

Multifuncional Robot



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IMPORTANT

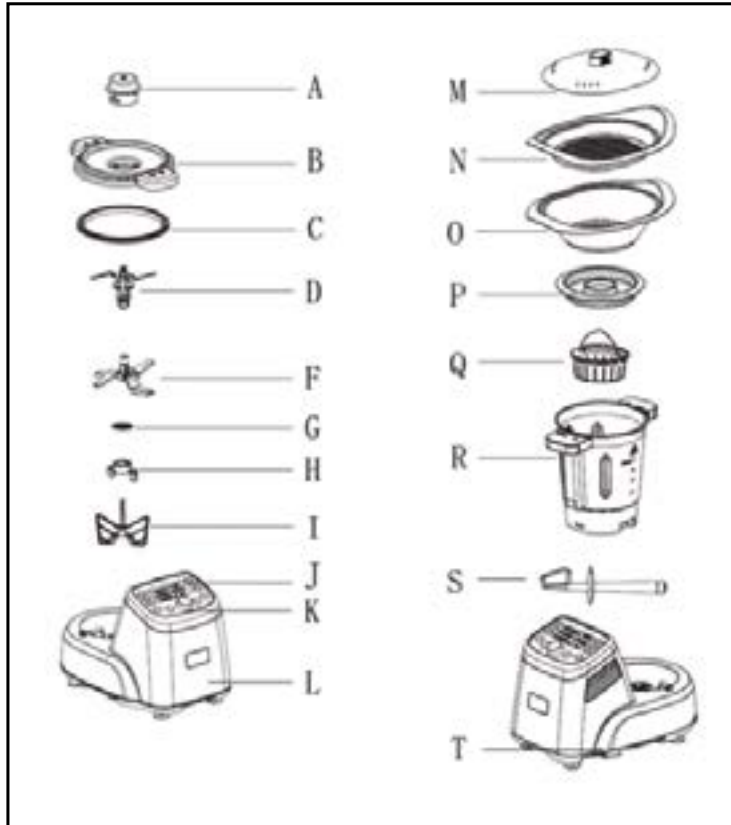
1. Before using the food processor, read this instruction manual carefully.
2. Save these instructions for future reference.
3. Check that the voltage of the robot corresponds to that of your home before connecting it.
4. Never use accessories other than those for this robot.
5. Do not use this robot if the cable or plug is damaged.
6. Clean all parts and accessories before using this robot for the first time.
7. Always place the robot on a flat, clean and dry surface.
8. Be very careful when handling the blades, they are very sharp. To assemble and disassemble, hold the blades at the top only.
9. This robot should not be used by children. Keep the robot and the cable away from children to avoid possible accidents.
10. Never leave the robot unattended.
11. Whenever you handle the accessories or the robot, be sure to disconnect it from the electricity supply.
12. Always wait until the blades have stopped completely before opening the robot.

13. Never submerge the jug or the main body of the robot in water or any other liquid. Clean the main body with a damp cloth and neutral detergent.
14. Turn off and disconnect the robot from the electricity supply when you finish using it.
15. Always disconnect from the power supply before changing the robot's accessories.
16. When cooking at a temperature higher than 60°, do not touch the jar, the measuring cup and never press the PULSE button.
17. When using the steaming accessories (external steamer), be sure to leave space above the steamer tray (it could damage nearby surfaces such as furniture with steam).

IMPORTANT:

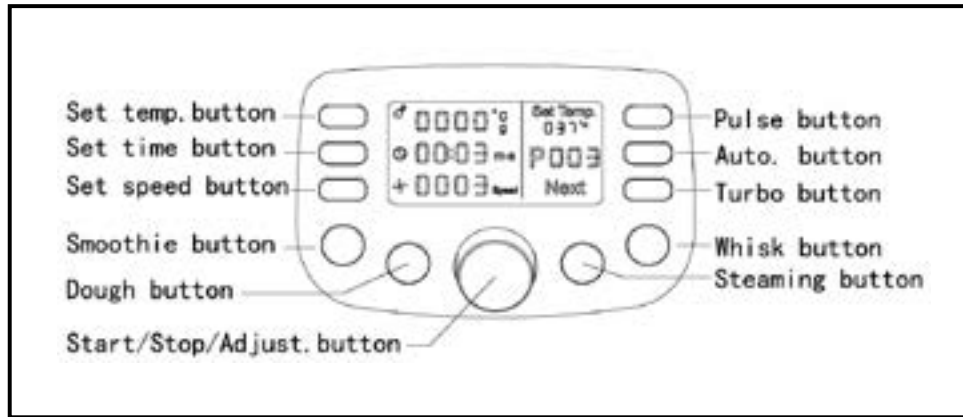
The times and temperatures of the recipes suggested for this robot are indicative. It will depend to a large extent on the freshness and hardness of the ingredients. Each user must adapt to their tastes both the level of cooking and the degree of chopping.

COMPONENTS



- A. Measuring cup
- B. Jug lid
- C. Rubber sealing ring 1
- D. Blade
- F. Blade cover
- G. Sealing ring 2
- I. Butterfly
- J. LCD screen
- K. Control panel
- L. Main body
- M. Tritan cover
- N. Steaming Tray
- O. Steamer
- P. Steam condenser
- Q. Plastic internal steamer
- R. Jug
- S. Spatula
- T. Switch

CONTROL PANEL



Temperature button (SetTemp.)

Pressing this button in a clockwise direction will increase the temperature and in a counter-clockwise direction will decrease the temperature.

Temperature range: 20°C-120°C. The temperature increases in increments of 1°C.

The panel shows both the selected temperature (set temp) and the internal temperature of the jug (next to the drawing of a thermometer).

Time button (SetTime)

The time range is from 1 second a 60 minutes.

Pressing this button in a clockwise direction will increase the time and in a counter-clockwise direction will decrease the time.

1-60 seconds: the time increases or decreases in 1 second intervals.

1-10 minutes: the time increases or decreases in intervals of 30 seconds.

10-100 minutes: the time increases or decreases in intervals of 1 minute.

When the time is being set, the timer shows the time counting down on the screen (... 5 4 3 2 1), until it reaches the desired time and stops automatically.

If the time is not set, the screen will show (1 2 3 4 5 ...), until it reaches 60 minutes, at which point it will automatically stop.

Speed Button (SetSpeed)

Pressing the speed button in a clockwise direction will increase speed, and in the opposite direction will reduce it.

Speed range: 1-12.

Smoothie button

When the robot is on stand by, press the smoothie button. The indicator will light up and the robot will start working as follows:

1. a “beep” sounds 3 times, 1 time every 1 second.
2. goes up to speed 12 to chop for 10 seconds.
3. heats up to 65°F, then turns off the temperature and mixes at speed 1.
4. a “beep” sounds 3 times, 1 time every 1 second.
5. the robot will reach speed 12 slowly and it will cut for 10 seconds.
6. heats up to 80°F, then turns off the temperature and mixes at speed 1.
7. heats at half power for 2 seconds, and stops for 2 seconds. At the same time as mixing at speed 1, heats at 100°F, continue at half power for 2 seconds at a time for 5 minutes.
8. Standby mode for 1 minute.
9. a “beep” sounds 3 times, 1 time every 1 second.
10. The robot will reach speed 12 slowly, it will cut for 20 seconds, then stop for 10 seconds. This will be repeated 4 times.
11. a “beep” will sound for 30 seconds when the program is finished—the lights will turn off.
12. Note: the display will show the speed and temperature through the process.

This program prepares the base of a hot smoothie or milkshake (to acquire the ideal texture it needs heat), if you want a cold smoothie it is necessary to let it cool and mix with crushed ice.

Place the basket upside down on the lid and remove the cup, to prevent the milk from over flowing when boiling.

Dough button

While on stand by, press the dough button. If the robot is in another program or function, this program will not work. If the temperature is $\geq 60^{\circ}$, this program will not work.

In this program, time, temperature and speed can NOT be modified.

In this program the engine runs at low revs 400RMP/min. The display will show time as 4 and speed as LO. It will start with LO speed for 20 seconds, stop for 2 seconds, and then start cycles: speed 2 for 10 seconds, stop for 2 seconds... this cycle will repeat until the end of the time. Once the program finishes, it will make a beep, that can be cancelled by pressing the start/stop button, for 30 seconds.

Steam button

When the device is on stand by, press the steaming button. The indicator light on the panel will light up.

The program is preset to 30 minutes, which can be modified manually. The set temperature is 120° and the speed 0. These two parameters CAN NOT be modified.

Whisk button

When the robot is on stand by, press this button. The LED will light up and the robot will start working as follows:

Total time shows as 4 minutes

Mixes for 3 minutes at speed 3.

Pauses for 10 seconds.

Mixes for 20 minutes at speed 3.

A “beep” will sound for 30 seconds when the program is finished, the lights will turn off.

If the robot is working on another program, it will not work.

If the temperature is $\geq 60^{\circ}\text{C}$, this program does not work.

PULSE button

When the robot is in standby mode, press the pulse button. In this program the robot works at speed 12 for 10 seconds, then it will stop for 2 seconds. This cycle is repeated until it is cancelled by pressing the start/stop button.

This program is not compatible with other programs and therefore does not work if you are using another program. The temperature, time or speed can not be adjusted.

If the temperature of the jug is $\geq 60^{\circ}\text{C}$, this program will not work.

AUTOMATIC PROGRAMS

Press this button to automatically select the desired program.

These programs are effective due to the temperature they use to cook the food. If the time of the program is finished, but the internal temperature of the jug has not reached the optimum temperature, although the screen shows time 0, the robot will continue working until it is reached.

However, if the optimum temperature is reached in a shorter time than the set time, even if there is still time remaining in the program, 0 will be displayed and the robot will stop working so as not to damage the nutrients in the food.

The robot will indicate that it has finished a program with a 30-second beep.

During the use of these programs, temperature, time and speed can not be modified. To cancel the program, press the start/stop button for two seconds.

There are 6 preset programs:

P0001

Preset time 28 minutes.

When the program starts, it shows 28 min, 65° and shreds at speed 12 for a few seconds.

When it reaches 65°, it will emit a beep and shred for a few seconds at speed 12. Then it will pause and new values will be shown on the screen: speed 1, 95°. When it reaches the temperature, it will stop for a few seconds and automatically increase the temperature to 100° at speed 1. When the temperature is reached, it will stop for a while, there will be beep and it will shred at speed 12 for 4 cycles. After this, it will be re-programmed to 100°, speed 1. Upon reaching this new temperature, it will stop and emit a 30-second beep

P0002

Ideal for fresh fruit or vegetable juices.

Default time 3 minutes. The robot works without temperature, completes a first cycle of 30 seconds at speed 2, and then continues with work cycles of 20 seconds at speed 12, and stops for 10 seconds until the end of the program.

P0003

Ideal for vegetable soups.

Default time 32 minutes. The program starts by shredding for 7 seconds and shows 65°. When it reaches this temperature, a beep will sound, and it will shred at speed 7 for few seconds. Then, it will show temperature 95°, speed 1. Once this temperature is reached, it will switch to standby mode, the temperature will be change to 100°, speed 1. After a few minutes, and these new parameters are reached, the robot will end the program with a long beep (30 seconds).

P0004

Ideal for making soy milk.

Default time 30 minutes, temperature 65°. Starts with a few seconds of shredding at speed 6. Upon reaching the temperature 3 beeps will be emitted and it will shred at speed 12 for a few seconds, go onto standby and will indicate 95°, speed 1. When this new temperature is reached it will stop for a few seconds and change to temperature 100° speed 1.

After a few minutes, it will beep and go through 10 shredding cycles at speed 12. After these cycles, the temperature will show as 100° speed 1. Upon reaching this final temperature, it will stop and emit a 30-second beep.

P0005

Ideal for baby food.

Default time 25 minutes, cooking at 65° without any blade speed. When you start the program, it will shred for a few seconds. After reaching 65°, it shreds at speed 7, stops and shreds at speed 1, shows temperature 95°, and when it reaches this new temperature it shreds at speed 1 and goes back up to a temperature of 100°. When it is reached, it shreds at speed 7 over time intervals, goes back to a temperature of 100° and it reaches it, it stops.

P0006

Ideal for sauces that do not need to be sautéed, such as Roquefort, 4 cheeses.

Default time 10 min. It operates for 20 seconds at speed 12 without temperature, then stops, shows next on the screen. Press the start button and it shows 70°. When the jug reaches that temperature the program will stop automatically.

Turbo button

Press the turbo button. The robot will reach speed 12 in seconds. It will stop when you stop pressing the

button.

In this program, time, temperature and speed can NOT be modified.

If the temperature of the jug is $\geq 60^{\circ}$, this program will not work.

Start/Stop/Reset button

Once you have entered the desired parameters for cooking, press this button to start operating. Press the button again to stop or pause the robot.

If you press and hold this button for 2 seconds, the robot will restart. That is, all the entered parameters will be deleted.

HIGH TEMPERATURE SAFETY PROTECTION

When the temperature inside the jug is $\geq 60^{\circ}$ and the speed > 5 the robot will reach the speed slowly maintaining the temperature.

Note: Whenever the robot finishes a program, it will emit a beep for 30 seconds. It can be cancelled by pressing the start/stop button.

HOW TO PROGRAM

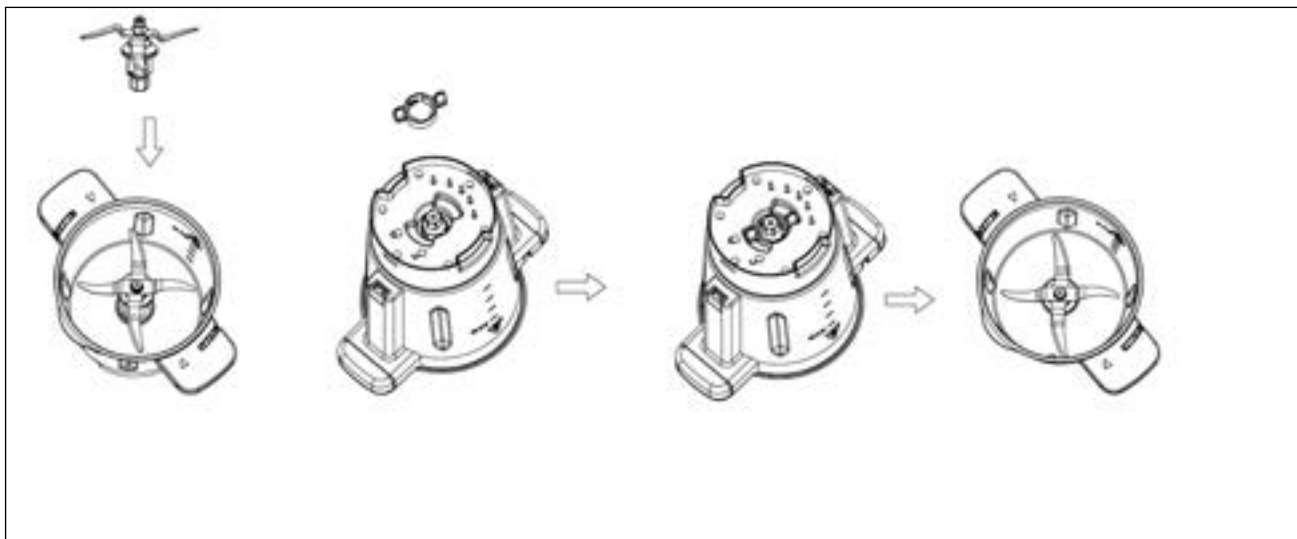
1. Set the temperature by pressing the SetTemp button.

2. Set the time by pressing the SetTime button.
3. Set the desired speed by pressing the SetSpeed button. Whenever the internal temperature of the jug is higher than 60°, a speed of more than 5 cannot be selected.
4. Once all the parameters have been entered, press the central start/stop button.

To cancel the entered parameters, press and hold the start/stop button for two seconds.

HOW TO ASSEMBLE THE BLADE

1. Place the blade in the base of the jug, secure the blade with one hand, turn the jar and with the other hand, put the plastic ring (locking latch) in the closed position indicated on the base of the jug.
2. Once the blade is secured, you can use your robot.



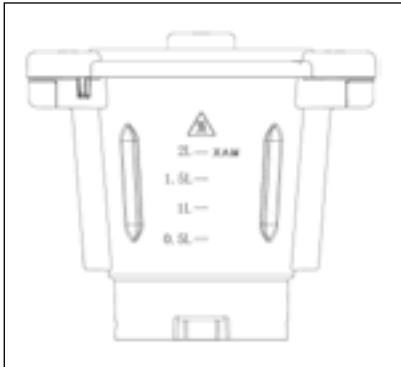
CAUTION:

1. The blade is very sharp. Handle with care.
2. Make sure that the rubber ring is placed on the blade. If this ring is not in place, food will spill and damage the robot.
3. When removing the blade from the jug, hold the blade with one hand and with the other remove the closing latch from the bottom of the jug, so that the blade does not fall.

HOW TO ASSEMBLE AND DISASSEMBLE THE JUG

Warning:  "Hot surface" logo shown on the jug.

This indicates: handle with extreme care after use with temperature. The bowl reaches a high temperature and could burn.

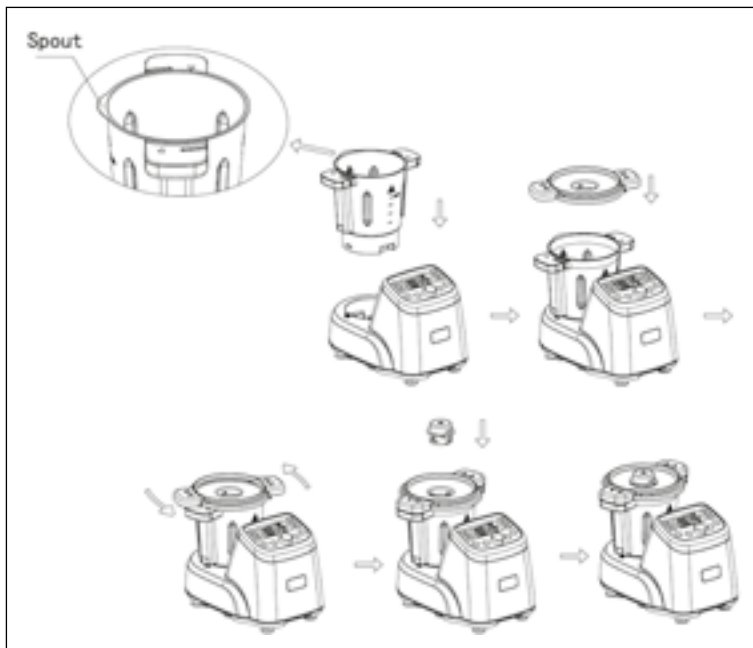


Maximum capacity: 3 litre

Usage capacity: 2 litres.

WARNING: For safe use, never exceed the maximum capacity of 2 litres.

DO NOT WASH THE JUG IN THE DISHWASHER!



PLACING THE JUG

Make sure the blades are placed correctly in the jug.

1. Place the jug in the holder, placing the spill tab on the left side.
2. Turn the lid clockwise to close it.
3. Place the measuring cup on the lid.

WARNING!

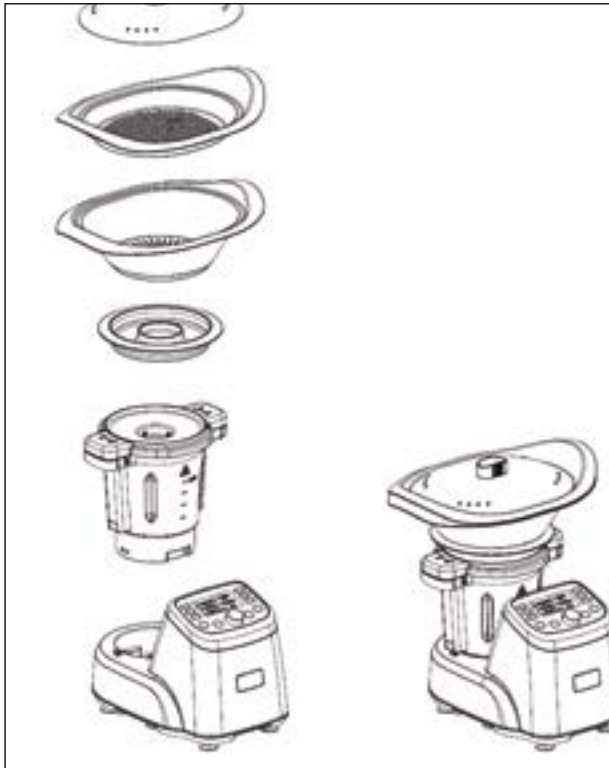
The robot has a safety lock between the jug and the main body, if lid is not closed correctly, it will not work.

To avoid splash burns, do not force the lid to open while the robot is running. Only open the lid when the food you are preparing has completely finished mixing.

TO REMOVE THE LID OR JUG

1. Stop the kitchen robot.
2. Turn the lid counter-clockwise.
3. Remove the jug by lifting it. Do not turn.

EXTERNAL STEAMER



This steamer is perfectly designed for steaming a variety of foods such as vegetables, meats, fish... its large size allows you to cook various foods at the same time. There are two possible combinations for use:

Combination 1: Lid (L) + Steaming tray (M) + Steamer (N) + Steam condenser (O)

Use this combination for steaming different foods using different heights.

Combination 2: Lid (L) + Steamer (N) + Steam condenser (O)

Use this combination for larger food, by using the entire volume of the steamer.

Please complete the following steps:

1. Place the blade in the jug.
2. Place the jug on the main body of the robot.
3. Add ($0.5L \leq \text{water} \leq 2L$) to the jug. **(Warning: the water level must always be greater than 0.5L. Steaming can be done for approximately for 30 minutes with this amount of water)**
4. Place the lid of the jug without the measuring cup and place the steam condenser on it.
5. Place the external steamer on the condenser.
6. Connect to the power supply and turn on the switch.
7. Enter the cooking parameters.

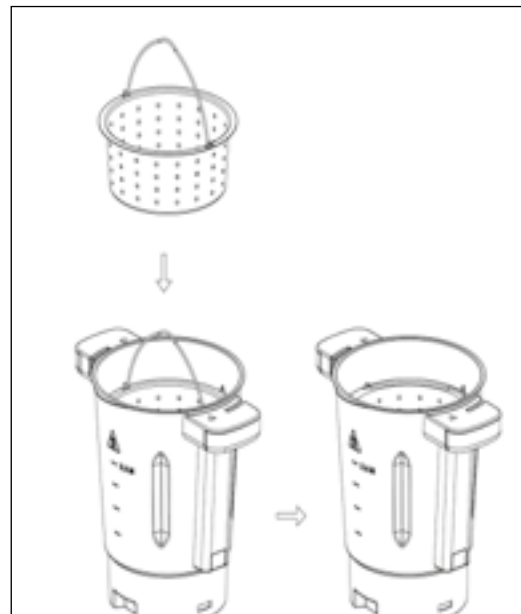
NOTE:

Always make sure that the sealing rubber (picture C) is on the lid before using the robot.

INTERNAL STEAMER (BASKET)

INTERNAL STEAMER SET UP

1. Place the blade in the jug.
2. Place the jug on the main body.
3. Add water to the jug (more than 0.5L and less than 2L).



Caution: The amount of water must always be greater than 0.5 litres. With 0.5 litres of water you can cook for approximately 20 minutes.

4. Place the basket in the jug.
5. Close the lid and remove the measuring cup, select the usage mode (heat mode, heat + blades...).

6. When the program is finished, remove the basket with the spatula to avoid burns

TIPS:

Make sure that the rubber ring (C) is in place on the cover before closing it to prevent leakage.

WARNING:

1. Risk of burning by steam and very hot condensed water at high temperature. Handle with caution.
2. Never use the steamer without the lid.
3. If the lid is not placed correctly, the steam will escape and the food will not cook efficiently.
4. Never leave the measuring cup on the lid when using the steamer mode function.
5. 30 minutes of steaming requires 0.5 litres (500ml) of water. You will need about 250ml of water more for every additional 15 minutes.



NOTE: Use the spatula to remove the basket from the jug to avoid risk of burning.

The spatula is also very useful to extract the food more efficiently from the jug once it has been cooked.

BUTTERFLY/MIXER ACCESSORY

The butterfly accessory will help you achieve better results for mixing, beating, whisking egg whites...

1. Hold the butterfly from the top (where the cylinder is).
2. Place the butterfly gently on the blade. (See figure). Check that it is correctly positioned by turning it from the top and checking that it is hooked on to the blades.

If you want to remove the butterfly from the blade, hold it from the top and stretch with small turns in both directions.

3. The maximum speed for the use of the butterfly is 5. If you use a higher speed, you risk it loosening and

breaking.

correctamente girándola desde la parte superior y comprobando que esta enganchada a las cuchillas. Si desea quitar la mariposa de la cuchilla, sujétela desde la parte superior y estire con pequeños giros en ambas direcciones.

3. La velocidad máxima para el uso de la mariposa es 5. Si utiliza mayor velocidad, corre el riesgo de que se suelte y se rompa.

USING THE BUTTERFLY

Complete the following steps:

1. Insert the blade and the butterfly, place the food in the jug.
2. Place the jug on the main body.
3. Connect to the power supply and turn on the switch.
4. Enter the time and speed (1-5).
5. Once the time is up the robot will stop automatically and the alarm will sound for 30 seconds.
6. After use, unplug the appliance, uncover the jug, remove it and serve the processed foods.

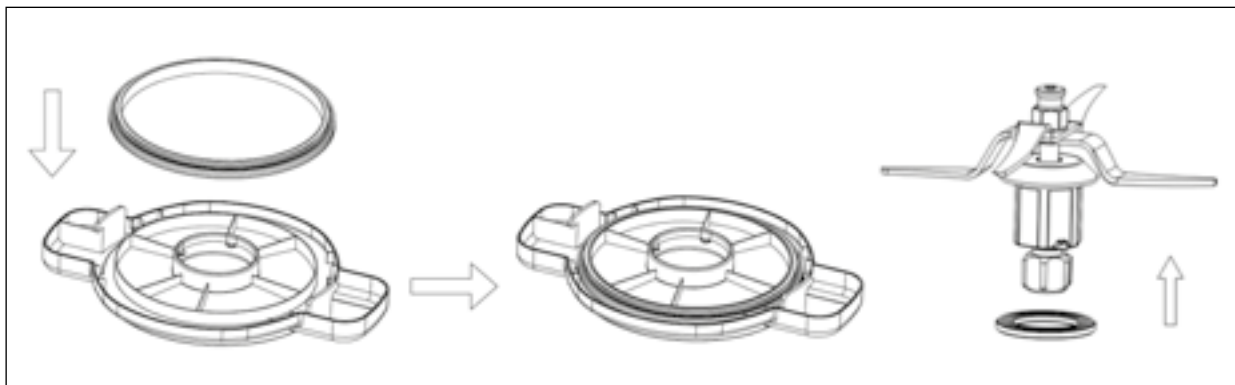
WARNING:

1. Only start using the robot when the butterfly is CORRECTLY in place.
2. Do not add ingredients that are too hard that may damage or block the blades when they are in motion with the butterfly attached.

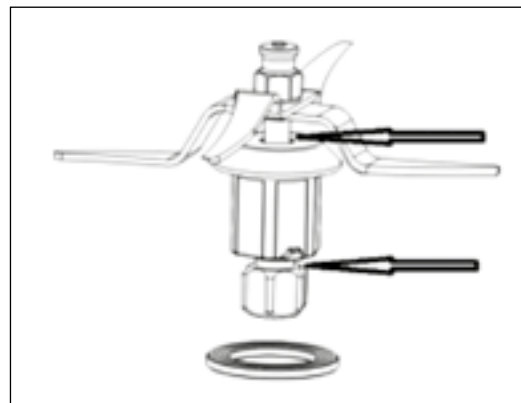
CLEANING

1. Before cleaning the kitchen robot, make sure to disconnect it from the power supply.
2. During cleaning, do not put the jug in water.
3. Once the jug has cooled, remove the blade. Clean the bowl inside and out. Always keep the contact pins on the base of the jug clean and dry. Do not immerse the pins in water, clean them with a damp cloth.
4. Do not wash the jug or the blades in the dishwasher.
5. Never use sharp objects to clean the food processor, it could damage its operation or affect the safety of the appliance.
6. The blade is very sharp, handle with extreme care.
7. For a more effective cleaning, using hot water is recommended. After cleaning, dry with a soft cloth.
8. If there are traces of burned food use a metal scouring pad to clean the inside of the jug.
9. The gear of the blades comes lubricated but with the use it can lose some of that lubrication. Using a few drops of olive oil as shown in the drawing is recommended once a month to optimise and lengthen the life of the blades.
10. Clean the body of the robot with a damp cloth
11. When the jug is very dirty after use, add hot water with a dish soap and press the turbo button for a few seconds (it helps to remove the dirt stuck on the insides of the jug and between the blades).
12. If food is stuck to the base of the jug, use an aluminium scouring pad to remove it.

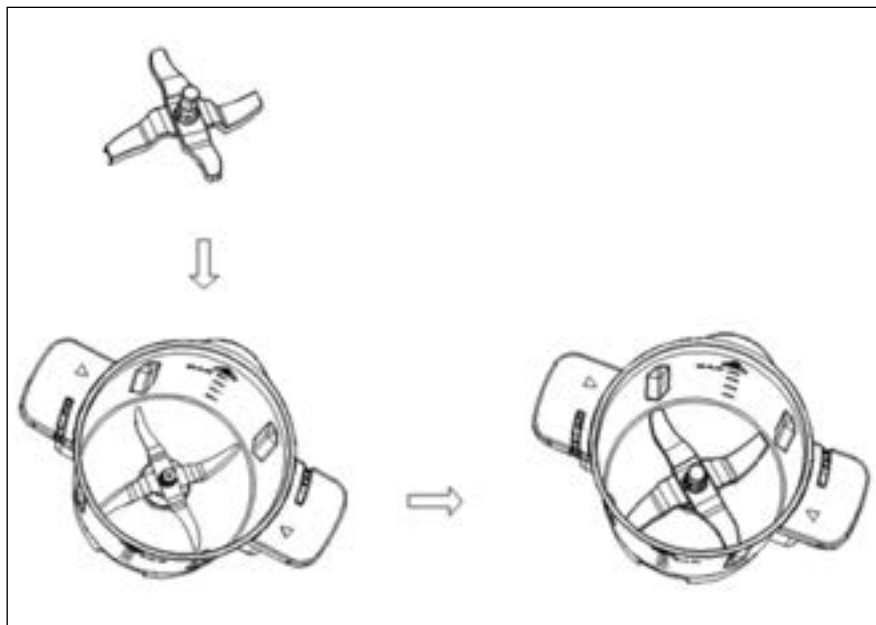
HOW TO PLACE THE RUBBER LOCKING RINGS



Check the correct placement of the rings (as shown in the drawings).



HOW TO PLACE THE BLADE GUARD



1. Hold the blade guard firmly by the top.
2. Place on the blades taking into account the shape. You will hear a click when it locks into place.

To remove the blade guard, hold the jug with one hand and pull sharply upwards with the other.

3. When the blade guard is in use, the maximum speed must be 5.

WARNING:

1. When the blade cover is in use, never use a speed higher than 5. At higher speeds it may move and be damaged.
2. Always use at temperatures less than 100°C.

FAULT CODES

Code	Explanation	Solution
E01	Heating failure of the device, problem with temperature.	Contact the seller for repair.
E02	Device failure	Contact the seller for repair.
E03	1. The jug is not placed on the main body 	Turn off the appliance, place the jug on the main body and make sure that the lid is correctly located.

2. the lid is not attached.



3.The lid is incorrectly placed.



E04	1. Too many ingredients or very low speed such that the motor cannot work properly. 2. The motor of the device has high temperature protection. After continued use, if the motor heats up it stops working.	1. Reduce the amount of ingredients. 2. Stop use and wait a few minutes.
E05	High temperature, risk of burning.	Turn off the robot and wait for it to cool before you start using it.
E06	Device failure	Contact the seller for repair.
E07	Device failure	Contact the seller for repair.

NOTE: If after these checks the robot still does not work, contact your seller.

Never attempt to repair the robot yourself. Any device that has been tampered with will not be covered by the guarantee.

WARRANTY

In the following instances, the guarantee will not be valid:

- a. Any damage resulting from any repair or manipulation not authorised by the company.
- b. Any damage resulting from misuse, negligence or accident.
- c. Any damage caused by natural disasters or abnormal voltage.
- d. Any damage resulting from cases of uses of the machine in contexts other than that described in this manual.

RECYCLING



Waste materials from electrical products should not be thrown into the trash container along with the rest of household waste. These materials must be returned to the store from where they were purchased or taken to a specific point for recycling or disposal. According to the regulations of 2002/96/EC.

SAC

Dear Customer, if you have any questions related to this article, you can contact our customer care team. We will be happy to help you. marnar@joalsl.com

Starters and Appetisers



Ajoarriero

INGREDIENTS:

700 g de potatoes
1 egg yolk
250 g of olive oil
3 cloves of garlic
300 g of salted cod (flakes)
Paprika

PREPARATION:

Soak the cod for 5 or 6 hours, remove it, rinse it, drain it, and set aside.

Put 1 litre of water in the jug and set for 8 minutes at 100° and speed 1. Meanwhile, peel the potatoes and cut them into slices, put them in the steaming tray, in a way that they do not block the steam and they cook all equally.

Program for 25 minutes at 100° and speed 1. When the time is up, throw away the cooking water and put the potatoes back in the jug, set at speed 5 and add the garlic and the drained cod through the nozzle of the lid.

Lower the speed to 3 and add the potato slices, yolk and oil, alternating the ingredients, and blend very well.

Decorate by sprinkling with paprika.

Cod Croquettes



INGREDIENTS:

Pieces of hard bread
1 clove of garlic
parsley
250 g cod flakes (previously desalted)
1/2 onion
2 cloves of garlic
50 g olive oil
50 g butter
190 g flour
800 g Full-fat milk
Salt (depending on the cod)
parsley
nutmeg
4 beaten eggs

PREPARATION:

Process the bread with the garlic and a little parsley at speed 5 to 9 progressively for a few seconds, and set aside.

Put the oil, butter, onion and garlic in the jug for 15 seconds at speed 4. Program for 6 minutes at 90° and speed 2.

Add the cod and program for 2 minutes at 90° and speed 1. When finished, add the flour and program for 5 minutes at 90° and speed 2.

Add the milk, parsley, nutmeg and program for 10 seconds at speed 6. Then, program for 8 minutes at 90° and speed 3.

Put the dough in a container and place in the refrigerator to cool for a few hours.

Put the bread crumbs on a tray and make the croquettes, put them in the beaten egg and again in the bread crumbs.

Then they're ready to fry or freeze.

Jerky Croquettes

INGREDIENTS:

For the dough:

800 g milk at room temperature
100 g of butter
130 g of wheat flour
150 g of beef jerky
100 g of leek (only the white part)
1 Nutmeg
Salt and pepper

For coating:

Flour
Bread crumbs
Egg
Oil

PREPARATION:

Put the jerky in jug and chop it by pressing the turbo button for 3 seconds. Remove and set aside.

Put in the cleaned and sliced leek. Chop for 3 seconds at speed 5. Remove and set aside.

Put the butter in the jug. Program for 3 minutes at 90° and speed 1.

Add the leek and suat  for 6 minutes at 90° and speed 2. Then, add about half of the set aside beef jerky around the blades and the flour. Toast for 3 minutes at 90° and speed 2.

Pour in the milk, season with salt, pepper and nutmeg to taste. Mix for 10 seconds at speed 5. Program for 7 minutes at 100° and speed 4.

Leave the dough inside the jug until the temperature drops a little. Add the rest of the jerky and mix with the spatula.

Remove and let the dough cool for at least 4 hours. Place transparent film on the dough so a crust does not form.

When this time elapsed, coat in flour, egg and bread crumbs. Fry in plenty of olive oil.

Stew Croquettes

INGREDIENTS:

150 g of stewed meat
40 g of olive oil
30 g of butter
50 g of onion
200 g of confectionery flour
800 g full-fat milk at room temperature
1 pinch of paprika
1 pinch of pepper and a little salt

For the coating:

bread crumbs
4 eggs
olive oil

PREPARATION:

Place the leftover boneless stewed meat in the jug, close and press the turbo button 5 times. Remove from the jug and set aside in a bowl.

The oil, butter and onion are then placed in the jug. Program for 3 minutes at 90° and speed 4.

Add the flour and program for 3 minutes at 100° and speed 2.

Add the milk, paprika, pepper and salt. Mix for 10 seconds at speed 5.

Add the set aside meat for 7 minutes at 100° and speed 4.

Pour it in a tray that has been greased with a little oil, cover it with plastic film, sticking it to the dough so that it does not form crust, let it cool and store it in the refrigerator for a minimum of 4 hours (the best is overnight).

Make the croquettes taking the dough with 2 spoons. Coat with bread crumbs, beaten egg and bread crumbs. Fry in plenty of hot olive oil (that covers them so they do not open).

Ham Croquette

INGREDIENTS:

150 g of Serrano ham
2 hard-boiled eggs
40 g of olive oil
30 g of butter
50 g of onion
200 g of confectionery flour
800 g full-fat milk at room temperature
1 pinch of ground nutmeg
a pinch of pepper and a little salt (little salt
because the ham already has some)

For the coating:
bread crumbs
4 eggs
olive oil

PREPARATION:

Place the Serrano ham in the jug, close and press the turbo button 5 times. Remove the ham from the jug and set aside in a bowl.

Add the hard-boiled eggs to the jug and program for 2 seconds at speed 4, remove them from the jug and set aside in another bowl.

The oil, butter and onion are then placed in the jug. Program for 3 minutes at 90° and speed 4.

Add the flour and program for 3 minutes at 100° and speed 2.

Add the milk, nutmeg, pepper and salt. Mix for 10 seconds at speed 5.

Add 2 tablespoons of the ham and program for 7 minutes at 100° and speed 4.

Let it rest for a couple of minutes, add the rest of the ham and the chopped eggs and mix well with the spatula.

Pour it in a tray that has been greased with a little oil, cover it with plastic film, sticking it to the dough so that it does not form crust, let it cool and store it in the refrigerator for a minimum of 4 hours (the best is overnight).

Make the croquettes taking the dough with 2 spoons. Coat with bread crumbs, beaten egg and bread crumbs. Fry in plenty of hot olive oil (that covers them so they do not open).

Prawns al ajillo

INGREDIENTS:

70 g of oil
30 g sliced garlic
1 sliced and seedless chilli
250 g of small peeled prawns
salt to taste

PREPARATION:

Put all the ingredients in the jug along with the oil and program for 4 minutes at 90° and speed 4.
Add the chilli and program for 1 minutes at 80° and speed 1.
Insert the blade guard and add the prawns and salt, program for 3 minutes at 90° and speed 1.
After the time has elapsed they are ready. Serve in a clay pot to maintain the temperature better.

Guacamole

INGREDIENTS:

60 g of spring onion
100 g ripe red tomato
1 sprig of coriander
1 jalapeño pepper or 1 teaspoon green
Tabasco
50 g of light extra virgin olive oil
The juice of half a lime or lemon
2 ripe avocados
1 small teaspoon of salt

PREPARATION:

Peel and remove the stone from the avocados.
Add all of the ingredients to the jug and program
for 15 seconds at speed 4.



Gulas al Ajillo

INGREDIENTS:

25 g of olive oil
4 cloves of garlic
1 cayenne pepper
200 g of gulas

PREPARATION:

Put the oil in the jug and program for 1 minute at 90° and speed 1.
Add the sliced garlic and the cayenne to the jug and program for 3 minutes at 90° and speed 1.
Insert the blade guard and add the gulas, program for 2 minutes at 90° and speed 1.



Hummus

INGREDIENTS:

2 medium garlic cloves, peeled
400 g cooked and drained chickpeas
60 g of water
30 g of lemon juice
40 g of roasted sesame
1/2 teaspoon of salt
70 g of extra virgin olive oil
1 tablespoon tahini

To serve:

1 drizzle of extra virgin olive oil
A little ground paprika

PREPARATION:

Put all the ingredients in the jug and blend for 1 minute at progressive speed 5-10.

Tip the hummus into a dish and sprinkle with a drizzle of extra virgin olive oil and sprinkle with ground paprika and cumin. It can be decorated in the centre with chopped coriander and chickpeas.

Mini Bacon and Cheese Cakes

INGREDIENTS:

100 g of bacon in strips
2 eggs
30 g of milk
100 g of flour
1 sachet of baking powder
80 g de grated cheese
40 g de melted butter

PREPARATION:

Preheat the oven to 180°.

Put the bacon in the jug and program for 4 seconds at speed 5. Set aside.

Without washing the jug, add the eggs and milk and program for 4 seconds at speed 4.

Add the flour and backing powder and mix for 8 seconds at speed 2.

Add the grated cheese, the butter and the set aside bacon and program for 4 seconds at speed 2.

Fill the paper cases with a pastry bag or a teaspoon, up to 3/4 of their capacity.

Bake for 12-15 minutes.

Anchovy and Ham Pate

INGREDIENTS:

- 1 can of ham cold cuts
- 1 can of anchovies in olive oil
- 2 cheeses
- 1 splash of rum

PREPARATION:

Put all the ingredients in the jug (including the anchovy oil) and program for 3 minutes at 70° and speed 5.

When the time is up, remove from the jug and allow to cool.

Tuna Pate



INGREDIENTS:

50 g of butter
1 hard-boiled egg
3 well-drained small cans of tuna in oil
1 small can of anchovies
Pepper

PREPARATION:

Put the butter in the jug and program for 2 minutes at 40° and speed 1. Once finished, add the other ingredients and blend as desired.

Aubergine Pate

INGREDIENTS:

4 medium aubergines/eggplants (1 kg approx.)
1 can of tuna in olive oil (200 g approx.)
salt and pepper to taste
20 g of extra virgin olive oil

PREPARATION:

Preheat the oven to 200°. Meanwhile, wash the aubergines and cut in half lengthways. Make some slices into the pulp in a lattice and without cutting through to the skin, place them on a greased oven tray and roast for 30 minutes.

Removed the pulp from the aubergines and place in the jug along with the rest of the ingredients, including the oil from the tuna can. Program for 15 seconds at progressive speed 5-7. Check the blending, Push down anything that is left on insides of the jug with the spatula and program for 20 seconds at speed 7, adding the olive oil through the nozzle. Add salt as required.



Walnut and Mushroom Pate

INGREDIENTS:

30 gr of walnuts
100 Grams of fresh mushrooms
1/2 Onion
1 clove of garlic
50 ml of olive oil
1 Pinch of Salt
1 Pinch of pepper

PREPARATION:

Chop the walnuts for 15 seconds at speed 6. Remove from the jug and set aside.

Then process the onion and garlic clove. In this case, program for 5 seconds at speed 6.

With the onion and garlic already chopped, Push down anything that is left on insides of the jug, add half the oil and set for 2 minutes at speed 1 and 100°. Then, add the previously chopped mushrooms and program again for 4 minutes at speed 1 and a temperature of 100°.

The last step will be to add pepper to the mixture to taste and add the previously chopped walnuts together with the rest of the oil. Program for 15 seconds at speed 6 without temperature and enjoy the nut and mushroom pate!

Light Salmon Pate

INGREDIENTS:

500 g of fresh salmon
3 sheets of gelatin
2 tablespoons of water
100 g of Burgos cheese
30 g of capers
30 g of pickled cucumber
100 g of skimmed milk
1 teaspoon butter
salt
pepper

PREPARATION:

Remove the skin and bones from the salmon, cut into pieces and set aside.

Dissolve the gelatin sheets in cold water for a few minutes. Drain and put in a bowl together with the 2 tablespoons of water and put in the microwave for a few seconds. Set aside.

Put all the ingredients in the jug along with the gelatin and program for 5 minutes at 80° and speed 5.

After the time, pour the mixture into a container, cover with transparent film and let it cool in the refrigerator.

Surimi Pate

INGREDIENTS:

200 g of crab sticks (surimi)
160 g of fresh Burgos cheese
20 g of olive oil
2 tablespoons of lemon juice
Salt
Ground pepper

PREPARATION:

Place the crab sticks in the jug and program for 3 seconds at speed 4, push down anything that is left on insides of the jug with the spatula. Add the rest of the ingredients and mix for 16 seconds at speed 3.

Once finished, place in a bowl and in the fridge until serving.

Courgette and Goat's Cheese Quiche

INGREDIENTS:

Sheet of short pastry
1 Medium Onion
1 Large courgette/zucchini
25 G of Olive Oil
200 ml. of cooking cream
2 Eggs
60-70 g Grated cheese of your choice
5 or 6 slices of goat cheese in a roll (small roll)
Salt, pepper and nutmeg

PREPARATION:

Preheat the oven to 180°.

Add the diced onion and pieces courgette to the jug without removing the skin, plus the oil and a pinch of salt and set for 20 minutes at 100° and speed 1.

Add the sautéed ingredients to the short pastry and add the eggs, cream, cheese, a pinch of nutmeg, pepper and salt to the unwashed jug. Mix for 10 seconds at speed 5, then add to the quiche.

Place the slices of goat's cheese on top and put in the oven for 25-30 minutes. It can be eaten hot or cold.

Cooked Ham Quiche Lorraine

INGREDIENTS:

Sheet of short pastry
150g cooked ham
150g grated cheese (to taste)
250g of milk
30g butter
30g of flour
1 teaspoon of oil
3 eggs
50g of liquid cream
salt and pepper

PREPARATION:

Preheat the oven to 180°.
Place the ham in the jug, chop for 4 seconds at speed 5.
Set aside.
Put the milk, flour, butter, oil, pepper and salt in the jug
and program for 4 minutes at 90° and speed 3.
Add the grated cheese, the eggs, mix for 6 6 seconds at
speed 5. Add the cream.
Put the pastry in a mold. Spread the chopped ham and
over it, pour on the mixture.
Place in the oven 180° for 20-25 minutes.

Tuna and Port Walnut Sandwich

INGREDIENTS:

80 g of canned tuna
50 g of cream cheese (Philadelphia type)
40 g of walnuts
25 ml port

PREPARATION:

Put the walnuts in the jug. Chop for 3 seconds at speed 5. Take out and put aside.

Add the tuna, cheese and port into the jug. Mix for 20 seconds at speed 3.

Add the walnuts and mix for 10 seconds at speed 2.

Turkey, Apple and Surimi Sandwich

INGREDIENTS:

150 g of turkey ham
75 g of golden delicious apple, peeled
and sliced
50 g of surimi
1 teaspoon of lemon juice
2 tablespoons mayonnaise or thousand
island sauce

PREPARATION:

Put all the ingredients in the jar except
the mayonnaise or thousand island sauce
and blend for 3 seconds at speed 5.. Pour
into a bowl and mix with mayonnaise or
thousand island sauce.



Rocket and Roquefort Sandwich

INGREDIENTS:

20 g of rocket/arugula
20 g of currants or sultanas
20 g peeled walnuts
50 g of cream cheese (Philadelphia type)
25 g of Roquefort cheese
1 tablespoon of full-fat milk or liquid cream

PREPARATION:

Put the rocket and walnuts in the jug. Chop for 3 seconds at speed 5. Take out and put aside.

Put the two cheeses, raisins and the spoonful of milk or cream into the jug. Blend for 30 seconds at speed 3.

Add the rocket and walnuts and mix for 10 seconds at speed 2.

Spinach Plait

PREPARATION:

Preheat the oven to 180°. Put the garlic in the jug and program for 3 seconds at speed 5. Push down anything that is left on insides of the jug towards the blades, add the oil and program for 4 minutes at 100° and speed 1.

Attach the butterfly and add the spinach and pine nuts and program for 3 minutes and 100° and speed 1.

When finished, drain and squeeze the spinach to release all the liquid.

Spread out the puff pastry sheet, place the spinach, ham and cheese in the centre of the dough. Using a knife or cutter, cut diagonally on both sides of the filling, as if it were a spike. Wrap the strips on the right and left to the end, in the form of a plait.

Paint with the beaten egg and bake of 15 to 20 minutes, until the puff pastry is golden.

To make it healthier you can change frying the spinach, for cooking for 8 at 100° and speed 1 with blade guards on.

INGREDIENTS:

- 2 garlic
- 20 pine nuts
- 50 grams of oil
- 100 grams of spinach, cleaned
- 1 sheet of puff pastry
- 30 grams of brie cheese
- 3 slices of Serrano ham
- 1 egg, to gloss (optional)

Creams, Soups and Purées



Avocado and Cucumber Cream



INGREDIENTS:

2 avocados (ripe)
1 cucumber
1 lemon
Dill
1 litre of chicken stock
2 2 tablespoon of extra virgin olive oil
Tabasco sauce
A dozen pitted black olives
Salt and pepper
1 natural yoghurt
4 or 5 pistachios

PREPARATION:

Peel the cucumber and avocado and cut into cubes. Place in the jug and select speed 2-3 for approximately 3 minutes. If necessary, process for longer until it makes a paste.

Once the paste is made, add the lemon juice, oil and a few drops (2 or 3) of Tabasco. Add the stock and select speed 2-3 again for 3 minutes.

Chop the olives and dill and add everything to the cream. Serve with chopped pistachios on top.

Courgette and Cheese Cream

INGREDIENTS:

2 courgettes/zucchini
1 medium potato
½ onion
50 g of oil
600 g of water
Salt to taste
Pepper
180 g of cream cheese (Philadelphia type)

PREPARATION:

Cut the courgettes into large pieces with the skin on, and put them in the jug along with the potato cut in pieces, and the onion and the oil. Program for 10 minutes at 90° and speed 2, with the cup.

Add the water and program for 20 minutes at 100° and speed 2, with the beaker in place.

When finished, add the cheese, salt and pepper and blend for 1 minute at speed 7.



Mushroom Cream

INGREDIENTS:

200 g of mushrooms
250 g. of potatoes
50 g of butter or olive oil
1 leek or a tender onion
salt
pepper
500 ml of milk
2 cheeses

PREPARATION:

Place the blade guard, heat the butter for 2 minutes at 100° and speed 1. Add the cleaned mushrooms, potatoes, leeks, all cut into pieces.

Season, add milk and program for 20 minutes at 100° and speed 1. Remove the blade guard, add the cheeses and process at progressive speeds 5-7-9.



Gazpacho

INGREDIENTS:

- 7 or 8 ripe and red tomatoes
- 1 clove garlic
- 50 g green or red pepper
- 40 g onion
- 70 g partially peeled cucumber
- 30 g vinegar
- 1 teaspoon salt
- 150 g white bread from the previous day
- 8 ice cubes
- 50 - 100 g extra virgin olive oil
- 200 g cold water

PREPARATION:

Put all the vegetables, vinegar, salt and ice in the jug.
Program for 30 seconds at speed 5 and then program for
3 minutes at speed 9.

If you want it to be thicker, add the bread from the
previous day. If more liquid is desired, add water with ice.

Add the oil to taste and program for 2 seconds at speed
7.

Serve very cold with the vegetables that the gazpacho
has cut into small cubes or with fried croutons.

Mashed Potato

INGREDIENTS:

420 g of cooking potatoes
200 ml of milk
Salt to taste
Nutmeg
Freshly ground black pepper
50 g of butter or olive oil

PREPARATION:

Insert the blade guard. Add the chopped potatoes, milk and salt to the jug and program for 30 minutes at 90° and speed 1.

When that time finishes, remove the blade guard, add the butter or oil, season with pepper and nutmeg, and program for 1 minute 30 seconds at speed 3.

Mashed Carrots

INGREDIENTS:

420 g of carrots
200 ml of milk
Salt to taste
Nutmeg
Freshly ground black pepper
50 g of butter or olive oil

PREPARATION:

insert the blade guard. Add the chopped carrots, milk and salt to the jug and program for 30 minutes at 90° and speed 1.

When that time finishes, remove the blade guard, add the butter or oil, season with pepper and nutmeg, and program for 2 minutes at speed 3.



Vegetables



Artichokes with Potatoes



INGREDIENTS:

500 gr. of potatoes
400 gr. of artichokes
30 gr. of garlic
300 gr. of water
50 gr. of oil
50 gr chopped ham
Salt and pepper

PREPARATION:

Clean the artichokes and potatoes well, and cut them into 4 or 5 pieces. Set aside. Place the butterfly on the blades and put all the ingredients in the jug. Program for 17 minutes at 90° and speed 1. Check that it is cooked, otherwise, program for 2 more minutes.

Courgettes à la Provence

INGREDIENTS:

15g slightly hard bread
Herbes de Provence (basil, oregano, rosemary,
parsley, etc.) 1 generous spoonful
2 cloves of garlic
1 onion
1 tablespoon of extra virgin olive oil
600g courgette/zucchini
Coarse salt 1 teaspoon
Dry thyme 1 teaspoon
1 large tomato

PREPARATION:

Put the bread and herbes de Provence in the jug and program 15 sec/sp10. Set aside. Put the garlic and peeled and chopped onion in the jug and program 5 sec/sp 1. Push down anything that is left on insides of the jug with the spatula, insert the butterfly, add the oil and program 4 min/100°/sp 1.

Wash the courgettes, remove the ends, cut them in two lengthwise without peeling and then into 0.5 cm slices and add them to the jug set at 6 min/100°/sp 1. Preheat the oven to 220°C with grill function. Cut the tomato into thin slices.

Pour the courgettes into an oven-proof dish. Cover them with the slices of tomato and sprinkle with the set aside bread crumbs. Grill until the bread crumbs are golden. Serve immediately.

Mushrooms al ajillo

INGREDIENTS:

50 grams of olive oil
500 grams of sliced mushrooms
5 garlic
A few sprigs of parsley
Salt
Pepper

PREPARATION:

Add the oil to the jug and program for 4 minutes at 90° and speed 2.

Attach the butterfly, add the garlic and program for 3 minutes and 90° and speed 3.

Put the mushrooms and parsley in the jug, season and program for 10 minutes at 100° and speed 1.

If you want them more golden, add more time.

Potato Salad

with mayonaise
and yogurt dressing

INGREDIENTS:

4 medium new potatoes (100 g approx. each)
1/2 tender onion

For the dressing

3 tablespoons of white wine vinegar
135 mayonnaise or lactonese
75 g of natural yoghurt
Salt and pepper
Chopped chives
Sliced radish to decorate (optional)

PREPARATION:

Fill the glass with tap water to the 1 litre mark. Heat for 7 minutes at 100° and speed 1.

Meanwhile, wash the potatoes well and place them in the basket.

At the end of the time, place the basket inside the jug and program for 18 minutes at 100° and speed 3. At the end of the time check that the potatoes are well cooked. If not, cook for a couple of minutes more. Remove and set aside until they are warm.

Meanwhile, put the mayonnaise, yoghurt and vinegar in the clean jug. Season and mix for 5 seconds at speed 2.

When the potatoes are warm, cut them into 1 cm thick slices. Add the dressing, mix well and allow to cool completely, for at least 1 hour. Stir occasionally.

When serving add the onion cut into rings and garnish with chopped chives and sliced radish.

Spinach with Béchamel

PREPARATION:

First, grate the cheese for a few seconds at speed 5-9. If it is very hard like Parmesan, you can use a few pulses of turbo and then make it fine at speed 5-9.

If it is more fatty or softer, take care to process for a short amount of time so that it does not become a ball. Remove and set aside.

Without washing the jug, place the butterfly inside, add the spinach in large, washed pieces. Without putting water in the jug, program for 5 minutes at a temperature of 100 and speed 1. Remove and set aside.

Remove the butterfly and, without washing the jug, add the oil and garlic and program for 5 minutes at 100° and speed 3 for a few seconds, and then lower to speed 1 so the garlic continues to soften. Push down anything that is left on insides of the jug and the lid.

Replace the butterfly, add the spinach. Program for 5 at 100° and speed 1.

Then, add the flour and sauté for 1 minute at 100° and speed 2. Add milk, butter, nutmeg and pepper, and program for 7 minutes at 100° and speed 1 to make the béchamel.

Pour the mixture into a baking dish and sprinkle with the grated cheese. Place in the oven and grill until the cheese is browned.

INGREDIENTS:

For the sautéed ingredients
50 gr of extra virgin olive oil
30 gr of garlic
500 gr of fresh spinach

For the béchamel
50 gr of flour
500 gr of milk
30 gr of butter
Nutmeg.
Pepper.
Parmesan cheese (to grate)

Vegetable Gazpacho

INGREDIENTS:

5 large ripe red tomatoes
½ cucumber
½ spring onion
½ carrot
1/2 clove of garlic
1 purple cabbage leaf
1 leaf of lettuce
500 ml of cold water
2 tablespoons of oil
1 tablespoon of vinegar
Salt

PREPARATION:

Chop all the vegetables into similar-sized pieces and put them in the jug along with the oil, vinegar and salt. Program for 40 seconds at speed 6 and then program for 3 minutes at speed 10. Add the ice and program for 2 minutes at speed 8. When the ice no longer makes noises, add the water through the lid, lifting the cup a little. When the time has elapsed, taste and add more salt and/or vinegar if required.



Vegetable Stew

INGREDIENTS:

A bag of frozen vegetable stew
4 cloves of garlic
50 gr chopped ham
1 teaspoon paprika
75 ml of olive oil
1 stock cube
Water
Salt

PREPARATION:

Put the oil and garlic in the jug and program for 4 seconds at speed 5. Program for 2 minutes at 80° and speed 1. Add the ham and sauté for 1 minute at 80° and speed 1. When the time is finished, add the paprika and program at speed 2 for a few seconds but without temperature.

Put the butterfly on the blades and add the vegetables, the stock cube, cover with water and salt and program for 20 minutes at 100° and speed 1.

Duchess Potatoes

INGREDIENTS:

800g floury potatoes
100g butter
2 egg yolks
Salt
Nutmeg

PREPARATION:

Peel and wash the potatoes. Put a litre of water in the jug and set for 30 min/100% sp 3. While the liquid reaches the boil, cut the potatoes into 1 cm slices and place them in the Varoma tray. After 8-10 minutes check if the water is boiling, remove the cup and place the Varoma with the potatoes on the lid of the jug. Let them steam.

Remove the Varoma and set aside the cooking water for using again. Put the potatoes in the jug and add the butter, yolks, salt and spices. Program for 15 sec/sp 5, without temperature. A smooth mash, will be obtained, but it must be hard enough and have the consistency so that the cakes keep their shape. Add salt if necessary. Let cool about 5 minutes.

Preheat the oven to 180 ° C. Transfer the mash to a pastry bag with a ribbed nozzle. Form the cakes on a baking sheet lined with baking paper. When the oven has reached its temperature, insert the tray and bake for 30 minutes. Serve immediately as garnish.

Spanish Omelette

INGREDIENTS:

100 g of olive oil
100 g of water
150 g of onion
600 g of potatoes
6 eggs
Salt

PREPARATION:

Put the butterfly on the blades and add the oil and water to the jug. Program for 5 min/100°/sp 1. Add the onion cut into very thin rings and program for 5 min/100°/sp 1.

Add the potatoes cut into squares and program for 20 min/100°/speed 1. Pour the contents of the jug into the basket placed on a bowl, to drain the oil well.

Without washing the jug, remove the butterfly, add the eggs and salt to taste, and mix for 10 sec/sp 3. Add the potatoes to the jug and let the mixture rest until preparing the tortilla. Finally, it is set in a pan.

Pulses



Beans with Clams

INGREDIENTS:

1 jar of cooked white beans
Clams, to taste
Oil
1 garlic
Parsley
White wine

PREPARATION:

Place the blade guard in the jug, add the clams with oil, garlic, parsley and a little white wine for about 5 minutes (or until they are open) at speed 1 and 80°. Once the clams are open, add the already cooked and drained beans and again set the temperature at 80° and speed 1 for 4-5 minutes to infuse the flavours.

Beans with Vegetables

INGREDIENTS:

1 jar of cooked white beans
2 carrots
2 potatoes
2 leeks
1 clove of garlic
1/2 green pepper and 1/2 red pepper
90 g oil
1½ l water
Salt

PREPARATION:

Drain and wash the beans with cold water. Set aside. Put the oil, clove of garlic, leeks and the peppers into the jug for 3 minutes at 90° and speed 3. Insert the blade guard cover and add the water, salt to taste and the peeled and sliced carrots, program for 20 minutes at 100° and speed 1. When there are 15 minutes of cooking time remaining, add the peeled and chopped potatoes through the nozzle without stopping the machine (potatoes require less cooking time) and when there are 5 minutes remaining, do the same with the beans.

Note: if it is very liquid, chop a few already cooked beans or potatoes and add them to the stew. This recipe can be made with all types of vegetables.

Chickpeas with Chorizo

INGREDIENTS:

400 g cooked chickpeas
150 g of onion
1 clove garlic
40 g of oil
100 g of chorizo
50grs chopped ham
1 teaspoon of paprika
1 tablespoon flour
400ml of water
salt
2 boiled eggs

PREPARATION:

Rinse the chickpeas with water and leave them to drain. Put the onion and garlic in the jug and chop for 6 seconds at speed 5. Add the oil and sauté for 4 minutes at 80° and speed 1 with blade guard on. Add the diced chorizo and the chopped ham and program for 2 more minutes with the same values. Add paprika and flour, without temperature, program for 20 seconds to mix everything.

Pour in the water and salt and set for 10 minutes at 100° and speed 1 with blade guard on.

Finally add the chickpeas, and the chopped boiled eggs, and set for another 10 minutes at 100° and speed 1.

Let stand for a while with the lid on the appliance before eating.



Chickpea Stew

INGREDIENTS:

400 gr of cooked chickpeas
50 gr of olive oil
400 gr of onion
2 cloves of garlic
200 gr of chopped fresh tomatoes
500 gr of water
1 large bay leaf
Salt
2 teaspoons of ground cumin
Pepper to taste
Parsley to decorate

PREPARATION:

Put the ingredients to be sautéed, the oil, onion, garlic and tomato into the jug and program for 3 seconds at speed 4. Then, program for 10 minutes at 100° and speed 1.

When the time is finished, 3 tablespoons of chickpeas and water to the sautéed ingredients and process for 40 sec at speed 7.

Insert the blade guard, add the bay leaf, salt, cumin and pepper. Program for 7 minutes at 100° and speed 1. And to finish, add the chickpeas and program for 8 to 10 minutes at

Lentils with Vegetables

INGREDIENTS:

Pardina lentils
1 chorizo
60 g of preserved piquillo peppers
3 carrots
1 potato
120 g of onion
1 tablespoon of paprika
60 g of olive oil
Salt
2 cloves of garlic
1 bay leaf
800 g of water

PREPARATION:

Put the lentils to soak in water and salt the night before preparing. Place the vegetables, except the potatoes and carrots in the jug and chop with a few touches of "Turbo". Add oil, paprika and salt to taste. Mix at speed 5 for 5 seconds.

Insert the blade guard, add the lentils, the clean and sliced carrot, the cubes of potato and the chorizo cut into slices. Program at 100° for 45 minutes at speed 1.

Potage of Spinach, Prawns and Chickpeas

INGREDIENTS:

1 or 2 bunches of spinach
100 g peeled prawns
200 g cooked chickpeas
4 cloves of garlic
Water
Salt
Oil

PREPARATION:

Place the blade guard in the jug. Add the oil, cloves of garlic and prawns. Program at 80° for 3 minutes at speed 2. When the time has elapsed, add the chickpeas and spinach, cover with water and program at 100° for 15 minutes at speed 1. Check salt and add more if required before serving.

Pasta and Rice



Rice in Broth



INGREDIENTS:

1 clove of garlic
30g of extra virgin olive oil
300g of pork ribs chopped into small pieces
60g frozen peas
1 small ripe tomato
1/2 teaspoon paprika
600 ml of water
1 chicken stock cube
80g red pepper
Salt to taste
150g short-grain rice

PREPARATION:

Put the peeled garlic and the oil in the jug and process 5 sec/sp 5. Insert the butterfly, add the ribs and sauté for 20 minutes at 100 ° and speed 1. Add the peas and the diced tomato and program for 5 minutes at 90° and speed 1. Add the paprika, water, stock cube and the salt and program for 20 min/100°/sp 1. Add the pepper chopped into small pieces and the rice and program for 13 min/100°/sp 1. Let stand 5 minutes and serve

Green Rice

INGREDIENTS:

½ onion
 1 clove of garlic
 25 ml olive oil
 200 g frozen spinach
 50 g frozen peas
 1 stock cube
 Salt
 550 ml water
 250g rice

PREPARATION:

Put the ½ onion in wedges and the garlic in the jug and chop for a few seconds, push down from the insides of the jug and then add the oil. Set for 6 minutes at 90° and speed 1. When finished, add the water, the stock cube, a little salt and the vegetables, and program to cook for 10 min at 100° and speed 1.

When finished, process for approx. 1 minute at speed 4 to make it very smooth.

Insert the blade guards and add the rice, selecting 15 min at 90° and speed 1.

When finished, check how cooked the rice is. Add more time if you want it to be more cooked. This part depends on personal taste and the type of rice used.



Spaghetti al Pesto



INGREDIENTS:

300 g spaghetti
100 g of Parmesan cheese
50 g of fresh basil
2-3 cloves of garlic
50 g of pine nuts
250ml of olive oil
salt

PREPARATION:

Add water to the jug (never exceed the 1.5 l level), select 12 minutes more for the time than indicated by the manufacturer on the packet at 120° and speed 1. When 12 minutes has elapsed, the water will be boiling. Add the pasta through the nozzle. When finished, drain the spaghetti and set aside.

For the pesto, put the cheese in the jug and press turbo 2-3 times and program for 15 seconds at progressive speed 5-7-9. Add the garlic, pine nuts and basil and program for 15 seconds, progressive speed 5-7-9.. Without opening the lid and with the beaker on, select speed 5 and pour in the oil little by little so that it emulsifies well. Add salt if necessary. Add the sauce to the set aside pasta.

Chard and Mushroom Cannelloni

INGREDIENTS:

For the filling:

12 sheets of precooked pasta for cannelloni
(prepare more in case some break)
Approx. 350 gr of chard -wash and remove the white part- you require at least 150 gr.
300 gr of onion
60 gr of extra virgin olive oil
300 gr of sliced mushrooms
1 tablespoon of Modena vinegar -with green olives, or raspberry, apple-
Salt to taste

For the béchamel:

500 gr de leche entera o semidesnatada
40 gr de maicena
20 gr de mantequilla
Una pizca de nuez moscada
Sal y pimienta al gusto

To grill:

Grated cheese

PREPARATION:

Put the precooked pasta in a dish with hot water for 20 minutes, then let drain and set aside.

Then chop the chard. To do this put 1 litre of water in the jug and add the clean chard leaves, program for 2-3 seconds at speed 4. If the pieces are large, program for 1 more second. Drain and set aside.

Clean and dry the jug, add the onion and oil and chop for 4 seconds at speed 4. Program for 10 minutes at 100°C and speed 1 without cup.

Add the chard, mushrooms, salt and tablespoon of vinegar and let them poach for 15 minutes at 100° and speed 1. Check that the ingredients are tender. If not, program for a few more minutes.. When the time is finish, place in a piping bag that will make it easier to fill the cannelloni. Wait for them to cool down.

Prepare the béchamel: Put all the béchamel ingredients in the jug and program for 10 minutes at 100° and speed 4..

In a baking tray greased with butter or a base of béchamel, place the stuffed cannelloni, pour the béchamel over the top and finish with a sprinkling of grated cheese. Place in the oven and grill. When the surface is golden it is ready.

Spaghetti Bolognese

INGREDIENTS:

Sautéed ingredients:

50gr of extra virgin olive oil
130gr of carrot
130gr of onion
180gr of mushrooms
1 clove garlic
500gr of chopped fresh tomatoes

Rest:

500gr of minced meat
1 teaspoon of salt
1 pinch of pepper
1 teaspoon oregano
1 bay leaf

To cook the pasta:

2000gr of water
1 teaspoon salt
500gr of spaghetti

PREPARATION:

Put the carrot, onion, mushrooms, garlic and tomato in the jug and chop for 15 seconds at speed 5..

Push down anything that is left on insides of the jug. Add the oil and program for 6 minutes at 100° and speed 1.

3.- When the programmed time has elapsed, insert the butterfly and add the minced meat, salt and spices and program for 15 minutes at 100° and speed 1.. Once finished add salt as required. Remove and set aside.

Without washing the jug or removing the butterfly, add water to the jug (never exceed the 1.5 l level), select 12 minutes more for the time than indicated by the manufacturer on the packet at 120° and speed 1. When 12 minutes has elapsed, the water will be boiling. Add the pasta through the nozzle.

Pour the drained pasta into a dish and add the Bolognese sauce prepared previously.

Spaghetti with Dried Fruits

INGREDIENTS:

400 g spaghetti
30 g peeled pine nuts
30 g peeled almonds
30 g peeled walnuts
50 g slices of hard or toasted bread
30 g grated Parmesan
30 g saltless butter
Ground chilli peppers
Salt
2 l water

PREPARATION:

Put the oil in the jar and heat it at speed 1 to 100° for few minutes. Once it is hot add the nuts, leave for 1 or 2 minutes to brown a little. Once they are golden, close the lid, program for 40 seconds at speed 5-8. Push down anything that is left on insides of the jug, and add the Parmesan cheese. Program for about 2 minutes at speed 1 and 100°. When the time is finished, take out and set aside.

Add water to the jug (never exceed the 1.5 l level), select 12 minutes more for the time than indicated by the manufacturer on the packet at 120° and speed 1. When 12 minutes has elapsed, the water will be boiling. Add the pasta through the nozzle. When finished, drain the spaghetti and add the set aside nuts.

Pasta with Broccoli Pesto

INGREDIENTS:

2 l. of water
2 tablespoons of salt or to taste
350 g of broccoli, only the green florets, without the stalk
350 g of pasta
100 g of Parmesan cheese, grated or in chunks
120 g of almond flour or in chunks
1 clove of garlic
60 g of extra virgin olive oil
Ground black pepper to taste
The zest and juice of 1 lemon
Basil or other herbs to decorate

PREPARATION:

Put water, a teaspoon of salt and the basket inside the jug with the florets of broccoli and cook for 15 minutes at 100°C and speed 2. Remove the basket and leave the water. Place the butterfly, add the pasta and cook for the time indicated on the packet at 100°C and speed 1 without the cup. *You can cook the pasta in the jug or do it in a pan at the same time as the broccoli to save time. Once cooked, save 100ml of cooking water. Drain the pasta and set aside.

Put the grated cheese in the empty jug, (if it was in chunks, chop for 8 seconds at speed 10 and remove 2 tablespoons to sprinkle over the plate at the end. Add the broccoli, almonds, garlic, oil, tablespoon of salt, pepper, grated zest and lemon juice that gives a special touch to the jug with the cheese and chop for 30 seconds at speed 6.

Add 100 ml of cooking water and mix for 15 seconds at speed 4. The broccoli pesto is now ready.

Pour this pesto over the drained pasta and mix. Transfer to a bowl and decorate with whole or chopped basil leaves.

Spaghetti Carbonara

INGREDIENTS:

150 g of onion
50 g of butter
15 g of extra virgin olive oil
100 g sliced bacon
Pepper
10 g of salt
500 g of cooking cream
100g of Parmesan cheese
500 g of pasta
2 l of water
50 g of Parmesan cheese for sprinkling

PREPARATION:

For the sauce

Put the onion, butter, oil, pepper and salt in the jug. Chop for 15 seconds at speed 4. Push down anything that is left on insides of the jug with the spatula. Add the bacon and program for 7 minutes at 100° and speed 2.

Next, add the cream and Parmesan cheese. Process for a few seconds at speed 7, until the mixture is evenly mixed and to taste and program for 8 minutes at 100° and speed 3. Set aside.

For the pasta

Add water to the jug (never exceed the 1.5 l level), select 12 minutes more for the time than indicated by the manufacturer on the packet at 120° and speed 1. When 12 minutes has elapsed, the water will be boiling. Add the pasta through the nozzle. When finished, drain the spaghetti and set aside.

When the pasta is cooked, drain it and cover with the sauce that has been set aside and add Parmesan cheese and fried bacon pieces on top to make it more appetising.

Fish



Cod in White Wine

INGREDIENTS:

300 g de potatoes
1 medium onion cut into slices
2 washed eggs
500 ml of water
200 ml white wine
400 g of clean and desalted cod
Black olives to decorate

PREPARATION:

Peel and slice the potatoes, place in the basket and between the eggs.

Put the water and wine in the jug, insert the basket and program for 22 minutes at 100° and speed 1.

Drain the potatoes and eggs and set aside.

Clean the basket and place the cod inside and program for 5 minutes at 100° and speed 1. If you want it cooked more, add more time. Once cooked as desired, drain the cod and flake.

Place in a dish and decorate with black olives



Squid with Potatoes

INGREDIENTS:

2 medium onions
½ red pepper
50 ml of olive oil
500 g of squid (clean and cut into pieces)
1 teaspoon paprika
1 bay leaf
1 pinch of pepper
500 g of potatoes
50 ml white wine
300 ml of fish stock or 300 ml of water with a fish stock cube

PREPARATION:

Put the onions cut into quarters and the pepper in pieces and program for 2 seconds at speed 5.

With the spatula, push down any onion that is left on insides of the jug towards the blades. Insert the blade guard and add the oil, program for 5 minutes at 80° and speed 1.

When the time has elapsed, add the squid, paprika, bay leaf and pepper. Program for 6 minutes at 90° and speed 1.

Add the potatoes, wine and stock and program for 25 minutes at 100° and speed 1.

Stuffed Panga Fillets



INGREDIENTS:

150 g of mushrooms
1 tender onion
20 g of olive oil
4 panga fillets
salt
pepper
500 g of water

For the sauce:

80 g of olive oil
20 g of vinegar
1 teaspoon of mustard
1 teaspoon of lemon juice
salt
pepper

PREPARATION:

Add all of the ingredients for the sauce and program for 15 seconds at speed 5. Set aside.

Put the mushrooms, halved onion and the oil in the jug and program for 4 seconds at speed 4.

Push down anything that is left on insides of the jug towards the blades and program for 3 minutes at 80° and speed 3.

Spread the fillets on a flat surface, season and divide the previous mixture across each one, roll and hold in place with a toothpick.

Place the fillets in the steaming tray.

Without washing the jug, add the water, close the jug, place the steaming tray in position and program for 30 minutes at 100° and speed 1.

When the time finishes, place the fillets in a dish and pour the sauce over them.

Fish Fumet

INGREDIENTS:

150 g of heads and shells of prawns and crabs
1 leek
25 g of olive oil
800 ml of water
150 g of monkfish, hake bones
Salt
Parsley

PREPARATION:

Place the shells, prawn heads, chopped leek and the oil into the jug. Program for 3 minutes at 80° and speed 4.

Once the time has passed, add the water, the monkfish, hake bones, the salt and the parsley to taste. Program for 8 minutes at 100° and speed 2.

Strain with a fine sieve

Salmón Burger

INGREDIENTS:

500 g fresh salmon in pieces, without skin or bones
150 g of onion
50 g bread crumbs
1 egg
1 teaspoon of salt
Half a teaspoon of dill
Oil for frying

PREPARATION:

Put the onion in the jug and program for 5 seconds at speed 5. Push down anything that is left on insides of the jug with the spatula. Add the rest of the ingredients and program for 5 seconds at speed 4.

Make balls with the dough and squash them by hand to make the shape of the burger. Fry in a frying pan.

Salmon Rolls

INGREDIENTS:

100 g of spring onion
75 g of pickles
150 g of crab sticks
150 g of tomato
150 g of olive oil
50 g of vinegar
25 g of sugar
A pinch of salt
500 g of smoked salmon

PREPARATION:

Put the onion and pickles in the jug and program for 4 seconds at speed 4. Pour into a bowl and set aside.

Put the crab sticks in the jug and program for 3 seconds at speed 4. Pour into the previous bowl, mix and set aside.

Clean and dry the jug and add the seeded and quartered tomatoes and program for 4 seconds at speed 4.

Add the oil, vinegar, sugar and salt and program for 8 minutes at 90° and speed 1.

Remove the vinaigrette from a container and allow to cool.

Mix everything well in the bowl, with the spring onion, pickles and crab, and the filling of the rolls is ready.

Spread a slice of smoked salmon over it, add a little filling and close the roll, leaving the end to last so it does not open.

Place them in a dish and pour the vinaigrette over them.

Meat



Honey Ribs

INGREDIENTS:

2 cloves of garlic
15 g of lemon juice
40 g of soft honey
15 g of olive oil
500 g of chopped pork ribs
Salt and pepper
Chopped parsley (optional)
Sesame (optional)
Lime or lemon (optional)

PREPARATION:

Chop the peeled garlic for 4 seconds at speed 5. Push down the small pieces towards the blades.

Insert the blade guard, add the rest of the ingredients, salt and pepper to taste and program for 20 minutes at 100° and speed 2.

Once the time has elapsed, remove the cup and extend the cooking time by programming 10 minutes at 100° and speed 1 (with the blade guard still in place).

After the time, check that the ribs are soft, otherwise cook for 5 minutes longer.

Serve the ribs in a dish. Sprinkle with chopped parsley, a little sesame and a few slices of lime or lemon to decorate.



Bacon and Date Burgers

INGREDIENTS:

700 gr. of minced meat (veal)
125 gr. of bacon strips
125 gr. of stoneless dates
2 eggs
40 gr. of breadcrumbs
Salt
Preparation

PREPARATION:

Chop the dates for 1 minute at speed 5, push down anything that is left on insides of the jug towards the blades. Add the bacon and chop for 5 seconds at speed 6. Again, push down anything that is left on insides of the jug. Add the meat, salt, egg and bread crumbs. Mix for 10 minutes at speed 6. Remove the mixture from the jug with the spatula and start to make the burgers.

Place the mixture on plastic wrap that will be placed in a round mold (the size you want the hamburgers), press the dough until you get the desired shape. Once the hamburger is made, it is ready to cook (grill, fry...).



Onion and Carrot Hamburger

INGREDIENTS:

500 g of chicken breast or leg without bone or skin.
1 onion peeled and cut into quarters.
2 medium carrots peeled and cut into large slices.
25 g of olive oil.
Salt

PREPARATION:

Put the meat previously cut into 3-centimetre pieces in the jug and place in the freezer for about 45 minutes. Select 20 seconds at progressive speed 5-7. Remove and set aside in a bowl.

Without washing the jug, add the onion and carrot. Chop by programming for 4 seconds at speed 5 (if you want smaller pieces, add more time). Push down anything that is left on insides of the jug with a spatula.

Place the blades guards on the blades, add the oil and salt and sauté everything for 6 minutes at speed 1 and 90°.

Once the time is over, wait until the sauce is cools. When it has done so, mix the vegetables with the set aside minced meat, make two or three balls with the resulting mixture and place them on a tray with transparent film to create the desired shape.

Once they look how you want, they are ready to fry or roast.



Ham and Goat's Cheese Burgers

INGREDIENTS:

700 g minced meat (veal)
125 g of chopped ham
125 g of goat's cheese
2 eggs
40 g of bread crumbs
Salt

PREPARATION:

Chop the chopped ham for 30 seconds at speed 5, push down anything that is left on insides of the jug. Add the cheese and chop for 5 seconds at speed 6. Push down anything that is left on insides of the jug towards the blades. Add the meat, salt, egg and bread crumbs. Mix for 10 minutes at speed 6. Remove the mixture from the glass with the spatula and start to make the burgers.

Place the mixture on plastic wrap that will be placed in a round mold (the size you want the hamburgers), press the dough until you get the desired shape. Once the hamburger is made, it is ready to cook (grill, fry...).

Sausage with Onion

INGREDIENTS:

500 grams of sausages
700 grams of onion
60 grams of olive oil
200 grams of white cooking wine
200 grams water
2 bay leaves
6 grams of salt
1 pinch of ground white pepper

PREPARATION:

The sausages are cut into three pieces and set aside. Cut the onions in half and then into slices. Insert the blade guard and add the onion together with the oil and program for 12 minutes at 80° and speed 1. When finished, without removing the blade guard, add the sausages and select 5 minutes at 90° and speed 1. Add the rest of the ingredients and program for 30 minutes at 100° and speed 1.

Chicken Nuggets

INGREDIENTS:

200 g of semi-frozen chopped chicken breast (200-250)

100 g of grated Emmental cheese
salt and pepper

1 egg

For the coating:
flour

2 beaten eggs
bread crumbs
oil (for frying)

PREPARATION:

Put the breast cut into 3-centimetre pieces in the freezer, remove after 45 minutes. Put the breast, cheese, salt, pepper and egg in the jug. Program for 20 seconds at progressive speed 5-7.

Remove the paste from the jug, make small balls and then squash them with your hands and coat them in flour, egg and bread crumbs.

Fry and they are ready to serve!

Meatloaf

INGREDIENTS:

Ingredients for the filling

250 grams of minced meat
1 large onion
Parsley
2 hard-boiled eggs
Pitted green olives
Cumin
30 grams of raisins
Pepper and sugar
40 g oil
1 beaten egg
Oil and salt

Ingredients for the topping

420 grams of cooking potatoes
200 ml of milk
Salt to taste
Nutmeg
Freshly ground black pepper
50 g of butter or olive oil
Grated cheese for melting

PREPARATION:

Make a mashed potato. Put the butterfly in place, add the chopped potatoes, milk and salt to the jug and program for 30 minutes at 90° and speed 1.

When that time finishes, add the butter or oil, season with pepper and nutmeg, remove the butterfly program for 1 minute 30 seconds at speed 3.

Once finished, set aside in a bowl covered with transparent film touching the mashed potato so that it does not form a crust.

Then make the filling. With the jug cleaned, add the onion and chop for 6 seconds at speed 3. Add the oil and program for 5 minutes at 100° and speed 1.

Add the meat, cumin, pinch of sugar, salt, pepper, parsley and raisins. Program for 5 minutes at 100° and speed 1.

Add the chopped hard-boiled egg and olives to the mixture and mix with the spatula.

Add a layer of mashed potato, a layer of the filling, and another layer of mashed potato on in baking dish. Sprinkle with grated cheese and grill in the oven.

Moroccan Chicken with Couscous

INGREDIENTS:

Ingredients for the Moroccan chicken

50 g of olive oil
40 g of raisins or dates
100 g of raw skinless almonds
150 g of quartered onions
1 clove of garlic
3 peeled pear tomatoes
750 g of chicken, chopped and seasoned
1 pinch of yellow colouring
2 tablespoons of spice mix (cumin, paprika, coriander/cilantro, nutmeg, ginger, cinnamon)
Green and red pepper
Carrot
Courgette/zucchini
Salt

Ingredients for the couscous

500 g of water
1 drizzle of oil
1 teaspoon of salt
250 g of precooked couscous.

PREPARATION:

Place the oil and the raisins or stoneless dates in the jug and program for 2 minutes at 100° and speed 1. Add the almonds and sauté for 4 minutes at 100° and speed 1. Put the almonds and raisins in a bowl through a colander to recover the oil and set aside.

Without washing the jug, add the onion, garlic, and tomato. Cut for 4 seconds at speed 4. Place the blade guard and add the cut peppers, courgette/zucchini and carrot, the saved oil and sauté for 6 minutes at 100° and speed 1. Add the chicken, colouring, spice mixture and salt, and sauté for 10 minutes at 100° speed 1. Add the saved almonds and raisins, mix with the spatula and pour into a dish.

Then, start preparing the couscous. Without washing the jug, at the water, oil and salt. Heat for 5 minutes at 100° and speed 1.

Put the couscous in a bowl and, when the programmed time is over, pour the water from the jug over the couscous. Stir with a spoon and let it stand for five minutes. Serve with the chicken.

Argentinian Pastry Filling

INGREDIENTS:

250 grams of minced meat
1 large onion
Parsley
2 hard-boiled eggs
Pitted green olives
Cumin
30 grams of raisins
Pepper and sugar
40 g oil
1 beaten egg
Oil and salt

PREPARATION:

Chop the onion for 6 seconds at speed 3.
Add the oil and program for 5 minutes at 100° and speed 1.
Add the meat, cumin, pinch of sugar, salt, pepper, parsley and raisins. Program for 5 minutes at 100° and speed 1.
Add chopped hard-boiled egg and olives (2 per pastry)
Let the filling cool and make the pastries. They can be fried or baked (if baked, coat them with beaten egg).

Sirloin with Mushroom Sauce

INGREDIENTS:

500 gr. of pork sirloin cut into medallions
1 onion
1 whole clove of garlic
250 gr. of thick cooking cream
300 gr. of sliced mushrooms (canned is OK)
1 tablespoon of Bovril (soy sauce is OK)
Salt and black pepper

PREPARATION:

Heat the oil for five minutes at a temperature of 100°. When finished, add the well-chopped onion, mushrooms, peeled but whole garlic clove to the jug, and set for 10 minutes at 120° and speed 1 with the blade guard on. Do not remove it for the whole recipe.

Season the sirloin medallions generously and when the 10 minutes are finished, add them too. Sauté for 5 minutes at 100° and speed 1.

Then add the cream and the Bovril, and program for 10 minutes at 120° and speed 1. If the sauce is a bit bland, you can always add salt at the end and give it 30 seconds more.

Veal with Almonds

INGREDIENTS:

100 gr of raw or toasted almonds, to taste

For the sautéed ingredients:

60 gr of extra virgin olive oil

100 gr of green or red pepper

300 gr of onion

200gr courgette/zucchini

200gr mushrooms

1 clove of garlic without the central germ

For the rest of the recipe:

1 kg diced veal or veal fillets without sinew and cut into small strips

Flour to flour the meat

100 gr of soy sauce

100 gr of white wine

300 gr of water

Pepper to taste

Salt to taste

PREPARATION:

Grate the almonds for 6 seconds at speed 5. Remove and set aside.

Put all the ingredients to be sautéed in the jug (set aside a few strips of pepper, mushrooms and courgette/zucchini) and chop for 5 seconds at speed 4.. Then, sauté for 12 minutes at 120°C and speed 1. Push down anything that is left on insides of the jug and the lid with the spatula.

While the sautéing is being done. Flour the meat and sauté it with a little oil in a pan to char it. Remove and set aside. If you want to do it in the robot, when the sautéing finishes, place the blade guard on the blades, add the meat and program for 4 minutes at 120°C and speed 1, without the cup and with the basket on the lid.

With the meat already in the jug, and the blade protector in place pour in the soy sauce, wine, water, almonds and strips of set aside vegetables and the pepper, and cook for 25 minutes at 120° and speed 1. Check how well done the meat is. It will vary depending on the thickness of the pieces that are used. If you want it more cooked, add time and also add more water.

Desserts



Nougat Bavarois

TRICK

Put the cream in the freezer a while before. When whipping the cream, take care that it is done for just a few seconds. If it is done for too long it will become like butter.

INGREDIENTS:

2 egg yolks
30 g of white sugar
120 g of milk
3 sheets of gelatin
250 g of soft nougat
200 g of whipping cream
Strawberries to decorate

PREPARATION:

Hydrate the gelatin sheets in cold water.

Place the nougat in pieces into jug, chop for 4 seconds at speed 5. Remove and set aside.

With the jug washed and dried, whip the 200 g of cream with the butterfly set at speed 3. You have to be careful so that it does not become over-whipped and make butter. Remove and set aside in a cold place.

Add milk, sugar and the yolks. Program for 6 minutes at 90° and speed 4.

Drain the gelatin well and add mix into the mixture for 10 seconds at speed 4.

Add the chopped nougat and beat for .30 seconds at speed 3 until you get a thick cream. Place in a large bowl and let cool.

Add the cream to the warm cream with the help of some manual rods. To mix it well use soft and smooth movements.

Pour the resulting mixture into small shot glasses. Allow to cool in the refrigerator at least 2 hours.

To serve, cut some strawberries into slices and decorate

Chocolate Cake

INGREDIENTS:

1 large egg and 2 yolks
250 g of dark chocolate.
150 g of sugar
130 g of butter, low salt.
1 sachet of baking powder
220 g of flour
A little fine salt
200 ml of milk
1 Greek yoghurt

PREPARATION:

Preheat the oven to about 180°.

Chop the chocolate and place it in the jug, until it is as powdery as possible with the TURBO program.

Add the sugar and milk and set at 50° and speed 4 for 1 minute.

Add the butter and yoghurt to this and again set at 50° and speed 4 for 1 minute. If the butter does not completely melt, add more time.

Then add the flour, salt, baking power and eggs, and mix everything again for about 30 seconds at speed 5.

Greased the mold, pour in the mixture and put in the oven for 30-40 minutes.

Orange Cake

INGREDIENTS:

250 g of flour
250 g of sugar
3 eggs
100 ml of sunflower oil
1 natural yoghurt
1 sachet of baking powder
1 whole orange
1 pinch of salt

PREPARATION:

Put the sugar, the quartered orange and eggs in the jug. Program for 3 minutes at 40° and speed 5.

Add sunflower oil and yoghurt. Mix for a few seconds at speed 3.

Then add the flour, the baking powder and pinch of salt. Mix for a few seconds.

Use the spatula to remove the mixture and place it in a greased mold.

Sprinkle sugar on the surface and place in an oven, preheated to 180°, for approximately 30 minutes, or until the cake is ready.

Remove, allow to cool and remove from the mold.

Coconut Balls

INGREDIENTS:

150 g grated coconut
200 g of condensed milk
a little coconut for coating

PREPARATION:

Put the grated coconut and condensed milk into the jug and program for 2 minutes at 40° and speed 2.

Place the mixture in a bowl and let cool. When the mixture is cold, put in the refrigerator for a couple of hours.

Remove from the refrigerator, make the balls and coat with grated coconut.

Toffee-Filled Bombons



INGREDIENTS:

*100 g of brown sugar
100 g of butter
100 ml of cream (35% fat)
20 ml of liquid caramel
1 teaspoon lemon juice*

For the bombons:

250 g of milk chocolate

PREPARATION:

For the toffee sauce put the sugar, butter, cream, caramel and lemon juice in the jug. Program for 15 min at 100° and speed 2, without putting the beaker to aid evaporation. Place in a bowl and let cool.

For the bombons, put the chocolate in the clean and dry jug and chop it 10 seconds at speed 7. Remove it and set it aside.

Without washing the jug, put 180 g of the set aside chocolate and melt for 3 min at 50° and speed 2.

Add the remaining chocolate and mix for 2 min at speed 2-3.

With a brush, cover the molds with chocolate, so that all the holes and the bottoms are covered well. Put the left over back in the jug and program for 2 min at 40° and speed 2. Then, program on speed 2 without programming any time or temperature, to keep the chocolate melted.

When the chocolate in the molds is cold, fill the holes with the toffee sauce.

Cover the bombons with chocolate, smooth well and store in the freezer for 15-20 minutes until they cool completely.

Remove from the molds and place in the fridge until serving.

Pumpkin Fritters

INGREDIENTS:

230 g of pumpkin, peeled and cut into pieces
500 g of water to cook the pumpkin
2 eggs
2 or 3 tablespoons of sugar
100 g of flour
Oil for frying
Sugar to coat once fried

PREPARATION:

Put the pumpkin (peeled and cut into pieces) and the water in the jar and program for 20 minutes at 120 ° and speed 1 with the blade guard in place.

When the programmed time is over, drain the pumpkin pieces (the basket can be used as a drainer, discarding the water) and put back in the jug. Chop for 15 seconds at speed 5.

Then, remove the blade cover and put in the place the butterfly. Add the sugar and eggs. Program for 10 seconds at speed 2.

Add the 100 g of flour and program for 10 seconds at speed 2. Finish the mixing with the help of the spatula.

Add plenty of oil to a pan for frying the fritters. Make the fritters using a couple of spoons, ensure the oil is always hot and leave space between them.

Removed using a slotted spoon and placed on a plate covered with kitchen paper to remove the excess oil. Coated in sugar and they are ready to serve!

Chocolate Custard

INGREDIENTS:

650 ml of milk
90 g of sugar
30 g cornflour
150 g dark chocolate
3 eggs

PREPARATION:

Cut the chocolate into pieces and put it in the jug.
Blend at speed 5-7-9 for a few seconds.

Add the rest of the ingredients and program for 9 minutes at 100° and speed 3.

When the time has elapsed, program for another 2 minutes at the same speed, without temperature.

Pour the mixture into cups.

Let cool and decorate as you like.

Carrot Fritters

INGREDIENTS:

230 g of carrots, peeled and cut into pieces
500 g of water to cook the carrots
2 eggs
2 or 3 tablespoons of sugar
100 g of flour
Oil for frying
Sugar to coat once fried

PREPARATION:

Put the carrots (peeled and cut into pieces) and the water in the jar and program for 20 minutes at 120 ° and speed 1 with the blade guard in place.

When the programmed time is over, drain the carrot pieces (the basket can be used as a drainer, discarding the water) and put back in the jug. Chop for 15 seconds at speed 5.

Then, replace the blade guard. Add the sugar and eggs. Program for 10 seconds at speed 2.

Add the 100 g of flour and program for 10 seconds at speed 2. Finish the mixing with the help of the spatula.

Add plenty of oil to a pan for frying the fritters. Make the fritters using a couple of spoons, ensure the oil is always hot and leave space between them.

Removed using a slotted spoon and placed on a plate covered with kitchen paper to remove the excess oil. Coated in sugar and they are ready to serve!

Coconut Flan

INGREDIENTS:

25 g grated coconut
300 g full-fat milk
200 g liquid cream (35% fat)
50 g box of royal flan (8 servings)
45 g sugar
Liquid caramel

PREPARATION:

Put the grated coconut in the jug and program for 10 seconds at progressive speed 5-7-9.

Add the rest of the ingredients, except the liquid caramel and program for 8 minutes at 90° and speed 4.

Meanwhile, prepare the mold by covering it with liquid caramel (one large mold or several small molds).

Once the cooking is finished, pour the mixture over the liquid caramel and allow to cool to room temperature. Then leave in the fridge for at least 5 hours.



Jelly Beans

INGREDIENTS:

200 g of water or juice
2 sachets of unflavoured gelatine powder
300 g of sugar
1 sachet of flavoured gelatin
Sunflower oil to grease the mold
Sugar or sherbet to coat

PREPARATION:

Put the water or juice, sugar and 2 sachets of unflavoured gelatin in the jug and program for 5 minutes at 100° and speed 2.

Add the desired flavoured gelatin for the jelly beans and program for 10 seconds at speed 4.

Program again for 5 minutes at 100° and speed 2.

Pour the mixture into a mold previously greased with sunflower oil (with a brush you can apply it very easily).

Let it stand for 10 or 12 hours, depending on the temperature before or after. Remove from the mold carefully.

Coat them in sugar or sherbet as desired.

Crepe Batter

INGREDIENTS:

250 g of confectionery flour
500 g of milk
2 eggs
1 teaspoon olive oil
1 pinch of sugar
1 pinch of salt

PREPARATION:

Add all of the ingredients to the jug and program for 20 seconds at speed 4.

Let the batter rest for at least 30 minutes before using it.

After resting, grease a frying pan with butter or bacon on a fork and with the help of a ladle, pour in a spoonful of batter, allowing it to spread out well by turning the pan.

When it is golden brown and becomes unstuck from the sides, turn it over and brown it on the other side. Put on a plate and repeat until the pancake batter is finished.

When they are ready, fill the crepes as desired or freeze.



Chocolate Muffins

INGREDIENTS:

150 g of milk
120 g of butter
60 g of sugar
2 eggs
300 g of confectionery flour
1 sachet of baking powder
1 pinch of salt
Nutella or similar

PREPARATION:

Preheat the oven to 180°.

Put the milk and butter in the jug and heat it for 3 minutes at 50° and speed 1. When the time has elapsed, check the butter is melted and, if not, add more time.

Add sugar and eggs and beat for 20 seconds at speed 4.

Then add the flour, the baking powder and pinch of salt. Program for 15 seconds at speed 5.

Prepare the molds (better if you have a rigid one and the capsules are placed on it). In each of them put a -not very full- spoonful of the dough, on it a spoonful of Nutella and then another spoonful of dough. Ideally, fill each mold to 3/4 of its capacity.

Baked at 180° for approximately 20 minutes.

Strawberry Muffins

INGREDIENTS:

150 g of milk
120 g of butter
60 g of sugar
2 eggs
300 g of confectionery flour
1 sachet of baking powder
1 pinch of salt
Strawberry jam

PREPARATION:

Preheat the oven to 180°.

Put the milk and butter in the jug and heat it for 3 minutes at 50° and speed 1. When the time has elapsed, check the butter is melted and, if not, add more time.

Add sugar and eggs and beat for 20 seconds at speed 4.

Then add the flour, the baking powder and pinch of salt.

Program for 15 seconds at speed 5.

Prepare the molds (better if you have a rigid one and the capsules are placed on it). In each of them put a -not very full- spoonful of the dough, on it a spoonful of jam and then another spoonful of dough. Ideally, fill each mold to 3/4 of its capacity.

Baked at 180° for approximately 20 minutes.



Nougat Panna Cotta

INGREDIENTS:

3 sheets of gelatin
120 g of Jijona nougat
400 g of cream
50 g of sugar
Liquid caramel

PREPARATION:

Put the gelatine leaves in a bowl with cold water to hydrate them. Put the nougat in the jug and chop for 5 seconds at speed 7. Add the cream and the sugar and program for 5 minutes at 80° and speed 4.

Add the drained gelatine leaves and mix for 15 seconds at speed 3.

Put the caramel in the bottom of the containers and pour in the mixture, then allow to cool.

Place the panna cotta in the refrigerator for 2 to 3 hours to set.

3 Chocolate Cake

INGREDIENTS:

90 g butter
200 g Maria biscuits
150 g of dark chocolate
150 g of milk chocolate
150 g of white chocolate
175 g of sugar
1 l of liquid cream
1/2 l of whole milk
3 sachets of curd (Spanish: cuajada)
A 25 cm diameter detachable tin

PREPARATION:

In a bowl, mix the cream with the milk.

Chop the cookies for 20 seconds at speed 6, add the butter and mix for 10 seconds at speed 6, until it is evenly mixed. Remove and cover the bottom of a detachable tin.

Put half a litre of cream with milk, black chocolate, 100 g of sugar and a sachet of curd in the jug and program for 7 minutes at 90° and speed 5. Pour over the biscuit dough and let it cool.

While cooling the layer of dark chocolate, prepare the following layer: Put half a litre of cream with milk, milk chocolate, 50 g of sugar and a sachet of curd in the jug and program for 7 minutes at 90° and speed 5. With a fork gently scratch the previous layer of dark chocolate and then pour the chocolate milk mixture on a ladle so that it does not fall directly on the previous layer and thus prevent holes from being made. Let it cool.

We do the same procedure as the previous step with white chocolate, but with 25 g of sugar.

Allow to cool and put in the refrigerator until the following day. A few hours before serving take out of the tin and decorate



Apple Cake



INGREDIENTS:

Full-fat milk (1 cup or 150 g)
Eggs (3)
Sugar (1 cup or 150 g)
Flour (1 cup or 150 g)
1 sachet of baking powder
Olive oil (1 cup or 150 g)
Lemon zest (1 lemon)
Apple (2)
Peach jam (2 tablespoons)

PREPARATION:

Add the milk, eggs, sugar, oil, flour, baking powder, and lemon zest to the jug and program for 3 minutes at 40° and speed 3.

When finished, place the dough in a mold, preheat the oven to 180°, decorate with slices of apple, bake for about 30 minutes and finish with a layer of peach jam.

Cheesecake with Fruits of the Forest

INGREDIENTS:

For the base:

200 grams of digestive biscuits
80 grams of butter

For the filling:

350 grams of liquid cooking cream
350 grams of "Philadelphia" type cheese
200 grams of milk
2 sachets of curd (Spanish: cuajada)
150 grams of sugar

For the topping:

200 grams of a good strawberry or fruits of the forest jam
3 sheets of edible gelatine (or two gelatin powder sachets)
the juice of 1/2 lemon
50 grams of water

PREPARATION:

THE BASE

The butter should be at room temperature. Put the cookies and the butter in the jar and process for 30 seconds initially at speed 5 and increase to 9, until it becomes a compact but not dry mass. If it is dry, add a little more butter and mix for a few more seconds. Put the dough in a detachable tin and press down with a spoon until you get a thin and compact base that covers the entire bottom of the mold equally. Set aside in the fridge.

THE FILLING

Put the cream, Philadelphia type cheese, milk, sugar and curd sachets into the jar. Program for 9 minutes at 90° and speed 4. Leave to cool down for about five minutes in the jar but not connected to the robot and then spread it evenly on the base of the cake and place in the fridge for two to three hours, until it has cooled and reached the required consistency.

THE TOPPING

Place the gelatine sheets in water for ten minutes to soften them. After that time, put them in the jar with the jam, water and lemon juice. Program for 3 minutes at 70° and speed 2. Let the glass cool for ten minutes and spread the topping evenly over the cake. Place the cheesecake in the refrigerator for another couple of hours until the topping is set.

Marmalades



Strawberry Marmalade

INGREDIENTS:

500 g of strawberries
500 g of sugar
1½ teaspoons of squeezed lemon.

PREPARATION:

Wash the strawberries, remove the stalk and as many seeds as possible, place in the jug for 15 seconds at speed 4, then add the sugar and lemon and program for 25 minutes at 100° and speed 1.

If the texture is not what you want, program for another 5 to 10 minutes, taking into account that when it cools, the jam will thicken.

TIP
Place the basket upside down on top of the lid instead of the cup so that it evaporates.
If you want the texture to be more solid, you can add a teaspoon of agar agar coffee.

Fig Marmalade

INGREDIENTS:

750 g of figs without skin
280 g of sugar
the juice of ½ lemon
one teaspoon of cinnamon optional

PREPARATION:

Put the figs with the lemon juice in the jar and chop for 4 seconds at speed 4.

Add the sugar and cinnamon if desired, and program for 30 minutes at 100° and speed 2.

If the texture is not to your liking, program for 5-10 minutes more.



TIP

Place the basket upside down on top of the lid instead of the cup so that it evaporates.
If you want the texture to be more solid, you can add a teaspoon of agar agar coffee.

Mandarin Marmalade

INGREDIENTS:

800 g of peeled mandarins
550 g of sugar
1 lemon
1 small apple

PREPARATION:

Peel the mandarins, remove the seeds if they had any and as much of the white strands as possible. Put them in the jug.

Add the lemon without any skin or seeds, the apple peeled and cut into small pieces, the sugar and process for a few seconds at speed 6 until it looks like a purée.

Program for 30 minutes at 100° and speed 1.

If the time is over, the texture is not what you want, program for another 5-10 minutes at 100° and speed 1



TIP

Place the basket upside down on top of the lid instead of the cup so that it evaporates. If you want the texture to be more solid, you can add a teaspoon of agar agar coffee.

Apple Marmalade

INGREDIENTS:

600 g of apples
400 g of sugar
The juice of half a lemon
1 teaspoon of cinnamon (optional)

PREPARATION:

Peel the apples, remove the core and place in the jug along with the sugar and the juice of the half lemon.

Blend for a few seconds until there are no large pieces, add the teaspoon of cinnamon and program for 25 minutes at 100° and speed 1.

TIP

Place the basket upside down on top of the lid instead of the cup so that it evaporates.

If you want the texture to be more solid, you can add a teaspoon of agar agar coffee.

Orange Marmalade

TIP

Place the basket upside down on top of the lid instead of the cup so that it evaporates.

If you want the texture to be more solid, you can add a teaspoon of agar agar coffee.

INGREDIENTS:

500 g of oranges
1 large carrot
1 large, well-peeled, seedless lemon
500 g of sugar

PREPARATION:

Peel The oranges, only the orange part. Place the skin of one of them in the jug with the pulp of the oranges (without any white part) and the rest of the ingredients. Process for 6 seconds at speed 4.

Then, program for 20 minutes at 100° and speed 1. If it is very liquid, program for 5 to 10 more minutes longer at 100° and speed 1.

Once finished and it is at desired thickness, blend to taste.

Tomato Mermelada

INGREDIENTS:

1 kg of ripe tomatoes
200 g of sugar
1 pinch of salt
1 lemon peel

PREPARATION:

Put all the ingredients in the jar, (whole and unpeeled tomatoes). Blend everything at speed 5-9 progressively for 10 seconds. Program for 20 minutes at 90° and speed 1. If it does not have the desired texture, program for 5 to 10 minutes more at the same speed.

TIP

Place the basket upside down on top of the lid instead of the cup so that it evaporates. If you want the texture to be more solid, you can add a teaspoon of agar agar coffee.

Smoothies and Juices



Avocado Smoothie

INGREDIENTS:

- 2 avocados
- 4 Greek yoghurts
- The juice of 4 oranges
- 2 mint leaves
- 1 tablespoon of brown whole cane sugar

PREPARATION:

Peel and chop the avocados, removing the stone. Put the avocado, yoghurts, orange juice, a couple of mint leaves and a spoonful of sugar in the jug. Beat at speed 5 until you get an evenly mixed, creamy mixture. Add more sugar if required.

Set aside in the fridge for a few minutes before serving.

It can be served with ice cubes to make it even more refreshing.

Hazelnut Smoothie

INGREDIENTS:

- 250 g of hazelnut ice cream
- 1 litre of milk
- 60 g of brown sugar
- whipped cream

PREPARATION:

Place cold milk, hazelnut ice cream and whole cane brown sugar in the jug. Select speed 4-5 until it becomes a frothy and evenly mixed cream, without lumps.

Taste and if necessary add a little more sugar.

Serve the smoothie in individual cups and decorate with a little whipped cream.

Optional:

On top of the cream you can sprinkle some cocoa powder or cinnamon.

Coffee Smoothie

INGREDIENTS:

2 tablespoons of soluble coffee
400 ml cold milk
1 tablespoon of brown sugar
300 g of vanilla ice cream
whipped cream
coffee powder

PREPARATION:

Place the soluble coffee, milk, vanilla ice cream and brown sugar in the jug.

Beat at speed 5 until you get an evenly mixed, creamy mixture. If it turns out very bitter, you can add sugar.

Serve the smoothie in individual glasses and decorate with whipped cream and powdered coffee sprinkled on top. Serve immediately.

Chocolate Smoothie

INGREDIENTS:

400 ml of milk
30 grams of sugar
100 grams of cocoa powder
8 ice cubes

PREPARATION:

Put all the ingredients in the jug and program at speed 4 until ice is well crushed.

Serve very cold.

Coconut and Raspberry Smoothie

INGREDIENTS:

400 ml coconut milk
250 g raspberries
250 ml apple juice
350 g of brown sugar

For the raspberry coulis:

250 g of raspberries
200 g of white sugar
100 ml of water

PREPARATION:

Clean the 500 g of raspberries well and remove the stalks, if they have them. Set some aside for the final presentation of the smoothie. Put the coconut milk, brown sugar, orange juice and 250 g of raspberries in the jug. Blend at speed 5 until you get a smooth liquid. Set aside in the fridge.

Then make the coulis. Place the remaining 250 g of raspberries, sugar and water in the jug. Set the temperature at 80°, the speed at 2, and the time for 15 minutes (if it is not completely processed, press the TURBO button a few seconds). Allow to cool in the refrigerator.

When serving, pour in the raspberry coulis to cover a lot of the glass, then pour in the coconut smoothie and decorate with some whole raspberries, or cut them into quarters, and place them with a toothpick...

Strawberry Smoothie

INGREDIENTS:

2 sweetened Greek yoghurts
3 tablespoons of brown sugar
8 to 10 strawberries
250 gr of milk
1 spoonful of strawberry syrup

PREPARATION:

Put all the ingredients in the jug and blend for 10 seconds at speed 8.
Serve decorated with strawberries.

Vanilla Ice Cream Smoothie

Nougat Ice Cream Smoothie

INGREDIENTS:

500 grams of nougat ice cream
250 grams of milk

PREPARATION:

Put the nougat ice cream and the milk in the jug
Program for 30 seconds to beat at a progressive
speed of 7 to 9
Serve very cold.

INGREDIENTS:

300 gr of milk
250 gr. of vanilla ice cream
20 gr. of icing sugar (you can make
this from sugar in the lady master
millennium)
cocoa, to sprinkle

PREPARATION:

Put the milk, ice cream and icing sugar
in the jug and program for 40 seconds at
progressive speed 5-7-9..
Serve in glasses or cups and sprinkle
cocoa powder on top.

Horchata Smoothie



INGREDIENTS:

1 litre of very cold horchata
2 egg whites
100 grams of cocoa powder
130 grams of sugar
1 teaspoon of ground cinnamon

PREPARATION:

Put all the ingredients in the jug and program for 40 seconds at speed 7.

Serve the horchata smoothie immediately in glasses decorated with a slice of banana.
Serve very cold.

Kiwi Smoothie



INGREDIENTS:

750 g kiwi
1 1/2 litres of milk
150 g of brown sugar
150 g of crushed ice
Mint leaves
Sugar

PREPARATION:

Peel and clean the kiwis well, making sure there are no hard parts of peel. Chop and set some aside to decorate the smoothie at the end.

Put the kiwi, milk, brown sugar and crushed ice in the jug. Beat at speed 5, until it is a smooth mixture with a little froth. If necessary, add some more sugar.

Serve the smoothie in individual glasses and decorate with pieces of kiwi and mint leaves.

Leave for a few minutes in the refrigerator before serving.

Lime Smoothie

INGREDIENTS:

- 400 g of lime ice cream
- 1 litre of milk
- 1 lime
- 300 g of brown sugar
- 50 g of ice
- 10 mint leaves

PREPARATION:

Grate the skin of the lime, put to one side, cut the lime and squeeze, and put the lime juice to one side.

Then put the lime ice cream, milk, brown sugar, ice, 2 large leaves of mint and lime juice in the jug. Beat by selecting speed 5 until you get a fine and evenly mixed cream, without pieces of ice cream.

Taste and if necessary add a little more sugar. Serve immediately in individual glasses decorating with 2 mint leaves in each glass and sprinkle with lime zest.

Fruit cocktail Smoothie

INGREDIENTS:

- 2 peaches in syrup
- 2 bananas
- 2 kiwis
- 1 tablespoon of honey
- 1 cup of raspberries
- 1 cup of currants
- Ice cubes
- 1 glass of water

PREPARATION:

Peel the bananas and the kiwis and cut into pieces them together with the peaches. Place them in the jug along with the raspberries and currants (set aside some currants and a slice of kiwi to decorate). Blend at speed 4. When finished, add water, honey and two or three ice cubes and select speed 4 for 1 minute.

Pour into a few glasses and decorate with some slices of kiwi and currants.

Mango and Mandarin Smoothie

INGREDIENTS:

- 1 mango
- 3 mandarins
- 1 cup of milk
- 1 natural yoghurt
- 2 tablespoons of honey

PREPARATION:

First peel the mango and cut it into pieces. Peel the mandarins in a spiral, setting aside the peel for the final decoration.

Once peeled, split into wedges and chop. Then place the mango and mandarins in the jug along with the milk, yoghurt, honey and beat at speed 5 until you get a smooth cream, without many lumps. Add more honey if required.

Strain the smoothie and serve in individual cups decorating with the twist of mandarin peel.

Mango, Orange and Pineapple Smoothie

INGREDIENTS:

- 1 ripe mango, only the pulp, in pieces and frozen
- 1 peeled orange, with no white part or seeds
- 3 slices of pineapple in juice or fresh
- 100g of sugar
- 1 litre of full-fat or skimmed milk

PREPARATION:

Put the mango pulp, orange, pineapple and sugar in the jug and set for 30 seconds at progressive speed 5-9.

Push down any fruit that is left on the insides of the jug.

Program at speed 5 without programming time and add milk through the nozzle.

Serve immediately.

SUGGESTION
Mango can be replaced by frozen peach in syrup.

Apple Smoothie

INGREDIENTS:

2 Australian golden apples
150 g vanilla ice cream
300 ml of milk
50 g of brown sugar

PREPARATION:

Peel the apples, chop them and remove the core. Place the apple pieces, milk, brown sugar and vanilla ice cream in the jug. Beat by selecting speed 5 until you get a fine and evenly mixed cream, with the ice cream completely melted. If necessary, add a little sugar.

Serve immediately in individual cold glasses.

Peach Smoothie

INGREDIENTS:

4 peaches
200 g of peach or mango ice cream
1 litre of milk
4 tablespoons of honey

PREPARATION:

First peel and chop the peaches into medium-sized pieces. Place them in the jug with the milk, the peach or mango ice cream and the 4 tablespoons of honey. Beat at speed 5, making sure that the ice cream is well melted and the smoothie is smooth and creamy. Add more sugar if required.

Leave for a few minutes in the refrigerator before serving. Serve the smoothie in individual glasses.

Melon Smoothie

INGREDIENTS:

1 melon, 1 and a half kilos
1/2 litre of liquid cream
150 g of cane honey
150 g white chocolate
24 mint leaves

PREPARATION:

First peel the melon very well, remove the seeds and cut into medium-sized pieces.

Place it in the jar and add the liquid cream, honey and 8 mint leaves and process at speed 5 until it is very smooth.

Separately, melt the white chocolate in a saucepan, without it coming to boil and take care that it does not stick. Mix it with whipped melon cream while hot and set aside in a bowl, leaving it to cool for about 30 minutes.

Finally, when serving, give it a few pulses of turbo to get it back to the right texture.

Serve in individual glasses and decorate with two mint leaves each.

Mint Smoothie

INGREDIENTS:

½ litre of milk
100 g of brown sugar
1 glass of crushed ice
2 strawberries
For the mint syrup:
1 bunch of mint
250 ml of water
250 g of white sugar

PREPARATION:

Wash the bunch of mint and set aside 4 mint leaves for the final decoration. Remove the rest of the leaves from the stalks and place in a jug with the 250 g of white sugar and the 250 ml of water. Program at 90° for 10 minutes at speed 2. Stir and then strain the resulting syrup and let it cool in the refrigerator for 30 minutes.

Then put the cold mint syrup, milk, brown sugar and crushed ice in the jug and process everything with at speed 5 until there is almost no ice left.

Try the smoothie and add some more brown sugar if desired.

When serving, cut each of the strawberries in 4 slices and place them in the bottom of each glass resting against the sides, add the smoothie and decorate with some mint leaves.

Papaya Smoothie

INGREDIENTS:

400 g papaya
2 Greek yoghurts
500 ml of milk
150g of crushed ice
1 tablespoon of honey
8 mint leaves

PREPARATION:

First peel the papaya, remove the black seeds, cut into pieces and put in the jug. Add the milk, yoghurt, crushed ice and spoonful of honey.

Beat at speed 5 until the ice has melted and it becomes a smooth cream without lumps.

Serve immediately in individual glasses decorated with 2 mint leaves.

Pineapple Smoothie

INGREDIENTS:

1 fresh pineapple
4 pineapple yoghurts
4 oranges
4 tablespoons of honey
150g of crushed ice

PREPARATION:

First peel and remove the heart of the pineapple. Then cut the pineapple into slices, putting one aside to decorate.

Cut the remaining pineapple in half and put it in the jar, add the yoghurt and honey.

Separately, squeeze the four oranges and add the juice to the jug.

Finally, add the crushed ice. Beat at speed 5 until you get a fine and evenly mixed cream.

Serve in four glasses and decorate each glass with a mini pineapple skewer.

Valencian Banana Smoothie

INGREDIENTS:

2 bananas
125 ml of tigernut horchata
40 g peeled almonds
50 g of chocolate
1 pinch of cinnamon

PREPARATION:

Peel the bananas, cut them into slices and put them in the jug. Add the horchata and blend at speed 4.

Divide the smoothie among the glasses, add the chopped almonds and sprinkle a pinch of cinnamon and a little grated chocolate on top of each.

Banana and Chocolate Smoothie

INGREDIENTS:

4 bananas
700 ml of milk
3 teaspoons of cocoa powder
150 g of brown sugar
Chocolate syrup

PREPARATION:

First peel and chop the bananas and put them in the jug. Add the milk, along with the brown sugar and cocoa powder. Beat at speed 5, until it is a smooth cream, without any lumps of cocoa. If necessary, add a little sugar.

Decorate the inside of four individual clear glasses with a drizzle of chocolate syrup and then add the smoothie. Serve immediately.

Banana Smoothie

INGREDIENTS:

200 gr of ripe bananas
35 gr of sugar or sweetener
100 gr of ice cubes
200 gr of cow or soy milk

PREPARATION:

Put all ingredients except milk and program for 40 seconds at speed 5.
Add the milk through the nozzle and beat for 30 seconds at speed 5.

Watermelon and Mint Juice

INGREDIENTS:

400 gr. of frozen watermelon
1/2 lemon without peel or seedless
4 mint leaves
80 gr. of sugar

PREPARATION:

Add all the ingredients to the jug and blend at a progressive speed of 5 to 9.

Watermelon Smoothie

INGREDIENTS:

700 g of watermelon
700 ml of milk
100 g of brown sugar
Mint leaves

PREPARATION:

First cut the watermelon into medium pieces and remove the seeds. Put the watermelon in the jug along with the milk, brown sugar and beat at speed 5 until you get a smooth and creamy smoothie.

Then, serve the smoothie in four individual glasses, decorate with a long wedge of skinless watermelon and let rest a few minutes in the refrigerator before serving.

Summer Smoothie

INGREDIENTS:

4 natural yoghurts
16 strawberries
Grenadine
A few drops of lemon
1 tablespoon of sugar
Mint leaves
Rind of 1 lemon

PREPARATION:

Clean the strawberries, remove the stalk and place them in the jug. Add the yoghurts, sugar and a few drops of lemon. Select speed 5 until you get the desired texture.

Place 1 teaspoon of sugar on a plate and pour the grenadine syrup into another. Coat the rim of each glass with a little grenadine and then with sugar.

Serve the smoothie decorated with mint leaves and lemon rind.

Tropical Smoothie

INGREDIENTS:

1 slice of pineapple
2 kiwis
1/2 avocado
1 glass of pineapple juice
1 sheet of puff pastry
4 tablespoons of sugar
cinnamon
sprig of mint

PREPARATION:

Peel the kiwis, avocado and pineapple. Cut all the fruit into pieces and put them in the jug. Add a spoonful of sugar, a pinch of cinnamon and a sprig of mint. Blend at speed 5 until it is to your taste. Transfer everything to a bowl and cover it with plastic film. Place the smoothie in the refrigerator and let cool. Set aside.

To accompany the shake, cover the baking tray with baking paper. Sprinkle a spoonful of sugar on top, place the sheet of puff pastry and cut it into strips. Sprinkle another spoonful of sugar over the puff pastry and cover it with baking paper. Bake at 200°C for about 10 minutes.

Serve the tropical fruit smoothie in a glass with the rim dressed with grenadine and sugar, with the baked slices of puff pastry and a few pieces of pineapple and kiwi.

To decorate:
2 tablespoons of grenadine
pineapple chunks
pieces of kiwi
2 tablespoons of sugar

Meringue Milk

INGREDIENTS:

200 grams of sugar
the skin of a lemon, only the yellow part
200 grams of evaporated milk
80 grams of milk powder
1 egg white
650 grams of ice cubes
ground cinnamon

PREPARATION:

Put the sugar in the jug and program for 15 seconds at progressive speed 5-7-9.

Add the lemon peel to the jug and program for 15 seconds at progressive speed 5-7-9.

Add evaporated milk, milk powder, egg white and ice cubes and program for 1 minute at progressive speed 5-7-9.

Pour the meringue milk into the glasses and sprinkle with cinnamon.

Slushes



Valencia Water

INGREDIENTS:

8 to 12 oranges

Half a bottle of cava

A glass full of rum, gin and Cointreau (mixed proportionally, that is, a third of a glass of each liquor)..

100 g of sugar

Ice

PREPARATION:

Put the oranges, peeled and cut into quarters, in the jug, add the sugar with half the ice. Program for 1 minutes at speed 10.

Add the rest of the ice and crush at speed 9 for 1 minute. Program for another 1 minute at speed 3 and add the glass of liquors and the cava little by little.

Coffee and Drandy Slush

INGREDIENTS:

1 large bottle of condensed milk

1 cup of Nescafé

40g of cognac

1kg of ice

PREPARATION:

Put all the ingredients in the jug except the ice and mix a few seconds at speed 6.

Add the ice and crush at progressive speed 5-9.

Slush Coffee

INGREDIENTS:

500 g of ice cubes.
150 g of brown sugar (white is fine)
250 ml of water
1 cup of soluble coffee (you can substitute water and soluble coffee for 250 ml of home-made coffee, but it has to be strong coffee and be cold so as not to melt the ice)

PREPARATION:

Place the ice in the jug and process for 30 seconds, at progressive speed 5/9.
Add the soluble coffee with water and sugar and mix for 1 minute at speed 2.

Lemon Slush

INGREDIENTS:

4 medium lemons
Zest of 1 lemon
130 g of sugar
400 g of cold water
600 g of ice cubes

PREPARATION:

Put the sugar in the jar and program for 20 seconds at speed 9 to make it into a powder. Add the lemon zest and program for the same time and speed.

Peel the lemons perfectly, removing all the white pith possible, otherwise it will make the juice bitter. Cut them in half and carefully remove all the seeds.

Put the peeled lemons in the jug along with the sugar and the cold water, and program for 2 minutes at speed 9..

Add the ice cubes and program for 15 seconds at speed 6 or until the ice is crushed as you like.

Orange and Rum Slush

INGREDIENTS:

2 juicing oranges
100 g of sugar
20 g of dark rum
300 g of water
400 g of ice cubes

PREPARATION:

Remove the oranges peels and place in the jar along with the sugar and water. Give 3 pulses of turbo. Strain and set aside. Wash the jug and put the orange juice back in together with the rum and ice. Blend at speed 6 until the ice stops hitting the insides of the jug (approximately 15").

Watermelon Slush

INGREDIENTS:

150-200 g of sugar
1 peeled lemon with no white part and no seeds.
500-700 g of watermelon without seeds
600 g of ice cubes

PREPARATION:

First pour add sugar and process at speed 5-9 for about 10 seconds until it becomes icing sugar. Take out and put aside.

Using the unwashed jug, add the peeled lemon and the watermelon, both without seeds; program at 5-9 speed progressively for about 40 seconds.

Add the sugar and mix at speed 5 for between 5 and 10 seconds.

Then, add the ice at a speed of 5-9 until you no longer hear the cubes (about 10-20 seconds) and then it is ready to serve.

SUGGESTION

if you want it to have a harder texture to eat with a spoon leave it in the freezer for about 2-3 hours.

Nougat Slush

INGREDIENTS:

½ tablet Jijona nougat
200 g of evaporated milk
100 g of sugar
the peel of one lemon, only the yellow part
500 g of ice

PREPARATION:

Put the sugar and lemon zest in the jug and blend well. Add the chopped nougat and the evaporated milk.

Select progressive speed 5-9 until it is well chopped. Add the ice and blend at speed 9, stirring from time to time with the spatula. Serve in glasses with chocolate sprinkles.

Cava Sorbet

INGREDIENTS:

700 g of lemon ice cream
700 g of cava
150 g of orange juice
100 g of lemonade
500 g sweet whipped cream

PREPARATION:

Add all of the ingredients to the jug and program for 2 minutes at speed 4.

Decorate with thin slices of lemon and mint leaves.

Curd Sorbet

INGREDIENTS:

1 litre of milk frozen into cubes
2 curds
1 sachet of curd
200 gr. of sugar
cinnamon (to taste)

PREPARATION:

Put all of the ingredients into the jug and blend at a progressive speed of 5-7-9 for 1 minute or until you have the desired texture.

Green Apple, Lime and Mint Sorbet

INGREDIENTS:

Ingredients
250 gr of sugar
1 pinch of salt
3 well-peeled limes (no white part)
20 washed mint leaves (set some aside to decorate the glasses)
2 peeled green apples.
80 gr. of apple liqueur.
Ice (fill the glass to the max. mark and add more after blending)

PREPARATION:

Put all the ingredients in the jug and blend at maximum speed. If it is not thick add more ice. Serve in glasses with mint leaves.