

Chopping Functions

Use this table as a guideline. You may adapt ingredient amounts. In certain cases (e.g. chopping nuts), results will be more consistent if you process the ingredient in several batches instead of increasing the quantity

Grate

Food	Amount	Time/Speed	Tips/Variations
Carrots	25.5 oz cut into pieces	4 – 5 sec / speed 5	
Cabbage (white/red)	14 oz cut into pieces	10 – 12 sec / speed 4	
Fruit (e.g. apples, pears)	21 oz cut into pieces	4 – 5 sec / speed 4	
Chocolate, coarse	7 oz cut into pieces	4 – 5 sec / speed 7	
Chocolate, fine	7 oz cut into pieces	6 – 8 sec / speed 8	
Bread, coarse	3.5 oz bread, fresh or stale, cut into pieces (approx. 1in.)	9 – 10 sec / speed 4	<p>Use any white or light crusty bread such as baguette, ciabatta, country bread, whole wheat bread, or bread rolls</p> <p>You can add herbs or garlic to the bread before grating</p> <p>Breadcrumbs made from dry bread will keep for several weeks if stored in an air-tight container</p> <p>Breadcrumbs made from fresh bread must be stored in the freezer</p>
Bread, fine	3.5 oz bread, fresh or stale, cut into pieces (approx. 1in.)	15 – 20 sec / speed 7	
Potatoes	35 oz cut into pieces	12 – 15 sec / speed 5	Use peeled or unpeeled potatoes, as desired
Cheese, medium-hard (e.g. Gruyere, Emmental)	7 oz cut into pieces	10 – 12 sec / speed 5	
Parmesan cheese (or other hard cheese)	3.5 oz cut into pieces (approx. 1in.)	15 – 20 sec / speed 10	Remove crusts



Grated carrots



Grated chocolate



Grated cheese



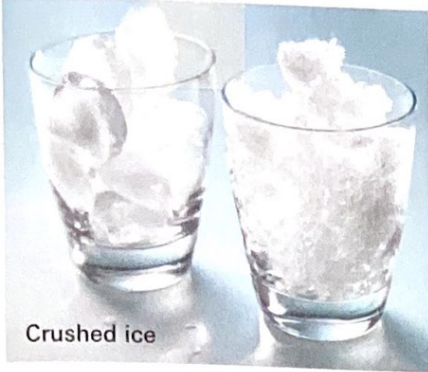
Breadcrumbs



Grated Parmesan cheese

Chop/Crush/Grind

Food	Amount	Time	Tips/Variations
Herbs	0.7 oz	3 sec / speed 8	Patted dry with a paper towel
Garlic	1 clove	2 – 4 sec / speed 8	
Onion	1.8 oz – 7 oz, cut into halves	3 – 5 sec / speed 5	
Ice cube	7 oz	3 – 8 sec / speed 5	<p>The length of time depends on size of ice cubes and how finely crushed you desired it</p> <p>The quantity of ice can be increased as long as ice cubes do not exceed the 1 liter (middle mark) in the mixing bowl</p>
Meat (e.g. beef, pork)	10.5 oz, cut into places (approx.)	10 – 12 sec / speed 6	<p>You can use any kind of meat (e.g. beef, pork, lamb, poultry)</p> <p>To achieve a uniform result, cut meat into evenly sized pieces</p> <p>The best consistency is often achieved with meat that is frozen for 60 minutes. Make sure it is only partially frozen</p>
Nuts (e.g. almonds, hazelnut, coarse)	7 oz	5 – 7 sec / speed 6	



Crushed ice



Chopped herbs



Chopped onions



Flour from cereal grains or legumes



Confectioners sugar



Ground meat

Grind/Mill

Food	Amount	Time	Tips/Variations
Nuts (e.g. almonds, hazelnuts), fine	7 oz	8 – 10 sec / speed 7	
Cereal grains, fine (flour)	8.8 oz cereal grains (e.g. wheat, rye, spelt, buckwheat, millet) or dried legumes (e.g. chickpeas, lentils, dried beans)	1 min / speed 10	For the best results, grind up to 8.8 oz at a time. If more flour is needed, repeat the process in batches of up to 8.8 oz
Coffee beans	3.5 oz – 8.8 oz	1 min / speed 9	
Poppy seeds	3.5 – 8.8 oz	30 sec / speed 9	
Peppercorns, coarse	0.4 oz	10 sec – 1min / speed 10	Increase time for a finer grind
Rice	3.5 oz	1 – 1.5 min / speed 10	
Sesame seeds, fine	7 oz	16 – 18 sec / speed 9	
Spices	7 oz	1 min / speed 9	
Sugar	7 oz	15 – 20 sec / speed 10	For best results, grind sugar in 3.5 – 7 oz batches Confectioners sugar can be stoned for long periods of time in an air-tight container

Steaming Functions

Use this table as a guideline, adjusting amounts and times according to your preference. Cooking times will vary depending on the quantity, quality, density, and size of ingredients. If ingredients seem undercooked, simply extend the cooking time. To extend cooking time beyond 30 minutes, add 8.8 oz water for each additional 15 minutes. Make sure a few holes in the Varoma dish and Varoma tray remain unobstructed, and that the Varoma lid is properly closed.

Place 17.5 oz, water or broth into the mixing bowl and steam stated time/Varoma/speed 1

Vegetables

Food	Amount	Time	Tips/Variation
Carrots	28 oz, cut into slices (1/4 inch)	30 min	
Carrots	28 oz, whole, very thin	25 – 30 min	
Broccoli florets	28 oz	15 min	
Cauliflower florets	28 oz	20 – 25 min	
Cabbage	28 oz, cut into strips	23 – 25 min	
Asparagus	28 oz	20 – 35 min	Time varies according to diameter of stalks
Peppers	17.5 oz, cut into strips (1/4 inch)	15 min	
Button mushrooms	17.5 oz	15 min	
Peas, frozen	17.5 oz	16 – 18 min	
Potatoes, small	17.5 oz	30 min	
Potatoes	28 oz, cut into medium-size pieces	25 – 30 min	
Leek	28 oz, cut into slices	25 min	
Green beans	28 oz, whole	15 – 30 min	
Fennel	28 oz, cut into quarters	30 min	
Fennel	28 oz, cut into slices	18 – 20 min	
Spinach, fresh	17.5 oz	10 – 12 min	Not more than 17.5 oz
Zucchini	28 oz, cut into slices (1/4 inch)	25 min	

Fruit

Food	Amount	Time	Tips/Variations
Apples	17.5 oz, cut into quarters	12 – 15 min	
Pears	28 oz, cut into quarters	12 – 15 min	
Pears	28 oz, cut into halves	20 min	
Apricots	17.5 oz, cut into halves	10 – 15 min	
Peaches	17.5 oz, cut into halves	10 – 15 min	
Plums	17.5 oz, cut into halves	12 min	

Fish & Seafood

Food	Amount	Time	Tips/Variations
Fish fillets (1 inch thick)	28 oz	20 min	e.g. salmon
Mussels, in the shell	17.5 oz	15 min	
Prawns, raw, with shell	28 oz	10 – 15 min	For frozen prawns, increase time by 2 min
Trout	2 whole	15 min	

Meat

Food	Amount	Time	Tips/Variation
Meatballs	17.5 oz	25 min	Apricot – size
Chicken breasts	21 oz	20 – 25 min	
Turkey escalopes	21 oz	20 – 25 min	
Frankfurter sausages	6 pieces	10 – 15 min	Depending on thickness