












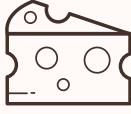








the thrifty thermomix



KITCHEN CHEAT SHEET

SP= Speed
R = Reverse
MB= Mixing Bowl
V= Varoma
S= Seconds
MIN = Minutes
D = Degrees

 MILL CASTER SUGAR 10S - SP 6	 MILL ICING SUGAR 20S - SP 10	 WHISK EGG WHITES (INSERT BUTTERFLY WHISK) 4MIN- SP 3.5	 MELT BUTTER 3MIN- 50D - SP1	 MELT CHOCOLATE 3MIN - 50D - SP1
 CHOP ONIONS 5SEC- SP 8	 CHOP GARLIC 5SEC - SP 8	 GRATE APPLE (QUARTER APPLES) 4SEC - SP 4	 NUT/ SEED MEAL 15SEC - SP 9	 GRATED CHOCOLATE 5SEC -SP 8
 SMOOTHIE (FRUIT) 1MIN- SP 9	 GROUND COFFEE BEANS 1MIN - SP 9	 COFFEE MILK (HEAT 5MIN -70D -SP 1) FROTH 20SEC - SP 9	 CHEESE GRATED (ROUGH CHOP) 8SEC - SP 8	 GROUND SPICES/HERBS 1MIN - SP 10
 GINGER (PEEL) 3SEC - SP 6	 STEAM CORN (WATER IN MB, PLACE CORN IN V) 20MIN- V - SP 3	 STEAM VEGGIES (WATER IN MB, PLACE VEG IN V) 15MIN - V - SP3	 QUICK RICE (ADD 400G RINSED RICE TO STEAMER BASKET, ADD 1 LITRE BOLING WATER FROM KETTLE) 10MIN- 100D - SP 3	 SHRED CHICKEN/ MEAT 4SEC- R - SP4



CLEANING TIPS + TRICKS

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SP= Speed
MB= Mixing Bowl
S= Seconds
D= Degrees

R = Reverse
V= Varoma
MIN = Minute

THERMO DEEP CLEAN



700G WATER



250G VINEGAR



2 TBSP BICARB



10MIN -V - SP2



RINCE OFF

THERMO BLADE CLEAN



5 EGG SHELLS



WATER
(COVER BLADE)



TURBO
2SEC X 5



BRUSH BLADES



RINCE OFF

THERMO BOWL SHINE



5 EGG SHELLS



2 LEMONS
HALVED



8 SEC - SP 8



500G OF
WATER



30MIN - 60D-
SP3



RINCE OFF

THERMO COLOUR STAINING -FOR STAINING ON LID PLACE IN DIRECT SUN LIGHT



2 TBSP BICARB



700G WATER



1/4 LEMON



10MIN -V - SP3



RINCE OFF