

Quick Reference Chart for Functions

Function/Ingredient	Prepare	Time/Speed	Temp
WEIGH			
	Weigh either in mixing bowl or place a bowl on top. Use TARE button to set scales to zero.		
CHOP		Chop on speeds 4-6 the higher the speed the finer the chop	
Carrots	500g cut into pieces	4-5sec/speed 5	
Cabbage	400g cut into pieces	10-12sec/speed 4	
Herbs	20g	3sec/speed 8	
Onion	50-200g cut into halves	3-5sec/speed 5	
Potatoes	1000g cut into pieces	12-15sec/speed 5	
Bread roll (fine)	200g bread, fresh or stale, cut into 3cm pieces	15-20sec/ speed 7	
Chocolate (coarse)	200g cut into pieces	3-4sec/ speed 7	
Ice cubes	200g	3-8sec/ speed 5	
Meat (eg. pork, beef)	300g cut into 3cm pieces (partially frozen)	10-12sec/ speed 6	
Parmesan cheese, other hard cheese	100g cut into pieces	15-20sec/ speed 10	
GRATE			
Hard cheeses (e.g. Parmesan, Romano)	150g cut into 1.5cm cubes	10sec/speed 9	
Soft cheeses (e.g.	250g cut into 3-4cm cubes	4sec/speed 4	
Breadcrumbs	300g, slightly frozen fresh bread, broken into 3-4 cm pieces or 2cm pieces for stale bread	10sec/speed 6	
Chocolate	Chocolate buttons or chocolate broken into pieces	10sec/speed 9	
Citrus zest (e.g. lemon, lime, orange,	Peel zest, without white pith	10-20sec/speed 6-7 depending on	

MILLING			
Coffee beans	150g	10sec/speed 9 plunger coffee	
		30sec/speed 9 espresso/coffee machine	
Grains to flour	250g	1-2min/speed 9 (dependant on desired consistency)	
Raw or white sugar to icing sugar	100-250g	15-20sec/speed 9	
Nuts to nut meal	250g	5-10sec/speed 7	
		Note: overprocessing will cause nuts to	
Spices	g	1min/speed 9	
MIX			
Batters, pastry, bread ingredients etc		Speeds 3-5	
EMULSIFY		Speeds 3-5	
Salad dressing		3 mins speed 4	
Mayonnaise		1 min 30 speed 4	
BEATING/WHIPPING		Speed 2-4	
Using Butterfly whisk		Max speed 4	
Egg whites	Insert butterfly whisk	3-4min/	
	4 egg whites, room temperature with a pinch of cream of tartar	speed 3-4	
		until stiff peaks form	
Pouring to whipped	Insert butterfly whisk	5-40sec/	
	200-600g cream, chilled	speed 3-4	
BLEND AND PUREE			
ice cream, sorbet, pate, soups etc		Speed 6-9*	
		*IMPORTANT!!! When blending hot liquid or soup start at	
KNEADING		Use dough mode (Interval)	
Wet (sticky) dough	750g flour	3min/dough mode	
Standard dough	600g flour	2min/dough mode	
Pasta dough	200g plain flour	2min/dough mode	

CRUSH			
Ice	400g loose ice cubes, no liquid	5sec/gradually speed from 7-10	
MINCE			
Meat, fish, poultry, game	300g cut into 3cm cubes, slightly frozen	10-12sec/speed 6	
COOK			
Use for cooking and steaming	warm, heat, cook or saute		
Cooking stews etc.		Use reverse to avoid mincing meat etc. 10-	100°C
Dry Roast whole spices		Speed 2	Varoma
Saute onions etc		3 mins speed 1	120°C
Steaming			Varoma
Heat water etc		Speed 1	100°C
Warm baby food			37°C
PRECISE COOKING DELICATE FOOD			
Precise Heating	Ideal for sauces and melting chocolate etc.		
TEMPERATURE CONTROL			37°C is body temperature. This setting can be used to warm food, such as baby food, and activate yeast.
			40-55°C is ideal for gentle warming and
			60-80°C cooks gently, a little like a bain-
STIRRING			
	Use to replace gentle occasional stirring	Soft stir on -1. Stir on speeds 1-3	Soft heat is produced at speeds 2 and 3

STEAM			Set temperature to Varoma
Vegetables and Fruit			
Asparagus	500g	12min	
Cabbage	500g cut into 1cm strips	10-12min	
Carrots	500g cut into slices (0.5-1cm)	20min	
Potatoes	800g cut into medium sized pieces	25-30min	
Spinach, fresh	400g	10-12min	
Apples	500g cut into quarters	12-15min	
Peaches	500g cut in halves	10-15min	
Meat, Fish and Poultry	800g	20-22min	
Chicken thigh fillets	800g	15min	
Fish fillets	800g	10min	
Prawns raw, shell	800g	12-15min	
Lamb cutlets	500g	15min	
Meatballs			