

Dijon Vinaigrette Dressing

Makes: 4 servings

Portion Size: 1/2 cup (120 ml)

Prep Time: 5 min.

Ingredients:

2 cloves garlic, minced

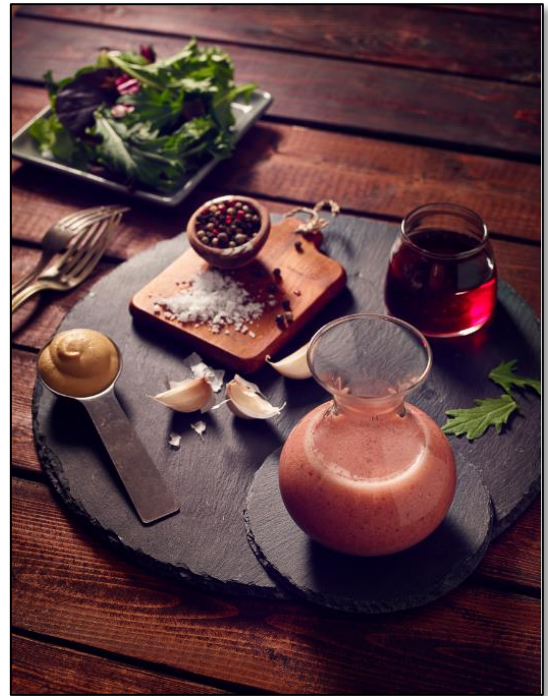
1/4 cup (60 ml) red wine vinegar

1 tablespoon (15 ml) Dijon mustard

1/4 teaspoon (1 ml) salt

1/8 teaspoon (.5 ml) pepper

1/4 cup (60 ml) light olive oil or canola oil



Directions:

Using the KitchenAid® 5 Cup Food Chopper, insert the whisk accessory into the work bowl. Adjust lever to puree mode.

Add minced garlic, red wine vinegar, Dijon, salt and pepper to the work bowl.

Secure lid and pulse 4 times to combine ingredients.

While pressing the start/pulse button, pour the oil through the drizzle basin, allowing it to stream into the bowl of the Food Chopper and emulsify the dressing. About 30 seconds. Dressing will look creamy.

Refrigerate unused dressing for up to 5 days.

Herbed Citrus Vinaigrette Dressing

Makes: 4 servings

Portion Size: 1 cup (250 ml)

Prep Time: 7 min.

Ingredients

1/4 teaspoon (1 ml) dried basil

1/2 teaspoon (3 ml) dried oregano

1/4 teaspoon (1 ml) salt

1/4 cup (60 ml) fresh orange juice

1/4 cup (60 ml) lime juice

1 tablespoon (15 ml) honey

1/2 cup (125 ml) light olive oil or canola oil

Directions:

Using the KitchenAid® 5 Cup Food Chopper, insert the whisk accessory into the work bowl. Adjust lever to puree mode.

Add basil, oregano, salt, orange juice and lime juice to the work bowl.

Secure the lid and pulse 4 times to combine ingredients.

While pressing the start/pulse button, pour the oil through the drizzle basin, allowing it to stream into the bowl of the Food Chopper and emulsify the dressing. About 30 seconds.

Unused dressing can be stored in refrigerator for up to 5 days.

Mayonnaise

Makes: 6-8 servings

Portion Size: 1 1/4 cups

Prep Time: 5 min.

Ingredients:

1 large egg, room temperature

1/2 teaspoon (2 ml) salt

1 tablespoon (15 ml) Dijon mustard

1 tablespoon (15 ml) white wine vinegar

1 teaspoon (5 ml) granulated sugar

1 cup (240 ml) light olive oil, canola or safflower oil.



Method of Preparation:

Using the KitchenAid® 5 Cup Food Chopper, insert the whisk accessory into the work bowl. Adjust lever to puree mode.

Add large egg, salt, Dijon, white wine vinegar and sugar to the work bowl.

Secure the lid and process for 20 seconds.

Add the oil through the drizzle basin, continuing to pulse for 3 minutes until all the oil is used and the ingredients are combined. Mixture will be creamy.

Mayonnaise can be stored in an airtight container and refrigerated for 5 days.

Meringues

Makes: 20 cookies

Portion Size: 2 cups

Prep Time: 10 min.

Cook Time: 1 hour

Ingredients:

3 large egg whites at room temperature

1/8 teaspoon (.5 ml) salt

1/4 teaspoon (1 ml) cream of tartar

3/4 cup (96 g) powdered sugar

1/2 teaspoon (2.5 ml) vanilla extract

Optional- food coloring, icing, sanding sugar or sprinkles.



Method of Preparation

Preheat the oven to 250°F / 120°C, and line a baking sheet with parchment.

Using the KitchenAid® 5 Cup Food Chopper, insert the whisk accessory into the work bowl. Adjust lever to puree mode.

Add egg whites and salt to the work bowl and secure the lid. Process for 15 seconds to form a froth. Add cream of tartar, and process again for 15 seconds. Add half the powdered sugar and process another 15 seconds. Add remaining powdered sugar and vanilla, and continue processing for 5 full minutes or until stiff peaks form. Meringue will cling to a spoon when held upside down.

Add meringue to a piping bag or drop spoonfuls onto prepared cookie sheets. Bake 1 hour, turn off oven and allow to stand in the oven another 1 hour.

Chefs note - for colored cookies, add a drop of food coloring to mixture once it's formed the peaks. Cookies can be dipped in chocolate or icing and decorated with sanding sugar or sprinkles.

Pancakes

Makes: 16 pancakes

Prep Time: 5 min.

Cook Time: 15 min.

Ingredients:

1 cup (125 g) all-purpose flour

2 tablespoons (25 g) sugar

2 teaspoons (10 g) baking powder

1/4 teaspoon (1 ml) salt

1 large egg

1 cup (240 ml) skim milk

2 tablespoons (30 ml) canola oil



Method of Preparation

Using the KitchenAid® 5 Cup Food Chopper, insert the whisk accessory into the work bowl. Adjust lever to puree mode.

Add flour, sugar, baking powder and salt to the work bowl.

Secure lid and puree for a full 30 seconds to combine the dry ingredients. Add the egg, milk and oil. Puree for another 30 full seconds to thoroughly combine all ingredients.

In large non-stick skillet over medium heat, lightly spray with cooking oil or add a pat of butter to slightly coat pan. Add 2 tablespoons of batter at a time, creating 3" circles.

Cook for 3 minutes, batter will create bubbles, flip and cook another 2 minutes, until pancakes are golden brown.