

Thermomix® TM7 Cutter+



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Contents

- 5 Introduction
- 6 Get More From Your Thermomix®
- 8 What's in the Box? Get to Know Your Thermomix® Cutter+
- 10 Slicing & Grating / Spiralizing
- 12 **Thermomix® Cutter**
- 14 What the Cutter Disc Can Do
- 16 How to Use the Thermomix® Cutter+ with the 4-in-1 Cutter Disc
- 16 Assembly
- 18 How to Use the Thermomix® Cutter+ for Grating and Slicing in Thermomix® TM7
- 20 **Top Tips for Grating and Slicing**
- 20 Good to Know
- 24 A Guide to Cutting Ingredients
- 36 **Thermomix® Spiralizer**
- 38 How to Assemble the Gear Box and Base of the Spiralizer
- 40 What the Spiralizer Blade Can Do
- 42 How to Use the Thermomix® Cutter+ with the Spiralizer
- 42 Assembly
- 44 How to Use the Thermomix® Cutter+ for Spiralizing in Thermomix® TM7
- 46 **Top Tips for Spiralizing**
- 47 Good to Know
- 50 A Guide to Spiralizing Ingredients
- 56 **Disassembling and Cleaning the Cutter Disc and Spiralizer Blades**
- 58 **Recipes for Everyday Inspiration**
- 60 Pear and Blue Cheese Salad with Hazelnuts
- 61 Beetroot Carpaccio
- 62 Curly Fries with Garlic Sauce
- 63 Rosti Bern Style
- 64 Grated Carrot Salad
- 65 Spicy Pickled Spiralized Carrots
- 66 Coleslaw with Thermomix® Cutter
- 67 Chicken Buddha Bowl
- 68 Potato Bake
- 69 Ratatouille Galette
- 70 Spiralized Veggie Nests with Baked Eggs & Harissa Mushrooms
- 71 Lemon Pepper Chicken with Zucchini Ribbons
- 72 Pear Twists on Chocolate Custard
- 73 Fruit Platter with Lemon and Honey Dressing
- 74 Apple Tart
- 75 Spiralized Apple Cake



Introduction

Thermomix® makes food preparation easy, and the Thermomix® Cutter+ will make your dishes both impressive and impressively easy. The Thermomix® Cutter+ will slice, grate and spiralize accurately and efficiently for great results.

Now you can enjoy slicing, grating and spiralizing a wide variety of different ingredients to give both flavour and texture to your dishes. Create interesting salads or beautiful desserts, as well as a complete variety of sweet and savoury dishes.

This booklet will give you guidance for using the Cutter+ every day and practical instructions for assembly, as well as great tips for pro results. In these pages, we have included a selection of inspirational recipes you can find in our growing collection on Cookidoo® using the Cutter+, from röstis to tarts, helping to give a whole new look and feel to your mealtimes. Time saving, efficient, versatile, easy to use, and offering a different and attractive way to present healthy dishes to your family – the possibilities are endless for you to be creative with the Thermomix® Cutter+.

**Bring more
veggies, style
and life to
your plate!**

Get More From Your Thermomix®

Thermomix® is always thinking about how to simplify your life in the kitchen, and the Thermomix® Cutter+ is the perfect complement to your Thermomix® to slice, grate and spiralize your ingredients. Reduce your food preparation time, with impressive results every time. The Thermomix® Cutter+ provides an easier food preparation experience through its main benefits:

- **Versatile and unique disc – 4 different cuts from a single disc.**

The Thermomix® Cutter disc is a single disc that makes 4 different types of cuts – thin slices, thick slices, thin gratings and thick gratings, all with minimal leftovers. The disc is compact and can be stored neatly in the cutter lid.

- **Effortless, quick spirals in two different sizes.**

The Thermomix® Spiralizer blade will cut vegetables and fruits in spirals of two different widths in no time.



- **Easily achieves impressive results with accurate cuts.**

The Thermomix® Cutter+ disc and blades have razor-sharp cutting edge that will cut accurately. This will give even the simplest dishes, such as a fruit platter or steamed carrots, a stunning finished result.

- **Leaves the Thermomix® mixing bowl clean and ready to use.**

The Thermomix® Cutter+ is designed with effortless cooking in mind. The cutter basket sits inside the Thermomix® mixing bowl, leaving it clean and ready to use when the basket and drive shaft are removed.

- **Makes healthy eating a visually attractive option.**

Enriching your meals with more vegetables and fruits looks great with the Thermomix® Cutter+. Prepare attractive, healthy dishes that both adults and children will love.

- **Saves time in the kitchen.**

The Thermomix® Cutter+ is versatile enough for everyday use. It will make the preparation of vegetables and fruits quick and easy, eliminating the time and effort needed to use a chopping board and knife. Preparing beautifully cut ingredients is now faster and easier, adding to the already wonderful efficiency of Thermomix®.

- **Evenly cuts pieces that cook evenly.**

The Thermomix® Cutter+ cuts your vegetables into even pieces for great results and even cooking.



What's in the Box? Get to Know Your Thermomix® Cutter+

You have just received your Thermomix® Cutter+. It is composed of various parts: the Thermomix® Cutter with the 4-in-1 disc and cutter pusher with pusher cover, the Thermomix® Spiralizer (spiralizer base, gear box, 2 blades and spiralizer pusher), and the elements common to both cutter and spiralizer (the drive shaft, the cutter basket and the cutter lid).

The cutter disc and the spiralizer blades are made of high-quality steel. Every part has been carefully designed and tested by our engineers to provide the best results. See a description of each part and what they can do in the following pages.

Cutter+ pusher

Keep the pusher cover on for slicing and grating. Its innovative textured surface prevents ingredients from slipping. By gently and steadily pressing down the pusher, ingredients are sliced or grated precisely.

Cutter+ lid*

The Cutter+ lid covers the cutting disc or spiralizer base, and it will automatically close with the lid locking mechanism. There is a wide and a narrow feeder tube to hold a variety of sizes of fruit and vegetables in position.

4-in-1 Cutting disc

A two-sided, high-quality, steel cutting disc whose strong and sharp blade cut a wide variety of ingredients. Side 1 is for slicing and side 2 for grating.

Slicing and Grating



Spiralizing



Spiralizer pusher

or spiralizing, push the release button to detach the cover from the pusher then set the cover aside. Secure the ingredients onto the pusher prongs, then gently and steadily press down the pusher for precise spiralizing results. To conceal the prongs, simply slide the pusher back into the cover.

Spiralizer

Comprising the spiralizer base, the gear box and the blade, it connects with the drive shaft. For spiralizing, use the wide feeder tube.

Cutter basket*

The two-handled Cutter+ basket is easy to use, holding your sliced, grated or spiralized ingredients. It has a rounded base to collect juices from sliced or grated fruits, to enjoy with the prepared fruits.

Drive shaft*

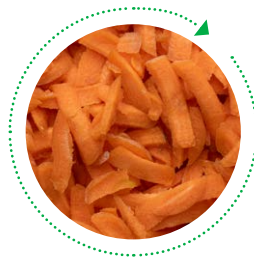
The drive shaft clicks onto the mixing knife, connecting to the cutting disc or spiralizer. Always remember to remove it when you have finished using the Cutter+.

* Parts needed for slicing and grating as well as for spiralizing

Slicing & Grating

Side 1

Side 2



Thick slices
(clockwise rotation)

Thin slices
(anticlockwise rotation)

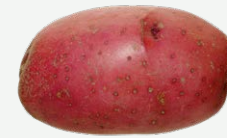
Thick gratings
(clockwise rotation)

Thin gratings
(anticlockwise rotation)

Spiralizing

Blade 1

Blade 2



Thick spirals
(similar to tagliatelle)

Thin spirals
(similar to linguine or spaghetti)

Thermomix®

Cutter

Create stunning dishes using the Thermomix® Cutter. Effortlessly slice and grate a variety of vegetables and fruits at different thicknesses, enhancing the visual appeal of your recipes.



What the Cutter Disc Can Do

Side 1

is engraved with sliced discs (thin and thick) and has a **dark central hub**.



This 4-in-1 tool is easy to use. Use the normal or clockwise rotation to obtain thick slices of Roma tomatoes and zucchini in the *Ratatouille Galette* (p. 69) or thickly grated carrots in the *Chicken budda bowl* (p. 67). Use reverse rotation to get thinly sliced cabbage for a *Coleslaw* (p. 66) or thinly grated carrot in our *Grated Carrot Salad* (p. 64). Enrich your cooking skills using just one disc for four different cuts.



2 sides,
4 cuts

Thick gratings



Side 2

is engraved with strips to represent grating (thin and thick) and has a **light central hub**.



Set the cutter disc on the drive shaft with the side that you require facing up. Follow the instructions to assemble and get ready for effortless preparation.

Thin gratings



How to Use the Thermomix® Cutter+ with the 4-in-1 Cutter Disc

The Thermomix® Cutter prepares your ingredients for you. Easy to use, and easy to clean, you can rely on the Thermomix® Cutter.

Assembly

1 Before assembling the Thermomix® Cutter, ensure that the mixing bowl is fully inserted, correctly positioned in the Thermomix® TM7 and empty.



2 Place the drive shaft onto the Thermomix® mixing knife in the mixing bowl and ensure it is correctly placed. The base of the shaft should be fitted on the centre of the mixing knife and the shaft should stay vertical.



3 Place the cutter basket onto the drive shaft. The shaft should appear through the central hole of the basket.



4 Always hold the cutter disc by the central hub as the disc itself is very sharp. Place it onto the drive shaft with the side that you want to use facing up (refer to p. 10).



5 Place the cutter lid onto the cutter basket. The automatic locking mechanism will lock the cutter lid into place when the motor is activated.



6 Insert ingredients through the feeder.



Slice or grate, thinly or thickly. Get started and be creative with the Thermomix® Cutter.

7 Tap 'Start' then use the cutter pusher to gently press the ingredients down through the feeder tube onto the cutter disc.

How to use the Thermomix® Cutter+ for Grating and Slicing in Thermomix® TM7

Now that you are familiar with Thermomix® Cutter+ and the 4-in-1 cutter disc, you are ready to start slicing and grating your favourite ingredients. You will find the cutter easy to use, whether following a Guided Cooking recipe or cooking manually. The Thermomix® Cutter+ for TM7 is compatible with all existing recipes on Cookidoo® using previous Thermomix® Cutter versions.

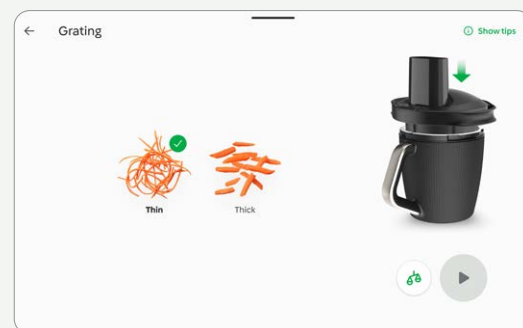
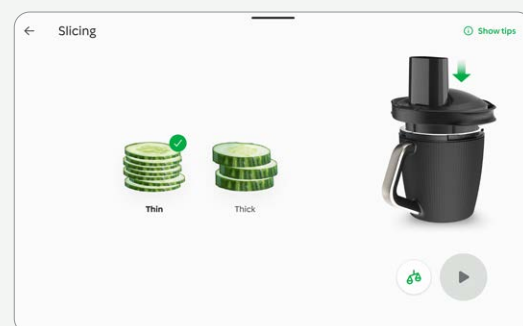
See here how to use the Cutter+ with the 4-in-1 cutter disc in each appliance.

In Thermomix® TM7

Swipe the Manual Cooking screen to access Grating and Slicing modes. To get information and tips about these modes, tap on 'Show tips' in the top right corner of each mode screen on your Thermomix® TM7.

Important: the type of cut depends on the correct side of the disc facing up, not on the mode chosen.

In each mode, you can choose whether you want a thin or a thick cut. Insert the ingredient in the feeder then simply turn the selector to one of the options and the mode will start. Gently press down with the cutter pusher then touch the selector to stop the mode when you have finished slicing or grating. Otherwise, the mode will stop automatically after 1 minute. Check the basket and empty it, if necessary, before continuing.



When ingredients are light and small, like mushrooms or strawberries, or when precise placement of the ingredient is necessary for accurate results, like onion slices, place the ingredients in the feeder first, hold with the cutter pusher then start the motor. Press down gently and steadily for even cuts.

To achieve best results with your Thermomix® Cutter+, always follow the Guided Cooking instructions given in recipes on Cookidoo®.

Top Tips for Grating and Slicing

A wide variety of ingredients can be sliced or grated in the cutter – vegetables, root vegetables, fruits or hard cheeses (e.g. Parmesan), so that you can create your own toppings, fruit platters, gratins and many other dishes quickly, easily and precisely. Direct from our kitchens at Thermomix®, here are our tips for guaranteed success with the Thermomix® Cutter.

Good to Know

Thin or thick? Our recommendations

- **For perfectly even slices**, guide the ingredients through the feeder tube with a steady and gentle touch to the cutter pusher.
- **Raw ingredients** can be cut thinly or thickly according to your taste, although with some hard or fibrous ingredients such as beetroot or celeriac, you might obtain a nicer result when thinly sliced.
- **To prevent them losing their shape through cooking and drying out in the oven**, thickly slice or grate ingredients you will be cooking, unless you are looking for a particular result, such as oven-baked crisps, for example. In this case, slice root vegetables thinly for them to dry out slowly in the oven.

Ingredient tips

- **Cooked and frozen ingredients** are not suitable for slicing or grating with the Thermomix® Cutter (with the exception of cooked beetroot).
- **For perfect cutting results**, when buying your ingredients, choose small fruits and vegetables that fit in the feeder.
- **To evenly slice small ingredients** like mushrooms or strawberries, stack the ingredients in the feeder, hold with the cutter pusher then start the motor. Once done, stop the motor and repeat with the second batch of ingredients.
- **Larger ingredients**, such as butternut squash, eggplant or celeriac, need trimming to fit in the feeder.





- **Fruits and vegetables** should be ripe but firm to the touch. It is particularly relevant for softer ingredients, e. g. tomatoes (use only Roma tomatoes that fit whole through the feeder), avocado or mango.
- **For half-moon slices of long vegetables** such as eggplant, choose small sizes and cut them in half lengthways using a knife. Place the halves upright in the wide part of the feeder tube. It is not possible to slice long vegetables lengthways in the Thermomix® Cutter.

- **Juicy ingredients** (e.g. watermelon, melon, tomatoes, kiwi) are only suitable to be sliced thickly. Grating in any thickness or thinly slicing will not work well.
- **Cured sausages**, salami or kabanos for example are suitable for slicing. However, fresh and cooked sausages are too soft to obtain neat slices.
- **Trim the ends of narrow ingredients such as celery stalks, leeks, spring onions and carrots.** For green beans, trim them all to the same length and place them in a bunch in the feeder.

- **Some ingredients are great sliced, but not grated** (leafy vegetables, Capsicum, fennel, tomatoes and most fruits, with the exception of apples).
- **Choose the narrow or wide part of the feeder** according to the size of your ingredients.

Always prepared

- **Slice Parmesan thinly** to create shavings to use on salads or to garnish soup.
- Thickly slice vegetables in batches and **freeze for roasts, soups or stews.**
- **Freeze any vegetable offcuts or leftover pieces** from the cutter disc, lid and basket to use later in stocks or soups.
- **Slicing or grating in batches** will ensure a better end result and avoid overflowing the cutter basket. To optimise your time, weigh all the ingredients before starting slicing or grating. Remember that the basket holds approximately 800 g of sliced or grated fruits or vegetables.
- If you need to **slice and grate different types of ingredients**, and to avoid having to turn the disc several times, first cut all ingredients needing the same side of the disc before turning it to the other side.



Thinly sliced radishes are perfect for a salad.



Thinly grate potatoes to prepare röstis.



Thickly grated carrots are ideal for soups and stir-fries.



Thickly sliced fruit is perfect for fruit platters and cheese boards.

A Guide to Cutting Ingredients

The Thermomix® Cutter will quickly and easily slice and grate a wide range of vegetables, fruits and other ingredients for all of your creations. To achieve good results, always choose them ripe but firm to the touch (particularly tomatoes, avocado or mango), otherwise they could be mashed instead of cut.

VEGETABLES, FRESH AND CRUNCHY

Ingredient	Description	Type of cut	Tips
Eggplant	Halved or quartered lengthways.	Thick slices	Place upright in the wide part of the feeder. For round slices, thin Asian eggplant are perfect.
Beetroot	Raw or cooked beetroot, washed and trimmed, if necessary. Large beetroots, halved or quartered.	Thin and thick slices Thin and thick gratings	Place beetroots in the wide part of the feeder.
Brussels sprouts	Whole.	Thin and thick slices	Fill the feeder with Brussels sprouts before starting the motor.
Capsicum	Cut in wedges that fit in the wide part of the feeder. Seeds and membranes removed.	Thick slices	Place 2-3 wedges at the same time in the wide part of the feeder so they don't move sideways (see image on p. 29).
Carrot	Whole, peeled or scrubbed.	Thin and thick slices Thin and thick gratings	For slicing, place upright in the feeder. Positioned upright side by side, you can slice more than one carrot at a time.
Celeriac/ kohlrabi	Peeled, cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place one wedge at a time vertically in the wide part of the feeder (see image on p. 28).
Celery	Stalks only.	Thin and thick slices	Place 4-5 stalks together in the feeder.

Ingredient	Description	Type of cut	Tips
Chinese cabbage	Cut in wedges that fit in the wide part of the feeder or leaves rolled up to be placed upright in the feeder tube.	Thick slices	Place rolled up leaves or wedges upright in the wide part of the feeder (see image on p. 28).
Cucumber	End trimmed end so the cucumber is sitting on the disc.	Thin and thick slices Thin and thick gratings	Place upright in the wide part of the feeder.
Daikon	Whole or halved lengthways to fit in the wide part of the feeder, scrubbed.	Thin and thick slices Thin and thick gratings	Place upright in the wide part of the feeder.
Fennel	Halved or cut in wedges that fit in the wide part of the feeder, if necessary.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder (see image on p. 28).
Green beans	Ends trimmed so they are all the same length.	Thick slices	Place a small bunch of green beans that fit in the narrow part of the feeder.
Green lettuce	Thickest part removed. Smaller lettuce hearts halved or cut in wedges. Larger leaves, such as romaine, rolled up. Iceberg lettuce cut in wedges.	Thick slices	Place upright in the feeder.
Greens (e.g. kale, spring cabbage)	Thickest part removed to obtain leaves and unsliced stem. Larger leaves rolled tightly and core cut in wedges.	Thin and thick slices	Place upright in the feeder (see image on p. 28).
Leek	Only the stiff parts, not the loose dark green tops.	Thick slices	Place upright in the narrow or wide part of the feeder. Positioned upright side by side, you can slice more than one leek at a time.

VEGETABLES, FRESH AND CRUNCHY
(continued)

Ingredient	Description	Type of cut	Tips
Mushroom	Use even-sized mushrooms that fit in the narrow part of the feeder. Stem removed and cleaned to remove grit. If too large for the narrow part of the feeder, stack several mushrooms in the same position in the wide part of the feeder.	Thin and thick slices	Fill the feeder with several mushrooms stacked on their sides before starting the motor (see image on p. 29). Use the cutter pusher without pressure, to make the slices thick and regularly cut.
Onion	Larger onions, halved or cut vertically in 3 wedges.	Thin and thick slices Thick gratings	Place each onion half as upright as possible to obtain even slices, start Thermomix® and press down gently with cutter pusher (see image on p. 29).
Pak choi	Choose small pak choi, halved or cut in wedges that fit in the wide part of the feeder.	Thick slices	Place upright in the wide part of the feeder.
Parsnip	Whole, peeled or scrubbed.	Thin and thick slices Thin and thick gratings	Place upright in the feeder. More than one parsnip can be sliced together, positioned upright side by side.
Potato	Halved or trimmed to fit in the feeder.	Thin and thick slices Thin and thick gratings	Place upright in the wide part of the feeder. Baby potatoes can be placed vertically or horizontally.
Radish	Whole.	Thin and thick slices Thick gratings	If the radishes are too large to fit in the narrow part, stack several of them in the wide part of the feeder. Long radishes should be inserted vertically in the narrow part of the feeder.

Ingredient	Description	Type of cut	Tips
Red cabbage	Cut in wedges that fit in the wide part of the feeder. Hard core removed.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder.
Root ginger	Too fibrous. Hard threads will get tangled in the cutter disc.	Not recommended	Chop ginger in mixing bowl or slice manually.
Shallots	Whole or halved.	Thin and thick slices	Place upright in the wide or narrow part of the feeder.
Spring onion	Only the stiff parts, not the loose dark green tops.	Thick slices	Place 3-4 spring onions upright in the narrow part of the feeder.
Squash	Cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place one wedge at a time vertically in the wide part of the feeder.
Sweet potato	Peeled or scrubbed, trimmed, if necessary, to fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place upright in the wide part of the feeder.
Turnip	Peeled or scrubbed, halved or cut in wedges that fit in the wide part of the feeder.	Thin and thick slices Thin and thick gratings	Place upright in the wide part of the feeder.
White cabbage	Cut in wedges that fit in the wide part of the feeder.	Thin and thick slices	Place one wedge at a time vertically in the wide part of the feeder.
Zucchini	End trimmed so the zucchini is sitting on the disc.	Thin and thick slices Thin and thick gratings	Place upright in the wide part of the feeder.



Greens (e.g. cabbage)

1. Remove the thickest part, roll up large outside leaves tightly, and cut the core in halves or wedges that fit in the wide part of the feeder.
2. Cut the roll in two and tighten well before inserting it upright in the feeder. Slice thinly or thickly.



Celeriac

Cut in wedges and place in the wide part of the feeder. Use any cut from the cutter disc.



Fennel

Cut in wedges or halves that fit in the wide part of the feeder and slice thinly or thickly.



Mushrooms

Stack on their sides in feeder before starting the motor and use the cutter pusher without pressure.



Onions

Cut onions in halves or 3 wedges and place vertically in the wide part of the feeder for thick and thin slices.



Capsicum

Cut Capsicum in wedges, remove seeds and membranes then insert 2-3 wedges, at the same time, vertically in the wide part of the feeder.

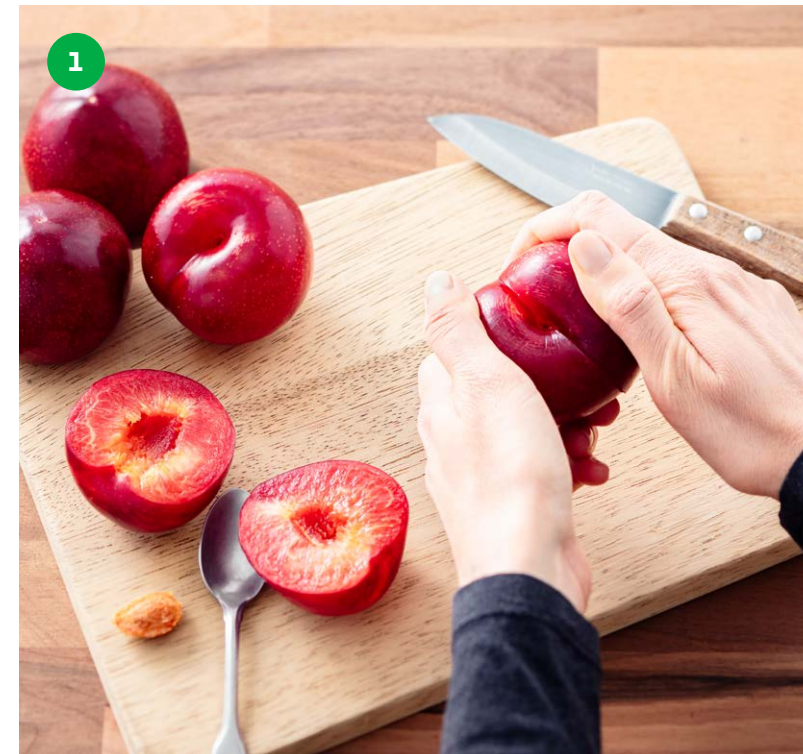
FRUITS, RIPE BUT FIRM

Ingredient	Description	Type of cut	Tips
Apple	Peeled or unpeeled, halved, quartered or cut in wedges. Ripe but firm.	Thin and thick slices Thin and thick gratings	Depending on the size of the apple, halve, quarter or cut in wedges to fit in the feeder. Trim the ends of the quarters and wedges if needed. For half-moon shapes, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Avocado	Peeled, stone removed and halved lengthways. Use firm avocados only.	Thick slices	For half-moon shapes, place vertically in the wide part of the feeder (see image on p. 34).
Banana	Whole, peeled, firm, not too ripe.	Thick slices	Place upright in the narrow part of the feeder.
Kiwi	Peeled or unpeeled, whole. Ripe but firm.	Thick slices	Place upright in the wide part of the feeder.
Lemon	Only small lemons that fit in the wide part of the feeder. Unpeeled, whole. The peel must be firm.	Thick slices	Place upright in the wide part of the feeder.
Lime	Unpeeled, whole. The peel must be firm.	Thick slices	Place upright in the wide part of the feeder.
Melon	Peeled, without seeds and cut in wedges that fit in the wide part of the feeder.	Thick slices	Place one wedge at a time vertically in the wide part of the feeder.

Ingredient	Description	Type of cut	Tips
Nectarine	Use firm fruits, halved or quartered and stone removed. To remove the stone, use a sharp knife to cut the nectarines along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (refer to images p. 33).	Thick slices	For half-moon shapes, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Orange	Too large to fit whole in the feeder. When halved, the slices do not hold well together. Best result obtained with firm oranges.	If used, thick slices only	Best results sliced by hand.
Peach	Use firm fruits. Halved or quartered and stone removed. To remove the stone, use a sharp knife to cut the peaches along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (see images on p. 33).	Thick slices	For half-moon shapes, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Pear	Use firm fruits, halved or quartered.	Thick slices Thick gratings	For half-moon shapes, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.

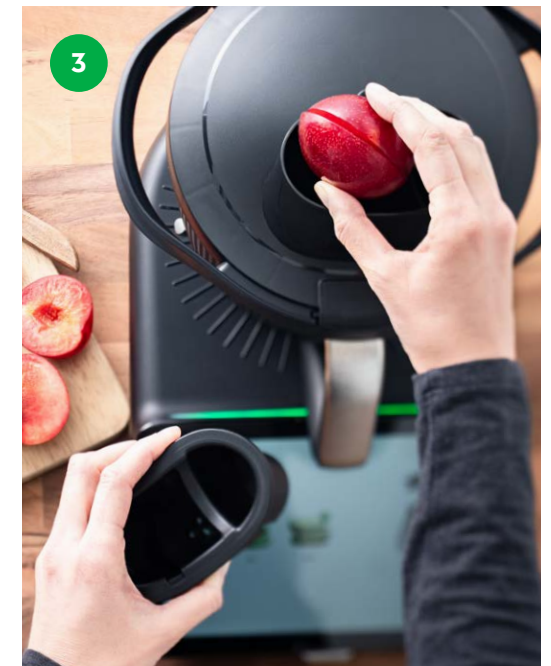
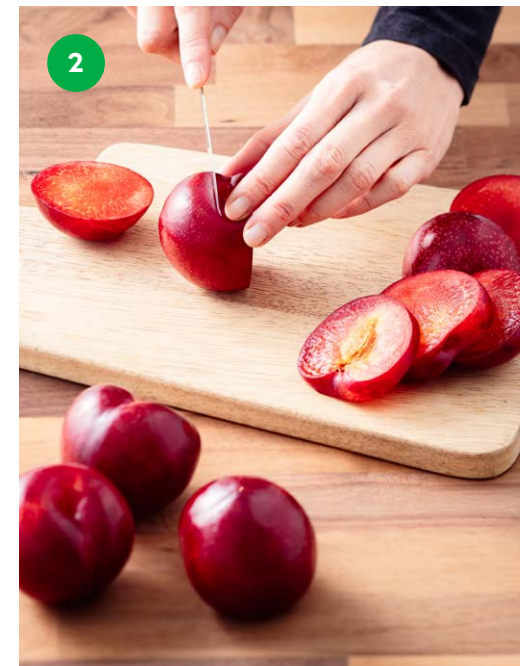
FRUITS, RIPE BUT FIRM
(continued)

Ingredient	Description	Type of cut	Tips
Pineapple	Peeled and cut vertically in 4 or 6 wedges (approx. 200 g each).	Thick slices	Place one wedge at a time vertically in the wide part of the feeder (see image on p. 34).
Plum	Use firm fruits. Halved and stone removed. To remove the stone, use a sharp knife to cut the plums along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon. If the stone is too stuck, cut two large slices that go up to the stone (see images on p. 33).	Thick slices	For half-moon shapes, place halves vertically in the wide part of the feeder, or 2-3 quarters or wedges horizontally in the wide part of the feeder.
Strawberries	Use firm fruits. Whole and hulled.	Thick slices	Stack vertically in the narrow part of the feeder, or horizontally in the wide part of the feeder, and guide gently with the cutter pusher for a neat result.
Tomato	Use only firm Roma tomatoes, that fit whole in the wide part of the feeder.	Thick slices	Place vertically in the wide part of the feeder (see image on p. 34).
Watermelon	Peeled and cut in wedges that fit in the wide part of the feeder.	Thick slices	Place one wedge vertically in the wide part of the feeder.



Plums, nectarines
or peaches

1. To remove the stone, use a sharp knife to cut the nectarines, plums and peaches along the natural indent and around the stone. Twist each half in opposite directions to separate and then remove the stone using a teaspoon.
2. If the stone is too stuck, cut two large slices that go up to the stone.
3. If the two halves are small enough, place together in the feeder. Trim the bottom so they settle completely on the cutter disc before running the motor.



Avocado

Ripe but firm, peeled, stone removed and halved lengthways. Insert vertically in the wide part of the feeder and slice thickly.



Pineapple

Peeled and cut vertically in 4 or 6 wedges (approx. 200 g each). Place one wedge at a time vertically in the wide part of the feeder.

Kiwi

Use ripe but firm kiwi, peeled or unpeeled, that fit whole in the wide part of the feeder.

Strawberries

For best results, use firm strawberries, whole and hulled.



Tomatoes

Place whole Roma tomatoes vertically in the wide part of the feeder and press the cutter pusher down while slicing.

OTHER INGREDIENTS

Ingredient	Description	Type of cut	Tips
Chocolate	It could block the cutting disc.	Not recommended	To create shavings, use a sharp knife or a vegetable peeler.
Eggs, hard boiled	The eggs will catch on the disc and not slice well.	Not recommended	Slice by hand.
Hard cheeses (e.g. Parmesan)	Ensure that the cheese is slightly cold.	Thin and thick slices Thin and thick gratings	Place upright in the narrow or wide part of the feeder.

How about perfectly thinly sliced Parmesan cheese?

Hard cheeses

Place vertically in the narrow or wide part of the feeder. Use any cut from the cutting disc.



Thermomix® Spiralizer

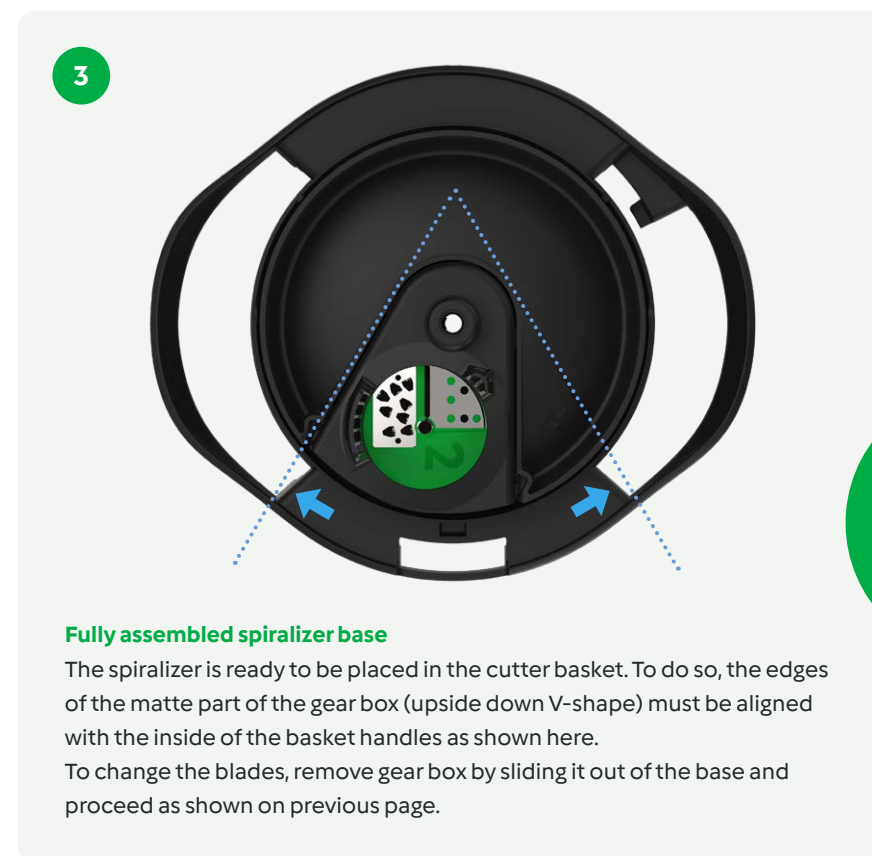
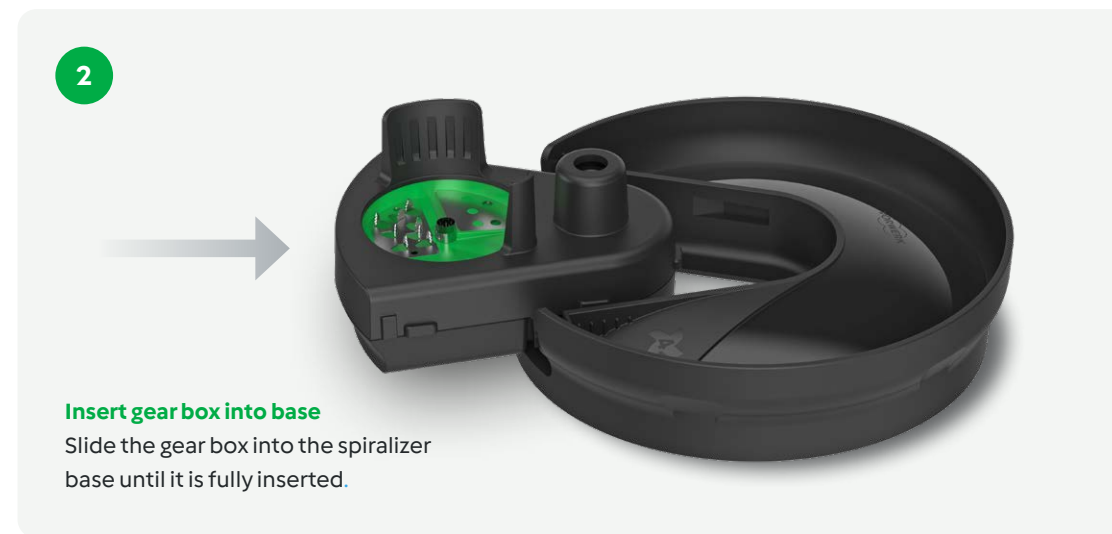
Unleash your creativity and present vegetables in delightful spirals. With the Thermomix® Spiralizer, effortlessly create zucchini noodles or tagliatelle within seconds. Experiment with various ingredients and give a unique twist to your recipes.



How to Assemble the Gear Box and Base of the Spiralizer

The spiralizer combines several parts which are shown and described on this page and the next.

Once assembled, the spiralizer is placed in a precise position in the cutter basket to ensure the spiralizer blade is right underneath the feeder tube (see illustration 3 and image 5 p. 43).



Assembly in 2 simple steps

What the Spiralizer Blade Can Do

When you are ready to spiralize, choose the blade according to the recipe you have in mind.

Blade

1

With blade 1, you will get thick, ribboned spirals similar to tagliatelle.



Blade

2

With blade 2, you will get thin spirals similar to linguine or spaghetti.

How to Use the Thermomix® Cutter+ with the Spiralizer

The Thermomix® Spiralizer prepares your ingredients for you. Easy to use, and easy to clean, you can rely on the Thermomix® Spiralizer.

Assembly

1 Before assembling the Thermomix® Spiralizer, ensure that the mixing bowl is fully inserted, correctly positioned in the Thermomix® TM7 and empty.



2 Place the drive shaft onto the Thermomix® mixing knife in the mixing bowl and ensure it is correctly placed. The base of the shaft should be fitted on the centre of the mixing knife and the shaft should stay vertical.



3 Place the cutter basket onto the drive shaft. The shaft should appear through the central hole of the basket.



4 Insert the chosen blade in the gear box, close the gear box then slide it in the spiralizer base.



5 Place the spiralizer correctly on cutter basket. To do so, the edges of the matte part of the gear box (upside down V-shape) must be aligned with the inside of the cutter basket handles as shown here (see also illustration 3, p. 39). This will ensure the blade is aligned underneath the wide part of the feeder tube.



6 Place the cutter lid onto the cutter basket with the feeder tube over the spiralizer gear box. The automatic locking mechanism will lock the cutter lid into place when the motor is activated.



7 Remove the pusher cover and secure the prepared ingredient on to the pronged spiralizer pusher.



8 Tap 'Start' then gently press the spiralizer pusher down through the feeder tube onto the spiralizer blade.

The correct placement of the spiralizer and the right positioning of the ingredient on the spiralizer pusher are crucial to obtain good results.

How to Use the Thermomix® Cutter+ for Spiralizing in Thermomix® TM7

Now that you are familiar with Thermomix® Cutter+ and the spiralizer, you are ready to start spiralizing your favourite ingredients. You will find the spiralizer easy to use, whether following a Guided Cooking recipe or cooking manually. The Thermomix® Cutter+ for TM7 is compatible with all existing recipes on Cookidoo® using previous Thermomix® Cutter versions.

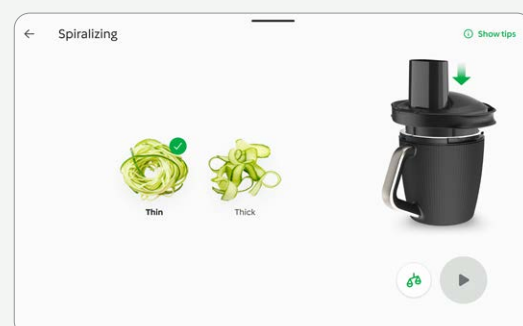
See here how to use the spiralizer in each appliance.

In Thermomix® TM7

Swipe the Manual Cooking screen to access Spiralizing mode. To get information and tips about this mode, tap on 'Show tips' in the top right corner of each mode screen on your Thermomix® TM7.

Important: the type of cut depends on the blade inserted in the gear box, not on the mode.

Secure the ingredient to the spiralizer pusher prongs. Insert it in the feeder then press start. Gently press the spiralizer pusher down. To stop, tap the button. Otherwise, the mode will stop automatically after 30 seconds. Check the basket and empty it, if necessary, before continuing.



It is important to open the lid to check the contents of the basket and empty it, if needed, before continuing. Once you finish spiralizing an ingredient, also check the leftover ingredient is still secured to the pusher. If it is not, carefully remove it from the blade before proceeding. These checks will prevent the blockage of the blade and unsatisfactory results.



If the ingredients exceed the thickness of the spiralizer blade, use a peeler to trim them, thus preventing potential blade clogging due to excess material. Use the pronged spiralizer pusher to secure the trimmed pieces, then insert them into the feeder tube. Gently press the ingredients down through the feeder while the motor is running to ensure uniform and even cuts.

To achieve best results with your Thermomix® Cutter+, always follow the Guided Cooking instructions given in recipes on Cookidoo®.

Top Tips for Spiralizing

Fancy exploring new ways to eat low carb, serving dishes that look like pasta and have the same lovely “al dente” consistency? What about making zoodles or sweet potato noodles as a substitute for noodles? Spiralize your life and re-discover new vegetables.

A fresh and appetising way to eat vegetables.



Good to Know

Ingredient prep

- **Prior to spiralizing**, prepare your ingredients: peel if needed or brush the vegetables and fruits well. Leave the skin on as many important nutrients and vitamins are found in the skin.
- **The ends of fruits** and vegetables should be as flat as possible. When not flat, the ingredient might be more difficult to secure to the spiralizer pusher, causing the vegetable to move off centre, resulting in half-moon shapes or irregular spirals. Slice off a small piece if needed to flatten them.
- **To get perfect, pasta-like vegetable spirals**, the diameter of the ingredient’s surface secured to the spiralizer pusher should be minimum 3 cm and maximum 5 cm in diameter. To obtain spirals instead of short curved cuts, the ingredient should be as straight as possible and be centred on the blade. Larger ingredients, such as butternut squash, need trimming in a circular shape to fit the blade width. Save the edible trimmings to use in the recipe or in other preparations.
- **When spiralizing large vegetables**, you might end up with very long straight noodles which will not be easy to serve. These can be cut, preferably before cooking, to shorten the noodles. In general, vegetables longer than approx. 15 cm need to be cut in segments no longer than 10-11 cm long.



What to spiralize?

- **When used for spiralizing**, fruits and vegetables should be firm to the touch, with stones, seeds and core removed. The flesh of the fruit should be dense and firm, not juicy and soft.
- **For best results** and to avoid crushing ingredients or getting the spirals tangled in the blade, the vegetable and fruit pieces should be at least 4 cm long and maximum 10-11 cm long. Keep this in mind when shopping and preparing your ingredients so as to choose and cut them accordingly.
- **For beautifully presented dishes**, choose vegetables according to their texture, colour, flavour and preferably nutritional value. Some basic ingredients for spiralizing are zucchini, sweet potatoes, potatoes, butternut squash, cucumber, parsnips, carrots, beetroot, apples and pears.

General tips

- **To avoid having the leftover ingredient blocking the blade**, ensure it is still secured to the pusher once you have finished spiralizing. If not, carefully remove the leftover from the blade before proceeding.
- **Plan ahead** and store prepared vegetable spirals in the fridge or freeze for later use. To do so, line an airtight glass or plastic container with moistened paper towels and seal. Spiralized vegetables will keep in the fridge for up to 48 hours, though they might stiffen and lose their flavour. Vegetables with a high water content will only keep for 2 days. Apples and pears are difficult to keep as they oxidise and discolour once spiralized. Spiralized potatoes keep well covered with cold water in an airtight container in the fridge for up to 48 hours.
- **Some vegetables can also be spiralized when half-cooked or half-steamed**, for example celeriac or carrots. For these, it is recommended to spiralize manually using blade 1 (thick cut) and speed 2. However, cooking time will depend on the maturity of the vegetable. Best results are achieved with raw ingredients.
- When spiralizing fruits or vegetables, depending on the type of vegetable, you may end up with funny-shaped **leftovers**. Do not throw these away. Instead, use them as crudité's for your favourite dip, or dice them and add to soups, pasta, rice dishes, salads, omelettes, muffins or smoothies. You can also use them to make baby purées. Stored in an airtight container, they will keep for up to 4 days in the fridge. If using apples or pears, dice them and add

to a sangria. If spiralizing cucumbers, dice them and freeze them in an ice cube tray to later infuse your water. You can also try giving them to young children. They will very likely love these funny, floppy spiralizer cores.

Alternatively, use the leftovers straight away: place them in the mixing bowl, chop **3 sec/speed 5**, and add them to the recipe you are preparing.

- **When spiralizing ingredients prone to oxidation**, like apples, plantain, and pears, do it just before you plan to use them. If necessary, sprinkle them with a splash of lemon juice.



Avoid watery sauce

- **Ingredients such as cucumber are essentially made of water** which will be released if sitting for too long before serving. Here are a few tricks to limit the amount of water released:
 - Pat the vegetables dry with paper towels or a clean tea towel once spiralized.
 - Reduce the sauce fully before adding to your spiralized vegetables.
 - Where possible, add ingredients to your dish that will absorb excess liquid, e.g. cooked beans, wholemeal breadcrumbs.
 - Cook vegetable noodles separately and drain them well before adding to the sauce.
- Rather than pouring the contents of the mixing bowl in a serving dish, remove the cooked spirals using pasta tongs, thus allowing any excess liquid to drip off in the mixing bowl.
- For vegetable noodles, opt for short steaming times, while potato spirals can be effectively fried. For other vegetables, stir-frying is preferable to prevent the delicate strips from burning. Avoid immersing them in water during cooking to prevent overcooking and achieve the desired texture without excessive water.

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.

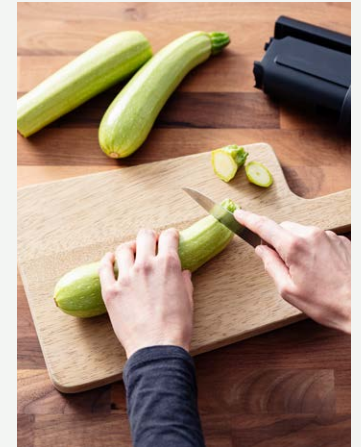
BEST VEGETABLES FOR SPIRALIZING

Ingredient	Description	Type of cut	Tips
Beetroot	Peeled, ends trimmed. Trimmed in a circular shape that fits the blade width.	Thin or thick	Choose small to medium beetroots. (see image on p. 52)
Broccoli stem	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 fits the blade width.	Thin or thick	If not trimmed in a circular shape, you will obtain rectangular spirals rather than long ribbons.
Carrot	Large, firm, uniform. Peeled, ends trimmed. Cut in segments no longer than the pusher. Use carrots with just the right diameter to fit the blade width (max. ø 5 cm). If they are smaller than this, this 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 the blade width.	Thin	Due to its firmness, a thick cut may break the celeriac into pieces and not produce continuous spirals.
Cucumber	Very firm, unpeeled, ends trimmed. Whole, if it will fit the blade width. If too large, halved widthways, 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 centre.

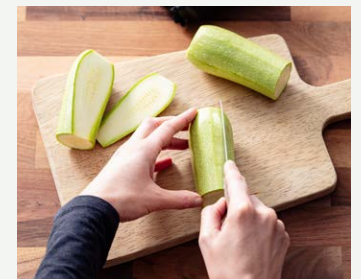
Zucchini



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.



Use ingredients which are max. 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 purée.

Beetroot

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



Broccoli stem

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



Cucumber



10 cm spirals 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
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.
Parsnip	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.
Potato	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/squash	Choose as regular a pumpkin/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 pumpkin/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 potato	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.
Zucchini	Ends trimmed, halved widthways. If needed, trimmed in a circular shape that fits 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)

BEST FRUITS FOR SPIRALIZING

Ingredient	Description	Type of cut	Tips
Apple	Peeled or unpeeled, thoroughly washed if unpeeled, stem removed. Ends trimmed, 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)
Pear	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, cored 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.
Plantain	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 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.

Disassembling and Cleaning the Cutter Disc and Spiralizer Blades

Disassembling the cutter and cutter disc

The cutter pusher will click into position at the end of the grating or slicing operation. This keeps it in place while you remove the lid.

To make it easier to handle, the disc remains inside the lid when lifted, allowing the ingredients in the cutter basket to be easily removed.

When you are ready, remove the cutter basket **and the shaft**. That's it – the mixing bowl is clean and ready for use.



To remove the cutter disc, remove the pusher from the cutter lid. Hold the cutter disc by the central hub to remove it from the cutter lid.

The cutter disc and spiralizer blades are very sharp. Keep away from children.

Disassembling spiralizer base



1 To disassemble the spiralizer, remove the lid and pusher. The spiralizer will still be attached to the lid. Pull on the central hub to remove the spiralizer from the cutter lid.



2 To disassemble the gear box, push the small, protruding cylinder outwards with the thumb. Open the gear box by pressing both the lower housing tabs to release the upper casing from the lower one. Remove the blade.

Cleaning cutter and spiralizer blades

Always hold the cutter disc by its central plastic hub and handle the spiralizer blades by the sides to prevent contact with the sharp edges. A swift rinse under running water, using a washing-up brush, is sufficient for cleaning the various parts of Cutter+.

It is recommended to disassemble the spiralizer before cleaning.

When a more thorough clean is required, such as after slicing or grating cheese, use washing up liquid.

The Thermomix® Cutter+ is dishwasher-safe. Disassemble all components and, ideally, place them on the top rack of the dishwasher. While the cutter disc and spiralizer blades can be cleaned in the dishwasher, hand-cleaning will contribute to maintaining the high-quality disc and blades' sharpness for an extended period. Avoid soaking the cutter disc or spiralizer blades to prevent oxidation.

Some ingredients rich in beta-carotene, such as carrots, can cause heavy staining on steel parts of the Cutter+. To remove those stains efficiently without harming the disc, rub the stained parts with vegetable oil using a cotton ball or some paper towels, then wash normally with water and washing up liquid. Always make sure you handle the disc by the plastic hub when doing this. Do not use bleach to clean any parts of the Cutter+.

Recipes for Everyday Inspiration

A wide variety of ingredients can be sliced, grated or spiralized in the Thermomix® Cutter+.

With the cutter, thinly or thickly slice and grate vegetables, root vegetables, fruits or hard cheeses (e.g. Parmesan) to create pizza toppings, fruit platters, gratins and many other dishes quickly, easily and precisely.

With the spiralizer, turn zucchini or carrots into noodles and create other vegetable spirals.

Direct from our kitchens at Thermomix®, here is some inspiration for guaranteed success with the Thermomix® Cutter+.

Make the most of these three types of cuts and turn simple, ordinary recipes into beautiful dishes.



Slicing



Grating



Spiralizing





Pear and Blue Cheese Salad with Hazelnuts

Slice pears and lettuce with Thermomix® Cutter and impress your friends with this satisfying and tasty salad. Pear and blue cheese is a popular and classic combination of flavours to serve as an easy starter or a light lunch.



Beetroot Carpaccio

Carpaccio describes a method of thin slicing for maximum flavour. Here, thin slices of beetroot are topped with grated zucchini and mozzarella for a surprisingly easy dish.



Curly Fries with Garlic Sauce

Immerse yourself in the irresistible crunch of perfectly spiralized potatoes, expertly seasoned and golden-brown. Whether you're a fan of crispy delights or a garlic lover, these spiralized curly fries will satisfy your tastebuds and leave you craving more.



Rosti Bern style

This tasty dish is easy to prepare in the Thermomix® Cutter. Effortlessly grate the potatoes in minutes and cook up this hearty side dish, which is ideal served at a buffet party, dinner or brunch.



Grated Carrot Salad

Make your main dishes and salads more colourful and appetising with a side of perfectly grated carrots. Drizzle with your favourite dressing and enjoy!



Spicy Pickled Spiralized Carrots

Make your own pickled carrots at home, naturally and without artificial preservatives. As an alternative to traditional carrot slices, we suggest this spiralized effect for an extra touch of creativity. Serve as a snack or as a flavourful accompaniment to meat dishes, sandwiches or salads.



Coleslaw with Thermomix® Cutter

The cutter takes all the hard work out of slicing and grating the ingredients that go into this classic salad. In a matter of minutes, your vegetables will be prepped, taking a fraction of the time that it would if chopped manually.



Chicken Buddha Bowl

Create your own buddha bowls in an instant with your favourite ingredients. With a base of rice and shredded chicken, this one is enriched with avocado, tomato and cucumber, all perfectly sliced thanks to the cutter. Served with a yoghurt and coriander sauce, it is the perfect all-in-one meal.



Potato Bake

No need to waste time slicing potatoes for your recipes! With the cutter, simply choose whether you prefer your potatoes thinly or thickly sliced and you're done. The classic potato gratin is even easier to prepare! If you need a comforting side dish, this is the perfect choice.



Ratatouille Galette

Just looking at it makes you want to eat it. That's the magic of the cutter: it makes everything even more appealing! These perfectly sliced vegetables are arranged in a spiral of shifting colours, on a crisp, buttery pastry. This galette is sure to impress the guests at your table.



Spiralized Veggie Nests with Baked Eggs & Harissa Mushrooms

Healthy and creative, this recipe uses spiralized vegetables to create a colourful nest for a delicious and nutritious egg. Perfect for Sunday brunch and so quick to prepare with the spiralizer.



Lemon Pepper Chicken with Zucchini Ribbons

This recipe suggests a different way of savouring courgettes – in the form of ribbons. Thanks to the spiralizer, it's very easy to turn an ordinary vegetable into a creative and appetising option. Ideal for everyday cooking, these zoodles are a great low-carb alternative to traditional noodles.



Pear Twists on Chocolate Custard

This is a unique and scrumptious dessert crafted with a twist – quite literally! Using the spiralizer, we transform fresh, juicy pears into delicate spirals, adding an elegant touch to your dessert experience. Nestled upon velvety chocolate custard, these pear twists create a perfect marriage of fruity sweetness and indulgent cocoa richness.



Fruit Platter with Lemon and Honey Dressing

Fresh, full of flavour and ready in under 15 minutes, this fruit platter is perfect for those hot summer days, beach picnics or after-school. Try substituting your own favourite fruits to create the perfect platter for you and your family.



Apple Tart

The classic apple tart has become even easier to prepare as the task of slicing apple slices is now taken care of by the cutter. Simply overlay them on the pastry and let your imagination run wild with how to arrange them. Serve with tea on a cold winter's afternoon or with ice cream on a spring day.



Spiralized Apple Cake

Creativity and flavour are the highlights of this recipe. This incredible, layered dessert is ideal for occasions when you want to impress at the table. It is great for showcasing the spiralized apples and is sure to become one of your family favourites.

Food Photography and Styling

Antonio Forjaz Nascimento, Portugal,

p. 7 (top left), 22, 60, 61, 61, 66, 67, 68, 69, 72
and 73

Diana Moschitz, Vorwerk International,

p. 7 (bottom right), 10, 23, 34 (2 bottom ones),
46, 49, 62, 64, 70, 71, and 74

iStock, p. 11 (isolated vegetables)

Premier Picture, Portugal, p. 21 and 59

Ana Teixeira (photographer), **Amede Vicet**

(Stylist) and **Lucie Herrmann** (Hands model),
France, p. 10, 11, 12, 36, 40, 41, 47, 48 and 49

Ana Teixeira (photographer) and **Lucie Herrmann**

(Stylist), France, p. 6, 14, 15, 16, 17, 28, 29, 33,
34, 35, 42, 43, 51, 52, 55, 56, 57

Lifestyle Photography and Styling

Ogilvy, Creative Agency

Andreas Reimann, Photographer, Hamburg,
Germany

Thorsten Hülsmann, Food Stylist and Chef,

Düsseldorf, Germany (Lifestyle images Cover,
p. 2, 4, 19, 45 and 59)

Other illustrations

Vorwerk Design, Vorwerk Elektrowerke

GmbH & Co. KG, Wuppertal, Germany,
p. 8, 9, 18, 38, 39, 44



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