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 or not it might be spiralized.

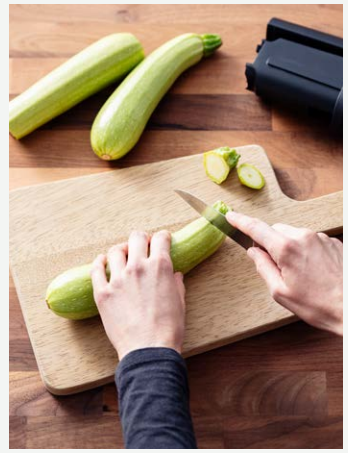
BEST VEGETABLES FOR SPIRALIZING

Ingredient	Description	Type of cut	Tips
Beets	Peeled, ends trimmed. Trimmed in a circular shape that fit the blade width.	Thin or thick	Choose small to medium beets. (see image on p. 52)
Broccoli stems	Peeled to make an even surface. Any fibrous parts removed.	Thin or thick	Best results with blade 1 Delicious raw added to a salad. (see image on p. 52)
Butternut squash	Peeled, ends trimmed. Trimmed in a circular shape that fit the blade width.	Thin or thick	If not trimmed in a circular shape, you will obtain rectangular spirals rather than long ribbons.
Carrots	Large, firm, uniform. Peeled, ends trimmed. Cut in segments no longer than the pusher. Use carrots with just the right diameter to fit in the blade width (at least 2 in. diameter/5 cm). If smaller than this, they 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 in the feeder.	Thin	Due to its firmness, a thick cut may break the celeriac into pieces and not produce continuous spirals.
Zucchini	Ends trimmed, halved widthwise. If needed, trimmed in a circular shape that fit the blade width.	Thin or thick	To avoid short, curly strips and obtain long spirals, do not halve the zucchini but cut in segments no longer than the pusher. Narrower zucchini are preferable to avoid too much waste. (see image on p. 51)

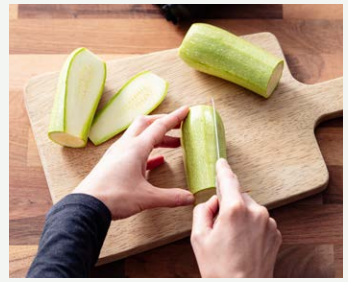
Zucchini



Using a sharp knife, trim zucchini in a circular shape to fit the blade width.



Trim off both extremities of the zucchini to have as flat a surface as possible.



Cut the zucchini in segments no longer than the pusher.

Sweet potatoes



Use ingredients which are a max. 2 in. (5 cm) in diameter to fit the blade width.



Do not throw leftovers away. Dice them and add to soups, pasta, rice dishes, or salads. You can also use them to make baby purées.

Beets
To avoid half-moons and yield more noodles, choose small to medium beets. Spiralizing small ones will make shorter noodles. This applies to both blades.



Broccoli stems
Choose stems that are moderately tender. If needed, use a vegetable peeler to remove the tougher outer layer.



Cucumber



Spirals measuring over 4 in. (10 cm) could be a little difficult to serve and portion. Once spiralized, cut the noodles with scissors before dressing them. You can cut small sections or simply take a bunch of noodles and roughly cut. Either way, you'll get regular-sized noodles that are easier to divide onto plates and eat.



Cucumbers consist of more than 95% water. Be sure to pat them dry with paper towels. Place the noodles on two layers of paper towel, cover with an additional two layers, and gently press down to absorb the moisture. It can be useful to repeat this process twice.

BEST VEGETABLES FOR SPIRALIZING
(continued)

Ingredient	Description	Type of cut	Tips
Cucumbers	Very firm, unpeeled, ends trimmed. Whole, if it will fit the blade width. If too large, halved widthwise, seeds removed and thoroughly patted dry to remove excess moisture (see image on p. 52). 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 center.
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.
Parsnips	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.
Potatoes	Firm variety. Unpeeled (well washed) or peeled. Ends trimmed. Trimmed if necessary to fit the blade width.	Thin or thick	To avoid short, curly strips 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 (or squash)	Choose as regular shaped 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 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 potatoes	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.

BEST FRUITS FOR SPIRALIZING

Ingredient	Description	Type of cut	Tips
Apples	Peeled or unpeeled, thoroughly washed, if unpeeled, stem removed, 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 (see image on p. 55).
Pears	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, 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.
Plantains	Peeled and ends trimmed. Fibrous parts removed.	Thin	(see image on p. 55)

Plantain



Because of its fibrous texture, a thick cut may break the plantain into pieces and not produce continuous spirals. Try to cut the plantain into segments (minimum 1½ in./4 cm long) to achieve better results.



To prevent plantain spirals from oxidizing, cut them into segments, place in a ziplock bag, add lemon juice, and seal. Gently stir the segments so that they are all covered in lemon juice and use as soon as possible.



Apple

Depending on firmness, a thick cut may break the apple into pieces and not produce continuous spirals.