

**thermomix**  
Basic Functions  
and TM6<sup>®</sup> Modes



VORWERK





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In this document you will learn the fundamentals of manual cooking on your TM6®, from the basic functions to how to use each of the TM6® modes without the need of a guided recipe.

# Basic Functions

## Ingredients

## Amount

## Time/Speed

Use this table as a guide to adapt your own recipes

### Chop

Ingredients	Amount	Time/Speed
Carrots	24 oz, cut into pieces	4-5 sec/speed 5
Cabbage	14 oz, cut into pieces	10-12 sec/speed 4
Fruit	21 oz, cut into pieces	4-5 sec/speed 4
Herbs	0.5 -1 oz	3 sec/speed 8
Garlic	1 garlic clove	2-4 sec/speed 8
Onion	1.5-8 oz, cut into pieces	3-5 sec/speed 5
Meat	8 oz	3-8 sec/speed 5
Meat	10.5 oz, cut into pieces, partially frozen	10-12 sec/speed 6

### Shred

Ingredients	Amount	Time/Speed
Chicken breast	17.5 oz, cooked	3-4 sec/🌀/speed 4
Surimi (imitation crab)	8 oz	2-3 sec/🌀/speed 4
Cod fish	17.5 oz, cooked	2-3 sec/🌀/speed 4
Beef	17.5 oz, cooked	4-8 sec/🌀/speed 4
Boneless Pork Loin	17.5 oz, cooked	6-8 sec/🌀/speed 3

### Grate

Ingredients	Amount	Time/Speed
Thick grated chocolate	8 oz, cut into pieces	4-5 sec/speed 7
Fine grated chocolate	8 oz, cut into pieces	4-5 sec/speed 8
Bread crumbs	3.5 oz, cut into pieces	9-10 sec/speed 4
Semi hard cheese	8 oz, cut into pieces	10-12 sec/speed 5
Hard cheese	3.5 oz, cut into pieces	15-20 sec/speed 10

### Grind

Ingredients	Amount	Time/Speed
Nuts	7 oz	8-10 sec/speed 7
Cereals	9 oz	1 min/speed 10
Coffee beans	9 oz	1 min/speed 9
Spices	1 oz	1 min/speed 9
Sugar	8 oz	15-20 sec/speed 10



# Tips and Tricks for Multi-Level Steaming

## Safety

**1** Make sure steam can circulate. When placing ingredients in the Varoma, it's important to leave some holes unobstructed.

**2** If using a Thermomix® mold in the Varoma, place a jar ring in the center of the Varoma dish and set the filled mold onto the ring. This raises the mold and allows air to circulate for even steaming. Check to make sure Varoma lid is securely closed.

**3** To remove Varoma lid: when Varoma has finished steaming, carefully angle the Varoma lid away from your face while lifting it off. This will allow steam to safely escape from the side of the Thermomix® that is furthest away from your face and body. After all the steam has escaped turn the lid upside down and slide it under the Varoma dish so the lid acts as a drip tray.



## Helpful Tips

**4** To line the Varoma tray with parchment paper: place the Varoma tray upside down on a sheet of parchment. Draw an oval shape using the Varoma tray as a template. Scrunch the cut parchment into a ball under running water. Squeeze out excess water and lay the damp parchment flat onto Varoma tray, keeping the side vents clear for steam to circulate.

**5** To prevent condensation from dripping on food steamed in a mold or baking pan, cover with a piece of parchment paper.

**6** Use the Varoma to steam fish and vegetables in parchment packets. Parchment packets allow contents to cook in their own juices and maintain the flavors of each ingredient.

**7** For even cooking: chop ingredients into similar-sized pieces. Add ingredients to the Varoma according to their cooking times, placing the faster cooking ingredients on the Varoma tray and longer cooking vegetables in the Varoma dish below. Check also "*Tips on Temperatures*" and "*Steaming Times*" in the following sections.

**8** To cook smaller quantities of vegetables and rice, the cooking time will remain the same.

**9** When cooking rice use liquid just below simmering basket. Place 32 oz of liquid into mixing bowl to fill just below the simmering basket. This will allow enough steam to circulate properly to all levels of food when multi-level cooking.

**10** To avoid mixing of flavors, place sweet dessert ingredients in the Varoma tray. Fish can be wrapped and steamed in parchment paper.

**11** When steaming with Varoma, liquid will evaporate/reduce by 9 oz of liquid every 15 minutes when cooking on speed 2. Place 17.5 oz water or stock into mixing bowl for 30 minutes steaming, add an additional 9 oz water or stock for each additional 15 minutes of cooking time. When multi-level cooking, steam on speeds 2-4 depending on quantity of ingredients.

**12** Cooking time will vary according to size and diameter of ingredients. Therefore, check doneness of your meat, poultry, fish and vegetables and cook an additional 1-2 minutes to your liking.

**13** The Varoma can also be used to reheat food. Place food to be reheated into a heat proof bowl that can fit into the Varoma dish with the lid on securely. Place 18 oz water into mixing bowl, set Varoma dish into position, secure Varoma lid and steam **5-15 min/Varoma/speed 4**, depending on type and quantity of food.

# Steam Cooking

Use this table as a guide to adapt your own recipes, cooking times may vary depending on the quantity and quality of the ingredients. If the food seems raw, increase the time. Add another 9 oz of water for every additional 15 minutes of cooking time. Make sure to leave a few holes unobstructed in the Varoma dish and tray and always check the lid closes properly. Place 17.5 oz water into the mixing bowl and cook the **selected time/Varoma/speed 1**.

Carrots	28 oz, sliced	30 min
Broccoli	28 oz, cut into florets	15 min
Cauliflower	28 oz, cut into florets	20-25 min
Cabbage	28 oz, sliced	23-25 min
Asparagus	28 oz	20-35 min
Bell peppers	17.5 oz, sliced	15 min
Mushrooms	17.5 oz	15 min
Frozen green peas	17.5 oz	16-18 min
Baby potatoes	17.5 oz	30 min
Potatoes	28 oz, cut into pieces	25-30 min
Leeks	28 oz, sliced	25 min
Green beans	28 oz	15-30 min
Fresh spinach	17.5 oz	10-12 min
Zucchini	28 oz, sliced	25 min
Apples / Pears	17.5 oz, quartered	12-15 min
Peaches	17.5 oz, halved	10-15 min
Fish fillet	28 oz	20 min
Shrimp	28 oz	10-15 min
Meatballs	28 oz	25 min
Chicken breast	21 oz, cut into pieces	20-25 min
Beef loin	28 oz, in one piece	60 min



# Scales

Weigh each ingredient directly into the mixing bowl per half ounce. With the integrated scale you will know exactly the amount of ingredients you will be cooking and consuming from your kitchen. Scales allow you to be exact in a way that no other measuring device permits, making cooking accurate and easy.

## Tips

**1** Thermomix® must be placed on a flat surface and the rubber feet clean, for the scales to weigh properly. Extend the power cord fully, make sure that there is no tension on the cord and that it is not situated under the appliance. The scales are very sensitive so make sure when using the scale there is nothing leaning or touching the Thermomix®.

**2** To prep ingredients in advance, place a bowl onto the mixing bowl lid and weigh out ingredients to be added within the recipe.

**3** Scale can be used in all recipes to weigh ingredients into the mixing bowl, the Varoma or a container placed on the mixing bowl lid. To set the Scale to 0 oz tap the tare button.

**4** Using the Scale weight in the negative allows us to measure the weight of ingredients being removed from the mixing bowl. This is useful when removing part of an ingredient to use later on in the recipe, e.g. confectioner's sugar for decoration.

**5** The Scale function can be used while the mixing knife is moving and motor is running, up to and including speed 4. For accurate weighing make sure contents in the mixing bowl are smooth and homogeneous to avoid scale fluctuations.

**6** When weighing a light ingredient, e.g. cornstarch and cocoa powder, do not let it sprinkle into the bowl but make sure to drop it in all at once or in batches. The weight of liquid ingredients continues to register while pouring. For this reason it's best to weigh liquid in batches, stopping just before scale registers the desired weight. Then add the remainder carefully and incrementally, as needed.





# Dough

Make breads like a professional baker with just a turn of the dial. Get the ideal texture in bread doughs with incredible results without much effort. Simply place the ingredients into the mixing bowl, select the mode on the screen and choose the desired time.

The Dough mode is good for breads, sweet or savory pastries and all doughs you want to develop gluten in. The Dough mode can also be used for ground meat/fish mixtures such as meatballs and fishcakes.

## Tips

1

Dough mode will only work when the mixing bowl temperature is below 140°F.

2

Use maximum 21 oz flour for bread doughs and 25 oz maximum for wetter doughs. If necessary, use the spatula through hole in mixing bowl lid to evenly mix and knead dough.

3

For doughs using sourdough it is important to focus on the total maximum weight of all ingredients. This should not be above 40 oz when using Dough mode. It might be that the kneading result with this type of dough is better achieved to mix manually on **speed 4**.

4

To remove dough from the mixing bowl: Tip the bowl upside down on a work

5

surface, twist the black knob that turns the blades back and forth and the dough will fall off the blades and out of the bowl.

6

Let the dough rest inside the mixing bowl to ferment it.

Easily release dough or cake batter stuck on your blades, with measuring cup inserted, select **2-4 sec/speed 7**. This flicks everything off the blades to the sides of the bowl, where you can easily scrape out with the spatula. Another way to remove dough from blades is to use Turbo mode. Press **Turbo/1 sec/1-2 times** and all loose dough will be pushed to the outside of the bowl for easy removal with spatula.







Grind sugar, chocolate and hard ingredients in seconds

## Turbo

Safely grind ingredients in bursts of up to 2 seconds with the highest power of the device. Chop seeds to prepare your own flours in seconds, or grind chocolate, brown sugar and candies.

Select the mode from the screen, choose the time and turn the selector as many times as needed.

Use the Turbo mode to:

- roughly chop ingredients
- chop at the highest speed in 0.5-2 second bursts.

### Tips

**1** Using this mode, with the quick acceleration in speed, ensures hard ingredients are mixed and chopped evenly.

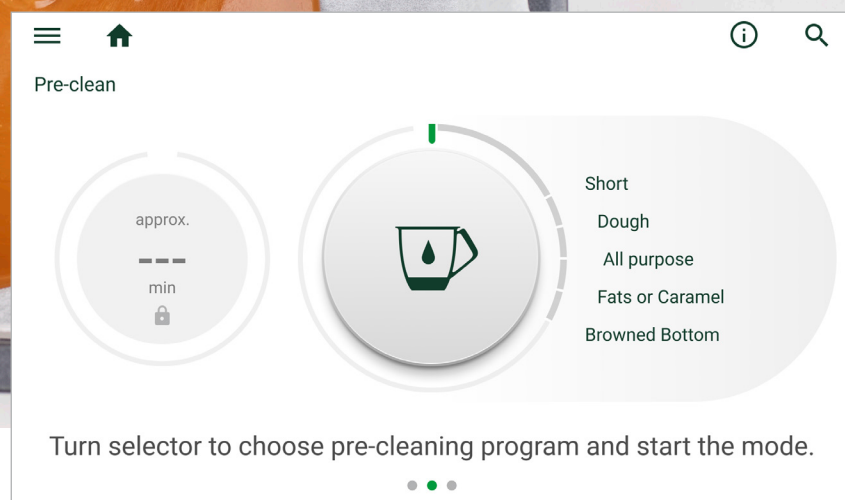
**2** Use for evenly chopping hard ingredients (e.g. Parmesan cheese, cured ham, chocolate) in medium or small pieces. Select a pulse time (0.5, 1 or 2 seconds) and turn the speed selector to start the mode. Repeat if needed to achieve desired consistency.

**3** Whole lemons in water can be chopped to make lemonade. With Turbo mode the

lemons get cut in pieces to release the juice without being puréed.

**4** The Turbo mode only works when the temperature of the mixing bowl and its contents are 140°F or below.

**5** HINT| To ensure your mixing bowl is completely dry, use Turbo mode or speed 10 for 1-2 seconds and the centrifugal force will throw any remaining moisture from the knife or bottom of bowl to the sides of the mixing bowl to be wiped away with a paper towel.



## Pre-Clean

**Thermomix®** Pre-cleans itself. By selecting the type of cleaning, the device senses which of the different temperatures will provide the deepest clean.

### Tips

Depending on how dirty the mixing bowl is, add the following:

1

Just add 35 oz of water and 1-2 drops of soap or 2 oz vinegar, select the cleaning option you want and start the mode. When finished, with help of a brush, scrub the inside of the mixing bowl and blades and rinse. For Brown Bottom mode use 35 oz of water and 2 oz vinegar.

**Short:** For quick clean-up

**Dough:** After preparing batters, doughs, etc.

**All Purpose:** After cooking proteins or cereals.

**Fat or Caramel:** After using high heat or caramel in guided cooking recipes.

**Browned Bottom:** When leftovers remain stuck in the bottom of the mixing bowl



# Kettle

Heats water to chosen temperature. Use the Kettle mode to speed up the heating of water in recipes and for recipes that require exact temperatures, such as heating hot water for teas or coffee or to heat water before cooking pasta.

## Tips

- 1 Temperatures to select:** 98°F and 100°F-212°F.
- 2** You can heat 3.5-61 oz of water between 100°F-212°F.
- 3** Select the mode, choose the desired temperature and start heating by tapping the kettle icon and turning the speed selector.
- 4** Once the target temperature is reached it will be held at this temperature for 5 seconds before the appliance stops itself.
- 5** Use the **measuring cup** to avoid splashings.

### **General recommended temperature ranges for heating water for tea:**

Green Tea 150-180°F

White Tea 160°F

Black Tea 180°F-212°F

Oolong Tea 190°F-200°F

Herbal Tea 212°F

### **Coffee is best when heated to the following temperature ranges:**

French 200°F

Aeropress 170°F-200°F

Espresso 190°F-200°F

Drip or Filtered 200°F





## Blend

Progressively blend your food in very short time. With the Blend mode, you just need to enter the screen and choose the time. The blades will gradually increase safely until they reach the desired speed, leaving purées, sauces and creams with the best texture.

### Tips

- 1 Always use the measuring cup when blending.
- 2 Purées, smooth soups and smoothies are made using this mode. Place ingredients, up to a maximum capacity of 70 oz into mixing bowl. Blending will start slowly and increase speed automatically. Use your measuring cup to prevent ingredients splashing out of the mixing bowl.





# Sous-Vide

Sous-Vide cooks in a precisely temperature-controlled water bath, providing even-cooking while preserving color and nutrients. Sous-Vide offers unparalleled control over what you are cooking, whether it's steak, shrimp, vegetables or fruit and allows you to get results and textures that are impossible to achieve using traditional cooking methods. See tips section and the reference table as a guide for adapting your own recipes.

## Tips

- 1 Follow the below reference table for recommend Sous-Vide guidelines. If ingredients have different weights and thickness, times must be adjusted.
- 2 Before placing meat in a vacuum sealer bag, turn the top edge of bag inside out approx. 2 inches from the edge in order to keep the top clean for a tight seal.
- 3 Do not exceed the maximum capacity indicator of the mixing bowl (2.2 l).
- 4 To protect against metal oxidation due to prolonged heating of water, before adding filled bags add 1 oz lemon juice or 1 level tsp ascorbic acid (vitamin C) to the mixing bowl.
- 5 Add the sealed bags into the mixing bowl, once the water has reached the desired temperature (average heating takes 8-10 minutes). The bags must be fully submerged in water.
- 6 Searing the meat after cooking on Sous-Vide will add flavor and color.
- 7 Use the Blade Cover & Peeler to prevent sous-vide bags from coming in contact with the mixing blade and cook food at temperatures up to 185°F.
- 8 When cooking manually, the speed and reverse rotation are predefined in the Sous-Vide mode. You will only need to select the cooking time and temperature and turn the speed selector to start the mode.



Check the **tips**  
and **table of**  
**reference** to  
prepare your  
dish

# Recommended times and temperatures

## Meat

Ingr.	Total	Size/Thickness	Water for mixing bowl	Bags	Temp.	Time	Doneness	Tips
<b>Beef steak</b>	23-28 oz	4 × 6-7 oz per steak (approx. 1/8 in. thick)	47 oz	2	122°F	60 min	rare	
<b>Lamb loin</b>	17.5 oz	2 × 8 oz per loin	50 oz	2	140°F	35 min	medium rare	
<b>Pork loin</b>	17.5-23 oz	1 loin, cut into 2 pieces, 1/4 in.	40 oz	1-2	158°F	60 min	well done	
<b>Duck breast</b>	17.5-21 oz	2 × 8-10 oz per breast (1 in. thick)	40 oz	2	140°F	60 min	rare	
<b>Chicken breast</b>	17.5-21 oz	2 × 9-10.5 oz per breast (1 in. thick)	50 oz	2	158°F	75 min	well done	
<b>Chicken thigh</b>	23-25 oz	4 × 6 oz per thigh (1 in. thick)	47 oz	1-2	158°F	60 min	well done	
<b>Turkey breast</b>	17.5 oz	4 × 4 oz each breast (1/2 in. thick)	47 oz	2	158°F	60 min	well done	
			54 oz	1-2	132 °F	50 min	medium rare	

## Fish/ Seafood

<b>Lean fish (snapper)</b>	28 oz	4 × 8 oz each filet (1 in. thick)	50 oz	2	132 °F	60 min	medium rare/medium	
<b>Fatty fish (salmon)</b>	21 oz	4 × 6 oz each filet (1 in. thick)	48 oz	2	122 °F	45 min	medium rare	
<b>Shrimp, peeled</b>	12-13 oz	24 pieces (1/2 in. each)	50 oz	2	140 °F	20 min	medium	

## Eggs

<b>Poached eggs</b>	4 – 6	L size egg (2-2.5 oz, each)	40 oz	0	168°F	19-20 min	soft	Break each egg into a piece of greased cling wrap, close securely.
<b>Boiled eggs (with shell)</b>	6	L size egg (2-2.5 oz, each)	54 oz	0	150°F	40 min	light eggwhite, soft yolk	Eggs with shell inside the simmering basket Add 1-2 slices lemon to water in mixing bowl for easy peeling

# Recommended times and temperatures

## Root vegetables

Ingr.	Total	Size/Thickness	Water for mixing bowl	Bags	Temp.	Time	Doneness	Tips
<b>Carrots</b>	10.5 oz	6 in. long, 1 in. diameter	54 oz	1	185°F	45 min		
<b>Beets</b>	21 oz	1.5-2 in. diameter ea.	44 oz	1	185°F	60 min		Larger roots, cut in half
<b>Shallots</b>	9 oz	1 in. diameter ea.	47 oz	1	185°F	75 min		

## Vegetables

<b>Green beans, fresh</b>	10.5 oz	round or flat	64 oz	1	185°F	40 min		
<b>Eggplant</b>	10.5-12 oz	2 x 5-6 oz each, sliced (0.5-1 in.)	40 oz	1-2	185°F	50 min		
<b>Mushrooms</b>	8.5 oz	1-2 in diameter ea.	50 oz	1	185°F	20 min		
<b>Asparagus</b>	17.5 oz	0.5 in. diameter ea.	50 oz	1-2	177°F	10 min		
<b>Bell peppers</b>	14 oz	sliced (0.25-0.5 in.)	57 oz	1	185°F	30 min		

## Firm fruits

<b>Pears</b>	10 oz	2 halves (5 oz each half)	54 oz	1	185°F	25 min		
<b>Apples</b>	14 oz	4 x 3.5 oz each, quartered	50 oz	1	185°F	45 min		

## Soft fruits

<b>Peaches</b>	10-12 oz	3, halved (2 in. diameter)	47 oz	1	150°F	25 – 30 min		
<b>Bananas</b>	14 oz	4 (approx. 3.5 oz, in diameter ea.)		1	185°F	20 min		



# Rice Cooker

The Rice Cooker mode is used to cook rice and many other cereals, such as quinoa or wheat. Place the cereal of your choice in the mixing bowl together with the water and seasonings, select the mode and turn the selector. Thermomix® fully controls time and temperature automatically.

## Tips

- 1 **Portions:** Use 2.5 oz of rice per portion.
- 2 **Water proportion:** water quantity depends of the cereal type and quantity to be prepared. Start by using basic recipes in Rice Cooker mode to become comfortable with the proportions and adjust according to preferences.
- 3 **Brown rice:** soak brown rice or brown cereals in advance for the time indicated in the recipe.
- 4 After rinsing, allow to drain 30 minutes before cooking.
- 5 Add oil and salt to water and stir with spatula to combine.
- 6 **Simmering basket:** when using Rice Cooker mode, place simmering basket instead of measuring cup on mixing bowl lid.
- 7 When Rice mode is finished, transfer to a bowl, cover and let rest. Fluff with a fork before serving.

	Rice	Water	Oil	Salt
Long grain rice	10 oz	20 oz	1 tsp	1 tsp
	15 oz	30 oz	2 tsp	2 tsp
Basmati	7.5 oz	11.5 oz	1/2 tsp	1/2 tsp
	10 oz	18 oz	1 tsp	1/2-1 tsp
	12.5 oz	18.5 oz	1 tsp	1/2-1 tsp
	14.5 oz	21.5 oz	2 tsp	1 tsp
Jasmine	7.5 oz	11 oz	1/2 tsp	1/2 tsp
	12.5 oz	18.5 oz	2 tsp	1 tsp
	14.5 oz	21.5 oz	2 tsp	1 tsp
Bulgur wheat	7 oz	14 oz	2 tsp	1/2 tsp
Brown rice	7 oz	21 oz	1 tsp	1/2-1 tsp
	10.5 oz	31.5 oz	2 tsp	2 tsp
Sushi rice	14 oz	19 oz		1 tsp





**Check the tips** to create the perfect texture.



## Thicken

This mode is perfect for preparing sweet and savory sauces thickened with starch or eggs. Easily prepare hot emulsified sauces, desserts and custards. Simply place the ingredients in the mixing bowl, select the mode, set the temperature, and turn the selector to start. Thermomix® will control the cooking time based on the amount and type of ingredients, and temperature.

### Tips

1

In recipes thickened with starch, set the temperature to 212°F: these recipes thicken when using any flour, such as all-purpose, corn starch, potato or tapioca flour as the thickening agent. Use thicken mode to prepare bechamel sauce, vanilla sauce or pastry cream.

2

In egg thickened recipes, set the temperature to 175°F: these recipes use eggs or egg yolks as the thickening agent, and include hot emulsified sauces, desserts or spreads. Prepare our Béarnaise Sauce, or Orange Liqueur Zabaglione to experience the ease of Thicken mode.

3

Use the butterfly whisk when preparing hot emulsified sauces: the butterfly whisk will introduce air into the sauces to create the perfect egg foam. This accessory is ideal for preparing sabayon.



# Fermentation

Use this mode to prepare yogurt and yeast doughs by controlling time and temperature to achieve the best results. See tips and reference table depending on what you want to prepare.

## Tips

**1** To protect the mixing bowl from oxidation due to prolonged heating of water, add an acidic ingredient such as 1 oz of lemon juice or vinegar to the water.

**2** Use the Fermentation mode with 9 oz water in the mixing bowl for 10 hours and 10.5 oz water for 12 hours.

	Ingredient	Water	Temperature	Time	Comments
Yogurt	Yogurt in Varoma	8-10 oz	160°F	10 - 12 hours	To proof dough: after kneading, place the dough inside the greased Varoma and secure Varoma lid. Place water into mixing bowl, set Varoma into position and start <b>Fermentation/ 1 hr/160°F</b> . Use the dough as needed.
	Yogurt in mixing bowl	corresponding ingredients	100-120°F	10 - 12 hours	
Cheese	Cheese	corresponding ingredients	110-120°F	12 hours	
Dough	Yeast dough	7 oz	160°F	1 hour	





## Slow Cooking

Use Slow Cook mode for juicy and delicious results by controlling the temperature for long periods of time. See reference table for tips and guidelines.

### Tips

1

To protect the mixing bowl from oxidation due to prolonged heating of water, add an acidic ingredient such as 1 oz lemon juice, vinegar, wine or tomato purée to the cooking liquid.

2

Use the amount of liquid as indicated in reference table.

3

Cover the ingredients with liquid such as broth, sauce, etc. Do not exceed the maximum capacity indicator of the mixing bowl (2.2 l).

4

Use the Blade Cover & Peeler to prevent food from coming in contact with the mixing blade and slow cook food at temperatures up to 205°F.

5

Use a maximum of 28 oz meat.

6

Do not cook dried RED KIDNEY BEANS in the mode, the temperatures reached are not high enough to remove toxins from red kidney beans.


7

Follow the below reference table for recommend slow cooking guidelines. If ingredients have different weights and thickness, times must be adjusted.

8

When cooking manually, the speed and reverse rotation are predefined in the Slow Cook mode. You will only need to select the cooking time and temperature and turn the speed selector to start the mode.

## Meat

Ingr.	Quantity	Size	Minumun liquid quantity	Temp.	Time	Tips
<b>Meat for stew</b>	14 oz	1 in x 1 in.	17.5 oz	185°F	7 hr	A nice sauce based on beef broth and stout-type beer (eg Guinness) creates a great flavor for stews.
<b>Mince meat</b>	21 oz		25 oz	205°F	4 hr	Cook the beef in a Bolognese sauce, use a mixture of 5.5 oz red wine, 7 oz beef broth and 14 oz crushed tomatoes, to make this classic sauce. This recipe can be cooked without the Blade Cover.
<b>Beef ribs</b>	28 oz	cut into 8 pieces	25-28 oz	205°F	4 h 30 min	Ideal for a classic stew prepared with vegetables, a mixture of red wine and beef broth.
<b>Lamb shoulder</b>	23 oz	cut into 8 pieces, (1.5 in. x 1.5 in.)	16-18 oz	205°F	6 hr	Marinate lamb in a curry paste and use coconut milk to make a great lamb curry.
<b>Pork cheek</b>	17.5 oz	4 x 3.5-4 oz each	50 oz	205°F	8 hr	Marinate pork cheek in a bit of oil and onion to get a succulent result.
<b>Pork belly</b>	21 oz	cut into pieces (1 in. x 3 in.)	25 oz	205°F	4 hr	Cook in vegetable broth. Brown pork belly after slow cooking. Strain the broth after cooking and add seasonings. Use seasoned broth to prepare rice noodles and serve with the pork belly.
<b>Pork shoulder</b>	28 oz	cut into pieces (4 in. x 4 in.)	25 oz	205°F	4 hr	Marinate before cooking for better results. Use chicken broth for cooking. At the end of cooking, shred meat <b>4-5 sec</b> /  / <b>speed 4</b> and mix with BBQ sauce.
<b>Meatballs</b>	17.5 oz minced meat, 10% fat	1 oz each	28 oz	205°F	3 hr	Meatballs can be slow cooked in a classic tomato sauce.
<b>Duck leg</b>	4	2-7 oz each	35 oz	205°F	3 hr	Season the chicken broth with plums, vegetables and bay leaf. Remove the bones and shred the meat to serve with the plum sauce.
<b>Chicken thigh</b>	25-28 oz	4 pieces, (6 oz each, 1 in. thick)	25 oz	205°F	3 h 30 min	A mixture of red chili, red bell pepper, tomato, and chicken broth makes a good base for a chicken thigh stew.
<b>Chicken leg</b>	28 oz	6 pieces, (4 oz ea.)	23 oz	205°F	3 hr	Use orange juice, chicken broth, honey and soy sauce as Asian inspiration to create a tasty chicken dish.
<b>Turkey leg, boneless, skinless</b>	23 oz	cubed (1.5 x 2 in.)	19.5 oz	205°F	3 hr	Cook slowly in chicken broth with vegetables and serve with sautéed mushrooms and bacon.

## Others

Ingr.	Quantity	Size	Minumun liquid quantity	Temp.	Time	Tips
<b>Octopus</b>	17.5-28 oz	1 in. thick	28 oz	175°F	5 hr	Season with salt and paprika, drizzle a little oil for a fresh octopus dish.
<b>Squid</b>	17.5-28 oz	sliced	28 oz	175°F	5 hr	Cook with tomato sauce.
<b>Beans</b>	7 oz weighed dry		19.5 oz	205°F	4 hr	Soak beans overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
<b>Chickpeas, overnight soaked</b>	7 oz weighed dry		19.5 oz	205°F	4 hr	Soak beans overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
<b>Red beans</b>	7 oz weighed dry		19.5 oz	205°F	4 hr	Soak red beans (do not use kidney beans) overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
<b>Vegetables - carrot, onion, sweet potato</b>	21 oz	4 in. long, 1 in. round	46 oz	185°F	2 h 30 min	Cook in a chicken or vegetable broth. Serve the vegetables with the cooking broth and fresh fine herbs. The cooking broth makes a tasty soup base.
<b>Squash</b>	25 oz	cut into pieces (1 in x 1.5 in.)	40 oz	185°F	4 hr	Add chopped fresh herbs before serving.
<b>Pears, firm</b>	4 pears (6.5 oz each)	whole, peeled	37 oz	195°F	4 hr	Cook in a wine reduction and season with orange zest, cinnamon and anise.
<b>Pineapple</b>	17.5	quartered and sliced (1 in. thick)	28 oz	185°F	2 hr	Cook in pineapple or sugar syrup and add some chili flakes and rum. Serve the cooked pineapple with the syrup and ice cream.
<b>Apples</b>	4 apples	halved, with skin	65 oz	195°F	2 hr	Cook with a sugar syrup or maple sugar and cinnamon. Ideal for a breakfast or dessert.
<b>Nectarine, peach</b>	14 oz	4 pieces, halved, seeded, with skin	60 oz	195°F	2 hr	Drizzle with a bit of honey before serving.

# Warm-Up

Thermomix® can reheat food, stews, soups, porridges, etc. that were previously prepared to a desired temperature. The goal of this mode is to homogenize all the contents in the mixing bowl at the same temperature; is perfect for reheating leftovers, the mode allows you to choose the desired temperature for each of the recipes. For example: soups, creams and stews or to warm sauces and baby food.

## Tips

1

Warm-Up mode provides even heating throughout the dish, making it perfect for heating liquids and creamy recipes up to 195°F.

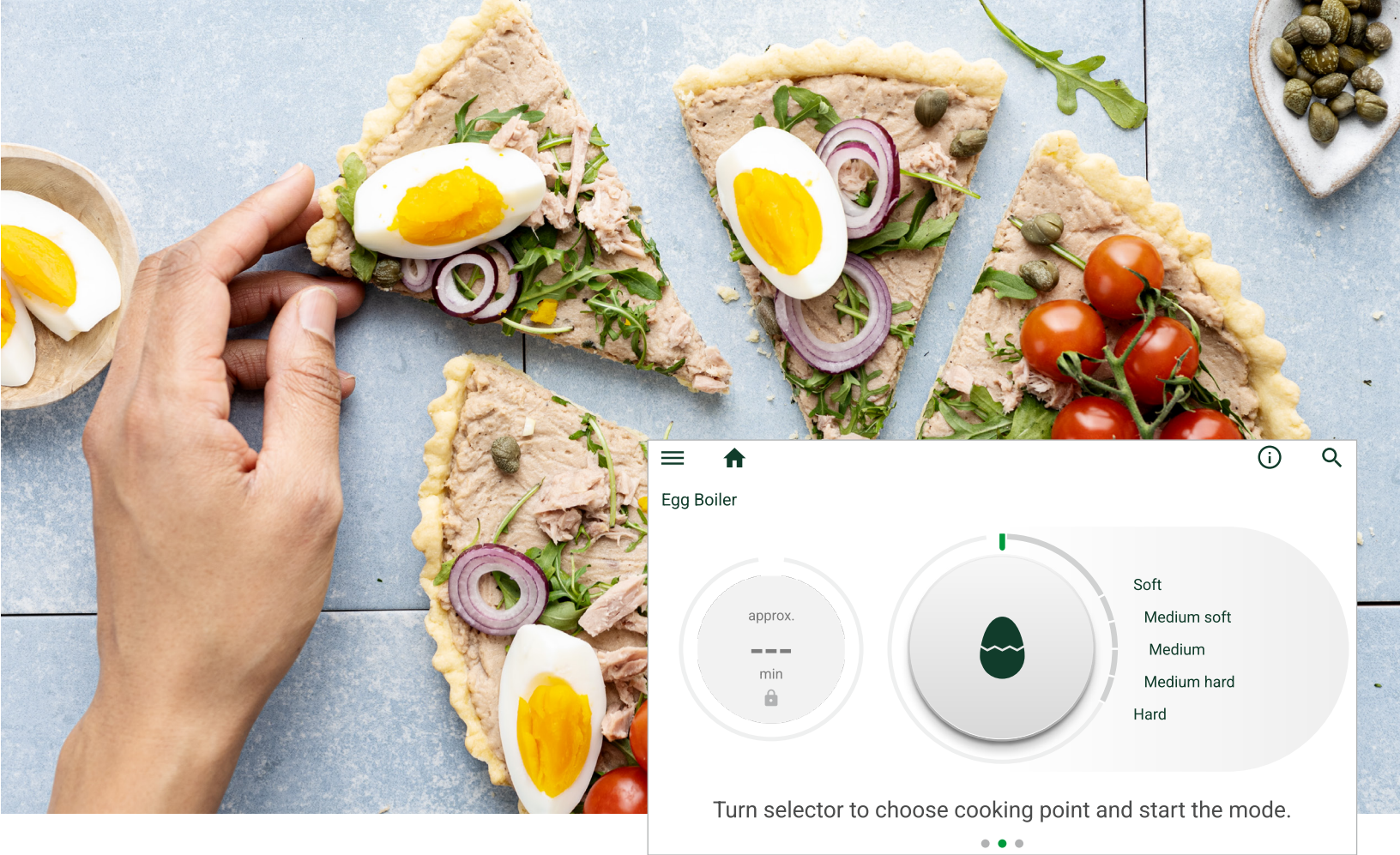
2

Use the butterfly whisk when warming up larger quantities or thicker foods such as stews with chunks of meat and vegetables. The butterfly whisk will also prevent the food from falling apart when heated.

3

Warm your baby's cereal or soup to the ideal temperature. With the TM6® Warm-Up mode, evenly heat baby food to 100°F. You no longer need to use ice cubes or spend time waiting for food to cool down. Simply feed your baby perfectly warmed spoonful's of goodness.





## Egg Boiler

With controlled heat and time, Thermomix® cooks eggs exactly as you like them, every time. Just place 2-6 cold eggs from the refrigerator into the mixing bowl (without simmering basket), add water to cover eggs. Insert measuring cup into mixing bowl lid and select the desired cooking point to start the mode.

**Soft:** Liquid yolk and liquidy egg white

**Medium soft:** Liquid yolk and set egg white

**Medium:** Partially soft yolk

**Medium hard:** Firm yolk but not dry

**Hard:** Hard boiled

### Tips

- 1 Use large size eggs (2-2.5 oz).
- 2 Place eggs into bottom of mixing bowl instead of placing into simmering basket.
- 3 Completely cover the eggs with water.

- 4 When the mode is finished, pour cold water into mixing bowl, carefully remove eggs and transfer to simmering basket. Run cold water over the eggs to stop the cooking process.
- 5 To easily peel the eggs, add two slices of lemon in the water before cooking.

# Peeler Mode

The Thermomix® Blade Cover & Peeler can be used to peel or scrub potatoes and other vegetables.

## Tips

**1** Use this mode with the Thermomix® blade cover accessory for peeling vegetables. Insert peeler with grippers facing upwards, aligning the side notches in higher part of the peeler over the 2 higher positioned blades, then press down to secure. When placed correctly there will be a slight resistance to remove it.

**2** When using Peeler mode, vegetable pieces should fit through hole in mixing bowl lid. For best results, vegetable pieces should be as large as possible. Always, place 21 oz water into mixing bowl and a maximum of 28 oz vegetables. For greater control of the peeling process, peel each vegetable type separately.

**3** Add 1 tsp oil to avoid sudsing of potato peels when using Peeler mode.

**4** The Peeler mode ensures that the Blade Cover & Peeler will rotate in a clockwise direction. The Peeler mode can be set between 30 seconds and 6 minutes. 4 minutes is the default value and recommended time to remove peel from most vegetables. When this time has elapsed and the vegetables have been peeled or scrubbed to the desired amount, simply drain the vegetables in the simmering basket.

Five things to remember when **manually** using the Peeling function:

1. **Do not set a temperature** on the Thermomix®.
2. Ensure the mixing blades **are not set** to reverse rotation.
3. **Do not exceed** speed 4.
4. **Always** use 21 oz water and a maximum of 28 oz vegetables.
5. Only use **black measuring cup** or **simmering basket** when using Peeler mode.





