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## Introduction

# Therwowix® wakes food preparation easy, and the Thermomix® Cutter accessory will make your dishes even more

and the Thermomix® Cutter accessory will make your dishes even more impressive – and impressively easy. The Thermomix® Cutter will slice and grate accurately and efficiently for great results. Now you can enjoy slicing and grating many different ingredients, giving flavour and texture to a wide variety of dishes. Create interesting salads, beautiful desserts, as well as a complete variety of sweet and savoury dishes.

This book will give you guidance for using the Cutter every day and practical instructions for assembly, as well as great tips for pro results.

We have included a selection of recipes published in full, and there is a growing collection of recipes on Cookidoo® to help you create a whole new look and feel to your menu. Time saving, efficient, versatile, easy to use, a different and attractive way to present healthy dishes to your family – the possibilities are endless for you to be creative with the Thermomix® Cutter.

# Get more from your Thermomix®

Therwowix® is always thinking about how to simplify your life in the kitchen, and the Thermomix® Cutter is the perfect complement to your Thermomix® to slice and grate your ingredients. Your cooking will be even quicker, with even more impressive results. The Thermomix® Cutter provides an easier food preparation experience through its main benefits:

• Versatile and unique disc - 4 different cuts from a single disc.

The Thermomix® cutting disc is a single disc that makes 4 different types of cuts - thin slice, thick slice, thin grate and thick grate. The disc is compact and can be stored neatly and securely in the cutter lid.

• Saves time in the kitchen.

The Thermomix® Cutter is designed for everyday use. It will make preparation of vegetables and

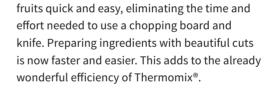


• Leaves the mixing bowl clean and ready to use.

The Thermomix® Cutter is designed with effortless cooking in mind. The cutter basket sits inside the mixing bowl, leaving it clean and ready to use when the basket and drive shaft are removed.

Adds a restaurant-quality visual appeal to

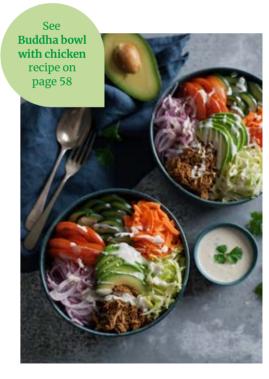
Enriching your meals with more vegetables and fruits looks great with the Thermomix® Cutter. Prepare attractive, healthy dishes that even your children will love.



- Consistently cuts pieces for an even cook. The Thermomix® Cutter cuts your vegetables into even pieces for great results and even cooking.
- Easily achieves impressive results with

The Thermomix® Cutter has a razor-sharp cutting edge that will cut accurately. This cutting will give even the simplest dishes, such as a fruit platter or steamed carrots, a stunning finished result.





# What's in the box? Get to know your Thermomix® Cutter

The Therwowix © Cutter is made up of 5 parts (see photo below). High quality and durable, all Thermomix® products and their parts are built to last. The cutting disc is made of high-quality steel for fast cutting and short prep times, while every part has been carefully designed and tested by our engineers to give you best result. We describe here each part of the Cutter and what each part can do.



### **Cutter lid**

The cutter lid covers the disc, and the locking arms close around it. There is a wide and a narrow feeder tube to hold in position a variety of sizes of fruits, vegetables, or other foods.

### Pusher

By gently and steadily pressing down the pusher, ingredients are cut precisely.

### **Cutting disc**

A two-sided high-quality steel cutting disc whose strong and sharp blades cut a wide variety of ingredients. Side 1 is for slicing and side 2 for grating.

### utter

The two-handled cutter
basket is easy to use and holds
approximately 800 g of sliced or
grated products. It has a rounded
base to collect juices from sliced
or grated fruits, to enjoy with the
prepared fruits.

**Cutter basket** 

### **Drive shaft**

The shaft sits over the blades, connecting to the cutting disc.

# What the cutting disc can do

# Side 1

is engraved with slice shapes (thin and thick) and has a dark central hub.



A 4 in 1 tool easy to use. Use the normal or clockwise rotation to obtain thick slices of plum tomato and zucchini in the Ratatouille galette (p. 69) or thickly grated carrots in the Buddha bowl with chicken (p. 58). Use reverse rotation to get thinly sliced cabbage for a Coleslaw (p. 54) or thinly grated celeriac for a Celeriac remoulade (p. 40) – one disc for four different cuts to enrich your cooking skills.









# Side 2

is engraved with strips to represent **grating** (thin and thick) and has a **light central hub**.



Set the disc on the drive shaft with the side that you require facing up.
Follow the instructions to assemble and get ready for effortless preparation.

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# Ready to start: How to use the Thermomix® Cutter

max. per batch ~800 g

The Thermomix<sup>®</sup> Cutter prepares your ingredients at the turn of the selector. Easy to use and easy to clean, you can rely on the Thermomix® Cutter.

### Assembling

1 Before assembling the Thermomix® Cutter ensure that the mixing bowl is fully inserted, correctly positioned in the Thermomix® TM6 or TM5 and empty.



2 Place the drive shaft onto the blades and ensure it is correctly positioned. The base of the shaft should be fitted on the centre of the blades and the shaft should stay vertical.



3 Place the cutter basket onto the drive shaft. The shaft should appear through the central hole of the basket.



4 Always hold the cutting disc by the central hub since the disc itself is very sharp. Place it onto the drive shaft with the desired cutting side facing up (refer to p. 10-11).



5 Place the cutter lid onto the cutter basket. The locking arms will lock the cutter lid in place when the motor is activated.



6 Insert ingredients through the feeder.



down through the feeder tube and onto the cutting disc.

Cutter.

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### Disassembling

The pusher will click into position at the end of the grating or slicing operation. This keeps it in place while you remove the lid.

To make it easier to handle, the disc remains inside the lid when the lid is lifted, allowing the ingredients in the cutter basket to be easily removed.

When you are ready, just remove the cutter basket and the shaft. And that's it, the mixing bowl remains clean and ready for use.

### Cleaning

Always hold the cutter disc by the central plastic hub to avoid touching the sharp edges. When fruits or vegetables have been sliced or grated in the Cutter, a quick clean under running water is all that is needed for the parts.

Use dishwashing liquid when a more intense clean is needed, for instance when cheese has been sliced or grated. For the cutting disc, use a washing-up brush and clean under running water, avoiding the sharp cutting edges.

The Thermomix® Cutter is dishwasher safe. Separate all components and place them on the top rack of the dishwasher. The cutting disc can be cleaned in the dishwasher, but if you clean it by hand, it will help to keep the high-quality blades sharp for longer. Don't leave the cutting disc soaking to prevent oxidation.



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Do not use bleach to clean any parts of the Cutter.

# How to use the Thermomix® Cutter in Thermomix® TM6 or TM5

Now that you are familiar with all the parts of the Thermomix® Cutter, you are ready to start slicing and grating your favourite ingredients. You will find the Thermomix® Cutter easy to use, whether following a Guided Cooking recipe or cooking manually. The Thermomix® Cutter is compatible with both Thermomix® TM6 and TM5 and recipes for each version of Thermomix® are available on Cookidoo®.

See here how to use the Thermomix<sup>®</sup> Cutter in each appliance.

### In Thermomix® **TM6**

Swipe the home screen to access the two modes, Grating and Slicing. Remember that you will find further explanation for each by touching the information icon on your Thermomix®. Important: the type of cut depends on the correct side of the disc facing up, not on the mode chosen.





In each mode, you can choose between a thin or a thick cut. Just turn the selector to select one of the options, and the mode will start. Insert the ingredient in the feeder and gently press down with the pusher. Touch the selector to stop the mode when you have finished slicing or grating or, when the mode stops automatically after 1 minute. Check the basket and empty it, if necessary, before continuing.

### In Thermomix® TM5



Attention: always set time to 1 minute maximum to avoid overfilling the basket and always use speed 4.



For thick slices or thick grating, set a maximum time of 1 minute and turn the selector to speed 4. Insert the ingredient into the feeder and gently press the ingredient down with the pusher. Touch the selector to stop the mode when you have finished slicing or grating or, when the mode stops automatically after 1 minute. Check the basket and empty it, if necessary, before continuing grating.

For thin slices or thin grating, set a maximum time of 1 minute, select reverse rotation and turn the selector to speed 4. Insert the ingredient in the feeder and gently press the ingredient down with the pusher. Touch the selector to stop the mode when you have finished slicing or grating or, when the mode stops automatically after 1 minute. Check the basket and empty it, if necessary, before continuing grating.

When ingredients are light and small, like mushrooms or strawberries, or when precise placement of the ingredient is necessary for accurate results, like onion slices, place the ingredients in the feeder first, hold with the pusher then start the motor. Press down gently and steadily for even cuts.

To achieve best results with your Thermomix® Cutter, always follow the Guided Cooking instructions given in recipes on Cookidoo®.

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# Top tips for pro results

# A wide variety of ingredients can be sliced or grated in the Thermomix®

Cutter - vegetables, root vegetables, fruits or hard cheeses (e.g. Parmesan), so that you can create your own pizza toppings, fruit platters, gratins and many other dishes quickly, easily and precisely. Direct from our kitchens at Thermomix<sup>®</sup>, here are our tips for guaranteed success with the Thermomix® Cutter.



### Good to know

### THIN OR THICK? OUR RECOMMENDATIONS

- For perfectly even slices, guide the ingredients through the feeder tube with a steady and gentle touch to the pusher.
- Raw ingredients can be cut thinly or thickly according to your taste, although with some hard or fibrous ingredients such as beetroot or celeriac, you might obtain a nicer result when thinly sliced.
- To prevent them loosing their shape through cooking and drying out in the oven, thickly slice or grate ingredients you will be cooking, unless you are looking for a particular result, such as oven-baked chips, for example. In this case slice root vegetables thinly for them to dry out slowly in the oven.

### **INGREDIENT TIPS**

- Cooked and frozen ingredients are not suitable for slicing or grating with the Thermomix® Cutter (with exception of cooked beetroot).
- For perfect cutting results, when buying your ingredients, choose small fruits and vegetables that fit in the feeder.
- To evenly slice small ingredients like mushrooms or strawberries, stack the ingredients in the feeder, hold with the pusher then start the motor. Once done, stop the motor and repeat with the second batch of ingredients.



- Larger ingredients such as butternut squash, eggplant or celeriac, need trimming to fit in the feeder.
- Fruits and vegetables should be ripe but firm to the touch. It is particularly relevant for softer ingredients, e.g. tomatoes avocado or mango.
- For half-moon slices of long vegetables such as eggplant choose small sizes and cut them lengthwise in half using a knife. Place the halves upright in the wide part of the feeder tube. It is not possible to slice long vegetables lengthwise in half in the Thermomix® Cutter.
- Juicy ingredients (e.g. watermelon, melon, tomatoes, kiwi) are only suitable to be sliced thickly. We do not recommend grating or thinly slicing.
- Cured sausages, salami for example are suitable for slicing. However, fresh and cooked sausages are too soft to obtain neat slices.
- Trim the ends of narrow ingredients such as celery stalks, leek, spring onions and carrots. For green beans, trim them all to the same length and place them in a bunch in the feeder.

- Some ingredients are great sliced, but not grated (leafy vegetables, peppers, fennel, tomatoes and most fruits, with the exception of apples).
- Choose the narrow or wide part of the feeder according to the size of your ingredients.

### **ALWAYS PREPARED**

- Slice Parmesan thinly to create shavings to use on salads or to garnish soup.
- Thickly slice vegetables in batches and freeze for roasts, soups or stews.
- Freeze any vegetable offcuts or leftover pieces from the cutting disc, lid and basket to use later in stocks or soups.
- Slicing or grating in batches will ensure better end results and avoid overflowing the cutter basket. To optimise your time, weigh all the ingredients before starting slicing or grating. Remember that the basket holds approximately 800 g of sliced or grated fruits or vegetables.
- If you need to slice and grate different types of ingredients, and to avoid having to turn the disc several times, first cut all ingredients needing the same side of the disc before reverting it to the other side.

Thinly grate potatoes to prepare rosti and galettes.

Thinly

sliced rad<u>ishes</u>

are perfect

for a salad





## A guide to cutting ingredients

The Therwowix © Cutter will quickly and easily slice and grate a wide range of vegetables, fruits and other ingredients for all of your creations. To achieve good results always choose produce that is ripe but firm to the touch (particularly tomatoes, avocado or mango), otherwise they could be smashed instead of cut.

# Vegetables, fresh and crunchy

Ingredient	Description	Type of cut	Tips
Eggplant	Cut in half or quarter lengthwise.	Thick slices	Position upright in the wide part of the feeder. For round slices, the thin Lebanese eggplants are perfect.
Beetroot	Peeled or scrubbed, raw or cooked beetroot and trimmed, if necessary. Cut large beetroots in half or quarters.	Thin and thick slices Thin and thick grating	Place beetroots in the wide part of the feeder.
Brussels sprouts	Whole.	Thin and thick slices	Fill the feeder tube with Brussels sprouts before starting the motor.
Carrot	Whole, peeled or scrubbed.	Thin and thick slices Thin and thick grating	For slicing, position upright in the feeder. Positioned upright side by side, you can slice more than one carrot at a time.
Celeriac/ kohlrabi	Peeled, cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick grating	Place one wedge at a time vertically in the wide part of the feeder (refer to image p. 26).
Celery	Only the stalk.	Thick and thin slices	Place 4–5 stalks together in the feeder.
Chinese cabbage	Cut in wedges that fit in the wide part of the feeder. Or roll up leaves to be placed upright in the feeder tube.	Thick slices	Place rolled up leaves upright or wedges in the wide part of the feeder tube to be sliced (refer to image p. 27).

Ingredient	Description	Type of cut	Tips
Zucchini	Trim zucchini end so the zucchini is sitting on the disc.	Thin and thick slices Thin and thick grating	Position upright in the wide part of the feeder.
Cucumber	Trim cucumber end so the cucumber is sitting on the disc.	Thin and thick slices Thin and thick grating	Position upright in the wide part of the feeder.
Daikon	Whole, scrubbed.	Thin and thick slices Thin and thick grating	Position upright in the wide part of the feeder.
Fennel	Cut in wedges or halves, if needed, that fit in the wide part of the feeder.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder (refer to image p. 26).
Ginger root	Too fibrous and will rip. Hard threads will get tangled in the cutting disc.	Not recommended	Chop ginger in mixing bowl or slice manually.
Green beans	Trim ends so they have all the same length.	Thick slices	Place a small bunch of green beans that fit in the narrow part of the feeder.
Green lettuce	Remove the thickest part of the lettuce. Cut smaller lettuce hearts in wedges or halves. Roll up the leaves of larger lettuces such as Romaine and cut iceberg lettuce into wedges.	Thick slices	Place upright in the feeder tube.
Greens, e.g. kale, spring cabbage	Remove the thickest part of each wedge to obtain leave strips and not sliced stem. Roll up tightly the bigger leaves and cut in wedges the core.	Thin and thick slices	Place upright in the feeder tube (refer to image p. 27).
Leek	Only the stiff parts, not the loose dark green tops.	Thick slices	Position upright in the narrow or wide part of the feeder (refer to image p. 28). Positioned upright side by side, you can slice more than one leek at a time.

### ► Vegetables, fresh and crunchy

Ingredient	Description	Type of cut	Tips
Mushroom	Use even-sized mushrooms that fit the narrow part of the feeder. Remove the stem and clean the mushrooms to remove grit. If mushrooms are too big for the narrow feeder tube, stack several of them, all in the same position in the wide part of the feeder.	Thin and thick slices	Fill the feeder tube with several mushrooms stacked vertically before starting the motor (refer to image p. 29). Use the pusher without pressure, to make the slices thick and regularly cut
Onion	Peel and cut larger onions in halves or 3 wedges vertically.	Thin and thick slices Thick grating	Place each onion half as vertically as possible to obtain even slices, start Thermomix® and press down lightly with pusher (refer to image p. 28).
Pak choi	Choose small Pak choi. Cut in halves or wedges that fit in the wide part of the feeder.	Thick slices	Place upright in the wide part of the feeder.
Parsnip	Whole, peeled or scrubbed.	Thin and thick slices Thin and thick grating	Position upright in the feeder. More than one parsnip can be sliced together, positioned upright side by side.
Capsicum	Cut capsicum in wedges that fit in the wide part of feeder, remove seeds and membranes.	Thick slices	Place 2–3 wedges at the same time in the wide part of the feeder so they don't move sideways (refer to image p. 29).
Potato	Peeled or scrubbed, cut in halves or trim the potatoes if they are too thick to fit in the feeder.	Thin and thick slices Thin and thick grating	Place vertically in the wide part of the feeder. Baby potatoes can be placed vertically or horizontally.

Ingredient	Description	Type of cut	Tips
Radish	Whole, leaves and stems removed, scrubbed.	Thin and thick slices Thick grating	If the radishes are too thick to fit the narrow part, stack several of them in the wide part of the feeder and position the pusher. Long radishes should be inserted vertically in the narrow part of the feeder.
Red cabbage	Cut in wedges that fit in the wide part of the feeder and remove the hard stem.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder.
Shallots	Peeled, whole or cut in halves.	Thin and thick slices	Place vertically in the wide part or narrow part of the feeder.
Spring onion	Only the stiff parts, not the loose dark green tops.	Thick slices	Position 3–4 spring onions upright in the narrow part of the feeder.
Butternut squash and pumpkin	Peeled, then cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick grating	Place one wedge at a time vertically in the wide part of the feeder.
Sweet potato	Peeled or scrubbed, trim, if needed, to fit in the wide part of the feeder.	Thin and thick slices Thin and thick grating	Place vertically in the wide part of the feeder.
Turnip	Peeled or scrubbed, cut in halves or wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick grating	Place vertically in the wide part of the feeder.
White cabbage	Remove the thickest part (see pg. 27), cut in wedges that fit in the wide part of the feeder (remove the harder centre stem).	Thin and thick slices	Cut the roll in two and tighten before inserting into feeder (see pg. 27), then place one wedge at a time vertically in the wide part of the feeder.

### Celeriac



### Fennel







# Leek Insert upright in the narrow or wide part of the feeder. More than one leek can be sliced together, positioned upright side by side in the wide part of the feeder.

# Onions Cut onions in halves or 3 wedges and place vertically in the wide part of the feeder for thick and thin slices.





# Fruits, ripe but firm

Ingredient	Description	Type of cut	Tips
Apple	Peeled or unpeeled, cored, cut in halves, quarters or wedges. Ripe but firm.	Thin and thick slices Thin and thick grating	Cut different sized apples to fit in the feeder in halves, wedges or quarters. Trim the ends of the quarters and wedges if needed. For halfmoon shape, place halves vertically in the wide part of the feeder, or 2–3 quarters or wedges horizontally in the wide part of the feeder (refer to images p. 33).
Avocado	Peeled, stone removed and halved lengthwise. Use firm avocados only.	Thick slices	For half-moon shape, place vertically in the wide part of the feeder.
Banana	Whole, peeled, firm, not too ripe.	Thick slices	Position upright in the narrow part of the feeder.
Kiwi	Peeled or unpeeled, whole. Ripe but firm.	Thick slices	Place vertically in the wide part of the feeder.
Lemon	Only small lemons that fit in the wide part of the feeder. Unpeeled, whole. The peel must be firm.	Thick slices	Place vertically in the wide part of the feeder.
Lime	Unpeeled, whole. The peel must be firm.	Thick slices	Place vertically in the wide part of the feeder.
Melon	Peeled, without pips and cut in wedges that fit in the wide part of the feeder.	Thick slices	Place one wedge at a time vertically in the wide part of the feeder.

Ingredient	Description	Type of cut	Tips
Nectarine	Use firm fruits, cut in halves or quarters and stone removed. To remove the stone, use a sharp knife to cut the nectarines along the seam and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (refer to images p. 34).	Thick slices	For half-moon shape, place halves vertically in the wide part of the feeder, or 2–3 quarters or wedges horizontally in the wide part of the feeder.
Orange	Too large to fit whole in the feeder. When cut in halves, the slices do not hold well together. Best result obtained with firm orange.	Not recommended	Best results sliced by hand.
Peach	Use firm fruits. Cut in halves or quarters and stone removed. To remove the stone, use a sharp knife to cut the peaches along the seam and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone.	Thick slices	For half-moon shape, place halves vertically in the wide part of the feeder, or 2–3 quarters or wedges horizontally in the wide part of the feeder.
Pear	Peeled or unpeeled, cored, use firm fruits, cut in halves or quarters.	Thick slices Thick grating	For half-moon shape, place halves vertically in the wide part of the feeder, or 2–3 quarters or wedges horizontally in the wide part of the feeder.
Pineapple	Peeled, cored, and cut vertically in 4 or 6 wedges (approx. 200 g each).	Thick slices	Place one wedge at a time vertically in the wide part of the feeder.

### ► Fruit, ripe but firm

Ingredient	Description	Type of out	Tips
Plums	Use firm fruits. Cut in halves and stone removed. To remove the stone, use a sharp knife to cut the plums along the seam and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (refer to image p. 34).	Type of cut Thick slices	For half-moon shape, place halves vertically in the wide part of the feeder or 2–3.
Tomato	Only use tomatoes that fit whole through the wide part of the feeder, such as Roma.	Thick slices	Place vertically in the wide part of the feeder (refer to image p. 36).
Watermelon	Choose seedless varieties, peeled and cut in wedges that fit in the wide part of the feeder.	Thick slices	Place one wedge, vertically in the wide part of the feeder
Strawberries	Use firm fruits. Whole and hulled.	Thick slices	Stack vertically in the narrow part of feeder, or horizontally in the wide part of the feeder, and guide gently with the pusher, for a neat result.



### Apples

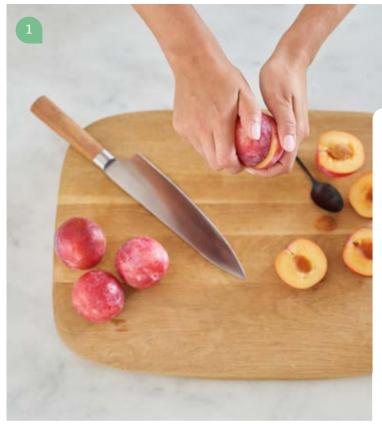
- 1. Medium and small apples
  For half-moon slices, cut
  the small apples in halves
  vertically and the medium
  ones in quarters. Trim the
  ends to fit horizontally in
  the wide part of the feeder.
- 2. Small apples

  For half-moon slices, cut in halves and insert vertically in the wide part of the feeder.
- For half-moon slices, cut in quarters, trim the ends and insert 2–3 quarters, horizontally in the wide part of the feeder.
- 4. Big apples
  Cut in quarters and place
  vertically in the feeder.
  Perfect for fruit salads.









# Plums, nectarines or peaches

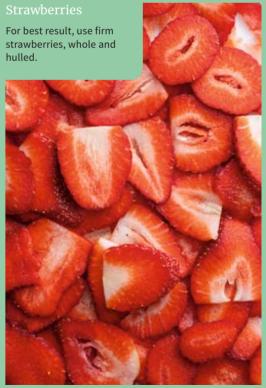
- 1. To remove the stone, use a sharp knife to cut the nectarines, plums and peaches along the seam and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon.
- 2. If the stone is too stuck, cut two large slices that go up to the stone.
- 3. If the two halves are small enough, place together in the feeder. Trim the bottom so they settle completely on the cutting disc before running the motor.











# Pineapple Peeled and cut vertically in 4 or 6 wedges (approx. 200 g each). Place one wedge at a time vertically in the wide part of the feeder.

# Place whole Roma tomatoes vertically in the wide part of the feeder and press the pusher down while slicing.

### Other ingredients

Ingredient	Description	Type of cut	Tips
Chocolate	It could block the cutting disc.	Not recommended	To create shavings use a sharp knife or a vegetable peeler.
Eggs, hard boiled	The eggs will catch on the disc and not slice well.	Not recommended	Slice by hand.
Hard cheeses, such as Parmesan	Ensure that the cheese is slightly cold.	Thin and thick slices Thin and thick grating	Place upright in the narrow or wide part of the feeder.

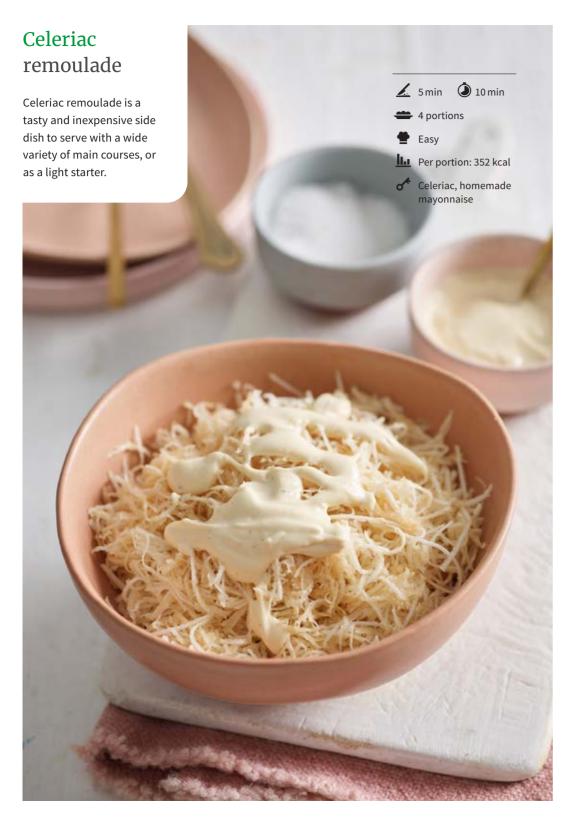
### Hard cheeses



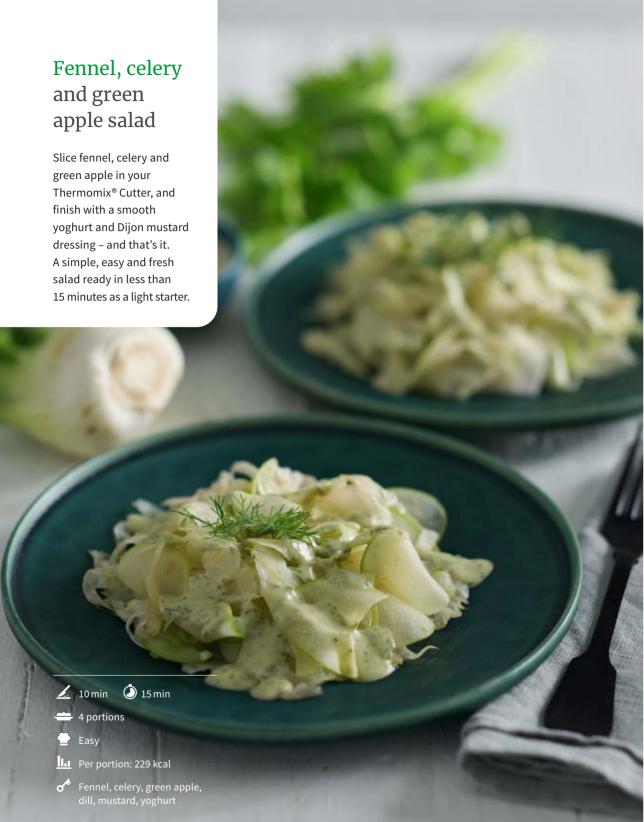


A whole new repertoire of dishes is now possible with the Thermomix® Cutter. There are recipes on Cookidoo® to get you started. Salads, starters, soups, main dishes, breads, desserts... Make the recipes in Guided Cooking and also use them as inspiration to start creating your own.





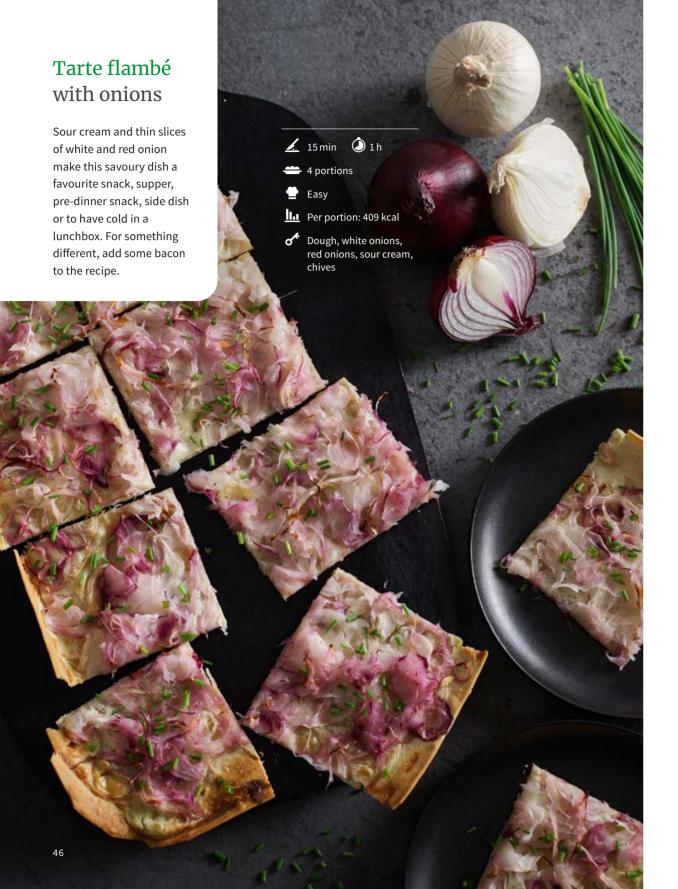


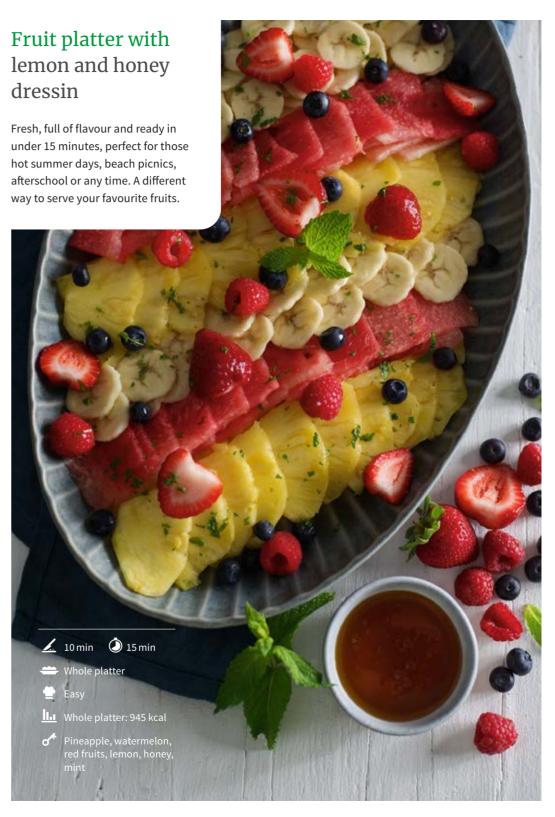


















# Sweet cucumber pickles











### Ingredients

- 1 tbsp brown mustard seeds
- 2 tsp black peppercorns
- 1/2-1 tsp red pepper flakes (optional)
- 2 sprigs fresh herbs (dill, thyme, rosemary) (optional)
- 3-4 cucumbers, washed and trimmed (approx. 200 g each see Tips)
- 230 g water
- 230 g cider vinegar
- 3 tsp salt
- 1 ½ tbsp sugar (optional)

### Useful items

2 sterilised bottles (approx. 500 ml)

Per jar (500 g): Protein 2 g / Carb 16 g / Fat 10 g Energy 665 kJ/159 kcal

### Preparation

- 1. Set aside 2 sterilised bottles (approx. 500 ml).
- 2. Place in each bottle: 2 tsp of the mustard seeds, 1 tsp of the peppercorns and 1/4-1/2 tsp of the chilli flakes. Set aside.
- 3. Place a bowl onto mixing bowl lid and weigh cucumbers into it, then set aside.
- 4. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert one cucumber after the other into the wide part of feeder. Insert pusher and slice 1 min/speed 4. Remove Thermomix® Cutter and shaft.
- 5. Place water, vinegar, salt and sugar in mixing bowl then cook 6 min 30 sec/100 °C/speed 1. Meanwhile, gently pack cucumbers tightly in the bottles leaving a 1.5 cm space from the rim. Set pickling liquid aside to cool slightly (approx. 5 minutes).
- 6. Fill each bottle with pickling liquid to cover the cucumbers completely. Seal bottles and set aside to cool to room temperature. Then, refrigerate for a minimum of 2 days before using as desired. Refrigerate for up to 1 month.

### Tip(s)

- Choose cucumber which are fresh and firm to the touch.
- These pickles are not preserved, therefore do not keep them refrigerated for longer than 1 month.
- Pickles are a good accompaniment for hamburgers, grilled sausages, roast pork, ham, cheese and pastrami sandwiches.

### Variation(s)

• Use the same method and pickling liquid to prepare radish, red onion, zucchini or carrot pickles.



## Coleslaw with Thermomix® cutter











### Ingredients

200 g white cabbage, thickest part of the core removed, cut in 1–2 wedges that fit through feeder tube

½ red onion, cut into half vertically (approx. 90 g)

- 100 g carrots, trimmed and peeled
- 100 g green apple, unpeeled, cored and cut into wedges (or cut to fit feeder tube) ½ tsp salt, to taste 2 pinches ground pepper, to taste 3 tbsp mayonnaise, to taste

Useful items Salad bowl

Per portion: Protein 2 g / Carb 16 g / Fat 10 g Energy 665 kJ/159 kcal

### Preparation

- 1. Place a bowl onto mixing bowl lid and weigh white cabbage, red onion, carrots and apple into it. Set aside.
- 2. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert cabbage wedges in wide part of feeder. Insert pusher and slice 30 sec/♠/speed 4. Transfer to a salad bowl, stirring to separate the slices.
- 3. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid into position and insert onion halves vertically in wide part of feeder. Insert pusher and slice 30 sec/♠/speed 4.
- 4. Remove cutter lid, invert disc with side 2 (grating) facing up. Place cutter lid into position and insert carrots into feeder. Insert pusher and grate 30 sec/♠/speed 4.
- 5. Insert apple wedges through feeder, insert pusher and grate 30 sec/speed 4. Transfer to salad bowl with cabbage. Remove Thermomix® Cutter and shaft.
- 6. Add salt, ground pepper and mayonnaise to salad bowl, combine well and keep refrigerated until you serve.

### Tip(s)

• Serve coleslaw at a barbecue or as a side dish with fish and chips, pork cutlets or chicken.

### Variation(s)

• This is a very versatile recipe. Change the ingredient quantities to your taste.



# Cucumber salad with dill and sour cream dressing







### Ingredients

1-2 continental cucumbers, ends removed, peeled or unpeeled, (approx. 300g-600 g) 200-250 g sour cream ½ tsp salt 3 sprigs fresh dill, fronds only, finely chopped 1/4 tsp ground black pepper 3 tsp apple cider vinegar (optional)

Useful items Salad bowl

**III** Per portion: Protein 4g/Carb 14g/Fat 12g Energy 674 kJ/161 kcal

1/4 tsp white sugar (optional)

### Preparation

- 1. Place a bowl onto mixing bowl lid and weigh cucumbers into it.
- 2. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert one cucumber after another in wide part of feeder. Insert pusher and slice 1 min/\$\infty\speed 4. Transfer cucumber slices to a salad bowl. Remove Thermomix® Cutter and shaft.
- 3. Place sour cream, salt, dill, pepper, vinegar and sugar in mixing bowl then mix 30 sec/speed 3. Add dressing to the cucumber salad, stir to combine and serve immediately.

### Tip(s)

• Serve immediately to avoid the cucumber releasing water and the dressing losing its flavour and texture.



# Buddha bowl with chicken







### **Ingredients**

### **Boiled rice**

1000 g water 1½ tsp salt 20 g olive oil 250 g long grain rice

### Shredded chicken

1 ½ tbsp soy sauce 3 tsp toasted sesame oil 250 g skinless chicken breast fillets, cut into long strips (3 cm thick)

### Vegetables

120 g carrots

160 g baby cos lettuce, washed and dried (1-2 lettuce hearts halved to fit feeder tube)

- 180-200 g firm Roma tomatoes, that fit whole through feeder tube
- 200 g cucumber, peeled or unpeeled, ends removed
- 100 g red onion, halved vertically  $(\frac{1}{2}-1 \text{ onion})$
- 200 g avocado, firm, ripe and peeled (1 avocado - cut to fit feeder tube)

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### Preparation

### **Boiled rice**

1. Place water, 1½ tsp salt and olive oil into mixing bowl. Insert simmering basket, weigh rice into it and cook 15 min/100 °C/speed 4. Remove simmering basket with aid of spatula, then rinse under cold water. Distribute rice between 4 bowls and set aside to cool completely. Rinse and dry mixing bowl.

### Shredded chicken

- 2. Place soy sauce, sesame oil and chicken breast strips in mixing bowl then cook 8 min/100 °C/♠/speed 0.5. Pour cooking juices into a small bowl and set aside.
- 3. Shred chicken 4 sec/♠/speed 4. Arrange shredded chicken in a small pile on the cooled rice. Clean and dry mixing bowl.

### **Vegetables**

- 4. Place a bowl onto mixing bowl lid and weigh carrots, gem lettuce, plum tomatoes, cucumber, red onion and avocado into it.
- 5. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert lettuce vertically in wide part of feeder. Insert pusher and slice 1 min/speed 4 while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat with remaining lettuce then arrange on cooled rice, next to the chicken.
- 6. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid into position and insert onion halves vertically one on top of the other in wide part of feeder. Insert pusher and slice 30 sec/\$\infty\speed 4. Arrange in the bowls next to the chicken.

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▶ Buddha bowl with chicken, continued

### Yoghurt and coriander sauce

7 sprigs fresh coriander, leaves only, plus extra for garnishing ½ tsp salt
3 pinches ground pepper
250 g natural yoghurt, unsweetened
100 g mayonnaise
4 tbsp roasted unsalted cashew nuts

**Useful items**Small bowls, Small jug

Per portion:
Protein 24 g / Carb 41 g / Fat 44 g
Energy 2671 kJ / 638 kcal

- 7. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid into position and insert whole tomatoes vertically one by one in wide part of feeder. Insert pusher and slice 30 sec/speed 4 while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat with remaining tomatoes then arrange slices in the bowls next to the onion.
- 8. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid into position and insert cucumber vertically in wide part of feeder. Insert pusher and slice thick 30 sec/speed 4. Arrange slices in the bowls next to the tomatoes.
- 9. Place cutter basket and disc back on shaft with side 2 (grating) facing up. Place cutter lid into position and insert carrots in wide part of feeder. Insert pusher and grate thick 30 sec/speed 4. Arrange grated carrots into the bowls between the cucumber and the lettuce. Arrange avocado slices on top in the middle of the bowl and set aside. Remove Thermomix® Cutter and shaft.
- 10. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid into position and insert avocado halves or quarters vertically one by one in wide part of feeder. Insert pusher and slice thick 30 sec/speed 4 while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat with remaining avocado. Set avocado slices aside.

### Yoghurt and coriander sauce

11. Place reserved chicken cooking juices, coriander leaves, ½ tsp salt, ground pepper, yoghurt and mayonnaise in mixing bowl and mix 15 sec/speed 4. Drizzle a spoonful of sauce over each bowl and transfer remaining sauce into a small jug. Sprinkle with cashew nuts and coriander leaves then serve Buddha bowls with remaining sauce on the side.



### Tip(s)

- The carrot could be thinly grated if preferred. To do so, simply select reverse.
- Ensure that the avocado is quite firm, so that it will make neat slices.

### Variation(s)

- Substitute cashew nuts with almonds.
- For a nut-free dish, omit the nuts.
- For a vegetarian variation, substitute the chicken with your favourite ingredient, beetroot or fennel for example.
- For a party dish, simply double the recipe and fill the bowls in the same way. For best results, cook the chicken in two batches.

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# **Potato** gratin









### Ingredients

1200 g potatoes, cut in pieces that fit through feeder tube 100 g Gruyere cheese, cut in pieces (3 cm)

1 garlic clove

400-500 g pouring (whipping) cream

1 tsp salt

1 pinch ground black pepper

1 pinch ground nutmeg

Useful items

Baking dish  $(32 \times 24 \times 6 \text{ cm})$ 

Per portion: Protein 8 g / Carb 28 g / Fat 25 g Energy 1514 kJ/362 kcal

### Preparation

- 1. Preheat oven to 200°C. Set aside a ceramic baking dish (32 × 24 × 6 cm).
- 2. Place a bowl onto mixing bowl lid, weigh potatoes into it and
- 3. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position, insert one potato at a time in wide part of feeder. Insert pusher then slice 1 min/speed 4 while gently pressing pusher down. When half the quantity of potatoes is sliced, press selector to stop, remove Thermomix® Cutter and shaft then empty the basket to a baking dish (32 × 24 × 6 cm). Place cutter basket and disk back on shaft with side 1 (slicing) facing up and repeat the process with remaining potatoes. Remove Thermomix® Cutter and shaft then transfer potato slices to baking dish and distribute evenly.
- 4. Place cheese into mixing bowl and grate 3 sec/speed 7. Transfer to a bowl and set aside.
- 5. Place garlic into mixing bowl and chop 5 sec/speed 5. Scrape down sides of mixing bowl using spatula.
- 6. Add cream, salt, pepper and nutmeg, then mix 10 sec/speed 3. Pour mixture over potatoes in baking dish, sprinkle with grated cheese, then bake for 45 minutes (200 °C). Serve hot.

### Tip(s)

• This makes a great side dish for roasted or grilled meats.

### Variation(s)

- The authentic gratin dauphinois, from the region called 'Dauphiné' in France, is made with cream and no cheese. For a slightly lighter version, substitute part of the cream with milk. The texture and flavour however will be quite different.
- Gruyere cheese can be replaced by Emmental or any other hard cheese.



# Vegetarian pizza









### **Ingredients**

### Pizza dough

30 g extra virgin olive oil, plus extra for greasing

220 g water, room temperature 1 tsp sugar

20 g fresh yeast, crumbled or 2 tsp dried instant yeast (8 g) 400 g bakers flour

1 tsp salt

### **Topping and Finalization**

100 g yellow capsicum, cut in 1–2 wedges, seeds and membranes removed

100 g red capsicum, cut in 1-2 wedges, seeds and membranes removed

80 g fresh button mushrooms, whole, stem removed

120 g red onion, peeled and cut into halves vertically 100 g zucchini, trimmed

200 g canned chopped tomatoes 200 g grated mozzarella or grated cheese, for pizza (see tip)

2-3 pinches salt, to taste

2-3 pinches ground pepper, to taste

### Useful items

Large bowl, plastic wrap or tea towel, baking tray (40 × 30 cm), baking paper, bowl

Per portion: Protein 27 g/Carb 86 g/Fat 22 g Energy 2719 kJ/650 kcal

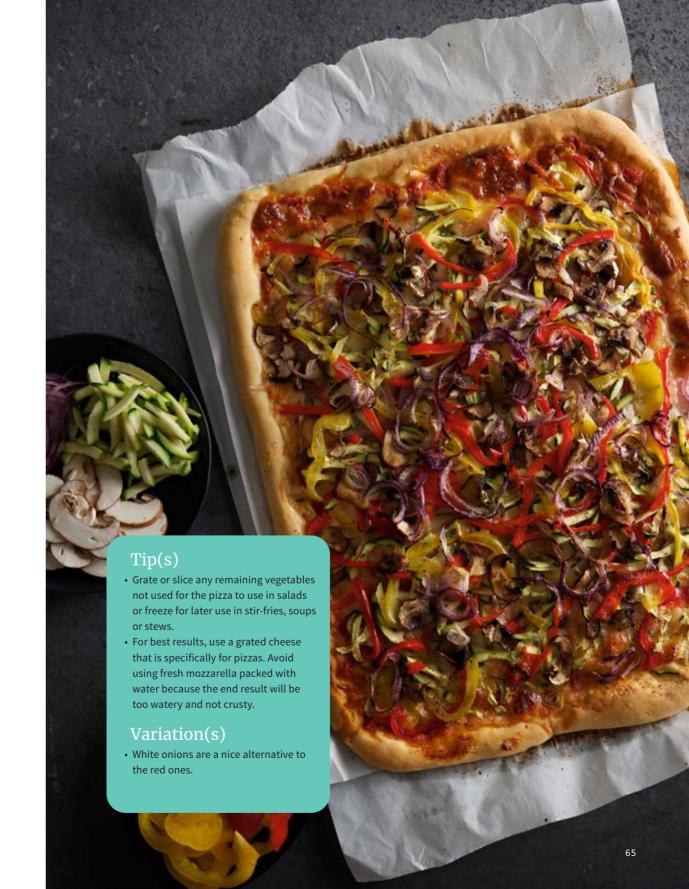
### Preparation

### Pizza dough

- 1. Lightly grease a large bowl and set aside. Place water, sugar and yeast into mixing bowl then mix 20 sec/speed 2.
- 2. Add flour, oil and salt then knead **Dough** \$\forall /2 \min. Transfer dough to prepared bowl and form into a ball. Cover with plastic wrap or a damp tea towel and set aside in a warm place, prove until doubled in size (approx. 1 hour).
- 3. Preheat oven to 200 °C. Line a baking tray (approx. 40 × 30 cm) with baking paper or grease tray with olive oil and set aside.

### **Topping and Finalization**

- 4. Place a bowl onto mixing bowl lid, weigh vegetables into it and set aside.
- 5. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position. Insert 2 capsicum wedges vertically in wide part of feeder. Insert pusher and slice 1 min/speed 4 while gently pressing pusher down. Repeat until all pepper wedges are sliced.
- 6. Insert mushrooms, stacking them in wide part of feeder. Insert pusher and slice 30 sec/speed 4.
- 7. Insert red onion into wide part of feeder, insert pusher and slice 30 sec/speed 4.
- 8. Remove cutter lid, invert disc with side 2 (grating) facing up. Place cutter lid into position, insert zucchini in wide part of feeder. Insert pusher and grate 30 sec/speed 4. Remove Thermomix® Cutter and shaft.
- 9. Transfer dough on prepared tray and shape by stretching it gently and pressing it into the edges with your fingertips until it fills the tray.
- 10. Spread chopped tomatoes and mozzarella on top of dough, top with sliced and grated vegetables and sprinkle with salt and black pepper. Bake pizza for 20 minutes (200 °C). Serve hot.



## Placki









### **Ingredients**

750 g floury potatoes, peeled and cut into pieces that fit through feeder tube 100 g onion, cut into halves, vertically

1-2 garlic cloves (optional) 70 g plain flour, plus extra for dusting

2 eggs

1-1½ tsp salt 1/4-1/2 tsp ground pepper frying oil 200 g sour cream

### Useful items

Non-stick frying pan, paper towel, large baking tray

Per portion (1 pancake): Protein 11 g/Carb 50 g/Fat 13 g Energy 1493 kJ/357 kcal

### Preparation

- 1. Place a bowl onto mixing bowl lid and weigh potatoes, onions and garlic into it. Set aside.
- 2. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 2 (grating) facing up. Place cutter lid into position, insert potatoes in wide part of feeder one by one. Insert pusher and grate 1 min/speed 4.
- 3. Insert onion halves into wide part of feeder, insert pusher and grate 1 min/speed 4. Then continue with garlic. Remove Thermomix® Cutter and shaft. Transfer grated vegetables to mixing bowl.
- 4. Add flour, eggs, salt and pepper to mixing bowl then mix 20 sec/\$\infty\speed 4.
- 5. Check the consistency: potatoes should be coated with egg mixture and egg mixture not dripping off the spoon when lifted. If mixture is too loose, add 1–1½ tbsp flour and stir
- 6. Line a large tray with paper towel and set aside. Place a large frying pan over a medium-high heat and add oil (approx. 2 tbsp). Allow the pan to heat up then carefully place 2 heaped tbsp of the mixture into the frying pan and spread out in a thin circle (9 cm diameter). Fry in batches for 3 minutes on each side or until golden brown, crispy and cooked through, adding more oil to the pan as necessary. Remove from pan to prepared tray to drain. Serve as desired.

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▶ Placki, continued

### Tip(s)

- To grate your own Parmesan, place into mixing bowl and grate 8 sec/speed 7.
- Substitute cream with yoghurt.
- If you use baby potatoes, you may need to add more flour to get the right consistency.
- Before frying the placki, the mixture may be drained again, either by using a sieve or the simmering basket.
- Be sure to cook the full mixture at time of making, as opposed to retaining any to cook at a later date. This is to ensure food safety due to the raw egg. Cooked placki can be refrigerated for up to 2 days.







# Ratatouille galette









### **Ingredients**

### Flaky pastry

150 g unsalted butter, chilled and cut into pieces (1-2 cm) 300 g plain flour, plus extra for dusting

90 g cold water, plus extra for dough

½ tsp salt

### **Topping**

350 g zucchini, trimmed (approx. 2-3 zucchini)

350 g Roma tomatoes, whole (see Tips)

190 g sun-dried tomatoes, drained

30 g water

10 g fresh chives, snipped with scissors into tiny pieces

½ tsp salt, plus extra for seasoning plain flour, for dusting 1 pinch ground black pepper 60 g grated Parmesan cheese (see Tips)

milk, for glazing 10 fresh basil leaves

### Useful items

Plastic wrap, baking paper, baking tray  $(40 \times 40 \text{ cm})$ , rolling pin, pastry brush

Per portion: Protein 11 g/Carb 45 g/Fat 19 g Energy 1581 kJ/378 kcal

### Preparation

### Flaky pastry

1. Place butter, flour, water and salt into mixing bowl, then mix 20 sec/speed 6. Transfer dough onto a lightly floured work surface or silicone bread mat then shape into a ball. Wrap up and place in refrigerator to rest for 20 minutes. Clean and dry mixing bowl.

### **Topping**

- 2. Place a bowl onto mixing bowl lid and weigh zucchini and Roma tomatoes into it and then set aside.
- 3. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert one zucchini in wide part of feeder. Insert pusher and slice 1 min/speed 4. Repeat with remaining zucchini. Transfer to a bowl and set aside.
- 4. Place cutter basket and disc back on shaft with side 1 (slicing) facing up. Place cutter lid into position and insert 1 tomato vertically in wide part of feeder. Insert pusher and slice **30 sec/speed 4** while gently pressing pusher down. Continue slicing remaining tomatoes, one at a time. Remove Thermomix® Cutter and shaft.
- 5. Preheat oven to 200 °C.
- 6. Place sun-dried tomatoes, water, chives and ½ tsp salt in mixing bowl then mix 30 sec/speed 3. Scrape down sides of mixing bowl with spatula and mix again 30 sec/speed 3.
- 7. Transfer dough onto a lightly floured work surface or baking paper (40 × 40 cm) and roll out into a circle (approx. 35 cm and 5 mm thick). Transfer pastry onto a large baking tray (40 × 40 cm) (see Tips).

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- 8. Spread tomato mix over pastry, leaving a 4cm border on all sides. Starting from the outer part of the disc, arrange tomato and zucchini slices in circles, alternating 1 tomato slice with 2–3 zucchini slices and overlapping them. Sprinkle with salt and pepper.
- 9. Fold over pastry border, pleating it as you fold to create a crust. Sprinkle vegetables with grated Parmesan cheese, brush pastry border with milk then bake for 25 minutes (200 °C) or until pastry is puffed and golden. Allow to cool for 5–10 minutes before serving garnished with basil leaves.

### Tip(s)

- If the zucchini you are using are too thick to fit through the feeder, cut them in half lengthwise. If they are thin, feed two or more zucchini vertically through the feeder.
- For this recipe, use Roma tomatoes which are less juicy than other tomatoes. The pastry will remain crispy once baked.
- If your baking tray is less than 40 cm wide, let the dough overhang the edge of the paper while you garnish the dough.
   When folding in step 9, make sure the galette fits onto your baking tray.

### Variation(s)

- This quantity of dough will make 4 individual tarts. To do so, in step 1, cut the ball into for portions similar in size and weight then roll each into a disc (15 cm). To garnish, proceed the same way.
- For a dairy-free recipe, substitute Parmesan for a plant-based Parmesan, butter for plant-based butter and omit the glazing.



# Pineapple carpaccio with pink sorbet









### **Ingredients**

### Pink sorbet

150 g white sugar

- 2 tsp freshly squeezed lemon juice
- 1 ripe banana, peeled and broken into pieces
- 500 g frozen strawberries, hulled

### Pineapple carpaccio

1 fresh pineapple, peeled and cut vertically in 4-6 wedges (approx. 200 g each), core removed

fresh mint leaves

### Useful items

Freezable container, ice cream scoop

**III** Per portion: Protein 1g/Carb 42g/Fat 0.2g Energy 668 kJ/160 kcal

### Preparation

### Pink sorbet

- 1. Place sugar into mixing bowl and mill 10 sec/speed 10.
- 2. Add lemon juice and banana then mix 10 sec/speed 5. Scrape down sides of mixing bowl with spatula.
- 3. Add frozen strawberries and blend with aid of spatula 1 min 30 sec/speed 10. Transfer to a freezable container with lid and place in freezer. Meanwhile, continue with the recipe.

### Pineapple carpaccio

- 4. Place a bowl onto mixing bowl lid, weigh pineapple wedges into
- 5. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert 1 pineapple wedge in wide part of feeder. Insert pusher and slice 1 min/speed 4 while gently pressing pusher down. When feeder is empty, press selector to stop. Repeat until all wedges are sliced. Remove Thermomix® Cutter and shaft.
- 6. Distribute the pineapple slices between 4–6 serving plates and arrange in a single layer rosette starting from the outer part of the plate. Serve garnished with a few mint leaves and a scoop of pink sorbet.

### Tip(s)

- For a creamier consistency, add 1 egg white in step 2.
- If you have no ice-cream scoop, use two spoons to make a
- This is a perfect refreshing summer dessert.



# Apple tart









### **Ingredients**

### **Pastry**

75 g unsalted butter, chilled and cut in pieces, plus extra for greasing

170 g flour, plus extra for dusting 1 pinch salt

1/4 tsp natural vanilla extract 50 g water

### **Topping**

1000 g apples peeled and cored, cut into pieces that fit through feeder tube (see Tips)

30 g sugar 20 g butter

### Useful items

Loose-based tart tin (24 cm), rolling pin

Per slice: Protein 3 g / Carb 38 g / Fat 9 g Energy 979 kJ/234 kcal

### Preparation

### Pastry

- 1. Preheat oven to 200 °C. Grease and dust a loose-based round fluted tart tin (24 cm). Set aside.
- 2. Place butter, flour, salt, vanilla and water into mixing bowl then mix 20 sec/speed 4. Transfer pastry onto a lightly floured work surface and roll out using a rolling pin. Line prepared tin with pastry and set aside in refrigerator.

### **Topping**

- 3. Place a bowl onto mixing bowl lid and weigh apples into it.
- 4. Insert Thermomix® Cutter shaft and basket then place cutting disc with side 1 (slicing) facing up. Place cutter lid into position and insert apple halves vertically, or horizontally if using quarters, in wide part of feeder, keeping them all as upright as possible. Insert pusher and slice 1 min/speed 4 while gently pressing pusher down. When feeder is empty, press selector to stop and repeat if needed until all apples are sliced. Remove Thermomix® Cutter and shaft.
- 5. Arrange the apple slices in a pattern on pastry. Sprinkle with sugar and dot with small pieces of butter. Bake for 30-35 minutes (200 °C) or until apples are golden. Serve warm or cold.



