At Thermomix®, we aim for perfection with each of our recipes.

Time to time again, we take in feedback from our user community and tweak the recipes so they cook easier and taste better.

Here are some recipes that we have tweaked.

- Page 15 Kue Lupis (Indonesian Sweet Glutinous Rice Dumplings)
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- Page 115 Steamed Chocolate Buns

Recipe contributed by Leny Sapu Tero ■

Kue Lupis (Indonesian Sweet Glutinous Rice Dumplings)

INGREDIENTS

Kue lupis

30 pandan leaves, cleaned, patted dry with paper towel and cut in 10 cm length
1450 g water
250 g glutinous rice, rinsed
1½ tsp salt
8 banana leaves, cleaned, cut in strips (3 cm x 30 cm)
250 g fresh grated coconut

Gula Melaka syrup

150 g palm sugar (gula Melaka), cut in chunks (2 cm)
50 g water
30 g caster sugar
½ tsp salt
2 pandan leaves, tied into a knot

USEFUL ITEMS

muslin cloth
toothpicks
heat-resistant tray (Ø 20 cm)

PREPARATION

Kue lupis

1. Place pandan leaves and 50 g water in mixing bowl, blend **30 sec/speed 10**. Transfer to a muslin cloth and squeeze out pandan juice. Set aside.

2. Place a bowl on mixing bowl lid, weigh in glutinous rice and 200 g water. Add reserved pandan juice and soak for 4 hours or overnight. Drain through simmering basket. Add ½ tsp salt to the bowl and mix with spatula. Set aside.

3. Fold a banana leaf to make a cone shape. Fill up with soaked rice until ⅔ full. Fold the top of the leaf over filling and fold the two sides over. Seal with a toothpick. Repeat with remaining rice and leaves until finished.

4. Place a heat-resistant tray (Ø 20 cm) on mixing bowl lid, weigh in grated coconut. Add 1 tsp salt to the tray and mix. Arrange in Varoma dish and set aside.

5. Place 1200 g water in mixing bowl, insert simmering basket, add rice parcels to it. Set Varoma with grated coconut into position, steam **40 min/Varoma/speed 2.5**. Remove Varoma and set aside.

6. Transfer steamed rice dumplings to a plate and let cool. Unwrap banana leaves and coat sweet glutinous rice dumplings with reserved grated coconut. Place on a serving plate and set aside.

Gula Melaka syrup

7. Place palm sugar, water, caster sugar, salt and pandan leaves in mixing bowl, cook **10 min/Varoma/speed 1**. Drizzle syrup over sweet glutinous rice dumplings. Serve immediately.

Tip

To soften banana leaves, you can blanch them in hot water or wilt the leaves over an open flame for a few seconds before wrapping.

8 Pieces

Easy

00:15

05:10

Nutritional values per piece:
Energy 322 kcal/ Protein 3 g/ Carbs 36 g/ Fat 20 g/ Sodium 600 mg/ Dietary fibre 5 g

印尼三角椰丝糯米糕

食材

三角椰丝糯米糕

30片 班兰叶，洗净，利用厨用纸巾拍干并剪成10公分长
1450克 水
250克 糯米，洗净
1½茶匙 盐
8片 香蕉叶，洗净，剪成条状(3公分 x 30公分)
250克 鲜磨椰丝

椰糖浆

150克 椰糖，切块(2公分)
50克 水
30克 细砂糖
½茶匙 盐
2片 班兰叶，绑成结

实用配件

细棉纱布
牙签
耐热盘(Ø 20公分)

做法

三角椰丝糯米糕

1. 将班兰叶和50克水放入主锅，以**30秒/速度10**搅打。转移至一个细棉纱布上并挤出班兰汁。置于一旁待用。

2. 将一个碗置放在主锅盖上，放入糯米和200克水称重。加入备用的班兰汁并浸泡4小时或隔夜。利用网锅沥干。在碗里加入½茶匙盐并利用刮刀棒搅拌。置于一旁待用。

3. 把1片香蕉叶卷成圆锥形。将已浸泡的糯米装入香蕉叶里至⅔满。把香蕉叶的顶部折起并盖在糯米上。过后，再把两端折叠起来。利用牙签封好叶片。重复此步骤直至用尽所有糯米和香蕉叶。

4. 将一个耐热盘(Ø 20公分)置放在主锅盖上，放入椰丝称重。在盘里加入1茶匙盐混合。把盘放入蒸锅内并置于一旁待用。

5. 将1200克水倒入主锅，置入网锅，加入糯米包裹至网锅内。架上含有椰丝的蒸锅组，以**40分/Varoma/速度2.5**蒸煮。取下蒸锅组并置于一旁。

6. 把蒸好的糯米包裹转移至一个盘上并让其冷却。将香蕉叶拆开并把糯米糕裹上备好的椰丝。置放在盛盘上并置于一旁待用。

椰糖浆

7. 将椰糖、水、细砂糖、盐和班兰叶放入主锅，以**10分/Varoma/速度1**烹煮。把糖浆淋在糯米糕上。即刻享用。

> **小贴士** 欲软化香蕉叶，您可在包裹前把叶片放入热水氽烫或在炉火上烤几秒钟。

8块份量　简易　00:15　05:10

每块的营养价值:
热量 322 kcal/ 蛋白质 3 g/ 碳水化合物 36 g/ 脂肪 20 g/ 钠 600 mg/ 膳食纤维 5 g

Recipe contributed by Chan Chin Wei ■

Lup Chup (Thai Fruit Shaped Mung Bean Dessert)

INGREDIENTS

700 g water
65 g mung bean splits, soaked for 4 hours or overnight, drained
90 g caster sugar
100 g coconut milk
1 pinch salt
3-6 drops yellow food colouring

3-6 drops orange food colouring
3-6 drops green food colouring
3-6 drops red food colouring
2 tsp agar-agar powder
½ tsp gelatin powder

USEFUL ITEMS

toothpicks
paint brushes
Styrofoam board

PREPARATION

1. Place 500 g water in mixing bowl, insert simmering basket, weigh soaked mung bean splits into it, set Varoma into position, steam **20 min/Varoma/speed 2**. Remove simmering basket with spatula. Empty mixing bowl.

2. Place steamed mung bean splits, 40 g caster sugar, coconut milk and salt in mixing bowl, blend **1 min/speed 8**. Scrape down sides of mixing bowl with spatula.

3. Cook **13 min/100°C/speed 2.5** until it has thickened and formed a paste (see tips). Transfer paste to a bowl and let cool for 30 minutes. Clean mixing bowl.

4. Divide paste into 20 pieces (approx. 10 g each, see tips). Form desired fruit and vegetable shapes and insert a toothpick into each. Using paint brushes and natural food colouring (see manufacturer's instructions), glaze fruit and vegetable pieces with desired colour and pin them on a Styrofoam board. Set aside for 10 minutes to dry.

5. Place 200 g water, agar-agar powder, gelatin powder and 50 g caster sugar in mixing bowl, cook

   5 min/120°C/speed 2.

6. Dip coloured fruit and vegetable pieces in agar-agar mixture. Pin them back to the Styrofoam board and set aside in refrigerator for 10 minutes. Serve chilled.

Tips

- You may wish to double check after step 3 as older beans cook faster compared to newer beans. Mung bean paste is too dry to shape, mix it with a few drops of water to soften it before shaping.
- Cover the unused mung bean paste dough with cling film to prevent it from drying out.
- If you don't have Styrofoam board, use plain dough, potatoes or a carrot instead to pin the fruit and vegetable pieces.
- Replace liquid food colouring with powdered colouring or gel colouring. Mix with warm water before using, adjust colour intensity according to personal preference.
- Use a toothpick to draw lines and patterns onto the fruit and vegetable pieces.
- If agar-agar mixture has hardened, transfer back into mixing bowl, reheat **3 min/100°C/speed 2**.
- Keep Lup Chup in an airtight container and store in the refrigerator for up to 5 days.

15 Pieces

Easy

00:20

02:20

Nutritional values per piece:
Energy 49 kcal/ Protein 0 g/ Carbs 10 g/ Fat 1 g/ Sodium 30 mg/ Dietary fibre 0 g

露楚 (泰国果蔬豆沙甜点)

食材

700克 水
65克 绿豆瓣, 浸泡4小时或隔夜, 沥干
90克 细砂糖
100克 椰浆
1小撮 盐
3-6滴 食用黄色素

3-6滴 食用橙色素
3-6滴 食用绿色素
3-6滴 食用红色素
2茶匙 燕菜粉
½茶匙 明胶粉

实用配件

牙签
画笔
泡沫塑料板

做法

1. 将500克水倒入主锅, 置入网锅, 放入浸泡的绿豆瓣称重, 架上蒸锅组, 以**20分/Varoma/速度2**蒸煮。利用刮刀棒辅助将网锅取出。清空主锅。

2. 将蒸好的绿豆瓣、40克细砂糖、椰浆和盐放入主锅, 以**1分/速度8**搅打。利用刮刀棒将食材刮至主锅底。

3. 再以**13分/100°C/速度2.5**烹煮直至浓稠并呈膏状。转移至一个碗中并待凉30分钟。清洁主锅。

4. 把绿豆沙平均分成20块豆沙团(每块约10克) (参考贴士)。将每一块豆沙团捏成喜爱的水果和蔬菜形状并在每块整形好的豆沙团中插入一根牙签。利用画笔和天然食用色素(参考制作商的说明), 给水果和蔬菜块上色, 然后钉在泡沫塑料板上。置于一旁晾干10分钟。

5. 将200克水、燕菜粉、明胶粉和50克细砂糖放入主锅, 以**5分/120°C/速度2**烹煮。

6. 将已上色的水果和蔬菜块浸入燕菜混合物里, 再把它们钉回泡沫塑料板上, 然后置放在冰箱里10分钟凝固。可当冷食享用。

贴士

- 请在步骤3后确认绿豆沙的状态, 因为旧豆会比新豆更快煮熟。绿豆沙过干而无法成型, 可加入几滴的水混合以使其软化。
- 将待用的绿豆沙盖上保鲜膜以避免变干燥。
- 您可使用面团、马铃薯或红萝卜取代泡沫塑料板来钉上水果和蔬菜块。
- 可使用粉状或胶状食用色素取代液体食用色素。使用前先加入温水混合, 根据个人的喜好调色。
- 利用一根牙签在水果和蔬菜块上画上一些线条和图案。
- 若燕菜混合物已硬化, 将其转移至主锅, 以**3分钟/100°C/速度2**加热。
- 将露楚放入一个密封罐里并存放在冰箱长达5天。

15块份量　简易　00:20　02:30

每块的营养价值:
热量 49 kcal/ 蛋白质 0 g/
碳水化合物 10 g/ 脂肪 1 g/
钠 30 mg/ 膳食纤维 0 g

Steamed
Chocolate Buns

INGREDIENTS

30 g butter, softened at room temperature, plus extra for greasing
100 g eggs
70 g fresh milk
1 tsp dried yeast powder
30 g caster sugar

260 g bread flour
10 g cocoa powder
½ tsp salt
1000 g water

USEFUL ITEMS

round tray (Ø 20 cm)
pastry mat
cling film

PREPARATION

1. Grease a round tray (Ø 20 cm) with a layer of butter. Set aside.

2. Place eggs, milk, yeast and sugar in mixing bowl, heat **1 min 30 sec/37°C/speed 2**.

3. Add bread flour, cocoa powder, butter and salt, mix **30 sec/speed 6**. Then knead **Dough 🌾/3 min**.

4. Transfer dough to a pastry mat, form dough into a ball shape and cover with cling film. Leave in a warm place to proof until doubled in size (approx. 45 minutes).

5. Punch down to deflate dough. Roll dough into a log shape. Divide dough into 8 portions with spatula and form each portion into a ball shape. Place all 8 doughs on prepared round tray and cover with cling film. Place round tray in Varoma dish, close Varoma lid and leave in a warm place to proof again until doubled in size (approx. 45 minutes).

6. Place water in mixing bowl, set Varoma with doughs into position, steam **40 min/Varoma/speed 2**. Remove Varoma and set aside. Carefully remove cling film and transfer steamed buns to a serving plate. Serve warm.

8 Portions　　Easy　　00:05　　02:20

Nutritional values per portion:
Energy 187 kcal/ Protein 7 g/
Carbs 29 g/ Fat 5 g/
Sodium 169 mg/ Dietary fibre 1 g

蒸巧克力面包

食材

30克 牛油 , 室温下软化, 额外准
　　备涂抹用
100克 蛋
70克 鲜奶
1茶匙 干酵母粉
30克 细砂糖

260克 面包粉
10克 可可粉
½茶匙 盐
1000克 水

实用配件

圆形烤盘(Ø 20公分)
烘焙矽胶垫
保鲜膜

做法

1. 准备一个圆形烤盘(Ø 20公分)并涂抹一层牛油, 置于一旁待用。

2. 将蛋、鲜奶、干酵母粉和糖放入主锅, 以**1分30秒/37°C/速度2**加热。

3. 加入面包粉、可可粉、牛油和盐, 以**30秒/速度6**混合。再以**揉面 /3分**揉搓。

4. 将面团转移至一个烘焙矽胶垫上, 揉成一个圆球形并盖上保鲜膜。置于暖和的地方发酵直至体积呈两倍大(约45分钟)。

5. 用拳头击打面团, 以便将面团内的气泡挤压出来。把面团揉成圆柱形。利用刮刀棒将面团分成8份, 分别揉成球状。将8份面团置放在备好的圆形烤盘上, 并盖上保鲜膜。将烤盘置入蒸锅内, 盖上蒸锅盖并置于暖和的地方再发酵直至体积呈两倍大(约45分钟)。

6. 将水倒入主锅, 架上装有面团的蒸锅组, 以**40分/Varoma/速度2**蒸煮。取下蒸锅组并置于一旁。谨慎地把保鲜膜移除, 然后将蒸好的面包转移至一个盛盘上。趁温热时享用。

8人份量　　　简易　　　00:05　　　02:20

每份的营养价值:
热量 187 kcal/ 蛋白质 7 g/
碳水化合物 29 g/ 脂肪 5 g/
钠 169 mg/ 膳食纤维 1 g