

# Le Micro



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PULSE

Le Micro  
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 **PLEASE READ THE SAFETY INSTRUCTIONS CAREFULLY (P.3) BEFORE USING YOUR APPLIANCE**



- Read all instructions thoroughly.
- Before switching on your appliance, make sure that the voltage of your mains supply corresponds to that shown on the identification plate (underneath the motor unit).
- It is not a toy and has not been designed for use by children.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Never allow the power cord to dangle over the edge of the worktop. Never let it come into contact with a hot or wet surface. Keep the appliance and its cord out of reach of children
- Never use the appliance if it has fallen or been dropped. Take it to a Magimix approved after-sales service agent to have it checked.
- If the supply cord is damaged, it must be replaced by the manufacturer, a service agent or similarly qualified persons in order to avoid a hazard.
- The use of parts not recommended or sold by Magimix may result in injury or electric shocks.
- Should any of the parts or accessories become cracked, mis-shapen or undergo a change in dimension, they must be replaced.
- Do not put your bowl in the microwave oven.
- Always unplug your appliance after use, before adding or removing accessories and before cleaning it.
- Never immerse the motor unit in water or place it in a dishwasher. Wipe it with a damp cloth.
- Always handle the metal blades with great care as they are extremely sharp.
- Never place the metal blades on the motor shaft until the bowl has been properly positioned.
- Check that the lid is completely horizontal and locked into position before switching on your appliance.
- Never use the appliance outside.
- This appliance is designed solely for domestic use.
- Never put your hands or a utensil inside the bowl when the product is in use to avoid the risk of serious injury and to avoid damage to the product.
- Make sure the motor has completely stopped before cleaning.
- Never attempt to interfere with the security mechanism.
- Uses in the following cases are not covered by the warranty: in the corners of kitchens reserved for staff in shops, offices and other working environments, farms, by clients of hotels, motels and other residential environments character environments and types guest rooms.

Magimix invented the food processor more than 40 years ago and has used all its experience to design Le Micro - an invaluable addition to your kitchen when it comes to all those small every day tasks.

Despite Le Micro's size, you will soon wonder how you managed without it, as it tirelessly chops, blends and mixes. In the blink of an eye, you can now prepare a variety of sauces to accompany your meals.

What's more, you can make a whole range of quick mini meals to introduce your baby to the authentic taste of home cooking.

We would like to thank you for choosing a Magimix product and hope that it will give you full satisfaction and enjoyment.





\* You can adjust the length of the power cord. Thread it through the specially designed notches on the underside of the base to avoid vibrations.

# HOW TO USE YOUR APPLIANCE

Carefully wash all the parts (except for the motor unit) before using your appliance for the first time.



1 Lock the bowl onto the motor unit.



3 Place the chosen accessory on the motor shaft.



4 Add the ingredients.



5 Lock the lid into position.



7 Press the PULSE button.



8 When the blades have stopped, it is safe to open the lid.

1 pulse = press the PULSE button for 1-2 seconds and release.



The metal blades are extremely sharp. Always hold them using the central hub.



Add liquid via the liquid compartment in the lid.



Add solids via the slot in the lid.



If necessary, push the food down with the spatula and press the pulse button 2/3 times.



When pouring out contents of the bowl ensure you place one finger on the hub of the blade.

### **PULSE mode**

The appliance automatically stops when you release the pressure on the pulse button. This means that you remain in complete control of the chopping and blending operations.

### **Continuous mode**

To achieve a more even texture or to blend certain ingredients, keep your finger on the button for several seconds. We have not added an "on" button to avoid over chopping or blending.

### **Double failsafe**

If the bowl and lid are not closed or properly locked into position, the appliance will not start.

Do not leave the lid in the locked position when the appliance is not in use.

# PROCESSING CAPACITIES

	Max.		Mode*		Advice
	Quantity	Time**	P	C	
onion, shallot	2/3 bowl	20 seconds	●		cut into 4 cm pieces
garlic	2/3 bowl	20 seconds	●		
fresh herbs	2/3 bowl	20 seconds	●		
ham	200g	20 seconds	●		cut into 2 cm pieces
meat	350g	15 seconds		●	cut into 2 cm pieces
cheese	200g	50 seconds		●	cut into 2 cm pieces
walnuts, hazelnuts	200g	25 seconds	●		
fruit	2/3 bowl	35 seconds	●		cut into 2 cm pieces
vegetables	2/3 bowl	35 seconds	●		cut into 2 cm pieces
rusks	50g	30 seconds	●		broken rusks

## As a rule

- Cut the produce into 2 cm pieces.
- Do not fill the bowl more than 2/3 full.
- If you want to combine solids and liquids, process the solids first, then add the liquids.



P mode = Pulse mode  
C mode = Continuous mode



The times shown here are only approximate: you will need to adapt the length and number of pulses according to the desired result.



**Never use Le Micro to chop hard ingredients such as nutmeg as you may cause damage to the product.**



Always unplug your appliance before cleaning it.



Use a soft sponge with hot water and washing-up liquid to clean the attachments.



Accessories: use a bottle brush to clean the bases of the accessories.



Motor unit: wipe it with a soft, damp cloth.

You must follow certain rules to avoid seriously damaging the removable parts:

- Dishwasher: select the minimum temperature (below 40°C / 100°F) and avoid the drying cycle (generally above 60°C / 140°F).
- Washing by hand: do not leave the parts to soak in detergent for too long. Avoid abrasive products (e.g. Brillo, pads).
- Detergents: read the instructions for use to check their compatibility with plastic items.

Wipe after washing. Be sure to wipe your stainless steel parts to avoid oxidation marks. They do not affect the quality of the blades. Some produce such as carrots can stain plastic. Rubbing with a piece of paper towel and a little vegetable oil will remove most of the staining.



**Never immerse the motor unit in water. Always handle the blades with care, as they are extremely sharp.**

# HOW TO READ THE RECIPES

Difficulty of the recipe:  very easy  easy

Measurements:

1 bowl = 250-300g



Using the metal blade



Using the emulsifying attachment

1 pulse = press the PULSE button for 1-2 seconds and release.

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The essentials

# Classic mayonnaise

 •  • Preparation: 5 min.

## For 1 bowl

2 egg yolks  
1 tablespoon strong mustard  
300ml olive or sunflower oil  
salt and pepper  
2 tablespoons vinegar  
(optional)

Place the egg yolks, mustard, salt, pepper and 1 tablespoon of oil in the bowl and pulse 3 times. Then, keeping your finger on the pulse button (continuous mode), slowly drizzle the oil through the feed tube until the mayonnaise is the right consistency (for 30 seconds).

For best results all the ingredients must be at room temperature. You may wish to add 2 tablespoons of vinegar or lemon juice, near to the end of the blending process. Use a whole egg to achieve a softer consistency.

# Fat-free mayonnaise

 •  • Preparation: 5 min.

## For 1 bowl

2 hard boiled egg yolks  
1 teaspoon strong mustard  
220g low fat fromage frais  
1 teaspoon vinegar  
salt and pepper

Place the egg yolks in the bowl and pulse 3 times. Add the other ingredients and pulse 4/5 times until the mayonnaise is smooth.



## Aïoli sauce

 •  •  • Preparation: 5 min.

### For 1 bowl

1 bowl mayonnaise  
3 garlic cloves

Peel the garlic cloves, cut them in half and discard the central shoots. Chop the garlic in the Micro bowl (5/6 pulses). Prepare the mayonnaise as indicated p.12.

Serve with steamed vegetables, cold cooked fish, hard boiled eggs, etc.

## Béarnaise sauce

 •  • Preparation: 10 min. • Cooking: 10 min.

### For 1 small bowl

2 shallots  
2 sprigs tarragon  
100g chilled butter  
2 egg yolks  
50ml vinegar  
salt and pepper

Chop the shallots and tarragon in the Micro bowl (4/5 pulses).

Place this mixture, together with the vinegar, salt and pepper, in a small, thick-bottomed saucepan. Over a low heat, reduce the ingredients to half their original volume and then pour into the bowl. Add the egg yolks and pulse 3 times. Add the diced butter and pulse 8 times until the sauce is the right consistency.

Serve with any type of grilled meat.

## Rémoulade sauce

 •  •  • Preparation: 10 min.

### For 1 bowl

1 bowl mayonnaise  
1 tablespoon mustard  
1 shallot

Blend the shallot (5/6 pulses). Prepare the mayonnaise as indicated p.12. Gently fold the chopped shallot and the mustard into the mayonnaise. Pulse 2/3 times.

Serve with salad ingredients such as grated celeriac and shredded red cabbage, or with cold hard boiled eggs and cooked fish.



## Cocktail sauce

 •  • Preparation: 10 min.

### For 1 bowl

1 bowl mayonnaise  
1 tablespoon tomato ketchup  
1 tablespoon port or cognac  
1 teaspoon Worcester Sauce  
2 drops Tabasco sauce  
1 tablespoon crème fraîche

Make the mayonnaise using our classic recipe (p.12), then add the other ingredients and pulse 5/6 times until the sauce is the right consistency.

Serve with avocado pear, prawns, etc.

## Ravigote (green herb) sauce

 •  • Preparation: 5 min.

### For 1 small bowl

1 teaspoon grain mustard  
50ml red wine vinegar  
100ml sunflower oil  
1 shallot  
chervil, tarragon, flat-leafed parsley, etc.

Cut the shallot into quarters, place in the Micro bowl with the vinegar, mustard and herbs. Pulse 10 times, then switch to continuous mode and drizzle the oil through the feed tube.

Add all the fresh herbs you can find.

Serve with brawn and jellied or grilled meat.

## Rouille sauce

 •  • Preparation: 10 min.

### For 1 bowl

2 garlic cloves  
2 egg yolks  
200ml olive oil  
1 tablespoon tomato purée  
1 pinch powdered saffron  
1 pinch Cayenne pepper  
salt and pepper

Peel the garlic cloves, cut them in half and discard the central shoots. Put them in the Micro bowl and add egg yolks, saffron, Cayenne pepper and a little salt and pepper. Then, switching to continuous mode (for 20 seconds), drizzle the olive oil through the feed tube. Open the lid and add the tomato purée. Give a few final pulses to mix it in well.

You can substitute saffron with paprika.

Serve with Mediterranean fish stew (bouillabaisse) and fried or poached fish.

## Tartar sauce



• Preparation: 5 min.

### For 1 bowl

1 bowl mayonnaise  
4 gherkins  
2 tablespoons capers  
1 small spring onion  
parsley, chives, chervil  
salt and pepper

Place the gherkins, capers, onion and herbs in the Micro bowl. Pulse 5/6 times. Prepare the mayonnaise as indicated p.12. Gently fold the mixture into the mayonnaise. Pulse 2/3 times. Season to taste.

Serve with raw fish, cooked fish or beef.

## Garlic butter



• Preparation: 5 min.

### For 1 small bowl

125g soft butter  
2 garlic cloves  
½ bunch parsley  
salt and pepper

Place the parsley and garlic in the bowl and pulse 5/6 times. Add the diced soft butter. Switch to continuous mode about 1 min. Season and blend for a further 30 seconds.

This butter can be used to flavour steamed vegetables or to make garlic bread but also for stuffing snails.



## Pesto



• Preparation: 10 min.

### For 1 bowl

2 small garlic cloves  
1 bunch basil  
50g Parmesan cheese  
50g pine nuts  
100ml olive oil  
fleur de sel (unrefined salt)  
and pepper

Wash the basil, remove the leaves and pat them dry. Peel the garlic cloves, cut them in half and remove the central shoots. Place the garlic, basil, pine nuts, Parmesan cheese, pepper and 1 teaspoon salt in the bowl. Pulse approximately 10 times to obtain a smooth mixture. Switch to continuous mode and add the olive oil via the feed tube.

Delicious with pasta.

## Fish marinade



• Preparation: 5 min.

### For 1 small bowl

1 lemon juice  
1 tablespoon pink  
peppercorns  
1 sprig flat-leafed parsley  
4 chive leaves  
50ml olive oil  
fleur de sel (unrefined salt)  
and pepper

Place the pink peppercorns and herbs in the Micro bowl and pulse 4/5 times. Then, blending continuously for 20 to 40 seconds, add the lemon juice and olive oil via the feed tube. Season according to taste.

Pour this marinade over minced or sliced raw fish (carpaccio) and leave for approximately 2 hours in the refrigerator before serving.



## Harissa

 •  • Preparation: 15 min.

### For 1 bowl

250g red chilli peppers  
1 garlic clove  
1 teaspoon coriander seeds  
1 teaspoon caraway  
5 tablespoons olive oil  
1 teaspoon salt  
1 teaspoon cumin (optional)

Deseed the chilli peppers, rinse and drain several times in a sieve. Place them in the Micro bowl with the garlic cut into quarters and pulse 6/7 times. Add the other ingredients and pulse a further 4/5 times.

Transfer the harissa to a small lidded container and cover with 3 tablespoons olive oil. The harissa will keep for several weeks in a sealed container in the refrigerator. Dilute with a little stock and add to couscous, soups and dried meat.

## Vanilla sugar

 •  • Preparation: 5 min.

### To make 250g

250g caster sugar  
1 vanilla pod

Place the vanilla pod in the bowl. Pulse 10 times to reduce it to a paste. Add the sugar and give a further 4/5 pulses to achieve a smooth mixture.

You can combine the vanilla with ground cinnamon. Use the sugar to flavour your desserts (fruit tarts, crème brûlée, etc.).



Everything for the well-dressed salad



## Sauce for Asparagus



•  • Preparation: 5 min.

### For 1 bowl

3 tablespoons fromage frais  
2 tablespoons orange juice  
1 teaspoon cider vinegar  
3 chives leaves  
salt and pepper

Place all the ingredients in the bowl (except for the chives). Pulse 5/6 times, then blend for 5 seconds. Scatter with snipped chives just before serving.

For a lighter sauce, add an egg white.

## Blue cheese sauce



•  • Preparation: 5 min.

### For 1 bowl

2 tablespoons sherry vinegar  
100ml olive oil  
75g blue cheese  
40g hazelnuts  
Salt

Chop the nuts in the Micro bowl (6/7 pulses). Add the crumbled blue cheese, vinegar and a pinch of salt, then pulse 2/3 times. Blend for approximately 15 seconds while you add the olive oil via the feed tube.

Delicious with a chicory salad.



## Plum sauce

 •  • Preparation: 5 min.

### For 1 small bowl

1/2 teaspoon grain mustard  
1/2 pot (60g) smooth yoghurt  
1 teaspoon orange juice  
1 teaspoon plum jam  
1 tablespoon vodka

Place all the ingredients in the bowl, pulse 4/5 times, then blend for 10 seconds.

Delicious with all kinds of ham and pork (e.g. chops).

## Curry sauce

 •  • Preparation: 5 min.

### For 1 bowl

6 tablespoons crème fraîche  
1 teaspoon curry powder  
3 teaspoons lemon juice

Place all the ingredients in the bowl and pulse 3/4 times.

A delicious dressing for chicken or palm heart salad. You can replace the lemon juice with a teaspoon of grain mustard.





## Green sauce



•  • Preparation: 5 min.

### For 1 small bowl

50g cooked spinach  
2 hard boiled egg yolks  
4 tablespoons olive oil  
1/2 pot (60g) smooth yoghurt  
2 teaspoons vinegar  
1 small garlic clove  
1 spring onion  
1 sprig dill  
1 sprig tarragon  
1 sprig parsley  
1 pinch grated nutmeg

Place all the ingredients in the bowl, pulse 4/5 times, then blend for 10 seconds.

Delicious with fish, cold meats and pasta salads.

## Goat's cheese sauce



•  • Preparation: 5 min.

### For 1 small bowl

100g goat's cheese  
2 tablespoons ricotta  
60ml olive oil  
1 small spring onion  
2 teaspoons crème fraîche  
1 tablespoon lemon juice  
salt and pepper

Place the onion in the bowl, pulse 2/3 times, then add the remaining ingredients. Press the pulse button twice, then blend for 10 seconds.

Perfect with cooked potatoes, hard-boiled eggs and chicken.

## Lemon sauce



•  • Preparation: 5 min.

### For 1 small bowl

100ml olive oil  
3 tablespoons lemon juice  
2 tablespoons crème fraîche  
1/2 teaspoon Worcester sauce  
salt and pepper

Place all the ingredients in the bowl. Pulse 4/5 times, then blend for 5 seconds.

This sauce goes well with every type of salad, especially sweet-and-sour combinations.

## Tuna sauce



•  • Preparation: 5 min.

### For 1 small bowl

4 tablespoons smooth fat free fromage frais  
1 tablespoon tuna in brine  
1/2 shallot  
1 sprig flat-leafed parsley  
3 chive leaves  
salt and pepper

Place the shallot, parsley and chives in the bowl, pulse 2/3 times, then add the tuna, fromage frais, salt and pepper. Blend for 10 seconds.

A low-calorie sauce for raw vegetables.

## Grapefruit sauce



•  • Preparation: 5 min.

### For 1 bowl

1 plain yoghurt (125g)  
1 pink grapefruit  
2 tablespoons sunflower oil  
1 teaspoon chives  
salt and pepper

Place the yoghurt, grapefruit juice and oil in the bowl and press the pulse button 2/3 times. Scatter with the snipped chives and season according to taste.

Serve with lettuce, avocado, prawns and grapefruit.





## Honey and mustard sauce



•  • Preparation: 5 min.

### For 1 small bowl

1 tablespoon honey  
5 tablespoons olive oil  
1 tablespoon grain mustard  
2 tablespoons lemon juice  
1/2 crushed garlic clove

Place the mustard, lemon juice, honey and crushed garlic in the bowl. Press the pulse button twice, then switch to continuous mode for about 10 seconds and add the olive oil via the feed tube.

*Totally transforms a chicory and walnut salad, served with thinly-sliced chicken breast.*

## Yoghurt sauce



•  • Preparation: 5 min.

### For 1 bowl

1 pot (125g) smooth yoghurt  
1 teaspoon grain mustard  
1 tablespoon lemon juice  
salt and pepper

Simply place all the ingredients in the bowl and pulse 5/6 times.

*A low-calorie seasoning for all types of raw vegetables. You can add all the fresh herbs you like.*

## Island sauce



•  • Preparation: 5 min.

### For 1 small bowl

100ml crème fraîche  
1 lime juice  
2 tablespoons coconut milk  
2 drops Tabasco sauce  
salt and pepper

Place all the ingredients in the bowl and pulse 3/4 times.

*Adds an exotic touch to fish-based starters.*

## Thai sauce

 •  • Preparation: 5 min.

### For 1 small bowl

4 tablespoons lemon juice  
3 tablespoons olive oil  
1 tablespoon soy sauce  
1 tablespoon sesame oil  
1 pinch Demerara sugar  
1 cm fresh ginger  
1/2 garlic clove  
10 basil leaves  
1 pinch chilli powder

Peel the ginger and garlic clove and place in the bowl with the basil leaves. Pulse 5/6 times, add the other ingredients and give a further 3/4 pulses.

Serve with a selection of raw vegetables, such as grated carrot, bean sprouts, lettuce and shitake mushrooms.

## Latino chilli sauce

 •  • Preparation: 10 min.

### For 1 small bowl

4 green chilli peppers  
1/4 onion  
1 sprig fresh coriander  
1 sprig parsley  
2 tablespoons lemon juice  
2 tablespoons olive oil  
3 teaspoons vinegar  
1 teaspoon fleur de sel  
(unrefined salt)

Cut the chilli peppers open, remove the seeds and cut the flesh into 2 cm squares. Place them in the bowl with the onion, coriander and parsley. Pulse 4/5 times, then add all the other ingredients and blend for 30 seconds.

This extremely hot sauce from Chile is perfect with fish, meat and vegetables. If you cannot stand the heat, use mild peppers!



## Citrus vinaigrette

 •  • Preparation: 5 min.

### For 1 small bowl

1 orange  
1 lemon  
1 teaspoon caster sugar  
1 teaspoon Worcester sauce  
100ml olive oil  
white pepper

Squeeze the citrus fruits and place the juice in the bowl with all the ingredients. Blend for 10 seconds.

Adds a touch of sunshine to a green salad served with slices of chicken breast, smoked duck breast or grated carrot.

## Cherry tomato vinaigrette

 •  • Preparation: 5 min.

### For 1 small bowl

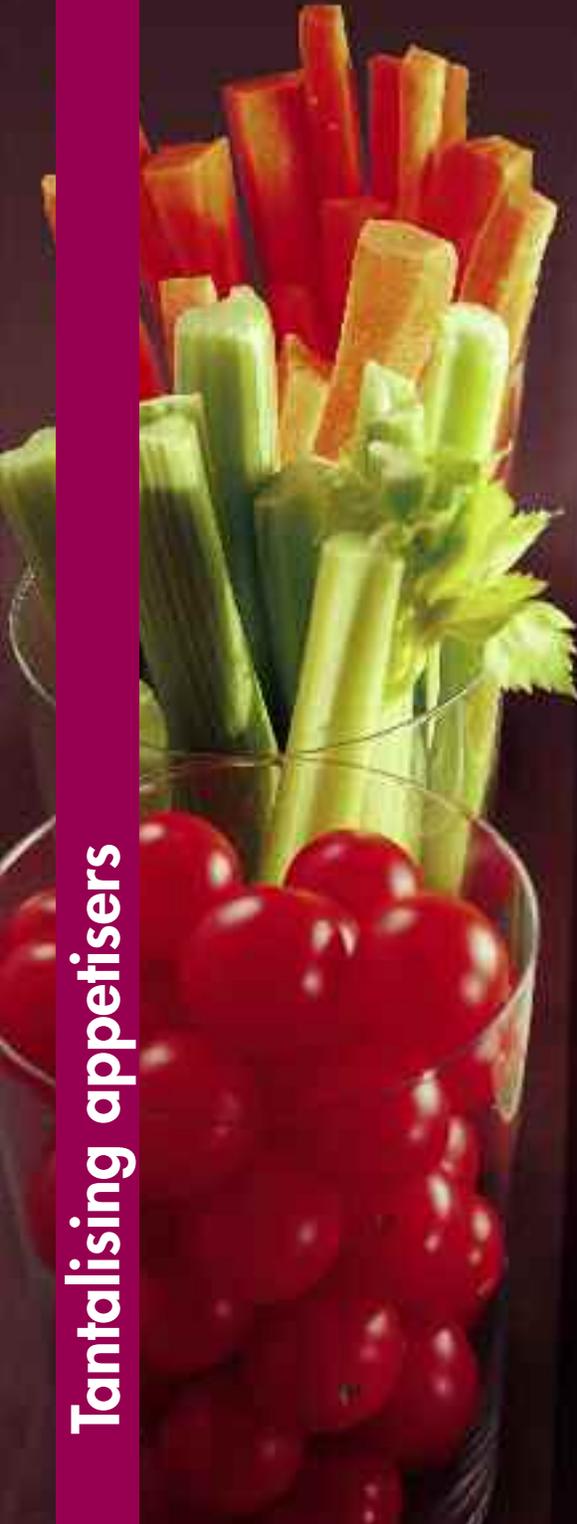
8 cherry tomatoes  
6 tablespoons olive oil  
½ garlic clove  
1 tablespoon balsamic vinegar  
10 basil leaves  
fleur de sel (unrefined salt)  
and freshly-ground black pepper

Place the cherry tomatoes, basil and garlic in the bowl. Season to taste. Pulse 3/4 times, then, switch to continuous mode about 10 seconds and add the oil and vinegar via the feed tube.

A delicious dressing for pasta or bean salad.



# Tantalising appetisers



## Anchovy paste



•  • Preparation: 10 min.

### For 1 large bowl

200g anchovies in olive oil  
160g crème fraîche  
2 garlic cloves  
1 teaspoon balsamic vinegar  
1 slice bread  
pepper  
milk

Wipe the anchovies with kitchen paper, soak the bread in some milk, then squeeze out the excess. Place the anchovies, bread, garlic cloves (remove the central shoot), vinegar and pepper. Blend for approximately 30 seconds to achieve a smooth paste. Open the lid and add the crème fraîche. Blend until it is evenly mixed.

**Delicious with raw vegetables.**

## Sardine and lemon pate



•  • Preparation: 10 min.

### For 1 bowl

135g sardines in olive oil  
1½ lemons  
50g butter  
2 hard boiled egg yolks  
5 sprigs flat-leaved parsley  
salt and pepper

Squeeze the lemons and set aside the juice and pulp. Drain the sardines, cut them in half and place in the bowl with the lemon juice and pulp, egg yolks, diced butter, parsley, salt and pepper. Press the pulse button approximately 10 times.

**Serve chilled on toast.**

# Aubergine purée



•  • Preparation: 10 min. •  • Cooking: 1 hr

## For 1 bowl

1 small aubergine  
1 small garlic clove  
2 tablespoons olive oil  
1 tablespoon lemon juice  
Coarse salt  
fleur de sel (unrefined salt)  
and pepper

Preheat your oven to 180 °C (gas mark 6). Wash and dry the aubergine and pierce it with a fork. Place it in an oven dish lined with coarse salt and cook for approximately 45 min. until the skin is soft and the flesh tender. Allow to cool. Cut the garlic in half and remove the shoot. Cut the aubergine in half, scoop the flesh into the bowl with a spoon. Add the other ingredients and pulse approximately 10 times to obtain a smooth mixture.

You can scatter the purée with chopped black olives and serve with toasted slices of country loaf.



## Creole dip



•  • Preparation: 10 min. • Cooking: 5 min.

### For 1 bowl

1 red pepper  
100ml coconut milk  
200g fromage frais  
juice of 1/2 lime  
salt and chilli powder

Wash, deseed and chop the pepper into pieces. Cook the pepper and coconut milk in a saucepan for approximately 5 min. Add a pinch of salt and a pinch of chilli powder. Allow to cool, then pour into the Micro bowl, add the fromage frais, lime juice and press the pulse button 2/3 times before blending for 30 seconds.

A highly original dip for sticks of raw vegetables.

## Fennel and fresh goat's cheese



•  • Preparation: 10 min.

### For 1 small bowl

1/2 fennel bulb  
100g fresh goat's cheese  
1/2 lemon  
chives, mint, chervil  
25g hazelnuts  
dash of hazelnut oil  
Salt and pepper

Chop the hazelnuts (6/7 pulses) in the bowl and set aside. Wash the fennel, cut into small pieces and place in the bowl. Pulse a few times, then add the lemon juice, goat's cheese, oil, herbs, salt and pepper. Pulse a further 5/6 times, then scatter with the chopped nuts.

Serve with toasted slices of bread.



## Guacamole



•  • Preparation: 5 min.

### For 1 bowl

2 ripe avocados  
1 tablespoon crème fraîche  
1 lime  
Few drops Tabasco sauce  
1 small onion (or spring onion)  
dash of olive oil  
salt and pepper

Cut the onion into quarters and place in the bowl. Press the pulse button 3 times, then add the peeled avocados cut into pieces, the lemon juice, crème fraîche, a few drops of Tabasco sauce and a dash of olive oil. Blend for approximately 1 min., until the mixture is smooth, and season according to taste.

You can garnish the guacamole with a little diced tomato.

Serve with tortilla chips.

## Tunisian carrot purée



•   • Preparation: 10 min. • Cooking: 30 min.

### For 1 large bowl

350g carrots  
1 garlic clove  
3 tablespoons olive oil  
1 small onion  
1 teaspoon cumin  
1 tablespoon lemon juice  
harissa to taste  
salt

Wash and peel the carrots and cut into slices. Steam the carrots and garlic for 25 min. Meanwhile, gently soften the sliced onion in 1 tablespoon of olive oil, then add the cumin and cook for a further 2 min. Stir in the carrots, garlic and all the other ingredients and fry for 5 min. Allow to cool slightly, then pour into the Micro bowl, check the seasoning if necessary and blend for approximately 1 min., adding 2 tablespoons of olive oil via the feed tube until the purée is smooth. Leave to cool.

Can be eaten cold with bread or as a garnish with grilled meat.



## Courgette purée



•  • Preparation: 5 min. • Cooking: 25 min.

### For 1 bowl

3 small courgettes  
1 garlic clove  
1 pinch chilli powder  
5 tablespoons olive oil  
juice of ½ lemon  
2 sprigs mint  
salt and freshly-ground  
black pepper

Wash the courgettes and cut into slices. Fry them in 3 tablespoons of olive oil, with the crushed garlic and chilli powder. Cover and cook gently for approximately 25 min., stirring regularly. Pour into the Micro bowl, season according to taste, add the lemon juice, 2 tablespoons of olive oil and the mint leaves. Pulse 4/5 times and allow to cool.

Spread on toasted slices of wholemeal bread.

## Hummus



•  • Preparation: 10 min. • Cooking: 5 min.

### For 1 bowl

250g tinned chickpeas  
2 garlic cloves  
2 tablespoons olive oil  
4 tablespoons sesame oil  
1 lemon juice  
salt

Heat the chickpeas for 5 min. in boiling salted water. Drain them and put them in the bowl. Pulse 4/5 times and add the oils, garlic, lemon juice and salt. Blend for 10 seconds. Chill in the refrigerator for 30 min.

You can scatter this hummus with fresh parsley or coriander. Spread hummus onto pitta bread (used in Greek and Lebanese cuisine) and top with tomato, cucumber, spring onion and chopped olives.

## Tuna rillettes



•  • Preparation: 5 min.

### For 1 bowl

1 tin tuna in brine (190g net)  
2 tablespoons crème fraîche  
1 teaspoon olive oil  
1 teaspoon mustard  
juice of ½ lemon  
chives  
fleur de sel (unrefined salt)  
and pepper

Empty the tuna out of the tin and place in the Micro bowl. Add the other ingredients, pulse 4/5 times.

Spread on toasted slices of wholemeal bread.

## Dijon sauce



•  • Preparation: 5 min.

### For 1 bowl

2 slices ham  
2 tablespoons crème fraîche  
1 teaspoon grain mustard

Cut the ham into pieces and place in the bowl with the crème fraîche and the mustard. Pulse 4/5 times .

Serve with carrot and courgette sticks or cauliflower florets.

## Crab and cottage cheese sauce



•  • Preparation: 5 min. • Cooking: 5 min.

### For 1 large bowl

100g cottage cheese  
100g fromage frais  
1 tin crabmeat (170 g net)  
50g green olives  
1 tablespoon whisky  
salt and pepper

Place all the ingredients in the bowl. Press the pulse button 2/3 times, then blend continuously for 30 seconds.

Delicious with savoury biscuits.



# Tomato and red pepper sauce



• Preparation: 15 min. • Cooking: 15 min.

## For 1 bowl

1 bowl mayonnaise made with olive oil  
1 red pepper  
1 tomato  
1 garlic clove  
1 teaspoon tomato purée  
5 sprigs basil  
1 pinch sugar  
salt and pepper

Roast the pepper under the grill or in the oven for approximately 15 min., turning regularly. Meanwhile, make the mayonnaise (see p.12) with olive oil and set aside in the Micro bowl. Skin and deseed the pepper and cut into pieces. Immerse the tomatoes in boiling water, then peel, remove the pips and cut them into small pieces. Remove the central shoot from the garlic clove and cut into quarters. Wash the basil and strip the leaves off the stalks. Add all the ingredients to the mayonnaise, press the pulse button 2/3 times, then blend for 1 min.

Serve with tortilla chips and sticks of raw vegetables.

# Tapenade



• Preparation: 5 min.

## For 1 bowl

250g stoned black olives  
1 tablespoon capers  
2 teaspoons mustard  
1 lemon - juice only  
20ml olive oil  
pepper

Place all the ingredients in the Micro bowl except for the oil. Blend for approximately 30 seconds to obtain a paste. Slowly add the oil via the feed tube with Le Micro in continuous mode. Blend until it has all been absorbed.

Delicious spread on toasted slices of wholemeal bread.



# Taramasalata



•  • Preparation: 10 min.

## For 1 large bowl

200g cod or carp roe  
1 lemon juice  
100ml milk  
1 thick slice stale white bread  
100ml olive oil  
salt and pepper

Remove the crust and soak the bread in milk. Squeeze out the excess milk and put the bread in the bowl with the eggs, salt and pepper. Blend for approximately 5 seconds until the mixture looks smooth. Slowly add the oil via the feed tube: the taramasalata should have the same consistency as mayonnaise. Pour in the lemon juice, check the seasoning and pulse 4/5 times.

Spread on hot blinis or slices of black radish.

# Tzatziki



•   • Preparation: 15 min. + 30 min.

## For 1 bowl

1 small cucumber  
2 ½ Greek-style yoghurt  
1 garlic clove degermed  
2 tablespoons olive oil  
1 tablespoon red wine vinegar  
1 sprig mint  
salt and pepper

Peel the cucumber and cut into 2 cm pieces. Place these in the bowl and pulse 5 times. Place the chopped cucumber in a sieve, sprinkle with salt and leave to stand over a bowl for 30 min. Squeeze the cucumber in a tea towel. Chop the garlic in the bowl, then add the yoghurt, mint, olive oil and vinegar. Press the pulse button 2/3 times, add the cucumber and pepper, and pulse 2/3 more times.

Serve chilled on toasted bread or with cold or smoked fish.





Gourmet dishes for the discerning baby

## Carrot Parmentier

 •  • Preparation : 5 min. • Cooking : 15 min.

### From 6 months onwards

50 g potato  
100 g carrot  
20 g minced beef  
1 tablespoon butter

Wash the potato and carrot, peel them and cut into pieces. Steam the vegetables and the steak for approximately 15 min. Place all the ingredients in the Micro bowl and pulse 4/5 times, then blend to obtain a smooth purée.

## Creamed salmon

 •  • Preparation : 10 min. • Cooking : 15 min.

### From 12 months onwards

30 g boneless salmon  
50 g potato  
50 g lettuce leaves

Wash the vegetables, peel the potato and cut into 2-cm pieces. Steam the vegetables for 10 min. Add the salmon to the steamer 5 min. before the end of the cooking time.

Place the cooked vegetables and fish in the Micro bowl and pulse 5/6 times, then blend for 20 sec. Serve warm.

## Creamed broccoli and gruyère

 •  • Preparation : 3 min. • Cooking : 20 min.

### From 9 months onwards

150 g broccoli  
20 g grated gruyère cheese

Wash the broccoli florets, cut into quarters and steam for 20 min. Place the cooked broccoli in the bowl and pulse 4/5 times. Add the gruyère and press the pulse button 2/3 more times until the cheese has completely melted.

## Pear and vanilla dessert



• Preparation : 5 min. • Cooking : 15 min.

### From 6 months onwards

1 large pear  
1/2 sachet vanilla sugar or  
see recipe on page 19

Peel and core the pear and cut it into large pieces. Place it in a saucepan with 3 tablespoons water and simmer for approximately 15 min. over a low heat. Place the cooked pear in the bowl with the sugar and pulse 5/6 times. Allow to cool slightly.

## Apple and kiwi dessert



• Preparation : 8 min. • Cooking : 20 min.

### From 9 months onwards

1 Golden Delicious apple  
1 ripe kiwi fruit  
1 sachet vanilla sugar see  
recipe on page 19

Peel the apple and kiwi fruit and cut into small pieces. Place the fruit in a saucepan with the sugar and 6 tablespoons of water and simmer for 20 min. over a low heat.

Pour the contents of the pan into the bowl and pulse 5/6 times, then blend for approximately 1 min. to obtain a smooth purée. Allow to cool completely before serving.

## Fruit cream



• Preparation : 5 min.

### From 12 months onwards

100 g raspberries  
1 ripe banana  
1/2 sachet vanilla sugar see  
recipe on page 19

Cut the banana into large pieces and place it in the bowl with the raspberries and sugar. Pulse 4/5 times, then blend for 10 sec. to obtain a smooth purée.



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