

# Ma Cuisine



**magimix®**



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# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock do not put the food processor base in water or other liquid.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest Authorized Service Facility for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Keep hands and utensils away from moving blades or discs while processing food to reduce the risk of severe injury to persons or damage the food processor. A scraper may be used but must be used only when the food processor is not running.
11. Blades are sharp! Handle carefully.
12. To reduce the risk of injury, never place cutting blade or discs on base without first putting bowl properly in place.
13. Be certain cover is securely locked in place before operating appliance.
14. Never feed food by hand. Always use food pusher.
15. Do not attempt to defeat the cover interlock mechanism.
16. This product is designed for household use only.
17. Do not use the appliance if the rotating sieve is damaged.
18. Sharp blade - Always use food pusher.



19. Moving Parts - Keep fingers out of feed and discharge openings.
20. Sharp Blade - Never use slicer unless completely assembled.
21. Do not place on or near a hot gas or electric burner or on a hot oven.
22. Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
23. Do not use appliance for other than intended use.
24. Never add to container while appliance is operating.
25. Always make sure juicer is clamped securely in place before motor is turned ON. Do not unfasten clamps while juicer is in operation.
26. Be sure to turn switch to OFF position after each use of your juicer. Make sure the motor stops completely before disassembling.
27. Do not put your fingers or other objects into the juicer opening while it is in operation. If food becomes lodged in opening, use food pusher or another piece of fruit or vegetable to push it down. When this method is not possible, turn the motor OFF and disassemble the juicer to remove the remaining food.
28. Unplug before cleaning and before assembling or removing parts. Do not fill the bowl above the marking maximum fill line (or rated capacity) to avoid risk of injury due to damage to the cover or bowl.
29. **For chrome plated models only:** To reduce the risk of electric shock, this equipment has a grounding type plug, with a third (grounding) pin. This plug will only fit into a grounded outlet. If the plug does not fit into the outlet, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.  
CAUTION : To ensure continued protection against risk of electric shock connect to properly grounded outlets only.

## SAVE THESE INSTRUCTIONS

### ELECTRICAL WIRING

#### FOR USA AND CANADA ONLY

**For all other models:** To reduce the risk of electric shock, this equipment has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only in one way. If the plug does not fit fully in the outlet, reverse the plug. Do not change the plug in any way. If it still does not fit, contact a qualified electrician.

The electrical rating listed on the unit is based on the attachment that draws the greatest load.

Other attachments might draw significantly less power or current.

We are delighted that you have chosen Magimix as the food processor to assist you in your everyday kitchen tasks.

As the Inventor of the food processor, Magimix has been drawing on its wealth of experience in designing and building sturdy, efficient and easy-to-use kitchen appliances in the heart of Burgundy, France for more than 40 years. Now, we are proud to present to you the very latest generation.

We are confident it will meet all of your expectations, with great satisfaction, as it tirelessly chops; blends; kneads; mixes; emulsifies; whisks; grates and slices. It will leave you wondering how you ever managed without it.

Whether your making lump-free pancake batter, whipping up a batch of mayonnaise or baking delicious homemade bread you'll see that Magimix takes all the drudgery out of cooking and puts the "haute" into your cuisine.

Featuring everything from fancy French dishes and creamy soups to shepherd's pie and chocolate mousse, our more than 100 simple but delicious recipe ideas will have you eager to use your food processor every day!





# DESCRIPTION



\*Depending on the model

(1) For greater stability, thread the power cord through the notches on the underside of the motor unit.



**STOP** : press this button to switch the machine off.

**AUTO** : press this button to process in continuous mode and obtain a more even texture. Ideal for fine chopping, mixing or blending, as well as for kneading, beating egg whites, slicing or grating.

**PULSE** : press this button for intermittent processing. The machine automatically switches itself off as soon as you release this button, giving you complete control over the task from start to finish. Ideal for coarse chopping or mixing.

For preparations such as soups and purées, start off using the pulse button, then switch to continuous mode (AUTO), you will achieve a smoother consistency.

1 pulse = keep the PULSE button pressed down for 1-2 seconds and release.



**Never unlock the lid without pressing the STOP button first. Your appliance is fitted with a thermal failsafe that automatically switches the motor off if it is overloaded or has been running for too long.**

**If it is activated, press the STOP button and wait until the machine has cooled down completely before switching it on again.**

## MAXIMUM PROCESSING CAPACITIES

	C 3200	CS 4200	CS 5200
Brioche	1 lb	1 <sup>3</sup> / <sub>4</sub> lb	2 lb
Bread dough	1 <sup>1</sup> / <sub>3</sub> lb	2 lb	2 lb
Shortcrust pastry	2 lb	2 lb	3 lb
Soup	1 Quart	1 <sup>1</sup> / <sub>3</sub> Quart	2 Quart
Minced meat	1 lb	2 lb	3 lb
Carrots	1 <sup>3</sup> / <sub>4</sub> lb	2 lb	3 lb
Egg whites (beaten)	2 - 5	3 - 6	3 - 8



**Total weight and amounts calculated for the main bowl.**

# INSTALLING THE BOWLS

Wash all the parts thoroughly (except the motor unit) before using your appliance for the first time.



Place the bowl on the motor unit and turn in an anticlockwise direction to lock into place.



Slide the midi bowl onto the motor shaft, inside the main bowl.



Slide the mini bowl onto the motor shaft.



Fit the mini blade onto the motor shaft inside the Mini bowl.



Place the lid on top of the bowl and turn in counterclockwise until it locks into place.

## WARNING

- Triple protection: your appliance will only work if both the bowl and lid are correctly locked into place, and if the bottom of the double pusher is level with the MAX level indicator (p.15).
- Do not leave the lid in the locked position when the machine is not in use.

## REMOVING THE BOWLS



1  
2  
Unlock the lid by turning clockwise and lift it off.



3  
Remove the blade from the mini bowl.



4  
Lift the mini bowl out.



4  
Lift the midi bowl out, holding it by the rim.



6  
7  
Release the main bowl by turning it clockwise. You can now remove it.

### WARNING

- Always handle the discs and metal blades with caution, as they are extremely sharp.
- Never unlock the lid unless you have pressed the STOP button first. If the bowl will not move, check that the lid has been unlocked.

# STANDARD ACCESSORIES



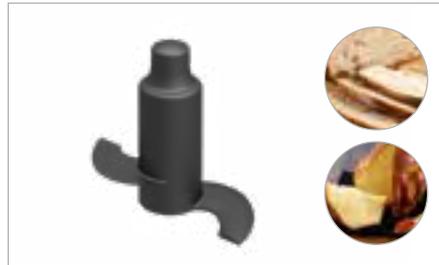
**MINI BOWL:** equipped with a metal blade for blending, chopping, mixing and emulsifying small amounts.



**MIDI BOWL:** a practical, easy-clean bowl specially designed for use with the discs.



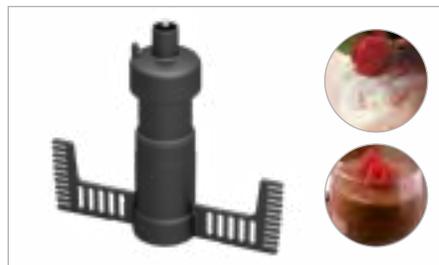
**METAL BLADE:** used in the main bowl for mincing, blending, emulsifying, chopping. **BlenderMix\*:** designed to ensure a smoother, creamier finish when blending soups and other liquids.



**DOUGH BLADE:** used in the main bowl for mixing and kneading leavened or unleavened dough.

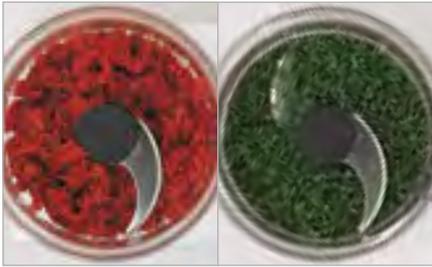


**DISCS:** used in the midi bowl for grating or slicing fruit, vegetables or cheese in two different thicknesses (2mm and 4mm).



**WHISK:** used in the main bowl to whip cream or beat egg whites for meringues, mousses, soufflés, etc.

## METAL BLADE



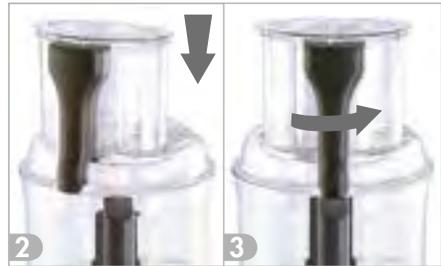
**CHOPS** meat, fish and fresh herbs in either PULSE or continuous mode (AUTO).



**EMULSIFIES** sauces, crushes ice, and chops chocolate and sugar to a powder in continuous mode (AUTO).



1 Place the metal blade on the motor shaft. It needs to be at the bottom of the bowl.



2 Place the ingredients in the bowl, put the lid on and turn it anticlockwise until it locks into position.

## BlenderMix (depending on the model)



**BLENDS** soups, milkshakes, cake mixtures, pancake batter, etc.

Process in continuous mode for 1-4 minutes.



1 Fit the metal blade on the motor shaft. Put the ingredients in the bowl. Slot the BlenderMix into the bowl. Turn the lid until it locks into position.

The BlenderMix attachment should only be used with the metal blade.

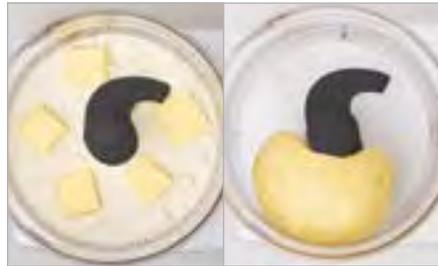


The metal blade is extremely sharp. Always hold it by the central hub. When emptying the bowl, either remove the metal blade first or hold it in place by placing a finger onto the central hub.

# DOUGH BLADE



**MIXES and KNEADS** leavened dough for bread, brioche, etc.

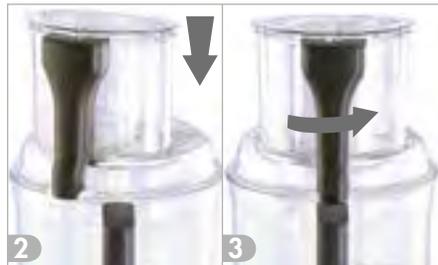


**MIXES and KNEADS** unleavened dough for shortcrust pastry, rich shortcrust pastry, etc.

Depending on the quantity, it usually takes less than a minute to knead a batch of dough. Place all ingredients in the bowl and replace the lid before you switch your appliance on.



**1** Fit the dough blade on the motor shaft. It needs to sit at the bottom of the bowl.



**2** Place all the ingredients in the bowl. Put the lid on and turn counterclockwise until it locks into position.



**4** Press **AUTO**. Switch off as soon as the dough forms a ball or the mixture is sufficiently kneaded.



**5** The dough blade can also be used to stir chocolate chips, dried fruit, etc., into the dough without chopping them. Simply pulse 2 or 3 times.

**Never exceed the quantities recommended on p.7.**

**Check out our useful hints and tips on p.21.**

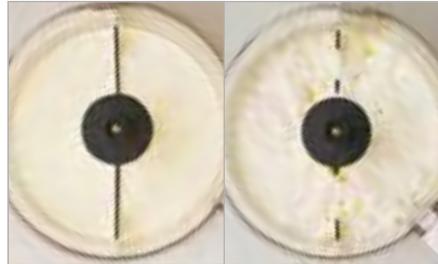
**Use the spatula to scrape any remaining flour off the sides of the bowl.**

Your bowl must be clean and dry. To allow enough air in, remove the graduated pusher from the lid.



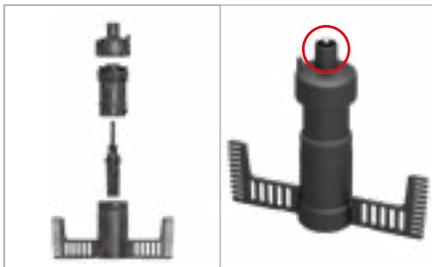
### WHISKS egg whites

Put the egg whites in the bowl  
Whisk continuously for 5-8 minutes,  
depending on the number of egg whites.



### WHIPS cream

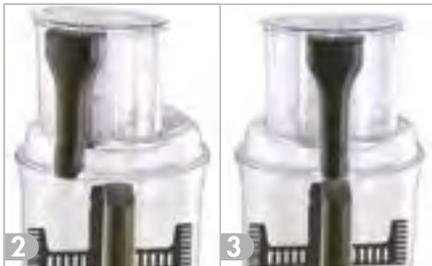
Before you begin, chill the bowl and  
ingredients in the fridge for an hour. Pour  
the whipping or double cream into the bowl.  
**Whisk continuously, keeping a close eye  
on the cream so that it does not turn into  
butter.**



Make sure you fit the four sections  
together correctly. Check that the metal  
shaft has been correctly inserted. It should  
protrude slightly from the top.



Slot the egg whisk onto the motor shaft.  
Ensuring it is at the bottom of the bowl.  
Add the ingredients.



Put the lid on and turn until it locks into  
place.



When whisking egg whites or whipping  
cream, **remove the graduated pusher  
from the feed tube** to allow more air in.

Check out our useful hints and tips on p.23.

Built to an exclusive, patented Magimix design, the whisk beats the egg whites very gradually, making them stiffer and giving them more volume.

# GRATING / SLICING DISCS

We recommend you use the discs in the midi bowl.



Lower the midi bowl into the main bowl. Slide the disc support onto the motor shaft.



Slicing/grater discs: each disc is engraved with a code, e.g. R/G4: 4mm grater E/S2: 2mm slicer



Position your chosen disc so that the relevant function and thickness code is uppermost.



Slot the disc onto the disc support. Turn it counterclockwise until it locks into place (a two-stage process).



Make sure you put the discs the right way up. The central plastic part should be pointing downwards.

## WARNING

- Always handle the discs with caution, as the blades are extremely sharp.
- Never insert a foreign object - or your fingers - into the feed tube. Always use the pusher designed for that purpose.
- Never exceed the recommended quantities (p. 7).

After grating or slicing, you will be left with tiny stubs of food on your discs. This is entirely normal and ensures a flawless end result.



The 2-in-1 feed tube comprises:  
 1) a **large feed tube** for round or bulky fruit and vegetables.  
 2) a **small feed tube** for small or long fruit and vegetables.



The lid is equipped with a safety system which means that your appliance will only work if the bottom of the large pusher is level with the MAX level indicator.



**Large feed tube:** fruit or vegetables for slicing can be left whole.



**Small feed tube:** when grating fruit or vegetables, stack them horizontally for longer shreds.



**Small feed tube:** to slice long fruit or vegetables (e.g. leeks, carrots), stand them upright and close together in the feed tube.

## WARNING

To prevent the disk blade or motor from being damaged, do not add very hard or very frozen ingredients, that is, which cannot be pierced with the tip of a sharp knife.

If a hard piece of food, such as carrot, gets stuck in the disk blade, stop the appliance, remove the disk and carefully remove the piece of food from the blade.

Check out our useful hints and tips on p.22.

After grating or slicing, you will be left with tiny stubs of food on your discs. This is entirely normal and ensures a flawless end result.

# ADDITIONAL ACCESSORIES

The accessories you find in the box will vary depending on the model.



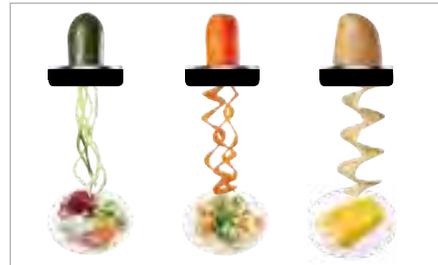
**CITRUS PRESS:** with a lever arm and 2 cones, yielding juice with no pips and just the right amount of pulp.



**JUICER AND SMOOTHIE MIX :** ideal for making juices, cocktails, smoothies, nectars and coulis.



**CREATIVE DISC KIT:** 3 novel discs for 3 creative cuts: fluted, julienne and extra-wide julienne.



**SPIRAL EXPERT:** 3 cones to make fruit and vegetables spaghettis, tagliatelles and fusillis.

## OPTIONAL DISCS



**6mm  
grater**



**6mm slicer**



**Parmesan**



**Julienne**



**Wide julienne**



**Fluted**

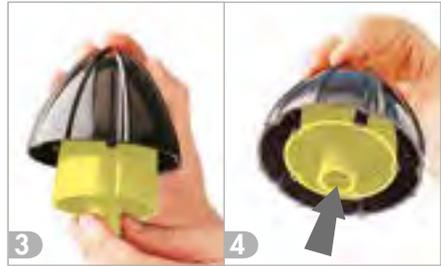


**Extra-wide julienne**

## USING THE CITRUS PRESS



1 Insert the citrus press basket onto the bowl and turn it anticlockwise until it locks into position.



3 Select the right cone for the size of your citrus fruit. The larger cone should always be clipped onto the smaller one.



5 Slide the cone onto the motor shaft. Position the lever arm opposite the locking system and clip the tab to the base of the basket.



6 Position the halved fruit on the cone, pressing down gently.



7 Lower the lever arm, switch your processor on, and apply **gentle** pressure to the arm until all the juice has been extracted.



8 Switch your appliance off before raising the lever arm, to avoid splashing.

When juicing grapefruit, release the pressure very slightly from time to time, to extract the maximum amount of juice.

Check out our useful hints and tips on p.23.

# CLEANING

Always unplug your appliance before you clean it.



1 Always clean it immediately after use (using water and washing up liquid).



2 **ACCESSORIES:** use a bottle brush to clean inside the accessories.



4 **MOTOR UNIT:** wipe with a soft, damp cloth.

To preserve the appearance of the detachable parts and make them last as long as possible, make sure you follow these recommendations:

- Dishwasher: select the minimum temperature (< 40 °C) and avoid the drying cycle (generally > 60 °C).
- Washing by hand: do not leave the parts immersed in detergent for too long. Avoid abrasive products (e.g. stainless-steel scrubbers).
- Detergents: read the manufacturer's instructions to check their compatibility with plastic items.

Never leave parts to soak. Dry them straight after washing.

Make sure you dry the stainless steel parts thoroughly to avoid oxidizing stains. These are purely aesthetic and do not affect the quality of the blades, discs or bowls.

Some food such as carrots tend to stain plastic. Rubbing with a piece of kitchen towel and a little vegetable oil will remove most of this staining.

\*Insert a spoon handle into the dough blade hub to push the cap off from the inside. The Compact model's dough blade does not have a cap.



**Warning:** always handle the blades and discs with caution, as they are extremely sharp.

**Never immerse the motor base in water.**

## Vitamins

	Fruits				Vegetables				
	B1	C	A	D	B1/B6	A	E	K	
Apple	•	•		•	Asparagus	•		•	
Apricot	•	•	•	•	Cabbage	•	•	•	
Blackberry	•	•	•	•	Carrot	•	•	•	
Blueberries	•	•	•		Celery root	•			
Cherry	•	•	•	•	Celery	•	•	•	
Grapes	•	•		•	Chicory	•			
Grapefruit	•	•	•	•	Zucchini	•	•	•	
Kiwi	•	•	•	•	Cucumber	•	•	•	
Lemon	•	•	•	•	Fennel	•		•	
Melon	•	•		•	Lettuce	•		•	
Orange	•	•	•	•	Onion	•			
Peach	•	•		•	Parsley	•	•	•	
Pear	•	•		•	Spinach	•	•	•	
Pineapple	•	•	•	•	Sweet pepper	•	•	•	
Plum	•	•		•	Tomato	•	•		
Raspberry	•	•		•	Turnip	•			
Redcurrant	•	•		•	Watercress	•	•	•	
Strawberry	•	•		•					

## Minerals

### Which are the best sources?\*

Calcium: parsley, watercress, spinach, fennel, broccoli, blueberries, green cabbage, etc.

Iron: ginger, parsley, watercress, spinach, fennel, blackberries, etc.

Iodine: pineapple, leek, sorrel, garlic, melon, peach, asparagus, spinach, tomato, etc.

Magnesium: ginger, sorrel, spinach, fennel, parsley, etc.

Phosphorus: garlic, ginger, coconut, cherries, etc.

Potassium: ginger, parsley, spinach, garlic, fennel, etc.

Sodium: celery root, fennel, spinach, beetroot, turnip, parsley, etc.

\* For each mineral salt, we have classified the fresh fruit and vegetables in descending order according to their average content per 3 <sup>1</sup>/<sub>2</sub> oz net. NB: Dried fruit (walnuts, hazelnuts, dried apricots, etc.) are also a good source of mineral salts, especially magnesium, phosphorous and potassium.



## Hints & Tips



## Golden rules



## SIMPLE

- **AUTO** button: the motor adapts its speed to the task at hand.
- **PULSE** button: for more control over the end result.  
This is the setting you need for precision chopping or blending.  
Place soft foods (e.g. meat, fish or soft cheese) into the freezer for a few minutes to firm them up before chopping, grating or slicing them in your food processor.  
NB. They should be firm, not frozen!

## PRACTICAL

- If you want to spend your time using your food processor, rather than cleaning it, do the first task in the mini bowl, then move on to the midi bowl, and finish off with the main bowl.  
Always start with the hard or dry ingredients and end with the liquid ones.
- If your appliance starts to vibrate, carefully wash and dry the feet, and check that you have not exceeded the maximum capacities shown on p.7.



### XL LID

- The small feed tube is ideal for:
  - slicing long fruit or vegetables (e.g. cucumbers, carrots, leeks).  
Stand the fruit and vegetables upright and close together.
  - slicing small fruit or vegetables (e.g. strawberries, kiwi fruit, turnips).  
Introduce them into the small feed tube one at a time.
  - grating long fruit or vegetables (e.g. carrots, courgettes) or chunks of cheese.  
Stack them horizontally in the small feed tube.
- The large feed tube is ideal for:
  - slicing round fruit or vegetables (e.g. oranges, pineapples, apples, pears, mangoes, tomatoes, potatoes).  
Either cut them into large pieces before introducing them into the feed tube, or leave them whole.  
Make sure you do not fill it beyond the MAX level indicator, otherwise your food processor will not start.



### MINI BOWL

- The mini bowl is ideal for processing small amounts. Use it to chop onions or herbs, mince meat, or whiz up dips, salad dressings and mayonnaise.
- Before chopping fresh herbs, check that both the herbs and the bowl are perfectly clean and dry. This will ensure you get the very best results. The herbs will also keep for longer.
- You can use the mini bowl directly as a serving dish, providing you remember to remove the metal blade first!





### MIDI BOWL AND DISCS

- The midi bowl is ideal for grating and slicing fruit, vegetables and cheese. Cabbage: roll the leaves one inside the other after discarding the tough core and slice.
- Some foodstuffs, such as carrots, tend to stain plastic. Rubbing the part with a piece of kitchen paper and a little vegetable oil will remove most of the staining.



### MAIN BOWL

- **Liquid ingredients:** never fill the bowl more than a third full and use the BlenderMix.
- **Solid ingredients:** never fill the bowl more than two-thirds full.



### METAL BLADE

- **When processing large amounts** of meat or vegetables, cut the food into 2cm pieces.
- If you are chopping **meat or fish**, use the PULSE button to control the end result.
- For **vegetable purées**, cut the cooked vegetables into large pieces before putting them in the bowl with the metal blade. Use the PULSE button first, then switch to continuous mode (AUTO) until the purée reaches the desired consistency.



### BLENDERMIX

- **Soups, pancake batters, cocktails:** the metal blade goes in the bowl first, followed by all the ingredients, then the BlenderMix. Your processor is now ready to run.

The BlenderMix attachment gives a smooth volute finish.





## DOUGH BLADE



- **Soft dough (brioche, choux pastry, etc.):** Magimix food processors work on the rapid kneading principle. Doughs are kneaded for just 30 seconds to 1 minute, the precise time depending on the amount and type of dough. Follow the instructions carefully for each recipe.
- **Normal dough:** for faster results, leave the dough to rise or prove at (or slightly above) room temperature. As flour is very light, you may sometimes notice a cloud of flour escaping from the bowl. To avoid this happening, put all the non-liquid ingredients (salt, flour, butter, eggs, etc.) in the bowl before adding the liquid ingredients (water, milk, etc.). Only then switch your food processor on.
- You can store dough in the freezer for up to 2 months, providing you wrap it carefully in cling film. Remember to take it out the day before you intend to use it.



## EGG WHISK

- Make sure your bowl is clean and dry.
- Remember to remove the graduated pusher from the lid to let in enough air!
- Beaten egg whites: for fluffier egg whites, use eggs that are at room temperature.
- Whipped cream: do not use fat-free or low-fat cream, as it will not whip! Make sure the full-fat whipping or double cream you use is chilled. Place the food processor bowl in the freezer for 10 minutes beforehand. If you can track it down, add some powdered stabilizer (e.g. Whip It®) to the cream, as this will keep it stiff for several hours in the refrigerator. Keep a close eye on the cream while it is being whipped, to avoid over processing and it turning into butter.



## CITRUS PRESS

- There are **2 cones**: a small one for lemons and limes, and a large one for oranges and grapefruits. The small cone is stored inside the large cone.



To get the very best out of our recipes, follow these few simple golden rules:

## 1. *Always use the very best ingredients*

Choose good-quality, fresh ingredients.

The fresher your **fruit and vegetables**, the more vitamins they will contain. Signs of freshness include smooth skin, green leaves and no bruising.

Always use fresh **meat and fish**.

Pay attention to the type of **flour** indicated in the recipe. The choice of flour is very important, not least because the amount of water you need depends on which type you are using. Wholewheat flour, for instance, contains more bran, which absorbs more water.



**Plain flour**, a very fine, white, all-purpose flour that is best for making cakes, pastries, sauces and pancake batters.

**Self-raising flour** has low gluten content and contains a raising agent, usually baking powder. It's used in baking and cake-making.

**Strong white flour** has a higher gluten content and is therefore ideal for making bread and brioche.



It is better to use **caster sugar**, rather than granulated sugar, which has coarser crystals. Icing sugar is very fine and is commonly used for cake decoration.

Always use unsalted **butter**, never margarine or a low-fat spread.

**Yeast** comes in two forms – fresh or dried. In our recipes, we have chosen to use active dry yeast, which you can get from your local grocery store.

**Salt** regulates the rising action of the yeast and reinforces the structure of the gluten.

It is best to use pasteurised whole **milk**.

Double **cream** has a minimum fat content of 48% (35% for whipping cream), compared with 15% for single cream and even less for “lite” versions. It not only tastes better, but holds air bubbles better when whipped.

**Eggs:** for recipes where the egg whites are to be beaten, bring them up to room temperature first. Eggs must be fresh if they are to be eaten raw in mousses, etc. If you are using them for home baking (e.g. meringues, macaroons), it is a good idea to separate them 1 day beforehand, storing the yolks and whites in separate airtight containers in the fridge. For egg whites to whisk properly, your bowl must be very clean, with no traces of fat.

## 2. *Be prepared!*

The following pieces of equipment always come in useful:

**Measurement instruments:** a precision electronic kitchen scale (range: from 1 oz to 4 1/2 lb) is vital, as is a cooking thermometer than can measure temperatures of up to 400°F.



**Baking pans:** it is important to use a baking pan of the right shape, the right quality and made from the right material. We specify which kind of pan is required for each recipe.

**Cakemaking accessories:** cutters of different sizes, to vary the presentation of cakes and pastries.

A piping bag is vital for filling cream puffs and eclairs, as well as making meringues or macaroons.

You will need a rolling pin for rolling your pastry out and a brush for buttering your pans and painting egg wash on your bread and brioche.



## 3. *Precision*

In some recipes, especially those for bread and cakes, the instructions must be followed to the letter. Always weigh or measure the ingredients out carefully and respect the kneading, resting and baking times.

## 4. *Cooking - the grand finale*

How well do you know your oven? The success of your recipe may well depend on it, as the temperatures and cooking times in our recipes are merely there to guide you.

These times may vary according to your oven, but will also depend on how finely the ingredients have been chopped. It will also depend on the size and material of the recipient. This is why we recommend you keep a close eye on the baking process and be ready to adjust the cooking time, if necessary.

Avoid opening the oven door while your dish is cooking.

# HOW TO READ THE RECIPES

Level of difficulty:  very easy -  easy -  more sophisticated

Measurements: tsp = teaspoon    tbsp = tablespoon    1 bowl = 9 - 12 oz

1 pulse = one press on the PULSE button lasting 1-2 seconds

- |  |  |
|--|--|
|  Metal blade  |  2mm grater |
|  BlenderMix   |  4mm grater |
|  Dough blade  |  2mm slicer |
|  Whisk        |  4mm slicer |
|  Mini bowl    |  Midi bowl  |
|  Citrus Press |  |

- The words marked with an asterisk (\*) in the recipes are explained in the glossary on p.124.
- In some of the recipes, we have included a table to help you automatically adapt the recipe to the number of required servings and/or the nature of your appliance.

For example, the maximum capacity of the C3200 is generally 4-6 servings.

Serves	2-4	4-6	6-8	8 et +
Compact 3200	•	•		
Cuisine Système 4200	•	•	•	
Cuisine Système 5200	•	•	•	•



# MAYONNAISE



PREPARATION : 5 min

1 BOWL

ACCESSORY : 

- 1 cup peanut oil
- 1 tbsp strong mustard
- 2 tbsp white wine vinegar (optional)
- 2 egg yolks
- Salt & pepper

- 1 Put the egg yolks, mustard and 1 tbsp of oil in the mini bowl.
- 2 Blend for 20 seconds. Then, while the machine is still running, add half the oil via the opening, starting with a thin trickle and increasing the flow as the mixture starts to thicken.
- 3 Add the seasoning, switch the processor back on and gradually add the rest of the oil as before. If you are using vinegar, add it at the very end.

*Chef's tip:* Make sure all the ingredients are at room temperature before you begin. For a lighter mayonnaise, use whole eggs.



# AÏOLI SAUCE



PREPARATION : 10 min 1 BOWL

ACCESSORY :

- 3 garlic cloves
- 1 cup peanut oil
- 1 tbsp strong mustard
- 2 tbsp white wine vinegar (optional)
- 2 egg yolks
- Salt & pepper

- 1 Peel the garlic cloves. Halve them lengthwise and discard the central shoots.
- 2 Blend the garlic for 20 seconds in the mini bowl.
- 3 Make the mayonnaise in the same bowl, on top of the garlic paste, according to the recipe on p.28.

Chef's tip: Makes a tasty dipping sauce for veggie sticks or meat fondue.

# PESTO



PREPARATION : 10 min 1 BOWL

ACCESSORY :

- |                                     |   |
|-------------------------------------|---|
| 2 oz pine nuts                      | 1 garlic clove                          |
| 2 oz freshly grated parmesan cheese | 1 bunch fresh basil                     |
| ½ cup olive oil                     | Fleur de sel (sea salt flakes) & pepper |

- 1 Wash the basil, strip the leaves from the stalks and carefully pat dry. Peel the garlic clove, halve it lengthwise and discard the central shoot.
- 2 Put all the ingredients except the oil in the mini bowl.
- 3 Pulse 10 times or until the mixture is smooth.
- 4 Switch to continuous mode and trickle the olive oil in via the opening in the lid.

Chef's tip: Delicious served with fresh pasta.



# BÉARNAISE SAUCE



PREPARATION : 15 min

COOKING : 10 min

1 BOWL

ACCESSORY :

3½ oz unsalted butter  
2 oz cider vinegar  
2 egg yolks  
2 shallots  
2 sprigs tarragon  
Salt & pepper

- 1 Chop the shallots and tarragon in the mini bowl (4-5 pulses).
- 2 Transfer to a small, thick-bottomed saucepan and add the vinegar, salt and pepper. Reduce\* by half over a low heat.
- 3 Pour this reduction back into the mini bowl. Add the egg yolks and pulse 3 times.
- 4 Add the butter, pre-cut into dice. Pulse 8 times or until the sauce reaches the desired consistency.

Chef's tip: Delicious with grilled red meat.

# COCKTAIL SAUCE



PREPARATION : 10 min 1 BOWL

ACCESSORY :

1 bowl of mayonnaise  
1 tbsp tomato ketchup  
1 tsp Worcestershire sauce  
1 tbsp thick crème fraîche  
1 tbsp port or cognac  
2 drops Tabasco®

- 1 Make the mayonnaise according to the recipe on p.28.
- 2 Add all the other ingredients. Pulse 5-6 times or until the mixture is smooth.

Chef's tip: A classic accompaniment for prawns and avocados.



## MINT SAUCE



PREPARATION : 5 min      1 BOWL

ACCESSORY :

- 1 bunch fresh mint
- 3 tbsp boiling water
- 2 tbsp superfine sugar
- 5 tbsp white wine vinegar

- 1 Trim the mint, place it in the mini bowl and process for 15 – 20 seconds or until it is finely chopped.
- 2 Dissolve the sugar in the boiling water and add it and the vinegar to the bowl.
- 3 Process briefly to mix. Leave to cool before serving.

## TARTAR SAUCE



PREPARATION : 5 min      1 BOWL

ACCESSORY :

- 4 gherkins
- 1 spring onion
- 2 tbsp capers
- Fresh parsley, chives and chervil
- Salt & pepper

- 1 Chop the gherkins, capers, onion and herbs in the mini bowl. Set aside.
- 2 Make the mayonnaise according to the recipe on p.28.
- 3 Add the chopped ingredients and pulse 2-3 times to incorporate them. Season to taste.

Chef's tip: Delicious partnered with steak tartare, fish, fondues, etc.

# TUNA DIP



PREPARATION : 5 min

1 BOWL

ACCESSORY :

Canned tuna in brine (7 oz net weight)  
2 tbsp soft cheese  
1 tsp olive oil  
1 tsp mustard

Juice of ½ lemon  
15 chive leaves  
Fleur de sel sea salt flakes & pepper

- 1 Drain the tuna and break into large flakes. Place in the mini bowl.
- 2 Add all the other ingredients, pulse 4-5 times, and hey presto!

Chef's tip: Also great as a spread on slices of toasted country bread.

# TAPENADE



PREPARATION : 5 min

1 BOWL

ACCESSORY :

½ lb pitted black olives  
1 tblsp olive oil  
1 tblsp capers

2 tsp mustard  
Juice of 1 lemon  
Pepper

- 1 Put all the ingredients except the olive oil in the mini bowl. Blend for about 30 seconds to achieve an even consistency.
- 2 Run the processor for a further 10-20 seconds, gradually adding the olive oil via the opening until it is completely absorbed.

Chef's tip: Delicious with toasted slices of country bread. For a more intense flavor, replace the standard black olives in brine with herbed or Greek-style black olives, remembering to pit them first.





## DIJON DIP



PREPARATION : 5 min    1 BOWL

ACCESSORY :

- 2 slices cooked ham
- 2 tbsp thick crème fraîche or creamcheese
- 1 tsp whole-grain mustard

- 1 Cut the ham into large pieces and put in the mini bowl. Pulse 4-5 times or until it is finely chopped.
- 2 Add the cream and mustard.
- 3 Pulse 4 times, and presto!

Chef's tip: Especially good with carrot or zucchini sticks, and cauliflower florets.

## GUACAMOLE WITH A FRENCH TWIST



PREPARATION : 5 min    1 BOWL

ACCESSORY :

- |                                       |                   |
|---------------------------------------|-------------------|
| 2 ripe avocados                       | Tabasco®          |
| 1 tbsp thick crème fraîche            | Olive oil         |
| 1 small white onion (or spring onion) | Salt & pepper     |
| Juice of 1 lime                       | Pinch of cilantro |

- 1 Peel and quarter the onion and place in the mini bowl. Pulse 3 times.
- 2 Halve the avocados, discard the stones, scoop out the flesh and cut into large pieces. Switch your food processor on and add the avocado to the onion via the opening, together with the lime juice, cream, cilantro, a few drops of Tabasco® and a dash of olive oil.
- 3 Blend for about 1 minute to achieve a smooth purée. Season according to taste.

Chef's tip: As a finishing touch, add some finely diced tomato.



# HAM AND OLIVE CAKE



PREPARATION : 10 min

BAKING : 45 min

1 CAKE

EQUIPMENT: 1 loaf mould

ACCESSORIES :



## CAKE MIXTURE

- 1 cup cake flour
- 3½ oz gruyère cheese
- ½ cup hot milk
- 3 tbsp olive oil
- 3 eggs
- 1 tbsp baking powder

## FLAVORING

- 7 oz cooked ham
- 3 oz pitted green olives
- Pepper to taste

- 1 Preheat your oven to 350°F.
- 2 Fit the 2-mm grater disc in the midi bowl and grate the cheese. Set aside.
- 3 Dice the ham into ½ inch cubes by hand.

## TO MAKE CAKE MIXTURE

- 4 Fit the metal blade in the main bowl and blend the flour, the baking powder and eggs for 40 seconds.
- 5 Press STOP and scrape the flour off the bowl walls using the spatula. Via the opening, add the hot milk and olive oil while the food processor is still running. Stop the food processor and add the olives, cheese, ham and pepper. Pulse 2-3 times to combine.
- 6 Transfer the mixture to a buttered loaf mould.
- 7 Bake in the oven for approx. 45 minutes. Check that the cake is done by inserting a skewer. If it comes out clean, the cake is ready.
- 8 Allow the cake to cool in the oven with the door ajar. Serve warm, or at room temperature as hors-d'oeuvre.

Chef's tip: You can use any flavor as you like – the only limit is your imagination!

Note - If you cannot find cake flour, substitute all-purpose flour, but subtract 2 tbsps of flour in the recipe.



# CHEESE PUFFS



PREPARATION : 15 min

BAKING : 20-25 min

30 cheese puffs

EQUIPMENT: piping bag\*

ACCESSORIES :



## PUFF PASTRY

- 1 cup water
- 1 cup all-purpose flour
- 3 oz unsalted butter
- 4 eggs
- 2 egg yolks (for brushing)

## FLAVORING

- 3½ oz comté cheese

1 Grate the cheese in the midi bowl using the 2-mm grater disc. Set aside.

### TO MAKE THE CHOUX OR PUFF PASTRY

- 2 Preheat your oven to 350°F. Pour the water into a saucepan. Add the diced butter.
- 3 Bring to boil. Remove from the heat and add the flour all at once. Beat in vigorously with a spatula. Return to the heat for about 1 minute, stirring constantly, until the dough no longer sticks to the sides of the pan.
- 4 Remove from the heat and transfer the dough to the bowl with the dough blade. Process for 15 seconds, then add the eggs one at a time through the opening, running for a further 10 seconds.
- 5 Add three quarters of the cheese and process for 5 seconds.
- 6 Line a baking sheet with baking parchment. Spoon the dough into a piping bag\* with a plain nozzle. Pipe out buns measuring approx. 1¼ inch across.
- 7 Brush the buns with egg yolk, flattening them very slightly. Scatter with the rest of the grated cheese.
- 8 Bake in the oven for 20-25 minutes or until golden. Cool on a wire tray. They should be served warm.

Chef's tip: For sweet puffed pastry, omit the cheese and add 1 tbsp of sugar to the pan with the water and butter.





# COUNTRY LOAF



PREPARATION : 10 min

RESTING : 3 hr

BAKING : 20-25 min

1 SMALL LOAF

ACCESSORY : 

## DOUGH

Neutral oil for bowl

2 cups white bread flour

$\frac{2}{3}$  cup water

1 tsp active dry yeast\*

1 tsp salt

- 1 Warm half of the water up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Put the flour, salt, remaining water at room temperature and the yeast liquid in the bowl fitted with the dough blade.
- 3 Process for 1 minute or until the dough forms a ball.
- 4 With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large bowl lightly coated with oil. Cover with plastic wrap or a damp cloth. Allow to rise for approximately 2 hours. After the first hour, gently pat down the dough, and fold 4 sides to the middle, and turn it over. Leave it approximately one more hour to rise.
- 5 Take the dough out of the bowl with floured hands and place it on a floured worktop. Flatten it gently with the heel of your hand **A**. fold the two sides into the middle, and turn it over **B**.
- 6 Transfer the dough to a baking tray lined with baking parchment. Cover with a damp cloth and prove\* for 1 hour.
- 7 20 minutes before the end of the proving time, fill the dripping pan in the oven with water. Preheat your oven to 428°F.
- 8 Dust the loaf lightly with flour and cut a deep cross in it with the wet blade of a sharp knife **C**.
- 9 Bake for approx. 25 minutes or until golden.
- 10 To check that it is done, turn it over and give it a sharp knock. It should sound hollow. Allow to cool on a wire tray.

You can double the quantities with the 4200XL and the 5200XL.

Chef's tip: Never allow yeast to come into direct contact with salt.





# BAGUETTES



PREPARATION : 20 min    RESTING : 1 hr 40 min    BAKING : 15-20 min

2 BAGUETTES

ACCESSORY : 

2 cups white bread flour

Neutral oil for bowl

$\frac{2}{3}$  cup water

1 tsp active dry yeast\*

1 tsp salt

- 1 Warm half of the water up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Place the salt, flour, remaining water at room temperature and the yeast liquid in the bowl fitted with the dough blade.
- 3 Process for 1 minute or until the dough forms a ball.
- 4 With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large bowl lightly coated with oil. Cover with plastic wrap or a damp cloth. Allow to rise for approximately 1.5 hours. After 45 minutes, gently pat down the dough, and fold 4 sides to the middle, and turn it over. Leave it approximately 45 more minutes to rise.
- 5 Flour your hands and knock back\* the dough by giving it a few gentle punches **A**.  
Transfer the dough to a floured worktop.
- 6 Cut the dough into two equal parts **B**. Roll each one into a thin baguette shape **C**.
- 7 Lay the baguettes on a baking tray lined with baking parchment and cover with a damp cloth. Prove\* for 40 minutes.
- 8 20 minutes before the end of the proving time, fill the dripping pan in the oven with water and preheat your oven to 428°F.
- 9 Dust the baguettes with flour and cut slashes in the top with the wet blade of a sharp knife **D**.
- 10 Bake for 15-20 minutes, keeping a close eye on them.
- 11 To check that the baguettes are done, turn them over and give them a sharp knock. They should sound hollow. Cool on a wire tray.

You can double the quantities with the 4200XL and the 5200XL.

Chef's tip: Never allow yeast to come into direct contact with salt.





# OLIVE AND CHORIZO BUNS



PREPARATION : 10 min    RESTING : 1 hr 30 min    BAKING : 20 min

6 BUNS

ACCESSORIES :  

## DOUGH

- 2 cups white bread flour
- $\frac{2}{3}$  cup water
- 1 tsp active dry yeast\*
- 1 tsp salt

## FLAVORING

- 1 oz pitted olives
- 2 oz chorizo sausage
- Neutral oil for bowl

- 1 Warm half of the water up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Skin the chorizo and place it in the mini bowl. Process for 5 seconds, then add the olives and pulse 3-5 times. Set aside.
- 3 Place the salt, flour, remaining water at room temperature and the yeast liquid in the bowl fitted with the dough blade.
- 4 Run your processor for 1 minute or until the dough forms a ball.
- 5 Add the olives and chorizo, pressing the pulse button a few times to incorporate them.
- 6 With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large bowl lightly coated with oil. Cover with plastic wrap or a damp cloth. Allow to rise for approximately 1 hour.
- 7 With floured hands, knock back\* the dough by giving it a few gentle punches **A**.
- 8 Turn the dough out onto a floured worktop and divide into 6 equal pieces with a sharp knife **B**. Shape into small buns **C**.
- 9 Arrange the buns on a baking tray lined with baking parchment. Cover with a damp cloth and prove\* for 30 minutes.
- 10 20 minutes before the end of the proving time, fill the dripping pan in the oven with water and preheat your oven to 465°F.
- 11 Cut a deep cross in the top of each bun with the wet blade of a sharp knife **D**.
- 12 Lower the oven temperature to 390°F and bake the buns for 20 minutes or until they are golden.
- 13 To check that the buns are done, turn them over and give them a sharp knock. They should sound hollow. Leave them to cool on a wire tray.

Chef's tip: You can replace the olives and chorizo with figs and walnuts. Never allow yeast to come into direct contact with salt.





# SANDWICH LOAF



PREPARATION : 15 min    RESTING : 1 hr 30 min    BAKING : 30 min

1 LOAF

EQUIPMENT: 1 loaf pan

ACCESSORY : 

1 1/3 cups white bread flour

1 cup & half of 1/3 cup milk

1 oz unsalted butter

1/3 oz powdered sugar

2 tsp of active dry yeast\*

1 tsp salt

Neutral oil for bowl

- 1 Warm half of the milk up to 100°F, mix with the remaining half and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Put the flour, sugar, butter, salt, remaining milk (cold) and the yeast liquid in the bowl fitted with the dough blade. Process for 1 minute.
- 3 With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large bowl lightly coated with oil. Cover with plastic wrap or a damp cloth. Allow to rise for approximately 1 hour. After 30 minutes, gently pat down the dough, and fold 4 sides to the middle, and turn it over. Leave it approximately 30 more minutes to rise.
- 4 Shape the dough into a fat sausage shape **A**, transfer to a buttered loaf pan **B** and cover with a large bowl or cling film **C**.
- 5 Preheat your oven to 355°F.
- 6 Allow the dough to prove\* for 60 minutes at room temperature.
- 7 Bake for 30 minutes. If the top starts to go brown, cover it with a piece of aluminium foil.
- 8 Allow to cool slightly before turning out.

**A**



**B**



**C**





# FOUGASSE



PREPARATION : 15 min    RESTING : 1 hr 30 min    BAKING : 15 min

1 FOUGASSE

ACCESSORY :

## DOUGH

- 7 cups white bread flour
- $\frac{2}{3}$  cup water
- 3 tbsp olive oil
- 1 tsp active dry yeast\*
- 1 tsp salt

## GARNISH

- $3\frac{1}{2}$  oz pitted olives
- 3 fl oz olive oil
- Thyme

- 1 Warm half of the water up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Place the flour, salt, oil and remaining water at room temperature and the yeast liquid in the bowl fitted with the dough blade.
- 3 Process for 1 minute or until a soft dough has formed.
- 4 With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large bowl lightly coated with oil. Cover with plastic wrap or a damp cloth. Allow to rise for approximately 2 hours. After the first hour, gently pat down the dough, and fold 4 sides to the middle, and turn it over. Leave it approximately one more hour to rise.
- 5 Gently fold the dough over twice **A** with floured hands and cover with plastic wrap or a damp cloth. Prove\* for 30 minutes.
- 6 Meanwhile, preheat your oven to 454°F.
- 7 Gently lift the dough out of the dish and place it on a baking tray lined with baking parchment, taking care not to squash the air bubbles.
- 8 Spread the dough out to 12" x 12" square, flattening it with your fingertips **B**.
- 9 Scatter the olives and thyme over half the surface and fold the other half over **C**. Brush with the oil.
- 10 Bake for approx. 15 minutes. Eat warm or cold.

Chef's tip: You can replace the olives with cherry tomatoes, cheese, etc.

**A**



**B**



**C**





# VEGGIE PIZZA



PREPARATION : 45 min    RESTING : 1 hr

BAKING : 15-20 min

1 LARGE PIZZA

ACCESSORIES



## DOUGH

- 1 1/2 cups strong white bread flour
- 1/4 cup water
- 2 tbsp olive oil
- 1/3 tsp salt
- 1 tsp active dry yeast\*
- 1 tsp dried oregano (optional)

## TOPPING

- 2/3 lb mozzarella cheese
- 6 tbsp tomato coulis
- 1 small zucchini
- 2 tomatoes
- 1 onion
- Fresh basil
- Chili oil

## TO MAKE THE PIZZA DOUGH

- 1 Warm half of the water up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Put the salt, flour, oregano, oil, remaining water at room temperature and the yeast liquid in the bowl fitted with the dough blade.
- 3 Process for 1 minute or until the dough starts to form a ball. If necessary, scrape the bowl walls clean with the spatula and run the processor for a further few seconds.
- 4 Lift the dough out of the bowl with floured hands and roll it into a ball. Place it in a large mixing bowl and cover with plastic wrap or a damp cloth. Leave to rise for approx. 1 hour.
- 5 With floured hands, knock back\* the dough by giving it a few gentle punches **A**.
- 6 Fill the dripping pan in the oven with water and preheat your oven to 465°F.
- 7 Roll the dough out **B** on a floured worktop to form one large pizza base (or two smaller ones). Prick it all over with a fork **C**.

**A**



**B**



**C**



## TO MAKE THE TOPPING

- 1 Wash the vegetables and peel the onion. Fit the 2-mm slicing disc in the midi bowl.  
Slice the onions and set aside. Slice the zucchini and tomatoes, transfer to a colander and sprinkle with salt to get rid of the excess juices.
- 2 Fry the sliced onion in a little olive oil.
- 3 Spread the tomato coulis over the pizza base. Add the onions and the drained zucchini and tomato slices. Top with round slices of mozzarella. Season each layer with salt and pepper.
- 4 Lower the oven temperature to 425°F and bake the pizza for 15-20 minutes, depending on the thickness of the base. Check it at regular intervals.
- 5 As soon as you take it out of the oven, scatter with torn leaves of fresh basil and drizzle with chili oil.



# LEEK QUICHE



PREPARATION : 45 min    RESTING : 1 hr 30 min    BAKING : 30 min

1 QUICHE    EQUIPMENT: quiche pan Ø 28-30cm

ACCESSORIES :



## PUFF PASTRY

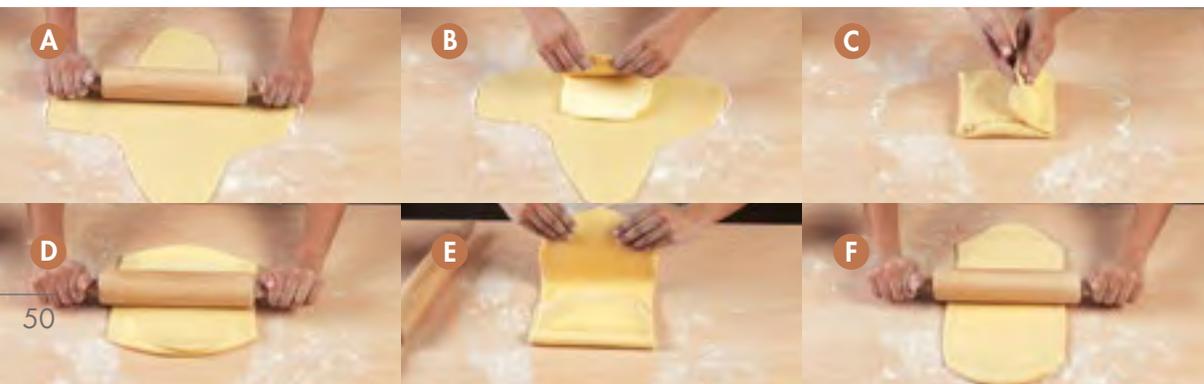
- 2 cups all-purpose flour
- 2 oz softened unsalted butter
- ½ cup water
- 7 oz chilled unsalted butter
- 1 tsp salt

## FILLING

- ¼ cup crème fraîche or heavy cream
- 1.4 oz unsalted butter
- 1.4 oz gruyère cheese
- ¼ cup water
- 2 leeks
- 2 eggs
- Salt & pepper

## TO MAKE THE PUFF PASTRY

- 1 Put the flour, the salt and softened butter (cut into pieces) in the bowl fitted with the dough blade.
- 2 Process for 30 seconds or until bread crumbs are formed. With the food processor still running, slowly pour in the water at room temperature until the pastry forms a ball.
- 3 Take the pastry out of the bowl, wrap it in plastic wrap and flatten it. Leave in the fridge for 1 hour.
- 4 Remove the plastic wrap and place the pastry on a floured worktop. Roll out from the centre in four directions to form a cross **A**.
- 5 Place the chilled butter between two sheets of plastic wrap. Flatten to form a 1 inch thick square. Remove the plastic wrap and place the butter at the center of the cross **B** and fold the arms of the cross in towards the center **C**.
- 6 Roll the pastry out to form a long rectangle **D**. Fold it in thirds like a wallet **E**.
- 7 Turn the pastry 90° and roll the pastry out to form a long rectangle **F**. Fold it in thirds like a wallet **E**.
- 8 Wrap the pastry in plastic wrap and chill for 30 minutes in the refrigerator.
- 9 Repeat Steps 6, 7 and 8 twice.
- 10 Roll the pastry out into a circle to fit the quiche dish and leave it in a cool place for 30 minutes.



## TO MAKE THE FILLING

- 1 Preheat your oven to 400°F.
- 2 Fit the 2-mm grater disc in the midi bowl, grate the cheese and set aside.
- 3 Wash the leeks. Discard the green part and cut the white part into thin slices using the 2-mm slicing disc in the midi bowl. Set aside.
- 4 Melt the butter in a sauté pan. Add the leeks, give them a stir, then pour in 3 tbsp of water.
- 5 Soften the leeks over a low heat for 15 minutes, making sure they do not brown. If necessary, add a little more water. Season with salt and pepper.
- 6 Line the mold with the quiche dough and prick the base all over with a fork.
- 7 Either in the bowl fitted with the metal blade or in the mini bowl, blend the cream, eggs, salt and pepper for 20 seconds.
- 8 Arrange the leeks in the pastry shell. Top with the creamy egg mixture.
- 9 Scatter with grated cheese and bake for approx. 30 minutes.
- 10 Serve piping hot.

Chef's tip: You can replace the leeks with onions, diced bacon, tomatoes, etc. The quiche is also delicious when made with a shortcrust dough.



# PLAITED BRIOCHE



PREPARATION : 20 min    RESTING : 1 hr

BAKING : 20 min

1 BRIOCHE LOAF

EQUIPMENT : 1 rectangular loaf pan

ACCESSORY : 

- |                          |  |
|--------------------------|--|
| 2 cups white bread flour | 2 $\frac{1}{4}$ tsp instant dry yeast* |
| $\frac{2}{3}$ cup milk   | $\frac{1}{3}$ tsp salt                 |
| 1 oz unsalted butter     | 1 beaten egg (for brushing)            |
| 1.4 oz powdered sugar    |  |

- 1 Warm half of the milk up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Put the flour, salt, sugar, butter, remaining milk (cold) and the yeast liquid in the bowl fitted with the dough blade.
- 3 Process for 1 minute. If necessary, scrape the bowl walls with the spatula and process for a few more seconds.
- 4 Remove the dough blade from the bowl. With floured hands, transfer the dough to a large lightly floured sprayed bowl using the spatula. Cover with plastic wrap or a damp cloth and leave to rest for approximately 1 hour. After the first 30 minutes, gently pat down the dough, and fold 4 sides to the middle, and turn it over. Leave it approximately 30 more minutes to rise.
- 5 The dough is now ready to be plaited. Divide it into 3 equal parts **A** shape these parts into thin sausage shapes of equal size on a floured worktop **B** and plait them together **C**. Carefully transfer to a buttered and floured loaf pan **D**.
- 6 Prove\* in a very low oven for 30 minutes.
- 7 Remove the pan from the oven and turn the oven up to 355°F.
- 8 Brush the brioche with beaten egg.
- 9 Bake for approx. 20 minutes. If the top starts to brown, cover it with a piece of aluminium foil.
- 10 Allow to cool before removing from pan.





# TRADITIONAL BRIOCHE



PREPARATION : 10 min    RESTING : 1 hr 30 min

BAKING : 25 min

1 BRIOCHE LOAF    EQUIPMENT: fluted round brioche mold

ACCESSORY : 

- |                                 |                              |
|---------------------------------|------------------------------|
| 2 cups white bread flour        | 2 1/4 tsp instant dry yeast* |
| 3.5 oz softened unsalted butter | 1/4 cup milk                 |
| 1 oz powdered sugar             | 2 large eggs                 |
| 1/3 salt                        | 1 beaten egg (for brushing)  |

- 1 Warm half of the milk up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Put the salt, flour, butter, sugar, eggs, remaining milk (cold) and the yeast liquid in that order in the bowl fitted with the dough blade.
- 3 Process for approx. 30 seconds.
- 4 Remove the dough blade from the bowl. Transfer the dough to a large lightly floured sprayed bowl using the spatula. Cover with plastic wrap or a damp cloth and leave to rest for approximately 1 hour. After the first 30 minutes, gently pat down the dough, and fold 4 sides to the middle, and turn it over. Leave it approximately 30 more minutes to rise.
- 5 With floured hands, knock back\* the dough by giving it a few gentle punches.
- 6 Transfer the dough to the buttered mold. Pinch the head of the brioche **A**. and twist it until it becomes detached. Run a floured finger between the ball and the rest of the dough **B**. Prove for 1 hour in an extremely low oven.
- 7 Brush the brioche with beaten egg **C**.
- 8 Turn the oven up to 355°F and bake the brioche for approx. 25 minutes.
- 9 If the top starts to brown, cover it with a piece of aluminium foil.
- 10 Allow to cool before turning out.

Chef's tip: You can add chocolate chips, pink pralines (sugar-coated almonds), etc. to your brioche.

**A**



**B**



**C**





# SCONES



PREPARATION : 15 min

BAKING : 15 min

SERVES 4

ACCESSORY : 

2 cups all-purpose flour  
6 oz buttermilk  
2 tbsp powdered sugar  
3 oz unsalted butter

½ tsp baking powder  
½ tsp baking soda  
¼ tsp salt

- 1 Fit the dough blade in the bowl. Place the flour, baking powder, baking soda and salt in the bowl and process briefly to mix them.
- 2 Cut the butter into pieces and add it to the bowl with the sugar.
- 3 Process for 5-7 seconds, or until the mixture resembles fine breadcrumbs, then, add the buttermilk and pulse for 3-4 times until the dough just comes together.
- 4 On a well-floured surface flatten the dough without kneading, then roll out to 1.5 thick and using a 2" pastry cutter, cut out the scones.
- 5 Place them on a greased baking tray and bake in a hot oven at 430°F for 10 - 15 minutes or until well-risen and browned.
- 6 Cool on a wire rack.

## CHEESE SCONES

Replace HALF of the sugar with ½ cup of cheese.

## SULTANA SCONES

Add 2 oz of sultanas to the processed ingredients and pulse to stir in, after adding the milk. Finish as above.





# COUNTRY SOUP



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	20 min	20 min
COOKING	20 min	20 min	25 min	25 min
Leek	½	1 small	1	1
Carrots	1	1	2	2
Potatoes	1	1	1	2
Onion	¼	¼	½	½
Crushed garlic clove	½	½	1	1
Unsalted butter	⅓ oz	½ oz	¾ oz	1 oz
Water	17 fl oz	24 fl oz	29 fl oz	34 fl oz
Salt & pepper				

- 1 Peel and wash the vegetables. Slice them in the midi bowl fitted with the 2-mm slicing disc.
- 2 Soften the onion in the butter in a thick-bottomed pan. Add the other vegetables and cook for 2 minutes, stirring constantly.
- 3 Add the water and season to taste. Simmer gently for 20-25 minutes.
- 4 Transfer the soup to the main bowl fitted with the main blade and the BlenderMix. Blend until desired consistency is reached.
- 5 If necessary, reheat the soup in the pan over a low heat before serving.

Chef's tip: For an even tastier soup, fry some diced bacon with the onion.



# PUMPKIN SOUP



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	30 min	30 min
COOKING	15 min	15 min	20 min	20 min
Pumpkin	$\frac{3}{4}$ lb	1 $\frac{1}{2}$ lb	1 $\frac{3}{4}$ lb	2 $\frac{1}{4}$ lb
Onion	$\frac{1}{2}$	$\frac{1}{2}$	1	1
Fresh ginger (inch)	$\frac{1}{2}$	$\frac{1}{2}$	1	1 $\frac{1}{4}$
Curry powder	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp	1 tsp	1 tsp
Unsalted butter	$\frac{3}{4}$ oz	$\frac{3}{4}$ oz	1 scant oz	1 scant oz
Water	14 fl oz	20 fl oz	27 fl oz	34 fl oz

Salt & pepper

- 1 Peel and wash the pumpkin, onion and ginger.
- 2 Slice the onion in the midi bowl with the 2-mm slicing disc. Set aside.
- 3 Slice the pumpkin, followed by the ginger. Set aside.
- 4 Soften the onion in the butter in a thick-bottomed pan. Add the pumpkin and ginger and cook for 2 minutes, stirring constantly.
- 5 Add the water and season to taste. Simmer gently for 10-15 minutes.
- 6 Pour the soup into the main bowl fitted with the metal blade and the BlenderMix. Blend continuously for 1-2 minutes.

Chef's tip: For a milder taste, add a little heavy cream.



# ZUCCHINI CREAM



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	30 min	30 min
COOKING	15 min	15 min	20 min	20 min
Zucchini	2	4	5	6
Chicken stock cubes	½	1	1 ½	2
Water	14 fl oz	20 fl oz	27 fl oz	34 fl oz
Fresh tarragon leaves	1	2	2	3
Liquid heavy cream	2 fl oz	3½ fl oz	5 fl oz	6 fl oz
Salt & pepper				

- 1 Wash, top and tail the zucchini. Slice them in the midi bowl with the 4-mm slicing disc. Bring the water to boil with the stock cube(s) and cook the zucchini for 20 minutes.
- 2 Blend the zucchini in the main bowl fitted with the metal blade and the BlenderMix for 1 minute. Add the tarragon, then the cream, via the opening while the machine is running.
- 3 Gradually add the cooking liquid via the opening until the soup reaches the desired consistency.
- 4 Serve in bowls or soup dishes with a scattering of tarragon leaves. Season according to taste.

Chef's tip: To make this soup vegetarian replace the chicken stock with vegetable stock.

# CREAM OF CAULIFLOWER with diced bacon



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	20 min	20 min
COOKING	20 min	20 min	30 min	30 min
Cauliflower head	½	1	1½	2
Liquid heavy cream	3½ fl oz	7 fl oz	10 fl oz	13 oz
Ground nutmeg	½ tsp	½ tsp	1 tsp	1 tsp
Diced bacon	2 oz	3½ oz	5 oz	7 oz
Salt & pepper				

- 1 Wash the cauliflower and separate into florets. Pour the water into a thick-bottomed pan. Add the cauliflower, cover with a lid and cook for 30 minutes.
- 2 Meanwhile, fry the bacon in a frying pan, then blend in the main bowl fitted with the metal blade and the BlenderMix. While the machine is still running, add the cauliflower and a little of the cooking liquid.
- 3 Once the cauliflower has been reduced\* to a smooth purée, add the cream, nutmeg, salt and pepper.
- 4 Check the seasoning. Serve piping hot.

# GAZPACHO



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	20 min	20 min
RESTING	3 hr	3 hr	3 hr	3 hr
Ripe tomatoes	1/2 lb	1 lb	1 1/2 lb	2 lb
Cucumber	1/8	1/4	1/3	1/2
Red pepper	1/8	1/4	1/3	1/2
Garlic clove	1/4	1/2	3/4	1
Olive oil	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Lemon	1/2	1/2	1	1

Salt & pepper

- 1 Wash the vegetables.
- 2 Peel the cucumber. Destalk and deseed the pepper. Destalk the tomatoes.
- 3 Cut all the vegetables into large pieces. Together with the garlic, place them in the main bowl fitted with the metal blade and the BlenderMix and blend continuously for 1 minute.
- 4 Open the lid. Season the soup with salt and pepper, freshly-squeezed lemon juice and olive oil. Blend for a further 1-2 minutes.
- 5 Chill for at least 3 hours before serving.

Chef's tips: For a more sophisticated starter, garnish with finely diced vegetables. Serve with toasted bread and homemade pesto (recipe p. 29). When making gazpacho for two, use the mini bowl.



# CHILLED CARROT SOUP



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	30 min	30 min	40 min	40 min
RESTING	3 hr	3 hr	3 hr	3 hr
COOKING	20 min	20 min	25 min	25 min
Carrots	¾ lb	1½ lb	2 lb	2¾ lb
Oranges (organic)	1	2	3	4
Onions	½	1	1½	2
Chicken stock cubes	1	2	3	4
Water	13 fl oz	22 fl oz	27 fl oz	34 fl oz
Acacia honey	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Ground cumin	½ tsp	1 tsp	1½ tsp	2 tsp
Olive oil				

Salt & pepper

- 1 Bring the water almost to a boil in a large pan and dissolve the stock cubes in it.
- 2 Peel the carrots and slice them in the midi bowl using the 4-mm slicing disc. Cook them in the stock.
- 3 Cut a sliver of orange peel and add it to the carrots as they are cooking. Peel the onions and chop them in the mini bowl. Fry them in olive oil. Set aside.
- 4 When the carrots are cooked, blend them with the onions, salt and pepper in the main bowl fitted with the metal blade and the BlenderMix. Gradually add the cooking liquid via the opening. Allow to cool.
- 5 Juice the oranges using the citrus press and add the juice to the cold carrot soup. Add the honey and ground cumin. Stir in well with the spatula.
- 6 Allow to chill for at least 3 hours in the fridge.

Chef's tip: For a milder taste, add a little heavy cream.



# CHILLED PEPPER AND MASCARPONE SOUP



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	30 min	30 min
RESTING	3 hr	3 hr	3 hr	3 hr
COOKING	30 min	30 min	35 min	35 min
Red peppers (deseeded)	2	3	4	6
Potatoes	½	1	2	2
Garlic cloves	½	1	2	2
Onions	½	½	1	1
Bouquet garni	½	1	1	1
Mascarpone	1¾ oz	3½ oz	5 oz	7 oz
Water	13 oz	20 oz	27 oz	34 oz
Olive oil	2 tbsp	3 tbsp	5 tbsp	6 tbsp
Pinches ground ginger	1	2	3	4
Cayenne pepper, mild chilli powder & salt				

- 1 Peel the potatoes, onions and peppers.
- 2 Slice the peppers in the midi bowl using the 4-mm slicing disc, then the potatoes and finally the onion. Set aside.
- 3 In a thick-bottomed pan, gently fry the onion in a little olive oil over a low heat for 2 minutes.
- 4 Add the peppers and garlic and cook for 10 minutes, stirring regularly.
- 5 Pour in the water and season with salt. Add the potatoes, ginger and bouquet garni.  
Simmer gently for the amount of time indicated in the table.
- 6 Discard the bouquet garni. Blend the vegetables with the mascarpone and olive oil in the main bowl fitted with the metal blade and the BlenderMix. Gradually add the cooking liquid via the opening.  
Season with the Cayenne pepper.
- 7 Allow to chill for at least 3 hours in the fridge.
- 8 Just before serving, sprinkle with mild chilli powder.





# SPRING VEGETABLE CLAFOUTIS



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	30 min	30 min
BAKING	40 min	40 min	50 min	50 min
EQUIPMENT	Ramekins or mini round cocotte		Tart pan Ø 10-12 inch	
Eggs	1	2	3	4
Heavy cream	5 fl oz	10 fl oz	17 fl oz	22 fl oz
Zucchini	½	¾	1	1½
Carrots	½	¾	1	1½
Turnips	1	1½	2	3
Red pepper	¼	½	½	1
Onions	½	½	1	1½
Cherry tomatoes	3	5	8	10
Chives	2	3	4	6
Thyme sprigs	1	1	2	2
Pinches ground nutmeg	1	2	3	4
Salt & pepper				

- 1 Wash the vegetables and peel the carrots and onions.
- 2 Grate the carrots, zucchini and turnips in the midi bowl using the 4mm grater disc. Set aside.
- 3 Replace the grater disc with the 4mm slicing disc. Slice the pepper and onions. Set aside.
- 4 Break the eggs into the main bowl fitted with the metal blade. Add the snipped chives, cream and nutmeg. Season with salt and pepper. Blend for 30 seconds.
- 5 Butter the tart pan (or the ramekins) and arrange the vegetables on the bottom. Top with the egg mixture. Add the halved cherry tomatoes and scatter with thyme.
- 6 Bake for the amount of time indicated in the table in an oven preheated to 350°F.

**Chef's tip:** This starter is delicious served with a garlic sauce:

Switch your processor on and drop two garlic cloves (peeled and germ removed) into the mini bowl.

Open the machine, scrape the garlic off the bowl walls with the spatula and add 1 tsp smooth mustard. Switch the processor back on and trickle in 5 fl oz olive oil via the opening. Season to taste and add the juice of ½ lemon. This dish is best eaten warm, accompanied by the garlic sauce and a green salad with a walnut-oil dressing.

# COLESLAW



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	10 min	10 min	10 min	10 min
Head white cabbage	1/6	1/4	1/2	1
Onions	1/4	1/2	1	1 1/2
Carrots	2	3	4	6
Strong mustard	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp
Mayonnaise	2 tbsp	4 tbsp	6 tbsp	8 tbsp
White wine vinegar	1/2 tbsp	1 tbsp	2 tbsp	3 tbsp

Salt, pepper & sugar

- 1 Make the mayonnaise according to the recipe on p.28, halving the amounts.
- 2 Wash the vegetables, peel the onions and carrots. Grate the carrots in the midi bowl with the 2mm grater disc. Set aside.
- 3 Replace the grater disc with the 4m slicing disc. Slice the cabbage and onions.
- 4 Transfer the vegetables to a mixing bowl. Add the mayonnaise, vinegar, mustard, salt, pepper and sugar.
- 5 Check the seasoning.
- 6 Stir well and keep in the fridge till ready to serve.

Chef's tips: For a sweet-and-sour starter, add raisins. For extra crunch, scatter with walnuts just before serving.



# CRUNCHY VEGETABLE AND PASTA SALAD



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	20 min	20 min
RESTING	1 hr	1 hr	1 hr	1 hr
COOKING	10 min	10 min	10 min	10 min
Penne pasta	1/3 lb	3/4 lb	1 lb	1 1/2 lb
Pink radishes	3	6	8	12
Carrots	1/2	1	1	2
Zucchini	1/2	1	1	2
Yellow peppers	1/2	1	1	1
Red onions	1/2	1	1	2
Lemons	1/2	1	1	2
Sprigs basil	1/2	1	1	2
Sprigs flat-leaved parsley	1/2	1	1	2
Olive oil	1	2	4	6

Salt & pepper to taste

- 1 Cook the pasta according to the instructions on the packet (approx. 10 minutes). Drain and rinse under cold water. Transfer to a mixing bowl and sprinkle with olive oil and freshly-squeezed lemon juice.
- 2 Set aside in the fridge for at least an hour.
- 3 After 30 minutes, chop the parsley and basil in the mini bowl. Add to the pasta and return to the fridge.
- 4 Wash and peel the vegetables. Grate the carrots and zucchini in the midi bowl with the julienne disc or with the 4mm grater disc. Set aside.
- 5 Replace the grater/julienne disc with the 2mm slicing disc. Slice the radishes, stacking them vertically in the feedtube before switching the processor on. Set aside.
- 6 Keep all these vegetables in a bowl of cold water in the fridge so that they retain their full crunchiness.
- 7 Slice the onions and yellow peppers with the 2mm slicing disc and put them in their own container in the fridge.
- 8 Just before serving, drain the vegetables thoroughly and add them to the pasta, together with the onion and red pepper.
- 9 Season according to taste.

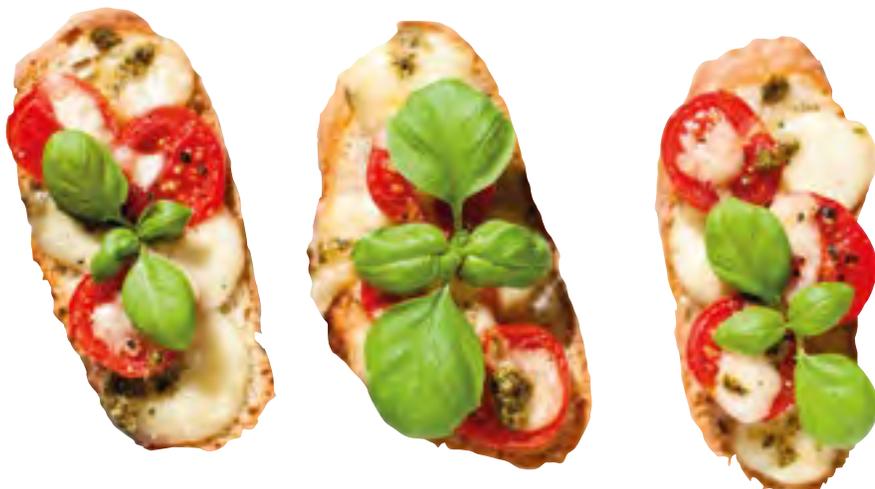
# TOMATO AND MOZZARELLA BRUSCHETTE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	10 min	10 min	10 min	10 min
GRILLING	5 min	5 min	5 min	5 min
Slices country loaf	2	4	6	8
Tomatoes	½	1	1½	2
Tapenade	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Mozzarella slices (⅓ inch thick)	4	8	12	16
Garlic cloves	½	½	1	1
Fresh basil leaves	4	8	12	16

Salt & pepper

- 1 Bake a country loaf according to the recipe on p.38.
- 2 Make the tapenade according to the recipe on p.32, halving the amounts.
- 3 Very lightly toast the slices of bread in the toaster (or the oven) and rub them with the halved garlic cloves.
- 4 Wash the tomatoes and slice them in the midi bowl with the 2mm slicing disc.
- 5 Transfer to a colander and sprinkle with salt to drain out the excess liquid.
- 6 Spread the bread slices with the tapenade. Top with the sliced tomato, followed by the mozzarella. Season to taste.
- 7 Place under the oven grill for 3 minutes, or until the cheese has melted.
- 8 Decorate with a few fresh basil leaves.
- 9 Serve slightly warm.



# PARMESAN SOUFFLÉ



SERVES	2	4	6	8
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	30 min	30 min
BAKING	15 min	15 min	15 min	15 min
EQUIPMENT	Straight-sided ramekins			
Eggs	2	4	6	8
Parmesan cheese	2 ¾ oz	5 ⅔ oz	8 ½ oz	11 ¼ oz
Unsalted butter	⅓ oz	⅓ oz	¾ oz	1 oz
Plain flour	1 tbsp	1½ tbsp	2 tbsp	3 tbsp
Water	3 fl oz	7 fl oz	10 fl oz	13 fl oz

- 1 Grate the parmesan in the midi bowl with the parmesan grater or with the 2mm grater disc. Set aside.
- 2 Make a roux\* by melting the butter in a saucepan over a low heat and adding the flour, stirring it in rapidly with a wooden spoon. Cook over a low heat, stirring continuously. As soon as the mixture starts to thicken, gradually add the hot water, still constantly stirring. Simmer for 3 minutes over a high heat, stirring constantly. Stir in the grated parmesan.
- 3 Preheat your oven to 350°F.
- 4 Separate the eggs.
- 5 Gently incorporate the egg yolks into the mixture, away from the heat, adding them one by one.
- 6 Allow to cool.

## EGG WHITES

- 7 Put the egg whites in the main bowl fitted with the whisk and beat for 5 minutes, remembering to remove the pusher before you begin.
- 8 Fold the egg whites gently into the cooled mixture. Season with pepper.
- 9 Butter the ramekins. Divide the mixture between the ramekins. Bake for 15 minutes. Do not open the door of the oven. Serve immediately.

Chef's tip: Serve on a bed of lamb's lettuce or a mixed green salad.



# COUNTRY PÂTÉ



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	10 min	10 min	10 min	10 min
BAKING	2 hr	2 hr	2½ hr	2½ hr
EQUIPMENT: TERRINE				
Pork	½ lb	1 lb	1½ lb	2 lb
Chicken livers	¼ lb	½ lb	¾ lb	1 lb
Veal escalopes	2 oz	4½ oz	7 oz	½ lb
Eggs	1	1	2	3
Cognac	1 tbspc	2 tbspc	3 tbspc	4 tbspc
Pork caul (optional)	1	1	1	1
Fresh thyme and bay leaves				
Salt & pepper				

- 1 Preheat your oven to 350°F. If you are using caul fat\*, soak it in hot water.
- 2 Put the chicken livers, pork, salt and pepper in the main bowl fitted with the metal blade.
- 3 Pulse a few times. Add the eggs and cognac via the opening. Pulse again 5-6 times. The meat should not be too finely minced.
- 4 Wring out the caul fat and line the terrine with it.
- 5 Transfer a third of the mixture to the terrine, add some of the veal, cut into thin strips, and scatter with thyme. Repeat this process, ending with the final third.
- 6 Decorate with a few bay leaves and sprigs of thyme.
- 7 Pour some water into the oven's drip tray (or another dish), place the terrine in it and cook in the oven for the time indicated in the table.
- 8 Allow to cool, then transfer to the fridge.

Chef's tip: Serve with toasted country loaf and gherkins.



# SALMON RILLETTES



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	15 min	15 min
RESTING	2 hr	2 hr	2 hr	2 hr
BAKING	5-10 min	5-10 min	5-10 min	5-10 min
Fresh salmon steaks	¼ lb	½ lb	¾ lb	1 lb
Smoked salmon	2 oz	3½ oz	5¼ oz	7 oz
Thick crème fraîche	2 oz	3⅓ oz	4¼ oz	7 oz
Lemon	½	½	1	1
Cucumber	½	½	1	1
Chive leaves	3	5	7	10
Sprigs dill	1	2	2	3
Pine nuts (optional)				
Salt & pepper				

- 1 Steam the salmon steaks for 10 minutes.
- 2 During this time, wash and peel the cucumber. Cut into three sections. Cut the cucumber into large dice by hand. Transfer to a colander and sprinkle with salt to drain out the excess liquid.
- 3 Put the fresh dill in the main bowl with the metal blade and pulse a few times.
- 4 Add the cooked salmon, broken up into large flakes, followed by the smoked salmon, cut into pieces, and the cream. Blend for 30 seconds.
- 5 Open the lid and add the juice of the freshly-squeezed lemon, together with the snipped chives. Season to taste.
- 6 Blend for a further 30 seconds. Check the seasoning.
- 7 Divide the diced cucumber between glasses and top with the salmon mixture. Scatter with toasted pine nuts and a sprig of dill.
- 8 Chill in the fridge for 2 hours before serving.

# SALMON BLINIS



PREPARATION : 10 min    RESTING : 1 hr

COOKING : 2 min per blini

14 BLINIS    EQUIPMENT: 3½ blini or frying pan

ACCESSORIES :   

## BLINI BATTER

- 2 cups cake flour
- 2 cup milk
- 1 oz thick crème fraîche
- 1 tblsp unsalted butter
- 2 tsp active dry yeast\*
- 3 eggs
- 1 pinch salt

## SAUCE

- 2/3 lb thick crème fraîche or heavy cream
- 7 oz St Moret® or Philadelphia® cream cheese
- 1 tsp salt
- 2 sprigs dill
- Juice of 1 lime
- Smoked salmon or salmon roe

## TO MAKE THE BLINI BATTER

- 1 Stir the yeast into the warm (100°F) milk with a fork until it dissolves. Allow to rest for 1 minute.
- 2 Separate the eggs.
- 3 Beat the egg whites in the bowl with the whisk for 5 minutes, remembering to remove the pusher or the cap before you begin.
- 4 Put the flour, salt, egg yolks and yeast liquid in the main bowl fitted with the dough blade. Process for 30-60 seconds.
- 5 Gently fold the cream into the dough, followed by the egg whites, using the spatula.
- 6 Heat the blini pan, brush with butter and cook each blini for 1 minute on each side.

## TO MAKE THE SAUCE

- 1 Put the cream in the mini bowl, followed by the cream cheese, lemon juice, salt and dill in that order.
- 2 Blend for 30 seconds and set aside in the fridge.
- 3 To serve, top each blini with a spoonful of sauce and add a morsel of smoked salmon or a heap of salmon roe.

Chef's tip: If you cannot find cake flour, substitute all-purpose flour, but subtract 2 tablespoons of flour for each cup.





# PROVENÇAL VEGETABLE TIAN



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	10 min	10 min	20 min	20 min
BAKING	50 min	50 min	1h	1h
Tomatoes	1/2 lb	3/4 lb	1 lb	1 1/3 lb
Red peppers	1/2	1	2	3
Green peppers	1/2	1	1	2
Zucchini	1	2	2	2
Eggplant	1/2	1	1	2
Black olives	1 1/2 oz	2 2/3 oz	3 1/2 oz	5 1/4 oz
Garlic cloves	3	4	5	6
Thyme, basil				

Olive oil, salt & pepper

- 1 Preheat your oven to 410°F.
- 2 Wash and dry the vegetables. Carefully deseed the peppers. Set aside.
- 3 Slice the vegetables separately in the midi bowl, using the 4mm slicing disc.
- 4 Arrange the sliced vegetables and garlic (unpeeled) in separate layers in an oven dish.
- 5 Scatter with olives, thyme and snipped basil leaves. Sprinkle generously with olive oil. Season.
- 6 Bake in the oven, adding a glass of water halfway through to prevent the vegetables from drying out.

# SWEETCORN PANCAKES



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	5 min	5 min	5 min	5 min
BAKING	2 min	2 min	2 min	2 min
EQUIPMENT	4 inch frying pan			
1/4 lb sweetcorn can	1/2	1	1 1/2	2
Eggs	2	3	5	6
Plain flour	1/2 scant cup	1 scant cup	1 1/4 scant cup	2 scant cup
Milk	2 tsp	1 tbsp	1 tbsp + 1 tsp	2 tbsp

- 1 Blend all the ingredients in the main bowl fitted with the metal blade for 1-2 minutes. Season.
- 2 Heat a small frying pan brushed with oil. Ladle the batter into the frying pan to form small pancakes. Cook for 1 minute on each side.

Chef's tip: Delicious with game and poultry.

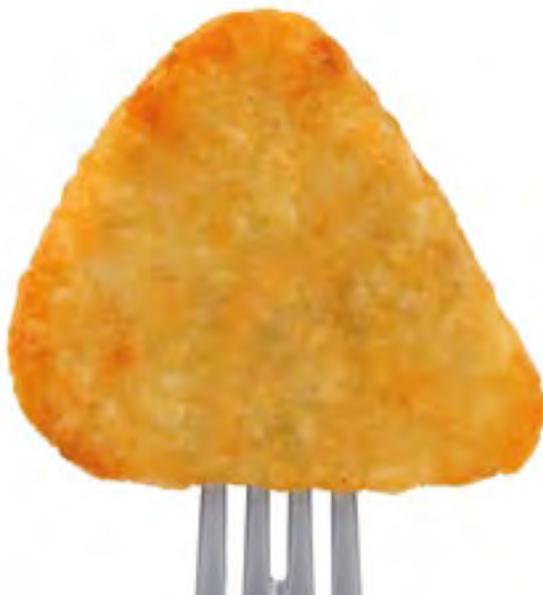
# POTATO RÖSTI



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	25 min	30 min
BAKING	30 min	30 min	30 min	30 min
Potatoes	1 1/3 lb	2 lb	3 1/3 lb	4 lb
Garlic cloves	2	3	4	5
Unsalted butter	1 oz	1 1/3 oz	2 oz	3 oz
Oil	2 tbsp	3 tbsp	5 tbsp	6 tbsp
Parsley sprigs	4	6	8	12
Salt & pepper				

- 1 Peel, rinse and dry the potatoes.
- 2 Peel the garlic, cut in half lengthwise and remove the central shoot. Wash and dry the parsley. Put the garlic and parsley in the mini bowl and pulse 4 times.
- 3 Grate the potatoes in the midi bowl with the 2mm grater disc.
- 4 Transfer the grated potatoes to a mixing bowl with the garlic-and-parsley mixture. Combine thoroughly and season. You can either cook one large patty or divide the mixture into small balls and flatten them to make individual patties.
- 5 Heat the oil and butter in a frying pan. Transfer the rösti(s) to the pan and cook over a moderate heat for 15 minutes.
- 6 When the underside is golden brown, turn the rösti(s) over.
- 7 Cook for a further 15 minutes.

Chef's tip: Delicious with roast chicken or beef ribs.



# CELERY ROOT PURÉE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	10 min	10 min	15 min	15 min
BAKING	20 min	20 min	25 min	25 min
Celery root	1 lb	2 lb	3 1/3 lb	4 lb
Thick crème fraîche	2 1/3 oz	4 1/3 oz	6 3/4 oz	1/2 lb
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Salt				

- 1 Peel and wash the celery root. Cut into large pieces and grate in the midi bowl with the 4mm grater disc.
- 2 Pour a quart of water into a large pan or pressure cooker. Add the celery root. Put the lid on and cook until the celery root is very soft and easily pierced with the tip of a knife. Drain and allow to cool slightly.
- 3 Blend the celery root in the main bowl with the metal blade for 1-2 minutes.
- 4 When it has reached a smooth consistency, add the cream.
- 5 Switch the machine back on and slowly trickle the oil in via the opening. Season with salt.
- 6 Reheat the purée for 5 minutes over a low heat.

Chef's tip: You can make purées from a huge range of vegetables (carrots, zucchini, etc.).

# VEGETABLE CRISPS



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	20 min	25 min
FRYING	5 min	5 min	5 min	5 min
Potatoes	2	4	6	8
Zucchini	2	2	3	4
Turnips	2	4	6	8
Oil for frying, salt & pepper				

- 1 Wash the vegetables.
- 2 Peel the potatoes and turnips. Top and tail the zucchini.
- 3 Slice the vegetables separately in the midi bowl with the 2mm slicing disc.
- 4 Heat the oil in your deep fryer. As soon as it is hot, fry the vegetable slices.
- 5 Drain on a wad of paper towels before transferring to a serving dish. Season with salt and pepper.
- 6 Serve immediately.

# RATATOUILLE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	30 min	30 min	35 min	35 min
COOKING	50 min	50 min	1 hr	1 hr
Zucchini	1/3 lb	1/2 lb	3/4 lb	1 lb
Tomatoes	2/3 lb	1 lb	1 2/3 lb	2 lb
Onions	1	2	2	3
Eggplants	1/2	1	2	2
Bell pepper	1/2	1	2	2
Garlic cloves	1	2	3	4
Bay leaves, fresh thyme				
Olive oil, salt & pepper				

- 1 Wash the vegetables. Halve and deseed the peppers. Peel the onions and garlic. Halve the garlic lengthwise and remove the central shoot.
- 2 Slice all the vegetables (apart from the garlic) separately in the midi bowl fitted with the 4mm slicing disc.
- 3 Soften the onions and garlic in a thick-bottomed pan with a little olive oil. Add the peppers. When cooked, lift the vegetables out with a slotted spoon and set aside.
- 4 Fry the zucchini and eggplants. Lift out and set aside.
- 5 Add the tomatoes to the pan and cook for 10 minutes. Return all the other vegetables to the pan.
- 6 Season and add the herbs.
- 7 Simmer over a low heat without the lid for approx. 40 minutes, stirring frequently with a wooden spoon.



# POTATO GRATIN



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	25 min	35 min
BAKING	1 hr	1 hr	1hr10 min	1¼ hr
Potatoes	1⅓ lb	2 lb	3⅓ lb	4 lb
Gruyère cheese	3 oz	5 oz	6 oz	7 oz
Thick crème fraîche/heavy cream	2 oz	3 oz	4 oz	6 oz
Unsalted Butter	0.7 oz	1.1 oz	4 oz	6 oz
Whole milk	7 fl oz	17 fl oz	25 fl oz	34 fl oz
Garlic clove	1	1	1	1
Pinch ground nutmeg	1	1	1	1
Salt & pepper				

- 1 Grate the cheese in the midi bowl with the 2mm grater disc. Set aside.
- 2 Peel, wash and dry the potatoes.
- 3 Replace the grater disc with the 2mm slicing disc. Slice the potatoes.
- 4 Preheat your oven to 350°F.
- 5 Peel and halve the garlic cloves. Rub the inside of a gratin dish with them. Butter the dish. Arrange a layer of sliced potato on the bottom, add some grated cheese, salt and pepper and a little cream. Repeat these steps until all the ingredients have been used up, ending with the cheese.
- 6 Stir the ground nutmeg into the milk and pour over the potatoes.
- 7 Bake in the oven. The potatoes are cooked when they are easy to pierce with a knife.
- 8 Serve immediately.





# COD AND VEGETABLE JULIENNE\* PARCELS



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	30 min	30 min	35 min	35 min
BAKING	25 min	25 min	25 min	25 min
EQUIPMENT	Kitchen string, baking parchment			
Cod fillets	2	4	6	8
Zucchini	1	2	3	4
Carrots	2	3	5	6
Turnips	2	3	5	6
Red peppers	1	2	3	4
White wine	2 fl oz	3½ fl oz	5 fl oz	7 fl oz
Lemon	1	1	1	1
Sprigs of dill	2	4	6	8

Olive oil, salt & pepper

- 1 Wash the vegetables. Peel the zucchini, carrots and turnips.
- 2 Grate the zucchini, carrots and turnips separately in the midi bowl fitted with the julienne disc or the 4mm grater disc, stacking them horizontally in the feed tube.
- 3 Replace the julienne/grater disc with the 2mm slicing disc. Slice the peppers and lemon. Set the lemon aside.
- 4 Fry the vegetables with a dash of olive oil for 5 minutes. Season.
- 5 Take a separate sheet of baking parchment for each fillet. Place a small mound of vegetables in the middle of each one and lay the fish on top. Sprinkle with a little white wine. Add a sprig of dill and a slice of lemon.
- 6 Season.
- 7 Wrap the parchment up like a boiled sweet, securing the ends with string.
- 8 Bake in a preheated oven at 350°F for 20-25 minutes. The precise time will vary, depending on the thickness of the fillets and the vegetables.
- 9 Open the parcels just before serving.

Chef's tip: You can use other types of fish, such as salmon and sole.

# CRAB CAKES



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	20 min	20 min	20 min
COOKING	10 min	10 min	10 min	10 min
NUMBER OF CAKES	6	12	18	24
Crabmeat	5 <sup>2</sup> / <sub>3</sub> oz	8 <sup>1</sup> / <sub>2</sub> oz	11 <sup>1</sup> / <sub>4</sub> oz	1 lb
Unsalted butter	1 oz	1.5 oz	2 oz	2 <sup>3</sup> / <sub>4</sub> oz
Rusks/French biscottes*	2	2	4	6
Eggs	1	2	2	3
Mustard	1 tsp	2 tsp	2 tsp	3 tsp
Pinches Cayenne pepper	1	2	2	3
Bunches of parsley	1/8	1/4	1/4	1/2
Worcestershire sauce	1 tbsps	2 tbsps	2 tbsps	3 tbsps
Mayonnaise	1 tbsps	2 tbsps	2 tbsps	3 tbsps
Homemade breadcrumbs (to prepare in advance)(stale bread)*				
Salt & pepper				

## TO MAKE THE HOMEMADE BREADCRUMBS

- 1 Cut the bread into 3/4 inch. slices and leave to go stale.
- 2 Put the bread in the main bowl with the metal blade (process in several batches for a better end result).
- 3 Process for 2 minutes.
- 4 For more flavorful breadcrumbs, open the lid, add a selection of dried herbs (thyme, sage, rosemary, summer savory, etc.) and pulse a few times.
- 5 Store in an airtight container.

## TO MAKE THE CRAB CAKES

- 1 Make the mayonnaise according to the recipe on p.28, halving the amounts.
- 2 Break the rusks and put them in the main bowl with the metal blade.
- 3 Process until the rusks have been reduced\* to fine crumbs, then add the parsley, Worcestershire sauce, mustard and mayonnaise.
- 4 Introduce the eggs via the opening while the machine is still running. Add the crabmeat and pulse a few times to combine.
- 5 Season generously - the cakes must not be bland.
- 6 Shape the mixture into cakes measuring 1 inch across. Refrigerate for 30 min.
- 7 Roll the cakes in the breadcrumbs, heat the butter in the frying pan and cook the cakes for about 2-3 minutes on each side or until golden.

Chef's tip: Serve with lemon slices and green beans or a green salad.

\* These are slices of bread that have been baked at 350°F a second time, making them crisp and dry. You can also use breadcrumbs.

# ASIAN FISHCAKES



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	15 min	15 min
COOKING	10 min	10 min	10 min	10 min
NUMBER OF CAKES	6	12	18	24
Cod	½ lb	1 lb	1½ lb	2 lb
Nam pla fish sauce	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Ground turmeric	½ tsp	1 tsp	2 tsp	2 tsp
Ground cumin	½ tsp	1 tsp	2 tsp	2 tsp
Ground ginger	½ tsp	1 tsp	2 tsp	2 tsp
Eggs	1	1	2	2
Sugar	½ tsp	1 tsp	2 tsp	2 tsp
Lemongrass stalks	1	2	3	4
Fresh green chili peppers	½	1	1	2
Salt & pepper				

- 1 Remove the outer leaves of the lemongrass and discard the tough base. Slice the soft inner core and set aside.
- 2 Deseed the chili peppers and set aside.
- 3 Process the lemongrass in the mini bowl for 40 seconds. Add the chili peppers and run for a further 5-10 seconds.
- 4 Put the fish in the main bowl with the metal blade, followed by the chili-lemongrass mixture and all the other ingredients. Season to taste. Pulse 7-10 times to obtain an even consistency.
- 5 Shape the mixture into balls measuring 1 inch across. Flatten with your hand.
- 6 Heat the oil in a frying pan and cook the cakes for about 2 minutes on each side.

Chef's tip: Delicious with a sweet-and-sour sauce. For a crunchier texture, add raw green beans.



# SALMON TARTARE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	15 min	15 min	20 min	30 min
EQUIPMENT	Food ring / cutter (optional)			
Raw salmon	4/5 lb	1 <sup>3</sup> / <sub>4</sub> lb	2 <sup>1</sup> / <sub>2</sub> lb	3 <sup>1</sup> / <sub>3</sub> lb
Lemons or limes	1	2	3	4
Olive oil	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Bunches chives	1	1	2	2
Red and yellow peppers	1	1	2	2
Capers	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Onions	1	2	3	3
Pepper				

- 1 Peel the onions. Snip the chives. Set aside.
- 2 Put the onions in the main bowl with the metal blade and pulse 3 times.
- 3 Deseed the peppers, remove the white pith, and cut into pieces.
- 4 Add the peppers to the main bowl and pulse 4 times.
- 5 Chop the salmon into large pieces and add to the main bowl along with the capers and chives. Pulse 4 times.
- 6 Open the lid and pour in the olive oil and freshly-squeezed lemon or lime juice. Season with pepper. Pulse 1-2 times.
- 7 Lightly grease a mold and fill with the chopped salmon. Once set, carefully remove the mold.
- 8 Serve immediately with toast.



# FISH PIE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	30 min	30 min	30 min	30 min
BAKING	25 min	25 min	25 min	25 min
EQUIPMENT	Gratin dish			
Haddock fillets	1/3 lb	2/3 lb	1 lb	1 1/3 lb
Heavy cream	1 fl oz	2 1/2 fl oz	3 1/3 fl oz	5 oz
Parmesan cheese	2 1/2 oz	3 1/2 oz	5 1/4 oz	7 oz
Fresh spinach	5 oz	2/3 lb	1 lb	1 1/3 lb
Potatoes	3	5	8	10
Eggs	1	2	3	4
Onions	1	1	2	2
Carrots	1	1	2	2
Lemons	1	1	2	2
Mustard	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Handful of parsley	1	1	2	2
Olive oil				

- 1 Preheat your oven to 465°F.
- 2 Peel the potatoes. Slice them in the midi bowl with the 2mm slicing disc.
- 3 Transfer the potatoes to a pan of boiling water. Bring back to boil and cook for 2 minutes.
- 4 While the potatoes are cooking, cook the spinach for 1 minute in a strainer placed over the pot. Drain and set aside.
- 5 Chop the onions, carrots and parsley in the mini bowl.
- 6 Fry in a little olive oil for 5 minutes.
- 7 Remove from the heat. Add half the parmesan, plus the lemon juice and mustard. Set aside.
- 8 Blend the spinach, fish, eggs and cream in the main bowl with the metal blade.
- 9 Arrange a layer of the fish and spinach mixture, then the onion and carrot mixture in a large gratin dish. Cover with a layer of potatoes.
- 10 Between each layer, sprinkle a little olive oil and pepper. Top the gratin with the remaining parmesan.
- 11 Bake until the top is golden brown.

Chef's tip: You can use cod instead of haddock.

# SMOKED SALMON SOUFFLÉ



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	25 min	25 min
BAKING	10 min	10 min	15 min	20 min
EQUIPMENT	Straight-sided ramekins			
Smoked salmon	2 oz	1/4 lb	1/3 lb	1/2 lb
Rice flour*	1/2 oz	4/5 oz	1 1/5 oz	1 3/4 oz
Egg yolks	1	2	3	4
Egg whites	2	3	5	7
Milk	2 3/4 fl oz	3 1/3 fl oz	5 fl oz	6 3/4 fl oz
Tomato ketchup	1 tsp	1 tsp	1 1/2 tsp	2 tsp
Vodka	1 tbsp	1 tbsp	1 1/2 tbsp	2 tbsp
Pinches Cayenne pepper	1	1	1	2
Pinches ground nutmeg	1	2	3	4
All-purpose flour	1 tbsp	1 tbsp	2 tbsp	3 tbsp
Unsalted butter (for the ramekins)				
Salt & pepper				

- 1 Cut the salmon into pieces and put in the mini bowl. Pulse twice, then run continuously for 1 minute. Set aside.
- 2 Mix the milk and rice flour\* together and cook in a saucepan over a low heat, gradually bring to boiling point. Remove from the heat.
- 3 Add the salmon in the saucepan, together with the egg yolks, ketchup, vodka, Cayenne pepper, pepper and nutmeg.
- 4 Combine thoroughly.
- 5 Preheat your oven to 300°F.
- 6 Beat the egg whites in the main bowl with the whisk for 5 minutes, remembering to remove the pusher or cap before you begin.
- 7 Butter the ramekins and dust with flour.
- 8 Gently fold the egg whites into the salmon mixture with the spatula. Divide the mixture between the ramekins. They should not be more than three-quarters full. Slide a knife blade between the sides of the ramekins and the mixture.
- 9 Bake for the time indicated in the table. Serve immediately.



# COTTAGE PIE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	40 min	40 min	45 min	50 min
COOKING	50 min	50 min	50 min	50 min
Russet potatoes	1 <sup>3</sup> / <sub>4</sub> lb	3 <sup>1</sup> / <sub>3</sub> lb	4 <sup>1</sup> / <sub>3</sub> lb	5 <sup>1</sup> / <sub>2</sub> lb
Rump steak or sirloin	<sup>2</sup> / <sub>3</sub> lb	1 <sup>1</sup> / <sub>4</sub> lb	1 <sup>1</sup> / <sub>2</sub> lb	2 lb
Onions	1	2	3	4
Garlic cloves	1	1	2	2
Sprigs flat-leaved parsley	2	2	3	4
Eggs	1	1	2	3
Unsalted butter	<sup>1</sup> / <sub>2</sub> oz	2 <sup>1</sup> / <sub>2</sub> oz	3 <sup>1</sup> / <sub>2</sub> oz	5 oz
Gruyere cheese	1 oz	1 <sup>3</sup> / <sub>4</sub> oz	2 <sup>1</sup> / <sub>2</sub> oz	3 <sup>1</sup> / <sub>2</sub> oz
Oil				
Milk				

Salt & pepper

- 1 Grate the cheese in the midi bowl with the 2mm grater disc. Set aside.
- 2 Wash and peel the potatoes. Replace the grater disc with the 2mm slicing disc. Slice half the potatoes, empty the bowl, then slice the other half. Cook in a pan of water for 30-40 minutes (20 minutes in a pressure cooker).
- 3 Drain the potatoes. Place half of them in the main bowl with the metal blade. Add a little milk and pulse 4-5 times. Add a little more milk if you prefer a softer consistency. Set aside. Repeat these steps with the other half of the potatoes.
- 4 Transfer to a mixing bowl.
- 5 Add three-quarters of the butter. Season with salt and pepper. Wait for the butter to melt, then stir in.
- 6 Preheat your oven to 410°F.
- 7 Peel and quarter the onions. Peel the garlic. Chop in the main bowl with the metal blade, together with the parsley.
- 8 Cut the steak into large pieces and add to the onion and garlic mixture in the main bowl. Pulse 3 times, then switch to continuous mode for 1 minute.
- 9 Heat the rest of the butter and the oil in a frying pan. Fry the meat for 1 minute, stirring constantly. Remove from the heat, stir in the eggs and season.
- 10 Put the meat in a gratin dish and cover with the mashed potato. Smooth the surface.
- 11 Scatter with grated cheese and dot with butter. Bake for 20 minutes.
- 12 Serve piping hot.

# CURRIED LAMB FILO PARCELS



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	25 min	25 min	35 min	40 min
REST	2 hr	2 hr	2 hr	2 hr
COOKING	20 min	20 min	30 min	30 min
Saddle of lamb	2/3 lb	1 1/3 lb	2 lbs	2 1/2 lbs
Curry powder	2 tsp	2 tsp	3 tsp	3 tsp
Bananas	3/4	1	1 1/2	2
Eggs	1	1	2	2
Garlic cloves	1	1	1 1/2	2
Filo sheets	2	4	6	8
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Egg yolk	1	1	1	1

Salt & pepper

- 1 Cut the lamb into large cubes. Combine thoroughly with the curry powder and allow to marinate for 2 hours.
- 2 Slice the bananas. Peel the garlic and put it in the main bowl with the metal blade, along with the lamb. Process for 45 seconds. Add the bananas and pulse 2-3 times.  
Add the eggs via the opening. Season. Blend for a further 20 seconds.
- 3 Check the seasoning (it should be very spicy!).
- 4 Heat 2 tbsp oil in a frying pan. Fry the mixture, then cook for 5-10 minutes, stirring constantly.
- 5 Preheat your oven to 355°F.
- 6 Peel the paper backing away from the sheets of filo pastry.
- 7 Lay a small heap of filling in the middle of each sheet. Fold the left side over, then the right side. Next, fold the top and bottom sides up to form squares or triangles. Brush the last flap of pastry with egg yolk to seal the parcel.
- 8 Place the parcels on a baking sheet lined with baking parchment, with the seam underneath. Brush the top with egg.
- 9 Bake in the oven for approx. 15 minutes.
- 10 If the pastry browns too quickly, turn the temperature down.



# HAMBURGERS



PREPARATION : 10 min    RESTING : 1 hr

COOKING : 10 min

6 BURGERS

ACCESSORIES :



## BREAD BUNS

- 2 $\frac{1}{3}$  cup white bread flour
- 6 oz milk
- 2 tsp of active dry yeast\*
- $\frac{1}{2}$  oz melted unsalted butter
- 2 tsp sugar
- 1 $\frac{1}{2}$  tsp salt
- 1 large egg
- 1 egg beaten with 1 tbslp milk (for brushing)
- Sesame seeds (optional)

## MINCED MEAT

- $\frac{4}{5}$  lb lean beef
- $\frac{1}{2}$  red onion
- 1 tbsp olive oil
- Salt & pepper

## GARNISH

- 2 tomatoes
- $\frac{1}{2}$  red onion
- 1 Baby Romaine
- 6 cheese slices
- Mayonnaise, tomato ketchup

## TO MAKE THE BREAD BUNS

- 1 Warm half of the water up to 100°F and dissolve the yeast. Wait for 5-10 minutes until the solution starts to foam at the top.
- 2 Put the salt, flour, sugar, butter, egg, remaining water and the yeast liquid in the bowl fitted with the dough blade. Process up to 30 seconds.
- 3 With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large mixing bowl lightly sprayed with oil. Cover with plastic wrap or a damp cloth. Allow to rise for approximately 30 minutes.
- 4 Knock the dough down by giving it a few gentle punches. Turn out onto a floured worktop.
- 5 Divide into 6 equal pieces using a sharp knife **A**. Shape the dough into smoothtopped buns so that they have a uniform appearance after baking **B**.
- 6 Take a shelf out of the oven and line it with baking parchment. Arrange the buns on top, cover with a damp cloth and prove for 30 minutes.
- 7 Preheat your oven to 380°F.
- 8 Brush the buns with the egg-and-milk mixture **C**.
- 9 Scatter with sesame seeds **D**.
- 10 Bake in the oven for 10 minutes, or until golden.
- 11 Allow to cool before eating.

Chef's tips: You can replace the sesame seeds with poppy or sunflower seeds. For people with a healthy appetite, make four buns instead of six.



## TO MAKE THE BURGERS AND GARNISH

- 1 Wash the lettuce. Peel and halve the onion. Slice the tomatoes, one of the onion halves and the lettuce in the midi bowl with the 2mm slicing disc. Set aside.
- 2 Cut the remaining half-onion into pieces, transfer to the main bowl with the metal blade and pulse 5 times.
- 3 Cut the meat into large pieces. Add to the onion in the main bowl. Pulse a few times - the meat should be minced, not hashed. Season. Pulse 2 more times.
- 4 Shape the hamburgers with your hands. Fry them in a frying pan with a little olive oil for about 2 minutes on each side.
- 5 Top each hamburger with a cheese slice. Cover the frying pan until it is time to serve.
- 6 Make the mayonnaise according to the recipe on p.28, halving the amounts.
- 7 Split the buns, fill with tomato, lettuce, steak, mayonnaise and ketchup.
- 8 Eat while they are hot.

Chef's tips: For even tastier hamburgers, add a slice of bacon to each one. Serve with french fries.



# STUFFED TOMATOES



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	30 min	30 min	40 min	50 min
COOKING	30 min	30 min	35 min	40 min
Large tomatoes	4	8	12	16
Meat	1/2 lb	1 lb	1 1/2 lb	2 lbs
Bread (crusts removed)	2 oz	3 1/2 oz	4 1/2 oz	5 1/4 oz
Milk	2 tbsp	4 tbsp	4 tbsp	6 tbsp
Garlic cloves	1	2	3	3
Onions	1	1	2	2
Sprigs parsley	3	5	7	10
Paprika	1 tsp	1 tsp	2 tsp	2 tsp

Salt & pepper

- 1 Preheat your oven to 355°F.
- 2 Wash the tomatoes. Remove the top third, or “hat”. Scoop out the flesh with a teaspoon. Sprinkle salt on the inside and place them upside down on paper towel to drain out the excess liquid.

## TO MAKE THE STUFFING

- 1 Soak the bread in lukewarm milk.
- 2 Peel and quarter the garlic and onions, removing the garlic’s bitter central shoot. Wash and dry the parsley. Transfer to the main bowl with the metal blade. Pulse 3-4 times.
- 3 Cut the meat into large pieces and add to the main bowl. Process for 20 seconds.  
Wring the bread out and add to the bowl, together with a little of the tomato flesh, the paprika and the salt and pepper.
- 4 Pulse 4-5 times to achieve an even texture. Check the seasoning.
- 5 Fill the tomatoes with the meat stuffing. Put their “hats” back on. Arrange in an oven dish and sprinkle with olive oil.
- 6 Bake for the time indicated in the table.

Chef’s tip: Delicious served with rice or bulgur wheat.



# KEFTA KEBABS



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	20 min	20 min	20 min	20 min
COOKING	10 min	10 min	10 min	10 min
Lean beef	1/2 lb	1 lb	1 1/2 lb	2 lbs
Onion	1/2	1/2	1	1
Sprigs fresh coriander	1	1	3	3
Sprigs fresh mint	1	1	3	3
Ground cumin	1 tsp	1 tsp	2 tsp	2 tsp
Paprika	1 tsp	1 tsp	2 tsp	2 tsp
Ras el hanout (Moroccan) spice mix	1 tsp	1 tsp	2 tsp	2 tsp
Olive oil	1 tsp	2 tsp	3 tsp	4 tsp

Salt & pepper

- 1 Strip the mint and coriander leaves from their stalks and put them in the main bowl with the metal blade. Process for a few seconds.
- 2 Peel the onion and cut into large pieces. Add to the herbs in the main bowl and pulse 5 times. Set aside.
- 3 Cut the meat into large pieces and transfer to the main bowl. Process for 20 seconds, or until the meat is chopped, but not hashed. Add the olive oil, onion, herbs and spices. Season with salt and pepper. Pulse twice.
- 4 Shape the mixture into small meatballs with your hands. Thread them onto skewers, about four to each one. Cook them under the oven grill, on your barbecue or in a large nonstick frying pan.
- 5 The meatballs should take about 10 minutes to cook, but keep a close eye on them.

Chef's tip: Serve with mashed or steamed potatoes, or bulgur wheat.



# STEAK TARTARE



SERVES	2	4-6	6-8	8 +
FOOD PROCESSOR	3200	3200	4200	5200
PREPARATION	40 min	40 min	45 min	50 min
Rump steak or sirloin steak	1 lb	1½ lb	2 lbs	3 lb
Shallots	1	2	3	4
Red onions	2	2	4	4
Capers	3 tbsp	4 tbsp	6 tbsp	8 tbsp
Bunches of chives	1	1	1½	2
Bunches of flat-leaved parsley	1	1	1½	2

## Salt & pepper

- 1 Wash the parsley and pat it dry with paper towels. Put it in the main bowl with the metal blade and pulse a few times.
- 2 Peel and quarter the onions and shallots. Add them to the main bowl and pulse 5 times.
- 3 Cut the meat into pieces and snip the chives. Add the meat to the main bowl, along with the capers and chives. Pulse a few times. The meat should be minced, not hashed.
- 4 Serve immediately.

Chef's tips: Delicious served with a green salad and homemade french fries. You can also serve it with Worcestershire sauce, tomato ketchup and Tabasco®.





# CHOCOLATE MOUSSE



PREPARATION : 20 min    RESTING : 3 hr  
SERVES 4

COOKING : 5 min  
ACCESSORY :

7 oz semisweet chocolate  
¼ cup superfine sugar  
5 eggs

- 1 Separate the eggs.
- 2 Put the egg whites in the bowl with the whisk and beat for 5 min, remembering to remove the pusher. Once the egg whites are stiff, gradually add the sugar via the opening. Set aside.
- 3 Meanwhile, melt the chocolate in a bain marie\*.
- 4 Stir the egg yolks into the melted chocolate.
- 5 Gently fold the egg whites into the chocolate mixture with the spatula.
- 6 Divide the mousse between four glasses.
- 7 Refrigerate for at least 3 hours.

# PEACH CLAFOUTIS



PREPARATION : 15 min  
SERVES 4-6    EQUIPMENT: Quiche dish

COOKING : 30 min  
ACCESSORIES :

8 ½ fl oz lukewarm milk  
¼ cup all-purpose flour  
⅓ cup superfine sugar  
1 ¼ oz unsalted butter

2 eggs  
3 peaches  
1 pinch salt

- 1 Wash and pit the peaches. Slice them in the midi bowl fitted with the 4mm slicing disc. Set aside.
- 2 Preheat your oven to 350°F.
- 3 Melt the butter in a bain marie\*.
- 4 Combine the flour, sugar and salt in the bowl with the metal blade.
- 5 Add the eggs one by one via the opening, followed by the melted butter.
- 6 While the machine is still running, add the milk via the opening to achieve a smooth batter.
- 7 Pour the batter into a buttered quiche dish and arrange the peach slices on top.
- 8 Bake for 30 minutes or until the batter shrinks from the sides of the dish.

Chef's tip: You can also bake this clafoutis in individual ramekins.

# TIRAMISU



PREPARATION : 30 min

RESTING : 6 to 24 hr

SERVES 6-8

ACCESSORIES :  

14 oz mascarpone  
½ cup superfine sugar  
1 cup coffee  
30 ladyfingers

3 tbsp bittersweet cocoa powder  
3 tbsp amaretto liqueur  
5 eggs

- 1 Take the mascarpone out of the fridge one hour beforehand.
- 2 Separate the eggs.
- 3 Beat the sugar and egg yolks in the bowl with the whisk until pale and fluffy. Add the amaretto and mascarpone. Beat for 2 minutes. Set aside in a mixing bowl.
- 4 Wash and dry the bowl and the whisk thoroughly.
- 5 Put the egg whites in the bowl with the whisk and beat for 5 minutes, remembering to remove the pusher.
- 6 Gently fold the egg whites into the mascarpone mixture with the spatula.
- 7 Briefly dip half the ladyfingers in the coffee. Arrange them in a glass or in a cup, then cover with half the mixture. Sieve some cocoa powder on top. Repeat these steps with the remaining ladyfingers and mascarpone mixture, finishing up with a dusting of cocoa powder.
- 8 Refrigerate for at least 6 hrs.

Chef's tips: If you do not have any cocoa powder, grate some chocolate with your parmesan grater.



# CHILDREN'S TEATIME TREATS



PREPARATION : 10 min

RESTING : 1 hr

COOKING : 5 min

MAKES 10-12 PANCAKES AND WAFFLES

EQUIPMENT: pancake maker/pan and waffle maker

ACCESSORIES : 

## PANCAKE BATTER

- 2 cups all-purpose flour
- 20 fl oz milk
- 3 eggs
- 1 tbs vegetable oil
- 1 pinch salt

## WAFFLE BATTER

- 2 cups all-purpose flour
- 13½ fl oz milk
- ⅓ cup superfine sugar
- 2⅔ oz butter
- 1 level tbs baking powder
- 3 eggs
- 2 pinches salt

## TO MAKE THE PANCAKES

- 1 Put the flour, eggs, oil and salt in the bowl with the metal blade and the BlenderMix.
- 2 Blend for 20 seconds, then gradually add the milk via the opening. Blend for about 2 minutes.
- 3 Allow the batter to rest in the fridge for at least 1 hour.
- 4 Preheat your pancake maker or pan. Ladle a small amount of batter onto it and spread it thinly. Cook for about 2 minutes on each side, less if you use a pan.

## TO MAKE THE WAFFLES

- 1 Put the flour, sugar, diced butter, milk, eggs and salt in the bowl fitted with the metal blade and the BlenderMix.
- 2 Blend for 1 minute, then add the baking powder via the opening.
- 3 Blend for 2 minutes or until the batter is smooth.
- 4 Leave the batter to rest in the fridge for at least 1 hour.
- 5 Pour a small amount of batter into your waffle-maker. Cook according to the manufacturer's instructions.

Chef's tip: Delicious with whipped cream (recipe p.109).

For lighter pancakes (but not for kids!), you can replace 3 fl oz of milk with the same amount of beer.



# CHOCOLATE CHIP COOKIES



PREPARATION : 10 min

RESTING : 20 min

BAKING : 8-10 min

MAKES 40 COOKIES

ACCESSORY :

2 cups all-purpose flour

4 oz softened unsalted butter

$\frac{1}{4}$  cup Demerara sugar

$\frac{1}{3}$  scant cup superfine sugar

$3\frac{1}{2}$  oz chocolate chips

2 eggs

1 scant tbsp baking powder

$\frac{1}{2}$  scant tsp salt

- 1 Preheat your oven to 425°F.
- 2 Put the Demerara sugar, salt, superfine sugar, diced butter and eggs in the bowl with the dough blade. Run for 30 seconds.
- 3 Add the flour, baking powder and chocolate chips and process for a further 20 seconds.
- 4 Using a tablespoon, place small heaps of this mixture on a baking pan lined with baking parchment. Leave plenty of space between each one, as they will spread during cooking.
- 5 Bake for 8-10 minutes.
- 6 Allow to cool before eating.

Chef's tip: These cookies are even tastier if you add a few salted peanuts



# SHORTBREAD



PREPARATION : 5 min

COOKING : 30-35 min

SERVES 4-6      EQUIPMENT: jelly roll pan

ACCESSORY : 

- 2 cups all-purpose flour
- $\frac{2}{3}$  cup superfine sugar
- $1\frac{3}{4}$  oz cornflour
- 6 oz soft unsalted butter
- Drops of vanilla essence (to taste)

- 1 Fit the metal blade. Put all the ingredients into the bowl and process for 10 - 15 seconds or until the mixture forms a dough ball.
- 2 If the dough is too soft to handle, chill it slightly, then press into a greased jelly roll pan.
- 3 Prick all over the surface with a fork and bake in a moderate oven 320°F for 30 - 35 minutes or until lightly golden in colour.
- 4 Cut the shortbread into fingers, allow to cool slightly in the pan, then remove to cool completely on a wire rack.



# MELON BALLS SERVED IN A COULIS OF WATERMELON



PREPARATION : 10 min

SERVES 4

ACCESSORIES :   

1/2 watermelon  
2 oz superfine sugar  
1 cantaloupe melon  
6 mint leaves

- 1 Process the mint leaves in the mini bowl for 20-30 seconds or until finely chopped.  
Set aside.
- 2 Cut the flesh from the watermelon, discard the skin and cut into large chunks.  
Remove the seeds.
- 3 Put the watermelon, sugar and chopped mint into the bowl with the metal blade and the BlenderMix, and process for 15-20 seconds, or until the fruit is pureed. Transfer to a large bowl and refrigerate.
- 4 Cut the cantaloupe in half. Using a melon scoop, make balls with the flesh.
- 5 Arrange the dessert separately in four bowls. Pour a quarter of the watermelon puree into each bowl, then add the cantaloupe balls. Just before serving decorate each bowl with a few tiny whole mint leaves.

Chef's tips: Serve with scones (p.56).



# INSTANT MANGO ICE CREAM



PREPARATION : 5 min

SERVES 4

ACCESSORY :



- 10 1/2 oz frozen mangoes
- 4 1/2 oz creamy yogurt
- 1 slice gingerbread

- 1 Allow the mangoes to defrost just enough to cut them in two (widthwise).
- 2 Put the gingerbread in the bowl with the metal blade and blend for 30 seconds.
- 3 Add the yogurt and mango. Blend for 30 seconds. Scrape the mixture off the bowl walls with the spatula. Blend for a further 30 seconds.
- 4 Eat immediately.

Chef's tips: For an even more luscious version, replace the yogurt with 2 scoops of vanilla ice cream. You can also replace the gingerbread with speculoos biscuits. For more varieties, try using frozen strawberries, peaches, melon, etc.

# PEAR AND CHOCOLATE MUFFINS



PREPARATION : 10 min

BAKING : 20-25 min

10-12 MUFFINS

ACCESSORY : 

- |                                 |                          |
|---------------------------------|--------------------------|
| 3 1/2 oz chocolate chips        | 1 pot yogurt 4 1/2 oz    |
| 4 pear halves in syrup (canned) | 1 pot vegetable oil      |
| 3 eggs                          | 3 pots all-purpose flour |
| 1 level tbsp baking powder      | 2 pots superfine sugar   |

- 1 Preheat your oven to 355°F.
- 2 Using the yogurt pot to measure out the ingredients, put the eggs, yogurt, oil and sugar in the bowl with the metal blade. Blend for 20 seconds.
- 3 Add the flour and baking powder. Blend for a further 20 seconds. If necessary, scrape the mixture off the bowl walls with the spatula.
- 4 Add the pear halves cut into large pieces, and the chocolate chips. Pulse twice.
- 5 Butter the muffin wells and dust with flour.
- 6 Divide the mixture between the wells, filling them no more than three-quarters full.
- 7 Bake for about 20-25 minutes.



# LEMON MERINGUE PIE



PREPARATION : 1 hr

RESTING : 1 hr

BAKING : 40 min

SERVES 6-8

ACCESSORIES :   

EQUIPMENT: Ø 11-12 inch tart pan, piping bag\* (optional), thermometer

## RICH SHORTCRUST PASTRY

2 cups plain flour  
5 oz unsalted butter  
½ cup superfine sugar  
1½ fl oz chilled water  
1 egg yolk

## LEMON FILLING

¾ cup superfine sugar  
1 oz unsalted butter  
3 untreated lemons  
3 eggs

## ITALIAN MERINGUE

1 scant cup superfine sugar  
3 egg whites  
3 tbsp water

### TO MAKE THE PASTRY

- 1 Follow the recipe on p.110.
- 2 Preheat your oven to 355°F.
- 3 Bake blind\* for 20 minutes.

### TO MAKE THE LEMON FILLING

- 1 Zest one of the lemons and juice all three.
- 2 Put the lemon zest and juice, sugar and whole eggs in the bowl with the metal blade. Blend for 1 minute.
- 3 Transfer everything to a saucepan. Bring to a boil, stirring constantly with a wooden spoon. Stir in the diced butter. Return to the food processor. Blend for 30 seconds.
- 4 Pour the filling into the pastry shell. Bake for 15-20 minutes in a slow oven at 250°F.

### TO MAKE THE ITALIAN MERINGUE

- 1 Beat the eggs whites for 5 minutes in the bowl fitted with the whisk, remembering to remove the pusher first.
- 2 Meanwhile, dissolve the sugar in the water in a saucepan over low heat. Increase the temperature to 250°F, then remove from the heat.
- 3 Wait for 5 seconds, then pour this syrup onto the egg whites via the opening. Continue whisking for about 5 minutes.
- 4 Pipe\* or spoon the meringue on top of the lemon filling. Place under the grill of your oven for 1-3 minutes until it starts to turn golden. Take care not to leave it too long.
- 5 Keep in a cool place till ready to serve.



# WALNUT CAKE



PREPARATION : 15 min

BAKING : 30 min

MAKES 1 CAKE      EQUIPMENT: CAKE PAN

ACCESSORY : 

- |                                   |                            |
|-----------------------------------|----------------------------|
| 5 1/4 oz shelled walnuts          | 1 tbsp rum                 |
| 2/3 cup powdered sugar            | 3 eggs                     |
| 3 1/2 oz softened unsalted butter | 1 scant tbsp baking powder |
| 1/3 cup all-purpose flour         | 1 pinch salt               |

- 1 Preheat your oven to 340°F. Cut the butter into small dice.
- 2 Chop the walnuts in the bowl fitted with the metal blade for 30 seconds. Add the sugar, flour, eggs, salt, rum and butter. Blend for 2 minutes.
- 3 While the machine is still running, add the baking powder via the opening. Blend for a further 10 seconds.
- 4 Pour the mixture into a well-buttered pan.
- 5 Bake for about 30 minutes. To check that the cake is cooked, insert the tip of a knife. It should come out clean.
- 6 Allow to cool in the oven with the door ajar.

# MELON AND PINEAPPLE FAN



PREPARATION : 15 min      SERVES 4

ACCESSORIES :   

- |                    |                       |
|--------------------|-----------------------|
| 11 oz strawberries | 3 tbsp powdered sugar |
| 1 pineapple        | 1/2 lemon             |
| 1 cantaloupe melon | Mint leaves           |

- 1 Cut the pineapple into quarters and remove the thick skin and the core.
- 2 Slice the pineapple in the midi bowl fitted with the 4mm slicing disc. Set aside.
- 3 Cut the melon into quarters and remove the thick rind. Slice the quarters lengthwise. Set aside.
- 4 Wash and hull the strawberries. Put them with the mint leaves in the bowl with the metal blade.
- 5 Blend the strawberries. While the machine is running, add the powdered sugar and freshly-squeezed lemon juice via the opening to make the coulis.
- 6 Pour some strawberry coulis onto each plate. Arrange alternate slices of melon and pineapple on top.
- 7 Decorate with a few mint leaves and a whole strawberry in the center.
- 8 Serve chilled.

# PAVLOVA



PREPARATION : 20 min

BAKING : 2 hr 30 min

SERVES 6-8 EQUIPMENT: piping bag (optional)

ACCESSORY : 

## FRENCH MERINGUE

2/3 cup superfine sugar  
1 cup powdered sugar  
5 egg whites

## WHIPPED CREAM

10 fl oz whipping cream  
1 level tbsp vanilla sugar

## DRESSING

1/4 lb strawberries  
1/4 lb raspberries  
Mint leaves

## TO MAKE THE FRENCH MERINGUE

- 1 Separate the eggs.
- 2 Beat the egg whites for 5 minutes in the bowl fitted with the whisk, remembering to remove the pusher first.
- 3 When the egg whites are stiff, gradually add the two sugars via the opening. Continue whisking for 1 minute. The whites should be firm.
- 4 Line a baking tray with baking parchment and pipe\* or spoon small circles of meringue (about 3 inches across) onto it.
- 5 Bake in a very cool oven 140°F for 2½ hours.

## TO MAKE THE WHIPPED CREAM

- 1 Chill the bowl and ingredients in the fridge for 1 hour beforehand.
- 2 Pour the cream into the bowl equipped with the whisk.
- 3 Switch your food processor on, remembering to remove the pusher or the cap.
- 4 Whisk for 8-10 minutes, keeping a careful eye on the cream to make sure it does not turn into butter. When the cream starts to thicken, add the vanilla sugar.
- 5 Just before serving, coat the meringues in whipped cream. Add the fruit and mint leaves.

Chef's tips: You can use other sorts of fruit (peaches, apples, grapes, etc.). A raspberry coulis (recipe p. 116) makes an especially delicious addition.



# CARAMELISED APPLE TART



PREPARATION : 10 min

RESTING : 1 hr

COOKING : 50 min

SERVES 6-8 EQUIPMENT: Ø 11-12 inch tart pan

ACCESSORIES :



## SHORTCRUST PASTRY

- 2 cups all-purpose flour
- 4 $\frac{1}{3}$  oz unsalted butter
- $\frac{1}{3}$  cup cold water
- 1 pinch salt

## FILLING

- 1 lb apples
- 1 $\frac{1}{2}$  oz unsalted butter
- $\frac{1}{2}$  lemon
- 2 eggs
- 4 tbsp superfine sugar
- 2 tbsp thick crème fraîche
- 1 tsp calvados
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

## TO MAKE THE SHORTCRUST PASTRY

- 1 Put the flour, salt, diced butter and water in the bowl with the dough blade.
- 2 Process for 20 seconds.
- 3 Scrape the flour off the bowl walls with the spatula, if necessary. Switch the processor off as soon as the dough forms a ball.
- 4 Wrap the pastry in plastic wrap, press flat and leave in the fridge for 1 hour.
- 5 Preheat your oven to 355°F. Butter the mold and dust with flour. Roll the pastry out **A** and transfer to the pan **B**. Prick the base all over with a fork **C**.
- 6 Line the pastry shell with baking parchment and weigh it down with ceramic beads, dried beans, or rice **D**.
- 7 Bake blind\* for 20 minutes.



## TO MAKE THE FILLING

- 1 Meanwhile, wash the apples and slice them in the midi bowl fitted with the 4mm slicing disc. If necessary, empty the bowl midway through the process. Squeeze the juice of half a lemon over the sliced apples.
- 2 Brown the apple slices in the butter and sprinkle with a little sugar. Cook over a moderate heat for 5-7 minutes, stirring gently from time to time. Remove from the heat and allow to cool.
- 3 Put the eggs, sugar, cream, calvados, vanilla extract and cinnamon in the bowl with the metal blade. Blend until the mixture is smooth and creamy.
- 4 Arrange the apple slices in the pastry shell. Pour the egg mixture on top.
- 5 Bake for 30 minutes at 355°F. Allow to cool.

Chef's tip: This tart is irresistible served with crème fraîche or a scoop of vanilla ice cream.



# CHOCOLATE TART



PREPARATION : 30 min

RESTING : 1 hr

BAKING : 40 min

SERVES 6-8 EQUIPMENT: Ø 11-12 inch pan

ACCESSORIES :  

## RICH SHORTCRUST PASTRY

- 2 cups plain flour
- 5 oz unsalted butter
- ½ cup superfine sugar
- 1½ fl oz cold water
- 1 egg yolk
- 1 pinch of salt

## GANACHE

- 10 fl oz liquid crème fraîche or heavy cream
- 7 oz dark chocolate
- 2 eggs

### TO MAKE THE SHORTCRUST PASTRY

- 1 Put the flour, salt, diced butter and water in the bowl with the dough blade.
- 2 Process for 20 seconds.
- 3 Scrape the flour off the bowl walls with the spatula, if necessary. Switch the processor off as soon as the dough forms a ball.
- 4 Wrap the pastry in plastic wrap, press flat and leave in the fridge for 1 hour.
- 5 Preheat your oven to 355°F. Butter the mold and dust with flour. Roll the pastry out **A** and transfer to the pan **B**. Prick the base all over with a fork **C**.
- 6 Line the pastry shell with baking parchment and weigh it down with ceramic beads, dried beans, or rice **D**.
- 7 Bake blind\* for 20 minutes.

### TO MAKE THE GANACHE

- 1 Boil the cream in a saucepan, stirring regularly. Add the chocolate, broken into pieces. Stir until the chocolate has melted.
- 2 Blend the eggs in the mini bowl. Add the melted chocolate via the opening and continue blending for a few more seconds.
- 3 Pour the mixture into the pastry shell.
- 4 Lower the oven temperature to 285°F. Bake for 20 minutes.
- 5 Cool before eating.

Chef's tip: You can also make individual tartlets.





# BROWNIE CAKE



PREPARATION : 10 min

BAKING : 20 min

SERVES 6      EQUIPMENT: 10 inch pan

ACCESSORIES : 

7 oz dark chocolate  
3½ oz pecan nuts  
5 oz unsalted butter  
¾ cup superfine sugar  
⅔ cup all-purpose flour  
3 eggs

- 1 Preheat your oven to 320°F.
- 2 Put the pecan nuts in the mini bowl and pulse a few times to chop them coarsely.
- 3 Melt the butter and chocolate in a bain marie\*.
- 4 Blend the eggs and sugar in the bowl with the metal blade for 10 seconds.
- 5 Gradually pour the melted chocolate and butter in via the opening. Continue blending until the mixture reaches a smooth consistency.
- 6 Open the lid and add the flour. Blend for 15 seconds.
- 7 Add the nuts. Pulse about 4 times.
- 8 Pour the mixture into a well-buttered pan.
- 9 Bake for 20 minutes.

Chef's tip: This cake is delicious with vanilla ice cream.



# CHEESECAKE WITH RASPBERRY COULIS



PREPARATION : 15 min

RESTING : 2 hr

SERVES 4-6 EQUIPMENT: tart pan with removable base

ACCESSORIES :  

7 oz speculoos biscuits  
1 lb mascarpone  
3<sup>1</sup>/<sub>3</sub> fl oz heavy cream  
1<sup>3</sup>/<sub>4</sub> oz melted unsalted butter  
1<sup>1</sup>/<sub>3</sub> cup confectioners sugar  
3 limes (organic)

RASPBERRY COULIS  
1 lb raspberries  
3<sup>3</sup>/<sub>4</sub> cup superfine sugar  
Few drops lemon juice

- 1 Break the biscuits and mix them with the butter in the bowl with the metal blade.
- 2 Spread this crumb mixture over the base of the tart pan.
- 3 Zest the limes and juice two of them.
- 4 Whip the mascarpone, heavy cream, icing sugar and lime zest and juice in the bowl with the whisk.
- 5 Using the spatula, spread this mixture on top of the crumb base.
- 6 Chill for at least 2 hours.

Chef's tip: this cheesecake is delicious even without the coulis.

## TO MAKE THE RASPBERRY COULIS

- 1 Wash the raspberries.
- 2 Put the raspberries and sugar in the bowl with the metal blade.
- 3 Add a few drops of lemon juice. Blend for 1 minute to make a coulis.
- 4 Taste the coulis and add a little sugar, if necessary.
- 5 Pass the coulis through a sieve to remove the seeds. Store in the fridge.

Chef's tips: For a red berry coulis, replace half the raspberries with strawberries. The coulis will be better if you use the Smoothiemix accessory.



# APPLE AND KIWI CRUMBLE



PREPARATION : 20 min

BAKING : 30 min

SERVES 4-6

ACCESSORIES



$\frac{3}{4}$  cup all-purpose flour

3 $\frac{1}{2}$  oz unsalted butter

$\frac{1}{3}$  cup + 1 tbsp superfine sugar

4 apples

3 kiwi fruit

1 level tbsp vanilla sugar

1 tsp ground cinnamon

- 1 Preheat your oven to 355°F.
- 2 Wash and peel the apples and kiwis. Slice all the apples and half the kiwis in the midi bowl fitted with the 2mm slicing disc. Arrange the fruit slices in a buttered dish.
- 3 Blend the remaining kiwis in the mini bowl to make a coulis.
- 4 Cover the sliced fruit with the kiwi coulis.
- 5 Put the butter, sugar, vanilla sugar, cinnamon and flour in the bowl with the metal blade. Pulse 3-4 times to make the crumble.
- 6 Cover the fruit with an even layer of crumble.
- 7 Bake for 30 minutes.
- 8 Serve hot.

Chef's tips: For an even more luscious recipe, add chocolate chips to the crumble. Delicious with liquid crème fraîche or vanilla ice cream.



# FRENCH FRUIT JELLY



PREPARATION : 10 min

DRYING : 2-3 DAYS

COOKING : 1 hr 30 min

SERVES 30

ACCESSORY : 

- 1 lb pitted prunes
- 1  $\frac{1}{3}$  cup superfine sugar
- Granulated sugar to coat

- 1 Put the prunes and superfine sugar in the bowl with the metal blade.
- 2 Blend for 40 seconds or until reduced\* to a smooth paste.
- 3 Cook in a bain marie\*, stirring from time to time, until the mixture starts to thicken and comes away from the sides of the bowl (approx. 1  $\frac{1}{2}$  hr).
- 4 Spread the prune mixture in a 1 inch thick layer on a tray lined with baking parchment.
- 5 Allow to cool, then cover with a clean tea towel.
- 6 Leave to dry for 2-3 days in a dry place.
- 7 Cut the paste into small cubes. Roll in the granulated sugar. Remove the excess sugar.
- 8 Store in an airtight container.

Chef's tip: If you have a sweet tooth, you can easily double the amounts (prunes and sugar).

The preparation times will remain unchanged.





## WATERMELON AND HONEY JUICE



PREPARATION : 10 min    SERVES 4

ACCESSORIES :  

- 12 oz watermelon
- 8 fl oz apple juice
- 2 bananas
- 2 tbsp honey

- 1 Cut the watermelon flesh into pieces. Slice the bananas.
- 2 Blend all the ingredients in the bowl fitted with the metal blade and the BlenderMix for 1 minute.
- 3 Drink chilled.

## FROZEN LIME



PREPARATION : 5 min    SERVES 4

ACCESSORIES :   

- 2 tbsp mint syrup
- 4 oranges
- 2 scoops lime sorbet

- 1 Juice the oranges in the bowl fitted with the citrus press.
- 2 Replace the citrus press with the metal blade and the BlenderMix. Add the syrup and sorbet.
- 3 Blend for 15 seconds.
- 4 Serve immediately.

## BANANA AND SOYA MILKSHAKE



PREPARATION : 5 min    SERVES 4

ACCESSORIES :  

- 13 fl oz soy milk
- 2 bananas
- 5 ice cubes
- 3 tbsp ground almonds
- 3 tbsp maple syrup
- 2 tsp ground cinnamon

- 1 Peel the bananas, cut into pieces and put in the bowl with the metal blade and the BlenderMix. Add the soya milk, ground almonds, maple syrup, cinnamon and ice cubes.
- 2 Blend for 2 minutes.
- 3 Serve immediately.



# STRAWBERRY MILKSHAKE



PREPARATION : 5 min

SERVES 4

ACCESSORIES :



- 1/3 lb fresh strawberries
- 10 fl oz milk
- 1 tbsp superfine sugar
- 2 scoops vanilla ice cream
- 1 dash lemon juice

- 1 Wash, dry and hull the strawberries.
- 2 Put the strawberries in the bowl with the metal blade and the BlenderMix. Pulse 3-4 times.
- 3 Add the sugar, ice cream, milk and lemon juice.
- 4 Blend for 2 minutes or until the mixture is frothy.
- 5 Serve immediately.

Chef's tips: When they are not in season, replace the strawberries (and the vanilla ice cream) with 4 scoops of strawberry ice cream. The sky is the limit when it comes to milkshakes, with endless possible combinations of seasonal fruit and ice cream flavors.

# COFFEE MILKSHAKE



PREPARATION : 5 min

SERVES 4

ACCESSORIES :



- 10 fl oz milk
- 3 tsp instant coffee powder
- 3 tsp superfine sugar
- 2 tsp cocoa powder
- 5 ice cubes

- 1 Put the milk, coffee powder, sugar, cocoa powder and ice cubes in the bowl with the metal blade and the BlenderMix.
- 2 Blend for 2 minutes.
- 3 Divide between the glasses and sprinkle with cocoa powder.
- 4 Drink immediately.



# MANGO SMOOTHIE



PREPARATION : 5 min

SERVES 2

ACCESSORIES :



- 5 fl oz water
- 1 mango
- 1 pot creamy yogurt
- 1 tsp honey
- 1 tbsp lemon juice

- 1 Peel the mango and cut the flesh into large pieces.
- 2 Put all the ingredients in the bowl with the metal blade and the BlenderMix.
- 3 Blend for 30 seconds.
- 4 Drink immediately.

Chef's tip: Chop a few mint leaves in the mini bowl and sprinkle on top of the smoothie for extra flavor.

# STRAWBERRY, RASPBERRY AND MELON JUICE



PREPARATION : 10 min

SERVES 2

ACCESSORIES :



- $\frac{1}{4}$  lb strawberries
- $\frac{1}{4}$  lb raspberries
- $\frac{1}{2}$  cantaloupe

- 1 Wash the raspberries and strawberries; and then hull the strawberries.
- 2 Halve the cantaloupe, discard the seeds and scoop out the flesh.
- 3 Put all the fruit in the bowl with the metal blade and the BlenderMix and blend for 20 seconds.
- 4 Drink immediately.

Chef's tip: For extra zing, sprinkle with chopped mint.



# GLOSSARY

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## B \_\_\_\_\_

### **Bain marie**

This gentle cooking technique can be used either on the stove (e.g. for making sauces or melting butter or chocolate) or in the oven (e.g. for baking puddings or custard). It involves placing a heatproof container with the food you want to cook inside a larger one partly filled with water kept at simmering point.

### **Blind baking**

A pastry shell is baked before adding a moist filling in order to prevent the base from becoming soggy.

## C \_\_\_\_\_

### **Caul fat**

A lacy, fatty membrane that surrounds the intestines of pigs, cows and sheep. Available from traditional butchers, it is wrapped around faggots, patés, crépinettes and even some meat roasts before cooking to keep them moist and basted.

## J \_\_\_\_\_

### **Juliennes**

Fruit or vegetables cut into thin sticks. A julienne disc is available for your Magimix food processor.

## K \_\_\_\_\_

### **Knocking back**

In breadmaking, punching all the gas and air pockets out of risen dough to give it a more even texture.

## P \_\_\_\_\_

### **Piping bag**

A triangular or cone-shaped cloth, plastic or paper bag that can be fitted with a variety of nozzles. It is used for decorating cakes, filling pastries, forming meringues or sponge fingers, shaping duchess potatoes, etc.

### **Proving**

In breadmaking, the dough is left to rise twice. The second time gives the yeast a chance to “prove” that it is still alive and improves the texture of the bread.

## R \_\_\_\_\_

### **Reduction**

A liquid (e.g. syrup, stock or sauce) is simmered over a moderate heat, causing some of the water to evaporate, in order to thicken it and/or concentrate the flavor.

### **Rice flour**

Widely available in supermarkets, this gluten-free flour is useful for thickening stews and sauces.

### **Roux**

Used to thicken soups, sauces and gravies, a roux is a mixture of equal parts of flour and fat (often butter) cooked over a low heat.

## Y \_\_\_\_\_

### **Yeast**

Dried yeast is widely available and keeps for up to six months.



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Olive and chorizo buns.....	42	Plaited brioche.....	52
Sandwich loaf.....	44	Traditional brioche.....	54
Fougasse.....	46	Scones.....	56

## SOUPS

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Country soup.....	58	Gazpacho.....	61
Pumpkin soup.....	59	Chilled carrot soup.....	62
Zucchini cream.....	60	Chilled pepper and mascarpone soup.....	64
Cream of cauliflower with diced bacon..	60		

## STARTERS

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Spring vegetable clafoutis .....	66	Parmesan soufflé .....	70
Coleslaw .....	67	Country pâté.....	72
Crunchy vegetable and pasta salad ....	68	Salmon rillettes.....	73
Tomato and mozzarella bruschette.....	69	Salmon blinis .....	74

## VEGETABLES

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Provençal vegetable tian .....	76	Vegetable crisps .....	78
Sweetcorn pancakes.....	76	Ratatouille .....	79
Potato rösti .....	77	Potato gratin .....	80
Celery root purée .....	78		

## FISH

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Cod and vegetable julienne* parcels... 82	Salmon tartare .....	86
Crab cakes .....	Fish pie .....	87
Asian fishcakes .....	Smoked salmon soufflé .....	88

## MEAT

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Cottage pie.....	90	Stuffed tomatoes .....	94
Curried lamb filo parcels.....	91	Kefta kebabs.....	95
Hamburgers.....	92	Steak tartare .....	96

## DESSERTS

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Chocolate mousse .....	98	Lemon meringue pie .....	106
Peach clafoutis .....	98	Walnut cake .....	108
Tiramisu .....	99	Melon and pineapple fan.....	108
Children's teatime treats.....	100	Pavlova .....	109
Chocolate chip cookies .....	101	Caramelised apple tart .....	110
Shortbread .....	102	Chocolate tart .....	112
Melon balls served in a coulis of watermelon.....	103	Brownie cake .....	114
Instant mango ice cream .....	104	Cheesecake with raspberry coulis .....	116
Pear and chocolate muffins .....	104	Apple and kiwi crumble.....	117
		French fruit jelly .....	118

## NON-ALCOHOLIC DRINKS

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Watermelon and honey juice .....	120	Coffee milkshake.....	122
Frozen lime.....	120	Mango smoothie .....	123
Banana and soy milkshake.....	120	Strawberry, raspberry and melon juice .....	123
Strawberry milkshake .....	122		

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