

The image shows two elegant, stemmed glass dessert dishes. The foreground dish is in sharp focus, containing a generous scoop of smooth, white ice cream. It is garnished with several thin slices of lemon and a dusting of fresh lemon zest. The background dish is identical but out of focus, creating a sense of depth. The lighting is bright and soft, highlighting the texture of the ice cream and the clarity of the glass.

# DESSERTS AND TREATS

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# CHOCOLATE-COVERED PRETZEL POPS



**¼ cup plus 2 tablespoons  
fudge topping, divided**

**½ cup crushed pretzels**

**4 (5-ounce) paper or  
plastic cups or pop molds**

**¾ cup milk**

**1 ¼ cups chocolate  
ice cream**

**2 pretzel rods, broken  
in half or 4 pop sticks**

## MAKES 4 POPS

**1** Place ¼ cup fudge topping in small microwavable bowl; microwave on HIGH 15 seconds. Stir until smooth.

**2** Add crushed pretzels to melted fudge topping, mixing and mashing with fork until blended. Press about 2 tablespoons mixture into each cup using damp fingers.

**3** Place remaining 2 tablespoons fudge topping in small microwavable bowl. Microwave on HIGH 15 seconds. Stir until smooth. Gradually whisk in milk.

**4** Combine milk mixture and ice cream in KitchenAid® Diamond Blender. Blend on speed 4 (Puree) until smooth.

**5** Pour ice cream mixture into cups over pretzel base. Cover top of each cup with small piece of foil. Gently insert pretzel rod half through center of foil. Freeze 6 hours or until firm.

**6** To serve, remove foil and peel away paper cups or gently twist frozen pops out of plastic cups.



# THREE-CHOCOLATE MOUSSE



- 7 ounces bittersweet chocolate, chopped
- ¾ cup boiling water, divided
- ¾ cup heavy cream, divided
- 1½ teaspoons vanilla, divided
- 1 teaspoon instant espresso powder
- 3 eggs, divided
- 7 ounces milk chocolate, chopped
- 7 ounces white chocolate, chopped

## MAKES 4 SERVINGS

- 1 Place chopped bittersweet chocolate in KitchenAid® Diamond Blender. Add ¼ cup boiling water; blend on speed 2 (Chop) 30 seconds. Add ¼ cup cream, ½ teaspoon vanilla, espresso powder and 1 egg. Blend on speed 3 (Mix) 15 seconds. Divide among four small bowls. Chill 1 hour.
- 2 Place chopped milk chocolate in blender. Add ¼ cup boiling water; blend on speed 2 (Chop) 30 seconds. Add ¼ cup cream, ½ teaspoon vanilla and 1 egg. Blend on speed 3 (Mix) 15 seconds. Pour over bittersweet layer. Chill 1 hour.
- 3 Place chopped white chocolate in blender. Add remaining ¼ cup boiling water; blend on speed 2 (Chop) 30 seconds. Add remaining ¼ cup cream, ½ teaspoon vanilla and 1 egg. Blend on speed 3 (Mix) 15 seconds. Pour over milk chocolate layer. Chill 1 hour before serving.



# PERFECT PEANUT BUTTER PUDDING



2 cups milk

2 eggs

1/3 cup creamy  
peanut butter

1/4 cup packed  
brown sugar

1/4 teaspoon vanilla

3/4 cup shaved chocolate  
(optional)

**MAKES 6 SERVINGS**

- 1** Preheat oven to 350°F. Grease six (3-ounce) ovenproof custard cups.
- 2** Combine milk, eggs, peanut butter, brown sugar and vanilla in KitchenAid® Diamond Blender. Blend on speed 4 (Puree) 1 minute. Pour into prepared custard cups. Place cups in 13×9-inch baking dish; carefully add enough hot water to baking dish to come halfway up sides of custard cups.
- 3** Bake 50 minutes or until pudding is set. Remove custard cups from pan; cool to room temperature. Refrigerate until ready to serve.
- 4** Top each serving with about 2 tablespoons shaved chocolate, if desired.





# CHAI SPICED CARROT CAKE WITH CRYSTALLIZED GINGER ICING



8 ounces cream cheese,  
softened  
¼ cup (½ stick) butter,  
softened  
2 tablespoons  
half-and-half  
3 cups powdered sugar  
¼ cup crystallized ginger  
2 cups grated carrots  
1½ cups granulated sugar  
1½ cups vegetable oil  
4 eggs  
½ cup packed dark  
brown sugar  
2½ cups all-purpose flour  
1 tablespoon cardamom  
1 tablespoon  
ground ginger  
1¼ teaspoons  
baking powder  
1¼ teaspoons cinnamon  
1 teaspoon baking soda  
½ teaspoon  
ground nutmeg  
½ teaspoon freshly  
ground black pepper  
½ teaspoon salt  
¼ teaspoon ground cloves

## MAKES 12 SERVINGS

- 1 For icing, place cream cheese, butter and half-and-half in KitchenAid® Diamond Blender. Add powdered sugar, 1 cup at a time, on speed 4 (Puree), scraping down sides if needed. Add crystallized ginger; pulse on speed 2 (Chop) 6 to 7 times. Refrigerate 2 hours.
- 2 Preheat oven to 350°F. Spray 13×9-inch baking pan with nonstick cooking spray.
- 3 Combine carrots, granulated sugar, oil, eggs and brown sugar in bowl of KitchenAid® stand mixer. Blend on speed 3 for 1 minute.
- 4 Whisk flour, cardamom, ground ginger, baking powder, cinnamon, baking soda, nutmeg, black pepper, salt and cloves in medium bowl. Add to carrot mixture; mix on speed 3 for 2 minutes. Pour into prepared pan.
- 5 Bake 40 to 45 minutes or until toothpick inserted into center comes out clean. Cool in pan on wire rack.
- 6 Ice cake and serve immediately. Can be made 6 hours ahead; store in the refrigerator.



# CARAMELIZED BANANA WITH SALTY CHOCOLATE-HAZELNUT CREAM



**1/3 cup dry roasted peanuts**

**1/2 cup chocolate-hazelnut spread**

**1/2 cup peanut butter**

**1/4 cup milk**

**1/2 teaspoon vanilla**

**4 bananas**

**4 teaspoons sugar**

**Flaked salt**

**Ice cream (optional)**

## MAKES 4 SERVINGS

**1** For chocolate-hazelnut cream, place peanuts in KitchenAid® Diamond Blender and pulse on speed 2 (Chop) 2 to 3 times. Add chocolate-hazelnut spread, peanut butter, milk and vanilla. Blend on speed 5 (Liquify) about 1 minute until smooth. Set aside until ready to use.

**2** Preheat broiler. Slice bananas in half lengthwise; sprinkle each half with 1/2 teaspoon sugar. Broil 2 to 3 minutes or until caramelized. Let cool slightly.

**3** Place two banana halves on each plate. Drizzle with 2 tablespoons chocolate-hazelnut cream. Sprinkle with flaked salt and serve with additional chocolate-hazelnut cream and ice cream, if desired.





## FRESH SUMMER FRUIT FOOL



1 cup sliced peeled peaches (about 2 small)

1 cup sliced peeled plums (about 2 large)

1 cup fresh raspberries

8 tablespoons powdered sugar, divided

1 tablespoon fresh lime juice

1 cup whipping cream

Grated lime peel (optional)

### MAKES 4 SERVINGS

**1** Place peaches, plums, raspberries, 6 tablespoons powdered sugar and lime juice in KitchenAid® Diamond Blender. Blend on speed 4 (Puree) until smooth. Cover and refrigerate at least 1 hour or up to 1 day.

**2** Beat cream in bowl of KitchenAid® stand mixer at high speed until soft peaks form. Add remaining 2 tablespoons powdered sugar; beat until stiff peaks form. Fold into fruit mixture. Spoon into four serving bowls; garnish with lime peel.

**VARIATION:** Mango is also excellent in this dessert. Peel and slice 1 medium mango and substitute for the peaches.



# COCONUT GINGER BASIL SORBET



- 2 cups water
- 1½ cups superfine sugar
- 1 tablespoon grated fresh ginger
- 1 teaspoon chopped fresh basil
- 2 cups unsweetened coconut milk
- ¼ cup fresh lemon juice
- 1 teaspoon grated lemon peel
- ¼ teaspoon salt

## MAKES 4 (½-CUP) SERVINGS

- 1** Bring water and sugar to a boil in small saucepan. Cook 1 minute. Remove from heat. Stir in ginger and basil; let cool.
- 2** Combine syrup, coconut milk, lemon juice, lemon peel and salt in KitchenAid® Diamond Blender. Blend on speed 4 (Puree) 1 minute.
- 3** Pour into 8-inch square glass baking dish. Freeze at least 12 hours. Scoop into four bowls.





Apple Fritters with Two Sauces.....	16
Arugula and Spinach Spread.....	40
<b>AVOCADO</b>	
Cream of Avocado Soup.....	66
Green Chia Smoothie.....	104
Green Gazpacho with Crab and Sriracha Yogurt.....	72
Kale Salad with Green Garlic Dressing.....	48
<b>BANANAS</b>	
Caramelized Banana with Salty Chocolate-Hazelnut Cream.....	120
Fruit Salad with Creamy Banana Dressing...	56
Mango Banana Passion Fruit Smoothie.....	20
<b>BEANS</b>	
Black Bean Soup.....	70
Hummus Pita Pizzas.....	36
Roasted Tomato, Artichoke and White Bean Crostini.....	32
Silky Tortilla Soup.....	68
Tostadas Rancheros.....	18
<b>BEEF AND LAMB</b>	
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Saffron Lamb Chops with Raita.....	92
<b>BERRIES</b>	
Apple Fritters with Two Sauces.....	16
Crêpes with Goat Cheese and Strawberry Rhubarb Sauce.....	14
Fresh Summer Fruit Fool.....	122
Frosty Berry Cream Milkshake.....	108
Fruit Salad with Creamy Banana Dressing.....	56
Grapefruit Salad with Raspberry Dressing.....	54
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Caramelized Banana with Salty Chocolate-Hazelnut Cream.....	120
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Creamy Cauliflower Bisque.....	62
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Silky Tortilla Soup.....	68
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Chipotle Chili-Spiked Mocha Slush.....	96
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Chipotle Chili-Spiked Mocha Slush.....	96
Chocolate-Covered Pretzel Pops.....	112
Stout Float with Chocolate Cream.....	106
Three-Chocolate Mousse.....	114
Chocolate-Covered Pretzel Pops.....	112
Classic Pesto with Linguine.....	84
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Cream of Avocado Soup.....	66
Creamy Cauliflower Bisque.....	62
Crêpes with Goat Cheese and Strawberry Rhubarb Sauce.....	14
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<b>DIPS AND SPREADS</b>	
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Olive Tapenade.....	28
Roasted Garlic-Lime Butter.....	52
Shrimp Pâté.....	38
Sun-Dried Tomato-Blue Cheese Butter.....	52
<b>EGGS</b>	
Breakfast Risotto with Eggs and Hollandaise.....	10
Mushroom and Onion Egg Bake.....	23
Roasted Pepper and Sourdough Brunch Casserole.....	8
Smoked Sausage and Red Pepper Frittata.....	12
Tostadas Rancheros.....	18
<b>FISH AND SEAFOOD</b>	
Green Gazpacho with Crab and Sriracha Yogurt.....	72
Grilled Red Snapper with Green Harissa Sauce.....	88
Roasted Potato Salad with Garlic Anchovy Dressing.....	58
Shrimp Pâté.....	38
Wrapped Scallops with Roasted Pepper Sauce.....	34

Fresh Summer Fruit Fool.....	122
Frosty Berry Cream Milkshake.....	108
Fruit Salad with Creamy Banana Dressing.....	56
Ginger and Lavender Infused Vodka Slush.....	98
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Grapefruit Salad with Raspberry Dressing.....	54
Green Chia Smoothie.....	104
Green Gazpacho with Crab and Sriracha Yogurt.....	72
<b>GRILL RECIPES</b>	
Grilled Flank Steak with Kalamata Tapenade.....	90
Grilled Red Snapper with Green Harissa Sauce.....	88
Korean BBQ Pork Chops.....	78
Grilled Flank Steak with Kalamata Tapenade.....	90
Grilled Red Snapper with Green Harissa Sauce.....	88
Ham and Cheese Waffles.....	22
Hummus Pita Pizzas.....	36
Jalapeño Honey Butter.....	52
Kale Salad with Green Garlic Dressing.....	48
Korean BBQ Pork Chops.....	78
Lemon Basil Smoothie.....	100
Mango Banana Passion Fruit Smoothie.....	20
<b>MELON</b>	
Fruit Salad with Creamy Banana Dressing...	56
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Melon Infused Aqua Fresca.....	109
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Pizza with Golden Raisins, Fresh Mozzarella and Pine Nuts.....	86

<b>PORK AND HAM</b>	
Ham and Cheese Waffles.....	22
Korean BBQ Pork Chops.....	78
Wrapped Scallops with Roasted Pepper Sauce.....	34
Roasted Cauliflower with Goat Cheese Fondue.....	42
Roasted Garlic.....	28
Roasted Garlic-Lime Butter.....	52
Roasted Pepper and Sourdough Brunch Casserole.....	8
Roasted Potato Salad with Garlic Anchovy Dressing.....	58
Roasted Tomato, Artichoke and White Bean Crostini.....	32
Roasted Tomato Soup with Blue Cheese Croutons.....	64
Saffron Lamb Chops with Raita.....	92
<b>SAUSAGE</b>	
Smoked Sausage and Red Pepper Frittata.....	12
Shrimp Pâté.....	38
Silky Tortilla Soup.....	68
Smoked Sausage and Red Pepper Frittata.....	12
<b>SMOOTHIES</b>	
Green Chia Smoothie.....	104
Lemon Basil Smoothie.....	100
Mango Banana Passion Fruit Smoothie.....	20
<b>SPINACH</b>	
Arugula and Spinach Spread.....	40
Spinach Artichoke Gratin.....	50
Spinach-Basil Pesto Pizzas with Sun-Dried Tomatoes.....	26
Spinach Gnocchi with Garlic-Basil Oil.....	82
Spinach Artichoke Gratin.....	50
Spinach-Basil Pesto Pizzas with Sun-Dried Tomatoes.....	26
Spinach Gnocchi with Garlic-Basil Oil.....	82
Sticky Ginger Chicken.....	30
Stout Float with Chocolate Cream.....	106
Strawberry Apricot Punch.....	102
Sun-Dried Tomato-Blue Cheese Butter.....	52
Three-Chocolate Mousse.....	114
Tostadas Rancheros.....	18
Trio of Butters.....	52
Wrapped Scallops with Roasted Pepper Sauce.....	34

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

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