



Issue 06
Sept 2010



My Thermomix

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In the sunny South East of Ireland between Waterford and Wexford you'll find

a popular destination for foodies called Dunbrody Country House Hotel & Restaurant. Chef Proprietor Kevin Dundon is an award-winning celebrity chef who regularly appears on

TV – he says **“Our soups are highly commended for their smoothness thanks to Thermomix!”** and we are delighted to feature inside this issue a hearty gourmet soup from his kitchen.



Since the launch of Thermomix in Ireland and the establishment of a team of Thermomix demonstrators across the country, it's great to see our Irish customer numbers increase rapidly. So this issue has an Irish theme and we've had fun in our development kitchen preparing some classic Irish recipes for you. As the passion for Thermomix cooking grows in UK & Ireland, food experts, nutritionists and cookery schools such as those featured in this issue are discovering Thermomix for the first time and are keenly spreading the word to their readers and clients; this is leading to yet more people eating well and cooking with joy!

Janie Janie Turner

My Thermomix, My Cakes Sarah Hounslow, mother of two, loves to bake and decorate themed unique cakes for special occasions. “With my Thermomix, I can easily weigh out and mix a cake in a couple of minutes, and if I'm interrupted by the boys, it's no problem. As well as cakes, I also use it to make the icings, fillings, marzipan and royal icing for the figurines. My Thermomix prepares and cooks our family meals too!” You can see more of Sarah's cakes on our Facebook page: “UK Thermomix”



My Thermomix, My Deli Susan Hansen, who has made canapés for President Clinton, has just opened a lovely delicatessen in Sunninghill, Berkshire. “My Thermomix has replaced so many kitchen gadgets -

it has great versatility! It gives perfect results while I juggle the countless tasks of running and cooking for the deli. The temperature and time settings are a foolproof way of avoiding mistakes, and I can train younger staff members to use the Thermomix knowing it will produce the quality I need. It's incredibly quick and easy to clean too.” www.hansensdeli.co.uk



Thermomix



Kevin Dundon has one Thermomix in the main kitchen of his restaurant and another in the pastry section, and he and his chefs use them constantly. Kevin says, "I am finding Thermomix invaluable both in the restaurant and when I travel. For instance, I took it with me when doing a dinner for 40 guests in Dublin and it was my 'safety valve' piece of equipment – it's reliable and it does so many things! We use our Thermomixes for purées, soups, pestos, oils, making ice cream bases as well as churning the frozen ice creams before service, and lots more."

Many thanks to Kevin for this delicious warming soup recipe, which makes a huge quantity for lots of hungry people! If you want a smaller quantity just make half, or make the full recipe and freeze any extra portions.

Creamy Potato & Thyme Soup with Bacon

TM31, TM21

In Ireland, soup is considered a necessity and is as intrinsically part of the Irish diet as potatoes themselves!

Serves 8 for lunch or 16 to 20 as a dinner party starter. Makes 2.5 litres.

- 600 g potatoes, cut in chunks
- 100 g celery sticks, in 2 cm lengths
- 70 g leeks, carefully washed, in 2 cm lengths
- 50 g butter
- 50 g onion, peeled
- 2 cloves garlic, peeled
- 3 large sprigs fresh thyme
- 1 tsp sea salt
- freshly ground pepper
- 200 g cream
- 80 g bacon lardons
- 1200 g (1.2 litres) chicken stock or vegetable stock, divided 500 g and 700 g



Variations: *This soup is gluten free. Substitute olive oil for the butter and use extra stock or a nut milk instead of the cream to make it dairy free. Omit bacon and use vegetable stock if serving to vegetarians. Make it both dairy free and vegetarian if serving to vegans.*

Note: *When milk or cream based soups are cooked by hand on the stove, you have to watch the temperature very carefully so they don't boil - milk or cream in a soup will make it boil over if the temperature reaches 100°C. With your Thermomix set to 90°C, this won't happen and you can do something else while this soup cooks safely by itself!*

1. Chop and cook potatoes, celery, leek, butter, onion, garlic, thyme, salt, pepper, cream and bacon 4 minutes/100°C/Speed 7, turning down to Speed 1 after 10 seconds when everything is chopped.

2. Add 500 g of the stock and cook 20 minutes/90°C/Speed 2 (or longer if necessary) until the potatoes are fully cooked.

3. Blend 2 minutes/90°C/Speed 8 until smooth. Taste and adjust seasoning if necessary. If using unsalted stock and depending on the saltiness of the bacon, you may need to add up to 1 tsp more sea salt to bring out the delicious flavours of this soup – add little by little while mixing at Speed 4 and taste it as you go.

4. Add remaining 700 g stock and heat 4 minutes/90°C/Speed 3.



I ♥ My Thermomix

Jackie Alexander

Chris Horridge

"As a professional chef, time is of the utmost importance to me both on and off 'the stove'. Having a Thermomix at home allows me to create restaurant quality dishes in super quick time, with minimum fuss, maximum flavour, and all without my team of chefs; a win-win scenario!"

Chris Horridge is Director of The Fine Dining Academy, a cookery school in Berkshire where every course is taught by Michelin-star chefs and sommeliers. www.finediningacademy.co.uk



Ellie Dunkley, aged 11

"I love watching mum's Thermomix because I always know how long it is until dinner!"



Lorcan O'Neill, Ireland

"Thermomix allows me to spend more time with my 18 month old son Marco. We invested in Thermomix when Marco was 5 months, around the time when we were introducing solids to his diet - it had been strongly recommended by several friends. I can now prepare wholesome and healthy food for my family with incredible ease, even though I had literally no cooking experience!

I make delicious stews and blend one portion to a consistency that suits Marco at each stage of his development. I am in total control of what goes into his meals and I feel great when I see him devouring the food I make.

I've also scored a lot of brownie points with my Spanish wife, Rocio. In Ireland it's impossible to buy the popular Spanish Croquetas de Jamon (Croquettes with Ham) and they're difficult to make. Now that we have a Thermomix we can prepare our own delicious croquettes with ease and this helps Rocio feel more at home in Ireland!

Thermomix isn't just about the vast amounts of time and money you can save, but more importantly your whole family can eat wonderfully healthy food too!"

Lorcan's experience as a Thermomix customer encouraged him to become a Thermomix Demonstrator!

Gorgeous Profiteroles

A classic use of choux pastry is for profiteroles and it's wonderful that you can make all the elements of this recipe - Crème Pâtissière, Choux Pastry and Chocolate Sauce - in your Thermomix! Get started at least 3 hours ahead to allow for chilling time. Makes 18 puffs to serve 6.

1. Make Crème Pâtissière from "Fast and Easy Cooking". Set aside to cool (leave in TM bowl if you have a second bowl for the choux pastry).
2. Make Choux Pastry from "Fast and Easy Cooking" in clean TM bowl or second TM bowl. Drop 18 rounded teaspoons of the paste onto 1 or 2 baking trays lined with Bake-O-Glide*, leaving about 5 cm between each one as they will expand when baked. Bake in a hot oven until puffed and golden. Remove from oven and pierce the side of each puff with a knife to let the steam escape. Cool on a rack.
3. Cut the choux puffs part way across, just enough so you can open them and fill with crème pâtissière. Place 3 to 5 profiteroles in each individual serving dish or place them all into one large serving bowl. Chill in fridge 2 to 6 hours.
4. Make Chocolate Sauce from "Fast and Easy Cooking" using 50 g milk only. Make this just before serving so it's warm and it pours well. Pour a generous amount over each serving. Smile widely and enjoy!



Recipes are on pages 195, 171, 201 of the third edition of "Fast and Easy Cooking".

*Bake-O-Glide is a non-stick sheet - available from UK Thermomix.



Meet Maud

"Our Thermomix is in constant use for soups and jams made from our fresh garden fruits and vegetables", says Maud Hadden. "And our teenagers particularly like recipes from the Indian book, and Thermomix smoothies."

Maud joined UK Thermomix in 2007 and her lovely Irish accent is well known to many of our customers. Maud handles telephone inquiries and supports our growing network of demonstrators.

My Thermomix - Top Tips



Technical Tip

- For an easy way of removing your internal steaming basket from the TM bowl, simply use the hook on your spatula. Slot it into the notch of the steaming basket then carefully lift the basket out.



Cooking Tip

- Making choux pastry in the Thermomix incorporates a lot more air than when making it by hand. This results in almost double the volume and a lighter texture for your baked choux pastry!



Savings Tip

- Use a fraction of the power required to heat your oven by steaming cakes in your Varoma instead of baking them. Why not buy the perfect size cake tin for your Varoma? Call us on +44 (0) 1344 622 344.



Cinnamon & Nectarine Steamed Sponge Cake

- steamed in Varoma
- served upside down



See this recipe of the month at:
www.UKThermomix.com

Thermomix Cooking Events



Masterclasses led by Michelin Star Chefs

Michelin Star Chefs **Alan Murchison** and **Chris Horridge** together with Thermomix expert Janie Turner have launched a series of full day, hands-on Masterclasses ideal for home cooks, foodies and professional chefs

alike. The themes and dates for the upcoming classes are:

Bronze: "Colour, Texture, Flavour"

Nov 9th Nov 18th - 9.30am - 4.30pm

Silver: "Speed, Productivity, Savings"

Nov 16th Jan 19th - 9.30am - 4.30pm

Gold: "Recipe Development, Consistency, Michelin Quality"

Feb 2nd - 9.30am - 4.30pm

These popular classes are great fun and will help you get more from your Thermomix. **Venue: The Fine Dining Academy** in Berkshire.

Bookings on 01344 622 344 £195 per person.



CHOCOLATE
ACADEMY

Chocolate Masterclasses

Why not indulge yourself in a day of chocolate heaven!

These full day, hands-

on Masterclasses are an

opportunity to learn new

Thermomix chocolate skills such as tempering,

ganaches and sculpture. All courses are suitable

for chefs, chocolatiers and home cooks. Hosted by

Beverley Dunkley, Head of The Barry Callebaut UK Chocolate Academy, and Janie Turner.

Thursday September 30th

Tuesday November 30th

Both 9.30am - 4.30pm

Venue : Banbury, Oxfordshire

Bookings on 01344 622 344

£195 per person.



Thermomix at The Foodworks Cookery School



Earlier this year, Harriet Elwes saw her dream become reality with the opening of her new cookery school in the heart of the Cotswolds. Foodworks was an immediate success with a wide variety of classes and is now hosting Thermomix events run by **Ben Axford**, BBC Masterchef finalist and private chef.



the foodworks
cookery school

Thursday 14th October

7pm Thermomix Introduction

Demonstration (Free)

Bookings on 01344 622 344

Wednesday 10th November

7pm Thermomix Cooking Class (£45)

Bookings on 01242 870 538 or

www.foodworkscookeryschool.co.uk

Bea's of Bloomsbury

With her signature cupcakes and pastries, **Bea Vo** has built a great reputation with her café bakery in Bloomsbury. Everything at Bea's

is made from scratch on the premises. **Felicity Raines**, our Executive Demonstrator, will be giving Thermomix Introduction Demonstrations in Bea's kitchen, 44 Theobald Road, London, WC1X 8NW

Wednesday 15th Sept

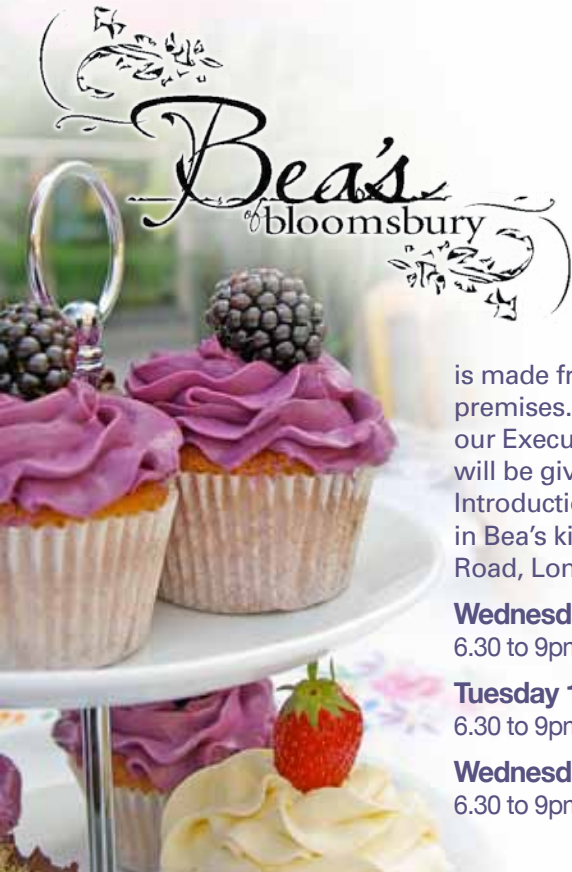
6.30 to 9pm

Tuesday 12th Oct

6.30 to 9pm

Wednesday 10th Nov

6.30 to 9pm

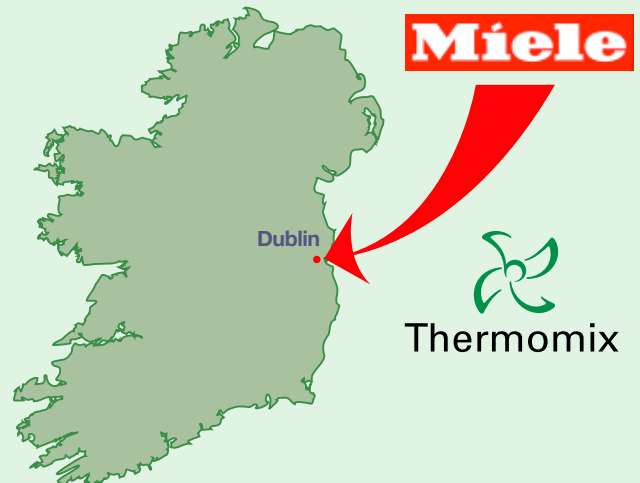


Miele Gallery, Dublin

Situated in the CityWest Business Campus in South Dublin, the Miele Gallery is a stunning venue for our frequent "Thermomix on Tour" demonstrations hosted by Consultant Demonstrator, **Lorcán O'Neill**. These demonstrations are for anyone new to Thermomix.

Bookings at www.ThermomixIreland.com

or Dublin 01 484 5624.



See more "Thermomix On Tour" dates and Thermomix cooking events at www.UKThermomix.com
Follow us on Facebook (UK Thermomix) and Twitter (UKThermomix)!

Irish Stew

TM31

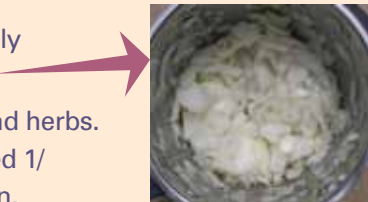
It's hard to believe that something so simple can taste this good! Irish stew cooked in your



Thermomix is better than by any other method because the meat gently turns through the gravy while cooking. There is much debate in Ireland about whether to add carrots... we'll leave it up to you! Serves 6 (or 4 hungry lads).

- 500 g onions, peeled and quartered
- 800 g mutton neck, hogget neck or lamb neck, chopped into 4 cm pieces
- 1 litre water
- 1 small handful fresh herbs, e.g. thyme and parsley
- 750 g potatoes, peeled and cut in 3 cm chunks
- 200 g carrots, sliced in 1 cm coins (optional)
- 1 tsp salt
- 1 tsp freshly ground black pepper

1. Chop the onions roughly 15 seconds/Speed 4.



2. Add the meat, water and herbs. Cook 1 hour/90°C/Speed 1/ Reverse Blade Direction.

3. Place the potatoes in the Varoma, cover with carrots if using, and set Varoma on top of the TM lid. Cook again 1 hour/100°C/Speed 1/Reverse Blade Direction.

4. Carefully remove the Varoma and set it aside on a plate. Pour out the stew and leave to cool until you can remove the meat from the bones. Remember to pick out and include the bone marrow too if there is any – it's delicious and very good for you. Discard the bones. Add potatoes (and carrots if using) to the stew and return to TM bowl with the salt and pepper. Reheat to serve, either the same day or the next day 20 minutes/90°C/Speed Spoon/Reverse Blade Direction or longer until piping hot throughout.

Apple Flummery

TM31, TM21

Flummery is a delicious cold dessert, perfect to make ahead. This Irish version uses barley; the Scottish version would use oatmeal. Also wonderful as a luxury breakfast with some extra cream! Serves 6 to 8.



- 80 g pearl barley
- 50 g sugar
- 1 lemon, thinly peeled skin
- 1 litre water
- juice of the same lemon
- 700 g cooking apples
- 15 to 30 g Irish whisky (optional)
- 60 g double cream plus more to serve

1. Grind the barley, sugar and lemon peelings 30 seconds/Speed 10.

2. Add the water and lemon juice. Quarter the apples, remove the cores and drop the fruit into the TM bowl as you go.

3. Cook 20 minutes/100°C/Speed 5, turning down to Speed 2 after a few seconds once the apples are chopped.

4. (Stir in the whisky if using.) Pour into glasses and cool 20 minutes, then chill for at least 3 hours or overnight in the fridge. Before serving, pour some cream over the top of the flummeries and use a teaspoon to draw it down the insides of the glasses to make swirly patterns. Serve with more pouring cream.



Variations: Replace the apples with other tart fruits such as blackcurrants, blackberries, rhubarb, mulberries or raspberries.

Tip: For a sugar-free version, use ripe dessert apples instead of cooking apples, and omit the sugar.

Flummery: (left to right) Apricot, Raspberry, Apple

MORE RECIPES : A new seasonal recipe appears on the Thermomix web site monthly

Christmas is coming!

See issues 01 and 03 on the website for some cooking tips for the festive season.



Thermomix gifts for the cook in your life! Why not treat yourself, or the cook in your life, to a special Thermomix gift: A Thermomix recipe book • An extra Thermomix bowl • Pudding basins and dariole molds (to fit the Varoma) • A Thermomix apron • A Thermomix travel bag • **Order line: +44 (0)1344 622 344** **With Thermomix your Christmas is "All wrapped up"!**

