

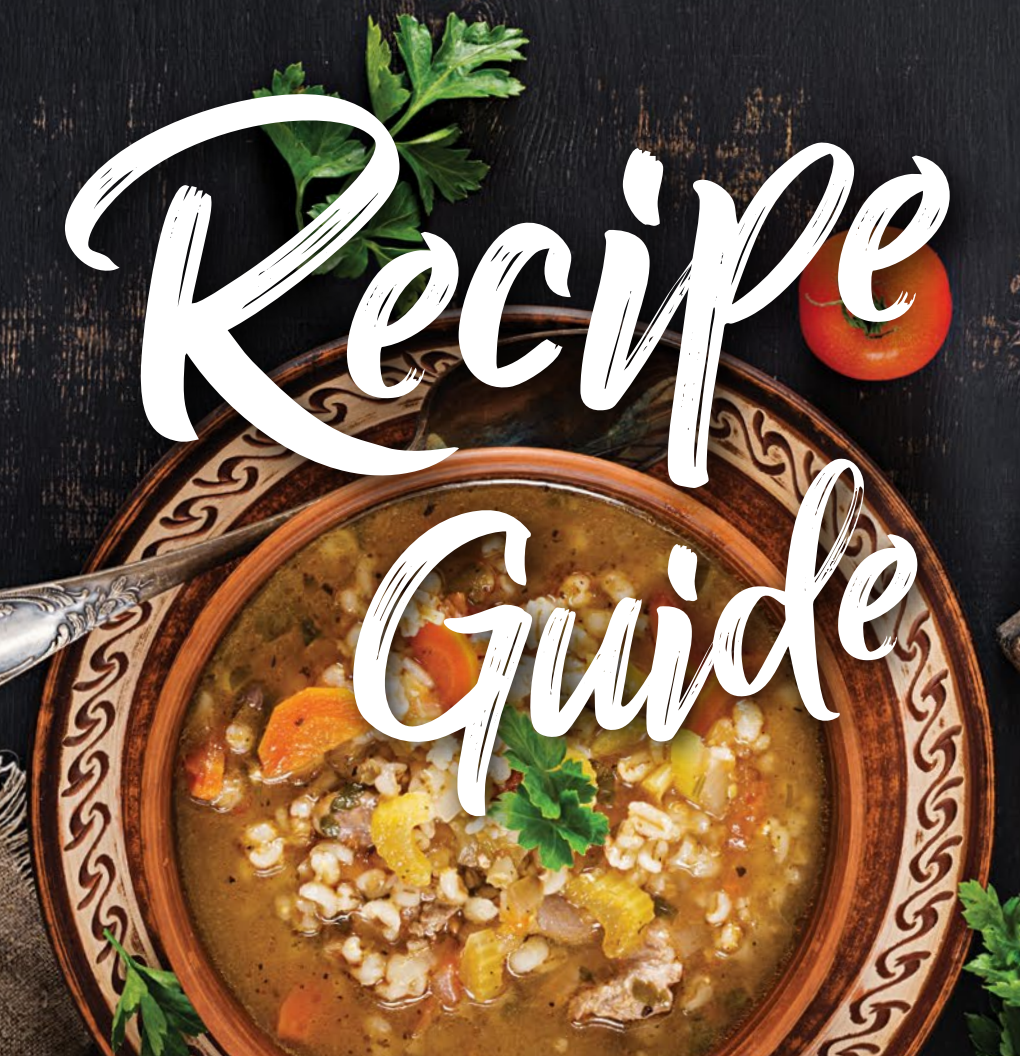


Bennett Read®

VIRTUOSO

THE ULTIMATE KITCHEN MACHINE RANGE

Recipe Guide

A top-down view of a rustic wooden bowl filled with a hearty soup. The soup contains chunks of meat, potatoes, carrots, and other vegetables in a rich broth. It is garnished with fresh green parsley. A silver spoon rests on the left side of the bowl. To the right of the bowl is a single, ripe red tomato. The entire scene is set against a dark, textured wooden background.

Contents

IMPORTANT

Please read your Bennett Read VIRTUOSO 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)

RECOMMENDED TOOLS:

Any recommended tools that are not included with the Virtuoso 20 can be purchased separately at www.tevo.co.za.

Images shown are for illustrative purposes only and may vary slightly from the recipes.

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CREAM OF BROCCOLI SOUP

INGREDIENTS:

1 tbsp. olive oil
 ½ onion, diced
 2 carrots, diced
 2 heads broccoli crowns (roughly 8 cups), chopped
 3 cups vegetable broth (can also use chicken stock)
 1 tsp. sea salt
 ½ tsp. ground black pepper
 ¼ cup parmesan cheese, grated
 ¼ cup plain Greek yogurt

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade
 Grating disc

6 SERVINGS

DIRECTIONS:

1. Heat the olive oil in a large, deep stock pot over medium-high heat.
2. Add the onion and carrots and cook until tender for about 4 - 6 minutes.
3. Add the broccoli, vegetable broth, salt, pepper and parmesan cheese and cook, covered, for 15 - 20 minutes, or until the broccoli is completely tender.
4. Use the food processor bowl or jug blender just to completely puree the broccoli soup mixture (in batches).
5. Once pureed, add the greek yogurt and stir to incorporate.
6. Heat through before serving.



CHICKEN LIVER PATÉ

INGREDIENTS:

4 large onions, thinly sliced
 60ml olive oil, plus more if needed
 Salt and freshly ground black pepper
 675g chicken livers, trimmed
 2 small carrots, cooked
 4 hard-boiled eggs
 A pinch of nutmeg
 Bread, toast or crackers, for serving

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade

DIRECTIONS:

1. In a frying pan over medium heat, sauté the onions in half of the olive oil until caramelized, for about 30 minutes. Remove half of the onions from the pan and set aside. Add the remaining olive oil and continue cooking over high heat until the onions are crispy and golden brown; add more olive oil if necessary. Drain on paper towels, season with salt and pepper and set aside for garnish.
2. In a small pot of salted simmering water, poach the chicken livers for 5 minutes on low heat. Drain on paper towels.
3. In the food processor, puree the livers with the carrots, 2 hard-boiled eggs and the caramelized onions until smooth. Season with salt and pepper. Add nutmeg. Push through a fine mesh sieve if desired.
4. Pack the mousse into a serving dish and smooth the top. Cover with plastic wrap. Refrigerate for at least 2 hours.
5. Garnish with the crispy onions and grate the remaining 2 hard-boiled eggs right before serving. Serve with bread, toast or crackers.



BUTTERNUT SOUP

INGREDIENTS:

1kg butternut squash
peeled and deseeded
2 tbsp. olive oil
1 tbsp. butter
2 onions diced
1 garlic clove thinly sliced
2 mild red chillies
deseeded and finely
chopped
850ml hot vegetable stock
4 tbsp. sour cream, plus
more to serve

RECOMMENDED TOOLS:

Blender

4 SERVINGS

DIRECTIONS:

1. Heat oven to 200°C.
2. Cut, peel and deseeded butternut squash into large cubes.
3. Add the butternut into a roasting pan with 1 tbsp of olive oil.
4. Roast for 30 mins, turning once during cooking, until golden and soft.
5. While the butternut squash cooks, melt 1 tbsp butter with the remaining 1 tbsp olive oil in a large saucepan and add 2 diced onions.
6. Thinly slice the garlic clove and $\frac{3}{4}$ of the 2 deseeded and finely chopped red chillies.
7. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
8. Add the butternut squash into a blender, add hot vegetable stock and sour cream.
9. Blend until smooth. For a really silky soup blend in batches.
10. Return the soup to the saucepan and gently reheat then season to taste.
11. Serve the soup in bowls with swirls of sour cream and a sprinkle of the remaining chopped chilli.



SPINACH SOUP

INGREDIENTS:

2 cups spinach
3 garlic pods, sliced
 $\frac{1}{2}$ onion, sliced
2 tbsp. butter
2 tbsp. olive oil
1 cup chicken stock
salt and pepper to taste
 $\frac{1}{2}$ lemon, squeezed
A dollop of cream

RECOMMENDED TOOLS:

Blender

2 SERVINGS

DIRECTIONS:

1. Lightly sauté the onion and garlic in butter and olive oil.
2. Add the spinach and sauté 30 seconds.
3. Add this to the blender with one cup of chicken stock, cream, a little salt and pepper and blend on high for 1 minute until you achieve a nice smooth creamy warm soup.
4. Taste for salt.
5. Serve in a bowl with a drizzle of lemon juice and a dollop of cream.



TOMATO SOUP

INGREDIENTS:

1kg ripe tomatoes, quartered
1 small chopped red onion
2 tsp olive oil
2 garlic cloves
125ml vegetable liquid stock, plus extra, if needed
2 tbsp. chopped fresh oregano or basil, plus extra, to serve (optional)
2 tbsp chopped fresh chives
1 small baguette, thinly sliced
20g finely grated parmesan

4 SERVINGS

DIRECTIONS:

1. Place the tomato and onion in a blender and blend until smooth.
2. Heat oil in a saucepan over medium heat and cook the garlic for about 30 seconds.
3. Pour in the tomato mixture with stock and stir for about 5-7 minutes or until completely heated then add in the herbs and seasoning.
4. Meanwhile, preheat the oven grill on high and place the baguette slices on a baking tray and grill for about 1 minute or until toasted.
5. Sprinkle with parmesan and grill for a further 20-30 seconds or until golden.

RECOMMENDED TOOLS:

Blender



POTATO PANCAKES

INGREDIENTS:

2 large eggs at room temperature
1 small onion, halved
2 medium potatoes, peeled and cut into cubes
2-4 tbsp. all-purpose flour
½ tsp. salt
Pinch cayenne pepper
4-6 tbsp. canola oil

4 SERVINGS

DIRECTIONS:

1. Place eggs and onion in a blender and blend.
2. Add potatoes and blend until finely chopped.
3. Transfer to a small bowl.
4. Stir in the flour, salt and cayenne pepper.
5. Heat 2 tbsp. oil in a large cast-iron pan or heavy skillet over medium heat.
6. Drop batter into oil about ¼ cup.
7. Fry in batches until golden brown on both sides using remaining oil as needed.
8. Drain pancakes on paper towels.

RECOMMENDED TOOLS:

Blender



GUACAMOLE

INGREDIENTS:

4 avocados, pitted and peeled
 ½ medium red onion, halved
 3 chilies, ends trimmed
 1 bunch (30g) fresh coriander leaves, ends trimmed, washed
 1 ½ tsp. salt, optional
 2 small limes, juiced

DIRECTIONS:

1. Place all ingredients into the food processor bowl.
2. Pulse 6-8 times or until desired consistency is reached.
3. Serve with tortilla chips.

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade
 Citrus Juicer



BREADSTICKS

INGREDIENTS:

2 cups bread flour
 2 tbsp. granulated sugar
 1 ½ tsp. salt
 1 ½ tsp. instant or bread machine yeast
 2 tbsp. unsalted butter, room temperature
 1 cup filtered water, not heated

Finishing the Breadsticks:

3 tbsp unsalted butter
 1 clove garlic, minced
 Additional salt for sprinkling, optional

12 SERVINGS

DIRECTIONS:

1. Place flour, sugar, salt and yeast in the bowl of food the processor fitted with steel blade. Pulse process 5 or 6 times to mix ingredients.
2. Add butter and water to the food processor. Process 45 seconds.
3. Transfer dough to floured surface. Knead several times to form a smooth ball. Place in oiled container; cover with plastic wrap. Let sit in a warm location until doubled in volume, for about 1 - 1 ½ hours.
4. Turn the dough onto floured surface. Cut into approximately 12 pieces. Form each piece into a rope. Place on a baking tray, lined with a baking sheet, leaving at least 2-inches between breadsticks. Cover with a dish towel or plastic wrap. Let sit until doubled in volume, for about 1 - 1 ½ hours.
5. Preheat oven to 200°C. Bake breadsticks in preheated oven for 10 - 12 minutes, or until golden brown.
6. Finishing the Breadsticks: Melt butter with garlic. Let it stand 5 minutes. Pour through wire mesh strainer to remove garlic.
7. Remove breadsticks from oven. Brush with garlic butter. and sprinkle with salt.



ROASTED AUBERGINE SPREAD

INGREDIENTS:

3 tbsp. olive oil
 3 garlic cloves, minced
 ½ tsp. salt
 ½ tsp. pepper
 2 large sweet red peppers, chopped
 1 medium aubergine, chopped
 1 medium red onion, chopped
 1 tbsp. tomato paste
 Toasted baguette slices or assorted crackers

DIRECTIONS:

1. Preheat oven to 180°C.
2. Mix the first 4 ingredients in a small bowl. Place the vegetables in a large bowl and add the mixture into the large bowl with the vegetables and toss.
3. Transfer the vegetables to a pan coated with cooking spray. Roast the vegetables until softened and lightly browned for 45-50 minutes, stirring once.
4. Allow the vegetables to cool, then transfer to the food processor. Add tomato paste and pulse just until blended (mixture should be chunky).
5. Transfer the mixture to a bowl and let it cool completely.
6. Serve with baguette slices or crackers.

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade

GREEK SALAD DIP

INGREDIENTS:

2 cucumbers, sliced
 2 tomatoes, quartered
 1 cup black olives, pitted
 4 cups baby spinach
 1 cup plain yogurt
 1 tbsp. olive oil
 Salt
 1 cup crumbled feta
 ½ lime, juiced
 Tortilla chips or pita bread, for serving

DIRECTIONS:

1. Puree the cucumber, tomatoes and black olives in the food processor, then transfer to a colander to drain.
2. Add the spinach and yogurt to the food processor and puree.
3. Drizzle in the olive oil, add a large pinch of salt and process until well combined.
4. Transfer the spinach mixture to a bowl using a rubber spatula.
5. Crumble in the feta, add the tomato mixture and lime juice and mix well to incorporate.
6. Check for seasoning, then serve as a dip with tortilla or pita bread.

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade
 Citrus Juicer

CARROT, GINGER & GREENS SALAD

SALAD

INGREDIENTS:

3 cups finely-chopped* kale leaves
 2 cups finely-chopped broccoli florets
 2 cups finely-chopped red cabbage
 1 cup julienne carrots
 1 cup roughly-chopped fresh cilantro leaves
 1/2 cup toasted slivered almonds
 1/3 cup thinly-sliced green onions
 1 avocado, peeled pitted and diced
 1 batch Carrot Ginger Dressing (see below)

6 SERVINGS

DIRECTIONS:

1. To make the salad, add all ingredients together in a large bowl, and toss to combine
2. Serve immediately. (Or if you are not going to serve the entire salad in one setting, the salad can be mixed without the dressing and refrigerated in a sealed container for up to 2 days with the dressing refrigerated separately in another sealed container.)
3. To make the carrot-ginger dressing, add all ingredients into the food processor, and pulse until completely smooth
4. Season to taste with salt and pepper, and/or add extra honey if you'd like a sweeter dressing. Serve immediately or refrigerate in a sealed container for up to 1 week

RECOMMENDED TOOLS:

Processor Bowl
 French Fry Disc
 Medium Shredding Disc or Fine Grating/ Shredding Disc

CARROT-GINGER DRESSING

INGREDIENTS:

1 large carrot, peeled and roughly-chopped
 1/4 cup white wine vinegar
 2 tbsp. olive oil (or any mild-flavored cooking oil)
 1 tbsp. finely-chopped fresh ginger
 1 tbsp. honey (or your desired sweetener)
 1 tbsp. soy sauce/salt
 1/2 tsp. toasted sesame oil
 Salt and black pepper, to taste

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.



FLUFFY YEAST DINNER ROLLS

12 SERVINGS

DIRECTIONS:

- Combine the flour, yeast, sugar and salt in the bowl, pulse to mix.
- In a microwave-safe measuring cup or in saucepan, warm the milk, water and butter to 45°C.
- With the food processor running on high, pour warmed milk mixture in through the feed tube of the food processor. Pouring in a steady stream, it should take less than 10 seconds to pour in.
- You may need to stop and scrape the mixture down from the sides of the bowl. Pulsing is helpful to pull the mixture together.
- Once it forms a ball, allow it to roll around in the food processor a few times to knead the dough. If the dough seems way too wet or way too dry, you can add a tablespoon or two of flour or a teaspoon or two of water during the process.

First Rise of Dough:

- Use some of the oil to grease the inside of a bowl. Place your ball of dough into the oil, then turn it so the oiled side is upwards (this helps the dough from drying out).
- Cover the bowl with plastic wrap, waxed paper or a clean kitchen towel and place in a warm spot (26°C or so) to rise.
- Once it's doubled in size, push a finger into the dough, pull out the finger and if the indentation remains, it's risen enough. It can take 20-60 minutes to rise depending on how warm your room is.
- Use some of the oil to lightly grease a 20cm round or square pan.
- Gently press down the dough to release the air that made it rise. Divide the dough into 12 portions. Take a knife and gently cut the dough right in the bowl into 4 wedges, then cut those wedges into 3 smaller wedges to get 12 portions. If easier, you can do this on a cutting board. Form each piece into a rounded ball and arrange in the prepared pan. Leave a little space between them. Cover loosely with greased plastic wrap.

Second Rise of Dough:

- Making ahead? At this point, if you want to bake them off later then you can cover them in the pan and place in the refrigerator for a few hours. They will take a little longer to rise when taking out of the refrigerator as they will be much colder. Add an extra 30 minutes for rise time.
- Preheat the oven to 190°C. The oven rack should be in lower-middle position.
- Cover with plastic wrap, waxed paper or a clean kitchen towel and place in a warm spot until doubled in size, warm and puffy.

Bake:

- When ready to bake, remove any coverings from pan. If brushing with egg wash, whisk together the egg and 2 teaspoons water and lightly brush over the risen rolls. Note that you won't use all the egg wash
- Place in oven and bake for about 20 minutes (rotate pan half-way through) or until golden brown.



INGREDIENTS:

2 cups all-purpose flour
1 packet instant yeast or
2 1/4 tsp.
2 tbsp. sugar
3/4 tsp. salt
1/2 cup milk
1/4 cup water
2 tbsp. salted butter
2 tbsp. oil for greasing bowl
& pan
1 large egg for egg wash
(optional)
2 tsp. water for egg wash
(optional)

RECOMMENDED TOOLS:

Processor Bowl
Kneading Tool
Twin Balloon Whisk

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.



HASHBROWNS

INGREDIENTS:

2 medium potatoes, shredded
½ medium onion, finely chopped
¼ cup all-purpose flour
1 egg
1 cup oil for frying, or as needed
salt and pepper to taste

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grating/ Fine Shredding Disc

2 SERVINGS

DIRECTIONS:

1. Rinse shredded potatoes until water is clear, then drain and squeeze dry. Place shreds in a bowl, and mix in the onion, flour and egg until evenly distributed.
2. Heat oil in a large heavy skillet over medium-high heat. When oil is sizzling hot, place potatoes into the pan.
3. Cover the whole bottom of the pan or make separate piles like pancakes. Cook until nicely browned on the bottom, then flip over and brown on the other side. It should take at least 5 minutes per side. If you are cooking them in one big piece, it can be cut into quarters for easier flipping.
4. Remove from the pan and drain on paper towels.
5. Season with salt and pepper and serve immediately.



MAYONNAISE

INGREDIENTS:

1 large egg at room temperature
1 tbsp. dijon mustard
1 tbsp. red or white wine vinegar
¼ tsp. salt, or more to taste
1 cup neutral flavored oil, grapeseed, sunflower or canola are best
1 tsp. fresh lemon juice, optional

RECOMMENDED TOOLS:

Processor Bowl
Twin Balloon Whisk
Citrus Juicer (for the lemon juice)

MAKES 1 CUP

(DOUBLE THE RECIPE FOR A LARGER BATCH)

DIRECTIONS:

1. Add egg to the processor and process for 20 seconds. Add the mustard, vinegar, and salt. Process for another 20 seconds.
2. Scrape the sides and bottom of the bowl, turn the food processor on then begin to slowly add the oil in tiny drops until about a quarter of the oil has been added (this is critical for proper emulsification).
3. When you notice that the mixture is beginning to thicken and emulsify, you can be a little less strict. With the processor on, continue to add it slowly, but increase to a very thin stream instead of drops of oil.
4. When all of the oil has been added, scrape the bottom and sides of the bowl and process for an extra 10 seconds. Taste mayonnaise for seasoning then add salt, lemon juice or extra vinegar to taste.
5. Note, if the mayo seems too thin, slowly stream in more oil with the processor running until thick.



HOLLANDAISE SAUCE

INGREDIENTS:

3 egg yolks
¼ tsp. Dijon mustard
1 tbsp. lemon juice
1 dash hot pepper sauce
(e.g. Tabasco)
½ cup butter

RECOMMENDED TOOLS:

Blender

2 SERVINGS

DIRECTIONS:

1. In a blender, combine the egg yolks, mustard, lemon juice and hot pepper sauce. Cover, and blend for about 5 seconds.
2. Place the butter in a glass measuring cup. Heat butter in the microwave for about 1 minute, or until completely melted and hot.
3. Set the blender on high speed and pour the butter into the egg yolk mixture in a thin stream.
4. It should thicken almost immediately.
5. Keep the sauce warm until serving by placing the blender container in a pan of hot tap water.



CAULIFLOWER MASH

INGREDIENTS:

head cauliflower, broken
into florets
¼ cup vegetable stock
2 cloves garlic
1 tbsp. butter
Salt and pepper, to taste

RECOMMENDED TOOLS:

Blender

2 SERVINGS

DIRECTIONS:

1. Add cauliflower, vegetable stock, garlic cloves salt and pepper to a blender and blend for 1 minute.
2. Carefully open the plastic lid and drop in the butter and blend.
3. Use a silicone spatula and pour into a bowl.
4. Season with salt and pepper to taste.



HERB SALAD YOGURT DRESSING

INGREDIENTS:

170g Greek yogurt
Juice from ½ lemon
2 tbsp olive oil
small pack of chopped basil
½ small pack of chopped parsley

2 SERVINGS

DIRECTIONS:

1. Blitz all the ingredients in a blender until smooth.
2. Season, then chill until needed.

RECOMMENDED TOOLS:

Blender



SPAGHETTI SAUCE

INGREDIENTS:

4 cups sweet cherry tomatoes
2 large garlic cloves peeled
¼ medium onion
¼ cup green olives
1-2 tbsp. balsamic vinegar or red wine
½ tsp. Italian seasoning
½ tsp. salt
¼ tsp pepper
1 tsp white sugar (optional)
olive oil

4 SERVINGS

DIRECTIONS:

1. Add ingredients into a blender except the sugar and olive oil.
2. Blend until smooth for about 3 - 5 minutes (If the mixture is still pink and frothy, blend a little longer).
3. While the sauce is blending, heat a small amount of olive oil in a skillet.
4. Pour sauce into a skillet and simmer until sauce reaches desired consistency.
5. Taste and add sugar if desired then simmer for about 1 - 2 minutes.

RECOMMENDED TOOLS:

Blender



PERFECT FRENCH FRIES

INGREDIENTS:

2.2kg medium potatoes
Vegetable or sunflower oil,
for frying
Sea salt

RECOMMENDED TOOLS:

Processor Bowl
French Fry Disc

8 SERVINGS

DIRECTIONS:

1. Peel and rinse the potatoes.
2. Cut the potatoes into vertical pieces by using the French fry disc of the food processor.
3. Place them in a large bowl and cover with cold water. Allow them to soak for about 2 - 3 hours.
4. Drain off the water and lay the potatoes on 2 baking trays lined with paper towels. Blot with paper towels.
5. Heat a few inches of oil in a heavy pot to 150-160°C. In 3 or 4 batches, cook the potatoes until soft, for about 4 - 5 minutes per batch. They should not be brown at this point. Remove each batch and drain on new/dry paper towels.
6. Once all the potatoes have been fried, turn up the heat until the oil reaches 200°C. When the oil is hot, start frying the potatoes in batches again, cooking until the fries are golden and crisp. Remove from the oil and drain on paper towels.
7. Sprinkle with sea salt and serve.



OVEN BAKED BEETROOT CRISPS

INGREDIENTS:

½ Beetroot
½ cup olive oil
2 tsp. sea salt

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc

1 SERVING

DIRECTIONS:

1. Preheat the oven to 150°C, and line several baking trays with baking paper.
2. Scrub the beetroot well and cut off the top.
3. Slice the beetroot (no need to peel them first, unless preferred) .
4. Place the beetroot slices in a large bowl and pour the oil and salt over the top.
5. Toss and mix well.
6. Now let the beetroot sit in the oil and salt until they release their natural juices, for about 15 - 20 minutes. This is what allows them to retain a better shape and color.
7. Toss the beetroot again, then drain off the liquid. Lay the slices out in a single layer on the prepared baking trays.
8. Bake for 45-60 minutes until crisp, but not brown. Test after 45 minutes and only bake longer if necessary.
9. Remove the beetroot chips from the oven and cool completely before storing in an airtight container.



CHOPPED BROCCOLI SALAD

SALAD INGREDIENTS:

2 cups small broccoli floret
1 ½ cups small cauliflower florets
1 cup brussels sprouts
1 cup carrot, chopped
½ cup red onion
4 slices bacon, cooked, roughly chopped (optional)
¼ cup shredded cheddar cheese
3 tbsp. sunflower seeds
¼ cup dried cranberries
¼ cup raw almonds, sliced

DRESSING INGREDIENTS:

½ cup mayonnaise
¼ cup plain greek yogurt
2 tbsp. honey
2 tbsp. apple cider vinegar
½ tsp. salt
½ tsp. pepper

4 SERVINGS

DIRECTIONS:

1. Add the broccoli, cauliflower, brussels sprouts, carrots, red onion, and bacon [if using] to the processor bowl. Pulse until the ingredients are finely chopped or broken down to your desired consistency. Set aside.
2. Make the dressing: In a medium bowl, stir together the mayonnaise, Greek yogurt, honey, apple cider vinegar, salt, and pepper. Set aside.
3. Add the chopped vegetable mixture to a large bowl, along with the cheddar cheese, sunflower seeds, dried cranberries, and almonds. Drizzle half of the dressing over the salad and toss to combine, adding more dressing as desired.
4. Serve immediately.

RECOMMENDED TOOLS:

Processor Bowl
Medium Shredding Disc or Fine Grating/ Shredding Disc
S-Blade

SHREDDED VEGGIE SALAD

INGREDIENTS:

1 small head iceberg lettuce, shredded
1 medium tomato, halved then very thinly sliced
1 small green bell pepper, very thinly sliced
½ medium onion, very thinly sliced
¼ cup hot chilli peppers, drained and chopped
2 tbsp. red wine vinegar
¼ cup extra-virgin olive oil
Salt and Pepper

2 SERVINGS

DIRECTIONS:

1. Mix salad and dress with vinegar, oil, salt and pepper.

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc or the French Fry Disc
Medium Shredding Disc or Fine Grating/ Shredding Disc

SWEET & SPICY COLESLAW

INGREDIENTS:

900g green cabbage
4 carrots
1 medium onion
½ cup mayonnaise
¼ cup mustard
2 tsp. apple cider vinegar
1 cup sugar
1 tsp. black pepper
½ tsp. cayenne pepper
Salt and freshly ground black pepper

8 SERVINGS

DIRECTIONS:

1. Cut cabbage in quarters and remove core.
2. Peel carrots and onion and cut into pieces that would fit through the feed tube.
3. Push cabbage, carrots, and onions through feed tube to grate. In a large bowl, toss vegetables together.
4. In another medium bowl, prepare the coleslaw dressing by whisking together the mayonnaise, mustard, cider vinegar, sugar, black pepper and cayenne pepper.
5. Toss dressing with the cabbage mixture, and season with salt and pepper, to taste.
6. Cover with plastic wrap and chill for at least 2 hours before serving.

RECOMMENDED TOOLS:

Processor Bowl
Medium Shredding Disc or Fine Grating/ Shredding Disc
Twin Balloon Whisk



OVEN FRIED CHICKEN

INGREDIENTS:

20 salted crackers, pulsed in the food processor until fine (about 1/2 cup)
 2 1/2 cups corn cereal flakes, pulsed in the food processor to fine crumbs (about 1/2 cup)
 2 tbsp. sesame seeds
 3/4 tsp. cayenne pepper
 1/2 tsp. crushed garlic spice
 2 egg whites
 1 cup low fat, plain yogurt
 1 tbsp. Dijon mustard
 1/2 tsp. salt
 Olive oil cooking spray
 4 medium sized skinless chicken breasts and 4 medium sized skinless chicken thighs (rinsed and patted dry)

8 SERVINGS

DIRECTIONS:

1. Preheat oven to 190°C.
2. Lightly spray a baking sheet with olive oil.
3. Combine the crackers and corn cereal crumbs, sesame seeds, cayenne and garlic powder in a shallow bowl.
4. In a large bowl, combine egg whites, yogurt, Dijon mustard and salt.
5. Add the chicken pieces and coat thoroughly with the yogurt mixture.
6. One at a time, dip the chicken pieces in the cracker mixture, packing crumbs onto chicken.
7. Arrange the chicken on a baking sheet and spray lightly with olive oil cooking spray.
8. Bake for 45-50 minutes, or until juices run clear when chicken is pierced with a knife.

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade
 Grinding Mill



SPAGHETTI WITH MINT & PARSLEY PESTO

INGREDIENTS:

2 bunches large mint
 2 large bunches parsley
 3/4 cup extra virgin olive oil
 Juice of 1 lemon
 4 garlic cloves
 1/2 cup grated Parmesan cheese
 1 tsp. salt
 450g of spaghetti

4 SERVINGS

DIRECTIONS:

1. Using the citrus juicer, juice the lemon.
2. Then blend the ingredients, except the pasta, together in the blender or food processor with the S-Blade.
3. In a large pot, cook the spaghetti until al dente, drain and toss with the pesto.
4. Serve while spaghetti is still warm.

RECOMMENDED TOOLS:

Processor Bowl
 S-Blade
 Jug Blender (if preferred)
 Citrus Juicer (for juicing of lemon)



POTATOES DAUPHINOISE

INGREDIENTS:

500ml double cream
500ml milk
3 garlic cloves
8 large potatoes
100g grated gruyère cheese (optional)

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc
Medium Shredding Disc

8 SERVINGS

DIRECTIONS:

1. Heat oven to 190°C.
2. Tip 500ml double cream, 500ml milk and 3 garlic cloves into a large saucepan and bring to a simmer.
3. Slice 8 large potatoes, add them to the cream and simmer for 3 mins until just cooked.
4. Gently stir to separate the potato and stop it sinking and catching on the bottom of the pan.
5. Remove the potatoes with a slotted spoon and place in a wide, shallow ovenproof dish so that they are about 5cm in depth.
6. Pour over the garlic infused cream (discarding the garlic) – just enough to seep through the layers and leave a little moisture on the surface.
7. Scatter over 100g grated gruyère cheese, if using, then bake for 30 mins until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.



TIP:
Use the shredding disc to grate cheese in double quick time

4-INGREDIENT PASTA DOUGH

SAUCE INGREDIENTS:

4 large eggs (room temperature)
2½ cups flour ("00" flour, semolina flour, all-purpose flour — or a blend)
1 tbsp. olive oil
1 tsp. fine sea salt

RECOMMENDED TOOLS:

Processor Bowl
Kneading Tool
S-Blade (you may prefer this tool instead of the kneading tool)

4 SERVINGS

DIRECTIONS:

1. Add all ingredients into the processor bowl.
2. Pulse for about 10 seconds, or until the mixture reaches a crumbly texture.
3. Remove the dough and form it into a ball with your hands, then place the dough on a lightly-floured cutting board.
4. Knead the dough for 1-2 minutes until it is smooth and elastic. If the dough seems too dry, add in an extra tablespoon or two of water. If the dough seems wet or sticky, just add in some extra flour, but the dough should be fairly dry.
5. Form the dough into a ball with your hands and wrap it tightly in plastic wrap.
6. Let the dough rest at room temperature for 30 minutes.
7. Use immediately or refrigerate for up to 1 day.
8. Roll out the pasta dough into your desired shape.
9. Cook the pasta in a large pot of generously salted boiling water until it is al dente, usually between 1 - 5 minutes depending on the thickness of your pasta
10. Drain and use immediately.



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.



SALMON CUCUMBER LIME SAUCE

SAUCE INGREDIENTS:

1 tbsp. grated lime zest
¼ cup lime juice
2 tbsp. olive oil
2 tbsp. white wine vinegar
4 tsp sugar
½ tsp. salt
½ tsp. ground coriander
½ tsp. freshly ground pepper
½ cup chopped fresh cilantro
1 tbsp. finely chopped onion
2 tsp minced fresh gingerroot
2 minced garlic cloves
2 medium size cucumbers,
peeled, seeded and chopped

SALMON INGREDIENTS:

½ cup minced fresh gingerroot
1 tbsp. lime juice
1 tbsp. olive oil
½ tsp. salt
½ tsp. freshly ground pepper
10 salmon fillets

RECOMMENDED TOOLS:

Blender

10 SERVINGS

DIRECTIONS:

1. Place the first 13 ingredients in a blender and process until pureed.
2. In a small bowl, mix ginger, lime juice, oil, salt and pepper.
3. Rub over flesh side of salmon fillets.
4. Lightly oil the grill rack. Place salmon on rack, skin side down.
5. Grill, covered, over medium-high heat for about 10 - 12 minutes or until fish just begins to flake easily with a fork.
6. Serve with cucumber lime sauce.



MEATBALLS

SAUCE INGREDIENTS:

2 tbsp. sunflower oil
1 onion, roughly chopped
1 sweet potato, peeled, cut into chunks
2 garlic cloves, crushed
1 x 400g tin chopped tomatoes
2 tbsp. tomato purée
1 tsp. dried oregano
1 bay leaf
salt and black pepper

MEATBALL INGREDIENTS:

1 slice bread, crust removed, torn into small pieces
4 tbsp. milk
1 small onion, finely grated
1 carrot, peeled, finely grated
1 zucchini, trimmed, finely grated
500g lean beef mince
1 large free-range egg yolk
100g grated mozzarella or cheddar cheese
freshly ground black pepper

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Fine Grating/ Shredding Disc

6 SERVINGS

DIRECTIONS:

1. Preheat the oven to 180°C.
2. Heat the oil in a large, heavy-based saucepan, add the onion and sweet potato and fry gently for 4 - 5 minutes, stirring regularly, until the onion has softened and is beginning to brown. Add the garlic and fry for 1 - 2 minutes, stirring regularly.
3. Add the remaining sauce ingredients and 500ml of water and stir well to combine. Season with salt and pepper. Bring to the boil, then simmer for 18 - 20 minutes, stirring regularly, until the vegetables are very soft.
4. Meanwhile, put the bread in a large bowl. Pour over the milk and set aside for a few minutes until the milk has soaked into the bread.
5. Add the onion and carrot. Squeeze any excess moisture from the courgette and add along with the mince and egg yolk. Mix all of the ingredients until thoroughly combined. Season well with pepper, then mix again.
6. Roll into 24 small balls, arranging them in the bottom of a shallow, 2 litre ovenproof dish. Bake for 18-20 minutes, or until lightly browned. Drain off any liquid that has collected in the bottom of the dish.
7. When the sauce is ready, remove the bay leaf. Using the blender, blitz the sauce until smooth.
8. Pour over the meatballs and sprinkle with the mozzarella. Return to the oven and cook for 20 - 25 minutes, or until the cheese has melted and browned and the sauce is bubbling.
9. Serve immediately with cooked pasta, rice, mashed potato or on a bed of lettuce.



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:

2 - 2 1/3 cups all-purpose flour OR bread flour divided (250-295g)
1 packet instant yeast (2 1/4 tsp.)
1 1/2 tsp. sugar
3/4 tsp. salt
1/8 - 1/4 tsp. garlic powder and/or dried basil leaves (optional)
2 tbsp. olive oil (+ additional)
3/4 cup warm water (175ml)

RECOMMENDED TOOLS:

Processor Bowl
Kneading Tool

12 SERVINGS

DIRECTIONS:

1. Combine 1 cup (125g) of flour, instant yeast, sugar and salt in a large bowl. If desired, add garlic powder and dried basil as well.
2. Add olive oil and warm water, then use a wooden spoon to stir very well.
3. Gradually add another 1 cup (125g) of flour. Add any additional flour as needed (sometimes you may need as much as an additional 1/3 cup), stirring until the dough is forming into a cohesive, elastic ball and is beginning to pull away from the sides of the bowl. The dough will still be slightly sticky but should still be manageable with your hands.
4. In a separate, large and clean bowl, generously drizzle olive oil and use a pastry brush to brush up the sides of the bowl.
5. Lightly dust your hands with flour and form your pizza dough into a round ball. Transfer to your olive oil-brushed bowl. Use your hands to roll the pizza dough along the inside of the bowl until it is coated in olive oil, then cover the bowl tightly with plastic wrap and place it in a warm place.
6. Allow the dough to rise for 30 minutes or until doubled in size.
7. Once the dough has risen, use your hands to gently deflate it and transfer to a lightly floured surface. Knead briefly until smooth (about 3-5 times).

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 1/4 teaspoon).
- You can proof the yeast first with the 3/4 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.



BLUEBERRY MUFFINS

INGREDIENTS:

265g plain flour
170g caster sugar
90g unsalted butter diced
1 large egg
170g frozen blueberries
175ml full fat milk
Zest of one lemon
1 tsp. vanilla extract
½ tbsp. baking powder
½ tsp. salt

RECOMMENDED TOOLS:

Processor Bowl
Kneading Tool
S-Blade (you may prefer this tool instead of the kneading tool)

12 SERVINGS

DIRECTIONS:

1. Preheat the oven to 180°C and line a muffin tray with muffin cases.
2. Using the food processor mix the flour, sugar, baking powder, salt and lemon zest.
3. Add the diced butter to the dry ingredients and pulse the mixture until it is crumbly.
4. Remove the dry ingredients and place in a large bowl and gently mix in the frozen blueberries
5. Mix the egg, milk and vanilla, make a well in the middle of the dry ingredients and pour in the wet ingredients.
6. Gently mix the batter until just combined, do not over beat.
7. Divide the mixture in the muffin cases using a spoon or ice cream scoop.
8. Bake for 20 - 30 minutes until golden brown and a cake tester comes out clean.



BAKED APPLE SLICES

INGREDIENTS:

3 large tart apples, peeled and sliced
¾ cup sugar
¼ cup apple cider or juice
1 tbsp. all-purpose flour
1 tbsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground ginger
¼ cup butter
½ cup walnuts or raisins
Vanilla ice cream

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc
S-Blade

3 SERVINGS

DIRECTIONS:

1. Preheat oven to 180 - 190°C.
2. Slice apples in your food processor.
3. Place sliced apples in a greased baking dish.
4. In the processing bowl, use the S-Blade to combine sugar, cider, flour, cinnamon, nutmeg and ginger; pour over apples.
5. Dot with butter and sprinkle with nuts or raisins.
6. Bake, uncovered, until apples are tender, for about 45 - 60 minutes
7. Serve warm with ice cream.



VANILLA MOUSSE MERINGUES

SAUCE INGREDIENTS:

1 cup granulated sugar
1 cup superfine sugar
8 egg whites
¼ teaspoon cream of tartar
¼ teaspoon 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:

1 cup full cream milk
4 tbsp. unsalted butter
2 large eggs
170g good quality dark chocolate, coarsely chopped
1/2 cup heavy cream
3 tbsp. granulated sugar
1/2 tsp. pure vanilla extract
pinch of salt
Whipped cream

RECOMMENDED TOOLS:

Processor Bowl
Twin Balloon Whisk
Jug Blender

4 SERVINGS

DIRECTIONS:

1. Heat milk and butter in a saucepan until small bubbles appear at the edge.
2. Meanwhile, whisk the eggs in a processor bowl. Very slowly stream about half of the hot milk mixture into the eggs, whisking constantly, then slowly stream the egg mixture back into the saucepan with the rest of the milk (this prevents the eggs from curdling).
3. Cook, stirring constantly until the mixture reaches 70°C, for about 2 minutes.
4. Carefully transfer this custard base to the blender. Add the chopped chocolate and blend on high speed for about 30 seconds. Add the cream and blend for another 30 seconds. Then add the sugar, vanilla and salt and blend again for 30 seconds.
5. Pour the mousse into serving glasses and chill for about 2 hours, until set.
6. Serve with your choice of topping.



CHOCOLATE CHIP COOKIES

INGREDIENTS:

1 cup pecan pieces or walnut halves
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 cup butter, chilled and cut up
2 eggs
1 tsp. vanilla
2 1/4 cups all-purpose flour
1 tsp. baking soda
2 cups semi-sweet chocolate pieces

RECOMMENDED TOOLS:

Processor Bowl
Kneading Tool
S-Blade (chop)

24 SERVINGS

DIRECTIONS:

1. Add nuts to the processor bowl, chop coarsely with several on-off turns. Remove and set aside.
2. Add granulated sugar, brown sugar, butter, eggs and vanilla to processor bowl and process until creamy using the kneading tool.
3. Add flour and baking soda, process just until mixed in.
4. Stir in nuts and chocolate pieces.
5. Drop dough by rounded teaspoons onto an ungreased cookie sheet.
6. Bake in a 190°C oven for about 8-10 minutes.
7. Cool on the cookie sheet for 1 minute.
8. Transfer cookies to wire racks and cool.



PANCAKES

INGREDIENTS:

2 cups all-purpose flour
4 tbsp. sugar
4 tsp. baking powder
½ tsp. salt
1 large egg
1 ½ cups milk
4 tbsp. butter, melted and slightly cooled
2 tsp. vanilla extract

RECOMMENDED TOOLS:

Processor Bowl
S-Blade

8 SERVINGS

DIRECTIONS:

1. Combine the flour, sugar, baking powder and salt in a large bowl.
2. In a processor, combine the egg, milk, butter and vanilla extract.
3. Add the wet ingredients to the dry ingredients and gently fold them together until well combined, but still a little lumpy. You don't want to over mix them or they could end up less fluffy and tough. The batter should be relatively thick, but easily pourable.
4. Set the batter aside to rest while you heat the griddle, for about 5 - 10 minutes. Any remaining lumps will start to soften as the moisture soaks in. Gently stir again.
5. Heat a griddle or non-stick pan over medium-low heat and melt a little butter to grease it. Pour batter onto the pan and let it spread out into a round pancake. Allow to cook until bubbles appear on the surface and the edges are set, then flip and cook until golden.
6. Continue cooking with the remaining batter.
7. Serve pancakes with maple syrup or your choice of toppings.



STRAWBERRY FROZEN YOGURT

INGREDIENTS:

4 cups frozen strawberries
1/2 cup non-fat Greek yogurt
1 tbsp. honey
1 tsp. lemon juice

RECOMMENDED TOOLS:

Processor Bowl
S-Blade

DIRECTIONS:

1. Place all ingredients into the bowl of the food processor with blade attachment and lid in place.
2. Pulse ingredients several times in quick bursts until strawberries begin to break down (remove lid to break clumps apart with a utensil if necessary).
3. At this point, you may flip the food processor switch to "on" for constant mixing. Allow ingredients to mix until well-combined.
4. Pour yogurt into a freezer-safe container; place in freezer overnight.
5. To serve, transfer to refrigerator for a few hours before serving (to soften).



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 tbs. 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.



WHOLE EGG MOLASSES BUTTERCREAM

INGREDIENTS:

6 large eggs at room temperature
1½ cups sugar
½ tsp. salt
3 cups unsalted butter at room temperature and very soft
1 tsp. vanilla extract
4 tbsp. plus 1 tsp. molasses

RECOMMENDED TOOLS:

Whisk

6 CUPS

DIRECTIONS:

1. Bring 1 cup water to just below a simmer in a saucepan over medium-low heat.
2. Using the whisk attachment, combine eggs, sugar and salt in the bowl of a stand mixer.
3. Place bowl on top of saucepan (it should not touch water) and cook egg mixture. Use a hand whisk to whisk mixture constantly, until lightened in colour and slightly thickened.
4. Remove from heat and beat with stand mixer fitted with the whisk attachment until completely cooled and tripled in volume for about 10 minutes.
5. Add butter, 1–2 tbsp. at a time, beating well after each addition until fully incorporated.
6. Add vanilla extract and molasses and beat on medium-low speed until just combined.



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:

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.



BREAKFAST PARFAIT

INGREDIENTS:

6½ cups frozen unsweetened raspberries
¼ cup packed brown sugar
¼ cup orange juice
2 tbsp. corn starch
½ tsp. grated orange zest
2 cups fresh blueberries
2 cups fresh blackberries
2 cups granola without raisins
4 cups vanilla Greek yogurt
Additional brown sugar (optional)

8 SERVINGS

DIRECTIONS:

1. Place raspberries and brown sugar in a blender and blend until pureed.
2. Press through a sieve and discard the seeds.
3. In a small saucepan, combine the raspberry puree, orange juice, corn starch and orange zest.
4. Cook and stir over medium heat until thickened and bubbly.
5. Reduce heat to low; cook and stir for about 2 minutes longer.
6. Remove from the heat; cool.
7. In eight parfait glasses, layer half of the raspberry sauce, berries, granola and yogurt.
8. Repeat layers then sprinkle with additional brown sugar if desired.
9. Serve immediately.

RECOMMENDED TOOLS:

Blender



BANANA PANCAKES

INGREDIENTS:

Little butter for frying
1 banana
1 egg
1 heaped tbsp. self-raising flour
½ tsp. baking powder
chopped strawberries and banana to serve (optional)
maple syrup to serve (optional)

3 SERVINGS

DIRECTIONS:

1. Melt the butter in a non-stick frying pan over a low-medium heat.
2. Add the banana, egg, flour and baking powder to a blender and blitz for 20 seconds.
3. Pour three little puddles straight from the blender into the frying pan.
4. Cook for 1 min or until the top start to bubble, then flip with a fork or a fish slice and cook for about 20-30 seconds more.
5. Repeat with the rest of the mixture to make three more pancakes.
6. Serve the pancakes with chopped strawberries or banana and a splash of maple syrup.

RECOMMENDED TOOLS:

Blender



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.



CITRUS COOLER

INGREDIENTS:

6 lemons
3 limes
6 oranges
2.8L water
1 ½ cups sugar (or more to taste)

RECOMMENDED TOOLS:

Processor Bowl
Citrus Juicer

14 SERVINGS

DIRECTIONS:

1. Gather the ingredients.
2. Squeeze the juice from 5 of the lemons, 3 of the limes and 5 of the oranges; pour into a 4L container.
3. Add water and sugar to juices; mix well.
4. Thinly slice the remaining orange and lemon and set aside for garnish.
5. Chill thoroughly and keep in the refrigerator.
6. Serve on ice with orange and lemon slices.



IMMUNE-BOOSTING CINNAMON CITRUS JUICE

INGREDIENTS:

6 medium oranges
2 lemons
1 thumb fresh ginger peeled
2 large carrots peeled and chopped
2 tsp. cinnamon
¼ cup water (optional)

Optional Ingredients:

1 tsp. honey for a sore throat
4-6 ice cubes
2 cinnamon sticks
2 lemon peels (for garnish)

RECOMMENDED TOOLS:

Processor Bowl
S-Blade (chopping & blending)
Citrus Juicer

2 SERVINGS

DIRECTIONS:

1. Peel and chop the ginger and the carrots.
2. Juice the oranges and the lemons.
3. Add the above mixtures into the processor bowl with a little bit of water.
4. Blend for 20 - 25 seconds until everything is liquid.
5. Use a fine strainer to strain the juice into a bowl or jug.
6. Enjoy immediately with ice. Optional choice: add a cinnamon stick and lemon peel for garnish.
7. If you choose to store it, use a jar with a lid or a bottle with a cap and store in the refrigerator for up to 24 hours.



CITRUS PUNCH

INGREDIENTS:

8 cups fresh orange juice
4 cups fresh lemon juice
2 cup fresh lime juice
2 cups of boiling water
1 ½ cups sugar
sliced fruit for garnish

10 SERVINGS

DIRECTIONS:

1. Pour fruit juices into a large pitcher.
2. In a small saucepan, boil 2 cups of water, add the sugar and stir until dissolved.
3. Add the sugar mixture to the juice mixture and stir well.
4. Store in refrigerator until chilled.
5. Serve over ice with sliced fruit.

RECOMMENDED TOOLS:

Processor Bowl
Citrus Juicer



STRAWBERRY SMOOTHIE

INGREDIENTS:

1 ½ cups whole frozen strawberries
½ medium banana
½ cup plain non-fat Greek yogurt
1 cup 100% orange juice

2 SERVINGS

DIRECTIONS:

1. Place all ingredients into a blender and mix on high until smooth
2. Option to add a little bit more orange juice depending on how thick/thin you like your smoothies
3. Serve immediately.

RECOMMENDED TOOLS:

Blender



GREEN JUICE

INGREDIENTS:

1½ cups water
2 cups kale
2 cored green apples
½ cup parsley leaves
1 medium cucumber quartered
celery stalks roughly chopped
1 piece of peeled ginger
1 tbsp. lemon juice

2 SERVINGS

DIRECTIONS:

1. Add all of the ingredients into the blender jug in the order in which they are listed.
2. Blend the ingredients on the highest setting, until the juice is well-blended.
3. To enjoy the pulp with your juice, pour the mixture into glasses and serve.
4. For a thinner consistency, pour the mixture through a fine mesh sieve, and using a spatula, press the pulp into the sieve to extract as much liquid as possible.
5. Pour the strained juice into glasses and serve.

RECOMMENDED TOOLS:

Blender



PEANUT BUTTER SMOOTHIE

INGREDIENTS:

1 large ripe banana
½ cup Greek yogurt
½ cup milk
3 tbsp. creamy peanut butter
1 tbsp. honey
1 tbsp. protein powder (optional)
1 cup ice cubes

2 SERVINGS

DIRECTIONS:

1. Break the banana into large pieces and add to the blender.
2. Combine Greek yogurt, milk, creamy peanut butter, ice and honey then secure the lid, and blend until your desired smoothie consistency.

RECOMMENDED TOOLS:

Blender



ONION POWDER

INGREDIENTS:
Onions (sliced thinly)

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc
Grinding Mill

DIRECTIONS:

1. Clean and slice onions as thin as possible. If using the oven method preheat oven to the lowest setting.
2. Place on dehydrator tray or baking tray if using the oven.
3. Dry until there is absolutely no moisture left in them.
4. In a dehydrator this takes 6 hours, but in the oven it could take up to 12 hours.
5. Once the onions are completely dehydrated, place them in the grinding mill and process until you have a fine powder. (DO NOT open processor right away to allow the powder to settle).
6. Store in an airtight container.

GARLIC POWDER

INGREDIENTS:
6 heads garlic

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc
Grinding Mill

DIRECTIONS:

1. Separate the cloves of garlic from the head. Peel off the papery skins and slice the cloves thin.
2. To dry garlic using a dehydrator: Spread out the sliced garlic in a single layer on the dehydrator screens and dehydrate until the garlic is crispy and snaps when you break it, up to 12 hours. Rotate your screens several times to dry evenly.
3. To dry garlic in an oven: Spread the sliced garlic on a baking tray with a baking sheet and dry in a preheated, 67°C - 93°C oven for about 1 - 2 hours until the garlic snaps when you break it.
4. Let the dehydrated garlic cool, then grind into a powder using the grinding mill. Store the garlic powder in an airtight container in a dark, cool and dry location.

GROUND CORIANDER POWDER

INGREDIENTS:
1 cup coriander seeds

RECOMMENDED TOOLS:

Processor Bowl
Grinding Mill

DIRECTIONS:

1. Take a hot pan.
2. Roast coriander seeds on the pan until they are dark golden brown.
3. Cool and grind. Your coriander powder is ready. Store in an airtight jar and use.

FAJITA SEASONING

INGREDIENTS:

2 tbsp. paprika
2 tbsp. ground cumin
2 tbsp. garlic powder
1 tbsp. onion powder
1 tbsp. chili powder
1 tbsp. dried oregano
1 tsp. ground coriander optional
1 tsp. salt

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grinding Mill (optional)

POULTRY SEASONING

INGREDIENTS:

3 tbsp. sage dried
1 ½ tbsp. rosemary dried
1 ½ tbsp. thyme dried
1 tsp. oregano dried
1 tsp. white pepper
1 tsp. paprika optional
1 tsp. ground coriander (optional)

DIRECTIONS:

1. Add all the dried herbs and spices into the grinding mill.
2. Grind into a powder.
3. Store in a spice jar or mason jar (if you make a large quantity) for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
Grinding Mill

CREOLE SEASONING

INGREDIENTS:

6 tbsp. paprika
2 tbsp. dried oregano
2 tbsp. black pepper
2 tbsp. onion powder
2 tbsp. garlic powder
1 ½ tbsp. sea salt flakes
1 tbsp. dried basil
1 tbsp. dried thyme
½ – 1 tbsp. cayenne

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grinding Mill (optional)

GREEK DRY RUB

INGREDIENTS:

3 tbsp. dried oregano
2 tbsp. dried basil
2 tbsp. garlic powder
2 tbsp. onion powder
1 tbsp. dill herbs
1 tbsp. sea salt flakes
1 tbsp. ground black pepper
1 tbsp. ground thyme
1 tsp. ground cinnamon (optional)

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc
S-Blade
Grinding Mill (optional)

STEAK SEASONING

INGREDIENTS:

3 tbsp. salt flakes
3 tbsp. ground black pepper
1 tbsp. garlic powder
1 tbsp. onion powder
1 tbsp. paprika
1 tbsp. crushed coriander seeds
1 tbsp. ground black pepper
2 tsp. dried thyme
1 tsp. red chili flakes

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grinding Mill (optional)

TUSCAN SEASONING BLEND

INGREDIENTS:

6 tbsp. dried basil
3 tbsp. sea salt flakes
2 tbsp. dried rosemary
2 tbsp. dried oregano
2 tbsp. dried thyme
1 tbsp. powdered garlic
2 tbsp. fennel seed
2 tbsp. ground black pepper
1 tsp. dried chili flakes (optional)

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
Medium Slicing Disc
S-Blade
Grinding Mill (optional)

STONE HOUSE SEASONING MIX

INGREDIENTS:

8 tbsp. sea salt flakes
6 tbsp. ground black pepper
6 tbsp. garlic powder
2 tbsp. paprika optional

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grinding Mill (optional)

ITALIAN SEASONING BLEND

INGREDIENTS:

2 tbsp. dried basil
2 tbsp. dried oregano
2 tbsp. dried rosemary
1 tbsp. dried thyme
½ tsp. dried sage

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grinding Mill (optional)

BLACKENED SEASONING MIX

INGREDIENTS:

3 tbsp. paprika
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. ground black pepper
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. sea salt flakes or to taste
½ – 2 tsp. cayenne pepper
(depending on how spicy you like it)

DIRECTIONS:

1. If you are making the base spices yourself, ensure to let them dehydrate and dry out before processing them into powder using the grinding mill.
2. Add spices to the processor bowl and use the S-Blade to stir and combine.
3. Store in an airtight spice jar for up to 6 months.

RECOMMENDED TOOLS:

Processor Bowl
S-Blade
Grinding Mill (optional)



Bennett Read

VIRTUOSO²²

THE ULTIMATE 22-IN-1 KITCHEN MACHINE

