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PUMPKIN SOUP

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 15 min

COOKING TIME: 30 min

SERVES: 10-12

ATTACHMENT: 

1.5kg Pumpkin, diced
1 large onion
3 cups water
2 tbsp fresh vegetable paste

Variation: Add 2 tbsp red curry paste for a different flavour

1. Place all the ingredients into metal bowl.
Select **CREAMED SOUP** function.
2. Serve with a swirl of cream and a fresh baguette.



GREEN GAZPACHO

PREP TIME: 15 min

COOKING TIME: 5 min. RESTING TIME 2 h

SERVES: 8-10

ATTACHMENT: 

3 zucchini

1 ½ cucumbers, washed

4 tbsp of olive oil

2 garlic cloves

Salt, pepper

500ml plain yoghurt

½ bunch fresh coriander

Chilli powder/flakes

1. Slice the zucchini in half. Remove the seeds and cut in small pieces.
Do the same with the cucumbers.
2. Place the zucchini, the peeled and degermed garlic and olive oil in the stainless steel bowl.
Season with salt and pepper before starting the **EXPERT** program, 4 mins/speed 2A/100°C.
3. Add the cucumbers, yoghurt, and the washed coriander then select the **SMOOTHIE** function.
Place the gazpacho in the fridge for at least 2 hours.
4. Adjust the seasoning when serving by adding some chilli pepper.
Add salt and pepper if required.

Useful tip: You can replace the yoghurt with a dairy free alternative.



STEAMED SALMON

Recipe by Rose Resnick – Magimix Consultant

PREP TIME: 15 mins

COOKING TIME: 25 mins REST TIME: 5 mins

SERVES: 5-6

ATTACHMENT: 

5-6 salmon fillets

1 large zucchini – julienned

2 large carrots - julienned

2-3 shallots – finely sliced

Dressing:

2 tblsp teriyaki marinade

2 tblsp fresh lime juice (use zest also)

Grated fresh ginger to taste

Salt and Pepper

Combine ingredients and set aside

1. Cut 5-6 sheets of baking paper, work one parcel at a time.
2. Lay a fillet of salmon in the centre of the paper, top with carrots, zucchini and finely sliced shallots.
3. Drizzle the fish with dressing. Close the parcel securing sides with cooking string.
4. Proceed with the other pieces and place them in the steamer basket. Use the steaming tray included in the standard bowl to steam on two levels.
5. Select **STEAM** 25 min/ Speed 0 / 120°C, then rest the fillets for another 5 minutes in the steamer.
6. Unwrap the parcels (there will be extra liquid from the vegetables) and serve with steamed rice.



FISH COLOMBO WITH SAFFRON RICE

PREP TIME: 20 mins

COOKING TIME: 1 h 15 mins

SERVES: 6-8

ATTACHMENT: 

900g fish fillets (such as salmon, cod, etc.)	1 small red chilli pepper
1 ½ limes	Chervil
3 garlic cloves, germ removed	Salt, pepper
3 onions, cut into 4	
1 ½ tbsp oil	FOR THE SAFFRON RICE:
1 ½ tbsp turmeric	450g basmati rice
1 ½ tbsp masala	600ml water
450ml coconut milk	3 pinches powdered saffron
300g snow peas	1 ½ tsp salt

1. Soak the rice for a few minutes and drain to eliminate starch (preventing the rice being sticky). Then place the rice into the stainless steel bowl. Add the water, saffron and salt before selecting the **EXPERT** mode, 15 minutes/speed 1A/110°C. Set the cooked rice aside and rinse the bowl clean.
2. Cut the fish fillets in 3 cm pieces. Pour over the lime juice and lightly salt.
3. Place the garlic cloves and the onions in the stainless steel bowl and select **EXPERT**, 20 seconds/speed 15 (without heating).
4. Scrape down the mixture. Add the oil and the spices before selecting **EXPERT** mode, 5 minutes/speed 2A/100°C.
5. Add the coconut milk, snow peas and the red pepper sliced and deseeded to the mixture.
Select **EXPERT** mode, 20 minutes/speed 1A/95°C.
6. Add the fish pieces and restart **EXPERT**, 25 minutes/speed 0/100°C. Check that the fish pieces are cooked. Start the program again if necessary.
7. Sprinkle the Colombo with sprigs of chervil just before serving.
Serve with the saffron rice

Possible alternative: Chicken Colombo

Use 900g chicken cut in cubes instead of the fish fillets.



BOLOGNAISE

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 15 mins

COOKING TIME: 1 h 25 mins

SERVES: 8-10

ATTACHMENT: 

1 kg beef mince	2 tbsp BBQ Sauce
1 large onion, peeled and halved	2 carrots, grated
2 cloves garlic	2 zucchinis, grated
1 tbsp mixed dry herbs	200g mushrooms, quartered
1 tbsp olive oil	
800g tin crushed tomatoes	
¼ cup tomato paste	

1. Using the Dough Hook, chop the onion, garlic and mixed herbs.
Select **EXPERT** 20 seconds / speed 13.
Scrape the bowl and repeat if required
2. Add the oil.
Restart, **EXPERT** 5min / Speed 3 / 110°C
3. Add the mince.
Stay on **EXPERT** 10min / Speed 2A / 110°C.
Cook for an additional 5 minutes if mince not browned
4. Add the tomatoes, paste and BBQ sauce and continue on **EXPERT** 10min / Speed 2A / 110°C
5. Lastly, add the vegetables and set to **EXPERT** 60min / Speed 1A / 95°C
6. Serve on pasta of choice or zoodles.



Photo by Monica Turlui from Pexels

BEEF STROGANOFF

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 10 mins

COOKING TIME: 40 mins

SERVES: 10-12

ATTACHMENT: 

2 medium onions, peeled and halved	2 tbsp vegetable stock
50g butter	½ cup tomato paste
1.5kg rump steak, cut into 2.5cm strips	2 tbsp cornflour
300g mushrooms, halved or quartered	2 tbsp paprika
300g carton sour cream	½ tsp cayenne pepper
1 cup white wine	3 tbsp Dijon mustard
1 cup water	Fresh parsley, optional, to serve

1. Using the Dough Hook, place the onions into the metal bowl.
Select **EXPERT** function, 20 secs / Speed 13
Scrape the bowl and repeat if necessary.
2. When finished, add in the butter and remove the cap.
On **EXPERT**, set to 5 mins / Speed 3 / 100°C
3. Add the beef, mushrooms, wine, water, stock, tomato paste, sour cream, Dijon mustard, cornflour, paprika, cayenne pepper and salt. Set on **EXPERT** for 10 min / Speed 3 / 110°C
4. After 10min, stir, then select **EXPERT** 25min/ Speed 3 / 100°C.
5. Serve on rice, pasta or mashed potato with steamed vegetables.
Sprinkle with fresh parsley.



LAMB SHANKS

PREP TIME: 15 mins

COOKING TIME: 4 h 5 mins

SERVES: 4

ATTACHMENT: 

1 onion	400ml red wine
2 garlic cloves	2 tbsp tomato paste
2 tsp dried thyme	800g tin crushed tomatoes
1 tbsp oil	2 cups water
1.8kg lamb shanks (approx. 5 shanks)	2 tbsp fresh vegetable stock
2 carrots, finely diced	
2 celery stalks, finely diced	

1. Chop the onion, garlic and thyme on **EXPERT** 20 secs/Speed 13. Scrape and repeat if required.
2. Add oil. Cook on **EXPERT**, 5min / Speed 3 / 110°C
3. Add the carrots, celery, wine, tomatoes, paste, water and stock. Set on **EXPERT**, 1min / Speed 3 / 110°C
4. Add the lamb shanks. On **EXPERT** 4 hours / no speed / 110°C
5. When finished remove the meat from the bone. Serve with pasta, mash or zoodles.






VEAL STEW IN WHITE SAUCE

PREP TIME: 20 mins

COOKING TIME: 2 h 40 mins

SERVES: 6-8

ATTACHMENT:   

2 carrots (250g)	450ml water
1 ½ onions, cut into 4	220g button mushrooms
75g butter	3 bay leaves
1.2kg braising veal	2 egg yolks
50g cornflour	200g thickened cream
300ml white wine	1 bunch of parsley
1 ½ chicken stock cubes	Salt, 5 pepper berries
1 ½ vegetable stock cubes	

1. Install the transparent bowl, then the midi bowl with the 4-mm slicing disk. Wash and peel the carrots then slice them selecting the **FOOD PROCESSOR** function. Reserve. Peel the onions and slice them in the same way. Reserve.
2. Install the stainless steel bowl. Add the butter, onions and carrots before starting the **EXPERT** program, 6 minutes/speed 1A/120°C.
3. Wash the mushrooms, remove the stems, and cut them into 4.
4. Cut the meat into 3 to 4 cm cubes. Sprinkle the pieces lightly with cornflour and place in the stainless steel bowl. Select **EXPERT** mode, 4 minutes/speed 1A/120°C.
5. Scrape down the mixture and mix through with the spatula. Restart the **EXPERT** function, 4 minutes/speed 1A/120°C.
6. Add the white wine, water, stock cubes, mushrooms and bay leaves. Season with salt and pepper. Remove the cap from the lid and start the **SIMMERING** program for 2 hours. Change temperature to 110°C. Mix well by stirring with the spatula every 30 minutes.
7. Check that the meat is cooked. It must be very tender. Simmer for an additional 20 to 30 minutes if necessary.
8. Add the egg yolks and the cream. Mix with the spatula and restart the **SIMMERING** program, 10 minutes. Add a bit of cornflour if the sauce is too liquid.
9. When ready to serve sprinkle the veal with chopped parsley. Serve with rice, pasta, zoodles or mashed potatoes.



RED CHICKEN CURRY

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 25 min

COOKING TIME: 45 min

SERVES: 10-12

ATTACHMENT: 

210g of red curry paste
2 400ml cans coconut cream
1.5kg chicken breast, diced into 3cm cubes
800g pumpkin diced, 2-3cm pieces
200g green beans, halved
3 kaffir lime leaves
3 tbsp lime juice
2 tbsp fish sauce
2 tbsp brown sugar
Fresh basil and rice to serve

1. Add the curry paste and coconut milk to the metal bowl and select **EXPERT** 5min / Speed 3 / 110°C
2. Add the chicken, pumpkin and lime leaves.
Restart **EXPERT** 35min / Speed 2A / 110°C
3. When finished add the beans, lime juice, fish sauce and sugar. Stir through, replace the lid and rest for 10min
4. Serve with steamed rice and fresh basil.



Photo by Shantanu Pal from Pexels

CHICKEN CURRY

PREP TIME: 15 mins

COOKING TIME: 30 mins

SERVES: 8-10

ATTACHMENT: 

1 lime	4 tsp ground coriander
4 tbsp olive oil	4 tsp curry powder
2 onions, cut into 4	1.2kg chicken fillets
3 garlic cloves, germ removed	A few basil leaves
1 red chilli pepper	
500g coconut milk	
500g thickened cream	

1. Zest and juice the lime
2. Pour the olive oil into the stainless steel bowl.
Add the onions, the crushed garlic, the lime zest and juice. Remove the seeds of the chilli pepper and slice it before adding it to the mixture.
Select **EXPERT**, 30 seconds/speed 13 (without heating).
3. Scrape down the mixture.
Add the coconut milk, cream, coriander and curry and restart the **EXPERT** program, 10 minutes/speed 3/100°C.
4. Add the chicken cut into 3 or 4cm cubes.
Select **EXPERT**, 10 minutes/speed 1A/100°C.
5. Stir, using the spatula and restart the **EXPERT** program, 10 minutes/speed 1A/100°C.
6. Serve the chicken curry with basmati rice and decorate with flat-leaf parsley or basil leaves.

Possible alternative: PRAWN CURRY

Use 800g cooked and peeled prawns.

Add (optional) 3 tsp of fish stock powder at step 3.



BASIC RISOTTO

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 5 mins

COOKING TIME: 42 mins

SERVES: 8-10

ATTACHMENT: 

2 medium onions

165ml dry white wine

2 cloves garlic

1.4L water

1 tbsp olive oil

2 tbsp fresh vegetable stock

640g arborio rice

100g grated parmesan

1. Using the Dough Hook, chop the onions and garlic on **EXPERT** 30sec / speed 13. Scrape and repeat if required
2. Add the oil and restart **EXPERT** 4min / Speed 3 / 110°C
3. Add the rice and wine. Again using **EXPERT** 3min / Speed 3 / 110°C
4. Add the water and stock. Run **EXPERT** 35min / Speed 1A / 110°C
5. Stir through parmesan and serve

OPTION

Mushroom Risotto

700g mixed mushrooms, sliced

½ bunch flat leaf parsley, chopped

2 cloves garlic

1 tbsp olive oil

1. Add oil to cover base of the metal bowl. Add the mushrooms, garlic and parsley. Select **STIR FRY** mode, 7min/AUTO/120°C
2. Cook the mushrooms prior to the risotto, then set aside.
3. Add to the risotto with parmesan.



MANGO GINGER ICE CREAM

PREP TIME: 5 mins

COOKING TIME: 5 mins

SERVES: 8-10

ATTACHMENT: 

800g frozen mango

250g plain yoghurt

2 tsp grated ginger

150g castor sugar

100ml coconut milk

1. Place all the ingredients in the metal bowl.
Run the **FROZEN DESSERT** program.
2. Form quenelles of ice cream using 2 large soup spoons and serve immediately.
Alternatively, to scoop the ice cream, place in the freezer for 20min.
Do not freeze.



BAGUETTES

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 20 min

REST TIME: 1.5 h BAKING TIME: 25 min

SERVES: 8

ATTACHMENT: 

1 kg bread flour
1 tbsps dry yeast
1 tbsps bread improver
1 tbsps salt
600ml cold water

1. Place all the dry ingredients in the metal bowl. Select **DOUGH HOOK XL** and start. Remove cap and add water while the machine is running. If needed, run the program twice until the dough comes together.
2. Prove the dough in the metal bowl. Select **EXPERT** mode, for approximately 1hr/ no speed / 33°C.
3. Once proved, split the dough into 8 equal balls.
Roll into long baguettes.
Place them on lined baking trays and prove for a further 30min.
4. Bake in the oven for 20 to 25 minutes.



VENDEAN BRIOCHE

PREP TIME: 15 min

COOKING TIME: 30 min RESTING TIME: 12 h + 1 h

SERVES: 8-10

ATTACHMENT: 

100ml lukewarm milk
1 sachet active dry yeast
500g plain flour
2 eggs
120g sugar
80g thickened cream
1/2 tbsp vanilla powder

1 tsp salt
100g soft butter

For the topping
1 beaten egg yolk
5ml milk

1. Remove the universal blade from the stainless steel bowl and replace it with the dough hook. Place the milk and active dry yeast in the stainless steel bowl and start the **EXPERT** program, 2 minutes 30 seconds/speed 3/37°C.
2. Add all the other ingredients in the order listed except for the butter and start the **DOUGH HOOK XL** program. After one minute, remove the cap from the lid and gradually add the butter through the lid opening during the program.
3. Remove the dough from the stainless steel bowl and let it rest in a deep dish covered with a dry cloth in the fridge for 12 hours.
4. Take the dough out of the fridge and knead it on a floured surface. Flatten the dough and fold it in three: Fold the right side towards the centre then do the same with the left side. Flatten the dough again and repeat. Shape the dough into an oval and place it on an oven tray lined with baking paper. Let it rest for another hour in a warm place.
5. Preheat the oven to 180°C. Gently brush the top of the loaf with the combined egg yolk and milk. Then score the brioche down the centre from top to bottom with a sharp knife. Bake in the oven for 30 minutes. Check that the brioche is cooked by inserting a knife. The brioche is ready when the blade of the knife comes out clean. Bake for a few more minutes if necessary.

Useful tip: You can add 2 tsp of orange blossom water to the mix if desired.



GOAT'S CHEESE AND APPLE CAKE

PREP TIME: 15 min

COOKING TIME: 35 min

SERVES: 8

ATTACHMENT: 

4 eggs
180ml cream
1 ½ apples
1 ½ goats cheese logs
90ml sunflower oil
270g plain flour
1 ½ sachets baking powder

90g grated gruyere
15 chopped mint leaves
salt, pepper

1. Preheat oven to 180°C.
2. Place the eggs and the cream in the stainless steel bowl and select **EXPERT**, 1 minute/speed 6 (without heating).
3. First peel the apples. Then cut the apples and goats cheese into small cubes.
4. Add all the ingredients in the stainless steel bowl. Season with salt and pepper then start the **EXPERT** program, 1 minute/speed 6 (without heating).
5. Scrape down the mixture before restarting the **EXPERT** program, 1 minute/speed 6 (without heating).
6. Oil a large baking tin (or line it with baking paper) and pour the mixture into it. The level of the mixture should not exceed $\frac{3}{4}$ of the depth of the tin to avoid spills during cooking.
7. Bake in the oven for about 35 minutes. Check that the cake is cooked by inserting a knife. The cake is ready when the blade of the knife comes out clean.

Useful tip: For a dairy-free option you can replace the cream with a milk alternative.



FAMILY SMOOTHIE

Recipe by Vanessa Campbell – Magimix Consultant

PREP TIME: 2 min

ATTACHMENTS:



SERVES: 4

1L milk
2 cups Sultana Bran
4 tbsp vanilla protein powder
2 cups mixed frozen berries
¼ cup raw almonds

1. Place all the ingredients in the metal bowl.

Run the **SMOOTHIE** program.

2. Pour into glasses. Serve immediately.



VITAMIN SMOOTHIE

PREP TIME: 15 mins

ATTACHMENT: 

SERVES: 8-10

1 ½ mangoes
3 bananas
3 apples
200g blueberries
500ml yoghurt
30g rolled oats
15 ice cubes

1. Peel the mangoes, bananas and apples.
2. Cut the fruit into small pieces and place them in the stainless steel bowl with all the other ingredients.
3. Add the ice cubes and select the **SMOOTHIE** function.
4. Pour into glasses and serve cold.

Useful tip: If kept in the fridge, blend the smoothie once more to regain creaminess.





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