

Tips and Hints

With the onset of a brand new year, it is time to thank your Thermomix for a year's hard work and give her (of course you know that your Thermomix is like a car.... naturally feminine!) a spring clean in order to continue giving another year of trusty, faithful service. We've highlighted some of the areas which often need a little more attention as well as giving some useful tips to keep filed. Unless otherwise specified, this applies to both the TM5 and the TM31.

NB. Ensure your Thermomix is switched off and un-plugged.

Spring cleaning tips: TM5 and TM31

- Remove the bowl from the consol and with a soft damp cloth, wipe your Thermomix all over.
- Concentrate on the neglected areas like under the silver handle (TM5)
- Gently turn the consol over making sure it is fully supported at all times. Wipe underneath and gently wipe any food accumulated on the scale feet.
- Using the corner of the damp cloth, push the corner through the hole on the consol where the base of the bowl fits in. Gently pull the cloth to and fro, cleaning inside the hole. Take care not to force the cloth through the hole. (TM5)
- Wipe the arms and if necessary, use a small soft brush to brush out any food residue in the inside of the arms.
- Wipe the area of the consol where the bowl fits in, being careful not to get any water from the cloth into the Thermomix where the prongs of the bowl fit in.
- Place a thin, damp but not wet, cloth onto the top areas of the consol where the lid locks in (TM31), Using the blade of the spatula, gently move the blade backwards and forwards on the cloth into the grooves to clean any food residue which may have accumulated.
- With the bowl taken apart, place all parts, butterfly, measuring cup, spatula, lid, simmering basket and the three Varoma layers into warm soapy water. Using a TM brush or a soft brush, gently brush in between all the nooks and cranny's of the parts.
- For any stubborn stains on the stainless steel parts like the bowl and blade, make a paste with bicarbonate of soda and water and using a fingertip, gently rub the area of staining. Rinse off. Rinse well and dry.
- Leave everything open to dry off any extra moisture.
- If any parts of the accessories have slight staining on them from food dyes such as turmeric, place them in the sun for a few hours. Take note that these food residues do not in anyway, transfer onto other foods.
- Wipe the cable of the Thermomix and the plug without pulling too hard on the cable.
- Once everything is completely dry, assemble your Thermomix.
- Always only place an assembled bowl back in position on the consol. This will prevent any accidents with liquid going through onto the motor.

Some tips and hints using your Thermomix

Varoma

- Most cakes, breads and doughs may be steamed in the Varoma for more or less the same time it takes in an oven. Make sure there is sufficient water in the TM bowl for the amount of steaming time. Not less than 500g water per 20 minutes of Varoma time.
- Always use speed 2 when on the Varoma function.
- Reheat foods such as wraps and bread rolls. Wrap in foil and place in Varoma. Steam for about 15 min/Varoma/speed 2.
- Lightly spray the Varoma dish and tray with an oil based cooking spray or brush lightly with oil, before cooking to assist with easy cleaning.
- Use baking paper to line the Varoma dish and tray when cooking fish. Ensure that the steaming vents are not all covered.
- Always place the hardest vegetables closest to the steaming water when doing four layer cooking. Potatoes, carrots and hard squash do well in the simmering basket while softer vegetables like courgettes, broccoli and cauliflower are suited to the Varoma dish or tray.
- Sterilise bottles in the Varoma.

Cooking tips in the Thermomix

- Putting the speed at speed 10 thinking it will be most effective is not always the case. Very often speed 8-9 are more effective as the split second difference in speed allows the food to fall back onto the blades. A good example of this is pâtés.
- Cooking times for doubling or halving recipes. If doubling a recipe, add 20% onto the cooking time and for halving a recipe take off 20% of the cooking time. Please bear in mind the maximum cooking levels for the TM bowl.
- Milling and grinding. It is far more effective in both time and result by doing small batches rather than one large batch. For example, sugar to icing sugar. Keep to less than 200 g per batch and repeat.
- When melting chocolate or making nougat in the Thermomix, once the mixture has been scraped from the TM bowl, add a cup of milk and heat gently at 90° for a decadent hot drink.
- When cooking for a lengthy time, drop the temperature to 98°C. This will prevent continued bubbling. You may need to lengthen the cooking time. This applies to sea level cooking. (TM5)
- For Johannesburg, drop the temperature to 90°C and add onto the cooking time.
- Use the Simmering Basket on top of the TM lid instead of the Measuring Cup if the recipe calls for the measuring cup to be off and splattering occurs.