

thermomix

# Blade cover Welcome Guide

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## Introduction to Blade cover Welcome Guide

For decades, Thermomix® has made food preparation easy for families around the world. The blade cover adds another way to achieve this. The blade cover will turn your Thermomix® into a sous vide cooker and a slow cooker. Enjoy getting home and relaxing on the couch, reading a book or playing with the kids, without looking at the clock, content that the meal is being cooked. Save time in meal preparation. While Thermomix® prepares your meal, enjoy your free time.

With both sous vide cooking and slow cooking, your dishes can be keeping warm while waiting for your family or guests to eat, without overcooking or burning. These methods enable you to easily plan your meals ahead, so that good food is always ready, even when time is short. Another advantage of both methods, is that the gentler cooking transforms less tender cuts into melting textures.

### INSTRUCTIONS ON HOW TO INSERT THE BLADE COVER



## Introduction to sous vide

Sous vide is a method of cooking that involves cooking food in an airtight bag, in a water bath at a precisely controlled temperature. It is popular with both chefs and domestic cooks around the world for its consistent, high quality results. The food is cooked inside a sealed bag, locking in all of the flavour and nutrition benefits.

First, the water bath is heated to a very precise temperature. The food to be cooked is sealed in bags, and a vacuum created. The sealed bags are then placed in the water bath, which is gently and continuously stirred, and the food cooks precisely at the temperature set.

The sous vide technique is different from other techniques, in that the food will reach exactly the same temperature as the water, which is precisely the temperature needed to change the structure of the food. The precise temperature is maintained for the cooking time, gently cooking the ingredient. This gentle cooking makes the sous vide method ideal for preparing temperature-sensitive foods, such as fish or steak with very little risk of overcooking. The accurate temperature control of Thermomix® lends itself perfectly to sous vide cooking.

### **SOUS VIDE BEEF STEAK**

*With Sous-vide mode  
you can cook the steak to  
your preference, perfectly  
every time.*



## Instruction to sous vide cooking

To prepare for sous vide, food is sealed in an airtight bag. There two methods to do this, either vacuum sealer, or water immersion method, both are described below. Sous vide bags are made of a material that is safe to heat food up in. Poly-thene sandwich bags are not suitable. A medium-sized food bag (20 cm × 30 cm) should be suitable for all of the recipes in this booklet. If you are using the water immersion system, choose a bag with the zip lock system. If you like to add a marinade to your sous vide recipes, choose a zip lock system with a pump to extract the air, which are widely available.

### PREPARING

Cut the pieces to roughly the same size and thickness. Season your food, and then place in the bag. Lay the food as flat as possible in the bag and press out as much of the air as you can.

### VACUUM SEALER METHOD

Ensure that the inner part of the bag opening remains clean when filling it, to form a good seal. Insert the opening into the vacuum sealer, according to the manufacturers' instructions. Operate the vacuum, and remove the bag from the sealer. Check that the seal is formed.



### WATER IMMERSION METHOD

Fill a sink or large bowl with water. Place your food in a bag with a zipper to seal the opening, a zip lock bag. Leave a gap in the seal of approx. 3 cm still open. Lower the bag into the water, with the opening at the top. The water will press the air out of the bag. Continue until just the opening in the bag is still out of the water, and just before it is submerged seal the bag completely.



## TO SOUS VIDE

Insert the blade cover, as shown in the instructions. Before heating the water, place the prepared and sealed bag(s) in the mixing bowl and cover with the water (ensuring you don't exceed the maximum of 2,2 litres). Remove bag(s) and set aside while you heat the water.

Set the temperature that you require.

Once the water has heated to temperature, carefully place the prepared bag(s) into the mixing bowl and cook. Ensure the bags remain fully submerged throughout cooking. To cook two bags at the same time, ensure they are both totally covered with water in the mixing bowl.

If you are following a Thermomix® recipe, or following the table, the water amount and the temperature will be defined.



## TO SERVE

Carefully remove the bag(s) with tongs and serve. Most foods are ready to enjoy straightaway. If you are searing the food, dry the outside of the food as much as possible, while heating a solid based dry frying pan to temperature. Sear very quickly to avoid raising the temperature of the meat or fish. Searing gives a crisp finish and a lightly roasted flavour.

## Notes to the table

- Add 1 level tbsp ascorbic acid or 30g lemon juice to the water to avoid the rust.
- Add the bags to the mixing bowl, only when the water has already reached the goal temperature.
- Heating up the water takes an average of 10 – 15 minutes. The amount of water noted in the table is a reference, it depends on the volume of the bags. The bags must be completely covered with water, without exceeding the maximum filling mark of the mixing bowl (2.2 l).
- If the ingredients have different weight or thickness, the times have to be adjusted.
- Searing meat after sous vide cooking will add flavour and provide further food safety measures.



**SOUS VIDE ASPARAGUS  
WITH POACHED EGGS**

*Perfectly poached, rely on the  
Sous-vide made to cook eggs  
for your asparagus.*

## Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<b>MEAT</b>	Beef filet steak / Flank steak	720 – 800 g	4 × 180 – 200 g each, 2.5 – 3 cm thick	Approx. 1400 g	2	54 °C	1 h 30 min	medium-rare	Sear in a pan at the end of cooking
						60 °C	1 h 30 min	medium	
						64 °C	1 h 30 min	well done	
	Beef prime rib, boneless	900 g	2 × 450 g each, 3 – 4 cm thick (max. 14 cm long)	Approx. 1300 g	2	58 °C	2 h 15 min	medium-rare	Sear in a pan at the end of cooking
						65 °C	1 h 45 min	medium	
						70 °C	1 h 30 min	well done	
	Beef brisket	600 – 800 g	cut in 2 pieces, 5 – 6 cm thick	Approx. 1400 g	2	85 °C	12 h	achten dafall apart	To give extra flavour marinate before cooking
	Veal medallions	650 – 800 g	8 × 80 – 100 g each, 2.5 cm thick	Approx. 1400 g	2	64 °C	1 h 30 min	well done	Sear in a pan at the end of cooking
	Lamb chops	250 – 350 g	4 × 60 – 80 g each, 2.5 cm thick	Approx. 1800 g	2	58 °C	1 h 45 min	pink	
	Pork tenderloin	500 – 700 g	1 loin cut in 2 pieces, Ø 5 cm	Approx. 1200 g	2	75 °C	1 h	well done	
Pork chops	700 g	2 pork chops, 3.5 cm thick	Approx. 1400 g	2	60 °C	2 h 30 min	well done	Sear in a pan at the end of cooking	
Pork cheeks	650 – 800 g	8 × 80 – 100 g each	Approx. 1400 g	2	85 °C	8 h	succulent and fork tender		

## Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<b>MEAT</b>	<b>Pork belly, skin on</b>	500 – 600 g	2 × 250 – 300 g each, 4.5 cm thick	Approx. 1500 g	2	80 °C	7 h	succulent and fork tender	
	<b>Pork shoulder, boneless</b>	800 g	cut in 2 pieces, 4 – 5 cm thick	Approx. 1400 g	2	85 °C	12 h	fall apart	To give extra flavour marinate before cooking
	<b>Duck breast</b>	500 – 600 g	2 × 250 – 300 g each, 2.5 – 3 cm thick	Approx. 1200 g	2	62 °C	1 h 30 min	pink	Sear in a pan at the end of cooking
	<b>Chicken breast</b>	500 – 600 g	2 × 250 – 300 g each, 2 – 3 cm thick	Approx. 1500 g	2	72 °C	1 h 30 min	well done	Cook with skin on and sear at the end of cooking or just rub with a mixture of herbs or spices
	<b>Chicken thighs</b>	700 – 750 g	4 × 180 g each, 3 cm thick	Approx. 1400 g	1 – 2	75 °C	1 h	well done	If it's with skin on, sear in a pan after finish cooking
	<b>Chicken drumsticks, skin on</b>	600 g	4 × 150 g each, 4 – 5 cm thick	Approx. 1400 g	1 – 2	75 °C	1 h 15 min	well done	If it's with skin on, sear in a pan after finish cooking



## Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<b>FISH/SEAFOOD</b>	Fish, lean (monkfish/hake)	800 g	4 × 200 g each, 2 cm thick	Approx. 1400 g	2	60 °C	1 h	done	Fish for sous vide recipes must be of sashimi quality i.e. suitable for eating raw, or must have been frozen at a minimum of -20 °C for at least 24 hours. We recommend buying frozen fish or seafood for sous vide cooking. Thaw before cooking.
	Fish, fatty (salmon, with or without skin)	600 g	4 × 150 g each, 3 cm thick	Approx. 1450 g	2	55 °C	45 min	medium	
	Shrimps/prawns, peeled, mediums size	350 – 380 g	24 pieces of 15 g each	Approx. 1500 g	2	62 °C	30 min	done	
	Prawns, peeled and deveined, large size	480 – 500 g	16 pieces of 30 g each	Approx. 1660 g	2	70 °C	20 min	done	
	Octopus tentacles	500 – 800 g	2 – 2.5 cm thick	Approx. 1400 g	1 – 2	82 °C	7 h	juicy and tender	Use fresh or thawed octopus. Using frozen octopus will give a tender texture. The freezing process benefits the octopus, as the meat will tenderize while thawing.

## Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<b>EGGS</b>	Poached eggs	4–6	eggs size M (53–63 g, each)	Approx. 1400 g	0	72 °C	18–20 min	soft egg yolk	Each egg without shell wrapped in a greased cling film closed with kitchen string, removing the maximum air as possible.
	Onsen eggs (low temperature eggs in shell)	6	eggs size M (53–63 g each)	Approx. 1850 g	0	65 °C	45 min	running egg white, soft egg yolk	Place whole eggs in the simmering basket. After cooking time, cool immediately in an ice bath.
<b>VEGETABLES, ROOTS</b>	Carrots	300–600 g	15 cm long, Ø 2 cm	Approx. 1500 g	1–2	85 °C	45 min		Sauté at the end of cooking for a couple minutes to glaze them in their own juices.
	Beetroots	600 g	Ø 4–5 cm each	Approx. 1300 g	1	85 °C	3 h		Halve larger roots
<b>VEGETABLES, TENDER</b>	Green beans, fresh	300–600 g	normal or flat	Approx. 1500 g	1–2	85 °C	45 min		To cook the vegetables, just season with salt, ground pepper and fresh aromatic herbs and add olive oil or butter in the bag before cook for a great side dish.
	Mushrooms	250 g	Ø 3–5 cm	Approx. 1500 g	1–2	59 °C	1 h		

## Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<b>VEGETABLES, TENDER</b>	Aubergines	320 – 360 g	2 × 160 – 180 g, each cut in 1.5 – 2 cm slices	Approx. 1500 g	1 – 2	85 °C	2 h		Grill at the end of cooking for a smoked flavour.
	Asparagus	500 g	Ø 1.5 cm	Approx. 1500 g	1 – 2	82 °C	15 min		Great to serve with sous vide poached eggs.
<b>FRUITS, FIRM</b>	Pears, ripe	600 g	4 × 150 g each, halved	Approx. 1600 g	2	80 °C	1 h 30 min		For a different twist, season with spices and/or add some drink, such as a sweet wine, rum or a fruit juice. Serve with ice cream or a custard.
	Pineapples	400 g	4 slices × 100 g each, 2 cm thick	Approx. 1500 g	1	85 °C	45 min		See tip for <i>pears, ripe</i> .
<b>FRUITS, SOFT</b>	Apricots	300 – 350 g	3, halved, Ø 5 cm	Approx. 1400 g	1	80 °C	1 h		See tip for <i>pears, ripe</i> .
	Bananas	400 g	4 × 100 g each, Ø 3 cm	Approx. 1500 g	1	68 °C	20 min		See tip for <i>pears, ripe</i> .

## Introduction to Slow Cooking

The soothing smell of dinner that has been slow cooking, rich aromas and the promise of a nourishing supper is one of the comforts of home. Slow cooking in Thermomix® cooks over a longer period of time than regular recipes, bringing out the full flavour of ingredients, and softening tougher textures on the way.

Slow cook recipes are quick to prepare, and slow to cook, taking the meal preparation pressure away from the busy parts of the day. This is especially welcome on a busy weekday, but also on a weekend, when you have time to catch up with your family or guests while dinner is cooking.

Less tender and tougher cuts of meat melt into succulence and softness after a slow cook in Thermomix®. Choose less expensive cuts of meat, pork shoulder, lamb shoulder, beef brisket or chicken thighs and enjoy the results. If you enjoy making confit, just add your favourite confit ingredients and cook in the Slow cook mode, and Thermomix® will produce a good and reliable result every time.



### **SLOW COOKED PORK BELLY WITH NOODLES**

*The cooking broth is used to cook the noodles in.*

## Instructions for slow cooking

### INSTRUCTIONS

Choose fresh or frozen ingredients for slow cooking, according to your recipe. When using frozen ingredients, thaw meat, poultry or frozen vegetables thoroughly before cooking. This is to allow the low level of heat to reach the centre and heat up thoroughly.

To ensure even cooking, cut the pieces to roughly the same size and thickness. Season or marinate the pieces. Trim any fat from the meat before slow cooking. The fat won't drain away when you slow cook the meat, so it is better to trim it off. Removing the fat will give you a healthier result, and it'll still be tasty.

Insert the blade cover into the bowl as shown in the instructions. Place prepared ingredients into the mixing bowl evenly distributed over blade cover.

Add flavourings such as spices, aromatics and other ingredients at the beginning of the cooking.



Add liquid such as broth, stock or sauce to cover the ingredients, but not to immerse the ingredients.

Note that the liquid amount does not reduce in slow cooking as it does in other methods, so do not overfill.

Set the temperature according to your recipe, and follow the instructions on the screen.

Pasta and rice can be added at the end of cooking, and then cooked using the normal cooking.

Fresh ingredients that need a short cooking time such as spinach, broccoli, peas and courgettes can be added at the end, as well as fresh herbs. Stir in milk, sour cream and cream cheese at the end of cooking so that they keep the richness of texture.

To thicken a sauce in your slow cook recipe:

- add 10 g of flour at the beginning of the recipe, and allow it to thicken in the cooking.
- Add 15 g of cornflour made into a paste with 15 g cold water and add at the end of cooking, and bring it to a simmer to thicken.
- Stir in tomato puree to thicken
- Leave the measuring cup lid off the bowl, and reduce the sauce for **10 mins/ 120 °C/ Speed 4**.

**SLOW COOKED PINEAPPLE**

*Sweet and savoury, a wide variety of different ingredients can be cooked in Slow Cook mode. Be inspired!*



## Notes to the slow cooking table

- Add 1 level tbsp ascorbic acid or 30 g lemon juice to the water to prevent the rust.
- The amount of liquid noted in the table is a guide. Slow cooking methods do not need as much liquid as other recipes, because nothing evaporates.
- Observe the maximum filling mark of 2.2 litres.
- Use a maximum of 800 g meat.
- Do not cook red kidney beans in a slow cooker, the temperatures reached are not high enough to kill the naturally occurring toxins.
- If the ingredients have different weight or thickness, the times have to be adjusted
- Searing meat after slow cooking will add flavour and texture.

## Recommended cooking time and temperature

	Ingredient	Quantity	Size/thickness	Guide to amount of liquid	Temperature TM6	Time	Tips
<b>MEAT</b>	Stewing steak	400 g	3 cm × 3 cm	Approx. 300 g	85 °C	7 h	A rich sauce from beef stock and stout beer such as Guinness makes a great tasting casserole.
	Beef mince	600 g		Approx. 750 g	98 °C	4 h	Cook the beef in a classic tomato sauce, a mixture of 150 g red wine, 200 g beef stock, 400 g canned chopped tomatoes, to make a bolognese. This recipe is possible without the blade cover.
	Beef short ribs, boneless	800 g	cut in 8 pieces	Approx. 700 – 800 g	98 °C	4 h 30 min	Great for a classic stew made with vegetables in a mixture of red wine and a rich meat broth.
	Lamb shoulder	650 g	diced, 4 cm × 4 cm	Approx. 450 – 500 g	98 °C	6 h	Marinate first in a curry paste and use coconut milk to make a great lamb curry.
	Pork cheeks	500 g	4 × 100 – 120 g each	Approx. 1500 g	95 °C	8 h	Marinate first in some oil and onion for a succulent result.
	Pork belly, skin on	600 g	diced, 3 cm × 9 cm	Approx. 750 g	98 °C	4 h	Cook in vegetable stock. Sear at the end of cooking time. Sieve the cooking broth, and add seasonings, to cook rice noodles in and serve with the pork belly.
	Pork shoulder, boneless, without rind	800 g	diced, 10 cm × 10 cm	Approx. 750 g	98 °C	4 h	Marinate before cooking for best results. Use chicken stock to cook. At the end of cooking, shred the meat and toss in a BBQ sauce.
	Meatballs	500 g minced beef, 10% fat	30 g each	Approx. 800 g	98 °C	3 h	The meatballs can be slow cooked in a classic tomato sauce, from canned chopped tomatoes.

## Recommended cooking time and temperature

	Ingredient	Quantity	Size/thickness	Guide to amount of liquide	Temperature TM6	Time	Tips
<b>MEAT</b>	Duck legs	2	Skin on, bone in, approx. 800 g total	Approx. 1020 g	98 °C	3 h	Flavour chicken stock with dried cherries, vegetables and bay leaf for a delicious fork tender, cooked duck. Shred the cooked duck and serve with plum sauce.
	Chicken thighs	700 – 800 g	4 × 180 g each, 3 cm thick	Approx. 700 g	95 °C	3 h 30 min	A mixture of red chilli, red pepper, tomato and chicken broth is a good base for a chicken thigh stew.
	Chicken drumsticks	6		Approx. 650 g	98 °C	3 h	Using a chinese inspired sauce of orange juice, chicken stock, honey and soy makes a tasty chicken dish.
	Turkey legs, skinless	650 g	cut in cubes 4 – 6 cm	Approx. 550 g	95 °C	3 h	Can be slow cooked in chicken broth with vegetables and served with sautéed mushrooms with bacon.
<b>OTHER</b>	Octopus tentacles	500 – 800 g	2 – 3 cm thick	Approx. 800 g	80 °C	5 h	Cover with olive oil for a tasty octopus confit.
	Squid	500 – 800 g	cut in rings plus tentacles	Approx. 800 g	80 °C	5 h	Slow cook in a rich tomato sauce.
	Dried haricot beans, soaked overnight	200 g dried weight		Approx. 560 g	98 °C	4 h	Soak overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole
	Chickpeas, soaked overnight	200 g dried weight		560 g liquid, vegetable stock, seasoning, olive oil 50 ml	98 °C	4 h	Soak overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.



## Recommended cooking time and temperature

	Ingredient	Quantity	Size/thickness	Guide to amount of liquide	Temperature TM6	Time	Tips
<b>OTHER</b>	Dried butter beans, soaked overnight	200 g dried weight		Approx. 560 g	98 °C	4 h	Soak overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
	Root vegetables – carrots, onions, celeriac, sweet potato	600 g	10 cm long, Ø 2 cm	Approx. 1300 g	85 °C	2 h 30 min	Cook in a chicken or vegetable stock. Serve the vegetables in some of the cooking liquid sprinkled with fresh herbs. The cooking broth makes a tasty soup base.
	Butternut/hokkaido squash	700 g	cut in slices 1 cm x 3 cm x 6 cm	Approx. 1200 g	85 °C	4 h	Braise the squash pieces in a mix of vegetable stock and miso stock for a tasty vegetable dish. Stir in chopped fresh herbs before serving.
	Pears, ripe but firm	4 pears x 180 g each	whole, peeled	Approx. 1100 g	90 °C	4 h	Cook in a wine syrup, and flavour with orange zest, cinnamon stick and star anise.
	Pineapples	500 g	6 wedges, lengthwise, 2 cm thick at edge	Approx. 800 g	85 °C	2 h	Cook in a syrup, and flavour with chili and rum. Serve the pineapple with the syrup, and ice cream.
	Tart eating apples	4 apples	halved, skin on	Approx. 1400 g	95 °C	2 h	Cook in syrup, and keep until ready to serve. Tasty for breakfast or dessert.
	Nectarines/ peaches, firm	400 g	4, halved, skin on	Approx. 1700 g	95 °C	2 h	Drizzle with honey to serve.

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