



**KitchenAid®**

FOOD PROCESSOR  
**RECIPES**





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# AMARETTO AND CHOCOLATE PARFAIT

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add hazelnuts and chocolate to work bowl and process on high speed to chop. Remove from bowl and set aside. Add amaretti to work bowl and crumble on low speed.

Whisk egg yolks, sugar and liqueur together in a large bowl until light and fluffy. Whip egg whites with a stand or hand mixer until stiff peaks form.

Fold chopped hazelnuts, chocolate and cookies into egg yolk mixture. Fold in whipped egg whites and then gently fold in whipped cream.

Line a 9x5-inch loaf pan with plastic wrap and pour mixture in. Freeze for 2 to 3 hours to harden. To serve, remove parfait from pan, remove plastic wrap and slice. Serve slices with chocolate sauce if desired.

## INGREDIENTS

- ¾ cup hazelnuts
- ¾ cup 70% cacao dark chocolate, coarsely chopped
- 1 cup dried amaretti or crisp almond cookies
- 2 large egg yolks
- ⅔ cup sugar
- 2 tablespoons Amaretto liqueur (or other almond flavored liqueur)
- 2 large egg whites
- 1 cup whipped cream
- Chocolate sauce for serving

**MAKES 8-10 SERVINGS**

NUTRITION - 1 SERVING

301 calories	31g carbs	55mg cholesterol
17.4g fat	4g protein	72mg sodium





**MAKES 6 SERVINGS**

NUTRITION - 1 SERVING

420 calories	36g carbs	62mg cholesterol
26.8g fat	9g protein	927mg sodium

# CARMELIZED ONION AND GOAT CHEESE TART

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add flour, salt and cold butter to work bowl and pulse until mixture forms a coarse texture. Add sour cream and continue to PULSE until dough starts to come together. Transfer mixture to a lightly floured surface gently gather dough to form a disc. Wrap in plastic wrap and refrigerate 30 minutes.

Grease a 9-inch round loose bottom tart pan with cooking spray. Remove pastry from refrigerator and let stand for 5 minutes before rolling out. Turn dough onto a lightly floured surface and shape into a flat disc. Flour both sides of disc lightly and roll into a 12-inch circle. Ease dough into prepared tart pan. Trim edges, prick base 12 times and refrigerate for 30 minutes before baking.

Prepare onion filling while pastry is chilling. Exchange multi-purpose blade for slicing disc. Cut onions to fit feed tube and slice on high speed. Heat butter and oil in a large frying pan over medium heat and add sliced onions. Cook, stirring frequently for 20 to 25 minutes or until softened and caramelized. Stir in vinegars, sugar and salt and increase heat to medium high heat. Cook, stirring for 5 minutes or until all the liquid has evaporated and mixture is jammy and thick. Remove from heat and set aside.

Preheat oven and a large flat baking tray to 375°F. Cover pastry with parchment paper and fill halfway with baking beads or rice. Place on the hot tray. Bake for 15 minutes. Remove paper and beads and bake for 10 to 15 minutes more or until light golden. Spoon onion mixture into tart shell and top with thick slices of goat cheese. Scatter fresh thyme leaves over top and bake 15 minutes or until cheese is lightly golden. Cool in pan for 5 minutes, serve warm.

## INGREDIENTS

### PASTRY

- 1¼ cups all-purpose flour
- 1 teaspoon salt
- 7 tablespoons cold unsalted butter, cut into 1-inch cubes
- ¼ cup sour cream

### SALSA

- 4 medium yellow onions, peeled and halved
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 tablespoon red wine vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons brown sugar
- 1 teaspoon salt
- 1 (5 ounce) package soft goat cheese, thickly sliced
- Fresh thyme leaves



# CAULIFLOWER FRIED RICE WITH CRISPY PORK



Combine honey, 2 tablespoons soy sauce and 1 clove minced garlic in small bowl, set aside. Heat oil in large skillet over medium high heat. Add pork belly and fry until crisp and browned on both sides (turning just once), about 15 minutes. Drain fat from skillet. Pour soy sauce mixture into skillet with pork belly and cook until crisp, being careful not to burn. Remove from pan and set aside.

Attach multipurpose blade to KitchenAid® 7 Cup Food Processor. Place ½ of the cauliflower in work bowl and pulse 8 to 10 times until it resembles smallish grains of rice. Do not over process. Transfer to separate bowl and set aside. Repeat with remaining cauliflower. Place carrots and garlic in work bowl and pulse 4 to 5 times until roughly chopped. Toss with ginger and set aside.

Heat sesame oil in large skillet over medium heat. Add carrots, ginger, remaining 2 cloves garlic and miso to skillet and stir-fry until fragrant, about 5 minutes. Increase heat to high and add snow peas and cauliflower. Quickly stir-fry until cauliflower is soft and just beginning to brown, about 15 minutes. Make a well in center of skillet and pour in eggs. Cook, stirring often until eggs are completely cooked. Remove from heat and toss with remaining soy sauce, green onions and crisp pork belly. Top with chopped peanuts, if desired, and serve immediately.

## INGREDIENTS

- 2 tablespoons honey
- ¼ cup soy sauce, divided
- 3 cloves garlic, minced, divided
- 2 teaspoons vegetable or sunflower oil
- ½ pound pork belly, cut into 1-inch pieces
- 1 medium head cauliflower, stem removed and cut into 1-2-inch pieces, about 4 cups
- 2 carrots, peeled and cut into 1-inch pieces
- 1 1-inch piece of fresh ginger, minced
- 3 teaspoons sesame oil
- 1-2 teaspoons miso paste
- 1 cup snow peas
- 2 large eggs, beaten
- ¼ cup green onions, sliced
- 3 tablespoons soy sauce
- ½ cup chopped peanuts (optional)

### MAKES 4 SERVINGS

#### NUTRITION - 1 SERVING

330 calories	24g carbs	338mg cholesterol
18.9g fat	18g protein	1226mg sodium





# CAULIFLOWER RICE SALAD DUKKAH AND LABNEH

To make the Dukkah, place sesame seeds in a dry frying pan and heat over medium high heat for 1 to 2 minutes or until toasted and golden. Transfer to a plate. Add coriander seeds, cumin seeds and almonds into the same pan and continue toasting for 2 minutes (shake pan regularly to prevent burning) or until fragrant and almonds are lightly toasted. Add to sesame seeds and cool completely.

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add toasted spices and almonds to work bowl and pulse until finely chopped. Remove from bowl and set aside.

Attach clean work bowl and multipurpose blade to food processor and add half of cauliflower. Pulse until cauliflower is the size of a grain of rice. Transfer to a large salad bowl and repeat with remaining cauliflower. Toss with currents and green onions and mix well.

Add mint to work bowl and coarsely chop on low. Mix into salad along with  $\frac{3}{4}$  of the cooled Dukkah. Add garlic, lemon juice, vinegar, salt and oil to work bowl. Pulse 5 to 6 times to blend. Drizzle over salad and toss well. Serve immediately topped with a dollop of yogurt and remaining Dukkah.

## INGREDIENTS

- 1 tablespoon sesame seeds
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- $\frac{1}{4}$  cup whole almonds
- 1 whole cauliflower, trimmed and cut into large florets
- $\frac{1}{3}$  cup dried currents
- 2-3 green onions, thinly sliced
- 1 cup fresh mint
- 1 clove garlic, crushed
- 2 tablespoons lemon juice
- 2 tablespoons white wine vinegar
- 1 teaspoon sea salt
- 3 tablespoons olive oil
- 1 container (7 ounces) Greek yogurt or labneh

**MAKES 4-6 SERVINGS**

NUTRITION - 1 SERVING

190 calories	17g carbs	2mg cholesterol
11.4g fat	8g protein	446mg sodium





**MAKES 20-24 SERVINGS**

NUTRITION - 1 SERVING

166 calories	13g carbs	53mg cholesterol
8.3g fat	10g protein	175mg sodium

# CHICKEN EMPANADA

Attach multipurpose blade to KitchenAid® 7 Cup Food Processor. Place flour and salt in work bowl and pulse 3 to 4 times to combine. Add cubed butter and pulse 3 to 4 times. Drizzle egg and ¼ cup water over flour. Pulse until a coarse dough forms. Add remaining water, if necessary, to achieve texture. Knead on lightly floured surface about 1 minute until smooth. Divide into 2 pieces, wrap in plastic and chill 1 hour.

Attach clean multipurpose blade and work bowl to food processor. Add onion and garlic and pulse 4 to 5 times until chopped. Remove from bowl and set aside. Add chicken to work bowl and pulse 3 to 4 times to chop, but do not over process. Remove from bowl and set aside.

Heat olive oil in large skillet over medium heat. Add chopped onion and garlic and sauté 3 to 4 minutes or until beginning to brown. Add cumin, smoked paprika and bay leaf to skillet and continue cooking 1 minute. Add chopped chicken, tomato paste and chicken stock to skillet and simmer 3 to 4 minutes. Chicken mixture should be juicy. Stir in chopped cilantro. Transfer to bowl and chill at least 1 hour.

Preheat oven to 400°F. Roll out dough, 1 piece at a time, on lightly floured surface to ⅛-inch thickness. Cut dough into 4-inch rounds. Gather scraps and re-roll to get as many pieces as possible. Repeat with remaining ball of dough.

Place beaten egg white in small bowl. In a separate small bowl, beat whole egg with ½ teaspoon water. Place 1 heaping tablespoon of chicken filling in center of each dough round. Brush edge with egg white, fold over to create half moon shape and press edges to seal. Arrange on parchment lined baking sheet. Repeat with remaining dough. Use fork to crimp edges and brush empanadas with whole egg wash.

Bake until golden brown, about 20-25 minutes.  
Let cool slightly before serving.

## INGREDIENTS

### DOUGH

- 3 cups unbleached flour
- ½ teaspoon sea salt
- 10 tablespoons cold butter, cut into ½-inch cubes
- 1 large egg, beaten
- ¼-½ cup water

### CHICKEN FILLING

- ¾ cup onion, cut into quarters
- 2 cloves garlic
- 1 pound boneless skinless chicken breasts, cooked, cut into 2-inch pieces
- 1 tablespoon olive oil
- 2 teaspoons cumin
- 1½ teaspoons smoked paprika
- 1 bay leaf
- 3 tablespoons tomato paste
- 1 cup chicken stock
- ¼ cup fresh cilantro, chopped
- 1 large egg white, beaten
- 1 large egg





# CHINESE CABBAGE PORK DUMPLINGS

Attach multipurpose blade to KitchenAid®7-Cup Food Processor. Add flour and salt to work bowl and pulse 1 to 2 times to mix. With machine running on low, slowly add water through feed tube, processing until a smooth elastic dough forms. Wrap tightly in plastic wrap and let dough rest 10 minutes at room temperature.

Divide dough into approximately 50 small pieces, about 2 teaspoons each. Roll each piece into a thin circle on lightly floured surface. Cover and set aside.

Attach clean multipurpose blade and work bowl to food processor. Add half of cabbage and pulse until finely chopped. Transfer to a large colander. Repeat with remaining cabbage. Liberally salt cabbage and set aside to drain for 10 to 15 minutes. Squeeze or wring out excess moisture in a towel.

Add scallions and ginger to work bowl and pulse 5 to 6 times to mince. Scrape work bowl down, add pork and pulse until very finely chopped. Add cabbage, rice wine, sugar and salt, and process on low until well mixed.

To make dumplings, place about 1 tablespoon pork filling in the center of each wrapper. Dampen edge of wrapper with water. Fold over to form a half-circle and press to seal. Loosely pleat edges to finish forming dumpling. Repeat with remaining wrappers and filling.

Bring a large pot of water with a steamer insert to a boil. Steam dumplings in batches for 6 to 7 minutes or until cooked through. Serve immediately.

## INGREDIENTS

### DUMPLING WRAPPERS

- 2½ cups all purpose flour
- ¼ teaspoon salt
- ¾ cup water

### PORK STUFFING

- ½ pound Chinese or Napa cabbage, cut into 1-inch pieces
- 1 tablespoon sliced scallions
- 1 tablespoon coarsely chopped fresh ginger
- 1 pound pork sirloin, cut into 1-inch pieces
- 1 teaspoon rice cooking wine
- 1 teaspoon sugar
- 1 teaspoon salt

## MAKES 10 SERVINGS

### NUTRITION - 1 SERVING

170 calories	25g carbs	28mg cholesterol
1.1g fat	14g protein	329mg sodium



# CHINESE PEANUT BRITTLE

## PREHEAT OVEN TO 300° F

Line a large rimmed baking sheet with parchment paper. Place sesame seeds and peanuts on prepared sheet and bake 10 minutes or until golden brown. Set aside to cool.

Attach multipurpose blade to KitchenAid® 7-cup food processor. Add toasted sesame seeds and peanuts, process on low speed until chopped.

Line the bottom and sides of a 9x9-inch baking pan with parchment paper. Lightly spray with cooking spray. Combine sugar, water and maltose syrup in a heavy pot. Heat over medium heat to 266°F or hard ball stage on a candy thermometer. Quickly stir in chopped sesame seeds and peanuts and pour into prepared pan. Cool until set.

When cool, remove from pan and cut into bars. Cool completely and store in an air-tight container.

## INGREDIENTS

- 2/3 cup sesame seeds
- 1 1/4 cups sugar
- 1/2 cup water
- 2 3/4 cups blanched peanuts
- 6 tablespoons maltose syrup
- 1/2 teaspoon salt

## MAKES 8 SERVINGS

### NUTRITION - 1 SERVING

532 calories	53g carbs	0mg cholesterol
32.4g fat	16g protein	171mg sodium





**MAKES 8-10 SERVINGS**

NUTRITION - 1 SERVING

417 calories	30g carbs	108mg cholesterol
31.9g fat	6g protein	260mg sodium

# COCONUT GINGER CHEESECAKE

## PREHEAT OVEN TO 300° F

Line the base of an 8-inch spring-form pan with parchment paper. Grease the sides with a small amount of melted butter.

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add gingersnaps and process on high until cookies are finely crushed. Add coconut and process until well mixed. With processor running on low, pour melted butter through feed tube and process until well combined.

Transfer mixture to prepared pan and press down with a spoon or bottom of a glass to cover bottom and sides evenly. Refrigerate for 30 minutes.

Attach clean work bowl and multipurpose blade to food processor. Add cream cheese and process on low until smooth. With processor running on low, add eggs, one at a time through feed tube and continue to process until evenly mixed. Scrape work bowl down. Add coconut cream, sugar and ginger and process on low until well combined and smooth.

Place prepared pan with crust on a flat baking tray and pour in filling. Place in preheated oven, and bake for 15 minutes. Slide oven rack with tray out and quickly scatter candied ginger evenly around the pan. Push back in oven and bake 45 to 50 minutes or until cheesecake is just set, but the center is still slightly loose when shaken gently. Turn off oven and leave door ajar. Cool completely in oven, then refrigerate for at least 3 hours before serving.

## INGREDIENTS

### CRUST

- 1½ cups ginger snap cookies, broken in half
- ⅔ cup shredded coconut
- ¼ cup butter, melted, plus extra for greasing

### FILLING

- 13 ounces cream cheese, softened
- 3 large eggs
- 1 can (13.5 ounces) coconut cream, chilled
- ½ cup superfine sugar
- 2 teaspoons ground ginger
- 3 tablespoons candied ginger, chopped into a small dice





# COLESLAW WITH GRILLED CHEESE

Attach slicing disc to KitchenAid® 7-Cup Food Processor. Cut cabbage into pieces to fit feed tube. Process to slice into a coarse julienne texture. Transfer cabbage to a large serving bowl.

Turn slicing disc over to shredding side and attach to food processor. Cut carrots to fit feed tube and process to shred. Add carrots and half of chives to cabbage and toss well to mix.

Exchange shredding disc for multipurpose blade. Add remaining chives, yogurt, vinegar, mustard, mayonnaise, sugar, salt and pepper to work bowl. Process on low to blend. Pour dressing over cabbage mixture and toss well to mix.

Heat oil in a non-stick skillet over medium-high heat. Add cheese to skillet and cook several minutes on each side to brown. Serve immediately over slaw.

## INGREDIENTS

- 1 pound cabbage, trimmed
- 3-4 medium carrots, peeled
- 2 tablespoons chopped chives
- ¾ cup plain yogurt
- 1 tablespoon white wine vinegar
- 1 teaspoon mustard
- 3 tablespoons mayonnaise
- 1 tablespoon sugar
- Salt and pepper
- 1 tablespoon olive oil
- 4 slices Halloumi or other grilling cheese

**MAKES 4 SERVINGS**

### NUTRITION - 1 SERVING

268 calories	17g carbs	25mg cholesterol
17.7g fat	11g protein	642mg sodium





## CRISPY CHICKEN NUGGETS

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add chicken to work bowl and pulse until coarsely chopped. Add pepper, garlic powder, onion salt, and salt. Process on low until chicken forms a sticky smooth paste. Using wet hands, roll heaped tablespoons of chicken mixture into nugget shapes. Place on a plate and refrigerate for 15 to 20 minutes.

Assemble clean work bowl and multipurpose blade to food processor. Add flour, egg and water to work bowl and process on low until it forms a thick batter (consistency of pancake batter). Transfer to a bowl and place panko crumbs in a flat tray; set aside.

Dip cold nuggets into batter, and immediately roll in panko crumbs. Shake off any excess crumbs. Place on a plate.

Heat a large saucepan or wok with enough vegetable oil to come halfway up the sides over medium high heat until oil reaches 350°F. Cook chicken nuggets in batches of six for 3 to 4 minutes, turning over halfway through cooking time. Nuggets should be golden, crisp and cooked through. Drain on paper towels and serve immediately.

### INGREDIENTS

- 1 pound cold boneless skinless chicken breasts, cut into 1-inch pieces
- ½ teaspoon ground white pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion salt
- ½ teaspoon salt
- ½ cup all-purpose flour
- 1 large egg
- ¼ cup icy cold water
- 1½ cups panko crumbs
- Vegetable oil for deep frying

### MAKES 4 SERVINGS

#### NUTRITION - 1 SERVING

480 calories	33g carbs	124mg cholesterol
23.6g fat	32g protein	557mg sodium



# FISH TACOS, SLAW, & WATERMELON SALSA



## MAKES 8 SERVINGS

### NUTRITION - 1 SERVING

418 calories	58g carbs
20g fat	8g protein

Prepare the slaw, fit KitchenAid® 7 cup Food Processor with the shredding blade and load the feed tube with the cabbage and shred on high, continue with the carrots, radish and red onion. Put vegetables in a medium size bowl and ¼ cup of rough chopped cilantro and toss them together. In a separate bowl mix mayonnaise, the juice of half a lime, vinegar and sugar until well mixed. Pour mixture over slaw and stir together.

To prepare salsa, fit KitchenAid® 7 cup Food Processor with Multipurpose Blade and add serrano pepper, garlic and red onion, secure lid and pulse every few seconds until food is minced. Add cucumber and pulse until cucumber is in medium pieces. Add watermelon, mango and ¼ cup cilantro leaves and pulse just until pieces are small - do not over process or salsa will be too runny. Add juice of half a lime over salsa.

To prepare Poblano cream sauce, broil peppers until skins are black remove and discard skin and seeds. Fit KitchenAid® 7 cup Food Processor with Multipurpose Blade and add peppers, sour cream, garlic powder, onion powder, chipotle powder, ¼ cup cilantro leaves and juice of half of a lime, process on high until smooth.

Heat grill to high heat, season fish with chipotle powder, salt and pepper, coat with olive oil. Place fish on aluminum foil and cook approximately three minutes a side or until fish flakes apart. Remove from grill and break into medium size pieces and squeeze the juice of half a lime over fish.

To assemble tacos, use two shells for each taco add fish then slaw, serve salsa on the side, top with avocado slices, cilantro and creamy poblano pepper sauce.

## INGREDIENTS

2 pounds halibut fillets or mild white fish  
2 tablespoons Chipotle seasoning  
3 fresh limes, juiced  
Salt and pepper, to taste  
16 corn tortillas, steamed  
1 avocado, sliced

## SLAW

1 small cabbage, quartered  
2 large carrots, peeled  
½ small red onion  
8 radish  
¼ cup cilantro  
⅓ cup mayonnaise  
3 tablespoons apple cider vinegar  
1 tablespoon sugar

## SALSA

½ small watermelon, cut into large pieces  
1 serrano pepper  
½ small red onion  
½ cup cilantro  
½ mango, peeled  
½ english cucumber, cut into pieces  
2 cloves garlic  
salt and pepper, to taste

## POBLANO CREAM SAUCE

½ poblano pepper, roasted  
¼ cup cilantro  
1 cup sour cream  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1½ teaspoons chipotle powder  
salt and pepper, to taste





# FRUIT CARPACCIO WITH RICOTTA CREAM

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add ricotta, mascarpone, cherry juice, and pistachios to work bowl and process on low until well combined.

Whip egg whites and sugar with an electric mixer light until fluffy. Using a spatula, fold ricotta mixture into egg whites. Gently fold in whipped cream. Pour mixture into 6 individual molds and refrigerate for at least 1 hour.

Clean and peel fruits, if necessary. Attach clean work bowl and slicing disc to food processor. Slice fruit and arrange on serving plates. Unmold each ricotta cream on serving plate along side of sliced fruits.

## INGREDIENTS

- ¾ cup ricotta cheese
- ½ cup mascarpone cheese
- 1 teaspoon maraschino cherry juice, cherry juice or Kirsch
- ⅓ cups chopped pistachios
- 4 egg whites
- 4 tablespoons sugar
- ½ cup whipped cream
- 1 pound seasonal fruit (pineapple, mango, kiwi, strawberries, litchis, papaya, peaches)

**MAKES 4-6 SERVINGS**

### NUTRITION - 1 SERVING

241 calories	32g carbs	23mg cholesterol
9.3g fat	10g protein	128mg sodium



# GRATIN DAUPHINOIS

Attach slicing disc to KitchenAid® 7-Cup Food Processor. Slice potatoes. Remove from work bowl and set aside. Turn disc over to shredding side and attach to food processor. Shred cheese on low speed. Remove from bowl and set aside.

Heat milk to a simmer in a large pot over medium heat. Add  $\frac{3}{4}$  of cheese, cream, nutmeg, salt and pepper and stir well. Add potatoes and stir well. Cover and simmer for 20 minutes.

Preheat oven to 350°F. Rub the interior of a baking dish with garlic, then butter generously. Transfer potato mixture to baking dish. Sprinkle remaining Gruyère cheese and dot with butter. Bake in preheated oven for 1 hour, or until potatoes are tender and top has browned and crusted. Cool slightly before serving.

## INGREDIENTS

.....  
3½ pound potatoes, peeled  
¼ pound Gruyère cheese  
4 cups whole milk  
¾ cup heavy cream  
½ teaspoon freshly grated nutmeg  
salt and pepper to taste  
1 garlic clove  
¼ cup salted butter  
.....

**MAKES 4-6 SERVINGS**

NUTRITION - 1 SERVING

475 calories	51g carbs	75mg cholesterol
24.1g fat	15g protein	580mg sodium





**MAKES 8 SERVINGS**

NUTRITION - 1 SERVING

381 calories	47g carbs	171mg cholesterol
19.1g fat	7g protein	137mg sodium

# LEMON LIME TART

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add flour and confectioners sugar to work bowl. Pulse 2 to 3 times to mix. Add butter and pulse until mixture resembles fine breadcrumbs. Add egg yolk and 1 teaspoon of water and pulse until mixture just forms a ball. Add remaining water if necessary to bring mixture together.

Turn pastry onto a lightly floured surface and gently form a disc, making sure to not overwork. Wrap in plastic wrap and refrigerate for 20 minutes. Lightly grease a 10-inch round loose-bottomed tart pan. Roll pastry into a circle large enough to fit pan. Gently ease dough into tart pan and trim excess from edges. Prick base 12 times with a fork. Refrigerate for 30 minutes.

Preheat oven and large baking tray to 375°F. Cover pastry with parchment paper and fill halfway with baking beads or rice. Place on the hot tray and bake for 15 minutes. Remove paper and beads and bake for 10 to 15 minutes more or until light golden. Remove and set aside to cool. Reduce heat to 250°F (you may need to leave the oven door open for a few minutes to reduce the heat quickly).

Zest one lemon and lime. Whisk zest, lemon juice, lime juice, eggs, sugar and cream together taking care not to form any small bubbles. Strain filling through a fine mesh sieve into pastry shell. Bake for 30 to 35 minutes or until the filling has just set in the center but still wobbles slightly when gently shaken. Cool in pan and refrigerate until cold. Remove from pan before serving.

**INGREDIENTS**

**PASTRY**

- 1½ cups all-purpose flour
- 2 tablespoons sifted confectioners sugar
- ½ cup chilled unsalted butter, cut into small pieces
- 1 large egg yolk
- 1-3 teaspoons ice cold water

**FILLING**

- ⅓ cup fresh lemon juice (approx. 2 lemons)
- ⅓ cup fresh lime juice (approx. 4-5 limes)
- 5 large eggs
- 1 cup superfine sugar
- ¾ cup heavy cream

# MIDDLE EASTERN VEGGIE BURGER

Attach slicing disc to KitchenAid® 7 Cup Food Processor. Cut onion to fit feed tube and slice on high speed. Heat 2 teaspoons oil in 10-inch skillet over medium high heat. Add sliced onions and garlic, and cook until fragrant and beginning to brown. Remove from heat and let cool slightly.

Remove slicing disc from Food Processor and attach multipurpose blade. Add garbanzo beans, tahini and lemon juice to work bowl and process on high until smooth. Add cooked onions and garlic and pulse 4 to 5 times. Transfer mixture to large bowl. Add all remaining ingredients and stir to combine.

Using a ½-cup measure, form burger mixture into balls and place on parchment lined baking sheet. Place in refrigerator for 30 minutes, then press into ½-inch patties.

Heat remaining olive oil, ½ tablespoon at a time in large skillet over medium heat. Working in batches, cook burgers 3 to 4 minutes per side, until golden. Repeat with remaining patties.

Serve immediately on buns or in lettuce cups with any topping you like.

## INGREDIENTS

- 1 small white onion, cut in half
- 1 clove garlic, minced
- 4 teaspoons olive oil, divided
- 2 tablespoons tahini
- Juice from 1 lemon
- 1 can (15.5 ounces) garbanzo beans, drained
- ½ cup red quinoa, cooked
- ½ cup bulgur, cooked
- 2 teaspoons cumin
- ¼ teaspoon cayenne pepper
- 1 teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 2 tablespoons fresh parsley
- 2 tablespoons fresh cilantro
- 2 tablespoons fresh mint
- 1 large egg, beaten

## TOPPINGS (optional)

- Red onion
- Sliced avocado
- Feta cheese
- Sliced tomato
- Romaine lettuce

## MAKES 6 BURGERS

### NUTRITION - 1 BURGER

247 calories	34g carbs	27mg cholesterol
9.6g fat	8g protein	491mg sodium





**MAKES 3-4 SERVINGS**

NUTRITION - 1 SERVING

190 calories	26g carbs	0mg cholesterol
8.4g fat	5g protein	311mg sodium

## QUINOA SALAD WITH FRUITS & VEGGIES

Bring water to a boil in a saucepan over medium-high heat. Add quinoa, reduce heat and simmer for 15 to 20 minutes or until tender. Drain well and chill.

Attach slicing disc to KitchenAid® 7-Cup Food Processor. Slice red pepper, green pepper, yellow pepper, onion, red tomatoes, yellow tomatoes and radishes. Transfer sliced vegetables to a large serving bowl. Add cooked quinoa, grapefruit and pumpkin. Toss well to mix.

Exchange slicing disc for multipurpose blade. Add olive oil, lemon juice, salt, pepper and sugar to work bowl. Process on low to blend well. Pour dressing over quinoa mixture and toss to mix. Refrigerate for 30 minutes before serving.

### INGREDIENTS

- 2 cups water
- ½ cup quinoa, rinsed
- ½ red bell pepper, seeded and halved
- ½ green bell pepper, seeded and halved
- ½ yellow bell pepper, seeded and halved
- 1 small onion, peeled and halved
- 3 red cherry tomatoes
- 3 yellow cherry tomatoes
- 3 radishes, trimmed
- ½ grapefruit, peeled, sectioned and diced
- ¼ pound pumpkin, peeled, steamed and diced
- 2 tablespoons olive oil
- ½ lemon, juiced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon sugar



# RATATOUILLE WITH SAUSAGE AND TOMATO CREAM SAUCE

## PREHEAT OVEN TO 350° F

Fit KitchenAid® 7 cup Food Processor with slicing blade attach lid and secure in place, turn unit on high and feed eggplant, zucchini, summer squash, roma tomatoes and brussel sprouts into feed tube and use food pusher to slice all vegetables to turn unit off press high, keep brussel sprouts separated, put in two separate medium bowls and set aside. Fit KitchenAid® 7 cup Food Processor with shredding blade and shred mozzarella cheese on low, set aside.

Heat a saute pan and add sausage, cook thoroughly and remove from pan.

Add olive oil to 8" saute pan, diced red onion and asparagus, minced garlic and put into pan along with the brussel sprouts and cook on medium-high heat until vegetables are tender about 5 to 7 minutes. Add sausage to vegetables and add wine to deglaze the pan. Add tomato sauce, cream, basil, oregano and red pepper flakes and cook down until most of the liquid has reduced to half, about 15 minutes.

To assemble, put Italian sausage mixture in bottom of a heavy round casserole dish. Starting from the outside layer eggplant, zucchini, summer squash and tomatoes in a circular pattern over sausage mixture. Cover vegetables with cheese and bake for 20 minutes.

## INGREDIENTS

- 1/2 small eggplant, whole, cleaned and ends trimmed
- 1 medium zucchini, cleaned and ends trimmed
- 1 medium summer squash, cleaned and ends trimmed
- 3 medium roma tomato, cleaned and ends trimmed
- 8 brussels sprouts, cleaned and ends trimmed
- 1 small red onion, diced
- 5 cloves garlic, minced
- 10 stalks asparagus, tops and first two inches diced
- 2 tablespoons olive oil
- 1 pound sweet Italian sausage
- 1/4 cup white wine
- 15 ounces tomato sauce
- 1/2 cup basil, fresh, chopped
- 2 tablespoons oregano, chopped
- 1 teaspoon red pepper flakes
- 1 cup half-and-half
- 3/4 cup Mozzarella cheese, shredded
- 1/2 teaspoon salt
- 12 teaspoon ground black pepper

## MAKES 8 SERVINGS

### NUTRITION - 1 SERVING

177 calories	17g carbs	21mg cholesterol
10g fat	7g protein	391mg sodium





# ROASTED GARLIC CASHEW DIP

## PREHEAT OVEN TO 375° F

Wrap garlic in foil. Place on a baking tray and bake 35 to 40 minutes or until softened. Remove and cool completely.

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Cut top off garlic bulb and squeeze out roasted garlic into work bowl. Add half of cashews. Process on low until coarsely chopped. Add spinach and process on low until finely chopped. Scrape down work bowl.

Add basil and process on low until mixture begins to form a paste. With food processor running on low, add lemon juice, salt and oil through feed tube in a steady stream. Process until well blended. Add remaining cashews and pulse 4 to 5 times or until coarsely chopped and dip has thickened.

Transfer mixture to a serving bowl and serve fresh vegetables sticks or grilled flat bread.

## INGREDIENTS

- 1 large garlic bulb
- 1½ cups raw cashews
- 3½ cups baby spinach leaves
- 1 cup fresh basil leaves
- 2 tablespoons lemon juice
- 1 teaspoon sea salt
- ¼ cup olive oil

**MAKES 6-8 SERVINGS**

NUTRITION - 1 SERVING

209 calories	10g carbs	0mg cholesterol
17.8g fat	5g protein	305mg sodium

# ROOT VEGETABLE AND PANCETTA GRATIN

## PREHEAT OVEN TO 400° F

Fit KitchenAid® 7 Cup Food Processor with the slicing blade, take peeled celery root, sweet potatoes, russet potatoes, turnips and beets and load them in the feed tube and use the food pusher, turn unit to high to process all vegetables, when complete press high again and unit will turn off. Put all vegetables except for the beets into a large bowl and toss with a little olive oil, salt and pepper. Set beets on paper towels to release some of the dye so they don't bleed into the other vegetables.

In a skillet on medium heat with 1 teaspoon butter saute the pancetta, garlic and onion until the pancetta is crispy remove from heat and set aside.

Fit your KitchenAid® 7 Cup Food Processor with the shredding blade, put the parmesan and gruyere cheeses in the feed tube, turn unit on low and use the food pusher to shred all of the cheese and keeping them separated, when complete push low and unit will stop.

In a heavy sauce pan bring cream, stock, thyme, and gruyere to a simmer over medium heat; season with salt and pepper. Remove from heat, cover and keep warm.

Melt 3 tablespoons of butter in a bowl, add panko, parsley and parmesan cheese and cooked pancetta mixture, mix them well and set aside.

In a 2 quart baking dish that has been coated with the last tablespoon of butter, begin layering the vegetables in a random fashion evenly along the bottom. Make the first layer of vegetables approximately two rows deep. Then pour  $\frac{1}{3}$  of the cheese sauce over the vegetables. Add another layer of vegetables approximately two rows deep on top of the first layer. Pour another  $\frac{1}{3}$  of the cheese sauce over the vegetables. Layer remaining vegetables and four remaining sauce over the top. Cover top with panko pancetta mixture and cover with foil. Bake approximately 50 to 60 minutes or until vegetables are tender, take foil off last ten minutes so top turns golden brown.

## INGREDIENTS

- 1 pound celery root, peeled
- 1 pound sweet potatoes, peeled
- 1 pound russet potatoes, peeled
- 1 pound turnips, peeled
- $\frac{1}{2}$  pound beets, peeled
- 1 medium large yellow onion, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 1 cup pancetta, chopped
- $\frac{1}{3}$  cup butter, divided
- 1 cup parmesan cheese, shredded
- $\frac{1}{2}$  cups gruyere cheese, shredded
- 2 cups heavy cream
- $1\frac{1}{2}$  cups chicken stock
- 5 sprigs thyme, chopped
- 2 cups panko
- $\frac{1}{4}$  cup parsley, chopped
- 3 tablespoons olive oil
- salt and fresh ground pepper, to taste
- $\frac{1}{4}$  cup fresh chives, chopped

## MAKES 10 SERVINGS

### NUTRITION - 1 SERVING

557 calories	35g carbs	122mg cholesterol
38g fat	20g protein	1337mg sodium



# SHAVED BRUSSELS SPROUT FRITTATA

Attach slicing disc to KitchenAid® 7 Cup Food Processor. Slice mushrooms on low speed. Remove from work bowl and set aside. Slice Brussels sprouts on high speed. Remove and set aside.

Heat large, oven-safe skillet over medium heat. Crumble sausage into pan and cook 5 to 7 minutes until cooked through. Remove from skillet using slotted spoon, leaving juices in pan. Add leeks, mushrooms and Brussels sprouts to skillet and cook 7 to 8 minutes until tender and beginning to crisp. Return sausage to skillet and cook 1 additional minute.

Preheat broiler. In medium bowl, combine eggs, heavy cream, sea salt and black pepper. Pour egg mixture into skillet over medium heat and stir to combine with sausage and vegetables. Cook 4 to 5 minutes, tilting pan and lifting cooked mixture to let uncooked egg run to the bottom. When eggs are cooked and almost firm, remove from heat. Sprinkle goat cheese over top and broil 2 to 4 minutes until cheese begins to melt and top of frittata begins to brown.

Sprinkle with parsley and serve immediately.

## INGREDIENTS

- 1 cup whole mushrooms
- ½ pound Brussels sprouts, about 2 cups
- ½ pound Italian sausage
- ½ cups leeks, chopped - white and light green part only
- 8 large eggs, beaten
- ¼ cup heavy cream
- ½ teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 4 ounces goat cheese
- 2 tablespoons chopped fresh parsley

## MAKES 6 SERVINGS

### NUTRITION - 1 SERVING

346 calories	8g carbs	317mg cholesterol
25.2g fat	22g protein	859mg sodium



# SPRING ONION AND RAISIN STRUDEL

Attach slicing disc to KitchenAid® 7-Cup Food Processor. Cut onions to fit feed tube and process to slice on low speed. Heat olive oil in a skillet over medium heat. Add sliced onions and cook 2 to 3 minutes to soften. Remove from heat and set aside.

Whisk egg, cream and a pinch of salt together in a medium bowl. Add onions and stir well.

Preheat oven to 400°F. Roll pastry out on a lightly floured surface to form a 16 x 12-inch rectangle. Ease dough into a 14 x 6-inch rectangular tart pan allowing dough to overhang pan. Spread onion mixture down center of dough and sprinkle with raisins and pine nuts.

Fold dough from edges to meet in the center of the pan and press down lightly. Brush with a thin coat of milk. Bake for 30 minutes in preheated oven or until golden brown. Cool slightly before serving.

## INGREDIENTS

- 7-8 spring onions, trimmed (or 4-5 leeks)
- 2 tablespoons olive oil
- 1 egg
- ½ cup heavy cream
- salt
- 1 sheet puff pastry, thawed
- 2 tablespoons raisins
- 2 tablespoons pine nuts
- 1 tablespoon milk

**MAKES 4-6 SERVINGS**

NUTRITION - 1 SERVING

370 calories	24g carbs	50mg cholesterol
29.1g fat	5g protein	116mg sodium





# SWEET POTATO CARROT CAKE WITH CREAM CHEESE VANILLA BEAN FROSTING

## PREHEAT OVEN TO 325° F

Line bottom two 9" cake pans with parchment and spray with non-stick spray.

KitchenAid® 7 Cup Food Processor with shredding blade, secure lid, turn on high and put sweet potatoes and carrots into feed tube one at a time and use food pusher to shred, when complete press high and unit will turn off, set aside.

In the bowl of a KitchenAid® Stand Mixer with flat beater secured, add eggs, oil, vanilla and buttermilk and turn to speed 3, mix until incorporated, then add sweet potatoes and carrots and mix together.

In another bowl sift together flour, sugar, cinnamon, clove, ginger, baking soda, baking powder, salt and allspice. Slowly add dry ingredients to wet and mix by hand with spatula until all ingredients are incorporated.

Transfer batter to pans and bake for 25 to 30 minutes or until center is firm. Remove from oven and cool on rack.

To prepare frosting, add to KitchenAid® Stand Mixer with the wire whip attached butter, cream cheese, sour cream and vanilla place mixer on 6 whip until smooth, slowly add powdered sugar until frosting is smooth.

Fill layer with frosting and frost sides and top. Top with chopped walnuts if desired.

## INGREDIENTS

- 2 medium sweet potatoes, peeled and quartered
- 3 large carrots, peeled
- 4 large eggs
- 1 cup vegetable oil
- 1 cup buttermilk
- 2 teaspoons vanilla
- 2½ cups all purpose flour
- 1½ cups sugar
- 1 teaspoon cinnamon
- 1 teaspoon clove, ground
- 1 teaspoon ground ginger
- 1½ teaspoons baking soda
- 2½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon allspice

## FROSTING

- 2 sticks butter, room temperature
- 16 ounces cream cheese, room temperature
- ½ cup sour cream
- 1 whole vanilla bean, cut open and scraped
- 4 cups powdered sugar
- ½ cup chopped walnuts, Optional

## MAKES 1 CAKE

### NUTRITION - 1 SERVING

9604 calories	911g carbs	1902mg cholesterol
644g fat	95g protein	8110mg sodium

# TARTE À LA MOUTARDE

## PREHEAT OVEN TO 350° F

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add flour and butter to work bowl. Pulse until mixture resembles coarse breadcrumbs. Add cold water and process until dough forms a ball. Gather dough together and form a flattened disc. Wrap in plastic wrap and chill for 45 minutes.

Attach clean work bowl and shredding disc to food processor. Shred Gruyère cheese on low speed and set aside. Turn shredding disc over to slicing disc. Cut tomatoes to fit feed tube and process on low speed to slice.

Roll pastry out on a lightly floured surface to form a 16 x 8-inch rectangle. Ease dough into a 14 x 6-inch rectangular tart pan. Trim edges and brush dough liberally with mustard. Sprinkle with Gruyère cheese and arrange sliced tomatoes on top of cheese. Season with salt and pepper and drizzle with olive oil. Bake in pre-heated oven for 35 minutes or until golden brown. Cool slightly before serving.

## INGREDIENTS

- 1½ cups all purpose flour
- ½ cup salted butter
- ⅓ cup ice water
- ½ pound Gruyère cheese
- 3 tomatoes, cored
- ¼ cup Dijon mustard
- salt and pepper
- olive oil

## MAKES 4-6 SERVINGS

### NUTRITION - 1 SERVING

430 calories	29g carbs	75mg cholesterol
28.9g fat	15g protein	460mg sodium





# THREE BERRY CRUMBLE BARS

Preheat oven to 375°F. Line a 9x13-inch pan with parchment paper.

Attach multipurpose blade to KitchenAid® 7-Cup Food Processor. Add flour, sugar and salt to work bowl and pulse 2 to 3 times to combine. Add 1 cup cubed butter to flour mixture and pulse 5 to 6 times until mixture resembles coarse sand. Remove 1 ¼ cups of the mixture and set aside.

Press the remaining butter-flour mixture in prepared pan in an even layer. Bake 12-14 minutes until beginning to brown. Remove from oven.

While crust is baking, place reserved butter-flour mixture back into work bowl. Add rolled oats, almonds and brown sugar and pulse 2 to 3 times. Add remaining 2 tablespoons cold butter and pulse 2 to 3 times until crumble is pea sized. Transfer to separate bowl and keep in refrigerator until ready to use.

Place all berries, raspberry jam and lemon juice in work bowl. Pulse 3 to 4 times to lightly mash. Spread the berry mixture evenly over warm crust. Pinch some of the topping together to make larger chunks and sprinkle over the berry layer. Return to oven and bake 20 to 25 minutes until bubbly and golden brown.

Cool completely before cutting into squares.

## INGREDIENTS

- 2½ cups unbleached flour
- ⅔ cups sugar
- ½ teaspoon salt
- 1 cup + 2 tablespoons cold butter, cubed and divided
- ½ cup rolled oats
- ½ cup slivered almonds
- ¼ cup light brown sugar
- ½ cup fresh raspberries
- ½ cup fresh blueberries
- ½ cup fresh strawberries, sliced
- ¼ cup raspberry jam
- 1 tablespoon lemon juice

**MAKES 24 SERVINGS**

### NUTRITION - 1 SERVING

181 calories	23g carbs	23mg cholesterol
9g fat	2g protein	119mg sodium

# TUSCAN BEAN AND PUMPKIN SOUP



**MAKES 8 SERVINGS**

NUTRITION - 1 SERVING

162 calories	26g carbs	0mg cholesterol
4.1g fat	6g protein	848mg sodium

To make pesto: attach multipurpose blade to KitchenAid® 7 Cup Food Processor. Place walnuts and garlic in work bowl and pulse 3 - 4 times until finely chopped. Remove walnuts into separate bowl. Add parsley and pulse until finely minced. Return chopped walnuts and garlic to work bowl and pulse 2 to 3 times to combine. With Food Processor running on low speed, pour olive oil into narrow feed tube so oil slowly drizzles into pesto. Transfer pesto to medium bowl and stir in Parmesan cheese and black pepper to taste. Set aside until ready to use. Can be made 2 days ahead and stored in refrigerator.

Clean work bowl of Food Processor and attach multipurpose blade. One at a time, process carrots, celery, onion, potatoes and garlic pulsing 3 to 4 times to coarsely chop. Heat olive oil in large stock pot over medium heat. Add carrots, celery, onion and garlic and sauté 2 to 3 minutes. Add cannelli beans and enough water to cover and simmer about 15 minutes until potatoes are cooked. Let cool slightly then puree ½ of the soup base in food processor. Return to pot. Wipe out bowl of processor and add pumpkin, pulsing 3 to 4 times to roughly chop. Add chopped pumpkin, tomatoes, vegetable stock, rosemary, bay leaf and salt. Simmer over low heat until pumpkin is tender, about 15 minutes. Add chard and cook 2 to 3 minutes. Stir in parsley and season with black pepper to taste. Pour soup into bowls and top with a 1 to 2 teaspoons of the Parsley Pesto.

## INGREDIENTS

### PARSLEY PESTO

- ½ cup walnuts
- 2 cloves garlic
- 4 cups fresh Italian parsley
- ½-¾ cup olive oil
- ½ cup grated Parmesan cheese
- ½ teaspoon fresh ground black pepper

### SOUP

- 2 carrots, peeled and cut into 1-inch sections
- 1 rib celery, cut into 1-inch sections
- 1 medium onion, cut into wedges
- 2 small redskin potatoes, peeled and cut into quarters
- 2 cloves garlic
- 2 tablespoons olive oil
- 2 cans (15.5 ounce) cannelli beans, drained and rinsed
- 1½ cups pumpkin, peeled and cut into 2 inch chunks (can substitute butternut squash)
- 1 can (14.5 ounce) chopped tomatoes
- 2-3 cups vegetable stock or water
- 1 sprig rosemary
- 1 bay leaf
- 1 teaspoon sea salt
- 1 bunch Swiss chard, thinly sliced
- 3 tablespoons fresh parsley
- Freshly ground black pepper to taste



# VEGETABLE FRITTERS WITH AVOCADO BLUE CHEESE DIP



**MAKES 12 SERVINGS**

NUTRITION - 1 SERVING

149 calories	12g carbs	57mg cholesterol
10g fat	4g protein	278mg sodium

To prepare fritters, fit KitchenAid® 7 Cup Food Processor with shredding blade, attach lid turn unit on high and one at a time feed carrots, potatoes, turnip, onion, sweet potato and zucchini in feed tube and press through with food pusher, when complete press high and unit will shut off. Empty vegetables into clean dish towel and wring all of the water of the vegetables and put in medium size bowl and add eggs, flour, thyme, rosemary, 1 ½ tsp salt, ½ tsp pepper and cayenne, mix well until combined.

To prepare dip, fit KitchenAid® 7 Cup Food Processor with bowl and Multi Purpose Blade, add yogurt, blue cheese, avocado, lemon juice, dill, salt and pepper to taste, secure lid and turn on high until smooth.

Heat olive oil in a heavy saute pan to medium-high heat and make 12 round patties about 3" in diameter and fry about three minutes per side in batches until golden brown. Serve with dip on the side.

## INGREDIENTS

- 2 carrots, peeled
- 2 potato, peeled
- 3 cloves garlic, peeled
- 1 small turnip, peeled
- 2 medium zucchini
- 1 small onion, peeled
- 1 medium sweet potato, peeled
- 3 large eggs, beaten
- ¾ cup all purpose flour
- 1 tablespoon thyme, divided
- 1 tablespoon rosemary, divided
- ½ teaspoon salt, divided
- 1 teaspoon pepper, divided
- ½ teaspoon cayenne

## DIP

- 1 cup Greek yogurt
- ½ cup blue cheese
- ½ teaspoon salt
- 1 small avocado, ripe
- 1 tablespoon lemon juice
- ½ teaspoon dill
- 4 tablespoons olive oil

# YUNNAN STYLE PIE WITH FRIED PORK, TOMATOES, AND CHILI



**MAKES 6-8 SERVINGS**

NUTRITION - 1 SERVING

336 calories	28g carbs	94mg cholesterol
20.3g fat	11g protein	900mg sodium

Attach multipurpose blade to KitchenAid® 7-Cup food processor. Add flour, butter and salt to work bowl and pulse until mixture resembles coarse crumbs. Add egg and water and pulse until mixture forms a soft dough. Gather dough into a flattened disc. Wrap in plastic wrap and refrigerate 1 hour.

Prepare pork filling while dough is chilling. Attach clean multipurpose blade and work bowl to food processor. Add long pepper, garlic, Thai chili, and ginger to work bowl. Pulse to finely chop. Remove from bowl and set aside. Add tomato and puree on low speed. Remove from bowl and set aside. Add pork shoulder and pulse to finely chop. Remove from bowl and set aside.

Heat oil in a wok or large skillet over medium heat. Add chopped pork, Sichuan powder and salt. Increase heat to high and fry until browned and slightly crispy. Add chopped chili mixture and cook 1 to 2 minutes. Add pureed tomatoes and sugar, and cook until sauce has reduced and thickened. Remove from heat and cool.

Preheat oven to 400°F. Roll dough on lightly floured surface. Cut with 3-inch round cutter. Gather scraps and re-roll and cut to make approximately 30 rounds.

Place about 1 tablespoon cooled filling in the center of each dough round. Sprinkle Parmesan cheese on top. Fold over and brush edges lightly with water. Press to seal and crimp with a fork. Place formed pies on parchment lined baking sheets. Brush lightly with beaten egg.

Bake in preheated oven for 20 to 25 minutes, or until pies are slightly puffed and golden brown. Remove and cool slightly before serving.

## INGREDIENTS

### PIE PASTRY

- 2 cups all-purpose flour
- 9 tablespoons chilled butter, cut into small pieces
- ½ teaspoon salt
- 1 tablespoon water
- 1 large egg, beaten

### PORK FILLING

- 1 long hot pepper
- 2 cloves garlic
- 3 Thai chilies
- 1 tablespoon coarsely chopped peeled ginger
- 1 large tomato, quartered and seeded
- ½ pound pork shoulder
- 1 tablespoon vegetable oil
- ½ teaspoon Sichuan pepper powder
- 2 teaspoons salt
- ½ teaspoon sugar
- 3 tablespoons grated Parmesan cheese
- 1 large egg, beaten



# ZUCCHINI PANCAKE



Attach shredding disc to KitchenAid® 7-Cup Food Processor. Cut zucchini to fit feed tube and process to shred. Transfer zucchini to a large bowl, sprinkle liberally with salt and set aside for 10 to 15 minutes. Drain well in a colander, pressing to remove excess liquid.

Whisk eggs, flour and sesame oil together in a large bowl. Stir in zucchini.

Heat vegetable oil in a large skillet over medium heat. Fry zucchini batter, forming 1/3 cup patties, until golden brown and cooked through on both sides. Transfer to serving platter and keep warm until all batter is used.

## INGREDIENTS

- 1 large zucchini
- salt
- 2 large eggs
- 1 cup all purpose flour
- ½ teaspoon sesame oil
- 2 tablespoons vegetable oil

**MAKES 10 SERVINGS**

NUTRITION - 1 SERVING

90 calories	11g carbs	33mg cholesterol
4.1g fat	3g protein	248mg sodium





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