



**KitchenAid**<sup>®</sup>

COOK PROCESSOR  
**RECIPES**



# COOK PROCESSOR

## RECIPES

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# BREAKFAST FIG AND QUINOA GRANOLA

## MAKES 4 SERVINGS

Preheat oven 180°C / 160°C (fan forced) and line 2 baking trays with baking paper.

Insert the “MultiBlade” and add almonds and walnuts. Press PULSE for 5 seconds. Scrape down the sides and repeat until nuts are coarsely chopped. Tip into a large bowl and add pepitas, figs, quinoa and coconut flakes. Toss to mix evenly.

Replace the “MultiBlade” with the “StirAssist” and add coconut oil, maple syrup, vanilla, salt and spices. Manually select 140°C / 2 min / STIR SPEED 1. Press START.

Once cooking time has ended, open lid and pour syrup over nut and seed mixture and mix well to coat. Spoon over the 2 prepared trays, making sure to spread it out evenly.

Bake for 10 minutes. Remove tray from oven and stir and turn over granola. Return to oven and cook for a further 10 minutes or until crisp and golden.

Remove and cool completely on trays before storing in an airtight container.

## INGREDIENTS

1 cup (140g) raw almonds  
1 cup (100g) walnuts  
½ cup (75g) pepitas  
110 g dried figs, trimmed & finely sliced  
2 cups (160g) quinoa flakes (or rolled oats)  
2 cups (90g) coconut flakes  
⅓ cup (75g) coconut oil  
¼ cup (60ml) maple syrup  
2 teaspoons vanilla extract  
1 teaspoon sea salt  
1 tablespoon ground cinnamon  
2 teaspoon ground nutmeg  
1 teaspoon ground ginger

## NOTE

For a sweeter granola increase maple syrup to ⅓ cup.  
Try replacing the dried figs with dried blueberries or your favourite dried fruit.  
Granola will keep in an airtight container for 2-3 weeks.

**Preparation: 10 minutes**

**Cooking time: 22 minutes**



# SWEET POTATO AND MISO SOUP WITH SESAME CORIANDER CRUMBLE

## MAKES 4-6 SERVINGS

To make the crumble topping, combine toasted sesame seeds with green onion and coriander; mix well and set aside.

Insert the "MultiBlade" and add onion, garlic and ginger. Press PULSE for 5 seconds. Scrape down the sides. Repeat until onion is finely chopped.

Add oil and select 110°C / 5 min / STIR SPEED 1. Press START.

At the end of the cooking time, add sweet potato, stock and miso paste. Close lid and remove measuring cup. Select BOIL P2. Press START twice to begin cooking through to STEP 1 and 2.

Once cooking has finished, press CANCEL to exit "keep warm mode". Set the timer to 1½ minutes, press START and slowly increase the speed to 10. Soup should be thick and smooth.

Season to taste with salt and spoon into soup bowls, top with sesame and coriander crumble.

## INGREDIENTS

1 onion, peeled and cut into quarters  
2 cloves garlic, peeled  
30g ginger, peeled and sliced  
800g sweet potato, peeled and cut into a large dice  
4 cups (1 litre) chicken stock  
¼ cup (80g) white or red miso paste

## CRUMBLE TOPPING

2 tablespoons toasted sesame seeds  
3 thin green shallots, trimmed and finely sliced  
½ bunch fresh coriander, leaves picked and chopped

Fresh bread rolls to serve.

**Preparation: 15 minutes**

**Cooking time: 35 minutes**





# THAI PRAWN RED CURRY

## MAKES 4 SERVINGS

Insert "StirAssist" and add the hardened portion of the coconut cream, reserving the remaining milk for later.

Select 140°C / 6 min / STIR SPEED 1. Press START.  
Coconut cream will heat up and separate and the mixture will look oily and create a lacy texture.

Once cooking time has ended, open lid and spoon in prepared curry paste. Select 140°C / 2 min / STIR SPEED 1. Press START.

Open lid and remove measuring cup.  
Add stock, capsicum and bamboo shoots.  
Select STEW P11 and press START twice to begin cooking.

At the end of STEP 1, add remaining ingredients and remaining coconut cream. Press START to begin STEP 2.

To serve, taste and adjust seasoning by adding either more fish sauce, lime juice or sugar. Serve hot with steamed jasmine rice and topped with fresh coriander.

## INGREDIENTS

400g can coconut cream, chilled  
 1/3 cup red curry paste ([see recipe for red curry paste](#))  
 1/2 cup (125ml) chicken stock or water  
 1 red capsicum, seeds removed and cut into strips  
 225g can sliced bamboo shoots, drained  
 600g peeled medium green prawns  
 2 tablespoons fish sauce  
 Juice of a lime  
 2 teaspoons sugar  
 1/2 cup Thai basil leaves

Fresh coriander leaves and steamed jasmine rice to serve.

## NOTE

Substitute prawns with chicken, fish or roasted Chinese duck.

This recipe uses the red curry paste on page 18 but you can also use a good quality store bought red curry paste.

**Preparation: 15 minutes**

**Cooking time: 33 minutes**





## 5 SEEDS BUCKWHEAT PIZZA BASE

### MAKES 4 SERVINGS

Insert the "Dough Blade" and add water, sugar and yeast. Select DOUGH P1 and press START twice to begin.

At the end of STEP 1, add the oil, flours and seeds. Close lid and change STIR SPEED to 4 and time to 4 minutes. Press START to activate STEP 2.

Follow through to the end of STEP 3. Dough should have risen and doubled in size. Remove from bowl and tip onto a lightly floured surface. Knead gently until smooth.

Divide dough into four balls and roll out into 30cm wide circle; place onto a pizza tray. Allow pizza dough to sit in a warm place for 5 minutes before adding toppings.

Spread with tomato passata and mozzarella. Top with your favourite pizza toppings.

Bake in a preheated oven, 250°C for 6-10 minutes or until cooked to your liking.

### INGREDIENTS

1 cup (250ml) water  
1 teaspoon white sugar  
2 teaspoons instant dried yeast  
1 tablespoon olive oil  
150g buckwheat flour  
300g strong or bread flour  
10g chia seeds  
10g sesame seeds  
10g linseeds  
20g pepitas  
20g sunflower seeds  
1 teaspoon salt

**Preparation: 10 minutes**

**+ 34 minutes proofing time**

**Cooking time: 6-10 minutes per pizza**





# CHICKEN POT PIE

## MAKES 6 SERVINGS

To make the pastry, insert the “Dough Blade” and add the flour, salt and butter. Press PULSE in one second bursts until the mixture resembles coarse breadcrumbs.

Add water, one tablespoon at a time, pulsing between each addition until the pastry just comes together in clumps.

Tip dough onto a lightly floured work surface and bring together gently to form a uniform dough. Shape into a flat disc and cover in plastic wrap. Refrigerate for 30 minutes to one hour.

To make the chicken filling, add 0.7 L water to the STEAM WATER LINE inside the bowl. Place the chicken fillets into the LOWER STEAMER BASKET and place it on the bowl. Seal with the STEAMER LID. Set the temperature 110°C / 20 minutes. Press START.

Once cooking time has ended, remove lower steamer basket and set chicken aside to cool. When cool enough to handle, shred or chop coarsely and refrigerate.

Insert the “MultiBlade” and add leeks and garlic. Press PULSE for 2 seconds. Scrape down side; repeat until finely chopped.

Replace the “MultiBlade” with “StirAssist” and add butter and mushrooms. Close lid and remove measuring cup. Select FRY P1 and press START.

With 2 minutes remaining on the cook time, press PAUSE. Add flour and press START to continue cooking.

Once cooking time has ended, add stock, cream and salt.

Select 120°C / 10 min / STIR SPEED 1. Press START. With 5 minutes remaining on the cook time, press PAUSE and add cooked chicken, cheese and fresh ground black pepper. Press START to continue cooking. Mixture should be thick and creamy.

Preheat oven 200°C / 180°C (fan forced) and grease the rim of 6 one cup capacity ceramic ramekins or pie dishes with butter.

Meanwhile, roll out pastry on a lightly floured surface, until it is 3 mm thick. Using your ramekins as a guide, cut out pastry the same size as the top of your dish.

Divide chicken mixture amongst ramekins and top with pastry; press to secure. Brush with egg and poke a hole in the centre with a knife.

Push in sprigs of fresh thyme if using.

Bake 30-35 minutes or until pastry is golden and cooked through.

Serve immediately with salad or steamed vegetables.

## INGREDIENTS

### CHICKEN FILLING

3 (approx. 750g) large chicken breast fillets

2 leeks, white part only, wash and cut into chunks

2 cloves garlic, peeled

50g butter, plus extra for greasing

150g button mushrooms, sliced

2 tablespoons plain flour

$\frac{2}{3}$  cup (160ml) chicken stock

$\frac{1}{4}$  cup (60ml) cream

1 teaspoon sea salt

$\frac{1}{2}$  cup (100g) grated cheddar cheese  
pepper to taste

1 egg beaten for glazing and fresh thyme leaves for garnish (optional)

### SHORTCRUST PASTRY

225g plain flour, plus extra for dusting

1 teaspoon salt

100g unsalted butter

2-3 tablespoons chilled water

### SUGGESTION

Chicken will be cooked when it springs back to your touch. Remove pastry from refrigerator at least 10 minutes before using. The pastry is very short, so work quickly! There is enough pastry and filling to make one large pie. Choose a 6 cup capacity dish and roll out pastry to fit. Bake 40-45 minutes.

Use excess pastry to decorate the tops of your pies with petals or even letters.

**Preparation: 30 minutes**

**Cooking time: 60 minutes**





# EASY BUTTER CHICKEN

## MAKES 6 SERVINGS

Insert Mini Bowl with the "Mini MultiBlade" and add garlic and ginger. Cut the roots and about 1cm of stem off the coriander, and add to the bowl. Reserve leaves for later and coarsely chop.

Press PULSE for five seconds; scrape down sides, repeat until mixture is finely chopped.

Add toasted cashews, select STIR SPEED 10 and process until nuts are finely ground (approx. 1 minute). Add tandoori paste and yoghurt and press PULSE until well combined and forms thick paste.

Remove Mini Bowl and spoon tandoori mixture over chicken; mix well to coat evenly. Marinate for as long as time permits. Insert "MultiBlade" and add onions. Press PULSE for two second or until onions are coarsely chopped.

Replace "MultiBlade" with "StirAssist" and add butter. Select FRY P1 and press START to begin cooking. With 5 minutes remaining, add chicken. Close lid and remove measuring cup. Press START to finish cooking program.

At the end of the cooking time, add tomato and coconut cream, salt and cardamom pods.

Select STEW P11; press START button to confirm and again to begin STEP 1.

At the end of STEP 1. Press START to begin STEP 2 and change STIR SPEED to INTERMITTENT.

At the end of the cooking time, add reserved coriander leaves, lemon juice and season to taste. Press QUICK STIR to mix well. Serve with steamed basmati rice and tomato and coriander salad.

## INGREDIENTS

3 cloves garlic, peeled  
 30 g ginger, peeled and chopped  
 1 bunch fresh coriander, roots washed  
 1 cup (150g) raw cashews, toasted and cooled  
 ¼ cup (70g) tandoori paste  
 1 cup (250g) plain Greek yoghurt  
 1.2kg chicken thigh fillets, trimmed and cut into large pieces  
 2 red onions, peeled and quartered  
 2 tablespoons (40g) butter, ghee or vegetable oil  
 1 cup (250g) peeled chopped tomatoes  
 275g coconut cream  
 1 teaspoon sea salt  
 3-4 cardamom pods

Squeeze of half lemon or lime juice to serve.

## SUGGESTION

Processing the cashews finely will produce a silky thick textured sauce. Chicken thighs will vary in size, cut chicken into approx 8-10cm pieces. Buy a good quality tandoori paste. The longer the chicken is allowed to marinate the better the flavour of the end dish. This dish will freeze well, so ideal for batch cooking.

**Preparation: 25 minutes**

**Cooking time: 35 minutes**





# CRUNCHY SATAY BEEF AND BROCCOLI

## MAKES 4 SERVINGS

Insert the “MultiBlade” and add the onion and garlic. Press PULSE for 5 seconds. Scrape down the sides and repeat until finely chopped.

Replace the “MultiBlade” with the “StirAssist” and add the oil. Select FRY P3. Press START twice to begin cooking.

Once STEP 1 has ended, add ground spices and salt. Press START to begin STEP 2.

Once cooking time has ended, add peanut butter, sweet soy and water. Select STEW P2 and manually change the cooking time to 15 minutes.

After 5 minutes of cooking, PAUSE and add the beef and coconut cream. Press START to continue cooking.

With 5 minutes remaining on the timer, press PAUSE again, and add broccolini and onions. Press START to resume cooking. To serve, season to taste with salt and serve with coriander and rice.

## INGREDIENTS

1 red onion, peeled and quartered  
 2 cloves garlic, peeled  
 1 tablespoon vegetable oil  
 2 teaspoons ground ginger  
 1 teaspoon ground cumin  
 1 teaspoon salt  
 1 cup (200g) crunchy peanut butter  
 2 tablespoons sweet soy (kecap manis)  
 ¼ cup (60ml) water  
 800g beef (fillet, sirloin or scotch fillet) cut into 1cm thick strips  
 270g can coconut cream  
 1 bunch broccolini, cut into thirds crossways  
 3 green onions cut into 2cm sticks  
 cooked jasmine rice & fresh coriander to serve.

## NOTE

Sweet soy is an Indonesian soy sauce with a dark colour and a thick syrupy consistency found in the Asian food section of your supermarket.

**Preparation: 15 minutes**

**Cooking time: 20 minutes**





# SMOKEY SPANISH RICE AND PRAWNS

## MAKES 4 SERVINGS

Insert the Mini Bowl with the "Mini MultiBlade". Add garlic, parsley, and paprika. Press PULSE for 5 seconds. Scrape down the sides and repeat until mixture is finely chopped.

Add lemon juice, olive oil and salt and PULSE until well mixed and forms a runny paste. Remove Mini Bowl and spoon half the paste over the prawns; reserve remaining marinade and set aside.

Insert the "MultiBlade" and add onion and capsicum. Press PULSE for 5 seconds or until coarsely chopped. Replace the "MultiBlade" with the "StirAssist" and add reserved marinade. Select 140°C / 5 min / STIR SPEED 1. Press START.

Once cooking has finished, add rice, tomato and stock. Select STEW P2 and manually change cooking time to 25 minutes and STIR SPEED to INTERMITTENT. Press START.

With 15 minutes remaining on the cooking time. Press PAUSE and add prawns and any remaining marinade. Change STIR SPEED to 1 and press START.

At the end of the cooking time, allow rice to stand for 5 minutes on keep warm before opening the lid. Add a little more stock or water if rice is too thick.

Season to taste and serve immediately topped with extra chopped parsley, drizzle of olive oil and a wedge of lemon.

## INGREDIENTS

3 cloves garlic, peeled  
 1 cup tightly packed continental parsley leaves  
 2 teaspoons smoked paprika  
 Juice of a lemon  
 ¼ cup (60ml) olive oil  
 1 teaspoon salt  
 500g-600g medium green peeled prawns  
 1 onion, peeled and quartered  
 1 red capsicum, seeds removed and cut into large pieces  
 300g medium grain rice, rinsed and drained  
 400g can peeled and diced tomato  
 200ml chicken stock or water, plus extra 60ml if needed  
 Freshly ground black pepper  
 Lemon to serve.

**Preparation: 15 minutes**

**Cooking time: 30 minutes**





# FISH MOLE

## MAKES 4 SERVINGS

Insert the “MultiBlade” and add the onion, garlic, and ginger. Press PULSE for 5 seconds. Scrape down the sides of bowl and repeat until finely chopped.

Replace the “MultiBlade” with the “StirAssist”. Add vegetable oil. Close the lid and remove the measuring cup. Select FRY P3 and press START twice to begin cooking.

At the end of STEP 1, add spices, salt and curry leaves (if using). Press START to begin STEP 2.

Once cooking has ended, add water, coconut milk and fish. Close the lid and manually select 110°C / 12 min / STIR SPEED INTERMITTENT. Press START to begin cooking.

Once cooking is complete, add tomato and lime juice and stand for 5 minutes with the lid closed. Season to taste with salt and serve with basmati rice and lime wedge.

## INGREDIENTS

1 large red onion, peeled and quartered  
2 cloves garlic, peeled  
40g ginger, peeled and roughly chopped  
2 tablespoons vegetable oil  
2 teaspoons ground turmeric  
2 teaspoons ground coriander  
1 teaspoon salt  
10-15 curry leaves (optional)  
¼ cup (60ml) water or chicken stock  
270g can coconut milk  
800g firm white fish fillets, skin removed and cut into 3cm cubes  
1 large ripe tomato, cut into 1cm dice  
Juice of half a lime

Serve with lime wedges and cooked basmati rice.

**Preparation: 15 minutes**

**Cooking time: 16 minutes**





# HONEY, MUSTARD AND LEMON CHICKEN

## MAKES 4 SERVINGS

Insert the “MultiBlade” and add the rosemary and onion. Press PULSE for 5 seconds. Open lid and scrape down the sides, repeat until finely chopped. Replace the “MultiBlade” with the “StirAssist” and add the oil and butter.

Manually select 130°C / 7 min / STIR SPEED 1. Press START.

After 5 minutes, press PAUSE and add flour. Press START again to continue cooking.

Once cooking time has ended, add mustards, honey, lemon juice, stock and chicken. Select STEW P11 and manually change STIR SPEED to 1. Press START twice to begin cooking.

At the end of STEP 1, add salt and chopped parsley. Press START to begin STEP 2.

Once cooking time has finished, sprinkle with extra parsley, and serve immediately with lemon wedges and cooked peas.

## INGREDIENTS

1 tablespoon rosemary leaves  
 1 onion, peeled and quartered  
 2 tablespoons olive oil  
 30g butter  
 1 tablespoon plain flour  
 ¼ cup (70g) wholegrain mustard  
 2 tablespoons Dijon mustard  
 ⅓ cup (120g) honey  
 ¼ cup (60ml) lemon juice  
 1 cup (250ml) chicken stock  
 800g chicken thigh fillets, trimmed and cut into thirds  
 1 teaspoon salt  
 ⅓ cup chopped parsley

Chopped parsley, lemon wedges and cooked peas to serve.

**Preparation: 15 minutes**

**Cooking time: 32 minutes**





# PARMESAN MEATBALLS IN RICH TOMATO SAUCE

## MAKES 6 SERVINGS

To make the meatballs; Insert Mini Bowl with the "Mini MultiBlade" and add bread. Press PULSE for 5 seconds until chopped into a fine bread crumb. Tip into a bowl and pour over milk; mix well and set aside to soak. Squeeze out excess milk.

Return Mini Bowl and "Mini MultiBlade" and add the onion, garlic and basil. Press PULSE for 3 seconds. Repeat until finely chopped. Add parmesan and continue to PULSE until parmesan is finely chopped. Remove Mini Bowl and set aside.

Insert "MultiBlade" and add beef. Press PULSE for 5 seconds. Scrape down sides; repeat until you have a medium coarse mince. Add eggs, bread and parmesan mixture and press PULSE to mix well. Tip out into a bowl and roll into walnut sized balls (you will get approx. 30 meatballs). Place onto UPPER and LOWER STEAMER BASKET and cover with STEAMER LID. Refrigerate for 30 minutes or as long as time permits.

To make the tomato sauce; without cleaning the bowl and blade, add onion and garlic. Press PULSE for 3 seconds; repeat until onion is finely chopped.

Replace "MultiBlade" with "StirAssist" and add olive oil. Select FRY P1 and change time to 6 minutes, press START. With 2 minutes remaining on cooking time, press PAUSE and add wine; press START to continue cooking.

At the end of cooking time, add remaining ingredients. Select temperature 110°C / 15 minutes. Place STEAMER BASKETS onto the bowl and press START. At the end of cooking time, remove STEAMER BASKETS and insert "StirAssist" and cover with lid. Repeat previous cooking mode for another 15 minutes to continue cooking the sauce.

Preheat oven 180°C / 160°C (fan forced) and transfer meatballs into a baking tray large enough to hold meatballs in either one or two layers.

Once sauce is finished cooking, spoon over meatballs and top with extra grated parmesan. Bake 10-15 minutes. Serve meatballs over your favourite pasta, with extra grated parmesan and chopped fresh basil.

## INGREDIENTS

### MEATBALLS

180g sourdough (or your favourite bread), crust removed  
 1/3 cup (80ml) milk  
 1 small onion, peeled and quartered  
 1 clove garlic, peeled  
 1/2 cup (18g) fresh basil leaves  
 60g block of parmesan, diced  
 800g beef rump, cut into a large dice  
 2 eggs

### TOMATO SAUCE

1 onion, peeled and quartered  
 2 cloves garlic, peeled  
 2 tablespoons olive oil  
 1/2 cup (125ml) red wine  
 1/4 cup (140g) tomato paste  
 750g tomato passata  
 1 cup (250ml) beef stock or water  
 Sea salt and freshly ground black pepper

Extra parmesan and basil to serve.

**Preparation: 25 minutes**

**Cooking time: 36 minutes**





# CRUNCHY SEED AND PARMESAN CRUSTED CHICKEN SCHNITZEL

## MAKES 4 SERVINGS

Cut each chicken breast fillet in half lengthways so that each fillet is thin or pound lightly with a meat mallet for a thinner even schnitzel; refrigerate until needed.

Insert the Mini Bowl with the "Mini MultiBlade", add the parmesan and press PULSE for 5 seconds. Repeat 3 or 4 times until parmesan is finely grated. Remove Mini Bowl and set aside.

Insert the "MultiBlade" and add whole almonds, pepitas and parsley. Press PULSE for 5 seconds, scrape down sides and repeat until almonds are ground to a fine crumb and parsley is finely chopped.

Combine ground almonds and parsley, grated parmesan, ¼ cup of the flour and sesame seeds into a large bowl and mix well. Tip onto a large flat plate.

Combine remaining ½ cup flour and salt onto a second flat plate and whisk eggs together with cold water and pour into separate shallow bowl.

Coat chicken fillets lightly in flour, shaking off any excess. Dip into egg wash and then into crumb. Press crumb gently onto chicken so that it is evenly coated. Repeat with remaining chicken, flour, egg and crumb and set aside.

Heat oil in a large non-stick frying pan over medium heat and cook chicken in batches for 2-3 minutes each side or until golden and cooked through. Drain on paper towel. Serve hot with a fennel and apple salad.

## INGREDIENTS

1kg chicken breast fillets  
100g block parmesan, cut into large dice  
100g raw almonds  
¼ cup (40g) pepitas  
⅓ cup tightly packed continental parsley leaves  
¾ cup (100g) arrowroot or plain flour  
1 tablespoon sesame seeds  
1 teaspoon salt  
2 eggs, beaten  
1 tablespoon cold water  
Oil for shallow frying  
Fennel and apple salad to serve

**Preparation: 20 minutes**

**Cooking time: 20 minutes**





# RAINBOW VEGGIE PATTIES

## MAKES 4 SERVINGS

For the veggie patties, insert the Mini Bowl with the "Mini MultiBlade". Add beetroot, and PULSE for 5 seconds. Scrape down sides and repeat until beetroot is finely grated. Remove Mini Bowl and set aside.

Insert the "MultiBlade" and add oats. Press PULSE for 5 seconds. Scrape down sides and repeat two or three times until finely ground. Tip into a large mixing bowl and add chopped beetroot.

Without cleaning the bowl, add onion, garlic, kale and capsicum. Select STIR SPEED 8 / 1 minute and press START. Process until finely chopped. Add to oat and beetroot mixture and mix well.

Without washing bowl, add sweet potato and prunes with ½ cup of water. Remove measuring cup from lid and select 100°C / 5 min / STIR SPEED INTERMITTENT and press START.

At the end of cooking time, check that the sweet potato is cooked and soft. Otherwise cook for longer.

PULSE for 2-3 seconds to lightly mash. Spoon into the mixing bowl with the ground oats and vegetables and add salt, egg and drained chickpeas; mix well.

Using a ¼ cup measuring cup, divide mixture into 12 and shape into round patties. Refrigerate for a minimum of one hour.

Heat oil in a non-stick pan over medium heat and cook patties in batches for 2-3 minutes each side. Drain on paper towel.

For the tahini yogurt sauce, insert the "Egg Whip" and add yoghurt, tahini, and lemon juice, garlic, parsley, olive oil and salt.

Select STIR SPEED 2 and mix until well combined.

Serve veggie patties on your favourite bread or bun, drizzled with tahini yoghurt sauce.

## INGREDIENTS

150g beetroot, trimmed, peeled and cut into a large dice  
 150g rolled oats  
 1 onion, peeled and quartered  
 1 clove garlic, peeled  
 100g kale, stalks removed and chopped  
 ½ red capsicum, seeds removed, cut into a large dice  
 200g sweet potato, peeled and cut into 2cm dice  
 8 pitted prunes  
 1-2 teaspoons salt  
 1 egg, beaten  
 400g can chickpeas, drained and rinsed  
 Oil for shallow frying

## TAHINI YOGHURT SAUCE

1 cup (250g) plain Greek yoghurt  
 2 tablespoons hulled tahini  
 Juice of half a lemon  
 1 small clove garlic, crushed  
 ¼ cup continental parsley leaves, finely chopped  
 1 tablespoon extra virgin olive oil  
 Salt to taste

**Preparation: 30 minutes**

**+ 1 hour chilling time**

**Cooking time: 25 minutes**





# STEAMED FISH WITH RED CURRY SAUCE

## MAKES 4 SERVINGS

Insert "StirAssist" and add the hardened portion of the coconut cream, reserve the remaining milk for later.

Select 140°C / 6 min / STIR SPEED 1 and press START. Coconut cream will heat up and separate and the mixture will look oily and create a lacy texture.

Once cooking time has ended, spoon in prepared curry paste. Select 140°C / 2 min / STIR SPEED 1. Press START.

At the end of the cooking time, add remaining coconut milk, fish sauce, lime juice and sugar. Close lid and remove measuring cup. Manually select 100°C / 2 min / STIR SPEED 1 and press START. Remove sauce from bowl and cool completely.

Spoon half the curry sauce over fillets and allow to marinate for 10 minutes. Place fillets onto the UPPER STEAMER BASKET.

Wash and trim Asian greens and place inside LOWER STEAMER BASKET.

Wash out bowl and remove "StirAssist" blade. Fill with water to the 0.7 L STEAM WATER LEVEL MARK inside bowl.

Position the LOWER STEAM BASKET into the bowl and stack with UPPER STEAMER BASKET; cover with lid.

Select STEAM P1 and press START. Once cooking time has ended, check fish by flaking the thickest part with a fork. If it doesn't flake easily, repeat cook mode and check after 2-3 minutes.

Serve Asian greens topped with fish fillet and remaining curry sauce. Garnish with fresh coriander and a wedge of lime.

## INGREDIENTS

270g can coconut cream, chilled  
 3 tablespoons red curry paste ([see recipe for red curry paste](#))  
 1 tablespoon fish sauce  
 1 tablespoon lime juice  
 ½ teaspoon sugar  
 4 x 180g white skinless fish fillets,  
 Asian greens such as pak choy,  
 Chinese broccoli or bok choy

Fresh coriander and lime wedge to serve.

## NOTE

This recipe uses the red curry paste on page 18 but you can also use a good quality store bought red curry paste.

**Preparation: 10 minutes**

**Cooking time: 20 minutes**





# CHINESE STEAMED GINGER SNAPPER

## MAKES 2 SERVINGS

Line the LOWER STEAMER BASKET with a piece of baking paper, large enough to cover most of the base and lay fish fillets on top.

Insert the Mini Bowl with the “Mini Multiblade” and add garlic, ginger and coriander roots. Press PULSE for 3 seconds. Scrape down the sides and repeat until finely chopped. Spoon evenly over the fillets.

Mix together the soy sauce and Chinese wine and spoon evenly over each fillet; cover with STEAMER LID.

Fill bowl with water to the 0.7 L STEAM WATER LEVEL MARK and place STEAMER BASKET over the top.

Select STEAM P1 and change cook time to 8 minutes; press START. Once cooking time has ended, check doneness by flaking the thickest part of the fish with a fork. Flesh should be white and flake easily. If fish is not cooked, select cook mode again and check again after 2 minutes.

Top each fish fillet with half the chilli, shallots and coriander leaves.

Just before serving, heat sesame oil in a small pan until smoking; pour immediately over fish and serve with steamed jasmine rice.

## INGREDIENTS

2 x 200g skinless snapper fillets  
1 small clove garlic, peeled  
20 g ginger, peeled and coarsely chopped  
½ bunch fresh coriander, stems & roots washed and chopped, leaves reserved  
1½ tablespoons (30ml) light soy sauce  
1½ tablespoons (30ml) Chinese rice wine (Shaosing wine)  
1 long red chilli, seeds removed and finely sliced into 5cm lengths  
1 green shallot, trimmed and finely shredded into 5cm lengths  
2-3 teaspoons roasted sesame oil

**Preparation: 10 minutes**

**Cooking time: 15 minutes**





# THAI RED CURRY PASTE

## MAKES 1⅓ CUPS

Heat a small pan or skillet over medium high heat. Wrap shrimp paste in foil to form a small parcel. Place inside pan and cook 2 minutes each side. The shrimp paste parcel should become very fragrant. Remove from foil and set aside to cool.

Trim 2/3 off the top of the lemongrass stalks and cut off the base stump. Remove thick outer layer to reveal the light pink layers. Carefully chop into strips and then coarsely chop.

Insert the Mini Bowl with the "Mini MultiBlade".

Add chopped lemongrass, white peppercorns and galangal. Manually select 2 minutes and STIR SPEED 10. Press START.

After one minute press PAUSE. Open lid and scrape down the sides. Add Kaffir lime leaves, chillies, garlic and Asian shallots. Press START and process until finely chopped.

Wash coriander root well, removing as much dirt and grit. Cut off roots with about 2cm of stem. (Reserve leaves for the curry). Coarsely chop and add to Mini Bowl along with spices, salt and roasted shrimp paste and oil.

Press PULSE for 5 seconds. Repeat four or five times, scraping down the sides, until it forms a smooth paste. Spoon into a jar.

## INGREDIENTS

1 teaspoon shrimp paste  
 2 stalks lemongrass  
 3 teaspoons white peppercorns  
 40g galangal, peeled and chopped  
 3-4 double kaffir lime leaves, stem removed and coarsely chopped  
 4 long red chillies, seeds removed and chopped  
 8 cloves garlic, peeled  
 3 (160g) Asian shallots, peeled and quartered  
 1 bunch fresh coriander with roots attached  
 1 teaspoon ground coriander  
 1 teaspoon ground cumin  
 ½ teaspoon salt  
 1 tablespoon vegetable oil

## TIPS

If galangal is unavailable, use old ginger. This will give the same peppery flavour as galangal. Curry paste must be stored in a sealed container in the refrigerator for 1-2 weeks or can be frozen for 3 months.

## NOTES

We used this recipe for our Thai Prawn Red Curry on page 5 and our Steamed Fish with Red Curry on page 16.

**Preparation: 30 minutes**





# SUGAR FREE BANANA AND DATE LOAF

## MAKES 6 SERVINGS

Preheat oven 180°C/160°C (fan forced) and grease and line a large loaf tin (20cm x 9cm x 7cm) with baking paper.

Insert the "MultiBlade" and add dates and water. Manually select 130°C / 2 min / STIR SPEED INTERMITTENT. Remove measuring cup from lid and press START.

Once cooking time has ended, open lid to release excess steam; Cool.

Add 3 of the bananas. Press PULSE for 3 seconds. Scrape down the sides and repeat a few times until pureed.

Replace the "MultiBlade" with the "Dough Blade" and add coconut oil and eggs. Select STIR SPEED 2 and stir until well combined.

Add flours, baking powder and bi-carb soda. Select STIR SPEED 2 and stir until just mixed through. Open lid and scrape down the sides, add yoghurt and continue to STIR on SPEED 2 for 20 seconds or until mixture is a smooth batter. Spoon into prepared pan.

Cut remaining banana in half lengthways and position on top. Bake 50-55 minutes or until a skewer inserted comes out clean. Cool on a wire rack before serving.

## INGREDIENTS

½ cup (85g) dried, pitted dates  
¼ cup (60ml) water  
700g (4) whole, ripe bananas, peeled  
½ cup (105g) coconut oil, melted  
3 eggs  
1¼ cup (175g) spelt flour  
1 teaspoon baking powder  
1 teaspoon bi-carb soda  
⅓ cup (85g) plain Greek yoghurt

## TIPS

This loaf will keep well refrigerated for 2-3 days. Toast or just reheat in microwave. Spelt flour can be replaced with plain flour and yoghurt with sour cream.

**Preparation: 20 minutes**

**Cooking time: 30 minutes**





# INDIVIDUAL ORANGE, ALMOND AND PISTACHIO SYRUP CAKES

## MAKES 6 SERVINGS

Fill bowl with water to the 2.5 L STEAM WATER LEVEL MARK and place INNER STEAMER BASKET inside bowl. Add oranges and close lid. Select 110°C / 60 min and press START.

At the end of cooking time, oranges should be soft and almost breaking apart. If they are still too firm, cook a further 15 minutes. Carefully remove basket and allow oranges to cool slightly.

Empty bowl and insert the "MultiBlade" attachment. Add oranges, and press PULSE. Process until oranges are evenly pureed and smooth. Pour into a mixing bowl and set aside.

Preheat oven 180°C/160°C (fan forced) and grease six 150ml capacity dariole moulds with butter. Set aside.

Wash bowl and attachment, dry and reset. Add almonds and half the pistachios. Select STIR SPEED 10 / 1 minute and press START. Process until almonds are finely ground. Remove and set aside.

Add eggs and sugar to bowl and select STIR SPEED 8 / 2 min. Press START. Beat until mixture thickens and becomes light in colour. Add pureed oranges, ground nuts, spices and baking powder to the bowl. Select STIR SPEED 3 and mix evenly. Spoon into prepared moulds and bake for 35-40 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and allow to cool in moulds for 5 minutes before turning out.

Meanwhile, wash out bowl and reset with "StirAssist" attachment. Add orange juice and zest, sugar and water. Close lid and remove measuring cup. Select 120°C / 15 min / STIR SPEED 1. Press START. Boil until syrup reduces and thickens to a pouring syrup consistency. You may need to add more time.

Pour into a jug and stir through 1 to 2 teaspoons of orange blossom water.

Carefully pour syrup over cakes. Serve warm or cold garnished with remaining chopped pistachios, petals and a side dollop of Greek yoghurt.

## INGREDIENTS

### CAKE

2 small (400g) navel oranges, washed  
Butter for greasing  
200g whole blanched almonds  
80g shelled pistachios  
2 large eggs  
¾ cup (160g) caster sugar  
1 teaspoon ground cardamom  
1 teaspoon ground ginger  
½ teaspoon baking powder

### SYRUP

Juice and zest of an orange  
100g caster sugar  
1 cup (250ml) water  
Orange blossom water  
Garnish with edible flowers and reserved chopped pistachios  
Serve with thick Greek yoghurt

### TIPS

This cake is lovely sweet and moist on its own without syrup. The syrup just adds gloss and stickiness to the whole dish. If oranges are too large to fit into the steamer bowl, add directly inside large bowl with the water. Make sure to remove any attachments. Cover with cold water and cook on 110°C until soft. For a cake- grease and line base and sides of a 22cm loose bottom round cake tin. Bake for 1¼ hours or until a skewer inserted in the centre comes out clean. Allow to stand in tin for 5 minutes before unmoulding and pouring over syrup. If using larger moulds, increase cook time by 10-15 min.

**Preparation: 20 minutes**

**Cooking time: 1½ hours**





# NAKED BANOFFEE PIE

## MAKES 8 SERVINGS

Soak almonds in cold water overnight.  
Drain and rinse well and dry with paper towel.

To make the base ; insert the "Multiblade", and add oats. Press PULSE for 4 seconds. Repeat until oats have been coarsely chopped. Add coconut and almonds and select STIR SPEED 10; process until mixture resembles fine breadcrumbs.

Add coconut oil and maple syrup and press PULSE for 2 seconds. Repeat until mixture is thoroughly mixed. Press into the base and sides of a 22cm (base measurement) loose- bottom tart tin (it helps if you have damp hands). Refrigerate or freeze for 1-2 hours.

Wash bowl and blade and reset, remove measuring cup from lid.

To make the filling, add the dates and honey along with ¼ cup (60ml) of water. Select 110°C / 5 min / STIR SPEED 1 and press START. Once cooking time has ended, slowly increase stir speed to 7 or 8 until the date mixture is smooth and the consistency of jam.

Add nut butter, coconut oil, vanilla and salt. Select STIR SPEED 4 and mix until mixture is well combined. Pour into chilled pastry base and return to the refrigerator.

Wash bowl and reset with "Egg Whip" attachment.

To make the whipped coconut cream topping, open the can, there should be a thick layer of solid coconut cream on top. Scoop out only the solid part and add to the bowl along with the cream and vanilla. Select STIR SPEED 5 / 60-70 seconds. Coconut cream should be softly whipped and creamy.

Slice bananas thickly and pile over tart. Spoon whipped coconut over the top and sprinkle with toasted shredded coconut.  
Serve immediately or refrigerate until needed.

## INGREDIENTS

### BASE

110g blanched whole almonds, soaked overnight, rinsed and drained  
¾ cup (65g) rolled oats  
½ cup (45g) desiccated fine coconut  
⅓ cup (80g) coconut oil, melted  
2 tablespoons maple syrup

### FILLING

1 cup (180g) Medjool dates, pitted  
2 tablespoons honey or maple syrup  
250g almond or cashew butter  
2 tablespoons coconut oil  
1 teaspoon vanilla extract  
Pinch sea salt

### TOPPING

400g can good quality full fat coconut cream, refrigerated overnight  
150ml thickened cream  
1 teaspoon vanilla extract  
3 large bananas  
Toasted shredded coconut for garnish

### TIPS

Only use full fat coconut cream, as low fat will not work. To make it totally dairy free substitute cream with another can of coconut cream. If the caramel mixture is a bit too thick, stir through a few tablespoons of warm water, a tablespoon at a time until the mixture is the consistency of thick caramel sauce.

**Preparation: 20 minutes**

**Cooking time: 1½ hours**





# DECADENT DOUBLE CHOCOLATE AND WALNUT BROWNIES

## MAKES 1 SERVING

Preheat oven 160°C conventional only.

Grease a square 20cm x 20cm x 5cm (base measurement) cake tin with melted butter and line with baking paper, making sure to overhang along two opposite sides.

Insert "StirAssist" and add butter and chocolate. Close lid and select FRY P3. Press START twice and follow through STEP 1 and 2. Chocolate and butter should be melted and combined.

Replace "StirAssist" with "Dough Blade" and add one egg, select STIR SPEED 1 and mix well. Repeat with remaining eggs, adding them one at a time and increasing STIR SPEED to 2 if required.

Sift plain flour and cocoa powder together. Add half to the bowl along with half the white chocolate and walnuts. Select STIR SPEED 1 to mix through.

Repeat with remaining flour, chocolate and nuts. Continue to stir until just mixed through.

Spoon into prepared pan and bake 45-50 minutes or until a skewer inserted into the centre comes out with moist crumbs. Allow to cool in pan completely.

Dust with extra cocoa and eat on its own or serve with berries & cream.

## INGREDIENTS

200g softened butter, diced  
250g 70% dark chocolate, chopped into 1cm pieces  
1½ cups (260g) dark brown sugar  
3 eggs  
½ cup (75g) plain flour  
½ cup (50g) cocoa powder  
100g white chocolate, coarsely chopped  
½ cup (55g) walnuts, coarsely chopped

**Preparation: 20 minutes**

**Cooking time: 1½ hours**







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