

Varoma Cookbook Changes

Chicken Marinated with Summer Vegetables pg. 112

Ingredients

Change water from 150g to **400g**

Preparation

Step 7-While cooking, place couscous in a bowl, cover with **300g water**, add ½ tsp salt and 20g olive oil. **Stir well** leaving to stand for about 5 minutes. Insert Varoma tray and place couscous onto it.

Turkey Rolls with Sweet and Sour Sauce pg.120

Ingredients

200g Onions – cut into halves

Preparation

Sauce

Step 4-Change from speed 1 to **speed 2**.

Tip

Have turkey breasts cut **into thin slices (approx. 1 cm thick)**.

Nutritional Values

Protein 45g; Carbs 29g; Fat 25g; 2233 kj (534 Kcal)

Moroccan Couscous with Saffron pg. 126

Ingredients

Change water from 550g to **900g**

Change couscous from 500g to **350g**

Preparation

Step 5-Add 550g of water into TM bowl.

Step 6-After starch is removed from couscous place in a bowl and cover with remaining 350g water and set aside.

Moussaka pg. 132

Ingredients

Change peeled tomatoes from 300g to **400g**

Change red wine from 120g to **180g**

Preparation

Step 3- Change cooking time from 8 minutes to **3 minutes**.

Step 5- Insert **Butterfly** and steam for 20 minutes at Varoma temperature on Reverse + **speed 2**.

Step 6- Clean bowl before preparing white sauce.

Caramel Custard pg. 172

Tip: To prepare liquid caramel

Add 200g of sugar to a 16cm saucepan and cook over medium heat, stirring constantly, until the sugar melts becoming a light brown. Remove the saucepan from the heat and carefully add 100g of hot water stirring constantly. Cook the sugar and water again over medium heat stirring constantly until it reaches the consistency of syrup. Pour into a container and let cool. The caramel will then have the consistency of liquid honey.

Chocolate Custard pg. 174**Ingredients**

Change from 300g semi-skimmed milk to **300g whole milk**

Change from 3 eggs to 2 eggs

Add 2 egg yolks

Preparation

Step 2-Change from 100°C to **70°C**.

Step 3-Add egg yolks after eggs one at a time.

Nutritional Values

Fat; 10g 781 kj (188kcal)

Total time: 1 hour

Spanish French Toast pg. 178

Step 1- Change from 12 minutes at 100 °C on Reverse + speed soft to 12 minutes at **90 °C on Reverse + speed 1**.

Additional Notes

Please note the following translations

Simmering Basket = Steaming Basket

Varoma Receptacle = Varoma Dish

We recommend all customers read introductory pages 6-9 for detailed information on working your Varoma

Varoma Cookbook Ingredients

As this cookbook has been produced in Europe, some of the ingredients can't be purchased easily in Australia. For those recipes we have a list of recommended substitutes for these ingredients.

Chocolate Pudding Surprise pg. 176

Marzipan base pan can be purchased from your local supermarket in the cakes section.

Courgette Cream with Sole Fillets pg. 84

Sole Fillets can be substituted with Flounder

Dumpling Variation with Mushroom Sauce pg. 130

Emmenthal Cheese or Alpine Cheese- Any high fat content cheese is suitable

Foie Gras with reduction of Sweet Wine Sauce pg. 66

Duck Liver

Gillthead in Salt Crust pg. 78

Any type of Bream

Pike-Perch Fillet in Salad Basket with Feta-Lemon Sauce pg. 86

Pike-Perch can be replaced with Silver Perch or Barramundi

Seafood Bisque pg. 48

Monk Fish can be substituted with Cod

Hake Fish can be substituted with and flaky white fish e.g. Pink snapper, Red Emperor

Stuffed Cabbage with Porcini Mushroom Sauce pg. 136

Replace sauce with Mushroom Sauce recipe in your *'Everyday Cooking for Every Family'* Cookbook.

Turkey rolls with Sweet and Sour Sauce pg. 120

Ham Iberico, Serrano

Boiled Ham

Various Recipes

Streaky Bacon can be substituted with American style bacon