

Your Tmixing Adventures

Carnivore basics

with Lisa Keegan



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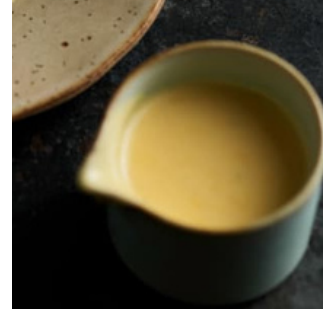
Butter



Ghee



Homemade tallow or lard



Hollandaise sauce



Sous-Vide Turkey Breast



Chicken Broth



Sous-vide Steak



Sous-Vide Salmon



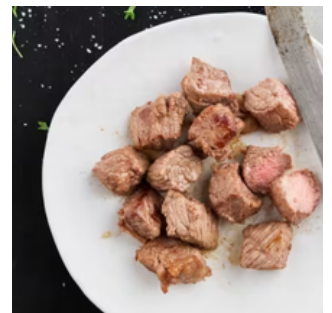
Steamed Whole Chicken



Steamed Fish Fillets



Slow Cooked Corned Beef



Browned beef cubes



Sautéed Bacon with Chicken Strips



Boiled eggs



Poached eggs



Minced Meat

Supporting you to get the most from your Thermomix

All recipes can be made on the TM31, TM5 & TM6 - See [Tmixing Adventures](#) for the video tips