

Ma Cuisine



magimix[®]



magimix



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IMPORTANT SAFEGUARDS

Whenever you use an electrical appliance, you must take some basic safety precautions, including the following:

- Read through all the instructions carefully before you start. To avoid the risk of electric shock, never immerse your appliance in water or any other liquid.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. Keep the appliance and its cord out of reach of children aged less than 8 years.
- If the power cord has been damaged, or if your appliance is no longer working properly, it must be replaced or repaired by the manufacturer, a Magimix-approved after-sales service or a similarly qualified person, in order to avoid all risks.
- Always unplug your appliance if you are leaving it unattended, and before cleaning it, or fitting or removing parts.
- Before plugging an appliance in, always check that the voltage indicated on that appliance corresponds to the voltage of your mains supply.
- Models with a chrome finish must always be connected to a grounding outlet with their original power cord.
- Never allow the power cord to dangle over the edge of your worktop or counter, and make sure it never comes into contact with hot surfaces.
- Never insert your hands – or a utensil - in the feed tube while the disc, blade or juicer is moving, to prevent serious injury and avoid damaging the appliance
- You may use a spatula, but only when the processor is not running.
- Never put the processor bowls in your microwave oven.
- Always handle the discs and blades with caution, as they are extremely sharp.
- To avoid all risk of injury, never install the metal blades or discs on the motor shaft unless the bowl has been locked into position first.

IMPORTANT SAFEGUARDS



- The blades are all extremely sharp: never use the slicing disc until all the parts have been properly assembled.
- Never use your appliance if the sieve (juicer basket) has been damaged in any way.
- Your appliance is equipped with a thermal protection that automatically switches the motor off if it has been running for too long or is overloaded. If this happens, turn your machine off and wait for it to cool down completely before switching it back on again.
- Never leave your appliance running unattended, even though you do not have to keep the AUTO button pressed.
- Check that the lid is completely level and correctly locked into position before switching your appliance on.
- Never attempt to override the safety mechanisms.
- Press the STOP button and wait for all the moving parts to come to a standstill before turning the lid.
- Never use your appliance out of doors.
- This appliance is intended solely for domestic use.
- The following usages are not covered by the warranty: in kitchen areas reserved for personnel in shops, offices and other workplace environments, on farms, by the patrons of hotels, motels and other commercial environments of a residential nature, and in bed and breakfast-type environments.

KEEP THESE IMPORTANT SAFEGUARDS IN A SAFE PLACE FOR DOMESTIC USE ONLY

ELECTRICAL WIRING

FOR THE USA AND CANADA ONLY

To reduce the risk of electric shock, this appliance has a grounding plug, fitted with a third (grounding) pin. This plug can only be connected to a grounding outlet. If the plug does not fit into your outlet, ask a qualified electrician to install the proper outlet. You must never modify the plug in any way.

DESCRIPTION



Metal blade



BlenderMix*



Grating disc



Slicing disc



Disc holder



Egg whisk



Dough blade



Storage box



Spatula



Graduated single pusher



Double pusher

Feed tube



XL lid

or



Standard lid



Mini bowl



Midi bowl*



Main bowl

Motor shaft



Motor unit

* depending on the model

STOP

AUTO

PULSE

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.

 **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.**

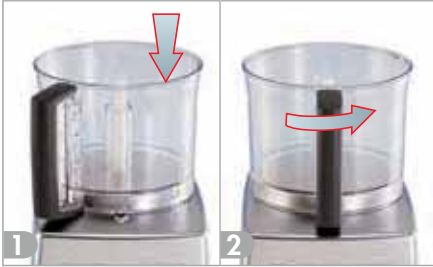
MAXIMUM PROCESSING CAPACITIES

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

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

FITTING 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 an anticlockwise direction 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. 13).
- Do not leave the lid in the locked position when the machine is not in use.



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



3
Remove the blade from the mini bowl.



4
Lift the mini bowl out.



5
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, grinding, etc. **BlenderMix*** designed to ensure a smoother, creamier finish when blending soups and other liquids.



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



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



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

* depending on the model

METAL BLADE



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



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

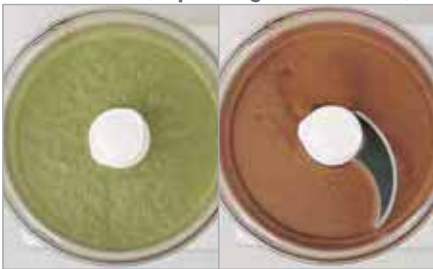


1 Place the metal blade on the motor shaft. It needs to be at the bottom of the bowl.

BLENDERMIX (depending on the model)

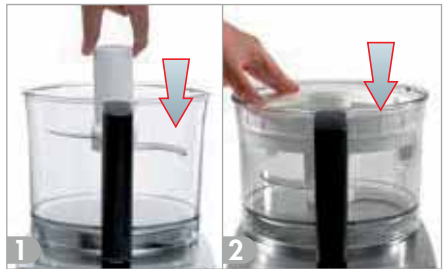


2 Place the ingredients in the bowl, put the lid on and turn it anticlockwise until it locks into position.



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 in the bowl. Turn the lid until it locks into position.

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

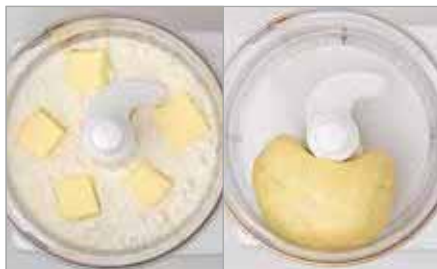


The metal blade is extremely sharp. Always hold it by the central hub. When emptying the bowl, either remove the metal blade first or hold it in place by the hub.

DOUGH BLADE



KNEADS leavened dough for bread, brioche, etc.



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. To avoid being engulfed in clouds of flour, put all the ingredients in the bowl before you switch your appliance on.



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



2 Place all the ingredients in the bowl. Put the lid on and turn anticlockwise 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. 5.

Check out our useful hints and tips on p. 18.

Use the spatula to scrape any remaining flour off the bowl walls.

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



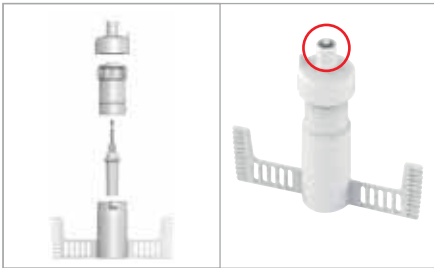
WHISKS egg whites

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. It needs to be 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 single pusher from the feed tube** to allow more air in.

Check out our useful hints and tips on p. 18.

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 holder onto the motor shaft.



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



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



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



For nonreversible discs*, make sure you put them the right way up. The central plastic part should be pointing downwards.

* depending on the model

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. 5).

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

A) XL MODELS



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.



B) NON-XL MODELS: you may need to cut round fruit or vegetables (e.g. apples, tomatoes) in half.

Check out our useful hints and tips on p. 18.

After grating or slicing, you will be left with tiny stubs of fruit or vegetables 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.



DOUGH BOWL KIT: perfect for hassle-free baking (bread, brioche, cakes). The dough is kneaded, proved and baked all in the same bowl.



MASH & PUREE KIT: for totally natural vegetable purées and fruit compotes.



DICING KIT: as well as dicing fruit and vegetables, you can also cut them into sticks or french fries.



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

OPTIONAL DISCS



- 6-mm grater
- 6-mm slicer
- Parmesan
- Wide julienne
- Extra wide julienne
- Fluted
- Julienne

USING THE CITRUS PRESS



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



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



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.



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



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



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. 18.

CLEANING

Always unplug your appliance before you clean it.



1 Always clean it immediately after use (water + washing-up liquid).



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

3 **DOUGH BLADE:** remove the detachable cap* for a more thorough clean.



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 (< 100°F) and avoid the drying cycle (generally > 140°F).
- 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 foodstuffs such as carrots tend to stain plastic. Rubbing with a piece of kitchen paper 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 unit in water.

Vitamins

	Fruit				Vegetables			
	B1	C	A	D	B1/B6	A	E	K
Apple	•	•		•	Asparagus	•		•
Apricot	•	•	•	•	Cabbage	•	•	•
Blackberry	•	•	•	•	Carrot	•	•	•
Blackcurrant	•	•		•	Celeriac	•		
Cherry	•	•	•	•	Celery	•	•	•
Grape	•	•		•	Chicory	•		
Grapefruit	•	•	•	•	Courgette	•	•	•
Kiwi fruit	•	•	•	•	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, blackcurrants, 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	celeriac, 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 1/2 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.

Pop 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. the foods should be firm, not frozen!

PRACTICAL

- To minimize cleaning, work first with 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 page 5.



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 pieces 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 chunks before introducing them into the feed tube, or leave them whole.
Make sure you do not fill the feed tube 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 whip 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!



USEFUL HINTS & TIPS



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.
- Some foods, such as carrots, tend to stain plastic. Rubbing the part with towel paper and a little vegetable oil will remove most of the staining.



MAIN BOWL

- **Liquid ingredients:** never fill the bowl more than a one-third full.
- **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 one-inch chunks.
- If you are chopping **meat or fish**, use the PULSE button to precisely control the end result.
- For **vegetable purées**, cut the cooked vegetables into large chunks 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.





DOUGH BLADE

- **Soft dough (brioche, choux pastry, etc.):** Magimix food processors work on the rapid kneading principle. Doughs are kneaded for just 1-2 minutes, 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 nonliquid ingredients (flour, salt, butter, eggs, etc.) in the bowl before adding the liquid ones (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 well chilled. Place the food processor bowl in the freezer for 10 minutes beforehand. If you desire, add some powdered stabilizer (e.g. Whip It®) to the cream, as this will keep it stiff for several hours in the fridge. Keep a close eye on the cream while it is being whipped, to avoid turning it into butter.



CITRUS PRESS

- There are **2 cones**: a small one for lemons and limes, and a large one for oranges and grapefruit.



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. Wholemeal flour, for instance, contains more bran, which absorbs more water.



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

Self-rising flour has low gluten content, or wholemeal flour with a rising agent mixed in, usually baking powder. It is 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 **superfine sugar**, rather than granulated sugar, which has coarser crystals. Powdered sugar is very fine and is commonly used for cake decoration.

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

Yeast comes in two forms – fresh or dried. In our recipes, we have chosen to use fresh yeast, which you can get from your local baker, as well as from speciality shops (or the bakery section of your nearest supermarket). If you use dried yeast, remember to use half the amount indicated for fresh yeast.

For the very best results, always dissolve the yeast in a liquid heated to 95°F. Yeast is a living organism, and if the liquid is any hotter, it will kill it.

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

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

Heavy 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 are sold in four different sizes, with medium eggs weighing 2 to 2 ¹/₄ oz. 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 0.1 oz to 4 ¹/₂ lb) is vital, as is a cooking thermometer that can measure temperatures of up to 400°F.

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

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

A pastry 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 tins 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 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 and the size and material of the container. This is why we recommend you to monitor the baking process and be ready to adjust the cooking time, if necessary.

Avoid opening the oven door while your dish is cooking.

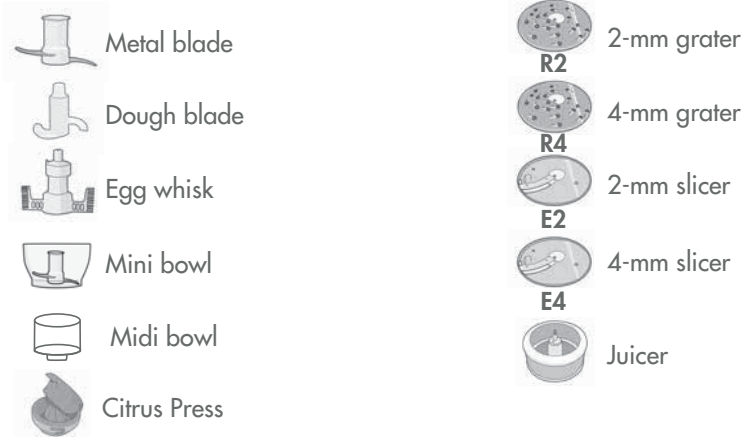


HOW TO READ THE RECIPES

Level of difficulty:  very easy -  easy -  more sophisticated

Measurements: tsp = teaspoonful tbsp = tablespoonful 1 bowl = 9 - 12 oz

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



- 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 +
Compact 3200	•	•		
Cuisine Système 4200	•	•	•	
Cuisine Système 5200	•	•	•	•



Garlic unsalted butter for stuffed snails



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	6 min.	6 min.	8 min.	8 min.
Dozen Snails	2	4	6	8
Unsalted butter	7 tbsp	1 cup	1½ cups	2 cups
Garlic cloves	2	4	6	8
Parsley, bunches	½	1	1	2
Shallots	½	1	2	3
Drops pastis	2	4	6	8
Salt & pepper	To taste	To taste	To taste	To taste

Peel the garlic and shallots. Wash and dry the parsley.

Put the garlic, shallots and parsley in the Mini Bowl. Blend for 1 minute, then add the pastis and the diced unsalted butter. Season with salt and pepper.

Blend for a further 1 minute. The mixture should have a smooth consistency.

This unsalted butter can be kept in the fridge for several days or stored in the freezer in an airtight container.

Mayonnaise



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Egg yolks	1	2	3	4
Strong mustard	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Oil	¾ cup	1½ cups	2¼ cups	2¾ cups
Vinegar	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Salt & pepper	To taste	To taste	To taste	To taste

Put the egg yolks, mustard and a tablespoon of oil in the Mini Bowl.

Blend for 20 seconds, then slowly drizzle in half the remaining oil via the feed tube, increasing the flow as the mixture thickens.

Add the salt and pepper and then, with the machine still running, pour in the rest of the oil.

Wait until the very last minute to add the vinegar.

All the ingredients must be at room temperature.

To achieve a softer consistency, use whole eggs.

Pesto



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Garlic cloves	1	1	2	2
Basil, bunches	1	1	2	2
Pine nuts	1½ oz	1¾ oz	2¾ oz	3¼ oz
Olive oil	6 tbsp	7 tbsp	½ cup	¾ cup
Grated Parmesan	4 tbsp	5 tbsp	8 tbsp	9 tbsp
Salt & pepper	To taste	To taste	To taste	To taste

Wash the basil. Remove the leaves and pat them dry. Peel the garlic cloves, slice them in half and discard the central shoots.

Place the garlic, basil, pine nuts, parmesan, pepper and 1 teaspoon salt in the Mini Bowl.

Pulse approximately 10 times to obtain a smooth mixture.

With the machine running, add the olive oil via the feed tube.

Delicious with pasta.

Aïoli sauce



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	6 min.	6 min.	8 min.	8 min.
Mayonnaise, bowls	½	1	1½	2
Garlic cloves	2 - 3	4 - 5	6 - 8	8 - 10

Peel the garlic and put it in the Mini Bowl.

Blend for 30 seconds and leave the resulting garlic paste at the bottom of the bowl.

Make the mayonnaise on top of the paste, according to the recipe on p. 26

Makes an excellent vegetable dip.



Herb mayonnaise



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Shallots	1	2	3	4
Unsalted butter	4 tbsp	7 tbsp	¾ cup	1 cup
Sprigs tarragon	1	2	3	4
Egg yolks	1	2	3	4
Vinegar	4 tbsp	7 tbsp	½ cup	¾ cup
Salt & pepper	To taste	To taste	To taste	To taste

Chop the shallots and tarragon in the Mini Bowl (4-5 pulses).

Put the resulting mixture in a small, thick-bottomed saucepan with the vinegar, salt and pepper. Reduce* to half its original volume over a low heat.

Pour the reduction into the Mini Bowl. Add the egg yolks and pulse 3 times.

Add the diced unsalted butter and pulse 5-6 times until the sauce reaches the right consistency.

Serve with grilled red meat.

Cocktail sauce



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	10 min.
Mayonnaise, bowls	½	1	1½	2
Tomato ketchup	1½ tsp	1 tbsp	1½ tbsp	2 tbsp
Port / brandy	1½ tsp	1 tbsp	1½ tbsp	2 tbsp
Worcestershire sauce	¾ tsp	¾ tsp	1½ tsp	1½ tsp
Drops Tabasco	1	2	3	4
Crème fraîche or heavy whipping cream	1½ tsp	1 tbsp	1½ tbsp	2 tbsp

Make the mayonnaise according to the recipe on p. 26.

When it is ready, add the other ingredients and pulse 5-6 times until the sauce reaches the right consistency.

A classic accompaniment for prawns and avocado pear.

Rouille sauce



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Garlic paste	$\frac{3}{4}$ tsp	$1\frac{1}{2}$ tsp	$2\frac{1}{4}$ tsp	3 tsp
Egg yolks	1	2	3	4
Olive oil	1 cup	$1\frac{1}{2}$ cups	$2\frac{1}{4}$ cups	$2\frac{3}{4}$ cups
Tomato purée	1 tbsps	1 tbsps	$1\frac{1}{2}$ tbsps	2 tbsps
Powdered saffron	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp
Pinches of Cayenne pepper	1	1	1	2
Salt & pepper	To taste	To taste	To taste	To taste

Place the garlic paste in the Mini Bowl.

Add the egg yolks, saffron and Cayenne pepper. Season lightly with salt and pepper.

Blend for 20 seconds, then slowly drizzle in the olive oil via the feed tube, as if you were making mayonnaise.

Add the tomato purée via the feed tube and give a few final pulses to obtain a smooth consistency.

The eggs must be at room temperature.

Serve with Mediterranean fish stew (bouillabaisse), fried or poached fish and fish soup.

Tartar sauce



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Mayonnaise, bowls	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Gherkins	3	4	6	8
Capers	$1\frac{1}{2}$ tbsps	2 tbsps	3 tbsps	$3\frac{1}{2}$ tbsps
Spring onions	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Parsley, chives, chervil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Chop the gherkins, capers, onions and herbs in the Mini Bowl. Set aside.

Make the mayonnaise as described on p. 26.

Fold in the reserved mixture and pulse 2-3 times. Season according to taste.

Serve with minced raw fish or beef.

Mint sauce



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Fresh mint, bunches	½	1	1½	2
Boiling water	1½ tbsp	3 tbsp	5 tbsp	6 tbsp
Granulated sugar	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Wine vinegar	2½ tbsp	5 tbsp	7 tbsp	10 tbsp

Use the Mini Bowl. Trim the mint, place it in the bowl and process for 15-20 seconds or until it is finely chopped.

Dissolve the granulated sugar in the boiling water and add it and the vinegar to the bowl.

Process briefly to mix, then leave to cool before serving.

Sausage meat



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	8 min.	10 min.	12 min.	15 min.
Stuffing	For ½ lb	For 1 lb	For 1¼ lb	For 1¾ lb
Fresh pork	5 oz	7 oz	½ lb	1 lb
Streaky bacon	5 oz	7 oz	½ lb	1 lb
Garlic cloves	1	1	½ lb	1 lb
Salt	1¼ tsp	1½ tsp	2¼ tsp	3 tsp
Freshly-ground black pepper	¼ tsp	¼ tsp	¾ tsp	¾ tsp
Sprigs parsley	1	1	2	2

Bone the meat and cut into chunks. Peel the garlic.

Place the meat, garlic, parsley, salt and pepper in the bowl with the metal blade.

Pulse until the mixture reaches the desired consistency.

The stuffing should not be too smooth.

Sausage meat can be used for stuffing tomatoes and other vegetables, as well as making meat stuffed olives or paupiettes.

Blini batter



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	20 min.
Rising	3 hrs	3 hrs	3 hrs	3 hrs
Number of blinis	6	12	18	24
Wheat flour	$\frac{3}{4}$ cup	$1\frac{3}{4}$ cups	$2\frac{1}{4}$ cups	$3\frac{1}{4}$ cups
Fresh yeast	1 tsp	2 tsp	3 tsp	$4\frac{1}{2}$ tsp
Eggs	1	2 + 1 yolk	3 + 2 yolks	4 + 2 yolks
Crème fraîche or heavy whipping cream	1 tbsp	2 tbsp	3 tbsp	3 tbsp
Unsalted butter	1 tbsp	3 tbsp	4 tbsp	5 tbsp
Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cup	$1\frac{3}{4}$ cups
Pinches of salt	1	1	2	2

Heat the milk until slightly warm. Separate the eggs.

Dissolve the yeast in 3 tablespoons of milk.

Put the flour, salt, egg yolks and dissolved yeast in the bowl with the dough blade.

Blend for 30 seconds then, with the machine running, gradually add the lukewarm milk via the feed tube.

Transfer to a large bowl, cover with a tea towel and leave to rise for 3 hours at room temperature.

Next, place the egg whites in the bowl with the whisk and process for 10 minutes until they form stiff peaks.

Gently fold the crème fraîche or heavy whipping cream into the batter, then the egg whites.

Cook the pancakes in a well-buttered heavy-based frying pan over a high heat.

Serve with salmon, salmon roe, crème fraîche or heavy whipping cream and lemon quarters.

Pizza dough



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Rising	1 hr	1 hr	1 hr	1 hr
All-purpose flour	$1\frac{1}{4}$ cup	$1\frac{3}{4}$ cups	$2\frac{1}{2}$ cups	$3\frac{1}{4}$ cups
Fresh yeast	2 tsp	3 tsp	4 tsp	6 tsp
Oil	2 tbsp	2 tbsp	3 tbsp	4 tbsp
Water	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Pinches of salt	1	1	2	2

Dissolve the yeast in a little water.

Place the flour, dissolved yeast, salt and oil in the bowl with the dough blade.

Blend for 30 seconds before adding the water via the feed tube. Cover the dough with a tea towel and leave to rise for 1 hour.

If possible, purchase fresh yeast from your local baker.

Shortcrust pastry



Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Dough	For 1/2 lb	For 1 1/4 lb	For 2 lb	For 2 3/4 lb
All-purpose flour	1 1/4 cups	2 1/2 cups	3 1/2 cups	5 1/4 cups
Softened unsalted butter	1/2 cup	3/4 cup	1 cup	1 cup
Pinches of salt	1	1	2	2
Water	3 tbsps	1/4 cup	1/2 cup	1 cup

Place the flour, salt and diced unsalted butter in the bowl with the dough blade. Switch the machine on and add the water via the feed tube.

Continue blending and switch the machine off as soon as the dough forms a ball.

Leave in a cool place for 1 hour.

1/2 lb of dough is sufficient for a 12-inch pie dish.

If the mixture fails to form a ball, add a little water.

The amount of water required will depend on the absorbent capacity of the flour.

Rich shortcrust pastry



Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Dough	For 1 lb	For 1 3/4 lb	For 2 1/2 lb	for 3 lb
All-purpose flour	1 1/4 cups	2 1/2 cups	3 1/2 cups	4 cups
Softened unsalted butter	1/2 cup	1 cup	1 1/4 cups	1 1/2 cups
Granulated sugar	7 tbsps	3/4 cup	1 cup	1 1/4 cups
Eggs	1	1	2	2
Pinches of salt	1	1	2	2
Water	2 tbsps	3 tbsps	1/4 cup	1/2 cup

Put the flour, salt, granulated sugar and eggs in the bowl with the dough blade.

Blend for 30 seconds. Switch off and add the diced unsalted butter.

Switch on again, add the water via the feed tube and stop blending as soon as the dough forms a ball.

Leave in a cool place for 30 minutes.

Rich shortcrust pastry can be used for making tarts or cut into shapes for biscuits.

If the dough fails to form a ball, add a little water.

1 lb of dough is sufficient for a 12-inch quiche mold.

The amount of water required will depend on the absorbent capacity of the flour.



Puffed pastry



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	25 min.
Baking	15 min.	15 min.	15 min.	15 min.
Number puffs	15	30	45	60
All-purpose flour	8 tbsps	$\frac{3}{4}$ cup	$1\frac{1}{2}$ cups	2 cups
Unsalted butter	3 tbsps	6 tbsps	8 tbsps	$\frac{3}{4}$ cup
Eggs	2	4	6	8
Water	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$1\frac{1}{2}$ cups	$2\frac{1}{4}$ cups
Granulated sugar	1 tbsps	1 tbsps	2 tbsps	2 tbsps
Icing bag, (optional)	1	1	1	1

Preheat your oven to 355°F (gas mark 4).

Pour the water into a pan, add the diced unsalted butter and granulated sugar.

Bring to the boil. Remove from the heat and pour in all the flour. Mix quickly with the spatula. Return to the heat for approximately 1 minute until the dough forms a ball and no longer sticks to the sides of the pan.

Draw aside and place the dough in the bowl with the dough blade. Process for 1 minute, then add the eggs one by one via the feed tube. Process for a further 1 minute.

Lightly oil a baking tray.

Transfer the mixture to an icing bag with a plain nozzle (or use a teaspoon) and pipe out small mounds on the tray, making sure that they are well-spaced. Bake for 15 minutes at 355°F (gas mark 4).

Fill the puff pastries with pastry cream, chocolate cream, sweetened whipped cream, etc.

Pancake batter



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Number of pancakes	12	16	24	32
All-purpose flour	$1\frac{1}{4}$ cups	$1\frac{3}{4}$ cups	$2\frac{1}{2}$ cups	$3\frac{1}{4}$ cups
Eggs	2	3	4	6
Oil	1 tbsps	1 tbsps	$1\frac{1}{2}$ tbsps	2 tbsps
Milk or beer	1 cup	$2\frac{1}{4}$ cups	$3\frac{1}{4}$ cups	$4\frac{1}{4}$ cups
Pinches of salt	1	1	2	2

Place the flour, eggs, oil and salt in the bowl with the metal blade.

Blend for 30 seconds, then gradually add the milk via the feed tube and blend for a further 2 minutes.

The pancakes will be even better if the batter is left to stand for 2 hours.

For lighter pancakes, you can replace the milk with beer.

Waffle batter



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Number of waffles	6	12	18	24
All-purpose flour	$\frac{3}{4}$ cup	$1\frac{3}{4}$ cups	$2\frac{1}{2}$ cups	3 cups
Granulated sugar	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups
Unsalted butter	5 tbsps	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{4}$ cups
Pinches of baking powder	1	2	3	4
Eggs	3	6	8	10
Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cups	$1\frac{3}{4}$ cups
Pinches of salt	1	2	3	4

Place the flour, granulated sugar, unsalted butter, baking powder, eggs and salt in the bowl with the metal blade.

Switch on and pour the milk in through the feed tube.

Blend for 2 minutes to obtain a soft batter.

Chocolate and hazelnut spread



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	10 min.
Cooking	3 min.	3 min.	5 min.	5 min.
Unsalted butter	7 tbsps	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups
Dark chocolate	7 tbsps	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Condensed milk	9 tbsps	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups
Hazelnuts	1 tbsps	2 tbsps	3 tbsps	4 tbsps

Melt the unsalted butter and chocolate in a bowl over a saucepan of very hot water. Meanwhile, chop the hazelnuts in the Mini Bowl, pulsing 4-5 times then blending continuously for 1 minute.

Add the chocolate mixture and blend for 1 minute, pouring the condensed milk in through the feed tube.

Put the spread in a jar and store either at room temperature for a softer consistency or in the fridge for a firmer consistency.

This spread will keep for several weeks in the fridge.

Whipped cream



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Whipping cream	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cups	2 cups	$2\frac{1}{4}$ cups
Powdered sugar	2 tbsps	4 tbsps	7 tbsps	7 tbsps

Place the bowl and the ingredients in the fridge for 1 hour.

Whisk the cream in the bowl with the egg whisk. When the cream starts to thicken, add the powdered sugar.

Continue whisking for 7-8 minutes, keeping a close eye on it to ensure that it does not turn into unsalted butter.

For a thicker cream, put the preparation back in the fridge for 20 minutes. Avoid using low-fat cream as this will give disappointing results.

Pastry cream



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	20 min.
Cooking	5 min.	5 min.	10 min.	15 min.
Milk	1 cup	$1\frac{1}{2}$ cups	$2\frac{1}{4}$ cups	3 cups
Granulated sugar	4 tbsps	6 tbsps	7 tbsps	$\frac{3}{4}$ cup
All-purpose flour	3 tbsps	4 tbsps	5 tbsps	$\frac{1}{2}$ cup
Egg yolks	2	3	4	6
Vanilla beans	1	1	1	2

Set aside 1 glass of cold milk.

Pour the rest of the milk into a saucepan. Add the split vanilla beans.

Bring to a boil.

Put the granulated sugar, flour and egg yolks in the bowl with the metal blade. Pulse twice, add the glass of milk via the feed tube and pulse twice again.

Remove the vanilla beans from the hot milk. Scrape the seeds from the interior with the tip of a knife and add them to the glass of milk.

With the machine running, immediately start pouring the milk very gradually onto the preparation.

Return everything to the saucepan and simmer gently, stirring with a wooden spatula.

Remove from the heat as soon as the cream starts to coat the spatula.

Pour into a large bowl, sprinkle with granulated sugar to prevent a skin forming and leave to cool.

You can use this cream to fill pastry puffs or éclairs.



Anchovy paste



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Anchovies in olive oil	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{2}$ cups	$1\frac{3}{4}$ cups
Garlic cloves	$1\frac{1}{2}$	2	3	4
Balsamic vinegar	$\frac{3}{4}$ tsp	$\frac{3}{4}$ tsp	$1\frac{1}{4}$ tsp	$1\frac{1}{2}$ tsp
Bread slices	1	1	2	2
Crème fraîche or heavy whipping cream	5 tbsp	6 tbsp	9 tbsp	11 tbsp
Pepper	To taste	To taste	To taste	To taste

Drain the anchovies on kitchen paper. Soak the sliced bread in milk, then squeeze out the surplus.

Put the anchovies, bread, garlic cloves (discard the central shoots), vinegar and pepper in the Mini Bowl.

Blend for approximately 30 seconds to obtain a paste.

Leaving the machine running for another 20 seconds or so, gradually add the crème fraîche or heavy whipping cream via the feed tube until it is completely absorbed.

Delicious with raw vegetables.

Eggplant caviar



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Cooking	45 min.	45 min.	45 min.	45 min.
Eggplants	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Garlic cloves	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Lemon juice	$1\frac{1}{2}$ tsp	1 tbsp	$1\frac{1}{2}$ tbsp	2 tbsp
Coarse salt	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Preheat your oven to 355°F (gas mark 4). Wash and dry the eggplants, then prick them with a fork.

Arrange the eggplants in an oven dish lined with coarse salt and bake for approximately 45 minutes until the skin is soft and the flesh tender. Leave to cool.

Slice the garlic cloves in half and discard the central shoots. Cut the eggplants in half and scoop out the flesh with a spoon.

Put the garlic and eggplants in the Mini Bowl. Add the remaining ingredients and pulse a dozen or so times until the mixture is smooth.

Scatter with chopped black olives and serve with toasted slices of country loaf.

Fennel and fresh goat cheese



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Fennel bulb	¼	½	¾	1
Fresh goat's cheese	2 oz	4 oz	5 oz	6 oz
Lemon	¼	½	1	1
Hazelnuts	1 oz	1 oz	1 oz	2 oz
Hazelnut oil	1½ tsp	1 tbsp	1½ tbsp	2 tbsp
Chives, mint, chervil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Chop the hazelnuts (6-7 pulses) in the Mini Bowl and set aside.

Wash the fennel, cut into small chunks, put in the Mini Bowl and pulse a few times.

Add the lemon juice, goat's cheese, oil, herbs, salt and pepper, and pulse 5-6 times. Scatter with the chopped hazelnuts.

Serve with toasted slices of bread.

Guacamole



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Ripe avocado pears	1	2	3	4
Crème fraîche or heavy whipping cream	1½ tsp	1 tbsp	1½ tbsp	2 tbsp
Lime	¼	½	1	1
Onions	½	1	1½	2
Drops Tabasco	1-2	2-3	3-4	4-5
Olive oil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Cut the onions into quarters and place in the Mini Bowl. Pulse 3 times.

Blend then add the avocados one by one (peeled and cut into large chunks), lemon juice, crème fraîche or heavy whipping cream, a few drops of Tabasco and a dash of olive oil.

Blix for approximately 1 minute to obtain a smooth purée and season according To taste.

You can garnish the guacamole with a little diced tomato.

Serve with tortilla chips.

Tuna rillettes



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Tins tuna in brine (7 oz)	½	1	1½	2
Crème fraîche or heavy whipping cream	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Olive oil	¼ tsp	¾ tsp	1¼ tsp	1½ tsp
Mustard	¼ tsp	¾ tsp	1¼ tsp	1½ tsp
Lemon	¼	½	¾	1
Chives	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Break the tuna fish into large flakes and put in the Mini Bowl.
Add the other ingredients. Pulse 4-5 times and... hey presto !

Spread on toasted slices of country loaf.

Tapenade



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	7 min.	7 min.
Stoned olives	4 oz	½ lb	1 lb	1 lb
Anchovies in olive oil	1	2	3	4
Capers	½ tbsps	1 tbsps	1½ tbsps	2 tbsps
Mustard	¼ tsp	¾ tsp	1¼ tsp	1½ tsp
Lemons	½	1	1½	2
Olive oil	3 tbsps	7 tbsps	7 tbsps	1 cup
Pepper	To taste	To taste	To taste	To taste

Squeeze the lemons and put the juice in the Mini Bowl with all the other ingredients, except for the oil. Blend for approximately 30 seconds to obtain a paste.

Blend for a further 10-20 seconds, gradually adding the oil via the feed tube until it is completely absorbed.

Delicious on toasted slices of country loaf.

Ham and olive cake



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	20 min.	40 min.	50 min.	1 hr
All-purpose flour	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cups	2 cups	$2\frac{1}{2}$ cups
Eggs	2	3	4	6
Baking powder	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1
Olive oil	2 tbsps	4 tbsps	7 tbsps	$\frac{1}{2}$ cup
Gruyere cheese	2 oz	4 oz	7 oz	9 oz
Thick slices of ham	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Stoned olives	1 oz	2 oz	3 oz	4 oz
White wine	2 tbsps	4 tbsps	6 tbsps	8 tbsps
Salt & pepper	To taste	To taste	To taste	To taste

Preheat the oven to 355°F (gas mark 4).

Grate the cheese in the Midi Bowl using the 2-mm grating disc. Set aside.

Pulse chop half the olives and ham (cut into large dice) in the bowl with the metal blade.

Add the flour, baking powder, salt, oil, eggs, white wine and grated cheese.

Pulse 4-5 times, then blend for 40 seconds. Add the rest of the ham and the halved olives via the feed tube.

Pulse twice to combine well.

Season.

Pour the mixture into a well-buttered cake mold.

Bake for the time shown above.

Allow to cool, turn out of the mold and serve.

Cheese puffs



	2	4	6	8
Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	20 min.	20 min.	20 min.	20 min.
Number cheese puffs	10	20	30	40
Gruyere cheese	1 oz	3 oz	4 oz	5 oz
Eggs	2	4	6	8
Water	5 tbsps	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups
Milk	3 tbsps	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Unsalted butter	4 tbsps	9 tbsps	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cup
All-purpose flour	7 tbsps	1 cup	$1\frac{1}{4}$ cups	$1\frac{3}{4}$ cups
Pinches of salt	1	1	$1\frac{1}{2}$	2
Egg for glazing	1	1	2	2
Forcing bag* (optional)	1	1	1	1

Preheat the oven to 410°F (gas mark 6-7).

Lightly unsalted butter a baking tray.

Grate the cheese in the bowl using the 2-mm grating disc and set aside.

Bring the water, milk, unsalted butter and salt to the boil in a saucepan, stirring with a whisk to melt the unsalted butter. Remove from the heat and tip in all the flour, stirring vigorously with a wooden spatula.

Return to the heat and simmer gently for approximately 1 minute.

Transfer this dough to the bowl with the dough blade. Switch on and add the eggs one by one via the feed tube.

Switch off and use the spatula to push the dough down and scrape the sides of the bowl.

Next, add three-quarters of the grated cheese and blend for a further 5 seconds.

Pour a thin film of water onto the baking tray and pipe or spoon the mixture onto it in small mounds, each measuring approximately 1-inch in diameter.

Brush the pastry puffs with beaten egg yolk, flattening them slightly, and scatter with the remaining cheese.

Bake in the oven for approximately 20 minutes, then leave to cool on a wire tray. Serve warm.

A Burgundy speciality traditionally served as an hors-d'oeuvre.



Bread (basic recipe)



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Rising	2½ hrs	2½ hrs	2½ hrs	2½ hrs
Baking	30 min.	30 min.	40 min.	40 min.
All-purpose flour	1¼ cups	2¼ cups	3¼ cups	4¼ cups
Fresh yeast	1 tbsp	3 tbsp	4 tbsp	5 tbsp
Sunflower oil	1 tbsp	2 tbsp	4 tbsp	5 tbsp
Salt	¼ tsp	¾ tsp	1½ tsp	1½ tsp
Granulated sugar	¼ tsp	½ tsp	¾ tsp	¾ tsp
Water	6 tbsp	¾ cup	1¼ cups	1½ cups

Pour the flour, salt and granulated sugar into the bowl with the dough blade. Blend. **While** the machine is running, dissolve the yeast in the water and pour it in through the feed tube.

Continue blending for 1 minute. Stop when the dough forms a ball.

Allow to rest for half an hour in the food processor bowl, leaving the pusher in place.

Knock down* the dough by pulsing 3 or 4 times. Dust with flour and place in a cake mold. Leave to prove* for approximately 2 hours.

Bake in an oven preheated to 410°F (gas mark 6-7). Eat as soon as it is cool.

For a crustier loaf, leave in the oven 10 minutes longer.

If the dough fails to form a ball, add a little water.

Bacon and onion buns



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Rising	2½ hrs	2½ hrs	2½ hrs	2½ hrs
Baking	30 min.	30 min.	30 min.	30 min.

Bread (basic recipe)

Diced bacon	3 oz	5 oz	7 oz	½ lb
Onions	1	1½	2	3
Egg yolks	1	1	2	2

Begin by following the basic bread recipe.

After the dough has risen for 2 hours, peel the onion and slice using the 2-mm disc. Brown the onions in a frying pan and add the bacon.

Divide the dough into equal pieces. Spread them out flat and scatter with the bacon and onion.

Roll them up into bun shapes and brush with beaten egg yolk.

Bake for 30 minutes in a preheated oven at 410°F (gas mark 6-7). Eat as soon as they are cool.

You can also adapt this recipe for baking in a cake pan.

Olive and chorizo buns



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Rising	2½ hrs	2½ hrs	2½ hrs	2½ hrs
Baking	30 min.	30 min.	30 min.	30 min.

Bread (basic recipe)

Stoned olives	2 oz	4 oz	5 oz	7 oz
Chorizo	2 oz	4 oz	5 oz	7 oz
Egg yolks	1	1	2	2

Follow the basic bread recipe.

After the dough has risen for 2 hours, put the chorizo and olives in the Mini Bowl and pulse 3-4 times. Set aside.

Divide the dough into equal pieces. Spread them out flat and scatter with the chorizo and olives. Roll them up into bun shapes and brush with beaten egg yolk.

Bake in a preheated oven for 30 minutes at 410°F (gas mark 6-7). Eat as soon as they are cool.

You can also adapt this recipe for baking in a cake pan.

Wholewheat bread



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Baking	30 min.	30 min.	50 min.	1 hr
Whole meal flour	¾ cup	1½ cups	2¼ cups	3 cups
All-purpose flour	4 tbsp	8 tbsp	¾ cup	1 cup
Softened unsalted butter	2 tsp	1 tbsp	2 tbsp	3 tbsp
Eggs	1	1	2	2
Baking soda	¾ tsp	¾ tsp	1½ tsp	1½ tsp
Brown sugar	¼ tsp	¼ tsp	¾ tsp	¾ tsp
Molasses*	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Milk	7 tbsp	¾ cup	1¼ cups	1¾ cups
Yogurt	3 tbsp	7 tbsp	¾ cup	¾ cup
Sesame seeds	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Sunflower seeds (or flaxseeds)	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Salt	¼ tsp	¼ tsp	¾ tsp	¾ tsp

Combine the flours, salt and baking soda in the bowl with the dough blade.

Blend with the unsalted butter for 30 seconds.

Add the egg, molasses*, milk, yogurt and seeds. Knead to obtain a fairly stiff dough.

Place the dough in a buttered mold.

Bake in the oven at 390°F (gas mark 6).

If you cannot get hold of any molasses, use honey instead.*

Naan (Indian nan bread)



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Rising	3 hrs	3 hrs	3 hrs	3 hrs
Baking	10 min.	10 min.	10 min.	10 min.
All-purpose flour	8 tbsps	1 cup	1½ cups	2 cups
Fresh yeast	¼ tsp	½ tsp	¾ tsp	¾ tsp
Eggs	1	1	2	2
Individual yogurt	½	1	1½	2
Ghee*/oil	½ tbsps	½ tbsps	¾ tbsps	1 tbsps
Brown sugar	¼ tsp	¼ tsp	¾ tsp	¾ tsp
Pinches of salt	1	2	3	4

Combine the yogurts and eggs in the bowl with the dough blade. Add the ghee* or the oil. Set aside.

Mix the flour, sugar, yeast and 2 pinches of salt in the bowl with the dough blade. **Add** this mixture to the yogurt and process to form a ball. The dough should be firm and elastic.

Put the dough in a large bowl and cover with a damp towel.

Leave to rise for 3 hours.

Preheat the grill to 410°F (gas mark 6-7).

Lightly knead the dough again, then divide into equal pieces (one for each person).

Shape each piece into a ball, then flatten into a circle ½-inch thick.

Brush both sides of the naans with melted unsalted butter.

Arrange the naans on the grill tray and bake for 5 minutes on one side until golden.

Then turn them over and bake for a further 5 minutes.

Wrap the naans in a tea towel to keep them hot until it is time to serve them.

Traditional nan bread is served with spicy dishes. You can also flavor it with cheese or cumin if you wish.

Short-bread



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
All-purpose flour	¾ cup	1½ cups	2½ cups	5 cups
Granulated sugar	5 tbsp	9 tbsp	¾ cup	2 cups
Corn-flour	1 oz	2 oz	3 oz	7 oz
Unsalted butter	7 tbsp	¾ cup	1½ cups	3¼ cups
Extract of vanilla drops	To taste	To taste	To taste	To taste

Fit the double-bladed knife.

Put all the ingredients into the bowl and process for 10-15 seconds or until the mixture forms a dough ball.

If the dough is too soft to handle chill slightly, then press into a greased 7"x10" cake pan.

Prick all over the surface with a fork and bake in a moderate oven 320°F (gas mark 2-3) for 30-35 minutes or until pale golden in color.

Cut the shortbread into fingers, allow to cool slightly in the pan, then remove to cool completely on a wire rack.

White sandwich bread



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Rising	1½ hrs	1½ hrs	1½ hrs	1½ hrs
Baking	30 min.	30 min.	30 min.	30 min.
All-purpose flour	1¼ cups	2¼ cups	3¼ cups	5 cups
Fresh yeast	1 tbsp	2 tbsp	3 tbsp	5 tbsp
Unsalted butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Milk	¾ cup	1¼ cups	1¾ cups	2½ cups
Granulated sugar	¼ tsp	¾ tsp	1¼ tsp	1½ tsp
Salt	¾ tsp	1½ tsp	2¼ tsp	3 tsp

Dissolve the yeast in the milk.

Pour the flour, the granulated sugar and salt into the bowl with the dough blade. Switch the machine on and add the milk and softened unsalted butter via the feed tube. Stop kneading as soon as the dough starts to wrap itself around the dough blade.

Cover the bowl with a cloth and leave to rise for 1 hour.

Knock down* the dough by pulsing 4-5 times.

Preheat the oven to 355°F (gas mark 4).

Put the dough in a buttered mold and leave to prove* for 30 minutes at room temperature.

Bake in the oven for 30 minutes. Allow to cool slightly before turning out.

To prevent the bread from browning too much, cover it with a sheet of foil halfway through baking.

If using the quantities for 8 people, divide the dough between 2 molds.

Brioche



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	10 min.	10 min.
Rising	2½ hrs	2½ hrs	2½ hrs	2½ hrs
Baking	20 min.	20 min.	30 min.	30 min.
All-purpose flour	1 cup	1¾ cups	2½ cups	3¼ cups
Fresh yeast	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Unsalted butter	4 tbsps	7 tbsps	¾ cup	1 cup
Granulated sugar	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Eggs	2	3	5	6
Milk	3¾ tsp	5¼ tsp	7½ tsp	5 tbsps
Pinches of salt	2	4	6	8

Dissolve the yeast in the milk. Set aside.

Place the unsalted butter, salt, granulated sugar, yeast and half the flour in the bowl with the dough blade.

Blend. Add the remaining flour via the feed tube, together with the eggs one by one. Use the spatula to push the flour back down if necessary. Continue to knead until the dough rolls up around the dough blade.

Leave the dough to rise in the food processor bowl for half an hour. Knock down* the dough by kneading it for 15 seconds.

Put the dough in a buttered brioche mold. Leave to prove* in a warm place for 2 hours or in a very low oven (86°F) for 1 hour.

Put the brioche in the oven at 355°F (gas mark 4), and bake for the time indicated above. Remove the brioche from the mold while still warm and eat right away.

If using the quantities for 6 or 8 people, divide the dough between 2 brioche molds.



Raisin buns



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Rising	2 hrs	2 hrs	2 hrs	2 hrs
Baking	10 min.	10 min.	15 min.	15 min.
All-purpose flour	1 cup	2 cups	3 cups	4 cups
Fresh yeast	1 tbsp	2 tbsp	2 tbsp	3 tbsp
Unsalted butter	1 tbsp	3 tbsp	4 tbsp	6 tbsp
Granulated sugar	2 tbsp	4 tbsp	7 tbsp	9 tbsp
Milk	1/4 cup	3/4 cup	1 1/4 cups	1 1/2 cups
Vanilla-flavored sugar	1/4 tsp	1/4 tsp	3/4 tsp	3/4 tsp
Raisins	3 oz	5 oz	8 oz	1/2 lb

Melt the unsalted butter in a saucepan. Add the milk.

Dissolve the yeast in a small bowl with a little water.

Combine the sugars and flour in the bowl with the dough blade. Add the diluted yeast and the unsalted butter/milk mixture via the feed tube and blend thoroughly.

Leave the dough in the food processor bowl to rise for 1 hour. Add the raisins via the feed tube and knock down* the dough by pulsing 4-5 times. Transfer the dough to a large bowl and leave to rise for 1 hour at room temperature.

Divide the dough into small buns, arrange on a baking tray and leave to prove* for a few minutes.

Bake in the oven at 355°F (gas mark 4) for 10-15 minutes.



Vegetable soup



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	10 min.	10 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Leeks	1	1½	2	3
Carrots	1	2	3	4
Celery sticks	½	1	1½	2
Cooked potatoes	2	3	4	6
Unsalted butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Crème fraîche or heavy whipping cream	2 tbsp	2 tbsp	2 tbsp	2 tbsp
Water	1 cup	2¼ cups	3¼ cups	4¼ cups
Salt & pepper	To taste	To taste	To taste	To taste

Peel and wash the raw vegetables. Cut them (and the cooked potatoes) into chunks. **Transfer** to the bowl with the metal blade, add the unsalted butter and pulse 3 times, before switching to continuous mode. Pour in a glass of water via the feed tube. Blend for 2 minutes to chop all the ingredients as finely as possible.

Pour this preparation into a pan. Add the rest of the water and season with salt and pepper. Bring to a boil, then simmer over a moderate heat for 10 minutes.

When ready to serve, add 2 tablespoons of crème fraîche or heavy whipping cream.

Watercress soup



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	30 min.	30 min.	30 min.	30 min.
Bunches watercress	½	1	1½	2
Onions	½	1	1½	2
Potatoes	2	4	6	8
Single cream	½ cup	¾ cup	1¼ cups	1¾ cups
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Water	1 cup	2¼ cups	3¼ cups	4¼ cups
Salt & pepper	To taste	To taste	To taste	To taste

Slice the onion using the 2-mm slicing disc. Transfer to a large pan and soften in a little olive oil over low heat. Peel and slice the potatoes. Sort the watercress, discarding the thick stalks. When the onion starts to brown, add the potatoes and watercress. Fry gently for a few minutes. Add the water and cook with the lid on.

Strain the vegetables (reserve the cooking water) and blend in the bowl with the metal blade. Gradually add the cooking water via the feed tube, followed by the cream. Check the seasoning.

Oyster mushroom soup



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	15 min.	20 min.	30 min.	30 min.
Oyster mushrooms	$\frac{3}{4}$ lb	$1\frac{1}{2}$ lb	$1\frac{3}{4}$ lb	2 lb
Chicken stock cubes	1	$1\frac{1}{2}$	2	3
Water	$1\frac{3}{4}$ cups	$2\frac{1}{4}$ cups	$2\frac{3}{4}$ cups	$3\frac{1}{2}$ cups
Crème fraîche or heavy whipping cream	3 tbsps	5 tbsps	7 tbsps	$\frac{3}{4}$ cup
Unsalted butter	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Egg yolks	1	2	3	3
Mustard	1 tbsps	$1\frac{1}{2}$ tbsps	2 tbsps	3 tbsps

Wash and slice the mushrooms. Melt the unsalted butter in a large pan, add the mushrooms and cook for the time shown above. Add the stock cubes and the water. Simmer gently with the lid on.

Strain the mushrooms (reserve the stock) and blend in the bowl with the metal blade. Add the egg yolks via the feed tube, together with the cream and mustard. Lastly, pour in the hot stock and stir well.

This soup is delicious served with diced bacon and slices of toast.

Zucchini soup



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	20 min.	20 min.	25 min.	25 min.
Zucchinis	3	6	8	10
Chicken stock cubes	$\frac{1}{4}$ tsp	$\frac{3}{4}$ tsp	$1\frac{1}{4}$ tsp	$1\frac{1}{2}$ tsp
Water	$1\frac{3}{4}$ cups	$2\frac{1}{2}$ cups	$3\frac{1}{2}$ cups	$4\frac{1}{4}$ cups
Sprigs tarragon	1	2	2	3
Single cream	4 tbsps	7 tbsps	10 tbsps	$\frac{3}{4}$ cup
Nutmeg	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Wash the zucchinis and slice using the 4-mm slicing disc. Cook in the boiling water and chicken stock.

Strain the zucchinis (reserve the cooking water) and blend in the bowl with the metal blade for 1 minute. Add the tarragon leaves via the feed tube, followed by the cream.

Gradually pour in the cooking water via the feed tube until the soup reaches the desired consistency.

Serve in bowls or soup plates decorated with a few tarragon leaves. Season generously.

Asparagus soup

4 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	25 min.	25 min.	30 min.	30 min.
Asparagus	½ lb	1 lb	1⅓ lb	1¾ lb
Potatoes	2	2	3	4
Unsalted butter	2 tbsps	3 tbsps	4 tbsps	4 tbsps
Crème fraîche or heavy whipping cream	2 tbsps	3 tbsps	5 tbsps	6 tbsps
Shallots	1	2	3	4
Sprigs chervil	3	4	6	8
Water	1¾ cups	2½ cups	3½ cups	4¼ cups
Salt & pepper	To taste	To taste	To taste	To taste

Peel the asparagus. Peel the potatoes and slice using the 4-mm slicing disc. Peel the shallots, wash and dry the chervil, and chop both in the Mini Bowl.

Melt the unsalted butter in a pan and fry the shallot/chervil mixture for 1 minute, stirring constantly. Add the potatoes, pour in enough water to cover them and season with salt and pepper.

Cook the potatoes, adding the asparagus halfway through.

Strain the vegetables (reserve the cooking water) and transfer to the bowl with the metal blade.

Pulse 3 times.

While the machine is running, gradually add the cooking water via the feed tube until the soup reaches the desired consistency.

Add the crème fraîche or heavy whipping cream.

Serve immediately.



Gazpacho



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Ripe tomatoes	½ lb	1 lb	1½ lb	2 lb
Cucumber	⅓	¼	⅓	½
Red pepper	⅓	¼	⅓	½
Garlic clove	¼	½	¾	1
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Dashes lemon juice	1	1	2	2
Salt & pepper	To taste	To taste	To taste	To taste

Wash the vegetables.

Peel the cucumber. Remove the stalks of the other vegetables and deseed the red pepper.

Cut all the vegetables into large chunks and put them with the garlic in the bowl with the metal blade. Blend.

Season with the salt, pepper, lemon juice and olive oil. Pulse 2-3 times.

Chill for at least 3 hours before serving.

For a more sophisticated appetizer, garnish with vegetable dice before serving. If you are following the recipe for 2 people, use the Mini Bowl.



Cold carrot soup



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	30 min.	30 min.	40 min.	40 min.
Cooking	20 min.	20 min.	25 min.	25 min.
Carrots	$\frac{3}{4}$ lb	$1\frac{1}{2}$ lb	2 lb	$2\frac{3}{4}$ lb
Oranges	1	2	3	4
Onions	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Chicken stock cubes	1	2	3	4
Water	$1\frac{3}{4}$ cups	$2\frac{3}{4}$ cups	$3\frac{1}{2}$ cups	$4\frac{1}{4}$ cups
Acacia honey	$\frac{1}{2}$ tbsps	1 tbsps	$1\frac{1}{2}$ tbsps	2 tbsps
Ground cumin	$\frac{1}{4}$ tsp	$\frac{3}{4}$ tsp	$1\frac{1}{4}$ tsp	$1\frac{1}{2}$ tsp
Olive oil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Heat the water in a pan and dilute the stock cubes in it. Peel the carrots and slice them in the Midi Bowl using the 4-mm slicing disc. Cook in the stock.

Remove a strip of orange peel and add to the cooking carrots. Peel the onions and chop in the Mini Bowl. Fry in a little olive oil. Set aside.

When the carrots are cooked, strain them (reserve the stock) and put them in the bowl with the metal blade, together with the onions, salt and pepper. Mix and gradually add the stock via the feed tube. Allow to cool.

Squeeze the oranges using the citrus press and pour the juice into the cold carrot soup.

Add the cumin and acacia honey. Stir well.

Chill for at least 3 hours before serving.

Just before serving, shred a large carrot using the julienne disc or, failing that, the 4-mm grating disc. Pour the chilled soup into the plates, place a small mound of carrot in julienne in the middle and decorate with a few basil leaves.

For a milder soup, add a little crème fraîche or heavy whipping cream.



Chilled pepper and mascarpone soup

4 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	30 min.	30 min.	35 min.	35 min.
Red peppers	2	3	4	6
Potatoes	½	1	2	2½
Garlic cloves	½	1	2	2
Onions	½	½	1	1½
Bouquets garnis	½	1	1	2
Mascarpone	2 oz	4 oz	5 oz	7 oz
Water	1¾ cups	2½ cups	3½ cups	4¼ cups
Olive oil	2 tbsp	3 tbsp	5 tbsp	6 tbsp
Pinches of ground ginger	1	2	3	4
Cayenne pepper, salt	To taste	To taste	To taste	To taste

Peel the potatoes and onions. Deseed the peppers. Slice these 3 vegetables using the 4-mm slicing disc and set aside.

Fry the onion in a little olive oil in a large pan over a low heat for 2 minutes.

Add the red peppers and garlic and cook for 10 minutes, stirring constantly.

Pour in the water with a little salt. Add the potatoes, ginger, bouquet garni, and simmer gently for the time shown above.

Discard the bouquet garni. Strain the vegetables (reserve the cooking water) and blend them with the mascarpone and olive oil in the bowl with the metal blade.

Next, gradually add the cooking water via the feed tube to reach the desired consistency. Season with Cayenne pepper.

Chill for at least 3 hours before serving.

When ready to serve, dust with a little paprika.





Spring vegetable cake



	2	4	6	8
Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	40 min.	40 min.	50 min.	50 min.
Eggs	1	2	3	4
Single cream	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cups	$2\frac{1}{4}$ cups	$2\frac{3}{4}$ cups
Zuchinis	$\frac{1}{2}$	$\frac{3}{4}$	1	$1\frac{1}{2}$
Carrots	$\frac{1}{2}$	$\frac{3}{4}$	1	$1\frac{1}{2}$
Turnips	1	$1\frac{1}{2}$	2	3
Red pepper	$\frac{1}{4}$	$\frac{1}{3}$	$\frac{1}{2}$	1
Onions	$\frac{1}{2}$	$\frac{1}{2}$	1	$1\frac{1}{2}$
Cherry tomatoes	3	5	8	10
Chive leaves	2	3	4	6
Sprigs thyme	1	1	2	2
Pinches of nutmeg	1	2	3	4
Salt & pepper	To taste	To taste	To taste	To taste

Wash the vegetables. In the Midi Bowl fitted with the 4-mm grating disc, grate the carrots, zucchinis and turnips. Slice the red pepper and onion using the 4-mm slicing disc. Set aside.

Break the eggs into the bowl with the metal blade. Add the chives, cream, nutmeg, salt and pepper. Blend for 30 seconds.

Transfer the vegetable mixture to a buttered quiche mold. Top with the egg preparation, add the halved cherry tomatoes and scatter with thyme.

Bake in the oven at 355°F (gas mark 4).

This appetizer can be served with the following sauce: While the machine is running, put 2 garlic cloves in the Mini Bowl and blend until smooth. Open the lid, push the garlic down with the spatula and add 1 teaspoon smooth mustard. Again while the machine is running, add $\frac{1}{2}$ cup oil via the feed tube. Season generously and add the juice of $\frac{1}{2}$ lemon.

This Vegetable Cake is best eaten slightly warm, accompanied by this sauce and a green salad seasoned with walnut oil.

Spring salad with basil



	2	4	6	8
Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	7 min.	7 min.	10 min.	10 min.
Tomatoes	2	4	6	8
Baby turnips	2	4	6	8
Bunch radishes	½	½	¾	1
French string beans	5 oz	7 oz	½ lb	1 lb
Garden peas	5 oz	7 oz	½ lb	1 lb
Olive oil	3 tbsp	4 tbsp	6 tbsp	8 tbsp
Pinches of ground cumin	1	1	2	2
Lemons	1½	2	3	3
Basil leaves	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Peel the turnips. Wash the radishes and cut off the green tops (these can be used to make soup).

Using the 2-mm slicing disc, slice the turnips, then the radishes.

String* the beans and garden peas. Cook them for 10 minutes in boiling salty water. Drain them and refresh in cold water.

Wash and dry the tomatoes. Slice them using the 4-mm slicing disc.

Transfer all the ingredients to a large bowl and put in the fridge.

Squeeze the lemons. Put the basil leaves and cumin in the Mini Bowl. Blend for 1 minute, before adding the olive oil, lemon juice, salt and pepper via the feed tube. Pour this dressing over vegetables and combine carefully.

Serve cold.

Pasta and crunchy vegetable salad



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Pasta (penne rigate)	6 oz	$\frac{3}{4}$ lb	1 lb	$1\frac{1}{2}$ lb
Pink radishes	3	6	8	12
Carrots	$\frac{1}{2}$	1	1	2
Zucchini	$\frac{1}{2}$	1	1	2
Red peppers	$\frac{1}{2}$	1	1	2
Red onions	$\frac{1}{2}$	1	1	2
Lemons	$\frac{1}{2}$	1	1	2
Sprigs basil	$\frac{1}{2}$	1	1	2
Sprigs flat-leafed parsley	1	2	4	6
Olive oil	3 tbsp	5 tbsp	7 tbsp	9 tbsp
Salt & pepper	To taste	To taste	To taste	To taste

Cook the pasta according to the instructions on the package (approx. 8-10 minutes). **Drain** it, refresh in cold water and transfer to a large bowl. Sprinkle with half the olive oil and the juice of half a lemon.

Chill for at least 1 hour. After half an hour, chop the parsley and basil in the Mini Bowl and add to the pasta in the fridge.

Wash the vegetables. Grate the carrots and zucchinis using the julienne disc or, failing that, the 4-mm grating disc.

Using the 4-mm slicing disc, slice the radishes, stacking them vertically in the feed tube before switching the food processor on. Store all these vegetables in the fridge, in a bowl of cold water, so that they remain perfectly crisp.

Slice the onion and red pepper using the 4-mm slicing disc and reserve them together in the fridge.

Before serving, add the rest of the olive oil and juice of any remaining lemons to the pasta. Stir in the onion and pepper, as well as the other vegetables, after scooping them out of the water with a slotted spoon.

Season To taste.

Leek and smoked salmon pancakes

2 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	20 min.	25 min.	30 min.
Cooking	20 min.	20 min.	25 min.	25 min.
Number pancakes	2	4	6	8
Leeks	3	4	6	8
Slices smoked salmon	2	3	4	5
Crème fraîche or heavy whipping cream	3 tbsps	4 tbsps	6 tbsps	8 tbsps
Sprigs dill	1	1	2	3
Unsalted butter	3 tsp	1 tbsps	2 tbsps	3 tbsps
Salt & pepper	To taste	To taste	To taste	To taste

Make the pancake batter according to the recipe on p. 34.

Wash the leeks and discard the dark green part.

Slice them using the 2-mm slicing disc.

Melt the unsalted butter in a thick-bottomed saucepan. Add the leeks and season with salt and pepper.

Stir well. Add a little water and soften over a low heat for 15 minutes, stirring from time to time. Do not allow to brown. Drain the leeks. Add the dill and crème fraîche or heavy whipping cream.

Cook the pancakes in unsalted butter.

Preheat the oven to 355°F (gas mark 4).

Cut the smoked salmon into thin strips.

Place some salmon, leek and crème fraîche or heavy whipping cream filling in the middle of each pancake and roll it up. Arrange the stuffed pancakes in a buttered oven dish.

Heat in the oven for 5 minutes.

Serve immediately, decorating the pancakes with sprigs of dill or salmon roe.

Flemish leek tart



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	40 min.	40 min.	45 min.	50 min.
Rising	1 hr	1 hr	1 hr	1 hr
Cooking	40 min.	40 min.	45 min.	50 min.
Shortcrust pastry	½ lb	1 lb	1⅓ lb	2¾ lb
Leeks	1	2	3	4
Unsalted butter	2 tbsp	3 tbsp	4 tbsp	6 tbsp
Eggs	1	2	3	4
Crème fraîche or heavy whipping cream	4 tbsp	7 tbsp	8 tbsp	10 tbsp
Grated Gruyere cheese	1 oz	1 oz	2 oz	3 oz
Salt & pepper	To taste	To taste	To taste	To taste

Make the shortcrust pastry according to the recipe on p. 32.

Preheat the oven to 410°F (gas mark 6-7).

Wash the leeks and discard the green part. Cut into thin rounds using the 2-mm slicing disc.

Melt the unsalted butter in a frying pan. Add the leeks, stir, then pour in a little water.

Soften over a low heat for 15 minutes, making sure they do not brown. If necessary, add a little more water. Season.

Line a quiche mold with the pastry. Prick the base with a fork and cover with a circle of baking parchment covered with beans (or rice). Bake blind* for 10 minutes.

Put the cream, eggs, salt and pepper in the bowl with the metal blade. Blend for 30 seconds.

Take the mold out of the oven, remove the parchment and beans. Arrange the leeks on the bottom, then cover with the egg and cream mixture.

Sprinkle with grated cheese and bake for 30 minutes.

Serve piping hot.

You can use onions instead of leeks.

Parmesan soufflé



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	15 min.	15 min.	15 min.	15 min.
Eggs	2	4	6	8
Parmesan	8 tbsp	$\frac{3}{4}$ tbsp	$1\frac{1}{4}$ tbsp	$1\frac{3}{4}$ tbsp
Unsalted butter	2 tsp	3 tsp	1 tbsp	2 tbsp
All-purpose flour	1 tbsp	$1\frac{1}{2}$ tbsp	2 tbsp	3 tbsp
Hot water	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cup	$1\frac{3}{4}$ cups

Grate the parmesan using the parmesan disc or, failing that, the 2-mm grating disc, and set aside.

Make a roux: melt the unsalted butter in a saucepan over a low heat and add the flour, stirring quickly with a wooden spoon. Lower the heat and continue stirring until the flour is cooked and the mixture begins to thicken. Gradually add the hot water, stirring constantly.

Boil over a high heat for 3 minutes, still stirring constantly. Fold in the grated parmesan.

Preheat the oven to 355°F (gas mark 4).

Separate the eggs.

Draw aside the saucepan and gently fold the egg yolks into the preparation one by one.

Allow to cool.

Whisk the egg whites for 5 minutes until stiff, using the egg whisk. Gently fold into the cooled mixture and season with pepper. Divide between buttered ramekins. Bake in the oven for 15 minutes and serve immediately.

Serve the soufflés on a bed of mache lettuce or mixed salad leaves.

Country pâté



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	7 min.	7 min.	10 min.	10 min.
Cooking	2 hrs	2 hrs	2½ hrs	2½ hrs
Pork	5 oz	¾ lb	1½ lb	2 lb
Chicken livers	4 oz	5 oz	¾ lb	1 lb
Veal cutlet	1 oz	3 oz	7 oz	9 oz
Eggs	1	1	2	3
Brandy	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Caul* (optional)	1	1	1	1
Thyme, bay leaves	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Preheat the oven to 355°F (gas mark 4). If you are using a caul*, soak it in hot water.

Put the chicken livers, pork, salt and pepper in the bowl with the metal blade.

Pulse several times. Add the eggs and brandy via the feed tube. Pulse 5-6 times. The mixture should not be smooth.

Squeeze out the caul* and line the terrine with it.

Put half the minced pork into the terrine, then add 1 or 2 strips of veal and scatter with thyme. Repeat this process, alternating layers of minced pork, veal and thyme.

Top with a few bay leaves and thyme sprigs.

Stand the terrine in a roasting mold full of water and cook in the oven for the time shown above.

Allow to cool, then put in the fridge.

Serve with pickles and dark bread.



Chicken and fig mousse



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	5 min.	5 min.	5 min.	5 min.
Trimmed chicken livers	6 oz	$\frac{3}{4}$ lb	1 lb	$1\frac{1}{2}$ lb
White wine vinegar	3 tsp	5 tsp	8 tsp	3 tbsp
Unsalted butter	$\frac{3}{4}$ cup	$1\frac{3}{4}$ cups	$2\frac{1}{4}$ cups	$3\frac{1}{4}$ cups
Port wine	2 tbsp	3 tbsp	4 tbsp	6 tbsp
Cayenne pepper	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp
Dried figs	2 oz	4 oz	7 oz	9 oz
Salt	To taste	To taste	To taste	To taste

Put the chicken livers in a pan, cover with water and add the vinegar.

Cook for 5 minutes, then drain.

Put the chicken livers, unsalted butter, port wine, salt, pepper and Cayenne pepper in the bowl with the metal blade. Blend until the mixture forms a pâté, regularly stopping the machine to push the mixture back down the sides of the bowl with the spatula.

Add the figs via the feed tube.

Transfer the preparation to a terrine or divide between ramekins. Allow to cool, then put in the fridge.

This mousse is delicious on toasted slices of bread.

It can be kept up to a week in the fridge and freezes well.

Trout rillettes



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	25 min.	30 min.	40 min.	50 min.
Cooking	12 min.	12 min.	12 min.	12 min.
Trout	2	3	4	6
Dry white wine	9 tbsp	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{2}$ cup
Calvados	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Sprigs parsley	3	4	5	8
Unsalted butter	6 tbsp	7 tbsp	$\frac{3}{4}$ cup	1 cup
Oil	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Salt & pepper	To taste	To taste	To taste	To taste

Gut, clean and wipe the fish dry.

Heat the oil in a frying pan and fry the fish, gently turning them over once or twice. Season with salt and pepper.

Sprinkle with calvados and white wine, then simmer gently for 5-6 minutes.

Remove the trout, reserving the cooking juices. Skin the fish and lift the fillets off the bone.

Chop the parsley in the bowl with the metal blade. Next, add the softened unsalted butter and the trout fillets. Blend for a few seconds, then add some of the cooking juices via the feed tube (do not chop too finely).

Transfer the mixture to a terrine and chill for 6 hours in the fridge.

Serve as an appetizer with slices of lemon and lightly-toasted slices of rye bread.

To save time, buy trout fillets.

Scallop terrine



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Resting	1 hr	1½ hrs	1½ hrs	1½ hrs
Cooking	1¼ hrs	1¼ hrs	1½ hrs	1¾ hrs
Scallops	6	12	18	24
John Dory fillets	11 oz	1 lb	1½ lb	2 lb
Shallots	1	2	3	4
Bread (minus crust)	3 oz	5 oz	7 oz	11 oz
Milk	¾ cup	1 cup	1½ cups	2¼ cups
Eggs	2	3	5	6
Unsalted butter	4 tbsp	7 tbsp	¾ cup	1 cup
Spinach	5 oz	11 oz	14 oz	1 lb
Crème fraîche or heavy whipping cream	2 tbsp	3 tbsp	5 tbsp	6 tbsp
Sprigs chervil	2	4	6	8
Brandy	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Salt & pepper	To taste	To taste	To taste	To taste

Soak the bread in the milk.

Clean the scallops. Heat a third of the unsalted butter in a frying pan.

Sear* the scallops for 12 minutes then flame* with the Brandy.

Set aside.

Put the chervil sprigs in the Mini Bowl, pulse 3 times and set aside.

Place the fish fillets in the bowl with the metal blade. Pulse 3 times, then add the salt and pepper, crème fraîche or heavy whipping cream, shallots, chervil and egg yolks. Blend for 2 minutes.

Squeeze the bread to remove the surplus milk and add to the mixture, together with the rest of the unsalted butter. Blend for 1 minute. Transfer the preparation to a large bowl and chill for 1 hour.

Put the egg whites and a pinch of salt in the bowl with the egg whisk. Whisk for 5 minutes, remembering to remove the pusher from the feed tube first.

Gently fold the egg whites into the preparation to obtain a mousse.

Return to the fridge.

Preheat the oven to 355°F (gas mark 4).

Wash the spinach. Blanch* for 30 seconds in salty boiling water.

Drain carefully.

Butter a terrine. Put in a third of the fish mousse, followed by a third of the scallops and a layer of spinach.

Repeat the process until all the ingredients have been used up.

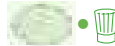
Stand the terrine in a roasting mold full of water and cook in the oven.

Serve slightly warm or cold.



Vegetable crisps

2 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	25 min.
Cooking	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	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Peel the turnips and potatoes.

Top and tail the zucchinis. Cut the vegetables into thin rounds using the 2-mm slicing disc.

Heat the oil in your deep fryer. As soon as it is hot, fry the vegetables. Drain them on paper towels before transferring to a serving dish. Season to taste.

Serve immediately.

These crisps are perfect with roast pork, veal or chicken.

Creamed cauliflower and bacon



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	25 min.	25 min.	30 min.	30 min.
Cauliflower	½	1	1½	2
Whipping cream	7 tbsps	¾ cup	1¼ cup	1¾ cups
Ground nutmeg	¼ tsp	¼ tsp	¾ tsp	¾ tsp
Bacon	2 oz	4 oz	5 oz	7 oz
Salt & pepper	To taste	To taste	To taste	To taste

Wash the cauliflower and break into sprigs. Put some water in a pan or in your steamer and add the cauliflower. Cook for 30 minutes with the lid on, then allow to drain.

Meanwhile, brown the bacon in a frying pan and chop it in the bowl with the metal blade.

While the machine is running, add the cauliflower.

When the cauliflower has been reduced to a purée, add the cream, nutmeg, salt and pepper.

Check the seasoning. Serve piping hot.

Sweet corn pancakes



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
Cooking	2 min.	2 min.	2 min.	2 min.
Sweet corn (9 oz can)	½	1	1½	2
Eggs	2	3	5	6
All-purpose flour	½ cup	¾ cup	1 cup	1¼ cups
Milk	2 tsp	3 tsp	5 tsp	2 tbsps

Put all the ingredients in the bowl with the metal blade and process for a few minutes. Season.

Grease a small frying pan. Ladle the batter into the hot pan to make small pancakes.

Delicious with poultry, game, etc.

Rösti



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	30 min.
Cooking	30 min.	30 min.	30 min.	30 min.
Potatoes	1⅓ lb	2 lb	3¼ lb	4⅓ lb
Garlic cloves	2	4	6	8
Unsalted butter	2 tbsps	3 tbsps	4 tbsps	6 tbsps
Oil	2 tbsps	3 tbsps	5 tbsps	6 tbsps
Parsley Sprigs	4	6	9	12
Salt & pepper	To taste	To taste	To taste	To taste

Peel and rinse the potatoes. Dry them.

Peel the garlic, wash and dry the parsley, and put both in the Mini Bowl. Pulse 4 times.

Grate the potatoes using the 2-mm grating disc.

Put the grated potatoes in a large bowl, together with the chopped garlic and parsley, salt and pepper. Mix thoroughly.

Heat half the oil and unsalted butter in a frying pan and add the grated potatoes. Press down firmly to form a cake and cook over a moderate heat for 15 minutes.

By this time, the cake should be golden brown. Turn it out onto a plate.

Heat the rest of the oil and unsalted butter, slide the cake into the pan on the uncooked side and cook for a further 15 minutes.

Delicious with roast chicken or beef ribs.

Carrot and zucchini medley



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	20 min.	20 min.
Cooking	5 min.	5 min.	10 min.	10 min.
Carrots	1	1	2	2
Zucchini	1	2	3	4
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Chopped tarragon	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Salt & pepper	To taste	To taste	To taste	To taste

Wash the carrots and zucchinis. Peel the carrots.

Grate the carrots and the unpeeled zucchinis in the bowl with the 4-mm grating disc or the shredding disc, placing them horizontally in the feed tube so that the strips are longer.

Heat the oil in a frying pan, add the vegetable julienne* and sprinkle with salt and pepper.

Cover and cook for 2-3 minutes. The vegetables should be “al dente”.

Transfer to a serving dish.

Check the seasoning and scatter with tarragon chopped beforehand in the Mini Bowl.



Provençale vegetables

4 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	20 min.	20 min.
Cooking	50 min.	50 min.	1 hr	1 hr
Tomatoes	1/2 lb	3/4 lb	1 lb	1 1/2 lb
Red peppers	1/2	1	2	3
Green peppers	1/2	1	1	2
Zucchini	1	2	2	3
Eggplants	1	2	2	2
Black olives	1 oz	3 oz	4 oz	5 oz
Garlic cloves	3	6	8	10
Thyme, basil	To taste	To taste	To taste	To taste
Olive oil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Preheat the oven to 410°F (gas mark 6-7).

Wash the tomatoes, zucchinis and eggplants. Dry them and slice them separately, using the 4-mm slicing disc.

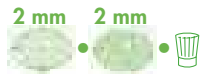
Wash the peppers and deseed them carefully before slicing them.

Arrange alternate layers of tomatoes, eggplants, zucchinis, red peppers and unpeeled garlic cloves in an oven dish. Scatter with black olives, thyme and snipped basil leaves.

Scatter liberally with olive oil and season with salt and pepper.

Bake in the oven, pouring over a glass of water midway through to prevent the vegetables from drying out.

Gratin Dauphinois



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	35 min.
Cooking	1 hr	1 hr	1¼ hrs	1¼ hrs
Potatoes	1⅓ lb	2 lb	3¼ lb	4⅓ lb
Gruyere cheese	3 oz	5 oz	6 oz	7 oz
Crème fraîche or heavy whipping cream	3 tbsp	5 tbsp	8 tbsp	¾ cup
Unsalted butter	4½ tsp	2 tbsp	3 tbsp	4 tbsp
Milk	¾ cup	2¼ cups	3¼ cups	4¼ cups
Garlic clove	1	1	1	1
Pinch of nutmeg	1	1	1	1
Salt & pepper	To taste	To taste	To taste	To taste

Grate the cheese using the 2-mm grating disc. Set aside.

Peel and wash the potatoes. Dry them.

Using the 2-mm slicing disc, cut the potatoes into thin slices.

Preheat the oven to 355°F (gas mark 4).

Peel the garlic and cut in half. Rub an oven dish with the garlic, then butter it.

Cover the bottom of the dish with a layer of sliced potatoes. Add some of the cheese, salt and pepper, a little crème fraîche and repeat until all the ingredients have been used up, ending with the grated cheese.

Stir the nutmeg into the milk and pour over the preparation.

Bake and serve straight from the oven.

Check that the potatoes are cooked by inserting a knife ; the blade should not encounter any resistance.



Fennel Gratin



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	30 min.	30 min.	40 min.	40 min.
Fennel bulbs	2	3	5	6
Passata	1 cup	2 ¹ / ₄ cups	3 ¹ / ₄ cups	4 ¹ / ₄ cups
White wine	3 tbsp	5 tbsp	7 tbsp	1 ¹ / ₂ cup
Bacon	3 oz	5 oz	9 oz	1 ¹ / ₂ lb
Cooked ham	3 oz	5 oz	9 ¹ / ₂ oz	1 ¹ / ₂ lb
Gruyere cheese	2 oz	3 oz	4 oz	5 oz
Curry powder	³ / ₄ tsp	³ / ₄ tsp	1 ¹ / ₂ tsp	1 ¹ / ₂ tsp
Tabasco	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Preheat the oven to 355°F (gas mark 4).

Grate the cheese using the 2-mm grating disc.

Slice the fennel bulbs using the 4-mm slicing disc.

Cook the sliced fennel in salted boiling water until soft.

Meanwhile, chop the ham in the Mini Bowl (3-4 pulses).

Fry the bacon and ham in a frying pan. When they start to brown, add the passata, white wine, a little salt, pepper, curry and a few drops of Tabasco.

Drain the fennel. Arrange the slices in an oven dish and pour the mixture on top.

Scatter with the grated cheese and crust in the oven.



Vegetable pizza



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	20 min.	20 min.
Cooking	50 min.	50 min.	1 hr	1 hr
Pizza dough				
Zucchini	½	1	2	2½
Tomatoes	2	4	5	6
Onions	1	2	3	3
Mozzarella cheeses	1	1	2	2
Passata	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Sliced almonds	1 oz	2 oz	3 oz	4 oz
Fresh basil leaves	4	5	7	8
Olive oil	To taste	To taste	To taste	To taste
Chili olive oil	To taste	To taste	To taste	To taste

Make the pizza dough according to the recipe on p. 31.

For the topping: wash the vegetables and slice them with the onions using the 2-mm slicing disc.

Cut the mozzarella into quarters and chop in the Mini Bowl.

Preheat the oven to 410°F (gas mark 6-7).

Fry the sliced onions in a frying pan with a dash of olive oil.

Roll the pizza dough out on a floured surface and prick lightly with a fork.

Cover the dough with a layer of passata, onions, sliced tomatoes (drain first) and mozzarella dice. Next, add the zucchinis and sliced almonds.

Season between each layer (salt and pepper).

Drizzle olive oil over the top.

Bake until the dough is golden.

When the pizza comes out of the oven, scatter with fresh basil and sprinkle with chili olive oil.

You can also use this recipe to make individual pizzas.

Celery purée

4 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Cooking	20 min.	20 min.	25 min.	25 min.
Celery	1 lb	2 lb	3¼ lb	4⅓ lb
Crème fraîche or heavy whipping cream	¼ cup	½ cup	¾ cup	1 cup
Olive oil	1 tbsps	2 tbsps	3 tbsps	4 tbsps
Salt	To taste	To taste	To taste	To taste

Peel and wash the celery. Slice it using the 4-mm slicing disc.

Pour a Quart of water into a saucepan or into your steamer.

Add the celery, cover with a lid and cook.

The celery should be very soft and easily pierced by the tip of a knife.

Drain and allow to cool slightly.

Mix the celery in the bowl with the metal blade for a few minutes.

When it is reduced to a purée, add the cream.

While the machine is still running, gradually add the oil via the feed tube. Salt to taste.

Gently reheat the purée for 5 minutes.

You can make similar purées with other vegetables, such as carrots and zucchinis.

Ratatouille

4 mm



Serves	2	4	6	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
Zucchinis	5 oz	½ lb	¾ lb	1 lb
Tomatoes	½ lb	1 lb	1½ lb	2 lb
Onions	1	2	2	3
Eggplants	½	1	2	2
Peppers	½	1	2	2
Garlic cloves	1	2	3	4
Fresh bay leaves and thyme	To taste	To taste	To taste	To taste
Olive oil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Wash the vegetables. Slice the onions, zucchinis, eggplants, tomatoes and deseeded peppers separately, using the 4-mm slicing disc. Peel the garlic.

In a large pan, brown the onions, garlic (halved) and peppers in a little olive oil.

Remove them, and fry the zucchinis and eggplants. Set aside.

Add the tomatoes and cook for 10 minutes. Put all the other vegetables back in the pan. Season and add the herbs. Stir frequently with a wooden spoon.

Simmer without a lid for 40 minutes.

You can also put the vegetables through the 2-mm slicing disc, in which case you will end up with a sauce.



Prawn pouches



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	30 min.	30 min.	40 min.	50 min.
Cooking	4 min.	4 min.	4 min.	4 min.
Small spring roll wrappers	6	12	18	24
Pink prawns	½ lb	1 lb	1½ lb	2 lb
Coriander sprigs	2	4	6	8
Eggs	1	1	1 + 1 yolk	2
Pinches of Cayenne pepper	1	1	2	2
Fresh chives	6	12	18	24
Salt & pepper	To taste	To taste	To taste	To taste
SAUCE				
Oil	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Vinegar	2 tbsp	2 tbsp	3 tbsp	4 tbsp
Chili powder	¾ tsp	¾ tsp	¾ tsp	1½ tsp
Soy sauce	¾ tsp	¾ tsp	¾ tsp	1½ tsp

Unfold the spring roll wrappers.

Moisten the wrappers with a damp cloth or a pastry brush.

Peel the prawns.

Put the prawns and coriander in the bowl with the metal blade.

Pulse 3 times, then add the eggs, Cayenne pepper, salt and black pepper.

Blend for 1 minute.

Place a small mound of stuffing in the middle of each wrapper. Draw up the edges to form a pouch and tie with a chive.

Arrange the pouches in a steamer, cover and cook for 4 minutes.

Mix all the ingredients for the sauce in the Mini Bowl.

Serve the prawn pouches immediately, accompanied by the sauce.

Decorate with coriander leaves and diced yellow pepper.

Cod parcels with julienned vegetables



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	30 min.	30 min.	35 min.	35 min.
Cooking	25 min.	25 min.	25 min.	25 min.
Fillets of cod	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	4 tbsps	7 tbsps	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
Lemons	1	1	2	2
Sprigs dill	2	4	6	8
Olive oil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste
Kitchen string				

Wash the vegetables. Peel the zucchini, carrots and turnips.

Julienne the zucchini, carrots and turnips using the 4-mm grating disc, making sure that the vegetables are stacked horizontally in the feed tube.

Slice the peppers and lemons using the 2-mm slicing disc.

Fry the vegetables in a frying pan for 5 minutes in a dash of olive oil and season.

For each fillet, take a square of baking parchment and place some of the vegetables in the middle.

Lay the fish on top. Sprinkle with white wine and add the dill and lemon.

Season.

Wrap the parcel up, tying the ends with string.

Bake in the oven at 355°F (gas mark 4).

Open the parcels just before serving.

This recipe is also suitable for salmon, perch, etc.

Crab Cakes



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Crabmeat	3 oz	6 oz	½ lb	¾ lb
Unsalted butter	3 tsp	2 tbsp	3 tbsp	4 tbsp
Zwieback slices	1	2	3	4
Eggs	1	1	2	2
Mustard	¾ tsp	¾ tsp	1½ tsp	1½ tsp
Pinches of Cayenne pepper	1	1	2	2
Bunch parsley	½	½	1	1
Worcestershire sauce	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Mayonnaise	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Breadcrumbs				
Salt	To taste	To taste	To taste	To taste

Break up the Zwiebacks and put them in the bowl with the metal blade.

Blend to reduce the Zwiebacks to crumbs, then add the parsley, Worcestershire sauce, mustard and mayonnaise (see recipe on p. 26).

While the machine is running, add the eggs via the feed tube, followed by the crabmeat. Pulse several times.

Season generously.

Shape the mixture into cakes 1-inch in diameter. Chill for 30 minutes.

Spread the breadcrumbs on a plate and roll the croquettes in them.

Melt the unsalted butter in the frying pan and cook the croquettes for approximately 10 minutes until they are nicely browned on all sides.

Serve with slices of lemon and a salad of green beans.

You can also make your own breadcrumbs by mixing a few Zwiebacks in the bowl with the metal blade.

Stuffed red snapper



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	30 min.
Cooking	25 min.	25 min.	30 min.	35 min.
Red Snapper	1½ lb	2 lb	3¼ lb	4⅓ lb
Dry white wine	¾ cup	1¼ cup	2¼ cups	2½ cups
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
STUFFING				
Shallots	2	3	5	6
Garlic cloves	1	2	3	4
Button mushrooms	4 oz	7 oz	½ lb	1 lb
Smoked ham	3 oz	4 oz	5 oz	7 oz
Parsley sprigs	2	4	6	8
Chervil sprigs	3	6	8	8
Egg yolks	1	1	2	2
Unsalted butter	3 tsp	1 tbsp	2 tbsp	3 tbsp
Salt & pepper	To taste	To taste	To taste	To taste
Kitchen string				

Ask your fishmonger to gut and descale the red snapper and to remove the backbone (while leaving the fish whole).

Peel the garlic and shallots. Trim the mushroom stalks.

Wash and dry the mushrooms.

Wash and dry the parsley and chervil.

Put the garlic, shallots and mushrooms in the bowl with the metal blade.

Pulse 4 times to obtain a mirepoix* rather than a purée.

Heat the unsalted butter in a frying pan and fry the vegetables for 3-4 minutes, stirring constantly. Reserve in the frying pan.

Preheat the oven to 355°F (gas mark 4).

Put the ham, parsley, chervil and egg yolks in the bowl with the metal blade.

Add salt and pepper. Blend for 30 seconds.

Add this mixture to the mirepoix*. Mix well. Stuff the fish cavity with it and sew the flaps up with string.

Pour the oil into a thick-bottomed oven dish, lay the fish on top and pour over the white wine. Season.

Bake in the oven.

Serve hot, after carefully removing the string.

Raw minced salmon and monkfish



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	30 min.
Salmon	7 oz	1 lb	1 1/3 lb	1 3/4 lb
Monkfish	7 oz	1 lb	1 lb	1 1/2 lb
Lime	1	2	3	4
Olive oil	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Bunches chives	1	1	2	2
Red or yellow pepper	1/2	1	1	1 1/2
Capers	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Onions	1	2	3	4
Pepper	To taste	To taste	To taste	To taste
Eggs (optional)	2	4	6	8

Put the chives in the Mini Bowl and pulse twice. Set aside.

Do the same with the onions, pulsing 3 times. Set aside.

Halve the pepper, discard the seeds and pith.

Cut the peppers into chunks, put in the bowl with the metal blade and pulse 4 times.

Set aside.

Chop the fish into large chunks and put in the bowl with the metal blade.

Pulse 4 times.

Place a mound of minced fish in the middle of each plate. Sprinkle with olive oil and lemon juice. Season with pepper.

Surround the fish with tiny heaps of capers, onion, pepper and chives.

Serve immediately with toast.

Just before serving, you can place an egg yolk in half an eggshell, which can then be placed in the middle of the fish.



Cod and artichoke mousse



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	40 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Resting	4 hrs	4 hrs	4 hrs	4 hrs
Cod fillets	½ lb	1 lb	1½ lb	2 lb
Artichoke bottoms	3	6	8	12
Egg yolks	3	5	7	10
Crème fraîche or heavy whipping cream	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Chervil sprigs	2	4	6	8
Shallots	1	2	3	4
Lemons	1	1	1	2
Bouillon	½ Quart	¾ Quart	1 Quart	1½ Quarts
Tabasco drops	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Poach* the fish for 7 minutes in the bouillon. Leave to cool slightly.

Bring a pan of salted water with a dash of lemon juice to boil. Add the artichoke bottoms and cook for 10 minutes. Drain and allow to cool slightly.

Peel the shallots and reduce to a purée in the Mini Bowl. Blend for 1 minute. Set aside.

Put the fish in the bowl with the metal blade, together with the Tabasco and half the shallots.

Pulse 3 times, then blend for 2 minutes, adding half the crème fraîche or heavy whipping cream, half the egg yolks and a little salt and pepper via the feed tube. Set aside.

Cut the artichoke bottoms into chunks and put in the bowl with the metal blade.

Pulse 3 times, then blend for 1 minute, adding the rest of the shallots, egg yolks, crème fraîche or heavy whipping cream, chervil, salt and pepper via the feed tube.

Pour the artichoke purée into ramekins, followed by the cod mousse.

Chill for at least 4 hours.

Serve chilled.

Decorate with sliced lemon and sprigs of chervil.

Use frozen artichoke bottoms to save time.

Fish pie



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	30 min.	30 min.	30 min.	30 min.
Cooking	25 min.	25 min.	25 min.	25 min.
Haddock fillets	5 oz	½ lb	1 lb	1⅓ lb
Whipping cream	3 tbsp	5 tbsp	7 tbsp	¾ cup
Parmesan	7 tbsp	¾ cup	1 cup	1¼ cup
Fresh spinach	5 oz	½ lb	1 lb	1⅓ 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
Handfuls parsley	1	1	2	2
Olive oil	To taste	To taste	To taste	To taste

Preheat the oven to 465°F (gas mark 9).

Peel the potatoes and slice using the 2-mm slicing disc.

Put them in a pan of boiling water and boil for 2 minutes.

At the same time, cook the spinach for 1 minute in a colander placed over the pan. Drain.

Chop the onions and parsley in the Mini Bowl, followed by the carrots and parsley, then fry in a frying pan with a little olive oil for 5 minutes. Remove from heat and add half the parmesan, the freshly-squeezed lemon juice and the mustard.

Put the spinach, fish, raw eggs and crème fraîche or heavy whipping cream in the bowl and blend with the metal blade.

Arrange the ingredients in a large oven dish, alternating layers of sliced potato, the fish and spinach mixture, and the onions and carrots.

Between each layer, sprinkle a little pepper and olive oil. Scatter the rest of the parmesan on top of the final layer.

Bake for 25-30 minutes until the top is golden brown.

You can use cod instead of haddock.

Smoked salmon soufflé



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	30 min.
Cooking	10 min.	10 min.	15 min.	20 min.
Smoked salmon	2 oz	4 oz	5 oz	7 oz
Rice flour	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Egg yolks	1	2	3	4
Egg whites	2	3	5	7
Milk	5 tbsp	½ cup	¾ cup	¾ cup
Tomato ketchup	¾ tsp	¾ tsp	1¼ tsp	1½ tsp
Vodka	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
Drops lemon juice	2	2	4	4
Pinches of Cayenne pepper	1	1	1	2
Pinches of nutmeg	1	2	3	4
All-purpose flour	1 tbsp	1 tbsp	2 tbsp	3 tbsp
Pats of butter	1	1	2	2
Salt & pepper	To taste	To taste	To taste	To taste

Cut the salmon into chunks and put in the Mini Bowl. Pulse twice, then blend for 1 minute. Set aside.

Mix the milk and rice flour in a saucepan. Over a low heat, gradually bring to boiling point.

Stir in the salmon purée, together with the egg yolks, tomato ketchup, vodka, Cayenne pepper, black pepper and nutmeg.

Mix thoroughly.

Butter individual soufflé dishes and put in the fridge.

Preheat the oven to 300°F (gas mark 2).

Put the egg whites, lemon juice and a pinch of salt into the bowl with the egg whisk.

Remove the pusher from the feed tube and whisk for 5-10 minutes.

Remove the dishes from the fridge and lightly dust with flour.

Fold the egg whites into the preparation. Divide the resulting mixture between the dishes, filling each one no more than three-quarters full. Slide a knife blade between the dishes and the soufflé.

Bake for the time shown above and serve straight from the oven.



Shepherd's pie



Serves	2	4	6	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.
Potatoes	1¾ lb	3½ lb	4½ lb	5½ lb
Rump steak	7 oz	14 oz	1 lb	1½ lb
Sausage meat	3 oz	5 oz	8 oz	11 oz
Onions	1	2	3	4
Garlic cloves	1	1	2	2
Sprigs flat-leaved parsley	2 tbsp	3 tbsp	4 tbsp	6 tbsp
Eggs	1	1	2	3
Unsalted butter	3 tbsp	5 tbsp	7 tbsp	½ cup
Milk	3½ cups	6½ cups	8½ cups	10¾ cups
Grated Gruyere cheese	1 oz	2 oz	3 oz	4 oz
Oil	To taste	To taste	To taste	To taste
Salt & pepper	To taste	To taste	To taste	To taste

Peel the potatoes. Cut into thin slices using the 2-mm slicing disc. Cook in the milk for 30 minutes (or 20 minutes in the pressure cooker).

Make the sausage meat according to the recipe on p. 30.

Strain the potatoes (reserve the milk) and transfer to the bowl with the metal blade. Pulse 3 times, adding a little of the milk.

Blend for 30 seconds.

Transfer to a large bowl. Add three-quarters of the unsalted butter.

Season with salt and pepper. Wait for the unsalted butter to melt before stirring in.

Preheat the oven to 410°F (gas mark 6-7).

Peel the onions and cut into quarters. Peel the garlic and chop in the Mini Bowl with the parsley and onions.

Cut the steak into large chunks. Put in the bowl with the metal blade.

Pulse 3 times, then blend for 1 minute.

Heat the oil and the remaining unsalted butter in a frying pan. Fry the minced beef and sausage meat for 1 minute, stirring constantly. Draw aside and add the parsley mixture, eggs, salt and pepper. Combine thoroughly.

Put half the mashed potato in an oven dish. Cover with meat, then top with the remaining potato. Smooth the surface.

Scatter with grated cheese and curls of unsalted butter. Bake for 20 minutes.

Serve piping hot.

Veal and basil pastries



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	40 min.
Cooking	25 min.	25 min.	25 min.	25 min.
Puff pastry	4 oz	7 oz	½ lb	1 lb
Veal cutlets	7 oz	1 lb	1⅓ lb	1¾ lb
Smoked bacon	1 oz	3 oz	4 oz	6 oz
Garlic cloves	1	1	2	3
Basil leaves	3	6	9	12
Shallots	2	3	4	6
Egg yolks	1	1	2	2
Salt & pepper	To taste	To taste	To taste	To taste

Peel the garlic and shallots.

Put them in the Mini Bowl with the basil. Pulse 3 times.

Chop the veal and bacon into large chunks.

Put them in the bowl with the metal blade. Pulse 3 times.

Add the herbs, blend for 45 seconds. Set aside.

Preheat the oven to 410°F (gas mark 6-7).

Roll the pastry out on a floured surface. Cut out circles 5-inch in diameter.

Beat the egg yolks with a little water and brush onto the pastry circles.

Place a small mound of filling on one half of each circle. Fold over the other half and press the edges together.

Brush the top of each pastry with beaten egg.

Arrange the pastries on an oven tray dusted with flour or covered with a sheet of greaseproof paper.

Bake for 25 minutes.

Serve piping hot.

Curried lamb in filo parcels



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	25 min.	25 min.	35 min.	40 min.
Resting	2 hrs	2 hrs	2 hrs	2 hrs
Cooking	30 min.	30 min.	30 min.	30 min.
Saddle of lamb	½ lb	1 lb	2 lb	2½ lb
Curry powder	1½ tsp	1½ tsp	2¼ tsp	2¼ tsp
Bananas	¾	1	1½	2
Eggs	1	1	2	2
Garlic cloves	1	1	1½	2
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Sheets of filo pastry	2	4	6	8
Salt & pepper	To taste	To taste	To taste	To taste

Cut the lamb into large chunks. Carefully mix in the curry powder.

Leave to macerate for 2 hours.

Peel the garlic. Put it with the lamb in the bowl with the metal blade.

Blend for 45 seconds, then add the sliced banana. Pulse 2-3 times, then add the eggs via the feed tube.

Season with salt and pepper and blend for 20 seconds.

Check the seasoning - it should be quite hot.

Heat 2 tablespoons of oil in a frying pan. Fry the lamb mixture.

Cook for 5 minutes, stirring from time to time.

Preheat the oven to 355°F (gas mark 4).

Remove the paper backing from the sheets of filo pastry.

Place a small mound of filling in the center of each sheet. Fold over the left and right sides, then the top and bottom edges to form squares.

Arrange them on a baking tray covered with a sheet of baking parchment, the folded edges underneath. Brush the tops with beaten egg yolk.

Bake for approximately 15 minutes.

If the pastry becomes too dark, turn the oven down.

Oriental stuffed cabbage



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	35 min.	35 min.	40 min.	50 min.
Cooking	45 min.	45 min.	45 min.	45 min.
Small firm green cabbages	1	1	1½	2
Beef	7 oz	¾ lb	1 lb	1½ lb
Parboiled long grain rice	2 oz	4 oz	5 oz	7 oz
Onions	1	1	2	3
Lemons	1	1	1	2
Mint leaves	4	6	9	12
Garlic cloves	1	2	3	4
Beef stock	¾ cup	2¼ cups	3¼ cups	4¼ cups
Sprigs parsley	2	4	6	8
Salt & pepper	To taste	To taste	To taste	To taste

Put the rice in an equal volume of warm water and leave to swell for 30 minutes.

Chop the parsley in the Mini Bowl by pulsing 3 times. Set aside.

Carefully detach the individual cabbage leaves and select the most perfect ones.

Wash and blanch* them. Pare away part of the thick central rib using a sharp knife.

Cut the beef into large chunks, peel the onions and cut into quarters, and put both in the bowl with the metal blade. Pulse 3 times. Add the parsley. Blend for 1 minute.

Drain the rice. Put the minced beef and rice in a large bowl, season with salt and pepper and mix thoroughly.

Lay the cabbage leaves out flat. Place a spoonful of filling on each one, then roll them up, folding the edges under to form a neat parcel.

Line the base of a cast-iron pan with the remaining cabbage leaves.

Lay the parcels on top, pour over the beef stock. Cover with a lid and simmer over a low heat for 45 minutes.

Peel the garlic and put it in the Mini Bowl with the mint. Blend for 30 seconds.

Transfer to a bowl and stir in the lemon juice. Sprinkle over the parcels 5 minutes before the end of the cooking time.

Serve hot.

Stuffed tomatoes



Serves	2	4	6	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.
Tomatoes	4	8	12	16
Pork spare rib (minus fat)	8 oz	1 lb	1½ lb	2 lb
Stale bread without crusts	2 oz	4 oz	5 oz	5 oz
Milk	2 tbsps	4 tbsps	4 tbsps	6 tbsps
Garlic cloves	1	2	3	3
Onions	1	1	2	2
Sprigs parsley	3	5	7	10
Paprika	¾ tsp	¾ tsp	1½ tsp	1½ tsp
Salt & pepper	To taste	To taste	To taste	To taste

Preheat the oven to 355°F (gas mark 4).

Warm the milk slightly and soak the bread in it.

Peel the garlic and onions, cut the latter into quarters and put both in the Mini Bowl.

Pulse 3-4 times. Set aside.

Wash the tomatoes. Slice off the top third (reserve the “hats”). Scoop out the flesh (reserve) with a teaspoon or using the citrus press.

Sprinkle salt inside and turn them upside-down on kitchen paper to drain away the excess juice.

Cut the pork into chunks and put in the bowl with the metal blade.

Pulse 3 times, then add the bread (squeeze out the surplus milk first), a little tomato flesh, the parsley, chopped garlic and onions, paprika, salt and pepper.

Blend for 40 seconds to mince finely. Check the seasoning.

Stuff the tomatoes with this preparation. Put their “hats” back on and arrange in an oven dish.

Sprinkle with olive oil and bake in the oven.

This dish can be served with apricots fried in unsalted butter.



Raw minced beef with anchovy unsalted butter



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	35 min.
Rump or sirloin steak	¾ lb	1 lb	2 lb	3 lb
Shallots	1	2	3	4
Onions	2	3	5	6
Capers	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Bunches chives	1	1	1½	2
Bunches flat-leaved parsley	1	1	1½	2
Unsalted butter	3 tbsp	4 tbsp	7 tbsp	9 tbsp
Anchovy fillets	2	4	6	8
Eggs	2	4	6	8
Salt & pepper	To taste	To taste	To taste	To taste

Peel the onions and shallots. Cut into quarters.

Put in the Mini Bowl and pulse 5 times. Set aside.

Wash and dry the parsley. Put in the Mini Bowl and pulse several times.

Snip the chives.

Cut the meat into chunks. Put in the bowl with the metal blade.

Pulse several times. The meat should be minced, not reduced into purée.

Place a mound of minced beef in the middle of each plate. Surround it with smaller heaps of capers, parsley, chives, onion and shallot.

Put the unsalted butter and anchovies in the Mini Bowl. Blend for 1 minute.

Serve immediately.

Serve with slices of toast, vinegar, olive oil, mustard, salt and pepper, Worcester sauce, tomato ketchup and Tabasco, as well as small dishes of anchovy unsalted butter.

Just before serving, you can place an egg yolk in half an eggshell, which can then be placed in the middle of the beef.



Pavlova



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	25 min.
Cooking	1½ hrs	1½ hrs	1½ hrs	1½ hrs
Eggs	3	5	6	8
Granulated sugar	7 tbsp	9 tbsp	¾ cup	¾ cup
Powdered sugar	7 tbsp	9 tbsp	¾ cup	¾ cup
Forcing bag* (optional)				
Whipping cream	¾ cup	1¼ cups	2 cups	2¼ cups
Vanilla flavored sugar	1	1	2	2
Strawberries	2 oz	4 oz	5 oz	7 oz
Raspberries	2 oz	4 oz	5 oz	7 oz
Mint leaves	To taste	To taste	To taste	To taste

For the meringue:

Separate the eggs and whisk the whites for at least 5-10 minutes in the bowl with the egg whisk; removing the pusher from the feed tube first.

When the eggs form peaks, gradually add the granulated and powdered sugar via the feed tube. Continue whisking. The mixture must become stiff.

Using the forcing bag* (or a spoon), form rounds of meringue (3-4-inch thick) on a baking tray that has been lightly oiled or covered with a sheet of baking parchment.

Bake in the oven at 210°F (gas mark ½) for 1½ hours.

Allow to cool, then put in the fridge.

For the whipped cream:

Put the bowl and the ingredients in the fridge for 1 hour. Pour the whipping cream into the bowl with the egg whisk. Whip the cream, then add the vanilla sugar.

Blend for 8-10 minutes, making sure that the cream does not turn into unsalted butter.

Just before serving, coat the meringues with whipped cream and add the fruit and mint leaves.

Experiment with other types of fruit, such as peaches, apples and grapes. You can also serve this dessert with a red fruit coulis.

Baked peaches



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	25 min.
Cooking	30 min.	30 min.	40 min.	40 min.
Peaches	2	3	5	6
All-purpose flour	6 tbsp	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cup
Eggs	1	2	3	4
Granulated sugar	3 tbsp	6 tbsp	9 tbsp	$\frac{3}{4}$ cup
Unsalted butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Milk	4 tbsp	8 tbsp	12 tbsp	1 cup
Pinches of salt	$\frac{1}{2}$	1	2	2

Wash and pit the peaches. Slice them using the 4-mm slicing disc and set aside. Preheat the oven to 355°F (gas mark 4).

Melt the unsalted butter in a bowl over a pan of very hot water (bain-marie*). Combine the flour, sugar and salt in the bowl with the metal blade.

While the machine is running, add the eggs one by one via the feed tube, followed by the melted unsalted butter.

Warm the milk slightly, then pour in via the feed tube and blend to achieve a smooth batter. Pour the preparation into a well-buttered oven dish, followed by an even layer of sliced peaches. Bake in the oven.

The batter will shrink away from the sides of the dish when cooked.

Pineapple and melon fan



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	15 min.	20 min.	20 min.
Pineapple	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Firm-fleshed melons	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
Strawberries	5 oz	$\frac{1}{2}$ lb	1 lb	$1\frac{1}{3}$ lb
Powdered sugar	2 tbsp	3 tbsp	5 tbsp	6 tbsp
Lemon	$\frac{1}{2}$	$\frac{1}{2}$	1	1
Mint leaves	To taste	To taste	To taste	To taste

Cut the pineapple into quarters and discard the thick skin.

Slice the quarters using the 4-mm slicing disc (if they will not fit down the feed tube, cut away a small section of the core). Set aside.

Cut the melon into quarters. Discard the rind and slice in the same way, feeding the pieces in vertically. Set aside.

Wash and hull* the strawberries. Reserve a few for decoration and put the rest, together with 3 mint leaves, in the bowl with the metal blade.

Blend, adding the powdered sugar and lemon juice via the feed tube. Pour a layer of strawberry coulis onto each plate, then arrange alternate slices of melon and pineapple in a circle. Decorate with a few mint leaves and a strawberry in the middle.

Serve chilled.

Summer fruit gazpacho



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	25 min.
Resting	1 hr	1 hr	1 hr	1 hr
Strawberries	½ lb	1⅓ lb	1¾ lb	2 lb
Raspberries	3 oz	5 oz	7 oz	½ lb
Redcurrants	3 oz	5 oz	7 oz	½ lb
Peaches	1	2	3	4
Lemon	½	½	1	1
Powdered sugar	1 tbsp	3 tbsp	4 tbsp	6 tbsp
Olive oil	½ tbsp	1 tbsp	1 tbsp	2 tbsp
Pinches of pepper	½	½	1	1

Wash the fruit. Hull* the strawberries and strip the currants from their stalks. Pit the peaches.

Chop half the raspberries, redcurrants, strawberries and peaches in the bowl with the metal blade.

Add the freshly-squeezed lemon juice, powdered sugar, olive oil and pepper via the feed tube.

Blend to obtain a smooth fruit soup. Chill for 1 hour.

Cut the remaining strawberries into quarters. Peel, pit and slice the remaining peaches using the 4-mm slicing disc. Set aside.

Just before serving, pour the gazpacho into soup plates or bowls and decorate with the reserved fruit.

For people with a sweet tooth, serve with a scoop of vanilla ice cream and toasted gingerbread “fingers”.

Chocolate and hazelnut cookies



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Unsalted butter	2 tbsp	4 tbsp	7 tbsp	7 tbsp
Chocolate	1 oz	2 oz	4 oz	4 oz
Hazelnuts	1 oz	2 oz	3 oz	4 oz
Eggs	1	1	2	2
Granulated sugar	3 tbsp	4 tbsp	7 tbsp	9 tbsp
All-purpose flour	4 tbsp	6 tbsp	½ cup	¾ cup
Corn-flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Chocolate chips	1 oz	2 oz	3 oz	4 oz
Baking powder	¼ tsp	¼ tsp	¾ tsp	¾ tsp
Pinches of salt	1	1	2	2
Forcing bag* (optional)	To taste	To taste	To taste	To taste

Preheat the oven to 355°F (gas mark 4).

Melt the unsalted butter and chocolate in a saucepan over a low heat.

Blend the eggs and sugar in the bowl with the metal blade. Add the melted chocolate. Blend for 1 minute, then mix in the flour, salt, baking powder, corn-flour and hazelnuts to obtain a smooth paste.

To finish, add most of the chocolate chips via the feed tube and pulse 3-4 times.

Butter a baking tray, or line it with baking parchment.

Put the preparation in the forcing bag* (or use a spoon), and place small mounds on the tray. Sprinkle the cookies with the remaining chocolate chips.

Bake for 10 minutes and allow to cool on a wire tray.

Apple and raspberry crumble



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	25 min.
Cooking	30 min.	30 min.	40 min.	45 min.
Apples	2	4	6	8
Raspberries	4 oz	7 oz	1/2 lb	1 lb
All-purpose flour	5 tbsp	3/4 cup	1 cup	1 1/4 cup
Unsalted butter	3 tbsp	7 tbsp	3/4 cup	1 cup
Granulated sugar	3 tbsp	6 tbsp	9 tbsp	3/4 cup
Vanilla flavored sugar	1	1	2	2
Cinnamon	3/4 tsp	3/4 tsp	1 1/2 tsp	1 1/2 tsp

Preheat the oven to 355°F (gas mark 4).

Wash, peel and core the apples. Slice them with the 2-mm slicing disc, then arrange them in a buttered dish.

Chop half the raspberries in the Mini Bowl.

Arrange the rest of the raspberries in the dish with the sliced apples and top with the raspberry coulis.

Put the unsalted butter, vanilla sugar, cinnamon and flour in the bowl with the metal blade and pulse 3-4 times.

Spread the resulting crumb mixture over the fruit.

Bake for the time shown above.

Serve hot.

Delicious with single cream or vanilla ice cream.

Apple mousse

4 mm



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	10 min.	10 min.	15 min.	15 min.
Cooking	10 min.	10 min.	10 min.	10 min.
Resting	6 hrs	6 hrs	6 hrs	6 hrs
Apples	½ lb	1 lb	1⅓ lb	1¾ lb
Egg whites	2	3	4	5
Lemon	½	½	1	1
Granulated sugar	1 tbsps	3 tbsps	4 tbsps	6 tbsps
Thick crème fraîche	4 tbsps	8 tbsps	¾ cup	1 cup
Gelatin leaves	2	3	4	5

Soak the gelatin in a bowl of cold water. Squeeze the lemon.

Peel the apples. Slice them using the 4-mm slicing disc.

Put the apples in a pan with the sugar and lemon juice. Simmer over a low heat until the apples are cooked, the sugar dissolved and the water evaporated. Squeeze out the gelatin leaves and melt them in the pan with the apples.

Process the apples in the bowl with the metal blade and leave to cool.

Whip the chilled cream either by hand or using your egg whisk and fold it into the chilled apples.

Separate the eggs and whisk the whites for at least 5-10 minutes in the bowl with the egg whisk, removing the pusher from the feed tube first.

Gently fold into the preparation. Divide between small ramekins and chill for at least 6 hours.

Serve chilled.

You can decorate the mousses with sliced or grated apple (add a dash of lemon juice to prevent it from browning).



Chocolate cake



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	20 min.
Cooking	10 min.	10 min.	20 min.	20 min.
Chocolate	5 oz	7 oz	1/2 lb	1 lb
Unsalted butter	3 tbsp	4 tbsp	6 tbsp	1 1/4 cup
Granulated sugar	1/4 cup	3/4 cup	1 cup	1 1/2 cups
All-purpose flour	3 tbsp	5 tbsp	8 tbsp	3/4 cup
Eggs	2	4	6	8

Preheat the oven to 390°F (gas mark 6).

Put the sugar and eggs in the bowl with the metal blade and blend until light and fluffy.

Add the flour and blend.

Melt the unsalted butter and chocolate in a saucepan over a low heat.

While the machine is running, add the melted chocolate via the feed tube.

Pour the preparation into a buttered mold and bake in the oven.

You can also bake individual cakes, which reduces the cooking time.

For a softer centre, add a small piece of chocolate.

Serve with a scoop of vanilla ice cream or coconut sorbet.

Chocolate mousse



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	25 min.	30 min.
Chocolate	5 oz	7 oz	1/2 lb	1/2 lb
Granulated sugar	3 tbsp	4 tbsp	6 tbsp	1/2 cup
Eggs	3	4	6	8
Pinches of salt	1	1	1	1

Melt the chocolate in a bain-marie*.

Separate the eggs. Put the whites and salt in the bowl with the egg whisk. Whisk for 5-10 minutes, making sure you have removed the pusher from the feed tube. Transfer to a large bowl and set aside.

Put the sugar and chocolate in the bowl fitted with the metal blade, pulse 3 times, then add the egg yolks and blend for 10 seconds.

Fold this preparation gently into the egg whites, using a spatula. Chill for at least 3 hours.

Serve chilled.



Walnut cake



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	15 min.	15 min.
Cooking	30 min.	30 min.	40 min.	40 min.
Shelled walnuts	3 oz	5 oz	8 oz	½ lb
Granulated sugar	4 tbsp	½ cup	¾ cup	1¼ cup
Unsalted butter	4 tbsp	7 tbsp	¾ cup	1 cup
Rum	½ tbsp	1 tbsp	2 tbsp	2 tbsp
Eggs	2	3	5	6
All-purpose flour	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Pinches of salt	1	1	2	2

Preheat the oven to 350°F (gas mark 3).

Chop the walnuts in the bowl with the metal blade. Add the sugar flour and unsalted butter softened cut into dice and blend for 2 minutes.

While the machine is running, add the eggs one by one via the feed tube, followed by the rum and salt.

Pour the preparation into a buttered cake mold and put into the oven.

If following the recipe for 8 people, divide the mixture between 2 molds.

Yogurt cake



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	10 min.	10 min.
Cooking	20 min.	30 min.	30 min.	40 min.
Individual yogurt cups (4 oz)	½	1	1½	2
Granulated sugar	½ yogurt cup	1 yogurt cup	1½ yogurt cups	2 yogurt cups
All-purpose flour	2 yogurt cups	3 yogurt cups	4½ yogurt cups	6 yogurt cups
Unsalted butter	6 tsp	8 tsp	3 tbsp	4 tbsp
Eggs	2	2	3	4
Baking powder	¾ tsp	¾ tsp	1¼ tsp	1½ tsp
Orange flower water	¾ tsp	¾ tsp	1¼ tsp	1½ tsp
Pinches of salt	1	1	1	2

Preheat the oven to 355°F (gas mark 4).

Put the softened unsalted butter, eggs, yogurts and sugar (use the empty cups to measure out the ingredients) into the bowl with the metal blade. Blend for 1 minute.

Add the flour, baking powder, orange flower water and salt. Blend for 1 minute.

Butter a layer cake pan. Pour in the mixture, smooth the surface and bake in the oven.

Allow to cool before serving.

Scones



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	5 min.	5 min.	5 min.	5 min.
All-purpose flour	3/4 cup	1 3/4 cups	2 1/2 cups	5 cups
Granulated sugar	1 tbsp	2 tbsp	3 tbsp	6 tbsp
Unsalted butter	2 tbsp	4 tbsp	6 tbsp	3/4 cup
Baking powder	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Milk	1/4 cup	3/4 cup	1 cup	1 1/4 cup
Pinches of salt	1/2	1	1	2

Put the metal blade in the bowl. Place the flour, baking powder and salt in the bowl and process briefly to mix them.

Cut the unsalted butter into pieces and add it to the bowl with the sugar.

Process for 5-7 seconds, or until the mixture resembles fine breadcrumbs, then, with the machine running, gradually pour the milk in through the feed tube.

Process for about 10 seconds or until a sticky mixture has formed.

On a well floured surface knead the dough lightly then roll out to 3/4" thick and using a 2" pastry cutter, cut out the scones.

Place them on a greased baking tray and bake in a hot oven at 430°F (gas mark 7) for 10-15 minutes or until well risen and browned.

Cool on a wire rack.

Variations:

Cheese Scones: Omit the sugar and add 2 oz grated cheddar cheese to the dry ingredients together with a pinch of dry mustard. Finish as above.

Sultana Scones: Add 2 oz (Thompson Seedless grapes) to the processed ingredients after adding the milk. Finish as above.

Pear and almond cake



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	25 min.
Cooking	30 min.	30 min.	35 min.	40 min.
Pears	1	2	3	4
Eggs	3	3	5	6
All-purpose flour	3 tbsp	5 tbsp	8 tbsp	$\frac{3}{4}$ cup
Granulated sugar	4 tbsp	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$1\frac{1}{4}$ cup
Unsalted butter	4 tbsp	7 tbsp	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
Flaked almonds	1 oz	2 oz	3 oz	4 oz
Baking powder	$\frac{1}{2}$	$\frac{1}{2}$	1	1
Pinches of salt	1	1	2	2

Preheat the oven to 355°F (gas mark 4).

Melt the unsalted butter in a saucepan over a low heat.

Peel the pears. Halve and core them. Poach* for 5-10 minutes in a pan.

Put the eggs and sugar in the bowl with the metal blade and blend until light and fluffy. Add the melted unsalted butter, flour, salt and baking powder to achieve a soft consistency. Transfer to a buttered mold.

Slice the pears using the 4-mm slicing disc and arrange on top of the mixture.

Scatter with flaked almonds.

Bake in the oven.



Lemon meringue pie



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	45 min.	45 min.	50 min.	50 min.
Richshort crust pastry				
Lemons	1	2	3	4
Eggs	2	4	6	8
Granulated sugar	4 tbsp	7 tbsp	$\frac{3}{4}$ cup	1 cup
Unsalted butter	1 tbsp	2 tbsp	2 tbsp	4 tbsp
Powdered sugar	4 tbsp	7 tbsp	$\frac{3}{4}$ cup	1 cup
Forcing bag* (optional)	1	1	1	1

Make the pastry according to the recipe on p. 32.

Preheat the oven to 355°F (gas mark 4).

Butter a quiche mold. Roll out the pastry, line the mold and prick the base with a fork.

Cover with a circle of baking parchment and a layer of beans (or rice) and bake blind* for 15 minutes.

Meanwhile, zest one of the lemons and squeeze them all, using the citrus press.

Put the lemon juice, zest, granulated sugar and half the eggs in the bowl with the metal blade and blend.

Transfer to a pan, bring to the boil, stirring constantly with a wooden spoon. Dice the unsalted butter and add.

Pour this mixture into the pastry case and bake in the oven for 15-20 minutes at 250°F (gas mark $\frac{1}{2}$).

As soon as the pie comes out of the oven, separate the remaining eggs and put the whites in the bowl with the egg whisk. Whisk for 5-10 minutes.

When the eggs form stiff peaks, gradually add the powdered sugar via the feed tube.

Spoon the meringue onto the lemon pie and broil in the oven for 10-15 minutes until golden.

Keep in a cool place until ready to serve.

Caramelized apple tart



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	35 min.	35 min.	40 min.	40 min.
Richshort crust pastry				
Apples	1/2 lb	1 lb	1 3/4 lb	2 lb
Eggs	1	1	2	2
Unsalted butter	1 tbspc	2 tbspc	3 tbspc	3 tbspc
Sugar	2 tbspc	2 tbspc	4 tbspc	4 tbspc
Crème fraîche or heavy whipping cream	1 tbspc	1 tbspc	2 tbspc	2 tbspc
Calvados	1/2 tbspc	1/2 tbspc	1 tbspc	1 tbspc
Cinnamon	1/4 tsp	1/4 tsp	3/4 tsp	3/4 tsp
Vanilla extract	1/4 tsp	1/4 tsp	3/4 tsp	3/4 tsp

Make the pastry according to the recipe on p. 32.

Preheat the oven to 355°F (gas mark 4). Butter a quiche mold, line with the pastry and prick the base with a fork.

Cover with a circle of baking parchment and a layer of beans (or rice) and bake blind* for 15 minutes.

Meanwhile, slice the apples using the 4-mm slicing disc. Brown them in the unsalted butter in a frying pan for 5 minutes.

Sprinkle with a little sugar and cook over a moderate heat, stirring gently from time to time. Draw aside and allow to cool.

Blend the eggs with the sugar in the bowl with the metal blade. Add the cream, calvados, vanilla extract and cinnamon.

Stir to obtain a thick, smooth mixture.

Arrange the apple slices in the pastry case and top with the egg mixture.

Bake in the oven and allow to cool.

This tart is delicious served with crème fraîche or heavy whipping cream or a scoop of vanilla ice cream.



Coconut tart



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	20 min.	20 min.	30 min.	30 min.
Cooking	25 min.	25 min.	30 min.	30 min.
Richshort crust pastry				
Fresh coconut	1/2	1/2	1	1
Eggs	1	1	2	2
Granulated sugar	2 tbsps	4 tbsps	6 tbsps	7 tbsps
Vanilla flavored sugar	1/2	1/2	1	1
Dark rum	4 tsp	2 tbsps	3 tbsps	4 tbsps
Chocolate	1 oz	2 oz	3 oz	4 oz

Make the pastry according to the recipe on p. 32.

Preheat the oven to 355°F (gas mark 4). Butter a quiche mold, line with the pastry and prick the base with a fork.

Cover with a circle of baking parchment and a layer of beans (or rice). Bake blind* for 15 minutes.

Meanwhile, make a hole in one of the “eyes” at the top of the coconut. Collect the juice in a bowl, blow into the hole, block the hole with your finger and hit the coconut with the flat end of a hammer.

Remove the flesh and process in the bowl with the juicer attachment.

Retrieve the pulp from the juicer and the coconut milk from the bowl.

Heat this coconut milk in a saucepan, add the vanilla and granulated sugar.

Stir until melted. Draw aside and add the coconut pulp. Mix.

Blend the eggs in the bowl with the metal blade until they are light and fluffy. Add the coconut mixture to the eggs and blend. Pour the rum in through the feed tube.

Set aside.

Melt the chocolate in a bain-marie* and spread a thin layer of it over the pastry.

Pour the coconut mixture over the top.

Bake in the oven at 355°F (gas mark 4) for 10-15 minutes.

If your food processor is not equipped with a juicer, you can use desiccated coconut instead (5 oz for 8 people).



Tiramisu



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	15 min.	15 min.	20 min.	25 min.
Resting	4 hrs	4 hrs	4 hrs	4 hrs
Eggs	2 + 1 yolk	3 + 2 yolks	4 + 3 yolks	6 + 4 yolks
Unsweetened cocoa powder	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Marsala	2 tbsp	3 tbsp	5 tbsp	6 tbsp
Mascarpone wine	7 oz	1 lb	1 1/4 lb	1 3/4 lb
Sponge fingers	12	24	36	48
Granulated sugar	4 tbsp	7 tbsp	3/4 cup	1 cup
Strong cold coffee	3/4 cup	1 1/4 cups	2 cups	2 1/4 cups
Pinches of salt	1	1	2	2

Separate the eggs. Whisk the whites for 5-10 minutes until stiff using the egg whisk. Remember to remove the pusher from the feed tube first.

Set aside in a large bowl.

Blend the sugar and egg yolks in the bowl with the metal blade until light and fluffy. Add the marsala and mascarpone.

Pour this mixture onto the beaten egg whites and gently fold in with the spatula.

Briefly dip half the sponge fingers in the cold coffee and arrange them in the bottom of the serving dish.

Cover with half the cream mixture. Repeat this operation, with a layer of biscuits dipped in coffee followed by a layer of cream.

Dust with cocoa powder and chill for 4 hours.

If you do not have any cocoa powder, you can grate dark chocolate using your parmesan disc.

Dark chocolate truffles



Serves	2	4	6	8
Food processor	3200	3200	4200	5200
Preparation	40 min.	40 min.	1 hr	1½ hrs
Resting	24 hrs	24 hrs	24 hrs	24 hrs
Number truffles	18	24	36	48
Dark chocolate	7 oz	½ lb	¾ lb	1 lb
Unsweetened cocoa powder	3 tbsps	4 tbsps	6 tbsps	8 tbsps
Egg yolks	2	2	3	4
Thick crème fraîche	4 tbsps	5 tbsps	8 tbsps	¾ cup
Unsalted butter	4 tbsps	6 tbsps	9 tbsps	¾ cup
Powdered sugar	3 tbsps	4 tbsps	½ cup	½ cup

THE DAY BEFORE:

Melt the chocolate in a bain-marie* over a low heat.

Stir thoroughly with a wooden spoon to achieve a smooth consistency. Gradually add the diced unsalted butter, continuing to stir.

Pour the chocolate into the bowl with the metal blade.

While the machine is running, add the cream, egg yolks and powdered sugar via the feed tube.

Blend for 30 seconds.

Pour this preparation into a large bowl and chill for 24 hours.

THE NEXT DAY:

Pour the cocoa powder into a glass.

Take a teaspoon of the chocolate mixture and roll into a ball in the palm of your hand. Drop into the glass of cocoa powder.

Turn gently to ensure that it is evenly coated in cocoa, then lift out and put in a pan.

Repeat this procedure until all the mixture has been used up.

Put the pan in the fridge.

The truffles will keep for 3 or 4 days in the fridge.

Remove them 15-20 minutes before handing them round so that they are not too hard.

FOR THE DISCERNING BABY



Duck and peach delight



From 9 months onwards

Preparation: 7 min. • Cooking: 10 min.

1 oz cooked duck - 1 ripe yellow peach - $\frac{3}{4}$ tsp honey - $\frac{3}{4}$ tsp fresh lemon juice - 1 a little bit of unsalted butter - 1 pinch of salt

Peel the peach and discard the pit. Squeeze the lemon.

Put the peach, lemon juice, honey and salt in a small saucepan. Add enough water to cover.

Bring to a boil, then simmer for 10 minutes.

Remove the duck skin, cut the meat into large chunks and put in the Mini Bowl. Pulse 3 times, then add the drained peach and the unsalted butter.

Blend for approximately 20 seconds to achieve a smooth purée.

Rabbit and green rice



From 12 months onwards

Preparation: 15 min. • Cooking: 10 min.

1 oz cooked rabbit (saddle) - 1 oz spinach - 1 oz rice - 1 small knob unsalted butter - 1 pinch of salt

Cook the rice in a small saucepan with water and salt. Cook the spinach in another pan. Mince the cooked rabbit in the Mini Bowl and set aside.

Put the rice, spinach and unsalted butter in the Mini Bowl and pulse 3-4 times before blending for 30 seconds.

Serve the minced rabbit with its green purée.

Chicken and banana dinner



From 6 months onwards

Preparation: 5 min. • Cooking: 7 min.

1 ripe banana - 1 oz cooked chicken breast - $\frac{3}{4}$ tsp fresh lemon juice - 1 sprig chervil - 1 small knob unsalted butter

Steam the unpeeled banana for 7 minutes. Skin the chicken breast and cut into large chunks. Put into the Mini Bowl and pulse several times.

Squeeze the lemon. Add the banana flesh, lemon juice, unsalted butter and chervil sprigs to the Mini Bowl and blend for approximately 30 seconds.

Sole and carrot dinner



From 12 months onwards

Preparation: 5 min. • Cooking: 15 min.

1 oz boneless sole fillet - 1 medium carrot - $\frac{3}{4}$ tsp lemon juice - 1 small knob unsalted butter - 1 pinch of salt

Peel the carrot, cut into chunks and steam for 15 minutes. Add the sole 2 minutes before the end of the cooking time.

Put all the ingredients in the Mini Bowl and pulse 4-5 times, then blend for approximately 30 seconds to achieve a smooth purée.

Purée eggplant with olive oil



From 6 months onwards

Preparation: 6 min. • Cooking: 15 min.

4 oz eggplant - 2 oz potatoes - $\frac{3}{4}$ tsp olive oil

Wash and peel the vegetables, then cut into large dice. Steam for 15 minutes.

Put the vegetables in the Mini Bowl and pulse 4-5 times, then add the olive oil via the feed tube.

Pulse 2-3 more times, then blend for 20 seconds.

Zucchini and chervil purée



From 6 months onwards

Preparation: 6 min. • Cooking: 20 min.

1 zucchini - 1 oz plain yogurt - 2 sprigs chervil - 1 pinch of salt

Peel the zucchini and cut into chunks. Steam for 20 minutes. Put the zucchini, yogurt, chervil and salt in the Mini Bowl.

Pulse 5-6 times, then blend to achieve a smooth purée.

Fruit cream



From 12 months onwards

Preparation: 5 min.

1 peach - 1 ripe banana - 1/2 sachet pouch of vanilla flavored sugar

Put the banana (peeled and cut into large chunks) and the peach (pitted and cut into quarters) in the Mini Bowl.

Pulse 4-5 times. Add the vanilla sugar and blend for 20 seconds to achieve a smooth purée.

Apple and kiwi dessert



From 9 months onwards

Preparation: 8 min. • Cooking: 20 min.

1 Golden Delicious apple - 1 ripe kiwi - 1 pouch of vanilla flavored sugar

Peel the apple, the kiwi and cut into small chunks.

Put the fruit in a saucepan with the sugar and 6 tablespoons of water and simmer over a low heat for 20 minutes.

Transfer to the Mini Bowl and pulse 5-6 times. Blend for approximately 1 minute. to achieve a smooth purée.

Allow to cool completely before serving.

Date mousse



From 12 months onwards

Preparation: 7 min.

4 oz pitted dried dates - 8 tbsp plain yogurt

Wash the dates.

Put them in the Mini Bowl, pulse 4 times and add the yogurt.

Pulse a further 4-5 times, then blend for approximately 1 minute.

Serve chilled.



Strawberry milkshake



For 2 glasses

5 oz fresh strawberries - 1 $\frac{1}{4}$ cup milk - 1 tbsp sugar - 2 scoops vanilla ice cream - 1 dash lemon juice

Wash and drain the strawberries. Hull* them.

Put the strawberries in the bowl with the metal blade. Pulse 3-4 times.

Add the sugar and ice cream and blend.

Gradually pour the milk in through the feed tube, before adding the dash of lemon juice.

Blend for 2 minutes to obtain a frothy drink.

Serve chilled in glasses.

Out of season, you can replace the fresh strawberries and vanilla ice cream with 4 scoops of strawberry ice cream.

You can make an infinite variety of milkshakes by using different flavors of ice cream and, if necessary, combining them with seasonal fruit.

Coffee milkshake



For 2 glasses

$\frac{3}{4}$ cup cold coffee - 1 $\frac{1}{4}$ cup milk - 2 scoops vanilla ice cream

Put the ice cream in the bowl with the metal blade. Blend.

Next, add the milk and cold coffee via the feed tube.

Blend to obtain a smooth, creamy consistency.

Serve immediately.

You can make an infinite variety of milkshakes by using different flavors of ice cream and, if necessary, combining them with seasonal fruit.

Mango lassi (yogurt drink)



For 2 glasses

1 mango - 1 smooth yogurt - $\frac{3}{4}$ tsp honey - 1 tbsp lemon juice - $\frac{3}{4}$ cup water

Peel the mango.

Put it in the bowl with the yogurt, honey and lemon juice.

Blend for 30 seconds, gradually adding the water via the feed tube.

For extra zing, try chopping a few mint leaves in the Mini Bowl and adding them to your cocktail.

Ice-cool blackcurrant and kiwi cocktail



For 2 glasses

2 kiwi fruit - 3 scoops blackcurrant sorbet - $\frac{3}{4}$ cup tonic water.

Peel the kiwi fruit. Cut into chunks and put in the bowl. Pulse 4-5 times.

Add the blackcurrant sorbet. Blend for 1 minute.

Pour the tonic water in through the feed tube and blend.

Serve chilled in glasses.

Melon, raspberry and strawberry cocktail



For 2 glasses

$\frac{1}{2}$ melon - 4 oz strawberries - 4 oz raspberries

Wash the raspberries and strawberries.

Deseed the melon and scoop out the flesh.

Put all the fruit in the bowl with the metal blade and blend for 20 seconds.

Try chopping a few mint leaves in the Mini Bowl and adding them to your cocktail for extra zing.

Pear and honey nectar



For 2 glasses

2 ripe William's pears - 1 tbsp honey - 2 pinches of cinnamon - 1 cup water - 2 tbsp lemon juice

Peel and core the pear.

Cut into chunks and sprinkle with lemon juice.

Put the pear, cinnamon and honey in the bowl with the metal blade.

Pulse 3 times then, while the machine is running, gradually add the water via the feed tube.

Serve chilled with ice cubes.

Bain-marie: to melt chocolate or heat a sauce gently, the ingredients can be placed in a bowl over a pan containing very hot (but never boiling) water.

Bake blind: bake an empty quiche or pie crust, i.e. without its filling.

Blanch: plunge briefly into boiling water.

Caul: veinous fatty membrane surrounding veal and pork intestines. Can be wrapped around joints before roasting or used to cover pâtés before cooking them in the oven.

Forcing bag: a triangular bag made from cloth or paper that can be filled with cream, mayonnaise, etc. The latter is then forced (piped) out through a nozzle to decorate sweet or savory food.

Flame (flambée): gently heat a small quantity of spirits (e.g. brandy), then pour over the dish and set alight. Remember to switch your hood fan off first!

Ghee: clarified unsalted butter - a very healthy form of fat which is widely used in Indian and Arab cookery. Available from specialty grocers

Hull: remove the stalk and central part of strawberries.

Julienne: thin sticks or shreds of fruit or vegetables.

Knock down: expel air from dough that has been left to rise.

Mirepoix: tiny vegetable dice used to lend extra flavor to a dish.

Molasses: uncrystallized, sticky syrup with a 40-50% sugar content. Used in baking, confectionery and sweet-and-sour dishes. You will find it in healthfood shops or in the healthfood section of your local supermarket.

Poach: gently cook food in a liquid (water, court-bouillon or sauce), never allowing it to come to the boil.

Prove: after the dough has been shaped or put into tins, leave in a warm place to rise again.

Reduce: simmer over a low heat so that some of the liquid evaporates.

Sear: fry briefly to seal in the juices.

String: trim off the tough sides of green beans or to shell peas.

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