

## Convenient and Safe Functions



### Durable Tritan Jug

The BPA-free Tritan jug offers safe and secure use. It can also be washed in a dishwasher for quick and easy cleaning.



### Easy to Lift

The suction pad on the bottom of the main unit fixes it safely to the counter, for safe use. Press the lever on the side, and the suction pad gets released making it easy to lift up.



### Safety Lock

The machine will not start until you lock the bowl cover and bowl. This prevents the blade and food from jumping out of the machine while in use.



### Limited Size Hole

Small enough to prevent children from putting their hands into the machine.

## Spec

Model No.	MK-F800
Body Design	Black & Silver, Aluminium Dial
Attachment/Function	13/33 function
Accessory Case	Yes
Speed Control	Manual/Flash (Variable)/Pulse/Auto
Auto Menu	Yes [5 Auto Menu]
Circuit Breaker	Yes
Operation	Touch (Electric Static) & Dial
Max Capacity	2.5 L
Working Capacity	1.5 L
Others	Code Storage, Dishwasher Safe
Input Power	1000 W
Easy Lift	Yes
Net Weight (kg)	6.50
Gross Weight (kg)	7.00
Dimension (W x D x H)	263 x 259 x 437

# Panasonic

## Experience Fresh Food Processor MK-F800





## Use professional preparation techniques at home

With 13 attachments and 33 usage methods, applications cover a wide range – from genuine full-course cooking to easy single items.



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## 01 5 Pre-Programmed Glass Touch Auto Menu

Precision Processor gives you the ideal result every time with Pre-Programmed Auto Menu – every menu has a different sequence.



Mince



Chop



Frozen



Paste



Drainer

3 Main Features of MK-F800

From preparation to desserts, you can enjoy a wide range of assistance in various cooking tasks.

## 03 Professional-Level Cutting

Ultra-sharp blades cut ingredients evenly. Time-consuming preparation becomes quick and easy.

## 02 13 Versatile Accessories for 33 Functions

A variety of blades let you freely chop, mix, grind, grate, and slice in millimeters. Also great for making fresh juices and bread dough. It also comes with a storage case, so the kitchen stays neat and clean.



Knife Blade



Shredding Blade



Slicing Blade



Julienne Blade

13 Versatile Accessories

13 attachments make it easy to prepare full-course meals at home.



- Knife Blade**
- Mince / Crumb
  - Chop / Mash
  - Grind / Impaste
  - Knead / Crush and more.



- Blender**
- Juice make
  - Sauce make
  - Soup make
  - Pre-wash



- Dry Mill**
- Grind



- Shredding Blade (Fine/Coarse)**
- Shred
  - Grate



- Slicing Blade (Thin/Thick)**
- Slice



- Julienne Blade**
- French fry
  - Shred



- Kneading Blade**
- Knead



- Whipping Blade**
- Whip



- Grating Blade**
- Grate



- Citrus Press**
- Squeeze



- Salad Drainer**
- Drain off



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# Gourmet Recipes

Gourmet dishes like you get at a restaurant are easy to make at home.



| Attachments |

### Cumin Flavored Tacos with Lamb and Mango



Knife Blade



Fine-Shredding Blade



Thick-Slicing Blade



### Colorful Rolls with Julienne Vegetables



Fine-Shredding Blade



Thick-Slicing Blade

### Cumin Flavored Tacos with Lamb and Mango

#### Ingredients

- Lamb: 200 g
- Cumin seeds: 2 g
- Chili powder: 3 g
- Salt: 2 g
- Pepper: to taste
- Lettuce: 40 g
- Red onion: 30 g
- Carrot: 20 g
- Mango: 40 g
- Tomato salsa: 60 g
- Taco shell: 4
- Lime: adjust to suit your needs
- Coriander: to taste
- Olive oil: 15 ml

#### Method

- 1 Insert the meat into the food processor (Knife Blade), then start until minced.
- 2 Stir-fry the ingredients from step (1) in a frying pan with hot olive oil, then add "A".
- 3 Insert the carrot into the food processor (Fine Shredding Blade), and start.
- 4 Insert the onion into the food processor (Thick-Slicing Blade), and start.
- 5 Fill the taco shells with the ingredients from step (2), finely chopped lettuce, the ingredients from steps (3) and (4), mango cut into 1-cm cubes, and tomato salsa sauce. Garnish with lime and coriander.

### Colorful Rolls with Julienne Vegetables

#### Ingredients

- Carrot: 30 g
- Cucumber: 30 g
- Red onion: 20 g
- Fresh red paprika: 20 g
- Smoked chicken: 50 g
- Cooked white rice: 230 g
- Light brown sesame seeds: adjust to suit your needs
- Mayonnaise: to taste
- Paprika powder: to taste

#### Method

- 1 Insert the carrot into the food processor (Fine Shredding Blade), and start.
- 2 Shred the cucumber in the same way as in step (1).
- 3 Insert "A" into the food processor (Thick-Slicing Blade), and start.
- 4 Lay out the rice onto the cellophane film, then line up the ingredients from steps (1), (2), and (3), plus smoked chicken cut into stick shapes, and roll it from front to back.
- 5 Remove the step 4 ingredients from the cellophane film, sprinkle it with white sesame seeds, then cut it into bite-sized pieces and arrange onto a plate. Dress with mayonnaise and paprika powder.

| Attachments |

### Tofu and Chicken Meatloaf



Knife Blade



Coarse-Shredding Blade



Thin-Slicing Blade



### Scallop and Sliced Vegetable Salad



Thick-Slicing Blade



Thin-Slicing Blade

### Tofu and Chicken Meatloaf

Ingredients Loaf Tin, 18 cm (W) × 9 cm (D) × 9 cm (H)

- Chicken thigh: 800 g
- Tofu: 250 g
- Egg: 1
- Allspice: 2 g
- Salt: 3 g
- Pepper: to taste
- Carrot: 30 g
- Red onion: 10 g
- Marjoram: to taste
- Soy sauce: 200 ml
- Mirin: 200 ml
- Sake: 100 ml
- Sugar: 100 g

#### Method

- 1 Insert the chicken into the food processor (Knife Blade), then press start until minced.
- 2 Add the tofu to the ingredients from step (1), press start until it is mixed, then insert "A" and press start until it is smooth.
- 3 Place the ingredients from step (2) into a loaf pan lined with baking paper, and bake at 200°C for 35 minutes. When the loaf is fully cooked, place it on a plate.
- 4 Put "B" into a pot and simmer to make the teriyaki sauce, then pour it on the ingredients from step (3).
- 5 Insert the carrot into the food processor (Coarse-Shredding Blade), and press start. Then insert the onion into the food processor (Thin-Slicing Blade), and press start.
- 6 Garnish the ingredients from step (3) with the ingredients from steps (5) and marjoram.

### Scallop and Sliced Vegetable Salad

#### Ingredients

- Cauliflower: 15 g
- Radish: 10 g
- Red cabbage: 50 g
- Scallop: 5
- Boiled shrimp: 5
- Green-leaf lettuce: 2 leaves
- White wine vinegar: 15 g
- Whole grain mustard: 25 g
- Honey: 35 g
- Olive oil: 80 g
- Salt: 3 g

#### Method

- 1 Insert the cauliflower into the food processor (Thick-Slicing Blade), and start.
- 2 Insert "A" into the food processor (Thin-Slicing Blade), and start.
- 3 Arrange bite-sized pieces of lettuce, the ingredients from steps (1) and (2), the scallops, and boiled shrimp into a bowl.
- 4 Top with dressing made by combining all of "B".

| Attachments |

### Potato Meat Gratin



Julienne Blade

### Smoked Duck with Tea and Orange-Flavored Sauce



Citrus Press



| Attachments |

### Grapefruit and Herb Jelly



Citrus Press

### Cassis-Flavored Marshmallow



Whipping Blade



## Potato Meat Gratin

#### Ingredients

- Potato: 280 g
- Meat sauce: 400 g
- Pizza cheese: 40 g
- Parmigiano: 5 g
- Italian parsley: adjust to suit your needs

#### Method

- 1 Insert the potatoes into the food processor (Julienne Blade), and start.
- 2 Insert 2/3 of the meat sauce, the ingredients from step [1], the remainder of the meat sauce, the pizza cheese, and Parmigiano, into a heat-resistant casserole dish in that order, and bake for 25 minutes at 200°C.
- 3 Once it has browned and the potatoes are cooked, garnish with finely sliced Italian parsley.

## Smoked Duck with Tea and Orange-Flavored Sauce

#### Ingredients

- |                             |     |                             |
|-----------------------------|-----|-----------------------------|
| ■ Orange: 3                 | } A | ■ Corn starch               |
| ■ fond de veau: 100 ml      |     | : adjust to suit your needs |
| ■ Earl Grey tea leaves: 1 g | } B | ■ Smoked wild duck meat     |
| ■ Honey: 10 g               |     | : 1 piece                   |
| ■ Salt: 2 g                 | } C | ■ Tomato: 1/4               |
| ■ Pepper: to taste          |     | ■ Green peas: 30 g          |
|                             |     | ■ Sugar and salt: to taste  |
|                             |     | ■ Thyme leaf: to taste      |

#### Method

- 1 Cut the orange in half, and squeeze it in the food processor (Citrus Press) until you have 200 ml of juice.
- 2 Put the ingredients from step [1] and "A" into a pot, and simmer until the liquid is reduced to one-half.
- 3 Add corn starch dissolved in water to thicken.
- 4 Sprinkle sugar and salt in a 2:1 proportion onto the peeled orange and tomato cut in fourths.
- 5 Bake the ingredients from step [4] and the smoked duck meat for 10 minutes at 250°C, or until it browns.
- 6 Arrange the ingredients from step [5] and boiled green peas onto a plate, garnish with thyme, and pour on the sauce from step [3].

## Grapefruit and Herb Jelly

#### Ingredients Sheet pan size, 25 cm x 18 cm

- |   |     |     |
|---|-----|-----|
| ■ Grapefruit: 9                         | } A | } B |
| ■ Water: 200 ml                         |     |     |
| ■ Sugar: 150 g                          | } C | } D |
| ■ Gelatin: 90 g                         |     |     |
| ■ Strawberry: adjust to suit your needs | } E | } F |
| ■ Raspberry: adjust to suit your needs  |     |     |
| ■ Herb: mint leaf, marjoram, thyme etc. |     |     |

#### Method

- 1 Cut the grapefruit in half and squeeze it in the food processor (Citrus Press) until you have 800 ml of juice. Peel the rest of the grapefruit and remove the flesh.
- 2 Put "A" into a pot and heat it, turning off the heat when the sugar has melted. Then add hydrated gelatin and dissolve it well.
- 3 Mix in the ingredients from step [1], then pour them into a mold. Insert the grapefruit flesh that you previously removed and "B", then chill it in the refrigerator until it hardens.
- 4 Remove it from the mold, cut it, and arrange it into a bowl.

## Cassis-Flavored Marshmallow

#### Ingredients Sheet pan size, 26.5 cm x 21 cm

- |                           |     |  |
|---------------------------|-----|--|
| ■ Frozen blueberry: 160 g | } A | } B                                      |
| ■ Crème de Cassis: 40 g   |     |  |
| ■ Sugar: 240 g            | } C | } D                                      |
| ■ Gelatin powder: 20 g    |     |  |
| ■ Water: 120 g            |     | ■ Glutinous starch syrup : 100g          |
|                           |     | ■ Lemon juice: 30 ml                     |
|                           |     | ■ Corn starch: adjust to suit your needs |

#### Method

- 1 Put "A" into a pot and simmer it.
- 2 Put water into a separate pot and heat it, turning off the heat just before the water boils. Add hydrated gelatin powder, starch syrup, and lemon juice, and mix until it is all dissolved.
- 3 Insert the ingredients from steps [1] and [2] into the food processor (Whipping Blade), and start.
- 4 After the heat slightly cools, and the mixture turns whitish and stiffens, pour it into a sheet pan that has been dusted with corn starch, and chill it in the refrigerator to harden.

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# Kid's Birthday Party

This special day only comes once a year.  
Invite your child's friends over to celebrate  
with a home cooked meal.  
It's perfect for the occasion!



# Kid's Birthday Party

| Attachments |

## Hamburger



Knife Blade

## French-fried potato



Julienne Blade

## Coleslaw salad



Thin-Slicing Blade



Fine-Shredding Blade



Salad Drainer



Grating Blade

## Cupcakes



Kneading Blade



Whipping Blade

## Orange juice



Citrus Press



## Hamburger

### Ingredients

- Thick cut of beef: 400 g } **A**
- Salt and pepper: dash
- Salad oil: 1 tbsp
- Hamburger bun: 4
- Lettuce: 2 leaves
- Tomato ketchup: 2 tbsp
- Onion: to taste
- Tomato: 1

### Method

- 1** Insert "A" into the food processor (Knife Blade), and mince the meat by starting several times.
- 2** Divide into four patties and form them into round shapes about 1 cm thick.
- 3** Heat the oil in a frying pan and fry the patties until they are brown on both sides.
- 4** Stack, in this order, lettuce, patty, tomato catsup, onion slices, and tomato onto hamburger buns that have been sliced in half and toasted.

## French-fried potatoes

### Ingredients

- Potato: 6
- Salad oil: to taste
- Salt: to taste

### Method

- 1** Insert the potatoes into the food processor (Julienne Blade), and start.
- 2** After placing the potatoes into water, remove the moisture with a paper towel.
- 3** Pour the salad oil into the pan and heat at medium temperature, then deep-fry the potatoes until they are crisp.
- 4** Take the potatoes out, use a paper towel to remove the remaining oil, and sprinkle with salt.

## Coleslaw salad

### Ingredients

- Cabbage: 1/4
- Cucumber: 1
- Tomato: 1 (small)
- Corn: 120 g
- Carrot Dressing [P.32]

### Method

- 1** Insert the cabbage into the food processor (Thin-Slicing Blade), then start.
- 2** Change the blade to the Coarse Shredding Blade, insert the cucumber, then start.
- 3** Place the ingredients from steps (1) and (2) in water, then insert them into the food processor (Salad Drainer), and start to remove the moisture.
- 4** Insert the ingredients from step (3) into a bowl, add the tomato cut into 1-cm squares, and the corn, and sprinkle with dressing.

## Cupcakes

### Ingredients

- Flour: 150 g
- Sugar: 150 g
- Baking powder: 1 tsp
- Unsalted butter: 90 g
- Egg: 2
- Milk: 80 ml
- Vanilla oil: a few drops
- Butter cream [P.33]

### Method

- 1** Melt the butter in the microwave oven.
- 2** Place "A" into the food processor (Kneading Blade), then start to lightly mix.
- 3** Add "B" to the ingredients of step (2), then start.
- 4** Pour the ingredients to fill each cup to a level of about 80%, then bake in an oven preheated to 170°C for 35 to 40 minutes.
- 5** Allow the cupcakes to cool, then top them with butter cream, frosting, etc.

## Orange juice

### Ingredients

- Orange: 6

### Method

- 1** Cut the orange in half, put one half into the food processor (Citrus Press), and start.

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# Holiday Cocktail Party

Today's a holiday!  
You could go out to a restaurant,  
but wouldn't it be more fun to invite  
your friends over for a lunchtime party?



# Holiday Cocktail Party

| Attachments |

## Crostini peperonata



Thick-Slicing Blade

## Crostini smoked salmon cheese cream



Knife Blade

## Shrimp and cucumber cocktail



Coarse-Shredding Blade

## Turnip and raw ham roll marinade



Thin-Slicing Blade

## Paris-brest



Kneading Blade



Whipping Blade



## Crostini peperonata

### Ingredients

- Red paprika: 2
- Yellow paprika: 1
- Onion: 1/2
- Garlic: 1 clove
- Red chile pepper: 1 piece
- Olive oil: 40 ml
- Salt: dash
- French bread: adjust to suit your needs
- Italian parsley: to taste

### Method

- 1 Insert "A" into the food processor (Thick-Slicing Blade), and start.
- 2 Place the thinly sliced garlic and red chile pepper into a frying pan, then when the aroma is noticeable, insert the ingredients from step (1) and stir fry, then cover with a lid and steam for 10 minutes. Add salt to taste.
- 3 Place the ingredients onto toasted slices of French bread, and garnish with Italian parsley.

## Crostini smoked salmon cheese cream

### Ingredients

- Smoked salmon: 150 g
- Cream cheese: 50 g
- Fresh cream: 60 ml
- Salt: dash
- Lettuce: 2 leaves
- French bread: adjust to suit your needs
- Black pepper: dash
- Dill: dash

### Method

- 1 Insert the smoked salmon into the food processor (Knife Blade), and start.
- 2 When the smoked salmon is finely chopped, add "A", and start again.
- 3 Place lettuce leaves onto toasted slices of French bread, then put the ingredients on top of the lettuce, sprinkle with black pepper, and top with dill.

## Shrimp and cucumber cocktail

### Ingredients

- Cucumber: 2
- Mayonnaise: 30 ml
- Tomato ketchup: 50 ml
- Lemon juice: 5 ml
- Hot sauce: dash
- Boston lettuce: 4 leaves
- Red-leaved chicory: 1 leave
- Small shrimp: 24
- Thin sliced lemon: 4
- Chervil: dash

### Method

- 1 Insert the cucumber into the food processor (Coarse Shredding Blade), and start.
- 2 Put "A" into a bowl, and mix.
- 3 Put the cucumber and "B" into cocktail glasses, and top with the sauce from step (2).

## Turnip and raw ham roll marinade

### Ingredients

- Turnip: 2
- Salt: 1 tsp
- Raw ham: 6 slices
- Lemon juice: 2 tsp
- Olive oil: 50 ml
- Hard or semi-hard cheese, grated: 8 g
- Black pepper: dash

### Method

- 1 Insert the turnip into the food processor (Thin-Slicing Blade), and start.
- 2 Sprinkle salt on the turnip and let sit, then squeeze out the moisture, and dry with a paper towel.
- 3 Cut the raw ham into bite-sized pieces, place the turnip onto the ham and roll up. Then place half cut of olive on top, and spear with a toothpick.
- 4 Arrange the ingredients from step (3) onto a plate, add lemon juice and olive oil, then sprinkle with powdered cheese and black pepper.

## Paris-brest

### Ingredients

- Water: 50 ml
- Milk: 50 ml
- Butter: 50 g
- Sugar: 5 g
- Salt: dash
- Flour: 60 g
- Egg: 2
- Custard cream [P.32]
- Whip cream
- Sliced almonds: to taste
- Powdered sugar

### Method

- 1 Put "A" into a pan and bring to a boil. Change to low heat, then insert sifted flour and mix.
- 2 Once the dough stops sticking to the bottom of the pan and forms a ball, place it into the food processor (Kneading Blade), then start. At this time, divide the egg into several parts and mix it into the dough.
- 3 Insert the dough into a pastry bag, then squeeze it into an 18-cm, two-layered ring, on an oven plate, and sprinkle almond slices onto it.
- 4 Spray water onto the entire surface with an atomizer, then bake in a 180°C oven for 45 minutes.
- 5 Remove from the oven and let cool. Then cut the two layers in half horizontally. Squeeze the custard cream and whipped cream onto the lower layer, and replace the upper layer. Garnish with sliced almonds and powdered sugar.

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# Anniversary Dinner

This is truly a special day for the family. Make it a time of love and warmth by treating everyone to a wonderful homemade meal.



# Anniversary Dinner

| Attachments |

## Carottes râpées



Fine-Shredding Blade



Dry Mill

## Zucchini tortilla



Thick-Slicing Blade

## Chicken saute diable



Knife Blade

## Potatoes dauphinoise



Thick-Slicing Blade

## Fruit tart



Kneading Blade



Whipping Blade



## Carottes râpées

### Ingredients

- Carrot: 2
- Salt: 1/2 tsp
- Vinegar: 1 1/2 tbsp
- Olive oil: 2 tbsp
- Orange: 1
- Lettuce: 1/4
- Black pepper: dash

### Method

- 1 Insert the carrot into the food processor (Fine Shredding Blade), and start.
- 2 Place the shredded carrot into a bowl, add "A" and orange pulp, and mix.
- 3 Put the black pepper into the Dry Mill, then attach the Dry Mill to the food processor, and start.
- 4 Arrange the ingredients from step (2) onto a plate or a bowl, and sprinkle the black pepper onto it.

## Zucchini tortilla

### Ingredients

- Zucchini: 1/2
- Olive oil: 1/2 tbsp
- Egg: 4
- Parmesan cheese: 8 g
- Salt and pepper: dash
- Tomato: 1/2
- Olive oil: 1 tbsp
- Butter: 10 g

### Method

- 1 Insert the zucchini into the food processor (Thick-Slicing Blade), and start.
- 2 Heat olive oil in a frying pan, then saute the zucchini.
- 3 Put "A" into a bowl, and stir. Then add the roughly chopped tomato and zucchini, and mix.
- 4 Place olive oil and butter into a frying pan and heat, then add the ingredients from step (3). When the egg is half-done, cover it with a lid and cook at low heat for 3 minutes.
- 5 When the ingredients from step (4) are cooked, turn them over, then cover them with a lid and cook for 2 minutes.

## Chicken saute diable

### Ingredients

- Chicken thigh: 4 pieces
- Salt and pepper: dash
- Salad oil: 2 tsp
- Garlic: 1 clove
- Whole grain mustard: 60 g
- Herb bread crumbs : to taste [P.33]
- White wine vinegar : 2 tbsp
- Coarsely ground black pepper: dash
- Thyme leaf: 1 stalk
- Fond de veau (brown stock): 150 ml
- Mustard: 1 tbsp

### Method

- 1 Salt and pepper the chicken.
- 2 Heat salad oil in a frying pan, add garlic, and place the chicken thighs skin-side down. When the chicken thighs are browned, turn them over and cook the other side.
- 3 Arrange the chicken thighs onto an oven baking sheet, and spread mustard onto the skin side. Then sprinkle the herb bread crumbs on top, place the baking sheet into the oven preheated to 220°C, and bake for 10-15 minutes.
- 4 Discard the oil from step (2), then heat "A", boiling it down to 1/2 of its original amount. Next, add Fond de veau, and boil it down again to about 2/3 amount. Strain this into a separate pan, bring it to a boil, then turn off the heat, add mustard, and mix.
- 5 Arrange the chicken onto a plate, and garnish with sauce.

## Potatoes dauphinoise

### Ingredients

- Potato: 5
- Fresh cream: 100 ml
- Milk: 100 ml
- Salt and pepper: dash
- Nutmeg: dash
- Butter: 5 g
- Garlic: dash

### Method

- 1 Insert the potatoes into the food processor (Thick-Slicing Blade), and start.
- 2 Place the potatoes and "A" into a bowl, and mix.
- 3 Coat a gratin container with butter and garlic, insert the ingredients from step (2), then bake it in an oven preheated to 220°C for 35-40 minutes.

## Fruit tart

### Ingredients

- Baked tart pastry : 1 (20 cm) [P.33]
- Custard cream [P.32]
- Strawberry: 5
- Kiwifruit: 1
- Orange: 1/2
- Melon: 1/8
- Raspberry: 30 g
- Blueberry: 20 g
- Nappage neutral (an apricot glaze): 60 g

### Method

- 1 Cut the fruit into bite-sized pieces.
- 2 Spread the custard cream into an unfilled, baked tart pastry so the surface is flat, then arrange the fruit on top, and apply nappage.

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# Iftar Meals

Make this a full day of fun  
with family and friends.  
Invite everyone over for a heartwarming meal  
that shows how much you care about them.



| Attachments |

### Lentil and tomato soup



Knife Blade



Blender

### Cucumber salad



Thick-Slicing  
Blade

### Fried kibbeh



Knife Blade

### Dawood pasha



Knife Blade

### Almond cake



Knife Blade



## Lentil and tomato soup

#### Ingredients

- Ginger: 1 thumb-size piece
- Garlic: 3 cloves
- Carrot: 1
- Onion: 1
- Cumin seeds: 1 tsp
- Olive oil: 2 tbsp
- Tomato: 3
- Lentil: 4 tbsp
- Vegetable stock: 500 ml
- Salt and pepper: dash
- Lime: 1
- Chervil: to taste

#### Method

- 1** Place the ginger and garlic into the food processor (Knife Blade), and start. When the ginger and garlic are appropriately chopped, add the carrot. When the carrot is appropriately chopped, add the onion. Continue chopping until all the ingredients are finely chopped.
- 2** Heat olive oil in a pan, then add the ingredients from step (1) and cumin, and saute until the vegetables are pliant.
- 3** Put chopped tomatoes, soaked lentil beans, and vegetable stock into the ingredients from step (2), and simmer at a low heat for 30 minutes until all ingredients are soft.
- 4** Cool the ingredients, then blend them with a Blender, and simmer them in a frying pan. Season with salt, pepper and lime juice. Pour into serving bowls and garnish with lime peel and chervil.

## Cucumber salad

#### Ingredients

- Cucumber: 3
- Salt: 1 tsp
- Rice vinegar: 4 tbsp
- Grated ginger: 1 1/2 tbsp } **A**
- Honey: 1 tbsp
- Roasted sesame seeds: 1 1/2 tbsp

#### Method

- 1** Insert the cucumber into the food processor (Thick-Slicing Blade), and start.
- 2** Put the cucumber into a bowl, sprinkle with salt, and let sit until moisture is released.
- 3** Mix "A" together.
- 4** Squeeze out the moisture from the cucumber, arrange the cucumber in a bowl, then add the ingredients from step (3), and cool for 30 minutes. Sprinkle with white sesame seeds.

## Fried kibbeh

#### Ingredients

- 【For the shell】**
- Bulgur: 100 g
- Onion: 1/2
- Lamb: 250 g
- Salt: 1/2 tsp
- Ice cube: 1
- 【For the stuffing】**
- Onion: 1/2
- Lamb: 200 g
- Olive oil: to taste
- Salt: 1/2 tsp
- Pepper: 1/2 tsp
- Allspice powder: 1/2 tsp
- Cumin powder: 1/2 tsp
- Oil: For frying

#### Method

- 1** Soak the bulgur for 30 minutes, then squeeze out the water.
- 2** Place the onion into the food processor (Knife Blade), and start. Once the onion is finely chopped, insert the meat, then start until minced. Next, add the bulgur, salt and ice, and start until the mixture is smooth.
- 3** Place the onion into the food processor (Knife Blade), and start. Once the onion is finely chopped, remove it from the food processor. Next, insert the lamb meat, and start.
- 4** Heat some olive oil in a frying pan, add "A" to the ingredients from step (3), then saute them until they are browned.
- 5** Wrap the shell around the stuffing, then deep-fry in oil heated to 180°C until it is browned.

## Dawood pasha

#### Ingredients

- Onion: 1/2
- Beef: 400 g
- Baharat spice powder: 1 tsp
- Cinnamon powder: 1/2 tsp
- Salt: dash
- Black pepper: 1 tsp
- Tomato sauce [P.32]
- Lime juice: 1 tsp
- Roasted pine seeds,
- Fried onions, parsley

#### Method

- 1** Place the onion into the food processor (Knife Blade), and start. Once the onion is finely chopped, remove it from the food processor. Next, add "A" and start. When the mixture becomes a mince texture, put it into the onion bowl and mix.
- 2** Make small balls of the mince and refrigerate for 15 minutes.
- 3** Place the meat balls on the rim of a plate and microwave high for 4 minutes uncovered. Set aside.
- 4** Add the meat balls and lime juice to the tomato sauce, and cook on high for 5 more minutes. Garnish with fried onions, chopped parsley and roasted pine seeds, and serve.

## Almond cake

#### Ingredients

- Blanched and skinned almond: 1/2 cup } **A**
- Egg: 3
- Sugar: 1/2
- Margarine: 3/4 cup
- Milk powder: 1 1/2 tsp } **B**
- Baking powder: 1/4 tsp
- Nutmeg: a pinch
- Almond flake: to taste

#### Method

- 1** Place "A" into the food processor (Knife Blade), and start until a paste is formed.
- 2** In a bowl, whisk margarine until it is creamy, then slowly add "B" to the ingredients from step (1).
- 3** Grease a casserole with butter and pour the mixture in it. Cover with shrink film, and pierce a hole in it.
- 4** Then Micro at high for 4 minutes. Insert a toothpick in the hole and if it comes out clean then let it rest in the oven for 10 minutes. If the toothpick is wet then cook for another 2 minutes and do the test again.
- 5** Garnish with roasted almond flakes.

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# Basic Recipes

In addition to the combinations presented in the booklet, there are many recipes using a wide range of other combinations. Please apply them to your own original dishes.



## Carrot dressing



### Ingredients

- Carrot: 1/2
- Wine vinegar: 15 ml
- Mayonnaise: 80 g
- Salt and pepper: dash

### Method

- 1 Insert carrot into the food processor (Grating Blade), and start.
- 2 Place the carrot into a bowl, then insert "A", and mix.

## Tomato sauce



### Ingredients

- Onion: 1
- Garlic: 4 cloves
- Tomato puree: 400 g
- Tomato paste: 1 tbsp
- Baharat spice powder : 1/2 tsp
- Cumin powder: 1/2 tsp
- Chicken stock: 400 ml
- Salt and pepper: to taste

### Method

- 1 Separate the onion and garlic, and use the food processor (Knife Blade) to finely chop each of them.
- 2 In a casserole, add the oil and garlic and microwave high for 2 minutes uncovered. Add onions and cook on high for 4 minutes more.
- 3 Add "A" to the ingredients from step (2), and cook covered for 12 minutes on micro high.

## Custard cream



### Ingredients

- 【for Paris-brest】
- Egg yolk: 3
  - Sugar: 60 g
  - Flour: 30 g
  - Milk: 300 ml
  - Vanilla pod: 1/2 pod
  - Fresh cream: 200 ml
  - Sugar: 40 g
  - Kirsch: dash
- 【for Fruit tart】
- Egg yolk: 2
  - Sugar: 35 g
  - Flour: 20 g
  - Milk: 1 cup
  - Vanilla pod: 1/3 pods
  - Fresh cream: 50 ml
  - Sugar: 10 g
  - Kirsch: 1/2 tbsp

### Method

- 1 Put "A" into a bowl, then whisk with an eggbeater until it turns whitish. Add the flour, and continue mixing.
- 2 Put "B" into a pan, and warm over medium heat until just before boiling. Then, add a little bit at a time to the ingredients from step (1), and mix.
- 3 Strain the ingredients from step (2) back into the pan, and bring to a boil while mixing. Once the mixture has started thickening, warm it over a low heat for 2-3 minutes. After cooling slightly, chill in the refrigerator.
- 4 Put "C" into the food processor (Whipping Blade), and start.
- 5 Add kirsch liqueur to the ingredients from step (3), and mix.
- 6 Mix ingredients from steps (4) and (5) .  
[For Paris-brest, mix 1/3 of the whip cream.]

## Herb bread crumbs



### Ingredients

- Garlic: 1 clove
- Parsley: 1 stalk
- Panko bread crumbs (or simply, bread crumbs) : 20 g

### Method

- 1 Place the garlic into the food processor (Knife Blade), and start. When the garlic is finely chopped, add the parsley, then the bread crumbs, and start.

## Butter cream



### Ingredients

- Unsalted butter: 130 g
- Powdered sugar: 400 g
- Milk: 70 ml

### Method

- 1 Bring the butter to room temperature.
- 2 Insert the butter into the food processor (Kneading Blade), then start.
- 3 Divide the remaining ingredients into three parts and insert one part at a time into the butter, starting each time to mix.

## Tart pastry (20 cm)



### Ingredients

- Butter: 90 g
- Sugar: 40 g
- Egg yolk: 1
- Vanilla extract : a few drops
- Flour: 150 g

### Method

- 1 Put "A" into the food processor (Kneading Blade), and start. When it becomes smooth, add "B", then start again.
- 2 Add flour to the ingredients from step (1), then start. [Be careful not to over-mix.]
- 3 Gently knead the ingredients until they form a ball, then wrap the ball with shrink film and place it in the refrigerator for 1 hour.
- 4 Dust the pastry from step (3) with flour, then roll it out so it is a round shape and 3 mm thick.
- 5 Cover the baking mold with the pastry, and attached firmly to the mold.
- 6 Cut off the left-over pastry, then use a fork to poke air holes into several places in the pastry, and place it in the refrigerator for about 30 minutes.
- 7 Place a cooking sheet over the tart pastry, place pie weights onto the sheet, then bake it in an oven preheated to 200°C for 20 minutes. Remove the pie weights and bake for 10 minutes more.

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# Food Preparation

The key to skillfully cutting ingredients with a food processor is to cut them into suitable sizes in advance. This makes it possible to prepare them more smoothly for more delicious results.





for Knife Blade



**Meat / Fish**

Remove all skin and bones, cut into 2-3 cm cubes.



**Onion / Carrot**

Peel skin, cut into 2-3 cm cubes



**Frozen Fruit**

1-2 cm width, half frozen condition, i.e. toothpick can pierce.



**Roasted Peanuts**

Remove peanut shell and skin.



**Soft White Bread**

Slice soft bread into 6 to 8 pieces.



**Ice Cubes**

2-3 cm ice cubes.



**Italian Parsley**

Remove stalk.



**Mushroom**

Cut into 2-3 cm cubes.



for Blade Stand



**Carrot / Cabbage**

Cut ingredient till is small enough to fit into the Feeding Tube.



**Cheese**

Cut ingredient till is small enough to fit into the Feeding Tube. Do not use hard ingredients such as Parmesan.



for Kneading Blade



**Bread Flour Liquid**

Add yeast during the processing of dough.



for Grating Blade



**Apple / Carrot**

Cut into 2-3 cm cubes.



for Whipping Blade



**Egg White**

Separate the egg white from the yolk for a smooth meringue.



**Cream**

Use fresh cream of fat content 35% or higher at 5°C.



for Citrus Press



**Citrus Fruit**

Cut fruit into halves.



for Salad Drainer



**Lettuce Leaves**

Cut into 3-5 cm slices.

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