

thermomix

Blade Cover & Peeler Welcome Guide

VORWERK





Blade Cover & Peeler Welcome Guide

For decades, Thermomix® has made food preparation easy for families around the world. Our innovation brought you a blade cover to turn your Thermomix® into a sous-vide cooker and a slow cooker, and now the Blade Cover & Peeler is the next step in making your daily life in the kitchen even easier.

Integrated with a peeler function, the Blade Cover & Peeler will take away more of the manual preparation, freeing up your time so you can turn your attention to other things. Enjoy being at home and relaxing on the couch, reading or playing with the kids, while your meal is being cooked for you by Thermomix®.

These added functions to Thermomix® will give you back some time. Sous-vide cooking and slow cooking methods are perfect for make-ahead meals. These melt-in-the-mouth dishes will wait until your family or guests are ready to eat, without overcooking. The peeler function will help with the preparation, leaving your hands free and clean for other things. Let Thermomix® take the effort out of cooking.

Introduction to Slow Cooking

The tempting smell of dinner that has been slow cooking, rich aromas promising a nourishing meal; this is one of the comforts of home.

Slow cook recipes are quick to prepare, and slow to cook, taking the pressure of meal preparation away. This is especially welcome on a busy weekday, or on a weekend, to take the effort out of cooking for your favourite people. Prepare everything and start the slow cook recipe ahead of time, and when mealtime arrives, your time is not all spent in the kitchen.

Tougher and cheaper cuts of meat melt into succulence after slow cooking in your Thermomix®. And thanks to the Blade Cover & Peeler, those tender morsels will stay intact as they are gently stirred, protected from direct contact with the blades.



Slow cooked
pork belly
with noodles

The cooking broth
is used to cook
the noodles.

Instructions for slow cooking



Insert the Blade Cover & Peeler

To ensure even cooking, cut your ingredients to roughly the same size and thickness. Season or marinate your meat and trim any fat from the meat before slow cooking. Removing the fat will give you a healthier result, and it'll still be tasty.

Insert the Blade Cover & Peeler into the bowl as shown in the instructions. Place prepared ingredients into the mixing bowl, evenly distributed over Blade Cover & Peeler.

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

Add liquid such as broth, stock or sauce to partially cover the ingredients.

Note that the liquid amount does not reduce in slow cooking as it does in other methods, so do not fill higher than the 2L maximum fill level.

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

Pasta and rice can be added towards the end of cooking, and then cooked as usual.

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

To thicken a sauce in your slow cook recipe:

- Add 10 g flour at the beginning of the recipe, and allow it to thicken during the cooking process.
- Add a paste of 15 g cornflour mixed with 15 g cold water at the end of cooking. Bring it to a simmer to thicken.
- Stir in tomato paste to thicken.
- Remove the measuring cup at the end and reduce the sauce for 10 min/Varoma/🔄/speed 1.



Sous-vide beef steak

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



Introduction to sous-vide

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

With the Blade Cover & Peeler inserted in the mixing bowl, Thermomix® heats the water bath to a precise temperature. The user places ingredients in a food-safe and heat-resistant bag, vacuum-seals it and adds it to the mixing bowl. Protected by the Blade Cover & Peeler from direct contact with the blades, the food is gently stirred for even cooking.

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

Instruction for sous-vide cooking

To prepare for sous-vide, food is sealed in an airtight bag. There are two methods to do this, either vacuum sealer, or water immersion method, both are described on this page. Sous-vide bags are made of a material that is safe to

heat food up in. Polythene sandwich bags are not suitable. A medium-sized sous-vide bag with a zip lock should be suitable for all of the recipes in this booklet. If you like to add a marinade to your sous-vide recipes, choose the immersion system.



Preparing

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

Vacuum sealer method

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

Water immersion method

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



Cooking

Insert the Blade Cover & Peeler, as shown in the instructions. Before heating the water, place the prepared and sealed bag(s) in the mixing bowl and cover with water (ensuring you don't exceed the maximum of 2.2 litres). Remove bag(s) and set aside while you heat the water.

Set the temperature that you require.

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

We recommend that you follow a similar Thermomix® recipe, or refer to the water amount and temperatures given in the table (see p. 26–31).



To serve

Carefully remove the bag(s) with tongs and serve. Most foods are ready to enjoy straightaway. If you wish to sear the food, pat it dry while heating up

the frying pan. Sear very quickly to avoid raising the temperature of the meat or fish. Searing gives a crisp finish and a lightly roasted flavour.



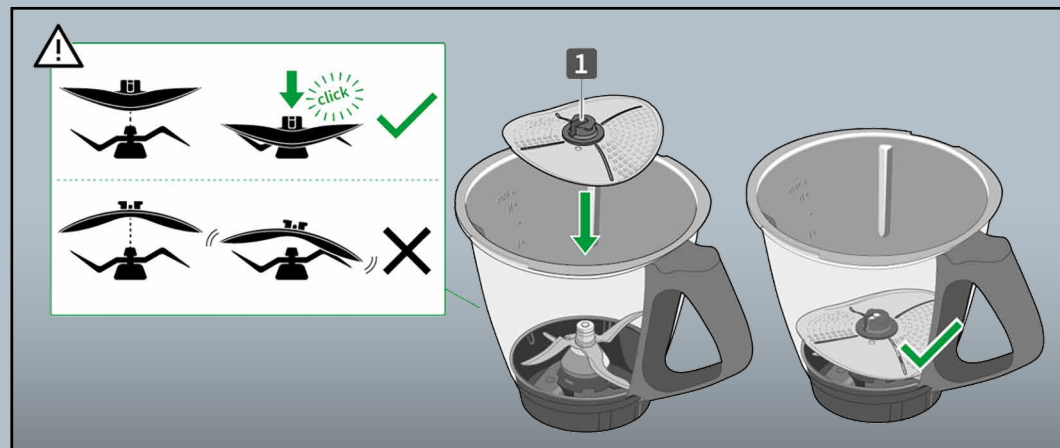
Introduction to the Peeler

Cooking is even more enjoyable when it is without fuss or stress. That's where Thermomix® comes in. With the Peeler, the peeling step becomes effortless, freeing up more of your time and kitchen space. With the Peeler, potatoes, carrots and turnips are peeled in a clean and efficient manner, leaving no tired hands or mess on the counter.

Instructions for the Blade Cover & Peeler

Insert the Blade Cover & Peeler in mixing bowl, ensuring that either of the 2 highest curves of the accessory are placed directly above the blade that points up (so that the 4 slots of the Blade Cover & Peeler are aligned with the 4 blades of the mixing knife – see illustration here below).

Press down Blade Cover & Peeler to secure it to the mixing knife. Check that positioning is correct by pulling up the accessory; if it offers some resistance, it is secure, otherwise it will release straight away.



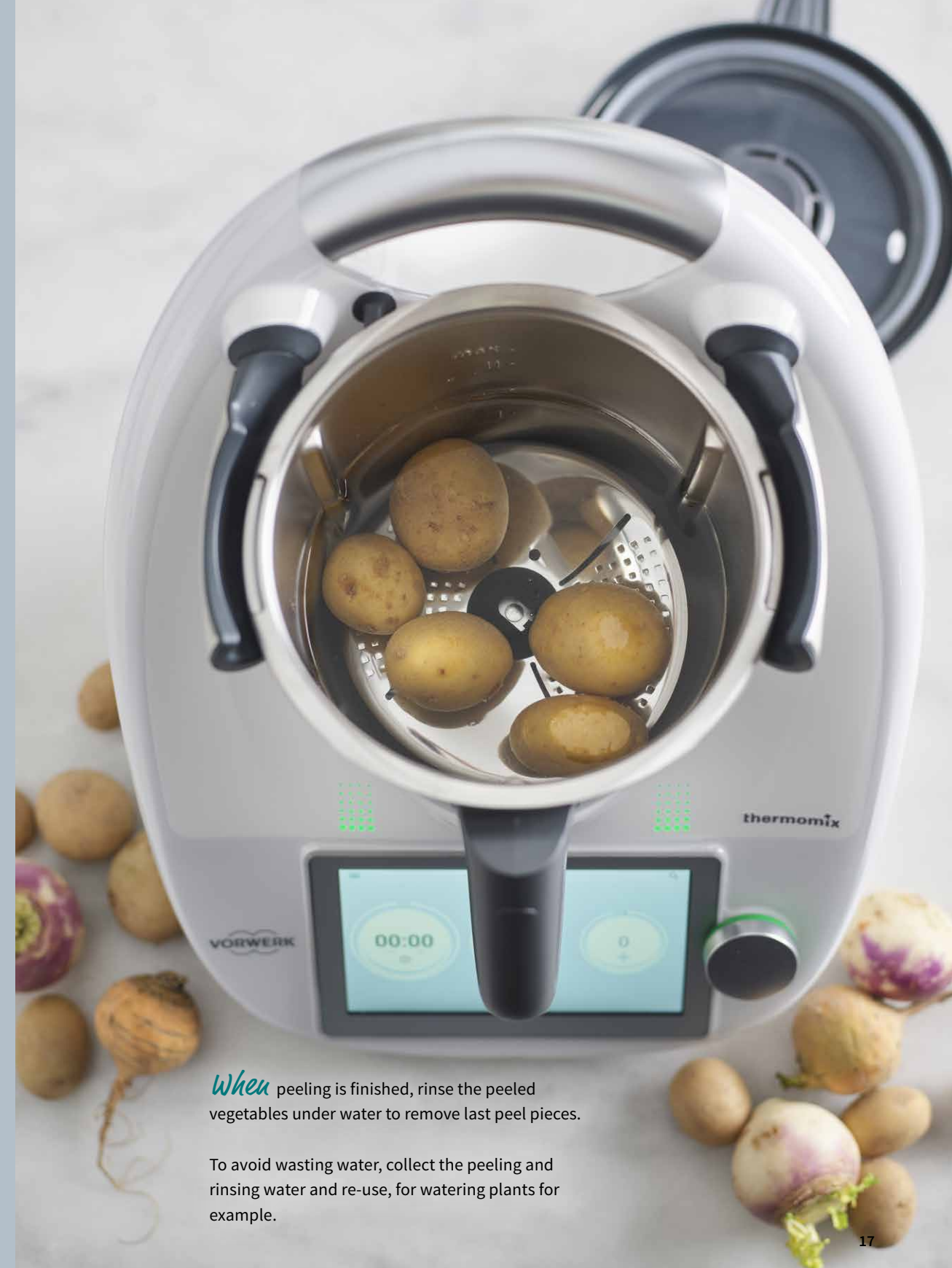
Add to the mixing bowl the amount of unpeeled vegetables required, but no more than 800 g of root vegetables at one time.

For best results, use even sized vegetables that fit through the lid opening. Larger vegetables may need to be cut in pieces.

Always add 600 g of water, independently of the amount of vegetables.

For TM6, insert lid and measuring cup, then start the mode.

For TM5, insert lid, place simmering basket instead of measuring cup, then peel **4 min/speed 4**.



When peeling is finished, rinse the peeled vegetables under water to remove last peel pieces.

To avoid wasting water, collect the peeling and rinsing water and re-use, for watering plants for example.

Notes to the slow cooking table

- Add any acid ingredient such as lemon juice, tomatoes or vinegar to your recipes to protect the mixing bowl from rust.
- The amount of liquid noted in the table is a guide. Slow cooking methods do not need as much liquid as other recipes, because nothing evaporates.
- Observe the maximum filling mark of 2.2 litres.
- Use a maximum of 800 g meat.
- Ensure kidney beans and other pulses are safe to eat by boiling them first at 100 °C for at least 10 minutes before adding them to a slow cooking recipe.
- If the ingredients have different weight or thickness, cooking times will need to be adjusted.

Slow cooked pineapple

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

Recommended cooking time and temperature

	Ingredient	Quantity	Size/thickness	Guide to amount of liquid	Temperature TM6	Time	Tips
<i>Meat</i>	Casserole beef	400 g	diced, 3 cm × 3 cm	Approx. 300 g	85 °C	7 h	A rich sauce from beef stock and stout beer such as Guinness makes a great tasting casserole.
	Beef mince	600 g		Approx. 750 g	98 °C	4 h	Cook the beef in a classic tomato sauce, a mixture of 150 g red wine, 200 g beef stock, 400 g canned chopped tomatoes, to make a bolognese. This recipe is possible without the blade cover.
	Beef short ribs, boneless	800 g	cut in 8 pieces	Approx. 700 – 800 g	98 °C	4 h 30 min	Great for a classic stew made with vegetables in a mixture of red wine and a rich meat broth.
	Lamb shoulder	650 g	diced, 4 cm × 4 cm	Approx. 450 – 500 g	98 °C	6 h	Marinate first in a curry paste and use coconut milk to make a great lamb curry.
	Pork cheeks	500 g	4 × 100 – 120 g each	Approx. 1500 g	95 °C	8 h	Marinate first in some oil and onion for a succulent result.
	Pork belly, skin on	600 g	diced, 3 cm × 9 cm	Approx. 750 g	98 °C	4 h	Cook in vegetable stock. Sear at the end of cooking time. Strain the cooking broth, add seasonings, and cook rice noodles in it. Serve the noodles and the broth with the pork belly.
	Pork shoulder, boneless, without rind	800 g	diced, 10 cm × 10 cm	Approx. 750 g	98 °C	4 h	Marinate before cooking for best results. Use chicken stock to cook. At the end of cooking, shred the meat and toss in a BBQ sauce.
	Meatballs	500 g minced beef, 10% fat	30 g each	Approx. 800 g	98 °C	3 h	The meatballs can be slow cooked in a classic tomato sauce, made from canned chopped tomatoes.
	Duck legs	2	Skin on, bone in, approx. 800 g total	Approx. 1100 g	98 °C	3 h	Flavour chicken stock with dried cherries, vegetables and bay leaf for a delicious fork tender, cooked duck. Shred the cooked duck and serve with plum sauce.
	Chicken thighs	700 – 800 g	4 × 180 g each, 3 cm thick	Approx. 700 g	95 °C	3 h 30 min	A mixture of red chilli, red capsicum, tomato and chicken broth is a good base for a chicken thigh stew.
Chicken drumsticks	6		Approx. 650 g	98 °C	3 h	A simple sauce of orange juice, stock, honey and soy sauce turns chicken into a special treat.	
Turkey legs, skinless	650 g	cut in cubes 4 – 6 cm	Approx. 550 g	95 °C	3 h	Can be slow cooked in chicken broth with vegetables and served with sautéed mushrooms with bacon.	

Recommended cooking time and temperature

	Ingredient	Quantity	Size/thickness	Guide to amount of liquid	Temperature TM6	Time	Tips
<i>Other</i>	Octopus tentacles	500–800 g	2–3 cm thick	Approx. 800 g	80 °C	5 h	Cover with olive oil for a tasty octopus confit.
	Squid	500–800 g	cut in rings plus tentacles	Approx. 800 g	80 °C	5 h	Slow cook in a rich tomato sauce.
	Dried navy (haricot) beans, soaked overnight	200 g dried weight		Approx. 560 g	98 °C	4 h	Soak overnight and discard water. Rapid boil for 10 minutes, before cooking in a rich tomato sauce, adding vegetables to make a tasty bean casserole. Do not substitute kidney beans.
	Chickpeas, soaked overnight	200 g dried weight		560 g liquid, vegetable stock, seasoning, olive oil 50 ml	98 °C	4 h	Soak overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
	Dried butter beans, soaked overnight	200 g dried weight		Approx. 560 g	98 °C	4 h	Soak overnight and discard water. Rapid boil for 10 minutes, before cooking in a rich tomato sauce, adding vegetables to make a tasty bean casserole. Do not substitute kidney beans.
	Root vegetables – carrots, onions, celeriac, sweet potato	600 g	10 cm long, Ø 2 cm	Approx. 1300 g	85 °C	2 h 30 min	Cook in a chicken or vegetable stock. Serve the vegetables in some of the cooking liquid sprinkled with fresh herbs. The cooking broth makes a tasty soup base.
	Butternut pumpkin	700 g	cut in slices 1 cm × 3 cm × 6 cm	Approx. 1200 g	85 °C	4 h	Braise the pumpkin pieces in a mix of vegetable stock and miso stock for a tasty vegetable dish. Stir in chopped fresh herbs before serving.
	Pears, ripe but firm	4 pears × 180 g each	whole, peeled	Approx. 1100 g	90 °C	4 h	Cook in a wine syrup, and flavour with orange zest, cinnamon stick and star anise.
	Pineapples	500 g	6 wedges, lengthways, 2 cm thick at edge	Approx. 800 g	85 °C	2 h	Cook in a syrup, and flavour with chilli and rum. Serve the pineapple with the syrup, and ice cream.
	Tart eating apples	4 apples	halved, skin on	Approx. 1400 g	95 °C	2 h	Cook in syrup, and keep until ready to serve. Tasty for breakfast or dessert.
Nectarines/ peaches, firm	400 g	4, halved, skin on	Approx. 1700 g	95 °C	2 h	Cook in syrup and drizzle with honey to serve.	

Notes to the sous-vide table

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

Sous-vide asparagus with poached eggs

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

Recommended cooking time and temperature

We recommend using Thermomix sous-vide recipes. If following a non-Thermomix recipe, refer to the table here below for times and temperatures.

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<i>Meat</i>	Beef filet steak / Flank steak	720 – 800 g	4 × 180 – 200 g each, 2.5 – 3 cm thick	Approx. 1400 g	2	54 °C	1 h 30 min	medium-rare	Sear in a pan at the end of cooking
						60 °C	1 h 30 min	medium	
						64 °C	1 h 30 min	well done	
	Beef prime rib, boneless	900 g	2 × 450 g each, 3 – 4 cm thick (max. 14 cm long)	Approx. 1300 g	2	58 °C	2 h 15 min	medium-rare	Sear in a pan at the end of cooking
						65 °C	1 h 45 min	medium	
						70 °C	1 h 30 min	well done	
	Beef brisket	600 – 800 g	cut in 2 pieces, 5 – 6 cm thick	Approx. 1400 g	2	85 °C	12 h	achten dafall apart	To give extra flavour marinate before cooking
	Veal medallions	650 – 800 g	8 × 80 – 100 g each, 2.5 cm thick	Approx. 1400 g	2	64 °C	1 h 30 min	well done	Sear in a pan at the end of cooking
	Lamb chops	240 – 320 g	4 × 60 – 80 g each, 2.5 cm thick	Approx. 1800 g	2	58 °C	1 h 45 min	pink	
	Pork tenderloin	500 – 700 g	1 loin cut in 2 pieces, Ø 5 cm	Approx. 1200 g	2	75 °C	1 h	well done	
	Pork chops	700 g	2 pork chops, 3.5 cm thick	Approx. 1400 g	2	60 °C	2 h 30 min	well done	Sear in a pan at the end of cooking
	Pork cheeks	650 – 800 g	8 × 80 – 100 g each	Approx. 1400 g	2	85 °C	8 h	succulent and fork tender	
	Pork belly, skin on	500 – 600 g	2 × 250 – 300 g each, 4.5 cm thick	Approx. 1500 g	2	80 °C	7 h	succulent and fork tender	
	Pork shoulder, boneless	800 g	cut in 2 pieces, 4 – 5 cm thick	Approx. 1400 g	2	85 °C	12 h	fall apart	To give extra flavour marinate before cooking
	Duck breast	500 – 600 g	2 × 250 – 300 g each, 2.5 – 3 cm thick	Approx. 1200 g	2	62 °C	1 h 30 min	pink	Sear in a pan at the end of cooking
	Chicken breast	500 – 600 g	2 × 250 – 300 g each, 2 – 3 cm thick	Approx. 1500 g	2	72 °C	1 h 30 min	well done	Cook with skin on and sear at the end of cooking or just rub with a mixture of herbs or spices
Chicken thighs	700 – 750 g	4 × 180 g each, 3 cm thick	Approx. 1400 g	1 – 2	75 °C	1 h	well done	If it's with skin on, sear in a pan after cooking	
Chicken drumsticks, skin on	600 g	4 × 150 g each, 4 – 5 cm thick	Approx. 1400 g	1 – 2	75 °C	1 h 15 min	well done	If it's with skin on, sear in a pan after cooking	

Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<i>Fish and Seafood</i>	Fish, lean (snapper/hoki)	800 g	4 × 200 g each, 2 cm thick	Approx. 1400 g	2	60 °C	1 h	done	Fish for sous-vide recipes must be of sashimi quality i. e. suitable for eating raw, or must have been frozen at a minimum of -20 °C for at least 24 hours. We recommend buying frozen fish or seafood for sous-vide cooking. Thaw before cooking.
	Fish, fatty (salmon, with or without skin)	600 g	4 × 150 g each, 3 cm thick	Approx. 1450 g	2	55 °C	45 min	medium	
	Shrimps/prawns, peeled, medium size	350 – 380 g	24 pieces of 15 g each	Approx. 1500 g	2	62 °C	30 min	done	
	Prawns, peeled and deveined, large size	480 – 500 g	16 pieces of 30 g each	Approx. 1660 g	2	70 °C	20 min	done	
	Octopus tentacles	500 – 800 g	2 – 2.5 cm thick	Approx. 1400 g	1 – 2	82 °C	7 h	juicy and tender	Use fresh or thawed octopus. Using frozen octopus will give a tender texture. The freezing process benefits the octopus, as the meat will tenderise while thawing.
<i>Eggs</i>	Poached eggs	4 – 6	eggs size XL (59 g)	Approx. 1400 g	0	72 °C	18 – 20 min	soft egg yolk	Each egg without shell wrapped in a greased cling film closed with kitchen string, removing the maximum air as possible.
	Onsen eggs (low temperature eggs in shell)	6	eggs size XL (59 g)	Approx. 1850 g	0	65 °C	45 min	runny egg white, soft egg yolk	Place whole eggs in the simmering basket. After cooking time, cool immediately in an ice bath.
<i>Vegetables, Roots</i>	Carrots	300 – 600 g	15 cm long, Ø 2 cm	Approx. 1500 g	1 – 2	85 °C	45 min		Sauté at the end of cooking for a couple minutes to glaze them in their own juices.
	Beetroots	600 g	Ø 4 – 5 cm each	Approx. 1300 g	1	85 °C	3 h		Halve larger roots

Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<i>Vegetables, tender</i>	Green beans, fresh	300 – 600 g	normal or flat	Approx. 1500 g	1 – 2	85 °C	45 min		To cook the vegetables, just season with salt, ground pepper and fresh aromatic herbs and add olive oil or butter in the bag before cook for a great side dish.
	Mushrooms	250 g	Ø 3 – 5 cm	Approx. 1500 g	1 – 2	59 °C	1 h		
	Eggplants	320 – 360 g	2 × 160 – 180 g, each cut in 1.5 – 2 cm slices	Approx. 1500 g	1 – 2	85 °C	2 h		Grill at the end of cooking for a smoked flavour.
	Asparagus	500 g	Ø 1.5 cm	Approx. 1500 g	1 – 2	82 °C	15 min		Great to serve with sous-vide poached eggs.
<i>Fruits, firm</i>	Pears, ripe	600 g	4 × 150 g each, halved	Approx. 1600 g	2	80 °C	1 h 30 min		For a different twist, season with spices and/or add some drink, such as a sweet wine, rum or a fruit juice. Serve with ice cream or a custard.
	Pineapples	400 g	4 slices × 100 g each, 2 cm thick	Approx. 1500 g	1	85 °C	45 min		See tip for <i>pears, ripe</i> .
<i>Fruits, soft</i>	Apricots	300 – 350 g	3, halved, Ø 5 cm	Approx. 1400 g	1	80 °C	1 h		See tip for <i>pears, ripe</i> .
	Bananas	400 g	4 × 100 g each, Ø 3 cm	Approx. 1500 g	1	68 °C	20 min		See tip for <i>pears, ripe</i> .

Notes to the Peeler table

- Some vegetables cannot be peeled using the Blade Cover & Peeler, such as cooked or frozen vegetables, vegetables with a thick skin such as sweet potato, or those with a very thin skin such as tomato.
- Alternatively, the Peeler can be used to lightly scrub potatoes only so as to keep the peel.
- If vegetables have unsightly dark spots or eyes, remove them before or after peeling.
- When peeling carrots, use even size and thickness carrot pieces.
- To avoid wasting water, collect the peeling and rinsing water and re-use, for watering plants for example.

Recommended peeling time and speed

Ingredient	Total	Max. total weight	Size/ thickness	Amount of water	Time	Speed
Potatoes	Fully peeled	800 g	Fitting through lid opening	600 g	4 min	4
Potatoes	Scrubbed semi-peeled	800 g	Fitting through lid opening	600 g	3 min	4
New potatoes (thin skin)	Peeled	800 g	Fitting through lid opening	600 g	4 min	4

Imprint

Project manager

Edith Pouchard, *Vorwerk International*

VP Digital

Ramona Wehlig, *Vorwerk International*

Recipe Business

Margarida Ferrador, *Head of Recipe Business, Vorwerk International*

Recipe development

Andrea Aloe, Katarzyna Sykalo,
Phuong Nguyen, Britta Arnold
and Mari-Bel Giorno, *Vorwerk International*

Isabelle Phillon, Amédée Vicet, Pauline
Brunet and Bénédicte Grépinet,
Vorwerk France

Katarzyna Sieradz, Martyna Sobka and
Agata Kubica, *Vorwerk Poland*

Editorial team

Beatriz Rodriguez Diez, *Product manager Recipe & Usability, Vorwerk International*

Maria Resende, *Head culinary strategy, Vorwerk International*

Cara Hobday, *Editor director, Tasty Art, UK*

Catarina Gouveia, *Editor director, Portugal*

Irmgard Buth, *Food consultant, Germany*

Resource tables

Cara Hobday, *Editor director, Tasty Art, UK*

Catarina Gouveia, *Editor director, Portugal*

Evelin Guder, *External Consultant, Germany*

Nutritional values

Angelika Ilies, *External Consultant, Germany*

Recipe photography, production and styling

Premier Picture Films, *XYZ Studio, Lisbon*

António Nascimento, *Photographer*

Ana Trancoso, *Art Director*

Carla Cardoso, *Props Stylist*

Conceição Coelho, *Food Stylist*

Denise Costa, *Food Stylist Assistant*

Concept/Design

Lichten, *Hamburg, Germany*

Layout/Typesetting

Effizienta oHG, *Munich, Germany*

Edition/Publishing

2nd edition, July 2021

Editor

Vorwerk International & Co. KmG.

Verenastrasse 39

CH-8832 Wollerau, Switzerland

<https://thermomix.vorwerk.com/thermomix/>

Copyright 2021 by Vorwerk International & Co. KmG

Text, design, photography, illustrations by Vorwerk International & Co. KmG., Switzerland. All rights reserved.

This publication may not – in part or whole – be reproduced, stored in a retrieval system, recording or otherwise, without the prior permission of Vorwerk International & Co. KmG.



