

kogan

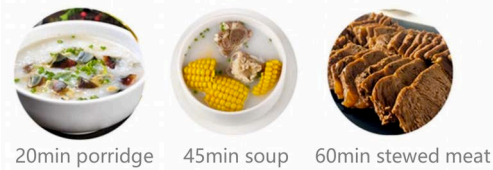
ThermoBlend Elite All-in-One Food Processor & Cooker KAPRETHBLNA Recipes



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1. Smart 0-60min timing



20min porridge 45min soup 60min stewed meat

2. Smart temperature control from 30°C to 120°C



35°C warming 100°C boiling 120°C cooking



1

**Minced steak
in 15 seconds**
Makes mincemeat of
steak and vegetables



2

**Crushed ice
in 45 seconds**
Ice cream, sorbet,
shakes and more



3

**Grind
in 3 minutes**
Cook peanut butter or
sesame paste

3. Smart speed control



Low speed mixing Middle speed cutting High speed grinding

Butternut Squash Soup

Servings: 4
Preparation: Approx. 1 hour
Difficulty: Medium



Ingredients

- 1 kg butternut squash
- 2 carrots
- ¾ inch ginger
- ½ red chilli pepper
- 1 clove of garlic
- 1 litre vegetable stock
- 3 ½ tbsp butter
- ½ tsp curry powder
- salt and pepper to taste

To serve (optional): Pumpkin seeds (toasted), balsamic vinegar, fresh cream or sour cream, fresh thyme

Method

1. Peel pumpkins (remove seeds) and carrots and roughly cut into pieces. Deseed and finely chop the chilli. Peel and dice the garlic.
2. Combine pumpkins, carrots, chilli and garlic with the vegetable stock in the pot of the Kogan Thermoblend Elite. Cook for 15 mins at 100 degrees. To test: if you can easily pierce a carrot, everything else should be ready.
3. Add the butter and spices. Puree for 10-20 seconds at level 4.
4. Pour soup into pre-warmed bowls. Drizzle with balsamic vinegar and sour cream or fresh cream. Sprinkle with toasted pumpkin seeds and fresh thyme.

Passionfruit Juice

Servings: 3
Preparation: 15 minutes
Difficulty: Easy



Ingredients

- 5 ripe passionfruit
- Cold water
- Sugar to taste

To serve (optional): passionfruit

Method

1. Cut passionfruit in half. Scoop pulp and seeds into the Kogan Thermoblend Elite bowl. Add cold water at a 3:1 ratio and mix on “Juice” at level 4 for 30 seconds.
2. Strain the mixture through a fine sieve in order to remove the seeds.
3. Return the mixture to the Kogan Thermoblend Elite bowl and add sugar to taste.
4. Serve in a chilled glass with a sprig of fresh mint.
5. Vodka or white rum may be added to make a refreshing cocktail.

Spaghetti Bolognese

Servings: 4
Preparation: Approx. 40 minutes
Difficulty: Medium



Ingredients

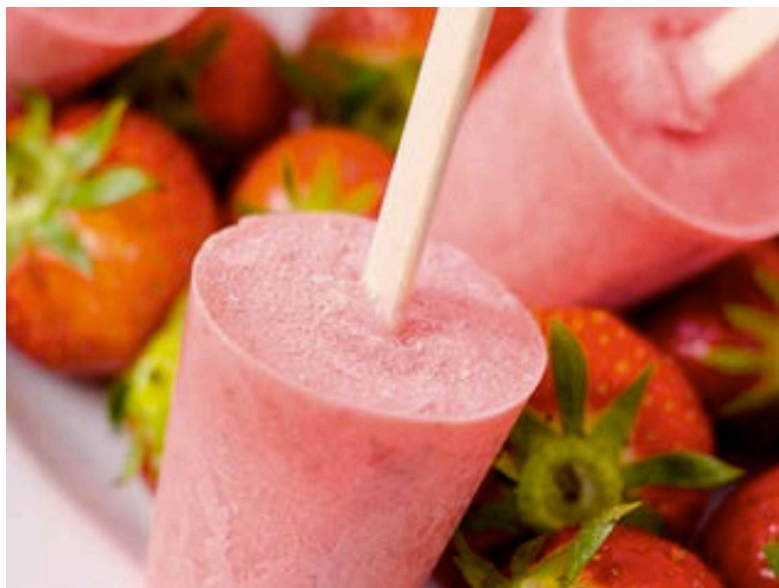
- 300g mixed mince
- 1 tbsp olive oil
- 1 onion
- 2 gloves garlic
- 4 tomatoes
- 1 small carrot
- ½ red pepper
- 3 tbsp dried tomatoes
- 2 tbsp tomato paste
- 3 tbsp ketchup
- 1 tbsp paprika
- 1 tbsp oregano
- 1 tbsp thyme
- 1 tbsp rosemary
- 300ml vegetable broth
- 2 tbsp capers
- 5 cherry tomatoes
- 2 tbsp pine nuts
- 500g spaghetti
- salt and pepper to taste
- To serve: 100g parmesan (grated or shaved), fresh basil (optional)

Method

1. Roughly dice tomatoes, carrots, peppers, garlic and onion. Cut dried tomatoes into strips.
2. Add mince and olive oil to the bowl of the Kogan Thermoblend Elite. Fry at 100 degrees for 10 seconds.
3. Add chopped vegetables to minced meat and mix at speed 1 for 10 seconds.
4. Add tomato paste and spices and saute briefly. Cook at level 1 for roughly 15 minutes at 90 degrees.
5. Add capers, cherry tomatoes and pine nuts and cook for 2 minutes.
6. Cook spaghetti in boiling salted water until al dente.
7. Ladle sauce over spaghetti and garnish with grated parmesan and fresh basil.

Strawberry Icy Poles

Servings: 4
Preparation: Approx. 4 hours
Difficulty: Easy



Ingredients

- 1 kg strawberries
- 70g powdered sugar
- 400ml cream
- 1 vanilla pod (seeds)

To freeze and serve: Icy pole moulds or glasses with icy pole sticks

Method

1. Wash and clean strawberries. Add strawberries and powdered sugar into the pot of the Kogan Thermoblend Elite. Puree for 10 seconds at level 6. Transfer puree to a bowl. Cover and set aside.
2. Clean the pot of the Kogan Thermoblend Elite. Install stirring spoon. Combine cream, vanilla seeds and strawberry puree and use “Cake” mode on level 4 until the mixture reaches a creamy consistency.
3. Pour mixture into desired moulds and freeze for approx. 4 hours. If working with glasses and icy pole sticks, insert sticks into the mixture after 2 hours.
4. To remove icy poles from moulds, run under hot water for 2 seconds. Enjoy!