

THE KITCHENAID®
PRO LINE® SERIES



A Simple Guide to Healthy Blending
BLENDER RECIPES

KitchenAid®



The design of the stand mixer is a trademark in the U.S. and elsewhere.

® / TM ©2016 KitchenAid. All rights reserved.

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.

Props by Tableprop

Text, recipes and photos copyright ©2016 KitchenAid.

All rights reserved. This publication may not be reproduced or quoted in whole or in part by any means whatsoever without written permission from:

KitchenAid

2000 North M63

Benton Harbor, Michigan 49022-2692



Take your health to the next level with the KitchenAid® Pro Line® Series Blender and this recipe book, which features a wide variety of customizable, 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 energizing 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 utilizing the variable speed dial, start on low to allow ingredients to fall into the blade. Then dial into your desired speed for the perfect blend.
- Enjoy 3 Adapti-Blend™ Programs* for perfect results, quickly:

*Model KSB8270.

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 1/3 of the blender jar with water, add a drop of dishwashing soap and run the self-cleaning cycle. Rinse clean.

TABLE OF CONTENTS

SMOOTHIES	8
JUICES & MILKS	28
DIPS & DRESSINGS	44
SAUCES & PUREES	62
SOUPS	76
KITCHEN ESSENTIALS	100
DESSERTS	120
COCKTAILS	138







SMOOTHIES

Antioxidant Berry Smoothie	11
Banana Spinach Avocado Smoothie	13
Apple Pie Smoothie	15
Kale Banana Smoothie	17
Mango Cream Smoothie	19
Strawberry Orange Beet Smoothie	21
Strawberry Banana Smoothie	23
Tropical Smoothie	25
Superfood Smoothie Add-Ins	27



ANTIOXIDANT BERRY SMOOTHIE

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

- 1 In order, combine pomegranate juice, blueberries, açai berry puree, banana and avocado in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

- 2/3 cup pomegranate juice
- 1 cup fresh or frozen blueberries
- 1 packet (3½ ounces) frozen açai berry puree
- 1 frozen banana, chopped
- ½ avocado, peeled

CHEF'S TIP

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



BANANA SPINACH AVOCADO SMOOTHIE

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

- 1 In order, combine hemp milk, spinach, banana, avocado, lemon juice and ice in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

-
- 2/3 cup hemp, almond or rice milk,
plus more if needed
- 1 cup packed baby
spinach leaves
- 1 frozen banana, chopped
- 1/2 avocado, peeled
- 1 teaspoon fresh lemon juice
- 6-8 ice cubes
- 1-2 teaspoons honey (optional)
-



APPLE PIE SMOOTHIE

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

- 1 In order, combine almond milk, apple, banana, oats, vanilla, cinnamon, date and ice in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

- ½ cup almond milk (page 40), plus more if needed
- 1 large tart-sweet apple, peeled, cored and roughly chopped
- 1 frozen banana, chopped
- ¼ cup 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 fiber-rich smoothie includes a date for sweetness, which you can leave out or replace with 1 teaspoon honey.



KALE BANANA SMOOTHIE

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

- 1 In order, combine almond milk, kale, banana, almond butter, date (if desired) and ice in the KitchenAid® Pro Line® 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, about 1 minute.

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

INGREDIENTS

- 1½ cups 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

Yield: 2 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 $\frac{3}{4}$ inch 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 1 cup mango flesh.
- 2 Combine mango, tangerine juice, yogurt, banana, vanilla and ice in blender jar of the KitchenAid® Pro Line® 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, about 30 seconds.

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

INGREDIENTS

- 1 ripe mango
- $\frac{1}{2}$ cup fresh tangerine juice
- $\frac{1}{2}$ cup plain whole-milk Greek yogurt
- 1 large frozen banana, chopped
- $\frac{1}{2}$ teaspoon vanilla extract
- 6 ice cubes

CHEF'S TIP

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



STRAWBERRY ORANGE BEET SMOOTHIE

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

- 1 In order, combine coconut milk, strawberries, beet, orange juice, honey (if desired) and ice in blender jar of the KitchenAid® Pro Line® 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, about 1 minute.

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

INGREDIENTS

- ½ cup well-shaken coconut milk
- 1 heaping cup frozen strawberries
- ½ cup cooked red beet, chilled, peeled and cubed
- ½ cup fresh orange juice
- 1 teaspoon honey (optional)
- 6 ice cubes

CHEF'S TIP

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



STRAWBERRY BANANA SMOOTHIE

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

- 1 In order, combine rice milk, strawberries, banana, lemon juice, basil, mint and honey (if desired) in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

- 1 cup rice milk, coconut water or plain yogurt (not Greek), plus more if needed
- 1 heaping cup 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

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

1 In order, combine coconut water, lime juice, pineapple, papaya, banana, and ice in blender jar of the KitchenAid® Pro Line® 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, about 1 minute.

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

3 Smoothie is best if served right away.

INGREDIENTS

.....

- ½ cup coconut water
- 2 tablespoons fresh lime juice
- 1 cup fresh pineapple, chopped
- 1 cup 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 favorite smoothie. Add your choice when blending.

INGREDIENTS

- 1 teaspoon chia seeds prior to serving
 - 1 tablespoon ground flaxseeds per serving
 - 1 packet (3 1/2 ounces) frozen acai berry puree per batch
 - 1 tablespoon hemp seeds per batch
 - 1/4 cup dried goji berries per batch
 - 1-2 tablespoons coconut oil per patch
 - 1-2 tablespoons cacao nibs per batch
-

JUICES & MILKS

A glass of orange juice with a straw on a white plate, set against a grey speckled background. The glass is filled with bright orange juice and has a thin layer of foam on top. A wooden straw is inserted into the glass. The plate is white and has a small orange object, possibly a slice of fruit, on it. The background is a grey surface with small dark specks.

Fresh Greens Juice	30
Carrot Beet Apple Juice	32
Spinach Pineapple Juice	34
Tropical Mint Juice	36
Apple Berry Grapefruit Juice	38
Almond or Cashew Milk	40
Brown Rice Milk	42



FRESH GREENS JUICE

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

- 1 Combine water, lemon juice, celery, cucumber, apple, kale, romaine, honey (if desired) and ice in blender the jar of the KitchenAid® Pro Line® 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, 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

- ½ cups water
- 1 stalks celery, roughly chopped
- 1 cucumber, roughly chopped (about 1 heaping cup)
- 1 large crisp-tart apple, peeled, cored and roughly chopped
- 1 cup kale leaves, chopped
- 1 cup 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 BEET APPLE JUICE

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

INGREDIENTS

- 1 Combine water, carrot, beet, apple, ginger and ice in blender jar of the KitchenAid® Pro Line® 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, about 1 minute. Turn dial to Speed 2 and blend 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.

- 1-1½ cups water
- 1 large carrot, roughly chopped
- 1 red or yellow beet, peeled and roughly chopped
- 1 tart-sweet apple, cored and roughly chopped
- 1 slice fresh ginger, ½ inch thick, peeled and roughly chopped
- 6 ice cubes

VARIATIONS

Carrot-ginger juice: Omit beet and apple. Use 3 medium carrots. Proceed as directed.

Beet-ginger juice: Omit carrot and apple. Use 3 beets. Proceed as directed.

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



SPINACH PINEAPPLE JUICE

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

- 1 Combine water, lemon juice, pineapple, spinach and ice in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

- 1 cup water
 - 1 tablespoon fresh lemon juice
 - 2 cups chopped fresh pineapple
 - 2 cups packed baby spinach leaves
 - 8 ice cubes
-



TROPICAL MINT JUICE

Yield: 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 $\frac{3}{4}$ inch 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 1 cup mango flesh.
- 2 Combine mango, water, lime juice, papaya, orange, mint and ice in blender jar of the KitchenAid® Pro Line® 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, 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
- 1 cup water
- 2 tablespoons fresh lime juice
- 1 cup 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 molds, add sticks and lids and freeze until solid, about 4 hours. For fun striped version, use different-colored juices and freeze each “band” of color before adding next.

CHEF'S TIP

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



APPLE BERRY GRAPEFRUIT JUICE

Yield: 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® Pro Line® 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, 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.

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

INGREDIENTS

- 1 cup water
- 1 medium carrot, roughly chopped
- 2 cups fresh or frozen blueberries
- large crisp-tart 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.



ALMOND OR CASHEW MILK

Yield: 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® Pro Line® 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, 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.

*8-12 hours, if using almonds.

INGREDIENTS

- 1 cup raw whole almonds
or cashews
- 3 cups 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.



BROWN RICE MILK

Yield: 2 servings **Prep Time:** 1 minutes **Total Time:** 3 minutes

INGREDIENTS

.....

1 Combine water, rice and ice in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off. If needed, blend on high speed an additional minute.

1½ cups water

½ cup cooked brown rice, cooled

10 ice cubes

.....

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, 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 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.







DIPS & DRESSINGS

Avocado Cilantro Lime Dressing	47
Roasted Tomato Chipotle Salsa	49
Chipotle Black Bean Dip	51
Mediterranean White Bean Dip	53
Nut Butter	55
Chocolate Hazelnut Spread	57
Hummus	59
Mango Pineapple Salsa	61



AVOCADO CILANTRO LIME DRESSING

Yield: About $\frac{2}{3}$ cup **Prep Time:** 4 minutes **Total Time:** 5 minutes

- 1 Combine all ingredients in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until emulsified, 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 oxidization.)

INGREDIENTS

- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ avocado, peeled and roughly chopped
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ 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, corn kernels and cherry tomatoes.



ROASTED TOMATO CHIPOTLE SALSA

Yield: About 3½ cups **Prep Time:** 10 minutes* **Total Time:** 18 minutes*

- 1 Preheat broiler and position rack about 6 inches from heat source. Place tomatoes, cut side down, on broiler pan. Sprinkle onion over tomatoes and drizzle oil evenly over top. Broil, stirring as needed to cook evenly, until onion begins to blacken and tomatoes collapse, about 10 minutes.
- 2 Combine tomato-onion mixture, chipotle and sauce, cilantro, garlic (if desired) and lime juice in blender jar of the KitchenAid® Pro Line® 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 pureed, about 30 seconds. Season to taste with salt.
- 3 Serve immediately, or store in airtight container in refrigerator for up to 3 days.

INGREDIENTS

- 2 pounds 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 heaping tablespoon)
- ¼ cup packed fresh cilantro leaves and stems
- 2 tablespoons roasted garlic, (page 108, optional)
- 2-3 tablespoons fresh lime juice
- Kosher salt

CHEF'S TIP

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

**Plus 1 hour, if roasting garlic.*



CHIPOTLE BLACK BEAN DIP

Yield: 2½ cups **Prep Time:** 5 minutes **Total Time:** 11 minutes

- 1 Heat oil in skillet over medium heat. Add onion and garlic and cook, stirring, until softened, about 5 minutes.
- 2 Combine onion mixture, beans, cilantro, chipotle and sauce, lime juice and salt in blender jar of the KitchenAid® Pro Line® 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, about 30 seconds. Add water and continue to blend until smooth, 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.

INGREDIENTS

- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, chopped
- 2 cans (15 ounces each) black beans, drained and rinsed
- ¼ cup packed fresh cilantro leaves and stems
- 1 chipotle pepper with adobo sauce (about 1 heaping tablespoon)
- 2 tablespoons fresh lime juice
- 1 teaspoon kosher salt
- 3 tablespoons water

CHEF'S TIP

Chipotles are dried, smoked jalapeños, and the sauce is a vinegary puree 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

Yield: 2 cups **Prep Time:** 3 minutes **Total Time:** 4 minutes

- 1 Combine beans, feta and herbs in blender jar of the KitchenAid® Pro Line® 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, about 30 seconds. Add water and continue to blend until smooth, 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.

INGREDIENTS

- 2 cans (15 ounces each) cannellini beans, drained and rinsed
- ½ cup crumbled feta cheese
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 teaspoons chopped chives or 1 teaspoon chopped fresh rosemary or thyme
- ¼ cup water
- Kosher 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

Yield: 1½ cups **Prep Time:** 1 minutes **Total Time:** 2 minutes

- 1 Combine nuts and oil in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

- 2½ cups (about 14 ounces)
unsalted roasted nuts, such as almonds, peanuts, cashews or pistachios
 - 2 tablespoons canola oil
 - Kosher 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

Yield: 1¼ cups **Prep Time:** 13 minutes* **Total Time:** 20 minutes*

- 1 Preheat oven to 350°F. Spread hazelnuts in single layer on baking sheet and toast, stirring once or twice, until fragrant and browned, 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® Pro Line® 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, 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.

INGREDIENTS

- 1 cup (about 5 ounces) hazelnuts
- 3 tablespoons sugar
- 8 ounces milk chocolate, melted
- 2 tablespoons unsweetened cocoa powder
- 1¼ teaspoon kosher salt
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract

CHEF'S TIP

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

**Plus cooling time*



HUMMUS

Yield: 3 cups **Prep Time:** 3 minutes **Total Time:** 5 minutes

- 1 Place all ingredients in blender jar of the KitchenAid® Pro Line® 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, about 1 minute.
- 2 Blend in up to $\frac{1}{4}$ cup 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.

VARIATIONS

Roasted garlic hummus:

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

Kalamata olive hummus:

Add $\frac{1}{4}$ cup pitted and chopped Kalamata olives with tahini. Proceed as directed.

Roasted red pepper hummus:

Add $\frac{1}{4}$ cup chopped jarred roasted red peppers with tahini. Proceed as directed.

INGREDIENTS

- 2 cans (15½ ounces each) chickpeas, drained and rinsed
- 1 cup tahini
- $\frac{1}{4}$ cup fresh lemon juice
- 3 cloves garlic
- 1 teaspoon kosher salt
- $\frac{1}{2}$ - $\frac{3}{4}$ cup water, divided



MANGO PINEAPPLE SALSA

Yield: About 3 cups **Prep Time:** 8 minutes **Total Time:** 9 minutes

- 1 Combine pineapple, mango, onion, chile, cilantro and lime juice in blender jar of the KitchenAid® Pro Line® 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.

INGREDIENTS

- 1½ cups fresh pineapple chunks
- 1½ cups mango chunks (about 1 large ripe mango)
- 1 small red onion, roughly chopped
- 1 small jalapeño chile, seeded, if desired, and chopped
- ¼ cup packed fresh cilantro leaves
- 2 tablespoons fresh lime juice
- Kosher 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.

SAUCES & PUREES

Thai Peanut Sauce	64
Tikki Masala Simmer Sauce	66
Kale Walnut Pesto	68
Roasted Vegetable Baby Food	70
Steamed Vegetable or Fruit Baby Food	72
Meat with Brown Rice Baby Food	74





THAI PEANUT SAUCE

Yield: 1¼ cups **Prep Time:** 3 minutes **Total Time:** 4 minutes

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

VARIATION

Add ½ teaspoon sriracha for a spicier version.

INGREDIENTS

- ½ cup creamy natural peanut butter, well-stirred
- ½ cup 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 kosher salt



TIKKA MASALA SIMMER SAUCE

Yield: 7 cups **Prep Time:** 10 minutes **Total Time:** 22 minutes

- 1 Melt butter in skillet over medium heat. Add onion and garlic, cover and cook, stirring occasionally, until softened, about 8 minutes. Remove from heat to cool.
- 2 In order, combine onion mixture, ginger, cream, yogurt, cilantro, cumin, paprika, coriander, sugar, tomatoes, tomato paste and lemon juice in Thermal Control Jar of the KitchenAid® Pro Line® 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, 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
- 1 cup heavy cream
- 1 cup plain whole-milk yogurt
- ¼ cup packed fresh cilantro sprigs
- 2 teaspoons ground cumin
- 2 teaspoons sweet paprika
- 2 teaspoons ground coriander
- 2 teaspoons sugar
- 1 can (28 ounces) diced tomatoes with juice
- 2 tablespoons tomato paste
- 2 tablespoons fresh lemon juice
- Kosher salt
- Freshly ground black pepper

NOTE

To use sauce, bring sauce to a simmer in large skillet 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

Yield: 1½ cups **Prep Time:** 5 minutes **Total Time:** 9 minutes

- 1 Heat 1 tablespoon oil in small skillet over medium-low heat. Add garlic and sweat until tender, about 1 minute. Set aside to cool slightly.
- 2 To toast walnuts, spread in single layer in heavy skillet. Cook over medium heat, stirring frequently, until lightly toasted, 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® Pro Line® 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 ½ cup oil, increase speed to medium (Speed 5 or 6) and blend until oil is incorporated, 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

- ½ cup plus 1 tablespoon extra-virgin, divided
- 3 cloves garlic, roughly chopped
- 1 cup walnut halves, toasted
- 2 cups packed kale leaves, (about 1 small bunch, ribs discarded), chopped
- ⅓ cup Parmesan cheese, freshly grated
- 1 lemon, juiced and peel grated
- Kosher salt
- Freshly ground black pepper

CHEF'S TIP

Toss it with your favorite hot pasta, and use a little of the pasta cooking water to thin the sauce to the ideal consistency, or toss it with zucchini “pasta” strands.



ROASTED VEGETABLE BABY FOOD

Yield: ½ - ¾ cups **Prep Time:** 40 minutes **Total Time:** 46 minutes

- 1** Preheat oven to 375°F. 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, about 40 minutes (timing depends on type and maturity of vegetable). Remove from oven and let cool slightly.
- 2** Transfer roasted vegetable to blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and pulse 5 to 6 times on low to chop to chunky puree. Or turn dial to Speed 6 and blend to smooth puree, about 1 minute. Add a little water as needed to thin puree; amount depends on type 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.

INGREDIENTS

.....

- 1-2 cups chopped peeled root vegetable or winter squash, such as butternut squash, acorn squash, carrot, sweet potato, golden beet, or parsnip
 - 1-2 teaspoons olive oil
-



STEAMED VEGETABLE OR FRUIT BABY FOOD

Yield: About $\frac{3}{4}$ cup **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 1-inch 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, 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 to blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and pulse 3 to 5 times on high to chop to chunky puree. Or, increase speed to medium (Speed 5 or 6) to puree to smooth consistency, about 1 minute. If puree 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

- 1 cup prepared vegetable or fruit, such as chopped green beans; chopped, peeled carrots; chopped broccoli florets; peeled, cored and chopped apples or pears; fresh corn kernels; or thawed frozen petit peas

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

Yield: About 2 cups **Prep Time:** 4 minutes* **Total Time:** 7 minutes*

- 1 Heat meat and water in skillet over medium heat and cook, stirring, until meat is cooked through and no pinkness remains, about 4 minutes. Drain meat in sieve placed over bowl. Reserve cooking liquid. Let meat and liquid cool, about 10 minutes.
- 2 Combine cooked meat and rice in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and pulse 3 to 5 times on high to chop ingredients to chunky puree. Or increase speed slightly (Speed 2 or 3) and puree ingredients, using the Flex Edge tamper to push down ingredients, until smooth, about 1 minute. If puree 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

- 8 ounces ground beef, pork, dark chicken meat or dark turkey meat
- ¼-½ cup water
- 1 cup cooked brown rice, cooled

**Plus time for cooling.*







SOUPS

Asparagus Bisque	79
Chicken Tortilla Lime Soup	81
Corn Potato Leek Chowder	83
Winter Squash Apple Soup	85
Tomato & Roasted Red Pepper Soup	87
Creamy Mushroom Shallot Soup	89
Curried Carrot Potato Soup	91
Indian Lentil Soup	93
Italian Chickpea Soup	95
Mint Pea Soup	97
Thai Green Curry Chicken Soup	99





ASPARAGUS BISQUE

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

- 1 Melt butter in large saucepan over medium heat. Add onion and pinch of salt, cover and cook, stirring occasionally, until softened, 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, 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, about 5 minutes longer.
- 3 Add potato and asparagus mixture, cream and lemon juice to the Thermal Control Jar of the KitchenAid® Pro Line® 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 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.

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- Kosher salt
- 1 russet potato (8 ounces), peeled and cubed
- 4 cups vegetable or chicken stock
- 2 pounds asparagus, ends trimmed and roughly chopped (about 1 ¼ pounds trimmed),
- ½ cup heavy cream
- 2 tablespoons fresh lemon juice
- ¼ cup 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

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

- 1 Heat oil in skillet over medium heat. Add onion, garlic and pinch of salt, cover and cook, stirring occasionally, until softened and golden brown, about 8 minutes. Remove from heat.
- 2 While onion mixture is cooling, add torn tortilla, tomatoes, chiles, stock, chili powder, cumin, lime peel and juice, cilantro and 1 teaspoon salt to the Thermal Control Jar of the KitchenAid® Pro Line® 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, 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; let cool, transfer to airtight

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, chopped
- Kosher salt
- 1 corn tortilla (6 to 8 inches in diameter), torn into pieces
- 1 can (15 ounces) diced fire-roasted tomatoes with juice
- 1 can (4 ounces) diced mild green chiles
- 2 cups chicken stock
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- Grated peel and juice of 1 lime
- ¼ cup chopped fresh cilantro
- 2 cups shredded or chopped cooked chicken
- 1 cup tortilla chips

To serve:

- 1 avocado, halved, pitted, peeled and diced
- ½ cup shredded Monterey Jack cheese
- Lime wedges (optional)

container and refrigerate for up to 5 days or freeze for up to 3 months, then add tortilla chips when reheating.



CORN POTATO LEEK CHOWDER

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

- 1 Melt butter in large saucepan over medium heat. Add leek and celery and cook, stirring, until softened, 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, about 15 minutes. About 5 minutes before potatoes are ready, stir in 1 cup corn.
- 2 Add the potato mixture and cream to the Thermal Control Jar of the KitchenAid® Pro Line® 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, about 1-2 minutes.
- 4 Soup should be hot. If desired, return soup to saucepan, stir in ½ cup corn kernels and heat until kernels 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.

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 leek, white and tender green parts only, chopped
- 1 large stalk celery, chopped
- 1½ pounds Yukon Gold potatoes, peeled and cubed
- 4½ cups chicken or vegetable stock
- Kosher salt
- Freshly ground black pepper
- 1 cup fresh or thawed frozen white corn kernels
- ½ cup heavy cream
- ¼ cup chopped fresh chives, for garnish



WINTER SQUASH APPLE SOUP

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

- 1 Preheat oven to 425°F. Place squash, onion and apple pieces on large baking sheet. Sprinkle with coriander, cumin, red pepper 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 Thermal Control Jar of the KitchenAid® Pro Line® 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
- 4 Adjust thickness with more stock, if you like. Season to taste with salt. The soup should be hot. Serve at once, or let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 1 medium butternut or other winter squash (1 ¾ pounds), peeled, seeded and roughly chopped
- 1 small yellow onion, roughly chopped
- 1 large tart apple, peeled, cored and roughly chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ¼-½ teaspoon red pepper flakes
- Pinch of kosher salt
- 1-2 tablespoons olive oil
- 3 cups chicken or vegetable stock, heated, plus more if needed

CHEF'S TIP

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



TOMATO & ROASTED RED PEPPER SOUP

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

- 1 Combine tomatoes, red peppers, cucumber, garlic, vinegar and hot-pepper sauce (if desired) in blender jar of the KitchenAid® Pro Line® 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, 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.

INGREDIENTS

- 2 pounds ripe tomatoes, preferably heirloom, cored and roughly chopped
- 1 jar (6 ounces) roasted red peppers, drained (about $\frac{3}{4}$ cup drained)
- 1 cup chopped peeled cucumber
- 1 small clove garlic (optional)
- 2 tablespoons balsamic vinegar
- 1 tablespoon hot-pepper sauce (optional)
- $\frac{1}{4}$ cup good-quality extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

CHEF'S TIP

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



CREAMY MUSHROOM & SHALLOT SOUP

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

- 1 Warm 1 cup stock until hot and pour into heatproof bowl. Add dried mushrooms and set aside 20 minutes.
- 2 Meanwhile, melt butter in large skillet over medium heat. Add olive oil, shallots and pinch of salt. Cook, stirring, until tender, about 5 minutes. Add fresh mushrooms, big pinch of salt, stir to combine and cover pan. Cook, stirring occasionally, until mushrooms have softened, about 10 minutes. Add sherry and dried mushrooms with soaking liquid, raise heat to medium-high and cook 3 minutes longer.
- 3 Add cooked mushroom mixture, remaining 3½ cups stock, and cream to the Thermal Control Jar of the KitchenAid® Pro Line® 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.

INGREDIENTS

- 4½ cups chicken stock, divided, plus more if needed
 - ¼ cup (about 1 ounce) dried porcini mushrooms
 - 2 tablespoons unsalted butter
 - 2 teaspoons olive oil
 - 2 large shallots, roughly chopped
 - Kosher salt
 - Freshly ground black pepper
 - 1 pound cremini mushrooms, roughly chopped
 - 1 cup (8 ounces) shiitake mushrooms, roughly chopped
 - ¼ cup dry sherry
 - 1 cup heavy cream, plus more for garnish
 - 2 tablespoons chopped fresh flat-leaf parsley, for garnish
- 6 To store, let 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

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

- 1 Heat oil in large saucepan over medium heat. Add onion, garlic and pinch of salt, cover and cook, stirring occasionally, until softened, 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, about 20 minutes
- 2 Add potato mixture, brown sugar, curry powder, fish sauce, ginger and coconut milk to the Thermal Control Jar of the KitchenAid® Pro Line® 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, about 1-2 minutes.
- 4 Soup should be hot. Season to taste with salt. Serve at once, garnished with basil. To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 1 tablespoon olive oil
 - 1 medium yellow onion, chopped
 - 3 cloves garlic, chopped
 - Kosher salt
 - 1¼ pounds Yukon Gold potatoes, peeled and chopped
 - 2 large carrots, peeled and chopped
 - 2 cups 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 (14 ounces) coconut milk, shaken well before opening
 - Fresh basil, chopped, for garnish
-



INDIAN LENTIL SOUP

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

- 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, about 8 minutes.
- 3 Add lentils, onion mixture, tomatoes, stock, lime juice, cilantro, ginger, turmeric, cumin, coriander and ½ teaspoon salt to the Thermal Control Jar of the KitchenAid® Pro Line® 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 Soup should be hot. Season to taste with salt and pepper. Serve at once, garnished with cilantro leaves and a dollop of plain yogurt, if desired.

INGREDIENTS

- 1 cup red lentils, picked over and rinsed
 - 4 cups water
 - 1 tablespoon olive oil
 - 1 small yellow onion, chopped
 - 1 medium carrot, peeled and chopped
 - 2 cloves garlic, chopped
 - Kosher salt
 - Freshly ground black pepper
 - 1 can (14 1/2 ounces) diced tomatoes with juice
 - 2 cups vegetable stock
 - 1 lime, juiced
 - ½ cup fresh cilantro sprigs, plus leaves for garnish
 - 1 teaspoon ground ginger
 - 1 teaspoon ground turmeric
 - ½ teaspoon ground cumin
 - ½ teaspoon ground coriander
- 6 To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.



ITALIAN CHICKPEA SOUP

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

- 1 Warm 1 tablespoon of oil in skillet over medium heat. Add onion, carrot, garlic, rosemary and pinch of salt, cover and cook, stirring occasionally, until tender, about 8 minutes. Remove from heat.
- 2 While onion mixture is cooling, set aside $\frac{1}{4}$ cup chickpeas for garnish. Add remaining chickpeas, stock and lemon juice (if desired) to the Thermal Control Jar of the KitchenAid® Pro Line® 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, 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 drizzle of oil.

INGREDIENTS

- 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
 - Kosher salt
 - Freshly ground black pepper
 - 2 can (15 ounces each) chickpeas, drained and rinsed
 - 3 cups chicken or vegetable stock
 - $\frac{1}{2}$ 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

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

- 1 Melt butter in skillet over medium heat. Add shallot and pinch of salt and cook, stirring occasionally, until translucent, 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 Thermal Control Jar of the KitchenAid® Pro Line® 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, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 1 tablespoon unsalted butter
- 1 large shallot, chopped
- Kosher salt
- Freshly ground black pepper
- 1 package (16 ounces) frozen petite peas
- 2 cups chicken or vegetable stock
- 2 tablespoons chopped fresh mint leaves, plus more for garnish
- 2 tablespoons fresh lemon juice
- ½ cup crème fraîche, plus more for garnish

CHEF'S TIP

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



THAI GREEN CURRY CHICKEN SOUP

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

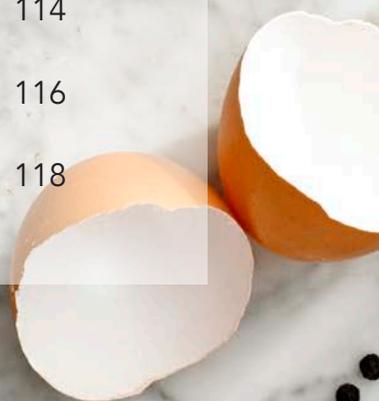
- 1 Warm 1 tablespoon of oil in medium skillet over medium heat. Add yellow onion, garlic and pinch of salt, cover and cook, stirring occasionally, until translucent, about 8 minutes. Transfer to Thermal Control Jar of the KitchenAid® Pro Line® Series Blender.
- 2 Warm remaining 1 tablespoon oil in same skillet over medium heat. Add pepper and green onions and cook, stirring, until tender, about 5 minutes. Stir in chicken and cook until warmed through, about 1 minute. Remove from heat, cover and set aside.
- 3 Add cilantro, 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, 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 cilantro leaves.
- 5 To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 2 tablespoons canola oil, divided
- ½ large or 1 small yellow onion, roughly chopped
- 3 cloves garlic, chopped
- Kosher salt
- 1 red bell pepper, quartered, seeded and sliced crosswise
- 4 green onions, white and tender green parts only, chopped
- 2 cups cooked chicken, shredded or chopped
- ½ cup fresh cilantro 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 (14 ounces) coconut milk, shaken well before opening
- 1 cup chicken stock

KITCHEN ESSENTIALS

Classic BBQ Sauce	102
Classic Pesto	104
Marinara Sauce	106
Compound Butter	108
Mayonnaise	110
Hollandaise Sauce	112
Simple Vinaigrette	114
Whole Wheat Batter	116
Gluten Free Flour	118





CLASSIC BBQ SAUCE

Yield: 2 cups **Prep Time:** 4 minutes **Total Time:** 16 minutes

- 1 Heat oil in skillet over medium heat. Add onion, garlic and salt, cover and cook, stirring occasionally, until softened and golden, 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 Thermal Control jar of the KitchenAid® Pro Line® 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, about 2-3 minutes.
- 4 Adjust thickness with more stock, if you like. Use immediately, or let 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 kosher salt
- ½ cup ketchup
- ¼ cup beef or chicken stock, plus more if needed
- ¼ cup Dijon mustard
- ¼ cup 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

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



CLASSIC PESTO

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

- 1** To toast pine nuts, spread in single layer in heavy skillet. Cook over medium heat, stirring frequently, until lightly toasted, 1 to 2 minutes.
- 2** Combine oil, basil, cheese, nuts and 1 tablespoon lemon juice (if desired) in blender jar of the KitchenAid® Pro Line® 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, 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

- ¼ cup pine nuts
- ½ cup extra-virgin olive oil, plus more if needed
- 2 cups packed fresh basil leaves
- ⅓ cup shredded Parmesan cheese
- 1 tablespoon fresh lemon juice, or to taste (optional)
- Kosher 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

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

- 1 Heat oil in medium skillet over medium heat. Add onion, carrot, garlic and pinch of salt. Cover and cook, stirring occasionally, until vegetables are softened, about 10 minutes.
- 2 Combine onion mixture, tomatoes, tomato paste and basil in the Thermal Control Jar of the KitchenAid® Pro Line® 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, about 3-4 minutes.
- 3 Season to taste with salt and pepper. Use immediately, or let 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
- Kosher salt
- Freshly ground black pepper
- 1 can (28 ounces) 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 ¼ cup heavy cream to blender jar with other ingredients and blend as directed.



COMPOUND BUTTER

Yield: 2 cups **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® Pro Line® 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, 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 flavor roasted or grilled meats, poultry, fish and vegetables.

INGREDIENTS

- 2 cups unsalted butter, cut into uniform pieces, at soft room temperature
- Pinch of Kosher 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
- ½ cup crumbled Gorgonzola cheese
- ½ cup roasted garlic*

*Roasted Garlic

Preheat oven to 350°F. 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, about 1 hour. Let garlic 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

Yield: About 1 cup **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® Pro Line® 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, 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.

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.

INGREDIENTS

- ¼ cup olive oil
- ¼ cup canola oil
- 1 large egg yolk
- 1 tablespoon water
- 2 teaspoons rice vinegar
- 1 teaspoon Dijon mustard
- Kosher salt

Sriracha mayonnaise:

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



HOLLANDAISE SAUCE

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

- 1** Melt butter in glass measuring pitcher 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 pitcher.
- 2** Combine egg yolks, lemon juice and salt in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 3. Blend until smooth, 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, about 1 minute.
- 3** Taste and adjust seasoning with salt if needed. Sauce is best if served right away.

INGREDIENTS

.....

- $\frac{3}{4}$ cup unsalted butter
 - 4 large egg yolks
 - 1-2 tablespoons fresh lemon juice
 - $\frac{1}{2}$ teaspoon kosher salt
-



SIMPLE VINAIGRETTE

Yield: About ½ cup **Prep Time:** 3 minutes **Total Time:** 4 minutes

- 1 Combine oil, vinegar, mustard and shallot and/or herb (if desired) in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until emulsified, about 30 seconds.
- 2 Adjust flavor 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 herb, such as basil, oregano, thyme or chives, chopped (optional)
- Kosher salt
- Freshly ground black pepper

CHEF'S TIP

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



WHOLE WHEAT BATTER

Yield: 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® Pro Line® 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, 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, 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 skillet or griddle over medium-high heat. Grease with small amount of butter or oil, then pour in $\frac{1}{4}$ cup 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, 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

- 2 cups low-fat buttermilk, well-shaken
- 4 large eggs
- 6 tablespoons unsalted butter, melted
- $\frac{1}{4}$ cup packed brown sugar
- 2 teaspoons vanilla extract
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- Unsalted butter and maple syrup, for serving

Optional Add-ins

- 2 bananas, peeled and sliced
- 1 cup fresh or frozen blueberries
- 1 cup sliced strawberries
- $\frac{1}{2}$ cup mini chocolate chips

VARIATIONS

Use 1 cup whole wheat flour and 1 cup unbleached white flour for a fluffier texture.

Batter may also be used to make waffles.



GLUTEN FREE FLOUR

Yield: 1¼ cups **Prep Time:** 1 minutes **Total Time:** 3 minutes

- 1 Put rice or almonds in completely dry blender jar of KitchenAid® Pro Line® 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, about 2 minutes for rice and 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.

INGREDIENTS

- 1 cup brown or white rice or
- 1 cup whole raw or blanched almonds







DESSERTS

Strawberry Balsamic Frozen Yogurt	123
Classic Milkshake	125
Vegan Chocolate Banana Shake	127
Vanilla Bean Cheesecake	129
Lemon Mousse	131
Chocolate Mousse	133
Vanilla Ice Cream	135
Fresh Fruit Sorbet	137



STRAWBERRY BALSAMIC FROZEN YOGURT

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

- 1 Combine all ingredients in blender jar of the KitchenAid® Pro Line® 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, about 1 minute. Do not over-blend or frozen yogurt will begin to melt.
- 2 Serve right away, or transfer to airtight container and store in freezer for up to 1 week.

INGREDIENTS

- 1½ cups plain whole-milk Greek yogurt
 - 1 tablespoon balsamic vinegar
 - 2 cups frozen strawberries
 - ¼ cup sugar
-



CLASSIC MILKSHAKE

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

- 1 Combine milk and ice cream in blender jar of the KitchenAid® Pro Line® 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, 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.

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.

INGREDIENTS

- ½ cup whole milk
- 3 scoops favorite flavor ice cream
- Whipped cream, for garnish (optional)
- 1 maraschino cherry, for garnish (optional)



VEGAN CHOCOLATE BANANA SHAKE

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

- 1 In order, combine all ingredients in Blender Jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, 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.

INGREDIENTS

- 1 cup 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 flavor.



VANILLA BEAN CHEESECAKE

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

- 1 Preheat oven to 350°F. Grease a 9-inch spring form pan with butter.
- 2 To make crust, combine graham crackers, sugar and salt in Blender Jar of the KitchenAid® Pro Line® Series Blender. Secure lid and pulse 8 to 9 times on low, using the Flex Edge tamper to push down crackers. 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 cracker mixture into prepared pan and press it evenly onto bottom and 1 inch up sides. Bake until crust is golden, about 7 minutes. Let cool on wire rack. Reduce oven temperature to 300°F. Rinse and dry blender jar and return to blender base.
- 4 To make filling, split vanilla bean in half lengthwise, then, using back of knife, scrape out seeds. In order, combine eggs, vanilla extract, vanilla bean 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, about 1 minute.

INGREDIENTS

Crust

- 4 ounces graham crackers (about 8 crackers), roughly broken
- 3 tablespoons sugar
- Pinch of kosher salt
- 4 tablespoons unsalted butter, melted

Filling

- 1 vanilla bean
- 3 large eggs
- 2 teaspoons vanilla extract
- 1¼ cups sugar
- 3 tablespoons all-purpose flour
- ½ teaspoon Kosher salt
- 2 pounds cream cheese, at room temperature, roughly chopped

- 5 Pour filling into cooled crust. Bake 1 hour to 1 hour, 10 minutes until filling is set and center jiggles very slightly when pan is gently shaken. Transfer to rack and let cool completely, at least 2 hours. Remove pan sides and slide cake onto serving plate. Cover and refrigerate until well chilled before serving, at least 2 hours. Cheesecake can be stored in airtight container in refrigerator for up to 1 week.



LEMON MOUSSE

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

- 1 In order, combine milk, egg yolks, lemon juice, sugar, cornstarch, butter and salt in Blender Jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, 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, 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, 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

INGREDIENTS

- 1 cup whole milk
- 3 large egg yolks
- ½ cup fresh lemon juice
- ⅔ cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter, cubed
- ¼ teaspoon kosher salt
- 1½ cups heavy cream

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

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

- 1 Put chocolate in blender jar of the KitchenAid® Pro Line® Series Blender. Combine milk, cream, sugar and salt in small saucepan over medium heat, stirring, until mixture is steaming hot and sugar is dissolved, about 2 minutes. Do not allow mixture to boil. Pour hot milk mixture over chocolate in blender jar and let 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, about 30 seconds. Add egg whites and vanilla and blend on medium-high speed (Speed 8) until thick and frothy, about 2 minutes.
- 3 Divide mousse evenly among six 4-ounce custard cups or ramekins. Cover with plastic wrap and refrigerate until chilled and firm, about 2 hours, before serving. Mousse will keep in refrigerator for up to 3 days.

INGREDIENTS

- 8 ounces bittersweet chocolate, chopped
- ½ cup whole milk
- ½ cup heavy cream
- ¼ cup sugar
- ¼ teaspoon kosher 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.

**Plus 2 hours for chilling.*

Note: This recipe contains raw eggs.



VANILLA ICE CREAM

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

- 1 Freeze half-and-half and cream in ice-cube trays, about 2 hours.
- 2 Combine frozen half-and-half and cream, powdered sugar, vanilla and salt in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, 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, about 2 hours. Ice cream will keep in freezer for up to 1 week.

INGREDIENTS

- 1½ cups half-and-half
- 1 cup heavy cream
- ¼ cup powdered sugar, sifted
- 2 teaspoons vanilla extract
- Pinch of kosher salt

Optional Add-ins

- 1 teaspoon instant espresso powder
 - ½ cup chopped toasted almonds
 - ½ cup mini chocolate chips or semisweet chocolate, finely chopped
 - ½ teaspoon mint extract, or to taste
 - 1 cup chopped frozen fruit, such as sliced strawberries or chopped peaches
-

**Plus 2 hours for freezing half-and-half and cream.*

***Plus 4 hours for freezing.*



FRESH FRUIT SORBET

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

- 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, 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® Pro Line® 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, 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, about 2 hours, before serving. Sorbet will keep in freezer for up to 1 week.

INGREDIENTS

- ½ cup sugar
- ½ cup water
- 1 pound 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.

**Plus 2 hours optional freezing.*



COCKTAILS

Sweet & Spicy Margarita	140
Watermelon Cucumber Punch	142
Fizzy Peach Mango Cocktail	144
Winter Orange Twist	146
Warm Winter Espresso Cocktail	148



SWEET & SPICY MARGARITA

Yield: About 2 cups **Prep Time:** 7 minutes **Total Time:** 44 minutes

- 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 $\frac{1}{4}$ teaspoon of ancho chile 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 $\frac{1}{4}$ teaspoon ancho chile and ice in blender jar of the KitchenAid® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, about 30 seconds.

INGREDIENTS

- 1 cup chopped fresh or frozen rhubarb
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup water
- 2 tablespoon kosher salt
- $\frac{1}{2}$ teaspoon ground ancho chile, divided
- 1 lime wedge
- 1 cup frozen strawberries
- $\frac{1}{4}$ - $\frac{1}{2}$ cup (2 to 4 ounces) good-quality tequila or water for an alcohol-free version
- $\frac{1}{4}$ cup fresh lime juice
- 10 ice cubes



WATERMELON CUCUMBER PUNCH

Yield: About 5 cups **Prep Time:** 7 minutes **Total Time:** 8 minutes

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

*Simple Syrup

Stir together $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water in small saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Boil for 2 minutes. Transfer to heatproof container, let cool to room temperature, cover and refrigerate until chilled before using.

INGREDIENTS

- 3 cups chopped watermelon
- 1 medium cucumber, peeled and chopped (about 1 heaping cup)
- 2 tablespoons (1 ounce) fresh lemon or lime juice
- 1 tablespoon chopped fresh mint, plus 6 small sprigs for garnish
- $\frac{1}{4}$ cup (2 ounces) chilled simple syrup*, or to taste
- $\frac{1}{2}$ cup (4 ounces) good-quality light rum or water for an alcohol-free version
- 10 ice cubes



FIZZY PEACH MANGO COCKTAIL

Yield: About 3 cups **Prep Time:** 6 minutes **Total Time:** 8 minutes

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

INGREDIENTS

- 2 cups chopped peeled fresh peaches, chilled, or frozen chopped peaches
- 1 cup chopped fresh mango, chilled
- 2 tablespoons (1 ounce) fresh lime juice
- ½ cup (4 ounces) good-quality vodka or water for an alcohol-free version
- ¼ cup (2 ounces) chilled simple syrup, or to taste (page 138)
- 1½ cups (12 ounces) soda water, chilled

CHEF'S TIP

If mango is not available, substitute 1 cup chopped hulled strawberries and garnish each glass with a small whole strawberry. This versatile recipe is also great without the vodka!



WINTER ORANGE TWIST

Yield: About 2½ cups **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® Pro Line® Series Blender. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until frothy, about 30 seconds.
- 2 Divide among 4 glasses and garnish each glass with orange peel twist. Serve at once.

INGREDIENTS

- 1 cup (8 ounces) fresh orange juice
 - ¼ cup (2 ounces) Grand Marnier or other orange liqueur
 - ½ cup (4 ounces) good-quality sweet whiskey
 - ¼ teaspoon vanilla extract
 - 1 large egg white
 - 6 ice cubes
 - 4 orange peel twists
-



WARM WINTER ESPRESSO COCKTAIL

Yield: About 2 cups **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® Pro Line® 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, 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

- 1 cup (8 ounces) espresso or double-strength brewed coffee
- 1 cup (8 ounces) coconut milk, well-shaken and warmed if separated
- $\frac{3}{4}$ cup (6 ounces) 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)





www.blendwithkitchenaid.com

KitchenAid®

®/TM ©2016 KitchenAid. All rights reserved.
The design of the stand mixer is a trademark in the U.S. and elsewhere. KP150500

