

KitchenAid®

VOEDSELMOLEN &
FRUIT- EN GROENTEZEEF
INSTRUCTIES EN RECEPTEN

**FOOD GRINDER &
FRUIT/VEGETABLE
STRAINER**
INSTRUCTIONS AND RECIPES

HACHOIR &
PASOIRE À FRUITS
ET LÉGUMES
MODE D'EMPLOI ET RECETTES

FLEISCHWOLF UND
PÜRIERAUFSATZ
BEDIENUNGSANLEITUNG UND REZEPTE

TRITATUTTO E
PASSAVERDURE
ISTRUZIONI PER L'USO E RICETTE

PICADORA DE ALIMENTOS
Y COLADOR DE
FRUTAS/VERDURAS
INSTRUCCIONES Y RECETAS

LIVSMEDELSKVARN &
PASSERTILLSATS FÖR
FRUKT OCH GRÖNSAKER
INSTRUKTIONER OCH RECEPT

KJØTTKVERN &
FRUKT- OG
GRØNNSAKSPRESSE
BRUKSANVISNING OG OPPSKRIFTER

LIHAMYLLY &
HEDELMÄ/VIHANNESPUSERRIN
KÄYTTÖOHJEET JA RESEPTIT

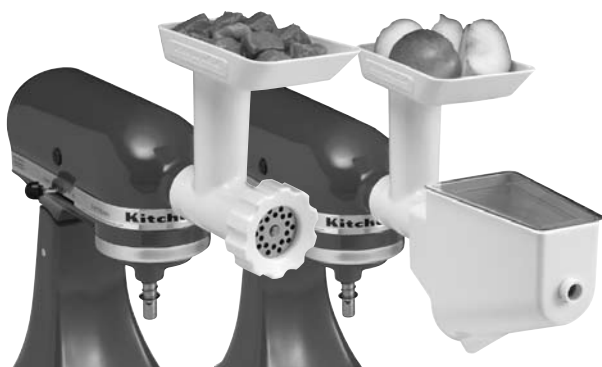
KØDHAKKER &
PURÉPRESSE
INSTRUKTIONER OG OPSKRIFTER

TRITURADOR DE CARNE &
PASSADOR DE PURÉS
INSTRUÇÕES E RECEITAS

HAKKAVÉL &
ÁVAXTAPRESSA
LEIÐBEININGAR OG UPPSKRIFTIR

ΜΗΧΑΝΗ ΑΛΕΣΗΣ & ΑΠΟΧΥΜΩΤΗΣ
ΦΡΟΥΤΩΝ / ΛΑΧΑΝΙΚΩΝ
ΟΔΗΓΙΕΣ ΚΑΙ ΣΥΝΤΑΓΕΣ

English



Model 5FGA
Food Grinder

Model 5FVSP
Fruit/Vegetable
Strainer

Model 5FVSFGA
Fruit/Vegetable
Strainer and
Food Grinder

Designed exclusively for
use with all KitchenAid®
Household Stand Mixers.

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Stand Mixer Attachment Safety

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word “DANGER” or “WARNING.” These words mean:

⚠ DANGER

You can be killed or seriously injured if you don't immediately follow instructions.

⚠ WARNING

You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. To protect against risk of electrical shock, do not put mixer in water or other liquid.
3. The appliance is not intended for use by young children or infirm persons without supervision.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts. Keep fingers out of discharge opening.
6. Do not operate the mixer with a damaged cord or plug or after the mixer malfunctions, or is dropped or damaged in any manner. Return the mixer to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by KitchenAid may cause fire, electric shock or injury.
8. Do not use the mixer outdoors.
9. Do not let the cord hang over the edge of table or counter.
10. Never feed food by hand. Always use combination food pusher/wrench.
11. Blades are sharp. Handle carefully.
12. This product is designed for household use only.

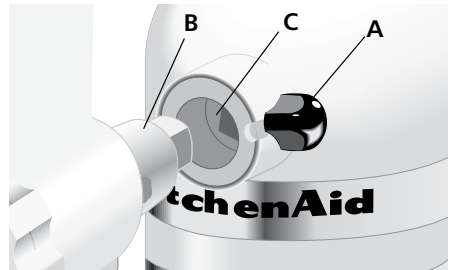
SAVE THESE INSTRUCTIONS

To Attach Stand Mixer Attachment

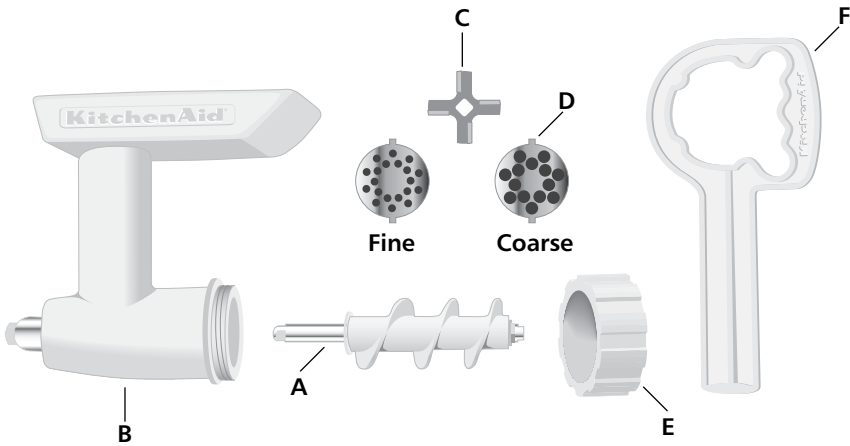
Before Attaching Stand Mixer Attachment

1. Turn Stand Mixer speed control to "0" (OFF).
2. Unplug mixer or disconnect power.
3. Depending on which type of hub you have, either flip-up the hinged cover or loosen the attachment knob (A) by turning it counterclockwise and remove attachment hub cover.
4. Insert the attachment shaft housing (B) into the attachment hub (C) making certain that attachment power shaft fits into square hub socket.
5. It may be necessary to rotate the attachment back and forth. When the attachment is in proper position, the pin on the attachment housing will fit into the notch on the hub rim.

6. Tighten the attachment knob by turning it clockwise until the attachment is completely secured to mixer.



Food Grinder Attachment



To Assemble Food Grinder Attachment

1. Insert the grind worm (A) into the grinder body (B).
2. Place the knife (C) over the square shank at the exposed end of the grind worm.
3. Place grinding plate (D) over the knife, matching the tabs of the plate with the notches of the grinder body.
4. Place ring (E) on grinder body, turning by hand until secured but not tightened.

NOTE: The combination food pusher/wrench (F) is used for removal of ring (E) only. Do not use it to tighten ring (E).

NOTE: Fruit/Vegetable Strainer (Model 5FVSP) is available to convert Food Grinder to a Fruit/Vegetable Strainer. Sausage Stuffer (Model 5SSA) is available to convert Food Grinder to Sausage Stuffer.

Food Grinder Attachment

To Use Food Grinder Attachment

WARNING



Rotating Blade Hazard

Always use food pusher.

Keep fingers out of openings.

Keep away from children.

Failure to do so can result in amputations or cuts.

1. Cut food into small strips or pieces and feed them into hopper. Meat should be cut into long narrow strips.
2. Turn mixer to Speed 4 and feed food into hopper using combination food pusher/wrench.

NOTE: Liquid may appear in hopper when processing large amounts of high moisture foods such as tomatoes or grapes. To drain liquid, continue to operate mixer. To avoid damage to mixer, do not process additional food until liquid has drained from hopper.



Coarse Plate – Use for grinding raw or cooked meats, firm vegetables, dried fruits and cheese.



Fine Plate – Use for grinding raw meat, cooked meats for spreads and breadcrumbs.

Grinding Meat – For better mix and more tender results, grind beef twice. Best texture results from grinding very cold or partially frozen meat. Fatty meats should be ground only once.

Grinding Bread – To grind bread for crumbs, be sure that bread is either oven dried thoroughly to remove all moisture, or not dried at all. Partially dried bread may jam the Food Grinder.

NOTE: Very hard, dense foods such as totally dried homemade bread should not be ground in the Food Grinder. Homemade bread should be ground fresh and then oven or air-dried.

To Loosen Ring – If ring is too tight to remove by hand, slip the combination food pusher/wrench over the grooves and turn counterclockwise.

NOTE: To avoid damage to the food grinder attachment, do not use combination food pusher/wrench to tighten ring to grinder body.

To Clean Food Grinder Attachment

First completely disassemble food grinder attachment.

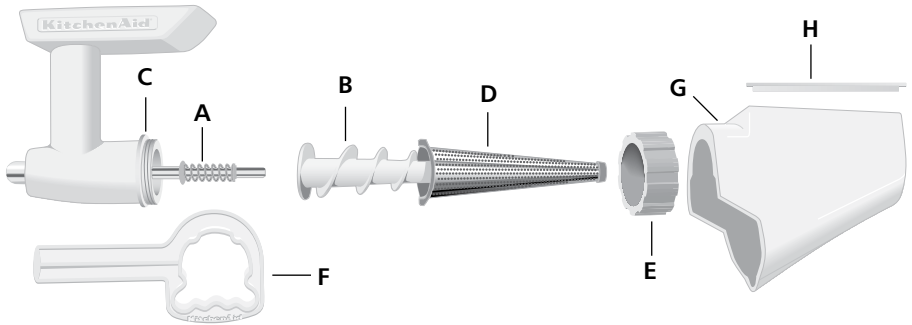
The following parts are dishwasher safe:

- Grinder body
- Grinder worm
- Ring
- Combination food pusher/wrench

The following parts should be hand washed in warm, sudsy water and dried thoroughly:

- Knife
- Grinding plates

Fruit/Vegetable Strainer



To Assemble Fruit/Vegetable Strainer

1. Slide the smaller end of spring and shaft assembly (A) into opening in larger worm (B) until secured firmly in place.
2. Insert the larger worm into the grinder body (C).
3. Attach strainer cone (D) over the exposed end of the worm matching the tabs of the cone with the notches in the grinder body (C).
4. Place ring (E) onto the grinder body, turning by hand until finger tight, but not overtightened.

NOTE: The combination food pusher/wrench (F) is used for removal of ring (E) only. Do not use it to tighten ring (E).

5. Slide the strainer tray (G) over the cone and latch on the top of ring.
6. Place splash shield (H) on strainer tray (G).

Fruit/Vegetable Strainer

To Use Fruit/Vegetable Strainer

⚠ WARNING



Rotating Blade Hazard

Always use food pusher.

Keep fingers out of openings.

Keep away from children.

Failure to do so can result in amputations or cuts.

1. After attaching Fruit/Vegetable Strainer attachment to mixer, place mixer bowl under strainer tray to catch strained food and a smaller bowl under open end to catch food waste.

2. Cut food into pieces that will fit in the hopper.
3. Turn mixer to Speed 4 and feed food into hopper using the combination food pusher/wrench.

To Strain Fruits and Vegetables

- Cut into pieces that will fit into hopper
- Remove tough, thick skin or rind, i.e., oranges
- Remove all large pits, i.e., peaches
- Remove hulls or stems, i.e., strawberries, grapes
- Cook all tough or firm fruits and vegetables before straining

NOTE: Liquid may appear in hopper when processing large amounts of high moisture foods such as tomatoes or grapes. To drain liquid, continue to operate mixer. To avoid damage to mixer, do not process additional food until liquid has drained from hopper.

Fruit/Vegetable Strainer

NOTE: To avoid damage to the fruit/vegetable strainer attachment and/or mixer, Labruscan or slip-skin type grapes such as Concord, Catawba and Ontario grapes should not be processed in the Fruit/Vegetable Strainer. Only Nififera family grapes such as Tokay and Thompson Seedless may be processed.

To Clean Fruit/Vegetable Strainer

First completely disassemble Fruit/Vegetable Strainer attachment.

The following parts are dishwasher safe:

- Grinder body
- Grinder worm
- Strainer cone
- Strainer tray
- Splash shield
- Ring
- Combination food pusher/wrench

The following parts should be hand washed in warm, sudsy water and dried thoroughly:

- Spring and shaft assembly

Some foods may stain certain parts. These stains may be removed by using one of the following methods: (1) place dishwasher safe parts in dishwasher and use cycle for normally soiled dishes, or (2) rub a small amount of oil or shortening over the stains, wash in warm, sudsy water and rinse. A small bottle brush can be used to help remove pulp from the strainer cone.

To Loosen Ring – If ring is too tight to remove by hand, slip the combination food pusher/wrench over the grooves and turn counterclockwise.

NOTE: To avoid damage to the Fruit/Vegetable Strainer attachment, do not use combination food pusher/wrench to tighten ring to grinder body.

Smoky Salsa

- 4 large tomatoes,
peeled and cut
into sixths
- 1 or 2 chipotle peppers
- 1 medium onion, cut
into sixths
- 1 clove garlic
- 80 ml ($\frac{1}{3}$ cup) vinegar
- 1 teaspoon (5 g) salt

Assemble Food Grinder, using coarse grinding plate. Attach Food Grinder to mixer. Turn to Speed 4 and grind tomatoes, peppers, onion, and garlic into large bowl or saucepan placed under grinder. Add all remaining ingredients; mix well. For thicker salsa, heat mixture to boiling in saucepan. Reduce heat to low. Cook 5 to 10 minutes, or until desired consistency.

Tip: Chipotle peppers are dried, smoked jalapeño peppers. If they are not available, substitute fresh jalapeño peppers and 2 tablespoons (10 ml) barbecue sauce.

Yield: 20 servings (30 ml [2 tablespoons] per serving).

Swedish Meatballs with Cream Sauce

Swedish Meatballs

- 500 g (1 pound) boneless beef round steak, cut into 1-inch (2.5-cm) strips
- 250 g (½ pound) boneless veal, cut into 1-inch (2.5-cm) strips
- 1 medium onion, cut into sixths
- 2 slices whole wheat bread, broken into pieces
- 1 teaspoon (5 g) salt
- 1 teaspoon (5 g) nutmeg
- ½ teaspoon (3 g) allspice
- ½ teaspoon (3 g) black pepper
- 60 ml (¼ cup) fat-free egg substitute or 1 egg
- 120 ml (½ cup) low-fat milk

Cream Sauce

- 60 ml (¼ cup) drippings from meatballs or margarine or butter
- 60 g (¼ cup) flour
- 500 ml (2 cups) whole milk
- 2 teaspoons (10 g) instant beef bouillon granules or 1 beef bouillon cube
- ½ teaspoon (3 g) black pepper

Assemble Food Grinder, using fine grinding plate. Attach Food Grinder to mixer. Turn to Speed 4 and grind beef, veal, onion, and bread into bowl placed under grinder. (Return mixture to grinder and grind once or twice more for extra fine meatballs.) Add all remaining ingredients; mix well.

Shape mixture into 2.5-cm (1-inch) meatballs and arrange in 40 x 26 x 2.5 cm (16 x 10½ x 1-inch) baking pans. Bake at 230°C (450°F) for 15 minutes, or until browned and no longer pink in center.

While meatballs are baking, prepare Cream Sauce. Heat drippings or melt margarine in large saucepan. Add flour and stir until bubbly. Gradually stir in all remaining ingredients. Cook over medium-low heat until mixture thickens and just begins to bubble. Pour over Swedish Meatballs.

Serve meatballs as an appetizer or combine with cooked noodles as a main dish.

Yield: 20 appetizer servings (4 meatballs per serving) or 10 main dish servings (8 meatballs per serving).

Bolognese Sauce

- 30 ml (2 tablespoons) olive oil
- 2 carrots, peeled and cut into 2.5-cm (1-inch) pieces
- 2 stalks celery cut into 2.5-cm (1-inch) pieces
- 1 large onion, cut into eighths
- 20 g parsley sprigs
- 700 g (1½ pounds) ground beef
- 250 g (½ pound) ground pork
- 3 cloves garlic
- 10 large ripe tomatoes, cut into sixths
- 1 teaspoon (5 g) basil
- 1 teaspoon (5 g) oregano
- 1 bay leaf
- 1 teaspoon (5 g) salt
- ½ teaspoon (3 g) pepper
- 60 ml (¼ cup) water
- 60 ml (¼ cup) dry red wine
- 200 g (¾ cup) tomato concentrate

Heat oil in a 30-cm (12-inch) skillet over medium heat. Add carrots, celery, onion, parsley, ground beef, ground pork, and garlic. Sauté 20 minutes. Remove mixture from heat and cool 10 minutes.

Assemble Food Grinder using coarse grinding plate and attach to mixer. Turn to Speed 4 and grind mixture into a 5.7 L (6-quart) pot.

Assemble Fruit/Vegetable Strainer and attach to mixer. Turn to Speed 4 and strain tomatoes. Measure out 950 ml (4 cups) puree. Add tomato puree and concentrate, basil, oregano, bay leaf, salt, pepper, water, and wine to meat mixture. Cover and simmer on medium-low heat for 1 hour.

Yield: 2 L (2 quarts).

Pesto Sauce

- 80 g ($\frac{1}{3}$ cup) fresh basil leaves
- 40 g ($\frac{1}{6}$ cup) parsley sprigs
- 2 cloves garlic
- 1 teaspoon (5 g) salt
- $\frac{1}{2}$ teaspoon (3 g) pepper
- 100 g Parmesan cheese
- 120 ml ($\frac{1}{2}$ cup) olive oil
- 50 g ($\frac{1}{4}$ cup) pine nuts (optional)

Assemble Food Grinder using fine grinding plate and attach to mixer. Turn to Speed 4 and grind basil leaves, parsley sprigs, and garlic into mixer bowl. Add salt, pepper, and Parmesan cheese. Attach bowl and wire whip. Turn to Speed 6 and whip 1 minute. Stop and scrape bowl. Turn to Speed 8 and gradually add olive oil in a thin, steady stream, whipping until absorbed. Use about 30 ml (2 tablespoons) of Pesto Sauce per serving of pasta.

Tip: If Pesto Sauce is not used at once, place it in a jar and cover with a thin layer of olive oil to keep it from darkening. Refrigerate for a week or freeze for longer storage.

Yield: 500 ml (2 cups).

Golden Peach Chutney

- 4 large peaches, peeled and cut into chunks or 1 package (450 g (16 oz)) frozen peaches, thawed
- 120 ml ($\frac{1}{2}$ cup) vinegar
- $\frac{1}{2}$ finely chopped onion
- 60 g ($\frac{1}{4}$ cup) dried fruit bits
- 120 g ($\frac{1}{2}$ cup) firmly packed brown sugar
- 60 g ($\frac{1}{4}$ cup) sugar
- 40 g (2 tablespoons) finely chopped crystallized ginger
- 4 or 5 cloves
- $\frac{1}{4}$ teaspoon (2 g) allspice

Assemble Fruit/Vegetable Strainer and attach to mixer. Turn to Speed 4 and strain peaches into large saucepan placed under strainer. Add all remaining ingredients. Heat to boiling. Reduce heat to low. Cook about 20 minutes, or until thick, stirring frequently.

Yield: 24 servings (20 g [1 tablespoon] per serving).

Harvest Apple Butter

1.5 kg (3 lbs.) cooking apples, cut into fourths

200 ml (¾ cup) apple cider

120 ml (½ cup) vinegar

450 g (2 cups) sugar

2 teaspoons (10 g) cinnamon

4 cloves

1½ teaspoon (8 g) allspice

Place apples, cider, and vinegar in large saucepan or Dutch oven. Cook over medium heat about 15 minutes, or until very soft, stirring occasionally.

Assemble Fruit/Vegetable Strainer and attach to mixer. Turn to Speed 4 and strain cooked apples into mixer bowl placed under strainer. Return apples to pan. Add sugar and spices; mix well. Cook over low heat until sugar is dissolved, stirring constantly. Cook 15 to 20 minutes longer, or until thick, stirring frequently. Ladle into hot, sterilized 235 ml (½-pint) jars. Process 10 minutes in boiling water bath. Remove jars from water. Cool; check seals.

Yield: About 1.2 L (5 cups) (10 ml [2 teaspoons] per serving).

Hummus

1 can (565 g [20 ounces]) chickpeas, drained

60 ml (¼ cup) cold water

60 ml (¼ cup) fresh lemon juice

60 g (¼ cup) tahini (sesame seed paste) or 2 teaspoons (10 ml) sesame oil

2 cloves garlic, minced

1 teaspoon (5 g) salt

½ teaspoon (3 g) paprika (optional)

Assemble Fruit/Vegetable Strainer and attach to mixer. Turn to Speed 4 and strain chickpeas into mixer bowl. Return waste to strained chickpeas.

Add water, lemon juice, tahini, garlic, salt, and paprika. Attach bowl and wire whip to mixer. Turn to Speed 4 and whip 1 minute. Stop and scrape bowl. Increase to Speed 10 and whip 1 minute or until smooth. Serve with Pita Bread.

Yield: 475 ml (2 cups).

KitchenAid® Household Stand Mixer Attachment Warranty

Length of Warranty:	KitchenAid Will Pay For:	KitchenAid Will Not Pay For:
<p>Europe, Australia and New Zealand: Two years Full Warranty from date of purchase.</p> <p>Other: One Year Full Warranty from date of purchase.</p>	<p>Replacement parts and repair labor costs to correct defects in materials or workmanship. Service must be provided by an Authorized KitchenAid Service Center.</p>	<p>A. Repairs when Food Grinder or Fruit/Vegetable Strainer are used for operations other than normal household food preparation.</p> <p>B. Damage resulting from accident, alterations, misuse, abuse, or installation/ operation not in accordance with local electrical codes.</p>

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INDIRECT DAMAGES.

Service Centers

All service should be handled locally by an Authorized KitchenAid Service Center. Contact the dealer from whom the attachments were purchased to obtain the name of the nearest Authorized KitchenAid Service Center.

In the U.K.:
Call: 0845 6011 287

In Ireland:
M.X. ELECTRIC
Service Department
25 Alymer Crescent
Kilcock, CO.KILDARE
Call: 1 679 2398/87 2581574
Fax: 1 628 4368

In Australia:
Call: 1800 990 990

In New Zealand:
Call: 0800 881 200

Customer Service

In U.K. & Ireland: Tollfree number 00800 38104026

Address: KitchenAid Europa, Inc.
PO BOX 19
B-2018 ANTWERP 11
BELGIUM

www.KitchenAid.com



FOR THE WAY IT'S MADE.®

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