

The Tefal logo is displayed in a bold, red, sans-serif font at the top left of the page. The background of the entire page is a photograph of two glasses of orange juice. The glass in the foreground is in sharp focus, showing a vibrant orange liquid topped with a fresh strawberry, diced strawberries, and small white cubes. The second glass is in the background, slightly out of focus. The glasses are set on a green placemat with a repeating geometric pattern of stars and hexagons. The overall lighting is bright and natural, creating a fresh and appetizing scene.

Tefal®

RECIPE BOOK

Fruit Sensation

Tefal[®]
Fruit Sensation



FRUITY DELIGHTS



- Apple & Blueberry Sour
- Sweet & Fruity
- Mango Number 5
- Citrus
- Vitality
- Energy
- Freshness
- Yogurt Berry Cocktail
- Tonic

- 06 / 07
- 08 / 09
- 10 / 11
- 12 / 13
- 14 / 15
- 16 / 17
- 18 / 19
- 20 / 21
- 22 / 23

SMALL DELICACIES



- Extremely Chocolatey Treat
- White chocolate magic
- Morning Energy

- 24 / 25
- 26 / 27
- 28 / 29

PARTY COCKTAILS*



- French 75
- Champs Élysées
- Centre Stage
- Bloody Mary
- Blackberry Desire
- 25th Avenue
- Bellini
- Bartender Special

- 30 / 31
- 32 / 33
- 34 / 35
- 36 / 37
- 38 / 39
- 40 / 41
- 42 / 43
- 44 / 45

* These cocktails all contain alcohol. Drink responsibly. Always consume alcohol in moderation.

Tefal ingenuity at home

Tefal has been supporting consumers for over 50 years with ingenious products that deliver healthy, balanced cooking and guaranteed results. Tefal offers innovative, practical solutions. In this objective, Tefal has developed the new blender Fruit Sensation that will provide pleasure to use every day.



Fruit Sensation, the new blender by Tefal, will add an infinite range of fruity pleasures to your daily life!

Thanks to its accessories and ease of use, you can easily combine flavours, textures and colours to surprise your taste buds or your friends. Top up your vitamin levels and rediscover the true taste of your favourite fruit.

Fruit sensation is the ideal partner for preparing delicious home-made juice, smoothies and cocktails ... It adapts to your every wish for an infinite variety of taste pleasures.

THIERRY HERNANDEZ embodies French luxury in his role as Bar Director of Parisian hotel “Plaza Athénée”. He has become renowned in mixology (the art of mixing cocktails) as a leader in the creation of concept drinks (cocktails in spray, ice, sushi or solid forms, etc.). Discover the most daring and creative drinks, created by Thierry Hernandez with the blender «Fruit Sensation”.

About the recipes

Many of the recipes use cane sugar syrup. This is a special colourless syrup sold in bottles for use in cocktails, similar to the flavoured syrups added to coffee. It is available from some large supermarkets, specialist drinks shops or online.

Making your own sugar syrup is simple: add 2 cups granulated sugar to a heavy base saucepan and add 1 cup water. Leave the pan to simmer until the sugar has dissolved. Do this slowly on a medium/low heat to ensure the sugar does not overheat. Cool completely, then pour into a clean bottle and seal. This recipe makes about 425 ml syrup. If using as substitute for commercial cane sugar syrup, the sweetness may be slightly different so add half the quantity in the recipe and then adjust the sweetness to your personal taste.

If using fresh flowers or petals as decoration always check that they are edible and are untreated. Preserved edible petals are available online and in specialist cook shops.

Always select the freshest fruit for best results.

Adjust the sweetness of cocktails and drinks according to the sweetness of the fruit used and your personal taste.

Apple & Blueberry Sour

- 4 blueberries
- ½ lime
- 150 ml fresh apple juice
- 2 tsp cane sugar syrup
- 1 tsp blackcurrant jam with no bits or bramble jelly
- To decorate: 2 small strawberries



X 1



3 min



speed 2



speed 1

Peel the lime and cut it into pieces. Put the blueberries, lime, apple juice, blackcurrant jam and cane sugar syrup into the blender and mix for 45 seconds on speed 2.

Pour the mixture into a glass. Cut the strawberries in half, put them into the mini-chopper and give 5 pulses on speed 1. If the strawberries are large, do this with half at a time. Arrange them carefully on the drink.



Sweet & Fruity

- ½ clementine (about 40 g)
- 2 thick slices cucumber (about 35 g)
- 175 ml fresh apple juice
- 2 tsp cane sugar syrup
- To decorate: quarter of a pear (about 40 g)
- extra slices of cucumber & clementine segments



X 1



3 min



speed 2

Peel the ingredients. Roughly chop the cucumber and cut the clementine into quarters.

Put the clementine, cucumber, apple juice and cane sugar syrup into the blender. Blend for 30 seconds on speed 2.

Decorate with pieces of sliced pear, clementine segments and cucumber slices. Serve immediately.



Mango Number 5

- 1 large mango
- 75 ml milk
- 3 heaped *tblsp* greek style natural yogurt
- 1 or 2 *tsp* icing sugar, depending on sweetness of mango
- To decorate:
¼ avocado, not too ripe



X 1



3 min



speed 2

Peel the mango and avocado and remove the stone. Cut the mango into pieces. Put the mango, milk, yogurt and icing sugar into the blender and mix for 20 seconds on speed 2.

Pour the mixture into a glass. Chop the avocado into fine pieces, then arrange it carefully on top of the mixture. Eat with a spoon.



Citrus

- ¼ pink grapefruit
- 1 tsp cane sugar syrup
- 120 ml fresh orange juice
- To decorate: 10 g fresh coconut (or use desiccated coconut)



X 1



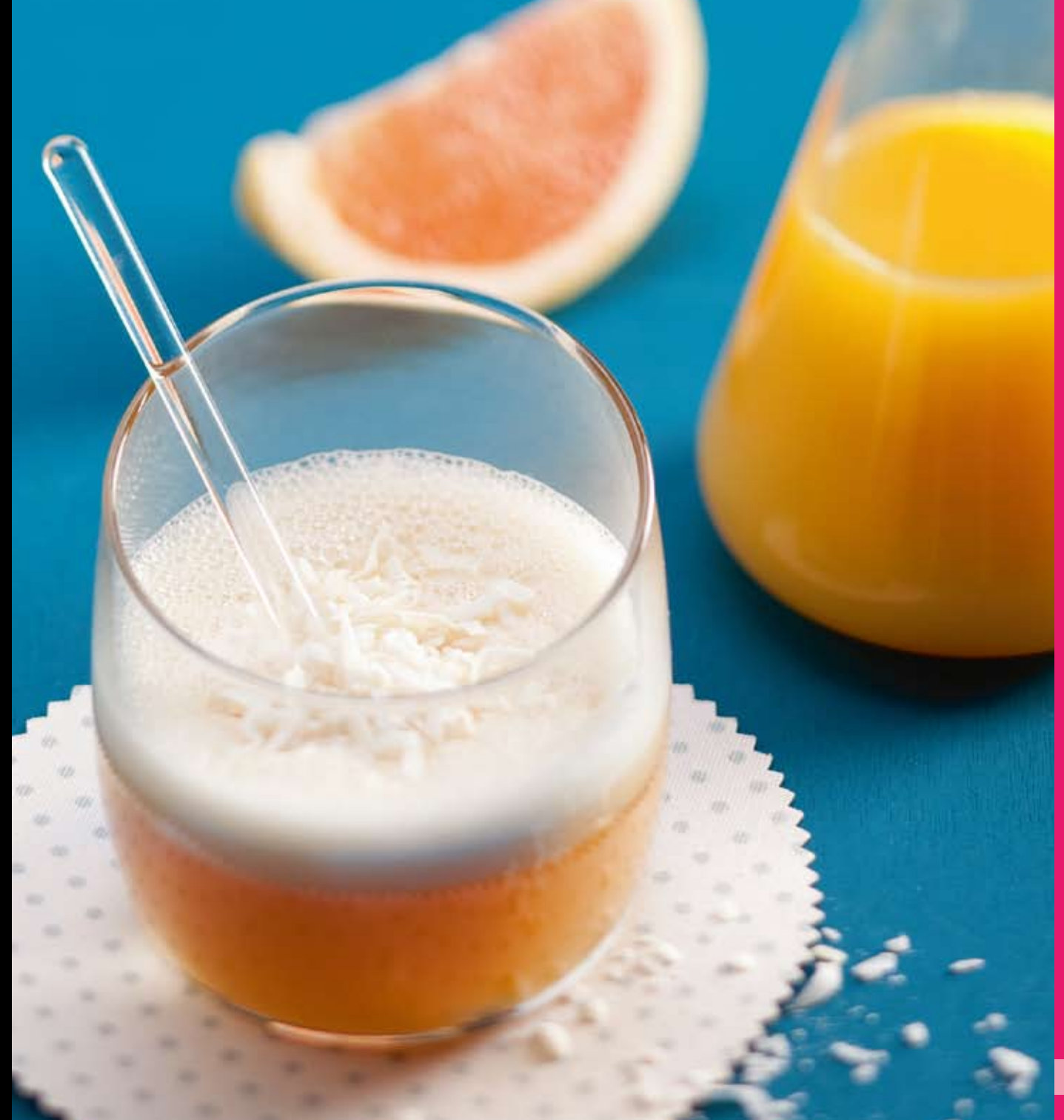
3 min



speed 2

Peel the grapefruit and cut it into pieces. Put the grapefruit pieces, cane sugar syrup and orange juice into the blender and mix for 20 seconds on speed 2.

Pour the mixture into a glass. Put the coconut into the mini-grinder in order to obtain very fine slivers. Sprinkle these slivers over the glass and serve!



Vitality

- $\frac{1}{4}$ apple (about 60 g), peeled
- $\frac{1}{2}$ small banana (about 30 g)
- Juice of half a lime
- 3 tsp runny honey
- 125 ml chilled water



X 1



3 min



speed 1



speed 1

Cut the piece of apple into four pieces. Put three of the apple pieces, the banana, lime juice, honey and water into the blender, then mix for 60 seconds on speed 1.

Pour the mixture into a glass. Put the last piece of the apple into the mini-chopper and give 10 pulses on speed 1. Arrange the pieces of apple on the preparation and serve immediately!



Energy

- 1 mango
- ½ clementine
- 1 tbsp apricot jam
- 100 ml freshly squeezed orange juice (from a carton)
- To decorate: 4 mint leaves



X 1



3 min



speed 2



speed 2

Peel and stone the mango and cut it into small pieces (yields about 125 g mango flesh). Peel the clementine and separate into segments. Put the mango, clementine, apricot jam and orange juice into the blender and mix for 30 seconds on speed 2. Pour the mixture into a glass.

Put the mint leaves into the mini-chopper and give 6 pulses on speed 2. Sprinkle the mint over the preparation and serve.



Freshness

- 80 g fresh pineapple, peeled and cored
- ½ small pear (about 40 g)
- 100 ml fresh pineapple juice
- To decorate:
- 3 tarragon leaves
- 2 thin slices root ginger (about 4 g)
- 2 tbsp cane sugar syrup



X 1



3 min



speed 2



speed 1

For decoration, put the slices of ginger into a frying pan with 2 tbsp of water and the cane sugar syrup. Cook for 5 minutes until the ginger turns golden, then allow to cool.

Cut the pineapple and the pear into pieces and put them into the blender with the pineapple juice. Blend for 20 seconds on speed 2. Taste and blend in 1 teaspoon cane sugar syrup if the drink is too tart, pour into a glass.

Put the cooled ginger and the tarragon leaves into the mini-chopper and give 5 pulses on speed 1. Arrange carefully on the preparation and serve!



Yogurt Berry Cocktail

- A piece of pear (about 25 g)
- 2 large strawberries (about 50 g)
- 5 blueberries
- 2 or 3 tsp cane sugar syrup
- Half a pot natural yoghurt (150 g size)
- 4 mint leaves



X 1



3 min



speed 2



speed 2

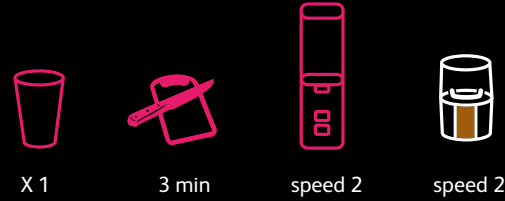
Peel the pear and put it together with the strawberries, blueberries, cane sugar syrup and yoghurt into the blender and mix for 30 seconds on speed 2. Pour the mixture into a martini glass.

Put the mint leaves into the mini-grinder and give 6 pulses on speed 2. Arrange the mint on the preparation and serve with a small spoon.



Tonic

- 2 slices fresh pineapple, peeled and cored (about 135 g)
- 4 canned apricot halves in natural juice*
- Juice of 1 orange, plus 1 slice to decorate
- To decorate:
 - 2 ready to eat dried apricots
 - 5 pistachios, shelled
 - 2 blanched almonds



Roughly chop the pineapple and apricot halves into large pieces. Put them into the blender with the orange juice and mix for 20 seconds on speed 2. Pour the smoothie into a large glass.

Put the pistachios, almonds and dried apricots into the mini-grinder and give 10 pulses on speed 2 to produce very small cubes. Arrange the dried fruit and nuts on the smoothie, decorate with a slice of orange and serve.



TIPS

*This smoothie can be made with 2 fresh, very ripe apricots instead of canned apricots. Taste and add 1 or 2 tablespoons runny honey to sweeten.



Extremely Chocolatey Treat

- 100 g milk chocolate
- 200 ml milk
- To decorate: 6 good sized mint leaves (optional)



X 2



3 min



speed 1



speed 2

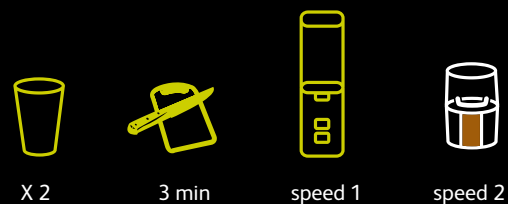
Melt the milk chocolate in a bowl over a pan of simmering water, gradually adding the milk. Allow to melt slowly while mixing gently. Put the preparation into the blender and mix for 20 seconds on speed 1. Pour the mixture into a glass.

Grind the mint leaves with the mini-grinder, using 6 pulses on speed 2. Arrange the mint on the preparation and mix. Serve cold or warm, as a dessert.



White chocolate magic

- 100 g white chocolate
- ¼ apple, peeled
- ¼ pear, peeled
- 1 square plain chocolate
- 200 ml milk



Melt the white chocolate in a bowl over a pan of simmering water, gradually adding the milk. Allow to melt slowly while mixing gently. Pour the mixture into the blender, add the apple and pear, and mix for 25 seconds on speed 1. Pour the mixture into a glass.

Grind the square of dark chocolate with the mini-grinder to a powder, using several pulses on speed 2. Sprinkle the chocolate onto the drink.



Morning Energy

- ½ clementine
- 2 oranges, peeled and quartered
- 2 tsp apricot jam
- To decorate: ¼ green skinned apple (about 20 g)
- 2 slices banana (about 20 g)
- 1 strawberry



Peel the clementine and separate the segments. Put the clementine and orange quarters, and apricot jam into the blender and mix for 30 seconds on speed 2.

Put the unpeeled apple into the mini-grinder and give 7 pulses on speed 1. Arrange these small cubes of apple at the bottom of a glass and pour the preparation from the blender over the top. Put the strawberry in the mini-chopper and give several pulses on speed 1 and cut the banana in small cubes. Place these small pieces of fruit onto the drink. Eat with a spoon.



French 75

- 60 g ice cubes
- 50 ml gin
- 20 ml fresh lemon juice
- 20 ml cane sugar syrup
- 25 ml champagne
- To decorate: 5 g untreated lime zest



X 1



3 min



speed 1



speed 2

Put the ice cubes, gin, lemon juice, cane sugar syrup and champagne into the blender. Blend for 15 seconds on speed 1.

Pour the cocktail into a glass filled with ice cubes.

Peel the lime zest with as little white pith as possible. Put the lime zest into the mini-chopper and process for about 3 pulses on speed 2, then arrange the pieces on the cocktail.



Champs Élysées

- 2 ice cubes (about 60 g)
- 2 drops rosewater*
- 35 g fresh lychees, peeled
- 30 g fresh raspberries
- 50 ml gin
- 50 ml champagne
- To decorate: 5 edible rose petals



X 1



3 min



speed 1



speed 1

Put the ice cubes, rose syrup, lychees, raspberries, gin and champagne into the blender. Blend for 15 seconds on speed 1. Taste and if you prefer a sweeter cocktail add 1 or 2 teaspoons of cane sugar syrup.

Pour the cocktail through a sieve into a glass filled with ice cubes.

Shred 5 rose petals in the mini-grinder, for 4 pulses on speed 1 and arrange them over the cocktail.



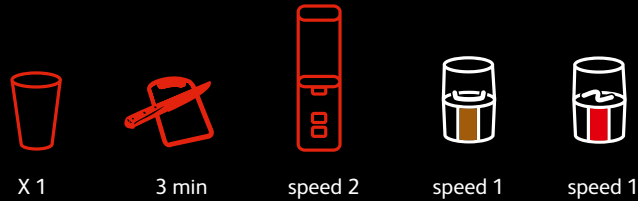
TIPS

* The rose water can be replaced with a dash of rose cocktail syrup, a specialist syrup sold in bottles, to give the drink a rose flavour.



Centre Stage

- 1 fresh peach, skin removed
- 2 ice cubes (about 60 g)
- 30 ml dark rum (for an extra kick use 50 ml dark rum)
- 30 ml passion fruit drink
- 20 ml ginger ale
- 2 tsp vanilla syrup*
- To decorate: ¼ vanilla pod



De-stone peach and cut into quarters. Put the ice cubes, dark rum, passion fruit drink, three pieces of peach, ginger ale and vanilla syrup into the blender. Blend for 15 seconds on speed 2.

Pour the cocktail through a fine sieve into a glass filled with some crushed ice cubes.

Grind the quarter of vanilla pod in the mini-grinder using speed 1.

Mix the remaining peach quarter in the mini-chopper for 6 pulses on speed 1, then arrange on the cocktail and add a touch of the ground vanilla.



TIPS

*Vanilla syrup is sold in bottles specifically for use in cocktails. Alternatively, use 2 teaspoons cane sugar syrup and ½ teaspoon vanilla extract.



Bloody Mary

- 2 ice cubes (about 60 g)
- 20 g celery
- 40 ml vodka
- 75 ml tomato juice
- ½ tsp fresh lemon juice
- 2 or 3 drops Tabasco®
- 1 pinch of celery salt
- 2 or 3 dashes Worcestershire sauce
- To decorate: 6 black peppercorns



X 1



3 min



speed 1



speed 2

Wash the celery and cut it in small pieces. Put the ice cubes, celery, vodka, tomato juice, lemon juice, Tabasco and celery salt into the blender. Blend for 20 seconds on speed 1.

Pour the cocktail through a fine sieve into a glass filled with ice cubes.

Grind 6 black peppercorns in the mini-grinder for 3 seconds on speed 2. Add a few dashes of Worcestershire sauce and sprinkle the pepper over the cocktail.



Blackberry Desire

- 2 ice cubes (about 60 g)
- 15 ml cane sugar syrup*
- 30 g blackberries
- 20 ml vodka
- 30 ml red grape juice
- 20 ml fresh lemon juice
- To decorate: 5 edible rose petals



Put the ice cubes, syrup, blackberries, vodka, grape juice and lemon juice into the blender. Blend for 15 seconds on speed 1.

Pour the cocktail through a fine sieve into a glass filled with ice cubes.

Shred 5 rose petals in the mini-grinder, for 4 pulses on speed 1 and arrange them over the cocktail.



TIPS

* The cane sugar syrup can be replaced with 30 ml violet syrup, a specialist syrup sold in bottles for use in cocktails, to give the drink a delicate violet flavour.



25th Avenue

- 60 g ice cubes
- 40 g fresh strawberries*
- 3 tsp redcurrant jelly
- 20 ml Cointreau®
- 50 ml cranberry juice or cranberry & raspberry juice
- 1 pinch of white pepper
- 9 fresh mint leaves



X 1



3 min



speed 1



speed 2

Wash the strawberries and remove the stalks. Put the ice cubes, strawberries, redcurrant jelly, Cointreau®, cranberry juice, pepper and three of the mint leaves into the blender. Blend for 15 seconds on speed 1.

Pour the cocktail through a fine sieve into a glass filled with ice cubes.

Grind 6 mint leaves in the mini-grinder for 5 pulses on speed 2 and sprinkle the ground leaves over the cocktail.



TIPS

* In the summer you can replace the 40 g strawberries with 20 g redcurrants and 30 g fresh strawberries.



Bellini

- ½ fresh white peach (about 30 g)
- 30 ml peach liqueur*
- 80 ml chilled Prosecco (Italian sparkling dry white wine)



X 1



3 min



speed 1

Peel the peach. Cut half of the flesh into small pieces and keep the remainder for decoration. Put the pieces of peach, peach liqueur and Prosecco into the blender. Blend for 15 seconds on speed 1.

Pour the cocktail through a sieve into a champagne glass.

Very finely chop the remaining peach and arrange the pieces on the cocktail.



TIPS

* If you cannot buy peach liqueur you can use peach schnapps instead.



Bartender Special

- 20 g ice cubes
- 1 large or 2 small strawberries, hulled (about 30 g)
- 6 raspberries (about 30 g)
- ½ peach (about 30 g), peeled & stoned
- 4 canned apricot halves in natural juice (about 75 g)
- 50 ml orange juice
- 1 dash vanilla extract
- 100 ml ginger ale
- To decorate: 2 small strawberries



X 1



3 min



speed 1



speed 1

Put the ice cubes, strawberries, raspberries, peach, apricot halves, orange juice and vanilla extract into the blender. Blend for 15 seconds on speed 1.

Pour the cocktail through a fine sieve into a glass and add the ginger ale.

Chop the fresh strawberries in the mini-chopper and arrange the pieces on the cocktail.





Notes



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www.tefal.co.uk

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