



Your recipe for  
**excellence:**



Just add **thermomix**

# Welcome to restaurant quality at home, the easy way



## Unlock your creative potential with Thermomix®

Lift your cooking skills, speed, repertoire and results with just one finger. Get a Thermomix® on your kitchen bench and tap open all the culinary possibilities on screen.

It's as easy as swiping to dial up your technical flair with master modes and precision temperature settings. As simple as scrolling to level-up your specialities with the chef collection on Cookidoo®. As quick as a few taps to prep a whole week of balanced and delicious dinners and perfect showstopper centrepieces with a creative meal plan.

You'll see the proof is in the pudding (or choux pastry, in this case)! Check out the side-by-side comparison of Thermomix® cooking versus traditional cooking methods, highlighting the ease with which you can tackle trickier dishes and master the most technical cooking techniques with Thermomix®.

You'll pick up tips from one of Queensland's best-travelled and most loved chefs, Louis Tikaram, to begin or advance your creative cooking journey. No matter where you're starting from, his six steps will help you easily lift everyday meals and entertaining to the next level.

And you'll hear testimonials from plenty of Aussies just like you. Some who just needed a guiding hand in the kitchen. Others who wanted to lift themselves out of a culinary rut. All who've enjoyed a big boost to their confidence and creativity with Thermomix®.

Do your inner foodie a favour. Open the culinary possibilities and experience the life-changing magic of Thermomix®.



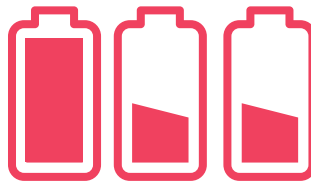


# Feel like you're cooking the same meals on repeat? You're not alone.

## Almost 9 out of 10

are time poor

88% of young families wish  
they had more time.



Almost  
**2 in 3**

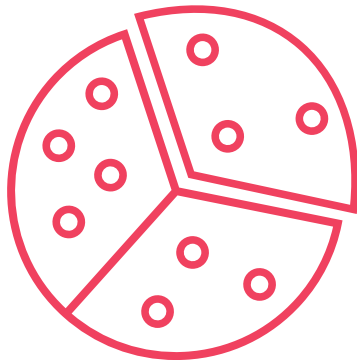
don't always have  
the energy

64% say they don't  
always have the energy  
to cook dinner at night.

## 8 in 10

have good intentions

81% say they are trying to  
be more conscious of what  
they eat.



But

## 1 in 3

turn to takeaway

Around 1 in 3 often get  
takeaway to avoid the hassle  
of cooking dinner.

## 6 in 10

say TV chefs don't have a clue

63% say cooking shows set unrealistic expectations  
of what most people can achieve at home.

## 7 in 10

are bored with  
what they cook

69% say they feel like  
they cook the same  
meals on repeat.



## 5 in 10

young adults feel  
lost in the kitchen

53% of 18- to 24-year-  
olds say their cooking  
skills are limited.



# How does Thermomix® unleash your inner chef?

## Over 90

chef recipes on Cookidoo®

Check out our chef collections on Cookidoo®, curated by top Aussie and Kiwi chefs, including Darren Robertson, Tetsuya, Adam D'Sylva, Christy Tania and more.



## 20+

master modes to nail  
the technical stuff

and everything in between, from Sous Vide and Slow Cook to Fermentation, these modes help you nail the most technical cooking techniques.



Thermomix® has revolutionised my cooking experience. It pushed me beyond my culinary comfort zone, expanded my skills and knowledge. Now I confidently host guests and even cater my own parties.

**Yolande V.**

Thermomix® Customer

## 58

precision temperature settings

Varoma® for steam cooking perfection. High temp for browning and searing. Sugar stages for caramels and toffee. 90°C for precisely regulated heating (ideal for sauces and custards). 37°C for activating yeast.



## 17

celeb chefs on YouTube

17 Celebrity Chefs share their Thermomix® know-how to help you recreate their signature dishes and newest creations.




Thermo has brought back my love of cooking. I can now do more extravagant meals in way less time, effort and cost. My mojo is back and I'm actually loving experimenting with so many varied options for meals.

**Lee-Anne M.**

Thermomix® Customer



# Louis Tikaram's simple steps to next-level cooking



Louis Tikaram's passion and respect for South-East Asian-inspired cuisine was ignited in his pre-teen years, cooking alongside his Fijian-Chinese grandmother. From there, he worked the pans at several top-notch restaurants in Sydney, made a global name for himself from Los Angeles to Barcelona, and founded the revered Stanley at Howard Smith Wharves. So, we asked Louis to share some simple tips to help you on your cooking journey, no matter where you're starting from, and easily take it to the next level.



### Start bold with the basics

You can easily create the tastiest flavours without adding a long list of fancy pantry items to your shopping list, or extra prep and cooking time. Often it's the simplest ingredients, like stock paste or fresh garlic and ginger, that give a dish extra depth and richness and elevate it to chef level. Just one basic herb like basil can make a big difference to pasta or stir-fries and keeping it fresh is the key.

Thermomix® makes that easy with guided recipes to make your own stock paste from scratch using kitchen scraps, or roast, mill and mix fresh spices hands-free, or blend your own pesto and salad dressings in less than 10 minutes.

### Take it one dish at a time

Taking on too much too soon will quickly make you feel fried with overwhelm. Start by adding just one dish to your menu that steps up cooking techniques and flavours. Maybe give cooking with ube or miso a go. Try caramelising pork belly or slow-cooking beef cheeks. Or raise your game to soufflé or choux and laminated pastries for croissants and cronuts. The satisfaction of mastering that one thing will serve a big boost to your confidence for your next challenge.

### Keep your head, make ahead

When you feel ready to tackle a full menu and maybe entertain some family or friends at home, choose dishes that you can prep ahead of time. Working alongside Japanese chefs at Tetsuya's taught me a lot about how to keep my head in the kitchen, and prepping ahead is key. Root vegetable salads that keep well in the fridge are a good option. You can add fresh leafy greens and juicy tomatoes just before serving. Or pick crowd-pleasers that can be assembled, placed into the fridge and then just finished off in the oven. Cookidoo® has plenty of creative twists on make-ahead classics like lasagne, moussaka, pies, quiches, burgers and enchiladas.

### Take baby steps or leap into new worlds

Cuisines of countries you've travelled to, or dishes from restaurants and delis you love to visit at home are great places to find inspiration. And the Thermomix® recipe platform Cookidoo® makes it easy to take your first steps into these culinary worlds with step-by-step guided cooking on thousands of triple-tested recipes. Start by searching the Cookidoo® app by cuisine or the name of a dish, then filter the results by difficulty (easy, medium or advanced), preparation and cooking time. You can also check out the user ratings from other Thermomix® cooks to help you choose.

### Venture into the wild

I love intermixing new ingredients and techniques with the Fijian-Chinese cooking I grew up with. And it can be fun adding a playful, contemporary spin on classic dishes or favorite foods with weird and wild new flavours. Gelato is a fun place to start exploring and experimenting, and you'll find plenty of creative combinations on Cookidoo® that are anything but vanilla.



# Excellence meal plan

Midweek meals don't need to be boring. With our Excellence meal plan, you'll explore new and interesting flavours without spending hours in the kitchen. Perfect for foodies who love to experiment while still keeping it quick and simple.

## Weekend prep ahead


Make [Buttermilk bread baked in a cast iron pot](#).

Make [Salmon, quinoa, feta and mixed vegetable salad](#).

During step 3 place Varoma dish into position and place up to 8 eggs into it. Place salmon into Varoma® tray and continue with recipe.




Make [Dark chocolate pecan bites](#).

Optional prep: Speed up dinner prep on Tuesday by starting steps 1 and 2 of the [Korean beef bulgogi](#).

	Breakfast	Lunch	Dinner
Mon	<p><a href="#">Avocado and goats cheese smash served with boiled eggs and toast</a></p> <p><i>Double the Avocado and goats cheese smash filling and store in an airtight container.</i></p>	 <p><a href="#">Salmon, quinoa, feta and mixed vegetable salad</a></p>	<p><a href="#">Moroccan chicken with preserved lemon and olives</a></p>
Tues	<p>Avocado and goats cheese smash served with boiled eggs and toast (leftovers)</p>	<p>Moroccan chicken (leftovers)</p>	 <p><a href="#">Korean beef bulgogi stir-fry with rice</a></p> <p><i>Includes 1 hour marinating time.</i></p>
Wed	 <p><a href="#">Café-style miso mushrooms</a></p>	<p>Salmon, quinoa, feta and mixed vegetable salad (leftovers)</p>	<p><a href="#">Spicy chicken with fragrant coconut rice</a></p> <p><i>Click <a href="#">here</a> to watch a video of this recipe on our YouTube channel.</i></p>
Thur	<p><a href="#">Carrot cake smoothie bowl</a></p>	<p><a href="#">Shredded chicken noodle salad with green miso</a></p>	 <p><a href="#">Vegetarian wonton soup</a></p>





	Breakfast	Lunch	Dinner
Fri	 <u>Sous vide scrambled eggs</u>	Shredded chicken noodle salad with green miso (leftovers)	<u>Grilled eye fillet with Café de Paris butter</u>
Sat	<u>Cauliflower hashbrowns with smoked salmon and sour cream</u> <i>Leftovers can be eaten for breakfast or lunch.</i>	 <u>Pulled BBQ jackfruit</u> <i>Serve in bao buns, wraps, bread rolls or as a pizza topping.</i>	<u>Scallops and prawn with XO butter</u> (Darren Robertson)
Sun	 <u>Green egg whites and ham omelette</u>	Pulled BBQ jackfruit (leftovers)	<u>Slow cook Sunday Chinese five spice beef cheeks</u>
Snacks (Optional)	<u>Dark chocolate pecan bites</u>		

## How we wrote our meal plan

This meal plan has been designed for 4 people and includes lots of variety to show the types of meals you can create with Thermomix®. Where possible we've included recipes that give the option to adjust portion sizes up or down. You can also tweak this meal plan to suit your lifestyle. E.g. if you're cooking for 2, in most cases, you can skip making an additional recipe for lunch and eat leftovers. This might also work if you have smaller children who take a lunchbox to school.

## Create your meal plan and shopping list in a few clicks on Cookidoo®

All of these recipes are available on our recipe website Cookidoo®. Here you can add these to your weekly meal plan and generate a shopping list. Cookidoo® also has a seamless integration with Woolworths online shopping.



It has let me become more experimental with food and my husband enjoys more variety of food now. Less time in the kitchen, less time cleaning, more time with family. Healthier options, saving money, the list goes on.

**Alicia K.**

Thermomix® Customer

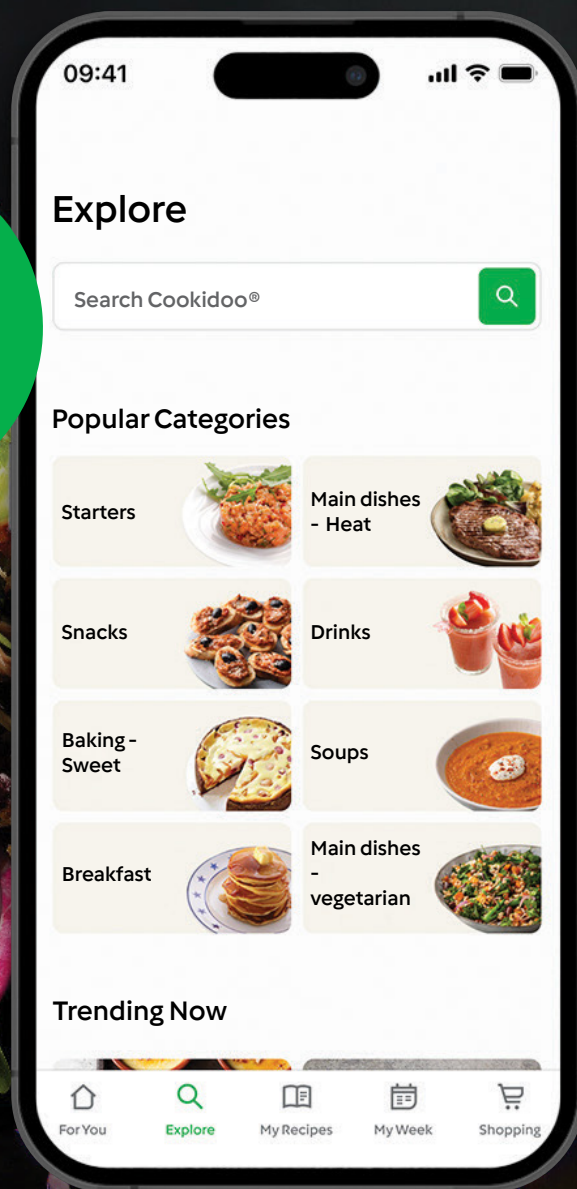




# Cookidoo

## Inspiring like never before.

Over  
100,000  
recipes



Guided cooking with our online recipe platform Cookidoo® is the heart and soul of every Thermomix®. Now more intuitive than ever, you can explore thousands of recipes right at your fingertips, whether on your Thermomix® or mobile app.

**Get 30 days free!**

[Click here to start your Cookidoo® trial.](#)

**thermomix**

VORWERK



# Choux pastry

With Thermomix®

## Ingredients

150 g water  
80 g unsalted butter

1 pinch salt  
2 tsp sugar (optional)

120 g plain flour  
3 eggs



Active time  
10 min



Total time  
1 hr 40 min



Difficulty  
Medium



Quantity  
18 Pieces

Skip the  
workout from  
constant  
stirring

## Useful Items

Baking tray  
Baking paper  
Piping bag (10 mm nozzle)  
Wooden skewer

## Kitchen Equipment

Oven  
Thermomix®

## Preparation

1. Place water, butter, salt, and sugar (optional) into the mixing bowl and cook **5 min/100°C/speed 1**.
2. Add flour and **mix 20 sec/speed 4, without measuring cup**. Set aside in mixing bowl to cool for 10 minutes.
3. Preheat oven to 200°C. Line a baking tray with baking paper and set aside.
4. Mix **speed 5, without measuring cup**, adding eggs one at a time through the hole in mixing bowl lid. After adding the last egg, mix 30 sec/speed 5.
5. Transfer mixture into a piping bag and pipe desired shape onto baking tray, leaving approx. 5 cm between each. Bake for 20-25 minutes or until golden brown. Turn off oven, remove baking tray, and pierce each piece with a wooden skewer. Return tray to oven and leave oven door ajar for 10 minutes. Remove tray from oven and allow pastries to cool completely. Fill and serve as desired.





# Choux pastry

Without Thermomix®

## Ingredients

150 g water  
80 g unsalted butter

1 pinch salt  
2 tsp sugar (optional)

120 g plain flour  
3 eggs



**Active time**  
25 min



**Total time**  
2 hrs



**Difficulty**  
Advanced



**Quantity**  
18 Pieces

[Click here to see the with and without Thermomix® comparison video](#)

## Useful Items

Baking tray  
Baking paper  
Piping bag  
(10 mm nozzle)  
Wooden skewer  
Pan  
Wooden spoon

## Kitchen Equipment

Oven  
Thermometer  
Kitchen scale  
Stovetop

## Preparation

1. Place water, butter, salt and sugar (optional) into a saucepan and place over high heat until boiling and butter is melted.
2. Remove from heat and add flour. Using a wooden spoon vigorously mix until no lumps remain.
3. Return the saucepan to medium-high heat and stir continuously until the dough leaves a thin starchy film on the pan and combines into one mass or reaches 80°C on an instant-read thermometer.
4. Preheat oven to 200°C. Line a baking tray with baking paper and set aside.
5. Allow the dough to cool in a saucepan, **stirring frequently**. Once cool, add eggs one at a time, **stirring vigorously** between each egg until fully incorporated and a smooth, shiny paste forms.
6. Transfer mixture into a piping bag and pipe balls (choux) or sticks (éclairs) onto prepared baking tray, leaving approx. 5 cm between each one. Bake for 20–25 minutes (200°C) or until golden brown. Turn off oven, remove baking tray and pierce each ball or stick with a wooden skewer to release steam. Return tray to oven and leave oven door ajar for 10 minutes to allow pastry to dry. Remove tray from oven and allow choux pastries to cool completely. Fill and serve as desired.





**Ready to get started? Contact me today!**



Click [here](#) to join our community for all the latest inspiration and offers from Thermomix®.