

**Quick Reference guide for converting from the Thermomix to the Tefal Cuisine Companion**

Thermomix		Cuisine Companion	
TTS - Time Temp Speed	Thermomix works with Time , Temp and then Speed	STT - Speed Temp Time	CC works with Speed , Temp and then Time
Time	Time of Thermomix Recipes	Time	This can vary where you will need to add on anywhere from 1-10 minutes depending on the recipe. ( Tomato paste recipe for example needs a lot longer in the CC ) Sometimes the recipe needs a lower temperature in the CC machine due to the size and shape of the bowl compared to the TMX bowl.
Temp	Temp of Thermomix Recipes	Temp	In most cases the temp will be the same but in some recipes you will need to adjust slightly up or down
Speed	Speed of Thermomix Recipes	Speed	This can also vary to 2-3 speed increase up to double speed, due to shape of bowl and attachments. I find when using recipes like slow cooking , soups etc you only need to add from 2- 3 increments compared to when you need to blitz something like onion you need to use a much higher speed for example onion is speed 7 in the TMX and its 12 in the CC for a fast blitz and keeping it lower in the bowl.
Reverse 	This is used in the TMX to stir ingredients rather than chop as there is a fixed blade in the TMX Bowl	Attachment Change	This is where you would use your Stirring attachment in the CC
Slow Speed Spoon 	This is where you are stirring the food in the TMX but still using the blade in a forward direction	Attachment and Speed Change	Again you just use your stirring attachment and use Speed 3 which is the minimum continuous speed
Knead 	Knead. A specific function on the Thermomix where it works in reverse then forward direction to knead the dough. You will also see a TMX Jug image as it needs to be in that position to use knead function.	Auto Function and Attachment Change	With the CC you use the Auto Pastry function. For example you use the P1 Auto Pastry to mix dough and adjust the time. You always use the Kneading/ Crushing Blade.
Butterfly	This is used for whipping in the TMX - maximum speed 4	Butterfly	Also used for whipping in the CC - Maximum speed is 9
MC	MC is the measuring cup in the top of the TMX	Stopper	Known as the stopper in the CC - there is a Maximum steam button and a minimum steam button. Most of the time you would keep it on the Maximum steam button
MC Removed	MC is the measuring cup in the top of the TMX and is removed for steaming recipes and to reduce liquid	Stopper	Known as the stopper in the CC and this is where you would take it out for foods like Risotto , and where you need to reduce liquid in recipes like , Quince Paste, Tomato Paste etc
Internal Steam Basket	In the Thermomix this is a small plastic basket with small slits to steam food inside the bowl	Internal Steam Basket	In the CC this is a large Stainless Steel Basket to steam a variety of foods. Minimum water 700ml. To steam rice in here you simply line the basket with damp crumpled baking paper. ( When steaming using water only you don't need an attachment or a speed.)
Turbo	Quick Extremely fast bursts at high speed	Pulse and Turbo Button	Use the Pulse Button in the CC for quick bursts of high speed , like for shredding chicken , blitzing nuts , making DACA ( the TMX equivalent of CADA ) Use the Turbo Button for long continuous high speed .
Varoma Temp	In the Thermomix this is 120 degrees	Steaming Temp	In the CC its either 120 degrees or 130 degrees depending on the recipe and quantity.
Varoma	This is a 2 part plastic steaming dish plus plastic lid for 3 level cooking in the Thermomix	External Steamer	The equivalent in the CC is the External Steamer for 4 level cooking . This is a 3 part 3.7 litre unit plus a glass lid. The main steaming part being a Stainless Steel large deep dish plus a smaller top plastic dish and a bottom plastic drip tray to collect juices to keep juices separated from the food cooking below and or to make sauces. The External Steamer cooks using either the Auto Steam programmes OR manual programming. ( When steaming using water only you don't need an attachment or a speed.)