

# INSTRUCTIONS AND RECIPES

## FOR YOUR KITCHENAID STAND MIXER

Techniques for peak  
performance: The  
use and care of your  
KitchenAid®  
Tilt Head Mixer



FOR THE WAY IT'S MADE.®

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## PROOF OF PURCHASE & PRODUCT REGISTRATION

Always keep a copy of the sales receipt showing the date of purchase of your Stand Mixer. Proof of purchase will assure you of in-warranty service.

Before you use your Stand Mixer, please fill out and mail your product registration card packed with the unit.

This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. This card does not verify your warranty.

Please complete the following for your personal records:

Model Number \_\_\_\_\_

Serial Number \_\_\_\_\_

Date Purchased \_\_\_\_\_

Store Name and Location \_\_\_\_\_

\_\_\_\_\_

## STAND MIXER SAFETY

### Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:



**You can be killed or seriously injured if you don't immediately follow instructions.**



**You can be killed or seriously injured if you don't follow instructions.**

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put Stand Mixer in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug Stand Mixer from outlet when not in use, before putting on or taking off parts and before cleaning.
5. Avoid contacting moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beater during operation to reduce the risk of injury to persons and/or damage to the Stand Mixer.
6. Do not operate Stand Mixer with a damaged cord or plug or after the Stand Mixer malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment. Call the KitchenAid Customer Satisfaction Center at 1-800-541-6390 (1-800-807-6777 in Canada) for more information.

7. The use of attachments not recommended or sold by KitchenAid may cause fire, electrical shock or injury.
8. Do not use the Stand Mixer outdoors.
9. Do not let the cord hang over edge of table or counter.
10. Remove Flat Beater, Wire Whip or Dough Hook from Stand Mixer before washing.
11. This product is designed for household use only.

## SAVE THESE INSTRUCTIONS

### ELECTRICAL REQUIREMENTS

Volts: 120 V.A.C. Hertz: 60 Hz

The wattage rating for your Stand Mixer is printed on a tag under the mixer base. It is also listed on the trim band.

If the power cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

#### **⚠ WARNING**



#### **Electrical Shock Hazard**

**Plug into a grounded  
3 prong outlet.**

**Do not remove  
ground prong.**

**Do not use an adapter.**

**Do not use an  
extension cord.**

**Failure to follow these  
instructions can result  
in death, fire, or  
electrical shock.**

## KITCHENAID® STAND MIXER WARRANTY

<b>Length of Warranty:</b>	<b>KitchenAid Will Pay For:</b>	<b>KitchenAid Will Not Pay For:</b>
<p><b>50 United States, the District of Columbia, Canada, and Puerto Rico:</b> One-year limited warranty from date of purchase.</p>	<p><b>50 United States, the District of Columbia and Canada:</b> Hassle-free replacement of your Stand Mixer. See the following page for details on how to arrange for replacement.</p> <p>OR</p> <p><b>In Puerto Rico:</b> The replacement parts and repair labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center. To arrange for service, follow the instructions on page 8.</p>	<p>A. Repairs when Stand Mixer is used in other than normal single family home use.</p> <p>B. Damage resulting from accident, alteration, misuse or abuse or use with products not approved by KitchenAid.</p> <p>C. Replacement parts or repair labor costs for Stand Mixer when operated outside the country of purchase.</p>

**DISCLAIMER OF IMPLIED WARRANTIES; LIMITATION OF REMEDIES**

IMPLIED WARRANTIES, INCLUDING TO THE EXTENT APPLICABLE WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE EXCLUDED TO THE EXTENT LEGALLY PERMISSIBLE. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO ONE YEAR, OR THE SHORTEST PERIOD ALLOWED BY LAW. SOME STATES AND PROVINCES DO NOT ALLOW LIMITATIONS OR EXCLUSIONS ON HOW LONG AN IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS LASTS, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

IF THIS PRODUCT FAILS TO WORK AS WARRANTED, CUSTOMER'S SOLE AND EXCLUSIVE REMEDY SHALL BE REPAIR OR REPLACEMENT ACCORDING TO THE TERMS OF THIS LIMITED WARRANTY. KITCHENAID AND KITCHENAID CANADA DO NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. This warranty gives you specific legal rights and you may also have other rights which vary from state to state or province to province.

## HASSLE-FREE REPLACEMENT WARRANTY – 50 UNITED STATES AND DISTRICT OF COLUMBIA

We're so confident the quality of our products meets the exacting standards of KitchenAid that, if your Stand Mixer should fail within the first year of ownership, KitchenAid will arrange to deliver an identical or comparable replacement to your door free of charge and arrange to have your original Stand Mixer returned to us. Your replacement unit will also be covered by our one year limited warranty. Please follow these instructions to receive this quality service.

If your KitchenAid® Stand Mixer should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at 1-800-541-6390 Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m. Give the consultant your complete shipping address. (No P.O. Box numbers, please.)

When you receive your replacement Stand Mixer, use the carton and packing materials to pack up your original Stand Mixer. In the carton, include your name and address on a sheet of paper along with a copy of the proof of purchase (register receipt, credit card slip, etc.).

## HASSLE-FREE REPLACEMENT WARRANTY – CANADA

We're so confident the quality of our products meets the exacting standards of the KitchenAid brand that, if your Stand Mixer should fail within the first year of ownership, KitchenAid Canada will replace your Stand Mixer with an identical or comparable replacement. Your replacement unit will also be covered by our one year limited warranty. Please follow these instructions to receive this quality service.

If your KitchenAid® Stand Mixer should fail within the first year of ownership, take the Stand Mixer or ship collect to an Authorized KitchenAid Canada Service Centre. In the carton include your name and complete shipping address along with a copy of the proof of purchase (register receipt, credit card slip, etc.). Your replacement Stand Mixer will be returned prepaid and insured. If you are unable to obtain satisfactory service in this manner call our toll-free Customer Interaction Centre at 1-800-807-6777.

Or write to us at:  
Customer Interaction Centre  
KitchenAid Canada  
1901 Minnesota Court  
Mississauga, ON L5N 3A7

## HOW TO ARRANGE FOR WARRANTY SERVICE IN PUERTO RICO

Your KitchenAid® Stand Mixer is covered by a one-year limited warranty from the date of purchase. KitchenAid will pay for replacement parts and labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center.

Take the Stand Mixer or ship prepaid and insured to an Authorized KitchenAid Service Center. Your repaired Stand Mixer will be returned prepaid and insured. If you are unable to obtain satisfactory service in this manner, call tollfree 1-800-541-6390 to learn the location of a Service Center near you.

## HOW TO ARRANGE FOR SERVICE AFTER THE WARRANTY EXPIRES – ALL LOCATIONS

Before calling for service, please review the Troubleshooting section on page 9.

**For service information in the 50 United States, District of Columbia, and Puerto Rico,** call toll-free 1-800-541-6390.

Or write to:  
Customer Satisfaction Center  
KitchenAid Portable Appliances  
P.O. Box 218  
St. Joseph, MI 49085-0218

Or contact an Authorized Service Center near you.

**For service information in Canada,** call toll-free 1-800-807-6777.

Or write to:  
Customer Interaction Centre  
KitchenAid Canada  
1901 Minnesota Court  
Mississauga, ON L5N 3A7

## HOW TO ARRANGE FOR SERVICE OUTSIDE THESE LOCATIONS

Consult your local KitchenAid dealer or the store where you purchased the Stand Mixer for information on how to obtain service.

**For service information in Mexico,** call toll-free  
01-800-024-17-17  
(JV Distribuciones)

Or  
01-800-902-31-00  
(Industrias Birtman)

## HOW TO ORDER ACCESSORIES AND REPLACEMENT PARTS

### To order accessories or replacement parts for your Stand Mixer in the 50 United States, District of Columbia, and Puerto Rico,

call toll-free 1-800-541-6390  
Monday through Friday,  
8 a.m. to 8 p.m. (Eastern Time),  
or Saturday, 10 a.m. to 5 p.m.

Or write to:  
Customer Satisfaction Center  
KitchenAid Portable Appliances  
P.O. Box 218  
St. Joseph, MI 49085-0218

### To order accessories or replacement parts for your Stand Mixer in Canada,

call toll-free 1-800-807-6777.  
Or write to:  
Customer Interaction Centre  
KitchenAid Canada  
1901 Minnesota Court  
Mississauga, ON L5N 3A7

### To order accessories or replacement parts for your Stand Mixer in Mexico,

call toll-free  
01-800-024-17-17  
(JV Distribuciones)  
Or  
01-800-902-31-00  
(Industrias Birtman)

## TROUBLESHOOTING PROBLEMS

### Please read the following before calling your service center.

1. The Stand Mixer may warm up during use. Under heavy loads with extended mixing time periods, you may not be able to comfortably touch the top of the Stand Mixer. This is normal.
2. The Stand Mixer may emit a pungent odor, especially when new. This is common with electric motors.
3. If the Flat Beater hits the bowl, stop the Stand Mixer. See "Beater to Bowl Clearance," page 14.

Keep a copy of the sales receipt showing the date of purchase. Proof of purchase will assure you of in-warranty service.

### If your Stand Mixer should malfunction or fail to operate, please check the following:

- Is the Stand Mixer plugged in?
- Is the fuse in the circuit to the Stand Mixer in working order? If you have a circuit breaker box, be sure the circuit is closed.

- Turn the Stand Mixer off for 10-15 seconds, then turn it back on. If the mixer still does not start, allow it to cool for 30 minutes before turning it back on.

### If the problem cannot be fixed with the steps provided in this section, then contact KitchenAid or an Authorized Service Center:

**USA/Puerto Rico:** 1-800-541-6390

**Canada:** 1-800-807-6777

**Mexico:** 01-800-024-17-17

(JV Distribuciones)

Or

01-800-902-31-00

(Industrias Birtman)

See the KitchenAid Warranty and Service section on page 6 for additional details. Do not return the Stand Mixer to the retailer – they do not provide service.

## TILT-HEAD STAND MIXER FEATURES



**NOTE:** This photo shows the Artisan® Series Stand Mixer. The features on your mixer model may differ slightly.

## ASSEMBLING YOUR TILT-HEAD STAND MIXER

### **⚠ WARNING**



#### **Electrical Shock Hazard**

**Plug into a grounded 3 prong outlet.**

**Do not remove ground prong.**

**Do not use an adapter.**

**Do not use an extension cord.**

**Failure to follow these instructions can result in death, fire, or electrical shock.**



#### **To Attach Flat Beater, Wire Whip, or Dough Hook**

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Slip beater onto beater shaft and press upward as far as possible.
5. Turn beater to right, hooking beater over pin on shaft.
6. Plug into a grounded 3 prong outlet.

#### **To Remove Flat Beater, Wire Whip or Dough Hook**

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Press beater upward as far as possible and turn left.
5. Pull beater from beater shaft.

#### **To Attach Bowl**

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Place bowl on bowl clamping plate.
5. Turn bowl gently into clockwise direction.
6. Plug into a grounded 3 prong outlet.

#### **To Remove Bowl**

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Turn bowl counterclockwise.

Continued on next page

## ASSEMBLING YOUR TILT-HEAD STAND MIXER

### To Operate Speed Control

Speed control lever should always be set on lowest speed for starting, then gradually moved to desired higher speed to avoid splashing ingredients out of bowl. See page 15 for Speed Control Guide.

### To Lock Motor Head

1. Make sure motor head is completely down.
2. Place locking lever in LOCK position.
3. Before mixing, test lock by attempting to raise head.

### To Unlock Motor Head

1. Place lever in UNLOCK position.

**NOTE:** Motor head should always be kept in LOCK position when using mixer.



## USING YOUR POURING SHIELD\*

### To Attach Pouring Shield

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Attach Flat Beater, Dough Hook, or Wire Whip and bowl (see page 11).
4. From the front of the mixer, slide the Pouring Shield over the bowl until the shield is centered. The bottom rim of the shield should fit within the bowl.

### To Remove Pouring Shield

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Lift the front of the Pouring Shield clear of the bowl rim and pull forward.
4. Remove attachment and bowl.



### To Use Pouring Shield

1. For best results, rotate the shield so the motor head covers the "u" shaped gap in the shield. The pouring chute will be just to the right of the attachment hub as you face the mixer.
2. Pour the ingredients into the bowl through the pouring chute.

\* If Pouring Shield is included.

## USING YOUR KITCHENAID® ACCESSORIES



### Flat Beater for normal to heavy mixtures:

cakes	biscuits
creamed frostings	quick breads
candies	meat loaf
cookies	mashed potatoes
pie pastry	



### Wire Whip for mixtures that need air incorporated:

eggs	sponge cakes
egg whites	angel food cakes
heavy cream	mayonnaise
boiled frostings	some candies



### Dough Hook for mixing and kneading yeast doughs:

bread	coffee cakes
rolls	buns

## MIXING TIME

Your KitchenAid® Stand Mixer will mix faster and more thoroughly than most other electric Stand Mixers. Therefore, the mixing time in most traditional and non-packaged recipes must be adjusted to avoid overbeating. With cakes, for example, beating time may be half as long as with other Stand Mixers.

## TILT-HEAD STAND MIXER USE

### **⚠️ WARNING**

#### **Injury Hazard**

**Unplug mixer before touching beaters.**

**Failure to do so can result in broken bones, cuts or bruises.**

**NOTE:** Do not scrape the bowl while the Stand Mixer is operating.

The bowl and beater are designed to provide thorough mixing without frequent scraping. Scraping the bowl once or twice during mixing is usually sufficient. Turn the Stand Mixer off before scraping.

The Stand Mixer may warm up during use. Under heavy load with extended mixing time, you may not be able to comfortably touch the top of the Stand Mixer. This is normal.

## CARE AND CLEANING

Bowl, white Flat Beater and white Dough Hook may be washed in an automatic dishwasher. Or, clean them thoroughly in hot sudsy water and rinse completely before drying. Wire Whip, burnished Dough Hook and burnished Flat Beater should be hand washed and dried immediately. Do not wash the Wire Whip, burnished Dough Hook and burnished Flat Beater in a dishwasher. Do not store the beaters on the shaft.

**NOTE:** Always be sure to unplug the Stand Mixer before cleaning. Wipe the Stand Mixer with a soft, damp cloth. Do not use household or commercial cleaners. Do not immerse in water. Wipe off the beater shaft frequently, removing any residue that may accumulate.

## BEATER TO BOWL CLEARANCE

Your Stand Mixer is adjusted at the factory so the Flat Beater just clears the bottom of the bowl. If, for any reason, the Flat Beater hits the bottom of the bowl or is too far away from the bowl, you can correct the clearance easily.

1. Turn speed control to OFF.
2. Unplug Stand Mixer or disconnect power.
3. Tilt motor head back.
4. Turn screw (A) SLIGHTLY counterclockwise (left) to raise the Flat Beater or clockwise (right) to lower the Flat Beater.
5. Make adjustment so that the Flat Beater just clears the surface of the bowl. If you over adjust the screw, you may not be able to lock the motor head when it is lowered.

**NOTE:** When properly adjusted, the Flat Beater will not strike the bottom or side of the bowl. If the Flat Beater or the Wire Whip is adjusted so that it strikes the bowl, the coating may wear off the beater, or the wires on the whip may wear.



## SPEED CONTROL GUIDE

SPEED	USE FOR	DESCRIPTION
Stir	STIRRING	For slow stirring, combining, mashing, starting all mixing procedures. Use to add flour and dry ingredients to batter, add liquids to dry ingredients, and combine heavy mixtures. Use with Ice Cream Maker attachment.
2	SLOW MIXING	For slow mixing, mashing, faster stirring. Use to mix heavy batters and candies, start mashing potatoes or other vegetables, cut shortening into flour, mix thin or splashy batters, and mix and knead yeast dough. Use with Can Opener attachment.
4	MIXING, BEATING	For mixing semi-heavy batters, such as cookies. Use to combine sugar and shortening and to add sugar to egg whites for meringues. Medium speed for cake mixes. Use with: Food Grinder, Rotor Slicer/Shredder, and Fruit/Vegetable Strainer.
6	BEATING, CREAMING	For medium fast beating (creaming) or whipping. Use to finish mixing cake, doughnut, and other batters. High speed for cake mixes. Use with Citrus Juicer attachment.
8	FAST BEATING, WHIPPING	For whipping cream, egg whites, and boiled frostings.
10	FAST WHIPPING	For whipping small amounts of cream or egg whites. Use with Pasta Maker and Grain Mill attachments.

**NOTE:** Mixer may not maintain fast speeds under heavy load, such as when the Pasta Maker or Grain Mill attachments are used. This is normal.

**NOTE:** The Speed Control Lever can be set between the speeds listed in the above chart to obtain speeds 3, 5, 7, and 9 if a finer adjustment is required.

Use Speed 2 when preparing yeast dough – using any other speed may damage the mixer.

## MIXING TIPS

### Converting Your Recipe for the Mixer

The mixing instructions for recipes in this book can guide you in converting your own favorite recipes for preparation with your KitchenAid® Stand Mixer. Look for recipes similar to yours and then adapt your recipes to use the procedures in the similar KitchenAid recipes.

For example, the “quick mix” method (sometimes referred to as the “dump” method) is ideal for simple cakes, such as the Quick Yellow Cake and Easy White Cake included in this book. This method calls for combining dry ingredients with most or all liquid ingredients in one step.

More elaborate cakes, such as tortes, should be prepared using the traditional cake mixing method. With this method, sugar and the shortening, butter, or margarine are thoroughly mixed (creamed) before other ingredients are added.

For all cakes, mixing times may change because your KitchenAid® Stand Mixer works more quickly than other mixers. In general, mixing a cake with the KitchenAid® Stand Mixer will take about half the time called for in most traditional and non-packaged cake recipes.

To help determine the ideal mixing time, observe the batter or dough and mix only until it has the desired appearance described in your recipe, such as “smooth and creamy.”

To select the best mixing speeds, use the Speed Control Guide on page 15.

### Adding Ingredients

Always add ingredients as close to side of bowl as possible, not directly into the moving beater. The Pouring Shield can be used to simplify adding ingredients.

**NOTE:** If ingredients in very bottom of bowl are not thoroughly mixed, then the beater is not far enough into the bowl. See “Beater to Bowl Clearance” on page 14.

### Cake Mixes

When preparing packaged cake mixes, use Speed 2 for low speed, Speed 4 for medium speed, and Speed 6 for high speed. For best results, mix for the time stated on the package directions.

### Adding Nuts, Raisins, or Candied Fruits

Follow individual recipes for guidelines on including these ingredients. In general, solid materials should be folded in the last few seconds of mixing on Stir Speed. The batter should be thick enough to prevent the fruit or nuts from sinking to the bottom of the pan during baking. Sticky fruits should be dusted with flour for better distribution in the batter.

### Liquid Mixtures

Mixtures containing large amounts of liquid ingredients should be mixed at lower speeds to avoid splashing. Increase mixer speed only after the mixture has thickened.

## EGG WHITES

Place room temperature egg whites in a clean, dry bowl. Attach bowl and Wire Whip. To avoid splashing, gradually turn to designated speed and whip to the desired stage. See chart below.

AMOUNT	SPEED	Soft Peak
1 egg white .....	GRADUALLY to 10	Tips of peaks fall over when Wire Whip is removed.
2+ egg whites .....	GRADUALLY to 8	
<b>Whipping Stages</b>		<b>Almost Stiff</b>
With your KitchenAid® Stand Mixer, egg whites whip quickly. So, watch closely to avoid overwhipping. This list tells you what to expect.		Sharp peaks form when Wire Whip is removed, but whites are actually soft.
<b>Frothy</b>		<b>Stiff But Not Dry</b>
Large, uneven air bubbles.		Sharp, stiff peaks form when Wire Whip is removed. Whites are uniform in color and glisten.
<b>Begins to Hold Shape</b>		<b>Stiff and Dry</b>
Air bubbles are fine and compact; product is white.		Sharp, stiff peaks form when Wire Whip is removed. Whites are speckled and dull in appearance.

## WHIPPED CREAM

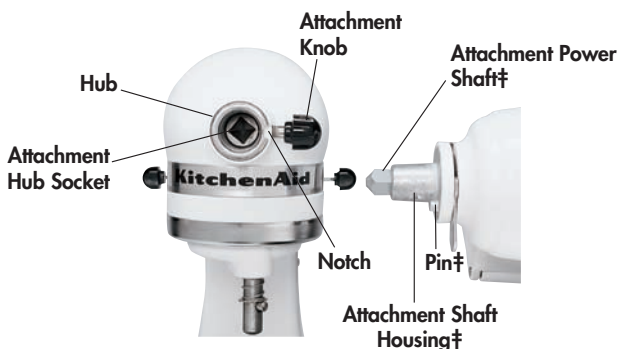
Pour cold whipping cream into a chilled bowl. Attach bowl and Wire Whip. To avoid splashing, gradually turn to designated speed and whip to the desired stage. See chart below.

AMOUNT	SPEED	Begins to Thicken
¼ - ¾ cup .....	GRADUALLY to 10	Cream is thick and custard-like.
(60 ml - 175 ml)		
1+ cup .....	GRADUALLY to 8	
(235 ml +)		
<b>Whipping Stages</b>		<b>Holds Its Shape</b>
Watch the cream closely during whipping. Because your KitchenAid® Stand Mixer whips so quickly, there are just a few seconds between whipping stages. Look for these characteristics:		Cream forms soft peaks when Wire Whip is removed. Can be folded into other ingredients when making desserts and sauces.
		<b>Stiff</b>
		Cream stands in stiff, sharp peaks when Wire Whip is removed. Use for topping on cakes or desserts, or filling for cream puffs.

## ATTACHMENTS AND ACCESSORIES

### General Information

KitchenAid® attachments are designed to assure long life. The attachment power shaft and hub socket are of a square design, to eliminate any possibility of slipping during the transmission of power to the attachment. The hub and shaft housing are tapered to assure a snug fit, even after prolonged use and wear. KitchenAid® attachments require no extra power unit to operate them; the power unit is built in.



†Not part of mixer.

## GENERAL INSTRUCTIONS

### To Attach

1. Turn the speed control to OFF.
2. Unplug mixer or disconnect power.
3. Loosen the attachment knob by turning it counterclockwise, and remove the attachment hub cover or flip up hinged hub cover.
4. Insert the attachment shaft housing into the attachment hub, making certain the attachment power shaft fits into the square attachment hub socket. It may be necessary to rotate the attachment back and forth. When the attachment is in proper position, the pin on the attachment will fit into the notch on the hub rim.
5. Tighten the attachment knob by turning it clockwise until the attachment is completely secured to mixer.

### To Remove

1. Turn the speed control to OFF.
2. Unplug mixer or disconnect power.
3. Loosen the attachment knob by turning it counterclockwise. Rotate the attachment slightly back and forth while pulling it out.
4. Replace the attachment hub cover. Tighten attachment knob by turning it clockwise.

## **⚠️ WARNING**



### **Electrical Shock Hazard**

**Plug into a grounded  
3 prong outlet.**

**Do not remove  
ground prong.**

**Do not use an adapter.**

**Do not use an  
extension cord.**

**Failure to follow these  
instructions can result  
in death, fire, or  
electrical shock.**

6. Plug into a grounded  
3 prong outlet.

## MUSHROOM-ONION TARTLETS

**YIELD:** 24 TARTLETS

- |   |   |
|---|---|
| <b>4 ounces light cream cheese</b>                    | <b>8 ounces fresh mushrooms,<br/>coarsely chopped</b> |
| <b>3 tablespoons butter or<br/>margarine, divided</b> | <b>½ cup chopped green onions</b>                     |
| <b>¾ cup plus 1 teaspoon<br/>all-purpose flour</b>    | <b>1 egg</b>  |
|   | <b>¼ teaspoon dried thyme leaves</b>                  |
|   | <b>½ cup shredded Swiss cheese</b>                    |

Place cream cheese and 2 tablespoons butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl. Add ¾ cup flour. Turn to Speed 2 and mix about 1 minute, or until well blended. Form mixture into ball. Wrap in waxed paper and chill 1 hour. Clean mixer bowl and beater.

Divide chilled dough into 24 pieces. Press each piece into miniature muffin cup (greased, if desired).

Meanwhile, melt remaining 1 tablespoon butter in 10-inch skillet over medium heat. Add mushrooms and onions. Cook and stir until tender. Remove from heat. Cool slightly.

Place egg, remaining 1 tablespoon flour, and thyme in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat about 30 seconds. Stir in cheese and cooled mushroom mixture. Spoon into pastry-lined muffin cups. Bake at 375°F for 15 to 20 minutes, or until egg mixture is puffed and golden brown. Serve warm.

**PER SERVING:** (2 TARTLETS) ABOUT 98 CAL, 4 G PRO, 8 G CARB, 6 G FAT, 33 MG CHOL, 83 MG SOD





## NUTTY CHEESEBALL

**YIELD:** 24 SERVINGS

- |  |   |
|--|---|
| <b>1 cup shredded sharp Cheddar cheese</b>     | <b>2 tablespoons chopped fresh chives</b> |
| <b>1 cup shredded Swiss cheese</b>             | <b>2 teaspoons Worcestershire sauce</b>   |
| <b>1 package (8 ounces) light cream cheese</b> | <b>¼ teaspoon paprika</b>                 |
|  | <b>½ teaspoon garlic powder</b>           |
|  | <b>¼ cup finely chopped pecans</b>        |

Place all ingredients except pecans in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute, or until well blended.

On waxed paper, shape mixture into a ball. Roll ball in chopped pecans. Wrap in waxed paper. Refrigerate until serving time. Serve with assorted crackers or raw vegetables.

**PER SERVING:** (2 TABLESPOONS) ABOUT 65 CAL, 4 G PRO, 1 G CARB, 5 G FAT, 13 MG CHOL, 109 MG SOD



FOR THE WAY IT'S MADE.™

## MEATBALL HORS D'OEUVRES

**YIELD:** 30 MEATBALLS

- |                                      |  |
|--------------------------------------|--|
| <b>1</b> pound ground beef           | $\frac{1}{2}$ teaspoon oregano               |
| <b>2</b> egg yolks                   | $\frac{1}{4}$ teaspoon pepper                |
| $\frac{1}{3}$ cup dry bread crumbs   | <b>2</b> tablespoons chopped stuffed olives  |
| $\frac{1}{3}$ cup Parmesan cheese    | $\frac{1}{4}$ cup olive oil                  |
| <b>2</b> tablespoons chopped parsley | <b>Tangy Barbecue Sauce (recipe follows)</b> |
| $\frac{3}{4}$ teaspoon garlic salt   |  |

Place ground beef, egg yolks, bread crumbs, Parmesan cheese, parsley, garlic salt, oregano, pepper, and olives in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix for 1 minute.

Form mixture into 30 (1-inch) balls and fry in olive oil until well browned. Drain on paper towels. Warm Tangy Barbecue Sauce and pour over meatballs. Serve warm from chafing dish.

## TANGY BARBECUE SAUCE

**YIELD:** 2 CUPS

- |   |  |
|---|--|
| <b>1</b> $\frac{1}{4}$ cups brown sugar   | <b>2</b> tablespoons vinegar           |
| <b>1</b> cup ketchup                      | <b>1</b> cup strong coffee             |
| <b>1</b> tablespoon dry mustard           | $\frac{1}{2}$ cup finely chopped onion |
| <b>2</b> tablespoons Worcestershire sauce | <b>1</b> teaspoon salt                 |
|   | $\frac{1}{8}$ teaspoon pepper          |

Combine all ingredients in a heavy saucepan. Mix well and cook over medium heat 10 minutes, stirring occasionally. Reduce heat and simmer 30 minutes. Cool sauce and store covered in refrigerator until needed.

**PER SERVING:** ABOUT 108 CAL, 4 G PRO, 12 G CARB, 5 G FAT, 25 MG CHOL, 240 MG SOD





## BASIC EGG NOODLE PASTA

**YIELD:** 1¼ POUNDS DOUGH

**4 large eggs** (7/8 cup eggs)  
**1 tablespoon water**

**3½ cups sifted all-purpose flour**

Place eggs, water, and flour in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix for 30 seconds.

Remove flat beater and attach dough hook. Turn to Speed 2 and knead 2 minutes. Hand knead dough for 30 seconds to 1 minute. Cover with dry towel and let rest 15 minutes before extruding through Pasta Maker.

**PER SERVING:** ABOUT 94 CAL, 4 G PRO, 17 G CARB, 1 G FAT, 42 MG CHOL, 14 MG SOD

**TIP: To Cook Pasta,** Add 1 tablespoon salt and 1 tablespoon oil to 6 quarts boiling water. Gradually add pasta and continue to cook at a slow boil until pasta is “al dente” or slightly firm to the bite. Pasta floats on top of the water as it cooks, so stir occasionally to keep pasta cooking evenly. When done cooking, drain in a colander.

**For Spaghetti, Flat Noodles, and Macaroni,** cook entire recipe as above.  
**For Lasagna,** cook half the recipe at a time.

## BASIC WHITE BREAD

YIELD: 32 SERVINGS (16 SLICES PER LOAF)

- ½ cup low-fat milk  
 3 tablespoons sugar  
 2 teaspoons salt  
 3 tablespoons butter or margarine
- 2 packages active dry yeast  
 1½ cups warm water (105°F to 115°F)  
 5 to 6 cups all-purpose flour



Place milk, sugar, salt, and butter in small saucepan. Heat over low heat until butter melts and sugar dissolves. Cool to lukewarm.

Dissolve yeast in warm water in warmed mixer bowl. Add lukewarm milk mixture and 4½ cups flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute.

Continuing on Speed 2, add remaining flour, ½ cup at a time, and mix until dough clings to hook and cleans sides of bowl, about 2 minutes. Knead on Speed 2 about 2 minutes longer, or until dough is smooth and elastic. Dough will be slightly sticky to the touch.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half.

Shape each half into a loaf, as directed on page 66, and place in greased 8½×4½×2½-inch loaf pans. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Bake at 400°F until golden brown, about 30 minutes. Remove from pans immediately and cool on wire racks.

**PER SERVING:** ABOUT 95 CAL, 3 G PRO, 18 G CARB, 1 G FAT, 0 MG CHOL, 148 MG SOD

## VARIATIONS

**Cinnamon Bread:** Prepare dough, divide, and roll out each half into a rectangle, as directed for **Basic White Bread** on page 64. Mix together ½ cup sugar and 2 teaspoons cinnamon in small bowl. Spread each rectangle with 1 tablespoon softened butter or margarine. Sprinkle with half of sugar mixture. Finish rolling and shaping loaves. Place in well-greased 8½×4½×2½-inch loaf pans. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk. If desired, brush tops with beaten egg white. Bake at 375°F for 40 to 45 minutes, or until golden brown. Remove from pans immediately and cool on wire racks.

**Yield:** 32 servings (16 slices per loaf)

**PER SERVING:** ABOUT 111 CAL, 3 G PRO, 21 G CARB, 2 G FAT, 0 MG CHOL, 152 MG SOD

**Sixty-Minute Rolls:** Increase yeast to 3 packages and sugar to  $\frac{1}{4}$  cup. Mix and knead dough as directed for **Basic White Bread** on page 64. Place in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 15 minutes. Turn dough onto lightly floured surface. Shape as desired (see following suggestions). Cover. Let rise in slightly warm oven (90°F) about 15 minutes. Bake at 425°F for 12 minutes, or until golden brown. Remove from pans immediately and cool on wire racks.

**Curlicues:** Divide dough in half and roll each half to 12×9-inch rectangle. Cut 12 equal strips about 1 inch wide. Roll each strip tightly to form a coil, tucking ends underneath. Place on greased baking sheets about 2 inches apart.

**Cloverleaves:** Divide dough into 24 equal pieces. Form each piece into a ball and place in greased muffin pan. With scissors, cut each ball in half, then quarters.

**Yield:** 24 servings (1 roll per serving)

**PER SERVING:** ABOUT 130 CAL, 4 G PRO, 25 G CARB, 2 G FAT, 0 MG CHOL, 198 MG SOD

## BREAD MAKING TIPS

Making bread with a stand mixer is quite different than making bread by hand. Therefore, it will take some practice before you are completely comfortable with the new process. For your convenience, we offer these tips to help you become accustomed to breadmaking the KitchenAid way.

- Start with an easy recipe, such as Rapid Mix Cool Rise White Bread (page 68) until you are familiar with using the dough hook.
- ALWAYS use the dough hook to mix and knead yeast doughs.
- NEVER exceed Speed 2 when using the dough hook.
- NEVER use recipes calling for more than 8 cups all-purpose flour or 6 cups whole wheat flour when making dough with a 4½-quart mixer.
- NEVER use recipes calling for more than 10 cups all-purpose flour or 6 cups whole wheat flour when making dough with a 5-quart mixer.
- NEVER use recipes calling for more than 12 cups all-purpose flour or 8 cups whole wheat flour when making dough with a 6-quart mixer.
- Use a candy thermometer or other kitchen thermometer to ensure that liquids are at the temperature specified in the recipe. Liquids at higher temperatures can kill yeast, while liquids at lower temperatures will retard yeast growth.
- Warm all ingredients to room temperature to ensure a proper rise. If yeast is to be dissolved in the bowl, always warm the bowl first by rinsing with warm water.
- Allow bread to rise in a warm place, 80°F to 85°F, free from draft, unless specified otherwise in recipe.
- Here are some alternative rising methods: (1) Place the bowl of dough on a wire rack over a pan of warm water. (2) Place the bowl on the top rack of an unheated oven over a pan of hot water on the rack below. (3) Turn oven to 400°F for 1 minute, then turn it off; place the bowl on the center rack of the oven and close the door.
- Always cover the bowl with a towel to retain warmth and to protect it from drafts.

- Rising times may vary due to temperature and humidity in your kitchen. Dough has doubled in bulk when indentation marks remain after you press the dough lightly with your fingers.
- Most bread recipes give a range for the amount of flour to be used. Enough flour has been added to the dough when the dough clings to the hook and cleans the sides of bowl. If dough is sticky or humidity is high, slowly add more flour, about  $\frac{1}{2}$  cup at a time, NEVER exceeding the recommended flour capacity. Knead after each addition until flour is completely worked into dough. If too much flour is added, a dry loaf will result.
- Some types of dough, especially those made with whole-grain flours, may not form a ball on the hook. However, as long as the hook comes in contact with the dough, kneading will be accomplished.
- Some large recipes and soft doughs may occasionally climb over the collar of the hook. This usually indicates that the dough is sticky and more flour should be added. The sooner all the flour is added, the less likely the dough will climb the hook. For such recipes, try starting with all but the last cup of flour in the initial mixing process. Then add the remaining flour as quickly as possible.
- When done, yeast breads and rolls will be deep golden brown in color. Also, most loaves of bread will have pulled away from the sides of their loaf pans, and tops of done loaves will sound hollow when tapped. Freshly baked loaves and rolls should be turned onto racks immediately after removing from oven to prevent sogginess.

## SHAPING A LOAF



Divide the dough in half. On a lightly floured surface, roll each half into a rectangle, approximately  $9 \times 14$  inches. A rolling pin will smooth the dough and remove gas bubbles.



Starting at a short end, roll the dough tightly. Pinch to seal the seam.



Pinch the ends and turn them under. Place the dough, seam side down, in a loaf pan. Follow the directions in the recipe for rising and baking.

## WHOLE GRAIN WHEAT BREAD

**YIELD:** 32 SERVINGS (16 SLICES PER LOAF)

**1/3 cup plus 1 tablespoon brown sugar, divided**

**2 cups warm water (105°F to 115°F)**

**2 packages active dry yeast**

**5 to 6 cups whole wheat flour**

**3/4 cup powdered milk**

**2 teaspoons salt**

**1/3 cup oil**

Dissolve 1 tablespoon brown sugar in warm water in small bowl. Add yeast and let mixture stand.

Place 4 cups flour, powdered milk, 1/3 cup brown sugar, and salt in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 15 seconds. Continuing on Speed 2, gradually add yeast mixture and oil to flour mixture and mix about 1 1/2 minutes longer. Stop and scrape bowl, if necessary.

Continuing on Speed 2, add remaining flour, 1/2 cup at a time, and mix until dough clings to hook\* and cleans sides of bowl, about 2 minutes. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Shape each half into a loaf as directed on page 66. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Bake at 400°F for 15 minutes. Reduce oven temperature to 350°F and bake 30 minutes longer. Remove from pans immediately and cool on wire racks.

**PER SERVING:** ABOUT 112 CAL, 4 G PRO, 19 G CARB, 3 G FAT, 2 MG CHOL, 146 MG SOD

*\*Note: Dough may not form a ball on hook. However, as long as hook comes in contact with dough, kneading will be accomplished. Do not add more than the maximum amount of flour specified or a dry loaf will result.*



## RAPID MIX COOL RISE WHITE BREAD

**YIELD:** 32 SERVINGS (16 SLICES PER LOAF)

- |                                      |  |
|--------------------------------------|--|
| <b>6 to 7 cups all-purpose flour</b> | <b>¼ cup butter or margarine, softened</b>     |
| <b>2 tablespoons sugar</b>           | <b>2 cups very warm water (120°F to 130°F)</b> |
| <b>3½ teaspoons salt</b>             |  |
| <b>3 packages active dry yeast</b>   |  |

Place 5½ cups flour, sugar, salt, yeast, and butter in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 20 seconds. Gradually add warm water and mix about 1½ minutes longer.

Continuing on Speed 2, add remaining flour, ½ cup at a time, and mix until dough clings to hook and cleans sides of bowl, about 2 minutes. Knead on Speed 2 about 2 minutes longer.

Cover dough with plastic wrap and a towel. Let rest 20 minutes.

Divide dough in half. Shape each half into a loaf as directed on page 66. Place in greased 8½×4½×2½-inch loaf pans. Brush each loaf with oil and cover loosely with plastic wrap. Refrigerate 2 to 12 hours.

When ready to bake, uncover dough carefully. Let stand at room temperature 10 minutes. Puncture any gas bubbles which may have formed. Bake at 400°F for 35 to 40 minutes. Remove from pans immediately and cool on wire racks.

**PER SERVING:** ABOUT 110 CAL, 3 G PRO, 21 G CARB, 2 G FAT, 0 MG CHOL, 251 MG SOD



## General instructions for making and kneading yeast dough with the Rapid Mix method

“Rapid Mix” describes a bread baking method that calls for dry yeast to be mixed with other dry ingredients before liquid is added, rather than the traditional method of dissolving the yeast in warm liquid.

1. Place yeast and all other dry ingredients except 1 to 2 cups flour in mixer bowl.
2. Attach bowl and dough hook. Turn to Speed 2 and mix until dry ingredients are combined, about 15 seconds.
3. Continuing on Speed 2, gradually\* add liquid ingredients to flour mixture and mix 1 to 2 minutes longer.
4. Continuing on Speed 2, add remaining flour  $\frac{1}{2}$  cup at a time, until dough forms. Mix until dough clings to hook and cleans sides of bowl, about 2 minutes.
5. When dough clings to hook, knead on Speed 2 until dough is smooth and elastic, for 2 minutes.
6. Remove dough hook and bowl from the mixer, and then the dough from the hook and bowl. Follow recipe directions for rising, shaping, and baking.

**\*Note:** *If liquid ingredients are added too quickly in Step 3, they will form a pool around the dough hook and slow down the mixing process.*

**TIP:** The “Rapid Mix” method may be faster and easier for new bread bakers. It is slightly more temperature tolerant because the yeast is mixed with dry ingredients rather than with warm liquid.



## CRUSTY PIZZA DOUGH

**YIELD:** 4 SERVINGS (1/4 PIZZA PER SERVING)

- |  |  |
|--|--|
| <b>1 package active dry yeast</b>        | <b>2 teaspoons olive oil</b>           |
| <b>1 cup warm water (105°F to 115°F)</b> | <b>2½ to 3½ cups all-purpose flour</b> |
| <b>½ teaspoon salt</b>                   | <b>1 tablespoon cornmeal</b>           |

Dissolve yeast in warm water in warmed mixer bowl. Add salt, olive oil, and 2½ cups flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute.

Continuing on Speed 2, add remaining flour, ½ cup at a time, and mix until dough clings to hook and cleans sides of bowl, about 2 minutes. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk. Punch dough down.

Brush 14-inch pizza pan with oil. Sprinkle with cornmeal. Press dough across bottom of pan, forming a collar around edge to hold toppings. Add toppings as desired. Bake at 450°F for 15 to 20 minutes.

**PER SERVING:** ABOUT 373 CAL, 11 G PRO, 74 G CARB, 3 G FAT, 0 MG CHOL, 271 MG SOD

## POPOVERS

**YIELD:** 8 POPOVERS

- |  |                                |
|--|--------------------------------|
| <b>2</b> eggs                                      | <b>1</b> cup all-purpose flour |
| <b>1</b> cup milk                                  | <b>¼</b> teaspoon salt         |
| <b>1</b> tablespoon butter or margarine,<br>melted |                                |

Place eggs, milk, butter, flour, and salt in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 4 and beat 15 seconds. Stop and scrape bowl. Turn to Speed 4 and beat 15 seconds more.

Fill 8 heavily greased and floured custard cups half full with batter. Place cups on cookie sheet. Place cookie sheet in cold oven and set heat at 450°F. Bake for 15 minutes; reduce heat to 350°F and bake 20 to 25 minutes longer. Remove from oven and cut slit into side of each popover. Serve immediately.

**PER SERVING:** ABOUT 103 CAL, 4 G PRO, 13 G CARB, 3 G FAT, 59 MG CHOL, 115 MG SOD



## BAKING POWDER BISCUITS

**YIELD:** 16 BISCUITS

**2 cups all-purpose flour**

**1 tablespoon baking powder**

**½ teaspoon salt**

**¼ cup butter**

**3 tablespoons shortening**

**About ¾ cup milk**

Preheat oven to 450°F. Grease baking sheet.

Sift flour, baking powder and salt into medium bowl. Using pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Stir in enough milk to make soft dough.

Turn out onto lightly floured surface. Knead dough lightly. Roll out ½-inch thick.

Cut biscuit rounds with 2-inch cutter. Place on greased baking sheet.

Bake 8 to 10 minutes or until browned.

**PER SERVING:** 135 CAL, 3 G PRO, 17 G CARB, 6 G FAT, 1 MG CHOL, 183 MG SOD



## EASY WHITE CAKE

**YIELD:** 12 TO 16 SERVINGS

- |                                  |                           |
|----------------------------------|---------------------------|
| <b>2 cups all-purpose flour</b>  | <b>½ cup shortening</b>   |
| <b>1½ cups sugar</b>             | <b>1 cup low-fat milk</b> |
| <b>3 teaspoons baking powder</b> | <b>1 teaspoon vanilla</b> |
| <b>½ teaspoon salt</b>           | <b>4 egg whites</b>       |

Combine dry ingredients in mixer bowl. Add shortening, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add egg whites. Turn to Speed 6 and beat about 1 minute, or until smooth and fluffy.

Pour batter into two greased and floured 8- or 9-inch round baking pans. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans. Cool completely on wire rack. Frost if desired.

---

**PER SERVING:** ABOUT 267 CAL, 4 G PRO, 42 G CARB, 9 G FAT, 2 MG CHOL, 183 MG SOD

## QUICK YELLOW CAKE

**YIELD:** 12 TO 16 SERVINGS

- |                                  |                           |
|----------------------------------|---------------------------|
| <b>2¼ cups all-purpose flour</b> | <b>½ cup shortening</b>   |
| <b>1⅓ cups sugar</b>             | <b>1 cup low-fat milk</b> |
| <b>3 teaspoons baking powder</b> | <b>1 teaspoon vanilla</b> |
| <b>½ teaspoon salt</b>           | <b>2 eggs</b>             |

Combine dry ingredients in mixer bowl. Add shortening, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add eggs. Continuing on Speed 2, mix about 30 seconds. Stop and scrape bowl. Turn to Speed 6 and beat about 1 minute.

Pour batter into two greased and floured 8- or 9-inch round baking pans. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans. Cool completely on wire rack. Frost if desired.

**PER SERVING:** ABOUT 272 CAL, 4 G PRO, 42 G CARB, 10 G FAT, 37 MG CHOL, 175 MG SOD





## CHOCOLATE FROSTING

**YIELD:** 12 TO 16 SERVINGS (FROSTING FOR 2-LAYER OR 13×9×2-INCH CAKE)

- |                                       |   |
|---------------------------------------|---|
| <b>1</b> cup butter, softened         | <b>2</b> squares (1 ounce each)<br>unsweetened chocolate,<br>melted |
| <b>2</b> tablespoons light corn syrup |   |
| <b>4</b> cups powdered sugar          |   |

Place butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1½ minutes, or until creamy. Stop and scrape bowl. Add corn syrup. Turn to Speed 2 and mix well. Stop and scrape bowl.

Turn to Stir Speed. Gradually add powdered sugar, mixing until blended. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl. Turn to Speed 2. Slowly add melted chocolate and mix about 1½ minutes. Stop and scrape bowl. Turn to Speed 4 and beat about 1 minute.

**PER SERVING:** ABOUT 325 CAL, 1 G PRO, 44 G CARB, 18 G FAT, 41 MG CHOL, 160 MG SOD

## CHOCOLATE CAKE

**YIELD:** 12 TO 16 SERVINGS

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <b>2 cups all-purpose flour</b> | <b>1 cup low-fat milk</b>       |
| <b>1 1/3 cups sugar</b>         | <b>1 teaspoon vanilla</b>       |
| <b>1 teaspoon baking powder</b> | <b>2 eggs</b>                   |
| <b>1/2 teaspoon baking soda</b> | <b>2 squares (1 ounce each)</b> |
| <b>1/2 teaspoon salt</b>        | <b>unsweetened chocolate,</b>   |
| <b>1/2 cup shortening</b>       | <b>melted</b>                   |

Combine dry ingredients in mixer bowl. Add shortening, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add eggs and chocolate. Continuing on Speed 2, mix about 30 seconds. Stop and scrape bowl. Turn to Speed 6 and beat about 1 minute.

Pour batter into two greased and floured 8- or 9-inch round baking pans. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans. Cool completely on wire rack. Frost if desired.

**PER SERVING:** ABOUT 285 CAL, 4 G PRO, 41 G CARB, 12 G FAT, 37 MG CHOL, 185 MG SOD

## BUTTERCREAM FROSTING

**YIELD:** 12 TO 16 SERVINGS (FROSTING FOR 2-LAYER OR 13×9×2-INCH CAKE)

- |   |                                       |
|---|---------------------------------------|
| <b>1/3 cup butter, softened</b>         | <b>1/4 teaspoon salt</b>              |
| <b>1/4 cup cream or evaporated milk</b> | <b>4 cups powdered sugar, divided</b> |
| <b>1 teaspoon vanilla</b>               | <b>Low-fat milk, if necessary</b>     |

Place butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute, or until creamy. Stop and scrape bowl. Add cream, vanilla, salt, and 1 cup powdered sugar. Turn to Stir Speed and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 2 and mix about 1 1/2 minutes, or until well blended. Stop and scrape bowl.

Turn to Stir Speed. Gradually add remaining 3 cups powdered sugar and mix until blended. Stop and scrape bowl, if necessary. Add milk, 1 teaspoon at a time, if necessary. Turn to Speed 4 and beat about 1 minute, or until smooth.

**PER SERVING:** ABOUT 208 CAL, 0 G PRO, 40 G CARB, 6 G FAT, 16 MG CHOL, 99 MG SOD



## KEY LIME PIE

YIELD: 1 PIE

- |  |  |
|--|--|
| <b>2 cups sugar, divided</b>                   | <b>2 tablespoons butter</b>                              |
| <b>¼ cup plus 2 tablespoons<br/>cornstarch</b> | <b>1½ cups boiling water</b>                             |
| <b>¼ teaspoon salt</b>                         | <b>1 teaspoon grated fresh lime peel</b>                 |
| <b>½ cup fresh key lime juice</b>              | <b>Green food coloring (optional)</b>                    |
| <b>½ cup cold water</b>                        | <b>¼ teaspoon cream of tartar</b>                        |
| <b>3 eggs, separated</b>                       | <b>Pastry for 9-inch pie (see recipe<br/>on page 80)</b> |

**1.** Combine 1½ cups sugar, cornstarch and salt in 2-quart saucepan. Add lime juice, water and egg yolks; blend well. Add butter and gradually add boiling water. Bring mixture to a boil over medium heat and cook 3 minutes, stirring constantly. Stir in lime peel and green food coloring, if desired. Remove from heat and cool 20 minutes.

**2.** Beat egg whites in bowl of electric stand mixer on high speed until frothy. Add cream of tartar and whip until soft peaks form. Continuing on high speed, gradually add remaining sugar, beating until stiff peaks form.

**3.** Pour cooled filling into pie shell. Lightly pile meringue on filling and spread to edges. Bake at 350°F for 15 minutes, or until lightly browned. Cool completely before serving.

**PER SERVING:** (½ PIE) ABOUT 398 CAL, 4 G PRO, 69 G CARB, 12 G FAT, 91 MG CHOL, 240 MG SOD



## ALMOND DACQUOISE

**YIELD:** 1 (8-INCH) CAKE

- |   |  |
|---|--|
| <p><b>6 ounces blanch almonds, ground</b></p> <p><b>1 cup powdered sugar</b></p> <p><b>1½ tablespoons cornstarch</b></p> <p><b>6 egg whites</b></p> <p><b>⅛ teaspoon salt</b></p> | <p><b>¼ teaspoon cream of tartar</b></p> <p><b>3 tablespoons sugar</b></p> <p><b>1¼ teaspoons vanilla</b></p> <p><b>¼ teaspoon almond extract</b></p> <p><b>Chocolate Buttercream Filling (recipe follows)</b></p> |
|---|--|

1. Combine almonds, powdered sugar and cornstarch; set aside.
2. Place egg whites in bowl of electric stand mixer. Turn to medium-high and whip until foamy. Add salt and cream of tartar and continue whipping until soft peaks form. Sprinkle in sugar, vanilla and almond extract, beating until stiff peaks form. Reduce to low and quickly add almond mixture, mixing just until blended.
3. Using a pastry bag fitted with large (½-inch) plain tip, pipe mixture onto greased and floured baking sheets to form 3 (8-inch) circles. Bake at 250°F for 35 to 45 minutes. Remove from baking sheets and cool on aluminum foil. Fill and frost with Chocolate Buttercream Filling.



## CHOCOLATE BUTTERCREAM FILLING

- |   |   |
|---|---|
| <p><b>2 egg yolks</b></p> <p><b>1 cup powdered sugar</b></p> <p><b>2 squares (1 ounce each) semisweet chocolate, melted</b></p> | <p><b>¾ cup (1½ sticks) butter, softened</b></p> <p><b>½ teaspoon vanilla</b></p> |
|---|---|

Place egg yolks in bowl of electric stand mixer. Turn to medium-high and whip 2 minutes. Stop and scrape bowl.

Reduce speed to medium and gradually add powdered sugar, chocolate, butter and vanilla; continue beating until fluffy, about 5 minutes.

**PER SERVING:** (⅓ CAKE) ABOUT 491 CAL, 9 G PRO, 45 G CARB, 33 G FAT, 102 MG CHOL, 272 MG SOD

## KITCHENAID PIE PASTRY

YIELD: 8 SERVINGS (TWO 8- OR 9-INCH CRUSTS)

**2 1/4 cups all-purpose flour****3/4 teaspoon salt****1/2 cup shortening, well chilled****2 tablespoons butter or margarine, well chilled****5 to 6 tablespoons cold water**

Place flour and salt in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 15 seconds. Cut shortening and butter into pieces and add to flour mixture. Turn to Stir Speed and mix until shortening particles are size of small peas, 30 to 45 seconds.

Continuing on Stir Speed, add water, 1 tablespoon at a time, mixing until ingredients are moistened and dough begins to hold together. Divide dough in half. Pat each half into a smooth ball and flatten slightly. Wrap in plastic wrap. Chill in refrigerator 15 minutes.

Roll one half of dough to 1/8-inch thickness between sheets of waxed paper. Fold pastry into quarters. Ease into 8- or 9-inch pie plate and unfold, pressing firmly against bottom and sides.

**For One-Crust Pie:** Fold edge under. Crimp as desired. Add desired pie filling. Bake as directed.

**For Two-Crust Pie:** Trim pastry even with edge of pie plate. Using second half of dough, roll out another pastry crust. Add desired pie filling. Top with second pastry crust. Seal edge. Crimp as desired. Cut slits for steam to escape. Bake as directed.

**For Baked Pastry Shell:** Fold edge under. Crimp as desired. Prick sides and bottom with fork. Bake at 450°F for 8 to 10 minutes, or until lightly browned. Cool completely on wire rack and fill.

**Alternate Method for Baked Pastry Shell:** Fold edge under. Crimp as desired. Line shell with foil. Fill with pie weights or dried beans. Bake at 450°F for 10 to 12 minutes, or until edges are lightly browned. Remove pie weights and foil. Cool completely on wire rack and fill.

**PER SERVING (ONE CRUST):** ABOUT 134 CAL, 2 G PRO, 13 G CARB, 8 G FAT, 0 MG CHOL, 118 MG SOD

**PER SERVING (TWO CRUSTS):** ABOUT 267 CAL, 4 G PRO, 27 G CARB, 16 G FAT, 0 MG CHOL, 236 MG SOD



## RUSTIC APPLE TART

**YIELD:** 8 SERVINGS

**2½ pounds (about 6 large) tart green apples, peeled, thinly sliced**  
**2 tablespoons lemon juice**  
**¼ cup granulated sugar**  
**⅓ cup light brown sugar**

**½ cup flour**  
**½ teaspoon cinnamon**  
**¼ cup (½ stick) butter, softened**  
**1 unbaked (9-inch) pie crust (see page 80)**

Toss together apples, lemon, and granulated sugar. Set aside.

Place all remaining ingredients except pie crust in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix until crumbly. Set aside.

Roll out pastry into a 13-inch circle. Transfer to baking sheet (it's OK if pastry hangs over edge of baking sheet).

Gently mound apples in center of pastry, leaving a 2-inch border of dough on all sides. Sprinkle apples with cinnamon sugar mixture. Fold pastry up over filling, pleating as necessary to fit snugly around apples. Gently press dough to filling, reinforcing shape.

Bake at 400°F until pastry is golden brown and apples are tender, for about 30 minutes. Cool tart on baking sheet on wire rack 10 minutes; serve warm.

**PER SERVING:** ABOUT 452 CAL, 5 G PRO, 60 G CARB, 21 G FAT, 23 MG CHOL, 290 MG SOD

## PEANUT BUTTER COOKIES

**YIELD:** 36 SERVINGS (1 COOKIE PER SERVING)

½ cup peanut butter	1 egg
½ cup butter or margarine, softened	½ teaspoon vanilla
½ cup granulated sugar	½ teaspoon baking soda
½ cup brown sugar	¼ teaspoon salt
	1¼ cups all-purpose flour

Place peanut butter and butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat until mixture is smooth, about 1 minute. Stop and scrape bowl. Add sugars, egg and vanilla. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl.

Turn to Stir Speed. Gradually add all remaining ingredients to sugar mixture and mix about 30 seconds. Turn to Speed 2 and mix about 30 seconds.

Roll dough into 1-inch balls. Place about 2 inches apart on ungreased baking sheets. Press flat with fork in a criss-cross pattern to ¼-inch thickness.

Bake at 375°F until golden brown, about 10 to 12 minutes. Remove from baking sheets immediately and cool on wire racks.

**PER SERVING:** 83 CAL, 2 G PRO, 10 G CARB, 4 G FAT, 6 MG CHOL, 81 MG SOD





## CHOCOLATE CHIP COOKIES

**YIELD:** 54 SERVINGS (1 COOKIE PER SERVING)

- |  |                                      |
|--|--------------------------------------|
| 1 cup granulated sugar                         | 1½ teaspoons vanilla                 |
| 1 cup brown sugar                              | 1 teaspoon baking soda               |
| 1 cup (2 sticks) butter or margarine, softened | 1 teaspoon salt                      |
| 2 eggs   | 3 cups all-purpose flour             |
|  | 12 ounces semi-sweet chocolate chips |

Place sugars, butter, eggs, and vanilla in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 4 and beat about 30 seconds. Stop and scrape bowl.

Turn to Stir Speed. Gradually add baking soda, salt, and flour to sugar mixture and mix about 2 minutes. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Add chocolate chips. Turn to Stir Speed and mix about 15 seconds.

Drop rounded teaspoonfuls onto greased baking sheets, about 2 inches apart. Bake at 375°F for 10 to 12 minutes. Remove from baking sheets immediately and cool on wire racks.

**PER SERVING:** ABOUT 117 CAL, 1 G PRO, 17 G CARB, 5 G FAT, 8 MG CHOL, 106 MG SOD

### VARIATIONS

Two cups raisins, coconut, or chopped walnuts may be substituted for chocolate chips.

# FUDGE BROWNIES

**YIELD:** 36 SERVINGS (1 BROWNIE PER SERVING)

- |   |  |
|---|--|
| <b>1 cup margarine or butter,<br/>softened, divided</b>   | <b>1 teaspoon vanilla</b>              |
| <b>4 squares (1 ounce each)<br/>unsweetened chocolate</b> | <b>3 eggs</b>                          |
| <b>2 cups sugar</b>                                       | <b>1 cup all-purpose flour</b>         |
|   | <b>½ teaspoon salt</b>                 |
|   | <b>1 cup chopped walnuts or pecans</b> |

Melt ½ cup margarine and chocolate in small saucepan over low heat; set aside to cool.

Place remaining ½ cup margarine, sugar, and vanilla in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Turn to Speed 6 and beat about 2 minutes. Turn to Speed 4. Add eggs, one at a time, beating about 15 seconds after each addition. Stop and scrape bowl.

Add cooled chocolate mixture. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Add all remaining ingredients. Turn to Stir Speed and mix until well blended, about 30 seconds.

Pour into greased and floured 13×9×2-inch baking pan. Bake at 350°F for 45 minutes. Cool in pan on wire rack and cut.

---

**PER SERVING:** ABOUT 143 CAL, 2 G PRO, 16 G CARB, 9 G FAT, 18 MG CHOL, 93 MG SOD



## CREAMY NO-COOK MINTS

YIELD: 7 DOZEN CANDIES

- |  |   |
|--|---|
| <b>1 package (3 ounces) light cream cheese</b> | <b>2 drops green food color (or color of choice)</b>    |
| <b>¼ teaspoon mint extract</b>                 | <b>4¼ to 4½ cups powdered sugar<br/>Superfine sugar</b> |

Place cream cheese, mint extract, and food color in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds, or until smooth. Continuing on Speed 2, gradually add powdered sugar and mix about 1 ½ minutes, or until mixture becomes very stiff.

To make mints, dip individual flexible candy molds into superfine sugar. Press in mint mixture. Turn out onto waxed paper covered with superfine sugar. Repeat until all mixture is used. Or: Shape mixture into ¾-inch balls, using 1 teaspoonful for each ball. Roll in superfine sugar. Place on waxed paper covered with superfine sugar. Flatten slightly with thumb to form ¼-inch-thick patties. If desired, press back of fork lightly on patties to form ridges.

Store mints, tightly covered, in refrigerator. Mints also freeze well.

---

**PER SERVING:** (2 MINTS) ABOUT 54 CAL, 0 G PRO, 13 G CARB, 0 G FAT, 1 MG CHOL, 12 MG SOD



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## ICE CREAM MAKER

### Model: KICA



The Ice Cream Maker attachment produces a variety of frozen desserts as well as fresh, pure, soft-consistency ice cream. When stored for 2 to 4 hours in an airtight container in the freezer, soft-consistency

ice cream will ripen into hard ice cream. Makes up to 2 quarts of frozen desserts in 20 to 30 minutes.

## RAVIOLI MAKER

### Model: KRAV



Whether you prefer meat, cheese or spinach, our specially designed rollers will pinch and seal in your favorite fillings for perfect homemade pasta every time.

**Includes:** Wide roller to create 3 rows of ravioli, filling scoop, cleaning brush

## PASTA ROLLER AND CUTTER SET

### Model: KPRA



Making fresh, restaurant-quality pasta has never been easier. Make perfect, even sheets of pasta in a snap. And unlike with hand-cranked rollers, you have both hands free

to guide the dough through the machine. Turn out tons of tortellini or piles of pierogi in minutes, or use the cutter blades to make homemade fettuccini or spaghetti.

**Includes:** Roller attachment, fettuccini cutter, spaghetti cutter

## GRAIN MILL

### Model: GMA



Maximize the nutritional content and customize the textures of the grains in your diet by grinding them fresh at home. Mill your own flour or cornmeal and avoid

the additives in commercial products. Perfect for preparing ingredients for whole wheat or multi-grain bread. Adjusts from coarse to fine grind.

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## METRIC CONVERSION CHART

### VOLUME MEASUREMENTS (DRY)

$\frac{1}{8}$ teaspoon = 0.5 mL
$\frac{1}{4}$ teaspoon = 1 mL
$\frac{1}{2}$ teaspoon = 2 mL
$\frac{3}{4}$ teaspoon = 4 mL
1 teaspoon = 5 mL
1 tablespoon = 15 mL
2 tablespoons = 30 mL
$\frac{1}{4}$ cup = 60 mL
$\frac{1}{3}$ cup = 75 mL
$\frac{1}{2}$ cup = 125 mL
$\frac{2}{3}$ cup = 150 mL
$\frac{3}{4}$ cup = 175 mL
1 cup = 250 mL
2 cups = 1 pint = 500 mL
3 cups = 750 mL
4 cups = 1 quart = 1 L

### VOLUME MEASUREMENTS (FLUID)

1 fluid ounce (2 tablespoons) = 30 mL
4 fluid ounces ( $\frac{1}{2}$ cup) = 125 mL
8 fluid ounces (1 cup) = 250 mL
12 fluid ounces ( $1\frac{1}{2}$ cups) = 375 mL
16 fluid ounces (2 cups) = 500 mL

### WEIGHTS (mass)

$\frac{1}{2}$ ounce = 15 g
1 ounce = 30 g
3 ounces = 90 g
4 ounces = 120 g
8 ounces = 225 g
10 ounces = 285 g
12 ounces = 360 g
16 ounces = 1 pound = 450 g

### DIMENSIONS

$\frac{1}{16}$ inch = 2 mm
$\frac{1}{8}$ inch = 3 mm
$\frac{1}{4}$ inch = 6 mm
$\frac{1}{2}$ inch = 1.5 cm
$\frac{3}{4}$ inch = 2 cm
1 inch = 2.5 cm

### OVEN TEMPERATURES

250°F = 120°C
275°F = 140°C
300°F = 150°C
325°F = 160°C
350°F = 180°C
375°F = 190°C
400°F = 200°C
425°F = 220°C
450°F = 230°C

### BAKING PAN SIZES

Utensil	Size in Inches/ Quarts	Metric Volume	Size in Centimeters
Baking or Cake Pan (square or rectangular)	8×8×2	2 L	20×20×5
	9×9×2	2.5 L	23×23×5
	12×8×2	3 L	30×20×5
	13×9×2	3.5 L	33×23×5
Loaf Pan	8×4×3	1.5 L	20×10×7
	9×5×3	2 L	23×13×7
Round Layer Cake Pan	8×1½	1.2 L	20×4
	9×1½	1.5 L	23×4
Pie Plate	8×1¼	750 mL	20×3
	9×1¼	1 L	23×3
Baking Dish or Casserole	1 quart	1 L	—
	1½ quart	1.5 L	—
	2 quart	2 L	—

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