

Broccoli Cheese Soup

Serves 4 to 6

1 tablespoon grapeseed oil (or extra-virgin olive oil)
2 teaspoons minced garlic (2 cloves)
1 cup (150g) diced yellow onion
1 teaspoon sea salt, plus more to taste
1 cup (120g) cauliflower florets
3 cups (720ml) vegetable broth
4 cups (300g) roughly chopped broccoli florets
1 cup (110g) grated parmesan
1 cup (115g) grated sharp cheddar cheese
Freshly ground black pepper, plus more to serve

In a large saucepan, heat the oil over medium heat and sauté the garlic, onions, and 1/4 teaspoon of the salt for about 5 minutes, until the onions are soft and translucent. Add the cauliflower and vegetable broth, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer covered for about 10 minutes, until the cauliflower is just tender.

Add the broccoli and the remaining 3/4 teaspoon of the salt. (The broth may not completely cover the vegetables but the broccoli will release liquid as it cooks.) Simmer for 3 to 5 minutes, just until the broccoli is al dente and still vibrant green. Be careful not to overcook.

Remove the saucepan from the heat and allow the soup to cool slightly; stir in the cheese. Pour the soup into your KitchenAid® blender in batches and puree on medium speed for 20 to 30 seconds, until the soup is blended but still rustic with speckles of Broccoli.

Return the soup to the saucepan and warm it over low heat. Season with salt and pepper to taste.

To serve, ladle the soup into bowls, and serve garnished with a sprinkle of black pepper.

Title: Chocolate Coconut Custard Pie

No need for a pastry shell, this luscious dessert bakes up in a pie plate, forming layers with a custardy center and a coconut layer on top. The edges are crisp and addictively good. Cut into wedges and serve dusted with confectioner's sugar over top.

Prep Time: 15 minutes
Blending Time: 30 seconds
Bake Time: 35 to 40 minutes
Total Time: 55 minutes
Yield: one 9-inch pie; serves 8

Special Equipment: 9-inch glass or ceramic pie plate; small bowl; whisk

Ingredient	Grams	Ounces	Volume
Superfine sugar	150	5.3	3/4 cup
All-purpose flour	43	1.52	1/3 cup
Cocoa powder	18	0.63	3 Tbsp
Fine sea salt	2.3	0.08	1/2 Tsp
Freshly ground nutmeg	0.57	0.025	1/4 Tsp
Whole or 2% milk	227	8	1 cup
Heavy (whipping) cream	113	4	1/2 cup
Unsweetened finely shredded coconut	60	2.1	3/4 cup
Unsalted butter, melted	42	1.5	3 Tbsp
Large Egg	50	1.75	1 egg
Pure vanilla extract	8	0.28	2 Tsp
Confectioner's sugar for garnish			

Directions:

Position an oven rack in the center of the oven and preheat the oven to 325°F/160°C. Grease a 9-in/23-cm glass or ceramic pie plate with softened butter. Set aside.

In a small bowl, whisk together the sugar, flour, cocoa powder, salt, and nutmeg.

Place the milk, cream, coconut, melted butter, egg, and vanilla in a blender. Blend on speed 3 until blended and smooth, about 20 seconds. Add the sugar mixture and blend on speed 1 just until the dry ingredients are absorbed, about 10 seconds. Scrape down the sides of the blender container.

Pour the mixture into the prepared pan. Bake until it is puffed and set in the center, 35 to 40 minutes. Transfer to a wire rack and cool for at least 20 minutes before serving. Cut into wedges and garnish with a dusting of powdered sugar.

Arugula and Spinach Spread

PREP TIME: 4 minutes

BLEND TIME: 20 seconds

TOTAL TIME: 5 minutes

INGREDIENTS:

1/2 cup (50 g) raw walnuts
1/3 cup (75 g) creme fraiche
1/4 cup (59 mL) walnut oil
1 cup (34 g) packed arugula
1 cup (34 g) packed spinach
2 tablespoons (20 g) sweet onion, roughly chopped
2 tablespoons (30 mL) water
1 teaspoon lemon juice
1/2 teaspoon red chili flakes

INSTRUCTIONS:

Place walnuts into the blender jar of your KitchenAid® K400 Blender. Secure lid. Turn to Pulse setting and pulse 4-5 times.

Remove lid and add remaining ingredients to the jar. Secure lid and blend on speed 3 until mixture is smooth and creamy, about 10-15 seconds. Do not over process.

Transfer spread to a bowl and cover with plastic wrap. Let stand at room temperature 2 hours to let flavors develop before serving.

CHEF'S NOTES:

Recipe yields 1 cup (235 g) of spread. Spread can be stored in an airtight container in the refrigerator up to one week.

Serving suggestions - Use as a spread on baguette or sandwiches. Also great as a dip for crudite.

Cherry Almond Smoothie

PREP TIME: 3 minutes
BLEND TIME: 45 seconds
TOTAL TIME: 4 minutes

INGREDIENTS:

1 ½ cups (190 g) frozen cherries, pitted
1 cup (245 g) whole milk yogurt
⅓ cup (57 g) whole raw almonds
½ cup (118 mL) almond milk
1 ½ cups (187 g) ice
⅛ teaspoon cardamom

INSTRUCTIONS:

Add all the ingredients into the blender jar of your KitchenAid® K400 Blender. Secure lid and set to Smoothie setting. Blend until the program runs through. Pour into 2 glasses and serve immediately.

CHEF'S NOTES:

Fresh Salsa

PREP TIME: 10 minutes

BLEND TIME: 10-15 seconds

TOTAL TIME: 11 minutes

INGREDIENTS:

$\frac{3}{4}$ cup (112 g) red onion, peeled and quartered (3 quarters)

2 (10 g) garlic cloves, peeled

5 (578 g) tomatoes, stems removed

2 (50 g) green onions (including green tops), ends trimmed and chopped into thirds

1 (35 g) jalapeno, halved, seeded, and deveined

$\frac{2}{3}$ cup (28 g) cilantro, chopped

$\frac{1}{4}$ cup (57 g) lime juice

1 teaspoon freshly ground black pepper

1 teaspoon fine sea salt

1 teaspoon ground cumin

INSTRUCTIONS:

Add all of the ingredients in the order to your KitchenAid® K400 Blender. Secure lid. Turn to speed 5 and blend just until finely chopped, but not pureed, about 3 seconds. Note: take care not to over-puree the salsa with this step.

Pulse 1-2 times to break up any remaining chunks.

Transfer to a bowl and serve immediately, or store in a jar with a tight-fitting lid and refrigerate until ready to serve.

CHEF'S NOTES:

This recipe makes 2 $\frac{1}{2}$ cups (700 g) of salsa.

Title: Date and Cocoa Smoothie

Think of the flavors of a peanut butter cup turned into a smoothie—but in this case a healthy one. Sweetened with dates, potassium-rich bananas give it body, and peanut butter and yogurt add a protein punch. For this recipe, use boxed coconut milk that is meant as a replacement for milk rather than canned coconut milk.

Prep Time: 3 minutes
Blending Time: 30 to 40 seconds
Total Time: 3-4 minutes
Yield: 2 smoothies

Ingredient	Grams	Ounces	Volume
Frozen bananas	247 g each	9 oz each	2 medium
Cocoa powder	18	0.63	3 Tbsp
Pitted dates	39	1.4	1/4 cup
Greek yogurt	170	6	3/4 cup
Coconut milk drink	113	4	1/2 cup
Peanut butter	32	1.33	2 Tbsp
Ice cubes	132	5	1 cup

Directions:

Add frozen banana to the blender along with the cocoa powder, chopped dates, yogurt, coconut milk, peanut butter, and ice cubes. Blend on speed 3 until smooth, about 30 to 40 seconds. Pour into 2 tall glasses and serve immediately.

CHEFS NOTES:

To freeze banana chunks, peel the bananas, slice them in 1" pieces, and lay them in a single layer on a parchment-lined cookie sheet. Once frozen through, scoop them into a plastic bag and keep them handy for smoothies in the refrigerator.

Instant Blueberry & Blackberry Jelly

PREP TIME: 3 minutes

BLEND TIME: 35 seconds

TOTAL TIME: 4 minutes

INGREDIENTS:

1/4 cup (60 mL) filtered water

2 teaspoons fresh lemon juice, plus more to taste

1/2 cup (85 g) firmly packed chopped pitted dates

2 tablespoons black chia seeds

1 cup (160 g) fresh blueberries

1 cup (160 g) fresh blackberries

INSTRUCTIONS:

Put the water, lemon juice, and dates in the blender jar of your KitchenAid® K400 Blender. Secure lid and turn to speed 1, gradually increasing to speed 5. Blend for about 15-20 seconds, or until the dates have been mostly pulverized.

Scrape down the sides of the jar with a spatula. Add the chia seeds and blueberries. Secure lid. Turn to speed 3 and blend for 10 seconds.

Add the blackberries, and blend on speed 2 for 3-5 seconds, or just until the berries are broken up, but still rustic. Be careful not to overprocess and resist the urge to blend on a higher speed or the jelly will be thin and runny.

Transfer the mixture to a sealed container, and chill in the fridge for 30 minutes to thicken.

CHEF'S NOTES:

This recipe yields 1 3/4 cups (450 g) of jam. Serve on toast, pancakes, crepes, waffles, or sandwiches. The jelly will keep in the fridge for up to 4 days.

Green Smoothie

Consider this a complete breakfast or an energizing snack in a glass. A handy do-ahead plan for making smoothies on the spur of the moment is to toss, firm but ripe, bananas in the freezer (see Chef's Notes) and have them ready for smoothie making.

Prep Time: 3 minutes
Blending Time: 1- 2 minutes
Total Time: 12 minutes
Yield: Makes 4 cups; 2 to 3 smoothies

Ingredient	Grams	Ounces	Volume
Frozen banana	136	4.8	1 large
Fresh kiwis, skin removed	182	6.4	2
Kale leaves, ribs discarded and leaves roughly torn	42	1.5	5 large leaves
Ice-cold water or coconut water	340	12	1 1/2 cups
Greek Yogurt	113	4	1/2 cups
honey	42	1.5	2 Tbsp
Almond butter	32	1.13	2 Tbsp
Ice cubes			1 cup

Directions:

Add the frozen banana chunks, the kiwi, kale, water, yogurt, honey, and almond butter. Blend on speed 3 until smooth, about 30 seconds. Pour into 2 or 3 tall glasses and serve immediately.

CHEF'S NOTES:

To freeze banana chunks, peel the bananas, slice them in 1" pieces, and lay them in a single layer on a parchment-lined cookie sheet. Once frozen through, scoop them into a plastic bag and keep them handy for smoothies in the refrigerator.

Guacamole

This guacamole is packed with bold, chile flavor, dotted with red onion, and spiked with puckery lime juice and a touch of orange juice to balance. Buy the Hass variety of avocado, with their textured black skin, for its luscious, creamy flesh and rounded, full flavor.

Prep Time: 10 minutes
Blending Time: 30 seconds to 1 minute
Total Time: 10-12 minutes
Yield: Makes about 3 cups (12 - ¼ cup servings)

Ingredient	Grams	Ounces	Volume
Medium red onion, skinned and halved	55	1.9	1/2 onion
Serrano chiles, halved and seeded	25	.88	2
Freshly squeezed lime juice	28	1	2 Tbsp
Fresh orange juice	14	1/2	1 Tbsp
Fresh cilantro leaves, stems removed, plus more for garnish	53	1.9	2/3 cup
Garlic powder	3	0.1	1 Tsp
Freshly ground black pepper	2	0.7	1 Tsp
Fine sea salt	6	0.2	1 Tsp
Plum (Roma) tomatoes, halved and seeded	230	8	2
Avocados, skinned and seeded	408	14.4	3 large

Directions:

Add the red onion and the serrano chilies to the blender and blend on speed 1 for 5 seconds. Add lime juice, orange juice, cilantro, garlic powder, pepper, and salt. Blend on speed 3 for 3 seconds. Add 1 of the tomatoes and 1½ of the avocados. Blend on Speed 3 for 2 seconds. Add the remaining avocado and tomato, and pulse until guacamole reaches desired consistency. Transfer to a bowl, garnish with fresh chopped cilantro and serve immediately.

CHEF'S NOTES: For a smooth guacamole (for drizzling/pouring), add an extra Tbsp of orange juice and, after adding remaining avocado and tomato, blend all ingredients on speed 3 until smooth.

Horchata Inspired Creamy Corn Cake

This classic Brazilian treat is easy as can be and perfect any time of day. Cinnamon and vanilla paired with the creaminess of the cake bring notes of horchata to the palate. Enjoy a slice or two for a sweet treat at breakfast, or with your afternoon coffee. Aproveite!

PREP TIME: 5 minutes

BLEND TIME: 2 minutes

BAKE TIME: 40-45 minutes

TOTAL TIME: 47-52 minutes

EQUIPMENT: 9-in x13in/22-cm/33-cm baking dish; small fine mesh strainer

INGREDIENTS:

For cake:

1 cup (160 g) fine cornmeal

3 tablespoons (30 g) all-purpose flour, plus more for dusting pan

2 cups (470 ml) unsweetened coconut milk, from the carton

1 cup + 1 tablespoon (397 g) sweetened condensed milk

3 (180 g) large eggs, room temperature

⅓ cup (69 g) granulated sugar

2 tablespoons (30 g) unsalted butter, room temperature

¾ cup (93 g) Parmesan cheese, grated

1 teaspoon (6 g) pure vanilla extract

1 teaspoon (4 g) baking powder

For finishing:

3 tablespoons (25 g) confectioners' sugar

2 teaspoons (6 g) ground cinnamon

INSTRUCTIONS:

Preheat the oven to 350°F/180°C/gas 4. Butter a 9-in x13in/22-cm/33-cm baking dish (or spray with non-stick spray), and set aside.

Add all ingredients except the baking powder into your KitchenAid® 400 Blender and cover the blender. Pulse 4 times to mix ingredients. Remove the lid cap, add baking powder, then replace the lid cap and blend on level 5 for 40 seconds. (NOTE: The batter will be very thin and frothy.)

Pour batter into prepared baking dish. Bake for 40-45 minutes (rotating the pan halfway through), or until the top has puffed up slightly, is golden brown, and a toothpick inserted into the middle comes out clean. Remove cake from oven and place on a wire baking rack to cool.

Make the topping. Mix the cinnamon and powdered sugar together in a small bowl. While the cake is still warm, sift the sugar mixture evenly over the top of the cake. Let the cake sit for at least 15 minutes before slicing into squares and serving.

NOTES:

Cake will keep for up to 3 days in an airtight container stored at room temperature.

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Mango Margarita

Take the classic blended margarita and give it a tropical spin, using fresh or frozen mango as the base. It's a perfect quantity for entertaining a small group.

Prep Time: 10 minutes
Blending Time: 30 to 45 seconds
Total Time: 10-12 minutes
Yield: Makes 6 servings

Special Equipment: citrus squeezer

Ingredient	Grams	Ounces	Volume
Ripe mango	454 g each	16 oz each	2 large
Fresh lime juice	113	4	1/2 cup
Silver tequila	170	6	3/4 cup
Triple sec	113	4	1/2 cup
Superfine sugar	50	1.75	1/4 cup
Ice cubes	680	24	3 1/2 cups
Garnish			
Superfine sugar	25	0.9	2 Tbsp
Fine sea salt	21	0.75	1 1/2 Tbsp
Chili powder	2.3	0.08	1 tsp
Ground cumin	1.15	0.05	1/2 tsp
Ground cayenne pepper	1.15	0.05	1/2 tsp
Lime zest	2	0.06	1 tsp
Lime, cut into 6 wedges	120	4	1

Directions:

Slice the mango cheeks from the seed and use a spoon to scoop the meat of the mango into the blender. Trim the remaining skin from around the mango seeds, slice as much mango meat off the seeds as possible, and add the mango to the blender. Add the lime juice, tequila, triple sec, sugar, and ice. Blend on speed 3 until thick and slushy, with no ice chips remaining, about 15 seconds.

To garnish: Have ready 6 margarita glasses or goblets. In a small wide shallow bowl or plate, combine the sugar, salt, dry spices, and lime zest. Moisten the rim of each glass with a lime wedge, dip the rim in the sweet and savory mixture, turning the glass back and forth until the rim

is evenly coated. Repeat to coat each rim.

Pour the margarita into each prepared glass. Garnish with a lime wedge. Serve immediately.

Pistachio Pesto

An emerald-green nutty sauce made predominantly from pistachios and parsley, punctuated with lively citrus notes and rich Parmesan cheese. Put a dollop over pasta, serve as a dip with crostini and goat cheese, or use as a sauce for seafood. Look for raw shelled pistachios rather than roasted and salted ones.

Prep Time: 8 minutes
Blending Time: 30 to 40 seconds
Total Time: 8-10 minutes
Yield: 2 cups (8 - ¼ cup servings)

Ingredient	Grams	Ounces	Volume
Shelled raw pistachios	145	5	1 cup
Parsley leaves (flat or curly) and tender stems	35	1.25	2 cups lightly packed
Garlic clove	10	0.05	2
Fine sea salt	4.6	0.16	1 Tsp
Freshly ground pepper	2.3	0.08	1 Tsp
Extra-virgin olive oil	170	6	¾ cup
Freshly-squeezed lemon juice	42	1.5	3 Tbsp
Parmesan cheese, finely grated	60	2	½ cup

Directions:

Put the pistachios in the blender and pulse until the texture of coarse sand, about 10 seconds.

Add the parsley leaves and tender stems, garlic cloves, salt, pepper, lemon juice, Parmesan cheese, and olive oil. Blend on speed 2 until emulsified, about 20 to 30 seconds. Transfer to a serving bowl to use immediately, or to a container with a tight fitting lid to store until ready to serve.

Chef Notes:

Remove from the refrigerator 30 minutes before serving. The pesto can be refrigerated for up to a week, or frozen for up to 1 month.

Sweet Crepes with Lemon & Sugar (DF Wheat + GF Vegan)

Dairy-Free Crepes

Makes 3 2/3 cups batter (10 crepes)

Batter:

2 cups (480ml) unsweetened almond milk (or regular milk)

2 medium eggs

2 tablespoons grapeseed oil, plus more for cooking

2 tablespoons pure maple syrup

1/2 teaspoon natural vanilla extract

1 cup (100g) all-purpose plain flour

1/4 teaspoon sea salt

To Serve:

Freshly squeezed lemon juice

Vanilla cane sugar

To make the crepe batter, throw all of the ingredients into the blender in the order listed and process on high for 20 to 30 seconds until well combined with no lumps. (You may need to stop the blender and scrape down the sides of the container.)

Transfer the mixture to the fridge, and chill to thicken slightly for 2 hours.

Heat a 9-inch (23cm) non-stick crepe pan or frying pan over medium-low heat, and grease the pan with 1/2 teaspoon of the grapeseed oil. Lift the pan off the heat and pour in 1/3 cup (80ml) of the batter, quickly swirling the pan to allow the mixture to evenly coat the bottom of the pan. Return the pan to the heat and cook the crepe for about about 1 minute, until the crepe appears set, the bottom is firm and is starting to get golden brown, and the edges lift easily from the pan. Slide a spatula underneath the crepe, gently flip it and cook on the other side for 15 to 20 seconds, until cooked through and golden. Transfer the crepe to a plate. Repeat this process with the remaining batter, lightly brushing the pan with grapeseed oil between each crepe.

Stack the finished crepes on top of each other to keep them soft and pliable. Gently warm the crepes before serving, and serve with lemon and sugar.

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