

# MULTI-COOKER

## RECIPES



**KitchenAid®**

# MULTI-COOKER

## RECIPES

**KitchenAid®**



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**Pictured on the front cover:** Coconut Curry Shrimp and Vegetables (page 76).

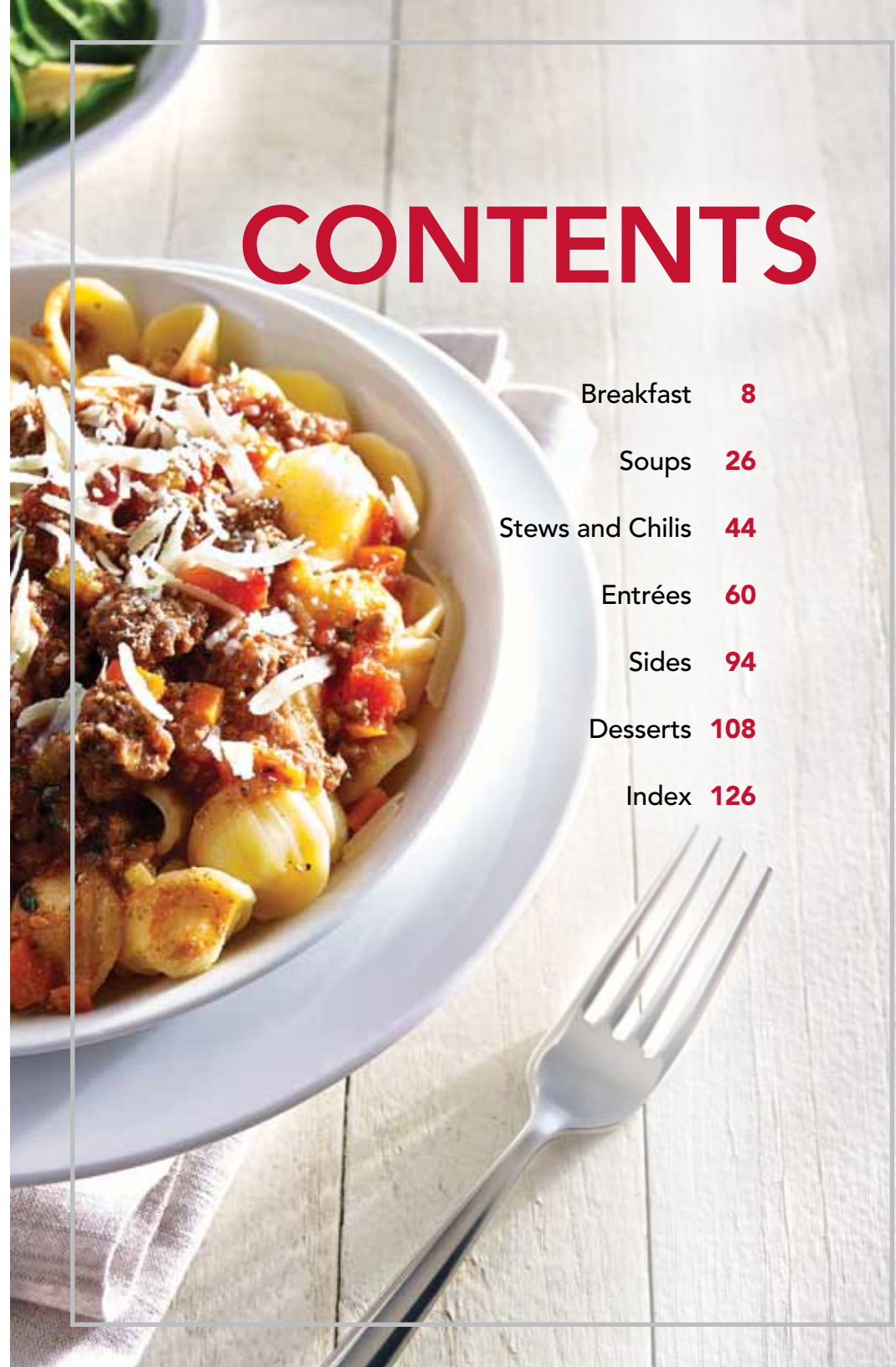
**Pictured on the back cover (left to right, top to bottom):** Chipotle Chicken Chilaquiles (page 18), Fresh Tomato Pasta Soup (page 28), Cordero Stew with Cornmeal Dumplings (page 48), Classic Bolognese Sauce with Orecchiette Pasta (page 80), Roasted Cauliflower with Cheddar Beer Sauce (page 98) and Brandied Cherries (page 118).

Manufactured in China.

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# MULTI-COOKER AND STIR TOWER

Take your culinary creativity to new heights with over 50 new recipes that will inspire and delight; each recipe has been rigorously tested and earned the

KitchenAid® Official Recipe Seal of Approval. Discover blends of fresh ingredients and bursts of flavor infused from page to page. Serve up Irish Porridge with Berry Compote for breakfast, enjoy Fennel and Potato Bisque for lunch, and then close the day with Confetti Chicken Chili. Unlimited versatility, exceptional control and precise results is what you can expect from every dish made with the KitchenAid® Multi-Cooker.














*Indicates recipe that incorporates the optional KitchenAid® Stir Tower.*







# SIMPLIFIED COOKING METHODS

The KitchenAid® Multi-Cooker simplifies cooking with over 10 cooking methods, providing precise temperature control from 100° F to 450° F.

METHOD	GREAT FOR	TEMPERATURE RANGE
 SEAR	Beef, chicken and other meats	430°F to 450°F
 SAUTÉ	Stir-fry, fajitas and breakfast foods such as sausage and scrambled eggs	330°F to 370°F
 BOIL/ STEAM	Vegetables, hot cereals and delicate proteins such as shrimp or fish	192°F to 232°F
 SIMMER	Soups, stews and hearty meat or marinara sauces	185°F to 210°F
 SLOW COOK HIGH	Pulled pork, BBQ and chili	212°F
 SLOW COOK LOW	Roasts, tenderloins, or breakfast foods such as porridge or berry compote	190°F
 KEEP WARM	Designed to keep prepared food at serving temperature after cooking is complete	165°F
 RICE	Soups and stews from scratch	-
 SOUP	White or brown rice	-
 RISOTTO	Homemade risotto dishes	-
 YOGURT	Yogurt and parfaits	-

# STEP-BY-STEP COOKING MODES

Four of the methods feature step-by-step assisted cooking modes for simplicity in creating rice, soups, risotto and yogurt. The KitchenAid® Multi-Cooker guides you through each step of your creation.

		STEP 1	STEP 2	STEP 3	STEP 4
 SOUP		Sauté	Boil	Simmer	Keep Warm
 RISOTTO		Sauté	Simmer	Keep Warm	-
 YOGURT		Simmer	Culture	-	-
 RICE		White Rice	Brown Rice	-	-

# BREAKFAST

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## CAJUN SAUSAGE GRITS



- 2 teaspoons vegetable or canola oil
- 6 ounces andouille chicken sausage, thinly sliced
- 1 cup diced green bell pepper
- 1 cup diced onion
- ½ teaspoon dried thyme
- 1 cup grape tomatoes, halved
- 2¼ cups water
- ½ cup quick-cooking grits
- ¼ cup chopped fresh parsley
- 4 teaspoons hot pepper sauce

- 1 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Add sausage; cook 30 seconds without stirring. Turn KitchenAid® Stir Tower on low speed; cook 1 minute. Add bell pepper, onion and thyme; cook with Stir Tower on low 4 to 5 minutes or until lightly browned. Stir in tomatoes; cook 2 minutes or until just beginning to soften. Turn off heat.
- 2 Meanwhile, bring water to a boil in medium saucepan over high heat. Gradually stir in grits; reduce heat. Cover and simmer 6 minutes or until thickened, stirring occasionally.
- 3 Stir parsley and hot pepper sauce into Multi-Cooker. Turn off heat; cover and let stand 5 minutes to allow flavors to blend. Serve over grits.

Makes 4 servings



# SCRAMBLED EGGS

## WITH SMOKED SALMON

- 4 eggs
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 2 teaspoons butter
- 2 tablespoons sliced green onions
- 1 ounce cream cheese, cut into pieces
- 2 ounces smoked salmon, flaked

- 1 Whisk eggs, salt and pepper in medium bowl. Preheat KitchenAid® Multi-Cooker to Simmer setting. Add butter; stir with spatula to melt butter and coat bottom.
- 2 Add egg mixture. Cook 4 minutes or until eggs begin to set, stirring occasionally and scraping bottom with spatula.
- 3 Gently fold in green onions, cream cheese and salmon; cook and stir 2 to 3 minutes or just until eggs are cooked through but still slightly moist.

Makes 2 servings

**Basic Scrambled Eggs:** Prepare Scrambled Eggs as directed, omitting green onions, cream cheese and smoked salmon.

**Scrambled Eggs with Mushrooms and Onions:** Preheat Multi-Cooker to Sauté setting and prepare egg mixture as directed for Scrambled Eggs. Melt butter in Multi-Cooker; add ½ cup sliced cremini mushrooms and ¼ cup chopped onion. Cook 5 minutes or until mushrooms give off their liquid and onion is tender, stirring with Stir Tower on low speed. Add egg mixture; reduce to Simmer setting and cook as directed in step 2 above.





## FRUITY WHOLE-GRAIN CEREAL

- 2 cups water
  - ¼ cup quick-cooking pearled barley
  - ¼ cup instant brown rice or whole grain instant brown rice
  - ¼ teaspoon salt
  - ½ cup milk
  - ⅓ cup golden raisins
  - ¼ cup finely chopped dried pitted dates
  - ¼ cup finely chopped dried plums
  - ¼ cup quick or old-fashioned oats
  - ¼ cup oat bran
  - 2 tablespoons packed brown sugar
  - ½ teaspoon ground cinnamon
- 1 Combine water, barley, rice and salt in KitchenAid® Multi-Cooker. Cover; bring mixture to a boil on Boil/Steam setting. Reduce heat to Simmer setting; cover and cook 8 minutes.
  - 2 Stir in milk, raisins, dates, plums, oats, oat bran, brown sugar and cinnamon. Cover and simmer 10 minutes or until mixture is creamy and grains are al dente, stirring once.
  - 3 Serve hot. Refrigerate any leftover cereal in airtight container.

Makes 4 to 6 servings



# OATMEAL

## WITH MAPLE GLAZED APPLES AND PECANS



- 1 tablespoon butter
- 2 medium Red or Golden Delicious apples, cut into ½-inch pieces
- ¾ teaspoon ground cinnamon, divided
- 4 cups water
- 2 cups old-fashioned oats
- ½ teaspoon salt
- ¼ cup pecan halves
- 2 tablespoons maple syrup

1 Melt butter in KitchenAid® Multi-Cooker on Sauté setting. Add apples and ½ teaspoon cinnamon; cover and cook 5 minutes, stirring with KitchenAid® Stir Tower on low speed.

2 Turn off Stir Tower. Add water to Multi-Cooker; bring to a boil. Add oats, remaining ¼ teaspoon cinnamon and salt; cook 5 minutes or until water is absorbed and oats are tender, stirring with Stir Tower on low speed. Stir in pecans and maple syrup; heat through.

Makes 4 servings

**Cranberry Oatmeal:** For cranberry oatmeal, stir ½ cup dried cranberries into Multi-Cooker with the oats.



# CHIPOTLE

## CHICKEN CHILAQUILES

- 3 cups prepared chipotle salsa
- 1½ cups chicken broth
- 12 (6- or 7-inch) corn tortillas
- 1 to 1¼ cups vegetable oil for frying
- 2 cups shredded cooked chicken
- 6 eggs, beaten
- 1 cup shredded Chihuahua or Manchego cheese
- ½ cup finely crumbled queso añejo or feta cheese
- ⅓ cup crema mexicana or crème fraîche

- 1 Combine salsa and broth in medium bowl; set aside.
- 2 Stack tortillas on cutting board; cut into ¼- to ½-inch-wide strips. Place 1 cup oil in KitchenAid® Multi-Cooker; heat on Sauté setting to 350°F. Add one third of tortilla strips; cook until crisp and golden, gently stirring often to prevent sticking. Transfer to paper towel-lined plate with slotted spoon. Repeat with remaining tortilla strips, adding additional oil as needed. Turn off heat.
- 3 Drain all but 1 tablespoon oil from Multi-Cooker using pour spout; spread remaining oil over bottom and side of Multi-Cooker using brush. Return cooked tortilla strips to Multi-Cooker. Add chicken and salsa mixture; stir gently to coat evenly. Fold in eggs.
- 4 Cover and cook about 10 minutes on Sauté setting or until tortilla strips have softened and eggs are cooked, stirring gently two to three times. Turn off heat; stir in cheeses. Scoop servings onto individual plates; drizzle with crema mexicana.

Makes 6 to 8 servings

**Note:** Crema mexicana is a dairy product similar to sour cream or crème fraîche, either of which can be substituted if you are unable to find crema. Crema mexicana is sweeter and creamier than crème fraîche with a slightly bolder flavor than sour cream, and is available near the cheese in the dairy section of well-stocked supermarkets.



# BREAKFAST

## RICE PUDDING



- 2 cups vanilla soymilk, divided
- ¾ cup parboiled brown rice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ cup golden raisins or dried sweetened cranberries (optional)
- ½ teaspoon vanilla (optional)
- Mixed fresh or thawed frozen berries (optional)

- 1 Set KitchenAid® Multi-Cooker to Boil/Steam setting. Add 1½ cups soymilk; stir in rice, cinnamon and salt with KitchenAid® Stir Tower on low speed. Turn off Stir Tower; cover and bring to a boil. Reduce heat to Simmer setting; stir 30 seconds or until soymilk stops boiling. Turn off Stir Tower; cover and simmer 10 minutes.
- 2 Stir in remaining ½ cup soymilk and raisins, if desired, with Stir Tower on low speed 15 seconds or until well blended. Turn off Stir Tower; cover and simmer 10 minutes.
- 3 Remove cover and raise heat to Boil/Steam setting. Cook 3 minutes or until rice is tender and soymilk is absorbed, stirring with Stir Tower on low speed. Turn off heat; stir in vanilla, if desired. Let stand 5 minutes or until rice thickens to desired consistency. Serve with berries, if desired.

Makes 4 servings

**Note:** Rice thickens as it cools. For a thinner consistency, stir in additional soymilk just before serving.



# IRISH PORRIDGE

## WITH BERRY COMPOTE



- 3¾ cups water
  - 1 cup steel-cut oats
  - ½ teaspoon ground cinnamon
  - ¼ teaspoon salt
  - 1 cup fresh strawberries, hulled and quartered
  - 1 container (6 ounces) fresh blackberries
  - 1 container (6 ounces) fresh blueberries
  - 3 tablespoons granulated sugar
  - 1 tablespoon fresh lemon juice
  - ⅓ cup half-and-half
  - ¼ cup packed brown sugar
- 1 Bring water to a boil in KitchenAid® Multi-Cooker on Boil/Steam setting. Add oats, cinnamon and salt; set KitchenAid® Stir Tower to intermittent 2-minute setting. Reduce heat to Slow Cooker Low setting; cover and cook 1 hour or until oats are tender and water is absorbed. Remove from Multi-Cooker; keep warm.
  - 2 Combine strawberries, blackberries, blueberries, granulated sugar and lemon juice in Multi-Cooker. Cook 8 to 9 minutes on Simmer setting or until berries are tender but still hold their shape, stirring with Stir Tower set on intermittent 2-minute setting.
  - 3 Stir half-and-half and brown sugar into oats; top with berry compote.

**Makes 4 servings**



# YOGURT



- 8 cups whole or 2% milk**
- ½ cup plain yogurt with active cultures\***

*\*Once you start making your own yogurt, you can use some of the previous batch to make the next one. Only do this two or three times before starting with fresh store-bought yogurt because the strain becomes weak after time.*

- 1 Turn KitchenAid® Multi-Cooker to Yogurt setting. Add milk and heat to 185° to 195°F.
- 2 When milk reaches correct temperature and Multi-Cooker beeps, press button to go to Yogurt/Step 2. Stir with KitchenAid® Stir Tower on low speed until milk is cooled to 113° to 115°F, about 30 minutes. Remove Stir Tower. Stir ½ cup warm milk into yogurt in small bowl until well blended; gently whisk yogurt mixture into Multi-Cooker.
- 3 Cover and leave undisturbed 8 hours. Store yogurt in glass jar with tight-fitting lid in refrigerator up to 2 weeks.

**Note:** There will be some clear liquid (whey) around the firm yogurt. Stir this liquid back into the yogurt, or drain it for thicker yogurt.

## RASPBERRY CREAM PARFAITS

- 1 cup yogurt**
- 2 teaspoons honey**
- ¼ teaspoon vanilla**
- 1 cup raspberry sorbet**
- 2 cups fresh raspberries**
- 1 biscotti or 2 gingersnaps, crumbled**

- 1 Prepare yogurt. Whisk yogurt, honey and vanilla in small bowl until smooth.
- 2 Spoon 2 tablespoons yogurt mixture into each of four parfait glasses. Top with ¼ cup sorbet, ½ cup raspberries, 2 tablespoons yogurt mixture and cookie crumbs.

Makes 4 servings



# SOUPS

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## FRESH TOMATO PASTA SOUP

- 1 tablespoon olive oil
  - ½ cup chopped onion
  - 1 clove garlic, minced
  - 3 pounds fresh tomatoes (about 9 medium), coarsely chopped
  - 3 cups vegetable or chicken broth
  - 1 tablespoon minced fresh basil
  - 1 tablespoon minced fresh marjoram or 1 teaspoon dried marjoram
  - 1 tablespoon minced fresh oregano
  - 1 teaspoon whole fennel seeds
  - ¾ teaspoon salt
  - ½ teaspoon freshly ground black pepper
  - ¾ cup uncooked rosamarina, orzo or other small pasta
  - ½ cup (2 ounces) shredded mozzarella cheese
  - Shredded fresh basil (optional)
- 1 Set KitchenAid® Multi-Cooker to Soup setting. Heat oil on Soup/Step 1. Add onion; sauté 5 minutes or until onion is tender. Add garlic; sauté 30 seconds.
  - 2 Press button for Soup/Step 2. Add tomatoes, broth, minced basil, marjoram, oregano, fennel seeds, salt and pepper; bring to a boil.
  - 3 Press button for Soup/Step 3; cover and cook 25 minutes. Turn off Multi-Cooker and remove insert to heatproof surface. Cool soup to room temperature.
  - 4 Purée soup in batches in KitchenAid® food processor or blender. Return to Multi-Cooker; bring to a boil on Boil/Steam setting. Add pasta; cook 7 to 9 minutes or until tender. Sprinkle with cheese and shredded basil, if desired.

Makes 8 servings





## FENNEL AND POTATO BISQUE

- 3 tablespoons butter
- 1 leek, thinly sliced
- 3 cups milk
- 1 tablespoon chicken bouillon granules
- $\frac{3}{4}$  to 1 teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{3}{8}$  pound bulb fennel with 1-inch stalk, cut into thin slices, fronds reserved for garnish
- 2 cups cubed peeled new red potatoes
- 1 cup half-and-half
- 3 tablespoons dry sherry
- 2 tablespoons all-purpose flour
- 4 ounces crumbled blue cheese
- $\frac{1}{4}$  cup finely chopped toasted walnuts\*

*\*To toast walnuts, spread in single layer in heavy skillet. Cook over medium heat 1 to 2 minutes or until nuts are lightly browned, stirring frequently.*

- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add butter; melt on Soup/Step 1. Add leek; cook 10 minutes or until tender but not browned, stirring frequently.
- 2 Press button for Soup/Step 2. Add milk, bouillon granules, salt and pepper; bring to a boil. Stir in sliced fennel and potatoes.
- 3 Press button for Soup/Step 3; cover and cook about 15 minutes or until fennel and potatoes are tender.
- 4 Stir half-and-half and sherry into flour in small bowl until smooth. Stir into Multi-Cooker. Cook 4 to 5 minutes or until mixture thickens, stirring constantly. Do not boil.
- 5 Ladle soup into bowls; sprinkle each serving with cheese and walnuts. Garnish with fennel fronds.

Makes 4 servings



# GREEK LEMON AND RICE SOUP



- 2 tablespoons butter
- 1/3 cup minced green onions
- 6 cups chicken broth
- 2/3 cup uncooked long grain white rice
- 4 eggs  
Juice of 1 lemon
- 1/8 teaspoon freshly ground white pepper (optional)

- 1 Melt butter in KitchenAid® Multi-Cooker on Boil/Steam setting. Add green onions; cook 3 minutes or until tender, stirring with KitchenAid® Stir Tower on low speed.
- 2 Stir in broth and rice; remove Stir Tower. Turn Multi-Cooker to Rice setting; cover and cook 25 minutes until rice is tender.
- 3 Turn to Simmer setting. Whisk eggs in medium bowl; stir in lemon juice. Stir in 1½ cups hot liquid from Multi-Cooker in thin steady stream, ½ cup at a time. With Stir Tower on medium speed, pour egg mixture into Multi-Cooker in thin steady stream. Cook 5 minutes or until soup thickens enough to lightly coat spoon, stirring constantly. Do not boil.
- 4 Stir in pepper, if desired.

Makes 6 to 8 servings



## FRENCH ONION SOUP



- ¼ cup (½ stick) butter
- 2 pounds yellow onions, thinly sliced
- 1 tablespoon sugar
- ½ cup dry white wine or water
- 5½ cups beef broth
- 1 teaspoon salt
- ½ teaspoon dried thyme
- 6 to 12 slices French bread
- ½ cup (2 ounces) shredded Gruyère or Swiss cheese

- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add butter; melt on Soup/Step 1. Add onions; cover and cook 15 minutes or until onions are transparent, stirring with KitchenAid® Stir Tower set on intermittent 2-minute setting.
- 2 Add sugar; cover and cook 10 minutes. Press button for Soup/Step 2; add wine and bring to a boil.
- 3 Press button for Soup/Step 3 and set Stir Tower to intermittent 20-minute setting. Add broth; cover and cook 2 hours or until onions are tender. Turn off Multi-Cooker.
- 4 Preheat broiler. Ladle soup into individual broilerproof soup bowls; top with bread and cheese. Place bowls on baking sheet; broil until cheese is melted and bubbly.

Makes 6 servings



## ITALIAN WEDDING SOUP

- 1 tablespoon olive oil
- 1 pound bulk Italian sausage\*
- ½ cup chopped onion
- ½ cup chopped carrots
- 1 teaspoon Italian seasoning
- 4 cups chicken broth
- 2 cups water
- 1 bunch kale, stemmed and chopped (about 3 cups packed)
- 1 cup uncooked ditalini or other small shaped pasta
- Grated Parmesan cheese

*\*If bulk sausage is not available, use sausage links and remove the casings.*

- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add olive oil; heat on Soup/Step 1. Add sausage, onion, carrots and Italian seasoning; cook about 15 minutes or until sausage is cooked through, breaking up sausage with wooden spoon and stirring frequently. Drain fat using pour spout.
- 2 Press button for Soup/Step 2. Add broth and water; cover and bring to a boil.
- 3 Press button for Soup/Step 3. Add kale and pasta; cover and cook about 10 minutes or until pasta is tender.
- 4 Press button for Soup/Step 4. Sprinkle with cheese just before serving.

Makes 4 to 6 servings



# PHO

## (VIETNAMESE BEEF SOUP)

- ¾ pound boneless beef top sirloin or top round steak
  - 4 ounces thin rice noodles (rice sticks)
  - 6 cups beef broth
  - 3 cups water
  - 2 tablespoons minced fresh ginger
  - 2 tablespoons reduced-sodium soy sauce
  - 1 cinnamon stick (3 inches long)
  - ½ cup julienned carrots
  - 2 cups fresh bean sprouts
  - 1 red onion, halved and thinly sliced
  - ½ cup chopped fresh cilantro
  - ½ cup chopped fresh Thai or regular basil
  - 2 minced jalapeño peppers or 1 to 3 teaspoons chili sauce
- 1 Freeze beef 45 minutes or until firm. Place rice noodles in large bowl. Cover with hot water; soak 20 minutes or until soft. Drain.
  - 2 Meanwhile, combine broth, 3 cups water, ginger, soy sauce and cinnamon stick in KitchenAid® Multi-Cooker. Cover and bring to a boil on Boil/Steam setting. Reduce heat to Simmer setting; simmer, covered, 20 minutes. Remove and discard cinnamon stick.
  - 3 Slice beef lengthwise in half, then crosswise against the grain into very thin strips. Add noodles and carrots to simmering broth; cook 2 to 3 minutes or until carrots are tender. Add beef and bean sprouts; cook 1 minute or until beef is no longer pink.
  - 4 Turn off heat; stir in red onion, cilantro, basil and jalapeños.

Makes 6 servings

**Tip:** Rice noodles are semi-translucent dried noodles that come in many sizes and have many names, including rice stick noodles, rice flour noodles and pho noodles. Widths range from very thin (called rice vermicelli) to 1 inch wide. All rice noodles must be soaked to soften and all may be used interchangeably.



# HOT AND SOUR SOUP

- 1 package (1 ounce) dried shiitake mushrooms
- 4 ounces firm tofu, drained
- 4 cups chicken broth
- 3 tablespoons white vinegar
- 2 tablespoons soy sauce
- ½ to 1 teaspoon hot chili oil
- ¼ teaspoon freshly ground white pepper
- 1 cup shredded cooked pork, chicken or turkey
- ½ cup drained canned bamboo shoots, cut into thin strips
- 3 tablespoons water
- 2 tablespoons cornstarch
- 1 egg white, lightly beaten
- ¼ cup thinly sliced green onions
- 1 teaspoon dark sesame oil

- 1 Place mushrooms in small bowl; cover with warm water. Soak 20 to 30 minutes to soften. Drain; squeeze out excess water. Discard stems; slice caps. Press tofu lightly between paper towels; cut into ½-inch squares or triangles.
- 2 Combine broth, vinegar, soy sauce, chili oil and pepper in KitchenAid® Multi-Cooker. Cover and bring to a boil on Boil/Steam setting.
- 3 Stir in mushrooms, tofu, pork and bamboo shoots; cook, uncovered, 2 minutes or until heated through, stirring frequently.
- 4 Stir water into cornstarch in small bowl until smooth. Stir into soup until blended. Cook 4 minutes or until soup boils and thickens, stirring occasionally. Turn off heat.
- 5 Stirring constantly in one direction, slowly pour egg white in thin steady stream into soup. Stir in green onions and sesame oil.

Makes 4 servings



# BEAN SOUP

## PROVENÇALE



- ½ cup olive oil, divided
- 1½ cups chopped onion
- 1½ cups chopped celery
- 1 cup sliced leeks
- 8 cups water or vegetable broth
- 1 cup sliced carrots
- 1 turnip, peeled and diced
- 2 teaspoons herbes de Provence
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup chopped fresh parsley
- ¼ cup grated Parmesan cheese
- 2 cloves garlic
- 1 tablespoon dried basil
- 1 teaspoon fresh lemon juice
- 2 cans (about 15 ounces each) Great Northern beans, rinsed and drained
- 1 small zucchini, sliced
- 1 cup sliced fresh spinach

- 1 Set KitchenAid® Multi-Cooker to Soup Setting. Add ¼ cup olive oil; heat on Soup/Step 1. Add onion, celery and leeks; cook 10 minutes or until softened, stirring with KitchenAid® Stir Tower set on intermittent 2-minute setting.
- 2 Press button for Soup/Step 2 and set Stir Tower to intermittent 20-minute setting. Add water, carrots, turnip, herbes de Provence, salt and pepper; cover and bring to a boil. Press button for Soup/Step 3; cook 30 minutes or until vegetables are tender.
- 3 Meanwhile, place parsley, cheese, remaining ¼ cup olive oil, garlic, basil and lemon juice in KitchenAid® food processor; process until smooth.

- 4 Add beans, zucchini and spinach to Multi-Cooker; cook, uncovered, until heated through, stirring with Stir Tower set on intermittent 2-minute setting. Press button for Soup/Step 4. Top with pesto just before serving.

Makes 8 to 10 servings



# STEW AND CHILIS

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Spicy African Chickpea and Sweet Potato Stew 58





# OLD-FASHIONED BEEF STEW



- 1½ pounds beef top or bottom round steak, well trimmed and cut into 1-inch cubes
  - 2 tablespoons olive oil, divided
  - 4 cups sliced mushrooms
  - 2 cups (8 ounces) baby carrots
  - 2 cups beef broth
  - 2 cups tomato paste
  - 2 cloves garlic, minced
  - 1 teaspoon salt
  - ¾ teaspoon dried thyme
  - ½ teaspoon freshly ground black pepper
  - 2 bay leaves
  - 2 medium onions, cut into wedges
  - 2 cups cut green beans
- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add 1 tablespoon olive oil; heat on Soup/Step 1. Brown beef in two batches, stirring constantly with KitchenAid® Stir Tower on low speed; transfer to plate.
  - 2 Heat remaining 1 tablespoon olive oil in Multi-Cooker. Add mushrooms; cook 15 minutes or until liquid has evaporated and mushrooms are browned, stirring constantly with Stir Tower on low speed.
  - 3 Press button for Soup/Step 2 and set Stir Tower to intermittent 20-minute setting. Add beef, carrots, broth, tomato paste, garlic, salt, thyme, pepper and bay leaves; cover and bring to a boil.
  - 4 Press button for Soup/Step 3; simmer, covered, 2 hours or until beef is fork-tender. Add onions and green beans; simmer, covered, 20 minutes.
  - 5 Press button for Soup/Step 4; let stand, covered, 30 minutes. Remove and discard bay leaves.

Makes 6 servings



# CORDERO STEW

## WITH CORNMEAL DUMPLINGS

- 2 pounds lean lamb stew meat with bones, cut into 2-inch pieces or 1½ pounds lean boneless lamb, cut into 1½-inch cubes
- 1¼ teaspoons salt, divided
- ½ teaspoon freshly ground black pepper
- 2½ tablespoons vegetable oil, divided
- 1 large onion, chopped
- 1 clove garlic, minced
- 4 cups water, divided
- 2 tablespoons tomato paste
- 2 teaspoons chili powder
- 1 teaspoon ground coriander
- 3 small potatoes, cut into 1½-inch chunks
- 2 large carrots, cut into 1-inch pieces
- 1 package (10 ounces) frozen corn
- ⅓ cup coarsely chopped celery leaves
- ½ cup all-purpose flour
- ½ cup yellow cornmeal
- 1 teaspoon baking powder
- 2½ tablespoons cold butter
- ½ cup milk

- 1 Sprinkle lamb with 1 teaspoon salt and pepper. Set KitchenAid® Multi-Cooker to Soup setting. Add 2 tablespoons oil; heat on Soup/Step 1. Cook lamb in batches until browned on all sides, stirring occasionally; transfer to medium bowl.
- 2 Heat remaining ½ tablespoon oil in Multi-Cooker. Add onion and garlic; sauté 3 minutes or until onion is tender. Stir in 1 cup water, scraping up browned bits from bottom of Multi-Cooker. Stir in tomato paste, chili powder and coriander.
- 3 Press button for Soup/Step 2. Add remaining 3 cups water, lamb, potatoes, carrots, corn and celery leaves; cover and bring to a boil.
- 4 Press button for Soup/Step 3; simmer, covered, 1½ hours or until lamb and potatoes are tender.



- 5 During last 15 minutes of cooking, prepare dumplings. Combine flour, cornmeal, baking powder and remaining ¼ teaspoon salt in medium bowl. Cut in butter with fingers or pastry blender until mixture resembles coarse crumbs. Make well in center; add milk and stir with fork until dough forms.
- 6 Drop dough onto stew in six mounds. Cover and simmer 20 minutes or until dumplings are firm and toothpick inserted into centers comes out clean.

Makes 6 servings

# MEDITERRANEAN CHILI

- 1 tablespoon olive oil
- ½ cup chopped onion
- 1 green bell pepper, coarsely chopped
- 1 yellow bell pepper, coarsely chopped
- 4 cloves garlic, minced
- 1 can (about 15 ounces) chickpeas, drained
- 1 can (about 14 ounces) stewed tomatoes, undrained
- 1 cup vegetable juice
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- ½ cup crumbled feta cheese
- ¼ cup chopped fresh basil

- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add olive oil; heat on Soup/Step 1. Add onion; cook 5 minutes or until translucent, stirring occasionally. Add bell peppers and garlic; sauté 5 minutes or until softened.
- 2 Press button for Soup/Step 2. Stir in chickpeas, tomatoes with juice, vegetable juice, salt, oregano and red pepper flakes; cover and bring to a boil.
- 3 Press button for Soup/Step 3; simmer, uncovered, 12 minutes or until bell peppers are tender.
- 4 Press button for Soup/Step 4. Top with cheese and basil just before serving.

Makes 4 servings



# TEX-MEX

## BLACK BEAN AND CORN STEW

- 1 tablespoon canola or vegetable oil
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 medium zucchini or yellow squash (or 1 of each), cut into ½-inch chunks
- 1 can (about 15 ounces) black beans, rinsed and drained
- 1 can (about 14 ounces) fire-roasted diced tomatoes
- 1 cup frozen corn
- ¾ cup salsa
- ½ cup (2 ounces) shredded Cheddar or pepper jack cheese
- ¼ cup chopped fresh cilantro

- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add oil; heat on Soup/Step 1. Add onion; sauté 5 minutes or until translucent. Add garlic, chili powder and cumin; sauté 1 minute.
- 2 Press button for Soup/Step 2. Stir in zucchini, beans, tomatoes, corn and salsa; cover and bring to a boil.
- 3 Press button for Soup/Step 3; simmer, covered, 20 minutes or until heated through and zucchini is tender.
- 4 Press button for Soup/Step 4. Top with cheese and cilantro just before serving.

Makes 4 servings



# CONFETTI

## CHICKEN CHILI

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- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 pound ground chicken or turkey
- 3½ cups reduced-sodium chicken broth
- 2 carrots, chopped
- 1 medium green bell pepper, chopped
- 2 plum tomatoes, chopped
- 1 jalapeño pepper, finely chopped (optional)
- 1 teaspoon salt
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon celery salt
- Freshly ground black pepper
- 1 can (about 15 ounces) Great Northern beans, rinsed and drained

- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add olive oil; heat on Soup/Step 1. Add onion; cook 1 to 2 minutes or until translucent, stirring frequently. Add chicken; cook and stir about 10 minutes or until no longer pink.
- 2 Press button for Soup/Step 2. Add broth, carrots, bell pepper, tomatoes, jalapeño, if desired, salt, chili powder, cumin, celery salt and black pepper; cover and bring to a boil.
- 3 Press button for Soup/Step 3; cook 15 minutes. Add beans; cook until heated through.

Makes 4 to 6 servings



# LENTIL VEGETABLE STEW



- 3 tablespoons vegetable oil
  - 1 large onion, coarsely chopped
  - 1 can (28 ounces) crushed tomatoes
  - 2 cups water
  - 1¼ cups dried lentils, rinsed and sorted
  - 1 tablespoon curry powder
  - 1 tablespoon cider or red wine vinegar
  - 1½ teaspoons salt
  - 1½ teaspoons ground cumin
  - 1½ teaspoons ground coriander
  - 1 teaspoon ground ginger
  - 2 cups cauliflower florets
  - 1 cup chopped red bell pepper
  - 1 cup chopped yellow squash
- 1 Set KitchenAid® Multi-Cooker to Soup setting. Add oil; heat on Soup/Step 1. Add onion; cook about 2 minutes or until softened, stirring with KitchenAid® Stir Tower on low speed.
- 2 Press button for Soup/Step 2 and set Stir Tower to intermittent 20-minute setting. Add tomatoes, water, lentil, curry powder, vinegar, salt, cumin, coriander and ginger; cover and bring to a boil.
- 3 Press button for Soup/Step 3; simmer, covered, 35 to 40 minutes or until lentils begin to soften.
- 4 Add cauliflower, bell pepper and squash; simmer, covered, 30 to 40 minutes or until vegetables and lentils are tender. Press button for Soup/Step 4.

Makes 8 servings



# SPICY AFRICAN

## CHICKPEA AND SWEET POTATO STEW

- 6 cloves garlic, peeled
- 1¼ teaspoons coarse salt, divided
- 2 teaspoons paprika
- 1½ teaspoons whole cumin seed
- 1 teaspoon freshly ground black pepper
- ½ teaspoon ground ginger
- ½ teaspoon ground allspice
- 2 tablespoons olive oil, divided
- 1½ pounds sweet potatoes, peeled and cubed
- 2 cups vegetable broth or water
- 1 can (about 15 ounces) chickpeas, rinsed and drained
- 1 can (about 14 ounces) plum tomatoes, undrained, chopped
- 1½ cups sliced fresh okra or 1 package (10 ounces) frozen cut okra, thawed
- 5 green onions, sliced
- 1⅓ cups water
- ⅛ teaspoon saffron threads or ½ teaspoon ground turmeric
- 1 cup uncooked couscous
- Hot pepper sauce

- 1 Place garlic and 1 teaspoon salt in KitchenAid® food processor or blender; process until finely chopped. Add paprika, cumin, pepper, ginger and allspice; process 15 seconds. With motor running, pour in 1 tablespoon olive oil; process until mixture forms paste.
- 2 Combine sweet potatoes, broth, chickpeas, tomatoes with juice, okra and spice mixture in KitchenAid® Multi-Cooker. Cover and bring to a boil on Sauté setting.
- 3 Reduce heat to Simmer setting; simmer, covered, 15 minutes. Remove cover; increase heat to Boil/Steam setting. Cook 10 minutes or until sweet potatoes are tender.
- 4 Meanwhile, heat remaining 1 tablespoon olive oil in medium saucepan over medium heat. Add green onions; sauté 4 minutes.



Add water, remaining ¼ teaspoon salt and saffron. Bring to a boil; stir in couscous. Remove from heat. Cover; let stand 5 minutes. Fluff with fork. Serve stew over couscous with hot pepper sauce.

Makes 4 servings

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# CAULIFLOWER AND POTATO MASALA

- 2 tablespoons vegetable oil
- 1 teaspoon minced garlic
- 1 teaspoon finely chopped fresh ginger
- 1 teaspoon salt
- 1 teaspoon whole cumin seed
- 1 teaspoon ground coriander
- 1½ cups chopped fresh tomatoes
- 1 head cauliflower (about 1¼ pounds), broken into small florets
- 8 ounces medium red potatoes, peeled and cut into wedges
- ½ cup water
- ½ teaspoon garam masala\*
- 2 tablespoons chopped fresh cilantro

*\*Available at well-stocked supermarkets, specialty stores and Indian markets.*

- 1 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Add garlic, ginger, salt, cumin and coriander; sauté about 30 seconds or until fragrant.
- 2 Add tomatoes; sauté 1 minute. Add cauliflower, potatoes and water; mix well. Reduce to Boil/Steam setting; cover and cook 30 to 45 minutes or until vegetables are tender.
- 3 Stir in garam masala; mix well. Sprinkle with cilantro just before serving.

Makes 6 servings



# ASPARAGUS PARMESAN RISOTTO



- 5½ cups vegetable broth
- ⅛ teaspoon salt
- 4 tablespoons butter, divided
- ⅓ cup finely chopped onion
- 2 cups uncooked arborio rice
- ⅔ cup dry white wine
- 2½ cups fresh asparagus pieces (about 1 inch long)
- ⅔ cup frozen peas
- 1 cup grated Parmesan cheese
- Salt and freshly ground black pepper

- 1 Bring broth and ⅛ teaspoon salt to a boil in medium saucepan over medium-high heat. Reduce heat to low; keep warm.
- 2 Set KitchenAid® Multi-Cooker to Risotto setting. Add 3 tablespoons butter; melt on Risotto/Step 1. Add onion; cook 2 minutes or until onion is soft, stirring with KitchenAid® Stir Tower on low speed. Add rice; cook 2 minutes. Add wine; cook 2 minutes or until wine is absorbed.
- 3 Press button for Risotto/Step 2. Add ½ cup hot broth; cook until broth is absorbed, stirring with Stir Tower on low speed. Continue adding 1 cup broth at a time, cooking and stirring after each addition until broth is absorbed, about 20 minutes total. Add asparagus and peas; cover and cook 5 minutes or until asparagus is tender.
- 4 Remove Stir Tower and turn Multi-Cooker to Keep Warm. Stir in remaining 1 tablespoon butter and cheese; season with salt and pepper. Let stand about 10 minutes or until cheese and butter are melted.

Makes 4 servings



# POT ROAST

## CARBONNADE

- 6 thick slices applewood-smoked bacon (about 6 ounces), cut into 2-inch pieces
  - 2 tablespoons all-purpose flour
  - $\frac{3}{4}$  teaspoon salt
  - $\frac{1}{2}$  teaspoon freshly ground black pepper
  - 1 beef chuck arm pot roast (about 3 pounds bone-in), cut into pieces to fit if necessary
  - 2 large onions (about 1½ pounds), thinly sliced
  - $1\frac{1}{2}$  tablespoons packed brown sugar
  - $1\frac{3}{4}$  cups beef broth
  - 1 bottle (12 ounces) light-colored beer
  - $1\frac{1}{2}$  teaspoons dried thyme
  - 2 bay leaves
  - Hot cooked red potatoes and carrots (optional)
- 1 Preheat KitchenAid® Multi-Cooker to Sauté setting. Add bacon; cook about 10 minutes or until crisp. Remove bacon to paper towel-lined plate with slotted spoon, reserving drippings in Multi-Cooker. Crumble bacon; set aside.
  - 2 Combine flour, salt and pepper in small bowl; spread on large plate or sheet of waxed paper. Roll roast in flour mixture to coat well. Brown roast in drippings in Multi-Cooker on Sauté setting about 4 to 5 minutes per side. Transfer to plate.
  - 3 Add onions to Multi-Cooker; cover and cook 10 minutes, stirring once. Uncover; sprinkle with brown sugar. Cook about 5 minutes or until golden brown, stirring frequently.
  - 4 Add broth, beer, thyme and bay leaves to Multi-Cooker; cover and bring to a boil. Return roast with any accumulated juices to Multi-Cooker. Reduce heat to Slow Cooker Low setting. Cover and cook about 3 hours or until roast is fork-tender.
  - 5 Transfer roast to cutting board; tent with foil. Remove and discard bay leaves from Multi-Cooker. Skim fat from juices with large spoon. Place half of juice mixture in food processor; process until smooth. Repeat

- with remaining juice mixture; return mixture to Multi-Cooker. Stir reserved bacon into sauce; cook on Boil/Steam setting until heated through.
- 6 Discard bone from roast; carve roast into  $\frac{1}{4}$ -inch-thick slices. Spoon sauce over roast. Serve with potatoes and carrots, if desired.

Makes 8 servings



# BEEF

## STROGANOFF

- ¼ cup all-purpose flour
  - ½ teaspoon salt
  - ¼ teaspoon freshly ground black pepper
  - 1¼ pounds beef tenderloin steaks or tenderloin tips, cut into 1½×½-inch strips
  - 4 tablespoons butter, divided
  - ¾ cup chopped onion
  - 12 ounces button mushrooms, sliced
  - 1 can (10½ ounces) condensed beef broth
  - 2 tablespoons tomato paste
  - 1 tablespoon Worcestershire sauce
  - 1 cup sour cream, at room temperature
  - Hot cooked egg noodles (optional)
  - Chopped fresh chives (optional)
- 1 Combine flour, salt and pepper in large resealable food storage bag. Add half of beef. Seal bag; shake to coat. Shake off excess flour. Repeat with remaining beef.
  - 2 Melt 1 tablespoon butter in KitchenAid® Multi-Cooker on Sauté setting. Add half of beef; sauté about 5 minutes or until browned on all sides. Do not overcook. Transfer to medium bowl. Repeat with 1 tablespoon butter and remaining beef; transfer to same bowl. Set aside.
  - 3 Melt remaining 2 tablespoons butter in Multi-Cooker. Add onion; cook 2 minutes, stirring occasionally. Add mushrooms; sauté 10 to 13 minutes or until liquid is absorbed and mushrooms are lightly browned.
  - 4 Stir in broth, tomato paste and Worcestershire; bring to a boil, scraping up any browned bits from bottom of Multi-Cooker with wooden spoon. Stir in beef and any accumulated juices.
  - 5 Reduce heat to Simmer setting. Cover and cook about 10 minutes or until sauce is thickened and meat is tender. Stir in sour cream; heat through. Do not boil. Serve over egg noodles and sprinkle with chives, if desired.

Makes 4 servings



## FIVE

### MUSHROOM RISOTTO



- 8 cups vegetable broth
- 2 tablespoons olive oil
- 4 tablespoons butter, divided
- 2 shallots, minced
- 4 cups coarsely chopped shiitake, chanterelle, portobello, oyster and button mushrooms (about  $\frac{3}{4}$  cup each)
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{3}$  cup fresh Italian parsley, minced
- 2 cups uncooked arborio rice
- $\frac{1}{2}$  cup dry white wine
- 1 cup heavy cream
- $\frac{1}{2}$  cup grated Parmesan cheese
- Salt and freshly ground black pepper

- 1 Bring broth to a boil in large saucepan over medium-high heat. Reduce heat to low; keep warm.
- 2 Set KitchenAid® Multi-Cooker to Risotto setting. Add olive oil and 2 tablespoons butter; heat on Risotto/Step 1 until mixture is bubbly. Add shallots; cook 30 seconds or just until beginning to brown, stirring with KitchenAid® Stir Tower on low speed. Add mushrooms and  $\frac{3}{4}$  teaspoon salt; cook 8 to 10 minutes or until mushrooms have softened and reduced their volume by half. Stir in parsley; cook 1 to 2 minutes. Transfer mushroom mixture to bowl.
- 3 Heat remaining 2 tablespoons butter in Multi-Cooker. Add rice; cook 2 to 3 minutes or until edges of rice become translucent, stirring with Stir Tower on low speed.
- 4 Press button for Risotto/Step 2. Add wine; cook until wine is absorbed. Add 1 cup broth; cook until absorbed. Continue adding 1 cup broth at a time, cooking and stirring after each addition until broth is absorbed. Add mushroom mixture with last cup of broth; cook and stir until broth is absorbed and rice is creamy.



- 5 Turn off heat; add cream and cheese, stirring until cheese is melted. Season with additional salt and pepper.

Makes 6 servings

# STOUT

## PULLED PORK SANDWICHES

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- 2 tablespoons coarse salt
- 2 tablespoons packed brown sugar
- 2 tablespoons paprika
- 1 teaspoon ground mustard
- 1 teaspoon freshly ground black pepper
- 1 boneless pork shoulder roast (about 3 pounds)
- 1 bottle (12 ounces) stout
- ½ cup cider vinegar
- 6 to 8 sandwich rolls, split
- ¾ cup barbecue sauce

- 1 Preheat KitchenAid® Multi-Cooker to Slow Cooker High setting. Combine salt, brown sugar, paprika, mustard and pepper in small bowl; mix well. Rub all over roast.
- 2 Place pork in Multi-Cooker. Add stout and vinegar. Cover and cook 3 to 3½ hours or until roast is fork-tender. Turn off heat and let stand 15 to 30 minutes or until cool enough to handle.
- 3 Shred pork using two forks. Serve warm on rolls with barbecue sauce.

Makes 6 to 8 servings

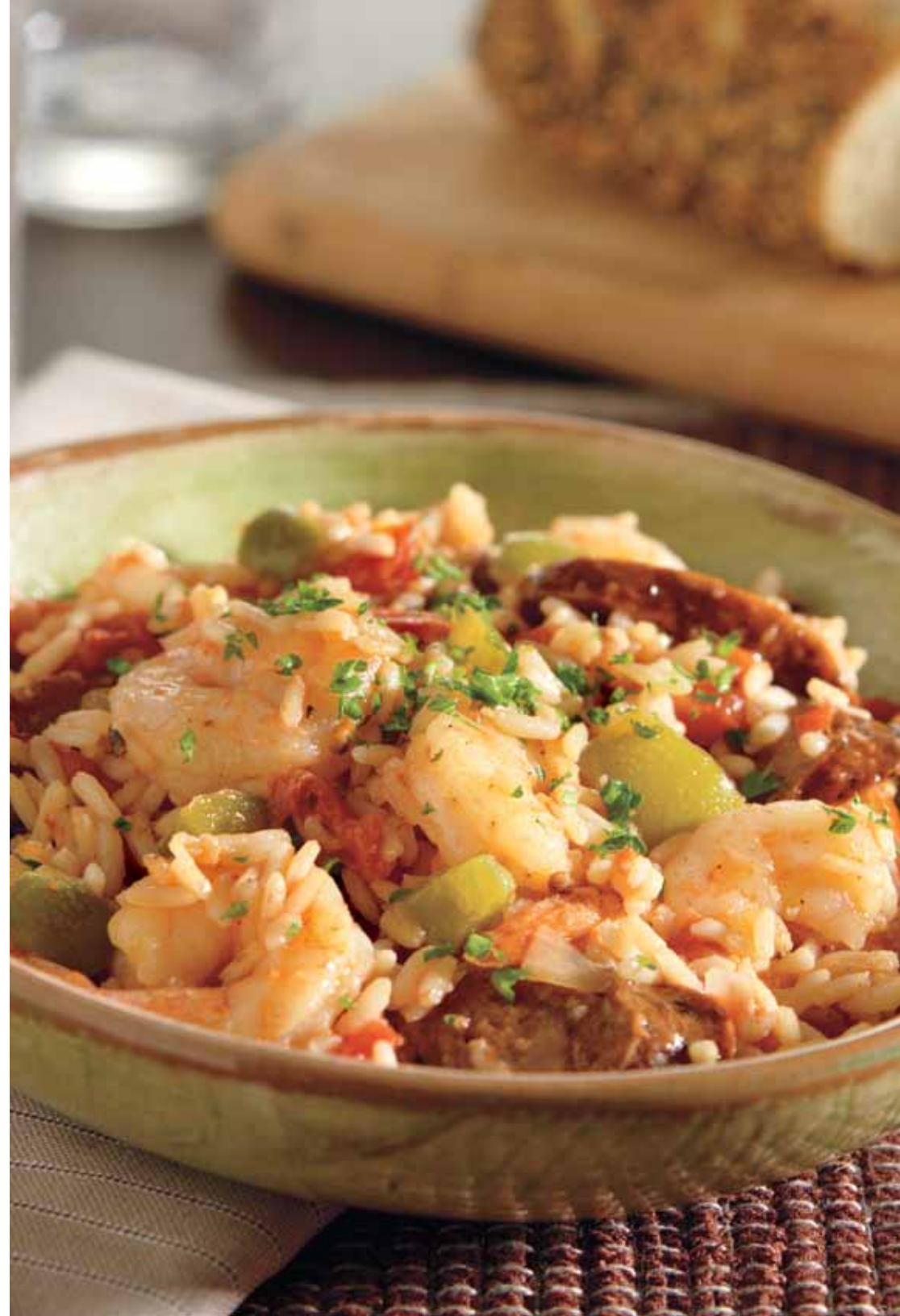


# JAMBALAYA

- 1 package (12 ounces) andouille sausage, sliced
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 cups uncooked rice
- 2 cups chicken broth
- 1 bottle (12 ounces) lager or other light-colored beer
- 1 can (about 14 ounces) diced tomatoes
- 1 teaspoon Cajun seasoning
- 1 pound medium raw shrimp, peeled and deveined
- Chopped fresh parsley (optional)
- Hot pepper sauce (optional)

- 1 Preheat KitchenAid® Multi-Cooker on Sauté setting. Add sausage; sauté 2 minutes or until browned. Add onion, bell pepper and garlic; sauté 2 to 3 minutes or until tender. Stir in rice, broth, beer, tomatoes and Cajun seasoning. Cover and bring to a boil on Boil/Steam setting.
- 2 Reduce heat to Simmer setting; simmer, covered, 20 minutes, stirring occasionally.
- 3 Add shrimp; cook about 5 minutes or until shrimp turn pink and opaque. Sprinkle with parsley and hot pepper sauce, if desired.

Makes 6 to 8 servings



# COCONUT CURRY

## SHRIMP AND VEGETABLES



- 2 tablespoons vegetable oil
- 1 cup sliced mushrooms
- 1 cup sliced carrots
- 1 cup broccoli florets
- 1 cup red bell pepper strips
- 2 large shallots, finely chopped
- 4 teaspoons minced garlic
- 2 tablespoons all-purpose flour
- 4 teaspoons curry powder
- ½ teaspoon salt
- ½ teaspoon ground red pepper
- 2 cups chicken broth
- 1 cup coconut milk
- 12 ounces medium raw shrimp, peeled and deveined
- Juice of 1 lime

1 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Add mushrooms; cook 6 to 8 minutes or until liquid from mushrooms evaporates and vegetables are softened, stirring with KitchenAid® Stir Tower on low speed. Add carrots; cook 2 minutes. Add broccoli, bell pepper, shallots and garlic; cook 5 minutes. Stir in flour, curry powder, salt and red pepper; cook 1 minute.

2 Stir in broth and coconut milk; cook about 3 minutes or until vegetables are almost tender and sauce begins to thicken, stirring constantly with Stir Tower on low speed. Stir in shrimp; cover and cook 4 to 6 minutes or until shrimp are pink and opaque and vegetables are crisp-tender. Stir in lime juice.

Makes 4 to 5 servings

**Serving Suggestion:** Serve with hot cooked basmati rice, chopped peanuts, golden raisins, mango chutney and/or chopped fresh cilantro.





# SOBA

## STIR-FRY



- 8 ounces uncooked soba (buckwheat) noodles
  - 1 tablespoon olive oil
  - 2 cups sliced shiitake mushrooms (about 4 ounces)
  - 1 medium red bell pepper, cut into thin strips
  - 2 whole dried red chiles or ¼ teaspoon red pepper flakes
  - 1 clove garlic, minced
  - ½ cup vegetable broth
  - 2 tablespoons tamari or soy sauce
  - 1 tablespoon rice wine or dry sherry
  - 2 teaspoons cornstarch
  - 2 cups shredded napa cabbage
  - 1 package (14 ounces) firm tofu, drained, pressed and cut into 1-inch cubes
  - 2 green onions, thinly sliced
- 1 Cook noodles according to package directions. Do not overcook. Drain and set aside.
  - 2 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Add mushrooms; cook 3 minutes, stirring with KitchenAid® Stir Tower on low speed. Add bell pepper, dried chiles and garlic; cook about 3 minutes or until mushrooms are tender.
  - 3 Whisk broth, tamari and rice wine into cornstarch in small bowl until smooth; add to Multi-Cooker. Add cabbage; cover and cook 3 to 5 minutes or until cabbage is wilted and sauce is thickened, continuing to stir with Stir Tower on low speed.
  - 4 Remove Stir Tower. Fold in tofu and noodles with wooden spoon; toss gently until heated through. Sprinkle with green onions. Serve immediately.

Makes 4 servings



# CLASSIC BOLOGNESE

## SAUCE WITH ORECCHIETTE PASTA

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 medium carrot, finely chopped
- 1 stalk celery, finely chopped
- 2 cloves garlic, minced
- 1 pound ground beef
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 cup dry white wine
- 1 cup milk
- ⅛ teaspoon ground nutmeg
- 1 can (about 28 ounces) whole tomatoes, undrained, chopped
- 1 package (16 ounces) uncooked orecchiette pasta
- ½ cup grated Parmesan cheese

- 1 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Add onion; sauté 5 minutes or until translucent. Add carrot, celery and garlic; sauté 5 to 7 minutes or until softened.
- 2 Add ground beef, ½ teaspoon salt and ¼ teaspoon pepper; cook 7 minutes or until no longer pink, stirring to break up meat. Add wine; cook 10 minutes, stirring occasionally. Slowly pour in milk, stirring constantly. Stir in nutmeg; cook 10 minutes or until most of liquid has evaporated, stirring occasionally.
- 3 Add tomatoes with juice; bring to a boil. Reduce heat to Simmer setting; simmer, uncovered, 2 hours. Stir in remaining ½ teaspoon salt and ¼ teaspoon pepper.
- 4 Cook pasta according to package directions; drain. Combine pasta and sauce in large bowl; toss to coat. Top with cheese just before serving.

Makes 4 to 6 servings



## KIELBASA, CABBAGE AND ONIONS



- 2 tablespoons olive oil
  - $\frac{3}{4}$  to 1 pound kielbasa, cut in half lengthwise then cut diagonally into  $\frac{3}{4}$ -inch slices
  - 1 onion, thinly sliced
  - 2 teaspoons fennel seeds
  - 1 teaspoon caraway seeds
  - 1 clove garlic, minced
  - $\frac{1}{2}$  cup water
  - 1 pound cabbage, thinly sliced (about 6 cups)
  - $1\frac{1}{2}$  pounds red potatoes (4 medium), cut into  $\frac{3}{4}$ -inch pieces
  - 1 bottle (12 ounces) lager or other light-colored beer
  - 1 tablespoon coarse ground mustard
  - $1\frac{1}{2}$  teaspoons salt
  - $\frac{1}{2}$  teaspoon freshly ground black pepper
- 1 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Add kielbasa; cook 5 minutes or until browned, stirring occasionally with KitchenAid® Stir Tower. Transfer to plate with slotted spoon.
  - 2 Add onion, fennel seeds, caraway seeds and garlic to Multi-Cooker; cook 2 to 3 minutes or until onion is translucent, stirring with Stir Tower on low speed. Stir in water, scraping up browned bits from bottom with spatula. Reduce heat to Boil/Steam setting. Add cabbage; cover and cook until wilted about 10 minutes, stirring with Stir Tower every 2 minutes.
  - 3 Add potatoes and kielbasa to Multi-Cooker. Stir in beer, mustard, salt and pepper. Cover and cook 25 to 30 minutes or until potatoes are tender, stirring with Stir Tower every 5 minutes.

Makes 6 servings



# CHICKEN CASSOULET



- 4 slices bacon, cut into 1-inch pieces
- 1 tablespoon olive oil
- ¼ cup all-purpose flour
- 1½ teaspoons salt, divided
- ¼ teaspoon freshly ground black pepper
- 1¾ pounds bone-in chicken pieces
- 2 chicken sausages (2¼ ounces each), cooked and cut into ¼-inch pieces
- 1 medium onion, chopped
- 1½ cups diced red and green bell peppers
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- ½ cup dry white wine
- 2 cans (about 15 ounces each) cannellini or Great Northern beans, rinsed and drained

- 1 Preheat KitchenAid® Multi-Cooker on Sauté setting. Add bacon; cook 10 minutes or until crisp, stirring with KitchenAid® Stir Tower on low speed. Transfer to paper towel-lined plate with slotted spoon. Remove Stir Tower. Add olive oil to drippings in Multi-Cooker.
- 2 Combine flour, ½ teaspoon salt and black pepper in shallow bowl. Coat chicken pieces with flour mixture; shake off excess. Brown chicken in batches on Sear setting; reduce heat to Sauté setting if chicken begins to burn. Transfer to plate.
- 3 Reduce heat to Sauté setting. Add sausages, onion, bell peppers, garlic, thyme and rosemary; sprinkle with remaining 1 teaspoon salt. Cook 5 minutes or until softened, stirring with Stir Tower on low speed and adding additional olive oil as needed to prevent sticking. Remove Stir Tower. Stir in wine, scraping up browned bits from bottom of Multi-Cooker with spatula. Top with chicken and bacon.



- 4 Cover and cook on Slow Cooker High setting 20 minutes; stir in beans. Cover and cook 20 minutes or until chicken is cooked through (165°F), stirring gently twice.

Makes 6 servings

# RISOTTO

## ALLA MILANESE



- ¼ teaspoon saffron threads
- 4 cups chicken or vegetable broth
- 4 tablespoons butter, divided
- 1 large onion, chopped
- 1½ cups uncooked arborio rice
- ½ cup dry white wine
- ½ teaspoon salt
- Dash freshly ground black pepper
- ¼ cup grated Parmesan cheese
- Chopped fresh parsley (optional)

- 1 Crush saffron to a powder; place in glass measuring cup.
- 2 Bring broth to a boil in medium saucepan over medium-high heat. Reduce heat to low; keep warm. Stir ½ cup broth into saffron to dissolve; set aside.
- 3 Set KitchenAid® Multi-Cooker to Risotto setting. Add 3 tablespoons butter; melt on Risotto/Step 1. Add onion; cook 5 minutes or until onion is soft, stirring with KitchenAid® Stir Tower on low speed. Add rice; cook 2 minutes. Stir in wine, salt and pepper; cook 3 to 5 minutes until wine is absorbed.
- 4 Press button for Risotto/Step 2. Add ½ cup broth; cook until broth is absorbed, stirring with Stir Tower on low speed. Add saffron broth; cook until absorbed. Continue adding ½ cup broth at a time, cooking and stirring after each addition until broth is absorbed, about 20 minutes total.
- 5 Turn off heat. Stir in remaining 1 tablespoon butter and cheese. Sprinkle with parsley, if desired. Serve immediately.

Makes 6 to 8 servings



# LAMB TAGINE

## WITH SAFFRON COUSCOUS



- 1 tablespoon olive oil
- 2 pounds boneless lamb shoulder or leg, cut into 2-inch cubes
- 3 medium onions, cut into eighths
- 3 cloves garlic, minced
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon freshly ground black pepper
- 4¼ cups water, divided
- 1 can (about 14 ounces) diced tomatoes
- 1 small butternut squash, peeled and cut into 1-inch pieces
- 1 can (about 15 ounces) chickpeas, rinsed and drained
- 1 medium zucchini, halved and sliced crosswise into 1-inch pieces
- 1 cup (5½ ounces) chopped pitted prunes
- ¾ teaspoon salt, divided
- 1 tablespoon butter
- ¼ teaspoon saffron threads, crushed or dash of powdered saffron
- 10 ounces (1½ cups) uncooked couscous
- ¼ cup chopped fresh cilantro

- 1 Heat oil in KitchenAid® Multi-Cooker on Sauté setting. Brown lamb on all sides in two batches, stirring with KitchenAid® Stir Tower on low speed. Transfer to bowl.
- 2 Add onions, garlic, ginger, cinnamon and pepper; cook 30 seconds or until spices are fragrant, stirring with Stir Tower on low speed. Remove Stir Tower. Stir in lamb and any accumulated juices, 2 cups water and tomatoes, scraping up any browned bits from bottom with wooden spoon. Cover and bring to a boil. Reduce heat to Slow Cooker High setting; cook 1 hour.
- 3 Stir in squash; cover and cook 30 minutes adding additional water, if needed. Add chickpeas, zucchini, prunes and ½ teaspoon salt; cook 20 minutes or until lamb is tender. Remove cover; simmer until broth is slightly thickened.



- 4 Combine remaining 2¼ cups water, butter, remaining ¼ teaspoon salt and saffron in small saucepan. Bring to a boil over high heat. Stir in couscous. Remove from heat. Cover and let stand 5 minutes or until liquid is absorbed. Fluff couscous with fork. Serve lamb and vegetables over couscous; sprinkle with cilantro.

Makes 6 servings

# STEAMED FISH FILLETS

## IN FRESH CILANTRO CHUTNEY

- ½ cup green onions, cut into ½-inch lengths
- 1 hot green chile pepper, seeded and coarsely chopped
- 2 tablespoons chopped fresh ginger
- 2 cloves garlic, peeled
- 1 cup fresh cilantro leaves
- 2 tablespoons vegetable oil
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon ground cumin
- 8 large romaine lettuce leaves
- 4 tilapia or orange roughy fillets (about 4 ounces each)

- 1 For chutney, drop green onions, chile, ginger and garlic through feed tube of KitchenAid® food processor with motor running. Stop and add cilantro, oil, lime juice, salt, sugar and cumin; process until cilantro is finely chopped. Set aside.
- 2 Trim 1 inch from base of each lettuce leaf; discard. Blanch lettuce leaves in large saucepan of boiling water 30 seconds; drain.
- 3 Place two leaves flat on cutting board, overlapping slightly. Lay one fish fillet horizontally in center of leaves. Coat fillets evenly with chutney. Fold ends of leaves over fillet; fold top and bottom of leaves over fillet to cover completely. Repeat to make four bundles.
- 4 Place steamer basket in KitchenAid® Multi-Cooker; add water to ½ inch below steamer (water should not touch steamer.) Remove steamer. Cover Multi-Cooker; bring water to a boil on Boil/Steam setting.
- 5 Place two bundles in steamer basket; top with parchment paper and remaining two bundles. Place in Multi-Cooker. Cover and steam 20 to 25 minutes or until fish turns opaque and flakes when tested with fork. Carefully remove fish from steamer. Serve immediately.

Makes 4 servings



# KUNG PAO

## CHICKEN



- 2½ cups water
- 1 cup uncooked brown rice
- 5 teaspoons dry sherry, divided
- 5 teaspoons soy sauce, divided
- 3½ teaspoons cornstarch, divided
- ¼ teaspoon salt
- 3 boneless skinless chicken breasts (about 5 ounces each), cut into bite-size pieces
- 2 tablespoons chicken broth or water
- 1 tablespoon red wine vinegar
- 1½ teaspoons sugar
- 3 tablespoons vegetable oil, divided
- ⅓ cup salted peanuts
- 6 to 8 small dried red chiles
- 1½ teaspoons minced fresh ginger
- 2 green onions, cut into 1½-inch pieces

- 1 Combine water and rice in KitchenAid® Multi-Cooker. Cover and cook on Brown Rice setting about 40 minutes or until rice is tender. Remove from Multi-Cooker and keep warm.
- 2 Stir 2 teaspoons sherry and 2 teaspoons soy sauce into 2 teaspoons cornstarch and salt in large bowl until smooth. Add chicken; stir to coat. Let stand 30 minutes.
- 3 Stir remaining 3 teaspoons sherry, 3 teaspoons soy sauce, broth and vinegar into remaining 1½ teaspoons cornstarch and sugar in small bowl.
- 4 Heat 1 tablespoon oil in Multi-Cooker on Sauté setting. Add peanuts; cook until lightly toasted, stirring with KitchenAid® Stir Tower on low speed. Transfer to bowl with slotted spoon. Heat remaining 2 tablespoons oil in Multi-Cooker. Add chiles; sauté 1 minute or until chiles begin to char.
- 5 Add chicken mixture; cook 2 minutes, stirring with Stir Tower on medium speed. Add ginger; cook 1 minute or until chicken is cooked



through, stirring constantly. Stir in peanuts and green onions. Stir sauce mixture; add to Multi-Cooker. Cook and stir until sauce boils and thickens. Serve over rice.

Makes 3 servings



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## SPICY ASIAN GREEN BEANS

- 1 pound whole green beans, trimmed
- 2 tablespoons chopped green onions
- 2 tablespoons dry sherry or chicken broth
- 2 tablespoons soy sauce
- 2 teaspoons garlic chili sauce
- 1 teaspoon dark sesame oil
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 1 tablespoon toasted sesame seeds (optional)

- 1 Place steamer basket in KitchenAid® Multi-Cooker; add ½ inch of water to Multi-Cooker (about 2 cups). Cover and bring to a boil on Boil/Steam setting. Place green beans in steamer basket. Cover and steam beans 10 minutes or just until crisp-tender. Carefully remove steamer basket with beans from Multi-Cooker and pour out remaining water using pour spout.
- 2 Combine green onions, sherry, soy sauce, chili sauce, sesame oil and garlic in small bowl.
- 3 Add vegetable oil to Multi-Cooker; increase heat to Sauté setting. Add green beans; pour soy sauce mixture over beans. Toss well to coat. Cook 5 to 7 minutes or until glazed, stirring occasionally. Sprinkle with sesame seeds, if desired.

Makes 4 to 6 servings



# ROASTED



## CAULIFLOWER WITH CHEDDAR BEER SAUCE

- 1 large head cauliflower (about 2½ pounds), trimmed and cut into ½-inch florets
  - 2 tablespoons vegetable oil, divided
  - ½ teaspoon salt, divided
  - ½ teaspoon freshly ground black pepper
  - 2 medium shallots, finely chopped
  - 2 teaspoons all-purpose flour
  - ½ cup Irish ale
  - 1 tablespoon spicy brown mustard
  - 1 tablespoon Worcestershire sauce
  - 1½ cups (6 ounces) shredded Cheddar cheese
- 1 Preheat oven to 450°F. Line large baking sheet with foil.
  - 2 Combine cauliflower, 1 tablespoon oil, ¼ teaspoon salt and pepper in medium bowl; toss to coat. Spread in single layer on prepared baking sheet. Roast about 25 minutes or until tender and lightly browned, stirring occasionally.
  - 3 Meanwhile, prepare sauce. Heat remaining 1 tablespoon oil in KitchenAid® Multi-Cooker on Sauté setting. Add shallots; cook 2 to 3 minutes, stirring with KitchenAid® Stir Tower on low speed. Remove Stir Tower; whisk in flour and remaining ¼ teaspoon salt and cook 1 minute. Whisk in ale, mustard and Worcestershire; bring to a simmer. Reduce to Simmer setting; add cheese by ¼ cupfuls, stirring with Stir Tower on low speed until cheese is melted before adding next addition.
  - 4 Transfer roasted cauliflower to serving bowl; top with cheese sauce. Serve immediately.

Makes 4 to 6 servings

**Variation:** Substitute steamed broccoli for the roasted cauliflower. Cut 2½ pounds broccoli into florets. Place steamer basket in Multi-Cooker; add ½ inch of water. Cover and bring to a boil on Boil/Steam setting.



Place broccoli in steamer basket. Cover and steam 10 minutes or just until crisp-tender. Carefully remove steamer basket and pour out remaining water using pour spout. Keep broccoli warm while preparing sauce.

# TANGY RED CABBAGE

## WITH APPLES AND BACON



- 8 slices Irish or thick-cut bacon, cut into 2-inch pieces
- 1 large onion, sliced
- ½ small head red cabbage (1 pound), thinly sliced
- 1 tablespoon sugar
- 1 Granny Smith apple, peeled and sliced
- 2 tablespoons cider vinegar
- ½ teaspoon salt (optional)
- ¼ teaspoon freshly ground black pepper

- 1 Preheat KitchenAid® Multi-Cooker on Sauté setting. Add bacon; cook 15 minutes or until crisp, stirring with KitchenAid® Stir Tower on low speed. Transfer bacon to paper towel-lined plate with slotted spoon, reserving drippings in Multi-Cooker. Coarsely chop bacon. Drain all but 2 tablespoons drippings from Multi-Cooker using pour spout.
- 2 Add onion to Multi-Cooker; cook 2 to 3 minutes or until onion begins to soften, stirring with Stir Tower on low speed. Add cabbage and sugar; cook 4 to 5 minutes or until cabbage wilts. Stir in apple; cook 5 minutes or until crisp-tender. Stir in vinegar; cook 1 minute or until absorbed.
- 3 Stir in bacon; cook 1 minute or until heated through. Season with salt, if desired, and pepper. Serve hot or at room temperature.

Makes 4 servings



# SPICY

## CHICKPEAS AND COUSCOUS

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- 1¾ cups vegetable broth
- 1 teaspoon ground coriander
- ½ teaspoon ground cardamom
- ½ teaspoon ground turmeric
- ½ teaspoon hot pepper sauce
- ¼ teaspoon salt
- ⅛ teaspoon ground cinnamon
- 1 cup julienned carrots
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 cup frozen peas
- 1 cup quick-cooking couscous
- 2 tablespoons chopped fresh mint

- 1 Combine broth, coriander, cardamom, turmeric, pepper sauce, salt and cinnamon in KitchenAid® Multi-Cooker. Cover and bring to a boil on Boil/Steam setting. Add carrots; simmer, covered, 5 minutes.
- 2 Add chickpeas and frozen peas. Simmer, uncovered, about 4 minutes or until carrots are tender.
- 3 Turn off heat. Stir in couscous. Carefully remove insert from Multi-Cooker to heatproof surface. Cover and let stand 5 minutes or until liquid is absorbed. Fluff with a fork. Sprinkle with mint just before serving.

Makes 6 servings



# CLASSIC POLENTA

- 6 cups water
- 2 teaspoons salt
- 1½ cups yellow cornmeal
- ⅓ cup butter (optional)
- ⅓ cup Parmesan cheese (optional)
- ¼ cup vegetable oil (optional)

- 1 Combine water and salt in KitchenAid® Multi-Cooker; cover and bring to a boil on Sauté setting. Whisk in cornmeal in very thin steady stream (do not let lumps form). Reduce heat to Simmer setting.
- 2 Cover and cook about 5 minutes or until desired thickness, stirring occasionally. For soft polenta, stir in butter and cheese, if desired. Serve hot.
- 3 For fried polenta, spray 11×7-inch baking pan with nonstick cooking spray. Spread hot polenta evenly in baking pan. Cover and refrigerate until completely cooled and firm.
- 4 Turn out cooled polenta onto cutting board. Cut polenta into rounds with biscuit cutter or into 3×1-inch strips.
- 5 Heat oil in large heavy skillet over medium-high heat; reduce heat to medium. Cook polenta in batches 4 to 5 minutes or until golden on both sides, turning as needed. Serve warm.

Makes 6 to 8 servings

**Note:** This polenta can be served in two forms: as a hot creamy cereal or as crispy pan-fried rounds. Hot creamy polenta, prepared through step 2, can be served as a first course or topped with a hearty meat or vegetable sauce for a main dish. Pan-fried rounds or strips of polenta can be served as an appetizer or as a side dish. Polenta also can be baked, broiled or grilled.



## PICANTE BEANS AND RICE

- 2½ cups water
- 1 cup uncooked brown rice
- 2 cups dried pinto beans, rinsed, sorted and soaked\*
- 2 cups water
- 1 cup coarsely chopped onion
- ¾ cup coarsely chopped green bell pepper
- ¼ cup sliced celery
- 4 cloves garlic, minced
- ½ small jalapeño pepper, seeded and chopped
- 2 teaspoons dried oregano
- 2 teaspoons chili powder
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon ground red pepper
- ½ teaspoon chipotle chili powder (optional)
- Pinch of sugar
- 2 cups chopped kale
- 1 can (about 14 ounces) stewed tomatoes

*\*Place beans in large bowl and add water to cover by 2 inches. Cover and let soak overnight. To quick soak beans, place beans in large saucepan and add water to cover by 2 inches. Bring to a boil over high heat; boil 2 minutes. Remove from heat; let stand, covered, 1 hour. Drain beans; discard water.*

- 1 Combine water and rice in KitchenAid® Multi-Cooker. Cover and cook on Brown Rice setting about 40 minutes or until rice is tender. Remove from Multi-Cooker and keep warm.
- 2 Place beans in Multi-Cooker. Stir in 2 cups water, onion, bell pepper, celery, garlic, jalapeño, oregano, chili powder, cumin, salt, red pepper, chipotle chili powder, if desired, and sugar. Cover and bring to a boil on Boil/Steam setting. Reduce heat to Slow Cooker High setting. Cook, covered, 1½ to 2 hours or until beans are tender, stirring several times. Adjust seasonings.

- 3 Gently stir kale and tomatoes into Multi-Cooker. Cook, covered, 30 minutes. Serve over rice.

Makes 8 servings



# DESSERTS

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Rich Chocolate Pudding 120

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## ITALIAN CASSATA TRIFLE

- ½ cup all-purpose flour
  - 4 cups heavy cream
  - 1 egg
  - ½ cup sugar
  - 1 teaspoon grated lemon peel
  - ½ cup chopped dried cherries
  - ½ cup chopped dried apricots
  - ½ cup chopped pecans
  - ½ cup ricotta cheese
  - ¼ cup rum
  - 2 teaspoons vanilla
  - 1 pound cake (about 16 ounces), cut into ½-inch cubes
- Whipped cream and additional chopped pecans for garnish

1 Place flour in KitchenAid® Multi-Cooker. Whisk in 1 cup cream at a time, whisking until well blended and smooth after each addition. Whisk in egg. Gradually whisk in sugar and lemon peel until well blended, making sure no lumps remain. Cook on Simmer setting 15 to 20 minutes or until mixture begins to thicken, whisking frequently. Stir in cherries, apricots, ½ cup pecans, ricotta cheese, rum and vanilla.

2 Place one third of cake cubes in trifle dish, distributing pieces to cover bottom of bowl. Top with one third of cream mixture. Repeat layers twice, ending with cream mixture. Cover with plastic wrap; refrigerate at least 4 hours or overnight. Garnish with whipped cream and additional chopped pecans. Serve cold.

Makes 12 servings

**Variation:** The trifle can be arranged in individual dessert dishes instead of a trifle dish. Divide cake cubes and pudding among 12 dessert dishes. Cover and refrigerate as directed. Garnish each serving with chopped pecans and additional dried fruit.



# CHOCOLATE

## FONDUE WITH FRESH FRUIT



- 1 cup heavy cream, divided
- 3 tablespoons unsweetened cocoa powder
- 4 ounces cream cheese, cut into pieces
- ¼ cup sugar
- ½ teaspoon vanilla
- Grapes, strawberries and/or other fruit

1 Preheat KitchenAid® Multi-Cooker on Simmer setting. Whisk ½ cup cream into cocoa in small bowl until smooth. Pour into Multi-Cooker. Cook 1 minute or until thickened, stirring with KitchenAid® Stir Tower on low speed. Stir in remaining cream, cream cheese and sugar. Cook 15 minutes or until mixture is smooth and thick, stirring constantly with Stir Tower on low speed. Remove Stir Tower. Whisk in vanilla until smooth.

2 Turn to Keep Warm setting. Arrange fruit on plate. Use wooden skewers or fondue forks for dipping.

Makes 8 servings



# SOUTHERN

## BREAD PUDDING WITH WHISKEY SAUCE

- 1 tablespoon butter
- 8 cups French or Italian bread cubes (½-inch cubes)\*
- ¾ cup raisins
- 6 eggs
- 3 cups milk
- 1 tablespoon vanilla
- ⅔ cup plus ¾ cup granulated sugar, divided
- ⅓ cup packed brown sugar
- ¾ teaspoon plus ⅛ teaspoon ground cinnamon, divided
- ¼ teaspoon ground nutmeg
- 2 teaspoons cornstarch
- ¾ cup half-and-half or heavy cream
- 2 tablespoons whiskey or bourbon
- Dash of salt

*\*For best results, bread should be slightly stale. Cut 8 ounces fresh bread into ½-inch-thick slices; place on baking sheet. Let stand at room temperature 30 to 60 minutes or until slightly dry, or bake in 300°F oven until dry but not toasted. Cut into cubes.*

- 1 Coat insert of KitchenAid® Multi-Cooker with butter; preheat to 350°F using Manual function. Combine bread cubes and raisins in large bowl.
- 2 Whisk eggs in another large bowl until frothy; whisk in milk and vanilla until blended. Add ⅔ cup granulated sugar, brown sugar, ¾ teaspoon cinnamon and nutmeg; whisk until well blended. Pour over bread cubes. Push bread into liquid to moisten. Let stand 5 minutes.
- 3 Pour mixture into Multi-Cooker; cover and cook 45 to 50 minutes or until set and knife inserted in center comes out almost clean. Turn off Multi-Cooker; let stand, covered, 10 minutes.
- 4 Meanwhile, combine remaining ¾ cup granulated sugar and cornstarch in medium saucepan. Stir in half-and-half; cook and stir over medium-low heat until thick and bubbly. Cook 1 minute more; remove from heat. Carefully stir in whiskey, remaining ⅛ teaspoon cinnamon and salt. Cool slightly. Serve with bread pudding.

Makes 8 servings



# FIVE-SPICE

## APPLE CRISP

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- 3 tablespoons butter, melted
  - 6 Golden Delicious apples, peeled, cored and cut into ½-inch-thick slices
  - 1 tablespoon fresh lemon juice
  - ¼ cup packed brown sugar
  - ¾ teaspoon Chinese five-spice powder or ½ teaspoon ground cinnamon and ¼ teaspoon ground allspice
  - 1 cup coarsely crushed Chinese almond cookies or almond biscotti
  - Whipped cream or ice cream (optional)
- 1 Brush inside of KitchenAid® Multi-Cooker with melted butter. Add apples and lemon juice; toss to combine. Sprinkle with brown sugar and five-spice powder; toss to coat.
- 2 Cover and cook on Slow Cooker Low setting 3½ hours or until apples are tender but still hold their shape. Sprinkle cookies over apples. Serve with whipped cream, if desired.

Makes 4 servings



## BRANDIED CHERRIES

- 4 cups fresh sweet cherries, such as Bing or Royal Ann, pitted\*
- ½ cup plus 1 tablespoon brandy, divided
- ½ cup sugar
- Juice of ½ lemon
- ¼ teaspoon ground cinnamon
- 1 tablespoon cold water
- 1 tablespoon cornstarch
- ½ teaspoon almond extract or vanilla
- Ice cream or pound cake

*\*If fresh cherries are not available, use frozen dark sweet cherries.*

- 1 Combine cherries, ½ cup brandy and sugar in KitchenAid® Multi-Cooker. Bring to a boil on Boil/Steam setting, stirring frequently. Reduce heat to Simmer setting; simmer 30 minutes or just until cherries are tender. Stir in lemon juice and cinnamon.
- 2 Increase heat to Boil/Steam setting; bring to a boil. Stir water into cornstarch in small bowl until smooth. Stir into cherries; simmer 2 to 3 minutes or until mixture thickens slightly. Turn off heat; stir in almond extract and remaining 1 tablespoon brandy. Transfer to medium bowl; cool completely. Cover and refrigerate overnight or up to 1 week.
- 3 To serve, reheat in Multi-Cooker on Sauté setting until heated through, stirring occasionally. Serve over ice cream.

Makes 4 to 6 servings

**Note:** If your cherries are very sweet, reduce the amount of sugar to ⅓ cup.



# RICH CHOCOLATE PUDDING



- ⅔ cup sugar**
- ¼ cup unsweetened cocoa powder**
- 3 tablespoons cornstarch**
- 2 cups milk**
- 1 egg**
- ½ teaspoon vanilla**
- 1 tablespoon butter**
- Whipped cream and grated chocolate (optional)**

- 1** Combine sugar, cocoa and cornstarch in KitchenAid® Multi-Cooker; whisk in milk until smooth. Cook on Boil/Steam setting, stirring constantly with Stir Tower on low speed until mixture boils; boil 1 minute, stirring constantly.
- 2** Beat egg in small bowl. Whisk about ½ cup hot milk mixture into egg; pour egg mixture back into Multi-Cooker in thin steady stream, stirring constantly with Stir Tower on medium speed. Cook and stir 2 minutes.
- 3** Turn off heat; remove insert to heatproof surface. Stir in vanilla and butter. Transfer to serving dishes. Serve warm or cover and refrigerate until ready to serve. Garnish with whipped cream and grated chocolate.

**Makes 4 servings**

**Rich Mocha Pudding:** Add 1 to 1½ teaspoons instant coffee granules to sugar mixture in step 1.



# ITALIAN CHEESECAKE

- 12 graham crackers
  - ¼ cup packed brown sugar
  - ¼ cup (½ stick) butter, melted
  - 1 package (8 ounces) cream cheese, softened
  - ¾ cup granulated sugar
  - 1 container (15 ounces) ricotta cheese
  - 2 eggs
  - 2 tablespoons cornstarch
  - 1 tablespoon all-purpose flour
  - 1 teaspoon vanilla
  - 1 cup sour cream
- 1 Coat inside of KitchenAid® Multi-Cooker with nonstick cooking spray or line with foil (see Note).
  - 2 Place graham crackers in KitchenAid® food processor; pulse until fine crumbs form. Add brown sugar and butter; pulse until well blended. Pat mixture firmly onto bottom of Multi-Cooker. Refrigerate while making cheesecake batter.
  - 3 Beat cream cheese and granulated sugar in bowl of KitchenAid® stand mixer on medium speed until smooth. Add ricotta cheese; beat until blended. Beat in eggs, one at a time, mixing until well blended after each addition. Beat in cornstarch, flour and vanilla. Beat in sour cream until just blended. Pour filling into prepared crust. Cover and cook on Slow Cooker Low setting 3 hours or until cheesecake is nearly set.
  - 4 Turn off heat. Remove lid of Multi-Cooker, cover top of insert with clean kitchen towel and replace lid. Cool 1 hour. Remove insert from base; cool completely in covered insert. Remove kitchen towel; cover and refrigerate 8 hours or overnight before serving. Scoop servings onto plates or remove cheesecake from insert using foil.

Makes 16 servings

**Note:** Lining the interior of the Multi-Cooker with foil allows you to remove the entire cheesecake and cut it into slices. Remove the insert



from base and place upside-down on work surface. Tear off a 24×18-inch piece of heavy-duty foil. Place shiny side down on top of upside-down insert. Smooth foil to insert, folding and tucking as necessary to fit. Remove foil, turn insert right-side up and place foil inside it. Smooth foil as much as possible to interior of insert, then lightly coat with nonstick cooking spray. Use foil to lift refrigerated cheesecake from insert. Place on cutting board and carefully unfold foil from side of cheesecake (take care not to cut foil beneath cheesecake when serving).

# CHOCOLATE SPRING ROLLS

- ½ cup heavy cream
- 2 tablespoons butter
- 6 ounces semisweet or bittersweet chocolate, chopped
- ½ cup chopped peanuts
- 9 spring or egg roll wrappers
- 1 egg, lightly beaten
- Vegetable oil for frying
- Powdered sugar (optional)

- 1 Combine cream and butter in in KitchenAid® Multi-Cooker. Bring to a simmer on Boil/Steam setting. Turn off heat and remove insert. Sprinkle chocolate over cream mixture; let stand 1 minute. Stir until smooth; stir in peanuts. Transfer to small bowl; cover and refrigerate 1 hour or until firm.
- 2 Lay spring roll wrapper on work surface with one corner facing you. Place 2 rounded tablespoons chocolate filling across middle of wrapper, shaping chocolate into elongated shape. Brush edges of wrapper with beaten egg. Fold pointed side over chocolate. Tuck two sides snugly over sides of chocolate and roll up tightly. Cover with plastic wrap and refrigerate until needed.
- 3 Pour oil into Multi-Cooker to depth of ¾ inch (about 2½ cups). Heat to 350°F on Sauté setting. Fry spring rolls in small batches 5 to 8 minutes or until crisp. Transfer to paper towel-lined plate with slotted spoon. Sprinkle with powdered sugar just before serving, if desired.

Makes 9 spring rolls





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# METRIC

## CONVERSION CHART

### VOLUME MEASUREMENTS (dry)

$\frac{1}{8}$  teaspoon = 0.5 mL  
 $\frac{1}{4}$  teaspoon = 1 mL  
 $\frac{1}{2}$  teaspoon = 2 mL  
 $\frac{3}{4}$  teaspoon = 4 mL  
 1 teaspoon = 5 mL  
 1 tablespoon = 15 mL  
 2 tablespoons = 30 mL  
 $\frac{1}{4}$  cup = 60 mL  
 $\frac{1}{3}$  cup = 75 mL  
 $\frac{1}{2}$  cup = 125 mL  
 $\frac{2}{3}$  cup = 150 mL  
 $\frac{3}{4}$  cup = 175 mL  
 1 cup = 250 mL  
 2 cups = 1 pint = 500 mL  
 3 cups = 750 mL  
 4 cups = 1 quart = 1 L

### VOLUME MEASUREMENTS (fluid)

1 fluid ounce (2 tablespoons) = 30 mL  
 4 fluid ounces ( $\frac{1}{2}$  cup) = 125 mL  
 8 fluid ounces (1 cup) = 250 mL  
 12 fluid ounces ( $1\frac{1}{2}$  cups) = 375 mL  
 16 fluid ounces (2 cups) = 500 mL

### WEIGHTS (mass)

$\frac{1}{2}$  ounce = 15 g  
 1 ounce = 30 g  
 3 ounces = 90 g  
 4 ounces = 120 g  
 8 ounces = 225 g  
 10 ounces = 285 g  
 12 ounces = 360 g  
 16 ounces = 1 pound = 450 g

### DIMENSIONS

$\frac{1}{16}$  inch = 2 mm  
 $\frac{1}{8}$  inch = 3 mm  
 $\frac{1}{4}$  inch = 6 mm  
 $\frac{1}{2}$  inch = 1.5 cm  
 $\frac{3}{4}$  inch = 2 cm  
 1 inch = 2.5 cm

### OVEN TEMPERATURES

250°F = 120°C  
 275°F = 140°C  
 300°F = 150°C  
 325°F = 160°C  
 350°F = 180°C  
 375°F = 190°C  
 400°F = 200°C  
 425°F = 220°C  
 450°F = 230°C

### BAKING PAN SIZES

Utensil	Size in	Metric	Size in
	Inches/Quarts	Volume	Centimeters
Baking or Cake Pan	8×8×2	2 L	20×20×5
	9×9×2	2.5 L	23×23×5
(square or rectangular)	12×8×2	3 L	30×20×5
	13×9×2	3.5 L	33×23×5
Loaf Pan	8×4×3	1.5 L	20×10×7
	9×5×3	2 L	23×13×7
Round Layer Cake Pan	8×1½	1.2 L	20×4
	9×1½	1.5 L	23×4
Pie Plate	8×1¼	750 mL	20×3
	9×1¼	1 L	23×3
Baking Dish or Casserole	1 quart	1 L	—
	1½ quarts	1.5 L	—
	2 quarts	2 L	—

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