









# Cook smarter, *not harder*

Here's our quick reference guide for how to use your Thermomix® TM6 modes. All times should be adjusted depending on quantity used. See your *Basic Cookbook* for further details.

Mode		
Warm up mode		Baby food or milk 37-55°C
		Re-heat soup 90°C
Thicken mode		Egg based sauces Thickening mode 80°C
		Starch based sauce Thickening mode 100°C
Slow cook mode		Blade cover directions Below <b>100°C</b> /  /speed 1 or below Max cook time 8 hrs Max 800 g meat and 500 g liquid
		To protect against the possibility of rust, add an acid (vinegar, lemon juice, wine, tomatoes or tamarind paste) in the mixing bowl when heating water for more than 4 consecutive hours.
Egg mode		Place between 1 and 6 large (59 g) eggs cold from the fridge and cold water (to 1 litre mark) into mixing bowl and activate mode to cook the eggs to your preference.
Sous vide mode		Use a blade cover to cook extra portions or use simmering basket to cook smaller amount (if you do not have a blade cover).
		To protect against the possibility of rust, 30 g freshly squeezed lemon juice (½ lemon) must be added to the water in the mixing bowl when heating water for more than 4 consecutive hours.
Fermentation mode		Fermentation mode is between 37°C-70°C for a max of 12 hours.
		To protect against the possibility of rust, 30 g freshly squeezed lemon juice (½ lemon) must be added to the water in the mixing bowl when heating water for more than 4 consecutive hours.
High temperature mode (splash guard)		Always use the splash guard when cooking with high heat recipes through guided cooking. Follow the prompts on your Thermomix® and put it on when advised.

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Here's our quick reference guide to using the functions of your TM6 in manual cooking. All times should be adjusted depending on quantity used. See your *Basic Cookbook* for further details.

Function	Ingredients	Preparation & Time/Temp/Function (if applicable)/Speed
Fine Chopping	Herbs, garlic, onion	Cut onion into halves <b>3 sec/speed 7</b>
	Hard vegetables	Peeled and cut into pieces (if applicable) <b>3 sec/speed 5</b>
	Soft vegetables	Peeled and cut into pieces (if applicable) <b>3 sec/speed 4</b>
Crushing	Ice	550 g max loose ice cubes <b>3-8 sec</b> , gradually increase from speed 3 to speed 8, scrape down sides of bowl and repeat if required.
Dry roasting	Spices	<b>3-5 mins/120°C/speed 1</b> - cool before milling <b>1 min/speed 10</b>
Grating	Parmesan, Romano	100-250 g, cut into pieces (2-3 cm) <b>12-20 sec/speed 10</b>
	Cheddar, Emmental	70-300 g, <b>5-14 sec/speed 7</b>
	Breadcrumbs	100 g max, cut into pieces (3 cm) <b>7-20 sec/speed 7</b>
	Citrus peel (e.g. lemon, lime, orange, grapefruit)	Peel without white pith <b>10-20 sec/speed 6-7</b> , scrape down sides of bowl and repeat as required
	Chocolate	300 g max, broken into pieces Finely grated <b>8-12 sec/speed 8</b> — Coarsely grated <b>3-4 sec/speed 6</b>
Heating	Milk	Kettle mode set to 90°C
Juicing	Fruits, vegetables, herbs	Peeled (if preferred) and chopped; add 100 g ice cubes; add 100 g liquid <b>1 min/speed 9</b> , scrape down bowl and repeat if necessary. Add remaining liquid (max 1.5 L mark) <b>10 sec/speed 4</b>
Kneading	Dough	Standard dough <b>2 min/🌀</b> — Wet (sticky) dough <b>3 min/🌀</b> Max dough weight is 1.3 kg. Do not leave machine unattended during kneading.
Melting	Butter	Chop chilled butter into cubes <b>1-2 min/50°C/speed 4</b>
	Chocolate	300 g chocolate (grated or broken into pieces) <b>2½-5 min/50°C/speed 3</b> . Scrape down sides of bowl as required
Milling	Coffee beans	100-250 g coffee beans <b>10-15 sec/speed 9</b> plunger coffee <b>15-45 sec/speed 9</b> espresso/coffee machine
	Grains (to flour)	For best results mill up to 250 g <b>30 sec-1 min 30 sec/speed 9</b> (depending on desired consistency)
	Raw or white sugar	100 – 200 g (250 g max) <b>10-20 sec/speed 9</b> caster sugar <b>11-20 sec/speed 10</b> icing sugar
	Nuts (to nut meal)	<b>5-10 sec/speed 7</b> (250 g max) — Over processing will cause nuts to release their oil.
	Spices	<b>1 min/speed 9</b>
Mincing	Meat, poultry, game*	500 g max, cut into 2 cm pieces, slightly frozen <b>10 sec/speed 7</b> for a fine consistency Process <b>3-6 times/1 sec/Turbo</b> for a chunkier consistency.
Mixing	Cakes	Dependent on quantity and density of batter ingredients <b>5-20 sec/speed 5-6</b>
Sautéing	Herbs, bacon, garlic	Chop ingredients <b>3 sec/speed 7</b> . Add adequate oil <b>3 min/120°C/speed 1</b> . Scrape down sides of bowl.
Steaming		Add 250 g water to bowl for every 15 mins of steaming (max 2.2 L). <b>Varoma®</b> , max speed 6. Ensure some holes remain unobstructed so steam can circulate.
Whipping	Egg whites	Thoroughly clean and dry mixing bowl. <b>Insert butterfly whisk</b> 4 - 6 egg whites, room temperature with a pinch cream of tartar or salt <b>3-4 min/speed 3.5</b> or until stiff peaks form.
	Pouring (whipping) cream	<b>Insert butterfly whisk</b> . 200 – 600 g cream, chilled <b>5-40 sec/speed 3.5</b> or until whipped to desired consistency.