

- RECIPES -



Robot Cook[®]

COOKING CUTTER BLENDER



robot coupe[®]

Savoury Recipes

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— FUNCTIONS —



— FEATURES —

The 1st professional Cooking Cutter-Blender!



ANTI-VAPOUR LID
constant visibility
3.7 L



SCRAPER ARM
for uniform texture



LARGE 3.7 L BOWL
with micro-serrated
blade

Cooking precision
up to 140°
to the nearest
degree



PROGRAMMING FUNCTION

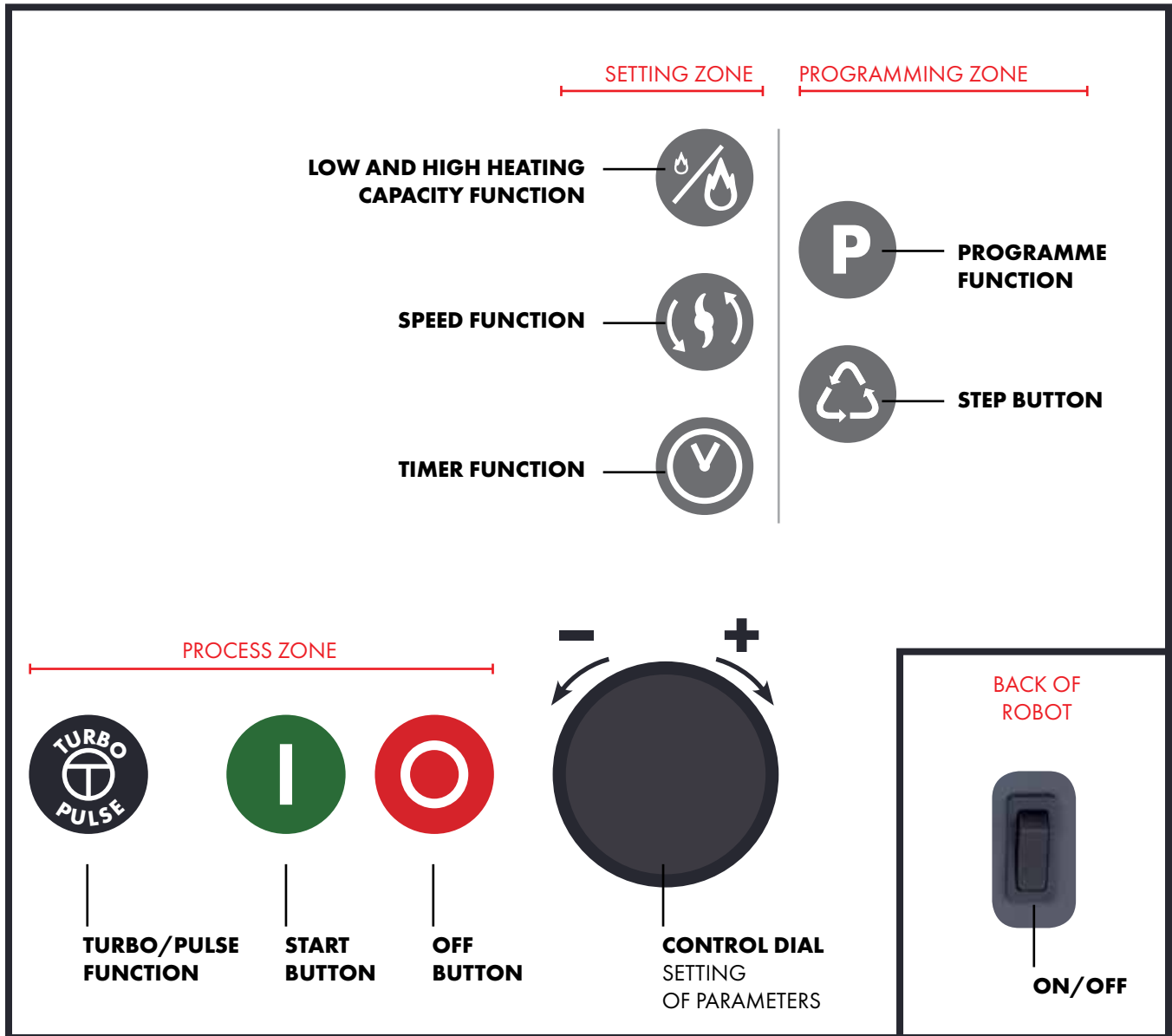
5 SPEED FUNCTIONS



TURBO PULSE
4,500 rpm

SILENT INDUCTION MOTOR

— INSTRUMENT PANEL —



— INSTRUCTIONS FOR USE —

SETTINGS



LOW AND HIGH HEATING CAPACITY FUNCTION



Low heating capacity



High heating capacity

Temperature settings from 20°C to 140°C

To set the temperature:

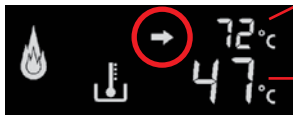
Low heating capacity

press  once.

High heating capacity

press  twice.

Then select the temperature required using the control dial



Temperature required displayed opposite selection arrow

Temperature measured at bottom of bowl

Both the heating capacity and the temperature can be changed during the process.

If the heating function is not required, turn the control dial to 0 so that temperature is displayed as 2 dashes --°C.



SPEED FUNCTION

Variable speed from 100 to 3,500 rpm

Select the speed required using the control dial.



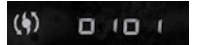
High Precision Pulse Function:

For better control of food preparations



4,500 rpm turbo function


R-Mix function from -100 to -500 rpm



Intermittent Function:

Slow rotation of blade every two seconds. This function is obtained by turning the control dial to the last notch before 0.

Functions	Speeds
Blend	100 to 500 rpm R-Mix function from -100 to -500 rpm
Chop	600 to 2,000 rpm
Mix	2,100 to 3,000 rpm
Emulsify Grind	3,000 to 4,500 rpm
Maintain °C	Intermittent Function:
Knead	500 to 1,000 rpm


When the preparation is finished, a short beep is emitted by default .


— INSTRUCTIONS FOR USE —



TIMER FUNCTION

Countdown timer mode

Press , then turn the dial to set the process operating time.

When the preparation is finished, a short beep is emitted by default. The long beep option  can be selected to produce a proper alarm by pressing the Timer button twice.



Stopwatch mode

By default, a stopwatch detects the time the robot has been operating.

Set temperature timer

This function is very useful for highly precise cooking times.

The countdown timer only starts when the ingredients have reached the set temperature.

Hold the Timer button  for 2 seconds until  is displayed on the screen. Turn the dial to set the operating time required once the selected temperature has been reached.

This mode will be automatically deactivated after use and the indicator  will disappear.



— INSTRUCTIONS FOR USE —



CREATING A PROGRAMME

PROGRAMMING FUNCTION

You can save up to



9 programmes
in your Robot Cook

To create a programme:

Press the programme button  +  to obtain the programme required (1 to 9).
For each programme, each step must be entered with the following information:

- Heating capacity and temperature
- Speed
- Timer

To create or edit a step

Select the step by pressing  for two seconds. When the number of the step starts to blink, enter the parameters. Validate by pressing the step button  to save, then turn the dial to go to the next step.

LAUNCHING A PROGRAMME




3 recipes
are programmed:

Programme 1:
Béchamel

Programme 2:
Crème Anglaise

Programme 3:
Crème Pâtissière

To read a programme,

Go to the Programme function ,
select the programme number using the dial, 
and press Start 



At the end of each step in the programme,

a beep is emitted to indicate that the programme
is proceeding with the next step.

DELETING A PROGRAMME

To delete a programme, all the steps in the programme must be deleted.









To delete a step:

Go to the step to be deleted and press the step button for two seconds , then press the red STOP button 
to delete the step. The deleted step is then replaced by the next step.

When all the steps have been deleted, the programme is deactivated. The word End is displayed in place of the last step.
During operation, the programme will stop at that point.



Robot Cook[®]'s points

-  **Cutter function twin-blade assembly at base of bowl**
-  **3.7 litre stainless-steel bowl with handle**
-  **Precise temperature control to within 1 °C**
-  **Heating capacity up to 140°C**
-  **4,500 rpm turbo function**
-  **Programming function**
-  **Very easy to use**
-  **Ultra-silent**











Béchamel sauce

Ingredients for 1 litre preparation:

BUTTER	100 G	PEPPER	1 G
FLOUR	100 G	NUTMEG	1 G
MILK	1 L		
SALT	5 G		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Butter	100 g	Melt	 115°C	200 rpm	2 min	Closed	
2	Flour	100 g	Add	 120°C	200 rpm	5 min	Closed	
3	Milk Salt Pepper Nutmeg	1 L 5 g 1 g 1 g	Cook	 100°C	500 rpm	15 min	Closed	Add in gently all at once



CHEF'S TIP

All the cooking steps are important to avoid having a floury taste.

Béchamel sauce



STEP 1: Add butter



 **Heat setting**
 115°C


 **Speed**
200 rpm

 **Time**
2 min



STEP 2: Add flour



 **Heat setting**
 120°C

 **Speed**
200 rpm

 **Time**
5 min



STEP 3: Add milk and spices



 **Heat setting**
 100°C

 **Speed**
500 rpm

 **Time**
15 min













Béarnaise Sauce

Ingredients for 1 litre preparation:

SHALLOTS	75 G	EGG YOLKS	160 G
TARRAGON	15 G	BUTTER	325 G
VINEGAR	50 G	SALT	5 G
WHITE WINE	50 G	PEPPER	1 G

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Shallots Tarragon Salt Pepper	75 g 15 g 5 g 1 g	Mix		2,000 rpm Pulse	3 to 4 Pulse	Closed	
2	Vinegar Wine	50 g 50 g	Add	 110°C	-100 rpm R-Mix	4 min	Open	
3	Egg yolks	160 g	Add	 80°C	700 rpm	2 min 30	Open	Open to reduce temperature
4	Butter in small pieces	325 g	Add	 45°C	400 rpm	3 min	Open	



CHEF'S TIP

Reduce the temperature and increase the speed before adding the eggs to prevent the sauce coagulating.












Hollandaise Sauce

Ingredients for 1 litre preparation:

WATER	100 G	LEMON	1
MELTED BUTTER	120 G	SALT	5 G
CLARIFIED BUTTER	300 G	PEPPER	1 G
EGG YOLKS	120 G		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Water	100 g	Warm	 75°C	700 rpm	2 min	Closed	
2	Egg yolks	120 g	Add	 75°C	700 rpm	1 min	Open	
3	Melted butter	120 g	Add	 75°C	700 rpm	10 min	Open	
	Clarified butter	300 g						
4	Lemon juice	1	Pour in slowly	 75°C	700 rpm	5 min	Open	
	Salt	5 g						
	Pepper	1 g						



CHEF'S TIP

Reduce the temperature and increase the speed before adding the eggs to prevent the sauce coagulating.





Beurre blanc

Ingredients for 1 litre preparation:

SHALLOTS	100 G	BUTTER	500 G
VINEGAR	50 G		
WHITE WINE	100 G		
LIGHT CREAM	250 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Shallots	100 g	Chop	–	1,000 rpm	1 min	Closed	
2	Vinegar Wine	50 g 100 g	Reduce	 100°C	-100 rpm R-Mix	5 min	Open	
3	Light cream	250 g	Pour in	 95°C	-200 rpm R-Mix	10 min	Open	
4	Butter	500 g	Emulsion	 70°C	-200 rpm R-Mix	5 min	Open	Taste and adjust seasoning



CHEF'S TIP

A very dry base must be achieved during reduction to make the recipe a success.



Parsley Butter

Ingredients:

FLAT-LEAF PARSLEY LEAVES ONLY, WASHED AND PAT-DRIED	350 G	SOFTENED UNSALTED BUTTER	1 KG
SHALLOTS X 6	150 G	SALT	40 G
MILD NEW SEASON GARLIC, DEGERMED	120 G	PEPPER	
		ESPELETTE PEPPER	

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Parsley Garlic Shallots Salt Pepper Espelette pepper	350 g 120 g 150 g – – –	Chop finely	–	Pulse 1,500 rpm	5 pulses	Closed	
2	Softened butter	1 kg	Blend	–	1,300 rpm	1 min 30		Taste and adjust seasoning
3				–	Turbo	10 to 15 sec		



CHEF'S TIP

You can vary the herbs (basil, tarragon, coriander, dill) according to the final result required. You can add grain mustard and powdered almonds for a stronger, crunchier effect.





Shellfish Butter

Ingredients:

UNSALTED OR SLIGHTLY SALTED

BUTTER

OLIVE OIL

1 KG

1 DRIZZLE

HEADS AND LEGS OF LARGE

LANGOUSTINES



10 I.E. ABOUT 500 G OF SHELLS

TOMATO CONCENTRATE

SALT

1 TBSP

12 G

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Olive oil Shells	1 drizzle 500 g	Put in bowl	–	2,500 rpm pulse	3 to 4 pulses.	Open	
2				 110°C	Intermittent OIOI	10 min		
3	Butter Pepper Tomato concentrate	1 kg As Needed 1 tbsp	Fold in	 110°C	Intermittent OIOI	15 min	Closed	Taste and adjust seasoning
4	Preparation		Strain out the butter	–				



CHEF'S TIP




You can use this butter to reheat langoustines, thicken a sauce or as a base for a roux, for example. Other shellfish can also be used instead of langoustines.



Mayonnaise

Ingredients:

EGG YOLKS	60 G	CAYENNE PEPPER	
WHOLE EGGS	2	GRAPESEED OIL	750 ML
MUSTARD	150 G	SHERRY VINEGAR	AS NEEDED
SALT			

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Yolks Eggs Salt Cayenne pepper Mustard	60 g 2 — — 150 g	Put in bowl	—	700 rpm	10 sec		
2	Grapeseed oil	750 ml	Pour oil through spout in a good steady drizzle	—	2,500 rpm	1 min		
3	Sherry vinegar	As Needed	Add and mix for a few seconds	—	2,500 rpm			Taste and adjust seasoning



CHEF'S TIP

Use whole eggs for a stiffer mayonnaise.










Green Smoothie

Ingredients:

SPINACH LEAVES	500 G
WASHED, DRAINED FLAT-LEAF PARSLEY, LEAVES ONLY	300 G
WATER	1 L

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Spinach Parsley Water	500 g 300 g 1 L	Put in bowl	 70°C	2,000 rpm pulse	4 pulses		
2			Heat	 70°C	200 rpm	7 min		
3				–	Turbo	10 to 30 sec		The mixture must be very smooth.
4			Strain Remove pulp and cool immediately	–				Taste and adjust seasoning



CHEF'S TIP

It is important to cool the smoothie as soon as it is made so as not to lose the colour.









Tomato Concasse

Ingredients:

TOMATOES	1 KG	OLIVE OIL	30 G
BLANCHED, SEEDS REMOVED AND DRAINED		SALT, PEPPER, SUGAR	
MEDIUM-SIZED GARLIC CLOVES	2	BASIL LEAVES, SNIPPED	
LARGE SHALLOT	1		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Shallots Garlic cloves Olive oil Tomatoes	1 2 30 g 1 kg	Put in bowl	 100°C	 800 rpm	 2 min	Closed	
2	Salt Pepper Sugar	- - -	Add	 105°C	-100 rpm R-Mix	25 to 30 min	Open	
3	Snipped basil	-	Add and mix	-	1,500 rpm pulse	1 to 2 pulses		Taste and adjust seasoning



CHEF'S TIP

Use Roma or beef tomatoes if possible as they have less juice and fewer seeds.





Tomato and Red Pepper Coulis with Poppy Seeds

Ingredients:

FRESH TOMATOES	700 G	1 GARLIC CLOVE	SALT
RED PEPPERS (CAPSICUMS)	300 G	THYME, BAY LEAVES, PARSLEY	
BLANCHED AND PEELED		1 TABLESPOON OF POPPY SEEDS	
WHITE ONIONS	180 G	1 DRIZZLE OF OLIVE OIL	

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Red peppers Onions Olive oil	300 g 180 g 1 drizzle	Put in bowl	 110°C	Intermittent OIOI	6 min	Open	
2	Tomatoes Garlic clove Parsley Thyme Bay leaves Salt	700 g 1 – – – –	Add and mix	 100°C	200 rpm	10 min	Closed	
3			Mix	–	3,500 rpm	30 sec		Taste and adjust seasoning
4				–	Turbo	30 sec		Optional depending on required result
5			Remove and add poppy seeds	–				



CHEF'S TIP

This coulis can be used for special dietary meals by eliminating the olive oil and salt.







Tomato sauce

Ingredients:

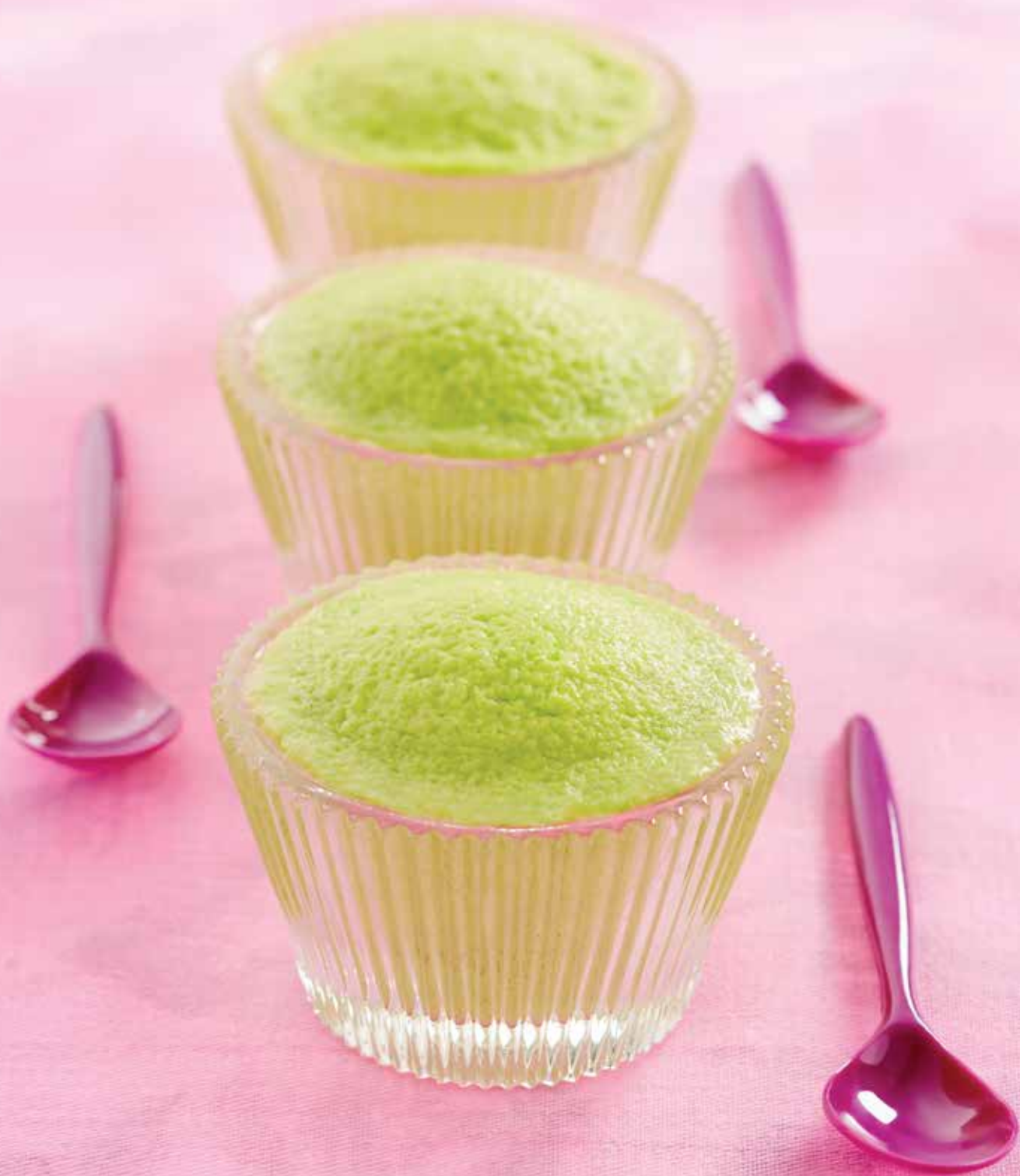
BUTTER	20 G	CELERY	15 G	GARLIC CLOVES	1
SMOKED BACON,	45 G	TOMATO CONCENTRATE	225 G	WHITE STOCK	750 ML
ONIONS	50 G	TOMATOES, BLANCHED AND		THYME, BAY LEAVES, PARSLEY STEMS	
CARROTS	40 G	SEEDS REMOVED	300 G	SALT, PEPPER	

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Butter	20 g	Put in bowl	 115°C	1,500 rpm pulse	4 pulses	Closed	
	Onions	50 g						
	Carrots	40 g						
	Celery	15 g						
	Bacon	45 g						
2	Tomato concentrate	225 g	Fold in	 130°C	Turbo	10 sec	Open	Taste and adjust seasoning
	Tomatoes	300 g						
	Garlic	1						
	White stock	750 ml						
	Thyme	-						
	Bay leaf	-						
	Parsley	-						
	Salt	-						
Pepper	-							
3			Process preparation with Cuisine Kit coulis accessory	-				



CHEF'S TIP




You can season the sauce as required by adding various herbs (oregano, basil, savory, etc.).



Pea Flan

Ingredients for 30 flans, 4.5 cm in diameter and 3 cm high:

DEEP-FROZEN RAW PEAS	220 G	MILK	60 G
EGGS	4	SALT, PEPPER	
FLOUR	60 G		
LIGHT CREAM	500 G		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Peas Flour Milk Cream Eggs Salt Pepper	220 g 60 g 60 g 500 g 4 – –	Put in bowl	–	3,500 rpm	1 min 30	Closed	
2			Strain preparation	–				Optional
3			Pour into flan cases Cook in steam oven at 95°C			15 min		Taste and adjust seasoning



CHEF'S TIP

The recipe can be varied using different types of cooked vegetables (broccoli, carrots, sweet corn, etc.)







Polenta

Ingredients:

WATER	750 ML	OLIVE OIL	15 G
SALT	4 G		
POLENTA	190 G		
PARMESAN CHEESE	40 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Water Olive oil Salt	750 ml 15 g 4 g	Put in bowl	 100°C	100 rpm	5 min	Open	Wait until the water is simmering
2	Polenta	190 g	Add	 100°C	100 rpm	20 min	Closed	
3	Parmesan cheese	40 g	Add	without heating	-150 rpm R-Mix	30 sec		Taste and adjust seasoning



CHEF'S TIP

Remove and pour onto a tray so it can be cut and fried later or add a drizzle of 10 cl of cream for a creamy polenta.






Carrot Purée with orange

Ingredients:

SAND-GROWN CARROTS PEELED AND WASHED	1 KG	SALT, PEPPER
POWDERED CUMIN	2 G	
ORANGE JUICE	400 ML	

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Carrots (large chunks)	1 kg	Put in bowl	 100°C	600 rpm	25 min		Taste and adjust seasoning
	Salt	–						
	Pepper	–						
	Cumin	2 g						
	Orange juice	400 ml						
2				–	Turbo	15 to 20 sec		To obtain a very smooth purée



CHEF'S TIP

White stock can be used instead of orange juice if you want a more neutral purée.










Celeriac Purée

Ingredients:

CELERIAC, PEELED	750 G
MILK	375 G
SALT, PEPPER, NUTMEG	

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Celeriac (large pieces)	750 g	Put in bowl	 95°C	Intermittent OIOI	15 min	Open	
	Milk	375 g						
	Salt	-						
	Pepper	-						
	Nutmeg	-						
2			Mix	 95°C	600 rpm	10 min	Open	Taste and adjust seasoning
3			Mix to obtain a smoother purée	-	3,500 rpm	3 min	Closed	



CHEF'S TIP

You can tone down the strong taste of the celeriac by adding potatoes.










Pea Purée

Ingredients:

DEEP-FROZEN RAW PEAS 750 G
 BUTTER 100 G
 SALT, PEPPER

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Peas	750 g	Put in bowl	 80°C	3,500 rpm	2 min	Closed	
2	Butter	100 g	Add	 80°C	100 rpm	13 min	Open	
3	Salt Pepper			–				Taste and adjust seasoning



CHEF'S TIP

You can add a trace of cream or butter to make it smoother.

Using frozen peas preserves the chlorophyll and there is no need to blanch the peas first (shorter preparation and handling time => time saver).














Haricot Bean Emulsion

Ingredients:

BUTTER	20 G	COOKED HARICOT BEANS	250 G
ONION (CUT IN QUARTERS)	1	WHITE STOCK	500 ML
GARLIC CLOVES	2	LIGHT CREAM	250 ML

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Butter Onion Garlic cloves	20 g 1 2	Put in bowl	 100°C	 600 rpm	 3 min	Open	
2	Cooked haricot beans White stock	250 g 500 ml	Add	 100°C	 600 rpm	 10 min	Open	
3	Cream	250 ml	Pour in	 100°C	 600 rpm	 2 min		Taste and adjust seasoning
4			Strain	–				
5			Pour into a siphon Charge with two cartridges Keep warm	–				



CHEF'S TIP

Adding cream to the siphon gives a very light emulsion.







Cream of Artichoke Soup

Ingredients:

ONION	1	OLIVE OIL	15 G
ARTICHOKES, PEELED	400 G	SALT, PEPPER	
WHITE STOCK	500 ML		
CREAM	200 ML		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Artichokes Olive oil Onion	400 g 15 g 1	Put in bowl	 120°C	1,000 rpm	4 min	Open	
2	White stock	500 ml	Pour in	 100°C	400 rpm	15 min	Open	
3	Cream	200 ml	Add	–	3,500 rpm			Stop when cream is fine and smooth
4				–				Taste and adjust seasoning



CHEF'S TIP

After peeling the artichokes, put them in lemon water to prevent them from oxidising.








Cream of Asparagus Soup

Ingredients:

BUTTER	40 G	ASPARAGUS, PEELED	400 G
WHITE STOCK	800 ML	ONION	1
EGG YOLKS	60 G	I.E. 100 G	
LIGHT CREAM	100 ML		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Butter	40 g	Put in bowl	 120°C	200 rpm	2 min	Open	
2	Asparagus Onion	400 g 1	Add to bowl Cook	 120°C	2,000 rpm pulse 350 rpm	3 to 4 pulses 6 min	Open	
3	White stock	800 ml	Pour in	 100°C	400 rpm	10 min	Open	
4			Mix	–	3,500 rpm	2 min	Closed	
5	Egg yolks Cream	60 g 100 ml	Blend egg yolks with cream, then add and mix.	–	600 rpm	30 sec	Open	Taste and adjust seasoning



CHEF'S TIP

Use green asparagus whenever possible because it is less stringy and requires less peeling.





Dubarry Cauliflower Soup

Ingredients for 1.3 litre preparation

CAULIFLOWER	500 G	BUTTER	12 G	NUTMEG	1 PINCH
LEEKS, WHITE PART ONLY	1	DOUBLE CREAM	80 ML	CHERVIL	
WHITE STOCK	400 ML	EGG YOLKS	40 G		
MILK	400 ML	SALT			

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Butter Leeks	12 g 1	Put in bowl	 105°C	Intermittent OIOI	7 min	Open	
2	Cauliflower White stock Milk	500 g 400 ml 400 ml	Add	 100°C	200 rpm	20 min	Closed	
3	Double cream	80 ml	Add	–	3,500 rpm	5 min	Closed	
4	Egg yolks	40 g	Add	–	3,500 rpm	3 min	Open	
5	Salt Nutmeg Chopped chervil	– 1 pinch –	Add	–				Taste and adjust seasoning



CHEF'S TIP

The cauliflower can be replaced with any equivalent vegetable (broccoli, purple cauliflower, etc.)









Blackcurrant Chutney

Ingredients:

FRESH BLACKCURRANTS	750 G	GRANNY SMITH APPLES	2	GARLIC CLOVE	1
ALCOHOL VINEGAR	50 ML	(I.E. ABOUT 350 G)		CRÈME DE CASSIS LIQUEUR	70 G
BROWN SUGAR	90 G	FRESH GINGER	30 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Blackcurrants	750 g	Put in bowl	 90°C	 150 rpm	 6 min	Open	Peel apples and remove seeds before putting in bowl
	2 apples	350 g						
	Ginger	30 g						
	Garlic	1						
	Brown sugar	90 g						
2	Vinegar	50 ml	 105°C	100 rpm	30 min	Open	Taste and adjust seasoning	
	Crème de cassis	70 g						



CHEF'S TIP

The blackcurrants can be replaced with red currants or raspberries, using the corresponding liqueur, for example, raspberry + raspberry liqueur.





Moist Fig Chutney

Ingredients:

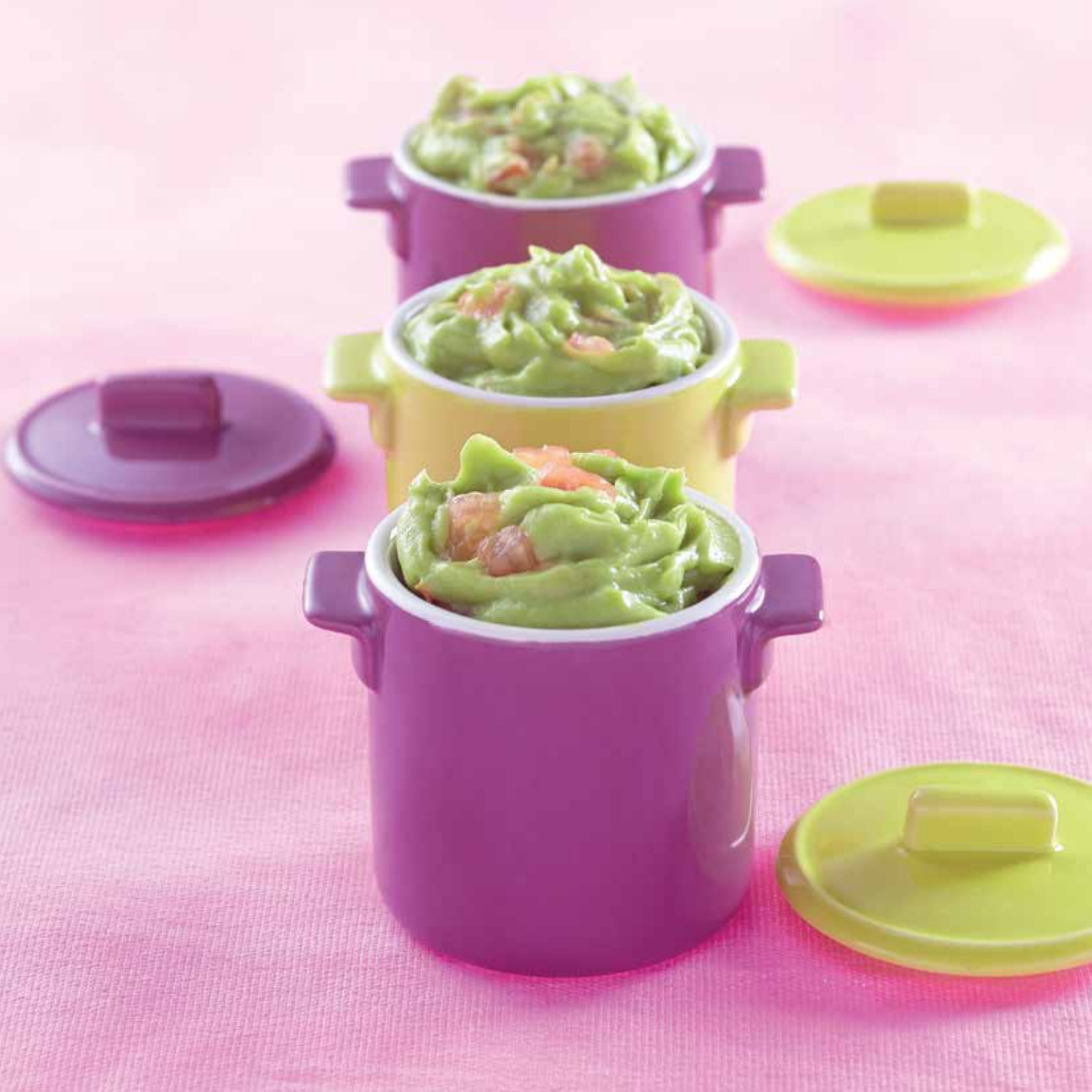
ROYAL GALA APPLE	1	CURRENTS	75 G
DRIED MOIST FIGS	500 G	RASPBERRY VINEGAR	80 ML
MUSCAT WINE	150 ML	BROWN SUGAR	100 G
SUGAR	65 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Figs Apple Currents Sugar Brown sugar	500 g 1 75 g 65 g 100 g	Put in bowl	 140°C	 Intermittent IOIO	 10 min	Open	Peel apple and cut in quarters beforehand.
2	Vinegar Muscat wine	80 ml 150 ml	Pour into bowl	 140°C	 Intermittent IOIO	 10 min	Open	If necessary, a few 4,500 rpm turbo pulses can be then used. Taste and adjust seasoning



CHEF'S TIP




Other dried fruits can be used instead of figs, such as dates, apricots and prunes.



Guacamole

Ingredients:

AVOCADOS	1 KG	SALT
JUICE OF 1 LEMON		PEPPER
TOMATO QUARTERS	300 G	
OLIVE OIL		

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Avocados	1 kg	Put in cold bowl	-	1,500 rpm pulse	4 pulses	Open	
	Lemon juice	1						
	Olive oil	-						
	Salt	-						
	Pepper	-						
2				-	1,000 rpm	20 sec		
3	Tomatoes cut in cubes		Add	-	-300 rpm R-Mix	30 sec		Taste and adjust seasoning



CHEF'S TIP

The preparation must be covered with ClingFilm as soon as it comes into contact with the air to prevent oxidation.




Add Tabasco sauce if you want it to be spicier.



Salmon Tartare

Ingredients:

FRESH SALMON	1 KG	FRESH DILL	AS NEEDED
SHALLOTS	3	FRESH CORIANDER	AS NEEDED
CORIANDER SEEDS	45	SALT, LEMON JUICE	AS NEEDED
FRESH CHERVIL	AS NEEDED	OLIVE OIL	AS NEEDED

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Herbs	-	Put in bowl	-	2,000 rpm pulse	4 to 5 pulses	Open	
	Shallots	3						
	Coriander seeds	45						
	Lemon juice	-						
2	Fresh salmon in large cubes	1 kg	Add	-	2,000 rpm pulse	4 to 5 pulses	Open	Taste and adjust seasoning
	Salt	As Needed						
	Olive oil	As Needed						



CHEF'S TIP



The salmon can be replaced with other white fish such as sea bream and sea bass.



Basil Pesto

Ingredients:

OLIVE OIL	500 ML	GARLIC CLOVES	2
FRESH BASIL	200 G	LEMON JUICE	1
PINE NUTS	100 G	GRATED PARMESAN	150 G
SALT, PEPPER			

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Grated parmesan	150 g	Put in bowl	-	3,500 rpm	20 sec	Open	
	Garlic cloves	2						
	Salt	-						
	Pepper	-						
	Pine nuts	100 g						
2	Olive oil	500 ml	Pour into bowl	-	3,500 rpm	15 sec	Closed	
	lemon juice	1						
3	Basil leaves	200 g	Fold in	-	Turbo	10 to 15 sec		Wash and drain basil leaves before adding to preparation
4				-				Taste and adjust seasoning



CHEF'S TIP

Different varieties of basil can be used to change the taste (dark opal, etc.)



Once the basil has been added to the preparation you can either reduce the pesto to a purée with a few long pulses at 4,500 rpm or obtain a chunkier pesto using 2 or 3 pulses. Adding the basil at the end of the preparation means that it stays green longer.



Black Olive Tapenade Spread

Ingredients:

ANCHOVIES	100 G	MIXED HERBS	5 G	SALT, PEPPER	AS NEEDED
GARLIC CLOVES	4	CAPERS	75 G		
PITTED BLACK OLIVES	500 G	LEMON JUICE	1		
½ OIL-CURED AND ½ IN BRINE		OLIVE OIL	200 ML		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Anchovies Garlic	100 g 4 cloves	Put in bowl	–	2,500 rpm	10 sec	Open	
2	Olives Capers Herbs	500 g 75 g 5 g	Fold in	–	800 rpm	30 sec	Open	
3	Drizzled oil Lemon juice Salt Pepper	200 ml 1 As Needed As Needed	Pour into bowl	–	700 rpm	40 sec	Closed	Taste and adjust seasoning
4			Mix	–	1,000 rpm			Mix if a finer tapenade is required



CHEF'S TIP




Other varieties of olives can also be used (green, rosemary flavoured, etc.). Add a fine drizzle of olive oil while the robot is operating to give the tapenade a mayonnaise consistency.



Hummus

Ingredients:

CHICK PEAS, COOKED	700 G	LEMON JUICE	80 G
SESAME OIL	300 ML	PAPRIKA, ESPELETTE PEPPER	AS NEEDED
SALT	AS NEEDED		
GARLIC	20 G		

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Chick peas	700 g	Put in bowl	–	3,500 rpm		Open	
	Garlic, degermed	20 g						
	Lemon	80 g						
	Paprika	As Needed						
	Espelette pepper	As Needed						
2	Sesame oil	300 ml	Fold in	–	2,500 rpm	50 sec	Open	Taste and adjust seasoning



CHEF'S TIP

Remove 150 g of the mixture, add 40 g of egg yolk, blend, spoon onto a silicone mat and cook in the oven at 170°C for approximately 6 minutes to make hummus tuile biscuits to decorate your dishes.









Aubergine Caviar

Ingredients:

AUBERGINES, PEELED	1 KG	CAYENNE PEPPER
LEMON JUICE	40 G	DRIZZLE OF OLIVE OIL
SALT		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Aubergines	1 kg	Put in bowl	 120°C	700 rpm	10 min	Open	
	Lemon juice	40 g						
	Salt	-						
	Cayenne pepper	-						
2	Olive oil	1 drizzle	Add drizzle of oil	-	Turbo	10 to 15 sec	Closed	Taste and adjust seasoning



CHEF'S TIP




You can change the smoothness of the aubergine caviar by varying the number of turbo pulses.



Taramasalata with Cod Roe

Ingredients:

MILK	200 ML	OLIVE OIL	50 ML
BREAD CRUMBS	120 G	LEMON JUICE	
SMOKED COD'S ROE	400 G	ONION	1
VEGETABLE OIL	50 ML	SALT, PEPPER	

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Soaked bread crumbs	-						
	Cod roe	400 g	Put in bowl	-	3,500 rpm	2 min	Open	Squeeze water out of bread crumbs before adding to bowl
	Lemon juice	-						
	Onion	1						
2	Vegetable oil	50 ml	Add	-	600 rpm	1 min	Closed	Taste and adjust seasoning
	Olive oil	50 ml						



CHEF'S TIP




You can add aromatic herbs to your taramasalata (dill, chives, etc.)



Smoked Salmon Taramasalata

Ingredients:

SMOKED SALMON	300 G
BUTTER	150 G
LIGHT CREAM	450 G
SALT, PEPPER	

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Salmon	300 g	Add to bowl	–	1,500 rpm pulse	3 to 4 pulses	Open	
	Butter	150 g						
	Salt	–						
	Pepper	–						
2	Cream (drizzle)	450 g	Add	–	3,500 rpm	1 min	Open	
3			Keep refrigerated Put in a piping bag with a fluted nozzle Spread taramasalata on croûtons	–	600 rpm			Taste and adjust seasoning



CHEF'S TIP

Use smoked wild salmon which will be less fatty and have more taste than farmed salmon.





Basic risotto

Ingredients for 1 litre of risotto:

ARBORIO SHORT-GRAIN RICE	300 G	BUTTER	25 G	SALT	14 G
SHALLOT	50 G	GRATED PARMESAN	50 G	PEPPER	5 G
WHITE CHICKEN STOCK	1 L	ONIONS	50 G		
WHITE WINE	25 CL	OLIVE OIL	50 ML		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Shallot	50 g	Chop	–	1,500rpm	3 pulses	Closed	
2	Olive oil	50 ml	Sweat shallot	 100 °C	 -100 rpm R-Mix	5 min	Closed	
3	Arborio rice	300 g	Stir in until coated with oil	 100 °C	 -200 rpm R-Mix	1 min	Closed	
4	White wine	25	Pour in	–			Closed	
5	Hot chicken stock	1 L	Add in 5 batches	 90 °C	 -200 rpm R-Mix	17 min	Closed	Pour in enough hot stock to just cover the rice. As soon as it has evaporated, repeat this step four times.
6	Butter	25 g	Finish the rice	–		1 min	Closed	
7	Parmesan Salt Pepper	50 g 14 g 5 g	Finish the rice	–		1 min		Taste and adjust the seasoning.



CHEF'S TIP

Make sure you use the R-Mix (reverse rotation) from Step 2 onwards, to keep the rice grains whole.






Crème Anglaise

Ingredients for 1 litre preparation:

WHOLE MILK		VANILLA POD	1
AT ROOM TEMPERATURE	1L		
WHITE SUGAR	150 G		
EGG YOLKS	200 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Sugar Egg yolks Milk Vanilla pod	150 g 200 g 1 L 1	Add in the bowl	 83°C	250 rpm	13 min	Closed	
2			Cook quickly. Remove and store.					Taste and adjust seasoning



CHEF'S TIP

For this type of preparation, the choice of ingredients is essential. Using whole milk and good quality eggs will give a tastier result





Crème Pâtissière

Ingredients for 1 litre preparation:

WHOLE MILK	1 L	FLOUR	50 G
WHITE SUGAR	250 G	CORN FLOUR	50 G
EGG YOLKS	120 G	FRESH UNSALTED BUTTER	100 G
VANILLA POD	1		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	White sugar Egg yolks Flour Corn flour Vanilla	250 g 120 g 50 g 50 g 1 pod	Beat until white	–	2,000 rpm	30 sec.	Closed	
2	Milk	1 L	Pour in milk	 95°C	1,000 rpm	12 min	Open	
3	Butter	100 g	Add butter in pieces	 95°C	1,000 rpm	30 sec.	Open	Taste and adjust seasoning



CHEF'S TIP

You can flavour your crème pâtissière with vanilla, chocolate or rum.








French Buttercream

Ingredients for 1 litre preparation:

WHOLE MILK	1/2 L.	FRESH BUTTER	1 KG
WHITE SUGAR	200 G		
EGG YOLKS	100 G		
VANILLA	5 G		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	White sugar Egg yolks Vanilla	200 g 100 g 5 g	Beat until white	–	500 rpm R-Mix	30 sec	Closed	
2	Milk	½ L	Add	 90°C	800 rpm	15 min	Open	
3			Remove from bowl	–				
4	Butter	1 kg	Cool diced butter to room temperature in bowl	 25°C	300 rpm	5 min	Open	
5			Add preparation to butter	 25°C	1,200 rpm	1 min	Open	Taste and adjust seasoning
6			When fluffy, remove and store at 4°C	–				



CHEF'S TIP

Buttercream can be flavoured with alcohol, coffee extract and chocolate.





Boiled Sugar Buttercream

Ingredients:

SUGAR	400 G
WATER	100 ML
EGGS	3
FRESH UNSALTED BUTTER	600 G

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Water Sugar	100 ml 400 g	Put in bowl	 121 °C	100 rpm	14 min		
2	Eggs	3	Add through spout	–	500 rpm	5 min		
3			Cool bowl	–				Until temperature goes down to 40 °C. The bowl can also be placed in cold water or refrigerated to speed up the process.
4	Butter at 3 °C	600 g	Pour in gradually	–	500 rpm	4 min		Taste and adjust seasoning
5			Keep refrigerated	–	500 rpm			



CHEF'S TIP

You can add different flavours to the buttercream: vanilla, praline, chocolate, etc.









Ganache

Ingredients for 1 litre preparation:

CHOCOLATE 66% COCOA	750 G
LIGHT CREAM	580 ML

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Chocolate	750 g	Place in cold bowl		2,000 rpm pulse	4 to 5 Pulse	Closed	
2	Light cream at 85°C	580 ml	Pour in	 55°C	OIOI intermittent speed	15 min	Closed	Possibility of adding light cream heated to 85°C
3			Make creamier if necessary		1,000 rpm	30 sec		Taste and adjust seasoning
4			Pour into mould					



CHEF'S TIP

The higher the cocoa butter content in the chocolate, the firmer the ganache will be.










Zabaglione

Ingredients for 1 litre preparation:

WATER	100 G
ICING SUGAR	80 G
EGG YOLKS	150 G
DRY WHITE WINE	50 G

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Water White wine Icing sugar	100 g 50 g 80 g	Drizzle	  80°C	 600 rpm	 3 min	Open	Taste and adjust seasoning
2	Egg yolks	150 g	Fold in	 80°C	1500 rpm	5 min	Open	



CHEF'S TIP

The white wine can be replaced with champagne or sweet wine. It can also be flavoured by blending mint leaves in step 1.





Choux Pastry

Ingredients for 1 litre preparation:

WATER	185 ML	BUTTER	135 G
MILK	185 ML	FLOUR	210 G
SALT	1 PINCH	EGGS	300 G
SUGAR	5 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Milk Water Salt Sugar	185 ml 185 ml 1 pinch 5 g	Put in bowl	 105°C	100 rpm	5 min	Open	
2	Flour	210 g	Add	 120°C	200 rpm	9 min	Open	
3	Eggs	300 g	Add gradually	–	600 rpm	2 min 30	Open	Cool bowl before adding eggs.



CHEF'S TIP

The sugar can be replaced with chocolate chips.










Chocolate Icing

Ingredients for 1 litre preparation:

APRICOT GLAZE	500 G	LIGHT CREAM	250 G
COUVERTURE CHOCOLATE			
66% COCOA	250 G		

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Apricot glaze	500 g	Heat	 110°C	300 rpm	5 min	Open	
2	Couverture chocolate Light cream	250 g 250 g	Fold in	 110°C	300 rpm	10 min	Open	Taste and adjust seasoning



CHEF'S TIP

The icing can be stored in an airtight container for one week at 4°C.





Chocolate Cream

Ingredients:

LIGHT CREAM	570 G	GUANAJA DARK CHOCOLATE	
MILK	180 G	66% COCOA	300 G
EGG YOLKS	120 G		
SUGAR	120 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Egg yolks Sugar Cream Milk	120 g 120 g 570 g 180 g	Put in bowl	 95°C	130 rpm	12 min	Open	
2	Chocolate	300 g	Add	–	250 rpm	2 min	Open	
3			Remove and chill	–	250 rpm	4 h		Taste and adjust seasoning



CHEF'S TIP

Chocolate cream can be used to fill a tart case using the same method as a crème brûlée without baking.

The type of chocolate can be varied according to the required results (milk chocolate, dark chocolate, caramel chocolate, etc.).





Chocolate fondant cake

Ingredients:

DARK CHOCOLATE 70%	220 G	SUGAR	100 G
BUTTER	250 G	FLOUR	50 G
EGGS	4		
EGG YOLKS	80 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Chocolate Butter Sugar	220 g 250 g 100 g	Put in bowl	 50°C	Intermittent OIOI	6 min	Open	
2	Whole eggs Egg yolks	80 g 4	Add	–	1,200 rpm	1 min	Open	
3	Flour	50 g	Add	–	1,000 rpm	30 sec	Open	Taste and adjust seasoning



CHEF'S TIP

Bake at 200°C for about 7 minutes in individual greased and floured ramekins.










Couverture Chocolate Preparation

Ingredients for 1 litre preparation:

COUVERTURE CHOCOLATE 1 KG

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Couverture chocolate in discs	500 g	Melt	 55°C	800 rpm	8 min	Closed	
2	Couverture chocolate in discs	500 g	Fold in	 32°C	500 rpm	5 min	Open	Taste and adjust seasoning
3			Mix	 32°C	800 rpm	30 sec		Homogenise without incorporating air
4			Paper test	 32°C				Perform a tempering test on greaseproof paper
5			Checking of tempering	 32°C	220 rpm			The chocolate must lift easily during the test and not be brittle.
6			Tempering Use	 32°C	220 rpm			Maintain rotational speed during use.



CHEF'S TIP

If the paper test is not successful, it must be repeated.
It is important to use good quality couverture chocolate.





Bavaroise Cream

Ingredients for 1 litre preparation:

WHOLE MILK	1 L	VANILLA POD	1
WHITE SUGAR	250 G	LEAF GELATINE	20 G
EGG YOLKS	200 G	WHIPPED CREAM	800 G

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	White sugar Egg yolks Vanilla pod	250 g 200 g 1	Split pod and put seeds in bowl with sugar and egg yolks.	 85°C	600 rpm	3 to 4 min	Open	
2	Whole milk	1 L	Pour in	 85°C	600 rpm	12 min	Open	
3	Gelatine	20 g	Soak and fold into mixture Cool rapidly to 20°C.	-				
4	Whipped cream	800 g	Fold cream manually into mixture. Cool rapidly to 20°C.	-				Taste and adjust seasoning



CHEF'S TIP

You can flavour your basic Bavarian cream with coffee, flavoured syrup, citrus fruit zests, pistachios, puréed fruit or praline.









Apple Compote

Ingredients:

APPLES, PEELED AND HALVED	1 KG
SUGAR	100 G
JUICE OF 1 LEMON	I.E. 100 G

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Apple Sugar Lemon juice	1 kg 100 g 30 g	Put in bowl	 100°C	Intermittent OIOI	7 min	Open	
2			Mix	–	600 rpm	30 sec	Open	Taste and adjust seasoning



CHEF'S TIP

Spices can also be added as required (vanilla, cinnamon, allspice, Szechwan pepper) and pears or Japanese apple pears can be used instead of apples.









Strawberry Jam

Ingredients:

STRAWBERRIES	750 G
SUGAR (CONFISUC)	525 G
PECTIN	8 G

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Strawberries Sugar Pectin	750 g 525 g 8 g	Put in bowl	 107°C	Intermittent OIOI	18 min	Open	Blend sugar and pectin first.
2			Pour into jam jars	–				Taste and adjust seasoning



CHEF'S TIP

Macerating the halved fruit in sugar for several hours beforehand will shorten the cooking time. Use fresh fruit that naturally contains a large amount of sugar.









Apricot Coulis

Ingredients:

APRICOTS	1 KG	PECTIN	20 G
SUGAR	170 G	2 PINCHES OF ALLSPICE	
INVERT SUGAR	170 G		
LEMON JUICE	16 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Apricots Invert sugar Lemon juice Sugar Pectin Allspice	1 kg 170 g 16 g 170 g 20 g 2 pinches	Place in bowl	  105°C	 260 rpm	 13 min	Closed	Blend sugar and pectin Taste and adjust seasoning



CHEF'S TIP

You can also add softened, squeezed gelatine leaves to the completed mixture (12 x 2 g leaves per kilo of uncooked fruit), pour into a tray and use in a layered cake.







Peach, Honey and Rosemary Ice-Cream Base

Ingredients:

WHITE PEACHES	250 G	SUGAR	100 G
SPRIG OF ROSEMARY	1	MILK	300 ML
HONEY	25 G	CREAM	200 ML
EGG YOLKS	100 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Honey Peaches	25 g 250 g	Put in bowl	 140°C	Intermittent OIOI	7 min	Open	
2	Egg yolks Sugar Milk Cream Sprig of rosemary	100 g 100 g 300 ml 200 ml 1	Fold in	 85°C	120 rpm	5 min		Cook until temperature is reached Taste and adjust seasoning
3			Remove, cool and remove rosemary					
4			Pour mixture into an ice-cream maker. When set, place in freezer.					



CHEF'S TIP




Apricots and other varieties of peach (bush, yellow, etc.) can be used instead of white peaches. Aromatic herbs can also be used as required (lemon thyme, mint, tarragon, citronnelle, etc.)



Instant Berry Sorbet

Ingredients:

FROZEN BERRIES	800 G	ICING SUGAR	130 G
LARGE VANILLA POD, SCRAPED	1 SPLIT AND	EGG WHITES	190 G

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Berries Icing sugar Vanilla pod	800 g 130 g 1	Put in cold bowl	–	2,000 rpm Pulse	3 to 4 pulses		Turbo until a powder is formed
2	Egg whites	190 g	Drizzle	–	3,500 rpm	30 sec		Taste and adjust seasoning



CHEF'S TIP

To obtain a slightly creamy sorbet, add 200 g of plain yoghurt along with the egg whites. The taste can be varied according to the fruit (strawberries, cherries, raspberries, black currants, etc.) by using different spices (strawberries/cloves, black currants/mint, blackberries/cinnamon, cherries/allspice, etc.).





Black Currant Ice-Cream Base

Ingredients:

MILK	300 ML	SUGAR	150 G
CREAM	200 ML	BLACKCURRANT JUICE PROCESSED	
EGG YOLKS	140 G	IN A CENTRIFUGAL EXTRACTOR	300 G

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Egg yolks	140 g	Put in bowl	 85°C	 R-Mix 150 rpm	 16 min	Closed	Taste and adjust seasoning
	Sugar	150 g						
	Blackcurrant juice	300 g						
	Milk	300 ml						
	Cream	200 ml						
2			Cool and process in an ice-cream maker	–				



CHEF'S TIP




Red currants or raspberries can be used instead of blackcurrants.



Mango Sorbet

Ingredients:

FROZEN MANGOES 800 G
ICING SUGAR 130 G

	Ingredients	Weight	Action	Heat setting 	Speed 	Time 	Lid opening	Comments
1	Mangoes at -18°C Sugar	800 g 130 g	Mix	–	3,500 rpm	1 min		Taste and adjust seasoning



CHEF'S TIP

You can also select your own fresh mangoes and freeze them.





Almond Granita

Ingredients:

CASTER SUGAR	50 G	ICING SUGAR	100 G
WATER	12 G	ICE CUBES	500 G
GLUCOSE 25 G		MILK	10 CL
POWDERED ALMONDS	70 G		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
1	Caster sugar Water Glucose	50 g 12 g 25 g	Put in bowl	 110°C	100 rpm		Open	Cook until temperature is reached
2	Powdered almonds Icing sugar	70 g 100 g	Fold in and blend	–	600 rpm	3 min	Open	The mixture must be homogeneous
3				–				Cool bowl under cold water
4	Milk	10 cl	Pour in	–	3,500 rpm	2 min		
5	Ice cubes	500 g	Add and mix	–	Turbo	10 to 15 sec	Closed	Mix until homogeneous and ice is completely crushed. Taste and adjust seasoning



CHEF'S TIP

Ready-made almond paste can be used instead of the almond paste preparation in the recipe.



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