



Bennett Read®

MARVELLO¹⁰

THE PROFESSIONAL 10-IN-1 STAND BOWL MIXER

*Recipe
Guide*

A photograph of four golden-brown croissants arranged on a dark wooden cutting board. The croissants are flaky and have a rich, buttery color. The background is a dark, textured surface. The text 'Recipe Guide' is overlaid in a large, white, cursive font.

Contents

IMPORTANT

Please read your Bennett Read MARVELLO 10 User Guide thoroughly before using the appliance.
It contains important information regarding operation and safety.

PLEASE NOTE:

Temperatures, methods etc shown are approximate and may vary depending on the type and amount of food used.

MEASUREMENT KEY:

Tsp. = Teaspoon

Tbsp. = Tablespoon

(1 Tablespoon = 3 Teaspoons)

1 - 4

SIDES

5 - 10

MAIN MEALS

11 - 24

DESSERTS

HOME-MADE BUNS

INGREDIENTS:

1 ¼ cups milk at room temperature
¼ cup sugar
2 tbsp. softened butter
¾ tsp. salt
1 cup bread flour
1 egg, beaten
1 ¼ tsp. yeast
2 ¾ cups bread flour
1 tbsp. melted butter or margarine

RECOMMENDED TOOLS:

Stand Bowl Mixer

Beater

Dough hook

12 SERVINGS

DIRECTIONS:

1. Combine milk, sugar, butter and salt in small saucepan over medium heat.
2. Remove from heat and allow to cool to lukewarm.
3. Combine 1 cup of bread flour, egg, yeast, and milk mixture in the stand mixer bowl fitted with a dough hook.
4. Beat at lowest speed for 1 minute.
5. Let rest for about 5-10 minutes.
6. Add 2 ¾ cups bread flour and mix at next-to-lowest speed until dough cleans sides of bowl and sticks to dough hook for about 2 minutes.
7. Place in a lightly greased bowl and cover. Let it raise in a warm place until it has doubled in size for about 1 hour.
8. Turn dough out onto lightly floured surface, punch down to get out air bubbles, and shape into rolls.
9. Place rolls onto 2 lightly greased baking sheets.
10. Cover with waxed paper and let the dough rise for another 45 minutes to 1 hour.
11. Brush the top of the buns with melted butter.
12. Cover and let the dough rise in a warm place until it has doubled in size for about 1 hour.
13. Preheat oven to 175°C.
14. Bake in preheated oven at 175°C until lightly brown or for about 10-15 minutes.



CREAM CHEESE MASHED POTATOES

INGREDIENTS:

3.5kg potatoes
225g softened cream cheese
½ cup melted butter
2 tsp. salt & pepper
Garnish with chopped spring onions

RECOMMENDED TOOLS:

Stand Bowl Mixer

Beater

4 SERVINGS

DIRECTIONS:

1. Wash, peel and cube potatoes.
2. Place in a large pot and add water to cover potatoes
3. Bring to a boil.
4. Reduce heat and cook, uncovered, until tender for about 12 - 15 minutes then drain the water.
5. Using the stand bowl mixer with the beater, mix the cream cheese, melted butter, salt and pepper until smooth.
6. Add the potatoes and mix until light and fluffy.
7. If desired top with additional melted butter.
8. Sprinkle with chopped spring onions for garnish.



WHOLEWHEAT PITA BREAD

INGREDIENTS:

1 ½ cups lukewarm water
1 tbsp. yeast
1 tsp. sugar
1 cup whole wheat flour
3 cups white bread flour
1 tsp. salt
2 tbs. olive oil

RECOMMENDED TOOLS:

Stand Bowl Mixer

Beater

Dough hook

8 - 12 SERVINGS

DIRECTIONS:

1. Add ½ cup of the lukewarm water in a small bowl and stir in the yeast and sugar.
2. Cover and let stand in a warm place until foamy for about 10 minutes.
3. In the bowl of a stand mixer, beat together the whole wheat and bread flour and salt.
4. Pour in the yeast mixture, olive oil and the remaining 1 cup lukewarm water.
5. Using the beater attachment, mix until a dough forms.
6. Fit the mixer with the dough hook and knead until the dough is elastic and springs back when gently pressed for about 10 minutes.
7. Transfer the dough to a lightly oiled bowl, cover with a dish towel, and let stand in a warm place until doubled in size for about 1 hour.
8. Preheat oven at 230°C for 30 minutes.
9. Line 2 baking trays with baking paper.
10. Punch down the dough and turn it out onto a clean, lightly floured surface.
11. Form into a log and cut into 8-12 equal pieces.
12. Working with 1 piece at a time and keeping the remaining pieces covered, roll out each piece of dough into an oval or circle.
13. Place on the prepared baking trays, cover loosely with plastic wrap, and let the dough rest in a warm place for about 20 minutes.
14. Working in batches, carefully bake until fully puffed and slightly brown for about 3 minutes.

TIP:

Keep the pitas warm in a slightly damp towel while cooking the remaining pitas.



MEAT LOAF

MAIN INGREDIENTS:

450g lean ground beef
2 large eggs
160ml whole milk
3 slices bread, torn into pieces
½ cup chopped onion
½ cup grated carrot
1 cup shredded cheddar
1 tbsp. minced fresh parsley or 1
tsp. dried parsley
1 tsp. dried basil, thyme or sage
1 tsp. salt
¼ tsp. pepper

TOPPING INGREDIENTS:

½ cup canned tomato
½ cup brown sugar
1 tsp. Dijon mustard

RECOMMENDED TOOLS:

Stand Bowl Mixer
Balloon whisk
Beater

4 SERVINGS

DIRECTIONS:

1. In a stand bowl mixer, beat eggs with a balloon whisk.
2. Add the milk and the bread and let the mixture stand until all liquid is absorbed.
3. Mix in the onion, carrot, cheese and seasonings using the beater.
4. Crumble beef over mixture and mix well with the beater.
5. Shape into a loaf in a shallow baking pan.
6. Bake, uncovered, at 175°C for about 45 minutes.
7. Combine the topping ingredients into a stand bowl mixer using the beater .
8. Spoon half of the mixture over meat loaf.
9. Bake for about 30 minutes longer or until meat is no longer pink and occasionally spooning the remaining topping over the loaf.
10. Let the meat loaf stand for about 10 minutes before serving.



PIE DOUGH

SAUCE INGREDIENTS:

12 tbsp. unsalted butter,
refrigerated until right before
you use it

1½ cups all-purpose flour

1 tbsp. granulated sugar

1 tsp. salt

¼ cup very cold water plus
more as needed

RECOMMENDED TOOLS:

Stand Bowl Mixer

Beater

8 - 12 SERVINGS

DIRECTIONS:

1. Place the cut-up butter in the freezer for a few minutes, while you work on the dry ingredients.
2. Combine the flour, sugar, and salt in the bowl of a standing mixer, fitted with a beater attachment.
3. Mix for a few seconds, just to combine, then turn off.
4. Add the butter pieces to the dry ingredients.
5. Mix on the lowest setting possible for 5 to 10 seconds—pulsing on/off if necessary, so the flour doesn't fly out of the bowl—then turn off.
6. You want each butter piece to be coated in flour and slightly bashed by the paddle, but most of the pieces should be barely smaller than when you started.
7. Turn on the mixer to the lowest setting possible and slowly pour in the ¼ cup very cold water.
8. Once all the water is in, let the mixer run for a couple more seconds, then turn off and check on the dough. The end goal is a very shaggy dough that holds together when squeezed, with some dough starting to grab onto the attachment. If the dough is still quite powdery and dry in some places continue to mix while adding another tbsp. of water and let that incorporate for a couple seconds. Repeat with more water if required.
9. Use your hands to gather the dough into a mass and place onto a piece of plastic wrap.
10. Use the plastic wrap to form the dough into a ball and cover the dough with your hands so that the plastic wrap is extremely snug around the dough. (You can wrap with another piece of plastic wrap if desired).
11. Refrigerate for at least 1 hour before using, or for up to 2 days. This can also be frozen for up to 1 month.



PIZZA DOUGH

SAUCE INGREDIENTS:

1 cup warm water
2 tbsp. yeast
3 ½ cups all-purpose flour
½ tsp. salt
1 ½ tbsp. honey
80ml olive oil
Maize meal for dusting

RECOMMENDED TOOLS:

Stand Bowl Mixer
Dough Hook

2 SERVINGS

DIRECTIONS:

1. Sprinkle the yeast on top of the warm water.
2. Allow the yeast to sit while you prepare the other ingredients.
3. Combine the flour and salt in the bowl of the stand mixer.
4. Slowly drizzle in the olive oil, honey and then the yeast with water mixture.
5. Combine until a soft ball forms.
6. Drizzle olive oil into a glass or metal bowl, being sure to cover the sides of the bowl.
7. Remove the dough ball from the mixer and place the dough into the prepared bowl.
8. Cover the bowl with a damp cloth and place it in an oven for about 10 minutes so that it can double in size.
9. Remove from the oven and punch the dough down.
10. Cover again with a damp cloth and return to 200°C in the oven.
11. Allow the dough to rise again for about 30 minutes.
12. Remove the dough from the oven and divide it in half.
13. Place one-half of the dough onto a pan that has been lightly dusted with corn meal.
14. Top with your favourite pizza toppings and bake in an oven or on the grill for approximately 20 minutes until the crust has turned a light golden-brown colour.

Tips:

- All-purpose flour yields a softer crust while bread flour gives a slightly crispier exterior.
- You can use active dry yeast (use the same amount, 2 tablespoons).
- You can proof the yeast first with the ¾ cup warm water or just mix it into the dough as according to the recipe.
- Ideally your water should be between 40 - 46°C – we recommend warm water but do make sure that your water isn't too hot or it will kill your yeast.



VANILLA MOUSSE MERINGUES

SAUCE INGREDIENTS:

1 cup granulated sugar
1 cup superfine sugar
8 egg whites
¼ tsp. cream of tartar
¼ tsp. salt
1 tsp. vanilla extract

RECOMMENDED TOOLS:

Stand Bowl Mixer
Whisk
Beater

40 SERVINGS (MINI SIZE)

DIRECTIONS:

1. Preheat the oven to 120°C.
2. Line 2 baking trays with baking paper.
3. Mix the sugars and set aside in a stand bowl mixer using the beater.
4. In a stand bowl whisk the egg whites until foamy.
5. Add the cream of tartar and salt and continue to beat. Add 1 tbsp of sugar at a time and beat well after each addition. This will take about 10 minutes.
6. Add the vanilla extract and beat until stiff and glossy.
7. Using a pastry tube fitted with a large plain tip, pipe the meringue in coils starting at the center and continuing to the outside of each circle.
8. Bake for about 1 hour until cream in colour and firm.
9. Leave the meringues in the turned-off oven for several hours or overnight without opening the oven door.
10. When ready to serve, carefully peel away the paper or foil.



CHOCOLATE MOUSSE

INGREDIENTS:

2 cups chilled heavy cream

4 large egg yolks

3 tbsp. sugar

1 tsp. vanilla essence

200g fine-quality bittersweet chocolate chopped

Lightly sweetened whipped cream for garnish

RECOMMENDED TOOLS:

Stand Bowl Mixer

Whisk

Beater

8 SERVINGS

DIRECTIONS:

1. Heat $\frac{3}{4}$ cup heavy cream in a saucepan until hot.
2. Whisk together yolks, sugar and a pinch of salt in a metal bowl until combined well. Then add hot cream in a slow stream and whisk until combined.
3. Transfer mixture to a saucepan and cook over moderately low heat, stirring constantly.
4. Pour custard through a fine-mesh sieve into a bowl and stir in the vanilla essence.
5. Melt the chocolate in a double boiler or a metal bowl set over a pan of simmering water (or in a glass bowl in a microwave at 50 percent power for about 3-5 minutes, stirring frequently).
6. Whisk custard into chocolate until smooth and then cool.
7. Beat remaining $1\frac{1}{4}$ cups cream in a stand bowl mixer until it just holds stiff peaks.
8. Whisk one fourth of cream into chocolate custard to lighten and then fold in the remaining cream gently but thoroughly.
9. Spoon mousse into 8 stemmed glasses or ramekins and chill, covered, for at least 6 hours.
10. Let it stand at room temperature for about 20 minutes before serving.



CHOCOLATE CHIP COOKIES

INGREDIENTS:

2 cups flour

$\frac{1}{2}$ tsp. baking soda

$\frac{3}{4}$ cup white sugar

$\frac{3}{4}$ cup brown sugar

$\frac{3}{4}$ cup melted butter

1 egg

1 egg yolk

1 tbsp. vanilla extract

1 bag chocolate chips
[semi sweet or dark]

24 SERVINGS

DIRECTIONS:

1. Preheat oven to 350°C.
2. Sift together the flour and baking soda in a mixing bowl and set aside.
3. Cream together butter and sugars in your stand mixer for about 5 minutes.
4. Add the vanilla and the eggs mix until light and fluffy.
5. Add in the dry ingredients a little at a time until completely mixed in.
6. Then fold in the chocolate chips.
7. Refrigerate for about 10-15 minutes to help the dough firm up.
8. Scoop out $\frac{1}{4}$ cup size scoops of the dough and place on a lined baking sheet. Leave a space in between cookies so that they do not touch.
9. Bake cookies for about 15 minutes.
10. Remove the cookies from the oven and let it cool for about 10 minutes before serving.

RECOMMENDED TOOLS:

Stand Bowl Mixer

Whisk



VANILLA SPONGE CAKE

CAKE

INGREDIENTS:

1 ½ cup all-purpose flour
¾ cup granulated sugar
½ tsp. baking soda
1 tsp. baking powder
¼ tsp. salt
1 large egg
½ cup vegetable oil
½ cup buttermilk
½ cup hot water
2 tsp. vanilla extract

FROSTING

INGREDIENTS:

½ cup unsalted butter softened
1 ½ cup powdered sugar sifted
1 tsp. vanilla extract
1 tbsp. heavy cream
Fruit or sprinkles for decoration

RECOMMENDED TOOLS:

Stand Bowl Mixer
Beater

10 SERVINGS

DIRECTIONS:

Cake:

1. Preheat oven to 175°C.
2. Grease and flour or line with baking paper a round baking pan and set aside.
3. In a mixing bowl, whisk together flour, sugar, baking soda, baking powder and salt.
4. Add egg, buttermilk, vanilla extract and oil and whisk together.
5. Add hot water and whisk well until the batter is smooth and runny.
6. Pour batter into prepared pan.
7. Tap the pan gently against the counter to release any air bubbles.
8. Bake cake for about 25-30 minutes or until golden on top and a toothpick inserted in a few places comes out clean.
9. Cool cake completely before frosting.

Frosting:

- Add butter in the mixing bowl and mix for about 7 minutes using the beater accessory.
- Add powdered sugar, ½ cup at a time and beat in well.
- Add the heavy cream and beat in for about a minute or so.
- Add vanilla extract and mix well.
- The frosting should be very fluffy.
- Spread over the completely cooled cake and decorate with your choice of fresh fruit, sprinkles etc.



SCONES

INGREDIENTS:

450g plain flour
1½ tbsp. baking powder
Pinch of salt
2 tbsp. castor sugar
60g cold butter cut into small cubes
150ml milk
150ml water
Extra flour for dusting
2 tsp. extra milk for brushing tops

RECOMMENDED TOOLS:

Stand Bowl Mixer
Beater
Dough Hook

8 - 10 SERVINGS

DIRECTIONS:

1. Preheat the oven to 210°C.
2. Paper line or grease and flour a baking tray.
3. Attach the mixing bowl, flat beater and pouring shield to the stand mixer.
4. Add the flour, baking powder, sugar and salt to the bowl and mix until well combined.
5. Add in the butter and mix until the butter and flour are well mixed and the mixture looks like coarse crumbs.
6. Turn off the mixer and scrape the sides of the bowl.
7. Add the milk and water and mix until the mixture just forms a dough.
8. This will take about 8-10 seconds.
9. Turn out the dough onto a floured work surface.
10. Knead lightly until the dough feels soft and smooth.
11. Gently form the dough into a circle and cut out the scones using a cutter that is regularly dipped in flour.
12. Arrange the scones on the prepared baking tray so that they do not touch each other.
13. Lightly brush the tops of the scones with a little milk.
14. Bake without delay on the top shelf of the oven for about 12 minutes.



BANANA BREAD

INGREDIENTS:

Non-stick vegetable oil spray
 1½ cups all-purpose flour
 1¼ tsp. baking soda
 ¾ tsp. salt
 1 cup brown sugar
 ⅓ cup mascarpone, plain whole-milk Greek yogurt, or sour cream
 ¼ cup unsalted butter at room temperature
 2 large eggs
 4 large very ripe bananas, mashed
 ½ cup chopped bittersweet or semisweet chocolate (optional)
 ½ cup chopped walnuts (optional)

RECOMMENDED TOOLS:

Stand Bowl Mixer
 Whisk
 Beater

10 SERVINGS

DIRECTIONS:

1. Preheat oven to 175°C.
2. Lightly coat loaf pan with non-stick spray and line with baking paper leaving a generous overhang on long sides.
3. Whisk flour, baking soda, and salt in a stand bowl mixer.
4. Using a stand bowl mixer beat brown sugar, mascarpone and butter until light and fluffy for about 4 minutes.
5. Add eggs one at a time, beating to blend after each addition and scraping down sides and bottom of bowl as needed.
6. Reduce speed to add flour mixture, and mix until just combined.
7. Add bananas and mix just until combined.
8. Fold in chocolate and/or walnuts (if using).
9. Scrape batter into prepared pan and smooth the top of the surface.
10. Bake bread until a tester inserted into the center comes out clean for about 60–65 minutes.
11. Transfer pan to a wire rack and let bread cool in pan for 1 hour.
12. Turn out bread and let cool completely before slicing.



PASSION FRUIT WHIP

INGREDIENTS:

480ml passion fruit juice
3 tbsp granulated sugar
1 standard packet
powdered gelatin
120ml heavy cream
Mixed berries and mint
sprigs for garnish

RECOMMENDED TOOLS:

Stand Bowl Mixer
Whisk
Beater

5 SERVINGS

DIRECTIONS:

1. Chill 240ml of the juice and pour it into the bowl of a stand mixer fitted with the whisk attachment and set aside.
2. Pour the other cup of 240ml juice into a small saucepan, add the sugar, stir, and bring to a boil over medium-high heat.
3. Sprinkle the gelatine over the cold juice in the mixer bowl and let sit for about 1 minute.
4. Pour the hot juice over the cold, and stir to combine.
5. Place in the refrigerator until thickened and beginning to gel, about an hour and a half.
6. The lightly set juice should still be wobbly, and when you tip the bowl slightly, it should cling to the side, rather than running up it like a liquid.
7. Remove the bowl from the refrigerator and using a rubber spatula, scrape up any bits of gelled juice from the bottom of the bowl.
8. Attach the bowl to the stand mixer, and at medium-high speed, whisk until foamy and tripled in size for about 5 - 6 minutes.
9. Make sure you break up and liquefy all of the gelled juice.
10. Meanwhile, place the cream in a medium-sized bowl, and with the stand bowl mixer, beat the cream until the cream holds medium peaks for about 2 - 3 minutes.
11. Fold the whipped cream into the gelatine mixture until fully incorporated and transfer to 5 small serving bowls.
12. Refrigerate for about 1-2 hours until set.
13. Serve with mixed berries or a sprig or two of mint.



CHOCOLATE HAZELNUT COOKIES

INGREDIENTS:

115g blanched hazelnuts
 440g all-purpose flour
 1 tsp. salt
 ¾ tsp. baking powder
 ½ tsp. baking soda
 ½ tsp. ground ginger
 1 cup unsalted butter at room temperature
 100g granulated sugar
 100g brown sugar
 2 large eggs at room temperature
 ¼ cup honey
 ½ tsp. vanilla extract
 56g bittersweet chocolate bars cut horizontally into sticks
 Pinch of sea salt

RECOMMENDED TOOLS:

Stand Bowl Mixer
 Whisk
 Beater

24 SERVINGS

DIRECTIONS:

1. Place racks in upper and lower part of the oven and preheat to 150°C.
2. Toast hazelnuts on a rimmed baking sheet on upper rack, tossing halfway through, until golden brown for about 8–10 minutes.
3. Let cool slightly, then chop very coarsely and set aside.
4. Increase oven temperature to 175°C.
5. Whisk flour, kitchen salt, baking powder, baking soda, and ginger in a stand bowl mixer.
6. Beat butter, granulated sugar, and brown sugar in the bowl of a stand mixer fitted with the beater attachment on high speed, scraping down sides of bowl occasionally, until pale and fluffy, for about 5–7 minutes.
7. Reduce speed and add eggs one at a time, increasing speed after each addition to fully incorporate and stopping periodically to scrape down sides of bowl.
8. Add honey and vanilla extract and beat just to combine.
9. Reduce speed and add dry ingredients; beat until combined.
10. Add chocolate and reserved nuts and beat just until incorporated.
11. Scoop dough into portions (about 3 tbsp.) and roll into balls (if the batter feels loose or sticky, chill for 30 minutes).
12. Place on a baking tray lined with baking paper. Chill until firm for at least 2 hours.
13. Arrange chilled cookies on 2 baking trays lined with baking paper, spacing them evenly apart.
14. Sprinkle cookies with sea salt.
15. Bake, rotating top to bottom and front to back halfway through, until bottoms and edges are golden brown for about 12–15 minutes.
16. Let cool on baking tray.
17. Place a fresh sheet of baking paper on 1 baking tray and repeat process with remaining balls of dough.





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