

Le Blender



magimix®

Instructions for Use

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IMPORTANT SAFEGUARDS

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

- Read all instructions thoroughly.
- To protect against electrical shock, never immerse the motor unit in water or put it in the dishwasher.
- This appliance can be used by children aged from 8 years and above, persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge. Providing they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children should not play with the appliance. Cleaning and user maintenance should not be carried out by children without supervision.
- Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way, or if it is not operating properly. The blender must be repaired by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Always unplug the appliance after use, before fitting or removing parts and before cleaning.
- If the blades get stuck, unplug the appliance before removing the ingredients that are blocking the blades.
- Check that the voltage rating of the appliance matches that of your electrical system.
- The appliance should always be connected to an earthed socket.
- Do not let cord hang over the edge of the table or countertop or touch hot surfaces.
- Do not put your fingers or any other object in the jug while the blender is in operation.
- Always operate blender with cover in place.
- When blending hot liquids: remove measuring cup of cover and always start on slow speed (or soups program).
- Care should be taken when handling the sharp cutting blades, emptying the bowl and during cleaning.
- Switch off the appliance and disconnect from power supply before cleaning accessories or approaching parts that move in use.
- Do not use outdoors.

IMPORTANT SAFEGUARDS



- This appliance is intended solely for domestic use.
- The following usage is 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.

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

IMPORTANT SAFEGUARDS FOR SHORT CORD INSTRUCTION

FOR USA AND CANADA ONLY

- a) A short power-supplycord (or detachable power-supplycord) should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
- b) Longer detachable power-supplycords or extension cords are available and may be used if care is exercised in their use.
- c) If a longer detachable power-supplycord or extension cord is used:
 - 1) The marked electrical rating of the cordset or extension cord should be at least as great as the electrical rating of the appliance; and
 - 2) The cord should be arranged so that it will not drape over the counter to portable top where it can be pulled on by children or tripped over unintentionally.

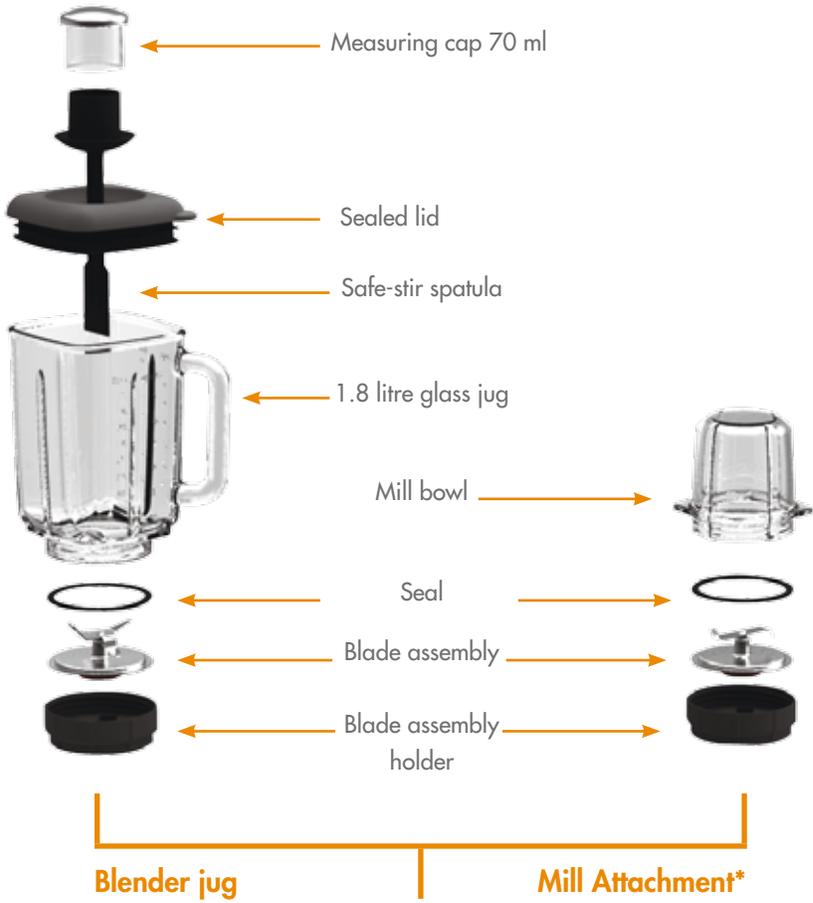
If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wirecord.

ENVIRONMENTAL PROTECTION



This symbol indicates that this product should not be treated as regular household waste. It should be taken to a collection point for the recycling of electrical and electronic equipment. For more details about collection points, please contact your local council or your household waste disposal service.

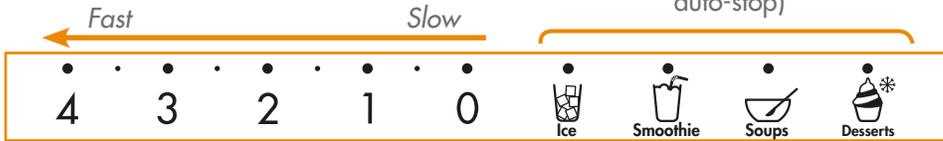
DESCRIPTION



* Certain models only

Manual mode
(manual control)

Pre-programmed settings
(speed cycles tailored to each task with auto-stop)



0 = OFF: turn the selector to 0 to switch your appliance off. When the selector is at 0, nothing will happen even if you press ON.



Crushed ice: automatic pulse feature for crushing ice cubes (no need to add liquid).



Drinks: for mixing or blending liquid preparations such as milkshakes, smoothies and cocktails.



Soups: for smooth hot or cold soups.



Frozen desserts: for mixing and puréeing denser or more compact foodstuffs. Ideal for making frozen desserts such as Italian ice cream. Use the safe-stir spatula for more efficient mixing. Add liquid if necessary.

NOTE: The pre-programmed functions will automatically stop once the function is complete.



Indicator light on = appliance is switched on and ready to be used.

Flashing indicator light = appliance in safety mode:

- Blending jug is missing or incorrectly positioned, adjust the jug to the correct position.
- Appliance overloaded: switch your appliance off (turn selector to 0) and either add some liquid or reduce the amount being blended before you switch it on again.

STOP : stops your appliance running.

ON : switches your appliance on.

PULSE : runs at maximum speed. The machine automatically switches itself off as soon as you release this button, giving you complete control of the task from start to finish. You can also press this button at the end of a task to emulsify the ingredients.

NOTE: When pulsing large quantities we recommend setting the blender at a low speed and enhancing the blend using the pulse button from a low speed to emulsify ingredients.

ASSEMBLING YOUR BLENDER

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



Position the seal on the rim of the 4-blade assembly. If it is not fitted properly, it may not be fully watertight.



Reverse the blender jug. Place the blade assembly on the jug.



Screw the holder tightly onto the blender jug.



Position the jug on the motor unit, with the handle either to the left or right.



Always pour liquids into the blender jug before adding solid ingredients.



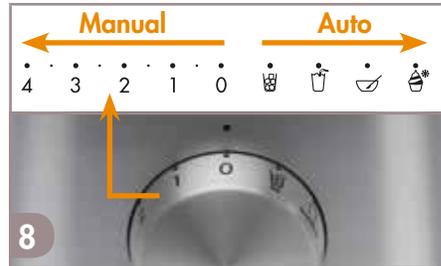
Never fill the jug beyond the maximum capacity (see Blending capacities p. 9).



Position the lid and press it down firmly. Insert the measuring cap. Connect your blender to the mains supply.



Use the spatula to push the ingredients down or to facilitate the blending of thick mixtures.



Select a speed or setting and press ON. The indicator light will come on.



Press Stop to halt the blender. Turn the selector to 0 to switch it off.

⚠ Never remove the lid while your blender is running. To add ingredients during operation, either remove the measuring cap or stop the machine first, then open the lid.

When processing hot liquids, remove the measuring cap to allow any steam to escape.

Never run the blender if the jug is **empty**. To avoid damaging your blender jug blades, chop or grind dry ingredients (e.g. nuts or spices) in the mill attachment*, which is fitted with a purposely designed blade assembly.

* To make sure that your blender has as long a lifespan as possible, **never run it continuously for more than 60 seconds at a time**.

When using the variable speed control, always start off at the lowest speed, gradually increasing it until you reach the right speed for your task.

*certain models only

ASSEMBLING YOUR MILL ATTACHMENT (CERTAIN MODELS ONLY)



Put the ingredients in the mill bowl.



Position the seal on the rim of the 2-blade assembly.



Place the blade assembly on top of the mill bowl.



Screw the holder onto the mill bowl.



Turn the mill bowl upside down and position it on the motor unit.



Exerting a steady **downward** pressure on the mill, select a speed and press ON.



Warning: the blade assembly can be very hot after use.

Never exceed the maximum capacities indicated in the table of recommendations below.

Blender

	Max. quantity	Use	Preset time
 Ice	300g (approx. 15/20 ice cubes)	If necessary cool the jug down	60 s
 Smoothies	1.8 L smoothies and cocktails / 1.5 L milk-based drinks	Introduce the liquid ingredients first	60 s
 Soups	1.8 L hot soups	Never begin by pulsing Use the spatula if necessary	60 s
 Frozen desserts	300g frozen fruit (in 2cm pieces) or 4 scoops ice cream	Add a little liquid and use the spatula to facilitate mixing	60 s

The programmes were determined for the maximum quantities indicated. You can stop the program before the end of the cycle, if you make smaller quantities or if you want a thicker end result.

Mill Attachment

Ingredients	Max. quantity	Speed	Recommended time
Walnuts, hazelnuts	100g	3	20 s
Coffee beans	80g	4	40 s
Baby food	200g	1	50 s
Spices	100g	4	20 s
Onion	100g	1	30 s
Dried apricots	100g	4	30 s
Dried breadcrumbs	3 breakfast rusks (30g)	4	15 s
Icing sugar	200g caster sugar	4	60 s
Cooked meat	100 g	2	15 s
Raw meat	200 g (in 2cm cubes)	4	10 s
Parmesan	80g (in 2cm cubes)	4	5 s

Auto-clean

Immediately after use: Pour one litre of lukewarm water and a few drops of washing-up liquid into your blender jug. Close the lid carefully and run for 30 seconds at speed 3. Rinse thoroughly.

Total clean



Detach the blade assembly holder with the safe-stir spatula. Remove all pieces including the seal.



For the very best results, we recommend washing the lid and the seals by hand.



If necessary, you can unscrew the top of the measuring cap.



Clean the base with a damp cloth. Never immerse the motor unit in water.



Always check the safety locking pins. If they do not move freely, clean them with a damp sponge.

 **Always unplug your appliance before cleaning it. Remove all the detachable parts, not forgetting the seals.**

 **The blender jug and the mill bowl are both dishwasher safe.**

- Cut solid ingredients into pieces measuring roughly 2 cm before placing them in the blender jug.
- Crushed ice: the  function reduces ice cubes to very fine powder if you prefer roughly crushed ice use a small amount of ice cubes (100/150g max) and use the pulse button.
- To fold ingredients in without chopping them (e.g. chocolate chips in a cake mixture), add them at the very end and run your blender for 5-10 seconds at a very low speed (0.5).
- Frozen fruit intended for smoothies or ice creams sometimes forms a solid block when it comes out of the freezer. To avoid damaging your appliance, break this block up into pieces measuring approximately 2 cm before placing them in the blender jug.
- When processing thick mixtures or solid ingredients, always start off at a slow speed, otherwise the food will stick to the sides and not come into contact with the blades. If necessary, add a small amount of liquid to facilitate mixing.
- You can rescue a sauce by using your blender to get rid of the lumps. Blend for 15 seconds at speed 3.

Mill attachment

- Whole spices retain their aroma far longer than ground ones, so it is best to grind a small amount each time.
- To make instant crumble, crush some biscuits and divide the resulting crumble between glasses filled with fruit salad or ice cream.
- For icing sugar, pour 200 g caster sugar. Process for one minute at speed 4. To achieve an even finer texture, blend for a further minute.
- To make cake icing, pour 200 g icing sugar and one egg white into the mill bowl. Blend for 20 seconds at speed 1.

HOW TO READ THE RECIPES

tsp = teaspoon

tbsp = tablespoon

1 ice cube = 20g (adjust the quantity indicated in the recipes according to the weight of your ice cubes)

Times are a guide only, adjust them according to your taste.

For example, blend for a shorter period of time if you prefer less frothy drinks.





Vegetable soup

Preparation: 5 min • Cooking: 5 min

Serves 4

2 carrots
1 leek
1 pressed garlic clove
2 potatoes
½ onion
2 tbsp butter
100g bacon
pepper
1 litre water

Peel the raw vegetables and cut into pieces.

In a saucepan, gently heat the bacon and onion. Add the butter and the chopped vegetables and fry them gently for 2 minutes.

Add water, bring to the boil and cook for about 40 minutes.

Place all the ingredients in the blender jug, select the  setting and liquidise for 1 minute.

Tip: Heat the soup into the saucepan before serving.

Cream of chicory soup

Preparation: 20 min • Cooking: 30 min

Serves 6

500 g chicory heads
1 large onion
25 g butter
500 ml chicken stock
200 ml single cream
½ tsp caster sugar
nutmeg
salt & pepper

Peel and slice the onion.

Wash the chicory heads briefly under the tap, discard any damaged leaves and cut out the bitter core with a small pointed knife. Cut each head in half lengthwise.

Melt the butter in a frying pan, add the onion and chicory, put the lid on and cook gently for 10 minutes. Season with salt and pepper, add the sugar and pinch of nutmeg.

Pour in the chicken stock and simmer for a further 20 minutes.

Transfer everything to the blender jug, select the  setting and liquidise for 1 minute.

Add the cream, turn the selector to 2 and blend for a further 10 seconds.

Serve piping hot, with a few gratings of nutmeg.

Red lentil and coconut milk soup

Preparation: 10 min • Cooking: 20 min

Serves 4

250 g red lentils
1 tsp cumin seeds
20 g butter
1 litre water
2 chicken stock cubes
250 ml coconut milk
salt & pepper

Rinse the lentils thoroughly.

Melt the butter in a large pan and gently cook the lentils and cumin seeds for 3 minutes.

Add the water and stock cubes and bring to the boil. Cover and simmer over a medium heat for 15 minutes. Add the coconut milk and season with salt and pepper.

Pour the contents of the pan into the blender jug, select the  setting and liquidise for 1 minute or until the soup has a thick, creamy consistency.

Cream of celeriac and blue cheese soup

Preparation: 10 min • Cooking: 35 min

Serves 4

½ celeriac root
1 large potato
1 litre chicken stock
200 ml reduced fat single cream
50 g blue cheese
a few walnuts
freshly-milled black pepper

Peel the celeriac and the potato. Cut into large dice.

Cook them for 35 minutes in the chicken stock.

Transfer the vegetables to the blender jug, along with approximately half the cooking liquid. Add the cream, crumbled cheese and walnuts, plus a little pepper.

Turn the selector to the  setting and liquidise for 1 minute. If necessary, use the spatula to facilitate the mixing. For a thinner consistency, add a little more cooking liquid.



Minted pea soup

Preparation: 15 min • Cooking: 10 min • Resting time: 2 hr

Serves 6

500 g frozen peas
5 mint leaves
1 litre chicken stock
200 ml single cream
2 tsp sea salt
salt & pepper

Cook the peas in the stock for about 10 minutes.

Set aside $\frac{3}{4}$ of the stock and pour the peas and the rest of the stock into the blender jug. Add the mint leaves, cream, salt and pepper.

Turn the selector to the  setting and liquidise for 1 minute. Use the spatula if necessary. You can add a little cooking liquid if you prefer a thinner consistency.

Allow to cool, then chill for 2 hours in the refrigerator.

Gazpacho

Preparation: 15 min • Resting time: 3 hr

Serves 4

2 thin slices bread
4 ripe tomatoes
1 cucumber
1 red pepper
2 small spring onions
1 garlic clove
8 fresh basil leaves
80 ml olive oil
2 tbsp balsamic vinegar
1 tsp ground Espelette
pepper
salt and freshly-milled
pepper
12 black olives (optional)

Soak the bread in a little water for approximately 10 minutes.

Scald the tomatoes to make them easier to skin, cut them into quarters and squeeze out their seeds and juice.

Peel the cucumber and cut the onions in half. Remove the stalk and seeds of the pepper. Cut all the vegetables into large pieces. Peel the garlic clove and remove the bitter shoot.

Place all the ingredients in the blender jug, starting with the liquids. Season with salt and pepper and add the Espelette pepper.

Turn the selector to the  setting and liquidise for 1 minute.

Check the seasoning and leave to rest in the refrigerator for at least 3 hours.

Serve chilled, garnished with a few olives and a dash of olive oil.

Chilled olive soup

Preparation: 15 min

Serves 4

60 g bread (crusts removed)
100 g cucumber
2 small spring onions
50 g green olives
5 anchovies in olive oil
4 basil leaves
2 mint leaves
2 tbsp mascarpone cream
200 ml milk
½ lemon
40 ml olive oil
freshly-milled pepper

Soak the bread in the milk.

Peel the cucumber and cut into large pieces.

Peel and halve the onions. Squeeze the ½ lemon.

Place all the ingredients in the blender jug, starting with the liquids. Turn the selector to the  setting and liquidise for 1 minute. You can add a little milk if you prefer a thinner consistency. Serve chilled.

Cream of beetroot soup

Preparation: 15 min

Serves 6

3 large cooked beetroots
¼ cucumber
125 g yoghurt
4 small fresh goat's cheeses
1 tbsp olive oil
salt & pepper
chives

Peel the beetroots. Wash and peel the cucumber.

Cut into large pieces. Wash and roughly chop the chives (set aside a few leaves for decoration).

Pour the yoghurt into the blender jug first, followed by the other ingredients. Turn the selector to the  setting and liquidise for 1 minute. If necessary, use the spatula to ensure a smooth texture.

Keep in the refrigerator. Serve in glasses. As an appetiser, decorated with a few chive leaves.



Drinks

Strawberry vodka

Preparation: 5 min

Serves 2

100 ml vodka*
½ lemon
60 g caster sugar
250 g strawberries
8 ice cubes

Place all the ingredients in the blender jug. Turn the selector to the  setting and liquidise for 30 seconds. Serve immediately.

If the strawberries lack flavour, add a little strawberry syrup.

Mojito

Preparation: 5 min

Serves 4

200 ml white rum*
20 mint leaves
8 tsp caster sugar
250 ml sparkling water
2 limes
12 ice cubes

Squeeze the limes. Place the mint leaves, the sugar and the limes in the glasses.

Place the rum and the ice cubes in the blender jug. Turn the selector to the  setting and process for 30 seconds. Put this mix into the glasses and add the sparkling water. Serve immediately.

Pina colada

Preparation: 10 min

Serves 2

100 ml rum*
½ pineapple
200 ml coconut milk
10 ice cubes

Peel the pineapple, discard the tough core and cut the flesh into pieces.

Place the ice cubes, coconut milk, rum and pineapple in the blender jug. Turn the selector to the  setting and process for 1 minute.

For a smoother taste, you can add more coconut milk.

Just as delicious without alcohol.

* Excessive drinking is dangerous to your health. Alcohol should be consumed in moderation.

Lychee cocktail

Preparation: 5 min

Serves 2

100 ml lychee liqueur*
10 lychees in syrup, stoned
10 ice cubes
fresh ginger
2 tbsp crème de framboises
(raspberry) liqueur

Grate a tiny amount of fresh ginger and place with all the other ingredients in the blender jug. Turn the selector to the  setting and process for 30 seconds.

For an alcohol-free version, replace the lychee liqueur with lychee syrup.

* Excessive drinking is dangerous to your health. Alcohol should be consumed in moderation



Frozen lime

Preparation: 5 min

Serves 2

40 ml grapefruit juice
40 ml mint syrup
2 scoops lime sorbet

Place all the ingredients in the blender jug, starting with the liquids, turn the selector to the  setting and process for 30 seconds.

Lemon granita

Preparation: 5 min

Serves 2

100 ml water
1 large lemon
3 tbsp maple syrup
12 ice cubes

Grate about 1 tsp lemon zest and set aside. Using a paring knife, remove the lemon peel, pith and membrane, cut the flesh into quarters and remove the pips. Pour the water into the blender jug first, followed by the lemon quarters and zest, then the maple syrup and ice cubes.

Turn the selector to the  setting and process for 30 seconds, then 10 seconds on speed 4.

Cucumber and radish smoothie

Preparation: 5 min

Serves 2

½ cucumber
10 pink radishes
250 g Greek yoghurt
2 tbsp fromage frais
5 mint leaves
5 ice cubes
salt & pepper

Peel the cucumber and cut into large pieces. Wash and halve the radishes.

Place all the ingredients in the blender jug.

Turn the selector to the  setting and liquidise for 40 seconds. Serve immediately.

Orange smoothie

Preparation: 5 min

Serves 2

4 ripe apricots
½ banana
120 ml orange juice
10 ice cubes

Wash the apricots and remove the stones. Peel the banana and cut into pieces.

Place all the ingredients in the blender jug, turn the selector to the  setting and liquidise for 30 seconds.

Tropical smoothie

Preparation: 5 min

Serves 4

1 kiwi fruit
¼ pineapple
1 ripe mango
120 ml orange juice
10 ice cubes

Peel the fruit and cut into large pieces. Place the orange juice, ice cubes and fruit in the blender jug.

Turn the selector to the  setting and liquidise for 30 seconds.



Strawberry, raspberry and melon smoothie

Preparation: 10 min

Serves 4

1 honeydew melon
200 g strawberries
200 g raspberries
8 ice cubes

Discard the melon rind and seeds. Cut the flesh into pieces. Wash and hull the strawberries. Rinse the raspberries and strawberries. Place all the ingredients in the blender jug, turn the selector to the  setting and liquidise for 30 seconds.

Serve chilled.

Tip: you do not need to add ice cubes if you are using frozen raspberries.

Breakfast

Preparation: 5 min

Serves 2

1 handful raspberries
120 ml orange juice
½ banana
1 tbsp honey
125 g yoghurt
1 handful porridge oats

Place all the ingredients in the blender jug, starting with the orange juice.

Turn the selector to the  setting and liquidise for 30 seconds.

The ideal way to start your day.

Berry and yoghurt milkshake

Preparation: 5 min

Serves 2

125 g raspberries
125 g blueberries
125 g yoghurt
120 ml milk
2 tsp honey

Place the milk in the blender jug first, followed by the yoghurt, then all the other ingredients. Turn the selector to the  setting and liquidise for 30 seconds.



Strawberry milkshake

Preparation: 5 min

Serves 4

350 g strawberries
750 ml milk
4 tbsp strawberry syrup
8 ice cubes

Wash and hull the strawberries. Place all the ingredients in the blender jug.

Turn the selector to the  setting and liquidise for 30 seconds.

Banana and soya milkshake

Preparation: 5 min

Serves 4

2 bananas
400 ml soya milk
3 tbsp ground almonds
3 tbsp maple syrup
2 tsp ground cinnamon
5 ice cubes

Place the soya milk, ground almonds, maple syrup, cinnamon and ice cubes in the blender jug. Peel the bananas, cut into pieces and add to the blender jug.

Turn the selector to the  setting and blend continuously for 40 seconds.

Serve chilled immediately.

Mango and coconut milkshake

Preparation: 5 min

Serves 2

400 g mango pulp
125 ml coconut milk
juice of 1 lime
2 tsp honey
10 ice cubes

Place all the ingredients in the blender jug, starting with the coconut milk. Turn the selector to the  setting and blend continuously for 30 seconds.

Serve chilled immediately.



Spicy lassi

Preparation: 5 min

Serves 4

500 g yoghurt
250 ml milk
4 tbsp caster sugar
10 unsalted pistachio nuts
½ tsp ground cardamom
1 saffron strand
almond flakes

Infuse the saffron in 1 tbsp of water for a few minutes.

Place all the ingredients except for the almonds in the blender jug. Turn the selector to the  setting and liquidise for 30 seconds. Chill in the refrigerator for at least one hour before serving. Meanwhile, toast the almonds lightly in a dry frying pan.

Serve in tall glasses, scattered with the almonds.

Peach and rose lassi

Preparation: 5 min

Serves 4

500 g yoghurts
250 ml milk
2 peaches
2 tbsp caster sugar
4 tbsp rose syrup

Peel and stone the peaches. Cut into quarters.

Place all the ingredients in the blender jug, turn the selector to the  setting and liquidise for 40 seconds.

Caramel frappuccino

Preparation: 5 min

Serves 2

40 ml espresso coffee
300 ml milk
12 ice cubes
30 g caster sugar
2 tbsp liquid caramel
Chantilly cream (optional)

Place all the ingredients except the Chantilly cream in the blender jug, turn the selector to the  setting and blend for 30 seconds.

Divide between two glasses and top with Chantilly cream.

Iced espresso

Preparation: 5 min

Serves 2

8 ice cubes
80 ml espresso coffee
2 tbsp cane syrup

Brew two cups of espresso coffee and allow them to cool slightly.

Place all the ingredients in the blender jug, turn the selector to the  setting and blend for 30 seconds.



Fuchsia pink

Preparation: 10 min

Serves 6

400 g watermelon
6 large strawberries
1 lime
800 ml green tea
8 mint leaves
8 ice cubes

Brew the tea but do not allow it to infuse for too long. Allow to cool.

Remove the watermelon rind and cut the flesh into pieces, removing the seeds. Rinse and hull the strawberries. Juice the lime.

Place the tea, the lime juice and the fruits in the blender jug, followed by the ice cubes.

Turn the selector to the  setting and liquidise for 30 seconds.

Peach iced tea

Preparation: 10 min

Serves 2

2 large peaches
200 ml Earl Grey tea
2 tbsp honey
6 ice cubes

Brew 200 ml of weak Earl Grey tea and allow to cool.

Peel and stone the peaches. Place in the blender jug the peaches, tea, honey and the ice cubes. Turn the selector to the  setting and liquidise for 30 seconds.

Autumn mellowness

Preparation: 5 min

Serves 4

400 g pears in syrup
½ tsp ground cinnamon
1 tbsp maple syrup
200 g pouring yoghurt
10 ice cubes

Place all the ingredients in the blender jug, starting with the yoghurt. Turn the selector to the  setting and blend continuously for 30 seconds.

Add the pears syrup according to desired consistency.

Serve chilled immediately.



Frozen desserts

Quick raspberry ice cream

Preparation: 5 min

Serves 4

30 ml milk
1 egg white
2 tbsp cane syrup
250 g frozen raspberries

Place the ingredients in the blender jug in the order in which they are listed, turn the selector to the  setting and blend for 1 minute, using the spatula to push the mixture down. Stop blending as soon as the texture is smooth and uniform. For an even creamier consistency, turn the selector to 3 just before the end.

Blueberry ice cream

Preparation: 5 min

Serves 4

200 ml reduced fat single cream
1 egg white
40 g caster sugar
250 g frozen blueberries

Place the ingredients in the blender jug in the order in which they are listed, turn the selector to the  setting and blend for about 1 minute, using the spatula to push the mixture down. Stop blending as soon as the texture is smooth and uniform. For an even creamier consistency, turn the selector to 3 just before the end.

Mango and ginger cake ice cream

Preparation: 5 min

Serves 4

125 g yoghurt
300 g frozen mango pieces
1 slice ginger cake

Allow the mango pieces to thaw just enough to cut them in half widthwise.

Place the yoghurt in the blender jug, followed by the gingerbread cut into quarters and the mango.

Turn the selector to the  setting and liquidise for 1 minute, using the spatula to push the mixture down.

For a more indulgent version, replace the yoghurt with 2 scoops of vanilla ice cream.

Pear ice cream

Preparation: 5 min

Serves 2

250 ml custard
230 g pears in syrup,
drained
2 tsp ground cinnamon

The day before, pour the custard into an ice cube tray and freeze for at least 24 hours. When you are ready to make the ice cream, place the pears in the blender jug, followed by the custard cubes and cinnamon. Turn the selector to the  setting and blend for 1 minute to achieve a smooth, uniform consistency.

Children's frozen treats

Preparation: 5 min

Serves 2 children

100 g fresh (or tinned) fruit
200 g fruit-flavoured
yoghurt
8 ice cubes

Place the ingredients in the blender jug in the order in which they are listed. Turn the selector to the  setting and blend for 1 minute or until the texture is smooth.

Frozen peach delight

Preparation: 5 min

Serves 4

3 ripe peaches, stoned
2 tbsp honey
12 ice cubes

Place all the ingredients in the blender jug, starting with the peaches. Turn the selector to the  setting and blend for 20 seconds, then turn the selector to 3 and blend for a further 10 seconds. If the texture is too liquid, you can make it firmer by adding a handful of ice cubes. Turn the selector to 4 and blend again for a few seconds.



Quick fruit sorbet

Preparation: 5 min

Serves 4

1 frozen banana*
2 handfuls frozen raspberries
200 ml orange juice

Place the orange juice and frozen fruit in the blender jug. Turn the selector to the  setting and blend for about 1 minute, using the spatula to push the mixture down. It is important to avoid running the blender for too long to prevent the ice from melting, so stop as soon as the mixture looks smooth. Serve immediately.

** Frozen banana: at least 3 hours beforehand, peel a banana and cut it into thick slices (1-2 cm). Place in a container in the freezer. Take the banana out 10 minutes before you start to make the sorbet.*

For a milder flavour, replace the orange juice with apple juice.

Cherry and almond frappé

Preparation: 5 min

Serves 4

100 ml almond milk*
1 tbsp cane syrup
2 scoops vanilla ice cream
300 g frozen pitted cherries
1 tsp ground cinnamon

Take the fruit out of the freezer 15 minutes before you start to make the ice cream.

Place the milk in the blender jug first, followed by the other ingredients. Turn the selector to the  setting and blend for 60 seconds, stopping as soon as the texture looks smooth and uniform.

** You can replace the almond milk with cow's milk or soya milk and the cherries with raspberries, blackberries, etc.*

Peanut butter and chocolate chip ice cream

Preparation: 5 min

Serves 4

4 scoops vanilla ice cream
4 tbsp peanut butter
2 tbsp chocolate chips

Place all the ingredients in the blender jug. Turn the selector to the  setting and blend for about 1 minute, pushing the mixture down with the spatula. Serve immediately.

Be more creative, customise your ice cream with biscuits, sweets or fresh fruit.



Chocolate and banana frappé

Preparation: 5 min

Serves 2

4 scoops chocolate ice cream
1 banana
1 tbsp milk
1 tbsp maple syrup

Place the milk, maple syrup, banana (peeled and cut into pieces) and ice cream in the blender jug. Turn the selector to the  setting and blend for 1 minute or until the mixture is smooth and creamy. Use the spatula if necessary.

Coffee frappé

Preparation: 5 min

Serves 2

40 ml strong espresso coffee
2 tbsp cane syrup
4 scoops coffee ice cream
100 ml single cream

Put the single cream in the freezer for 15 minutes. Meanwhile, brew your cup of espresso coffee and allow it to cool.

Place the cold coffee, cane syrup, cream and ice cream in the blender jug. Turn the selector to the  setting and process for 30-40 seconds.

Belle Hélène pear frappé

Preparation: 5 min

Serves 2

4 pears in syrup
4 scoops vanilla ice cream
2 tbsp chocolate sauce

Place the pears, ice cream and chocolate sauce in the blender jug. Turn the selector to the  setting and process for approximately 30 seconds. For an even creamier consistency, turn the selector to 3 and blend for a few extra seconds.



Apricot frozen yoghurt

Preparation: 5 min

Serves 4

300 g frozen apricots*
250 g pouring yoghurt
1 tbsp peach syrup
2 tbsp demerara sugar
4 Digestive biscuits

Take the fruit out of the freezer 15 minutes before you start.

Meanwhile, crush the biscuits in the blender jug using the Pulse button and set aside.

Just before serving, place the yoghurt, cane syrup, sugar and apricots in the blender jug. Turn the selector to the  setting and liquidise for 1 minute. Stop as soon as the texture looks smooth and uniform.

Divide the ice cream between 4 glasses and sprinkle the biscuit crumbs on top.

**Frozen apricots: the day before, wash and stone the apricots. Cut into small pieces and place in the freezer. Make sure they do not freeze into a solid block.*

Strawberry frozen yoghurt

Preparation: 5 min

Serves 2

250 ml strawberry-flavoured drinking yoghurt
200 g strawberries

The day before, pour the drinking yoghurt into an ice cube tray.

When you are ready to make the frozen yoghurt, wash and hull the strawberries and place them in the blender jug with the yoghurt cubes.

Turn the selector to the  setting and liquidise for 1 minute or until you achieve a smooth and creamy consistency. Use the spatula if necessary. Serve immediately.



Other preparations

Variations on the theme of quiche lorraine

Preparation: 10 min • Cooking: 25 min

Serves 6

For the base:

shortcrust pastry
2 eggs + 2 yolks
250 ml crème fraîche
250 ml milk
salt & pepper

For the filling:

100 g smoked lardons
100 g grated Emmenthal
cheese
nutmeg

Preheat your oven to 180 °C (gas mark 4)

Line a quiche tin with the pastry, prick the base all over with a fork and blind bake for 10 minutes.

Put the eggs, milk, cream, salt and pepper in the blender jug, turn the selector to 3 and blend for 20 seconds.

Briefly fry the lardons in a hot frying pan.

Add the filling (lardons, Emmenthal and grated nutmeg) to the egg mixture, turn the selector to 0.5 and blend for 5-10 seconds.

Pour the mixture into the pastry case and bake for 25 minutes. The top should be a light golden colour. Switch the oven off, wait for 5 minutes before taking the quiche out, then serve immediately.

Filling variations:

- *Fresh spinach leaves, blue cheese and walnuts*
- *Reblochon cheese, cured country ham and onion*
- *Fresh goat's cheese or feta, courgette, mint, pine nuts and garlic*
- *Grilled peppers and aubergines, chorizo sausage and turmeric*
- *Chicken, onion, mushrooms and curry*
- *Salmon and dill*

Tomato and mozzarella clafoutis

Preparation: 15 min • Cooking: 25 min

Serves 6

30 cherry tomatoes
200 ml single cream
3 eggs
250 g mozzarella
2 tbsp olive oil
10 basil leaves
salt & pepper

Preheat your oven to 180 °C (gas mark 4)

Wash and halve the tomatoes. Sprinkle with olive oil and season with salt and pepper.

Place the cream, eggs, basil and mozzarella in the blender jug. Turn the selector to 3 and blend for 30 seconds.

Brush 6 individual ramekins with oil.

Divide the tomatoes (cut side down) between the ramekins, pour the mixture over and bake for 25 minutes.

To prevent the tomatoes from giving off liquid, you can precook them for 30 minutes in a hot oven.

Egg and tuna bake

Preparation: 10 min • Cooking: 40 min

Serves 6

250 g tuna in brine
4 eggs
80 g grated Gruyère cheese
120 ml single cream
1 spring onion
chives
salt & pepper

Preheat your oven to 210 °C (gas mark 6).

Peel and quarter the onion and snip the chives. Using a fork break up the tuna.

Break the eggs into the blender jug, add the cream followed by all the other ingredients.

Turn the selector to 2 and blend for 30 seconds. Use the spatula to push the mixture down if necessary.

Pour the mixture into a buttered cake tin (or silicon mould) and bake for 30-40 minutes.

Serve hot, either as a main dish with vegetables and a tomato coulis or as a starter with a green salad.

Pancake batter

Preparation: 10 min • Resting time: 1 hr

Makes about 12 pancakes

3 eggs
2 tbs vegetable oil
500 ml milk
1 pinch salt
250 g plain flour

Put all the ingredients in the blender jug, as listed in the ingredients. Blend for 10 seconds, starting at a low speed and gradually increasing to 3, then turn the speed up to 4 and blend for a further 20 seconds.

Allow the batter to rest for an hour for a better end result.

For lighter pancakes, replace a quarter of the milk with beer or water, and for creamier pancakes, replace some of the milk with cream.

To make Breton galettes, replace the wheat flour with buckwheat flour.

Pear and chocolate yoghurt pot cake

Preparation: 15 min • Cooking: 25 min

Serves 6/8

100 g chocolate chips*
4 pear halves in syrup
3 eggs
125 g yoghurt
125 g vegetable oil
375 g flour
250 g caster sugar
2 tsp baking powder
butter

Preheat your oven to 180 °C (gas mark 4).

Pour the eggs, yoghurt, oil and sugar into the blender jug. Turn the selector to 3 and blend for 20 seconds. Add the flour and baking powder, turn the selector down to 1 and blend for 20 seconds. If necessary, use the spatula to push the mixture down.

Cut the pear halves into pieces and add to the mixture along with the chocolate chips, turn the selector down to 0.5 and mix for 5-10 seconds.

Butter 6-8 individual ramekins.

Divide the mixture between the ramekins, filling each one $\frac{3}{4}$ full (the mixture will rise in the oven). Bake for about 20-25 minutes.

** You can replace the chocolate chips with dark cooking chocolate chopped in the blender.*



Cream caramel

Preparation: 10 min • Cooking: 60 min

Serves 6

700 ml milk
5 eggs
140 g caster sugar
2 tsp vanilla sugar

Preheat your oven to 180 °C (gas mark 4).

Break the eggs into the blender jug and add 70 g caster sugar, the vanilla sugar and the milk. Turn the selector to 1 and blend for 20 seconds.

Heat the rest of the caster sugar in a frying pan over a high heat until it goes brown and turns into caramel. You can add a little water to accelerate the process.

Pour the caramel into the bottom of a soufflé dish, then add the contents of the blender jug.

Cook in a bain-marie for 50 minutes (place the dish in the oven in a large tin containing hot water).

Allow the cream caramel to cool at room temperature, then chill in the refrigerator for a few hours before serving.

Creamy chocolate mousse

Preparation: 10 min • Cooking: 5 min • Resting time: 3hr

Serves 4-6

200 g good-quality dark chocolate
1 whole egg
250 ml milk

Break the chocolate into squares before placing it in the blender jug. Press the pulse button a few times to reduce it to a coarse powder.

Heat the milk and add it to the blender jug. Turn the selector to 3 and blend for 20 seconds to melt the chocolate. Add the whole egg and blend for a further 10 seconds.

Divide between ramekins or verrines. Allow to set in the refrigerator for at least 3 hours.



Cherry and almond clafoutis

Preparation: 15 min • Cooking: 45 min

Serves 6

750 g pitted cherries
4 large eggs
150 g caster sugar
16 g vanilla sugar
50 g butter
200 ml milk
200 ml reduced fat cream
200 g ground almonds
30 g superfine flour
1 pinch salt

Preheat your oven to 180°C (gas mark 4).

Melt the butter over a low heat and set aside.

Place the eggs in the blender jug with the caster sugar and vanilla sugar, turn the selector to 3 and blend for 30 seconds.

Add the milk, cream and melted butter, followed by the ground almonds, flour and a pinch of salt. Turn the selector to 1 and blend for 30 seconds.

Generously butter a sandwich tin. Arrange the cherries so that they cover the base of the tin and pour the mixture on top. Bake for 40-45 minutes.

Serve slightly warm or cold.

You can replace the fresh cherries with bottled griotto cherries.

Far Breton prune cake

Preparation: 10 min • Cooking: 40 min

Serves 4-6

750 ml milk
4 eggs
120 g sugar
125 g superfine flour
1 pinch salt
250 g prunes
10 g butter

Preheat your oven to 200°C (gas mark 6).

Put the milk, eggs, sugar, flour and salt in your blender jug.

Turn the selector to 3 and blend for 30 seconds.

Butter an oven dish, arrange the prunes on the base and pour the batter on top.

Bake for 10 minutes at 200°C, then turn the oven down to 180°C (gas mark 4) and bake for a further 30-35 minutes.

For a more intense flavour, you can soak the prunes in mature rum beforehand.



Mill attachment preparations

Tapenade

Preparation: 5 min

Serves 4

160 g stoned black olives
1 anchovy in olive oil
1 tsp mustard
½ lemon
70 g yoghurt
50 ml olive oil
pepper

Squeeze the ½ lemon.

Put the oil, the lemon juice, the yoghurt and then all the other ingredients in the mill bowl and close carefully. Turn the selector to 2 and process for 10-20 seconds until the mixture has a uniform texture. Increase the speed to 3 and blend to achieve a thick, creamy consistency.

Delicious on slices of toasted country loaf.

Avocado salsa

Preparation: 5 min

Serves 4

1 ripe avocado pear
1 small spring onion
125 g yoghurt
½ lime
2-3 drops Tabasco® sauce
1 dash olive oil
salt & pepper

Halve the avocado lengthwise, remove the stone, carefully scoop out the flesh and cut into large pieces. Cut the onion in half and squeeze the ½ lime.

Place the oil, the yoghurt and then all the other ingredients in the mill bowl. Close carefully, turn the selector to 1 and blend for 30 seconds, then increase the speed to 2 and blend for 10 seconds or until the purée has a smooth consistency.



Tuna rillettes

Preparation: 5 min

Serves 4

1 tin tuna in brine (200 g)
2 tbsp crème fraîche
1 tsp olive oil
1 tsp mustard
½ lemon
chives
sea salt & pepper

Break the tuna up with a fork and chop chives.

Place the oil, lemon juice and the other ingredients in the mill. Carefully fit the blade and secure. Turn the selector to 1 and blend for 20 seconds.

Spread on slices of toasted country loaf.

Heart of palm hummus

Preparation: 5 min

Serves 4

200 g heart of palm
1 small spring onion
½ garlic clove
60 mg yoghurt
1 tsp lemon juice
5 tbsp olive oil
ground Espelette pepper

Drain the heart of palm and cut into 2-cm pieces. Peel the garlic, discard the bitter shoot and crush. Cut the onion into quarters. Place all the ingredients in the mill bowl and close carefully.

Turn the selector to 0.5 or 1 and liquidise for approximately 20 seconds, then gradually turn the speed up to 2. Stop blending when the hummus has a smooth and uniform texture.

Creole dip

Preparation: 10 min • Cooking: 5 min

Serves 4

1 red pepper
50 ml coconut milk
100 g fromage frais
1 tbsp lime juice
salt and ground chilli
pepper

Wash, deseed and slice the pepper. Steam for about 10 minutes. Allow to cool and transfer to mill bowl. Add the coconut milk, a pinch of salt and a pinch of chilli pepper, plus the fromage frais and the lime juice. Turn the selector to 1 or 2 and blend for 30 seconds.

An original way of accompanying raw vegetables.

Herby sauce

Preparation: 5 min

Serves 4

125 g pouring yoghurt
½ tsp mustard
1 tbsp balsamic vinegar
1 handful fresh herbs
(chives, chervil, etc.)
salt & pepper

Wash the herbs and carefully pat them dry. Chop roughly.

Put the yoghurt in the mill bowl, together with the mustard and vinegar, finishing off with the herbs.

Turn the selector to 2 and blend for 20 seconds.

Sauce vierge

Preparation: 5 min

Serves 4

1 beef tomato
1 small spring onion
150 ml olive oil
1 tbsp lemon juice
1 handful fresh herbs
(chives, parsley, etc.)
salt & pepper

Rinse the herbs and carefully pat them dry. Chop roughly.

Wash (and, if necessary, peel) the tomato and cut into pieces. Halve the onion.

Put all the ingredients in the mill bowl.

Turn the selector to 3 or 4 and blend for 20 seconds.

Ideal to accompany steamed fish.

Green chilli sauce

Preparation: 5 min

Serves 4

4 green chilli peppers
¼ onion
1 sprig fresh coriander
1 sprig parsley
2 tbsp lemon juice
2 tbsp olive oil
3 tsp vinegar
1 tsp sea salt

Slice open the chilli peppers, deseed and cut into 2-cm pieces.

Place all the ingredients in the mill bowl and close carefully. Turn the selector to 1 and blend for 20 seconds.

This extremely hot South American sauce is an ideal accompaniment for fish, meat and vegetables. For something a little less fierce, use sweet peppers instead.

Quick chocolate fondue

Preparation: 20 min

Serves 4

125 g dark chocolate
200 ml single cream
10 g icing sugar

Break the chocolate into small pieces and melt in a bain-marie with the single cream.

Transfer this mixture to the mill bowl, add the icing sugar and close carefully. Turn the selector to 2 and blend for 1 minute.

Serve this sauce lukewarm with fresh fruit.



Pur ed courgette and chervil

Preparation: 5 min • Cooking: 15 min

From 6 months onwards

- 1 small courgette
- 80g yoghurt*
- 2 sprigs chervil
- 1 pinch salt
- * ensure yoghurt is suitable for children

Peel the courgette and cut into pieces. Steam for 15 minutes.

Put the courgette, cream, chervil and salt in the mill bowl. Close carefully.

Press the pulse button 3 or 4 times to achieve a smooth consistency.

Chicken with bulgar wheat

Preparation: 10 min • Cooking: 10 min

From 10 months onwards

- 20 g chicken breast
- 20 g bulgar wheat
- 50 g frozen spinach
- 1 tsp grated parmesan
- 3 tbsp formula milk

Cook the bulgar wheat with the spinach for 10 minutes in boiling water. Drain and allow to cool slightly.

Cook the chicken in a frying pan, transfer to the mill bowl and close carefully. Press the pulse button a few times and set aside.

Place the bulgar wheat, spinach, parmesan and milk in the mill bowl. Turn the selector to 1 and blend for approximately 30 seconds to obtain a smooth texture. Serve the minced chicken with the spinach pur e.

Sole and carrot

Preparation: 6 min • Cooking: 15 min

From 10 months onwards

- 30 g boneless sole fillet
- 150 g carrots
- 1 tsp lemon juice
- 1 small knob butter
- 400 ml vegetable stock (using half stock cube)
- 1 pinch of salt

Peel and slice the carrot. Cook the carrots in the vegetable stock.

Add the sole and continue cooking for a further 3 minutes.

Place all the ingredients in the mill bowl with 2 tbsp of the cooking liquid. Close carefully.

Turn the selector to 1 and liquidise for 30 seconds or until the pur e reaches a very smooth consistency.



Apple and pear dessert

Preparation: 5 min • Cooking: 15 min

From 10 months onwards

- 1 Golden Delicious apple
- 1 pear
- 1 tsp vanilla sugar

Peel and core the fruit and cut into large pieces.

Place in a pan with 3 tbsp water and the vanilla sugar and simmer for 15 minutes over a low heat. Allow to cool slightly.

Transfer the fruit to the mill bowl, close carefully. Turn the selector to 3 and blend for 30 seconds.

Junior milkshake

Preparation: 5 min

From 10 months onwards

- 100 ml formula milk
- ½ banana
- 2 strawberries

Peel the banana and cut into large pieces.

Wash and hull the strawberries and cut into halves or quarters, depending on their size.

Place all the ingredients in the mill bowl, close carefully, turn the selector to 3 and blend for 10 seconds.

Apricot yoghurt

Preparation: 5 min

From 10 months onwards

- 150 g plain full fat yoghurt
- 1 ripe apricot

Wash the apricot, remove the stone and cut into quarters.

Place the fruit in the mill bowl, add the yoghurt and close carefully.

Turn the selector to 3 and blend for 30 seconds.



Principle: grind the spices (speed 4 or pulse) more or less finely, according to your preference, add the salt (fine, coarse or flakes) or sugar and shake to mix.

If you want a finer texture, you can blend all the ingredients together at the same time, although they may not mix properly if the salt you are using is damp.

Freshly ground spices give off a wealth of aromas so you will only need to use very small amounts: approximately 3 tablespoonfuls of spices for 200 g salt or sugar. Keep your flavoured salts and sugars in glass jars or clay pots.

A few flavoured salt recipes

Grind all the spices using the mill attachment for 40 seconds with the selector turned to 4. Open and add 200 g salt. Close and shake to mix.... It's ready!

Spiced salt

- 2 tsp coriander seeds
- 1 tsp black peppercorns
- 1 tsp cumin seeds
- 2 star anise pods

To flavour rice, add a little spiced salt to the cooking liquid.

Mediterranean salt

- 6 bay leaves
- 2 tbsp pink peppercorns
- 2 tbsp dried thyme
- 2 tbsp green peppercorns

Bring a touch of sunshine to fish and white meat.

Thai salt

- 1 tsp black peppercorns
- 1 tsp dried garlic
- 1 tsp chilli pepper
- 1 tsp ground ginger
- 1 tbsp coriander seeds
- 1 tsp dried basil
- 1 tsp dried lemon grass

Indian salt

- 1 tsp coriander seeds
- 1 tsp dried garlic
- 1 tsp black peppercorns
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 tsp fennel seeds
- 1 tsp curry powder
- 1 tsp ground ginger

Gomasio (sesame salt)

Preparation: 10 min • Cooking: 5 min

- 90 g sesame seeds
- 10 g coarse sea salt

Dry-roast the seeds with the salt in a frying pan over a moderate heat for a few minutes, stirring constantly. Do not overcook: the seeds are ready when you can crush one between your fingers. The seeds will take on a paler colour than usual.

Turn the selector to 3 and coarsely grind the seeds and salt using the mill bowl for about 5 seconds. Avoid reducing the mixture to a paste.

This Japanese mix will add flavour to a wide range of dishes, especially salads and vegetables, and reduce your salt intake.



A few flavoured sugar recipes

Grind all the spices using the mill attachment for 40 seconds with the selector turned to 4. Open and add 200 g sugar. Close and shake to mix... It's ready!

Sugar for iced tea

- 1 stick cinnamon
- 1 tsp ginger
- 2 cardamon pods
- 1 clove



Energy-boosting sugar

- 1 tbsp dried goji berries
- 1 tbsp dried hibiscus flowers
- 1 tbsp lime zest
- ½ tsp ground ginger

Parma Violet Sugar

- 40 g Parma Violet*
- 100 g caster sugar

Place the candies and the sugar in the mill bowl. Use the pulse mode 4 times and then for 10 seconds at speed 4 until they are reduced to a powder.

You can replace the violet candies by other candies (mint, strawberry, orange,...)

* The mill bowl should not be used to mill soft sweets.

Tropical sugar

- 50 g mixed dried fruit (pineapple, papaya, coconut crisps)
- 100 g caster sugar

Place all the ingredients in the mill bowl. Pulse 4 or 5 times.

Barbecue spice mix

- 1 tbsp coriander seeds
- 1 tbsp black peppercorns
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp curry powder
- 1 pili pili hot pepper
- 1 tsp dried thyme
- 2 tbsp sea salt

Dry-roast the peppercorns and the coriander, mustard and cumin seeds in a thick-bottomed stainless-steel frying pan over a moderate heat. Stir continuously for 2-3 minutes until the spices start to release their aroma. Allow to cool.

Transfer the spices to the mill bowl and add all the remaining ingredients.

Turn the selector to 4 and process for approximately 10 seconds to achieve a powdery consistency.

Five-spice powder

- 2 tbsp black peppercorns
- 3 star anise pods
- 2 tsp fennel seeds
- 2 cinnamon sticks
- 6 cloves

Dry-roast the peppercorns in a thick-bottomed stainless-steel frying pan over a moderate heat.

Stir continuously for 1-2 minutes, then set aside. Repeat the same operation for each spice separately.

Place the spices in the mill bowl, turn the selector to 3 and grind for about 10 seconds to obtain a fine powder. Transfer to a glass jar with a tightly fitting lid. Can be stored for up to a month.



Tandoori spice mix

- 80 ml cumin seeds
- 80 ml coriander seeds
- 1 tsp whole cloves
- 1 tsp black peppercorns
- 2 cardamon pods
- 1 tbsp ground ginger
- 1 tbsp ground turmeric
- ½ cinnamon stick
- 1 tbsp salt
- 1 tbsp dried garlic
- 1 tbsp paprika pepper

Dry-roast the cumin seeds, coriander seeds, peppercorns, cloves and cardamon pods in a thick-bottomed frying pan over a moderate heat. Stir continuously for 2-3 minutes until the spices start to release their aroma. Allow to cool.

Transfer the spices to the mill bowl and add all the remaining ingredients.

Turn the selector to 3 and grind for about 10 seconds to obtain a fine powder.

Homemade curry paste

- 2 tbsp extra virgin olive oil
- 1 onion
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp cloves
- 2 tsp black peppercorns
- 2 tbsp mustard seeds
- 2 tsp five-spice powder
- 2 cardamon pods
- 1 cinnamon stick
- 2 tsp turmeric
- 2 tsp Cayenne pepper
- 1 cm fresh ginger

Grind all the dried spices using the mill attachment for 40 seconds, with the selector turned to 3, to achieve a fine powder. Set aside.

Peel and chop the onion. Gently fry the onion in the olive oil over a low heat. Meanwhile, peel and grate the ginger.

Add the ground spices and ginger to the onions and continue cooking for a further 5 minutes.

Minted mango chutney

1 handful fresh mint leaves
1 medium-sized onion
4 green chilli peppers
180 g mango
salt

Peel the mango and discard the stone.

Place the mint leaves, mango and onion in the mill bowl, turn the selector to 2 and process for 30 seconds to obtain a fine-textured paste.

Season to taste.

Extremely hot!

Chilli and tomato chutney

2 tomatoes
1 medium-sized onion
1 cinnamon stick
2 cloves
1 tsp coriander seeds
1 tbsp groundnut oil
1 tsp salt
1 tbsp fresh ginger, grated
1 tbsp honey
1 garlic clove
1 pili pili pepper
100 ml balsamic vinegar



Dry-roast the coriander seeds, cloves, chilli pepper and cinnamon stick in a thick-bottomed stainless-steel frying pan over a moderate heat. Stir continuously for 2-3 minutes. Transfer to the mill bowl, turn the selector to 4 and grind for 10 seconds. Set aside.

Wash the tomatoes and cut into pieces. Peel and coarsely chop the onion and garlic. Put the tomatoes, onion and garlic in the mill bowl and press the pulse button 2 or 3 times. Gently fry this mixture in a little oil over a low heat. Add the balsamic vinegar, salt and spices, stirring continuously. As soon as the mixture comes to the boil, add the honey and ginger.

Cook for a further 5 minutes, stirring continuously.

Serve cold.



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