

# Chopping

## Functions

Use this table as a guide for chopping your ingredients. Ingredient quantities can be adjusted as needed, while for some ingredients (e. g. nuts), the results will be more consistent if you chop in several batches instead of increasing the quantity. When a range is provided, use the longer time for a finer chop or grind.

## Grating

Food	Amount	Time/Speed	Tips and techniques
Carrots, turnips, daikon	100–180 g, cut in pieces (4 cm)	3–4 sec/speed 5	
	200–450 g, cut in pieces (4 cm)	4–6 sec/speed 5	
	500–700 g, cut in pieces (4 cm)	5–7 sec/speed 5	
Cabbage (white/red) – finely grated	200–400 g, cut in pieces	6–8 sec/speed 5	
Cabbage (white/red) – coarsely grated	200–400 g, cut in pieces	2–4 sec/speed 5	
Apples	100–300 g, quartered	2–3 sec/speed 4.5	
	350–600 g, quartered	3–4 sec/speed 4.5	
Plums, medium ripeness	200–300 g, quartered	3–5 sec/speed 4.5	
	350–600 g, quartered	4–6 sec/speed 4.5	
Pears, nectarines, apricots, medium ripeness	200–300 g, quartered	3–5 sec/speed 4.5	
	350–600 g, quartered	4–6 sec/speed 4.5	
Dark chocolate – coarsely grated	70–200 g, cut in pieces	3–4 sec/speed 7	• For thick bars of chocolate, use the longer time, adding <b>1–2 seconds</b> as needed.
	250–300 g, cut in pieces	4–5 sec/speed 7	
Milk chocolate – coarsely grated	70–100 g, cut in pieces	3–4 sec/speed 6	• For thick bars of chocolate, use <b>speed 7</b> .
	150–200 g, cut in pieces	4 sec/speed 6	
	250–300 g, cut in pieces	4–5 sec/speed 6	
White chocolate – coarsely grated	70–200 g, cut in pieces	2–3 sec/speed 7	• For thick bars of chocolate, use the longer time, adding <b>1–2 seconds</b> as needed.
	230–300 g, cut in pieces	4 sec/speed 7	
Dark chocolate – finely grated	70–200 g, cut in pieces	10–12 sec/speed 8	
	250–300 g, cut in pieces	12–15 sec/speed 8	
Milk chocolate – finely grated	70–200 g, cut in pieces	6–7 sec/speed 8	
	250–300 g, cut in pieces	7–9 sec/speed 8	
White chocolate – finely grated	70–200 g, cut in pieces	6–8 sec/speed 8	
	250–300 g, cut in pieces	8–9 sec/speed 8	

Food	Amount	Time/Speed	Tips and techniques
Breadcrumbs – coarse	100 g bread, fresh, cut in pieces (3 cm)	3–10 sec/speed 6	<ul style="list-style-type: none"> <li>• Use white or crusty bread such as baguette, ciabatta, whole wheat bread or bread rolls.</li> <li>• Add herbs or garlic to the bread before grating.</li> <li>• Breadcrumbs made from fresh bread must be stored in the freezer.</li> </ul>
Breadcrumbs – fine	100 g bread, cut in pieces (3 cm)	7–20 sec/speed 7	
Potatoes and sweet potatoes	200–500 g, cut in pieces	4–7 sec/speed 5	<ul style="list-style-type: none"> <li>• Chopping time depends on type of potatoes.</li> </ul>
	600–800 g, cut in pieces	5–10 sec/speed 5	
Cheese, medium-hard (e. g. Gruyère, Cheddar, Emmental)	70–300 g, cut in pieces (2–3 cm)	5–14 sec/speed 7	
Parmesan cheese (or other hard cheese)	50–70 g, cut in pieces (2 cm)	10 sec/speed 10	<ul style="list-style-type: none"> <li>• Remove crusts before grinding.</li> </ul>
	100–250 g, cut in pieces (2 cm)	12–20 sec/speed 10	

## Chopping / Crushing / Mincing

Food	Amount	Time/Speed	Tips and techniques
Fresh herbs (e.g. parsley, coriander, sage, thyme, mint)	5 g, leaves only	3–4 sec/speed 6	<ul style="list-style-type: none"> <li>• Make sure leaves are dry for best chopping results.</li> </ul>
	10–25 g, leaves only	4–6 sec/speed 6	
	20–30 g, leaves only	3–4 sec/speed 7	
	30–40 g, leaves only	5–9 sec/speed 6	
Dill	5–40 g, leaves only	4 sec/speed 8	<ul style="list-style-type: none"> <li>• If further chopping is required, scrape down sides of mixing bowl with spatula and chop again 2 sec/speed 8.</li> </ul>
Rosemary	5–30 g, leaves only	10 sec/speed 8, scrape down sides of mixing bowl with spatula, then chop again 5 sec/speed 8 if necessary	<ul style="list-style-type: none"> <li>• Moisture content of rosemary is variable.</li> </ul>
Garlic	1 clove	2 sec/speed 8	
	10–20 g	3 sec/speed 8	
	25–70 g	3 sec/speed 5	
	100 g	3–5 sec/speed 5	
Onions	30–70 g, halved	3–4 sec/speed 5	<ul style="list-style-type: none"> <li>• Cut large onions in quarters.</li> </ul>
	100–200 g, halved	4 sec/speed 5	
	220–350 g, halved	4–5 sec/speed 5	
	400–500 g, quartered	5–6 sec/speed 5	

Food	Amount	Time/Speed	Tips and techniques
Crushed ice	200–550 g ice cubes	3–8 sec/speed 5	<ul style="list-style-type: none"> <li>The length of time depends on size of ice cubes and desired result.</li> <li>The quantity of ice can be increased as long as ice cubes do not exceed the 1 litre mark in the mixing bowl.</li> </ul>
Beef	300 g, cut in pieces (3 cm), partially frozen	10–13 sec/speed 8	<ul style="list-style-type: none"> <li>To achieve a uniform result, cut meat in equal-sized pieces.</li> <li>The best result is achieved with meat that is partially frozen for 60 minutes. However, make sure it is only partially frozen.</li> </ul>
	500 g, cut in pieces (3 cm), partially frozen	13–16 sec/speed 8	
Pork	300 g, cut in pieces (3 cm), partially frozen	8–10 sec/speed 6	<ul style="list-style-type: none"> <li>To achieve a uniform result, cut meat in equal-sized pieces.</li> <li>The best result is achieved with meat that is partially frozen for 60 minutes. However, make sure it is only partially frozen.</li> </ul>
	500 g, cut in pieces (3 cm), partially frozen	12–14 sec/speed 6	
Poultry (white meat)	300 g, cut in pieces (3 cm), partially frozen	5–6 sec/speed 6	
	500 g, cut in pieces (3 cm), partially frozen	7–8 sec/speed 6	
Lamb	300 g, sinew free, cut in pieces (3 cm), partially frozen	10–13 sec/speed 8	
Nuts (e. g. almonds, hazelnuts) – coarsely chopped	100 g	3–5 sec/speed 6	
	200–300 g	4–6 sec/speed 6	
Nuts (e. g. peanuts, cashew nuts) – coarsely chopped	100–200 g	3–6 sec/speed 5	
	300 g	2–5 sec/speed 5	
Nuts (e. g. walnuts, pecans) – coarsely chopped	100 g	2–6 sec/speed 4	
	200 g	3–7 sec/speed 4	
	300 g	1–3 sec/speed 5	

# Grinding / Milling

Food	Amount	Time/Speed	Tips and techniques
Nuts (e.g. walnuts) – finely ground	100 g	4–6 sec/speed 6	
	150–250 g	5–7 sec/speed 6	
Nuts (e.g. almonds, hazelnuts, cashew nuts, peanuts) – finely ground	100 g	6–8 sec/speed 7	
	150–250 g	6–10 sec/speed 7	
Dried pulses (e.g. chickpeas, lentils, dried beans) – finely ground	100 g	20–50 sec/speed 10	<ul style="list-style-type: none"> <li>• For best results, grind up to 250 g at a time. If more flour is needed, repeat the process in batches of up to 250 g.</li> <li>• Time depends on type of pulse.</li> </ul>
	150–250 g	30–60 sec /speed 10	
Cereal grains (e.g. wheat, rye, spelt, buckwheat, millet) – finely ground	100 g	10–50 sec/speed 10	<ul style="list-style-type: none"> <li>• Cereal grains can be ground coarsely or very fine (flour). The longer the grinding time, the finer the grind.</li> <li>• For best results, grind up to 250 g at a time. If more flour is needed, repeat the process in batches of up to 250 g.</li> </ul>
	150–250 g	15–60 sec/speed 10	
Coffee beans	100–250 g	1 min/speed 9	
Poppy seeds	100–250 g	30 sec/speed 9	
Peppercorns – coarse	10 g	10 sec–1 min/speed 10	
Rice	100–150 g	1 min–1 min 30 sec/speed 10	
Sesame seeds	100–150 g	6–10 sec/speed 9	<ul style="list-style-type: none"> <li>• Use unpeeled sesame seeds for fine flour, and peeled sesame seeds for sesame seed paste.</li> </ul>
	160–200 g	9–15 sec/speed 9	
Spices	20 g	20–60 sec/speed 9	<ul style="list-style-type: none"> <li>• Grinding time depends on the spices used.</li> </ul>
Icing sugar (white, brown and dark brown)	100 g	11–14 sec/speed 10	<ul style="list-style-type: none"> <li>• For best results, grind sugar in 100–200 g batches.</li> </ul>
	150 g	15–18 sec/speed 10	
	200 g	17–20 sec/speed 10	

# Steaming Functions

Use this table as a guide to steaming times, adjusting amounts and times according to your preference. Cooking times will vary depending on the quantity, size and temperature of ingredients. To extend cooking time beyond 30 minutes, add 250 g water for each additional 15 minutes. Make sure a few holes in the Varoma dish and Varoma tray remain unobstructed, and that the Varoma lid is properly closed.

Place 500 g room temperature water or broth in the mixing bowl and steam **stated time/Varoma/speed 1**.

## Steaming Vegetables

Food	Amount	Time	TM part	Tips and techniques
Carrots	200–500 g, sliced (5 mm)	18–24 min	Simmering basket	
	550–800 g, sliced (5 mm)	25–30 min	Varoma	
	300–1000 g, thin, whole	25–30 min	Varoma	
Parsnips	200–500 g, peeled, cut in bite-sized pieces	10–15 min	Simmering basket	• To achieve uniform results, cut parsnips in equal-sized pieces.
	600–1000 g, peeled, cut in bite-sized pieces	15–20 min	Varoma	
Kohlrabi, turnips, daikon	200–600 g, cut in pieces (2–3 cm)	18–25 min	Simmering basket	
	700–1000 g, cut in pieces (2–3 cm)	24–30 min	Varoma	
Broccoli florets	250 g	11–15 min	Simmering basket	
	400–800 g	15–22 min	Varoma	
Cauliflower florets	300 g	15–20 min	Simmering basket	
	400–900 g	20–25 min	Varoma	
Cabbage	300 g, cut in strips (1–2 cm)	10–15 min	Simmering basket	
	400–800 g, cut in strips (1–2 cm)	13–18 min	Varoma	
Asparagus	800 g	23–35 min	Varoma	• Time depends on thickness of stalks.
Peppers	100–300 g, cut in strips (1.5 cm)	10–14 min	Simmering basket	
	400–800 g, cut in strips (1.5 cm)	12–15 min	Varoma	

Food	Amount	Time	TM part	Tips and techniques
Button mushrooms	100–300 g, whole	10–15 min	Simmering basket	• Cut large mushrooms in eighths.
	400–500 g, whole	15 min	Varoma	
	200–300 g, quartered	10–12 min	Simmering basket	
	400–500 g, quartered	13–15 min	Varoma	
Peas	200–500 g, frozen	15–18 min	Simmering basket	
	600 g, frozen	18–22 min	Varoma	
New potatoes, small	600 g	30–35 min	Simmering basket	
	700–1200 g	35–40 min	Varoma	
Potatoes and sweet potatoes	200–600 g, cut in pieces (2–3 cm)	17–30 min	Simmering basket	
	700–1000 g, cut in pieces (2–3 cm)	20–35 min	Varoma	
Leeks	200–400 g, sliced	15–20 min	Simmering basket	
	500–800 g, sliced	20–25 min	Varoma	
Celery	200–400 g, cut in pieces (2 cm)	20–25 min	Simmering basket	
	500–800 g, cut in pieces (2 cm)	25–30 min	Varoma	
Celeriac	200–450 g, cut in pieces (2–3 cm)	13–17 min	Simmering basket	
	500–800 g, cut in pieces (2–3 cm)	20–25 min	Varoma	
Green beans	200–300 g, cut in pieces (3–5 cm)	15–25 min	Simmering basket	
	400–800 g, whole	15–30 min	Varoma	
Fennel bulbs	200–400 g, quartered	18–25 min	Simmering basket	
	500–800 g, quartered	27–30 min	Varoma	
	100–400 g, sliced (1 cm)	15–20 min	Simmering basket	
	500–800 g, sliced (1 cm)	18–25 min	Varoma	
Fresh spinach	500 g	10–12 min	Varoma	• Maximum 500 g.
Courgettes	200–500 g, halved, then sliced (1 cm)	14–19 min	Simmering basket	
	600–800 g, halved, then sliced (1 cm)	20–25 min	Varoma	

# Steaming Fruits

Food	Amount	Time	TM part	Tips and techniques
Apples	200–400 g, quartered	10–22 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of apples.</li> <li>To double the quantity, insert Varoma tray and add a further 500 g.</li> </ul>
	500 g, quartered	12–25 min	Varoma	
Pears	200–400 g, quartered	10–16 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of pears.</li> </ul>
	500–800 g, quartered	15–20 min	Varoma	
	200–400 g, halved	13–18 min	Simmering basket	
	500–800 g, halved	18–23 min	Varoma	
Apricots	300–400 g, halved	9–12 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of apricots.</li> <li>To double the quantity, insert Varoma tray and add a further 500 g.</li> </ul>
	500 g, halved	10–15 min	Varoma	
Peaches	300–450 g, halved	8–12 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of peaches.</li> <li>To double the quantity, insert Varoma tray and add a further 500 g.</li> </ul>
	500 g, halved	10–15 min	Varoma	
Plums	200–400 g, halved	7–10 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of plums.</li> </ul>
	500 g, halved	12–14 min	Varoma	
Rhubarb	300–450 g, cut in pieces (1.5–2 cm)	8–18 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of rhubarb.</li> <li>To make compote, sprinkle 400 g rhubarb in simmering basket with 80 g sugar and, without measuring cup (to avoid over-boiling), steam <b>13–18 minutes</b>. For double the quantity, in Varoma dish, steam <b>17–20 minutes</b>. Transfer steamed rhubarb to a bowl, pour over the cooking liquid and leave to cool.</li> </ul>
	500–800 g, cut in pieces (1.5–2 cm)	12–22 min	Varoma	
Pineapple	200–400 g, cut in triangles (5 mm thick)	10–15 min	Simmering basket	<ul style="list-style-type: none"> <li>Steaming time depends on variety and ripeness of pineapple.</li> <li>To increase the quantity, insert Varoma tray and add a further 400 g.</li> </ul>
	500 g, cut in triangles (5 mm thick)	15–20 min	Varoma	
Bananas with chocolate core	2 bananas, whole	12 min	Varoma	<ul style="list-style-type: none"> <li>Make a deep cut in the top of the banana and insert 1–2 pieces chocolate.</li> </ul>
Papaya	1 small papaya, halved	10–15 min	Varoma	<ul style="list-style-type: none"> <li>To double the quantity, insert Varoma tray and add another papaya, halved.</li> </ul>

## Steaming Fish and Seafood

Food	Amount	Time	TM part	Tips and techniques
Fish fillets (e. g. salmon, perch, bass, cod, haddock, snapper)	2–3 fillets (150 g each, 2–2.5 cm thick)	<b>12–18 min</b>	Varoma dish	<ul style="list-style-type: none"> <li>• For frozen fish, increase steaming time by <b>5 min</b>.</li> <li>• To cook 5 fish fillets, place 2 in Varoma dish and 3 on Varoma tray.</li> </ul>
	5–6 fillets (150 g each, 2–2.5 cm thick)		Varoma dish and Varoma tray	
Mussels, in the shell	500 g	<b>15 min</b>	Varoma dish	<ul style="list-style-type: none"> <li>• Place mussels in Varoma dish. When water has reached Varoma temperature, place covered Varoma into position and steam.</li> <li>• Take care when preparing mussels – gently tap on a work surface any that have open shells before cooking and discard any that do not close. Discard any mussels whose shell remains closed after cooking.</li> </ul>
	1000 g	<b>23 min</b>		
Large, raw prawns, with shell	400 g large prawns (40 g each), shell and head on	<b>9–11 min</b>	Simmering basket	<ul style="list-style-type: none"> <li>• Ensure the prawns have turned pink and are fully cooked before removing.</li> <li>• For frozen prawns, increase time by <b>2 min</b>.</li> </ul>
	500 g large prawns (40 g each), shell and head on	<b>11–16 min</b>	Varoma dish	
Whole fish (e. g. trout, bass, perch, bream, snapper)	2 (approx. 440 g)	<b>15–17 min</b>	Varoma tray	
	4 (approx. 440 g each)	<b>7–20 min</b>	2 in Varoma dish and 2 on Varoma tray	



# Steaming Meat

Food	Amount	Time	TM part	Tips and techniques
Meatballs	500 g, apricot-sized	24–27 min	Varoma dish	
	1100 g, apricot-sized	24–27 min	500 g in Varoma dish and 600 g on Varoma tray	
Chicken breasts	3 breasts (approx. 500 g)	25 min	Varoma dish	<ul style="list-style-type: none"> <li>• Make sure some holes remain unobstructed so that steam can circulate.</li> <li>• Place larger pieces in the Varoma dish, smaller pieces on the Varoma tray.</li> <li>• This time is for a well-done cooking result. Always ensure chicken is thoroughly cooked before serving.</li> </ul>
	6 breasts (approx. 800 g)	25 min	2 in Varoma dish and 4 on Varoma tray	
Turkey escalopes	3 escalopes (approx. 600 g)	15–25 min	1 in Varoma dish and 2 on Varoma tray	<ul style="list-style-type: none"> <li>• Make sure some holes remain unobstructed so that steam can circulate.</li> <li>• Always ensure turkey is fully cooked before serving.</li> </ul>
Frankfurter sausages	6 sausages	10–15 min	Varoma dish	<ul style="list-style-type: none"> <li>• Time depends on thickness of sausages.</li> </ul>
	12–14 sausages	10–15 min	6 in Varoma dish and on Varoma tray	
Pork tenderloin	500 g, halved	25 min	Varoma dish	<ul style="list-style-type: none"> <li>• Make sure some holes remain unobstructed so that steam can circulate.</li> <li>• Place larger pieces in the Varoma dish, smaller pieces on the Varoma tray.</li> <li>• This time is for a well-done cooking result. Ensure meat is thoroughly cooked before serving, with no pink meat visible.</li> </ul>
	1500 g, halved	30 min	500 g (halved) in Varoma dish and 1000 g (halved) on Varoma tray	
Beef fillet	500 g (1 piece, whole)	12–30 min	Varoma dish	<ul style="list-style-type: none"> <li>• Adjust steaming time to preferred level of doneness (longer for well-done meat).</li> <li>• For a delicious browned crust, briefly sear the fillet after steaming in a very hot non-stick frying pan and leave to rest for approx. 10 minutes wrapped in aluminium foil before serving.</li> </ul>