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A GUIDE TO USING THIS BOOK

A Guide to Symbols



**Interval/
Kneading
Setting**



**Reverse
Speed**



**Speed
Soft**



Butterfly



Varoma

VEG Vegetarian

Abbreviations used in recipes

MC	Measuring Cup = 100g
tsp	teaspoon
tbsp	tablespoon
g	grams

In most cases, the liquid ingredients in this booklet are given by **WEIGHT**, not by **VOLUME**. This allows you to make full use of one of the unique features of your Thermomix – the built-in scales.

Additional Information

Recipes in this book have been designed in most cases to use the capacity of bowl and will serve from 4–6 adults. Recipes can in some cases be reduced or increased in volume – this will affect cooking times slightly. For more information on adjusting the volume of recipes please call your Consultant.