

KitchenAid®

ELECTRIC HOUSEWARES

Use & Care
Models

4-C
K-45
K5-A

Sampling
of
Recipes

recipes
instructions

50c

Thank You... and Welcome to your new world of food preparation by KitchenAid.

We urge you to become thoroughly familiar with the following information before using your Food Preparer.

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IMPORTANT SAFEGUARDS

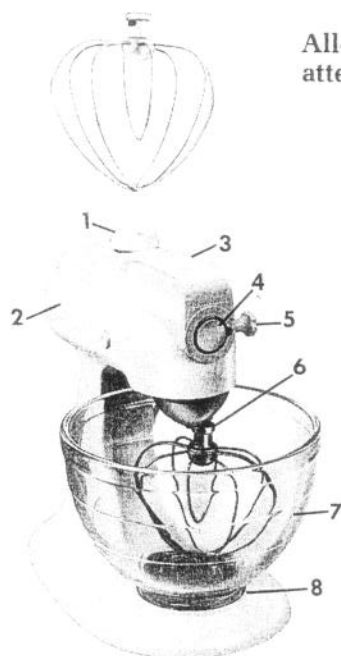
When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against electrical hazards do not immerse Food Preparer in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug Food Preparer from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beater during operation to prevent injury, and/or damage to the Food Preparer.
6. Remove Beater, Wire Whip or Dough Hook from Food Preparer before washing.
7. Do not operate any appliance with a damaged cord set or after the appliance has been dropped or damaged in any manner. Return appliance to the nearest authorized servicing outlet for examination, repair or adjustment.
8. The use of attachments not recommended by KitchenAid may cause hazards.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.

SAVE THESE INSTRUCTIONS.

UNDERSTANDING YOUR FOOD PREPARER MODEL 4-C

Your new 4-C Food Preparer comes equipped with a 4-quart glass Bowl and an All-purpose Beater. A Dough Hook is not available for the 4-C model.



All-purpose Beater . . . is used for all mixing processes. **Do not attempt to knead yeast breads in this Food Preparer.**

1. Speed Control Knob—acts as both an “on” and “off” switch and regulates speed of Beater.
2. Motor Head—lift for attaching and removing Bowl and Beater.
3. Speed Guide and Handle
4. Attachment Hub (See page 33)
5. Knob for securing attachments
6. Beater Shaft—attach All-purpose Beater here
7. Heat Resistant Glass Bowl—(Stainless steel Bowl available as an optional accessory.)
8. Bowl Clamping Plate

TO ATTACH BOWL . . .

Be sure Speed Control (1) is OFF. Tilt back Motor Head (2), set Bowl (7) on Bowl Clamping Plate (8) and turn Bowl gently in a clockwise direction.

TO REMOVE BOWL . . .

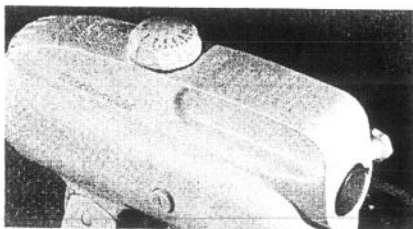
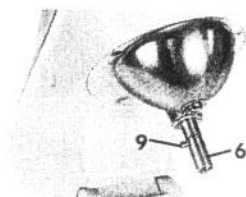
Turn Speed Control to OFF and tilt Motor Head back. Turn Bowl in a counterclockwise direction.

TO ATTACH AND REMOVE ALL-PURPOSE BEATER

Turn Speed Control to OFF and raise Motor Head. Slip Beater onto Beater Shaft (6) and press upward as far as possible. Turn Beater to right, hooking Beater over Pin (9) on Shaft. To remove . . . press Beater upward as far as possible and turn to left. Pull Beater from Beater Shaft.

TO CONTROL SPEED . . .

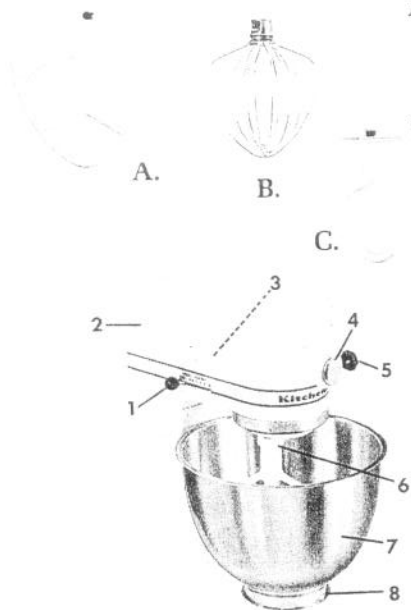
The Speed Control Knob turns motor “on” and “off” and regulates speed of Beater. **Speed Control should always be set on lowest speed for starting, then gradually moved to desired higher speed setting to avoid splashing ingredients out of Bowl.** Speed Guide (3) gives the proper speed settings for various mixing operations. See page 5 for more detailed Speed Guide information.



UNDERSTANDING YOUR FOOD PREPARER

MODEL K-45

Your new K-45 Food Preparer comes equipped with a 4½-quart stainless steel Bowl, a Flat Beater, a Wire Whip and a Dough Hook.



A. Flat Beater . . . is used for normal and heavy mixtures such as cakes, creamed icings, candies, pie pastry, cookies, biscuits, quick breads, meat loaf and mashed potatoes.

B. Wire Whip . . . is used for mixtures which need to incorporate air such as eggs, egg whites, whipped cream, boiled frostings, sponge or angel cakes, mayonnaise, milk drinks, waffle batter and some candies.

C. Dough Hook . . . is used for mixing and kneading yeast breads.

1. Speed Control Lever—acts as both “on” and “off” switch and regulates speed of Beaters.
2. Motor Head—lift for attaching and removing Bowl and Beaters.
3. Motor Head Locking Lever
4. Attachment Hub (See page 33)
5. Knob for securing attachments.
6. Beater Shaft—attach Flat Beater, Whip or Dough Hook here.
7. Stainless Steel Bowl
8. Bowl Clamping Plate—attach Bowl here.

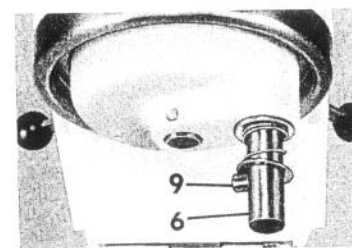
TO ATTACH BOWL . . .

Be sure Speed Control (1) is OFF. Tilt back Motor Head (2) place Bowl (7) on Bowl Clamping Plate (8) and turn Bowl gently in a clockwise direction.



TO REMOVE BOWL . . .

Turn Speed Control to OFF and tilt Motor Head back. Turn Bowl in a counterclockwise direction.



TO ATTACH AND REMOVE BEATER, WHIP OR DOUGH HOOK . . .

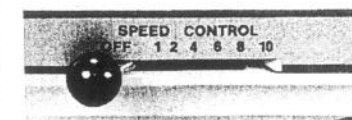
Turn Speed Control to OFF and raise Motor Head. Slip Beater onto Beater Shaft (6) and press upward as far as possible. Turn Beater to right, hooking Beater over the Pin (9) on Shaft. To remove . . . press Beater upward as far as possible and turn to the left. Pull Beater from Beater Shaft.



TO LOCK AND UNLOCK MOTOR HEAD . . .

To lock Motor Head down, place Locking Lever (3) in LOCK position. To unlock, place Lever in UNLOCK position.

NOTE: Motor Head should be kept in LOCK position when using Food Preparer, especially when mixing heavy batters and kneading bread dough.

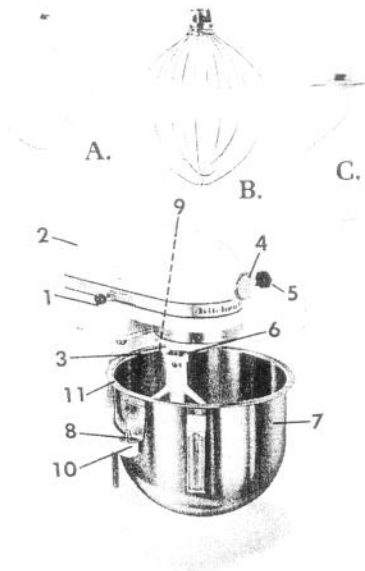


TO CONTROL SPEED . . .

The Speed Control Lever turns motor “on” and “off” and regulates speed of Beater, Whip or Dough Hook. The Speed Control Lever should always be set on lowest speed for starting, then gradually moved to desired higher speed setting to avoid splashing ingredients out of Bowl. See page 5 for Speed Control Guide.

UNDERSTANDING YOUR FOOD PREPARER MODEL K5-A

Your new K5-A Food Preparer comes equipped with a 5-quart stainless steel Bowl, a Flat Beater, a Wire Whip and a Dough Hook.



- A. Flat Beater** . . . is used for normal and heavy mixtures such as cakes, creamed icings, candies, pie pastry, cookies, biscuits, quick breads, meat loaf and mashed potatoes.
- B. Wire Whip** . . . is used for mixtures which need to incorporate air such as eggs, egg whites, whipped cream, boiled frostings, sponge or angel cakes, mayonnaise, milk drinks, waffle batter and some candies.
- C. Dough Hook** . . . is used for mixing and kneading yeast breads.

1. Speed Control Lever—acts as both “on” and “off” switch and regulates speed of Beaters.
2. Motor Head—stationary
3. Springlatch—secures Bowl.
4. Attachment hub (See page 33)
5. Knob for securing attachments
6. Beater Shaft—attach Flat Beater, Whip or Dough Hook here.
7. Stainless Steel Bowl
8. Locating Pins
9. Bowl Lift Handle
10. Bowl Supports
11. Bowl Pin

TO RAISE AND LOWER BOWL

To Raise Bowl . . . Rotate Handle (9) back and up until it snaps into the locked vertical position. Bowl must always be in this raised, locked position when mixing. To Lower Bowl . . . rotate Handle back and down.

TO ATTACH BOWL . . .

Be sure Speed Control (1) is OFF. Bowl Lift Handle should be in the down position. Fit Bowl Supports (10) over Locating Pins (8) and press down on back of Bowl until Bowl Pin (11) snaps into Spring Latch (3). Raise Bowl before beginning mixing process.

TO REMOVE BOWL . . .

Bowl Lift Handle should be in the down position. Lift back of Bowl to remove Bowl Pin from Spring Latch. Lift Bowl from Locating Pins.

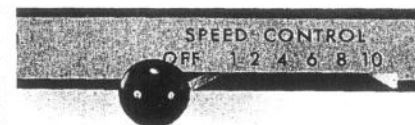
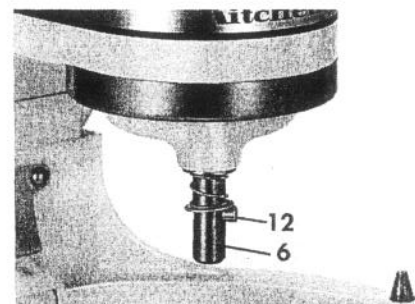
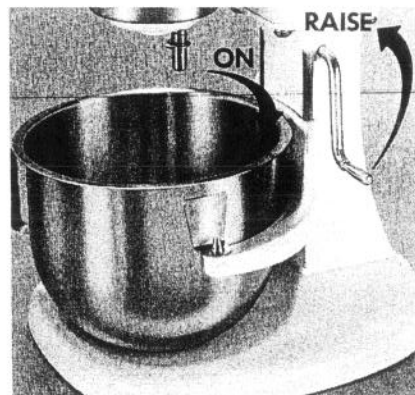
TO ATTACH AND REMOVE BEATER, WHIP OR DOUGH HOOK . . .

Turn Speed Control to OFF and lower Bowl. Slip Beater on Beater Shaft (6) and press upward as far as possible. Turn Beater to right, hooking Beater over the Pin (12) in Shaft.

To remove . . . press Beater upward as far as possible and turn to the left. Pull Beater from Beater Shaft.

TO CONTROL SPEED . . .

Speed Control Lever turns motor “on” and “off” and regulates the speed of the Beater, Whip or Dough Hook. Speed Control should always be set on lowest speed for starting, then gradually moved to desired higher speed setting to avoid splashing ingredients out of Bowl. See page 5 for Speed Control Guide.



SPEED CONTROL GUIDE

ALL MODELS

SPEED NUMBER

- 1** **STIRRING, FOLDING**—Slow stirring, folding, combining, mashing, starting all mixing procedures. Use to add flour or other dry ingredients to a batter . . . to add liquids to dry batter . . . to stir fruits and nuts into heavy batters . . . to crush fruit or combine heavy mixtures. Use also as a "starting speed" after adding ingredients which may splash or spray. When ingredients are combined, a higher speed may be used.
- 2** **SLOW MIXING**—Slow beating or creaming, faster stirring, mashing. Use to beat heavy batters and candies . . . to start mashing of potatoes or other vegetables . . . to cut shortening into flour . . . to beat thin or splashy batters. Use to mix and knead yeast dough — Models K-45 and K5-A only. Attachments: Can Opener, Colander and Sieve.
- 4** **MIXING, BEATING**—Medium fast beating or creaming, slow whipping. Use to mix semi-heavy batters such as cookies . . . cream sugar and shortening . . . to add eggs to cake mixtures . . . to whip frozen mixtures . . . to start whipping large amounts of cream . . . to add sugar to egg whites for meringues . . . medium speed for cake mixes. Attachments: Food Grinder, Slicer/Shredder, Ice Cream Freezer.
- 6** **BEATING, CREAMING**—Fast beating or creaming, medium fast whipping. Use to finish cake mixing, doughnuts and other batters . . . to whip large amounts of egg whites, angel food cakes, whipped cream, egg yolks, sponge cakes, gelatine desserts, salad dressings . . . high speed for cake mixes . . . and as a final whipping speed for potatoes or other vegetables. Attachments: Juicer, Silver Buffer, Grain Mill.
- 8** **FAST BEATING, WHIPPING**—Use to whip egg whites . . . to whip boiled frosting. Advance Speed Control **gradually** through other speeds until Speed, 8 is reached.
- 10** **FAST WHIPPING**—Use for very fast whipping of foods mentioned for Speed 8, especially when small quantities are used, such as 1 egg white or ¼ cup cream. Advance Speed Control **gradually** through other speeds until Speed 10 is reached. Attachment: Silver Buffer.

NOTE: The Speed Control Lever can be set between the above speeds if a finer adjustment is desired. The intermediate settings correspond to Speeds 3, 5, 7, 9.

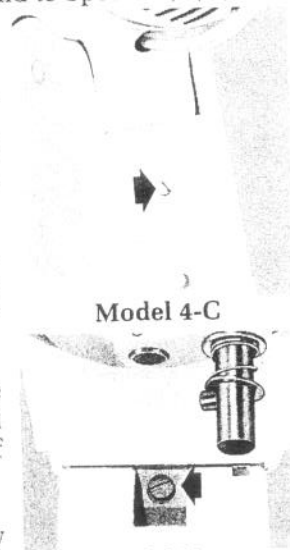
USE AND CARE TIPS

Adjusting Beater to Bowl: The Food Preparer is adjusted at the factory so that the Beater just clears the bottom of the Bowl. Dough Hook on the K-45 and K5-A is shorter than the Flat Beater. If for any reason the Beater strikes the bottom of the Bowl or is too far away from the Bowl, clearance can be corrected as follows:

Model 4-C—To raise Beater, turn top screw at rear of mixer pedestal (arrow) to right. To lower the Beater, turn screw to left. Adjust Beater level so it will just clear lower inner surface of Bowl.

Model K-45—Lift Motor Head—Turn the screw (arrow) slightly to the left to raise, and to the right to lower the Beater. Adjustment should be made with Flat Beater so it will just clear lower inner surface of Bowl.

Model K5-A—Adjustment seldom required but when necessary should be done by an authorized KitchenAid servicing outlet.



Model K-45

CARE AND CLEANING

BE SURE TO UNPLUG FOOD PREPARER BEFORE CLEANING

Wipe Food Preparer with a damp cloth. DO NOT IMMERSE IN WATER. Wipe off Beater Shaft frequently, removing any residue that may accumulate.

Bowls, Beaters, Wire Whips and Dough Hooks may be washed in an automatic dishwasher. Or clean them thoroughly in hot sudsy water and rinse completely before drying.

Attachments should be washed in hot sudsy water, rinsed and dried thoroughly before storing.

Heat resistant glass Bowl may be used in the oven but should **not** be placed on electric surface units or gas burners.

Lubrication: Motor bearings are self-lubricating and should require no further attention under normal use as a household appliance.

Electrical Requirements: Your KitchenAid Food Preparer operates on regular 110 to 120 volt A.C., 25 to 60 hertz house current.

HELPFUL HINTS

Your KitchenAid Food Preparer, with its Planetary Action (see page 7), accomplishes the desired mixing results in less time than other mixers. **Overbeating must be avoided.**

KitchenAid Beaters are regulated to controlled speeds. Due to the shorter mixing time required, and since eggs, flour and other ingredients differ, your own observations and experience will be needed. Watch the batter and beat only until it has the desired appearance as described in the recipe—such as, “smooth and creamy.” Once you have adjusted your favorite recipes to the shorter KitchenAid mixing time, you may want to note the new times on your recipes.

IMPORTANT: Always start mixing on Speed 1. Use Speed 1 until ingredients have been blended. Then **gradually** increase to desired speed setting.

When adding ingredients, add as close to side of Bowl as possible, **not** directly into moving beater. See Step 4, page 23 for an illustration of adding flour in this manner. The Pouring Chute (optional accessory) can be used to simplify adding ingredients also.

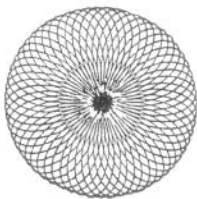
The Bowl and Beaters are designed to provide thorough mixing **without** frequent scraping. Usually, scraping the Bowl once, midway through the mixing process, is sufficient.

The Food Preparer should **always** be turned OFF before tilting the Motor Head back (4-C and K-45) or lowering the Bowl (K5-A).

WARNING: Do not attempt to scrape Bowl while Food Preparer is running as this could damage Beaters.

Should scraper or other object drop into Bowl, turn motor OFF before removing.

While Food Preparer is operating, keep out of reach of children.



EXCLUSIVE
ROUND-THE-BOWL
MIXING . . .

PLANETARY ACTION is Exclusive with KitchenAid . . . During mixing, the Beater or Whip moves around the **stationary Bowl**, at the same time turning in the opposite direction on its own axis. Diagram shows the complete mixing and coverage of Bowl made by path of the Beater.

Your KitchenAid Food Preparer will mix faster and more thoroughly than other electric mixers and, therefore, the mixing time specified in most recipes must be reduced to avoid overbeating.

MIXING TIPS

Adding Ingredients . . .

The standard procedure to follow when mixing most batters, especially cake and cookie batters, is to add:

- $\frac{1}{3}$ dry ingredients
- $\frac{1}{2}$ liquid ingredients
- $\frac{1}{3}$ dry ingredients
- $\frac{1}{2}$ liquid ingredients
- $\frac{1}{3}$ dry ingredients

Cold Ingredients . . .

It is a good idea to take cold ingredients out of the refrigerator approximately one hour before mixing time.

Creaming . . . Ingredients should be at room temperature for best results in creaming. Cream butter, margarine, shortening or cream cheese first, then add sugar, eggs, dry ingredients and liquid, individually.

Eggs . . . When eggs are to be separated, you may find them easier to separate cold. Then allow them to warm to room temperature. If cold eggs from the refrigerator are added to creamed butter and sugar, the mixture may curdle. When whole eggs are specified, each egg should be completely beaten into the mixture, separately, to avoid breaking down the emulsion. Fresh eggs require more beating than storage eggs.

Cake Mixes . . .

When preparing packaged cake mixes, use Speed 4 for medium speed and Speed 6 for high speed. For best results, mix only $\frac{1}{2}$ to $\frac{3}{4}$ of time suggested in package directions.

Adding Nuts, Raisins or Candied Fruits . . .

Solid materials are folded in last with a few seconds of mixing on Speed 1. The batter should be thick enough to prevent the fruit or nuts from sinking to the bottom of the pan while baking. Sticky fruits should be dusted with flour to prevent them from sticking together.

Liquid mixtures . . .

Mixtures containing large amounts of liquid ingredients should be mixed at lower speeds to avoid splashing. Increase speed only after mixture has thickened.

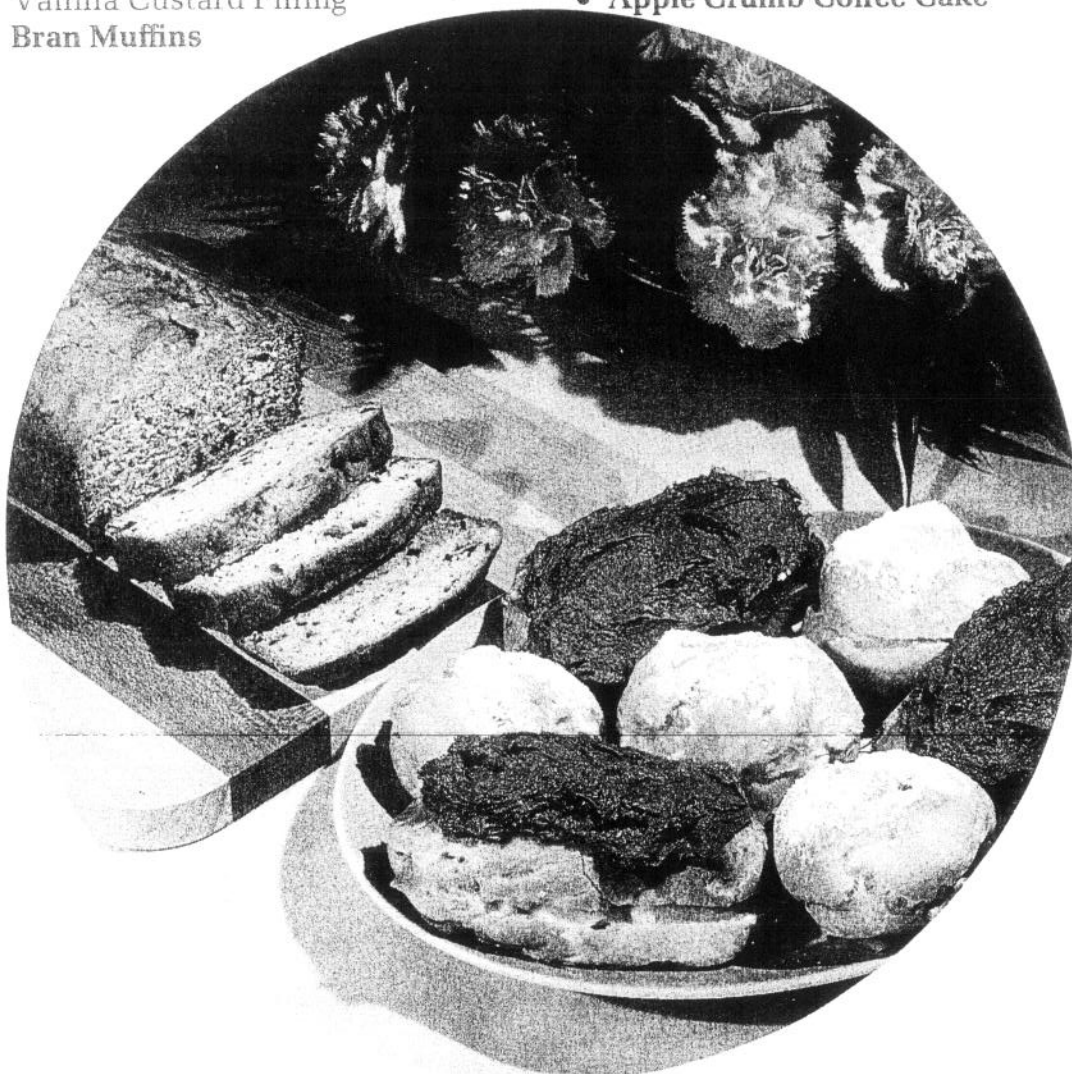
Whipping egg whites . . .

An accumulation of oil or detergent on Bowl will prevent proper whipping of egg whites. Bowls should either be dishwasher washed or thoroughly washed by hand in hot sudsy water, rinsed completely with hot water and thoroughly dried.

BAKED TREATS

- Banana Nut Bread
- Cream Puffs & Eclairs
Vanilla Custard Filling
- Bran Muffins

- Basic Noodle Dough
- Baking Powder Biscuits
- Apple Crumb Coffee Cake



Banana Nut Bread, Cream Puffs & Eclairs

BANANA NUT BREAD

- | | |
|---------------------------------|-----------------------------------|
| $\frac{1}{3}$ cup shortening | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon salt |
| 2 eggs | 1 cup mashed ripe bananas |
| $1\frac{3}{4}$ cup sifted flour | $\frac{1}{2}$ cup chopped walnuts |
| 1 teaspoon baking powder | |

Place shortening and sugar in Bowl; attach Bowl and Beater. Beat at Speed 6 for 1 minute. Stop and scrape Bowl. Beat 1 minute more at Speed 6, then turn to Speed 4 and add eggs. Beat 30 seconds. Stop and scrape

Bowl. Turn to Speed 6 for $1\frac{1}{2}$ minutes. Stop.

Sift together flour, baking powder, soda and salt. Turn to Speed 1 and add half of bananas, half of flour mixture, remaining bananas, then remaining flour mixture; mixing 30 seconds after each addition. Stop and scrape Bowl. Blend walnuts in on Speed 1, about 15 seconds.

Pour in greased and floured $9\frac{1}{2} \times 5 \times 3$ -inch loaf pan. Bake at 350°F. for 40 to 45 minutes. Remove from pan and cool on rack.

Yield: 1 loaf

BASIC NOODLE DOUGH

1½ cups sifted flour ½ teaspoon salt
2 eggs

Sift flour and salt into Bowl. Drop in eggs. Attach Bowl and Beater. Mix on Speed 2 until mixture becomes a very stiff paste, about 45 seconds. If it is too moist, more flour must be added. (You may want to scrape Bowl and Beater half way through the mixing time.) Divide dough into halves and roll into two balls.

Put floured tablecloth or pastry cloth on wooden board or marble, wooden or enamel kitchen table. Place dough on cloth and with floured rolling pin, roll very thin. Turn dough often, rolling it first on one side, then on the other, flouring cloth and rolling pin occasionally. Roll up dough tightly into a long roll and, with a sharp knife, cut into crosswise slices about ¼ inch thick. Separate and unroll slices. Place in 200°F. oven for 30 minutes to 1 hour to dry out. Store in a jar.

To Cook: Cook in boiling, salted water for 20 to 25 minutes or until tender.

Yield: About 8 ounces

BAKING POWDER BISCUITS

2 cups sifted 4 teaspoons bak-
flour ing powder
1 teaspoon salt ⅓ cup shortening
⅔ cup milk

Sift flour, salt and baking powder into Bowl. Cut shortening into 4 to 5 pieces and drop in Bowl; attach Bowl and Beater. Turn to Speed 1 and cut shortening in, about 1 minute. Stop and scrape Bowl.

Add milk and mix on Speed 1 about 45 seconds or until dough starts to cling to Beater. Avoid overbeating. Stop. Turn dough onto lightly floured board. Knead dough lightly until smooth, about 20 seconds. Pat or roll to ½ inch thickness. Cut with 2-inch biscuit cutter.

Place biscuits on greased baking sheets and brush with melted butter or margarine. Bake at 450°F. for 12 to 15 minutes. Remove and serve immediately.

Yield: 1 dozen biscuits

APPLE CRUMB COFFEE CAKE

* Crumb Topping	3 eggs at room
½ cup butter or	temperature
margarine,	¼ cup milk at
softened	room
½ cup sugar	temperature
½ teaspoon salt	2½ cups flour
¼ cup warm water	3 medium
(105°F. to 115°F.)	apples, sliced
1 package active	
dry yeast	

Prepare Crumb Topping and set aside. Place butter in Bowl; attach Bowl and Beater. Beat at Speed 6 until butter is consistency of mayonnaise, about 2 minutes. Stop and scrape Bowl.

Turn to Speed 1 and add sugar and salt gradually, about 30 seconds. Increase to Speed 6 and beat until light and creamy, about 2½ minutes. Stop and scrape Bowl.

Dissolve yeast in warm water. Add yeast mixture, eggs and milk to butter mixture. Gradually turn to Speed 6 and beat until well blended, about 1 minute. Turn to Speed 2 and gradually add flour, about 1 minute. Turn to Speed 6 for 1 minute. Stop.

Spread batter in greased and floured 9-inch square cake pan. Arrange apples over dough and sprinkle with Crumb Topping. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 375°F. for 35 to 40 minutes. Remove from pan and serve warm or allow to cool on rack.

Yield: One 9-inch coffee cake

*CRUMB TOPPING

⅔ cup sugar	2 teaspoons
½ cup flour	cinnamon
6 tablespoons butter or margarine	

Combine all ingredients in Bowl; attach Bowl and Beater. Mix on Speed 2 about 2 minutes or until mixture is crumbly.

CAKES

- Quick Plain Cake
- Standard Plain Cake
- Easy White Cake
- Walnut Cake

QUICK PLAIN CAKE

- | | |
|--------------------------------|--------------------|
| 2¼ cups sifted
cake flour | 1½ cups sugar |
| 3 teaspoons bak-
ing powder | ½ cup shortening |
| 1 teaspoon salt | 1 cup milk |
| | 1 teaspoon vanilla |
| | 2 eggs |

Sift dry ingredients into Bowl. Add shorten-
ing, ¾ cup milk and vanilla. Attach Bowl
and Beater. Turn to Speed 2 and beat 1 min-
ute. Stop.

Add remaining milk and eggs. Turn to
Speed 2 and beat 30 seconds. Stop and
scrape Bowl. Turn to Speed 6 and beat 1
minute.

Pour batter into 2 greased and floured 8 or
9-inch cake pans. Bake at 375°F. for 25 min-
utes or until done. Allow to cool before
frosting.

Yield: One 2-layer cake

STANDARD PLAIN CAKE

- | | |
|---------------------------------|-------------------------------|
| 3 cups sifted cake
flour | 1¾ cups plus 2
tablespoons |
| 2½ teaspoons bak-
ing powder | sugar |
| 1 teaspoon salt | 2 eggs |
| ½ cup plus 2
tablespoons | 1¼ cups milk |
| shortening | 1½ teaspoons
vanilla |

Sift together dry ingredients. Place shorten-
ing and sugar in Bowl and attach Bowl and
Beater. Gradually turn to Speed 4 and beat
for 1 minute. Stop and scrape Bowl. Return
to Speed 4 and beat for 1 minute more. Add
eggs, one at a time, beating 30 seconds after
each addition. Stop and scrape Bowl. Return
to Speed 4 and beat until mixture is light
and fluffy, about 1 minute.

Turn to Speed 1 and add a third of the dry
ingredients, half of milk and vanilla, a third
of the dry ingredients, remaining milk and
vanilla and remaining dry ingredients, beat-
ing 15 seconds after each addition. Stop and
scrape Bowl. Turn to Speed 4 and beat 15
seconds. Stop.

Pour batter into 2 greased and floured 9-inch
cake pans. Bake at 350°F. for 35 to 40 min-
utes. Allow to cool before frosting.

Yield: One 2-layer cake

- Chocolate Cake
- Old Fashioned Pound Cake
- Chocolate Pound Cake
- Angel Food Cake

EASY WHITE CAKE

- | | |
|--------------------------------|--------------------|
| 3 cups sifted cake
flour | ½ teaspoon salt |
| 1¾ cups sugar | 1 cup shortening |
| 3 teaspoons bak-
ing powder | 1½ cups milk |
| | 3 egg whites |
| | 1 teaspoon vanilla |

Sift dry ingredients into Bowl. Add shorten-
ing and 1 cup milk. Attach Bowl and Beater.
Gradually turn to Speed 6 and beat for 1
minute or until smooth. Stop and scrape
Bowl. Add egg whites, remaining milk and
vanilla. Beat on Speed 6 for 1 minute or un-
til smooth and fluffy. Pour into 2 greased
and floured 8 or 9-inch cake pans. Bake at
350°F. for 35 minutes or until done. Allow to
cool before frosting.

Yield: One 2-layer cake

WALNUT CAKE

- | | |
|----------------------------|--------------------|
| 9 eggs, separated | 2 teaspoons |
| 1½ cups sugar | cinnamon |
| 2 teaspoons | 1 teaspoon salt |
| vanilla | 2 cups finely |
| ¾ cup sifted cake
flour | chopped
walnuts |

Place egg whites in Bowl. Attach Bowl and
Whip. Gradually turn to Speed 8 and whip
until Soft Peaks form (see page 18), about 1
minute, 45 seconds. Gradually add ¾ cup
sugar and continue whipping until very stiff
peaks form, about 1 minute, 15 seconds.
Stop. Transfer egg whites to another large
bowl.

Combine egg yolks, remaining sugar and va-
nilla in Bowl. Attach Bowl and Whip. Beat
on Speed 6 until thick and lemon colored,
about 1 minute. Stop and scrape Bowl. Add
flour, cinnamon and salt and whip on Speed
2 about 30 seconds or until mixed. Stop and
scrape Bowl. Beat on Speed 2 for 15 seconds
longer.

Fold batter gently into egg whites with a
spatula. Then fold in walnuts. Pour into an
ungreased 10-inch tube pan. Bake at 350°F.
for 55 to 65 minutes or until done. Invert pan
and cool completely before removing cake.

Yield: One 10-inch cake

OLD FASHIONED POUND CAKE

10 eggs, separated
1 pound sweet
butter

4¼ cups sifted, self-
rising flour
2 cups sugar

1 teaspoon vanilla

Place egg whites in Bowl. Attach Bowl and Whip. Gradually turn to Speed 8 and whip until egg whites are Stiff But Not Dry (see page 18). Stop. Remove whites from Bowl.

Place butter and flour in Bowl. Attach Bowl and Whip. Gradually turn to Speed 2 and beat 2½ minutes. Stop and scrape Bowl. Return to Speed 2 and continue beating 2½ minutes. Stop. Remove butter and flour mixture from Bowl, keeping separate from egg whites.

Place egg yolks, sugar and vanilla in Bowl. Attach Bowl and Whip. Beat on Speed 4 for 2 minutes. Stop and scrape Bowl. Turn to Speed 6 and beat 1 minute. Stop.

Add butter and flour mixture to egg yolk mixture. Gradually turn to Speed 4 and beat 5 minutes. Stop and scrape Bowl. Add beaten egg whites. Mix on Speed 2 until mixed in, about 1 minute. Turn to Speed 4 and beat 10 minutes. If necessary, stop and scrape Bowl half way through this mixing process.

Pour batter into a greased and floured 10-inch tube pan. Drop pan to remove air bubbles. Bake at 325°F. for 1 hour, 20 minutes or until done. Cool cake completely before removing from pan. Do not invert pan.

Yield: One 10-inch cake

CHOCOLATE POUND CAKE

3 cups sifted cake
flour

3 cups sugar

1 cup cocoa

3 teaspoons bak-
ing powder

1 teaspoon salt

1 cup butter,
softened

1½ cups milk

3 teaspoons
vanilla

3 eggs

¼ cup light cream

Sift dry ingredients into Bowl. Make a well in the center and add softened butter, milk and vanilla. Attach Bowl and Beater. Turn to Speed 1 for 1 minute or until mixed. Stop and scrape Bowl. Turn to Speed 6 and beat 5 minutes. Stop and scrape Bowl.

Turn to Speed 1 and add eggs, one at a time, beating 15 seconds after each addition. Add light cream and beat 15 seconds. Turn to Speed 4 and beat 15 seconds more. Stop.

Pour batter into a well-oiled 10-inch tube pan and bake at 325°F. for 1 hour, 40 minutes or until done. Cool cake completely before removing from pan. Do not invert pan.

Yield: One 10-inch cake

ANGEL FOOD CAKE

1½ cups sifted cake
flour

1⅔ cups sugar

1½ cups egg whites
(12 to 15 eggs)

¼ teaspoon salt

1½ teaspoons cream
of tartar

1½ teaspoons
flavoring

Sift flour once and measure; sift again three times with ⅓ cup of the sugar. Sift remaining sugar; keep separate from flour-sugar mixture.

Place egg whites in Bowl. Attach Bowl and Whip. Turn gradually to Speed 6 and whip until whites are Frothy (see page 18), about 20 to 30 seconds. Stop.

Add salt, cream of tartar and flavoring. Turn to Speed 6 and continue whipping until whites are almost Stiff But Not Dry, about 2 to 2½ minutes.

Turn to Speed 2, and add sifted sugar gradually, about 1 minute. Stop and scrape Bowl. Turn to Speed 6 and whip 5 seconds. Stop.

Remove Bowl. Sift about a quarter of the flour-sugar mixture over the batter. Very gently fold in with a spatula, making 10 to 12 strokes. Repeat until all flour is gently folded in.

Pour into ungreased 10-inch tube pan. Bake at 375°F. for 35 minutes. Let cool in inverted pan for 1 hour.

Yield: One 10-inch cake

KITCHENAID SPECIALTIES

- Whipped Cream
- Egg Whites
- Mayonnaise
- Mashed Potatoes

WHIPPED CREAM

It is advisable to use whipping cream at least one day old. If cream is too fresh, it will not whip well. Chill both cream and Bowl.

Pour cream into Bowl. Attach Bowl and Whip. **Gradually** turn to Speed designated for amount to be whipped, and whip to desired stage (see chart below). Note: for 1 pint of cream, start the whipping on Speed 4 until cream starts to thicken, then increase to Speed 6 and whip to desired stage.

SPEED CHART

Amount	Speed
1 pint	4, then gradually to 6
1 cup	gradually to 6
½ cup	gradually to 8
¼ cup	gradually to 10

WHIPPING STAGES

Cream Begins To Thicken: Cream is a thick, custard-like consistency. At this stage, it is used in making refrigerator ice cream.

Holds Its Shape: Whip leaves marks when removed from the cream; cream forms soft peaks. At this stage, it is used to fold into other ingredients in making of desserts and sauces.

Stiff: Cream stands in sharp, stiff peaks and holds its shape. At this stage, it is used as a topping on cake or desserts, or as a filling for cream puffs or eclairs.

Cream varies in whipping time. Since it is just a matter of seconds, not minutes between whipping stages, watch the cream while it is whipping. **DO NOT OVERWHIP.**

EGG WHITES

Place egg whites in freshly cleaned and dried Bowl. Attach Bowl and Whip. **Gradually** turn to Speed 8, and whip to the desired point (see Whipping Stages). A single egg

white is whipped on Speed 10, while a larger quantity of egg whites, such as for Angel Food Cake, is whipped on Speed 6. Until you are familiar with the machine, it is advisable to use slightly slower Speeds. Whip on Speed 6 until whites **Begin To Hold their Shape**, then turn to Speed 4, and continue whipping to the desired stage; **Soft Peak**, **Stiff**, etc.

Add salt, cream of tartar or flavoring, as in Meringue or Angel Food Cake, immediately after the whites have been whipped to the **Frothy** stage. Or put in the Bowl with the whites in the beginning. When sugar is to be added, as in Meringue, it may be added on Speed 4 when **Soft Peaks** begin to form.

WHIPPING STAGES

Frothy: Large air bubbles of uneven size are apparent.

Begin To Hold Shape: Air bubbles are fine and close together, and whole product seems whiter. The Whip leaves marks when removed from the whites.

Soft Peak: Whites will stand in peaks, but are so soft the tips will bend over.

Almost Stiff: This stage may be rather difficult to identify at first but it is readily discernable with a little practice. After whites have passed **Soft Peak**, they will begin to stand in sharply pointed peaks, but will still be quite soft. This is the stage cook books usually describe as "stiff but whites will flow from bowl when bowl is tipped."

Stiff But Not Dry: Whites stand in stiff, sharply pointed peaks, but are still a uniform white color and glisten.

Stiff And Dry: Whites stand in stiff, sharp peaks; product will be speckled with white spots and have a dull appearance.

Stop machine and lift Whip, or dip out a small spoonful of whites, to observe stages.



Adding oil to Mayonnaise

MAYONNAISE

2 egg yolks	1 teaspoon salt
1 teaspoon sugar	2 tablespoons vinegar
1 teaspoon dry mustard	2 cups olive oil or vegetable oil
$\frac{1}{4}$ teaspoon paprika	2 tablespoons lemon juice

Place egg yolks, sugar, mustard, paprika and salt in chilled Bowl. Attach Bowl and Whip. Turn to Speed 6 and whip until thoroughly blended, about 30 seconds. Add vinegar very slowly, continuing on Speed 6 about 30 seconds longer. Stop and scrape Bowl.

Return to Speed 6 and add $\frac{1}{4}$ cup oil, 1 drop at a time, about $3\frac{1}{2}$ minutes. Then add remaining oil, 1 tablespoon at a time, whipping 10 to 15 seconds after each addition or until oil is completely incorporated. Continuing on Speed 6, gradually add lemon juice, about 30 seconds, and whip 30 seconds longer.

Yield: 2 cups

NOTE: If mayonnaise curdles, beat 1 egg yolk with 1 tablespoon combined water and vinegar and slowly add the curdled mixture, beating on Speed 4.

MASHED POTATOES

5 large, hot, boiled potatoes	2 tablespoons butter or margarine
$\frac{2}{3}$ cup milk, heated	1 teaspoon salt
	Pepper

Warm Bowl and Beater by rinsing in hot water and then dry both. Put boiled potatoes in Bowl. Break up potatoes using fork. Attach Bowl and Beater. Turn to Speed 2. Very gradually turn to Speed 4 and beat until smooth, about 1 minute. Stop. Add heated milk, butter and seasonings. Turn gradually to Speed 4 and beat until milk is absorbed, about 15 seconds. Turn gradually to Speed 6 and continue beating until fluffy, about 1 minute. Stop.

YEAST BREADS

Models K-45 and K5-A only

- Bread Making Tips
- Shaping A Loaf
- General Kneading Steps
- Recipes

BREAD MAKING TIPS

- Making bread in your new food preparer is quite different from making bread by hand. Therefore, it will take some practice to become completely comfortable with this new process. Starting out with some of the smaller recipes—less than 6 cups of flour—will help you become accustomed to using the Dough Hook.
- Never use recipes calling for more than 8 cups of flour.
- You may need to add more flour than recipe calls for, if humidity is high (up to 1 cup). Adding flour, $\frac{1}{2}$ cup at a time, slowly around sides of Bowl, allows you to add correct amount of flour to remove stickiness. Allow Dough Hook to knead each addition of flour until flour is worked into dough.

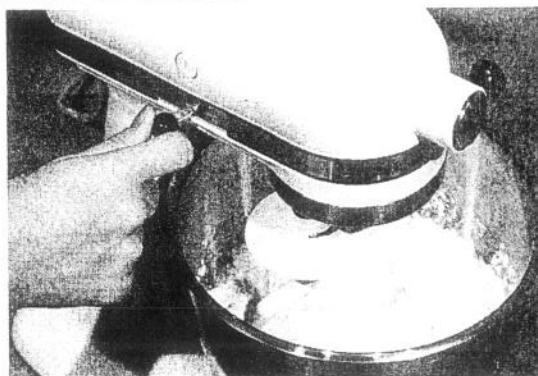
When all dough clings to Hook and cleans sides of Bowl—enough flour has been added. Then knead 7 to 10 minutes longer or until dough is soft, smooth and elastic. If dough becomes sticky during kneading process, continue kneading for about 2 minutes longer. If this does not eliminate stickiness, add a small amount of additional flour.

- Use a candy or other kitchen thermometer to assure that liquids are at temperature specified in the recipe. Liquids at higher temperatures can kill yeast, while liquids at lower temperatures will retard yeast growth.
- Since cooler temperatures slow down yeast growth, all ingredients should be warmed or at room temperature for proper rising of dough. If yeast is to be dissolved in Bowl, always warm Bowl first to prevent cooling of liquids.
- Whole grain flours take longer to absorb liquid than white flour. When using these flours, thoroughly mix liquid and dry ingredients—except last 1 to 2 cups flour. Allow dough to rest at least 10 minutes for flour to absorb liquid. Then finish mixing and kneading dough as in Steps 4 through 6 on next page.
- Bread should be allowed to rise in a warm place, 80° F. to 85° F., free from draft, unless otherwise specified in recipe.
- Recipe rising times may vary due to temperature and humidity in your kitchen. Dough has doubled in bulk when dent remains after tips of fingers are pressed lightly and quickly into dough.

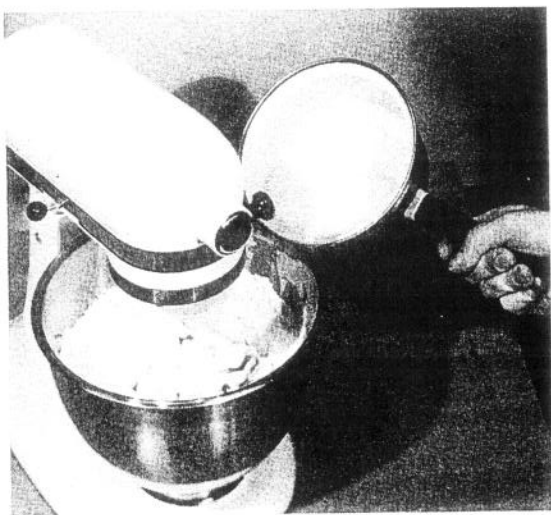
GENERAL INSTRUCTIONS KNEADING BREAD DOUGH



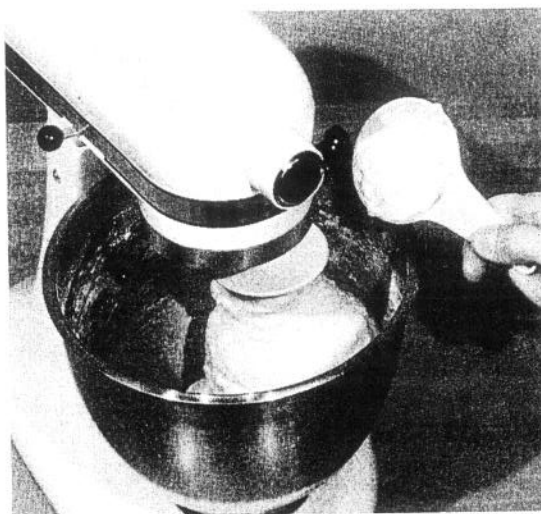
1. Combine all dry ingredients in Bowl except last 1 to 2 cups flour.



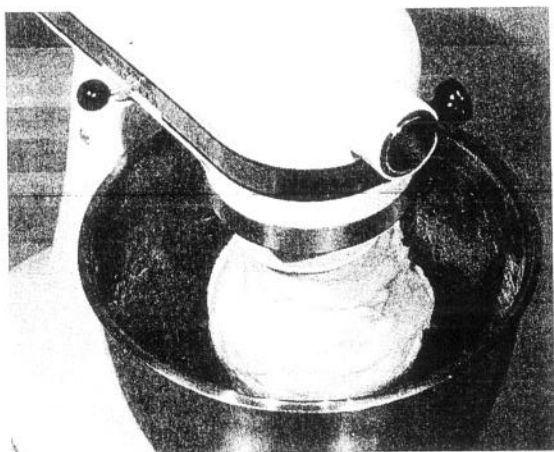
2. Attach Bowl and Dough Hook. Lock K-45 head, or raise K5-A Bowl. Turn to Speed 2 for approximately 30 seconds or until ingredients are mixed.



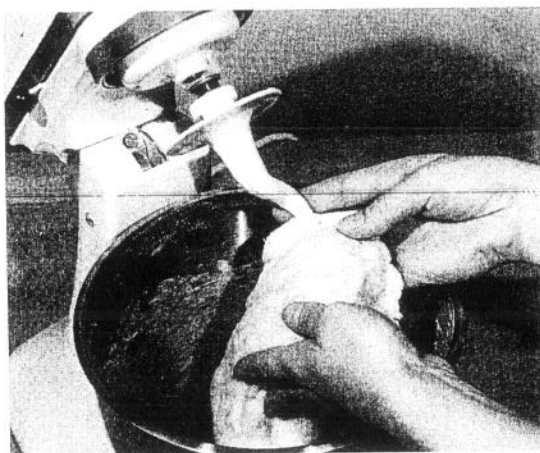
3. Continuing on Speed 2, gradually add liquid ingredients to flour mixture, approximately 30 seconds to 1 minute. Mix 1 minute longer.



4. Continue on Speed 2, adding remaining flour, $\frac{1}{2}$ cup at a time, as needed. Shake flour gently around sides of Bowl. Mix until dough clings to Hook, about 5 minutes.



5. When dough clings to Hook and cleans sides of Bowl, knead on Speed 2 for 7 to 10 minutes longer or until dough is smooth and elastic. Stop.



6. Unlock and raise head on K-45, or lower Bowl on K5-A, and remove dough from Hook. Follow directions in recipe for rising, shaping and baking.

USING YOUR OWN BREAD RECIPES . . .

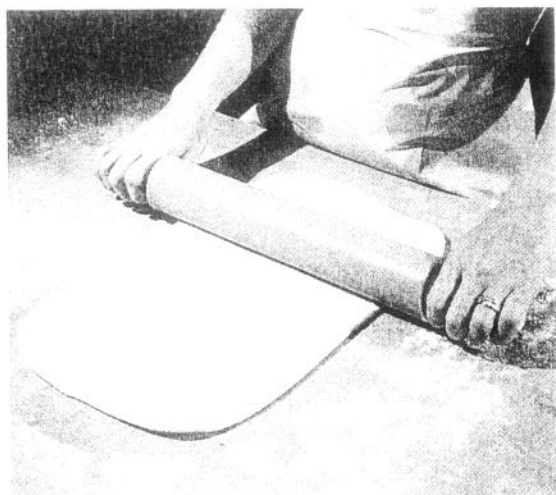
These instructions illustrate bread making with the Rapidmix method. When using the Conventional method, dissolve yeast in warm water in warmed Bowl. Add remaining liquids and dry ingredients—except last 1 to 2 cups flour. Turn to Speed 2 for about 3 minutes, or until ingredients are thoroughly mixed. Proceed with Steps 4 through 6.

BREAD DOUGHS DIFFER . . .

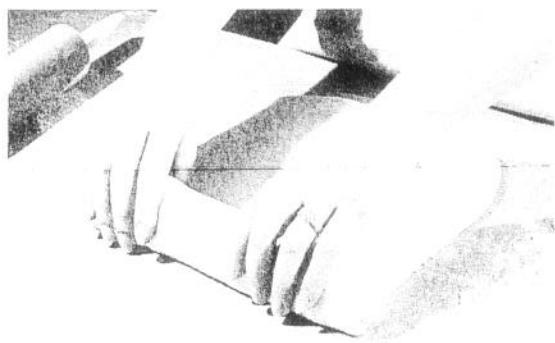
The above illustrations show typical bread dough in the food preparer. Some few types of doughs, especially some wholegrain recipes, may not cling to the Hook as shown. If this happens continue on Speed 2 the suggested length of time; dough will still be kneaded properly.

Some large recipes and soft doughs may occasionally climb over the collar of the Hook. This usually indicates that more flour should be added because dough is too sticky. The sooner you add all the flour, the less likely the dough is to climb the Hook. Experience in making bread in the food preparer will also help to eliminate this situation.

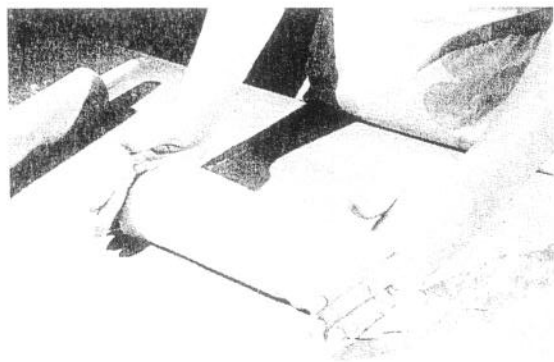
SHAPING A LOAF



Divide dough in half and roll each half into a rectangle, approximately 9×14 inches. A rolling pin will smooth dough and remove gas bubbles.



Starting at short end, roll dough tightly. Pinch dough to seal end.



Pinch ends and turn under. Place, seam side down, in loaf pan. Follow directions in recipe for rising and baking.

BASIC WHITE BREAD

$\frac{1}{2}$ cup milk	1 package active dry yeast
3 tablespoons sugar	
2 teaspoons salt	$1\frac{1}{2}$ cups warm water (105°F to 115°F)
3 tablespoons butter or margarine	5 to 6 cups flour

Scald milk; stir in sugar, salt and butter. Cool to lukewarm. Dissolve yeast in warm water in warmed Bowl. Add lukewarm milk mixture and $4\frac{1}{2}$ cups flour.

Attach Bowl and Dough Hook. Turn to Speed 2 for 2 minutes or until well blended. Continuing on Speed 2, add remaining flour, $\frac{1}{2}$ cup at a time, until dough clings to Hook and cleans sides of Bowl, about 3 minutes. Knead on Speed 2 for 7 to 10 minutes longer, or until dough is smooth and elastic. Stop. Dough will be slightly sticky to the touch.

Place in greased bowl, turning to grease top. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down. Let rest for 15 minutes. Divide dough in half. Shape each half into a loaf. Place each loaf in a greased 9 x 5 x 3-inch bread pan. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 400°F for 30 minutes or until done. Remove from pans and cool on wire racks.

Yield: 2 loaves.