

Notes to the slow cooking table

- Add any acid ingredient such as lemon juice, tomatoes or vinegar to your recipes to protect the mixing bowl from rust.
- The amount of liquid noted in the table is a guide. Slow cooking methods do not need as much liquid as other recipes, because nothing evaporates.
- Observe the maximum filling mark of 2.2 litres.
- Use a maximum of 800 g meat.
- Ensure kidney beans and other pulses are safe to eat by boiling them first at 100 °C for at least 10 minutes before adding them to a slow cooking recipe.
- If the ingredients have different weight or thickness, cooking times will need to be adjusted.

Slow cooked pineapple

Sweet and savoury, a wide variety of different ingredients can be cooked in Slow Cook mode. Be inspired!

Recommended cooking time and temperature

	Ingredient	Quantity	Size/thickness	Guide to amount of liquid	Temperature TM6	Time	Tips
<i>Meat</i>	Casserole beef	400 g	diced, 3 cm × 3 cm	Approx. 300 g	85 °C	7 h	A rich sauce from beef stock and stout beer such as Guinness makes a great tasting casserole.
	Beef mince	600 g		Approx. 750 g	98 °C	4 h	Cook the beef in a classic tomato sauce, a mixture of 150 g red wine, 200 g beef stock, 400 g canned chopped tomatoes, to make a bolognese. This recipe is possible without the blade cover.
	Beef short ribs, boneless	800 g	cut in 8 pieces	Approx. 700 – 800 g	98 °C	4 h 30 min	Great for a classic stew made with vegetables in a mixture of red wine and a rich meat broth.
	Lamb shoulder	650 g	diced, 4 cm × 4 cm	Approx. 450 – 500 g	98 °C	6 h	Marinate first in a curry paste and use coconut milk to make a great lamb curry.
	Pork cheeks	500 g	4 × 100 – 120 g each	Approx. 1500 g	95 °C	8 h	Marinate first in some oil and onion for a succulent result.
	Pork belly, skin on	600 g	diced, 3 cm × 9 cm	Approx. 750 g	98 °C	4 h	Cook in vegetable stock. Sear at the end of cooking time. Strain the cooking broth, add seasonings, and cook rice noodles in it. Serve the noodles and the broth with the pork belly.
	Pork shoulder, boneless, without rind	800 g	diced, 10 cm × 10 cm	Approx. 750 g	98 °C	4 h	Marinate before cooking for best results. Use chicken stock to cook. At the end of cooking, shred the meat and toss in a BBQ sauce.
	Meatballs	500 g minced beef, 10% fat	30 g each	Approx. 800 g	98 °C	3 h	The meatballs can be slow cooked in a classic tomato sauce, made from canned chopped tomatoes.
	Duck legs	2	Skin on, bone in, approx. 800 g total	Approx. 1100 g	98 °C	3 h	Flavour chicken stock with dried cherries, vegetables and bay leaf for a delicious fork tender, cooked duck. Shred the cooked duck and serve with plum sauce.
	Chicken thighs	700 – 800 g	4 × 180 g each, 3 cm thick	Approx. 700 g	95 °C	3 h 30 min	A mixture of red chilli, red capsicum, tomato and chicken broth is a good base for a chicken thigh stew.
Chicken drumsticks	6		Approx. 650 g	98 °C	3 h	A simple sauce of orange juice, stock, honey and soy sauce turns chicken into a special treat.	
Turkey legs, skinless	650 g	cut in cubes 4 – 6 cm	Approx. 550 g	95 °C	3 h	Can be slow cooked in chicken broth with vegetables and served with sautéed mushrooms with bacon.	

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	Ingredient	Quantity	Size/thickness	Guide to amount of liquid	Temperature TM6	Time	Tips
<i>Other</i>	Octopus tentacles	500–800 g	2–3 cm thick	Approx. 800 g	80 °C	5 h	Cover with olive oil for a tasty octopus confit.
	Squid	500–800 g	cut in rings plus tentacles	Approx. 800 g	80 °C	5 h	Slow cook in a rich tomato sauce.
	Dried navy (haricot) beans, soaked overnight	200 g dried weight		Approx. 560 g	98 °C	4 h	Soak overnight and discard water. Rapid boil for 10 minutes, before cooking in a rich tomato sauce, adding vegetables to make a tasty bean casserole. Do not substitute kidney beans.
	Chickpeas, soaked overnight	200 g dried weight		560 g liquid, vegetable stock, seasoning, olive oil 50 ml	98 °C	4 h	Soak overnight before cooking. Cook in a rich tomato sauce, with vegetables for a tasty bean casserole.
	Dried butter beans, soaked overnight	200 g dried weight		Approx. 560 g	98 °C	4 h	Soak overnight and discard water. Rapid boil for 10 minutes, before cooking in a rich tomato sauce, adding vegetables to make a tasty bean casserole. Do not substitute kidney beans.
	Root vegetables – carrots, onions, celeriac, sweet potato	600 g	10 cm long, Ø 2 cm	Approx. 1300 g	85 °C	2 h 30 min	Cook in a chicken or vegetable stock. Serve the vegetables in some of the cooking liquid sprinkled with fresh herbs. The cooking broth makes a tasty soup base.
	Butternut pumpkin	700 g	cut in slices 1 cm × 3 cm × 6 cm	Approx. 1200 g	85 °C	4 h	Braise the pumpkin pieces in a mix of vegetable stock and miso stock for a tasty vegetable dish. Stir in chopped fresh herbs before serving.
	Pears, ripe but firm	4 pears × 180 g each	whole, peeled	Approx. 1100 g	90 °C	4 h	Cook in a wine syrup, and flavour with orange zest, cinnamon stick and star anise.
	Pineapples	500 g	6 wedges, lengthways, 2 cm thick at edge	Approx. 800 g	85 °C	2 h	Cook in a syrup, and flavour with chilli and rum. Serve the pineapple with the syrup, and ice cream.
	Tart eating apples	4 apples	halved, skin on	Approx. 1400 g	95 °C	2 h	Cook in syrup, and keep until ready to serve. Tasty for breakfast or dessert.
Nectarines/ peaches, firm	400 g	4, halved, skin on	Approx. 1700 g	95 °C	2 h	Cook in syrup and drizzle with honey to serve.	

Notes to the sous-vide table

- Add 1 level tbsp ascorbic acid or 30 g lemon juice to the water to prevent rust.
- Add the bags to the mixing bowl, only when the water has already reached the target temperature.
- Heating up the water takes an average of 10 – 15 minutes. The amount of water noted in the table is a reference, it depends on the volume of the bags. The bags must be completely covered with water, without exceeding the maximum filling mark of the mixing bowl (2.2 l).
- If the ingredients have different weight or thickness, cooking times will need to be adjusted.
- Searing meat after sous-vide cooking will add flavour and provide further food safety measures.

Sous-vide asparagus with poached eggs

Perfectly poached, rely on the Sous-vide mode to cook eggs for your asparagus.

Recommended cooking time and temperature

We recommend using Thermomix sous-vide recipes. If following a non-Thermomix recipe, refer to the table here below for times and temperatures.

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<i>Meat</i>	Beef filet steak / Flank steak	720 – 800 g	4 × 180 – 200 g each, 2.5 – 3 cm thick	Approx. 1400 g	2	54 °C	1 h 30 min	medium-rare	Sear in a pan at the end of cooking
						60 °C	1 h 30 min	medium	
						64 °C	1 h 30 min	well done	
	Beef prime rib, boneless	900 g	2 × 450 g each, 3 – 4 cm thick (max. 14 cm long)	Approx. 1300 g	2	58 °C	2 h 15 min	medium-rare	Sear in a pan at the end of cooking
						65 °C	1 h 45 min	medium	
						70 °C	1 h 30 min	well done	
	Beef brisket	600 – 800 g	cut in 2 pieces, 5 – 6 cm thick	Approx. 1400 g	2	85 °C	12 h	well done, fork tender	To give extra flavour marinate before cooking
	Veal medallions	650 – 800 g	8 × 80 – 100 g each, 2.5 cm thick	Approx. 1400 g	2	64 °C	1 h 30 min	well done	Sear in a pan at the end of cooking
	Lamb chops	240 – 320 g	4 × 60 – 80 g each, 2.5 cm thick	Approx. 1800 g	2	58 °C	1 h 45 min	pink	
	Pork tenderloin	500 – 700 g	1 loin cut in 2 pieces, Ø 5 cm	Approx. 1200 g	2	75 °C	1 h	well done	
	Pork chops	700 g	2 pork chops, 3.5 cm thick	Approx. 1400 g	2	60 °C	2 h 30 min	well done	Sear in a pan at the end of cooking
	Pork cheeks	650 – 800 g	8 × 80 – 100 g each	Approx. 1400 g	2	85 °C	8 h	succulent and fork tender	
	Pork belly, skin on	500 – 600 g	2 × 250 – 300 g each, 4.5 cm thick	Approx. 1500 g	2	80 °C	7 h	succulent and fork tender	
	Pork shoulder, boneless	800 g	cut in 2 pieces, 4 – 5 cm thick	Approx. 1400 g	2	85 °C	12 h	well done, fork tender	To give extra flavour marinate before cooking
	Duck breast	500 – 600 g	2 × 250 – 300 g each, 2.5 – 3 cm thick	Approx. 1200 g	2	62 °C	1 h 30 min	pink	Sear in a pan at the end of cooking
Chicken breast	500 – 600 g	2 × 250 – 300 g each, 2 – 3 cm thick	Approx. 1500 g	2	72 °C	1 h 30 min	well done	Cook with skin on and sear at the end of cooking or just rub with a mixture of herbs or spices	
Chicken thighs	700 – 750 g	4 × 180 g each, 3 cm thick	Approx. 1400 g	1 – 2	75 °C	1 h	well done	If it's with skin on, sear in a pan after cooking	
Chicken drumsticks, skin on	600 g	4 × 150 g each, 4 – 5 cm thick	Approx. 1400 g	1 – 2	75 °C	1 h 15 min	well done	If it's with skin on, sear in a pan after cooking	

Recommended cooking time and temperature

	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<i>Fish and Seafood</i>	Fish, lean (snapper/hoki)	800 g	4 × 200 g each, 2 cm thick	Approx. 1400 g	2	60 °C	1 h	done	Fish for sous-vide recipes must be of sashimi quality i. e. suitable for eating raw, or must have been frozen at a minimum of -20 °C for at least 24 hours. We recommend buying frozen fish or seafood for sous-vide cooking. Thaw before cooking.
	Fish, fatty (salmon, with or without skin)	600 g	4 × 150 g each, 3 cm thick	Approx. 1450 g	2	55 °C	45 min	medium	
	Shrimps/prawns, peeled, medium size	350 – 380 g	24 pieces of 15 g each	Approx. 1500 g	2	62 °C	30 min	done	
	Prawns, peeled and deveined, large size	480 – 500 g	16 pieces of 30 g each	Approx. 1660 g	2	70 °C	20 min	done	
	Octopus tentacles	500 – 800 g	2 – 2.5 cm thick	Approx. 1400 g	1 – 2	82 °C	7 h	juicy and tender	Use fresh or thawed octopus. Using frozen octopus will give a tender texture. The freezing process benefits the octopus, as the meat will tenderise while thawing.
<i>Eggs</i>	Poached eggs	4 – 6	eggs size XL (59 g)	Approx. 1400 g	0	72 °C	18 – 20 min	soft egg yolk	Line measuring cup with greased cling film, 25 × 25 cm, break an egg into it and bring up the sides. Seal with kitchen string. Repeat for up to 6 eggs.
	Onsen eggs (low temperature eggs in shell)	6	eggs size XL (59 g)	Approx. 1850 g	0	65 °C	45 min	runny egg white, soft egg yolk	Place whole eggs in the simmering basket. After cooking time, cool immediately in an ice bath.
<i>Vegetables, Roots</i>	Carrots	300 – 600 g	15 cm long, Ø 2 cm	Approx. 1500 g	1 – 2	85 °C	45 min		Sauté at the end of cooking for a couple minutes to glaze them in their own juices.
	Beetroots	600 g	Ø 4 – 5 cm each	Approx. 1300 g	1	85 °C	3 h		Halve larger roots

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	Ingredient	Total	Size/thickness	Water for mixing bowl	Amount of bags	Temperature	Time	Stage	Tips
<i>Vegetables, tender</i>	Green beans, fresh	300 – 600 g	normal or flat	Approx. 1500 g	1 – 2	85 °C	45 min		To cook the vegetables, just season with salt, ground pepper and fresh aromatic herbs and add olive oil or butter in the bag before cook for a great side dish.
	Mushrooms	250 g	Ø 3 – 5 cm	Approx. 1500 g	1 – 2	59 °C	1 h		
	Eggplants	320 – 360 g	2 × 160 – 180 g, each cut in 1.5 – 2 cm slices	Approx. 1500 g	1 – 2	85 °C	2 h		Grill at the end of cooking for a smoked flavour.
	Asparagus	500 g	Ø 1.5 cm	Approx. 1500 g	1 – 2	82 °C	15 min		Great to serve with sous-vide poached eggs.
<i>Fruits, firm</i>	Pears, ripe	600 g	4 × 150 g each, halved	Approx. 1600 g	2	80 °C	1 h 30 min		For a different twist, season with spices and cook in sweet wine, rum or a fruit juice. Serve with ice cream or a custard.
	Pineapples	400 g	4 slices × 100 g each, 2 cm thick	Approx. 1500 g	1	85 °C	45 min		See tip for <i>pears, ripe</i> .
<i>Fruits, soft</i>	Apricots	300 – 350 g	3, halved, Ø 5 cm	Approx. 1400 g	1	80 °C	1 h		See tip for <i>pears, ripe</i> .
	Bananas	400 g	4 × 100 g each, Ø 3 cm	Approx. 1500 g	1	68 °C	20 min		See tip for <i>pears, ripe</i> .