PREPARATION 10MINS - COOKING 40MINS

- 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 10s.
- 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 with mozzarella.



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

## APPLE AND HAZELNUT MUFFINS — N°270

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

- 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 50s.
- 5 Share the mixture between a 6 cup muffin tin.
- 6 Bake for 25 mins. At the end of cooking, enjoy warm or cold.





800g PUMPKIN  
100g POTATOES  
50g ONIONS

50g CELERY STICKS  
1/2 CHICKEN STOCK CUBE  
SALT  
PEPPER

## PUMPKIN SOUP N°71

PEOPLE 4 - PREPARATION 10MINS - COOKING 35MINS

- 1 Peel the vegetables and dice.
- 2 Place the vegetables in the bowl fitted with the ultrablade knife. Add 1/2 the chicken stock cube and 800 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.



500g PLAIN FLOUR  
5 EGGS

6g SALT  
100ml OLIVE OIL

## FRESH PASTA N°171

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

- 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 work top or using a pastry machine. Shape as desired.
- 4 Cook for a few minutes in a large saucepan of boiling water and serve with bolognaise (no. 53) or 4-cheese sauce (no. 224).



200g GRATED COCONUT  
4 EGG WHITES

120g CASTER SUGAR  
1/2 TSP VANILLA EXTRACT

## COCONUT MACAROONS N°271

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

- 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 30s. 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



120g	WHITE BEANS	80g	SMOKED BACON
50g	ONIONS	40g	BUTTER
1	GARLIC CLOVE	1	BAYLEAF
100g	POTATOES	1.5l	CHICKEN STOCK
100g	CARROTS	250g	PEELED TOMATOES, TINNED
50g	LEEKS (WHITE PART)	80g	SMALL PASTA
50g	ZUCCHINIS		SALT AND PEPPER
20g	CELERY STICKS		

PEOPLE 4/6 - PREPARATION 15 MINS - COOKING 1 HR 15 MINS

- 1 The night before, soak the white beans in water.
- 2 On the same 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



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



200g	RICE FLOUR	3	EGG YOLKS
120g	BROWN SUGAR		ZEST OF 1 ORANGE
125g	SOFT SEMI-SALTED BUTTER		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

N°73



500g	TOMATOES	70g	WHOLEMEAL BREAD
1	GARLIC CLOVE	2	TBSP SHERRY VINEGAR
1	ONION		
80g	CUCUMBER	150ml	OLIVE OIL
100g	RED CAPSICUM	10	BASIL LEAVES
200g	GREEN CAPSICUM		SALT

### 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, wholemeal 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 30s. 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

N°173



600g	BEEF	3	DROPS OF TABASCO®
2	SHALLOTS	2	TBSP WORCESTERSHIRE SAUCE
30g	CAPERS		
40g	GHERKINS	2	EGG YOLKS
1	SMALL BUNCH OF PARSLEY		SALT
1	TBSP STRONG MUSTARD		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 10s then place in a bowl.
- 2 Dice the beef, place in the bowl and mix at speed 12 for 10 to 20s. Remove the parsley leaves and chop using a knife.
- 3 Add the meat to the condiments and mix. Add the mustard, parsley, Tabasco®, Worcestershire sauce and egg yolks. 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

N°273



250g	SELF RAISING FLOUR	1	TBSP CINNAMON
175g	SOFT BUTTER	½	TBSP GROUND GINGER
175g	BROWN SUGAR		SALT
1	EGG		

### 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 30s. 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.





**350g** COOKED BEETROOT  
**80g** GRANNY SMITH  
**1** TSP GROUND GINGER  
**400ml** SINGLE CREAM (5% FATS)  
**200 ml** VEGETABLE STOCK  
**SALT**

## CHILLED BEETROOT SOUP — N°74

PEOPLE 4 - PREPARATION 10MINS

- 1 Peel the apple. Dice the apple and the beetroot.
- 2 Place the diced apple, beetroot, ginger, single cream, chicken stock and salt in the bowl fitted with the ultrablade knife.
- 3 Mix at speed 12 for 3 min.
- 4 Serve cold.

**TIP** You could replace half or all of the cream with vegetable stock or natural yoghurt.



**800g** CARROTS  
**50ml** ORANGE JUICE  
**15g** BUTTER  
**SALT**  
**PEPPER**

## CARROT AND ORANGE PURÉE N°174

PEOPLE 4 - PREPARATION 5MINS - COOKING 30MINS

- 1 Peel and slice the carrots. Place in the steam basket and pour 0.7l 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.



**300g** ROCKMELON (NET WEIGHT)  
**300g** MANGO (NET WEIGHT)  
**50ml** LIME JUICE  
**100ml** OLIVE OIL  
**1** TSP GROUND GINGER  
**10** MINT LEAVES

## ROCKMELON AND MANGO — N°274

### GAZPACHO

PEOPLE 4/6 - PREPARATION 10MINS

- 1 Place the flesh of the rockmelon and mango and the 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.





2	LEeks	250ml	(1CUP) THICKENED CREAM
2	CLOVES GARLIC		SALT AND FRESHLY GROUND BLACK PEPPER
40g	BUTTER		THINLY SLICED FRESH CHIVES, TO SERVE
20ml	(1TBSP) OLIVE OIL		
500g	POTATOES (COLIBAN OR DESIREE)		
750ml	VEGETABLE OR CHICKEN STOCK		

## POTATO AND LEEK SOUP — N°75

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.



50g	PARMESAN CHEESE	2	EGG YOLKS
50g	PECORINO CHEESE	300ml	SINGLE CREAM
50g	SWISS CHEESE		SALT
50g	GORGONZOLA CHEESE		PEPPER

## FOUR-CHEESE SAUCE — N°175

PEOPLE 4 - PREPARATION 5 MINS - COOKING 6 MINS

- 1 Remove the rind from the cheese. Place the parmesan, 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 At the end of cooking, pour the sauce over the pasta. Mix and serve.

**TIP** You could replace the gorgonzola with any type of blue cheese.



1	SHORTBREAD PASTRY (SEE P. 15)	70g	BROWN SUGAR
3	WHOLE EGGS	125g	SOFT BUTTER
125g	GROUND ALMONDS	500g	MIRABELLE PLUMS, NUT REMOVED

## MIRABELLE PLUM TART — N°275

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.



1	ONION	100ml	SWEET MARTINI® (VERMOUTH)
250g	PORK LOIN	80g	HAZELNUTS
10	SPRIGS OF FLAT LEAF PARSLEY	1	BAYLEAF
100g	BACON	1	SPRIG OF THYME
100g	VEAL SHOULDER		SALT
2	EGGS		PEPPER

## FARMHOUSE TERRINE N°76

PEOPLE 6/8 - PREPARATION 15 MINS - COOKING 1 HR 30 MINS - RESTING 24 TO 48 HRS

- 1 Preheat the oven to 180°C.
- 2 Peel the onion and dice the meat. Place the pork loin into the bowl fitted with the ultrablade knife and mix at speed 12 for 20s. Transfer to a bowl.
- 3 Place the onion and parsley into the bowl and mix at speed 12 for 10s. Add the bacon and veal and mix at speed 12 for 10s. Add the minced pork, eggs and Martini and mix for 10 to 20s at speed 12. Bring the mixture to the centre using a spatula between each operation. Season with salt and pepper.
- 4 Place the mixture into a terrine dish with a lid and sprinkle with the hazelnuts. Position the thyme and bay leaf and close.
- 5 Cook in the oven for 1 hr 30 mins. Keep in the fridge for 24 to 48 hrs placing a weight on the terrine, then serve.



2	SHORTCRUST PASTRY(SEE P. 15)	120ml	SINGLE CREAM
750g	LEEK (WHITE PART)	3	EGG YOLKS
50ml	OIL		SALT
40g	BUTTER		PEPPER

## FLAMICHE TART N°176

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.



175g	SELF RAISING FLOUR	175g	SOFT SEMI-SALTED BUTTER
200g	CASTER SUGAR	25g	COCOA POWDER, SUGAR-FREE
3	EGGS		

## MARBLE CAKE N°276

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 50s. Pour the remaining mixture into the tin. Using a spoon, quickly mix so that the two mixtures combine.
- 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.





350g	PEELED TOMATOES, (TINNED)	150ml	CHICKEN STOCK
150g	HALEPENOS (NET WEIGHT)	50ml	OLIVE OIL
		1	TSP PAPRIKA
			SALT

## CHILLED TOMATO & JALAPENOS SOUP N°77

PEOPLE 4 - PREPARATION 10 MINS

- 1 Place the tomatoes, halepenos, 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.



8	GREEN CABBAGE LEAVES	280g	CHICKEN
80g	ONIONS	100g	BACON
1	GARLIC CLOVE	1	BUNCH FLAT LEAF PARSLEY
			SALT

## STUFFED CABBAGE N°177

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 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 for 30 mins. Serve hot along with the tomato sauce.



1	ORGANIC ORANGE	3	EGGS
200g	SUGAR	100ml	SEMI-SKIMMED MILK
100ml	OLIVE OIL	250g	SELF RAISING FLOUR

## ORANGE CAKE N°277

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.





## STEAMED PRAWN WONTONS - N°78

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 garnish the centre of each wonton pastry sheet with a little stuffing and fold the 4 corners over to the centre. Pinch in order to seal the wontons.
- 3 Pour the water into the bowl , up to the 0.7l marker. Place half the wontons into the steam basket , up to the 0.7l marker. Place the steam basket in the bowl and launch the steam program for 15 mins.
- 4 At the end of cooking remove the wontons and cook the remainder. Eat as and when they are ready along with soy sauce.

**TIP** You can buy wonton pastry from Asian stores.

20	WONTON PASTRY SHEETS	1	EGG WHITE
200g	RAW PRAWN MEAT	20g	CHIVES
1	SMALL ONION	50ml	SESAME OIL



## TURKEY WITH CHORIZO — N°178

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 cornstarch 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.

800g	DICED TURKEY	250g	PEELED TOMATOES, (TINNED)
100g	DICED CHORIZO	1	SPRIG OF THYME
2	ONIONS	1	BAYLEAF
1	GARLIC CLOVE	1	TSP CORNSTARCH
50ml	OLIVE OIL	200ml	CHICKEN STOCK
150ml	WHITE WINE		SALT



## RHUBARB CLAFOUTIS — N°278

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 150g of sugar then leave to rest for 40 mins.
- 2 Place the eggs, milk, cream, the remaining 150g of sugar and vanilla into the bowl fitted with the ultrablade knife. Mix at speed 10 for 2 min. After 30s, 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 0.7l 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.

600g	RHUBARB	150ml	SINGLE CREAM
300g	SUGAR	1	TBSP VANILLA EXTRACT
4	EGGS	90g	PLAIN FLOUR
100ml	MILK		



600g	FRESH BROAD BEANS	1	TBSP CUMIN SEEDS
2	TBSP OLIVE OIL	1	TBSP MUSTARD
50ml	LEMON JUICE		SALT
			PEPPER

## BROAD BEANS WITH CUMIN – N°79

PEOPLE 2/3 – PREPARATION 5 MINS – COOKING 20 MINS

- 1 Pour water up to the 0.7l 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.



500g	POTATOES	60g	FLOUR
50g	ONIONS		SALT
1	EGG + 1 YOLK		PEPPER
			OIL

## HASH BROWN – N°179

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 10s. 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 20s. Bring the mixture to the centre using the spatula and mix again for 20s.
- 5 Form into small cakes and cook in a little oil in a frying pan for 15 mins approximately, turning halfway.



300ml	SEMI-SKIMMED MILK	1	EGG WHITE
200g	SELF RAISING FLOUR	165g	DARK CHOCOLATE
1	PINCH OF SALT (3G)	1	TSP VANILLA FLAVOURING

## CHURROS WITH CHOCOLATE SAUCE – N°279

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 30s.
- 2 Form rolls by rolling on a floured worktop, then cook in a deep fryer. Once cooked place on kitchen paper.
- 3 Place the diced 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 20s. Pour into a bowl. Dip the churros into the sauce and enjoy.





## PORK BELLY TERRINE

N°80



1 kg	PORK BELLY (RIND REMOVED AND BONED)	100ml	WHITE WINE
		50ml	BRANDY
1	ONION	1	TSP RABELAIS® SPICES OR 5 SPICE MIX)
2	GARLIC CLOVES	17g	SALT
30ml	OIL	3g	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 (250G)	1	PINCH OF CURRY POWDER
350g	CARROTS		SALT
3	TBSP OLIVE OIL		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 0.7l 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. Haddock can be replaced with smoked cod.



## BELGIAN RAISIN BREAD

N°280



130ml	SEMI-SKIMMED MILK	60g	SUGAR
5g	DRY YEAST	7.5g	VANILLA SUGAR
350g	FLOUR	70g	BUTTER
5g	SALT	120g	RAISINS
2	EGGS	60g	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 cake tin, they should be tightly packed together. Leave to rest for 1 hr 30 mins away from any draughts.
- 4 Preheat the oven to 180°C. Brush the brioche with the beaten egg and cover with the pearl sugar. Bake for 40 mins. Leave to cool before serving.





350g	CLAMS	1	LEMON
2	GARLIC CLOVES	5	SPRIGS OF CORIANDER
4	TBSP OLIVE OIL		PEPPER
2	TBSP WHITE WINE		

## CLAMS WITH LEMON N°81

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 10s 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 30s, 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.



300g	ARBORIO RICE	900ml	CHICKEN STOCK
50g	WHITE ONION	30g	PARMESAN CHEESE
100ml	OLIVE OIL	15g	BUTTER
80ml	WHITE WINE		SALT
			PEPPER

## CLASSIC RISOTTO N°181

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 10s. Replace the ultrablade knife with the mixer, add the olive oil and launch the P1 slow cook program without the stopper for 7 mins.
- 2 When the timer shows 4 mins remaining, add the rice. When there is 1 min remaining add the white wine.
- 3 At the end of the program, add the chicken cube and launch the slow cook program at 95°C for 20 mins without the stopper.
- 4 At the end of cooking, add the parmesan and butter and gently mix. Adjust the seasoning and serve immediately.

**TIP** Garnish the risotto according to taste, using vegetables, spices, herbs, etc.



6	EGGS	125g	GROUND ALMONDS
250g	SUGAR	60g	FLOUR
80g	BUTTER	60g	CORNSTARCH
1	TSP VANILLA ESSENCE		

## GENOA BREAD N°281

PEOPLE 8 - PREPARATION 10 MINS - COOKING 50 MINS

- 1 Preheat the oven to 180°C.
- 2 Place the eggs, sugar, butter and vanilla sugar in the bowl. Mix at speed 5 at 60°C for 10 mins.
- 3 After 10 mins, add the ground almonds, flour and cornstarch. Mix at speed 5 for 15s.
- 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.



300g	COLD CLASSIC RISOTTO (SEE N° 181)	1	TBSP OREGANO
300g	BEEF (CHUCK STEAK)	250g	MOZZARELLA CHEESE
1	ONION	3	EGGS
1	GARLIC CLOVE	100g	BREADCRUMBS
15ml	OLIVE OIL	100g	FLOUR
500g	DICED TOMATOES		SALT
30g	TOMATO PASTE		PEPPER

## ARANCINI RISOTTO CROQUETTES N°82

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 10s. Set aside.
- 2 Peel the onion and garlic and roughly chop. Place in the bowl. Chop at speed 11 for 10s. 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.



2	GARLIC CLOVES	250g	CARROTS
1	ONION	250g	TURNIP
250g	POTATOES	150g	BACON
150g	LEEK (WHITE ONLY)	50ml	OLIVE OIL
50g	CELERY STICKS		SALT

## VEGETABLE SOUP N°182

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.



2	WHOLE EGGS	1	TSP GROUND VANILLA
3	EGG YOLKS	Choux pastry	
100g	SUGAR	80g	BUTTER
40g	FLOUR	150g	FLOUR
30g	CORNSTARCH	4	EGGS
700ml	SEMI-SKIMMED MILK		SALT

## VANILLA ECLAIRS N°282

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 cornstarch 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



300g	WHITE ASPARAGUS	10	SPRIGS OF FLAT LEAF PARSLEY
2	EGGS		SALT
60g	MELTED BUTTER		PEPPER

PEOPLE 2 - PREPARATION 5 MINS - COOKING 20 MINS

- 1 Peel the asparagus and cut into two.
- 2 Pour 0.7l 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 2 plates. 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 10s.
- 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 – N°183

PEOPLE 2 - PREPARATION 5 MINS - COOKING 20 MINS



2	COD STEAKS (120 TO 140 G PER PIECE)	1	TBSP HONEY
1/4	PRESERVED LEMON	1	TBSP SOY SAUCE
		1	TBSP SUNFLOWER OIL

- 1 Finely dice the preserved lemons. 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 0.7l 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	300ml	THICKENED CREAM
220g	CASTER SUGAR		SLICED BANANAS,
5ml	(1 TSP) VINEGAR		STRAWBERRIES AND
2	TSP CORN FLOUR		PASSIONFRUIT, TO SERVE

PEOPLE 8 - PREPARATION 15 MINS - COOKING 45 MINS

- 1 Preheat oven to 140°C/120°C fan forced. 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 corn flour.
- 3 Spoon mixture onto the baking tray in a circle and spread evenly with a spatula. Reduce the oven temperature to 120°C/100°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 15s or until cream is whipped.
- 2 Spread cream over pavlova and top with sliced banana, strawberries and passionfruit pulp.





## CALDO VERDE

N°84



400g	POTATOES	80g	SWEET CHORIZO
2	GARLIC CLOVES	180g	GREEN CABBAGE
			SALT

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 water 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	400g	CAN THICK CHOPPED TOMATOES WITH HERBS
2	CLOVES GARLIC		
20ml	(1 TBSP) OLIVE OIL	60ml	BEEF CONSOMMÉ
1	TBSP PLAIN FLOUR		SALT AND FRESHLY GROUND BLACK PEPPER
4x250g	FRENCH-TRIMMED LAMB SHANKS		
1	LARGE CARROT	¼	CUP CHOPPED FRESH FLAT-LEAF PARSLEY
1	LARGE STICK CELERY		
150g	SMALL CUP MUSHROOMS		

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 chopper and mix on speed 12 for 10s. 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



50g	CHILLED BUTTER	250ml	BUTTERMILK
300g	SELF-RAISING FLOUR		JAM AND CREAM, TO SERVE
2	TSP ICING SUGAR MIXTURE		

MAKES 12 - PREPARATION 15 MINS - COOKING 15-17 MINS

- 1 Preheat oven to 220°C/200°C fan forced. Grease and flour a 20x20 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 50s or until mixture resembles breadcrumbs. With the machine running add the buttermilk through the opening on the lid and mix on speed 9 for 20-30s 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.



350g	PINK PRAWNS (COOKED) SHELLED	1	TBSP COGNAC
1	EGG YOLK		A FEW DROPS OF TABASCO®
1	TSP MUSTARD	250ml	VEGETABLE OIL
1	TSP WHITE VINEGAR		SALT
1	TBSP TOMATO SAUCE		PEPPER

## PRAWN COCKTAIL N°85

PEOPLE 4 - PREPARATION 10 MINS

- 1 Place the egg yolk, mustard and vinegar in the bowl fitted with the mixer. 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.



2	SALMON STEAKS 125 G EACH	50g	PESTO (SEE N° 57)
---	-----------------------------	-----	-------------------

## SALMON STEAK WITH PESTO N°185

PEOPLE 2 - PREPARATION 5 MINS - COOKING 15 MINS

- 1 Spread the pesto on each salmon steak.
- 2 Pour 0.7l of water in the bowl. Line the steam basket with baking paper and insert the fish. 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.



6	EGG YOLKS	1	TSP VANILLA EXTRACT
80g	SUGAR	1	TSP GROUND CINNAMON
500ml	SEMI-SKIMMED MILK		

## NATILLAS N°285

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 30s, 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



200g	COOKED PRAWNS SHELLED	3	EGGS BREADCRUMBS
30g	FLOUR		COOKING OIL
30g	BUTTER		SALT
200ml	SEMI-SKIMMED MILK		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 30s. If the mixture is not consistent, mix for a further 30s. Leave to rest for at least 2 hrs in the fridge.
- 3 Flour the worktop 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 kitchen paper to remove the excess grease. Serve immediately.



## CHICKEN, CARROTS AND CORIANDER N°186



2	CHICKEN BREASTS	10	SPRIGS OF CORIANDER
280g	CARROTS	2	PINCHES OF SALT
	ZEST OF ½ ORANGE	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 0.7l 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



100g	DARK CHOCOLATE	1	TSP VANILLA EXTRACT
200g	BUTTER, AT ROOM TEMPERATURE	3	EGGS
60ml	MILK	220g	CASTER SUGAR
¼	CUP COCOA POWDER	115g	SELF-RAISING FLOUR
1 ½	TBSP COFFEE GRANULES		

PEOPLE 10 - PREPARATION 15 MINS - COOKING 1 HR

- 1 Preheat oven to 160°C. Grease and line the base of cake pan.
- 2 Place broken chocolate in the bowl fitted with the Ultrablade. Mix on speed 12 for 1 min. Scrape down walls of the bowl with a spatula. Use the kneading/crushing blade add diced butter, milk, cocoa, coffee and vanilla launch the dessert program on 90°C for 4-5 mins. Place in a bowl to cool.
- 3 Add eggs and sugar to the bowl fitted with the kneading/crushing blade and mix on speed 10 for 1 min 30s. Return chocolate mixture to the bowl and mix on speed 8 for 10-15s. Add sifted flour and mix on speed 8 for 10s or until combined. Pour mixture into the cake pan and bake for 55 mins. Cool and place on a wire rack. When cool spread with chocolate.





## EMPANADAS

N°87



2	SHORTCUT PASTRY (SEE P. 15)	50ml	OLIVE OIL
50g	ZUCCHINI	10g	TOMATO PASTE
100g	RED CAPSICUM	150ml	VEGETABLE STOCK
40g	ONION	150g	TUNA
1	GARLIC CLOVE		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 10s, 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 30s.
- 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	40g	MILK
40g	FLOUR	200g	GRATED CHEESE
40g	SOFT BUTTER	3	SLICES OF COOKED HAM

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 50g of grated cheese and mix at speed 5 for 30s. Set aside and wash the bowl.
- 3 Pour 0.7l of water into the Cuisine 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 30g of hazelnuts.



## PUDDING

N°287



300g	STALE BREAD	500ml	MILK
5	EGG YOLKS	1	TSP VANILLA EXTRACT
80g	SUGAR		

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: red berries, apricots, apples, figs or dried fruit.



1 kg	FILLET OF BROOK TROUT	10g	MINT
100g	SPINACH	100ml	VEGETABLE STOCK
100g	SORREL	25g	BUTTER
20g	PARSLEY	100ml	THICK CRÈME FRAÎCHE
20g	TARRAGON		SALT
10g	SAGE		PEPPER

## BROOK TROUT WITH GREEN SAUCE N°88

PEOPLE 4/6 - PREPARATION 10 MINS - COOKING 16 MINS

- 1 Cook the brook trout fillet by steaming or by poaching in a vegetable broth.
- 2 Wash and roughly chop the spinach, sorrel and herbs. Place in the bowl fitted with the ultrablade knife along with the vegetables. 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. Relaunch the sauce program at speed 8 at 95°C for 8 mins.
- 4 Serve hot poured over the trout.

**TIP** You could add more spinach instead of the sorrel if you do not like its bitter taste. You could also replace the trout with salmon.



2	CHICKEN BREASTS	4	DRIED TOMATOES
80g	MOZZARELLA	8	BASIL LEAVES

## STUFFED CHICKEN ROULADE - N°188

PEOPLE 2 - PREPARATION 10 MIN - COOKING 20 MINS

- 1 Cut the mozzarella and 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 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 0.7l 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 20 mins.
- 3 At the end of cooking, serve immediately with pasta.

**TIP** You could replace the dried tomatoes with mushrooms and the mozzarella with fromage frais.



50ml	SEMI-SKIMMED MILK	1	EGG
11g	BAKING POWDER	50ml	OLIVE OIL
350g	PLAIN FLOUR	50 ml	ANIS LIQUEUR
80g	SUGAR		SUGAR

## ROSQUILLAS - SPANISH DOUGHNUTS N°288

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.





<b>2</b>	GARLIC CLOVES	<b>1</b>	TSP CUMIN
<b>200g</b>	RED CAPSICUM	<b>2</b>	TBSP CHILLI POWDER
<b>15g</b>	OLIVE OIL	<b>700g</b>	SMALL
<b>1</b>	TBSP WINE VINEGAR		POTATOES
			SALT

## POTATOES WITH A SPICY SAUCE — N°89

PEOPLE 4 - PREPARATION 15MINS - COOKING 40MINS

- 1 Peel the garlic cloves and capsicum and place in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10s.
- 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.



<b>200g</b>	CARROTS	<b>20g</b>	GRATED PARMESAN CHEESE
<b>100g</b>	PARSNIPS	<b>50ml</b>	SINGLE CREAM
<b>50g</b>	SMOKED HAM		PEPPER

## VEGETABLE TAGLIATELLE — N°189

PEOPLE 2 - PREPARATION 10MINS - COOKING 15MINS

- 1 Peel the carrots and parsnips and shave into strips using a peeler.
- 2 Pour 0.7l 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.



<b>150ml</b>	SEMI-SKIMMED MILK	<b>50g</b>	SUGAR
<b>12g</b>	DRY YEAST	<b>100g</b>	SOFT BUTTER DICED
<b>2</b>	EGGS	<b>120g</b>	DRIED FRUITS (ORANGE PEEL, RAISINS)
<b>350g</b>	PLAIN FLOUR		ICING SUGAR
<b>100g</b>	GROUND ALMONDS		
<b>5g</b>	SALT		

## CHRISTMAS BRIOCHE — N°289

PEOPLE 4/6 - PREPARATION 20MINS - COOKING 45MINS - RESTING 2HRS 30MINS

- 1 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 1 egg, the flour, ground almonds, salt, sugar and butter and launch the P2 pastry program.
- 2 After 40 mins, remove the mixture; add the dried fruits and form a roll. Place on a tray lined with baking paper and leave to rest for 1 hr 30 mins free from draughts.
- 3 Form the mixture into 8 balls and place in a cake tin, they should be packed tightly together. Leave to rest for 1 hr away from draughts.
- 4 Preheat the oven to 180°C.
- 5 Brush the brioche with the beaten egg and cover with sugar. Cook in the oven for 45 mins. Leave to cool down. Sprinkle with the icing sugar before eating.





300g	POTATOES	1	GARLIC CLOVE
250g	UNSALTED COD	2	EGGS
1/2	BUNCH OF FLAT LEAF PARSLEY		PEPPER

## PORTUGUESE COD CROQUETTES N°90

PEOPLE 4/6 - PREPARATION 20 MINS - COOKING 40 MINS

- 1 Peel and dice the potatoes. Pour 0.7l 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 Cuisine Companion bowl.
- 2 Place the cod in the bowl fitted with the ultrablade knife and mix at speed 11 for 10s. Peel the garlic clove and pick the parsley leaves then add to the bowl. Mix at speed 11 for 10s. Add the eggs and mix for 10s.
- 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.



1	ONION PEELED	10ml	WORCESTERSHIRE SAUCE
1	CARROT PEELED		
1	STICK CELERY	125g	FROZEN PEAS, THAWED
20ml	OLIVE OIL		SALT AND PEPPER
500g	LAMB MINCE	1	TBSP CORN FLOUR
125ml	BEEF STOCK	40ml	WATER
40ml	TOMATO PASTE		

## SHEPHERD'S PIE N°190

PEOPLE 6 - PREPARATION 20 MINS - COOKING 1 HR 15 MINS

- 1 Preheat oven to 220°C/200°C fan forced. Grease an ovenproof baking dish.
- 2 Cut onion. Place in the bowl fitted with the ultrablade knife. Mix on speed 12 for 10s. Scrape the sides of the bowl with a spatula.
- 3 Finely chop the carrot and celery. Replace the ultrablade knife with the mixer. Add oil & launch the P1 slow cook program at 130°C for 5 mins. Scrape down the sides of the bowl with a spatula.
- 4 Add the mince & launch the P3 slow cook program for 10 mins. Drain the excess liquid from the mince. Add the rest of ingredients except corn flour and water. Launch the P3 slow cook program at 95°C for 12 mins. After 10 mins pour through the opening on the lid corn flour & water. Spoon mixture into a baking dish & top with mashed potatoe.



750ml	SEMI-SKIMMED MILK	3	EGGS
150g	FINE SEMOLINA	150ml	CRÈME FRAÎCHE
125g	SUGAR	125g	RAISINS
1	PINCH OF SALT		

## SEMOLINA PUDDING N°290

PEOPLE 4/6 - PREPARATION 10 MINS - COOKING 40 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 Cuisine 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 40s.
- 4 Pour this mixture over the semolina, add the raisins and mix using a spatula. Pour into a standard sized high-edged 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.



1l	CHICKEN STOCK	420g	CANNED CREAMED CORN
2x 175g	CHICKEN BREAST FILLETS	310g	CANNED CORN KERNELS
3	GREEN ONIONS (SHALLOTS)	2	TSP SOY SAUCE
		2	EGG WHITES

## CHICKEN AND SWEET CORN SOUP

PEOPLE 4 - PREPARATION 10 MINS - COOKING 25 MINS

- 1 Pour 0.7l 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 eggs whites through the opening on the lid. Serve.



400g	COOKED COD	10	SPRIGS OF FLAT-LEAFED PARSLEY
1	ONION		
1	GARLIC CLOVE	800g	POTATOES
700ml	SEMI-SKIMMED MILK	30g	BUTTER
			SALT

## COD GRATIN

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

- 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 10s.
- 3 Add the cod, 100 ml of milk and parsley, then mix at speed 12 for 20s. Bring the mixture to the centre and mix for 10s. 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 0.7l of water into the bowl and launch the steam program for 30 mins.
- 5 Empty the water. Place the cooked potatoes and butter in the bowl fitted with the kneading/crushing blade and mix at speed 6 for 1 min 30s. Taste and adjust the seasoning according to taste. Pour the purée over the cod and bake for 15 to 20 mins.



250g	SELF RAISING FLOUR	3	EGGS
300ml	SEMI-SKIMMED MILK	30g	SUGAR
			SALT

## PANCAKES

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

- 1 Place the milk, eggs, sugar and salt in the bowl fitted with the kneading/crushing blade. Mix at speed 10 for 30s. 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.





500g	OCTOPUS	100ml	OLIVE OIL
150g	ONIONS	100ml	LIME
120g	GREEN CAPSICUM	20g	PARSLEY
100g	TOMATOES		SALT
			PEPPER

## OCTOPUS SALAD — N°92

PEOPLE 4 - PREPARATION 10MIN - COOKING 30MINS - RESTING 2HRS

- 1 Cook the octopus in a saucepan with 2l of boiling water for 30 mins.
- 2 Peel the onion and roughly chop along with the capsicum and tomatoes. Place the olive oil, lime and parsley in the bowl fitted with the ultrablade knife. Season with salt and pepper and mix at speed 11 for 10s. 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.



4	150G SAUSAGES	400g	DICED TOMATOES
1	ONION	200ml	CHICKEN STOCK
70g	GINGER	2	DRIED PEPPERS
2	GARLIC CLOVES	150g	THAI RICE
50ml	OIL		

## SAUSAGE ROUGAIL — N°192

PEOPLE 4 - PREPARATION 10MINS - COOKING 40MINS

- 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 20s.
- 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.



250g	BANANA	150g	GREEK YOGHURT
250ml	COCONUT MILK		

## BANANA AND COCONUT SMOOTHIE — N°292

PEOPLE 2 - PREPARATION 5MINS

- 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 30s.
- 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 soya yoghurt.





## SHELLFISH SALAD

N°93



150g	RAW PRAWNS	50g	TOMATO
400g	MUSSELS	100ml	OLIVE OIL
50g	ONIONS	20ml	SHERRY VINEGAR
50g	RED CAPSICUM		SALT
			PEPPER

PEOPLE 2 - PREPARATION 10MINS - COOKING 15MINS

- 1 Pour 0.7l 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 10s. 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



100g	BREAD	5g	OREGANO
100ml	MILK	30g	FLOUR
70g	ONION	30g	BUTTER
250g	VEAL (SHOULDER)	100ml	WHITE WINE
250g	PORK (LOIN)	200ml	VEAL STOCK
1	EGG YOLK		SALT
			PEPPER

PEOPLE 6/8 - PREPARATION 20MINS - COOKING 20MINS - RESTING 30MINS

- 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 20s. Transfer to a separate bowl. Place the onions and veal in the bowl and mix at speed 12 for 20s. Add the minced pork, oregano, bread, salt and pepper and mix at speed 12 for 20s. 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 30s. Launch the sauce program at 90°C at speed 4 for 5 mins. Add the creme fraiche 2 mins before the end of cooking. Mix at speed 4 for 20s.
- 3 Cook the meatballs in a large quantity of stock and serve with the sauce.



## EASY TRUFFLES

N°293



200g	DARK CHOCOLATE	15g	ICING SUGAR
100g	SEMI-SALTED BUTTER	80g	COCOA POWDER

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

- 1 Place the butter and diced 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 20s.
- 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 alcohol to the mixture. The truffles keep well in the fridge for a few days.



## JULIANA SOUP

N°94



200g	POTATOES	50g	LEeks (WHITE ONLY)
2	GARLIC CLOVES	250g	ZUCCHINI
1	ONION	100g	SNOW PEA
200g	CARROTS	100g	PUMPKIN
			SALT

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 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.
- 3 Serve hot.

**TIP** Add bacon to the soup to make it a more complete meal.



## FLEMISH BEEF STEW

N°194



800g	SHOULDER OF BEEF	150ml	BEEF STOCK
3	ONIONS	700ml	DARK BEER
2	GARLIC CLOVES	30g	GINGER BREAD
50ml	OIL	10	PINK PEPPERCORNS
150g	BACON	1	BOUQUET GARNI
15g	CORNSTARCH		

PEOPLE 4/6 - PREPARATION 10 MINS - COOKING 2 HR 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 cornstarch in the stock. At the end of the program, add the stock, beer, diced meat, gingerbread, 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.

**TIP** You could also add 20 to 30 g of muscovado sugar for a sweeter flavour.



## PEAR JELLY

N°294



500ml	PEAR JUICE	1/2	TSP GELATINE
150g	SUGAR		

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.





300g	CHICKEN (LEGS)	2	TBSP OIL
150g	POTATOES	100g	VERMICELLI
150g	CARROTS	20g	FLAT LEAF PARSLEY
100g	CELERY STICKS	1	TSP GROUND GINGER
60g	ONIONS	1	TSP GROUND CORIANDER
2	GARLIC CLOVES		SALT AND PEPPER
30g	BUTTER		

## CHICKEN SOUP WITH VERMICELLI N°95

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

- 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 30s.
- 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 5 mins before the end of cooking.
- 4 Serve hot with parsley leaves.



300g	PORK (LOIN, BONED)	100g	GREEN CABBAGE
1	PORTUGUESE SAUSAGE	100g	CARROTS
150g	PORK RIBS	100g	TURNIPS
		200g	POTATOES

## PORTUGUESE POT-AU-FEU N°195

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

- 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, filter the stock and serve.



600g	MANGO	200g	BROWN SUGAR
60g	RED ONION	3g	SALT
2	GARLIC CLOVES	1/2	TSP GROUND GINGER
100g	RAISINS	1/2	TSP CURRY POWDER
120ml	WHITE VINEGAR		

## MANGO CHUTNEY N°295

PEOPLE 4 - PREPARATION 10MINS - COOKING 45MINS

- 1 Peel the onion and garlic and roughly chop, place in the bowl fitted with the ultrablade knife. Mince at speed 11 for 10s.
- 2 Add the other ingredients and mix at speed 6 for 10s. 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



400g	STALE BREAD	50ml	OIL
300ml	MILK	20g	CHOPPED PARSLEY
50g	ONION	100g	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 10s. 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 minutes. 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 1.5l 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 Cuisine Companion When finished, drain and serve immediately.



## SPANISH CHORIZO STEW — N°196



400g	DRIED WHITE BEANS	200g	PORK BELLY (TOCINO)
2	SWEET IBERIAN CHORIZOS (150G)	5	TOMATOES
2	BLACK PUDDING (150G)	20ml	OLIVE OIL
200g	SLICED HAM (OPTIONAL)	500ml	CHICKEN STOCK
		1	ONION
		3	UNPEELED GARLIC CLOVES

PEOPLE 4 - PREPARATION 10 MINS - COOKING 1 HR 55 MINS - RESTING 12 HRS

- 1 Soak the pork belly for 12 hrs to remove salt. In another bowl soak the dried beans in water for 12 hrs to rehydrate them.
- 2 Peel and chop the onion and then place in the bowl fitted with the ultrablade knife. Mix for 10s at speed 11. Replace the ultrablade knife with the mixer and add the tomatoes (chopped into quarters) and oil. Launch the P1 slow cook program at 130°C for 10 mins.
- 3 Add the rest of the ingredients 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



100g	SEMI-SALTED BUTTER	200ml	CONDENSED MILK SWEETENED
80g	DARK CHOCOLATE	60g	HAZELNUT PUREE
120g	MILK CHOCOLATE		

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 puree and mix at speed 7 for 30s.
- 4 Place the mixture in a pot and keep in the fridge until ready to use.

**TIP** You could replace the hazelnut purée with almond purée.



300g FLOUR  
100g CHESTNUT FLOUR  
10g DRY YEAST  
1 TSP SALT

## CHESTNUT BREAD N°97

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 30s, add the flours and salt.
- 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. 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.



40g FLOUR  
40g SOFT BUTTER DICED  
200ml SEMI-SKIMMED MILK  
20ml FISH STOCK  
600g FILLETS OF SOLE  
50g SHELLLED MUSSELS  
100g COOKED PRAWNS  
80g GRATED CHEESE  
25g BREADCRUMBS  
SALT  
PEPPER

## FRIED FILLET OF SOLE N°197

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 30s and launch the sauce program at 90°C at speed 4 for 8mins.
- 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.



200g STRAWBERRIES  
200g CHERRIES  
50g SUGAR

## RED BERRY COULIS N°297

PEOPLE 6 - PREPARATION 5 MINS - COOKING 15 MINS

- 1 Wash the fruits, cut the strawberries into two 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 the processor on to speed 7 at 80°C for 15 mins.
- 4 Mix on Turbo for 10s, leave to cool and serve.

**TIP** This coulis freezes really well.





## WHOLEGRAIN BREAD — N°98



10g	DRIED BAKER'S YEAST	50g	WHOLEMEAL FLOUR
300g	PLAIN FLOUR	50g	SEEDS
100g	RYE FLOUR	5g	SALT

PEOPLE 4 - PREPARATION 15 MINS - COOKING 40 MINS - RESTING 2 HRS

- 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.
- 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	25g	FINELY GRATED PARMESAN CHEESE
1/4	CUP FLAT-LEAF PARSLEY LEAVES	35g	FLOUR
2	TBSP CHOPPED CHIVES	1	EGG
1	TBSP THYME LEAVES	20ml	(1 TBSP) MILK
		2 x 180g	CHICKEN BREASTS FILLETS
		80ml	VEGETABLE OIL FOR COOKING

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 appliance 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 Coat chicken in the flour, egg and breadcrumbs.
- 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



100ml	SEMI-SKIMMED MILK	25g	SUGAR
5g	DRY YEAST	5g	SALT
1	EGG + 1 YOLK	35g	SOFT BUTTER DICED
250g	PLAIN FLOUR		

PEOPLE 4/6 - PRÉPARATION 15 MIN - COOKING 15 MIN - RESTING 2 H

- 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.





<b>400g</b>	FLOUR	<b>2</b>	TBSP OLIVE OIL
<b>11g</b>	DRY YEAST	<b>200g</b>	BUTTER
<b>1</b>	TSP SALT	<b>10g</b>	PAPRIKA

## WHITE BREAD AND PAPRIKA BUTTER N°99

PEOPLE 4 - PREPARATION 35 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 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 10s. Using a spatula, bring the mixture to the centre and mix again for 10s. Spread the butter on the warm bread.

**TIP** You could replace the paprika with garlic and parsley.



<b>150g</b>	SPLIT PEAS	<b>150g</b>	POTATOES
<b>50g</b>	LEEK (WHITE ONLY)	<b>100g</b>	BACON
<b>50g</b>	CARROTS	<b>1</b>	VEGETABLE STOCK CUBE
<b>20g</b>	CELERY STICKS	<b>1/2</b>	LEVEL TSP GROUND CUMIN
<b>1</b>	ONION		
<b>1</b>	TBSP OIL		

## PEA SOUP N°199

PEOPLE 4 - PREPARATION 5 MINS - COOKING 50 MINS

- 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 10s.
- 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 1 l of water then cook at speed 1 at 100°C for 45 mins.
- 4 At the end of cooking, mix at speed 12 for 3 mins.
- 5 Serve hot.

**TIP** If you want the texture to be smoother, press the **Pulse** button for 15s.



<b>180g</b>	DARK CHOCOLATE	<b>200ml</b>	SWEETENED CONDENSED MILK
<b>100g</b>	MARGARINE		

## CHOCOLATE SPREAD N°299

PEOPLE 4/6 - PREPARATION 10 MIN - COOKING 10 MIN

- 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 30s.
- 4 Place the mixture in a pot and keep in the fridge until ready to use.



350g	GLUTEN-FREE FLOUR	5g	SUGAR
4g	DRY YEAST	50ml	OLIVE OIL
5g	SALT	350ml	WATER

## GLUTEN-FREE BREAD — N°100

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 ultrablade knife. 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.



750g	CHICKEN THIGHS	200ml	CHICKEN STOCK
1	ONION	1	BAYLEAF
200g	CARROTS	1	SPRIG OF THYME
200g	LEEKs	150ml	SINGLE CREAM
50g	CELERY	1	EGG YOLK
2	TBSP OLIVE OIL	10	SPRIGS OF TARRAGON
200ml	DRY WHITE WINE		SALT

## BELGIAN CHICKEN STEW — N°200

PEOPLE 4 - PREPARATION 10 MINS - COOKING 45 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 10s.
- 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.



600g	RED BERRIES (BLACKBERRIES, RASPBERRIES, STRAWBERRIES)	400g	SUGAR
		50ml	LEMON JUICE
		1	TSP GELATINE

## RED BERRY JAM — N°300

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 10s.
- 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.





---

## STARTER

---



---

## MAIN

---



---

## DESSERT

---





# CREDITS

## COLLECTION DIRECTOR

Emmanuel Jirou-Najou

## EDITORIAL MANAGER

Alice Gouget

## EDITOR

Claire Dupuy

## RECIPE CREATION

Adèle Hugot

## PHOTO CREDIT

Rina Nurra  
Shutterstock

## DESIGN

Lissa Streeter

## GRAPHIC DESIGN

Soins graphiques

## COMPOSITION AND PHOTOENGRAVING

Nord Compo

## PARTNERSHIP MANAGER

Camille Gonnet  
camille.gonnet@alain-ducasse.com

## EDITOR'S ACKNOWLEDGEMENTS

Thanks to the book's creative team and to France Oberkampf for her invaluable assistance.

Thanks to Fabien Corredera and to Johan Nespoux, Emmanuel Gérard, Jean-Yves Beaudet and Claude Lannoy at the SEB Tefal Group for accompanying us on our journey to publishing this book.

Thanks to JPM & Associés for lending a hand with this book.





0895002  
ISBN 978-2-919063-92-5