

Tefal[®]

Kitchen Machine



CONVERSION TABLE TEMPERATURES / THERMOSTAT

Electric Oven *		UK Gas Mark
Thermostat 4-5	140° C - 284 °F	1
Thermostat 5	150° C - 302 °F	2
Thermostat 5-6	170° C - 338 °F	3
Thermostat 6	180° C - 356 °F	4
Thermostat 6-7	190° C - 374 °F	5
Thermostat 7	200° C - 392 °F	6
Thermostat 7-8	220° C - 428 °F	7
Thermostat 7-8	230° C - 446 °F	8
Thermostat 8	240° C - 464 °F	9

* For UK electric fan ovens reduce the cooking temperature for all recipes by 20°C.

EN breakfast

- Breakfast pancakesp 4
- English muffinsp 4
- Cereal breadp 5
- Walnut breadp 5

drinks & appetisers

- Tutti frutti cocktailp 6
- Focacciasp 6
- Guacamolep 7
- Hummus.....p 7
- Cream of celery & stilton soupp 7
- Cheese naans.....p 8
- Tapenade.....p 8
- Salmon and chive cream mousses.....p 8

lunch

- Meatballsp 9
- Savoury loafp 9
- Asparagus ramekins.....p 10
- Italian gnocchi.....p 10
- Cheesy courgette bakep 10
- Gratin dauphinois.....p 11
- 4 cheese pizza.....p 11
- Vegetable and salmon tartp 11
- Farmhouse patep 11

afternoon tea

- Fruit cakep 12
- Chocolate shortcrust tart.....p 12
- Mini-doughnuts.....p 13
- Mango lassi.....p 13
- Summer fruits pavlovap 13
- Raspberry and white chocolate muffins ...p 14
- Fruit milkshakep 14
- Victoria sponge cakep 14
- Chocolate moussep 14
- Moist rich chocolate cake.....p 15
- Lemon meringue tartp 15

basic recipes

- Chantilly creamp 16
- Mayonnaisep 16
- White breadp 16
- Shortcrust pastryp 16
- Choux pastryp 17
- pouring batter – suitable for pancakes, crepes and yorkshire puddingp 17
- Waffle batter.....p 17
- Pizza dough.....p 17

breakfast



breakfast pancakes



Makes about ten 12 cm pancakes - Ingredients: 110 g plain flour
Pinch of salt - 2 eggs (medium size) - 250 ml milk 15 g melted butter
2 teaspoons of cooking oil

Fit the **blender** attachment. Put the eggs and half of the milk in it. Mix 15 seconds on speed 1.

Gradually add the flour, the salt, the rest of the milk and the melted butter and mix for 3 minutes on speed 1.

Before cooking the 1st pancake, pour ½ teaspoon of cooking oil in the pan. No need to oil the pan again before until the 4th pancake has been cooked. Place the non-stick pancake pan on a medium high heat setting. For each pancake, pour enough batter to spread a thin film over the base of the pan, turning clockwise and at the same time tilting it gently. When bubbles start to appear on the top and pancake begins to set, remove from the heat and shake the pan to loosen it. Allow to cook until golden brown on one side. Toss the pancake with a quick movement upwards, outwards and back. Then the uncooked side of the pancake is underneath. Cook the turned side until golden brown and then slide out onto a plate. Serve with the traditional lemon juice and caster sugar. Other toppings could be strawberry sauce, sliced bananas and chocolate sauce, tuna sandwich filling, strawberries and aerosol cream.

cereal bread



Ingredients (for one loaf approximately 800 g): 500 g cereal bread flour
285 ml lukewarm water - 10 g dried baker's yeast* - 10 g salt - oat flakes for topping

Put the flour, salt and baker's yeast in the **stainless steel bowl**. Fit the **kneader** and the **lid**. Run the appliance for a few seconds on speed 1 to mix. Then add water through the opening in the lid. Knead for eight minutes. Cover the dough with a tea towel and leave to rest for 15 minutes in a warm place. Next place the dough on a floured surface. Flatten the dough by hand into a square. Fold the points into the centre, then flatten the dough with your fist. Repeat the operation again. Shape a long loaf. Place in a lightly greased, floured loaf tin. Lightly moisten the surface of the loaf and sprinkle with oat flakes. Cover the dough with a damp tea towel and leave to rise for 60 minutes in a warm place. Then make a cut 1 cm deep along the length of the loaf. Put the loaf in a preheated oven at 240 °C, with a small container full of water to help form a nice golden crust. Cook for about 30 minutes. Remove the loaf from the tin and leave to cool on a wire rack.

Tip: Make little rolls for guests. Sprinkle them with poppy or sesame seeds.

* in UK use dried yeast labeled 'Easy Bake' or 'Fast Action'



english muffins



Ingredients (for 6 people): 300 g white bread flour - 8 g fresh baker's yeast* - 1 pinch sugar - 2 pinches salt - 210 ml lukewarm milk

Mix the yeast with the milk and sugar. Put the flour and salt in the **stainless steel bowl**. Fit the **kneader** and **lid**. Start the appliance on speed 1 and add the liquid through the opening in the lid. Knead for around four minutes until an even, non-sticky dough is obtained. Leave to rest in a bowl covered with a damp tea towel for at least an hour, away from draughts. When the dough has risen, roll it out on a floured work surface with a rolling pin until around 1 cm thick. Then, using a glass or biscuit cutter, cut out circles approximately 8-9 cm in diameter. Leave them to rest for a further 15 minutes. Then place directly in the bake or in the oven at 200 °C, for seven minutes on each side. Put a container of water in the oven to retain the moistness of the muffins.

Tip: Serve cut in half. Eat toasted or as a sandwich with a fried egg, for example.



walnut bread



Ingredients (for one round loaf approximately 850 g): 400 g wheat flour (white bread flour) - 100 g rye flour - 10 g dried baker's yeast* - 10 g salt 350 ml lukewarm water - 100 g walnuts

Roughly chop the walnuts. Put the two flours into the **stainless steel bowl**, and mix. Make two separate hollows: in one put the yeast, and in the other the salt. Do not put the salt and yeast in direct contact: the salt prevents the yeast from acting. Fit the **kneader** and **lid**. Select speed 1. Run the appliance for a few seconds. Add the lukewarm water through the opening in the lid, and knead for eight to ten minutes. Add the nuts and knead for a further two minutes. Leave the dough to rest for 30 minutes. Next place the dough on a floured work surface, and shape a round loaf. Cover the dough with a damp cloth and leave to rise at room temperature for two hours (the dough should double in volume). Put in the oven for 40 minutes at 240 °C with a small container full of water to help form a golden crust.

Tip: To help the dough rise better, flatten by hand into a square. Fold the points into the centre, then flatten the dough again with your fist. Repeat the operation again. Then shape a round or long loaf.

* in UK use dried yeast labeled 'Easy Bake' or 'Fast Action'

drinks & appetisers



tutti frutti cocktail

Ingredients (for 6 people): 350 ml fresh orange juice - 2 slices fresh pineapple - 1 banana - 10 strawberries or raspberries - 2 glasses of fresh carbonated water - 2 ice cubes - 1 sachet vanilla sugar (optional)

Put all the ingredients except the carbonated water in the **blender**. Run the appliance for 30 seconds on speed 5. Then add the carbonated water through the opening in the lid, while the blender is running. Mix for a further minute. Serve immediately.

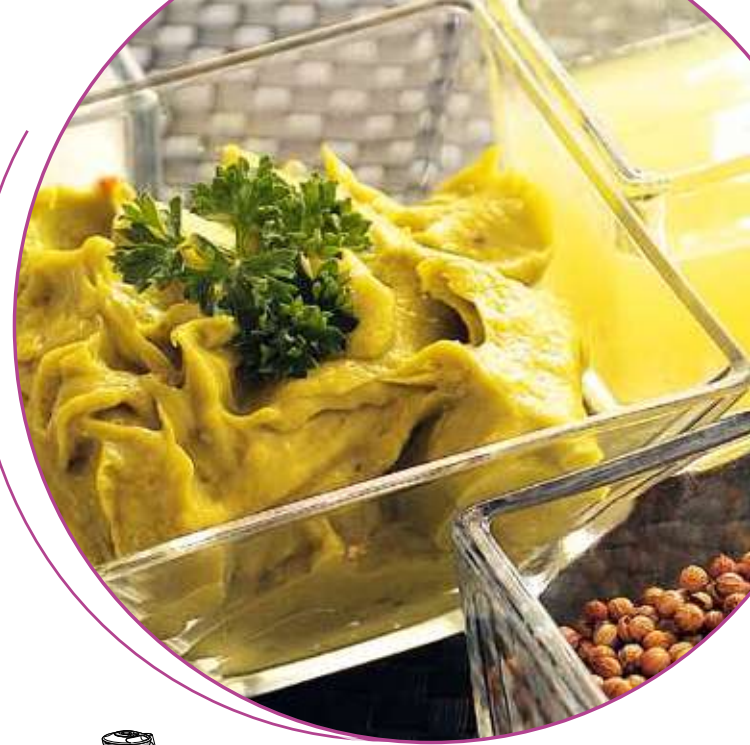
Tip: Add grenadine syrup.



guacamole

Ingredients (for 6 people): 2 ripe avocados - 1 tomato - 1 small onion - 1 tablespoon lemon juice - 2 branches parsley - 1 pinch ground Cayenne pepper - salt and pepper

Peel and de-seed the tomato. Remove the avocado stones. In the **blender**, put the peeled, chopped onion, tomato cut into large pieces, ground Cayenne pepper, lemon juice, parsley, salt, pepper and the flesh of the two avocados. Run the appliance in pulse mode, then on speed 4. Stop the appliance several times to scrape the bowl with a spatula, then continue to mix until the desired consistency is obtained. For a smooth and even mixture, run the appliance on maximum speed. Set aside in the refrigerator. Serve on toast with aperitifs.



hummus

Ingredients (for 6 people): 400 g cooked chick peas - 2 tablespoons lemon juice - 1-2 cloves garlic - a few branches parsley - 2 tablespoons olive oil - 2 tablespoons water - a few pinches ground red pepper salt - pepper

Put half the chick peas and all the other ingredients (except the parsley) in the **blender**. Mix for ten seconds. Add the remaining chick peas through the lid in the measuring cap and mix for a further 30 seconds. Garnish with the parsley.

Tip: Add six tablespoons of tahini (sesame paste).



focaccias

Ingredients (for 6 small focaccias): 500 g + 5 tablespoons wheat flour (white bread flour) - 300 ml lukewarm water - 1 glass dry white wine - 2 teaspoons fine salt 1 teaspoon sugar - 42 g fresh yeast - 60 ml olive oil - 3 teaspoons herbes de Provence 2 teaspoons dried rosemary - coarse salt

Put the flour into the bowl. Fit the **stainless steel bowl, kneader and lid**. Mix the yeast in the lukewarm water and pour it into the bowl. Run the appliance for a few minutes on speed 1. Cover with a clean tea towel and leave to rest for around two hours. Next, pour the white wine and oil onto the dough. Sprinkle with salt, add two teaspoons of herbes de Provence and rosemary. Knead on speed 1 and 2, adding five tablespoons of flour, until you obtain a smooth, soft dough. Cover again and leave to rise for between two and four hours. Oil a baking sheet, divide the dough into three rolls or six little round or long rolls, and roll out on floured surface. Jab your fingers into the dough to create hollows and bumps. Blend one tablespoon of olive oil and one tablespoon of water and brush the dough with this mixture. Sprinkle with a teaspoon of herbes de Provence and coarse salt. Cook in a hot oven (225 °C) for at least 25 minutes. Allow to cool before serving.



cream of celery stilton soup

Ingredients: 25 g butter - 450 g celery sticks - 50 g chopped onion - 175 g potato dices - 150 ml dry white wine 300 ml chicken stock - 300 ml milk - 75 g blue Stilton crumble into pieces - Salt and freshly ground black pepper

To serve: single cream and celery leaves

Melt the butter in a large saucepan. Add all the vegetables, mix well to coat all the vegetables with butter. Cover with a lid and cook on a low heat for 10 to 15 minutes to soften them.

Add the wine, increase the heat and reduce the liquid by half in an open pan. Add the stock, milk and seasoning. Simmer for 30 minutes. Remove the pan from the heat and stir in the cream.

Fit the **blender** attachment. Add the soup and Stilton. Process the soup in batches using pulse during 1 minute.

Return the soup to the rinsed out pan and reheat gently, taking care not to boil the soup. Taste and adjust seasoning. Serve with a swirl of cream and garnish with celery leaves.



cheese naans



Ingredients (for 4 people): 240 g plain flour - 200 g natural yoghurt - 8 portions DairyLea - 2 good pinches sugar - 1 teaspoon yeast - 1 tablespoon oil - 50 ml warm water - salt and pepper

Put the flour, yeast, sugar, salt, yoghurt and a spoonful of oil into the stainless steel bowl, fitted with the kneader and the lid. Mix in position 1 for 40 seconds. Add water progressively until a ball of dough forms. Increase the speed to position 2 and knead for at least five minutes to soften the dough. Sprinkle with flour, shape the dough into a large ball, lightly grease the bowl and leave the dough to rest at room temperature for three or four hours covered with a tea towel. Divide the dough into four balls, and roll out to 1/2 cm thickness. Put the cheese into the middle and seal the dough into a triangle or circle. Roll out the naans again with a rolling pin. Place the naans on a baking sheet and put into the oven for around 12 minutes at 260 °C. Serve hot, as an appetiser or an accompaniment.

Tip: You can replace the DairyLea with parsley butter.



tapenade

Ingredients (for 6 people)
200 g pitted black olives - 1 clove garlic - 50 g anchovies - 50 g capers
100 ml olive oil - salt and pepper

Dry the capers and anchovies on kitchen paper. Peel the clove of garlic. Put all the ingredients except the olives in the blender and run it on speed 1. Incorporate the olives gradually through the opening in the measuring cap and mix until the desired texture is obtained. Season to taste. Serve on toast with aperitifs.

Tip: Stop the appliance regularly and scrape the sides of the bowl for improved mixing.



salmon and chive cream mousses



Ingredients (for 6 verrines): 200 g crème fraîche - 30 blades chives - 6 tablespoons lemon juice - 3 slices smoked salmon - salt and pepper

Put the crème fraîche in the stainless steel bowl fitted with the multi-blade whisk and the lid. Season. Add the chopped chives. Whip the crème fraîche on speed 4 for one minute, then on speed 5 for one and a half minutes. Add three tablespoons of lemon juice. Whip for 30 seconds on speed 5 to properly incorporate the lemon juice into the crème fraîche. Divide the resulting cream between six verrines or small glasses. Arrange the salmon cut into strips over the top. Drizzle the rest of the lemon juice over the salmon.

Tip: You can replace the salmon with prawns.

Note: As an alternative, some of the smoked salmon can be mixed into the mousse.

lunch



meatballs



Ingredients (for 4 people): 500 g lean beef steak - 1 level tablespoon plain flour - 1 medium sized onion - 1 clove garlic - 3 branches parsley salt and pepper

Preheat the oven to 200 °C. Mince the meat on speed 4 with the mincer head fitted with the small hole screen. Put the minced meat and the finely chopped onion, garlic and parsley into the stainless steel bowl. Fit the mixer and the lid and run for one minute on speed 1. Make walnut-sized balls by rolling a small portion of the mixture between your palms. Place the meatballs onto a baking sheet covered in baking parchment.

Put into the oven for 25 minutes. Turn the meatballs halfway through cooking time.

Tip: Replace the beef with lamb and the parsley with coriander.



savoury loaf



Ingredients (for 6 people): 200 g plain flour - 4 eggs - 11 g baking powder - 100 ml milk - 50 ml olive oil - 12 sun-dried tomatoes - 200 g feta cheese - 15 pitted green olives - a touch of curry powder (optional) - salt and pepper

Preheat the oven to 180 °C. Butter and flour a loaf tin. In the stainless steel bowl fitted with the mixer and the lid, mix together the flour, eggs and baking powder, starting on speed 1 then increasing to speed 3. Add the olive oil and the milk and mix for one and a half minutes. Reduce to speed 1 and add the dried tomatoes (cut into pieces), cubed feta, green olives (cut into pieces) and curry powder. Season. Pour the mixture into the tin and put into the oven for 30 to 40 minutes, depending on the oven. Pierce with a knife to check that the loaf is cooked.

Tip: Replace the feta with mozzarella and add a few chopped basil leaves.



asparagus ramekins



Ingredients (for 8 people): 300 g cooked asparagus (from a jar) - 100 g white bread soaked in the asparagus juice - 5 eggs - 5 tablespoons skimmed milk powder - 50 g butter 100 g gruyère cheese - salt and pepper

Preheat the oven to 200 °C. Using the **vegetable cutter fitted with drum D**, grate the gruyère. Squeeze the liquid from the bread. Put the asparagus, bread, eggs, powdered milk, butter and half of the gruyère in the **blender**. Run on speed 5 for 40 seconds. Season with salt and pepper and pour the mixture into individual ramekins. Sprinkle the ramekins with the rest of the gruyère. Cook in a bain-marie or stand ramekins in roasting tin filled with boiling water, on medium temperature (200 °C) for 20 minutes.

Tip: Replace the asparagus with other green vegetables (haricot beans, broccoli, courgettes, etc.).



italian gnocchi

Ingredients (for 6 people): 1 kg potatoes (recommended to use King Edwards potatoes as they are less floury) - 2 egg yolks 300 g plain flour - 80 g + 20 g butter 5 g salt - coarse salt

Wash the potatoes and cook them without peeling in boiling water for 20 to 25 minutes. Drain and peel them and put them back in the empty pan on a low heat for around 5 minutes, while stirring, to dry them completely. Mash them to a very fine purée in the **stainless steel bowl**, then add the egg yolks, the fine salt and the flour with the appliance fitted with **the mixer and the lid** and mix on speed 1 for one and a half minutes. Add 20 g of butter and run on speed 2 for 30 to 40 seconds. On a lightly floured surface, cut out a lemon sized piece of dough, roll into a sausage shape about 2 cm diameter and cut into squares using a sharp knife. To create a ridged appearance, roll the gnocchi down a fork. Plunge the gnocchi into a pan of boiling salted water. Once they reach the surface, remove with a draining spoon and placed onto some kitchen paper to drain excess water. Serve them hot, accompanied by the rest of the butter, melted, and grated cheese.

Tip: You can cook the gnocchi in a frying pan or au gratin accompanied by a sauce.



cheesy courgette bake



Ingredients (for 6 people): 1 kg courgettes - 3 eggs - 250 g crème fraîche - 100 g gruyère salt, pepper, nutmeg

Preheat the oven to 220 °C. Using the **vegetable cutter fitted with drum A**, select speed 3 and slice the courgettes. Brown in a frying pan for ten minutes. Set aside. Using **the vegetable cutter fitted with drum D**, grate the gruyère on speed 2. Set aside. Beat the eggs and the crème fraîche in the **stainless steel bowl fitted with the multi-blade whisk and the lid**. Add the salt, pepper and nutmeg. Select speed 2 and run for 30 seconds. Place half of the courgettes into a buttered oven proof dish and sprinkle with half of the gruyère. Place the remaining courgettes into the dish, and top with the remaining gruyère. Cover the courgettes with the egg, crème fraîche, salt, pepper and nutmeg mixture. Cook in the oven for 25 to 30 minutes at 220 °C. Serve hot.

Tip: For a touch of freshness, add a little mint.

Note: If there were too many courgettes to cook all at once, fry the first half and then the second, as they have to be split in half anyway.

gratin dauphinois



Ingredients (for 6 people): 1 kg potatoes - 300 ml milk – 250 ml liquid cream* - 1 clove garlic - 3 egg yolks - 100 g gruyère - salt and pepper

Using the **vegetable cutter fitted with drum D**, grate the gruyère on speed 2. Set aside. Peel the potatoes. Slice them using the **vegetable cutter fitted with drum A** on speed 2. Butter an average 27 cm oval gratin dish and rub it with the clove of garlic. Arrange the slices of potato in the dish. Put the egg yolks, milk, cream, salt and pepper into the **stainless steel bowl fitted with the multi-blade whisk**. Beat on speed 2 for one minute. Pour this mixture over the potatoes. Sprinkle with grated gruyère and a few knobs of butter. Put into the oven at 170°C/ 150°C fan oven for one hour , then removed the lid and cooked for another 20 minutes to brown the top .

Tip: Add a few pinches of nutmeg.

**in UK use double cream*



vegetable and salmon tart



Ingredients (for 6/8 people): 1 quantity shortcrust pastry 350 g carrots - 350 g courgettes - 350 g fresh salmon 3 eggs - 200 ml crème fraîche - 100 ml milk - salt and pepper paprika

Prepare the shortcrust pastry. Roll out the pastry into a buttered 30 cm diameter tart tin. Using baking beans, bake the pastry blind for 20 minutes at 180 °C. Grate the carrots, then the courgettes, on speed 2 with the **vegetable cutter fitted with drum C**. In a lightly buttered frying pan, braise the vegetables on low heat for 25 minutes. Arrange the vegetables and the fish cut into strips on the precooked pastry. Put the eggs, crème fraîche, milk, paprika, salt and pepper into the **stainless steel bowl fitted with the multi-blade whisk**, and beat for 40 seconds on speed 2. Pour this mixture onto the vegetables and put into the oven at 180 °C for 35 minutes. Serve hot.

Tip: Replace the salmon with chicken breast pieces.



4 cheese pizza



Ingredients (for 6 people): 1 quantity pizza dough - 500 g tomatoes 1 onion - 3 cloves garlic - 3 branches parsley - 3 tablespoons olive oil - salt and pepper - 50 g black olives - oregano - 25 g grated gruyère cheese - 50 g gorgonzola cheese - 60 g goat's cheese - 50 g mozzarella

Prepare the pizza dough. Peel and de-seed the tomatoes. Chop the onion, garlic and parsley. In a frying pan, brown the chopped onion, garlic and parsley, together with the tomatoes, in a little olive oil. Season and reduce for half an hour.

Fit the **blender bowl** and pour into it the slightly cooled mixture. Use the Pulse function for a few seconds, then run the appliance for 30 seconds on maximum speed to mix the coulis. Oil a baking tray. Roll out the pizza dough, place it on the baking tray, and brush with olive oil. Spread with the tomato coulis. Cut the cheeses into small finger slices or cubes and garnish the pizza. Add the black olives. Sprinkle with oregano and grated gruyère. Drizzle with olive oil. Cook in the oven for around 25 minutes at 220 °C.



farmhouse pate

Ingredients (for one 1 kg terrine): 500 g chicken livers - 250 g belly pork - 250 g fat streaky bacon - 1 egg - 1 minced onion 50 ml cognac or armagnac - 2 branches thyme 1 pinch of grated nutmeg - 2 thin, wide strips of bacon fat - 2 bay leaves

To make the Luting Paste: 115 g flour - salt and pepper - 90 ml water

Mince the three meats with the **mincer head fitted with the small hole screen**, on speed 4. Preheat the oven to 150 °C. Put the mince into the **stainless steel bowl**, and incorporate the whole egg, cognac, thyme leaves, nutmeg, salt and pepper. Fit **the mixer and lid**, and mix on speed 1 for two minutes. Line a terrine with a strip of bacon fat, pour in the mixture, add 2 bay leaves on top and cover with the other strip of bacon fat. To make the luting paste, mix with the flour and water until the dough resembles a scone texture, and apply it around the join between the terrine and the lid to seal the terrine. Put in the middle of the oven, in a roasting tin filled with boiling water, and cook for one and three-quarter hours. Remove the lid from the terrine and let it cook for a further 30 minutes uncovered in the bain marie, to brown the top. Allow to cool completely. Keep cool for 24 hours before serving.

Tip: Replace the chicken livers with 500 g duck meat or 500 g rabbit meat.

Note: This recipe can be halved and cooked in a 0.7L dish which would serve 6 people for a starter dish.





afternoon tea

fruit cake



Ingredients (for 6 people): 150 g raisins - 150 g glacé fruit of your choice (eg: glacé cherries) 1 tablespoon rum 125 g butter - 125 g caster sugar - 3 eggs - 250 g plain flour 11 g baking powder - 1 pinch salt 10 g flaked almonds 30 g glacé fruit to decorate



Line a 24 to 26 cm long loaf tin with buttered baking parchment. Preheat the oven to 150°C. Soak the raisins and glacé fruit in the rum. Put the flour, baking powder, butter, sugar, egg and salt into the **stainless steel bowl**. Fit the **kneader** and **lid**. Run the appliance for 30 seconds on speed 1, then two and a half minutes on speed 5. Sprinkle the fruit with a tablespoonful of flour, mix, and incorporate them into the mixture on speed 1 (around 30 seconds). Pour into the loaf tin, put into the oven and leave to cook for around one hour and twenty minutes at 150°C. Allow to cool. Remove the cake from the tin without removing the baking parchment and allow to rest for 24 hours before serving.

Tip: Before putting the cake in the oven, sprinkle the top with glacé fruit and flaked almonds. You can soak the raisins and glacé fruit in tea instead of rum.



chocolate shortcrust tart

Ingredients: For the pastry: 200 g plain flour - 150 g cold butter, straight from the fridge - 50 g cocoa powder, sieved - 100 g icing sugar - 1 or 2 egg yolks - 15 ml cold water

For the filling - 250 g good quality plain chocolate (with about 50% cocoa solid contents) - 200 ml double cream 25 g softened butter

Cut the butter into 1.5 cm cubes. Fit the **stainless steel bowl** with the **kneader**. Add the flour and sieved cocoa powder. Mix on speed 1 for 20 seconds or until evenly mixed.

Add the butter and icing sugar. Mix on speed 2 for about 2 minutes 30 seconds until the mixture resembles fine breadcrumbs. Reduce to speed 1, add 1 egg yolk and 15 ml of cold water through the hole in the lid. Mix during 3 minutes. Stop the machine as soon as the dough has become smooth and form a ball. If the dough is not sticking together properly, add another egg yolk. Wrap the dough ball in cling film and leave it in the refrigerator for 1 hour.

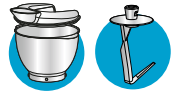
Preheat the oven to 180°C/ Fan oven 170°C, gas mark 4. On a lightly floured surface roll out the pastry and line a shallow sided 28 cm loose bottom tart tin, or 6 mini-tart tins. Cover with a circle of greaseproof paper and fill with baking beans. Cook in the oven for 10 minutes, then remove from the oven and leave to cool completely.

Roughly chop up the chocolate using a big knife or grate it and then tip it into the **stainless steel bowl**. Fit the **whisk**. Slowly bring the cream to simmering point, then pour it over the chocolate. Wait 1 minute before whisk increasing progressively the speed from 3 to 5 during 1 minute.

Pour this mixture in the tart case and leave it to set in the refrigerator for 1 hour. Just before serving you can decorate the tart with chocolate curls or rosettes of whipped cream.



mini-doughnuts



Ingredients (for 25 doughnuts): 2 eggs - 500 g plain flour - 20 g yeast 150 ml lukewarm milk - ½ small sherry glass Aguardente (a drink like vodka but based on cane sugar) 1 pressed orange (optional) - 1 teaspoon olive oil 5 g salt - icing sugar (or caster sugar)

Put the flour, yeast and lukewarm milk in the **stainless steel bowl** fitted with the **kneader** and the **lid**. Add the Aguardente, orange juice (or water instead), eggs, olive oil and salt. Knead on speed 1 for three minutes, then on speed 2 for five minutes, until an even and smooth mixture is obtained. Allow to rest in order to double in size at room temperature. Roll out the dough on a floured surface and cut out into small balls, then leave them for 20-30 minutes to prove. Fry in very hot oil until the

doughnuts are golden in colour. Turn and cook on the other side until golden. Drain and sprinkle with sugar.



mango lassi



Ingredients (for 4 glasses): 2 pots (250 ml) Bulgarian-type natural yoghurt 125 ml water - 1 good-sized ripe mango or slices of frozen mango - 4 tablespoons sugar

Put the yoghurt, water, sugar and the mango cut into pieces into the blender bowl. Mix for 30 seconds on maximum speed.

Tip: Sprinkle with ground cardamom.



summer fruits pavlova



Ingredients: 4 egg whites - Pinch of salt - 230 g caster sugar - 3 g vanilla extract - 2 g vinegar - 6 g corn flour - 284 ml double cream - 6 g caster sugar - 450 g strawberries or raspberries

Preheat the oven to 150°C/fan oven 140°C, UK gas mark 1. Line a baking sheet with non-stick baking parchment and draw a 20 cm (8in) circle on the paper and turn over. Fit the **stainless steel bowl** and the whisk. Add the egg whites and salt. **Whisk** on speed maximum for 2 minutes 30 seconds until they form soft peaks. With the machine still running, add the sugar a tablespoon at a time and beat until the mixture holds stiff peaks. Beat in the vanilla extract, vinegar and cornflour using speed maximum until mixed in.

Spread the meringue mixture over the circle and use the back of spoon to make peaks around the edge to form a rim. Bake for about 1 hour 30 minutes or until crisp on the outside but still soft at the centre. Switch off the oven and leave the meringue to cool in the oven for a few hours. Cool on a wire rack and remove the baking parchment.

Clean the bowl and whisk. Whip the cream together with the sugar on speed 5 for 30 seconds, checking the progress once the cream starts to stiffen. Chill the cream until required. Place the meringue on a serving dish, spread over the cream and top with soft fruit. For better result, leave the pavlova in the fridge during 1 hour.



raspberry and white chocolate muffins

Ingredients: 300 g plain flour - 150 g sugar - 10 g baking powder - 1 egg 5 g vanilla extract - 225 ml milk - 50 g melted butter - 125 g fresh raspberries - 75 g white chocolate

Preheat the oven to 200°C/ Fan oven 190°C, gas mark 6.

In a separate bowl sift the flour, the baking powder and the sugar.

Fit the **stainless steel bowl and the whisk**. Whisk the egg, vanilla extract, milk and melted butter together on speed 3 for 30 seconds.

Put the **mixer blade** and add the flour mixture into the liquid ingredients and mix together on speed 2 for 2 minutes then mix for another 4 minutes. Then, stir the raspberries and roughly chopped white chocolate for 30 seconds on speed 1.

Spoon the mixture into the Proflex 12 hole muffin tin, filling each hole up to the rim. Bake in the preheated oven for about 25 to 30 minutes until well risen and brown.

To test if they are cooked, insert a skewer into the middle of one muffin. If it comes out clean with no uncooked mixture attached they are cooked. Leave to cool in the Proflex tin for a few minutes and then transfer to a wire rack.

victoria sponge cake



Ingredients: For the sponge: 175 g softened butter or soft margarine -175 g caster sugar -3 eggs -175 g self-raising flour - 8 g baking powder - 15 g instant coffee granules - 10 ml boiling water - 75 g finely chopped shelled walnuts

For the icing: 75 g softened butter - 250 g icing sugar, sifted - 15 g instant coffee granules -10 ml boiling water

Preheat the oven to 180°C/fan oven 170°C, UK gas mark 4.

Sieve the flour and baking powder together. Place the fat and sugar in the **stainless steel bowl**. Fit the **mixer blade**. Beat the fat and sugar on speed 1 until light and fluffy. The time will depend on the type of fat used and the degree of softness. Usually it takes about 2 minutes.

With the machine running on speed 1, add the eggs one at a time together with 1 tablespoon of flour through the opening in the splashguard. Then add the rest of the flour. Beat during 1 minute on speed 2.

Add 15g instant coffee granules dissolved in 10 ml boiling water and 75g finely chopped shelled walnuts.Mix 30 seconds on speed 3.

Lightly grease two lined 18cm(7in) sandwich tins.Spoon in the mixture and smooth the top. Bake in preheated oven for about 30 minutes or until the sponge is firm to touch. Turn out and cool on a wire rack.

To make the icing, dissolve 15g instant coffee granules in 10 ml boiling water. Leave it to cool. Fit the **mixer blade**. Beat together 75g softened butter and 125g icing sugar during 4 minutes on speed 3. Add the liquid coffee and mix during 30 seconds. Gradually beat in the remaining icing sugar until you achieve a texture and taste you like. Usually it takes about 3 minutes. Once the sponge is really cool, sandwich the cake with half the icing and spread the remaining icing over the top. Decorate with halved nuts.

fruit milkshake



Ingredients (for 6 people): Choice of fruit: 1 banana or 2 kiwi fruit or 200 g strawberries or raspberries 500 ml very cold semi-skimmed milk - 30 g sugar 3 ice cubes

Peel the fruit as required. Put all the ingredients in the **blender bowl**, and mix for one minute on maximum speed. Serve immediately.



chocolate mousse

Ingredients (for 6/8 people): 150 g good quality plain chocolate 150 g caster sugar - 6 eggs

Break the chocolate into pieces. Put the pieces into a small pan with two tablespoons of water. Melt on very low heat, stirring with a wooden spoon. Remove the pan from the heat when the chocolate forms a smooth paste. Add the six egg yolks, stirring constantly.

Beat the egg whites until they form stiff peaks with 25 g of sugar in the **stainless steel bowl fitted with the multi-blade whisk and the lid**, on speed 5 for one and three-quarter minutes. Add the rest of the sugar and whisk on maximum speed for 30 seconds.

Add a spoonful of beaten egg whites to the egg/chocolate mixture and mix vigorously to relax the dough. Then carefully incorporate the remaining beaten egg whites into the chocolate mixture. Put into the refrigerator and leave for several hours.

Tip: Add the finely grated zest of an orange to the beaten egg whites.



moist rich chocolate cake

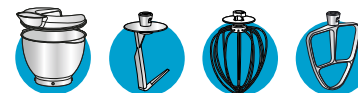


Ingredients (for 8 people): 200 g good quality plain chocolate - 150 g caster sugar 125 g plain flour - 125 g softened butter - 4 medium sized eggs - 200 ml liquid cream (whipping cream) - 100 g ground almonds (optional) - 1 teaspoon of vanilla extract (optional) 11 g baking powder - 9inch loose bottom cake tin

Preheat the oven to 180 °C /160 °C fan oven. In a bain marie or in the microwave oven, melt the chocolate cut into pieces with 3 tablespoons of water. While stirring, add the butter gradually a little at a time to give a smooth chocolate mixture. Allow to cool. Separate the egg yolks from the whites. Set the egg whites aside. Put the egg yolks, melted chocolate, cream, sugar, vanilla sugar, ground almonds and the rest of the butter in the **stainless steel bowl fitted with the mixer and the lid**. Run on speed 1 for 40 seconds to mix. Increase to speed 2 and incorporate the flour sieved with the baking powder through **the opening in the lid**. Allow the appliance to run for around two minutes until a smooth mixture is obtained. Set aside in a large bowl. Put the egg whites in the cleaned **stainless steel bowl fitted with the multi-blade whisk**. Whisk the whites on speed 5 for one and three-quarter minutes, then on maximum speed for 30 seconds. Using a spatula, carefully incorporate the beaten egg whites into the chocolate mixture. Pour the mixture into a lightly greased, floured cake tin. Cook in the oven at 180 °C for 50 minutes.

Tip: This cake is delicious served with crème anglaise (see recipe for Floating Islands) or scoops of vanilla ice cream.

lemon meringue tart



Ingredients (for 6/8 people): For the pastry: 250 g plain flour - 125 g butter - 30 g ground almonds 80 g icing sugar - 1 egg - 1 pinch salt. For the topping: 6 eggs - 300 g sugar 3 unwaxed lemons - 100 g melted butter. For the meringue: 3 whites of egg - 60 g icing sugar - 1 pinch salt

Prepare the pastry: Put the flour, cold butter cut into small cubes, ground almonds, sugar and salt in the **stainless steel bowl fitted with the kneader and the lid**. Run the appliance on speed 1 for ten seconds to mix, then on speed 3. When the mixture looks like breadcrumbs, add the egg through the opening in the lid and allow to run for a further five minutes. Stop the appliance as soon as the pastry forms a ball. Allow the pastry ball to rest for at least one hour in the refrigerator, covered with cling film. Prepare the topping: Wash and dry the lemons. Grate the zest and press the lemon juice. Put the eggs, sugar, lemon juice and zest and the melted butter in the **stainless steel bowl fitted with the mixer and the lid**. Run the appliance on speed 1 to speed 4 until the mixture is even. Heat the oven to 210 °C. Butter a 28 cm diameter tart tin or tart tin. Roll out the pastry to 4 mm thick and prick with a fork. Cover with baking parchment and dried beans. Bake blind for 15 minutes. Remove the baking parchment and the dried beans. Pour the topping onto the tart base and continue cooking for 25 minutes at 180 °C. Prepare the meringue: Beat the egg whites with 20 g of icing sugar in the **stainless steel bowl fitted with the multi-blade whisk and the lid**, on speed 5 for one and a half minutes, then on maximum speed until the whites form stiff peaks. Add the remaining 40 g of icing sugar at the end, continuing to whisk. When the tart is cooked, cover it with meringue using a spoon. Put the tart in the oven for a few minutes until the meringue is lightly browned.

Tip: Decorate the top of your tart with lemon slices.





chantilly cream

Ingredients (for 6/8 people):
25 cl very cold liquid crème fraîche
50 g icing sugar

Put the crème fraîche and the icing sugar in the stainless steel bowl fitted with the kneader and the lid. Run the appliance on speed 4 for two minutes, then on maximum speed for three and a half minutes.



white bread

Ingredients (for one round loaf of 800 g): 500 g white bread flour - 300 ml lukewarm water - 10 g dried baker's yeast* - 10 g salt.

Put the flour, salt and dried yeast into the stainless steel bowl. Fit the kneader and the lid and run for a few seconds on speed 1. Add the lukewarm water through the opening in the lid. Knead for eight minutes. Allow the dough to rest at room temperature for around half an hour. Then work the dough by hand into a ball. Place the ball of dough on a buttered, floured baking sheet. Allow to rise for a second time at room temperature for about an hour. Preheat the oven to 240 °C. Make cuts on the top of the loaf with a sharp blade, and brush with lukewarm water. Put a small container full of water into the oven: this helps the bread to form a golden crust. Bake for 35 minutes at 240 °C. It should sound hollow when tapped underneath if cooking is sufficient.

Tip: Yeast should not come into contact with salt which will prevent it from acting, however, it feeds on sugar.

* in UK use dried yeast labeled 'Easy Bake' or 'Fast Action'

mayonnaise



Ingredients: 1 egg yolk from a medium sized egg - 1 tablespoon Dijon mustard - 1 teaspoon vinegar 250 ml olive or sunflower oil - salt and pepper

Put the egg yolk, mustard, vinegar, salt and pepper in the stainless steel bowl fitted with the multi-blade whisk and the lid. Select speed 1. Run the whisk and begin to add the oil in a thin trickle. After 10 seconds, increase to maximum speed. Once the oil is incorporated into the mixture, run the whisk for a further 30 seconds.

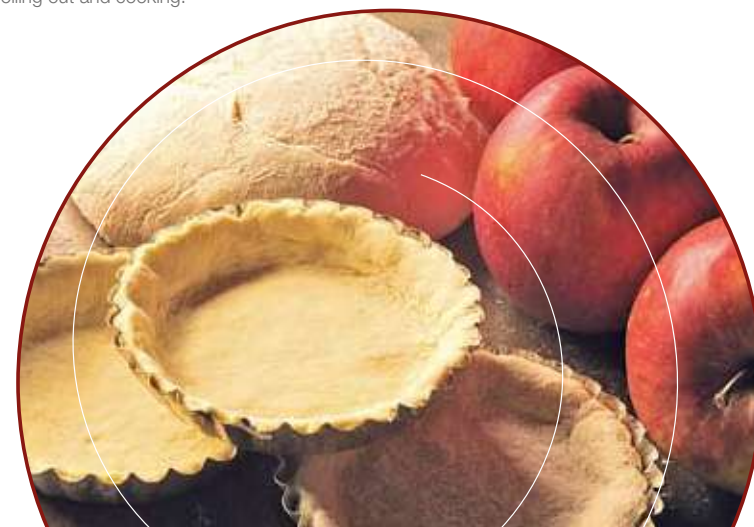
Tip: Add a grated clove of garlic, if suitable for your recipe. For best results, all the ingredients should be at room temperature.



shortcrust pastry

Ingredients (for a tart base of 350 g): 200 g plain flour - 100 g butter cut into cubes - 50 ml water - one pinch salt

Put the flour, butter and salt into the stainless steel bowl. Fit the kneader and the lid and run for a few seconds on speed 1. Add the lukewarm water while the appliance is running. Allow the appliance to run until the pastry forms a ball. Allow the pastry to rest in a cool place, covered with cling film, for at least an hour before rolling out and cooking.



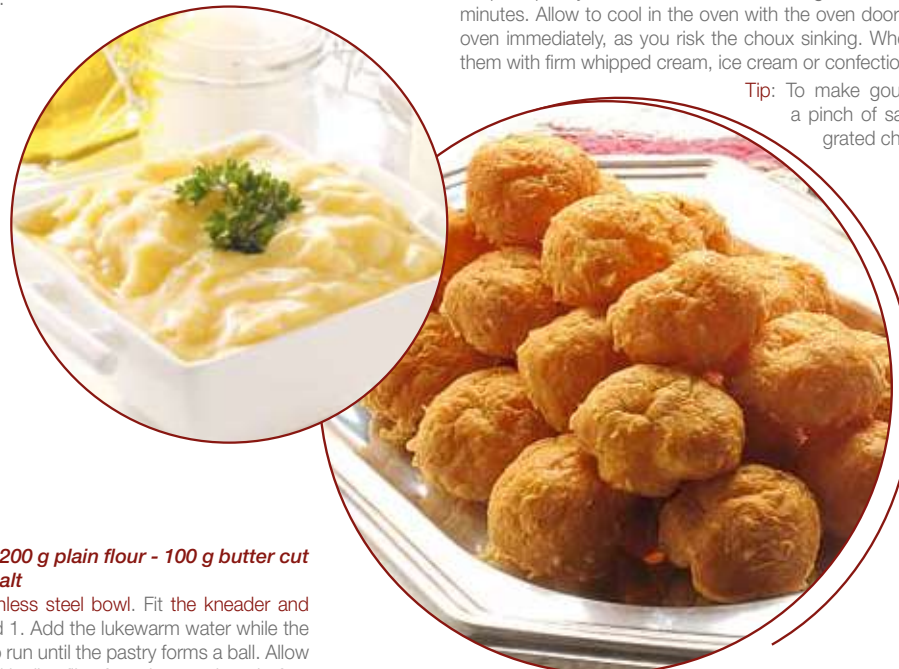
choux pastry



Ingredients (for 20 large or 40 small choux): 300 ml water - a little salt a little sugar - 120 g butter - 240 g plain sieved flour - 6 medium sized eggs

In a pan, heat the water with the butter, salt and sugar. Bring to the boil and add the flour to the pan all at once. Stir with a wooden spatula until the pastry absorbs all of the liquid. Allow to cool. After cooling, put the pastry into the stainless steel bowl, and fit the mixer and the lid. Select speed 1 and incorporate the eggs one by one, through the opening in the lid. After total incorporation of the eggs, work the pastry for a further two to three minutes until it is smooth. Using a small spoon or a piping bag, make small heaps of pastry on a buttered, floured baking sheet. Cook in the oven at 180 °C for 40 minutes. Allow to cool in the oven with the oven door open. Do not remove from the oven immediately, as you risk the choux sinking. When they are completely cool, fill them with firm whipped cream, ice cream or confectioner's custard.

Tip: To make gougères, replace the sugar with a pinch of salt and sprinkle the choux with grated cheese before cooking.



waffle batter



Ingredients (for 24 waffles): 250 g plain flour - 15 g fresh baker's yeast 2 eggs - 1 pinch salt - 400 ml milk - 125 g softened butter - 1 sachet vanilla sugar (or a few drops of vanilla extract)

Mix the baker's yeast in a little lukewarm milk. Fit the blender bowl to the appliance, and add the eggs, salt, vanilla sugar, remaining milk, butter and the yeast mixture.

Lock the lid. Run the appliance on speed 4 and gradually add the flour through the measuring cap opening in the lid. If necessary, use the Pulse function for a few seconds to improve the integration of the flour into the batter. Using a spatula, scrape the sides to ensure the mixture is thoroughly mixed.

Run the appliance for about two minutes, until the batter is smooth. Allow to rest for an hour before making the waffles.

Tip: Serve the waffles with chantilly cream, chocolate sauce, etc.



pouring batter



suitable for pancakes

crepes and
yorkshire
pudding

Ingredients (for 20 crepes) : 750 ml milk 375 g flour - 4 eggs 40 g sugar - 100 ml oil 1 tablespoon orange flower water or flavoured alcohol

Put the eggs, oil, sugar, milk and selected flavouring into the blender bowl.

Select speed 2 and run the appliance for a few seconds. Then add the flour through the opening in the measuring cap and allow to run for one and a half minutes.

Allow the batter to rest for at least an hour at room temperature before making the crepes.



pizza dough

Ingredients (for one pizza): 150 g bread flour - 90 ml lukewarm water 2 tablespoons olive oil - 3 g dried baker's yeast* - salt

Put the flour and salt into the stainless steel bowl fitted with the kneader. Fit the lid. Run for a few seconds on speed 2, , add the yeast then increase to speed 4. Add the lukewarm water, then the olive oil and allow to run until the dough forms a smooth ball. Allow to rise until the pastry has doubled in volume. Roll out and use according to the recipe.

*in UK use dried yeast labeled 'Easy Bake' or 'Fast Action'





Tefal®
Kitchen Machine