

THE KITCHENAID
ARTISAN POWER SERIES



A Simple Guide to Healthy Blending
BLENDER RECIPES

KitchenAid



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Recipes by Kim Laidlaw
Photography by Joyce Oudkerk Pool
Art direction and production by Jennifer Barry
Food Styling by Andrea Lucich
Nutritional data by Hill Nutrition Associates, Inc.
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KitchenAid
2000 North M63
Benton Harbor, Michigan 49022-2692



Take your health to the next level with the KitchenAid ARTISAN Power Series Blenders and this recipe book, which features a wide variety of customisable, healthy recipes sure to inspire and delight. Each recipe has been rigorously tested and earned the KitchenAid Official Recipe Seal of Approval. From smoothies and juices, to soups and sauces, each recipe uses the freshest ingredients guaranteed to please every palate.

Get started now with an energising Kale Banana Smoothie, then kick-start your afternoon with a Fresh Greens Juice. And come together for dinner for a delicious fiesta featuring Chicken Tortilla Lime Soup. The options are endless and everything is fresh.

We even have gluten free alternatives in this recipe book, such as Rice Flour, and many recipes come with alternate versions and optional ingredient add-ins to please every health interest and taste.



BEFORE YOU BLEND

- For best results, add liquids and soft ingredients first. Then layer with ice and frozen foods.
- Get creative! This blender has the power to handle the toughest ingredients and do much more than a standard blender.
- For an extra healthy boost to your smoothies, add in one or more superfoods (p. 27).

GET BLENDING

- When utilising the variable speed dial, start on low to allow ingredients to fall onto the blade. Then dial to your desired speed for the perfect blend.
- Enjoy 3 Adapti-Blend Programs* for perfect results, quickly:

SMOOTHIE - Fresh or frozen fruits & vegetables with liquid and ice.

JUICE - Fresh fruits and vegetables with liquid.

SOUP - With the Thermal Control Jar*, cool or room temperature ingredients are blended, heated and kept warm after blending is complete.

- The Flex Edge tamper accessory is included to control the thickest blends, such as nut butters. Simply scrape the sides of the jar and push ingredients into the blending vortex.

CLEAN UP

- For easy clean up, fill ⅓ of the blender jar with water, add a drop of dishwashing soap and run the self-cleaning cycle. Rinse clean.

**Model 5KSB8270.*

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ANTIOXIDANT BERRY SMOOTHIE

Makes: 2 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

- 160 ml pomegranate juice
- 150 g fresh or frozen blueberries
- 1 packet (400 g) frozen açai berry purée
- 1 frozen banana, chopped
- ½ avocado, peeled

CHEF'S TIP

Açai berry purée can be found in most health foods stores.

- 1 In order, combine pomegranate juice, blueberries, açai berry purée, banana and avocado in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, for about 1 minute.

If necessary, scrape down sides of jar with the Flex Edge tamper.
- 3 If smoothie is too thick, blend in splash or two of water. Smoothie is best if served right away.



BANANA SPINACH AVOCADO SMOOTHIE

Makes: 1 - 2 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

- 1 In order, combine hemp milk, spinach, banana, avocado, lemon juice and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, for about 1 minute.

If necessary, scrape down sides of jar with the Flex Edge tamper.
- 3 If smoothie is too thick, blend in extra splash or two of hemp milk. Blend in honey to taste, if desired. Smoothie is best if served right away.

160 ml hemp, almond or rice milk,
plus more if needed
30 g packed baby spinach leaves
1 frozen banana, chopped
½ avocado, peeled
1 teaspoon fresh lemon juice
6-8 ice cubes
1-2 teaspoons honey (optional)



APPLE PIE SMOOTHIE

Makes: 2 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

- 1 In order, combine almond milk, apple, banana, oats, vanilla, cinnamon, date and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, for about 30 seconds.

If necessary, scrape down sides of jar with the Flex Edge tamper.

- 3 If smoothie is too thick, blend in splash or two of almond milk. Smoothie is best if served right away.

120 ml almond milk (page 40),
plus more if needed
1 large sweet apple, peeled,
cored and roughly chopped
1 frozen banana, chopped
20 g old-fashioned rolled oats
½ teaspoon vanilla extract
¼ teaspoon ground cinnamon
1 pitted Medjool date, chopped
6-8 ice cubes

CHEF'S TIP

This fibre-rich smoothie includes a date for sweetness, which you can leave out or replace with 1 teaspoon honey.



KALE BANANA SMOOTHIE

Makes: 1 serving **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

- 1 In order, combine almond milk, kale, banana, almond butter, date (if desired) and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute.

If necessary, scrape down sides of jar with the Flex Edge tamper.

- 3 Smoothie is best if served right away.

375 ml almond milk (page 40),
coconut water or water
2 medium kale leaves,
ribs removed, chopped
1 frozen banana, chopped
2 tablespoons unsweetened
almond butter (page 54)
¼ pitted Medjool date,
roughly chopped (optional)
4-6 ice cubes

CHEF'S TIP

The riper the banana before you freeze it, the sweeter the result. Be sure to peel bananas before freezing. Omit the date for a less sweet drink.



MANGO CREAM SMOOTHIE

Makes: 2 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

- 1 ripe mango
- 125 ml fresh tangerine juice
- 125 ml plain whole-milk Greek yogurt
- 1 large frozen banana, chopped
- ½ teaspoon vanilla extract
- 6 ice cubes

CHEF'S TIP

Swap the orange juice for the tangerine juice, or add a peeled whole orange or a couple of peeled whole tangerines instead of the juice.

- 1 Stand mango on narrow edge, with stem facing you, on cutting board. Cut down about 2 cm to one side of stem with sharp knife, just grazing side of pit. Repeat on other side of fruit. You should have two flat sides, or "cheeks." Scoop flesh from each cheek with spoon. Peel flesh around pit, then remove as much flesh from pit as possible. You should have 250 ml mango flesh.
- 2 Combine mango, tangerine juice, yogurt, banana, vanilla and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.
- 3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 30 seconds.

If necessary, scrape down sides of jar with the Flex Edge tamper.
- 4 Smoothie is best if served right away.



STRAWBERRY ORANGE BEETROOT SMOOTHIE

Makes: 2 servings **Prep Time:** 3 minutes **Total Time:** 4 minutes

INGREDIENTS

125 ml well-shaken coconut milk
170 g frozen strawberries
100 g cooked red beetroot, chilled,
peeled and cubed
125 ml fresh orange juice
1 teaspoon honey (optional)
6 ice cubes

- 1 In order, combine coconut milk, strawberries, beetroot, orange juice, honey (if desired) and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute.

If necessary, scrape down sides of jar with the Flex Edge tamper.
- 3 Smoothie is best if served right away.

CHEF'S TIP

To cook beetroots on your own, peel and cube a beetroot and boil until tender, then drain and refrigerate until well chilled before using. Precooked red beetroots can also be located in the salad section of your supermarket.



STRAWBERRY BANANA SMOOTHIE

Makes: 2 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

1 In order, combine rice milk, strawberries, banana, lemon juice, basil, mint and honey (if desired) in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.

2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 and 11). Blend until completely smooth for about 1 minute.

If necessary, scrape down sides of jar with the Flex Edge tamper.

3 If smoothie is too thick, blend in splash or two of rice milk. Smoothie is best if served right away.

250 ml rice milk, coconut water or plain yogurt (not Greek), plus more if needed

170 ml frozen strawberries

1 frozen banana, roughly chopped

2 tablespoons fresh lemon juice

1 tablespoon packed basil leaves, chopped

1 tablespoon packed mint leaves, chopped

1 teaspoon honey (optional)



TROPICAL SMOOTHIE

Makes: 2 - 3 servings **Prep Time:** 6 minutes **Total Time:** 7 minutes

INGREDIENTS

1 In order, combine coconut water, lime juice, pineapple, papaya, banana, and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off.

2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute.

If necessary, scrape down sides of jar with the Flex Edge tamper.

3 Smoothie is best if served right away.

125 ml coconut water
2 tablespoons fresh lime juice
200 g fresh pineapple, chopped
200 g papaya, chopped
1 frozen banana, chopped
6-8 ice cubes



SUPERFOOD SMOOTHIE ADD-INS

For extra nutrition, vitamins, minerals and more, try one of these superfoods in your favourite smoothie. Add your choice when blending.

INGREDIENTS

- 1 teaspoon chia seeds prior to serving
- 1 tablespoon ground flaxseeds per serving
- 1 packet (100 g) frozen acai berry purée per batch
- 1 tablespoon hemp seeds per batch
- 25 g dried goji berries per batch
- 1-2 tablespoons coconut oil per patch
- 1-2 tablespoons cacao nibs per batch

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FRESH GREENS JUICE

Makes: 2 servings **Prep Time:** 7 minutes **Total Time:** 9 minutes*

- 1 Combine water, lemon juice, celery, cucumber, apple, kale, romaine lettuce, honey (if desired) and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.
- 3 If juice is too thick, blend in extra splash or two of water. Serve directly from blender, or line fine-mesh sieve with double layer of cheesecloth and strain juice into container, pressing against solids with rubber spatula to extract all juice. Juice is best if served right away.

INGREDIENTS

- 125 ml water
- 1 stalks celery, roughly chopped
- 1 cucumber, roughly chopped (about 150 g)
- 1 large crisp apple, peeled, cored and roughly chopped
- 60 g kale leaves, chopped
- 75 g romaine leaves, chopped
- 1-2 teaspoons honey (optional)
- 6 ice cubes

CHEF'S TIP

Use tender baby kale for a sweeter result, as more mature leaves can have a bitter taste.

*9 minutes if unstrained;
12 minutes if strained.



CARROT BEETROOT APPLE JUICE

Makes: 1 - 2 servings **Prep Time:** 6 minutes **Total Time:** 7 minutes*

INGREDIENTS

- 1 Combine water, carrot, beetroot, apple, ginger and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.
- 3 Serve directly from blender, or line fine-mesh sieve with double layer of cheesecloth and strain juice into container, pressing against solids with rubber spatula to extract all juice. Juice is best if served right away.

VARIATIONS

Carrot-ginger juice:

Omit beetroot and apple.
Use 3 medium carrots.
Proceed as directed.

Beetroot-ginger juice:

Omit carrot and apple.
Use 3 beetroots.
Proceed as directed.

**7 minutes if unstrained;
10 minutes if strained.*

250 - 375 ml water

- 1 large carrot, roughly chopped
- 1 red or yellow beetroot, peeled and roughly chopped
- 1 sweet apple, cored and roughly chopped
- 1 slice fresh ginger, ½ inch thick, peeled and roughly chopped
- 6 ice cubes



SPINACH PINEAPPLE JUICE

Makes: 4 - 5 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

INGREDIENTS

- 1 Combine water, lemon juice, pineapple, spinach and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn down blender to Speed 2 and blend for 10 seconds or so to reduce froth.
- 3 If juice is too thick, blend in an extra splash or two of water. Juice is best if served right away.

250 ml water
1 tablespoon fresh lemon juice
400 g chopped fresh pineapple
450 g packed baby spinach leaves
8 ice cubes



TROPICAL MINT JUICE

Makes: 4 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes

1 Stand mango on narrow edge, with stem facing you, on cutting board. Cut down about 2 cm to one side of stem with sharp knife, just grazing side of pit. Repeat on other side of fruit. You should have two flat sides, or "cheeks." Scoop flesh from each cheek with spoon. Peel flesh around pit, then remove as much flesh from pit as possible. You should have about 200 g of mango flesh.

2 Combine mango, water, lime juice, papaya, orange, mint and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off.

3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.

4 If juice is too thick, blend in an extra splash or two of water. Juice is best if served right away.

INGREDIENTS

- 1 ripe mango
- 250 ml water
- 2 tablespoons fresh lime juice
- 200 g papaya, chopped
- 1 orange, peeled and seeded
- 1 tablespoon packed fresh mint leaves, chopped
- 8 ice cubes

VARIATIONS

Ice pops: Pour juice into ice pop moulds, add sticks and lids and freeze until solid for about 4 hours. For fun striped version, use different-coloured juices and freeze each "band" of colour before adding next.

CHEF'S TIP

Try adding pineapple to the mix for a hit of sweet vitamin C.



APPLE BERRY GRAPEFRUIT JUICE

Makes: 2 - 3 servings **Prep Time:** 5 minutes **Total Time:** 6 minutes*

- 1 Combine water, carrot, blueberries, apple, grapefruit, honey (if desired) and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.
- 3 If juice is too thick, blend in an extra splash or two of water. Serve directly from blender, or line fine-mesh sieve with double layer of cheesecloth and strain juice into container, pressing against solids with rubber spatula to extract all juice. Juice is best if served right away.

INGREDIENTS

- 250 ml water
- 1 medium carrot, roughly chopped
- 200 g fresh or frozen blueberries
- 1 large crisp apple, peeled, cored and roughly chopped
- 1 grapefruit, peeled and seeded
- 2-3 teaspoons honey or agave nectar (optional)
- 8 ice cubes

CHEF'S TIP

For a sweeter drink, choose a red or pink grapefruit. If your fruits are still a bit tart, add the honey or agave nectar to taste.

**6 minutes if unstrained;
10 minutes if strained.*



ALMOND OR CASHEW MILK

Makes: 2 - 4 servings **Prep Time:** 8 - 12 hours* **Total Time:** 3 minutes*

- 1 If making almond milk, combine almonds with water to cover in bowl and refrigerate for 8 to 12 hours (it's easiest to do this overnight). Drain almonds, discarding water. Cashews do not need soaking.
- 2 Combine almonds or cashews and water in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off.
- 3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn blender down to Speed 2 and blend for 10 seconds or so to reduce froth.
- 4 Line fine-mesh sieve with double layer of cheesecloth and strain milk into container, pressing against solids with rubber spatula to extract all milk. Use immediately or store in airtight container in refrigerator for up to 4 days.

INGREDIENTS

140 g raw whole almonds
or cashews
750 ml water

VARIATIONS

Sweetened nut milk:

Add 1 teaspoon vanilla extract, pinch of fine sea salt and 1 to 2 teaspoons maple syrup, agave nectar or honey to blender with nuts and water. Proceed as directed.

Quick almond milk:

Pour boiling water over almonds and let soak for 30 minutes. Drain almonds and proceed as directed.

CHEF'S TIP

Use almond or cashew milk in place of dairy milk in baking or as a tasty addition to your morning smoothie or cereal.

*8-12 hours, if using almonds.



BROWN RICE MILK

Makes: 2 servings **Prep Time:** 1 minute **Total Time:** 3 minutes

INGREDIENTS

- 1 Combine water, rice and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off. If needed, blend on high speed for an additional minute.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1-2 minutes. Turn dial to Speed 2 and blend for 20 seconds or so to reduce froth.
- 3 Strain through fine-mesh sieve into container. Store in airtight container in refrigerator for up to 5 days.

VARIATION

Sweetened brown rice milk:

Add 1 teaspoon of vanilla extract, a pinch of fine sea salt and 1 to 2 teaspoons maple syrup, agave nectar or honey to blender with nuts and water. Proceed as directed.

375 ml water
100 g cooked brown rice, cooled
10 ice cubes





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AVOCADO CORIANDER LIME DRESSING

Makes: About 160 ml **Prep Time:** 4 minutes **Total Time:** 5 minutes

INGREDIENTS

- 1 Combine all ingredients in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until emulsified for about 30 seconds. If necessary, scrape down sides of jar with the Flex Edge tamper.
- 2 If dressing is too thick, blend in a splash or two of water. Use immediately, or transfer to airtight container and refrigerate for up to 1 week. (Dressing will darken over time due to oxidation.)

60 ml fresh lime juice
60 ml rapeseed oil
¼ avocado, peeled and roughly chopped
half a bunch of fresh coriander, chopped
½ teaspoon sea salt
¼ teaspoon ground cumin
¼ teaspoon freshly ground black pepper

CHEF'S TIP

This dressing is great on a Mexican-inspired salad made up of romaine lettuce, grilled chicken, black beans, sweetcorn and cherry tomatoes.



ROASTED TOMATO CHIPOTLE SALSA

Makes: About 750 ml **Prep Time:** 10 minutes* **Total Time:** 18 minutes*

INGREDIENTS

- 1 Preheat grill and position rack about 6 inches from heat source. Place tomatoes, cut side down, on grill pan. Sprinkle onion over tomatoes and drizzle oil evenly over top. Grill, turning over as needed to cook evenly, until onion begins to blacken and tomatoes collapse, about 10 minutes.
 - 2 Combine tomato-onion mixture, chipotle and sauce, coriander, garlic (if desired) and lime juice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium-high (Speed 8). Blend, using the Flex Edge tamper to push down ingredients, until mixture is puréed for about 30 seconds. Season to taste with salt.
 - 3 Serve immediately, or store in airtight container in refrigerator for up to 3 days.
- 1 kg Roma tomatoes (about 6), cored and halved lengthwise
1 small yellow onion, roughly chopped
1 tablespoon olive oil
1 chipotle pepper with adobo sauce (about 1 heaped tablespoon)
half a bunch of fresh coriander leaves and stems
2 tablespoons roasted garlic, (page 108, optional)
2-3 tablespoons fresh lime juice
sea salt

CHEF'S TIP

For a sharper, bolder taste, add 1 to 3 raw garlic cloves to the grill pan with the tomatoes and then purée the garlic with the other ingredients.

**Plus 1 hour, if roasting garlic.*



CHIPOTLE BLACK BEAN DIP

Makes: 750 ml **Prep Time:** 5 minutes **Total Time:** 11 minutes

INGREDIENTS

- 1 Heat oil in frying pan over medium heat. Add onion and garlic and cook, stirring, until softened for about 5 minutes.
- 2 Combine onion mixture, beans, coriander, chipotle and sauce, lime juice and salt in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to Speed 4. Blend, using the Flex Edge tamper to push down ingredients, until mixture is chunky for about 30 seconds. Add water and continue to blend until smooth for about 30 seconds.
- 3 If dip is too thick, blend in an extra splash or two of water. Taste and adjust seasoning with salt. Serve immediately, or store in airtight container in refrigerator for up to 1 week.

- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, chopped
- 2 cans (425 ml) black beans, drained and rinsed
- half a bunch of fresh coriander leaves and stems
- 1 chipotle pepper with adobo sauce (about 1 heaped tablespoon)
- 2 tablespoons fresh lime juice
- 1 teaspoon sea salt
- 3 tablespoons water

CHEF'S TIP

Chipotles are dried, smoked jalapeños, and the sauce is a vinegary purée of tomato, garlic and spices. Look for these canned peppers in the Latin section of most well-stocked supermarkets. Serve the dip garnished with crumbled queso fresco and chopped tomatoes and with plenty of tortilla chips for dipping.



MEDITERRANEAN WHITE BEAN DIP

Makes: 500 ml **Prep Time:** 3 minutes **Total Time:** 4 minutes

INGREDIENTS

1 Combine beans, feta and herbs in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to Speed 4. Blend, using the Flex Edge tamper to push down ingredients, until mixture is chunky for about 30 seconds. Add water and continue to blend until smooth for about 30 seconds.

2 If dip is too thick, blend in an extra splash or two of water. Season to taste with salt. Serve immediately, or store in airtight container in refrigerator for up to 1 week.

2 cans (425 g each) cannellini beans, drained and rinsed
75 g crumbled feta cheese
2 tablespoons chopped fresh flat-leaf parsley
2 teaspoons chopped chives or 1 teaspoon chopped fresh rosemary or thyme
60 ml water
sea salt

CHEF'S TIP

Spread this delicious party fare on baguette slices that have been brushed with olive oil and toasted in the oven until golden brown. Garnish with more crumbled feta and chopped herbs for a festive presentation.



NUT BUTTER

Makes: 400 g **Prep Time:** 1 minutes **Total Time:** 2 minutes

INGREDIENTS

- 1 Combine nuts and oil in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium-high (Speed 8). Blend, using the Flex Edge tamper to push down ingredients, until smooth, creamy nut butter forms for about 1 minute.
- 2 Blend in pinch of salt and/or honey to taste, if desired. Store in airtight container in refrigerator for up to 3 weeks.

400 g unsalted roasted nuts,
such as almonds, peanuts,
cashews or pistachios
2 tablespoons rapeseed oil
sea salt (optional)
honey, agave nectar or
maple syrup (optional)

CHEF'S TIP

Serve on whole wheat toast,
add to smoothies or smear on
apple slices or celery sticks.



CHOCOLATE HAZELNUT SPREAD

Makes: 400 g **Prep Time:** 13 minutes* **Total Time:** 20 minutes*

INGREDIENTS

- 140 g hazelnuts
- 3 tablespoons sugar
- 230 g milk chocolate, melted
- 2 tablespoons unsweetened cocoa powder
- 1¼ teaspoon sea salt
- 2 tablespoons rapeseed oil
- 1 teaspoon vanilla extract

CHEF'S TIP

Spread this rich, creamy nut butter on toast or banana slices for a great midday snack.

- 1 Preheat oven to 180°C. Spread hazelnuts in single layer on baking sheet and toast, stirring once or twice, until fragrant and browned for about 13 minutes. Wrap warm nuts in kitchen towel and rub vigorously to remove skins. It's okay if bits of skin remain. Let nuts cool.
- 2 Combine nuts, sugar, chocolate, cocoa powder, salt, oil and vanilla in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5). Blend, using the Flex Edge tamper to push down ingredients and stir together, until mixture is smooth and creamy for about 2 minutes. Stop blender a few times during blending to scrape sides and bottom of jar with the tamper to ensure the smoothest result possible.
- 3 Store in airtight container in refrigerator for up to 3 weeks.

**Plus cooling time*



HUMMUS

Makes: 800 g **Prep Time:** 3 minutes **Total Time:** 5 minutes

INGREDIENTS

- 1 Place all ingredients in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Blend on Speed 1 until paste-like consistency, then slowly increase speed to medium (Speed 5). Blend until texture is very smooth, using the Flex Edge tamper to push down chickpeas, until chickpeas are paste-like for about 1 minute.
- 2 Blend in up to 60 ml more water as needed to achieve consistency you like. Taste and adjust with salt if needed.
- 3 Serve immediately, or store in airtight container in refrigerator for up to 1 week.

2 cans (425 g each) chickpeas,
drained and rinsed
230 g tahini
60 ml fresh lemon juice
3 cloves garlic
1 teaspoon sea salt
120 - 180 ml water, divided

VARIATIONS

Roasted garlic hummus:

Use 3 tablespoons roasted garlic (page 108) in place of raw garlic. Proceed as directed.

Kalamata olive hummus:

Add 40 g pitted and chopped Kalamata olives with tahini. Proceed as directed.

Roasted red pepper hummus:

Add 40 g chopped jarred roasted red peppers with tahini. Proceed as directed.



MANGO PINEAPPLE SALSA

Makes: About 680 g **Prep Time:** 8 minutes **Total Time:** 9 minutes

INGREDIENTS

- 1 Combine pineapple, mango, onion, chilli, coriander and lime juice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 3 to 4 times on low to chop ingredients finely. Season to taste with salt.
- 2 Serve immediately, or store in airtight container in refrigerator for up to 3 days.

- 300 g fresh pineapple chunks
- 300 g mango chunks
(about 1 large ripe mango)
- 1 small red onion,
roughly chopped
- 1 small jalapeño chilli, seeded,
if desired, and chopped
- half a bunch of fresh coriander
- 2 tablespoons fresh lime juice
- sea salt

CHEF'S TIP

A mix of sweet and spicy, this salsa is the ideal complement to grilled chicken or meaty fish. Spoon it onto fish tacos or dip crisp tortilla chips or even Belgian endive leaves into it. For a spicier salsa, add an extra jalapeño.

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THAI PEANUT SAUCE

Makes: 300 ml **Prep Time:** 3 minutes **Total Time:** 4 minutes

- 1 Combine all ingredients in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly turn dial to Speed 4 and blend until completely smooth for about 30 seconds.
- 2 Use immediately, or transfer to airtight container and refrigerate for up to 1 week.

VARIATION

Add ½ teaspoon of sriracha for a spicier version.

INGREDIENTS

- 130 g creamy natural peanut butter, well-stirred
- 125 g coconut milk, well-shaken
- 1-2 tablespoons sugar
- 1 teaspoon fresh lime juice
- 1 tablespoon Thai red curry paste, or more to taste
- 2 teaspoons apple cider vinegar
- ½ teaspoon sea salt



TIKKA MASALA SIMMER SAUCE

Makes: 1.75 L **Prep Time:** 10 minutes **Total Time:** 22 minutes

- 1 Melt butter in frying pan over a medium heat. Add onion and garlic, cover and cook, stirring occasionally, until softened for about 8 minutes. Remove from heat to cool.
- 2 In order, combine onion mixture, ginger, cream, yoghurt, fresh coriander, cumin, paprika, ground coriander, sugar, tomatoes, tomato paste and lemon juice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Soup setting. Blend until machine turns itself off.
- 3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth and rising steam is visible for about 4 minutes.
- 4 Season to taste with salt and pepper. Use immediately, or let cool, transfer to airtight container and refrigerate for up to 1 week or freeze for up to 3 months.

INGREDIENTS

- 2 tablespoons unsalted butter or ghee
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 1 tablespoon fresh ginger, peeled and grated
- 250 ml double cream
- 250 g plain whole-milk yoghurt
- half a bunch of fresh coriander
- 2 teaspoons ground cumin
- 2 teaspoons sweet paprika
- 2 teaspoons ground coriander
- 2 teaspoons sugar
- 1 can (800 g) diced tomatoes with juice
- 2 tablespoons tomato paste
- 2 tablespoons fresh lemon juice
- sea salt
- freshly ground black pepper

NOTE

To use sauce, bring sauce to a simmer in large frying pan over medium heat. Add 6 to 8 skinned, boned chicken breasts or skinned, bone-in thighs, return sauce to a simmer, reduce heat to low, cover and simmer until chicken is cooked through, about 10 minutes for breasts or 20 minutes for thighs.



KALE WALNUT PESTO

Makes: 350 g **Prep Time:** 5 minutes **Total Time:** 9 minutes

- 1 Heat 1 tablespoon oil in small frying pan over medium-low heat. Add garlic and sweat until tender for about 1 minute. Set aside to cool slightly.
- 2 To toast walnuts, spread in single layer in heavy frying pan. Cook over medium heat, stirring frequently, until lightly toasted for about 1 to 2 minutes. Remove from heat and set aside.
- 3 Combine garlic, toasted walnuts, kale, Parmesan and lemon peel and juice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 2 to 3 times on high, using the Flex Edge tamper to push down ingredients as needed, until mixture is finely chopped. Add remaining 125 ml olive oil, increase speed to medium (Speed 5 or 6) and blend until oil is incorporated for about 30 seconds. Season to taste with salt and pepper.
- 4 Use immediately, or store in airtight container in refrigerator for up to 2 days or in freezer for up to 3 months (the pesto will darken over time).

INGREDIENTS

- 125 ml plus 1 tablespoon extra-virgin olive oil, divided
- 3 cloves garlic, roughly chopped
- 120 g walnut halves, toasted
- 130 g packed kale leaves, (about 1 small bunch, ribs discarded), chopped
- 40 g Parmesan cheese, freshly grated
- 1 lemon, juiced and peel grated
- sea salt
- Freshly ground black pepper

CHEF'S TIP

Toss it with your favourite hot pasta, and use a little of the pasta cooking water to thin the sauce to the ideal consistency, or toss it with courgette "pasta" strands.



ROASTED VEGETABLE BABY FOOD

Makes: 125-190 g **Prep Time:** 40 minutes **Total Time:** 46 minutes

INGREDIENTS

- 1 Preheat oven to 190°C. Spread vegetable of choice in single layer on baking sheet. Drizzle with oil (amount depends on amount of vegetable), toss to coat evenly and spread out again. Roast, stirring once or twice, until very soft for about 40 minutes (timing depends on type and maturity of vegetable). Remove from oven and let cool slightly.
- 2 Transfer roasted vegetable in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 5 to 6 times on low to chop to chunky purée. Or turn dial to Speed 6 and blend to smooth purée for about 1 minute. Add a little water as needed to thin purée; amount depends on type of vegetable.
- 3 Serve at once, or let cool, transfer to airtight container and refrigerate for up to 3 days or freeze in ice-cube trays (for easy portioning) for up to 3 months.

150 - 300 g chopped peeled root vegetable or winter squash, such as butternut squash, acorn squash, carrot, sweet potato, golden beetroot, or parsnip
1-2 teaspoons olive oil



STEAMED VEGETABLE OR FRUIT BABY FOOD

Makes: About 190 g **Prep Time:** 2 - 5 minutes* **Total Time:** 5 - 14 minutes

- 1 Put vegetable or fruit of choice in steamer basket. Add water to depth of 2.5 cm to saucepan, place steamer basket in saucepan, cover pan, and bring to a boil over medium-high heat. Steam, stirring once or twice, until very tender for 2 to 8 minutes (timing depends on vegetable or fruit). Remove pan from heat and remove basket from pan. Run vegetable or fruit under cold water to cool.
- 2 Transfer cooled vegetable or fruit in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 3 to 5 times on high to chop to chunky purée. Or, increase speed to medium (Speed 5 or 6) to purée to smooth consistency for about 1 minute. If purée is too stiff, add steaming liquid as needed to thin.
- 3 Store in airtight container in refrigerator for up to 3 days or in freezer for up to 3 months.

INGREDIENTS

250 g prepared vegetable or fruit, such as chopped green beans; chopped, peeled carrots; chopped broccoli florets; peeled, cored and chopped apples or pears; fresh sweetcorn; or thawed frozen petit pois

CHEF'S TIP

Freeze in ice-cube trays, then transfer the cubes to airtight containers and store in the freezer to keep a variety of foods at your fingertips.

**Depending on the variety of vegetable or fruit.*



MEAT WITH BROWN RICE BABY FOOD

Makes: About 500 g **Prep Time:** 4 minutes* **Total Time:** 7 minutes*

- 1 Heat meat and water in frying pan over medium heat and cook, stirring, until meat is cooked through and no pinkness remains for about 4 minutes. Drain meat in sieve placed over bowl. Reserve cooking liquid. Let meat and liquid cool for about 10 minutes.
- 2 Combine cooked meat and rice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 3 to 5 times on high to chop ingredients to chunky purée. Or increase speed slightly (Speed 2 or 3) and purée ingredients, using the Flex Edge tamper to push down ingredients, until smooth for about 1 minute. If purée is too stiff, add cooking liquid as needed to thin.
- 3 Store in airtight container in refrigerator for up to 2 days or in freezer for up to 3 months.

INGREDIENTS

250 g beef mince, pork, dark
chicken meat or dark turkey
meat
60 - 120 ml water
200 g cooked brown rice, cooled

**Plus time for cooling.*





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ASPARAGUS BISQUE

Makes: 6 - 8 servings **Prep Time:** 20 minutes **Total Time:** 34 minutes

INGREDIENTS

- 1 Melt butter in large saucepan over medium heat. Add onion and pinch of salt, cover and cook, stirring occasionally, until softened for about 5 minutes.
 - 2 Add potato, stock and 1 teaspoon salt and stir to mix well. Bring to a boil over high heat, cover partially, reduce heat to medium-low and simmer until potato is just tender for about 10 minutes. Add asparagus, increase heat to medium-high and bring to a boil. Reduce heat to medium-low and continue to cook until potato and asparagus are tender for about 5 minutes longer.
 - 3 Add potato and asparagus mixture, cream and lemon juice to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 4 Secure lid and turn dial to Speed 1. Slowly increase to high (Speed 10 or 11) and blend until smooth and rising steam is visible for about 1-2 minutes.
 - 5 Soup should be hot. Serve immediately, garnished with chives and reserved asparagus spears. To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- 2 tablespoons unsalted butter
 - 1 medium yellow onion, chopped
 - sea salt
 - 1 floury potato (250 g), peeled and cubed
 - 1 L vegetable or chicken stock
 - 1 kg asparagus, ends trimmed and roughly chopped (about 600 g trimmed),
 - 125 ml double cream
 - 2 tablespoons fresh lemon juice
 - half a bunch of fresh chives, chopped, for garnish

CHEF'S TIP

This delicate soup is best at the height of the season, when the spears are tender and sweet. Choose medium-size spears over pencil-thin or extra-thick ones.



CHICKEN TORTILLA LIME SOUP

Makes: 4 - 6 servings **Prep Time:** 5 minutes **Total Time:** 17 minutes

INGREDIENTS

- 1 Heat oil in frying pan over medium heat. Add onion, garlic and pinch of salt, cover and cook, stirring occasionally, until softened and golden brown for about 8 minutes. Remove from heat.
- 2 While onion mixture is cooling, add torn tortilla, tomatoes, chillis, stock, chilli powder, cumin, lime peel and juice, coriander and 1 teaspoon salt to the jar of the KitchenAid ARTISAN Power Series Blender. Add onion mixture, secure lid and set blender to the Soup setting, which will blend and heat the soup. Blend until machine turns itself off.
- 3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth and rising steam is visible for about 4 minutes.
- 4 Soup should be hot. Add chicken and tortilla chips and pulse 2 to 3 times on low to mix. Serve immediately, garnished with avocado and cheese. Pass lime wedges at table, if desired. To store, do not add tortilla chips; leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months, then add tortilla chips when reheating.

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, chopped
- sea salt
- 1 corn tortilla (15 to 20 cm in diameter), torn into pieces
- 1 can (425 g) diced fire-roasted tomatoes with juice
- 1 can (100 g) diced mild green chillis
- 500 ml chicken stock
- 2 teaspoons chilli powder
- 1 teaspoon ground cumin
- grated peel and juice of 1 lime
- half a bunch of chopped fresh coriander
- 250 g shredded or chopped cooked chicken
- 180 g tortilla chips

To serve:

- 1 avocado, halved, pitted, peeled and diced
- 50 g shredded Cheddar cheese
- lime wedges (optional)



CORN POTATO LEEK CHOWDER

Makes: 4 - 6 servings **Prep Time:** 7 minutes **Total Time:** 31 minutes

INGREDIENTS

- 1 Melt butter in large saucepan over medium heat. Add leek and celery and cook, stirring, until softened for about 5 minutes. Add potatoes, stock and 1 teaspoon salt and stir to mix well. Bring to a boil over high heat, cover partially, reduce heat to low and simmer until potatoes are tender for about 15 minutes. About 5 minutes before potatoes are ready, stir in 175 g sweetcorn.
 - 2 Add the potato mixture and cream to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 3 Secure lid and turn dial to Speed 1. Slowly increase to medium (Speed 5 or 6) and blend until smooth and rising steam is visible for about 1-2 minutes.
 - 4 Soup should be hot. If desired, return soup to saucepan, stir in 90 g sweetcorn and heat until sweetcorn are warmed through. Season to taste with salt and pepper. Serve at once, garnished with chives. To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- 2 tablespoons unsalted butter
 - 1 leek, white and tender green parts only, chopped
 - 1 large stalk celery, chopped
 - 700 g floury potatoes, peeled and cubed
 - 1 L chicken or vegetable stock
 - sea salt
 - freshly ground black pepper
 - 175 g fresh or thawed frozen white sweetcorn
 - 125 ml double cream
 - half a bunch of chopped fresh chives, for garnish



WINTER SQUASH APPLE SOUP

Makes: 4 - 6 servings **Prep Time:** 10 minutes **Total Time:** 55 minutes

INGREDIENTS

- 1 Preheat oven to 220°C. Place squash, onion and apple pieces on large baking sheet. Sprinkle with coriander, cumin, crushed chilli flakes and salt, drizzle with oil and toss to coat evenly. Roast, stirring occasionally, until tender, 30 to 45 minutes (timing will depend on variety and age of squash).
 - 2 Add roasted vegetable mixture and stock to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 3 Secure lid and turn dial to Speed 1. Slowly increase to high (Speed 10 or 11) and blend until smooth and rising steam is visible for about 1-2 minutes
 - 4 Adjust thickness with more stock, if you like. Season to taste with salt. The soup should be hot. Serve at once, or leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- 1 medium butternut or other winter squash (800 g), peeled, seeded and roughly chopped
 - 1 small yellow onion, roughly chopped
 - 1 large apple, peeled, cored and roughly chopped
 - 1 teaspoon ground coriander
 - 1 teaspoon ground cumin
 - ¼-½ teaspoon crushed chilli flakes
 - pinch of sea salt
 - 1-2 tablespoons olive oil
 - 750 ml chicken or vegetable stock, heated, plus more if needed

CHEF'S TIP

Top with dollop of yoghurt, sour cream or crème fraîche; with chopped fresh coriander, thyme or flat-leaf parsley leaves; or with toasted pumpkin seeds.



TOMATO & ROASTED RED PEPPER SOUP

Makes: 4 - 6 servings **Prep Time:** 5 minutes **Total Time:** 7 minutes

INGREDIENTS

- 1 Combine tomatoes, red peppers, cucumber, garlic, vinegar and hot-pepper sauce (if desired) in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set the blender to the Soup setting, which will blend and heat the soup. Blend until machine turns itself off. Season to taste with salt and black pepper.
 - 2 Alternatively, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until smooth and rising steam is visible for about 4 minutes.
 - 3 Serve in bowls and garnish with avocado slices, diced cucumber, crunchy croutons, chopped fresh flat-leaf parsley, a drizzle of extra-virgin olive oil and/or freshly cracked black pepper.
- 1 kg ripe tomatoes, preferably heirloom, cored and roughly chopped
 - 1 jar (170 g) roasted red peppers, drained (about 130 g drained)
 - 150 g chopped peeled cucumber
 - 1 small clove garlic (optional)
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon hot-pepper sauce (optional)
 - 60 ml good-quality extra-virgin olive oil
 - sea salt
 - freshly ground black pepper

CHEF'S TIP

For a gazpacho, transfer to airtight container and refrigerate until chilled for at least 1 hour or up to 4 days. Serve in chilled bowls and garnish.



CREAMY MUSHROOM & SHALLOT SOUP

Makes: 6 servings **Prep Time:** 6 minutes* **Total Time:** 32 minutes*

INGREDIENTS

- 1 Warm 125 ml stock until hot and pour into heatproof bowl. Add dried mushrooms and set aside for 20 minutes.
- 2 Meanwhile, melt butter in large frying pan over medium heat. Add olive oil, shallots and pinch of salt. Cook, stirring, until tender for about 5 minutes. Add fresh mushrooms, big pinch of salt, stir to combine and cover pan. Cook, stirring occasionally, until mushrooms have softened for about 10 minutes. Add sherry and dried mushrooms with soaking liquid, raise heat to medium-high and cook for 3 minutes longer.
- 3 Add cooked mushroom mixture, remaining 875 ml stock, and cream to the jar of the KitchenAid ARTISAN Power Series Blender.
- 4 Secure lid and turn dial to Speed 1. Slowly increase to high (Speed 10 or 11) and blend until smooth and rising steam is visible, about 1-2 minutes.
- 5 Adjust thickness with more or less stock, if you like. Season to taste with salt and pepper. The soup should be hot. Serve at once, garnished with drizzle of cream and sprinkle of parsley.
- 6 To store, leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

**Plus 20 minutes soaking time.*



CURRIED CARROT POTATO SOUP

Makes: 4 - 6 servings **Prep Time:** 15 minutes **Total Time:** 45 minutes

INGREDIENTS

- 1 Heat oil in large saucepan over medium heat. Add onion, garlic and a pinch of salt, cover and cook, stirring occasionally, until softened for about 5 minutes. Add potatoes, carrots, stock and 1 teaspoon salt, stir to mix well and raise heat to high. Bring to a boil over medium-high heat, cover partially, reduce heat to low and simmer until potatoes and carrots are tender for about 20 minutes
 - 2 Add potato mixture, brown sugar, curry powder, fish sauce, ginger and coconut milk to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 3 Secure lid and turn dial to Speed 1. Slowly increase to medium (Speed 5 or 6) and blend until smooth and rising steam is visible for about 1-2 minutes.
 - 4 Soup should be hot. Season to taste with salt. Serve at once, garnished with basil. To store, leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- 1 tablespoon olive oil
 - 1 medium yellow onion, chopped
 - 3 cloves garlic, chopped
 - sea salt
 - 500 g floury potatoes, peeled and chopped
 - 2 large carrots, peeled and chopped
 - 500 ml chicken or vegetable stock
 - 1-2 tablespoons packed brown sugar
 - 1 tablespoon yellow curry powder
 - 1-2 tablespoons Asian fish sauce
 - 1 tablespoon fresh ginger, peeled and roughly chopped
 - 1 can (400 g) coconut milk, shaken well before opening
 - fresh basil, chopped, for garnish



INDIAN LENTIL SOUP

Makes: 4 - 6 servings **Prep Time:** 10 minutes **Total Time:** 32 minutes

INGREDIENTS

- 1 Combine lentils and water in medium saucepan over medium-high heat and bring to a boil. Reduce heat to medium and cook, stirring occasionally and skimming off and discarding any foam that forms on surface, until lentils are tender, about 10 minutes. Drain lentils in colander.
 - 2 Warm oil in medium saucepan over medium heat. Add onion, carrot, garlic and big pinch of salt, cover and cook, stirring occasionally, until tender for about 8 minutes.
 - 3 Add lentils, onion mixture, tomatoes, stock, lime juice, fresh coriander, ginger, turmeric, cumin, ground coriander and 1/2 teaspoon salt to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 4 Secure lid and turn dial to Speed 1. Slowly increase to high (Speed 10 or 11) and blend until smooth and rising steam is visible for about 1-2 minutes.
 - 5 Soup should be hot. Season to taste with salt and pepper. Serve at once, garnished with coriander leaves and a dollop of plain yogurt, if desired.
 - 6 To store, leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- 200 g red lentils, picked over and rinsed
1 L water
1 tablespoon olive oil
1 small yellow onion, chopped
1 medium carrot, peeled and chopped
2 cloves garlic, chopped
sea salt
freshly ground black pepper
1 can (400 g) diced tomatoes with juice
500 ml vegetable stock
1 lime, juiced
a bunch of fresh coriander sprigs, plus leaves for garnish
1 teaspoon ground ginger
1 teaspoon ground turmeric
½ teaspoon ground cumin
½ teaspoon ground coriander



ITALIAN CHICKPEA SOUP

Makes: 4 - 6 servings **Prep Time:** 7 minutes **Total Time:** 19 minutes

INGREDIENTS

- 1 Warm 1 tablespoon of oil in frying pan over medium heat. Add onion, carrot, garlic, rosemary and pinch of salt, cover and cook, stirring occasionally, until tender for about 8 minutes. Remove from heat.
- 2 While onion mixture is cooling, set aside 40 g chickpeas for garnish. Add remaining chickpeas, stock and lemon juice (if desired) to the jar of the KitchenAid ARTISAN Power Series Blender. Add onion mixture, secure lid and set blender to the Soup setting, which will blend and heat the soup. Blend until machine turns itself off.
- 3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth and rising steam is visible for about 4 minutes.
- 4 Soup should be hot. Season to taste with salt and plenty of pepper. Serve immediately, garnished with reserved chickpeas, freshly cracked pepper and a drizzle of oil.
- 5 2 tablespoons extra-virgin olive oil, divided, plus more for garnish
1 medium yellow onion, roughly chopped
1 medium carrot, peeled and chopped
4 cloves garlic, chopped
2 teaspoons fresh rosemary, chopped
sea salt
freshly ground black pepper
2 can (425 g each) chickpeas, drained and rinsed
750 ml chicken or vegetable stock
½ lemon, juiced (optional)
- 5 To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

CHEF'S TIP

The lemon adds a subtle bright note to the soup; leave it out for a more traditional version.



MINT PEA SOUP

Makes: 4 - 6 servings **Prep Time:** 5 minutes **Total Time:** 15 minutes

INGREDIENTS

- 1 Melt butter in frying pan over a medium heat. Add shallot and pinch of salt and cook, stirring occasionally, until translucent for about 3 minutes. Add peas and stock, increase heat to high and bring to a boil. Remove from heat. Scoop out some peas to use as garnish and set aside.
 - 2 Add pea mixture, mint and lemon juice to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 3 Secure lid and turn dial to Speed 1. Slowly increase to high (Speed 10 or 11) and blend until smooth and rising steam is visible, about 1-2 minutes. Add creme fraiche, turn dial to speed 1 and blend for 10 seconds to combine.
 - 4 Soup should be hot. Season to taste with salt and pepper. Serve at once, garnished with reserved peas and with mint, drizzle of crème fraîche and grind or two of pepper.
 - 5 To store, leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- #### CHEF'S TIP

If you don't have crème fraîche, use plain whole-milk yoghurt or sour cream instead.



THAI GREEN CURRY CHICKEN SOUP

Makes: 4 - 6 servings **Prep Time:** 15 minutes **Total Time:** 34 minutes

INGREDIENTS

- 1 Warm 1 tablespoon of oil in medium frying pan over a medium heat. Add yellow onion, garlic and pinch of salt, cover and cook, stirring occasionally, until translucent for about 8 minutes. Transfer to the jar of the KitchenAid ARTISAN Power Series Blender.
 - 2 Warm remaining 1 tablespoon oil in same frying pan over medium heat. Add pepper and green onions and cook, stirring, until tender for about 5 minutes. Stir in chicken and cook until warmed through for about 1 minute. Remove from heat, cover and set aside.
 - 3 Add coriander, lime peel and juice, curry paste, brown sugar, fish sauce, coconut milk and stock to blender. Secure lid and turn dial to Speed 1. Slowly increase to high (Speed 10 or 11) and blend until smooth for about 1-2 minutes, or until rising steam is visible.
 - 4 Soup should be hot. Add chicken mixture to blender and pulse 3 to 4 times on low just to incorporate. Season to taste with salt. Serve immediately, garnished with coriander leaves.
 - 5 To store, leave to cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.
- 2 tablespoons rapeseed oil, divided
½ large or 1 small yellow onion, roughly chopped
3 cloves garlic, chopped
sea salt
1 red pepper, quartered, seeded and sliced crosswise
4 spring onions, white and tender green parts only, chopped
250 g cooked chicken, shredded or chopped
20 g fresh coriander sprigs, plus leaves for garnish
1 lime, juiced and peel grated
2 tablespoons Thai green curry paste
2 tablespoons packed brown sugar
2 tablespoons Asian fish sauce
1 can (400 g) coconut milk, shaken well before opening
250 ml chicken stock

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CLASSIC BBQ SAUCE

Makes: 500 ml **Prep Time:** 4 minutes **Total Time:** 16 minutes

- 1 Heat oil in frying pan over medium heat. Add onion, garlic and salt, cover and cook, stirring occasionally, until softened and golden for about 8 minutes. Remove from heat to cool.
- 2 Combine onion mixture, ketchup, stock, mustard, Worcestershire sauce, brown sugar, vinegar, soy sauce, cumin and pepper in the jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Soup setting. Blend until machine turns itself off.
- 3 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth and rising steam is visible for about 2-3 minutes.
- 4 Adjust thickness with more stock, if you like. Use immediately, or leave to cool, transfer to airtight container and refrigerate for up to 2 weeks or freeze for up to 3 months.

INGREDIENTS

- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, chopped
- pinch of sea salt
- 125 ml ketchup
- 60 ml beef or chicken stock, plus more if needed
- 4 tbsp Dijon mustard
- 4 tbsp Worcestershire sauce
- 3 tablespoons packed dark brown sugar
- 3 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 1 teaspoon ground cumin
- ½ teaspoon freshly ground black pepper

CHEF'S TIP

Personalise it by adding more or less mustard, vinegar or sugar.



CLASSIC PESTO

Makes: 4 - 6 servings **Prep Time:** 7 minutes **Total Time:** 8 minutes

- 1 To toast pine nuts, spread in single layer in heavy frying pan. Cook over medium heat, stirring frequently, until lightly toasted for 1 to 2 minutes.
- 2 Combine oil, basil, cheese, nuts and 1 tablespoon lemon juice (if desired) in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 3 or 4. Blend, using the Flex Edge tamper to push down ingredients as needed, until well mixed for about 1 minute. You may need to stop blender a few times to scrape sides and bottom of jar with tamper to ensure ingredients are evenly mixed.
- 3 If pesto is too thick, blend in splash or two of oil. Season to taste with salt, pepper and more lemon juice if needed. Serve at once, or transfer to airtight container and refrigerate for up to 2 days or freeze for up to 3 months (the pesto will darken over time).

INGREDIENTS

35 g pine nuts
125 ml extra-virgin olive oil,
plus more if needed
50 g packed fresh basil leaves
35 g shredded Parmesan cheese
1 tablespoon fresh lemon juice,
or to taste (optional)
sea salt
freshly ground black pepper

CHEF'S TIP

Toss the pesto with freshly cooked linguine, tortellini or other pasta, or use to top grilled chicken or pan-seared fish. It's also great spread on a grilled cheese sandwich or stirred into mayonnaise for an upgraded sandwich spread.



MARINARA SAUCE

Makes: 6 - 8 servings **Prep Time:** 10 minutes **Total Time:** 24 minutes

- 1 Heat oil in medium frying pan over medium heat. Add onion, carrot, garlic and pinch of salt. Cover and cook, stirring occasionally, until vegetables are softened for about 10 minutes.
- 2 Combine onion mixture, tomatoes, tomato paste and basil in the jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until smooth and rising steam is visible for about 3-4 minutes.
- 3 Season to taste with salt and pepper. Use immediately, or leave to cool, transfer to airtight container and refrigerate for up to 3 weeks or freeze for up to 3 months.

INGREDIENTS

- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 1 small carrot, peeled and chopped
- 2 cloves garlic, chopped
- sea salt
- freshly ground black pepper
- 1 can (800 g) diced tomatoes with juice
- 2 tablespoons tomato paste
- 2 tablespoons fresh basil, roughly chopped (optional)

CHEF'S TIP

For a chunkier sauce, combine ingredients in blender jar as directed but pulse 7 to 8 times on high; for a creamy version, add 60 ml double cream to blender jar with other ingredients and blend as directed.



COMPOUND BUTTER

Makes: 450 g **Prep Time:** 3 minutes **Total Time:** 5 minutes

- 1 Put butter, salt (if desired) and your choice of add-in in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 3. Blend, using Flex Edge tamper to push down ingredients, until butter is smooth and creamy for about 30 seconds. Stop blender a few times during blending and scrape sides and bottom of jar with tamper to blend add-in fully with butter.
- 2 Scrape butter out onto piece of plastic wrap. Using rubber spatula, shape into rough log about 1 inch in diameter. Wrap butter in plastic wrap, smoothing log as you work. Refrigerate until firm.
- 3 To use butter, cut slices from log. Butter will keep in refrigerator for up to 2 weeks.

CHEF'S TIP

Compound butters can be used to flavour roasted or grilled meats, poultry, fish and vegetables.

INGREDIENTS

450 g unsalted butter, cut into uniform pieces, at soft room temperature
pinch of sea salt (optional)

Optional Add-ins

2 tablespoons fresh sage, thyme or oregano leaves, or a mixture
2 tablespoons chopped fresh chives, plus 1 teaspoon grated lemon peel
2 tablespoons fresh flat-leaf parsley leaves, plus 1 teaspoon grated orange peel
60 g crumbled Gorgonzola cheese
60 g roasted garlic*

*Roasted Garlic

Preheat oven to 180°C. Remove and discard loose, papery outer layers from 2 to 3 large heads garlic, then cut heads in half horizontally. Place cut side up on piece of foil. Drizzle with olive oil and sprinkle lightly with salt. Wrap tightly in foil and bake until very soft for about 1 hour. Leave garlic to cool until it can be handled, then squeeze cloves from papery sheaths. Use immediately, or transfer to airtight container and refrigerate for up to 1 week.



MAYONNAISE

Makes: About 240 g **Prep Time:** 2 minutes **Total Time:** 3 minutes

1 Combine oils in measuring pitcher with spout. Combine egg yolk, water, vinegar and mustard in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid, turn dial to Speed 4 and blend for a few seconds. With blender running, remove ingredient measuring cap from lid and pour in oils in thin, steady stream. Blend, scraping down sides of jar with the Flex Edge tamper, until thickened and smooth for about 30 seconds.

2 If mayonnaise is too thick, blend in a little water to thin to desired consistency. Season to taste with salt. Use immediately, or transfer to airtight container and refrigerate for up to 4 days.

INGREDIENTS

60 ml olive oil
60 ml rapeseed oil
1 large egg yolk
1 tablespoon water
2 teaspoons rice vinegar
1 teaspoon Dijon mustard
sea salt

VARIATIONS

Roasted garlic mayonnaise:
Add 2 tablespoons roasted garlic (page 108) to blender with egg yolk. Proceed as directed.

Lemon mayonnaise:
Add grated peel of 1 lemon to blender with egg yolk and substitute fresh lemon juice for water. Proceed as directed. Add lemon juice or water as needed to thin mayonnaise.

Sriracha mayonnaise:
Blend 1 tablespoon of Sriracha sauce (or to taste) into finished mayonnaise.



HOLLANDAISE SAUCE

Makes: 4 - 6 servings **Prep Time:** 4 minutes **Total Time:** 7 minutes

INGREDIENTS

- 1 Melt butter in glass measuring jug in microwave until melted and very warm. Alternatively, melt butter in small saucepan over medium-low heat until melted and very warm. Transfer to glass measuring jug.
- 2 Combine egg yolks, lemon juice and salt in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 3. Blend until smooth for about 20 seconds. Turn down dial to Speed 2. With blender running, remove ingredient measuring cap and slowly pour in warm melted butter. Insert ingredient measuring cap and turn dial to Speed 6. Blend until butter is completely incorporated and sauce thickens and becomes warm for about 1 minute.
- 3 Taste and adjust seasoning with salt if needed. Sauce is best if served right away.

170 g unsalted butter
4 large egg yolks
1-2 tablespoons fresh lemon juice
½ teaspoon sea salt



SIMPLE VINAIGRETTE

Makes: About 125 ml **Prep Time:** 3 minutes **Total Time:** 4 minutes

- 1 Combine oil, vinegar, mustard and shallot and/or herbs (if desired) in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until emulsified for about 30 seconds.
- 2 Adjust flavour with splash more vinegar if needed. Season to taste with salt and pepper. Use immediately, or transfer to airtight container and store at room temperature for up to 2 days.

INGREDIENTS

- 6 tablespoons extra-virgin olive oil
- 3 tablespoons vinegar, such as red wine, white wine, sherry or balsamic, plus more if needed
- 1 teaspoon Dijon mustard
- 2 teaspoons shallot, chopped (optional)
- ½ teaspoon fresh herbs, such as basil, oregano, thyme or chives, chopped (optional)
- sea salt
- freshly ground black pepper

CHEF'S TIP

This version comes together in moments and can be personalised with the type of vinegar you choose and if you opt to add the shallot and/or fresh herbs.



WHOLE WHEAT BATTER

Makes: 6 servings **Prep Time:** 15 minutes **Total Time:** 22 minutes

- 1 Combine buttermilk, eggs, butter, brown sugar and vanilla in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6) and blend until mixture is smooth for about 30 seconds. Add flour, baking powder and salt and continue to blend on medium (Speed 5 or 6) until ingredients come together in uniform mixture for about 30 seconds. Drop in one or more add-ins (see below), if desired, and pulse 2 to 3 times on low just to incorporate.
- 2 Heat large frying pan or griddle over medium-high heat. Grease with small amount of butter or oil, then pour in 60 ml batter for each pancake, being careful not to crowd pan. Cook until tops of pancakes bubble up, about 1 minute, then flip with spatula. Cook until golden brown on second side and cooked through for about 1 minute more. Serve immediately with butter and maple syrup.
- 3 If making waffles, following manufacturer's instructions, preheat waffle iron, spoon in batter, close lid and cook until golden brown. Serve immediately with butter and maple syrup.

INGREDIENTS

500 ml low-fat buttermilk, well-shaken
4 large eggs
6 tablespoons unsalted butter, melted
55 g packed brown sugar
2 teaspoons vanilla extract
250 g whole wheat flour
2 teaspoons baking powder
1 teaspoon sea salt
unsalted butter and maple syrup, for serving

Optional Add-ins

2 bananas, peeled and sliced
150 g fresh or frozen blueberries
150 g sliced strawberries
90 g mini chocolate chips

VARIATIONS

Use 125 g whole wheat flour and 125 g unbleached white flour for a fluffier texture.

Batter may also be used to make waffles.



GLUTEN FREE FLOUR

Makes: 200 g **Prep Time:** 1 minutes **Total Time:** 3 minutes

INGREDIENTS

- 1 Put rice or almonds in completely dry blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until reduced to fine powder for about 2 minutes for rice and for about 30 seconds for almonds. To ensure every bit is finely ground, stop blender and scrape sides and bottom of jar with the Flex Edge tamper, then continue to blend to fine powder.
- 2 Transfer flour to airtight container. Store rice flour at cool room temperature for up to 3 months. Store almond flour in freezer for up to 3 months.

200 g brown or white rice or
200 g whole raw or blanched
almonds





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STRAWBERRY BALSAMIC FROZEN YOGHURT

Makes: 4 - 6 servings **Prep Time:** 3 minutes **Total Time:** 5 minutes

INGREDIENTS

- 1 Combine all ingredients in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 4 to 5 times on low. Turn dial to Speed 1, then slowly increase speed to medium (Speed 5 or 6). Blend, using the Flex Edge tamper to push down ingredients, until completely smooth for about 1 minute. Do not over-blend or frozen yoghurt will begin to melt.
- 2 Serve right away, or transfer to airtight container and store in freezer for up to 1 week.

400 g plain whole-milk
Greek yoghurt
1 tablespoon balsamic vinegar
350 g frozen strawberries
50 g sugar



CLASSIC MILKSHAKE

Makes: 1 serving **Prep Time:** 3 minutes **Total Time:** 4 minutes

INGREDIENTS

- 1 Combine milk and ice cream in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11), "stirring" mixture with the Flex Edge tamper to blend ingredients evenly. Blend until completely smooth for about 30 seconds. Do not over-blend or shake will begin to melt.
 - 2 Pour into tall glass and top with whipped cream and cherry, if desired. Serve at once.
- 125 ml whole milk
3 scoops favourite flavour ice cream
whipped cream, for garnish (optional)
1 maraschino cherry, for garnish (optional)

VARIATIONS

Triple-chocolate milk shake:

Use chocolate milk and chocolate ice cream and add 2 tablespoons chocolate syrup.

Strawberry milk shake:

Use strawberry ice cream and add 2 tablespoons strawberry jam.

Chocolate-banana milk shake:

Use chocolate milk and chocolate ice cream and add 1 frozen banana, roughly chopped.

Mocha milk shake:

Use chocolate milk and coffee ice cream and add 1 tablespoon chocolate syrup.



VEGAN CHOCOLATE BANANA SHAKE

Makes: 1 - 2 servings **Prep Time:** 3 minutes **Total Time:** 4 minutes

INGREDIENTS

- 1 In order, combine all ingredients in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 30 seconds. If necessary, scrape down sides of jar with the Flex Edge tamper. Do not over-blend or shake will begin to melt.
- 2 If shake is too thick, blend in extra splash or two of coconut milk. Pour into 1 or 2 tall glasses and serve right away.

250 ml coconut milk, well-shaken,
plus more if needed
2 tablespoons unsweetened
cocoa powder
½ avocado, peeled
2 frozen bananas,
roughly chopped

CHEF'S TIP

For a slightly sweeter shake, add a little agave nectar or a pitted and chopped Medjool date. Use a good-quality unsweetened cocoa powder for the best chocolate flavour.



VANILLA BEAN CHEESECAKE

Makes: 10 - 12 servings **Prep Time:** 15 minutes **Total Time:** 1½ hours

INGREDIENTS

Crust

- 110 g digestive biscuits, roughly broken
- 3 tablespoons sugar
- pinch of sea salt
- 4 tablespoons unsalted butter, melted

Filling

- 1 vanilla pod
- 3 large eggs
- 2 teaspoons vanilla extract
- 250 g sugar
- 3 tablespoons all-purpose flour
- ½ teaspoon sea salt
- 900 g cream cheese, at room temperature, roughly chopped

- 1 Preheat oven to 180°C. Grease a 23 cm spring form cake tin with butter.
- 2 To make crust, combine digestive biscuits, sugar and salt in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and pulse 8 to 9 times on low, using the Flex Edge tamper to push down biscuits. Add butter and pulse 5 to 6 times on low. You may need to stop blender and scrape sides and bottom of jar with tamper to distribute butter evenly.
- 3 Pour biscuit mixture into prepared pan and press it evenly onto bottom and 2.5 cm up sides. Bake until crust is golden, about 7 minutes. Leave to cool on wire rack. Reduce oven temperature to 150°C. Rinse and dry blender jar and return to blender base.
- 4 To make filling, split vanilla pod in half lengthwise, then, using back of knife, scrape out seeds. In order, combine eggs, vanilla extract, vanilla pod seeds, sugar, flour, salt and cream cheese in blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6), using tamper to push down ingredients. Blend until evenly mixed and completely smooth for about 1 minute.
- 5 Pour filling into cooled crust. Bake for 1 hour to 1 hour, 10 minutes until filling is set and center jiggles very slightly when cake tin is gently shaken. Transfer to rack and leave to cool completely for at least 2 hours. Remove cake tin sides and slide cake onto serving plate. Cover and refrigerate until well chilled before serving for at least 2 hours. Cheesecake can be stored in airtight container in refrigerator for up to 1 week.



LEMON MOUSSE

Makes: 6 - 8 servings **Prep Time:** 6 minutes **Total Time:** 44 minutes

INGREDIENTS

250 ml whole milk
3 large egg yolks
125 ml fresh lemon juice
130 g sugar
3 tablespoons cornflour
2 tablespoons unsalted butter,
cubed
¼ teaspoon sea salt
375 ml double cream

- 1 In order, combine milk, egg yolks, lemon juice, sugar, cornflour, butter and salt in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 30 seconds.
- 2 Fill medium bowl with ice cubes and water; have small heatproof bowl ready. Transfer milk mixture to small saucepan, place over medium heat and whisk continuously until thickened to pudding consistency for 4 to 5 minutes. Transfer curd to small bowl and nest bowl in ice bath. Cover mixture with plastic wrap, pressing it directly onto surface. Set aside until very cold, about 30 minutes.
- 3 Rinse and dry blender jar and return to blender base. Add cream to blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until cream is whipped and voluminous for 10 to 20 seconds.
- 4 Add lemon curd to whipped cream in blender jar and stir with the Flex Edge tamper to break up thick curd slightly. Pulse 4 to 6 times on low until curd and cream are evenly blended. Do not over-blend or mousse will be too thin.

- 5 Divide evenly among 6 to 8 small serving bowls or custard cups. Serve right away, or cover and chill in refrigerator for about 2 hours before serving. Mousse will keep for up to 1 day.

VARIATIONS

Ginger: Add 1 teaspoon grated peeled fresh ginger to blender with egg yolks. Proceed as directed.

Lavender: Add ½ teaspoon dried edible lavender blossoms to blender with egg yolks. Proceed as directed.

Basil: Add 1 teaspoon chopped fresh basil to blender with cream. Proceed as directed.

CHOCOLATE MOUSSE

Makes: 6 servings **Prep Time:** 2 minutes **Total Time:** 10 minutes*

INGREDIENTS

225 g bittersweet chocolate,
chopped
125 ml whole milk
125 ml double cream
50 g sugar
¼ teaspoon sea salt
3 large egg whites
1 teaspoon vanilla extract

VARIATIONS

Chocolate-raspberry mousse:
Add 2 tablespoons seedless
raspberry jam to blender jar
with egg whites and vanilla.
Proceed as directed.

Chocolate-orange mousse:
Add finely grated peel of
1 orange to blender jar with
chocolate. Proceed as directed.

- 1 Put chocolate in blender jar of the KitchenAid ARTISAN Power Series Blender. Combine milk, cream, sugar and salt in small saucepan over medium heat, stirring, until mixture is steaming hot and sugar is dissolved for about 2 minutes. Do not allow mixture to boil. Pour hot milk mixture over chocolate in blender jar and leave to stand for 2 minutes.
- 2 Secure lid and turn dial to Speed 1. Blend, slowly increasing speed to medium (Speed 5 or 6), until thickened and very smooth for about 30 seconds. Add egg whites and vanilla and blend on medium-high speed (Speed 8) until thick and frothy for about 2 minutes.
- 3 Divide mousse evenly among six 110 g custard cups or ramekins. Cover with plastic wrap and refrigerate until chilled and firm for about 2 hours, before serving. Mousse will keep in refrigerator for up to 3 days.

**Plus 2 hours for chilling.*

Note: This recipe contains raw eggs.



VANILLA ICE CREAM

Makes: 4 - 6 servings **Prep Time:** 2 minutes* **Total Time:** 3 minutes**

INGREDIENTS

- 1 Freeze single cream in ice-cube trays for about 2 hours.
- 2 Combine frozen single cream and double cream, powdered sugar, vanilla and salt in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 30 seconds. Drop in add-in (see below), if desired, and pulse 2 to 3 times on low just to incorporate.
- 3 Transfer to airtight container and place in freezer until firm for about 2 hours. Ice cream will keep in freezer for up to 1 week.

375 ml single cream
250 ml double cream
30 g icing sugar, sifted
2 teaspoons vanilla extract
pinch of sea salt

Optional Add-ins

1 teaspoon instant espresso powder
60 g chopped toasted almonds
85 g mini chocolate chips or plain chocolate, finely chopped
½ teaspoon mint extract, or to taste
170 g chopped frozen fruit, such as sliced strawberries or chopped peaches

**Plus 2 hours for freezing single cream and double cream.*

***Plus 4 hours for freezing.*



FRESH FRUIT SORBET

Yield: 4 - 6 servings **Prep Time:** 7 minutes **Total Time:** 10 minutes*

INGREDIENTS

100 g sugar
125 ml water
450 g chopped frozen fruit, such
as peeled peaches, nectarines,
or whole frozen berries
1 teaspoon vanilla extract

CHEF'S TIP

If you are making berry sorbet, for a smoother texture, use the Flex Edge tamper to push the finished sorbet through a medium-mesh sieve, removing the seeds.

- 1 Have ready a medium bowl filled with water and ice cubes. Combine sugar and water in small saucepan over medium heat and stir until sugar dissolves for about 1 minute. Pour syrup into small heatproof bowl and set bowl in ice bath to chill for about 5 minutes. Syrup can be made up to 1 week in advance and stored in airtight container in refrigerator.
- 2 Combine fruit, chilled sugar syrup and vanilla in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to Speed 3. Blend, using the Flex Edge tamper to scrape sides of jar, until mixture is completely smooth for about 1 minute. Do not over-blend or sorbet will begin to melt.
- 3 Serve right away, or transfer to airtight container and freeze until firm for about 2 hours, before serving. Sorbet will keep in freezer for up to 1 week.

**Plus 2 hours optional freezing.*



COCKTAILS

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Warm Winter Espresso Cocktail 148

SWEET & SPICY MARGARITA

Makes: About 500 ml **Prep Time:** 7 minutes **Total Time:** 44 minutes

INGREDIENTS

- 1 Fill medium bowl with ice cubes and water; have small bowl ready. Combine rhubarb, sugar and water in small saucepan over medium heat. Bring to a simmer, stirring until sugar dissolves, and then cook, stirring often, until rhubarb softens, about 5 minutes. Transfer to small bowl and nest bowl in ice bath. Set aside until very cold, about 30 minutes.
- 2 Have 2 to 4 glasses ready. Put salt and ¼ teaspoon of ancho chilli powder on saucer and mix together. Rub rim of one margarita glass with cut edge of lime wedge. Turn glass upside down and press rim into salt mixture, coating rim evenly. Set glass aside. Repeat with remaining glass(es).
- 3 Combine cold rhubarb mixture, strawberries, tequila to taste, lime juice, remaining ¼ teaspoon ancho chilli powder and ice in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 30 seconds.

150 g chopped fresh
or frozen rhubarb
50 g sugar
60 ml water
2 tablespoon sea salt
½ teaspoon ancho chilli powder,
divided
1 lime wedge
170 g frozen strawberries
60 - 120 ml good-quality
tequila or water for
an alcohol-free version
60 ml fresh lime juice
10 ice cubes



WATERMELON CUCUMBER PUNCH

Makes: About 1.25 L **Prep Time:** 7 minutes **Total Time:** 8 minutes

INGREDIENTS

- 1 Combine all ingredients in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 30 seconds. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.
- 2 Divide mixture among 6 tumbler glasses. Garnish with mint sprigs and serve at once.

*Simple Syrup

Stir together 100 g sugar and 125 ml water in small saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Boil for 2 minutes. Transfer to heatproof container, leave to cool to room temperature, cover and refrigerate until chilled before using.

- 450 g chopped watermelon
- 1 medium cucumber, peeled and chopped (about 170 g)
- 2 tablespoons fresh lemon or lime juice
- 1 tablespoon chopped fresh mint, plus 6 small sprigs for garnish
- 60 ml chilled simple syrup*, or to taste
- 125 ml good-quality light rum or water for an alcohol-free version
- 10 ice cubes



FIZZY PEACH MANGO COCKTAIL

Makes: About 750 ml **Prep Time:** 6 minutes **Total Time:** 8 minutes

- 1 Combine peaches, mango, lime juice, vodka and simple syrup in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth for about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.
- 2 Divide mixture among 4 tumbler glasses. Top with soda water, dividing it evenly. Stir gently and serve over ice.

INGREDIENTS

- 450 g chopped peeled fresh peaches, chilled, or frozen chopped peaches
- 200 g chopped fresh mango, chilled
- 2 tablespoons fresh lime juice
- 125 ml good-quality vodka or water for an alcohol-free version
- 60 ml chilled simple syrup, or to taste (page 138)
- 375 ml soda water, chilled

CHEF'S TIP

If mango is not available, substitute for 170 g chopped hulled strawberries and garnish each glass with a small whole strawberry. This versatile recipe is also great without the vodka!



WINTER ORANGE TWIST

Makes: About 625 ml **Prep Time:** 2 minutes **Total Time:** 3 minutes

- 1 Combine orange juice, Grand Marnier, whiskey, vanilla, egg white and ice cubes in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until frothy for about 30 seconds.
- 2 Divide among 4 glasses and garnish each glass with orange peel twist. Serve at once.

INGREDIENTS

- 250 ml fresh orange juice
- 60 ml Grand Marnier or other orange liqueur
- 125 ml good-quality sweet whiskey
- ¼ teaspoon vanilla extract
- 1 large egg white
- 6 ice cubes
- 4 orange peel twists



WARM WINTER ESPRESSO COCKTAIL

Makes: About 500 ml **Prep Time:** 3 minutes **Total Time:** 7 minutes

- 1 Combine espresso, coconut milk, rum, cocoa powder and honey (if desired) in blender jar of the KitchenAid ARTISAN Power Series Blender. Secure lid and set blender to Soup setting. Blend until machine turns itself off.
- 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth and rising steam is visible for 3 to 4 minutes.
- 3 Divide between 2 glasses (or among 4 glasses). If desired, garnish each serving with dollop of whipped cream and dust cream with cocoa powder. Serve at once.

COLD VARIATION

Omit step 1. Proceed as directed in step 2, blending cocktail mixture just until well combined and frothy. Chill in refrigerator, then serve over ice.

INGREDIENTS

- 250 ml espresso or double-strength brewed coffee
- 250 ml coconut milk, well-shaken and warmed if separated
- 200 ml good-quality dark rum or water for an alcohol-free version
- 2 tablespoons unsweetened cocoa powder, plus more for garnish (optional)
- 1 tablespoon honey (optional)
- whipped cream or coconut cream, for serving (optional)





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