

## KENWOOD

KM200,KM201,KM210,KM211,KM220,KM230 & KM250

# Welcome to Kenwood Food Preparation

Your new Kenwood Food Mixer will make food preparation a simple and enjoyable task. To reap maximum benefit from your mixer keep it ready to use on a convenient worktop for whenever you need it. A large range of attachments is available which will enable you to explore further culinary delights. (Please note some attachments are for special international markets only.)

## Connecting to Power

Before switching on make sure that the voltage of your electricity supply is the same as that indicated on the rating plate.

**IMPORTANT (UK ONLY):** The wires in the mains lead are coloured in accordance with the following code:

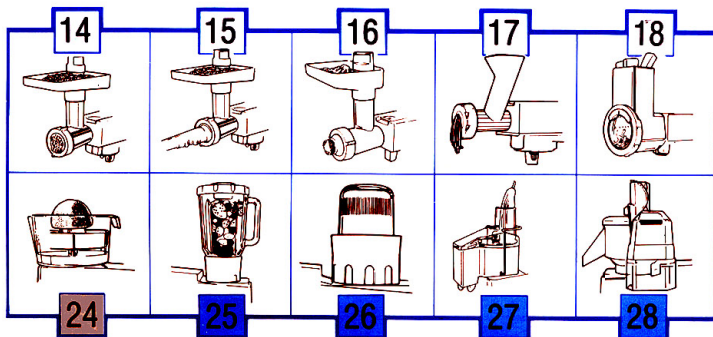
BLUE  
BROWN

NEUTRAL  
LIVE

**Important Note:** This appliance complies with European Economic Community Directive 89/336/EEC

## KEY

|                                   |                               |           |                                   |             |
|-----------------------------------|-------------------------------|-----------|-----------------------------------|-------------|
| 1 Planetary Drive/Beater socket   | Attachments                   | Model     | Attachments                       | Model       |
| 2 Slow Speed Outlet               | 16 Kebbe Maker                | A937      | 30 Colander and Sieve (For        | A992        |
| 3 Slow Speed Locking Catch        | 17 Pasta Extruder             | A936      | (models KM200, KM201 & KM220)     |             |
| 4 Juice Extractor Outlet          | 18 Slow Speed Slicer/Shredder | A948      | Colander and Sieve                | A930        |
| 5 High Speed Outlet               | 19 Coffee Grinder             | A979      | (For models KM230 & KM250)        |             |
| 6 On/Off and Speed Control Switch | 20 Grain Mill                 | A941      | 31 Stainless Steel Bowl           | 18749       |
| 7 Body                            | 21 Cream Maker                | A927      | (For models KM200, KM201,         |             |
| 8 Mixer Head Release Catch        | 22 Can Opener                 | A978      | KM210 & KM211)                    |             |
| 9 Bowl                            | 23 Bean and Peel Slicer       | A932      | Stainless Steel Bowl              | 18748       |
| Attachments                       | 24 Juice Extractor            | A995      | (For models KM230 & KM250)        |             |
| 10 K Beater                       | 25 Liquidiser                 | A989/A990 | 32 Splashguard and Flap           | 31225/31226 |
| 11 Dough Hook (For Models KM201   | 26 Spice Mill                 | A938      | (For models KM201, KM200, KM220   |             |
| KM200, KM210, KM211 & KM220)      | 27 High Speed Slicer/Shredder | A929      | KM230 & KM250)                    |             |
| 12 Dough Hook (For Models KM230 & | 28 Continuous Juice Separator | A935      | Splashguard                       | 30238       |
| KM250)                            | 29 Potato Peeler (For models  | A934      | (For models KM210, KM211 & KM202) |             |
| 13 Whisk                          | KM200, KM201, KM210, KM211    |           | 33 Cover (For models KM200,       | 29022       |
| 14 Mincer                         | & KM220)                      |           | KM201, KM210, KM211 & KM220)      |             |
| 15 Sausage Adaptor                | Potato Peeler                 | A752      |                                   |             |
|                                   | (For models KM230 & KM250)    |           |                                   |             |



# Hints on Use

Use the whisk for whisking eggs, cream, batters, fatless sponges, meringues, cheesecakes, mousses, soufflés etc.

**DO NOT USE FOR HEAVY MIXTURES SUCH AS CREAMING FAT AND SUGAR.**

Use the 'K' beater for cakes, biscuits, pastry, icing, fillings, mashing potatoes, gateaux, éclairs.

Use the dough hook for yeasted mixtures.

The speed control gives a completely variable range of speeds and these should be selected according to type of ingredients and quantities used. Generally, the following speeds are recommended:

|            |  |
|------------|--|
| Whisk      | Gradually turn up to maximum speed. If mixture shows signs of splashing keep speed lower.  |
| 'K' Beater | Cream fat and sugar on low speed, increasing gradually to medium. For very small quantities keep to a lower speed. Beat fat, sugar and eggs on medium to fast speed. Fold in flour, fruit etc on low speed. Do not overmix at this stage.<br>Mix biscuits on medium speed.<br>Rub fat into flour on low speed. |
| Dough Hook | Commence on minimum speed, gradually increasing to speed 1.  |

# Recipes

## IMPORTANT

- For best results the water should be at 43°C/110°F, this can be checked with a thermometer, or by mixing two parts cold water with one part boiling water.
- If the machine starts to labour when kneading a stiff dough we recommend that half should be removed and each half kneaded separately.
- Different batches of flour vary considerably in the quantities of liquid required and the stickiness of the dough can have a marked effect upon the load imposed on the machine. You are strongly advised, therefore, to adhere to the quantity stated and to keep the machine under observation whilst the dough is being mixed.

## White Bread (stiff dough)

3 lb/1350g strong plain flour  
3 level tsp 15 ml salt  
1 oz/25g fresh yeast or  
½ oz/15g or 20 ml dried yeast  
1 tsp/5ml sugar  
1½ pts/750 ml warm water (see above)  
1 oz/25g lard

### Fresh yeast

Crumble the yeast into the flour and add the sugar.

### Dried yeast (the type that needs reconstituting)

Sprinkle the dried yeast into the warm water, add the sugar and allow to stand for approximately 10 minutes or until the mixture is frothy.

For other types of yeast follow manufacturers instructions.

Ensure that all the liquid is in the bowl and add the lard, flour and salt.

Knead for approximately 45 seconds to 1 minute on minimum speed then increase to 1 until a dough is formed, adding a little more flour if necessary.

Knead for a further 3-4 minutes approximately on speed 1 until the dough is smooth and elastic and leaves the sides of the bowl clean.

Place the dough in a greased polythene bag and leave somewhere warm to double in bulk about 1-1½ hours. Return to the bowl and knead again for 2 minutes on speed 1. Fit into 4 x 1 lb (450g) greased tins (which should be half full). Cover and prove until doubled in bulk.

Cook at 450°F/230°C/Gas Mark 8 for 30-35 minutes. When cooked the loaves should sound hollow when rapped on the bottom.

## Soft Continental Dough

(sweet)  
This quantity is suitable for the KM230 and KM250. The quantity should be halved for the KM200, KM201, KM210, KM211 & KM220, and the flour can be added in one operation.  
5½ lb/2.6 kg ordinary plain flour  
2¼ pt/1.3 l milk  
10oz/300g sugar  
1lb/450g margarine  
4oz/100g fresh yeast or 2oz/50g dried yeast  
6 eggs  
5 pinches salt

Melt the margarine in the milk to a temperature of 43°C/110°F.

### Fresh Yeast

Crumble the yeast into the flour. Follow the method below.

### Dried Yeast (the type that needs reconstituting)

Add the sugar and the yeast to the milk mixture and allow to stand for approximately 10 minutes or until the mixture is frothy. For other types of yeast follow manufacturer's instructions.

With the liquid mixture in the bowl add the beaten eggs. Add 4½ lb/2 kg flour and mix on minimum speed for 1 minute then increase to speed 1 for a further minute. Add the remaining flour and mix on minimum speed for 1 minute then increase to speed 1 for a further 2-3 minutes until the mixture is smooth and evenly mixed. Transfer into 1lb/450g greased loaf tins or shape into rolls. Cover and prove until doubled in bulk. Bake at 200°C/400°F/Gas Mark 6. Loaves will take approximately 20-25 minutes and rolls approximately 15 minutes. When cooked the bread should sound hollow when rapped on the bottom.

This makes approximately 10 loaves.

## Rich Fruit Cake

8 oz/200g butter  
8 oz/200g moist brown sugar  
1 tsp/20 ml black treacle  
grated rind of an orange or lemon  
4 eggs  
10 oz/250g plain flour  
¼ tsp 1.2 ml nutmeg  
¼ tsp 1.2 ml cinnamon  
¼ tsp 1.2 ml mixed spice  
¼ tsp 1.2 ml salt  
2 tsp/40 ml brandy, rum or sherry  
1½ lb/600g mixed dried fruit  
2 oz/50g almonds (chopped)

Place the butter, sugar, treacle and grated rind in the bowl and beat on speed 3-4 increasing to a higher speed as the ingredients combine. Beat until light and fluffy, then scrape down the bowl and beater. Add the eggs, one at a time, beating to a smooth consistency between each addition. Mix in the flour on minimum speed then add the fruit and nuts.

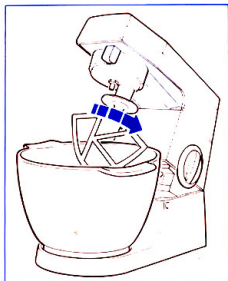
Place in a 8½" x 22 cm round cake tin, greased and lined with a double thickness of greaseproof paper. Cook for the first hour at 150°C/300°F/Mk 2 then at 140°C/275°F/Gas Mark 1 for a further 2½ hours.

When the cake is cold, remove from tin, turn upside down, pierce with a skewer in several places and pour on the brandy, rum or sherry. When this has soaked in, wrap in greaseproof paper or foil and place in an airtight tin. Use as desired.

## Hints

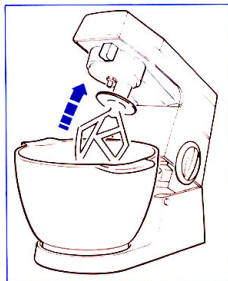
- Use the spatula provided to scrape ingredients away from the sides of the bowl.
- Use the butter at room temperature, or warm the bowl by filling with hot water and stand the 'K' beater in it whilst weighing out the ingredients. Dry thoroughly before using.
- Start the creaming on a low speed while the ingredients combine, then increase to a higher speed but not so high that the mixture is thrown up the sides of the bowl and not mixed properly. A higher speed can be used with larger quantities.
- Use a low speed to incorporate flour and fruit into the mixture.

# Assembling Bowl and Attachments Cont...



To fit attachments to the beater socket, raise the mixer head. Gently slide the attachment into it turning slowly with an anti-clockwise movement until a stop is reached.

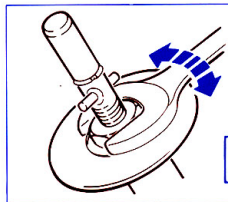
Press firmly upwards until the attachment clicks into position. To remove the attachment turn clockwise until it is free to withdraw.



## Note

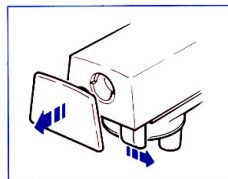
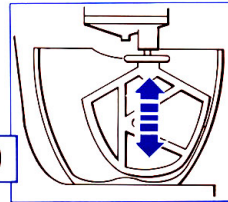
The 'K' beater and whisk were correctly set in the factory and should not need further adjustment. If for any reason adjustment becomes necessary proceed as follows:

1. Disconnect mixer from mains supply.
2. Raise the head and insert beater/whisk attachment to be adjusted.
3. Hold the attachment and slacken nut with a suitable spanner (C).
4. Lower the head and rotate the attachment up or down the shaft (D). For best results the beater whisk should be as close to the base of the bowl as possible.
5. Raise the head and holding the attachment tighten the nut.

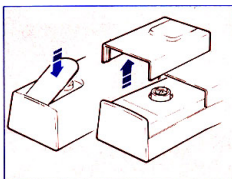


## Hint

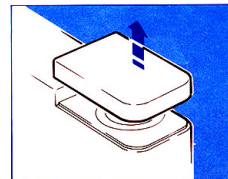
If when the machine is run, the 'K' beater knocks the bowl, then adjustment is too low.



To remove the slow speed outlet cover, pull the locking catch to the side and pull off the cover.

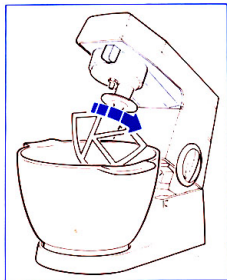


Remove the juice extractor outlet cover by either pressing down and lifting free, or simply by lifting free. If a plastic plug is fitted, unscrew this before fitting the attachment.



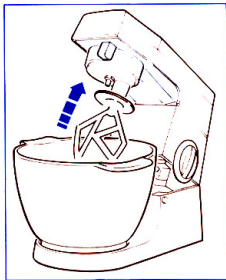
Remove the high speed outlet cover by lifting free.

# Assembling Bowl and Attachments Cont...



To fit attachments to the beater socket, raise the mixer head. Gently slide the attachment into it turning slowly with an anti-clockwise movement until a stop is reached.

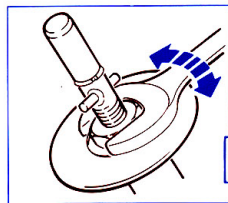
Press firmly upwards until the attachment clicks into position. To remove the attachment turn clockwise until it is free to withdraw.



## Note

The 'K' beater and whisk were correctly set in the factory and should not need further adjustment. If for any reason adjustment becomes necessary proceed as follows:

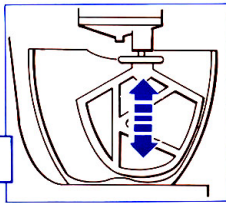
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3. Hold the attachment and slacken nut with a suitable spanner (C).
4. Lower the head and rotate the attachment up or down the shaft (D). For best results the beater whisk should be as close to the base of the bowl as possible.
5. Raise the head and holding the attachment tighten the nut.



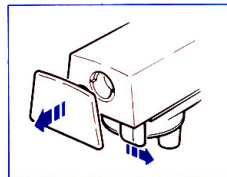
C

## Hint

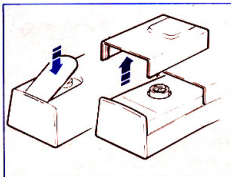
If when the machine is run, the 'K' beater knocks the bowl, then adjustment is too low.



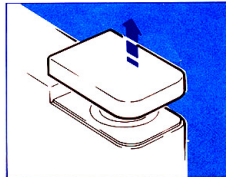
D



To remove the slow speed outlet cover, pull the locking catch to the side and pull off the cover.



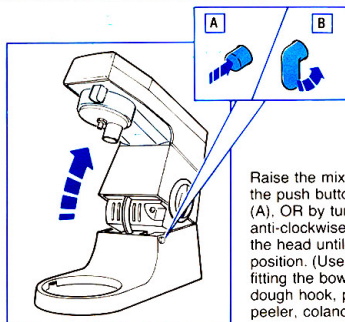
Remove the juice extractor outlet cover by either pressing down and lifting free, or simply by lifting free. If a plastic plug is fitted, unscrew this before fitting the attachment.



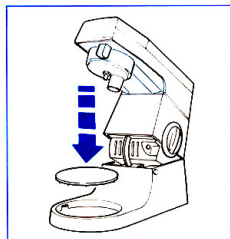
Remove the high speed outlet cover by lifting free.



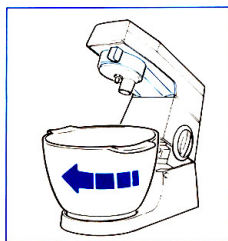
# Assembling Bowl and Attachments



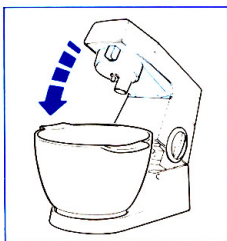
Raise the mixer head by pressing the push button release catch (A). OR by turning the latch in an anti-clockwise direction (B). Lift the head until it locks in the open position. (Use in this position when fitting the bowl, whisk, 'K' beater, dough hook, potato peeler, colander and sieve.)



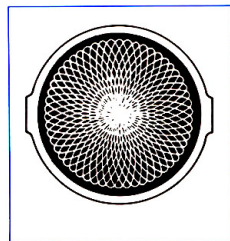
Fit the plastic plate, ribs down, in the recess.



Place the bowl in the recess engaging the lugs in the bayonet slots in the base of the bowl. Press down on the bowl and turn in a clockwise direction to lock. (Reverse the operation to remove.)



Lower the head by pressing the push button release catch (A) OR turn the latch in an anticlockwise direction (B) and push the head down firmly until it locks in the closed position.



## Planetary Action

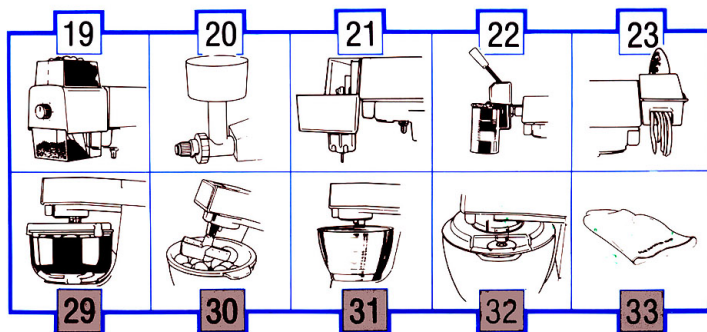
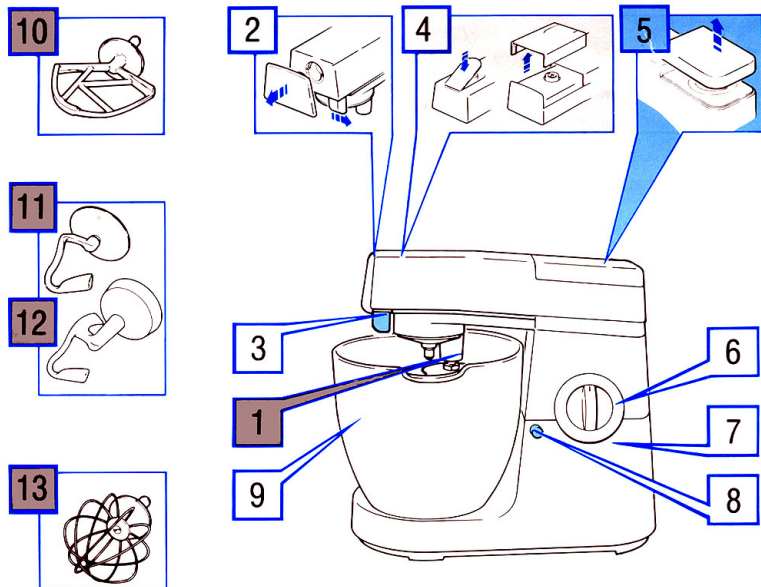
Your Kenwood mixer operates with planetary action which ensures that all parts of the mixture in the bowl are thoroughly mixed.

## Maximum Quantities

To obtain the best results the following recommended quantities should not be exceeded:

| Models KM -   | 200, 201, 210, 211, 220 | 230, 250          |
|---|-------------------------|-------------------|
| Shortcrust pastry                                       | 1½ lb/680g flour        | 2 lb/910g flour   |
| Yeast dough - stiff British type dough - (flour weight) | 3lb/1.36 kg flour       | 3¼lb/1.5 kg flour |
| - stiff British type dough                              |                         |                   |
| - (total weight of ingredients)                         | 4.8lb/2.16 kg           | 5.3lb/2.4kg       |
| - Soft Continental type dough - (flour weight)          | 2¾lb/1.3 kg flour       | 5½lb/2.6 kg flour |
| - Soft Continental type dough                           |                         |                   |
| - (total weight of ingredients)                         | 5.5lb/2.5 kg            | 11lb/5 kg         |
| Cake Mixture (Fruit Cake)                               |                         |                   |
| total weight of ingredients                             | 6lb/2.72 kg             | 10lb/4.55 kg      |
| Egg Whites - Minimum                                    | 1                       | 1                 |
| - Maximum   | 12                      | 16                |

# Your Mixer and Attachments



## Victoria Sandwich

6 oz/150g margarine  
3 oz/150g caster sugar  
3 eggs  
6 oz/150g SR flour  
Jam  
Icing sugar

Cream the margarine and sugar on speed 3-4 until combined and then on a higher speed until light and fluffy. Scrape the mixture from the sides of the bowl and beater, and add the eggs one at a time on maximum speed beating to a smooth consistency between each addition. Add the flour on minimum speed, mixing just long enough to incorporate.

Bake in 2 x 7 1/8 x 18 cm sandwich tins, greased and lined for 20-30 minutes at 190°C/375°F. Gas Mark 5 until golden and springs back when lightly touched. Turn onto a wire rack and allow to cool. Sandwich together with jam and dust with icing sugar.

### Hints

- Use soft tub margarine straight from the refrigerator for 'all in one' cakes, and block margarine at room temperature for creamed cakes.
- When creaming, if the margarine is firm, warm the bowl by filling with hot water and stand the 'K' beater in it for a few minutes. Empty and dry thoroughly before mixing.
- If the beater is not mixing to the bottom of the bowl, check adjustment of the beater (see page 4).
- Start the creaming on a low speed whilst the ingredients combine then increase to a higher speed, but not so high that the mixture is thrown up the sides of the bowl and not properly mixed. A higher speed can be used with larger quantities.
- It may be necessary to stop the machine and scrape the bowl down occasionally with the spatula provided.

## Short Crust Pastry

1 lb/400g flour } sieved  
1 tsp/5 ml salt } together  
8 oz/200g fat (a mixture of lard and margarine straight from the refrigerator)  
4 tbsp/80 ml water (approx)

Cut the fat up roughly and add to the flour in the bowl. Mix on speed 1, increasing to speed 4-5 until the mixture resembles breadcrumb crumbs, but switch off before it becomes greasy in appearance.

Add the water and mix on the lowest speed just long enough to incorporate. Pastry is normally cooked at 200°C/400°F/Gas Mark 6, but this will depend on the filling. Use as desired.

### Hints

- Use the fat straight from the refrigerator.
- Take care not to overmix the ingredients.

## Meringues

4 egg whites  
9 oz 225g icing sugar (sieved)

Line baking trays with non-stick baking parchment. Place the egg whites and icing sugar in the bowl and whisk on maximum speed until it stands in peaks (about 10 minutes).

Fit a large piping bag with 1" 2.5 cm Star nozzle and half fill with meringue mixture. Pipe shapes on to the prepared trays. Bake the meringues in a very slow oven 110°C 225°F Gas Mark ¼ until they are firm and crisp (approximately 4-5 hours)

### Hints

- Meringues should be stored in an airtight tin.
- If the meringues start to brown, prop open the oven door a little.

## Chilled Lemon Cheesecake

**Biscuit Base**  
8 oz/200g digestive biscuits  
4 oz/100g butter

**Filling**  
1 tbsp/20 ml gelatine  
¼ pt/125 ml water  
4 eggs, separated  
4-6 oz/100-150g caster sugar (depending upon taste)  
3 large lemons  
10 oz/250g curd cheese or fromage frais, sieved  
Fruit and cream to decorate (optional)

Using the liquidiser attachment, drop pieces of biscuits onto the revolving blades on maximum speed to form biscuit crumbs. This should be carried out in two or three batches. Melt the butter in a saucepan, add the biscuit crumbs, stir well then press lightly into an 8 1/2 x 21 cm spring clip tin. Leave to chill whilst preparing the filling.

Dissolve the gelatine in the water, in a bowl over a saucepan of hot water.

Whisk the egg yolks and sugar on maximum speed using the whisk attachment until the mixture is pale and creamy. Add the curd cheese or fromage frais to the egg mixture and continue whisking until smooth. Reduce to speed 5, add the lemon rind, juice and gelatine mixture and whisk until all ingredients are incorporated. Transfer the mixture to another bowl and chill until the point of setting is reached.

Whisk the egg whites on maximum speed until stiff, and carefully fold into the cheesecake mixture using a metal spoon. Pour the mixture onto the biscuit base and chill until set.

Remove the sides of the springclip tin and decorated with fruit and whipped cream as desired.

## Strawberry Apricot Gâteau

**Sponge**  
3 eggs  
3 oz 75g caster sugar  
3 oz 75g plain flour  
**Filling and Decoration**  
¼ pt/125 ml double cream  
sugar to taste  
8 oz 200g strawberries  
8 oz 200g apricots

Halve the apricots and remove the stones. Cook gently in a very little water with sugar to taste until soft. Clean and halve strawberries.

Make the sponge by whisking the eggs and sugar on maximum speed until very pale and thick. Remove the bowl from the machine and carefully fold in the flour using the whisk in one's hand. Transfer the mixture to two 7 in 18 cm greased and lined sandwich tins. Cook for approximately 20 minutes at 350°F 180°C Gas Mark 4 until the cake springs back when lightly touched. Remove from tins and cool on a wire rack. Use the whisk attachment to whip the cream on a high speed until stiff, add sugar to taste. Roughly chop the apricots and a third of the strawberries and carefully fold into half the cream. Sandwich the two cakes together with this mixture. Spread the remaining cream on top of the cake and decorate the top with the remaining strawberry halves.

### Hint

- Take care when adding the flour to ensure a light and airy result.

## Beefburgers

If a mincer is not supplied with your mixer, small quantities of beef can be blended in the liquidiser to make into beefburgers.

250g / 8oz prime sinewless beef

Cut the beef into approximately 2cm x 1in cubes and place into the liquidiser. Blend the meat for 15 sec on speed 2. Do not run for any longer as this will overprocess the meat.

The blended meat can be mixed with seasonings of your choice such as chopped onion, mixed herbs - either fresh or dried, coarsely crushed black peppercorns or the rind and juice of a lemon. Divide the mixture in half and shape into 2 beefburgers. Grill under a medium to high heat until thoroughly cooked.

If further batches of meat are to be processed, first ensure that the blender is thoroughly cleaned and all traces of meat removed from around the blades. (Cleaning can be carried out by filling with warm soapy water and operating for a short time and then cleaned in the usual way).