The result of more than sixty years of experience, the Cooking Chef is the culmination of numerous innovations. This multifunctional, precise, ultra-versatile kitchen machine offers amazing and unparalleled performance: induction cooking, now with a temperature range of 20 °C to 180 °C.

This high temperature means that it is possible to sear meat, to fry, or to make caramel or popcorn. There is now also an automatic mode as well as a manual one. With twenty-four programmes, you can choose the recipe and follow the instructions. It’s as simple as that.

Kenwood has created this book especially to help you get the most out of your Cooking Chef. Whether basic, traditional, creative or staple dishes, they are all easy to make, introducing you to the pleasure of cooking.
Cooking Chef: a success story

This story goes back more than half a century. In 1947, Kenneth Wood founded his company, Kenwood Manufacturing Company Ltd, in Woking, set in the county of Surrey in England, with the intention of manufacturing household appliances. His first product was a toaster, which turned bread so it could be toasted on both sides without being touched. Driven by successful sales and the fierce competition, particularly in the United States, the entrepreneur tried to invent a new appliance in order to stay one step ahead.

In March 1950, Kenwood unveiled the result of months of research at the Ideal Home show in London. It was a kitchen machine with multiple functions which deserved a title so much greater than simply ‘a Stir Tool’. This was the Kenwood Electric Chef A700. Initially it was sold in the luxurious department store, Harrods of London, where it sold out in less than a week, despite the huge price tag. The success story was underway!

Since then, Kenwood’s food processor appliances have never stopped evolving, enabling them to always remain state-of-the-art. Exported around the globe to meet an ever-growing demand, fifteen million Kenwood kitchen machines can now be found in kitchens in more than one hundred countries.
Drawing upon over sixty years of experience, this is our most advanced high-end kitchen machine to date. It does everything you would expect from the Kenwood brand: it’s reliable, functional, high-quality, aesthetically pleasing, precise and innovative and now capable of induction cooking at temperatures of 180°C. Thanks to its ability to mix and cook simultaneously, it opens doors to a number of different possibilities. Its ease of use and level of precision make it possible to bring to life complex recipes which had previously required a helping hand and a great deal of care. A true revolution!
What you should know

The result of over sixty years’ experience and a whole host of innovations, Kenwood has designed the new Cooking Chef to be your companion in the kitchen. Simple to use, it is revolutionising the preparation and cooking processes of many dishes; with a temperature range of 20°C to 180°C, there’s now nothing it can’t do.

The Cooking Chef

Your Cooking Chef allows you to save time and offers a greater level of precision when preparing and cooking food.
**Features**

**Bowl:** With two insulated handles and a capacity of 6.7 litres, it allows you to work with large quantities.

**Timer:** Can be set to any time between 5 seconds and 8 hours.

**Electronic control:** Allows you to choose from 8 different speed settings for cold dishes. There are 9 rotation intervals, from 5 seconds to 5 minutes for hot dishes.

**Two modes:** Manual and automatic. The Cooking Chef is simple and intuitive to use.

**Menu:** Its readily accessible screen allows you to create many recipes with just a few clicks, from starters to desserts, thanks to its 24 automatic program. Select the recipe and follow the instructions. It’s as simple as that!

**Manual mode:** This allows you to intervene at each stage or set speed, temperature, mixing and cooking time yourself.
**Accessories**

A range of accessories are available for your Cooking Chef offering you a wide range of culinary possibilities. Anything not included in your pack can be purchased separately via our website.

**Creaming beater:** For carefully thickening and blending sauces and creams.

**Food processor:** With its knife blade, it is perfect for roughly or finely chopping, grinding or shredding. It also has 6 discs for grating and shredding vegetables and cheese.

**Glass thermoresist blender:** Can be used to make refreshing drinks, ice crushing, soups, sauces, cream desserts or baby food. Removable filler cap allows ingredients to be added during blending.

**K-Beater:** Is designed for preparing cakes, pastries, sponge, confectionery, cookies, meatballs, pasta dough, mashed potatoes and much more.

**Power whisk:** Used to incorporate the maximum amount of air into mixtures, creating a light and fluffy texture. It is mainly used for whisking egg whites, meringues, cream and soufflés.

**Scales:** Accurately measures out the weights in all of your recipes to the nearest gram.

**Spriral dough hook:** It can be used for many dough recipes such as bread rolls, doughnuts, pizza and more.

**Steaming basket:** For healthy, gentle and quick cooking.

**Stir tool:** With its ergonomic shape, it is the best there is for creating fast- and slow-cooked dishes.
**Induction cooking**

Your Cooking Chef provides you with a unique form of technology that is quick, optimal and safe. Located below the bowl and made of stainless steel to ensure optimal conduction, the induction cooker is guaranteed to save you time and energy. It offers you precision to the nearest degree with its 20°C to 180°C temperature scale.

- **20°C to 40°C**: Raising dough
- **40°C to 80°C**: Cooking at low heat
- **80°C to 100°C**: Cooking stews
- **120°C**: Italian meringue
- **140°C to 180°C**: Cooking at high heat for searing, pan frying

**180°C** A unique feature that will allow you to create an even greater range of dishes like caramel, popcorn and stir fried meat.

**180°C** It gives the best flavour. Food that is cooked quickly retains its texture, aroma and flavour.

**180°C** It is the healthiest way to cook. Food cooked at a high temperature does not absorb as much fat. It will save you time in your day-to-day life and can be used to create stir-fries in a matter of minutes.
Instructions for use

The units of measurement used in these recipes are metric. The measurements given in spoonfuls are always level unless stated otherwise. The number of eggs indicated in the recipes is calculated based on an egg weighing 50g. Preparation instructions and cooking times are to be used as a guide only. The latter can in fact vary slightly on account of the numerous parameters such as room temperature, the type of oven used, and the quality, density or water content of certain ingredients. This is why we recommend always checking your dish to see if it is ready or cooked sufficiently, and to leave it for longer, or reduce the temperature or speed if necessary. Due to the temperature of the liquids that you pour into the bowl of your Kenwood Cooking Chef, the time it takes to reach boiling point may vary.

Some safety tips

During and directly after cooking, the bowl, splashguard and bowl accessory will be just as hot as a pot would be. Take care to avoid contact with steam when examining the inside of the bowl by lifting the cover or the top of the Kenwood Cooking Chef both during and after cooking. We recommend using pot holders and touching only the handles when transporting the bowl. The heat-resistant mat, included with your Cooking Chef, is also very useful for protecting your work surface. It is important that you do not place more than 250ml of oil in the Cooking Chef bowl when frying at 180°C in order to avoid the risk of oil escaping and causing burns, please use small quantities.
Guide to Symbols

**Creaming Beater**

**Stirring Tool**

**K-Beater**

**Whisk**

**Dough Hook**

**Glass ThermoResist Blender**

**Food Processor**

**Steaming Basket**

**Rapid:** can be made in under 30 minutes, the type of preparation and cooking involved in easy day-to-day dishes.

**Gluten-free:** for those who are intolerant or wish to limit their consumption.

**Lactose-free:** for those who are intolerant or wish to limit their consumption.

**Low temperature:** for gentle cooking to preserve the food’s nutrients and flavour.

**Vegetarian:** dishes without meat or fish.
Useful Information

*Blanche:* the food substance, usually a vegetable or fruit, is scalded in boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water (ice-cold or refreshing) to halt the cooking process.

*Bread:* dust with flour, dip in whisked egg and then dip in breadcrumbs to bread something e.g. chicken.

*Brown (cooking):* to quickly cook food at a high temperature until brown.

*Brunoise:* is a culinary knife cut in which cubes of vegetables are cut about 3 mm or less.

*Clarified butter:* butter from which all milk solids has been removed. The result is a clear yellow fat that can be heated to a higher temperature than butter before burning. It is an excellent fat for pan-frying.

*Cool:* to instantly submerge a vegetable in ice-cold water to stop the cooking process.

*Egg wash (baking):* to brush pastry with egg yolk whisked together with a tablespoon of milk or water so that it turns a golden-brown during cooking.

*Emulsify:* to whisk a mixture to a mousse-like consistency.

*Equipment:* all the items required for the preparation of a dish.

*Bouquet garni:* a bundle of herbs usually tied together with string and mainly used to prepare soup, stock, and various stews. The bouquet is cooked with the other ingredients, but is removed prior to consumption.

*Julienne:* to cut fruit or vegetables into fine sticks.

*Line:* to cover the sides of a mould with pastry or cling film before filling it.

*Mince:* to finely chop the herbs, shallots, garlic or onions.

*Monder:* similar to blanching briefly dip the vegetable or fruit into boiling water, then directly into cold water. You can then peel the skin and serve.

*Peaks:* when the egg whites are beaten to soft peak stage, the whites will mound, but no sharp tips will form. When the recipe calls for egg whites that are beaten to the stiff peak stage, beat until sharp tips form when the beaters are lifted.

*Poach:* type of moist-heat cooking technique that involves cooking by submerging food in a liquid, such as water, milk, stock or wine.
**Quick-fry:** to give colour to food by cooking for a short time in a small quantity of fat.

**Raising:** the swelling of dough caused by yeast.

**Reduce until dry:** to reduce a substance until the cooking liquid has fully evaporated.

**Reduce:** to reduce the quantity of cooking liquid by boiling in an uncovered pot.

**Roast:** to dry-cook spices or grains in order to release their flavours.

**Roll out:** to flatten dough using a rolling pin.

**Roughly chop:** to cut or slice into large pieces.

**Roux:** a cooked mixture of equal quantities of butter and flour, used for thickening sauces.

**Sear:** to cook at a very high temperature.

**Set aside:** to put the mixture in a dish and set to one side.

**Sieve:** to pass a powder of flour through a sieve in order to remove lumps.

**Slice:** to cut into very fine slices.

**Stew:** to slowly cook in a covered pot.

**Strain:** to pass a mixture through a fine, cone-shaped sieve in order to filter it.

**Strainer:** a fine, cone-shaped sieve.

**Supreme:** refers to the best part of the food, and it has different meanings depending upon the food type. For instance this would be the breast meat of poultry.

**Sweat:** to cook over a gentle heat in a little fat to remove the water in the vegetable.

**To skin:** to briefly immerse a vegetable or fruit in boiling water so that it can be peeled more easily.

**Whisk:** blend ingredients to a smooth texture, or to incorporate air into a mixture.

**Zest:** to remove the outer layer of a citrus fruit to add flavour to a mixture.
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Very simple recipes for familiarising yourself with the Kenwood Cooking Chef. These sweet and savoury recipes include pictures and step-by-step instructions, so you can discover and master all of the Cooking Chefs functions.
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8 recipes to get you started

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Using the food processor attachment

Red cabbage salad, nut persillade

1 **Ingredients:**
½ red cabbage, 1 red onion, a few sprigs of parsley, 10 walnut kernels, oil, vinegar, salt, pepper.

2 Plug in the Kenwood Cooking Chef and remove the cover of the high-speed outlet by lifting it up.

3 Attach the food processor to the high speed outlet.
4  Lock the food processor in place.

5  Place the large grating disc on the drive shaft.

6  Place the lid on the food processor bowl and lock into place.
**7** Cut the red cabbage into pieces small enough to fit through the feed tube. Place them into the feed tube and put the pusher into position holding with one hand.

**8** Switch the Cooking Chef on by selecting 2 on the speed dial.

**9** Shred all the cabbage. Once finished place the cabbage in a salad bowl and set to one side.

**10** Remove the lid and blade and rinse the food processor bowl. Reattach and add the knife blade.

**11** Add the parsley, red onion and walnuts into the bowl and fit the lid.

**12** Switch on by selecting 2 on the speed dial. Chop the ingredients for a few seconds.
Dress the red cabbage with a vinigrette. Serve in individual bowls and sprinkle the walnut persillade on top.
Using the blender

Potato and leek soup

1 **Ingredients:**
3 sliced leeks, 3 peeled potatoes cut into slices, 1 chicken stock cube, crème fraîche, salt, pepper, nutmeg and water.

2 Lift the head of the Cooking Chef using the head lift leaver.

3 Clip the heat shield into place. Without attaching this, the Cooking Chef will not operate in cooking mode.
4. Attach the bowl to the Cooking Chef and add the leeks, potatoes, stock cube, salt and pepper and cover the ingredients with water.

5. Lower the Cooking Chef head and set the temperature to 100°C, the timer to 30 minutes and confirm. Leave ingredients to cook.

6. Once cooked, allow to cool, then pour the soup into the blender and fit the lid. Take care not to exceed 1.2L of hot liquid. Attach the blender to the high-speed outlet by pressing gently with both hands while twisting it in a clockwise direction.
7 Blend the ingredients until you have reached the desired consistency.

8 Place the soup in bowls and add a swirl of crème fraîche. Sprinkle nutmeg on top and serve.
Cut out a rectangular piece of baking paper. Place the chopped courgette, pollock fillet, chopped shallot and a slice of lime in the middle of the paper and add salt and pepper. Carefully fold the paper to create a parcel and keep it closed using a cocktail stick. Once wrapped, place it in the steaming basket.

**Ingredients:**

1 pollock fillet, 1 small courgette chopped into small pieces, 1 chopped shallot, 1 lime, olive oil, salt and pepper.
4 Pour 500ml of water into the Cooking Chef bowl.

5 Pick up the steaming basket by the handles.

6 Place the steamer in the bowl. Remember it should not be immersed in the water.
Clip the heatshield into place and lower the head. Without this, the Cooking Chef will not operate in cooking mode. Attach the splashguard.

Set the timer to 20 minutes, confirm and leave to cook. Once cooked remove the splashguard, taking care to avoid the steam that will be released and then remove the steaming basket using oven gloves.

Set the temperature to 110°C and bring the water to boil.
Drizzle the fish with a dash of olive oil on top and sprinkle with lime zest.
Using the stir tool

*Triple-pepper prawn stir-fry*

1. **Ingredients:**
   3 peppers (red, yellow and orange) chopped into small pieces, cooked Chinese noodles, 1 chopped onion, 1 chopped clove of garlic, peeled prawns, basil leaves, olive oil, pepper and soy sauce.

2. Lift the Cooking Chef head and fit heat guard. Once fitted attach the stir tool to the head of the machine.

3. Add a dash of olive oil to the bowl.
Set the temperature to 180°C and wait 30 seconds for the oil to heat up.

Set the timer to 5 minutes and confirm. Select stir delay 5 and confirm. Set the speed dial to ②.

Being careful of any hot steam, and without lifting the Cooking Chef head, add the garlic and onions and quick-fry for 1 minute.
After quick frying the onion, do the same for 2 minutes with the peppers, again without lifting the head.

After 2 minutes, add the prawns still remembering not to lift the head of the machine.

Add the Chinese noodles. Allow to cook for a further 2 minutes.
Carefully check the prawns are cooked and serve the prawn stir-fry on plates. Add pepper and drizzle with soy sauce. Sprinkle basil leaves on top.
Using the dough hook

White rosemary pizza

1 Ingredients:
250g strong white bread flour, 8g fresh baker’s yeast, 100ml olive oil, 5g salt, a few chopped sprigs of rosemary, 150ml water.

2 Lift the head of the Cooking Chef and insert the dough hook.

3 Place all the ingredients in the bowl and lower the head of the Cooking Chef. Fit the splashguard.
Set the timer to 6 minutes and confirm.

Set the speed dial to 2 and knead until all the ingredients come together.

Remove the splashguard and lift up the head of the Cooking Chef, remove the dough hook and cover the bowl with a damp cloth.
Leave to rise for 45 minutes at room temperature. Remove the dough from the bowl and roll it out onto a floured surface using a rolling pin.

Bake in a pre-heated oven at 220°C for 15 minutes.
Garnish the pizza with cherry tomatoes, parma ham, salt, pepper, rocket and drizzle with olive oil.
Using the creaming beater

*Risotto*

1 **Ingredients:**
200g arborio rice, 500ml vegetable stock, 40ml white wine, 1 diced onion, 20ml olive oil, salt, pepper, 50g grated parmesan, 2 tbsp mascarpone.

2 Lift the Cooking Chef head and fit heat guard. Attach the creaming beater.

3 Add the olive oil to the bowl and set the temperature to 140°C. Allow to heat for 30 seconds and then add the diced onion. Select and confirm. Set the speed dial to (Q). Quick-fry for 2 minutes.
4 After 2 minutes, keeping the head down on the kitchen machine and being careful of any steam, add the rice. Saute the rice for 2 minutes.

5 Add the white wine. Lower the temperature to 100°C and confirm. Leave to cook until the liquid has been fully absorbed.

6 Once absorbed, pour in the hot stock and add salt and pepper, select stir delay 3 and confirm. Set the timer to 18 minutes and confirm.
7. Cook until all of the stock has been absorbed.

8. Add the parmesan and marscapone and stir into the risotto. Season to taste and serve on plates.
Using the balloon whisk

Meringue

1. **Ingredients:**
2 egg whites, 125g caster sugar.

2. Lift the Cooking Chef head and attach the whisk.

3. Make sure it’s locked into position.
Lower the head of the Cooking Chef. Check the whisk is in the correct position. It should be almost touching the bottom of the bowl. If necessary, adjust the height using the spanner. Pour the egg whites into the bowl.

Gradually increase the speed to the maximum setting using the controller.

Whisk.
Pour the meringue mixture into a piping bag and pipe small dollops on to a baking tray covered with baking paper. Bake in a pre-heated oven at 90°C for 1 hour.

When the egg whites have acquired a mousse-like consistency, add the sugar in 3 parts.

Whisk until stiff ‘peaks’ are formed. Once mixed remove the whisk from the head of the machine.

Pour the meringue mixture into a piping bag and pipe small dollops on to a baking tray covered with baking paper. Bake in a pre-heated oven at 90°C for 1 hour.
Using the K-Beater

Strawberry tartlets

1 Ingredients:
250g plain flour, 125g softened butter, 100g caster sugar, 1 egg, 125g strawberries, 150g ricotta.

2 Lift the Cooking Chef head and fit the K-Beater to the bowl.

3 Place the sugar and butter in the bowl and lower the head of the Cooking Chef.
Set the timer to 30 seconds, confirm. Set the speed dial to 2.

Mix.

Once mixed, add the egg.
Set the timer to 40 seconds, confirm. Set the speed dial to 4.

Mix.

Add the flour.
10. Set the timer to 30 seconds, confirm. Set the speed dial to 2.

11. Once all mixed, lift the head of the Cooking Chef.

12. Remove the pastry from the bowl, wrap it in cling film and chill for 30 minutes.
13 Press the pastry into tartlet moulds. Prick the base with a fork. Line the base with baking paper and fill them with baking beans and blind bake in a pre-heated oven at 180°C for 15 minutes.

14 Remove the baking beans and then the tartlets from the moulds and garnish with a little ricotta, sweetened if desired. Arrange the strawberries on top.
Basic recipes that you can’t do without when cooking and upon which the reputation of the Kenwood Cooking Chef is founded. With its help, you no longer need to worry about messing up béarnaise sauce or choux pastry. Precision technology that can be used by anyone, from complete beginners to professionals.
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Shortcrust pastry

**Preparation time:** 5 min  
**Resting time:** 30 min

- Place all the ingredients in the bowl and **attach the K-Beater.**  
  **Set the stir speed to 1** and mix for 2 minutes.
- Once mixed, using your hands shape the mixture into a ball and wrap it in cling film. Place in the refrigerator for 30 minutes.
- Roll it out using a rolling pin.
- Bake for 25 minutes in a pre-heated oven at 180°C.

**Serves:** 6 people  
**Ingredients:**  
250g strong white bread flour  
70ml water  
2 egg yolks  
80g butter at room temperature  
2g fine salt

Sweet shortcrust pastry

**Preparation time:** 5 min  
**Resting time:** 1 hour

- Cut the butter into pieces and place it into the bowl with the flour, sugar, salt and vanilla sugar. **Attach the K-Beater and set the stir speed to 1.** Mix for 1 minute and then add the egg and mix for a further 30 seconds.
- Once mixed, using your hands shape the mixture into a ball and wrap it in cling film. Place in the refrigerator for 1 hour.
- Roll it out using a rolling pin.
- Bake for 25 minutes in a pre-heated oven at 180°C.

**Serves:** 6 people  
**Ingredients:**  
250g plain flour  
150g softened butter  
100g caster sugar  
1 egg  
1 pinch of salt  
½ sachet of vanilla sugar
Puff pastry

Preparation time: 30 min
Resting time: 3 hours

- Dissolve the salt in 125ml of water and set aside. Place the flour, butter and salt water in the bowl. Attach the K-Beater and set the stir speed to 1. Mix until you obtain a smooth dough known as the détrempé.

- Using your hands make the pastry dough into a ball and mark a square across its surface using the tip of a knife. Wrap in cling film and place in the refrigerator for 2 hours.

- Place the block of butter between 2 sheets of baking paper and gently flatten it using a rolling pin to form a square.

- Roll out the détrempé dough into a rectangle on your flour-coated work surface. Place the square of butter in the centre then cover it with the pastry dough.

- For the first step: roll out the pastry into a rectangle 3 times longer than it is wide. Then fold this in three. Turn the pastry a quarter of the way to the right.

- Repeat this process again, in the same way as before then wrap in cling film and leave to chill for 20 minutes.

- Repeat the process two more times. After each time, leave the pastry to chill for 20 minutes. The puff pastry is ready.

- Bake for 20 to 25 minutes in a pre-heated oven at 180°C.

Serves: 6 people

Ingredients:
For the détrempé dough portion
250g plain flour
37g room-temperature butter
7g fine salt
125ml water

For the butter portion
1 x 250g block of cold butter and a little flour for dusting the work surface.
Crumble pastry

Serves: 6 people

Ingredients:
- 50g softened butter
- 50g strong white bread flour
- 50g caster sugar
- 50g ground almonds
- 1 egg yolk
- 1 tbsp water

Predation time: 5 min
Cooking time: 12 min

Place all the ingredients in the bowl and attach the K-Beater. Set the stir speed to 2 and mix for 1 min until the mixture is smooth.

Crumble the pastry over a baking tray covered with baking paper.

Bake for 12 minutes in a pre-heated oven at 165°C.

Choux pastry

Serves: 6 people

Ingredients:
- 100g butter
- 150g strong white bread flour
- 4 medium eggs of about 55g
- 250ml water
- 1 tsp salt

Predation time: 15 min
Cooking time: 25 min

Prepare the egg wash by whisking the egg yolk and water together in a bowl and set aside.

Place the water, salt and butter in the bowl. Set the temperature to 102°C and confirm. Bring the ingredients to a boil. Being careful of any steam lift the head and attach the creaming beater. Lower the head again and adjust the temperature to 75°C and confirm. Set the timer to 3 minutes and confirm. Select stir delay 1 and confirm and set the stir speed to . Add in all the flour and mix.

Set the temperature to ‘Off’ and confirm. Leave the mixture to cool to 60°C. Set the stir speed to . While mixing, add in the eggs one by one, ensuring that they are mixed properly into the dough before adding the next one.

Once mixed, pour the dough into a piping bag fitted with a n° 15 smooth nozzle. Take a baking tray covered with baking paper and pipe small dollops, 3cm apart. Using a brush, apply the egg wash to each choux pastry.

Bake for 25 minutes in a pre-heated oven at 180°C.
Buckwheat crepe batter

Preparation time: 5 min  
Resting time: 4 hours

- Place all the ingredients in the bowl and attach the whisk.  
  Set the stir speed to 2 and mix for 2 minutes.

- Set the stir speed to 4 and mix for another 2 minutes to incorporate air into the mixture.

- Once mixed, remove the bowl and cover with a cloth. Place in the refrigerator for 4 hours.

- Pour a ladle-sized portion of the batter into a hot, generously buttered pan. Cook for about 2 minutes on each side.

Makes a dozen crepes

Ingredients:  
300g buckwheat flour  
1 egg  
10g fine salt  
750ml water

Crepe batter

Preparation time: 10 min  
Resting time: 30 min

- Place the flour, oil, sugar, eggs, orange zest and rum into the bowl and attach the whisk.  
  Set the stir speed to 2 and mix for 2 minutes. Add the melted butter and 200ml milk.  
  While mixing, add the rest of the milk little by little. The mixture should be smooth.

- Cover with a cloth and leave to rest in the refrigerator for 30 minutes.

- Pour a ladle-sized portion of the batter into a hot, lightly buttered pan. Cook for about 2 minutes on each side.

Makes around 20 crepes

Ingredients:  
250g strong white bread flour  
80g sunflower oil  
60g caster sugar  
60g melted butter  
6 eggs  
750ml milk  
Zest of 1 organic orange  
1 tbsp rum (optional)
Waffle batter

Makes around 20 waffles

Ingredients:
500g strong white bread flour
100g melted butter
3 eggs
750ml warm milk
2 tbsp caster sugar
1 pinch of salt

Preparation time: 15 min

- Separate the egg yolks from the white and set aside. Add the egg whites into the bowl and attach the whisk. Set the stir speed to 2 and mix for 1 minute. Gradually increase the stir speed to highest setting and beat the egg whites until stiff then empty these out of the bowl and set aside.

- Place the flour, sugar and salt in the bowl and attach the whisk. Set the stir speed to 2 and mix for 30 seconds. Add in the egg yolks and adjust the stir speed to 1. Mix until smooth then add the milk, followed by 250ml of cold water and mix again.

- Add the egg whites to the mixture and attach the creaming beater. Set the stir speed to the lowest setting and mix until the egg whites have been fully incorporated. Add the melted butter and again mix until full incorporated.

- Cook the waffles in a waffle maker for about 3 minutes.

Almond milk crepe batter

Makes around a dozen crepes

Ingredients:
250g strong white bread flour
4 eggs
2 tbsp white cane sugar
500ml almond milk
1 pinch of salt

Preparation time: 15 min

- Place the eggs, sugar and salt in the bowl. Attach the whisk. Gradually increase the stir speed to 4 and mix.

- Add ½ of the pre-sieved flour. Set the stir speed to 3. Mix in half the almond milk by adding it little by little. Add the rest of the flour and mix until the eggs whites have been fully incorporated. Add in the rest of the milk and continue to mix.

- Cook the crepes in an oiled pan for about 2 minutes on each side.
Pancakes

Makes around twenty pancakes

**Ingredients:**
- 200g white wheat flour
- 250ml milk
- 2 eggs
- 50g melted butter
- 3 tbsp caster sugar
- 1 pinch of salt and bicarbonate
- 8g baking powder

**Preparation time:** 5 min  
**Resting time:** 30 min

- Place all the ingredients in the blender attachment and attach it to the high speed outlet. Gradually increase the stir speed to 3 and mix for 1 minute.
- Cover the mixture with a cloth and leave to rest at room temperature for 30 minutes.
- Pour a ladle-sized portion of the batter into a hot, lightly buttered pan. Cook for about 2 minutes on each side.

Blini batter

Makes around twenty blinis

**Ingredients:**
- 200g white wheat flour
- 250ml milk
- 2 eggs
- 50g melted butter
- 3 tbsp caster sugar
- 1 pinch of salt and bicarbonate
- 8g baking powder

**Preparation time:** 10 min  
**Resting time:** 1 hour

- Separate the egg yolks from the egg whites. Pour the melted butter, egg yolks, flour, salt and milk into the blender attachment. Fit the blender to the high speed outlet and gradually increase the stir speed to 3. Mix for 1 minute or until you get a smooth batter.
- Remove the lid and cover with cling film. Leave to rest at room temperature for 1 hour.
- Add the egg whites and a pinch of salt to the bowl and attach the whisk. Set the stir speed to 2 and mix for 1 minute. Gradually increase the stir speed to highest setting and beat the eggs whites until stiff.
- Add the batter to the bowl and set the stir speed to 2. Mix until fully incorporated.
- Cook the blinis in a lightly oiled blini pan for about 2 minutes on each side.
Pizza dough

*Serves: 4 people*

**Ingredients:**
- 250g strong white bread flour
- 8g fresh baker’s yeast
- 150ml water
- 10ml olive oil
- 5g fine salt

**Preparation time:** 5 min  
**Cooking time:** 12 min  
**Rising time:** 45 min

- Place all the ingredients in the bowl and attach the dough hook.  
  *Set the timer to 8 minutes and confirm. Set the stir speed to 1* and knead.

- Cover with a damp cloth and leave to rise at room temperature for 45 minutes.

- Roll out and add toppings of your choice.

- Bake for 12 minutes in a pre-heated oven at 250°C.

Fresh pasta dough

*Serves: 6 people*

**Ingredients:**
- 4 eggs
- 400g strong white bread flour
- 30ml olive oil
- 1 pinch of fine salt

**Preparation time:** 10 min  
**Resting time:** 2 hours

- Whisk the eggs in a separate bowl and set aside.  
  Add the flour, oil and salt to the bowl and attach the dough hook.  
  *Set the stir speed to 1* and mix for 30 seconds.

- Add the whisked eggs in 2 parts while kneading and knead until you obtain a smooth ball of dough. Add a little water if required.

- Wrap in cling film and leave to chill for 2 hours. Make any pasta of your choosing: tagliatelle, sheets of lasagne, ravioles.
Fritter batter

**Preparation time:** 10 min  
**Resting time:** 2 hours

- Mix the yeast using half of the warm milk and pour this into the bowl with the flour, beer and egg yolks.  
  *Attach the whisk, set the stir speed to 3* and mix for 2 minutes or until you have a smooth batter.  
  Add in the rest of the milk and the oil and *set the stir speed to 2*.  
  Mix for 1 minute.

- Once mixed, cover with cling film and leave to chill for 2 hours.

**Serves:** 6 people  
**Ingredients:**  
240g strong white bread flour  
130ml warm milk  
100ml beer  
2 egg yolks  
3 tbsp sunflower oil  
10g fresh baker’s yeast

Tempura batter

**Preparation time:** 10 min  
**Resting time:** 1 hour

- Place all the ingredients in the bowl and *attach the whisk*.  
  *Set the stir speed to 3* and mix for 2 minutes or until you have a smooth batter.

- Cover with cling film and leave to chill for 1 hour.

**Serves:** 4 people  
**Ingredients:**  
100g strong white bread flour  
40g cornmeal  
6g baking powder  
2g salt  
200ml ice-cold sparkling water
Bagel dough

Serves: 6 people

Ingredients:
500g strong white bread flour
1 egg
10g fresh baker’s yeast
9g salt
30g sugar
20ml olive oil
230ml water
2 tbsp poppy seeds

For the egg wash
1 egg yolk
1 tbsp water

Preparation time: 15 min
Cooking time: 25 min
Rising time: 2 hours

- Place the flour and crumbled yeast at one side of the bowl and add the salt and sugar at the other. Add the oil and water and attach the dough hook. Set the timer to 10 minutes and the stir speed to 1 and knead until combined.

- Divide the dough into 6 balls then flatten them down and make a hole to resemble 6 rings. Cover them with a clean, damp cloth and leave to rise at room temperature for 2 hours.

- Poach the bagels in a pan of simmering water for 2 minutes. Once poached place them on a baking tray covered with baking paper and brush them with egg wash. Sprinkle poppy seeds on top and bake in a preheated oven at 180°C for 20 to 25 minutes.

Bun dough

Serves: 8 people

Ingredients:
450g wheat bread flour
1 egg
10g fresh baker’s yeast
9g salt
30g sugar
20ml water
1 tbsp poppy seeds
For the egg wash
1 egg yolk
1 tbsp water

Preparation time: 20 min
Cooking time: 20 min
Rising time: 3 hours

- Mix the yeast with 200ml of warm water. Place the yeast mixture, flour, brown sugar, egg, salt and milk in the bowl and attach the dough hook. Set the timer to 10 minutes and the stir speed to 1 and knead until it starts to combine.

- Add the butter and set the timer to 10 minutes and the stir speed to 1. Knead until the dough has come together.

- Cover with a clean, damp cloth and leave to rise at room temperature for 2 hours. Once risen, form 8 buns and place these on an oiled baking tray and leave to rise for 1 hour. Brush them with milk, then sprinkle seeds on top.

- Bake for 20 minutes in a pre-heated oven at 200°C.
Basic recipes
Savoury essentials
Vinaigrette

**Preparation time:** 2 min
- Place all the ingredients in the blender attachment and *attach to the high speed outlet. Set the stir speed to 2.*
- Blend for 30 seconds then serve.

**Ingredients:**
- 100ml sunflower oil
- 100ml olive oil
- 60ml wine vinegar
- 8g mustard
- Salt, pepper

Béchamel sauce

**Preparation time:** 3 min
**Cooking time:** 20 min
- Place the butter in the bowl and *attach the creaming beater.* *Adjust the temperature to 95°C* and allow the butter to melt.
- *Once melted add the flour to the bowl. Select and set the stir speed to.* Allow the roux to cook for 4 minutes.
- *Attach the splashguard and set the timer to 15 minutes.* Add the milk little by little via the feed chute on the splashguard then leave to cook.
- Once cooked, season with salt, pepper and nutmeg.
  *For extra flavour add grated cheese.*
**Tomato sauce**

**Preparation time:** 20 min  
**Cooking time:** 1 hour

- Skin and chop the tomatoes.  
  Chop the smoked streaky bacon into cubes.  
  Peel the cloves of garlic and remove the core.  
  Peel the carrots, leek, onions, fennel and shallot.

- **Fit the food processor onto the high speed outlet and fit the fine slicing blade. Set the stir speed to 1** and chop. Separately slice the onions, shallot, leek, carrots and fennel.

- Add the olive oil the bowl. **Attach the stir tool and set the temperature to 120°C.** Allow the olive oil to heat and then add the onions. **Select stir delay 4 and set the stir speed to [ ]**. Quick-fry for 5 minutes.

- Add the garlic and the shallot and quick-fry for a further 2 minutes. Add the leek, carrots, fennel, chopped tomatoes and smoked streaky bacon. Season with salt, pepper and chilli pepper. **Select [ ]** and quick-fry for 5 minutes.

- **Remove the stir tool being careful of any steam and attach the splashguard. Adjust the temperature to 90°C and set the timer to 50 minutes.** Leave to cook.

- Once cooked **add the mixture into the blender and fit to the high speed outlet. Set the stir speed to 2** and mix for 30 seconds or until you get a smooth texture. For an even finer texture, strain the sauce.
Béarnaise sauce

Preparation time: 10 min
Cooking time: 10 min

- Wash the tarragon, remove the leaves from the stalks and set aside. Peel and chop the shallot.

- Place the 10g of butter in the bowl and attach the creaming beater. Set the temperature to 100°C and allow the butter melt. Add the shallot. Select (4) and set the stir speed to (6).
  Sweat for 1 minute and then add in the white wine and vinegar and deglaze. Add the pepper and half of the tarragon leaves. Allow to reduce until nearly dry. Pass the reduction through a strainer and cool.

- Set the temperature to ‘Off’. Pour the reduction and the egg yolks into the bowl and attach the whisk. Set the stir speed to 3 and whisk for 3 minutes.

- Set the temperature to 50°C and stir speed to 4. Add in the clarified butter little by little continuing to whisk until the mixture is a creamy texture.

- Add the remaining tarragon leaves with salt and pepper to season.

- Serve immediately with red meat or grilled fish.

Choron sauce variation:
Add 1 tablespoon of tomato purée.
Mayonnaise

Preparation time: 2 min

- Place the egg yolks and mustard in the bowl and add salt and pepper. 
  *Attach the whisk and set the stir speed to the maximum setting* mixing for 1 minute.

- *Attach the splashguard and set the stir speed to 4.*
  Add the oil little by little via the feed tube on the splashguard. Ensure that it has been fully incorporated before adding more.

- Once the oil is added, add the vinegar and whisk for 30 seconds.

- Chill before serving.

Hollandaise sauce

Preparation time: 5 min
Cooking time: 6 min

- Place egg yolks, vinegar and cold water in the bowl and *attach the whisk.*
  *Set the temperature to 72°C and timer to 4 minutes. Set the stir speed to 6* and leave to cook.

- When the mixture reaches 60°C, switch to HSHT speed mode by keeping the speed set to 6.

- While mixing add the clarified butter little by little and continue to cook for a further 2 minutes using the same settings. Add salt and pepper.

- Serve immediately with asparagus or poached fish.
Indian curry sauce

Preparation time: 5 min
Cooking time: 18 min

Serves: 8 people

Ingredients:
2 onions
60g butter
15g plain flour
2 tbsp red or green curry paste
750ml chicken stock
400ml single cream
Salt, pepper

Makes 1 x 25cl pot

Ingredients:
2 onions
60g butter
15g plain flour
2 tbsp red or green curry paste
750ml chicken stock
400ml single cream
Salt, pepper

Green and red pesto

Preparation time: 5 min

Ingredients:
2 bunches of green basil
2 cloves of garlic
60g pine nuts
100g grated parmesan
100ml olive oil
Salt, pepper

Red pesto version:
Replace the green basil with purple basil and add 100g of dried tomatoes.
Apple chutney

Preparation time: 15 min
Cooking time: 39 min

Ingredients:
- 2 golden delicious apples
- 4 quinces
- 100g caster sugar
- 200ml cider vinegar
- 300ml water
- 20g fresh ginger
- Pepper

Serves: 8 people

- Peel, de-seed and slice the apples and quinces. Peel and grate the ginger.
- Place the apples, quinces, sugar, vinegar and water in the bowl. Attach the stir tool. Set the temperature to 140°C and confirm. Select stir delay 2 and set the timer to 9 minutes and confirm. Set the stir speed to ( ). Leave to cook.
- Replace the stir tool with the creaming beater. Set the temperature to 105°C and confirm. Select stir delay 2, set the timer to 30 minutes and confirm. Set the stir speed to ( ). Leave to cook. Add the fresh ginger and pepper halfway through cooking.
- Serve chilled as an accompaniment to meat, poultry or foie gras.

Bolognaiase sauce

Preparation time: 5 min
Cooking time: 24 min

Ingredients:
- 500g minced beef
- 100g yellow onion
- 300g roughly chopped tomatoes
- ½ tsp chilli pepper
- ½ tsp cayenne pepper
- 3 tbsp olive oil
- Salt, pepper

Serves: 6 people

- Peel and slice the onions and set aside.
- Pour the oil into the bowl and attach the stir tool. Set the temperature to 160°C and allow to heat.
- Add the onions and set the temperature to 120°C. Select ( ) and set the stir speed to ( ). Quick-fry for 3 minutes then add the ground beef. Leave to cook for 5 minutes.
- Add in the tomatoes, spices, salt and pepper and set the temperature to 95°C. Select stir delay 5 and set the timer to 15 minutes. Continue to cook.
- Serve straight away with spaghetti.
**Ketchup**

*Preparation time:* 15 min  
*Cooking time:* 27 min  
*Resting time:* 4 days

- Wash and chop the tomatoes into 6 pieces.  
  Peel the onion and chop it into large pieces.  
  Peel the clove of garlic and remove the core.

- Place the vinegar, sugar, salt, pepper and spices in the bowl and *attach the creaming beater. Set the temperature to 110°C and the timer to 10 minutes. Select stir delay 5 and set the stir speed to [ ].* Cook until it acquires a syrup-like consistency.

- Add the tomatoes, garlic and onion to the bowl and *set the temperature to 102°C. Set the timer to 17 minutes and select stir delay 2. Set the stir speed to [ ] and leave to cook.*

- Allow to cool, then pour the mixture into the *blender attachment and attach to the high speed outlet. Set the stir speed to 2* and blend until the mixture is smooth.

- Pour the ketchup into a pre-boiled jar. Leave to sit in the refrigerator for 4 days in order to allow the flavours to develop. It can be stored in the refrigerator for up to 2 months.

**Beurre blanc**

*Preparation time:* 5 min  
*Cooking time:* 10 min

- Place the shallots, white wine and vinegar in the bowl and *set the temperature to 110°C. Allow to reduce until nearly dry.*

- Cool by immersing the bowl in cold water for several minutes. Return the bowl to the Cooking Chef and *attach the whisk. Set the temperature to 55°C and the stir speed to 2.* Whisk while gradually incorporating the cubes of butter.

- Add salt and pepper and serve straight away as an accompaniment to fish.

*Serves: 8 people  
*Ingredients:*  
1kg ripe tomatoes  
1 onion  
1 clove of garlic  
70ml red wine vinegar  
50g cane sugar  
1 clove  
1 pinch of chilli pepper  
Salt, pepper

*Serves: 6 people  
*Ingredients:*  
250g unsalted butter, cut into small cubes  
40g chopped shallot  
50ml dry white wine  
25ml white wine vinegar  
Salt, pepper
Fish stock

Makes 1 litre

Ingredients:
600g bone and trimmings from lean fish (turbot, whiting, coley)
30g shallot
80g onion
100g carrot
1 bouquet garni
30g butter
Salt, pepper

Preparation time: 15 min
Cooking time: 28 min

- Roughly chop and rinse the fish bones and trimmings. Carefully drain them. Peel and slice the carrot, shallot and onion.
- Place the butter in the bowl and **attach the stir tool. Set the temperature to 95°C** and allow the butter to melt. Add the vegetables and fish bones and trimmings and **select** and the **stir speed to**.
- Leave to cook for 3 minutes.
- Cover with cold water and add the bouquet garni, salt and pepper. **Being careful of any steam, remove the stir tool. Set the temperature to 95°C and the timer to 25 minutes.** Leave to cook.
- Gradually pour into a jug then pass through a strainer to obtain a nice, clear stock.

Vegetable stock

Makes 1.5 litres

Ingredients:
1 fennel
2 carrots
1 stalk of celery
½ onion
1 shallot
1 leek (with greens removed)
1 bay leaf
1 sprig of thyme
1 tsp coarse salt

Preparation time: 10 min
Cooking time: 30 min

- Peel, wash and cut the vegetables into small pieces and place them in the bowl with the salt, bay leaf and thyme. Add 1.5l of cold water and **set the temperature to 102°C**. Bring to a boil. **Set the timer to 30 minutes** leaving to cook.
- Strain the stock.
White chicken stock

Makes 3 litres

Ingredients:
1kg chicken carcasses
100g carrot
100g onion
200g leek (with greens removed)
80g celery stalk
1 bouquet garni
Salt, pepper

Preparation time: 15 min
Cooking time: 45 min

- Roughly chop the carcasses and peel the vegetables. Chop them into large pieces.
- Place the carcasses in the bowl and cover with cold water. Set the temperature to 102°C and bring to a boil. Rinse and drain the carcasses using a colander.
- Place the carcasses back in the bowl and cover with cold water once again. Add the vegetables and bouquet garni along with salt and pepper. Set the temperature to 95°C and the timer to 45 minutes. Leave to cook, skimming regularly.
- Gradly pour into a jug or bowl and then pass the chicken stock through a strainer to obtain a nice, clear stock.

White veal stock:
Follow the same steps using 1kg of veal bones. Allow to cook for 2 hours and 30 minutes.

Skinned tomatoes

Ingredients:
1 tomato

- Cut a cross into the bottom of the tomato.
- Pour 500ml of water into the bowl and set the temperature to 100°C. Bring to a boil.
- Submerge the tomato for 10 seconds, then immediately transfer it to a bowl filled with ice-cold water.
- Carefully pull back the skin.
- Cut it into quarters, then remove the seeds.
Brown chicken stock

Makes 1 litre

Ingredients:
1kg chicken carcasses
100g carrot
100g onion
2 cloves of garlic
200g tomatoes
1 bouquet garni
Salt, pepper

Preparation time: 20 min
Cooking time: 1 hour 40

- Peel the carrots and onions, then chop them into large pieces. Wash and roughly chop the tomatoes and peel the garlic. Roughly chop the carcasses and place them on a baking tray. Cook them in a pre-heated oven at 200°C for 8 minutes until they begin to colour a little. Add the carrot and onion and cook for a further 2 minutes.

- Place the carcasses, carrot and onion in the bowl and deglaze the baking tray with 100ml of cold water in order to recover the cooking juices. Pour the resulting liquid into the bowl and cover with cold water. Set the temperature to 140°C and bring to a boil.

- Add the garlic, tomatoes and bouquet garni to the bowl with the salt and pepper. Set the temperature to 95°C and the timer to 1 hour 30 minutes. Leave to cook, skimming regularly.

- Pour gradually into a jug then pass the brown chicken stock through a strainer to obtain a nice, clear stock.

Brown veal stock:
Follow the same steps using 1kg of veal bones. Allow to cook for 3 hours.
Sweet essentials
**Custard**

**Preparation time:** 10 min  
**Cooking time:** 20 min

- Add the milk to a pan and add in the vanilla pod making sure it has been sliced down the middle. Bring the milk to boil and then keep it warm allowing the vanilla to infuse the milk for 15 minutes.

- Place the egg yolks and sugar into the bowl and attach the whisk. Set the stir speed to the maximum setting and whisk for 2 minutes.

- Remove the vanilla pod from the milk and attach the creaming beater. Set the stir speed to 1 and incorporate the milk into the egg and sugar mixture by adding a little at a time. Set the temperature to 85°C and the timer to 20 minutes. Select ( ) and set the stir speed to ( ) and leave to cook.

- Once cooked, Leave to chill then store in the refrigerator.

**Pastry cream**

**Preparation time:** 15 min  
**Cooking time:** 5 min  
**Chilling time:** 2 hours

- Add the milk to a pan and add in the vanilla pod making sure it has been sliced down the middle. Bring the milk to boil and then keep it warm allowing the vanilla to infuse the milk for 15 minutes.

- Place the egg yolks and sugar into the bowl and attach the whisk. Set the stir speed to the maximum setting and whisk for 2 minutes. Add the cornmeal and set the stir speed to 3. Mix for 30 seconds.

- Remove the vanilla pod from the milk. Attach the creaming beater and set the stir speed to 1. Incorporate the milk into the egg and sugar mixture by adding a little at a time.

- Set the temperature to 100°C. Select ( ) and set the stir speed to ( ). Bring to a boil and cook for 2 minutes.

- Pour the pastry cream into a large, flat dish. Cover the surface with cling film to prevent a crust from forming. Allow to cool before storing in the refrigerator for 2 hours.

**Makes 500ml**

**Ingredients:**  
500ml whole milk  
100g caster sugar  
6 egg yolks  
½ vanilla pod

**Makes 500ml**

**Ingredients:**  
500ml whole milk  
150g caster sugar  
6 egg yolks  
½ vanilla pod  
40g cornmeal
Chocolate sauce

**Serves:** 6 people

**Ingredients:**
- 250ml whole milk
- 300g dark chocolate (70% cocoa)
- 125ml single cream
- 30g unsalted butter
- 10g caster sugar

**Preparation time:** 5 min  
**Cooking time:** 3 min

- Place all the ingredients, except the chocolate, into the bowl and **set the temperature to 100°C**. Bring to a boil.

- Break the chocolate into pieces and add to the bowl. **Attach the creaming beater and set the temperature to ‘Off’. Set the stir speed to 1** and mix until completely melted.

- Serve.

  To obtain a smooth, glossy sauce, blend it for several seconds before serving.

Chocolate & nut spread

**Makes 500ml**

**Ingredients:**
- 40g whole blanched almonds
- 160g whole blanched hazelnuts
- 40ml whole milk
- 60g milk powder
- 40g acacia honey
- 150g milk chocolate (40% cocoa)
- 150g dark chocolate (60% or 70% cocoa)

**Preparation time:** 30 min  
**Cooking time:** 15 min  
**Resting time:** 24 hours

- Chop up the 2 types of chocolate and set aside.
- Place the almonds and hazelnuts on a baking tray and roast them in a preheated oven at 150°C for about 10 minutes. Leave to cool.

- **Fit the food processor attachment with the knife blade.** Place the almonds and hazelnuts in the bowl and **set the stir speed to 3**. Mix for 2 minutes or until you obtain a paste. Empty this out of the bowl and place to one side.

- Place the milk, milk powder and honey in the bowl and **attach the creaming beater. Set the temperature to 100°C. Select stir delay 5 and set the stir speed to 1**. Allow to melt.

- Add the chocolate and the paste to the bowl and **set the temperature to 55°C**. Allow to melt.

- **Attach the blender attachment to the high speed outlet and set the stir speed to 1**. Mix for 1 minute or until mixture is smooth.

- Pass mixture through a strainer and into a jar. Allow to cool before placing in the refrigerator. Leave to rest for 24 hours.
Chocolate Ganache

Serves: 8 people

Ingredients:
- 225g dark chocolate (70 % cocoa)
- 1.5 vanilla pod
- 200ml single cream
- 40g wildflower honey
- 50g butter

Preparation time: 10 min  Cooking time: 3 min
Chilling time: 3 hours

- Chop up the chocolate.
  Split the vanilla pod and remove the seeds.
- Place the cream, honey and vanilla seeds in the bowl and attach the creaming beater. Set the temperature to 102°C. Select stir delay 2 and set the stir speed to . Bring to a boil.
- Add the chocolate to the bowl and set the temperature to ‘Off’. Allow to melt.
- When the ganache has cooled to 35°C, chop the butter into cubes and add to mixture.
- Pour into a bowl and leave to crystallise in the refrigerator for 3 hours.
- To obtain a perfectly smooth ganache, mix it in the blender attachment for 30 seconds on speed setting 2.

Chantilly cream

Makes 500ml

Ingredients:
- 500ml whole-fat single cream
- 40g icing sugar

Preparation time: 5 min  Chilling time: 1 hour

- Pour the cream into the bowl and place in the refrigerator for 1 hour.
- Attach the whisk. Whisk the cream gradually increasing the speed to the highest setting. Whisk until the texture resembles that of whipped cream. Add the icing sugar to the bowl and mix again for several seconds to incorporate the sugar.
- Store in the refrigerator.
**Italian meringue**

**Preparation time:** 10 min  
**Cooking time:** 15 min

- Place all the ingredients in the bowl and **attach the whisk.**  
  **Set the stir speed to 3** and whisk for 1 minute.

- **Set the temperature to 118°C and the stir speed to 5.** Whisk.

- When the temperature reaches 60°C, the speed will slow down automatically.  
  Push the ‘temperature’ button to activate the HSHT mode. The red ‘!’ button should be displayed, Keep the speed set at 5.

- When the temperature reaches 118°C, **change the temperature setting to ‘Off’** and whisk until the meringue mixture cools to 40°C.

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**French meringue**

**Preparation time:** 10 min  
**Cooking time:** 1 hour

- Place the egg whites and 50g of caster sugar into the bowl. **Attach the whisk and gradually increase the stir speed to 6.** Whisk for 3 minutes and sprinkle in the rest of the caster sugar until fully incorporated.

- **Replace the whisk with the creaming beater and set the stir speed to 2.**  
  Sprinkle in the icing sugar until fully incorporated.

- Pour the meringue mixture into a piping bag with a fluted tip and create rosettes on top of a baking tray covered with baking paper. Bake in a preheated oven at 90°C for 1 hour.

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**Basic recipes**

**Serves:** 6 people  
**Ingredients:**  
90g egg whites  
125g caster sugar  
40ml cold water

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**Serves:** 6 people  
**Ingredients:**  
100g egg whites  
100g caster sugar  
100g icing sugar
Caramel sauce

-preparation time: 3 min
-cooking time: 1 hour

Split the vanilla pod in two and scrape out the seeds. Place all the ingredients in the bowl and attach the creaming beater. Set the temperature to 102°C. Bring to a boil and select ( ). Set the timer to 1 hour and the stir speed to ( ). Leave to cook.

Ensure that the mixture continues to boil without the milk overflowing. If required, adjust the temperature by 1 or 2 degrees. Cook until the consistency is smooth and thick.

Pour into a jar and allow to cool before storing in the refrigerator.

Salted caramel butter

-preparation time: 10 min
-cooking time: about 5 minutes

Cut the butter into small cubes. Keep set aside in the refrigerator.

Place the sugar, glucose and water into the bowl and attach the stir tool. Mix well on a low speed. Once mixed remove the stir tool and set the temperature to 180°C. Caramelise.

Set the temperature to ‘Off’, attach the creaming beater and fit the splashguard. Select ( ) and set the stir speed to ( ). Add the cream little by little until fully incorporated, then continue to mix for a further 5 minutes. Allow the caramel to cool to 60°C.

Transfer the mixture to the blender attachment being careful of any steam. Add the butter, fit the lid and set the stir speed to 2. Mix until a smooth, even texture is achieved. Store in the refrigerator.

If the caramel has a slight bitterness to it, add 10g of lemon juice to it prior to blending.

Serves: 8 people

Ingredients:
1l whole milk
300g brown sugar
1 vanilla pod seeds
¼ tsp bicarbonate of soda

Serves: 6 people

Ingredients:
280g sugar
10g glucose syrup
130g single cream
200g salted butter
30ml water
**Sabayon**

**Serves:** 6 people

**Ingredients:**
- 6 egg yolks
- 90ml orange juice
- 25g caster sugar

**Preparation time:** 3 min  
**Cooking time:** 10 min

- Place all the ingredients in the bowl and attach the whisk. Set the temperature to 50°C and the timer to 10 minutes. Set the stir speed to the maximum setting and whisk.

- Serve immediately.

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**Lemon curd**

**Serves:** 4 people

**Ingredients:**
- 65g lemon juice
- Zest of 2 lemons
- 50g butter
- 1 egg
- 50g caster sugar
- 1g leaf gelatine

**Preparation time:** 5 min  
**Cooking time:** 10 min  
**Chilling time:** 1 hour

- Soften the gelatine in a bowl of cold water. Heat the lemon juice and zest and set aside.

- Place the egg and sugar in the bowl and attach the whisk. Set the stir speed to the maximum setting and whisk for 2 minutes. Set the stir speed to 1 and slowly pour the hot lemon juice into the egg and sugar mixture until fully incorporated. Set the temperature to 85°C and the timer to 8 minutes. Select stir delay 3 and set the stir speed to . Leave to cook.

- Set the temperature to ‘Off’. Squeeze the excess water from the gelatine and then incorporate it into the mixture. Set the stir speed to 2 and mix for 1 minute. Allow the mixture to cool to 50°C and add the butter and lemon zest. Set the stir speed to 2 and mix for 1 minute.

- Pour into a jar and allow to cool before placing in the refrigerator for 1 hour.
Fruit Jam

Makes 5 x 375g jars

Ingredients:
1kg fruit (plums, apricots, strawberries...)
600g jam sugar

Preparation time: 10 min  
Cooking time: 5 min  
Resting time: 24 hours

- Boil the jam jars and place them upside down on top of a clean cloth without drying them. Wash, peel or remove the stones from your fruit of choice and cut them into small pieces.

- Place the fruit and the jam sugar in the bowl and attach the creaming beater. *Set the stir speed to 1* and mix for 2 minutes.

- *Set the temperature to 107°C and bring to a boil.*

- *Set the timer to 5 minutes. Select (a) and set the stir speed to (b).* Leave to cook, remembering to skim occasionally but being careful of any steam. Check it is sufficiently cooked by placing a drop on a cold plate. If it solidifies, the jam is ready. If not, cook for another few minutes.

- Fill the jars while the mixture is hot. Close them, then turn them upside down. Leave to cool and rest for 24 hours before tasting.
Marmalade

Preparation time: 15 min  
Cooking time: 2 hours 30  
Resting time: 24 hours

- Boil the jam jars and place them upside down on top of a clean cloth without drying them.
  Wash, then carefully dry the citrus fruits.
  Chop them into large pieces and keep the seeds and wrap them in a small muslin bag, tied shut using a piece of string.

- Place the fruit in the bowl along with 1l of water. **Set the temperature to 98°C and the timer to 1 hour 30 minutes.** Cook until just boiling.

- Drain the fruit, keeping the cooking juice and the muslin bag. **Attach the food processor attachment to the high speed outlet and fit the knife blade.** Add the fruits. **Set the stir speed to 2.** Finely chop the citrus fruits.

- Add the chopped fruit, muslin bag, cooking juice and sugar to the bowl and **attach the creaming beater. Set the temperature to 100°C and bring to a boil.** **Set the temperature to 90°C and the timer to 1 hour.**  
  **Select stir delay 5 and set the stir speed to 2.** Leave to cook remembering to skim but being careful of any steam.

- Check it is sufficiently cooked by placing a drop on a cold plate. If it solidifies, the marmalade is ready. If not, cook for another few minutes. Remove the muslin bag. Fill the jars while the mixture is hot. Close them, then turn them upside down. Leave to cool and rest for 24 hours before tasting.
Bread making is one of those tasks which is often considered difficult, but with the spiral dough hook it couldn’t be easier. This section contains recipes such as baguettes, gluten-free bread and a selection of pastries.
Bread & Pastries
Bread & Pastries

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Baguette

**Preparation time:** 20 min  
**Rising time:** 1 hour 50 min  
**Cooking time:** 25 min

- Place all the ingredients in the bowl and **attach the dough hook.**  
  **Set the timer to 4 minutes and the stir speed to 1.** Mix until its all incorporated.

- **Set the timer to 12 minutes and the stir speed to 1.**  
  Knead until you obtain a smooth and elastic dough. Cover the bowl with a clean, damp cloth and leave the dough to rise for 20 minutes at room temperature.

- Transfer the dough to a lightly dusted work surface. Fold it in on itself 2 or 3 times before separating it into 4 equal parts and create 4 balls of dough. Mould each of these into the shape of a baguette. Then, using the palm of your hand roll them so they reach the desired length. Leave to rise for a further 1 hour and 50 minutes at room temperature, covered with a clean, damp cloth.

- Place the baguettes on a baking tray covered with baking paper or a baking mat. Pre-heat your oven to 250°C and place a bowl filled with water inside, this will create the steam needed to bake the bread properly.

- Make 6 diagonal slashes across the top using a sharp knife and bake in the oven for about 20 to 25 minutes.

- After removing from the oven, leave to cool on a cooling rack.

*To make seeded baguettes:*
After being left to rise for the last time, roll the pieces of dough on top of a piece of cling film with your choice of seeds sprinkled on top of it.

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**Makes 4 baguettes**

**Ingredients:**
- 500g strong white bread flour
- 20g fresh baker’s yeast
- 325ml water
- 10g salt
Farmhouse bread

Makes 2 loaves

Ingredients:
- 250g strong white bread flour
- 250g rye flour
- 20g fresh baker’s yeast
- 325ml water
- 10g salt

Preparation time: 15 min
Rising time: 1 hour 50 min
Cooking time: 40 min

- Place all the ingredients in the bowl and attach the dough hook. Set the timer to 4 minutes and the stir speed to 1. Mix until incorporated.

- Set the timer to 12 minutes and continue to mix at stir speed 1 to knead.

- Cover the bowl with a clean, damp cloth and leave the dough to rise for 20 minutes at room temperature.

- Transfer the dough to a work surface which has been lightly dusted with flour. Fold it in on itself 2 or 3 times before dividing into 2 equal parts. Shape these into 2 balls and cover again with a clean, damp cloth and leave to rise for 1 hour and 30 minutes at room temperature.

- Pre-heat your oven to 250°C and place a bowl filled with water inside, which will create the steam needed to bake the bread properly. Place the farmhouse loaves on to a baking tray covered with baking paper or a baking mat. Using a sharp knife make a cross-shaped incision on the top of the bread and bake in the oven for around 40 minutes.

- After removing from the oven, leave to cool on a cooling rack.
Fougasse

Preparation time: 20 min
Rising time: 1 hour 20 min
Cooking time: 15 min

- Wash and slice the tomato and Cut the Saint-Marcellin into slices.
- Place all the ingredients for the dough in the bowl. Attach the dough hook. Set the timer to 4 minutes and confirm. Set the stir speed to 1. Mix.
- Set the timer to 12 minutes and continue to mix at stir speed to 1.
- Cover the bowl with a clean, damp cloth. Leave the dough to rise for 20 minutes at room temperature. Shape into a ball, then leave in the bowl to rise for another 1 hour at room temperature.
- Pre-heat your oven to 250°C. On a work surface lightly dusted with flour, roll out the dough into a 30cm x 20cm rectangle. Moisten the edges of the dough with water and spread pesto across one half of the rectangle with the slices of tomato, ham and the Saint-Marcellin cheese.
- Fold the other half over on top and press down on the edges to seal the fougasse. Make 3 or 4 diagonal cuts into each side of the dough, running from the centre to the edges.
- Place the fougasse on a baking tray covered with baking paper or a baking mat. Bake for 15 minutes.
- Serve hot, warm or cold as an appetiser or on a plate accompanied with a green salad.

Makes 1 fougasse

Ingredients:
Bread dough
250g strong white bread flour
160ml water
10g fresh baker’s yeast
5g salt

Toppings
1 tomato
1 Saint-Marcellin
or other soft French cheese
50g pesto
(see basic recipe)
2 slices of cured ham

Preparation time:
20 min
Rising time:
1 hour 20 min
Cooking time:
15 min

Makes 1 fougasse

Ingredients:
Bread dough
250g strong white bread flour
160ml water
10g fresh baker’s yeast
5g salt

Toppings
1 tomato
1 Saint-Marcellin
or other soft French cheese
50g pesto
(see basic recipe)
2 slices of cured ham
Gluten-free bread

Preparation time: 5 min  
Rising time: 1 hour  
Cooking time: 40 min

- Place all the ingredients in the bowl and attach the K-Beater.  
Set the timer to 2 minutes and the stir speed to 1. Mix until incorporated.

- Transfer the dough to a pre-oiled loaf tin.  
Cover with a damp cloth and leave to rise for about 1 hour at room temperature.  
The dough should rise up to the edge of the tin.

- Pre-heat your oven to 200°C and bake for 40 minutes.

- Leave to cool on a cooling tray.

Makes 1 loaf

Ingredients:
- 200g brown flour
- 50g buckwheat flour
- 150g cornstarch
- 10g salt
- 20g fresh baker's yeast
- 340ml water
Bread & Pastries
Milk bread

Preparation time: 20 min  
Rising time: 2 hours 40 min  
Cooking time: 15 min

- Place the flour, sugar, salt, milk and crumbled yeast in the bowl.  
  *Attach the dough hook and set the timer to 5 minutes.*  
  *Set the stir speed to 1* and mix until a dough has formed. The dough should be smooth and even.

- Add the butter and *set the timer to 10 minutes.* *Set the stir speed to 1* and continue to mix.

- Cover the bowl with a clean, damp cloth and leave to rise for 1 hour and 30 minutes at room temperature.

- Transfer the dough to a work surface which has been dusted with flour and divide it into 12 equal parts. Leave it to rest for 10 minutes. Shape into small loaves then place these on a baking tray covered with baking paper or a baking mat. Cover with a damp cloth and leave to rise for another 1 hour at room temperature.

- Pre-heat your oven to 200°C.  
  Prepare the egg wash by whisking together the egg yolk and the milk. Using a brush, coat the small loaves with the egg wash. Place in the oven, then immediately lower the temperature to 170°C and bake for 15 minutes.

- Leave to cool on a cooling tray.

*For extra flavour:*  
*Add chocolate chips or nibs of sugar.*
**Nanterre brioche**

**Preparation time:** 20 min  
**Rising time:** 14 hours 30 min  
**Cooking time:** 35 min

- Combine the yeast and the milk. Place the flour, salt, sugar, yeast mixture and 4 eggs in the bowl. **Attach the dough hook and set the timer to 12 minutes. Set the stir speed to 1** and knead. When a dough has formed, add the remaining two eggs one by one continuing to knead.

- Incorporate the butter and **set the timer to 15 minutes. Set the stir speed to 1** and continue to knead.

- Cover the bowl with a slightly damp cloth and leave the dough to rise for 1 hour at room temperature. Remove pockets of air from the dough by using your hand to press down into the dough a couple of times and re-cover with a cloth and place in the refrigerator for 12 hours.

- Divide the dough into 2 parts. With each part, create 6 balls of equal size. Place these in a bread tin which has been coated with butter and flour. Cover with a damp cloth and leave to rise for a further 1 hour and 30 minutes at room temperature.

- Pre-heat your oven to 200°C. Make the egg wash by beating the egg together with the water, then use a brush to coat the brioche. Bake in the oven for 35 minutes. Remove from the tin immediately after baking and leave to cool on a cooling rack.

*For extra flavour:*  
You can flavour the brioche using orange blossom water or a vanilla pod. Add chocolate chips or nibs of sugar.

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**Makes 2 brioches**

**Ingredients:**  
500g strong white bread flour  
15g fresh baker’s yeast  
2 tbsp milk  
15g salt  
30g caster sugar  
6 eggs  
350g softened butter  

**For the egg wash:**  
1 egg  
1 tbsp water
Apple turnovers

Preparation time: 20 min
Resting time: 1 hour
Cooking time: 50 min

- Peel and core the apples and cut them into small pieces. Prepare the egg wash by whisking the egg yolk and water together in a bowl and set aside.

- Place the butter in the bowl and attach the stir tool. Set the temperature to 120°C and allow to melt. Add the apples, sugar and cinnamon and set the timer to 25 minutes. Select stir delay 5 and set the stir speed to . Leave to stew, then cool.

- Roll out the puff pastry using a rolling pin until it is about ½cm thick. Using a cookie cutter, cut out 10 circles of 10cm in diameter. Using the rolling pin, gently roll these into an oval shape.

- Using a brush, coat approximately 1cm of the edge on each circle with the egg wash. Place 1 tablespoon of stewed apple on one half of the pastry, then fold over the other half. Gently press on the edge to seal the turnover.

- Place the turnovers on a baking tray covered with baking paper. Set aside for 1 hour.

- Pre-heat your oven to 180°C. Using a brush, coat the turnovers with the egg wash. Bake in the oven for 25 minutes.

They can be eaten either straight from the oven, warm or cold.

Ingredients:
700g puff pastry
(see basic recipe page 63)
400g Golden Delicious apples
200g Granny Smith apples
30g butter
30g caster sugar
3 pinches of ground cinnamon

For the egg wash:
1 egg yolk
1 tbsp water

Makes 10 turnovers
Pre-heat your oven to 180°C. Prepare the egg wash by whisking the egg yolk and water together in a bowl.

Place the water and butter in the bowl and set the temperature to 102°C. Bring to the boil. Attach the creaming beater and set the temperature to 75°C. Set the timer to 3 minutes. Select stir delay 1 and set the stir speed to . Add in all the flour and mix until combined. You may need to mix for longer before the pastry is sufficiently dry.

Set the temperature to ‘Off’ and allow the mixture to cool to 60°C. Incorporate the eggs one by one, ensuring that the consistency of the pastry is even before adding the next.

Pour the choux pastry into a piping bag fitted with a smooth nozzle. Create small balls 2cm diameter on a baking tray covered with baking paper or a baking mat. Using a brush, coat them with the egg wash. Sprinkle sugar nips on top. Bake in the oven for 20 minutes. They should be golden-brown on the outside. Reduce the oven temperature to 100°C and leave to dry for 10 minutes.

Eat them straight away in order to appreciate their light texture.
The Cooking Chef is perfect for creating nibbles or dips to provide an informal treat for everyone, from simple rillettes to fried spring rolls or samosas. With such a wide range of functions and with so many Kenwood attachments, the Cooking Chef is exceptionally versatile, so these delicious recipes can be made quickly and simply.
Appetisers
Appetisers

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130  Aubergine caviar
132  Hummus
Fish fritters

**Preparation time:** 30 min  
**Cooking time:** 20 min

**Serves 10 people**

**Ingredients:**  
- 500g cod  
- 250g plain flour  
- 200ml milk  
- 20g parsley  
- 40g onion  
- 4 cloves of garlic  
- 1 small chilli pepper  
- 1 egg  
- 1 tbsp bicarbonate of soda  
- 1 tbsp white vinegar  
- Salt, pepper

**For frying**  
- 250ml peanut oil

- Wash the pepper, then finely chop. Wash and chop the parsley. Peel and chop the onion and garlic. Place the cod in the steaming basket.

- Pour 500ml of water into the bowl and set the temperature to 102°C and bring to the boil. Insert the steaming basket and fit the splashguard. Set the timer to 10 minutes and leave to cook. Once cooked, crumble up the cooked fish using a fork.

- Place the flour and the chopped pepper in the bowl and attach the whisk. Set the stir speed to 2 and begin to mix. Gradually incorporate the milk, white vinegar, onion, garlic, parsley and egg.

- Once mixed, replace the whisk with the K-Beater and set the stir speed to 1. Incorporate the crumbled cod along with the salt and pepper and mix for 2 minutes. Add the bicarbonate soda and mix for a further 2 minutes. Place the mixture on a plate.

- Pour the oil into the bowl and set the temperature to 180°C. Allow to heat. Using 2 tablespoons, shape the mixture into balls then fry these in the boiling oil for about 3 minutes, 4 or 5 at a time. The fritters should be nicely browned. Remove them carefully from the bowl using a slotted spoon and place them on top of kitchen roll. Keep warm. Repeat this process until all the mixture has been used.

- Serve straight away, accompanied with wedges of lime, herb mayonnaise or a green chilli sauce.
Salmon rillettes

Preparation time: 10 min
Cooking time: 7 min
Chilling time: 10 min

- Rinse the salmon, then dry it using kitchen roll. Cut it into cubes. Place these in the steaming basket. Peel and chop the clove of garlic. Wash and mince the chives.

- Pour 500ml of water into the bowl. Set the temperature to 102°C. Bring to the boil.

- Insert the steaming basket and the splashguard. Set the timer to 7 minutes and leave to cook. Once cooked, leave to cool.

- Place all the ingredients in the food processor fitted with the knife blade and add some salt and pepper. Attach the food processor to the high speed outlet and set the stir speed to 2. Chop for 1 minute.

- Add seasoning if needed and place in a terrine dish, chilling for 10 minutes before serving with toast.

For express versions:
Replace the salmon with canned sardines, mackerel or tuna. Change the flavours by using herbs such as tarragon or dill, or with spices such as fennel seeds.

Serves: 6 people

Ingredients:
500g fresh salmon
100g ricotta
1 clove of garlic
½ bunch of chives
1 tbsp mustard
2 tbsp olive oil
Juice of ½ a lemon
Salt, pepper
Salted popcorn

- Place the oil and kernels in the bowl. Attach the splashguard. Set the temperature to 180°C, set the timer to 10 minutes and confirm. Leave to cook. The heat will cause the kernels to pop. When all the kernels have popped, carefully remove the splashguard.

- Pour into a bowl. Salt. Serve straight away.

For added flavour: Add spices or dried herbs when finished cooking to add colour and flavour to the popcorn.

Cooking time: 10 min

Serves: 6 people

Ingredients:
- 50g popcorn kernels
- 20g sunflower oil

Spices:
- Curry, chilli pepper

Dried herbs:
- Oregano, basil

Fine salt
Appetisers
Goat’s cheese and spinach cake

Preparation time: 15 min
Cooking time: 50 min

- Pre-heat your oven to 180°C.
- Lightly coat the cake mould with butter and flour.
- Cut the goat’s cheese into small pieces.
- Sieve the flour and incorporate the baking powder and set aside.

- Place the eggs in the bowl and attach the K-Beater. Set the stir speed to 5 and mix for 2 minutes.

- Add in the olive oil and milk, set the stir speed to 2 and mix for 30 seconds.
- Add in the flour and yeast and mix for 1 minute then add in the goat’s cheese and mix for a further 30 seconds before adding in the spinach.
- Mix until fully incorporated and add salt and pepper if needed.

- Tip the mixture into the cake mould and bake in the oven for around 50 minutes.

- Serve hot, warm or cold.

You can also cook this cake in small, individual moulds. In this case, they will require less time to cook.
**Double-pesto puff pastries**

**Preparation time:** 10 min  
**Cooking time:** 10 min

- Prepare the egg wash by whisking the egg yolk and water together in a bowl and set aside.  
  Pre-heat your oven to 180°C.

- On a work surface which has been lightly dusted with flour, roll out the puff pastry into 2 rectangles, each about 4 mm thick.  
  Spread the red pesto over the first rectangle and the green pesto over the second.  
  Sprinkle the grated parmesan on top.

- Use a knife to cut the pastry into strips measuring 1 cm in width and 7 cm in height.  
  Roll these up into swirls.  
  Using a brush, coat them with the egg wash.  
  If you would prefer to leave them as strips, skip this step.

- Place the puff pastries on a baking tray lined with baking paper or a silicone baking mat and bake for about 10 minutes.

- Serve fresh from the oven.

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**Serves:** 8 people  

**Ingredients:**  
250g puff pastry  
(see basic recipe page 63)  
100g red pesto  
100g green pesto  
(see basic recipe page 78)  
200g grated parmesan

For the egg wash  
1 egg yolk  
1 tbsp water
Sesame duck tartare

Preparation time: 15 min

- Remove the skin and chop the duck fillet into cubes. Wash the mung beansprouts and the spring onions and set aside. Dry-roast the sesame seeds in a pan for about 1 minute and set aside.

- **Attach the food processor to the high speed outlet and fit the knife blade.** Add the chopped duck and attach the lid. **Chop the duck using the ‘P’ button 6 times.** Roughly grind. Empty this out of the bowl and place to one side. **Attach the fine slicing disc to the food processor and set the stir speed to 2.** Slice the spring onions.

- Place the ground duck fillet, spring onions, sesame oil and tamari sauce in a salad bowl and season with salt, pepper and chilli pepper and mix together.

- Place it in verrines or on spoons straight away and sprinkle the beansprouts and sesame seeds on top.
Aubergine caviar

Preparation time: 10 min  
Cooking time: 20 min

- Peel and dice the aubergines. Peel the cloves of garlic, cut them in two. Wash and dry the basil, then remove the leaves from the stalks.

- Add the olive oil to the bowl and attach the creaming beater. Set the temperature to 160°C and heat for 1 minute.

- Place the aubergine and garlic in the bowl. Select and set the stir speed to . Leave to caramelise for 3 minutes and add salt and pepper if needed.

- Set the temperature to 95°C, the timer to 15 minutes and leave to stew.

- Place the aubergines and lime juice in the food processor, fitted with the knife blade. Attach the food processor to the high speed outlet and set the stir speed to 2. Mix for 1 minute. Add the basil. Chop using the ‘P’ button 3 times in succession.

- Pour into a bowl, sprinkle with sesame seeds and leave to chill. Serve with little croutons of toasted bread, endive leaves or crackers.

Serves: 6 people

Ingredients:
2 aubergines  
3 cloves of garlic  
½ bunch of basil  
100ml olive oil  
1 tbsp of lime juice  
Some sesame seeds  
Salt, pepper
Hummus

Preparation time: 5 min

- Peel the garlic, drain the chickpeas and squeeze the juice from the half-lemon.
- Place all the ingredients in the food processor, fitted with the knife blade. 
  Attach the food processor to the high speed outlet and set the stir speed to 3.
  Mix for 2 minutes or until the mixture is smooth. Season if needed
- Pour into a bowl and sprinkle with some cumin seeds and drizzle with olive oil.
  Serve with raw vegetables and breadsticks.
- For extra flavour: 
  Replace the olive oil with sesame oil. Season with spices such as paprika or chili pepper.

Serves: 6 people

Ingredients:
200g chickpeas
1 clove of garlic
½ lemon
2 tbsp olive oil
2 tbsp water
1 tsp cumin seeds
Salt, pepper
Hunger strikes! Light, on-trend recipes, which don’t neglect the staples. The Cooking Chef knows how to add a touch of inspiration to soups, salads and other starters in the simplest of ways.
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Cream of tomato soup

Serves: 6 people

Ingredients:
- 1.5kg tomatoes
- 1 carrot
- 1 onion
- 2 cloves of garlic
- 1 stalk of celery
- 1 sprig of thyme
- 2 tbsp olive oil
- 500ml white chicken stock
- Salt, pepper

Preparation time: 15 min
Cooking time: 33 min

- Skin the tomatoes, then chop them in half and remove the seeds.
  Peel the carrot and cut into slices.
  Peel and slice the onion and the garlic.
  Wash and slice the stalk of celery.

- Pour the oil into the bowl and attach the creaming beater.
  Set the temperature to 120°C and heat for 1 minute.

- Add the garlic, onion, sliced celery and the thyme. Select [ ] and the stir speed to [ ].
  Sweat for 2 minutes without browning.

- Remove the creaming beater and add the carrot, tomatoes and white chicken stock.
  Salt sparingly and add pepper. Attach the splashguard. Set the temperature to 100°C and timer to 30 minutes and leave to cook.

- Allow to cool before transferring the contents of the bowl to the glass thermoresist blender. DO NOT blend more than 1200ml (refer to the markings on the goblet) of hot liquids at a time. Attach the blender to the high speed outlet and gradually increase the speed to maximum for no more than 60 seconds. Blend until smooth.

- Season to taste and serve in bowls straight away.

For extra flavour:
Add some cherry tomatoes cut in half, crumbled ricotta, some thyme leaves and drizzle with olive oil.
Cream of Jerusalem artichoke and almond milk soup

Preparation time: 15 min
Cooking time: 45 min

- Peel the artichokes and potatoes.

*Attach the food processor to the high speed outlet and fit the fine slicing disc. Set the stir speed to 1* and slice the artichokes and potatoes.

- Place them in the bowl and cover with cold water. Add salt and pepper and *attach the splashguard. Set the temperature to 100°C, the timer to 45 minutes* and leave to cook.

- Allow to cool before transferring the contents of the bowl to the glass thermoresist blender and add the almond milk and the olive oil. *DO NOT blend more than 1200ml (refer to the markings on the goblet) of hot liquids at a time. Attach the blender to the high speed outlet and gradually increase the speed to maximum for no more than 60 seconds.* Blend until smooth. Check the seasoning.

- Serve in bowls straight away and sprinkle with flaked almonds which have been dry-roasted for 2 minutes in a pan without any fat. Sprinkle with cumin seeds.

Serves: 4 people

Ingredients:
- 500g Jerusalem artichokes
- 200g potatoes
- 200ml unsweetened almond milk
- 3 tbsp olive oil

Extras
- 3 tbsp flaked almonds
- 1 tbsp cumin seeds
- Salt, pepper
Cream of asparagus soup

Preparation time: 10 min
Cooking time: 20 min

- Peel and slice the asparagus. Set 8 tips aside and place in a bowl. Drizzle with olive oil. Salt sparingly using the sea salt, add pepper and set these to one side. Peel and slice the shallots and ginger.

- Place the butter in the bowl and attach the creaming beater. Set the temperature to 140°C and heat for 1 minute.

- Add the shallots and the ginger. Select and set the stir speed to . Brown for 2 minutes. Add the asparagus and allow to cook for a further 2 minutes.

- Add the vegetable stock, salt sparingly and add pepper. Set the temperature to 100°C, the timer to 15 minutes and confirm. Select stir delay 4, and continue to cook.

- Allow to cool before transferring the contents of the bowl to the glass thermoresist blender and add the cream. DO NOT blend more than 1200ml (refer to the markings on the goblet) of hot liquids at a time. Attach the blender to the high speed outlet and gradually increase the speed to maximum for no more than 60 seconds. Blend until smooth. Check the seasoning.

- Serve in bowls straight away and distribute the remaining asparagus tips.

For extra flavour:
Add a thin slice of parma ham.

Serves: 4 people

Ingredients:
500g green asparagus
2 tbsp olive oil
2 shallots
½cm fresh ginger
30g butter
300ml vegetable stock
100ml single cream
Sea salt, pepper
Indonesian broth

Preparation time: 20 min
Cooking time: 45 min

- Peel and slice the carrots and onions. Keep the peel of one onion for adding colour to the broth.
  Wash and finely slice the chilli.
  Peel and finely slice the spring onion, lemongrass, ginger and wash the beansprouts.
  Peel the prawns and place the shells to one side and the tails to the other.
  Make a cut along the back of each one and devein.

- Place the prawn shells in the bowl, cover with cold water, add salt and pepper. **Attach the splashguard and set the temperature to 95°C. Set the timer to 20 minutes** and leave to cook.

- Carefully skim the broth being careful of any steam. Add the lemongrass, ginger, chilli, sliced onions, carrots and onion peel. **Keep the temperature set to 95°C and set the timer to 20 minutes** continuing to cook.

- Place the prawns with tails in the steaming basket and **attach the steaming basket to the bowl. Keep the temperature set to 95°C and set the timer to 5 minutes.**

- Set the prawns to one side and filter the broth through a conical strainer.

- Serve straight away in individual bowls and place a prawn on top, divide the spring onions, beansprouts and daikon between the bowls.

Serves: 8 people

Ingredients:
- 8 large prawns
- 2 carrots
- 2 onions
- 1 fresh green chilli
- 4 spring onions
- 4 stalks of lemongrass
- 20g fresh ginger
- 100g mung beansprouts
- Some daikon radish sprouts
- Salt, pepper
Quick fish soup

**Ingredients:**
- 600g cod
- 3 cloves of garlic
- 1 onion
- 1 tbsp olive oil
- 1.25l fish stock
- 400g roughly chopped tomatoes
- 1 pinch of saffron
- Some sprigs of parsley
- Salt, pepper

**Preparation time:** 10 min  
**Cooking time:** 20 min

- Peel and slice the garlic and onion. Cut the fish into approximately 3cm cubes. Wash and chop the parsley.

- Pour the oil into the bowl and **attach the creaming beater.** Set the temperature to **120°C** and heat for 1 minute.

- Add the garlic and onion to the bowl, **select** and **set the stir speed to** and sweat for 3 minutes.

- Add the fish stock, chopped tomatoes and saffron to the bowl and **attach the splashguard. Set the timer to 10 minutes and set the temperature to 110°C. Select 4** and leave to cook.

- Add the diced fish and **replace the creaming beater with the stir tool. Remove the splashguard and set the temperature to 100°C. Set the timer to 6 minutes. Select stir delay 5 and set the stir speed to**. Continue to cook and season to taste.

- Serve straight away in soup bowls and sprinkle with chopped parsley.
Fish quinoa tabbouleh

Preparation time: 15 min  
Cooking time: 8 min  
Chilling time: 1 hour

- Peel and chop the onion and wash the tomatoes, then chop them in half. Wash and chop the herbs. Wash the lemon and remove the zest. Squeeze the juice from the lemon into a separate bowl. Peel the peaches and finely dice. Drizzle some drops of lemon juice over them to prevent oxidisation. Emulsify the olive oil, lemon juice and zest and add salt and pepper. Rinse and drain the quinoa and set aside.

- Pour 1l of water into the bowl. Set the temperature to 102°C. Bring to a boil, add salt and the quinoa. Set the timer to 8 minutes and leave to cook.

- Once cooked, set the temperature to ‘Off’ and attach the splashguard. Leave the quinoa to swell for 5 minutes. Drain, then place it in a salad bowl and leave to cool.

- Carefully incorporate all the tabbouleh ingredients and chill for 1 hour.

- Serve.

Serves: 6 people

Ingredients:
300g white quinoa  
3 yellow peaches  
12 cherry tomatoes  
1 red onion  
½ bunch of mint  
1 bunch of flat-leaf parsley  
1 organic lemon  
6 tbsp olive oil  
Salt, pepper
Quick two-cabbage coleslaw

Preparation time: 10 min

- Prepare the sauce by mixing the yoghurt, lemon juice and mustard together in a bowl and add salt and pepper.
- Remove the core and the outer leaves of the cabbages and
- Peel the carrot.
- Wash the apple, then cut into quarters and remove the seeds.
- *Fit the food processor attachment to the high speed outlet and fit the fine grating disc. Set the stir speed to 1* and grate the apple and the carrot.
- *Replace the grating disc with the fine slicing disc.*
  *Set the stir speed to 2* and slice the cabbages
- Place the vegetables in a salad bowl. Add the sauce and mix well.
- Serve.

Serves: 4 people

Ingredients:
200g red cabbage
200g white cabbage
1 carrot
1 organic Granny Smith apple
100g Greek yoghurt
1 tbsp lemon juice
1 level tbsp wholegrain mustard
Salt, pepper
Pesto pasta salad

Preparation time: 15 min
Cooking time: 10 min

- Wash then dry the rocket and basil.
  Wash the cherry tomatoes and chop into quarters.
  Dice the feta.
  Dry-roast the pine nuts in a pan for 2 minutes, remembering to stir
  frequently so they don’t burn.

- Pour 1l of water into the bowl and **set the temperature to 102°C**.
  Bring to the boil and salt.
  Add the pasta to the bowl being careful of any steam and **set the timer to 10 minutes**.
  Leave to cook.
  The pasta should be al dente.
  Once cooked drain the pasta and place in a bowl. Add the pesto and mix well.
  Leave to cool.

- Divide the pasta between the plates and sprinkle with the cubes of feta, cherry
tomatoes, pine nuts, rocket and basil.

- Serve straight away.

Serves: 6 people

**Ingredients:**
- 360g dry farfalle pasta
- 250g cherry tomatoes
- 90g feta
- 50g rocket
- 25g pine nuts
- 2 tbsp green pesto
  *(see basic recipe page 78)*
- Some basil leaves
- Salt, pepper
**Sliced butternut squash with seeds**

**Preparation time:** 20 min  
**Cooking time:** 2 min  
**Chilling time:** 20 min

- Dry-roast all the seeds and the pine nuts in a hot pan for 2 minutes, remembering to stir continuously so they do not burn.  
Peel and chop the onion.  
Wash and chop the chives.  
Wash the lemon, then remove the zest. Squeeze the juice from the lemon into a separate bowl.  
Prepare the sauce by placing the oil, vinegar, juice and lemon zest together in a bowl. Add salt and pepper and mix until combined.  
Peel the butternut squash, remove the seeds and chop it into large pieces.

- **Attach the food processor to the high speed outlet and fit the fine slicing disc.**  
**Set the stir speed to 1** and slice the butternut squash.

- Mix the sliced butternut squash, the onion and the sauce together in a bowl and leave to marinate for 20 minutes in the refrigerator.

- Divide between the plates and sprinkle the chives and seeds over the top.

- Serve straight away.

**Serves:** 4 people

**Ingredients:**  
400g butternut squash  
2 tbsp squash seeds  
2 tbsp sesame seeds  
2 tbsp poppy seeds  
2 tbsp pine nuts  
1 red onion  
½ bunch of chives  
3 tbsp olive oil  
3 tbsp squash seed oil  
2 tbsp balsamic vinegar  
1 organic lemon  
Salt, pepper
Artichoke salad barigoule

Serves: 4 people

Ingredients:
- 10 poivrade artichokes
- 200g feta
- 100g pitted black olives
- ½ lemon confit
- 2 cloves of garlic
- 1 sprig of lemon thyme
- 5 basil leaves
- Juice of 1 lemon
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt, pepper

Preparation time: 20 min
Cooking time: 20 min
Chilling time: 30 min

- Chop the feta into chunks, and dice the olives and lemon confit. Peel the cloves of garlic, then remove the cores and chop. Wash the lemon thyme and remove the leaves from the stalks. Wash, dry and chop the basil. Prepare the artichokes by chopping the stem to a length of 3cm and chop off the tips of the leaves. Remove the outer leaves by peeling them off using a paring knife. Cut around the full circumference of the artichoke until you reach the tender leaves of the heart.

- Pour 1l of water into the bowl, along with the lemon juice and set the temperature to 102°C. Bring to a boil. Add the artichokes and set the timer to 20 minutes. Leave to cook until they are tender. Drain them by placing them upside-down in a colander. Quarter and then dry them by placing them on kitchen roll.

- Place the artichokes, feta, olives, lemon confit and garlic in a salad bowl. Drizzle with oil and vinegar and add salt and pepper. Mix well then sprinkle with lemon thyme and basil then chill for 30 minutes.

- Divide between the plates and serve.
Goat’s cheese samosas

Preparation time: 15 min
Cooking time: 2 minutes per batch

- Mix the goat’s cheese, basil, pine nuts, salt and pepper in a bowl and set these to one side.
  Cut the filo pastry sheets into strips measuring 6cm in width and 30cm in length. Using a brush, coat a filo strip in melted butter.
  Place a little stuffing on the left edge of the strip. Fold the left side over diagonally to the right to form a triangle. Fold again in the opposite direction and repeat until the entire strip has been made into a samosa. Seal it by tucking in the flap.
  Repeat this process to make the other samosas.

- Pour the oil into the bowl and set the temperature to 180°C and allow to heat.
  When the oil reaches the correct temperature, carefully drop in the samosas in small batches and cook for about 2 minutes. Place them on kitchen roll to drain the oil.

- Enjoy straight away with a salad.

For even crispier samosas:
Replace the melted butter with a lightly beaten egg white.

Serves: 6 people

Ingredients:
6 sheets of filo pastry
200g fresh goat’s cheese
½ bunch of chopped basil
50g pine nuts
100g melted butter
Salt, pepper

For frying
250ml peanut oil
Cheese soufflés

Serves: 8 people

Ingredients:
- 600ml warm béchamel (see basic recipe page 74)
- 6 eggs
- 160g grated gruyère or emmental cheese

For lining the ramekins
- 30g butter
- 30g flour

Preparation time: 25 min
Cooking time: 20 min

- Line 8 ramekins by coating them thoroughly with butter, then flour. Turn them upside down to remove excess flour.
- Separate the egg yolks from the white and set both aside.
- Pre-heat your oven to 190°C.

- Place the 6 egg whites in the bowl and attach the whisk. Gradually increase the stir speed to the maximum setting and whisk the egg whites until they are stiff. Empty them out of the bowl and set aside.

- Place the warm béchamel and the 6 egg yolks in the bowl and attach the creaming beater. Set the stir speed to 1 and mix until evenly distributed.

- Add the grated cheese and continue to mix for several seconds until it is all fully incorporated.

- Carefully incorporate the egg whites little by little using a spatula.

- Divide the soufflé mixture between the ramekins to a height of 1cm below the edge. Cook in the oven in a bain-marie for about 20 minutes. The soufflés should be puffy and golden-brown in colour.

- Serve straight away.
Scrambled eggs with tomato

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**Preparation time:** 15 min  
**Cooking time:** 40 min  

- Peel and slice the shallot and cloves of garlic. Break the eggs into a bowl and add salt and pepper. Whisk them and set aside.

- Put the olive oil in the bowl and **attach the creaming beater.**  
  *Set the temperature to 160°C* and heat for 1 minute.  
  Add the sliced shallot and garlic to the bowl. **Select** and set the stir speed to .  
  Sweat for 3 minutes.  
  Add the chopped tomatoes and salt and pepper. **See the temperature to 95°C and select stir delay 5. Set the timer to 15 minutes** and leave to stew.  
  Empty this out of the bowl and place to one side keeping warm.

- Add the butter to the bowl and **attach the whisk.**  
  *Set the temperature to 95°C* and allow to melt.  
  Add the eggs and **set the timer to 20 minutes.**  
  **Select stir delay** and set the stir speed to . Leave to cook.

- Using a spatula, incorporate the double cream and a third of the tomato stew into the scrambled eggs and check the seasoning.

- Divide between the plates straight away, accompanied with a quenelle of the tomato stew.

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**Serves:** 6 people  

**Ingredients:**  
- 12 eggs  
- 600g skinned and roughly chopped tomatoes  
- 50g butter  
- 50g double cream  
- 1 shallot  
- 2 cloves of garlic  
- 3 tbsp olive oil  
- Salt, pepper
Salmon and pepper terrine

Preparation time: 30 min
Cooking time: 45 min

- Wash the peppers and remove the seeds. Chop them into cubes. Cut the salmon into pieces, then separate them into 3 equal parts. Separate the single cream into 3 equal parts and set aside.

- Pour 1 tbsp olive oil into the bowl and attach the creaming beater. Set the temperature to 160°C and the timer to 5 minutes. Select set the stir speed to . Add the cubes of red pepper and quick-fry them to remove all the water from the vegetable. Add salt and pepper. Repeat this process with the other peppers.

- Attach the food processor attachment to the high speed outlet and fit with the knife blade. Add 1 part of the salmon, along with the red pepper. Add salt and pepper and set the stir speed to 1 mixing for 1 minute. Add the egg white, and drizzle in a third of the cream until it has been fully incorporated. Empty this out of the bowl and place to one side. Repeat this process with the two other peppers and season to taste.

- Place heat-resistant cling film in a terrine, making sure that it extends well beyond the edges. Pour the creamed salmon with yellow pepper over the base and even out the surface. Pour the green pepper mixture on top. Finish with the red pepper mixture. Fold the cling film over the top of the terrine and place in the steaming basket. Pour 500ml of water into the bowl and set the temperature to 102°C and bring to the boil. Insert the steaming basket into the bowl and attach the splashguard. Set the timer to 30 minutes and leave to cook.

- Serve warm or cold, accompanied with a green salad.

For some additional colour: add some spinach leaves in with the green pepper, tomato purée with the red, and turmeric with the yellow.

Serves: 6 people

Ingredients:
- 390g raw salmon
- 40g red pepper
- 40g green pepper
- 40g yellow pepper
- 390ml single cream
- 3 tbsp olive oil
- 3 egg whites
- Salt, pepper
Starters
Battered prawns

**Preparation time:** 10 min  
**Cooking time:** 3 minutes per batch  
**Resting time:** 1 hour

- Mix the eggs, flour and beer together to form a smooth batter. Leave to rest in the refrigerator for 1 hour. Shell the prawns, keeping the rearmost section and the tail.

- Pour the oil into the bowl and set the temperature to 170°C and allow to heat.

- Dip the prawns in the batter by holding them by the tail. Immediately immerse them in the oil, being careful of the hot oil and taking care to avoid splashes. Cook in small batches. Fry for about 3 minutes, or until the prawns are golden-brown. Lift them out of the bowl using a slotted spoon being careful of the hot oil and drain them on kitchen roll.

- Serve straight away with sweet and sour sauce.

**Serves:** 4 people

**Ingredients:**  
- 16 raw rose prawns  
- 2 eggs  
- 100g flour  
- 200ml blonde beer  
- 300ml sweet and sour sauce

**For frying**  
- 250ml peanut oil
Classic recipes and family favourites should never be overlooked. Use your Cooking Chef for meat, fish, steamed, braised and stewed dishes as well as creative recipes. With the Cooking Chefs cooking capabilities, anything is possible.
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Thai beef stir-fry

Preparation time: 20 min  
Cooking time: 7 min

- Cut the rump steak into thin strips. Peel and finely slice the onion, garlic and ginger. Wash and finely slice the Chinese cabbage and the yellow pepper. Wash the beansprouts. In a pan of salted boiling water, separately blanch the green beans, mange-tout and peas for 2 minutes each.

- Pour two tablespoons of oil into the bowl and attach the stir tool. Set the temperature to 160°C and heat for 1 minute. Add the strips of rump steak and select stir delay 5 and set the stir speed to . Quick-fry for 2 minutes and empty out of the bowl being careful of any heat and place to one side.

- Pour the two remaining tablespoons of oil into the bowl, set the temperature to 170°C and heat for 1 minute. Add all the vegetables to the bowl and select . Leave to cook for 2 minutes.

- Add the strips of rump steak that you had set aside and the tamari sauce as desired. Add pepper and leave to sit for 1 minute.

- Serve straight away with jasmine rice or Chinese noodles.

Serves: 4 people

Ingredients:
400g rump steak
100g Chinese cabbage
50g yellow pepper
100g mange-tout
100g green beans with stalks removed
100g shelled peas
50g mung beansprouts
1 spring onion
1 clove of garlic
1cm ginger
4 tbsp olive oil
Tamari sauce, pepper
Blanch the chicken wings in order to get rid of any impurities. Place them in a pan of cold water and bring to a boil. Drain immediately and leave to cool.

Wash the limes and remove the zest. Squeeze the juice into a bowl and set aside. In a gratin dish, mix together the soy sauce, chopped sweet pepper, zest and lime juice. Add the chicken wings and ensure they are well coated. Leave to marinate in the refrigerator for 30 minutes.

Whisk the eggs in a deep dish. If needed, thin them down with a little water. Place the flour in another deep dish and do the same with the breadcrumbs. Drain the chicken wings and coat them in the flour, then the egg, and finally the breadcrumbs. Give them a second coating of egg and breadcrumbs.

Place the oil for frying in the bowl and set the temperature to 180°C and allow to heat.

When it reaches the correct temperature, fry the chicken wings in small batches for about 3 minutes or until they are golden brown. Place them on kitchen roll to remove any excess oil. Keep them hot in a pre-heated oven set to 180°C.

Serve them with quarter slices of lime, duchess potatoes, ketchup or sweet and sour sauce.

**Ingredients:**
- 12 chicken wings
- 4 organic limes
- 2 tbsp soy sauce
- 1 sweet pepper

For the breadcrumb coating
- 100g flour
- 3 whole eggs
- 250g fine breadcrumbs

For frying
- 250ml peanut oil

**Preparation time:** 20 min  
**Marinade:** 30 min  
**Cooking time:** 3 minutes per batch
Main courses
Chop the chicken breasts into pieces. Wash and slice the peppers. Peel and chop the onions. Wash and dice the tomatoes. Wash the rocket.

- Pour the oil into the bowl and **attach the stir tool. Set the temperature to 160°C** and heat for 1 minute.
- Add the onions and **set the temperature to 100°C. Select and set the stir speed to**. Quick-fry for 2 minutes.
- Add in the peppers and **set the timer to 10 minutes**. Leave to cook.
- Add the pieces of chicken, salt and pepper and sprinkle with chilli pepper as desired. **Set the temperature to 140°C and select stir delay 4, and set the stir speed to**. When it reaches the correct temperature, **set the timer to 4 minutes** continuing to cook.
- Add the lemon juice and diced tomatoes and check the seasoning.
- Reheat the tortillas according to the instructions on the packet. Spread a little guacamole on each of them and add the chicken mixture on top. Add some rocket leaves and roll them up.
- Enjoy straight away.
Lamb curry

Preparation time: 15 min  
Cooking time: 1 hour 45 min

Serves: 6 people

Ingredients:
800g lamb shoulder with bones removed  
2 cloves of garlic  
3 onions  
3 apples  
3 tomatoes  
2 tbsp coconut oil  
1 tbsp cornflour  
1 tbsp curry powder  
75cl chicken stock  
Salt, pepper

- Chop the lamb into pieces.  
  Skin the tomatoes, remove the seeds and cut into cubes.  
  Peel the apples, cut into cubes and remove the seeds.  
  Peel and slice the onions.  
  Peel and crush the cloves of garlic.

- Pour the oil into the bowl and attach the stir tool. Set the temperature to 160°C and allow to heat.

- Add the pieces of lamb. Select ⬗ and set the stir speed to ⬗. Quick-fry for 7 minutes.

- Add the garlic and onions and set the temperature to 100°C. Quick-fry for a further 5 minutes.

- Add the cornflour and the curry powder and mix for 2 minutes.

- Add the tomatoes, apples and chicken stock. Salt sparingly and add pepper. Mix for 1 minute then remove the stir tool.

- When it comes to a boil once again, set the timer to 1 hour and 30 minutes and leave to cook.

- Serve accompanied with steamed potatoes.
Main courses
Chilli con carne

Preparation time: 20 min
Cooking time: 47 min

- Peel and chop the onions and garlic.
  Wash the peppers, remove the seeds and chop into small cubes.
  Wash the cayenne peppers and cut into round slices.
  Drain the sweetcorn and kidney beans.

- Pour the oil into the bowl and attach the stir tool. Set the temperature to 140°C and allow to heat.

- Add the onions and peppers and select and set the stir speed to . Sweat for 2 minutes.

- Add the garlic, cayenne peppers and beef and quick-fry for 5 minutes.

- Add salt, pepper, cumin, coriander, oregano, sugar and tomatoes and allow to cook for a further 5 minutes.

- Add the sweetcorn and beef stock and when it comes to a boil again, set the temperature to 95°C and the timer to 35 minutes. Select stir delay 8 and leave to cook.

- Add the kidney beans 10 minutes before it finishes cooking.

- Serve piping hot.

Serves: 4 people

Ingredients:
1 kg minced beef
800g roughly chopped tomatoes
400g tinned kidney beans
200g tinned sweetcorn
2 onions
2 cloves of garlic
2 peppers
2 cayenne pepper
1 sprig of oregano
1 pinch of powdered cumin
1 pinch of powdered coriander
1 pinch of caster sugar
750ml beef stock
3 tbsp sunflower oil
Salt, pepper
Main courses
Veal ragout

Preparation time: 30 min
Cooking time: 2 hours

Serves: 4 people

Ingredients:
1kg veal shoulder
250g button mushrooms
200g onions
100g celery stalk
1.5l white chicken stock
80g softened butter
60g flour
75g crème fraîche
1 egg yolk
1 bouquet garni
Salt, pepper

- Chop the veal shoulder into large cubes. Peel and slice the onion and mushrooms. Wash the stalk of celery and slice. Mix the butter and the flour together in a bowl and set aside. Mix the egg yolk and crème fraîche together in another.

- Place the cubes of meat in the bowl and cover with water. Set the temperature to 102°C and bring to a boil. Drain the cubes of meat, then rinse them.

- Place them back in the bowl again and cover with the white chicken stock. Set the temperature to 102°C and bring to a boil. Skim being careful of any steam.

- Add the bouquet garni, celery, onions, salt and pepper. Attach the splashguard and set the temperature to 95°C. When it reaches the correct temperature, set the timer to 1 hour and 45 minutes leave to simmer. Skim regularly being careful of any steam. Add the mushrooms 20 minutes before it finishes cooking.

- 15 minutes before it finishes cooking, attach the stir tool and select stir delay 2, and set the stir speed to (2). Add the butter and flour mixture little by little and allow the sauce to thicken.

- When it has finished cooking, set the stir speed to 0 and leave to cool to 80°C. Add the egg yolk and crème fraîche. Set the stir speed to (2). Mix until fully incorporated.

- Serve accompanied with white rice or vegetables.
Chicken stir-fry

Preparation time: 20 min
Cooking time: 7 min

- Cut the chicken into thin strips.
  Wash and dry the mung beansprouts.
  Wash and finely slice all the other vegetables.

- Pour two tablespoons of oil into the bowl and attach the stir tool.
  Set the temperature to 160°C and heat for 1 minute.
  Add the strips of chicken, select stir delay 5 and set the stir speed to ( ).
  Quick-fry for 2 minutes then empty this out of the bowl and place to one side.

- Add the 2 remaining tablespoons of oil and the ginger to the bowl.
  Set the temperature to 170°C and heat for 1 minute.
  Add all the vegetables and select ( ). Leave to cook for 2 minutes.

- Add the strips of chicken which had been set aside and the tamari sauce as desired.
  Add pepper and leave to sit for 1 minute.

- Serve straight away with white rice or Chinese noodles.

Serves: 4 people

Ingredients:
400g chicken breast
100g broccoli
50g orange pepper
30g mung beansprouts
50g radish
½ fennel
1 spring onion
1 clove of garlic
1 stalk of celery
1cm chopped ginger
4 tbsp olive oil
Tamari sauce, pepper
Prawn curry

Preparation time: 15 min
Cooking time: 9 min

- Peel the prawns and set aside. Prepare the pineapple, then chop into small cubes. Wash and finely dice the apple and peel and slice the onion.

- Add the olive oil to the bowl and attach the stir tool. Set the temperature to 160°C and heat for 1 minute.

- Add the prawns, select stir delay 4 and set the stir speed to . Brown for 2 minutes then remove them from the bowl being careful of any heat and set to one side.

- Add the onion, apple, pineapple and curry paste and select stir delay 4. Set the stir speed to and leave to cook for 2 minutes.

- Deglaze with a dash of water, then immediately add the coconut milk and cream. Add salt, pepper and the prawns and set the timer to 4 minutes, continuing to cook.

- Arrange on a plate and add a few drops of lemon juice. Sprinkle with chilli pepper as desired and serve straight away.

Serves: 4 people

Ingredients:
- 20 raw prawns
- 1 onion
- 1 organic Granny Smith apple
- ¼ pineapple
- ½ lemon
- 10g green curry paste
- 200ml coconut milk
- 200ml single cream
- 2 tbsp olive oil
- Salt, pepper, chilli pepper
Scallops with citrus butter

Preparation time: 10 min  
Cooking time: 3 min

- Remove the zest from the lime and orange and then squeeze the lime. Wash and chop the coriander. Melt the butter together with the lime juice and the lime and orange zest. Add salt, pepper and the coriander and keep warm.

- Pour 500ml of water into the bowl and attach the splashguard. Set the temperature to 102°C and bring to a boil.

- Place the scallops in the steaming basket and fit the steaming basket in the bowl. Set the timer to 3 minutes and cook.

- Arrange the scallops on the plates and drizzle the citrus butter over them.

- Serve straight away, accompanied with white rice or broccoli purée.

Serves: 4 people

Ingredients:
12 scallops
40g butter
½ organic lime
Zest of 1 organic orange
Some sprigs of coriander
Salt, pepper
Cherry tomato pizza

**Preparation time:** 15 min  
**Cooking time:** 12 min  
**Rising time:** 45 min

- Wash the cherry tomatoes and chop in half.  
  Wash and dry the rocket.  
  Chop the mozzarella into small pieces.

- Place all the ingredients for the dough in the bowl and **attach the dough hook.**  
  **Set the timer to 8 minutes and the stir speed to 2.**  
  Knead until the mixture is combined and formed a dough.  
  Cover the bowl with a damp cloth and leave the dough to rise for 45 minutes.

- Pre-heat your oven to 250°C.  
  Roll out the dough using a rolling pin and place it on a baking tray covered with a sheet of baking paper or a baking mat.  
  Spread the tomato passata over the dough, leaving a 1cm gap around the edge.  
  Place the cherry tomatoes on top and sprinkle on the pieces of mozzarella.

- Bake in the oven for 12 minutes.  
  Place the slices of ham and the rocket on top of the pizza and drizzle with olive oil.  
  Sprinkle with a little sea salt and pepper and serve straight away.

**Serves:** 4 people

**Ingredients:**

*For the dough*
- 250g strong white bread flour
- 8g fresh baker’s yeast
- 150ml water
- 100ml olive oil
- 5g fine salt

*For the topping*
- Around fifteen cherry tomatoes
- 120ml tomato passata
- 1 ball of mozzarella
- 150g rocket
- 3 tbsp olive oil
- 4 slices of cured ham
- Sea salt, pepper
Quiche lorraine

Preparation time: 15 min
Cooking time: 35 min

Serves: 8 people

Ingredients:
250g shortcrust pastry (see basic recipe page 62)
200g bacon lardons
200g grated gruyère or emmental cheese
250ml milk
250ml crème fraîche
1 egg + 1 egg yolk
Salt, pepper

- Pre-heat your oven to 160°C. Roll out the shortcrust pastry and use it to line 8 pre-buttered tartlet moulds. Cover the bottom of the pastry with baking beans or a weight. Blind bake in the oven for 20 minutes then carefully remove the baking beans. Set to one side.

- Place the milk, crème fraîche, egg and yolk in the bowl and add salt and pepper. Attach the whisk and set the stir speed to 1. Mix for 1 minute or until you obtain a smooth mixture.

- Spread the lardons across the tartlet bases and pour in the mixture. Sprinkle with grated cheese. Bake for 15 minutes in a pre-heated oven at 180°C.

- Serve hot, warm or cold, accompanied with a green salad.
**Pasta carbonara**

**Preparation time:** 10 min  
**Cooking time:** 6 min

- Peel and chop the shallots.  
  Cut the pancetta into pieces.  
  Cook the pasta by following the instructions on the packet then drain and keep warm.

- Add the olive oil in the bowl and **attach the stir tool.**  
  **Set the temperature to 140°C** and allow to heat.

- Place the pancetta and shallots in the bowl. **Select** and **stir speed to**.  
  Quick-fry for 2 minutes.

- Add the cream and salt sparingly and add pepper. **Set the timer to 4 minutes.**  
  Reduce.

- Add the pasta to the sauce and add the grated parmesan. Mix well and arrange on each plate and place an egg yolk in the middle.

- Serve straight away.

**Serves:** 6 people

**Ingredients:**  
600g dry pasta  
(mafaldine or tagliatelle)  
300g pancetta  
2 shallots  
6 egg yolks  
600ml single cream  
100g grated parmesan  
2 tbsp olive oil  
Salt, pepper
**Stuffed tomatoes**

**Preparation time:** 20 min  
**Cooking time:** 40 min

- Pre-heat your oven to 180°C.  
Peel the garlic and shallots.  
Wash the parsley.  
Cut off the top of the tomatoes and scoop out the insides.

- **Attach the food processor attachment to the high speed outlet and fit the knife blade.** Add the parsley, garlic and shallots.  
**Set the stir speed to 2** and chop for 1 minute.

- Add the fine stuffing, olive oil, egg, salt and pepper. **Set the speed to 3** and chop for a further 30 seconds or until you have a smooth mixture.

- Fill the tomatoes with the stuffing and cover with the top of the tomato. Place them in a pre-oiled dish and bake in the oven for 40 minutes.

- Serve straight away.

**Serves:** 4 people

**Ingredients:**
- 4 beef tomatoes  
- 350g fine stuffing  
- 1 egg  
- 4 cloves of garlic  
- ½ bunch of parsley  
- 2 shallots  
- 100ml olive oil  
- Salt, pepper
Main courses
Pre-heat your oven to 180°C and grease a lasagne dish with olive oil. Peel the cloves of garlic and remove the core. Peel and quarter the mushrooms. Peel the onion and the carrots. Wash the courgettes and chop off the ends. Cut the mozzarella into thin slices.

Place the stock, garlic, mushrooms and tomatoes in the blender. Attach the blender to the high speed outlet and set the stir speed to 3. Blend for 1 minute.

Remove the blender and place the food processor on the high speed outlet. Fit with the large grating disc, set the stir speed to 3 and grate the courgettes and carrots.

Mix the contents of the blender together with the grated courgettes and carrots and add salt and pepper.

Spread a little bit of the mixture across the bottom of the dish and add some slices of mozzarella. Cover with sheets of lasagne.

Fill the dish with alternating layers until all the ingredients have been used, making sure to finish with a layer of vegetables. Sprinkle with parmesan.

Cook in the oven for 55 minutes. Check to see if it is cooked being careful of any heat. Keep in the oven for longer if required.

Serve.
Main courses
Spaghetti bolognese

Preparation time: 20 min
Cooking time: 53 min

- Peel and slice the garlic and onions. Peel the carrot, then cut it into round slices. Wash the stalk of celery and chop off the leafy end. Set the leaves aside for decoration.

- Pour the oil into the bowl and attach the stir tool. Set the temperature to 160°C and allow to heat. Add the garlic and sliced onions to the bowl and set the temperature to 110°C. Select and set the stir speed to . Sweat for 2 minutes.

- Add in the minced beef and leave to cook for 5 minutes.

- Add the carrots, celery, thyme, bay leaf, wine, tomato purée, salt and pepper and set the temperature to 100°C. Select stir delay 9 and confirm. Set the timer to 45 minutes and leave to stew.

- Cook the spaghetti in a large pan of salted water, following the cooking instructions on the packet, once cooked drain.

- Serve straight away with the bolognaise sauce. Decorate with the celery leaves which were kept aside.

Serves: 6 people

Ingredients:
600g minced beef
800g tomato purée
3 onions
2 cloves of garlic
1 carrot
1 stalk of celery
2 sprigs of thyme
2 bay leaves
100ml red wine
3 tbsp. olive oil
750g spaghetti
Salt, pepper
Pea and mint mash

Preparation time: 10 min  
Cooking time: 5 min

- Wash the mint and remove the leaves from the stalks. Cut the butter into small cubes and set aside.

- Pour 1l of water into the bowl along with the coarse salt and set the temperature to 102°C. Bring to a boil. Add the peas and set the timer to 5 minutes, continue to cook.

- Once cooked, drain the peas and add to the blender with the mint leaves and half of the cream. Attach the blender to the high speed outlet and turn the speed control to ‘P’ a number of times quickly. Set the stir speed to 2 and mix until smooth. Mix again using the same settings, gradually adding the rest of the cream, butter, salt and pepper. The purée ingredients should be fully incorporated. If required, pass through a strainer.

- Serve straight away.

Serves: 4 people

Ingredients:
- 600g shelled peas
- ½ bunch of mint
- 120ml single cream
- 30g butter
- 30g coarse salt
- Salt, pepper
Winter vegetable crumble

Preparation time: 25 min
Cooking time: 23 min

- Peel the carrots, parsnips and onions and cut into fine slices. Remove the stems from the spinach and wash. Wilt the spinach over a medium heat in a pan with 30g of butter for 4 minutes then drain. Pre-heat your oven to 250°C on the grill setting.

- Place the butter, flour, parmesan, breadcrumbs and 1 pinch of salt in the bowl. Attach the K-Beater and set the stir speed to 1, mixing for 30 seconds. Once clumps of dough are formed, set to one side.

- Put the olive oil in the bowl and attach the stir tool. Set the temperature to 140°C and allow to heat.

- Add the onions. Select and the stir speed to . Quick-fry for 3 minutes.

- Add the carrots, parsnips, salt and pepper and set the temperature to 120°C. Set the timer to 10 minutes and select stir delay 4. Attach the splashguard and allow to cook.

- Place the vegetables in the gratin dish and add in the spinach. Sprinkle the clumps of crumble on top and bake in the oven for 5 minutes.

- Serve straight away.
Vegetable fries

Preparation time: 15 min
Cooking time: 6 minutes per batch

- Peel and wash the vegetables and chop them into sticks. Keep them separate from one another. Blanch the cassava sticks in a pan of salted, boiling water for 2 minutes and then drain.

- Pour the oil into the bowl, *set the temperature to 170°C* and allow to heat.

- Add in a batch of each vegetable separately and cook for about 3 minutes to blanch them. Lift them out using a slotted spoon and place them on a piece of kitchen roll. Allow the oil to reach the correct temperature again.

- Fry a second time for about 3 minutes. The cooking time depends on the size of the sticks. The fries should be crispy. Drain them on a piece of kitchen roll and add salt and pepper.

- Serve straight away.

Serves: 4 people

Ingredients:

250g bintje potatoes
250g vitelotte potatoes
250g sweet potato
250g cassava
Salt, pepper

For frying

250ml peanut oil
Squash gratin

Preparation time: 20 min
Cooking time: 32 min

Serves: 6 people

Ingredients:
1.5kg squash flesh
500g potatoes
2 shallots
3 egg yolks
200ml milk
100ml single cream
2cm ginger
150g grated gruyère or emmental cheese
3 tbsp. olive oil
Salt, pepper

- Peel and wash the potatoes. Julienne the squash and potatoes. Peel and slice the shallots and peel and grate the ginger. Mix the egg yolks, milk, cream and ginger together in a bowl and add salt and pepper. Pre-heat your oven to 200°C.

- Put the olive oil in the bowl and attach the stir tool. Set the temperature to 160°C and allow to heat.

- Add the shallots and select and set the stir speed to . Quick-fry for 2 minutes and then place at the bottom of a gratin dish.

- Place the julienned potato in the bowl and cover with water. Remove the stir tool and set the temperature to 102°C. Set the timer to 10 minutes and cook.

- Drain the julienned potato and place this in the gratin dish, together with the raw squash.

- Pour the mixture of eggs, milk, cream and ginger on top and sprinkle with grated cheese. Bake in the oven for 20 minutes.

- Serve straight away.
Chickpea curry

Preparation time: 15 min  
Cooking time: 27 min

- Drain the chickpeas and set aside. Peel and slice the onion and ginger. Peel the apple, remove the seeds and cut into cubes.

- Put the olive oil in the bowl and attach the stir tool. Set the temperature to 120°C and allow to heat.

- Add the ginger, onion and curry powder and salt. Select and set the stir speed to . Brown for 5 minutes.

- Add the chickpeas, cubes of apple, coconut milk, tomato pulp, half a glass of water and salt and attach the splashguard. Set the temperature to 100°C and the timer to 20 minutes. Select stir delay 2, and cook.

- Divide between the plates and sprinkle with minced coriander and desiccated coconut.

- Serve straight away.

For extra flavour: Serve with cucumber raita.

Serves: 4 people

Ingredients:
- 400g tinned, cooked chickpeas
- ½ cooking apple
- 200g tomato pulp
- 200ml coconut milk
- 1cm fresh ginger
- 1 onion
- 1 tbsp. olive oil
- 1 tbsp. curry powder
- 1 tbsp. chopped fresh coriander
- 2 tbsp. desiccated coconut
- Salt
Slow-roasted tomato tart tatin

**Preparation time:** 25 min  
**Cooking time:** 3 hours 20 min

- Pre-heat your oven to 90°C, using the fan setting.  
  Skin the tomatoes, chop them into quarters and remove the seeds.  
  Peel and slice the cloves of garlic.  
  Place the tomatoes and garlic on a drip tray and drizzle with olive oil. Add salt and pepper and bake in the oven for 3 hours.

- Pre-heat your oven to 180°C.  
  Roll out the shortcrust pastry until thin and then use it to line a round tin with a diameter of 24cm.  
  Place this on a baking tray. Prick it with a fork and blind bake by covering it with baking paper and baking beans or a weight and placing it in the oven for 25 minutes. Remove the baking paper and baking beans or weight and leave to cool.

- Wash and dry the mixed green salad and rocket.  
  Shave the parmesan.  
  Place the mixed green salad and rocket inside the tart and cover with the pieces of slow-roasted tomato  
  Sprinkle the parmesan shaving over the top.

- Serve straight away.

**Serves:** 6 people

**Ingredients:**  
- 250g shortcrust pastry  
  (see basic recipe page 62)  
- 2kg tomatoes  
- 4 cloves of garlic  
- 400g mixed green salad  
- 100g rocket  
- 50g parmesan  
- 4 tbsp. olive oil  
- Salt, pepper
Main courses
Dessert recipes call upon the Cooking Chef’s superior capabilities and its ability to work delicately. An essential companion in the kitchen, it knows how to do everything required that will enable you to create desserts with confidence from the simplest to the most ambitious. You will surely see some happy faces!
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Desserts

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Chocolate tart

Preparation time: 15 min
Cooking time: 35 min

- Pre-heat your oven to 180°C.
Line a buttered mould with the shortcrust pastry.
Cover this with a baking beans or a weight.
Blind bake in the oven for 15 minutes.
Break the chocolate into pieces and set aside.
Pour the milk and cream into a pan and bring to a boil. Remove from the heat and add the chocolate to the mix. Mix until smooth.

- Place the eggs, egg yolks and sugar in the bowl and attach the whisk.
Set the stir speed to the maximum setting and beat for 2 minutes.
Add the melted chocolate. Set the stir speed to 1.
Mix until smooth.

- Pour onto the baked tart base.
Pre-heat the oven to 160°C.
Bake in the oven for around 20 minutes.
Leave to cool.

- Enjoy.

Serves: 10 people

Ingredients:
1 batch of sweet shortcrust pastry (see basic recipe page 62)
200g dark chocolate (70 % cocoa)
200ml single cream
800ml milk
2 eggs
2 egg yolks
80g caster sugar
Lemon cake

Preparation time: 15 min
Cooking time: 35 min

Pre-heat your oven to 180°C.
Line a cake mould with butter and flour.

Make the syrup by placing the water and sugar in the bowl. Set the temperature to 102°C and bring to a boil. Empty this out of the bowl and leave to cool. Add the lemon juice and set to one side.

Place the sugar and the lemon zest in the bowl and attach the whisk. Set the stir speed to 2 and mix for 30 seconds.

Add the egg yolks and set the stir speed to 3. Beat for 3 minutes.
Incorporate the cream, followed by the sieved flour and baking powder. Finally, add the slightly warm melted butter.

Pour the mixture into the mould. Bake in the oven for 5 minutes at 180°C, then lower the temperature to 160°C and allow to cook for a further 30 minutes.

Remove the cake from the mould and place on a cooling rack. Drizzle the syrup and leave to cool.
Wrap in cling film and place in the refrigerator for 30 minutes.

Serve.

For extra flavour:
Place round slices of lemon confit on top of the cake.

Serves: 6 people

Ingredients:
For the soaking syrup
800ml water
65g caster sugar
35g lemon juice

For the cake
3 egg yolks
4g lemon zest
75g caster sugar
25g melted butter
35g crème fraîche
55g plain flour (sieved)
2g baking powder
Chocolate éclairs

Ingredients:
- 500g choux pastry (see basic recipe page 64)
- 300g pastry cream (see basic recipe page 86)
- 100g dark chocolate (70 % cocoa)

Chocolate mirror glaze
- 125g icing sugar
- 60g dark chocolate (65 % cocoa)
- 25ml water

Makes 8 éclairs

Preparation time: 40 min
Cooking time: 25 min

Pre-heat your oven to 180°C. Pour the choux pastry into a piping bag fitted with a smooth nozzle and pipe out éclairs of 13cm in length on to a baking tray covered with baking paper. Bake for 15 minutes. Lower the oven temperature to 100°C and cook for a further 10 minutes to ensure the éclairs are sufficiently dry. Leave to cool on a cooling tray.

Melt the dark chocolate and incorporate it into the pastry cream. Place in the refrigerator to chill. Once chilled pour it into a piping bag fitted with a smooth nozzle. Make two small holes in the bottom of the éclairs and fill them with the chocolate pastry cream.

Melt the dark chocolate and incorporate it into the pastry cream. Place in the refrigerator to chill. Once chilled pour it into a piping bag fitted with a smooth nozzle. Make two small holes in the bottom of the éclairs and fill them with the chocolate pastry cream.

Make the icing by placing the chopped up chocolate in the bowl. Set the temperature to 50°C and allow to melt. Empty this out of the bowl and place to one side.

Place the icing sugar and the water in the bowl and attach the creaming beater. Set the temperature to 37°C. Select stir delay 3 and set the stir speed to (5) and allow to dissolve. When it reaches the selected temperature, set the temperature to ‘Off’. Add the melted chocolate and mix until it forms an even mixture. Dip the éclairs in the icing or spread it over them using a spatula.

Serve straight away.
Cheesecake

Preparation time: 20 min  
Chilling time: 2 hours

Ingredients:
- 270g digestive biscuits
- 105g melted butter
- 75g brown sugar
- 15ml orange liquor
- 4 x 2g sheets of gelatine
- 75g caster sugar
- 2 egg yolks
- 350ml single cream
- 300g soft cream cheese
- 3 drops of vanilla essence
- Zest of 1 organic lemon

Serves: 6 people

Crush the digestive biscuits and mix them together with the melted butter and brown sugar. Press this into the base of 6 individual circular moulds and store in the refrigerator. 
Soften the gelatine in a bowl of ice-cold water and set aside. 
Heat up the orange liquor in a pan. Remove excess water from the gelatine and add it to the pan. 
Remove from the heat and mix until completely dissolved. Set to one side.

Pour the cream into the bowl and attach the whisk. Gradually increase the speed to the highest setting and whip the cream, taking care not to over whip it. 
Empty this out of the bowl and place in the refrigerator.

Clean the bowl and place the egg yolks and caster sugar in the bowl. Using the whisk again set the stir speed to 3 and beat the mixture for 2 minutes. 
Add the soft cream cheese and mix for 1 minute. 
Add the gelatine and orange liquor mix and set the stir speed to the lowest setting.

Mix until completely melted and incorporate the whipped cream using a spatula.

Pour the mixture into the circular moulds and leave to chill for at least two hours. 
Remove from the moulds and sprinkle with lemon zest.

Serve.
Gluten-free spiced biscuits

Preparation time: 15 min
Cooking time: 15 min

- Pre-heat your oven to 180°C.
  Sieve the flours and mix them together with the baking powder, salt, mixed spice mix and sugar.

- Place all the ingredients in the bowl with 600ml of water.
  *Attach the K-Beater and set the stir speed to 1.*
  Mix for 2 minutes or until you end up with a ball of dough.

- Roll it out on a work surface which has been lightly dusted with flour. Using a cookie cutter, cut out the biscuits. Place them on an oiled baking tray. Bake in the oven for 15 minutes.

- Serve warm or cold.

Ingredients:
125g brown rice flour
75g chestnut flour
60g castor sugar
1 tsp phosphate-free baking powder
1 pinch of salt
1 tsp mixed spice mix
40g white almond paste
3 tbsp olive oil

Makes around thirty biscuits
Molten chocolate dessert

Preparation time: 15 min
Cooking time: 10 min

- Pre-heat your oven to 200°C.
  Melt the chocolate and the butter in a bain-marie and set aside.
  Sieve the flour and butter 6 ramekins.

- Place the eggs and sugar in the bowl and attach the whisk.
  Set the stir speed to 4 and beat for 2 minutes until smooth and creamy.

- Add the sieved flour and a pinch of salt and set the stir speed to 2.
  Mix for 2 minutes.
  Add the melted chocolate and butter and mix for 2 minutes until an even mixture is obtained.

- Pour the mixture into the ramekins and bake in the oven for around 10 minutes.
  Serve straight away.

Tip:
To ensure a truly molten centre, refrigerate the mixture for 3 hours prior to cooking.

Ingredients:
200g chocolate (55 % or 75 % cocoa)
100g unsalted butter
4 eggs
50g caster sugar
45g plain flour
1 pinch of fine salt

Serves: 4 people

Preparation time: 15 min
Cooking time: 10 min
Macarons

Preparation time: 20 min
Cooking time: 12 min
Resting time: 30 min

- Prepare the almond mixture. Mix and sieve the almond powder and icing sugar. Place this in the bowl along with the egg whites and attach the creaming beater. Set the stir speed to 1 and mix for 2 minutes. Once mixed set to one side.

- Prepare the Italian meringue by placing all the ingredients in the bowl. Attach the whisk, set the stir speed to 3 and whisk for 1 minute. Set the temperature to 118°C and the stir speed to 5. Whisk.
  When the temperature reaches 60°C, the speed will slow down automatically. Push the temperature button to activate the HSHT mode. The red ‘!’ button should appear. Keep the speed set at 5.

- When the temperature reaches 118°C, change the temperature setting to ‘Off’ and whisk until the meringue cools to 40°C. Empty out of the bowl and set to one side.

- Place the almond mixture in the bowl and attach the creaming beater. Set the stir speed to the minimum setting. Incorporate the meringue in 3 parts. Set the stir speed to 2 and mix for another 30 seconds.

- Pour the mixture into a piping bag fitted with a smooth nozzle and create circles of 2cm in diameter on top of a baking tray covered with baking paper. Leave to crust over at room temperature for 30 minutes.

- Bake in a pre-heated oven at 150°C for 10 to 12 minutes. A collar should have formed around the macarons and they should be firm in the middle.

- Use any filling of your choice: for example chocolate ganache or jam.

Makes around thirty macarons

Ingredients:
For the almond mixture
250g ground almonds
250g icing sugar
90g egg white

For the Italian meringue
250g caster sugar
90g egg white
75ml water
Gingerbread

Preparation time: 15 min
Cooking time: 45 min

Pre-heat your oven to 180°C.
Line a cake mould with butter and flour.
Heat the milk in a pan over a low flame and add the honey and butter allowing to melt.

Place the eggs in the bowl and attach the whisk.
Set the stir speed to 2 and mix for 1 minute.
Add the milk, honey and butter mixture and mix for 1 minute.

Add the two types of flour, baking powder, spices and salt and replace the whisk with the K-Beater.
Gradually increase the stir speed to 5 and mix until the mixture becomes a smooth batter.

Pour the mixture into the mould and bake in the oven for 45 minutes.
Leave to cool on a cooling tray.
Enjoy.

For extra flavour:
Add candied orange peel, walnuts or chocolate chips.

Serves: 8 people

Ingredients:
300g honey
100ml milk
30g softened butter
2 large eggs
150g plain flour
100g wholemeal wheat flour
1 sachet of baking powder
2 tsp mixed spice
1 pinch of salt
Marshmallow

Preparation time: 15 min
Resting time: 12 hours

- Soak the gelatine in a bowl of ice-cold water for 15 minutes and set aside. Prepare the coating by mixing together the icing sugar and starch in a deep dish. Line an oiled rectangular dish with cling film.

- Pour the egg whites into the bowl and **attach the whisk**. In a pan, heat the sugar and water to 120°C. When the mixture reaches 110°C, begin to beat the egg whites in the bowl, **setting the stir speed to 2**. When the syrup reaches 120°C, pour it on top of the half-beaten egg whites in the bowl and whisk until they become stiff. Incorporate the drained gelatine, followed by the rose water.

- Pour the marshmallow mix into the dish and leave to sit at room temperature for 12 hours.

- Sprinkle with a little of the coating before flipping the dish upside down on top of a cutting board. Cut into cubes using a lightly oiled knife and Roll the marshmallow cubes in the coating.

- Enjoy.

For extra flavour:
*Add orange blossom water to your marshmallows.*
*You can also add a few drops of food colouring.*

Makes around thirty marshmallows

Ingredients:
- 250g caster sugar
- 50g leaf gelatine
- 6 egg whites
- 50ml water
- 25ml rose water

For the coating
- 50g potato starch
- 50g icing sugar
Chocolate chip cookies

Preparation time: 15 min
Cooking time: 10 min

- Pre-heat your oven to 190°C.
- Place the butter and brown sugar in the bowl and attach the creaming beater. Set the stir speed to 2 and mix until the mixture becomes foamy. Add the egg and vanilla extract and mix until fully incorporated. Adjust the speed to the minimum setting. Add the sieved flour, salt and baking powder. Mix until fully incorporated. Add the chocolate chips and mix quickly.
- Place a tablespoon of the mixture on a baking tray covered with baking paper or a baking mat and repeat this process until all the mixture is used, ensuring that they are spaced out.
- Bake in the oven for 10 minutes or until the cookies are golden-brown. Leave to cool on a cooling tray.
- Enjoy.

Makes 18 cookies

Ingredients:
- 110g softened butter
- 110g brown sugar
- 1 egg
- 225g plain flour (sieved)
- 1 tsp baking powder
- 1 tsp liquid vanilla extract
- 1 pinch of salt
- 175g chocolate chips
Apple pie

Preparation time: 10 min
Cooking time: 30 min

- Pre-heat your oven to 160°C.
  Line a pre-buttered mould with the shortcrust pastry. Cover this with a weight.
  Blind bake in the oven for 15 minutes.

- Compote – wash 4 apples, remove the pips and cut into even sized pieces.

- Place the butter in the bowl. Set the temperature to 180°C and cook until it starts to
  brown and a nutty odour is evident.

- Add the apples and the vanilla pod. Fit the stir tool, set the temperature to 160°C
  and the timer to 5 minutes. Select stir and set the speed control to .

- Add the sugar. Set the temperature to 180°C and the timer to 10 minutes. Select stir
  delay 6. Allow to cook.

- Allow to cool and then transfer to the blender. Set speed to maximum and blend
  until smooth. Fill the pre-cooked tart base with the apple compote.

- Peel the remaining apples, remove the seeds and finely slice them.

- Arrange the slices of apple on top in an attractive way and sprinkle with
  brown sugar.

- Bake in a pre-heated oven at 180°C for 15 minutes.
  The tart should be slightly caramelised.

- Serve warm or cold.

Serves: 6 people

Ingredients:
For the base and topping
1 batch of sweet shortcrust pastry (see basic recipe page 62)
4 Golden Delicious apples
1 tbsp. brown sugar

For the compote
4 Golden Delicious apples
25g butter
25g caster sugar
½ vanilla pod
Cherry cake

Preparation time: 25 min
Cooking time: 30 min

- Pre-heat your oven to 170°C.
  Wash and dry the cherries and remove the stones.
  Butter a cake mould and sprinkle it with sugar.

- Place the eggs and sugar in the bowl and attach the whisk.
  Set the stir speed to 2 and beat until it starts to become smooth and creamy.
  Add the sieved flour and baking powder and set the stir speed to 1.
  Mix for 1 minute.
  Add the melted butter, kirsch and mix.
  Add the cherries and continue to mix for 20 seconds.

- Pour the mixture into the mould and bake in the oven for 30 minutes.

- Enjoy hot or cold.

Serves: 8 people

Ingredients:
750g cherries
4 eggs
150g caster sugar
170g plain flour
10g baking powder
130g melted butter
1 capful of kirsch
Lemon meringue pie

Preparation time: 30 min
Cooking time: 20 min
Chilling time: 1 hour

- Pre-heat your oven to 180°C.
  Line a pre-buttered mould with the shortcrust pastry. Cover this with a weight.
  Blind bake in the oven for 15 minutes then leave to cool.
  Soften the gelatine in a bowl of ice-cold water and set aside.

- Place the eggs, sugar, zest and lemon juice in the bowl and attach the whisk.
  Set the stir speed to 3 and beat for 2 minutes.
  Set the temperature to 100°C and bring to a boil.
  Set the temperature to ‘Off’ and the stir speed to the lowest setting.
  Remove excess water from the gelatine, then add it to the pan. Mix until the temperature drops to 40°C.
  Set the stir speed to 2 and gradually incorporate the butter in small pieces.

- Pour the lemon filling into the tart base and place in the refrigerator for 1 hour.
  Pour the Italian meringue into a piping bag, fitted with a plain nozzle and pipe it on to the top of the tart in an attractive way.
  Gently brown the meringue by placing it under the grill or using a blowtorch.

For extra flavour:
Sprinkle with a little icing sugar.

Serves: 8 people

Ingredients:
1 batch of sweet shortcrust pastry (see basic recipe page 62)
1 batch of Italian meringue (see basic recipe page 89)

For the lemon filling
75g lemon juice
Zest of 2 organic lemons
150g eggs
2g leaf gelatine
150g caster sugar
125g butter

Ingredients:
1 batch of sweet shortcrust pastry (see basic recipe page 62)
1 batch of Italian meringue (see basic recipe page 89)

For the lemon filling
75g lemon juice
Zest of 2 organic lemons
150g eggs
2g leaf gelatine
150g caster sugar
125g butter
**Frozen raspberry dessert**

**Preparation time:** 3 min

- Set out the raspberries 5 minutes before preparing them.
- Place all the ingredients in the blender and attach to the high speed outlet. *Turn the speed dial to the ‘P’ button a number of times. Gradually increase the speed to the highest setting and mix until it becomes creamy in texture.*
- Serve straight away.

*For a different delicacy:*
*Replace the evaporated milk with an egg white to make a sorbet.*

**Serves:** 6 people

**Ingredients:**
- 250g frozen raspberries
- 200ml unsweetened Evaporated milk
- 80g caster sugar
Red fruit mousse

Preparation time: 20 min
Chilling time: 4 hours

Serves: 4 people

Ingredients:
- 400g frozen red fruit
- 2 egg whites
- 50g caster sugar
- 2 x 2g sheets of gelatine
- 1 tbsp lemon juice
- 100ml single cream

Defrost the red fruit. Soak the 2 sheets of gelatine in a bowl of ice-cold water.

Place the red fruit in the blender and attach the blender to the high speed outlet. Set the stir speed to 2 and mix for 3 minutes.

Place ⅓ of the red fruit in a pan with the lemon juice and heat without letting it boil. Remove excess water from the gelatine, then add it to the pan, continue to mix until completely melted. Pour the mixture into a round-bottomed mixing bowl, add the other mixed red fruit and continue to mix.

Place the egg whites in the and attach the whisk. Set the stir speed to 2 and mix for 1 minute. Gradually increase the stir speed to the maximum setting. Beat the egg whites until stiff and add the caster sugar and mix. Using a spatula, incorporate the egg whites into the mixed red fruit.

Pour the single cream into the bowl and make sure the whisk is in place. Set the stir speed to 2 and mix for 1 minute. Gradually increase the stir speed to the maximum setting be careful you do not over whip the cream. Carefully incorporate it into the red fruit mixture.

Pour this into the bowls and place in the refrigerator for at least 4 hours.

Serve.
Tiramisu

Preparation time: 30 min
Chilling time: 4 hours

Serves: 8 people

Ingredients:
24 sponge biscuits
4 eggs
200g caster sugar
500g mascarpone
5cl coffee liqueur
370ml cold full-bodied coffee
50g unsweetened cocoa powder

- Place the egg yolks and sugar in the bowl and attach the whisk. Set the stir speed to 3 and mix until the mixture becomes smooth and pale yellow in colour. Add the liqueur and mascarpone and set the stir speed to 1. Whisk for 2 minutes then empty this out of the bowl and set to one side.

- Pour the egg whites into the bowl and attach the whisk. Set the stir speed to 1 and whisk for 1 minute. Gradually increase the speed to the maximum setting and whisk until the egg whites become stiff.

- Using a spatula, carefully incorporate the egg whites into the mascarpone cream and chill for 4 hours.

- Quickly soak the sponge biscuits in the coffee and lay them along the bottom of a dish. Cover them with cream and repeat this process. Sprinkle with cocoa powder and store in the refrigerator.

- Serve well-chilled.
Panna cotta with strawberry coulis

Preparation time: 20 min  
Cooking time: 2 min  
Chilling time: 4 hours

- Soak the sheets of gelatine in a bowl of ice-cold water and set aside. Wash, dry and remove the stalks from the strawberries.

- Place the cream, sugar, vanilla seeds and empty pod in the bowl and attach the creaming beater. Set the temperature to 102°C. Select stir delay 1, set the stir speed to and bring to a boil.

- Set the temperature to ‘Off’ and remove excess water from the gelatine, then add it to the pan and mix for 1 minute. Leave to cool then remove the vanilla pod. Pour the preparation into the moulds. Store in the fridge for at least 4 hours.

- Place the sugar, lemon juice and strawberries in the blender and attach the blender to the high speed outlet. Turn the speed dial to ‘P’ a number of times. Set the stir speed to the maximum setting and mix for 1 minute. Place the panna cotta on the plates and remove from the moulds. Pour the strawberry coulis around them.

- Serve.

For extra flavour:
Flavour the panna cotta with orange blossom flower, rose water or kirsch. Serve accompanied with slices of strawberry.

Serves: 8 people

Ingredients:
For the panna cotta  
800ml single cream  
70g caster sugar  
1 vanilla pod  
7 sheets of gelatine

For the coulis  
300g strawberries  
50g caster sugar  
Juice of ½ a lemon
Crème brûlée

Preparation time: 15 min  
Cooking time: 40 min  
Chilling time: 40 min

- Pre-heat your oven to 100°C. 
  Heat the milk and honey until it dissolves completely.

- Place the egg yolks and sugar in the bowl and attach the creaming beater. 
  Set the stir speed to 2 and mix for 2 minutes. 
  Add the honey and milk mixture to the cream and set the speed to the minimum setting. 
  Mix for 1 minute.

- Pour the preparation into ramekins. 
  Bake in the oven for 40 minutes, in a bain-marie. Once cooked leave to cool then chill for 3 hours.

- Sprinkle the desserts with a little brown sugar then 
  Caramelize the sugar under the oven grill or using a blowtorch.

- Serve.
Small creamy chocolate pots

Preparation time: 15 min
Cooking time: 20 min
Chilling time: 2 hours 30 min

- Chop the chocolate into little pieces and set aside. Heat up the milk and the cream. Take off the heat just before it begins to boil. Beat the eggs and sugar together in a bowl until they become smooth and pale yellow in colour. Add half of the hot milk/cream mixture and mix. Set to one side.

- Place the other half of the milk/cream mixture and the pieces of chocolate in the bowl. Attach the creaming beater and set the temperature to 55°C. Select stir delay 4. Set the stir speed to . Allow to melt.

- Add the beaten egg mixture and mix for 2 minutes.

- Pour the cream into small pots, cover with cling film and place them in the steaming basket.

- Pour 500ml of water into the bowl and set the temperature to 102°C. Bring to a boil. Attach the steaming basket, set the timer to 20 minutes and cook.

- Immediately immerse the little pots in ice-cold water to stop the cooking process. Leave to chill for 2 hours and 30 minutes.

- Serve.

Serves: 4 people

Ingredients:
75g chocolate (60% cocoa)
150ml milk
250ml single cream
60g caster sugar
4 egg yolks
Caramel popcorn

**Preparation time:** 2 min  
**Cooking time:** 13 min

- Place the oil and corn in the bowl and *set the temperature to 180 °C*.  
  *Set the timer to 10 minutes* and Attach the splashguard.

- Pop the popcorn and empty this out of the bowl and set to one side.  
  Place the sugar and water in the bowl and *set the temperature to 180 °C*.  
  *Set the timer to 3 minutes* and confirm. Caramelise.

- Add the popcorn and attach the stir tool.  
  *Set the temperature to 180 °C and select (rador). Set the stir speed to (slow).*  
  Mix for 1 minute and 30 seconds.

- Enjoy.
Recipes for any time of day.

Whether you’re after an energising vitamin-rich drink, an aperitif or a thirst-quenching beverage, the Cooking Chef will prove itself to be an effective maker of delicious drinks and fruit juices.
Drinks
Drinks

262 Energy smoothie
264 Hot chocolate
266 Blue moon
268 Piña colada
270 Watermelon granita
Energy smoothie

Preparation time: 5 min

- Peel the banana and chop into slices. Wash the strawberries and remove the stalks. Dry-roast the flaked almonds in a hot pan for 1 minute.

- Place the slices of banana, strawberries, almond milk and honey in the blender and attach the blender to the high speed outlet. Gradually increase the stir speed to the maximum setting and mix for 1 minute.

- Pour into the glasses and sprinkle with flaked almonds.

- Enjoy as soon as possible.

Serves: 2 people

Ingredients:
1 banana
100g strawberries
20cl almond milk
1 tbsp honey
1 tbsp flaked almonds
Hot chocolate

Preparation time: 5 min
Cooking time: 3 min

- Pour the milk and cream into the bowl. Attach the creaming beater. Set the temperature to 102°C and heat until it begins to simmer.

- Add the chocolate (chopped into pieces) and the cinnamon. Set the temperature to 85°C. Select stir delay 1 and set the stir speed to 🔄. Allow to melt.

- Set the temperature to ‘Off’ and remove the creaming beater. Attach the whisk and set the stir speed to 5. Whisk for 1 minute.

- Serve straight away.

Serves: 3 people

Ingredients:
125g dark chocolate.
500ml whole milk
100ml single cream
1 tsp cinnamon powder
Blue moon

Preparation time: 5 min

- Peel and slice the ginger.
- Peel and slice the peach.

- Place all the ingredients in the blender and add 500ml of water. 
  *Attach the blender to the high speed outlet and gradually increase the stir speed to the maximum setting.*
  Mix for 1 minute.

- Serve immediately in glasses with ice cubes.

Serves: 8 people

Ingredients:
- 300g blueberries
- 2 white peaches
- 2cm ginger
- 2 tbsp acacia honey
- 1 tsp cinnamon powder
- 500ml water
Piña colada

Preparation time: 10 min  
Refrigeration: 30 min

- Peel the banana and chop into slices.
- Place all the ingredients in the blender, blend in 2 parts if necessary.  
  *Attach the blender to the high speed outlet and gradually increase the stir speed to the maximum setting.* Mix for 1 minute.
- Place in the refrigerator for 30 minutes.
- Crush ten (max 200g) or so ice cubes in the blender.  
  *Froth the piña colada using a whisk before serving over the crushed ice.*

Serves: 8 people

**Ingredients:**  
1 banana  
500ml pineapple juice  
400ml coconut milk  
Juice of 1 lime  
200ml white rum  
2 tsp vanilla extract  
1 tsp cinnamon powder  
½ tsp grated nutmeg
Watermelon granita

**Preparation time:** 5 min  
**Freezing time:** 4 hours

- Peel and grate the ginger.

- Place the watermelon, ginger, sugar and lemon juice in the blender.  
  *Attach the blender to the high speed outlet and gradually increase the stir speed to the maximum setting.* Mix for 1 minute.

- Pour the preparation into a dish and place in the freezer. Regularly mix using a fork to create the granita-like texture.

- Serve the granita in glasses which have been chilled in the freezer and drizzle a dash of grenadine syrup over the top.

**Serves:** 6 people

**Ingredients:**
- 800g watermelon flesh
- 40g caster sugar
- Juice of 1 lemon
- 2cm ginger
- 40ml grenadine syrup
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The result of more than sixty years of experience, the Cooking Chef is the culmination of numerous innovations. This multifunctional, precise, ultra-versatile kitchen machine offers amazing and unparalleled performance: induction cooking, now with a temperature range of 20 °C to 180 °C.

This high temperature means that it is possible to sear meat, to fry, or to make caramel or popcorn. There is now also an automatic mode as well as a manual one. With twenty-four programmes, you can choose the recipe and follow the instructions. It’s as simple as that!

Kenwood has created this book especially to help you get the most out of your Cooking Chef. Whether basic, traditional, creative or staple dishes, they are all easy to make, introducing you to the pleasure of cooking.