

Chopping Functions

When you are making your own recipes in your Thermomix®, use this table as a guide to help you. Ingredient amounts can be adapted to the quantity that you need. For some ingredients (e. g. nuts), the results will be more consistent if you chop the ingredients in several batches instead of in one large batch.

When a range is provided, use the longer time for a finer end result (chop or grind).

Grate

Food	Amount	Time/Speed	Tips
Apples	100–300 g, cut into quarters	2–3 sec/speed 4.5	
	350–600 g, cut into quarters	3–4 sec/speed 4.5	
Cabbage, coarsely grated	200–400 g, cut into pieces	2–4 sec/speed 5	
Cabbage, finely grated	200–400 g, cut into pieces	6–8 sec/speed 5	
Carrots or turnips	100–180 g, cut into pieces (4 cm)	3–4 sec/speed 5	
	200–450 g, cut into pieces (4 cm)	4–6 sec/speed 5	
	500–700 g, cut into pieces (4 cm)	5–7 sec/speed 5	
Pears, nectarines, apricots (stones removed)	200–300 g, cut into quarters	3–5 sec/speed 4.5	
	350–600 g, cut into quarters	4–6 sec/speed 4.5	
Plums (stones removed)	200–300 g, cut into quarters	3–5 sec/speed 4.5	
	350–600 g, cut into quarters	4–6 sec/speed 4.5	
Potatoes and sweet potatoes	200–500 g, cut into pieces	4–7 sec/speed 5	• Chopping time depends on type of potato used.
	600–800 g, cut into pieces	5–10 sec/speed 5	
Coarse breadcrumbs	100 g bread, fresh, cut into pieces (3 cm)	3–10 sec/speed 6	• Use any white or light crusty bread such as baguette, ciabatta, whole wheat bread or bread rolls.
Fine breadcrumbs	100 g fresh or day-old bread, cut into pieces (3 cm)	7–20 sec/speed 7	• You can add herbs or garlic to the bread before milling. • Breadcrumbs made from fresh bread must be stored in the freezer.
Cheese, medium-hard (e. g. Gruyère, Emmental)	70–300 g, cut into pieces (2–3 cm)	5–14 sec/speed 7	
Parmesan cheese (or other hard cheese)	50–70 g, cut into pieces (3 cm)	10 sec/speed 10	• Remove crusts before grating.
	100–250 g, cut into pieces (3 cm)	12–20 sec/speed 10	

Food	Amount	Time/Speed	Tips
Dark chocolate, coarsely grated	70–200 g, cut into pieces	3–4 sec/speed 7	• For thick chocolate pieces, add 1–2 seconds as needed.
	250–300 g, cut into pieces	4–5 sec/speed 7	
Dark chocolate, finely grated	70–200 g, cut into pieces	10–12 sec/speed 8	
	250–300 g, cut into pieces	12–15 sec/speed 8	
Milk chocolate, coarsely grated	70–100 g, cut into pieces	3–4 sec/speed 6	• For thick chocolate pieces, use speed 7.
	150–200 g, cut into pieces	4 sec/speed 6	
	250–300 g, cut into pieces	4–5 sec/speed 6	
Milk chocolate, finely grated	70–200 g, cut into pieces	6–7 sec/speed 8	
	250–300 g, cut into pieces	7–9 sec/speed 8	
White chocolate, coarsely grated	70–200 g, cut into pieces	2–3 sec/speed 7	• For thick chocolate pieces, add 1–2 seconds as needed.
	230–300 g, cut into pieces	4 sec/speed 7	
White chocolate, finely grated	70–200 g, cut into pieces	6–8 sec/speed 8	
	250–300 g, cut into pieces	8–9 sec/speed 8	

Chop / Mince / Crush

Food	Amount	Time/Speed	Tips
Fresh herbs (e. g. parsley, coriander, sage, mint)	5 g, leaves only	3–4 sec/speed 6	• Make sure leaves are washed and dried for best results.
	10–25 g, leaves only	4–6 sec/speed 6	
	30–40 g, leaves only	5–9 sec/speed 6	
Dill	5–40 g, leaves only	4 sec/speed 8	• If further chopping is required: Scrape down sides of mixing bowl and chop for a further 2 sec/speed 8 .
Rosemary	5–30 g, leaves only	10 sec/speed 8	• If further chopping is required: Scrape down sides of mixing bowl, then chop for a further 5 sec/speed 8 .
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	
Onion	30–70 g, cut into halves	3–4 sec/speed 5	• Cut large onions into quarters.
	100–200 g, cut into halves	4 sec/speed 5	
	220–350 g, cut into halves	4–5 sec/speed 5	
	400–500 g, cut into quarters	5–6 sec/speed 5	

Food	Amount	Time/Speed	Tips
Beef	300 g, sinew-free, partially frozen and cut in pieces (3 cm)	10 – 13 sec/speed 8	<ul style="list-style-type: none"> To achieve a uniform result, cut meat in evenly-sized pieces. The best result is achieved with partially frozen meat – fully frozen meat will not mince.
	500 g, sinew-free, partially frozen and cut into pieces (3 cm)	13 – 16 sec/speed 8	
Lamb	300 g, sinew-free, partially frozen and cut into pieces (3 cm)	10 – 13 sec/speed 8	
Pork	300 g, sinew-free, partially frozen and cut into pieces (3 cm)	8 – 10 sec/speed 6	
	500 g, sinew-free, partially frozen and cut into pieces (3 cm)	12 – 14 sec/speed 6	
Poultry (white meat)	300 g, partially frozen and cut into pieces (3 cm)	5 – 6 sec/speed 6	<ul style="list-style-type: none"> To achieve a uniform result, cut meat in evenly-sized pieces. The best result is achieved with partially frozen meat – fully frozen meat will not mince.
	500 g, partially frozen and cut into pieces (3 cm)	7 – 8 sec/speed 6	
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, cashews), 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	
Crushed ice	200 – 550 g ice cubes	3 – 8 sec/speed 5	<ul style="list-style-type: none"> The length of time depends on size of ice cubes and desired result. The quantity of ice can be increased as long as ice cubes do not exceed the 1 litre mark on the mixing bowl.

Grind/ Mill

Food	Amount	Time/Speed	Tips/Variations
Coffee beans	100–250 g	10–45 sec/speed 9	<ul style="list-style-type: none"> • For a coarser grind, mill for 10–15 seconds (ideal for plunger coffee); for a finer grind, mill for 15–45 seconds (ideal for espresso).
Dried pulses (e. g. chickpeas)	100 g	20–50 sec/speed 10	<ul style="list-style-type: none"> • For best results, mill up to 250 g at once. • Time depends on the type of pulse used.
	150–250 g	30–60 sec/speed 10	
Grains (e. g. buckwheat, millet, rye, spelt, wheat)	100 g	10–50 sec/speed 10	<ul style="list-style-type: none"> • Longer milling times will result in finer grains (flour). • For best results, mill up to 250 g at once.
	150–250 g	15–60 sec/speed 10	
Nuts (e. g. almonds, hazelnuts, cashew nuts, peanuts)	100 g	6–8 sec/speed 7	
	150–250 g	6–10 sec/speed 7	
Nuts (e. g. walnuts, pecans)	100 g	4–6 sec/speed 6	
	150–250 g	5–7 sec/speed 6	
Peppercorns	10 g	10 sec–1 min/speed 10	
Poppy seeds	100–250 g	30 sec/speed 9	
Rice	100–150 g	1 min 30 sec–2 min/speed 10	
Sesame seeds	100–150 g	6–10 sec/speed 9	
	160–200 g	9–15 sec/speed 9	
Spices	20 g	20–60 sec/speed 9	<ul style="list-style-type: none"> • Milling time depends on the spices used.
Sugar (white, brown and dark brown)	100 g	11–14 sec/speed 10	
	150 g	15–18 sec/speed 10	
	200 g	17–20 sec/speed 10	

Steaming Functions

When you are making your own recipes in your Thermomix®, use this table as a guide to help you, adjusting amounts and times according to your preference. Cooking times will vary depending on the quantity, quality and size of ingredients. To achieve uniform results, cut into evenly-sized pieces.

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

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, so the steam can circulate freely, and ensure the Varoma lid closes securely.

Steaming Vegetables

Food	Amount	Time	TM part	Tips
Asparagus	800 g	23 – 35 min	Varoma	Time depends on diameter of stalks.
Broccoli florets	250 g	11 – 15 min	Simmering basket	
	400 – 800 g	15 – 22 min	Varoma	
Button mushrooms	100 – 300 g, whole	10 – 15 min	Simmering basket	
	400 – 500 g, whole	15 min	Varoma	
	200 – 300 g, cut into quarters	10 – 12 min	Simmering basket	
	400 – 500 g, cut into quarters	13 – 15 min	Varoma	
Cabbage	300 g, cut into strips (1 – 2 cm)	10 – 15 min	Simmering basket	
	400 – 800 g, cut into strips (1 – 2 cm)	13 – 18 min	Varoma	
Capsicum	100 – 300 g, cut into strips (1.5 cm)	10 – 14 min	Simmering basket	
	400 – 800 g, cut into strips (1.5 cm)	12 – 15 min	Varoma	
Carrots	200 – 500 g, cut into thin slices (5 mm)	18 – 24 min	Simmering basket	
	550 – 800 g, cut into thin slices (5 mm)	25 – 30 min	Varoma	
	300 – 1000 g (baby carrots)	25 – 30 min	Simmering basket	

Food	Amount	Time	TM part	Tips
Cauliflower florets	300 g	15 – 20 min	Simmering basket	
	400 – 900 g	20 – 25 min	Varoma	
Celeriac	200 – 450 g, cut into pieces (2 – 3 cm)	13 – 17 min	Simmering basket	
	500 – 800 g, cut into pieces (2 – 3 cm)	20 – 25 min	Varoma	
Celery	200 – 400 g, cut into pieces (2 cm)	20 – 25 min	Simmering basket	
	500 – 800 g, cut into pieces (2 cm)	25 – 30 min	Varoma	
Fennel	200 – 400 g, cut into quarters	18 – 25 min	Simmering basket	
	500 – 800 g, cut into quarters	27 – 30 min	Varoma	
	100 – 400 g, cut into slices (1 cm)	15 – 20 min	Simmering basket	
	500 – 800 g, cut into slices (1 cm)	18 – 25 min	Varoma	
Green beans (fresh)	200 – 300 g, cut into pieces (3 – 5 cm)	15 – 25 min	Simmering basket	
	400 – 800 g, whole	15 – 30 min	Varoma	
Leeks (white and light green part)	200 – 400 g, cut into slices	15 – 20 min	Simmering basket	
	500 – 800 g, cut into slices	20 – 25 min	Varoma	
Parsnips	200 – 500 g, peeled and cut into bite-size pieces	10 – 15 min	Simmering basket	
	600 – 1000 g, peeled and cut into bite-size pieces	15 – 20 min	Varoma	
Peas (frozen)	200 – 500 g	15 – 18 min	Simmering basket	
	600 g	18 – 22 min	Varoma	
Potatoes (small or baby)	600 g	30 – 35 min	Simmering basket	
	700 – 1200 g	35 – 40 min	Varoma	
Potatoes and sweet potatoes	200 – 600 g, cut into pieces (2 – 3 cm)	17 – 30 min	Simmering basket	
	700 – 1000 g, cut into pieces (2 – 3 cm)	20 – 35 min	Varoma	
Spinach (fresh)	500 g	10 – 12 min	Varoma	• Maximum 500 g
Turnips, swedes and kohlrabi	200 – 600 g, cut into pieces (2 – 3 cm)	18 – 25 min	Simmering basket	
	700 – 1000 g, cut into pieces (2 – 3 cm)	24 – 30 min	Varoma	
Zucchini	200 – 500 g, cut into halves lengthways, then into slices (1 cm)	14 – 19 min	Simmering basket	
	600 – 800 g, cut into halves lengthways, then into slices (1 cm)	20 – 25 min	Varoma	

Steaming Fruit

Food	Amount	Time	TM part	Tips
Apples	200–400 g, cut into quarters	10–22 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on type and ripeness of apples. • To double the quantity, insert Varoma tray and add an additional 500 g.
	500 g, cut into quarters	12–25 min	Varoma	
Apricots	300–400 g, cut into halves	9–12 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on ripeness. • To double the quantity, insert Varoma tray and add an additional 500 g.
	500 g, cut into halves	10–15 min	Varoma	
Peaches	300–450 g, cut into halves	8–12 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on type and ripeness of peaches. • To double the quantity, insert Varoma tray and add an additional 500 g.
	500 g, cut into halves	10–15 min	Varoma	
Pears	200–400 g, peeled and cut into quarters	10–16 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on type and firmness of pears. • We recommend using brown skinned pears. • If the simmering basket is crowded, transfer some to the Varoma.
	200–400 g, peeled and cut into halves	13–18 min	Varoma	
	500–800 g, peeled and cut into quarters	15–20 min	Varoma	
	500–800 g, cut into halves	18–23 min	Varoma	
	200–400 g, whole, peeled	15–20 min	simmering basket (use Varoma if they are crowded)	
	600–800 g, whole, peeled	20–30 min	Varoma	
Pineapple	200–400 g, peeled, cored and cut into thin triangles (5 mm thickness)	10–15 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on type and ripeness of pineapple • To increase the quantity, insert Varoma tray and add an additional 400 g.
	500 g, peeled, cored and cut into thin triangles (5 mm thickness)	15–20 min	Varoma	
Plums	200–400 g, cut into halves	7–10 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on type and ripeness of plums.
	500 g, cut into halves	12–14 min	Varoma	
Rhubarb	300–450 g, cut into pieces (1.5–2 cm)	8–18 min	Simmering basket	<ul style="list-style-type: none"> • Steaming time depends on ripeness.
	500–800 g, cut into pieces (1.5–2 cm)	12–22 min	Varoma	

Steaming Fish and Seafood

Food	Amount	Time	TM part	Tips
Fish fillets (e. g. salmon, barramundi, snapper)	2–3 pieces (150 g each), 2–2.5 cm thickness	12–18 min	Varoma dish	<ul style="list-style-type: none"> • Ensure some holes remain unobstructed so steam can circulate freely. • If steaming from frozen, increase cooking time by 5 minutes.
	5–6 pieces (150 g each), 2–2.5 cm thickness		2 in Varoma dish and 3–4 on Varoma tray	
Whole fish, (e. g. trout, John Dory, snapper)	2 (approx. 440 g each)	15–17 min	Varoma tray	<ul style="list-style-type: none"> • Ensure some holes remain unobstructed so steam can circulate freely. • Cooking time will depend on thickness.
	4 (approx. 440 g each)	17–20 min	2 in Varoma dish and 2 on Varoma tray	
Mussels (with shells)	500 g	10–15 min	Varoma dish	<ul style="list-style-type: none"> • Place mussels into Varoma dish. When liquid reaches Varoma temperature, put the Varoma in place and start cooking time.
	1000 g	12–15 min		
Raw prawns (unpeeled)	400 g large prawns, shell and head on	8–10 min	Simmering basket	<ul style="list-style-type: none"> • When cooked through, prawns will turn pink and opaque. • If cooking from frozen, increase time by 2 minutes.
	500 g large prawns, shell and head on	9–11 min	Varoma dish	
Raw prawns (peeled)	600–800 g	8–10 min	Varoma dish	<ul style="list-style-type: none"> • When cooked through, prawns will turn pink and opaque. • If cooking from frozen, increase cooking time by 2 minutes.

Steaming Meat

Food	Amount	Time	TM part	Tips
Meatballs	500 g, apricot-size	20 min	Varoma dish	<ul style="list-style-type: none"> When steaming 1100 g, place 500 g on Varoma dish and 600 g on Varoma tray.
	1100 g, apricot-size	24 – 27 min	Varoma dish/tray	
Chicken breasts	2 – 3 pieces (approx. 500 g)	15 – 20 min	Varoma dish	<ul style="list-style-type: none"> Place larger pieces in the Varoma dish and smaller pieces on the Varoma tray.
	4 – 5 pieces (approx. 800 g)	20 – 25 min	2 in Varoma dish and 2 – 3 on Varoma tray	
Chicken thigh fillets	800 g	20 – 22 min	Varoma dish	
Lamb cutlets	6 – 8 pieces (approx. 500 g)	12 – 14 min	Varoma dish	<ul style="list-style-type: none"> Time depends on thickness of cutlets and your preferred level of doneness. Turn cutlets halfway through cooking time to ensure even cooking.
	12 – 14 pieces (approx. 800 g)	14 – 16 min	6 in Varoma dish and 6 – 8 on Varoma tray	
Pork tenderloin	500 g, cut into halves	25 min	Varoma dish	<ul style="list-style-type: none"> Place larger pieces in the Varoma dish and smaller pieces in the Varoma tray. This steaming time yields a well-done result.
	1500 g, cut into halves	30 min	500 g (cut into halves) in Varoma dish and 1000 g (cut into halves) on Varoma tray	
Beef fillet	500 g (1 whole piece)	15 – 30 min	Varoma dish	<ul style="list-style-type: none"> Adjust steaming time to desired doneness (longer for well-done meat). For more flavour, after steaming briefly sear fillet in a very hot non-stick frying pan, then cover and set aside to rest for approx. 10 minutes.