A Guide to Spiralizing Ingredients

With Thermomix® Spiralizer, you can quickly and easily spiralize a variety of fruits and vegetables. Depending on where in the world you are, you may have fruits and vegetables available locally that will not be elsewhere and vice versa. When in doubt about an ingredient, refer to the tables below to determine whether it might be spiralized.

Ingredients	Description	Type of cut	Tips
Beetroot	Peeled, ends trimmed. Trimmed in a circular shape that fits the blade width.	Thin or thick	Choose small to medium beetroots.
Broccoli stem	Peeled to make an even surface. Any fibrous parts removed.	Thin or thick	Best results with blade 1 Delicious raw added to a salad.
Butternut squash	Peeled, ends trimmed. Trimmed in a circular shape that fits the blade width.	Thin or thick	If not trimmed in a circular shape, you will obtain rectangular spirals rather than long ribbons.
Carrot	Large, firm, uniform. Peeled, ends trimmed. Cut in segments no longer than the pusher. Use carrots with just the right diameter to fit the blade width (max. Ø 5 cm). If they are smaller than this, this will produce a mixture of long and short noodles.	Thin or thick	Depending on firmness, the thick cut may break the carrot into pieces and not produce continuous spirals.
Celeriac	Peeled, ends trimmed. If needed, trimmed in a circular shape that fits the blade width.	Thin	Due to its firmness, a thick cut may break the celeriac into pieces and not produce continuous spirals.
Courgette	Ends trimmed, halved widthways. If needed, trimmed in a circular shape that fits the blade width.	Thin or thick	To avoid short, curly strips and obtain long spirals, do not halve the courgette but cut in segments no longer than the pusher. Narrower courgettes are preferable to avoid too much waste.
Cucumber	Very firm, unpeeled, ends trimmed. Whole, if it will fit the blade width. If too large, halved widthways, seeds removed and thoroughly patted dry to remove excess moisture. A thin cut is recommended for best results if cucumber is halved.	Thin or thick	When choosing a cucumber, opt for young and firm ones to avoid having a wet centre.
Daikon	Firm, ends trimmed, unpeeled and well washed. Trimmed, if necessary, to fit the blade width.	Thin or thick	Depending on firmness, a thick cut may break the daikon into pieces and not produce continuous spirals.
Kohlrabi	Peeled, ends trimmed. Trimmed in a circular shape that fits the blade width.	Thin	Most fibrous parts removed to avoid them getting tangled in the blade.
Parsnip	Large and firm. Peeled, ends trimmed. Trimmed if necessary to fit the blade width.	Thin or thick	Depending on firmness, a thick cut may break the parsnip into pieces and not produce continuous spirals.
Potato	Firm variety. Unpeeled (well	Thin or thick	To avoid short, curly strips

	washed) or peeled. Ends trimmed. Trimmed if necessary to fit the blade width.		and obtain long spirals, do not halve potatoes but trim them in a circular shape so they fit the blade width. Choose older potatoes if possible.
Pumpkin/ squash	Choose as regular a pumpkin/ squash as possible. Peeled and trimmed to fit the blade width. Fibrous core removed.	Thin or thick	To obtain nice spiral shapes, it is important to trim the pumpkin/squash in a circular shape that fits the blade width.
Swede (or rutabaga)	Peeled, ends trimmed. Trimmed if necessary to fit the blade width.	Thick	As this is a hard but juicy vegetable, blade 2 (thin) will not achieve a continuous cut.
Sweet potato	Unpeeled (well washed) or peeled. Ends trimmed. Trimmed if necessary to fit the blade width.	Thin or thick	Depending on firmness, a thick cut may break the sweet potato into pieces and not produce continuous spirals.
Apple	Peeled or unpeeled, thoroughly washed if unpeeled, stem removed. Ends trimmed, cored and quartered. Trimmed to fit the blade width.	Thin or thick	Choose the firmest and less juicy varieties of apples (e. g. honeycrisp, braeburn, or Granny Smith). Use large apples so that quarters are large enough to produce continuous spirals.
Pear	Choose a non-juicy variety. Very firm, peeled or unpeeled, thoroughly washed if unpeeled, stem removed. Ends trimmed, halved or cut in 3 wedges depending on its thickness, cored and trimmed as necessary to fit the blade width.	Thin	Depending on firmness, a thick cut may break the pear into pieces and not produce continuous spirals.
Plantain	Peeled and ends trimmed. Fibrous parts removed.	Thin	