

# Viking Professional Stand Mixer

## Use and Care Instructions and Recipes



Congratulations! You have just purchased a Viking Professional Stand Mixer. We also have a large selection of attachments available to use with your stand mixer. It will turn your stand mixer into more than just a mixer, a true multi-function stand mixer, that every kitchen must have.

[www.vikingrange.com](http://www.vikingrange.com)



**VSM500** Professional 5 quart Stand Mixer – 800 watts

**VSM700** Professional 7 quart Stand Mixer – 1000 watts

Both Models Available in the wide selection of finishes offered for Viking Culinary Products.

# IMPORTANT SAFEGUARDS

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When using this electric appliance basic safety precautions should apply including the following:

- Always read and follow all instructions.
- Switch off and unplug before fitting or removing tools and/or attachments, after use and before cleaning.
- This machine is not intended for use by young children without supervision.
- Avoid contact with moving parts and fitted attachments. To reduce the chances of bodily injury and/or damage to the stand mixer, keep hands, clothing, cooking utensils etc... away from the moving parts during operation.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- Do not use more than one attachment at a time.
- Do not exceed the maximum capacities listed in this use and care instructions.
- Do not use the machine if it is damaged or if the cord is damaged. Have the machine checked and serviced before resuming usage.
- When using an attachment make sure that you have read the safety instructions that come with that particular attachment.
- Do not use this product outside.
- To protect against the risk of electric shock do not put the power unit in water or other liquid.
- Remove beater from stand mixer before washing.
- Do not let cord hang over edge of table or counter.
- For residential use only.

# SAVE THESE INSTRUCTIONS

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**NOTE:** The maximum rating is based on the attachment that draws the greatest load. Other attachments may draw significantly less power.

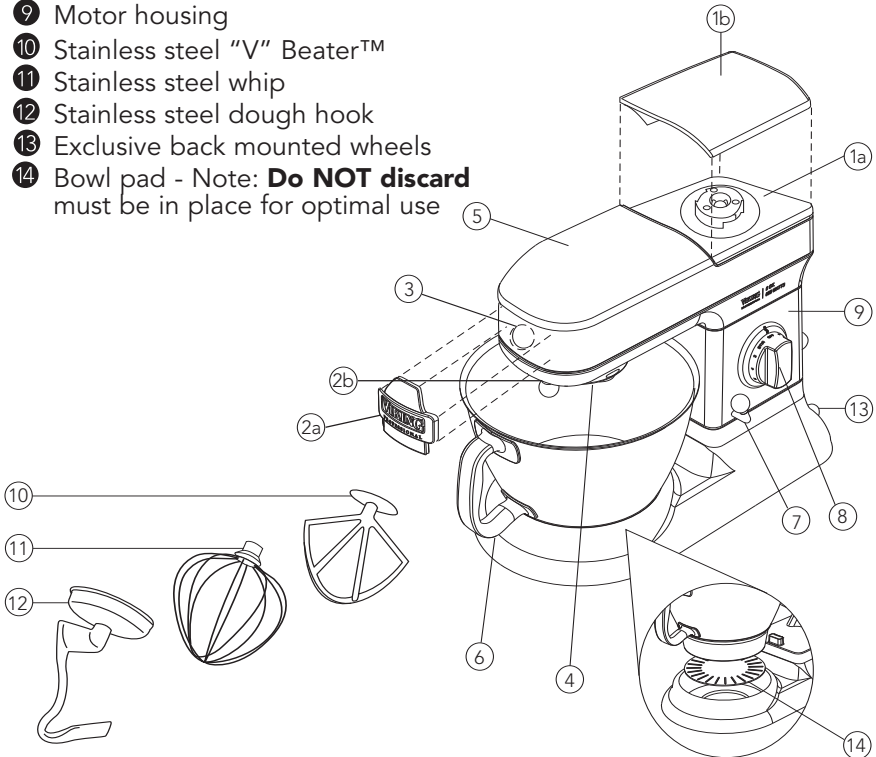
## BEFORE USING THE FIRST TIME

- Before using the machine for the first time, remove all attachments from their packaging.
- Hand wash the stainless steel "V" beater, stainless steel wire whip, and stainless steel dough hook and dry with a clean dry towel or they can be put in the dishwasher.

## THE VIKING PROFESSIONAL STAND MIXER

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- ① (a) High-speed attachment outlet and (b) cover
- ② (a) Slow-speed attachment cover and (b) cover release
- ③ Slow-speed attachment outlet
- ④ "V" Beater, stainless steel whip, dough hook, standard accessory socket
- ⑤ Stand mixer head
- ⑥ Stainless steel bowl with handle
- ⑦ Head lift release lever (to lock and release head in up and down position)
- ⑧ Professional power control knob
- ⑨ Motor housing
- ⑩ Stainless steel "V" Beater™
- ⑪ Stainless steel whip
- ⑫ Stainless steel dough hook
- ⑬ Exclusive back mounted wheels
- ⑭ Bowl pad - Note: **Do NOT discard** must be in place for optimal use



## USES OF THE STANDARD ACCESSORIES

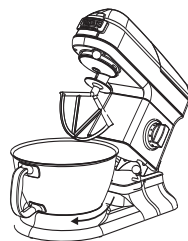
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- Stainless steel "V" Beater- for making cakes, mashed potatoes, fillings, muffins and éclairs.
- Stainless Steel Whip- for soufflés, meringues, beating eggs, creams, batters and mousses. Not indented for heavy mixtures, such as creaming butter and sugar for cakes; this could damage the attachment.
- Stainless steel dough Hook- For yeast mixtures such as breads.  
NOTE: Do not scrape side of bowl while mixer is in use.

## **ASSEMBLING THE VIKING PROFESSIONAL STAND MIXER**

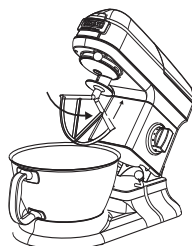
### **TO ATTACH STAINLESS STEEL MIXING BOWL**

- Turn the head lift release lever counter-clockwise to release the head and raise until it locks.
- Place the mixing bowl into the bottom, pre-cut slots and turn clockwise to lock into base.
- To lower the mixer head: turn the head lift release lever counter-clockwise to release the head and slowly lower it until it locks.



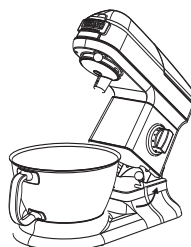
### **TO INSERT AND REMOVE A STANDARD ACCESSORY (V-BEATER, STAINLESS STEEL WHIP, DOUGH HOOK)**

- Turn the head lift release lever counter clockwise to release the head and raise until it locks.
- Place the tool in the tool receptacle and easily turn counter-clockwise until it stops; push the tool into the receptacle.
- To remove the tool, simply unscrew, clockwise.
- To lower the mixer head: turn the head lift release lever counter-clockwise to release the head and slowly lower it until it locks.



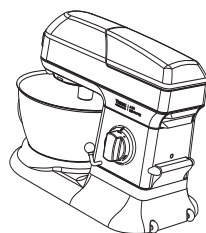
### **TO RAISE AND LOWER THE LEVER ACTION HEAD**

- To raise the head: turn the head lift release lever counter-clockwise to release the head and raise it until it locks.
- To lower the mixer head: turn the head lift release lever counter-clockwise to release the head and slowly lower it until it locks.



### **TO MOVE STAND MIXER USING EXCLUSIVE EASY-GLIDE™ WHEELS**

- Make sure head is locked in down position and stainless steel bowl is locked securely in place
- Lift up on front of mixer using bowl handle or mixer head
- Now easily move mixer to desired location



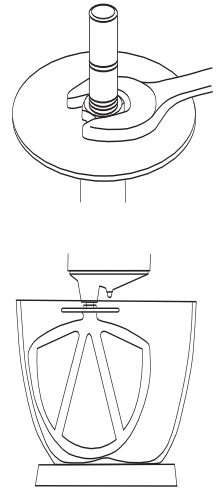
## HELPFUL HINTS

- If necessary, switch unit off and scrape sides of bowl with spatula for best results.
- Eggs at room temperature are best for whisking and beating.
- Before whisking egg whites, make sure there is no grease or egg yolk on the whisk or bowl.
- Use cold ingredients when making pastries unless recipe states otherwise.

## TROUBLESHOOTING – STANDARD ACCESSORIES

(the “V” Beater, whip, and dough hook attachments are pre set at the factory, but they can be adjusted if necessary)

- If the accessories (stainless steel whip or stainless steel V-beater) should knock against the bottom of the bowl or is not reaching the ingredients in the bottom of the bowl, you can adjust the height by:
  - Unplug stand mixer.
  - Raise the mixer head and insert the accessory.
  - Hold it, and loosen the nut as shown.
  - Lower the mixer head.
  - Adjust the height by turning the shaft. For ideal operation the stainless steel whip and stainless steel V-beater should be almost touching the bottom of the bowl.
  - Raise the head, hold the accessory in place and tighten the nut.
- Your mixer is fitted with an overload protection device and will stop if overloaded to protect the machine. In the unlikely event this happens:
  - Switch off and unplug the mixer.
  - Remove some of the ingredients to reduce the load, and allow the mixer to stand for a few minutes.
  - Plug in and reselect the speed. If the mixer does not restart immediately allow to stand for additional time.



## HINTS FOR BREAD MAKING

- Never exceed the maximum capacities below, this may overload the machine.
  - If the machine begins to strain, switch off immediately and remove half of the ingredients in the bowl.
  - Ingredients mix best if you put the liquid ingredients in first.
- \* **Note:** Maximum capacities reflect using white, All-purpose flour. If using stone ground or high-gluten flours; recipes will have to be adjusted as not to overload the mixer.

Maximum capacities*:	5 quart	7 quart
Flour weight	4 lbs	5 lbs
Cake mix	6 lbs	10 lbs
Egg whites	12	16

## **SPEED CONTROLS – MIXING/ATTACHMENTS**

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(These are recommended speeds. Adjust to performance as needed for your recipe. For best results turn speed control slowly to the proper speed.)

**Note:** All three power outlets are engaged when power knob is engaged.

### **STIRRING**

The stirring speed is for combining things such as the dry ingredients in a cake, or the initial mixing of ingredients for bread dough. As a guide when making bread dough, the ingredients should be mixed on STIR for 45 seconds to 1 minute, and then the speed increased to 2 for additional 3 to 4 minutes.

### **2-4 – MIXING**

The mixing speeds are great for combining the ingredients to mix items such as mashed potatoes; it also works great on batters that are thin or mostly liquid. This speed is for the colander/sieve and high-speed juice extractor attachments.

### **5-8 – BEATING**

The beating speed is for finishing cake batter. This speed works with the food grinder/stuffer and also the pasta maker.

### **9-12 – CREAMING**

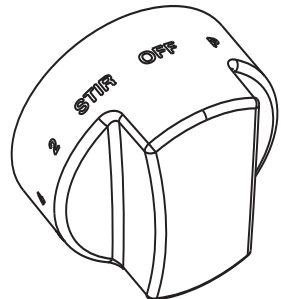
The creaming speed is for creaming shortening and sugar, for making cookies or cakes, and frostings.

### **MAX – WHIPPING**

The Whipping speed is for adding air to the mixture as in making meringues or custards. The whipping speed is also for making whipped cream. This speed can also be used for the high-speed blender attachment.

### **PULSE**

This feature is used with the high-speed blender attachment. For a quick, controlled pulsing job. Hold on "P"; this will operate the blender on high-speed until released.

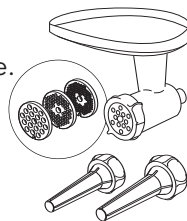


## OPTIONAL ATTACHMENTS AND ACCESSORIES

### FOOD GRINDER/STUFFER (VSMFG)

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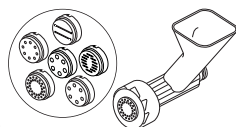
- Includes fine, medium and coarse plates and cutting knife
- Makes delicious meals from ground beef to duck pate.
- Grinds cooked and raw meats, firm vegetables, firm cheeses and nuts
- Make your own sausage and hamburger
- Speed 5-8 suggested for optimal use



### PASTA MAKER (VSMFM)

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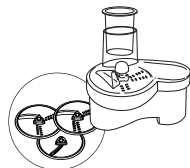
- Includes six separate inserts
- Easily prepare homemade pasta
- Speed 5-8 suggested for optimal use



### HIGH-SPEED DISC SLICER/SHREDDER (VSMDS)

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- Three separate discs with 5 cutting surfaces
- Perfect for garnishing vegetables or finely shredding cheeses
- Speed 2-4 suggested for optimal use



### HIGH-SPEED BLENDER/GLASS JAR (VBLGJ)

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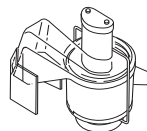
- 40-oz. glass jar with pouring spout and recipe markings on jar
- Ultimate crushing power for making a perfect frozen drink
- Use "Max" or "P" when using this attachment



### HIGH-SPEED JUICE EXTRACTOR (VSMJE)

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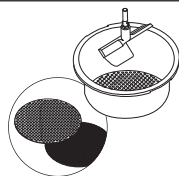
- Extracts juice from many fruits and vegetables
- For example: carrot juice from carrots, apple juice from apples, and orange juice from oranges.
- Speed 4 suggested for optimal use



### COLANDER/SIEVE ( 5 qt and 7 qt models) (VSMCS)

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- Makes baby food, vegetable purees, fruit sauces, apple sauce
- Now you can make your own jams and jellies
- Speed 2-4 suggested for optimal use



### POURING SHIELD (VSMPS)

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- Keep ingredients from splashing out
- Easy, convenient adding of ingredients
- Easily snaps onto the mixer head



## STANDARD ACCESSORIES

(standard with mixer, additional accessories can be purchased):

### STAINLESS STEEL BOWL WITH HANDLE

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- Ergonomic handle
- Easy to clean and dishwasher safe



### STAINLESS STEEL "V" BEATER™

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- General purpose beater
- For making cakes, mashed potatoes, muffins, cookies, and a variety of other items



### STAINLESS STEEL WHIP

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- For meringues, creams and mousses
- Whips a single egg white perfectly



### STAINLESS STEEL DOUGH HOOK

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- Mixes and kneads all kinds of yeast mixtures
- For homemade bread making and other dough mixtures



### BACK MOUNTED WHEELS

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- Exclusive, patent pending, two back mounted wheels allow for easy maneuvering without loss of stabilization



## CLEANING AND SERVICE

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- Always switch unit off and unplug before cleaning.
- Stand mixer may emit a pungent odor, especially when new. This is common with electric motors.
- When power knob is on all 3 power outlets are engaged.
- A little grease may appear at slow speed outlet when you first use it. This is normal, simply wipe them off if this should occur.
- Wipe power unit with a damp cloth, then dry.
- Never use abrasives or immerse unit in water.
- Wash bowl by hand, then dry thoroughly or place in dishwasher.
- Never use a wire brush, steel wool or bleach on your stainless steel bowl. Use vinegar and water to remove spotting or rainbow effects.
- Keep stainless steel bowl away from heat sources such as cooktops, ovens or microwaves.
- Wash stainless steel "V" Beater, stainless steel whip, and stainless steel dough hook by hand and dry thoroughly, or may be washed in dishwasher.
- Wash pouring shield by hand and dry thoroughly.

## **VIKING PROFESSIONAL STAND MIXER ONE-YEAR FULL WARRANTY**

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Viking Professional Stand Mixers/attachments/accessories are warranted to be free from defective materials or workmanship in normal household use for a period of twelve (12) months from the date of original retail purchase. Viking Range Corporation, warrantor, agrees to repair or replace, at its option, any stand mixer which fails or is found to be defective during the warranty period.

Painted and decorative items are warranted to be free from defective materials or workmanship for a period of ninety (90) days from the date of original retail purchase. Any defects must be reported to Viking Range Corporation (1-800-216-5775) within ninety (90) days from date of original purchase. Viking Range Corporation uses the most up-to-date processes and best materials available to produce all color finishes. However, slight color variation between units may be noticed because of differences in kitchen lighting, product locations and other factors.

This warranty shall apply to products purchased and located only in the United States. Products must be purchased in the country where service is requested. Warranty labor shall be performed by an authorized Viking Range Corporation service agency or representative. Warranty shall not apply to damage resulting from abuse, accident, natural disaster, loss of electrical power to the product for any reason, alteration, outdoor use, improper operation or repair or service of the product by anyone other than an authorized Viking Range Corporation service agency or representative. This warranty does not apply to commercial usage. Warrantor is not responsible for consequential or incidental damage whether arising out of breach of warranty, breach of contract, or otherwise. Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

The return of the Owner Registration Card is not a condition of warranty coverage. You should, however, return the Owner Registration Card so that Viking Range Corporation can contact you should any question of safety arise which could affect you.

To arrange for (warranty) service, simply contact Viking Range Corporation by calling **1-800-216-5775**, 8:00 A.M. to 5:00 P.M. (Central Standard Time) Monday through Friday. If you prefer, you may write: Viking Range Corporation, P.O. Box 956, Greenwood, Mississippi (MS) 38930. The following information will be required: Date of original purchase (a copy of sale receipt), model and serial numbers (located on bottom of the unit), and a brief description of what has occurred with the product.

## HELPFUL TERMS

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\*Please note: In these recipes "TT" means "to taste".

**Balsamic vinegar** Usually dark, aromatic vinegar from Modena, Italy, made from white grape juice that is heated and aged in wooden barrels for several years

**Béchamel** Milk thickened with a butter and flour roux

**Boil** To cook in a liquid that is 212°F or 100°C

**Capers** A Pickled flower bud from a Mediterranean shrub, that can be used as a pungent addition to sauces, relishes, and various other dishes

**Caviar** The eggs of a large fish, especially sturgeon

**Celery root** Thick, edible, aromatic root from a variety of celery plant

**Colander** A bowl-shaped kitchen utensil used for draining off liquids and rinsing foods clean

**Concassée** To peel and remove seeds from a tomato

**Coulis** A thick sauce made from puréed fruits or vegetables

**Cream Chantilly** Heavy cream, whipped to soft peaks, vanilla and sugar added

**Crouton** A small, crisp piece of toasted bread

**Deglaze** To dissolve bits of sautéed or roasted foods in the pan after cooking by adding a liquid

**Dijon** mustard A mustard from the Dijon region of France

**Double boiler** A cooking utensil consisting of two pans, with the bottom pan filled with water and the top pan dry. It is designed to allow slow, even cooking

**Éclair** An elongated pate a choux dough filled with a stuffing and usually topped with chocolate

**Fondue** A dish made of melted cheese and wine, usually eaten with bread

**Ganache** A mixture of chocolate and heavy cream, used for icing and filling cakes

**Heavy cream** Cream that contains more than 36% butterfat

**Knead** To mix and work into a uniform shape by folding and stretching the dough with your hands

**Meringue** Egg whites and sugar beaten until stiff

**Morney** A béchamel sauce that is finished with Parmesan cheese

**Mousseline** A food base to which whipped cream has been added

**Onion piquet** To caramelize the flesh side of the onion to add a caramelized taste to a sauce, used mostly in béchamel sauce

**Pate a choux** Better known as éclair paste, dough used to make pate, and some desserts

**Pesto** A sauce consisting of fresh basil, garlic, pine nuts, olive oil, and grated cheese

**Pine nuts** Edible seed of any of several nut pines, especially some in southwestern America

**Poach** To cook in a liquid at a temperature that is between 160°F and 180°F

**Puree** To rub a food product through a strainer or process in a blender

**Roe** The eggs or the egg filled ovary of a fish or certain crustaceans

**Rösti** Shredded potatoes that are seasoned and pan-fried

**Sauté** To pan fry lightly in fat

**Sieve** A utensil of wire mesh used for straining

**Simmer** To be cooked gently and remain just below the boiling point (185°F 205°F)

**Spring form** A cake pan having upright sides that can be unclamped and detached from the bottom of the pan

**Timbales** A pastry mold in which food is baked. (The timbale resembles a shot glass)

## RECIPES

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### CHOCOLATE ALMOND CAKE

1 T butter (for greasing the pan)  
1 cup butter  
1 1/4 cups sugar  
4 eggs  
1 tsp instant coffee (dissolve coffee in the hot water below)  
1 tsp hot water  
2 tsp milk  
1 tsp almond extract  
2 oz almond paste  
1 cup self-rising flour  
1 tsp baking powder  
3 oz unsweetened cocoa powder  
2 oz semi-sweet chocolate pieces  
Yields 2 eight inch circular cakes

- Preheat the oven to 350°F or 180°C
- Grease the bottom and sides of two eight-inch circular cakes pans with melted butter to keep from sticking
- Line the bottom of the pans with parchment paper
- Warm 1 cup of butter until just softened
- Place sugar in the mixer bowl and add softened butter
- Beat till light and fluffy
- In a separate mixing bowl, beat eggs, then slowly add them to the sugar mixture
- Add the dissolved coffee, milk, almond extract, and the almond paste to the mixture
- Sieve the flour, baking powder, and cocoa powder into the mixture (be careful not to over mix the batter)
- Slowly blend in chocolate pieces
- Divide mixture between the two cake pans
- Bake on middle rack for about 30 minutes or till spring like to the touch
- Cool on bakers rack
- Remove the parchment paper from the bottom (be careful the cake is fragile)
- Using a sharp knife slice off part of the top of the cake to make it even with the bottom.
- Top one side with Ganache or chocolate mousseline and place the other side on top of the filling
- Cover the cakes with a thin layer of the Ganache and let dry
- Chill for about five minutes to let the ganache harden then serve

## **GANACHE**

1 cup Heavy Cream

6 oz semi-sweet Chocolate, chopped small

Makes 14 oz

- Chop chocolate into very small pieces and place into the mixer bowl
- Bring Cream to a boil and pour hot cream over chocolate and mix till incorporated
- shape and refrigerate until firm or pour over dessert

## **CHOCOLATE MOUSSELINE FILLING**

4 oz plain chocolate chopped

1 cup heavy cream

Makes enough to fill one chocolate cake or 3 dessert portions

- Place chopped chocolate in a bowl and melt the chocolate very slowly using a double boiler
- Place the heavy cream in the mixer bowl and whisk till soft peaks
- Once chocolate has melted, gently fold the chocolate into the whipped cream until thoroughly mixed

## **NEW YORK STYLE CHEESECAKE**

3 – 8 oz packages of cream cheese softened

2 T of cake flour

1<sup>1</sup>/<sub>8</sub> cup granulated sugar

4 eggs

5 T heavy cream

1 T vanilla extract

Yields one 10 inch cake

- Pre heat the oven to 300°F or 150°C
- Butter one 10 inch spring-form pan
- Beat the cream cheese until smooth using the “V” paddle
- Add in the flour and sugar
- Add the eggs one at a time
- Add the cream and the vanilla
- Pour into the buttered spring-form pan and bake for 1 to 1 1/2 hours
- Let cool completely before removing the sides

## **CHOCOLATE CHEESECAKE**

3 – 8 oz packages of cream cheese softened  
2 T cake flour  
1<sup>1</sup>/<sub>8</sub> cup granulated sugar  
4 eggs  
5 T heavy cream  
3 oz melted semi-sweet chocolate  
1 T vanilla extract  
Yields one 10 inch cake

- Pre heat the oven to 300°F or 150°C
- Butter one 10 inch spring-form pan
- Melt 3 oz semi sweet chocolate over a double boiler very slowly
- Beat the cream cheese until smooth using the “V” paddle
- Add in the flour and sugar
- Add the eggs one at a time
- Add the cream, vanilla, and the melted chocolate, mix thoroughly
- Pour into the buttered spring-form pan and bake for 1 to 1 1/2 hours
- Let cool completely before removing the sides

## **RASPBERRY SURPRISE CHEESECAKE**

3 – 8 oz packages of cream cheese softened  
2 T cake flour  
1<sup>1</sup>/<sub>8</sub> cup granulated sugar  
4 eggs  
5 T heavy cream  
1 T vanilla extract  
1 cup whole raspberries  
Yields one 10 inch cake

- Pre heat the oven to 300°F or 150°C
- Butter one 10 inch spring-form pan
- Beat the cream cheese until smooth using the “V” paddle
- Add in the flour and sugar
- Add the eggs one at a time
- Add the cream and the vanilla
- Pour half of the batter into a bowl and set to the side
- Put the whole raspberries into the mixer bowl with the other half of the mixture
- Mix very lightly
- Pour the raspberry mixture into the buttered spring form
- Pour the batter you set aside on top of the raspberry mixture
- Bake for 1 to 1 1/2 hours and let cool before removing the sides

## PÂTÉ A CHOUX (ÉCLAIR PASTE)

8 oz Milk

8 oz Water

1 1/2 salt

2 tsp Granulated sugar

7 1/2 oz butter

1 cup All purpose flour

8 Eggs

Makes two pounds of dough

- Pre heat the oven to 425°F or 220°C
- Get a sheet pan with parchment paper ready for the piped dough also have a pastry bag with a large round tip.
- Place the milk, water, salt, sugar, and butter in a sauce pan and bring to a boil
- Once at a boil remove from the heat and stir in the flour by hand (a wooden spoon works the best) continue to beat until the dough come away from the sides it will look dry
- Put the dough into the mixing bowl and allow to cool to about 130°F
- Once temperature is down using the “V” paddle mix the eggs in one at a time
- The mixture will be shiny but firm; it will not clean the side of the bowl.
- Place a workable amount of warm dough into the pastry bag and pipe the desired shape (unless you are making beignets or churros).
- Bake immediately 425°F (or 220°C) for 10 minutes then drop the temperature to 375°F (or 190°C) and cook for 10 more minutes.
- Cook till brown and dry inside (keep the door closed as much as possible)
- Tip – if you can’t decide if they are done get a towel and pick one of them up and listen if they hiss they are done.

## ÉCLAIRS

10 cooked pate a choux shells (in a elongated oval shape)  
5 oz of Chocolate mousseline (see recipe on page 13)  
5 oz Cream Chantilly (see recipe on page 30)  
5 oz melted dark chocolate  
5 servings

- Melt chocolate in a double boiler very slowly
- Take two pastry bags with medium round tips, fill one with the chocolate mousseline and the other with the cream Chantilly
- Stick the tip of the bag into the cooked dough and pipe mixture until full (do five with the chocolate and five with the chantilly)
- Once the éclairs are piped dip the side without the hole into the melted chocolate
- Serve one chocolate and one chantilly with the chocolate side up as a dessert with a surprise

## PROFITEROLES

5 cooked pate a choux shells (in a large roll shape)  
7 oz of hot chocolate ganache (see recipe on page 13)  
5 large scoops of vanilla ice cream  
5 servings

- Make sure the chocolate ganache is hot
- Take cooked pate a choux and cut in half
- Take a large scoop of ice cream and place in between the two layers of pate a choux
- Place the profiterole on a cold plate and cover with the hot ganache

## BEIGNETS

1/2 pound of raw pate a choux dough  
4 cups vegetable oil (for frying)  
1 pound powdered sugar  
Serves about 10

- Pre heat the oil to 375°F
- Using a one-ounce scoop, scoop the pate a choux dough into the hot oil
- Once the dough is brown and puffed, remove from the oil
- Drain and dust generously with powdered sugar
- Serve at breakfast or any time of the day

## **STRAWBERRY CREAM PUFF**

5 cooked pate a choux shells (in a large round shape)  
7 oz cream chantilly (see recipe on page 30)  
10 strawberries (sliced thinly)  
5 servings

- Take cooked pate a choux and cut in half
- Fill with the cream Chantilly and strawberries
- Place top on the cream puff and serve

## **CHURROS**

1/2 pound of raw pate a choux dough  
2 T cinnamon  
4 cups vegetable oil (for frying)  
2 cups granulated sugar  
serves about 10

- Pre heat the oil to 375°F
- Add the cinnamon to the pate a choux dough and mix lightly
- Using a one-ounce scoop, scoop the pate a choux dough into the hot oil
- Once the dough is brown and puffed, remove from the oil
- Roll the cooked dough in the granulated sugar and serve

## **CRAB CAKES**

3 T butter (melted)

1 cup onion (finely diced)

1/4 cup green bell pepper (finely diced)

1/4 cup green onion or scallion (sliced very thin)

TT salt

TT pepper

1/2 tsp Cayenne pepper

2 tsp Worcestershire sauce

1 egg

1 pound Crabmeat (preferably lump crab meat but others will work)

1 to 1/2 cup Bread crumbs

1 T white wine

5 oz olive oil

Serves 10 to 12

This dish is great with a Dijon or basil mayonnaise (see page 28)

- Finely dice the onion and bell pepper then slice the green onion and set aside
- Heat butter in sauté pan and sauté onions and peppers in the butter over medium heat until tender
- Set the sautéed mixture to the side and let cool completely
- In the mixing bowl place the salt, pepper, Cayenne pepper, Worcestershire sauce, and egg and mix thoroughly using the "V" paddle
- Add the cooled vegetables and the lump crabmeat to the liquid mixture, mix lightly (about 15 seconds on speed 1) do not break up the lumps of the crabmeat.
- Add bread crumbs in stages until mixture is bound, you may not use all the bread crumbs
- Shape the crabmeat mixture into patties
- Heat olive oil in a small sauté pan and sauté patties until golden brown and crispy

## **MISSISSIPPI CATFISH CAKES**

1 pound Mississippi Catfish filets (poached in white wine and dill)

2 cups of white wine

1 cup water

1/4 cup Green onion or scallions (sliced very thin)

2 large sprigs of fresh dill

1/2 cup onion (finely diced)

TT salt

TT pepper

1/2 tsp Cayenne pepper

2 tsp Worcestershire sauce

1 egg

1/2 cup Bread crumbs

Serves 10 to 12 portions

This dish is great with a homemade cocktail or tartar sauce (see page 32)

- Pour the water and wine into a saucepot and bring the temperature of the water to between 160° and 180°F or 71° to 82°C
- Add the catfish and the dill to the poaching liquid add let poach about fifteen minutes, remove from heat and let cool in the poaching liquid.
- In the mixer bowl using the "V" paddle add the green onion, onion, salt, pepper, cayenne pepper, Worcestershire sauce and egg, mix on low speed
- Once the catfish has cooled gently break up the filets with your hands and add the pieces to the mixer bowl.
- Mix on lowest speed until the mixture begins to come together (about fifteen seconds)
- Add bread crumbs in stages until mixture is bound, you may not use all the bread crumbs
- Shape catfish mixture into patties
- Heat olive oil in a sauté pan and sauté patties until golden brown and crispy.

## **HOMEMADE MASHED POTATOES**

5 Large potatoes (peeled, cut into one inch cubes, and boiled)

1/2 gallon of water

1/2 cup milk (warmed)

2 T butter melted

1 T salt

1 egg

Serves about 6

Finely diced garlic can be added to spice up your potatoes

- Peel, cut the potatoes into one-inch cubes
- Add the potatoes to 1/2 gallon of cold water
- Bring to boil
- Heat milk in a small sauce pot on very low heat
- Once potatoes are done strain and put the potatoes into the mixer bowl
- Immediately add the egg and begin mixing with the "V" paddle
- Add the butter, milk, and salt mix until desired texture

## **CELERY ROOT CREAMED POTATOES**

5 Large potatoes (peeled, cut into one inch cubes, and boiled)  
1 gallon of water  
1 large celery root (peeled, cut into one inch cubes and boiled)  
1/2 cup milk (warmed)  
2 T butter melted  
1 T salt  
1 egg  
Serves about 8 portions  
Great way to spice up mashed potatoes

- Peel, cut the potatoes and celery root into one-inch cubes
- Add the potatoes to 1/2 gallon of cold water
- Add the celery root to 1/2 gallon of cold water
- Bring both to a boil
- Heat milk in a small saucepot on very low heat
- Once potatoes are done strain and put the potatoes into the mixer bowl
- Immediately add the egg and begin mixing with the "V" paddle
- Strain celery root and place in the blender and puree
- Add the celery root puree to the potato mixture and blend
- Add the butter, milk, and salt mix until desired texture

## **CHOCOLATE CHIP COOKIE BARS**

1 cup granulated sugar  
1 cup light brown sugar  
1 cup butter softened  
2 eggs  
2 tsp vanilla extract  
1 tsp baking soda  
3 cups all purpose flour  
12 oz chocolate pieces  
1 tsp instant coffee (dissolved in 1 tsp water)  
1 tsp hot water  
Serves about 30 (one 17x11x1 pan)

- Pre heat oven to 375°F 190°C
- Cream the butter and the sugar in the mixer bowl with the "V" paddle until smooth
- Add the eggs one at a time until incorporated
- Add the vanilla, dissolved coffee, and the baking soda to the mixtures
- Add the flour in thirds, mix until the mixture begins to smooth out

- Once smooth, add the chocolate pieces and mix lightly
- Spread the mixture on one pan and bake 12 to 16 minutes until done
- Let cool and cut into bar shapes

### **BALSAMIC VINAIGRETTE**

4 oz balsamic vinegar  
 1 T granulated sugar  
 12 oz olive oil  
 1 T soy sauce  
 TT salt  
 Makes 1 pint

- Add the balsamic vinegar, sugar, soy sauce, and salt into the blender and mix
- Slowly add the oil to the blender until completely emulsified
- Then serve over salad or steak

### **DIJON VINAIGRETTE**

4 oz white wine vinegar  
 TT salt  
 TT pepper  
 2 oz of Dijon mustard  
 12 oz olive oil  
 Makes 1 pint

- Add the wine vinegar, salt, pepper, and Dijon into the blender
- Slowly add the oil to the blender until completely emulsified
- Then serve over salad

### **ORANGE VINAIGRETTE**

4 oz champagne vinegar  
 1 T sugar  
 2 T hand squeezed orange juice  
 1 T orange zest  
 12 oz olive oil  
 Makes about a pint

- Remove one Tablespoon of zest from the orange and set aside.
- Juice the zested orange and reserve 2 Tablespoons of the juice.
- Add champagne vinegar, sugar, orange juice, and zest into the blender and mix
- Slowly add the oil to the blender until completely emulsified
- Then serve over salad

### **CLASSIC PESTO SAUCE**

12 oz olive oil  
3 oz pine nut (walnuts can be used)  
6 oz fresh basil leaves  
2 T smashed garlic  
6 oz fresh Parmesan cheese  
TT salt  
TT pepper  
Makes 24 oz

- Place one third of the olive oil in the blender and add the remaining ingredients
- Blend the mixture and slowly add the rest of the oil until it is smooth

### **FRESH STRAWBERRY DAIQUIRI**

1 pint Strawberries  
6 oz powdered sugar  
4 oz light rum  
1 1/2 cups ice  
2 T cream chantilly (see recipe on page 30)  
Makes 2 drinks

- Clean and cut the strawberries into small pieces and add them to the blender
- Add the sugar, rum and ice then blend till smooth
- Serve with a dollop of cream Chantilly on top

### **CAESAR SALAD DRESSING**

1/2 T smashed garlic  
1 egg  
2 oz of Parmesan grated  
1 oz Balsamic vinegar  
1/2 T Dijon mustard  
1/2 oz anchovy filets  
1/2 tsp salt  
TT pepper  
12 oz olive oil  
Makes 1 pint

- Add all ingredients except the oil, blend thoroughly (about two minutes)
- Slowly add the oil until incorporated
- Served on Caesar Salad

## **APPLESAUCE**

2 pounds McIntosh apples (other apples such as Granny Smith would work)

1 T ground cinnamon

5 T dark brown sugar

1/2 tsp lemon juice

Serves 1 pint

- Peel, core and slice apples into quarters
- Place sugar, cinnamon, and lemon juice into a bowl
- Place apples in the shredder and shred them into the bowl with the sugar mixture
- Once shredded, mix the apples with the sugar mixture and refrigerate until cool
- Great for desserts and even good on roasted venison loin

## **POTATOES ANNA**

3 thin potatoes, peeled

TT salt

1 T butter

Makes 12 portions

- Pre heat oven to 375°F 190°C
- Place the potato in the slicer and slice thin, disc shape pieces of potato
- Place the potato in circular pattern, brush with butter and sprinkle with salt.
- Bake until crisp, cut into wedges and serve

## **RÖSTI POTATOES**

3 large potatoes (peeled and quartered)

TT salt

TT pepper

2 oz butter melted

Serves 12

- Shred potatoes in high-speed shredder into a bowl
- Add salt and pepper to the mixture
- Using a non-stick pan, heat butter in sauté pan
- Spread the shredded potatoes around the pan evenly and sauté in butter until brown and crisp (it should resemble a pie)
- Slice into quarters and serve

## LYONNAISE POTATOES

2 pounds potatoes peeled  
1 cup onion julienne  
3 oz butter  
TT salt  
TT pepper  
About 32 ounces

- Julienne 1 cup of onions
- Steam potatoes until partially done
- Place the potato in the slicer and slice about 1/4 inch, disc shape pieces of potato
- Heat butter in a large sauté pan
- Sauté onions in half of the butter until tender remove and place in a bowl
- Add the rest of the butter into the pan that the onions came out of and reheat
- Add the potatoes into the pan and sauté until golden brown
- Add the onions back to the potatoes to combine the taste
- Season with salt and pepper and served hot

## FONDUE

5 oz Gouda (or your favorite cheese)  
2 T white wine  
Makes about 6 oz

- Place the cheese in the high-speed shredder, once shredded place the cheese in a fondue bowl
- Add wine to the cheese and heat
- Mix the wine and cheese until the wine is incorporated
- Then use your favorite bread to dip

## BASIC PASTA DOUGH

4 eggs  
2 T olive oil  
1 T salt  
3 3/4 cups of flour

- Place the eggs and the oil in the measuring cup and beat the eggs add water until the level equals 500g
- Place the flour and the salt in the mixer bowl and began mixing slowly add the eggs until incorporated
- Mix until the dough resembles bread crumbs then choose your desired shape and run it through the pasta maker

## **BASIL PASTA DOUGH**

4 eggs

1/4 cup fresh basil

2 T olive oil

1 T salt

3 3/4 cups of flour

- Place the eggs and the oil in the measuring cup and beat the eggs add water until the level equals 500g
- Place the flour and the salt in the mixer bowl and began mixing slowly add the eggs and basil puree until incorporated
- Mix until the dough resembles bread crumbs then choose your desired shape and run it through the pasta maker

## **LOBSTER RAVIOLI WITH LOBSTER BROTH**

One recipe of Basic pasta dough (one flat sheet for Ravioli) (see page for recipe)

1 whole lobster (steamed)

TT salt

TT pepper

1 tsp Cayenne pepper

1 T cream cheese

1 T shallots (finely dice)

1 tsp green onions or scallions (finely sliced)

1 tsp lemon juice

1 T olive oil

1/2 onion

1/2 gallon (for boiling liquid)

1 leek

1 stalk celery

3 cups water (for broth)

1 cup white wine

Makes about 60 ravioli 1/2 inch squares

- Begin boiling water
- Remove the meat from the lobster and slice very thinly
- Place the lobster shell (including head) into a pot add the onion, celery, leek, water, and wine
- Simmer for about 30 minutes, strain through cheese cloth then reserve cooking liquid
- Heat oil in sauté pan and sauté shallot and green onion until tender
- Add sautéed mixture, sliced lobster, salt, pepper, lemon juice and cream cheese into the mixer bowl, using the "V" paddle mix the ingredients until incorporated
- Take the mixture and portion the lobster stuffing onto half of the pasta in small piles
- Fold the other half of the pasta on top of the stuffing and cut desired shape around the piles
- Boil the Lobster ravioli in water
- Serve the Lobster ravioli in a shallow bowl with the reserved broth poured over the ravioli

## **GOAT CHEESE RAVIOLI WITH SAUCE MORNEY**

One recipe of Basic pasta dough (flat sheets for Ravioli) (see page 24 for recipe)

1 pint of milk

1/4 onion

1/4 cup Flour  
2 oz Butter  
4 oz Parmesan cheese (grated)  
8 oz of fresh goat cheese  
8 oz of cream cheese  
1/4 cup of fresh basil (minced)  
2 T of fresh thyme (minced)  
2 T of fresh oregano (minced)  
2 quarts of water for boiling ravioli  
Makes about 30 ravioli

- Heat a dry skillet and place the quartered onion flesh side down and allow to blacken for about 15 minutes (know as onion piquet)
- Add the onion piquet to the milk and allow to simmer for about 20 minutes
- Make a blond roux with equal amounts of butter and flour
- Wisk the roux into the milk a little at a time to keep from lumping
- Once the roux is in bring to a boil then reduce to a simmer for about 30 minutes
- Wisk the Parmesan cheese into the milk sauce (or béchamel) and keep warm
- Add the goat cheese, cream cheese, basil, thyme, and oregano into the mixer bowl and incorporate using the "V" paddle
- Take the mixture and portion the goat cheese stuffing onto half of the pasta in small piles
- Fold the other half of the pasta on top of the stuffing and cut desired shape around the piles
- Boil the goat cheese ravioli in water
- Serve the goat cheese ravioli in a shallow bowl with the sauce Morney on top

## **COLORED PASTA**

4 eggs  
2 T olive oil  
1/4 cup carrot puree or spinach puree  
1 T salt  
3 3/4 cups of flour

- Place the eggs and the oil in the measuring cup and beat the eggs add water until the level equals 500g
- Place the flour and the salt in the mixer bowl and began mixing slowly add the eggs and carrot or spinach puree until incorporated
- Mix until the dough resembles bread crumbs then choose your desired shape and run it through the pasta maker

## **FRESH MAYONNAISE**

3 egg yolks

2 1/2 cups vegetable oil

1 tsp lemon juice

1 1/2 T wine vinegar

TT white pepper

TT salt

1 tsp Dijon mustard

Makes 4 cups of Mayonnaise

- Place egg yolks in the mixer bowl and begin to whip using a wire whisk
- Once the eggs begin to become frothy add the salt, pepper and 1/2 T of vinegar
- Begin to add the oil one drop at a time until the mixture begins to thicken, use the vinegar to thin the mayo
- Add the lemon juice and rest of the oil in a steady stream
- Add mustard to enhance to taste.

## **BASIL MAYONNAISE**

3 egg yolks

2 1/2 cups vegetable oil

1 tsp lemon juice

1 1/2 T wine vinegar

TT white pepper

TT salt

1/2 cup Fresh basil (chopped fine)

Makes 4 cups of Mayonnaise

- Place egg yolks in the mixer bowl and begin to whip using a wire whisk
- Once the eggs begin to become frothy add the salt, pepper and 1/2 T pepper
- Begin to add the oil one drop at a time until the mixture begins to thicken, use the vinegar to thin the mayo
- Add the lemon juice and rest of the oil in a steady stream
- Mix the chopped basil into the mayonnaise to enhance the taste and color
- Basil can be left in for presentation or strained out for a smoother look

## **SHRIMP MOUSSELINE**

1 pound raw shrimp (peeled and de-veined)

TT salt

TT pepper

TT cayenne

2 oz Heavy cream

1 pint Heavy Cream (for whipping cream)

Makes about twenty timbales

- Pre heat the oven 300°F or 150°C
- Place the raw shrimp in a food processor and puree
- Add the salt, pepper, and cayenne then slowly add the cream
- Refrigerate until cool
- Put heavy cream into the mixer bowl and using a wire whisk beat the cream until soft peaks
- Gently fold the whipping cream into the shrimp mixture until light and fluffy
- Fill the timbales with the shrimp mousseline and bake in a water bath until firm
- Serve with a bell pepper coulis (see page 32)

## **SALMON MOUSSELINE ON CROUTONS**

4 oz Salmon filet

TT Salt

TT pepper

3oz Hickory wood

4 sprigs of rosemary

4 oz Heavy cream

1 loaf French bread (See page 36)

Olive oil

Serves about 15 people

- Place the hickory and the rosemary wood in the smoker
- Put the salmon in the smoker and let it smoke for 30 minutes
- Once smoked crumble the fish by hand and place it in the mixer bowl
- Add the salt and pepper to the fish mixture,
- Mix using the whisk, slowly adding the cream until it is smooth (it should still have some of the texture to it)
- Make small round shaped croutons using French bread
- Pipe the salmon mousseline onto the croutons
- Top with fine caviar or salmon roe

## **THOUSAND ISLAND DRESSING**

1/2 T red wine vinegar  
1 cup mayonnaise (see page 27)  
1/2 cup ketchup  
3 oz sweet pickle relish  
TT salt  
TT pepper  
1 hard-boiled egg (minced)  
1/2 T Worcestershire Sauce  
Makes 1 pint

- Add all ingredients into mixer bowl and whisk until incorporated
- Refrigerate until service

## **RANCH STYLE DRESSING**

4 oz Mayonnaise  
4 oz sour cream  
3 oz buttermilk  
1/2 tsp Worcestershire sauce  
1/2 tsp minced garlic (minced)  
1/4 tsp fresh thyme (minced)  
1/4 tsp fresh oregano (minced)  
1/4 tsp fresh rosemary (minced)  
1/4 tsp dried mustard  
1/2 tsp salt  
Makes about 1 1/2 cups

- Add all ingredients into mixer bowl and whisk until incorporated
- Refrigerate until service

## **LOW FAT BLUE CHEESE DRESSING**

6 oz Low fat yogurt  
2 oz low fat buttermilk  
2 oz crumbled blue cheese  
1/4 tsp white pepper  
1/2 tsp Worcestershire sauce  
1/4 tsp Dry mustard  
2 drops hot sauce  
TT salt  
Makes about 1 pint

- Add all ingredients into mixer bowl and whisk until incorporated
- Refrigerate until service

## **RUSSIAN STYLE DRESSING**

1 cup Mayonnaise (see page 27)  
1/4 cup ketchup  
1 T milk  
1 clove garlic minced  
1 tsp lemon juice  
1 T onion finely minced  
1 tsp dried mustard  
1 tsp Worcestershire sauce  
3 drops hot sauce  
Makes about 1 1/2 cups

- Add all ingredients into mixer bowl and whisk until incorporated
- Refrigerate until service

## **ITALIAN DRESSING**

1 cup vegetable oil  
1 cup white wine vinegar  
1 tsp pepper  
1 tsp sugar  
1 tsp fresh oregano minced  
1 tsp fresh basil minced  
1/4 tsp garlic minced  
Makes about 2 cups

- Add all ingredients into mixer bowl and whisk until incorporated
- Refrigerate until service

## **CREAM CHANTILLY**

1 pint of heavy whipping cream  
1/2 cup of granulated sugar  
1/4 tsp of vanilla extract  
Makes 1 1/2 pints

- Make sure the mixer bowl and the wire whisk are cold
- Add the cream to the cold mixer bowl and begin whisking
- Add the sugar and the vanilla when you begin to see the cream stiffening
- Beat till medium peaks
- Serve on daiquiri, chocolate sundaes, etc...

## **TARTAR SAUCE**

2 cups mayonnaise (see recipe on page 27)

2 oz Capers

3 oz sweet pickle relish

2 T onion (diced)

2 T parsley (minced)

2 T lemon juice

TT salt

1 tsp Worcestershire sauce

3 drops hot sauce

Makes 1 pint

- Place capers, pickle relish, onion, minced parsley and lemon juice into the blender attachment and blend on high speed for about 30 seconds
- Once blended add all ingredients to the mixer bowl and using the "V" paddle mix thoroughly and serve with fish or fried food.

## **GUACAMOLE**

3 Fresh Avocados

4 T lemon juice

1 T finely chopped tomatoes

1 tsp garlic minced

2 T Cilantro minced

TT salt

1 tsp Cumin

1/2 tsp Curry

1/2 tsp oregano

1/2 Jalapeno chopped (no seeds)

Makes about 1 pint

- Spilt the avocados in half and remove the hard seed, once the seed is gone, scoop the avocado flesh into the mixer bowl.
- Add the lemon juice to the avocado flesh and mix using the "V" paddle
- Add the rest of the ingredients and adjust flavor if needed

## **SPINACH AND ARTICHOKE DIP**

1/4 cup onion (small dice)  
1 tsp of garlic minced  
1 oz butter  
12 oz chopped spinach  
8 oz Artichoke hearts (small dice)  
1 pint heavy cream  
1 tsp Worcestershire sauce  
6 oz Parmesan cheese (grated)  
TT salt  
TT pepper  
TT hot sauce  
Makes about 32 oz

- Pre heat oven to 350°F or 180°C
- Heat butter in sauté pan and add onion and garlic, sauté until tender
- Add spinach and artichoke and sauté until hot
- Place sautéed ingredients into the mixer bowl and add heavy cream, Worcestershire sauce, and 3 oz of the Parmesan cheese, mix thoroughly with the "V" paddle
- Place ingredients from the mixer bowl into a baking dish and top with the remaining cheese.
- Bake in the oven until cheese is melted and beginning to brown (about 20 minutes)

## **COCKTAIL SAUCE**

1 cups ketchup  
1/2 T horseradish (freshly grated or prepared)  
2 T lemon juice  
1/4 tsp drops hot sauce  
1/2 tsp salt  
1 T Worcestershire sauce  
Makes about 2 cups

- Add all ingredients into the blender and mix thoroughly
- Place mixture in a bowl and allow to refrigerate over night for best results (this allows the many flavors to become one)

## **RED PEPPER COULIS**

2 T olive oil  
1 tsp garlic minced  
3 T onion minced  
3 red bell peppers small dice  
5 oz white wine  
TT salt  
TT pepper  
5 oz chicken stock (broth can work)  
Makes about 1 pint

- Heat oil in a large sauté pan, add the onion, garlic, and bell pepper sauté until soft (be careful not to burn the garlic or onion)
- Deglaze the pan with the wine and add some of the chicken stock and let simmer for about 15 minutes season with salt and pepper
- Place in the blender and mix thoroughly until smooth
- Strain through a fine strainer or cheesecloth
- Use the rest of the chicken stock to adjust the viscosity of the sauce

## **RASPBERRY COULIS**

2 pounds of raspberries  
1 cup of sugar  
Enough water to almost cover raspberries (about 1 1/2 cups)  
1 oz Grand Marnier  
Makes about 1 pint

- Place raspberries, sugar, and water in a pot and begin simmering (about 35 minutes)
- Once soft add mixture to the colander/sieve and allow the machine to mash and release the juices of the raspberries
- Place back in the pot and reduce until desired consistency (usually until coats the back of a spoon)
- Strain mixture through a fine strainer or cheese cloth, add the liqueur and refrigerate

## **TOMATO COULIS**

2 T olive oil  
2 tsp garlic minced  
3 T onion minced  
1-pound roma tomatoes small dice  
3 oz red wine  
1 tsp fresh oregano minced  
TT salt

TT pepper

5 oz chicken stock (broth can work)

3 cups boiling water

Bowl of ice water

Makes about 1 pint

- Boil the water, and get a bowl of ice water ready
- Using a knife cut a small X pattern in the bottom of the tomatoes
- Place the tomatoes in the boiling water for about 10 seconds then place the tomatoes in ice water to stop the cooking process
- Remove the seeds and skin (this is known as Concassee)
- Chop the tomato concasse into small pieces
- Heat oil in a large sauté pan, add the onion, garlic, and tomato concassee sauté until soft (be careful not to burn the garlic or onion)
- Deglaze the pan with the wine and add some of the chicken stock and let simmer for about 15 minutes season with salt and pepper
- Once soft add mixture to the colander/sieve and allow the machine to mash the tomato mixture
- Strain mixture through a fine strainer
- Great for pastas or a diet

## **DUCHESS POTATOES**

2 pounds potatoes

2 oz whole butter

TT salt

TT pepper

1 egg

2 egg yolk

1/2 gallon water

Makes 10 servings

- Pre heat oven to 375°F or 190°C
- Have a parchment paper lined sheet pan and a piping bag with a star tip ready to go
- Peel and cube the potatoes and add them to the water and bring to a boil, cook till fork tender
- Once the potatoes are done place potatoes, butter, salt, pepper, eggs and egg yolks into the colander/sieve attachment and mix.
- Place milled potatoes into the piping bag and pipe, using a circular pattern
- Brush with butter and bake for about 10 minutes or until golden brown

## **DUCHESS SWEET POTATOES**

2 pounds sweet potatoes  
2 oz whole butter  
TT salt  
TT pepper  
1 T Cinnamon  
3 T Dark brown sugar  
1 egg  
2 egg yolk  
1/2 gallon water  
Makes 10 servings

- Pre heat oven to 375°F or 190°C
- Have a parchment paper lined sheet pan and a piping bag with a star tip ready to go
- Peel and cube the potatoes and add them to the water and bring to a boil, cook till fork tender
- Once the potatoes are done place potatoes, butter, cinnamon, sugar, salt, pepper, eggs and egg yolks into the colander/sieve attachment and mix.
- Place milled potatoes into the piping bag and pipe, using a circular pattern, potatoes into mountain shape designs.
- Brush with butter and bake for about 10 minutes or until browning starts

## **PERFECT HAMBURGERS**

2 pounds meat (ribeye or tenderloin is the best to use)  
2 T salt  
TT pepper  
1 tsp garlic minced  
1 T chili powder  
2 pieces bacon diced  
1 T Worcestershire sauce  
1 slice white bread shredded  
Makes six patties

- Place all the ingredients in the sausage/kebbe maker and grind using the large holes, then grind again using the smaller holes.
- Once ground, shape the meat into patties and grill or pan fry
- Venison can be used instead of beef but you will need to use more bacon to add fat to make it nice and juicy

### **APPLE JUICE**

3 apples peeled and cored  
1 T dark brown sugar  
1 tsp lemon juice  
Makes 2 glasses

- Peel, core, and cut the apples into quarters
- Place the quartered apples in the juicer along with the lemon juice and the sugar
- Chill the juice before service

### **TROPICAL BREEZE**

4 oz fresh pineapple (flesh only)  
2 oz fresh mango (flesh only)  
2 oz Malibu Rum  
Makes one drink

- Place the Pineapple and the mango in the juicer
- Pour the rum in a glass of ice and add the fruit juice on top of the rum.
- Serve at a party or on the beach
- For a frozen treat add the mixture into the blender and puree until smooth

### **STRAWBERRY SMOOTHIE**

2 cup strawberries sliced  
1 cup low fat strawberry yogurt  
1 T honey  
1 1/2 cup ice  
1/2 cup orange juice  
Makes 1 drink

- Place the all the ingredients into the blender and mix until smooth
- Refrigerate and serve

## **FRENCH BREAD**

2 cups warm water

1/2 oz active dry yeast

3 3/4 cup Bread flour

1 T Salt

4 oz bowl of water

Makes 2.5 pounds

- Pre heat oven to 400°F or 200°C
- Add yeast and water to the mixer bowl begin stirring with the dough hook
- Slowly begin adding the flour until all the flour is incorporated
- Increase speed and kneed the dough until smooth and elastic
- Place the dough in a bowl and let rise until doubled
- Once the dough is risen punch down and divide
- Let bread double again
- While waiting place a bowl of water in the oven to create steam
- Once risen bake in oven for about 30 minutes or till golden brown and baked through

## **DINNER ROLLS**

10 oz Warm water

1 oz active dry yeast

2 3/4 cups Bread flour

1 T salt

1/4 cup Granulated sugar

2 T Non fat dry milk

2 T shortening

1 oz unsalted butter

2 whole eggs

Makes 3 dozen rolls

- Pre heat the oven to 400°F or 200°C
- Place the water and yeast in a bowl and set to the side
- Place all other ingredients in the mixer bowl mix with the dough hook
- Add the water and yeast to the mixer bowl and mix with the dough hook
- Knead the dough on speed 2 for about 10 minutes
- Place in a lightly greased bowl and let double (may take an hour)
- Punch down the dough and let it rest for a few minutes
- Portion the dough into 1 oz balls and let double again
- Once doubled brush with egg whites
- Bake for 12 to 15 minutes or until golden brown and cooked through

## **BLUEBERRY MUFFINS**

1 cup All purpose flour  
3/4 cup granulated sugar  
2 tsp Baking powder  
7 oz milk  
1 egg  
2 oz butter softened  
6 oz fresh blueberries  
Makes 12 muffins

- Pre heat the oven to 350°F or 180°C
- Combine all the wet ingredients
- Sift the flour, sugar, and baking powder in the mixer bowl
- Add the wet into the dry and mix
- Do not over mix, the batter should be lumpy
- Using a spatula gently fold in the blueberries
- Portion the blueberry mixture into the muffin tin
- Bake at 350°F or 180°C for about 18 minutes
- Let cool than remove

## **FUDGE FROSTING**

2 cups powdered sugar  
1/4 tsp salt  
1/8 cup Light Corn Syrup  
6 oz melted butter  
1/2 cup cocoa powder  
1/2 cup hot water about 140°F or 60°C (about as hot as the water in your house can go)  
Makes about 3 pounds

- Place the sugar, salt, cocoa powder and the corn syrup in the mixer bowl and blend
- Add the melted butter and continue to mix
- Add the hot water and mix until smooth, if too thick simple sugar solution can be used to thin the frosting
- Frost before the frosting cools

## **BASIC MERINGUE**

1 cup egg whites

1/2 cup sugar

Makes topping for 1 pie

- Place the egg whites into the mixer bowl and beat with the wire whisk
- Once the egg whites are at soft peaks add the sugar slowly
- Then top your pie
- The viscosity of the meringue can be determined by the amount of sugar, the more sugar the thicker the meringue the less sugar the softer the meringue

## **QUESADILLAS**

8 oz Mozzarella cheese

1 fired green pepper sliced

1 julianned onion

Shredded sautéed chicken (spiced with salt, pepper, cumin and curry)

TT salt

TT pepper

TT curry

TT cumin

- Fire the pepper and remove the skin and seeds
- Slice and sauté the onion in butter, curry, cumin, salt and pepper
- Sauté the chicken in butter, cumin and curry
- Shred the cheese in the Viking Professional slicer shredder attachment
- Butter one side of the tortilla and place it butter side down in the Viking non-stick pan
- Add a generous amount of cheese across the entire tortilla
- To one side add the onion, peppers and the seasoned chicken
- Using a spatula fold one side on top of the other
- Flip and serve

Attachment:

High-Speed Disc Slicer/shredder attachment

## **DOC'S KICK-IN SALSA**

4 Roma tomatoes-quartered  
TT Olive oil, salt, pepper  
1/2 Yellow onion quartered  
1 large jalapenos  
1 Serrano pepper  
2 Cloves Garlic  
TT Cilantro  
1/2 Lime

- Drizzle olive oil on tomatoes and onion and roast at 400°F or 204°C for about 15 minutes.
- Slice the jalapenos, Serrano, garlic, and cilantro and set to the side
- Once the tomatoes and onion are roasted dice the onion to the desired size and place the tomatoes and the garlic in the Colander/sieve and make a paste.
- Once the tomatoes are processed add all the ingredients except the lime.
- Mix thoroughly
- Add the lime and stir once more then serve.

Attachments:

Colander/sieve

## **BANANABERRY SMOOTHIE**

1/4 cup strawberries sliced  
1 banana sliced  
4 oz low-fat strawberry yogurt  
1 T honey  
1 cup of fresh orange juice  
4-6 large ice cubes or 1 1/2 to 2 cups of crushed ice  
Makes 3-4 drinks

- Place all the ingredients into the blender and mix until smooth
- Refrigerate or serve

Attachments:

Blender

## **MARGARITA**

6 limes

1/2 cup (4 oz) of tequila

2 T (1 oz) triple sec

2 cups ice

3/4 cup powder sugar

1/4 cup orange juice

- Juice the limes using the Viking professional juicer and reserve the juice
- Add the powdered sugar, tequila, triple sec, orange juice, lime juice, and ice.
- Blend until smooth and serve with a salted rim glass

## **QUESO CON CHORIZO (CHEESE DIP WITH CHORIZO)**

1/2 onion minced

2 garlic cloves minced

1/4 cup whipping cream

10 oz mozzarella cheese

TT chorizo

- Sauté onion until nice golden color then add the garlic and sauté for about 30 seconds
- Add the cream and cheese stir until melted then pour in serving dish
- Scatter chorizo on top of the dip
- Serve with Tostitos

Attachments:

High-Speed Disc Slicer/shredder

## **PASTA CON PIMENTOS ASADAS (PASTA WITH FIRED PEPPERS)**

1 roasted yellow pepper

1 roasted green pepper

1 tomato concassee

2 cloves garlic minced

Pasta

TT salt

TT pepper

TT olive oil

- Fire the peppers and concase the tomato. And set to the side
- In a fry pan heat enough oil to cover the bottom of the pan
- Add the garlic and sauté for about 30 seconds
- Add the peppers and the tomato to the oil

- Season with salt and pepper
- Add the pasta and toss until the pasta and the peppers are mixed
- Serve hot.

Attachments:

Pasta Maker

### **CHORIZO**

1 pound pork  
8 oz bacon  
1 clove garlic minced  
2 tsp cumin  
1 tsp cayenne  
1 tsp salt  
1 tsp paprika  
1 T red wine vinegar

- Grind the pork using the meat grinder attachment, course screen
- Grind the bacon and some of the pork with the fine screen.
- Add the remaining ingredients into the mixer bowl and mix using the "V" paddle
- Once incorporated, sauté the mixture in a pan until done  
(can make links or use casings)

Attachments:

Food grinder/stuffer

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[www.vikingrange.com](http://www.vikingrange.com)