

English

*My***cook** 1.8

Functions
Basic recipes
Breakfast and tea

taurus
PROFESSIONAL

Presentation

Mycook 1.8

Dear customer,

Our most sincere thanks for the trust you have placed in Taurus Group, by acquiring our latest model that is, without doubt, the best cooking aid for your kitchen: Mycook®.

In precisely this range of cooking, where Taurus Group possesses more than 40 years experience, designing and producing electrical appliances that help in you culinary preparation.

In the design we have thoroughly investigated induction technology, the latest in cooking technology. This brings to your cooking a surprising and favourable texture and sophistication.

Choosing Mycook® today means choosing functionality and innovation.

We'll be at your side to help you get maximum satisfaction from your new Mycook®.

Taurus Group

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Exploded view

1	Central unit	
2	Support jug with tongue groove for closing securely	
3	Jug	
4	Blades	
5	Jug lid	
6	Measuring cup	
7	Miing paddles	
8	Spatula	

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MEASUREMENTS AND EQUIVALENTS* For the measuring cup



100g	water
90g	olive oil
100g	red or white wine
100g	milk
100g	liquid cream
100g	orange juice
100g	red wine
100g	soya sauce
60g	flour
60g	corn flour
90g	sugar
45g	breadcrumbs
35g	milled coffee
80g	rice
65g	pine nuts
60g	almonds
50g	hazelnuts
40g	1 egg white
20g	1 egg yolk
70g	cocoa powder
45g	grated cheese
75g	dried chickpeas
80g	dried lentils

*measurements and equivalents =
1 full measuring cup



CONTROL PANEL functions

A	TIME	
B	TEMPERATURE	
C	SPEED	
D	KNEAD	
E	TURBO	TURBO
F	BROWNING SPEED	




GUIDE for making your own recipes


- 1 **JUG** Maximum capacity 2 litres
Graduated interior 1L / 1.5L / 2L

- 2 **IMPORTANT** Always programme in this order:

TIME
TEMPERATURE
SPEED

- 3 **Speed button TURBO** **TURBO**
For chopping hard food products
For mixing crèmes and baby foods

- KNEADING button** 
Use for hard dough

- 4 **SPEEDS** 

Speed 1	Breasing
Speed 2	Stir, stocks
Speed 3	Steam cooking
S Speed 4 or 5	Emulsify, whip
Speed 6 to 10	Crush / process, mince, slice, pulverise

- 5 **TEMPERATURES** 

40°C	Dough, chocolate, keep hot
50° to 60°C	Confits, oils, sauces with egg
70° to 90°C	Rice, stews, long cooking
100° to 120°C	Brown, boil, stocks, steam cooking, reducing

- 6 **TIME** 
Will depend on the quantity of ingredients

mill / pulverise



- 1 The jug and the blade should be dry.
- 2 Avoid filling the jug to more than half its maximum capacity.
- 3 When the ingredients are very hard, press the TURBO button 4 or 5 times and then gradually increase to the maximum speed.
- 4 The time for grating will depend on hardness of the ingredient and the quantity.
- 5 Fit the measuring cup into the lid so that is securely in place to avoid splashes.

BASIC TEXTURES

To mill rice, coffee, pulses and sea salt use a progressive speed 7<10.

To pulverise sugar and cereals use a progressive speed 7<10.

To pulverise 350g of chocolate (of the very hard dark variety), program 15 seconds at speed 10.

To grate carrot, onion and dry bread use speeds 5 - 6.



NOTE: To execute these processes never use the mixing paddle.

chop finely / crush / process chop



- 1 Avoid filling the jug to more than half its maximum capacity.
- 2 For small quantities, add the ingredients directly into the central hole in the lid onto the blades, with the machine switched on.
- 3 To chop finely, use speeds 7-10.
- 4 When the ingredients are very hard, press the TURBO button.
- 5 Add the ingredients in fairly small pieces.
- 6 For chopping, the most correct speeds are 4 or 5.
- 7 To crush or process hot ingredients press the TURBO button until the desired texture is achieved.
- 8 To crush ice, make the work easier by putting the spatula through the central hole of the lid.

BASIC TEXTURES

To crush ice (previously submerged in water) program 30 seconds at speed 6.

To process 300g of meat, program 10 seconds at speed 8.

To chop potatoes, onion and mix vegetables, use speeds 4 - 5.

To chop lettuce, cabbage, collard greens... (Leaf vegetables) fill the jug up to the mark, with the ingredients, and cover with water, program 10 seconds at speed 6.

To process cold soups, juices and ice drinks use speed 10.

To process hot food: crème of vegetable soup, purées, pâtés, baby foods, allow to cool for a few minutes and press the TURBO button, until the desired texture is achieved.



NOTE: To execute these processes never use the mixing paddle.

emulsify



- 1 To emulsify with the mixing paddles never go beyond speed 5.

- 2 To emulsify without the mixing paddles use velocity 6.

- 3 To emulsify sauces with an egg base add oil through the lid's central hole.

- 4 To emulsify a mixture of frozen ice cream introduce in pieces through the central hole of the lid.

EMULSIONS

mayonnaise, sauces, vinaigrettes, zabaglione, ice-creams

whip / beap



- 1 The jug, blades and mixing paddles should be dry and cold.
- 2 To Whip / beat, always use the mixing paddles and never go beyond speed 5.
- 3 Fit the measuring cup into the lid so as to avoid splashes.

WHIP / BEAT:

To whip cream, use the mixing paddles, speed 5 checking the texture.

To beat egg whites, use the mixing paddles, speed 5 at one minute per egg white.

NOTES:

To whip CREAM

- Cream with a minimum of 35% fat should be used.
- Keep it in the fridge until the moment when it is to be used.
- Stir well in the pot before emptying into the jug.

To beat EGG WHITES

- When separating the egg whites make sure that none of the yolk remains.
- To obtain the hardest whites add a pinch of salt.

knead



- 1 With hard dough, work using the KNEAD speed.
- 2 With soft dough, use the mixing paddles, never go beyond speed 5.
- 3 Fit the measuring cup into the lid so as to avoid splashes.

BASIC DOUGH RECIPES

Soft dough:
Crepes, sponge cakes and wafers.

Hard dough:
Short crust pastry, pizza, pasty.

NOTE:
cover your hands with oil to take hard dough out of the jug



NOTE: Do not use the mixing paddles for hard dough.

braise



- 1 Use speed 1 for braising.
- 2 Heat first with oil and then braise the ingredient.
- 3 With speed 1 the best texture for your braised ingredient will be achieved.

BASIC BRAISING IDEAS

Sauces, rice, stews, pasta, stocks.

cooking pasta



- 1 Fill a jug with 1.5L of water, salt and bring to the boil. Cook the pasta for the time recommended by the manufacturer.
- 2 To cook spaghetti, put it in the jug through the central hole of the lid and push carefully inside while the machine is switched on.
- 3 Pasta cooking should be done at speed 2.

NOTES:

To give flavour to the pasta, add salt to the water it is to be cooked in.

You could add aroma to the pasta by adding herbs or spices.

After draining the pasta, it is advisable to pour on a little olive oil or knob of butter so that the pasta doesn't become sticky.

Do not cool pasta with water unless you are making a pasta salad.

Cooking pasta

1,5 L Water
500 g Pasta
50 g Olive oil
1 Garlic clove
Bay leaf
Salt

Put all ingredients, apart from the pasta, in the jug and program 13 minutes, 120° at speed 2.
Add the pasta and cook for 8 to 10 minutes (according to manufacturer), 100°, speed 2.
Drain using the basket or the steam tray and serve with your favourite sauce.

			
1.5L water 50g Olive oil 1 Garlic clove Bay leaf Salt	13 min	120 °C	2
500 g Pasta	* 8-10 min	100 °C	2

*According to the advice of the manufacturer



Avocado cream



- 3 Avocados
- The juice of 1/2 a lemon
- 2 Greek yoghurts
- Salt
- Milled black pepper

Put all the ingredients into the jug.
Program 2 minutes, speed 7<10 progressive to obtain a smooth creamy consistency.

Total time: 2 min

QUICK GUIDE

Put everything into the jug	2 min	7<10
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Red pepper cream



- 400 g Red pepper
- 200 g Cream cheese
- 100 g Olive oil
- Salt

Add oil to the jug and program 2 minutes, 120°, speed 1.

Add the red pepper and salt and brown for 10 minutes, 120°, speed 1. Add the cream cheese and press TURBO until the desired texture has been achieved.

Cool the cream in the fridge and serve spread on pieces of toast.

>>They could be accompanied by anchovy fillets or stuffed olives.

Total time: 12 min

QUICK GUIDE

100 g Olive oil	2 min	120 °C	1
400 g Red pepper Salt	10 min	120 °C	1
200 g Cream cheese			Press TURBO
Cool in the fridge			

Blue cheese cream



200 g Cream cheese
100 g Blue cheese
50 g Milk

Toast

Empty all the ingredients into the jug, apart from the toast, program 2 minutes, speed 8.

Spread the toast with the resulting cream.

>> You could cover them with smoked salmon, bacon, cured Serrano ham, etc.

Total time: 2 min

QUICK GUIDE			
Introduce everything into the jug (except the toast)	2 min		8
Spread the toast			

Cured ham croquettes



200 g Cured Serrano ham
200 g Flour
120 g Onion
1 L Milk
50 g Olive oil
Salt

Heat the oil for 1 minute, 120°, speed 1.

Brown the onion for 5 minutes 120°, speed 1. Add the cured ham and process for 1 minute, 100°, speed 4. Push down the food that has become stuck to the sides of the jug and add the milk, the flour, the salt and program 5 minutes, 100°, speed 4. The mixture for the croquettes is now ready.

Add the mixture to an decorating bag and form long snake like shapes on a backing tray with bread crumbs. Cut to the desired size and cover in bread crumbs. Dip into beaten egg and cover with bread crumbs again. Fry in a lot of very hot oil and place onto absorbent paper so as to reduce the amount of excess grease.

>> They can be served as a starter or second course.

Total time: 12 min

QUICK GUIDE			
50 g Olive oil	1 min	120 °C	1
120 g Onion	5 min	120 °C	1
200 g Cured Serrano ham	1 min	100 °C	4
Push the food down from the insides of the jug			
1 L Milk 200 g Flour Salt	5 min	100 °C	4
Make croquette, coat and fry			

Salmon croquettes



300 g Smoked salmon
200 g Flour
120 g Onion
1 L Milk
50 g Olive oil
Fine herbs
Salt

Heat the oil for 1 minute, 120°, speed 1.

Brown the onion for 5 minutes 120°, speed 1. Add the the smoked salmon and process for 1 minute, 100°, speed 4. Push down the food that has become stuck to the sides of the jug and add the milk, the flour, the salt and the fine herbs and program 5 minutes, 100°, speed 4.

Add the mixture to an decorating bag and form long snake like shapes on a backing tray with bread crumbs. Cut to the desired size and cover in bread crumbs. Dip into beaten egg and cover with bread crumbs again. Fry in a lot of very hot oil and place on absorbent paper to reduce the excess of grease.

>> They can be served as a starter or second course.

Total time: 12 min

QUICK GUIDE			
50 g Olive oil	1 min	120 °C	1
120 g Onion	5 min	120 °C	1
300 g Smoked salmon	1 min	100 °C	4
Push the food down from the insides of the jug			
1 L Milk 200 g Flour Salt Fine herbs	5 min	100 °C	4
Make croquette, coat and fry			

Spicy dips



- 30 g Oil
- 50 g Water
- 10 g Compressed yeast
- 150 g Flour
- 2 c/c Paprika
- 5-10 drops of spicy sauce
- 1 c/c Sugar
- Salt

Add the oil, the water, the salt and the sugar to the jug Program 30 seconds, 40°, speed 2, add the yeast, the flour, the paprika, the spicy sauce and program 1 minute, speed knead. Remove the dough from the jug and leave to rest for 1 hour covered with a cloth. Roll it out finely with a rolling pin, cut into strips and put in a preheated oven for 1 hour at 200°.

>>Serve with your favourite sauces.

NOTE: This dough can also be used for individual savoury tarts, covered with roasted vegetables or goat's cheese.

Total time: 1 min 30 s

QUICK GUIDE

30 g Olive oil 50 g Water Salt 1 t/sp Sugar	30 s	40 °C	2
10 g Compressed yeast 150 g Flour 2 t/sp Paprika 5-10 drops of spicy sauce	1 min		KNEAD

Leave for 1 hour
Roll out and oven bake 7-8 minutes at 200°C

Ham and Soya pasty



- 150 g Boiled ham
- 30 g Soya sauce
- 200 g Liquid cream
- 50 g Grated cheese
- 1 Egg
- 50 g Olive oil
- 120 g Onion

Heat the oil for 1 minute, 120°, speed 1.

Brown the onion for 7 minutes 120°, speed 1. Add the Boiled ham 2 minutes, 120°, speed 1. Add the remaining ingredients and program 6 minutes, 80°, speed 3.

Fill the pasties and fry.

DOUGH FOR PASTIES see page "88".

Total time: 16 min

QUICK GUIDE

50 g Olive oil	1 min	120 °C	1
120 g Onion	7 min	120 °C	1
150 g Boiled ham	2 min	120 °C	1
30 g Soya 200 g Cream 50 g Grated cheese 1 Egg	6 min	80 °C	3

Fill the pasties and fry

Salmon pasty



- 200 g Smoked salmon
- 250 g Liquid cream
- 2 c/c Fine herbs
- 50 g Grated cheese
- 1 Egg

Put all the ingredients in the jug and program 5 minutes, 80°, speed 4.

Fill the pasties and fry.

DOUGH FOR PASTIES see page "88".

Total time: 5 min

QUICK GUIDE

Put everything in the jug	5 min	80 °C	4

Fill the pasties and fry

Tartare pasty



- 250 g Liquid cream
- 50 g Pickled cucumbers
- 50 g Capers
- 50 g Grated cheese
- 1 Egg
- Parsley
- Salt
- 100 g Olive oil
- 250 g Onion

Heat the oil for 2 minutes, 120°, speed 1. Brown the onion for 8 minutes 120°, speed 1.

Add the remaining ingredients and program 5 minutes, 80°, speed 4.

Fill the pasties and fry.

DOUGH FOR PASTIES see page "88".

Anchovy pâté



- 150 g Anchovies
- 150 g Butter
- 70 g cream cheese
- Sweet paprika

Put all the ingredients in the jug and process 30 seconds, speed 5.

Push the food down from the sides of the jug and program 11/2 minutes, speed 7.

Liver Pâté



- 400 g Pork or chicken liver
- 100 g Bacon
- 100 g Jamón Serrano
- 100 g Onion
- 500ml Brandy
- 100 g Liquid cream
- 50 g Olive oil
- 1 Egg
- 2 L water
- 200 g Ice
- Thyme
- Milled black pepper
- Salt

Cut the liver into chunks, cover with water and ice and leave in the fridge for 2 hours. When this time has past, drain and submerge in the brandy with the thyme for 8 hours to marinate.

Heat the oil for 1 minute, 120°, speed 1. Brown the onion 4 minutes, 120°, speed 1. Add the bacon, the Jamón Serrano and program 4 minutes, 120°, speed 1. Add the marinated liver, drained, washed and seasoned. Throw away the brandy from the marinade.

Place the spatula on the lid and move while pressing the TURBO bottom until it is processed. Add the Liquid cream, the egg and press the TURBO button, until the desired texture has been achieved.

Empty the preparation into a tub and leave to cool in the fridge.

>> Serve spread on pieces of toast or accompanied by a salad.

Total time: 15 min

QUICK GUIDE			
100 g Olive oil	2 min	120 °C	1
250 g Onion	8 min	120 °C	1
250 g Liquid cream 50 g Pickled cucumbers 50 g Capers 50 g Grated cheese Parsley Salt 1 Egg	5 min	80 °C	4
Fill the pasties and fry			

Total time: 2 min

QUICK GUIDE			
Put everything into the jug	30 s		5
Push the food down from the insides of the jug	1,30 min		7

Total time: 9 min

QUICK GUIDE			
Cut the liver into chunks, cover with water and ice Refrigerate for 2h			
Drain and marinate with thyme and brandy for 8h			
50 g Olive oil	1 min	120 °C	1
100 g Onion	4 min	120 °C	1
100 g Bacon 100 g Jamón serrano	4 min	120 °C	1
* Liver, drained and seasoned			press TURBO
100 g Liquid cream 1 Egg			press TURBO
Empty into a tub and cool in the fridge			

Salmon pâté



300 g Smoked salmon
200 g Cream cheese
150 g Butter
Dill

Empty all the ingredients into the jug and process 3 minutes, speed 6 until a fine texture is obtained.

>> It can be served spread on pieces of toast with 1/4s of cherry tomatoes and a leaf of dill on each one.

Total time: 3 min

QUICK GUIDE



Put everything into the jug

3 min

6

Push the food down from the sides with the spatula

Tapanade



200 g Black olives
50 g Anchovies
30 g Capers
1/2 Measuring cup of parsley
2 Garlic cloves (without the shoot)
150 g Olive oil

Put all the ingredients in the jug and program 2 minutes, speed 10.

>> The tapanade can be used to dress all kinds of salad. It is also very good with fish and spread on toast.

Total time: 2 min

QUICK GUIDE



Put everything into the jug

2 min

10