

SORBET

Ingredients

150g sugar or to taste
200-300g fruit in season (*oranges, lemons, strawberries, mangos, melons – any fruit of your choice*)
1 egg white (*optional*)
2 x 350g ice cubes

Method

Place sugar into TM bowl and mill for **10 seconds** on **speed 9**.
Add the fruit followed by 350g ice (*1 tray*) and egg white. Slowly turn the speed dial to **speed 10**.
Add the remaining ice after 20 seconds. Use the spatula to assist in the incorporation of the fruit with the ice. This takes approximately 1 minute.

General Tips

Use milk, yoghurt or coconut milk frozen in ice cube trays as a substitute for ice.
Only two trays of frozen liquid are required to make ice cream.
Add some choc chips or nuts with 10 seconds remaining on the timer for added 'crunch'.
When using all frozen ingredients (ie. ice cubes and frozen fruit) add a little bit of fluid (ie. milk or water).
Experiment with various fruits or nuts to make your own simple 'gelatos'. It is important not to overload the TM31 with all the ice at once but to process it gradually.

BEETROOT DIP

Ingredients

2 cloves garlic
1 tsp cumin seeds
20g olive oil
340-420g baby beetroot
100g Greek yoghurt
Sea salt to taste

Method

Place garlic and cumin into TM bowl and chop for **5-10 seconds** on **speed 7**.
Add oil and sauté for **4 minutes** at **100°C** on **speed 2**.
Add drained beetroot, yoghurt and salt. Set dial to **closed lid position** and pulse on **Turbo** for **2 seconds**.
Serve with gluten free crackers or bread.



MUSHROOM RISOTTO

Ingredients

1 small bunch Italian parsley
50g Parmesan cheese, cubed
Few strips lemon zest
1 onion, peeled and cut in half
2 cloves garlic
40g olive oil
400g Italian Arborio rice
100g white wine
250g sliced fresh mushrooms
1 tbsp TM vegetable stock concentrate
1000g water
Sea salt and cracked black pepper to taste
20g butter

Method

Place parsley into TM bowl and chop for **8 seconds** on **speed 6**. Set aside.
Place zest and Parmesan into TM bowl and grate for **10-20 seconds** on **speed 9**. Set aside.
Place onion and garlic into TM bowl and chop for **5 seconds** on **speed 5**.
Add oil and cook for **2 minutes** at **100°C** on **speed 2**.
Add rice and wine and sauté for **3 minutes** at **100°C** on **Reverse+ speed 1.5**.
Add TM stock and water and cook for **13-15 minutes** at **100°C** on **Reverse + speed 1.5**.
Add mushrooms in the last 5 minutes of the cooking time.
Place into ThermoServer and add butter, Parmesan cheese mixture and parsley.
Stir through and leave to absorb for 2-3 minutes before serving.

LEMON CUSTARD/CRÈME PÂTISSÈRE

Ingredients

Zest 1 lemon or vanilla sugar
60 to 100g sugar (*to taste*)
2 eggs
500g milk
40-50g pure cornflour or 60-70g of rice flour

Method

Place lemon and sugar into TM bowl and pulverise for **20 seconds** on **speed 9**. Scrape down lemon rind and icing sugar from the sides of the bowl.

Add the remaining ingredients, cook for **7 minutes** at **90°C** on **speed 4**.
Once the custard has cooked to your desired consistency, immediately transfer into a serving bowl.

General Tips

For chocolate custard, add 20g of cocoa powder to the mixture in place of the lemon rind, or vanilla essence for vanilla custard.
For a thicker consistency use 4 eggs.

