

**Micro**



**magimix**<sup>®</sup>



PULSE

Micro  
**magimix**



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**PLEASE READ THE SAFETY INSTRUCTIONS CAREFULLY  
(P.3) BEFORE USING YOUR APPLIANCE**



- Read all instructions thoroughly.
- Before switching on your appliance, make sure that the voltage of your mains supply corresponds to that shown on the identification plate (underneath the motor unit).
- It is not a toy and has not been designed for use by children.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children must not play with the appliance. Cleaning and user maintenance shall not be performed by children without supervision.
- Never allow the power cord to dangle over the edge of the worktop. Never let it come into contact with a hot or wet surface. Keep the appliance and its cord out of reach of children
- If the supply cord is damaged, it must be replaced by the manufacturer, a service agent or similarly qualified persons in order to avoid a hazard.
- The use of parts not recommended or sold by Magimix may result in injury or electric shocks.
- Should any of the parts or accessories become cracked, mis-shapen or undergo a change in dimension, they must be replaced.
- Always unplug your appliance after use, before adding or removing accessories and before cleaning it.
- Always handle the metal blades with great care as they are extremely sharp.
- Never place the metal blades on the motor shaft until the bowl has been properly positioned.
- Check that the lid is completely horizontal and locked into position before switching on your appliance.
- Never use the appliance outside.
- This appliance is designed solely for domestic use.
- Never put your hands or a utensil inside the bowl when the product is in use to avoid the risk of serious injury and to avoid damage to the product.
- Make sure the motor has completely stopped before cleaning.
- Never attempt to interfere with the security mechanism.
- The following usages are not covered by the warranty: in kitchen areas reserved for personnel in shops, offices and other workplace environments, on farms, by the patrons of hotels, motels and other commercial environments of a residential nature, and in bed and breakfast-type environments.
- Be careful if hot liquid is poured into the chopper as it can be ejected out of the appliance due to a sudden steaming.
- Caution: misuse of the Micro may result in injury.

## INTRODUCTION

Magimix invented the food processor more than 40 years ago and has used all its experience to design the Micro - an invaluable addition to your kitchen when it comes to all those small every day tasks.

Simple and effective, 2 blades, 1 button and dishwasher safe, the Micro allows you to chop, puree, blend and mix with ease.

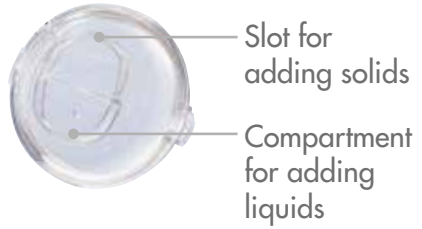
In the blink of an eye, prepare a variety of sauces and dressings or an entire range of quick and wholesome homemade meals for your baby.

We would like to thank you for choosing a Magimix product and hope that it will give you full satisfaction and enjoyment.





Lid



Slot for adding solids

Compartment for adding liquids



Sabatier stainless steel metal blade for chopping and blending



Emulsifying attachment for mixing and sauce-making



Bowl



Spatula



Motor shaft

PULSE button

Motor unit\*

\*You can adjust the length of the power cord. Thread it through the specially designed notches on the underside of the base to avoid vibrations.

# HOW TO USE YOUR APPLIANCE

Carefully wash all the parts (except for the motor unit) before using your appliance for the first time.



Lock the bowl onto the motor unit.



Place the chosen accessory on the motor shaft.



Add the ingredients.



Lock the lid into position.



Press the PULSE button.



When the blades have stopped, it is safe to open the lid.

1 pulse = press the PULSE button for 1-2 seconds and release.



**The metal blades are extremely sharp. Always hold them using the central hub.**





Add liquid via the liquid compartment in the lid.



Add solids via the slot in the lid.



If necessary push the food down with a spatula, lock lid and press the pulse button 2/3 times.



When pouring out contents of the bowl ensure you place one finger on the hub of the blade.

### **PULSE mode**

The appliance automatically stops when you release the pressure on the pulse button. This means that you remain in complete control of the chopping and blending operations.

### **Continuous mode**

To achieve a more even texture or to blend certain ingredients, keep your finger on the button for several seconds. We have not added an «on» button to avoid over chopping or blending.

### **Double failsafe**

If the bowl and lid are not closed or properly locked into position, the appliance will not start.

Do not leave the lid in the locked position when the appliance is not in use.

# PROCESSING CAPACITIES

	Max.		Mode*		Advice
	Quantity	Time**	P	C	
onion, shallot	$\frac{2}{3}$ bowl	20 s	•		cut into 4 pieces
garlic	$\frac{2}{3}$ bowl	20 s	•		
fresh herbs	$\frac{2}{3}$ bowl	20 s	•		
ham	200 g	20 s	•		cut into 2 cm pieces
meat	350 g	15 s		•	cut into 2 cm pieces
cheese	200 g	50 s		•	cut into 2 cm pieces
walnuts, hazelnuts	200 g	25 s	•		
fruit	$\frac{2}{3}$ bowl	35 s	•		cut into 2 cm pieces
vegetables	$\frac{2}{3}$ bowl	35 s	•		cut into 2 cm pieces
rusks	50 g	30 s	•		broken rusks

## As a rule

- Cut the produce into 2 cm pieces.
- Do not fill the bowl more than  $\frac{2}{3}$  full.
- If you want to combine solids and liquids, process the solids first, then add the liquids.

\*P mode = Pulse mode

C mode = Continuous mode

\*\*The times shown here are only approximate: you will need to adapt the length and number of pulses according to the desired result.



**Never use the Micro to chop hard ingredients such as nutmeg as you may cause damage to the product.**



Always unplug your appliance before cleaning it.



Use a soft sponge with hot water and washing-up liquid to clean the attachments.



Accessories: use a bottle brush to clean the bases of the accessories.



Motor unit: wipe it with a soft, damp cloth.

To preserve the appearance of the detachable parts and make them last as long as possible, make sure you follow these recommendations:

- Dishwasher: select the minimum temperature (below 40°C / 100°F) and avoid the drying cycle (generally above 60°C / 140°F).
- Washing by hand: do not leave the parts to soak in detergent for too long. Avoid abrasive products (e.g. Brillo, pads).
- Detergents: read the instructions for use to check their compatibility with plastic items.

**Wipe after washing.** Be sure to wipe your stainless steel parts to avoid oxidation marks. They do not affect the quality of the blades. Some produce such as carrots can stain plastic. Rubbing with a piece of paper towel and a little vegetable oil will remove most of the staining.



**Never immerse the motor unit in water. Always handle the blades with care, as they are extremely sharp.**

# HOW TO READ THE RECIPES

Difficulty of the recipe:  very easy       easy

Measurements:

1 bowl = 250-300g

tsp = teaspoon

tbsp = tablespoon

 Using the metal blade

 Using the emulsifying attachment

1 pulse = press the PULSE button for 1-2 seconds and release.

## LIST OF RECIPES

- **The essentials** ..... 11
- **Everything for the well-dressed salad** ..... 20
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# CLASSIC MAYONNAISE



PREPARATION : 5 min

1 BOWL

ACCESSORY:



- |                              |                           |
|------------------------------|---------------------------|
| 2 egg yolks                  | salt and pepper           |
| 1 tbsp strong mustard        | 2 tbsp vinegar (optional) |
| 300ml olive or sunflower oil |                           |

- 1 Place the egg yolks, mustard, salt, pepper and 1 tbsp of oil in the bowl and pulse 3 times.
- 2 Then, keeping your finger on the pulse button (continuous mode), slowly drizzle the oil through the feed tube until the mayonnaise is the right consistency (for 30 seconds).

Tip: For best results all the ingredients must be at room temperature. You may wish to add 2 tbsp of vinegar or lemon juice, near to the end of the blending process. Use a whole egg to achieve a softer consistency.

# FAT-FREE MAYONNAISE



PREPARATION : 5 min

1 BOWL

ACCESSORY:



- |                            |                 |
|----------------------------|-----------------|
| 2 hard boiled egg yolks    | 1 tsp vinegar   |
| 1 tsp strong mustard       | salt and pepper |
| 220g low fat fromage frais |                 |

- 1 Place the egg yolks in the bowl and pulse 3 times.
- 2 Add the other ingredients and pulse 4/5 times until the mayonnaise is smooth.

# AÏOLI SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORIES:



- 1 bowl mayonnaise
- 3 garlic cloves

- 1 Peel the garlic cloves, cut them in half and discard the central shoots.
- 2 Chop the garlic in the Micro bowl (5/6 pulses).
- 3 Prepare the mayonnaise as indicated above.

Tip: Serve with steamed vegetables, cold cooked fish, hard boiled eggs, etc.

# BÉARNAISE SAUCE



PREPARATION : 10 min

1 SMALL BOWL

ACCESSORY:

COOKING : 10 min

- |                     |                 |
|---------------------|-----------------|
| 2 shallots          | 2 egg yolks     |
| 2 sprigs tarragon   | 50ml vinegar    |
| 100g chilled butter | salt and pepper |

- 1 Chop the shallots and tarragon in the Micro bowl (4/5 pulses).
  - 2 Place this mixture, together with the vinegar, salt and pepper, in a small, thick-bottomed saucepan. Over a low heat, reduce the ingredients to half their original volume and then pour into the bowl.
  - 3 Add the egg yolks and pulse 3 times.
  - 4 Add the diced butter and pulse 8 times until the sauce is the right consistency.
- Tip: Serve with any type of grilled meat.

# RÉMOULADE SAUCE



PREPARATION : 10 min

1 BOWL

ACCESSORIES:

- 1 bowl mayonnaise
- 1 tbsp mustard
- 1 shallot

- 1 Blend the shallot (5/6 pulses).
- 2 Prepare the mayonnaise as indicated p.12.
- 3 Gently fold the chopped shallot and the mustard into the mayonnaise. Pulse 2/3 times.

Tip: Serve with salad ingredients such as grated celeriac and shredded red cabbage, or with cold hard boiled eggs and cooked fish.





## COCKTAIL SAUCE



PREPARATION : 10 min

1 BOWL

ACCESSORY:



- |                       |                       |
|-----------------------|-----------------------|
| 1 bowl mayonnaise     | 1 tsp Worcester Sauce |
| 1 tbsp tomato ketchup | 2 drops Tabasco sauce |
| 1 tbsp port or cognac | 1 tbsp crème fraîche  |

- 1 Make the mayonnaise using our classic recipe (p.12)
- 2 Add the other ingredients and pulse 5/6 times until the sauce is the right consistency.

Tip: Serve with avocado pear, prawns, etc.

## RAVIGOTE (GREEN HERB) SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



- |                       |                                |
|-----------------------|--------------------------------|
| 1 tsp grain mustard   | 1 shallot                      |
| 50ml red wine vinegar | chervil, tarragon, flat-leaved |
| 100ml sunflower oil   | parsley, etc.                  |

- 1 Cut the shallot into quarters
- 2 Place in the Micro bowl with the vinegar, mustard and herbs. Pulse 10 times, then switch to continuous mode and drizzle the oil through the feed tube.

Tip: Add all the fresh herbs you can find.

Serve with brawn and jellied or grilled meat.

## ROUILLE SAUCE



PREPARATION : 10 min

1 BOWL

ACCESSORY:



- |                     |                          |
|---------------------|--------------------------|
| 2 garlic cloves     | 1 pinch powdered saffron |
| 2 egg yolks         | 1 pinch Cayenne pepper   |
| 200ml olive oil     | salt and pepper          |
| 1 tbsp tomato purée |                          |

- 1 Peel the garlic cloves, cut them in half and discard the central shoots. Put them in the Micro bowl.
- 2 Add egg yolks, saffron, Cayenne pepper and a little salt and pepper.
- 3 Then, switching to continuous mode (for 20 seconds), drizzle the olive oil through the feed tube.
- 4 Open the lid and add the tomato purée. Give a few final pulses to mix it in well.

Tip: You can substitute saffron with paprika. Serve with Mediterranean fish stew (bouillabaisse) and fried or poached fish.

# TARTAR SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORIES:



- 1 bowl mayonnaise
- 4 gherkins
- 2 tbsp capers

- 1 small spring onion
- parsley, chives, chervil
- salt and pepper

- 1 Place the gherkins, capers, onion and herbs in the Micro bowl. Pulse 5/6 times.
  - 2 Prepare the mayonnaise as indicated p.12.
  - 3 Gently fold the mixture into the mayonnaise. Pulse 2/3 times. Season to taste.
- Tip: Serve with raw fish, cooked fish or beef.

# GARLIC BUTTER



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



- 125g soft butter
- 2 garlic cloves

- ½ bunch parsley
- salt and pepper

- 1 Place the parsley and garlic in the bowl and pulse 5/6 times.
- 2 Add the diced soft butter. Switch to continuous mode about 1 min.
- 3 Season and blend for a further 30 seconds.

Tip: This butter can be used to flavour steamed vegetables or to make garlic bread but also for stuffing snails.



# PESTO



PREPARATION : 10 min

1 BOWL

ACCESSORY:

- |                       |                 |
|-----------------------|-----------------|
| 2 small garlic cloves | 100ml olive oil |
| 1 bunch basil         | salt and pepper |
| 50g Parmesan cheese   |                 |
| 50g pine nuts         |                 |

- 1 Wash the basil, remove the leaves and pat them dry.
- 2 Peel the garlic cloves, cut them in half and remove the central shoots.
- 3 Place the garlic, basil, pine nuts, Parmesan cheese, pepper and 1 tsp salt in the bowl. Pulse approximately 10 times to obtain a smooth mixture.
- 4 Switch to continuous mode and add the olive oil via the feed tube.

Tip: Delicious with pasta.

# FISH MARINADE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:

- |                             |                 |
|-----------------------------|-----------------|
| 1 lemon juice               | 50ml olive oil  |
| 1 tbsp pink peppercorns     | salt and pepper |
| 1 sprig flat-leafed parsley |                 |
| 4 chive leaves              |                 |

- 1 Place the pink peppercorns and herbs in the Micro bowl and pulse 4/5 times. Then, blending continuously for 20 to 40 seconds. Add the lemon juice and olive oil via the feed tube.
- 2 Season according to taste.

Tip: Pour this marinade over minced or sliced raw fish (carpaccio) and leave for approximately 2 hours in the refrigerator before serving.



# HARISSA



PREPARATION : 15 min

1 BOWL

ACCESSORY:

250g red chilli peppers

1 garlic clove

1 tsp coriander seeds

1 tsp caraway

5 tbsp olive oil

1 tsp salt

1 tsp cumin (optional)

- 1 Deseed the chilli peppers, rinse and drain several times in a sieve. Place them in the Micro bowl with the garlic cut into quarters and pulse 6/7 times.
- 2 Add the other ingredients and pulse a further 4/5 times.

Tip: Transfer the harissa to a small lidded container and cover with 3 tbsp olive oil. The harrisa will keep for several weeks in a sealed container in the refrigerator. Dilute with a little stock and add to couscous, soups and dried meat.

# VANILLA SUGAR



PREPARATION : 5 min

TO MAKE 250G

ACCESSORY:

250g caster sugar

1 vanilla pod

- 1 Place the vanilla pod in the bowl. Pulse 10 times to reduce it to a paste.
- 2 Add the sugar and give a further 4/5 pulses to achieve a smooth mixture.

Tip: You can combine the vanilla with ground cinnamon. Use the sugar to flavour your desserts (fruit tarts, crème brûlée, etc.).





## SAUCE FOR ASPARAGUS



PREPARATION : 5 min

1 BOWL

ACCESSORY:



3 tbsp fromage frais  
2 tbsp orange juice  
1 tsp cider vinegar

3 chive leaves  
salt and pepper

- 1 Place all the ingredients in the bowl (except for the chives). Pulse 5/6 times, then blend for 5 seconds.
- 2 Scatter with snipped chives just before serving.

Tip: for a lighter sauce, add an egg white.

## BLUE CHEESE SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORY:



2 tbsp sherry vinegar  
100ml olive oil  
75g blue cheese

40g hazelnuts  
salt

- 1 Chop the nuts in the Micro bowl (6/7 pulses).
- 2 Add the crumbled blue cheese, vinegar and a pinch of salt, then pulse 2/3 times.
- 3 Blend for approximately 15 seconds while you add the olive oil via the feed tube.

Tip: Delicious with a chicory salad.



# PLUM SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



½ tsp grain mustard

1 tsp plum jam

½ pot (60g) smooth yoghurt

1 tbsp vodka

1 tsp orange juice

- 1 Place all the ingredients in the bowl, pulse 4/5 times, then blend for 10 seconds.

Tip: Delicious with all kinds of ham and pork (e.g. chops).

# CURRY SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORY:



6 tbsp crème fraîche

1 tsp curry powder

3 tsp lemon juice

- 1 Place all the ingredients in the bowl and pulse 3/4 times.

Tip: A delicious dressing for chicken or palm heart salad. You can replace the lemon juice with a tsp of grain mustard.







## GREEN SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:

- |                            |                       |
|----------------------------|-----------------------|
| 50g cooked spinach         | 1 spring onion        |
| 2 hard boiled egg yolks    | 1 sprig dill          |
| 4 tbsp olive oil           | 1 sprig tarragon      |
| ½ pot (60g) smooth yoghurt | 1 sprig parsley       |
| 2 tsp vinegar              | 1 pinch grated nutmeg |
| 1 small garlic clove       |                       |

1 Place all the ingredients in the bowl, pulse 4/5 times, then blend for 10 seconds.

Tip: Delicious with fish, cold meats and pasta salads.

## GOAT CHEESE SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:

- |                      |                     |
|----------------------|---------------------|
| 100g goat cheese     | 2 tsp crème fraîche |
| 2 tbsp ricotta       | 1 tbsp lemon juice  |
| 60ml olive oil       | salt and pepper     |
| 1 small spring onion |                     |

- 1 Place the onion in the bowl, pulse 2/3 times;
- 2 Add the remaining ingredients. Press the pulse button twice, then blend for 10 seconds.

Tip: Perfect with cooked potatoes, hard-boiled eggs and chicken.

## LEMON SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:

- |                      |                       |
|----------------------|-----------------------|
| 100ml olive oil      | ½ tsp Worcester sauce |
| 3 tbsp lemon juice   | salt and pepper       |
| 2 tbsp crème fraîche |                       |

1 Place all the ingredients in the bowl. Pulse 4/5 times, then blend for 5 seconds.

Tip: This sauce goes well with every type of salad, especially sweet-and-sour combinations.

## TUNA SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:

- |   |                             |
|---|-----------------------------|
| 4 tbsp smooth fat free<br>fromage frais | 1 sprig flat-leaved parsley |
| 1 tbsp tuna in brine                    | 3 chive leaves              |
| ½ shallot                               | salt and pepper             |

- 1 Place the shallot, parsley and chives in the bowl, pulse 2/3 times.
  - 2 Add the tuna, fromage frais, salt and pepper. Blend for 10 seconds.
- Tip: A low-calorie sauce for raw vegetables.

## GRAPEFRUIT SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORY:

- |                           |                 |
|---------------------------|-----------------|
| 1 plain yoghurt (125g)    | 1 tsp chives    |
| 1 pink grapefruit, juiced | salt and pepper |
| 2 tbsp sunflower oil      |                 |

- 1 Place the yoghurt, grapefruit juice and oil in the bowl and press the pulse button 2/3 times.
  - 2 Scatter with the snipped chives and season according to taste.
- Tip: Serve with lettuce, avocado, prawns and grapefruit.





## HONEY AND MUSTARD SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



- |                      |                        |
|----------------------|------------------------|
| 1 tbsp honey         | 2 tbsp lemon juice     |
| 5 tbsp olive oil     | ½ crushed garlic clove |
| 1 tbsp grain mustard |                        |

- 1 Place the mustard, lemon juice, honey and crushed garlic in the bowl.
- 2 Press the pulse button twice.
- 3 Switch to continuous mode for about 10 seconds and add the olive oil via the feed tube.

Tip: Totally transforms a chicory and walnut salad, served with thinly-sliced chicken breast.

## YOGHURT SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORY:



- |                             |                    |
|-----------------------------|--------------------|
| 1 pot (125g) smooth yoghurt | 1 tbsp lemon juice |
| 1 tsp grain mustard         | salt and pepper    |

- 1 Simply place all the ingredients in the bowl and pulse 5/6 times.

Tip: A low-calorie seasoning for all types of raw vegetables. You can add all the fresh herbs you like.

## ISLAND SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



- |                     |                       |
|---------------------|-----------------------|
| 100ml crème fraîche | 2 drops Tabasco sauce |
| 1 lime, juiced      | salt and pepper       |
| 2 tbsp coconut milk |                       |

- 1 Place all the ingredients in the bowl and pulse 3/4 times.

Tip: Adds an exotic touch to fish-based starters.

# THAI SAUCE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:

- |                        |                       |
|------------------------|-----------------------|
| 4 tbsp lemon juice     | 1 cm fresh ginger     |
| 3 tbsp olive oil       | ½ garlic clove        |
| 1 tbsp soy sauce       | 10 basil leaves       |
| 1 tbsp sesame oil      | 1 pinch chilli powder |
| 1 pinch Demerara sugar |                       |

- 1 Peel the ginger and garlic clove and place in the bowl with the basil leaves. Pulse 5/6 times.
- 2 Add the other ingredients and give a further 3/4 pulses.

Tip: Serve with a selection of raw vegetables, such as grated carrot, bean sprouts, lettuce and shitake mushrooms.

# LATINO CHILLI SAUCE



PREPARATION : 10 min

1 SMALL BOWL

ACCESSORY:

- |                         |                  |
|-------------------------|------------------|
| 4 green chilli peppers  | 2 tbsp olive oil |
| ¼ onion                 | 3 tsp vinegar    |
| 1 sprig fresh coriander | 1 tsp rock salt  |
| 1 sprig parsley         |                  |
| 2 tbsp lemon juice      |                  |

- 1 Cut the chilli peppers open, remove the seeds and cut into 2 cm squares. Place them in the bowl with the onion, coriander and parsley. Pulse 4/5 times.
- 2 Add all the other ingredients and blend for 30 seconds.

Tip: This extremely hot sauce from Chile is perfect with fish, meat and vegetables. If you cannot stand the heat, use mild peppers!



## CITRUS VINAIGRETTE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



- |                    |                       |
|--------------------|-----------------------|
| 1 orange           | 1 tsp Worcester sauce |
| 1 lemon            | 100ml olive oil       |
| 1 tsp caster sugar | white pepper          |

- 1 Squeeze the citrus fruits and place the juice in the bowl with all the ingredients. Blend for 10 seconds.

Tip: Add a touch of sunshine to a green salad served with slices of chicken breast, smoked duck breast or grated carrot.

## CHERRY TOMATO VINAIGRETTE



PREPARATION : 5 min

1 SMALL BOWL

ACCESSORY:



- |                   |                                      |
|-------------------|--------------------------------------|
| 8 cherry tomatoes | 1 tbsp balsamic vinegar              |
| 6 tbsp olive oil  | 10 basil leaves                      |
| ½ garlic clove    | salt and freshly-ground black pepper |

- 1 Place the cherry tomatoes, basil and garlic in the bowl. Season to taste. Pulse 3/4 times, then, switch to continuous mode about 10 seconds and add the oil and vinegar via the feed tube.

Tip: A delicious dressing for pasta or bean salad.







# ANCHOVY PASTE



PREPARATION : 10 min

1 LARGE BOWL

ACCESSORY:

- |                             |               |
|-----------------------------|---------------|
| 200g anchovies in olive oil | 1 slice bread |
| 160g crème fraîche          | pepper        |
| 2 garlic cloves             | milk          |
| 1 tsp balsamic vinegar      |               |

- 1 Wipe the anchovies with kitchen paper, soak the bread in some milk, then squeeze out the excess.
- 2 Place the anchovies, bread, garlic cloves (remove the central shoot), vinegar and pepper. Blend for approximately 30 seconds to achieve a smooth paste.
- 3 Open the lid and add the crème fraîche. Blend until it is evenly mixed.

Tip: Delicious with raw vegetables.

# SARDINE AND LEMON PATE



PREPARATION : 10 min

1 BOWL

ACCESSORY:

- |                            |                              |
|----------------------------|------------------------------|
| 135g sardines in olive oil | 5 sprigs flat-leafed parsley |
| 1½ lemons                  | salt and pepper              |
| 50g butter                 |                              |
| 2 hard boiled egg yolks    |                              |

- 1 Squeeze the lemons and set aside the juice and pulp.
- 2 Drain the sardines, cut them in half and place in the bowl with the lemon juice and pulp, egg yolks, diced butter, parsley, salt and pepper.
- 3 Press the pulse button approximately 10 times.

Tip: Serve chilled on toast.

# AUBERGINE PURÉE



PREPARATION : 10 min

1 BOWL

ACCESSORY: 

COOKING: 1 HOUR

- |                      |                      |
|----------------------|----------------------|
| 1 small aubergine    | 2 tbsp olive oil     |
| 1 small garlic clove | 1 tbsp lemon juice   |
|                      | rock salt and pepper |

- 1 Preheat your oven to 180°C (gas mark 6).
- 2 Wash and dry the aubergine and pierce it with a fork. Place it in an oven dish lined with coarse salt and cook for approximately 45 min until the skin is soft and the flesh tender. Allow to cool.
- 3 Cut the garlic in half and remove the shoot.
- 4 Cut the aubergine in half, scoop the flesh into the bowl with a spoon.
- 5 Add the other ingredients and pulse approximately 10 times to obtain a smooth mixture.

Tip: You can scatter the purée with chopped black olives and serve with toasted slices of country loaf.



## CREOLE DIP



PREPARATION : 10 min

1 BOWL

ACCESSORY:

COOKING: 5 min

1 red pepper  
100ml coconut milk  
200g fromage frais

juice of ½ lime  
salt and chilli powder

- 1 Wash, deseed and chop the pepper into pieces.
- 2 Cook the pepper and coconut milk in a saucepan for approximately 5 min. Add a pinch of salt and a pinch of chilli powder. Allow to cool.
- 3 Pour into the Micro bowl, add the fromage frais, lime juice and press the pulse button 2/3 times before blending for 30 seconds.

Tip: A highly original dip for sticks of raw vegetables.

## FENNEL AND FRESH GOAT CHEESE



PREPARATION : 10 min

1 SMALL BOWL

ACCESSORY:

½ fennel bulb  
100g fresh goat cheese  
½ lemon  
chives, mint, chervil

25g hazelnuts  
dash of hazelnut oil  
salt and pepper

- 1 Chop the hazelnuts (6/7 pulses) in the bowl and set aside.
- 2 Wash the fennel, cut into small pieces and place in the bowl. Pulse a few times.
- 3 Add the lemon juice, goat's cheese, oil, herbs, salt and pepper. Pulse a further 5/6 times.
- 4 Scatter with the chopped nuts.

Tip: Serve with toasted slices of bread.



# GUACAMOLE



PREPARATION : 5 min

1 BOWL

ACCESSORY:

- |                         |                                 |
|-------------------------|---------------------------------|
| 2 ripe avocados         | 1 small onion (or spring onion) |
| 1 tbsp crème fraîche    | dash of olive oil               |
| 1 lime                  | salt and pepper                 |
| Few drops Tabasco sauce |                                 |

- 1 Cut the onion into quarters and place in the bowl. Press the pulse button 3 times.
- 2 Add the peeled avocados cut into pieces, the lemon juice, crème fraîche, a few drops of Tabasco sauce and a dash of olive oil. Blend for approximately 1 min., until the mixture is smooth, and season according to taste.

Tip: You can garnish the guacamole with a little diced tomato.

Serve with tortilla chips.

# TUNISIAN CARROT PURÉE



PREPARATION : 10 min

1 LARGE BOWL

ACCESSORY:

COOKING: 30 min

- |                  |                    |
|------------------|--------------------|
| 350g carrots     | 1 tsp cumin        |
| 1 garlic clove   | 1 tbsp lemon juice |
| 3 tbsp olive oil | harissa to taste   |
| 1 small onion    | salt               |

- 1 Wash and peel the carrots and cut into slices. Steam the carrots and garlic for 25 min. Meanwhile, gently soften the sliced onion in 1 tbsp of olive oil, then add the cumin and cook for a further 2 min. Stir in the carrots, garlic and all the other ingredients and fry for 5 min. Allow to cool slightly.
- 2 Pour into the Micro bowl, check the seasoning if necessary and blend for approximately 1 min., adding 2 tbsp of olive oil via the feed tube until the purée is smooth. Leave to cool.

Tip: Can be eaten cold with bread or as a garnish with grilled meat.



# COURGETTE PURÉE



PREPARATION : 5 min

1 BOWL

ACCESSORY:

COOKING: 25 min

- |                       |                         |
|-----------------------|-------------------------|
| 3 small courgettes    | juice of ½ lemon        |
| 1 garlic clove        | 2 sprigs mint           |
| 1 pinch chilli powder | salt and freshly-ground |
| 5 tbsp olive oil      | black pepper            |

- 1 Wash the courgettes and cut into slices. Fry them in 3 tbsp of olive oil, with the crushed garlic and chilli powder. Cover and cook gently for approximately 25 min., stirring regularly.
- 2 Pour into the Micro bowl, season according to taste, add the lemon juice, 2 tbsp of olive oil and the mint leaves. Pulse 4/5 times and allow to cool.

Tip: Spread on toasted slices of wholemeal bread.

# HUMMUS



PREPARATION : 10 min

1 BOWL

ACCESSORY:

COOKING: 5 min

- |                       |                   |
|-----------------------|-------------------|
| 250g tinned chickpeas | 4 tbsp sesame oil |
| 2 garlic cloves       | 1 lemon, juiced   |
| 2 tbsp olive oil      | salt              |

- 1 Heat the chickpeas for 5 min. in boiling salted water.
- 2 Drain the chickpeas and put them in the bowl. Pulse 4/5 times.
- 3 Add the oils, garlic, lemon juice and salt. Blend for 10 seconds.
- 4 Chill in the refrigerator for 30 min.

Tip: You can scatter this hummus with fresh parsley or coriander. Spread hummus onto pitta bread (used in Greek and Lebanese cuisine) and top with tomato, cucumber, spring onion and chopped olives.

## TUNA RILLETTES



PREPARATION : 15 min

1 BOWL

ACCESSORY:

- |                            |                      |
|----------------------------|----------------------|
| 1 tin tuna in brine (190g) | juice of ½ lemon     |
| 2 tbsp crème fraîche       | chives               |
| 1 tsp olive oil            | rock salt and pepper |
| 1 tsp mustard              |                      |

- 1 Empty the tuna out of the tin and place in the Micro bowl. Add the other ingredients, pulse 4/5 times.

Tip: Spread on toasted slices of wholemeal bread.

## DIJON SAUCE



PREPARATION : 5 min

1 BOWL

ACCESSORY:

- 2 slices ham
- 2 tbsp crème fraîche
- 1 tsp grain mustard

- 1 Cut the ham into pieces and place in the bowl with the crème fraîche and the mustard. Pulse 4/5 times

Tip: Serve with carrot and courgette sticks or cauliflower florets.

## CRAB AND COTTAGE CHEESE SAUCE



PREPARATION : 5 min

1 LARGE BOWL

ACCESSORY:

COOKING : 5 min

- |                       |                  |
|-----------------------|------------------|
| 100g cottage cheese   | 50g green olives |
| 100g fromage frais    | 1 tbsp whisky    |
| 1 tin crabmeat (170g) | salt and pepper  |

- 1 Place all the ingredients in the bowl.
- 2 Press the pulse button 2/3 times, then blend continuously for 30 seconds.

Tip: Delicious with savoury biscuits.





# TOMATO AND RED PEPPER SAUCE



PREPARATION : 15 min

1 BOWL

ACCESSORIES:



COOKING : 15 min

- |                                       |                    |
|---------------------------------------|--------------------|
| 1 bowl mayonnaise made with olive oil | 1 tsp tomato purée |
| 1 red pepper                          | 5 sprigs basil     |
| 1 tomato                              | 1 pinch sugar      |
| 1 garlic clove                        | salt and pepper    |

- 1 Roast the pepper under the grill or in the oven for approximately 15 min., turning regularly.
- 2 Meanwhile, make the mayonnaise (see p.12) with olive oil and set aside in the Micro bowl.
- 3 Skin and deseed the pepper and cut into pieces.
- 4 Immerse the tomatoes in boiling water, then peel, remove the pips and cut them into small pieces.
- 5 Remove the central shoot from the garlic clove and cut into quarters.
- 6 Wash the basil and strip the leaves off the stalks.
- 7 Add all the ingredients to the mayonnaise, press the pulse button 2/3 times, then blend for 1 min.

Tip: Serve with tortilla chips and sticks of raw vegetables.

# TAPENADE



PREPARATION : 5 min

1 BOWL

ACCESSORY:



- |                          |                 |
|--------------------------|-----------------|
| 250g stoned black olives | 1 lemon, juiced |
| 1 tbsp capers            | 20ml olive oil  |
| 2 tsp mustard            | pepper          |

- 1 Place all the ingredients in the Micro bowl except for the oil. Blend for approximately 30 seconds to obtain a paste.
- 2 Slowly add the oil via the feed tube with the Micro in continuous mode. Blend until it has all been absorbed.

Tip: Delicious spread on toasted slices of wholemeal bread.



# TARAMASALATA



PREPARATION : 10 min

1 LARGE BOWL

ACCESSORY:

- |                      |                                 |
|----------------------|---------------------------------|
| 200g cod or carp roe | 1 thick slice stale white bread |
| 100ml olive oil      | 1 lemon, juiced                 |
| 100ml milk           | salt and pepper                 |

- 1 Remove the crust and soak the bread in milk.
- 2 Squeeze out the excess milk and put the bread in the bowl with the eggs, salt and pepper. Blend for approximately 5 seconds until the mixture looks smooth.
- 3 Slowly add the oil via the feed tube: the taramasalata should have the same consistency as mayonnaise.
- 4 Pour in the lemon juice, check the seasoning and pulse 4/5 times.

Tip: Spread on hot blinis or slices of black radish.

# TZATZIKI



PREPARATION : 15 min + 30 min

1 BOWL

ACCESSORY:

- |                         |                         |
|-------------------------|-------------------------|
| 1 small cucumber        | 1 tbsp red wine vinegar |
| 2 ½ Greek-style yoghurt | 1 sprig mint            |
| 1 garlic clove degermed | salt and pepper         |
| 2 tbsp olive oil        |                         |

- 1 Peel the cucumber and cut into 2 cm pieces. Place these in the bowl and pulse 5 times. Place the chopped cucumber in a sieve, sprinkle with salt and leave to stand over a bowl for 30 min.
- 2 Squeeze the cucumber in a tea towel.
- 3 Chop the garlic in the bowl.
- 4 Add the yoghurt, mint, olive oil and vinegar. Press the pulse button 2/3 times, add the cucumber and pepper, and pulse 2/3 more times.

Tip: Serve chilled on toasted bread or with cold or smoked fish.





# CARROT PARMENTIER



PREPARATION : 5 min  
COOKING : 15 min

AGE: From 6 months onwards

ACCESSORY:

50g potato  
100g carrot

20g minced beef  
1 tbsp butter

- 1 Wash the potato and carrot, peel them and cut into pieces.
- 2 Steam the vegetables and the minced beef for approximately 15 min.
- 3 Place all the ingredients in the Micro bowl and pulse 4/5 times, then blend to obtain a smooth purée.

# CREAMED SALMON



PREPARATION : 10 min  
COOKING : 15 min

AGE: From 12 months onward

ACCESSORY:

30g boneless salmon  
50g potato

50g lettuce leaves

- 1 Wash the vegetables, peel the potato and cut into 2-cm pieces. Steam the vegetables for 10 min. Add the salmon to the steamer 5 min. before the end of the cooking time.
- 2 Place the cooked vegetables and fish in the Micro bowl and pulse 5/6 times, then blend for 20 sec.  
Serve warm.

# CREAMED BROCCOLI AND GRUYÈRE



PREPARATION : 3 min  
COOKING : 20 min

AGE: From 9 months onwards

ACCESSORY:

150g broccoli  
20g grated gruyère cheese

- 1 Wash the broccoli florets, cut into quarters and steam for 20 min.
- 2 Place the cooked broccoli in the bowl and pulse 4/5 times.
- 3 Add the gruyère and press the pulse button 2/3 more times until the cheese has completely melted.

## PEAR AND VANILLA DESSERT



PREPARATION : 5 min  
COOKING : 15 min

AGE: From 6 months onwards

ACCESSORY:

- 1 large pear ½ sachet vanilla sugar  
(or see recipe on page 19)

- 1 Peel and core the pear and cut it into large pieces. Place it in a saucepan with 3 tbsp water and simmer for approximately 15 min. over a low heat.
- 2 Place the cooked pear in the bowl with the sugar and pulse 5/6 times. Allow to cool slightly.

## APPLE AND KIWI DESSERT



PREPARATION : 8 min  
COOKING : 20 min

AGE: From 9 months onwards

ACCESSORY:

- 1 golden apple 1 sachet vanilla sugar  
1 ripe kiwi fruit (or see recipe on page 19)

- 1 Peel the apple and kiwi fruit and cut into small pieces. Place the fruit in a saucepan with the sugar and 6 tbsp of water and simmer for 20 min. over a low heat.
- 2 Pour the contents of the pan into the bowl and pulse 5/6 times, then blend for approximately 1 min. to obtain a smooth purée. Allow to cool completely before serving.

## FRUIT CREAM



PREPARATION : 5 min

AGE: From 12 months onwards

ACCESSORY:

- 100g raspberries ½ sachet vanilla sugar  
1 ripe banana (or see recipe on page 19)

- 1 Cut the banana into large pieces and place it in the bowl with the raspberries and sugar. Pulse 4/5 times, then blend for 10 sec. to obtain a smooth purée.

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