

Le Micro

Instructions for use
Recipe book

Pulse

Le Micro
magimix

INTRODUCTION

Magimix invented the food processor more than 30 years ago and has used all its experience to design Le Micro - an invaluable addition to your kitchen when it comes to all those small every day tasks.

Despite Le Micro's diminutive size, you will soon wonder how you ever did without it, as it tirelessly chops, blends and mixes.

In the blink of an eye, you can now prepare a Bearnaise sauce to go with your roast beef, tapenade black olive spread as an impromptu appetizer, or a grapefruit dressing to add some zing to your summer salad ... all those little extras that turn each meal into a feast.

What's more, you can make a whole range of quick mini meals to introduce your baby to the authentic taste of home cooking.

We would like to thank you for choosing a Magimix product and hope that it will give you full satisfaction and enjoyment.



SUMMARY

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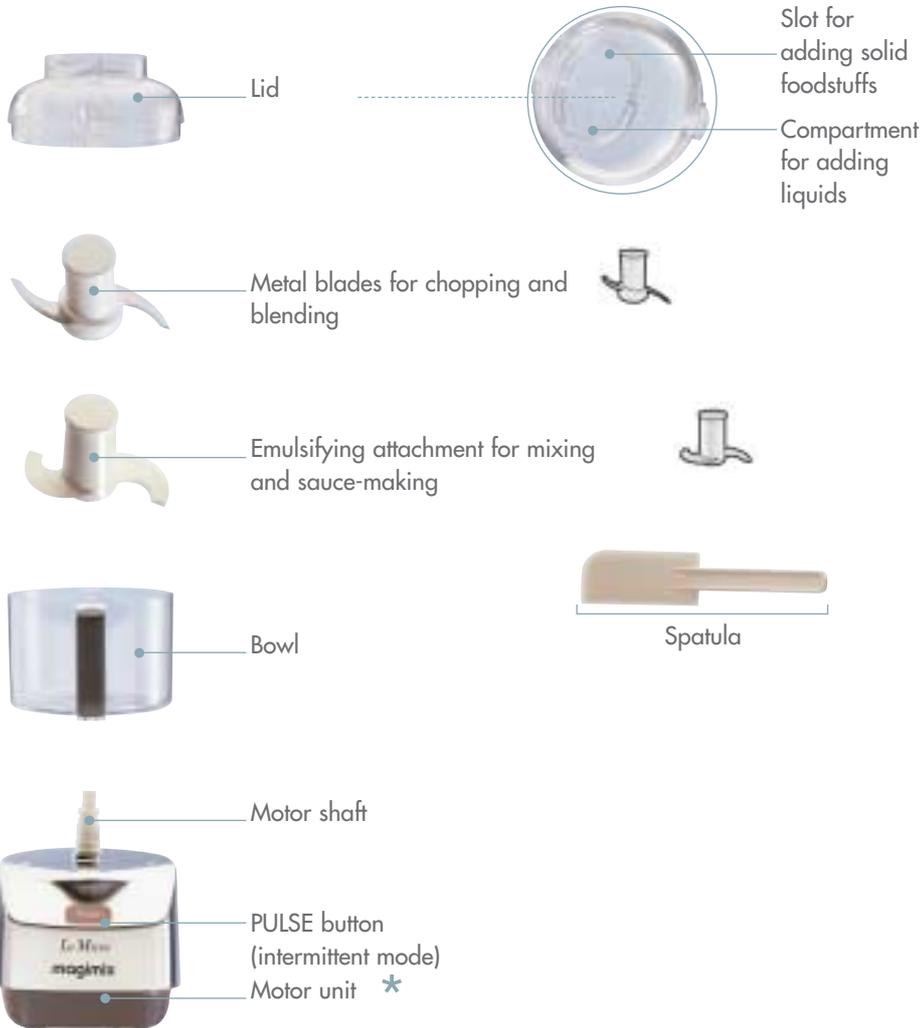
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**PLEASE READ THE SAFETY INSTRUCTIONS THROUGH CAREFULLY
BEFORE USING YOUR APPLIANCE (P. 9).**

DESCRIPTION



* You can adjust the length of the power cord. Thread it through the special notches to avoid vibrations.

HOW TO USE YOUR APPLIANCE

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



1 Lock the bowl onto the motor unit



3 Place the accessory on the motor shaft



4 Add the ingredients



5 Lock the lid into position



7 Press the PULSE button



8 Once the blades have stopped you can open the lid



CAUTION ! the metal blades are extremely sharp. Always hold them by the central hub.

ADVICE



Adding liquid via the liquid compartment in the lid



Adding solid foodstuffs via the slot in the lid



If necessary, push the food down with the spatula and press the pulse button 2/3 times



Hold the blades in place while you pour out the contents

PULSE mode :

The appliance automatically stops when you release the pressure on the pulse button. This means that you remain in complete control of the chopping and blending operations.

Continuous mode :

To achieve a more even texture or to blend certain preparations, keep your finger on the button for several seconds. We have deliberately not added an "on" button to avoid over chopping or blending.

Double failsafe :

If the bowl and lid are not properly locked into position and closed, the appliance will not start. Do not leave the lid in the locked position when the appliance is not in use (p. 5).

TABLE OF USES

	<i>Max.</i>		<i>Mode*</i>		<i>Advise</i>
	Quantity	Time*	P	C	
onion, shallot	2/3 bowl	20 sec.	●		cut into 4
garlic	2/3 bowl	20 sec.	●		
fresh herbs	2/3 bowl	20 sec.	●		
ham	200 g	20 sec.	●		in 2-cm dice
meat	350 g	15 sec.		●	in 2-cm dice
cheese	200 g	50 sec.		●	in 2-cm dice
walnuts, hazelnuts	200 g	25 sec.	●		
fruit	2/3 bowl	35 sec.	●		in 2-cm dice
vegetables	2/3 bowl	35 sec.	●		in 2-cm dice
rusks	50 g	30 sec.	●		broken rusks

As a rule :

- Cut the foodstuffs into 2-cm dice.
- Do not fill the bowl more than 2/3 full.
- If you want to combine solids and liquids, process the solids first, then add the liquids.



P mode = Pulse mode
C mode = Continuous mode

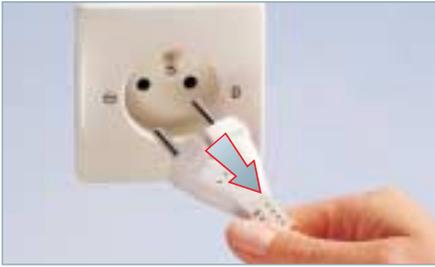


The times shown here are only approximate : you will need to adapt the length and number of pulses according to the desired result.



Never use Le Micro to chop hard ingredients such as nutmegs as you may damage it.

AFTERCARE



Always unplug your appliance before cleaning it.



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



Accessories : use a bottle brush to clean the bases of the accessories



Motor unit : wipe it with a soft, damp cloth

You must follow certain rules in order to avoid seriously damaging the removable parts :

- Dishwasher : select the minimum temperature (< 40 °C) and avoid the drying cycle (generally > 60 °C).
- Hand-washing : avoid leaving the parts in water containing detergent for too long. Avoid abrasive products (e.g. Brillo pads,).
- Detergents : check the manufacturer's instructions to ensure that they are compatible with plastic items.

*

The blades may become blunt if they frequently come into contact with certain foodstuffs, such as parsley and hazelnuts. You can sharpen them with a sharpening steel.



Never immerse the motor unit in water

- Before switching on your appliance, make sure that the voltage of your mains supply corresponds to that shown on the identification plate (underneath the motor unit).
- Never leave children near the appliance unattended. It is not a toy and has not been designed to be used by children.
- Never allow the power cord to dangle over the edge of the worktop. Never let it come into contact with a hot or wet surface.
- Never use the appliance if it has fallen or been dropped. Take it to a Magimix approved after-sales service to have it checked.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- The use of parts not recommended or sold by Magimix may result in injury or electric shocks.
- Should any of the parts or accessories become cracked, mis-shapen or undergo a change in dimension, they must be replaced.
- Always unplug your appliance:
 - before moving it
 - before cleaning it
 - after using it.
- Never immerse the motor unit in water or place it in a dishwasher. Wipe it with a damp cloth.
- Always handle the metal blades with great care as they are extremely sharp.
- Never place the metal blades on the motor shaft until the bowl has been properly positioned.
- Check that the lid is completely horizontal and locked into position before switching on your appliance

HOW TO READ THE RECIPES

Difficulty of the recipe :  very easy -  easy -  more advanced

Measurements : 1 teaspoon - 1 tablespoon



Using the metal blades



Using the emulsifying attachment

1 pulse = pressing the PULSE button for 1-2 seconds

WEIGHTS AND MEASURES

How to measure ingredients without weighing them

	1 teaspoon	1 tablespoon
butter	5 g	15 g
crème fraîche	5 g	15 g
flour	3 g	10 g
grated gruyère cheese	-	10 g
oil	4 g	13 g
table salt	5 g	15 g
caster sugar	6 g	15 g
icing sugar	3 g	10 g

Liquid conversions

1 teaspoon	0.5 cl
1 tablespoon	1.5 cl
1 large glass	25 cl
1 small glass	15 or 20 cl
1 bowl	35 or 40 cl
1 coffee cup	10 cl
1 liqueur glass	3 cl

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THE ESSENTIALS



THE ESSENTIALS

Classic mayonnaise

 •  • Preparation : 3 min.

Serves 3 - 4

1 egg yolk
1 teaspoon strong mustard
15 cl olive or sunflower oil
salt and pepper

Place the egg yolk, mustard, salt, pepper and 1 tablespoon of oil in the bowl and pulse 3 times. Then, keeping your finger on the pulse button (continuous mode), slowly drizzle the oil through the feed tube until the mayonnaise is the right consistency.

For best results all the ingredients must be at room temperature. You may wish to add a teaspoon of vinegar or lemon juice, near to the end of the blending process. Use a whole egg to achieve a softer consistency.

Fat-free mayonnaise

 •  • Preparation : 5 min.

Serves 4

2 hard boiled egg yolks
1 teaspoon strong mustard
220 g low fat fromage frais
1 teaspoon vinegar
salt and pepper

Place the egg yolks in the bowl and pulse 3 times. Add the other ingredients and pulse 4/5 times until the mayonnaise is smooth.

Aïoli sauce

 •  •  • Preparation : 5 min.

Serves 4

1 bowl mayonnaise
4 garlic cloves

Chop the garlic in the Micro bowl and gently fold it into the mayonnaise.

Serve with steamed vegetables, cold cooked fish, hardboiled eggs, etc.

Béarnaise sauce

 •  • Preparation : 10 min. • Cooking : 10 min.

Serves 4

2 shallots
2 sprigs tarragon
100 g chilled butter
2 egg yolks
10 cl vinegar
salt and pepper

Chop the shallots and tarragon in the Micro bowl (4/5 pulses).

Place this mixture, together with the vinegar, salt and pepper, in a small, thick-bottomed saucepan. Over a low heat, reduce the ingredients to half their original volume.

Pour this reduction into the bowl, add the egg yolks and pulse 3 times. Add the diced butter and pulse 5/6 times until the sauce is the right consistency.

Serve with any type of grilled meat.

Cocktail sauce

 •  • Preparation : 5 min.

Serves 4

1 bowl mayonnaise
1 tablespoon tomato ketchup
1 tablespoon port or cognac
1 teaspoon Worcester Sauce
2 drops Tabasco sauce
1 tablespoon crème fraîche

Make the mayonnaise using our classic recipe, then add the other ingredients and pulse 5/6 times until the sauce is the right consistency.

Serve with avocado pear, prawns, etc.

THE ESSENTIALS

Ravigote (green herb) sauce

 •  • Preparation : 5 min.

Serves 4

1 teaspoon grain mustard
5 cl red wine vinegar
10 cl sunflower oil
1 shallot
chervil, tarragon, flat-leaved
parsley, etc.

Cut the shallot into quarters, place in the Micro bowl with the vinegar, mustard and herbs. Pulse 10 times, then switch to continuous mode and drizzle the oil through the feed tube.

Add all the fresh herbs you can find.

Serve with brawn and jellied or grilled meat.

Rémoulade sauce

 •  •  • Preparation : 10 min.

Serves 4

1 bowl mayonnaise
1 tablespoon mustard
1 shallot

Blend the shallot (5/6 pulses), then gently fold it into the mayonnaise, together with the mustard.

Serve with salad ingredients such as grated celeriac and shredded red cabbage, or with cold hard boiled eggs and cooked fish.

Rouille sauce

 •  • Preparation : 10 min.

Serves 4

2 teaspoons crushed garlic
2 egg yolks
25 cl olive oil
1 tablespoon tomato purée
1 g powdered saffron
1 pinch Cayenne pepper
salt

Place the crushed garlic, egg yolks, saffron, Cayenne pepper and a little salt in the bowl and pulse 5/6 times. Then, switching to continuous mode, drizzle the olive oil through the feed tube.

Add the tomato purée and give a few final pulses to mix it in well.

The egg yolks must be at room temperature.

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



THE ESSENTIALS

Tartar sauce

 •  •  • Preparation : 5 min.

Serves 4

1 bowl mayonnaise
4 gherkins
2 tablespoons capers
1 small spring onion
parsley, chives, chervil
salt and pepper

Place the gherkins, capers, onion and herbs in the Micro bowl. Pulse 5/6 times, then fold this mixture gently into the mayonnaise. Season to taste.

Serve with minced raw or cooked fish or beef.

Garlic butter for stuffing snails

 •  • Preparation : 5 min.

For 2 dozen snails

125 g soft butter
2 garlic cloves
1/2 bunch parsley
2 drops pastis
salt and pepper

Place the parsley and garlic in the bowl and pulse 5/6 times. Add the pastis and diced soft butter. Blend for 1 minute. Season and blend for a further 30 sec.

This butter can be used not only for stuffing snails but also to flavour steamed vegetables or make garlic bread.

Pesto

 •  • Preparation : 7 min.

Serves 4

2 small garlic cloves
1 bunch basil
50 g pine kernels
10 cl olive oil
fleur de sel (unrefined salt)
and pepper

Wash the basil, remove the leaves and pat them dry. Peel the garlic cloves, cut them in half and discard the central shoots. Place the garlic, basil, pine kernels and 1 teaspoon salt in the bowl. Pulse approximately 10 times to obtain a smooth mixture. With the machine running, add the olive oil via the feed tube.

You may wish to add a little Parmesan cheese.

Fish marinade

 •  • Preparation : 5 min.

Serves 4

juice of 1 lemon
1 tablespoon pink
peppercorns
1 sprig flat-leaved parsley
4 chive leaves
5 cl olive oil
fleur de sel (unrefined salt)
and pepper

Place the pink peppercorns and herbs in the Micro bowl and pulse 4/5 times. Then, blending continuously, add the lemon juice and olive oil via the feed tube. Season according to taste.

Pour this marinade over minced or sliced raw fish (carpaccio) and leave for approximately 2 hours in the refrigerator before serving.

THE ESSENTIALS

Harissa paste

 •  • Preparation : 15 min.

Serves 4

250 g red chilli peppers
1 garlic clove
1 teaspoon coriander seeds
1 teaspoon cumin
1 teaspoon caraway
4 tablespoons olive oil
1 teaspoon salt

Deseed the chilli peppers and rinse and drain several times in a sieve. Place them in the Micro bowl with the garlic cut into quarters and pulse 6/7 times. Add the other ingredients and pulse a further 4/5 times.

Transfer the harissa to a small lidded container and cover with 3 tablespoons olive oil. The harissa must be left for 12 hours before using. It will keep for several weeks in a sealed container in the refrigerator. Dilute with a little stock and add to couscous, soups and dried meat.

Vanilla sugar

 •  • Preparation : 5 min.

To make 250 g

250 g caster sugar
1 vanilla pod

Place the vanilla pod in the bowl. Pulse 10 times to reduce it to a paste. Add the sugar and give a further 4/5 pulses to achieve a smooth mixture.

You can combine the vanilla with ground cinnamon. Use the sugar to flavour your desserts (fruit tarts, crème brûlée, etc.).

EVERYTHING FOR THE WELL-DRESSED SALAD



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Sauce for Asparagus



• Preparation : 5 min.

Serves 4

3 tablespoons smooth
fromage frais
2 tablespoons orange juice
1 teaspoon cider vinegar
3 chives leaves
salt and pepper

Place all the ingredients in the bowl (except for the chives). Pulse 5/6 times, then blend for 5 sec. Scatter with snipped chives just before serving.

For a lighter sauce, add an egg white.

Blue cheese sauce



• Preparation : 5 min.

Serves 4

2 tablespoons vinegar
10 cl olive oil
75 g blue cheese
40 g hazelnuts
Salt

Chop the nuts in the Micro bowl (6/7 pulses). Add the crumbled blue cheese, vinegar and a pinch of salt, then pulse 2/3 times. Blend for approximately 10 sec. while you add the olive oil via the feed tube.

Delicious with a chicory salad.

Green sauce



• Preparation : 5 min.

Serves 4

50 g cooked spinach
2 yolks of hard boiled eggs
4 tablespoons olive oil
1/2 pot smooth yoghurt
2 teaspoons vinegar
1 small garlic clove
1 spring onion
1 sprig dill
1 sprig tarragon
1 sprig parsley
1 pinch grated nutmeg

Place all the ingredients in the bowl, pulse 4/5 times, then blend for 10 sec.

Delicious with fish, cold meats and pasta salads.

EVERYTHING FOR THE WELL-DRESSED SALAD

Goat's cheese sauce

 •  • Preparation : 5 min.

Serves 4

100 g goat's cheese
2 tablespoons ricotta
6 cl olive oil
1 small spring onion
2 teaspoons crème fraîche
1 tablespoon lemon juice
salt and pepper

Place the onion in the bowl, pulse 2/3 times, then add the remaining ingredients. Press the pulse button twice, then blend for 10 sec.

Perfect with cooked potatoes, hard-boiled eggs and chicken.

Lemon sauce

 •  • Preparation : 3 min.

Serves 4

10 cl olive oil
2 tablespoons lemon juice
2 tablespoons crème fraîche
1/2 teaspoon Worcester sauce
salt and pepper

Place all the ingredients in the bowl. Pulse 4/5 times, then blend for 5 sec.

This sauce goes well with every type of salad, especially sweet-and-sour combinations.

Curry sauce

 •  • Preparation : 5 min.

Serves 4

6 tablespoons single cream
1 teaspoon curry powder
3 teaspoons lemon juice

Place all the ingredients in the bowl and pulse 3/4 times.

A delicious dressing for chicken or palm heart salad. To ring the changes, replace the lemon juice with a teaspoon of grain mustard.

EVERYTHING FOR THE WELL-DRESSED SALAD

Honey and mustard sauce

  • Preparation : 5 min.

Serves 4

1 tablespoon honey
5 tablespoons olive oil
1 tablespoon grain mustard
2 tablespoons lemon juice
1/2 crushed garlic clove

Place the mustard, lemon juice, honey and crushed garlic in the bowl. Press the pulse button twice, then switch to continuous mode and add the olive oil via the feed tube.

Totally transforms a chicory and walnut salad, served with thinly-sliced chicken breast.

Grapefruit sauce

  • Preparation : 5 min.

Serves 6

1 pot natural yoghurt
juice of 1 pink grapefruit
2 tablespoons sunflower oil
1 teaspoon snipped chives
salt and pepper

Place the yoghurt, grapefruit juice and oil in the bowl and press the pulse button 2/3 times. Scatter with the snipped chives and season according to taste.

Serve with lettuce, avocado, prawns and grapefruit

Plum sauce

  • Preparation : 5 min.

Serves 2

1/2 teaspoon grain mustard
1/2 pot smooth yoghurt
1 teaspoon orange juice
1 teaspoon plum jam
1 tablespoon vodka

Place all the ingredients in the bowl, pulse 4/5 times, then blend for 10 sec.

Delicious with all kinds of ham and pork (e.g. chops).



EVERYTHING FOR THE WELL-DRESSED SALAD

Tuna sauce

 •  • Preparation : 5 min.

Serves 4

4 tablespoons smooth fat free (0%) fromage frais
1 tablespoon tuna in brine
1/2 shallot
1 sprig flat-leafed parsley
3 chive leaves
salt and pepper

Place the shallot, parsley and chives in the bowl, pulse 2/3 times, then add the tuna, fromage frais, salt and pepper. Blend for 10 sec.

A low-calorie sauce for raw vegetables.

Yoghurt sauce

 •  • Preparation : 3 min.

Serves 4

1 pot smooth yoghurt
1 teaspoon grain mustard
1 tablespoon lemon juice
salt and pepper

Simply place all the ingredients in the bowl and pulse 5/6 times.

A low-calorie seasoning for all types of raw vegetables. You can add all the fresh herbs you like.

Island sauce

 •  • Preparation : 5 min.

Serves 4

10 cl single cream
juice of 1 lime
1 tablespoon coconut milk
2 drops Tabasco sauce
salt and pepper

Place all the ingredients in the bowl and pulse 3/4 times.

Adds an exotic touch to fish-based starters.

EVERYTHING FOR THE WELL-DRESSED SALAD

Latino chilli sauce

  • Preparation : 7 min.

Serves 4

4 green chilli peppers
1/4 onion
1 sprig fresh coriander
1 sprig parsley
2 tablespoons lemon juice
2 tablespoons olive oil
3 teaspoons vinegar
1 teaspoon fleur de sel
(unrefined salt)

Cut the chilli peppers open, remove the seeds and cut the flesh into 2 cm squares. Place them in the bowl with the onion, coriander and parsley. Pulse 4/5 times, then add all the other ingredients and blend for 30 sec.

This extremely hot sauce from Chile is perfect with fish, meat and vegetables. If you cannot stand the heat, use mild peppers!

Thai sauce

  • Preparation : 5 min.

Serves 4

4 tablespoons lemon juice
3 tablespoons olive oil
1 tablespoon soy sauce
1 tablespoon sesame oil
1 pinch Demerara sugar
small cube fresh ginger
(1 cm³)
1/2 garlic clove
10 basil leaves
1 pinch chilli powder

Peel the ginger and garlic clove and place in the bowl with the basil leaves. Pulse 5/6 times, add the other ingredients and give a further 3/4 pulses.

Serve with a selection of raw vegetables, such as grated carrot, bean sprouts, lettuce and shitake mushrooms.

EVERYTHING FOR THE WELL-DRESSED SALAD

Citrus vinaigrette

 • Preparation : 5 min.

Serves 4

1 orange
1 lemon
1 teaspoon sugar or honey
1 teaspoon Worcester sauce
10 cl olive oil
white pepper

Squeeze the citrus fruits and place the juice in the bowl with all the ingredients. Blend for 10 sec.

Adds a touch of sunshine to a green salad served with slices of chicken breast, smoked duck breast or grated carrot.

Cherry tomato vinaigrette

 • Preparation : 5 min.

Serves 4

8 large cherry tomatoes
6 tablespoons olive oil
1/2 garlic clove
1 tablespoon balsamic vinegar
10 basil leaves
fleur de sel (unrefined salt)
and freshly-ground black pepper

Place the cherry tomatoes, basil and garlic in the bowl. Season to taste, pulse 3/4 times, then, with the machine running, add the oil and vinegar via the feed tube.

A delicious dressing for pasta or bean salad.

TANTALIZING APPETIZERS



TANTALIZING APPETIZERS

Anchovy paste

  • Preparation : 10 min.

Serves 4

200 g anchovies in olive oil
2 garlic cloves
1 teaspoon balsamic vinegar
1 slice bread
20 cl olive oil
pepper
milk

Wipe the anchovies with kitchen paper, soak the bread in some milk, then squeeze out the surplus. Place the anchovies, bread, garlic cloves (remove the central shoot), vinegar and pepper. Blend for approximately 30 sec. to achieve a smooth paste. While the machine is still running, slowly add the olive oil via the feed tube and blend until it has all been absorbed.

Delicious with raw vegetables.

Sardine and lemon paste

  • Preparation : 10 min.

Serves 4

135 g sardines in olive oil
1 1/2 lemons
50 g butter
2 yolks of hard boiled eggs
5 sprigs flat-leaved parsley
salt and pepper

Squeeze the lemons and set aside the juice and pulp. Drain the sardines, cut them in half and place in the bowl with the lemon juice and pulp, the egg yolks, diced butter, parsley, salt and pepper. Press the pulse button approximately 10 times.

Serve chilled.

TANTALIZING APPETIZERS

Aubergine caviar

 •   • Preparation : 10 min. • Cooking : 1 hr

Serves 4

1 small aubergine
1 garlic clove
2 tablespoons olive oil
1 tablespoon lemon juice
Coarse salt
fleur de sel (unrefined salt)
and pepper

Preheat your oven to 180 °C (gas mark 6). Wash and dry the aubergine and pierce it with a fork. Place it in an oven dish lined with coarse salt and cook for approximately 45 min. until the skin is soft and the flesh tender. Allow to cool.

Cut the garlic in half and remove the shoot. Cut the aubergine in half, scoop the flesh into the bowl with a spoon. Add the other ingredients and pulse approximately 10 times to obtain a smooth mixture.

You can scatter the caviar with chopped black olives and serve with toasted slices of country loaf.

Creole dip

 •  • Preparation : 10 min. • Cooking : 5 min.

Serves 4

1 red pepper
10 cl coconut milk
200 g fromage frais
juice of 1/2 lime
salt and chilli powder

Wash, deseed and chop the pepper. Cook for approximately 5 min. in the coconut milk in a saucepan. Add a pinch of salt and a pinch of chilli powder. Allow to cool, then pour into the Micro bowl, add the fromage frais, lime juice and press the pulse button 2/3 times before blending for 30 s.

A highly original dip for sticks of raw vegetables.

TANTALIZING APPETIZERS

Fennel and fresh goat's cheese

  • Preparation : 10 min.

Serves 4

1 fennel bulb
100 g fresh goat's cheese
Juice of 1/2 lemon
chives, mint, chervil
25 g hazelnuts
dash of hazelnut oil
Salt and pepper

Chop the hazelnuts (6/7 pulses) in the bowl and set aside. Wash the fennel, cut into small chunks and place in the bowl. Pulse a few times, then add the lemon juice, goat's cheese, oil, herbs, salt and pepper. Pulse a further 5/6 times, then scatter with the chopped nuts.

Serve with toasted slices of bread.

Guacamole

  • Preparation : 5 min.

Serves 4

2 ripe avocados
1 tablespoon crème fraîche
1 lime
Few drops Tabasco sauce
1 small onion (or spring onion)
dash of olive oil
salt and pepper

Cut the onion into quarters and place in the bowl. Press the pulse button 3 times, then add the peeled avocados cut into chunks, the lemon juice, crème fraîche, a few drops of Tabasco sauce and a dash of olive oil. Blend for approximately 1 min., until the mixture is smooth, and season according to taste.

You can garnish the guacamole with a little diced tomato.

Serve with tortilla chips.



TANTALIZING APPETIZERS

Hummus

 •  • Preparation : 10 min. • Cooking : 5 min.

Serves 4

250 g tinned chickpeas
2 garlic cloves
2 tablespoons olive oil
4 tablespoons sesame oil
juice of 1 lemon
salt

Heat the chickpeas for 5 min. in boiling salty water. Drain them and put them in the bowl. Pulse 4/5 times and add the oils, garlic, lemon juice and salt. Blend for 10 sec.

Chill in the refrigerator for 30 min.

You can scatter this hummus with fresh parsley or coriander. Spread hummus onto pitta bread (used in Greek and Lebanese cuisine) and top with tomato, cucumber, spring onion and chopped olives.

Tunisian carrot purée

 •  • Preparation : 10 min. • Cooking : 30 min.

Serves 4

350 g carrots
1 garlic clove
3 tablespoons olive oil
1 small onion
1 teaspoon cumin
1 tablespoon lemon juice
some harissa paste
salt

Wash and peel the carrots and cut into slices. Steam the carrots and garlic for 25 min. Meanwhile, gently soften the sliced onion in 1 tablespoon of olive oil, then add the cumin and cook for a further 2 min. Stir in the carrots, garlic and all the other ingredients and fry for 5 min. Allow to cool slightly, then pour into the Micro bowl, check the seasoning if necessary and blend for approximately 1 min., adding 2 tablespoons of olive oil via the feed tube until the purée is smooth. Leave to cool.

Can be eaten cold with bread or as a garnish with grilled meat.

TANTALIZING APPETIZERS

Courgette purée

 •  • Preparation : 5 min. • Cooking : 25 min.

Serves 4

3 small courgettes
1 garlic clove
1 pinch chilli powder
5 tablespoons olive oil
juice of 1/2 lemon
2 sprigs mint
salt and freshly-ground
black pepper

Wash the courgettes and cut into slices. Fry them in 3 tablespoons of olive oil, with the crushed garlic and chilli powder. Cover and cook gently for approximately 30 min., stirring regularly. Pour into the Micro bowl, season according to taste, add the lemon juice, 2 tablespoons of olive oil and the mint leaves; Pulse 4/5 times and allow to cool.

Spread on toasted slices of wholemeal bread.

Tuna rillettes

 •  • Preparation : 5 min.

Serves 4

1 tin tuna in brine (140 g net)
2 tablespoons crème fraîche
1 teaspoon olive oil
1 teaspoon mustard
juice of 1/2 lemon
chives
fleur de sel (unrefined salt)
and pepper

Break the tuna into chunks and place in the bowl. Add the other ingredients, pulse 4/5 times and... hey presto !

Spread on toasted slices of wholemeal bread.

Dijon sauce

 •  • Preparation : 3 min.

Serves 4

2 slices ham
2 tablespoons crème fraîche
1 teaspoon grain mustard

Cut the ham up and place in the bowl with the crème fraîche and the mustard. Pulse 4/5 times and... hey presto !

Serve with carrot and courgette sticks or cauliflower florets.

TANTALIZING APPETIZERS

Crab and cottage cheese sauce

  • Preparation : 5 min. • Cooking : 5 min.

Serves 4

100 g cottage cheese
100 g fromage frais
1 tin crabmeat (120 g net)
50 g green olives
1 tablespoon whisky
salt and pepper

Place all the ingredients in the bowl. Press the pulse button 2/3 times, then blend for 30 sec.

Delicious with savoury biscuits.

Tomato and red pepper sauce

    • Preparation : 15 min. • Cooking : 15 min.

Serves 4

1 bowl mayonnaise made with olive oil
1 red pepper
1 tomato
1 garlic clove
1 teaspoon tomato purée
5 sprigs basil
1 pinch sugar
salt and pepper

Roast the pepper under the grill or in the oven for approximately 15 min., turning regularly.

Meanwhile, make the mayonnaise (see p.12) with olive oil and set aside in the Micro bowl. Skin and deseed the pepper and cut into chunks. Scald the tomatoes, slip off their skins, remove the pips and cut into dice. Remove the central shoot from the garlic clove and cut into quarters. Wash the basil and strip the leaves off the stalks. Add all the ingredients to the mayonnaise, press the pulse button 2/3 times, then blend for 1 min.

Serve with tortilla chips and sticks of raw vegetables.

TANTALIZING APPETIZERS

Tapenade

 •  • Preparation : 5 min.

Serves 4

250 g stoned green or black olives
2 anchovies in olive oil
1 tablespoon capers
1 teaspoon mustard
juice of 1 lemon
10 cl olive oil
pepper

Place all the ingredients in the Micro bowl except for the oil. Blend for approximately 30 sec. to obtain a paste. Then, while the machine is still running, slowly add the oil via the feed tube and blend until it has all been absorbed.

Delicious spread on toasted slices of wholemeal bread.

Taramasalata

 •  • Preparation : 10 min.

Serves 4

200 g cod or carp roe
juice of 1 lemon
10 cl milk
1 thick slice stale white bread
10 cl olive oil
salt and pepper

Remove the crust and soak the bread in milk. Squeeze out the surplus milk and put the bread in the bowl with the eggs, salt and pepper. Blend for approximately 5 sec. until the mixture looks smooth. Slowly add the oil via the feed tube : the taramasalata should have the same consistency as mayonnaise. Pour in the lemon juice, check the seasoning and pulse 4/5 times.

Spread on hot blinis or slices of black radish.

TANTALIZING APPETIZERS

Tzatziki

 •   • Preparation : 15 min. + 30 min.

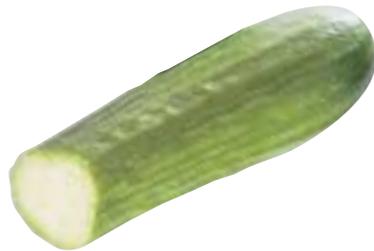
Serves 4

1 cucumber
2 1/2 pots Greek-style yoghurt
1 garlic clove
2 tablespoons olive oil
1 tablespoon red wine vinegar
1 sprig mint
salt and pepper

Peel the cucumber and cut into 2-cm chunks. Place these in the bowl and pulse 5 times. Place the chopped cucumber in a sieve, sprinkle with salt and leave to stand for 30 min.

Squeeze the cucumber in a tea towel. Chop the garlic in the bowl, then add the yoghurt, mint, olive oil and vinegar. Press the pulse button 2/3 times, add the cucumber and pepper, and pulse 2/3 more times.

Serve chilled on toasted bread or with cold or smoked fish.



GOURMET DISHES FOR THE DISCERNING BABY



GOURMET DISHES FOR THE DISCERNING BABY

Creamed broccoli and gruyère

  • Preparation : 3 min. • Cooking : 20 min.

From 9 months onwards

150 g broccoli
20 g grated gruyère cheese

Wash the broccoli florets, cut into quarters and steam for 20 min. Place the cooked broccoli in the bowl and pulse 4/5 times. Add the gruyère and press the pulse button 2/3 more times until the cheese has completely melted.

Pureed aubergine with olive oil

  • Preparation : 6 min. • Cooking : 15 min.

From 6 months onwards

100 g aubergines
50 g potatoes
10 ml olive oil

Wash and peel the vegetables, cut into chunks and steam for 15 min. Place the vegetables in the bowl and pulse 4/5 times, then add the olive oil via the feed tube. Press the pulse button 2/3 times, then blend for 10 sec.

Courgette and chervil purée

  • Preparation : 6 min. • Cooking : 20 min.

From 6 months onwards

1 courgette
60 yoghurt (40% fat content)
2 sprigs chervil
1 pinch salt

Peel the courgette and cut into chunks. Steam for 20 min.

Place the courgette in the bowl with the yoghurt, chervil and salt. Pulse 3/4 times until the mixture is smooth.

GOURMET DISHES FOR THE DISCERNING BABY

Fennel purée

  • Preparation : 5 min. • Cooking : 15 min.

From 6 months onwards

50 g potatoes
100 g fennel
15 g butter
1 pinch ground cumin

Peel the potato, wash the vegetables and cut into chunks. Steam for 15 min. Place the cooked vegetables in the bowl with the butter and cumin, pulse 4/5 times, then blend for 10 sec.

Puréeed sweetcorn

  • Preparation : 6 min. • Cooking : 5 min.

From 6 months onwards

1 small tin sweetcorn
15 cl semi-skimmed milk
10 g grated gruyère cheese
1 teaspoon butter
nutmeg

Boil the milk. Rinse the sweetcorn thoroughly and place in the bowl with the butter, gruyère and a pinch of grated nutmeg. Pulse 4/5 times, then blend for approximately 1 min., gradually add the hot milk via the feed tube until the mixture is smooth and creamy. Heat up the cream in a saucepan over a low heat before serving.

Garden-fresh salad

  • Preparation : 7 min.

From 8 months onwards

4 lettuce leaves
6 small mild pink radishes
5 leaves flat-leaved parsley
1/2 slice ham
5 tablespoons low fat fromage frais
1 teaspoon lemon juice

Carefully wash the radishes, lettuce leaves and parsley. Cut the ham and the lettuce leaves into large pieces, then place all the ingredients in the Micro bowl and pulse approximately 10 times to achieve a smooth mixture. Serve immediately.

GOURMET DISHES FOR THE DISCERNING BABY

Duck and peach delight

  • Preparation : 7 min. • Cooking : 10 min.

From 9 months onwards

30 g roast duck
1 ripe yellow peach
1 teaspoon runny honey
1 teaspoon lemon juice
1 small knob butter
1 pinch salt

Peel the peach and remove the stone. Squeeze the lemon.

Place the peach, lemon juice, honey and salt in a small saucepan. Cover with water, bring to boil and simmer for 10 min.

Skin the duck and cut into large chunks. Place in the bowl and press the pulse button 3 times, then add the drained peach and the butter. Blend for approximately 20 sec. to achieve a smooth purée.

Minced turkey with apple purée

  • Preparation : 5 min. • Cooking : 10 min.

From 6 months onwards

30 g cooked turkey escallope
1 apple
100 g low fat fromage frais
1 pinch ground cinnamon

Peel and core the apple, cut into quarters and steam for 10 min. Meanwhile, cut the turkey into 2-cm chunks and place in the bowl. Pulse 4/5 times, then set aside. Next, combine the apple with the fromage frais and the cinnamon (4/5 pulses, then blending continuously for 10 sec.). Serve the minced turkey on top of the apple mousse.

GOURMET DISHES FOR THE DISCERNING BABY

Rabbit and green rice

  • Preparation : 15 min. • Cooking : 10 min.

From 12 months onwards

30 g cooked saddle of rabbit
30 g spinach
30 g rice
1 small knob butter
1 pinch salt

Cook the rice in a small saucepan of boiling water with a pinch of salt. In another pan, cook the spinach. Chop the cooked rabbit finely and set aside.

Place the cooked rice, spinach and butter in the Micro bowl, press the pulse button 3/4 times, then blend for 30 sec. Serve the minced rabbit with its green purée.

Carrot Parmentier

  • Preparation : 5 min. • Cooking : 15 min.

From 6 months onwards

50 g potato
100 g carrot
20 g minced beef
1 tablespoon butter

Wash the potato and carrot, peel them and cut into chunks. Steam the vegetables and the steak for approximately 15 min. Place all the ingredients in the Micro bowl and pulse 4/5 times, then blend to obtain a smooth purée.

Chicken with banana

  • Preparation : 5 min. • Cooking : 7 min.

From 6 months onwards

1 ripe banana
40 g roast chicken breast
1 teaspoon lemon juice
1 sprig chervil
1 small knob butter

Steam the banana in its skin for 7 min. Skin the chicken, cut into large chunks and place in the bowl. Press the pulse button a few times.

Squeeze the lemon. Add the banana flesh to the chicken, together with the lemon juice, butter and sprigs of chervil. Blend for approximately 30 sec.

GOURMET DISHES FOR THE DISCERNING BABY

Cod with spinach and mushrooms

  • Preparation : 10 min. • Cooking : 30 min.

From 12 months onwards

15 g boneless cod fillet
150 g young spinach leaves
50 g button mushrooms
1 small knob butter
1 dash lemon juice

Wash the vegetables, peel and halve the mushrooms. Steam the vegetables for 30 min. Add the fish to the steamer 10 min. before the end of the cooking time.

Place the cooked vegetables in the Micro bowl and pulse 5/6 times. Pour into the baby's dish and scatter the cooked fish on top.

Creamed salmon

  • Preparation : 10 min. • Cooking : 15 min.

From 12 months onwards

30 g boneless salmon
50 g potato
50 g lettuce leaves

Wash the vegetables, peel the potato and cut into 2-cm chunks. Steam the vegetables for 15 min. Add the salmon to the steamer 5 min. before the end of the cooking time.

Place the cooked vegetables and fish in the Micro bowl and pulse 5/6 times, then blend for 20 sec. Serve warm.

Sole and carrot dinner

  • Preparation : 5 min. • Cooking : 15 min.

From 12 months onwards

30 g boneless sole fillet
1 medium-sized carrot
1 teaspoon lemon juice
1 small knob butter
1 pinch salt

Peel the carrot, cut into chunks and steam for 15 min. Add the sole 2 min. before the end of the cooking time. Place all the ingredients in the bowl and pulse 4/5 times, then blend for approximately 30 sec. to achieve a smooth purée.



GOURMET DISHES FOR THE DISCERNING BABY

Peachy porridge

  • Preparation : 7 min. • Cooking : 5 min.

From 6 months onwards

20 g porridge oats
100 g ripe peach
125 ml water
1 tablespoon butter

Combine the water and porridge oats in a small saucepan and bring to the boil. Reduce the heat and simmer for 2 min. Meanwhile, wash the peach, discard the stone and cut into chunks. Pour the porridge into the bowl and add the butter and peach. Pulse 5/6 times.

Pear and vanilla dessert

  • Preparation : 5 min. • Cooking : 15 min.

From 6 months onwards

1 large pear
1/2 sachet vanilla sugar or
see recipe on page 18

Peel and core the pear and cut it into large chunks. Place it in a saucepan with 3 tablespoons water and simmer for approximately 15 min. over a low heat. Place the cooked pear in the bowl with the sugar and pulse 5/6 times. Allow to cool slightly.

Apple and kiwi dessert

  • Preparation : 8 min. • Cooking : 20 min.

From 9 months onwards

1 Golden Delicious apple
1 ripe kiwi fruit
1 sachet vanilla sugar see
recipe on page 18

Peel the apple and kiwi fruit and cut into small chunks. Place the fruit in a saucepan with the sugar and 6 tablespoons of water and simmer for 20 min. over a low heat.

Pour the contents of the pan into the bowl and pulse 5/6 times, then blend for approximately 1 min. to obtain a smooth purée. Allow to cool completely before serving.

GOURMET DISHES FOR THE DISCERNING BABY

Fruit cream

 •  • Preparation : 5 min.

From 12 months onwards

100 g raspberries
1 ripe banana
1/2 sachet vanilla sugar see
recipe on page 18

Cut the banana into large chunks and place it in the bowl with the raspberries and sugar. Pulse 4/5 times, then blend for 10 sec. to obtain a smooth purée.

Date mousse

 •  • Preparation : 7 min.

From 12 months onwards

100 g dried dates
125 g smooth low fat
fromage frais

Wash the dates, place in the bowl and pulse 4 times. Add the fromage frais, pulse a further 4/5 times, then blend for approximately 1 min. Serve chilled.

Strawberry yoghurt

 •  • Preparation : 5 min.

From 10 months onwards

150 g yoghurt
4 strawberries
1/2 sachet vanilla sugar see
recipe on page 18

Wash and hull the strawberries and cut into chunks. Place in the bowl and pulse 4/5 times. Add the yoghurt (not too cold) to the fruit mousse and press the pulse button 2/3 more times, then blend for 6 sec.

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