YOUR ASSISTENT®.
AND YOUR GREAT GRANDCHILDREN'S.

a faithful friend

A GOOD START.

Each Assistent® Original includes a 7 litre stainless steel bowl, lid, dough roller, dough knife, spatula, dough hook and a double whisk with a 3.5 litre plastic bowl. The exceptionally powerful motor, which comes with a five-year guarantee, has stepless speed control, timer, and a unique gearing located underneath the bowl, makes the machine extra strong and robust. The Assistent® Original can knead up to five kilos of dough at a time. Older accessories work on new machines, and vice versa. In this brochure we want to show you how to make your life a little easier with the help of our ten other accessories, which can be bought separately.

Citrus press, mixer, muesli mill, coffee and flour grinder, vegetable slicer, meat mincer and extra attachments including strainer, grater, pasta and cookie attachments – the Assistent® Original has all the accessories you need to make your life in the kitchen a little easier.

GOOD MORNING.
EVERY MORNING.

It's no secret that a good breakfast is the best way to start the day. It's true that by starting the day with a balanced meal consisting of vitamins, carbohydrates, proteins, minerals and fibres, you're laying the foundations for good health. With the muesli mill, mixer and citrus press accessories, you can make fresh juices, smoothies oozing with berries and fibre-rich muesli – and lots more. Of course, you can also make hearty soups, spicy herb dips or refreshing milkshakes with the help of these accessories.

Breakfast smoothie: Cut up half a banana, add two tablespoons of walnuts, 200 ml strawberries, raspberries or blueberries, 100 ml natural yoghurt and a teaspoon of honey. Blend the mixture in the blender until smooth. Serve with fresh berries.

SAVE TIME.
AND YOUR KNUCKLES.

Sometimes it's the easiest to do things by hand and other times only a machine will do, especially for making things like a vegetable stir-fry, potato gratin, or pickling gherkins and beetroot. Even for the Swedish delicacy Janssons frestelse (Jansson's Temptation), you'll find a vegetable slicer useful. Serve as a supper pan or as part of a special meal.

JANSSON'S TEMPTATION WITH SLICED POTATOES (SERVES 8)

8 large potatoes

2 medium onions

butter

200 g anchovies

salt and freshly ground black pepper

300 ml whipping cream

3 tbsp bread crumbs

Set the oven to 180 degrees C.

Peel and thinly slice the potatoes. Slice the onion and fry in butter until golden brown. Layer the onion, potato and anchovies in a greased oven-proof pan. Pour over the cream. Add salt and pepper. Sprinkle with bread crumbs.

Bake for about 40 minutes. Serve with a salad or an omelette.

AL DENTE.

Throughout history, the Arabs, Chinese and Romans have all claimed to have made the first pasta. Now it looks like the Chinese are laying claim to the title, with the discovery of pasta spirals dating back 2,000 years BC. Today pasta can be found in all shapes and colours. With the pasta attachment for your Assistent® Original you get thin, fine pasta that you can then shape as you want. It tastes best cooked al dente – the point where the pasta is cooked through but is still firm – in plenty of water and served with a dash of salt and extra virgin olive oil.

If you want to add variety to your home made pasta and are tempted to experiment a little, you can try adding saffron, spinach, beetroot, chilli, tomato or squid ink, all of which add colour and flavour to your pasta.

A PENNY SAVED IS A PENNY EARNED.

Fruit and vegetables can hardly be more organic than those picked direct from the trees or ground in the garden, woods or fields. Fruit, berries or vegetables are at their best when eaten in season. To be sure to enjoy your favourite delicacies all year round, all you have to do is sieve or puree, package and freeze. Whether it's apple puree for your porridge or sieved black currants for your summer drinks, there are attachments to help you do the job.

There are many ways of preserving fruit puree, jam and marmalade; we prefer to do it without extra additives. Boil your jars and lids for 20 minutes. Use boiled tongs to pick them up. Fill to a couple of centimetres from the top with boiling puree, jam or marmalade. Put the lid on and turn upside down until the jars have cooled.

STEAMING FRESH COFFEE.

You can't beat the taste or smell of freshly ground coffee beans, especially if you do it yourself. If you want to go a step further, you can even try roasting your own beans. Buy a good green coffee – unroasted coffee beans can be found in any selected coffee shop or on the Internet. Set the oven to 225–250 degrees C. Lay a thin layer of coffee beans on an ungreased roasting pan. Roast for ten minutes for medium-roast and a few minutes more for dark-roast; shake the pan after five minutes, so the beans become evenly roasted. When they have turned brown and crackle like popcorn, they are nearly ready. Cool the beans by pouring them into a bowl or a cool roasting pan.

A LITTLE COFFEE LEXICON:

espresso: 20–40 ml dark coffee covered with a layer of foam
café au lait: equal quantities of coffee and hot milk
cappuccino: equal quantities of espresso coffee, steamed milk and milk foam
caffè latte: 1/3 espresso, 2/3 steamed milk, with or without foam
caffè mocha: equal quantities of espresso, hot chocolate and steamed milk
café del tiempo: sweetened coffee poured over ice with a slice of lemon
doppio: double espresso
cappuccino freddo: cappuccino over ice
caffè americano: espresso diluted with hot water
caffè latte freddo: cold strong coffee with milk and sugar
caffè macchiato: coffee with a splash of milk
caffè maracchino: equal quantities of espresso and hot milk

800 WATT MINCE.

Assistent® Original is one of the strongest kitchen machines on the market. The motor has an 800-watt rating, and if it becomes overloaded, it cuts out before overheating, unlike many of its competitors. You only need to unplug it, clean out the grinder, plug it back in and carry on. In addition to a hole disc, each meat-grinder comes with a sausage horn and splash guard.

ANKARSRUM BURGERS (APPROX. 8)

700 g silverside beef
2 onions
2 eggs
100 ml bread crumbs
1 tsp Dijon mustard
200 ml red wine
100 ml cream
salt
black pepper

1. Grind the meat. Grate the onion and fry until soft.
2. Blend the mince with the other ingredients until smooth. Season with salt and pepper. Shape into a 4 cm thick hamburger. Fry or grill the burgers until they are brown on the outside and light pink inside. Serve on rustic home made bread with sliced tomato, gherkin, onion and lamb's lettuce.

franzénwiberg

WISH ONE, GIVE ONE
OR JUST TREAT YOURSELF!

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