

THERMOMIX

USER'S GUIDE



VORWERK

IMPORTANT SAFEGUARDS

Read all instructions carefully before beginning to use your Thermomix. This will help you achieve a high level of safety and security.

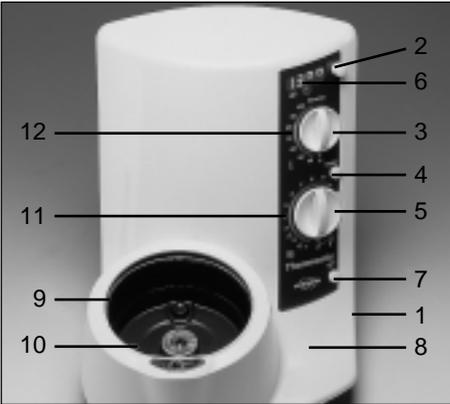
1. Close supervision is necessary when the appliance is used by or near children.
2. Do not use the Thermomix for anything other than its intended use.
3. Do not place the Thermomix on or near a hot gas or electric burner, or in a heated oven.
4. Do not use outdoors.
5. Do not let cord hang over edge of table or counter or touch hot surfaces.
6. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
8. To protect against risk of electrical shock do not immerse the main appliance in water.
9. Use only Thermomix accessory attachments in the mixing bowl while blending.
The use of accessories or attachments not recommended by Thermomix may cause injuries.
10. The mixing bowl must be properly in place before operating the Thermomix.
11. Blades are sharp. Handle carefully.
12. Avoid contacting moving parts.
13. Do not operate the Thermomix on any heat setting when the mixing bowl is empty.
14. Do not touch hot surfaces.
15. If you use hot liquids, do not press the Turbo button.
16. When blending hot liquids, always put the Thermomix measuring cup in place on the lid.
17. Extreme caution must be used when moving the appliance containing hot liquids.
18. Do not clean the coating of the heating element with cleanser or metal scouring pad.
19. To avoid spillage, do not fill the mixing bowl above the recommended maximum capacity.
20. Follow the important safeguards on page 24 regarding using the Varoma.

SAVE THESE INSTRUCTIONS

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Description



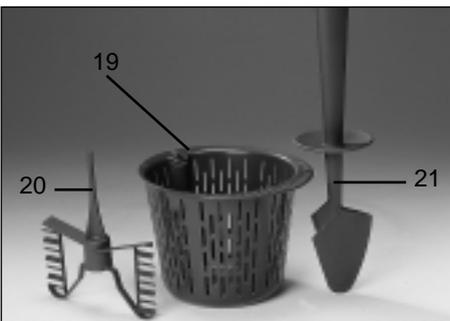
After opening the package, take the parts out of the box and spread them out on the table to familiarize yourself with the description of the parts as shown below. The following items should be included.

- Thermomix TM 21 including mixing bowl and lid
- Basket
- Stirring attachment (butterfly/whisk)
- Thermomix measuring cup
- Spatula
- Varoma (lid and inner tray)
- Recipe book
- User's guide



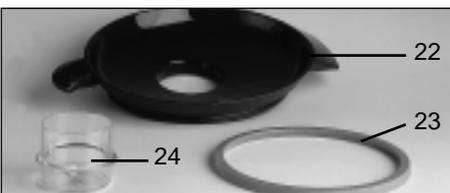
Details of the TM 21

- | | | |
|----|---|---------------------------------|
| 1 | = | Main switch (lower, right side) |
| 2 | = | Time selector |
| 3 | = | Temperature selector |
| 4 | = | Turbo button |
| 5 | = | Speed selector |
| 6 | = | Time/Scale display |
| 7 | = | Electronic scale button |
| 8 | = | Housing |
| 9 | = | Temperature sensor |
| 10 | = | Drain opening |
| 11 | = | Motor speed setting |
| 12 | = | Temperature setting |



Accessories

- | | | |
|----|---|--|
| 13 | = | Mixing bowl |
| 14 | = | Locking lever |
| 15 | = | Handle |
| 16 | = | Cutting/mixing blade unit (blades are sharp) |
| 17 | = | Sealing ring for cutting/mixing blade unit |
| 18 | = | Mixing bowl foot & blade unit retainer |
| 19 | = | Basket |
| 20 | = | Stirring attachment (butterfly/whisk) |
| 21 | = | Spatula |
| 22 | = | Lid |
| 23 | = | Sealing ring for lid |
| 24 | = | Thermomix measuring cup |



Cleaning before your first use



The Thermomix must be thoroughly cleaned before it is assembled and used for the first time. To clean the **mixing bowl** (13) turn the **locking lever** (14) to the right and remove the **lid** (22). Next, remove the **stirring attachment** (20), the Thermomix **measuring cup** (24) and the **basket** (19). Now remove the **mixing bowl** (13) from the appliance. Remove the **cutting/mixing blade unit** (16) next. To do this, turn the foot of the **mixing bowl** (18) 180° to the left and remove it by pulling downwards. This will enable you to carefully pull out the **cutting/mixing blade unit** (16) with the **sealing ring** (17) from the inside of the **mixing bowl** (13).



Thoroughly clean the **mixing bowl** (13) with a stainless steel cleaning agent and rinse. Then, clean the outside of the **mixing bowl** (13) with the same cleaner and rinse.



Carefully clean the **cutting/mixing blade unit** (16) under running water by using a sponge or brush.

Caution

Blades are sharp. Handle carefully.

Important

1. Do not leave the cutting/mixing blade unit in water for any length of time or clean in a dishwasher because the detergents may have an adverse affect on the sealing ring or the cutting/mixing blade unit itself.
2. To avoid scratches, use only a soft, moist cloth to clean the non-stick coated heating ring.

Assembling your Thermomix



1. Fitting the cutting/mixing blade unit (16)

Before assembling the **mixing bowl**, check to make sure that the **sealing ring** is correctly fitted to the **cutting/mixing blade unit**. Now carefully insert the **cutting/mixing blade unit** into the **mixing bowl**.

Caution

Blades are sharp. Handle carefully.



Now attach the **mixing bowl foot** to the **cutting/mixing blade unit** from below. This foot is secured by turning it 180° to the right until it will go no further. Now the **mixing bowl** is ready to place in the base unit.



2. Inserting the mixing bowl (13)

Check to see that the **locking lever** is pushed fully to the right. Insert the **mixing bowl** into the **base unit** with the handle to the front. Make sure that the mixing bowl is securely seated in the base unit.



Fit the lid into the spout of the **mixing bowl** and push it down gently until it slips into place. Push the **locking lever** fully to the left until it can go no further.

The Thermomix will not turn on unless the **mixing bowl** is in place and the **lid** is fitted and locked properly.

Description of functions



Thermomix measuring cup (24)

The measuring cup has three functions:

1. To close the lid opening to avoid heat loss when heating.
2. To prevent food from splashing out when being processed.
3. To measure ingredients. The content of the measuring cup when full to the rim with liquids is 1 dl (100 ml).

Always insert the measuring cup with the open end up.

Liquids can be added in small amounts without having to remove the measuring cup by pouring them directly on the lid. Other ingredients can be added during mixing simply by lifting the measuring cup.



Lid (22)

When working with the Thermomix, the lid together with the sealing ring must be properly positioned on the mixing bowl.



Caution

The lid and the sealing ring must be properly fitted to prevent contents from splashing out between the mixing bowl lid and the mixing bowl itself. When properly fitted, you will see the grooved side of the sealing lip (see picture on left). If fitted incorrectly, there is a risk of scalding.



Mixing bowl (13)

The maximum capacity of the mixing bowl is 2 liters. **Do not under any circumstances exceed this amount.**

There are 4 marks on the inside of the mixing bowl. Each mark stands for approx. ½ litre.

Important

Make sure to remove the **cutting/mixing blade unit** before cleaning the mixing bowl in a dishwasher.



Basket (19)

The basket has multiple functions. For example:

1. It will filter fruit and vegetable juices. To do this, after the juice is made, place the basket in the mixing bowl. Insert the spatula into the groove in the basket. Pour the juice out by holding the basket in place with the spatula.
2. It will hold ingredients for heating or cooking. To do this, place any ingredients that you do not want to be brought into contact with the cutting/mixing blade unit into the basket. Then place the basket into the mixing bowl.



To remove the basket, insert the spatula into the groove and pull it out gently. Practice carrying the basket with the spatula before doing this with hot food inside.



Mixing bowl foot (18)

The mixing bowl foot serves to secure the cutting/mixing blade unit in the mixing bowl.

The mixing bowl foot is made of a heat-insulating plastic material so that the hot mixing bowl can be safely placed on any kitchen surface.

Caution

The mixing bowl foot must be tightened until it will go no further. If this is not done, the temperature sensor will not be in contact with the mixing bowl and the appliance will not function properly. Improper seating of the mixing bowl could lead to damage to the Thermomix.



Spatula (21)

You can insert the spatula through the lid opening during mixing to stir ingredients. The safety disk prevents any contact with the blades.

The special shape of the spatula makes it suitable for scraping the mixing bowl.

You can also use the spatula to lift out the basket as well as to hold the basket down when pouring out juices.

The scraper (bottom portion of the spatula) can be pulled off from the shaft for cleaning.



Caution

For safety reasons never insert any other objects (spoons, forks, etc.) into the mixing bowl. Only insert the spatula from the opening in the lid.



Stirring attachment (butterfly/whisk) (20)

The stirring attachment is normally used to make such items as whipped cream and whipped egg whites. It may also be used to prevent burning or scalding of liquids when heating them at low motor speeds (speed settings 1-3). When using the stirring attachment, always increase speed gradually.



To use the stirring attachment simply push it onto the upper part of the cutting/mixing blade unit and push it down gently until seated.

Caution

1. Never use the spatula when the stirring attachment is attached.
2. When using the stirring attachment, do not exceed the speed setting of 3. Increase speed gradually.
3. Only turn on the speed setting after fitting the stirring attachment.

Cooking with Varoma (see also pages 19 - 24)

The Varoma is a unique cooking method designed to steam fruit, vegetables, poultry, fish and other meats. The heating of the liquid in the mixing bowl combined with the turning action of the blades produces condensed steam which cooks the food in the Varoma while retaining the vitamins and minerals in the food.

When working with the Varoma, the lid (22) together with the sealing ring must be properly positioned on the mixing bowl. To use the Varoma, first remove the TM measuring cup from the lid and place the Varoma on top of the lid of the mixing bowl. Generally, the Varoma inner tray is used for steaming fruits and vegetables and the Varoma (bottom tray) is used for poultry, fish and other meats.

To cook with the Varoma, select the Varoma setting on the temperature selector. On the Varoma setting, temperatures of up to 100°C may be achieved.

Working with your Thermomix



The Thermomix should be placed on a permanent, level surface in your kitchen so it can be used frequently and easily.

Important

1. Always make sure that the air vents on the back of the appliance are not covered or blocked to prevent overheating of the appliance.
2. Never carry the Thermomix by the handle of the mixing bowl.

Explanation of symbols:

-  = Time selector
-  = Temperature selector
-  = Speed selector
-  = Stirring mode
-  = Bread mode
-  = Scales



Putting your Thermomix into operation

The electrical cord can be pulled out of the appliance and pushed back in again depending upon your needs. Plug in the appliance to a 230 Volt / 50 Hz outlet.

Turn on the main switch (I = ON, O = OFF). The time display and the decimal point on the digital display should now be illuminated. **The Thermomix is now ready for operation.**

Useful hints

1. Always turn on the operating elements (switches, buttons) by starting at the top and working down. For example, set the time selector first, then the temperature selector and then the speed selector.
2. An audible signal is emitted if the mixing bowl is not properly fitted and a safety interlock prevents the Thermomix from starting. Set the speed selector to 0 again and properly lock in the mixing bowl.
3. The scale works correctly when the appliance is within 5° - 40°C. However, do not worry if the appliance cools down to below 0°C. For example, this could happen when you transport your Thermomix in the winter. Simply wait until it has warmed up to room temperature before using the scale.
4. Unplug the Thermomix when it is not in use for extended periods.



Time selector (2) and time display (6)

The timer can either 1) count up and be turned off manually, or 2) be preset and turn off automatically. A time period must be selected in order to heat. The time selector can also be used for cold mixing functions.

Time selection

The operating period can be set for up to a maximum of 60 minutes by using the time selector. The timer can be set as follows:

0 to 59 seconds in 1 second increments,
1 to 10 minutes in 30 second increments,
10 to 60 minutes in 60 second increments.

To set the time, turn the time selector to the right to the desired time.

If you preset the timer, a countdown of the operating time is shown in 1-second increments to zero. In hot mixing operations or heating, at the end of the preset time period, the mixer continues to rotate at a speed of 100 r.p.m. to prevent the food from burning. In cold mixing operations (temperature must be set at 0) the mixer switches off and an audible signal indicates that the food has been processed.

Changing or interrupting the pre-selected time

The time indicated can be changed during either cold or hot mixing operations simply by turning the time selector to the right or to the left.

If during operation the appliance is switched off at the speed selector before the selected time has expired, the remaining time blinks in the display until the appliance is switched on again.

To stop mixing, first turn the speed selector to 0 and then turn the time selector to the left until 0 appears.

Timer function (only for cold mixing operations)

If you do not pre-select a time period, the Thermomix will automatically shut itself off after 60 minutes.



Temperature selector (3) and temperature setting (12)

Temperatures of between 40°C and 100°C can be set for hot mixing operations by means of the temperature selector.

Make sure that the **temperature selector is at 0 before beginning cold mixing operations.**

Remember the Thermomix will not heat unless you select a time setting and a motor speed setting.

The temperature settings are displayed in color. The color and shade of the display changes with the ever-increasing temperature from yellow to red.

By selecting the Varoma mode on the temperature selector, temperatures of up to 100°C may be achieved.



Important

Make sure there is at least ½ litre of liquid in the mixing bowl when the Varoma temperature setting is selected, otherwise there is the risk of total evaporation. This could lead to a premature switching off of the appliance due to overheating (see pages 19 - 24).

At the end of the pre-selected time, the heating is automatically switched off and an audible signal is emitted. The cutting/mixing blade unit continues to turn at minimum r.p.m. regardless of the pre-selected speed.

This prevents any contents from burning. To complete the function return the speed selector to the 0 setting.

Caution

If you use hot liquids or foods heated elsewhere, do not press the Turbo button. If you wish to further process food or liquids heated elsewhere, you should only increase the motor speed slowly and in small steps. Under no circumstances should the Turbo mode be activated. Use of the Turbo mode with food or liquids heated elsewhere could result in a risk of scalding.

Soft start (above 60°C)

When the Turbo mode is selected/activated and the temperature in the mixing bowl is above 60°C, the electronic sensor prevents food from splashing out by increasing the motor speed gradually.



Speed selector (5) and motor speed setting (11)

The Thermomix is switched on as soon as the speed selector is activated. The speed selector has 4 general speed ranges.

Function	Setting	R.P.M.
Stirring	1 - 3	100 - 1,000
Mixing	4 - 9	2,000 - 9,100
Turbo mixing	Turbo	12,000
Bread setting		Pulsed (approx. 6,000)

Stirring

This low speed setting (100 - 1,000 r.p.m.) is particularly well suited for cooking and mixing foods gently.

Mixing

This speed setting serves to chop, grind and blend the ingredients.

Turbo speed setting and Turbo button (4)

This maximum speed can be activated by either 1) pushing the Turbo button or 2) turning the speed selector to the highest setting. This mode enables ingredients that have to be pulverized to be mixed in immediately and thoroughly. The Turbo button only functions at the 0 setting or at and above setting 4.

Bread setting =

The setting  just to the right of the 0 setting is suitable for making dough. To activate this mode, the speed selector has to be pulled out a little and turned to the right until it will go no further. The pulsed mode of operation ensures that the dough is evenly processed.

Caution

Always **turn the speed selector slowly** to the desired speed. This will prevent any contents from splashing out.



Caution

If you use hot liquids or foods heated elsewhere, do not press the Turbo button. If you wish to further process food or liquids heated elsewhere, you should only increase the motor speed slowly and in small steps. Under no circumstances should the Turbo mode be activated. Use of the Turbo mode with food or liquids heated elsewhere could result in a risk of scalding.

Scale display (6) and electronic scale button (7)

With the Thermomix you can weigh any required ingredients directly in the mixing bowl. When weighing, please follow these steps:

1. Fit the mixing bowl into the appliance.
The display shows

		.0	0
--	--	----	---

2. Push the electronic scale button. The display now switches from time mode to scale mode and shows

			.0
--	--	--	----

3. Put in the first ingredient (up to a max. of 2,5 kg) and read the weight on the scale display. As additional ingredients are added, weight will automatically increase.
4. To reset the scale to zero, press the electronic scale button. When the appliance is activated with the speed selector, the scale display automatically switches back to time mode.



Add and Weigh Function

It is sometimes useful to add consecutive ingredients to the mixing bowl, yet weigh each ingredient individually. This can be done using the Add and Weigh function as follows:

1. Weigh the first ingredient following steps 1-3 on the left of this page.
2. Press the electronic scale button. The display will reset to zero.
3. Add the desired amount of the next ingredient and note the weight.
4. Press the electronic scale button to reset the scale to zero.
5. Add the next ingredient. And so on.

During a cooking/stirring process with a pre-selected time, you can use the scale function without deleting the remaining cooking/stirring time. Follow these steps: 1) Stop the machine by turning the speed selector to 0 and push the electronic scale button. 2) After weighing your ingredients, continue the cooking/stirring process by turning the speed selector back to the desired speed.

Useful information

Ingredients may be accurately removed or subtracted before the electronic scale button is reset. If ingredients are subtracted after the electronic scale button has been pushed, the display will indicate a blinking error message:

-	-	-	-
---	---	---	---

Filling of the mixing bowl with more than the maximum 2.5 kg weight results in an overload and the display will indicate a blinking error message:

8	8	8	8
---	---	---	---



Temperature sensor (9)

The temperature sensor is located in a recess in the base unit.

The temperature of the food being cooked is constantly monitored by an electronic sensor. Should the temperature become too high, the heating element is switched off. When it becomes too low, it automatically switches on again. An additional temperature safety control protects the unit against overheating.

Important

1. Make sure there are no food particles on the sensor or on the bottom of the mixing bowl that might impair the function of the temperature sensor.
2. To avoid scratches, only use a moist, soft cloth to clean the non-stick coated heating ring. Do not clean the center of the heating element with cleanser or metal scouring pad.

Automatic motor protection switch

None of the recipes in the Thermomix recipe book should lead to a triggering of the protective devices if the instructions are observed. However, even if the requirements on quantities (e.g. more than 600 g of flour) are exceeded, an automatic motor shut-down should prevent any damage occurring to the appliance.

Should a motor shut-down occur, follow these steps:

- return the speed selector setting to 0,
- take the mixing bowl out of the appliance,
- reduce the quantity in the mixing bowl and/or add a little liquid,
- wait about 5 minutes (cooling period),
- put the mixing bowl back in again,
- switch on the appliance again by using the speed selector.

Note

If the motor is under great strain it is possible that the appliance not only will shut down because of the motor protection switch, but that you may notice an odor due to overheating of the motor. However, this is no reason for concern. The appliance should be in full working order again after the above-mentioned 5 minute cooling period has elapsed.

Tips on individual recipes

1. The order of the recipe ingredients

When preparing meals from your own recipes, you should consider the order in which the ingredients have to be processed and whether any heating is necessary.

2. Weighing ingredients

The scale has to be set to 0 before the first ingredients for the recipe are weighed. Make sure that the mixing bowl is properly aligned in the appliance.

3. Correct order for setting the control switches

Remember to activate the switches and buttons by starting at the top and working downwards. Example: if a temperature of 100°C and a speed setting of 1 for a 5 minute hot mixing operation are suggested, set:

- a) Time selector to 5 minutes
- b) Temperature selector to 100°C
- c) Speed selector to 1

4. Heating times

The heating times depend on

- a) the initial temperature of the ingredients to be heated,
- b) the quantity, weight and volume of the ingredients,
- c) the conductivity of the food itself,
- d) the heat setting,
- e) the speed,
- f) the use of an accessory (with or without basket).

5. Thermomix heat settings

The heating process functions in the temperature range of 40 - 100°C. This changes when the setting Varoma is selected. The heating time is shortened in this mode because the energy supply is increased.

6. Use of the Thermomix basket (19)

The cooking time is longer when the basket is used in conjunction with quantities of 1,25 litres or more in the mixing bowl. The basket has a different conductivity than that of the juices from the food. Also, the volume of the total amount to be heated increases. Finally, heat exchange between hot liquids at the bottom of the mixing bowl and somewhat cooler foods at the top surface of the liquid is impeded since rising and falling liquids must pass through the basket slits.

Note

When the Turbo mode is selected/activated and the temperature in the mixing bowl is above 60°C, the electronic sensor prevents food from splashing out by increasing the motor speed gradually.

Caution

If you use hot liquids or foods heated elsewhere, do not press the Turbo button. If you wish to further process food or liquids heated elsewhere, you should only increase the motor speed **slowly** and in small steps. **Under no circumstances** should the **Turbo mode** be activated. Use of the Turbo mode with food or liquids heated elsewhere could result in a risk of scalding.

The speed setting selected affects the time it takes to heat the contents of the mixing bowl. The higher the speed selected, the longer it takes to heat up the food.

For Varoma, see pages 19 - 24.

Cleaning your Thermomix

Turn off and unplug the Thermomix before cleaning it. To protect against risk of electrical shock do not immerse the main appliance in water.

Wipe down the basic appliance with a moist cloth using a mild cleaning agent.

The surfaces of the aluminum base of the mixing bowl, the heating ring and the temperature sensor should be clean to ensure trouble-free functioning of the temperature control. Remove any soiling from the base of the mixing bowl (outside only) by using a metal scouring pad. To avoid scratches, only use a moist, soft cloth to clean the non-stick coated heating ring.

Important

All individual parts - with the exception of the cutting/mixing blade unit - can be cleaned in the dishwasher. The aluminum base of the mixing bowl and some plastic parts may discolor slightly in this process.

The cutting/mixing blade unit should be cleaned with a sponge or brush under running water. Under no circumstances leave the cutting/mixing blade unit for a long period in water or clean it in the dishwasher.

Take great care when re-assembling the Thermomix (see initial cleaning and assembly). It is important that the locking mechanism be clean.

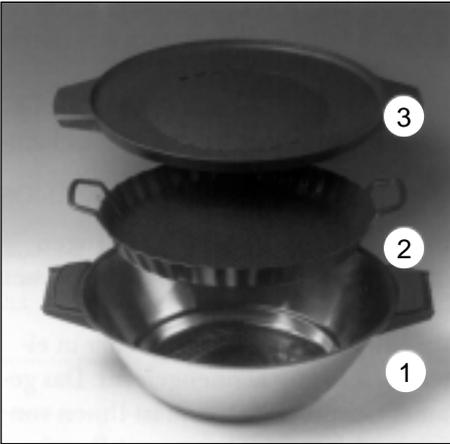
Helpful Hints

Whenever the mixing bowl or other parts are only slightly dirty, you can simply add a few drops of detergent with water and mix on high speed for a few seconds. Then rinse in clean water. Use a stainless steel cleaning agent for more persistent cleaning problems.

Do not store the mixing bowl with the measuring cup inserted on the lid. This will ensure better ventilation for the appliance and help avoid any food residue odors.

We recommend that you switch off the Thermomix at the main switch when it is not in use.

Using and caring for your Varoma



Your VAROMA

Start by checking that you have a full set of VAROMA parts.

You should have three parts:

1. the actual VAROMA unit made in top quality stainless steel
2. an inner Varoma tray and
3. a lid, both made from top quality, food-compatible plastic.



Cleaning your VAROMA

...is easy and uncomplicated. Before using your VAROMA for the first time, you should wash all the parts carefully in warm, soapy water.

You can preserve the beautiful shine on the stainless steel unit by using a liquid stainless steel cleaner from time to time. Avoid using sharp objects or metal scouring pads, as these are likely to cause unsightly scratches. You will not need to use anything more than your usual detergents and cleaning materials for the lid and inner tray.

All VAROMA parts are dishwasher-proof.





How to combine your VAROMA parts

You can use your VAROMA in either of the following combinations:

Combination 1:

Stainless steel unit plus lid.

This is the best combination for cooking large amounts of the same food, e.g. vegetables, potatoes or large pieces of meat and fish or sausages.



Combination 2:

Stainless steel unit, plus inner tray, plus lid.

This is the best combination for cooking different foods, e.g. vegetables with meat or fish.

Important: whichever combination you use, always use the lid. If the lid is not on flat, the steam will escape and the food inside the unit will not cook properly.

Cooking with your Varoma

Your VAROMA is an accessory designed for the Thermomix TM 21. It can only be used with a Thermomix TM 21. You will therefore need to set up your Thermomix correctly before you can use the VAROMA (see Instructions for use: Thermomix TM 21):

Step 1: The Thermomix TM 21

Fill the Thermomix TM 21 mixing bowl with at least ½ litre of water or at least ½ litre of other liquid ingredients as your recipe indicates (eg., soup, sauce, etc.). Position the bowl as usual, put on the lid and lock it in place with the safety lever. Do everything up to this point in exactly the same way as you would normally.

Step 2: The VAROMA

Each step involved in using your VAROMA follows logically from the last one.

The best way to use your VAROMA:

- a) Put the lid upside down on your work surface and position the stainless steel unit on top - it will fit accurately into the groove.



- b) Now fill the stainless steel unit with food. The lid underneath the unit will stop the liquid from e.g. washed vegetables, ripe fruit, raw meat or fish from wetting your work surface.





As you fill your VAROMA, put food requiring longer cooking at the bottom, and food requiring shorter cooking at the top.

c) If necessary, you can use the inner tray and put food on top of that, as well.



d) Having filled your VAROMA, position it upright on your locked Thermomix TM 21 and put on the lid. All you have to do now is program the cooking time and select the VAROMA heat setting on your Thermomix.

Step 3: Cooking with your VAROMA

The cooking process begins when you start the timer and select the heat setting. The water or other liquid in the mixing bowl heats up to over 100°C and hot steam develops and rises up through the opening in the lid of the Thermomix TM 21 into the VAROMA unit. The food is cooked slowly and gently in the hot steam.

It is very important that the stainless steel unit and the lid of the VAROMA fit "snugly" i.e. that they fit on absolutely flat.

Important: If these two elements are not positioned properly, not enough steam will rise up into the VAROMA. This will slow down the cooking process and there may be a considerable risk of scalding from steam escaping in an uncontrolled way.

Never leave the measuring cup in the mixing bowl lid when using the VAROMA.



Using your Varoma

Now that you know how to use the Varoma correctly, you will find that your Thermomix TM 21 and VAROMA are a valuable help to you in the kitchen every day. We know how important it is that the food you prepare with your Thermomix and VAROMA looks good and tastes delicious. In the TM Cookbook, you will find detailed, tried and tested recipes that will make a real "feast" of your "all in one" Varoma meals!

Please remember a few basic rules if you use your own recipes:

- Put enough water or other liquid ingredients in the mixing bowl. ½ litre of water is likely to evaporate completely during long cooking times (over 30 min.), and the mixing bowl can heat up so much that it could damage the appliance.

Important: use at least ½ litre water for cooking times up to 30 minutes and ½ - 1 litre for cooking times over 30 minutes.

- Use speed settings 1-2 or 4-5 only when cooking with your VAROMA. Setting 3, the soft-speed setting, will only prolong the cooking process unnecessarily. Settings 6-9 or Turbo may cause the liquid to froth up.

Important: With the mixer function: setting 5 is the maximum.

- The bottom of the stainless steel unit and the inner tray both have an even pattern of small slots in them to guarantee an even distribution of steam in the VAROMA. The food should always be positioned so that as many slots as possible remain "free". Laying the food in "loosely" is usually enough to ensure this.
- You can cook foods of different consistency and hardness at the same time. Put the food requiring longer cooking at the bottom, and the food requiring less cooking at the top.
- Do not thicken your sauces and soups until after they are cooked. Thickeners may stop steam from forming evenly in the mixing bowl and slow down the overall cooking process.

Important Varoma safeguards

In addition to the important safeguards for your TM21, please note these additional safeguards when using your Varoma.

- Your VAROMA is easy and safe to use, but please never forget that you are working with hot steam which can cause scalding if you use your VAROMA incorrectly. Take care to place your Thermomix TM 21 safely and securely on a flat work surface, especially when using your VAROMA with it. When you use the appliance, ensure that there is sufficient clearance at the top (suspended cupboards, shelving) and around the sides. Please be careful that you do not place the appliance too close to the edge of your work surface.
- For safety reasons, you should keep children away from the appliance when working with your VAROMA, and warn them about the dangers of the steam and the hot condensation that can escape from the VAROMA.

Caution: Always use oven gloves to pick up the VAROMA when hot, and never use it without the lid. When you take off the lid, hold it so that the rising steam or hot dripping liquid cannot come into contact with you. Please remember that when you remove the entire VAROMA unit, hot steam will continue to rise up out of the opening in the lid of the mixing bowl.

- Always ensure that the steam openings in the lid remain free, otherwise there may be an uncontrolled escape of steam.
- **Important:** Vorwerk products are designed and manufactured to provide you with a high degree of safety and reliable performance. In the event any repairs are needed, such repairs should only be performed by an authorized service technician of the Vorwerk-Distributor. Unauthorized repairs or incorrect use can put the user at considerable risk and void the warranty.

Troubleshooting tips

The problem:

Possible solution:

The appliance cannot be switched on

- check whether the main switch is activated (time display must be illuminated)

- check whether the locking lever has been properly closed

The appliance does not heat

- check whether the time selector has been preset

The appliance heats too much

- check whether the temperature sensor and its contact area on the mixing bowl are clean

The appliance stops during operation

- see automatic motor protection switch section

Malfunction display

One special feature of the Thermomix is a built-in diagnostic system. The display will indicate the 14 most significant malfunctions. They are displayed on the time/scale display in square brackets. Turn off the Thermomix and contact the Vorwerk-Distributor's customer service department whenever any of the following malfunctions are indicated:

**[0] [1] [2] [3] [4] [5] [6]
[7] [8] [9] [A] [b] [c] [d]**

Technical specifications

Thermomix TM 21

Safety	CCA Certificate / CB Certificate
Motor	Maintenance-free, Vorwerk universal motor, 600 W rated power. Continuous speed adjustments from 100 to 12,000 r.p.m. / Turbo mode. Special speed setting (phased mode) for making dough.
Special safety feature	Protected against overload through a motor protection switch.
Heating	Power input: 1,350 W
Special safety feature	Protected against overheating.
Housing	High-grade plastic.
Mixing bowl	Stainless steel with a base constructed of high-grade aluminum alloy. Maximum capacity is 2 litres
Electrical power	Only for A.C. 230 V / 50 Hz Max. consumption 1950W Length of the connection cord: 1 m.
Dimensions and weight	Height 30 cm Width 27 cm Depth 42 cm Weight 7.6 kg

Varoma

Material	Stainless steel Handles, inner tray and lid top quality food compatible plastic
Dimensions and weight	Length 40 cm Width 27,5 cm Depth 10,3 cm Weight 930 g

Recipes

Varoma recipes : from easy to demanding

The cooking times in these VAROMA recipes are guide values. They may change depending on the quantity and size of the pieces of vegetables and fruits, and on personal preference.

Please take a little time to get used to working with your VAROMA. These recipes will help you. If you use your own recipes, start with simple ones first. Have a go at preparing boiled potatoes in your VAROMA, for example, then try potatoes with vegetables to familiarize yourself with different cooking times.

As you put food in your VAROMA, put the food requiring more cooking at the bottom, and the food requiring less cooking at the top.

The cooking times quoted in these recipes are for fresh products. If you use frozen products straight from the freezer you will have to add a few minutes to the cooking times depending on the type and size of the food you intend to cook.

Fill your VAROMA loosely so that enough steam can rise up through the base. If, exceptionally, you have to pack your VAROMA very full, turn the food over from time to time to ensure even cooking.

Do not use your VAROMA to prepare food that is usually cooked in a lot of water, e.g. rice or noodles. Use your VAROMA to prepare the accompaniments instead, and cook the rice or noodles in the basket or the mixing bowl of your TM 21. You will find very clear instructions in the VAROMA recipes.

The cooking times are based on ½ litre of liquid. If you add more water to the mixing bowl, e.g. for soup or similar, you will need to cook the food for slightly longer.

A special tip for steam-cooking with your VAROMA: Add some tasty herbs and spices to the cooking water. The flavour will be absorbed in the vapour and give your food that "special something".

Use the tips and tricks of the "ancient Chinese" to prepare meat in your VAROMA: They liked wrapping fish and meat in salad or cabbage leaves, or put meat in noodle and rice dough for steam cooking.

Fine sauces are delicious with meat – quick and easy to whip up in your Thermomix after the rest of the food is cooked.

And here's another advantage of your VAROMA: From time to time you may find you have leftover noodles, rice or potatoes. And even though everyone knows that reheating is bad for any remaining vitamins and nutrients, they still do it, because no-one wants to just throw the food away...

But with your VAROMA, you can reheat potatoes, rice, noodles and vegetables gently, without your food tasting or looking "heated up".

Tables of cooking times

The cooking times below are guide values. You can adapt them depending on the quantity and size of the pieces of vegetables and fruits, and your personal preference.

The cooking times quoted in these recipes are for fresh products. If you use frozen products straight from the freezer you will have to add a few minutes to the cooking times depending on the type and size of the food.

If you have to fill your VAROMA very full, turn the food over after 2/3 of the time to ensure even cooking.

Always fill the mixing bowl with at least ½ litre of water.

Food	Quantity	Cooking time	Comments
Vegetables			
Cauliflower	500 g	25 to 35 minutes	in florets
Broccoli	500 g	25 to 35 minutes	in florets
Mushrooms	500 g	25 to 30 minutes	in slices
Pak-choi	500 g	30 to 35 minutes	in strips
Fennel	500 g	30 to 40 minutes	in slices
Green beans	500 g	30 to 45 minutes	whole
Peas	500 g	25 to 30 minutes	large peas
Peas (frozen)	500 g	20 to 25 minutes	unthawed
Porree (leek)	500 g	25 to 35 minutes	in strips
Asparagus	500 g	30 to 40 minutes	medium-thick stems
Spinach	500 g	30 to 35 minutes	
Potatoes	500 g	40 to 50 minutes	new, medium-large
Kohlrabi	500 g	35 to 40 minutes	in slices
Carrots	500 g	30 to 40 minutes	in short, thin strips
Carrots	500 g	30 to 35 minutes	whole carrots, very tender
Cabbage	500 g	35 to 40 minutes	in strips
Courgettes / zucchini	500 g	25 to 35 minutes	in slices 1 cm thick
Peppers	500 g	30 to 35 minutes	in slices 1 cm thick
Fruit			
Pears	500 g	15 to 18 minutes	in halves, ripe fruit
Apples	500 g	20 to 23 minutes	in quarters
Apricots	500 g	15 to 20 minutes	whole, with stone
Cherries	500 g	15 to 20 minutes	whole, with stone
Peaches	500 g	20 to 25 minutes	in halves
Plums	500 g	20 to 25 minutes	whole, with stone

Fruit cooking times will depend a lot on how ripe the fruit is.

Meat and sausage

Chicken leg	2	40 to 45 minutes	
Chicken breast	250 g	25 to 35 minutes	
Meatballs	500 g	30 to 35 minutes	Apricot size
Turkey escalope	250 g	25 to 30 minutes	
Fresh sausages	4	25 to 35 minutes	Blanched beforehand in boiling water
Bockwurst	5	25 minutes	

Fish and seafood

Sea salmon	200 g	15 to 25 minutes	
Salmon	200 g	15 to 25 minutes	
Trout	2	30 to 45 minutes	
Shrimps	200 g	15 to 20 minutes	
Mussels in shells	500 g	20 to 30 minutes	deep frozen

Note: Volumes of liquid are given in ml. Remember that you can measure out your liquid in the Thermomix measuring cup: 1 MC = 100 ml; 2 MC = 200 ml; ½ MC = 50 ml etc.

Vegetables and accompaniments

Assorted vegetables

(4 persons)

Ingredients

150 g potatoes
150 g carrots
150 g kohlrabi
150 g beans
150 g cauliflower
150 g broccoli

Herb-béchamel sauce:

½ l milk
60 g butter
40 g flour
pinch of nutmeg
pinch of white pepper
½ tsp. salt
60 g cheese spread with herbs

Recipe

- Wash vegetables and cut into slices; divide up broccoli and cauliflower into florets.
- Fill the mixing bowl with 500 ml water.
- Put potatoes, carrots and kohlrabi in the basket and the beans, cauliflower and broccoli in the VAROMA.
- Insert the basket, lock the mixing bowl, position the VAROMA on top. Cook for approx. 40-45 min. / Varoma / setting 1.
- Transfer and arrange vegetables on a serving dish and keep warm.
- Pour away the water and attach the whisk to the knives.
- Put all the ingredients for the sauce in the mixing bowl and cook for 6 min. / 90°C / setting 2. After 4 minutes, add the cheese through the opening in the lid.
- Serve vegetables and sauce in a gratin dish.

New potatoes with kohlrabi in a sauce Mornay

(4 persons)

Ingredients

750 g potatoes
600 g kohlrabi

Sauce:

½ l milk
80 g Emmental cheese
30 g butter
½ tsp. pepper
3 tbs. flour
½ tsp. salt
pinch of nutmeg

Recipe

- Clean potatoes (leave unpeeled) carefully and put in the basket.
- Clean the kohlrabi, cut into slices and place in layers in the VAROMA
- Fill the mixing bowl with 700 ml water and insert the basket. Lock the mixing bowl and position the VAROMA on top. Cook for approx. 30-35 min. / Varoma / setting 1.
- Remove the basket and keep potatoes warm.
- Pour the water out of the mixing bowl.
- Put all the ingredients for the sauce in the mixing bowl and blend for 5 sec./turbo setting.
- Then cook for 4 min. / 100°C / setting 4.
- Peel the potatoes and arrange with the kohlrabi on a dish, pour the sauce over and serve at once.

Broccoli and potatoes with a cheese sauce

(4 persons)

Ingredients

600 g broccoli
750 g potatoes

For the sauce:

100 g Emmental cheese
40 g butter
200 ml cream
3 tbs. flour
1 tsp. instant stock
½ tsp. pepper
pinch of nutmeg

Recipe

- Divide broccoli up into florets, wash and put in the VAROMA.
- Peel potatoes, cut into pieces and put in the basket.
- Fill the mixing bowl with 700 ml water, insert basket and lock. Position the VAROMA on top and cook everything for 25 min. / Varoma / setting 1.
- At the end of the cooking time, remove the basket, keep back 300 ml of liquid in the mixing bowl, add the cheese and blend for 5 sec./turbo setting. Add in the other ingredients for the sauce and blend for 5 sec. / setting 6. Attach the whisk to the knives and cook for 5 minutes / 100°C / setting 3.

Mixed vegetables nitsuke

Fish, poultry and meat

Ingredients

400 g green beans
150 g carrots
150 g zucchini / courgettes
3 spring onions
180 g basmati rice
½ measuring cup corn oil
½ measuring cup soy sauce
1 measuring cup sherry or white wine
2 tbs honey
7 measuring cup water
corn oil for frying
1 clove garlic
1 clove fresh ginger

Recipe

- Peel the beans and cut them in 3 or 4 pieces depending on their size. Peel the carrots and cut them in long but not very thin slices. Repeat with zucchini and onions.
- Put enough corn oil for frying in the mixing bowl to cover the blades. Add ginger and garlic and heat for 4 minutes / 100°C / speed 1.
- Put the beans in the bowl and fry for 5 minutes / temperature Varoma / speed 1.
- Remove the beans from the bowl. Put the remaining vegetables in the mixing bowl and heat for 3 minutes / 100°C / speed 1.
- Keep in the bowl ½ measuring cup of the oil you have used for frying and empty the rest. Add soy sauce, sherry or wine, honey and 8 measuring cups water. Heat for 6 minutes / temperature Varoma / speed 1.
- Put rice in the basket and place the basket in the bowl. Place the green beans in the Varoma lower tray and the other vegetables in the upper tray.
- Put the Varoma on the mixing bowl and heat 40 minutes/temperature Varoma/speed 1.
- When the time is up switch the appliance off and do not open the Varoma for 5 minutes.
- Serve the vegetables on top of the rice and cover with the sauce from the mixing bowl.
- **Note:** If the fresh beans are a little hard then use one or two minutes additional frying time at the beginning and cook them separately for 5 more minutes at the end after you have removed the rice and the other vegetables.

Tasty chicken breast wrapped in savoy cabbage with creamy potato puree

Ingredients

4 large savoy cabbage leaves
1 chicken breast (approx. 320 g)
250 g fresh mushrooms
1 carrot (approx. 70 g)
½ parsley root (approx. 70 g)
1 onion (approx. 70 g)
2 tbs. butter
50 g crème fraîche
1 egg yolk
2 tbs. parsley (approx. 4 stalks)
Salt and pepper to season

Creamy potato puree:

1 kg firm-cooking potatoes
200 g cream
1 tsp. salt
½ tsp. ground nutmeg

Garnish:

2 tbs. butter
50 g hazelnuts

Recipe

- Peel potatoes and cut into large pieces.
- Coarsely chop hazelnuts for 4 sec. / setting 6 and transfer.
- Finely chop parsley for 4 sec. / setting 6 and transfer.
- Rinse out the mixing bowl.
- Wash mushrooms, peel the onion, carrot and parsley root and cut into large pieces. Then drop ingredients into the blender with the motor running for 4-6 sec. / setting 6.
- Add 2 tbs. butter to the mixing bowl and cook for 6 min. / 80°C / setting 2 and then set temperature selector to 0.
- Add crème fraîche, salt, pepper, egg yolk and parsley to the mixing bowl and blend for 10 - 15 sec. / setting 2, transfer and rinse out the mixing bowl. (The mixture should have a firm, creamy consistency. Thicken with a few breadcrumbs if necessary).
- Wash cabbage leaves, blanch in boiling water, rinse briefly in cold water, cut the centre stem flat and pat dry.
- Cut chicken breast in half, cut into 4 fillets and season.

- Put 1 heaped tbs. of the mushroom mixture into the middle of each leaf. Place chicken fillet on top, spoon on some more mushroom stuffing and roll leaf up tightly.
- Place packet seam downward into the VAROMA.
- Fill the mixing bowl with 6 measuring cup (MC) of water, add 1 tsp. salt and lock. Position the VAROMA on top and cook for 30-35 min. / Varoma / setting 1.
- About 15 min. before the end of the cooking time remove the VAROMA and add the pieces of potato to the mixing bowl through the opening in the lid.
- At the end of the cooking time, put the VAROMA aside, pour the water out of the mixing bowl, add the cream to the cooked potatoes and blend at setting 2 to a creamy potato puree. Season with salt and nutmeg.
- Put 2 tbs. butter into a small pan and lightly roast the chopped hazelnuts. Season with salt and pepper.
- Arrange the savoy cabbage rolls on a plate with the creamy potato puree and sprinkle with the roasted hazelnuts.

Chicken casserole with fresh vegetables and rice

(4 persons)

Ingredients

4 chicken legs (approx. 800 g)
3 leeks (300 g)
1 celery (300 g)
2 carrots
2 spring onions

Sauce:

200 ml of cooking liquid
1 MC dry white wine
30 g butter
3 tsp. (condensed) instant chicken stock
3 tbs. cornflour
2 egg yolks
200 g whipping cream
1 bunch of fresh mixed herbs
freshly ground white pepper and nutmeg

Serve with:
250 g rice

Recipe

- Chop herbs for 4 sec. / setting 6 and transfer.
- Cut chicken legs in half, remove skin, season and put in the VAROMA.
- Fill the mixing bowl with 700 ml water and insert the basket (empty), position the VAROMA on top and cook for 15 min. / Varoma / setting 1.
- Wash, rinse and drain vegetables: cube the carrots, cut the spring onions into slices. Cut the leeks into thick slices, peel the celery and cut into finger-thick 2 – 3 cm pieces.
- At the end of the 15-min. cooking time, remove the VAROMA (be careful of escaping steam), place on a large plate and pour the rice into the basket through the opening in the lid.
- Arrange the washed vegetables inside the VAROMA, on top of the chicken legs. Cook everything for another 25 min. / Varoma / setting 2.
- Keep rice and VAROMA warm.
- Keep back 200 ml of the liquid in the mixing bowl for the sauce. Insert the whisk.
- Add the cornflour (dissolved in the wine), butter and chicken stock to the mixing bowl and cook for 4 min. / 100°C / setting 2. Set the temperature selector to 0 at the end of the cooking time.
- Add the herbs, egg yolks and the cream and blend for 8 sec. / setting 2. Season with pepper and nutmeg.

The weights in grams are for skinned chicken legs and vegetables that have been washed and prepared for cooking.

Meatballs with peppers, rice and curry sauce

(4 persons)

Ingredients

600 g minced beef
1 egg
1 shallot
1 garlic clove
½ old baked bread roll
½ tsp. salt
½ tsp. pepper
½ tsp. marjoram
1 tsp. mustard
600 g peppers (yellow, red, green)

Serve with:
280 g rice

Sauce:

½ l water
2 tsp. (condensed) chicken stock
30 g butter
3 tbs. flour
2 tsp. curry
pepper
pinch of sugar
1 tbs. lemon juice
1 MC cream

Recipe

- Peel the shallot and garlic clove and drop into the mixer with the motor running on setting 6.
- Soak the ½ a bread roll in warm milk, press it thoroughly and add it to the mixing bowl with the meat and the other ingredients. Blend for 20 sec. / setting 4 with the aid of the spatula.
- Shape the mass into 8 meatballs and put them in the VAROMA.
- Wash the peppers, remove the seeds, cut into strips 1 cm wide and spread over the meatballs in the VAROMA.
- Rinse out the mixing bowl and fill with 900 ml water, put the rice in the basket and insert the basket. Lock the bowl. Position the VAROMA on top and cook for 30 min. / Varoma / setting 1.
- Keep back ½ l of liquid in the mixing bowl for the sauce. Pour the rest away.
- Insert the whisk for the sauce.
- Put all the ingredients except the cream in the mixing bowl and cook for 6 min. / 100°C / setting 2.
- After 5 minutes, pour the cream through the opening in the lid.
- Season, transfer and serve together with the meatballs and the vegetables.

Steamed salmon with creamy mushroom sauce

(4 persons)

Ingredients

600 g skinned salmon fillet
1 untreated lemon
salt, freshly ground pepper
Butter for the aluminium foil

Serve with:

Green noodles (to be prepared separately)

Sauce:

300 g mushrooms
2 shallots
1 tbs. butter
1 MC dry white wine
200 g whipped cream
200 g soft cheese
pinch of freshly ground nutmeg

Recipe

- Check the salmon fillet carefully for any bones and remove with tweezers. Cut fillet into 8 strips.
- Wash the lemon and dry it. Grate half the lemon peel and set aside for the mushrooms. Then press the lemon and drip the juice over the pieces of salmon. Season with salt and pepper.
- Line the VAROMA unit with buttered aluminium foil and leave the ends of the foil standing up. Put the pieces of salmon on the foil and then scrunch the foil shut.
- Rinse and cut the mushrooms into slices and add to the VAROMA. Put the aluminium foil packet containing the salmon on the slot-in base.
- Fill the mixing bowl with 500 ml water, lock the bowl, position the VAROMA on top and cook for 20 min. / Varoma / setting 1. (Turn the packet over after 12 min.).
- Take out the salmon and keep warm (in the oven at 50 – 75°C) and empty the mixing bowl.
- Peel the shallots, cut into quarters and drop into the mixer with the motor running at setting 6.
- Insert the whisk, add the butter and cook both for 1 min. / 90°C / setting 1. Remove the whisk.
- Add the white wine, cream, soft cheese and half the mushrooms and heat for 3 min. / 100°C / setting 4.
- Add the grated lemon rind, ground nutmeg and the rest of the mushrooms and mix in for 30 sec. / 100°C / setting 1.
- Season with salt and freshly ground pepper.
- Serve the salmon fillets and creamy mushroom sauce on nests of flat green noodles.

Shrimps with baby corn cobs

(As a main course for 2 persons or a starter for 4 persons)

Ingredients (Main course for 2 persons)

2 sticks of celery
200 g tinned baby corn cobs
4 spring onions
1/3 of an iceberg lettuce
250 g peeled shrimps
2 tsp. grated lemon rind

For the marinade:

1 crushed garlic clove
2 tbs. medium-dry sherry
3 tbs. soya sauce

Ingredient (Starter for 4 persons)

2 sticks of celery
300 g tinned baby corn cobs (halved)
6 spring onions
1/3 of an iceberg lettuce
250 g peeled shrimps
2 tsp. grated lemon rind

For the marinade:

1 crushed garlic clove
4 tbs. medium-dry sherry
5 tbs. soya sauce

Recipe

- Rinse the vegetables, cut the baby corn cobs in half lengthways, cut the spring onions into thin strips and the iceberg lettuce and celery into bite size pieces.
- Stir the garlic, soya sauce and sherry together in a bowl. Add the corn cobs and stir well to cover them in marinade. Cover and leave for at least two hours.
- Put the spring onions and the celery in the VAROMA. Remove the corn cobs from the marinade and set the marinade aside. Add corn cobs to the VAROMA. Layer the iceberg lettuce on top. Mix the shrimps with the grated lemon rind and place on the slot-in base. Fill the mixing bowl with 500 ml water, lock, position the VAROMA on top and cook everything for 18 min. / Varoma / setting 1.
- At the end of the cooking time place the vegetables and shrimps in a serving bowl, pour over the marinade and stir in. Serve with rice.

Strips of turkey with broccoli and cashew nuts

(4 persons)

Ingredients

100 g turkey escalope
300 g broccoli florets
80 g unsalted cashew nuts
300 g tinned bamboo shoots
6 spring onions
1 tbs. sesame oil
1 tbs. sesame seeds

For the sauce:

2 tsp. (condensed) instant chicken stock
3 tbs. cornflour
7 tbs. dry sherry
10 tbs. soya sauce
200 ml of the cooking liquid

Recipe

- Rinse the broccoli and spring onions. Drain bamboo shoots and cut into thin slices or strips. Divide broccoli into florets, cut the spring onions into thin strips and layer in the VAROMA together with the bamboo shoots.
- Cut the turkey into thin strips, mix with the sesame oil, sesame seeds and the cashew nuts and place on the slot-in base.
- Fill the mixing bowl with 5 MC water, lock, position the VAROMA on top and cook everything for 25-30 min. / Varoma / setting 1.
- At the end of the cooking time, keep back 200 ml of the cooking liquid in the mixing bowl. Insert the whisk. Dissolve the cornflour in the sherry and soya sauce and add to the mixing bowl together with the instant stock. Cook for 2 min. / 100°C / setting 2.
- Mix the turkey, vegetables and sauce together in a large bowl and serve with rice.

Salmon with vegetables

Ingredients

5 salmon fillets
1 onion
3 cloves garlic
½ measuring cup olive oil
¼ measuring cup corn oil
2 measuring cups dry white wine
7 measuring cups water
2 cubes vegetable stock
3 carrots
3 zucchini / courgettes
½ cabbage
salt, pepper
3-4 sprigs parsley
2 sprigs celery
50 g butter
1 tbs corn flour

To marinate the salmon

½ measuring cup soy sauce
¼ measuring cup olive oil
2 lemons
rosemary
2 bay leaves
1 sliced onion

Recipe

- Wash and drain the salmon.
- Put all the ingredients for marinating the salmon in a bowl. Add the salmon and leave to marinate for one hour.
- Put onion cut in four and garlic in the mixing bowl. Mix at speed 3,5 for 15 seconds.
- Attach the whisk to the blades. Add olive oil and corn oil and heat for 3 minutes/90°/speed 2. Remove the whisk
- Cut zucchini and carrots in cubes and slice the cabbage. Put most of the quantity of the vegetables in the basket and keep the rest aside.
- Put 2 salmon fillets in the lower Varoma tray covering them with chopped parsley and celery. Place the vegetables that you have kept aside around the salmon. Put the remaining 3 salmon fillets on the upper Varoma tray.
- Put water, wine stock, salt and pepper in the mixing bowl and heat for 5 minutes/Varoma temperature/speed 1.
- Place the basket in the bowl.
- Put the Varoma in place and set for 40 minutes / Varoma temperature / speed 1.
- Wait for 5 minutes before you open the Varoma. Put 10 g butter on each fillet. Remove the basket from the bowl and put the Varoma on the bowl once more. Heat for another 5 minutes / Varoma temperature / speed 1.
- Remove the Varoma and add the corn flour diluted in ½ measuring cup cold water to the sauce. Heat for 3 minutes / 90C° / speed 2.
- Serve the sauce with the fish or the vegetables or both, as you prefer.

Cod fillets with mushroom sauce

Ingredients

40 g butter
1 onion
150 g mushrooms
5 measuring cup dry white wine
2 cubes vegetable stock
4-5 medium potatoes
salt, pepper
lemon
olive oil
2 tbs corn flour
800 cod or haddock fillets (could be frozen)

Recipe

- Put butter, onion cut in four and mushrooms in the mixing bowl and mix at speed 4 for 5 seconds.
- Adjust the whisk onto the blades and heat for 3 minutes/90°/speed 2. Remove the whisk and add water, wine, stock, salt and pepper. Heat for 5 minutes / Varoma temperature / speed 1.
- Defrost and wash the fish. Season with lemon, salt and pepper. Cut each fillet in two servings and place them in the two Varoma trays. Sprinkle with olive oil.
- Peel and cut the potatoes in big pieces. Put them in the basket and place the basket in the bowl.
- Put the Varoma on the bowl and set for 25 minutes / Varoma temperature / speed 1.
- Remove the Varoma and the basket from the bowl. Wait for 5 minutes before opening the Varoma.
- Add corn flour diluted in ½ measuring cup cold water to the sauce in the mixing bowl and heat for 3 minutes / 90° / speed 2.
- Serve the fish with potatoes. You may pour the sauce on top of the fish or serve separately.

Trout with basil sauce

Ingredients

4 trout
½ measuring cup olive oil
2 onions
1 clove garlic
2 tomatoes
1 measuring cup dry white wine
2 measuring cups water
4 measuring cups tomato juice
1 bay leaf
5-6 sprigs parsley
4 sprigs basil
3 green peppers cut in slices

Recipe

- Put oil in mixing bowl and heat for 3 minutes / Varoma temperature / speed 2.
- Switch on at speed 4 and drop the onions and garlic on the blades mixing for 15 seconds.
- Attach the whisk on the blades and set for 2 minutes / Varoma temperature / speed 1. Remove the whisk and put the tomatoes cut in 4 in the bowl. Mix at speed 4 for 12 seconds.
- Take out a little of the mixture to spread on the fish.
- Put wine, water, tomato juice, bay leaf, parsley and basil in the bowl and heat for 5 minutes / Varoma temperature / speed 1.
- Spread the fish with the tomato mixture.
- Cover the fish with the green peppers. Place the Varoma in the bowl and heat for 40 minutes / Varoma temperature / speed 1.

Desserts

Pear-Hélène

(4 persons)

Ingredients

4 pears
Juice of half a lemon
4 scoops of vanilla ice-cream

Chocolate sauce:

½ l sweet cream
30 g honey
½ stick of vanilla
200 g chocolate (couverture or dark chocolate)

Recipe

- Peel and halve the pears and sprinkle with lemon juice.
- Put the pears in the VAROMA, fill the mixing bowl with 400 ml water, lock, position the VAROMA on top and cook for 20 min. /varoma/setting 1. Pour the water away.
- Add the cream, honey and ½ stick of vanilla to the mixing bowl and heat for 4min. / 90°C / setting 2.
- Break the chocolate up into largish pieces, drop in through the opening in the lid and blend in for 1 min. / 40°C / setting 4 with the help of the spatula.
- Arrange 2 pear halves with 1 scoop of vanilla ice-cream on each glass dish and pour the hot chocolate sauce over. You might like to add a dollop of whipped cream.

Steamed apples in cider-zabaglione

(4 persons)

Ingredients

4 apples (Boskop or Braeburn)
Juice of half a lemon

Cider-zabaglione:

2 eggs
4 egg yolks
130 g sugar
300 ml dry cider (apple wine)

Recipe

- Peel, core and quarter the apples, then cut into slices.
- Press the lemon and sprinkle the juice over the apples.
- Put the apples in the VAROMA, fill the mixing bowl with 400 ml water, lock the bowl, position the VAROMA on top and steam for 20 min. / Varoma / setting 1.
- Allow the apples to cool down and arrange on a plate.
- Add all the ingredients for the cider-zabaglione to the mixing bowl and blend for 4½ min. / 70°C / setting 5.
- Pour the zabaglione around the apples and serve at once.

Peaches with blackberry puree

(4 persons)

Ingredients

4 peaches
500 g blackberries
4 tsp. sugar

Recipe

- Peel and halve the peaches and put them in the VAROMA.
- Fill the mixing bowl with 500 ml water, put the blackberries in the basket, insert the basket, lock the bowl and position the VAROMA on top.
- Cook everything for 25 min. / Varoma / setting 1.
- Remove the peaches and pour the water away.
- Put the blackberries and the sugar into the mixing bowl and puree for 10 sec. / setting 4. Add sugar to taste.
- Leave the peaches to cool down and then arrange them on top of the fruit puree in a dish and serve with a dollop of whipped cream.

Our tip

The peaches should not be too ripe. Instead of peeling them, you can pour boiling water over them and then pull the skin off.
Instead of blackberries you can also use redcurrants or any other type of berries.

