

Food and quipment for

Thermomix Demonstration

Menu: Chicken dinner

Recipee	Groceries	Kitchenware	Serving Equipment
Bread			
220 g Water		Baking tray	
1 ts sugar	Sugar	Baking paper	
20 - 25 g yeast fresh, or 2 - 3 ts dry	Dry yeast/Fresh yeast		
400 grams of wheat flour	Flour		
30 g olive oil or butter	Olive oil		
1 - 2 teaspoon salt	Salt		
Welcome drink			
100 g sugar, adjust the amount to desired flavor	sugar	spoon	Glass
2 – 3 lemons, preferably ecological, unpeeled	3 lemons		Jug
1000 g water, cooled			
10 Ice cubes	Ice cubes	Ice Cube Bags	small bowl
Dessert			
140 g sugar			Dessert bowls.
500 frozen berries, forest berry blend	Frozen berries, forest berry blend		An icebox or equivalent to freezing of leftovers
10-30 g lime juice	1 lemon		
or lemon juice			
1 egg white			
100 g fresh red berries for decoration (optional)	Some fresh berries for decoration		
Soup (velouté), steamed/steamed chicken and vegetable			
80-100 g onions (about an onion), divided	2-3 Onions	Spring, knife, scissors and scissors for Vegetables	A large serving dish for potatoes, vegetables and chicken
0-3 garlic cloves	Garlic		and vegetables
20 g olive oil		Paper towel	Serving Shovel/cutlery
700-750 gmixed Vegetables (carrots, squash, broccoli, parinack)	750 g vegetables		
500 g chicken breast fillets (or turkey breast), without skins,	500 g chicken fillet	bakepapir	Pepper- og saltkvern
½ teaspoon Peppers-seasoning (optional)	Paprika-Spice		
2 ½ Tspoon Salt			
½ spoon Pepper	pepper		
2 tablespoons soy sauce	Soy sauce		
500 g water			
400 g potatoes, cut into slices	400 g potatoes		
20 g of butter (optional) or 1 tablespoon of cream (optional)	1/3 bx Cream		
Sauce			
50 g creamy or 50 g cream, minimum 30% fat			For serving sauce
1 tablespoon mustard (preferably Dijon)	Mustard		
1/2 teaspoon salt			
1 pinch of ground black pepper			
3-4 stalks of fresh parsley, only leaves	Fresh parsley		
1 egg yolk (optional)	1 egg	Plates, knives, forks, desserts	
		Napkins	