



**KitchenAid**<sup>®</sup>

METAL FOOD GRINDER  
**RECIPES**



## METAL FOOD GRINDER — RECIPES —

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# BANGERS & MASH



**MAKES 4 TO 6 SERVINGS**

**NUTRITION - 1 SERVING**

816 calories	45g carbs	165mg cholesterol
55.9g fat	34g protein	1110mg sodium

Prep Time  
45 minutes

Cook Time  
15 minutes

Place pork, beef and pork fat on parchment lined baking sheet and freeze 20 minutes. Season with salt and pepper. Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind pork, beef, pork fat, garlic, mushrooms, parsley and thyme. Remove food grinder attachment and attach flat beater and mixer bowl to mixer. Add white wine, turn to Stir speed and mix 1 minute.

Attach sausage stuffer with large stuffing tube to mixer. If using natural casings, soak in cold water for 30 minutes, then rinse thoroughly. Grease sausage stuffer tube and slide casings on tightly and tie off end. Turn mixer to speed 4 and slowly feed ground pork mixture into hopper using food pusher. Hold tied end of casing in one hand and guide pork mixture as it fills casing. Do not pack too tightly into casing; twist and shape sausages into 3 to 4-inch links as you go. Separate sausages and refrigerate until ready to use.

To cook sausages, heat olive oil in large skillet over medium high heat. Cook half of the sausage links and save remaining links for another use. Add sausages and brown on all sides. Reduce heat to low and cook 15 to 20 minutes or until cooked through. Keep warm.

Place potatoes in a large pot and cover with water by 1 inch. Bring to boil, reduce heat and simmer until pierced easily with a fork, about 25 minutes. Drain and cool slightly.

Attach clean food grinder with fine grinding plate to mixer. Position mixer bowl under attachment, turn to Speed 4 and grind potatoes. Remove food grinder and attach flat beater and bowl to mixer. Add half and half, butter, sea salt and pepper. Turn to Stir speed and mix just until blended. Keep warm.

To make gravy, heat oil and butter in large skillet on low heat. Add onion and cook 10 minutes, or until beginning to caramelize. Stir in flour and cook 2 to 3 minutes, stirring constantly until flour is golden. Add sugar, red wine vinegar and stock. Simmer until thickened, about 8 to 10 minutes. Season with salt and pepper. Serve immediately with sausages and potatoes.

**INGREDIENTS**

**SAUSAGE**

- 1¼ pounds pork shoulder, cut into 1½ inch pieces
- 1¼ pounds beef chuck, cut into 1½ inch pieces
- ½ pound pork back fat
- 1 teaspoon fresh ground black pepper
- 2½ teaspoons sea salt
- 3 cloves garlic
- 1 cup baby bella mushrooms, trimmed and quartered
- 2 teaspoons chopped fresh parsley
- 2 teaspoons chopped fresh thyme
- 2 tablespoons white wine
- Natural or synthetic sausage casings, about 6 feet
- 2 teaspoons olive oil

**MASH**

- 1½ pounds potatoes, peeled and quartered
- ¼ cup half and half
- ¼ cup butter, cubed
- ½ teaspoon sea salt
- ½ teaspoon fresh black pepper

**ONION GRAVY**

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 medium sweet onion, thinly sliced
- 4 tablespoons unbleached flour
- ½ teaspoon sugar
- 1 teaspoon red wine vinegar
- 2 cups beef stock
- Sea salt and fresh ground pepper



# BOLOGNESE RAGU

Place beef and pork on parchment lined baking sheet and freeze 20 minutes. Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind beef and pork.

Heat olive oil and butter in large pot over medium heat. Add onions, carrots and celery. Cook, stirring frequently until soft and beginning to brown. Season with salt and pepper and continue cooking on low for 10 to 15 minutes longer.

Increase heat to medium and add beef, pork and pancetta to pot and cook until browned, about 10 to 15 minutes. Add tomatoes and wine and bring to a simmer, scraping up browned bits from bottom of pan. Stir in tomato paste. Reduce heat to low and simmer 1 hour.

Warm milk in small saucepan over medium heat and slowly add to sauce. Continue simmering 5 to 10 minutes, adding stock 2 tablespoons at a time if needed, until sauce reaches desired consistency. Can be made up to 2 days ahead.

Serve warm sauce immediately with freshly cooked pasta and grated Parmesan cheese.

## INGREDIENTS

- 1 pound beef chuck roast, trimmed and cut into 2 inch pieces
- ¾ pound pork shoulder trimmed and cut into 2 inch pieces
- ¼ cup olive oil
- 2 tablespoon butter
- ½ cup finely chopped yellow onion
- ½ cup peeled and finely chopped carrots
- ½ cup finely chopped celery
- 1 teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 4 ounces pancetta, chopped
- 1 can (14.5 ounces) whole peeled tomatoes, pureed in blender
- ½ cup dry red wine
- 3 tablespoons tomato paste
- ½ cup whole milk
- 1 cup beef stock (if needed)
- 1 pound tagliatelle, cooked
- Freshly grated Parmesan cheese

### MAKES 4 TO 6 SERVINGS

#### NUTRITION - 1 SERVING

531 calories	28g carbs	135mg cholesterol
25.9g fat	47g protein	627mg sodium

Prep Time  
25 minutes

Cook Time  
1 hour 30 minutes



# BUTTERNUT SQUASH GNOCCHI

Heat oven to 425° F. Toss butternut squash and potato with 1 to 2 tablespoons olive oil. Season with ½ teaspoon salt and black pepper. Arrange on baking sheet along with whole head of garlic and drizzle garlic with remaining olive oil. Place in oven and roast until vegetables are pierced easily with a fork, about 20 minutes. Remove from oven and let cool. When garlic is cool enough to handle, squeeze cloves from head.

Attach KitchenAid® Metal Food Grinder Attachment with fine grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind squash, potato and garlic. Remove food grinder and attach flat beater and mixer bowl to mixer. Add egg yolk, ¼ cup Parmesan cheese and remaining salt to squash-potato mixture. Turn to Stir speed and gradually add flour, ¼ cup at a time, until dough holds together and is almost smooth. Add more flour, 1 tablespoon at a time if dough is sticky.

Turn dough onto lightly floured surface and knead gently a few times. Divide into 6 equal pieces. Roll each portion of dough into a ½-inch thick rope. Cut rope on an angle into 1-inch pieces. Transfer to parchment lined baking sheet and repeat with remaining dough. Flatten gnocchi slightly with floured fingers. Cover and let rest in refrigerator 1 hour.

Bring large pot of salted water to a boil over high heat. Cook gnocchi in batches for 14 to 16 minutes. Stir occasionally to keep gnocchi from sticking to bottom of pan. Gnocchi is cooked when it floats to the surface. Remove with a slotted spoon, drain in colander, and transfer to a baking sheet in a single layer. Repeat with remaining gnocchi.

Melt butter in large skillet over medium heat until bubbly. Add dried chili and sage. Cook until butter begins to turn golden, 3 to 5 minutes. Add cooked gnocchi to skillet and toss. Season with sea salt and black pepper, if desired. Serve immediately with parsley and remaining Parmesan cheese.

## INGREDIENTS

- 1 medium butternut squash, peeled and cut into 2 inch pieces (about 2½ cups)
- 1 large russet potato, peeled and cut into 2 inch pieces (about 1½ cups)
- 1½ teaspoons sea salt, divide
- ½ teaspoon fresh ground black pepper
- 1 head garlic, top ¼ trimmed off
- 2-3 tablespoons olive oil
- 1 large egg yolk, beaten
- ½ cup grated Parmesan cheese, divided
- 1½ cups unbleached flour
- 4 tablespoons butter
- ½ teaspoon crushed dried red chili
- 6-7 fresh sage leaves, chopped
- 1 tablespoon fresh parsley, chopped

### MAKES ABOUT 4 SERVINGS

#### NUTRITION - 1 SERVING

521 calories	67g carbs	87mg cholesterol
23.6g fat	12g protein	1215mg sodium

Prep Time  
1 hour

Cook Time  
45 minutes

# FALAFEL

Combine tahini, garlic, lemon juice, salt and parsley in medium bowl. Add just enough warm water to make the sauce a smooth consistency. Set aside until ready to use. Can be made one day ahead and stored in refrigerator.

Attach KitchenAid® Metal Food Grinder Attachment with medium grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind chickpeas, onion and garlic. Remove food grinder and attach flat beater and mixer bowl to mixer. Add salt, chili flakes, cumin, baking powder, flour, parsley and cilantro. Turn to Stir speed and mix until combined, about 30 seconds. Cover and chill 1 hour.

Form falafel mixture into 20 disks about 2-inches in diameter. Heat thin layer of oil in large cast iron skillet over medium high heat. Working in batches, cook falafel 2 to 3 minutes per side until browned and crisp.

Serve immediately with tahini sauce, onions, tomatoes, cucumber and pita.

## INGREDIENTS

### TAHINI SAUCE

- ½ cup tahini
- 1 clove garlic, minced
- 2 teaspoons fresh lemon juice
- ¼ teaspoon sea salt
- 1 tablespoon fresh minced parsley
- Warm water

### FALAFEL

- 2 (15 ounce) cans chickpeas, drained and rinsed
- ½ large onion, roughly chopped (about 1 cup)
- 5 cloves garlic
- 1½ teaspoons salt
- 1 teaspoon red chili flakes
- 2 teaspoons cumin
- 2 teaspoons baking powder
- ½ cup all-purpose or oat flour
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- Canola oil for frying
- Diced onion, tomato and cucumber for garnish
- Pita bread

## MAKES 4 TO 6 SERVINGS

### NUTRITION - 1 SERVING

304 calories	71g carbs	0mg cholesterol
32.1g fat	23g protein	1509mg sodium

Prep Time  
20 minutes

Cook Time  
25 minutes

# FRIKADELLER – DANISH PORK MEATBALLS



## MAKES 5 TO 6 SERVINGS

### NUTRITION - 1 SERVING

364 calories	21g carbs	135mg cholesterol
38.8g fat	41g protein	893mg sodium

Prep Time  
20 minutes

Cook Time  
45 minutes

Place pork on a parchment lined baking sheet and freeze 20 minutes. Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind pork. Remove food grinder and attach flat beater and mixer bowl to mixer. Add milk, oats, panko, eggs, onion, salt and pepper. Turn to Stir speed and mix until combined, about 30 seconds. Cover and chill 45 minutes.

For each meatball, scoop 2 tablespoons pork mixture and roll into a ball with damp hands. Place on parchment lined baking sheet and flatten slightly.

Heat ½ of olive oil and ½ of butter in large skillet over medium-high heat. Working in batches, fry meatballs until cooked through and crispy crust forms on each side, about 10 minutes, adding remaining olive oil and butter as needed. Keep warm.

Heat two tablespoons olive oil in the same pan used for meatballs. Add onion and cook until softened, about five minutes. Add flour and whisk 1 to 2 minutes on medium low heat. Whisk in tomato paste, red wine, beef stock and Worcestershire sauce. Bring to a low simmer and cook 5 to 10 minutes, or until thickened. Stir in heavy cream and red currant jelly. Heat through and serve immediately with Frikadeller and boiled potatoes.

## INGREDIENTS

### MEATBALLS

- 2 pounds pork shoulder, cut into 2 inch pieces
- ½ cup whole milk
- ½ cup oats
- ½ cups panko or breadcrumbs
- 2 large eggs
- ½ cup finely chopped onion
- 1½ teaspoons sea salt
- Fresh ground black pepper
- 1 tablespoon olive oil, divided
- 1 tablespoon butter, divided

### RED WINE GRAVY

- 2 tablespoons olive oil
- ½ onion, small diced
- 4 tablespoons all-purpose flour
- 1 tablespoons tomato paste
- ¾ cup red wine
- 2 cups beef stock
- ½ teaspoon Worcestershire sauce
- 1 tablespoon heavy cream
- 2 teaspoons red currant jelly
- Sea salt and fresh ground pepper
- Boiled potatoes

# SALMON BURGER WITH MANGO AVOCADO SALSA



Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position a medium bowl under attachment. Turn to Speed 4 and grind mango and jalapeño. Gently stir in remaining salsa ingredients. Refrigerate until ready to use. Can be made 2 hours ahead.

Place salmon on a parchment lined baking sheet and freeze 20 minutes. Attach clean food grinder to stand mixer with coarse grinding plate. Position mixer bowl under grinder, turn to speed 4 and grind salmon. Remove food grinder and attach flat beater and mixer bowl to mixer. Add red onion, egg, mustard, lemon zest, salt and black pepper. Using a ½-cup measure, shape into 4 (½-inch thick) patties. Place on parchment lined baking sheet and chill 10 minutes.

Heat 1 tablespoon oil in large skillet over medium high heat. Cook salmon burgers in batches, 3 to 4 minutes per side until cooked through, adding remaining oil as needed. Serve immediately on toasted buns or in lettuce cups with mango avocado salsa.

## INGREDIENTS

### MANGO AVOCADO SALSA

- 1 cup peeled and cubed mango
- 1 jalapeño pepper, seeded & quartered
- 1 avocado, peeled and diced
- ¼ cup finely chopped red onion
- ¼ cup cilantro, chopped
- ½ teaspoon sea salt
- Juice of 1 lime

### SALMON BURGERS

- 1 pound salmon, skin removed, cut into 2 inch pieces
- ⅓ cup finely chopped red onion
- 1 large egg, beaten
- 1 tablespoon horseradish or  
– Dijon mustard
- 3 teaspoons lemon zest
- 1 teaspoon sea salt
- 1 teaspoon fresh ground black pepper
- 1-2 tablespoons olive oil
- Toasted buns or lettuce cups

## MAKES 4 SERVINGS

### NUTRITION - 1 SERVING

358 calories	21g carbs	181mg cholesterol
20.3g fat	25g protein	1709mg sodium

Prep Time  
30 minutes

Cook Time  
15 minutes

# SEAFOOD RAGU



**MAKES 4 TO 6 SERVINGS**

NUTRITION - 1 SERVING

298 calories	17g carbs	156mg cholesterol
12.2g fat	29g protein	1363mg sodium

Prep Time  
15 minutes

Cook Time  
30 minutes

Heat olive oil in large skillet over medium heat. Add garlic and shallot, sauté until softened and just beginning to brown, about 5 minutes. Add red chili, smoked paprika and oregano. Continue cooking, stirring often, 1 to 2 minutes or until fragrant. Increase heat to high and deglaze pan with white wine, scraping up browned bits. Cook 1 to 2 minutes. Stir in tomatoes, salt and pepper; reduce heat to low and simmer 15 minutes. Turn off heat and let cool in skillet.

Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn to speed 4 and grind garlic, shallots and half of chopped tomatoes. Add ground vegetables back to skillet and stir well.

Return skillet to medium heat and bring mixture to a simmer. Add mussels, shrimp and clams, cover and cook 2 to 3 minutes, until just cooked through. Add parsley, lemon zest and juice. Serve immediately over pasta or polenta with grated Parmesan cheese and additional lemon zest if desired.

## INGREDIENTS

- 2 tablespoons olive oil
- 4 whole cloves garlic
- 1 large shallot, quartered
- ¼ teaspoon dried red chili
- ¼ teaspoon smoked paprika
- 1 teaspoon oregano
- ½ teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 1 teaspoon oregano
- ¼ cup dry white wine
- 1 can (14.5 ounces) chopped Italian tomatoes
- 8 ounces mussels, scrubbed
- 8 ounces large shrimp
- 8 ounces littleneck clams
- 2 tablespoons fresh parsley, chopped
- Zest and juice from 1 lemon
- Freshly cooked pasta or soft polenta
- Grated Parmesan cheese



# SPICED LAMB BURGERS WITH HALLOUMI & CUCUMBER SAUCE

Combine all ingredients for cucumber sauce in medium bowl. Cover and refrigerate until ready to use.

Place lamb on a parchment lined baking sheet and freeze for 20 minutes. Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind lamb and garlic. Remove food grinder and attach flat beater and mixer bowl to mixer. Add red onion, mint, parsley, chilies, cumin, salt and pepper, turn to Stir speed and mix until combined, about 30 seconds. Shape mixture into 6 patties.

Heat ½ tablespoon olive oil in large skillet over medium high heat. Place the Halloumi slices in pan, do not overcrowd, and cook 6 to 8 minutes, or until browned on both sides. Remove and set aside.

Add ½ tablespoon oil to same skillet and heat over medium heat. Cook burgers in batches until cooked through, about 3 to 4 minutes per side, adding remaining oil as needed. Serve immediately with grilled Halloumi and yogurt sauce on toasted buns.

## INGREDIENTS

### CUCUMBER SAUCE

- ¾ cup plain Greek yogurt
- ½ cup seeded and finely chopped cucumber
- 1 tablespoon chopped fresh mint
- 1 teaspoon fresh lemon juice
- 1 teaspoon fresh lemon zest
- 1 small clove garlic, grated

### LAMB BURGERS

- 1½ pounds lamb shoulder, cut into 1½ inch pieces
- 2 cloves garlic
- ¼ cup finely chopped red onion
- 2 tablespoons chopped fresh mint
- 1 tablespoon minced fresh parsley
- ½ teaspoon dried red chilies
- 1 teaspoon cumin
- ½ teaspoons sea salt
- ½ teaspoon fresh black pepper
- 2 tablespoons olive oil, divided
- 8 oz. Halloumi, sliced
- 6 toasted buns

## MAKES 6 SERVINGS

### NUTRITION - 1 SERVING

446 calories 28.4g fat	6g carbs 40g protein	132mg cholesterol 577mg sodium
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Prep Time  
30 minutes

Cook Time  
30 minutes

# THAI CHICKEN WITH PEANUT SAUCE



**MAKES 4 TO 6 SERVINGS**

NUTRITION - 1 SERVING

395 calories	19g carbs	118mg cholesterol
19.9g fat	36g protein	876mg sodium

Prep Time  
25 minutes

Cook Time  
20 minutes

Place chicken on a parchment lined baking sheet and freeze 20 minutes. Attach KitchenAid® Metal Food Grinder Attachment with coarse grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn to speed 4 and grind chicken, garlic, ginger and jalapeño.

Remove food grinder and attach flat beater and mixer bowl to mixer. Add green onion, brown sugar, soy sauce, curry paste, vinegar, lime juice, cilantro and panko, turn to Stir speed and mix until blended, about 30 seconds. Cover and chill for 45 minutes.

Shape chicken mixture into 24 meatballs (about 1½ tablespoons each) using wet hands. Heat 1 tablespoon oil in large skillet over medium heat. Add meatballs in batches and cook, turning often, until browned and cooked through, about 8 to 12 minutes. Add remaining oil to pan as needed.

Place all ingredients for peanut sauce in medium bowl and whisk to combine. Add small amounts of hot water, if needed, to thin to desired consistency. Serve meatballs immediately peanut dipping sauce.

**INGREDIENTS**

**MEATBALLS**

- ¾ pound boneless skinless chicken thighs, cut into 2 inch pieces
- ¾ pound boneless skinless chicken breast, cut into 2 inch pieces
- 3 cloves garlic
- 1 inch piece fresh ginger, peeled roughly chopped
- 1 medium jalapeño, seeded & quartered
- ¼ cup sliced green onion
- 1 tablespoon brown sugar
- 2 tablespoons soy sauce
- 1 tablespoon Thai red curry paste
- 1 tablespoon rice wine vinegar
- 2 tablespoon fresh lime juice
- 2 tablespoons chopped cilantro
- ¼ cup panko
- 2 tablespoons canola oil

**PEANUT DIPPING SAUCE**

- ½ cup unsweetened coconut milk
- ⅓ cup chunky peanut butter
- 1 clove garlic, finely minced
- 2 teaspoons soy sauce
- 1 tablespoon fresh lime juice
- 1 teaspoon brown sugar
- ½ teaspoon red chili flakes
- Hot water, if needed



# VEGGIE & LENTIL BURGERS WITH AVOCADO MASH

Mash avocado, cayenne, pepper, lemon juice and salt together in medium bowl. Cover and refrigerate until ready to use.

Heat 1 tablespoon olive oil in large skillet over medium heat. Add shallot and garlic, sauté until soft, about 2 to 3 minutes. Add mushrooms and continue to cook 2 to 3 minutes. Stir in lentils, thyme, salt and pepper. Turn off heat and let cool slightly.

Attach KitchenAid® Metal Food Grinder Attachment with medium grinding plate to Stand Mixer. Position mixer bowl under attachment. Turn mixer to speed 4 and grind ¾ of the vegetable-lentil mixture. Remove food grinder and attach flat beater and mixer bowl to mixer. Add remaining lentil mixture from skillet, mustard, ⅓ cup cornmeal and oat flour, turn to Stir speed and mix just until blended, about 15 to 20 seconds.

Sprinkle half of the remaining cornmeal on parchment lined baking sheet. Shape lentil mixture into six (½-inch thick) patties. Place patties on baking sheet and dust with remaining cornmeal. Refrigerate 30 minutes.

Heat remaining olive oil in large skillet over medium high heat. Add patties and cook until golden, about 4 minutes per side. Serve immediately on buns or in lettuce cups with avocado mash.

## INGREDIENTS

### AVOCADO MASH

- 3 large avocados, pitted and peeled
- ¼ teaspoon cayenne
- ¼ teaspoon fresh black pepper
- 2 teaspoons lemon juice
- ½ teaspoon salt

### VEGGIE LENTIL BURGERS

- 3 tablespoon olive oil, divided
- ¼ cup minced shallot
- 3 cloves garlic, minced
- 1 cup mushrooms, chopped
- 2 cups cooked lentils
- 1 tablespoon thyme leaves
- ½ teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 1 tablespoon Dijon mustard
- ⅔ cup cornmeal, divided
- ½ cup oat flour
- Toasted buns or lettuce cups

## MAKES 6 SERVINGS

### NUTRITION - 1 SERVING

408 calories	44g carbs	0mg cholesterol
23g fat	11g protein	429mg sodium

Prep Time  
35 minutes

Cook Time  
25 minutes



**KitchenAid®**



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