

## MAKE BAKING SODA



When a recipe calls for Baking SODA add the following. If recipe is 1tsp Baking SODA put in 3 tsp Baking Powder

## RICE FLOUR



250g rice into mixing bowl and mill  
2 mins | Speed 10

## CASTER SUGAR



**Caster Sugar:** 100-200g sugar into mixing bowl and mill - 2-3 seconds / Speed 9

## ICING SUGAR



**Icing Sugar:** 100-200g sugar into mixing bowl and mill - 20 sec | Speed 10

## ROOM TEMPERATURE BUTTER



Cut the butter into cubes and place into the Bowl - Place lid and MC onto bowl  
20 Seconds | Speed 5

## ALMOND MEAL



Place 250g Almonds into the bowl  
Place lid and MC  
10 Seconds | Speed 7

## BUTTERMILK



1 Cup of milk of choice, 1 tbsp lemon juice or Vinegar. Stir to combine and let sit for 5 minutes.

## STEAM CHICKEN BREAST



3 pieces (500g)  
20-25 mins  
Varoma – Shred – 10 sec | REVERSE | Speed 4

## BREADCRUMBS



Half loaf  
Dry / Frozen  
5 sec | Speed 8

## HARD CHEESE



*Parmesan*  
Max 250g pieces  
15-20 sec | Speed 10

## LEMON & EGG SHELL CLEAN

3-4 Egg Shells, ½ Lemon – 10 Sec | Speed 8  
500gms Water, 30 min | 50c | Speed 2  
Remember to scrub blade at the end

## HERBS



20g  
3 sec | Speed 8

## GARLIC



1 Clove  
3 sec | Speed 6

## CHOPPED NUTS



200g  
5 sec | Speed 8

## SPICES TO POWDER



50g  
1 min | Speed 10

## SOFT CHEESE



*Cheddar/Mozzarella*  
Max 250g pieces  
5-10 sec | Speed 8

## FRUIT



600g pieces  
4-6 sec | Speed 4

## CARROTS



500g pieces  
5 sec | Speed 5

## SHREDDED CHICKEN



200g  
2 x 2 sec | Turbo

## ONIONS



50-200g pieces  
5 sec | Speed 5

## BREADCRUMBS



Half loaf  
Dry / Frozen  
5 sec | Speed 8

## CHOCOLATE



6-10 squares  
15 sec | Speed 10

## HARD CHEESE



*Parmesan*  
Max 250g pieces  
15-20 sec | Speed 10

## CABBAGE



Max 400g pieces  
10-12 sec | Speed 4

## POTATO



1kg pieces  
12 sec | Speed 5

Place 500 grams of water or broth into the mixing bowl and steam Based on time/Varoma/speed 3

### SPINACH



Fresh  
10-12 mins  
Varoma

### BROCCOLI CAULIFLOWER



Florets  
11-15 mins  
Simmer Basket

### PUMPKIN



Pieces  
15-20 mins  
Simmer Basket

### CARROT



Sliced  
18-24 mins  
Simmer Basket

### PEAS BEANS



Frozen  
15-18 mins  
Simmer Basket

### CABBAGE



Cut Strips  
10-15 mins  
Simmer Basket

### CORN



Up to 6 cobs  
15-20 mins  
Varoma

### POTATO



Pieces  
17-30 mins  
Simmer Basket

Place 500 grams of water or broth into the mixing bowl and steam Based on time/Varoma/speed 1

### PRAWNS



400g  
8-10 mins  
Simmer Basket

### FISH FILLETS



2-3 pieces (150g)  
12-18 mins  
Varoma

### CHICKEN BREAST



3 pieces (500g)  
20-25 mins  
Varoma

### BEEF FILLETS



1 piece (500g)  
12-30 mins  
Varoma

### PORK TENDER



500g halved  
18-23 mins  
Varoma

### MEATBALLS



500g small balls  
20-25 mins  
Varoma

THE THERMOCOUPLE

## Clean The Bowl



### Deep Clean

750 gms Water  
250 gms Vinegar  
2 tbs Bi-Carb Soda

15 mins | Varoma | Speed 4



SUE & CHRIS ONSLOW

THE THERMOCOUPLE

## Clean The Bowl



### Shine & Deodorise

3-4 Empty Egg Shells  
1 Lemon Cut Up  
10 Seconds | Speed 8  
Scrape down the side & lid  
Add 500 gms Water  
30 Mins | 50 C | Speed 2



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## Quick Clean



Easy Quick Clean of the bowl takes literally 3 seconds

1000 gms Water  
Quick spray/1 drop dishwashing liquid

Turbo x 3 then rinse



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## Erase Odours



The Bowl can end up smelly as we all know. This is a great way to refresh the smell

1000 gms Water  
Lemon Juice  
2 tsp Bi-Carb Soda

15 mins | Varoma | Speed 3



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## Restore The Lid



Got a Yellow Lid of your TM Bowl?  
First things first  
DON'T PANIC

Wash the lid and take it outside  
Place it in the direct sun for about 20 mins - that is usually long enough to bring it back to its original colour and set your heart back to normal pace :)



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## Sterilise



### Baby Bottles

You can sterilise your babies bottles, dummies, formula travel containers and more

Add 500 mls Water to TM Bowl  
Place items in the Varoma Tray  
Secure the lid  
15 mins | Varoma | Speed 2



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