

thermomix

Cutter Welcome Book

VORWERK





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Introduction

Thermomix® makes food preparation easy, and the Thermomix® Cutter accessory will make your dishes impressive – and impressively easy. The Thermomix® Cutter will slice and grate accurately and efficiently for great results. Now you can enjoy slicing and grating a wide variety of different ingredients to give both flavour and texture to your dishes. Create interesting salads, beautiful desserts, as well as a complete variety of sweet and savoury dishes.

This book will give you guidance for using the Cutter every day and practical instructions for assembly, as well as great tips for pro results. We have included a selection of recipes for you to try out using the Cutter, from röstis to tarts, helping you create a whole new look and feel to your mealtimes. Time saving, efficient, versatile, easy to use, a different and attractive way to present healthy dishes to your family – the possibilities are endless for you to be creative with the Thermomix® Cutter.

Get More From Your Thermomix®

Thermomix® is always thinking about how to simplify your life in the kitchen, and the Thermomix® Cutter is the perfect complement to your Thermomix® to slice and grate your ingredients. Reduce your food preparation time, with impressive results every time. The Thermomix® Cutter provides an easier food preparation experience through its main benefits:

- **Versatile and unique disc – 4 different cuts from a single disc.**
The Thermomix® cutting disc is a single disc that produces 4 different results – thin slices, thick slices, thin gratings and thick gratings. The disc is compact and can be stored neatly and securely in the cutter lid.
- **Saves time in the kitchen.**
The Thermomix® Cutter is versatile enough for everyday use. It will make the preparation of



- **Leaves the mixing bowl clean and ready to use.**
The Thermomix® Cutter is designed with effortless cooking in mind. The cutter basket sits inside the mixing bowl, leaving it clean and ready to use when the basket and drive shaft are removed.
- **Makes healthy eating a visually attractive option.**
Enriching your meals with more vegetables and fruits looks great with the Thermomix® Cutter. Prepare attractive, healthy dishes that even your children will love.



vegetables and fruits quick and easy, eliminating the time and effort needed to use a chopping board and knife. Preparing beautifully cut ingredients is now faster and easier. This adds to the already wonderful efficiency of Thermomix®.

- **Evenly cut pieces that cook evenly.**
The Thermomix® Cutter cuts your vegetables into even pieces for great results and even cooking.
- **Easily achieves impressive results with accurate cuts.**
The Thermomix® Cutter has a razor-sharp cutting edge that will cut accurately. This will give even the simplest dishes, such as a fruit platter or steamed carrots, a stunning finished result.

See
**Buddha Bowl
with Chicken**
recipe on
p. 58



What's in the Box?

Get to Know Your Thermomix® Cutter

The Thermomix® Cutter is made up of 5 parts (see photo opposite). High quality and durable, all Thermomix® products and their parts are built to last. The cutting disc is made of high-quality steel for fast cutting and short prep times, and every part has been carefully designed and tested by our engineers to give you the best results. We describe here each part of the Cutter and what they do.



Cutter lid

The cutter lid covers the disc, and the locking arms close around it. There is a wide and a narrow feeder tube to hold in position a variety of sizes of fruits, vegetables, or other ingredients.

Pusher

By gently and steadily pressing down the pusher, ingredients are cut precisely.

Cutting disc

A two-sided high-quality steel cutting disc whose strong and sharp blades cut a wide variety of ingredients. Side 1 is for slicing and side 2 for grating.

Cutter basket

The two-handled cutter basket is easy to use and holds approximately 800 g sliced or grated ingredients. It has a rounded base to collect juices from sliced or grated fruits, to enjoy with the prepared fruits.

Drive shaft

The shaft sits over the mixing bowl knife, connecting to the cutting disc.



What the Cutting Disc Can Do

Side 1

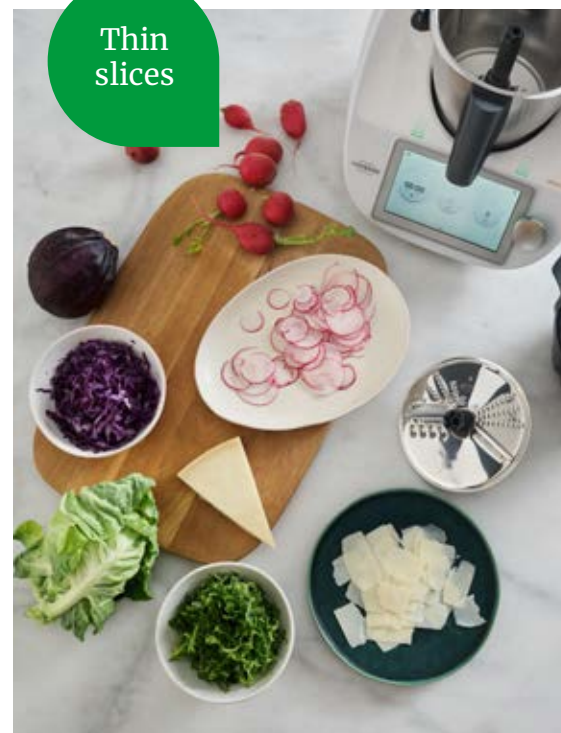
is engraved with sliced shapes (thin and thick) and has a dark central hub.



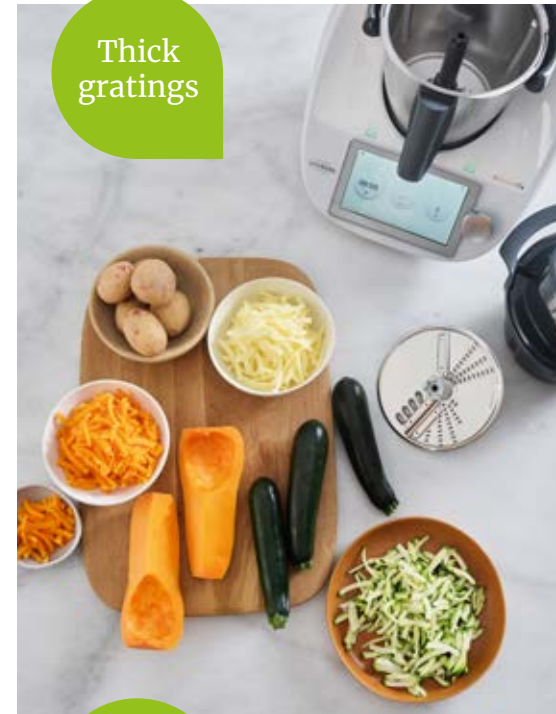
A 4-in-1 tool that is easy to use. Use the normal or clockwise rotation to obtain thick slices of plum tomatoes and courgettes in the *Ratatouille Galette* (p. 69) or thickly grated carrots in the *Buddha Bowl with Chicken* (p. 58). Use reverse rotation to get thinly sliced cabbage for a *Coleslaw* (p. 54) or thinly grated celeriac for a *Celeriac Remoulade* (p. 40) – one disc for four different cuts to enrich your cooking skills.



Thick slices



Thin slices



Thick gratings



Thin gratings

Side 2

is engraved with strips to represent **grating** (thin and thick) and has a light central hub.



Set the disc on the drive shaft with the side that you require facing up. Follow the instructions to assemble and get ready for effortless preparation.

Ready to Start: How to Use the Thermomix® Cutter

The Thermomix® Cutter prepares your ingredients for you at the turn of the selector. Easy to use and easy to clean, you can rely on the Thermomix® Cutter.

Assembling

1 Before assembling the Thermomix® Cutter, ensure that the mixing bowl is fully inserted, correctly positioned in the Thermomix® TM6 or TM5 and empty.



2 Place the drive shaft onto the Thermomix® mixing knife in the mixing bowl and ensure it is correctly placed. The base of the shaft should be fitted on the centre of the mixing knife and the shaft should stay vertical.



3 Place the cutter basket onto the drive shaft. The shaft should appear through the central hole of the basket.



4 Always hold the cutting disc by the central hub since the disc itself is very sharp. Place it onto the drive shaft with the side that you want to use facing up (see p. 10–11).



5 Place the cutter lid onto the cutter basket. The locking arms will lock the cutter lid into place when the motor is activated.



6 Insert ingredients through the feeder.



7 Use the pusher to gently press the ingredients down through the feeder tube and onto the cutting disc.

Slice or grate, thinly or thickly. Get started and be creative with the Thermomix® Cutter.

Disassembling

The pusher will click into position at the end of the grating or slicing operation. This keeps it in place while you remove the lid.

To make it easier to handle, the disc remains inside the lid when the lid is lifted, allowing the ingredients in the cutter basket to be easily removed.

When you are ready, just remove the cutter basket and the shaft. And that's it, the mixing bowl remains clean and ready for use.

Cleaning

Always hold the cutter disc by the central plastic hub to avoid touching the sharp edges. When fruits or vegetables have been sliced or grated in the Cutter, a quick clean under running water is all that is needed for the parts.

Use dish detergent when a more intense clean is needed, for instance when cheese has been sliced or grated. For the cutting disc, use a washing-up brush and clean under running water, avoiding the sharp cutting edges.

The Thermomix® Cutter is dishwasher safe. Separate all components and place them, ideally, on the top rack of the dishwasher. The cutting disc can be cleaned in the dishwasher, but if you clean it by hand, it will help to keep the high-quality blades sharp for longer. To prevent oxidation, don't leave the cutting disc to soak.

Top Tips

Some ingredients rich in beta-carotene, such as carrots, can cause heavy staining both on the steel and plastic parts of the Cutter. To remove these stains efficiently without harming the disc, rub the stained parts with vegetable oil using a cotton ball or some kitchen paper, then wash normally with water and detergent. Always make sure you handle the disc by the plastic hub when doing this. Do not use bleach to clean any parts of the Cutter.



How to Use the Thermomix® Cutter in Thermomix® TM6 or TM5

Now that you are familiar with all the parts of the Thermomix® Cutter, you are ready to start slicing and grating your favourite ingredients. You will find the Thermomix® Cutter easy to use, whether following a Guided Cooking recipe or cooking manually. The Thermomix® Cutter is compatible with both Thermomix® TM6 and TM5 and recipes for each version of Thermomix® are available on Cookidoo®.

See here how to use the Thermomix® Cutter in each appliance.

In Thermomix® TM6

Swipe the home screen to access the two modes, Grating and Slicing. Remember that you will find further explanations for each one by touching the information icon on your Thermomix®. Important: the type of cut depends on the correct side of the disc facing up, not on the mode chosen.



In each mode you can choose whether you want a thin or a thick cut. Just turn the selector to select one of the options, and the mode will start. Insert the ingredient in the feeder and gently press down with the pusher. Touch the selector to stop the mode when you have finished slicing or grating or when the mode stops automatically after 1 minute. Check the basket and empty it, if necessary, before continuing.

In Thermomix® TM5



Attention: always set time to 1 minute maximum to avoid overfilling the basket and always use speed 4.



For thick slices or thick gratings, set a maximum time of 1 minute and turn the selector to speed 4. Insert the ingredient in the feeder and gently press the ingredient down with the pusher. Touch the selector to stop the cutter when you have finished slicing or grating or when the motor stops after 1 minute. Check the basket and empty it, if necessary, before continuing.

For thin slices or thin gratings, set a maximum time of 1 minute, select reverse rotation and turn the selector to speed 4. Insert the ingredient in the feeder and gently press the ingredient down with the pusher. Touch the selector to stop the cutter when you have finished slicing or grating or when the motor stops after 1 minute. Check the basket and empty it, if necessary, before continuing.

Top Tips

When ingredients are light and small, like mushrooms or strawberries, or when precise placement of the ingredient is necessary for accurate results, like onion slices, place the ingredients in the feeder first, hold with the pusher then start the motor. Press down gently and steadily for even cuts.

To achieve best results with your Thermomix® Cutter, always follow the Guided Cooking instructions given in recipes on Cookidoo®.

Top Tips for Pro Results

A wide variety of ingredients can be sliced or grated in the Thermomix® Cutter – vegetables, root vegetables, fruits or hard cheeses (e. g. Parmesan), so that you can create your own pizza toppings, fruit platters, gratins and many other dishes quickly, easily and precisely. Direct from our kitchens at Thermomix®, here are our tips for guaranteed success with the Thermomix® Cutter.



Good to know

THIN OR THICK? OUR RECOMMENDATIONS

- For perfectly even slices, guide the ingredients through the feeder tube with a steady and gentle touch to the pusher.
- Raw ingredients can be cut thinly or thickly according to your taste, although with some hard or fibrous ingredients such as beetroot or celeriac, you might obtain a nicer result when thinly sliced.
- To prevent them losing their shape through cooking and drying out in the oven, thickly slice or grate ingredients you will be cooking, unless you are looking for a particular result, such as oven-baked chips, for example. In this case, slice root vegetables thinly for them to dry out slowly in the oven.

INGREDIENT TIPS

- Cooked and frozen ingredients are not suitable for slicing or grating with the Thermomix® Cutter (with the exception of cooked beetroot).
- For perfect cutting results, when buying your ingredients, choose small fruits and vegetables that fit in the feeder.
- To evenly slice small ingredients like mushrooms or strawberries, stack the ingredients in the feeder, hold with the pusher then start the motor. Once done, stop the motor and repeat with the second batch of ingredients.



Trim larger ingredients such as butternut squash.

- **Larger ingredients** such as butternut squash, aubergine or celeriac, need trimming to fit in the feeder.
- **Fruits and vegetables** should be ripe but firm to the touch. It is particularly relevant for softer ingredients, e. g. tomatoes (use only plum tomatoes that fit whole through the feeder), avocado or mango.
- **For half-moon slices of long vegetables** such as aubergines, choose small sizes and cut them in half lengthways using a knife. Place the halves upright in the wide part of the feeder tube. It is not possible to slice long vegetables lengthways in half in the Thermomix® Cutter.

- **Juicy ingredients** (e. g. watermelon, melon, tomatoes, kiwi) are only suitable to be sliced thickly. Grating in any thickness or thinly slicing will not work well.
- **Cured sausages** or salami for example are suitable for slicing. However, fresh and cooked sausages are too soft to obtain neat slices.
- **Trim the ends of narrow ingredients** such as celery stalks, leek, spring onions and carrots. For green beans, trim them all to the same length and place them in a bunch in the feeder.




Thinly sliced radishes are perfect for a salad.

- **Some ingredients are great sliced, but not grated** (leafy vegetables, peppers, fennel, tomatoes and most fruits, with the exception of apples).

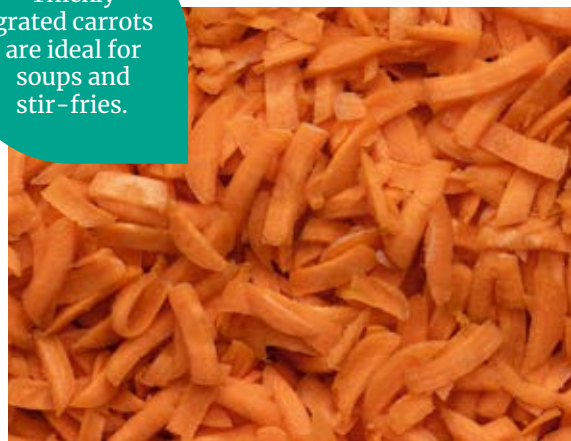
- **Choose the narrow or wide part of the feeder** according to the size of your ingredients.

ALWAYS PREPARED

- **Slice Parmesan thinly** to create shavings to use on salads or to garnish soup.
- **Thickly slice vegetables in batches and freeze** for roasts, soups or stews.
- **Freeze any vegetable offcuts or leftover pieces** from the cutting disc, lid and basket to use later in stocks or soups.
- **Slicing or grating in batches** will ensure a better end result and avoid overflowing the cutter basket. To optimise your time, weigh all the ingredients before starting slicing or grating. Remember that the basket holds approximately 800 g sliced or grated fruits or vegetables.
- **If you need to slice and grate different types of ingredients**, and to avoid having to turn the disc several times, first cut all ingredients needing the same side of the disc before turning it over to the other side.



Thinly grate potatoes to prepare röstis.



Thickly grated carrots are ideal for soups and stir-fries.



Thickly cut fruit slices are perfect for fruit platters and cheese boards.

A Guide to Cutting Ingredients

The Theruomix® Cutter will quickly and easily slice and grate a wide range of vegetables, fruits and other ingredients for all of your creations. To achieve good results, always choose them ripe but firm to the touch (particularly tomatoes, avocado or mango), otherwise they could be mashed instead of cut.

Vegetables, fresh and crunchy

Ingredient	Description	Type of cut	Tips
Aubergine	Halved or quartered lengthways.	Thick slices	Position upright in the wide part of the feeder. For round slices, thin Asian aubergines are perfect.
Beetroot	Raw or cooked beetroot, washed and trimmed, if necessary. Halve or quarter large beetroots.	Thin and thick slices Thin and thick gratings	Place beetroots in the wide part of the feeder.
Brussels sprouts	Whole.	Thin and thick slices	Fill the feeder tube with Brussels sprouts before starting the motor.
Carrot	Whole, peeled or scrubbed.	Thin and thick slices Thin and thick gratings	For slicing, position upright in the feeder. Positioned upright side by side, you can slice more than one carrot at a time.
Celeriac/kohlrabi	Peeled, cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place one wedge at a time vertically in the wide part of the feeder (see image on p. 26).
Celery	Only the stalk.	Thin and thick slices	Place 4–5 stalks together in the feeder.
Chinese cabbage	Cut in wedges that fit in the wide part of the feeder or roll up leaves to be placed upright in the feeder tube.	Thick slices	Place rolled up leaves upright or wedges in the wide part of the feeder tube to be sliced (see image on p. 27).

Ingredient	Description	Type of cut	Tips
Courgette	Trim courgette ends so the courgette is sitting on the disc.	Thin and thick slices Thin and thick gratings	Position upright in the wide part of the feeder.
Cucumber	Trim cucumber ends so the cucumber is sitting on the disc.	Thin and thick slices Thin and thick gratings	Position upright in the wide part of the feeder.
Daikon	Whole, scrubbed.	Thin and thick slices Thin and thick gratings	Position upright in the wide part of the feeder.
Fennel	Cut in wedges or halves, if needed, that fit in the wide part of the feeder.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder (see image on p. 26).
Green beans	Trim ends so they are all the same length.	Thick slices	Place a small bunch of green beans that fit in the narrow part of the feeder.
Green lettuce	Remove the thickest part of the lettuce. Cut smaller lettuce hearts in wedges or halves. Roll up the leaves of larger lettuces such as Romaine and cut iceberg lettuce into wedges.	Thick slices	Place upright in the feeder tube.
Greens, e. g. kale, spring cabbage	Remove the thickest part of each wedge to obtain strips of leaves and not sliced stem. Roll bigger leaves tightly and cut core in wedges.	Thin and thick slices	Place upright in the feeder tube (see image on p. 27).
Leek	Only the stiff white parts, not the loose dark green tops.	Thick slices	Position upright in the narrow or wide part of the feeder (see image on p. 28). Positioned upright side by side, you can slice more than one leek at a time.

► Vegetables, fresh and crunchy

Ingredient	Description	Type of cut	Tips
Mushroom	Use even-sized mushrooms that fit the narrow part of the feeder. Remove the stem and clean the mushrooms to remove grit. If mushrooms are too big for the narrow feeder tube, stack several of them, all in the same position in the wide part of the feeder.	Thin and thick slices	Fill the feeder tube with several mushrooms stacked vertically before starting the motor (see image on p. 29). Use the pusher without pressure, to make the slices thick and regularly cut.
Onion	Halve larger onions or cut in 3 wedges vertically.	Thin and thick slices Thick gratings	Place each onion half as vertically as possible to obtain even slices, start Thermomix® and press down lightly with pusher (see image on p. 28).
Pak choi	Choose small pak choi. Cut in halves or wedges that fit in the wide part of the feeder.	Thick slices	Place upright in the wide part of the feeder.
Parsnip	Whole, peeled or scrubbed.	Thin and thick slices Thin and thick gratings	Position upright in the feeder. More than one parsnip can be sliced together, positioned upright side by side.
Peppers	Cut peppers in wedges that fit in the wide part of the feeder, remove seeds and membranes.	Thick slices	Place 2–3 wedges at the same time in the wide part of the feeder so they don't move sideways (see image on p. 29).
Potato	Halved or trimmed if too thick to fit in the feeder.	Thin and thick slices Thin and thick gratings	Place vertically in the wide part of the feeder. Baby potatoes can be placed vertically or horizontally.

Ingredient	Description	Type of cut	Tips
Radish	Whole.	Thin and thick slices Thick gratings	If the radishes are too thick to fit the narrow part, stack several of them in the wide part of the feeder and position the pusher. Long radishes should be inserted vertically in the narrow part of the feeder.
Red cabbage	Cut in wedges that fit in the wide part of the feeder and remove the hard stem.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder.
Root ginger	Too fibrous and will rip. Hard threads will get tangled in the cutting disc.	Not recommended	Chop ginger in mixing bowl or slice manually.
Shallots	Whole or halved.	Thin and thick slices	Place vertically in the wide part or narrow part of the feeder.
Spring onion	Only the stiff white parts, not the loose dark green tops.	Thick slices	Position 3–4 spring onions upright in the narrow part of the feeder.
Squash	Cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place one wedge at a time vertically in the wide part of the feeder.
Sweet potato	Peeled or scrubbed, trim, if needed, to fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place vertically in the wide part of the feeder.
Turnip	Peeled or scrubbed, cut in halves or wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place vertically in the wide part of the feeder.
White cabbage	Cut in wedges that fit in the wide part of the feeder (remove the harder centre stem).	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder.

Celeriac

Cut in wedges and place in the wide part of the feeder. Use any cut from the cutting disc.

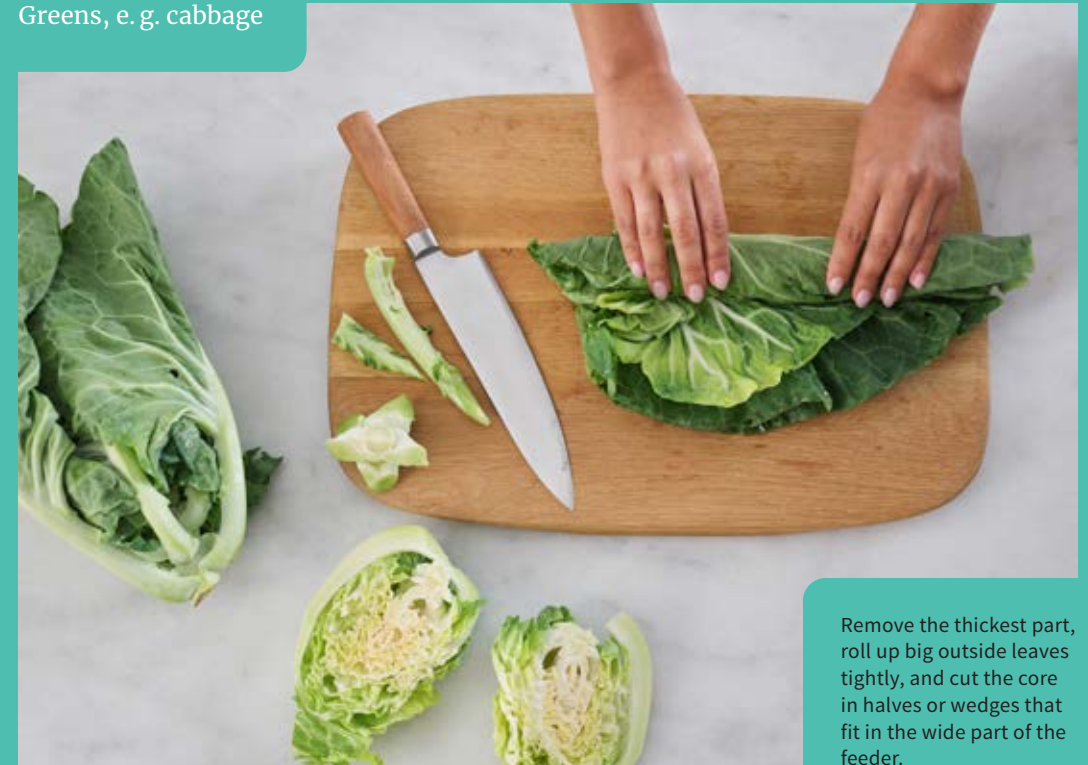


Fennel

Cut in wedges or halves that fit in the wide part of the feeder and slice thickly or thinly.



Greens, e.g. cabbage



Remove the thickest part, roll up big outside leaves tightly, and cut the core in halves or wedges that fit in the wide part of the feeder.

Cut the roll in two and tighten well before inserting it upright in the feeder. Slice thinly or thickly.



Leek

Insert upright in the narrow or wide part of the feeder. More than one leek can be sliced together, positioned upright side by side in the wide part of the feeder.



Peppers

Cut peppers in wedges, remove seeds and membranes and insert 2-3 wedges, at the same time, vertically in the wide part of the feeder.



Onions

Cut onions in halves or 3 wedges and place vertically in the wide part of the feeder for thick and thin slices.



Mushrooms

Fill the feeder tube with several mushrooms stacked vertically before starting the motor and use the pusher without pressure.



Fruits, ripe but firm

Ingredient	Description	Type of cut	Tips
Apple	Peeled or unpeeled, cut in halves, quarters or wedges. Ripe but firm.	Thin and thick slices Thin and thick gratings	Cut different sized apples to fit in the feeder in halves, wedges or quarters. Trim the ends of the quarters and wedges if needed. For half-moon shapes, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder (see images on p. 33).
Avocado	Peeled, stone removed and halved lengthways. Use firm avocados only.	Thick slices	For half-moon slices, place vertically in the wide part of the feeder (see image on p. 35).
Banana	Whole, peeled, firm, not too ripe.	Thick slices	Position upright in the narrow part of the feeder.
Kiwi	Peeled or unpeeled, whole. Ripe but firm.	Thick slices	Place vertically in the wide part of the feeder.
Lemon	Only small lemons that fit in the wide part of the feeder. Unpeeled, whole. The peel must be firm.	Thick slices	Place vertically in the wide part of the feeder.
Lime	Unpeeled, whole. The peel must be firm.	Thick slices	Place vertically in the wide part of the feeder.
Melon	Peeled, without pips and cut in wedges that fit in the wide part of the feeder.	Thick slices	Place one wedge at a time vertically in the wide part of the feeder.

Ingredient	Description	Type of cut	Tips
Nectarine	Use firm fruits, cut in halves or quarters and stone removed. To remove the stone, use a sharp knife to cut the nectarines along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (see images on p. 34).	Thick slices	For half-moon slices, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Orange	Too large to fit whole in the feeder. When cut in halves, the slices do not hold well together. Best result obtained with firm oranges.	If used, thick slices only	Best results sliced by hand.
Peach	Use firm fruits. Cut in halves or quarters and stone removed. To remove the stone, use a sharp knife to cut the peaches along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (see images on p. 34).	Thick slices	For half-moon slices, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Pear	Use firm fruits, halved or quartered.	Thick slices Thick gratings	For half-moon slices, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Pineapple	Peeled and cut vertically in 4 or 6 wedges (approx. 200 g each).	Thick slices	Place one wedge at a time vertically in the wide part of the feeder (see image on p. 36).

► Fruit, ripe but firm

Ingredient	Description	Type of cut	Tips
Plums	Use firm fruits. Halved and stone removed. To remove the stone, use a sharp knife to cut the plums along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (see images on p. 34).	Thick slices	For half-moon slices, place halves vertically in the wide part of the feeder or 2–3 quarters or wedges horizontally in the wide part of the feeder.
Tomato	Use only firm plum tomatoes, that fit whole through wide part of the feeder.	Thick slices	Place vertically in the wide part of the feeder (see image on p. 36).
Watermelon	Peeled and cut in wedges that fit in the wide part of the feeder.	Thick slices	Place one wedge, vertically in the wide part of the feeder.
Strawberries	Use firm fruits. Whole and hulled.	Thick slices	Stack vertically in the narrow part of feeder, or horizontally in the wide part of the feeder, and guide gently with the pusher, for a neat result.

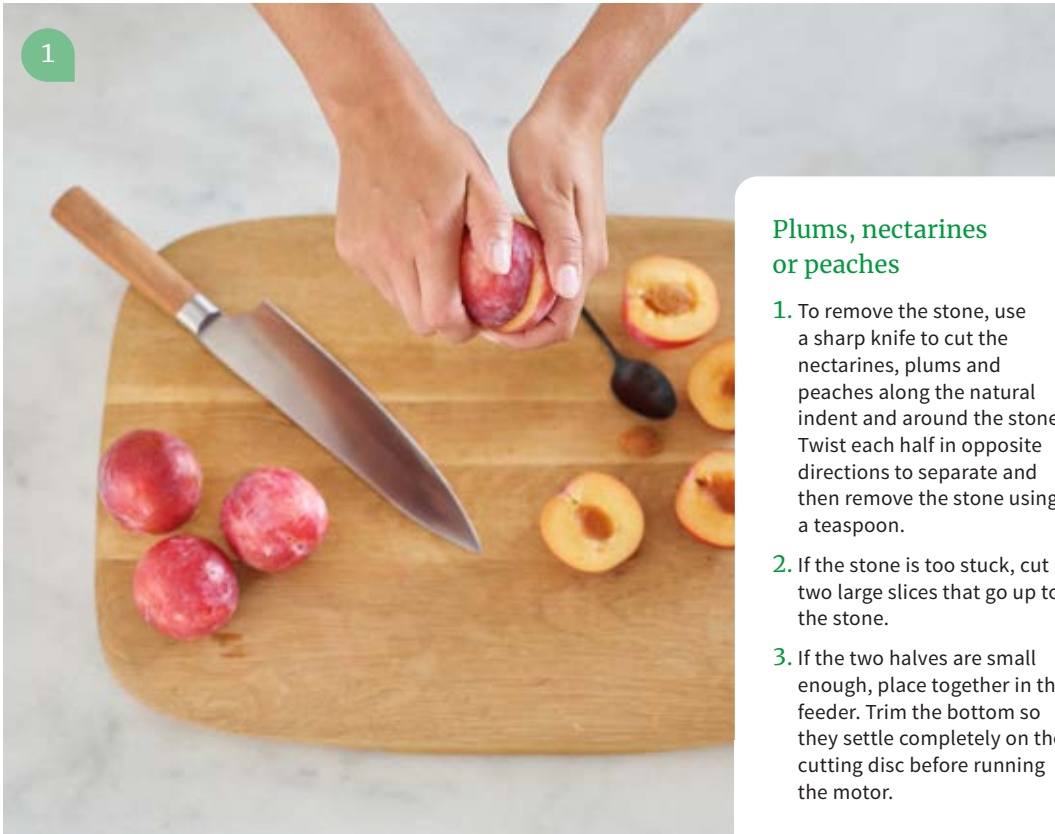


Apples

- 1. Medium and small apples**
For half-moon slices, halve small apples vertically and cut medium ones in quarters. Trim the ends to fit horizontally in the wide part of the feeder.
- 2. Small apples**
For half-moon slices, halve and insert vertically in the wide part of the feeder.
- 3. Medium apples**
For half-moon slices, quarter, trim the ends and insert 2–3 quarters, horizontally in the wide part of the feeder.
- 4. Big apples**
Quarter and place vertically in the feeder. Perfect for fruit salads.



1



Plums, nectarines or peaches

1. To remove the stone, use a sharp knife to cut the nectarines, plums and peaches along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon.
2. If the stone is too stuck, cut two large slices that go up to the stone.
3. If the two halves are small enough, place together in the feeder. Trim the bottom so they settle completely on the cutting disc before running the motor.

2



3



Avocado

Ripe but firm, peeled, stone removed and halved lengthways. Insert vertically in the wide part of the feeder and slice thickly.

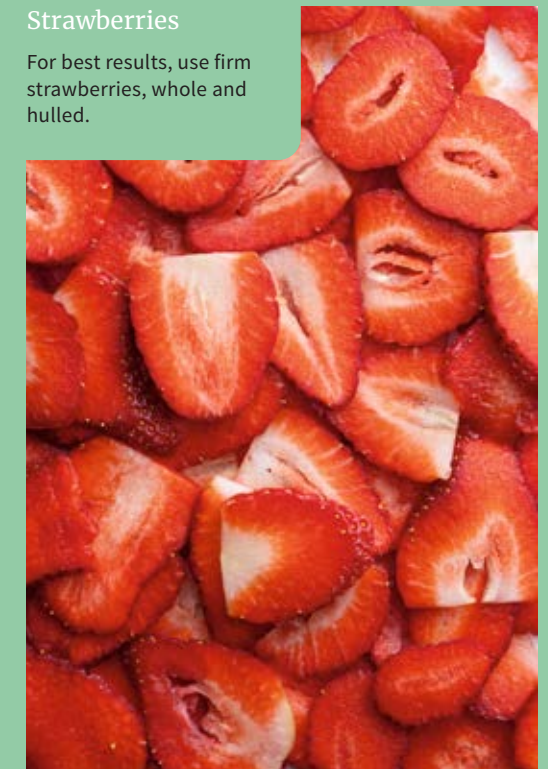


Kiwi

Use ripe but firm kiwi, peeled or unpeeled, that fit whole in the wide part of the feeder.

Strawberries

For best results, use firm strawberries, whole and hulled.



Pineapple

Peeled and cut vertically in 4 or 6 wedges (approx. 200 g each). Place one wedge at a time vertically in the wide part of the feeder.



Tomatoes

Place whole plum tomatoes vertically in the wide part of the feeder and press the pusher down while slicing.



Other ingredients

Ingredient	Description	Type of cut	Tips
Chocolate	It could block the cutting disc.	Not recommended	To create shavings, use a sharp knife or a vegetable peeler.
Eggs, hard boiled	The eggs will catch on the disc and not slice well.	Not recommended	Slice by hand.
Hard cheeses, such as Parmesan	Ensure that the cheese is slightly cold.	Thin and thick slices Thin and thick gratings	Place upright in the narrow or wide part of the feeder.

Hard cheeses

Place vertically in the narrow or wide part of the feeder. Use any cut from the cutting disc.



Recipes for Everyday Inspiration

A whole new repertoire of dishes is now possible with the Thermomix® Cutter. There are recipes on Cookidoo® to get you started. Salads, starters, soups, main dishes, breads, desserts... let these recipes inspire you to create in Thermomix® or use as the starting point for recipes of your own creation.



Celeriac Remoulade

Celeriac remoulade is a tasty and inexpensive side dish to serve with a wide variety of main courses, or as a light starter.

- 🔪 5 min ⌚ 10 min
- 🍽️ 4 portions
- 👤 Easy
- 📊 Per portion: 352 kcal
- 🔑 Celeriac, homemade mayonnaise



- 🔪 15 min ⌚ 20 min
- 🍽️ 4 portions
- 👤 Easy
- 📊 Per portion: 230 kcal
- 🔑 Beetroots, courgette, mozzarella

Beetroot Carpaccio

Carpaccio describes a method of thin slicing, for maximum flavour. Here, thin slices of beetroot are topped with grated courgette and mozzarella for an impressively easy dish.

Fennel, Celery and Green Apple Salad

Slice fennel, celery and green apples in your Thermomix® Cutter, and finish with a smooth yoghurt and Dijon mustard dressing – and that's it. A simple, easy and fresh salad ready in less than 15 minutes as a light starter.

🔪 10 min ⌚ 15 min

🍽️ 4 portions

👤 Easy

📊 Per portion: 54 kcal

🔑 Fennel, celery, green apple, dill, mustard, yoghurt

🔪 15 min ⌚ 15 min

🍽️ 4 portions

👤 Easy







📊 Per portion: 334 kcal

🔑 Pear, lettuce, blue cheese, hazelnuts

Pear and Blue Cheese Salad with Hazelnuts

Slice pears and chicory lettuce with Thermomix® Cutter and impress your friends with this satisfying and tasty salad. Pear and blue cheese is a popular and classic combination of flavours to serve as a starter, or a light lunch for an impressively easy dish.



-  1 h 5 min  1 h 45 min
-  4 portions
-  Easy
-  Per portion: 25 kcal
-  Potatoes, beetroots, sweet potatoes, parsnips







Oven Baked Vegetable Chips

A healthy and crunchy snack that is possible to make at home with your Thermomix® Cutter. Thin root vegetable slices are dehydrated in the oven for a great result. Store in sealed containers.

Rösti Bern Style

This tasty dish is easy to prepare in the Thermomix® Cutter. Effortlessly grate the potatoes in minutes and cook up this hearty side dish. Ideal to serve at a buffet party, dinner or brunch.



-  10 min  40 min
-  4 portions
-  Easy
-  Per portion: 500 kcal
-  Potatoes, bacon

Onion Tart

Sour cream and thin slices of white and red onion make this savoury dish a favourite snack, supper, aperitivo dish, side dish or to have cold in a lunchbox. For something different, add some bacon to the recipe.

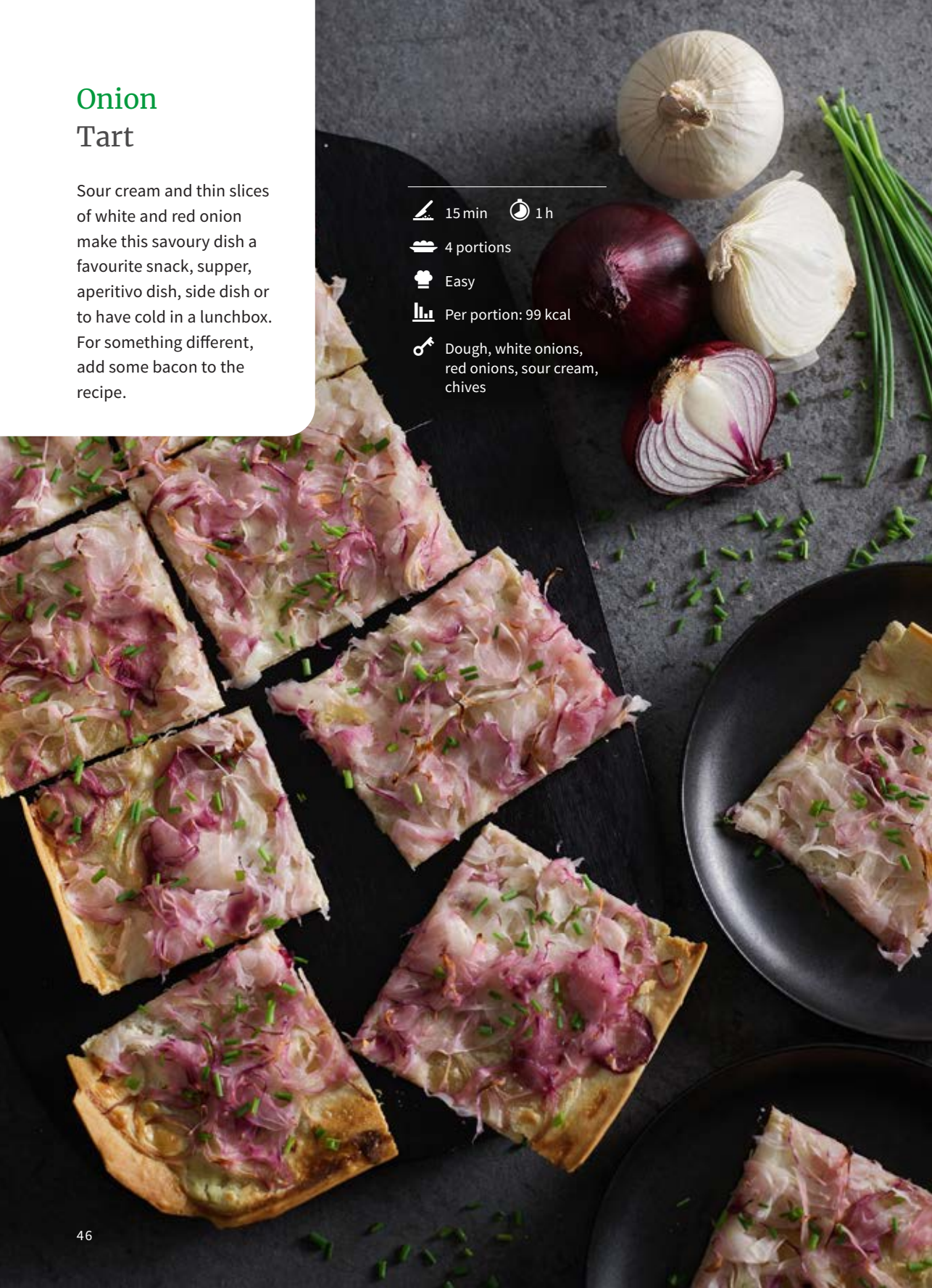
🕒 15 min ⌚ 1 h

🍽️ 4 portions

👨🍳 Easy

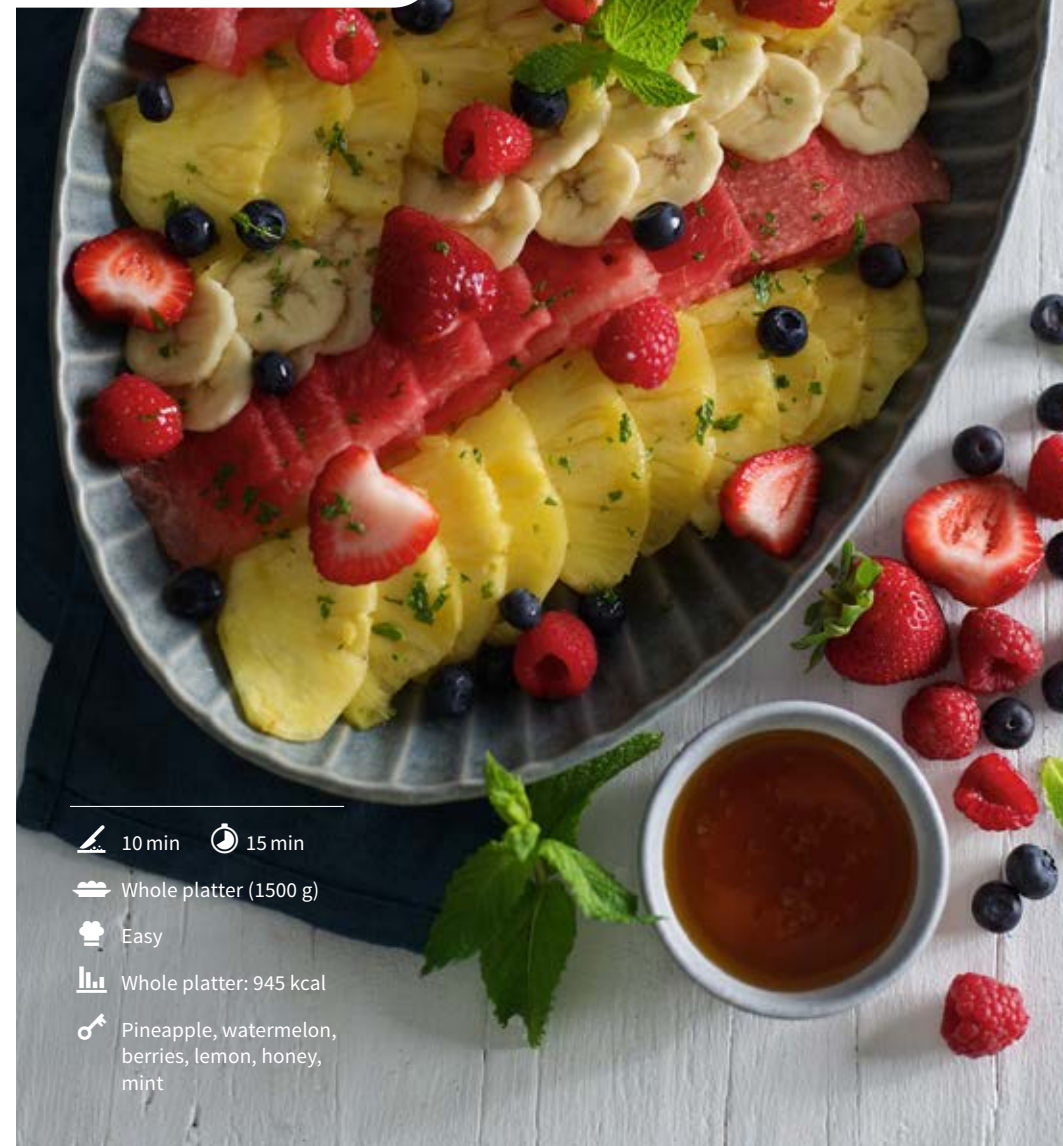
📊 Per portion: 99 kcal

🔑 Dough, white onions, red onions, sour cream, chives



Fruit Platter with Lemon and Honey Dressing

Fresh, full of flavour and ready in under 15 minutes, perfect for hot summer days, beach picnics, after school or any time. A different way to serve your favourite fruits.



🕒 10 min ⌚ 15 min

🍽️ Whole platter (1500 g)

👨🍳 Easy

📊 Whole platter: 945 kcal

🔑 Pineapple, watermelon, berries, lemon, honey, mint

Frozen Yoghurt Bark

A healthy dessert, a refreshing snack or a summer treat, ideal for adults and children alike. For a different twist, add some chopped nuts or granola before you freeze.

- 🔪 10 min 🕒 6 h 10 min
- 🍽️ 6 portions
- 👤 Easy
- 📊 Per portion: 119 kcal
- 🔑 Strawberries, Greek yoghurt



Plum Clafoutis

Thickly slice plums in just a few minutes and prepare an impressive summer dessert. Serve warm with a scoop of ice cream.

- 🔪 35 min 🕒 1 h 15 min
- 🍽️ 6 portions
- 👤 Easy
- 📊 Per portion: 246 kcal
- 🔑 Plums, vanilla, cream, eggs



Let's
Cook

The
Thermomix®
Cutter is the
perfect
complement to
your Thermomix®.
Let's start
cooking!



Prepare
attractive,
healthy dishes
that even your
children will
love.

Grated Carrot Salad

🔪 10 min ⌚ 10 min 🍴 easy 🍴 4 portions

Ingredients

600 g carrots, peeled
25 g shallot, halved
5 g fresh parsley, cut in pieces
40 g sunflower oil
25 g vinegar
20 g lemon juice
10 g Dijon mustard
3 pinches salt
3 pinches ground black pepper

Useful items

Large bowl

📊 Per portion:

Protein 2 g / Carb 16 g / Fat 10 g
Energy 665 kJ / 159 kcal

Preparation

1. Place a bowl on mixing bowl lid, weigh in carrots and set aside.
2. Insert Thermomix Cutter shaft and basket then place cutting disc with side 2 (grating) facing up. Place cutter lid on cutter and insert carrots in wide part of feeder. Insert pusher and grate thinly (see tip) **1 min/↻/speed 4** while gently pressing pusher down. Continue with remaining carrots. Transfer to a large bowl and set aside. Remove Thermomix Cutter and shaft.
3. Place shallot, parsley, oil, vinegar, lemon juice, mustard, salt and pepper in mixing bowl then mix **15 sec/speed 5**. Pour over the carrots and mix well. Refrigerate until ready to serve.

Tip(s)

- For a thickly grated carrot salad, grate **1 min/speed 4** (no reverse).
- This is a very versatile, year-round side salad.

Variation(s)

- Adapt the vinaigrette to your taste by using a variety of oils in whole or in part: olive, walnut, rapeseed, hazelnut, sesame, or flax, for example.
- Use vinegars of varying degrees of flavour or sweetness: raspberry, sherry, white or red balsamic, or coconut vinegar, for example.



Coleslaw with Thermomix® Cutter

🔪 10 min ⌚ 10 min 🌿 easy 🍴 4 portions

Ingredients

200 g white cabbage, thickest part of the core removed, cut in 1–2 wedges that fit through feeder tube
30 g red onion, quartered (approx. ¼ onion) (optional)
150 g carrots, ends removed
100 g green apple, cored, cut in wedges that fit through feeder tube
½ tsp salt or to taste
2 pinches ground black pepper or to taste
4 Tbsp mayonnaise, or to taste

Useful items

Large bowl

📊 Per portion:

Protein 1 g / Carb 10 g / Fat 12 g
Energy 609 kJ / 146 kcal

Preparation

1. Place a bowl on mixing bowl lid and weigh in cabbage, onion (if using), carrots and apple then set aside.
2. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter and insert cabbage wedges in wide part of feeder. Insert pusher and slice thinly **30 sec/🌀/speed 4** while gently pressing pusher down. When feeder is empty, repeat until all wedges are sliced. Transfer to a large bowl and stir to separate the slices. Set aside.
3. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid on cutter and insert onion quarter vertically in wide part of feeder. Insert pusher and slice thinly **30 sec/🌀/speed 4** while gently pressing pusher down.
4. Remove cutter lid, invert disc with side 2 (grating) facing up. Place cutter lid on cutter and insert carrots in feeder. Insert pusher and grate thinly **30 sec/🌀/speed 4** while gently pressing pusher down. Repeat until all carrots are grated.
5. Insert apple wedges in wide part of feeder and insert pusher. Grate thickly **30 sec/speed 4** while gently pressing pusher down. Transfer to bowl with cabbage. Remove Thermomix Cutter and shaft.
6. Add salt, pepper and mayonnaise to bowl with vegetables, mix well and keep refrigerated until ready to serve (see tip).

Tip(s)

- Serve coleslaw at a barbecue or as a side dish with fish and chips, pork cutlets or chicken.

Variation(s)

- This is a very versatile recipe. Change the ingredient quantities to your taste.



Cucumber Salad with Dill and Sour Cream Dressing

🔪 10 min ⌚ 10 min 🍴 easy 🍽️ 4 portions

Ingredients

4–5 cucumbers, ends removed,
peeled or not (approx. 800 g)
200–250 g sour cream or Greek
yoghurt, to taste
1–2 tsp salt, to taste
1 bunch fresh dill, finely sliced or
4 Tbsp dried dill
1 tsp ground pepper (optional)
1 Tbsp cider vinegar (optional)
1 tsp sugar (optional)

Useful items

Salad bowl

📊 Per portion:

Protein 4 g / Carb 14 g / Fat 12 g
Energy 674 kJ / 161 kcal

Preparation

1. Place a bowl on mixing bowl lid and weigh in cucumbers then set aside.
2. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter and insert cucumber in wide part of feeder. Insert pusher and slice thinly **1 min/🔄/speed 4** while gently pressing pusher down. When feeder is empty, repeat until all cucumber is sliced. Transfer cucumber slices to a salad bowl. Remove Thermomix Cutter and shaft.
3. Place sour cream, salt, dill, pepper (if using), vinegar (if using) and sugar (if using) in mixing bowl then mix **30 sec/speed 3**. Add dressing to the cucumber salad, stir to combine and serve immediately (see tips).

Tip(s)

- Serve as part of a buffet with other dishes, and the cucumber salad will serve 8.
- Serve immediately to avoid the cucumber releasing water and the dressing losing its flavour and texture.



Buddha Bowl with Chicken

🔪 35 min 🕒 1 h 🌿 medium 🍴 4 portions

Ingredients

Boiled Rice

1000 g water
1½ tsp salt
20 g olive oil or unsalted butter,
diced
250 g white rice

Shredded Chicken

2 Tbsp soy sauce
1 Tbsp toasted sesame oil or
olive oil
250 g chicken breasts, skinless
and boneless, cut into long
strips (3 cm thick)

Vegetables

120 g carrots
160 g little gem lettuces
(1–2 lettuce hearts), washed
and dried, halved to fit
through feeder tube
180–200 g firm plum tomatoes,
that fit whole through
feeder tube
200 g cucumber, peeled or not,
ends removed
100 g red onion, halved vertically
200 g firm avocado (see tip),
peeled, halved or quartered

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Preparation

Boiled Rice

1. Place water, salt and oil in mixing bowl. Insert simmering basket, weigh in rice, mix well with spatula then cook **20 min/100°C/speed 4**. Remove simmering basket with aid of spatula, rinse under cold water, divide rice between 4 bowls and set aside to cool completely. Empty and rinse mixing bowl.

Shredded Chicken

2. Place soy sauce, sesame oil and chicken in mixing bowl then, with simmering basket in place of measuring cup, cook **8 min/100°C/🌀/speed 0.5**. Transfer cooking juices into a small bowl and set aside.
3. Shred chicken **4 sec/🌀/speed 4**. Transfer to a bowl and set aside.

Vegetables

4. Place a bowl on mixing bowl lid and weigh in carrots, lettuce, tomatoes, cucumber, red onion and avocado.
5. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter and insert lettuce in wide part of feeder. Insert pusher and slice thickly **1 min/speed 4** while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat with remaining lettuce then arrange on cooled rice so as to cover a sixth of the surface. Add shredded chicken next to the lettuce to cover another sixth of the surface.
6. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid on cutter and insert onion half vertically in wide part of feeder. Insert pusher and slice thinly **30 sec/🌀/speed 4** while gently pressing pusher down. Arrange in the bowls next to the chicken.

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► Buddha Bowl with Chicken, *continued*

Yoghurt and Coriander Dressing

7 sprigs fresh coriander, leaves only, plus one extra for garnishing
½ tsp salt
3 pinches ground black pepper
250 g plain yoghurt, unsweetened
100 g mayonnaise
4 Tbsp roasted unsalted cashew nuts

Useful items

Jug

 **Per portion:**

Protein 24 g / Carb 41 g / Fat 44 g
Energy 2671 kJ / 638 kcal

7. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid on cutter and insert whole tomatoes vertically one by one in wide part of feeder. Insert pusher and slice thickly **30 sec/speed 4** while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat with remaining tomatoes then arrange slices in the bowls next to the onion.
8. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid on cutter and insert cucumber vertically in wide part of feeder. Insert pusher and slice thickly **30 sec/speed 4**. Arrange slices in the bowls next to the tomatoes.
9. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid on cutter and insert avocado halves or quarters vertically one by one in wide part of feeder. Insert pusher and slice thickly **30 sec/speed 4** while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat with remaining avocado. Set avocado slices aside.
10. Place cutter basket and disc back on shaft with side 2 (grating) facing up. Place cutter lid on cutter and insert carrots in wide part of feeder and insert pusher. Grate thickly (see tip) **30 sec/speed 4**. Arrange the grated carrots into the bowls between the cucumber and the lettuce. Arrange avocado slices on top in the middle of the bowl and set aside. Remove Thermomix Cutter and shaft.

Yoghurt and Coriander Dressing

11. Place reserved chicken cooking juices, coriander, salt, pepper, yoghurt and mayonnaise in mixing bowl then mix **15 sec/speed 4**. Pour a spoon of dressing over each bowl and transfer remaining sauce into a jug. Sprinkle with cashew nuts and coriander leaves then serve buddha bowls with remaining dressing on the side.



Garnish with roasted cashew nuts.

Tip(s)

- The carrot could be thinly grated if preferred. To do so, simply select reverse.
- Ensure that the avocado is quite firm, so that it will make neat slices.

Variation(s)

- Substitute cashew nuts with almonds.
- For a vegetarian variation, substitute chicken with your favourite ingredient, beetroot or fennel for example.
- For a party dish, simply double the recipe and fill the bowls in the same way. For best results, cook the chicken in two batches.

Potato Gratin

25 min 1 h 10 min easy 8 portions

Ingredients

1200 g potatoes, cut in pieces that fit through feeder tube
100 g Gruyère cheese, cut in pieces (3 cm)
1 garlic clove
400–500 g double cream or whipping cream, to taste
1 tsp salt
1 pinch ground black pepper
1 pinch ground nutmeg

Useful items

Baking dish (35 cm × 25 cm)

Per portion:
Protein 8 g / Carb 28 g / Fat 25 g
Energy 1514 kJ / 362 kcal

Preparation

1. Preheat oven to 200°C.
2. Place a bowl on mixing bowl lid, weigh in potatoes and set aside.
3. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter and insert 1 potato in wide part of feeder and insert pusher. Slice thickly **1 min/speed 4** while gently pressing pusher down. When feeder is empty, repeat until all potatoes are sliced. Transfer the potatoes to a baking dish (35 cm x 25 cm). Remove Thermomix Cutter (with shaft) from mixing bowl and set aside.
4. Place Gruyère in mixing bowl and grate **3 sec/speed 7**. Transfer to a bowl and set aside.
5. Place garlic in mixing bowl and chop **5 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
6. Add cream, salt, pepper and nutmeg then stir **10 sec/speed 3**. Pour mixture over potatoes in baking dish, sprinkle with reserved grated cheese, then bake for 45 minutes (200°C). Serve hot.

Tip(s)





- This makes a great side dish for roasted or grilled meats.

Variation(s)

- The authentic gratin dauphinois, from the region called 'Dauphiné' in France, is made with cream and no cheese. For a slightly lighter version, substitute part of the cream with milk. The texture and flavour however will be quite different.
- Gruyère cheese can be replaced by Emmental or any other hard cheese.



Vegetarian Pizza

 25 min  1 h 40 min  easy  4 portions

Ingredients

Pizza Dough

220 g water, room temperature
1 tsp sugar
2 tsp dried instant yeast or
20 g fresh yeast, crumbled
400 g strong white bread flour
30 g extra virgin olive oil, plus extra
for greasing
1 tsp salt

Topping and Finalisation

100 g yellow pepper, cut in
1–2 wedges, seeds and
membranes removed
100 g red pepper, cut in 1–2 wedges,
seeds and membranes removed
80 g fresh white button mushrooms,
whole, stem removed
120 g red onions, peeled and halved
vertically
100 g courgette, unpeeled and
ends removed
200 g tinned chopped tomatoes
200 g grated mozzarella or grated
cheese, for pizza (see tip)
2–3 pinches salt, to taste
2–3 pinches ground black pepper,
to taste

Useful items

Large bowl, reusable wrap or cling film,
baking tray (40 cm × 35 cm), baking paper

Per portion:

Protein 27 g / Carb 86 g / Fat 22 g
Energy 2719 kJ / 650 kcal

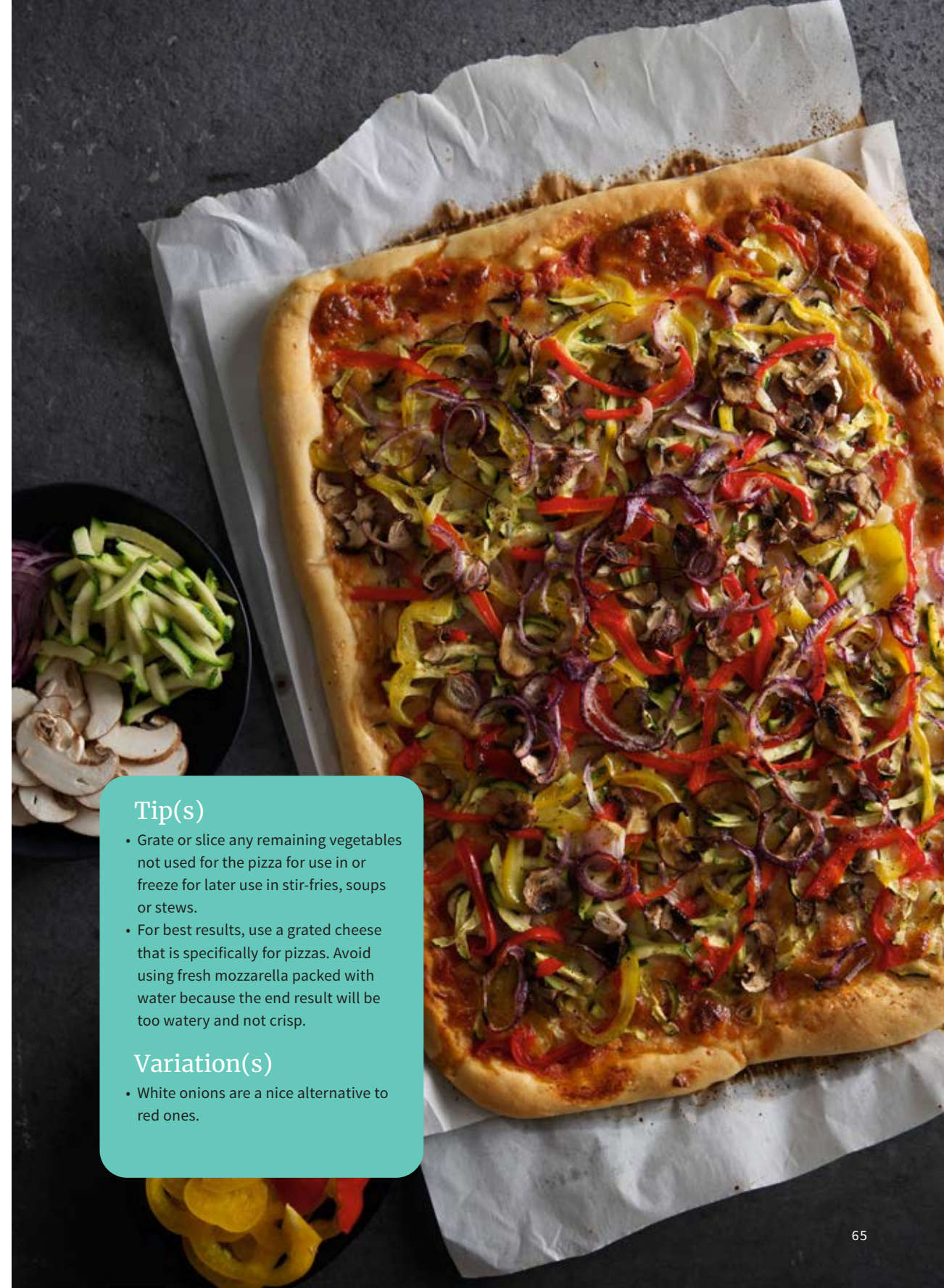
Preparation

Pizza Dough

1. Lightly grease a large bowl and set aside. Place water, sugar and yeast in mixing bowl then mix **20 sec/speed 2**.
2. Add flour, oil and salt then knead **Dough ½/2 min**. Transfer to prepared bowl and shape into a ball. Cover with reusable wrap or cling film and leave to rise until doubled in size (approx. 1 hour).
3. Preheat oven to 200°C and line a baking tray (approx. 40 cm × 35 cm) with baking paper or grease tray with olive oil.

Topping and Finalisation

4. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter and insert 2 pepper wedges vertically in wide part of feeder. Insert pusher and slice thickly **1 min/speed 4** while gently pressing pusher down. Repeat until all wedges are sliced. Repeat with remaining mushrooms and red onions until all are sliced.
5. Remove cutter lid, and place cutter disc with side 2 (grating) facing up. Place cutter lid on cutter, insert courgette in wide part of feeder and insert pusher. Grate thickly **30 sec/speed 4**. Remove Thermomix Cutter and shaft.
6. Transfer dough to prepared tray and shape by stretching it gently and pressing it to the edges with your fingertips until it fills the tray.
7. Spread chopped tomatoes and mozzarella on top of dough, distribute sliced and grated vegetables on top and sprinkle with salt and pepper. Bake for 20 minutes (200°C). Serve hot.



Tip(s)

- Grate or slice any remaining vegetables not used for the pizza for use in or freeze for later use in stir-fries, soups or stews.
- For best results, use a grated cheese that is specifically for pizzas. Avoid using fresh mozzarella packed with water because the end result will be too watery and not crisp.

Variation(s)

- White onions are a nice alternative to red ones.

Grated Potato Pancakes

🔪 35 min 🕒 35 min 🌿 easy 🍴 4 portions

Ingredients

750 g floury potatoes (see tip),
cut in pieces that fit through
feeder tube
100 g onions, halved
1–2 garlic cloves (optional)
70 g plain flour, plus extra
2 medium eggs
1–1½ tsp salt, to taste
¼–½ tsp ground black pepper,
to taste
frying oil (e. g. sunflower oil)
200 g sour cream (see tip)
icing sugar, for sprinkling
(optional)

Useful items

Non-stick frying pan,
paper towels

📊 Per portion:

Protein 11 g / Carb 50 g / Fat 13 g
Energy 1493 kJ / 357 kcal

Preparation

1. Place a bowl on mixing bowl lid, weigh in potatoes and onions, add garlic cloves (if using) and set aside.
2. Insert Thermomix Cutter shaft and basket then place cutting disc with side 2 (grating) facing up. Place cutter lid on cutter and insert 1 potato piece in wide part of feeder. Insert pusher and grate thickly **1 min/speed 4** while gently pressing pusher down. When feeder is empty, repeat until all potatoes are grated. Repeat with onion halves and garlic cloves. Remove Thermomix Cutter and shaft. Transfer grated vegetables to mixing bowl.
3. Add flour, eggs, salt and pepper to mixing bowl then mix **20 sec/🌀/speed 4**.
4. Ensure potatoes are coated with egg mixture and mixture is not dripping off spoon when lifted. If mixture is too loose, add 1–1½ Tbsp flour and stir **7 sec/🌀/speed 4**. Transfer to a bowl and set aside.
5. Heat a non-stick frying pan and pour in a thin layer of oil. When the oil is hot, carefully put 1–2 Tbsp mixture per potato cake in the frying pan (see tip) and, using a spoon, flatten mixture to form a pancake (approx. Ø 8 cm). Fry pancakes on both sides until golden brown and crispy (approx. 3 minutes), then drain excess oil on a plate lined with paper towels. Serve immediately with sour cream and dusted with icing sugar (if using).

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Tip(s)

- If using new potatoes, you may need to add more flour to achieve the right consistency.
- Substitute cream with yoghurt.
- Before frying the pancakes, the mixture may be drained again, either by using a sieve or collecting it with a spoon.
- Discard any mixture that is not cooked immediately, and do not store it. This is to ensure food safety due to raw egg. Cooked pancakes can be refrigerated for up to 2 days.

Step
5



Ratatouille Galette

40 min 1 h 30 min medium 8 portions

Ingredients

Pastry

150 g unsalted butter, diced (1–2 cm), cold
300 g plain flour, plus extra for dusting
90 g cold water, plus extra for dough
½ tsp salt

Topping

350 g courgettes, unpeeled, ends removed (see tip)
350 g plum tomatoes, whole (see tip)
190 g sun-dried tomatoes in oil, drained (1 jar of 250 ml)
30 g water
10 g fresh chives, finely sliced
½ tsp salt, plus extra for seasoning
plain flour, for dusting
1 pinch ground pepper
60 g grated Parmesan cheese
milk, for glazing
10 fresh basil leaves, to garnish

Useful items

Reusable wrap or film, baking paper, baking tray, rolling pin, pastry brush

Per portion:

Protein 11 g / Carb 45 g / Fat 19 g
Energy 1581 kJ / 378 kcal

Preparation

Pastry

1. Place butter, flour, water and salt in mixing bowl then mix **20 sec/speed 6**. If the pastry has not come together in a dough, add 1 Tbsp more water and mix again **20 sec/speed 6**. Transfer to a lightly-floured surface or silicone baking mat, then shape into a ball. Wrap in reusable wrap or cling film and place in fridge to rest for 20 minutes. Clean and dry mixing bowl.

Topping

2. Place a bowl on mixing bowl lid, weigh in courgettes and plum tomatoes then set aside.
3. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter and insert 1 courgette in wide part of feeder. Insert pusher and slice thickly **1 min/speed 4**. When feeder is empty, repeat until all courgettes are sliced. Transfer to a bowl and set aside.
4. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid on cutter and insert 1 tomato vertically in wide part of feeder. Insert pusher and slice thickly **30 sec/speed 4** while gently pressing pusher down. When feeder is empty, repeat until all tomatoes are sliced. Remove Thermomix Cutter and shaft.
5. Preheat oven to 200°C.
6. Place sun-dried tomatoes, water, chives and ½ tsp salt in mixing bowl then mix **30 sec/speed 3**. Scrape down sides of mixing bowl with spatula and mix again **30 sec/speed 3**.
7. Transfer dough to a lightly-floured surface or baking paper (40 cm × 40 cm) and roll out into a circle (approx. Ø 35 cm and 5 mm thick). Transfer pastry onto a large baking tray (40 cm × 40 cm) (see tip).

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8. Spread dried tomato mixture over pastry, leaving a 4 cm border on all sides. Starting from the outer part of the disc, arrange tomato and courgette slices in circles, alternating 1 tomato slice with 2–3 courgette slices and overlapping them. Sprinkle with salt and pepper.
9. Fold over pastry border, pleating it as you fold to create a crust. Sprinkle vegetables with grated Parmesan cheese, brush pastry border with milk then bake for 25 minutes (200°C) or until pastry is puffed and golden. Allow to cool for 5–10 minutes before serving garnished with basil leaves.

Tip(s)

- If the courgettes you are using are too thick to fit through the feeder, trim them to narrow them so that they fit. If they are thin, feed two or more courgettes vertically through the feeder.
- For this recipe, use plum tomatoes which are less juicy than other tomatoes. The pastry will remain crispy once baked.
- If your baking tray is less than 40 cm wide, let the dough overhang the edge of the paper while you garnish the dough. When folding in step 9, make sure the galette fits onto your baking tray.

Variation(s)

- This quantity of dough will make 4 individual tarts. To do so, in step 1, cut the ball into four portions similar in size and weight then roll each into a disc (Ø 15 cm). To garnish, proceed the same way.



Pineapple Carpaccio with Strawberry Sorbet

🔪 20 min ⌚ 20 min 🍴 easy 🍴 8 portions

Ingredients

Strawberry Sorbet

150 g sugar
10 g freshly squeezed lemon juice
75 g ripe banana, cut in pieces
500 g frozen strawberries, hulled

Pineapple Carpaccio

1 fresh pineapple, cut vertically
in 4–6 wedges (approx. 200 g
each), core removed
fresh mint leaves

Useful items

Freezable container, ice cream
scoop

📊 Per portion:

Protein 1 g / Carb 42 g / Fat 0.2 g
Energy 668 kJ / 160 kcal

Preparation

Strawberry Sorbet

1. Place sugar in mixing bowl and grind **10 sec/speed 10**.
2. Add lemon juice and banana then mix **10 sec/speed 5**.
Scrape down sides of mixing bowl using spatula.
3. Add frozen strawberries and blend with aid of spatula
1 min 30 sec/speed 10. Transfer to a freezable container with lid
and place in freezer. Meanwhile, continue with the recipe.

Pineapple Carpaccio

4. Place a bowl on mixing bowl lid, weigh in pineapple wedges and
set aside.
5. Insert Thermomix Cutter shaft and basket then place cutting disc
with side 1 (slicing) facing up. Place cutter lid on cutter and
insert 1 pineapple wedge in wide part of feeder and insert
pusher. Slice thickly **1 min/speed 4** while gently pressing pusher
down. When feeder is empty, press selector to stop. Repeat until
all wedges are sliced. Remove Thermomix Cutter and shaft.
6. Distribute the pineapple slices between 8 serving plates and
arrange in a single layer rosette starting from the outer part
of the plate. Serve garnished with a few mint leaves and a scoop
of the sorbet.

Tip(s)

- For a creamier consistency, add 1 egg white in step 2.
- If you have no ice-cream scoop, use two spoons to make a quenelle.
- This is a perfect refreshing summer dessert.

Variation(s)

- When in season, substitute frozen strawberries with frozen raspberries.



Apple Tart

 30 min  1 h  easy  8 slices

Ingredients

Pastry

75 g unsalted butter, chilled and diced, plus extra for greasing
170 g plain flour, plus extra for dusting
1 pinch salt
½ tsp homemade vanilla sugar or ¼ tsp natural vanilla extract
50 g water

Topping

1000 g apples (e. g. Reinette, Granny Smith, Braeburn, Pink Lady, Pippin, Gravenstein), (see tip)
30 g sugar
10 g butter

Useful items

Loose-based tart tin (Ø 24 cm), rolling pin

Per slice:

Protein 3 g / Carb 38 g / Fat 9 g
Energy 979 kJ / 234 kcal

Preparation

Pastry

1. Preheat oven to 200°C (see tip) and grease and flour a tart tin (Ø 24 cm).
2. Place butter, flour, salt, vanilla sugar and water in mixing bowl then mix **20 sec/speed 4**. Transfer pastry to a lightly floured work surface and roll out (see tip). Line prepared tin with pastry and place in fridge to chill.

Topping

3. Place a bowl on mixing bowl lid, weigh in apples and set aside. Peel apples, halve or quarter them (see tip) and remove core and seeds.
4. Insert Thermomix Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid on cutter, insert apple halves vertically, or horizontally if using quarters, in wide part of feeder and insert pusher. Slice thickly **1 min/speed 4** while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat until all apple halves or quarters are sliced. Remove Thermomix Cutter and shaft.
5. Arrange the apple slices in an attractive pattern on pastry. Sprinkle with sugar and dot with small pieces of butter. Bake for 30–35 minutes (200°C) or until apples are golden. Serve warm or cold (see tip).

Tip(s)

- To ensure the pastry case is crispy, place a baking tray in the oven and heat it before placing the tart onto it. The pastry case will immediately seal and bake with a crispy finish.
- For a beautiful tart, cut even slices. To do so, cut large apples in 4 wedges and smaller ones in halves which fit horizontally through the feeder tube. If needed, trim both edges.
- In warm weather, the pastry may need to be refrigerated before rolling out, and once or twice while rolling out.
- If your tart tin does not have a loose base, serve the tart in the tin.

Variation(s)

- Add a thin layer of apple compote between the pastry and the apple slices.
- Sprinkle with ground cinnamon after baking.
- To give the tart a little shine, brush it with 2 Tbsp heated apple jelly as soon as you remove it from the oven.
- For a gluten-free version, substitute the flour with a gluten-free plain flour.



