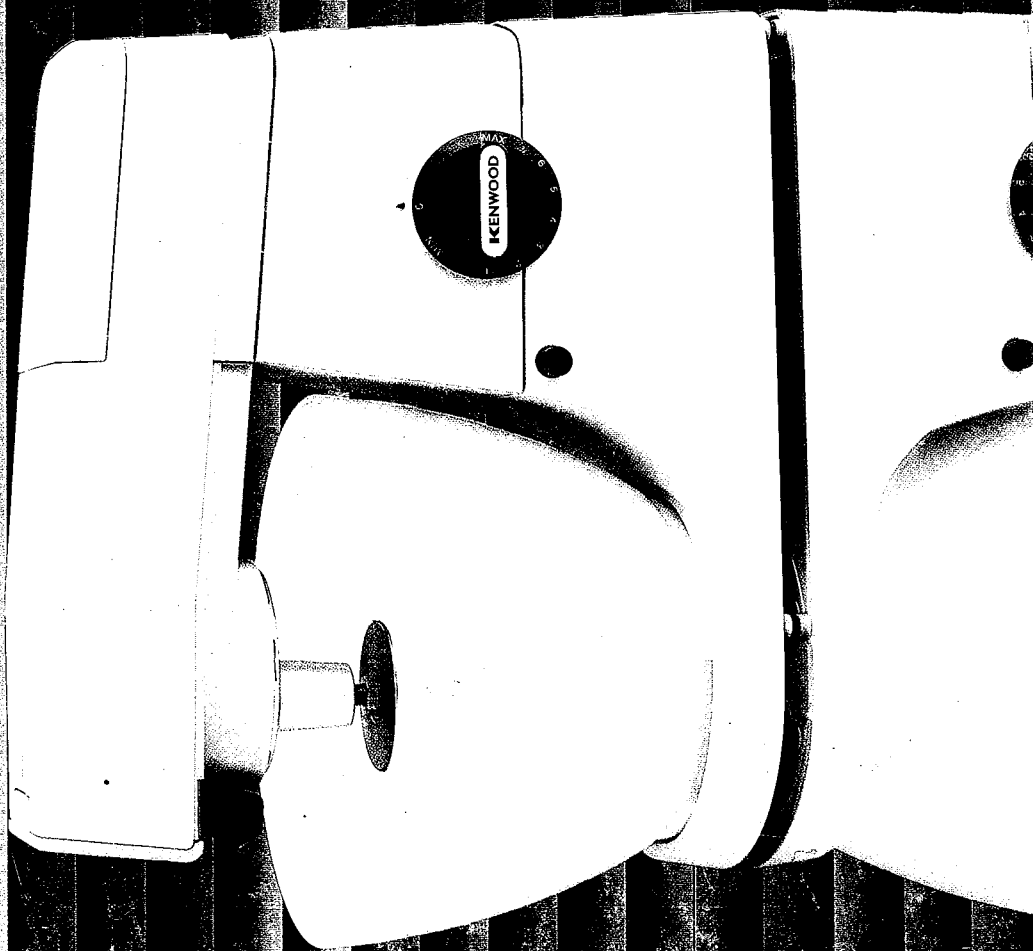


KENWOOD

CHEF



THORN EMI
Kenwood Small Appliances Ltd

New Lane, Havant, Hampshire PO9 2NH

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Basic Pasta Dough Recipe

Using Pasta Maker

1lb 2oz/500g plain flour,
4 eggs (beaten)
plus sufficient water to make
liquid up to the line on the
measuring beaker
(the eggs must be at room
temperature)
½ tsp/2.5ml salt,
a half quantity may be made
up using:-
9oz/250g plain flour
2 eggs (beaten)
plus sufficient water to make
liquid up to the line on the
measuring beaker
(the eggs must be at room
temperature)
¼ tsp/1.5ml salt

Wholemeal Pasta

1lb 3oz/525g Wholemeal flour
4 eggs (beaten)
plus sufficient water to
make liquid up to the line
on the measuring beaker
(the eggs must be at
room temperature)
½ tsp/2.5ml salt

Herb Pasta

9oz/250g plain flour
2 eggs plus a little water
to the lower line
2 dsp/20 ml mixture of
fresh herbs finely chopped,
salt and pepper

Sift the flour and salt into the mixer bowl.
Beat the eggs in the beaker and add sufficient
water to bring up the level marked on the
beaker. (Large quantity use top line - small
quantity use lower line). Add egg liquid to the
flour in the bowl with the 'K' beater in
position. Mix on speed 1 for 1-2 minutes until
small hazelnut sized pieces of dough are
formed. Stop the mixer halfway through
mixing to scrape down the beater and sides
of the bowl. The dough is now ready for
extruding.

TO COOK SHAPED PASTA

Add 1 tablesp (20ml) salt and 1 tablesp (20ml)
oil to a large pan ¾ full of boiling water.
Gradually add the pasta and cook at a slow
'rolling' boil until the pasta is 'al dente' or still
slightly firm to bite. Stir occasionally during
cooking. When cooked drain thoroughly.
For Lasagne or Tagliatelle cook half of the
recipe first and the remaining half
immediately afterwards.

Mix as for plain pasta. Add a little extra flour
if the mix appears too wet.

Adding herbs to the flour and mix as for plain
pasta. This mix may be extruded through any
screen.

KENWOOD

CHEF A901 Types

Instruction & Recipe Book



THORN EMI KENWOOD SMALL APPLIANCES LTD
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THORN EMI
Kenwood Small Appliances Limited

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80912/18



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Miscellaneous

Butter

USING 'K' BEATER

Use ripened dairy cream (approximately 4 days old) and mix it in the bowl with the 'K' beater on speed 2 - 3 according to quantity.

As soon as butter begins to form, reduce the speed to avoid splashing and continue until the butter comes into one lump. Switch off, remove the bowl and pour off the buttermilk. Wash the butter in cold water until it remains clear. Squeeze out the water, salt to taste and pat the butter into shape.

Marshmallows

USING WHISK

10 oz/250g sugar

1tsp/5ml cream of tartar

½ pt/250ml cold water

¾oz/20g gelatin

1 egg white

icing sugar for coating

Put sugar, cream of tartar and ½ pt/125ml of water in the saucepan, stir over a low heat until dissolved.

Boil steadily to 125°C or until a soft ball forms from a spoonful dropped into cold water.

Dissolve the gelatin in the remaining water. Whisk the egg white on maximum speed until stiff, beat in gelatin mixture and syrup and continue to beat until thick and white, half filling the bowl.

Pour into greaseproof paper lined tin and when set cut into cubes and roll in icing sugar.

Spicy Dried Lentil Cakes (Vahria)

USING THE 'K' BEATER

7oz/175g red lentil flour
(passed through Mill Setting 1),
6fl.oz./150ml warm water,
1tsp/5ml caraway seeds,
1½tsp/7.5ml garam masala,
1tbsp/20ml ground coriander,
2tsp/10ml salt,
½tsp/2.5ml turmeric,
1 tsp/5ml chilli powder

Place all the ingredients into the Chef bowl and using the 'K' beater combine all ingredients together using Speed 1 increasing to Speed 5-6. Leave the mixture to stand for 2-3 hours in a warm place. After this time the mixture should be firm enough for shaping. To shape use your hands to form small flat round cakes. Place on a greased baking sheet and allow to dry in a warm place, preferably in the sun. When completely dry store in an airtight tin. Makes about 16.

Ground Rice Pudding

USING THE WHEAT MILL

1pt/500ml milk,
2oz/50g white or brown rice
(passed through Mill Setting 1),
2oz/50g brown sugar,
grated rind ¼ orange,
knob butter,
nutmeg

Bring the milk to the bowl and add the sugar, ground rice and flavourings, stirring constantly. Transfer to a greased ovenproof dish and bake in oven for 30 minutes at 350°F/180°C/Mk 4. An alternative to baking in oven is to simmer the rice for 10-15 minutes in the saucepan, stirring constantly. Serves 3-4.

Pearl Barley Milk Pudding

USING THE WHEAT MILL

1pt/500ml milk,
2oz/50g pearl barley,
(passed through Mill Setting 1),
2oz/50g sugar

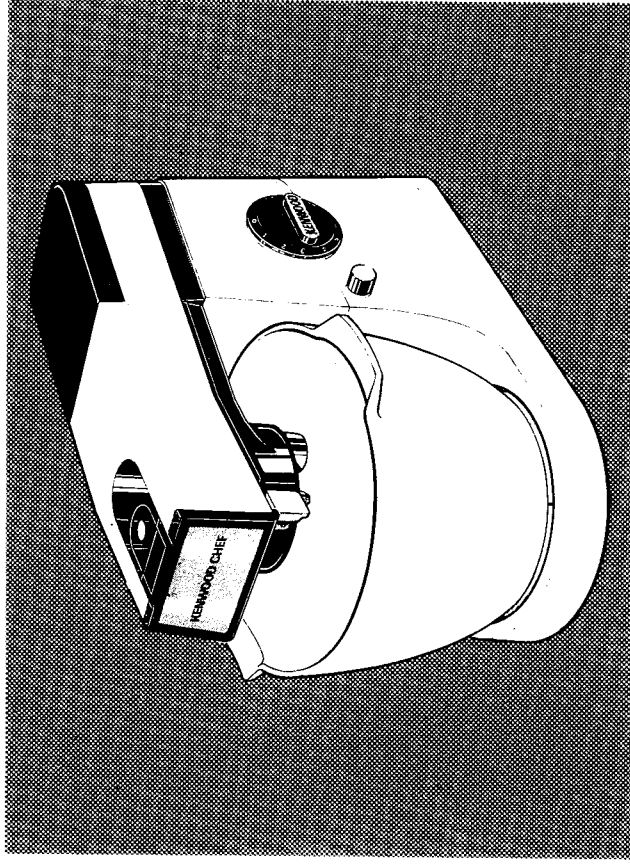
Make as for Ground Rice Pudding and serve with jam or honey.

Soya Chocolate Spread

USING THE WHEAT MILL

3oz/75g soya flour
(split soya beans passed through Mill Setting 5 then Setting 1),
1½oz/40g cocoa powder,
3oz/75g butter - preferably unsalted,
2oz/50g sugar,
½pt/250ml/milk

Place all the ingredients in a saucepan - preferably a double saucepan. Heat gently stirring continuously. Heat to nearly boiling and cook with continuous stirring for 5 minutes, until thickened. If the spread is over heated the chocolate will have a burnt flavour. Allow to cool and use for cake or sandwich filling.



You are now the owner of a new Kenwood Chef. From today, food preparation is going to take on a new meaning and the time you have to spend in the kitchen preparing meals and baking, will be cut by hours.

Dishes which may hitherto have seemed difficult and requiring lengthy preparation will turn out right every time — and you'll find cooking so much more fun with the Chef to take over all the hard work.

Get to know your Chef by reading the instructions carefully, and make it work for you.

Keep the machine on a handy working surface, not tucked away in a cupboard, so that it is ready to perform any job, large or small, just as quickly as you can turn the switch.

POWER SUPPLY The Kenwood Chef is available for voltages 240 and 220 (Export) AC.

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

If this appliance is fitted with a non-rewireable plug for which your socket is unsuitable the plug should be cut off and an appropriate plug fitted. The removed plug should be disposed of as insertion of the plug into a 13 A socket is likely to cause an electrical hazard. If it is necessary to change the fuse in a non-rewireable plug the fuse cover must be refitted. If the fuse cover is lost or damaged the plug must not be used until a replacement is obtained. Replacement fuse covers are available from TEDAS, Limberrine Road, Hilsa, Portsmouth, Hants, telephone 0705 664466. It is important that the colour of the replacement fuse cover corresponds with the colour marking on the base of the plug.

IMPORTANT: The wires in the mains lead are coloured in accordance with the following code:-

BLUE NEUTRAL
BROWN LIVE

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:-

The wire which is coloured blue must be connected to the terminal which is marked with the letter 'N' or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter 'L' or coloured red.

Connection must not be made to the earth terminal of a 3 pin plug.

The appliance must be protected by a 3A fuse if a 13A (BS1363) plug is used, or if any other type of plug is used, by a 5A fuse either in the plug or adaptor or at the distribution board.

NOTE: As your Chef gearbox is pressure filled, a small amount of surplus grease may appear at the outlets covered by 'G' and 'H' (see page 6) after running in. This may be wiped away without affecting the performance or life of the gears, as sufficient grease will remain to give adequate lubrication.

This appliance complies with European Economic Community Radio Interference Directive 82/499/EEC.

Service for your Chef

In the event of failure you should contact your nearest local Service Branch (listed below) or look under THORN EMI Major Domestic Appliances Limited (TEDAS) in the telephone book.

ABERDEEN:

0224 572586

ALDERSHOT: Gordon House, Gordon Road, Aldershot GU11 1LD.

Tel: 0252 29555. Telex: 858876

BELFAST: Prince Regent Road, Castlereagh, Belfast BT5 6QR.

Tel: 0232 793209. Telex: 74985

BIRMINGHAM: Unit 15, Charlton Drive, Congreaves Trading Estate,

Cradley Heath

Bristol: 5th Floor, Beacon Tower, Fishponds Road, Bristol BS16 3HQ.

Tel: 0272 651341/4. Telex: 449202

CAMBRIDGE: 5A Butemmel, Ely, Cambridgeshire CB3 4NY.

Tel: 0535 67821. Telex: 81312

CANVEY ISLAND: 2-4 Sandhurst, Kings Road, Canvey Island, Essex SS9

COY.

Tel: 0286 68414. Telex: 39416

CARDIFF: Guardian Industrial Estate, Clydesmuir Road, Tremorfa, Cardiff

CF2 2DS

ELGIN: Tel: 0343 45290

GATESHEAD: First Avenue, Team Valley Trading Est., Low Fell,

Gateshead, Tyne & Wear NE11 0PW. Tel: 0914 497331. Telex: 597314

GLASGOW: 20 Cunningham Road, Clyde Estate, Rutherglen, Glasgow G73

1PP

Tel: 041 647 4381. Telex: 779628

GRIMSBY: 0472 360689

INVERNESS: 0463 33018

KENDAL: 0539 31158

LONDON:

Empire Way, Wembley, Middlesex HA9 0BA.

Tel: 01 903 3421. Telex: 925755

MANCHESTER: Ashton Street, Duffield, Cheshire SK16 4RN.

Tel: 061 330 5981. Telex: 665441

NEWTON ABBOT: N.A.M. Unit, Barle Road, Heathfield, Newton Abbot,

Devon TQ12 6XT

Tel: 0626 832033. Telex: 42856

NORTHAMPTON: 0604 36669

NORTHAMPTON: 0604 36669

NOTTINGHAM: Acorn Park, Midway City Industrial Estate, Dunwilk,

Nottingham NG2 2TN

Tel: 0602 961131. Telex: 37251

OXFORD: Suite 3, Windham Court, 56A High Street, Witney OX8 6EL

Tel: 0893 4411. Telex: 83393

PORTSMOUTH: Area Service Office, Limberrine Road, Hilsa, Portsmouth

PO5 5JJ

Tel: 0705 667411. Telex: 86735

SOUTHPORT: Sladburn Crescent, Fyde Road Industrial Estate, Southport

PR9 9YF

Tel: 0704 28221. Telex: 67201

TAUNTON: Unit D2, Salford Park 4, Telford, Salop TF3 3AS.

Tel: 0852 618721. Telex: 35417

TONBRIDGE: 36 Morley Road, Tonbridge, Kent TN9 1RA.

Tel: 0732 367722. Telex: 85289

TRURO: 0872 78702

WAKEFIELD: Monckton Farm, Industrial Estate, Derby Dale Road,

Wakefield WF2 7AU

Tel: 0924 371851. Telex: 557744

WREXHAM: 0978 261847

YORK: 0904 641700

Other Grains In Your Wheat Mill

Lentils

Many recipes use lentils that are soaked for 24 hrs, drained and pounded to a paste using a pestle and mortar. All the hard work can be removed if the Kenwood Mill is used. The paste is formed by first milling the lentils into flour, then adding water and allowing the paste to stand for about 1 hour. During this time the lentil flour absorbs the water and forms a paste of a similar consistency to that formed by pounding with pestle and mortar.

Lentil Paste

USING THE WHEAT MILL

6oz/150g lentil flour

(Passed through Mill Setting

1),

6fl.oz/150ml warm water

Lentil Rissoles (Mangorhis)

USING THE LIQUIDISER AND WHEAT MILL

6oz/150g red lentil flour

(passed through Mill Setting

1),

6fl. oz./150ml warm water,

1½tsp/7.5ml salt,

½tsp/2.5ml garam masala,

1½tsp/2.5ml turmeric,

1tsp/5ml caraway seeds,

½tsp/2.5ml chilli powder

(optional),

Oil or ghee for frying

Mix flour and water together and allow to stand for about 1 hour. Some of your favourite recipes may require a slightly thicker paste than this, if so just add a little more flour until the required consistency is obtained.

Place flour, salt, garam masala, turmeric and chilli powder in liquidiser goblet, place on lid and switch to maximum speed. Remove feeder cap and pour water in with the blender running. Switch off, empty into a bowl and add caraway seeds. Leave to stand for about 1 hour until the mixture has thickened to a stiff paste. Heat the fat in a shallow pan and fry the mixture in spoonfuls, shaping into small rissoles. Fry approximately 5-10 minutes on each side until both sides are golden brown. Drain on absorbent paper. Serve either hot or cold as a snack or in a curry. Makes about 16-20

Lentil Rissoles In Curry Sauce

USING THE MINCER AND

WHEAT MILL

1 quantity Lentil Rissoles (see above)

Curry Sauce:

1½oz/40g ghee or oil,

3 medium onions,

1lb/400g tomatoes either

fresh or canned,

4 gloves garlic,

1½tsp/7.5ml turmeric,

1tsp/5ml salt,

2tbsp/50ml stale milk curd,

2tbsp/10ml ground coriander,

1½tsp/7.5ml garam masala,

½tsp/2.5ml chilli powder,

(optional)

Make the lentil rissoles as instructed. Mince the onion and garlic together using the fine screen. Heat the ghee and fry the onion and garlic for 5 minutes, add the spices and continue frying for a further 2 minutes. Add the tomatoes, sliced, and milk curd and simmer for 15-20 minutes. Add the lentil rissoles and simmer a further 5 minutes. Serve on a bed of boiled rice. Serves 3-4.

Wholemeal Banana Loaf

USING THE LIQUIDISER

8oz/200g soft wholemeal flour (passed through Mill Setting 1),
1 level tsp/5ml baking powder, pinch salt,
3oz/75g margarine,
2oz/50g caster sugar,
1 tbsp/20ml golden syrup
1 banana,
1 egg beaten,
2 tbsp/40ml lemon juice

Mix the flour thoroughly with the salt and baking powder. Put the margarine in a pan with the sugar and syrup and gently melt together. Puree the banana by dropping onto the Liquidiser blades through the feed hole in the lid - on maximum speed and add this with the flour and eggs to the melted mixture. Stir until thoroughly mixed. Pour in to a greased lined 2lb/800g loaf tin. Bake in centre of oven 350°F/180°C/Mk 4 for 50-55 minutes or until done. Turn out of the tin and cool on a wire rack. This is good served cold and spread with butter.

Shortbread

USING THE 'K' BEATER

6oz/150g soft wholemeal flour (passed twice through Mill Setting 1 and sieved),
1oz/25g brown or white rice flour (Mill Setting 1),
4oz/100g butter-softened,
2oz/50g caster sugar,
Few drops vanilla essence

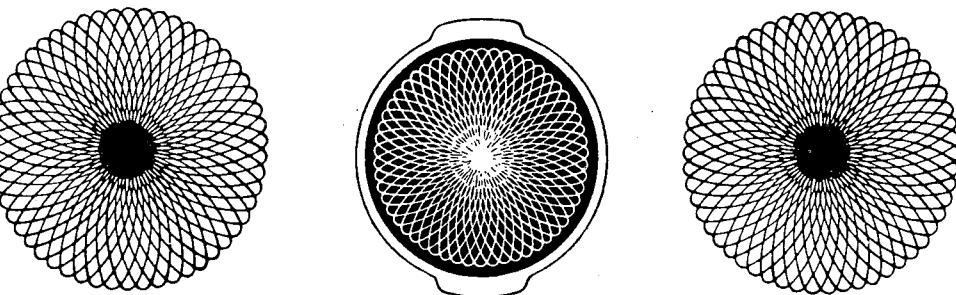
Place all the ingredients in the Chef Bowl and using the 'K' beater switch to Speed 1. Gradually increase to Speed 4 as the fat is dispersed and the mixture combines. Turn into an 8"/20 cm sandwich tin or two 6"/15 cm tins and using a fork press into shape of tin. Prick surface of shortbread and bake at 350°F/180°C/Mk 4 in the centre of oven for 30-45 minutes. Cut into portions when first out of oven but allow to cool slightly before removing from tin. For best results remove from tin before completely cold.

Flapjacks

10oz/250g wholemeal flour (any grade),
3oz/75g caster sugar,
3oz/75g margarine,
2tbsp/40ml golden syrup

Grease a shallow tin about 8"/20cm square. Put the margarine in a pan with the sugar and syrup and gently melt together. Add the wholemeal flour and stir until thoroughly incorporated. Press into a prepared tin and smooth the top. Bake 325°F/170°C Mk 3 for 20-25 minutes. Remove from the oven, leave the mixture in the tin until cold. However upon removal from the oven score the surface into fingers.

What is 'planetary action'?



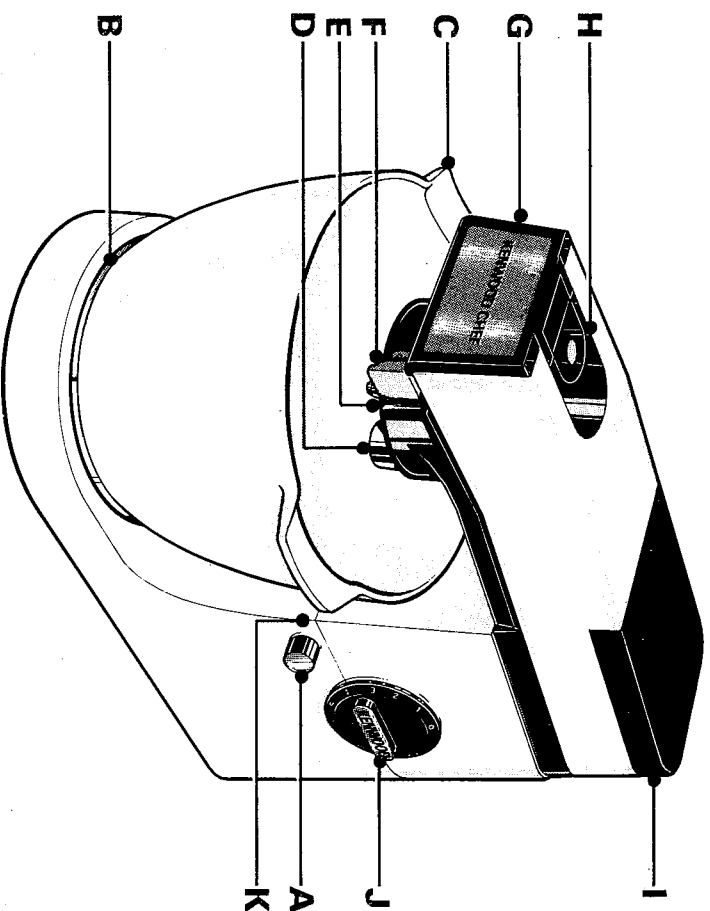
This is an important thing for you to know, because it is one of the special reasons why the Chef is the finest mixer of all.

First look at the diagram on this page, then, when next you are using your Chef, watch closely the movement of the beater and whisk.

See how the attachment turns as it travels round the bowl. Then look again at the diagram and you will see the lines following this movement to show you how the attachment reaches every part of the mixture making certain that all the ingredients are blended together. It's this double-thorough mixing that gives your cakes and sponges such unbelievably fine texture. And it's this action that combines with a speed you could never achieve by hand to make everything go much further.

With the Kenwood planetary action, the smallest or largest quantities are perfectly mixed to produce the best results ever.

A guide to your Kenwood Chef



- A PUSH BUTTON RELEASE CATCH
- B BOWL RECESS
- C BOWL HANDLE AND POURING LIP
- D BEATER SOCKET
- E PLANET HUB
- F SLOW SPEED ATTACHMENT LOCKING CATCH
- G SLOW SPEED OUTLET COVER
- H JUICE EXTRACTOR OUTLET CAP
- I HIGH SPEED OUTLET COVER
- J 'ON-OFF' SWITCH AND SPEED CONTROL
- K OVERLOAD PROTECTION RESET BUTTON (INSIDE)

Cakes & Biscuits

Victoria Sandwich

USING THE 'K' BEATER

4oz/100g margarine,
4oz/100g caster sugar,
2 eggs,
6oz/150g soft wholemeal
flour (passed through Mill
Setting 1 twice),
1½tsp/7.5ml baking powder,
1tbsp/20ml milk

Warm the Chef bowl by filling with hot water and place the 'K' beater in it while weighing out the ingredients, empty and dry. Then mix the fat and sugar together on Speed 3-4 until combined increasing to 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 a spoonful of flour with the second egg. Add the flour, baking powder and milk together and mix on Speed 1, mixing just long enough to incorporate the flour. Bake in 2 x 6" / 15cm sandwich tins, greased and lined for 30-35 minutes at 375°F / 190°C / Mark 5.

Variations:

Coffee:- 1tbsp/20ml strong black coffee

Vanilla: ½tsp/2.5ml vanilla essence

Lemon: 1tsp/5ml grated rind

Add desired flavourings to mixture as follows:-

Lemon rind with butter and sugar

Chocolate sieved in with flour and baking powder.

Chocolate: 1tbsp/20ml chocolate powder

Orange: 1tsp/5ml grated rind

Orange rind with butter and sugar

Coffee in place of milk

Wholemeal Fruit Cake

USING 'K' BEATER

12oz/300g soft wholemeal
flour (passed through Mill
Setting 1 twice),
1½ level tsp/7.5ml baking
powder,
6oz/150g margarine,
6oz/150g caster sugar,
3 eggs,
1-2tbsp/20-40ml milk,
12oz/300g mixed dried fruit,
2oz/50g canned peel,
2oz/50g cherries-halved,
grated rind of 1 lemon,
1 level tsp/5ml grated
nutmeg,
1 level tsp/5ml cinnamon

Grease and line an 8" / 20cm cake tin. To warm the Chef bowl fill it with hot water and stand the 'K' beater in it, while weighing out the ingredients. Empty the hot water from the bowl and dry. Beat the fat, sugar and lemon rind together at Speed 1-2 using the 'K' beater increasing to a higher speed as they combine, continue until light and fluffy. Add the eggs one at a time on maximum speed, adding a spoonful of flour with the last egg. Beat to a smooth consistency between each addition. Switch to Speed 1 and add the flour, continue and add the fruit and spices and enough milk to give a smooth consistency. Place in a cake tin and bake at 325°F / 170°C / Mk 3 for 2-2½ hours or until cooked. Remove from tin and cool on a wire rack.

Cheese Loaf

USING 'K' BEATER AND DOUGH HOOK

1lb/400g strong wholemeal flour (passed through Mill Setting 1 twice),
2 tsp/10ml salt,
½ tsp/2.5ml dried mustard,
¼ tsp/2.5ml pepper,
4-6oz/100-150g Cheddar cheese, grated,
1oz/25g fresh yeast or
½ oz/20ml dried yeast,
12fl.oz/300ml warm water

Pour the liquid into the Chef bowl, crumble in fresh yeast and mix together using the 'K' beater on Speed 1. Add the remaining ingredients, reserving a little of the cheese to sprinkle on the finished loaves. Continue mixing on Speed 1 and combine ingredients. Change to the dough hook and knead the dough on Speed 2 for approximately 2 minutes until the dough is smooth and elastic. Place the dough in the bowl in a large lightly greased polythene bag and tie loosely. Prove the dough until nearly doubled in size and springs back when pressed with a lightly floured finger. Re-knead the dough, using the dough hook and Speed 1 for approximately 1 minute. Cut the dough in half and shape into two small loaves (in the same way as quick wholemeal bread). Either place on a greased baking sheet or fit into two 1lb/400g loaf tins. Place in lightly greased polythene bag and rise the dough until it reaches the top of the tin and springs back when pressed with a floured finger. Sprinkle with remaining grated cheese. Bake in middle of oven at 375°F/190°C/Mk 5 for 45-50 minutes. Makes 2 small loaves.

Onion Bread

USING 'K' BEATER AND DOUGH HOOK

1lb/400g strong wholemeal flour (passed through Mill setting 3),
¼ tsp/2.5ml salt,
1½ level tbsp/30ml sugar,
¾ oz/20g lard,
1oz/25g dried onion flakes,
1oz/25g fresh yeast or
½ oz/20ml dried yeast,
12fl.oz/300ml warm water

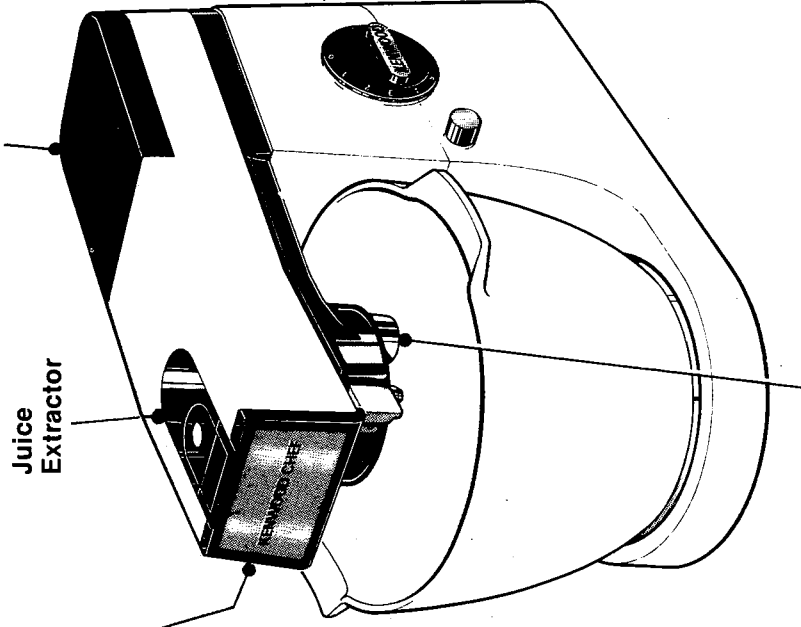
Pour liquid into Chef bowl and crumble in fresh yeast. Mix together using the 'K' beater on Speed 1. Add all the other ingredients and combine on speed 1. Change to dough hook and knead for approximately 2 minutes on Speed 2, until the dough is smooth and elastic. Prove. Continue as for Cheese Loaf. Makes 2 small loaves.

Attachments for your Chef fit here

Bean and Peel Slicer
Wheat Mill
Mincer
Can Opener
Coffee Grinder
Cream Maker
Pasta Maker

Liquidiser
High Speed Slicer and Shredder
Juice Separator

Juice
Extractor



'K' Beater, Whisk, Dough Hook, Potato Peeler, Colander and Sieve

Care of your Chef

Your Chef and its attachments have been designed to work with little attention from you. Used sensibly according to instructions and kept clean, it will give you years of trouble-free service.

The gearbox of your Chef is permanently packed with grease and no additional lubrication is necessary during its normal life.

The mains cord may become damaged if wound tightly around the machine therefore it should be coiled loosely inside the mixing bowl during storage.

Cleaning

The Chef itself needs only to be wiped over with a damp cloth then polished with a dry one. Never use any abrasive and never put the machine into water.

All metal parts may be washed in hot soapy water. Do not use washing soda. Always dry well before storing.

All plastic parts except the base of the Liquidiser may be washed in hot soapy water.

Do not use harsh abrasives. Never allow to become exposed to direct heat (i.e. do not dry over a cooker or in the oven.)

All attachments for preparing or juicing fruits, vegetables or foods with staining properties should be washed immediately after use.

All attachments with several parts should be dried carefully and stored loosely assembled so that the air can circulate.

Using your Chef

TO RAISE THE HEAD press the *push button release catch* A. Place one hand under the front and raise the head until it locks in the open position. The Chef should be in this position when fitting the bowl or any of the beaters, the potato peeler, or the colander and sieve.

To Make Bread Rolls

Divide the dough into 36 even sized pieces. Roll each piece into a ball using the palm of hand. This is best done on an unfloured board with a little flour in the palm of the hand. Place on a greased baking sheet approximately 2"/5 cm apart, prove and bake for 15-20 minutes at 450°F/230°C/Mk 8.

To Make Plaits

Using a quarter of the dough for one plait, cut dough into three pieces. Roll each piece into a long thin roll, even in length and width, and place rolls side by side. Gather the three ends together, and form into a plait, tucking the ends underneath to neaten. Place on a greased baking sheet, prove and bake.

Flowerpot Loaf

Using a 5"/12.5 cm earthenware flower pot only. To prepare a new flowerpot, grease the pot well and bake empty on hot oven. Repeat several times. This treatment will prevent the loaves sticking and for future use it is only necessary to grease the pot in the usual way, as for tins. Using a quarter of the dough for one flowerpot smooth over the surface of the dough, tucking the ends underneath. Form the dough into the oval flowerpot shape and place into prepared pot to half fill. Prove and bake.

Pull Apart Loaves

Using a half of the dough, and 1lb/400g loaf tin. Divide the dough into four even pieces. Form each piece into a ball as for bread rolls. Place the rolls into the tin. When placing the rolls in the tin carefully elongate them and ease the four rolls in side by side. Prove and bake

Crown Loaf

Using 12oz/300g of the dough, divide into six even sized pieces. Roll each piece into a smooth ball. Place in a greased 6"/15 cm sandwich tin, five to form a ring with the sixth in the centre. Prove and bake.

Wheat Mill

Quick Wholemeal Bread

USING 'K' BEATER AND DOUGH HOOK

The grade of flour used is a matter of personal preference. The coarser the grade flour the closer the texture of the bread. We suggest for those who are unaccustomed to homebaked wholemeal bread that they use flour that has been passed through Mill Setting 1 twice, as this gives a similar texture to that purchased from most bakeries.

3lb/1200g strong wholemeal flour,
2 level tbsp/40ml sugar,
1 level tbsp/20ml salt,
2oz/50g lard,
2 oz/50g fresh yeast or
1oz/40ml dried yeast,
1½pt/750ml warm water

This amount makes 4 x 1lb/400g loaves. Pour the liquid into the Chef bowl and crumble in fresh yeast. Mix together using the 'K' beater on speed 1. Add the remaining ingredients (the lard should be cut into small pieces) and still using the 'K' beater and Speed 1 combine all the ingredients together. When well combined change to the dough hook and increase to Speed 2, and knead the dough for approximately 2 minutes until it is smooth and elastic and leaves the sides of the bowl. Turn the dough out onto a lightly floured surface and shape as required. Place shaped loaves in to their tins on to baking trays place in a lightly greased polythene bag tied loosely and leave to prove until doubled in size and springs back when pressed with a lightly floured finger. Brush loaves with salt and water and sprinkle a little bran on if desired. Bake in a preheated oven 450°F/230°C/Mk 8 for 30-40 minutes. The loaves are cooked when they sound hollow when gently tapped on the base.

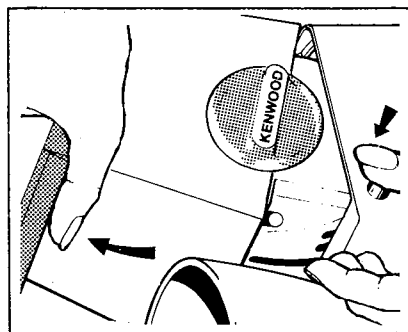
Shaping the Loaves

The shaping must be done in such a way that the dough fits the container you are using, and the dough is smooth on the top with all the ends tucked away underneath. Don't be afraid of overhandling the dough. You can stretch it and roll it in your hands and tuck the ends under to your hearts content!

Note:- It is important not to use too much flour when shaping the dough as this spoils the colour and texture of the loaf. For some doughs you will not need any flour at all during shaping.

To Make Four Small Loaves

Divide the dough into four. Stretch each piece into an oblong, fold into three and turn over so that the seam is underneath. Smooth over the top, tuck in ends and place in greased 1lb/400g loaf tin (The tins should be half full) or place loaves on a greased baking sheet. Prove the loaves and bake.



TO LOWER THE HEAD press the push button release catch and push the head down until it locks in the closed position.

TO FIT THE BOWL raise the head into the locked open position. Depending upon which is supplied position either the foam pad with aluminium disc on top or plastic plate (ribs down) in the bowl recess B.

Place the bowl in the recess, engaging the lugs in the bayonet slots in the base of the bowl. Press down on the *bowl handles* and turn in a clockwise direction to lock.

TO REMOVE BOWL press down on the *bowl handles* and turn in an anti-clockwise direction before lifting clear.

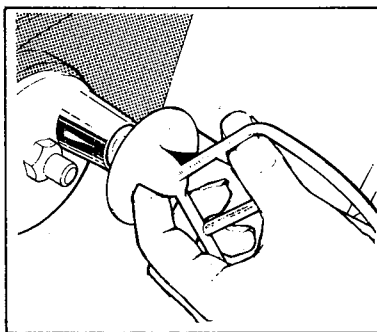
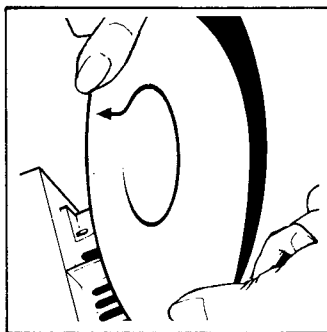
To fit the 'K' beater or whisk, raise the head to the locked open position. Gently slide the beater into its socket turning it slowly to the right until a stop is reached. Press firmly upwards until the beater clicks into position.

To remove 'K' beater or whisk, turn the beater to the left until it is free to withdraw.

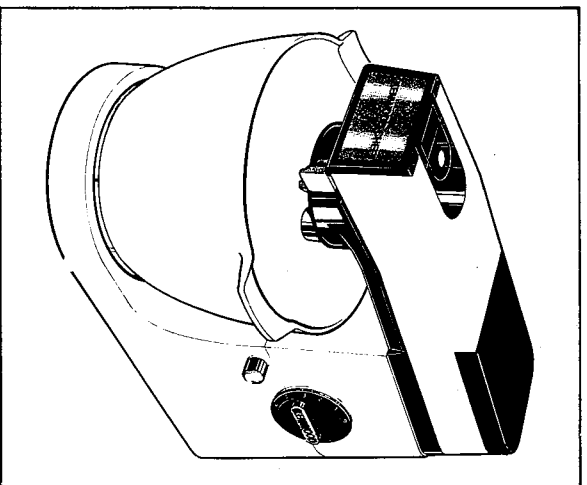
THE SWITCH AND SPEED CONTROL 'J' are combined. Make sure the *switch* is 'off' (0) before attaching or removing any part.

Speeds for the various attachments are given with the assembly instructions on the following pages and in the recipe section.

The overload protection device will operate if your mixer is subjected to overload. Operation of the device will stop the mixer, and if this should happen switch the mixer off and raise the head, so exposing a green button. Allow the mixer to stand for a few minutes then press the button so that mixing can continue.



Attachments for your Chef



The Dough Hook

PART NO. 20193

makes light work of kneading dough.

Use in Beater socket at speed 1 - 2

To fit the Dough Hook, raise the head of the machine to the locked open position.

Gently slide the Dough Hook into its socket, turning it slowly to the right until a stop is reached. Press firmly upwards until the Dough Hook clicks firmly into position.

To remove the Dough Hook, turn it to the left until it is free to withdraw.

The Dough Hook is recommended for all yeast mixtures and typical recipes are given in the recipe section.

Tangerine Marmalade

**USING BEAN AND PEEL
SLICER AND LIQUIDISER**

1 Grapefruit,
1 large lemon,
tangerines (total weight
2½ lbs/1 kilo - 1.2 kilos
½ oz/5ml spoon tartaric acid,
5pts/2½ litres water,
5lbs/2½ kilos sugar,
Makes 7-8 lbs/2½ - 3 kilos

Scrub the fruit, remove peel from tangerines. Cut the peel into suitable sized pieces and shred using the fine cutter shaft and comb in the bean and peel slicer. Tie in a muslin bag. Place in a preserving pan. Cut the remaining fruit into pieces, three-quarters fill liquidiser, cover with water from the total amount. Switch to maximum speed just long enough to chop the fruit. Empty into preserving pan, and continue in the same way until all the fruit has been prepared. Finally add any remaining water and the acid, simmer gently for 2 hours, removing the bag of peel after 30 minutes. Put peel in a colander and wash under cold water, drain. Strain cooked pulp through a scalded cloth. Return juice to a clean preserving pan, bring to the boil. Remove from heat, add sugar and stir until dissolved. Add shreds then boil rapidly until setting point is reached (See Note) remove scum. Allow to cool for a few minutes and stir before pouring into warm sterilised jars. Cover with wax tissue and cellophane and fasten down. Store when cold in a cool dry airy place.

Thick Cut Orange Marmalade

USING BEAN AND PEEL SLICER AND LIQUIDISER

1½lb/600g orange (Seville)
juice of 1 lemon,
3 pts/1.2 litres water,
3lb/1.2 kilos sugar
Makes about 5lb/2 kilos

Scrub the fruit, cut into quarters. Remove the flesh from the peel using a sharp knife retaining the pips. Cut the peel into suitable sized pieces and shred using the medium cutter shaft and comb in the bean and peel slicer. Tie the cut peel and pips loosely in separate muslin bags. Cut the fruit into pieces - this can be done in the liquidiser using enough water from the recipe to cover the fruit.

Place all prepared fruit, lemon juice and water into a preserving pan together with the bags containing the shreds and pips.

Cook gently until the fruit is soft and the water reduced by half (about 2 hours).

Remove bags of shreds and pips after an hour, allow to drain, but do not squeeze.

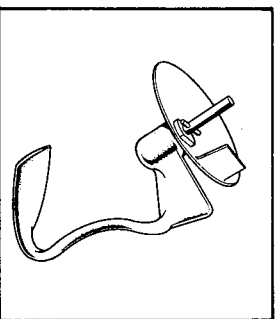
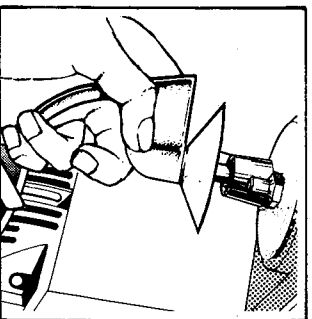
Pour pulp through a scalded cloth, return juice to preserving pan together with that drained from the two bags.

Bring to the boil, remove from heat and add sugar, stir until dissolved. Add shreds return to heat and boil rapidly until setting point is reached. See Note.

Remove scum.

Allow to cook for a few minutes and stir before pouring into warm sterilized jars. Cover with wax tissue or parchment and cellophane and fasten down.

Store when cold in a cool dry airy place.



Preserves

NOTE: To test for 'jelling', spoon a little marmalade on to a cold plate. Leave a minute, then gently pull your finger over the surface. If it wrinkles, the marmalade is ready. For a smooth marmalade, liquidise oranges and water after boiling and before adding the sugar.

Lemon Marmalade

USING MINCER AND JUICE EXTRACTOR

3 lb/1½ kilo lemons
6 pts/3 litres water
6lb/3 kilo sugar

Makes about 10lbs/4 kilos

Halve the washed lemons, remove pips and tie in a muslin bag. Extract juice and then cut each cup into half. Using fine screen, feed the peel through the mincer on speed 4 to maximum. When all the fruit has been prepared, place it in a preserving pan with the pips and water, bring to the boil, simmer gently for ½ an hour until the peel is soft. Remove from heat, take out the bag of pips. Add the sugar and stir until dissolved. Return to heat, boil rapidly until setting point* is reached. Remove from heat and allow to cool slightly. Stir, then pour into hot sterilized jars and seal.

*Setting point, see note.

Jelly Marmalade

USING LIQUIDISER

8 Seville oranges
2 sweet oranges
2 lemons
8 pts/4 litres water
7lb/3kilo sugar
Makes about 12lb/6 kilos

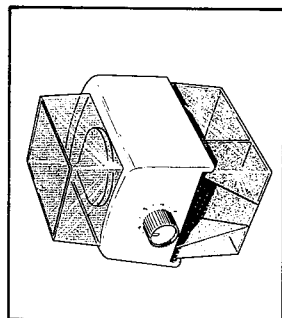
Cut the oranges in four and place in the liquidiser to ¾ full. Cover with water measured from the 4 litres. Switch to maximum speed just long enough to chop the oranges (approx. 10 seconds). Pour into a container and continue liquidising the remaining oranges the same way. Add any remaining water and leave standing overnight. Boil all together for approximately 30 minutes. Strain through muslin and for each pint of liquid add 1lb/400g sugar. Add the juice of the 2 lemons and allow the sugar to dissolve before bringing to the boil. Boil fairly rapidly, until the mixture 'jells' on a cold saucer, about 50 minutes. See note. Put in warm jars and seal in the usual way.

Chunky Marmalade

USING LIQUIDISER

2lb/1 kilo Seville oranges
1 lemon
4lb/2 kilo sugar
4 pts/2 litres water
Makes about 6lb/3 kilos

Halve the fruit and remove pips. Tie the pips in a muslin bag. Halve the fruit again and place in the liquidiser with ample water (taken from total amount) to cover. Turn to top speed for 10 - 15 seconds or until evenly chopped. Pour into pan and repeat until all fruit has been used. Add more water to make up correct amount, add bag of pips and bring to boil. Boil gently for about 1 hour then remove the bag of pips. Remove from heat and add sugar, stirring well until dissolved. Now boil rapidly until marmalade 'jells'. See Note. Remove pan from heat, cool slightly and pour into hot sterilized jars.



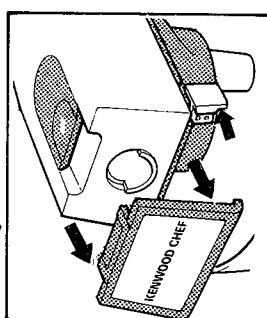
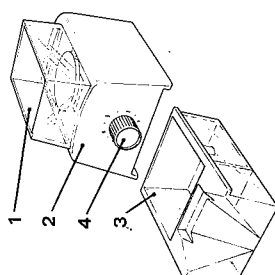
The Coffee Grinder

MODEL NO. A979

Gives you freshly ground coffee at the turn of a switch, the only way to get all the flavour.

Use in Slow Speed Outlet at speed 4 - 5

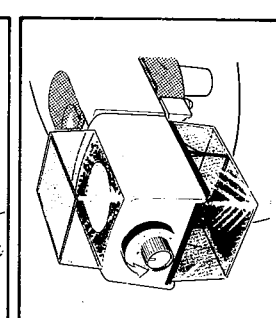
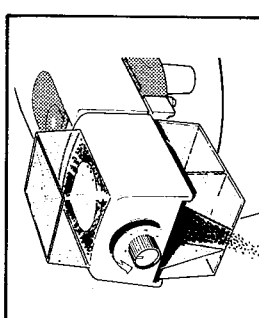
- 1 Top Container
- 2 Body
- 3 Combined Bottom Container and Chute
- 4 Adjusting Knob



Remove the Slow Speed Outlet Cover by pulling the locking catch to the side. Slide the Coffee Grinder into the outlet, turning it slightly so that the shaft engages in the socket with the pin located in the slot.

Release the catch to lock. Slide the combined bottom container and chute into position with the chute towards you if you wish the coffee to be collected in any suitable container; or with the bottom container towards you for the coffee to be collected in the container.

Place coffee beans into the top container and switch on to speed 4 - 5.



Regulate the degree of grinding by turning the adjusting knob towards 1 for fine and towards 6 for coarse.

NOTE: Under no circumstances must the Coffee Grinder be washed in water, as this would be injurious to the internal mechanism. All that is necessary is to wipe the outside with a damp cloth.

The Juice Separator

MODEL A935

Use on High Speed Outlet at Speed 1.

1. Pusher
2. Cover with feed tube
3. Juice bowl
4. Base with clip
5. Strainer basket
6. Grater Plate
7. Waste Shield

To Assemble

(Fig. 1) Fit the juice bowl onto the base, ensuring that it is correctly positioned.

(Fig. 2) Place the strainer basket over the drive plate, pushing down so that the two tabs are correctly located.

(Fig. 3) Screw down the grater plate and tighten in an anti-clockwise direction, until finger tight.

(Fig. 4) Place the cover on the juice bowl, ensuring that the transparent upper portion of the waste chute is correctly aligned over the corresponding lower portion. Fasten the cover with the clip. Remove the high speed outlet cover from the mixer. Attach the juice separator and turn in a clockwise direction until it locks firmly.

(Fig. 5) Drop the Waste Shield into position over the outlet chute. Select receptacles of a suitable size for juice and waste and place in position under the outlets. The attachment is now ready for use.

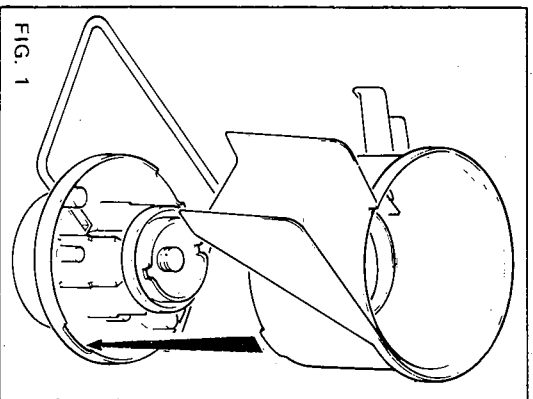
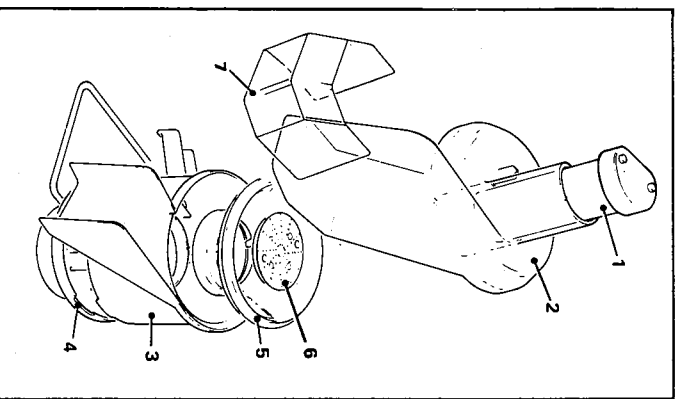
To Operate

Wash and cut the fruit or vegetable to a suitable size (best results are obtained by using firm, fresh fruit). Switch to speed 1.

Always use the pusher to feed fruit down the feed tube. When processing large quantities of fruit divide into 10lb/4.5kg batches and process each batch with a 10 minute rest in between. This rest time can be spent preparing the next batch of fruit for processing.

If the machine shows signs of clogging, eg failure of waste to emerge from the chute, you should switch off, remove and clean the top cover and start again.

Your Juice Separator is not suitable for processing citrus fruit as the higher quantity of pith present will cause the resulting juice to be bitter. The Kenwood Citrus Juice Extractor Model A795 is recommended for this purpose.



Fruit and Vegetable Cocktails

USING JUICE SEPARATOR

- (a) 1 apple, 1 carrot, ½ stick celery
- (b) 2 carrots, ½ lemon, small bunch of parsley
- (c) 1 sweet apple, ½ stick rhubarb
- (d) 3 slices fresh pineapple, 1 carrot, small wedge of lemon
- (e) 1 grapefruit, 2 slices fresh pineapple
- (f) 2 apples, 1 sprig mint
- (g) 1 orange, ½ lemon, 1 sprig mint

All citrus fruits should be free from skin and pith before putting in the Juice Separator.

Serves 1

Tomato and Orange Appetiser

USING JUICE SEPARATOR AND LIQUIDISER

- 8 fl oz/200ml tomato juice
- 2 fl oz/50ml orange juice
- 3 tsp/15ml lemon juice
- 1 tsp/5ml sugar
- pinch celery salt

Serves 4

Wash the fruit, cut into convenient sizes to pass down the feed tube to the juice separator. Chill the juice and serve with garnish of mint, parsley or fruit.

Combine the juices with the seasonings and sugar. Add cracked ice and blend in liquidiser for 10 seconds on maximum speed or shake vigorously before serving.

Frozen Froth

USING LIQUIDISER

- 2 fl oz/50ml gin or light rum
- 2 small blocks vanilla ice-cream
- 1 small bottle lemonade

Serves 2

Blend all ingredients in the liquidiser for 10 seconds. Pour into 2 tall chilled glasses.

Gin Fizz

USING LIQUIDISER

- 2 fl oz/50ml gin
- juice of ½ lemon
- thin strip of lemon rind (pared off with potato peeler)
- 2 tsp/10ml sugar
- 1 egg white
- 4 ice cubes

Serves 2

Place all ingredients in the liquidiser and blend on maximum speed for 15 seconds. Strain into 2 long glasses and fill with soda water.

Brandy Egg Nog

USING LIQUIDISER

- ½ pt/250ml milk
- 2 tsp/10ml sugar
- 1 fl oz/25ml brandy
- 1 egg

Serves 2

Place all ingredients in the liquidiser and blend on top speed for 10 seconds. Serve sprinkled with a little grated nutmeg.

Pineapple Dream

USING LIQUIDISER

- 2 fl oz/50ml Bacardi rum
- 2 slices fresh pineapple
- 1 tsp/5ml sugar
- 3 tbsp/60ml pineapple juice
- juice of 1 lime
- 4 ice cubes

Serves 2

Place all ingredients in the liquidiser and blend on maximum speed for 45 seconds. Serve in tall glasses with straws.

Tomato Juice

USING JUICE SEPARATOR

- washed red, sound tomatoes
- Pass through the separator and to each 1pt/½ litre of juice add:
- 1 tbsp/15g sugar
- 1 tsp/5ml salt

Bring to boil and simmer for 5 minutes. Pour into hot sterilized jars to seal. Use the juice for soups, sauces, cocktails and savoury dishes of all kinds.

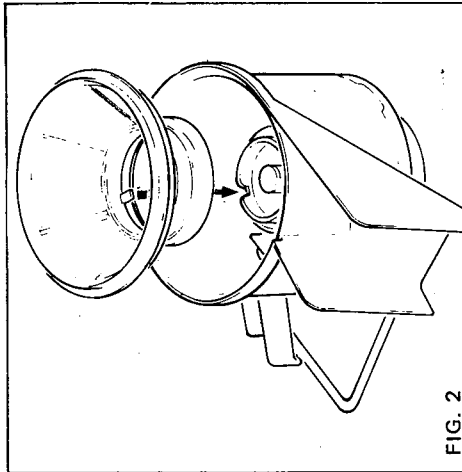


FIG. 2

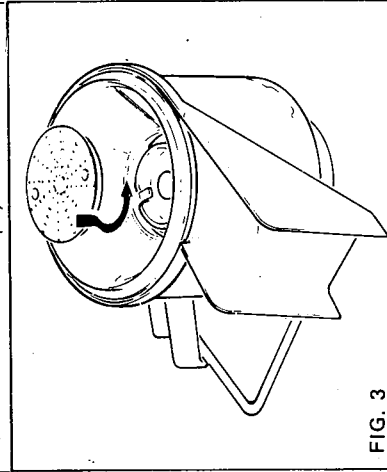


FIG. 3

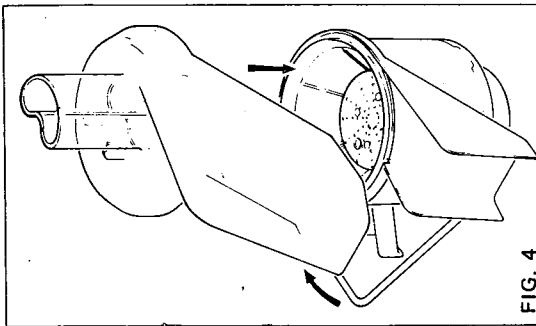


FIG. 4

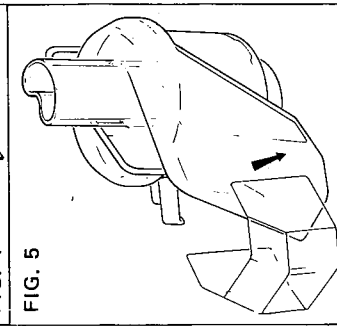


FIG. 5

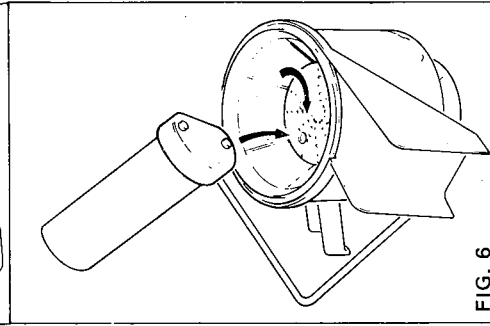


FIG. 6

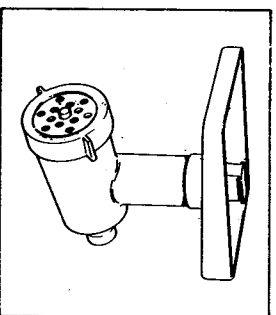
NOTE

To achieve the necessary minimum clearance between the feed tube and cutting disc, the cover of each separator has been individually fitted. This accounts for any slight roughness of the bottom of the feed tube, it will do no harm.

After Use

Unclip the Waste Shield and remove the attachment by turning in an anti-clockwise direction. Unclip and lift off the top cover. (Fig. 6) Hold the strainer basket steady and loosen the grater plate, using the top of the pusher, unscrewing in the direction indicated. Wash the top cover, waste shield, juice bowl, grater plate, strainer basket and pusher in warm sudsy water and dry thoroughly. Wipe the base with a damp cloth and dry thoroughly.

DO NOT IMMERSE THE BASE IN WATER



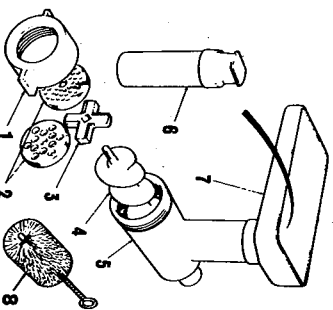
The Mincer

MODEL NO. A920

to save you hours of hard work making marmalade and mincing meat, fish and vegetables.

Use in Slow Speed Outlet at speed 4 to maximum

- 1 Large Ring Nut
- 2 Mincing Screens
- 3 4-Bladed Cutting Knife
- 4 Scroll with Drive Shaft
- 5 Body
- 6 Pusher
- 7 Hopper
- 8 Cleaning Brush



Before use, wash the parts to remove any trace of packing grease.

Assemble the Mincer taking care to fit the four bladed cutting knife with the flat cutting surface against either the fine or coarse holed screen.

To fit the Mincer, remove the Slow Speed Outlet Cover by pulling the locking catch to the side.

Slide the Mincer into the outlet, turning it slightly so that the shaft engages in the socket with the pin located in the slot. Release the catch to lock.

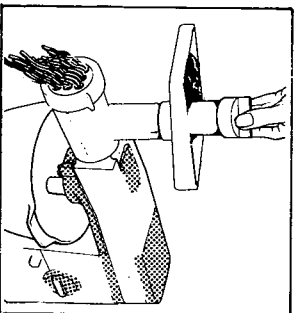
Screw the large ring nut up tightly.

Place the hopper on top of the feed tube in a convenient position.

Cut meat into strips approx. 1" or 2.5cm wide.

Switch on to speed 4 to maximum, and using the pusher, feed the food through, a piece at a time.

After use, the mincer should be dismantled, washed in hot sudsy water using the cleaning brush supplied, then thoroughly dried (this particularly applies to the cutter and screens) assemble again ready for use. Do not immerse in any solution of Soda.



Orange Blossom

USING LIQUIDISER

- 4 fl. oz/100ml gin
- 2 tbsp/40ml orange juice
- 1 tbsp/20ml sugar
- 1 egg white
- 4 ice cubes

Serves 4

Blend all ingredients in the liquidiser for 5 - 10 seconds on maximum speed.
Strain into chilled cocktail glasses.

Mint Cooler

USING LIQUIDISER

- 2 fl oz/50ml whisky
- 4 fresh mint leaves
- 1 tbsp/20ml sugar
- 2 tsp/10ml lemon juice
- 2 ice cubes

Serves 2

Blend all ingredients on maximum speed for 20 seconds.
Strain into 2 long glasses.
Place 2 cubes of ice in each and fill with soda water.
Garnish with mint sprigs and lemon.

Pineapple Float

USING LIQUIDISER

- ½ pt/250ml cold milk
- 2oz/50g canned crushed pineapple
- 4 ice cubes
- ½ individual block vanilla ice-cream

Serves 2

Place all ingredients except ice-cream in the liquidiser goblet and blend on maximum speed for 30 seconds.
Pour into 2 tall glasses - top with ice-cream.

Milk Shakes

USING LIQUIDISER

- ½ pt/250ml cold milk
- 2 tsp/10ml sugar or to taste
- 2 ice cubes or ½ individual block of ice-cream
- flavouring, colouring (if required)

Place all ingredients in the liquidiser and blend for 30 seconds on maximum speed.

Flavour suggestions:

- 1) A few drops of vanilla or any other essence
- 2) 2 tsp/10ml instant or coffee essence
- 3) 1 tbsp/20ml drinking chocolate
- 4) 1 tbsp/20ml concentrated fruit juice
- 5) 2oz/50g canned or stewed fruit
- 6) 2oz/50g fresh berry fruit (add extra sugar and strain before serving)
- 7) 1 small 'Crunchie' bar

Makes 1 large or 2 medium milk shakes

Kenwood Lemonade

USING LIQUIDISER

One lemon makes a whole jugful of lemonade.

1 lemon (thin skinned)

1oz/25g sugar

6 ice cubes

1pt/500ml cold water

Place all the ingredients in the liquidiser and turn to maximum speed for 3 seconds.

Strain into a jug.

To serve, add one or two more ice cubes and float thin slices of lemon in the drink.

NOTE: An egg can be added to make this drink even more delicious.

Christmastime Special

USING LIQUIDISER

2 tangerines

1 lemon

6 ice cubes

1 tbsp/20ml sugar

1pt/500ml water

Halve the fruit and place in the liquidiser with the rest of the ingredients. Blend on maximum speed for 7 - 10 seconds.

Hot Chocolate Mint Milk

USING LIQUIDISER

½ pt/250ml hot milk

1 small bar peppermint cream chocolate

Break the chocolate in pieces and place in the liquidiser. Pour the hot milk in and blend on maximum speed for 30 seconds.

Orange Squash

USING JUICE EXTRACTOR AND LIQUIDISER

3 oranges

3lb/1½ kilos sugar

2oz/50g citric acid

4pts/2 litres water

orange food colouring

Pare the skin off the oranges using a potato peeler, then extract the juice. Place the peel in the liquidiser with ½pt/250ml of the water. Switch to maximum speed for 30 seconds. Pour into a saucepan with the rest of the water. Bring to the boil, add sugar, citric acid, the orange juice and a few drops of orange colouring. Lower the heat, stirring until sugar is dissolved. Pour through a strainer and bottle in hot sterilized bottles. Use as required, diluting with water or soda water.

Iced Coffee

USING LIQUIDISER

4 ice cubes

2 tsp/40ml sugar

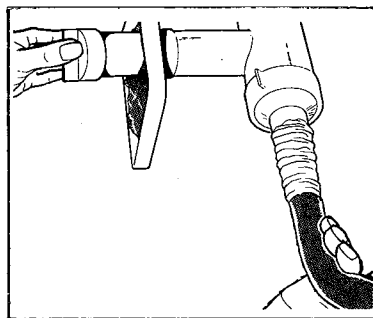
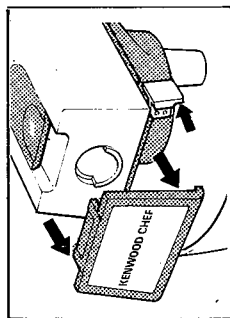
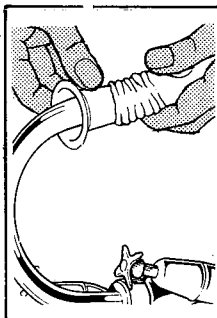
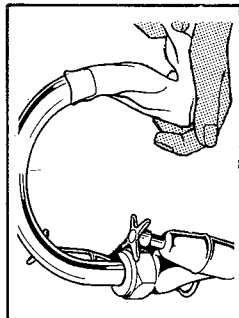
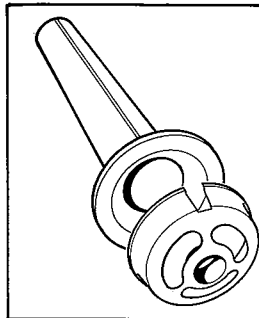
½ pt/250ml strong black coffee

1 small carton single cream

sweetened whipped cream

2 fl oz/50ml of brandy (optional)

Place ice cubes, sugar and coffee in liquidiser and blend on maximum speed for 20 seconds. Reduce the speed to 4, remove centre cap of lid and pour in the cream and brandy. Switch off and pour the coffee into tall glasses. Float a spoonful of sweetened whipped cream on top of each and serve with straws.



The Sausage Filler

MODEL NO. A926

makes delicious fresh, home-made sausages.

Use in Slow Speed Outlet with Mincer Attachment A920 at speed 3-4

First, prepare the sausage meat by mincing - as described on previous page.

If your butcher manufactures his own sausages he will probably let you have a short length of skin. Otherwise you may make the sausages without skins and roll in breadcrumbs or seasoned flour before cooking.

The skin should be soaked in cold water until required, then opened out under a jet of water. Hold the adaptor against your water tap and, with the water running through it, push the length of sausage skin on to the adaptor.

Slide the Mincer body with hopper into the Slow Speed Outlet and lock in position, making sure the pin above the body locates in the slot in the outlet.

Fit the scroll with drive shaft into the body, turning as necessary so that the tongue on the drive shaft engages in the slot in the shaft on the mixer.

Place the special bearing plate, as supplied with your Sausage Filler, on the end of the scroll drive shaft so that the dished portion fits inside the Mincer body with the cut-away at the bottom.

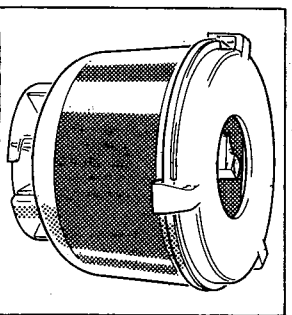
Pass the sausage adaptor with the threaded skin, nozzle first, through the Mincer ring nut so that the flange of the adaptor lies snugly at the bottom of the threaded recess on the ring. Screw the ring nut together with the sausage adaptor on to the Mincer. The Mincer is now ready for sausage making.

Feed the prepared sausage meat through the Mincer at speed 3 - 4, easing off the skin as it is filled, taking care not to overfill. When the operation is completed, twist into small sausage lengths.

The Potato Peeler

MODEL NO. A934

peels potatoes and carrots the cleanest way of all.



Use in Beater Socket and Bowl Recess at speed 2 3

1. Cover
2. Drive and Plate Assembly
3. Bowl

Assembly

Place the drive plate assembly into the bowl locating the drive shaft on the pivot. Add enough cold water to barely cover the drive plate. Place potatoes or carrots in the bowl. (A maximum of 3lb or 1350g).

Fitting

Raise the head of the Chef, lock the Peeler in position in an anti clockwise direction. Place the cover over the bowl, pushing down to ensure that the latches locate under the rim of the bowl. Lower the head of the Chef making sure that the planet hub nut engages with the drive shaft. If the head of the Chef will not close lift it slightly and switch the motor on and off to alter position of planet hub. Lower the head again.

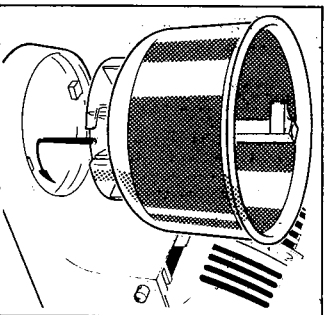
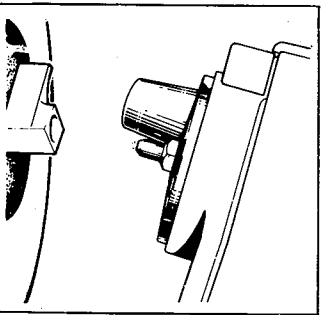
To Use

Turn to speed 2 3 and leave until vegetables are peeled. Switch off. Remove from Chef by turning bowl in a clockwise direction. Remove cover by prising two clips outwards and lifting cover off. Tip vegetables into sink and rinse under a cold tap.

NOTE: Best results are obtained by using a uniform size of potato. If very large potatoes are used they should be cut into smaller pieces. Small potatoes peel more quickly than large and new potatoes on the size and age, the greatest nutritional value is just beneath the skin so this will be lost if the potatoes are left too long.

Cleaning

Rinse the bowl, drive plate and cover under cold running water immediately after use. Allow to drain and store loosely assembled.
Cleaning Your potato peeler in a dishwasher is not advised.



Drinks

Tomato Cocktail

USING LIQUIDISER AND COLANDER & SIEVE
1lb/400g ripe red tomatoes
1tsp/5ml salt
pepper
2tsp/10ml lemon juice
1tsp/5ml sugar
pinch of celery salt

Serves 3

Place all ingredients in the liquidiser and blend for 30 seconds on maximum speed.
Pass the puree through the colander and sieve using the fine holed sieve, smooth side uppermost.
Pour the juice into a saucepan, bring to the boil and simmer gently for 3 - 4 minutes.
Chill before serving.

Quick Tomato Cocktail

USING LIQUIDISER, COLANDER AND SIEVE
1 lb/400g ripe red tomatoes
1tsp/5ml salt
pepper
2tsp/10ml lemon juice
or Worcestershire sauce to taste
1tsp/5ml sugar (optional)
5 - 6 ice cubes

Serves 3 - 4

Place all ingredients in the liquidiser and blend for 30 seconds, on maximum speed.
Strain and serve immediately.

Banana Egg Flip

USING LIQUIDISER
½ pt/250ml of cold milk
1 small banana
1 tsp/20ml sugar
1 fresh egg
2 ice cubes

Serves 2

Put all ingredients in the liquidiser and blend for 30 seconds on maximum speed.

Lemon Squash

USING LIQUIDISER AND JUICE EXTRACTOR
2 lemons
3lb/1½ kilos sugar
4 pts/2 litres water
2oz/50g citric acid

Take the outside peel off the lemons (avoid the pith) and place in the liquidiser with ½pt/250ml of the water. Switch on to maximum speed for 30 seconds. Pour into a saucepan with the remaining water and bring to the boil.
Extract the juice from the lemons and add this with the sugar and citric acid to the saucepan. Stir to dissolve the sugar, then strain and bottle in hot sterilized bottles.
Use as desired, diluting with water or soda water.

French Fried Cheese Balls

USING SLICER AND SHREDDER

4oz/100g strong cheese
small piece of onion
1oz/25g plain flour
½tsp/2.5ml Worcestershire sauce
pinch salt
3 egg whites
4oz/100g crushed bran flakes
fat for deep frying

Coarsely grate the cheese and onions and mix with the flour and seasoning. Whisk the egg whites until they form soft peaks on maximum speed, then fold the cheese into it with the spatula. Shape into walnut sized balls, roll in crushed cereal and fry in deep fat until golden brown. Drain on absorbent paper and serve hot.

Potato Crisps

USING POTATO PEELER AND SLICER AND SHREDDER

potatoes
fat for deep frying

Peel as many potatoes as required and slice them finely.
Wash the sliced potatoes and leave to soak in fresh water for 20 - 30 minutes. Dry very thoroughly in a tea cloth.
Fry in hot fat for a few seconds until golden brown. Drain off excess fat and sprinkle with salt.
When cold, store in an airtight tin.

Cheese and Tomato Aspic

USING JUICE SEPARATOR

1lb/400g ripe tomatoes
½ onion
½ lemon (without any pith or rind)
1 envelope gelatine
8oz/200g cream cheese
½ tsp/2.5ml salt
½ green pepper (chopped)

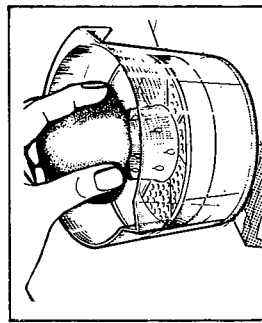
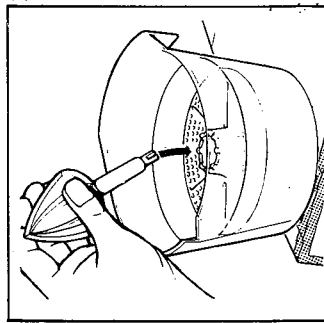
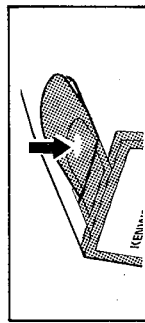
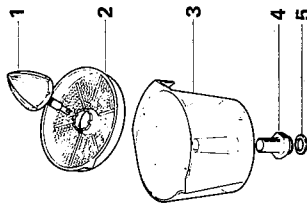
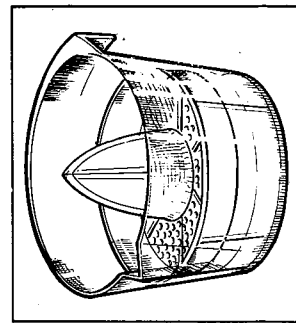
Juice the tomatoes, onion and lemon, dissolve the gelatine in a little warm water and add to the juice. Combine the cream cheese and pepper and mix into the juice.
Leave to set in a ring mould and serve on a bed of lettuce.

Moulded Cucumber Salad

USING JUICE SEPARATOR

½ cucumber
1 orange) without any skin
½ lemon) or pith
½ onion
2 sprigs parsley
1 envelope gelatine
1 tsp/5ml salt
mixed vegetables

Juice the fruit, vegetables and parsley. Dissolve the gelatine in a little warm water and add the the juice. Half fill the ring mould and add the mixed vegetables to bring the level to the top.



The Juice Extractor

MODEL NO. A795

to enable you to get every drop of juice from oranges, lemons and all citrus fruit.

Use on Juice Extractor Outlet at speed 4

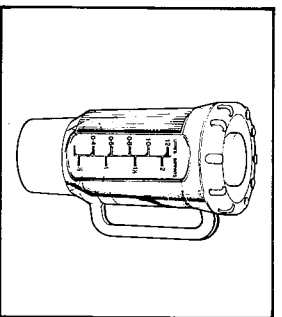
- 1 Reamer
- 2 Strainer
- 3 Bowl
- 4 Adaptor
- 5 Washer

Remove the Juice Extractor Outlet Cap and screw the adaptor into the socket, ensuring the washer is in position.

Place the bowl over the adaptor and turn in a clockwise direction until firm. Place the strainer in the bowl, positioning the small projection in the spout. Drop the reamer into the socket turning it slightly to make sure it engages properly.

Cut the fruit in half, and switch to speed 4. Hold fruit firmly over the reamer to extract all the juice.

NOTE: Your Chef is fitted with a plastic plug in the Juice Extractor socket. To use Juice Extractor, first remove plug using slotted end of reamer. Replace plug after use.

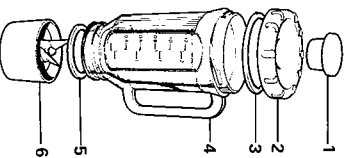


The Liquidiser

MODEL NO. A989

for chopping and grinding all kinds of food. It makes drinks, baby foods, sauces and soups – all in seconds!

Use on High Speed Outlet at maximum speed unless recommended otherwise in recipe.



- 1 Filler Cap
- 2 Lid
- 3 Lid Washer
- 4 Goblet
- 5 Sealing Ring
- 6 Blade Hub Assembly and Base

Assembly

Place the sealing ring in the base. Screw the goblet into the base in a clockwise direction. Fit lid and filler cap on the goblet.

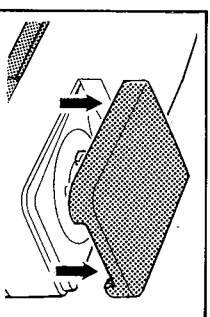
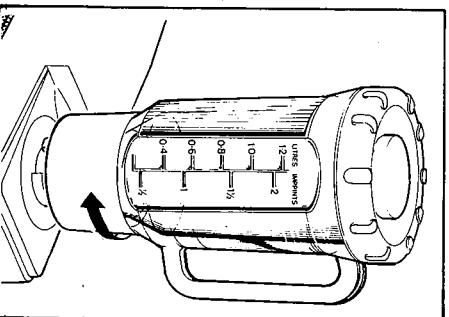
Fitting

Lift off the High Speed Outlet Cover from your mixer. Place the Liquidiser on the High Speed Outlet engaging the lugs in the base in the slots provided. Turn the Liquidiser clockwise until it locks.

Note

To ensure there are no leaks from the base, grip the handle and turn the Liquidiser when in place on the Chef. After use the goblet may be loosened from the base in the same way. Wetting the sealing ring will also help to prevent the odd cases of leakage.

To wash and 'run-in' your Liquidiser, fill with warm water and switch to top speed for 20 - 30 seconds. Remove from the Chef by turning in an anti-clockwise direction. Empty out water and dry. The Liquidiser is now ready for use.



Savoury Spreads and Snacks

Tomato & Cheese Spread

USING LIQUIDISER

- 1 lb/400g cream cheese
- 1 ripe tomato
- 1 thin slice onion
- ½ tsp/2.5ml paprika
- pinch salt

Place all the ingredients in the liquidiser with the tomato at the bottom. Blend on speed 3 - 4 until smooth, stopping the machine and scraping the mixture back on to the blades as necessary.

Aubergine Spread

USING MINCER

- 8oz/1 aubergine (approx/200g)
- 1 small onion
- 2 tbsp/40ml oil for frying
- 2 hard boiled eggs
- salt and pepper
- vinegar

Slice the aubergine and onion and fry until lightly browned. Pass this and the eggs through the mincer fitted with the fine screen. Season with the salt, pepper and vinegar.

Pâté Paste

USING LIQUIDISER

- 6oz/150g pigs liver
- 2 rashers fat bacon
- 1 onion
- 2oz/50g butter or margarine (melted)
- 1 clove garlic
- salt and pepper

Cut the liver and bacon into 1"½/2.5cm pieces and fry in 1oz/25g butter with the garlic until just cooked, remove the garlic. Switch the liquidiser to maximum and drop the liver and bacon on to the revolving blades. Add the rest of the ingredients and blend to a smooth paste, stopping the machine and scraping the mixture back onto the blades as necessary.

Cheese Toasties

USING LIQUIDISER

- 6oz/150g strong hard cheese
- 2 eggs
- 2oz/50g butter
- salt and pepper
- 1 tsp/5ml Worcestershire sauce
- ½ tsp/2.5ml dry mustard
- 4 slices of bread

Cut the cheese into 1"½/2.5cm cubes and feed through the centre of the lid on to the revolving blades, at maximum speed. Add the remaining ingredients except bread and blend together. Toast 4 slices of bread then divide the mixture between them. Cook under a hot grill until the cheese is bubbling and brown.

Sweet Sauces

Lemon Sauce

USING LIQUIDISER

½ pt/250ml water
1oz/25g cornflour
1oz/25g sugar
1 lemon
knob butter

Place all ingredients in the liquidiser, and blend on maximum speed for 10 seconds. Strain into a saucepan and bring to the boil, stirring well and cook for 2 - 3 minutes.

Chocolate Sauce

USING LIQUIDISER

½ pt/250ml milk
2 tsp/10ml cornflour
1 tbsp/20ml sugar
1 tbsp/20ml cocoa

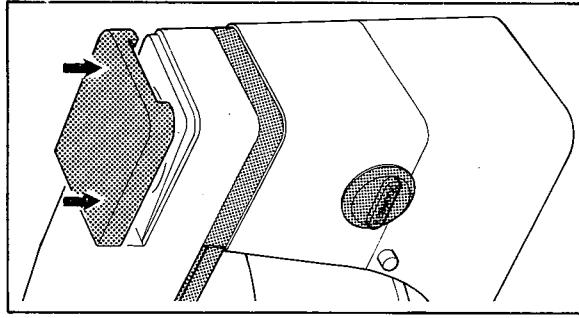
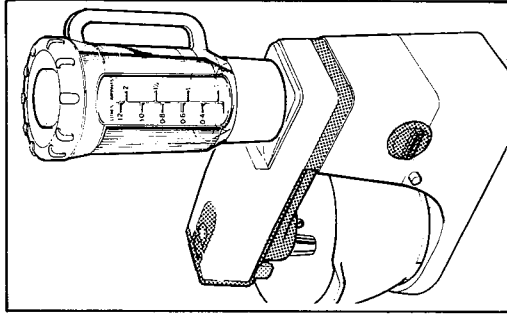
Place ingredients in the liquidiser and blend on maximum speed for a few seconds. Pour into a saucepan and bring to the boil, stirring all the time and cook for 2 - 3 minutes.

Caramel Sauce

USING LIQUIDISER

½ pt/250ml milk
1oz/25g butter
½oz/15g cornflour
1 tbsp/20ml brown sugar
4 caramel toffees

Heat milk to simmering point. Place all other ingredients in the liquidiser and pour in the hot milk. Blend on maximum speed for 1 minute. Return to the saucepan, bring to the boil again, stirring all the time for 2 minutes.



MOST IMPORTANT

You can ensure long life for your liquidiser by switching off promptly at the recommended times, especially when using dry ingredients; the liquidiser runs at such high speed that all foods are processed within one minute. Boiling liquids should not be put into the Liquidiser.

Various spices such as Cloves, Dill and Cummin Seeds have an adverse effect on the Liquidiser plastic and should not be processed.

Processing Dry Ingredients

e.g. making breadcrumbs, chopping nuts, cheese, raw carrots, parsley, ice cubes. etc.

Remove the Filler Cap from the lid and cut the food into pieces to drop through the hole.

Switch to maximum speed and drop the food on to the revolving blades. Wait for each piece to be processed before dropping the next, keeping your hand over the opening meantime. When no more can be processed empty the goblet and start again. Do not load dry ingredients into the Liquidiser before switching on and do not forget that you must not run the Liquidiser for longer than three minutes.

Blending in Liquid

e.g. soup, batter, sauces etc.

Fill the goblet no more than ¾ full, make sure the lid is on securely and switch to maximum speed for 15 - 45 seconds.

Purées

Soft fruits e.g. strawberries, tomatoes and cooked hard fruit can be blended without water.

Half fill the goblet and blend on maximum speed, stopping the machine to scrape the mixture back on to the blades as necessary.

Blending Thicker Mixtures

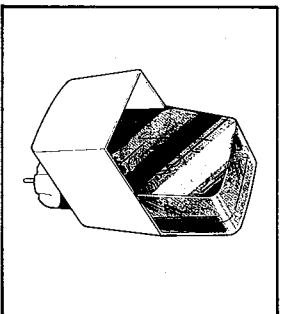
e.g. spreads, pâtés, dips etc.

Place the ingredients in the goblet until half full and blend on a low-medium speed stopping the machine to scrape the mixture back on to the blades as necessary. If the mixture is very difficult to process, add a little more liquid.

Cleaning

Fill with hot water and switch to top speed for 20-30 seconds. Alternatively, dismantle the Liquidiser and rinse the parts in warm water (not boiling), and dry. Assemble loosely when not in use.

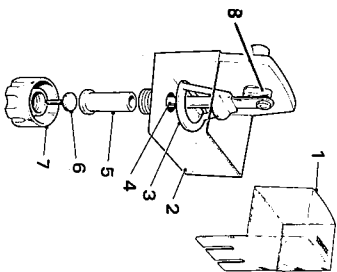
Do not leave the base to soak in water, and do not leave the Liquidiser soaking with water in the goblet.



The Cream Maker

MODEL NO. A927

Use in Slow Speed Outlet at speed 3.



- 1 Cover
- 2 Main Body
- 3 Piston Assembly
- 4 Piston
- 5 Cylinder
- 6 Valve
- 7 Grooved Hand Nut
- 8 Crank Pin

Before use, dismantle in reverse order to assembly instructions and thoroughly wash parts of the Cream Maker in warm, soapy water, rinse and dry before assembling.

Assembly

Fit the piston assembly on to the crank pin in the main body allowing piston to drop loosely into hole in bottom of body.

Holding piston central in hole, take the cylinder and insert into hole in body ensuring that piston enters cylinder.

Take the valve and fit its spindle in to the central hole in the grooved hand nut.

Mayonnaise

USING LIQUIDISER

- 1 egg
- $\frac{1}{2}$ tsp/2.5ml mustard
- 2 tsp/10ml vinegar
- salt and pepper
- $\frac{1}{4}$ pt/125ml oil (corn oil or olive oil)

Break the egg into the liquidiser, add mustard, vinegar and seasoning. Run liquidiser at maximum speed and steadily pour the oil through the centre of the lid.

French Dressing

USING LIQUIDISER

- 4 tbsp/80 ml salad oil
- 2 tsp/40ml vinegar
- salt
- pepper
- 1tsp/5ml sugar

Place all ingredients in the liquidiser and blend on maximum speed for 30 seconds.

Mint Sauce

USING LIQUIDISER

- 1oz/25g mint (approximately)
- 2 tsp/10ml sugar
- 2 tbsp/40ml boiling water
- 4 tbsp/80ml vinegar

Wash the mint and strip the leaves from the stalks. Place all ingredients in the liquidiser and blend for 10 - 20 seconds. Pour into sauce boat and leave to stand an hour or so to allow the flavour to develop. It may be necessary to stop the liquidiser once or twice during the process to scrape the leaves down on to the cutters.

Sweet Sour Sauce

USING LIQUIDISER

- 1oz/25g sugar
- $\frac{1}{2}$ oz/15g cornflour
- 3tsp/15ml soy sauce
- 1 tbsp/20ml vinegar
- 2 tsp/10ml concentrated tomato puree
- $\frac{1}{2}$ pt/250ml water
- 3oz/75g mustard, pickle or chopped pineapple
- 1oz/25g onion (finely chopped)

Place all ingredients except the mustard, pickle, pineapple and onion in the liquidiser for 30 seconds on maximum speed. Pour into a saucepan and cook until sauce thickens, stirring all the time. Add other ingredients and cook for another minute.

Bread Sauce

USING LIQUIDISER

- 1 onion (peeled)
- few cloves
- milk
- fresh white bread
- knob of butter
- salt and pepper (dependent on personal taste and requirements)

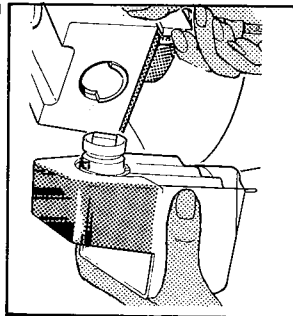
Stick the cloves in the onion, place in saucepan and cover with milk and steep overnight or bring to boiling point and set aside to cool. Prepare breadcrumbs in the liquidiser on maximum speed, feeding cubes of bread through the centre of the lid. Just before serving, remove the onion from the milk, reheat to boiling point, add breadcrumbs until the desired consistency is obtained and season to taste. Beat in butter.

Bread Sauce (2)

USING LIQUIDISER

- fresh white bread
- 1 onion (roughly chopped)
- milk
- mace
- salt and pepper (dependent on personal taste and requirement)
- knob of butter

Prepare breadcrumbs in liquidiser on maximum speed feeding cubes of bread through the centre of the lid. Remove from liquidiser and set aside. Place the onion and milk in the liquidiser, switch to maximum speed for a few seconds. Tip into saucepan. Just before serving, heat to boiling point. Add breadcrumbs (until the desired consistency is obtained), mace, seasoning and butter.



Screw the grooved nut on to the thread of the main body until the stop is reached. Fix the cover in position.

Fitting

Remove the mixing bowl from the Chef. Remove the Slow Speed Outlet Cover by pulling the locking catch to one side. Slide the Cream Maker into the outlet, turning it slightly until the shaft engages and the pin above the shaft locates in the slot at the outlet. Release locking catch.

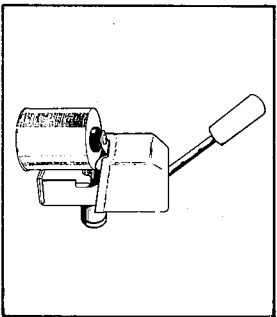
TO USE:

DO NOT USE THE CREAM MAKER WITHOUT ITS COVER IN POSITION.

Turn to page 73 for Thick Cream and Pouring Cream, and page 55 for Vanilla Ice Cream.

Cleaning

After use remove the Cream Maker from the mixer, dismantle. Wash, rinse, dry and re-assemble. Do not expose to direct heat or use abrasive cleaners.



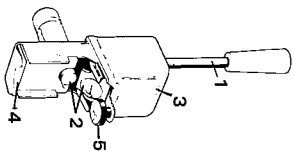
The Can Opener

MODEL NO. A978

Opens cans speedily and efficiently. Saves cut fingers - the magnet lifts the lid clear.

Use in Slow Speed Outlet at speed 2

- 1 Handle
- 2 Wheels
- 3 Casing
- 4 Guide Rest
- 5 Magnet

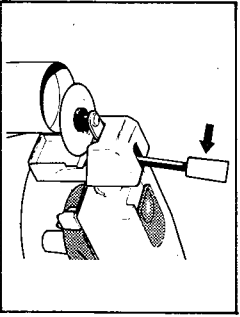


Remove the Slow Speed Outlet Cover by pulling the locking catch to the side. Slide the Can Opener into the outlet, turning it slightly so that the shaft engages in the socket with the pin located in the slot. Release the catch to lock.

Pull the handle upright to the open position and hold the can with the top rim between the two wheels. Make sure the can is straight by resting it against the guide rest.

Pull the handle forward firmly to pierce the can and hold it fixed in position, with the magnet resting against the lid.

Switch on to speed 2. The can will remain securely in position until released by pushing back the handle.



Bechamel Sauce

USING LIQUIDISER

Coating consistency:

- $\frac{1}{2}$ pt/250ml milk
- bayleaf
- blade of mace
- 4 peppercorns
- piece of celery
- small piece of onion
- small carrot
- 1oz/25g butter
- 1oz/25g flour
- salt and pepper

Tomato Sauce

USING LIQUIDISER, COLANDER AND SIEVE

- 4lb/2 kilo ripe red tomatoes
- 2 shallots (peeled and quartered)
- 2 tsp/10ml salt
- 1tsp/5ml paprika
- good pinch of cayenne pepper
- 4oz/100g sugar
- $\frac{1}{2}$ pt/250ml spiced vinegar

Sour Cream Dressing

USING 'K' BEATER

- 8 fl oz/200ml of thick sour cream
- 1 tbsp/20ml vinegar
- 2 tsp/10ml lemon juice
- $\frac{1}{2}$ tsp/2.5ml salt
- 1oz/25g sugar
- dash of pepper

Apple Sauce

USING LIQUIDISER

- 1lb/400g of apple (peeled and sliced)
- 3 tbsp/60ml water
- 1oz/25g butter
- sugar (if desired)

Heat the contents of the saucepan to boiling point, remove from the heat and leave to infuse for 10 minutes. Strain into the liquidiser, add the butter, flour and seasoning. Blend for 20 seconds on maximum speed, return to saucepan, then bring to the boil, stirring continuously. Boil for 2 minutes.

Cut the tomatoes in to halves and puree them in the liquidiser on maximum speed, filling the goblet about $\frac{3}{4}$ full each time. To the last batch add the shallots. Place the colander and sieve in position with the fine screen, smooth side uppermost. Pass the puree through using speed 2. Pour the smooth puree in a saucepan and bring it to boiling point, add sugar, seasonings and vinegar and continue to simmer stirring well until the sauce begins to thicken (approximately 20 minutes). Pour into hot sterilised bottles and seal.

Mix well together with 'K' Beater on speed 1 - 2. Serve with salad.

Place apples in covered pan with water and sugar, cook over a low heat until pulpy. Pour into the warmed goblet, add the butter and blend for 10 - 20 seconds until smooth. Serve with goose, duck or pork.

Sauces, Dressings and Mayonnaise

White Sauce

USING LIQUIDISER

Coating consistency:

1oz/25g butter

1oz/25g plain flour

½ pt/250ml milk

Pouring consistency:

½ oz/15g butter

½ oz/15g plain flour

½ pt/250 ml milk

Place all the ingredients in the liquidiser and blend for 30 seconds on maximum speed. Transfer the contents of the goblet to a saucepan, bring to the boil then boil for 2 minutes, stirring continuously.

Parsley Sauce

few sprigs parsley
seasoning

Add at the blending stage.

Onion Sauce

1 large onion (roughly chopped)
seasoning

Add at the blending stage.

Cheese Sauce

2 - 3 oz/50 - 75g cheese (roughly
cut up)
seasoning

Add at the blending stage.

Egg Sauce

2 hard boiled eggs (roughly
chopped)
seasoning

Stir the egg in at the end of the cooking time.

Caper Sauce

1oz/25g capers

Add at the blending stage.

The Colander & Sieve

MODEL NO. A992

makes light work of preparing baby foods and purees.

Use in Beater Socket and Bowl at speed 1 to 2.

- 1 Paddle
- 2 & 3 Coarse and Fine Sieves
- 4 Colander Bowl

Place Colander Bowl in the mixing bowl. Select whichever Sieve is to be used and place in colander with rough side uppermost (see note below).

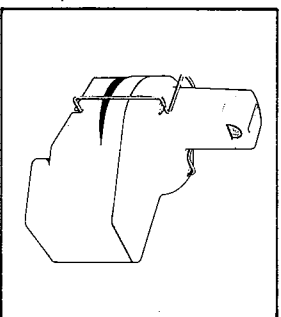
Fit the paddle in the same way as the beater is fitted.

Turn to speed 1, and add food, approx.

1lb or 450g at a time, adding more as the sieve clears, until total quantity is processed. The speed can be increased to 2 if the food is not likely to splash.

NOTE: Use the coarse sieve with rough side uppermost for stringy foods e.g. cooked rhubarb, celery and spinach: with the smooth side uppermost for stoning fruit such as plums and damsons. Use the fine sieve, smooth side uppermost, for seeding fruit such as raspberries and gooseberries.

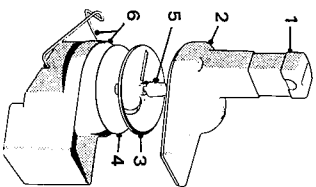
NOTE (ii): The paddle should make contact with the sieve with sufficient pressure to flex the blades and may be adjusted if necessary (see page 32).



The High Speed Slicer and Shredder

MODEL NO. A929

Use on High Speed Outlet at speed 1

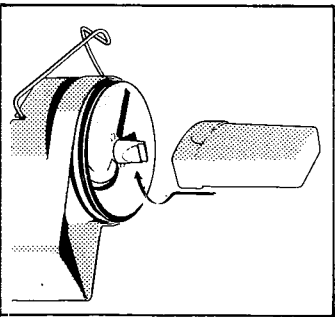
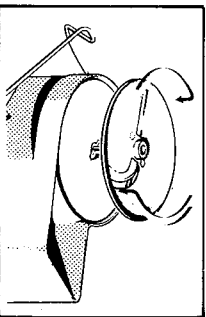
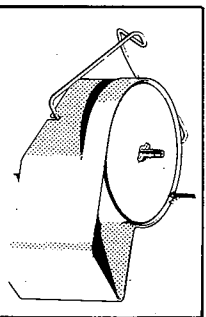


- 1 Pusher
- 2 Cover and feed tube
- 3 Cutting plate (1 of 4 supplied)
- 4 Slinger plate
- 5 Locking nut
- 6 Base and clip

The 4 cutting plates are numbered on the upper surface, as follows:

- 1 Thick slice
- 2 Thin slice
- 3 Coarse shred
- 4 Fine shred

To Assemble: Place the slinger plate on the base ensuring that it is positioned correctly.



Secure with the locking nut, turning clockwise until firm. Then tighten by using the screw driver slot in the top of the pusher.

American Frosting

USING WHISK

- 1 lb/400g granulated sugar
- ½ pt/125ml water
- 2 egg whites
- pinch of cream of tartar
- 1 tsp/5ml vanilla essence

VARIATIONS:

- Caramel* Use brown sugar in place of white
- Orange* Use 3 tbsp/60ml orange juice in place of water and a little grated rind.
- Chocolate* Add 3 oz/75g melted chocolate during the last stage of the whisking

Dissolve the sugar in the water over a low heat. Boil until syrup is 115°C/240°F or forms a soft ball when dropped in cold water. While this is reaching temperature, whisk the egg whites and cream of tartar until it forms soft peaks. Slowly add the syrup to the egg whites while whisking on maximum speed, continue until icing holds stiff peaks. The icing sets very quickly so the cake must be ready to ice straight away.

Fudge Frosting

USING 'K' BEATER

- 2oz/50g butter
- 4oz/100g icing sugar (sieved)
- ½ tsp/2.5ml vanilla essence
- 1 tsp/5ml powdered)
- coffee)
- 2 tsp/10ml cocoa) mixed
- 1 tsp/20ml boiling) together
- water)

Mix on speed 1 gradually increasing to maximum until a smooth spreading consistency is obtained.

Thick Cream

USING CREAM MAKER

- 4oz/100g unsalted butter
- 4 fl oz/100ml milk

Place the milk and butter in a saucepan, heat slowly until the butter is melted. Ensure that the 'grooved hand nut' is screwed home before pouring mixture into the container of the main body. Place a suitable receptacle beneath the valve to collect the cream. Switch the mixer to speed 3 and allow to run until all the mixture has passed through. After cooling in a refrigerator, mix lightly with a fork before serving. If the cream is required for whipping, it should be cooled for at least 8 hours in a refrigerator, then whisked until it forms soft peaks. NOTE: Reconstituted milk can be used in place of fresh, if made to the manufacturer's instructions.

Pouring Cream

Reduce the unsalted butter content to 2oz/50g and make in exactly the same way as for thick cream.

To ensure success, always use the Cream Maker with warm ingredients.

NOTE: Reconstituted milk can be used in place of fresh milk, if made to the manufacturer's instructions.

De-salting Salted Butter Butter bought as unsalted gives the best results, however, if required, salted butter can be de-salted by following this method:

Place 4 oz/100 g salted butter in approx. 1 pt/½ litre water in a pan. Bring to the boil stirring all the time for approximately 2 - 3 minutes. Allow to cool until the butter forms a crust on top of the water. Remove the butter and use in the same way as unsalted butter. If desired a few drops of vanilla essence or a teaspoon of castor sugar may be added to the finished cream.

Icings and Fillings

Royal Icing

USING 'K' BEATER

4 egg whites
2lb/1 kilo icing sugar (sieved)
1 tbsp/20ml lemon juice
2 tsp/10ml glycerine
blue vegetable colouring (optional)

Place the egg whites in the bowl and using the 'K' beater mix on speed 1 gradually adding the icing sugar, lemon juice and glycerine.
Beat on speed 4 - 5 until the icing is dull and stands in peaks, and add a very little colouring to give a very white finish.

Almond Paste

USING 'K' BEATER

12oz/300g ground almonds
6oz/150g icing sugar (sieved)
6oz/150g castor sugar
1 egg
juice of a small lemon
few drops of almond essence

Mix the almonds and sugar on speed 1, then add the egg, lemon and almond essence.
Continue mixing, gradually increasing speed until a smooth paste is formed.
Roll out on a board dusted with icing sugar and cut to cover the sides and tops of the cake.
Allow 3 - 4 days to dry before decorating with Royal Icing.

Butter Icing

USING 'K' BEATER

4oz/100g butter
8oz/200g icing sugar (sieved)
flavouring (as for glaze icing)

Warm the bowl by filling with hot water and stand the 'K' beater in it while weighing out the ingredients.
Beat all the ingredients together starting at speed 1 and gradually increasing until the icing is soft and fluffy.

Glacé Icing

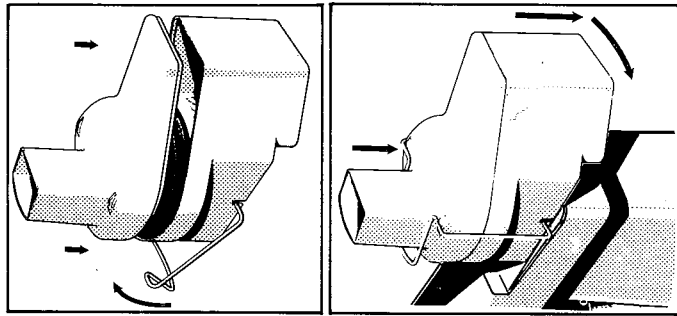
USING 'K' BEATER

8oz/200g icing sugar (sieved)
2 tbsp/40ml hot water
flavouring

Place the sugar in the bowl and switch to speed 1.
Gradually add the water until the consistency is such that the mixture will coat the back of the spoon.

FLAVOURINGS:

<i>Vanilla</i>	½ tsp/2.5ml vanilla essence
<i>Lemon</i>	1 tsp/5ml lemon juice and a little grated rind
<i>Orange</i>	2 tsp/10ml orange juice
<i>Coffee</i>	2 tsp/10ml coffee essence
<i>Chocolate</i>	1 tbsp/20ml cocoa mixed with a little boiling water
<i>Mocha</i>	1 tsp/5ml cocoa and 1 tsp/5ml coffee powder mixed with a little boiling water
<i>Mint</i>	A few drops of peppermint essence and green colouring



Place the cover on the base, ensuring that it is positioned correctly, and secure with the clip.

Remove the High Speed Outlet Cover from the Chef and attach the Slicer and Shredder, turning in a clockwise direction until firmly locked. The attachment is now ready for use.

To Operate: Cut food to a suitable size, and place the bowl beneath the chute. Switch the Chef to Speed 1. Drop the food into the feed tube and push down gently and firmly with the pusher. ALWAYS USE THE PUSHER.

The four cutting plates are recommended for use with the following:

1. Thick slice: Potato, carrot, cucumber, cabbage and beetroot.
2. Thin slice: Potato (suitable for crisps), carrot, cucumber and beetroot.
3. Coarse shred: Cheese, cabbage, carrot, nuts, chocolate, suet and apples.
4. Fine shred: Carrot, cheese, nuts and chocolate.

Shredding White Cabbage:

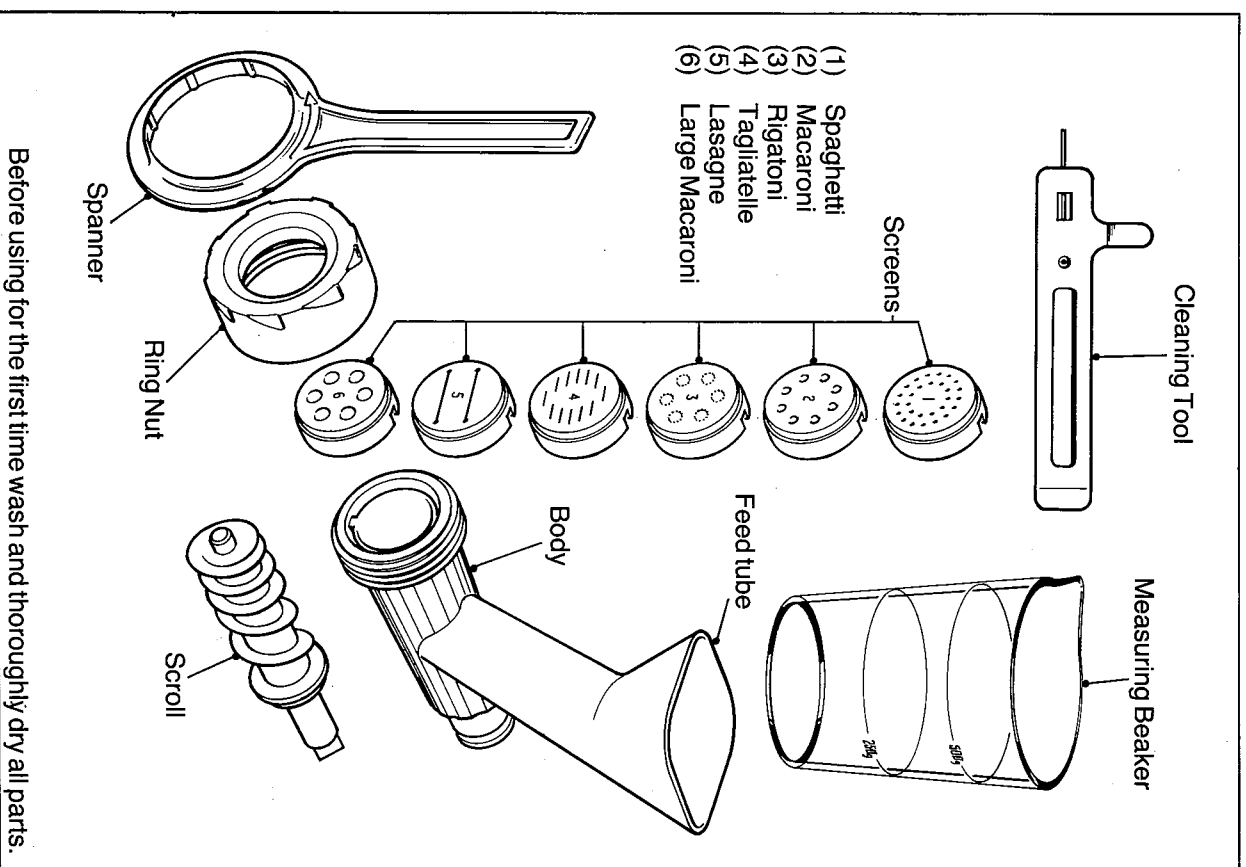
The cabbage should be cut into wedges which fit loosely in the feed tube and the piece of stalk cut away. Place the wedges into the feed tube, stalk end first, and keep upright with a steady pressure on the pusher.

After Use: To remove from your Chef turn the attachment in an anti-clockwise direction. Disassemble the Slicer and Shredder using the pusher in an anti-clockwise direction to unlock the nut. Wash immediately in warm water and dry.
DO NOT LEAVE THE BASE TO SOAK IN WATER.

The Pasta Maker

MODEL A936

Use in the Slow Speed Outlet at Speed 1-3.



Rich Fruit Cake

US/ING 'K' BEATER

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

Warm the bowl by filling with hot water and stand 'K' beater in it while weighing out the ingredients.

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 speed 1 then add the fruit and nuts.

Bake in an 8 1/2"/22cm 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/Mk 1 for a further 2 1/2 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.

Cover with almond paste and Royal Icing, using the amounts shown under these headings.

Gingerbread

US/ING 'K' BEATER

4oz/100g margarine
2oz/50g brown sugar
8oz/200g treacle or syrup
12oz/300g S.R. flour
1/4tsp/1.2ml salt
2 tsp/10ml ground ginger
1 egg
1/4pt/125ml milk

Melt the margarine, treacle and sugar together in a saucepan and allow to cool. Sift the flour, salt and spice into the bowl, making a well in the centre, add the egg, sugar mixture and milk and mix well on speed 1 then on speed 3 - 4. Pour into a 7 1/2"/19cm square cake tin and bake in a slow oven for 1-1 1/2 hours at 180°C/350°F/Mk 4.

Orange Chip Cake

USING 'K' BEATER AND SLICER AND SHREDDER

4oz/100g margarine
4oz/100g castor sugar
4oz/100g S.R. flour (sieved)
2 eggs
1 tbsp/20ml orange juice
grated rind ½ orange
2oz/50g chocolate
2oz/50g walnuts

Warm the bowl by filling with hot water and place the 'K' beater in it while weighing out the ingredients. Coarsely grate the nuts and chocolate. Beat the margarine, sugar and orange rind on speed 3 - 4 and then on a higher speed once it is combined, beat well until light and fluffy.

Add the eggs one at a time, beating to a smooth consistency between each addition. Scrape the bowl and the beater well and add the flour, chocolate, nuts and orange juice and mix on speed 1 just long enough to incorporate.

Bake in two 6½"/17cm sandwich tins for 25 minutes at 190°C/375°F/Mk 5. Or bake in a 6½"/16cm square tin.

Sandwich together with orange butter icing or cover with orange American Frosting.

Walnut Coffee Cake

USING 'K' BEATER AND LIQUIDISER

2oz/50g walnuts, chopped in liquidiser
6oz/150g S.R. flour)
½ tsp/2.5ml baking powder) sieved
½ tsp/2.5ml salt) together
4oz/100g castor sugar)
4oz/100g pre-creamed margarine)
2 eggs)
1 tbsp/20ml powdered instant coffee
3 tbsp/60ml milk

Warm bowl by filling with hot water and stand the 'K' beater in it while weighing out the ingredients. Place all ingredients in the bowl, switch to speed 1 and gradually increase to maximum as the flour is incorporated. Beat for 1 minute. Bake in 7"/18cm square tin for 40 minutes at 190°C/375°F/Mk 5. After cooling, ice with coffee butter icing and decorate with coarsely chopped nuts.

Dundee Cake

USING 'K' BEATER

6oz/150g margarine
6oz/150g castor sugar
grated rind ½ lemon
3 eggs
10oz/250g plain flour) sieved
½ tsp/2.5ml salt)
8oz/200g sultanas
6oz/150g currants
2oz/50g candied peel
2oz/50g glace cherries, halved
2oz/50g ground or chopped almonds
1 tbsp/20ml milk
1 oz/25g blanched split almonds - for decoration

Warm the bowl by filling with hot water and stand the 'K' beater in it while weighing out the ingredients. Beat the fat, sugar and lemon rind together at speed 1 - 2 increasing to a higher speed as they combine. Beat until light and fluffy. Add the eggs, one at a time on maximum speed, adding a tablespoon of flour with the last egg. Beat to a smooth consistency between each addition. Add the flour and switch to speed 1. Continue to add the fruit and nuts and milk as necessary to give a soft consistency. Transfer to a 7"/18cm round cake tin and arrange the split almonds on top. Bake at 150°C/300°F Mk. 2 for 1½-2 hrs. approximately.

Pasta Making

To ensure that the mix is correct it is extremely important to have the correct proportion of ingredients and so the recipes should be followed very carefully. The beaker supplied should always be used to measure the egg liquid. However, you may find that different batches of flour vary in the quantities of liquid required so on occasions it may be necessary to make a slight adjustment to either the quantity of liquid or the quantity of flour.

IF THE DOUGH MIXTURE IS MADE TOO DRY OR FED INTO THE PASTA MAKER TOO QUICKLY THIS MAY CAUSE YOUR PASTA MAKER TO BREAK.

When making a pasta dough recipe, never make more or less than one complete batch (either full or half quantity) at a time in the mixer.

The mixer should be stopped halfway through mixing and the mixture scraped away from the K beater and sides of the bowl with a spatula before continuing, to ensure thorough mixing.

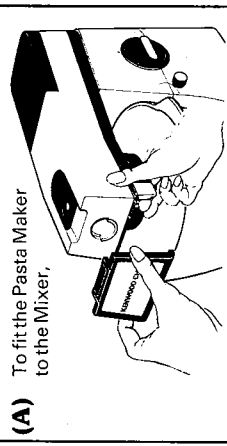
Mixing should take approximately 1-2 minutes on speed 1.

To assist extruding, the parts of the Pasta Making attachment may be warmed in a bowl of hot water. Dry all parts thoroughly and assemble before extruding. To ensure that pasta is evenly coloured and not streaky, feed the dough into the feed tube at a constant rate.

The relatively slow speed required for pasta extruding (1-3) is necessary to ensure good results, increasing the speed is not recommended as the quality of the made pasta will be impaired.

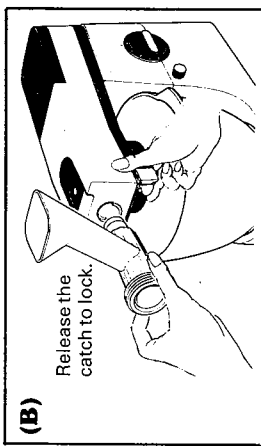
Home-made pasta behaves in a different manner to shop bought packaged pasta. It is more fragile than bought, and should be handled carefully before cooking. During cooking home-made pasta will float to the top of the pan and should be stirred to ensure even cooking.

a) To fit the Pasta Maker to the Mixer, remove the Slow Speed Outlet Cover by pulling the locking catch to the side.



(A) To fit the Pasta Maker to the Mixer,

b) Slide the Pasta Maker body into the outlet and lock in position. Make sure the pin on the body locates in the slot in the mixer. Release the catch to lock.



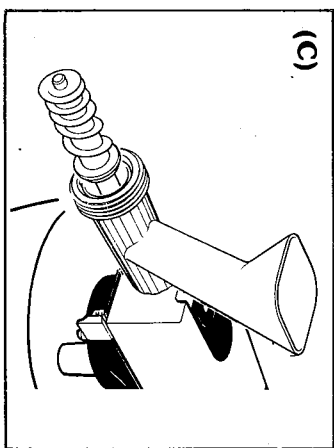
(B)

Release the catch to lock.

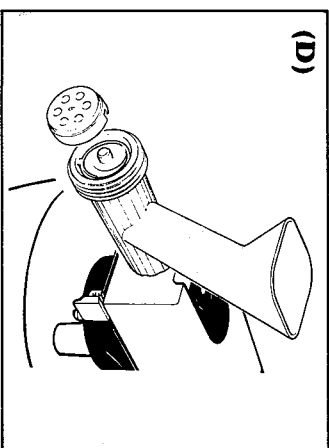
Note: If the attachment is correctly positioned on the Mixer the feed tube should be angled towards the user.

Assembly

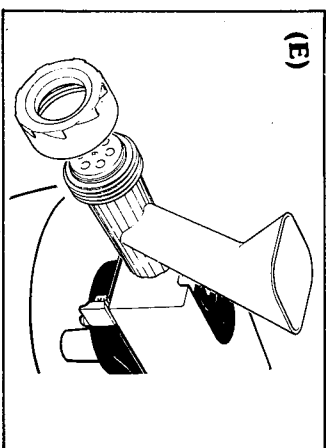
c) Place the scroll in position in the Pasta Maker body turning as necessary so that the tongue on the scroll engages in the slot in the shaft on the mixer.



d) Select a screen and place in position on the scroll ensuring that the locating lugs fit into the corresponding gaps in the Pasta Maker body.



e) Screw the ring nut into place to hold the complete assembly together.



Using the Screens for

1. Spaghetti 4. Tagliatelle 5. Lasagne

1. With the Pasta Maker assembled and in position on the mixer, turn to speed 1.

2. After first ensuring that the pasta dough is of the correct texture, gather hazelnut sized pieces together and drop by hand into the feed tube. The scroll will pick up each piece of dough and self feed through the screen. You should be able to see the scroll before adding the next piece of dough.

3. Note: In the unlikely event of pasta no longer self feeding through the scroll, use the specially designed spanner handle to assist. Do not use a knife or spoon handle as these may damage the scroll of your pasta maker.

4. The pasta first extruded will always tend to curl in different directions. This is quite normal and the pasta will straighten as it continues to be extruded. If desired, the first 6 in/150mm of curled pasta may be gently pulled away from the screen and again passed through the attachment. Increase the speed to 3.

5. When the pasta has reached the desired length (about 10 in/250mm gently pull away from the screen).

6. Lay the pasta down and separate immediately.

Place separated pasta on a paper towel to dry, if desired. Do not pile extruded pasta up as the strands will stick together.

Spaghetti and Tagliatelle can be cooked immediately after extruding or they can be allowed to completely air dry. Once dried, pasta may be stored in a plastic bag to be cooked at a later date.

It should be noted that Spaghetti and Tagliatelle will have a tendency to bend as they dry.

Coconut Cake

Make up the Madeira recipe adding 1/2 tsp/2.5ml vanilla essence instead of lemon peel. Replace 2oz/50g flour with the same amount of desiccated coconut.

Swiss Roll

US/ING WHISK

3 eggs
3oz/75g castor sugar
3oz/75g S. R. flour
jam

Warm the bowl by filling with hot water and stand the whisk in it while weighing out the ingredients. Whisk 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.

Pour into a greased swiss roll tin lined with greaseproof paper and tilt so that the mixture runs into the corners. Do not spread with a spatula.

Cook at 230°C/450°F/Mk 8 for 7 - 8 minutes until the cake springs back when touched.

Have a piece of greaseproof paper ready, sprinkled with castor sugar, turn the sponge onto this and spread with jam. Trim the edges and roll up guiding it with the greaseproof. Leave on a wire rack to cool.

Chocolate Chiffon Cake

US/ING 'K' BEATER AND WHISK

2oz/50g chocolate - melted in a bowl
over hot water
6oz/150g S. R. flour
1 tsp/5ml baking powder
1/2 tsp/1.2ml cinnamon
1 tsp/5ml coffee powder
1/4 tsp/1.2ml salt
6oz/150g castor sugar
3 eggs, separated
3 tbsp/60ml vegetable oil
3 tbsp/60ml water
1/4 tsp/2.5ml vanilla essence

Place the sieved flour and flavourings and the sugar in a bowl making a well in the centre.

Pour in the egg yolks, oil, water and vanilla essence. Using the 'K' beater, switch to speed 1 and gradually increase to maximum. Beat for 1 minute then mix in the chocolate.

Transfer the mixture to another bowl and wash the Chef bowl thoroughly, before whisking the egg whites on maximum speed. When they form peaks, fold them carefully into the chocolate mixture.

Turn into a greased 7 1/2"/19cm ring cake tin. Bake at 170°C/325°F/Mk 3 for approximately 1 hour.

Cakes

Victoria Sandwich

USING 'K' BEATER

6oz/150g margarine
6oz/150g castor sugar
3 eggs
6oz/150g S.R. flour (sieved)

Warm the bowl by filling with hot water and place the 'K' beater in it while weighing out the ingredients. Mix the fat and the 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 a tablespoon of flour with the last egg. Add the flour and water on speed 1, mixing just long enough to incorporate the flour. Bake in 2 x 7"/18 cm sandwich tins, greased and lined, for 20 - 30 minutes at 190°C/375°F/Mk 5.

Madeira Cake

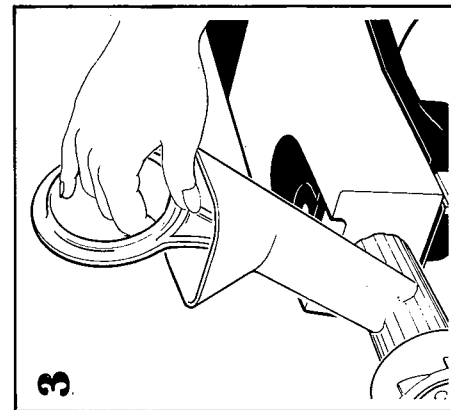
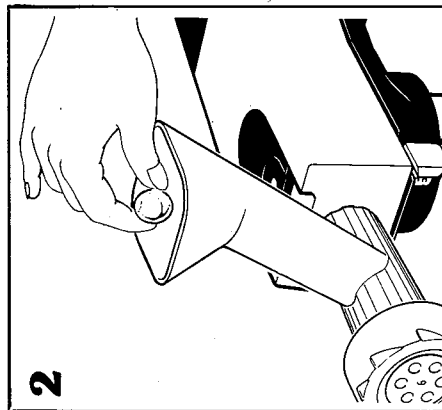
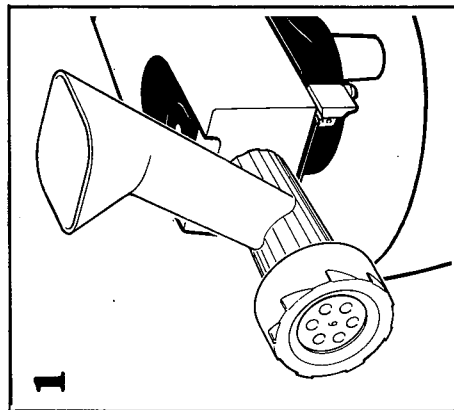
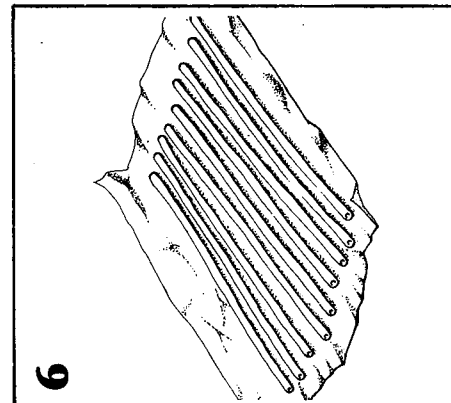
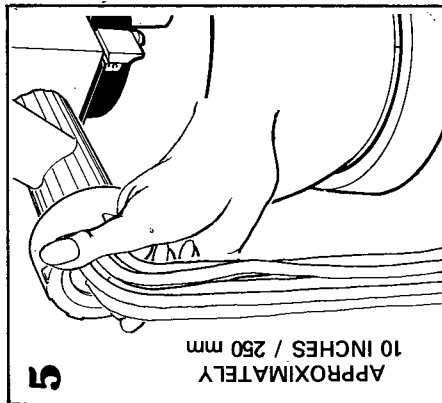
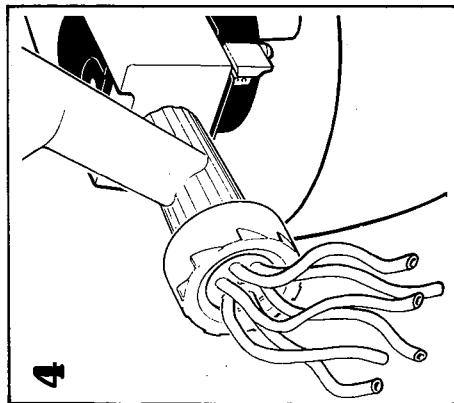
USING 'K' BEATER

6oz/150g butter
6oz/150g castor sugar
½ grated rind of a lemon
3 eggs
8oz/200g S.R. flour) sieved
¼tsp/2.5ml salt) together
1 tbsp/20ml water
piece of candied citron peel

Warm the bowl by filling with hot water and stand the beater in it while weighing out the ingredients. Place the fat and the sugar in the bowl and grate the lemon rind straight into it. Mix on speed 1 - 2 then on a higher speed as the ingredients combine, continue until the mixture is light and fluffy. Add the eggs one at a time, beating to a smooth consistency between each addition. Add a spoonful of flour with the last egg. Add the flour and the water and mix on speed 1 just long enough to incorporate them into the mixture. Cook in a greased 7"/18cm round tin for approximately 1½ hours at 180°C/350°F/Mk 4. After the first 25 minutes, carefully place a piece of citron peel on top of the cake.

Cherry Cake

Follow the recipe for Madeira, omitting the peel and lemon rind. Add ¼tsp/2.5ml almond or vanilla essence if desired, and 4oz/100g of cherries cut in half.

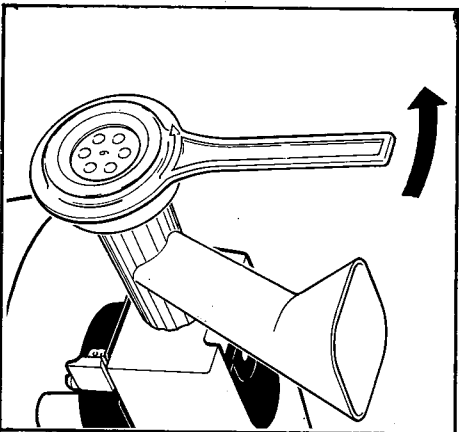


Using the Screens for

2. Macaroni
3. Rigatoni
6. Large Macaroni

1. With the Pasta Maker assembled and in position on the mixer turn to speed 1.
 2. After first ensuring that the pasta dough is of the correct texture. Gather hazelnut sized pieces together and drop by hand, down the feed tube. The scroll will pick up each piece of dough and self feed through the screen. You should be able to see the scroll before adding the next piece of dough.
 3. Note: In the unlikely event of pasta no longer self feeding through the scroll, use the specially designed spanner handle to assist. Do not use a knife or spoon handle as these may damage the scroll of your pasta extruder.
 4. The pasta first extruded will always tend to curl in different directions. This is quite normal and the pasta will straighten as it continues to be extruded. If desired the first 6 in (150mm) of curled pasta may be gently pulled away from the screen and again passed through the attachment.
 5. Increase to speed 3 when pasta reaches about 6 in (150mm) to 8 in (200mm) gently pull away from the screen.
 6. Lay the pasta down and separate immediately.
- Place separated pasta on a paper towel to partially dry before breaking into smaller noodles. Do not pile extruded pasta up as the strands will stick together. Cook within 4 hours after extruding.

To Loosen Ring Nut



If the ring nut is too tight to remove by hand, use the spanner supplied. Turn the spanner handle anticlockwise.

IT IS NOT POSSIBLE TO ATTACH THE RING NUT TO THE PASTA MAKER BODY BY MEANS OF THE SPANNER.

Whenever you wish to change screens the ring nut must be unscrewed and removed. The machine may be briefly switched on Speed 1 to eject the screen to enable an alternative screen to be fitted. Ensure all pasta is removed from the front of the scroll and body before fitting the replacement screen. The ring nut must then be re-positioned and tightened.

To Clean

Dismantle the Pasta Maker and wash in warm sudsy water, dry thoroughly. The components of your Pasta Maker may be washed in the top rack of the dishwasher. The screen are easily cleaned with the tool provided, after the pasta within has been allowed to dry.

Ginger Gems

USING 'K' BEATER

8oz/200g S.R. flour	)	
1 tsp/5ml baking powder	)	
1 tsp/5ml bicarbonate of soda	)	sieved together
1 tsp/5ml ground ginger	)	
1 tsp/5ml cinnamon	)	
1 tsp/5ml mixed spice	)	
pinch of salt	)	
2oz/50g butter	)	
4oz/100g sugar	)	
1 egg	)	
1/4pt/125ml strong black coffee (warm)	)	
4oz/100g treacle	)	

Place sieved ingredients in the bowl, add butter and sugar, rub in on speed 1 increasing to speed 2. When the butter is completely rubbed in add the rest of the ingredients on speed 1.

Fill greased party tins to 2/3 full and bake at 190°C/375°F/Mk 5 for 20 minutes approx. Cool on a wire rack.

These are nice plain, but even better with spiced cream.

With a sharp knife make a diagonal split from the top, ease open and put in a blob of thick cream which has been whipped with a little sugar and powdered cinnamon.

Rock Cakes

USING 'K' BEATER

12oz/300g S.R. flour	)	
pinch of salt	)	
good pinch of nutmeg	)	sieved together
good pinch of mixed spice	)	
6oz/150g butter	)	
6oz/150g sugar	)	
3oz/75g currants	)	
1oz/25g chopped peel	)	
1 egg	)	
milk to bind	)	

Place the sieved ingredients in the bowl and add the butter. Mix on speed 1, increasing to speed 2 until the mixture resembles breadcrumb crumbs. Add the sugar, currants, peel and mix thoroughly.

Add the egg and enough milk to form a stiff dough and switch off.

Shape into small, rocky lumps with two forks on a greased baking tray.

Bake in a hot oven 220°C/425°F/Mk 7 for 15 minutes.

Peanut Brownies

USING 'K' BEATER

- 4oz/100g butter
- 8oz/200g S.R. flour
- 1 tsp/5ml baking powder
- 1 tbps/20ml cocoa
- 5oz/125g sugar
- 1 egg
- ½ tsp/2.5ml vanilla essence
- 4oz/100g lightly roasted peanuts
- milk

Meringues

USING WHISK

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

Nutty Bars

USING 'K' BEATER

- 5oz/125g demerara sugar
- 4oz/100g butter or margarine
- 2 eggs
- 6oz/150g S.R. flour (sieved)
- drop of vanilla essence
- 3oz/75g desiccated coconut
- 2oz/50g sultanas
- 2oz/50g salted peanuts
- Makes 24 bars

Place butter in the bowl and mix on speed 1.

Tip in the dry ingredients, gradually increase to 2 as the fat breaks up. When mixture resembles bread-crumbs, add the egg, vanilla and enough milk to form a fairly stiff dough, similar to a rock cake mixture. Add peanuts and mix in for a few seconds.

Place the mixture in rocky lumps on a greased baking sheet and bake at 180°C/350°F/Mk 4 for 15 - 20 minutes.

Line baking trays with oiled greaseproof paper.

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" / 2.5cm 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/Mk ¼ until they are firm and crisp (approximately 4 - 5 hours).

Meringues should be stored in an airtight tin.

Cream the sugar and butter together on speed 1 gradually increasing to speed 3 until the mixture is light and fluffy. Add the eggs one at a time, beating in very thoroughly.

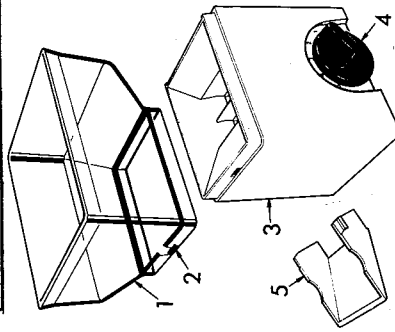
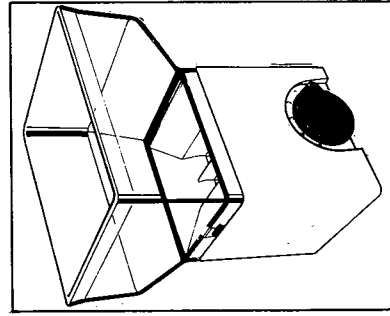
Turn to speed 1 and add flour, vanilla, coconut

fruit and nuts, switching off as soon as incorporated.

Turn the mixture into a square or oblong greased tin (approx. 6" / 15cm x 10" / 25cm) smoothing over with a spatula. Bake in a moderate oven 180°C/350°F/Mk 4 for approximately 45 minutes.

Cool without removing from the tin.

Sieve a little icing sugar over the top and cut into bars before it is cold.



- 1 Hopper
- 2 Latch
- 3 Body
- 4 Adjusting Knob
- 5 Chute

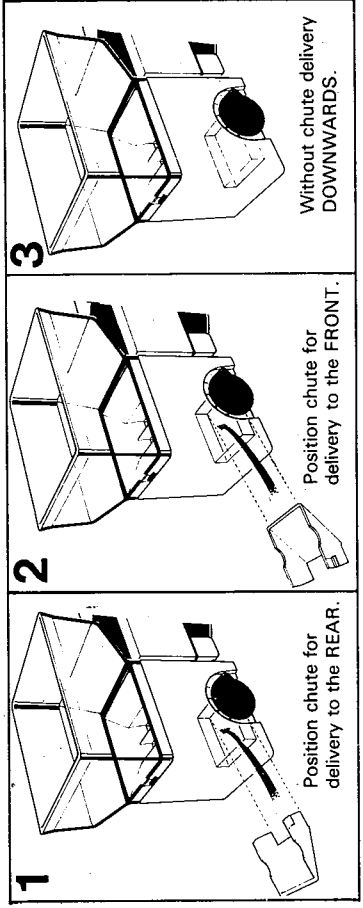
Use in Slow Speed Outlet at maximum speed

Positioning Chute for Direction of Delivery

Prior to fitting the mill to the mixer decide if you wish to collect the flour in the Chef bowl located in the mixer pedestal. To do so, arrange the chute so that the open (non tapered) end points towards the drive shaft. (1)

Alternatively the flour may be directed into a bowl or container outside the pedestal by turning the chute to point in the opposite direction. (2)

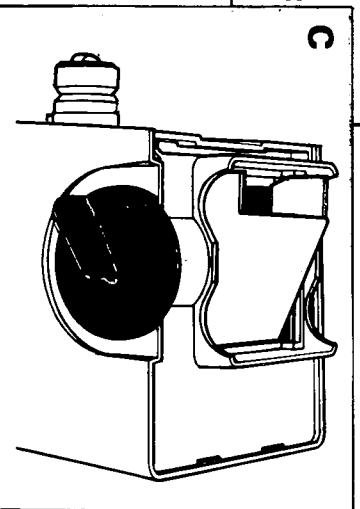
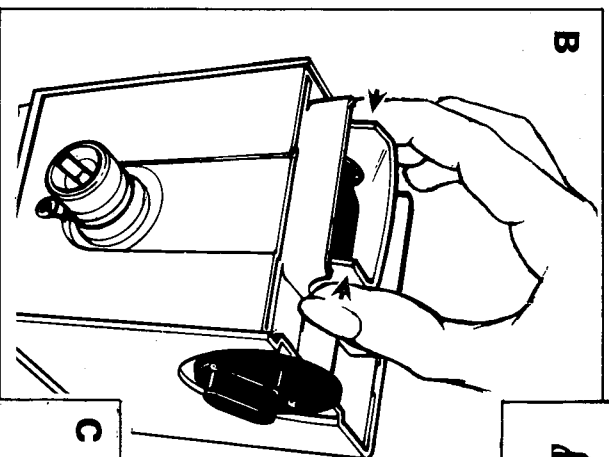
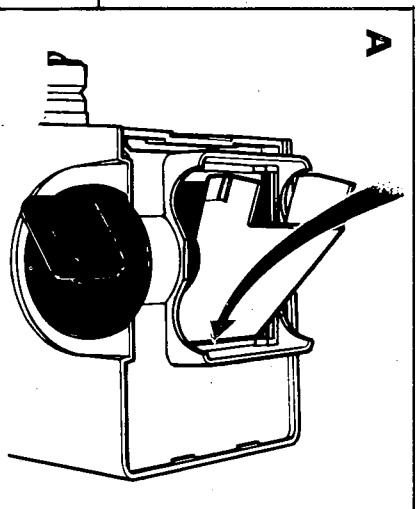
The Mill can be used without the Chute, when the flour will drop downwards. (3)



Biscuits and Cookies

Fitting

Position the chute by feeding the tapered end through the opening in the base, to locate below the moulded skirt A. Lower the chute down into the aperture, squeezing the two side projections together B, and release into the slots provided C.



Crispy Kisses

USING 'K' BEATER AND WHISK

Biscuits:

- 2 egg whites
- 3oz/75g castor sugar
- 4oz/100g ground almonds

Filling:

- 3oz/75g icing sugar
- 1½ oz/40g butter
- 2oz/50g chocolate (melted)

Place the egg whites in the bowl and whisk on maximum speed until they are stiff (approximately 1 minute).

Add the sugar and the ground almonds and mix for another 10 seconds.

Lay a piece of well-greased greaseproof paper on a baking sheet and put the mixture on in small spoonfuls.

Bake in a moderate oven 180°C/350°F/Mk 4 until the biscuits are pale brown (approximately 15 minutes). Slide the paper from the tray and leave until the biscuits are cold.

Filling:

Warm the 'K' beater and the bowl.

Place all ingredients in the bowl and mix on speed 1 increasing to 4 until well creamed.

Use the filling to sandwich the biscuits together.

Shortbread

USING 'K' BEATER

- 4oz/100g plain flour (sieved)
- 2oz/50g ground rice or semolina
- or
- 6oz/150g plain flour (sieved)
- 2oz/50g castor sugar
- 4oz/100g butter

Place all ingredients in the bowl and mix on speed 1 increasing to 2 as the fat breaks up, until the mixture has bound together.

Press the mixture into a ball and roll into a round about ½"/1 cm thick.

Crimp the edges and prick on a design with a fork. Bake in a slow oven 150°C/300°F/Mk 2 until it is firm and light brown in colour (approx. 1 hour). Allow to cool before removing from the tray.

Bourbon Biscuits

USING 'K' BEATER

- 3oz/75g plain flour) sieved
- 1 tbsp/20ml custard) together
- powder)
- 1 tbsp/20ml cocoa)
- 2½oz/60g butter or margarine)
- 1oz/25g castor sugar)
- 1 egg yolk)
- few drops vanilla essence)
- Chocolate Cream Filling:) sieved
- 3oz/75g icing sugar) together
- 1 tbsp/20ml cocoa)
- 1½oz/40g butter)
- vanilla essence)

Place all ingredients for the biscuits in the bowl and switch to speed 1.

As the mixture begins to combine, increase to speed 2 and mix to a firm dough.

Roll the dough out thinly on a floured board, trimming sides.

Prick with a fork, sprinkle with castor sugar and cut into fingers 1½"/2.5cm x 3"/7.5cm. Bake in a moderate oven 180°C/350°F/Mk 4 for 10 - 15 minutes.

For the filling, place all ingredients in the bowl and beat on speed 4 until creamy. When the biscuits are cold, sandwich together with chocolate cream filling.

Cheese and Celery Pie

USING 'K' BEATER, LIQUIDISER, SLICER AND SHREDDER

Pie Crust:

8oz/200g shortcrust pastry

Filling:

4oz/100g cheese (finely grated)

2 sticks celery (thickly sliced)

1/2 medium onion (roughly chopped)

1/4 green pepper cut into thin strips

1 egg

1/4pt/125ml milk

1/2 tsp/2.5ml salt

good pinch dry mustard

good pinch of pepper

Serves 4-6

Cheese Flan

USING 'K' BEATER AND LIQUIDISER

6oz/150g of shortcrust or potato

pastry

Filling:

3oz/75g cheese (cut up)

1 thick slice stale bread (broken into

pieces)

1 medium sized onion (quartered)

1 egg

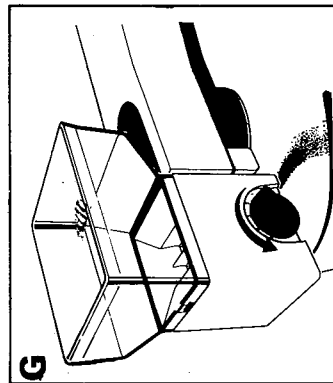
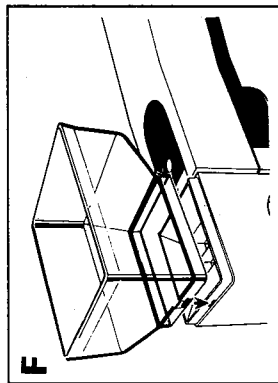
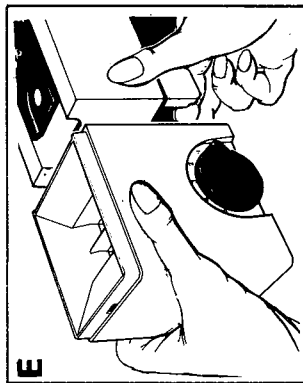
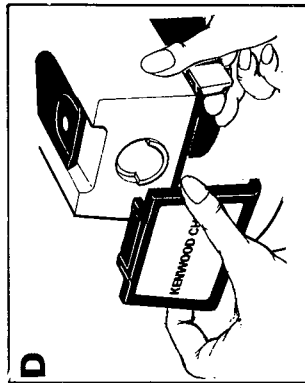
1/4 pt/125ml milk

1/2 tsp/2.5ml salt

pinch of cayenne

2 or 3 sprigs of parsley

Serves 4



Remove the Slow Speed Outlet cover of the mixer by pulling the locking catch to the side, D. Slide the Wheat Mill into the outlet, turning it to the angle necessary for the shaft to engage in the socket with the pin in the slot. Release the catch to lock E.

The hopper is positioned by locating its latch in the corresponding aperture in the Mill body and hinging down into place F.

Set the adjusting knob towards 1 for fine, or towards 5 for coarse G.

Note: Due to the pressure required to crush the wheat grains, the adjusting knob should be turned only when the Mill is empty or when the rollers are turning.

Place up to 3lb/1350g of wheat in the Hopper, and switch on to maximum speed. The head of the mixer may be raised with the Mill and Hopper in position, once the wheat has been ground. However difficulty may be experienced in removing the Mill from the mixer unless the hopper is empty.

Cleaning

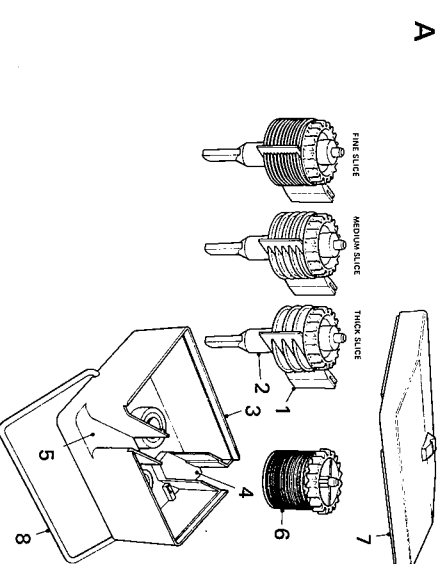
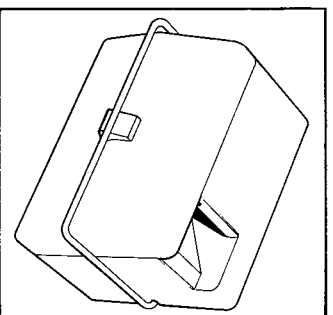
Invert the Mill and shake it to release any unground grains. Lightly tap the sides in the upright position to dislodge any remaining flour and bran.

Should you experience a reduction in the flow of the flour during processing soft grains i.e. soft wheat, lentils etc., this is easily overcome by passing a hard grain i.e. Canadian Wheat through the Mill, which will effectively clear the rollers.

The Hopper and Chute may be washed in warm water with washing up liquid, rinsed and dried. Wipe the outside of the body with a damp cloth. IMPORTANT: Under no circumstances must the body of the Wheat Mill be immersed in water as this would be injurious to the internal mechanism.

The Bean and Peel Slicer

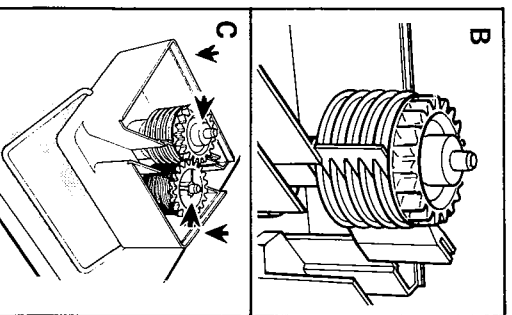
MODEL NO. A932



1. Comb
2. Cutter Shaft
3. Main Casing
4. Outlet
5. Feed Tube
6. Guide Shaft
7. Cover
8. Cover Clip

Assembly

- A. Stand the main casing (3) upright on the working surface so that the open side is facing upwards. Select the appropriate cutter shaft (2) and place the corresponding comb (1) on the cutter shaft.
- B. Place the cutter shaft in position with the comb slot over the outlet (4) and the feed tube (5).
- C. Hold the guide shaft (6) in position ensuring that the cogs interlock.



Eclairs

1 quantity of Choux pastry
Makes 12 eclairs

Scrape the paste into a forcing bag and using a plain round $\frac{1}{2}$ "/1 cm pipe force it onto a greased baking sheet, making fingers approximately $3\frac{1}{2}$ "/8cm long. Bake in a hot oven 200°C/400°F/Mk 6 for approximately 30 minutes until well risen, golden and crisp. Slit each eclair down the side to allow steam to escape, place on a rack to cool.

When cold, fill with whipped cream and ice with chocolate or coffee icing.

Cream Puffs

1 quantity of Choux pastry

Place teaspoonfuls of the paste about 2"/5 cm apart on a lightly greased sheet.

Cover the tray with a deep meat tin and bake in a hot oven 200°C/400°F/Mk 6 for approximately 30 minutes.

Do not open the lid during cooking. To judge when cooked one puff may be placed outside the cover and when this is done the others should take approximately 5 minutes.

Remove from the tin, slit carefully and allow to cool on a wire rack. When cold, fill with whipped cream and dust with icing sugar.

Eskimo Puffs

1 quantity of Choux pastry
Ice cream
Chocolate sauce

Lemon Meringue Pie

USING LIQUIDISER AND WHISK
1 baked 7"/18cm or 8"/20cm flan case

Filling:

1 lemon (quartered)
4oz/100g sugar
2 eggs (separated)
1oz/25g cornflour
 $\frac{1}{2}$ pt/250ml water
1 oz/25g butter

Topping:

egg whites
3oz/75g castor sugar

Serves 6

Make puffs as described under Cream Puffs. When cold fill with ice-cream and serve for dessert with chocolate sauce.

Place the lemon, sugar, egg yolks, cornflour, and water in the liquidiser goblet. Switch on to maximum speed and blend for 10 seconds. Pour through a sieve into a pan, pressing well with a spoon to extract all the liquid. Add the butter and cook over a medium heat, stirring all the time, until the mixture thickens. Continue cooking for 2-3 minutes, then remove from heat and allow to cool. When cool fill the flan case. Place the egg whites in the bowl and whisk on maximum speed until thick. Sprinkle in half the sugar and continue whisking until the mixture is quite stiff. Switch off, remove bowl from machine, and fold in the remaining sugar using the whisk in one's hand. Pile the meringue on top of the filling, making sure that it comes right to the edges. Dust lightly with granulated sugar. Place the pie in a moderately hot oven 200°C/400°F/Mk 6 for 5-10 minutes until the meringue peaks are golden brown. Decorate with cherries and angelica.

Two Crust Pies

RAW FRUIT

Make 8oz/200g of pastry and divide into two pieces. Roll out half until it is slightly larger than the plate or dish to be used. Lift the pastry on the rolling pin, and lay on the plate. Press lightly into position, taking care not to stretch it.

Cut the raw fruit into convenient sizes; place on pastry, and sprinkle with sugar if necessary; add spices or other flavouring.

Roll out the other half to the same size. Damp the edges of the pastry with cold water and lay the top crust in position, pressing lightly to make the two edges adhere. Trim off any surplus pastry and decorate the edge as required. The top may be glazed with a little egg white or sugar and water if required. Make one or two slits in the top to allow the steam to escape and bake in a hot oven 200°C/400°F/Mk6 until the pastry is lightly browned (approx. 10-15 mins), then reduce heat to 180°C/350°F/Mk4 and cook 20-30 mins longer until fruit is tender.

TWO CRUST PIES

(Cooked fruit, mincemeat or other filling not requiring further cooking).

Proceed as above, but bake in a hot oven 200°C/400°F/Mk6 until pastry is cooked 20 - 30 mins without reducing heat.

Open Pies and Flans

Roll out 4oz/100g or 6oz/150g of pastry. Place in a dish or flan ring and fill as desired. Decorate with lattice-work strips of pastry, if wished, and bake in a hot oven 200°C/400°F/Mk6 for about 25 mins until the pastry is browned.

Often a baked flan or pie case is called for which must be baked 'blind' before the filling is put in. To do this, after fitting the rolled pastry into the flan ring, prick the bottom with a fork and place a piece of greased paper (greased side down) or foil in the bottom. Spread dried beans or rice over the paper to keep the pastry a good shape. Bake in a hot oven for 10 - 15 minutes until the pastry is almost cooked. Remove paper and beans and place case back in the oven for a further 5 - 10 minutes. When cold fill the case as desired.

Choux Pastry

USING 'K' BEATER

2oz/50g butter) in

¼ pt/125ml water) saucepan

3oz/75g plain flour) sieved

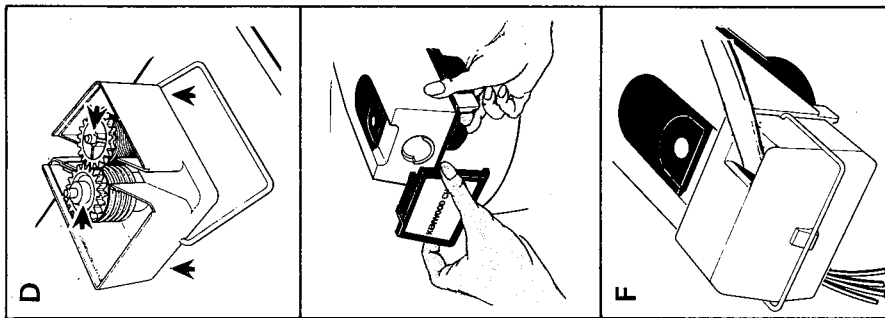
pinch of salt) onto paper

2 standard eggs

Bring the butter and water to boiling point. Remove from heat, add sieved flour and salt, then beat for a few minutes over very gentle heat with a wooden spoon until the paste forms a ball and the sides of the saucepan are clean. Allow this to cool slightly, then place in the mixing bowl. Switch to speed 2 and using the beater add the eggs a little at a time.

Turn to maximum speed for 30 seconds - 1 minute.

The pastry is now ready to use.



- D. Lift the main casing (3) from the working surface allowing both the cutter shaft and guide shaft to drop into the final position.
Place cover (7) into position. Secure with cover clip.

Fitting E'

Remove the slow speed outlet cover of your Chef by pulling the locking catch to the side. Slide the bean and peel slicer into the outlet turning it to the angle necessary for the shaft to engage in the socket with the pin in the slot. Release the catch to lock.

To Use

There are three cutter shafts each with a corresponding comb.

- 1) Thick - suitable for slicing runner beans prior to freezing.
- 2) Medium - for slicing runner beans for use immediately or to obtain a thick cut of peel for marmalade making.
- 3) Fine - produces a fine shred for marmalade making, or shreds for decorating orange desserts, cakes etc.

Bean Slicing - Suitable for runner beans
F. Place the Chef bowl in position under the outlet and switch to speed 2-3. Break the beans in two if large and feed in horizontally as shown. String old or large beans by hand prior to slicing.

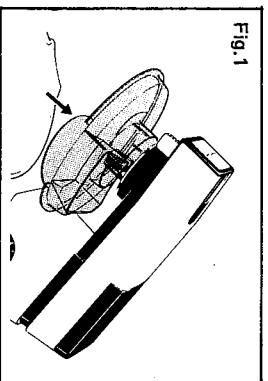
Peel Slicing

Place the Chef bowl in position under the outlet to catch the peel. With citrus fruits cut the fruit into quarters and remove the flesh from the skin. Cut the peel again lengthways to make suitable sized pieces for feeding through the feed tube. Pass through with the pith side down using speed 2-3.

Important Note Do not be tempted to poke anything into either the inlet or outlet of the attachment as this can damage the cutters.
After use pull back the locking catch to release the attachment and replace the outlet cover on your Chef.

Cleaning

Unclip cover and remove, withdrawing cutter and guide shafts. Separate cutter shaft and comb, wash all parts in warm water to which a little liquid detergent has been added, rinse and dry. Do not expose to direct heat or use any abrasive.



The Splashguard and Measure

Pl. No. 27215

Fitting

Have the Chef positioned on the work-top with the control to the right, the head in the raised position with no mixing tools in place.

Place the bowl in position on the pedestal.

Hold the Splashguard (Fig. 1) and push onto the planet hub until fully home.

Insert appropriate tool for use (Whisk, 'K' Beater or Dough Hook).

With the Splashguard in place lower the mixer head ensuring that the two ribs align with the bowl handles (Kenlyte bowl only). (Fig. 2).

The measure fits into the feed tube. (Fig. 3).

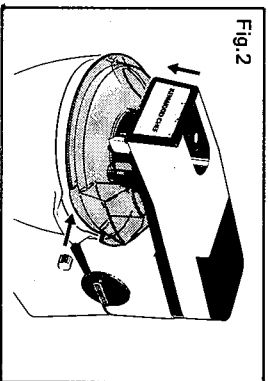
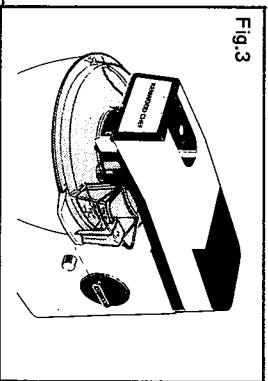


Fig. 3



To Use

There is no need to remove the Splashguard to either raise or lower the head or attach/detach the Whisk, 'K' Beater or Dough Hook.

During mixing ingredients may be added to the Chef bowl via the feed tube.

The measure, calibrated in both metric and imperial, sits in the feed tube to prevent spray.

Remove by raising the mixer head and sliding the Splashguard down and away from the planet hub.

Cleaning

After use the Splashguard and Measure should be washed in hot sudsy water rinsed and dried thoroughly.

The Splashguard assembly may be stored in position on the Chef.

The Splashguard may be washed in a dishwasher so long as it is stacked clear of the element vicinity.

Rich Flan Pastry

USING 'K' BEATER

- 3oz/75g butter
- 1tsp/5ml sugar
- pinch of salt
- 6oz/150g plain flour (sieved)
- 1 egg yolk
- 1tbsp/20ml cold water

Cheese Pastry

USING 'K' BEATER AND SLICER AND SHREDDER

- 2oz/50g butter
- ½tsp/2.5ml salt
- pinch cayenne pepper
- 6oz/150g plain or S.R. flour
- 2oz/50g cheese (finely grated)
- 2tbsp/40ml cold water

Kenwood Pastry

USING 'K' BEATER

- 1tsp/5ml sugar
- 1-2tbsp/35ml water
- 3½oz/90g butter (softened)
- 7oz/175g S.R. flour (sieved)
- pinch of salt

Potato Pastry

USING 'K' BEATER

- 4oz/100g cooked potato
- 2oz/50g fat
- 4oz/100g S.R. flour
- ½tsp/2.5ml salt

Place butter, sugar and salt in bowl, switch to speed 1, tip in the flour, and gradually increase to speed 2 as the fat breaks up. Mix until the mixture resembles fine breadcrumbs (approximately 30 seconds to 1 minute). Stir the egg yolk and water together, add to the mixture, switch off as soon as incorporated. Turn on to a floured board, roll out, and use for sweet tarts, flans and tarts.

Place butter, salt and pepper in the bowl, Switch to speed 1, tip in the flour and rub in to a fine crumble, increasing to speed 2 as the fat breaks up. Add the grated cheese, then the water to bind. Switch off immediately. Turn onto a lightly floured board and roll out. Use for savoury pies and flans or try cheese pastry for apple pie with a difference.

Dissolve the sugar in the water. Place the butter and half of the flour in the bowl and mix on speed 2 until light and creamy. Add the remaining flour and salt and continue mixing for 30 seconds. Add the water and mix just a few seconds longer to bind. Switch off, press the pastry into one ball. Wrap in foil and place in the refrigerator for about ½ an hour. Roll out on a lightly floured board with firm, even strokes. This is especially nice pastry for sweet pies and tarts.

Mash the potatoes using the 'K' beater until creamy. Transfer to another bowl and allow to become quite cold. Place the fat in the mixing bowl, switch to speed 1 tip in flour and salt and gradually increase to speed 2. When the mixture resembles fine breadcrumbs tip in the potato and mix until well combined. The potato should be sufficient to bind the pastry, but if not, add a little cold water.

Use for savoury and meat pies.

NOTE: The colander and sieve can be used for sieving the potato onto the rubbed-in mixture if a larger quantity is required.

Pies and Pastry

Pastry in its various forms is the basis of a large number of dishes, sweet and savoury. Your Chef will do all the hitherto unpleasant 'rubbing-in' quicker than you'd ever thought possible, so remember not to overmix.

Add the water as soon as the mixture resembles fine breadcrumb crumbs, otherwise the pastry becomes too 'short' to roll out. Water should be added quickly and the mixer switched off as soon as it is incorporated. Adding the water a drop at a time, and mixing between each addition, makes the pastry like India rubber.

The proportion of fat can be cut down to 6oz/150g to 1lb/400g flour; the Chef rubs in so well that excellent pastry can be made this way.

As pastry should be kept as cold as possible, the Chef is ideal, as your hands never touch the ingredients during mixing.

Generally pastry is cooked in a hot oven unless otherwise recommended – as for custard tarts where the filling would be spoiled by too hot an oven. Here are recipes for some standard types of pastry; when 6oz/150g or 8oz/200g pastry is called for in a recipe, it means pastry prepared with that amount of flour.

Short Crust Pastry

US/ING 'K' BEATER
1 lb/400g flour) sieved
1tsp/5ml salt) together
8oz/200g fat (a mixture of lard
and margarine straight from
the refrigerator)
4 tbsp/80ml 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/Mk6, but this will depend on the filling.

FOOD AND COOKERY SECTION

Adjusting the 'K' Beater and Whisk

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:

Disconnect mixer from mains supply.

Raise the head and insert beater/whisk implement to be adjusted.

Hold implement and slacken nut with suitable spanner.

Lower the head and wind the implement up or down shaft to just clear base of bowl.

Raise the head and holding the implement tighten the nut.

For best results beater/whisk should be as close to base of bowl as possible.

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

Getting to know your Chef

All the basic mixing processes can be done by your Chef as you did them by hand, but using far less time and energy.

The recipes in this book are written specifically for the Chef, but once used to the following four basic methods, you are fully prepared to use any recipes from your favourite books.

Creaming

Cakes, fillings etc.

1. If possible, have the ingredients at room temperature.
2. Before mixing, warm the bowl by filling with hot water and standing the 'K' beater in it for a few minutes. This will make the creaming very much quicker.
3. Start the creaming on a low speed while the ingredients combine, then increase to a higher speed but no 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.
4. It may be necessary to scrape the bowl down occasionally, but if a layer of unmixed ingredients is left at the bottom of the bowl, the beater is not adjusted correctly against the bowl. To adjust it correctly, see above.

Folding one mixture into another

e.g. mixing the flour into cakes or gelatine mixtures into egg whites.

The folding is done with the 'K' beater or whisk on speed 1. It is important to watch the mixing and switch off as soon as the ingredients are incorporated.

'Rubbing in'

e.g. cakes, biscuits, pastry

1. For pastry making, it is necessary to have ingredients and utensils as cold as possible. Best results are obtained using the fat straight from the refrigerator.
2. Start mixing the fat and flour with the 'K' beater on speed 1. The speed can be increased as the flour becomes mixed in and does not fly out of the bowl.
3. This process takes only seconds. It is essential to watch carefully and switch off directly the mixture resembles breadcrumb crumbs.
4. If the pastry or biscuit mixture is very short and difficult to roll out, it may be that it has been mixed for too long, or too much fat has been used.

Whisking

Egg Whites

Always whisk on maximum speed, making sure that the bowl and whisk are completely clean, as grease or the smallest amount of egg yolk will prevent them whisking properly.

Cream

Whisk on maximum speed until the cream begins to thicken, then decrease the speed so that it is possible to see when the cream holds the pattern of the whisk and will hold soft peaks. If whisked for too long, the cream becomes dry and will not spread or pipe easily.

Mixing Bowl

Your Chef Mixing Bowl is made of a very high quality material. It is light and virtually unbreakable. The handles are specially designed to be used as pouring lips. It should be washed in hot sudsy water, rinsed and dried. It is unsuitable for use in or on the cooker and should not be used in a Microwave cooker.

A stainless steel bowl is available as an optional extra.

The following quantities are recommended for use in the Chef bowl and should not be exceeded:

	MAXIMUM	MINIMUM
Egg Whites	1/2pt/250ml (10-12)	1
Cake or pudding mixture	6lb/2.72 kilo (all ingredients)	2oz/56g each fat and sugar
Pastry	1 1/2lb/680g flour	4oz/113g flour
Yeast Dough	3lb/1360g flour	-

Abbreviations in Recipes

1 tsp	= 1 teaspoonful	1 lb	= 1 pound
1 tbsp	= 1 tablespoon	1 oz	= 1 ounce
1 pt	= 1 pint		
1 x 5ml sp	= One five millilitre spoon		
1 x 10ml sp	= One ten millilitre spoon		
1 x 20ml sp	= One twenty millilitre spoon		
1g	= 1 gram		

Scones

USING DOUGH HOOK:

8oz/200g S. R. flour
pinch salt
2oz/50g butter or margarine
1oz/25g castor sugar
1 egg
milk to mix

VARIATIONS:

Fruit:
Add 2oz/50 g of fruit with the sugar

Spice:
Add 1 tsp/5ml cinnamon or mixed spice together with the sieved flour

Cheese Scones:

Omit the sugar and add 3oz/75g of grated cheese along with a pinch of pepper and dry mustard

Makes 10-12

Place flour and salt in the bowl, add the fat and mix on speed 1 until the fat is broken up. Increase to speed 3 until the fat is evenly distributed. Add the sugar and mix in thoroughly.
Reduce to speed 1, adding the egg then the milk a little at a time until a soft pliable dough is formed.

Turn on to a lightly floured board and knead lightly until smooth. Roll out to 1 1/2cm thickness and then cut out with a 2 1/2cm cutter. Transfer to a lightly greased baking tray. Brush the tops with milk.
Bake towards the top of a hot oven 220°C/425°F/Mk 7 for 10 to 15 minutes.

Brown Bread

USING DOUGH HOOK

Follow the recipe for white bread using 2lb/900g wholewheat flour and 1lb/450g white flour.

Quick Wholemeal Bread

USING DOUGH HOOK
 ¾ pt/400ml warm water
 1 oz/25g fresh yeast
 or ½oz/15g dried yeast
 1 tsp/5ml sugar
 ¾ lbs/350g wholemeal flour
 ¾ lbs/350g white flour
 2 tsp/10ml salt

Warm the bowl and dough hook. Dissolve the yeast and sugar in the warm water.
 Sift the flour and salt, add the liquid and knead on speed 1 - 2 for 3 minutes until the dough leaves the sides of the bowl clean.
 Divide the dough between 3 small greased loaf tins and prove until they reach the top. Cook at 230°C/450°F/Mk 8 for 25 - 30 minutes until the loaves sound hollow when rapped on the bottom.

Bread Rolls

USING DOUGH HOOK

Using either brown or white bread recipes, shape dough into rolls, after the second kneading (the recipe will make 36 rolls). Place on a greased tray, cover and prove until doubled in bulk and bake in a hot oven 230°C/450°F/Mk 8.

Fruity Malt Loaf

USING DOUGH HOOK
 8 oz/200g wholewheat flour
 8 oz/200g plain flour
 6 oz/150g sultanas
 2 tbsp/40ml malt extract
 1 tbsp/20 ml black treacle
 1 oz/25g fresh yeast or
 ½oz/15g dried yeast
 1 oz/25g margarine
 8 fl oz/200ml warm water

Pour liquid into the Chef bowl and add the margarine (cut into pieces), malt, treacle and yeast, mix together for a few seconds on Speed 1. Add flour and sultanas, combine ingredients together on speed 1, increase to speed 2 and knead until the dough is smooth and elastic and begins to leave the sides of the bowl. Shape into two small loaves, the dough will be very soft to handle and place on a greased baking sheet. Leave to prove until the loaves have doubled in bulk, then brush with a sugar and water glaze and cook on the middle shelf 200°C/400°F/Mk 6 for 40-45 mins. When cooked the loaves should sound hollow when rapped on the bottom.

Metric Conversion

A change to metric measurement in the U.K. means a change in traditional units; exact conversions would be difficult to work with, so the following metric equivalents have been used in the recipes in this book:-

Weight Imperial	Exact Conversion	Metric Equivalent Used
1 oz	28.35g	25g
4 oz	113.4g	100g
8 oz	226.8g	200g
1 lb	453.6g	400g
2 lb	907.2g	1 kilo
Liquid		
1 fl oz	28.35 ml	25 ml
5 fl oz	141.75 ml	125 ml
1 pint	567 ml	500 ml or ½ litre
1 ¾ pints	992.25 ml	1 litre
Length		
1"	2.54 cm	2.5 cm
6"	15.20 cm	15 cm

One rounded teaspoon = 1 x 5 ml spoon
 One level tablespoon = 1 x 20 ml spoon

Oven Temperature conversion

Gas Mark	°C	°F
¼	110	225
½	130	250
1	140	275
2	150	300
3	170	325
4	180	350
5	190	375
6	200	400
7	220	425
8	230	450
9	240	475

Recipes for your Chef

Note: Quantities are given in Imperial and Metric measure, e.g. 1oz/25g signifies that 1 ounce (Imperial measure) is required or 25 grammes (Metric).

Soups

Golden Soup

USING LIQUIDISER

- 1oz/25g dripping or butter
 - 1 small onion, roughly chopped
 - 6oz/150g carrots
 - 1lb/400g tomatoes
 - ¾pt/375ml water
 - 1tsp/5ml salt
 - 1 tsp/5ml sugar
 - 1tsp/5ml celery salt
 - pepper
 - parsley, chopped in liquidiser
- Serves 3 - 4*

Split Pea Soup

USING LIQUIDISER

- 4oz/100g split peas
 - 1oz/25g bacon fat
 - 1 onion, roughly chopped
 - 1 rasher of bacon or a few bacon rinds
 - 1 carrot
 - 1 small turnip
 - 1¾pts/1litre stock or water
 - 1tsp/5ml salt
 - 1tsp/5ml sugar
 - ¾pt/125ml milk
 - pepper
- Serves 4 - 6*

Scotch Broth

USING LIQUIDISER AND MINCER

- ¾lb/200g lean beef (minced using coarse screen)
 - 2 pts/1 litre water
 - 1 medium sized carrot
 - 1 medium sized potato
 - 1 medium sized onion or leek
 - 1 medium sized turnip
 - 1 cabbage leaf
 - 1oz/25g pearl barley
 - 1tsp/5ml salt, pepper
 - parsley chopped in the liquidiser
- Serves 4 - 6*

Melt the fat in a saucepan and cook the onion slowly for 3 minutes.

Add the roughly cut up carrots and tomatoes, ½pt/250ml water, salt and sugar, simmer until the carrots are cooked, then allow to cool slightly before blending in the liquidiser. Add the remaining water and season to taste. Reheat and serve garnished with chopped parsley.

Place the peas in the liquidiser and grind on maximum speed for 1 minute.

Melt the fat in the saucepan, add the onion and bacon, then fry until golden brown. Add the roughly chopped carrot and turnip and cook gently for 2 minutes longer. Add the stock, peas, sugar and salt, bring to the boil and simmer for 45 minutes.

Allow the soup to cool slightly before blending for 1 minute. Pour back into the saucepan, add the milk and season to taste.

Reheat and serve with fried croûtons.

Place minced beef in a saucepan

Prepare the vegetables, cut into rough pieces and place in goblet, putting the cabbage in first.

Cover with some of the measured water. Switch to maximum speed for just a few seconds to chop vegetables.

Pour into the saucepan, add the seasoning, barley and any remaining water and simmer for 1 hour. Add further seasoning if required before serving.

Chop the washed and dried parsley by dropping it on to the rotating liquidiser blades through the hole in the lid, using maximum speed. Serve the broth with a good sprinkling of parsley.

Bread

Bread making with the Chef is delightfully rewarding, giving all the pleasure and satisfaction of creating delicious yeast recipes without the heavy work of kneading by hand. Nothing will be more appreciated than home-made breads, whose fragrance and flavour are unsurpassed.

The best results are obtained by using 'strong' flour, but ordinary plain flour may be used if it is not available. As flours and conditions vary, it may be necessary to adjust the amount of flour (or water) slightly.

Dried yeast can be used instead of the fresh quoted in these recipes. ½ oz/15g (1 level tbsp/20ml) dried yeast is equivalent to 1oz/25g fresh.

Use dried yeast in the following way: dissolve 1 teaspoonful/5ml sugar in a cup of warm water (from recipe quantity). Sprinkle the dried yeast on top, leave until frothy, approximately 10 minutes.

It is not absolutely necessary to warm utensils or to rise in a warm place, but this speeds the growth of the yeast.

Any recipe for bread, buns, etc., may be used, providing the amount of flour does not exceed 3lb/1350g

IMPORTANT NOTE

Different batches of flour vary very considerably in the quantities of liquid required, and the stickiness of the dough can have a marked effect on the load imposed on the machine. You are strongly advised, therefore, to adhere exactly to the quantity stated, and to keep the machine under observation whilst the dough is being mixed; the operation should take no longer than 3½ minutes.

White Bread

USING DOUGH HOOK

- 3lb/1350g Strong plain flour
- 3 level tsp/15ml Salt
- 1oz/25g Fresh yeast or ½ oz/15g or 20ml dried yeast
- 1 tsp/5ml sugar
- 1½ pts/750 ml warm water
- 1 oz/25g lard

Pour the liquid into the Chef bowl, crumble in fresh yeast, fit dough hook and mix together on speed 1 for a few seconds or use dried yeast and re-constitute as above in the Chef bowl.

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

Knead for approximately 45 seconds to 1 minute on speed 1 then increase 2 until a dough is formed, adding a little more flour if necessary.

Knead for a further 2 minutes approximately on speed 2 until the dough is smooth and elastic and leave 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 the bowl and knead again for 2 minutes on speed 1.

Fit into 4 x 11b greased tins (which should be half full) or shape into 4 or 5 bags and cook on baking trays. Cover and prove until doubled in bulk.

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

Apple Jelly

USING JUICE SEPARATOR

½ pt/250ml apple juice
juice of 1 lemon (all pith and skin removed)
¼ pt/125ml water
3oz/75g sugar
1 envelope gelatine
2 cloves
few drops red colouring
Serves 3 - 4

Dissolve the sugar in the water, remove from the heat and dissolve the gelatine. Add the fruit juice and then the cloves.
Allow to cool, then remove the cloves. Stir in the colouring and pour into a mould to set.

Iced Pineapple

USING JUICE SEPARATOR

AND WHISK

1 lb/400g fresh pineapple for juicing
2 lemons with all the pith and skin removed
½ pt/250ml water
1 lb/400g sugar
1 cup fresh pineapple diced
Serves 4

Juice the pineapple and lemon and dissolve the sugar in the water.
When the sugar syrup is cool, add the juice and freeze to a mushy consistency.
Whisk in a chilled bowl until smooth and add the diced pineapple.
Freeze until firm.

Creamed Country Soup

USING LIQUIDISER

1oz/25g dripping or butter
1 sliced onion
1 potato
1 turnip
1 carrot
2 sticks of celery
sprig parsley
1pt/½ litre stock
2tsp/10ml salt
¼pt/125ml milk
seasoning
chopped chives
Serves 3 - 4

Heat the fat in a saucepan and add the sliced onion. Cook for 2 - 3 minutes then add the other vegetables chopped roughly and cook for another minute. Place in the liquidiser with the stock, parsley and seasoning and blend for 7 seconds on maximum speed. Return to the saucepan and simmer for 10 minutes until the vegetables are cooked. Add the milk and season to taste. Reheat and serve garnished with chopped chives.

Cream of Mushroom Soup

USING LIQUIDISER

½lb/200g mushrooms
2oz/50g butter
1 small onion, chopped
1 pt/½ litre stock
2 tsp/10ml salt
1oz/25g flour
1 tsp/5ml soya sauce
seasoning
Serves 4 - 5

Keep 1 - 2 small mushrooms to one side and roughly chop the rest.
Melt 1oz/25g butter and cook the onion for 2 - 3 minutes. Add the mushrooms then the stock and salt. Simmer gently for 15 minutes. Melt the remaining 1oz/25g butter in a small saucepan, add the flour and cook the roux for 2 - 3 minutes. Place in the liquidiser goblet with the soya sauce. When the soup has cooled slightly add it to the goblet and blend for 30 seconds. Reheat and check seasoning before serving. Slice the whole mushrooms thinly and cook in a little salt water, serve floating on the soup.

Onion Soup

USING LIQUIDISER

2 onions, roughly chopped
1oz/25g bacon fat
2 pts/1 litre beef stock or water
and 2 stock cubes
1oz/25g cornflour
4-6 slices of bread, toasted on one side and topped with grated cheese and grilled
Serves 4-6

Cook the onion in the bacon fat until translucent, add the cornflour and stock and blend in the liquidiser. Half fill the goblet each time and blend for approximately 30 seconds. Return to the saucepan and simmer for 5 minutes. Season to taste, serve with toasted bread & cheese.

Carrot Soup

USING JUICE SEPARATOR

1lb/400g carrots
1 potato
½ onion
¾pt/375ml boiling stock
1 slice ham or bacon
½ tsp/1.2ml celery salt
½ tsp/1.2ml garlic salt
½ tsp/2.5ml salt
pepper
Serves 4 - 5

Juice carrots potato and onion, add to the boiling stock with the bacon and seasonings, simmer gently for 15 minutes.
Garnish with very thin slices of carrot cooked in salted water.

Vegetable Soup

USING JUICE SEPARATOR

- 1lb/200g carrots
 - ½ onion
 - 1 stick celery
 - 1 potato
 - 2 tomatoes
 - ½tsp/2.5ml salt
 - ½pt/250ml boiling water
- Serves 2 - 3*

Juice all the vegetables and add to the boiling water with the seasonings, continue to simmer for 10 minutes.

Celery Soup

USING JUICE SEPARATOR

- 1 head of celery
 - 1 carrot
 - 1 potato
 - small bunch of parsley
 - ¾pt/375ml boiling stock
 - salt and pepper
- Serves 2 - 3*

Juice all the vegetables and add to the boiling stock with the seasonings, and simmer for 10 minutes. Serve garnished with thin slices of celery.

Cream of Tomato Soup

USING LIQUIDISER

- 1 tsp/5ml oil
 - 1 rasher of bacon
 - 1 small onion
 - 1 medium potato
 - 1lb/400g tomatoes
 - 1tsp/5ml sugar
 - 1 tsp/5ml salt
 - ¾pt/125ml water
 - ½tsp/2.5ml paprika
 - ½tsp/2.5ml celery salt
 - ½ pt/125ml milk
 - parsley, chopped in the liquidiser
- Serves 4 - 5*

Heat the oil in the saucepan and cook the bacon and chopped onion slowly for 5 minutes. Add the sliced potato, halves of tomato, sugar, salt and water and simmer until the potato is well cooked. Remove the bacon and when soup has cooled slightly, blend in the liquidiser, half filling the goblet each time and blending for approximately 1 minute. Return to the saucepan and add the remaining seasonings and the milk. Heat gently but do not boil. Serve decorated with chopped parsley.

Summer Soup

USING JUICE SEPARATOR

- 1lb/400g ripe tomatoes
 - ½ cucumber
 - small piece of onion
 - 1 glass sherry
 - 1 tsp/5ml sugar
 - ½tsp/2.5ml salt
 - pinch of pepper
 - 4 tbsp/80ml cream
- Serves 2 - 3*

Wash vegetables and pass through juice separator. Blend juice with other ingredients except the cream and chill in refrigerator. Prior to serving, stir in the cream.

Custard Ice-Cream

USING LIQUIDISER AND WHISK

- 1 pt/500ml milk
 - 3oz/75g sugar
 - 1 egg
 - 1oz/25g butter
 - 1oz/25g cornflour
 - ½tsp/2.5ml vanilla essence
- Serves 4*

Place all the ingredients in the liquidiser and blend on maximum speed for 20 seconds. Pour into a saucepan and cook over a moderate heat until the mixture thickens and boils, stirring continuously. Alternatively, cook in a double saucepan. Freeze until a 1"/2.5 cm layer has frozen around the edge then turn into the bowl and whisk for 1 minute. Pour back into the container and freeze until firm, then transfer to the main part of the refrigerator to mellow for 15 minutes before serving.

Vanilla Ice-Cream

USING CREAM MAKER AND WHISK

- 4oz/100g unsalted butter
 - ½ pt/250ml milk
 - 3oz/75g sugar
 - 1 tsp/5ml vanilla essence
 - Strawberry or Raspberry Ice-cream:
 - Add 4oz/100g fresh or frozen fruit
 - Orange, lemon or lime:
 - Add the grated rind of the fruit and 2 tsp/40ml juice
 - Coffee:
 - Add 1 tsp/5ml coffee essence
 - Chocolate:
 - Add 2oz/50g chocolate (broken into squares)
 - Peppermint:
 - Add 3 drops peppermint essence and a little green colouring
 - Ginger:
 - Add ½tsp/2.5ml ginger flavouring and 1oz/25g crystallised ginger (optional).
- Serves 3 - 4*

Place the butter, milk and sugar in a saucepan and heat slowly until the butter has melted. Ensure that the 'grooved hand nut' is screwed home before pouring mixture into the container of the main body. Place a suitable receptacle beneath the valve to collect the ice cream liquid. Switch the mixer to speed 3 and allow to run until all the mixture has passed through. Stir in the vanilla essence and pour into the freezer tray. Freeze until there is a 1"/2.5cm solid film around the edge of the tray. Scrape the half-frozen mixture into the bowl and whisk on speed 4 for 30 seconds. Turn back into the ice tray and freeze until firm. To obtain flavoured ice-cream, make up the recipe as above, (omitting vanilla essence) as far as the stage where the ice-cream leaves the cream maker. Pour this into the liquidiser goblet, add the flavouring and blend for 30 seconds on maximum speed. Transfer to the freezer tray and freeze, following the instructions for vanilla ice-cream.

Orange Cream

USING WHISK

- 1 small tin mandarin oranges
 - 1 pkt orange jelly
 - 1 small tin evaporated milk
 - whipped cream for decoration
- Serves 4*

Strain the juice from the oranges and substitute it for part of the water to make up the jelly. When the jelly is almost set, turn into the Chef bowl and whisk on top speed while gradually adding the evaporated milk. Mix this with 2/3 of the oranges with a spoon before pouring into a serving dish to set. Decorate with the remaining oranges and whipped cream.

Egg and Cheese Dishes

Lemon Jelly

USING LIQUIDISER

1oz/25g gelatine) dissolve together
3 tbsps/60ml water) over hot water
2oz/50g sugar
1 lemon
ice cubes
water
Serves 4

Place the lemon, sugar and ice in the liquidiser and make up to ¾pt or 400ml with water. Blend for 15 seconds on maximum speed and strain. Return to the liquidiser and add the dissolved gelatine switch on for 2 seconds.
The jelly can be set in a mould or in a serving dish with fresh fruit, or when set it can be whisked and used as decoration.

Make as for lemon jelly.

Tangerine Jelly

2 tangerines
¾ lemon
2oz/50g sugar
ice cubes
1oz/25g gelatine) dissolve to-
3 tbsps/60ml warm) gether over
water) hot water
Serves 4

Chocolate Cream

USING WHISK

1 small tin evaporated milk
2 tsp/10ml gelatine
2 tbsps/40ml water
½oz/15g cocoa
2oz/50g castor sugar
Serves 2 - 3

Boil the tin of milk in a pan of water for 15 minutes. Dissolve the gelatine in warm water and mix in the cocoa and sugar. Open the tin of milk while it is still hot and add to the other ingredients, mixing well and leave until it reaches a soft, jelly consistency.
Turn into the Chef bowl and whisk on maximum speed until thick (approximately 3 minutes).
Pour into glass dishes and chill before serving.

Coffee Cream

USING WHISK

Follow the recipe for chocolate cream, substitute 1 dessertspoon/10ml of strongly brewed coffee for the cocoa.

Fruit Sherbet

USING WHISK

¼ pt/125ml fruit puree, well
sweetened
2 egg whites
Serves 2 - 3

Pour the puree into an ice tray and freeze until there is a 1" / 2.5cm solid layer around the edge. Stir to mushy consistency.
Whisk the egg whites stiff on maximum speed and gently mix in the puree.
Pour back into the trays and freeze until firm.

Plain Omelette

USING LIQUIDISER

For each person allow
1 - 2 eggs
1 tbsps/20ml water per egg
salt and pepper
butter for frying

Place all ingredients in the liquidiser and blend for 10 seconds on maximum speed.
Melt a knob of butter in a very hot omelette pan and pour in the mixture, lower the heat.
Loosen the bottom with a palette knife to allow the uncooked mixture to run underneath. As soon as the omelette is set, fold in half and slip on to a hot plate. Serve immediately.

Filled Omelettes

USING LIQUIDISER

Fillings:
2oz/50g grated cheese
2oz/50g chopped cooked mushrooms
1 finely chopped onion and a little chopped parsley
2oz/50g chopped ham
3 - 4 stalks of cooked asparagus

Proceed as for plain omelettes. Place filling in the centre before folding to serve.
Quantities are for a single omelette.

Kidney Omelette

USING LIQUIDISER

Filling:
1oz/25g fat
1 sheep's kidney (chopped)
a little chopped onion
½oz/15g flour
3 tbsps/60ml stock or water
salt and pepper

Fry the kidney and onion for two minutes. Add the flour and cook well.
Add the liquid and season. Cook for 5 minutes while preparing the omelette as above.

Spanish Omelette

USING LIQUIDISER

Filling:
oil for frying
¼ pimento
¼ onion
2 mushrooms
1 tomato
lemon juice
salt and pepper
1 tsp/5ml flour
chopped parsley

Chop the vegetables and gently fry in a very little oil, season with salt and pepper and sprinkle with lemon juice.
Stir in the flour and cook for 4 - 5 mins.
Keep hot while preparing a 2 egg omelette.
Serve garnished with parsley.

Soufflé Omelette

USING WHISK

1 - 2 eggs

1 tbsp/20 ml water per egg

pepper and salt (or sugar for sweet omelette)

butter for frying

Fillings: (as for filled omelettes)

Separate the eggs, mix the water and seasoning with the yolks and whisk the egg whites on maximum speed until they form soft peaks. Gently fold the egg yolks into the whites.

Melt some butter in a very hot omelette pan, add the mixture and spread evenly. Cook until almost set - the heat of the pan is usually sufficient - and the underneath is golden brown. Place under a hot grill until the omelette is risen and lightly browned. Remove and loosen from the pan. Mark across the centre with a palette knife so that it can be folded over and slipped on to a hot plate and served immediately.

Chocolate Mousse

USING WHISK

1 envelope gelatine) dissolve together

2 tbsp/40ml) over hot

hot water) water

3oz/75g chocolate, melted over

hot water

3 eggs (separated)

2oz/50g castor sugar

8 fl.oz/200ml double cream or

evaporated milk

2 tsp/10ml brandy or 2.5ml

vanilla essence

pistachio nuts and cream to

decorate

Serves 4

Dissolve the gelatine and melt the chocolate. Whisk the egg yolks and sugar on maximum speed until light and fluffy and add to the chocolate over the hot water.

Cook, stirring continuously for 2 minutes, remove from the heat and cool.

Whisk the cream until it forms smooth peaks and fold into the chocolate mixture.

Wash the bowl and dry well before whisking the egg whites and carefully folding them into the mixture.

Finally, slowly pour the dissolved gelatine into the mixture, stirring carefully. Pour into a glass dish or individual sundae dishes and chill until firm.

Decorate with cream and pistachio nuts.

Egg Rolls

USING LIQUIDISER

Batter:

2 eggs

2oz/50g plain flour

¼ pt/125 ml water

pinch of salt

Fillings:

a) chopped leftover meat, seasoned

and mixed with an egg yolk

b) chopped, cooked chicken with

some finely chopped onion and

parsley

c) chopped mushrooms fried with

onion and green pepper

d) chopped celery, cheese and onion

Serves 2

Prepare the filling to be used and keep it hot. Place all the ingredients for the batter in the liquidiser, add flour last, and switch to maximum speed for 30 seconds.

Grease a frying pan and pour in some of the batter, tilting the pan to coat the bottom thinly. Cook for 1 minute or until the top is set. Turn on to a floured surface browned side uppermost. Spread with some of the filling, leaving 1" / 2.5cm clear at the sides. Turn the sides in and roll up, moistening the end with a little batter.

Repeat with the remaining batter, then fry the rolls in deep fat until brown.

Creamy Custard

USING LIQUIDISER

1 pt/500ml milk

1oz/25g cornflour

1 egg

1oz/25g butter

2oz/50g sugar

½ tsp/2.5ml vanilla essence

Serves 4

Mix in a little milk with the cornflour and bring the rest to the boil. Pour the milk on to the cornflour and return to the saucepan to cook, stirring continuously for a minute. Remove from the heat.

Place the remaining ingredients in the liquidiser goblet and switch to speed 4-5. Pour the milk through the centre of the cap. Serve immediately with steamed puddings and fruit pies, or chill and serve with stewed fruit.

Fruit Fools

USING LIQUIDISER

1 lb/400g fruit - fresh or canned

sugar to taste

¼ pt/125ml thick custard

¼ pt/125 ml double cream

Serves 4

If hard fresh fruit is used, e.g. apples, stew in a little water until soft, or if using canned fruit, drain well. Place fruit in the liquidiser and blend for 30 seconds on maximum speed. If the fruit has many pips, strain the puree.

Add the custard and cream to the fruit puree and blend for 15 seconds on maximum speed. Pour into individual glass dishes and decorate with whipped cream.

Yorkshire Pudding

USING LIQUIDISER

½ pt/250ml milk

1 egg

4oz/100g plain flour

½ tsp/2.5ml salt

Place all ingredients in the liquidiser (with flour last) and switch to maximum speed for 30 seconds.

Pour 2 - 3 tbs/40-60ml of fat from the roast into a shallow baking tin and heat until smoking hot. Pour in the batter and bake in a hot oven 200°C/400°F Mk 6 for 30 minutes.

Apricot Mousse

USING LIQUIDISER AND WHISK

1 envelope gelatine) dissolve to-

3 tsp/60ml hot) gather over

water) hot water

1lb/400g tin of stewed apricots

juice of ½ lemon

2 eggs, separated

water

Serves 4

Place the apricots, gelatine, lemon juice and egg yolks in the liquidiser and make up to 1 pt/½ litre with juice or water. Blend on maximum speed for 30 seconds. Pour into a bowl and place in the refrigerator.

When nearly set, whisk the egg whites on maximum speed until they form soft peaks and fold carefully into the apricot mixture. Pour into a jelly mould or set in sundae dishes and decorate with whipped cream and chopped walnuts.

Danish Parfait

USING LIQUIDISER AND WHISK

1 lb/400g cooking apples
sugar to taste
4oz/100g white or brown bread
2oz/50g demerara sugar
½ pt/125ml cream (whisked on medium speed)
2oz/50g grated chocolate
Serves 5 - 6

Prepare the apples and stew in a little water until soft, add sugar to taste and leave to cool. Crumb the bread by dropping pieces through centre lid of the liquidiser on to the revolving blades on maximum speed.

Melt the butter in a frying pan and add the sugar and breadcrumbs mixed together. Fry gently until golden brown.

When both are cold, make alternate layers of the breadcrumb mixture and apples in a glass serving dish and place in the refrigerator for a short time before serving. Spread the whipped cream over the top and decorate with the grated chocolate.

Apple Meringue Pie

USING 'K' BEATER, WHISK AND LIQUIDISER

Pie Shell:
4oz/100g biscuit crumbs
2oz/50g butter (melted)
1oz/25g sugar
Filling:
3 medium cooking apples
grated rind and juice of ½ lemon
1 egg yolk
3oz/75g sugar
½oz/15g cornflour
¼ pt/125ml water
Topping:
1 egg white
2oz/50g sugar
1 tsp/5ml lemon juice
Serves 4 - 5

Pie Shell:

Prepare the biscuit crumbs by dropping the biscuit through the hole in the lid of the liquidiser on to the revolving blades on maximum speed. Add the sugar to these and then pour this into the Chef Bowl with the melted butter. Mix on speed 2 until well combined (approx. 1 minute).

Press the mixture into a layer in a deep 8"/20cm pie plate. Bake in a moderately hot oven for 10 minutes. Allow to cool without removing from the plate.

Filling:

Cut the apples into slices, remove core but leave skins on. Place into saucepan with sugar, lemon juice, rind and water and cook gently until tender. Pour into liquidiser, add egg yolk and cornflour. Blend for 30 seconds on speed 4 - 5 then pour back into the saucepan, cooking and stirring for 2 - 3 minutes. Remove from heat and allow to cool.

Topping:

Whisk egg white in Chef bowl on maximum speed for one minute, add sugar and lemon juice and continue whisking for a further 10 seconds. Pour filling into pie shell, spread meringue on top and bake on a low shelf in a slow oven for 20 - 30 minutes or until pale golden colour. Serve cold.

Pancakes

USING LIQUIDISER

½ pt/250ml milk
1 egg
4oz/100g plain flour
½ tsp/2.5ml salt
fat for frying

Place all ingredients in the liquidiser (with flour last) and switch to maximum speed for 30 seconds.

Heat a little fat in a pan until smoking hot. Pour in a little batter and tilt to cover the base of the pan. When brown on one side, toss or turn and brown on the other.

To serve, sprinkle with castor sugar and lemon juice and roll. Or pile them in a dish with the sugar and lemon juice between each layer.

NOTE: *Pancake or Yorkshire Pudding batter may also be made in the Chef bowl using the whisk.*

Scrambled Eggs De Luxe

USING WHISK

For each person allow:

1 - 1½ eggs
2 tbsp/40ml milk
seasoning
butter

Fillings:

chopped parsley
chopped chives
chopped onion
chopped ham
shredded cheese
cooked flaked fish
cooked green peas

Separate the eggs and place the whites in the bowl, whisk on maximum speed until fluffy.

Mix the yolks, milk and seasoning and stir into the whites on speed 1.

Melt the butter in a pan to well cover the bottom, over a low heat. Pour the egg mixture into a saucepan and gently scrape the bottom with a wooden spoon as the egg sets.

Add the filling halfway through the cooking time. When cooked, the eggs should be set but still moist and creamy.
Serve on toast.

Spicy Fruit Pudding

USING 'K' BEATER

5oz/125g S.R. flour
½ tsp/2.5ml mixed spice
½ tsp/2.5ml powdered ginger
1 tsp/5ml cinnamon
4oz/100g pre-creamed margarine
4oz/100g sugar
1 egg
3 tbsp/60ml milk
4oz/100g dried fruit
Serves 3 - 4

Place all the ingredients except the fruit in the bowl and mix on speed 1 increasing to maximum as the ingredients are incorporated. Beat for one minute, then fold in the fruit on a low speed.

Pour into a greased 1 lb/500 ml pudding basin and cover with foil. Steam for 2 - 2½ hours. Serve with lemon or caramel sauce.

Fish

Baked Stuffed Fish

USING LIQUIDISER AND SLICER AND SHREDDER
 1 trout or other firm fleshed fish
 2 - 3lb/1 - 1½ kilo
 1 medium onion
 2 sticks of celery
 4oz/100g bread/crumb (prepared in the liquidiser)
 4oz/100g butter
 1 tsp/5ml seasoning
 1 egg
Serves 2 - 3

Pass the onion and celery through the coarse shredder. Melt the butter in a shallow pan, stir in celery and onion and cook gently for 5 minutes. Add the bread-crumbs and stir until they begin to brown. Remove from heat and allow to cool. Mix in the egg and seasoning. Add vegetable mixture and mix for a further minute. Make sure the fish is thoroughly cleaned, with scales gills, eyes and entrails removed. Wipe the inside with a clean towel and fill with stuffing. Place the fish in a well greased baking dish, dust with flour and place a few dots of butter on top. Bake in a moderately hot oven for 30 minutes. Serve hot with lemon wedges, melted butter and fresh chopped parsley, or cold with mayonnaise.

Tomato Fish Filets

USING LIQUIDISER
 4 medium sized tomatoes (halved)
 1 tsp/5ml sugar
 ½ tsp/2.5ml salt
 1 tsp/5ml paprika
 good pinch of pepper
 1 tbsp/20ml lemon juice
 1oz/25g flour
 1 medium sized onion (roughly chopped)
 ½ green pepper
 1oz/25g butter (melted)
 2 filets of cod or other white fish
Serves 2

Place tomatoes in liquidiser with sugar, salt, paprika, pepper, lemon juice and flour and blend for a few seconds on maximum speed to form a puree. Add onion, then green pepper through the lid and switch off when chopped without pulverising them completely. Put the oil in the baking dish and lay the fish in. Pour the sauce over all and bake in a moderate oven for 15 - 20 minutes.

Fish Flan

USING 'K' BEATER AND WHISK
 A 'melt in your mouth' dish with the simplest ingredients ever.
 1lb/400g potatoes (boiled)
 2oz/50g butter
 1 egg separated
 8oz/200g white fish (boned)
 ½ small onion (chopped)
 bay leaf
 1oz/25g plain flour
 milk
 ½ tsp/2.5 ml salt
 shake of pepper
 1 tsp/20ml parsley (chopped)
Serves 3-4

Cream potatoes with 'K' beater on Speed 2 with 1oz/25g butter, egg yolk and seasoning. Shape the potato into a flat round of about 7"/18cm in diameter on a piece of greased paper placed on a baking tray and build the edge up to about 1in/2.5cm. Bake in a moderately hot oven for about 15 minutes. Cook the fish gently in very little water with the onion and the bay leaf. Remove the fish, discard the bay leaf and make up to ½pt/125ml with milk. Melt 1oz/25g butter in a pan, add flour and gently cook for a few minutes, stirring all the time. Remove from the heat, add liquid and seasoning, stir well and return to heat. Cook gently for few minutes longer. Flake fish coarsely with a fork, add parsley and sauce and mix. Whisk the egg white until stiff on maximum speed. Gently fold in the fish mixture and place carefully in the potato case. Bake in a moderate oven for a further 20 minutes until the top is golden brown.

Puddings and Sweets

One-Minute Pudding

USING 'K' BEATER
 5oz/125g S.R. flour) sieve
 1 tsp/5ml baking) together
 powder
 4oz/100g pre-cream fat
 4oz/100g castor sugar
 3 tsp/60ml milk
 1 tsp/5ml vanilla essence
 1 egg
Serves 3 - 4

Warm the bowl by filling with hot water and stand the 'K' beater in it while weighing out the ingredients. Place all the ingredients in the bowl and switch to speed 1 increasing to maximum as the ingredients become incorporated. Beat for 1 minute. Pour into well greased 1 pt/500 ml pudding basin and cover with foil. Steam for 1 - 1½ hours. Serve with custard or sweet sauce.

Chocolate Pudding

USING 'K' BEATER
 4oz/100g S.R. flour) sieved
 2oz/50g cocoa
 3oz/75g butter
 4oz/100g sugar
 1 large egg
 3 tsp/60ml milk
 1 tsp/5ml vanilla essence
Serves 3 - 4

Mix and cook as for One Minute Pudding. Serve with chocolate sauce.

Lemon Pudding

USING 'K' BEATER
 5oz/125g S.R. flour
 3oz/75g butter
 4oz/100g sugar
 1 large egg
 3 tsp/60ml milk
 grated rind and juice of ½ lemon
Serves 3 - 4

Mix and cook as for One Minute Pudding. Serve with lemon sauce.

Coconut Pudding

USING LIQUIDISER
 4oz/100g bread
 4oz/100g fresh coconut or 3oz/75g desiccated coconut
 1 pt/½ litre hot milk
 1 egg
 1 oz/25g butter
 4oz/100g sugar
 ½ rind of a lemon
 2oz/50g blackcurrant jam
Serves 4

Prepare the bread and coconut by dropping them in pieces through the centre of the lid of the liquidiser on to the revolving blades on maximum speed. Place in the mixing bowl. Place the hot milk, egg, butter, sugar and lemon rind in the liquidiser and blend for 10 seconds on maximum speed. Add the bread and coconut and mix on speed 3 - 4 until well mixed. Grease a baking dish and spread the jam in the bottom. Pour the mixture on to it and bake at 180°C/350°F/Mk 4 for approximately 30 minutes.

Vegetable Loaf

USING MINCER

- 1oz/25g hot fat
 - 1 onion chopped
 - 3 sticks celery
 - 3 carrots
 - 4oz/100g walnuts
 - 6oz/150g wholemeal or rye bread
 - 1 lb/400g tomatoes
 - 1 egg
 - 1 tsp/5ml mixed herbs
 - salt and pepper
- Serves 3 - 4*

Fry the onion in the hot fat until brown. Mince all the vegetables, nuts and bread, using the coarse screen, then mix with the onions, egg and seasoning, using the 'K' beater on speed 3-4. Turn into a well greased large loaf tin and cover with foil. Then place in a meat tin of hot water and bake 180°C/350°F/Mk 4 for approximately 35 minutes. Serve with tomato or mushroom sauce.

Lemon Cucumber Rings

USING SLICER AND SHREDDER

- 1 pkt lemon jelly
 - ½ cucumber sliced thickly
 - 1 carrot) coarsley
 - 1 apple) grated
 - 2oz/50g walnuts)
- Serves 3 - 4*

Make the jelly according to the direction using ¼ pt /125 ml less water than indicated. Allow the jelly to set to the consistency of egg white. Mix in the carrot apple and walnuts and pour into a ring mould alternating with layers of cucumber. Chill until set and serve with salad.

Potato Puffs

USING POTATO PEELER AND SLICER AND SHREDDER

- 6 potatoes) finely
- 1 onion) grated
- 2 eggs
- salt and pepper
- plain flour

Peel and grate the potatoes and drain. Grate the onion and mix with the potatoes, eggs and seasoning, using the 'K' beater on speed 3-4. Mix in sufficient flour to make a heavy batter of dropping consistency. Drop spoonfuls of the mixture into the hot fat and fry over moderate heat turn until golden brown both sides. When cooked, drain the puffs on kitchen paper.

Vegetable Fried Rice

USING SLICER AND SHREDDER

- ½ green pepper) shredded
 - ½ onion) on
 - 4oz/100g) drum 2
 - mushrooms)
 - 3 tbsp/60ml cooking oil
 - 2 breakfast cups cold boiled rice
 - 1 small tin beanshoots (strained)
 - salt and pepper
 - 2 eggs
- Serves 4*

Shred the vegetables. Heat the oil and fry the rice, stirring constantly. Add the shredded vegetables and beanshoots and season well. Lower the heat and cook, covered, for 7 - 10 minutes. Make a well in the rice and pour in the beaten eggs. Cook until nearly set and then stir through the mixture.

Meat

Meat Patties

USING MINCER

- 1lb/400g left-over cold meat
 - 1 rasher fat bacon
 - 1 onion
 - 1 potato
 - 1 tomato
 - 2 sprigs parsley
 - 1 egg
 - 1 tsp/5ml salt
 - shake of pepper
 - flour
- Serves 2 - 3*

Mince the meat and vegetables using the fine screen. Add the egg and seasoning and mix together on a low speed. Shape the mixture into croquette shapes or flat cakes and dust with flour. Fry in hot fat, allowing 10 minutes on each side.

Mexican Chilli Con Carne

USING MINCER

- 1 lb/400g chuck steak) minced
- 1 onion)
- 1 clove garlic) together
- 2oz/50g fat
- salt
- 2 tsp/10ml sugar
- 1 tsp/5ml chilli powder
- 1 tsp/5ml oregano or marjoram
- 1 bay leaf (crushed)
- small tin tomatoes made up to ½pt/
- 250ml with water
- 4oz/100g red kidney beans
- (soaked overnight)

Mince the meat, onion and garlic using the coarse screen. Melt the fat and brown the meat adding the sugar and seasoning. Add the tomatoes and beans, heat through and transfer to a 4 pt/2 litre casserole and cook for 2 hours at 150°C/300°F/Mk2.

Baked Meat Loaf

USING MINCER

- 1lb/400g chuck steak) mince
 - 1 onion) using
 - 1 carrot) coarse
 - 4oz/100g bread) screen
 - 1 egg
 - 1 tsp/5ml salt
 - shake of pepper
 - ½ tsp/2.5ml paprika
- Serves 4*

Mix the minced mixture with the remaining ingredients. Press firmly into a well greased loaf tin and cover with foil. Place the loaf tin in a meat pan of hot water and cook for approximately 45 minutes at 200°C/400°F/Mk 6. Serve hot or cold.

Sweet and Sour Pork

USING LIQUIDISER

- 1½lb/600g lean pork
- juice of half a lemon
- 1 egg
- 4oz/100g flour
- ¼ pt/125 ml milk
- salt and pepper
- deep fat for frying

Serves 4

Cut the pork into 1"½/2.5cm cubes and marinate in the lemon juice, for at least 1 hour.

Place the other ingredients in the liquidiser and blend for 5 seconds on maximum speed. Coat the pork with the batter and fry until crisp and brown (about 10 minutes). Drain well and serve with Sweet and Sour Sauce.

Crisp Pork Chops

USING LIQUIDISER

- 4oz/100g bread
- 1 small onion
- 3 sprigs parsley
- 1 egg
- salt and pepper
- 2 fairly thick pork chops
- fat for frying

Serves 2

Make the breadcrumbs in the liquidiser and put to one side.

Chop the parsley and onion in the same way then add the egg and seasoning. Blend for 10 seconds.

Place the mixture in a wide dish and place in the chops, leave to soak for 30 minutes turning occasionally. Spread the crumbs on greaseproof paper and place the chops on them, spooning any remaining egg mixture on top.

Press the breadcrumbs firmly on to the chops.

Fry in hot fat, browning each side then reducing the heat to cook for 15 - 20 minutes.

Test with a sharp knife to make sure they are cooked.

Pork Sausages

USING MINCER AND SAUSAGE FILLER

- 4oz/100g stale bread
- 1½lb/600g pork (lean and fat mixed)
- 1 egg
- 1 tsp/5ml mixed herbs
- salt and pepper

Serves 4-6

Soak the bread and squeeze out the excess moisture, place the pulp in the Chef bowl.

Cut the meat into strips and mince, using the fine screen. Mix with the bread, egg and seasoning for 1 - 2 minutes.

The mixture is now ready to make into sausages, so follow instructions for sausage filler on page 15.

Then fry until golden brown and cooked.

Meatballs in Mushroom Sauce

USING MINCER

- ½ lb/200g lean beef
- 4oz/100g veal
- 4oz/100g pork
- 1 rasher bacon
- 1 small onion
- 2oz/50g bread
- 1 egg
- salt and pepper
- 1oz/25g fat for frying

Mushroom sauce:

- ¼lb mushrooms finely sliced
- 1oz/25g flour
- ½pt/250ml milk
- salt and pepper
- ¼ pt/125ml cream
- 1 wineglass sherry

Serves 3-4

Cut the meat into strips and mince with the onion and bread, add the egg and seasoning, and mix thoroughly on a medium speed.

Roll the mixture into balls 2"½/5cm diameter, rolling in the flour for easy handling.

Melt the fat in a pan and brown the meat balls lightly. Place in a casserole.

With approximately 1 oz/25g fat in the pan, stir in the flour and cook gently for 3 minutes. Add the milk to make a smooth sauce, remove from the heat and mix in the mushrooms, seasoning, cream and sherry. Pour on to the meat balls and cook for ½ hour at 180°C/350°F/Mk 4.

Salads and Vegetable Dishes

Crunchy Health Salad

USING SLICER AND SHREDDER

- 2 red skinned apples
- 2 sticks celery
- 2 oz/50g walnuts
- juice of half a lemon
- 2oz/50g seedless raisins
- mayonnaise
- 4 lettuce leaves

Serves 3 - 4

Mix the lemon juice with the grated fruit to save it turning brown, mix in the nuts and raisins with enough mayonnaise to moisten. Serve on a bed of lettuce.

Ham and Cheese Jelly

USING SLICER AND SHREDDER

- 1oz/25g gelatine
- ¾ pt/375ml water
- 1 chicken stock cube
- 1 tsp/5ml vinegar
- 1 stick celery sliced
- 1oz/25g chopped gherkins
- 4oz/100g cheese coarsely grated
- 4oz/100g chopped cooked ham
- seasoning

Serves 4

Mix the gelatine in a little of the water. Bring the remainder to the boil and dissolve the stock cube. When slightly cooled add the gelatine and vinegar then leave in the cool until it reaches the consistency of egg white. Add the celery and gherkins then divide the mixture into two. To the first half add the grated cheese, season and pour into a large loaf tin. Chill until almost firm, then pour on the second half mixed with the ham.

Chill until firm and turn out on a bed of lettuce, serve garnished with tomato and parsley.

Crispy Cream Cabbage Salad

USING SLICER AND SHREDDER

- ½ white cabbage
- 3-4 sticks celery
- 2-3 carrots
- ½ small onion
- recipe for sour cream dressing

Serves 4

Mix all the vegetables together with a little salt, then toss in the dressing immediately before serving.

Green and Gold Salad

USING SLICER AND SHREDDER

- 2-4 carrots
- 2oz/50g salted peanuts
- mayonnaise
- green salad
- 4 slices pineapple

Serves 4

Combine the carrot and nuts with enough mayonnaise to moisten. Arrange the salad on individual plates, place a slice of pineapple on each and top with the carrot mixture.