

# HUNGRY ARTISAN *Recipe Book*

FOOD MILL RECIPES FOR THE  
HUNGRY ARTISAN





*Hungry Artisan*

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HUNGRY ARTISAN

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# APPETIZERS

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# Hungry Artisan Mozzarella Sticks

Hungry Artisan  
Marinara Sauce



Coarse  
Milling Disc

Hungry Artisan  
Breadcrumbs



Coarse  
Milling Disc



Hungry Artisan  
Original

## INGREDIENTS

- 2 eggs
- ¼ cup water
- 1 ½ cup breadcrumbs  
(see [Hungry Artisan Breadcrumb recipe in Ingredients sections](#))
- ½ tsp. garlic salt
- ½ tsp. Italian seasoning
- 2/3 cup all-purpose flour
- 1/3 cup cornstarch
- 1-quart canola/vegetable oil
- 16oz package mozzarella string cheese
- 1 cup of marinara sauce  
(see [Hungry Artisan recipe in Main Dishes section](#))

## DIRECTIONS

1. Mix flour and cornstarch in a medium bowl.
2. Whisk eggs and water in a small bowl.
3. Mix the [Hungry Artisan Breadcrumbs](#), garlic salt and Italian seasoning in another medium bowl.
4. Heat oil in a large frying pan over medium/medium high heat.
5. Dip each mozzarella stick into flour mixture, egg mixture and then into the breadcrumbs. Make sure each stick is coated well.
6. Place each mozzarella stick into the oil and fry until golden brown (approximately 30 seconds). Once cooked place the mozzarella sticks onto a plate lined with paper towel to dry off any excess oil.
7. Serve marinara sauce hot, with the Hungry Artisan Mozzarella Sticks, for dipping. We recommend trying out our the [Hungry Artisan Marinara Sauce!](#)



# Hungry Artisan Hummus



Medium Milling Disc



Hungry Artisan Original

## INGREDIENTS

- (2) 16oz cans garbanzo beans
- 4 tsp. garlic paste
- 1 tsp. salt
- Juice from 2 lemons (approx. ¼ cup)
- ¼ cup tahini
- ¼ cup extra virgin olive oil plus extra for garnish drizzle
- Paprika for garnish

## DIRECTIONS

1. Empty each can of garbanzo beans, with juices, into medium saucepan set on medium heat and bring to a simmer. Strain, reserving ½ cup of the juices.
2. Place half the garbanzo beans into the Hungry Artisan Food Mill and start milling them (turning counterclockwise as needed to clear the disc), using the medium milling disc. Add a small amount of the reserve liquid from the garbanzo beans to get the mash going.
3. Continue this process until all the beans have been milled and only the skins are left in the Hungry Artisan Food Mill. Remove the skins from the Hungry Artisan Food Mill and repeat until all the garbanzo beans have gone through the Hungry Artisan Food Mill. Set the milled garbanzo beans aside.
4. In a small bowl add the garlic paste, salt, lemon juice, tahini, and olive oil and mix until smooth.
5. Add the garlic paste mixture to the milled garbanzo beans and stir until mixed well. Taste the hummus and as needed, add more salt, lemon juice, or seasoning of choice.
6. Transfer to a serving bowl and drizzle with the extra virgin olive oil and a dusting of paprika.





HUNGRY ARTISAN

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# MAIN DISHES

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# Cauliflower Pizza Crust



Coarse Milling Disc

## INGREDIENTS

- 1 small to medium sized head of cauliflower - should yield 2 to 3 cups once processed
- ¼ cup shredded Parmesan cheese
- ¼ cup mozzarella cheese
- 1 egg
- ¼ tsp. salt
- ½ tsp. garlic powder
- ½ tsp. dried basil
- ½ tsp. oregano
- 1 cup
- 1 cup marinara sauce (see [Hungry Artisan Marinara Sauce recipe in Soups & Sauces section](#))
- 1-2 cups mozzarella cheese

## DIRECTIONS

1. Preheat oven to 500 degrees F.
2. Microwave the cauliflower uncovered in a microwave safe bowl for approximately 2 minutes on high. Remove it from the microwave and allow it to cool.
3. Remove the stems from the cauliflower and cut into chunks, place the cauliflower into the Hungry Artisan Food Mill using the coarse milling disc (turning counterclockwise as needed to clear the disc).
4. Once all the cauliflower has been milled, place it in a kitchen towel and squeeze all the liquid out of it. Be sure to squeeze as much liquid as possible.
5. Combine the cauliflower, egg, garlic, cheese, and seasonings. Stir until a dough texture forms. Spread the cauliflower mixture out onto lightly greased parchment paper or a pizza pan in the shape of a pizza crust.
6. Bake the crust for approximately 10-15 minutes (depending on your oven), or until the crust is golden and crispy. I cooked mine for approximately 15 minutes. After the crust is golden remove it from the oven and add your toppings, I used the Hungry Artisan Marinara Sauce and cheese for a simple margarita pizza.

7. Place the pizza back in the oven but this time turn on the broiler, bake for about 2-5 minutes until the cheese melts. be sure to keep an eye on it because the broiler can burn the cheese quickly.
8. Slice and serve warm, enjoy!



This recipe was adapted from:  
[Gimmedelicious.com](http://Gimmedelicious.com)



# Braised Short Rib Shepard's Pie



Medium Milling Disc

## INGREDIENTS

- 2 Tbsp. Olive Oil
- 3 lbs Beef Short Ribs, about 4 large short ribs
- 1 bottle {12 ounces} Guinness Extra Stout
- 32oz Unsalted Beef Stock
- 1 tsp. Salt plus extra to season
- 1 tsp. Pepper plus extra to season
- 1 ½ lbs Gold Potatoes quartered
- ½ cup Milk
- ½ stick Butter plus 2 Tbsp.
- 1 cup White Cheddar, shredded
- 1 Sweet Onion, diced
- 2 large Carrots, peeled and diced
- 1 Tbsp. minced garlic
- 2 Tbsp. Flour
- 1/3 cup Frozen Peas

## DIRECTIONS

1. Heat the olive oil in a large 9-quart heavy bottomed pot over medium high heat. Season the ribs on both sides with kosher salt and ground black pepper. Place ribs in the pot to brown on all sides, 2 minutes per side.
2. Add the Guinness to deglaze, breaking up any browned bits on the bottom of the pot. Bring to a boil and reduce the beer slightly, about 3 minutes. Add the beef stock and bring up to a boil. Reduce to a simmer, cover, and simmer on low for 3 hours until short ribs are fork tender.
3. While the short ribs are cooking, prepare the the Hungry Artisan Mashed Potatoes. Place them in a large pot and cover with cold water. Cover pot with a lid and bring to a boil. Once boiling, uncover and boil until the potatoes are tender and easily pierced with a fork, about 15 minutes. When potatoes are done, drain and rinse with cold water to stop from cooking.
4. Add in batches of the potatoes to the Hungry Artisan Food Mill, using the medium milling disc. Mill the potatoes over the same pot through the Hungry Artisan Food Mill (turning counterclockwise as needed to clear the disc), discarding skins in between each batch.
5. After all the potatoes have been milled add the milk and butter. Mix until

creamy and smooth. Stir in shredded cheddar and season with kosher salt and ground black pepper, set aside.

6. Remove the braised ribs from the pot to a plate and skim fat off the top of the liquid. Reserve 2 cups of the liquid for the Guinness Gravy and discard rest. Remove bones from the short ribs and shred meat.
7. Preheat oven to 375 degrees F.
8. Melt the butter in a large sauté pan over medium high heat. Add the diced onion and carrots. Sauté until tender, about 3 minutes. Add garlic and stir until fragrant, about 30 seconds. Add the flour and stir. Pour in the reserved liquid and stir to create the gravy. Simmer gravy for 10 minutes. Turn heat off. Add the shredded beef and frozen peas to the pan and fold in to combine.
9. Butter a large casserole dish or 4 individual gratin dishes for single servings. Spoon the short rib mixture evenly in the dishes. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up and smooth with a spatula. {Or spoon mashed potatoes into a disposable pastry bag fitted with a rosette tip. Pipe potatoes over top of pie until it is completely covered.}
10. Place the casserole dish on a sheet pan and place in the oven. Bake for 25 minutes or until the potatoes begin to brown. Remove and cool slightly before serving. Garnish with chives and enjoy!



This recipe is was adapted from:  
[Dashofsavory.com](https://dashofsavory.com)



HUNGRY ARTISAN

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# SIDES

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# Sweet Potato Gnocchi



Medium Milling Disc

## INGREDIENTS

- 3 lbs sweet potatoes
- 16 oz. ricotta cheese
- 2 ½ tsp. salt
- 1 ½ cups grated parmesan cheese
- ½ tsp. ground nutmeg
- ¾ cup coconut flour
- 4 ½ cups all-purpose flour

## DIRECTIONS

1. Place the ricotta cheese in cheese cloth over a bowl and let drain for 1-2 hours to remove excess water. Discard excess water when done.
2. Preheat the oven to 400° and bake the sweet potatoes for approximately 1 hour until completely cooked and soft on the inside. Remove from the oven and let cool.
3. Once cooled, quarter the sweet potatoes and add to the Hungry Artisan Food Mill a handful at a time using the medium milling disc (turning counterclockwise as needed to clear the disc). Discarding the leftover skins in between each batch, repeat until all the sweet potatoes have gone through the Hungry Artisan Food Mill.
4. Add the ricotta cheese to the sweet potatoes and mix thoroughly. Add salt, parmesan cheese and nutmeg and mix again. Lastly add the coconut flour and mix (at this point with your hands) until well combined.
5. Bring the sweet potato mixture to a flat cleaned work surface lightly sprinkled with enough flour so mixture does not stick and form into a ball. Sprinkle dough with 1 cup of the flour and gently knead the flour into the sweet potato mixture. Continue to add flour one cup at a time until the dough comes together and is only slightly moist.
6. Form the gnocchi dough into a ball and use a pastry cutter or sharp knife to divide it into 6 or 8 equal sections (smaller if you prefer working with smaller batches of dough).
7. Place one section of the dough onto your floured workspace and using your hands, gently roll into a long rope, a little less than 1 inch thick. If the dough becomes sticky as you are rolling add just a little more flour.

8. Once you have got your rope, using a knife, cut the gnocchi dough into 1-inch pieces. Lastly, using a fork, press the back side of the prongs onto the gnocchi leaving little indentations.
9. Bring a stockpot filled with water to boil, add a pinch of salt, and add the gnocchi. Cook for roughly 2 minutes or until gnocchi float to the top. Use a slotted spoon to remove from pot. Serve immediately with your favorite sauce of choice.



This recipe was adapted from:  
[Garlicandzest.com](http://Garlicandzest.com)

# Artisan Yukon Gold Mashed Potatoes

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Medium Milling  
Disc



Hungry Artisan  
Original

## INGREDIENTS

- 1 lb Yukon gold potatoes, peeled and quartered
- 2 tsp. salt (fresh ground if available)
- ¼ cup half and half
- 2 tsp. pepper (fresh ground if available)
- 3 Tbsp. butter

## DIRECTIONS

1. Fill large stockpot with water and bring to a boil.
2. Add potatoes, return to boil, and reduce heat to medium-high. Cook potatoes uncovered for about 15min until potatoes are tender enough to pierce with a fork.
3. While potatoes are cooking in a small saucepan/or microwave, warm half and half and butter. Do not bring to a boil, heat till just warm throughout and butter is melted.
4. When potatoes are done, drain and rinse with cold water to stop from cooking.
5. Add in batches the potatoes to the Hungry Artisan Food Mill, using the medium milling disc. Mill the potatoes through the Hungry Artisan Food Mill, (turning counterclockwise as needed to clear the disc) discarding skins in between each batch.
6. Once potatoes have been milled, mix in the warm half and half/butter mixture and season with salt and pepper. Can add more/less as needed.
7. Enjoy the creamiest potatoes you have EVER had!



# Skinny Mashed Sweet Potatoes

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Medium Milling Disc

## INGREDIENTS

- 4 medium sized sweet potatoes
- 1 Tbsp. cinnamon
- $\frac{3}{4}$  cup non-fat Greek yogurt
- salt and pepper to taste
- 2 Tbsp. agave nectar

## DIRECTIONS

1. Cube sweet potatoes and boil until tender or cook until tender in the microwave.
2. Once the sweet potatoes are tender, add in batches to the Hungry Artisan Food Mill, using the medium milling disc. Mill the sweet potatoes through the Hungry Artisan Food Mill, (turning counterclockwise as needed to clear the disc) discarding skins in between each batch.
3. Once the sweet potatoes have all been milled add yogurt and mix completely. Taste for seasonings and add salt and pepper. I did not use much here because the potatoes were delicious as is.
4. Drizzle potatoes with agave and then sprinkle with cinnamon and brown sugar. Garnish with more yogurt to mix in later if desired.
5. Serve immediately and enjoy!



This recipe was adapted from:  
[Oldhousetonewhome.net](http://Oldhousetonewhome.net)

# Parmesan Roasted Cauliflower Rice



Coarse Milling Disc

## INGREDIENTS

- 32 ounces cauliflower rice (about 2 heads of cauliflower)
- 1 ½ cups shredded parmesan divided
- 2 Tbsp. olive oil
- 1 tsp. dried herbs (rosemary/ thyme or basil) you pick

## DIRECTIONS

1. Preheat oven to 425 degrees F.
2. To make the cauliflower rice start by microwaving the cauliflower uncovered in a microwave safe bowl for approximately 2 minutes on high. Remove it from the microwave and allow it to cool.
3. Remove the stems from the cauliflower and cut into chunks, place the cauliflower into the Hungry Artisan Food Mill using the coarse milling disc (turning counterclockwise as needed to clear the disc).
4. On a large baking sheet, combine all ingredients except about 1/2 cup of the shredded parmesan. Mix to evenly distribute the oil, cheese, and herbs over the cauliflower. Spread in an even layer. Top with remaining 1/2 cup parmesan cheese.
5. Bake in preheated oven until golden brown, about 30min. No need to stir during cooking. Serve warm



This recipe was adapted from:  
[Selfproclaimedfoodie.com](https://www.selfproclaimedfoodie.com)



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# SOUPS & SAUCES

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# Hungry Artisan Marinara Sauce



Coarse Milling Disc



Hungry Artisan  
Original

## INGREDIENTS

- 14 Roma quartered tomatoes (approx. 3lbs)
- 1 Tbsp. garlic minced
- 1 Tbsp. olive oil
- ¼ tsp. sugar
- 1 tsp. dried basil
- ¼ tsp. ground thyme
- ½ tsp. salt
- Fresh ground salt and pepper to taste

## DIRECTIONS

1. In a 6 qt stock pan, heat the oil over medium heat and then add the garlic. Cook, stirring until fragrant, about 1 minute.
2. Add the quartered tomatoes, sugar, basil, thyme, and salt and bring to a simmer. Reduce the heat to medium low and simmer, stirring often, until thick approx. 30 minutes. (Could take a little longer if the heat is to low or the tomatoes are juicy). The longer the dish simmers, the sweeter the flavor.
3. Once the juices from the tomato and ingredients has thickened, remove from heat. Attach the coarse milling disc to the Hungry Artisan Food Mill. Place the Hungry Artisan Food Mill over a bowl big enough to accommodate the desired amount of sauce, and begin adding the now softened diced tomatoes, one cup at a time, and mill through the Hungry Artisan Food Mill (turning counterclockwise as needed to clear the disc). Once completed remove skins from the Hungry Artisan Food Mill and repeat until all the tomatoes have been milled.
4. Add fresh ground salt and pepper to taste and serve immediately over your favorite pasta or use alongside your favorite recipes.





# Instant Pot Parmesan Tomato Basil Soup



Fine Milling Disc

## INGREDIENTS

- 1 Tbsp. olive oil
- 1 cup chopped carrot
- 1 cup chopped onion
- 1 cup chopped celery
- (2) 14.5-ounce cans diced tomatoes undrained
- 2 Tbsp. tomato paste (see [Hungry Artisan Tomato Paste recipe in the Ingredients section](#))
- 4 cups low-sodium chicken broth
- 1 Tbsp. dried basil
- 1 tsp. oregano
- ½ cup butter
- ½ cup all-purpose flour
- 1 cup freshly grated parmesan cheese
- 1 ½ cups half and half
- 1 tsp. salt
- ¼ tsp. freshly ground black pepper

## DIRECTIONS

1. Add oil to the instant pot and turn to sauté. Add carrots, onions, and celery to the pot and sauté for 2 minutes. Add diced tomatoes, tomato paste, chicken broth, oregano, and basil and stir to combine.
2. Turn Instant pot off. Secure instant pot lid and set the valve to “sealing”.
3. Cook on Medium/High Pressure for 5 minutes. When the timer beeps allow the pressure to naturally release for 5 minutes.
4. Meanwhile, make the roux. Add butter to a large saucepan over medium-low heat. Once butter has melted, stir in the flour.
5. Cook, stirring constantly for about 10 minutes or until the roux is a nice golden-brown color. Remove pot from heat.
6. Place the Hungry Artisan Food Mill over the pot with the roux. Pour the soup from the instant pot into the Hungry Artisan Food Mill in batches, using the fine milling disc, and mill until smooth. Taking time in between each batch to mix the milled soup with the roux. Once finished the soup will be nice and smooth.
7. Stir in the Parmesan cheese, half and half and salt and pepper. Taste and add additional oregano and basil if desired.



This recipe was adapted from:  
[Tastebetterfromscratch.com](https://tastebetterfromscratch.com)

# Bacon Cauliflower Chowder



Coarse Milling Disc

## INGREDIENTS

- 8 slices center-cut bacon, chopped and divided
- 1/2 small onion, chopped OR 1 tsp onion powder
- 1 celery stalk, chopped
- 1 Tbsp. minced garlic
- salt & pepper
- 4 cups riced cauliflower (about 1 large head)
- 2 Tbsp. water
- 2 Tbsp. gluten free or all-purpose flour
- 2 cups chicken broth, divided
- 2 cups 2% milk
- 3-4 dashes hot sauce (or more or less)
- 12 oz shredded sharp cheddar cheese, divided
- 2 green onions, chopped (optional)

## DIRECTIONS

1. To make the cauliflower rice start by microwaving the cauliflower uncovered in a microwave safe bowl for approximately 2 minutes on high. Remove it from the microwave and allow it to cool.
2. Remove the stems from the cauliflower and cut into chunks, place the cauliflower into the Hungry Artisan Food Mill using the coarse milling disc (turning counterclockwise as needed to clear the disc).
3. Once all the cauliflower has been milled, place it in a kitchen towel and squeeze all the liquid out of it. Set aside.
4. Whisk together flour and 1/4 cup chicken broth in a small bowl then set aside.
5. Sauté bacon in a large soup pot over medium heat until crisp. Using a slotted spoon, transfer bacon to a paper towel-lined plate then remove all but 1 Tablespoon drippings from the pot.
6. Add chopped onion (if using,) celery, and garlic to the pot then season with salt and pepper and sauté until vegetables are tender, about 4-5 minutes.

7. Add cauliflower and onion powder (if using) to the pot then stir to combine. Add water then place a lid on top and steam cauliflower until tender, stirring a couple times, about 5 minutes.
8. Add remaining chicken broth and milk then turn up heat and bring to a boil.
9. Slowly whisk in flour/chicken broth mixture while stirring, then turn down heat and simmer for 3-4 minutes, or until chowder has thickened.
10. Turn off heat then stir in 2 cups cheddar cheese a little at a time until smooth, then stir in half the cooked bacon. Taste and adjust salt, pepper, and/or hot sauce if necessary.
11. Serve topped with remaining shredded cheese, cooked bacon, and green onions, if desired.



This recipe was adapted from:  
[lowagirleats.com](http://lowagirleats.com)

# Cream of Broccoli Cheddar



Coarse Milling Disc

## INGREDIENTS

- 1/2 medium chopped onion
- 1/4 cup plus 1 Tbsp. melted butter
- 1/4 cup flour
- 2 1/2 cups half-and-half
- 4 cups chicken stock
- 1 lb. (16 oz.) fresh or frozen broccoli florets
- 1 cup grated carrot
- Kosher salt and freshly grated pepper, to taste
- 1/4 tsp. grated nutmeg
- 8 oz grated sharp cheddar cheese
- Bread bowl (optional)

## DIRECTIONS

1. Melt butter in a large pot over medium-high heat, and sauté onion until soft, about 3 minutes. Add additional butter and flour, whisking for 3-5 minutes to create a roux. Whisk while adding the half-and-half and chicken stock. Simmer for 20 minutes.
2. Stir in the broccoli florets and grated carrot. Add salt, pepper, and nutmeg. Simmer over low heat for 30-35 minutes.
3. Remove soup from heat and mill the soup in batches, over a heat safe bowl using the the Hungry Artisan Food Mill. For this you will use the medium milling disc. Once all the soup has been milled, add the mixture back to the pot.
4. Return pot to low heat and stir in cheddar cheese. Simmer for 10 minutes and serve. Enjoy!



This recipe was adapted from:  
[Thecomfortofcooking.com](https://www.thecomfortofcooking.com)

# Hungry Artisan Old Fashioned Apple Sauce

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Medium Milling Disc



Hungry Artisan  
Original

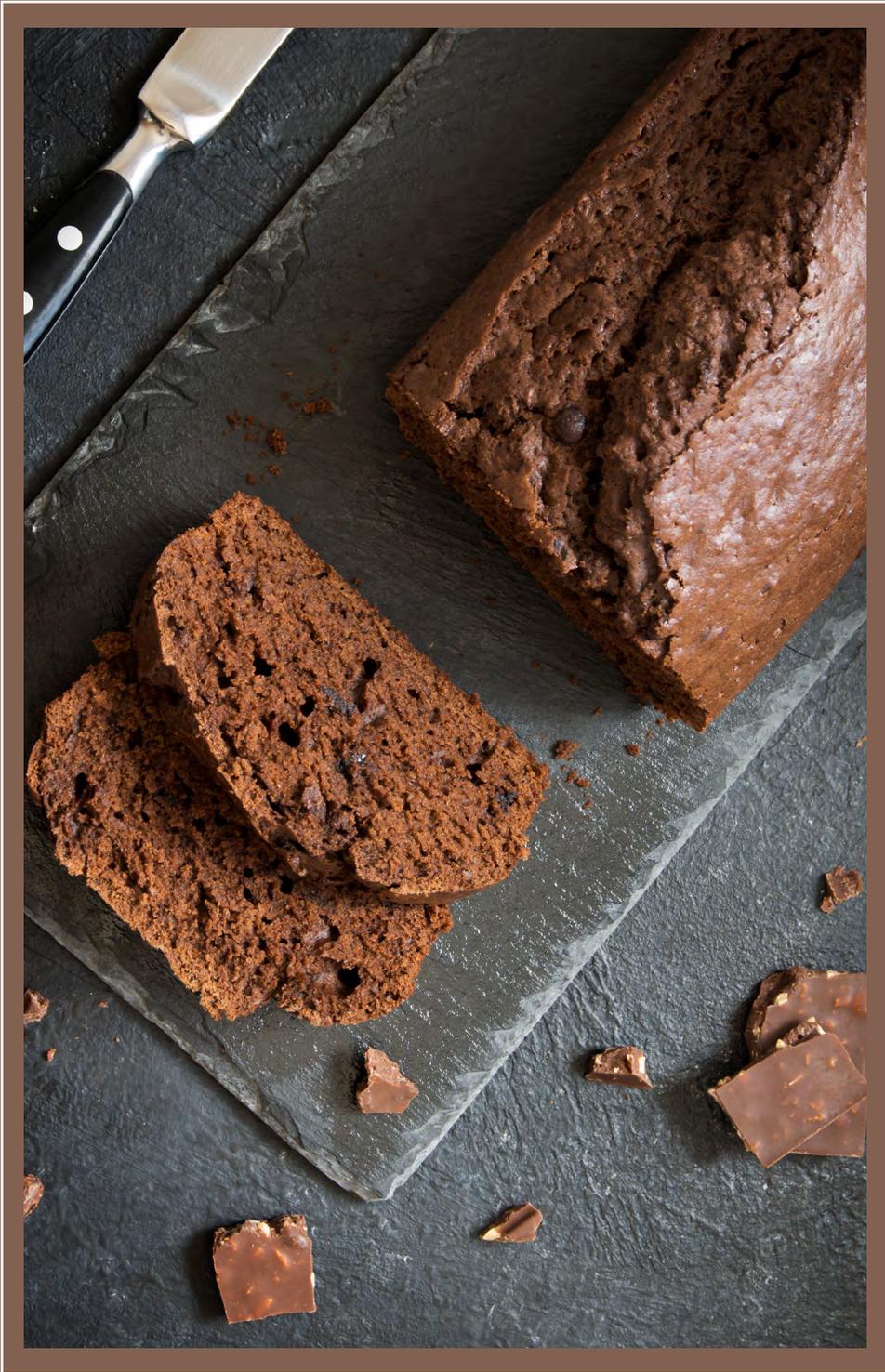
## INGREDIENTS

- 4 lbs apples, quartered
- ½ cup sugar
- ½ cup water
- 1 to 2 Tbsp. fresh lemon juice (optional)
- Dash cinnamon for serving

## DIRECTIONS

1. Quarter the apples and put into 6qt stock pot.
2. Add the water and sugar to pot. Stir around to mix it all up.
3. Turn the heat to med-high and bring to a boil, let boil for 15-20 min. Once the apples are done, they should be tender and easily pierced with a fork.
4. Place the Hungry Artisan Food Mill, using the medium milling disc, over a bowl and use a slotted spoon to transfer apples to the Hungry Artisan Food Mill. Turning counterclockwise as needed to clear the disc and removing all the skins as you go.
5. Once all the apples have been milled you can then add the lemon juice if desired (to preserve color) and cinnamon. Enjoy!





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# BREAD

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# Chocolate Zucchini Bread



Coarse Milling Disc

## INGREDIENTS

- 1 cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ¾ tsp. baking soda
- ¼ tsp. baking powder
- ¼ tsp. salt
- ¾ cup semi-sweet chocolate chips
- 2 large eggs
- ¼ cup canola, coconut, or vegetable oil
- ¼ cup plain Greek yogurt (nonfat or whole)
- ½ cup sugar
- 1 tsp. vanilla extract
- 1 milled large zucchini
- Extra chocolate chips for topping

## DIRECTIONS

1. Move the oven rack to just below the mid-way point. Preheat the oven to 350 degrees Fahrenheit. Prepare a loaf pan by buttering it or spraying it with nonstick spray.
2. Place the Hungry Artisan Food Mill over a bowl. Cut zucchini into pieces big enough to fit in the Hungry Artisan Food Mill. Using the coarse milling disc, mill the zucchini into the bowl (turning counterclockwise as needed to clear the disc). Once finished, lightly squeeze the zucchini with paper towels so that the zucchini is not dripping, but so that it is still moist.
3. Mix flour, cocoa powder, baking soda, baking powder, salt, and chocolate chips in a large mixing bowl.
4. In a separate small bowl (or glass measuring cup), whisk together eggs, oil, yogurt, sugar, and vanilla until smooth.
5. Use a fork to mix the egg/sugar mixture into the dry ingredients, stirring until fully incorporated, and there are few lumps.
6. Use a spatula to fold in the zucchini, pushing the dough around to make sure the zucchini is evenly spread throughout. Pour the batter into the prepared loaf pan, scraping down the sides. Loosely scatter chocolate chips on top of the batter to your liking. (I probably use about ½ cup.)

7. Bake for 40-50 minutes, until an inserted toothpick comes out clean. Remove from oven and let cool, in the pan, on a wire rack. When it is cool enough to handle the pan, tip bread out onto wire rack. It should slide out easily.
8. Slice and serve! This bread can be wrapped in tin foil or placed in a plastic bag and stored in the refrigerator. It can also be sealed in a plastic bag (after it is completely cool to the touch) and stored on the counter.



This recipe was adapted from:  
[Wyldflour.com](http://Wyldflour.com)

# Cheesy Cauliflower Breadsticks



Coarse Milling Disc

## INGREDIENTS

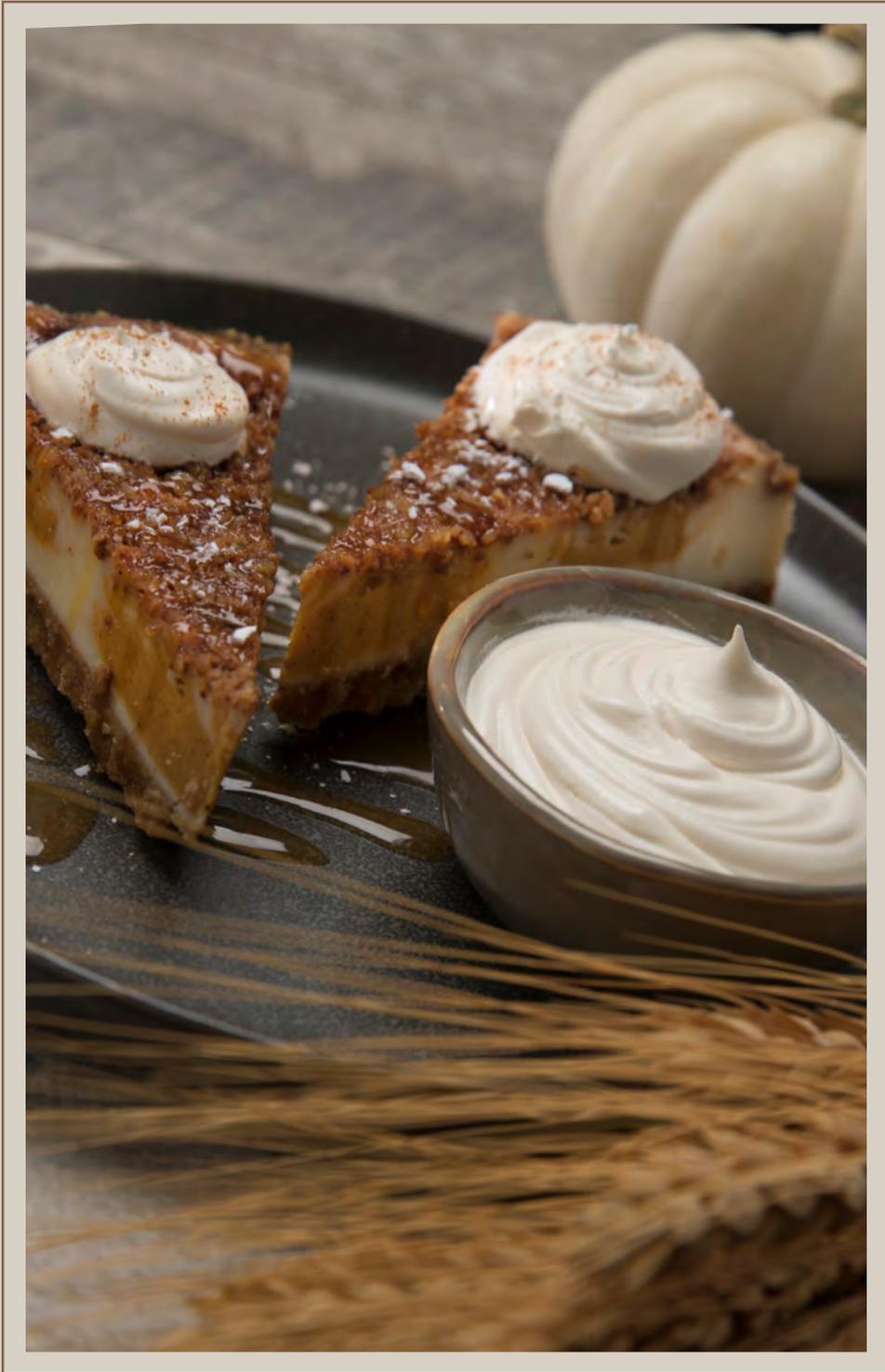
- 4 cups cauliflower riced, about 1 large head of cauliflower
- 4 eggs
- 2 cups mozzarella cheese plus 1 cup for topping
- 3 tsp. oregano
- 2 Tbsp. minced garlic
- Marinara sauce for dipping ([see the Hungry Artisan Marinara Sauce recipe in Soups & Sauces](#))
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 425 F degrees. Prepare a large baking sheet with parchment paper.
2. To make the cauliflower rice start by microwaving the cauliflower uncovered in a microwave safe bowl for approximately 2 minutes on high. Remove it from the microwave and allow it to cool.
3. Remove the stems from the cauliflower and cut into chunks, place the cauliflower into the Hungry Artisan Food Mill using the coarse milling disc (turning counterclockwise as needed to clear the disc).
4. Return the cauliflower to a microwavable container and cover with lid. Microwave for 10 minutes. Let the cauliflower cool just until there is no more steam coming from it. Place the microwaved cauliflower in a large bowl and add the eggs, 2 cups of mozzarella, oregano, garlic, salt, and pepper. Mix everything together.
5. Separate the mixture in two and place each half onto the prepared baking sheets and shape into rectangles to make the breadsticks.
6. Bake the breadsticks (no topping yet) for about 25 minutes or until nice and golden. Do not be afraid the breadsticks are not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.
7. Slice and serve with the Hungry Artisan Marinara Sauce.



This recipe was adapted from:  
[Jocooks.com](http://Jocooks.com)



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# DESSERTS

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# No Bake Pumpkin Cheesecake

Hungry Artisan  
Pumpkin Puree



Fine Milling Disc

## INGREDIENTS

- 4 oz cream cheese, softened
- 1 Tbsp. milk
- 1 Tbsp. sugar
- 1½ cups frozen whipped topping, thawed
- 1 graham cracker crust
- 1 cup cold milk
- 2 (3.5 ounce) packages instant vanilla pudding mix
- 2 cups Pumpkin puree (see [the Hungry Artisan Pumpkin Puree Recipe in Baby Food & Puree section](#))
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves

## DIRECTIONS

1. In a large bowl, whisk together cream cheese, 1 tablespoon of milk, and sugar until smooth. Gently stir in whipped topping. Spread into bottom of crust.
2. Pour 1 cup of milk into a large bowl, and thoroughly mix in pudding mix, the Hungry Artisan Pumpkin Puree, cinnamon, ginger, and ground cloves. When thickened, spread over cream cheese layer.
3. Refrigerate 4 hours, or until set.



This recipe was adapted from:  
[Allrecipes.com](https://www.allrecipes.com)

# Healthier Cheesecake

Cheesecake



Fine Milling  
Disc

Hungry Artisan  
Strawberry Jam



Medium Milling  
Disc

## INGREDIENTS

### For the crust

- 1/3 Cup Coconut oil (liquid form)
- 3 Tbsp. Honey
- 3/4 Cup Coconut flour, sifted (66g) \*
- Pinch of salt
- 1 Tbsp. Fresh lemon juice
- 1 tsp. Vanilla
- 2 Packages Reduced fat cream cheese, (8oz each) softened to room temperature
- 2/3 Cup Raw Organic Cane Sugar

### For the cheesecake

- 3/4 Cup 2% cottage cheese
- 2 Large eggs, at room temperature

### For the topping

- 1/3 Cup Strawberry Jam (see [see the Hungry Artisan Strawberry Jam recipe in Jams section](#))

## DIRECTIONS

1. Preheat your oven to 350 degrees. Line the bottom of an 8-inch springform pan with parchment paper. Wrap the bottom of the pan first with a slow cooker liner and then very tightly with 2 layers of wide, heavy duty aluminum foil.
2. Place the Hungry Artisan Food Mill over a bowl. Using the fine milling disc, mill the cottage cheese. Once finished, add the eggs, lemon juice and vanilla and mix until everything is well incorporated.
3. In a separate large bowl, beat the cream cheese and sugar until just combined, do not overbeat or your cheesecake will have too much air and it will sink. Add in the cottage cheese mixture and beat until it just starts to mix. Then, mix the rest of the way by hand with a spoon. Set aside.
4. In another large bowl, beat together coconut oil and honey for the crust, until smooth. Stir in the coconut flour, and a pinch of salt until well mixed.

The dough may be a little wet - that is normal!

5. Press the dough evenly into the bottom of an 8-inch Spring form pan. It will be a little challenging to press out with the parchment paper but be patient. I find it helps to have VERY lightly damp hands to press it out.
6. Bake until the edges of the crust are lightly golden brown, about 14-15 minutes.
7. While the crust bakes, mix the jam and lemon juice in a small pot on medium heat and cook until smooth and melted, about 2-4 minutes. Set aside to cool while the crust finishes.
8. Once the crust is out of the oven, use a small spoon to press down any area that rose (totally normal) and then immediately pour the cheesecake over, spreading out evenly. Drop the jam over top and use a sharp knife to swirl around.
9. Place the springform pan into a roasting pan. Transfer to the middle rack of your oven and fill the roasting pan with water so that it comes halfway up the springform pan.
10. Bake until the outside is set and a small circle in the middle is just a little jiggly, about 1 hour to a 1 hour 5 minutes. Be careful not to over bake or the cheesecake will be very dry- it continues to cook slightly while cooling. Turn the oven off and crack the door for 15 minutes. Then, transfer to the countertop to cool completely. Cover with tinfoil and refrigerate for at least 8 hours to overnight.
11. Once chilled, slice and DEVOUR!



This recipe was adapted from:  
[Foodfaithfitness.com](https://www.foodfaithfitness.com)

# Mini Chocolate Cheesecakes

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Fine Milling Disc

## INGREDIENTS

- 2 cups nonfat cottage cheese
- 2 large eggs
- 1 ½ cups powdered sugar
- 1/3 cup unsweetened cocoa powder
- 3 Tbsp. all-purpose flour
- 1 ½ tsp. vanilla extract
- 2 cups light whipped topping
- Optional garnishes: fresh berries or other

## DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Place the Hungry Artisan Food Mill over a bowl, using the fine milling disc, mill the cottage cheese and mill until completely smooth (it MUST be 100% smooth -- be sure to scrape down the sides and mill every kernel in the Hungry Artisan Food Mill).
3. Add the eggs, powdered sugar, cocoa, flour, and vanilla to the milled cottage cheese and mix until all the ingredients are completely incorporated.
4. Pour into 12 muffin cups: I used individual silicone muffin cups and they worked marvelously. They are flexible so the cheesecakes pop out so easily. You could also use a regular muffin pan, well-greased, or try paper liners.
5. Bake at 325 for 22 minutes, until center is just set. Let cool to room temperature before refrigerating for at least 3-4 hours. Carefully remove from muffin cups.
6. Garnish as desired.



This recipe was adapted from:  
[Thereciperebel.com](http://Thereciperebel.com)

# Brown Sugar Sweet Potato Pie



Coarse Milling Disc

## INGREDIENTS

- Pie crust (recipe suggests homemade can also use store bought, we have tried both)
- 1 lb sweet potatoes (about 2 medium)
- ½ cup unsalted butter, softened
- 1 cup packed light or dark brown sugar
- ½ cup heavy cream
- 2 large eggs
- 2 Tbsp. all-purpose flour
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ¼ tsp. ground cloves
- ¼ tsp. ground ginger
- pinch of salt
- egg wash: 1 large egg beaten with 1 Tbsp. milk
- optional: whipped cream

## DIRECTIONS

1. Dice up the sweet potatoes and place in a large saucepan. Cover them with water, then bring to a boil on the stovetop. Boil for 20-30 minutes, or until super soft.
2. Preheat oven to 350°F .
3. Drain the boiling water and run the potatoes under cold water. Place the Hungry Artisan Food Mill over a large bowl, using the medium milling disc, mill the sweet potatoes in batches (turning counterclockwise as needed to clear the disc) discarding remaining skin in between batches.
4. Once finished milling the sweet potatoes continue to add the remaining ingredients (down to the egg wash, do not add that!) and beat on high speed until smooth and combined. Spread filling into prepared pie crust. Brush the edges of the crust with egg wash.

5. Bake for 55-60 minutes or until the center of the pie is only slightly jiggly. A toothpick inserted into the center of the pie should come out \*mostly\* clean. After 30 minutes and if desired, place a pie crust shield on top of the pie to prevent the edges from over-browning.
6. Place the pie on a cooling rack and allow to cool for at least 1 hour at room temperature before serving. The pie will slightly deflate as it cools; this is normal. Decorate with whipped cream, cover leftovers tightly and store in the refrigerator for up to 5 days.



This recipe was adapted from:  
[Sallysbakingaddiction.com](http://Sallysbakingaddiction.com)



HUNGRY ARTISAN

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# JAMS

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# Strawberry Jam

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Medium Milling Disc

## INGREDIENTS

- 2 quarts strawberries
- 5 cups sugar heaping
- 1/2 cup lemon juice

## DIRECTIONS

1. Wash strawberries and remove the stems.
2. Place the Hungry Artisan Food Mill over a bowl, using the medium milling disc, mill the strawberries. Then stir in the sugar and let sit for 2 hours.
3. Add strawberry mixture to a large pot and cook slow over medium heat until it boils, stirring often. Then turn up the heat to med-high and boil fast for 5 more minutes or until candy thermometer says 220 degrees F.
4. Add in lemon juice and stir. Boil 5 minutes longer.
5. Pour jam into clean jars and add lids. Place in a hot water bath canner and boil for 10 minutes. Remove from water and let cool to room temperature. Store in a cool dry place for up to 1 year.



This recipe was adapted from:  
[happymoneysaver.com](http://happymoneysaver.com)

# Concord Grape Jam



Medium Milling Disc

## INGREDIENTS

- 2 lbs fresh local concord grapes (approx. 5 ½ cups)
- 2/3 cup organic raw sugar plus 1 Tbsp.
- juice from 1/2 lemon

## DIRECTIONS

1. Separate the skin from the pulp of each grape, by applying pressure to the grape with your thumb and index finger, shooting the pulp right out. It is fun and quite simple to do.
2. Place the Hungry Artisan Food Mill over a bowl, using the medium milling disc, mill the grape skins. You will want it mostly smooth but still a tad bit chunky. Stir in the sugar. Transfer to a medium saucepan and add the juice of half a lemon. Bring to a boil over medium heat. Watch it carefully and stir often so it does not stick or scorch. Once boiling, reduce the heat and simmer for approximately 25 minutes until it has reduced and thickened.
3. Meanwhile in a smaller saucepan cook the grape pulp (insides) and 1 tablespoon of sugar over a medium-high heat, bring to a boil and mash the pulp as it cooks to break it down. Once boiling, reduce the heat and allow to simmer as long as it takes for your grape skins to break down. Once the grape skin mixture has thickened, remove the pulp from the heat and strain through a strainer or cheesecloth to remove the seeds. Add the juice that drained out to the grape skin mixture.
4. Allow the jam to continue cooking another 10 minutes until thick. Taste for sweetness and add more sugar if it is not sweet enough for you. This was plenty sweet for me. The jam will continue to thicken as it cools. Trust me. It also thickens a bit more once in the refrigerator, so don't cook it down too much.
5. Allow the jam to cool before pouring it into a cleaned and tightly sealing jar. This jam will keep in the refrigerator for approximately 1 month.



This recipe was adapted from:  
[tasty-yummies.com](https://tasty-yummies.com)



HUNGRY ARTISAN

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# FRUIT & BUTTERS

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# Apple Butter



Fine Milling Disc

## INGREDIENTS

- 6 lbs mixed sweet and tart apples, unpeeled, un-cored, quartered
- 6 cups apple cider
- 1 cup sugar
- 1 3-inch cinnamon stick
- 3 whole cloves
- ½ tsp. kosher salt
- 1 Tbsp. apple cider vinegar

## DIRECTIONS

1. Bring apples, cider, sugar, cinnamon, cloves, and salt to a boil in a large wide pot. Cook over medium-high heat, stirring occasionally, until most of the liquid has evaporated and apples are soft, 1–1½ hours.
2. Discard cinnamon stick. Pass apple mixture through the fine disk of the Hungry Artisan Food Mill (turning counterclockwise as needed to clear the disc). Discard peel, seeds, and cloves.
3. Preheat oven to 350°. Transfer apple mixture to a 13×9" baking pan and bake, stirring every 30 minutes, until reduced by half and very thick and dark amber, 1½–2 hours. Stir in vinegar; let cool in pan.



This recipe was adapted from:  
[Boneappetit.com](https://www.boneappetit.com)

# Lilikoi (Passionfruit) Butter



Medium Milling Disc

## INGREDIENTS

- 2/3 cup strained passionfruit pulp + 2 Tbsp. of seeds
- 1 Tbsp. lemon juice
- 1/2 cup butter chopped
- 1.6 cups confectionary sugar
- 3 eggs
- 2 egg yolks

## DIRECTIONS

1. To make the 2/3 cup strained passionfruit pulp quarter the Lilikoi (passionfruit) then process through the Hungry Artisan Food Mill, using the medium milling disc, (turning counterclockwise as needed to clear the disc) till all the pulp has passed through and just the skin and seeds remain. Do not forget to reserve 2 Tbsp. of the seeds.
2. In a medium size pot place passionfruit pulp, passionfruit seeds, lemon juice, butter, and sugar. Cook over a medium heat until the butter has melted, and the sugar has dissolved.
3. In a large bowl place eggs, and additional egg yolks. Whisk eggs until combined.
4. Continue whisking the egg mixture and slowly pour in the passionfruit mixture. It is important to keep whisking while you do this.
5. Return passionfruit curd mixture to the saucepan and continue to cook over a low heat until the mixture has thickened and coats the back of a spoon. Stir continuously. This will take around 6 minutes.
6. Once mixture has cooled place in a sterilized jar and store in the fridge. Passionfruit curd will last for a couple of weeks in the fridge



This recipe was adapted from:  
[Bellyrumbles.com](http://Bellyrumbles.com)



HUNGRY ARTISAN

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# RELISH

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# Sweet and Spicy Zucchini Relish



Coarse Milling Disc

## INGREDIENTS

- 2 ½ lbs zucchini (ends discarded) and cut into slices (about 10 cups) .....
- 3 large Vidalia or other sweet onions sliced (about 4 cups) .....
- 1 red and 1 yellow pepper seeded and sliced .....
- 3 medium jalapeno peppers seeded and sliced .....
- 3 Tbsp. kosher or pickling salt .....
- divided .....
- 6 cups apple cider vinegar .....
- 3 ½ cups sugar .....
- 1 tsp. turmeric .....
- 1 tsp. nutmeg .....
- 1 tsp. dry mustard .....
- 1 tsp. cornstarch .....

## DIRECTIONS

1. Place the Hungry Artisan Food Mill over a bowl. Cut zucchini into pieces big enough to fit in the Hungry Artisan Food Mill. Using the coarse milling disc, mill the zucchini into the bowl (turning counterclockwise as needed to clear the disc). Place milled zucchini into a large colander.
2. Repeat with onions, and then peppers. Place all vegetables into the colander and toss with about 1 tablespoon salt. Stir well to combine vegetables and salt and let sit in the colander for at least 30 minutes to release some of their liquid.
3. Meanwhile, mix remaining ingredients in a large stockpot, and bring to a boil.
4. Add vegetables and return to a boil. Reduce heat and simmer for 30 minutes.
5. Remove pot from heat and let cool to room temperature.
6. When liquid is cool, ladle relish with some of the liquid into sterilized jars, and seal tightly.
7. Discard any extra liquid or use for another pickling project.
8. Refrigerate relish for at least 24 hours, and for up to 4 weeks.



This recipe was adapted from:  
[Cravingsomethinghealthy.com](https://www.cravingsomethinghealthy.com)

# Dill Pickle Relish



Coarse Milling Disc

## INGREDIENTS

- 8lbs pickling cucumbers ..... acidity or higher)
- 2 tsp. turmeric ..... 1/3 cup sugar
- 1/2 cup pickling salt ..... 2 Tbsp. dill seed
- 32 oz white wine vinegar (5% ..... 2 1/2 cups diced onion

## DIRECTIONS

1. Wash the cucumbers under cold running water, trim off both ends. Chop into smaller chunks then put into the Hungry Artisan Food Mill, using the coarse milling disc (turning counterclockwise as needed to clear the disc). Put in a large pot or large bowl. Sprinkle with the turmeric plus the salt, mix the vegetables a bit with your hands. Top with enough cold water to cover completely. (The exact quantity of water does not matter.) Let stand for 2 hours.
2. Meanwhile, you can prep the onion (wash, peel, then chop) and set aside.
3. Drain the cucumber, rinse, and drain again.
4. In large pot, mix everything from the vinegar down to and including the dill seed, then stir in the onion and then the cucumber.
5. Bring to a boil, lower to a simmer and simmer for 10 minutes.
6. Pack hot into quarter liter (1/2 US pint) jars or half-liter (US pint) jars.
7. Leave 2 cm (1/2 inch) headspace for either size jar.
8. De-bubble, adjust headspace.
9. Wipe jar rims.
10. Put lids on.
11. Process in a water bath or steam canner.
12. Process either size jar for 15 minutes; increase time as needed for your altitude.
13. Best after at least a month of jar time.



This recipe was adapted from:  
[Healthycanning.com](https://www.healthycanning.com)



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# BABY FOODS & PUREE

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# Hungry Artisan Pumpkin Puree

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Fine Milling Disc



Hungry Artisan  
Original

## INGREDIENTS

- Pumpkin .....
- Water .....

## DIRECTIONS

1. Preheat oven to 350.
2. Cut off the stems of your pumpkin and cut it in half. Remove the seeds and pulp.
3. Cut the pumpkin into pieces and skin side down place the pumpkin onto a large baking sheet. Place into oven and bake for 45-50 min.
4. The pumpkin is done cooking when the skin begins to shrivel, and the pumpkin flesh is tender and can be poked easily with a fork. Do not overcook the pumpkin.
5. Remove the pumpkin from the oven and let it cool. You will know it is done cooling when it is cool to touch.
6. Remove the pumpkin flesh from the pumpkin skin and toss the skins.
7. Run the pumpkin flesh through the Hungry Artisan Food Mill using the fine milling disc, until all of it has been milled, discarding any leftover in the Hungry Artisan Food Mill.
8. If the puree seems to be a bit dry, can now add water,  $\frac{1}{2}$  tsp at a time, being careful not to make to moist.



# Hungry Artisan Apple Butternut Squash Puree

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Medium Milling  
Disc



Hungry Artisan  
Original

## INGREDIENTS

- 2 Apples
- 1 Butternut Squash
- Dash cinnamon for flavor (if desired)

## DIRECTIONS

1. Quarter apples and cut squash into medium size pieces. (the apples will cook faster so if the squash is smaller than the apples the cooking time should be roughly the same)
2. Bring a large saucepan (or steam pot) filled with water to boil.
3. If you have a steam basket or steam pot, can put the apple and butternut squash into it then into the water. If not can always just boil the apple and squash.
4. Cook the apple and squash for about 20min until both are tender.
5. Remove from heat, reserving 2 Tbsp. of the water and pour through a strainer. Run through cold water to stop cooking process.
6. Place the Hungry Artisan Food Mill onto a bowl and add batches of the fruit and veggies and begin milling, using the medium milling disc. Turning counterclockwise as needed to clear the disc and removing skins in between each batch.
7. Once done, stir in the reserved water if needed, add dash of cinnamon if preferred and enjoy.





# Hungry Artisan Sweet Potato, Pear and Red Pepper Puree

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Medium Milling  
Disc



Hungry Artisan  
Original

## INGREDIENTS

- 1 sweet potato, chopped into smaller pieces
- 1 red pepper, deseeded and chopped
- 1 pear chopped

## DIRECTIONS

1. Take large saucepan filled halfway with water and bring to a boil.
2. Add the sweet potato and boil over med/high heat for 15min.
3. Add the red pepper and pear and continue to cook for another 10min.
4. Remove from heat, reserving 3 Tbsp. of the water and pour through a strainer.
5. Place the Hungry Artisan Food Mill onto a bowl and add batches of the fruit and veggies and begin milling, using the medium milling disc.
6. Turning counterclockwise as needed to clear the disc and removing skins and seeds in between each batch. Once done stir in the reserved water if needed to adjust consistency to liking. Enjoy!



# Peach, Raspberry and Quinoa Puree

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Coarse Milling Disc

## INGREDIENTS

- 1 cup peach slices, fresh or frozen
- 1/2 cup raspberries, fresh or frozen
- 1/2 cup dry quinoa
- 1 cup water

## DIRECTIONS

1. In small saucepan, over high heat bring water and quinoa to a boil. Reduce heat to medium-low and add peach slices, stir then cover. Let simmer for 10 minutes, add raspberries, stir then cover. Let simmer for an additional 5 minutes or until quinoa is cooked and all the water has evaporated.
2. Set aside and let cool slightly.
3. Place the Hungry Artisan Food Mill, using the coarse milling disc, over a bowl then transfer in batches all of the ingredients over to the Hungry Artisan Food Mill to be milled. The puree will be slightly chunky.



This recipe was adapted from:  
[Babyfoods.com](https://www.babyfoods.com)



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# INGREDIENTS

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# Tomato Paste

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Medium Milling Disc

## INGREDIENTS

- 8 lbs Roma tomatoes
- 2 Tbsp. Olive oil
- 4 Bay leaves

## DIRECTIONS

1. Wash and chop your tomatoes.
2. In a hot pan add the olive oil.
3. Next add your tomatoes and cook until soft.
4. Pass the soft tomatoes through the Hungry Artisan Food Mill, using the medium milling disc (turning counterclockwise as needed to clear the disc). Discarding any remaining skins and seeds.
5. Once you have the tomato pulp, return it to the stove and add 1 bay leaf per 2 pounds of tomatoes.
6. Cook on medium high/high heat to reduce the tomatoes down to the above consistency. Be sure to stir and scrape down the edges and the bottom of the pot. The longer the tomatoes reduce into paste, the lower you should turn down the temperature.
7. Portion into 4-ounce canning jars and water bath can or freeze in ice cube trays.



This recipe was adapted from:  
[Savoringthegood.com](https://savoringthegood.com)

# Hungry Artisan Breadcrumbs

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Coarse Milling  
Disc



Hungry Artisan  
Original

## INGREDIENTS

- Bread (any variation- end pieces, slightly stale, Italian bread, sliced bread, whatever you got)
- Italian seasoning (if desired)

## DIRECTIONS

1. Preheat oven to 300.
2. Place bread on cookie sheet or baking dish.
3. Bake the bread till it has become dried out and looks toasted. NOT BURNT.
4. Once bread is toasty, remove from oven and cut into smaller pieces.
5. Put bread into the Hungry Artisan Food Mill and mill using the coarse milling disc. Continue using all the bread.
6. Can add Italian seasoning if the recipe calls.
7. Can store the freshly made Hungry Artisan Breadcrumbs in the refrigerator for about a month or freezer in a freezer safe container for about 2-3 months.





[www.hungryartisan.com](http://www.hungryartisan.com)

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