



**KENWOOD**  
CREATE MORE

Published for Kenwood Ltd.  
Edition 2013

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A CIP catalogue record for this book is available from the British library.

ISBN 978-1-907367-29-8

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## INTRODUCTION

This recipe book has been written for the Kenwood Chef and contains over 65 recipes to illustrate its many uses, covering a variety of baking, soups, drinks and dinner party recipes to inspire you to create more with your machine. Also offering a wide selection of attachments so that you can build and tailor your machine to your needs.

The first chapter is all about baking, the fundamentals of a Kenwood Chef. By the end of this chapter you will be able to master breads, cakes, pastries and much more. If you are feeling experimental or hosting a party why not try a dish from the Entertaining section and impress your guests, or try a heart warming soup or an iced cocktail within the soups and drinks section.

With a Kenwood Chef you truly can create more, get inspired visit [www.kenwoodworld.com](http://www.kenwoodworld.com)

## THE AUTHOR

Nico Ghirlando is a versatile food writer and stylist who has created over 170 recipes for the Kenwood Chef. The following recipe book showcases Nico's favourite recipes, and he also completed the food and food styling for the book.

*I hope you enjoy the book and the machine as much as I have enjoyed coming up with these recipes.*

*Nico*

NICO GHIRLANDO



# COOKERY NOTES

Use medium eggs unless otherwise stated.

Place dishes in the middle of the oven unless otherwise stated.

## OVEN CONVERSION CHART

DEGREES FAHRENHEIT	DEGREES CELSIUS	GAS MARK	DESCRIPTION
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very Hot

Cooking times may vary slightly depending on each individual oven so it is recommended to check your dish towards the end of the cooking time.

## VOLUMES

When measuring liquid, cooking measurements are quite straightforward:

METRIC	IMPERIAL	US CUPS
250ml	8 fl oz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 fl oz	2/3 cup
120ml	4 fl oz	1/2 cup
75ml	2 1/2 fl oz	1/3 cup
60ml	2 fl oz	1/4 cup
30ml	1 fl oz	1/8 cup
15ml	1/2 fl oz	1 tablespoon

## AMERICAN CUP CONVERSIONS




AMERICAN	IMPERIAL	METRIC
1 cup flour	5oz	150g
1 cup caster/ granulated sugar	8oz	225g
1 cup brown sugar	6oz	175g
1 cup butter/margarine/lard	8oz	225g
1 cup ground almonds	4oz	110g
1 cup golden syrup	12oz	350g
1 cup uncooked rice	7oz	200g
1 cup grated cheese	4oz	110g
1 stick butter	4oz	110g

## SPOONS












1 tablespoon	1/16 cup	1 teaspoon	5ml
2 tablespoons	1/8 cup	2 teaspoons	10ml
4 tablespoons	1/4 cup	1 tablespoon	15ml
5 tablespoons	1/3 cup	2 tablespoons	30ml
8 tablespoons	1/2 cup	3 tablespoons	45ml
10 tablespoons	2/3 cup	4 tablespoons	60ml
12 tablespoons	3/4 cup	5 tablespoons	75ml
16 tablespoons	1 cup	6 tablespoons	90ml
		7 tablespoons	105ml

## GUIDE TO SYMBOLS

Level of difficulty is represented by the chef's hat symbols:

EASY   
 MEDIUM   
 DIFFICULT 

The bowl tool or attachment you need for each recipe is represented by the following symbols:

-  K beater
-  Dough hook
-  Whisk
-  Creaming beater
-  Folding tool
-  Blender
-  Food processor
-  Compact chopper/grinder
-  Continuous slicer/grater
-  Pasta roller
-  Frozen dessert maker

# BOWL TOOLS AND BLENDER



**KENWOOD KITCHEN MACHINES ARE DESIGNED TO BEAT, KNEAD AND WHISK INGREDIENTS  
IN AN OPEN BOWL MAKING COOKING QUICKER, EASIER AND MORE PLEASURABLE.**

Every mixing function from cakes, biscuits, pastry, doughs, meringues, mousses and souffles can all be achieved with the bowl tools.



Not all packs have the creaming beater, folding tool or blender included from the beginning but these can be bought separately to help with all your mixing needs.

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## K BEATER

THE K BEATER IS LIKELY TO BE THE MOST FREQUENTLY USED TOOL, IDEAL FOR MAKING CAKES, BISCUITS, PASTRY, ICING, FILLINGS, ÉCLAIRS AND MASHED POTATO. THE SPECIALLY DESIGNED CENTRAL 'K' MOVES THROUGH THE MIXTURE, ENSURING ALL INGREDIENTS ARE INCORPORATED THOROUGHLY.

### WHEN BEST TO USE:

#### CREAMED MIXTURES

Creaming together fat and sugar for either a cake mix or icing.

#### RUBBED-IN MIXTURES

Blending flour and fat to a crumb-like mix for plain cakes, scones and biscuits.

#### CRUMBING BISCUITS

Crush biscuits for making cheesecake bases and flan cases.

#### MASHING VEGETABLES

Pre-cook potato, swede or parsnips and mix with a little butter until mashed.



## K BEATER RECIPE ALMOND BISCUITS

**SERVES** Makes 12 biscuits

**PREP TIME** 10 mins

**COOKING TIME** 12-15 mins

**DIFFICULTY** 🟡

**EQUIPMENT** Baking tray, baking paper, flat pan

### TOOLS



### INGREDIENTS

12 whole almonds, skinless  
150g unsalted butter  
200g caster sugar  
½ tsp baking powder  
150g flour  
150g ground almonds  
1 egg, beaten  
1 tsp almond extract

### METHOD

- ▶ Heat the oven to 180°C and line a baking tray with baking paper.
- ▶ Toast the 12 whole almonds in a dry flat pan and set aside.
- ▶ Add the sugar and butter to the bowl, attach the K beater and mix on a high speed until pale and fluffy.
- ▶ Add the baking powder, flour and ground almonds and mix well on a medium speed for one minute, then add the egg and almond extract and beat well until fully incorporated.
- ▶ Drop tablespoon sized amounts of the mixture onto the baking tray, leaving a good space between each one, top each one with the toasted almonds.
- ▶ **Cook in the oven for 12-15 minutes** until golden. Remove and cool on a wire rack.





## DOUGH HOOK

THE DOUGH HOOK TAKES THE HARD WORK OUT OF KNEADING DOUGH. IT IS IDEAL FOR CREATING BREADS, ROLLS, BUNS, PIZZA DOUGH AND SWEET DOUGH.

### WHEN BEST TO USE:


#### BREADS/ROLLS/SWEET BREAD

Mixes and kneads flour, water and yeast.

#### PIZZA DOUGH

Mixes and kneads flour, water, yeast and oil.

## DOUGH HOOK RECIPE PIZZA DOUGH

SERVES	4
PREP TIME	5 minutes plus time for proving and rising
DIFFICULTY	★
EQUIPMENT	Rolling pin
TOOLS	

### INGREDIENTS

500g strong flour  
7g dry yeast  
300ml lukewarm water  
1 tbsp table salt  
30ml olive oil

### METHOD

- ▶ Attach the dough hook and the mixing bowl to the Kitchen Machine. Dissolve the yeast in the water. Add the flour to the bowl, mix on speed 1. Gradually add the water to the bowl until combined. Add the salt and oil and knead for several minutes.
- ▶ Remove the bowl from the machine and cover with a tea towel. Place the bowl in a warm draught free place to prove for one to two hours. Alternatively, place the bowl in the fridge for 24 hours to prove slowly.
- ▶ Preheat your oven to 250°C. Remove the dough from the bowl and divide into 4 equal pieces. On a floured board, roll and stretch one of the dough pieces into a thin round.
- ▶ Top with tomato passata, cheese and toppings of your choice and **cook in 250°C oven on the top shelf for 8 to 10 minutes.**



## WHISK

THE WHISK IS PERFECT FOR CREATING FOAMY WHIPPED MIXTURES, IDEAL FOR EGGS, CREAM, BATTERS, FATLESS SPONGES, MERINGUES, CHEESECAKES, MOUSSES AND SOUFFLÉS. THE BALLOON SHAPE OF THE WHISK MAXIMISES AERATION FOR THE BEST POSSIBLE VOLUME AND TEXTURE

### WHEN BEST TO USE:

#### EGG WHITES

Whisk eggs on a high speed for meringue, pavlova and souffles.

#### BATTERS

Flour, milk and egg batters for pancakes, crêpes and Yorkshire pudding.

#### WHIPPING CREAM

Whisk cream on a medium speed to top pies, trifles, fill sponges and profiteroles.


#### LIGHT SPONGES

Sponges without butter for swiss roll, roulade and Genoese sponge.

#### WHIPPED DESSERTS

Egg yolks and fruit purees for mousses, cream and egg whites for soufflés.

## WHISK RECIPE MERINGUES WITH STRAWBERRIES AND CREAM

SERVES	4
PREP TIME	15 minutes
COOKING TIME	45 minutes plus cooling
DIFFICULTY	👤👤
EQUIPMENT	Baking tray and baking paper
TOOLS	

### INGREDIENTS

4 egg whites  
200g icing sugar  
1 punnet of strawberries, hulled and quartered  
Double cream, to serve

### METHOD

- ▶ Heat the oven to 150°C. Line a baking tray with baking paper.
- ▶ Attach the whisk and mixing bowl, making sure they are spotlessly clean and free of any grease.
- ▶ Add the egg whites and whisk on a high speed for 3-4 minutes until you have stiff peaks.
- ▶ Add the sugar a tablespoon at a time until the mix is glossy.
- ▶ Spoon the meringue mixture onto the lined baking tray into fist sized portions, leaving a large gap between each one.
- ▶ **Cook in the oven for 35-40 minutes.** Turn the heat off and leave to cool in the oven.
- ▶ Serve with fresh strawberries and cream.



## CREAMING BEATER

THE CREAMING BEATER IS IDEAL FOR CREAMING AND MIXING SOFT INGREDIENTS TOGETHER. THE FLEXIBLE EDGES ACT AS A SPATULA PROVIDING THE SMOOTHEST RESULTS.

### WHEN BEST TO USE:

#### CAKE MIXES

Creaming together fat and sugar until pale and fluffy.

#### ICING

Mixing together icing sugar and butter to create icing to top cakes.



## CREAMING BEATER RECIPE CHOCOLATE GANACHE

SERVES	Makes 300g
PREP TIME	10 mins
DIFFICULTY	👤
EQUIPMENT	Saucepan

#### TOOLS



#### INGREDIENTS

100ml double cream  
1 vanilla pod, split lengthways  
200g 80% cocoa dark chocolate

#### METHOD

- ▶ Bring the cream and vanilla to just below the boil in a saucepan.
- ▶ Attach the creaming beater.
- ▶ Break the chocolate into pieces and put in the mixing bowl. Slowly pour in the heated cream and turn the machine to a medium speed and beat until smooth.
- ▶ Scrape the chocolate mixture into a separate bowl, cover and keep somewhere cool until needed.
- ▶ Can be used for decorating a vanilla sponge or cupcakes.



## FOLDING TOOL

THE FOLDING TOOL IS PERFECT FOR COMBINING HEAVIER INGREDIENTS INTO LIGHT AIRY INGREDIENTS WHILST MAINTAINING THE AIR WITHIN THE MIXTURE. IDEAL FOR MOUSSES, SOUFFLES, LIGHT SPONGES AND MACAROONS.

### WHEN BEST TO USE:

#### MAINTAINING AIR IN A MIXTURE

The folding tool allows a heavy ingredient to be combined with a light airy mixture, lifting the food up from around the sides of the bowl and dropping it back in from above. This action maintains the texture required to create light airy dishes.



## FOLDING TOOL RECIPE MADELEINES

SERVES	4 - 6
PREP TIME	10 minutes
COOKING TIME	10 - 12 minutes
DIFFICULTY	🟡
EQUIPMENT	Madeleine tray, baking tray, baking paper

### TOOLS



### INGREDIENTS

2 eggs  
125g caster sugar  
125g plain flour  
125g melted butter  
1 tsp baking powder  
1 tbsp icing sugar

### METHOD

- ▶ Heat the oven to 190°C and brush a Madeleine tray with melted butter. If you do not have a madeleine tray you can use a flat baking tray lined with baking paper.
- ▶ Add the eggs and sugar to the bowl, attach the whisk and whisk together until light and fluffy.
- ▶ Remove the whisk and attach the folding tool, add the remaining ingredients to the bowl and fold together on a low speed until well combined then set aside for ten minutes.
- ▶ Put a spoonful in each mould or spoon tablespoons of the mixture onto the lined baking tray, making sure you leave space between each one.
- ▶ **Bake in the oven for 10-12 minutes** until browning.
- ▶ Remove from the oven and leave to cool on a wire rack, dust with a little icing sugar and serve.



## BLENDER

THE BLENDER ATTACHMENT IS IDEAL FOR MILKSHAKES, SMOOTHIES, COCKTAILS, SOUPS, SAUCES AND ICE CRUSHING. AVAILABLE IN A VARIETY OF STYLES AND MATERIALS INCLUDING THERMORESIST. GLASS AND PLASTIC.

### WHEN BEST TO USE:

#### DRINKS

Blend fresh fruit, ice cream, yogurt, milk and fruit juice.

#### SOUPS

Blend cooked vegetables and stock.

#### SAUCES & DIPS

Able to blend small quantities for mayonnaise, salsa or hummus.

#### ICE CRUSHING

Crush ice, ideal for cocktails.

## BLENDER RECIPE MANGO LASSI

SERVES 4

PREP TIME 5 mins

DIFFICULTY 9

TOOLS



#### INGREDIENTS

2 ripe mangoes, peeled and stoned  
200ml milk  
200ml natural yogurt  
Juice of 1 lime  
1 tsp chilli powder (optional)

#### METHOD

► Pour all the ingredients apart from the chilli into the blender and blend on a high speed until smooth. Divide between four glasses and serve, sprinkled with the chilli powder.

# QUICK START



**THESE RECIPES ARE DESIGNED TO GET YOU STARTED STRAIGHT AWAY AND WILL HELP YOU GET TO KNOW THE KENWOOD CHEF A LITTLE BETTER. FROM A SIMPLE DOUGH TO A QUICK BISCUIT MIX THESE WILL PRODUCE GREAT RESULTS THAT YOU CAN ADAPT INTO MORE COMPLICATED RECIPES.**

Once you have mastered the recipes in the quick start section you can work your way through the baking section and become a baking expert.



Eventually you will be able to produce bread, pastry, biscuits and layered cakes, and even adjust the recipes to your own personal tastes.

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## DOUGH



### INGREDIENTS

7g easy action dried yeast  
Pinch of sugar  
500g strong bread flour  
400ml water  
Pinch of salt

### STEP 1

In a bowl, add a little lukewarm water and sugar to the yeast and leave for ten minutes to activate.

### STEP 2

Add the flour and salt to the bowl, pour in the yeast mix. Attach the dough hook and mix on minimum speed for a minute.



### STEP 3

Gradually add the water using a low speed. Knead until a smooth ball of dough is produced.



### STEP 4

Cover the bowl with a damp cloth and leave to rise in a warm place for an hour, or until doubled in size.

### STEP 5

Heat the oven to 180°C and grease a loaf tin. Add a few ice cubes to a tray and place in the bottom of the oven; this will help create a crisp crust.

### STEP 6

Add the dough to the loaf tin and leave to rest for 15 minutes, then dust with flour.



### STEP 7

**Bake for 40 minutes**, or until golden brown and the bottom sounds hollow when tapped. Leave to cool on a wire rack.

*Why not try?...*

RUSSIAN RYE  
TREACLE  
BREAD

*See page  
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## PASTRY



### INGREDIENTS

225g flour  
110g butter, chilled and cubed  
50ml water  
Salt

### STEP 1

Add the flour and butter to the bowl, attach the K beater and mix on a medium speed until it resembles bread crumbs.



### STEP 2

Turn the speed down and slowly add the water and salt. Mix until it comes together, away from the side of the bowl.



### STEP 3

Remove the pastry from the bowl and wrap in clear film and leave to rest in the fridge for half an hour or in the freezer for 15 minutes.

The pastry is ready to use.

## RECIPE IDEA SAVOURY PASTRY

### STEP 1

Roll out onto a lined baking tray and top with cherry tomatoes, sliced red onions, cooked asparagus and goats cheese.



### STEP 2

Cook in a preheated oven at 180°C for 20 minutes, or until the pastry is golden and the cheese bubbling. Serve.

*Why not try?...*

CHICKEN,  
LEEK AND  
HAM PIE

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## BATTER MIX



### INGREDIENTS

150g flour  
1 tsp salt  
2 eggs  
75ml olive oil  
300ml milk

### STEP 1

Add the flour and salt to the bowl and attach the K beater.

.....

### STEP 2

On a low speed gradually add the eggs, oil and milk. Turn the speed up to medium and mix until everything is incorporated.



### STEP 3

Leave to rest for 10 minutes, ready to use.

.....

## RECIPE IDEA PANCAKES

### STEP 1

Heat some butter and oil in a large saute pan and add a ladleful of the batter to the centre turning the pan around so the mixture spreads evenly.



### STEP 2

**Cook for a minute** or until bubbles appear and the edges start to crisp, then flip the pancake over and cook the other side.

.....

### STEP 3

Stack on greaseproof paper and serve with lemon and sugar.

.....

## SIMPLE SPONGE CAKE



### INGREDIENTS

225g butter, softened  
 225g caster sugar  
 225g self raising flour  
 4 eggs  
 1 tbsp vanilla extract  
 1 tbsp icing sugar

### STEP 1

Preheat the oven to 190°C, grease and line two 18cm cake tins.

### STEP 2

Attach the creaming beater, add the butter and sugar and mix on a medium speed until creamy.

### STEP 3

With the machine still running gradually add the flour until well incorporated, and then add the eggs a little at a time, mixing well between additions.



### STEP 4

Pour in the vanilla extract and mix well.



### STEP 5

Divide the mix between the cake tins and **bake for 25-30 minutes**, or until golden brown and a skewer inserted into the middle comes out clean.



### STEP 6

Leave to cool.

## RECIPE IDEA BUTTER ICING AND JAM

### INGREDIENTS

225g softened butter  
 500g icing sugar

### STEP 1

Make a buttercream filling by mixing softened butter with icing sugar until smooth, leave to chill for 30 minutes.

### STEP 2

Spread the butter icing onto one cake, and top with raspberry jam, place the other half of cake on top and dust with icing sugar. Serve.

## BASIC MERINGUE



### INGREDIENTS

4 egg whites  
220g caster sugar

### STEP 1

Attach the whisk, add the egg whites and whisk on a low speed until they start to lightly foam.



### STEP 2

Turn the speed up to high and whisk for about 8 minutes, or until stiff peaks start to form.



### STEP 3

Turn the speed down a little and add the sugar, a tablespoon at a time, until it is all incorporated and the meringue is glossy.



### STEP 4

Use the meringue to top a pie.

*Why not try?...*

LEMON AND  
LIME PIE

*See page*  
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## COOKIES



### INGREDIENTS

225g softened butter  
 150g golden caster sugar  
 1 egg yolk  
 1 tbsp vanilla extract or paste  
 280g plain flour

### STEP 1

Heat the oven to 180°C and line a baking tray with baking paper.

.....

### STEP 2

Add the butter and sugar to the bowl, attach the K beater and mix on a medium speed until creamy.

Add the egg and vanilla and mix on a medium speed until combined.



### STEP 3

With the machine on slow, add the flour a little at a time until fully combined.



### STEP 4

Remove the dough from the bowl and roll out to 3 - 5mm thick.

.....

### STEP 5

Using a cookie cutter cut out biscuits and place them onto the baking tray, leaving a gap between each one so that they do not stick together.



### STEP 6

**Bake for 10-15 minutes**, or until nicely golden. Leave to cool on a wire rack.

.....

## RECIPE IDEA CHOC CHIP COOKIES

Sprinkle chocolate chips over the biscuits before you bake them.

.....

# BAKING



**THE WORLD OF BAKING IS SO RICH AND VARIED AND FULL OF SO MANY WONDERFUL DISHES THAT IT WAS DIFFICULT TO NARROW DOWN INTO ONE CHAPTER. ALL COUNTRIES HAVE VARIATIONS ON BREAD AND CAKES AND ALL PROVIDE MANY DIFFERENT TASTES AND TEXTURES.**

Baking encompasses anything from bread and cake to pies, pastries and puddings and I've covered most of them here. This is where the Kenwood Chef really comes into its own and makes the whole process so much easier.



The dough hook saves so much time and effort with kneading and the trademark 'K Beater' is unrivalled. The process of baking can seem a little daunting at times, but it is a joy with the Kenwood Chef.

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## SOURDOUGH BREAD

THIS TAKES A LITTLE PREPARATION, IN AS MUCH AS YOU NEED TO MAKE A 'STARTER' DOUGH. HOWEVER, ONCE YOU'VE MADE IT, YOU CAN KEEP IT ALIVE IN THE FRIDGE ALMOST INDEFINITELY, AS LONG AS YOU FEED IT REGULARLY. THE TASTE AND SATISFACTION ARE WELL WORTH IT.

<b>SERVES</b>	Makes 2 loaves
<b>PREP TIME</b>	5 days for the starter, 25 minutes plus 3 hours rising time
<b>COOKING TIME</b>	30-35 minutes
<b>TEMPERATURE</b>	250°C / Gas 9
<b>DIFFICULTY</b>	👤👤
<b>EQUIPMENT</b>	Baking tray, baking paper and a shallow lined baking tray

### TOOLS



### INGREDIENTS

#### For the starter:

125ml natural yoghurt  
150ml buttermilk  
400g rye flour  
100g '00' strong flour  
250ml water

#### For the loaves:

350ml water  
550g strong white flour, plus a little  
extra for dusting  
1 tsp salt  
300g starter

### METHOD

➤ Make the starter over five days by first mixing together in a bowl the yoghurt, 100ml buttermilk and stirring in 100g of the rye flour. Cover and leave at room temperature for 24 hours.

➤ The next day stir in 100g of the rye flour. Cover and leave at room temperature for 48 hours.

➤ Remove about 100g of the starter mix. Add 200g more rye flour, 100ml of water and the remaining 50ml buttermilk. Stir well, cover and leave for a further 24 hours.

➤ The next day, add 100g of '00' flour and 150ml of water. Stir well, cover and leave for a final 24 hours. It is then ready to use. Keep it in the fridge and every 2-3 days discard one third and replace with an equal amount of water and rye flour and mix well. This way, you can keep it alive and on hand almost indefinitely.

➤ To make the sourdough loaves add the water, 500g strong white bread flour and salt to the bowl. Pour in 300g of the starter, attach the dough hook and knead well on a low speed, until you have a strong, smooth and elastic dough. Remove the bowl and cover with a damp cloth and leave to rise for 3 to 4 hours.

➤ Flour a work surface and remove the dough from the bowl. Divide the dough into two, knock the air out and shape into buns. Lightly oil two bowls and place the dough into the bowls, cover and leave for three hours.

➤ Heat the oven to 250°C and line a baking tray with baking paper.

➤ Remove the dough from the bowls and place onto a baking tray, give a good dusting of flour and score a cross in the top of each loaf.

➤ Boil the kettle, pour some of the water into a shallow baking tray and place in the bottom of the oven (this creates steam to help make a crust).

➤ **Bake the loaves in the oven for 35 minutes** or until the bottom sounds hollow when tapped. Leave to cool on a wire rack for about an hour.



## BAGUETTE

<b>SERVES</b>	Makes 3 baguettes
<b>PREP TIME</b>	25 minutes plus 7 hours rising time
<b>COOKING TIME</b>	20 minutes
<b>TEMPERATURE</b>	240°C / Gas 9
<b>DIFFICULTY</b>	☹☹
<b>EQUIPMENT</b>	Baking sheet and shallow baking tray
<b>TOOLS</b>	

### INGREDIENTS

2x 7g easy action dried yeast  
 1 tsp sugar  
 1kg plain flour plus a little extra for dusting  
 2 tsp salt  
 450-500ml water  
 Olive oil, for greasing

### METHOD

- ▶ Preheat the oven to 240°C degrees.
- ▶ Attach the dough hook and add the yeast, sugar and a little warm water. Leave for 3-4 minutes until foaming, then add half the flour, 250ml of the water and salt.
- ▶ Knead for 5 minutes on a low speed, then remove the bowl and cover with a damp cloth. Leave to rest in a warm place for 5 hours.
- ▶ Add the rest of the flour and water to the bowl and knead on a low speed, until you have a very elastic dough.

- ▶ Oil the side of the bowl and cover the dough with a damp cloth. Leave overnight or for at least 2 hours.
- ▶ Knead the dough for a minute, remove from the bowl onto a floured surface and cut into three. Roll each into a baguette shape and with a sharp blade score each one four times diagonally and lightly dust with flour.
- ▶ Place on a baking sheet and leave for 15 minutes.
- ▶ Boil the kettle and pour some of the water into a shallow baking tray, place in the bottom of the oven (this creates steam to help make a crust).
- ▶ **Bake the baguettes for about 20 minutes**, until crisp and golden. Leave to cool on a wire rack and eat the same day.



## CUMIN AND FENNEL CORN BREAD

CORN BREAD IS A DELICIOUS ALTERNATIVE TO TRADITIONAL LOAVES AND GIVES A SOFT, CRUMBLY DOUGH THAT IS GREAT FOR SOAKING UP SAUCES.

SERVES	4
PREP TIME	10 minutes
COOKING TIME	30 minutes
TEMPERATURE	200°C / Gas 6
DIFFICULTY	👤
EQUIPMENT	Loaf tin

### TOOLS



### INGREDIENTS

1 tbsp fennel seeds  
 1 tbsp cumin seeds  
 1 tbsp ground fennel  
 1 tbsp ground cumin  
 250g plain flour  
 250g maize / polenta  
 1 tbsp baking powder  
 50ml water  
 1 tsp salt  
 2 eggs, beaten  
 250ml buttermilk  
 60g butter, melted  
 60g caster sugar

### METHOD

- ▶ Heat the oven to 200°C and grease a loaf tin.
- ▶ Toast the fennel seeds and cumin seeds in a dry pan until fragrant - reserve.
- ▶ Add the flour, maize, baking powder, ground spices, water and salt to the bowl. Attach the dough hook.
- ▶ In a separate bowl mix together the eggs, buttermilk, melted butter and sugar. Add the mix to the bowl and knead on a low speed for about 30 seconds so that the mixture remains lumpy.
- ▶ Pour the mixture into the greased loaf tin, top with the fennel and cumin seeds and **bake for about half an hour** until the dough is firm and slightly springy. Leave to cool on a cooling rack and serve slightly warm.



## WALNUT OIL TIGER BREAD

A LOVELY SOFT LOAF WITH A CRUNCHY TOPPING MADE WITH RICE FLOUR AND WALNUT OIL. THIS GIVES IT THE TEXTURED PATTERN THAT GIVES IT ITS NAME.

**SERVES** 4

**PREP TIME** 10 minutes plus  
1 hour 30 minutes  
for rising and rest

**COOKING TIME** 25-30 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** Baking paper and  
baking tray

**TOOLS**



### INGREDIENTS

7g easy action dried yeast  
300ml lukewarm water  
Pinch of sugar  
450g strong white bread flour  
Pinch of salt

#### *For the tiger paste:*

30g rice flour  
1 tsp fast action dried yeast  
1 tsp caster sugar  
50ml lukewarm water  
2 tsp walnut oil

### METHOD

- ▶ Put the yeast and a little of the warm water and sugar into a bowl and set aside for about 10 minutes until it is foamy.
- ▶ Pour the flour into the bowl with the yeast mixture, add the rest of the water and attach the dough hook.
- ▶ Add a little salt and set the machine to minimum speed, gradually increasing the speed to low when the flour and water are incorporated.
- ▶ Knead until smooth then remove dough from the bowl and cover with a damp cloth. Leave in a warm place for about an hour, or until doubled in volume.

- ▶ Heat the oven to 200°C and line a baking tray with baking paper.
- ▶ Attach the K beater and make the paste by mixing together the rice flour, yeast, sugar and water on a low speed. Turn it up to high and pour in the walnut oil. Mix it well and set aside.
- ▶ Shape the dough into a round loaf and place onto the baking tray. Brush the top with the tiger paste and leave to rest for 30 minutes.
- ▶ **Bake for 25-30 minutes.** Remove from the oven and leave to cool on a wire rack.



## RUSSIAN RYE TREACLE BREAD

THIS TRADITIONAL RUSSIAN BREAD IS DELICIOUS WITH SMOKED SALMON.

SERVES 4

PREP TIME 10 minutes plus  
1 hour 30 minutes for  
rising and rest

COOKING TIME 30 minutes

TEMPERATURE 240°C / Gas 9

DIFFICULTY 

EQUIPMENT Loaf tin

TOOLS



### INGREDIENTS

450g rye flour  
450g plain flour  
7g easy action dried yeast  
45g caster sugar  
500ml warm water  
2 tbsp treacle  
2 tsp of salt

### METHOD

- ▶ Attach the K beater and mix all the ingredients, apart from the salt, on a low speed for around 4 minutes or until everything is well incorporated. Add the salt and mix for another 30 seconds.
- ▶ Remove the K beater and attach the dough hook. Knead on a low speed until smooth, scraping down the bowl every so often.
- ▶ Remove the bowl and cover with a damp cloth, leave to rise in a warm place for an hour or until doubled in size.
- ▶ Put the mix into a loaf tin, or shape into a loaf and place on a lined baking tray. Leave for a further 30 minutes.
- ▶ Brush the top with water and smooth the surface with a spatula. **Bake for 45 minutes at 240°C**, remove from the oven and leave to cool on a wire rack.





**BRIOCHE****SERVES** Makes 1**PREP TIME** 50 minutes plus  
2 hours rising time**COOKING TIME** 1 hour 15 minutes**TEMPERATURE** 200°C / Gas 6**DIFFICULTY** ☹☹**EQUIPMENT** Loaf tin**TOOLS****INGREDIENTS**

7g easy action dried yeast

60ml warm milk

450g plain flour

1 tbsp salt

4 eggs, beaten

250g butter

30g caster sugar

**To brush:**

1 egg, beaten with 2 tbsp milk

**METHOD**

▶ Add the yeast and milk to the bowl and leave for 5 minutes.

▶ Add the flour, salt and eggs and attach the dough hook. Knead on minimum speed for 5 minutes.

▶ Turn the speed up slightly and knead until you have a smooth, elastic dough.

▶ Take the dough out of the bowl and set aside. Remove the dough hook and attach the K Beater and mix together the butter and caster sugar until creamy.

▶ Add the dough and beat together until well incorporated and the dough is shiny and comes away from the bowl.

▶ Remove the bowl and cover with a damp cloth. Leave to rise in a warm place for a couple of hours.

▶ Attach the dough hook and knock the dough back on a low speed for a couple of minutes. Remove from the bowl, cover and refrigerate overnight.

▶ Heat the oven to 200°C and grease a loaf tin.

▶ Remove the dough from the fridge and divide into two pieces, one piece half the size of the other. Shape the larger piece into a loaf and place in the tin. With the smaller second piece divide into 6 individual balls and press each one on top of the loaf.

▶ Brush the top with beaten egg and milk, leave to rise for an hour until doubled in size.

▶ **Bake the brioche for 15 minutes.** Turn the heat down to 160°C and **cook for a further 50-60 minutes.**

▶ Remove from the oven and leave to cool in the tin for 5 minutes before turning out onto a wire rack.







## CORIANDER AND PEPPER NAAN BREAD

NAAN BREAD IS A WONDERFULLY SOFT, PILLOWY BREAD WITH LOVELY CHARRED PARTS. THE KEY IS GETTING THE GRILL AS HOT AS POSSIBLE AND USING A REALLY HOT CAST IRON GRIDDLE PAN TO RECREATE THE HIGH TEMPERATURES OF THE TRADITIONAL TANDOOR.

**SERVES** 4

**PREP TIME** 10 minutes plus rising

**COOKING TIME** 30 minutes

**DIFFICULTY** 

**EQUIPMENT** Cast iron skillet or flat pan

**TOOLS**



### INGREDIENTS

7g easy action dried yeast  
 60ml warm milk  
 500g plain flour  
 1 tsp sugar  
 2 tsp nigella seeds (black cumin)  
 400ml warm milk  
 45ml natural yoghurt  
 1 egg, beaten  
 1 tsp ground coriander  
 Sunflower oil  
 2 tbsp melted butter  
 2 tbsp chopped coriander to garnish  
 Salt and pepper for seasoning

### METHOD

- ▶ Mix the yeast with a little warm milk in a bowl and leave for 10 minutes.
- ▶ Attach the dough hook and add the flour, sugar and nigella seeds to the bowl. Add the yeast and knead well on minimum speed.
- ▶ With the motor running, pour in the warm milk and natural yoghurt, then add the egg and a pinch of salt. Knead on a low speed until smooth.
- ▶ Remove the bowl and cover with a damp cloth and leave somewhere warm to rise for an hour. Add a tablespoon or two of flour if too wet.

- ▶ Generously flour a work surface and break off fist sized balls of dough and roll them out into a large teardrop shape, about 1cm thick. Sprinkle with the ground coriander, salt and freshly ground black pepper. Leave to rise for a further 30 minutes while you put a cast iron skillet or flat pan on a high heat.
- ▶ Add a little oil to the pan and put one of the breads in. **Cook for a minute** until the top starts to blister and brown a little. Remove from the pan and keep warm in a preheated grill while you repeat the process with the others, making sure to keep the pan very hot.
- ▶ Brush with melted butter, sprinkle over the fresh coriander and serve with a curry of your choice.



## HOMEMADE PITTA BREAD

**SERVES** 6

**PREP TIME** 15 minutes plus 1 hour rising

**COOKING TIME** 2 minutes per pitta

**DIFFICULTY** 

**EQUIPMENT** Rolling pin, skillet or flat pan and baking paper

**TOOLS**



### INGREDIENTS

7g easy action dried yeast

1 tbsp sugar

300g strong flour

150ml lukewarm water

2 tbsp olive oil

2 tsp salt

### METHOD

► Add the yeast and a little warm water with the sugar to the bowl, when it starts to foam add the flour. Attach the dough hook and knead on a low speed, gradually adding the water and oil while it kneads.

► Add the salt and knead for a further 5 minutes.

► Remove the bowl, cover with a cloth and leave to rise in a warm place for at least an hour.

► Turn out of the bowl onto a floured surface and knock the air out of it by kneading a little.

► Divide the dough into six balls. You could add some chilli flakes, pepper or cumin seeds to some of them if you like.

► Roll each ball out to about 15cm.

► Wipe a cast iron skillet/flat pan with a little oil and heat it until very hot, but not smoking. **Cook each bread for a couple of minutes** on either side until they start to puff up.

► Pile on greaseproof paper and serve. You can keep them warm wrapped in a cloth in a low oven if needed.



## MINI BURGER BUNS

SERVES	12
PREP TIME	10 minutes plus 1 hour rising
COOKING TIME	20 minutes
TEMPERATURE	190°C / Gas 5
DIFFICULTY	🟡
EQUIPMENT	Baking tray
TOOLS	 

### INGREDIENTS

250ml milk  
 30g butter, melted  
 1 egg  
 400g plain flour  
 7g easy action dried yeast  
 60g caster sugar  
 A pinch of salt  
 1 egg beaten

### METHOD

- ▶ Heat the oven to 190°C.
- ▶ Add the milk, butter and egg to the bowl and attach the whisk. Whisk together on a low speed.
- ▶ Remove the whisk and attach the dough hook and add the flour, yeast, sugar and salt. Knead on a low speed until smooth.
- ▶ Cover the bowl with a cloth and leave to rise in a warm place for an hour, or until doubled in size.
- ▶ Remove the dough from the bowl and form into 12 buns, place on a baking tray and leave to rise for another 20 minutes.
- ▶ Brush with some beaten egg and **bake in the oven for about 20 minutes**, or until golden and springy. Leave to cool.





## PARMA HAM, ROCKET, CAPER AND PARMESAN PIZZA

LEAVING THE DOUGH TO PROVE FOR 24 HOURS  
REALLY HELPS DEVELOP A DELICIOUS  
FLAVOUR AND CRUST.

**SERVES** 4

**PREP TIME** 5 minutes plus time for  
proving and rising

**COOKING TIME** 8-10 minutes

**TEMPERATURE** 250°C / Gas 9

**DIFFICULTY** 

**TOOLS**



### INGREDIENTS

#### For the dough:

500g strong flour  
7g dry yeast  
300ml lukewarm water  
1 tbsp table salt  
30ml olive oil

#### For the topping:

100g tomato passata  
150g mozzarella  
4 tbsp capers  
75g parmesan  
4 slices parma ham  
100g rocket leaves  
A drizzle of olive oil

### METHOD

► *To make the dough:* attach the dough hook and the mixing bowl to the Kitchen Machine. Dissolve the yeast in the water. Add the flour to the bowl, mix on speed 1. Gradually add the water to the bowl until combined. Add the salt and oil and knead for several minutes.

► Remove the bowl from the machine and cover with a tea towel. Place the bowl in a warm draught free place to prove for one to two hours. Alternatively, place the bowl in the fridge for 24 hours to prove slowly.

► Preheat your oven to 250°C. Remove the dough from the bowl and divide into 4 equal pieces. On a floured board, roll and stretch one of the dough pieces into a thin round. Spread a few spoonfuls of tomato passata sauce thinly on top. Sprinkle the capers, the ham and the cheeses over the top.

► Place the pizza directly onto the oven top shelf (or onto a pizza stone) and **cook 8 to 10 minutes**. Remove from the oven and top with the rocket leaves and a drizzle of olive oil.





## CHICKEN, LEEK AND HAM PIE

**SERVES** 4

**PREP TIME** 25 minutes plus resting

**COOKING TIME** 60 minutes

**TEMPERATURE** 180°C / Gas 4

**DIFFICULTY** 

**EQUIPMENT** Pie/pastry dish and baking beans

**TOOLS**



### INGREDIENTS

#### For the pastry:

150g chilled unsalted butter, cubed  
300g plain flour  
2 eggs, 1 beaten  
Pinch of salt  
30ml water

#### For the filling:

1 onion  
1 leek  
1 clove of garlic  
6 chicken thighs, skinless and boneless  
200ml vermouth or white wine  
200ml double cream  
125g cubed ham  
1 tbsp chopped tarragon

#### For the roux:

50g butter  
50g plain flour  
200ml chicken stock  
Olive oil  
Salt and pepper to season

### METHOD

- ▶ Heat the oven to 180°C.
- ▶ Add the butter, flour, whole egg and salt to the bowl, attach the K Beater and mix together on a medium speed until it comes together in a ball. Add a splash of water if necessary.
- ▶ On a floured surface roll out the pastry into a small rectangle, wrap in clear film and leave to rest in the fridge for half an hour.
- ▶ Finely slice the onion, leeks and garlic and gently cook in a little olive oil until translucent and soft. Season well.
- ▶ Cube the chicken and add to the pan. **Cook for about 8 minutes.** Pour in the vermouth and stir well. Bring to the boil and reduce by half, turn down the heat and add the cream. Simmer for 5 minutes and add the cubed ham and tarragon.
- ▶ In another saucepan make a roux by melting the 50g of butter in a pan and stir in the 50g of plain flour. Mix well and cook for a couple of minutes on a low heat, stirring all the time, then add the chicken stock a little at a time, then add the chicken and ham mixture. Stir well.

▶ Remove the pastry from the fridge and roll out to 1cm thick. Cut off enough to make a lid and reserve. Line a pastry dish with the pastry and place baking paper on top with baking beans and **bake in the oven for 10 minutes.**

▶ Remove from the oven and take out the beans and baking paper, brush with beaten egg and **return to the oven for a further 5 minutes.**

▶ Remove from the oven and fill the dish with the chicken and ham mixture, place the reserved pastry on top, crimping the edges over the pie. Make a little hole in the middle for the steam to escape. Glaze the lid with the beaten egg and **cook in the oven for 35-40 minutes** until the pastry is crisp and golden.

▶ Remove from the oven and leave to cool a little and serve.







## CROISSANTS AND PAINS AU CHOCOLAT

THE KEY TO A GOOD CROISSANT IS A VERY FLAKY PASTRY. THEY ARE VERY EASY TO MAKE, THEY JUST NEED A LITTLE LOVE AND TIME.

**SERVES** Makes 6

**PREP TIME** 35 minutes plus rising

**COOKING TIME** 15 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** ●●●●

**EQUIPMENT** Rolling pin, baking tray

**TOOLS**



### INGREDIENTS

7g easy action dried yeast  
60g sugar  
250ml warm milk  
500g plain flour plus a little extra for dusting  
A pinch of salt  
275g butter chilled

### For brushing:

1 egg, beaten  
70% cocoa dark chocolate for pains au chocolat

### METHOD

- ▶ Put the yeast and 5g of the sugar in a bowl with a little of the milk. Leave for 3-4 minutes until foaming.
- ▶ Add the flour, salt and the remaining 55g of the sugar to the bowl, attach the dough hook and mix until combined.
- ▶ Add the yeast mixture and the rest of the milk to the bowl and knead until the flour comes together and has absorbed all the milk. Be careful not to mix it too much or the dough will be heavy.
- ▶ Leave the mixture in the bowl and put it in a warm place to rise for an hour.
- ▶ On a floured work surface roll out the dough into a large rectangle, always rolling in one long direction.

- ▶ Dot the whole surface with butter and fold into three, from the top down. Roll out and dot again with butter. Fold into three again and leave the dough in the fridge overnight.
- ▶ Roll the dough into a rectangle 45cm x 15cm and cut into triangles (roughly 20cm x 10cm). Roll up from the point and curve into crescents. Leave to rise for another hour.
- ▶ Brush each one with the beaten egg and place on a greased baking tray. **Bake in the oven at 220°C for about 15 minutes, or until golden.**
- ▶ To make pains au chocolat, cut rectangles of pastry and lay two strips of chocolate side by side down the middle. Fold the edges in and roll into a cylinder. Glaze with the egg and bake as croissants.



## NORWEGIAN SKILLINGSBOLLER

LET THE DOUGH RISE SLOWLY OVERNIGHT AND YOU WILL HAVE DELICIOUS, SOFT CINNAMON BUNS FOR BREAKFAST.

**SERVES** Makes 12

**PREP TIME** 20 minutes

**COOKING TIME** 25 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** Rolling pin, baking tray, baking paper

**TOOLS**



### INGREDIENTS

250g butter  
400ml milk  
250g caster sugar  
2 tbsp ground cinnamon  
1 tsp ground cardamom  
600g plain flour  
7g easy action dried yeast  
A pinch salt  
2 tbsp granulated sugar

### METHOD

► Melt half the butter in a pan and add half the milk, half the caster sugar, half the cinnamon and all of the cardamom and dissolve.

► Add the flour and yeast and attach the dough hook, knead until combined. Add the butter mixture and the remaining milk and knead until you have a slightly sticky dough. Add the salt and knead a little more on a low speed until the dough comes away from the edge of the bowl. You may need to add a little more milk and flour to achieve this.

► Cover the bowl with a damp cloth and leave to rest in a warm place for an hour.

► Heat gently the remaining butter, caster sugar and cinnamon in a pan, until the butter is softening but not melted. Stir well and leave to cool.

► Split the dough in two and roll one piece out into a 50cm x 25cm rectangle. Spread the cinnamon butter over and roll the dough away from you into a tight cylinder.

► Place seam side down on a chopping board and slice into 3cm rings. Place face up on the baking tray leaving 2cm between each one. Repeat the process with the remaining dough.

► Leave to rise for one hour, or overnight in the fridge.

► Remove from the fridge and heat the oven to 200°C. **Cook the buns for about 20 minutes** or until lightly golden and puffy. Sprinkle granulated sugar over them, allow to cool for five minutes and serve.



## THICK PANCAKES WITH MAPLE SYRUP

SERVES 4

PREP TIME 10 minutes

COOKING TIME 10 minutes

DIFFICULTY 

EQUIPMENT Flat pan

TOOLS



### INGREDIENTS

250ml buttermilk  
2 tbsp vegetable oil  
2 eggs  
200g flour  
2 tsp baking powder  
1 tsp bicarbonate of soda  
1 tbsp sugar

### To serve:

Maple syrup  
Butter  
Icing sugar to dust

### METHOD

- Attach the K beater and pour the milk, oil and eggs into the bowl and mix together on a medium speed.
- Add the flour, baking powder, soda and sugar to the bowl mix gently until everything is just combined. It should still be a little lumpy.
- Heat a flat pan with a little oil and spoon in enough batter to make an 8cm pancake. **Cook for a couple of minutes** until bubbles start to appear on the surface.
- Flip over with a spatula and cook for a further 2 minutes.
- Serve a few piled up on plate with a drizzle of maple syrup and butter then dust with icing sugar.



## GRUYÈRE GOUGÈRE

**SERVES** 6-8 (makes 14)

**PREP TIME** 15 minutes

**COOKING TIME** 25 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** Baking tray and baking paper

**TOOLS**



### INGREDIENTS

125g unsalted butter  
 125ml milk  
 1 tsp Dijon mustard  
 1 teaspoon salt  
 1 teaspoon paprika  
 125ml water  
 225g plain flour  
 4 large eggs  
 150g Gruyère cheese grated

### METHOD

- ▶ Preheat the oven to 200°C and line a large baking tray with baking paper.
- ▶ Add the butter, milk, mustard, salt, paprika and water to a saucepan and bring to the boil. Reduce the heat and mix in the flour. Cook for a further 3 minutes stirring constantly with a wooden spoon until the mixture comes together away from the edges of the pan.
- ▶ Attach the K beater and pour the warm mixture into the bowl. Mix for 1 minute on a medium speed.

- ▶ Add the eggs one at a time, waiting until each egg is fully incorporated before adding the next.
- ▶ Add the grated cheese and continue to mix well.
- ▶ Using a tablespoon, drop spoonfuls of the batter onto the baking sheet in a circle, leaving a small gap between each, so as they rise they join together but retain their individual shape.
- ▶ **Cook for 8-10 minutes** then reduce the heat to 170°C and **cook for a further 15 minutes**, or until the gougère is golden.
- ▶ Remove from the oven and quickly poke each segment with a toothpick to let the steam out.
- ▶ Leave to cool for a few minutes and serve.



## CHEESE AND PAPRIKA PASTRY TWISTS

A QUICK AND EASY SNACK WHICH GOES WELL WITH AN APERITIF.

**SERVES** 8

**PREP TIME** 5 minutes plus resting

**COOKING TIME** 15 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** Baking tray

**TOOLS**



### INGREDIENTS

400g strong white flour  
 100g plain white flour  
 500g unsalted butter, chilled and diced  
 5g salt  
 300ml very cold water  
 1 tbsp cider vinegar  
 50g Parmesan cheese  
 200g Jarlsberg cheese  
 1 tbsp paprika  
 Salt and pepper

### METHOD

▶ Attach the dough hook and add both flours and butter to the bowl. Gently knead them together until combined (about 2 minutes on a low speed), then add the salt, water and cider vinegar and mix until it comes together as a ball. The vinegar helps soften the dough for easier rolling.

▶ Flour the work surface and lightly roll out. Fold in on itself and repeat, dusting with flour as you go, until you have a large rectangle of pastry. Then cut in half, and roll out each rectangle to roughly 20cm x 35cm. Wrap in clear film and chill in the fridge for 20 minutes.

▶ Heat the oven to 200°C.

▶ Remove both rectangles from the fridge, roll them out again then fold in on themselves as before, wrap and chill for another 20 minutes.

▶ Roll both rectangles out to 55cm x 25cm and sprinkle over the Parmesan and Jarlsberg and sprinkle one rectangle with paprika and a twist of pepper and salt. Then cover with the other rectangle of pastry.

▶ Cut into strips and roll into twists. **Bake in the oven for about 12 minutes** until golden. Leave to cool on wire racks and serve.



## LAPSANG SOUCHONG MUFFINS

THE SMOKY FLAVOUR OF THE TEA COMPLEMENTS THE LIGHT SWEETNESS OF THE MUFFINS AND MAKES FOR AN INTERESTING TWIST ON A CLASSIC.

**SERVES** 12

**PREP TIME** 10 minutes

**COOKING TIME** 20 minutes

**TEMPERATURE** 180°C / Gas 4

**DIFFICULTY** 

**EQUIPMENT** Baking tray or muffin tin

**TOOLS**



### INGREDIENTS

2 eggs  
 100ml vegetable oil  
 100ml milk  
 200g caster sugar  
 375g self-raising flour  
 1 tsp baking powder  
 1 tsp fine lapsang souchong tea leaves  
 A pinch salt  
 Icing sugar to dust

### METHOD

- ▶ Heat the oven to 180°C and line a baking tray or muffin tin with 12 muffin cases.
- ▶ Attach the K beater add the eggs, oil and milk and mix on a medium speed, slowly add the sugar and mix until dissolved.
- ▶ Add the remaining ingredients and mix well until fully combined and smooth.
- ▶ Fill each case two thirds full and **bake for about 20 minutes** until risen and golden.
- ▶ Dust with icing sugar and serve.



## CHOCOLATE AND CHILLI BROWNIES WITH COGNAC

SERVES 12

PREP TIME 20 minutes

COOKING TIME 20-25 minutes

TEMPERATURE 180°C / Gas 4

DIFFICULTY 

EQUIPMENT Square/rectangular baking tin, baking paper

TOOLS



### INGREDIENTS

250g dark chocolate (80%)  
 50g milk chocolate  
 150g butter  
 150g brown sugar  
 150g golden caster sugar  
 4 eggs  
 100g plain flour  
 A pinch of salt  
 2 tbsp chilli powder  
 2 tbsp Cognac  
 4 tbsp cocoa powder

### METHOD


- ▶ Heat the oven to 180°C and line a square/rectangular baking tin with baking paper.
- ▶ Put a pan of water on to boil and gently melt the dark chocolate, milk chocolate and butter together in a heatproof bowl above the water. Stir occasionally and take it off the heat as soon as it is melting together.
- ▶ Attach the whisk and pour in the melted chocolate, both sugars, the eggs and whisk on a high speed for 5 minutes.
- ▶ Remove the whisk and attach the K beater. Gradually add the flour with the machine running on a low speed. Add the salt, chilli powder, Cognac and cocoa, mix well until fully combined.
- ▶ Pour the mix into the baking tray and **bake for 20 minutes**, until they are firm, yet soft and squidgy. Remove from the oven and leave to cool. Dust with cocoa and cut into 12 squares. Store in an airtight tin.







## PENNSYLVANIA DUTCH APPLE CRUMBLE

<b>SERVES</b>	4
<b>PREP TIME</b>	25 minutes plus 1 hour resting
<b>COOKING TIME</b>	35-40 minutes
<b>TEMPERATURE</b>	200°C / Gas mark 6
<b>DIFFICULTY</b>	🟡
<b>EQUIPMENT</b>	4 small pastry dishes
<b>TOOLS</b>	

### INGREDIENTS

#### For the pastry:

175g plain flour  
85g butter (cubed)  
30-45ml water  
Pinch of salt

#### For the filling:

1 tsp cinnamon  
1 tsp nutmeg  
Zest and juice of 1 lemon  
150g plain flour  
1 tsp caster sugar  
1kg apples, peeled and cored

#### For the crumble mixture:

200g unsalted butter (cubed)  
1 tsp cinnamon  
1 tsp nutmeg  
200g light brown sugar  
200g wholemeal flour

### METHOD

► *To make the pastry:* Add the flour, salt and butter to the bowl. Attach the K beater and mix on a low speed until it resembles bread crumbs.

► With the machine still running slowly add the water until a dough forms. Remove from the bowl and wrap in clear film, leave to chill in the fridge for 30 minutes.

► Remove the dough from the fridge and roll onto a floured surface. Line four small pastry dishes with the pastry and leave to rest in the fridge for 30 minutes.

► *To make the filling:* Add the cinnamon, nutmeg, zest and juice of the lemon, plain flour and caster sugar. Attach the K beater and mix until combined, remove from the bowl and reserve.

► *To make the crumble mix:* Add the butter, cinnamon, nutmeg, sugar, and wholemeal flour. Attach the K beater and mix on a medium speed until the mixture comes together, remove from the bowl and reserve.

► *To assemble the crumble:* Remove the pastry dishes from the fridge, slice the apples and divide between the dishes. Add the reserved filling mixture and top with the crumble mix.

► **Bake in the oven for 35-40 minutes**, until golden. Serve warm with a little cream.



## CHOCOLATE TART WITH VANILLA CREAM

**SERVES** 6-8

**PREP TIME** 30 minutes

**COOKING TIME** 40 minutes plus chilling

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** 20cm tart tin,  
baking beans

**TOOLS**



### INGREDIENTS

#### For the base:

250g plain flour  
125g unsalted butter  
125g sugar  
1 egg

#### For the filling:

100ml milk  
300ml double cream  
200g dark chocolate  
50g white chocolate  
2 eggs  
1 egg white

#### For the vanilla cream:

250ml double cream  
1 tbsp vanilla extract  
Icing sugar to dust

### METHOD

► Heat the oven to 200°C. Grease a 20cm tart tin.

► *For the base:* attach the K beater and add the flour, butter, sugar and egg. Mix on a medium speed until it comes together, remove from the bowl, flatten slightly, cover with clear film and chill for half an hour in the fridge.

► Remove the pastry from the fridge and roll out to 5mm thick, lay it into the tart tin cover with baking paper and fill with baking beans/rice. Bake in the oven for 10 minutes, turn the oven to 180°C, remove the beans, trim the pastry and bake for a further 10 minutes. Remove from the oven and leave to cool.

► *For the filling:* heat the milk and cream together in a pan and pour over the top of the dark and white chocolate to melt it.

► Attach the whisk and add the whole eggs and egg white, with the machine running at a medium speed whisk in the melted chocolate, mix until combined.

► Pour the mixture over the tart base and **bake in the oven for 35 minutes**, until the mixture is set, but with a good wobble. Cool and dust with icing sugar.

► *For the vanilla cream:* whisk together the cream and vanilla until you have soft, pillowy peaks. Serve with the chocolate tart.



## YOGHURT, CARDAMOM AND ELDERFLOWER BUNDT CAKE

DELICATE AND MOIST, THIS CAKE MAKES  
A GREAT TREAT ON A SUMMER AFTERNOON  
WITH A CUP OF EARL GREY TEA.

**SERVES** 6-8

**PREP TIME** 15 minutes

**COOKING TIME** 45 minutes

**TEMPERATURE** 180°C / Gas 4

**DIFFICULTY** 

**EQUIPMENT** Bundt tin

**TOOLS**



### INGREDIENTS

125g unsalted butter, softened  
250g caster sugar  
1 tbsp ground cardamom  
1 tsp vanilla extract  
1 egg  
2 tbsp elderflower cordial  
250g self-raising flour  
1 tsp baking powder  
250ml natural yoghurt

### METHOD

- ▶ Heat the oven to 180°C and grease a bundt tin.
- ▶ Add the butter, sugar, cardamom and vanilla to the bowl. Attach the K beater and mix together on a medium speed until light and fluffy. Gradually add the egg and elderflower. Mix until smooth.
- ▶ Remove the K beater and attach the creaming beater and fold in the flour (with baking powder) and natural yoghurt in alternate spoonfuls.
- ▶ Pour the cake mix into the tin and **bake for 35 minutes**, or until a knife poked in comes out clean.



## LEMON POLENTA CAKE

THIS IS A VERY SIMPLE CAKE THAT TAKES MINUTES TO PREPARE. SERVE IT WITH A CHILLED GLASS OF LIMONCELLO TO GET THE FULL ITALIAN EXPERIENCE.

**SERVES** 8

**PREP TIME** 10 minutes

**COOKING TIME** 45 minutes

**TEMPERATURE** 160°C / Gas 3

**DIFFICULTY** ②

**EQUIPMENT** 25cm spring form cake tin

**TOOLS**



### INGREDIENTS

250g butter  
250ml caster sugar  
3 eggs  
150g polenta  
175g ground almonds  
Juice and zest of 2 lemons  
1 tsp baking powder  
A pinch salt

### METHOD

- ▶ Heat the oven to 160°C. Grease and line a 25cm springform cake tin.
- ▶ Attach the K beater, add butter and sugar to the bowl and cream together using a medium speed.
- ▶ Then add the remaining ingredients and mix together until you have a smooth batter.

- ▶ Pour into the cake tin.
- ▶ **Bake in the oven for about 45 minutes** until slightly risen and golden brown. If you see it browning too much, cover the top with some foil.
- ▶ Remove from the oven and leave to cool a little. Dust with icing sugar and serve.



## LEMON AND LIME PIE

**SERVES** 8

**PREP TIME** 25 minutes

**COOKING TIME** 35 minutes plus chilling

**TEMPERATURE** 190°C / Gas 5

**DIFFICULTY** 

**EQUIPMENT** 19cm spring form cake tin

**TOOLS**



### INGREDIENTS

#### For the base:

15 digestive biscuits  
90g unsalted butter, melted  
Zest of 1 lime

#### For the filling:

4 egg yolks  
400g tin of condensed milk  
Zest and juice of 2 lemons  
Zest and juice of 3 limes  
Reserve some of the zest for decoration

#### For the meringue:

3 egg whites  
150g caster sugar

### METHOD

► Preheat the oven to 190°C and grease a 19cm spring form cake tin.

► *For the base:* Add the biscuits to the bowl and attach the K Beater, mix on a high speed until they are fine breadcrumbs.

► Add the melted butter and lime zest and mix until combined. Press the mixture into the cake tin and bake in the oven for 10 minutes, remove and leave to cool slightly.

► *For the filling:* Remove the K beater and attach the whisk. Add the egg yolks and whisk on a medium speed for 1 minute. With the machine on a low speed pour in the milk, zest and juice and whisk for a further minute. Pour the mixture on top of the biscuit base and reserve.

► Clean the bowl and whisk the egg whites until stiff peaks form. Add the sugar one tablespoon at a time and keep whisking until glossy and stiff. Spoon onto the top of the pie.

► **Bake in the oven for 20-25 minutes** until slightly set and the meringue is golden.

► Sprinkle with lime zest to decorate and chill in the fridge for about four hours.



## MACAROONS

THESE ARE A LIGHT AND DELICATE TREAT, AND VERY PRETTY TO LOOK AT. YOU CAN USE ANY FOOD COLOURING YOU LIKE AND CAN CHANGE THE FILLING TO MATCH. TRY CHOCOLATE BUTTERCREAM WITH BROWN FOOD COLOURING OR PEPPERMINT FLAVOURED WHIPPED CREAM WITH GREEN FOOD COLOURING.

**SERVES** 8

**PREP TIME** 10 minutes

**COOKING TIME** 20 minutes

**TEMPERATURE** 160°C / Gas 3

**DIFFICULTY** 

**EQUIPMENT** Piping bag, baking tray

**TOOLS**



### INGREDIENTS

4 egg whites  
75g caster sugar  
1 tsp pink food colouring  
125g ground almonds  
225g icing sugar  
A pinch salt  
12 tbsp raspberry conserve  
100ml cream

### METHOD

- ▶ Heat the oven to 160°C and line a baking tray with baking paper.
- ▶ Attach the whisk and add the egg whites, caster sugar and food colouring. Whisk on a high speed until you have stiff peaks.
- ▶ Remove the whisk and attach the creaming beater. Slowly fold in the ground almond, icing sugar and salt on a low speed. Mix until smooth and syrupy then scrape into a piping bag.
- ▶ Pipe 3cm discs of the mixture onto the tray, leaving a couple of centimetres between each one. Tap the tray hard on the work surface to help prevent the tops cracking and **bake for about 20 minutes** or until they come away easily from the paper.

- ▶ Leave to cool.
- ▶ Add the cream to the bowl and attach the whisk. Whisk until you have soft peaks. Remove the whisk and add the creaming beater, add the jam and mix until combined.
- ▶ Sandwich the macarons together with the jam mix and serve.



## RED VELVET CAKE

**SERVES** 6-8

**PREP TIME** 25 minutes plus  
30 minutes chilling time

**COOKING TIME** 25-30 minutes

**TEMPERATURE** 180°C / Gas 4

**DIFFICULTY** 

**EQUIPMENT** x2 15cm round cake tins

**TOOLS**



### INGREDIENTS

#### For the cake:

120g butter  
300g sugar  
2 eggs  
1 tsp Vanilla extract  
250g self-raising flour  
1tsp baking powder  
1 tbsp cocoa powder  
240ml butter milk  
2 tbsp red food colouring

#### For the buttercream:

125g butter, softened  
125g cream cheese  
1 tbsp vanilla extract  
200g icing sugar  
50g almonds to decorate

### METHOD

► Heat the oven to 180°C and grease and line two 15cm round cake tins.

► Add the butter and sugar to the bowl, attach the creaming beater and mix on a medium speed until pale and fluffy. Add the eggs and vanilla extract and mix on a medium speed until they are fully incorporated.

► Remove the creaming beater and attach the K beater, add the flour, baking powder and cocoa powder a bit at a time, mixing on a slow speed between each addition until fully incorporated.

► Measure out the buttermilk in a separate jug and add the red food colouring, stir together until red. Add the red mix to the bowl a little at a time and mix on a medium speed until you have a smooth deep red batter.

► Divide the mixture between the two cake tins and **bake for 25-30 minutes**, or until a knife inserted into the sponge comes out clean. Remove from the oven, leave in the tin for 10 minutes then turn out to cool completely on wire racks.

► Meanwhile, make the butter cream icing. Add the butter, cream cheese and vanilla extract to the bowl, attach the creaming beater and mix together on a medium speed until smooth. Gradually add the icing sugar and mix until you have a creamy icing. Chill for 30 minutes.

► To decorate, place one of the cake halves on a plate and cover the top and sides with the icing. Put the other half on top and cover the top and sides of that with the remaining icing. Smooth over and sprinkle with almonds.



# DRINKS AND SOUPS





**THIS CHAPTER UTILISES THE BLENDER ATTACHMENT WHICH IS IDEAL FOR DRINKS, SOUPS, MILKSHAKES, SMOOTHIES, COCKTAILS, SAUCES AND ICE CRUSHING.**

There are a variety of blenders available, from thermoresist glass that can withstand thermal shock to stainless steel, so you can select one that suits you. Blenders are really easy to use and guarantee you the freshest possible outcomes.



As well as a naughty cocktail or two you can have a warming hearty soup or a healthy smoothie to kick start your day. It is so easy and these recipes should give you the inspiration to create many more combinations.

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**SPICED BUTTERNUT  
SQUASH SOUP**

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**BORSCHT**

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## FROZEN MARGARITA

**SERVES** 4

**PREP TIME** 5 minutes

**DIFFICULTY** 

**TOOLS**



### INGREDIENTS

140ml tequila  
60ml triple sec  
Juice of 2 limes  
20 ice cubes  
Icing sugar  
Salt

### METHOD

- ▶ Add the tequila, triple sec and lime juice to the blender and give it a quick blend.
- ▶ Add the ice cubes and blend until crushed.
- ▶ Pour into martini glasses that have had their rims dipped in sugar and salt, serve.



## PISCO SOUR

**SERVES** 4

**PREP TIME** 4 minutes

**DIFFICULTY** 

**TOOLS**



### INGREDIENTS

2 egg whites  
50g icing sugar  
Juice of 2 limes  
200ml Pisco (or use white tequila)

### METHOD

- ▶ Attach the blender and add the egg whites and sugar, blend on a high speed.
- ▶ With the motor running pour the lime juice and pisco through the filler lid.
- ▶ Add some ice and stir well.
- ▶ Pour into 4 tall glasses and serve.



## APPLE AND ORANGE VIRGIN JULEP

**SERVES** 4

**PREP TIME** 5 minutes

**COOKING TIME** 5 minutes

**DIFFICULTY** 

**TOOLS**



### INGREDIENTS

1 sprig of mint, a few leaves reserved for garnish  
1 orange, peeled and quartered, zest reserved for garnish  
100g caster sugar  
200ml water  
500ml apple juice  
Ice cubes

### METHOD

- ▶ Attach the blender and blend the mint, orange and sugar together. Put in a pan and add the water. Bring to the boil then **simmer for 5 minutes**. Strain and set aside.
- ▶ Fill four glasses with ice, add the apple juice and top with the mint and orange syrup. Garnish with mint leaves and the zest.



## LEMONADE

SERVES 6

PREP TIME 5 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

800ml cold water  
3 tbsp sugar  
6 ice cubes  
1 lemon

### METHOD

- Attach the blender and add the water, sugar, ice cubes and whole lemon.
- Blend on a high speed for 1 minute.
- Pour the lemonade through a sieve into a jug and serve.



## STRAWBERRY AND RASPBERRY ICE DRINK

SERVES 4

PREP TIME 10 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

20 ice cubes  
500g strawberries  
500g raspberries  
100ml hot water  
50g caster sugar  
A few mint sprigs

### METHOD

- Add the ice to the blender six cubes at a time with a little hot water and leave to melt slightly.
- Add the fruit and sugar and mix on a high speed.
- Pour into glasses and serve with the mint leaves to garnish.



## TROPICAL FRUIT SMOOTHIE

SERVES 4

PREP TIME 5 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

1 pineapple  
1 mango  
1 banana  
1 passion fruit  
1 kiwi  
1 melon  
500ml natural yoghurt

### METHOD

- Peel all the fruit and cut into chunks. Attach the blender and blend everything together until smooth.
- Divide between four glasses and serve.

## FRENCH ONION SOUP

**SERVES** 4

**PREP TIME** 20 minutes

**COOKING TIME** 60 minutes

**DIFFICULTY** 

**TOOLS**



### INGREDIENTS

8 white onions, peeled  
 2 tbsp butter  
 Olive oil  
 2 sprigs of thyme  
 2 tbsp flour  
 1.5 litre beef stock  
 Salt and pepper to season  
 4 slices of baguette  
 60g Gruyère cheese, grated

### METHOD

- ▶ Thinly slice the onions and heat the butter and oil in a heavy based pan. Add the onions and thyme sprigs, season and stir well. Turn the heat down to low. **Cook for about 40 minutes**, stirring often until the onions have caramelised and are sweet and dark brown.
- ▶ Heat the grill to high.
- ▶ Add the flour to the pan, stir well and cook for a minute more.

- ▶ Stir in the stock, **bring to the boil and simmer for 5 minutes**. Attach the blender and blend half of the soup then return to the pan. Season well and keep warm
- ▶ Toast one side of the baguette slices then add the cheese to the other and melt under the grill with a little salt and pepper.
- ▶ Serve the soup in bowls with the bread on top.



## PEA AND HAM HOCK SOUP

SERVES 4-6

PREP TIME 15 minutes

COOKING TIME 90 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

- 2 ham hocks
- 2 carrots
- 1 onion
- 1 bay leaf
- 1 sprig of thyme
- 1 rosemary sprig
- 1 Maris Piper potato
- 1 litre water
- 500g petits pois peas
- Salt and pepper to season
- 1 stick of celery, leaves set aside

### METHOD

- ▶ Add all the ingredients except the peas to a large pan. Bring to the boil then reduce to a simmer and **cook for 80 minutes**, skimming the surface regularly until the ham hock is cooked and the meat its tender. Remove the hocks, take off the meat, shred with a fork and set aside.
- ▶ Add the peas to the liquid base and attach the blender, blend on a medium speed. Return to the pan, add the meat and return to a gentle heat for ten minutes.
- ▶ Taste, adjust the seasoning and serve with some chopped celery leaves.



## PRAWN AND CRAB BISQUE

SERVES 6

PREP TIME 25 minutes

COOKING TIME 60 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

2 onions  
 ½ a head of garlic  
 5 carrots  
 ½ a bunch of celery sticks  
 Olive oil  
 2 whole chillies  
 2 tbsp of turmeric  
 2 tbsp of ground cumin  
 2 tbsp of paprika  
 1½ tbsp of ground coriander  
 1 tbsp of cayenne pepper  
 2 tbsp of ground ginger  
 A large pinch of saffron  
 225g crab meat  
 20 or so prawn heads and shells  
 ½ a glass of white wine  
 10ml brandy  
 ½ a tube of tomato puree  
 2 tins of chopped tomatoes  
 A handful of rice  
 ½ a litre of water  
 Salt  
 6 tbsp crème fraîche  
 4 tbsp dill leaves

### METHOD

- ▶ Slice the onions, garlic, carrots, celery and chillies.
- ▶ Heat some olive oil in the largest pan you have and cook the vegetables gently while you mix the spices and saffron together in a bowl.
- ▶ Wrap the prawns in a tea-towel and hit them with a rolling pin until you have smaller broken bits. Add the prawn and the crab meat to the pan, turn up the heat and give everything a good stir for a few minutes.
- ▶ De-glaze the pan with the white wine and let it reduce down. When there is not much liquid left, pour in the brandy and set fire to it with a match. Let the alcohol burn off and throw in the spices, add the tomato puree and stir well.
- ▶ Pour in the chopped tomatoes, mix everything around and bring to the boil. Pour in the rice and the water and season well with salt. Boil for five minutes, then cover and turn down the heat. **Simmer gently for 40 minutes.**

▶ Allow to cool, then pour the soup in batches into the blender and blend on a high speed until fine. Before serving pour the mixture through a sieve to catch any remaining prawn shells.

▶ Pour into serving bowls and serve with a dollop of crème fraîche mixed with chopped dill.



## WHITE GAZPACHO

SERVES 4-6

PREP TIME 15 minutes

COOKING TIME 10 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

5 slices stale white bread, crusts removed  
100ml sherry vinegar  
500ml hot chicken or vegetable stock  
2 cucumbers  
200g green, seedless grapes  
200g blanched, skinless almonds  
2 cloves of garlic  
Salt and pepper to season  
100ml olive oil

### METHOD

- ▶ Add the bread and vinegar to the stock and leave to soak.
- ▶ Attach the blender and add the remaining ingredients apart from the olive oil to the blender. Blend well and slowly add the bread and stock.
- ▶ With the motor running slowly pour in the olive oil until you have a smooth creamy liquid. Taste and adjust the seasoning.
- ▶ Chill in the fridge until cold and serve with crusty bread and a glass of dry sherry.



## SPICED BUTTERNUT SQUASH SOUP

**SERVES** 4

**PREP TIME** 10 minutes

**COOKING TIME** 25 minutes

**DIFFICULTY** 

**TOOLS**



### INGREDIENTS

- 1 tbsp ground coriander
- 1 tbsp ground turmeric
- 1 tbsp ground cumin seeds
- 1 clove of garlic
- 1 medium sized butternut squash, peeled and cut into long, narrow pieces
- 3 red chillies, sliced and seeds removed
- 2 tbsp olive oil
- Salt and pepper to season
- 750ml chicken or vegetable stock

### METHOD

- ▶ Slice the butternut squash and chillies and chop the garlic.
- ▶ Heat some oil on a medium heat in a large frying pan and add the squash, chillies and garlic. Season with a little salt and pepper and add the ground spices.
- ▶ Cook until the squash is soft and starting to turn golden on the edges.

- ▶ Add the chicken stock to the pan. Bring to a boil then reduce the heat to a simmer and **cook for 5 minutes**.
- ▶ Leave to cool, then attach the blender attachment and blend.
- ▶ Check the seasoning and serve with a little olive oil and the ground spices.





## BORSCHT

SERVES 4

PREP TIME 10 minutes

COOKING TIME 60 minutes

DIFFICULTY 

TOOLS



### INGREDIENTS

8 spring onions  
 4 gherkins  
 4 cooked and peeled beetroot  
 400g potatoes  
 1 onion  
 250g diced beef shin  
 1 litre beef or chicken stock  
 2 bunches of dill  
 200ml sour cream  
 Salt and pepper to season

### METHOD

- ▶ Slice the spring onions, gherkins, beetroot, potato and onions, reserve.
- ▶ Heat some oil in a large saucepan and season and brown the beef all over. Add the sliced vegetables and stock and bring to the boil. Reduce the heat to a simmer, **cover and cook for about an hour.**
- ▶ Allow to cool, then attach the blender and blend in batches, removing as much meat as possible. Taste and adjust the seasoning.
- ▶ Chop the dill and divide the soup between four bowls.
- ▶ Top with a spoonful of sour cream and the onions, gherkins and dill. Serve with rye bread.



# ENTERTAINING



**MAKING RESTAURANT QUALITY FOOD ACCESSIBLE FOR THE HOME KITCHEN  
IS ANOTHER GREAT FEATURE OF THE KENWOOD CHEF.**

Being able to finely slice or dice large quantities of vegetables exactly the same size in next to no time helps with the presentation side, while being able to blend hot purées, strain stocks and pass sauces gives that extra quality touch that will impress your guests.



Some of these recipes may seem a little complicated, but with the right ingredients, a little practice, and the wide range of the Kenwood Chef's handy functions and attachments, it really is a case of restaurant quality food made easy!

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## LOBSTER AND PROSECCO RISOTTO

<b>SERVES</b>	4
<b>PREP TIME</b>	30 minutes plus resting
<b>COOKING TIME</b>	5 minutes
<b>DIFFICULTY</b>	☹ ☹
<b>EQUIPMENT</b>	Saucepans, 4 soup bowls
<b>TOOLS</b>	



### INGREDIENTS:

1 800g lobster, whole  
 200ml double cream  
 A pinch of salt  
 800ml fish stock  
 1 onion  
 Olive oil  
 200g risotto rice, I would suggest carnaroli  
 175ml Prosecco  
 50g butter, chilled and cubed  
 2 tbsp parsley, chopped

### METHOD

- ▶ Bring a large pan of salted water to the boil and **cook the lobster for 12 minutes**. Remove from the pan and cool quickly in cold water.
- ▶ Carefully remove all the flesh from the claws and tail, slice into pieces and reserve.
- ▶ Attach the blender and add the lobster shell, cream and a little salt. Pulse until finely ground.
- ▶ Once ground, pass the lobster cream mixture through a sieve, capturing any un-blended shell. Reserve the mixture.
- ▶ Heat the fish stock in a saucepan and keep on a gentle simmer.
- ▶ Remove the blender and attach the food processor with the knife blade and finely chop the onion, reserve.
- ▶ Heat a large deep pan with a little olive oil and add the risotto rice and chopped onion. **Cook for a couple of minutes**, stirring constantly to toast all the risotto grains.
- ▶ Add the Prosecco and reduce until almost gone. Pour in a ladleful of the fish stock and stir well until fully absorbed. Keep doing this until all the stock is used and the rice is al dente. Taste and adjust the seasoning.
- ▶ Add the butter and chopped parsley and mix thoroughly. Gently stir in the reserved lobster meat, **cover and leave for 5 minutes**.
- ▶ Meanwhile, gently warm the lobster cream in a saucepan, divide between four bowls and add the risotto.
- ▶ Serve with a glass of prosecco.

### CHEF'S TIP

To keep the lobster from curling run a skewer lengthwise through the centre of the lobster tail meat.



## PICKLED RADISH AND MUSHROOM WITH SWEET CURED HERRING

**SERVES** 4

**PREP TIME** 20 minutes plus curing  
(8 hours or overnight)

**DIFFICULTY** 

**EQUIPMENT** Large dish

**TOOLS**



### INGREDIENTS

1 carrot  
2 tbsp caster sugar  
Chopped dill  
4 100g herring fillets  
30g salt  
16 round radishes  
2 fennel stalks  
2 spring onions  
150g caster sugar  
6 tbsp rice wine vinegar  
1 jar of keta (salmon eggs)

### METHOD

- ▶ Attach the food processor with the slicing disc and slice the carrot, reserve.
- ▶ Cure the herring by sprinkling the fillets with a pinch of salt and 2 tbsp caster sugar. Place the fish in a large dish with the chopped carrot and dill. Cover and leave in the fridge for at least 8 hours, overnight would be better to infuse the flavours.
- ▶ With the food processor still attached slice the radish, fennel stalks and spring onions. Add them to a bowl and pour over the sugar and rice wine vinegar. Stir gently and leave to pickle for half an hour.
- ▶ Rinse, pat dry and slice each herring fillet into three pieces. Place the pickled vegetables on plates and top with the herring pieces. Add a teaspoon of keta to each one and garnish with a little dill.

*Get  
Attached!*

QUICKLY AND EFFORTLESSLY  
SLICE VEGETABLES WITH  
THE **FOOD PROCESSOR**  
**ATTACHMENT.**

*See page  
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## TUNA CARPACCIO WITH SALSA VERDE

THIS IS AN ELEGANT STARTER BURSTING WITH FLAVOUR AND VERY EASY TO PREPARE. THE SALSA VERDE CAN BE MADE THE DAY BEFORE GIVING YOU MORE TIME WITH YOUR GUESTS. FREEZING THE TUNA A LITTLE MAKES IT MUCH EASIER TO SLICE THINLY.

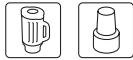
**SERVES** 4

**PREP TIME** 15-20 minutes

**DIFFICULTY** 

**EQUIPMENT** Frying pan

**TOOLS**



### INGREDIENTS

#### *For the salsa verde:*

2 small bunches basil  
1 large bunch coriander, including stems  
1 large bunch parsley  
1 small bunch mint  
1 clove garlic, chopped  
2 tbsp capers  
2 tbsp Dijon mustard  
Juice of 1 lemon  
3 tarragon leaves  
6 black olives  
50ml olive oil  
50ml rapeseed oil  
Salt to season

#### *For the tuna carpaccio:*

4 tbsp black peppercorns  
1 tsp fennel seed  
1 tsp salt  
400g tuna loin  
Juice of one lemon  
A handful of rocket leaves to garnish

### METHOD TO MAKE THE SALSA VERDE

- ▶ Attach the blender and add all the ingredients apart from the oils. Blend on a high speed for a minute, until the ingredients are chopped, but still have some texture.
- ▶ Turn the blender onto a low speed and slowly pour in the oils until the consistency is a thick cream. Adjust the seasoning and keep in an airtight jar in the fridge for up to five days.

### METHOD TO MAKE THE TUNA CARPACCIO

- ▶ In a dry frying pan lightly toast the peppercorns and fennel seeds, then allow to cool.
- ▶ Attach the compact chopper/grinder, add the toasted seeds with the salt and grind on a medium speed until a fine powder.
- ▶ Rub the powdered spices over the tuna and wrap tightly in clear film, place in the freezer for half an hour.
- ▶ Remove the tuna from the freezer and slice as thinly as possible.
- ▶ Arrange between four plates, squeeze over some lemon juice and dress with the salsa verde and a few rocket leaves to garnish.



## SEARED SCALLOPS WITH CURRIED APPLE AND LEMON OIL

SCALLOPS GO VERY WELL WITH SWEET AND SHARP FLAVOURS, SO THE COMBINATION OF LIGHTLY SPICED APPLE AND LEMON OIL IS A WINNER. THE HERB CRUMBS ADD A PLEASING CRUNCH TO THE SOFTNESS OF THE SHELLFISH.

**SERVES** 4

**PREP TIME** 30 minutes

**COOKING TIME** 10 minutes

**TEMPERATURE** 160°C / Gas 3

**DIFFICULTY** 

**EQUIPMENT** Baking tray, baking paper, saucepan

### TOOLS



### INGREDIENTS

#### For the lemon oil:

75ml olive oil  
2 sticks of lemon grass  
Zest and juice of 1 lemon

#### For the scallops:

2 apples, cored  
1 tsp ground turmeric  
1 tsp ground cumin  
1 tsp ground fennel  
1 tsp ground coriander  
½ tsp chilli powder  
1 tsp fresh parsley  
1 tsp fresh thyme leaves  
2 slices of bread, stale or well dried out in the oven  
2 tbsp butter  
12 large scallops  
Salt and pepper

### METHOD



- ▶ Preheat the oven to 160°C and line a baking tray with baking paper.
- ▶ Mix the ground spices together in a bowl, slice the apples and lay them onto the baking tray. Sprinkle the spice mix over the apples and **place the tray in the oven for 30 minutes**.
- ▶ Add the lemon oil ingredients to the compact chopper/grinder and grind on a high speed, reserve.
- ▶ Remove the compact chopper/grinder and attach the blender, add the herbs, bread and a pinch of salt. Blend together on a high speed until you have bread crumbs, reserve.
- ▶ Heat a saucepan and add the butter, when foaming add the scallops to the pan. Season and spoon over the butter as you **cook them for 1 minute**. Turn them over and **cook for a further minute**, again spooning over the butter. Remove from the pan and drain on kitchen paper.
- ▶ Divide the apple slices between 4 plates, top with the scallops and drizzle over the reserved lemon oil mix. Sprinkle over the reserved bread crumbs to finish, and serve.

### CHEF'S TIP

Scallops cook very quickly, so put them in the pan clockwise and remove them in the same order you put them in. This way, they will all be evenly done.



## SHALLOT TART WITH CHARGILLED HALLOUMI

<b>SERVES</b>	4
<b>PREP TIME</b>	15 minutes, plus 30 minutes resting time for the pastry
<b>COOKING TIME</b>	45 minutes
<b>TEMPERATURE</b>	180°C / Gas 4
<b>DIFFICULTY</b>	👤👤
<b>EQUIPMENT</b>	Baking tray, baking paper, shallow pan
<b>TOOLS</b>	 

### INGREDIENTS

#### For the pastry:

150g chilled unsalted butter, cubed  
300g plain flour  
1 egg  
pinch of salt  
30ml water

#### For the filling:

100g butter  
500g shallots, peeled and sliced  
6 tbsp balsamic vinegar  
100ml vegetable stock  
4 tbsp brown sugar  
4 thyme sprigs  
1 block of halloumi  
Zest of one lemon  
1 tsp dried oregano  
Salt and pepper to season

### METHOD

- ▶ Preheat the oven to 180°C. Line a baking tray with baking paper.
- ▶ Add the butter, flour, egg and salt to the bowl, attach the K beater and mix together on a medium speed until it comes together in a ball.
- ▶ On a floured surface roll out the pastry into a small rectangle, wrap in clear film and leave to rest in the fridge for 1/2 an hour.
- ▶ Melt butter in a pan and add the shallots until nicely browned.
- ▶ Add the vinegar and stock, turn over the shallots and **cook for five more minutes** on a very low heat. Sprinkle with the sugar and thyme sprigs.
- ▶ Remove the shortcrust pastry from the fridge, lightly sprinkle a work surface with flour and roll out to about 1/2cm thick. Place onto the baking tray and spread over the shallot mixture. Fold in the edges and **cook in the oven for 45 minutes**.
- ▶ Attach the food processor with the slicing disc and slice the halloumi, sprinkle with lemon zest, oregano and pepper then fry in a hot shallow pan with a little olive oil until charring.
- ▶ Remove the tart from the oven, leave to cool a little and serve with the halloumi.

### CHEF'S TIP

You could replace the shallots with red onion  
and use feta instead of halloumi.

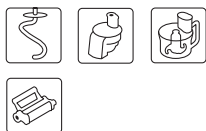


## PUMPKIN AND AMARETTO RAVIOLI WITH HERB BUTTER

THE ALMOND FLAVOUR OF AMARETTO REALLY COMPLEMENTS THE PUMPKIN IN THE RAVIOLI.

<b>SERVES</b>	4
<b>PREP TIME</b>	30 minutes, plus 30 minutes resting time for the pasta dough
<b>COOKING TIME</b>	40 minutes
<b>TEMPERATURE</b>	200°C / Gas 6
<b>DIFFICULTY</b>	👤👤
<b>EQUIPMENT</b>	Roasting dish, saucepan

### TOOLS



### INGREDIENTS

#### For the pasta dough:

500g strong type '00' flour  
4 eggs beaten  
2 tbsp water (if necessary)  
Salt to season

#### For the filling:

500g pumpkin flesh  
1 tbsp olive oil  
Salt and pepper  
2 cloves of garlic, unpeeled  
15g amaretti biscuits  
1 egg, beaten  
Semolina flour for dusting  
100g butter  
Chopped herbs: parsley, rosemary,  
thyme or herbs of your choosing  
Zest and juice of a lemon  
Salad leaves and parmesan (optional)

### METHOD

- ▶ Add the flour and salt to the bowl and attach the dough hook. With the machine running slowly add the eggs. Add the water and knead until a dough is formed. Add more water/flour if mixture is too dry or too wet.
- ▶ Remove the dough from the bowl and wrap in clear film. Leave to rest in the fridge for at least half an hour before using. You can freeze any left over for up to one month.
- ▶ Preheat the oven to 200°C.
- ▶ Attach the dicing attachment and dice the pumpkin flesh. Place the diced pumpkin into a roasting dish and add a tbsp of olive oil, salt and pepper and the 2 garlic cloves, **roast in the oven for 25-30 minutes**, until soft and golden.
- ▶ Remove the dicing attachment and attach the food processor with the knife blade, add the roasted pumpkin, amaretti biscuits and 2 tbsp of olive oil. Process on a medium speed until fairly smooth, reserve in the fridge.
- ▶ Remove the food processor and attach the flat pasta roller. Remove the dough from the fridge and divide it into four. Pat each one with your hands into a rectangle shape until the dough is thick enough to pass through the pasta roller - ensuring the pasta roller is set at no.1.
- ▶ Feed each one through the flat pasta roller several times adjusting the thickness to no. 8.
- ▶ Take one sheet of the rolled flat pasta and put a teaspoon of the reserved pumpkin mixture at intervals along the sheet. Brush around each spoonful of mixture with beaten egg, then lay another sheet of pasta on top.
- ▶ Press down around each filling to seal, then cut into ravioli with a knife or cookie cutter. Press out any excess air from each one, dust in a little semolina and set aside.
- ▶ Repeat the process with the other two pasta sheets.
- ▶ Bring a large pan of salted water to the boil.
- ▶ Melt the butter in a pan, add the chopped herbs and sauté until they start to crisp. Be careful not to burn them. Add the lemon zest and juice and turn off the heat.
- ▶ **Cook the ravioli in the salted boiling water for 2-3 minutes**, then drain. Pour the butter and herb mix over the cooked ravioli.
- ▶ Serve with parmesan and a good twist of black pepper and some soft salad leaves.





## BEETROOT AND DILL CURED SALMON WITH ROAST FENNEL

<b>SERVES</b>	4
<b>PREP TIME</b>	3-4 days curing, 30 minutes
<b>COOKING TIME</b>	30 minutes
<b>TEMPERATURE</b>	180°C / Gas 4
<b>DIFFICULTY</b>	👤👤
<b>EQUIPMENT</b>	Baking tray

### TOOLS



### INGREDIENTS

150g salt  
200g sugar  
3 bunches of dill, stalks removed  
2 tbsp red wine vinegar  
4 raw beetroots  
1 side of salmon  
4 fennel bulbs  
4 potatoes  
Juice and zest of 1 lemon  
Olive oil  
Salt and pepper to season

### METHOD TO MAKE THE CURE

- ▶ 3-4 days before you plan to serve your dish, attach the compact chopper/grinder with half of the salt, sugar, dill leaves and a splash of vinegar, grind on a medium speed. Repeat the process with the other half and reserve together in a bowl.
- ▶ Remove the compact chopper/grinder and attach the food processor with the grating disc, grate the beetroots. Add the grated beetroot to the reserved salt mixture (the cure).
- ▶ Line a baking tray with clear film and spread over some of the cure.
- ▶ Cut the salmon in half, widthways and lay (skin side down) onto the baking tray. Cover the salmon with the rest of the mixture, making sure it is completely covered.
- ▶ Fold the clear film from underneath and put some more over the top of the salmon, sealing it. Place a chopping board on top and a couple of small, full tin cans. Leave in the fridge for 3-4 days, draining off excess liquid every now and then.


### METHOD TO MAKE THE DISH

- ▶ Preheat the oven to 180°C.
- ▶ Remove the salmon from the fridge, take off the skin and clean off the cure, leave it to come to room temperature for about half an hour, then slice finely.
- ▶ Attach the food processor with the slicing disc and slice the fennel bulbs and potatoes. Add the lemon juice to the slices and place on a baking tray drizzled with olive oil.
- ▶ **Cook in the oven for about 30 minutes**, or until starting to colour nicely, turning halfway through.
- ▶ Serve the sliced salmon with the cooked vegetables.



## BRAISED PORK WITH CHERVIL, ANISE AND CHILLI NOODLES

THIS ASIAN-INSPIRED PORK DISH MAKES A GREAT SHARING PLATTER AND THE BRAISING MAKES IT TENDER AND MOIST. AND OF COURSE, EVERYONE LOVES A BIT OF CRACKLING, SO FINISHING IT UNDER THE GRILL GIVES IT THAT MOUTH-WATERING CRUNCH.

SERVES	4-6
PREP TIME	25 minutes, plus overnight for infusing flavours
COOKING TIME	160 minutes, plus 40 minutes resting
TEMPERATURE	220°C / Gas 7
DIFFICULTY	🔴
EQUIPMENT	Roasting tray
TOOLS	

### INGREDIENTS

#### For the pork:

2kg pork shoulder joint  
3 star anise  
2 tbsp fennel seeds  
4 tbsp dried chervil  
1 tbsp chilli powder  
Salt and pepper  
400ml chicken stock

#### For the noodles:

250g rice noodles  
2 tbsp sweet chilli sauce  
1 tbsp soy sauce  
2 red chillies, sliced  
4 spring onions, sliced  
4 tbsp chopped coriander leaves

### METHOD

- ▶ Score the fat on the pork. Put the shoulder in a deep sided roasting tray and pour over boiling water. This will help when it comes to the crackling. Drain and pat dry.
- ▶ Attach the compact chopper/grinder with the star anise and fennel seeds, grind then add the chervil, chilli powder and seasoning. Rub this mix all over the pork. Leave uncovered in the fridge overnight.
- ▶ Preheat the oven to 220°C.
- ▶ Heat the stock and pour it into the roasting tray **cook in the oven for 20 minutes**. Turn the heat down to 160°C and **cook for a further 140 minutes**. Remove from the oven and leave to rest.
- ▶ Preheat the grill to medium and grill the pork skin until bubbling.
- ▶ To make the noodles, put them in a large bowl and pour over boiling water. **Cover and leave for 10 minutes**. Drain and stir in the chilli sauce and soy sauce. Mix well then sprinkle over the chilli and spring onions.
- ▶ Slice the pork and arrange on a platter with the noodles. Sprinkle over the chopped coriander leaves and serve.

Get Attached!

CHOP AND GRIND HERBS AND SPICES FOR THE FRESHEST FLAVOURS WITH THE **COMPACT CHOPPER/GRINDER**.

See page 108





## DUCK WITH ASPARAGUS, FIGS, PEA SHOOTS AND POLENTA

FRUIT IS A GREAT PARTNER WITH DUCK AND THE LIGHT SPRING FLAVOURS OF ASPARAGUS AND PEA GIVE THIS A REAL LIFT. THE POLENTA ADDS A COMFORTING CREAMINESS AND CRUNCH TO THE DISH.

SERVES	4
PREP TIME	25 minutes
COOKING TIME	10-15 minutes
TEMPERATURE	180°C / Gas 4
DIFFICULTY	⊕ ⊕
EQUIPMENT	Shallow pan, oven proof dish, saucepan

### TOOLS



### INGREDIENTS

2 red onions  
 4 duck breasts  
 250g butter  
 200g polenta  
 600ml vegetable stock  
 100ml white wine  
 100g peas  
 16 asparagus spears  
 8 tbsp cream  
 50ml water  
 4 figs  
 150g pea shoots  
 Olive oil  
 Salt and pepper

### METHOD

- ▶ Preheat the oven to 180°C.
- ▶ Attach the food processor with the slicing disc and slice the red onions, reserve.
- ▶ Score the fat on the duck, heat a shallow pan and place each duck breast skin side down and **cook gently for about 5-7 minutes** until turning golden. Turn over half way through and season.
- ▶ Take the meat from the pan and move to an oven proof dish, make sure you keep the pan with the duck fat.
- ▶ **Cook in the oven for 5 minutes** then remove, cover and leave to rest for five minutes.
- ▶ Meanwhile, heat a little of the butter in a saucepan and add the polenta. Stir, then add the vegetable stock. Bring to the boil and reduce to a simmer. When the stock is absorbed and the polenta is soft, stir in the remaining butter. Taste and adjust the seasoning, reserve.
- ▶ Re-heat the pan with the duck fat and sauté the reserved chopped onion. Season a little and pour in the vermouth. Reduce by half and add the peas and asparagus. **Cook for about 4 minutes** then add the cream and 50ml of water.
- ▶ Quarter the figs and diagonally slice each duck breast into three. Divide the polenta between the plates, top with the pea and asparagus mix and lay the duck on top.
- ▶ Place the figs around the duck and finish with some pea shoots and a drizzle of olive oil.

### CHEF'S TIP

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*If asparagus is out of season swap for some long stemmed broccoli or leeks.*

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## RIB-EYE STEAK WITH SMOKED AUBERGINE PURÉE AND ROCKET

<b>SERVES</b>	2
<b>PREP TIME</b>	10 minutes
<b>COOKING TIME</b>	45 minutes
<b>TEMPERATURE</b>	200°C / Gas 6
<b>DIFFICULTY</b>	⊕
<b>EQUIPMENT</b>	Flat pan baking tray

### TOOLS



### INGREDIENTS

2 rib-eye steaks, about 200g each,  
allowed to sit at room temperature  
for about 30 minutes

- 1 aubergine
- 1 tbsp olive oil
- 1 clove of garlic
- 2 tsp smoked paprika
- Salt and pepper to season
- 1 bunch of salad leaves
- 1 tsp lemon juice

### METHOD

- ▶ Preheat the oven to 200°C, and season the steaks.
- ▶ Place the aubergine and garlic onto a baking tray and cook in the oven **for about 35 minutes** or until it is soft.
- ▶ Attach the blender and add the olive oil, paprika, the cooked aubergine and a pinch of salt and pepper. Blend on a medium speed until you have a purée.
- ▶ Heat a flat pan until very hot and add the steaks. **Cook for 3 to 4 minutes** on each side for medium then allow to rest for a further 4 minutes.
- ▶ Serve with the aubergine purée and the salad leaves, dressed with a little oil and lemon juice.

*Get  
Attached!*

BLEND FRESH INGREDIENTS  
QUICKLY AND EFFORTLESSLY  
TO MAKE SOUPS, SAUCES,  
DIPS AND DRINKS.

*See page  
13*








## HERB CRUSTED RACK OF LAMB WITH ROAST VEGETABLES AND POMME PURÉE

THE HERB CRUST GIVES THE LAMB A STRONG VISUAL IMPACT AS WELL AS ADDING SUBLIME FLAVOUR TO THE MEAT. PAIRED WITH THE VEGETABLES AND POMME PURÉE THIS IS A VERY ELEGANT YET SIMPLE DISH.

SERVES	4
PREP TIME	25 minutes
COOKING TIME	45 minutes
TEMPERATURE	180°C / Gas 4
DIFFICULTY	🌟🌟
EQUIPMENT	Saucepan, roasting tray
TOOLS	 

### INGREDIENTS

#### For the pomme purée:

1kg potatoes (recommend floury type)  
200g melted butter  
150ml milk  
175ml double cream  
Salt to season

#### For the vegetables:

1 fennel bulb sliced  
2 red onions, quartered  
3 cloves of garlic  
2 carrots, cut into batons  
1 aubergine, cut into batons  
Olive oil  
Salt and pepper to season

#### For the lamb and herb crust:

4 slices of stale bread  
2 tbsp chopped parsley  
2 tbsp chopped rosemary  
2 tbsp chopped mint  
2 racks of lamb, with 6 bones on each 'French trimmed'  
1 tbsp Dijon mustard  
Salt and pepper to season  
125ml white wine

### METHOD TO MAKE THE POMME PURÉE

- ▶ Preheat the oven to 180°C degrees.
- ▶ Peel the potatoes and cut into pieces and put in a pan of cold salted water. Bring to the boil and **cook for about 10 minutes**, or until nice and soft. Drain and leave to dry.
- ▶ Heat the butter, milk and cream in a pan.
- ▶ Attach the K beater and add the potatoes and cream, mix on a medium speed until the consistency is a creamy purée, reserve.

### METHOD TO MAKE THE MAIN DISH

- ▶ Preheat the oven to 190°C.
- ▶ Put the vegetables on a roasting tray, drizzle with oil, season well and **roast for 20 minutes**.
- ▶ Attach the food processor with the knife blade. Add the bread and herbs, process on a medium speed until you have fine breadcrumbs.
- ▶ Score the lamb skin, season well and brown all over in a hot pan (keep the pan). Brush the mustard all over and coat with the bread crumb mix. Place the lamb on top of the vegetables in the oven. Deglaze the reserved pan and pour into the roasting tray. **Roast in the oven for a further 20 minutes**.
- ▶ Remove the lamb from the oven and let it rest for five minutes. Slice into cutlets and serve with the vegetables, the roasting juices and the pomme purée.


### CHEF'S TIP

Make sure to let the lamb rest, covered in foil and a cloth for plenty of time. This helps all the fibres relax and reabsorb the juices giving tender meat.



## RED SNAPPER WITH PIPERADE

PIPERADE GOES BEAUTIFULLY WITH FISH. IT IS ALSO MADE OF REALLY VIBRANT COLOURS SO WILL CERTAINLY IMPRESS YOUR GUESTS.

SERVES	4
PREP TIME	15 minutes plus 3-4 days curing
COOKING TIME	30 minutes
TEMPERATURE	180°C / Gas 4
DIFFICULTY	
EQUIPMENT	Saucepan, shallow pan

### TOOLS



### INGREDIENTS

4 200g red snapper fillets  
A handful of parsley  
1 lemon, quartered

#### For the Piperade:

1 large white onion  
1 red pepper  
1 green pepper  
2 cloves of garlic  
½ tsp smoked paprika  
1 tin of plum tomatoes  
Olive oil  
Salt and pepper to season

### METHOD

- ▶ Preheat the oven to 180°C.
- ▶ Attach the food processor with the slicing disc and slice the onion, peppers and garlic.
- ▶ Heat a saucepan with a little olive oil and gently cook the sliced onion, pepper and garlic until soft. Season with a little salt and add the smoked paprika. **Cook, stirring often on a medium heat** until the peppers are starting to soften.
- ▶ Add the tinned tomatoes to the pan and **cook for ten minutes**. Adjust the seasoning and keep warm while you cook the fish.
- ▶ Heat a shallow pan and **cook the 4 red snapper fillets for 5 to 6 minutes**, turning once.
- ▶ Serve each fillet with the piperade, sprinkle with chopped parsley and a wedge of lemon.

### CHEF'S TIP

Ratatouille would work equally well with this dish, and you could use mullet instead of the snapper.



## CHOCOLATE SPONGE WITH SALTED CARAMEL ICE CREAM

**SERVES** 4

**PREP TIME** 15 minutes, pre-freeze  
ice cream bowl for  
24 hours

**COOKING TIME** 30 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** 2 saucepans, 6 ramekin  
dishes / dariole moulds

**TOOLS**



### INGREDIENTS

#### *For the salted caramel ice cream:*

450g caster sugar  
600ml double cream  
2 tsp Maldon salt  
250ml milk  
4 egg yolks  
1 tsp vanilla extract

#### *For the fondants:*

200g dark chocolate (70%)  
150g sugar  
150g butter  
4 eggs, beaten  
50g plain flour  
2 tsp vanilla extract

### METHOD TO MAKE THE SALTED CARAMEL ICE CREAM

- ▶ To make the ice cream, pre-freeze the frozen dessert maker bowl for 24 hours.
- ▶ Add 200g of the caster sugar to a saucepan and heat until melted.
- ▶ Once melted bring to the boil and continue cooking, stirring occasionally until it starts to turn golden. Add 200ml of the cream, stir well and cook until the caramelised sugar has dissolved. Add the salt and reserve.
- ▶ In another saucepan bring the milk to just below boiling and then turn off the heat.
- ▶ Attach the whisk, add the egg yolks and the remaining 250g of the caster sugar to the bowl. Whisk on a medium speed until pale and fluffy. Pour in the cooled milk and continuing to whisk until combined.
- ▶ Pour all of the mixture back into the saucepan and cook on a low heat for ten minutes, or until the mixture has thickened and coats the back of a wooden spoon.
- ▶ Turn the heat off and add the remaining cream (400ml). Stir well and add the vanilla extract.
- ▶ Chill in the fridge until cold.
- ▶ Remove the frozen dessert maker bowl from the freezer, attach the plastic bowl of the dessert maker and fit the freezer bowl inside it. Add the paddle and cover.
- ▶ With the machine running at a slow speed slowly pour the ice cream mix into the bowl through the feed chute. Mix in the frozen dessert maker for about half an hour, 20 minutes into mixing slowly add the reserved caramel mix.
- ▶ The ice cream can be eaten immediately or kept in the freezer for later.

### METHOD TO MAKE THE CHOCOLATE FONDANT

- ▶ Preheat the oven to 200°C, and butter 6 ramekin dishes or dariole moulds.
- ▶ Gently melt the chocolate in a bowl set over a pan of gently simmering water, making sure the bowl does not come into contact with the water.
- ▶ Add the sugar, butter, eggs and vanilla essence to the bowl and attach the K beater. Mix on a medium speed until pale and fluffy.
- ▶ Pour in the melted chocolate and mix well, turn the speed to low and gently fold in the flour.
- ▶ Pour the mixture into the moulds and **cook for about 12 minutes**, until they have a soft spring to them.
- ▶ Leave to cool for 5 minutes and serve with the ice cream.



## BALSAMIC, THYME AND PEPPER MERINGUES WITH BASIL STRAWBERRIES

**SERVES** 4

**PREP TIME** 10 minutes

**COOKING TIME** 40 minutes plus cooling

**TEMPERATURE** 150°C / Gas 2

**DIFFICULTY** 

**EQUIPMENT** Baking tray, baking paper

**TOOLS**



### INGREDIENTS

4 egg whites  
 200g icing sugar  
 2 tbsp thyme leaves  
 1 tsp ground black pepper  
 4 tbsp balsamic vinegar  
 1 punnet of strawberries, hulled and quartered  
 4 tbsp basil leaves, shredded  
 Cream, to serve

### METHOD

- ▶ Preheat the oven to 150°C and line a baking tray with baking paper.
- ▶ Attach the whisk, add the egg whites, whisk on a medium speed until you have stiff peaks.
- ▶ Add the icing sugar one tablespoon at a time until the mix is glossy.
- ▶ Loosely stir in the thyme, pepper and balsamic vinegar.
- ▶ Spoon the meringue mixture onto the lined baking tray into fist sized portions, leaving a large gap between each. Drizzle a little balsamic vinegar over each meringue.
- ▶ **Cook in the oven for 35-40 minutes.** Turn the oven off and leave to cool in the oven.
- ▶ Serve with the strawberries, shredded basil leaves and a good spoonful of cream.

### CHEF'S TIP

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*The vinegar in this, as well as complementing the strawberries, makes the meringues crisp on the outside and deliciously chewy within.*

.....





## GINGER AND LEMON PARFAIT WITH GINGER BISCUIT CRUMBS

<b>SERVES</b>	6-8
<b>PREP TIME</b>	10 minutes, plus at least 6 hours freezing time (overnight would be better)
<b>DIFFICULTY</b>	
<b>EQUIPMENT</b>	900g loaf tin
<b>TOOLS</b>	  

### INGREDIENTS

30g butter, softened for greasing  
 12 ginger biscuits  
 2 eggs  
 1 tbsp ground ginger  
 2 tbsp ginger wine  
 Zest and juice of 1 lemon  
 180g caster sugar  
 500ml double cream

### METHOD

- ▶ Grease and line a 900g loaf tin with clear film, grease the inside of the clear film as well.
- ▶ Attach the food processor with the knife blade, add the ginger biscuits and mix until you have crumbs.
- ▶ Pour in nearly all of the biscuit crumbs into the loaf tin, reserving some for the end.
- ▶ Attach the whisk and whisk together the eggs, ground ginger, ginger wine, lemon juice, zest, and sugar until light and creamy. Pour into a separate bowl and reserve.
- ▶ With the whisk still attached whip the cream until soft peaks form. Remove the whisk and add the creaming beater or folding tool.
- ▶ Gently fold in the reserved egg mixture on a low speed. Pour into the prepared tin. Cover with clear film and freeze overnight, or for at least six hours.
- ▶ Turn out of the tin and sprinkle on the remaining crushed biscuits - serve.



## CREMA CATALAN WITH EARL GREY SPONGES

THIS CATALAN VERSION OF THE CRÈME BRÛLÉE GOES WELL WITH THE BERGAMOT FLAVOURED EARL GREY SPONGES.

<b>SERVES</b>	4
<b>PREP TIME</b>	15 minutes, plus overnight for chilling
<b>COOKING TIME</b>	60 minutes plus chilling
<b>TEMPERATURE</b>	150°C / Gas 2
<b>DIFFICULTY</b>	👤👤
<b>EQUIPMENT</b>	4 crème brûlée dishes, deep sided baking tray, baking paper

### TOOLS



### INGREDIENTS

#### For the Crema Catalan:

400ml milk  
Zest of 1 lemon and 1 orange  
1 cinnamon stick  
1 tbsp sherry  
4 egg yolks  
65g caster sugar  
1 tbsp vanilla extract  
140ml double cream  
2 tbsp Demerera sugar

#### For the Earl Grey sponges:

100g caster sugar  
2 eggs  
100g butter, melted  
100g self raising flour  
Leaves from an Earl Grey teabag

### METHOD

- ▶ *To make the Crema Catalan:* preheat the oven to 150°C.
- ▶ Add the milk, lemon zest, orange zest and cinnamon stick to a pan, bring to just below the boil. Pour in the sherry, turn off and leave to infuse for 15-30 minutes.
- ▶ Add the egg yolks, sugar and vanilla extract to the bowl. Attach the whisk and whisk on a medium speed until frothy and pale.
- ▶ Remove the whisk and attach the blender. Add the mixture and the cream to the blender and blend until smooth.
- ▶ Pour immediately into the four crème brûlée dishes and place into the deep sided baking tray half filled with hot water. **Bake in the oven for 65 minutes**, until just set. Remove from the oven and chill in the fridge, preferably overnight, but for at least 2 hours.
- ▶ *To make the Earl Grey sponges:* Preheat the oven to 190°C and line a baking tray with greaseproof paper.
- ▶ Add the sugar and eggs to the bowl, attach the whisk and whisk until light and fluffy. Remove the whisk and attach the K beater add half the butter and half the flour and slowly mix.
- ▶ Add the remaining flour and butter along with the tea leaves and mix on a slow speed until combined.
- ▶ Spoon tablespoons of the mixture onto the lined baking tray, making sure you leave space between each one. **Bake in the oven for 10 minutes**, or until turning golden. Leave to cool on a wire rack, dust with icing sugar.
- ▶ Remove the Crema Catalans from the fridge and sprinkle each with a tablespoon of demerera sugar. Caramelize the sugar under a very hot grill. Serve with the sponges and a cup of Earl Grey tea.

### CHEF'S TIP

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*Try using lapsang Suchong for a smokier sponge. Or even add jasmine leaves and candied orange zest.*

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## LIMONCELLO AND LEMON TART WITH LAVENDER

<b>SERVES</b>	6-8
<b>PREP TIME</b>	30 minutes plus 1/2 hour chilling
<b>COOKING TIME</b>	50 minutes
<b>TEMPERATURE</b>	200°C / Gas 6
<b>DIFFICULTY</b>	👤👤
<b>EQUIPMENT</b>	20cm tart tin, baking paper, baking beans

### TOOLS



### INGREDIENTS

#### **For the base:**

250g plain flour  
125g unsalted butter  
125g sugar  
1 egg  
Zest of 1 lemon  
1 tsp lavender flowers

#### **For the filling:**

5 eggs  
180g caster sugar  
Juice and zest of 5 lemons  
180ml double cream  
20ml Limoncello  
Lavender leaves

### METHOD

- ▶ Preheat the oven to 200°C and grease a 20cm tart case.
- ▶ *For the base:* add the flour, butter, sugar, egg, lemon zest and lavender to the bowl, attach the dough hook and knead on a low speed until it comes together as a dough. Remove from the bowl, flatten slightly and cover with clear film. Chill in the fridge for half an hour.
- ▶ Remove the pastry from the fridge and roll out onto a lightly floured surface to a 5mm thick circle, place it into the tart tin making sure it covers the edges. Lay greaseproof paper over the pastry and fill with baking beans or rice and **bake in the oven for 10 minutes.**
- ▶ Turn the oven to 180°C, remove the beans, trim the pastry from the edges (if necessary) and **bake for a further 10 minutes.** Remove from the oven and leave to cool.
- ▶ *For the filling:* attach the whisk and whisk the eggs and sugar on a low speed. Add the lemon juice, zest, cream and Limoncello and whisk until combined.
- ▶ Pour the mixture into the tart case and bake for about half an hour, or until it is lightly set.
- ▶ Remove from the oven and dust with sugar and lavender leaves.
- ▶ Leave to cool then serve at room temperature or chill for up to 2 days.



## ROAST PEACHES WITH WHITE WINE, PEPPER AND STAR ANISE

**SERVES** 4

**PREP TIME** 5 minutes

**COOKING TIME** 25 minutes

**TEMPERATURE** 200°C / Gas 6

**DIFFICULTY** 

**EQUIPMENT** Oven proof dish,  
saucepan

**TOOLS**



### INGREDIENTS

6 peaches, ever so slightly under ripe  
12 peppercorns  
2 star anise  
A pinch of salt  
1 vanilla pod, split down the middle  
100g caster sugar  
50ml water  
100ml cream  
125ml white wine  
Olive oil  
Cream to serve

### METHOD

- ▶ Preheat the oven to 200°C.
- ▶ Halve the peaches and remove the stones then evenly place the fruit skin side down in an oven proof dish.
- ▶ Attach the compact chopper/grinder with the peppercorns and star anise. Grind on a medium speed until powdered, reserve.
- ▶ Put the vanilla pod, sugar and water in a saucepan and gently bring to the boil. Stir and cook for a further five minutes until you have a syrup. Add the powdered spices and stir well, reserve.
- ▶ Remove the vanilla pod and pour a little of the syrup over each peach. **Cook in the oven for 25 minutes**, or until the peaches are soft but still holding their shape. Remove from the oven and leave to cool for a few minutes.
- ▶ Boil the white wine in a saucepan for a couple of minutes.
- ▶ Attach the whisk pour in the cream and whisk on a high speed until soft peaks form, reserve.
- ▶ Remove the whisk and attach the K beater. Put four of the peach halves in the bowl. Turn the machine to a medium speed and slowly add the olive oil, turn up the speed to high and pour in the boiled white wine, mix well to form a puree.
- ▶ Serve the peach halves with the purée, syrup and whipped cream.

### CHEF'S TIP

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*Try apricots, pears or even watermelon to change things around a little. The spices will complement them beautifully.*

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# ATTACHMENTS





**KENWOOD KITCHEN MACHINES ARE ROBUST, POWERFUL AND FULLY VERSATILE.**

They have power outlets where you can attach additional attachments for all your preparation needs including; blending, slicing, grating, chopping, grinding, juicing and much more!



This chapter is a guide to all the additional attachments that are available with recipe suggestions to match. You can also integrate the attachments within the other recipes in the book to help with all of your preparation needs.

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## SLICING, GRATING AND DICING

KENWOOD'S FOOD PREPARATION ATTACHMENTS ARE IDEAL FOR SLICING, GRATING, JULIENNE/CHIPPING, CHOPPING AND DICING. ALL OF THE ATTACHMENTS WITHIN THIS GROUP HAVE THEIR OWN EXPERTISE AND CAN OFFER A VARIETY OF HELP ON ALL PREPARATION NEEDS.

### WHEN BEST TO USE:

#### VEGETABLE PREPARATION/FRUIT

Slice/grate/julienne or dice a variety of hard and soft vegetables e.g. salads.

#### CHEESE

Slice/grate/rasping or dice different cheeses for a variety of dishes e.g. cheese soufflé.

#### CHOCOLATE AND NUTS

Grate or rasping chocolate for a variety of dishes e.g. cakes.



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#### FOOD PROCESSOR

Slice or grate ingredients straight into the bowl with **6 stainless steel discs**; thin slice, thick slice, thin grate, thick grate, extra fine grating and julienne. **Stainless steel knife blade is also included** which is ideal for chopping ingredients to make dips and sauces.



#### CONTINUOUS SLICER/GRATER

Slice or grate continuously on a high speed, ideal for batch cooking and large quantities of ingredients. **Includes 7 stainless steel discs**; thin slicing, thick slicing, thin grating, thick grating, extra fine grating, fine julienne and thick julienne.



#### ROTARY SLICER/GRATER

Slice or grate on a slow speed, ideal for chocolate, cheese and nuts which need a slower speed to achieve the best result. **Includes 5 drums** for thin slicing, thick slicing, thin grating, thick grating and extra fine grating.



#### DICING ATTACHMENT

Dice a variety of vegetables, fruits, meat and cheeses ideal for salads, stews and side dishes, **includes a stainless steel slicing disc and dicing grid** producing 10mm x 10mm cubes.

## POTATO ROSTI

SERVES	4
PREP TIME	10 minutes
COOKING TIME	10 minutes

#### INGREDIENTS

2 large Maris Piper or King Edward potatoes

1 tbsp cornflour or potato flour

2 tbsp melted butter

Salt and pepper

#### METHOD

- ▶ Peel the potatoes
- ▶ Attach either one of the below to your machine;
  - Food processor with thick grating disc
  - Continuous slicer/grater with the thick grating disc
  - Rotary slicer/grater with the thick grating drum
- ▶ Grate the potato and set aside in a bowl.
- ▶ Add the cornflour, butter, salt and pepper and mix well with a wooden spoon.
- ▶ Shape into flat round discs approximately 8cm in diameter and 2cm tall (the mixture should make 4).
- ▶ Heat a pan with a little butter and fry gently for about 4 minutes on each side until golden and cooked through.



## CHOPPING AND GRINDING

KENWOOD'S CHOPPING AND GRINDING ATTACHMENTS ARE IDEAL FOR CHOPPING AND GRINDING HERBS, NUTS AND COFFEE, GRINDING MEAT AND FISH AND GRINDING GRAINS, PULSES AND RICE. ALL ATTACHMENTS WITHIN THIS GROUP HAVE THEIR OWN EXPERTISE AND CAN OFFER A VARIETY OF HELP ON ALL CHOPPING AND GRINDING NEEDS.

### WHEN BEST TO USE:

#### HERBS/NUTS

Chop herbs and nuts to use within cooking and baking.

#### COFFEE

Grind coffee beans into a fine powder.

#### MEAT

Grind a variety of meat to use within different dishes or to make burgers and sausages.

#### GRAINS/PULSES/RICE

Grind grains and pulses to make homemade flour for baking.



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#### COMPACT CHOPPER/GRINDER

Chop or grind small portions of ingredients, ideal for herbs, coffee beans, baby food, spices and nuts. **Includes 4 storage glass jars with lids** for milling and storage.



#### MEAT GRINDER

Produce fresh minced meat or fish, ideal for a variety of dishes including burgers, lasagne and fish cakes. **Comes with 3 metal screens** for fine, medium and coarse results, 2 sized sausage adaptors and Kebbe maker for Middle Eastern dishes.



#### GRINDING MILL

Grind grains and pulses, ideal for making homemade flour to use in baking, also a good way to help control allergies by making gluten free flour.

## PORK, RED WINE AND GARLIC SAUSAGE

SERVES 4

PREP TIME 10 minutes, chilling time  
12 hours

#### INGREDIENTS

1kg pork shoulder  
500g pork fat, put in the freezer for at least an hour  
100ml red wine  
3 cloves of garlic, crushed  
Leaves from 2 thyme sprigs, finely chopped  
200cm sausage skin  
1 tbsp salt  
A large twist of pepper

#### METHOD

- ▶ Attach the food mincer and fit the medium screen.
- ▶ Cut the pork shoulder into cubes and feed through the mincer. Put in a large bowl, cover and keep in the fridge.
- ▶ Remove the fat from the freezer and cut into cubes. Feed through the mincer and add to the meat in the fridge.
- ▶ Take the meat and fat from the fridge and add the red wine, garlic and thyme. Add the salt and pepper and mix really well, reserve in the fridge.
- ▶ Remove the medium disc and attach the sausage making attachment.
- ▶ Feed the sausage skin onto the nozzle, and with the machine on slow, feed the meat through the tube. As the skin fills up, twist it every 10cm, depending on how long you like your sausages, laying them on the work surface as they come out.
- ▶ When you have finished tie the end. Place on a tray and leave to dry for an hour. Place in the fridge overnight.
- ▶ The sausages are now ready to cook, or you can wrap and save for later. They can be frozen for up to a month.



# PASTA ATTACHMENTS

KENWOOD'S PASTA ATTACHMENTS ARE IDEAL FOR CREATING FRESH HOMEMADE PASTA, FROM FLAT SHEETS FOR LASAGNE OR RAVIOLI TO A PASTA SHAPER THAT CAN MAKE UP TO 12 DIFFERENT TYPES OF PASTA INCLUDING FUSILLI AND LINGUINE. PASTA DOUGH CAN BE FLAVOURED WITH HERBS, TOMATO PUREE OR SPINACH TO MAKE A VARIETY OF DIFFERENT PASTA DISHES.

## WHEN BEST TO USE:

### PASTA DOUGH

Make flat sheets of pasta or a variety of pasta shapes to make the perfect pasta dish.

### BREAD/SWEET DOUGH

Rolling out dough so that it can be used to make pies, biscuits etc.

### BISCUITS

Make homemade biscuits utilising the biscuit maker attachment.



### FLAT PASTA ROLLER

Make fresh flat sheets of pasta and control the thickness you desire using the adjustable dial, ideal for making lasagne, ravioli or cannelloni. **Includes a roller** to help feed the pasta dough through the roller.

Pasta cutters:

- Tagliatelle Cutter
- Taglioni Cutter
- Trenette Cutter
- Spaghetti Cutter



### PASTA SHAPER

Make fresh pasta shapes for a variety of dishes. Thin pastas should be served with thin sauces, while thicker sauces work better with thicker heavier pastas.

### 12 OPTIONAL DIES AVAILABLE

- Bigoli
- Casarecce
- Maccheroni lisci
- Spaccatelli
- Spaghetti quadri
- Pappardelle
- Silatelli
- Linguine
- Fusilli
- Cochigliette
- Bucatini
- Orecchiette

## SPINACH FUSILLI

SERVES	4
PREP TIME	20 minutes
COOKING TIME	3 minutes

### INGREDIENTS

#### For the pasta dough:

- 500g strong type '00' flour
- 4 eggs beaten
- 2 tbsp water (if necessary)
- Salt to season
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 200g baby leaf spinach
- 50g flour

### METHOD

- Add the flour and salt to the bowl and attach the dough hook. With the machine running slowly add the eggs and water until a dough is formed.
- Add the basil, oregano and thyme to the bowl and knead on a low speed for 5 minutes.
- Remove the dough from the bowl and wrap in clear film. Leave to rest in the fridge for at least half an hour before using.
- Cook the spinach in boiling water for ten seconds then remove and drain in a colander. Leave to cool and squeeze out as much of the excess water as possible, finely chop and reserve.
- Remove the pre-made pasta dough from the fridge and add the chopped spinach, add some more flour if it is becoming too moist.
- Cut the dough into eight and attach the pasta shaper with the fusilli disc.
- On a low speed feed the dough through the pasta shaper and slice the pasta off after every 4cm until all the dough is used.
- Toss in a little flour and leave to dry for half an hour before cooking.
- Alternatively, dry completely and store in an airtight jar for up to a month.



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## JUICING

KENWOOD'S JUICING ATTACHMENTS ARE IDEAL FOR CREATING FRESH FRUIT OR VEGETABLE JUICE. ALL ATTACHMENTS WITHIN THIS GROUP HAVE THEIR OWN EXPERTISE AND CAN OFFER A VARIETY OF JUICE OPTIONS FROM HEALTH DRINKS TO PUREE.

### WHEN BEST TO USE:

#### DRINKS

Juice fruit or vegetables to create fresh fruit juice.

#### CITRUS JUICE

Squeeze citrus fruits to create fresh fruit juice.

#### COULIS

Press berries to make coulis to serve with desserts.

#### TOMATO JUICE

Press tomatoes to make fresh tomato juice to use within a variety of dishes.



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#### CITRUS JUICER

Juice citrus fruits straight into the bowl to create fresh fruit juice; ideal for oranges, lemons, limes and grapefruits.



#### METAL JUICE EXTRACTOR

High speed juicer that enables the user to extract juice quickly and efficiently from whole fruit and vegetables to create a variety of fruit juices, health drinks and smoothies. **Juice jug included** with integrated foam filter to serve only clear fruit juice.



#### FRUIT PRESS

The slow rotary action of this fruit press enables the end user to extract juice from berries or tomatoes to create healthy juices, and purees or sauces from the removed pulp.

## CARROT, BEETROOT AND PEACH SMOOTHIE

SERVES 4

PREP TIME 5 minutes

#### INGREDIENTS

4 carrots, peeled  
2 raw, cleaned beetroot  
4 peaches  
200ml natural yoghurt

#### METHOD

- ▶ Attach the juice extractor and feed the carrots, beetroot and peaches through.
- ▶ Stir in the yoghurt and serve with ice.





## BOWL ATTACHMENTS

KENWOOD OFFERS BOWL ATTACHMENTS FOR ALL ADDITIONAL PREPARATION NEEDS INCLUDING A FROZEN DESSERT MAKER, PUREE AND SIEVE AND POTATO PEELER.



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### FROZEN DESSERT MAKER

Make homemade ice cream, sorbet and frozen yoghurt within the pre-freeze frozen dessert maker bowl. Leave the bowl in the freezer for 24 hours prior to use, attach to the Kitchen Machine and add fruit and cream to produce delicious and fresh ice cream - you can make any flavour.



### PUREE AND SIEVE

Gently puree tomatoes and fruit to create preserves, jelly and coulis. **Comes with two sieve options** for fine and coarse results, the sieve can also be used for sifting flour into a cake mixture.



### POTATO PEELER

Quickly and effortlessly peel hard root vegetables in the abrasive bowl attachment giving the peeled vegetable texture ready for roasting.

## MANGO AND CHILLI SORBET

SERVES	4
PREP TIME	10 minutes, pre-freeze bowl for 24 hours
COOKING TIME	30 minutes

### INGREDIENTS

3 mangoes, peeled and stoned  
250g caster sugar  
1 red chilli, seeds removed and finely sliced  
Juice and zest of 1 lime

### METHOD

- ▶ Attach the blender and add the mangoes, sugar, chilli and lime, blend on a medium speed until combined.
- ▶ Remove the blender attachment and attach the frozen dessert maker bowl.
- ▶ On a low speed gradually pour the mango mixture into the bowl.
- ▶ Leave to churn for about half an hour.
- ▶ This can be eaten immediately or kept in the freezer.



## GLOSSARY

### **BAKING POWDER**

A raising agent consisting of Alkali, such as bicarbonate of soda (baking soda) mixed with acid, usually cream of tartar (tartaric acid). These produce carbon dioxide which expands during cooking and makes cakes rise.

### **BAKING SODA**

Another name for Baking Powder.

### **BLANCHING/BLANCHED**

Briefly immersing food such as vegetables, fruit or nuts in water to help remove the skin, e.g. tomatoes, almonds, peaches; or to serve as a first stage of cooking in the preparation of many dishes.

### **CHARRED**

Cooked until blackened in colouring.

### **CLEAR FILM**

A clear flexible film suitable for covering foods during storage and resting.

### **CREAMING**

The method of beating fat and sugar together to obtain a light airy texture and pale colour. Used in cakes and puddings which contain a high proportion of fat. It helps to incorporate air.

### **CURE/CURING**

The method of curing or preserving meat using a brining or pickling solution (water, salt, nitrites). Used as a way of adding additional flavour to a meat.

### **CUTLETS**

A thin slice of meat, usually veal or lamb, cut from the leg or ribs.

### **DEGLAZE**

Deglaze a pan by moistening and then scraping up the browned bits of food that stick to the bottom of the pan. These deglazed browned bits are loaded with flavour. By deglazing the brown bits, you can transform them into a delicious sauce.

### **EASY ACTION DRIED YEAST**

Dried yeast (or active dried yeast) comes in small granules that are first reconstituted with warm water and sugar; and powdered (or 'easy-blend' or 'fast-action') dried yeast which is sold in sachets and just sprinkled straight into a bowl of flour. An essential ingredient for bread making.

### **FOLDING IN**

A delicate method of combining a whisked or creamed mixture with other ingredients by cutting and folding, so that the mix retains its lightness. Used mainly for soufflés, meringues and light cake mixes.

### **FRENCH TRIMMED**

A way that meat is prepared so that the bone is left protruding.

### **GELATINE**

An animal-derived setting agent available as a powder or as leaf gelatine.

### **GLOSSY**

Smooth and shiny consistency.

### **INFUSE**

A process that involves the soaking or seeping of a substance in hot liquid to extract the flavour of the substance being immersed into the liquid/food item.

### **KNEAD**

A gentle firm action used with bread dough, to develop the gluten in the flour.

### **KNOCK BACK/KNOCK AIR OUT**

To knead yeast dough for the second time, to ensure an even texture.

### **LOAF TIN**

Rectangular high-sided tin for baking bread or cakes.

### **PIPERADE**

A typical Basque dish prepared with onion, green peppers and tomatoes sautéed and flavoured with red peppers.

**PUREE**

Fruits, vegetables, meat or fish which have been blended, sieved or pounded to a smooth textured pulp.

**REDUCE**

To make a sauce or liquid more concentrated by fast boiling in an uncovered pan.

**REMOVE THE FLESH**

Removing the meat from the bones.

**RISOTTO**

An Italian dish of rice, cooked in butter or oil with stock, meat, seafood or vegetables and often Parmesan cheese.

**ROUX**

A mixture of equal parts fat and flour used for thickening sauces and soups.

**SAUTÉ**

To cook food in a small quantity of fat which quickly browns the food.

**SEARING**

Quickly browning meat in a little hot fat.

**SCORE**

To cut small slits in a cut of meat, allowing the meat to soak up more of the flavours

**SEASONING**

Adding condiments, usually salt and pepper to a dish to enhance the flavour.

**SELF-RAISING FLOUR**

Flour to which a raising agent has been added in order to facilitate the rising of cakes. Can be substituted for plain flour and baking powder.

**SIMMERING**

Cooking food and liquids slowly and steadily over a gentle heat and keeping just below boiling point.

**SOFT/STIFF PEAKS**

Refers to the beating or whipping of cream or egg whites. Soft peaks will form a peak but will flop over, whilst with a stiff peak there is no movement and you could turn the bowl upside-down without the contents falling out.

**STRONG PLAIN FLOUR**

A flour with a high protein content and good gluten content, making it perfect for bread.

**WHIPPING**

Beating air rapidly into a mixture, using a whisk.

**ZEST**

The oily outer part of the skin of the citrus fruit, without the pith, used for flavouring.

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