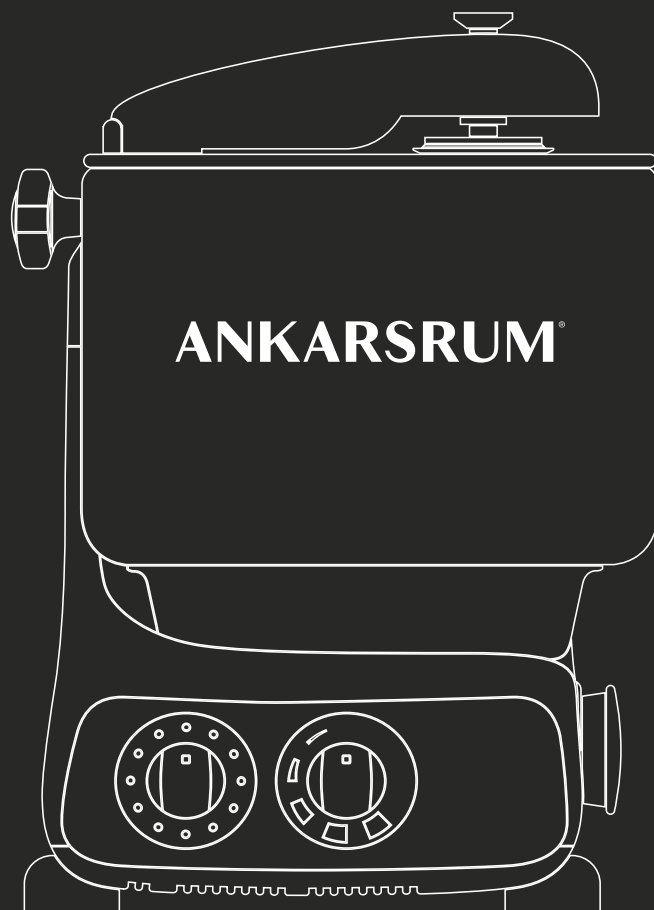


H O M E . M A D E .

Recipes & More



ENGLISH

ANKARSRUM®



SWEDISH QUALITY
SINCE 1940.

H O M E . M A D E .

How is it that mum's or dad's food always tastes better? A question that is hard to answer, but one thing is sure: the answer has less to do with the actual recipe than you would think, and more to do with memories.

At Ankarsrum we think that food made at home tastes better. And that the tools we use should be durable, hard working and of the utmost premium quality. It's as simple as that.

There is pride to be found in making something from the ground up and serving it to your friends and family. It's what makes a home. What helps shape new memories. Just like your parent's cooking helped shape yours.

Ankarsrum Assistent Original.

Home. Made.



Home-made
CONTENT

BREAD

12-29

Toast bread
Baguettes
Danish rye bread
Carrot bread
Focaccia
Hamburger buns
Pita bread
Bread of the World

COOKIES & CAKES

30-47

Cinnamon buns
Cupcakes
Chocolate chip cookies
Hazelnut biscuits
Vanilla sponge cake
Caramel cookies

DINNERS

48-71

Hamburgers
Filled sausages
Potato and beetroot gratin
Falafels
Pasta dough
Spaghetti & pesto
Cannelloni with salmon
Fettuccine with Frikadeller

DESSERTS

72-83

Lemon pie
Filled crêpes
Chocolate mousse
Pavlova

**SALADS, SAUCES
& DIPS**

84-95

Coleslaw
Hummus
Tapenade
Applesauce
Hazelnut spread

BEVERAGES

96-105

Smoothies
Milkshake
Lemonade
Homeground coffee





— A —

GREAT CHOICE

LET US TELL you about a machine.

Not just a machine, but a really, really tough one. A machine that will inspire you and make it fun and easy to make your own sausages, bake sourdough bread and whisk the cream for your birthday cake.

A machine that doesn't break, even when the work is tough. A machine that has been around for more than 75 years and just keeps getting better.

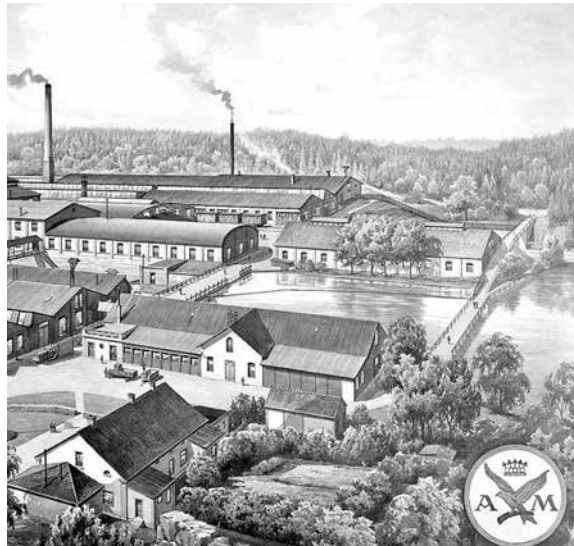
Let us tell you about Assistent Original.

From Ankarsrum.



— The love of —

CRAFTSMANSHIP



HOME-BAKED, the word itself can make you smell the scent of freshly baked bread, and at the same time takes you back in time and space. In this word, there is the love of craftsmanship. The same love that lies behind our own craftsmanship: Ankarsrum Assistent Original.

It helps you work all the way from gently processing the dough to letting it rise, shaping it, baking it and then enjoying it. We started in 1940, and have since 1969 manufactured our Assistents in Ankarsrum, a small industrial village in Småland in southern Sweden.

— Ankarstrum —

ASSISTENT ORIGINAL



A RELIABLE KITCHEN MACHINE never goes out of style. What distinguishes Ankarstrum Assistent Original from other kitchen appliances is the functionality, the flexibility, the long life span, the engine power, the retro design and the compatibility of different year models.

WITH EACH ASSISTENT ORIGINAL AKM6230 BASIC PACKAGE come accessories that will facilitate your kitchen work and give you invaluable help in baking everything from sponge cakes to sourdough bread. Ankarstrum Assistent Original has a strong engine of 1500 watts with a highly efficient energy transfer that makes the Assistent a durable friend in the kitchen, ready to take on all the heavy duty tasks.

UNIQUE OF ITS KIND. It is possible to make up to 5 kilos of dough with 1.5 litres of dough liquid at once thanks to the bowl holding 7 litres in volume. The bowl is situated above the gearbox which makes the bowl rotate. The construction of an underlying gearbox allows for an optimal gear ratio between the engine and the bowl. At the same time greater strength and durability are achieved.

This construction also means that the opening of the bowl is free. The open bowl makes it easy to add ingredients and to see and feel the dough. With

the dough roller and the rotating bowl, the Ankarstrum Assistent Original provides an optimal and unique kneading of the dough.

ACCESSORIES. You have a variety of accessories to choose from to create the perfect sausage, burger, bread, pasta, applesauce, smoothie – or whatever you're dreaming of. Here, only your imagination sets the limits of what you and your Ankarstrum Assistent Original can accomplish.

SWEDISH. Ankarstrum Assistent Original is manufactured and assembled by hand in the industrial village of Ankarstrum in Småland, Sweden. This kitchen machine is built to last and also has a 7-year warranty. Each machine is tested individually before leaving the factory.



FIND INSTRUCTIONAL VIDEOS,

inspiration and more recipes here:

Youtube: [AnkarsrumAssistent](#)

Web: www.ankarsrum.com

FOLLOW US AT:

Facebook UK: [Ankarsrum UK](#)

Facebook USA: [Ankarsrum Original USA](#)

Facebook Canada: [Ankarsrum Canada](#)

Facebook Russia: [Ankarsrum Russia](#)

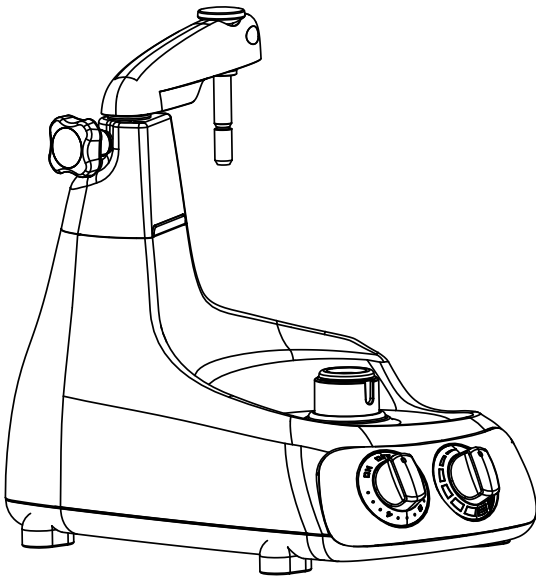
Instagram USA: [@Ankarsrumusa](#)

Instagram Russia: [@Ankarsrum_russia](#)

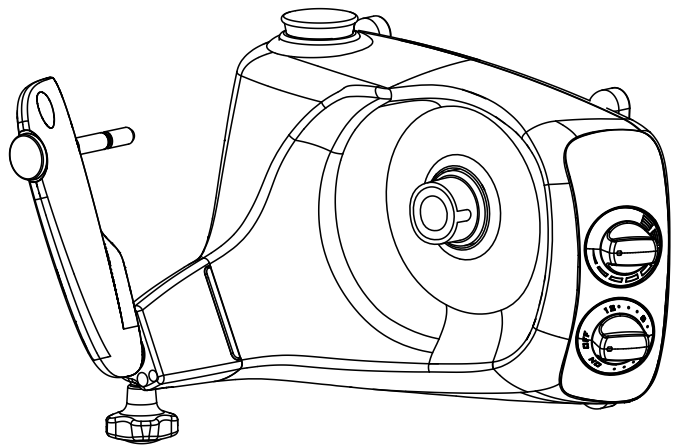
Instagram general: [@Ankarsrum](#)



POSITIONS

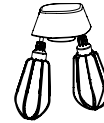
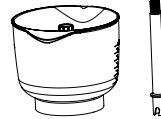


STANDING ASSISTENT



ASSISTENT ON ITS SIDE

ACCESSORIES



BASIC
Always included

BOWL

DOUGH KNIFE

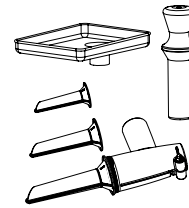
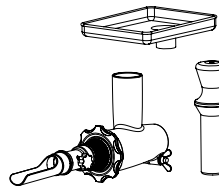
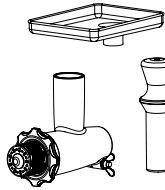
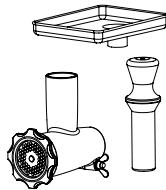
DOUGH ROLLER

DOUGH HOOK

BEATER BOWL

BALLOON WHISKS

COOKIE WHISKS



EXTRA

BLENDER

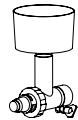
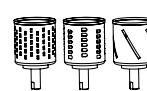
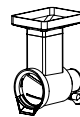
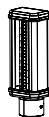
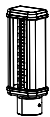
MINCER

GRATER

STRAINER

SAUSAGE HORNS

CITRUS PRESS



EXTRA

FETTUCCINE ROLLER

SPAGHETTI ROLLER

LASAGNE ROLLER

VEGETABLE CUTTER

COFFEE & GRAIN MILL





Homemade

BREAD



Seed coated

TOAST BREAD

Perfect for slicing into individual pieces and keeping in the freezer. Pull out as needed, toast, and have the taste of freshly baked bread whenever you want!

>>



ASSISTENT IN
STANDING POSITION



BOWL



DOUGH
KNIFE



DOUGH
ROLLER

INGREDIENTS, 4 LOAVES

4 1/4 cups milk (1000 ml)
3 tbsp. + 1 tsp. active dry yeast or 100 g fresh yeast
7 tbsp. salted butter, room temperature (100 g)
1 tbsp. sugar
1 1/2 tbsp. salt
12-13 cups bread flour (1440-1560 g)
1/4 cup salted butter, melted (60 g)

BRUSHING

AND DECORATION

1 egg, lightly beaten
Poppy seeds or sesame seeds

FOLLOW THESE STEPS

1. Assemble the Assistant with the stainless steel bowl, dough knife and dough roller.
2. In a small saucepan, heat the milk to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast.
Dry yeast: Add the milk and yeast to the Assistant bowl and mix on low speed till beginning to combine. Turn off the Assistant and let stand until foamy, about 10 minutes.
Fresh yeast: Crumble the yeast in the bowl, add the milk, and run the Assistant on low speed, fixing the dough roller next to the edge. Run until yeast is dissolved.
3. Add butter, sugar, salt and 1/2 of the flour. Mix on low speed until dough begins to come together, pulling the arm towards the centre as needed, to help incorporate ingredients. Slowly add remaining flour until 1 cup is left. If dough is too sticky, add a little flour at a time until a soft, but not sticky, dough is achieved.
4. Lock the arm in place 1-2 inches (2-4 cm) from edge of bowl.
5. Adjust speed to medium. Set the timer for 8 minutes to knead.
6. Put the cover on the bowl and let the dough rise until doubled in size, 30 minutes to 1 hour.
7. Turn out the dough onto a floured surface and divide into 4 equal portions. Shape each portion into a loaf and place on a baking pan lined with parchment paper.
8. Brush the sides of the loaves with melted butter, making it easier to separate them after baking.
9. Cover and let them rise for 20 minutes.
10. Preheat oven to 225°C (425° F).
11. Brush with egg and sprinkle with poppy or sesame seeds. Bake in the lower part of the oven for 30 minutes or until golden brown.
12. Cover the bread with a kitchen/tea towel and let cool on a wire rack.

Tips!

If the top of the bread is browning too quickly, position an oven rack above the bread and place a baking sheet on the rack to shield from heat. No aluminum foil needed!

Crispy

BAGUETTES

Serve freshly baked baguettes with a good soup. Or, cut a baguette in half, add a tasty filling and you have a quick lunch at home or for your day trip!

>>



ASSISTENT IN
STANDING POSITION



BOWL

DOUGH
KNIFEDOUGH
HOOK

INGREDIENTS,

4 BAGUETTES

2 cups + 2 tbsp. water
(500 ml)
2 1/4 tsp. dry active yeast
or 25 g fresh yeast
2 tbsp. olive oil
1 tbsp. salt
5-6 cups bread flour
(600-720 g)

FOLLOW THESE STEPS

1. Assemble the Assistant with the stainless steel bowl, dough knife and dough hook.
2. In a small saucepan, heat the water to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast.
Dry yeast: Add the water and yeast to the Assistant bowl and mix on low speed till beginning to combine. Turn off Assistant and let stand until foamy, about 10 minutes.
Fresh yeast: Crumble the yeast into the bowl, add the water and start the Assistant at low speed until the yeast dissolves.
3. Add olive oil, salt and 1/2 of the flour. Mix on low speed until dough begins to come together. Possibly help the Assistant by pulling a little in the arm a few times. Slowly add remaining flour until 1 cup is left. If dough is too sticky, add a little flour at a time until a soft, but not sticky, dough is achieved.
4. Increase speed to medium. Set timer for 5 minutes and let knead.
5. Cover the bowl with the bowl cover and let it rise until doubled in size, 1-2 hours.
6. Turn out the dough onto a floured surface without kneading it.
7. Divide the dough into four parts, shaping them into baguettes by spinning and pulling out each part. Place them on a baking sheet lined with parchment paper.
8. Cover the baguettes with a towel and let them rise for 30 minutes.
9. Preheat oven to 275°C (525°F).
10. Bake in the middle of the oven about 15 minutes.
11. Place baguettes on a wire rack to cool.

Tips!

If you want a crunchy crust on the baguettes, spray some water into the oven when you insert the bread. Open the oven door and release the steam after about 5 minutes.





Rustic

DANISH RYE BREAD

A really lovely coarse bread!

>>



ASSISTENT IN
STANDING POSITION



BOWL



DOUGH
KNIFE



DOUGH
HOOK

INGREDIENTS, 2 LOAVES

DAY 1

2 cups water (450 ml)
4 cups coarse rye flour
(400 g)
1/2 cup rye sourdough
starter (115 g)
3/4 cup + 2 tbsp. roasted
sunflower seeds (120 g)
1/4 cup flaxseed (30 g)
1 tsp. salt

DAY 2

The dough from day 1
3/4 cup + 2 tbsp. water
(200 ml)
1/2 tsp. instant yeast
or 10 g fresh yeast
2 1/4 cups coarse rye flour
(225 g)
1 1/4 cup all-purpose flour
(150 g)
1/2 cup rye sourdough
starter (115 g)

FOLLOW THESE STEPS

DAY 1

1. Mix all the ingredients for day one in the stainless steel bowl. Cover dough with bowl cover and let stand at room temperature for at least 12 hours.

DAY 2

2. Assemble the Assistant with the stainless steel bowl, dough knife and dough hook.
3. Start the Assistant on low speed and add all the ingredients for day two. Mix on low speed until combined. Possibly help the Assistant by pulling a little in the arm a few times.
4. Set the timer for 12 minutes and let knead on the lowest speed until a smooth dough is formed.
5. Cover the bowl with the bowl cover and let the dough rise for 2 hours.
6. Grease 2 (1,5 quart/1,5 liter) loaf pans with vegetable oil and divide dough evenly among pans.

7. Cover them with a kitchen/tea towel and let the dough rise until it reaches up to the edge of the baking pans.
8. Preheat the oven to 210°C (410°F).
9. Bake the bread in the lower part of the oven for 60 minutes.
10. The bread is ready when the core temperature is 98°C (208°F).
11. Cover the bread with a kitchen/tea towel and let cool on a wire rack.

Tips!

If the top of the bread is browning too quickly, position an oven rack above the bread and place a baking sheet on the rack to shield from heat. No aluminum foil needed!



— *Gluten-free* —

CARROT BREAD

The roller and knife work perfectly for gluten-free baking, such as this beautifully flavoured and coloured carrot bread.

1 >>



ASSISTENT
ON ITS SIDE



GRATER

OR



VEGETABLE
CUTTER



MEDIUM COARSE
GRATER DRUM

CARROTS

3/4 cup finely grated
carrots (2-3 carrots, 78 g)

FOLLOW THESE STEPS

1. Assemble the Assistant with the grater or the vegetable cutter and coarse grater drum.
2. Grate the carrots.

2 >>



ASSISTENT IN
STANDING POSITION



BOWL



DOUGH
KNIFE



DOUGH
ROLLER

INGREDIENTS, 1 BREAD

1 cup milk (250 ml)
2 1/4 tsp. dry active yeast
or 25 g fresh yeast
1/2 cup full-fat Greek
yoghurt (100 ml)
1 tsp. salt
1 tbsp. honey
3 1/4 cups multipurpose
gluten-free flour
(350-400 g)
1/4 cup + 1 tbsp.
sunflower seeds (38 g)

BRUSHING

Lightly beaten egg

FOLLOW THESE STEPS

1. Assemble the Assistant with the stainless steel bowl, dough knife and dough roller.
2. In a small saucepan, heat the milk to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast.
DRY YEAST: Add the milk and yeast to the Assistant bowl and mix on low speed till beginning to combine. Turn off the Assistant and let stand until foamy, about 10 minutes.
FRESH YEAST: Crumble the yeast into the bowl, add the milk and start the Assistant with dough roller right next to the edge at low speed until the yeast dissolves.
3. Add the carrots, Greek yoghurt, salt and honey.
4. Add 1/3 of the flour and mix on the lowest speed until combined, pulling the arm towards the centre as needed to help incorporate ingredients.
5. Add the rest of the flour, a little at a time.
6. Increase speed to medium and lock arm in place 1 inch (2-4 cm) from side of bowl. Let mix until a smooth, sticky batter forms.
7. Grease a regular size loaf pan and pour batter into pan.
8. Cover and let it rise for 45 minutes.
9. Preheat oven to 200°C (390°F).
10. Brush the bread with lightly beaten egg and bake in the middle of the oven about 25 minutes.
11. Let bread cool in pan for 5 minutes. Carefully turn out onto a wire rack and cover with a tea/kitchen towel while cooling.

Tips!

Instead of greasing the baking pan, you can also use parchment paper inside the pan.

— Italian —

FOCACCIA

Some cold cuts, some good cheeses and olives together with a freshly baked focaccia – voilà, dinner is served.

>>



ASSISTENT IN
STANDING POSITION



BOWL

DOUGH
KNIFEDOUGH
ROLLER

INGREDIENTS,

1 FOCACCIA

2 1/4 tsp. dry active yeast
or 25 g fresh yeast
1 3/4 cup water (400 ml)
1/4 cup olive oil (50 ml)
4 1/2 cups bread flour
(540 g)
2 tsp. salt

FOR PAN & TOPPING

3 tbsp. olive oil, divided
8 cherry tomatoes
1/2 red onion, thinly sliced
fresh rosemary
flake salt

FOLLOW THESE STEPS

1. Assemble the Assistant with the stainless steel bowl, dough knife and dough roller.
2. In a small saucepan, heat the water to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast. DRY YEAST: Add the water and yeast to the Assistant bowl and mix on low speed till beginning to combine. Turn off the Assistant and let stand until foamy, about 10 minutes. FRESH YEAST: Crumble the yeast into the bowl, add the water and start the Assistant with the dough roller right next to the edge at low speed until the yeast dissolves.
3. Add the oil, flour and salt. Mix on low speed, pulling the arm towards the middle as needed to help incorporate ingredients.
4. Increase to medium speed and lock the arm in place 1 inch (2-4 cm) from side of bowl. Set timer for 5 minutes and let knead.
5. Cover the bowl with the bowl cover and let the dough rise for 40 minutes.
6. Brush a half-sheet pan with 1 tbsp. olive oil.
7. Put the risen dough directly onto the pan and flatten it with floured hands.
8. Let rise until doubled in size, about 30 minutes.
9. Preheat the oven to 225°C (435°F).
10. Make holes in the dough with your fingers and press tomatoes, onion and rosemary into the holes. Drizzle with remaining 2 tbsp. olive oil and sprinkle with a little flake salt. Bake in the middle of the oven for 25 minutes.
11. Let bread cool on a wire rack.

Tips!

Focaccia is a versatile canvas. Try a variety of different toppings: olives, feta cheese, thyme, sun-dried tomatoes, rosemary, grapes.





———— *Homemade* ————

HAMBURGER BUNS

Take your burgers to the next level by using the meat mincer for freshly ground hamburgers (page 51) and the stainless steel bowl for these hamburger buns. The buns freeze well, so bake a big batch for easy homemade burgers later on!

>>



ASSISTANT IN
STANDING POSITION



BOWL

DOUGH
KNIFEDOUGH
ROLLER

INGREDIENTS, 15 BUNS

2 cups + 2 tbsp. milk
(500 ml)
4 1/2 tsp. dry active yeast
or 50 g fresh yeast
1 1/2 tsp. salt
2 tsp. sugar
6 cups bread flour (720 g)
3 1/2 tbsp. salted butter,
cut into small pieces, room
temperature (50 g)

BRUSHING

Milk
2 tbsp. sesame seeds

FOLLOW THESE STEPS

1. Assemble the Assistant with the stainless steel bowl, dough knife and dough roller.
2. In a small saucepan, heat the milk to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast.
 DRY YEAST: Add the milk and yeast to the Assistant bowl and mix on low speed till beginning to combine. Turn off the Assistant and let stand until foamy, about 10 minutes.
 FRESH YEAST: Crumble the yeast into the bowl, add the milk and start the Assistant with the dough roller right next to the edge at low speed until the yeast dissolves.
3. Add the salt, sugar, flour and lastly the butter. Mix on low speed until combined, pulling the arm towards the centre as needed to help incorporate the ingredients.
4. Lock the arm in place 1-2 inches (2-4 cm) from edge of bowl. Increase speed to medium and set timer to knead for 5 minutes.
5. Cover the bowl with the bowl cover and let the dough rise for about 40 minutes.
6. Turn out the dough onto a lightly floured surface and roll to 1/2 inch (1 cm) thick.
7. Cut out rounds with a 3 inch (8 cm) biscuit cutter or a glass. Reroll and cut dough scraps.
8. Let rise under a kitchen/tea towel for 25 minutes.
9. Preheat the oven to 225°C (435°F).
10. Brush with milk and sprinkle with sesame seeds and bake in the oven 8-10 minutes.
11. Cover with a tea/kitchen towel and let cool on a wire rack.

Tips!

For a shinier top, brush with a lightly beaten egg instead of milk. If you'd like to, you can grill the buns shortly before serving.



— *Your very own* —

PITA BREAD

Never again factory made Pita! Try making your own.
So light and airy, and with such a nice pocket to fill with a lot of goodies.

>>



ASSISTENT IN
STANDING POSITION



BOWL

DOUGH
KNIFEDOUGH
ROLLER

INGREDIENTS, 15 PITA

2 cups + 2 tbsp. water
(500 ml)
2 1/4 tsp. dry active yeast
or 25 g fresh yeast
5 1/2-6 cups bread flour
(660-720 g)
1 tsp. sugar
1 1/2 tsp. salt

FOLLOW THESE STEPS

- Assemble the Assistant with the stainless steel bowl, dough knife and dough roller.
- In a small saucepan, heat the water to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast.
DRY YEAST: Add the water and yeast to the Assistant bowl and mix on low speed till beginning to combine. Turn off Assistant and let stand until foamy, about 10 minutes.
FRESH YEAST: Crumble the yeast into the bowl, add the water and start the Assistant with the dough roller right next to the edge at low speed until the yeast dissolves.
- Add sugar, salt and 1/2 of the flour. Mix on low speed until dough begins to come together, pulling the arm towards the centre as needed, to help incorporate ingredients. Slowly add remaining flour until 1 cup is left. If dough is too sticky, add a little flour at a time until a soft, but not sticky, dough is achieved.
- Lock the arm in place 1-2 inches (2-4 cm) from edge of bowl. Increase speed to medium and set timer to knead for 10 minutes, until a smooth and elastic dough forms.
- Turn the dough out onto a lightly floured surface and divide into 15 equal pieces.
- Roll each piece into a round that is approximately 6 inches (15 cm) in diameter and between 1/8 - 1/4 inch (0,5 cm) thick.
- Place the rounds on a damp tea/kitchen towel and cover with another damp towel. Let rise for 1 1/2 hours.
- Preheat oven to 275°C (450°F). Once preheated, let it sit at that temperature for 15 minutes before baking off the pita.
- Carefully place the bread on a baking sheet lined with parchment paper, being careful not to puncture the pita.
- Bake in the middle of the oven for 4-6 minutes. Carefully rotate the pitas with a spatula and bake an additional 2 minutes. The bread should not become brown, but light tan in colour and just baked through.
- Remove to a wire rack and cover with a tea/kitchen towel to cool.

Tips!

Serve with falafel. Freeze any remaining bread that isn't eaten the same day it is baked. Reheat in an oven on low temperature, or in a microwave or toaster.

The algorithm

BREAD OF THE WORLD

THE WORLD'S FIRST GLOBAL BREAD BAKED FROM ALGORITHMS

For the first time ever, it is possible to bake "The Bread of the World". The form and ingredients of the bread have been determined by algorithms processing bread recipes from all corners of the earth. This data generated recipe has then undergone further tweaking by star baker Sébastien Boudet.

The end result is a succulent flatbread – the bread of the world.



FIND THE RECIPE AT:

www.thebreadoftheworld.com





Delightful

COOKIES & CAKES



— Swedish —

CINNAMON BUNS

There is something rather special about the scent of cinnamon buns.
Warm, reassuring and absolutely delicious.

1 >>



ASSISTENT IN
STANDING POSITION



BOWL



DOUGH
KNIFE



DOUGH
ROLLER

INGREDIENTS, 40 BUNS

2 cups + 2 tbsp. milk
(500 ml)
5 tsp. active dry yeast or
50 g fresh yeast
10 1/2 tbsp. salted butter,
room temperature (150 g)
1/2 cup sugar (100 g)
1 egg
1/2 tsp. salt
2 tsp. ground cardamom
(optional)
7 cups bread flour (840 g)

BRUSHING

1 egg, lightly beaten
Pearl sugar

FOLLOW THESE STEPS

1. Assemble the Assistent with the stainless steel bowl, dough knife and dough roller.
2. In a small saucepan, heat the milk to 37°C (98°F) if fresh yeast or to 41°C (105°F) if dry yeast.
 DRY YEAST: Add the milk and yeast to the Assistent bowl and mix on low speed until just beginning to come together. Turn off the Assistent and let stand until foamy, about 10 minutes.
 FRESH YEAST: Crumble the yeast into the bowl, add the milk and start the Assistent, with the dough roller right next to the edge, at low speed until the yeast dissolves.
3. Add the butter, sugar, egg, salt and (if desired) the cardamom. Mix until combined.
4. With the Assistent on low speed, add the flour, a little at a time. Pull the arm towards the middle of the bowl, as necessary, to help incorporate ingredients.
5. Increase speed to medium. Lock arm in place about 1 inch (2-4 cm) from the side of the bowl. Set the timer for 5 minutes and let knead.
6. Cover the bowl with the bowl cover and let it rise for 40 minutes.
7. Prepare the filling while waiting for the dough to rise (see next page).
8. Turn out the dough onto a floured surface and divide into two equal portions. Roll each portion into a 17x12 inch (45x30 cm) rectangle. Spread each rectangle with the filling and then fold in half so that each rectangle is now 17x6 (45x15 cm) inches. Cut into 1/2 inch (1 cm) wide strips. Twist strips and turn them into knots. Place on baking sheet lined with parchment paper. Cover and let rise for 40 minutes.
9. Preheat the oven to 225°C (435°F).
10. Brush the buns with egg and sprinkle with pearl sugar. Bake the buns in the middle of the oven for 5-10 minutes.
11. Cover the buns with a kitchen/tea towel and let cool on a wire rack.

Tips!

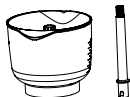
Only your imagination sets the limits to how your buns will taste or look. For example, replace the cinnamon paste with hazelnut spread (see page 95) and voilà, you have chocolate-nut buns!

2 →

2 >>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



COOKIE
WHISKS

FILLING

3/4 cup + 2 tbsp. salted
butter, room temperature
(200 g)

1/2 cup sugar (100 g)

2 tbsp. cinnamon

FOLLOW THESE STEPS

1. Assemble the Assistant with the beater bowl and cookie whisks.
2. Add the softened butter, in small pieces, the sugar and the cinnamon.
3. Mix on low speed until thoroughly combined.

DOUGH ROLLER OR DOUGH HOOK? It's a matter of opinion and taste. Try both and see what you prefer!





— Festive —

CUPCAKES

Make them small,
so that you can eat more of them.

1 >>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



BALLOON
WHISKS

INGREDIENTS, 12 CUPCAKES

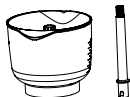
5 tbsp. + 1 tsp. salted
butter (75 g)
1 egg
1 1/4 cup sugar (250 g)
1 1/2 cups all-purpose
flour (180 g)
2 tsp. baking soda
1 tsp. vanilla sugar
1/2 cup unsweetened
cocoa powder (40 g)
1/2 tsp. salt
1 cup milk (250 ml)

FOLLOW THESE STEPS

1. Preheat oven to 175°C (350°F).
2. Assemble the Assistant with the beater bowl and the balloon whisks.
3. Melt the butter in a saucepan.
4. Add the egg and sugar to the beater bowl and whisk at high speed until fluffy.
5. Mix the dry ingredients together and add them to the egg mixture. Run the Assistant at low speed until you have a smooth batter.
6. Add the melted butter mixed with the milk. Run at low speed until smooth.
7. Grease a muffin tin or line with cupcake liners. Fill each cup 2/3 of the way full. Bake in the middle of the oven for 18-20 minutes, until a toothpick inserted in the middle comes out clean.
8. Let cool in pan for 5 minutes, and then remove to a wire rack. Cover with a kitchen/tea towel and let completely cool before frosting.

2 →

2 >>

ASSISTENT IN
STANDING POSITIONBEATER
BOWLCOOKIE
WHISKS**CHOCOLATE FROSTING**

4 tbsp. salted butter,
room temperature (60 g)
3 cups confectioners'
sugar (300 g)
1 tsp. vanilla sugar
1/4 cup unsweetened
cocoa powder (20 g)
1/2 cup cream cheese,
room temperature (100 g)
1 tbsp. coffee

DECORATION

Sprinkles or flowers

FOLLOW THESE STEPS

1. Assemble the Assistant with beater bowl and cookie whisks.
2. Add butter, confectioners' sugar, vanilla sugar, cocoa and cream cheese to the mixer bowl and mix on low speed. Gradually increase to medium speed and blend until a smooth cream.
3. Add the coffee, decrease speed to medium-low and mix until thoroughly incorporated.
4. Pipe the frosting on top of your cupcakes and decorate with sprinkles or flowers.

Tips!

If you don't have a pastry bag, just cut a hole in the corner of a plastic bag and use it to pipe the frosting.

MAKE SURE that the whisks are in place on the beater head by listening for a "click" when they are fitted correctly.





— *Delicious* —

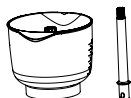
CHOCOLATE CHIP COOKIES

Crunchy on the outside and wonderfully chewy inside.

>>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



COOKIE
WHISKS

INGREDIENTS,

40 COOKIES

1 cup salted butter, room temperature (250 g)
1 1/4 cup sugar (250 g)
1 cup packed brown sugar (200 g)
2 eggs
1 tsp. vanilla bean paste or 1 1/2 tsp. vanilla extract
3 3/4 cups all-purpose flour (450 g)
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 cup unsweetened shredded coconut (125 g)
1 cup chocolate chips (200 g)

FOLLOW THESE STEPS

1. Preheat oven to 175°C (350°F).
2. Assemble the Assistant with the beater bowl and the cookie whisks.
3. Mix the butter, sugar and brown sugar on low speed until beginning to combine. Gradually increase the speed to medium and beat 2-3 minutes until fluffy.
4. Add the egg and vanilla bean paste and mix until combined.
5. Combine the flour, baking powder, baking soda and salt in a small bowl. With the Assistant on low speed, gradually add in the flour mixture just until combined.
6. Add in the coconut and beat on medium speed until it just comes together.
7. Scoop into tablespoon-sized balls and place 2 inches (5 cm) apart on baking sheets lined with parchment paper. Bake in the middle of the oven for 9-11 minutes, just until the top looks dry.
8. Decorate with chocolate chips while the cookies are still warm.
9. Let the cookies cool on the pan for 5 minutes and then move to a wire rack to finish cooling.

Tips!

These cookies can quickly overbake. Watch carefully and take them out when you think they are almost ready, since there will be carryover cooking as they cool down.

— Naturally gluten-free —

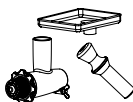
HAZELNUT BISCUITS

Traditional sweet biscuits,
perfect for a quick and tasty coffee break.

1 >>



ASSISTENT
ON ITS SIDE



GRATER OR



VEGETABLE
CUTTER



MEDIUM COARSE
GRATER DRUM

HAZELNUTS

1 1/2 cups hazelnuts
(195 g)

FOLLOW THESE STEPS

1. Turn the Assistant on its side and assemble it with the grater or

the vegetable cutter and medium coarse grater drum.

2. Grind the nuts.

2 >>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



COOKIE
WHISKS

INGREDIENTS, 20 BISCUITS

1 cup sugar (200 g)
2 eggs

DECORATION

20 hazelnuts

FOLLOW THESE STEPS

1. Preheat oven to 175°C (350°F).
2. Assemble the Assistant with the beater bowl and the cookie whisks.
3. Add the ground hazelnuts, sugar and eggs. Start the Assistant on medium speed and let the batter blend thoroughly.
4. Place tablespoon size mounds of the mixture 2 inches (5 cm) apart on baking sheets lined with parchment

paper. Press a hazelnut into the top of each cookie. Bake for 8-12 minutes. Let cool on the pan for 5 minutes and then remove to a wire rack to finish cooling.

Tips!

You can also pipe the mixture onto the parchment paper.





Traditional

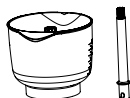
VANILLA SPONGE CAKE

A sponge cake, so simple and yet so good.

>>



ASSISTANT IN
STANDING POSITION



BEATER
BOWL



BALLOON
WHISKS

INGREDIENTS, 1 CAKE

4 eggs
1 1/2 cups sugar (300 g)
2 tsp. vanilla bean paste
or 3 tsp. vanilla extract
2 cups all-purpose flour
(240 g)
2 tsp. baking powder
5 tbsp. + 1 tsp. salted
butter (75 g)
6 1/2 tbsp. milk (100 ml)

DECORATION

Confectioners' sugar

FOLLOW THESE STEPS

1. Preheat oven to 175°C (350° F). Grease and flour a bundt pan.
2. Assemble the Assistant with beater bowl and balloon whisks.
3. Add the eggs, sugar and vanilla bean paste. Beat on medium speed until batter is very airy and light, 5-8 minutes.
4. Whisk the flour and baking powder together in a small bowl.
5. Melt the butter and mix with the milk.
6. Add the flour and milk mixtures, 1/2 at a time, mixing after each addition until just combined.
7. Pour the batter into the prepared pan and bake for 30-35 minutes.
8. Let the cake rest in the pan for 10 minutes before removing to a wire rack to finish cooling.
9. Once completely cooled, dust with confectioners' sugar to decorate.

Tips!

Make sure to whisk up a thoroughly airy egg and sugar mixture with the balloon whisks before adding the other ingredients.

Check if the cake is ready after 30 minutes. It depends very much on the oven you're using!



Chewy

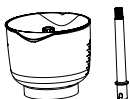
CARAMEL COOKIES

Caramel cuts, as they are called in Sweden, are known for their delicious simplicity.

>>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



COOKIE
WHISKS

INGREDIENTS

14 tbsps. salted butter,
room temperature
(200 g)
1 1/4 cup sugar (250 g)
1/4 cup treacle syrup
or light molasses (75 g)
2 1/2 cups all-purpose
flour (300 g)
1 tsp. baking soda

FOLLOW THESE STEPS

1. Preheat oven to 200°C (390°F).
2. Assemble the Assistant using the beater bowl and the cookie whisks.
3. Add the butter and sugar and mix on low speed until combined.
4. Add the treacle syrup (or molasses), flour and baking soda. Mix on medium speed until a smooth dough forms.
5. Divide the dough into three equally sized pieces. Roll each piece 14 inches long.
6. Put the rolls on a baking sheet lined with parchment paper. Flatten them slightly with a fork.
7. Bake in the oven for about 12 minutes.
8. Cut the lengths into 1 inch (2 cm) pieces, slightly diagonally.

Tips!

If you wish to make a large batch, use the stainless steel bowl with the roller and knife.

Don't forget to cut them while they're still hot.



Delicious

DINNERS





— Freshly ground —

HAMBURGERS

So good and so appreciated! The only thing needed is a piece of nice chuck.
Serve with homemade hamburger buns (page 25) and coleslaw (page 87). True HOME.MADE. feeling!

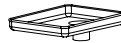
>>



ASSISTENT
ON ITS SIDE



MINCER



FEEDER TRAY



PLUNGER

INGREDIENTS,

4 BURGERS

1 1/4 pound chuck
(600 g)
Salt
pepper
1 potato

FOLLOW THESE STEPS

1. Turn the Assistent on its side and assemble it with the meat mincer and the hole disc of 6 mm. Place the feeder tray on the mincer.
2. Cut the meat into thick shreds and mince the chuck on medium speed. Use the plunger to push the meat through.
3. Finish with half a raw onion, a potato or a piece of carrot to get all the meat out of the mincer (it doesn't matter if some of it ends up in the mince).
4. Shape into four burgers. Add salt and pepper.
5. Fry or grill the burgers.

Tips!

Use the 4.5 mm disc for finer mince. Maybe mince a little bacon into the meat mince as well. Absolutely no breadcrumbs and no eggs, just pure meat!

SHREDS instead of cubes because they give the mincer a better grip on the meat.



Coriander and cloves

SAUSAGES

Make your own sausage! It's simple!
Sausages are really just meat, salt, spices and a little time!

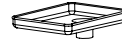
>>



ASSISTENT
ON ITS SIDE



MINCER WITH
SAUSAGE HORNS



FEEDER TRAY



PLUNGER

INGREDIENTS,

30 SAUSAGES

1 tbsp. coriander seeds
1/2 tbsp. ground cloves
1/2 tbsp. ground cumin
1 1/2 tbsp. salt
1/2 tbsp. pepper
4 pounds boneless beef
(2000 g)
2 pounds boneless pork
(1000 g)
1 1/4 pound bacon (560 g)
1 potato
3 1/2 tbsp. white wine
vinegar
Casings, soaked in water
for one day
Butchers' twine

FOLLOW THESE STEPS

1. Roast the coriander in a dry pan.
2. Grind the coriander in the coffee and grain mill attachment for the Assistant, or use a mortar and pestle. Mix with the other spices.
3. Assemble the Assistant with the meat mincer and the hole disc of 4.5 or 6 mm, depending on how coarse a sausage filling you desire. Place the feeder tray on the mincer.
4. Cut the meat into thick shreds (shreds instead of cubes because they give the mincer a better grip on the meat). Massage the spice mixture into the meat and then mince the meat and bacon on medium speed. Use the plunger to push the meat through.
5. Finish with half a raw onion, a potato or a piece of carrot to get all the meat out of the mincer (it doesn't matter if some of it ends up in the mince).
6. Stir the vinegar into the meat mixture. Form a small patty and cook up to taste test seasonings. Adjust spices/salt/pepper if necessary.
7. Remove the knife and hole disc from the mincer and attach the sausage ring and the sausage horn. Choose horn based on what size sausages you wish to make.
8. Slip the casing onto the opening of the sausage horn.
9. With the Assistant on low speed, gradually feed the sausage mixture through with the help of the plunger. Carefully guide the casing as it begins to fill to prevent any air pockets or overfilling.
10. Tie sausages in desired length with the butchers' twine or make one long sausage rolled together into a shell shaped form.
11. Fry, grill or smoke your sausages. Freeze what you don't use the same day.

Tips!

Place the meat strips and the metal accessories of the mincer attachment in the freezer for 30 minutes before mincing. This will help prevent a gummy, over-processed texture.

— *Chèvre and rosemary seasoned* —

POTATO & BEETROOT GRATIN

Serve alongside a salad for a delicious vegetarian meal,
or as an accompaniment to your homemade sausage.

>>



ASSISTENT
ON ITS SIDE



VEGETABLE CUTTER



COARSE GRATER DRUM
& SLICER DRUM

INGREDIENTS,

6 SERVINGS

Butter for the casserole
dish

8 potatoes

6 beetroots

1 red onion

2–3 garlic cloves

1 sprig rosemary

1 cup chèvre (soft goat
cheese) (170 g)

1/2 tsp. salt

2 pinches ground black
pepper

2 cups + 2 tbsp. heavy
cream (500 ml)

1/2 cup grated well
matured cheese like

Parmesan (50 g)

FOLLOW THESE STEPS

1. Preheat oven to 200°C (390°F).
2. Grease an 8x8 inch or 3 quart casserole dish.
3. Turn the Assistent on its side and attach the vegetable cutter with the slicer drum.
4. Peel the potatoes, beets and onions.
5. Slice them in the vegetable cutter at high speed.
6. Peel and chop the garlic and rosemary.
7. Layer onions, potatoes, beetroots and chèvre in the prepared pan. Sprinkle garlic, rosemary, salt and pepper between the layers.
8. Replace the slicer drum with the medium coarse grater and grate the cheese.
9. Pour the cream over the vegetables and top with grated cheese.
10. Bake in the middle of the oven for about 40 minutes, until the gratin has a nice colour on the surface and the potatoes and beets are soft.

Tips!

If the top is browning too quickly, place an oven rack right above the gratin and put a baking pan on the rack to shield the gratin.





Deep-fried FALAFELS

It's not difficult but quite time consuming, so you'll need a little patience. The result though is well worth the wait! Serve in homemade pita bread (page 27).

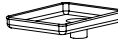
>



ASSISTENT
ON ITS SIDE



MINCER



FEEDER TRAY



PLUNGER

INGREDIENTS, 6 SERVINGS

2 1/2 cups dried chickpeas (500 g)
1 large onion
or 3-4 scallion stalks
1 1/2 cups loosely packed parsley (300 ml)
4 cloves of garlic
1 1/2 tsp. salt
2 tbsp. falafel seasoning
1/2 cup potato starch (75 g)
2 tsp. baking powder
2 tsp. baking soda
Vegetable oil for frying

FOLLOW THESE STEPS

1. Soak the chickpeas in a large bowl of cold water. Leave for at least 10 hours. Remember to have a spacious bowl with plenty of water, chickpeas swell up. Strain off and rinse the chickpeas thoroughly, after soaking.
2. Chop the onion and the parsley.
3. Turn the Assistant on its side and attach the meat mincer with the 4.5 mm hole disc.
4. Mince the chickpeas together with the onion, parsley, garlic and spices for several times until you get a smooth batter. If the batter is not smooth, the falafels will fall apart when you fry them.
5. Cover and let rest for at least 30 minutes.
6. Mix the potato starch, baking powder and baking soda into the chickpea mixture just before frying. Mix thoroughly.
7. Shape the falafel with your hands or two spoons to the desired size.
8. Heat the oil to 170°C (350°F) and fry for about 2 minutes on each side.

Tips!

To succeed with your falafels you have to make sure to grind the chickpeas properly, grind, grind and grind once more.



Homemade

PASTA DOUGH

Homemade pasta, an act of love that your friends and family will thoroughly appreciate.

>>



ASSISTENT IN
STANDING POSITION



BOWL

DOUGH
KNIFEDOUGH
ROLLER

INGREDIENTS,

4-6 SERVINGS

4 cups durum wheat flour
(finely ground semolina
or pasta flour) (500 g)

7 eggs

3 1/2 tbsp. neutral oil

FOLLOW THESE STEPS

1. Assemble the Assistant with the stainless steel bowl, dough knife and dough roller.
2. Add all the flour into the bowl and start the Assistant at low speed.
3. Add one egg at a time.
4. Add the oil and pull the arm towards the centre of the bowl as needed, to help incorporate the ingredients. Lock the arm 1 inch from the side of the bowl when the dough comes together. Set the timer for 8 minutes and let knead.
5. Place the dough on a floured baking surface and knead for a short time.
6. Cover and let rest in the refrigerator for at least 30 minutes.

Tips!

It's important
to let the
dough rest
before it is
rolled.



— *Parmesan-topped* —

SPAGHETTI & PESTO

Simple but so delicious!

1

>>



ASSISTENT
ON ITS SIDE



LASAGNE
ROLLER



SPAGHETTI
ROLLER

SPAGHETTI

1 batch of pasta dough
(see page 59)

FOLLOW THESE STEPS

1. Turn the Assistent on its side and attach the pasta roller for spaghetti.
2. Divide the pasta dough into small pieces and roll each part into oblong strips about 1/8 inch (4 mm) thick and 5 inches (10 cm) wide. For the best results, use the lasagne roller first and make lasagne sheets.
3. Start the Assistent at low speed and feed the pasta strips into the spaghetti roller. Let the pasta land on a generously floured surface.
4. Boil directly or hang up to dry. Cooking time about 2–3 minutes.

Tips!

Always use a lot of extra durum wheat flour when rolling pasta. When you do spaghetti or fettuccine nests, toss every nest in a little extra flour.

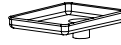
2



2 >>

ASSISTENT
ON ITS SIDE

GRATER



FEEDER TRAY



PLUNGER

FRESHLY GRATED PARMESAN

A piece of parmesan

FOLLOW THESE STEPS

1. Turn the Assistant on its side and assemble with grater attachment.
2. Start the Assistant and grate the desired amount of parmesan

cheese. Also grate for later to top the pesto.

3 >>

ASSISTENT
ON ITS SIDE

BLENDER

PESTO, 4 SERVINGS

3/4 cup pine nuts (75 g)
6 ounces parmesan
cheese (150 g)
1 large bunch basil
6 1/2 tbsp. olive oil (100 ml)
1 clove of garlic
Salt and black pepper

FOLLOW THESE STEPS

1. Turn the Assistant on its side and place the blender on the blender socket.
2. Add the pine nuts to the blender and mix at medium speed.
3. Cut the cheese into cubes, add and mix together with the finely chopped nuts.

4. Add the basil, oil and the garlic clove and run at an average speed until all the ingredients are properly mixed. If possible, use a pulsating effect.





— Yummy —

CANNELLONI WITH SALMON

A true everyday favourite – perfect for the lunchbox!

1

>>



ASSISTENT
ON ITS SIDE



LASAGNE
ROLLER

LASAGNE, 12 SHEETS

1/2 batch of pasta dough
(see page 59)

FOLLOW THESE STEPS

1. Turn the Assistant on its side and attach the pasta roller for lasagne.
2. Divide the pasta dough into smaller pieces and roll each part into oblong strips, about 1/8-1/4 inch (8 mm) thick and 4-5 inches (8-10 cm) wide.
3. Start the Assistant at low speed and feed the dough into the lasagne roller. Start at the widest setting, and run your lasagne sheets through, adjusting the setting down one notch every time you begin to re-roll the sheets, until desired thickness is achieved.
4. Let the lasagne sheets rest on a moist towel so they don't dry out.

Tips!

Fold the sheets in half lengthwise before running through each setting to prevent tears and uneven shapes.

2



2

FILLING

8 ounces fresh baby spinach (200 g)
 Olive oil
 6 ounces cold smoked salmon (150 g)
 1 cup ricotta (250 g)
 1 egg yolk
 1/3 cup grated parmesan cheese (40 g)
 Zest of 1 lemon
 Salt & pepper

CHEESE SAUCE

3 1/2 tbsp. salted butter (50 g)
 1/4 cup all-purpose flour (30 g)
 2 cups + 2 tbsp. milk (500 ml)
 1/3 cup grated parmesan cheese (40 g)
 Flake salt
 Freshly ground pepper

FOLLOW THESE STEPS

1. Preheat oven to 225°C (425°F).
2. Saute the spinach quickly in olive oil. Let cool and chop finely.
3. Cut the salmon into small pieces.
4. Blend all the ingredients for the filling and season with salt and pepper.
5. Melt the butter for the cheese sauce in a saucepan. Stir in the flour and whisk in the milk. Let the sauce simmer for about 5 minutes while stirring.
6. Remove the sauce from the heat and mix in the cheese. Season with salt and pepper.
7. Distribute the filling on the lasagne sheets and roll together from the long side. Cut each roll into two pieces and place them in a greased, ovenproof dish.
8. Pour the cheese sauce over the pasta and sprinkle with parmesan.
9. Gratinade in the middle of the oven for about 25 minutes.

3

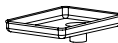
>>



ASSISTENT
ON ITS SIDE



GRATER



FEEDER TRAY



PLUNGER

TOPPING

1/2 cup + 2 tbsp. grated parmesan cheese (60 g)

FOLLOW THESE STEPS

1. Turn the Assistent on its side and assemble with meat mincer and grater attachment. Place the feeder tray on the mincer.
2. Start the Assistent and grate the desired amount of parmesan cheese.





————— *Tomato sauce* —————

FETTUCCINE & FRIKADELLER

A classic that makes anyone happy.

1 >>



ASSISTENT
ON ITS SIDE



LASAGNE
ROLLER



FETTUCCINE
ROLLER

FETTUCCINE

1 batch of pasta dough
(see page 59)

FOLLOW THESE STEPS

1. Turn the Assistent on its side and attach the pasta roller for fettuccine.
2. Divide the pasta dough into small pieces and roll each part into oblong strips about 1/8 inch (4 mm) thick and a maximum of 4-5 inches (8-10 cm) wide. For best results, use the lasagne roller first to make lasagne sheets.
3. Start the Assistent at low speed and feed the pasta strips through the fettuccine roller. Let the pasta land on a generously floured surface.
4. Boil directly or hang to dry.
5. Cooking time about 2-3 minutes.

Tips!

Always use a lot of extra durum wheat flour when rolling pasta. When you do spaghetti or fettuccine nests, toss every nest in a little extra flour.

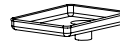
2 >>



ASSISTENT
ON ITS SIDE



GRATER



FEEDER TRAY



PLUNGER

FRESHLY GRATED PARMESAN

A piece of parmesan

FOLLOW THESE STEPS

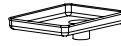
1. Turn the Assistent on its side and assemble the grater attachment.
2. Start the Assistent and grate the desired amount of parmesan cheese.

3 →

3 >>

ASSISTENT
ON ITS SIDE

MINCER



FEEDER TRAY



PLUNGER

FRIKADELLER

4 pounds beef (500 g)
1 potato
2 ounces parma ham,
finely chopped (50 g)
1/2 cup finely grated
parmesan (50 g)
1 pressed garlic clove
1/2 chopped yellow onion
1 cup breadcrumbs (60 g)
Salt and pepper
2 tbsp. cream
Butter for frying

TOMATO SAUCE

6 peeled tomatoes
1 yellow onion, chopped
1 tbsp. butter
2 cups water (200 ml)
3 tbsp. olive oil (50 ml)
1 tbsp. tomato paste
1 tbsp. honey
Zest and juice of 1 lemon
Salt and pepper
Fresh basil

FOLLOW THESE STEPS

1. Turn the Assistant on its side and assemble with the mincer and the hole disc of 4.5 mm.
2. Cut the meat into thick shreds and grind at medium speed. Use the plunger to push the meat through.
3. Finish with half a raw onion, a potato or a piece of carrot to get all the meat out of the mincer (it doesn't matter if some of it ends up in the mince).
4. Mix together the meat, parma ham, parmesan, garlic, yellow onion and breadcrumbs until thoroughly combined.
5. Add cream.
6. Shape to round frikadeller (like meatballs) in desired size and fry in butter.
7. For the tomato sauce: Coarsely chop the tomatoes and saute with the onions in a medium saucepan.
8. Add water, olive oil, tomato paste, honey and the zest and juice of a lemon.
9. Let it cook for 10 minutes and season with salt and pepper.
10. Puree the sauce and then pour in the pan over the Frikadeller. Let this simmer together for a few minutes.
11. Top with chopped basil and fresh parmesan.
12. Serve together with the rolled fettuccine.

Tips!

The stainless steel bowl, dough roller and dough knife are perfect for blending together the meat mixture.







Tempting

DESSERTS



Meringue-topped LEMON PIE

A fresh and bright dessert to end a meal.
Serve with a dollop of whipped cream.

1

>>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



COOKIE
WHISKS

PIE CRUST

8 tbsp. salted butter,
room temperature (125 g)
1/2 cup sugar (100 g)
1 egg
2 cups all-purpose flour
(240 g)
1 tbsp. cold water

FOLLOW THESE STEPS

1. Assemble the Assistant with the beater bowl and the cookie whisks.
2. Add softened butter, sugar, eggs and flour. Start the Assistant at medium speed and run until you have a crumbly mass.
3. Add the cold water and mix until a smooth dough is formed.
4. Cover and let rest in the refrigerator for 1 hour.
5. Preheat oven to 225°C (435°F).
6. Press the dough firmly into a 9-inch (28 cm) pie plate and pre-bake for 8 min.
7. Allow to cool completely before filling with curd.

2



2 >>

ASSISTENT IN
STANDING POSITION

CITRUS PRESS

LEMON CURD

2-3 medium sized lemons
3 egg yolks
8 tbsp. salted butter
(125 g)
1 cup sugar (200 g)

FOLLOW THESE STEPS

1. Wash the lemons. Zest two of them. Cut them in half after zesting.
2. Assemble the Assistant with the citrus press and juice the lemons on medium-low speed. If juice does not equal 6 1/2 tbsp., juice remaining lemon until desired amount of fresh lemon juice is reached.
3. Whisk together the lemon juice, zest and egg yolks in a medium bowl until thoroughly combined.
4. Melt the butter in a medium saucepan over medium-low heat.
5. Slowly add in the egg mixture, whisking constantly to prevent eggs curdling.
6. Reduce heat to low and constantly whisk until curd thickens and coats the back of a spoon.
7. Remove from heat and let cool completely. The curd will thicken even more as it cools.
8. Once the curd is completely cooled, pour into the pre-baked pie crust.

3 >>

ASSISTENT IN
STANDING POSITIONBEATER
BOWLBALLOON
WHISKS**MERINGUE**

3 egg whites
1 cup sugar (200 g)

FOLLOW THESE STEPS

1. Preheat oven to 225°C (435°F). Only top heat.
2. Assemble the Assistant with the beater bowl and balloon whisks.
3. Beat the egg whites on high speed until soft peaks begin to form.
4. Add the sugar, a little at a time, and whisk until stiff peaks form.
5. Spread the meringue evenly over the lemon curd and bake for 4-5 minutes. Check often so meringue doesn't burn.
6. Cool completely before serving.

Tips!

Wipe out the beater bowl with a few drops of lemon juice to remove any butter or oil residue, which can hinder the whipping of the egg whites. A small amount of acid also helps stabilize the meringue.





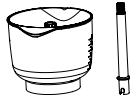
Chocolate & hazelnut FILLED CRÊPES

Crêpes are thin pancakes that originated in France.
They are an excellent way to end a dinner – bon appétit!

>>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



BALLOON
WHISKS

INGREDIENTS, 18 SMALL CRÊPES

1 1/4 cup all-purpose
flour (150 g)
2 tsp. sugar
1/2 tsp. salt
2 1/2 cups milk (600 ml)
3 eggs
3 tbsp. salted butter
4 tbsp. salted butter or
oil, for frying

FILLING

Hazelnut spread
(see page 95)
Strawberries

FOLLOW THESE STEPS

1. Assemble the Assistant with the beater bowl and balloon whisks.
2. Add flour, sugar and salt. Start the Assistant at medium speed.
3. Add 1/3 of the milk and whisk till a smooth batter forms.
4. Add the rest of the milk as well as the eggs, and mix until all is blended.
5. Melt the 3 tbsp. butter and add it to the batter.
6. Let the crêpe batter stand for 10 minutes to allow the flour to absorb the liquid.
7. Heat a regular frying pan or a crêpe pan over medium-high heat. Use a little of the 4 tbsp. butter or oil to coat the bottom of the pan. Use a small ladle to pour about 1/4 cup crêpe batter into pan. Swirl pan to spread batter out to desired size of crêpe. Cook 1-2 minutes and then carefully flip over with a spatula and cook for 1-2 minutes on other side. Repeat with remaining batter, using a little oil or butter to prevent sticking as necessary.
8. Slice the strawberries. Spread the hazelnut spread (page 95) evenly on the crêpes and top with strawberries. Roll and cut into small rounds.

Tips!

For a crispier crêpe, let the batter rest one hour before using.

MAKE SURE that the whisks are in place on the beater head by listening for a “click” when they are fitted correctly.



— Quick & easy —

CHOCOLATE MOUSSE

A real chocolate bomb – oh so good!

1 >>



ASSISTENT
ON ITS SIDE



BLENDER

INGREDIENTS, 4 PORTIONS

1 cup milk chocolate
(200 g)
4 eggs
1 tbsp. coffee, milk
or cognac

FOLLOW THESE STEPS

1. Turn the Assistant on its side and attach the blender to the blender socket.
2. Break the chocolate into larger pieces and put them in the blender. Start at high speed and pulse the chocolate till finely chopped.
3. Separate egg yolks from egg whites. Reserve whites for instructions below.
4. Add the egg yolks to the blender and run until the chocolate is dissolved.
5. Add desired liquid and mix everything until well blended.

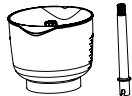
Tips!

The mousse can also be used as filling for a cake.

2 >>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



BALLOON
WHISKS



COOKIE
WHISKS

INGREDIENTS

4 egg whites

DECORATION

Raspberries
Whipped cream
Chopped chocolate

FOLLOW THESE STEPS

1. Assemble the Assistant with beater bowl and balloon whisks.
2. Add egg whites and whisk at high speed until stiff peaks form.
3. Switch to cookie whisks and gradually fold in chocolate mixture at the lowest speed.
4. Pour into serving bowls and place them in the fridge for about 2 hours for the mousse to set.
5. Serve with whipped cream and berries.



— *An always suitable* —

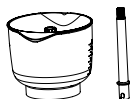
PAVLOVA

A wonderfully chewy meringue cake.
A crisp crust with a soft and chewy inside.

>>



ASSISTENT IN
STANDING POSITION



BEATER
BOWL



BALLOON
WHISKS

INGREDIENTS, 1 CAKE

6 egg whites at room temperature

1 3/4 cup sugar (350 g)

2 tsp. cornstarch

1 tsp. vinegar 12 % or regular white vinegar

DECORATION

1 1/4 cup cream (300 ml)

1/2 cup dulce de leche (250 g)

Fresh berries and fruit for topping

FOLLOW THESE STEPS

1. Preheat oven to 175°C (350°F).
2. Assemble the Assistant with beater bowl and balloon whisks.
3. Add the egg whites and whisk on high speed until soft peaks are formed.
4. Add the sugar a little at a time while you continue to whisk. Continue whisking until the meringue is smooth and shiny. Check with your fingertips that the sugar crystals are dissolved.
5. Add the cornstarch and vinegar and whisk until all blended.
6. Line a baking sheet with parchment paper. Carefully spoon the meringue into the centre of the pan and evenly spread into a 10 inch circle.
7. Bake in the lower part of the oven for 5 minutes. Then lower the temperature to 125°C (250°F) and bake for another 60 minutes.
8. Turn off the oven and let the meringue base cool in the oven.
9. Whip the cream. Spread the cream all over the cake and drizzle with dulce de leche and decorate with fresh berries.

Tips!

Add a teaspoon of red food colouring to the meringue batter, after the sugar is added, and you have a pink pavlova!



— *Accompanying* —

SALADS, SAUCES & DIPS





— *Creamy* —

COLESLAW

Great for the burger! Or as sandwich
filling in your packed lunch.

>>



ASSISTENT
ON ITS SIDE



VEGETABLE CUTTER



COARSE GRATER DRUM
& SLICER DRUM

INGREDIENTS

1/4 head white cabbage
(150 g)
1 medium or 2 small
carrots (100 g)
3 1/3 tbsp. white vinegar
1/2 tsp. salt
1/3 cup mayonnaise
(95 g)
1/2 cup sour cream
(100 g)
1 tsp. Dijon mustard
Salt and pepper

FOLLOW THESE STEPS

1. Turn the Assistant on its side and attach the vegetable cutter and the slicing drum.
2. Slice the white cabbage on medium speed.
3. Change to the coarse grater drum and grate the carrots at medium speed.
4. Let cabbage and carrots marinate for 2 hours in vinegar and salt. Allow to drain in a colander.
5. Mix the other ingredients and then add carrots and cabbage. Flavour with salt and pepper, and leave in the fridge until serving.

Tips!

Preparing the coleslaw a day before serving adds extra flavour.



— Smooth —

HUMMUS

A creamy, thick spread of chickpeas and sesame paste, an excellent sandwich spread or as an accompaniment to falafels (page 57) and pita bread (page 27).

>



ASSISTENT
ON ITS SIDE



BLENDER

INGREDIENTS

5 cups cooked chickpeas
(500 g)
2 tbsp. tahini (sesame
paste)
3/4 cup neutral flavored
oil (150 ml)
3/4 cup water (135 ml)
1 garlic clove
1 tsp. salt
3 1/3 tbsp. lemon juice

FOLLOW THESE STEPS

1. Turn the Assistant on its side and place the blender on the blender socket.
2. Add all the ingredients and mix until smooth.
3. Add a little more water if you desire a thinner hummus.
4. Drizzle with a little olive oil when serving and decorate with paprika powder.

Tips!

The secret behind the perfect hummus is to mix the spread very thoroughly. The longer you mix, the smoother and creamier the hummus becomes.

— Flavourful —

TAPENADE

A tasty olive spread to serve with toasted baguette or focaccia.

>



ASSISTENT
ON ITS SIDE



BLENDER

INGREDIENTS

1 1/2 cups pitted black olives (150 g)
4 anchovies
1 1/2 tbsp. capers
15 basil leaves
2 cloves of garlic
1/3 cup good quality olive oil (100 ml)
1 tsp. fresh lemon juice
3 pinches black pepper

FOLLOW THESE STEPS

1. Turn the Assistent on its side and place the blender on the blender socket.
2. Put all the ingredients in the blender and mix until an almost smooth paste forms. A slightly chunky texture is preferable.

Tips!

Vary the amount of anchovies according to your liking.





— *Grandma's* —

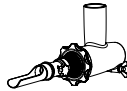
APPLESAUCE

You get to decide yourself how sweet you want it.
That's the great thing about making your own.

>



ASSISTENT
ON ITS SIDE



MINCER WITH
STRAINER



FEEDER TRAY



PLUNGER

INGREDIENTS,

1 LITRE SAUCE

4 1/2 pounds apples
(2000 g)

1 3/4 cup sugar (350 g)

FOLLOW THESE STEPS

1. Rinse the apples, cut them in wedges and blanch them in a pot or an oven.
IN THE POT: add water until it covers the bottom of the pot. Add the apple wedges and steam them slowly until they become soft.
IN THE OVEN: place the apple wedges in a roasting pan, cover with parchment paper and bake at 150°C (300°F) until the wedges are soft.
2. Turn the Assistent on its side and attach the mincer and the strainer. Place a large bowl underneath the strainer to catch the apple puree and another underneath the end of the attachment to catch the waste.
3. Turn on high speed and feed the apples into the attachment using the plunger to push them through. Feed the waste through 2-3 times to extract as much apple puree as possible.
4. Combine the apple puree and sugar in a large saucepan over medium-high heat. Cook, stirring occasionally, until desired consistency is reached.
5. Pour into clean jars.

Tips!

Remember to freeze what will not be eaten within a couple of weeks, to avoid it spoiling. The more sugar the longer it lasts in the fridge.



Deluxe

HAZELNUT SPREAD

Your own hazelnut spread on your breakfast toast. What a luxury.

>

**ASSISTENT
ON ITS SIDE****BLENDER****INGREDIENTS**

2 cups hazelnuts (300 g)
 1 tsp. vanilla bean paste
 or 2 tsp. vanilla extract
 1 1/3 cup confectioners'
 sugar (150 g)
 1/2 tsp. salt
 1/2 cup unsweetened
 cocoa powder (40 g)
 3 tbsp. neutral oil

FOLLOW THESE STEPS

1. Preheat oven to 200°C (400°F).
2. Roast the hazelnuts for about 15 minutes until they have a good colour. Rub them vigorously in a towel so that most of the skin comes off.
3. Turn the Assistent on its side and place the blender on the blender socket.
4. Add the nuts and mix at high speed until you see oil coming out of them and it becomes a smooth paste. It takes a while, but eventually all the oil will come out of the nuts.
5. Add the rest of the ingredients and mix at medium to high speed to a smooth paste.
6. Pour into a jar and store in a cool place.

Tips!

Use the spread as a filling for the buns on page 33, delicious!



Refreshing
BEVERAGES





Healthy

SMOOTHIES

There is no right or wrong when it comes to smoothies. Just add the fruits you crave and mix to the thickness you like. We came up with these three ideas.

>>



ASSISTENT
ON ITS SIDE



BLENDER

1

BANANA & STRAWBERRY SMOOTHIE, 2 GLASSES

1/3 cup strawberries (50 g)
1 banana
1 cup milk (250 ml)

2

FRUIT MIX SMOOTHIE, 4 GLASSES

1 green apple
1 pear
1 orange
1 banana
1 1/4 cups grapes (250 g)
3/4 cup mango or
pineapple juice (200 ml)

3

GREEN SMOOTHIE, 4 GLASSES

1/3 cup cold water (100 ml)
1/3 - 3/4 cup mango
or pineapple juice (100-200 ml)
1 1/4 cups grapes (250 g)
1/2 pear
1/2 avocado
1 cup chopped broccoli (100 g)
Large handful fresh spinach
(30 g)

FOLLOW THESE STEPS

1. Turn the Assistent on its side and place the blender on the blender socket.
2. Add all the liquid and half of the fruit and vegetables in the blender and mix well. Add the rest of the fruit and vegetables and mix to the desired texture. If wished, dilute with more liquid.

Tips!

For a more filling smoothie, add 1/2-1 cup yoghurt of your choice.



— *Ridiculously good* —

MILKSHAKE

What goes best with homemade hamburgers? Milkshakes of course!
Top with fresh strawberries and whipped cream, and enjoy a bit of homemade heaven.

>



ASSISTENT
ON ITS SIDE



BLENDER

INGREDIENTS, 1 LITRE

1 quart vanilla ice cream
(1000 ml)
3/4 cup 2% milk (200 ml)
1/3 cup strawberries
(50 g)

DECORATION

Whipped cream
Strawberries

FOLLOW THESE STEPS

1. Turn the Assistent on its side and place the blender on the blender socket.
2. Add all the ingredients and mix until smooth.
3. Serve immediately in glasses with a straw and garnish with extra strawberries and whipped cream.



Replace the strawberries with one banana and two tablespoons of the hazelnut spread on page 95 and you have a banana split shake.



Sparkling LEMONADE

When making your own soft drink you get to decide just how much sugar you think is right. Serve it well chilled in a beautiful carafe.

1

SIMPLE SYRUP

1 cup sugar (100 g)
1 cup water (200 ml)

FOLLOW THESE STEPS

1. Heat sugar and water in a small saucepan over medium heat.
2. Let simmer 5 minutes until slightly thickened. Do not stir.
3. Let cool and store in the refrigerator for 6-8 months.

Tips!

You can add the simple syrup to drinks, cocktails, smoothies or wherever you want a bit more sweetness.

2 >>



ASSISTENT IN
STANDING POSITION



CITRUS PRESS

INGREDIENTS, 1 LITRE

3/4 cup simple syrup
(200 ml)
1 quart carbonated
(sparkling) water (1000 ml)
4 lemons, washed
Crushed ice or ice cubes

FOLLOW THESE STEPS

1. Assemble the Assistent with the citrus press.
2. Halve three of the lemons to juice and then slice the fourth for garnishes.
3. Juice the lemons on medium speed.
4. Pour the simple syrup into a pitcher.
5. Add the lemon juice and stir to combine.
6. Top with carbonated water and add the lemon slices.
7. Add a lot of ice.

Steaming

HOMEGROUND COFFEE

Use the Ankarsrum Assistent coffee and grain mill attachment to fill your kitchen with the tantalizing aroma of freshly ground coffee.

>>



ASSISTENT
ON ITS SIDE



COFFEE & GRAIN MILL

INGREDIENTS

Coffee beans

FOLLOW THESE STEPS

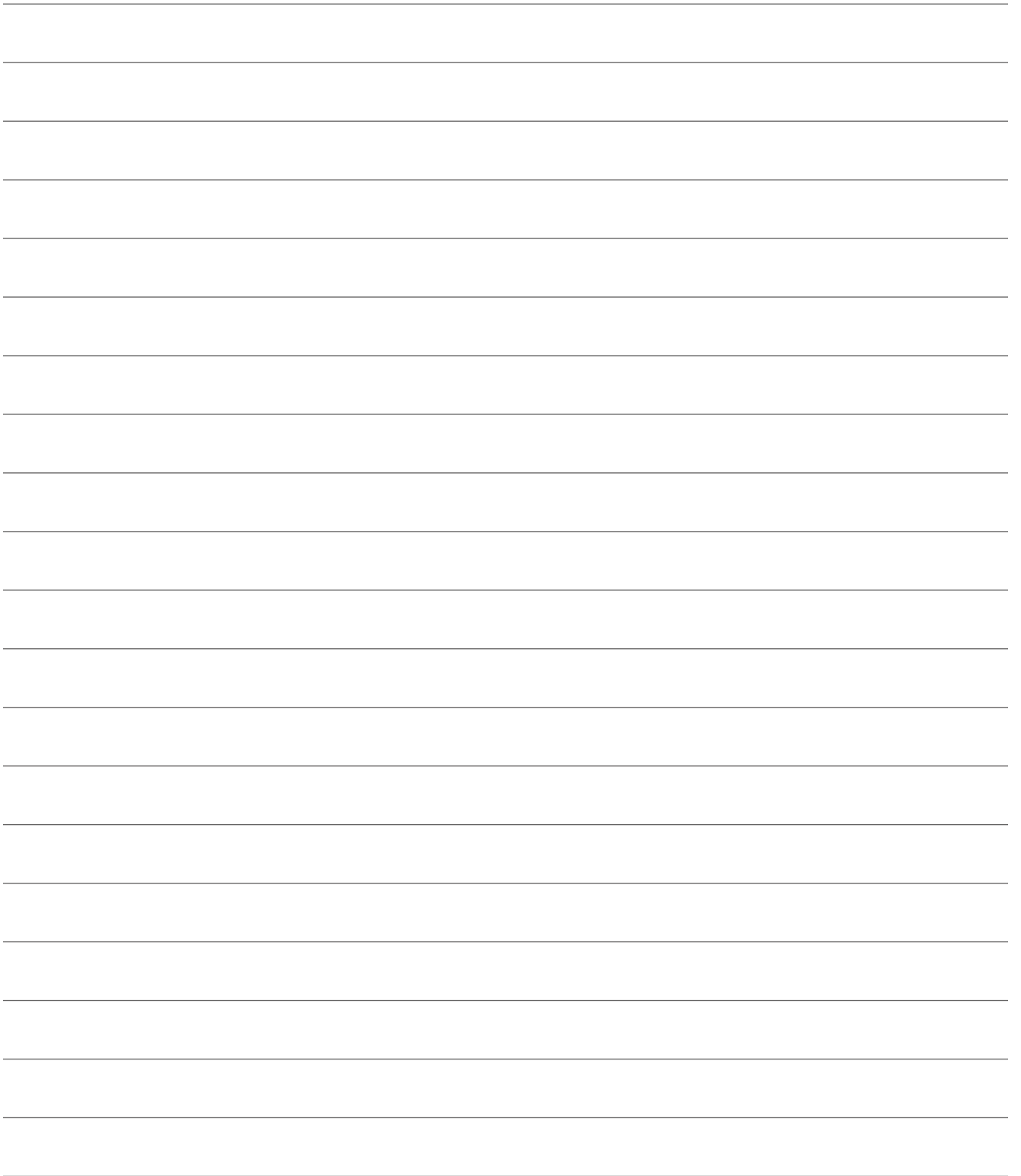
1. Turn the Assistent on its side and assemble with the coffee and grain mill attachment.
2. Pour in the coffee beans and grind to the desired grind size. Turn left for coarsely ground and right for finely ground.

Tips!

You can also use the mill to grind different grains like wheat, rye, barley and buckwheat, as well as herb grains and dried mushrooms.













INDEX

BREAD	page	FOOD	page
Baguettes	16	Cannelloni with salmon.....	65
Bread of the World	28	Coleslaw	87
Carrot bread.....	21	Falafels.....	57
Danish rye bread	19	Fettuccine.....	69
Focaccia	22	Filled sausages.....	53
Hamburger buns.....	25	Frikadeller	70
Pita bread	27	Hamburgers.....	51
Toast bread.....	15	Hummus.....	89
SWEET THINGS	page	Pasta dough.....	59
Applesauce.....	93	Pesto.....	62
Caramel cookies.....	47	Potato and beetroot gratin	54
Chocolate chip cookies.....	41	Spaghetti	61
Chocolate mousse	81	Tapenade	90
Cinnamon buns	33	BEVERAGES	page
Cupcakes	37	Homeground coffee.....	104
Filled crêpes	79	Milkshake	101
Hazelnut biscuits	42	Lemonade.....	103
Hazelnut spread.....	95	Smoothies.....	99
Lemon pie.....	75		
Pavlova	83		
Vanilla sponge cake.....	45		

COLOFON

Home.Made.
Ankarsrum Assistent Original

Published by Ankarsrum Kitchen AB, Sweden

Copyright © 2018 Ankarsrum Kitchen AB, Sweden

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior permission of the publisher.

ACKNOWLEDGEMENTS

Project management and copy writing: Ankarsrum Kitchen AB

Recipes: Ankarsrum Kitchen AB

Recipe photography: Fredrik Nylén, Fredriks Fika och Foto AB, Sweden

Other photography: Wolfgang Kleinschmidt, Choice Agentur, Sweden

Philip Hördegård, Abby Priest, Sweden

Ellen Nielsen Kindstrand, LN Bild, Sweden

Design and production: Carolina de Klerk Nordholm, Nordholm Design, Netherlands

Translation English: Carolina de Klerk Nordholm, Nordholm Design, Netherlands

Copy editing: Carmi Adams, Ankarsrum Original USA

Printing and binding: Drukwerkdiscouter, The Netherlands, 2018

www.ankarsrum.com

ISBN 978-91-639-9405-0

ANKARSRUM®



WWW.ANKARSRUM.COM



ISBN 978-91-639-9405-0